

# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

December 2021



**Congratulations to Peter Sandery - New ASA Life Member**

(Left to Right) Shane Fuller (ASA CEO), Steve Tully, Melissa Fraser and **Peter Sandery** (new life members) and Jane Russo (ASA President)

## Coming Events

- **Oceania Athletics Virtual Championships** to 20 Dec
- **Bay Sheffield Carnival** 27 - 28 Dec
- **ASA Multi Event Championships** 8 - 9 Jan
- **SAMA Championships - Throws Pentathlon** 13 Feb
- **SAMA Championships—10000m Track Walk** 20 Feb
- **SAMA Championships - Track & Field** 9 Mar & 16 Mar
- **AMA Championships (Brisbane)** 1 Apr to 4 Apr

# Contents

- 3 A note from the President
- 4 SAMA News
- 5 Registrar Notes
- 6 Social News
- 7 Be Grateful for Exercise  
*by George White*
- 9 The Australian Centurions  
*by George White*
- 10 New Club Records
- 11 Oceania Virtual Challenge
- 12 Bob Clarke Memorial Challenge Results
- 13 10km Run Championship Results
- 16 SAMA Summer Programs
- 18 SAMA Birthday List / Club Contacts
- 19 Member Benefits



## Pictures from the Burra Weekend Away.

(TopLeft) Pauline Barber and Jan Layng

(Left) Roger Knapp: *"If for some reason you have a lot on your plate, keep calm and enjoy the fish and chips"*

(Top) Carol and Dave Fallon

# A NOTE FROM THE PRESIDENT

## Lisa Attenborough



It only seems like yesterday we were talking about the start of the summer season and here we are almost halfway through the season.

We have been fortunate to have enjoyed some pleasant weather for most of our competitions on a Wednesday night and at the Athletics SA events that our members have attended. This has resulted in some excellent personal performances and a few State and Australian records for our members.

Congratulations to Peter Sandery who was made a Life Member of Athletics SA at the ASA AGM on 15<sup>th</sup> November, in recognition of his service to athletics in South Australia as an athlete and coach. Peter is a Level 4 coach and over the years has coached athletes who are involved at a recreational level and also those pursuing the elite levels of our sport.

Over the 25 plus years of his involvement, Peter has encouraged many people to try athletics, and is still regularly available at Adelaide Harriers to coach twice a week or via correspondence for those that are unable to attend the club. Peter was presented with his Life Member pin at the Athletics SA Life Member lunch on Sunday 27<sup>th</sup> November.

A big Thank you to Viddy Jermacans for once again successfully conducting the Bob Clarke Memorial Challenge, and donating the three prizes for the placegetters. The final event was held on 1<sup>st</sup> December and was a close finish as usual. See full results on page 12.

Our final event for 2021 will be the usual Christmas event at Adelaide Harriers on 15<sup>th</sup> December from 5.50pm. Come along and join in the fun with the modified events on offer and stay to have a chat with everyone after the competition. Prizes on offer for this event. BYO supper - drinks and nibbles.

Once again, we will be running the SA Masters 800m event at the Bay Sheffield Carnival. One notable difference this year is the naming sponsor. Our sponsor has changed their name and the event will now be known as the Exurbia SA Masters 800m. Our event will be held on Monday, 27<sup>th</sup> December at Glenelg Oval. So if you are not busy snapping up some bargains at the sales, why not come down to Glenelg and support your fellow members.

It was great to see people respond to our request for assistance with setting up and packing up at our competitions. Remember if everyone just helps a little bit it, makes the job that much easier. Thank you to all our regular volunteers, because without your efforts we might not have a competition as organised as we do each week.

Enjoy your break over the Christmas – New Year period and we will see everyone back at the track on Wednesday, 12<sup>th</sup> January 2022.



**Have a happy and safe Christmas!**

I sincerely thank the members who have contributed to the newsletter this year. And invite all readers to submit articles, results and photos for publication in the 2022 editions of the newsletter.

*Richard Moyle, SAMA Newsletter Editor*

## 2020/21 Summer Program

### Bay Sheffield Carnival – SAMA 800m Invitational Event

SAMA has again been invited by the South Australian Athletic League to stage a distance handicapped 800m as part of the Bay Sheffield Carnival at the ACH Group Stadium (Glenelg Oval), which runs from 27-28 December 2021. The Exurbia SA Masters 800m event is currently scheduled to be held on Monday 27 December at 4.30pm. Please come and support this prestigious event.

See the Programs page on our website for full details.

### State Masters Athletics (SAMA) Championships

The summer championships will continue after Christmas with the Men's and Women's Steeplechase on Wednesday 12 January. The SAMA championships are held as part of our normal Wednesday competition, except for the Throws Pentathlon (Sunday 13 February) and 10km Track Walk Championships (Sunday 20 February). All events are at SA Athletics stadium. Full details of the State Masters Athletics Championships are given later in this newsletter.

The Championships are for all SAMA members, and we encourage you to enter. If you enjoy competing in the regular Wednesday competition you will enjoy the Championship competition. Please do not be put off by the fact that they are Championships – it will still be the same friendly competition.

They are run basically as per our normal competition but results are determined by 5 year age groups and this means you will be competing against those in your age group. A Certificate is awarded to all participants detailing all events entered, your place, performance and age-graded percentage.

It would be helpful if entrants could nominate at least one week before the individual Championship events using the forms available at the check

-in desk during Wednesday competitions. If you are unable to nominate at the stadium please contact George White (email: [gwhite@adam.com.au](mailto:gwhite@adam.com.au)). Entries for the Main T&F Championships in March are accepted on the day.

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### Estimated times used for handicapping (from the SAMA by-laws)



John Hore's 'Event Manager' software that SAMA uses, applies pre-defined algorithms to the individual competitor's estimates based on the previous results for the same distance.

When a competitor goes faster than estimated, the new estimated time will be adjusted by 75% of the difference between the original estimate and the new result (e.g. ran 20 seconds quicker, change the estimated time to the old time minus 15 seconds).

When a competitor goes slower than estimated, the new estimated time will be adjusted by 25% of the difference between the new results time and the original estimate (e.g. ran 20 seconds slower, change the estimated time to the old time plus 15 seconds).

Distance events are always recorded as minutes per km (speed). The speed is based on a 5km run (i.e. if a runner completed 5km in 20 minutes, the speed will be recorded as 4 minutes per km. Estimates for different distances are calculated based on the mins per km speed by using a conversion table which allows for the fact that a competitor will normally slow-down in speed over a distance longer than 5km, or speed up in shorter distances. The conversion table has been developed through trial and error over time.

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# REGISTRAR NOTES

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## SAMA Membership

The SAMA membership year now coincides with that of Athletics SA (ASA), and renewals for all members were due on 1 October 2021.

**A big 'Thank you' to those members who have renewed – 162 as at 1<sup>st</sup> December.**

Members 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).

All financial competing members also have ASA Basic membership. This membership allows entry into ASA competitions and championships, and also provides personal accident insurance cover whilst participating in any athletics events. Details of the policy are available at <https://www.samastersathletics.org.au/reports-and-documents/#documents>.

Members may also decide to upgrade their ASA membership. Further details are available at the Programs page of the SAMA Website at [https://www.samastersathletics.org.au/programs/#asa\\_season](https://www.samastersathletics.org.au/programs/#asa_season).

### 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.

### **Early Bird Prize**

As in previous years there was an Early Bird Prize draw for memberships that are renewed at the beginning of the new membership year.

**Congratulations to the winners of the draw this year:**

Belinda Elliott, David Janssan and Valmai Padget. Each will receive a refund of their membership fee.

### **Membership Renewals**

**SAMA membership renewal is now overdue for all lapsed members**, who should renew as soon as possible for the current SAMA membership year.

*Anyone who is still unfinancial by the end of January 2022 will be removed from our email distribution list and will no longer receive notification of newsletters.*



Membership applications and renewals, together with payment of fees, are to be done using the **Athletics SA on-line registration system**.

A manual membership form is also available to download.

For further information and instructions, see *Member Registration* on the Membership page of the SAMA Website at

<https://www.samastersathletics.org.au/membership/#registration>.

**.Note: if you compete in ASA competitions for another club, please register with that club first before registering with SA Masters.** The amount payable for SAMA membership will then be reduced by \$20, as the fee for Basic ASA membership is not charged a second time.

## 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.*

\*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 the Registrar, David Bates.

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

## New and Returning Members

Welcome to the following, new and returning, members.

John	BARANOFF	M45
Mel	BROOKS	W35
Mark	BURNS	M55
Sudjai	COOK	M45
Melissa	GRANTHAM	W35
Chris	HARTWIG	M50
Diane	LOVEDAY	W70
Bryn	NICHOLLS	M40
Lesley	RUTHERFORD	W50
Louise	SCARMAN	W50
Andrew	SHREEVE	M35
Paul	SMITH	M35

## SOCIAL NEWS

With near perfect weather many members enjoyed time at **Norwood Croquet Club** on Sunday 28th Nov., playing a new game and having time for food, drink and a chat. (Facebook photos have been uploaded.) The next event will be dinner on Friday 21st January at the Tower Hotel, Magill Road, Magill. Tables have been booked for 7.00pm with drinks in the bar beforehand. To book email Bill Dickenson -[billdickenson76@gmail.com](mailto:billdickenson76@gmail.com) or sms/ phone 0497 911198.

On Saturday 26th March, after the end of the summer competition we will have an optional morning sail on the tall ship One and All followed by lunch in Port Adelaide. The booking for the sailing will need to be made by club members and lunch bookings made through me in the usual way. The lunch venue is yet to be finalised.



**Bill Dickenson**

## Burra weekend October 2021

Twenty Eight of SAMA friends travelled to Burra for the annual weekend away in October 2021. The weather was a bit chilly, after a cold wet week, but the atmosphere in Burra was cheerful and full of things to do. We stayed in the refurbished Paxton Miners Cottages, which were roomy, warm and comfortable.

The Regional Council of Goyder held their annual gardening festival that weekend and had 12 local properties, including farming homesteads open for viewing. Many took advantage of the opportunity to visit the properties to see the variety of spectacular gardens, both cottage and open gardens in the area. Some of the homestead gardens were picturesque with large homes to match. The mid north area was lush and green, in spite of recent years of drought. Some updated farming practices, we were told, were helping the farmers with maintaining their rich grazing pastures; i.e: planting crops for grazing over the top of old crops, instead of clearing the land first.

Other chose to take the historical trail around Burra viewing the old sites - copper mines, miners' dugouts, jails, schools etc. Burra does tourism well with great cafes, gift shops and pubs as well, to visit.

The tradition of happy hours continued but eating outside was too chilly on the Friday night, so we re-grouped later for the quiz night in one of the larger Paxton cottages, for dessert, George's quiz and a night cap. George continues to make everyone feel so incompetent with odd and seemingly impossible questions!!

We ate out at the Royal Exchange Hotel in North Burra on Saturday night, where the meals were plentiful, and delicious. See Roger's plate of fish and prawns!! (page 2) All in all, it was a great weekend, wonderful company, lots of fun and lots to see and do. We hope to book somewhere on the coast next year. Further details in the New Year.

**Helen Suridge**

# BE GRATEFUL FOR EXERCISE

by George White

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**B**e grateful for exercise — it helped us through the COVID-19 pandemic!

The availability of vaccines has brought hope for the end of this pandemic. Yet the most likely scenario for the next few years is that COVID-19 will be like other infectious diseases, such as flu, and we will need to continuously manage and protect ourselves. One of the best ways to do that is by remaining physically active.

A 2008 study found that physical inactivity is responsible for more than five million premature deaths every year. In a more recent study of over 48000 COVID-19 patients, researchers found that people who were consistently inactive had a significantly higher risk of hospitalization, ICU admission and death, than those who were active for at least 150 minutes per week. Given that severe infections are more likely in individuals with poorer cardiovascular and metabolic health and who might have pre-existing chronic conditions it is not surprising that research is starting to show that a physical exercise program may be a useful complementary tool for protection against COVID-19, and also enhance recovery, improve quality of life, and enhance immune protection against Corona and other viruses in the long term.

Daily exercise may help combat COVID-19 by boosting our immune systems and counteracting some of the co-morbidities like obesity, diabetes, hypertension and serious heart conditions that make us more susceptible to severe COVID-19. Physically active people are likely to be more resilient to infection and research suggests that higher levels of physical fitness, lowers chronic low-grade inflammation and improves various immune markers in several conditions including cancer, acquired immunodeficiency syndrome, cardio-vascular diseases, diabetes, cognitive impairments and of course - obesity. The degree of benefit appears to be dependent upon the intensity and duration of exercise sessions. Studies of over half a million people, show that regular moderate to vigorous physical activity is associated with about a 30% risk reduction in community-acquired infectious disease and a 37% risk reduction in mortality. This is partly because moderate to vigorous physical activity is associated with the increased strength of the various mucous barriers in the body and with higher concentrations of immune cells. Each bout of aerobic exercise instantaneously mobilizes millions of immune cells. These cells first enter the blood from the spleen and the bone marrow before traveling into the lungs where increased immune defence may be required. The number of circulating immune cells can increase by 50% to 400%, depending on the exercise intensity and duration. However, exercise-induced increase in immune cells is transient, as the immune system returns to pre-exercise levels within about three hours. Therefore, regular, sustained exercise is central to improving the immune system's response to pathogens and reducing the risk of infection long-term.

It is starting to appear that vaccines are more effective if they are administered after a programme of physical activity. A person who is active is 50% more likely to have a higher antibody count after the vaccine than somebody who is not active i.e. acquired immunity could be greater in a physically active population. Physical activity also reduces stress and chronic

# BE GRATEFUL FOR EXERCISE

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inflammation, in turn reducing the likelihood of adverse and fatal infections. For the older population, physical activity is even more essential, as we generally have greater comorbidities and in relation to COVID-19, are more vulnerable to contracting the disease.

Despite the lack of accurate data on how physical activity improves the immune response against the new coronavirus, there is evidence of lower rates of acute respiratory infection, duration and intensity of symptoms and risk of mortality in individuals who exercise at high levels. Unfortunately worldwide because of lockdowns, there appears to have been a decrease in physical activity levels. This is a dangerous trend that could make the population more vulnerable to infectious diseases in the short term.

If you have been unfortunate enough to have contracted COVID-19 or do so in the future, there is growing evidence that caution is required when re-starting training. Recovery can be different for different individuals, with some recovering quickly and others taking months even if they only had mild symptoms. We've been conditioned to think of Covid-19 as a respiratory disease. But it's not just about the lungs. The medical profession has determined that the infection could ravage other parts of the body, including the brain, blood vessels and heart. Data from outbreaks in China and the USA suggest that 20-30% of patients hospitalized with Covid-19 showed signs of cardiac injury even in people who've had mild symptoms or none at all, especially if those people exercise while they're infected. Viruses jolt the body's immune system into attack mode, leading to inflammation. If a person rests while they are ill and during recovery, most of the time the inflammation recedes and the heart muscle heals on its own. But strenuous activity while the heart is weakened can cause side effects and—in serious cases—irregular heartbeat, cardiac arrest and sudden death.

To avoid putting stress on the heart before its ready, runners shouldn't plan to pick up where they left off in their training. A slow return to activity is advocated and evaluation by a medical professional if symptoms are moderate or lingering. Runners should pay attention if cardiac symptoms arise when they return to running after COVID-19 - such as new chest tightness, excessive shortness of breath, feeling winded during a workout that is normally easy, feeling lightheaded, or passing out. These are all indications that it is too soon to be running again.

However in general be grateful that we are an active bunch and that we should stay ahead of the pack in any pandemic. Consistent physical activity helps protect you if you do get COVID-19. Of course, getting vaccinated offers much greater protection!

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## Weekend Away Quiz

**Burra, 15 October**

**Did you miss out on the Weekend Away Friday night quiz hosted by George White?**

**Below are a few of the questions. (see answers on page 19)**

1. What is round and bad tempered?
2. What happens when song writers die?
3. Name a 10 letter word that can be typed on the top row of a keyboard?
4. What is the fastest way to get from here to there?
5. Why don't ghosts tell lies?

# THE AUSTRALIAN CENTURIONS

by George White

Australian Centurions are those athletes who are able to walk 100 miles (approximately 161 kilometres) within 24 hours. The Centurions Club of Australia was formed in 1971 to honour the feat of those athletes who become life members of the club. This follows the British who have had a Centurions Club for many years. Worldwide there are six Centurion Clubs which hold events annually in most cases. Five of the six clubs are currently active.

To become members of this club walkers have to complete 100 miles within 24 hours on a certified course under sanctioned competition. Breaks can be taken at any time but the clock keeps ticking. You may leave the course at any time provided you restart the event at the same point.

All Australian Centurion performances must be verified to be legitimate walking performances and require the attendance of either qualified race-walking judges from one of the affiliated Australian race-walking clubs or the attendance of members of the Australian Centurions club who can verify the performance. The Centurions present will judge the race from a technical viewpoint but criteria are simple. Walkers are expected to walk honestly in such a way that no unfair advantage over other competitors is gained through the style of walking. Walkers are not expected to rigorously comply with current race-walking rules as it is not strictly a race-walk.

In 1998 when former SAMA member - Jack Weber died, THE JACK WEBER TROPHY was introduced in recognition of his great contribution to the Australian Centurions. The trophy may be awarded annually for the best performance during the Australian Centurions 24 Hour event if any performance is deemed to be of a high enough standard. Jack was awarded it posthumously and Peter Crump won the trophy in 2013.



**Peter Crump competing at SA Athletic Stadium earlier this year.**

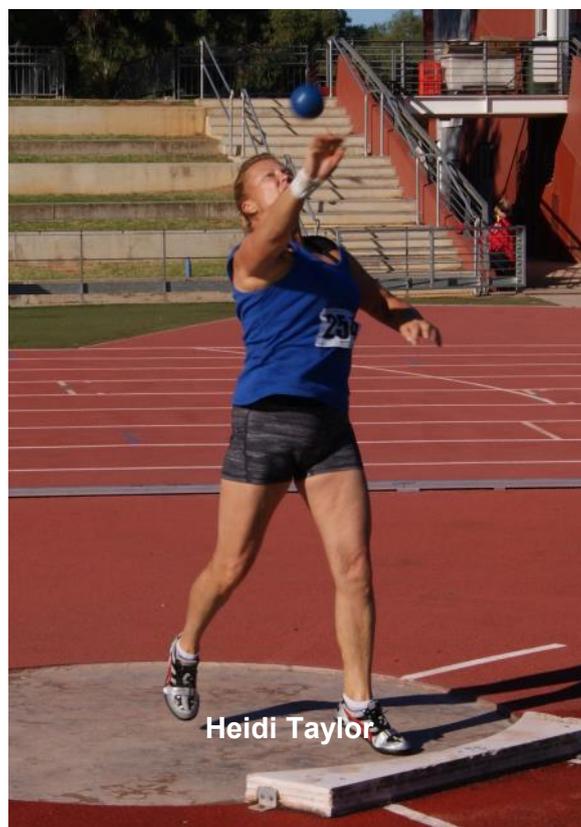
# New Club Records

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Guy	BOWDEN	M50 Hammer	42.41	14-Nov-25	ASA Stadium
Kim	MOTTROM	M35 3000m Walk	12.30.01	10-Oct-25	ASA Stadium
Kim	MOTTROM	M35 3000m Walk	12.25.10	17-Oct-25	ASA Stadium
Kim	MOTTROM	M35 1000m Walk	4.03	21-Oct-25	SAMA Stadium
Kim	MOTTROM	M35 5000m Walk	21.14.73	31-Oct-25	ASA Stadium
Kim	MOTTROM	M35 1500m Walk	5.58.63	07-Nov-25	SAMA Stadium
Paul	MULLHOLLAND	M45 1000m	2.52	18-Nov-25	SAMA Stadium
Paul	MULLHOLLAND	M45 2000m	6.08	18-Nov-25	SAMA Stadium
Peter	SANDERY	M80 800m	3.18	21-Oct-25	SAMA Stadium
Peter	SANDERY	M80 3000m	14.25	21-Oct-25	SAMA Stadium
Peter	SANDERY	M80 400m	90.07	28-Oct-25	SAMA Stadium
Peter	SANDERY	M80 1000m	4.26	28-Oct-25	SAMA Stadium
Peter	SANDERY	M80 1500m	6.42	04-Nov-25	SAMA Stadium
Peter	SANDERY	M80 2000m	8.53	18-Nov-25	SAMA Stadium
Peter	SANDERY	M80 5000m	24.20	02-Dec-25	SAMA Stadium
Heidi	TAYLOR	W60 Hammer	26.98	04-Nov-25	SAMA Stadium
Heidi	TAYLOR	W60 Weight	11.64	11-Nov-25	SAMA Stadium
Heidi	TAYLOR	W60 Weight	12.16	25-Nov-25	SAMA Stadium
Heidi	TAYLOR	W60 Hammer	27.31	02-Dec-25	SAMA Stadium
Claire	WOODS	W70 Shot Put	6.44	11-Nov-25	SAMA Stadium



Kim Mottrom



Heidi Taylor

Oceania Athletics and Oceania Masters Athletics is pleased to announce  
2021 Oceania Athletics Virtual Championships.



The inclusive Virtual Championships, see athletes of all ages and abilities, compete, albeit virtually for Medals and to be crowned Oceania Virtual Champion. With the Championships held in partnership with Oceania Masters Athletics Association, this will see champions crowned and medals awarded across multiple age groups, from under 14 to 80 years of age.

**To register:**

Follow the link to register and pay the entry fee (\$10 for each event)..

<https://raceroster.com/events/2021/52781/oceania-virtual-athletics-championships>

Compete in your event between the 15<sup>th</sup> of October and 20<sup>th</sup> of December and upload your results.

# Bob Clarke Challenge 2021

## Final - 500 metres (less handicaps)

### Wednesday, 1 December

Place		Age	Handicap	Add	To Run	Time
1	Dean Mortimer	M60	69	55	376	1.09:36
2	Mark Burns	M55	54	nil	446	1.10:09
3	Hayden Harrell	M60	69	55	376	1.11:23
4	Bill Dickenson	M65	85	nil	415	1.12:54
5	Mike Vowles	M75	121	45	334	1.13:52
6	Anne Lang	M75	165	10	325	1.15:63
7	Sarah Chinner	W55	97	10	393	1.15:86
8	John Hore	M70	102	55	343	1.18:08

**Dean Mortimer** (centre in the below photo) put in an impressive performance to win this year's Challenge. He improved his time by 21 seconds from last year's final (albeit running 25 metres less in distance this year)

The backmarker in the field, **Mark Burns** (left in the below photo) , ran a very strong race to place second. **Hayden Harrell** improved a number of places from last year's final to run third.



# 10 km Run Championships - 24 October

## SA Athletics Stadium

Name		Age Group	Result	Age	
				Group %	Place
Christine	GOODWIN	W65	55:15	73.27	1
Jennifer	ROBERTSON	W50	40:27	81.57	1
Alison	SORELL	W45	45:22	69.62	1
Alan	TWARTZ	M65	46:04	74.34	1
Andrew	HEATHERS	M55	38:51	79.04	1
Bennett	MAXWELL	M50	37:02	81.54	1
Chris	HARTWIG	M50	38:47	76.59	2
Paul	LAINO	M50	41:39	72.5	3
Steven	HODGSON	M45	38:08	74.31	1
Steve	CAVANAGH	M40	34:47	80.26	1
Brant	LANG	M35	36:36	73.56	1
Mark	ROUTLEY	M35	36:36	73.56	2
Kim	MOTTROM	M35	38:55	68.69	3
Du Plessis	ROALD	M35	41:36	64.26	4



Photo courtesy of Athletics SA

# COMING EVENTS

## ASA Multi-Event Championship

### STATE MULTI EVENT CHAMPIONSHIPS

Join us as the state's best multi-event athletes compete for the title of 2021/22 State Multi Event Champion in U14, U16, U18, U20, Open and O35 age groups.

**DATE:** 8th and 9th of January, 2022

**TIME:** From 11:00am

**LOCATION:** SA Athletics Stadium, Mile End

**ENTRIES CLOSE:** Thursday 6th of January 11:59 pm



[Home | Athletics SA](#)

## SAMA Summer Championships 2021-22



### State Masters Athletics Championships (State Age Group Championships)

The Summer Championships are for all SAMA members, and we encourage you to enter. *NB. Only financial members can enter summer championship events.*

If you enjoy competing in the regular Wednesday competition you will enjoy the Championship competition. They are run basically as per our normal competition but results are determined by 5 year age groups and this means you will be competing against those in your age group. A Certificate is awarded to all participants detailing all events entered, your place, performance and age-graded percentage. Please do not be put off by the fact that they are Championships – it will still be the same friendly competition.

The **SAMA 10000m Run Championships** were held in conjunction with Athletics SA on Sunday 24 October 2021. See the [Results](#).

The **SAMA 10km Walk Championships** will be held in conjunction with Athletics SA. See the [Event](#) for details.

The **SAMA Throws Pentathlon Championships** will be held on Sunday 13 February 2022. See the [Event](#) for details.

The **remainder of the Championships** are held as part of our normal Wednesday competition, as shown in the [State Champs 2021-22](#) document.

# Australian Masters Athletics Championships 2022



**Brisbane, Queensland  
1 April to 4 April 2022**

**[Registration Opens 3rd January 2022](#)**

Registration for the 2022 Championships will not open until **3rd January 2022**, and the final closing date for receipt of entries will be **7th March 2022**.

At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, otherwise the admin fee will be \$110. In addition entry fees will be \$20 per event.

## CLUB UNIFORMS

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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.



# SA MASTERS ATHLETICS - SUMMER 2021/22 PROGRAM

Version 4

KEY TO PROGRAMS & NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

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

DATE	PROGRAM	NOTES
<b>2021</b>		
Wed 20th Oct	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Sun 24th Oct	<b>Dual State Champs</b>	<b>SAMA &amp; ASA 10000m Run</b> held with ASA
Wed 27th Oct	C2 Handicap	400m or 1000m Qualifier for Bay Sheffield Masters 800m race
Wed 3rd Nov	A1 Scratch	<b>Round 1: Bob Clarke Memorial Challenge - 200m</b>
Wed 10th Nov	B2 Handicap	SAMA State Champs**Long Hurdles - 5.40pm 800m Qualifier for Bay Sheffield Masters 800m race
Wed 17th Nov	C1 Scratch	<b>Round 2: Bob Clarke Memorial Challenge - 1000m</b>
Sat 20th Nov	<b>ASA State Champs</b>	<b>ASA State Relays</b>
Wed 24th Nov	A2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Sat 27th Nov	<b>ASA State Champs</b>	<b>ASA State 5000m</b>
Wed 1st Dec	B1 Scratch	<b>Final: Bob Clarke Memorial Challenge - 500m Final - 5.40pm</b>
Wed 8th Dec	C2 Handicap	<b>SAMA State Champs**Short Hurdles - 5.40pm</b>
Wed 15th Dec	Modified Scratch	<b>Xmas special - Adelaide Harriers Clubrooms</b> 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners , 6.25pm; 800m Walk for runners, 6.35pm; wrong handed Turbo throw, 7.05pm; water balloon throwing.
27th Dec		<b>Bay Sheffield Masters 800m race - organised in association with SAAL</b>
<b>2022</b>		
8th-9th Jan	<b>ASA State Champs</b>	<b>ASA Multi Event Championships; Incl. Decathlon, Heptathlon &amp; 035 Pentathlon</b>
Wed 12th Jan	A1 Scratch	<b>SAMA State Champs** Steeplechase - 5.15pm</b>
Wed 19th Jan	B2 Handicap	<b>SAMA State Champs** T&amp;F Pent; Women - 5.30pm</b>
Wed 26th Jan	No Competition	<b>Australia Day Public Holiday</b>
Wed 2nd Feb	C1 Scratch	<b>SAMA State Champs** T&amp;F Pent; Men - 5.30pm</b>
Thur 3rd Feb	<b>ASA State Champs</b>	<b>ASA 3000m Run Championships</b>
Wed 9th Feb	A2 Handicap	
Sun 13th Feb	<b>SAMA State Champs</b>	<b>SAMA State Champs ** Throws Pentathlon - 8.30am</b>
Wed 16th Feb	B1 Scratch	
19th-20th Feb	<b>ASA State Champs</b>	<b>ASA Track &amp; Field Championships</b>
Sun 20th Feb	<b>Dual State Champs</b>	<b>SAMA &amp; ASA 10000m Walk</b> held with ASA
Wed 23rd Feb	C2 Handicap	
Wed 2nd Mar	A1 Scratch	
Wed 9th Mar	<b>SAMA State Champs</b>	<b>Day 1 SAMA T&amp;F Championships - 5.50pm</b>
Wed 16th Mar	<b>SAMA State Champs</b>	<b>Day 2 SAMA T&amp;F Championships - 5.50pm</b>
Wed 23rd Mar	Modified Scratch	<b>Summer Presentation Night</b> 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump
1st-4th April	<b>AMA Champs</b>	<b>AMA AUSTRALIAN CHAMPIONSHIPS - BRISBANE</b>
15th-18th April		<b>EASTER</b>
		<b>**Nominate previous week</b>

## KEY TO PROGRAMS & NOTES

### VENUES

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

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

### SAMA WEDNESDAY PROGRAMS

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

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

Men and women compete together. W designates a walk.

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

### COLOUR KEY & ADDITIONAL INFORMATION

AMA National Championships	Details will be available on SAMA & AMA websites.
SAMA State Age Group Championships	Details will be available on SAMA website and in newsletters.
Dual State 10000m Run & Walk Champs	Further details will be published on both SAMA and ASA websites
ASA State Championships	All SAMA members are eligible to participate - ASA website for details
Modified Program	
Bob Clarke Challenge	Details available on the SAMA website
Bay Sheffield Carnival	The 2021 Bay Sheffield Carnival will be held at ACH Group Stadium (Glenelg Oval)

# SAMA Birthday List

December and January

*Happy Birthday!*

MEL	<b>BROOKS</b>		ROS	<b>LOWE</b>	
TREVOR	<b>BROWN</b>		ADRIAN	<b>LYNCH</b>	
DES	<b>CLARK</b>		MARGARET	<b>MCINTOSH</b>	
BILL	<b>DICKENSON</b>		GRAEME	<b>MILLER</b>	
LEON	<b>GOUWS</b>	<b>45</b>	CHRISTOPHER	<b>MINCHIN</b>	
COLIN	<b>HAINSWORTH</b>		PAUL	<b>MOYLE</b>	<b>75</b>
TREVOR	<b>HANCOCK</b>		RICHARD	<b>MOYLE</b>	
PATRICIA	<b>LAIRD</b>	<b>60</b>	STEPHANIE	<b>NOON</b>	
KAREN	<b>LONG</b>		GRAHAM	<b>RICHARDSON</b>	
MATTHEW	<b>LOVELL</b>		RAELENE	<b>SCHILD</b>	

## CLUB CONTACTS

### Committee Members

Lisa Attenborough	President & Treasurer	0404 120 813	<a href="mailto:lisa_boys@internode.on.net">lisa_boys@internode.on.net</a>
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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

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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 vicious circle
2. They decompose
3. Typewriter
4. Add a T
5. There is no point because you can see  
right through them