

# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

April 2020

## Competition Suspended until further notice



**Women's Track & Field Pentathlon Championship** : Judy Isaac, Carol Fallon, Elizabeth Neubauer, Mary Abrey, Vicki Caputo, Anne Lang (Picture taken before physical distancing rules were introduced)

**The main Track and Field competition nights of the State Championships have been suspended but not before the running of the Steeplechase (4 March) and Track and Field Pentathlon (19 February & 26 February) events.**

Due to the COVID-19 pandemic it is not possible to plan for completion of the State Championships but the events could be rescheduled if current physical distancing rules are eased later in the year.

In this edition of **SAMA News** no coming athletics events will be promoted and social events are, for the time being, put on hold. While this is disappointing we must look forward to better times ahead. At first opportunity **SAMA News** will resume the promotion of athletic and social events.

Meanwhile if, because of the restrictions, you have a little more time on your hands you could find ways to enjoy exercising and training indoors. Or, you could go online and learn about officiating at athletic events.

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One online course is run by the *Australian Athletics Officials' Education Scheme* (AAOES). This is a joint initiative of Athletics Australia and Coles Little Athletics Australia, providing a seamless and transparent education pathway for Australian Athletics Officials.

For further details on Athletics officials online learning, go to :

<https://www.athletics.com.au/officials/education/>

And, the Community Officiating General Principles online course has been developed to assist officials in learning the basic skills they will need to officiate effectively.

[https://www.sportaus.gov.au/coaches\\_and\\_officials/officials](https://www.sportaus.gov.au/coaches_and_officials/officials)

*(Links provided by Lisa Attenborough)*

## *A message from our president— David Bates*

The world of Masters athletics has certainly undergone a transformation in recent weeks. The drastic changes being imposed as a result of the COVID-19 pandemic, including around participation in sporting activities and congregation of groups of people in public places, are affecting everyone. However, we must do all we can to help each other to get through these next few months.

In these uncertain times, SAMA is committed to providing its members with continuity in their athletic aspirations, and we shall be keeping you informed regularly of developments in our club's activities and plans, through emails, Facebook and our website.

The Committee is discussing (by email) what measures we need to take to deal with these unusual circumstances, including how they may affect our upcoming Winter season and AGM. We are awaiting further developments before making final decisions, but the current thinking is that we shall delay the AGM to a later date and that the start of our winter competition will be postponed (see SAMA News).

In addition, we are looking at ways of engaging our members in alternative activities which avoid personal contact and gathering as a group. One innovative idea we have already put in place (thanks to George White) is a weekly Virtual Winter Competition, whereby members are encouraged to do a specified run/walk by themselves and send the results each week for publishing on our website (thanks to John Hore). More details can be found later in this newsletter (p 8).

Due to insurance requirements the actual competition is open only to SAMA members, but you may decide to invite others to accompany you so long as all persons are careful about social distancing and abide by all COVID-19 restrictions, such as limitations on numbers of people gathering that may apply now or going forward.

We can look back on some very successful and enjoyable Track & Field competitions in the 2019/20 year, which included the inaugural Bob Clarke Memorial Challenge. Many State records were surpassed during the summer season (as listed in this and previous issues of the newsletter). Congratulations to Colin Hainsworth who set a new Australian record in February (M90, 2000m Walk), and well as multiple M90 State records in the track walks.

Although we had to curtail our 2019/20 summer season earlier than planned, and were required to cancel the summer State Age Group Championships and Presentation Night, we are hopeful that these can be staged in a modified form once the Coronavirus crisis has passed. In the meantime, we were able to announce the results of both the inaugural SAMA Achievers Award (see SAMA news) and the 2019 SAMA Athletics Awards (p 17).

I congratulate everyone who has been successful in these awards, but also wish to acknowledge that all our competing members are worthy of recognition, for the enthusiasm they put in to taking part in our competition each week and striving to improve their performances. I would also like to take this opportunity to thank sincerely all the volunteer helpers and officials whose dedication makes our summer competition possible – we could not do it without you!

Sadly we will see the departure of four SAMA Committee members at the AGM once that is held; Helen Suridge, Viddy Jermacans, Marie Maxted and Julia Lycett. I regret that I shall also be standing down as President at the AGM, but I am willing to continue serving on the Committee as Vice President. Helen has done two stints as club Secretary, initially for three years from 2000, and more recently since 2016 and she now wishes to devote more time to other things now that she is retired.



## A message from our president

Helen has done two stints as club Secretary, initially for three years from 2000, and more recently since 2016 and she now wishes to devote more time to other things now that she is retired.

I thank her for the wonderful job she has done in that role for a total of seven years. Fortunately, Helen is willing to continue as Social Organiser, a job she has done so effectively and with passion over the past two decades!

Viddy, Marie and Julia joined the Committee in 2018, and have all made valuable contributions in their respective positions of Vice President, Awards Officer and Field Coordinator. I thank each of them for their great work during the past two years.

Finally, I hope that you will still consider maintaining your membership with SAMA which is now due, in anticipation that the restrictions on competition will be lifted in the not too distant future. As an incentive, we have extended the deadline for Early Bird Membership by one month.

All members renewing before 1st May 2020 for the 2020/21 year will go into the Early Bird draw for one of THREE prizes, each consisting of a refund of their SAMA membership fee.

In closing, I hope that you and your family keep safe and well, and that you are coping with all the impositions on our lives caused by the COVID-19 pandemic.

SAMA website page: <http://www.samastersathletics.org.au/>

## SAMA News

### SAMA Winter Season

As you know, all group activities of SA Masters Athletics have been suspended until further notice due to the COVID-19 pandemic. It is unlikely that the 2020 Winter season will occur in the way that we originally planned. Athletics SA has recently announced that its winter season will be postponed until at least 1 June 2020, and as a member club we will also abide by that decision. We are awaiting further developments in the COVID-19 situation before making any final decisions about the form the program will take should we be able to go ahead.

In the meantime, SAMA is encouraging its members to stay fit and exercise regularly as individuals during this difficult time. This may currently be undertaken outdoors so long as they are comfortable leaving their home to exercise, are not required to self-isolate, are careful about social distancing and abide by all COVID-19 restrictions, such as limitations on numbers of people gathering that may apply now or going forward.

To this end we are providing the opportunity for our members to participate as individuals in a weekly **Virtual Winter Competition** if they wish. Please note that due to insurance requirements this competition is open **only to SAMA members**, since participants aren't covered by event insurance unless they are an Athletics SA member (which includes all SAMA competing members). Further details are described in a separate article in this newsletter (p8), but note that the format is continually evolving in response to members' feedback.

The competition is being coordinated by George White [gwhite@adam.com.au] who can be contacted for further information, and updates will be posted on the *Programs* page of our website\*\*.

# SAMA News

## How are you coping?

At these uncertain times, SAMA is committed to providing its members with continuity in their athletic aspirations, and we shall be keeping you informed regularly of developments in our club's activities and plans.

We would also like to hear what sort of things you are doing to cope with the restrictions on exercise and sporting activities resulting from the Coronavirus lock-down.

For example:

- Indoor workouts;
- Alternative ways of keeping fit
- Other health promoting activities

Please post your responses with photo(s) to our Facebook page ( <https://www.facebook.com/SA.Masters.Athletics/> ) and we will share them with the SAMA community if they are appropriate. Please remember to be courteous and consider whether your post is likely to offend or humiliate others. It should also comply with any COVID-19 restrictions imposed or recommended by the government.

## 2019 SAMA Annual General Meeting

The SAMA AGM is scheduled be held at Western Districts Clubrooms on 27 June 2020 following Saturday competition. However, as a result of the COVID-19 pandemic it is not certain at this stage whether such indoor gatherings will be allowed again by that time.

Therefore, the Committee is considering contingency plans for the AGM, which may involve postponement to a later date or holding a virtual meeting. The Office of Business and Consumer Affairs has advised that no action will be taken where AGMs are postponed for up to 6 months or where a virtual AGM is held, but does not comply with the association's rules due to requirements that meetings are held in person. A final decision will be held nearer the scheduled date for the AGM (at least 21 days notice will be given).

If the AGM is postponed, the current Committee members will continue in their positions until the AGM can be held in some form.

If anyone believes changes are required to our Constitution or By-Laws they should contact the Secretary – Helen Suridge [helsur@outlook.com].

### Agenda

1. Present
2. Apologies
3. Minutes of AGM held 22 June 2019 as circulated
4. Business arising
5. Annual Reports
  - 5.1 President's report
  - 5.2 Treasurer's report
6. Election of Officers
7. Other Business
  - 7.1 SAMA Constitution / By-Laws
  - 7.2 Any other business including open discussion by members

# SAMA News

## Call for Committee nominations

Sadly we will see the departure of four SAMA Committee members at the 2020 AGM once that is held; Helen Suridge, Viddy Jermacans, Marie Maxted and Julia Lycett.

I shall also be standing down as President at the AGM, but I am willing to continue serving on the Committee as Vice President. That way I shall be available to give support and advice to the incoming President. There will also be further continuity since Lisa Attenborough, Jan Layng, Stephanie Noon, Graham Harrison, Paul Lainio and Doug Smart will be nominating again for their positions on the 2020-21 Committee.

These vacant positions create opportunities for members with ideas and a willingness to give something back to the club. Remember that our club is run entirely by a few members for the benefit of all members, and its continued existence is dependent on everyone making a contribution. So please consider doing your part by stepping up to the challenge!

**We are seeking nominations for the positions of President and Secretary, and for two additional SAMA members to join the committee**, who hopefully will take on the roles Awards Officer and Field Coordinator.

The responsibilities of the President, Secretary, Awards Officer, Field Coordinator are detailed in the duty statements available to download on the *Committee* page of the SAMA website\*\*.

A Committee Nomination link can also be found on that page. This year **nominations can be made on-line** to avoid the need to get signatures. Alternatively, a nomination form can still be downloaded. All nominations must be received by the Secretary, Helen Suridge [helsur@outlook.com].at least 7 days before the AGM (ie. by Friday 19 June 2020 if the AGM goes ahead on 27 June).

If you would like to find out more about what the Committee entails, and/or are willing to be nominated in any of the vacant positions, please send an email to David Bates [ [president@samastersathletics.org.au](mailto:president@samastersathletics.org.au) ], or phone him on 0413 023075.

## SAMA Achievers Award – 2019/20 Summer Season

We introduced a new award in 2020 to recognise the achievements of our athletes who strive from week to week to improve their performance ratings but who may not necessarily be at a “high” standard.

The first Award was for the recently completed Summer season based on points awarded for participation and improvement in performance during SAMA competition throughout the season. As a consequence of the 2019/20 SAMA summer competition being suspended due to the COVID-19 pandemic, including the postponement of our State T&F Championships, the Committee decided to close the accumulation of points for the Award as at the last day of regular competition in the summer season ie. 11 March 2020.

Congratulations to **Malcolm Tiggemann** (pictured, right) who was the Winner of the inaugural SAMA Achievers Award by scoring the highest total award points score for the 2019-20 Summer He was closely followed by **Vicky Caputo** (2nd place) and **Ros Lowe** (3rd place) It

was a close contest in the end and each awardee can be proud of their achievement, since they have shown great willingness to participate, and have strived to improve each week!

See the *Awards* page\*\* on our website for further information and the full results.



# SAMA News

## 2019 SAMA Athletics Awards

Each year awards are made for athletic excellence in our club. The timeframe is a calendar year so summer competitors must perform well over two seasons. Categories for these awards parallel Australian Masters Athletic Awards and category winners are nominated to the AMA.

Congratulations to all the winners and runners-up for 2019, who were to be acknowledged at our 2019/20 Summer Presentation Night, which had to be cancelled. Instead the winners will be presented with their trophies at a later date (to be advised).

A full summary of the 2019 SAMA Athletics Awards appears later in this Newsletter (p17), which lists the Awardees, and the reasons they were chosen by the SAMA Committee. The document can be also be downloaded from the *Awards* page\*\* on our website.

\*\*SAMA Website; <http://www.samastersathletics.org.au>

### Pictures from Summer Season (SA Stadium)



# SAMA VIRTUAL WINTER COMPETITION

With gatherings of people now restricted but exercise still being encouraged, SAMA is providing an incentive for you to train ahead of our winter program, should it happen as planned. To this end we are providing the opportunity for our members to participate as individuals in a weekly Virtual Competition if they wish.

You should consider taking part in this only if you are comfortable leaving your home to exercise, are not required to self-isolate, are careful about social distancing and abide by all COVID-19 restrictions, such as limitations on numbers of people gathering that may apply now or going forward. Your decision to take part should be based on your own personal circumstances, and it is recommended that you refer to SAMA's current position statement on the Coronavirus (COVID-19) pandemic on the SAMA website to assist you in that decision.

Due to insurance requirements this virtual competition is open only to SAMA members, but you may decide to invite others to accompany you so long as they comply with the conditions stated above. Please note that participants aren't covered by event insurance unless they are an Athletics SA member (which includes all SAMA competing members).

Each week **George White** will nominate a **preferred choice of two race distances to walk or run**. However any distance out of 2km, 4km, 5km, 6km, 8km, and 10km can be run or walked

As standard we suggest you use either of two of our regular 2km loops (Peacock Road and Felixstow) which are simple to follow and only require one marked turn (see below). However, any measured 1 or 2 km course could be used. A 5km course can also be used which will allow many people to use their parkrun course. The 2.5km figure of 8 course at Peacock Road could also be used. Christine Goodwin has marked a course at Glenelg which gives another 2km/4km option. If you cannot get to a marked course then use your GPS watch to measure the distance. In this case because the accuracy differs with the type of course please let **John Hore** know so that your result can be annotated. For the sprinters there is not a lot we can do as a virtual competition but there is always the option of the Harriers (and others) 400m tracks. John will be happy to take your times. For those who are really keen – feel free to do as many of these runs/walks as you like! More details and maps are attached.

The idea is for runners and walkers to go to the course at any time from Tuesday to Saturday each week and complete the suggested distance. You will need to time yourselves and then later that day email your time (stating the distance and run or walk) to John Hore [ [johnhore@gmail.com](mailto:johnhore@gmail.com) ]. John will collate results and post them on the SAMA website on Sunday to enable everyone to see how they compared to others as well as their age grading.

**Any queries should be directed to, George White [ [gwhite@adam.com.au](mailto:gwhite@adam.com.au) ]**. He will email each Monday with the upcoming program and also attach the previous week's results. This email would also be a good place for people to share small fitness/athletics related stories. Please note that the Virtual Competition will NOT contribute to accumulation of points in the Achievers Award.

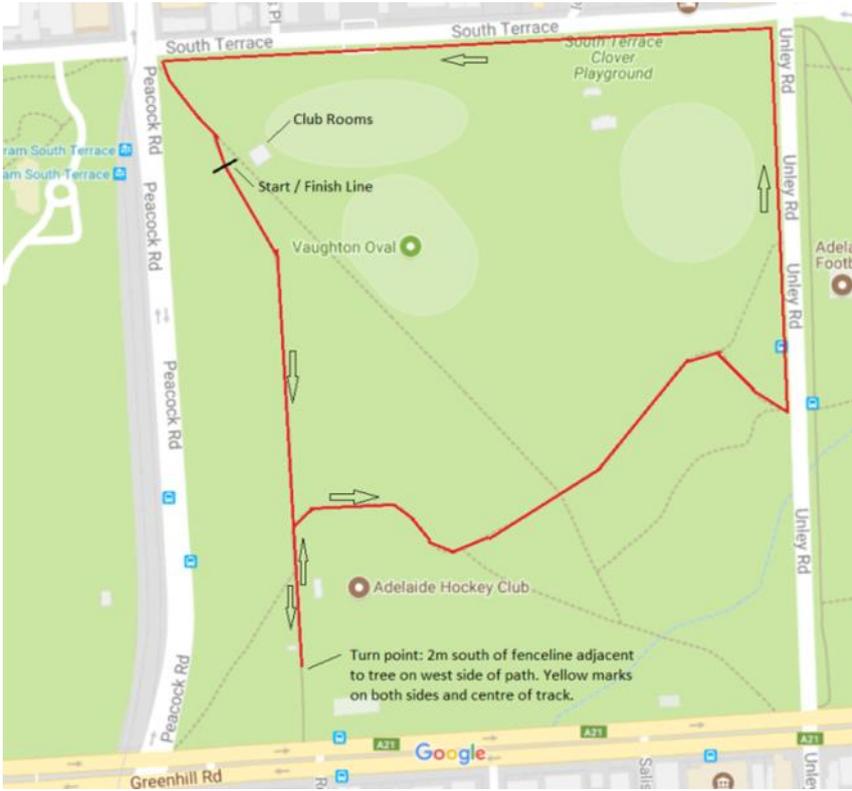
If you do not want to be on the distribution list please let George know.

**Further information and updates to the Virtual Winter Competition will be advised on the SAMA website at <http://www.samastersathletics.org.au/program1.htm>**

**Maps of the courses follow on following pages!**

# SAMA VIRTUAL WINTER COMPETITION

## Peacock Road 2km loop



The only marked turn (yellow arrow) is near the Hockey Club as you approach Greenhill Road. There is a mark opposite the Harriers clubrooms that could be used for the start/finish but in reality you can start/finish anywhere around the course

## Felixstow 2km Loop



The only marked turn is near the toilet block near where we used to start at the end of Briar Road (see map and photo below), and is marked with yellow paint. You can choose to start / finish by the toilet block and shelter at Felixstow Reserve [Cnr Riverside Drive & Langman Grove], or anywhere around the course.

# SAMA VIRTUAL WINTER COMPETITION

## Peacock Road Figure of 8, 2.5km Course



### North Esplanade Glenelg North

### 2km and 4km run/walk marked distances

There are marks at either end of the 2km length and at the 1km point in the middle. Distances were measured by wheel and GPS so they are close but not exact.

Course measured by Christine and Graeme April 2020



# Running in the time of the Virus

by Peter Sandery

We currently live in difficult times and that will impact on all of us. What follows is a bit of context for those who do not know me, what I have suggested for the group I coach, what I miss most and, what I am doing to try to maintain running fitness.

I am a Level 4 Athletics Australia accredited coach (middle and long distance running), a qualification I gained some time ago, but keep up to date using sports science research reports and practical application of theory and experience. I coach a group of around 30 Adelaide Harriers runners of mixed age and ability, a wide range of goals and roughly equal numbers of males and females. Quite a few of the group are also SAMA members. I train with them and I get to hear their opinions as we train together. The sessions are demanding, but just because something is hard doesn't mean it is unpleasant. We celebrate individual successes whatever the level of that achievement. This is a good group, welcoming to new members and generous in sharing their experience. I think that there has been a very positive, happy group identity. Members have looked forward to the Monday and Thursday evening training sessions and the sense of achievement that they get from seeing a return on their efforts, finishing sessions feeling what we call being "pleasantly fatigued". I know this because they tell me in these or similar words. The positive outcomes of group activity are now not part of the running experience, and that fact will be with us for an unknown time.

Some time ago, Adelaide Harriers accepted that there was a need for a coaching succession plan. So far, for the above group, 2 male runners (Rhys and Alex) have begun the process of gaining coaching accreditation, working their way through the various accreditation levels. Two female runners have agreed to start that process, but as all coaching courses have been cancelled because of COVID-19, that has been deferred.

The full impact of COVID-19 on athletics is unknown as is the impact on many other aspects of our society, but the restrictions on previous freedoms are a fact of life now and everyone has to work in the changing daily context.

Adelaide Harriers group training was cancelled a couple of weeks ago until further notice because of COVID-19 and the clubrooms were closed. This happened as my group was about to start a new 10 week program of interval training. All training group members are provided with a written program, that includes 20 interval sessions and training advice associated with those sessions so we were able to "hit the ground running" literally with regard to a program, but online rather than face to face. I suggested that group members use parts of the program individually in a modified form at their own choice of location and time unless government restrictions are imposed to curtail movements outside the home. It is important to put personal health and that of those around you ahead of running.

# Running in the time of the Virus

Doing interval sessions alone is hard, particularly when there are no events to train for. Several longer runs each week at easy pace (less than 70% of maximum heart rate) with a few 60-100m faster sections should help to maintain aerobic fitness. Sharing experiences online is one way of retaining some form of group identity. Whatever running activities you choose to do, think about the following:

- ◆ Maintain social distance and appropriate hygiene practice as advised by government and health authorities.
- ◆ Don't over-stress your body. You can use the interval sessions as a template for your runs, but consider doing fewer repetitions or the full session at a lower intensity than usual to keep your immune system as strong as possible.
- ◆ If you are in a "lockdown" state for any period of time, don't give up a daily physical exercise program. There are many bodyweight exercises that you can do to maintain a level of fitness. The main thing is to avoid long periods of sitting down in one place. If you sit too long while wearing a GPS Smart Watch it will probably tell you to "Move!" anyway and who wants to be told off by a watch.
- ◆ Construct a daily program that uses your body weight as the resistance - things like single lunges, walking lunges, single leg squats, bridging, heel raises, etc. It doesn't have to be too complicated. If you don't know what these exercises entail, do an internet search using them as key words. If you have or can make a skipping rope (or buy one online), start a skipping program. It may feel awkward at first, but with practice you will become competent. If you have a power band (large elastic bands of varying elastic resistance) do a search on "power band exercises". You can buy these bands online for home delivery. Share your experiences with your friends.

My coaching programs and associated training advice go outside the Harriers training group. Over the years people from the Harriers group who have left the state continue to get the programs (unless they indicate that they no longer want them). Some masters athletes from other countries I have raced in various championships over the last 20 years have become friends. Several of these runners use sessions from my programs and provide me with feedback on their training outcomes, sharing their experiences.

What do I miss most now that there are no events and running has become an individual (or duo) activity? I had planned to participate (I am at the top of my M75 age group, the situation where competing becomes participation) in the AMA Championships in Brisbane, the Gold Coast Marathon weekend 10k and the WMA outdoor track and field Championships in Toronto. None of that is going to happen. I have run all of these regular events at various times over more than 20 years and I won't really miss not being able to run them this year. Had the WMA event been an indoor championships I would have thought differently about it because I only started running on indoor tracks in my mid 60s and I really like the buzz that comes with racing on a 200m, 6 lane, banked corners indoor track with spectators near the edge of the track almost in touching distance, with music, noise, and large display screens. The "in your face" experience is totally different from outdoor track racing - the only comparison I can think of is the difference between test cricket and T20.

The thing I miss most of all is not having a parkrun to go to on Saturday mornings. I ran in the first Torrens parkrun in South Australia, started by my very good friend Brian Wyld on 1/12/2012 with 44 finishers and 4 volunteers. Brian would have been amazed to have seen his parkrun grow to over 500 participants. Occasionally, I race the parkruns I go in, but usually I do them to run with friends, my son and my grandsons, with breakfast after the run. I have run parkruns in the UK, Denmark, France, and several locations in Australia. They have all been both the same and yet different in that there is a local "flavour" that still always "tastes" like parkrun. If you are a regular parkrunner, the fact that the briefing may be given in Danish doesn't really matter, the format is the same wherever you do a parkrun.

# Running in the time of the Virus

The growth of parkrun around the world is evidence that the parkrun format is a winner when it comes to encouraging people to participate in regular exercise with a social component.

Even with no competitions likely for the rest of the year I want to maintain as much of my aerobic fitness as I can. I can't see any point in trying to maintain competitive race speed. Trying to sustain a high demand program would increase the risk of injury for no immediate purpose as it is something I can regain relatively quickly when there is a time frame for a return to competition.

I live in the hills and I have a more or less rectangular 700<sup>+</sup>m undulating road/path course starting just 30m from my house that I was previously using as one of my 6 training sessions per week. Seven laps of that course has now become my standard 5km more or less daily run now, with a longer uphill run past Crafers as another option. I deliberately run both courses at what I judge to be my best aerobic pace. Seven laps is somewhat boring, but it does keep my VO2max (a measure of aerobic fitness) around 50 ml/kg/min. I have made that my goal – at least for now. I also do a few body weight and power band strengthening exercises, mainly focussing on muscle groups I have torn in the past – quite a few to choose from.

Most GPS running watches offer a facility to share runs and races. Garmin offers something called Connections. You can set your watch up so that your runs are automatically shared with other Garmin users (the Connected runners) that you nominate and their runs are shared with you. There are other similar run sharing services, but the outcomes are much the same – sharing experiences.

I use my Garmin Forerunner 945 GPS Sports Watch to record most of my runs and download the running metrics that the watch provides after each run. When I set myself a pace goal for a run, I don't usually look at the watch while I am running, but build my sense of pace judgement by comparing what I thought I had run with the watch metrics. The watch does provide a facility where you can set up a virtual partner and run against that partner – possibly something to add a bit of interest to a run in these days of solo running (or close to that). I have had several Garmin sports watches and the 945 model is definitely the most comprehensive model I have used, a smart sports watch with a wide range of functions for half a dozen different sports (and a price to match, \$945 when it was first released 8-9 months ago). The watch gives me my VO2max after each run, along with a host of other running metrics – go to the Garmin site for a very long list of things a watch like this can do. You can buy several different brands of GPS watches that are less comprehensive than the 945, but still support a good range of running metrics. With time on your hands now could be a good time to consider buying a GPS Sports watch that serves your needs and budget. Online prices for the same watch can vary by quite a bit so it is worth doing an extended online search.

The 945 is my daily use watch. In smart watch mode the battery is good for over 10 days. The watch isn't just a sports/activity watch. It is also a general use smart watch that can store up to 1000 music tracks (and play them when paired with a compatible device). It stores maps for a wide range of countries and has a Garmin Pay facility that provides the means to tap and pay for things – useful in these days where cash is not all that welcome.

## Refunds for the AMA Championships

### Statement from the Local Organizing Committee

#### Brisbane 2020 AMA Championships

"We are now in a financial position to provide a refund of registration, event entrance and social event fees, minus a \$20 per athlete deficit-recovery fee. This means if your Championship fees were \$200 we are able to refund \$180. We have contracted a company to process these credit card reimbursements. Given the large number of registrations this reversal transaction may take some time to appear in your bank account. If you registered more than 3 months ago we will contact you separately to organise a bank transfer as credit card transactions are unable to be processed after this time." For further information :

<https://www.australianmastersathletics.org.au/2020/03/23/notice-refunds-for-2020-ama-championships/>

# Who Is Kilian Jornet?

*by George White*

## **He just might be the fittest athlete on the planet!**

The average time for a mountaineer to reach the summit of Mt Everest from Base Camp is 40 to 45 days and that is in a team with oxygen and fixed ropes. On May 22<sup>nd</sup>, 2017 Jornet did it in 26 hours without oxygen or ropes. Not bad – but he had a bit of a stomach bug and wasn't pleased with his effort so 5 days later he did it again - in just 17 hours. This was after climbing Cho Oyu (6<sup>th</sup> highest mountain in the world) on May 7<sup>th</sup>. The Everest Sherpas call him "The monkey".



Kilian Jornet is a Spanish mountaineer, speed climber and ultra-marathon runner. He holds many records in ski mountaineering and mountain running. Two weeks after Everest he entered a half marathon in Norway that climbed nearly a mile (an 8% grade) and won in 1:30:00. Six weeks later Jornet took on another major challenge - the Hardrock 100 Endurance Race. This is an ultramarathon in Southern Colorado which covers 10,000m of elevation over 100 miles. Initially he didn't do well tripping at the 13 mile mark and dislocating his shoulder. Not deterred, Jornet popped his own shoulder back into place and ran the remaining 87 miles using his running vest as a makeshift sling. A little over 24 hours later he won the race – his third win in four years. By

September he had also won the Mont Blanc Marathon, the 31 km Swiss Sierre Zinal, the Scottish Gen Coe Skyline trail race (55 km) and the Marato Pirineu Marathon, taking 17 minutes off the race record. In addition that year on the world scene in Ski Mountaineering, he won the Vertical race and was 2<sup>nd</sup> overall.

He has run across entire landmasses- (Corsica) and mountain ranges (the Pyrenees) and regularly runs all day eating only wild berries and drinking only from streams. When just 21 years old in 2009 Jornet ran the 165-mile (and 6000m + elevation change) Tahoe Rim Trail. In the middle of the night he took a wrong turn, which added perhaps six miles to his run. He still finished in 38 hours 32 minutes, beating the previous best time by more than seven hours. When he reached the finish line, he looked as if he'd just finished a fun run and when asked how he felt about the extra distance he ran – he said "more kilometres – more fun"!

Always after a new Challenge - in 2012 Jornet set out to claim fastest ascent and descent records on six of the world's most famous mountains. Everest represented the culmination of this venture.

# Who Is Kilian Jornet?

This was his “Summits of My Life” project. He basically took trail running principles and applied them to vertical routes with the following results.

- Mont Blanc, 4810m. In July 2013 – set the record for the ascent and descent in 4 hours and 57 minutes.
- Matterhorn, 4,478 m. In August 2013 – set the record for the ascent and descent in 2 hours and 52 minutes.
- Kilimanjaro, 5895m. In October 2013 – set the record the ascent and descent in 7 hours and 14 minutes
- Denali, 6,168 m. In June 2014 – set the record for the ascent and descent 11 hours and 48 minutes, breaking the previous record by 5 hours and 6 minutes.
- Acongagua, 6960m. In December 2014 - set the record for the ascent and descent in 12 hours and 49 minutes.
- Mount Everest, 8,848 m. On May 22<sup>nd</sup> 2017 Jornet summited Mount Everest climbing without fixed ropes or supplemental oxygen; he reached the top via a new route in 26 hours. On 27 May he reached the summit again in 17 hours.

Along the way in 2015 with climber Ueli Steck, Jornet climbed the infamous North Face of the Eiger via the classic 1930's route. This route typically takes 3 days but they reached summit in 4 hours and were back down in town in less than 10.

Jornet has been logging over 1200 hours of training per year since his late teens – that's over 3 hours a day **average** including climbing 600,000m of total ascent every year - and yet still had time for a degree in exercise science. His physiological statistics are nothing short of phenomenal with a VO2 max an incredible 92 (elite endurance athletes range from 70 to 85!), a resting heart rate of 33 and a lung capacity of 5.3 litres – almost 1.5 litres more than an average male of the same height. Born in 1987 he was 18 months old when his mother took him on a seven-hour hike in the Pyrenees and we are told he never cried or fussed. At the age of 3 he completed a 7.5-mile cross-country ski race and climbed Ane-to 3, the highest mountain in the Pyrenees - 3,404 m. A year later he climbed the Breithorn (4,164 m) on the Swiss - Italy border. His mother states her mission was to make Killian tired – she always failed.

He started ski mountaineering at the age of 12 and at 16 he became a junior member of the Spanish national ski mountaineering team. He has raced as a senior since 2007.

Last year was no less impressive than previous years - he is not slowing down – last year he set the 24-hour uphill skiing record at 23,864 meters and amongst other things won the Sierre-Zinal race for a seventh time smashing almost four minutes off **the** course record. He also won the Pikes Peak Marathon. He did this on a weekly plan as follows:

- ◇ Tempo run: 30-35km at 3:30-3:50m/km
- ◇ Uphill training: 3x700m at 20-24 minutes
- ◇ Threshold intervals: 3x5000 (at close to 15 min) / 4x2000 (at close to 6 min) then 5km, 4km, 3km, 2km and 1km
- ◇ Intervals: 10x400 (at just over a minute) / 10x200 (at about 35 seconds) / 10x600 (at about 100 seconds)
- ◇ Two easy mountain run: 25-30K with 1500-2000m of elevation gain
- ◇ A technical mountain run: 15-20K with 3000-4000m of elevation gain in scrambling terrain (taking between 4 to 10 hours)

In January this year, Jornet challenged his ski partner and world-class BASE jumper Tom Erik Heimen, to a race up and down one of the most-iconic climbing mountains in the world - Romsdalshorn, Norway.

## Who Is Kilian Jornet?

Both would have to climb up between 400 and 450m and descend—Jornet doing so on foot and Heimen BASE-jumping down to the bottom. Jornet has no issue ascending, finishing in just over 30 minutes before beginning his descent, crossing Heimen still on the way up. At the top 15 minutes later Heimen jumped - hitting the ground two minutes after take-off to finish in 53:53, but Jornet made it to the bottom in a time of 52:26.

There are many amazing YouTube videos of Jornet running up mountains and this one of the Romsdalshorn is a good example. <https://www.youtube.com/watch?v=6dqm5MQPGz8>

I will leave you with some of Jornet's philosophy:

**“Thinking that what you’re doing isn’t that important actually makes things much easier,” he says. “I have seen people who are really well prepared, but then on the day of the race they put themselves under so much pressure that they don’t perform”.**



**Ros Lowe, Roger Lowe, Carol Fallon and Colin Brooks**

Competitors in the Semaphore Running Festival 2020. Congratulations to Carol for completing her first half marathon.

# SAMA 2019 Athletic Awards

Report prepared by Awards Officer, Marie Maxted

These awards for the **calendar year 2019**, mirror awards established by AMA and serve as part of the process in nominating SAMA members for these awards.

In determining the winners of the sprints, runs, walks, jumps and throws awards the following events are considered:

<b>SAMA T&amp;F Championships</b>	<b>National Championships</b>	<b>Greenbelt ½ marathon</b>
<b>Summer scratch days</b>	<b>Oceania Championships</b>	<b>Barossa ½ marathon</b>
<b>SAMA winter Championships</b>	<b>W.M.A. Championships</b>	<b>Adelaide ½ and marathon</b>

Times and distances are assessed for age group percentages at each of the events to determine the most outstanding athlete in each category. Any other notable performances will also be considered. The Most Outstanding Individual Performance category can be awarded for an individual event, for multiple successes on a single day or in a single competition, or for multiple successes in a particular style of event over the year. The last two “Most Outstanding” categories are less regimented and while they may go to an outstanding athlete in one of the above categories, or one that performs well across more than one category, they are also subject to the discretion of the committee.



## Sprints – Winner Sue Turner W55

During 2019, Sue Turner recorded 15 x 1<sup>st</sup> and 4 x 2<sup>nd</sup> places when ranked over age grade % for SAMA, AMA and Oceania sprint events for both male and female athletes. The average performance for the 19 events was 92.15%.

Runner-up: Miriam Cudmore

## Middle Distance – Winner Allan Mayfield M70

In 2019, Alan Mayfield finished 1<sup>st</sup> or 2<sup>nd</sup> in 9 SAMA middle distance events when ranked by age grade % over male and female athletes. Over these events he averaged an age grade % of 85.075 and a maximum % of 88.84. At the world indoor masters championships in Torun, Poland he won two gold medals achieving an Australian indoor record in both. At the AMA Championships in Melbourne, he also claimed two gold medals as well as two state records.

Runner-up: Paul Greenwood



# SAMA 2019 Athletic Awards



## Distance – Winner Ros Lowe W70

During 2019, Ros Lowe competed in SAMA competitions and local half marathons. She was first in five and second in three of these distance events when ranked by age grade % over both male and female athletes. This was the most firsts by any athlete. Ros' average age grade % was 78.6 over her winning events.

Runner-up: Patricia Laird

## Jumps - Winner Miriam Cudmore W80

During 2019, Miriam Cudmore received 13 x 1<sup>st</sup> places when ranked by age grade % over SAMA, AMA and Oceania jumps events for both male and female athletes. Miriam added three golds to her collection this year.

Runner-up: Jenni Cotter



## Throws – Winner Miriam Cudmore W80

During 2019, Miriam Cudmore received 16 x 1<sup>st</sup> places when ranked by age grade % for SAMA throw events over both male and female athletes. Her best performance was 96.01% with the average performance of those 16 being 83.7%.

Runner-up: Ann Jefferies

## Most Outstanding Female Athlete and winner of the Pat and Geoff Peters Trophy - Winner - Miriam Cudmore W80

During 2019, Miriam Cudmore was winner of the SAMA Jumps Award, winner SAMA Throws Award and runner up in the SAMA Sprints Category.

She received one Silver and six Gold medals and three Championship records in the Oceania Championships as well as three Golds in Melbourne AMA Championships.

Runner Up: Anne Lang for results in throws, sprints and

middle distance

# SAMA 2019 Athletic Awards



## Walks – Winner George White M70

During 2019, George White received 30 x 1st and 4 x 2<sup>nd</sup> places when ranked by age grade % for SAMA walk events over both male and female athletes. This includes a best performance of 89.32%

with the average performance of those 34 events being 83.5%. George's times also improved over his 2018 results

Runner-up: Richard Everson

## Most Outstanding Individual Performance - Karen Pienaar W40

Karen Pienaar completed the famous Comrades Ultra Marathon in South Africa. In a race with 25,000 entries over a distance of 87km Karen excelled - finishing in 7 hr 47 min 13 secs.

She finished in 796<sup>th</sup> position overall (top 5%), was 40<sup>th</sup> woman (top 2%) and 13<sup>th</sup> in her age group (top 1%).

Runner up: Colin Brooks



## Most Outstanding Administrator/Official - Winner Lisa Attenborough

At SAMA weekly competitions, Lisa has been a key member of the officiating team, in particular taking on starting duties during the summer track & field season, and regularly coming out to officiate during the winter season as part of the timing and recording team. SAMA has also benefited from the many years of experience Lisa has acquired in athletics administration during her various terms of employment with Athletics SA.

# SAMA 2019 Athletic Awards

Lisa joined the SAMA Committee in 2015, took on the role of Treasurer in 2017, and then in an unprecedented move also combined this role with that of Registrar in early 2019.

In these dual executive positions she has subsequently streamlined the administrative processes of the club, for example by introducing an on-line registration and subscription facility.

For the last 5 years Lisa has also been the organiser and coordinator of the SAMA 800m event at the prestigious Bay Sheffield carnival held in December each year. Lisa is currently completing her Level 3 Sprints coaching accreditation with Athletics Australia, and has officiated both at Athletics SA competitions, and at Athletics Australia National Championships.



For Lisa, athletics has always been a big part of her life, and her dedication as an official and administrator at the club level has always been paramount. Since 2018 she has also served as a Director on the Board of Australian Masters Athletics.

Runner up: Helen Suridge

## **Most Outstanding Male Athlete and winner of the Ruth and Jack Weber Trophy - Winner – Allan Mayfield M70**

During 2019, Allan Mayfield won the SAMA Mid Distance Award. He obtained two Australian Indoor records in WMA – Indoor Poland Championships where he received two gold medals. Allan created eight new State records, twice breaking a record he set earlier in the year. At the AMA Championships he received four gold medals.

Runner Up: Paul Greenwood for results in both middle and long distance



## **Late News**

### **Winners of AMA Awards**

**Congratulations to Allan Mayfield for middle distance and Miriam Cudmore for most outstanding female athlete**

The actual 2019 AMA Award winners for each category can be found at <http://www.australianmastersathletics.org.au/awards/ama-awards/>

The awards ceremony can be viewed at <http://www.australianmastersathletics.org.au/2020/04/11/2020-ama-awards-presentation/>

# New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Colin Ambrose	M50	3000m Walk	9.35.48	11/03/2020	Stadium ASA
Sarah Chinner	W55	400m	66.43	22/02/2020	Stadium ASA
Sian Cooper	W35	Hammer	42.58	19/02/2020	Stadium SAMA
Sian Cooper	W35	Discus	43.52	22/02/2020	Stadium ASA
Bill Dickenson	M65	300m	47.15	5/02/2020	Stadium SAMA
Richard Everson	M55	2000m Walk	9.41.8	12/02/2020	Stadium SAMA
Richard Everson	M55	1000m Walk	4.33	26/02/2020	Stadium SAMA
Richard Everson	M55	4000m Walk	20.56	20/03/2019	Stadium SAMA
Leon Gouws	M40	High Jump	1.67	29/02/2020	Stadium ASA
Colin Hainsworth	M90	2000m Walk (AR)	19.43.9	12/02/2020	Stadium SAMA
Colin Hainsworth	M90	1500m Walk	14.32	12/02/2020	Stadium SAMA
Colin Hainsworth	M90	800m Walk	7.35	11/03/2020	Stadium SAMA
Colin Hainsworth	M90	3000m Walk	29.36	11/03/2020	Stadium SAMA
Ann Jefferies	W55	Hammer	39.1	19/02/2020	Stadium SAMA
Karen Long	W45	300m	41.5	5/02/2020	Stadium SAMA
Karen Long	W45	400m	59.44	22/02/2020	Stadium ASA
Karen Long	W45	60m	8.13	7/03/2020	Stadium SAMA
Karen Long	W45	400m	59.28	4/03/2020	Stadium ASA
Matthew Lovell	M50	4000m Walk	29.36	11/12/2019	Stadium SAMA
Kim Mottrom	M35	10,000m Walk	46.19.78	1/03/2020	Stadium ASA
Sabine Orchard-Simonides	M50	Pole Vault	2.00	1/03/2020	Stadium ASA
David Robertson	M85	4000m Walk	35.5	12/02/2020	Stadium SAMA
David Robertson	M85	1500m	12.48	11/03/2020	Stadium SAMA
Jack Russell	M65	4000m Walk	25.35	11/12/2019	Stadium SAMA
George White	M70	4000m Walk	24.34	20/03/2019	Stadium SAMA
Wayne Willis	M45	Shot Put	13.71	1/03/2020	Stadium ASA



Jack Russell



Wayne Willis

## State Championships - Track and Field Pentathlon

### 19-Feb-20

Name	Age Group	Time 100m	mt Shot	mt Long Jump	mt Javelin	Time 800m	Total Points	Place
Caputo Vicki	W40	13.84	7.39	4.41	17.94	2.45.9	2,528	1
Isaac Judy	W55	18.35	8.26	1.94	0	0	DNF	DNF
Fallon Carol	W60	21.93	4.83	1.5	8.26	4.33.6	756	1
Neubauer Liz	W65	20.95	4.89	2.42	9.44	4.35.5	1,352	2
Abrey Mary	W65	17'97	5.12	2.41	13.9	3.49.5	2,122	1
Lang Anne	W75	19.21	7.15	2.58	15.1	3.55.5	3,276	1

### 26-Feb-20

Name	Age Group	mt Long Jump	mt Javelin	Time 200m	mt Discus	Time 1500 m	Total Points	Place
Gouws Leon	M40	5.14	25.51	27.02	23.82	5.41.8	2,107	1
Greenwood Paul	M45	4.12	18.48	30.68	15.53	4.57.8	1,839	1
Lovell Matthew	M50	4.51	35.48	32.62	29.98	7.04.2	1,973	1
Minchen Chris	M65	3.79	29.09	43.57	33.4	9.24.7	1,797	1
Miller Stan	M75	1.72	8.97	47.77	13.02	10.56.8	547	1



# State Championships - Steeplechase

4-Mar-20



Name	Ag Group	Result	Age Group %	Place
Lowe Ros	W70	11.48	85.6	1
Mayfield Allan	M70	8.17	98.6	1
McMahon Richard	M55	8.04		

## MEMBERSHIP RENEWAL

The SAMA membership year is from 1st April to 31st March.

Membership\* applications and renewals, together with payment of fees, can now be done online, using a secure registration portal.

To register and pay online click this [link](#) and you will be taken directly to the secure [registration portal](#). **This is our preferred method of registration (no need to complete a separate membership form).** Payment must be made by Credit Card (all major cards accepted).

To register using the 'paper' form instead, please download the membership form, <http://www.samastersathletics.org.au/policies/SAMA%20Req%20Form%202020-21.docx> complete it as instructed on the form, and then forward to the email or postal address listed on the form. Payment can be made by EFT, cheque or cash.

**Once payment is received your registration is active.**

***The deadline for Early Bird Membership has been extended by one month.***

***All members renewing before 1st May 2020 for the 2020/21 year will go into the Early Bird draw for one of THREE prizes, each consisting of a refund of their SAMA membership fee.***

# Club Uniforms

The authorised SAMA uniform (State uniform) for all athletes consists of the Club Singlet (or T-Shirt) ideally paired with navy blue shorts (not a requirement). Female athletes may also wear a Club crop top or Racer Back.

We have a complete range of uniforms available to purchase [on-line](#), from local Adelaide store Sports Centre. [www.sportscentre.com.au](http://www.sportscentre.com.au), which includes Mens and Ladies Singlets, Ladies Crop Top and T-Shirt (unisex).

It is recommended that [on-line](#) orders to Sports Centre for new uniform items are made at least 2 weeks prior to uniform items being required. See [below](#) for information on purchasing from Sports Centre.

**NB. wearing of the SAMA uniform is compulsory for competitors representing South Australia at the AMA Championships.**

Previous stocks of uniform are still available to buy at discounted prices until sold out (see [below](#)).

## Buying the Club Uniform

Local Adelaide store **Sports Centre** is our official uniform supplier.

### The new range (prices at April 2020) includes;

Mens and ladies singlets	\$45
T-Shirts	\$50
Crop Top	\$60
Boyleg Shorts	\$45
Ladies Briefs	\$35
Track Jacket.	\$125



Sports Centre have access to a vast range of clothing and other items such as compression quads, shorts, long sleeved T-shirts, sun-sleeves are also available on request and can have SA Masters Athletics logos added. Sports Centre custom make your order so please make your request **2-3 weeks before you need the item.**

# Club Uniforms

There are sizing guides available on the website but Sports Centre will be able to help you with sizing or ordering if you are concerned.

To contact **Sports Centre** directly to speak about the SA Masters Athletics range;

Sports Centre  
Address: 142 Port Road, HINDMARSH SA 5007  
Phone: 1300 123 609 or 08 8346 3411

Hours: 9.00am to 5.30pm Monday to Friday & 9.00am to 3.00pm Saturday

**When purchasing direct from the Uniform Officer you can pay in cash or directly into the SAMA bank account, then advise the Uniform Officer that payment has been made.**

**The account details for payment are:**

**Name of account: SA MASTERS ATHLETICS  
BSB 015-259  
Account number: 458951668**

**Include 'Uniform' & your name in the reference field.**

## Take a little light relief

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

If the schools are closed for too long, the parents are gonna find a vaccine before the scientists...

To go to the grocery store, they said a mask and gloves were enough....they lied.....everybody else had clothes on!

Looking at the map for some weekend travel ideas



Courtesy of Peter Sandery



# Take a little light relief



"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car."

Courtesy of David Trembath



The new paper economy!

## April Anecdotes

### George White on the Virtual Competition.....

When I first raised the Virtual Competition I envisaged just a 2km and a 4km at Peacock Road, but over a week or so it became obvious that we needed to include other distances and locations and for a while it reminded me of a story from my time at Roxby. In the early days I was in charge of Catering and one day the union rep came in to see me and said that he had had multiple complaints about the same cold meats every day for them to make up their lunches. I went to the mess and checked it out – there were something like 15 different types of protein available – mostly meats. I asked the cooks to limit the variety to 5 types a day and to rotate them on a 3 day cycle. After that the union rep told me everyone was very happy with the different varieties each day!

### Malcolm Tiggeman on training .....

My training regime consists of weight work and flexibility exercises every week day before work. On Fridays during the athletic season I have also been doing a race walk on the footpath near my home followed by 3/4 pace sprinting on the footpath. (I recently told a work mate that I had set a new world record for the walk and when he questioned what I was talking about I said it's quite simple - I'm the only person who walks that circuit and I've just set a new PB!)

### David Robertson on training .....

I have continued with Bob Cruise's training schedule. My only competition is, as usual, myself and the fact that, according to Colin Hainsworth there is a mathematical progression downwards (slower) with age.

## **SAMA Birthday List — April and May**

*A special congratulations to the members boldly going to the next age group*

<b>FELICITY</b>	<b>ALEXANDER</b>	<b>55</b>	JOHN	MARTIN	
<b>DESIREE</b>	<b>BEEKHARRY</b>	<b>55</b>	<b>MARIE</b>	<b>MAXTED</b>	<b>60</b>
KATHY	BLUTE		SHANE	MCGREGOR	
LINLEY	BOWYER		BOB	MORCOM	
GLYNN	BOYCE		VALMAI	PADGET	
COLIN	BROOKS		<b>JOHN</b>	<b>PITCHER</b>	<b>80</b>
JASMINE	CHEROP		DEAN	POWELL	
SARAH	CHINNER		IAN	ROBERTS	
ALLAN	DUNDAS		JACK	RUSSELL	
<b>CAROL</b>	<b>FALLON</b>	<b>65</b>	<b>LEIGH</b>	<b>SMITH</b>	<b>85</b>
SIEGFRIED	GRIMM		BEN	WOODD	
GRAHAM	HENDERSON		PAUL	MULHOLLAND	
JAMES	HOARE		CRAIG	WATSON	
DAVID	JANSSAN		TONY	PATANE	
ANN	JEFFERIES		ALEXIS	GILLHAM	
RUSSELL	JOHNSON		MARK	IRWIN	
<b>JENNI</b>	<b>LUTZE</b>	<b>60</b>	<b>WAYNE</b>	<b>SCARMAN</b>	<b>50</b>
JULIA	LYCETT		HOWARD	AVERY	

## **SAMA Contacts**

### **Committee Members**

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Arthur Jones	Public Officer	0408 833 932	<a href="mailto:ajons@bigpond.com">ajons@bigpond.com</a>

## 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**

Ph. 8295 1714 [www.sportspower.com.au/index.cfm](http://www.sportspower.com.au/index.cfm)

10% off store wide, excludes all sale items.

### **Arbonne Independent Consultant (Sports Nutrition) [www.jennicotter.arbonne.com](http://www.jennicotter.arbonne.com)**

\$27 preferred sign up fee waived and receive 20% to 40% discount on all on-line products

[jenni.yeomans@gmail.com](mailto:jenni.yeomans@gmail.com)

0418 890 054

### **Scout Outdoor Centre & Annapurna Outdoor Store**

[www.soc.com.au](http://www.soc.com.au)

10% discount on all purchases (quote reference ZMA).

### **Matt Lovell (SAMA member)**

[athletic\\_track\\_and\\_field@adam.com.au](mailto:athletic_track_and_field@adam.com.au)

10% discount on athletics equipment

## Sponsors



If you break a Club record contact Ros Lowe at

[rrlowe@tpg.com.au](mailto:rrlowe@tpg.com.au)

If you change your address, phone no. or email contact Lisa Attenborough at

[lisa\\_boys@internode.on.net](mailto:lisa_boys@internode.on.net)

Please send results to the editor at

[rmoyle@bigpond.net.au](mailto:rmoyle@bigpond.net.au)