South Australian
Masters Athletics NEWS

Official newsletter of SA Masters Athletics Inc. December 2022

The Season Starts!

First meet of the season at Enfield Harriers

On a cold, wet and windy Monday evening, a group of hardy, dedicated athletes braved the conditions to compete at our first meet of the season.

Thanks have to go to all the volunteers who shivered their way through the evening to ensure the competition went ahead.

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COMING EVENTS

Christmas SAMA Meet
Adelaide Harriers Clubrooms
Wednesday 14 December

•

Bay Sheffield Carnival
Tuesday 27 December and
Wednesday 28 December

2023

ASA Multi Event Championships
Saturday 14 January &
Sunday 15 January

•

SAMA T&F Pentathlon - Men
Wednesday 25 January

•

SAMA Bob Clarke Challenge
Wednesday 1 February

•

ASA 3000m Run Championships
Wednesday 1 February

Bill Dickensen

A NOTE FROM THE PRESIDENT

With 2022 nearly over, I feel like we can now look forward to a very positive second half of the summer season and a year which offers a lot of opportunity.

The latest news on the Mile End track is that it will be open before Christmas. That means that our Wednesday night competitions will return from early January; all the information is on the website and will be sent in reminders with our regular member emails. A copy of the program is included on page 18 in this newsletter for those not online.

Thanks to our fabulous team of event people, we have been able to start our summer competitions on Monday nights at the Enfield Athletics grounds. While numbers have been low and attendance hasn't been helped by dreadful weather, it is pleasing that we have been able to hold something so that we are working within SAMA's purpose to provide opportunity for members. Special thanks must go to committee members David Bates and George White for their efforts to make this happen and to member Melissa Grantham who was pivotal in negotiating the arrangement with Enfield.

I think everyone is looking forward to being back at Mile End at the track, especially those of us whose travel logistics and work commitments have meant we couldn't be at Enfield. We expect to have an extended summer program with events continuing at the track later than usual.

We have had some fabulous social events in the past couple of months, including the highly successful weekend away (thank you Helen Suridge for all your efforts, again) and a very well attended dinner at the Bombay Bicycle Club (thank you Bill Dickenson) – it was fabulous to catch up with so many of you for dinner. We can look forward to a quiz night in early February (details advertised later in the newsletter) which will be a great opportunity for us to get together; preliminary plans suggest it will be a fun-filled night. Start planning your tables now (6 to 8 people) and contact Bill to book your tickets. If you don't have a full table, you will be assigned to tables with others to create a team.

The recent ASA Relay Championships saw an excellent showcasing of mature athletes competing at state level, with SAMA represented by five teams and some of our members competing as representatives of other SA Clubs. I was so proud to be part of the SAMA teams, running with a wonderful group of people who came together to share our love of running, but also demonstrating to the SA Athletics community, the depth of involvement in the sport by mature athletes. Congratulations and thanks to all of you; it was a fabulous experience. Congratulations also to those of our members who represented other SA clubs and thank you for your part in progressing SAMA's purpose to build understanding, inclusion and acknowledgement of mature athletes.

Some major events coming in 2023 include the AMA National Championships in Sydney in early March and the Australian Masters Games which will be in Adelaide in October. The Nationals will be held for the first time at the Sydney Olympic Park facility and the Saturday night of the event will coincide with the Sydney Track Classic meet and some Masters' events will be held as part of the track classic. This is a huge coup for the organising committee and provides the opportunity to showcase Masters athletes and the depth of talent nationally (more information in SAMA News).

SAMA will be coordinating the out of stadia events for the Australian Masters Games in October, with ASA conducting the stadium events. This is an opportunity for any SAMA members to be involved in the conduct of a major event, so please let the committee know if you're interested in working with our events team on this, even if only for a short time.

I wish you all a safe and enjoyable Christmas and look forward to running with you in the new year.

Sarah Chinner

SAMA NEWS

Bay Sheffield Carnival

The Masters 800m handicap race is again scheduled to be held at the SA Athletics League's iconic Bay Sheffield Carnival. The race will be on 27 December, with exact timing yet to be advised by SAAL. Once again, Exurbia (Previously Scout Outdoor Centre) has generously agreed to sponsor the event through provision of vouchers for the three placegetters.

By the time you read this, nominations will have closed but we will circulate details of the final start list via the regular member communications.

World Masters Athletics Rankings Website

Australian Masters Athletics (AMA) has extended its agreement with World Masters Rankings so that all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site at no additional charge until 31 December 2022.

World Masters Indoor Athletics Championships

The 2023 WMA Indoor Championships will be held in Torun, Poland from 25th to 31st March 2023. AMA are producing a newsletter for anyone interested in going and you can find issue 1 on the AMA website - https://www.australianmastersathletics.org.au/2022/09/30/wmaci-torun-poland-2023-newsletter-1/

New & Returning Members

Welcome to our new & returning members:

Greg Barry	M35
Vicky Caputo	W40
Richard McMahon	M60
Anne Ogden	W70
Marie Ogden	W35
Carol Dwyer	W60
James Goodall	M45
Brooke Logan	W40

AMA National Championships Sydney 10-13 March 23

The organising committee has opened the portal and is taking registrations for the event which is scheduled for 10 to 13 March 2023 at Sydney Olympic Park, utilising facilities at both the main and warm up track. An **Early Bird Discount is available until December 31**, with the closing date for registrations on February 6. More information and registration is available at sydney2023.com.au.

SAMA NEWS

Summer Season

We are looking forward to commencing our first meet at Mile End on Wednesday 11 January. There are plans to extend the summer season further to compensate for the messy start to the season - watch this space for confirmation.

The winter program is under review to attempt to optimise participation and address members' changing needs. We hope to have some more information early in the new year about what members can expect for winter.

Australian Masters Games (AMG), Adelaide

The AMG will be held in Adelaide from 7 to 14 October, 2023. Early Bird Registrations have opened for the event and more details can be found at australianmastersgames.com/games/. SAMA will be conducting the Out of Stadia events at the end of the program. If you would like to be involved in coordinating these and/or being part of the team conducting the events, please contact a member of our Committee to register your interest.

Another Incentive to Improve

Not everyone has the opportunity or desire to go to the National Championships where they might win a medal but there is another way to get recognition for improvement and see how you compare with others in Australia - and it doesn't have to be done at a major event. That is by using Australian Masters Athletics (AMA) Standards.

AMA has developed a set of standards for most events with three levels for achievement – 3 being the lowest and 1 being the highest. Not only can you attempt to go through the levels, but you can reward yourself with a certificate to recognise your effort.

The three levels have been established to be comparable across events and with worldwide standards in mind.

Getting a certificate for achieving a level of performance is simple, free and can be done on your own computer. You produce your own certificate without the need to interact with anyone. This can be done via the AMA website or by using the links on the right!

The process:

1. Verify the AMA standard level achieved via these links

   Men's AMA Standards

   - Australian Men's Track Standards March 2022
   - Australian Men's Field Standards March 2022

   Women's AMA Standards

   - Australian Women's Track Standards March 2022
   - Australian Women's Field Standards March 2022

2. Download the certificate from the AMA website to your computer
3. Australian Men's Standard Certificate
4. Australian Women's Standard Certificate
5. Use the drop-down boxes to select the Level achieved, Event and Age Group.
6. Use the blank boxes to enter your name, performance, location, and date).
7. Print the certificate

REGISTRAR NOTES

SAMA Membership Renewals

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September), and **renewals for all members were due on 1 October 2022.**

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). This membership also provides personal accident insurance cover whilst participating in any athletics events. Details of the policy are available at www.samastersathletics.org.au/reports-and-documents/#documents.

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 2023 will be removed from our email distribution list and will no longer receive notifications or newsletters.

Membership applications and renewals, together with payment of fees, should 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 www.samastersathletics.org.au/membership/#registration.

Early Bird Prize

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

Congratulations to the winners of the draw this year: Albert Jamae, Jacques Jason and Allan Mayfield. Each will receive a refund of their membership fee.

Membership Enquiries

If you have any membership questions please contact the Registrar, David Bates on 0413 023 075 or email: registrar@samastersathletics.org.au

Recommending New Members Incentive

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.*

Competing with Athletics SA in 2022/23 - ASA Membership Options

If you are planning to participate in the Athletics SA competitions in the 2022/223 summer season, then you need to decide which level of membership with ASA you would like to take out.

All financial competing SAMA members have basic membership of Athletics SA (Bronze level) for 2022-23. For an extra annual fee, those who have chosen to compete for SA Masters as their primary club have the option to upgrade their ASA membership to a higher level to reduce the cost per day/event when competing in ASA competitions and championships. **Please contact the Registrar to initiate an upgrade if required.**

Further information about these membership options and additional fees payable for 2022/23 is available on the SAMA website at: www.samastersathletics.org.au/programs/#asa_season

David Bates

SOCIAL NEWS

On Friday night of 25th November we gathered for dinner at The Bombay Bicycle Club.

We had our own separate area of the dining room and were treated to a delicious evening meal by the friendly and attentive staff. As usual there were lots of happy conversations with stories to share which made it a night to remember.

You may have already read about the next social event which will be a quiz night on Saturday 4th February at Clarence Park Community Centre, just a short distance from the city centre and next to Clarence Park train station. Entry will be just $10.00, so come along, make up a table with your friends, join in the fun and have a good time.

Bill Dickenson

Social Secretary

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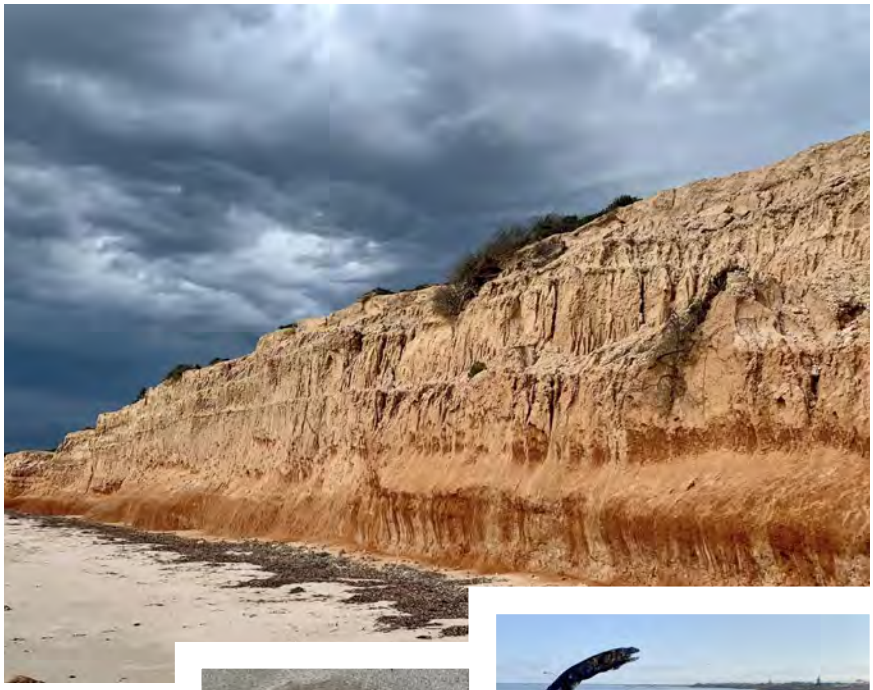
Saturday 4th February 6.30 pm
Quiz starts at 7.00 pm
Clarence Park Community Centre
72-74 East Ave. Black Forest
Opposite Clarence Park Railway Station.

Entry $10.00 per person.
Or book a table of 8 for $70.00
Includes tea and coffee.
BYO Drinks, nibbles, plates and glasses.
Tables of 6-8. Bring a friend.
Payment in advance by 1st February.
Bank transfer preferred.

For payment please contact Bill Dickenson on billdickenson76@gmail.com or phone/sms 0497 911 198

SOCIAL NEWS

Weekend away at Port Hughes 21-23 October 2022

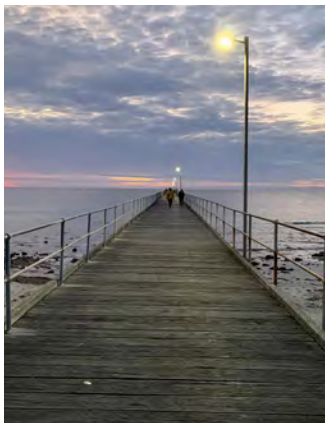


33 members and their partners/friends booked into the 2022 weekend at the Port Hughes Caravan Park, a beautiful spot on the Yorke Peninsula. The caravan park is on the beachfront and the weather was kind to us, so it was a great weekend to relax, walk, eat and drink and mix with other members. Friday night we shared meals and were 'subjected to' George's tough quiz again. We ate at the local Pt Hughes Tavern on Saturday night, where we were treated well with great food and service. The local cafe also did a roaring trade over the weekend with coffee and meals and many t/shirts were bought by the ladies.

Look out in the new year where we will be in 2023!

Helen Suridge

George's infamous quiz!



ASA Relay Day 2023

26 November 2022

SAMA successfully competed at the Athletics SA (ASA) State Relay Championships on Saturday 26 November, fielding five teams in Over 35 and Over 50 categories.

Our men competed in the Over 35 4 x 200m, with Hans van Bavel and Mike Vowles teaming up with 'youngsters' Joe Godsell and Gerry Doyle. Hans is a veteran to relays, known as the anchor to sprint relays for South Australia at national championships. He ran in the less familiar role of starter, passing onto Mike who is relatively new to relays and ably setting the team up for a silver medal.

The men's second race was the 4 x 400m, also in the Over 35 category. The team of Tim Storer, Wayne Scarman, Joe Godsell and Gerry Doyle ran well to take away gold. Both men's teams set records for their races.

The women fielded teams in 4 x 800m Over 50, 4 x 100m Over 50 and 4 x 200 Over 50. The 800m team included Patricia Laird, Elizabeth Slattery, Mary Abrey and Sarah Chinner; the 4 x 100m Louise Scarman, Sue Cassidy, Marlene Norton-Baker and Ann Jefferies; and the 4 x 200m Sarah Chinner, Sabine Orchard-Simonides, Louise Scarman and Sue Cassidy. Special mentions go to Louise Scarman and Mary Abrey, both new to relays at ASA and Sabine who is returning to the track after knee reconstruction surgery. As the only Over 50 teams, the result was a forgone conclusion, but the medal was only the icing on the cake compared to the great experience of running together.

There were also SAMA members competing in other local (ASA) clubs, achieving excellent results.

Congratulations and thank you everyone for being involved in a fabulous day of competition and for your part in progressing athletics for mature athletes in South Australia.

Men's 4 x 400m team

Women's 4 x 100m team

Women's 4 x 200m team

Women's 4 x 800m team

Brain v Brawn

By George White

If your brain is telling you to stop – it's time to tell it to shut up. Psychological issues can affect performance – for good and for bad.

What causes mental fatigue when you're out for a long run or walk? The secret could all be in your mind because that's what sets your limits, not your body. So, when you're disheartened with training, or want to bury your head in chocolate cake, just remember why you want this. It's your mind that first tells you "No" when your legs are shaking from a hard run. But remember, when training starts to hurt (within reason), it starts to work, so it's important that you battle through at least some of the pain.

There is growing evidence that endurance performance is indeed limited by psychological factors, rather than physiological ones. Most of the evidence comes from the use of challenging computer or reading tasks to induce mental fatigue before a workout. Controls involve performing the same workouts following a non-fatiguing exercise. It seems pretty clear that being mentally fatigued is detrimental to physical performance. But mental fatigue doesn't appear to cause the heart or muscles to perform differently, it's just that perceived effort rises.

A study using distance runners involved one group performing a 50-min mentally fatiguing task before a half-marathon, and a control group reading magazines for 50 min before it. Performance time, speed, heart rate and rating of perceived exertion were measured. Runners who performed the mentally fatiguing task completed the half-marathon approximately five minutes slower than the control group.

In another study participants rode a stationary bicycle to exhaustion under two conditions: once when they were mentally fatigued and once when they were mentally rested. The trials took place in the laboratory on different days. The participants got the same amount of sleep, drank the same amount, and had the same meal before each of the sessions.

The mental fatigue sessions began with a challenging 90-minute mental task that required close attention, memory, and quick reaction. After undergoing this session, participants reported being tired and lacking energy. The control session consisted of watching neutral documentaries for 90 minutes. In each session they rode until exhaustion, defined as the point when they could not maintain a rate of at least 60 revolutions per minute for more than five seconds. Throughout both sessions, the researchers tracked a variety of physiological measures, such as oxygen consumption, heart rate, cardiac output, blood pressure, ventilation, and blood lactate levels.

The participants completed surveys to measure their motivation and perceived effort. (The participants were offered monetary prizes for the best performance in each session to keep motivation high and eliminate it as a factor.)

The participants stopped at the same perceived effort level in both the fatigued and non-fatigued trial, but they stopped exercising 15% earlier, on average, when they were mentally fatigued. Mentally fatigued participants started at a higher level of perceived effort and reached the endpoint sooner.

Brain v Brawn

Continued

Two possibilities arise from this study: mental fatigue lowers the brain's inhibition against quitting, or mental fatigue affects dopamine, a brain chemical that plays a role in motivation and effort.

To some degree what we call exhaustion is not the inability to continue; it's basically just giving up. The reality is that the neuromuscular system can continue but there is a safety mechanism like many other sensations designed to protect the body (i.e., thirst, hunger, or pain) which are there to make us take corrective action. And just because something is a perception doesn't make it any less powerful in controlling behaviour!

What about mental fatigue when you are already out for a long run? One popular hypothesis is that most of the lethargy is caused by a chemical called tryptophan. Tryptophan is an amino acid which is normally in the bloodstream attached to a blood plasma protein, albumin. However, when blood fat levels rise, as they do during prolonged exercise, the fats 'kick' tryptophan loose from the albumin. This 'free' tryptophan then enters the brain, where – converted to another chemical called serotonin – it may induce fatigue and produce a drop-off in performance.

So, what can be done? Fortunately, the common practise of taking in carbohydrate during exercise – may have a compound beneficial effect. Sports scientists have known for years that carbohydrate keeps muscles going at a high level during extended exercise, but they're realising also that carbohydrate may have a profound effect on the brain.

Carbohydrate taken during exercise reduces the amount of fat circulating in the blood. As a result, less tryptophan is freed from the albumin and hence a lower amount of tryptophan enters the brain. Practically this means - don't fast before workouts or competitions as this raises blood-fat levels, avoid fatty foods during the 12-hour period before training sessions or competitions, and to reduce blood-fat levels, eat a carbohydrate meal two to four hours before workouts or competitions. Follow this up with a few swallows of a sports drink every 10 minutes or so during

the exercise to delay the onset of mental fatigue – and improve performance.

Other practical things that can alter perception are music and caffeine. Music reduces perception of effort by up to 12% (as well as helping to increase cadence). Caffeine has long been thought of as a performance enhancer, but the consensus now appears to be that the effects of caffeine are 90 percent on perception rather than the metabolic effects.

The take home from all this is that muscle fatigue does influence performance, but it is often indirect. Just as you taper your mileage to ensure you are physically ready you should also taper your mental state by avoiding mentally fatiguing activity immediately before competition. In the run up to an important race don't take that job interview or argue with your partner and ensure all necessary arrangements for travel and accommodation etc are made well in advance. Where possible, do training and racing when mentally rested. But remember, no amount of mental visualization will compensate for not having done the training. ■

NEW CLUB RECORDS

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Kim Mottrom	M35	Marathon Walk	4.04.42	02/10/22	Semaphore
Heidi Taylor	W65	Weight	10.99	07/11/22	Enfield
Heidi Taylor	W65	Shot Put	9.29	07/11/22	Enfield
Heidi Taylor	W65	Hammer	27.22	28/11/22	Enfield
Jenni Cotter	W40	4X200m	1.56.28	26/11/22	ASA Bridgestone
Susan Turner	W40	4X200m	1.56.28	26/11/22	ASA Bridgestone
Karen Long	W40	4X200m	1.56.28	26/11/22	ASA Bridgestone
Vicky Caputo	W40	4X200m	1.56.28	26/11/22	ASA Bridgestone
Sarah Chinner	W50	4X200m	2.22.78	26/11/22	ASA Bridgestone
Louise Scarman	W50	4X200m	2.22.78	26/11/22	ASA Bridgestone
Sabine Orchard-Simonides	W50	4X200m	2.22.78	26/11/22	ASA Bridgestone
Sue Cassidy	W50	4X200m	2.22.78	26/11/22	ASA Bridgestone
Patricia Laird	W60	4X400m	14.29.91	26/11/22	ASA Bridgestone
Mary Abrey	W60	4X400m	14.29.91	26/11/22	ASA Bridgestone
Elizabeth Slattery	W60	4X400m	14.29.91	26/11/22	ASA Bridgestone
Sarah Chinner	W60	4X400m	14.29.91	26/11/22	ASA Bridgestone
Hans van Bavel	M35	4X200m	1.59.90	26/11/22	ASA Bridgestone
Mike Vowles	M35	4X200m	1.59.90	26/11/22	ASA Bridgestone
Joe Godsell	M35	4X200m	1.59.90	26/11/22	ASA Bridgestone
Gerry Doyle	M35	4X200m	1.59.90	26/11/22	ASA Bridgestone
Tim Storer	M35	4x400m	4.10.92	26/11/22	ASA Bridgestone
Wayne Scarman	M35	4x400m	4.10.92	26/11/22	ASA Bridgestone
Joe Godsell	M35	4x400m	4.10.92	26/11/22	ASA Bridgestone
Gerry Doyle	M35	4x400m	4.10.92	26/11/22	ASA Bridgestone

Women's Over 35 4 x 100m relay team competing for Westerns

Heidi Taylor

SAMA 10,000m STATE CHAMPIONSHIPS

30 October 2022 • Bridgestone Stadium, Salisbury

Name	Age Group	Result	Age Group %	Place
Patricia Laird	W60	0:50:05	72.76	1
Peter Crump	M60	0:49:33	65.92	1
Michael Cocks	M55	0:40:49	77.21	1
Colin Ambrose	M50	0:35:17	86.31	1
Chris Hartwig	M50	0:39:18	76.21	2
Reece Tilbrook	M40	0:35:25	77.11	2
Greg Barry	M35	0:40:46	65.58	2

AA 35km RACE WALKING CHAMPIONSHIPS

4 December 2022 • Fawkner Park, Melbourne, Victoria

I travelled to Melbourne for the open national 35km Australian Championship on Sunday the 4th of December. There were only 9 entries in total;

Declan Tingay - 20km Olympian, competing in his first 35km

Rhydian Cowley - 50km Olympian, current national 35km champion

Kyle Swan - 20km Olympian, competing in his first 35km

Carl Gibbons - Australian representative over 35km at World Cup

Kim Mottrom - current Australian bronze medallist

Jemima Montag - 20km Olympian, competing in her first 35km

Rebecca Henderson - 20km Olympian, competing in her first 35km

Siu Nga Ching - Hong Kong walker, competing in her first 35km

Annett Torma - overseas walker

The day got to 34c with a temperature of 30c when the race was finished. Of the 9 walkers, only 4 finished due to the tough conditions;

Open Men Result

1. Rhyan Cowley 2:37:30
2. Kim Mottrom 3:12:08

Open Women Result

1. Rebecca Henderson 3:01:38
2. Siu Nga Ching 3:02:20

Kim Mottrom

ASA STATE RELAY CHAMPIONSHIPS

26 November 2022 • Bridgestone Stadium, Salisbury

Women 4 x 100m Relay - Over 50

Place	Team		Result
1	**SA MASTERS ATHLETICS 'A'**		**64.82**
	1) Louise Scarman 52	2) Sue Cassidy 61	
	3) Marlene Norton-Baker 70	4) Ann Jefferies 60	

Women 4 x 200m Relay - Over 50

Place	Team		Result
1	**SA MASTERS ATHLETICS 'A'**		**2:22.78**
	1) Sarah Chinner 60	2) Sabine Orchard-Simonides 56	
	3) Louise Scarman 52	4) Sue Cassidy 61	

Women 4 x 800m Relay - Over 50

Place	Team		Result
1	**SA MASTERS ATHLETICS 'A'**		**14:29.91**
	1) Patricia Laird 61	2) Mary Abrey 72	
	3) Elizabeth Slattery 58	4) Sarah Chinner 60	

Men 4 x 200m Relay - Over 35

Place	Team		Result
3	**SA MASTERS ATHLETICS 'A'**		**1:59.90**
	1) Hans van Bavel 73	2) Mike Vowles 79	
	3) Joe Godsell 39	4) Gerald Doyle 45	

Men 4 x 400m Relay - Over 35

Place	Team		Result
1	**SA MASTERS ATHLETICS 'A'**		**4:10.92**
	1) Timothy Storer 53	2) Wayne Scarman 52	
	3) Joe Godsell 39	4) Gerald Doyle 45	

SAMA BIRTHDAY LIST

December and January

Happy Birthday

John **Anderson**		Trevor **Hancock**		Sally **Hurst**	
Mel **Brooks**		Patricia **Laird**		Karen **Long**	
Vicky **Caputo**		Ros **Lowe**	**75**	Matthew **Lovell**	
Des **Clark**	**85**	Margaret **McIntosh**	**70**	Adrian **Lynch**	
Bill **Dickenson**		Graeme **Miller**		Richard **McMahon**	
Leon **Gouws**		Paul **Moyle**		Christopher **Minchin**	
Colin **Hainsworth**		Matt **Potter**	**45**	Richard **Moyle**	
		Trevor **Brown**		Stephanie **Noon**	
		Carol **Dwyer**		Lyn **Peake**	
		Rowly **Ferris**		Graham **Richardson**	**85**
		Ross **Hill-Brown**		Raelene **Schild**	

CLUB CONTACTS

Committee Members

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Committee	George White	0419 348 888	gwhite@adam.com.au

Other Contacts

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Course Measurer	Doug Smart	0413 456 898	dougsmart2@gmail.com
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Public Officer	Lisa Attenborough	0404 120 813	lisa_boys@internode.on.net

2023 Australian Masters Athletics Track & Field National Championships

Friday 10 - Monday 13 March 2023

Sydney Olympic Park Athletics Centre
Edwin Flack Avenue, Sydney Olympic Park

Registrations are now open and close 6 February 2023

Draft timetable - to be confirmed once entries have closed

FRIDAY MAR 10:
10000m
60m heats & finals
100m heats & finals
800m
1500m race walk
High Jump – W
Long Jump – M
Hammer
Shot Put
Long Hurdles
* Opening Ceremony

SATURDAY MAR 11:
1500m
5000m race walk
200m heats & finals
High Jump – M
Long Jump – W
Discus Throw
Javelin
Steeplechase
Relays (State 4 x 100)

In the evening:
* Champion of Champions Throw - Hammer
* Champions of Champions Sprints
* Relays (athlete teams 4 x 800)

SUNDAY MAR 12:
400m timed finals
5000m
Sprint Hurdles
Triple Jump – W
Weight Throw – M
Throws Pentathlon – W
Pentathlon – M
Relays (state teams 4 x 400)
* Awards Dinner

MONDAY MAR 13:
Cross Country
10km road walk
Triple Jump – M
Pole Vault
Weight Throw – W
Throws Pentathlon – M
Pentathlon – W

Championships registration fee (AMA and host state fees). Early bird $80 then $110

Event fee (all events are $20 each)

Awards Presentation event on Sunday 12 March ($ TBA)

Hosted by

N.S.W. MASTERS ATHLETICS Inc.

For the latest up-to-date information please visit

www.sydney2023.com.au

COMING EVENTS

THE BAY SHEFFIELD

27th & 28th December 2022 Colley Reserve, Glenelg

The Bay Sheffield Carnival is South Australia's richest and most prestigious foot racing event, attracting runners from all over Australia to compete each year.

The feature races for men and women are run over 120 metres, while other races cater for juniors, veterans, men and women over distances from 70 to 3200 metres. The League's handicapping system gives runners of different abilities a chance to be competitive.

The SA Masters 800m event, sponsored by Exurbia and handicapped by SAMA, will again feature during the carnival on Tuesday 27th December. A number of 800m qualifier races will be staged during the first half of the 2022/23 season, and this year the 800m performances by SAMA members done at ASA Interclub will be accepted for the purposes of handicapping. For more information on the SAMA Masters 800m event please go to the SAMA website www.samastersathletics.org.au/programs

For more information on the Bay Sheffield visit www.baysheffield.org.au/

Athletics for Life WMA WORLD MASTERS ATHLETICS

CITY OF TORUŃ

POLISH MASTERS ATHLETICS PMA 1990

25th to 31st March 2023

The 2023 WMA Indoor Championships will be held in Torun, Poland

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

For further details visit this link https://wmaci2023.com/

Torun is one of the oldest and one of the most beautiful towns in Poland. It charms generation after generation with the beauty of its Gothic Old Town, which was entered onto the UNESCO World Heritage List in 1997. Its night-time panorama, observed from the bridge or from the Vistula's left bank, was considered one of the 7 wonders of Poland.

Nicolaus Copernicus – the man who "stopped the Sun and moved Earth" – was born in Torun. Since the Middle Ages the town was famous for its delicious gingerbread.

The city boasts numerous modern sports facilities. The ARENA Sports Hall, with 5200 seats, is prominent among these. This very facility will house World Masters Athletics Championships Indoor from 25th to 31st March 2023. The hall is only a 20-minute walk away from the Old Town.

The city is very friendly and this is appreciated by tourists – every year over 2 million people visit Torun. Numerous restaurants, serving Polish and other cuisines, cafes, bars and clubs, most of them within the Old Town, await them. Don't hesitate and visit Torun as well!

SAMA SUMMER PROGRAM 2022/23

FURTHER INFO ON VENUES, PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	**PROGRAM**	**NOTES**	
2022	**Enfield Harriers - St Albans Reserve (Modified Track Programs B&C ^)**		
Sun 30th Oct	**Dual State Champs**	**SAMA & ASA 10000m Run** held with ASA **(Bridgestone Athletics Centre)**	
Mon 31st Oct	A1 Scratch		
Mon 7th Nov	^B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race	
Mon 14th Nov	^C1 Scratch	400m or 1000m Qualifier for Bay Sheffield Masters 800m race	
Sat 19th Nov	**ASA State Champs**	**ASA State 5000m**	
Mon 21st Nov	A2 Handicap		
Sat 26th Nov	**ASA State Champs**	**ASA State Relays**	
Mon 28th Nov	^B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race	
Mon 5th Dec	^C2 Handicap	400m or 1000m Qualifier for Bay Sheffield Masters 800m race (if needed)	
Wed 14th Dec	Modified Scratch	**Xmas special - Adelaide Harriers Clubrooms** 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.	
Tues 27th Dec	Time to be advised	**Bay Sheffield Masters 800m race** - organised in association with SAAL #	
2023	**SA Athletics Stadium**		
Wed 11th Jan	A1 Handicap		
14th-15th Jan	**ASA State Champs**	**ASA Multi Event Championships**; Incl. Decathlon, Heptathlon & 035 Pentathlon	
Wed 18th Jan *	Modified Field only	5.50pm; Weight, 6.30pm; Discus, 6.35pm; HJ , 6.50pm; LJ, 7.00pm; Shot	
Wed 25th Jan	C1 Scratch	**SAMA State Champs** T&F Pent; Men** - 5.30pm	
Wed 1st Feb	A2 Handicap	**Round 1: Bob Clarke Challenge - 200m**	
Sat 4th Feb	**ASA State Champs**	**ASA 3000m Run Championships**	
Wed 8th Feb	B1 Scratch		
Wed 15th Feb	C2 Handicap	**Round 2: Bob Clarke Challenge - 1000m**	
Sun 19th Feb	**SAMA State Champs**	**SAMA State Champs ** Throws Pentathlon** - 9.00am; **10000m Walks** - 8.00am	
Wed 22nd Feb	A1 Scratch	**Final: Bob Clarke Challenge - 500m Final** - 5.40pm	
Wed 1st Mar	B2 Handicap	**SAMA State Champs** T&F Pent; Women** - 5.30pm	
3rd-5th Mar	**ASA State Champs**	**ASA Track & Field Championships**	
Wed 8th Mar	C1 Scratch		
10th-13th March	**AMA Champs**	**AMA NATIONAL T&F CHAMPIONSHIPS - SYDNEY**	
Wed 15th Mar	A2 Handicap	**SAMA State Champs** Steeplechase** - 5.15pm	
Wed 22nd Mar	B1 Scratch	**SAMA State Champs** Short Hurdles** - 5.40pm	
Wed 29th Mar	**SAMA State Champs**	**Day 1 SAMA T&F Championships -** 5.50pm	
Wed 5th Apr	**SAMA State Champs**	**Day 2 SAMA T&F Championships -** 5.50pm	
7th-10th April	**EASTER**		
Wed 12th Apr	C2 Handicap		
Wed 19th Apr	Modified Scratch	**Summer Presentation Night** Program to be advised	
***ASA Rec Run Night**		****Nominate previous week**	

SAMA SUMMER PROGRAM 2022/23

VENUES, PROGRAMS & NOTES	Version 6 (update)

VENUES

SAMA competitions from 31 October to 5 December 2022 are sheduled to be at Enfield Harriers - St Albans Reserve (Mondays) ^

All SAMA / ASA competitions in 2023 are expected to be held at SA Athletics Stadium, Mile End.

Competition will be conducted to comply with any COVID-19 Public Activity Requirements for South Australia that may apply [https://www.sahealth.sa.gov.au/covid-19]

SAMA 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 400m – the faster heat will be scratch.
Men and women compete together. W designates a walk.
^NB. For competitions held at St. Albans Reserve, the normal Track Programs B&C will be modified as shown below .
Please refer to the specific Event for each competition week on the SAMA website for confirmation of program details.

TRACK	Program A		Program B (modified)		Program C (modified)	
St.Albans Reserve only ^	60m	5.55pm	100m	5.50pm	100m	5.55pm
	1500m	6.05pm	1000mW	6.00pm	1000m	6.05pm
	800mW	6.20pm	800m	6.15pm	1500mW	6.15pm
	200m	6.30pm	200m	6.25pm	400m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	2000m	6.40pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	2000mW	6.55pm
TRACK	**Program A**		**Program B**		**Program C**	
Mile End Stadium	60m	5.55pm	1000mW	5.50pm	1000m	5.55pm
	1500m	6.05pm	150m	6.05pm	1500mW	6.05pm
	800mW	6.20pm	800m	6.15pm	100m	6.20pm
	200m	6.30pm	300m	6.25pm	2000m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	400m	6.45pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	2000mW	6.55pm
FIELD	**Program 1**		**Program 2**			
Both Venues	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 Champs	Further details will be published on both SAMA and ASA websites
ASA State Championships	All SAMA members are eligible to participate - see ASA website for details including venue
Modified Programs	Details of program to be confirmed on the SAMA website
Bob Clarke Challenge #	Details available on the SAMA website
Bay Sheffield Carnival #	The 2022 Carnival will return to Colley Reserve, Glenelg.

SAMA Organiser: Viddy Jermacans (viddy48@yahoo.com.au)

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CLUB UNIFORMS

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 on the webpage. 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

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

Sportspower Glenelg

Shop 2, 128 Jetty Road, Glenelg, SA 5045
P. 8295 1714
www.zorichgroup.com.au

10% off store wide, excludes all sale items.

Exurbia

Formerly Scout Outdoor Centre

134a The Parade, Norwood, SA, 5067.
P. 08 8223 5544
exurbia.com.au

Outdoor clothing, equipment and accessories.

10% discount on all purchases for SAMA members.

Mention SAMA and quote discount code ZMA.

Matt Lovell (SAMA member)

athletictrack_and_field@adam.com.au

10% discount on athletics equipment

CONTACTS

If you break a Club record, contact Ros Lowe at **rrlowe@tpg.com.au**

If you change your address, phone no. or email, contact David Bates at **registrar@samastersathletics.org.au**

Please send articles, images and results to be included in the newsletter to the editor at **ann.jefferies@adam.com.au**