



Sydney 2023



The Sydney Nationals were the domain of our Golden Girls!

A relatively small team of just 22 athletes went to Sydney but our ladies shone brightly. Miriam Cudmore came home with seven gold medals, 4 Australian records and two others that would have been, if not for being wind assisted.

Miriam was ably supported by four golds for Ann Jefferies and four golds plus an Australian record for Anne Lang. Nationals debutants Melissa Grantham and Charlotte Gerner brought home two golds as did President Sarah Chinner along with an Australian 4x800m relay record. Jenni Cotter scored one gold.

Hans van Bavel and Allan Mayfield both brought home golds for the men.

George White

See pages 10 and 11 for more pictures and a report from Sue Turner and Steph Noon, our state team captains.



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COMING EVENTS

SAMA Summer Presentation Night
Wednesday 17 May

•
Barossa Marathon Festival
Sunday 28 May

•
SAMA State 5km Run Championships
Saturday 10 June

•
SAMA AGM & Awards Dinner
Friday 16 June

•
SAMA State 10km Walks and 10km Run Championships
Saturday 24 June

•
SAMA State 15km Walks and Cross Country Run Championships
Saturday 8 July



Club De Petanque d'Adelaide Inc.
Kurangga Park,
Park 20 South Parklands Corners Pulteney Street, Greenhill and Unley Roads
Adelaide, SOUTH AUSTRALIA 5000
adelaidepetanque.com
adelaidepetanque@gmail.com

**A very unusual
Fundraiser
for Afghani Refugees**

**Saturday
22 April
2023
1-5pm
\$35**

• **Live Music**
• **Learn Petanque
with the experts**
• **Afghani BBQ
Salads
Dessert**

Club De Petanque
D'Adelaide
Corner of Unley Road and
Greenhill Road, Adelaide
Parking: Hockey Club
(200 metres west on
Greenhill Road)
[www.trybooking.com/
CGOQV](http://www.trybooking.com/CGOQV)

Bookings essential for catering!

www.trybooking.com/CGOQV

A NOTE FROM THE PRESIDENT



The last two months have been extremely busy for SAMA and our athletes.

The summer track & field season catered for various athletics championships events, then peaked with our two Wednesday night track & field championships in late March/early April. The summer season was extended to mid May this year and the Committee will monitor how this trial for a longer season works, with changes to the program as necessary to work with shorter days and demand from members.

The AMA National championships was held much earlier this year, in Sydney in early March. A team of 22 SA Athletes travelled to Sydney and you will see from the huge number of State and Australian Records broken by SAMA athletes in the past two months, achieved excellent results. We thank Sue Turner (ably assisted by Steph Noon) for her work as Team Manager for SA and a report from Sue and Steph about the Nationals appears on page 10 along with lots of images.

The Sydney National Championships serves as a reminder that SAMA will be hosting the 2025 AMA National Championships in Adelaide and we have commenced preliminary planning. We are looking for anyone interested in being involved in the event, whatever the level, so please contact me if you think you can help.

The SAMA AGM will be held in June, as in previous years. The new Awards format ratified by members at the 2022 AGM means that the AGM and Annual Awards timing is similar, so your committee decided to combine the two for an AGM/Awards Dinner evening on Friday 16 June. We saw this as a fabulous opportunity to combine



Opening ceremony AMA National Championships

member business with something social and really celebrate the Awards Presentation.

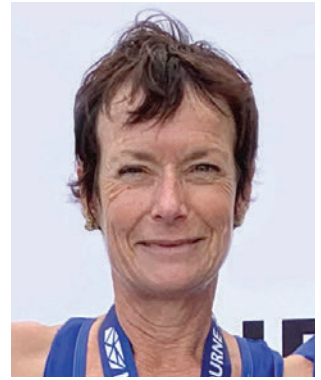
After a lovely dinner at the Tower Hotel last year, this has been chosen for the venue. The AGM will be followed by dinner, during which the awards for the past year will be presented. All members, family and friends are welcome (although only members can actually vote at the AGM of course). See further details from our Social Organiser, Bill later in the newsletter and please book your seats for the dinner.

With the winter season commencing soon, we are looking for someone to coordinate the winter competitions and someone to coordinate volunteers for the winter season. If you are a regular at winter competitions and would like to be involved in either function, please contact a current Committee member to discuss requirements and how you might be able to assist.

The most important part of the AGM is selection of the new Committee, including key office holders. This year we seek nominations for some key roles as well as general Committee members; these include President and Secretary. Please consider whether you are able to assist in the management of SAMA, especially in one of these two pivotal roles – I am happy to talk about what is required for these and any other roles.

Please talk to any of the current Committee for information and they will be able to direct you to the process for nomination and/or provide details of the key responsibilities as well as supporting roles. We encourage anyone who doesn't wish to join the Committee but who would like to help in some way, to discuss how they might undertake an ex-officio role or support a Committee member in their role.

All the best with your athletics pursuits.



Sarah Chinner



New format for next Winter Season

Following concerns expressed at the AGM last year about the overall declining interest by our members in competing with SAMA during the winter season, we have conducted a substantial review of how our winter competition might be changed to optimise participation by athletes and simplify the organisational burden for volunteers and officials.

We are excited to announce that the outcome of that review has now resulted in the implementation of significant changes in the format of the winter competition for 2023 (*described in more detail on p17 & 18*), including the introduction of two innovative features:

- Relays (over 3 weeks)
- Multi-event days (over 2 weeks)

We also are looking for keen members who would like to help with the running of the new winter program, in particular a Winter Coordinator and Winter Helpers Coordinator.

Please contact David Bates at registrar@samastersathletics.org.au if interested in taking on one of these roles (see https://www.samastersathletics.org.au/sama-governance/#duty_statements for more details about what is involved).

The full 2023 Winter Program is available at the end of this newsletter, and can be downloaded from the SAMA website: <https://www.samastersathletics.org.au/programs/#winter>

Summer Presentation Night

The summer presentation night is scheduled to be held at SA Athletics Stadium following competition on Wednesday 17 May, in the function room inside the main building. Please bring a plate to share - soft drinks will be provided by SAMA.

At the presentation night certificates will be presented to all members who have participated in the State Age Group Championships that were held throughout the 2022/23 summer season.

These will show the performance and placings achieved for all events completed. State Record certificates will also be available.

The contribution of our non-competing volunteers will be recognised at the presentation night, and the winner and runners-up in the SAMA Achievers Award for the 2022/23 Summer Season will be announced and presented with their prizes. The winner will also receive a trophy.

The 2023 SAMA Athletics Awards will not be presented, since that will now be done at the SAMA Awards Dinner to be held on Friday 16 June at the Tower Hotel, Magill (*see below*).



SA Masters Athletics AGM Followed by Awards Night and Dinner



6pm FRIDAY 16 JUNE 2023

**Tower Hotel
621 Magill Road, Magill**

*All welcome including non-members:
bring your friends and family to celebrate
the achievements of our athletes as we
present the 2023 Awards.*

**Joining us for dinner? Please book with
Bill Dickenson by Tuesday 13th June -
billdickenson76@gmail.com or
phone/sms 0497 911 198**



2023 SAMA Annual General Meeting

The SAMA AGM will be held at the Tower Hotel, Magill on Friday 16 June 2023 at 6pm.

It will be followed by the SAMA Awards Night and Dinner at the same venue (details on page 4).

All welcome including non-members*.

Members can attend the AGM and Awards Night without any obligation to include dinner.

If anyone believes changes are required to our Constitution or By-Laws they should contact the Secretary (secretary@samastersathletics.com.au) by Friday 2 June.

All documents for the AGM (including the Agenda and Reports) will be made available on the SAMA website at <https://www.samastersathletics.org.au/reports-and-documents/>

*Guests of SAMA members attending the Awards & Dinner may attend the AGM but cannot vote.

Call for Committee nominations

All positions on the committee will be declared vacant at the AGM and elections will take place for all positions, including the Office Bearers. This provides opportunities for members with ideas and a willingness to give something back to the club.

Remember that our club is run entirely by a few members for the benefit of all members, and its continued existence is dependent on everyone making a contribution. So please consider doing your part by stepping up to the challenge.

The Committee, all of whom must be financial members of SAMA, consists of:

- (a) The President
- (b) The Vice-President
- (c) The Secretary
- (d) The Treasurer
- (f) The Registrar
- (e) And other members to make a maximum of 11 on the Committee.

Nominations for all Committee positions need to be proposed and seconded by a financial

member of SAMA and then sent to the Secretary (secretary@samastersathletics.com.au) at least 7 days prior to the AGM, using the Nomination Form available on the SAMA website at <https://www.samastersathletics.org.au/reports-and-documents/>.

Note: *There are additional positions and roles listed on the Nomination Form which can be filled either by committee members or by other SAMA members without needing to join the committee (ie. Ex-officio positions). Nominations for these non-committee positions will also be accepted by the Secretary and do not require a proposer or seconder.*

If you have any questions, please speak with any of the current committee members.

Summer Season Extension

Competition for the 2022/23 T&F season will continue to run until 17 May 2023, but this may be reviewed if numbers of competitors drop significantly. Note that the timetables have been changed slightly for the last few weeks, to allow for an earlier finish on the track.

For further information refer to the updated Summer Program at the end of this newsletter or on the website (<https://www.samastersathletics.org.au/programs/>).



Dean Mortimer



Paul Wicker



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. 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.



Ways to contribute to the running of the Club

Did you know that, in addition to nominating for the Committee that will be elected at the AGM, **there is the opportunity for keen members wishing to participate in the running of the club without needing to be on the Committee.**

Many of the positions and roles that are essential for the smooth running of SAMA's activities can be taken on in an 'Ex-Officio' capacity, including the new Winter Coordinator position. Members who are interested to make such a valuable contribution to the club can find out more from any Committee member or may contact David Bates (registrar@samasterathletics.org.au) for further information.

New & Returning Members

Welcome to our new & returning members:

Sian Cooper	W40
Sam Gerhardy	M35
Aaron Gray	M50
Sharon Johnson	W50
Raymond Riviere	M65
Lauren Rooke	W30

SAMA Hall of Fame

The SAMA Hall of Fame is now in existence and has two inaugural inductees, with both meeting the SAMA requirement that their contributions were largely in South Australia.



Inductee No. 1: Ann Cooper

Inductee No. 2: George White

Other possible inductees will be presented to the next AGM for approval.

Ann's presentation was featured in the last SAMA newsletter. Unfortunately, Ann has since passed away but her achievements are forever remembered in her Hall of Fame biography on our website.

Full details of George's achievements can be found at www.samasterathletics.org.au/hall-of-fame/



Jenni Cotter and Kerry Goode



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.**

A big 'Thank you' to those members who have renewed or joined – over 175 as at 31st March.

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/sama-governance/#documents.

Membership Applications/ Renewals

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.

A reduced membership fee is now available for NEW members* joining from April until the end of the current membership year.

For further information and instructions, see Member Registration on the Membership page of the SAMA Website at www.samastersathletics.org.au/membership/#registration.

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 in Athletics SA 2023 Winter Season



All financial SAMA members have ASA Membership and are eligible to compete in the upcoming 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-on a Winter Pass (cost \$65) 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@athleticssa.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.

Membership Enquiries

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

David Bates



We had a good time at The Goody as you can see from the smiling faces below!

So we will return for Sunday lunch, come along and enjoy the good food and company. All welcome!

To view the menu go to <https://thegoody.com.au/drinksdining/>

If you have any suggestions for future social events please get in touch. Some ideas at present are to play croquet again or maybe bowls, go for a breakfast/brunch and, of course, to continue with the lunches and dinners. However, this may be for the next social organiser to consider as I will be stepping down from this role at the upcoming AGM.

For bookings or enquiries please contact

Bill Dickenson

Social Secretary

E: billdickenson76@gmail.com

P: 0497 911 198



Let's Do LUNCH
SUNDAY
MAY 7th
1pm
75 Goodwood Rd
Goodwood

RSVP Bill Dickenson on
billdickenson76@gmail.com or
phone/sms 0497 911 198





October Weekend Away

The weekend away at Berri Riverside Caravan Park (berriholidaypark.com.au) will be from 27th -29th October 2023.



We have reserved deluxe cabins which sleep up to 6 people in 2 bedrooms at a cost of \$126 per night for 2 people, with extra occupants at \$15.00 per person per night. Extra nights can be booked at the same rates. A deposit for the first night is required to secure your booking.

Nearby attractions

- Walking distance to new sports complex, undercover bowling greens and shopping
- Berri Tennis Courts (court hire available)
- Katfish Reach / Katarapko National Park 10 minutes drive - excellent bird watching / wildlife reserve (kangaroos), fishing
- Winery tours - 919 wines, Berri Estates
- 10 minute drive to Monash Adventure Park

For bookings or enquiries please contact

Bill Dickenson

Social Secretary

E: billdickenson76@gmail.com

P: 0497 911 198



Berri Riverside Holiday Park

AMA NATIONAL CHAMPIONSHIPS



10-13 March 2023 • Sydney Olympic Park

South Australia had 22 representatives compete in this year's Australian Masters Athletic Championships, which were held at Sydney Olympic Park from March 10th - 13th.

Our youngest competitor was Joe Godsell in the Men's 35 category and our oldest competitor was the evergreen Miriam Cudmore in the Women's 85 category.

The weather was close to perfect and it was great to watch and cheer on our wonderful South Australian athletes. There were some gutsy performances on show and it was fantastic to see many of our athletes achieve national records, state records, PB's or SB's in their respective track and field events. Our group of 22 athletes achieved 24 Gold, 19 Silver and 16 Bronze medals. A fantastic achievement! Congratulations to all competitors.

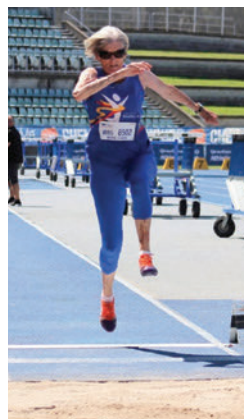
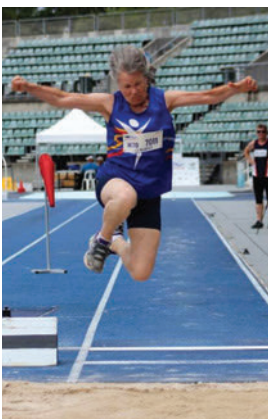
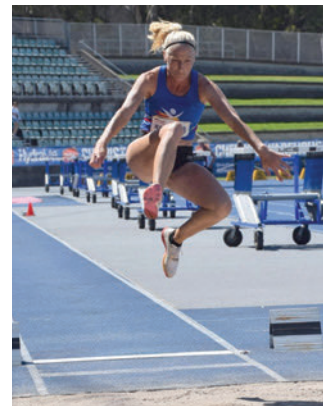
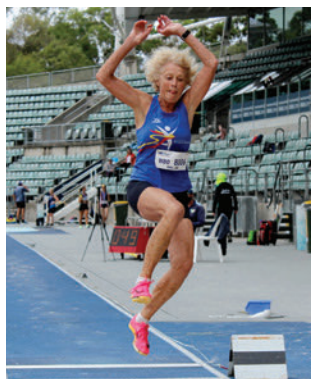
We certainly felt for Matt Lovell, who drove all the way to Sydney, only to have to turn around and come straight back home, due to contracting COVID! We're also wishing Joe Godsell and Lyn Peake speedy recoveries from their hamstring and knee injuries.

Next year's Australian Championships are being held in Hobart, Tasmania during Easter from 29 March - 1 April 2024, so if you're interested there's plenty of time to prepare!

Kind regards

Sue Turner & Steph Noon

SA Team Managers

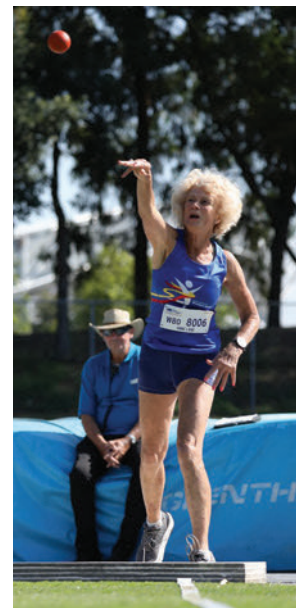
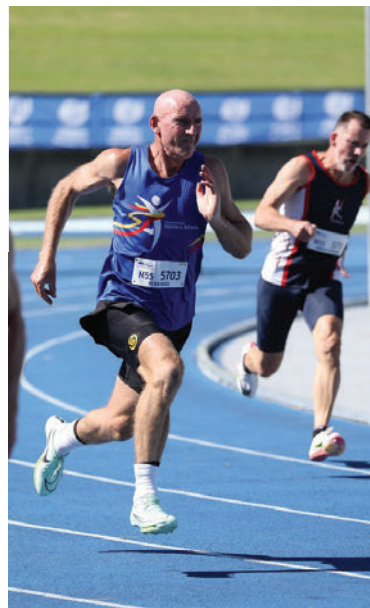
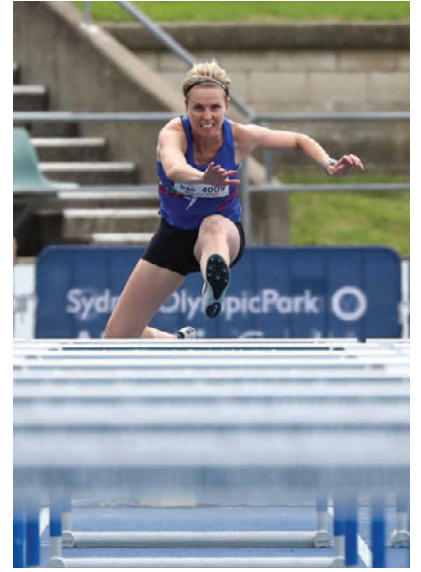


More photos overleaf ►

AMA NATIONAL CHAMPIONSHIPS



10-13 March 2023 • Sydney Olympic Park





Inductee No. 2:

George White

It was with great pleasure that on Friday 24 February, we had the opportunity to present the second inductee to the SAMA Hall of Fame, George White, with his certificate at our SAMA dinner.

We were able to surprise George who, apart from being a significant contributor to SAMA in an administrative capacity and as a talented athlete, has been integral to establishing SAMA's Hall of Fame structure over the past year.

For SAMA, George has been Committee member, Statistician, Registrar, Secretary and President. He is responsible for computerising the membership database, creating SAMA policies, creating a historical database of records, and establishing SAMA athletic awards. He has written "Age is an Advantage", documenting the history of Masters Athletics in SA and which can be viewed on our website.



George is a valued and highly respected part of SAMA, our operations and our events. His significant contribution is appreciated by all and we thank him sincerely for his extraordinary contribution to SAMA and the sport of athletics, both as athlete and administrator.



George was presented with his plaque by our president, Sarah Chinner.



George White

After winning 19 State Open titles, George joined SAMA in 1990. At World Championships, George has won 5 individual gold, 3 silver and 2 bronze medals. He has set 6 Australian and 74 State records, won 26 Oceania Championships, 3 World Masters Games events and 50 Australian Championships.

In AMA Awards, George won the Administrator category in 2008 and the Most Outstanding Individual Performance in 2018. In the SAMA's Awards, he won the Walks category 15 times, the Most Outstanding Male Athlete 4 times and the Most Outstanding Individual Performance once. For SAMA, George has been Committee, Statistician, Registrar, Secretary and President. He is responsible for computerising the membership database, creating SAMA policies, creating a historical database of records, and establishing SAMA athletic awards. He was a key organiser of 4 Australasian Masters Games, the athletics at 5 Regional Masters Games and was Convenor and Championship Director for the 2009 and 2016 AMA Championships. He has written "Age is an Advantage", which documents the history of Masters Athletics in SA.

He was a Director of AMA for 7 years, Council Member of OMA for 12 years and is on the Records Committee of WMA (since 2011).

In 2022 George was inducted into the AMA Hall of Fame. He is a Life Member of SAMA, ASA and OMA. As an athlete and an administrator for over 40 years George has demonstrated exemplary sportsmanship and is a worthy inductee into SAMA's Hall of Fame.

002

INDUCTEE NUMBER

SAMA PRESIDENT

9 January 2023

DATE

The Ultimate High Flyer

By George White



There is no such thing as an Al Oerter heave, a Usain Bolt lope or a Jane Saville wiggle but there is a “Fosbury Flop”.

Few names linger in the world of athletics. Roger Bannister will no doubt survive for his four-minute mile - but few others will.

However, one name will probably outlast even Roger Bannister - Dick Fosbury. In the history of athletics no-one has had a more lasting influence than Dick Fosbury who died on the 12th March this year, aged 76. Dick Fosbury is a name synonymous with the high jump.

Born in Portland, Oregon in 1947, Fosbury revolutionized the high jump with a technique that

had never been seen before, to become known as the Fosbury Flop. This technique changed the way high jumpers approached the sport and led to significant improvements in performance, including higher jumps and fewer injuries.

Up to the early 1900's the Scissors technique dominated the high jump until it was replaced at top level by the Western Roll and the Straddle. While both of these techniques were successful, the Straddle was more so, and continued to dominate high jump until the Fosbury Flop.

At the 1936 Summer Olympics in Berlin, the Scissors, Eastern cut-off, Western Roll, and a primitive version of the Straddle were all used. ▶

The Ultimate High Flyer

Continued

- Afterwards the Straddle dominated until the advent of foam landing mats and the Fosbury Flop. However, once the Fosbury Flop was introduced it became by far the dominant technique, with every world-record jump since 1978 utilising the technique.

Fosbury was different. He was a self-taught high jumper who experimented with a new technique and first used it in 1963, while in high school.

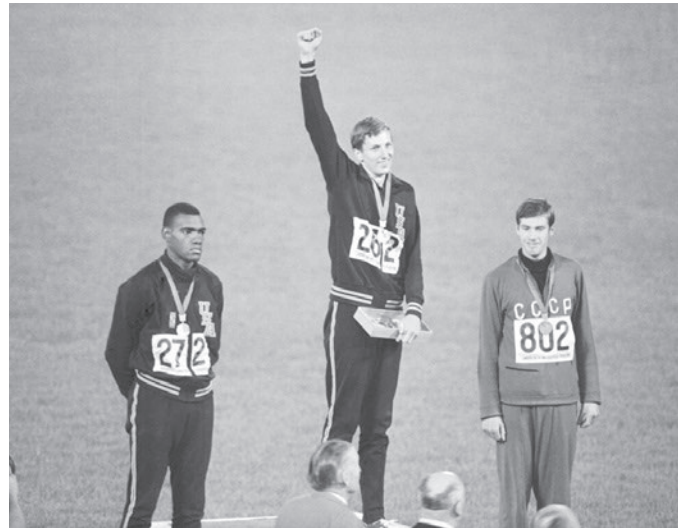
In competition that year he cleared a personal best of 1.65m using the Straddle but knew that he couldn't go higher that way. So Fosbury ran towards the bar with a curved run-up, turned his back to the bar and jumped over it backwards, landing on his shoulders and then rolling onto his back. The Flop was born and he went up to 1.77m!

Following the Mexico Olympics, the New York Times reported *"The technique has been compared to a corpse being pushed out of a window or like Fred Astaire dancing on the ceiling. Fosbury's flopping struck many onlookers as residing somewhere between a physical feat and a joke. At the 1968 Summer Olympics in Mexico City, the crowd oohed, aahed and laughed watching Fosbury compete. But the last laugh was his: The high-jump bar kept being raised, and Fosbury kept clearing it. He finally executed a Fosbury Flop at 2.24m — earning him not just the gold medal, but a personal best and an Olympic record."*

Fosbury's success at the Olympics inspired other high jumpers to try the Fosbury Flop. Within a year, almost all high jumpers had adopted the new technique, and it has become the standard technique for high jumping.

The Fosbury Flop was a game-changer for the high jump. High jumpers could now jump higher and with greater safety, and the sport was transformed. Athletes were now able to break world records with regularity, and the bar continued to be raised as high jumpers perfected the technique.

By the 1972 Munich Olympics 70% of jumpers were using the Flop, with the 1976 Montreal



Olympics the last time anything other than the Fosbury Flop won the Olympic gold. That was also the last year Straddle held world records in both men's and women's events. While there have been refinements such as the J-Curve Approach (1990s-present) jumpers still use the Fosbury Flop technique to clear the bar.

Fosbury's influence on the sport was not just technical but also cultural. His unconventional style and success at the Olympics made him an instant celebrity. Fosbury became a symbol of individuality and creativity. Young people all over the world were inspired by Fosbury's innovative approach, and the Fosbury Flop became a symbol of rebellion against the established ways of doing things.

He remained involved in athletics throughout his life, sharing his knowledge and skill as a coach, and he also went on to serve as Vice President of the United States Olympic and Paralympic Association, and President of the World Olympians Association.

He was inducted into the National Track & Field Hall of Fame in 1981 and the US Olympic Hall of Fame in 1992.

So, what now? It is 30 years since the men's high jump world record was broken and 36 years for the women's – is it time for a new technique – will there be a "Johnson Slump" or will Fosbury live on as the only named athletic technique? ■



We Lose One of our Greatest Athletes – Ann Cooper

Ann began her athletics career as a young teenager and in March 1942 at the age of 13 Ann Shanley (later to become Cooper) won the State Open 220 yards Championships.

In 1943 she slipped in the 100 yards and sprained her ankle preventing her from competing that year. However, from there on she won every 100 yards State Championships for the rest of the decade. In total she won 26 Open State titles in sprints, long jump and shot. In the 1950 Australian Open Championships Ann won gold in the shot, becoming SA's first National Champion. She also broke the Australian Open Shot record becoming SA's first National record holder.

Another SA first, was competing as an international in the 1950 Empire Games in Auckland, Ann came sixth in the 100 yards and fourth in the 220 yards and then teamed with Marjorie Jackson, Shirley Strickland and Verna Johnson to win gold in the 660 yards medley relay.

It was not until Ann was well into her fifties, in the late 70's, that husband Collin, himself a former professional athlete, persuaded her to join him in resuming competition at Masters level.



With Collin as her coach, she concentrated on the 100 and 200 metres, where she remained virtually unbeatable at National and International level for 20 years.



San Diego 1989

It was in 1980 that the athletic interest was really re-kindled when she joined the Vets and competed in the Adelaide National Championships.

At the World Championships in Melbourne 1987, she set her first World Record and from then on, she was the outstanding sprinter in her age groups at the world level.

Over the years she was a top performer in the sprint Champion of Champions event at the AMA National Championships. She won in 2002, 2003, 2004, 2006 and 2007. ▶



► Ann Cooper *Continued*

Having won 3 events in a row, the 2005 Committee asked if she would mind “being put back a couple of metres to make it a more interesting race”. Ann of course agreed and it was the only Champion of Champions race she ran, that she didn’t win.

It is remarkable that in more than 20 years of competing at the highest level in Masters competition Ann was only been beaten twice in her events (100 to 800).

During her career at the World Championships Ann won 20 individual gold, one silver and one bronze medal. She also won several relay medals.

At the National level Ann established 27 Australian records, three of which still stand. Seven world records have fallen to Ann. Ann set 28 state records (she still holds seven), won four Oceania Championships, two World Masters Games events and 25 Australia Championships

Ann was awarded a Certificate of Outstanding Performance by the Confederation of Australian Sport for the “Best Individual Performance in 1990”. Ann’s world records in the 200m, 400m and 800m in 1989 and her dominance in these events were the key. She was twice selected as a winner of the AMA Annual Award; in 1999 winning the Female Sprints/Hurdles category and in 2007 as the Most Outstanding Female athlete.



Ann being presented with her certificate by Sarah Chinner in January this year.

Ann was the dominant performer in her age groups for about 25 years and in 1997 Ann was inducted into the Athletics SA Hall of Fame, in 2009 the Australian Masters Hall of Fame and in January this year Ann became inductee number 1 in the SAMA Hall of Fame. Ann was quite overwhelmed by this and said that it was one of the happiest days of her life to be surrounded by the warmth and generosity of the people in her running life.

Ann is also a Life Member of ASA and Adelaide Harriers.

A lover of her dogs, she also loved horse-racing and was a regular at race meetings at Morphettville. An exceptional athlete,

demonstrating exemplary sportsmanship during her career, Ann was a wonderful role model for upcoming younger athletes.

Ann passed away on 20 March 2023. SAMA extends its sympathy to son Brian and all her family.



Gateshead 1999



Buffalo 1995



Ann in 2021

INNOVATIONS FOR THE 2023 WINTER SEASON



Following concerns expressed at the AGM last year about the overall declining interest by our members in competing with SAMA during the winter season, we have conducted a substantial review of how our winter competition might be changed to optimise participation by athletes and simplify the organisational burden for volunteers and officials.

The following principles were applied by the Sub Committee undertaking this task in arriving at their recommendations:

- Introduce more variety in a range of events to attract more runners and walkers.
- Involve summer (track) runners in middle distance winter events and encourage them to use the winter program as part of their training.
- Reduce length of season to allow volunteers to focus on a reduced number of events.
- Simplify start times and reduce events per meeting.
- Reduce number of venues used.
- Maintain “afternoon tea” to add further enjoyment to the winter events.

We are excited to announce that the outcome of that review has now resulted in the implementation of significant changes in the format of the winter program for 2023, including the introduction of two innovative features (described in more detail later in this article):

Relays (over 3 weeks)

Multi-event days (over 2 weeks)

The following general competition format is to be adopted:

- Reduce the winter season length from 20 to 14 weeks (with an accompanying increase in length of the summer season).
- Limit the number of races for runners and walkers to two distances each. Some weeks to have longer races, other weeks shorter distances.
- Where practical, start all races at approximately the same time (nominally 2pm), with maximum of two brackets of start times for long/short races, staggered by 1min for walkers & runners.
- Use the same course for runners and walkers – mainly 2km and 2.5km courses. Use venues at central locations as far as possible (the list of Venues to be used is shown below).
- Retain 2 or 3 handicap weeks per season.
- Maximum of 3 regular prize weeks. In addition, prizes to be given to winning teams on Relay weeks.
- Keep the same number of Winter Championships (refer to list below), but if any are poorly attended, consider dropping them next season.
- An organised afternoon tea at the end will not be practicable on most weeks. Instead encourage participants to bring their own refreshments to be consumed when convenient. On Relay days, it should be possible to have a more formal afternoon tea.

The Winter Achievers Award will continue in its present form.

We also are looking for keen members who would like to help with the running of the new winter program, in particular a Winter Coordinator and Winter Helpers Coordinator. Please contact me if interested in taking on one of these roles.

We will run the new program for at least one season and re-assess it again next year. The full 2023 Winter Program is available at the end of this newsletter.

David Bates

Convener
Winter Competition Sub-Committee

INNOVATIONS FOR THE 2023 WINTER SEASON *Continued*



Relays

- Held over 3 separate weeks.
- Held at a venue with a 2km loop.
- Handicapped Team events – 3 competitors per team.
- Separate competitions for runners and walkers.
- Prior to each week, interested competitors are encouraged to form a team (or will be allocated on the day).
- Teams are given a name eg. red, blue, green, yellow etc.
- Total distance increases each week; 6km, 8km and 10km.
- Scratch start for all competitors; not a true relay (staggered start if large numbers).
- Each competitor completes a leg of 1 or 2 or 3 loops on the day, for which an actual time is recorded (and an estimated time is calculated by the Event Manager program).
- Total time for all members of team is compared to their combined estimated times, to derive a handicap time.
- Prizes awarded at the end of each week based on the team's handicap time. The winning team has the smallest handicap time.

Multi Event Days

- The multi event days are designed to attract summer middle distance runners and sprinters. Several shorter distance multi events adds much needed variety and may appeal to summer track runners.
- Held on 2 separate occasions near the end of the season at a venue with a 2km loop
- For both runners and walkers there will be three races on same day ie.
2pm - 1500m
2.30 pm - 800m
3.00 pm - 2km
- Competitors may elect to enter as many of the distances as desired.
- No prizes.



Venues for 2023

- Felixstow Reserve (cnr Riverside Drive & Langman Grove) - 2km course
- Oaklands Wetland and Reserve (Oaklands Rd, Oaklands Park) - 2km course
- Park 15 (East Terrace - nr Glover Playground) - 2km CC / 1.66km courses
- Park 16 (Pakapakanthi - cnr Halifax St and East Tce) – 2.5km course
- Park 20 north (Adelaide Harriers Clubrooms - Peacock Rd) - 2km course
- Park 20 south (Petanque Club - cnr Unley Rd and Greenhill Rd) – 2.5km course
- Park 24 (West Terrace / Ellis Park - nr Adelaide High School) – 2.5km course
- West Beach (Barcoo Rd - nr Adelaide Sailing Club) – 2.5km course



Winter Championships for 2023

- 5km walks (in association with SA Race Walking Club)
- 5km run
- 6km/8km cross country runs
- 10km walks
- 10km run
- 15km walks
- 20km walks (in conjunction with AMA 20km walk)
- Half-marathon

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Miriam Cudmore	W85	Javelin	16.56	08/02/23	SAMA Stadium
Mel Grantham	W35	1000m Walk	5.16	08/02/23	SAMA Stadium
Des Clark	M85	800m	4.49	08/02/23	SAMA Stadium
Ann Jefferies	W60	Shot Put	10.74	10/02/23	ASA Stadium
Ann Jefferies	W60	Javelin	29.04	10/02/23	ASA Stadium
Kim Mottrom	M35	Marathon Walk	3.54.01	12/02/23	'Coastal' Semaphore
Anne Lang	W80	400m	100.54	15/02/23	SAMA Stadium
Des Clark	M85	400m	123.76	15/02/23	SAMA Stadium
Des Clark	M85	1000m	6.00	15/02/23	SAMA Stadium
Alexander Mammone	M30	100m	11.61	15/02/23	SAMA Stadium
Ann Jefferies	W60	Throws Pentathlon	3407pts	19/02/23	SAMA Stadium
Miriam Cudmore	W85	60m	12.44	22/02/23	SAMA Stadium
Miriam Cudmore	W85	200m	46.01 	22/02/23	SAMA Stadium
Sarah Chinner	W60	800m	2.38.95	25/02/23	ASA Stadium
Miriam Cudmore	W85	Long Jump	2.42 	01/03/23	SAMA Stadium
Miriam Cudmore	W85	Shot Put	6.53 	01/03/23	SAMA Stadium
Anne Lang	W80	800m	4.04 	01/03/23	SAMA Stadium
Anne Lang	W80	300m	84.76	01/03/23	SAMA Stadium
Des Clark	M85	300m	87.25	01/03/23	SAMA Stadium
Alexander Mammone	M30	300m	38.92	01/03/23	SAMA Stadium
Ros Lowe	W75	3000m	18.11	01/03/23	SAMA Stadium
Sarah Chinner	W60	800m	2.37.65	05/04/23	SAMA Stadium
Ros Lowe	W75	1000m	5.34	08/03/23	SAMA Stadium
Ros Lowe	W75	2000m	11.42	08/03/23	SAMA Stadium
Kim Mottrom	M35	4000m Walk	17.42	08/03/23	SAMA Stadium
Peter Crump	M60	4000m Walk	23.44	08/03/23	SAMA Stadium
Marie Maxted	W60	4000m Walk	26.14	08/03/23	SAMA Stadium
Miriam Cudmore	W85	60m	12.05 (WA)	10/03/23	AMA Sydney
Miriam Cudmore	W85	100m	19.81 (WA)	10/03/23	AMA Sydney



= Australian Record

(WA) = Wind Assisted

NEW CLUB RECORDS *continued*



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Anne Lang	W80	800m	4.00.2 	10/03/23	AMA Sydney
Sarah Chinner	W60	800m	2.37.6	10/03/23	AMA Sydney
Ann Jefferies	W60	Shot Put	10.77	10/03/23	AMA Sydney
Miriam Cudmore	W85	200m	43.38 	10/03/23	AMA Sydney
Miriam Cudmore	W85	Long Jump	2.65 	11/03/23	AMA Sydney
Miriam Cudmore	W85	Javelin	18.33 	11/03/23	AMA Sydney
Miriam Cudmore	W85	Triple Jump	6.27 	12/03/23	AMA Sydney
Ann Jefferies	W60	Discus	28.67	13/03/23	AMA Sydney
Charlotte Gerner	W40	Short Hurdles	14.93	12/03/23	AMA Sydney
Sian Cooper	W40	Weight	13.41	15/03/23	SAMA Stadium
Sian Cooper	W40	Discus	43.85	15/03/23	SAMA Stadium
Sian Cooper	W40	Shot Put	11.02	15/03/23	SAMA Stadium
Ann Jefferies	W60	Throws Pentathlon	3454pts	13/03/23	AMA Sydney
Ann Jefferies	W60	4x100m	60.81	18/03/23	ASA Stadium
Sarah Chinner	W60	4x100m	60.81	18/03/23	ASA Stadium
Sue Cassidy	W60	4x100m	60.81	18/03/23	ASA Stadium
Sue Turner	W60	4x100m	60.81	18/03/23	ASA Stadium
Sian Cooper	W40	Hammer	39.64	22/03/23	SAMA Stadium
Ann Jefferies	W60	Hammer	37.63	22/03/23	SAMA Stadium
Heidi Taylor	W65	Javelin	21.03	22/03/23	SAMA Stadium
Heidi Taylor	W65	Hammer	28.14	29/03/23	SAMA Stadium
David Padget	M90	60m	22.06	29/03/23	SAMA Stadium
David Padget	M90	200m	86.93	29/03/23	SAMA Stadium
Sian Cooper	W40	Hammer	40.30	29/03/23	SAMA Stadium
Heidi Taylor	W65	Weight	11.75	05/04/23	SAMA Stadium
Aaron Gray	M50	Weight	15.30	05/04/23	SAMA Stadium
Heidi Taylor	W65	Discus	21.41	05/04/23	SAMA Stadium
Aaron Gray	M50	Discus	43.72	05/04/23	SAMA Stadium
Aaron Gray	M50	Shot Put	13.20	05/04/23	SAMA Stadium

 = Australian Record



Hammer

Name	Result	Points	Age Group
Matthew Lovell	34.45	522	M55
Ann Jefferies	31.45	876	W60
Tony Patane	31.15	509	M70
Howard Avery	24.48	371	M70
Paul Hook	23.13	344	M70
Cherie Dempsey	19.09	637	W70
Cassie Neubauer	16.45	261	W40
Liz Neubauer	12.41	360	W70
Felicity Alexander	12.26	209	W55

Javelin

Name	Result	Points	Age Group
Matthew Lovell	32	485	M55
Ann Jefferies	25.88	681	W60
Howard Avery	24.95	425	M70
Paul Hook	22.85	378	M70
Cassie Neubauer	20.06	338	W40
Tony Patane	13.25	170	M70
Cherie Dempsey	11.97	362	W70
Felicity Alexander	11.82	227	W55
Liz Neubauer	9.85	283	W70

Shot

Name	Result	Points	Age Group
Ann Jefferies	10.49	807	W60
Paul Hook	10.1	677	M70
Matthew Lovell	9.17	569	M55
Howard Avery	8.97	588	M70
Tony Patane	7.94	507	M70
Cassie Neubauer	6.47	349	W40
Cherie Dempsey	5.89	516	W70
Liz Neubauer	4.62	379	W70
Felicity Alexander	4.36	232	W55

Weight

Name	Result	Points	Age Group
Matthew Lovell	11.62	589	M55
Tony Patane	11.61	559	M70
Paul Hook	10.38	488	M70
Ann Jefferies	10.28	618	W60
Howard Avery	10.17	476	M70
Cassie Neubauer	7.12	369	W40
Cherie Dempsey	7.1	513	W70
Liz Neubauer	5.05	333	W70
Felicity Alexander	4.18	210	W55

Discus

Name	Result	Points	Age Group
Paul Hook	31.57	605	M70
Howard Avery	27.91	519	M70
Ann Jefferies	27.11	713	W60
Matthew Lovell	25.6	422	M55
Tony Patane	24.15	432	M70
Cassie Neubauer	17.54	257	W40
Cherie Dempsey	16.72	527	W70
Felicity Alexander	12.43	238	W55
Liz Neubauer	9.72	267	W70

Final Placings

Name	Age	Points	Place
Cherie Dempsey	W70	2555	1
Liz Neubauer	W70	1622	2
Ann Jefferies	W60	3695	1
Felicity Alexander	W55	1116	1
Cassie Neubauer	W40	1574	1
Paul Hook	M70	2492	1
Howard Avery	M70	2379	2
Tony Patane	M70	2177	3
Matthew Lovell	M55	2587	1

BOB CLARKE CHALLENGE 2023



22 February 2023

In the fastest run Bob Clarke final to date Gino Geracitano, running 444 metres, won in 66.44 seconds. This bettered the time of Richard McMahon, who ran 446 metres in 2019, of 69.15s.

Dean Mortimer continued his stellar form coming second in 68.26 which improved on his 2021 winning time of 69.36 (running 376 metres). Sabine Orchard-Simonides completed the place getters with a strong run following recent injuries.



Sabine Orchard-Simonides (3rd), Gino Geracitano (1st) and Dean Mortimer (2nd) with organiser, Viddy Jermacans (back)

Final - 500 Metres less Handicaps

Place	Age	Handicap (m)	Add (m)	To Run (m)	Time
1. Gino Geracitano	45 (49)	26	30	444	66.44
2. Dean Mortimer	65 (66)	85	44	371	68.26
3. Sabine Orchard-Simonides	55 (56)	97	85	318	68.88
4. James Goodall	45 (46)	26	nil	474	69.54
5. Anne Lang	80 (80)	186	14	300	71.91
6. John Hore	70 (74)	102	80	318	72.32
7. Mark Burns	55 (58)	54	15	431	73.56
8. Paul Lainio	55 (55)	54	20	426	73.65
9. Ross Hill-Brown	65 (68)	85	170	245	79.35

SAMA WOMEN'S PENTATHLON



1 March 2023

100m

Name	Result	Points	Age Group
Cassie Neubauer	15.1	482	W40
Mary Abrey	19.25	479	W70
Liz Neubauer	23.07	148	W70

Javelin

Name	Result	Points	Age Group
Cassie Neubauer	19.28	322	W40
Mary Abrey	13.98	438	W70
Liz Neubauer	9.83	283	W70

Shot

Name	Result	Points	Age Group
Cassie Neubauer	6.64	361	W40
Mary Abrey	5.3	452	W70
Liz Neubauer	4.62	379	W70

800m

Name	Result	Points	Age Group
Cassie Neubauer	0:04:00	45	W40
Liz Neubauer	0:04:57	107	W70
Mary Abrey	0:04:06	380	W70

Long Jump

Name	Result	Points	Age Group
Cassie Neubauer	3.92	371	W40
Liz Neubauer	2.51	296	W70
Mary Abrey	2.25	208	W70

Final Placings

Name	Age	Points	Place
Mary Abrey	W70	1957	1
Liz Neubauer	W70	1213	2
Cassie Neubauer	W40	1581	1



Cassie Neubauer, Liz Neubauer and Mary Abrey

10-13 March 2023 • Sydney Olympic Park

60m			
J Cotter	W45	8.66	Bronze
S Turner	W60	8.90	Bronze
S Cassidy	W60	9.95	6th
L Peake	W70	10.01	Silver
M Cudmore	W85	12.05	Gold
V Musolino	M50	8.00	5th
A Jamae	M50	8.06	6th
P Biggs	M55	7.97	Bronze
H Van Bavel	M70	8.92	Gold

100m			
C Neubauer	W40	14.50	6th
J Cotter	W45	13.69	4th
S Turner	W60	14.45	Bronze
S Cassidy	W60	16.16	6th
L Peake	W70	16.38	Silver
M Cudmore	W85	19.01	Gold
J Godsell	M35	11.96	Bronze
V Musolino	M50	12.37	Bronze
A Jamae	M50	12.81	6th
P Biggs	M55	12.70	Bronze
H Van Bavel	M70	14.67	Silver

200m			
C Gerner	W40	29.37	7th
J Cotter	W45	28.38	Bronze
S Orchard-Simonides	W55	37.32	8th
S Turner	W60	30.27	Silver
S Cassidy	W60	34.17	4th
L Peake	W70	34.82	Silver
A Lang	W80	43.55	Gold
M Cudmore	W85	43.38	Gold ^{AR}
J Godsell	M35	24.46	Silver
V Musolino	M50	25.41	5th
A Jamae	M50	25.54	6th
P Biggs	M55	26.90	6th
H Van Bavel	M70	30.21	Silver

100m Champion of Champions		
S Turner	W60	Bronze

400m			
C Gerner	W40	70.06	5th
S Chinner	W60	72.08	Gold
A Lang	W80	100.32	Gold
A Jamae	M50	56.90	Silver

800m			
S Orchard-Simonides	W55	3:53.1	7th
S Chinner	W60	2:37.6	Gold
A Lang	W80	4:00.2	Gold ^{AR}
A Mayfield	M70	2:47.9	Silver

1500m			
A Mayfield	M70	5:38.6	Silver

2000m Steeplechase			
A Mayfield	M70	8:52.2	Gold

1500m Walk			
M Grantham	W35	8:11.9	Gold

5000m Walk			
M Grantham	W35	28:45	Gold

80m Hurdles			
C Gerner	W40	14.93	Gold

400m Hurdles			
C Gerner	W40	76.75	Gold

High Jump			
J Cotter	W45	1.46	Gold

10-13 March 2023 • Sydney Olympic Park

Long Jump			
C Neubauer	W40	4.18	Bronze
J Cotter	W45	4.67	4th
L Neubauer	W70	2.28	Bronze
M Cudmore	W85	2.65	Gold AR

Triple Jump			
C Neubauer	W40	8.44	Silver
J Cotter	W45	9.50	Silver
D Palmer	W45	8.19	4th
L Neubauer	W70	4.38	4th
M Cudmore	W85	6.27	Gold AR

Hammer			
A Jefferies	W60	35.31	Silver
L Neubauer	W70	13.52	5th

Shot			
D Palmer	W45	9.42	Bronze
A Jefferies	W60	10.77	Gold
L Neubauer	W70	4.94	5th
A Lang	W80	6.41	Bronze
M Cudmore	W85	6.48	Gold

Javelin			
C Neubauer	W40	20.59	Silver
A Jefferies	W60	27.51	Gold
L Neubauer	W70	10.19	7th
A Lang	W80	12.85	Silver
M Cudmore	W85	18.33	Gold AR
P Greenland	M65	18.36	6th

Discus			
D Palmer	W45	25.29	Bronze
L Neubauer	W70	10.01	7th
A Jefferies	W60	27.71	Gold
A Lang	W80	11.98	Bronze

Weight			
A Jefferies	W60	13.90	Gold
L Neubauer	W70	5.64	5th

Throws Pentathlon			
A Jefferies	W60	3454	Silver
L Neubauer	W70	1635	4th

T&F Pentathlon			
C Neubauer	W40	1692	Silver
L Neubauer	W70	1262	Silver
A Lang	W80	2425	Gold

4x100m Relay W240+			
S Cassidy, S Chinner, S Orchard-Simonides, L Peake			
		64.28	Silver

4x100m Relay W180+			
S Turner, J Cotter, C Neubauer, C Gerner			
		55.50	Bronze

4x100m Relay W180+			
P Biggs, J Godsell, A Jamae, V Musolino			
		51.6	4th

4x800m Relay W50			
S Chinner	W50 team	10:32.6	AR

Final Tally

24 Gold **19** Silver **16** Bronze
6 Australian Records **11** State Records



SAMA BIRTHDAY LIST

April and May

Happy Birthday

Felicity Alexander	John Martin		Carol Fallon
Glynn Boyce	Donna Palmer	50	Russell Johnson
Sarah Chinner	Tony Patane		Alexander Mammone
Stephen Downs	Raymond Riviere		Marie Maxted
Belinda Elliott	Paul Wicker		Margaret Miller
Charlotte Gerner	Howard Avery		Paul Mulholland
James Goodall	Kathy Blute		Valmai Padget
Graham Henderson	Helen Bowen		Jack Russell
David Janssan	Colin Brooks	70	Wayne Scarman
Ann Jefferies	Cheryl Buscemi-Le Brun		Heidi Taylor
Roger Lowe	Chris Dimitrak	80	

CLUB CONTACTS



Committee Members

President	Sarah Chinner	0412 915 100	sarahs01@bigpond.com
Vice President/Safety Officer	Anne Lang	0457 070 934	fitnessonthepark@ozemail.com.au
Treasurer	Richard Moyle	0417 831 194	rmoyle@bigpond.net.au
Secretary	Edna Bates	0402 267 239	secretary@samastersathletics.org.au
Registrar/Webmaster	David Bates	0413 023 075	registrar@samastersathletics.org.au
Throws Coordinator/Newsletter Editor	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
Uniform Officer/Club Delegate	David Wilczek	0430 140 722	wilczek_lifecoach@bigpond.com
Social Organiser/Awards Officer	Bill Dickenson	0497 911 198	billdickenson76@gmail.com
Promotions/Sponsorship Officer/ Summer Coordinator	Viddy Jermacans	0407 188 721	viddy48@yahoo.com.au
Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair	George White	0419 348 888	gwhite@adam.com.au

Other Contacts

Walks Coordinator	Graham Harrison	0439 500 751	grahamjharrison@hotmail.com
Records Officer	Ros Lowe	0437 811 582	rrlowe@tpg.com.au
Course Measurer	Doug Smart	0413 456 898	dougsmart2@gmail.com
Public Officer	Lisa Attenborough	0404 120 813	lisa_boys@internode.on.net
Jumps Coordinators	Kathy Blute	0416 214 439	kpblute@bigpond.com
	Hayden Harrell	0481 113 732	hhkingsleyharrell@gmail.com



BARÓSSA



MARATHON FESTIVAL



28 May 2023

42.2km, 21.1km, 10km & 5km



The Barossa Marathon Festival is organised by the South Australian Road Runners.

To enter go to
<https://barossamarathon.com.au/>

PREPD

HYDRATION ENHANCER



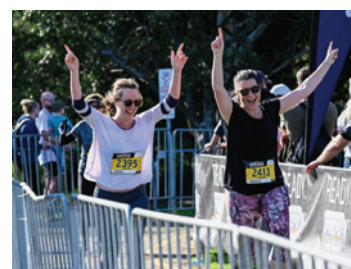
MARATHON | HALF MARATHON | 10KM | 5KM

27 August 2023



The Adelaide Marathon Festival is organised by the South Australian Road Runners.

To enter go to
<https://adelaidemarathon.com.au/>





SA MASTERS ATHLETICS - SUMMER PROGRAM 2022/23			Season Extension - Version 8.3			
FURTHER INFORMATION - See below			Scratch events [in grey]		Handicap events [in white]	
DATE	PROGRAM	NOTES				
2023						
SA Athletics Stadium						
7th-10th April						
EASTER						
Wed 12th Apr	C2 Handicap	<i>Note: Timetables for the last few weeks of the season have changed slightly</i>				
Wed 19th Apr	CANCELLED	Stadium closed for maintenance				
Wed 26th Apr	Modified B2 Handicap	NB. No Throws (no infield access) - Track Program B ; *600m instead of 800m & Jumps only ; 5.50pm Long Jump, 6.10pm High Jump, 6.30pm Triple Jump				
Wed 3rd May	Modified C1 Scratch	*Mile walk instead of 1500m walk				
Wed 10th May	Modified A2 Handicap	*Mile run instead of 1500m				
Wed 17th May	Modified Scratch	Summer Presentation Night** (following competition) 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump				
** To be held in the Stadium Function Room - Bring a Plate						
FURTHER INFORMATION						
SEASON EXTENSION						
At this stage the 2022/23 T&F season will continue to run until 17 May 2023, but this may be reviewed if numbers of competitors drop significantly. If so the date of the Presentation Night** may be brought forward.						
COLOUR KEY & ADDITIONAL INFORMATION						
Modified Programs		Program does not follow the standard timetables - modified as shown. *Only these races have modified distances - all other races as in the Timetables below.				
VENUE						
All SAMA summer competitions in 2023 will be held at SA Athletics Stadium, Mile End.						
SAMA PROGRAMS						
Please note that the timetables below have been changed slightly for the last few weeks of the season, to allow for an earlier finish on the track.						
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. The program alternates according to the timetables below, except some weeks have modified programs where indicated. Please refer to the specific Event for each competition week on the SAMA website for confirmation of program details.						
TIMETABLES - 12 April onwards						
*These races may have modified distances as indicated in the Program above						
TRACK	Program A		Program B		Program C	
	60m	5.50pm	1000mW	5.50pm	*1500mW	5.50pm
	*1500m	6.00pm	150m	6.00pm	100m	6.05pm
	800mW	6.10pm	*800m	6.10pm	1000m	6.15pm
	200m	6.20pm	300m	6.15pm	400m	6.25pm
	3000m	6.35pm	3000mW	6.30pm	4000mW	6.35pm
	5000mW	6.35pm	5000m	6.30pm	2000mW	6.35pm
	3000mW	6.35pm	3000m	6.30pm	2000m	6.35pm
	Finish	~7.17pm		~7.10pm		~7.15pm
FIELD	Program 1		Program 2			
	Hammer	5.50pm	Weight	5.50pm		
	HJ	6.30pm	Discus	6.25pm		
	Javelin	6.45pm	LJ	6.45pm		
	TJ	6.55pm	Shot	6.55pm		

SAMA WINTER PROGRAM 2023



Date	Week	Program	Distances and Start Times**	Venue
28/5/23		Barossa Marathon Festival - eligible for the 2023 AMA Postal Half-Marathon Championships		
3/6/23	1	Scratch runs / walks <i>Prizes to be won</i>	6km walk / 4km run, 2km walk / 2km run	Felixstow Reserve
10/6/23	2	SAMA State 5km Run Championships	5km run / 5km walk, 2.5km walk / 2.5km run	Park 24 (West Terrace - <u>not</u> using Westerns clubrooms)
16/6/23		<i>AGM to be held in evening, prior to the SAMA Awards Dinner</i>		The Tower Hotel, Magill <i>See SAMA website for details</i>
17/6/23	3	Handicap runs / walks	10km walk 1.45pm / 5km run, 2.5km walk / 2.5km run	Park 16 (Pakapakanthi; <u>alt. start</u> near cnr Halifax St. & E. Terrace)
24/6/23	4	SAMA State 10km Walks and 10km Run Championships	10km walk 1.45pm / 10km run 2.00pm, 4km walk / 2km run	Felixstow Reserve
1/7/23	5	Relay Challenge 1 [#] <i>Prizes to be won</i>	Teams of 3 / 6km total distance; both runs / walks	Felixstow Reserve
8/7/23	6	SAMA State 15km Walks & Cross Country Runs Championships	15km walk 1.30pm / 8km & 6km XC runs 1.45pm, 5km walk / 2km XC run	Park 15 (East Terrace, Glover Playground)
15/7/23	7	Handicap runs / walks <i>Prizes to be won</i>	8km walk / 4km run, 4km walk / 2km run	Oaklands Park (Oaklands Rd)
22/7/23	8	Scratch runs / walks	10km walk 1.45pm / 5km run, 2.5km walk / 2.5km run	West Beach (Barcoo Rd)
29/7/23	9	Relay Challenge 2 [#] <i>Prizes to be won</i>	Teams of 3 / 8km total distance; both runs / walks	Felixstow Reserve
Sunday 6/08/2023	10	AMA 20km Walks Championships / SAMA State 20km Walks & Half-Marathon (also AMA Postal) Championships	20k walk 10.00am ; Half-Marathon 10.10am; 6km walk / 4km run 10.10am	Park 20 (Adelaide Harriers clubrooms, Peacock Rd / S. Tce)
12/8/23	11	Multi-Events 1 <i>all three races!</i>	<i>Do</i> 1500m 2.00pm; 800m 2.30pm; 2km 3.00pm; both runs / walks	Park 20 (Adelaide Harriers clubrooms - SARWC* sharing)
19/8/23		SAMA State 5km Walks Championships (with SARWC*)	5km walk 1.30pm (option to complete 10km with SARWC*)	Park 20 (Adelaide Harriers clubrooms, Peacock Rd / S. Tce)
	12	Relay Challenge 3 [#] <i>Prizes to be won</i>	Teams of 3 / 10km total distance; both runs / walks	Felixstow Reserve
26/8/23	13	Multi-Events 2 <i>Do all three races!</i>	1500m 2.00pm; 800m 2.30pm; 2km 3.00pm; both runs / walks	Park 20 (Adelaide Harriers clubrooms, Peacock Rd / S. Tce)
27/8/23		Adelaide Marathon Festival - eligible for the 2023 AMA Postal Half-Marathon Championships		
2/9/23	14	WINTER PRESENTATION <i>Prizes to be won - Turkey Handicap races</i>	5km walk 1.45pm, 5km run 2.00pm, 2.5km walk 2.15pm, 2.5km run 2.25pm	Park 20 (Pétanque Club, cnr Unley Rd & Greenhill Rd)
17/9/23		Lumary City-Bay Fun Run		
Notes:		*SA Race Walking Club	**All runs / walks start from 2pm unless indicated otherwise	
Relay Challenges [#]				
> Handicapped Team events – 3 competitors per team. Separate competitions for runners and walkers.				
> Prior to each week, interested competitors are encouraged to form a team (or allocated on the day).				
> Total distance increases each week; 6km, 8km and 10km.				
> Scratch start for all competitors; not a true relay (staggered start if large numbers).				
> Each competitor completes a leg of 1 or 2 or 3 loops. Total time for all members of team is compared to their combined estimated times (calculated by the Event Manager program), to derive a handicap time.				
> Prizes awarded at the end of each week during Afternoon Tea. The winning team has the smallest handicap time.				

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

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P. 8295 1714
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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