

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

August 2019



Kim Mottrom (left) and **Richard Everson** are setting multiple race walking records during this winter season. Kim on 1 June at Peacock Rd completed 15kms in 1:10:43. And on 9 June in Canberra he set a new 30km record in 2:34.27. Richard on two occasions set a new 5km road record. In June he posted 25:28 and followed up in July with 25:09.

Coming Events

Oceania Masters Athletics Championships : 31 August to 7 September

AMA Winter Throws Championships—5 to 7 October

XVII Australian Masters Games—5 to 17 October

SAMA Weekend Away, Clare Holiday & Caravan Park—18 to 20 October

AMA Championships, Brisbane — 10 to 13 April 2020



ASA 4km Relay—10 August

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Club website : <http://www.samastersathletics.org.au/>

A message from our president— David Bates

The AGM held on 22 June saw the Committee for the 2019/2020 year instated, and I am pleased to welcome two new members; Jan Layng, who will take on the role of Uniform Officer, and Stephanie Noon, who has accepted the challenging role of Promotions Officer, a position that has been vacant for several years.

At the AGM there was also strong feeling voiced by the members present that the Committee should be putting more of the funds accumulated by SAMA over the years towards providing tangible benefits to all club members. It was proposed that a good way to start would be to subsidise the refreshments provided to all those involved in the 20km Walk Championships (National and State) and Half-Marathon State Championships to be held on 11 August from 8am.

So we have asked Shirley Wright to provide a breakfast menu for the morning refreshments, for all competitors, officials and volunteers, which will be paid from club funds. This also serves the worthwhile purpose of assisting Shirley to raise funds to assist her to travel as a support person with the athletes competing in the next World Schools Cross Country Championships.

The Committee has also agreed to provide additional financial support to members by paying the team entry fees for the athletes representing SAMA at the relay events organised by Athletics SA (ASA), both in winter and summer seasons. We are also embarking on the process of replacing some of our competition equipment that has reached its use-by date.

The Committee has been working on the program for the next summer season, and a draft version has been included in this newsletter (p 25). We would like to receive feedback from members before we finalise it (please see the SAMA News section on p. 5 for more details).

In developing the program we have collaborated with Jon Henschke (the ASA Events Manager) to coordinate the ASA and SAMA programs, in keeping with the spirit of cooperation we intend to adopt with ASA (more about this can also be found in the SAMA News).

We are also introducing a novel competition into the summer program, thanks to a proposal by Viddy Jermacans to hold a distance-handicapped event in which sprinters and distance runners compete against each other to win a trophy. This is to be held over three Wednesday nights at the stadium, and will be dubbed the 'Bob Clarke Memorial Challenge', in honour of one of the founding members of SA Veterans Amateur Athletics Club (now SAMA), instigator of the Bay-City Fun Run, and one of our 'Magnificent Masters' who epitomised the philosophy of having a go at a range of run distances. Just before he passed away in 2016, Bob was honoured in Australia Day Honours, with a well-deserved AM for his contribution to athletics (see Viddy's article on p.16 for full details).

I would remind you that on Sunday 25 August from 12.30pm – 3.30pm we shall be running a winter Track & Field event at SA Athletics stadium as part of our winter program. The full timetable for that event appears p. 9, and can be found on the Competitions Formats page of our website

Finally, did you know that the decathlon developed from the ancient pentathlon competitions held at the ancient Greek Olympics from 708 BC. Pentathlons involved five disciplines – long jump, discus throw, javelin throw, sprint and a wrestling match! By the sixth century BC, pentathlons had become part of religious games. A ten-event competition known as the 'all-around' was first contested at the United States amateur championships in 1884. An 'all-around' was held at the 1904 Summer Olympics, and the modern decathlon first appeared on the Olympic athletics program at the 1912 Games in Stockholm. The decathlon was originally contested only by male athletes, while female athletes typically compete in the heptathlon.



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A message from our president— David Bates

However, in 2001, the IAAF approved scoring tables for a women's decathlon, and in 2018 the first officially recognised women's Decathlon championships was held in California. This was controversial at the time, and many believe that the heptathlon should still be the multi-event for women in Olympic competition.

SAMA News

Reminder about the upcoming ASA Team Relays

Following on from the success of the Ekiden Relays in which SAMA entered two teams, the ASA Team relays will be held on two occasions in August this year, and runners are encouraged to **join a SAMA team by contacting Clare Stacey** (email: wignallclare@hotmail.com).

The second event is the **Botanic Relays** on Saturday 31 August (see the ASA website Winter Hub for details). Note that SAMA will pay for the team entry fees for both events.

Calls for assistance in SAMA activities

The club is looking for offers of assistance in two important areas of our activities: If you are able to help with either of the requests shown below, please send an email to president@samastersathletics.org.au.

Trailer Storage

It will be difficult for Roger Lowe to continue to keep the trailer used for SAMA winter competitions, so we are looking for someone to take over this job on an ongoing basis from October. If we cannot find anyone to do so, we may need to consider not using the trailer for our next winter season, which will have severe consequences on the smooth running of the competition.

If you have a vehicle with a towbar, a place to store the trailer and would be willing to help out in this way, please advise us as soon as possible. Alternatively, if you know of someone else that would be able to take on this task, please forward their details.

Even if you were just able to provide a place to keep the trailer, but would not want to be the person bringing it each week or do not have a suitable towing vehicle, please let us know that too (we could work out a roster for towing it). That way we can keep our options open.

Event Management System

John Hore has built a versatile and easy-to-use Event Manager system to allow SAMA to run its competitions smoothly, both in summer and winter. This system provides an efficient means to set-up events each week, enter competitors, and record their results. Due to other commitments, John must relinquish weekly management of this system from the end of this winter season (although he will continue to provide the technical support for it).

We are therefore looking for a keen and reliable person to take-over the responsibility of preparing the Event Manager system prior to each week's competition, and for ensuring that the necessary recording & timing equipment is operational. This is not an onerous task, since John has made the system very user-friendly.

Other club volunteers will still run the systems during the actual competitions.

SAMA News

If you are willing to make a commitment to help the club in this way starting from the beginning of the 2019/20 summer season, please let us know without delay!

2019/20 Summer Program – your feedback needed

The Committee has been working on the program for the next summer season, and a draft version has been included later in this newsletter (p 25). This year we would like to receive feedback from members before we finalise it.

In developing the program we have collaborated with Jon Henschke (the Athletics SA Events Manager) to coordinate the ASA and SAMA programs. The ASA Championship events have therefore been included for easy reference, and we are investigating whether the 10000m run Championships of both organisations can be held in a collaborative fashion. Although still to be finalised, this event is shown in the provisional program as a tentative item labelled as 'Dual State Champs', which will be held earlier in the season than usual. The rationale behind this is that distance athletes would have run longer distances over winter so it may suit those runners better if it's earlier in the summer season.

SAMA's relationship with Athletics SA

Australian Masters Athletics and Athletics Australia have had discussions on the One Sport concept and there is now a draft agreement that includes amongst other things, that any athlete registered with an open club can now enter both National and International Masters Championships without having to be a member of a Masters Club. This means that Open athletes over 30 can enter the Australian and Oceania Championships and Over 35's can enter these and the World Championships (Outdoors and Indoors).

Building on the work done by the National bodies – SAMA has now extended an offer to all ASA members 30 years of age and over to compete with us without the need to become members of SAMA. These athletes have already chosen to be part of the athletic community albeit through a different path to us, so it makes sense that we compete together wherever possible. This would include our competition on summer Wednesday nights and winter Saturday afternoons as well as our State Masters Championships.

ASA have also agreed that they will introduce into their own events for O35 and O50 athletes the same technical standards for competition used by SAMA (eg. weights of throwing implements). This will likely be phased in from the start of the 2019/2020 summer season.

Safety at the Stadium

Here are some timely reminders ahead of the Winter T&F Meet due to take place on 25 August and the 2019/20 Summer Season due to recommence on 16 October, both at SA Athletics stadium.

Safety of young children

Members are reminded that if they bring young children to the stadium, they should ensure that the children DO NOT ENTER the main stadium arena, either on the track or in the field events areas.

Throwing events

All participants (throwers, officials and volunteers) and **spectators** are reminded that they need to PAY ATTENTION AT ALL TIMES to the throwing activity in progress, to KEEP BEHIND THE CAGE as far as possible, and to STAY OFF THE FIELD unless actively involved in throwing, judging or retrieving implements.

SAMA News

SAMA Winter Presentation – 7 September 2019

The wrap-up for the 2019 winter season will be held on Saturday 7 September following the final winter competition. Please **BRING A PLATE** to share (NB. no food warming facilities).

Certificates will be presented to all participants in our Championships held during the winter season.

Venue: New Western Districts Clubrooms (turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Avenue). Parking area extended along dirt road past gates at end of car park.

Prizes to be won! Races will be Turkey handicap - you estimate your time – no watches to be worn!

1.45pm: 5km walk; 1.50pm: 5km run; 2.05pm: 2.5km run; 2.18pm: 1km run.

A warm welcome to new SAMA members

**San Ellen Lange
Michael Nitschke
Adrian Lynch
Gerry van Niekerk**



A Sunny winter afternoon at Oaklands Pk course; *Carol and Dave Fallon, Rodger Barber, Roger Lowe, Raelene Schild and Jack Russell*

HANDS UP THOSE WHO HAVE RUN A REAL “MARATHON”

by George White

No doubt, many devoted distance runners have on their bucket list – to run the Athens Marathon to follow in the footsteps of the world’s first marathon runner – the ancient Athenian messenger Pheidippides. But what was the distance he ran? And indeed if the run did happen – was it him that ran it? Turns out that not only is the marathon only part of the story, it is also only a small part of the distance. It seems the true “marathon run” may in fact have been a great deal further than 42 kilometres.



The popular story is that after their victory over a Persian invasion force at the village of Marathon in 490 BC, the Athenians sent a messenger – Pheidippides, to deliver the news to Athens. After running the 42 kilometres to Athens, Pheidippides is said to have gasped (*nenikēkamen*) “we’ve won!” and promptly died of exhaustion.

The best source for the events of 490 BC, is historian Herodotus writing about 30-40 years after the battle, but he doesn’t mention a messenger being sent from Marathon after the battle. He does say however, that a runner called Pheidippides was sent to Sparta to ask for help **before** the battle. So in fact, the real story is better than the legend, and potentially much more of an inspiration to today’s runners.

If the Herodotus’s story is true, Pheidippides ran from Athens to Sparta - some 245 kilometres and then back – about 500km, then ran to Marathon, fought in the battle and then made the supposedly epic journey back to Athens with his victory message. Herodotus was closest in time to the events and since he tells the story of Pheidippides’ run to Sparta and back, he would surely have added the runner’s death if he had known about it. But let’s not spoil a good story. The first known written account of a run from Marathon to Athens and the messenger dying from exhaustion, occurs in the works of the Greek writer Plutarch in the 1st century AD), where he attributes the run to a herald called Eukles.

HANDS UP THOSE WHO HAVE RUN A REAL “MARATHON”

by George White

It seems likely, to say the least, that in the 500 years since Herodotus's time the story of Pheidippides had become muddled. Modern acceptance of the legend was no doubt enhanced by Robert Browning's 1879 poem *Pheidippides*.

Supposedly when Pheidippides arrived in Sparta his plea was convincing but the moon wasn't full, and religious law forbade the Spartans to battle until it was, which wouldn't be for another six days'. Pheidippides had to let his people know about the delay. So after a brief sleep and some food he set out to run back. After he reached Athens, the city deployed 10,000 soldiers to Marathon to fend off up to 60,000 Persians. Despite being outnumbered, the Greeks were in an advantageous battle position. They had intended waiting for the Spartans but they heard that the Persians were planning to split into two groups and sail to attack Athens. Thanks to Pheidippides, the Greeks knew the Spartans wouldn't come soon enough, and that Athens would be in trouble. So they decided to attack the current Persian position.

After the battle the victorious Athenians realised that the Persians who they had pushed back onto their ships could simply use them to sail down the coast to attack Athens. So someone would have to get to Athens before the Persians did, to reassure them that the Athenian army was still standing. With the Persian fleet already at sea, this is almost certainly what accounts for the legendary marathon run of Pheidippides. He was running to announce the victory and to warn the Athenians that the Persian fleet was on its way. What follows was another astonishing feat of running. The Athenians fresh from the most important battle of their lives needed to return to Athens. Those who were freshest set off as fast as they could to cover the distance back to the city. The rest ran and trotted back as best they could. Perhaps this should be regarded as the first mass marathon.

The Persian fleet was approaching the coast as the fastest Athenians ran into the city and out again towards the coast. They made it in five or six hours, just an hour ahead of the advance ships of the Persian fleet. The Persians were confronted with the troops - filthy, bloodstained, and pretty exhausted, lining up on the beach ready to repel the landing. The Persians hesitated, waiting for the main fleet to arrive, but as night fell, the rest of the Athenian army came limping into the Greek camp. By dawn, the Persian's worst fears were confirmed. Over 9000 Athenians were there ready to fight again. The Persian fleet hung around for a few days in the vain hope of an opening but then sailed away.

Fast forward to modern times! When the modern Olympics began in 1896, the initiators and organizers were looking for an event recalling the glory of ancient Greece. The idea of a marathon race came from Michel Breal, and was heavily supported by Pierre de Coubertin, the founder of the modern Olympics. The first Olympic Marathon was over 40km, the approximate distance between Marathon and the Panathenaic Stadium in Athens. The annual Athens "authentic" Marathon didn't begin until 1972. By that point the distance had been standardised (in 1921). The modern marathon distance is 42,195 metres. But this distance is only loosely based on the distance from Marathon to Athens. This distance comes from the 1908 London Olympics, where competitors ran from Windsor Castle to White City Stadium and then a bit further around the track to finish in front of the royal box. The longest Olympic marathon was in 1920 when it was 42.75km and the shortest was the original in 1896 and again in 1904 when it was 40km.

So if you want to emulate an ancient hero you may have to do a lot more training and do the now annual Spartathlon. Since 1983, it has been an annual footrace from Athens to Sparta, celebrating Pheidippides's run across 246 km of Greek countryside. But even then you will do much less than half of the legend!

SAMA Winter Track & Field Competition - 2019

Sunday 25 August 2019

SA Athletics Stadium, 12.30pm - 3.30pm.

Entrants may have to pick which events they do (all events are scratch). To allow all events to be covered the number of trials in the field events may be less than 6 - depending on numbers.

Entry will be at a cost of \$5 paid to us inside the stadium and check-in is on the day – at least 20 minutes before your first event.

NB. Weight Throw will be held in the outside throwing area (behind the equipment storage sheds on the north side of the track). It is planned that Hammer, Shot, Discus and Javelin will be in the main arena, but depending on circumstances on the day it may be necessary to use the outside throwing area for some of these throws also.

Competition Program for SAMA Winter Track & Field Meet

Track	Time	Throws	Time	Jumps	Time
60m	12.30pm	Hammer	12.35pm	HJ	12.50pm
800m	12.45pm	Shot	1.20pm	LJ	1.55pm
1500m Walk	12.55pm	Discus	1.50pm	TJ	2.50pm
100m	1.15pm	Javelin	2.20pm		
1500m	1.30pm	Weight	2.50pm		
200m	1.45pm				
3000/5000m	2.00pm				
3000/5000m Walk	2.00pm				
400m	2.45pm				

Congratulations to Karen Pienaar



Congratulations to Karen Pienaar, recently selected to represent Australia in the IAU World 50km Championships, Brasov, Romania to be held 1 September 2019.

Last newsletter we heard of the heartache Karen must have felt when she was disqualified from the National 50km event. Now she has made up for it by completing the famous Comrades ultramarathon 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 796th position overall (top 5%), was 40th woman (top 2%) and 13th in her age group (top 1%). Not surprising Karen said “Wow what an experience!! Can’t describe how challenging it was”.

George White



Older and Wiser?

by Peter Sandery

GPS sports watches are reasonably common consumer items these days, providing a lot of running metrics data to the user. Much of the data they provide is derived from the relatively small amount of data that is directly measured, the latter including position, time, altitude and heart rate. One of the derived metrics that my current Garmin sports watch gives me is an estimate of VO₂max, the maximum number of millilitres of oxygen used per kilogram of body weight per minute (derived by the watch using heart rate, pace and a set of statistical tables). VO₂max is a measure of aerobic endurance and hence fitness, usually obtained by direct measurement of the oxygen content of air breathed in and exhaled, with the subject wearing a gas analyser mask while running at various speeds on a treadmill. I have had quite a bit of non-running time over the last few months because of injury. Having recently started running (slowly) again I flicked through the running metrics on my watch and for VO₂Max the watch displayed: "Your VO₂Max is **45** which is superior for men ages 70-79. Your fitness age is **20**. That's the **top 5%** for your age and gender". It was the number 20 that got my attention. I'm near the top of that 10 year age group so the fitness age presented is a long way from the number of circuits around the sun that planet earth has taken in my lifetime (my chronological age), a number that gets me a Seniors Card. "Age" is a small word that can have several meanings - chronological, biological (fitness), functional.

Our bodies are an ongoing "work in progress" as the approximately 3.72×10^{13} cells that make up the body go about their daily "business", including processes linked to ageing. On a day to day basis we don't notice change, but you only have to look at a series of photos taken over a period of years to see visual effects of the passage of time - and those photos mostly show what is collectively happening to the outside layer of the body, which is a relatively small fraction of your total body cells.

There is a growing body of research into the ageing process that is aimed not so much at extending life expectancy as improving quality of life in our "senior" years. Ageing populations of individuals seeking to remain independent and active create a very large market that is driving pharmaceutical and supplement companies to increase their investigations into this area. Investment is increasing and an increasing number of drugs and supplements are being trialled in the search for pharmaceutical and supplement quality of life extenders.

We have grown to expect that health problems can be solved by taking a pill, but the search for cures (or slowing the rate of growth) of cancers has shown just how difficult it is to achieve success. Progress has been made with some forms of cancer, but the complexity of interacting body processes continually identifies unforeseen outcomes and the need for more research. Similar issues apply to extending quality of life. Individuals can take action to extend quality of life into their senior years through changes in lifestyle - you don't have to wait for a pharmaceutical solution. Physical activity levels and diet are two key factors in reducing biological age. To better target your effort, you need to have at least a broad idea of what happens in terms of changes in physiology with increased age. In general terms: "As you age, certain physiological changes occur that decrease your ability to respond to stresses the same way you did when you were younger.

Older and Wiser?

Exercise capacity is diminished, recovery from effort is prolonged, and body structures are less capable and resilient, putting you more at risk for injury. After age 30, most physiological functions decline at a rate of approximately 0.75 to 1 percent per year¹.

The changes (which do not act alone - they are linked in various ways) include:

- A decline in maximum heart rate and hence, even without decreases in the volume of blood pumped by the heart at each stroke, a likely decline in VO₂max.
- A decrease in muscle mass. Less contractile muscle tissue translates into a decrease in overall muscle strength and hence running speed and postural stability.
- A decrease in mitochondrial density, which limits the energy that can be supplied to muscle fibres (mitochondria are the "powerhouses" of cells).
- A decrease in blood capillary density (the network of fine blood vessels that transport oxygen and nutrients to cells and carry away waste products of cell function), which limits the functional capacity of working muscles.
- An increase in cross linking of protein fibres with associated loss of elasticity in connective and other tissue.
- Decreasing levels of muscle stored glycogen (a major energy source).
- Changes in neuro-muscular function, within the brain, nerve fibres and the connection of nerve fibres to muscle cells.
- Bone demineralisation, which results in a decrease in bone density. If you spend a lot of your day sitting, that needs to be balanced by impact activities to maintain bone health.
- Degradation of cartilage and synovial membrane structures – the lubrication elements of joints.
- Changes in proprioception and hence balance.
- Declining levels of enzymes that assist the conversion of "fuel" from food into aerobic energy.
- Changes in various hormone levels, which in turn impact on the capacity of cells to repair damage.
- Accumulated effects of muscle, bone and connective tissue trauma - the breaks, cuts, and wear and tear that result from risks taken and damage incurred in the past that come back to bite us.

A daunting list, but it isn't all doom and gloom. Most of the above factors can be influenced to various degrees by appropriate physical demands. The changes are inevitable, but the rate at which they occur can be slowed (and hence quality of life extended) by regular physical activity. That can include walking, running, skipping, dancing, strength training (with body weight, free weights or gym machines), swimming, cycling, etc. If you decide on gym activities it is a good idea to have a circuit of activities drawn up by a qualified person to assist you with a balanced range of activities and to show you how to do them correctly.

It is never too late to start an exercise program. If you are not already involved, find a parkrun² in your area and join in - you can walk, jog or race the 5km that all parkruns have as their basis. Becoming a parkrunner also has social benefits - you get to meet and interact with other people (and it is free - just go to the website and register). Increasing age can shrink your social contacts, exercising in a group provides a means of expanding them.

Don't just assume that your intake of vitamins, essential minerals and food groups is OK. A session with a qualified nutritionist could identify an inadequate diet. Have a general blood test done every year to check for irregularities, indicators of what you might benefit from before something becomes a real problem. Increasing age has consequences for how the body absorbs nutrients from the food we consume so don't assume that your blood test levels will remain the same over time.

Don't confuse ability with ambition - in other words keep things in perspective by setting challenging, but achievable goals and allow time for recovery after physically demanding activities. Recovery periods allow the body to adapt to demands imposed.

Older and Wiser?

Think in terms of your current self, not what you could achieve 10 or 20 years ago.

A thought to leave you with. We relate ageing to the passing of time. Have you ever wondered just what time is?

Einstein simply said: "time is what you measure with a clock", a functional definition.

Another thought: "Time is passing non-stop, and we follow it with clocks and calendars. Yet we cannot study it with a microscope or experiment with it. And it still keeps passing. We just cannot say what exactly happens when time passes"³.

Another idea is that time is just the passing of the future into the past, giving us the means to distinguish between what has already happened and what is yet to come?

What does "passing" mean when it is linked with time?

1. Jason R. Karp, PhD and Carolyn S. Smith, MD, 2012, "Running for Women".
2. parkrun (www.parkrun.com.au)
3. Science News, April 15 2005, University of Helsinki

New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Kim Mottrom	M30	15km Walk	1.10.43	1/06/2019	Peacock Rd
Kim Mottrom	M30	30km Walk	2.34.27	9/06/2019	Canberra
Kim Mottrom	M30	10km Walk	45.14	29/06/2019	SARWC Peacock Rd
Richard Everson	M55	5km Walk	25.09	27/07/2019	SARWC Peacock Rd



Gail Stone (left) and Clare Stacey (right) enjoying the new Felixstow course

Cross Country , Winter Championships

East Tce - 6 July 2019

Name		Age Group	Results	Grade%	Order
8km					
GOODWIN	Christine	W65	0:46:23	73.30	1st
BARNARD	Robert	M65	0:37:47	72.95	1st
BATES	David	M65	0:59:21	47.31	2nd
BOLLEN	Chris	M55	0:34:27	73.30	1st
ANDERSON	John	M55	0:38:57	67.09	2nd
LAINIO	Paul	M50	0:33:48	72.29	1st
GREENWOOD	Paul	M45	0:31:47	75.05	1st
WORTHING	Mark		0:40:49		
HAINES	Chris		0:43:32		
6km					
LOWE	Ros	W70	0:39:45	68.80	1st
CLOSE	David	M75	0:33:10	70.64	1st
HAKES	Geoff	M70	0:45:02	50.25	1st



Moments before the Cross Country event and GPS watches receive plenty of attention.

The Olive trees in the background are an important part of Adelaide Parkland history. By 1875 it was reported that there were about 30,000 trees planted in the parklands surrounding Adelaide. The Adelaide Council planted olives in the parklands for beautification and income from the oil.

20km Walk Championships

Peacock Rd - 11 August 2019

Name		Age Group	Results	Age Grade%	Order
MAXTED	Marie	W55	2:30:58	71.27	1st
WHITE	George	M70	2:08:23	86.64	1st
JERMACANS	Viddy	M70	2:42:28	64.84	2nd
MCINTOSH	Gil	M65	2:22:14	73.12	1st
HILL-BROWN	Ross	M60	3:11:03	51.39	1st
EVERSON	Richard	M55	1:50:13	81.82	1st
METHA	Gregory	M50	2:12:08	67.68	1st

Club Walk

SCHILD	Raelene	W50	2:42:28	62.28	1st
FINN	Kevin	M65	2:21:46	71.62	1st
WITTY	Brian	M65	2:32:19	67.46	2nd

Half Marathon Championships

LAIRD	Patricia	W55	1:44:54		1st
CLOSE	David	M75	2:03:51		1st
SMART	Doug	M75	2:31:10		2nd
TWARTZ	Alan	M65	1:48:07		1st
LAINIO	Paul	M50	1:30:23		1st
GREENWOOD	Paul	M45	1:27:30		1st

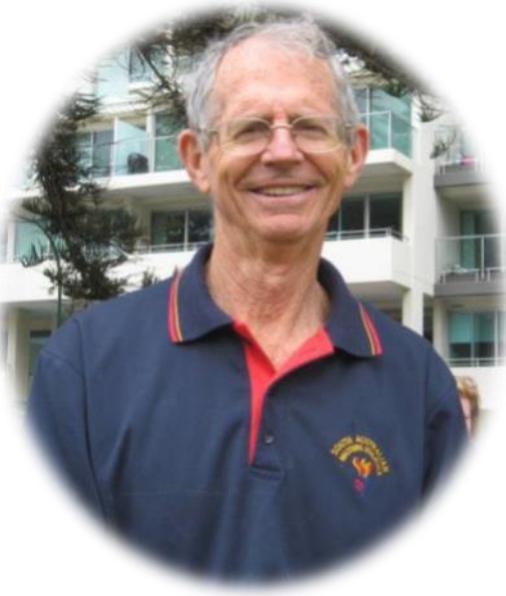


Brian Witty



Gregory Metha

SADLY WE SAY FAREWELL TO PAUL BOYCE



Paul passed away at home with his family on Sunday 4th August.

Paul joined SAMA in 1981 and until recent health issues intervened, was one of its quiet, tireless workers since that time. Running rubbed off from wife Glynn and while in later years he had been a sprinter he also finished a few State and Festival City Marathons in the early 1980's with a respectable best of 3.33. The early days saw Paul train with Glynn and both would concentrate on endurance, rather than speed. When race days came, more often than not Paul would be the gentleman and let Glynn win soundly in the marathons - though he finished first in the shorter runs.

From the late 80's his events were middle distance and the long sprints, and this century Paul essentially concentrated on the sprints with a few race walks and throws. During his running career he was a regular entrant in World Masters and National Athletics Championships.

His first position on the SAMA committee was as Registrar for two years from 1986. He also took on the role of Club Delegate to the Distance Runners Club and then in 1988 became Trophy Steward. At one stage he also took on the unforgiving role of Handicapper (in the days when it was done manually). In 1989 when Bob Auld retired as newsletter editor, Paul took on this role and he did this for four years. After a bit of a hiatus, Paul returned to the executive as Secretary for two years in 1998.

Paul was heavily involved in the organising committees for the 1982, 1986 and 1993 National Masters Athletics Championships, taking on major roles including overall computerisation, covering entries and results processing.

With technology banging on SAMA's door, Paul together with Di Pardon designed and set up the first Club website. When the high profile Athletics Australia Grand Prix events came to Adelaide Paul organised the entries in the Masters events. Until the last few years he was also the mainstay of SAMA's participation in the Bay Sheffield Carnival each year.

While he held many official roles in SAMA Paul was also one of the quiet workers - always there when something needed to be done. He will be sorely missed and I know the thoughts of all in SAMA are with Glynn.

George White



October 13, Hardy's Tintara Winery

<https://sarrc.org.au/calendar/>

Bob Clarke Memorial Challenge

A new addition to the summer program

SAMA will be introducing a new event as part of its 2019/2020 summer track & field program. It is an event that will cater for sprinters as well as middle distance and distance runners of all ages, both male and female, competing together in two handicap heats (200m & 1000m) with the aim of qualification for a 500m trophy final.

Bob Clarke

The SAMA committee has received approval from the family of Bob Clarke to name the series of races in his honour.

I draw on extracts from George White's publication *'Age Is An Advantage (A History of Veterans/ Masters Athletics in South Australia)'* to provide a brief biography of Bob Clarke who was one of the twenty one founding members of the South Australian Veterans Amateur Athletic Club.

Specifically, I refer to the section of George's book titled 'Magnificent Masters'.

"Bob Clarke was a founding member of the Veterans Club and is the only person to have maintained continuous membership to this day" (2010 at the time).

"In the 1970's Bob held all M50 Veteran Club records from 100m to 1500 metres as well as the triple jump. He also had the fastest M45 Marathon. In the 1978 SAAAA Championships in the over 40's division only two younger rivals were able to beat 53 year old Bob home in the 800m.

Over his career he broke Australian records four times. In Australian National competition, overseas nationals and World Championships in various age groups from 50+ to 65+ (1975 to 1993), Bob won 10 gold, 15 silver and 17 bronze medals.

At State level Bob set multiple M50, M60, M65 and M70 State Age Group Records.

One of Bob's big satisfactions from the sport came from seeing the growth of the City-Bay Fun Run which he founded in 1973 and organised for many years, seeing the race grow from 1637 entrants in the first year to over 10,000 ten years later."

George's book is available as a pdf on the SAMA website and is highly recommended. An informative history of the club and its members.



In the 2016 Australia Day Honours list Bob was appointed a Member of the Order of Australia (AM) for significant service to athletics.

In April of 2016, Bob Clarke (pictured left) passed away at the age of 91.

The Challenge

The two heats and handicap final of The Challenge will be run over three Wednesday evenings during the months of November and December 2019.

Entrants will need to register up to 48 hours before each heat to allow for handicaps to be calculated and for the track to be marked on the day of competition.

Male and female athletes compete jointly in the heats and final.

All athletes are handicapped on a set sliding scale (based on age and gender) with possible, discretionary, additional handicapping based on an assessment of

Bob Clarke Memorial Challenge

comparative skill levels.

Heat 1. 200m

Run Wednesday, 6 Nov. as per the SAMA Summer Program (A2) which includes a 200m event. Athletes entered in The Challenge will be catered for in the required number of races. It should be possible to use more than the 6 lanes SAMA is allocated on competition nights as races will commence on the bend entering the straight and will not interfere with athletes training in the back straight. It is anticipated that there will be two or three races with up to eight runners in each race. Other 200m runners (not entered in the trophy event) will be catered for in any additional races.

Heat 2. 1000m

Run Wednesday, 20 Nov. as per the SAMA Summer Program (C2) which includes a 1000m event. This heat will not be run in lanes with runners to start as per handicaps marked in lane one (1).

Qualification for trophy final

Points will be awarded to runners in each race of the two lead up heats on the following basis:-

1 st	10 points	4 th	6 points	7 th	3 points
2 nd	8 points	5 th	5 points	8 th	2 points
3 rd	7 points	6 th	4 points	9 th	1 point

Points are combined from the 2 heats and the top 8 (if we get that number of lanes) qualify for the final. Below are indicative handicaps proposed for the two heats and the 500m final.

Trophy Handicaps in Metres

Age	<u>200m run</u>		<u>1000m Run</u>		<u>500m Run</u>	
	<u>M</u>	<u>F</u>	<u>M</u>	<u>F</u>	<u>M</u>	<u>F</u>
30	Scratch	12	Scratch	70	Scratch	27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186
85	73	93	412	523	156	199

The final will be run in lanes on Wednesday, 11 December as per the program (C2). A trophy and prizes will be awarded to the first three place getters in the final.

Viddy Jermacans
Series Convenor

OFFICIALS BEGINNER SEMINAR

SAT OCT 12TH 2019
SAT NOV 16TH 2019

FROM 9AM - 11:30AM
SA ATHLETICS STADIUM

+ PRACTICAL OPPORTUNITY
AT ASA INTERCLUB/OPEN DAY
FROM 12PM ONWARDS

VISIT: ATHLETICSSA.COM.AU



JOIN OUR COURSE AND...

**LEARN THE
BASICS!**

OFFICIALS BEGINNER SEMINARS ARE A **FREE INTRODUCTORY COURSE** TARGETING NEW VOLUNTEERS WHO ARE INTERESTED IN DEVELOPING THEIR ATHLETICS KNOWLEDGE IN A FRIENDLY ENVIRONMENT.

THE SEMINARS ARE RUN BY ACCREDITED OFFICIALS AND COVER THE BASICS OF 3 EVENT GROUPS, TRACK, JUMPS AND THROWS, AS WELL AS THE PROCESS OF BECOMING AN ACCREDITED OFFICIAL.

Registration for ASA competition

If you are planning to participate in the Athletics SA competitions this summer, then you need to decide which level of membership with ASA you would like to take out. Please see the diagram below for details.

If you are a regular competitor with Athletics SA the best option is to sign up to the Platinum membership. If you might only compete once or twice in the Athletics SA competition than you are probably best sticking with the Basic Membership which is included in your SAMA registration fee.

This season there will be the option to upgrade to the next level if you decide to compete more often.

ATHLETICS SA 2019-2020 Membership Fees

	Basic Membership	Traditional Membership - Formally Bronze	Platinum Membership - Formally Silver
Fee	Part of SAMA Fee	\$100	\$220
Athletics SA / Running SA Membership	Yes	Yes	Yes
Personal Accident Insurance	If Registered with an Affiliated Club	If Registered with an Affiliated Club	If Registered with an Affiliated Club
Eligible for State Selection	No	Yes	Yes
Entry for Winter Events (excludes relays & winter throws)	Full priced entry fees apply	max \$15 per event	max \$15 per event (Includes Winter Throws)
Entry for ASA State Track and Field Championships (excluding relays)	\$30 per event - max of \$60	\$15 per event - max of \$30	FREE
Entry for Athletics SA Track and Field Events *	\$30 per day of competition	\$15 per day of competition	FREE



31st August to 7th September 2019

Mackay Region, Queensland

The 2019 Oceania Masters Athletics Championships will be held at the sports precinct, which is under construction at the CQUniversity Mackay campus, from August 31 to September 7 2019.

More than 500 athletes and technical officials will take part, with teams from as far away as Tahiti, New Caledonia, Nauru, Cook Islands, Fiji, Norfolk Island and Papua New Guinea expected to compete. Most athletes will be representing Australia and New Zealand.

Blute	Kathryn
CLARK	Des
CLARK	Marg
Cudmore	Miriam
Harrell	Hayden
LANG	ANNE
Long	Karen
Neubauer	Liz
Neubauer	Cassie
Sandery	Peter
White	George

Good luck to the members listed on the left who will be competing at the Championships.

Lisa Attenborough will be team manager.

Membership

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](#), 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.

SAMA Weekend Away

18 & 19 October 2019

Clare Caravan Park



The weekend away is an annual event. In recent years about 40 members enjoy early morning walking / running followed by relaxing afternoons or shopping trips to nearby towns.

Cut off date for bookings at Clare Caravan Park is 16th August 2019.

Bookings and general enquiries to **Helen Suridge**.

Tel :0401009982

email : helsur@outlook.com

SA Masters Athletics Sunday Winter Lunch

We enjoyed a wonderful Sunday lunch at the Balhannah Hotel on Sunday 4th August. Food and company were great and it was a great way to spend a cold winter afternoon. Another Friday night dinner will be booked later in September to celebrate the end of the winter season, so please watch out for more information on the website and at the weekly competition meetings.



Helen Suridge



WMA Championships : Toronto - Varsity Stadium, Toronto University July 20 - August 1, 2020

The countdown is on for the 2020 WMA Championships in Canada. We are aware that many of you are seasoned travellers and have been to AMA and WMA Championships in your careers; therefore, you are in a great position to know what you want, don't want, like and don't like in your personalised tours. That is where **NPIRE Travel** are a great option for you, as we meet your needs and pay attention to the little things that will make your tour memorable, affordable and unique.

Contact Lisa Mac today on 0403 575 899 or lisa@npire.com.au to enquire about Toronto, Montreal, New York and The Rockies packages exclusive to WMA athletes and supporters!

Please note: Representatives from NPIRE Travel have met with members of the AMA Board. NPIRE Travel are one option for travel arrangement to Toronto.



The Australian Masters Games

is a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape. In 2019 the 17th edition of the Games will be hosted in Adelaide from Saturday 5th to Saturday 12th October.

It is expected over 8,000 participants will compete across over 45 different sports.

The event is open to anyone. The only criteria to compete in the Australian Masters Games is that **you must meet the minimum age requirement**, which in most sports is 30+ years.

<https://www.australianmastersgames.com/extra.asp?ID=7936>

Our Birthday List — August and September

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

LISA	ATTENBOROUGH		MICHAEL	MCAULIFFE	
JOHANNA	BARTLE		ANDREW	MCKAY	
CHRIS	BOLLEN		SUZANNE	MCKEEN	
SUE	CASSIDY		KIM	MOTTROM	35
ROB	CEDERBLAD		MICHAEL	NITSCHKE	
CHERIE	DEMPSEY		CHARLES	PALFRAMAN	
STEPHEN	DUNN		DON	PARKER	
RICHARD	EVERSON		CHANTEL	PEACOCK	
DAVE	FALLON		JOCK	RIACH	
KEVIN	FINN		BETT	STAWARZ	
ROULA	GHAOUI	40	MIKE	STROUBIS	
CHRISTINE	GOODWIN		PETER	TAYLOR	
LIAM	HANNA	75	STEPHEN	TRUTWIN	55
JOHN	HORE		COLIN	WELLINGS	55
CATHIE	HORE		NORMAN	WHITE	
VIDDY	JERMACANS		GILLIAN	WHITE	
CHRIS	JOHNS		BRIAN	WITTY	
COLLEEN	KONECNY		MARK	WORTHING	
DIANE	LOVEDAY				

SAMA Contacts

Committee Members

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Helen Suridge	Secretary / Social Secretary	0401 009 982	helsur@outlook.com
Lisa Attenborough	Treasurer / Registrar	0404 120 813	lisa_boys@internode.on.net
Jan Layng	Uniforms Officer	83614707	JUCIELUICIE_19@HOTMAIL.COM
Marie Maxted	Awards	0447 123 706	maxted@adam.com.au
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Paul Lainio	Run Coordinator / Uniforms	0417 886 850	p.lainio@bom.gov.au

Other Contacts

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Richard Moyle	Newsletter Editor	0417 831 194	rmoyle@bigpond.net.au
Arthur Jones	Public Officer	0408 833 932	ajons@bigpond.com

SA MASTERS ATHLETICS - WINTER 2019		v8 (changes as noted *⊕)	
KEY TO PROGRAM & Notes - See Page 2		Saturday scratch events [in grey]	Saturday handicap events [in white]
DATE	VENUE	WALKS	RUNS
10th Aug	ASA /RUNNING SA CITY RELAYS CBC Ovals, Wakefield Rd.	1.00pm start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey ⊕ Teams of 3 - each person runs 3km, 4km or 6km	
10th Aug	Peacock Rd, Adelaide Adelaide Hockey Club Rooms⊕	Joint meet with SARWC - WEAR SAMA UNIFORM 12km - 1.30pm, 6km & 3km - 2.00pm	Runners have the choice of joining a team for the ASA relays Runners / walkers can take part in a <i>parkrun</i> of their choice
10th Aug	Your preferred <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 11th Aug	Peacock Road, Adelaide Adelaide Harriers Clubrooms*	20km Walk SAMA State Champs and 20km Walk AMA Champs 10.00am start anti-clockwise	SAMA Half Marathon State Champs 10.15am start same course as the walk + 1.1k loop
Sun 11th Aug	BAROSSA MARATHON FESTIVAL		
17th Aug ⊕	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	10km - 1.45pm, 5km - 2.26pm anti-clockwise ⊕ ⊕Note direction reversed	10km SAMA State Champs - 2.11pm 5km - 2.38pm, 2.5km - 2.56pm anti-clockwise ⊕ Prizes
Sun 25th Aug	SA Athletics Stadium Mile End	SAMA WINTER TRACK & FIELD COMPETITION Full program of sprints, runs, walks, jumps and throws	12.30 - 3.30 pm
31st Aug	ASA /RUNNING SA BOTANIC RELAYS Botanic Park, Plane Tree Drive	1.00pm start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey ⊕ Teams of 3 - each person runs 3km	
31st Aug	Bonython Park 3k Loop Opposite Coca Cola	12km - 1.29pm, 6km - 2.17pm, 3km - 2.50pm	12km - 2.05pm, 6km - 2.32pm, 3km - 2.53pm
31st Aug - 7th Sept	2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS - MACKAY QLD		
7th Sept	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	5km Turkey Handicap - anti-clockwise Special start time 1.45pm	5km, 2.5km, 1km Turkey Handicap - anti-clockwise Special start times 1.50pm, 2.05pm, 2.18pm WINTER PRESENTATION - BRING A PLATE - Prizes
Sun 15th Sept	CITY-BAY		
5th-12th Oct	XVII AUSTRALIAN MASTERS GAMES - ADELAIDE		
18th-20th Oct	SAMA WEEKEND AWAY		

SA MASTERS ATHLETICS - WINTER 2019

Version 8 - May 2019

KEY TO PROGRAM & Notes			
VENUE NOTES			
Peacock Road, Adelaide Harriers Clubrooms*	North end of Blue Gum Park / Kurangga (Park 20)		
Cnr. Greenhill & Peacock Roads, Adelaide Hockey Club Rooms⊕	Walkers Club (SARWC) events; South end of Blue Gum Park / Kurangga (Park 20)		
West Terrace, Western Districts Club Rooms**	Turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Av; Ellis Park / Tampawardli (Park 24)		
OPTIONS FOR SOME SATURDAYS / SUNDAYS			
Runners WEAR SAMA UNIFORM	Runners are encouraged to join a team ⊕ for the ASA /RUNNING SA RELAYS [in green] ⊕JOIN A TEAM organised by Clare Stacey [wignallclare@hotmail.com] ⊕Confirm race times & details on ASA Website [http://www.athleticsa.com.au/WinterHub] - all races are scratch - entry fee payable to Athletics SA (ASA)		
Walkers WEAR SAMA UNIFORM	Walkers may choose to compete in a Joint meet with Walkers Club (SARWC) [in orange] See separate flyer for full details. - all races are scratch - no entry fee for SAMA members		
	or take part in a <i>parkrun</i> of their choice [in blue]		
	or take part in a <i>parkrun</i> of their choice [in blue]		
START TIMES FOR SAMA SATURDAY COMPETITIONS			
Scratch day event [in grey] start times are precise to enable an overall finish at 3.15pm			
The following handicap day event [in white] start times are approximate (depends on your handicap)			
Your start time is the time you would run/walk the event - before 3.15pm. Allow 20 minutes before then for check-in.			
1.30pm	12km walk	2.15pm	5km walk, 6km walk; 8km run
1.45pm	9km walk, 10km walk; 15km run	2.30pm	4km walk; 5km run, 6km run
2.00pm	8km walk; 12km run	2.45pm	3km walk; 2.5km run, 3km run, 4km run
2.10pm	9km run, 10km run	3.00pm	1500m run, 2km run
OTHER EVENTS			
CHAMPIONSHIPS / MASTER GAMES		eg. AMA, Oceania, Australian Masters Games	
SARWC Events		eg. ASA 20KM ROAD WALK CHAMPIONSHIPS / SAMA Joint meets with Walkers Club	
ASA / RUNNING SA Events		eg. TWILIGHT CROSS COUNTRY / EKIDEN RELAY ⊕	
Other non-SAMA Events		eg. ADELAIDE MARATHON FESTIVAL	

17 - 23 Jan 2021



Register your interest now and WIN!

Holiday Packages are being prepared for travel to Norfolk Island, inclusive of airfares, accommodation, car hire & more. They can be tailored to include domestic transfers.

REGISTER YOUR INTEREST by the end of September 2019 to receive regular updates & go in the draw to win 7 nights free accommodation and car hire courtesy of **Paradise Hotel & Resort & Eldoo Car Hire** plus a copy of Ian Rolfe's *Southern Lightscapes: Norfolk Island*.

Conditions apply, Not transferable for any other event or other person; entrants must be eligible to compete.

To enter, send your name, address, email & phone contact to: maria@travelcentre.nf visit the Norfolk Island booth at the **2019 OMA Championships at Mackay** & fill in an entry form.



Organise your 2021 travel plans to compete on Norfolk Island & holiday with 'Bounty Mutineer' descendants!

In January 2021 the Oceania Masters Athletics Championships will be held on Norfolk Island where you can expect a 'whole-of-Island' welcome! Located just two and a half hour flight from Brisbane or Sydney and two hours from Auckland, athletes will enjoy the competition and the opportunity to explore our stunning environment, heritage and local 'Norf'k' culture born from the mutineers on the HMAS Bounty and Polynesian women.

SA Masters Athletics—Summer 2019/20

10th-13th April	AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - BRISBANE (over Easter)	
Wed 15th Apr	Modified Scratch	Summer Presentation Night [please bring a plate to share] 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump
16th-20th April	SA MASTERS GAMES - TATIARA (Bordertown)	
*ASA events follow our meets		**Nominate previous week
#Register > 48h beforehand		

KEY TO PROGRAMS & NOTES

Version 4

July 2019

VENUES

All SAMA / ASA competitions are held at SA Athletics Stadium, Mile End unless indicated otherwise.

SAMA WEDNESDAY PROGRAMS

Program alternates between Scratch and Handicap with timetables as shown below eg. A1 = Track A + Field 1.

On Handicap days if more than 1 heat is required for 400, 800, 1000 or 1500m – the faster heat will be scratch.

Men and women compete together. W designates a walk (separate Race-walk & Club-walk events on Scratch days only).

TRACK	Program A		Program B		Program C	
	60m	5.55pm	1000mW	5.50pm	1000m	5.55pm
	1500m	6.05pm	800m	6.05pm	1500mW	6.05pm
	800mW	6.20pm	100m	6.15pm	150m	6.20pm
	200m	6.30pm	3000mW	6.25pm	2000m	6.30pm
	3000m	6.40pm	5000m	6.25pm	400m	6.45pm
	5000mW	6.40pm	3000m	6.25pm	4000mW	6.55pm
	3000mW	6.40pm	300m	6.55pm	2000mW	6.55pm
FIELD	Program 1		Program 2			
	Hammer	5.55pm	Weight	5.55pm		
	HJ	6.35pm	Discus	6.30pm		
	Javelin	6.50pm	LJ	6.50pm		
	TJ	7.00pm	Shot	7.00pm		

Races Qualification for trophy final:

Heat 1. 200m	Points will be awarded to runners in each race of the two lead up heats on the following basis					
	1 st	10 points	4 th	6 points	7 th	3 points
Heat 2. 1000m	2 nd	8 points	5 th	5 points	8 th	2 points
	3 rd	7 points	6 th	4 points	9 th	1 point
Final: 500m	Points are combined from the 2 heats and the top 8 (if we get that number of lanes) qualify for the final.					

COLOUR KEY

MAJOR CHAMPIONSHIPS / MASTER GAMES	
SAMA State Age Group Championships	
Dual State Champs	
ASA State Championships	
Modified Program	
Other non-SAMA Events	

KEY TO PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	PROGRAM	NOTES	
2019			
5th-12th Oct	XVII AUSTRALIAN MASTERS GAMES - ADELAIDE		
Wed 16th Oct	A1 Scratch	First SAMA Competition	
18th-20th Oct	SAMA WEEKEND AWAY		
Wed 23rd Oct	B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race	
Sun 27th Oct (tbc)	Dual State Champs	ASA 10000m Run,	SAMA 10000m Run; Morning
Wed 30th Oct	C1 Scratch		
Wed 6th Nov	A2 Handicap	Heat 1: Bob Clarke Memorial Challenge [#]	
Wed 13th Nov	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race	
Wed 20th Nov	C2 Handicap	Heat 2: Bob Clarke Memorial Challenge [#]	
Sat 23rd Nov	ASA State Champs	ASA Relays : Track; 4x100m, 4x200m, 4x400m, 4x800m / Field; LJ, TJ, HJ, Shot, Javelin, Discus	
Wed 27th Nov	A1 Scratch	600m Qualifier for Bay Sheffield Masters 800m race	
Wed 27th Nov*	ASA State Champs	ASA 5000m Run championships; Adelaide Invitational 1	
Wed 4th Dec	B2 Handicap	Final: Bob Clarke Memorial Challenge	
Wed 11th Dec	C1 Scratch		
Wed 18th Dec	Modified Scratch	Xmas special - Adelaide Harriers Clubrooms 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners , 6.25pm; 800m Walk for runners, 6.45pm; wrong handed Turbo throw, 7.15pm; water balloon throwing.	
Wed 18th Dec	ASA	Open Day; Night meet	
Thurs 26th Dec (tbc)	Morning	Two Jetties Fun Run - organised by Adelaide Harriers	
Thurs 26th Dec (tbc)	Afternoon	Bay Sheffield Masters 800m race - organised in association with SAAL	
2020			
Wed 8th Jan	Modified Scratch	New Year special - Something different for everyone 5.50pm Mile Walk, 6.05pm 600m, 6.15pm 100m, 6.25pm Mile, 6.35pm 300m, 6.45pm 3km run/walk, 5.55pm Hammer, 6.45pm H J, 6.30pm Turbo throw, 7.00pm Standing LJ	
Wed 15th Jan	B2 Scratch		
Wkend 18/19th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, 035 Masters Pentathlon	
Wed 22nd Jan	C1 Handicap	Plus 4x100m relays** - First 2 track events 5 minutes earlier; 5.45pm start	
Wed 29th Jan	A2 Scratch		
Wed 5th Feb	B1 Handicap		
Sun 9th Feb	2019 OCEANIA & AUSTRALIAN 20KM RACE WALKING CHAMPIONSHIP - ADELAIDE (War Memorial Drive)		
Wed 12th Feb	C2 Scratch		
Wed 19th Feb	A1 Handicap	Incl. SAMA State Champs Short Hurdles** - 5.40pm start	
Wed 26th Feb	B2 Scratch	Incl. SAMA State Champs T&F Pentathlon; Women** - 5.30pm start	
28/29th Feb/1st Mar	ASA State Champs	ASA Track & Field Championships (incl. 10000m Walk)	
Wed 4th Mar	C1 Handicap	Incl. SAMA State Champs T&F Pentathlon; Men** - 5.30pm start	
Wed 11th Mar	A2 Scratch	Incl. SAMA State Champs Long Hurdles** - 5.40pm start	
Wed 11th Mar*	ASA State Champs	3000m ASA Run championships; Adelaide Invitational 2	
Wed 18th Mar	B1 Handicap	Incl. SAMA State Champs Steeplechase** - 5.15pm start	
Sun 22nd Mar	SAMA State Champs	SAMA 10000m Walk; Throws Pentathlon; All 8.30am start	
Wed 25th Mar	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm start	
Wed 1st Apr	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm start	
Wed 8th Apr	C2 Scratch		

Club Uniforms

The new range of uniforms can be bought online from local Adelaide store Sports Centre.

www.sportscentre.com.au

You can go directly to the SA Masters Athletics uniforms purchase area at;

<http://www.sportscentre.com.au/products/buy-online/sa-masters-athletics->

The new range (prices at Feb 2017) includes;

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

Other items such as compression quads, shorts, long sleeved T-shirts, sun-sleeves are also available on request and can have SA Masters Athletics logo added.



Sports Centre custom make your order *so please make your request 2-3 weeks before you need the item*. You can pick the uniform up from Sports Centre or arrange delivery. Sizing guides are available on the website but Sports Centre will be able to help you with sizing or ordering if you are concerned. Feel free to go into the store to get assistance.

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

Event Co-ordinator: Jill Taylor
 Email: secretary@nswmastersathletics.org.au
 Phone: 0409607384
 Committee:
 Adriana van Bockel, Gabi Watts, Anatoly Kirievsky



Join our event Facebook page:
 "AMA Winter Throws Championships 2019"



2019 AMA Winter Throws Championships

Sat 5th - Mon 7th October
 Daily events start at 9am

KerryMcCann Athletics
 Beaton Park Leisure Complex, Foley Street,

Entries will open July Watch our facebook group
 for details: "AMA Winter Throws
 Championships 2019"



**Kerry McCann
 Athletics Track**
 is located within the
 grounds of Beaton Park
 Leisure Centre.

Day 1 Saturday:

- † Throws Pentathlon
- † 56lb and 100lb Throws
- † Group Dinner, please join us!

Day 2 Sunday:

- † Individual events
 (Hammer, Shot, Discus, Javelin, Weight)
- † Weight for Distance event

Day 3 Monday:

- † Heavy Weight Pentathlon

Welcome to the 'Gong

The Kerry McCann complex is an eight lane IAAF certified synthetic athletics track. The track includes facilities for all jumping and throwing events. (including hammer and discus cages) as well as a 500 seating capacity grandstand. Athletic clubs that utilise the facilities include: [Athletics Wollongong](#), Little Athletics Wollongong, Illawarra Blue Stars and Kembla Joggers

About Wollongong

<http://www.visitnsw.com/destinations/south-coast>
<http://www.visitnsw.com/destinations/south-coast/wollongong-and-surrounds>
<http://visitwollongong.com.au/>

Accommodation Links:

<http://visitwollongong.com.au/places-to-stay/accommodation>
<https://www.wotif.com/Wollongong-Hotels.d10427.Travel-Guide-Hotels>



2018 Male Athlete of the Meet
 Todd Davey



2018 Female Athlete of the Meet
 Gabi Watts



MEMBERS BENEFITS

Fitness on the Park (Anne Lang SAMA member)

64 MacKinnon Parade, North Adelaide
5006. 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

10% off store wide, excludes all sale items.

Arbonne Independent Consultant (Sports Nutrition) 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

0418 890 054

Scout Outdoor Centre & Annapurna Outdoor Store

www.soc.com.au

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

Matt Lovell (SAMA member)

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

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

lisa_boys@internode.on.net

Please send results to the editor at

rmoyle@bigpond.net.au