

# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

February 2021

## Summer Competition - running towards the State T & F Championships on 17 and 24 March



### **2021 CANBERRA NATIONALS - CANCELLED**

In January, the Local Organising Committee of the **2021 AMA National Track and Field Championships** recommended to the AMA Board the scheduled event for March 2021 be cancelled due to uncertainty over the COVID-19 situation.

In consultations with the AMA, the Local Organising Committee considered postponing to later in 2021, but there was agreement the uncertainty is likely to continue for some time.

## Coming Events

- ◆ **SAMA Summer Competition 2020 / 2021** (see weekly program on p. 14 )
- ◆ **ASA State Track and Field Championships** 26 to 28 February 2021
- ◆ **Copper Coast SA Masters Games** 15 to 18 April 2021
- ◆ **XV111 Australian Masters Games Perth** 9 to 16 October 2021
- ◆ **Oceania Masters Athletics Championships** 10 to 14 January 2022

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**Officials— John Hore, Cathie Hore, Jill Rogers and Jan Layng**



# A NOTE FROM THE PRESIDENT

## Lisa Attenborough



It was great to see so many people competing during January getting into the spirit of the Virtual Oceania Championships by wearing their Australian uniform. All our results have been submitted and it will be interesting to see how we fair against the other Australian states and territories as well as the other Oceania nations.

Remember you can always check out the World Masters Rankings [website](#) to see where you are placed within the world. You just have to remember that during the early part of the year we do really well because the northern hemisphere is still experiencing winter and generally not having track and field competitions.

Congratulations to Dean Mortimer who took out the Scout Outdoor Centre Bay Sheffield 800m. It was a great race, but Paul Lainio (back marker) was unable to catch Dean who was front marker. The placegetters were 1<sup>st</sup> Dean Mortimer, 2<sup>nd</sup> Paul Lainio and 3<sup>rd</sup> Peter Crump with less than 2 seconds between Dean and Paul.

Do you know a venue that will hold 150 - 200 people? We are looking for a venue to hold our 50<sup>th</sup> Anniversary celebrations and due to COVID restrictions many venue capacities have reduced. If you know of somewhere, please contact George White by [email](#).

The Athletics SA State Track and Field Championships are coming up at the end of February and as a member of SA Masters you are entitled to enter. Details can be found on the Athletics SA [website](#).

Our Track and Field Championships will be held on Wednesday 17<sup>th</sup> and 24<sup>th</sup> March. Competition starts at 5.50pm each night. To ensure the competition runs smoothly we ask that you register for your events at least 30 minutes before the scheduled start time of your events.

Summer presentations this year (31<sup>st</sup> March) will take place in the grandstand as our numbers exceed the capacity for the function room at the stadium. There is a modified program on that Wednesday night. Check out the [website](#) for details.

The winter program for 2021 is in the process of being finalised and will be published as soon as venues and events are confirmed. Our first event is on Saturday, 1<sup>st</sup> May.

Remember if you are not competing you are always welcome to come out and assist in making our competition happen.



### A warm welcome to new members

|        |          |
|--------|----------|
| LOUIS  | COTTLE   |
| GRAEME | MILLER   |
| REECE  | TILBROOK |

## SAMA has a New Website

SAMA has updated its website to give it a more modern look & feel, whilst retaining most of the functionality of the previous site. The development of the new site was coordinated by our Promotions Officer, Stephanie Noon.

Please take the time to check it out. Please forward any feedback to Steph (email: [steph@lifelife coaching.com.au](mailto:steph@lifelife coaching.com.au) ).

The transition from the old site occurred seamlessly on Monday 25 January, and it can still be accessed at <https://www.samastersathletics.org.au/>.

## 2020/21 Summer Program

### State Age Group (SAMA) Championships in February 2021

Due to a clash with the Oceania 20km Walk, the SAMA 10km Walk Championships have been rescheduled to Sunday 28 February at 9.00am. The Throws Pentathlon Championships will remain on the original date, Sunday 14 February at 8.30 am. Both events are at SA Athletics stadium, with check-in at least 30 minutes prior to the start time.

It would be helpful if entrants could nominate at least one week before each event using the forms available at the check-in desk during Wednesday competitions. If you are unable to nominate at the stadium please contact George White (email: [gwhite@adam.com.au](mailto:gwhite@adam.com.au) )

The Summer Program has been revised to take into account the recent changes in our competition. You **can view** the latest Summer program (v6) at the end of the newsletter, and by downloading it from the Programs page on our new website.

## SAMA Committee

## 2021 Weekend Away

We have booked the Paxton Cottages in Burra for Friday 15th October to Sunday 17th October. One and two bedroom cottages are available, all of which are spacious and have been recently renovated.

There is a newly landscaped area behind the cottages for parking at each cottage, and an entertaining area with bbq's and shelters. Burra is a very historical area with lots to see.

While prices applicable to 2021 bookings are yet to be confirmed please let me know if you are interested. More news will be available in coming weeks.

## Maylands Hotel Dinner

Twenty five members attended the dinner at the Maylands Hotel on 29 January and enjoyed a wonderful meal.

It is a pity the long wait for meals led to a little unruly behavior. Members attending these dinners are reminded to refrain from raucous chanting and persistent thumping on tables. And the member seen swinging from a rafter must know that such behavior will not hurry the meal.

We look forward to new members coming along and joining in on the next *entertaining* dinner. Details, when available, will be notified on the website

### Helen Suridge



# LIES, DAMNED LIES AND STATISTICS

by George White

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I am an average Australian which means I am 76% European, have an IQ of 98, have 1.87 limbs, 1.9 children and am 37 years old! Lies, damned lies and statistics. Proof that I do not align with the first few may be debatable but I am sure the candles on my birthday cake and my birth certificate say I am not 37 years old. But hold on I don't feel like I am the age on my birth certificate anyway (okay some days I feel considerably older!). Why not? Like a lot of fit people you are probably a bit addicted to numbers and probably know your resting heart rate, BMI and I'm sure your PB's for every distance known to man. But what about your Fitness Age? The concept is based on cardiorespiratory fitness (CRF) i.e. the ability to supply oxygen to skeletal muscles during physical activity. The American Heart Association describes it as a "potentially stronger predictor of mortality than established risk factors such as smoking, hypertension, high cholesterol and type2 diabetes". Unfortunately, CRF is not easy to measure. The primary measure of CRF is VO<sub>2</sub> max - the maximum amount of oxygen your body can use during maximum physical effort.

If your VO<sub>2</sub> max is below average for your age group, your fitness age is older than your actual age and vice versa. If you have good aerobic endurance, you might be relatively much younger than your driver's license says. A person's VO<sub>2</sub> max typically declines with age. Usually the peak is around your 20s and sometime in your 30s it starts to decline, approximately by 10% per decade. However, unlike your actual age it is possible to boost your VO<sub>2</sub> max, lower your fitness age and partially turn back the clock. The recipe is simple: high intensity exercise improves VO<sub>2</sub> max, whereas a sedentary lifestyle leads to low cardiorespiratory fitness.

VO<sub>2</sub> max is usually measured in millilitres of oxygen per kilogram of body weight per minute (ml/kg/min). For example, if a woman's VO<sub>2</sub> max is 35 ml/kg/min, her Fitness Age is 43 years, (this is the average for all 43 year old women). This is independent of actual age. Since the concept was established in 1923, the only reliable way to measure VO<sub>2</sub> max has been with an exercise test, which requires subjects to push their bodies to exhaustion on a treadmill or a stationary bike while breathing into an ergospirometry system. However Professor Ulrik Wisløff of the Norwegian University of Science and Technology set out to find a way to easily and accurately calculate VO<sub>2</sub> max. Based on a study of cardiorespiratory fitness and other health indicators in over 4000 people, he devised a formula that assigns a fitness age. When Wisløff began measuring the fitness ages of his test subjects, he encountered many people who looked fit and worked out but had practically geriatric fitness ages. This is because working out, running and doing weights doesn't necessarily translate into a great CRF. It is achieved through high intensity exercise! It would appear that the point at which fitness age significantly drops is when you are able to exercise at 12 METs or more (MET - metabolic equivalents of tasks - a measure of exercise intensity). For runners this means interval training and in particular HIIT.

To calculate your fitness age, visit <https://www.worldfitnesslevel.org> and fill out Wisløff's online questionnaire. Some people might still die significantly earlier (or later) than their fitness age would suggest because of factors unrelated to fitness - but this is relatively rare. The calculator does not ask if you smoke because, while smoking does reduce life expectancy, it's thought the

# LIES, DAMNED LIES AND STATISTICS

by **George White**

influence is relatively small compared to fitness (but this is currently being tested). The effects of things like stress and social isolation are also real but much further down the impact scale. And what about time spent sitting? For a while this was the new “Smoking” in terms of health villains but recent studies suggest this is not so bad after all if you regularly exercise.

Assuming you are not suicidal after determining your fitness age what can you do to improve it?

When Wisløff began designing training programs that could boost VO<sub>2</sub> max and reduce fitness age, he considered one fundamental question: what limits the body’s ability to consume oxygen? He knew skeletal muscles weren’t the principal problem - they can handle more blood than they can possibly get. He also knew that the lungs, while crucial, couldn’t be dramatically altered with training. But the heart is highly trainable, and increasing the amount of blood it can pump in a given amount of time directly increases the body’s ability to take in and distribute oxygen. In other words, a more efficient, more powerful heart leads directly to a higher VO<sub>2</sub> max. Two factors govern pumping capacity: maximal heart rate and stroke volume. Your maximal heart rate is largely inborn (one common formula is 211 minus your age multiplied by 0.64.) No matter how hard you train, that number will tick down throughout your life. But you can do a lot to increase the stroke volume of your heart. The heart is like any other muscle – it can be trained and the only healthy way to challenge the heart’s pumping capacity is to fill it with maximal amounts of blood for long periods of time. The heart achieves maximum stroke volume when it’s pumping at 85-95% of its maximum beats per minute. So if you want to boost your VO<sub>2</sub> max, work out within that range of cardiorespiratory intensity for as long as you possibly can. The key to sustaining that kind of workload is to use interval training. While marathon runners and triathletes at elite level probably do have great VO<sub>2</sub> max levels it’s often not the case for weekend-warrior endurance athletes, and the reason is simple. Running, cycling and swimming for long distances won’t push your heart to its maximal stroke volume, so they won’t do a lot to improve VO<sub>2</sub> max.

What about other factors - diet, altitude training? - Wisløff believes there is no substitute for interval training. So - back to statistics - I can take comfort in the fact that I am only 0.12% pregnant and that my athletics has allowed me to defy the aging odds by some years (even decades).



**Starts:** Thu 15 Apr 2021

**Ends:** Sun 18 Apr 2021

**Location:** Copper Coast

**Athletics Venue**

Kadina Memorial School, 1 Doswell Terrace, Kadina

Catering Near by, Toilets, Parking

**Events**

60 m, 100 m, 200 m, 400 m, 800 m, 1500 m, 1500 m run/  
walk, 1500 m walk, Long Jump, High Jump, Triple Jump, Shot  
Put, Discus, Javelin , Masters Mile (*separate registration*)

[2021 SA Masters Games Copper Coast | Copper Coast Council](#)

Event Management are still to appoint an Athletics Coordinator. You are advised to confirm competition is going ahead before registering

# REGISTRAR NOTES

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## SAMA Membership Reminders

The SAMA membership year now coincides 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 have had their **membership extended to 30 September 2021**.

Membership applications and 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 *Member Registration* on the Membership page of the new SAMA Website\*\* for full details.

## Recommending New Members Incentive

We have introduced 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<sup>^</sup> registering will benefit from the following incentive:

*Their next SAMA membership renewal will be discounted by \$5 for every new member<sup>^</sup> referred during the preceding membership year.*

<sup>^</sup> 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.

## Membership Enquiries

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

Mob 0413 023 075 or email:  
[registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

## Competing with Athletics SA in 2020-21

### ASA Membership

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**.

See *Member Registration* on the Membership page of the new SAMA Website\*\* for further information about competing in ASA competition and ASA membership upgrade options.

\*\*New SAMA Website:

<https://www.samastersathletics.org.au/>

*David Bates*

## AMA NEWS

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### AMA Uniform and Team Wear – Discounted by 25%

- Do you want AMA to have a new uniform supplier in 2022?
- If your answer is YES, then it is quite easy.
- We just need to sell all our current stock of uniforms and team wear NOW.
- To help make this happen we have reduced all prices by 25%
- So go online and place your order today!!

**REMINDER**– there is a 2 year change over to new uniform, no need to purchase until 2024 – the design will not change much, the major change will be the fabric used..

[AMA Uniform and Team Wear Discounted by 25% \(australianmastersathletics.org.au\)](https://australianmastersathletics.org.au/)





# New Club Records

Prepared by Ros Lowe

| Name      | Age Group | Event            | Result   | Date      | Venue        |
|-----------|-----------|------------------|----------|-----------|--------------|
| Abrey     | Mary      | W70 1000m        | 4.46     | 09-Dec-20 | Stadium SAMA |
| Dempsey   | Cherie    | W70 Shotput      | 6.19     | 04-Nov-20 | Stadium SAMA |
| Dempsey   | Cherie    | W70 Shotput      | 6.27     | 20-Jan-21 | Stadium SAMA |
| Lovell    | Matthew   | M55 Weight Throw | 13.69    | 20-Jan-21 | Stadium SAMA |
| Maxted    | Marie     | W60 2000m Walk   | 12.28    | 09-Dec-20 | Stadium SAMA |
| Maxted    | Marie     | W60 1000m Walk   | 5.51     | 20-Jan-21 | Stadium SAMA |
| Minchin   | Chris     | M65 Pole Vault   | 2.1      | 23-Jan-21 | ASA Stadium  |
| Minchin   | Chris     | M65 Triple Jump  | 8.81     | 27-Jan-21 | Stadium SAMA |
| Mottrom   | Kim       | M30 2000m Walk   | 8.52     | 09-Dec-20 | Stadium SAMA |
| Mottrom   | Kim       | M35 2000m Walk   | 8.49     | 27-Jan-21 | Stadium SAMA |
| Moyle     | Maureen   | W60 1000m        | 4.09     | 09-Dec-20 | Stadium SAMA |
| Nitschke  | Michael   | M30 5000m        | 15.07.91 | 27-Nov-19 | ASA Stadium  |
| Nitschke  | Michael   | M30 Marathon     | 2.33.35  | 07-Jul-19 | Gold Coast   |
| Sutcliffe | Paul      | M60 1000m        | 3.15     | 27-Jan-21 | Stadium SAMA |
| Taylor    | Heidi     | W60 Discus       | 22.33    | 02-Dec-20 | Stadium SAMA |
| Taylor    | Heidi     | W60 shotput      | 9.47     | 20-Jan-21 | Stadium SAMA |
| Taylor    | Heidi     | W60 Discus       | 24.9     | 20-Jan-21 | Stadium SAMA |
| Turner    | Sue       | W60 100m         | 14.37    | 09-Dec-20 | Stadium SAMA |
| White     | George    | M75 1500m Walk   | 8.49     | 27-Jan-21 | Stadium SAMA |



Cherie Dempsey



Kim Mottrom

# SUMMER CHAMPIONSHIP RESULTS

## Women's Track and Field Pentathlon - 20 January

| Name      | Age Group    | 100m<br>Time | Shot<br>Dist | Long Jump<br>Dist | Javelin<br>Dist | 800m<br>Time | Total<br>Points | Place |
|-----------|--------------|--------------|--------------|-------------------|-----------------|--------------|-----------------|-------|
| Isaac     | Judy W55     | 18.87        | 7.63         | 2.32              | 20.56           | 4 9.80       | 1,634           | 2     |
| Jefferies | Ann W55      | 15.39        | 10.60        | 3.59              | 29.48           | 4 7.10       | 2,982           | 1     |
| Alexander | Felicity W55 | 23.40        | 4.50         | 1.96              | 11.79           | 3 43.80      | 900             | 3     |
| Neubauer  | Liz W65      | 22.00        | 4.92         | 2.43              | 10.54           | 4 45.30      | 1,287           | 1     |
| Abrey     | Mary W70     | 18.47        | 5.48         | 2.19              | 12.50           | 3 43.60      | 2,529           | 1     |



## Men's Track and Field Pentathlon - 27 January

| Name     | Age Group   | Long Jump<br>Dist | Javelin<br>Dist | 200m<br>Time | Discus<br>Dist | 1500m<br>Time | Total<br>Points | Place |
|----------|-------------|-------------------|-----------------|--------------|----------------|---------------|-----------------|-------|
| Gouws    | Leon M40    | 5.45              | 23.08           | 25.90        | 25.46          | 5 22.30       | 2,380           | 1     |
| Cottle   | Louis M40   | 4.88              | 40.58           | 28.17        | 26.95          | 5 56.30       | 2,219           | 2     |
| Storer   | Tim M50     |                   |                 |              |                |               | DNF             |       |
| Lovell   | Matthew M55 | 4.93              | 32.42           | 29.16        | 28.31          | 7 9.10        | 2,536           | 1     |
| Crump    | Peter M60   | 3.03              | 22.01           | 31.38        | 18.44          | 6 1.50        | 1,977           | 1     |
| Mortimer | Dean M60    | 3.36              | 25.88           | 36.54        | 22.87          | 6 36.80       | 1,781           | 2     |



Men's Track and Field Pentathlon competitors

## Weekend Away Quiz

Many members were disappointed when the SAMA weekend away planned for October 2020 was cancelled.

Always a highlight of the weekend away is the Friday night quiz hosted by **George White**. The quiz is challenging : a number of cryptic questions across a comprehensive subject range.

George has given us a taste of the questions in this edition of the newsletter.

Answers on page 18

1. **Why are the Gawler Ranges so funny?**
2. **What does conspiracy theory say is behind the name of the famous computer Hal in the movie 2001 A Space Odyssey?**
3. **What do kangaroos have that no other animals do?**
4. **Why didn't the pirate learn all the alphabet?**
5. **Give a logical sequence of more than 50 words that do not contain the letter a.?**

## Clare Running Festival



SARRC's first half marathon of the year is held in the beautiful Clare Valley and is the first event of our Triple Crown Series which includes the Clare Valley, Greenbelt and McLaren Vale events. This is the Plains Producer Clare Valley Running Festival.

The Clare Valley is one of South Australia's oldest wine regions and it's world-renowned for producing elegant Rieslings. The Clare Valley Half Marathon follows part of the Riesling Trail

START TIMES:  
 Half-marathon 8.00am  
 10k 8.30am  
 5k 8.50am.

[Plains Producer Clare Valley Running Festival 2021 – South Australian Road Runners Club \(sarrc.org.au\)](https://www.sarrc.org.au)

# SUMMER CHAMPIONSHIP RESULTS

## Steeplechase - 13 January

| Event      | Name     |          | Age   | Result | Age     | Place |
|------------|----------|----------|-------|--------|---------|-------|
|            |          |          | Group |        | Group % |       |
| <b>2km</b> | Lowe     | Ros      | W70   | 12.26  | 83.0%   | 1     |
|            | Elliott  | Belinda  | W60   | 13.27  | 65.3%   | 1     |
|            | Laird    | Patricia | W55   | 10.18  | 78.8%   | 1     |
|            | Mayfield | Allan    | M70   | 8.27   | 96.6%   | 1     |
|            | Crump    | Peter    | M60   | 10.05  | 64.5%   | 1     |
| <b>3km</b> | Gouws    | Leon     | M40   | 13.38  | 65.6%   | 1     |



Allan Mayfield



Peter Crump

# BAY SHEFFIELD MASTERS EVENT

| Bay Sheffield 800m - 27 December |                 |          |        |      |         |
|----------------------------------|-----------------|----------|--------|------|---------|
| Position                         | Name            |          | Colour | Mark | Time    |
| 1                                | <b>Mortimer</b> | Dean     | 2      | 200m | 2:25.62 |
| 2                                | <b>Lainio</b>   | Paul     | White  | 40m  | 2:27.35 |
| 3                                | <b>Crump</b>    | Peter    | Blue   | 70m  | 2:32.31 |
| 4                                | <b>Worthing</b> | Mark     | Yellow | 90m  | 2:35.93 |
| 5                                | <b>Laird</b>    | Patricia | Black  | 140m | 2:39.33 |
| 6                                | <b>Harrell</b>  | Hayden   | Green  | 120m | 2:45.27 |



Lisa Attenborough and David Bates

# WE ENCOURAGE ALL MEMBERS TO ENTER OUR SUMMER CHAMPIONSHIPS

**\*\*\*This is your chance to compete in your 5 year age group\*\*\***

## **State Masters Athletics Championships – Summer 2020/21**

### Competition Numbers

These are your official SAMA numbers that have been allocated to you. They **must be worn** for these Championships. If you do not have SAMA numbers they will be issued when checking in on arrival.

### Entry fees

No charge for the Hurdles, T&F Pentathlons or Steeplechase – just the normal stadium entry fee. Throws Pentathlon and 10km Track Walk – \$5 entry fee by cash or cheque - on the day.

**Please nominate for these events as required. Sheets will be available at the check-in desks. It is compulsory for the Hurdles, T&F Pentathlon and Steeplechase, and will greatly assist in the management of the other events.**

Main T&F (17<sup>th</sup> & 24<sup>th</sup> March) - \$10 per day payable by cash or cheque on the day (includes entry to the Stadium).

### **Wednesday 9<sup>th</sup> December**

Long Hurdles. 5.40pm start. **Please nominate at least one week before!**

**Hurdles are NOT available for W60+ and Men 70+.** Organising the hurdles is a time consuming process! If you do enter then your help will be required in setting up and putting away the equipment. Also if you have entered the hurdles and then decide later that you will not be competing, please let the organisers know to avoid possible unnecessary work.

### **Wednesday 13<sup>th</sup> January**

Men's and Women's steeplechase. 5.15pm start. **Please nominate at least one week before!**

### **Wednesday 20<sup>th</sup> January**

Women's T&F Pentathlon – run in conjunction with normal competition. Approximate times only. **Please nominate at least one week before!**

|               |               |               |               |               |               |
|---------------|---------------|---------------|---------------|---------------|---------------|
| <b>5.15pm</b> | <b>5.30pm</b> | <b>5.35pm</b> | <b>6.00pm</b> | <b>6.30pm</b> | <b>7.00pm</b> |
| Sign-in       | 100m          | Shot          | LJ            | Jav           | 800m          |

### **Wednesday 27<sup>th</sup> January**

Men's T&F Pentathlon – run in conjunction with normal competition. Approximate times only. **Please nominate at least one week before!**

|               |               |               |               |               |               |
|---------------|---------------|---------------|---------------|---------------|---------------|
| <b>5.15pm</b> | <b>5.30pm</b> | <b>6.00pm</b> | <b>6.25pm</b> | <b>6.30pm</b> | <b>7.00pm</b> |
| Sign-in       | LJ            | Jav           | 200m          | Discus        | 1500m         |

### **Sunday 14<sup>th</sup> February**

Throws Pentathlon – 8.00am check in, 8.30am start. **Please nominate at least one week before!**

### **Sunday 28<sup>th</sup> February**

10km Track Walk – 8.00am check in, 8.30am start

### **Wednesday 17<sup>th</sup> March**

Main Track and Field.

### **Wednesday 24<sup>th</sup> March**

**It is not necessary to enter before the day.** Entries will be received at the check-in desk when you arrive. Carefully check the timetable before selecting your events. The program will not be held up if your events overlap.

|             |                    |  |             |                     |
|-------------|--------------------|--|-------------|---------------------|
| <b>5.50</b> | <b>1500m Walk</b>  |  | <b>5.50</b> | <b>800m Walk</b>    |
| <b>5.50</b> | <b>Hammer</b>      |  | <b>5.50</b> | <b>Weight Throw</b> |
| <b>6.05</b> | <b>60m</b>         |  | <b>6.00</b> | <b>100m</b>         |
| <b>6.20</b> | <b>800m</b>        |  | <b>6.15</b> | <b>1500m</b>        |
| <b>6.40</b> | <b>200m</b>        |  | <b>6.30</b> | <b>Long Jump</b>    |
| <b>6.50</b> | <b>Javelin</b>     |  | <b>6.35</b> | <b>5000m Walk</b>   |
| <b>6.55</b> | <b>3000m Walk</b>  |  | <b>6.45</b> | <b>Discus</b>       |
| <b>7.05</b> | <b>High Jump</b>   |  | <b>7.20</b> | <b>400m</b>         |
| <b>7.20</b> | <b>Triple Jump</b> |  | <b>7.35</b> | <b>Shot</b>         |
| <b>7.30</b> | <b>5000m</b>       |  | <b>7.35</b> | <b>3000m</b>        |

**Please note.  
Competitors must enter at least 30 minutes prior to the scheduled start time (20 mins for the 5.50pm start!)**

### Walkers

Race Walking and Club Walking will be in the same race - type of walking nominated on race entry.

### Jumpers & Throwers

**No competitor will be allowed to enter the competition after the commencement of the fourth round.** Competitors who need to leave during an event may compete out of turn for that round. On return athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).

# SA MASTERS ATHLETICS - SUMMER 2020/21

v6

KEY TO PROGRAMS & NOTES - See Next Page

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  |
|--------------------|---|--|
| 2021               |   |  |
| 9th-10th Jan       | ASA State Champs  | ASA Multi Event Championships; Incl. Decathlon, 035 Masters Pentathlon   |
| Wed 13th Jan       | A1 Scratch <sup>#</sup> except ⚡                              | ⚡800m walk / 3000m run SAMA State Champs** Steeplechase <sup>#</sup> - 5.15pm start  |
| *Wed 20th Jan      | B2 Scratch <sup>#</sup>                                       | Oceania Masters Athletics (OMA) Virtual Championships during January SAMA State Champs** T&F Pent; Women <sup>#</sup> - 5.30pm             |
| Wed 27th Jan       | C1 Scratch <sup>#</sup> except ⚡                              | ⚡2000/4000m walks & 1000/2000m runs SAMA State Champs** T&F Pent; Men <sup>#</sup> - 5.30pm  |
| Wed 3rd Feb        | A2 Scratch  |  |
| 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 Throws Pentathlon**; 8.30am start   |
| Wed 17th Feb       | C2 Scratch  |  |
| Wed 24th Feb       | A1 Handicap   |  |
| 26th-28th Feb      | ASA State Champs  | ASA Track & Field Championships  |
| Sun 28th Feb       | SAMA State Champs   | SAMA 10000m Walk; 9.00am start   |
| *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<br>5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m,<br>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 events follow | **Nominate previous week                                      | # All scratch events to be submitted to OMA Virtual Championships  |

## COLOUR KEY & ADDITIONAL INFORMATION

|                                    |  |
|------------------------------------|--|
| Masters Games                      |  |
| SAMA State Age Group Championships |  |
| Dual State 10000m Run Champs       | See <a href="https://www.athleticsa.com.au/events/76965/">https://www.athleticsa.com.au/events/76965/</a>                                |
| ASA State Championships            | All SAMA members are eligible to participate - see <a href="https://www.athleticsa.com.au">https://www.athleticsa.com.au</a> for details |
| Modified Program                   |  |
| Other SAMA Events                  |  |
| Bay Sheffield Carnival             | The 2020 Bay Sheffield Carnival held at ACH Group Stadium (Glenelg Oval)   |

**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    |        |           |  |

## 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.



## COMING EVENTS

# Oceania Masters Athletics Championships

## 10 - 14 January 2022

### Oceania Masters Athletics Championships Norfolk Island 2021 – Postponed

Having considered the impact of the COVID-19 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.

### Event Guide

A compact guide to basic information about the OMA 2022 Event and host destination.

[Link to pdf document](#)



Discover the magic of the **Australian Masters Games in Perth**, where sport, festivities and adventure combine for the trip of a lifetime.

The 2021 Australian Masters Games will take place from **Saturday 9 – Saturday 16 October 2021** in Perth, Western Australia.

Website:  
<https://australianmastersgames.com/>



Join Athletics SA as the state's best athletes compete for the title of **2020/21 State Track & Field Champion!**

Age Categories: U14, U15, U16, U17 U18, U20, Open, O35, O50 & Para age groups. Age as at December 31 2021

Entries close Sunday 21st February 2021 midnight

[State Champs Hub | Athletics SA](#)

# SAMA Birthday List

## February and March

|        |                  | New Age Group |           |                     | New Age Group |
|--------|------------------|---------------|-----------|---------------------|---------------|
| Name   |                  |               | Name      |                     |               |
| ANDREW | <b>ABELL</b>     |               | LIZ       | <b>NEUBAUER</b>     | 70            |
| RODGER | <b>BARBER</b>    |               | MARLENE   | <b>NORTON-BAKER</b> |               |
| DAVID  | <b>BATES</b>     |               | DAVID     | <b>PADGET</b>       |               |
| MARG   | <b>CLARK</b>     | 70            | KAREN     | <b>PIENAAR</b>      |               |
| SIAN   | <b>COOPER</b>    |               | CHERIE    | <b>ROTHERY</b>      |               |
| PAUL   | <b>GREENWOOD</b> | 50            | ANTHONY   | <b>SMITH</b>        |               |
| PETER  | <b>GREGG</b>     |               | ELIZABETH | <b>STAVRESKI</b>    |               |
| MARCEL | <b>GRGURIC</b>   |               | HELEN     | <b>SURIDGE</b>      | 70            |
| LILIAN | <b>HARPUR</b>    |               | PAUL      | <b>SUTCLIFFE</b>    |               |
| HAYDEN | <b>HARRELL</b>   |               | SONIA     | <b>TWARTZ</b>       |               |
| GERALD | <b>HICKS</b>     |               | DENNIS    | <b>VLACHOS</b>      |               |
| ANNE   | <b>LANG</b>      |               | LINDA     | <b>WHITELAW</b>     |               |
| ALLAN  | <b>MAYFIELD</b>  |               |           |                     |               |

## CLUB CONTACTS

### Committee Members

|                   |                       |              |  |
|-------------------|-----------------------|--------------|--|
| Lisa Attenborough | President & Treasurer | 0404 120 813 | <a href="mailto:lisa_boys@internode.on.net">lisa_boys@internode.on.net</a>           |
| Anne Lang         | Vice President        | 0457 070 934 | <a href="mailto:FITNESSONTHEPARK@OZEMAIL.COM.AU">FITNESSONTHEPARK@OZEMAIL.COM.AU</a> |
| George White      | Secretary             | 0419 348 888 | <a href="mailto:gwhite@adam.com.au">gwhite@adam.com.au</a>                           |
| David Bates       | Registrar & Webmaster | 0413 023 075 | <a href="mailto:david.bates@internode.on.net">david.bates@internode.on.net</a>       |
| Graham Harrison   | Walk Coordinator      | 0439 500 751 | <a href="mailto:grahamjharrison@hotmail.com">grahamjharrison@hotmail.com</a>         |
| Ann Jefferies     | Field Coordinator     | 0417 716 892 | <a href="mailto:ANN.JEfferies@ADAM.COM.AU">ANN.JEfferies@ADAM.COM.AU</a>             |
| Doug Smart        | Course Measurer       | 0413 456 898 | <a href="mailto:douglas.smart1@bigpond.com">douglas.smart1@bigpond.com</a>           |
| David Wilczek     | Uniform Officer       | 8388 2638    | <a href="mailto:WILCZEK_LIFECOACH@BIGPOND.COM">WILCZEK_LIFECOACH@BIGPOND.COM</a>     |
| Paul Laino        | Run Coordinator       | 0417 886 850 | <a href="mailto:pslainio@gmail.com">pslainio@gmail.com</a>                           |
| Patricia Laird    | Awards Officer        | 0420 681 040 | <a href="mailto:PATRICIALAIRD03@GMAIL.COM">PATRICIALAIRD03@GMAIL.COM</a>             |
| Stephanie Noon    | Promotions Officer    | 0416 097 747 | <a href="mailto:STEPH@LIVELIFECOACHING.COM.AU">STEPH@LIVELIFECOACHING.COM.AU</a>     |

### Other Contacts

|                   |                   |              |  |
|-------------------|-------------------|--------------|--|
| Ros Lowe          | Statistician      | 0437 811 582 | <a href="mailto:rrlowe@tpg.com.au">rrlowe@tpg.com.au</a>                   |
| Helen Suridge     | Social Secretary  | 0401 009 982 | <a href="mailto:helsur@outlook.com">helsur@outlook.com</a>                 |
| Richard Moyle     | Newsletter Editor | 0417 831 194 | <a href="mailto:rmoyle@bigpond.net.au">rmoyle@bigpond.net.au</a>           |
| Lisa Attenborough | Public Officer    | 0404 120 813 | <a href="mailto:lisa_boys@internode.on.net">lisa_boys@internode.on.net</a> |

## 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  
[Zorich Group Sportspower Glenelg -](http://Zorich Group Sportspower Glenelg -)

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

## SPONSOR



## CONTACTS

**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 David Bates at**

[david.bates@internode.on.net](mailto:david.bates@internode.on.net)

**Please send results to the editor at**

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

## QUIZ ANSWERS

1. Because they are "hill areas"
2. HAL - each letter is one in advance of IBM
3. Baby kangaroos.
4. Because he spent years at C.
5. One, two, three.....one hundred