



SAMA 2022/23 Award winners

# AGM & Awards Night Celebration

**What a wonderful evening of celebration at our AGM and Awards night on Friday 16 June!**

The AGM saw the election of our new Committee of 9 members as follows:

- Viddy Jermacans - President
- Anne Lang - Vice President
- Richard Moyle - Treasurer
- George White - Secretary
- David Bates - Registrar
- Ann Jefferies, John Hore, Liz Slattery and Miriam Cudmore - general committee.

Many of the new committee and other club members have also nominated for ex-officio roles,



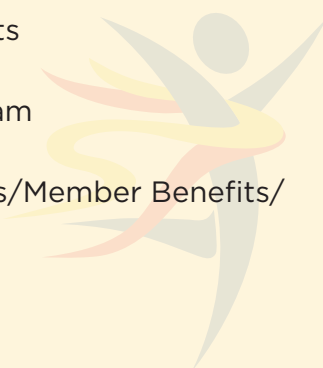
Kim Mottrom receiving his Male Walks Award from George White

and the Committee will confirm details of all roles at their first meeting in July. Details of these people are available on the website and you will also find their contact information listed on page 20 if you have any queries.

*Continued on page 8*

# Contents

- |           |  |           |  |
|-----------|--|-----------|--|
| <b>3</b>  | A note from the President  | <b>14</b> | SAMA Award Winners                           |
| <b>4</b>  | SAMA News  | <b>19</b> | SAMA Records                                 |
| <b>5</b>  | Registrar Notes  | <b>20</b> | SAMA Members Results                         |
| <b>6</b>  | Social News  | <b>23</b> | Birthday List/Contacts                       |
| <b>8</b>  | AGM & Awards Night   | <b>24</b> | Coming Events                                |
| <b>10</b> | SAMA Hall of Fame<br><b>Inductee No 3: Sylvia White</b>                                    | <b>25</b> | Winter Program                               |
| <b>12</b> | Featured article -<br><b>Can Forest Bathing Cure Everything?</b><br><i>By George White</i> | <b>27</b> | Club Uniforms/Member Benefits/<br>Contact Us |



## COMING EVENTS

### **SAMA State 15km Walks and Cross Country Run Championships**

Saturday 8 July

### **SAMA 20km Walks Championships / SAMA State 20km Walks and Half Marathon Championships**

Sunday 6 August

### **SAMA State 5km Walks Championships**

Saturday 19 August

### **Adelaide Marathon Festival**

Saturday 27 August

### **SAMA Winter Presentation**

Saturday 2 September



*Dean Mortimer receiving his Summer Achievers Award, presented by David Bates.*



# A NOTE FROM THE PRESIDENT



**I write this as we are finalising arrangements for our AGM and Awards Dinner. When you receive this newsletter, SAMA will have a new committee and president, as we move into the next year of activities for the club.**

Since the last Newsletter, we have completed the summer program and had a well-attended get-together to thank volunteers, present the Summer Achiever's Award and hand out an extraordinary number of State Age Grade record certificates (128). Of note are state records for Ann Jefferies (18), Miriam Cudmore (13), Heidi Taylor (9) and Ros Lowe and new member Sian Cooper (7). We also presented multiple Australian record certificates to Miriam Cudmore and Anne Lang. Further details appear later in the newsletter.

The winter season has now started, and the 2022/23 committee has been busy finalising Awards for the past year, setting budgets and all the other essential end of financial year activities. Numbers for the beginning of winter remain low, likely because of the trial, extended summer program finishing much later than usual.

We hope that the new winter program format will attract additional numbers going forward; if that doesn't happen, the committee will look again at ways to optimise the winter season and is always thankful for any comments and suggestions. While the extended summer season was a useful trial, the committee has agreed that this didn't work, and in future there will be a bigger gap between the finish of summer and start of winter events.



*Melissa Grantham, Sarah Chinner, Michael Cassidy, Hans Van Bavel and Sue Cassidy.*

I recently attended the Athletics SA (ASA) Awards luncheon and congratulate all SAMA members nominated as finalists and recipients of awards. SAMA once again won the Over 35 Women's pennant for the summer season.



We have won this consistently since affiliation with ASA and it is a continuing testament to the small group of us who compete regularly at ASA representing SAMA, demonstrating the incredible talent we have in our ranks of mature athletes and showing younger people that age is no limiter. Congratulations for individual awards go to Michael Cassidy and Kim Mottrom for their awards as Over 35 Male Stadia and Walks Athlete of the Year respectively – extraordinary performances from them both! I was honoured and somewhat surprised to receive the Over 35 Female Stadia award.

SAMA is involved in conducting the out of stadia events for the upcoming Australian Masters Games being held in Adelaide this October. ASA will be coordinating the track/stadia events and I hope to see many of you competing or involved either on the track or at the ex-stadia Walk, Cross Country or Street Mile events. If you're available and would like to be involved in running the ex-stadia events, please contact George White or Viddy Jermacans.

As most of you know, SAMA will be hosting the 2025 AMA National Championships in Adelaide and we have commenced preliminary planning. The event is booked at the SA Athletics Stadium for 18 to 21 April 2025 (Easter) and the Local Organising Committee (LOC) has been formed. Thanks to Lisa Attenborough for agreeing to be the Lead and Convenor for the event. Lisa is joined by a group of experienced athletes and administrators who would appreciate assistance from anyone interested in being involved, whatever the level, so please contact Lisa if you are interested.

I look forward to seeing you all at our events.

*Sarah Chinner*



## SAMA Hall of Fame

At this years AGM, six of our previous and current members were inducted into the recently established SAMA Hall of Fame, bringing the total to eight members.



Some of these inductees will not be well known to many of you but if you take the time to visit the website you will see just how deserving they all are.

We will be highlighting one of these new inductees in each newsletter, beginning this issue with Sylvia White.

Sylvia was an extraordinary athlete, deserving of her place. Who knows what additional heights she would have reached had she not died so young. Read a precis of her achievements on pages 10 and 11 or go to [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/) for her full biography.

## 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](http://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.



## 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 2023.

Results from weekly SAMA competitions have been submitted to the World Masters Rankings website - <https://www.mastersrankings.com/>

SAMA members with an existing user account with World Masters Rankings can continue to use their previous login details.

Other SAMA members will need to register and set up their account with a password as follows:

- Go to <https://www.mastersrankings.com/login/>
- Go to the Register section
- Use the Email address associated with your SAMA membership
- Create a new Password for your account
- Enter your details
- Click on Register button

## New & Returning Members

Welcome to our returning members:

Loraine Baron	W70
Avril Hill	W70
Virginia Lynch	W60





## 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 - 181 as at 4 June.**

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](http://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](http://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](mailto: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](mailto:registrar@samastersathletics.org.au)

*David Bates*





On 7th May we returned to The Goodwood Hotel for Sunday lunch where we were given the benefit of a private room for our exclusive use.

We were able to fill the room and mingle freely without disturbing other diners with our lively chatter. The pictures tell their own story!

The arrangements for the next lunch will most likely be in the capable hands of Helen Suridge, so keep a look out for what happens next.

*Bill Dickenson*

Social Secretary

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

P: 0497 911 198







## October Weekend Away

The weekend away in Berri Riverside Holiday Park ([www.berriholidaypark.com.au](http://www.berriholidaypark.com.au)) from 27 -29th October is now fully booked.

### 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
- Winery tours - 919 wines, Berri Estates
- 10 minute drive to Monash Adventure Park

Following the AGM on 16th June Bill will no longer be the social organiser and George White has kindly agreed to carry on with the administration for the weekend away. From 14th June any bookings should be made with George.

For bookings or enquiries please contact

*George White*

E: [gwhite@adam.com.au](mailto:gwhite@adam.com.au)

P: 0419 348 888



*Berri Riverside Holiday Park*



# AGM & AWARDS NIGHT CELEBRATION



*Continued from front page*

- ▶ As the Committee can consist of up to 11 members, it is possible to co-opt additional members also, and anyone interested in being involved is urged to contact President, Viddy Jermacans.

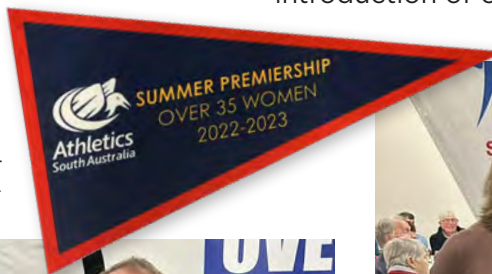
Thanks go to outgoing members for their service to SAMA - David Wilzcek - uniform officer and on the committee for two years; Bill Dickenson - Awards Officer and Social Organiser on the Committee for two years; Sarah Chinner - Secretary for one year and President one year, and Edna Bates - Secretary for one year.

**Nearly 50 members attended the Awards dinner which followed the AGM.**

This was a busy night, celebrating the achievements of our extraordinarily talented members - details of the awards recipients are listed on pages 14-19.

Held at the Tower Hotel in Magill, we enjoyed getting together to celebrate each other's achievements and the night was culminated in the induction of further **Hall of Fame recipients** in what has been the first year of SAMA's introduction of our own club Hall of Fame.

*ASA O35 Premiership Pennant won by SA Masters*



*Sarah Chinner, winner of the Most Outstanding Individual Performance Award, with Miriam Cudmore.*



*Allan Mayfield, winner of the Male Middle Distance Athlete Award.*



*Sue Turner (left), winner of the Female Sprints Athlete Award and Michael Cassidy (right), winner of the Male Sprints Athlete Award, with Anne Lang.*



*Paul Hook, winner of the Male Throws Athlete Award and Ann Jefferies, winner of the Female Throws Athlete Award.*



*Ros Lowe, winner of the Female Middle Distance Athlete Award with Viddy Jermacans.*



*David Bates, winner of the Administration Officer Award with Lisa Attenborough.*



# AGM & AWARDS NIGHT CELEBRATION



► Details of those amazing people are included on the website and I thoroughly recommend reading the information there which has been painstakingly prepared by the Hall of Fame Committee, led by George White. Most of us who were there won't forget the fabulous expressions of surprise and elation on the faces of John Hore

and Miriam Cudmore when their inductions were announced; absolutely priceless!

Congratulations to all who received awards, were inducted into the Hall of Fame, were involved in organising the night, or were simply there to help make it a successful and enjoyable evening. ■

*Sarah Chinner*



Miriam Cudmore (right), winner of the Pat and Geoff Peters Perpetual Trophy for Most Outstanding Female Athlete, with Ann Jefferies.



Kim Mottrom, winner of the Ruth and Jack Weber Perpetual Trophy for Most Outstanding Male Athlete.



Jill being presented with Frank's certificate and plaque by George White.



SAMA Hall of Fame recipients, John Hore, Miriam Cudmore and Jill Rogers who accepted it posthumously for her husband, Frank Rogers.



John Hore.



Miriam Cudmore.





Inductee No. 3:

## Sylvia White

**Sylvia White came to SA in the 1950's from New Zealand. Between 1959 and 1975 she was a dominant force in South Australian field athletics with many open state records and championships, also becoming a manager for SA State teams.**

During this time, she was also a top basketballer representing both South Australia (1957 to the early 60's) and Australia (1960 and 1964).

A member of Adelaide Harriers, she was successful in long jump and hurdles early in her athletic career, but it was high jump, shot put, discus and javelin at which she later excelled. In total she won 17 Open State titles.

Between 1978 and 1986 Sylvia won an amazing 30 National Veteran's titles, mainly in the throws but also, in high jump and long jump. At her first World Masters Championships in 1981, she won



3 medals, throwing a gold medal winning world record in the W55 javelin. By March 1982 she had improved that javelin world record by over three metres, as well as smashing the National shot-put record.

In the 1985 Rome World Masters Championships, Sylvia won three gold medals in W55 javelin, discus and shot put.

At National level, through the age groups of W45, W50 and W55, Sylvia was unsurpassed in breaking Australian records, doing so once in long jump, six times in high jump, twelve times in discus, twelve times in shot put and an amazing fifteen times in javelin. Four out of the 10 State records Sylvia still holds have stood for over 30 years.

In 1976 Sylvia was one of the founding members of the South Australian Veterans Amateur Athletic Club (SAVAAC).

At time of her death in 1986 she was still ranked in the top five for open throwers in SA.

Full details of Sylvia's achievements can be found at [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/).





## Sylvia White

Sylvia White was a dominant force in SA Open athletics from the late 50's to the early 70's winning 17 Open State titles in high jump, shot, discus and javelin. All her State titles were won at Masters age - W30 to W45.

As a Masters athlete, between 1978 and 1986, Sylvia won an amazing 30 national titles, mainly in the throws but also, in high jump and long jump. Her first World Masters Championships was in her hometown, Christchurch, New Zealand in 1981 where she won 3 medals. After bronze for shot and silver for discus she won convincingly in her W55 javelin with a world record that exceeded the previous mark by several metres.

In the 1985 Rome Championships, Sylvia won three gold medals in javelin, discus and shot which resulted in her being a monthly winner of the News/Caltex Sporting Award and a finalist in the Sports Star of the Year.

At national level, through the age groups of W45 to W55, Sylvia was unsurpassed in breaking Australian records, doing so 46 times - once in long jump, six times in high jump, twelve times in discus, twelve times in shot and an amazing fifteen times in javelin. Four out of the 10 State records Sylvia still holds have stood for over 30 years.

For her athletic achievements, she was awarded Life Membership of both Adelaide Harriers and Athletics SA.

A great athlete and an inspiration for throwers of all ages, Sylvia is an admirable inductee into the SAMA Hall of Fame.

003

INDUCTEE NUMBER

SAMA PRESIDENT

16 June 2023

DATE

# Can Forest Bathing Cure Everything?

*By George White*

**Quite a few years ago I wrote an article on the Japanese practice of Shinrin-yoku which translates as “Forest Bathing”. The Japanese extol the virtues of it because of its ability to provide both emotional and physical benefits.**

There is no question there are psychological benefits to going into forested areas – it can calm, soothe and relax us. Other benefits might derive from at least short-term digital detoxing. Forest bathing is a recognised relaxation and stress management activity in Japan and there are now 62 accredited Shinrin-yoku forests in the country.

“Off with the Fairies”- or onto something very tangible. Since I wrote that article there has been a lot of research into the practice including into whether it could have an impact on COVID 19.

Previously studies had shown that forest bathing resulted in lower cortisol (a stress hormone) levels, pulse rate and blood pressure when compared to similar exercise indoors. Another study by the Nippon Medical School found that it resulted in increased levels of the white blood cells which are crucial to the body in post-surgery and chemotherapy rehabilitation.

Last year a further study in Japan compared walking in urban areas with walking in forested areas with results showing increased fatigue and lactic acid in the urban walks and increased vigour and serotonin in the forest walks (serotonin plays a key role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting and sexual desire). In addition, after forest walks participants reported better sleep quality.

In general, among the benefits observed, there seems to be a strengthening of the immune system thanks to the inspiration of phytoncides.



Phytoncides are volatile organic compounds (VOCs) given off by trees. These chemicals have natural antimicrobial and insecticidal qualities that protect the trees from germs and parasites. So, a tree emits these substances to create a field of protection around itself against harmful bugs, bacteria, and disease. But phytoncides not only protect trees from attack, they also benefit forest visitors too.

There are thousands of phytoncides and different trees emit different phytoncides and at different levels. Both evergreen and deciduous trees can emit strong phytoncides and while most research on the benefits derived from these are from Japan and North America, it is known that eucalypts are strong emitters. ▶



## Can Forest Bathing Cure Everything? *Continued*

- ▶ Phytoncides are basically tree “essential oils” and what could be a better essential oil than eucalyptus oil. Eucalyptus oil in particular, contains a number of phytoncides, including eucalyptol, which has been shown to have antibacterial and antifungal properties. In addition, eucalyptus phytoncides have been found to have anti-inflammatory properties, which can help to reduce inflammation in the body and promote healing.

This can be particularly beneficial for people with conditions such as asthma, allergies, or other respiratory issues. Overall, while more research is needed to fully understand the benefits of eucalyptus phytoncides on the immune system, there is evidence to suggest that they can play a positive role in supporting immune function and overall health.

Research has shown that exposure to phytoncides can have a positive impact on the immune system, reducing inflammation and boosting the production of natural killer (NK) cells, which are important for fighting off viruses. NK cells are a type of white blood cell that literally seek and destroy virus-ridden cells. They can even target a viral infection inside cells, without destroying the entire cell.

Two hours in a forest could increase NK cell activity for days! In a 2010 study, researchers found that people who took two long walks through forests on consecutive days increased their NK cells by 50% and the activity of these cells by 56%. Those activity levels remained 23% higher than usual for the month following the walks.

Now to COVID-19. The COVID-19 outbreak resulted in large portions of the population having a less healthy and active lifestyle, as well as a rise in stress, anxiety and other mental health issues, which also leaves them at higher risk of infection. Physical activity, has been demonstrated to be an important method of prevention of viral diseases as it triggers many biological processes within the body which in turn lead to heightened natural defences, including a strong immune system.



Moderate and sustained levels of physical activity induce specific changes which are beneficial in the prevention of cancer as well as cardiovascular disorders. It is a fact that a high percentage of COVID-19 patients requiring intensive care are overweight or suffering from obesity suggesting a correlation between the lack of an adequate exercise routine and the severity of the disease in question. It is then clear that physical activity should be considered beneficial in the prevention of viral respiratory infections, including that due to COVID-19 and its resulting inflammation .

In a recent study it is suggested that forests may have a regional impact on COVID-19. In Italy forested areas appear to have lower levels of COVID-19. Now this may relate to lower levels of fine particulate matter intercepted onto their leaves and other surfaces, trees thus mitigating air pollution while also emitting bioactive VOCs which strengthen the local populations immune system. The double protective role of trees may be key to the lower COVID-19 induced mortality rate recorded in regions which have a higher density of trees (evergreens in particular).

In conclusion, sport performed in green spaces may bolster the body’s ability to fight off COVID-19 and other infectious diseases through the combined benefits of physical exercise and the immunostimulatory effect provided by biogenic VOCs emitted by trees.

Now do you want to be a forest bather? Lots of people believe trees can communicate with them and perhaps they can via their chemistry at least. Anyway, enough of all this – I need to go hug a tree. ■



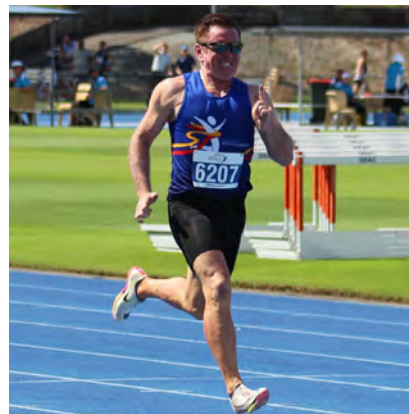
## Male Sprints Award

**Winner:**

**Michael Cassidy**

Michael equalled the 60m Australian record in his age group and had top 5 finishes in the World Masters Athletics Championships in Finland in 2022.

**Runner Up:** Albert Jamae



*Sprints*

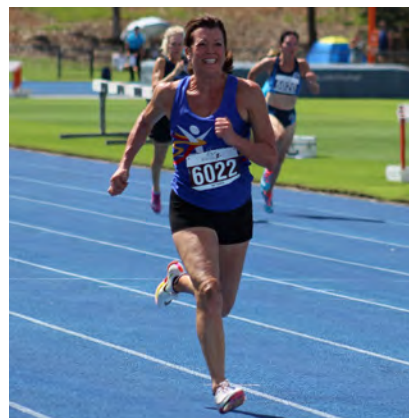
## Female Sprints Award

**Winner:**

**Sue Turner**

Sue won silver and bronze medals at the AMA National Championships, Sydney with an exceptionally high age grading.

**Runner Up:** Jenni Cotter



*Sprints*

## Male Middle Distance Award

**Winner:**

**Allan Mayfield**

Allan won steeplechase gold at the AMA National Championships, Sydney which also ranks him at number 2 worldwide.

**Runner Up:** Peter Sandery



*Middle Distance*





## Female Middle Distance Award

**Winner:**

**Sarah Chinner**

Sarah won gold medals in the 800m and 1500m at the AMA National Championships, Sydney, and set a new W60 4x800m Australian record. She set a new state W60 800m record 6 times. At the WMA Championships in Finland, Sarah was 4th in the 800m and 6th in the 1500m and won gold in the 4x400 relay, which was also an Australian Record.

**Runner Up:** Anne Lang



*Middle Distance*

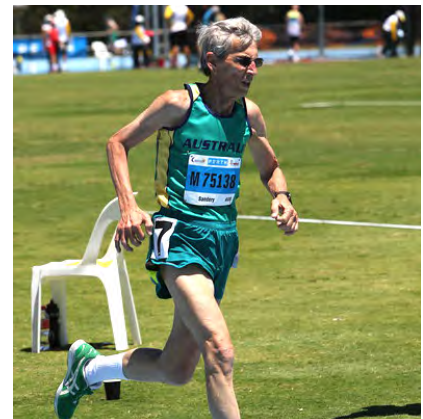
## Male Distance Award

**Winner:**

**Peter Sandery**

Peter has had numerous high standard runs setting 2 new state records and is currently ranked 3rd worldwide in 1500m and 3000m.

**Runner Up:** Paul Mulholland



*Distance*

## Female Distance Award

**Winner:**

**Ros Lowe**

Ros has completed regular and consistent high quality distance runs as well as breaking state records.

**Runner Up:** Felicity Alexander



*Distance*



## Male Walks Award

**Winner:**

**Kim Mottrom**

Kim has competed in events from 800m to marathon at a particularly high standard setting 6 new records and also winning gold medals in open competition.



**Runner Up:** Peter Crump



*Walks*

## Female Walks Award

**Winner:**

**Marie Maxted**

Marie has competed in distances from 800m to 10km and set 2 new state records. She also won an ASA O50 state gold medal.



**Runner Up:** Melissa Grantham



*Walks*

## Male Jumps Award

**Winner:**

**Dean Mortimer**

Dean has regularly competed in all jump categories at a high standard, winning the ASA O50 state gold medal.



**Runner Up:** Paul Wicker



*Jumps*





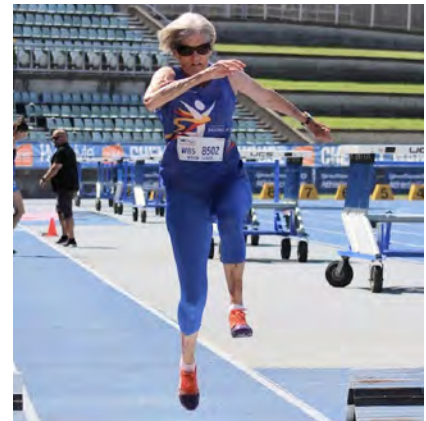
## Female Jumps Award

**Winner:**

**Miriam Cudmore**

Miriam achieved 2 gold medals in long and triple jump, both Australian records, at the AMA National Championships, Sydney. Her W85 triple jump would have won W60 gold!

**Runner Up:** Jenni Cotter



*Jumps*

## Male Throws Award

**Winner:**

**Paul Hook**

Paul has regularly competed in all throws disciplines and set a new Indoor Australian record in the Heavy Weight Pentathlon, along with gold medals at the inaugural Australian Indoor Throws Competition held in NSW in August 2022.

**Runner Up:** Matt Lovell



*Throws*

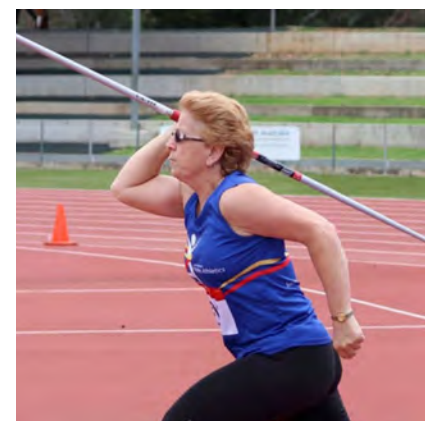
## Female Throws Award

**Winner:**

**Ann Jefferies**

Ann has competed in all throws disciplines and set a total of 17 state records. She won 4 gold and 2 silver medals at the AMA National Championships, Sydney along with 4 golds in the O50 category at the ASA State Championships.

**Runner Up:** Heidi Taylor



*Throws*



## Administrator Award

Winner:

**David Bates**

David plans both the winter and summer programs. This season it included his part in finding an alternative venue for the start of the summer season. David also manages our website and members registrations.

Runner Up: **Viddy Jermacans**



*Administrator*

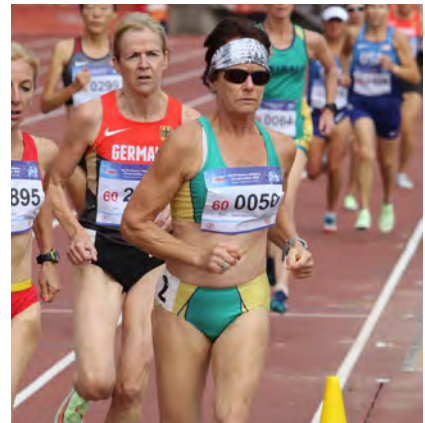
## Most Outstanding Individual Performance Award

Winner:

**Sarah Chinner**

Sarah's WMA Championships 4x400m relay gold and AMA Championships 4x800m relay gold were both in Australian record times as well as a 400m AMA gold medal, all of which were achieved following knee reconstruction surgery in late 2020.

Runner Up: **Sian Cooper**



*Individual Performance*

## The Ruth and Jack Weber Perpetual Trophy for the Most Outstanding Male Athlete

Winner:

**Kim Mottrom**

Runner Up: **Michael Cassidy**



*Most Outstanding*





## The Pat and Geoff Peters Perpetual Trophy for the Most Outstanding Female Athlete

Winner:

**Miriam Cudmore**

Runner Up: **Ann Jefferies**



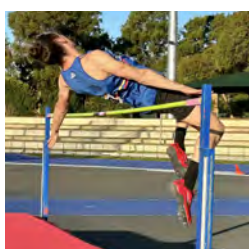
*Most Outstanding*

## NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Sian Cooper	W40	Weight	14.03	12/04/23	SAMA Stadium
Peter Crump	M60	5km Road Walk	29.2	22/04/23	SARWC Peacock Rd
Paul Wicker	M40	High Jump	1.70	22/03/23	SAMA Stadium
Anne Lang	W80	300m	74.83	26/04/23	SAMA Stadium
Sarah Chinner	W60	1000m	3.38	03/05/23	SAMA Stadium
Sian Cooper	W40	Hammer	43.21	03/05/23	SAMA Stadium
Sarah Chinner	W60	Mile (track)	6.11	10/05/23	SAMA Stadium
Ros Lowe	W75	Mile (track)	9.16	10/05/23	SAMA Stadium
Ros Lowe	W75	3000m	18.03	10/05/23	SAMA Stadium



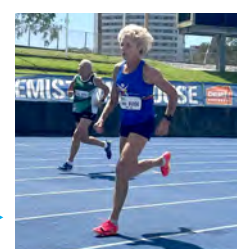
◀ Paul Wicker



Peter Crump ▶



◀ Sian Cooper



Anne Lang ▶



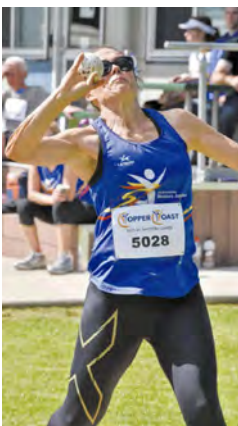
# COPPER COAST MASTERS GAMES 2023



21-23 April 2023

From Friday 21 - Sunday 23 April an intrepid group of SAMA athletes ventured to Kadina to take part in the Copper Coast Masters Games 2023.

The athletics results can be found on our website at [https://www.samastersathletics.org.au/results/#other\\_results](https://www.samastersathletics.org.au/results/#other_results). Here are a selection of photos for you to enjoy!





# SAMA SUMMER ACHIEVERS AWARD 2022/23



In 2020 the SAMA Achievers Award was introduced to recognise individual athletes who strive from week to week to improve their performance ratings but who may not necessarily be at a “high” standard.

The Achievers Award is applicable only to financial members of SA Masters Athletics (SAMA) and based on their performances during the weekly SAMA competitions. Athletes that actually compete at a meeting are acknowledged with a point for each event entered.

Further allocation of award points for each athlete are based on the degree of performance improvement of their best Age Grade Rating for every event entered; the more events entered, the more points earned.

Performance improvement is assessed by comparing the latest achieved Age Grade Rating for a particular event with the previously achieved maximum Age Grade Rating for that event for the current season.

Points are calculated for each unique event (except Race and Club walks are combined).

There were 104 participants over the course of the summer who accumulated points - here are the top 10 placegetters.

For the full list of the results, please go to [www.samastersathletics.org.au/awards/#achiever\\_awards](http://www.samastersathletics.org.au/awards/#achiever_awards)

Order	Number	Name	Points
1	256	Dean Mortimer	228
2	136	Mary Abrey	150
3	179	Matthew Lovell	128
4	211	Liz Downs	125
5	481	Peter Crump	123
6	306	Malcolm Tiggeman	121
7	339	Marie Maxted	114
8	171	Cassie Neubauer	108
9	226	Howard Avery	94
10	146	Roula Ghaoui	83

The Points are assigned to financial members for the current season as follows:

- 1 point for participating in an event plus,
- Improvement over the best Age Grade % performance for the same event by 0-0.5% an additional 1pt
- Improvement >0.5% to 1% an additional 2pts
- Improvement >1% to 1.5% an additional 3pts
- Improvement >1.5% - 2% an additional 4pts
- Improvement >2% an additional 5pts.



1st place - Dean Mortimer



2nd place - Mary Abrey



3rd place - Matt Lovell



# SAMA STATE CHAMPIONSHIPS



## 5km Run - 10 June 2023 - West Terrace

Name	Age Group	Result	Age Group %	Place
Marlene Norton-Baker	W70	0:31:01	65	1
Carol Fallon	W65	0:35:45	54.29	1
Sarah Chinner	W60	0:23:27	76.29	1
Sharon Johnson	W50	0:26:39	60.17	1
Doug Smart	M75	0:33:33	56.84	1
Stephen Dunn	M55	0:24:39	60.79	1



Marlene Norton-Baker



Carol Fallon



Sarah Chinner



Sharon Johnson



Doug Smart



Stephen Dunn





# SAMA BIRTHDAY LIST

*Happy Birthday*

## June and July

Jenni <b>Cotter</b>		Robert <b>Barnard</b>	<b>70</b>	Aimee <b>Lane</b>	
Albert <b>Jamae</b>		Jenny <b>Battersby</b>		Aaron <b>Lawson</b>	
Malcolm <b>McMillan</b>	<b>65</b>	Peter <b>Bos</b>		Bennett <b>Maxwell</b>	<b>55</b>
Dennis <b>Peck</b>		Mark <b>Burns</b>		Gil <b>McIntosh</b>	
Peter <b>Sandery</b>		Michael <b>Cassidy</b>		David <b>Robertson</b>	<b>90</b>
Louise <b>Scarman</b>		Liz <b>Downs</b>		Doug <b>Smart</b>	<b>80</b>
Michael <b>Tagell</b>		Gerald <b>Doyle</b>		Bill <b>Starr</b>	
George <b>White</b>		Gino <b>Geracitano</b>	<b>50</b>	Malcolm <b>Tiggeman</b>	
Kate <b>White</b>		Graham <b>Harrison</b>	<b>80</b>	Sue <b>Turner</b>	
David <b>Wilczek</b>		Brian <b>Hart</b>		Alan <b>Twartz</b>	
John <b>Winter</b>	<b>75</b>	Paul <b>Hook</b>		Hans <b>Van Bavel</b>	
Russell <b>Withers</b>		Jacques <b>Jason</b>			

## CLUB CONTACTS



### Committee Members

<b>President</b>	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
<b>Vice President/Safety Officer</b>	Anne Lang	0457 070 934	fitnessonthepark@ozemail.com.au
<b>Treasurer</b>	Richard Moyle	0417 831 194	rmoyle@bigpond.net.au
<b>Secretary</b>	George White	0419 348 888	secretary@samastersathletics.org.au
<b>Registrar/Webmaster</b>	David Bates	0413 023 075	registrar@samastersathletics.org.au
<b>Throws Coordinator/Newsletter Editor</b>	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
<b>Awards Officer</b>	John Hore	0417 858 882	johnhore@gmail.com
<b>Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair/ Walks Coordinator/Winter Coordinator</b>	George White	0419 348 888	gwhite@adam.com.au
<b>Committee Member</b>	Miriam Cudmore	0411 281 137	mimbron@bigpond.com
<b>Committee Member</b>	Liz Slattery	0404 936 658	es.ms@bigpond.com

### Other Contacts

<b>Course Marker</b>	Graham Harrison	0439 500 751	grahamjharrison@hotmail.com
<b>Records Officer</b>	Ros Lowe	0437 811 582	rrlowe@tpg.com.au
<b>Course Measurer</b>	Doug Smart	0413 456 898	dougsmart2@gmail.com
<b>Public Officer</b>	Lisa Attenborough	0404 120 813	lisa_boys@internode.on.net



## PREPD

HYDRATION ENHANCER

# ADELAIDE MARATHON Festival

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/>



## AUSTRALIAN MASTERS INDOOR THROWS NATIONAL CHAMPIONSHIPS 2023

**SAT 19 & SUN 20 AUGUST**



Argentille Equestrian  
Centre  
283 Wilderness Road  
Lovedale NSW 2320

*Come for the athletics  
and stay for the  
wineries!*

For full details including prices and accommodation options please go to

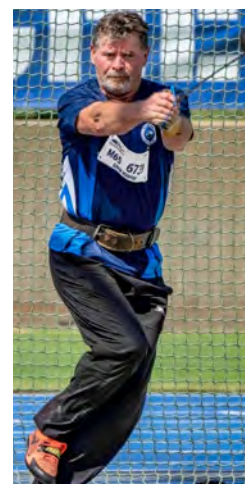
<http://australianmastersathletics.org.au/events/event/ama-national-indoor-throws-championships-2023/>



## AMA WINTER THROWS CHAMPIONSHIPS 2023

September 30th  
to  
October 2nd

**Q.S.A.C.  
Kessels Road  
Mt Gravatt  
QLD**



For further details

[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)



# 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
	ASA <sup>#</sup>	Ekiden Relays		Bonython Park
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)
12/6/23	Adelaide Harriers King's Birthday Turkey Handicap Fun-Run			
16/6/23		<i>AGM to be held in evening, prior to the SAMA Awards Dinner</i>		The Tower Hotel, Magill See SAMA website for details
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)
	ASA <sup>#</sup>	Adelaide Uni AC XC Relays		Waite Campus
24/6/23	4	SAMA State 10km Walks and 10km Run Championships	10km walk 1.45pm / 10km run 2.00pm, 4km&2km walks / 2km	Felixstow Reserve
30/6/23	ASA <sup>#</sup>	Winter Track Event [1] - 3000m and 5000m from 6.30pm		SA Athletics Stadium
1/7/23	5	Relay Challenge 1 <sup>#</sup> <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 / 4km&2km XC runs 2.00pm	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)
	ASA <sup>#</sup>	State XC Championships		Carisbrooke Park
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 <sup>#</sup> <i>Prizes to be won</i>	Teams of 3 / 8km total distance; both runs / walks	Felixstow Reserve
5/8/23	ASA <sup>#</sup>	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>
12/8/23	11	Multi-Events 1 <sup>#</sup> <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 <sup>#</sup>	Cross Country 2		tbc
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 <sup>#</sup> <i>Prizes to be won</i>	Teams of 3 / 10km total distance; both runs / walks	Felixstow Reserve
26/8/23	13	Multi-Events 2 <sup>#</sup> <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)
3/9/23	ASA <sup>#</sup>	Fitzy's Five / State 5km Championships		tbc
17/9/23	Lumary City-Bay Fun Run			
7-12/10/2023	Australian Masters Games - T&F, Road Walk, Street Mile & Cross Country			

<sup>#</sup> See p2 for details

\*SA Race Walking Club

\*\*All runs/walks start 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 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](mailto:admin@athleticssa.com.au) for assistance.
- > Winter Track Event [1] - Participate in a 3000m, 5000m or both in the Flinders AC Winter Track Event at SA Athletics Stadium on Friday 30 Jun 2023 6:00PM — 9:30PM [<https://www.athleticssa.com.au/events/193325/>]

## 3 June 2023 - Felixstowe



Paul Logan



Marie Maxted



Jan Layng



# CLUB UNIFORMS



**Legend Sportswear**  
is our official uniform  
supplier.



Information about the  
current status of uniform  
supplies is available 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.



# MEMBERS BENEFITS



## Fitness on the Park

(Anne Lang SAMA member)

64 MacKinnon Parade,  
North Adelaide 5006.  
[www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)



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



## Sportspower Glenelg

Shop 2, 128 Jetty Road, Glenelg, SA 5045  
P. 8295 1714  
[www.zorichgroup.com.au](http://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](http://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](mailto: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](mailto:rrlowe@tpg.com.au)

If you change your address, phone no. or email,  
contact David Bates at  
[registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

Please send articles, images and results to be  
included in the newsletter to the editor at  
[ann.jefferies@adam.com.au](mailto:ann.jefferies@adam.com.au)