

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

October 2020



Cross Country, 22 August.. Results are on page 15.

Coming Events

- **SAMA Summer Competition 2020** (see weekly program on p. 19)
- **AMA Track & Field Championships** Canberra , March 5—8, 2021
- **2021 Oceania Masters Athletics Championships - [Norfolk Island](#) ; postponed to January 2022**

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A message from our president

Lisa Attenborough

Congratulations and thank you to all those that competed and volunteered over the winter season. It was a little bit different to previous years but in true "Masters" spirit, we adapted and had a fantastic winter competition that saw good numbers attending at all events.

The start of our summer season is just around the corner with our first night of competition on Wednesday, 14th October. As expected, there will be some changes to the conduct of our events due to COVID 19 restrictions. We will be using the same processes as those recommended by Athletics SA. Full details will be published on the website and emailed to you prior to our first competition.

To help run our competitions each week we rely on the assistance of members and volunteers. If you would like to help when not competing or know someone who might be interested in helping out now and again, please let me know. You can either catch me at competition, give me a call or send through an email.

The SA Athletic League have confirmed that we will have our 800m invitational event at the Bay Sheffield Carnival this year. Scout Outdoor Centre are sponsoring and have provided prizes to the value of \$200. They also continue to offer a 10% discount to all SAMA members if you use discount Code ZMA when in store. To be eligible for the Bay Sheffield 800m event you need to compete in the events marked 800m Qualifier on the summer program.

Following on from comments made over the last few months we have formed subcommittees to carry out a review of our Annual Awards and Uniforms. If you would like to provide input to this process, please contact Patricia Laird for Awards or David Wilczek for Uniforms.

Next year sees SA Masters reach a half century. That's right we will have been around for 50 years. George White, Helen Suridge and Doug Smart will be organising our Anniversary events, with a tentative date of 24th April 2021 for a big party.

The other big news, shortly we will be launching a new website. Steph Noon and David Bates have been working on this over the winter and it is looking very exciting.



A WARM WELCOME TO NEW CLUB MEMBERS

ANDREW	ABELL	RHYS	SANDERY
WENDY	FOSTER	ELIZABETH	STAVRESKI
ALBERT	JAMAE	DENNIS	VLACHOS
AARON	LAWSON		

CONGRATULATIONS TO WINTER ACHIEVERS AWARD WINNERS

1st	Cathie Hore
2nd	John Hore
3rd	David Robertson

SAMA News

2021 AMA National Championships

The ACT LOC and AMA have met to discuss the way forward for the AMA National Championships scheduled to take place in Canberra in early March.

The following was decided:

1. Planning will continue for the Championships but financial commitments will be minimised.
2. Entries will not open until the new year
3. The LOC and AMA will meet on December 16th at which time a go/no go decision will be made. This will be based primarily on whether the status of border re-opening can allow us to hold a meaningful championships, and whether the LOC are comfortable that a safe championships can be achieved.
4. Of course even if we say 'go' it is possible that a sudden covid 19 spike could cause late cancellation

Postponement of the championships to early next season has not been ruled out.

AMA Board 2020/21

At the Australian Masters Athletics AGM held on 28/9/2020, the following were confirmed as members of the AMA Board:

President: Phil Urquhart (VIC)

Vice President: Steve McGugan (NT)

Secretary: Donna Hiscox (NSW)

Treasurer: John Clark (NSW)

Board Members: Jayne Hardy (ACT), Lisa Attenborough (SA), Stan Perkins (QLD), Judy Farrell (VIC)

2020/21 Summer Program

The final program for the upcoming 2020/21 summer season has been approved by the Committee.

The 10000m Run Championships will again be run jointly with Athletics SA (ASA) at the stadium

on Saturday 24 October in the morning. Registration is required and further details are available on the Programs page of the SAMA website at

http://www.samastersathletics.org.au/program1.htm#summer_champs.

As in previous years, SAMA will be running an invitational Masters 800m event at the Bay Sheffield Carnival (to be held at the Glenelg Oval on 27/28 December 2020), 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 will again run the Bob Clarke Memorial Challenge which was introduced last summer season.

You can view the final Summer program on p.19 and by downloading it from the Programs page on our website.

New AMA Logo

The logo will be rolled out across the AMA website, social media, uniforms, trophies, and various documents.



For further details :<https://www.australianmastersathletics.org.au/2020/09/29/new-ama-logo-launch/>

[**A couple of decisions from the October committee meeting**](#)

SAMA Walk Events

Anyone who enters a SAMA walk event as a Race-walker and is disqualified will be placed in the club walk results (unless disqualified for running).

New Safety Officer

Anne Lang has agreed to take on the role of Safety Officer. Anyone seeing unsafe practices at our meets should advise Anne.

Are we smart or what?

by George White



As Masters Athletes we are biased of course, but now there is science to back the thought that running (and race walking) makes you smarter. Even the Greeks and Romans believed that there was a strong link between exercise and intelligence

In recent decades, neuroscience has caught up, indicating that a sound mind flourishes in a healthy body, and of course we all know a good run is a boost for the body, spirit and mind. The health benefits are well-established - running is an excellent cardiovascular workout that burns excess fat, improves circulation and helps regulate blood glucose levels. Running's positive impact on mental health has received a good deal of confirmation too with studies suggesting that vigorous exercise keeps the brain bathed in endorphins, which counteract depression and help maintain a positive frame of mind (including the "runners high"). It also reduces levels of the stress hormone cortisol which can have many deleterious effects on the body. Further, mental capacity depends on glycogen to keep it operating and studies show regular runners have higher levels of glycogen in reserve and this is associated with cognitive sharpness and mental resilience.

Research suggests that running can boost brainpower through a process called neurogenesis – the process of creating new neurons in the brain. It has been recognised that a varied and stimulating environment is associated with intelligence. As an example, laboratory animals exposed to colourful and diverse toys show more neuronal growth than those in less stimulating environments. But animals also given running wheels even if they don't also have the other stimulating factors appear to have the richest neural networks of all i.e. while mental stimulation is important for brain health; physical stimulation is even more powerful. However while running will create new brain cells it doesn't necessarily make you smarter, it just creates a new framework on which you can build knowledge.

It appears that to really reap the benefit, the exercise has to be aerobic and sustained. High intensity interval training had minimal effect and weight lifting, none.

Scientists at the US National Institute of Health (the largest biomedical research agency in the world) have identified a protein - cathepsin B, which they believe may be the key to enhanced neurogenesis. Runners have elevated levels of the protein in their bloodstreams (it is instrumental in helping tired and sore muscles recover) and higher levels are correlated with improved scores on memory tests and other measures of mental function. In particular, in controlled studies, those

Are we smart or what?

whose fitness had increased the most - not only had the highest levels of cathepsin B in their blood but also the most-improved test scores.

But why does the body reward us with greater brain power because we run? It probably all boils down to natural selection. Evolution doesn't require us to be healthy or to have pleasant experiences - it is only really interested in us staying alive long enough to reproduce - it is not interested in our well-being! One explanation (as a Masters athlete here is that bias again), that fits the facts is that the hunter-gatherers of prehistory had to have the ability to outrun their prey or attackers. The many evolutionary tweaks that make it possible to run for 10km or more on a hot day mean that even though we are slow in a sprint, we can chase down almost any animal on the planet to the point of exhaustion over longer distances. This was a risky activity because it required hunters to leave behind the places they knew in the pursuit. The navigational skills of the brain had to step up and do all the work. So those who adapted this brain cell growth response to distance running were more likely to find their way back to their tribe, and consequently, to survive. The growth of new brain cells and the enhancement of spatial memory that comes from endurance running is basically an evolutionary safety net.

In practical terms what does exercise enhanced neurogenesis provide?

1. Sharper focus. It appears that a person's focus improves for 2-3 hours after exercise. If you're having a hard time concentrating at work, try to run for at least 30 minutes before going to the office.
2. Greater retention. At the University of Illinois 21 students were asked to memorise a string of letters and then were subsequently required to pick these letters from a list shown to them. After this, they were required to do one of the following: sit quietly, lift weights or run on a treadmill. They then re-took the test with the students who ran on a treadmill being quicker and more accurate when compared to those who just sat or lifted weights.
3. Creative thinking. Studies show that moderate aerobic exercise enhances creative potential with the greatest effect on creativity 2 hours after exercise.
4. Productivity. The International Journal of Workplace Health Management did a study on the effect of exercise on productivity and it was found that those who did aerobic exercises were on average, 23% more productive at work.
5. Efficiency. Being able to run on a regular basis requires planning. When you have a busy schedule it's not easy setting aside hours each week for running. Running improves the functions of that part of the brain that is responsible for planning, organizing and multi-tasking.

And of course by preserving neurogenesis - running helps prevent dementia.

We *run* out of ideas, *jog* our memories and *race* to conclusions. So one of the best ways to kick-start your creativity may be to step out the door! Running won't make you as smart as Einstein but it's good to know it is one of the best ways to improve your emotional well-being, and your physical and mental health.



AGE IS AN ADVANTAGE

A History of Veterans/Masters Athletics in South Australia by George H White

The SAMA History has now been updated to September 1st 2020 and is free to download (file size 3.77MB) from the SAMA web site.

As always if anyone finds mistakes or has material that could be added to the History – please let George White know. gwhite@adam.com.au

News from the Registrar

Changes to SAMA Membership Processes

The following changes were approved at the last Committee meeting.

The SAMA membership year will now coincide with that of Athletics SA (1 October - 30 September), and registrations from now onwards will provide membership for that period.

All SAMA members who were already financial for the 2020-21 year that commenced on 1 April 2020 will have their **membership extended to 30 September 2021**.

In order to compete in the upcoming SAMA summer season **lapsed members** should renew as soon as possible for the current SAMA membership year. All SAMA financial members are also eligible to compete in Athletics SA competitions (see additional information below).

Membership renewals, together with payment of fees, are now done using the **Athletics SA on-line registration system**. A manual membership form can still be downloaded.

See the Membership Registration page on the SAMA Website** for full details.

Recommending New Members Incentive

We are introducing an incentive to encourage SAMA members to actively promote the club by recommending others to join. An existing financial member who provides a referral that results in a new member[^] registering will benefit from the following incentive:

Their next SAMA membership renewal will be discounted by \$5 for every new member[^] referred during the preceding membership year.

[^] A new member is defined as someone who has not been a competing member of SAMA for the past 5 years. To be eligible for the Recommending New Members Incentive, the name of the referring member must be specified during registration of the new member.

If you have any membership questions please contact David Bates (Registrar).

Mob 0413 023 075 or email: registrar@samastersathletics.org.au

Competing with Athletics SA in 2020-21

ASA Membership Options

If you are planning to participate in the Athletics SA (ASA) competitions the 2020-21 summer season, then you need to decide which level of membership with ASA you would like to take out. All membership options and prices remain the same as 2019-20.

All SAMA members who are financial for the 2020-21 membership year also have Basic membership of Athletics SA for 2020-21, which is **included in your SAMA registration fee**. For an extra annual fee, individuals may choose to upgrade to a Traditional or Platinum membership to reduce the cost per day/event when competing in ASA competitions.

If you intend to compete only once or twice in the ASA competition then you are probably best sticking with the Basic membership. If you decide to compete more often it may be worthwhile to upgrade to a higher level of membership. If you are a regular competitor with Athletics SA the best option is to upgrade to Platinum membership.

Please see the diagrams below for details of ASA membership options and cost to upgrade.

How to upgrade

Financial SAMA members who wish to upgrade their ASA membership from Basic, should contact either of the following to initiate the upgrade:

News from the Registrar

Lisa Attenborough (president@samastersathletics.org.au)

or David Bates (registrar@samastersathletics.org.au)

ASA Membership options

BASIC	TRADITIONAL	PLATINUM
Included in SAMA fee	\$90 to upgrade	\$210 to upgrade
<input checked="" type="checkbox"/> Athletics SA Membership	<input checked="" type="checkbox"/> Athletics SA Membership	<input checked="" type="checkbox"/> Athletics SA Membership
<input checked="" type="checkbox"/> Personal Accident Insurance	<input checked="" type="checkbox"/> Personal Accident Insurance	<input checked="" type="checkbox"/> Personal Accident Insurance
<input checked="" type="checkbox"/> Eligible for Team SA Selection	<input checked="" type="checkbox"/> Eligible for Team SA Selection	<input checked="" type="checkbox"/> Eligible for Team SA Selection
\$30 Per Day Entry to SA Track & Field Events (Interclub, Open Days etc)	\$15 Per Day Entry to SA Track & Field Events (Interclub, Open Days etc)	FREE Per Day Entry to SA Track & Field Events (Interclub, Open Days etc)
\$30 Per Event Entry to SA Track & Field Championships. (Max of \$60)	\$15 Per Event Entry to SA Track & Field Championships. (Max of \$30)	FREE Per Event Entry to SA Track & Field Championships.
FULL General Public price for Winter Season events	FULL General Public price for Winter Season events	FULL General Public price for Winter Season events
Recommended for 1-3 comps	Recommended for 4-7 comps	Recommended for 8+ comps

ASA First Year Membership*

FIRST YEAR
\$85 to upgrade
<input checked="" type="checkbox"/> Athletics SA Membership
<input checked="" type="checkbox"/> Personal Accident Insurance
<input checked="" type="checkbox"/> Eligible for Team SA Selection
FREE Per Day Entry to SA Track & Field Events (Interclub, Open Days etc)
FREE Per Event Entry to SA Track & Field Championships.
FULL General Public price for Winter Season events
Applicable to new members *

*Only applicable to those that haven't been registered as an athlete member with Athletics SA in the past 5 years

Entering ASA competitions

It is necessary to register for each ASA event through the ASA website. SAMA financial members should log-in during registration using their ASA username and password.

If you do not know your username there is an option to retrieve it by entering your email address. If you need assistance please contact Lisa Attenborough or David Bates (details above).

If you have forgotten your password, there is an option to have it re-set.

Uniforms

When competing in ASA club competitions and championships it is necessary to wear a club uniform. If you don't have one, please go the Uniforms page on the SAMA website** for information about ordering a SAMA uniform.

**SAMA Website: www.samastersathletics.org.au/

Track Etiquette

by Peter Sandery



The summer athletics season will commence soon after a decidedly unusual winter season. Some people may be running track races for the first time. Compared to road and cross country racing, an athletics track is a confined space and track races have their own rules and conventions. While most of the following applies to all tracks, there may be some variations from place to place. On a track that may be shared by several groups with varying training programs, speeds and running experience (as our Mile End track is), adherence to a set of rules reduces the probability of injuries resulting from collisions and avoidance actions. What follows isn't the whole story of course. Each event has a set of technical specifications. World Athletics (previously IAAF) is responsible for a set of instructions for every event, that goes into extensive detail in fine print about how that event is to be conducted (around 250 pages the last time I looked at it) - not a casual read.

Familiarise yourself with current COVID-19 guidelines - these can change so this is an ongoing task. The coming summer season isn't business as usual and it makes the meet director's job easier if we are all "reading from the same page". SAMA doesn't make these regulations, but we all have to comply with them. For example, don't spit or clear your nose while running on a track and be aware of social distancing requirements.

Before you step on to the track, look in both directions and yield right of way to runners already on the track. On Wednesday nights there may be other groups using sections of the track so don't assume that the track will be clear in between SAMA events.

Aim to get to the start area for your race wearing your SAMA number in plenty of time to be checked in by the start marshal, but keep the track clear for other events that may still be in progress.

As a general rule, don't run clockwise around the track (unless you are the only one using the track and even then, check frequently for other users). If you want to run in a clockwise direction, do so in the outer lanes, provided they are not being used for an event, and regularly check that where you are running is not in use for an event. This is particularly important when events such as sprints and middle distance events are being run in lanes across all or most of the track. It is your responsibility to avoid conflict with other track users.

If you know you are about to be passed, hold your position. Moving suddenly to the right or left could result in a collision or having your heels clipped (which can cause a fall). If you are overtaking someone, move to the right sufficiently to pass without contact. You will have the best view and are in the best position to avoid a collision.

After passing someone, don't suddenly cut back across into lane 1. Some runners use spike shoes on

Track Etiquette

the track, something you do not want hitting the back of your legs.

Before switching lanes while running at speed, check that there is no one in the "blind spot", just outside and behind you, before changing direction. You may not be able to hear them if you are running into a head wind and/or there are announcements on the public address system.

Don't cross the infield (for example, to get to the 200m or 1500m start). If there are throws events in progress you could be hit by a javelin, discus, hammer (or even a shot if someone is having a really good day). Jog around to your start destination on the outside of the track.

When approaching the end of a race, be aware that there may be other runners close behind you. Don't just stop on the track as soon as you cross the finish line. Being a bit wobbly on the legs is understandable, but try to walk smoothly out to your right past the race officials to avoid obstructing other runners who may still have at least a lap to go. Time keepers may request runners to move into lane 3 or 4 as they finish so that the time keeper can distinguish between finishers and those with at least another lap to run. This will usually be facilitated by a line of cones out in those lanes over the last 20 metres or so of the race. Move off the active track area as soon as possible. This will assist the lap scorers and timekeeper.

If someone does something that you consider inappropriate it may be that they lack your track experience. Take the time after the event to decide if it would be productive to politely discuss the incident with them. Anyone can inadvertently transgress occasionally and a degree of tolerance can avoid unpleasant confrontation.

Remember that the people who make our Wednesday night track competition possible are all volunteers, some very experienced, some less so. Without volunteer officials events don't happen. Consider helping out by volunteering as an official occasionally. Not only will that help events to run smoothly, you get to experience what it is like to be an official.



Clare Stacey



Jacques Jason

Recognising Excellence in Other Events

For many years **Ross Hill-Brown** was a dedicated masters sprinter. He was a regular competitor on Wednesday evenings in the short distance events.

In 2009 Ross competed in the AMA Championships and was a member of the successful 4 x 100m and 4 x 400m relay teams. They set new club records in the M170+ combined age group. Later, in 2014 Ross again was a member of a 4 x 100m relay team that set a club record, this time in the M50 age group. In recent years, at the track, Ross has transitioned from sprinting events to walk events. Ross tells his personal story below.

Classifications for athletes with a physical impairment

Finally I find myself “putting pen to paper “or at least fingers on the key board. Some of you know my story and if you want the full details you can read my contribution in a book on disability “The Eighteen Point Five” - Chapter 9 “The Obstacle Course” by Ross Hill-Brown and John Francis (<https://eighteenpointfive.com.au/>) – just a little plug.

Briefly in 2015, four days after competing in the World Masters Athletics in Lyon in France and running in the 400m – over 60s -, I was involved in a head-on collision in England that left me with a severe spinal injury.

During my rehab I became more and more keen to return to the track. My first endeavours were at race walking, which incidentally does not recognise disabled athletes but that is another story to address later. Very tentatively I then started having a go at trying to sprint again. Clearly my disability was preventing me from being able to do this with ease so I started to explore the option of being classified as a para-athlete through Athletics SA.

The process was surprisingly easy and cost no more than a couple of visits to the physiotherapist, taking with one the form downloaded from the Athletics Australia website: (<https://cdn.revolutionise.com.au/cups/aa/files/hffe1gox0zlrslp.pdf>). If one prefers one can go to a General Practitioner, Paediatrician or other neuro specialist.

Once complete the form is forwarded to Athletics SA for processing. Provided one ticks all the boxes one finds oneself granted Provisional [level classification](#) which will allow one to compete at club and regional level competitions. The next step is to gain National level classification to allow the para-athlete to compete at a state or national level. In SA once a year national classifiers come to the State, usually in September. Using the details given in ones form submitted to gain Provisional level classification, they put you through some physical tests. At end they give you a classification either the same as your Provisional one or changed to more reflect your status based on their observations and experience. In my case they gave me a more competitive classification.

I believe the process is worth considering by any athlete who now has an obvious disability, beyond simple aging that effects limbs, balance, hearing or vision. Those that come to mind are those who have become disabled after a stroke, are in wheelchairs having lost limbs, have onset Parkinson disease or have had hip or other joint surgery that has left them less able than before.



Recognising Excellence in Other Events

Then maybe I can have some competition at State Championships.

Useful links:

<https://www.athleticsa.com.au/paraathletes/classification/>

<https://cdn.revolutionise.com.au/cups/aa/files/wflsto0uepm6wdlg.pdf>

<https://www.athletics.com.au/multi-class-athletics/get-classified/>

<https://cdn.revolutionise.com.au/cups/aa/files/rco9kabffqdqu0b.pdf>



Bonython Park, 5 September

Ros Lowe - Our Newest Life Member

Ros believes poor eyesight prevented her from playing team sports as a youngster, but it didn't stop her from rounding up the cows on her parents Hahndorf dairy farm. Fast forward to her 50's and Ros started walking to help her weight control. Being somewhat impatient Ros decided running would be quicker and she entered the Mother's Day Classic in 2005, running with her daughter. Even then the competitive streak came out, being peeved when she had to wait for her daughter.

When Ros joined SARRC, it was David Padget who made sure she didn't get left behind or lost in the dark and coincidentally a neighbour (Sue Turner) in Hope Valley suggested she try Masters Athletics. Intimidated at first, just before turning 60 in late 2007 she went to the stadium and SAMA has been grateful ever since. Ros was thrilled to think she was able to set records and set her first in October that year – in the 3000m. Many more followed! Then in 2008 it was off to the Nationals, picking up her first Gold in the 1500m along with 3 Silver medals.

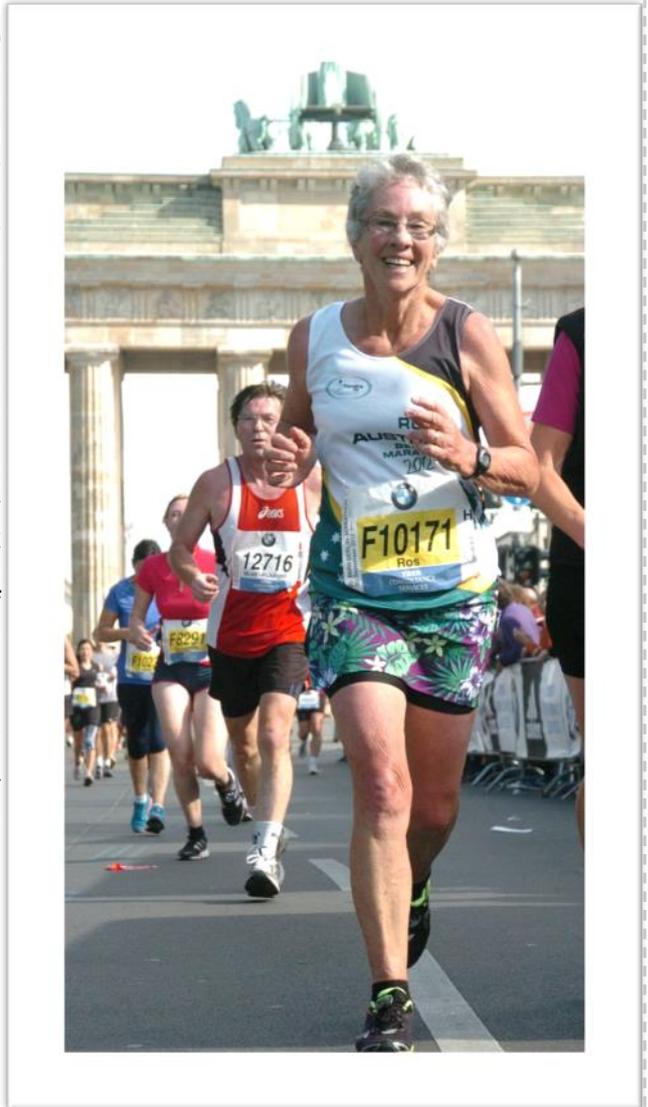
The following year Ros took on the role of SAMA Statistician – a role she has meticulously maintained ever since. She loved being able to put names to our best athletes and was excited when a good athlete reached a new age group.

It wasn't until 2012 at age 64 that Ros plucked up enough courage to try a marathon. As part of her training she did the 6 hour ultra at the Uni loop. Having run the Barossa she thought why not do more, so Pichi-Richi and Berlin followed. In Berlin, Ros has great memories of the Brandenburg Gate, pink porta-loos, a billboard at the 32km mark encouraging her personally and the beer at the finish provided as the recovery drink. She topped off that year with the Yurrebilla (56kms). Ros thinks of that year as her best (so far).

Training on the Uni loop, Ros met a young lady from Taiwan who told her one of her future events was to be the Alice Springs Marathon and why didn't she come along. Alice Springs was the week before the 2013 Adelaide marathon (which she had intended to run) and Ros considered this a blessing as it meant one less week of training. Ros finished a minute under her expected time and did a PB. So 2013 saw 3 marathons – Alice Springs, Sydney (a PB with 4:11:15 - 79.4% age grading) and Melbourne. Ros hasn't done one since – partly because early in 2014 she donated a kidney to one of her daughters and rightly became a bit cautious for a while.

In 2012 Brian Wyld brought parkrun to SA and early in 2014 Ros helped start SA's second parkrun in Mount Barker and was Event Director for over 5 years. Ros has embraced parkrun and has travelled all over Australia and overseas taking part in the local parkruns to get her fix! She loves that people don't have to be good at running, just wanting to take part. Ros is also a regular trail runner.

In 2012 Ros became one of SAMA's Facebook page managers and has been a continuous contributor. Since 2016 Ros has provided hundreds if not thousands of photos to the gallery and has been a regular contributor to the SAMA newsletter with her "athlete profiles". A regular helper at all our competitions Ros exemplifies a "good Club Member". In 2018 and 2019 Ros won the SAMA Distance Athlete of the year Awards!



Ros Lowe - Our Newest Life Member

For the future: With 75 looming in the next couple of years Ros is looking forward to setting a few more age group records. Ros is also fighting with herself about whether to put in the training for another marathon. Her inner demons tell her how much time she will have to spend on her feet training, her shoes only last 2 months as it is, her undisciplined diet would have to be addressed and she knows the whole process will hurt! My money is on her doing it!

George White

New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Colin Ambrose	M50	Half Marathon	1.17.59.85	20/09/2020	Adelaide
Kim Mottrom	M35	20km Road Walk	1.33.26	8/08/2020	SARWC Peacock Rd
Maureen Moyle	W65	5km Run	23.10	8/08/2020	West Tce
Valmai Padget	W75	5km Road Walk	40.34	8/08/2020	West Tce
George White	M75	20km Road Walk	2.13.23	30/08/2020	Peacock Rd



Maureen Moyle (left) and Valmai Padget with Paul Moyle

Photo taken on day of AGM (8 Aug) by Patricia Laird



Missing from the photo is Sarah Chinner

Athletics SA's 6th and final round of the Ekiden Relay Series was run at Bonython Park on Saturday 5 September. Teams of six individuals score points based on their individual relay legs with runners competing legs of varying distances (from 3km to 6 km)

Thanks to Clare Stacey for organising the teams. (see report below)



A fabulous 14 degrees and eventually a sunny day saw our SAMA athletes take on the mighty Ekiden half marathon relay on Saturday 5th September.

Taking place at Bonython Park this year, a change from the North Adelaide venue of previous years, the 6 person relay delivered a beautifully scenic course up and back along the river Torrens.

Two SAMA teams, one men's and one women's team, competed on the day, finishing strongly with our men's team finishing in 1 hr and 33 mins and the women in 1hr 39 mins

Well done to all of the SAMA runners for participating on the day, it is always great to have our members taking part in ASA events. This is the last relay for the winter season. Athletics SA did a wonderful job putting on and managing this event under challenging circumstances.

Results are on next page

Clare Stacey

Ekiden Relay Series

Saturday 5 September - Half Marathon

Team Gender	Team Name	Runner 1	Time	Team Time	Place
Men	SA Masters	Stephen Trutwin	10:35		
		Richard Everson	7:49		
		Paul Laino	25:11		
		Paul Moyle	22:41		
		Richard Everson	7:55		
		Michael Tagell	18:59	1:33:10	13th
Women	SA Masters	Sarah Chinner	12:17		
		Marlene Norton-Baker	10:01		
		Patricia Laird	28:47		
		Maureen Moyle	18:47		
		Belinda Elliott	11:21		
		Clare Stacey	17:54	1:39:01	15th

Social News

Weekend Away

Unfortunately, the annual weekend away, this year in Burra, needed to be cancelled. We were unsure if the COVID 19 situation would change before then, and whether we could be certain of getting our deposit back. In hindsight, it looks as if it would have been all ok. The Paxton Cottages in Burra have been booked again for October 2021. I will circulate more information in the New Year.

Christmas Event

I hope you are looking forward to the Summer season and have been keeping up your exercise so that many pb's will be broken over the next 5-6 months. **Please mark Wednesday 16th December in your diaries, as it is the SAMA Christmas event at the Adelaide Harriers venue.**

We have a lot of fun with different 'athletic' events, and later, sit together in the summer twilight for a picnic meal and a drink before we break for a few weeks over Christmas (all BYO). Friends and families of members are very welcome to join in the fun. The children really do enjoy beating the adults and there is always a chocolate or two to win. I hope to see you there.

Helen Suridge



State Championships - Cross Country

22 August 2020

Name		Ag Group	Result	Age Group %	Place
6 km CC					
MAYFIELD	Allan	M70	0:27:34	78.61	1st
MOYLE	Paul	M70	0:37:39	59.18	2nd
HORE	John	M70	0:39:03	55.49	3rd
SANDERY	Peter	M75	0:31:36	78.88	1st
SMART	Doug	M75	0:42:36	56.07	2nd
HAKES	Geoff	M75	0:47:42	49.12	3rd
PADGET	David	M85	0:55:42	59.4	1st
LOWE	Ros	W70	0:38:13	72.78	1st
8 km CC					
SANDERY	Rhys	M45	0:37:55	61.45	1st
LAINIO	Paul	M50	0:35:50	68.75	1st
DUNN	Stephen	M50	0:54:04	46.32	2nd
TRUTWIN	Stephen	M55	0:34:21	74.14	1st
WORTHING	Mark	M55	0:40:01	64.73	2nd
JASON	Jacques	M60	0:45:26	58.02	1st
BROOKS	Colin	M65	0:43:47	64.13	1st
STAVRESKI	Elizabeth	W45	0:34:29	75.65	1st
LAIRD	Patricia	W55	0:40:07	75.46	1st
ALEXANDER	Felicity	W55	0:44:51	64.83	2nd



Belinda Elliott



Doug Smart

State Championships - 20km Walk

30 August 2020

Name	Ag Group	Result	Age Group %	Place
EVERSON Richard	M55	1:51:27	81.6	1st
CRUMP Peter	M55	2:03:47	75.45	2nd
HILL-BROWN Ross	M65	3:02:48	54.29	1st
WHITE George	M75	2:13:23	84.62	1st
MAXTED Marie	W60	2:23:26	76.01	1st

Club Walk

FINN Kevin	M65	2:25:57	70.4	1st
MCINTOSH Gil	M70	2:21:26	74.48	1st
WITTY Brian	M70	2:40:29	65.64	2nd
HARRISON Graham	M75	2:44:23	70.81	1st

State Championships - Half Marathon

Name	Ag Group	Result	Age Group %	Place
POTTER Matt	M40	1:34:11	66.55	1st
LAINIO Paul	M50	1:37:30	69.87	1st
TRUTWIN Stephen	M55	1:43:04	68.46	1st
BROOKS Colin	M65	1:47:09	73.09	1st
MAYFIELD Allan	M70	1:44:46	77.93	1st
STAVRESKI Elizabeth	W45	1:28:02	81.00	1st
LAIRD Patricia	W55	1:43:03	80.30	1st
WILLIAMS Mark		1:42:02		



Richard Everson



Brian Witty

SA MASTERS ATHLETICS - SUMMER 2020/21

v4

KEY TO PROGRAMS & NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

Subject to COVID-19 Public Activity Requirements for South Australia [<https://www.covid-19.sa.gov.au/>]

DATE	PROGRAM	NOTES
2020		
Wed 14th Oct	A1 Scratch	1st SAMA Competition
Wed 21st Oct	B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Sat 24th Oct	Dual State Champs	ASA 10000m Run, SAMA 10000m Run; 8am start - Register on ASA website (see page 2)
Wed 28th Oct	C1 Scratch	Incl. SAMA State Champs Short Hurdles** - 5.40pm start
Wed 4th Nov	A2 Handicap	Heat 1: Bob Clarke Memorial Challenge# [replaces 200m in Track A]
*Wed 11th Nov	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Wed 18th Nov	C2 Handicap	Heat 2: Bob Clarke Memorial Challenge# [replaces 1000m in Track C]
Wed 25th Nov	A1 Scratch	600m Qualifier for Bay Sheffield Masters 800m race
*Wed 2nd Dec	B2 Handicap	Final: Bob Clarke Memorial Challenge
Wed 2nd Dec	ASA State Champs	ASA 5000m Run Championships; Adelaide Invitational 1
Wed 9th Dec	C1 Scratch	Incl. SAMA State Champs Long Hurdles** - 5.40pm start
Wed 16th Dec	Modified Scratch	Xmas special - Adelaide Harriers Clubrooms 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners, 6.25pm; 800m Walk for runners, 6.45pm; wrong handed Turbo throw, 7.15pm; water balloon throwing.
27th-28th Dec	TBC	Bay Sheffield Masters 800m race - organised in association with SAAL
2021		
9th-10th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, 035 Masters Pentathlon
Wed 13th Jan	A1 Handicap	
*Wed 20th Jan	B2 Scratch	Incl. SAMA State Champs Steeplechase** - 5.15pm start
Wed 27th Jan	C1 Handicap	Incl. SAMA State Champs T&F Pentathlon; Men** - 5.30pm start
Wed 3rd Feb	A2 Scratch	Incl. SAMA State Champs T&F Pentathlon; Women** - 5.30pm start
Wed 10th Feb	B1 Handicap	Plus 4x100m relays** - First 2 track events 5 minutes earlier; 5.45pm start
Sat 13th Feb	ASA State Champs	ASA Relays : Track/ Field
Sun 14th Feb	SAMA State Champs	SAMA 10000m Walk; Throws Pentathlon; All 8.30am start
Wed 17th Feb	C2 Scratch	
Wed 24th Feb	A1 Handicap	
26th-28th Feb	ASA State Champs	ASA Track & Field Championships
Wed 3rd Mar	B2 Scratch	
5th-8th March	AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - CANBERRA (TBC)	
*Wed 10th Mar	C1 Handicap	
Wed 10th Mar	ASA State Champs	3000m ASA Run championships; Adelaide Invitational 2
Wed 17th Mar	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm start
Wed 24th Mar	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm start
Wed 31st Mar	Modified Scratch	Summer Presentation Night 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump
2nd-5th April	EASTER	
15th-18th April	SA MASTERS GAMES - COPPER COAST (Kadina, Moonta and Wallaroo)	
*ASA/Club PB events follow our meets	**Nominate previous week	#Register > 48h beforehand

VENUES

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

Competition will be conducted to comply with the COVID-19 Public Activity Requirements for SA. The details of the specific conditions that will apply for competitions at SA Athletics Stadium will be advised on the SAMA website.

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

•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

Races Qualification for trophy final:

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

COLOUR KEY & ADDITIONAL INFORMATION

Masters Games	
Major Championships	
SAMA State Age Group Championships	
Dual State 10000m Run Champs	Register at https://www.athleticsa.com.au/events/76965/ ENTRIES CLOSE: Wednesday 21st Oct
ASA State Championships	All SAMA members are eligible to participate - see https://www.athleticsa.com.au for details
Modified Program	
Other SAMA Events	
Bay Sheffield Carnival	The 2020 Bay Sheffield Carnival will be held at ACH Group Stadium (Glenelg Oval)

SA Masters Athletics Competition Protocols

2020-21 Summer Season

SUMMARY

The following is an extract of the key areas concerning COVID Obligations & Safety Measures. Please refer to the COVID 19 Events Protocols document for full details.

COVID Safe Obligations

- Adhere to density requirements of 1 person per 2 square metres.
- Physical distancing measures must still be followed (i.e. 1 person per 2 square metres and 1.5 metres between people).
- Stay home if you are unwell.
- Wash or sanitise hands and common surfaces regularly.
- All participants will be required to register to ensure we can keep a record of participants.
- All officials will be required to sign in when attending a SA Masters Athletics event.
- Adhere to all capacity limits within the SA Athletics Stadium.
- SA Masters Athletics will be utilising a COVID Marshal at all Track and Field events as required by SA Government.
- All athletes, volunteers and spectators are to provide their **OWN** refreshments.

Cleaning

To ensure our event venue is safe for all participants, spectators, volunteers and officials, SA Masters Athletics will introduce the following cleaning protocols:

- Regular cleaning of shared surfaces.
- Clean all equipment before and after the event.
- Encourage all volunteers and officials to wear gloves where possible.
- Encourage volunteers and officials to not share equipment. If equipment is shared, clean prior to exchanging to a new user.
- Provide cleaning equipment (wipes, disinfectant, sanitiser etc.) for spectators and athletes if they wish to clean personal equipment or areas.

Competition Format

- SA Masters Athletics will provide hand sanitiser at the check in area at the finish line and at all field event sites.
- All athletes will be required to sanitise/clean hands prior to entering and leaving the competition area (within track fencing).
- Please refer to the COVID 19 Events Protocols document for details of how individual Track and Field events will be conducted in a COVID safe environment.

Athlete Participation

- Athletes will be required to Check In on the day of competition at the usual Check In table. The computer tablet will be operated by one person.
- Bib Collection for new members will be at the check in area at the finish line.
- Athlete warm up are to be conducted as per usual with physical distancing.
- All athletes are required to report to event officials prior to starting their event.

Club Uniforms

The authorised SAMA uniform for all athletes consists of either the Club Singlet, Crop Top or T-Shirt ideally paired with navy blue shorts (not a requirement).

If you are planning to compete in Athletics SA events you need to have a SAMA uniform.

Uniforms can be purchased directly from our supplier – Sports Centre by using the on-line link available [here](#). We also have some stock from the previous supplier available at heavily discounted prices. Please contact **David Wilczek**, Uniform Officer if you are interested.

It is recommended that [on-line](#) orders to Sports Centre for uniform items are made at least 2 weeks prior to uniform items being required. Check out the [uniform page](#) on our website for information on purchasing from Sports Centre.



Oceania Masters Athletics Championships Norfolk Island 2021 – Postponed

Having considered the impact of the Covid19 pandemic and the continuing uncertainty in relation to international travel restrictions, the Local Organising Committee (LOC) for the 2021 Oceania Masters Athletics Championships regret to advise that the Championships have been postponed from January 2021 until the week of the 10th to 14th January 2022.

Details of the new dates and further information will be updated on the Athletics Norfolk Island website – athleticsnorfolkisland.com

[Congratulations to Lisa Attenborough](#)

The AMA Board have appointed Lisa Australian Team Manager for the OMA Championships Norfolk Island January 2022

SAMA Birthday List — October and November

A special congratulations to the members progressing to the next age group

MARY	ABREY	70	KANA	NATHAN
COLIN	AMBROSE		CASSIE	NEUBAUER
EDNA	BATES		SABINE	ORCHARD-SIMONIDES
MICHAEL	COLLETT		JILL	ROGERS
PETER	CRUMP	60	RHYS	SANDERY
MIRIAM	CUDMORE		KIERAN	SMITH
KARIN	HILTON	50	CLARE	STACEY
PAUL	LAINIO		MIKE	VOWLES
JAN	LAYNG		MARCUS	WHEL BAND
GREGORY	METHA		WAYNE	WILLIS
TREVOR	MILLER		CLAIRE	WOODS
VINCE	MUSOLINO			

SAMA Contacts

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Lisa Attenborough	Public Officer	0404 120 813	lisa_boys@internode.on.net

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 David Bates at

david.bates@internode.on.net

Please send results to the editor at

rmoyle@bigpond.net.au