

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

June 2020

Congratulations to AMA Award Winners



Allan Mayfield and **Miriam Cudmore**, in April, were announced winners of 2020 AMA Awards for 2019 calendar year performances. For further details see p. 17

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Welcome to the June 2020 edition of SA Masters News. Competition is resuming and all the news related to the return is in the following pages.

To be informed and ready for the return of competition you must read the revised 2020 Winter program on p. 18 and the Restricted Competition details on p. 14.

Thank you to Ros and Roger Lowe for use of the pictures in the following pages and I referred to George White's history book, "Age is an Advantage" in preparing this newsletter. Members new to the Club are encouraged to take a look at the online publication at http://www.samastersathletics.org.au/sama_history.htm . Finally, if you are interested in marathons do not miss the story beginning on page 20.

Richard Moyle

A message from our president— David Bates

At last there is light on the horizon, with resumption of real athletics competition now allowed in South Australia. I am pleased to announce that, with the easing of restrictions due to the COVID-19 pandemic we will be able to start the 2020 SAMA Winter Season on Saturday 13 June 2020 at Felixstow Reserve. This will consist of Restricted Competition in the first part of the winter season (June-July), to comply with the conditions of Step 2 of the SA Roadmap for easing COVID-19 Restrictions and further information can be found in the SAMA News section (p 4).



We hope that we can subsequently return to normal competition in the second half of the winter program (August-September), but this will be dependent on the introduction of future steps in the recovery Roadmap that will allow increased numbers at gatherings.

Athletics SA will also be running a modified winter competition this year to conform to COVID-19 limitations. Clare Stacey has again kindly agreed to act as coordinator of SAMA teams for the two relay events (see SAMA News for more details).

I think we have all been grateful for the opportunity to take part in virtual competitions over the past few weeks. In particular, I thank George White and John Hore for their contributions to running the SAMA Virtual Winter Competition, which has been most successful with 30 -35 members taking part each week. It will be continued in a modified format for those members who are unwilling or unable to take part in the Saturday SAMA Restricted Competition, or do not wish to travel (eg. country members).

Thank you to those members who have taken up the challenge to nominate for the new SAMA Committee; Anne Lang, Ann Jefferies, and David Wilczek. We are planning to hold the 2020 AGM together with the deferred Summer Presentations once the restrictions on gatherings due to COVID-19 have been lifted further, and there are still places available on the Committee that will take over from that meeting, so please consider nominating (see SAMA News for more details).

In closing, I hope to see you out at competition in the near future, but in the meantime keep safe and well.

Coming Events

- **SAMA Virtual Winter Competition 2020** . (to be continued in a modified format, see page 16)
- **SAMA Winter Competition 2020** [Weekly from 13 June 2020.](#)
- **2020 World Masters Athletics Championships in Toronto, Canada - CANCELLED**
- **2020 Alice Springs Masters Games - CANCELLED**
- **2021 Oceania Masters Athletics Championships - [Norfolk Island](#) ; January 18-22, 2021.**

SAMA News

SAMA Winter Season

Easing of restrictions due to the COVID-19 pandemic means that the 2020 SAMA winter competition is scheduled to commence on Saturday 13 June 2020. The Winter Program is shown at the end of the newsletter (p 18) and full details are available on the *Programs* page of our website*.

Step 2 of the SA Roadmap for Easing COVID-19 Restrictions now allows Athletics competitions to be conducted from 1 June, subject to a number of conditions being met. These include a cap on the numbers of competitors, the need to continue to observe social distancing, and taking precautions to ensure the health and safety of all participants.

We will need to run our competition in multiple groups of 20 athletes with essential officials being in addition to this. The Committee has decided that SAMA competition will be run separately for walkers and runners on the same Saturday, by dividing them into two groups each with a maximum of 20 competitors. The two competitions will be held at the same course venue, separated from each other by a reasonable distance, to comply with the requirement for social distancing and the one person per 4sq.m. density rule.

A modified program with **Restricted Competition** will therefore be conducted in the first part of the winter season (June-July as shown in the Winter Program Part 1.

The **Virtual Winter Competition** will be continued in a modified format for those members who are unwilling or unable to take part in the Saturday SAMA Restricted Competition, or do not wish to travel (eg. Country members).

Please see the article later in this newsletter for full details about how the Restricted Competition will work (p 14).

Our return to normal competition in the second half of the winter program (August-September) will be dependent on the introduction of future steps in the recovery Roadmap that will allow increased numbers at gatherings. Details of the Winter Program Part 2 are therefore provisional and will be confirmed nearer to the time. Note that prize days will not be held until we return to normal competition conditions.



Ros Lowe participating in the virtual winter competition

Athletics SA Relay Events

ASA will be running a modified winter competition this year to conform to COVID-19 limitations (see <https://www.athleticssa.com.au/our-events/winter/>). All current financial SAMA members are also members of ASA with at least Basic Membership, and are therefore eligible to compete.

Clare Stacey has again kindly agreed to act as coordinator of SAMA teams for the two relay events on 1 August (XC Relays) and 5 September (Ekiden Relays). As in previous years SAMA will pay for the team entry fees. If interested in taking part in a team, please contact Clare by email [wignallclare@hotmail.com].

SAMA News

2020 SAMA Annual General Meeting

The SAMA AGM is now scheduled to be held at Western Districts Clubrooms on **22 August 2020** following Saturday competition, together with the deferred Summer Presentations. However, confirmation of this date will be dependent on the introduction of future steps in the recovery Roadmap that will allow increased numbers at gatherings. A final decision will be held closer to the time (at least 21 days notice will be given). The current Committee members will continue in their positions until the AGM can be held.

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

Agenda

- | | |
|--|--|
| 1. Present | 6. Election of Officers |
| 2. Apologies | 7. Other Business |
| 3. Minutes of AGM held 22 June 2019
as circulated | 7.1 Life Membership nominations |
| 4. Business arising | 7.2 SAMA Constitution / By-Laws |
| 5. Annual Reports | 7.3 Any other business including open
discussion by members |
| 5.1 President's report | |
| 5.2 Treasurer's report | |

.We are still seeking nominations for SAMA members to join the committee

Four SAMA Committee members will be standing down at the 2020 AGM, providing opportunities for members with ideas and a willingness to give something back to the club. Although we have received some nominations already, we still need to fill at least one Executive position on the new Committee, which may be President, Secretary or Registrar.

Remember that our club is run entirely by a few members for the benefit of all members, and its continued existence is dependent on everyone making a contribution. So please consider doing your part by stepping up to the challenge!

A Committee Nomination link can be found on the *Committee* page of the SAMA website*. This year **nominations can be made on-line** or a nomination form can be downloaded, and must be received by the Secretary, Helen Suridge [helsur@outlook.com].at least 7 days before the AGM.

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

Early Bird Prizes for Membership Renewal

Each year we offer an Early Bird Prize for memberships that are renewed in advance of the commencing membership year. Due to the COVID-19 pandemic the deadline for Early Bird draw was extended by one month to include members renewing before 1st May 2020 for the 2020-21 year.

Congratulations to **Anthony Smith, Brian Witty** and **Sarah Chinner**, the three winners of the Early Bird Prize draw this year, each receiving a refund of one year membership fees!

Renewal of SAMA Membership for the 2020/21 membership year was due on 1st April 2020 and can be made on-line. See the *Membership* page on the SAMA website for further information.

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

Racing Smarts

by George White



Do you have them? If we are talking about racing strategy then yes everyone does. Training may be a case of putting one foot in front of the other but whether you are trying to win a race, your age group or just do a great time, a race is different - you need to be race smart.

Top athletes may only race a few times a year and their race strategy is therefore critical to their success. As somewhat lesser standard athletes and as Masters we tend to race more frequently but that doesn't mean we shouldn't have a pre-evaluated strategy for all our races. Being fit is a start but it is not enough when it comes to racing and most importantly a flexible strategy is essential as we cannot control other athletes (at least not to any great extent). You may think that an athlete further down the field doesn't have a strategy – but not so, if you enter a race then you have one. A race is not a required outcome of training - it's a choice and if you make that choice you'll need a plan. Strategies for racing are very similar for runners and race walkers, except walkers have the added component of judging.

There are basically 3 types of race strategy:

1. The simplest is – to finish the race
2. To record a fast time (or age group PR), or
3. At the pointy end - to beat specific competitors or all competitors.

Whatever the strategy, you will run a little harder or a little further (or both) in a race compared to training. Strategies for racing beyond just finishing must acknowledge what a race is. A race should be a 100% effort. If you put in 100% the specific challenge of a race is not physiological - it's psychological. Anyone can run themselves to exhaustion but multiple studies have shown that generally the best race times come from even paced running. Ideally you pick a pace that you're confident you can maintain and spread your 100% effort evenly over the entire race. You make in-race adjustments based upon feedback from your body and as the finish line comes into view, you use all the energy you have left to cross the line 100 percent spent. Sounds easy doesn't it but in reality it is not so. The adrenaline starts pumping, there is a mass of equally excited peers all around you and there is an instinctive urge just to go.

Racing Smarts

Try to maintain an even pace! This doesn't mean your effort will feel the same throughout the race. The first part will feel easy, the latter stages won't. But your effort should drain your resources at a consistent rate, resulting in a pace you can maintain. It is pretty unlikely that an elite Kenyan distance runner is reading this so forget vicious surges and covering every move of your opposition, however if you can do negative splits (the second half of the race faster than the first) then this could be a competitive advantage. Learning to run more conservatively early on and finish significantly stronger is a really positive strategy.

Whatever your strategy - run tangents (the shortest distance possible) during the race. Hug curves. Don't zigzag when passing other runners and when preparing for an upcoming turn, remember that the shortest distance between two points is a straight line. Cutting corners on road turns can save metres which in a long race can really add up. Remember cutting corners is not cheating – that is how the course is measured. NOT cutting corners is cheating yourself.

Obviously in 100m and 200m events, pacing is not a factor. However, for the 400m at elite level, the event is almost uniformly run with the first 200m faster than the final 200m. In the 800m, fastest times are also almost always achieved with a positive-split strategy. The 1500m appears to be the cross over distance and in the 5000m and 10000m the optimal strategy certainly shifts to even-splitting although some really great times have been set with slightly negative splits.

If the opposition dictates something other than an even pace then consider the following:

- Accelerate forcefully at the start line to your expected pace, but don't sprint. If you change pace during the race, do it gradually. Sprints carry far too great an energy cost.
- Running just behind a competitor or on their shoulder (drafting) gives you two advantages. Physiologically, you save 2 - 5 seconds per kilometre and psychologically, someone else shoulders the stress of setting the pace.
- When passing a competitor, don't just ease by them; fly by them! Make them think you're running so well that there's no way they can stay with you. You'll crush their spirit and gain more advantage than just the distance you establish.
- Along with passing with authority – pass wide. Athletes frequently hang on when being passed but hanging on to someone on the other side of the road is hard to do and often they won't give chase.
- Refrain from kicking until you're certain you can maintain the effort to the finish line. If you run out of kick before the finish, you'll lose more time than you gained.
- Run your own race! -it's a cliché for a reason. Everyone in the race brings their own fitness, talent, and race strategy. It might work for them but not necessarily for you.
- In a tight race it's important to know how your competitors are doing, but, you don't want to look back as they may see this as a sign that you're tired. Instead, just turn slightly to catch a quick glance behind as you round corners.
- If you sense that another runner is about to make a move - instead of waiting for it – go yourself. Stealing your competitor's move puts you in control and may confuse them. Surge away and make them respond. You'll find it often takes the impetus away from them and they become followers rather than attackers.
- Traditionally people slow as they take turns. Capitalize on this by surging into, through and out of every corner. On a tight turn if you are leading a competitor who may be closing, when you pass coming the other way make sure you look confident and as soon as you cross – put in a burst of speed that cannot be seen and you will pull ahead without them realising it. If you are behind at a turn - as your opposition approaches, try to look a little ragged (without actually losing form!) so that you are not considered a threat. Then once passed, pick-up the pace and gain ground while you can't be seen.

Racing Smarts

- A common strategy is to surge over the top of a hill while your rivals relax and slow but it's also a great idea to surge at the bottom of hills. Many runners relax at the bottom of hills as they return to a flat running pace and rhythm. Smart racers, however, take advantage of this by carrying the downhill momentum onto the flat.
- For race walkers - generally don't surge past other walkers as you pass judges. This is not the time to attract attention, but if you do - make sure the other competitor is between you and the judge. You are not trying to hide, just making sure the judge concentrates on your competition.

Remember the real work is completed before you toe the start line - the race is largely mind over matter.

Registrar's Report

Registration Portal

If you plan to take part in the upcoming club competitions, now that the COVID-19 restrictions have been eased, please make sure you are registered.

The easiest way to register is to access the online registration portal or go to the club website if you wish to download a form.

[REGISTRATION PORTAL](#)

Uniforms

Around 2 years ago, SAMA engaged Sports Centre as its uniform supplier. We are keen to get feedback from our members about their experience with any uniforms purchased from Sports Centre in the last two years. We are wanting to get a feel for the quality, service, sizing, etc to help inform our review of their ongoing services.

The survey only takes a few minutes of your time to complete. We sincerely thank you for your time. If you have any questions about the survey, please contact *Helen Suridge, Secretary, SAMA* via helsur@outlook.com.

The survey is available for completion by clicking on the link below. If you do not have internet access please contact Helen Suridge to provide your comments.

[CLICK HERE TO ACCESS SURVEY.](#)



A warm welcome to new SAMA members

Timothy Pienaar

Brian Gillies

Lisa Attenborough

Do you need a coach?

SA Masters Athletics Coaches

**Would you like to improve your personal bests,
or maybe become more technically correct in your events?**

If you said Yes, then maybe you need the assistance of a coach?

Listed here are some coaches who are willing to work with Masters Athletes. This list is not definitive rather a snapshot of what is available. If you are looking for a coach in an event area or location that is not listed here please access the Athletics Australia Find a Coach feature on their website

(<http://icoach.athletics.com.au/at/icoach/Search.aspx>) or speak with Lisa Attenborough, Athletics SA Coaching Coordinator – 0404 120 813

Further detail about each of these coaches is available on the Athletics Australia website through Find a Coach or by using the link above.

Coach	Located	Contact Number	Events
Tony Checker	Warradale	0403 963 132	Sprints & Distance
Kent Dredge	Panorama	0402 564 991	Recreational Running
Gordon Scott	Mt Compass	0435 223 758	General Athletics
Nick Muxlow	Online	0418 822 032	Recreational Running
Ian Burge	Port Adelaide	0413 373 046	400m to 1500m
Anthony Tohl	Flinders Uni	0412 487 029	Sprints
Sally Taylor	Mt Gambier	0409 771 367	Sprints, Distance, Throws, Jumps
Chike Igbokwe	Salisbury	0449 823 533	Throws, Jumps
David Fryer	Adelaide Hills	0435 123 077	400m to Marathon
Lynn Larsen	Adelaide	0417 807 933	Jumps & Hurdles
Lisa Attenborough	Adelaide	0404 120 813	100m - 800m
Kat Stolarski	Tailem Bend	0409 914 841	Sprints, Distance, Throws, Jumps, Hurdles
Matt Lovell	Reynella East	0416 123 096	Sprints, Throws & Hurdles
Cheryl Le Brun	Mt Gambier	0409 059 547	Throws
Natalie Morgan	Vale Park	0417 824 419	Recreational Running
Michael Nitschke	Adelaide	0409 538 477	Distance
Warren Davey	Salisbury	0422 893 784	Pole Vault & Multi Events
Rhys Sandery	Adelaide	0417 081 099	Distance & Recreational Running
Peter Burdett	Port Adelaide	0400 243 136	Sprints
Andrew Fraser	Adelaide	0402 455 033	Javelin

Note: Recreational Running can cover anything from 10km to an Ultra Marathon.

Remember we are never too old to learn new skills, it just might take us a bit longer to acquire the new skill.

[Lisa Attenborough](#)

Family Connections

by Peter Sandery



In April 2019 my wife Claire and I competed in the World Masters Indoor Championships in Torun, Poland. Following that event we spent a few days in Berlin and then travelled on to the town of Arras in northern France. Claire's father had fought in this area in the Battle of the Somme in WW1. We hired a driver and guide for 3 days of visiting places where significant battles had taken place.

Things that stand out in areas where battles had been fought are the numerous Commonwealth War Graves Commission cemeteries that dot the landscape. There are also several very large monuments to those who died. One of these monuments is near the village of Villers-Bretonneux (see picture, left), a town that was liberated from the Germans by Australian soldiers. This monument records the names of Australian soldiers who were killed in action in France and who have no known grave. The monument has a 32m high tower that is visible from far away. Three walls of Portland stone around the base of the tower and on either side contain more than 10,800 names carved into their surfaces. A cemetery extending from the west of the monument contains 2700 graves. As I stood in front of this monument, my attention was drawn to one particular name inscribed a little over head

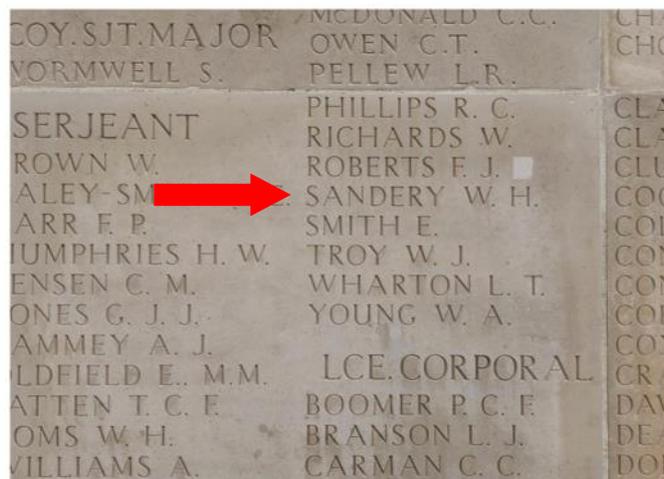
height – SANDERY W. H.

This soldier had to be related to me. Claire had started researching my family tree some time ago and we knew that all but a few of the Sanderys in the UK (and there weren't a lot of them) lived in Cornwall. The name has several variations, (for example Sandry, Saundry) because the village records of births, deaths and marriages were written down by clergy who wrote what they heard, most villagers being illiterate. We knew that my forbear, Thomas Sandery, emigrated to South Australia from Cornwall in 1840 initially settling in McLaren Vale as a farmer and later moving to Port Pirie.

When we finished that day's tour Claire did a search on war records and Trove (the online newspapers database) for the name W H Sandery and discovered that Walter Horace Sandery enlisted in Port Pirie on 2nd February 1915 and embarked from Adelaide on 31st May, 1915. He was initially sent to Gallipoli with the 27th Battalion and subsequently to the Western Front where he was killed on 26th March, 1917. Claire's father was also in the 27th Battalion. He went to the same places at the same time on the same ship as Walter, so it is very likely they knew of each other. He survived the war.

So, in a visit to a war monument in the Somme area in Northern France (where tens of thousands of allied soldiers died daily in some major offensives) I happened to glance across the face of a very large monument and recognized my family name (see picture, next page). Interesting. But what Claire discovered in her search of the records of a local Port Pirie newspaper of that time added to the interest. Newspaper reports indicated that Walter was a very good athlete. Expanding the search to other members of

Family Connections



the Sandery family in Port Pirie we found several other Sanderys noted for their athletic ability. For example, the Recorder newspaper in Port Pirie described Mr R A Sandery as: "...one of the most active athletes in the state... Mr Sandery's pedestrian record is an enviable one. He has proved a sprinter of merit and is in every respect an athlete of outstanding ability" (4 July 1929). I knew that my paternal grandfather L P Sandery had been a very good football player in Port Pirie and later a well regarded umpire in that sport, but I wasn't aware of the sporting abilities of other members of the Sandery family in Port Pirie.

As a young man, I had played team sports, but started running when I was 40, mainly because I wanted something I could do at a time and place of my choice. Genetics could well have had something to do with my choice of running. My parents were not active in any sport, but my paternal family tree in Port Pirie clearly contained people who were. It can pay to choose your grandparents wisely.



Claire and I have been to other WW1 battlefields where her father fought, including the area around Ypres in Belgium. These areas have reverted to farmland now, but evidence of what took place there can still be seen. At one location, our guide pointed out where allied soldiers had managed to advance a distance of 300m or so, 100m at a time over several months. Each small advance had cost the lives of more than 1000 allied soldiers (and probably as many Germans). Three months later, German soldiers regained the ground they had lost, again at a high cost of life. Thousands of men killed for no gain. You can read about these things, but when you stand on the ground where a WW1 battle took place, knowing that advances the length of an athletic track straight each cost

more than a thousand lives (essentially 10 men killed for each metre gained), the recent impact of COVID-19 restrictions seems relatively mild by comparison.

Many of the minor roads through the farm fields of what were Somme battlefields are just narrow strips of bitumen with little or no verge between field and road. On one such road, our guide stopped the car and pointed out a rusted and corroded object near the edge of the road. It was an unexploded artillery shell. Since the end of WW1, farmers have been ploughing up material related to the war – spent bullets, various artillery shells, pieces of bone, shrapnel, etc. In this region, when a farmer unearths something potentially explosive, they leave it by the side of the road and someone comes along once a month to collect it and explode the collected material safely – apparently no big deal. Even after over a hundred years some of these shells can still be dangerous, but familiarity with unearthing them has made what would be a major event here commonplace.

WW1 with its trench warfare and technological weapons resulted in death and destruction in Northern France on a scale previously unimaginable. With the passage of time the scars of that conflict have faded, but some have been preserved. Older industries such as mining have vanished and in their place many of the small towns are now developing tourism based on the battlefields, cemeteries

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and monuments as a major industry: history as a source of income.

So, two reflections on the above. A few days in Northern France and a chance glance at a monument resulted in me discovering that my family has a history in athletics that I had previously been unaware of. Looking at how people in that area are turning events that caused a major upheaval into something positive suggests to me that the COVID-19 pandemic will force us to look at some existing practices in different ways, opening up new opportunities.

Pictures from the Winter Virtual Competition



Many members competed in the winter virtual competition. The winter courses Felixstow and Peacock Rd were used along with parkrun courses.

Peter Sandery (left) and Patricia Laird

Social News



October 2020 Weekend Away

With the easing of COVID-19 restrictions, I think the **October weekend away in Burra**, will go ahead. We will all be in separate cottages and hopefully should be able to mix socially by then.

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



10 x Single bedroom cottages are available at \$120 per night and we have 2 x 2 bedroom cottages for those who wish to share at \$150 per night. All one bedroom cottages include a Queen bed and a single bed. Bookings will need to be finalised by mid August 2020. Please contact me to book a cottage. helsur@outlook.com

If the weekend cannot go ahead, we will of course, expect that the deposits already paid, will be refunded or moved to another suitable weekend in Burra.

Friday Night Dinner or Sunday Lunch

I miss the social aspects of our club, and I look forward to when we can start our winter program again. As soon as I can book a hotel for a large group of 25+, I will book a Friday night dinner or Sunday lunch. I am walking every day, albeit it's not really race walking, but the hills where I live do me the world of good. I have been competing in some of the 'virtual competition' and hope to continue with it, just to keep the speed up and the course is flat - yeh!!

Take care of yourselves, keep safe and healthy and I am looking forward to seeing you soon.

Helen Suridge

Restricted Competition in SAMA Winter Program, Part1

Scheme for Restricted Competition:

1. From Saturday 13 June we shall be able to run Restricted Competition in multiple groups of 20 athletes, with essential officials being in addition to this, under the provisions of Step 2 of the SA Roadmap for Easing COVID-19 Restrictions.
2. SAMA competition will be run separately for walkers and runners on the same day, by dividing them into two competitions (Group A & Group B) each with a maximum of 20 competitors per competition group.
3. We will run the two competitions at the same course venue, separated from each other by a reasonable distance, to comply with the requirement for social distancing and the one person per 4sq.m. density rule.
4. Group A and Group B will each have a separate meeting location on the course (as indicated in the Program) where the competition will be managed and athletes will congregate. The group locations will be highlighted on a Google map for each venue, and a sign will be displayed at each site.
5. The start/finish line for each competition group will be at a different point on the course.
6. Each group will have with its own race clock (although the two will be started in synchrony), Go Pro camera, computer for login and recording, printer watch and finish order sheet.
7. To simplify competition, during this period of Restricted Competition all races will all be scratch. Start times for events will be staggered to spread out competitors on the course and to avoid congestion at the start. A common finish time will no longer apply.
8. Each event will have a designated start time, but if there are more than 10 athletes entered for an event, athletes will be allocated to a heat starting at a specified time on the race clock, so that they leave in batches of no more than 10 at 5 minute intervals (as far as possible athletes will be placed in heats according to their handicap). For Championship events the heats will be based on Age Group, with older athletes starting first.
9. A pre-race online registration system will be set up so that we are aware of the potential number of competitors likely to attend each week, and take action if needed to ensure the group limit is not exceeded. Only those members who pre-register will be guaranteed a place as a competitor in the relevant group.
10. A record of attendance will be kept for all participants.
11. No joint meetings will be held with SA Race Walkers.
12. The Program assumes that these restrictions will be needed until at least the end of July. Competition will be reviewed based on further information being released by the SA Government, and this will also influence the form it takes in the second part of the season (August-September).
13. The Cross Country championships will be held in the second part of the season (nominally on 8 August). The 20km Walk and Half-Marathon Championships are scheduled for Sunday 30 August, although George White is looking into other options for the AMA 20km Road Walk Championships. Confirmation of provisional dates for holding the AGM (22 August) and Winter Presentations (12 September) will depend on the introduction of future steps in the recovery Roadmap that will allow increased numbers at gatherings.
14. Prize days will not be held until we return to normal competition conditions.

Restricted Competition in SAMA Winter Program, Part1

The following conditions will apply to Restricted Competition:

- a. Distancing measures of 1.5m apart and no more than 1 person per 4sq.m. are required.
- b. SAMA competition will be run separately for walkers and runners on the same day, by dividing them into two competition groups (Walks_Group A & Runs_Group B) each with a maximum of 20 competitors.
- c. Group A and Group B will have a separate meeting location on the course (as indicated in the Program). The competitions at each location will be run independently. There will be no movement of athletes or officials between groups (but see point E below). This will require that we have sufficient officials (competing and non-competing) at each location.
- d. The COVID Safe Plan will be displayed at each location, and officials will ensure that all aspects of the plan are complied with. The COVID Safety Officer will oversee these aspects.
- e. The sports trainer will be primarily associated with one group, but may come to the aid of a person in the other group in the event of a medical incident.
- f. Each group may only consist of essential officials and up to 20 competitors (no spectators).
- g. Anyone showing symptoms of a respiratory illness will be asked not to participate.
- h. All surfaces (eg. tables / chairs/ equipment) will be cleaned on arrival using spray disinfectant and paper towels. Antiseptic wipes will be used as needed.
- i. Hand sanitiser will be made available at each location.
- j. Login of athletes on the registration computer will be done by an official to minimise cross-contamination.
- k. Water stations will not be provided, and athletes are asked to bring their own water bottles.
- l. Athletes will spend minimal time at the competition. They should arrive 20 minutes before the time scheduled for their event, and leave as soon as possible after finishing.
- m. There will be no formal gathering at the end of the competition and refreshments are not to be provided. Results will be made available on the website later that day.
- n. Members may decide to undertake their own social interactions following the completion of competition, so long as they abide by the regulations in place under Step 2 of the SA Road Map for Easing COVID-19 Restrictions.
- o. Performances will count towards accumulation of points for the Winter Achievers Award.

Health & Safety Contingencies

We shall be ensuring that all necessary precautions will be taken to protect the health and safety of our volunteers and athletes. These include cleaning of toilets and surfaces, provision of hand washing and sanitising facilities, monitoring of social distancing, and discouraging participation by anyone showing symptoms of a respiratory illness. We are also required to complete a record of attendance for all participants, and to encourage and support the downloading of the COVID-Safe app to allow contact tracing.

Restricted Competition in SAMA Winter Program, Part1

We have fulfilled the legal requirements for returning to competition by submitting a COVID-Safe Plan. All members should refer to this plan and become familiar with what needs to be done to ensure our club stays COVID-Safe.

Helen Suridge has kindly agreed to be our COVID Safe Officer to oversee the implementation of our precautionary measures concerning social distancing, hygiene and posting of the required notices.

However, all club members have a responsibility to do their part in ensuring a COVID-Safe environment, and to assist in undertaking the tasks needed to comply.

In particular, the following precautions should be observed **by all participants**:

- **Do not come to the competition if you are ill** (anyone showing symptoms of a respiratory illness will be required to leave)
- Exercise Social Distancing at all times
- Clean / sanitise hands regularly
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
- Practice good Personal Hygiene - **No spitting or nose clearing**
- **Do not** shake hands or engage in bodily contact
- Employ the **COVID-Safe app** on your mobile phone
- **Athletes should bring their own personal labelled water bottles** (no water station provided).
- **Do not** run or walk in another athlete's slipstream

Virtual Competition

The **Virtual Winter Competition** will be continued for those members who are unwilling to take part in the Saturday SAMA Restricted Competition, or do not wish to travel (eg. Country members). The following modified format will apply:

- i) For **Non-Championship** events only, members will be allowed to run/walk the chosen programmed event at a venue of their choice any time in the week leading up to the Saturday meet.
- ii) Walkers participating outside of the Saturday meet will be considered to have Club Walked.
- iii) Only one entry for a specific event will be accepted (and no splits), but different events may be completed (eg. one during the week and one on Sat pm with the SAMA meet, or a walk in the morning and run in the afternoon)
- iv) If a member competes in the same event during the week and on Saturday at the SAMA meet, the SAMA meet results will be used.
- v) Performances achieved outside the SAMA meet will NOT count towards accumulation of points for the Winter Achievers Award.

2020 AMA Awards for 2019 calendar year performances

The awards which normally would take place at the AMA Championships in Brisbane on the Easter weekend were announced in a video presentation in April.



Most Outstanding Female Athlete

Miriam Cudmore

Miriam is a talented all-round athlete with a background in basketball and netball. In 1998 Miriam competed in several teams sports in the Alice Springs Masters Games and with interest watched the athletic events at the games. It is said, this was the beginning of a highly successful transition to athletics.

For two decades Miriam has dominated local and national throwing, jumping and pentathlon events. In the Perth AMA Championships Miriam turned in a 101.8% age grade performance in the W80 triple jump.

In 2019, Miriam won 6 gold medals at the Oceania Championships along with 3 gold medals at the AMA Championships.



Middle Distance / Steeplechase Winner— Allan Mayfield (pictured left)

Only a small number of SAMA members compete in the rather difficult Steeplechase event. And no local masters runner is more proficient at the event than Allan. **In 2019, Allan set a new Australian record in the M70 2000 Steeplechase.**

Also, in 2019 Allan won 2 gold medals at the World Masters Indoor Championships in Torun (AR indoor records) and won 4 gold medals at the AMA Championships (including 2 SAMA records)

PROGRAM PART 1 - Restricted Competition		Subject to SA Roadmap for Easing COVID-19 Restrictions - Step 2	
DATE	VENUE	WALKS_GROUP A	RUNS_GROUP B
13th June	Felixstow Reserve	8km - 2.00pm, 4km - 2.15pm <i>Meet cnr Riverside Drive & Langman Grove</i>	8km - 2.10pm, 4km - 2.25pm, 2km - 2.40pm <i>Meet cnr Langman Grove & Wicks Ave (East end of Reserve)</i>
20th June	Ellis Park / Tampawardli (Park 24) Western Districts Clubrooms**	5KM SAMA State Champs - 1.45pm <i>Meet behind clubrooms - anti-clockwise loop</i>	5km SAMA State Champs - 2.15pm, 2.5km - 2.40pm <i>Meet near start - anti-clockwise loop</i>
27th June	Oaklands Rd, Oaklands Pk Turn south opposite Hendrie St	8km - 2.00pm, 4km - 2.15pm <i>Meet at east end of carpark</i>	8km - 2.10pm, 4km - 2.25pm, 2km - 2.40pm <i>Meet at west end of carpark</i>
4th July	Felixstow Reserve cnr Riverside Drive & Langman Grove	10km SAMA State Champs - 1.45pm, 6km - 2.00pm <i>Meet cnr Riverside Drive & Langman Grove</i>	10km - 2.15pm, 4km - 2.25pm, 2km - 2.40pm <i>Meet cnr Langman Grove & Wicks Ave (East end of Reserve)</i>
11th July	West Beach Car Park End of Barcoo Rd	10km - 1.45pm, 5km - 2.00pm [on paths] <i>Meet near sailing club</i>	10km - 2.15pm, 5km - 2.30pm, 2.5km - 2.45pm [Beach run] <i>Meet near entrance to beach</i>
18th July	Peacock Rd, Adelaide Adelaide Harriers Clubrooms*	15km SAMA State Champs - 1.15pm 10km - 1.45pm, 4km - 2.15pm - anti-clockwise loop <i>Meet behind clubrooms</i>	10km - 2.15pm, 5km - 2.30pm, 2.5km - 2.45pm Figure of eight runners' course <i>Meet near track to south of clubrooms</i>
25th July	Ellis Park / Tampawardli (Park 24) Western Districts Clubrooms** West Terrace, Adelaide	10km - 1.45pm, 5km - 2.00pm <i>Meet behind clubrooms - anti-clockwise loop</i>	10km SAMA State Champs - 2.15pm 5km - 2.30pm, 2.5km - 2.45pm <i>Meet near start - anti-clockwise loop</i>

Program Part 1 Notes

Non-Championship events [in grey]

Championship events [in white]

GROUP NOTES

Walks_Group A - 20 Competitors max. + officials

Runs_Group B - 20 Competitors max. + officials

The locations of Group meeting points will be indicated on Google Maps available on the SAMA website at http://www.samastersathletics.org.au/race_maps.htm, and a sign will displayed at the venue

COMPETITION NOTES

The following conditions will apply to Restricted Competition:

- A. Distancing measures of 1.5m apart and no more than 1 person per 4sq.m. are required.
- B. SAMA competition will be run separately for walkers and runners on the same day, by dividing them into two competition groups (Walks_Group A & Runs_Group B) each with a maximum of 20 competitors.
- C. Group A and Group B will have a separate meeting location on the course (as indicated in the Program). The competitions at each location will be run independently. There will be no movement of athletes or officials between groups (but see point E below). This will require that we have sufficient officials (competing and non-competing) at each location.
- D. The COVID Safe Plan will be displayed at each location, and officials will ensure that all aspects of the plan are complied with. The COVID Safe Officer will oversee these aspects.
- E. The sports trainer will be primarily associated with one group, but may come to the aid of a person in the other group in the event of a medical incident.
- F. Each group may only consist of essential officials and up to 20 competitors (no spectators).
- G. Anyone showing symptoms of a respiratory illness will be asked not to participate.
- H. All surfaces (eg. tables / chairs/ equipment) will be cleaned on arrival using spray disinfectant and paper towels. Antiseptic wipes will be used as needed.
- I. Hand sanitiser will be made available at each location.
- J. Login of athletes on the registration computer will be done by an official to minimise cross-contamination.
- K. Water stations will not be provided, and athletes are asked to bring their own water bottles.
- L. Athletes will spend minimal time at the competition. They should arrive 20 minutes before the time scheduled for their event, and leave immediately after finishing.
- M. There will be no formal gathering at the end of the competition and refreshments are not to be provided. Results will be made available on the website later that day.
- N. Members may decide to undertake their own social interactions following the completion of competition, so long as they abide by the regulations in place under Step 2 of the SA Road Map for Easing COVID-19 Restrictions.
- O. Performances will count towards accumulation of points for the Winter Achievers Award.

VENUE NOTES

Peacock Road, Adelaide Harriers Clubrooms*	North 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; Park / Tampawardli (Park 24)	Ellis

PROGRAM PART 2 - Provisional Only		Subject to SA Roadmap for Easing COVID-19 Restrictions - Future Steps	
DATE	VENUE	WALKS	RUNS
1st Aug	ASA XC RELAYS Victoria Park	WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey ♦ Teams of 3 - each person runs 6km +	
1st Aug	Bonython Park 2.5k Loop	10km - 1.45pm, 5km - 2.15pm (approx.)	10km - 2.10pm, 5km - 2.30pm, 2.5km - 2.45pm (approx.)
8th Aug	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 Prizes
15th Aug	West Beach, Burbridge Rd 📍	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm
22nd Aug	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	5km Turkey Handicap - clockwise Special start time 1.45pm	5km, 2.5km, 1km Turkey Handicap - clockwise Special start times 1.50pm, 2.05pm, 2.18pm SAMA ANNUAL GENERAL MEETING - Prizes
29th Aug	Le Fevre Tce, Nth Adelaide Meet behind playground	8km - 2.00pm, 4km - 2.30pm (approx.)	10km - 2.10pm, 5km - 2.30pm, 2.5km - 2.45pm (approx.) Prizes
Sun 30th 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 -incl. AMA Half-Marathon Championships 10.15am start - same course as the walk + 1.1k
5th Sept	Bonython Park 3k Loop	12km - 1.29pm, 6km - 2.17pm, 3km - 2.50pm	12km - 2.05pm, 6km - 2.32pm, 3km - 2.53pm
5th Sept	ASA EKIDEN RELAYS Victoria Park	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 +	
12th Sept	Ellis Park / Tampawardli (Park 24) Western Districts Clubrooms**	5km Turkey Handicap - clockwise Special start time 1.45pm	5km, 2.5km, 1km Turkey Handicap - clockwise Special start times 1.50pm, 2.05pm, 2.18pm WINTER PRESENTATION - BRING A PLATE - Prizes
9th-11th Oct	SAMA WEEKEND AWAY - BURRA Paxton Square Cottages (tbc)		
Sun 8th Nov	CITY-BAY		
Program Part 2 Notes		Scratch events [in grey]	Handicap events [in white]
VENUE NOTES			
Peacock Road, Adelaide Harriers Clubrooms*		North 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)	
West Beach, Burbridge Rd, Community Building 📍		Apex Park - north side of Burbridge Road, opposite Davis Street	
OPTIONS FOR SOME WEEKENDS			
Runners	Runners are encouraged to join a team ♦ for the Athletics SA (ASA) RELAYS [in green] ♦JOIN A TEAM organised by Clare Stacey [wignalldare@hotmail.com] ♦Confirm details on ASA Website [https://www.athleticssa.com.au/our-events/winter/]		
WEAR SAMA UNIFORM	- all races are scratch - team entry fees subsidised by SAMA		
OTHER EVENTS			
ASA Events		eg. EKIDEN RELAY	
Other non-SAMA Events		eg. CITY BAY	



Suzanne McKeen competed in the **2020 World Marathon Challenge**.

Suzanne finished in 3rd place, running 7 marathons in 7 days.

To read Suzanne's account of her remarkable achievement go to the following link

<http://www.samastersathletics.org.au/publications/Running-Around-The-World.pdf>

(The file is large, please be patient when opening)

The World Marathon Challenge is the only annual event that offers the opportunity to run 7 marathons on 7 continents in 7 days.

The first marathon occurs within the Antarctic Circle on mainland Antarctica and the final marathon takes place in Miami, North America.

The global route is Novo (Antarctica), Cape Town (Africa), Perth (Australia), Dubai (Asia), Madrid (Europe), Fortaleza (South America) and Miami (North America)

After the initial marathon in Antarctica, competitors fly by charter plane to every marathon location around the globe.

MEMBERSHIP RENEWAL

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

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

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

To register using the 'paper' form instead, please download the membership form,

<http://www.samastersathletics.org.au/policies/SAMA%20Reg%20Form%202020-21.docx>

complete it as instructed on the form, and then forward to the email or postal address listed on the form. Payment can be made by EFT, cheque or cash.

Once payment is received your registration is active.

Club Uniforms

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

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

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

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

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

Buying the Club Uniform

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

The new range (prices at April 2020) includes;

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



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

Club Uniforms

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

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

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

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

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

The account details for payment are:

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

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



2021 Oceania Masters Athletics Championships

18 - 22 January 2021, Norfolk Island.

Further information is available on AMA We
Follow their [Facebook page](#) for updates

[Registrations](#) for the 2021 OMA Championships are open!

Entries close on 20 November 2020

AMA Postal Half Marathon Championship 2020

Update - Due to the likelihood that a large number of the eligible half marathons will be cancelled, the AMA Board have decided that the trial postal half marathon will be **POSTPONED** until 2021.

All those members who have entered will be refunded the \$10 entry fee. Further information is available on the [AMA website](#).

SAMA Birthday List — June and July

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

ROBERT	BARNARD		JEFFREY	KENNETT	70
LORAINÉ	BARON		GIL	MCINTOSH	70
JENNY	BATTERSBY	60	MALCOLM	MCMILLAN	
PETER	BICE	45	MAUREEN	MOYLE	65
PETER	BOS		CHERRYL	PARKER	
MARIA	CAPORLINGUA	55	DENNIS	PECK	
MICHAEL	CASSIDY		SCOTT	RANFORD	
SEAN	CONNELL		DAVID	ROBERTSON	
SUDJAI	COOK		PETER	SANDERY	
JENNI	COTTER		DOUG	SMART	
BRIAN	DAVIES		BILL	STARR	
LISA	DAVIS		AIMEE	STEWART	40
SARAH	DAWSON		GAIL	STONE	
LIZ	DOWNS	65	MICHAEL	TAGELL	
KRISTINE	FREEMAN	60	MALCOLM	TIGGEMAN	
GINO	GERACITANO		CRAIG	TREWARTHA	70
DAMIEN	GOODE		SUE	TURNER	60
ANEDDY	GUNN		ALAN	TWARTZ	
GEOFF	HAKES		HANS	VAN BAVEL	
GRAHAM	HARRISON		KATE	WHITE	55
BRIAN	HART		GEORGE	WHITE	75
NEIL	HAYFORD		DAVID	WILCZEK	
TONY	HEARD		JOHN	WINTER	
PAUL	HOOK	70	RUSSELL	WITHERS	
JUDY	ISAAC				

SAMA Contacts

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

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