

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

December 2019



Liam Hanna, Colin Brooks, Patricia Laird and Paul Laino, competitors in the 10km Championships on 27 October.

Coming Events

Bay Sheffield Carnival : SAMA 800m Invitational Event - 27 December 2019

NZ Masters Games - 1 to 9 February 2020

AMA Championships, Brisbane — 10 to 13 April 2020

World Masters Athletics Championships - 20 Jul to 1 Aug 2020

Alice Springs Masters Games - 10 October to 17 October 2020

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Member Benefits

My search for a Christmas photo with a South Australian connection led to the Christmas Bush. (picture above)

Several different native plants are known as the Christmas Bush. The SA version is sweet bursaria, (*Bursaria spinosa*), an upright prickly shrub that is covered in white flowers in summer. It is widespread in SA and grows to 2 to 4 metres in height and up to 3 metres in width.

Happy Christmas to all and a sincere thank you to the members who contributed to the newsletter this year.

This group of happy runners and walkers enjoyed a cold morning at Clare on the weekend away.



A message from our president— David Bates

The 2019/20 summer season is now well underway, and I extend a warm welcome to several new members who have been out to compete on Wednesday evenings. I was particularly pleased to receive an email from one of them containing the following words of praise for SAMA, which shows that our volunteers and officials are all doing a great job:

“Just wanted to acknowledge how impressed I am with your organisation in terms of professionalism and friendliness. This includes the officials – starters and ladies at the table taking the position numbers.

I had never run in competition before and was a bit apprehensive about competing. Everyone there has made me feel welcome and have been very kind in explaining things. I have really enjoyed the experience.”



Thanks to the efforts of Viddy Jermacans we have seen very successful inaugural Bob Clarke Memorial Challenge, with 17 entrants taking part in the first round, and 14 in the second round. It was a very exciting Final race between the 9 qualifiers, attended by Bob's son Brian Clarke who presented the prizes. The winner was Richard McMahon, closely followed by Jenni Cotter and Sarah Chinner. Congratulations to all that took part. (see results on p.8)

We have been fortunate to find someone to assist John Hore in running the technical aspects of our summer competition, and I wish to thank Nick Miotti for taking on this role with great enthusiasm. However, we are now looking for additional volunteers to assist with computer operations during competition (see the SAMA News item on p 4).

To clarify the requirements SAMA has for our Club Walking and Race Walking categories, George White has prepared a paper (see p 5) that offers a better understanding, in particular with regard to the "no advantage" concept. It also provides very useful information on how to improve your race-walking technique.

You can view the remainder of the summer program at the end of the newsletter, and by downloading the full version from the Programs page on our website*. We sometimes have to make changes to the program, so please refer to the website for the most recent version.

It looks like we are going to have a great competition in our Masters 800m event at the Bay Sheffield Carnival, thanks to the efforts of Lisa Attenborough. This will likely be held on Friday 27th December at 5.10pm, but this time may be altered, so keep an eye on the Special Events website page* for the details once confirmed by SAAL. We hope that we shall see a good turnout of SAMA supporters too!

Finally, I wish everyone a Happy Festive Season, and look forward to seeing you at the stadium next year when our summer competition resumes on 8th January.

*SAMA website Programs page: <http://www.samastersathletics.org.au/program1.htm>

SAMA News

Call for assistance in SAMA activities

Computer operations during summer competition

At our summer competitions on Wednesday nights, a computer is used to record all entries and results for the multiple events being conducted. Someone is required to print out start lists and enter the results into the computer during the evening, so that we can run the events smoothly and produce a full set of results shortly after the competition has been completed.

Currently there are only two people who regularly undertake this important task, and often their participation as athletes has been curtailed as a consequence. We really need other volunteers who are willing to assist, so that it is not always the same people doing this job each week.

The computer system is very straightforward to use and only a small amount of training is required. We would set up a roster to share the load.

If you would be willing to assist the club in this way, please advise David Bates as soon as possible. Alternatively, if you know of someone else that would be able to take on this task, please forward their details.

If you are able to help in any way, please send an email to president@samastersathletics.org.au.

Call for Performances to be considered for the 2019 SAMA Awards

If you would like your athletics performances from the:

AMA Track & Field Championships (Melbourne 2019)

Oceania Masters Athletics Championships (Mackay 2019)

WMA Indoor Championships (Torun, Poland 2019)

or Greenbelt, Barossa & Adelaide Half-Marathons (2019)

to be considered for the annual SAMA Awards, and they haven't appeared in the SAMA Newsletter, please forward your results by 31 December 2019 to the Awards Officer at maxted@adam.com.au

World Masters Rankings website

AMA has come to an agreement with World Masters Rankings that from 1st January 2020 all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site.

This is a trial for 2020, and AMA will cover the cost. SAMA members are advised not to take out a personal subscription to the World Masters Rankings website between now and the end of the year.

Further information about the World Masters Rankings database is available on the SAMA website.

A warm welcome to new SAMA members

NATHAN	BEGGS	SUE	KOUMOULAS
GUY	BOWDEN	ESTEE	MEYER-STANDER
TREVOR	BROWN	DAMIEN	NICHOLLS
SEAN	CONNELL	WAYNE	SCARMAN
ALEXIS	GILLHAM	ANDREW	SHREEVE
LEON	GOUWS	KIERAN	SMITH
ANEDDY	GUNN	AIMEE	STEWART
CLAUDE	HAMAM	MARCUS	WHEL BAND

RACE WALKING WITH SAMA

By George White

As an athletic club we must obey the rules as they currently apply. This means for Race-walking we must apply both the contact and straightened leg rules.

SAMA introduced Club-Walking into its program last year, to encourage current walkers who struggle with bent knees, previous walkers who no longer compete for fear of disqualification, and others who might like to try walking without the pressure of full Race-walking rules.

For Club-Walking the only rule is that there should be no running - which for our purposes is defined by the requirement to always have one foot on the ground. Having bent knees is not an issue. Other than not being able to set records Club-Walking has the same status as Race-walking in our competition.

Race Walking in SAMA will be conducted under IAAF rules with the "No advantage" concept applied as is done at National and International competitions.

Those athletes choosing to Race-walk should not expect the "No Advantage" concept to allow carte blanche against the basic rules. It is there to allow for slight bending of the knee particularly in older walkers where a perfectly straight leg cannot be achieved but these walkers are seriously trying to Race-walk correctly. It is not there to condone a distinct bent leg creep or "grounded running" (grounded running is a documented style of running without a flight phase). Creeping invariably occurs when trying to go too fast! Walkers must make a choice! If they enter a Race-walk then they must accept the decisions of the judges. Also in making this choice they can either continue to walk as they have always walked or attempt to get better.

SAMA judges are volunteers who are trying to help and should not come under frequent criticism. We only have a few judges available to us so it is important that they not become upset or frustrated by any confrontation that may occur. Their purpose is not to catch those gaining an unfair advantage, but to protect those complying with the rules. We realise judging is interpretive, as is the "No advantage" concept, and that is why, as far as possible, we have multiple judges. Although some of our judges do not have extensive experience at the art, it is unfair to suggest that they do not always know what they are doing. All of the walkers DQ'd at SAMA events have been DQ'd at other events by more experienced judges.

Considerations the judges will make:

Advantage

- If a walker shows straight legs when standing i.e. the fronts of the thighs and shins make a straight line in relation to one another (Note: pronounced calf and hamstring musculature may cause the back of the legs to appear bent even when the knee is straight) and the angle of the bend in the leg at the knee changes during walking (i.e. the drive leg straightens after the mid-point of the stride) - that walker shall be deemed to have gained an advantage.

No Advantage

- Where the angle of the bend in the leg at the knee remains approximately the same for a complete single stride then that walker is to be deemed as not gaining an advantage, provided this is not the distinct bent leg creep or grounded running.

There are physiological changes in the legs that can help judges in determining advantage. A runner relies on large contractions of the quadriceps and this contraction of the quadriceps at contact is usually quite visible! While a legal race walker relies on the quads to drive the leg forward, there should be no contraction on contact, with straightening accomplished without quads use. If contraction of the quads continues this is basically a running action and constitutes creeping. If the quads are not activated, a soft knee will gain no advantage. A true Race-walking action is to pull and push the ground back underneath and behind with the hamstring and hip muscles.

RACE WALKING WITH SAMA



In this photo the lead walker has a bent knee and the quads are activated. The following walker has a straight leg and no activity in the quad.

What the individual can do

If a current Race-walker is borderline re the bent leg rule there are 3 options:

1. They can accept that a DQ may happen and should not admonish the judges.
2. Switch to Club-Walking, or
3. Try to do something about their bent leg(s):
 - ◇ Firstly it may be necessary to slow down. Anyone with straight legs normally can race-walk if proper technique is used, but to do this they may have to slow down considerably until the body gets used to it.
 - ◇ The best assistance comes from stretching on a regular basis – particularly of the muscles at the rear of the leg – the hamstrings and calves, but also the shins.
 - ◇ Increase quadriceps strength to drive the swing of the lead leg forward (but the quads are not activated after contact however).
 - ◇ Increase shin strength to enable a high toe at contact.
 - ◇ Without sufficient hip drop, the body compensates for the impact shock of the stride by bending the knee. The muscles used in hip drop can be stretched by standing with one foot on something like a brick and the other stretching to the floor.
 - ◇ Shortening the stride in front of the body and concentrating on holding the toes high for first contact will not only help straightening problems it will also increase efficiency. The action of a high toe at contact exemplifies the concept of race-walking (heel and toe) and demonstrates the athlete is seriously trying to Race-walk.
 - ◇ Ensure an upright stance. Leaning forward almost guarantees a bent knee.
 - ◇ Tight figure of eight walking helps works the hips and emphasises straightening the knee.
 - ◇ Emphasise a straight leg and strengthen the ankle and shin muscles by heel walking (only possible with very short strides).
 - ◇ Race-walking up an incline will force a short stride and straight leg in front of the body and a strong drive from the rear leg.

With older walkers it will take time to make changes but it is possible if many of the above are done on a regular basis.

Clare Weekend Away

18 to 20 October

The weather was a bit chilly Friday and Saturday, but we kept busy from the time we arrived on Friday afternoon. An early happy hour on Friday outside under the beautiful gum trees in the Clare Caravan Park, pulled us all together before a meal in the camp kitchen and George White's quiz. See p. 11 for a sample of the questions.



Our weekend away to Clare in mid October was again a very successful, busy, and enjoyable experience.

Saturday morning, most joined in the Clare parkrun with a friendly group of local runners and walkers, as well as other visitors to Clare. Sue & Alan Mayfield, SAMA members run the Clare parkrun and made us all feel very welcome. It was a cold wintry morning, but we survived and later took a morning tour of the Sevenhill Winery and church. What an interesting history, with monks being sent out to South Australia with vines to establish a religious community and a vineyard. So much work with so little equipment. Wine was purchased and some stayed on for tasting.

During the afternoon some went to the local Clare show, others into town for some shopping. We met up again for happy hour and then dinner at the Clare hotel and then back to the Caravan park for dessert and some wine. We kept warm in front of the open fire in the camp kitchen. Marilyn's huge supply of tiramisu went down a treat; thank you Marilyn.

Another walk / run on Sunday morning and finishing off with morning coffee in the local information centre, ended a great short break. The Park at Clare is a very pretty one with old gum trees and lots of green space for children to run around. We are planning to go to Burra next year, so please watch out in future newsletters for updates.

I hope all members and their families have a happy and joyous Christmas. I look forward to seeing you all again in the New Year, armed with good health and enthusiasm, with the aim to gain some more personal pb's. Take care and enjoy all that Christmas brings to you and your families.

October 2020 Weekend Away

We have booked the Paxton Square cottages, Burra for next year's weekend away - Friday 9th to Sunday 11 October 2020. The cottages have 1 & 2 bedrooms and have been refurbished with

Clare Weekend Away

car parking at the back of each unit, and the grounds behind the cottages are being redeveloped with paths, gardens, shelter, bbq's etc.

Burra is a lovely old town, and there is plenty to do in the town and local area, and it should be a lovely spot for our weekend away. I will have more details next early in the new year regarding costs and cabin layouts.

The Caravan park is only 200m away, so for those who want to bring their van, that will work too. The Caravan Park and the cottages are all run by the local Goyder Regional Council.

January 2020 Dinner

We will have another Friday night dinner at the end of January 2020. I will book a hotel, and get details onto the website shortly and flyers at the track. We would love to see some of our new members attend. Families and friends welcome.

Helen Suridge

Bob Clark Memorial Challenge

500 metres Final (Handicap)

Sarah Chinner, Richard McMahon and Jenni Cotter with Bob's son, Brian Clarke and his wife Helyn, who presented the prizes



Final Field	Age Group	Distance Run	Finish	Time
Richard McMahon	55	446	1	1.09.15
Jenni Cotter	45	432	2	1.09.81
Sarah Chinner	55	403	3	1.10.77
Vicky Caputo	40	445	4	1.14.12
Ann Lang	75	335	5	1.15.70
Paul Laino	50	460	6	1.17.82
Paul Greenwood	45	474	7	1.19.95
Aneddy Gunn	35	427	8	1.20.40
Sabine Orchard-Simonides	50	393	9	1.20.66

RUN / WALK FOR YOUR LIFE

By Peter Sandery



George White, Jill Rogers, Carol Fallon, Gill White and Dave Fallon walking to the start line of the Clare parkrun, 19 October

One of the things I like about parkrun is that it weeds people in rather than weeding them out.

It generally supports an Australian ideal of being able to “have a go”, to do the best you can. There is no financial barrier to participation - all parkruns are free. Look around a parkrun and there are few obvious signs of the occupations of individuals. There is usually a wide spread of ages in each parkrun - I often run with my son and grandsons. People are encouraged to participate at whatever level they choose. Some will opt for a competitive approach, either against other participants or against their own previous performances. Some will treat the Saturday morning events as a regular form of exercise and most will participate because it is, for them, a regular social event, an opportunity to interact with other people. Whatever the reason, the growth in numbers who choose to participate in parkrun (over 48,000 finishers each week across Australia and increasing) and the spread in the backgrounds of those participants is clear evidence that the activity is valued by those who participate.

Masters athletics is similar to parkrun in some ways. The cost of local participation is low and people are encouraged to participate regardless of ability. Both can provide opportunities to participate in local, national and international events and compete in five-year age groups without having to meet qualifying standards. In my experience, both welcome and encourage people to participate regardless of ability and are supportive of those who choose to “have a go”.

In both of these cases, parklands and other public open spaces are being used for physical activities that benefit public health outcomes, as well as providing benefits to individual participants. City and suburban public open spaces, accessible to all, free of charge, seem to me to be an undervalued asset. They have a maintenance cost that is easily quantified, but little obvious regular quantifiable financial return. This can make them susceptible to commercial exploitation with subsequent loss of public access. There is constant pressure to “nibble” away at these spaces, replacing them with a built environment catering to “bums on seats” spectator facilities. I believe we need to maximise the provision of attractive parkland environments that encourage and support active lifestyles or just provide welcoming spaces for people to be in. That parklands can have positive public health outcomes, is something that will become more important as population density increases through apartment living and suburban infill construction.

RUN / WALK FOR YOUR LIFE

Running (and walking) are activities that, in their simplest form don't require special equipment. Athletics organisations/clubs in SA currently include Little Athletics, Athletics Australia IAAF Athletics, SA Masters Athletics, SA Athletics League, SARRC and Trailrunning SA. There is also a large group of people who do not join clubs, but who participate in various road and off-road events, people who are often categorised as "recreational" runners (which includes parkrun participants). In recent times there has been a move towards more cooperation between several of the club based groups, facilitating movement/transitions across groups, for example a "whole of life" flow of runners through Little Athletics, local athletics clubs and on to Masters athletics. This is important in encouraging people to continue in physical activity.

Teenage and young adult IAAF track athletics tends to operate in a manner that weeds people out on the basis of ability. People generally don't run a 1500m (for example) as a primarily social activity. Recreational runners generally are not attracted to running in track events. IAAF style athletics is not just running, it is a collection of events that include running, walking, throwing and jumps, all with their own specialist equipment, facilities and rules, but all including the aim of identifying those classed as elite. There is nothing intrinsically wrong with this. In many ways this is the public face of athletics. Still, an Australian athlete who is competitive at the world level is less likely to get the same financial return as an average AFL football player. I suspect that neither has much impact on encouraging the general population to become more physically active.

As our population ages and demographics change, there will be an impact on what are effective strategies to encourage people to regularly participate in physical activities. "Screen" technologies, changes in urban planning, working from home, family and friends shifting away (or dying), and the extension of post retirement living are just a few of the factors that can act to socially isolate people, particularly older people.

The promise of extending life and improving the quality of life in that extension is currently a goal of several pharmaceutical companies. If/when realised, this (accompanied by lifestyle changes) will have an impact on the gap between chronological and biological age. This, in turn will change the way the "senior" age groups are viewed by the marketers of goods and services and by society in general.

It seems to me that in order to look at how extending quality of life into old age might be achieved, an understanding of the ageing process is essential. One of the questions related to ageing is, what processes are involved in the body becoming increasingly frail and more susceptible to disease? I am not a medical science researcher, but I have looked at some of the theories of ageing as outlined in very general terms below – and this is not an exhaustive list. There could be 9 cellular processes that contribute in different ways to the process we call ageing. If you want more detail, the wonderful world of the internet and search engines is at your disposal, but is a good idea to check the credentials of the researchers, the sample size and nature of trial groups and any links to pharmaceutical companies.

Various theories in the distant past suggested the existence of a fixed quantity of "vital spirit" which, as it is used up triggers decay of bodily functions. Adherents to this theory would advise people to be moderate in their activities as they aged. A similar theory was that we all had fixed numbers of total heart beats in a lifetime, with the grim reaper waiting as the supply was used up.

A more scientific theory is based on structures (called telomeres) at the ends of each strand of DNA that act a little like the plastic sections on the ends of shoe-laces, preventing the material from unravelling. With each cell division the length of DNA telomeres decreases, eventually resulting in the cell ceasing to be able to replicate. These cells may remain in the body for some time, with a tendency to cause inflammation. Surprisingly perhaps, a form of pond slime was discovered that had the ability to restore telomere length after cell division, making it essentially immortal (in the absence of adverse environmental changes). The telomere restoration was found to be achieved by the action of an enzyme given the name telomerase. A practical problem with adding telomerase to cells as a medical procedure is that getting the amount wrong essentially kills the cell. If you want immortality, reincarnation as pond slime is probably a safer bet.

Another theory is that, with increasing numbers of cell division, errors accumulate in the DNA of the cell causing changes in the protein structures produced by those cells.

RUN / WALK FOR YOUR LIFE

This can lead to visible changes in the body such as loss of elasticity in connective tissue, muscle cells, skin, hair colour, etc - things we associate with age. It also leads to degradation in function. Recent work in this area has been done by the Harvard scientist David Sinclair. He “believes that growing old isn’t a natural part of life—it’s a disease that needs a cure”¹. Sinclair and his research colleagues assert that malfunction of a family of proteins called sirtuins is the single cause of aging. “Sirtuins are responsible for repairing DNA damage and controlling overall cellular health by keeping cells on task. In other words, sirtuins tell kidney cells to act like kidney cells. If they get overwhelmed, cells start to misbehave, and we see the symptoms of aging, like organ failure or wrinkles”¹. That sirtuins have a role in aging is apparently well agreed, but how to activate them is still a work in progress. In the meantime, Sinclair suggests exposing the body to “healthy stressors” like skipping a meal occasionally and going for a walk without a jacket on a cold day. Less attractive on a really cold day if your immune system is at all compromised.

A somewhat different area of study involves the epigenome, the structure that controls how and when genes are expressed. “When epigenomic compounds attach to DNA and modify its function, they are said to have ‘marked’ the genome. These marks do not change the sequence of the DNA. Rather, they change the way cells use the DNA’s instructions. The marks are sometimes passed on from cell to cell as cells divide. They also can be passed down from one generation to the next”³. It seems that there are markers that correlate with the age of the organism. Could “wiping the slate clean” of these markers reverse the degradation we see with increasing age? So far, restoring and extending quality of longevity using this technique has only been reported for laboratory experiments with mice. So, reincarnation as a mouse and access to a friendly researcher could be second to pond slime.

The history of medical interventions having previously unforeseen adverse side effects, sometimes well after adoption of treatment should encourage caution in extending findings from laboratory research to the general population. Still, aging is an interesting topic simply because it affects all of us and extending quality of life in the later stages of that life has both individual and wider social value. It also clearly has potentially large financial rewards for any company that can develop an extension of quality of life medication.

Until there is a widespread body of evidence supporting one or more of the above potential agents as effective in extending quality of life into old age (or something completely new), there is something that you can do now. There is evidence that regular moderate (and this isn’t a case of more frequent and/or demanding is better) physical exercise can contribute to the extension of quality of life as we age. This brings me back to where I started. Running and walking as part of a group (which preferably includes a range of backgrounds and ages) that meets regularly, ticks a lot of boxes in staying physically and mentally healthy. Having attractive, easily accessible parkland venues contributes to both the activity itself and the motivation to keep doing it. Another plus is that a sensible change to a more active lifestyle need not involve great expense.

1. Averill, Graham, *This Scientist Believes Aging is Optional*, Nov 9, 2019 (Outside Online Newsletter)

2. Sinclair, David, *Lifespan: Why We age and Why We Don't Have To*, Atria Books.

3. <https://www.genome.gov/about-genomics/fact-sheets/Epigenomics-Fact-Sheet>

Clare Weekend away quiz questions

(a selection from a total of 28 questions)

1. **What occurs once in a minute, twice in a moment and never in a thousand years?**
2. **Why can't atoms be trusted?**
3. **Why don't cannibals eat comedians?**
4. **What is Agmenophobia?**

Answers are on page 21

RUNNERS HIGH – FACT OR FICTION?

By George White



It's called a "runners high", but you can get the same high from any aerobic exercise of any type. Having said that, while ultimately it is all about chemicals in the brain, you are far more likely to achieve it on a long run on wooded trails or a scenic rural road than in the pool or the gym. The good news of course is that it can also be called a "walkers high"! So what is this "high"? Basically it is a neurobiological reward that occurs during and after distance running, creating a sense of euphoria.

However, many people still question whether or not they feel anything at all even when their endorphin levels rise. Those who do claim to experience it, say that a runner's high is a feeling of invincibility and superior performance. Throughout time, runner's high has been debated and there is still no general definition as to what it is, or even if it exists. It appears to be a state of euphoria caused by the biological aspects of stress and environmental stimuli i.e. physical and physiological elements. The environment affects everybody in both positive and

negative ways. Running on a beautiful, sunny day in a place where the scenery is pleasant you are more likely to experience exhilaration than when running on a cold, rainy day, along dark, and dismal scenery.

Recently, researchers studied how the brain responds to running and found that the ability to get "high" might be hard-wired within us. In early history our ancestors' survival depended on chasing down food, or outrunning a predator/rival. The desire to live was possibly the motivation to run and run fast and the feel-good brain chemicals released when they did so may have helped them achieve the speed and distances required. The runner's high may have served (and still does) as a natural painkiller, masking tired legs and blistered feet. Even though we no longer have to chase down dinner, learning how happy brain reactions are sparked may help you achieve the runner's high more often.

Are endorphins responsible? The word endorphin is actually a contraction of "endogenous morphine," and like real morphine, endorphins reduce pain and create feelings of euphoria. So, the more endorphins in the brain, the happier and more energised you will feel. Research today however suggests there's more to runner's high than just endorphins. A class of chemicals called endocannabinoids are involved as well. Endocannabinoids cause similar effects to the active compounds in cannabis: stress reduction, pain relief, a sense of well-being and relaxation—i.e. that post-long-run bliss, where you're tired and mildly sore, but feeling like everything is all right. A runner's high is a complex interaction of psychoactive compounds that boost your mood, raise your energy level and also relieve anxiety and make you feel calm and relaxed. Whereas endorphins can be created only by specialized neurons, pretty much any cell in the body is capable of making endocannabinoids, which means they have the potential to make a bigger impact. Further, endocannabinoid production is believed to react more strongly in response to stress as opposed to pain (the stronger endorphin activator).

A short, casual run probably won't produce enough discomfort to trigger a rush and likewise a punishing effort won't produce the euphoria. Training too hard – rather than giving a high may just give a fitness hangover with all the symptoms such as being anxious, nauseated and sore. Running at 70 to 85 percent of your maximum heart rate is optimal in spiking the primary stress hormone cortisol, and producing endocannabinoids. As stress may increase endocannabinoid production -

RUNNERS HIGH – FACT OR FICTION?

prerace jitters could have a payoff. However, chronic stress can dull this effect. Another factor that may determine whether you experience a high is the timing of your run. Research shows that endocannabinoid levels are three times greater first thing in the morning compared with the evening, meaning that a morning run may be more likely to produce a high than an afternoon or evening run.

Like all drugs, the biggest downside of all this appears to be the negative effects of not getting your regular dose of runner's high. The opiate-like effects of runner's high might be responsible for the withdrawal-like symptoms when you stop exercising on a regular basis.

Here are a few things that may increase your chances of a high:

1. Make sure your easy days are slow enough. Many end up running hard days and harder days, which puts you at risk of overtraining. By setting aside a few easy runs each week, you will enjoy them more and increase the endorphins. You will also run faster on your harder days, increasing the feel good factor on those days too!
2. Run with others. Easy days are a great time to train with friends. If you are running easy enough, you will be able to have a full conversation, and before you know it, the run will be finished.
3. Research shows that listening to your favourite music may also spike endorphins.
4. Explore a new place to run. Find a trail, path or a park to take in the benefit of nature.
5. Eat a good pre-run meal. The only way your body is going to reach a state of comfort is if it has enough fuel to keep going.

In conclusion, while running there may be a point when a person's body undergoes some type of change. The cause of this change may be because of a combination of physiological and environmental factors and what may be a high for one person may only be a feeling of happiness for another person. And of course there is still the possibility that there is no such thing as runner's high – for me at least I have that pleasant feeling that I have earned a beer or a cream cake.



Congratulations to Jenni Cotter for breaking the W45 High Jump record twice in November.

New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Jenni Cotter	W45	High Jump	1.46	16/11/2019	Stadium ASA
Jenni Cotter	W45	High Jump	1.5	30/11/2019	Stadium ASA
Liz Downs	W60	1000m Walk	6.49	13/11/2019	Stadium SAMA
Karen Long	W40	200m	26.11	6/10/2019	AMG Adelaide
Kim Mottrom	M35	1500m Walk	6.02.96	7/10/2019	AMG Adelaide
Paul Mulholland	M40	10,000m	32.21	27/10/2019	ASA/SAMA Stadium
Dennis Peck	M85	Weight	9.48	7/10/2019	AMG Adelaide
Dennis Peck	M85	Javelin	19.23	7/10/2019	AMG Adelaide
Dennis Peck	M85	Shot Put	7.24	7/10/2019	AMG Adelaide
Dennis Peck	M85	Hammer	24.34	7/10/2019	AMG Adelaide
Dennis Peck	M85	Discus	18.52	7/10/2019	AMG Adelaide
Dennis Peck	M85	High Jump	1.04	6/10/2019	AMG Adelaide
Dennis Peck	M85	60m	11.76	5/10/2019	AMG Adelaide
Dennis Peck	M85	Throws Pent:	1949	7/10/2019	AMG Adelaide
Alan Twartz	M65	Marathon	3.45.57	13/10/2019	Melbourne
Patricia Laird	W55	Marathon	3.50.05	13/10/2019	Melbourne



Dennis Peck



Liz Downs

SAMA Birthday List — December and January

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

JOHN	ANDERSON	60	STEVEN	MAXWELL	
NATHAN	BEGGS	40	RICHARD	MCMAHON	
PETER	BIGGS	55	STAN	MILLER	
LAURA	BROOKS		CHRISTOPHER	MINCHIN	65
TREVOR	BROWN		RICHARD	MOYLE	
VICKY	CAPUTO		PAUL	MOYLE	
DES	CLARK		ROSS	NITSCHKE	
BILL	DICKENSON	65	STEPHANIE	NOON	
ROWLY	FERRIS		LYN	PEAKE	70
LEON	GOUWS		ANGELA	PRINCI	
DAVID	GROSS		ISOBEL	QUICK	
COLIN	HAINSWORTH	90	GRAHAM	RICHARDSON	
CLAUDE	HAMAM		JENNIFER	RITOSSA	
TREVOR	HANCOCK		GRAHAM	ROBINSON	65
ROSS	HILL-BROWN	65	MICHAEL	SANDERY	
PATRICK	HYNES		RAELENE	SCHILD	55
GORDON	KNIGHT	50	JOHN	TOSHACH	
SUE	KOUMOULAS	55	DAVID	TREMBATH	
PATRICIA	LAIRD		COLIN	TRENGOVE	
KAREN	LONG	45	GEOFF	WATSON	
MATTHEW	LOVELL		LYNNE	WIGNALL	
ROS	LOWE				

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10km SAMA Championships

27 October 2019

First Name	Surname	Result	Age Group	Age Grade %	Place
ALEXIS	GILLHAM	0:39:35	W35	77.22	1st
PATRICIA	LAIRD	0:46:41	W55	81.91	1st
PAIGE	LEWIS	0:40:49	W30	76.63	1st
CHANTEL	PEACOCK	0:41:25	W40	77.34	1st
ALISON	SORELL	0:45:45	W40	69.41	2nd
COLIN	AMBROSE	0:38:00	M50	79.46	1st
COLIN	BROOKS	0:50:00	M65	69.52	1st
MATTHEW	COLE	0:33:33	M30	80.39	1st
PAUL	GREENWOOD	0:37:00	M45	79.97	1st
LIAM	HANNA	0:50:00	M75	78.3	1st
SAMUEL	HICKS	0:34:00	M35	80.55	2nd
GORDON	KNIGHT	0:38:00	M45	78.28	2nd
PAUL	LAINIO	0:42:00	M50	73.82	2nd
TOBY	MEDLIN	0:32:16	M35	83.47	1st
PAUL	MULHOLLAND	0:32:45	M40	88.1	1st
NATHAN	ROUT	0:38:00	M30	68.29	3rd
BENJAMIN	SHARP	0:38:30	M30	69.15	2nd
JOSH	SMITH	0:40:00	M35	72.12	3rd
PAUL	SUTCLIFFE	0:42:00	M55	73.84	1st
MARCUS	WHELBAND	0:38:00	M45	75.4	3rd



Paul Greenwood (Photo courtesy of Athletics SA and Patricia Laird)



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.

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](#), 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.



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Otago Daily Times

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 or 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

v6

KEY TO PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	PROGRAM	NOTES	
2019			
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	
Fri 27th Dec	Afternoon	Bay Sheffield Masters 800m race - organised in association with SAAL	
2020			
Wed 8th Jan	A1 Handicap		
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		Incl. SAMA State Champs Short Hurdles** - 5.40pm start
Wed 19th Feb	A1 Handicap		Incl. SAMA State Champs T&F Pentathlon; Men** - 5.30pm 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 Steeplechase** - 5.15pm 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	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm start	
Sun 22nd Mar	SAMA State Champs	SAMA 10000m Walk; Throws Pentathlon; All 8.30am start	
Wed 25th Mar	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm start	
Wed 1st 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	
10th-13th April		AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - BRISBANE (over Easter)	
16th-20th April		SA MASTERS GAMES - TATIARA (Bordertown)	
20th July – 1st August		WORLD MASTERS ATHLETICS CHAMPIONSHIPS - TORONTO	
*ASA events follow our meets		**Nominate previous week	

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	150m	6.05pm	1500mW	6.05pm
	800mW	6.20pm	800m	6.15pm	100m	6.20pm
	200m	6.30pm	300m	6.25pm	2000m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	400m	6.45pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	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		

COLOUR KEY

Masters Games

Major Championships

SAMA State Age Group Championships

Dual State Champs

ASA State Championships

Modified Program

Other non-SAMA Events

Answers to Clare Weekend away quiz questions (from p. 11)

1. What occurs once in a minute, twice in a moment and never in a thousand years?
The letter "m"
2. Why can't atoms be trusted?
Because they make up everything
3. Why don't cannibals eat comedians?
They taste funny
4. What is Agmenophobia?
Fear that the queue you join will be slower than the other one.

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->

Below is old stock for sale at reduced prices.

Qty	Size Item	Price (ea)
7	10 Ladies Singlet	\$25.00
7	12 Ladies Singlet	\$25.00
1	sml Mens Singlet	\$25.00
2	XL Mens Singlet	\$25.00
1	12 Tshirt	\$25.00
1	10 Razor Back Singlet	\$25.00
1	14 Razor Back Singlet	\$25.00
2	XL Large Jacket	\$70.00
2	XX Large Jacket	\$70.00



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