



Date	Week	Program	Distances and Start Times**	Venue
6/05/2023	ASA [#]	Flinders AC XC		Flinders Uni Oval
20/05/2023	ASA [#]	State 10km Championships		West Beach
28/05/2023	Barossa Marathon Festival - eligible for the 2023 AMA Postal Half-Marathon Championships			
3/06/2023	1	Scratch runs / walks <i>Prizes to be won</i>	6km walk / 4km run, 2km walk / 2km run	Felixstow Reserve
	ASA [#]	Ekiden Relays		Bonython Park
10/06/2023	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)
12/06/2023	Adelaide Harriers King's Birthday Turkey Handicap Fun-Run			
16/06/2023		AGM to be held in evening , prior to the SAMA Awards Dinner		The Tower Hotel, Magill <i>See SAMA website for details</i>
17/06/2023	3	Handicap runs / walks	10km walk 1.45pm / 5km run, 2.5km walk / 2.5km run	Park 16 (Pakapakanthi; alt. start near cnr Halifax St. & E. Terrace)
	ASA [#]	Adelaide Uni AC XC Relays		Waite Campus
24/06/2023	4	SAMA State 10km Walks and 10km Run Championships	10km walk 1.45pm / 10km run 2.00pm, 4km walk / 2km run	Felixstow Reserve
1/07/2023	5	Relay Challenge 1 [#] <i>Prizes to be won</i>	Teams of 3 / 6km total distance; both runs / walks	Felixstow Reserve
8/07/2023	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)
15/07/2023	7	Handicap runs / walks <i>Prizes to be won</i>	8km walk / 4km run, 4km walk / 2km run	Oaklands Park (Oaklands Rd)
	ASA [#]	State XC Championships		Carisbrooke Park
22/07/2023	8	Scratch runs / walks	10km walk 1.45pm / 5km run, 2.5km walk / 2.5km run	West Beach (Barcoo Rd)
29/07/2023	9	Relay Challenge 2 [#] <i>Prizes to be won</i>	Teams of 3 / 8km total distance; both runs / walks	Felixstow Reserve
5/08/2023	ASA [#]	Road Distance Relays		tbc
Sunday 6/08/2023	10	AMA 20km Walks Championships / SAMA State 20km Walks & Half-Marathon Championships	20k walk 10.00am ; Half-Marathon 10.10am; 6km walk / 4km run 10.10am	Park 20 (Adelaide Harriers clubrooms, Peacock Rd / S. Tce) - <i>also AMA Postal Championships</i>
12/08/2023	11	Multi-Events 1 [#] <i>Do all three races!</i>	1500m 2.00pm; 800m 2.30pm; 2km 3.00pm; both runs / walks	Park 20 (Adelaide Harriers clubrooms - SARWC* sharing)
	ASA [#]	Cross Country 2		tbc
19/08/2023		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
26/08/2023	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)
27/08/2023	Adelaide Marathon Festival - eligible for the 2023 AMA Postal Half-Marathon Championships			
2/09/2023	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)
3/09/2023	ASA [#]	Fitzy's Five / State 5km Championships		tbc
17/09/2023	Lumary City-Bay Fun Run			
7-12/10/2023	Australian Masters Games - T&F, Road Walk, Street Mile & Cross Country			



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 difference.
- > Prizes awarded at the end of each week during Afternoon Tea. The winning team has the smallest time difference.

Multi-Event Days

- > Held on 2 separate occasions near the end of the season.
- > Held at a venue with a 2km loop.
- > The multi event days are designed to attract summer middle distance runners and sprinters.
- > For both runners and walkers there will be 3 races on same day.
- > Competitors may elect to enter as many of the distances as desired.
- > No prizes.

ASA Winter Season

- > All SAMA members who are financial for the 2022-23 membership year have Athletics SA (ASA) Membership and are eligible to compete in the 2023 ASA Winter Season, consisting of Road Races, Distance Relays, Cross Country and State Championship events. Further information can be found on the ASA Website at <https://www.athleticssa.com.au/our-events/winter/>.
- > 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. Contact the Athletics SA Office on 8354 3477 or admin@athleticssa.com.au for assistance.