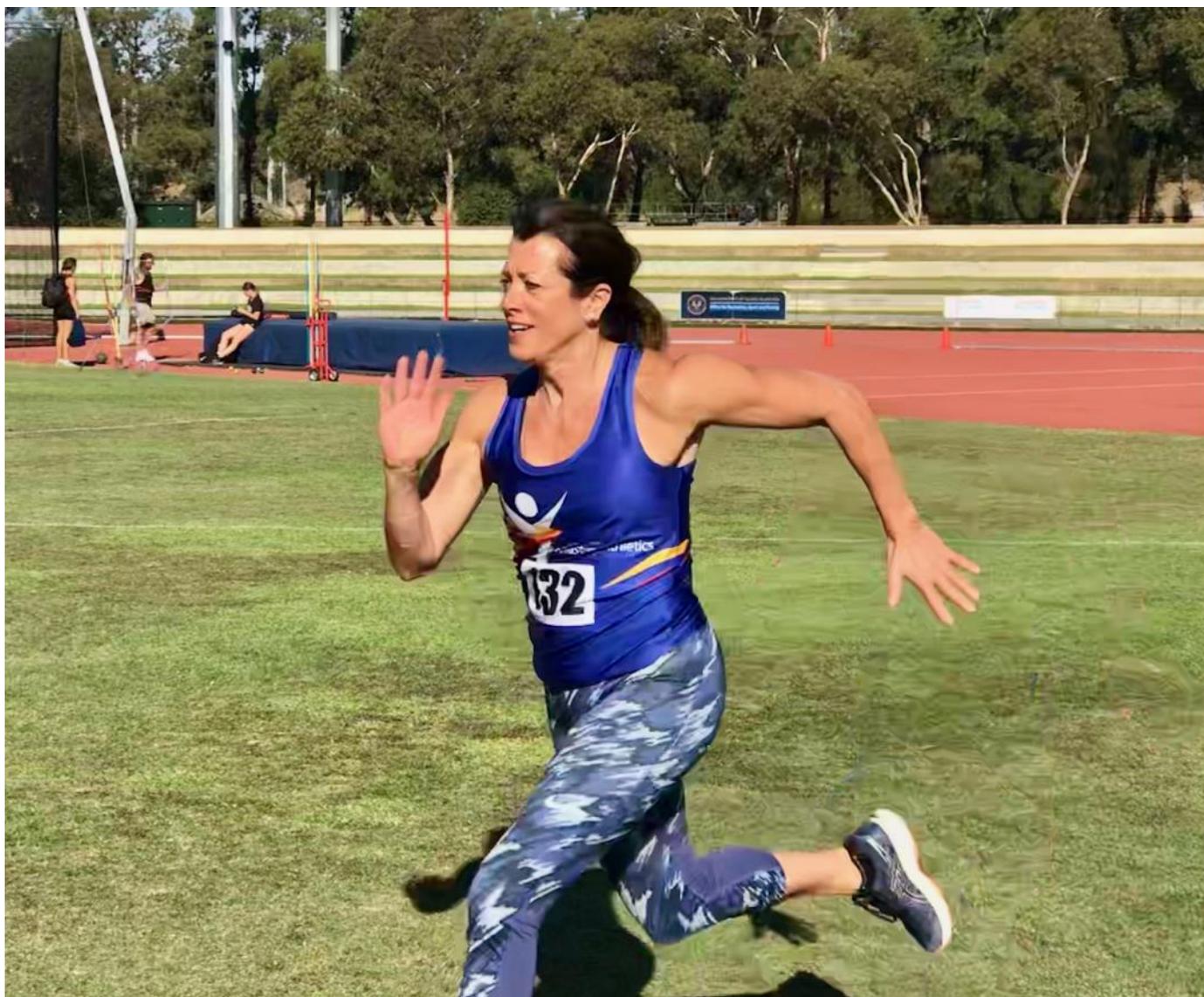


# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

April 2021



**Sue Turner's** outstanding performances in the 2020/21 summer season included SAMA records in the, 100m event (twice), 200m and 300m and Australian Records in 60m (8.85 sec), 100m (14.37 sec) and 200m (29.46 sec). It has taken 30 years for someone to better the records in the 200m and 100m, previously held by Ann Cooper.

## Coming Events

- ◆ **SAMA Winter Competition 2021** starts 1 May
- ◆ **Barossa Marathon Festival** 30 May
- ◆ **Australian Masters Games (Perth)** 9 to 16 October

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## Presentation Night 31 March



# A NOTE FROM THE PRESIDENT

## Lisa Attenborough



Well done to all our members that participated in the summer season, whether it was a few times or many times, it is great to see so many people out enjoying themselves. I would also like to say a big thank you to the volunteers that helped make the summer season happen. Without these people we would not have our regular competitions.

It was disappointing that we were unable to hold our normal end of season presentation after our last competition, but we can all look forward to the 50<sup>th</sup> Birthday celebrations taking place on April 24<sup>th</sup> to catch up with everyone and collect any certificates for those that competed in the various state championship events throughout the summer. The winners of the SAMA Annual Awards will also be presented with their trophies.

As we are providing afternoon tea at the 50<sup>th</sup> Birthday Celebrations we need to know who will be attending. If you haven't already let George White know you will be attending, please do so as soon as possible (Ph: 0419 348 888 or email: [gwhite@adam.com.au](mailto:gwhite@adam.com.au)).

The first event of the winter season will be on Saturday 1<sup>st</sup> May at Felixstow Reserve. The distances on offer for both runners and walkers will be 2km, 4km and 6km. Check out the winter program in this newsletter (p. 28) for further details or on the website.

The other big event coming up for the club is the Annual General Meeting on 19<sup>th</sup> June. Now is the time to start thinking about what you can do for your club. We are a volunteer run organisation, and it would be fantastic to see some new faces on the committee. If you are interested and would like to know what is involved, please have a chat with myself or any of the current committee members (contact details are listed on the website).

## SAMA History

*SA Masters Athletics (SAMA) was founded on 14th April 1971 as the SA Veterans Athletic Club, and was the first veteran's athletic club in Australia. The South Australian Veterans Women's Amateur Athletic Club was then established in June 1976, with amalgamation of the two clubs in April 1978.*

*In 2001 the club changed its name to SA Masters Athletics.*

### A warm welcome to new members

VICKY	HAYNES	W40	JOHANNA	SALTIS	W60
GEORGE	KALOGERIAS	M35	FIONA	SANDERS	W50
MAREE	MANEY	W55	KRISHAN	WELAGEDARA	M40
STEVE	MCBAIN	M50	ZAHAR	ZULKAFI	M35

# SAMA NEWS

## SAMA Awards

### SAMA Athletics Awards – 2020

Each year awards are made for athletic excellence in our club. The timeframe is a calendar year so summer competitors must perform well over two seasons. Categories for these awards parallel Australian Masters Athletic Awards.

Congratulations to all the winners and runners-up for 2020, who were to be acknowledged at our 2020/21 Summer Presentation Night, which had to be scaled down. Instead the winners will be presented with their trophies at the 50<sup>th</sup> Anniversary Celebration on 24 April 2021.

A full summary of the 2020 SAMA Athletics Awards appears later in this Newsletter (p 14), which lists the Awardees, and the reasons they were chosen by the SAMA Committee. The document can also be downloaded from the *Awards* section\*\* on our website.

### SAMA Achievers Award - 2020/21 Summer Season

We introduced a new award in 2020 to recognise the achievements of our athletes who strive from week to week to improve their performance ratings but who may not necessarily be at a “high” standard.

Congratulations to **Matt Lovell** who is the Winner of the SAMA Achievers Award for the 2020/21 Summer Season by achieving the highest total award points score at the end of this year’s summer competition. The runners-up were **Dean Mortimer** (2nd place) and **Malcolm Tiggemann** (3rd place).

A special mention also goes to **Mary Abrey**, who closely contested 3rd place, but was just pipped at the post. All can be proud of their achievement, since they have shown great willingness to participate, and have strived to improve each week!

The winner will be presented with a trophy at the 50<sup>th</sup> Anniversary Celebration.

See the *Awards* section\*\* on our website for further information and the full results.

\*\*<https://www.samastersathletics.org.au/awards/>

## World Masters Athletics Rankings Website

Australian Masters Athletics (AMA) has extended its agreement with World Masters Rankings so that all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site at no additional charge until 31 December 2021.

Results from weekly SAMA competitions are being submitted to the World Masters Rankings website.



<https://www.mastersrankings.com/>

SAMA members with an existing user account with World Masters Rankings can continue to use their previous login details.

Other SAMA members will need to register and set up their account with a password as follows:

Go to <https://www.mastersrankings.com/login/>

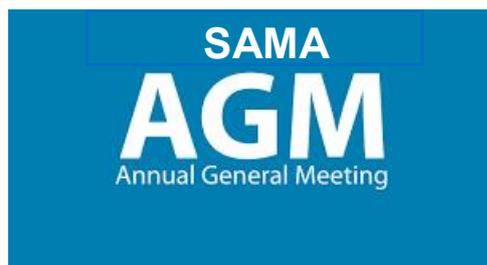
Go to the Register section

Use the Email address associated with your SAMA membership

Create a new Password for your account

Enter your details

Click on Register button



**THE SAMA AGM will be on Saturday June 19<sup>th</sup>.**

If anyone has suggested changes to the Constitution and/or the SAMA By-Laws please inform George White (Secretary)

[041 9348888](tel:0419348888)

[gwhite@adam.com.au](mailto:gwhite@adam.com.au)

# SOCIAL NEWS

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## 2021 Weekend Away

The Paxton Cottages in Burra are booked for **Friday 15th October to Sunday 17th October 2021**. One and two bedroom cottages are available, all of which are spacious and have been recently renovated.

There is an area behind each cottage for parking and there is a large area with trees, bbq's and shelters behind the cottages. Burra is a very historical area with lots to see, with the town itself having lots of antique shops, pubs, cafes and gift



shops, and a very good bakery!

Prices are \$120 for a one bedroom cottage and \$150 for a 2 bedroom cottage. You can share with others if that is your preference. Even the one bedroom cottages have more than one bed. One night's deposit is required at time of booking. All booking must be done by 1st September, 2021 please.

We always have a great time, with lots of eating and an ale or two during happy hour each evening; we spend time together over meals Friday & Saturday nights, but the weekend is free to explore as you wish, either on your own or with others. There is always a walk / run each morning. Please let me know if you have any questions. Everyone is welcome.

## Friday Night / Sunday Dinners

At time of writing no dinners have been booked but check the website for details of the next club get together.

## Social Secretary Position

I have been organising social events for SAMA for over 20 years now, and would like very much to step down from the role, and just join in myself whenever something is planned. So, for 2022, if there is anyone in the club that would like to take on this easy role, please let George White or Lisa Attenborough know.

Most things can be organised electronically, with RSVP's for events received that way, so there is not a lot of time involved. The annual weekend away has been running for over 20 years too, so other than booking an agreed spot and collecting responses, maybe organising something extra to do on the Saturday of the weekend (bush walk, wine tour, etc) it generally looks after itself as members go to enjoy themselves, socialise, have fun and relax. It is a wonderful group of people that attend our social events regularly, which makes the job that much easier.

Let me know if you have any questions. Thank you

**Helen Suridge**  
p: 0401 00 99 82  
e: [helsur@outlook.com](mailto:helsur@outlook.com)

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## Quiz (by George White)

**Below are questions from last year's cancelled weekend away quiz night.**

1. In California you can't legally buy a mousetrap without having a what?
2. What is the longest word with no vowels.
3. What do you get if you cross a naked person with a pig?
4. What is the only number with its letters in reverse alphabetical order?
5. What financial benefit are little donkeys?

[Answers on p. 32](#)

# TURIA PITT

## by George White

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Feeling a bit jaded? – need inspiration? – worried about your current athletics injury? - a calf strain or your hamstring is playing up again. Think you have problems – I will never complain again after reading the details of Turia Pitt's ordeal.

Drawing on a few degrees of freedom – I can identify with Turia Pitt. Her father told her she would be able to do more good for the environment by working for a mining company than being on the outside protesting (which is what I hope I achieved at work). She also worked for a time at Hail Creek – a mine that the company I worked for owned.



Born in Tahiti, she moved to Australia when she was a three-year-old. She attended the University of New South Wales, completed a Bachelor of Engineering and landed her dream job in the Kimberly's of WA. She was also building a career in modelling, as well as being a marathon runner. She had what she describes as an amazing boyfriend - Michael Hoskin. They were teenage sweethearts in high school and in 2009 they officially became a couple. In September 2011 at the age of 24 everything changed.

She entered a "Racing The Planet" ultra-marathon in the Kimberly's. Her problems arose as she entered Tier Gorge over 20 kilometres into the race. She and 5 others were well into the gorge when they encountered the wind funneling a fire into the gorge towards them. The only option they thought they had was to go up a steep grass covered slope towards a rocky outcrop that might provide cover – it didn't! Turia recalls "When the fire finally caught me I remember looking down at my hands and arms and they were both ablaze."

Other competitors saw what happened and went to help. Turia and Kate Anderson of the group were in the worst shape. Initially, rather than move Turia they built a shelter over her, but she had fallen on an ants nest so that soon changed.

The first doctor on the scene was able to get a drip into Kate but not Turia as she had swelled so much. When the rescue helicopter got there it had to do a risky one skid landing on the outcrop. Four hours after the fire – the rescue helicopter landed opposite the Kununurra Hospital.

Turia's body suffered full thickness burns to 65% of her body but was "lucky" she "only" suffered 2<sup>nd</sup> degree burns to her face. In surgery 60% of her body surface was removed and covered with temporary artificial skin. She would have disfigured ears and would need a new nose. Taking skin for grafts meant almost 100% of her body was covered in wounds. She lost all fingers on her right hand and two on the left. In total she had over 200 medical procedures with

# TURIA PITT

by **George White**

skin grafts from 16 donors and spent two years in recovery, during which time, she was required to wear a full-body compression suit and mask. She started physiotherapy, occupational therapy, and speech therapy – having to learn to learn to walk and talk again. She has spent more than \$3 million having her face, hands and body reconstructed.

Thirty-five-year-old Kate Sanderson had to have her left foot amputated; lost part of her earlobes and part of her right index finger and the incident also left two men, aged 56 and 44, with major burns. While Turia was still recovering in the ICU, her partner Michael did two amazing things for her. He quit his job to be there to support her constantly and he slipped out one day to buy an engagement ring! Even after hospital, Michael was by her side round the clock to dress her wounds and change her bandages. And when the time was right, he would propose – in 2015! They were married in 2016.

Since her ordeal she has/was:

- Completed a Masters of Business Administration.
- Competed in Iron-man events, including the gruelling Hawaii Ironman.
- Walked the Great Wall of China Track, The Inca Track and the Kokoda Track.
- Authored 3 best-selling books including: “Everything to live for” and “Unmasked”.
- Become a sought-after and acclaimed speaker, headlining the National Achievers Conference in Brisbane 2018.
- A finalist for Young Australia of the Year.
- Shortlisted for Australian of the Year.
- A NSW finalist for Telstra Business Woman of the Year.
- Won Westpac Woman of the year 2013.
- Founded the School of Champions to show others how to achieve their goals.
- Mentored over 40,000 people in her digital courses
- Sailed a boat around French Polynesia
- Raised more than \$1 million for Interplast (A not for profit group that helps people with in particular – facial deformities.)
- Become a mother to two boys

Kate Sanderson has also bounced back phenomenally having competed in a 250km trek across the Sahara desert – with a prosthetic foot.

Obviously, Turia’s life will never be the same. To say that she’d suffered a setback would be an understatement. But she did not let the events of September 2011 define her. She is a survivor and was - and is now again a phenomenal athlete and motivational speaker. She is a living example of how willpower, optimism and determination can make a life destined for darkness, into a shining life of hope and inspiration. With what she has achieved and the manner in which she has done it - it is no surprise that she told Women’s Weekly that she was “...the luckiest girl in the world”



**SAMA 50th Anniversary Celebration**

**April 24**

**Adelaide West Uniting Church Hall**

# REGISTRAR NOTES

## 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

All SAMA members who are financial for the 2020-21 membership year also have Athletics SA (ASA) membership, and are eligible to compete in the ASA Winter Season, consisting of 8 rounds of competition, including 3 team relays (see <https://www.athleticssa.com.au/our-events/winter/>).

Events are \$20 to enter for all membership types, with the option to add a winter pass (\$55) for free entry to all 5 individual events. If you wish take advantage of this pass, please contact the Registrar, David Bates (details above).

\*\*New SAMA Website:

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

*David Bates*



**New Member - Zuhar Zulkafli**

# RECOVERY

## by Peter Sandery

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I have a GPS sports watch for which telling the time of day is a minor component of its functions. It came with a 44 page pdf manual giving directions on how to use and modify its various functions, some of which I use regularly, others I have turned off. The “non time-keeping” functions include being able to use it to pay for purchases and to store and play music when paired with a bluetooth device. It can also be used for a range of sports, not just running.

GPS sports watches use algorithms to process data that the user provides as well as other data directly captured by sensors in the watch, such as heart rate, distance travelled and elapsed time, to calculate values for a range of derived running metrics. One of the derived running metrics that is displayed after demanding training runs and races is an estimate of recovery time. This is usually a time that is greater than I might otherwise have considered. The watch estimate does make me think about recovery and I use it as a guide along with experience and “listening” to my body. When it comes to processing power, a brain beats a sports watch and it doesn’t have to be Bluetooth compatible.

Recovery isn’t something you do after training, it is part of training. What you do after a high demand training session is as important as the physical activity component of that training. With the aim of achieving a goal, we place a demand on the body designed to bring about an adaptation that improves our capacity to better meet that demand. This process takes time as micro-damaged tissues have to be rebuilt. Ongoing inadequate recovery time results in accumulating tissue damage, eventually leading to injury. Is there anything we can do to make the recovery process more efficient?

Over time, I have read many critiques of various studies done on ways to improve recovery after demanding physical exercise. In her recent book *Good to Go: How to Eat, Sleep and Rest Like a Champion*, science journalist Christie Aschwanden investigates evidence for the claims of a range of current sports recovery practices. The book seeks an answer to the question: “Do any of these things actually help the body recover?” Aschwanden’s approach is very readable, comprehensive and at times humorous, as she examines the research behind the science (and pseudoscience) of the claims of what is now a multi-billion dollar industry.

The seeds of her book were sown when she won a 5k race in Denver (an event that she describes as a “beer run” with the emphasis in that order) after which she visited a sports recovery centre. The items in the list below (which is by no means exhaustive) are known as “modalities” in the sports recovery industry. The modalities offered in this centre included:

- An array of massage balls and rollers.
- Therapy tables leading to a set of hot and cold tubs.
- A pressurised hyperbaric chamber.
- A sauna.
- A liquid nitrogen cryotherapy tank.
- A companion centre offering supplementary vitamin and anti-inflammatory treatments.

The centre also provided the services of a “recovery assistant” to guide members through use of the facilities. Use of the centre’s modalities came at a (not insignificant) price.

Was all of this stuff effective in enhancing recovery, and how would you test the claims of its proponents? To gain some experience on what confronts researchers Aschwanden and some of her friends decided to conduct a study on a possible recovery enhancer that they had experience with. After years of being told of the need to replenish fluids and carbohydrates, and having a beer with friends after a run, Aschwanden asked herself if beer could be a good recovery drink – it had the water and the carbohydrate, so why not?

With the cooperation of friends, Aschwanden designed a recovery study to test whether drinking beer

# RECOVERY

by Peter Sandery

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after a hard run would have any effect on recovery. The data gathered indicated that women in the study obtained a recovery benefit from beer after a hard run, but men did not. Aschwanden was sceptical about the result, but recognized that it illuminated some fundamental questions to be asked in any similar study. Her conclusion was: “Neither our experiment nor the other beer studies in the scientific literature provided the definitive last word about whether beer could hurt or harm recovery, but taken together they offered a picture that represents the best answer that we have - at least until new studies come along to add even more nuance and detail. As I delved further into the research on recovery methods, I had to make peace with some uncertainty. Sometimes the best answer to the question ‘Does it work?’ was: maybe”.

This experience brought home the complexities of such studies, both in the initial planning stage and in examining the data and possible influences that were not always clearly identified prior to undertaking the research.

Sports recovery has become commercialised, backed by a vast advertising industry with a focus on sales. Aschwanden soon realized: “Sprinkle an appealing idea with a dash of science, and it can seem more powerful or true than the evidence really shows. But good luck overturning an idea once it’s become part of sporting lore”. With celebrity endorsements and the army of online social media “influencers” it isn’t hard to see how trendy ideas gain credence, sometimes on the basis of very thin (if any) evidence. I have known runners who have rituals such as putting on their left running shoe before the right when they race, with the belief that this will contribute to their performance. Perhaps it did, perhaps not.

If you are faced with the decision on whether or not to accept the claims for some new sports recovery product or process, look for evidence that the claims are science based. Are there any supporting studies? What was the sample size and composition? (There are research studies done with rats). Was there commercial funding and if so, where did that funding come from? Were the findings conditional?

I could go into detail about the extensive list of “modalities” that recovery studies have investigated, but it is easier to just consider those for which there is substantial evidence that they are effective in improving recovery. It’s a small list: sleep - deep, uninterrupted sleep, and reducing stress in your life. Maintaining a whole fresh foods diet that includes natural sources of protein, carbohydrate and fat may also assist recovery.

The importance of sleep for efficient recovery does not mean that anything else is a waste of time. Think of all modalities as being on a spectrum from no science-backed evidence to proven effectiveness. We are all different in the way we respond to the daily events in our lives. It may be that, even if there is little or no supporting evidence for a claimed recovery modality, it does “work” for some people. Sometimes when there is little or no science to support using a particular modality, if a person has a strong belief that it is effective, there can be a positive effect (even when they accept that there is no supporting evidence). Consider this as a form of placebo effect. In other cases such as use of massage or immersion in warm flotation pods, some people just like the feeling this provides regardless of any impact on recovery. These modalities may help to reduce stress and hence aid recovery.

Most runners are happier doing something that they feel gives them control over recovery, regardless of what that something is. We are usually not good at just letting the body get on with the recovery processes. For some runners, not running every day (or sometimes not running far enough each day) is a very difficult thing to do without getting “twitchy”.

There are times when the fear of missing out (FOMO) is the driving factor for athletes looking for an effective modality. Because other athletes are taking a particular collection of supplements, using ice baths, doing a particular static stretch routine, wearing compression garments, etc., this can generate a need to copy them in case those other users are really on to something – some of them may be. The extreme edge of this is when an elite athlete is paid to promote a modality. Look for evidence, not just an advertising pitch. Keep in mind that what works for an elite athlete may not work for those who are not in that category.

# RECOVERY

by Peter Sandery

One of the difficulties for Australians competing overseas in World Masters Athletics Championships (or any other athletics competition) is the travel involved. For Australians, it can take more than 30 hours of continuous travel to get to an international venue, crossing multiple time zones. This results in disruption of sleep patterns and circadian rhythms. Close contact with large numbers of other people in aircraft and transport hubs increases the risk of infections. Unfamiliar food and coping with a range of languages adds to the stress of travel. These things all have an impact on recovery from the high demand physical activity of international competitions. Most northern hemisphere athletes don't have the same travel stressors. At the last WMA event I competed in (in Spain) we had two very late-night fire alarms go off, separated by around an hour, requiring evacuation of our hotel twice. I would put this in the sleep deprivation, stressful activity category. All this before we even got to the start of competition.

The majority of running injuries come from increasing training load too quickly and/or not taking enough time for recovery - essentially overuse injuries. There is a message here: aim for small increases in demand. Plateau demand regularly to help your body accommodate to the increase in that demand. Take time off when your body is reminding you that athletics is just part of your life or when "niggles" start to tell you that you are on the edge of a significant injury. Develop a balanced training program with a range of demands, high and low, over a week (or whatever your program cycle is). No modalities needed.

*(Christie Aschwanden is an award-winning science journalist. She was a high-school state champion in the 1600 meter run, a national collegiate cycling champion, and an elite cross-country skier with Team Rossignol.*

*Aschwanden, Christie. Good to Go, 2019, Pan Books)*



Start of the 5km Walk on day 2 of the Summer Championships

# New Club Records

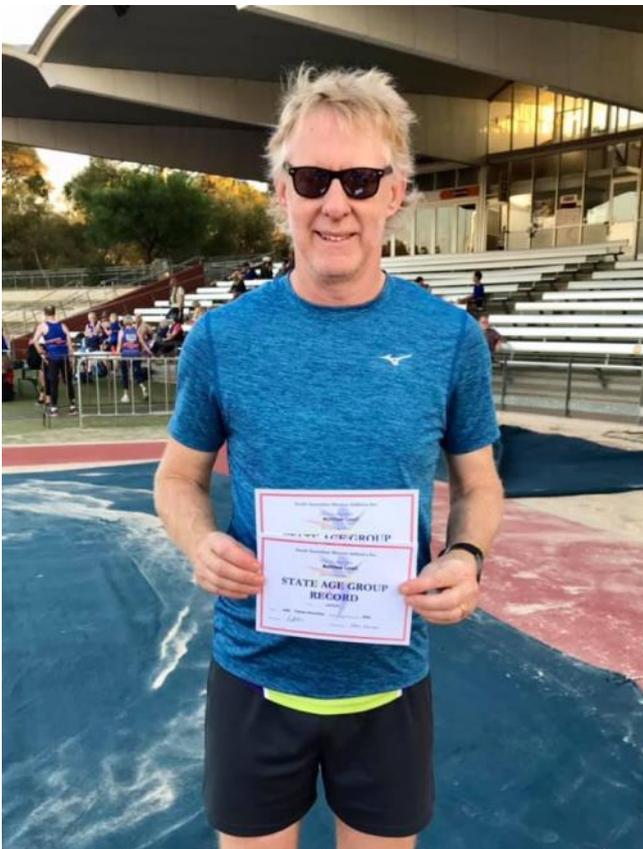
Prepared by Ros Lowe

Name		Age Group	Event	Result	Date	Venue
<b>Abrey</b>	Mary	W70	High Jump	0.85	10/02/2021	Stadium SAMA
<b>Abrey</b>	Mary	W70	High Jump	0.9	17/03/2021	Stadium SAMA
<b>Clark</b>	Marg	W70	Javelin	15.65	17/03/2021	Stadium SAMA
<b>Crump</b>	Peter	M60	4000m Walk	25	17/02/2021	Stadium SAMA
<b>Dempsey</b>	Cherie	W70	Shot Put	6.28	14/02/2021	Stadium SAMA
<b>Gouws</b>	Leon	M40	High Jump	1.68	27/02/2021	ASA Stadium
<b>Henderson</b>	Graham	M70	300m	53.16	3/03/2021	Stadium SAMA
<b>Kalogerias</b>	George	M35	300m	44.52	31/03/2021	Stadium SAMA
<b>Laird</b>	Patricia	W55	Steeplechase	10.18	13/01/2021	Stadium SAMA
<b>Laird</b>	Patricia	W55	Steeplechase	9.50.62	26/02/2021	ASA Stadium
<b>Long</b>	Karen	W45	300m	41.43	10/02/2021	Stadium SAMA
<b>Long</b>	Karen	W45	400m	58.77	6/03/2021	ASA Stadium
<b>Lovell</b>	Matthew	M55	Throws Pentathlon	2542	14/02/2021	Stadium SAMA
<b>Maxted</b>	Marie	W60	800m Walk	4.27	3/02/2021	Stadium SAMA
<b>Maxted</b>	Marie	W60	1000m Walk	5.28	3/03/2021	Stadium SAMA
<b>Maxted</b>	Marie	W60	1500m Walk	8.06.35	6/03/2021	ASA Stadium
<b>Maxted</b>	Marie	W60	4000m Walk	28.42	17/02/2021	Stadium SAMA
<b>Maxted</b>	Marie	W60	800m Walk	4.15	24/03/2021	Stadium SAMA
<b>Maxted</b>	Marie	W60	Mile Walk	9.31	31/03/2021	Stadium SAMA
<b>Minchin</b>	Christopher	M65	High Jump	1.47	17/03/2021	Stadium SAMA
<b>Mottrom</b>	Kim	M35	1000m Walk	4.05	3/03/2021	Stadium SAMA
<b>Mottrom</b>	Kim	M35	800m Walk	3.16	24/03/2021	Stadium SAMA
<b>Mottrom</b>	Kim	M35	Mile Walk	6.47	31/03/2021	Stadium SAMA
<b>Padget</b>	Valmai	W75	800m Walk	5.56	3/02/2021	Stadium SAMA
<b>Peake</b>	Lyn	W70	60m	9.96	3/02/2021	Stadium SAMA
<b>Peake</b>	Lyn	W70	300m	54.84	10/02/2021	Stadium SAMA
<b>Robertson</b>	David	M85	Mile (track run)	13.59	31/03/2021	Stadium SAMA
<b>Suridge</b>	Helen	W70	Javelin	17.03	31/03/2021	Stadium SAMA
<b>Suridge</b>	Helen	W70	Mile Walk	12.17	31/03/2021	Stadium SAMA
<b>Taylor</b>	Heidi	W60	Throws Pentathlon	3179	14/02/2021	Stadium SAMA
<b>Taylor</b>	Heidi	W60	Hammer	26.94	24/02/2021	Stadium SAMA
<b>Taylor</b>	Heidi	W60	Shot Put	9.56	3/02/2021	Stadium SAMA
<b>Turner</b>	Sue	W60	300m	48.91	10/02/2021	Stadium SAMA
<b>Turner</b>	Sue	W60	100m (AR)	14.28	27/02/2021	ASA Stadium
<b>White</b>	George	M75	5000m Walk	30.35	3/02/2021	Stadium SAMA
<b>White</b>	George	M75	10,000m Walk	65.30.11	28/02/2021	ASA Stadium
<b>White</b>	George	M75	Mile Walk	9.38	31/03/2021	Stadium SAMA
<b>Cotter</b>	Jenni	W40	4x100m relay	52.62	13/02/2021	ASA Stadium
<b>Caputo</b>	Vicky	W40	4x100m relay	52.62	13/02/2021	ASA Stadium
<b>Noon</b>	Stephanie	W40	4x100m relay	52.62	13/02/2021	ASA Stadium
<b>Long</b>	Karen	W40	4x100m relay	52.62	13/02/2021	ASA Stadium
<b>Gouws</b>	Leon	M40	4x100m relay	48.35	13/02/2021	ASA Stadium
<b>Musolino</b>	Vince	M40	4x100m relay	48.35	13/02/2021	ASA Stadium
<b>Wilczek</b>	David	M40	4x100m relay	48.35	13/02/2021	ASA Stadium
<b>McBain</b>	Steve	M40	4x100m relay	48.35	13/02/2021	ASA Stadium

# NEW CLUB RECORDS



Members of the W40 4 X 100m relay team. **Jenni Cotter**, **Vicky Caputo** and **Karen Long** (Missing—**Stephanie Noon**)



**Matthew Lovell (M55)** Throws Pentathlon



**Marie Maxted (W60)** walk records in 1500m, 4000m, 800m and Mile

# SAMA ATHLETIC AWARDS 2020

Report prepared by David Bates (Registrar) and Patricia Laird (Awards Officer)

These awards for the **calendar year 2020**, mirror awards established by AMA and serve as part of the process in nominating SAMA members for these awards.

Many events including competition at the National and International levels were severely curtailed in 2020 due to the COVID-19 Pandemic. Therefore, in determining the winners of the sprints, runs, walks, jumps and throws awards only the following events were considered:

**SAMA T&F Championships**

**SAMA Winter Championships**

**Summer & Winter scratch days**

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



## Sprints – Winner Karen Long W45

During 2020, Karen Long recorded 10 x 1<sup>st</sup> places & 3 x 2<sup>nd</sup> places when ranked over age grade % for SAMA sprint events for both male and female athletes. Her best performance was 92.29%, with an average performance of 90.94%.

During 2020 Karen broke the State Age Group 60m and 400m records three times, and the 200m record, including the great Wendy Ey records in the 60m and 200m.

**Runner-up: Sue Turner W60 with 16 x 1<sup>st</sup> and 4 x 2<sup>nd</sup> places (99.82% highest AG).**

## Middle Distance – Winner Maureen Moyle W65

During 2020, Maureen Moyle recorded 7 x 1<sup>st</sup> places when ranked by age grade % for SAMA middle distance events over both male and female athletes. Her best performance was 89.59%, with an average performance of 87.2%.

**Runner-up: Sarah Chinner W45 with 4 x 1<sup>st</sup> places (92.29% highest AG).**



# SAMA ATHLETIC AWARDS 2020

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## Distance – Winner Peter Sandery M75

During 2020, Peter Sandery recorded 3 x 1<sup>st</sup> places when ranked by age grade % for SAMA distance events over both male and female athletes. This includes a best performance of 89.25%, with an average performance of 83.03%.

**Runner-up: Ros Lowe W70 with 5 x 1<sup>st</sup> places & 2 x 2<sup>nd</sup> places (81.3% highest AG).**

## Jumps - Winner Matt Lovell M50

During 2020, Matthew Lovell recorded 8 x 1<sup>st</sup> places and 5 x 2<sup>nd</sup> places when ranked by age grade % for SAMA jump events over both male and female athletes. This includes a best performance of 75.76%, with an average performance of 70.37%.

**Runner-up: Chris Minchin M65 with 3 x 1<sup>st</sup> places (86.47% highest AG).**



## Throws – Winner Ann Jefferies W55

During 2020, Ann Jefferies recorded 17 x 1<sup>st</sup> places & 13 x 2<sup>nd</sup> places when ranked by age grade % for SAMA throw events over both male and female athletes. Her best performance was 72.68%, with an average performance of 63.77%.

**Runner-up: Miriam Cudmore W80 with 10 x 1<sup>st</sup> places (90.65% highest AG).**



# SAMA ATHLETIC AWARDS 2020

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## Walks – Winner George White M75

During 2020, George White recorded 21 x 1<sup>st</sup> and 3 x 2<sup>nd</sup> places when ranked by age grade % for SAMA walk events over both male and female athletes. This includes a best performance of 89.9%, with an average of 86.5%.

George set new State Age Group records for the 5km, 10km and 20km road walks in 2020.

**Runner up: Richard Everson M55 with 5x 1<sup>st</sup> Places and 3 x 2<sup>nd</sup> places (88.71% highest AG)**

## Most Outstanding Administrator/Official - Winner Viddy Jermacans

Viddy instigated and has organised the Bob Clarke Memorial Challenge for the last two years, and has donated the prizes for the three place-getters each time. He was the main coordinator for the replacement of our storage container at the stadium, and a key person in the organisation of SAMA's participation in the Australian Masters Games in 2019.

Viddy has also provided great support to the club as a volunteer, both in the 2020 winter season and in the 2020/21 summer season, and has willingly given his time to assist, often coming out when he has been unable to compete himself due to injury.

As a qualified Level 1 Walk Judge, Viddy has acted in that role on several occasions during the summer season.

**Runner up: Graham Harrison**



# SAMA ATHLETIC AWARDS 2020

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## Most Outstanding Individual Performance - Ann Jefferies W55

Ann Jefferies was winner of the 2020 SAMA Throws award. She consistently achieved exceptional performances in all the throws disciplines throughout the summer seasons attaining 17 x 1<sup>st</sup> places & 13 x 2<sup>nd</sup> places.

Her best results over those 30 events were:

- Hammer 39.1m (72.68%); State record
- Shot 10.34m (72.16%)
- Javelin 29.20m (65.25%)
- Weight 10.62m (64.95%)
- Discus 28.71m (55.83%)

## Most Outstanding Female Athlete and winner of the Pat and Geoff Peters Trophy - Winner – Sue Turner W60

During 2020, Sue Turner recorded 16 x 1<sup>st</sup> and 4 x 2<sup>nd</sup> places when ranked over age grade % for SAMA sprint events for both male and female athletes. Her best performance was 99.82% with the average performance of those 20 events being 92.43%.

Sue set new Australian records for the 60m, 100m and 200m in 2020.

**Runner Up: Karen Long**



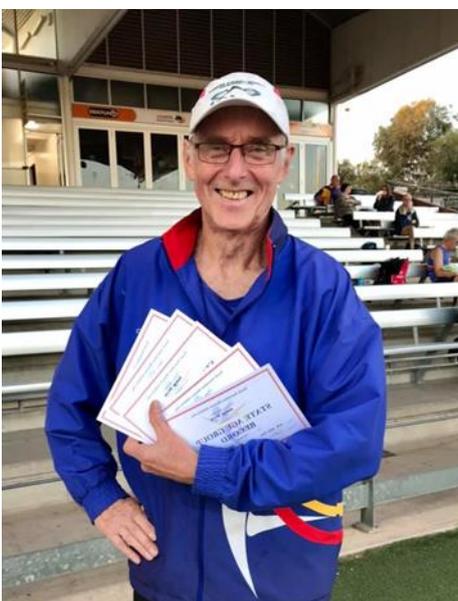
## Most Outstanding Male Athlete and winner of the Ruth and Jack Weber Trophy - Winner – George White M75

George White was winner of the SAMA Walks Award.

He achieved 21 x 1<sup>st</sup> and 3 x 2<sup>nd</sup> places when ranked by age grade % for SAMA walk events. His best performance was 89.9%, with the average performance for those 24 events being 86.5%.

George set new State records for the 5km, 10km and 20km road walks in 2020.

**Runner Up: Allan Mayfield**



# SUMMER CHAMPIONSHIP RESULTS

## Throws Pentathlon - 14 February

Name	Age Group	Hammer Dist (mt)	Shot Dist (mt)	Discus Dist (mt)	Javelin Dist (mt)	Weight Dist (mt)	Total Points	Place	
Jefferies	Ann	W55	27.93	9.82	28.34	26.92	10.10	3,444	1
Taylor	Heidi	W60	25.10	9.19	23.67	15.98	11.22	3,179	1
Dempsey	Cherie	W70	19.15	6.28	14.94	11.64	6.25	2,566	1
Neubauer	Liz	W70	13.20	4.85	11.18	9.91	5.62	1,878	2
Lovell	Matthew	M55	28.34	8.48	24.86	30.72	12.32	2,542	1
Bates	David	M65	27.41	5.30	20.40	20.21	9.60	1,990	2
Patane	Tony	M65	28.36	7.84	24.29	15.77	11.80	2,347	1
Tiggemann	Malcolm	M65	20.77	7.84	18.40	20.84	8.23	1,923	3
Hook	Paul	M70	18.70	9.09	28.14	23.71	8.20	2,329	1



Heide Taylor



Tony Patane

# SUMMER CHAMPIONSHIP RESULTS

10km Walk - 28 February						
Event	Name		Age	Result	Age	Place
			Group		Group	
<b>Walk</b>	Maxted	Marie	W60	1:08.32	75.6%	1
	White	George	M75	1:05.30	75.8%	1
	Crump	Peter	M60	1:02.39	73.5%	1
	Metha	Gregory	M55	1:04.03	69.3%	1
	Mottrom	Kim	M35	0:48.02	79.0%	1
<b>Club Walk</b>	McIntosh	Margaret	W65	1:28.21	65.6%	1
	Lowe	Roger	M75	1:25.19	66.4%	1
	McIntosh	Gil	M70	1:10.56	72.5%	1
	Witty	Brian	M70	1:14.05	69.5%	2
	Finn	Kevin	M65	1:09.59	72.6%	1



Gil McIntosh



Peter Crump

# SUMMER CHAMPIONSHIP RESULTS

Championships - Day 1						
Event	Name	Age Group	Result	Age Group		Place
				%		
<b>1500m Walk</b>	SURIDGE HELEN	W70	11:23	68.3%		1
	DOWNS LIZ	W65	10:34	69.2%		1
	MAXTED MARIE	W60	8:32	81.2%		1
	HAINSWORTH COLIN	M90	16:04	62.2%		1
	ROBERTSON DAVID	M85	14:48	62.6%		1
	WHITE GEORGE	M75	9:05	84.7%		1
	MCINTOSH GIL	M70	9:55	72.8%		1
	HOARE JAMES	M70	12:23	61.3%		2
	RUSSELL JACK	M65	8:31	82.8%		1
	HILL-BROWN ROSS	M65	11:33	59.7%		2
	CRUMP PETER	M60	8:27	76.6%		1
	WORTHING MARK	M55	7:50	81.0%		1
	METHA GREGORY	M55	8:24	74.1%		2
	MOTTROM KIM	M35	6:04	87.2%		1
<b>1500m Walk (Club)</b>	NEUBAUER LIZ	W70	0:11:48	65.87		1
	MCINTOSH MARGARET	W65	0:12:24	61.11		1
	VOWLES MIKE	M75	0:11:16	70.19		1
	LOWE ROGER	M75	0:11:45	67.31		2
	MOYLE RICHARD	M65	0:11:14	60.67		1
	TIGGEMAN MALCOLM	M65	0:11:32	61.12		2
<b>Hammer</b>	NEUBAUER LIZ	W70	12.14	30.83		1
	TAYLOR HEIDI	W60	25.56	54.22		1
	JEFFERIES ANN	W55	31.56	59.9		1
	NEUBAUER CASSIE	W40	17.38	31.13		1
	RICHARDSON GRAHAM	M80	19.31	56.54		1
	NATHAN KANA	M80	16.47	46.18		2
	MINCHIN CHRISTOPHE	M65	31.36	58.82		1
	PATANE TONY	M65	28.95	57.3		2
	BATES DAVID	M65	25.66	52.23		3
	TIGGEMAN MALCOLM	M65	21.33	42.22		4
	LOVELL MATTHEW	M55	34.44	51.58		1
	BOWDEN GUY	M50	37.7	51.72		1
	LAWSON AARON	M45	19.37	26.98		1

# SUMMER CHAMPIONSHIP RESULTS

Championships - Day 1						
Event	Name	Age Group	Result	Age Group		Place
				%		
60m	CUDMORE	MIRIAM	W80	11.8	97.17	1
	ABREY	MARY	W70	11.45	84.4	1
	NOON	STEPHANIE	W55	9	93.55	1
	JEFFERIES	ANN	W55	9.55	90.72	2
	CASSIDY	SUE	W55	10.56	82.84	3
	ORCHARD-SIM	SABINE	W50	10.44	79.82	1
	LONG	KAREN	W45	8.51	90.12	1
	COTTER	JENNI	W45	8.77	87.45	2
	CAPUTO	VICKY	W40	8.72	84.13	1
	NEUBAUER	CASSIE	W40	8.88	82.61	2
	TURNER	SUE	W60	8.94	98.82	1
	VOWLES	MIKE	M75	11.75	74.25	1
	HENDERSON	GRAHAM	M70	9.66	85.95	1
	HORE	JOHN	M70	11.28	74.15	2
	HOARE	JAMES	M70	20.91	40.59	3
	DICKENSON	BILL	M65	9.78	82.2	1
	TIGGEMAN	MALCOLM	M65	13.26	61.39	2
	MORTIMER	DEAN	M60	10.21	77.74	1
	SCARMAN	WAYNE	M50	9.02	80.08	1
	MUSOLINO	VINCE	M45	7.9	90.77	1
JAMAE	ALBERT	M45	8.2	87.45	2	
	WELAGEDARA 3	KRISHAN		8.6		
800m	ABREY	MARY	W70	0:03:43	79.93	1
	ALEXANDER	FELICITY	W55	0:03:38	62.19	1
	SMART	DOUG	M75	0:04:19	59.75	1
	CRUMP	PETER	M60	0:02:49	74.71	1
	HARRELL	HAYDEN	M60	0:03:01	70.83	2
	MCKAY	ANDREW	M60	0:03:37	59.08	3
	MCPMAHON	RICHARD	M55	0:02:29	84.05	1
	WITHERS	RUSSELL	M50	0:02:34	76.15	1
	GERACITANO	GINO	M45	0:02:18	82.08	1
	MOTTROM	KIM	M35	0:02:35	66.04	1
	KALOGERIAS	GEORGE	M35	0:02:39	66.25	2
	ZULKAFI	ZAHAR	M35	0:03:05	54.81	3

# SUMMER CHAMPIONSHIP RESULTS

Championships - Day 1							
Event	Name	Age Group	Result	Age Group		Place	
				%			
<b>200m</b>	CUDMORE MIRIAM	W80	42.23	93.23		1	
	TURNER SUE	W60	29.84	94.85		1	
	NOON STEPHANIE	W55	29.74	90.38		1	
	CASSIDY SUE	W55	36.47	76.79		2	
	ORCHARD-SIMONIDES SABINE	W50	35.1	75.73		1	
	LONG KAREN	W45	28.06	86.64		1	
	COTTER JENNI	W45	28.6	85		2	
	CAPUTO VICKY	W40	28.51	81.26		1	
	NEUBAUER CASSIE	W40	31.58	73.36		2	
	VOWLES MIKE	M75	40.37	71.46		1	
	HENDERSON GRAHAM	M70	33.58	78.01		1	
	HORE JOHN	M70	39.22	67.82		2	
	DICKENSON BILL	M65	31.23	80.01		1	
	MORTIMER DEAN	M60	35.81	68.78		1	
	SCARMAN WAYNE	M50	29.22	76.71		1	
	MUSOLINO VINCE	M45	25.24	88.17		1	
	JAMAE ALBERT	M45	27.21	81.78		2	
	<b>Javelin</b>	CUDMORE MIRIAM	W80	17.66	83.42		1
		LANG ANNE	W75	14.29	55.69		1
		CLARK MARG	W70	15.65	47.66		1
ABREY MARY		W70	15.2	46.29		2	
WOODS CLAIRE		W70	12.38	41.06		3	
NEUBAUER LIZ		W70	10.34	31.49		4	
TAYLOR HEIDI		W60	19.27	49.26		1	
JEFFERIES ANN		W55	28.05	64.48		1	
ALEXANDER FELICITY		W55	12.77	27.03		2	
NEUBAUER CASSIE		W40	19.66	30.96		1	
HAYNES VICKY		W40	19.46	30.65		2	
NATHAN KANA		M80	12.3	28.13		1	
RICHARDSON GRAHAM		M80	10.89	26.12		2	
VOWLES MIKE		M75	15.05	32.69		1	
HOOK PAUL		M70	22.95	40.69		1	
MINCHIN CHRISTOPHE		M65	29.89	51.24		1	
AVERY HOWARD		M65	23.94	43.05		2	
BATES DAVID		M65	17.9	33		3	
TIGGEMAN MALCOLM		M65	17.79	31.99		4	
PATANE TONY		M65	16.65	29.94		5	
MORTIMER DEAN		M60	27.56	45.13		1	
LOVELL MATTHEW		M55	32.28	46.08		1	
LAWSON AARON		M45	29.7	37.71		1	
COTTLE LOUIS		M40	45.27	51.87		1	
KALOGERIAS GEORGE		M35	35.93	40.51		1	
MOTTROM KIM		M35	16.41	17.65		2	

# SUMMER CHAMPIONSHIP RESULTS

Championships - Day 1						
Event	Name	Age Group	Result	Age Group		Place
				%		
<b>3km Walk</b>	SURIDGE HELEN	W70	0:23:16	69.94		1
	DOWNS LIZ	W65	0:22:24	68.01		1
	MAXTED MARIE	W60	0:19:03	75.45		1
	ROBERTSON DAVID	M85	0:29:21	64.6		1
	WHITE GEORGE	M75	0:18:21	85.55		1
	STARR BILL	M75	0:24:09	67.81		2
	HOARE JAMES	M70	0:24:06	64.26		1
	RUSSELL JACK	M65	0:18:29	77.76		1
	HILL-BROWN ROSS	M65	0:24:21	57.69		2
	CRUMP PETER	M60	0:17:43	74.44		1
	WORTHING MARK	M55	0:17:25	74.27		1
	METHA GREGORY	M55	0:17:53	70.99		2
<b>3km Walk</b>	HORE CATHIE	W70	0:27:05	60.09		1
	MCINTOSH MARGARET	W65	0:24:51	63.71		1
	BATES EDNA	W65	0:26:51	58.97		2
	MCINTOSH GIL	M70	0:20:01	73.53		1
	WITTY BRIAN	M70	0:21:06	69.76		2
	MOYLE RICHARD	M65	0:23:38	58.78		1
<b>High Jump</b>	ABREY MARY	W70	0.9	72.47		1
	COTTER JENNI	W45	1.45	81.92		1
	NATHAN KANA	M80	0.85	64.85		1
	MINCHIN CHRISTOPHE	M65	1.47	88.8		1
	MCKAY ANDREW	M60	1.15	66.03		1
	LOVELL MATTHEW	M55	1.32	69.76		1
	KALOGERIAS GEORGE	M35	1.55	69.29		1
	MOTTROM KIM	M35	1.4	60.83		2
<b>Triple Jump</b>	CUDMORE MIRIAM	W80	6.24	97.35		1
	ABREY MARY	W70	5.68	65.44		1
	NEUBAUER LIZ	W70	4.5	51.84		2
	DOWNS LIZ	W65	5.4	56.78		1
	JEFFERIES ANN	W55	5.97	55.95		1
	NEUBAUER CASSIE	W40	8.13	61.08		1
	MINCHIN CHRISTOPHE	M65	6.96	58.73		1
	MORTIMER DEAN	M60	7.32	59.75		1
	LOVELL MATTHEW	M55	9.67	68.78		1
<b>5km Run</b>	ALEXANDER FELICITY	W55	0:26:22	67.71		1
	SMART DOUG	M75	0:28:51	66.67		1
	HORE JOHN	M70	0:30:56	57.17		1
	BROOKS COLIN	M65	0:25:15	66.18		1
	VLACHOS DENNIS	M60	0:23:30	68.55		1
	CRUMP PETER	M60	0:23:37	66.42		2
	TRUTWIN STEPHEN	M55	0:19:01	79.7		1
	CONNELL SEAN	M50	0:25:53	57.58		1
	MOTTROM KIM	M35	0:19:32	66.39		1
	ZULKAFLI ZAHAR	M35	0:23:55	53.9		2

# SUMMER CHAMPIONSHIP RESULTS

Championships - Day 2						
Event	Name		Age	Result	Age	Place
			Group		Group	
<b>800m Walk</b>	LIZ	DOWNNS	W65	0:05:20	69.58	1
	MARIE	MAXTED	W60	0:04:15	82.96	1
	DAVID	ROBERTSON	M85	0:07:03	66.31	1
	GEORGE	WHITE	M75	0:04:48	81	1
	GIL	MCINTOSH	M70	0:05:17	69.07	1
	JAMES	HOARE	M70	0:06:12	61.88	2
	JACK	RUSSELL	M65	0:04:12	84.83	1
	ROSS	HILL-BROWN	M65	0:05:45	60.58	2
	PETER	CRUMP	M60	0:04:30	72.69	1
	MARK	WORTHING	M55	0:03:53	82.61	1
	GREGORY	METHA	M55	0:04:09	75.87	2
	KIM	MOTTROM	M35	0:03:16	81.82	1
	<b>800m Walk (Club)</b>	LIZ	NEUBAUER	W70	0:06:06	64.51
MALCOLM		TIGGEMAN	M65	0:05:43	62.32	1
<b>Weight Throw</b>	LIZ	NEUBAUER	W70	5.91	40.85	1
	HEIDI	TAYLOR	W60	10.93	63.14	1
	ANN	JEFFERIES	W55	10.4	63.61	1
	FELICITY	ALEXANDER	W55	4.06	23.4	2
	DONNA	PALMER	W45	7.47	51.48	1
	CASSIE	NEUBAUER	W40	7.7	47.62	1
	KANA	NATHAN	M80	8.08	52.43	1
	GRAHAM	RICHARDSON	M80	7.39	49.61	2
	CHRISTOPHE	MINCHIN	M65	13.06	65.11	1
	TONY	PATANE	M65	10.9	56.83	2
	DAVID	BATES	M65	10.23	54.59	3
	MALCOLM	TIGGEMAN	M65	9.26	48.28	4
	MATTHEW	LOVELL	M55	12.71	59.5	1
<b>100m</b>	MIRIAM	CUDMORE	W80	19.62	93.39	1
	MARY	ABREY	W70	18.66	79.45	1
	SUE	TURNER	W60	14.49	93.48	1
	ANN	JEFFERIES	W55	16.04	82.81	1
	SUE	CASSIDY	W55	17.38	77.17	2
	FELICITY	ALEXANDER	W55	24.55	52.58	3
	SABINE	ORCHARD-SIMO	W50	16.47	77.56	1
	JENNI	COTTER	W45	14.17	82.94	1
	VICKY	CAPUTO	W40	13.97	80.44	1
	CASSIE	NEUBAUER	W40	14.35	78.31	2
	HANS	VAN BAVEL	M70	14.56	86.34	1
	GRAHAM	HENDERSON	M70	15.64	80.37	2
	JOHN	HORE	M70	18.46	68.92	3
	BILL	DICKENSON	M65	15.51	78.22	1
	DEAN	MORTIMER	M60	16.58	72.3	1
	WAYNE	SCARMAN	M50	14.48	75.82	1
	VINCE	MUSOLINO	M45	12.75	85.52	1
	GINO	GERACITANO	M45	13.14	81.88	2
	ALBERT	JAMAE	M45	13.4	81.38	3
	KRISHAN	WELAGEDARA	M40	13.79	75.4	1

# SUMMER CHAMPIONSHIP RESULTS

## Championships - Day 2

Event	Name	Age Group	Result	Age Group		Place
				%		
<b>1500m</b>	MARY ABREY	W70	0:07:48	79.26		1
	ROS LOWE	W70	0:08:24	77.56		2
	FELICITY ALEXANDER	W55	0:07:25	66.39		1
	DOUG SMART	M75	0:08:21	62.63		1
	PETER CALLAHAN	M70	0:06:41	70.12		1
	PETER CRUMP	M60	0:06:00	71.08		1
	DENNIS VLACHOS	M60	0:06:12	70.64		2
	DEAN MORTIMER	M60	0:06:31	67.82		3
	KIM MOTTROM	M35	0:05:11	68.02		1
	GEORGE KALOGERIAS	M35	0:05:14	68.84		2
	ZAHAR ZULKAFI	M35	0:06:19	55.48		3
	<b>Long Jump</b>	MIRIAM CUDMORE	W80	2.76	89.03	
MARY ABREY		W70	2.41	55.83		1
LIZ NEUBAUER		W70	2.41	55.83		2
LIZ DOWNS		W65	2.62	55.34		1
ANN JEFFERIES		W55	3.39	63.72		1
FELICITY ALEXANDER		W55	1.86	33.4		2
SABINE ORCHARD-SIMO		W50	3.27	57.88		1
JENNI COTTER		W45	4.43	70.1		1
CASSIE NEUBAUER		W40	4.06	61.05		1
GRAHAM HENDERSON		M70	3.34	64.3		1
CHRISTOPHE MINCHIN		M65	3.87	68.42		1
DEAN MORTIMER		M60	3.4	58.21		1
MATTHEW LOVELL		M55	4.55	68.21		1
GEORGE KALOGERIAS		M35	4.19	51.43		1
KIM MOTTROM		M35	3.75	44.52		2
<b>5km Walk</b>	MARIE MAXTED	W60	0:32:44	75.5		1
	DAVID ROBERTSON	M85	0:45:48	70.77		1
	GEORGE WHITE	M75	0:31:28	84.96		1
	BILL STARR	M75	0:41:13	67.7		2
	GIL MCINTOSH	M70	0:34:31	72.57		1
	JAMES HOARE	M70	0:40:04	65.81		2
	JACK RUSSELL	M65	0:31:40	77.22		1
	ROSS HILL-BROWN	M65	0:43:44	54.64		2
	PETER CRUMP	M60	0:30:36	73.31		1
	MARK WORTHING	M55	0:30:08	73.02		1
	GREGORY METHA	M55	0:30:27	70.93		2
	<b>5km Walk (Club)</b>	MARGARET MCINTOSH	W65	0:42:07	65	
JOHANNA SALTIS		W55	0:42:12	57.9		1
BRIAN WITTY		M70	0:34:36	72.39		1

# SUMMER CHAMPIONSHIP RESULTS

## Championships - Day 2

Event	Name	Age Group	Result	Age Group		Place
				%		
Discus	ANNE	LANG	W75	14.53	49.69	1
	MARG	CLARK	W70	15.42	40.92	1
	MARY	ABREY	W70	14.9	39.54	2
	CLAIRE	WOODS	W70	13.94	40.38	3
	LIZ	NEUBAUER	W70	10.87	28.84	4
	HEIDI	TAYLOR	W60	23.11	51.26	1
	ANN	JEFFERIES	W55	28.39	56.37	1
	FELICITY	ALEXANDER	W55	12.91	24.12	2
	SABINE	ORCHARD-SIMO	W50	14.95	27.39	1
	DONNA	PALMER	W45	25.32	40.85	1
	KERRY	GOODE	W45	18.98	30.11	2
	GRAHAM	RICHARDSON	M80	16.84	48.3	1
	KANA	NATHAN	M80	15.06	41.58	2
	PAUL	HOOK	M70	32.38	61.75	1
	CHRISTOPHE	MINCHIN	M65	33.36	57.67	1
	HOWARD	AVERY	M65	27.63	50.1	2
	TONY	PATANE	M65	24.01	43.53	3
	MALCOLM	TIGGEMAN	M65	22.79	41.32	4
	DAVID	BATES	M65	21.85	40.61	5
	DEAN	MORTIMER	M60	24.62	40.66	1
MATTHEW	LOVELL	M55	28.5	42.26	1	
AARON	LAWSON	M45	21.58	31.17	1	
GEORGE	KALOGERIAS	M35	18.76	25.32	1	
400m	FELICITY	ALEXANDER	W55	113.27	53.84	1
	VICKY	CAPUTO	W40	64.35	83.3	1
	BILL	DICKENSON	M65	70.76	78.26	1
	HAYDEN	HARRELL	M60	76.2	70.25	1
	DEAN	MORTIMER	M60	83.7	64.76	2
	ANDREW	MCKAY	M60	83.7	63.96	3
	WAYNE	SCARMAN	M50	65.37	75.77	1
	ALBERT	JAMAE	M45	59.04	83.31	1
	GEORGE	KALOGERIAS	M35	65.82	69.64	1
	KIM	MOTTROM	M35	69.26	64.73	2

# SUMMER CHAMPIONSHIP RESULTS

## Championships - Day 2

Event	Name		Age		Place	
			Group	Result		
Shot Put	MIRIAM	CUDMORE	W80	6.19	88.56	1
	ANNE	LANG	W75	6.22	74.05	1
	CLAIRE	WOODS	W70	6.05	61.67	1
	MARY	ABREY	W70	5.15	48.31	2
	LIZ	NEUBAUER	W70	4.85	45.49	3
	HEIDI	TAYLOR	W60	9.18	72.62	1
	ANN	JEFFERIES	W55	10.15	72.24	1
	FELICITY	ALEXANDER	W55	4.37	29.33	2
	SABINE	ORCHARD-SIMO	W50	5.33	35.11	1
	DONNA	PALMER	W45	9.12	55.85	1
	KERRY	GOODE	W45	5.89	35.16	2
	CASSIE	NEUBAUER	W40	6.58	35.64	1
	GRAHAM	RICHARDSON	M80	6.37	55.19	1
	KANA	NATHAN	M80	5.87	48.83	2
	PAUL	HOOK	M70	9.43	53.09	1
	CHRISTOPHE	MINCHIN	M65	8.86	58.26	1
	MALCOLM	TIGGEMAN	M65	7.87	55.39	2
	TONY	PATANE	M65	7.77	54.68	3
	HOWARD	AVERY	M65	7.72	54.33	4
	DAVID	BATES	M65	5.91	43.11	5
MATTHEW	LOVELL	M55	9.47	52.17	1	
AARON	LAWSON	M45	6.63	32.58	1	
3km Run	ROS	LOWE	W70	0:17:15	80.4	1
	CHRISTINE	GOODWIN	W65	0:15:20	82.96	1
	FELICITY	ALEXANDER	W55	0:15:47	66.32	1
	PETER	SANDERY	M75	0:13:49	84.45	1
	DOUG	SMART	M75	0:16:58	65.9	2
	JOHN	HORE	M70	0:17:08	60	1
	PETER	CRUMP	M60	0:13:20	68.38	1
	DENNIS	VLACHOS	M60	0:13:33	69.1	2
	ANDREW	MCKAY	M60	0:15:03	61.66	3
	RUSSELL	WITHERS	M50	0:11:13	75.36	1
	SEAN	CONNELL	M50	0:14:03	61.66	2
	STEPHEN	DUNN	M50	0:17:05	50.71	3
	KIM	MOTTROM	M35	0:11:46	64.06	1
	ZAHAR	ZULKAFI	M35	0:13:37	55.02	1

# SA Masters Athletics Winter Program 2021

Correct as at 11/4/21		Handicap Events - Gray	
DATE	VENUE	WALKS	RUNS
1st May	Felixstow Reserve	2.15pm 6km, 2.35pm 4km, 2.45pm 2km	2.30pm 6km, 2.45pm 4km, 3.00pm 2km
8th May	Oaklands Park	2.00pm 8km, 2.35pm 4km, 2.45pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
<i>Handicap Event - Prizes</i>			
15th May		State 5km Walk Champs with SARWC Cnr Greenhill & Peacock Road	ASA Relays
	Bonython Park	ASA Relays #1	
	<i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
22nd May	Western Districts Clubrooms	1.45pm 10km, 2.15pm 5km, 2.45pm 2.5km	2.30pm SAMA State 5km Run Champs & 2.45pm 2.5km Run
29th May	Burbridge Road	2.00pm 8km, 2.35pm 4km	2.15pm 8km, 2.45pm 4km
	Victoria Park	ASA XC #1	
Sun May 30th	Barossa Marathon Festival		
5th June	East Tce	1.45pm 10km, 2.15pm 5km	XC 2.15pm 8km, 2.30pm 6km, 2.45pm 4km, 3.00pm 2km
		Prizes	
12th June	<i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
	Victoria Park	ASA Relays (XC) #2	
19th June	Western Districts Clubrooms	5km, 2.5km Turkey Handicap  Special start time 1.45pm & 2.05pm	5km, 2.5km Turkey Handicap  Special start times 2.10pm and 2.24pm
		SAMA AGM -Prizes	
26th June		SAMA 10km Walk State Champs with SARWC Cnr Greenhill & Peacock Road	SAMA 10km State Champs with ASA State 10km
	TBA	ASA State Road 10km Champs	
3rd July	Le Fevre Terrace	2.00pm 8km, 2.35pm 4km, 2.45pm 2km	2.00pm 10km, 2.30pm 5km, 2.45pm 2.5km
10th July	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.45pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
		Prizes	
	Victoria Park	ASA XC #2	
17th July	West Beach	1.45pm 10km, 2.15pm 5km, 2.45pm 2.5km	2.00pm 10km, 2.30pm 5km, 2.45pm 2.5km Beach run if possible
		Handicap Event - Prizes	
24th July	TBA	SAMA 15km Walk State Champs with SARWC Cnr Greenhill & Peacock Road	SAMA XC State Champs with ASA
	Victoria Park	ASA XC #3 - State XC Champs	
31st July	Oaklands Park	2.00pm 8km, 2.35pm 4km, 2.45pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
7th August	<i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sunday 8th Aug	Adelaide Harriers Clubrooms	20km Walk SAMA State Champs  and 20km Walk AMA Champs	SAMA Half Marathon State Champs
		10am Start - Other distances on offer - 10km and 6km	10.15am Start - Other distances on offer - 10km and 6km
	TBA	ASA Fitzzy's 5 - State 5km Road Champs	

## SA Masters Athletics Winter Program 2021

14th Aug	East Terrace	1.45pm 10km, 2.15pm 5km	XC 2.15pm 8km, 2.30pm 6km, 2.45pm 4km, 3.00pm 2km
21st Aug	Bonython Park	1.30pm 12km, 1.45pm 9km, 2.15pm 6km, 2.45pm 3km	2.00pm 12km, 2.15pm 9km, 2.30pm 6km, 2.45pm 3km
TBA		AA National XC	
Sun 22 Aug	Adelaide Marathon Festival		
28th Aug	Burbridge Road	2.00pm 8km, 2.35pm 4km	2.15pm 8km 2.45pm 4km
		Prizes	
4th September		Walkers with SARWC	Join Ekiden Relay team or do parkrun
	Bonython Park	ASA Ekiden Relays	
	<i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
11th September	Western Districts Clubrooms	5km, 2.5km Turkey Hdp  Special start time 1.45pm & 2.05pm	5km, 2.5km Turkey Hdp  Special start times 2.10pm and 2.24pm
		WINTER PRESENTATION - Prizes	
Sun 19th Sept	CITY-BAY		
9th-16th October	Australian Masters Games - Perth		
15th-17th October	SAMA WEEKEND AWAY BURRA		

## 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



## Greenbelt Challenge 2021

5km, 10km, 21.1km and 30km

July 25 @ 8:00 am - 1:00 pm

The Greenbelt Challenge takes advantage of sealed off-road trails through Linear Park following the River Torrens / Karrawirra Parri.

The original Greenbelt event was a half marathon. In recent years the half marathon has been merged with what was originally known as SARRC's "River Run" which later became the "Hills to Henley" 30km event. In line with other SARRC events, shorter distances are also offered. Distances available at Greenbelt Challenge 2021 are: 30km Hills to Henley – Athelstone Recreation Reserve...

[Greenbelt Challenge 2021\(Including Hills to Henley\) – 5km, 10km, 21.1km & 30km – South Australian Road Runners Club \(sarrc.org.au\)](https://www.sarrc.org.au/greenbelt-challenge-2021)



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/>

# BAROSSA MARATHON FESTIVAL 2021



**SOUTH AUSTRALIAN  
ROAD RUNNERS CLUB**

May 30 @ 8:00 am - 1:30 pm

Back in the Autumn time after grapes are harvested, the Barossa Marathon is fast in a great setting.

Do you want your name on your bib?

If so, you need to register by 16 May 2021.

Early Bird closes **11:59pm on 28 April 2021**

Online Entries close **11:59pm on 26 May 2021**

(or when ordered medal count is reached : whichever comes first)

Late entries will still be available at Bib Pickup and on Race Day, however race entry may not include a race medal. Best get your entry in sooner than later

[Home - Barossa Marathon Festival](#)

# SAMA Birthday List

## April and May

Name		New Age Group	Name		New Age Group
FELICITY	<b>ALEXANDER</b>		RUSSELL	<b>JOHNSON</b>	
HOWARD	<b>AVERY</b>		ROGER	<b>LOWE</b>	
KATHY	<b>BLUTE</b>	60	JULIA	<b>LYCETT</b>	
HELEN	<b>BOWEN</b>		JOHN	<b>MARTIN</b>	
LINLEY	<b>BOWYER</b>		MARIE	<b>MAXTED</b>	
GLYNN	<b>BOYCE</b>		TREVOR	<b>MAYHEW</b>	
COLIN	<b>BROOKS</b>		MARGARET	<b>MILLER</b>	
SARAH	<b>CHINNER</b>		PAUL	<b>MULHOLLAND</b>	45
MITCH	<b>DURBRIDGE</b>	50	VALMAI	<b>PADGET</b>	
BELINDA	<b>ELLIOTT</b>	65	DONNA	<b>PALMER</b>	
CAROL	<b>FALLON</b>		TONY	<b>PATANE</b>	
MICHELLE	<b>GANDER</b>	50	JACK	<b>RUSSELL</b>	
GRAHAM	<b>HENDERSON</b>		WAYNE	<b>SCARMAN</b>	
JAMES	<b>HOARE</b>	75	JULIE	<b>STARKE</b>	55
DAVID	<b>JANSSAN</b>		HEIDI	<b>TAYLOR</b>	
ANN	<b>JEFFERIES</b>		CRAIG	<b>WATSON</b>	40

## 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.

### Airbonne 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. A hunting license
2. Rhythm.
3. Streaky bacon
4. One
5. Assets