

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

August 2021



On a sunny winter day, 8 August, the Half Marathon and 20km Walk Championship events were held at park 19.

Ready and waiting to start the Half Marathon : Ros Lowe, Ruth Taylor-Hull, Dennis Vlachos, Paul Greenwood and Paul Lainio

Coming Events

- **Adelaide Marathon Festival** 22 August
- **SAMA 15km Walk State Championships** 28 August
- **Australian Masters Games - Perth** 9 to 16 October
- **McLaren Vale Running Festival** 17 October

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Adelaide 24 hour 2021 event—10 to 11 July

Congratulations to Colin Brooks on his performance in the Adelaide 24 hour event.

The 24 hour event was run on the Adelaide University Loop.
Colin finished in 10th position and ran a distance of 139.92 km.



Picture courtesy of Lachlan Miller Photography

A NOTE FROM THE PRESIDENT

Lisa Attenborough



I hope that everyone is coping with the various restrictions that are being imposed on our lives at the moment. Thankfully we are in South Australia and not New South Wales.

A number of events on our Winter Program have been changed due to the recent lockdown, so remember to check out the updated Winter Program in the newsletter and on the website.

Recently we sent out a request to complete a survey to gain feedback about our Track and Field competition. Everyone who completes the survey has a chance to win a \$20 Gift Voucher. The results of the survey will be used to create the 2021-2022 Summer Program. If you didn't receive the email, please go to the link below to access the survey. Survey closes 14th August.

[SURVEY LINK](#)

If you are unable to access the link and would like to provide feedback about Summer Competition, please give me a call (0404 120 813). Our summer competition will be held at the SA Athletics Stadium for the whole season and will start on Wednesday, 20th October.

Have the Olympics inspired you to try and improve your performances? Don't forget there are a number of coaches available to help make it a reality. Give the Athletics SA office a call (8354 3477) and they can put you in touch with coaches that are happy to assist Masters athletes.



World Masters Rankings



Don't forget that as part of your membership fees you have access to the World Masters Rankings website. Check out how you compare to your fellow competitors from around the world. – click on the link below to be taken directly to the website.

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

I look forward to seeing many of you at the various competitions over the next few weeks as we continue to complete our 2021 Winter Program. If you are not competing you are always welcome to come out and volunteer to help make the events happen or just to say hello.



7 November 2021

City-Bay Fun Run Registration

SA Masters have been offered 10 discount vouchers by City Bay management.

Please send an email to Lisa if you want one, 1st 10 get the vouchers -
president@samastersathletics.org.au

2021 Winter Program

To comply with SA Government COVID-19 restrictions, our winter competition had to be suspended temporarily until those restrictions had been eased to again allow outdoor competitive sport. We hope that by the time this newsletter is published we shall have returned to competition.

The SAMA 15km Walk State Championships has been rescheduled to 28th August, and will be held at our new course in Adelaide South Parklands, Park 19 Playground, Glen Osmond Road.

The Winter Program has been revised to take into account this and other changes in our winter competition, but may need to be further reviewed subject to any subsequent COVID-19 restrictions. You can **view the latest version** of the program at the end of the newsletter, and any updates will be available to download from the Programs page on our website.

Winter Presentation

We plan to hold this on Saturday 11 September 2021 at Western Districts Clubrooms, following the Turkey Handicap competition, for which prizes will be given.

Certificates will be presented to all participating entrants in the SAMA Winter Championships, showing placing, performance and age-graded percentage for all their events. We also acknowledge our award winners, record achievers and volunteer helpers at the Winter Presentation.

At this stage our COVID-Safe Plan does not permit the sharing of food and drinks, but members may wish to bring refreshments for their own personal consumption.

2021/22 Summer Program

This will start on Wednesday 20 October 2021, and it has been confirmed that we will be able to hold all our competitions at the SA Athletics Stadium. The upgrade of the stadium will not commence until after our summer season.

The Committee are in the process of developing the summer program, and a survey of members is being conducted to determine what form this will take. Details of the final program will be provided nearer to the commencement date.

SAMA Membership Renewals

The SAMA membership year now coincides with that of Athletics SA (1 October - 30 September), and renewals for all members will be due on 1 October 2021. There will again be an Early Bird Prize draw for renewals done by 15 October.

See the **Registrar Notes** later in this Newsletter for full details.

MEMBER NEWS

400th parkrun

Congratulations to **Geoff Hakes** on completing his 400th parkrun on Saturday 31 July.



MEMBER NEWS

Geoff is the first of the original SA parkrunners to reach this number. He explains, below, why he chose Torrens Parkrun.

"I chose Torrens because not only did I do the very first one there (December 2012), but also marked my 50th, 100th, 150th, 200th, 250th, 300th, and 350th at that parkrun.

So even though I don't get back as often as I'd like to these days it is still my spiritual 'home' with well over half of my total runs being at Torrens.

I dedicated my special day to the late Brian Wyld who tragically died of a heart attack after completing a parkrun in Cairns some 6 years ago. Brian introduced parkrunning to South Australia; was the first ever Event Director at Torrens; and a long term committed athlete and administrator. It was he who urged me to attend the very first parkrun at which 44 of us turned up, not quite knowing what to expect! A few of us are still going.

He would be proud to see how his 'baby' has expanded over the years, and is now a fundamental part of so many peoples' weekends.

Anyway on a personal note I have loved every minute of the early Saturday alarm clocks through all types of weather and have just plugged away over the last 9 years.

Statistically I find that I have held the record for the most number of parkruns in SA for some 400+ weeks, from 6 April 2013, but as I am planning to retire when I reach 500, most of the younger runners will zoom past my mark and set new benchmarks.

Thank you to all of the wonderful volunteers, without whose dedication we would not be able to run."

Obituary - David Trembath

Sadly David Trembath passed away on Sunday 18th July aged 87. He was at home with his family!

David joined SAMA in 1988 so was a member for 33 years. Largely a middle distance runner, David entered sprints as well as the City Bay and Two Jetties. Over the years he held SAMA records in the 400m, 800m, 1500m, mile and 3000m.

David went to the world Championships in Brisbane where his best performance was coming 9th in the 1500m. But David's greatest win was in the 800m Bay Sheffield where we all believe he "burgled" his handicap and just beat best mate Frank Rogers.

David was a regular at our social events and always enjoyed our runs on our weekends away. A real gentleman, David made many life-long friends through a long involvement with SAMA, the Studebaker Car Club (SA) and the Woodville Football Club (SANFL). David played for Woodville when the Club was in the SANFL Reserves. From 1977 to 1978 he was Chairman of the Club and later took on the Vice-President role for many years.

David hadn't been well in recent years but was still a regular supporter of our competition and always had a smile for everybody. He will be sorely missed by us all.

George White



LIKE TO SEE WHERE YOU ARE GOING OR WHERE YOU HAVE BEEN?

by **George White**

Backwards could be the way forward! Sounds pretty silly doesn't it, but there may be something in it. In recent years, running backwards, reverse running or retro running (or retro-locomotion to include walkers) has grown in popularity, but is not new. It first emerged to any significant degree in the 70s, when sports doctors began recommending it to injured athletes and footballers. Since then, it has become an essential part of training in many sports, particularly boxing, gridiron, basketball and hockey. Now athletes in many sports such as football, tennis and athletics use retro running as part of their training regime. Many physiotherapists recommend it for rehabilitation of knee and back problems.

Many experts believe it is a fast-forward route to fitness. Retro-runners need move at only 80 per cent of the speed of forward runners to gain the same physiological and fitness benefits.

And of course there are World Championships for the sport held every 2 years (not sure what the field events look like!). World records show times that I would be proud of as a normal runner!

Retro-Running World Records		
Distance	Men	Women
100m	13.6	16.8
200m	30.33	37.94
400m	68.34	89.0
800m	2:31.3	3:13.86
1500m	5:01.0	-
3000m	11:00.9	13:19.4
5000m	19:07.13	24:11.6
10000m	38:50.01	51:53.2
Half Marathon	1:35:49	1:57:08
Marathon	3:38:27	4:26:06

So, what are the supposed benefits of retro-running?

Burns more calories than running forwards.

By using more muscles, retro running burns 20% more calories than forward running, ergo it is better for weight loss and the same benefits can be achieved in less time.

Cardio-vascular fitness

For years retro-running has been a favourite training exercise of boxers. One reason for this is because retro running really gives the cardiovascular system a workout; and this is exactly what a boxer wants if he's to develop the necessary stamina to last 10 or 15 tough rounds. South

LIKE TO SEE WHERE YOU ARE GOING OR WHERE YOU HAVE BEEN?

Africa's Stellenbosch University showed that the technique improved cardiovascular fitness and when compared to normal runners, the retro-runners were found to have significant decreases in oxygen consumption, meaning they had become aerobically fitter and had lost an average of 2.5% of body fat.

Improves muscular balance

Forward running mainly uses the hamstrings and knees. Retro-running uses the quadriceps, calves and shins. By using opposing muscles to those used in forward running, retro-running balances muscular strength. In general, a normal condition exists when the legs possess a 60-40 quadriceps/hamstring strength ratio. However, in long distance runners especially, the ratio is 50-50, 40-60, or worse. Retro-running also develops and strengthens the muscles along the sides of the knees. So, for a person who has bad knees, retro-running is an excellent strengthening exercise. Further - running forwards, the lower back takes a great deal of the load whereas retro-running engages the abs more.

Reduces the risk of running-related injuries

For most people, forward running is naturally associated with a heel-to-toe strike. This puts a lot of stress on the shins and knees and often causes shin splints, stress fractures and knee problems. Retro-running encourages toe-to-heel strike which reduces trauma to the Achilles, shins and knees. Because landing and push-off is from the toes, they are strengthened, which aids good posture.

Improves leg speed and performance during forward running

Retro-running shortens the stride and increases leg speed, often resulting in faster forward sprinting speed.

Rehabilitates knees

As retro-running works the muscles around the knee it can be used to strengthen the knee to prevent further injury. Because of its low impact on the knee, retro-running can be used during rehabilitation.

Improves posture

Forward runners often lean forward from the waist which over time can contribute to poor running style along with injury and pain. During retro-running, the back is kept straight and the shoulders are held back. Running in this posture works the abdominal muscles more than during forward running and so is better for building abdominal strength.

Improves senses

Because runners are blind to the direction of travel, other senses to navigate and stay upright come in to play and improved hearing and peripheral vision following retro-running is often reported.

It's fun

A drawback of running - and especially endurance running - is that it can be tedious. Incorporating retro-running into the training session provides variety (it is the spice of life!).

But wait do I hear a set of Steak knives on offer? Some say retro-running leads the athlete to greater beauty, balance, creativity and finally to greater harmony in life.

The obvious negative of retro running is the increased risk of falling and possible injury. The risk can be minimised by developing the right technique to avoid injury or accident.

- ◆ Choose a flat, wide running surface that is free of potholes and obstacles. The best places to practice are in the park, on the beach, or on a track.
- ◆ Identify a distance of 50 to 100 metres and walk it to check for any dips or rocks.
- ◆ Run with a partner who will act as your "eyes". As one person runs backwards, the other runs forwards. This is the surest way to eliminate worries about tripping and falling down.
- ◆ Use a treadmill. Start at a slow speed and only as you become more proficient, increase the speed and incline. Wear the safety stop cord.

LIKE TO SEE WHERE YOU ARE GOING OR WHERE YOU HAVE BEEN?

- ◆ Lean back slightly as you run, pushing off from your forefoot to drive backwards. Let the ball of the foot contact first, and then allow the heel to touch just briefly.
- ◆ Try not to look behind too often. Take a glance every six to eight paces to start.
- ◆ Begin by incorporating some retro running into your warm-up. Gradually increase the time and distance



Other drawbacks to retro running include the fact that people will look at you as if you are mad - particularly if you wear hats with built-in mirrors! The body is designed to move more efficiently forward than backward and in Australia our 2 National symbols – the kangaroo and emu are included in our coat of arms to symbolise the fact that Australia will never move backwards (they cannot walk backwards). They must know something! So retro-running may have advantages as a useful variant to training and to assist when knee and back problems arise, but remember **it doesn't really train you for normal running**. Retro-running uses opposing muscles and requires different posture and technique, so for competitive runners it should only be used to supplement normal training and not replace it.

Correction from June Newsletter

An article on page 8 in the June Newsletter credited Hans Van Bavel with 1 Relay Gold Medal.

Hans has won, in total, 3 Relay Gold Medals.

REGISTRAR NOTES

SAMA Membership Renewals

The SAMA membership year now coincides with that of Athletics SA (1 October - 30 September), and **renewals for all members** will be due on 1 October 2021.

Members are reminded that they must be financial to be eligible to win prizes, awards and trophies, and to enter Athletics Championships (including SAMA, ASA, AMA, OMA and WMA events).

Membership applications and renewals, together with payment of fees, are to be done using the **Athletics SA on-line registration system** (open for 2021/22 registrations in early September). A manual membership form for the 2021/22 membership year will also be available to download. See *Member Registration* on the Membership page of the SAMA Website** for further information and advice about when registration for the new season will be available.

Please note: if you in compete in ASA competitions for another club, please register with that club first before registering with SA Masters.

Early Bird Prize

As in previous years there will be an Early Bird Prize draw for memberships that are renewed at the beginning of the new membership year. Once the ASA system is open for 2021/22 registrations, **members who then renew by 15 October** will go into the draw for one of THREE prizes, each consisting of a refund of their SAMA membership fee.

Membership includes ASA & AMA fees

All financial competing members also have Athletics SA (ASA) Basic membership, and part of their SAMA membership fee has previously included a reduced capitation fee (\$10) paid to ASA. This membership allows entry into ASA competitions and championships, and also provides personal accident insurance cover whilst participating in any athletics events. A capitation fee (\$7) paid to Australian Masters Athletics (AMA) has also been included, which enables entry into national and international Masters Athletics events.

SAMA membership fees will remain unchanged for the 2021/22 season. Although the ASA will

now be charging SAMA members the full amount for Basic membership (\$20 per person), and AMA are proposing to increase their capitation fee to \$10, SAMA will absorb any increases in these capitation fees for the upcoming season.

Members may also decide to upgrade their ASA membership (see 'Competing with Athletics SA in 2021/22')



Recommending New Members Incentive

We are continuing the incentive to encourage SAMA members to actively promote the club by recommending others to join. An existing financial member who provides a referral that results in a new member* registering by 31 August each year will benefit from the following incentive:

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

Those members who have previously referred one or more new members up to the end of August 2021, will be sent a *discount code* to be used in their membership renewal for 2021/22, which will reduce their registration fee payable by the appropriate amount.

*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.

Competing with Athletics SA in 2021/22

ASA Membership Options

If you are planning to participate in the Athletics SA (ASA) competitions in the 2021/22 summer season, then you need to decide which level of membership with ASA you would like to take out.

Basic membership of ASA is included in your SAMA registration fee. For an extra annual fee,

REGISTRAR NOTES

individuals may choose to upgrade their membership to reduce the cost per day/event when competing in ASA competitions and championships.

If you intend to compete only once or twice in the ASA competition than you are probably best sticking with the Basic membership. If you decide to compete more often it may be worthwhile to upgrade to a higher level of membership.

These membership options and additional fees payable for 2021/22 will be advised on the ASA website, and further information will be made available on the SAMA Website**

How to upgrade

Financial SAMA members who wish to upgrade their 2021/22 ASA membership from Basic, should contact the Registrar (details below) to initiate the upgrade.

Membership Enquiries

If you have any membership questions please contact the Registrar, David Bates.

Mob 0413 023 075 or email:

registrar@samastersathletics.org.au

**SAMA Website:

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

SOCIAL NEWS

2021 Weekend Away

The Paxton Cottages in Burra are booked for **Friday 15th October to Sunday 17th October 2021.**

While bookings are closed if anyone still wants to come, I will attempt to arrange availability for you.

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.

Sunday Winter Lunch

We have booked another Winter Sunday lunch for **Sunday 22nd August 2021** at 12.30pm at the Oceanique Restaurant, Adelaide Sailing Club, Barcoo Road West Beach. This spot is one of the venues we use during our winter program, and it should be a great location to have a quiet Sunday lunch overlooking the ocean, no matter what the weather. There is plenty of parking

Bookings are essential asap please, and by Wednesday 18th August 2021.

Helen Suridge

p: 0401 00 99 82

e: helsur@outlook.com

Social Secretary Role

Helen took on the role of Social Secretary soon after joining the club and has excelled in that role for 20 years. During her time as Social Secretary Helen firmly established herself as the main player in SAMA's social program instigating the annual tennis day at Belair National Park which ran until 2007. From 2002 Helen turned the so called SAMA training weekend away formally into a social one and we have been enjoying these weekends since then at places including Melrose, Normanville, Mannum, Tanunda and Port Elliott. Thanks to Helen, Friday night dinners and Sunday lunches have become a normal part of the SAMA year.

After 20 years Helen has earned a well-deserved rest and Bill Dickenson will take over after the next lunch and weekend away. From everybody in SAMA – Thank you Helen!

George White

Sunday Lunch - November

Bill Dickenson is planning on a Sunday lunch after the completion of the winter season and before the start of summer season. For members who enjoy the friendly Sunday lunches keep **7 November** free!

Footpaths: friend or foe?

By Peter Sandery

Recently I was watching a TV program made in the UK that explored Roman roads, or rather what remains of the road network that the Romans built. If you have ever travelled in the UK or in Europe you will have seen structures such as amphitheatres, aqueducts, baths, bridges, theatres and the remains of forts, walls and garrison towns. Some of these structures are still in (or could be made to be in) working order. This is all the more remarkable when you consider the relatively simple tools that the Romans had at their disposal. Their engineering skills were applied to structures that were built to last (and probably finished under budget and on time), with many doing so for over 1000 years. Compare that with major structures that have been constructed in our lifetime.

Roman roads were essentially footpaths that enabled relatively large numbers of soldiers to be quickly (for that time) deployed across the UK, without becoming bogged down in mud or rough surfaces. They were also used by local inhabitants as a means of getting carts of material from place to place much faster than on unpaved trails. Some of these roads followed the tracks of ancient Britons, but most were specifically planned by Roman surveyors. Many of these roads live on today as Motorways, the longest being the Fosse Way.

There are enough reasonably preserved sections of these Roman Roads for their structures to be studied. Local materials were used as much as possible and Roman troops were the main source of labour. The engineered structure of these roads is the reason for their long life. "Excavating down almost a metre, they placed flat stones at the bottom, then small stone fragments in mortar. Next came a compacted layer of broken pottery and brick, crushed stone and gravel, mixed with lime mortar. Atop they placed irregular stones about 15 centimetres thick – the *pavimentum*"¹. They must have been rather careless with their pottery if there was a lot of this material readily available. This could be one of the earliest examples of recycling.

Because Roman survey tools were rudimentary, surveyors laid out as much as they could of their roads in straight lines where possible, with right angle turns rather than curves. Right angles are easier than curves to survey accurately.

Fast forward to today and in Australia most of our sealed roads and footpaths are made using bitumen and aggregate (stone chips) or concrete structured to bear the weight of motor vehicles. The materials and construction used for footpaths are generally just lower load bearing extensions of roads.

Does this matter? "Research published in 2020 found that in Sweden, falls account for 45 per cent of all injuries. In older adults, more than 60 per cent of falls occur on pedestrian paths. What's more, around 30 per cent of the damage to someone hit by a car is due to the impact of being flung onto the asphalt. And surface impact is the main cause of non-collision cycling injuries"¹. I have been tripped and fallen while running on a bitumen city parklands path. I have also been tripped and fallen on an athletics track during a race. Of the two experiences, the athletics track caused less damage to me – I managed to get up and finish the race. Outdoor synthetic athletics tracks vary in their construction and the materials used. The construction usually includes a top layer of polyurethane and rubber granules and a shock absorbing layer on top of asphalt or concrete – much easier to run or walk on and less abrasive than harder surfaces. On the negative side, these tracks need to be recoated (at considerable expense) every 10-12 years – not quite the longer term cost effective robustness needed for a footpath.

In my younger days, two of my major sports were roller speed skating and roller hockey. For both activities the use of protective padding was not allowed, which reduced the sort of mayhem that is a feature of ice hockey. The venue for both sports was the Elizabeth Skating Rink, which had a slightly

Footpaths: friend or foe?

sprung, smooth wooden floor. Over several years, for what were relatively fast-moving activities, there were very few injuries from falls (which usually involved sliding friction) which suggests that wood could be a more accommodating material than bitumen or concrete for pedestrian paths. That has been tried in the US where wooden blocks were used for some roads in the US in Minneapolis and Omaha in the nearly 1900s. This proved to be impractical as the wood decayed and became slippery in less than 5 years. Wood has been used successfully in some seaside boardwalks and jetties (as the name suggests) but not extensively as footpath material.

Professor Nick Tyler at University College London is convinced that pounding on hard surface paths is causing physical harm to pedestrians over the long term. He leads a group investigating the effects of walking on different surfaces. His sample size is considerably larger than my experiences of falling outlined above. Data on the motion metrics of over 100 volunteers walking across different surfaces will be collected using a range of sensors. That data will be fed into a model that will simulate what happens to knee cartilage after 200 million steps (essentially a lifetime). According to King: "That's just the start. The team is awaiting the construction of a £50 million research facility in London that will cover 4000 square metres, with 600 square metres of floor space that can be reconfigured with different materials. Tyler dubs it a scientific film set. When it opens later this year, he will be able to build 'streets' 100 metres long and investigate how crowds up to 500-strong interact with the urban environment"¹.

We are fortunate in South Australia to have a growing network of sealed paths that are used for walking and running. Thousands of parkrunners run and walk on parklands paths every Saturday on the Torrens linear park and along the coastline. Others walk, cycle or run on other paths in the parklands that encircle the city, separate to city and suburban roads. Some paths have been constructed from railway tracks which are no longer in use. Most of these paths are constructed using bitumen or concrete, some are unsealed.

Then there is the network of suburban footpaths. These are paths that may be lined with trees and other vegetation. They cross house driveways which are made of a variety of materials. Pedestrians may have to share these paths with cyclists, prams, scooters, gophers etc. In some places various "street furniture" (outdoor café areas, bus shelters, signs) impinge on path areas. Then there are the utility structures that run underground and on poles that border roads and place conditions on what can be constructed over or near them. Apart from the potential physical hazards of this infrastructure it can also act to distract path users. Costs and the life spans of various path constructions are also major factors for local councils who maintain paths. Resolving the many complex issues that emerge from vested interests is not a simple matter.

Can we do better? The Swedish scientist Viveca Wallqvist thinks we can. "When many fields of pedestrian and cyclist safety have been extensively studied, the surfacing has long been left unquestioned, despite being developed for another mode of transport and being one of the main causes for falls and fall injuries. In this project new surfacing materials for pedestrian and cyclist safety have been produced. Focusing on augmenting previously largely disregarded parameters as impact absorption, comfort and visibility at the same time as avoiding deteriorating of crucial parameters as friction and wear resistance"³. A material consisting of a mixture of asphalt and shredded tyres (recycling what would otherwise be a waste product) has been used to create a "bouncier" path near Uppsala in Sweden for walkers and cyclists to try. One of the trial rubberized asphalt path materials includes phosphorescent silica that glows in the evening.

There may not be a one size fits all approach to making footpaths more user friendly. For example, what might work for one country may not be successful in another, with different weather patterns requiring different approaches. Change of any sort is usually a hard-fought process as there will be groups

Footpaths: friend or foe?

arguing for and against the outcomes of that change. Not all of those arguments are evidence based. Look at the paths that you run, walk or cycle on with a fresh perspective and ask yourself, can we do better?

1. Anthony King, Technology, 7 July 2021, *These streets aren't made for walking: Why sidewalks need a rethink*
2. Prof Nick Tylor, Chadwick Chair of Civil Engineering, Faculty of Engineering Science, University College London
3. Wallqvist et al, Research Institutes of Sweden, *New functional pavements for pedestrians and cyclists*, 2017-2019.

Half Marathon State Championships Sunday 8 August

Name		Age Group	Result	Place
Ros	LOWE	W70	2:21:22	1
Michelle	GANDER	W50	2:06:56	1
Colin	BROOKS	M65	1:53:15	1
Dennis	VLACHOS	M60	2:00:46	1
Jacques	JASON	M60	2:18:06	2
Stephen	TRUTWIN	M55	1:43:18	1
Paul	GREENWOOD	M50	1:32:44	1
Paul	LAINIO	M50	1:35:28	2
Marcus	WHEL BAND	M45	1:29:30	1
Ruth	TAYLOR - HULL		2:11:48	

20 km Walk State Championships Sunday 8 August

Event	Name		Age Group	Result	Age	
					Group %	Place
Walk	Marie	MAXTED	W60	2:28:14	70.09	1
	George	WHITE	M75	2:18:20	79.18	1
	Gregory	METHA	M55	2:08:00	68.46	1
Club Walk	Gil	McINTOSH	M70	2:27:11		1
	Roslyn	GORE		2:58:28		

10 km Run Championships - 10 July

Name	Age Group	Result	Age		
			Group %	Place	
Doug	SMART	M75	1:01:56	62.10	1
Dennis	VLACHOS	M60	53:18	61.85	1
Paul	GREENWOOD	M50	40:44	72.35	1
Paul	LAINO	M50	41:58	71.95	2
Stephen	DUNN	M50	1:04:01	47.57	3



Marie Maxted



Doug Smart

10 km Walk Championships - 26 June

Event	Name	Age Group	Result	Age		
				Group %	Place	
Walk	Marie	MAXTED	W60	1:08:43	73.56	1
	Bill	STARR	M75	1:19:26	67.44	1
	Ross	HILL-BROWN	M65	1:26:14	54.66	1
	Gregory	METHA	M55	1:00:26	71.47	1
Club Walk	Margaret	McINTOSH	W65	1:25:01	64.29	1
	David	ROBERTSON	M85	1:30:55	66.69	1
	Gil	McINTOSH	M70	1:09:51	70.21	1

Is it Safe to Compete?

By **Viddy Jermacans**

Whilst watching the current Olympic Games in Tokyo I heard the Channel 7 field commentator, **Dave Culbert**, question the quality of the (volcanic) sand in the long and triple jump pits.

It brought back memories of a number of pits that I have 'jumped into' when competing as a masters athlete in both national and international meets as well as experience in adverse conditions and with 'dodgy' equipment and facilities.

In July, 2006, Kate and I departed for a two month international trip which took in a number of championships in Canada, the USA and the UK.

The first of these was the Canadian Masters Athletics Championships held mid July, in Moncton, New Brunswick. The Saturday competition was held in showery, warm and humid conditions whilst Sunday dawned windy, wet and very cold. It appeared that the long jump events would have to be called off as the black sand (soil?) had set like concrete with all the rain but a shovel was found and the pit was gradually dug up. Two jumps were enough for me, however, on (still) very hard ground.



Moneton, New Brunswick

Following the Canadian championships we spent a week in New York and then on to Charlotte, North Carolina, the site of the 39th USA Masters T&F Championships held at the University of North Carolina. A total of 1,362 athletes registered for the events held over four days. The weather on all days was very hot and humid and had a major impact on the championships. Paramedics treated many people on-site for heat induced illness whilst some were taken to hospital for further treatment. The official temperature was close to 100 degrees Fahrenheit (measured at 132 degrees on the track) but compounded by extremely high humidity readings in excess of 90%.

Competition was suspended on two days and rescheduled for the evening but this in turn was affected by the arrival of electrical storms. All competitors were evacuated to the stadium's underground car park which led to the abandonment of competition and rescheduling nightmares!

Following the meet in Charlotte bags were again packed and (via Dulles, Washington, DC) we were off across the Atlantic for Heathrow on the outskirts of London.

The 27th British Masters Decathlon & Heptathlon Championships were to be held near Oxford in mid August. The days leading up to the weekend were superb but the Saturday dawned quite bleak with a very cold wind and heavy showers. The Sunday was similar but I managed a podium finish. A highlight of our stay in Oxford was a training run on the Iffley Road Athletics Track (across from our B&B) where on 6 May, 1954, Roger Bannister first broke the



Cooling down in Charlotte

Is it Safe to Compete?

4 minute mile. The sports centre adjacent to the track contains a display which features a number of items associated with this event: one of the stop watches used to time the race, the brass lap bell used, one of the white wooden finishing posts and a pile of cinders from the track.



Following the Decathlon we started our tour by car into Wales, then across the Irish Sea to Ireland, and then back to England and up into Scotland. Any pretensions of training and 'watching what I eat' had been put aside at this stage. Full B&B breakfasts together with pub food (and an ale or two) were common fare. By the time we reached Dunoon (in Scotland) and its Highland Games I was pleased to see that the 100m track was downhill!



Is it Safe to Compete?

Out of Scotland and on to Newcastle for our last weekend in the UK and the British Masters Pentathlon Championships at the Monkton Stadium. Once again we seemed to be cursed by extremes in the weather as the quite pleasant days leading up to the Sunday of competition were replaced on that day by wet, windy and cold conditions.

Shades of Moncton, Canada as once again the long jump pit had to be dug up by officials to facilitate a safer landing area.

The weeks of 'good living' leading up to this championship were reflected in my performance on that day but I still managed to place second in the 55-59 age group so I continued my run of podium finishes in events across the two continents in a positive fashion.

Our travels included 10 separate airline flights and stays in 5 motels, 7 hotels and 14 bed and breakfast establishments. It was good to get home!

To finish off, I took the following two photos at the Alice Springs Masters Games.

Yes..... they did open the gate for the long jump competitors (jumping off grass) whilst the person marking the athletic track blamed a loose wheel on the line marking equipment for the erratic lanes. He was, however, breathalyzed (and drug tested)!



COMING EVENTS

22 AUGUST 2021

PREP ADELAIDE MARATHON FESTIVAL

42.2K - 21.1K - 10K - 5K

Online Entries close on **18th August 2021**

[ENTER HERE](#)

Organised by the South Australian Road Runners

NOTE: Due to AFL scheduling conflicts and uncertainty, SARRC have been forced to change the Start / Finish from the Adelaide Oval to Bonython Park for 2021. In addition, to have roads open around the Oval in time for possible game time, they have also had to reverse the direction of the run. Starting at the old 4Km mark, runners will now run in a Clockwise direction around last years course.

McLAREN VALE RUNNING FESTIVAL

HALF MARATHON | 10K | 5K

<https://sarrc.org.au/event/mclaren-vale-running-festival-2021/>

The McLaren Vale Running Festival on Sunday, **17 October 2021** is organised by the South Australian Road Runners

The half marathon course takes in the Shiraz Trail between McLaren Vale and Willunga, with a loop along the rail trail between McLaren Vale and Seaford. The 10km and 5km courses are a fast dash towards Willunga and back.

COMING EVENTS

Yurrebilla Ultra Marathon 56K 2021

SARRC Event

September 26th @ 6:00 am - 5:30pm

The Yurrebilla Trail is one of Adelaide's treasures. Starting at Belair Station, the trail winds its way through a series of National Parks and Conservation Reserves under the Mt Lofty summit, as it makes its way across the western face of the Adelaide Hills finally finishing at [Foxfield Oval](#) in Athelstone.

Early Bird Entries close on **22nd August 2021**

Online Entries close on **22nd September 2021**

[ENTER HERE](#)



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/>



SA Masters Athletics Winter Program 2021

Correct as at 14/8/2021		Handicap Events - Gray		SAMA Championships - Orange	
Subject to change in response to COVID-19 Public Activity Requirements for South Australia [https://www.covid-19.sa.gov.au/]					
DATE	VENUE	WALKS		RUNS	
24th July	POSTPONED to 28th August	[SAMA 15km Walk State Champs]			
31st July	COMPETITION CANCELLED				
7th August	<i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>			
Sunday 8th Aug	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road	20km Walk SAMA State Championships and 20km Walk AMA Championships 10am Start - Other distance - 10.10am 4km		SAMA Half Marathon State Championships This race is eligible for the 2021 AMA Postal Half-Marathon Championships. 10.10am Start - Other distance - 10.10am 6km	
14th Aug	East Terrace	1.45pm 10km, 2.15pm 5km		SAMA XC State Championships 2.15pm 8km & 6km 2.45pm 4km XC, 3.00pm 2km XC	
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	
<i>Handicap Event - Prizes</i>					
21st Aug	Victoria Park	ASA XC #3 - State XC Champs			
21st-22nd August	POSTPONED	Joint AA / AMA National XC Championships			
Sun 22 Aug	Adelaide Marathon Festival - This event is eligible for the 2021 AMA Postal Half-Marathon Championships.				
28th Aug	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road	1.15pm SAMA 15km Walk State Champs 1.45pm 10km, 2.35pm 4km, 2.45pm 2km		2.00 pm 10km, 2.45pm 4km, 3.00pm 2km Walkers' course	
4th September	Burbridge Road	2.00pm 8km, 2.35pm 4km		2.15pm 8km, 2.45pm 4km	
Prizes					
	Bonython Park	ASA Ekiden Relays			
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	
<i>WINTER PRESENTATION - Prizes</i>					
Sun 19th Sept	Park 10, War Memorial Drive, North Adelaide	Fitzy's 5 - ASA State 5km Road Champs			
2nd-4th October	AMA Winter Throws Championships, Wollongong NSW.	SAMA hopes to organise a throws weekend at SA Athletics Stadium, to facilitate entry by our members in the AMA Virtual Competition - TBC.			
9th-16th October	Australian Masters Games - Perth				
15th-17th October	SAMA WEEKEND AWAY BURRA				
Sun 7th November	CITY-BAY				

New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Kim	Mottrom	M35 10km road walk	44.30	17/07/2021	SARWC Peacock Rd.
Kim	Mottrom	M35 20km road walk	1:32:31	7/08/2021	ASA Adelaide
Peter	Sandery	M80 10km ex-stadia	48.14	26/06/2021	ASA West Beach



Online Survey - Research by University of Southern Queensland



We are seeking to better understand the relationship between menopause, sport participation and suicide.

WHO DO WE NEED?

- Women aged 35-65 years of age
- Both women who participate **and** who do not participate in sport

WHAT YOU WILL BE ASKED TO DO?

- Complete a 45-60-minute online survey
- You will be asked about whether you do or do not participate in sport, your current menses status and other demographic questions
- Other questions relate to your mental health including whether you have or are experiencing suicidal thoughts and feelings, how socially connected you feel to other people, whether you experience any psychological pain, how optimistic you are, your sense of belongingness and burdensomeness, and your perceived level of depression, anxiety, and stress.

For more information or to complete the survey, please click this link:

<https://surveys.usq.edu.au/index.php/286644?lang=en>

You can also find out more by contacting Cassie Poulain u1109214@umail.usq.edu.au or Professor Lamont-Mills on andrea.lamont-mills@usq.edu.au

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 or black shorts.

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.



SAMA Birthday List

August and September

ATTENBOROUGH	LISA		LAIRD	NEIL
BOLLEN	CHRIS		MCKAY	ANDREW
BOWDEN	GUY		MCKEEN	SUZANNE
CALLAHAN	PETER		MOTTROM	KIM
CASSIDY	SUE	60	NITSCHKE	MICHAEL
COTTLE	LOUIS		ORCHARD	KEN
DEMPSEY	CHERIE		PALFRAMAN	CHARLES
DUNN	STEPHEN	55	PARKER	DON
EVERSON	RICHARD		PIENAAR	TIMOTHY
FALLON	DAVE		STAWARZ	BETT
FINN	KEVIN	70	TAYLOR	PETER
FOSTER	WENDY		TILBROOK	REECE
GHAOUI	ROULA		TRUTWIN	STEPHEN
GILLIES	BRIAN		WELAGEDARA	KRISHAN
GOODWIN	CHRISTINE		WHITE	GILLIAN
HAYNES	VICKY		WHITE	NORMAN
HORE	CATHIE		WITTY	BRIAN
HORE	JOHN		WORTHING	MARK
JERMACANS	VIDDY		ZULKAFLI	ZAHAR
				45

CLUB CONTACTS

Committee Members

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Graham Harrison	Walkers Coordinator	0439 500 751	grahamjharrison@hotmail.com
Lisa Attenborough	Public Officer	0404 120 813	lisa_boys@internode.on.net

MEMBERS BENEFITS

Fitness on the Park (Anne Lang SAMA member)

64 MacKinnon Parade, North Adelaide
5006. www.fitnessonthepark.com.au

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

Sportspower Glenelg

Ph. 8295 1714

[Zorich Group Sportspower Glenelg -](#)

10% off store wide, excludes all sale items.

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jenni.yeomans@gmail.com

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Scout Outdoor Centre & Annapurna Outdoor Store

www.soc.com.au

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

Matt Lovell (SAMA member)

athletic_track_and_field@adam.com.au

10% discount on athletics equipment

SPONSOR



CONTACTS

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rrlowe@tpg.com.au

**If you change your address, phone no. or
email, contact David Bates at**

david.bates@internode.on.net

Please send results to the editor at

rmoyle@bigpond.net.au