

# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

June 2022



**Congratulations to Doug Smart on receiving Life Membership at the Annual General Meeting held at Western Districts clubrooms on 18 June.**

Doug joined SAMA in 1978 and has been a member of the SAMA committee for 15 years.

*(continued on page 8)*



**Sarah Chinner** set 2 club records at the Oceania Championships (MacKay) on 11 and 12 June. *(See Club Records on p. 9)*

At the June AGM, **Sarah**, was announced as the new president.

The 2022/23 committee includes a new secretary, a returning treasurer and two returning committee members.

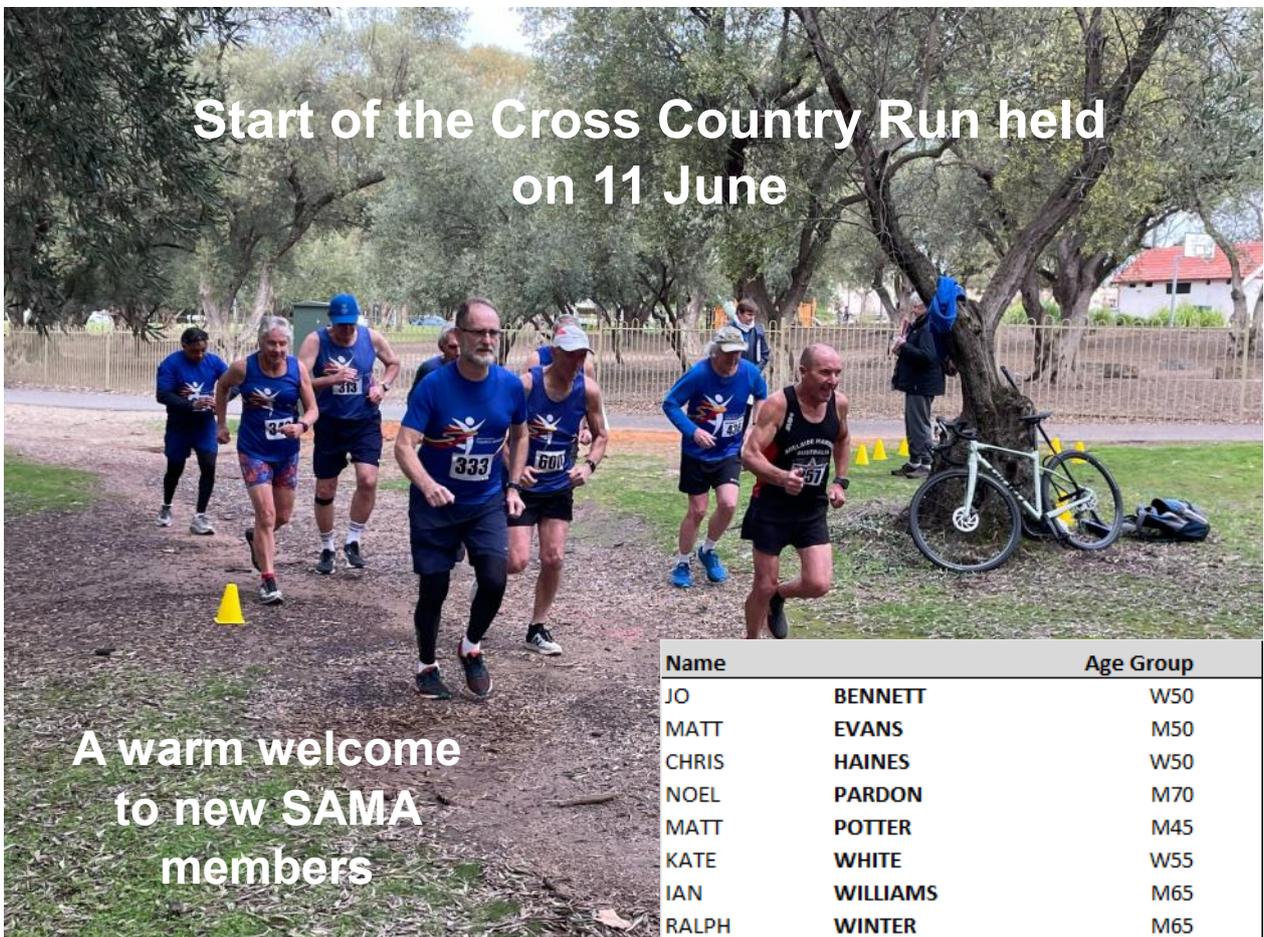
*See Lisa's report on page 3.*

## Coming Events

- **AMA Marathon** - Gold Coast **3 July**
- **ASA Cross Country Championship** — Botanic Park **16 July**
- **ASA Cross Country Championship** — Victoria Park **30 July**
- **SAMA / AMA** - 20km Championships / Half Marathon **7 August**

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# A NOTE FROM THE 2021/22 PRESIDENT

## Lisa Attenborough



What a busy few months we have had. We are now almost halfway through the winter season and have had some good competitions, enjoyed by those that have been out. Well done to **Val Lambert** whose determination has seen her take the lead for the Winter Achievers Award. If you are planning on attending future winter events, please note that we have published an updated Winter Program (Version 3) on the website, and it can also be found on page 16 of this newsletter.

At the end of May, Athletics SA held their annual Awards Presentation event and our club, and its members were very successful. **Kim Mottrom** cleaned up in the O35 Men taking out the In Stadium and Out of Stadium Award, **Ann Jefferies** received the O35 Women In Stadium Award and **Paul Sutcliffe** (dual member with Flinders) was awarded the President's Award. Our ladies were successful in winning the Best Female Club Senior State Track & Field Championships Award – this is given to the club that wins the most medals at the championships in the U20, Open & O35 age groups.

On the 18<sup>th</sup> June we held our AGM which saw us farewell a number of people from the committee. Thanks goes to **Doug Smart**, **Stephanie Noon** and **Patricia Laird** who stepped down from the committee. **Richard Moyle** will hand over the baton after 11 years of editing the club newsletter to **Ann Jefferies**.

Following a unanimous vote, Life membership was given to **Doug Smart** (member since 1978) in recognition of the fantastic work he has done for the club over the last 15 years as a committee member.

Congratulations to the following members who were elected:

Committee Members	
President	Sarah Chinner
Vice President	Anne Lang
Secretary	Edna Bates
Treasurer	Richard Moyle
Registrar	David Bates
Committee Members	Ann Jefferies David Wilczek Bill Dickenson George White Viddy Jermacans

Other Contacts	
Walks Coordinator	Graham Harrison
Course Measurer	Doug Smart
Promotions Officer	Stephanie Noon
Statistician	Ros Lowe
Public Officer	Lisa Attenborough
Winter Run Coordinator	Patricia Laird

While we are all feeling a little cold and wet, we hope that **Sarah Chinner** and **Michael Cassidy** who are in Tampere, Finland for the World Championships (29<sup>th</sup> June – 10<sup>th</sup> July) are enjoying some warmer weather. Check out the SAMA Facebook page for updates on their performances during the championships.

### Summer Venue Update

**The committee are still working on finding a venue for our summer competition for October and November while the Stadium is being upgraded.**

## 2022 Winter Program

An updated winter program can be found at the end of this newsletter. Note that some changes to venues have been made in this version (shown in red) There are sometimes unforeseen circumstances that require amendments to be made at short notice, and it is advisable to refer regularly to the latest version on the website at: <https://www.samastersathletics.org.au/programs/#winter>

For example, we had to make a last minute change of venue for competition on 21/5/2022 from Burbridge Road to Felixstow, when we became aware of path renovations on the course we use along that part of the Torrens Linear Park. We are scheduled to use the Burbridge Rd. venue again on 20 August, but won't know nearer to that time whether the course will be available. We may also need to change the venue for our Winter Presentation on 10 September So please keep an eye on the website for updated information about the competition on those weeks.

Each competition also has an entry in the Events section of the website at: <https://www.samastersathletics.org.au/events/>

You can click on the image for a particular event to see full details of the competition including race distances and times, venue map and course map, plus additional information that may be relevant.

## Did you know it takes a lot of effort to run our winter competitions?

As well as all tasks involved in the planning, scheduling, organisation and promotion of the competition program, the courses need to be marked prior to competition, there are several volunteers involved with timing and recording finishers, and the results need to be processed and published in a timely fashion (this list is not exhaustive). All this does not happen without a small band of people who are committed each week to ensuring that everything runs smoothly.

## SO A BIG THANK-YOU to everyone who contributes to the winter season:

*Our planners and organisers;* Lisa Attenborough, David Bates, Sarah Chinner, Graham Harrison, George White

*Our promoters;* Lisa Attenborough (emails), David Bates (website and program updates), Ros Lowe (Facebook)

*Our course measurer and markers;* Doug Smart (measurer), Graham Harrison, Ros Lowe, Gil McIntosh

*Our technical guru;* John Hore (competition entry lists, digital timing and recording, and processing results using Event Manager), assisted by his deputy David Bates

*Our non-competing officials:* Lisa Attenborough, Pauline Barber, Sarah Chinner, Bill Dickenson, Anne Lang, Viddy Jermacans, Jill Rogers, Gill White, Shirley Wright

*Our winter walks judges:* Edna Bates, Graham Harrison, Ross Hill-Brown, Roger Lowe, Gill White

*Our photographers (so far this year);* Sarah Chinner, Roger Lowe, Ros Lowe, Doug Smart, Gill White

*Our trailer keepers/bringers;* Lisa Attenborough, Gil & Margaret McIntosh

## SAMA Email Distribution List

SAMA uses MailChimp for sending regular emails to all its members, including weekly competition updates. There is an option to Unsubscribe at the bottom of each email, should you no longer wish to receive these communications. Notifications of SAMA Newsletters are sent currently using a separate email database, so would not be affected.

If you have Unsubscribed, but change your mind subsequently, please contact the Registrar, who will arrange for your email address to be reinstated on the list.

# REGISTRAR NOTES

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## ASA Membership

The SAMA membership year now coincides with that of Athletics SA (ASA), and 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>.

## Competing in Athletics SA 2022 Winter Season

All financial SAMA members are eligible to compete in the ASA Winter Season, consisting of Road Races, Distance Relays, Cross Country and State Championship events. Each individual event will have an entry fee, but there is an **option to add a Winter Pass (cost \$75) to your ASA membership for free entry to all winter events.**

If you wish take advantage of this pass, log onto your profile using your ASA username and password on the Athletics SA website to upgrade your membership, or contact the Athletics SA Office on 8354 3477 or [admin@athleticsa.com.au](mailto:admin@athleticsa.com.au) for assistance.

If you do not know your username there is an option to retrieve it by entering your email address. If you have forgotten your password, there is an option to have it re-set.

## SAMA Membership

A reminder that those members competing at the **2022 World Masters Athletics Championships** (Tampere, Finland, 29th June -10th July) are only eligible to represent Australia if financial members of SAMA for the current 2021/22 membership year, which runs until 31 September 2022. A list of these members as at 1 June has been sent to AMA for verification purposes. For further information about competing in the WMA championships including Australian uniform purchase, refer to the AMA website.

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>

## Recommending New Members Incentive

Pro-rata reduced membership fees for the 2021/22 year are available for new members\* who join SAMA from April to September ie. for the winter season only.

We have extended 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, or by \$10 if the new member is aged 40yr or less.*

\*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)

# SOCIAL NEWS

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Planning for the social calendar in the second of the year is well under way, with the next meal organised for a Sunday lunch at **The Cremorne Hotel on July 3rd**.

On Sunday August 28th I have booked for lunch at Luciano's Restaurant at Marina Pier, Glenelg, the menu is extensive with a Mediterranean style including vegetarian options and the dining room is very comfortable with uninterrupted sea views. Details will be posted on the website soon. Towards the end of November and after the October weekend away there will be another meal at a location yet to be decided.

One of the pleasures of being the social organiser is going to check out potential venues, there have been a number that have been rejected for one reason or another, for example too noisy, too small to handle our booking, food quality, bad coffee to name a few. If you have any feedback or suggestions you are welcome to get in touch with me.

**Bill Dickenson**

ph/sms 0497 911198.

Email [billdickenson76@gmail.com](mailto:billdickenson76@gmail.com)

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## Weekend Away (October 2022)

The SAMA Weekend away at the Pt Hughes Holiday Park (BIG4) on Yorke Peninsula has been booked for Friday 21st, Saturday 22nd, leaving Sunday 23<sup>rd</sup>

Please join us for a fun weekend with other SAMA members. We have a lot of fun socialising together at night, running / walking each morning for those who are keen, and venturing out into the local area. There is always time for coffee and of course happy hours!! Family and friends welcome. You may wish to stay longer, just let me know.

Website for the park if you want to check out the facilities: <https://www.big4.com.au/caravan-parks/sa/yorke-peninsula/port-hughes-tourist-park/accommodation>

The park is close to the beach and has a swimming pool, camp kitchen, mini-golf, jumping pillow for the young at heart (that's all of us), and a playground. There is plenty to see in the area, and I will, in the next few months, check out what is on that we can get involved in. It will be great to get back to the seafront. I will also book somewhere for us to eat one night.

We have booked 10 cabins so far. 9 Holiday Units at \$127.80 and 1 Executive Unit at \$154.80 per night (this already includes 10% discount). All units have a queen bed in one room and 2 singles in the other and all linen is supplied. There are plenty of sites for vans and tents too, so I can book those as well. The fee for these is around \$42-\$46 less the 10% discount.

Please let me know if you are interested or have any other questions. You will need to pay one night's accommodation to SAMA as a deposit, upon booking. I will give you details when you book.

**Late News : Most cabins have gone so do not leave your booking until the last minute. We may be able to get additional cabins, however, this is not guaranteed. Bookings need to be finalised by the end of August.**

**Helen Suridge**

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## QUIZ QUESTIONS

Did you miss out on the Weekend Away Friday night quiz hosted by George White in October 2021?

Below are a few of the questions.

**(see answers on page 18)**

1. Who is the patron saint of email?
2. When does red mean go and green mean stop?
3. My granddaughter is learning the alphabet - why did she get stuck on X ?
4. Name a country with 2 consecutive vowels in a row in its spelling?

# ARE YOU SAD?

by George White

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That is – suffering from Seasonal Affective Disorder - (everything is a real thing these days). You are not alone if you have stepped outside, sniffed the cold air, shaken your head and gone back inside – possibly for six weeks of Netflix and snacking. It is so easy to curl-up inside during the cold, dark, wet dreary winter; it is certainly not the most inviting time of year, but forcing yourself outside could see a stack of rewards you may not have thought of.

Depending on where you live, winter workouts can be mildly uncomfortable to a battle against rain, snow and ice, and in some cases the threat of breaking a leg is a legitimate concern. But particularly as we age, once you start taking days off for bad weather, you'll rapidly lose any fitness gain. Even in Adelaide, many of us workout early in the morning when temperatures sometimes approach zero.

No matter how much you know it is good for you and that you'll be glad when you're done, it takes effort to rug-up and get out the door. However besides remaining physically strong, you're also building psychological strength. When you've battled rain, darkness and biting winds all winter, the challenges of training will seem tame come spring.

A major factor in training is heart rate. The heart has to work harder to maintain the same intensity when it's hot compared to when it's cold. In hot weather blood is sent to the skin to be cooled by evaporation, which means to maintain cardiac output the heart rate must go up. In cold weather the opposite is true. Regulating body temperature is much easier in the cold! As blood is not going to the periphery, there is greater central blood volume, which means that the same pace can be at a lower heart rate – maybe 15 beats per minute fewer and this lower heart rate means less fatigue at the end. This comparative lack of tiredness and muscle fatigue could be used to add things like fartlek sections, a few hill reps or kicking near the end - adaptations that will increase strength, speed endurance and ability to push through discomfort in a race. An Arizona University study found that regular exercise in cold weather helps train the lungs to utilise oxygen more efficiently and increase speed significantly.

Another suggested bonus is that exposure to the cold helps convert white fat from the belly and the thighs to brown fat – the type of fat that burns calories to help the body retain heat. Also staying active should mean fewer and milder colds. It seems exercise sparks a rise in immune system cells circulating through the body, so exercising in the cold and flu (and COVID) season has a protective effect. And while it is easy to get a dose of vitamin D in summer, the vitamin is still needed in winter to maintain healthy bones, lower blood pressure and give a reduced risk of diabetes and cancer – so going outside is still important.

The first step outside is still difficult, so blunt the impact by warming up inside. Breaking a sweat isn't necessary but taking a few minutes to properly warm-up and get the blood flowing goes a long way to having a great run. Even just running up and down stairs will get you ready to run once you hit the cold. The cold doesn't feel so bad when you're warm.

"There's no such thing as bad weather, only bad clothes." This is a Scandinavian saying and emphasises that what you wear is important. You want to be warm without sweating too much. Layers are best with sweat wicking fabrics against the skin. You will warm up and start to sweat, so that's when layering properly will help regulate your body temperature. A base layer of wool, polyester or polypropylene are great choices - not cotton or linen. You might like to add a waterproof or water-resistant jacket. And finally, you want to focus on the smaller extremities such as your ears, hands, and feet. These areas are farther away from your heart, which means it takes more effort to get the blood flowing there, especially when all the blood is being

# ARE YOU SAD?

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directed to your larger muscles to power your run. Warm gloves, socks, and hats or ear covers are essential. You could wear a balaclava or scarf over your mouth to hold some heat in and keep your lungs warmer. Or of course one of the few good things about COVID 19 is that we all have a mask to keep our faces from freezing.

Mittens are better than gloves and if it's wet, use latex gloves under them to keep your hands dry. Choose socks that will wick away perspiration and keep your feet dry and warm: wool is a good choice. A cap or beanie that covers your ears should be on your must-have list. Again, it's never a bad idea to choose a fabric that wicks away moisture. If you wear thicker socks in the winter, make sure your shoes can accommodate them. You want to make sure they have enough grip, so you don't slip in rain, snow, or on ice. To keep warmth in and water and slush out, run in shoes that have limited amounts of mesh. If that is a problem - duct tape over the mesh!

With limited daylight, chances are you'll be running in the dark so wear reflective gear. Use a head-lamp—less so you can see where you're going and more so people can see you. When planning your run on cold windy days, try to run into the wind on your way out and have the wind at your back on your return. This avoids running into the wind when you are wet and sweaty because you will chill very quickly. Your core body temperature drops as soon as you stop running so change your clothes as soon as you can. And drink something hot—a hearty soup does double duty by refuelling your protein and sodium stores while also warming you up.

Running outside in winter is invigorating. Just a few minutes outside can make you feel brighter and more positive. Research shows that exercising in natural environments rather than indoors, was associated with increased energy and greater feelings of positive engagement and with decreases in tension, confusion, anger, and depression. So, don't think of winter as an obstacle, get that foot out the door and realise it is a training tool that will make you stronger, tougher, healthier and happier.

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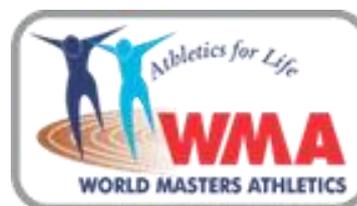
## New SAMA Life Member

**Doug Smart, a member of the SAMA committee from 2007 to 2022, has actively contributed to club events and activities.**

In 2008, Doug took on the course measurer role and then from 2010 to 2016 he was the 2 Jetties Fun Run organiser. In six years Doug was instrumental in developing the 2 Jetties : a very popular and important event on the SAMA calendar at that time.

For both the 2009 and 2016 AMA Track and Field Championships held in Adelaide, Doug was a member of the Local Organising Committee. He was also a key member of the SAMA team organising the out-of-stadia events for several Australian Masters Games.

Doug remains committed to working and competing with SAMA beyond his role as a committee member. He remains supportive of other members and is especially encouraging to new members.



## 2023 WMA Indoor Championships will be held in Toruń, Poland

Polish Masters Athletics and the city of Toruń can commit to a full WMA Championship plus offer a Mixed 4 x 200m Relay.

The city of Torun successfully presented a Championship in 2019.

For further details visit the below link.

[2023 WMA Indoor Championships](#)

# New Club Records

*Prepared by Ros Lowe*

Name		Age Group	Event	Result	Date	Venue
Sarah	CHINNER	W60	1500m	5.41.14	11-Jun-22	Oceania Mackay
Sarah	CHINNER	W60	800m	2.44.07	12-Jun-22	Oceania Mackay
Melissa	GRANTHAM	W35	5km Road Walk	30.30	24-Apr-22	SARWC
Melissa	GRANTHAM	W35	10,000m Walk	62.23	21-Feb-22	ASA Stadium
Paul	MULLHOLLAND	M45	10km road	32.13	22-May-22	ASA West Beach
Bryn	NICHOLLS	M40	5000m	14.48.83	09-Mar-22	Box Hill Burn, Melb
Peter	SANDERY	M80	10,000m	52.42.79	24-Apr-22	AMG Perth
Peter	SANDERY	M80	800m	3.13.94	26-Apr-22	AMG Perth
Peter	SANDERY	M80	6km Cross Country	32.30.04	27-Apr-22	AMG Perth



**Paul Mullholland**



**Peter Sandery**



**Melissa Grantham**, (W35) new club record holder in 5km road walk and 10km walk



**Michael Vowles (M75)** pictured on right

#### **Results from the Australian Masters Games**

The XV111 Australian Masters Games was held on 23 to 26 April. **Michael** competed in 3 events.

The 60m (Bronze), 100m (Bronze) and 400m (Silver)

## **Letter to the Editor**

In 2011 Richard Moyle had already served on the SAMA Committee as Registrar and Treasurer for 8 years – excellent service! He then became our Newsletter Editor and has done that for over 11 years, eclipsing the 9 years that Frank Rogers was Editor.

But Richard didn't just take on the role of Editor – over the years he has developed the Newsletter into a really classy document that not only keeps us informed but has done so in a very professional way, producing documents that are a pleasure to read. I know he researches for appropriate photos to accompany many contributions and the outcome is an exciting and modern production.

SAMA Members are I am sure, as grateful to Richard as myself, for the excellent job he has done in taking the standard of the publication to a new height. He can retire from the role knowing - "A job well done".

**George White**

**Editor** : The new Newsletter Editor, Ann Jefferies, will deliver a fresh and interesting newsletter to members in August.

*It has been my great pleasure to work with George and a number of other members (too many to mention). It is said volunteering leads to self-discovery. I encourage all members to think about the enjoyment that may come from volunteering and consider joining next year's committee.*

# Obituary—Maureen Moyle

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Sadly, Maureen Moyle passed away on 4<sup>th</sup> May. Maureen was a member of SAMA since 2002- a great personality and running champion. She holds 22 SAMA records in events from 1000m to the half marathon, set between 2012 and 2020.

Maureen started running at school where teacher Judy Daly introduced her to Adelaide Harriers coach Len Barnes. At 14 she soon found that the longer distances were where she could excel. Within six months she was chosen to represent SA in the National Junior Cross Country Championships. For the next 15 years Maureen represented SA in track, road and cross country running. For many years Maureen was unbeaten in cross country and overall, Maureen won 20 senior State titles.

In 1974 she placed second behind Olympian Jenny Orr in the National Cross-Country Championships and then drama hit in the following year's Nationals. With one kilometre to go Maureen was pulling away from the pack when an official failed to indicate a turn. Looking around she saw the second and third placed girls retracing their steps. The official had eventually called out to them all but with Maureen's poor hearing she failed to hear him. Fighting back she managed to catch the second placed girl but failed to catch the leader and had to settle for silver again. However, that year she was chosen to represent Australia in the World Cross Country Championships in Morocco. Representing Australia again in 1976 in Puerto Rico, this time in the 10k road race, Maureen struggled with the humidity but still managed 11<sup>th</sup> place.

With a new coach - Roger Pedrick, between 1980 and 1984 Maureen recorded PB's in all events from 800m to the marathon as well as winning more National medals. 1983 saw her win the National 10k road championships. While Maureen was making such a mark on the State and National track, road and cross-country scene she was also dominating the City Bay Fun Run. In the 13 years between the first race in 1972 and 1984, Maureen came third twice, second three times and won an amazing six times with a best time of 40.33 in 1978. She missed 1985 as she gave birth the day after the race, but to make up for the miss, Maureen won again in 1986 (for a total of 7 race wins).

SAMA will miss Maureen's smiling face and we pass on our sincere condolences to Paul and the family.

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# MEET OUR MOST RECENT MAGNIFICENT MASTER

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*Amongst other things, the SAMA History celebrates our high performance athletes. Since the formation of SAMA we have had perhaps 2000 or more members but only a select few are celebrated as our Magnificent Masters. Karen Long joins the ranks as the 26<sup>th</sup> member.*

## **Karen Long**

In 2020, Karen had an eight week stretch where every week she ran either a PB or new state record in every sprint from 60m to 400m. Karen is driven – constantly challenging herself to perform better.

Karen was into netball, calisthenics, basketball as well as athletics at school and later even did a couple of City Bays. Her main events were 100m, 200m, shot put and long jump. From Pt Lincoln she won silver in shot put, and bronze in the 70m state championships for the Under 8's. Karen's best results at aged 15 were 12.52sec for the 100m, 5.75m for the Long Jump and 11.49m for the Shot (3kg). She did athletics until 17 and returned to longer running and weights/gym in her 20-30's. Karen joined SAMA in late 2012 and burst onto the National scene in Canberra the next year, with a gold in the 400m, plus five other medals. At the Nationals since then she has won gold medals in the sprints from 60m to 400m and has also won gold in the Shot as well as a silver medal in the 800m. In total Karen has won 14 AMA Championships as well as four gold, six silver and two bronze medals in relays and 15 other medals.

Karen has only competed in one Oceania Masters Championships – in Mackay, 2019 where she excelled, bringing home gold in all four sprints, shot put and both relays. Karen first went to the World Championships in Porto Alegre, Brazil 2013 with top eight placings in the 100m, 200m and 400m but it was the relays where she became particularly accomplished and excelled by winning gold in the 4x100m and bronze in the 4x400m. Perth 2016 saw Karen pick up bronze in the 100m and further golds in the 4x100m and 4x400m relays.

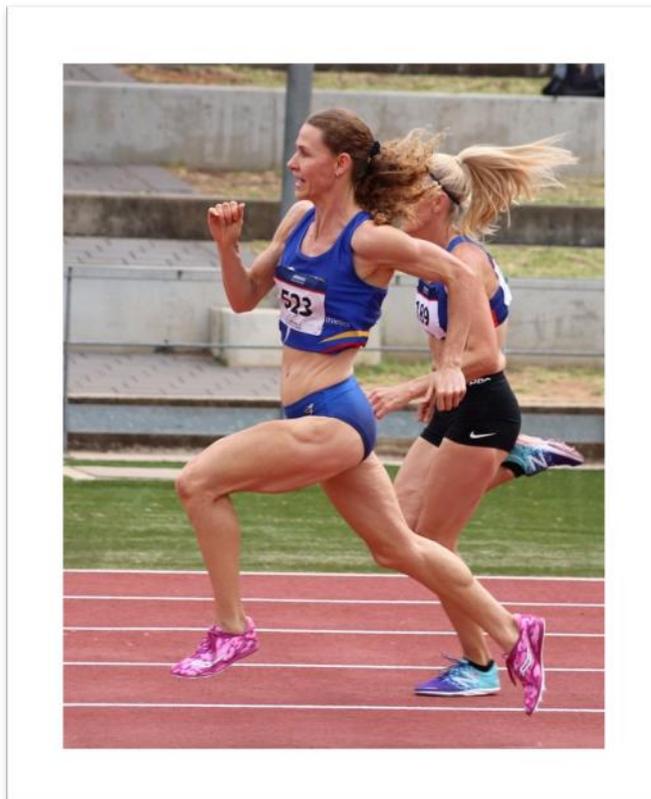
During 2020 in SAMA competition, Karen shone in the sprints with a best age graded performance of 92.29% and an average of 90.94%. During the year Karen broke the State Age Group 60m and 400m records three times, and the 200m record, including the great Wendy Ey records in the 60m and 200m. These achievements saw Karen win the SAMA Sprints Award for 2020 and go on to win the AMA Sprints Athlete of the year 2020 as well as the ASA O35 T&F Athlete of the year for 2020/21.

Currently, Karen has 10 individual records on the SAMA books.

Karen considers her best achievement to be the 2020 World number one ranking in the W45 100m and 200m. Karen is a dedicated sprinter, not afraid to drop events to ensure she performs at her best and her ambition (make that a target) is to win the world championships 100m and 200m (she was on target to do this in 2020 until Covid happened) as well as set Australian records in the W45 100m and 200m.

She has considerable admiration for some of the older Masters athletes who achieve amazing results and demonstrate that age is not a barrier and she would love to do what they are doing at their age.

## **George White**



# SAMA Championships

## 5km Run - 28 May

Name	Age Group	Result	Age Group		
			%	Place	
LOWE	Ros	W70	29:32	70.3%	1
FALLON	Carol	W65	35:24	53.4%	1
ALEXANDER	Felicity	W55	27:08	62.3%	1
RUTHERFORD	Lesley	W50	28:44	57.1%	1
WHITE	George	M75	28:13	65.1%	1
BATES	David	M70	39:25	43.4%	1
TAGELL	Michael	M65	22:47	71.2%	1
WILLIAMS	Ian	M65	28:20	59.1%	2
ANDERSON	John	M60	24:53	63.2%	1
JASON	Jacques	M60	27:56	55.8%	2



# SAMA Championships

## 8Km & 6km Cross Country - 11 June

Event	Name		Age Group	Result	Age Group	
					%	Place
8km	Michael	TAGELL	M65	39:04	68.3%	1st
	Jacques	JASON	M60	48:47	52.6%	1st
	Norm	WHITE	M60	1:05:51	39.7%	2nd
	Stephen	DUNN	M55	53:55	45.1%	1st
6km	Ros	LOWE	W70	39:14	64.6%	1st
	George	WHITE	M75	37:01	60.8%	1st
	Doug	SMART	M75	42:10	54.1%	2nd
	Mike	VOWLES	M75	43:13	52.8%	3rd
	David	BATES	M70	53:07	39.1%	1st



Stephen Dunn



Norm White

# SAMA Birthday List

June and July

*Happy Birthday!*

LORAINÉ	BARON	GEORGE	WHITE	NEIL	HAYFORD	70
SEAN	CONNELL	DAVID	WILCZEK	PAUL	HOOK	
SUDJAI	COOK	JOHN	WINTER	JUDY	ISAAC	
JENNI	COTTER	RUSSELL	WITHERS	JACQUES	JASON	
WAYNE	EDWARDS	ROBERT	BARNARD	AARON	LAWSON	
MATT	EVANS	JENNY	BATTERSBY	VIRGINIA	LYNCH	
KRISTINE	FREEMAN	PETER	BOS	GIL	MCINTOSH	55
ALBERT	JAMAE	MARK	BURNS	DAVID	ROBERTSON	
JEFFREY	KENNETT	MICHAEL	CASSIDY	DOUG	SMART	
MALCOLM	MCMILLAN	PIETER	DE WIT	BILL	STARR	80
DENNIS	PECK	LIZ	DOWNES	MALCOLM	TIGGEMAN	70
JENNIFER	ROBERTSON	GINO	GERACITANO	SUE	TURNER	
PETER	SANDERY	GEOFF	HAKES	ALAN	TWARTZ	
LOUISE	SCARMAN	GRAHAM	HARRISON	HANS	VAN BAVEL	
MICHAEL	TAGELL	BRIAN	HART			85

## CLUB CONTACTS

### Committee Members

Sarah Chinner	President / Summer Runs Coordinator	0412 915100	sarahs01@bigpond.com
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David Bates	Registrar/ Webmaster	0413 023075	registrar@samastersathletics.org.au
Bill Dickenson	Social Organiser / Awards Officer	0497 911198	billdickenson76@gmail.com
Ann Jefferies	Field Coordinator / Newsletter Editor	0417 716892	ann.jefferies@adam.com.au
David Wilczek	Uniforms Officer / Club Delegate	0430 140722	wilczek_lifecoach@bigpond.com
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Viddy Jermacans	Committee	0407 188721	viddy48@yahoo.com.au

### Other Contacts

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Graham Harrison	Walks Coordinator	0439 500751	grahamjharrison@hotmail.com
Ros Lowe	Statistician	0437 811582	rrlowe@tpg.com.au
Patricia Laird	Winter Runs Coordinator	0420 681040	patricialaird03@gmail.com
Doug Smart	Course Measurer	0413 456898	dougsmart2@gmail.com

# SA Masters Athletics Winter Program 2022

Version 3

DATE	VENUE	WALKS	RUNS
Correct as at 15/6/22			
		Handicap Events - Gray	SAMA Championships - Orange
Subject to change in response to COVID-19 Public Activity Requirements for South Australia [ <a href="https://www.covid-19.sa.gov.au/">https://www.covid-19.sa.gov.au/</a> ]			
25th June	Oaklands Park	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
29th June -10th July	2022 WMA World Championships - Tampere, Finland		
2nd July	Cnr Greenhill & Peacock Road (Adelaide Hockey Club Rooms)	<b>1.30pm SAMA 10km Walk State Champs with SARWC</b> 1.30pm 12km, 2.00pm 5km	<i>Do parkrun if desired</i>
	<i>parkrun</i>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
9th July	Le Fevre Terrace - <b>changed</b>	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
<i>Handicap Event - Prizes</i>			
16th July	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	<b>1.45pm SAMA 10km Run State Championships</b> 2.15pm 8km, 2.45pm 4km, 3.00pm 2km
16th July	Botanic Park	ASA XC #2	
23rd July	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road (Walks TBC)	<b>1.15pm SAMA 15km Walk State Champs</b> 1.45pm 10km, 2.35pm 4km, 2.45pm 2km	2.00 pm 10km, 2.45pm 4km, 3.00pm 2km Walkers' course
30th July	Oaklands Park - <b>changed</b>	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
30th July	Victoria Park	ASA XC State XC Champs	
6th August		<i>Do parkrun if desired</i>	<i>Do parkrun if desired</i>
	<i>parkrun</i>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sunday 7th Aug	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road	<b>20km Walk SAMA State Championships and 20km Walk AMA Championships</b> 10am Start - Other distance - 10.10am 4km	<b>SAMA Half Marathon State Championships</b> Eligible for the 2022 AMA Postal H-M Championships. 10.10am Start - Other distance - 10.10am 6km
13th Aug	Victoria Park (Cnr Halifax St & East Tce) - <b>tentative only</b>	TBA	TBA
13th Aug	Cnr Greenhill & Peacock Road (Adelaide Hockey Club Rooms)	ASA State Walk Champs (SARWC)	
13th Aug	Bonython Park	ASA Ekiden Relays	
20th Aug	Burbridge Road (TBC)	2.00pm 8km, 2.35pm 4km	2.15pm 8km, 2.45pm 4km, 3.09pm 1km
<i>Prizes</i>			
Sun 21st Aug	Adelaide Marathon Festival - This event is eligible for the 2022 AMA Postal Half-Marathon Championships.		
26-27th Aug	TBC	Joint AA / AMA National XC Championships	
27th Aug	Bonython Park 3km course	1.30pm 12km, 1.45pm 9km, 2.15pm 6km, 2.45pm 3km	2.00pm 12km, 2.15pm 9km, 2.30pm 6km, 2.45pm 3km
3rd Sept	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.30pm 6km, 2.45pm 4km, 3.00pm 2km, 3.09pm 1km
Sun 4th Sept	Park 10, War Memorial Drive	Fitzy's 5 - ASA State 5km Road Champs	
10th Sept	Western Districts Clubrooms (TBC)	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
<i>WINTER PRESENTATION - Prizes</i>			
Sun 18th Sept	CITY-BAY		
21st-23rd Oct	SAMA WEEKEND AWAY - Port Hughes Holiday Park (Yorke Peninsular)		



Walkers - on the 11 June at the East Tce. course

# COMING EVENTS

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The world class international marathon will attract 26,000 participants across eight races including the Village Roadshow Theme Parks Gold Coast Marathon, CPL Wheelchair Marathon, ASICS Half Marathon, Southern Cross University 10km Run, CPL Wheelchair 10km, Gold Coast Airport 5km Fun Run, Health and Wellbeing Queensland 4km Junior Dash and Health and Wellbeing Queensland 2km Junior Dash.

Its famous flat, fast and scenic course located alongside the city's renowned surf beaches and broadwater plus ideal winter running conditions result in 60% of participants achieving personal best times each year. <https://goldcoastmarathon.com.au/enter>

## AMA Winter Championship Event

SAMA will again host the AMA 20km Road Walk Championships in 2022, encompassing the SAMA 20km Walks Championships. SAMA race walkers should note that to be eligible for the National Championships, it is necessary to also submit a separate entry for the AMA 20km Road Walk Championships. See the [Events page](#) for further details, including the entry form (when available).

The SAMA Half-Marathon Championships will be held in conjunction with the 20km walks. This event, together with the Half-Marathon events at the Barossa Marathon Festival and the Adelaide Marathon Festival, will constitute the three South Australian races eligible for the 2022 AMA Postal Half-Marathon Championships (see the [AMA website](#) for full details).



# CLUB UNIFORMS

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Legend Sportswear is now our official uniform supplier. You can view the range and order on-line at

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

Orders can only be made during a campaign period to allow manufacturing and shipping from China. The opening date of the next campaign will be advised. In the meantime please contact the Uniform Officer, David Wilczek if you have any urgent uniform requirements or questions.

## 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

[registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

Please send results to the editor at  
[ann.jefferies@adam.com.au](mailto:ann.jefferies@adam.com.au)

## QUIZ ANSWERS

1. St. Francis of a cc
2. When you eat a watermelon
3. She doesn't know Y (why)
4. Greece, Cameroon