

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

June 2019



Start of the 5km Walk Championships at the Ellis Park/Tampawardi (Park 24) course

Coming Events

Gold Coast Marathon—6 to 7 July

Greenbelt Challenge—21 July (SARRC event)

AMA 20km Road Walk Championship—11 August

Barossa Marathon Festival— 11 August (SARRC event)

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

From the Editor



Great to see SAMA members participating in the many events on offer at this time of the year. In this issue the focus is on the results of the AMA Championships and Winter Championships.

Allan Mayfield had another moment in the spotlight at the Melbourne AMA Championships with four National Titles and three club records. But, along with medals and records many members can be proud of achieving personal best (age-group) performances.

At the AGM on 22 June, two committee members will be discontinuing. **John Hore** and **Neil Hayford** have for many years made valuable and significant contributions to the running of the club. Their departure from the committee provides opportunities for other members to step up and assist in the running of the club.

Several amendments to the Winter program have been necessary. The latest version of the program is on p. 30.

Enjoy whatever you participate in this winter. Happy reading.

Richard Moyle

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

A message from our president— David Bates

We are now well into our Winter season, and we can look forward to a varied program which runs through to September (see the detailed program in this newsletter which has been updated recently). A new initiative this year has been the introduction of alternate events on some weekends in place of normal SAMA competition, and the first of these was held in mid-May.

On Saturday 18 May we had the first of the two joint meets with the Walkers Club. Helen Suridge reported that “It was a lovely afternoon. We were made to feel very comfortable receiving encouragement and tips from the judges along the track and timekeepers at the start line as we came thru for another lap. Thank you Peter (Crump) and Graham (Harrison) for organising this.”

Then on Sunday 19 May, SAMA had two teams in the ASA Ekiden Relays run by Athletics SA, in which each team member shared a portion of either a full or half marathon race. This was also very successful, and Clare Stacey, our team coordinator has written a full report that can be found later in this newsletter (p 22).

The 2018 SAMA Athletics Awards were presented at our Summer Presentation evening on 17 April, and a full report summarising the achievements of all the recipients appears in this newsletter (p 23). I congratulate all those who were winners in each of the categories, and also the runners-up, who in many cases narrowly missed out in a closely contested competition. Thanks go to our Awards Officer, Marie Maxted for her good work in collating the performances for the 2018 calendar year and preparing the report, and to the sub-committee consisting of Marie, Lisa Attenborough and Paul Lainio for making the hard decisions.

The winners of the SAMA Awards go on to be nominated for the equivalent AMA Awards, and it gives me great pleasure to acknowledge the success of George White, who was announced as the winner of the Most Outstanding Individual Performance 2018 at the AMA Awards ceremony conducted at the Melbourne Nationals on 27 April. Congratulations George – your deserved this one after your remarkable return to competing actively following the incident in November 2017.

SAMA athletes had great success at the AMA T&F Championships in Melbourne in April, with a medal tally of 17 Gold, 27 Silver and 14 Bronze. Full results are available in this newsletter, and our Team Manager, Viddy Jermacans has written a detailed report which is well worth reading (see p15)

Finally, did you know how the Hammer Throw originated? Legend traces the concept to approximately 2000BC and the Tailteann Games in Tara, Ireland, where the Celtic warrior Culchulainn gripped a chariot wheel by its axle, whirled it around his head and threw it a huge distance.

The wheel was later replaced by a boulder attached to a wooden handle and the use of a sledgehammer is considered to have originated in England and Scotland during the Middle Ages.

It has continued in this form as one of the heavy events in the Highland Games, which are still popular gatherings in Scotland to this day. In fact, I shall be attending one of the 60 games to be held this year – but unfortunately I’m not considered eligible to compete in the hammer due to my small stature!

The modern hammer event was first contested by men at the 1900 Olympic Games in Paris, but the first global competition for women was not until the 1999 IAAF World Championships.



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

SAMA News

Call for Committee nominations

At the AGM on 22 June 2019, all positions on the Committee will be declared vacant, and elections will be conducted. All but two of the current members of the committee have re-nominated to continue for the 2019/20 year.

This has created opportunities for additional members with ideas and a willingness to give something back to the club by nominating to serve on the new committee. We already have had two such nominations, which will give us a full complement of 11 Committee members. However, we can still accept nominations up to seven days before the AGM.

If you wish to be nominated for any of the committee positions, please provide a completed nomination form, with proposer and seconder, to be in the hands of the Secretary, Helen Suridge (helsur@outlook.com) by 15 June. The blank nomination form can be downloaded from Committee page of the SAMA website.

2019 SAMA Annual General Meeting

The SAMA AGM will be held on 22 June 2019 after Saturday competition.

Venue: Western Districts Clubrooms (turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Avenue)

Please bring a plate to share – note that we will not have a facility to re-heat food.

AGENDA

Present: As per attendance list

Apologies: As per attendance list

Minutes of AGM held 23rd June 2018 as circulated

Business arising

Annual Reports:

5.1 Presidents report – David Bates

5.2 Treasurers report – Lisa Attenborough

Questions / discussion Treasurer's report

Election of Officers:

President, Vice President, Secretary, Treasurer, Registrar, Committee Members

Other Business:

7.1 SAMA By-Laws changes:

7.1.1 Item 6: Bay Sheffield entries – to be deleted

7.2 SAMA Constitution changes:

7.2.1 Item 6 (3) Subscriptions: '4 months' to be removed, so that it reads;

6. (3) A member whose subscription is in arrears, will not receive publications, and ceases to be a member, but may be re-instated on payment of outstanding fees.

7.2.2 Item 8. The Committee (1) (e): be changed to 'Other members to make a maximum of 11 on the Committee'.

7.3 Membership fees increase: It is proposed that the Membership fees be increased by \$5 per level from 1st April 2020.

7.4 Any other business

SAMA News

New SAMA Storage Container

The new SAMA storage container is now in place and operational, and its a beauty! The inside is palatial compared with our old one, and its striking in the blue of our club colours (see the accompanying photos). A job well done!

I would like to take this opportunity to thank everyone who was involved in some way with the container replacement project. The entire Committee was supportive from the early stages, but in particular I am grateful to Viddy Jermacans, Graham Harrison and George White for their key contributions throughout, and in particular to George for making a concrete ramp capable of taking the load of the equipment trolley (the Mule).

The two teams of volunteers that came to help on Sunday and Monday with the moving of our gear – out and –in were fantastic, making the task so much easier. Thanks also to all those that offered their help or gave their apologies due to other commitments. Many were not needed on the two moving days, since there was an overwhelming response to my request for assistance, but your willingness to help was much appreciated.

I would also like to thank Little Athletics SA for the use of their shed for temporary storage, Athletics SA for re-scheduling their earth-moving project to work around us, and Stadium Management (in particular Rob McFadden) for allowing us to undertake the project and making sure it went smoothly. Finally, I acknowledge the grant from the AMA Trust Fund that enabled us to purchase the container.

David Bates



Paul Lainio taking over as Run Coordinator

Sadly we will see the departure of John Hore as a member of the SAMA Committee at the AGM on 22 June. John has been the Run Coordinator for a number of years, and will also relinquish that position.

Paul Lainio has agreed to take on that role, and to expedite the changeover, he has already commenced as Run Coordinator. We wish him great success in that position in the coming years.

SAMA News

SAMA is now part of the SA Athletics Alliance

Negotiations have been underway over the past few months, concerning the establishment of a Marketing & Communications project that involves a number of athletics organisations in South Australia (under the banner of an SA Athletics Alliance). In addition to SAMA, other stakeholders are Athletics SA, Little Athletics SA, Trail Running SA, SARRC, SARWC, parkrun and SAAL. A Memorandum of Understanding was signed by all parties in March, and a Strategic Plan for 2019-2021 has recently been finalised.

This project aims to improve the ability of current and potential participants to engage in Athletics through developing a 'one stop shop'. This outcome will highlight the extensive range of services available regardless of whether a participant is an elite athlete, a recreational runner, a casual competitor, a parkrun enthusiast or uncertain on how to best get involved in the sport. With the creation of a 'one stop shop' concept, the benefit will be the opportunity to go to one place to find everything available for Athletics opportunities in SA.

We look forward to a fruitful outcome from SAMA's participation in this project. Our representatives who helped in the establishment of the operational aspects of the project have been David Bates, George White and Paul Lainio. Paul will now take the project forward on SAMA's behalf during the implementation stage to be commenced shortly.

ASA Awards

The Athletics SA 2018-19 Awards Night was held on Friday 10 May.

Congratulations to the following SAMA members who received awards for performances during the past year.

Anne Lang	O35	Female Track & Field
Allan Mayfield	O35	Male Track & Field
SA Masters Premiership	O35	Women
Peter Sandery	O35	Male Road, X Country & Walks

Australian Masters Games 2019

The XVII Australian Masters Games (AMG) will be held in Adelaide in October 2019, with the Athletics T&F events scheduled for 5-8 October and the Athletics out-of-stadia events occurring from 10-12 October. SAMA is organising the out-of-stadia events at the AMG; City Mile, Cross-country Run and 10km Road Walk.

We shall be needing volunteers to assist with running the out-of-stadia events, and if you are able to help please let **Viddy Jermacans** know (viddy48@yahoo.com.au).

We also encourage our members to register with AMG as volunteers for the Athletics Track & Field competition, which is being organised by Athletics SA.



You are what you eat

by George White



You are what you eat is a familiar adage – put simply, healthy eating is key to your wellbeing, but now new research suggests it may be even more important to athletes. **The Mediterranean Diet** has long been thought of as being particularly healthy. It has become something of a buzz-term around the health and wellbeing scene, but the benefits that this food program boasts should not be discounted. It is based primarily on the eating habits of southern European countries, emphasising plant foods (fruit and vegetables), olive oil, fish, poultry, beans, and grains. It is known to be low in trans and saturated fats, refined oils and highly processed meats and foods. It is high in fibre, healthy fats, and low in added sugar. Together with an active lifestyle it is linked to good heart health, protection against diseases such as stroke, prevention of diabetes and possibly an increase in longevity. It contrasts sharply with a typical western diet characterized by low intake of fruit, vegetables and unrefined or minimally processed oils and high intakes of trans and saturated fats, dairy, refined sugars, refined and highly processed vegetable oils, sodium and processed foods.

The Mediterranean diet consists of:

- ◆ high quantities of vegetables, such as tomatoes, kale, broccoli, spinach, carrots, cucumbers, and onions
- ◆ fresh fruit such as apples, bananas, figs, dates, grapes, and melons.
- ◆ high consumption of legumes, beans, nuts, and seeds, such as almonds, walnuts, sunflower seeds, and cashews
- ◆ whole grains such as whole wheat, oats, barley, buckwheat, corn, and brown rice
- ◆ olive-oil as the main source of fat, alongside olives and avocados.
- ◆ cheese and yogurt as the main dairy foods, including Greek yogurt
- ◆ moderate amounts of fish and poultry, such as chicken, duck, turkey, salmon, sardines, and oysters
- ◆ eggs, including chicken, quail, and duck eggs
- ◆ limited amounts red meats and sweets
- ◆ around one glass per day of wine, with water as the main beverage of choice and no carbonated or sweetened drinks

For some time it has been thought that some individual nutrients in the Mediterranean diet could improve exercise performance. Therefore, it made sense that a whole dietary regime that includes these nutrients would also improve performance. New research is suggesting just that i.e. there's more to the Mediterranean diet than healthy fats and whole grains – it may actually improve an athlete's performance! We all know we need carbohydrates for energy but that increase in energy comes down to the particular carbohydrates you're putting into your body.

You are what you eat

Rather than energize you, simple carbs, such as dairy, processed breads, as well as foods high in sugars (which are all typically found in a western diet), actually have the opposite effect — i.e. they often cause you to feel sluggish. Complex carbs and lean proteins found in a Mediterranean diet, on the other hand, can offer the energy you need to sustain quality performance throughout your workouts.

Specific benefit to athletic performance has been suggested as a result of a small study performed by researchers from the University of Saint Louis. They hypothesised that the diet's anti-inflammatory and antioxidant effects, more alkaline pH and dietary nitrates might lead to improved exercise performance.

The study involved seven women and four men in their mid-20s and early 30s, all running five kilometres on a treadmill on two occasions - once after four days on a Mediterranean diet and again after four days on a Western diet, with a period of nine to 16 days separating the two tests. Anaerobic exercise performance was also tested using an intense cycle test, a vertical jump test, and hand-grip strength tests.

While the study found no difference between the two diets in performance in the anaerobic tests, it did find the 5K run time was six percent faster after the Mediterranean diet than the Western diet, despite similar heart rates and ratings of perceived exertion.

The findings extend existing evidence of the health benefits of the Mediterranean diet by showing that this diet could also be effective in improving endurance exercise performance in as little as 4 days. The downside is that these benefits were also quickly lost when switching to a western diet, highlighting the importance of long-term adherence to the Mediterranean diet. Further studies are warranted to determine whether a longer-term Mediterranean diet provides greater benefits and whether it might also be beneficial for anaerobic exercise performance and muscle strength.

While this was a small study, it does provide evidence that a diet that is known to be good for health could also be good for exercise performance. Even though we are athletes, like many others our diets are often not that healthy. Now we have an additional incentive to eat healthy! So a smashed avo on toast may not only be trendy but it could help your workout!

Pictures from the Felixstow Course, May 2019



Jan Lyang



Paul Greenwood



Thank you to John Hore.

The member who replaced
a manual event
management system with
a new and improved
system by using modern
technology.

As mentioned in “SAMA News” (page 5) **John Hore** has decided to retire from the position of running coordinator and no longer will serve on the committee.

John’ joined the SAMA committee in 2001, took on the role of president from 2009 to 2013 and for more than a decade coordinated running events at weekly competition meetings. But his great contribution to the club has been“the introduction of various bits of technology to refine the timing of events and lower our dependence on officials” [Age is an Advantage, A history of Veteran/Masters Athletics in South Australia—by George White]

John, by using modern technology and his IT experience methodically replaced a manual management event system with a new system that brought great benefits to the club and enhanced the experience for all members when competing in club events.

On behalf of all members, thank you John.

Commiserations to Karen Pienaar

Spare a thought for Karen. In the recent 50km National Championships in Canberra Karen was running well and was over 10 minutes ahead of the second female but lost sight of the lead cyclist when they got caught up in the start of the support half marathon. Unfortunately she followed the half marathoners and went off course doing an extra 500 metres. Karen doubled back but straying off-course is an automatic disqualification. Race walkers know the pain of a DQ but surely a DQ after 50km’s has to be the pits. Karen was reasonably philosophical about it and feels it was a good training run for her tilt at the famous Comrades ultramarathon in South Africa on June 9th. I am sure we all wish Karen success in this race.

George White

Which is the hardest race?

by Peter Sandery



My progression through various race distances and formats has been different from most other runners I know. When I started running competitively around 38 years ago (when I was already a masters runner), there were two race dates in the diaries of most of the group I trained with - the City-Bay and the Adelaide Marathon. We certainly ran other "fun runs" (I also ran some ASA Over 35 athletics track races for The SA Veterans Athletics club, now SAMA), but those two races were on the top of my list. This was the marathon "era" in SA with large fields and reasonably PB friendly courses on closed roads. Training wasn't all that complicated. I just went out and accumulated 100+ kilometres per week in the 3-4 months leading up to the marathon. The target was not just to finish, but to achieve the fastest time I could manage. Was running a marathon difficult? Going for a best time was always going to be difficult, but for me, many of my marathons were also unpleasant. It took me 15 marathons before I came to the conclusion that this was not a race distance I was ever going to like or for me to be able to run times that gave me a sense of achievement - I was a slow learner.

I decided to make the change to shorter races and, largely as a consequence of that, to change my training approach to include high intensity interval training. Over the next 12 years I ran race distances from 1/2 marathon down to 800m (including 8k Cross Country) and the 2000m Steeplechase in World Masters Athletics Track and field Championships and 3000m, 1500m and 800m in WMA Indoors Championships. While individual races varied with venues and my own fitness, 800m outdoor races (which I started in my mid 60s) would have to be some of the hardest races I have run. Essentially, you have to go out and run close to the fastest 400m you can run and then do it again, with legs feeling heavier and heavier over the last 200m or so.

In an article I read recently,¹ the author Fitz Huber discussed the question of which races are the hardest. An ultra runner he had previously interviewed stated that: "There's a great fascination with ultras being harder than other races,...but the mile is every bit as difficult as 100 miles if you apply yourself to it.... If the goal is just to finish a race, then it is reasonable to think that the longer the race, the more difficult it is likely to be for most of these participants to complete it...on the hierarchy of running achievement, longer doesn't automatically mean more difficult.

Which is the hardest race?

Another way of putting this is that it's less about *what* you run and more about *how* you run". This is a view I tend to agree with.

Prior to 6 May 1954 when Roger Bannister ran a sub 4 minute mile, it would have to have been considered a very hard race - many had tried, but no one had run a mile in under 4 minutes before that. Since then more than 1500 men have run under 4 minutes for the track mile, including at least 10 high school age runners (the numbers increase each year). While for the general running population, running a mile in less than 4 minutes is still difficult (if not highly unlikely), for elite and emerging middle distance runners it is now just a step on the way to faster times.

Back in the era when I ran marathons, a sub 2 hour marathon was not considered possible, even by the elite marathoners of that time. With the dominance of East African runners since then and particularly the performances of Eliud Kipchoge, the 2 hour marathon could be seen as something like the 4 minute mile - "impossibly hard" until someone achieves it. There wasn't a large margin between Kipchoge's 2:02:37 and the second and third runners in the 2019 London Marathon, suggesting that several runners are in the potential sub 2 club.

Fitz Huber claims that there is a tendency among some non-runners to assume that every runner who pursues running competitively aspires to move to ever-longer events. The question often asked of distance runners is, "when are you going to run a marathon?" The underlying assumption here is that race distance, rather than effort, is the marker of athletic achievement. There is a logical problem with taking on ever-longer events. If finishing a marathon is the initial goal, where do you go from there? A 100 km race? 200 kms?....Race around the world?

To avoid looking for ever increasing race distances, you can always run an event with a few "difficulties" included in the course. I like Fitz Huber's parting comments on the one-upmanship of "obstacle" races: "...the idea that the only way to 'push the envelope' is by tacking on more miles or adding a larger vat of electrified manure for contestants to plunge into. Again, this is not to disparage those who might find enlightenment in the church of Tough Mudder or by running 5,649 laps around a half-mile city block. But if you want to test the limits of what you're capable of, a good old-fashioned 5K can be a just as effective (and probably more affordable) as a more ostensibly 'extreme' alternative. You just have to apply yourself."

There is no lack of examples of ultra distance races, many with "interesting" courses. A Google search will provide you with race websites that illustrate the variety of ultras, some of which must only appeal to the fearless. If you are more into books, "50 Races to Run Before You Die" provides illustrated descriptions of 50 races divided up into three categories - "Good for Beginners", "Sucker for Punishment" and, "Hard as Nails". The book is available for loan from several Council libraries - just search on the author's name. The summary statement for it is: "Including a range of events, from easy to expert, and travelling from Britain's highest peaks to the unforgiving Moroccan desert, this stunningly illustrated book is the essential guide for anyone who wants to test themselves by taking on some of the world's most celebrated and rewarding physical challenges". I wouldn't describe most of these races as rewarding, but I certainly agree that all of them present a few hours of running (walking, climbing, crawling) over a variety of terrain/courses.

So, what is your idea of the hardest race type you have run? What makes a race hard for you? What are your criteria for ranking races in terms of how hard they are? If you subscribe to the "further is better" ideology, the two races briefly described below might motivate you to reconsider this view.

Mount Marathon (<http://mmr.seward.com>) in Seward, Alaska, is considered by some running commentators to be the toughest 5k race on the planet. Quite a claim and one that could possibly be disputed by runners who have other favourite tough races. This race, in its 92nd year in 2019, does belong on the "challenging" side of a scale of race difficulty

Which is the hardest race?

I'll describe it briefly to give an idea of why it resides as an outlier on this scale. If you want more information, photos, videos, etc, go to the event website.

The course consists of an ascent and descent of Mount Marathon, with an average incline of 34 degrees (and it starts on the flat in the main street of the town). The approximate race distance is 3.1 - 3.5 miles (4.9 - 5.6km) depending on route taken, with an elevation gain of 3022 feet (920m). The course includes sections of "extreme difficulty with steep inclines and slippery loose rock and shale". Wearing protective gear such as helmets, gloves, goggles, knee and elbow pads is recommended. What's not to like?

All first time racers have to complete the entire race course prior to race day and attend a safety meeting. The course information includes the warnings: "There is no guarantee any aid stations will be available on the mountain.....(runners must) be prepared to get themselves down the mountain. Assistance is not guaranteed once you leave the race start". There is a safety tour in mid-June, led by a group of veteran runners, which covers the bottom third of the course. Multiple options for descending off the mountain are covered. First timers are encouraged to take the tour.

Entry for the 350 adult men and 350 adult women places in the MM race are allocated to previous winners (and other "priority racers") and 225 eligible finishers from the previous year's race. The remainder of the field is filled using a lottery system. Lottery applicants pay a \$20 fee to be in the lottery. Runners selected in the lottery then have to pay an additional \$65 to be in the race. It is a bit late to get an entry in for this year's July 4 race, but there is always next year.

If you would like a "softer" option just to get a bit of a feel for a race like Marathon Mountain, there is the January Crackenback Challenge in Thredbo (first run in 1968), now part of Thredbo Fun and Fitness Week. This is a race from the bottom of the main Thredbo Express chairlift station to the top station, approximately 2km in length (choose your own course up the mountain), starting around 1360m in altitude, with nearly 600m elevation gain, about the same average incline as Mount Marathon. The course is largely grass surface with some climbing between rocks. The race is free, with 62 starters in 2019, and a winning time of 20:40 (the course record is 17:39). An approximately 2 km race on a reasonable surface, with fresh mountain air, self selection entry, no entry fee, a winning pace around 10 minutes per km, and held in Australia. No prizes, no aid stations, no marshals and from the start you can look up and see the finish. Doesn't sound all that hard until you try to do it.

If you are not into competitive running, but still feel the need to go out for a run regularly, there is a ray of sunshine. A 2014 study³ examined the association of running with all-cause cardiovascular deaths in an initial population of 55,137 adults, studied over a 15 year period. The study found that "....runners of all shapes and sizes had a 30 percent lower risk of death from all causes and a 45 percent lower risk of death from cardiovascular ailments... runners who ran less than an hour a week showed similar mortality benefits to runners who ran three hours or more a week. We didn't see increased benefits from increasing speed or duration." The study results don't provide an argument for not running marathons, but when it comes to health your average middle of the field parkrunner could be on to a good thing.

1. Fritz Huber, Martin, A Fast Mile Is More Impressive Than a Slow Marathon, Outside Online, July 27, 2017. (outsideonline.com)

2. Mews, Tobius, 50 Races to Run Before You Die, Aurum Press Ltd, 2016.

3. Duck-chul Lee, Russell R. Pate, Carl J. Lavie, Xuemei Sui, Timothy S. Church and Steven N. Blair, Leisure-Time Running Reduces All-Cause and Cardiovascular Mortality Risk, Journal of the American College of Cardiology, Vol 64, Issue 5, August 2014.

A warm welcome to new SAMA members

JOCK	RIACH
MICHAEL	COLLETT
ROB	CEDERBLAD
ISOBEL	QUICK

5km Run / Walk Winter Championships

West Terrace - 11 May 2019

Name		Age Group	Results	Age Grade%	Order
5km Run					
LOWE	Ros		0:29:04 W70	77.87	1st
FALLON	Carol		0:33:54 W60	59.79	1st
LAIRD	Patricia		0:22:45 W55	80.66	1st
STONE	Gail		0:27:01 W55	69.81	2nd
PIENAAR	Karen		0:21:21 W40	72.58	1st
PADGET	David		0:34:14 M85	76.39	1st
HORE	John		0:30:36 M70	57.6	1st
HAKES	Geoff		0:33:20 M70	55.9	2nd
BROOKS	Colin		0:25:12 M65	66.56	1st
TAGELL	Michael		0:22:18 M60	73.21	1st
MOYLE	Richard		0:26:30 M60	62.15	2nd
HARRELL	Hayden		0:26:51 M60	59.73	3rd
ANDERSON	John		0:22:42 M55	70.05	1st
RANFORD	Scott		0:19:38 M50	75.73	1st
TRUTWIN	Stephen		0:23:46 M50	64.12	2nd
5km Walk					
DOWNS	211 LIZ		0:38:35 W60	66.39	1st
HAINSWORTH	142 COLIN		0:52:25 M85	64.26	1st
WHITE	600 GEORGE		0:31:44 M70	82	1st
MCINTOSH	377 GIL		0:34:48 M65	70.26	1st
LOVEGROVE	32706 RHIANNON		0:29:48 M70	68.50	2nd
<u>5km Club Walk</u>					
LAYNG	417 JAN		0:41:00 W70	68.74	1st
PADGET	170 VALMAI		0:41:24 W70	72.49	2nd
MCINTOSH	269 MARGARET		0:40:27 W65	65.83	1st
BATES	275 EDNA		0:46:01 W65	57.87	2nd
ORCHARD-SIMON	576 SABINE		0:37:32 W50	60.56	1st
SCHILD	319 RAELENE		0:39:43 W50	58.35	2nd
ROBERTSON	140 DAVID		0:46:26 M85	67.31	1st
BARBER	131 RODGER		0:39:49 M80	73.39	1st
LOWE	361 ROGER		0:40:04 M75	67.66	1st
WITTY	135 BRIAN		0:38:13 M65	63.98	1st
FALLON	581 DAVE		0:39:10 M65	61.01	2nd
KENNETT	258 JEFFREY		0:53:09 M65	46.01	3rd

10km Walk, Winter Championships

Peacock Rd. - 1 June 2019

Name		Age Group	Results	Age Grade%	Order
10km Walk					
MAXTED	Marie	W55	1:07:38	75.64	1st
HAINSWORTH	Colin	M85	1:43:32	67.75	1st
WHITE	George	M70	1:06:35	80.38	1st
MCINTOSH	Gil	M65	1:08:51	72.95	1st
HILL-BROWN	Ross	M60	1:25:28	56.16	1st
10km Club Walk					
MCINTOSH	Margaret	W65	1:24:01	66.81	1st
SCHILD	Raelene	W50	1:20:47	59.82	1st
ROBERTSON	David	M85	1:29:44	72.19	1st
BARBER	Rodger	M80	1:21:23	74.16	1st
WITTY	Brian	M65	1:15:37	66.42	1st
HAYFORD	Neil	M65	1:24:35	58.02	2nd

Dave Fallon



Sabine Orchard-Simonides



SAMA Team Manager's Report

AMA Championships, Melbourne, April 2019

SAMA was represented by a team of 34 athletes in Melbourne (18 male & 16 female). One of the female attendees did not compete due to the occurrence of an injury prior to departure for Melbourne.

The weather on the first two days of the Championships (Friday & Saturday) was abysmal being over-cast and cold with a wind chill factor resulting in the temperature hovering in the 10-12 degree range. Conditions improved over the next two days with the Monday being reasonably pleasant.

One of SAMA's athletes, Miriam Cudmore, incurred injuries on the first morning of competition when one of the marquee adjacent to the long jump pit was uprooted from the weights holding it down by a strong gust of wind.

Miriam was under the marquee at the time and was hit in the face and head by one of the aluminium uprights. She was taken to hospital for treatment and tests (receiving stitches in her lower lip) but was released later that evening.

She re-entered competition on the second day of the Championships.

Athletes representing the state performed well across all age groups and all events with a resultant medal tally of 17 gold, 27 silver and 14 bronze.

There were a number of multiple medal winners with Alan Mayfield featuring prominently with 4 gold medals (800m, 1500m, 2000m Steeplechase, 6km Cross Country).

Ann Jefferies was a visitor to the medal presentation dais on a number of occasions, collecting 6 silver medals and a bronze medal.

Miriam Cudmore recovered late in the Championships to collect 3 gold medals.

Unfortunately we were able to field only one men's 4 x 100m relay team and one women's 4 x 100m team. Similarly, SAMA fielded one men's and one women's 4 x 400m relay team.

The women performed very well and collected two silver medals whilst the men's 4 x100m team placed third with a resultant bronze medal.

No individual or team complaints arose during the 4 days of competition which required my attention or representation.

The 959 entries for the Championships was the highest number received to date. Although there were 3380 individual entries across all age groups and all events, the number of athletes withdrawing (or scratching) prior to their heat (or semi or straight final) was very high with some events being decimated by 40% plus athletes withdrawing prior to competition.

Overall, the Championships was very well run and officiated.

Viddy Jermacans

SAMA Team Manager





Australian Masters Athletics Championships



Friday 26 April to Monday 29

What a great result from the SAMA members who travelled to Melbourne for the Nationals this year. Stand outs were **Allan Mayfield** and **Sarah Chinner**. Allan clocked up 4 National titles and Sarah 3 with a further 3 support medals. They both showed real dominance in their middle distance races. **Miriam Cudmore** no doubt would have been with these 2 had she not decided to have an encounter with an errant tent. She still managed 3 wins. Others to win National titles were **Karen Long** (2), **Mathew Lovell** (2), **Stephanie Noon**, **Richard Everson** and **Rebecca Hunter**. Special mention should also go to **Ann Jefferies** for her 6 Silvers and 1 Bronze, and to **Wayne Hunter** for his first Championship Bronze.

George White

Event / Name	Age Group	Result	Medal
60m			
C Neubauer	W40	8.86	Bronze
S Noon	W50	8.86	Bronze
S Turner	W55	8.72	Silver
W Hunter	M30	8.43	Bronze
P Biggs	M50	8.28	
H van Bavel	M65	8.65	Silver
100m			
C Neubauer	W40	14.15	Silver
S Noon	W50	12.45	Silver
S Orchard-Simonides	W50	16.64	
S Turner	W55	14.17	Silver
G Stone	W55	17.4	
W Hunter	M30	13.66	Bronze
V Musolino	M45	12.82	
P Biggs	M50	13.42	
H van Bavel	M65	13.69	Silver
200m			
K Long	W40	26.51	Gold
S Noon	W50	29.1	Silver
S Orchard-Simonides	W50	34.58	
S Turner	W55	29.85	Silver
M Cudmore	W80	41.1	Gold
V Musolino	M45	26.33	
P Biggs	M50	27.59	
H van Bavel	M65	28.95	



Cassie Neubauer

SAMA Medal Count

Gold 17

Silver 27

Bronze 14

Australian Masters Athletics Championships

Event / Name	Age Group	Result	Medal
400m			
K Long	W40	61.64	Gold
S Noon	W50	70.43	Gold
S Orchard-Simonides	W50	85.74	
S Chinner	W55	69.06	Silver
G Stone	W55	87.77	
V Musolino	M45	59.42	
B Noblet	M45	70.62	
H Harrell	M60	75.16	
A McKay	M60	84.34	
800m			
S Orchard-Simonides	W50	03:50.1	Silver
S Chinner	W55	02:36.2	Gold
B Noblet	M45	02:56.3	
S McGregor	M50	02:18.5	
R McMahon	M55	02:20.9	Silver
H Harrell	M60	02:56.3	
A McKay	M60	03:06.9	
A Mayfield	M70	02:36.7	Gold
1500m			
S Chinner	W55	05:30.1	Gold
S McGregor	M50	04:38.1	
H Harrell	M60	06:14.9	
A McKay	M60	06:31.6	
A Mayfield	M70	05:16.5	Gold
P Sandery	M75	07:04.3	Bronze
5000m			
R Johnson	M65	21:55	
P Sandery	M75	25:59:00	Bronze
2000m Steeplechase			
G Stone	W55	11:13.7	
A Mayfield	M70	08:35.4	Gold
1500m Walk			
R Hunter	W35	10:43	Gold
M Maxted	W55	8:57	
L Downs	W60	10:45	
G Metha	M50	8:30	
R Everson	M55	07:05.7	Gold
G White	M70	08:40.6	Silver
5000m Walk			
L Downs	W60	37:18:00	
R Everson	M55	26:43:00	Silver
High Jump			
R Hunter	W35	1.09	Silver
M Lovell	M50	1.44	



Hayden Harrell



Gail Stone

Australian Masters Athletics Championships

Event / Name	Age Group	Result	Medal
Long Jump			
C Neubauer	W40	4.34	
S Chinner	W55	4.09	Gold
A Jefferies	W55	3.26	Bronze
L Neubauer	W65	2.48	Silver
M Lovell	M50	5.16	Gold
V Jermacans	M70	3.47	Silver
C Neubauer	W40	8.5	
A Jefferies	W55	6.28	Silver
L Neubauer	W65	4.79	Bronze
M Cudmore	W80	6.42	Gold
M Lovell	M50	10.2	Gold
Pole Vault			
S Orchard-Simonides	W50	1.5	
M Lovell	M50	2.3	
Shot			
K Long	W40	9.63	Silver
C Neubauer	W40	6.97	
A Jefferies	W55	8.85	Silver
L Neubauer	W65	4.95	
C Woods	W70	6.15	Bronze
M Cudmore	W80	6.83	Gold
Discus			
R Hunter	W34	18.25	
S Orchard-Simonides	W50	1.87	
A Jefferies	W55	21.56	
L Neubauer	W65	9.69	
C Woods	W70	12.54	
Hammer			
C Neubauer	W40	18.28	
A Jefferies	W55	30.34	Silver
L Neubauer	W65	13.45	
M Lovell	M50	29.67	
Javelin			
R Hunter	W34	18.4	
C Neubauer	W40	22.42	
A Jefferies	W55	24.09	Silver
L Neubauer	W65	10.92	
C Woods	W70	13.38	Bronze
M Lovell	M50	36.37	
Weight			
A Jefferies	W55	8.72	Silver
L Neubauer	W65	6.24	
M Lovell	M50	12.75	
T&F Pentathlon			
C Neubauer	W40	2229	Silver
S Chinner	W55	3077	Silver
L Neubauer	W65	1503	
V Jermacans	M70	1873	Silver



Gregory Metha



Peter Biggs

Australian Masters Athletics Championships

Event / Name	Age Group	Result	Medal
Throws Pentathlon			
A Jefferies	W55	2958	Silver
L Neubauer	W65	1582	
M Lovell	M50	2704	
6k Cross country			
A Mayfield	M70	26:43:00	Gold
10Km Walk			
M Maxted	W55	68:36:00	Bronze
R Everson	M55	53:54:00	Silver
4x100m Relay			
K Long	W170+	54.23	Silver
S Turner			
S Noon			
C Neubauer			
P Biggs	M180+	52.54	Bronze
R McMahon			
H van Bavel			
V Musolino			
4x400m Relay			
K Long	W170+	04:39.5	Silver
S Turner			
S Noon			
S Chinner			
P Biggs	M180+	04.24.85	
H Harrell			
R McMahon			
V Musolino			



Sue Turner



Marie Maxted



Claire Woods

Magnificent Masters

In 2009 **George White** completed the History of SA Masters Athletics and published a small book "**AGE IS AN ADVANTAGE**". In 2015 he updated that history as a series of web documents, which were consolidated in 2017 into an updated single PDF document. A copy of the document can be downloaded from the club website. https://www.samastersathletics.org.au/sama_history.htm

With his significant wins in the recent World Indoor Championships, **Allan Mayfield** is a well-deserved addition to the Magnificent Masters group included in the history book. Allan's profile will be added to the history when George updates the document later this year.

Allan Mayfield



Allan has become a serious competitor in middle distance events at the world level and has done this from a base in Clare.

Allan's first serious run was an 800m at the Kimba Area School sports day when he was in year 10. He won this, beating the local favourite and the school record. In the next two years while boarding at Westminster School, Adelaide, he improved his 800m time to 1:58 and his 1500m time to 4:15. Allan spent the next four years at University College, where other than winning the inter-collegiate mile, he dropped out of middle distance competition. He did keep up some distance running to stay fit and between 1967 and 1999 entered a few half marathons and the last

Gawler to Adelaide marathon in 1982, as well as a few City Bay's. He also did one rather unusual Fell run in the UK and walked away with 20 quid in prize money.

In 1989 at Clare, Allan decided to help organise a run for the Clare Primary School (having done something similar in Mount Barker). This 10km run continued in most years until 2010 when SAARC asked if they could have a half marathon event there, as well as 10 and 5km events. Allan continued to help and with a great deal of the course on the Riesling Trail, this tied in neatly with his role as Chairman of the Riesling Trail Management Committee. He also helped get the local parkrun going in Clare and is there most Saturdays making sure the track is clear.

Turning 50 in 1999 quite by chance he saw a notice for the Australian Masters Games to be held in Adelaide. Allan dug out his old spikes to try middle distance running again. Following the next Australian Masters in Adelaide in 2005 Allan received an email from SAMA, suggesting he join. This was the turning point for him, becoming a member and competing whenever he could get down from Clare. When the next Australian Masters Games were in Adelaide, in 2007, Allan won both middle distance events. His first Australian Championship medal was in 2008, Sydney – silver in the 1500m. The following year in Adelaide, Allan won the steeplechase - a sign of things to come. In 2010 he won the 800m, 1500m and the steeplechase at the Tahiti Oceania Championships and having retired that year he became a regular participant in the National Championships. In Brisbane, in 2011 he skipped the 1500m, concentrating on the steeplechase and broke Brian Wyld's state record. Since then he has won all the Australian steeplechase championships he has entered.

Originally Allan thought World Championships were out of his reach. But out of curiosity decided to have a try while on holiday in 2007, entering the Riccione Championships. He was hooked! Sacramento in 2011 saw him qualify for the 800m final - in 2:22.5 - the same time as when he was 15. He also qualified for the 1500m final, and in the steeplechase two days later he had a tight tussle with a Russian, ending up second.

Magnificent Masters

Even though he didn't win, Allan rates this as one of the toughest and most satisfying runs of his career. In Lyon, 2015 Allan won the bronze in the steeplechase but after an intensive 9 months of training and a good taper in Perth, 2016 the result was a win - success at last.

In the 2014 Budapest Indoor Championships Allan was gradually learning more about racing, rather than just running! In the next Indoors in 2019 in Poland it all fell nicely in to place winning gold in both the 800m and the 1500m.

Allan has to date won 12 National titles, has won 8 world level medals (including 3 gold), owns 10 SAMA Records, 1 Australian record and 2 Australian Indoor records.

New Club Records

Prepared by Ros Lowe

Name		Age Group	Event	Result	Date	Venue
Carthew	Sarah	W35	Indoor Pentathlon	1515	29/03/2019	Torun, Poland
Chinner	Sarah	W55	1500m	5.25	10/04/2019	Stadium SAMA
Everson	Richard	M55	1500m Walk	7.05.71	26/04/2019	AMA Melbourne
Jermacans	Viddy	M70	Indoor Pentathlon	1,926	27/03/2019	Torun, Poland
Mayfield	Allan	M70	800m	2.36.65	26/04/2019	AMA Melbourne
Mayfield	Allan	M70	1500m	5.16.48	27/04/2019	AMA Melbourne
Mayfield	Allan	M70	6km Cross Country	26.43	29/04/2019	AMA Melbourne



Richard Everson



Sarah Chinner

SAMA participation in the ASA Ekiden Relays

On Sunday 19th May, 9 SAMA members took part in the ASA Ekiden Relays event. It was such a great fun morning, full of friendly faces and relaxed and quality competition. We had 2 teams taking part this year, 1 more than last year. Our team was a mix of younger and older runners and slower and faster runners. It didn't matter at all. Each team member shared a portion of either a full or half marathon race, creating wonderful comradeship, fun and a feeling of accomplishment. Doing a marathon as a team certainly has its benefits! It might be the only way I ever do marathons again. Sharing is caring. Both teams finished in a great time and everyone still had smiles on their faces at the end of the event. Well done to all members who took part. Paul, Stephen, Scott, David, Michael, Karen, Patricia, Ros and myself. You guys rocked it!

Clare Stacey (ASA Liason Officer)



FULL DISTANCE



HALF DISTANCE

CLUB/TEAM NAME: SA Masters -Team 1

	ATHLETE NAME	REGO NO.	MALE OR FEMALE	RELAY LEG DISTANCE	INDIVIDUAL TIME	TOTAL TEAM TIME
1	Paul Lainio	399	M / ♂	6.195KM	25.27	25.27
2	Steve Trutwin	448	M / ♂	4KM	16.25	41.52
3	Karen Pienaar	277	M / F	10KM	44.33	1: 26.25
4	Scott Ranford	210	M / ♂	8KM	33.07	1: 59.32
5	Patricia Laird	116	M / F	6KM	28.00	2: 27.32
6	David Close	367	M / ♂	8KM	44.21	3: 11.53
19th place overall					TOTAL FINISH TIME	3: 11.53

CLUB/TEAM NAME: SA Masters -Team 2

	ATHLETE NAME	REGO NO.	MALE OR FEMALE	RELAY LEG DISTANCE	INDIVIDUAL TIME	TOTAL TEAM TIME
1	Scott Ranford	210	M / ♂	4.097KM	15.43	15.43
2	Michael Taggell	257	M / ♂	2KM	8.21	24.04
3	Clare Stacey	584	M / F	5KM	23.51	47.55
4	Ros Lowe	342	M / F	4KM	23.04	1: 10.59
5	Patricia Laird	116	M / F	2KM	8.56	1: 19.55
6	Paul Lainio	399	M / ♂	4KM	16.41	1: 36.36
9th place overall					TOTAL FINISH TIME	1: 36.36

SAMA Athletic Awards

prepared by Marie Maxted and Edna Bates

The SAMA Athletic awards for the **calendar year 2018**, mirror awards established by AMA and serve as part of the process to nominate SAMA members for the AMA awards.

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

SAMA T&F Championships
Summer scratch days
SAMA winter Championships

National Championships
Oceania Championships
W.M.A. Championships

Greenbelt ½ marathon
Barossa ½ marathon
Adelaide ½ and marathon

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



Sprints

Winner : **Lyn Peake W65**

With 19 x 1st and 11 x 2nd places, best performance of 101 and the average performance of those 30 being 84.4. This includes Bronze in 200m in Malaga and Golds in 60m, 100m, 200m and Silver in 400m in Perth.

Runner-up: **Sue Turner**

Middle Distance

Winner: **Peter Brett M55**

With 8 x 1st and 4 x 2nd places, best performance of 88.99 and the average performance of those 12 being 85.9.

Runner-up: **Paul Greenwood**



SAMA Athletic Awards



Distance

Winner: **Ros Lowe W70**

With 10 x 1st and 1 x 2nd place, best performance of 85.1 and the average performance of those 11 being 78.98

Runner-up: **Peter Sandery**

Jumps

Winner: **Miriam Cudmore W80**

With 20 x 1st places, with best performance of 96.87 and the average performance of those 20 being 88.56. This includes Silvers in Malaga for Long and Triple Jump and Golds in Perth for Long and Triple Jump

Runner-up: **Chris Minchin**



Throws

Winner : **Miriam Cudmore W80**

With 19 x 1st places, best performance of 89.45 and the average performance of those 19 being 82.63. This includes Bronze in Malaga for Javelin and Golds in Perth for Javelin and Shotput.

Runner-up: **Glynn Boyce**



Walks

Winner : **George White M70**

With 13 x 1st and 2 x 2nd places, best performance of 85.76 and the average performance of those 15 being 81.54

Runner-up: **Richard Everson**

SAMA Athletic Awards

Most Outstanding Administrator/Official –

Winner: **Richard Moyle**

Richard Moyle has spent more than 15 years contributing to the sport of athletics as an administrator. He joined the committee of SA Masters Athletics (SAMA) in 2002, and undertook the roles of Registrar for four years (2003-2007) and the Treasurer for four years (2007-2011).

Since 2011 Richard has been the SAMA newsletter editor, which has entailed producing a 20-30 page document every two months that provides a current and historical record of the Club's activities. This publication contains results of recent events, training tips, information about coming events and stories about Club members and their achievements. He has been solely responsible for collating, designing, publishing and distributing the content of 47 issues of the newsletter over the past eight years. During that time he has introduced innovations in the way that the newsletter is produced and made available to all SAMA members, and has taken the standard of the publication to a new height.



Richard was also a member of the organising committee for the 2009 AMA Championships in Adelaide. In recognition of his exceptional contribution to the administration of SA Masters Athletics, Richard was awarded Life Membership in 2014.

Runner up: **Neil Hayford**

Most Outstanding Individual Performance

Winner : **George White M70**

In late November 2017 at a SAMA competition, George White received an age grade % of 86.13 for a 1000m walk. The intention was to perform starter duties and then race in the 3000m event later in the meet, but minutes later George collapsed. CPR was performed, paramedics arrived and George was revived.

The rest of the story is why George has been nominated for this award.

We didn't see him around the track for a few weeks.

Then he came out to watch, then to officiate.

His help in the running of our weekly competitions cannot be underestimated.

When the winter season started in May, George was back on the track, easing himself in with an 8km walk. Now that is a simple sentence to write, but the work and effort that got him to that place shows the determination and drive that helps create outstanding athletes.

As the winter progressed his speed improved with age grade percentages climbing from 72 to 85 by late July. George was back. He took up where he left off, dominating the walks and taking out the walks award for 2018 despite missing the whole of the summer season at the start of year.

Runner up: **Colin Brooks**



SAMA Athletic Awards

Most Outstanding Female Athlete and winner of the Pat and Geoff Peters Trophy

Winner : **Miriam Cudmore W80**

14 Australian Records, 3 State Records, winner of the SAMA Jumps Award, winner SAMA Throws Award and a strong contender in the SAMA Sprints Category.

She received a Gold medal, 3 Silver and 2 Bronze in Malaga WMA Championships as well as 7 Golds and a Bronze in Perth AMA Championships.

Runner Up: **Anne Lang**



Most Outstanding Male Athlete and winner of the Ruth and Jack Weber Trophy

Winner: **Peter Brett M55**

Winning the SAMA Mid Distance Award and had solid performances in the SAMA Long Distance events with best performances in the 2 categories of 88.99% and 88.49% respectively.

Runner Up: **George White**



Award to George White at the AMA Awards Dinner

Congratulations to George White on receiving the AMA **Most Outstanding Individual 2018 Award**.

The award was presented to George at the AMA Awards Dinner held in Melbourne on 27 April at the National Championships.



2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY



Program / Dates

Day 1—Saturday 31 August

Registration
5000m
Weight Throw (Men & Women)
Triple Jump (Men & Women)

Day 2—Sunday 1 September

Opening Ceremony
10km Road Walk
Heptathlon—Day 1
Decathlon—Day 1
60m Heats & Finals
800m Heats
Long Hurdles
Hammer (Women)
Discus (Men)

Day 3—Monday 2 September

Heptathlon—Day 2
Decathlon—Day 2
800m Finals
Sprint Hurdles
Shot Put (Women)
Hammer (Men)

Day 4—Tuesday 3 September

6/8km Cross Country
100m Heats & Finals
200m Heats
5000m Track Walk
Long Jump (Women)
High Jump (Men)
Javelin (Women)
Shot Put (Men)
Formal Dinner

Day 5—Wednesday 4 September

General Assembly

Day 6—Thursday 5 September

Pentathlon (Men & Women)
200m Finals
400m Heats
Steeplechase
Javelin (Men)
Discus (Women)
Long Jump (Men)
High Jump (Women)

Day 7—Friday 6 September

Throws Pentathlon (Men & Women)
400m Finals
3000m Race Walk
1500m
4 x 100m Relays
Medley Relays (800/400/200/200)
Pole Vault (Men and Women)
Closing Ceremony

Day 8—Saturday 7 September

Half Marathon

These events have been timetabled on these days but may change due to the number of entries received in events.

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00

Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Entry Fee per

Combined Event AU\$20.00

(Heptathlon, Decathlon, Pentathlon, Throw Pentathlon)

2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

Mackay is one of Australia's fastest growing, yet most idyllic regions, where lifestyle and prosperity are the daily currency and the world is increasingly gathering to meet, work and play. A fresh new event destination, Mackay boasts affordable world-class facilities and services with small town hospitality and excellence in customer service.

- Rainforests with Platypus viewing
- Spectacular salt and freshwater fishing
- The sparkling blue of the Pioneer River
- Spot migrating whales
- An impressive marina village with alfresco dining
- Admire Queensland's best collection of art deco architecture (20 lovingly restored heritage listed buildings)
- Southern Hemisphere's largest Coal Export Facility and largest bulk sugar terminal
- The gateway to the mining trail
- 120km from Airlie Beach – the gateway to the Great Barrier Reef

Climate

MONTH	MEAN TEMP (C)	HUMIDITY (%)	RAINFALL (MM)
August	22	14	30
September	25	16	15
October	27	20	38

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.

Mackay Oceania Masters Championships website is currently under construction. For further information see the AMA website :

<https://www.australianmastersathletics.org.au/events/event/oceania-championship-mackay-qld-2019/>



SAMA Weekend Away 18 & 19 October 2019 Clare Caravan Park

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

Cut off date for bookings at Clare Caravan Park is 15th August 2019.

Bookings and general enquiries to **Helen Suridge**. Tel :0401009982
email : helsur@outlook.com

SA Masters Athletics Sunday Winter Lunch

Please join us on a cold winter's Sunday for a warm, friendly lunch and afternoon. Family and friends welcome.

Sunday 4th August 2019

Balhannah Hotel, 78 Onkaparinga Valley Road, Balhannah

at 12.30pm for drinks for a 1pm lunch

<https://www.balhannahhotel.com.au/our-menu/> if you want to check out the menu

AMA 20K Road Walk Championships Adelaide, Sunday 11th August 2019

The Venue again is the South Parklands, from the Adelaide Harriers Clubrooms, corner of South Terrace and Peacock Road. The course is AIMS certified, fast and flat and we have the benefit of having Zoe Eastwood-Bryson as Chief Judge. Zoe was of course Chief Judge at the recent Commonwealth Games and while being a top international judge is also sympathetic to Masters Walkers and the "no advantage concept" where older walkers are trying their best to conform to the rules.

Last year competitors from SA, Victoria, Northern Territory and the ACT enjoyed the fast and flat course with Victoria taking out bragging rights. Points are awarded from 25 for the first finisher down to 1 for the 25th finisher. Highest total for up to 3 people from the same state or territory wins a bottle of wine.

<http://www.samastersathletics.org.au/ama20kwalk2019/index.htm>





2019 Barossa Running Festival

Organized by SARRC

August 11 @ 7:30 am - 5:00 pm

Event Location: Faith Lutheran College, 131 Magnolia Road Tanunda

The Barossa Marathon Festival is held every year starting in the scenic vineyard-surrounded Tanunda.

The event attracts runners from right across the world, wanting to challenge their fitness levels in the marathon (42.2km), half marathon (21.1km), 10km and 5km events.

The course is very flat, perfect for those wanting a quick time or 'personal best'. The Festival is also Association of International Marathons and Distance Races (AIMS) certified, meaning the event can be used to get a qualifying time for other international AIMS events, including Boston Marathon.

Feel the landscape. Meet the people. Experience the Barossa.



The 41st edition of the Gold Coast Marathon, held Saturday 6 July – Sunday 7 July 2019 on the beautiful Gold Coast in Queensland.

During its 39-year history the Gold Coast Marathon has become the pinnacle of road running events in Australia and has distinguished itself as one of the most prestigious marathons in the world.

The world class international marathon will attract 27,000 participants across eight races including the Gold Coast Marathon, Wheelchair Marathon, ASICS Half Marathon, Wheelchair 15km, Southern Cross University 10km Run, Gold Coast Airport Fun Run, Garmin 4km Junior Dash and Garmin 2km Junior Dash.

Its famous flat, fast and scenic course located alongside the city's renowned surf beaches and broadwater plus ideal winter running conditions result in 60% of participants achieving personal best times each year.

<https://goldcoastmarathon.com.au/enter/#>



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
Sun 28th April	CLARE VALLEY RUNNING FESTIVAL		
26th-29th April	AMA NATIONAL T&F CHAMPIONSHIPS - MELBOURNE 2019		
4th May	Felixstow car park cnr Briar Rd & Riverside Drive	8km, 4km	8km, 4km, 2km Prizes
4th May	ASA /RUNNING SA TWILIGHT CROSS COUNTRY 6pm		
Sun 5th May	GREAT SOUTHERN HALF MARATHON		
11th May	Ellis Park / Tampawardli (Park 24) Western Districts Clubrooms**	5KM SAMA State Champs - 2.26pm clockwise	5km SAMA State Champs - 2.38pm 2.5km - 2.58pm clockwise
18th May	Peacock Rd, Adelaide Adelaide Hockey Club Rooms⊕	Joint meet with SARWC - WEAR SAMA UNIFORM 12km - 1.30pm, 6km & 3km - 2.00pm	Runners / walkers can take part in a <i>parkrun</i> of their choice
18th May	Your preferred <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 19th May	ASA /RUNNING SA EKIDEN RELAYS War Memorial Drive, N. Adelaide	8.00am start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey ⊕ Teams of 6 (at least 2 males and 2 females) - each run a leg to make up Marathon or Half-Marathon distance	
25th May	West Beach Car Park End of Barcoo Rd	10km, 5km	10km, 5km, 2.5km [Beach run] Prizes
25th May	Adelaide Hockey Club Rooms⊕	ASA 20KM ROAD WALK CHAMPIONSHIPS	
Sun 26th May	ADELAIDE MARATHON FESTIVAL		
1st June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms*	10km SAMA State Champs - 1.45pm 6km - 2.17pm anti-clockwise	10km - 2.11pm, 5km - 2.38pm, 2.5km - 2.56pm clockwise
8th June	Oaklands Rd, Oaklands Pk Turn south opposite Hendrie St	8km, 4km	8km, 4km, 2km
Mon 10th June	QUEEN'S BIRTHDAY FUN RUN		
15th June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms*	15km SAMA State Champs - 1.00pm 10km - 1.45pm, 4km - 2.33pm anti-clockwise	10km - 2.11pm, 4km - 2.53pm, 2km - 3.00pm anti-clockwise walkers' course
22nd June	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
29th June	Bonython Park 3k Loop Opposite Coca Cola	12km, 9km, 6km	12km, 9km, 6km, 3km
6th July	East Tce Cnr Wakefield St & East Tce	10km - 1.45pm, 5km - 2.26pm	6/8km CC SAMA State Champs - 2.20pm 4km CC - 2.53pm, 2km CC - 3.00pm
13th July *	Felixstow car park * cnr Briar Rd & Riverside Drive	8km, 4km	10km, 6km, 2km * *Note change of venue / distances
20th July	Oaklands Rd, Oaklands Pk Turn south opposite Hendrie St	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm, 2km - 3.00pm Prizes
Sun 21st July	GREENBELT CHALLENGE		
27th July	Felixstow car park cnr Briar Rd & Riverside Drive	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm, 2km - 3.00pm
3rd Aug	Bonython Park 2.5k Loop Opposite Coca Cola	10km, 5km	10km, 5km, 2.5km
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
Sun 15th Sept	CITY-BAY		
5th-12th Oct	XVII AUSTRALIAN MASTERS GAMES - ADELAIDE		
18th-20th Oct	SAMA WEEKEND AWAY		

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.athleticssa.com.au/WinterHub] - all races are scratch - entry fee payable to Athletics SA (ASA)	or take part in a <i>parkrun</i> of their choice [in blue]
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]

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



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>

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

Our Birthday List — June and July

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

LORAINÉ	BARON	70	JEFFREY	KENNETT	
JENNY	BATTERSBY		GIL	MCINTOSH	
PETER	BICE		MALCOLM	MCMILLAN	
PETER	BOS		MAUREEN	MOYLE	
MICHAEL	CASSIDY		SCOTT	RANFORD	
SUDJAI	COOK		DAVID	ROBERTSON	
JENNI	COTTER	45	PETER	SANDERY	
BRIAN	DAVIES		DOUG	SMART	
LISA	DAVIS		GAIL	STONE	60
SARAH	DAWSON		MICHAEL	TAGELL	
LIZ	DOWNS		MALCOLM	TIGGEMAN	
GINO	GERACITANO		CRAIG	TREWARTHA	
DAMIEN	GOODE		SUE	TURNER	
GEOFF	HAKES	75	HANS	VAN BAVEL	70
GRAHAM	HARRISON		GEORGE	WHITE	
BRIAN	HART		JOHN	WINTER	
NEIL	HAYFORD		RUSSELL	WITHERS	50
JUDY	ISAAC				

SAMA Contacts

Committee Members

David Bates	President / Webmaster	0413 023 075	david.bates@internode.on.net
Viddy Jermacans	Vice President	0407 188 721	Viddy48@yahoo.com.au
Helen Suridge	Secretary / Social Secretary	0401 009 982	helsur@outlook.com
Lisa Attenborough	Treasurer / Registrar	0404 120 813	lisa_boys@internode.on.net
John Hore	Committee member	0417 858 882	johnhore@gmail.com
Marie Maxted	Awards	0447 123 706	maxted@adam.com.au
Doug Smart	Course Measurer	0413 456 898	douglas.smart1@bigpond.com
Graham Harrison	Race Walking Coordinator	0439 500 751	grahamjharrison@hotmail.com
Julia Lycett	Field Coordinator	0419 825 802	lycett@optusnet.com.au
Neil Hayford	Committee member	0447 813 767	neilhayford3@gmail.com
Paul Lainio	Run Coordinator / Uniforms	0417 886 850	p.lainio@bom.gov.au

Other Contacts

Ros Lowe	Statistician	0437 811 582	rrlowe@tpg.com.au
Richard Moyle	Newsletter Editor	0417 831 194	rmoyle@bigpond.net.au
Arthur Jones	Public Officer	0408 833 932	ajons@bigpond.com

This notice is for the attention of all SAMA Race Walkers and Club Walkers.

JOINT MEET WITH THE SA RACE WALKERS CLUB - WINTER 2019

SA Masters Athletics (SAMA) and SA Race Walkers Club (SARWC) are holding joint meets during 2019 winter season. The next meet is on **10 August 2019**.

- Location:** Adelaide Hockey Clubrooms, Greenhill & Peacock Roads, Adelaide. (South end of Blue Gum Park/Kurangga = Park 20)
Car Park: off Greenhill Road at clubrooms or on Greenhill / Peacock Roads
- Program:** 1:30pm 12km
2:00pm 6km and 3km
All events are scratch.
- Arrival Time:** No later than 20 minutes before event start time.
- Registration:** On the day
- Entry Fee:** Nil
- Uniform:** SAMA athletes shall compete in the authorised club uniform and number.
- Results:** Event results for SAMA athletes will be collated by SARWC, forwarded to the SAMA coordinator and published on the SAMA 'Results' website page.
- Judging:** Events will be judged in accordance with IAAF rules; the 'no advantage' concept will be applied.
- Walking Styles:** Both race walkers and club walkers are welcome to compete.
Club walkers will wear a coloured identification band on their right wrist. Please get this from the SAMA walk coordinator.
- Refreshments / Afternoon Tea:** Bring your own personal refreshments; there is no gathering afterwards.

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.

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>

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



2018 Male Athlete of the Meet
Todd Davey



2018 Female Athlete of the Meet
Gabi Watts



APPLICATION for MEMBERSHIP or RENEWAL of MEMBERSHIP



Fees fall due on April 1st each year. Membership is restricted to the over 30s.
 All information on this sheet is confidential. This information will be treated in accordance with the club's privacy policy (See below).
Yellow cells on this form are to be completed when relevant.
Red bordered cells are compulsory for ALL members.

FEES: Annual fees (except social) enable entry to local, interstate and overseas Masters Athletics events, as well as ASA events. Pro-rata fees are shown on the right hand side. Pro-rata only applies to new members, not renewals.

Membership and Annual Renewal Fees

Place 'Yes' in one left hand side box (below left)

		Pro-rata Fees - New Members Only October-March
Full	\$45	\$30
Concession	\$35	\$25
Country (Postcodes over 5200)	\$25	\$18
Couples living at same address	\$70	\$50
Social (Non competing)	\$15	\$10

TOTAL PAYMENT.....

PAYMENT METHODS	1)	Cash or preferably Cheques payable to SA Masters Athletics and forwarded to: Registrar SAMA, Lisa Attenborough, 44 Guilford Ave, Prospect SA 5082 (Ph: 0404 120 813). Include completed Application/Renewal membership form
	or 2)	Pay by EFT – forward funds to BSB: 015 259 Account: 458951668. Include full name in the reference field and forward a completed Application/Renewal form by email to the Registrar, Lisa Attenborough, samastersathletics@gmail.com . Be sure to agree to waiver.
		Receipt No & amount paid (if paying by EFT)

MEMBER DETAILS

NEW MEMBERS Fill in all yellow cells where relevant. RENEWING MEMBERS please fill in name and any changes.

Surname:		First Name:	
Address		Date of Birth:	
& Postcode:		Male or Female:	
Email Address:		Mobile (or Home) Phone:	
Name of Coach – if applicable			

NEWSLETTER: A coloured copy is distributed by email. If you have not entered an email address, a paper copy will be forwarded to the above address. Advise the Registrar if alternative arrangements are required.

ALL MEMBERS – complete below including agreeing to the waiver

MEDICAL. Do you suffer from any medical condition that could result in unconsciousness (e.g. diabetes)? Are you on any **medication** or have **allergies** that medical staff should be aware of in the event that you become unconscious? If Yes, please write this information on a piece of paper and seal in an envelope with your name on the outside. Please give to a committee member. It will be held in case of emergency.

Are you a member of another ASA Club	Yes or No (remove one) and list club
Emergency contact name & phone No:	

MEMBER WAIVER / INDEMNITY

In accepting membership of SAMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in SAMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I have received a copy of the SAMA Club Rules and acknowledge that I have read, understood and agree to compete according to these rules. I release SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in SAMA organised events.

I agree **Yes or No (remove one)**

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

Saunders Sports and Spinal

Ph. 08 8410 5666 <http://www.sssphysio.com.au>

30% discount on initial visit"

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