

# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

October 2019



**Clare Stacey, Paul Greenwood, Paul Laino, Ros Lowe, Lynne Wignall and Felicity Alexander** competed in the Botanic Relay at Plane Tree Drive, Adelaide on 31 August.

Relay Results of three teams, Masters O50 Male, Masters O35 Mixed and Masters O50 Female are on p. 12

## Coming Events

**SAMA Summer Program** — Commences 23 October 2019

**NZ Masters Games** - 1 to 9 February 2020

**AMA Championships, Brisbane** — 10 to 13 April 2020

**World Masters Athletics Championships** - 20 Jul to 1 Aug 2020

## From the Editor



Welcome to the Summer Season. The summer program can be viewed on p.21.

Thousands of athletes from nearly 100 countries will be flying to Toronto for the World Masters Athletics (WMA) Championships to be held in July 2020. Toronto, the most populous city in Canada, hosted the first WMA Championships in August 1975.

In this issue George White suggests we can use technology and a sensible approach to flying to mitigate the effects of jet lag. (p. 6) If you are travelling to Toronto and wish to share your training journey to the WMA championships go to the following link.

<https://world-masters-athletics.com/category/news/>

Results from the Oceania Masters Athletics Championships were compiled by George. (p.9) Ten SAMA athletes travelled to MacKay in September with many great individual performances.

Congratulations to all members who competed in the XV11 Australian Masters Games. New records from the Games will be included in the December edition of the newsletter.

*Richard Moyle*

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

## A message from our president— David Bates

At the recent Oceania Masters Athletics Championships held in Mackay, Queensland run from 31 August to 7 September, a small contingent of SAMA athletes contributed to the achievements of the Australian team, attaining 19 gold, 8 silver and 13 bronze medals. Congratulations to all our members who competed in the Championships. A full summary of the SAMA team results from Mackay collated by George White can be found on p.9.



Our Winter season concluded with the presentation day held on 7 September, and I would like to take this opportunity to thank sincerely all the helpers and officials whose dedication makes our winter competition possible – we could not do it without you! Our introduction of joint competitions with SA Race Walkers, and the facilitation by Clare Stacey of entry of several SAMA teams in the ASA cross-country relays were most successful additions to this year's Winter program.

As the Australian Masters Games (AMG) is being held in Adelaide this year there will be a slight delay in the commencement of the 2019/20 SAMA track and field competition, which will now start on **Wednesday 23 October** at SA Athletics Stadium (one week later than originally planned). This is to give our volunteers a break after assisting at the out-of-stadia events at the AMG, which are being organised by SAMA. Thank you to everyone that agreed to help with these events, and in particular I wish to acknowledge the tremendous amount of great work done by Viddy Jermicans as the main organiser.

I am grateful also to those who gave feedback on the provisional Summer program notified in the last newsletter, and in response to the requests received a number of changes have been made in the program calendar, and in the timetables. Further details can be found in the SAMA News section.

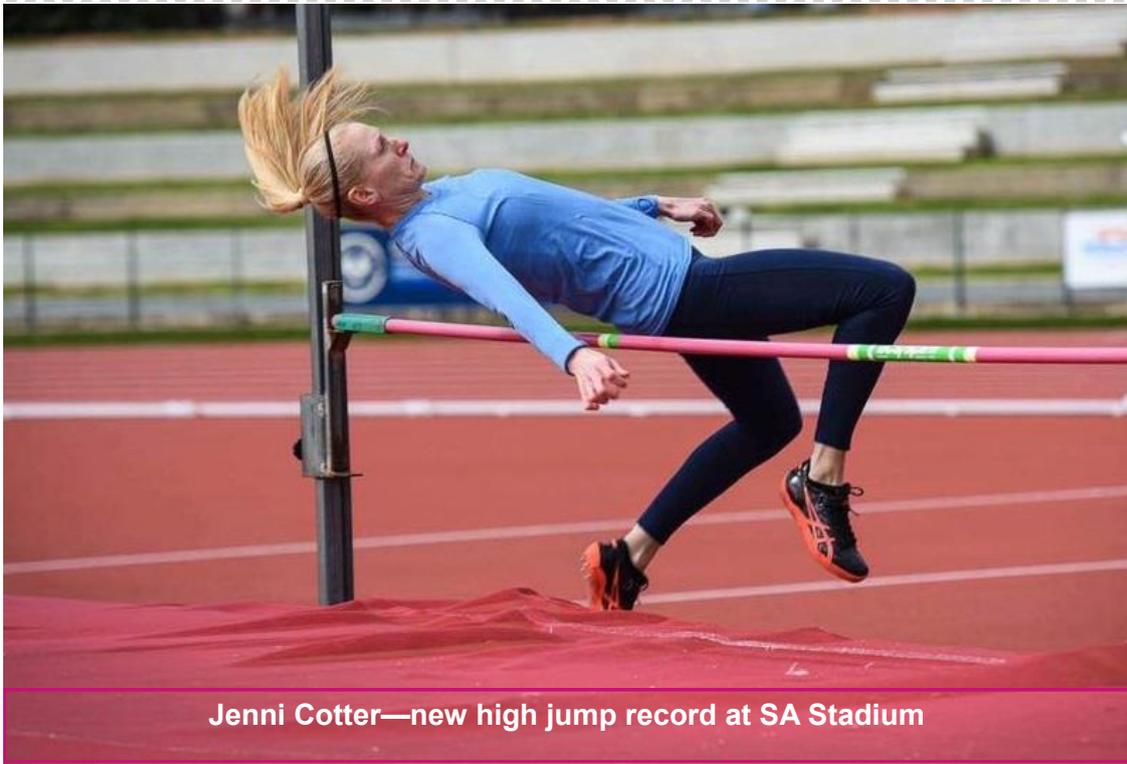
Finally, I would remind you that SA Masters Athletics is a full member club with Athletics SA, so that you can compete as a SAMA athlete in ASA competition throughout the summer (eg. Interclub on Saturday afternoons and ASA Championships). Note that SAMA has paid for basic membership of ASA for all our members, which requires no further action. However, individuals may choose to upgrade their membership to reduce the cost of entry fees for each ASA competition. This must be arranged by phoning ASA since it cannot be done this year using their on-line registration system (further information can be found on our Programs website page\*).

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

## New Club Records

*Prepared by Ros Lowe*

Name	Age Group	Event	Result	Date	Venue
Jenni Cotter	W45	High Jump	1.45	25/08/2019	Stadium SA
Karen Long	W40	200m	26.28	5/09/2019	Oceania Masters (MacKay)
Cassie Neubauer	W40	Hammer	20.31	3/09/2019	Oceania Masters (MacKay)



Jenni Cotter—new high jump record at SA Stadium

Photo courtesy of Steve Trutwin

# SAMA News

## Call for assistance in SAMA activities

### Trailer Storage

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

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

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

If you are able to help, please send an email to [president@samastersathletics.org.au](mailto:president@samastersathletics.org.au).

### Winter Championships certificates

Certificates have been prepared for all athletes who competed in the Winter State Masters Championships, detailing all events entered, your place, performance and age-graded percentage. These were awarded to those present at the Winter presentation held on 7 September.

If you were unable to attend that day, your certificate will be available to collect at the stadium on Wednesday competition nights.

# SAMA News

## 2019/20 Summer Program

The final program for the upcoming 2019/20 summer season has been approved by the Committee.

This follows the circulation of a draft program to all members with request for feedback, and a number of their suggestions have been incorporated. The following points are of particular note:

1. The program will now commence on Wednesday 23 October (Program B1), to provide a longer respite for our volunteers after the completion of the Australian Masters Games.
2. Following the Xmas break, the first competition will be in standard format (Program A1), rather than a modified program. It has been delayed by one week compared with the previous season.
3. The last competition will be on Wednesday 1 April, so that the program will be finished prior to the AMA T&F Championships in Brisbane and our presentation night can be attended by those members competing in the nationals. This entailed some rearrangement of the dates for the various summer Championships.
4. The Track program timetables (A, B, C) have been adjusted in line with feedback received from our members. In particular, Program B has been altered significantly.
5. The 10000m Run Championships are planned to be run jointly with Athletics SA (ASA) at the stadium on Sunday 27 October. Further details will be provided when finalised.

As in previous years, we hope that SAMA will be running an invitational Masters 800m event at the Bay Sheffield Carnival in December, and potential competitors will need to enter at least one and preferably all of the Bay Sheffield Qualifier races to be held in the early part of our normal summer program. Also this year we are introducing the Bob Clarke Memorial Challenge as described in detail in the August newsletter and summarised again in this newsletter, which will make an interesting and different addition to our Wednesday night competitions.

You can view the final Summer program at the end of the newsletter, and by downloading it from the Programs page on our website.

## AMA Board 2019/20

At the Australian Masters Athletics AGM held in August, the following were confirmed as members of the AMA Board:

**President** – Richard Blurton (WA)

**Vice President** – Steve McGugan (NT)

**Secretary** – Donna Hiscox (NSW)

**Treasurer** – Jim Langford (WA)

**Board Members** – Janet Naylor (NSW), Jayne Hardy (ACT), Judy Farrell (Vic), **Lisa Attenborough (SA)**  
*(pictured on right)*



# Jet Lag and Toronto



by George White

**Don't you love jet lag?** – it's very near the top of my favourite things just after hamstring injuries or coming last in a race.

Flying is great, in that you get from A to B quickly but particularly for athletes wanting to perform well in the new location it can be a real problem. Jet Lag is a pain when on holiday and it can be a serious detriment when competing. Having just returned from the Oceania Championships in Mackay I am now all fired up about the World Championships in Toronto next year and I thought I should re-look at my jet lag strategy. While we may not notice any symptoms after crossing 1 or 2 time zones, you would have to be extremely lucky not to have some jet lag after crossing 10.5 (Adelaide) or 8 (New Zealand) time zones to get to Toronto.

The timing of the sleep/wake cycle and many other biological processes, are governed by a biologic clock in the brain. When we cross time zones rapidly this clock cannot adjust quickly enough. In a befuddled state our brains scramble the timing of other biological processes and we feel the symptoms identified as jet lag.

There are many that believe jet lag is a combination of circadian rhythm disruption and altitude sickness with many jet lag symptoms being the same. Most commercial airplanes fly at 10,000 metres+- an altitude at which we could not survive without additional oxygen. To overcome this airlines pressurize the cabin to create a perceived altitude of about 2,500 metres but this is still high enough to have an impact over a prolonged period.

How badly we feel the symptoms of jet lag depends on;

1. The individual. People with rigid sleeping routines have more symptoms than those with less rigid routines. Morning people suffer less flying eastward, while evening people suffer less flying westward. Higher levels of fitness allow people to adjust more quickly but older people may have greater difficulty coping.
2. The number of time zones crossed. The rate of full adjustment to the new time zone is roughly equal to 1 day for each time zone crossed.
3. The direction travelled. The direction of travel affects the severity of jet lag with travelling eastward being generally worse.
4. Time at Destination. Some research suggests that local time at destination can play a role in symptoms with midday and later arrivals experiencing fewer jet lag symptoms than morning arrivals.
5. On-board Schedules. On boards meals and cabin-light schedules may not be conducive to jet lag management.

What are the influences?

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# Jet Lag and Toronto

- Bright light has the most direct influence on shifting our circadian rhythms. In simple terms bright light in the morning after eastward travel and in the evening after westward travel may be beneficial.
- Melatonin may have an influence. Some evidence supports the idea that you can wake up later by taking melatonin between morning and mid-afternoon and that you can wake up earlier by taking melatonin between mid-afternoon and bedtime.
- Some research has showed that exercise may induce significant circadian phase shifts.
- Diet may have a role in shifting circadian rhythms; ingesting a high-protein breakfast will promote wakefulness in the morning and a high-carbohydrate dinner will promote sleepiness in the evening. However the timing of the meal in a new environment appears to be more important than the type of meal. Caffeine can be used to help maintain alertness when their body's clock is telling them it's time to sleep.

So what can we do? Bring on technology! Many airlines are exploring ways to reduce jet lag particularly by studying temperature and light. Also efforts to reduce airplane weight and therefore cost are beneficial to the problem. New materials in aircraft - carbon-reinforced plastic composites help considerably. Two models in particular—the Boeing 787 Dreamliner and the Airbus A350—are made with these newer materials. Because of these they are able to pressurize cabins to create a perceived altitude of about 1800 metres—an altitude at which some of the conditions aren't as significant. More moisture in the passenger cabin also contributes to diminished effects of jet lag. (In the older constructions, moisture is a corrosive element – not so in the new models.) The A350 also employs LED light technology with 24 lighting scenarios to fit with day and night-time biorhythms.

On a more personal level Adelaide Flinders University researchers have come up with Re-Timer glasses which direct specific green light (previously white light was thought to be needed) onto the back of the retina which suppresses the production of melatonin. The glasses are worn for 60 minutes for the three days before a flight and then again after the flight.

If you are a little lazy there are a number of apps that can help you program your approach to jet lag management. Entrain and Jet Lag Rooster are simple apps that suggest a schedule to help adjust your body clock. Timeshifter takes things a step further by adding some extra variables including age and gender and provides a personalized schedule. Timeshifter will also recommend when to (optionally) have caffeine or take a nap and can also send reminders for you to stay awake or try to sleep.

For those not able to take advantage of the new technology the rule of thumb is that it takes a day to adjust to each time zone you cross and travelling east or west 6 to 12 times zone will virtually guarantee jet lag of moderate to severe intensity. The bad news is that there's no "magic bullet" but the good news is that there are science based strategies that can mitigate the effects. In broad terms, jet lag is treated by gradually shifting the sleep/wake cycle and by exposure to bright light at certain times of the day. Making reservations that have you arriving early evening will help as you can go to bed at the correct local time and make sure you sleep well in the days leading up to travel.

## ***Travelling East***

- Prior to leaving. Gradually shift your bed time (BT) and wake time (WT) 2-3 hours earlier than usual. For a few days before you leave, get strong light exposure for about 30 minutes when you first get up in the morning.
- Upon arrival, start with a BT and WT (local time) later than usual and gradually shift towards your normal routine. Try to get strong light exposure for about 30 minutes when you first get up in the morning for the first few days.

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# Jet Lag and Toronto

During the flight:

- Set your watch to the new time zone as soon as you board.
- Try to sleep when it's night time at your destination and stay awake if it's daytime.
- Where possible eat in-flight meals on destination time.
- Drink enough water to avoid becoming dehydrated. Limit or avoid alcohol and caffeinated drinks.
- Move around and stretch every hour or two and or exercise while seated.
- Use earplugs and eye masks to help you sleep on the plane.

On arrival

- If bed time is some hours away - take a nap for no longer than 20 or 30 minutes.
- Eat meals according to your new time zone
- Perform low-intensity exercise to reduce muscle stiffness but avoid heavy training for the first few days.

So for those going to Toronto – do what you can to mitigate the effects of jet lag and at least arrive a week or so before your first competition.

## 10km Run Championships West Terrace - 17 August 2019

Name		Age Group	Results	Age Grade%	Order
STACEY	CLARE	W35	0:45:29	63.1%	1st
CLOSE	DAVID	M75	0:53:06	72.3%	1st
SMART	DOUG	M75	1:02:47	61.9%	2nd
HAKES	GEOFF	M75	1:09:44	53.2%	3rd
BROCKS	COLIN	M65	0:50:03	63.3%	1st
RANFORD	SCOTT	M50	0:40:23	76.2%	1st
GREENWOOD	PAUL	M45	0:39:32	76.3%	1st
ALEXANDER	FELICITY		0:52:27		



David Close





Ten SAMA athletes travelled to Mackay for the Oceania Masters Athletic Championships. **Miriam Cudmore** had excess baggage on the way home with 6 individual Gold medals and 3 Championship records. **Karen Long** was close behind with 4 individual and 2 relay Golds. **George White** brought home 3 walk Golds and **Cassie Neubauer** and **Anne Lang** rounded out the gold haul with 2 and 1 respectively.

Event	Age Group	Result	Place	Age Group %	
<b>60m</b>					
K Long	W40	8.43	Gold	86.12%	
C Neubauer	W40	9.13	5 <sup>th</sup>	79.52%	
K Blute	W55	10.21	Bronze	79.92%	
A Lang	W75	11.78	Bronze	84.63%	
M Cudmore	W80	11.61	Gold	93.02%	
<b>100m</b>					
K Long	W40	12.95	Gold	84.86%	
C Neubauer	W40	14.38	5 <sup>th</sup>	76.43%	
K Blute	W55	16.75	Bronze	73.73%	
A Lang	W75	19.1	Bronze	79.01%	
M Cudmore	W80	18.78	Gold	87.01%	
<b>200m</b>					
K Long	W40	26.28	Gold	86.91%	SAMA Record
C Neubauer	W40	30.12	4 <sup>th</sup>	75.83%	
K Blute	W55	35.9	Bronze	71.95%	
A Lang	W75	39.96	Bronze	81.61%	
M Cudmore	W80	40.46	Gold	81.98%	
<b>400m</b>					
K Long	W40	60.05	Gold	84.41%	
A Lang	W75	89.4	Silver	90.41%	Champs Record
H Harrell	M60	73.03	4 <sup>th</sup>	72.52%	
<b>800m</b>					
A Lang	W75	3:38	Gold	85.86%	Champs Record
H Harrell	M60	02:49.4	5 <sup>th</sup>	73.39%	
P Sandery	M75	03:16.7	Bronze	74.23%	
<b>1500m</b>					
H Harrell	M60	6:29.2	5 <sup>th</sup>	66.66%	
P Sandery	M75	06:52.0	Silver	76.26%	
<b>5000m</b>					
P Sandery	M75	24:51:00	Silver	72.76%	
<b>3000m Race Walk</b>					
G White	M70	17:36.5	Gold	83.59%	

# Oceania Masters Athletics Championships

Event	Age Group	Result	Place	Age Group %	
<b>5000m Race Walk</b>					
G White	M70	30:29:00	Gold	82.17%	
<b>Long Jump</b>					
C Neubauer	W40	4.27	Bronze	63.07%	
A Lang	W75	2.44	Silver	60.70%	
M Cudmore	W80	2.93	Gold	84.44%	Champs Record
<b>Triple Jump</b>					
E Neubauer	W65	5.07	Bronze	49.75%	
M Cudmore	W80	6.44	Gold	100.15%	Champs Record
C Neubauer	W40	8.55	Gold	59.46%	
E Neubauer	W65	2.5	4 <sup>th</sup>	51.76%	
<b>Shot</b>					
K Long	W40	9.71	Gold	47.62%	
C Neubauer	W40	6.71	6 <sup>th</sup>	32.91%	
M Clark	W65	5.43	7 <sup>th</sup>	39.84%	
A Lang	W75	6.9	4 <sup>th</sup>	55.87%	
E Neubauer	W65	5.05	8 <sup>th</sup>	37.05%	
M Cudmore	W80	6.68	Silver	61.23%	
<b>Hammer</b>					
C Neubauer	W40	20.31	5 <sup>th</sup>	26.38%	SAMA Record
E Neubauer	W65	13.15	6 <sup>th</sup>	29.10%	
<b>Discus</b>					
M Clark	W65	14.78	5 <sup>th</sup>	34.50%	
E Neubauer	W65	10.68	8 <sup>th</sup>	24.93%	
A Lang	W75	15.38	5 <sup>th</sup>	43.15%	
<b>Javelin</b>					
C Neubauer	W40	21.71	Bronze	34.12%	
M Clark	W65	15.88	Bronze	39.93%	
E Neubauer	W65	11.67	7 <sup>th</sup>	29.05%	
A Lang	W75	16.32	Silver	50.95%	
M Cudmore	W80	19.65	Gold	73.02%	Champs Record
<b>Weight</b>					
C Neubauer	W40	7.13	4 <sup>th</sup>	35.81%	
E Neubauer	W65	6.17	6 <sup>th</sup>	34.66%	
<b>Throws Pentathlon</b>					
E Neubauer	W65	1561	5 <sup>th</sup>		
<b>T&amp;F Pentathlon</b>					
C Neubauer	W40	2028	Gold		
E Neubauer	W65	1489	Bronze		
<b>10km Road Walk</b>					
G White	M70	62.03	Gold	82.94%	
<b>6km Cross Country</b>					
P Sandery	M75	30:18:00	Bronze	74.92%	
<b>4x100m Relay</b>					
K Long	150-194	51.1	Gold		
C Neubauer	150-194	60.49	Silver		
<b>Medley Relay</b>					
K Long	150-194	04:48.7	Gold		
C Neubauer	150-194	05:59.8	Silver		
A Lang		230+	7:26.61	4 <sup>th</sup>	

# Oceania Masters Athletics Championships



Karen Long



Miriam Cudmore



Peter Sandery

# Botanic

## Team Relay (3 x 3 km)

Saturday 31 August

Plane Tree Drive, Adelaide

Place		Leg 1		Leg 2		Leg 3		Total Time
33	Masters O50 Male	Paul Lainio	11.25	Mark Irwin	15.11	Michael Tagell	12.59	39.35
38	Masters O35 Mixed	Paul Greenwood	24.32	Isobel Quick	13.10	Clare Stacey	13.10	48.26
40	Masters O50 Female	Felicity Alexander	21.53	Lynne Wignall	17.47	Ros Lowe	17.47	56.03

The Botanic Relay event is part of the Athletic SA Winter Premiership season. Held in scenic Botanic Park, this year, forty-one teams entered 3 runners in a 3 x 3km relay.

Below Picture: *Ros Lowe, Lynne Wignall and Isobel Quick*



# A *very* short history of the long jump

“The original Olympics were a competition and training ground for warriors. The (long jump) event was created and included in the Olympics because it was deemed important for warriors to be agile and able to avoid obstacles such as leaping across ditches or streams.”

Article Source: <http://EzineArticles.com/4894401>

**S**ummer season is here and the cold winter sand in the long jump pit is refreshed, newly raked and ready for summer competition. But long jumpers have not always landed in a pit full of sand.

The long jump event has a history in the Ancient Olympic Games and sand in the jumping pit is thought to be a modern invention. In early days the landing area was simply a temporary area dug up.

The use of sand is not the only introduction to the modern event. The ancient event allowed only a short running start. While the modern event allows for a greater and varied approach. At elite level athletes may take between 20 and 22 strides.

A curious practice employed, in times of a short running start, was the carrying of a weight in each hand. The weights (called *halteres*) were swung forward as the athlete jumped. While in mid-air the athlete would throw the weights behind to increase forward momentum. It was believed that the act of swinging the weights down and back at the end of the jump would change the athlete's centre of gravity and allow the athlete to stretch outwards therefore increasing the distance of the jump.

In 1896 the long jump was introduced in modern Olympics for the first time. Shortly after, the use of weights was completely eliminated. The Women's long jump event was added to the Olympic Athletic program in 1948.



Chris Minchin competing at SA Stadium last summer season

## Records

In modern Olympic competition several male competitors dominated the long jump event with long standing performances. Jesse Owens, in 1935, set a record that was not broken until 1960. Later, Bob Beaman in 1968 jumped 8.90 metres a record not beaten until Mike Powell won the 1991 World Outdoor Championships. In the 1980's and 1990's Carl Lewis with four gold medal performances at Olympic

# A *very* short history of the long jump

Games left an indelible mark on the sport.

## **SAMA Records**

In this decade, the club statistician has been kept busy updating many female long jump records. Miriam Cudmore has led the way with Australian records in W70, W75 and W80 age groups. Cassie Neubauer W35, Jenni Cotter W40, Colleen Konecny W45, Sarah Chinner W55 and Lyn Peake in recent years have all set new records. Below is a list of club records set in this decade.

W35	Cassie Neubauer	2016
W40	Jenni Cotter	2019
W45	Colleen Konecny	2016
W55	Sarah Chinner	2019
W65	Lyn Peake	2015
W70	Miriam Cudmore	2011
W75	Miriam Cudmore	2015
W80	Miriam Cudmore	2018

Only one male jumper, Chris Minchin M60, has set a record in this decade. Several records (M30, M40, M45 and M50) remain unbroken since set in the 1980's.

All club records can be viewed at: <http://www.samastersathletics.org.au/>



SA Stadium, 25 August

# Bob Clarke Memorial Challenge

## Heat 1. 200m

Run Wednesday, 6 Nov. as per the SAMA Summer Program (A2) which includes a 200m event. Athletes entered in The Challenge will be catered for in the required number of races. It should be possible to use more than the 6 lanes SAMA is allocated on competition nights as races will commence on the bend entering the straight and will not interfere with athletes training in the back straight.

It is anticipated that there will be two or three races with up to eight runners in each race. Other 200m runners (not entered in the trophy event) will be catered for in any additional races.

## Heat 2. 1000m

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

## Qualification for trophy final

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

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

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

The final will be run in lanes on Wednesday, 11 December as per the program (C2).

## Trophy Handicaps in Metres

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

A trophy and prizes will be awarded to the first three place getters in the final.

[Viddy Jermacans](#)

[Series Convenor](#)

***A warm welcome to new SAMA member***

**Mark Irwin**

# OFFICIALS BEGINNER SEMINAR

SAT OCT 12TH 2019  
SAT NOV 16TH 2019

FROM 9AM - 11:30AM  
SA ATHLETICS STADIUM

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

VISIT: [ATHLETICSSA.COM.AU](http://ATHLETICSSA.COM.AU)



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BASICS!**

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

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

## Registration for ASA competition

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

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

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

### ATHLETICS SA 2019-2020 Membership Fees

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

## **Our Birthday List — October and November**

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

Mary	ABREY		Arthur	JONES	
Colin	AMBROSE		Paul	LAINIO	
Edna	BATES		Jan	LAYNG	
Andrew	BOYD		Maree	MANEY	
Peter	BRETT		Patricia	MCHENDRIE	
David	CLOSE		Gregory	METHA	
Michael	COLLETT		Trevor	MILLER	75
Peter	CRUMP		Vince	MUSOLINO	
Miriam	CUDMORE		David	MUTTON	
David	GLUYAS		Kana	NATHAN	
Kerry	GOODE	45	Cassie	NEUBAUER	
Dean	GRANT		Bryn	NICHOLLS	
Julie	HAYFORD		Sabine	ORCHARD-SIMONIDES	
Robert	HEDDLE		Karen	POWELL	
Karin	HILTON		Jill	ROGERS	75
Rebecca	HUNTER	40	Clare	STACEY	
Wayne	HUNTER		Gerry	VAN NIEKERK	
Gregory	JENKINS		Claire	WOODS	

## **SAMA Contacts**

### **Committee Members**

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



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

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

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

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

## **MEMBERSHIP RENEWAL**

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

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

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

To register using the 'paper' form instead, please download the [membership form](#), complete it as instructed on the form, and then forward to the email or postal address listed on the form. Payment can be made by EFT, cheque or cash.

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



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Community Trust  
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**MASTERS GAMES**

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**WWW.NZMG.COM**



**Otago Daily Times**

17 - 23 Jan 2021



**Register your interest now and WIN!**

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

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

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

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



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

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

## SA MASTERS ATHLETICS - SUMMER 2019/20

v5

KEY TO PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	PROGRAM	NOTES	
<b>2019</b>			
5th-12th Oct <b>XVII AUSTRALIAN MASTERS GAMES - ADELAIDE</b>			
18th-20th Oct <b>SAMA WEEKEND AWAY</b>			
Wed 23rd Oct	B1 Handicap	1st SAMA Competition	800m Qualifier for Bay Sheffield Masters 800m race
Sun 27th Oct	Dual State Champs	ASA 10000m Run,	SAMA 10000m Run; Morning - details to be advised
Wed 30th Oct	C2 Scratch		
Wed 6th Nov	A1 Handicap		Heat 1: Bob Clarke Memorial Challenge <sup>#</sup>
Wed 13th Nov	B2 Scratch		800m Qualifier for Bay Sheffield Masters 800m race
Wed 20th Nov	C1 Handicap		Heat 2: Bob Clarke Memorial Challenge <sup>#</sup>
Sat 23rd Nov	ASA State Champs	ASA Relays : Track; 4x100m, 4x200m, 4x400m, 4x800m / Field; LJ, TJ, HJ, Shot, Javelin, Discus	
Wed 27th Nov	A2 Scratch		600m Qualifier for Bay Sheffield Masters 800m race
Wed 27th Nov*	ASA State Champs	ASA 5000m Run championships; Adelaide Invitational 1	
Wed 4th Dec	B1 Handicap		
Wed 11th Dec	C2 Scratch		Final: Bob Clarke Memorial Challenge
Wed 18th Dec	Modified Scratch	<b>Xmas special - Adelaide Harriers Clubrooms</b> 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners , 6.25pm; 800m Walk for runners, 6.45pm; wrong handed Turbo throw, 7.15pm; water balloon throwing.	
Wed 18th Dec	ASA	Open Day; Night meet	
Thurs 26th Dec (tbc)	Morning	Two Jetties Fun Run - organised by Adelaide Harriers	
Thurs 26th Dec (tbc)	Afternoon	Bay Sheffield Masters 800m race - organised in association with SAAL	
<b>2020</b>			
Wed 8th Jan	A1 Handicap		
Wed 15th Jan	B2 Scratch		
Wkend 18/19th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, 035 Masters Pentathlon	
Wed 22nd Jan	C1 Handicap		Plus 4x100m relays** - First 2 track events 5 minutes earlier; 5.45pm start
Wed 29th Jan	A2 Scratch		
Wed 5th Feb	B1 Handicap		
Sun 9th Feb	2019 OCEANIA & AUSTRALIAN 20KM RACE WALKING CHAMPIONSHIP - ADELAIDE (War Memorial Drive)		
Wed 12th Feb	C2 Scratch		Incl. SAMA State Champs Short Hurdles** - 5.40pm start
Wed 19th Feb	A1 Handicap		Incl. SAMA State Champs T&F Pentathlon; Men** - 5.30pm start
Wed 26th Feb	B2 Scratch		Incl. SAMA State Champs T&F Pentathlon; Women** - 5.30pm start
28/29th Feb/1st Mar	ASA State Champs	ASA Track & Field Championships (incl. 10000m Walk)	
Wed 4th Mar	C1 Handicap		Incl. SAMA State Champs Steeplechase** - 5.15pm start
Wed 11th Mar	A2 Scratch		Incl. SAMA State Champs Long Hurdles** - 5.40pm start
Wed 11th Mar*	ASA State Champs	3000m ASA Run championships; Adelaide Invitational 2	
Wed 18th Mar	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm start	
Sun 22nd Mar	SAMA State Champs	SAMA 10000m Walk; Throws Pentathlon; All 8.30am start	
Wed 25th Mar	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm start	
Wed 1st Apr	Modified Scratch	<b>Summer Presentation Night</b> [please bring a plate to share] 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump	
10th-13th April <b>AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - BRISBANE (over Easter)</b>			
16th-20th April <b>SA MASTERS GAMES - TATIARA (Bordertown)</b>			
20th July – 1st August <b>WORLD MASTERS ATHLETICS CHAMPIONSHIPS - TORONTO</b>			
*ASA events follow our meets		**Nominate previous week	<sup>#</sup> Register > 48h beforehand

## VENUES

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

## SAMA WEDNESDAY PROGRAMS

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

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

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

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

## The Bob Clarke Memorial Challenge

SAMA is introducing a new event as part of it's 2019/2020 summer track & field program.

The event is named after Bob Clarke, in honour of one of the founding members of SA Veterans Amateur Athletics Club (now SAMA), instigator of the City-Bay Fun Run, and one of our 'Magnificent Masters' who epitomised the philosophy of having a go at a range of run distances. Just before he passed away in 2016, Bob was honoured in Australia Day Honours, with a well-deserved AM for his

- This event will cater for sprinters as well as middle distance and distance runners of all ages, both male and female, competing together in two handicap heats (200m & 1000m) with the aim of qualification for a 500m final.
- The two heats and handicap final will be run over three Wednesday evenings during the months of November and December.
- Entrants will need to register up to 48 hours before each heat to allow for handicaps to be calculated and for the track to be marked on the day of competition.
- Male and female athletes compete jointly in the heats and final.
- All athletes are handicapped on a set sliding scale (based on age and gender) with possible, discretionary, additional handicapping based on an assessment of comparative skill levels.

## Races Qualification for trophy final:

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

## COLOUR KEY

Masters Games	
Major Championships	
SAMA State Age Group Championships	
Dual State Champs	
ASA State Championships	
Modified Program	
Other SAMA Events	
Other non-SAMA Events	

# Club Uniforms

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

[www.sportscentre.com.au](http://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

## MEMBERS BENEFITS

### **Fitness on the Park (Anne Lang SAMA member)**

64 MacKinnon Parade, North Adelaide  
5006. [www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)

Joining fee valued at \$100 waived on gym membership of 3, 6 or 12 months

### **Sportspower Glenelg**

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

10% off store wide, excludes all sale items.

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

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

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

0418 890 054

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

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

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

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

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

10% discount on athletics equipment

## Sponsors



If you break a Club record contact Ros Lowe at

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

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

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

Please send results to the editor at

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