



Winners of the 6km Walk Relay at Felixtow on 1 July 23:
Edna Bates, Sabine Orchard-Simonides and Margaret
MacIntosh



Winners of the 6km Run Relay at Felixtow on 1 July 23:
David Padget, Hayden Harrell and Stephen Dunn

Relay Fun!

This year we have introduced a new event to our winter competition - relays!

Prior to each week, interested competitors are encouraged to form a team of 3 (or allocated on the day).

Each competitor completes a leg of 1 or 2 or 3 loops. Total time for all members of the team is compared to their combined estimated times (calculated by the Event Manager program), to derive a handicap time difference. The winning team has the smallest time difference. The total distance increases each week; 6km, 8km and 10km.

Relay Challenge no 3 is at Felixtow on 19 August - why not come along and give it a go!



Winners of the 8km Run Relay at Felixtow on 29 July 23:
Sharon Johnson, John Hore and Marlene Norton-Baker



Winners of the 8km Walk Relay at Felixtow on 29 July 23:
Margaret MacIntosh, Marie Maxted and Dave Fallon

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COMING EVENTS

SAMA State 5km Walks Championships

Saturday 19 August

•

Adelaide Marathon Festival

Saturday 27 August

•

SAMA Winter Presentation

Saturday 2 September

•

City to Bay Fun Run

Sunday 17 September

•

Start SAMA Summer Season

Wednesday 27 September

•

AMA Winter Throws Championships

Saturday 30 September to
Monday 2 October



SAMA Winter Presentation

Saturday 2 September

To be held after competition at



Club De Petanque d'Adelaide
Kurangga Park, Park 20

Corner of Greenhill Rd and Unley Rd

Please bring a plate of food to share!

A NOTE FROM THE PRESIDENT



The AGM and Awards Dinner in June returned several experienced members to the 2023/24 SAMA committee as well as introducing two new members, Liz Slattery and Miriam Cudmore. John Hore, with several years background as a committee member, was also welcomed.

The next ten months, which encompass the remainder of our winter season as well as the upcoming summer track & field season, will be a busy period as, in addition to our standard events, members will have the opportunity to enter in the athletics component of the Australian Masters Games (AMG) to be held in Adelaide in October.

Athletics South Australia (ASA) has developed a program for 4 days of competition at the Mile End Stadium (7-10 October) whilst SAMA is responsible for running the 3 out-of-stadia events. The City Mile will be run the evening of Tuesday, 10 October, the Cross Country the morning of Wednesday, 11 October and the 10k Walk the morning of Thursday, 12 October. At the time of writing entry numbers are promising and tracking ahead of the same stage as for the 2019 AMG.

The summer track & field program will commence on 27 September which will allow two competition meets prior to the Games. November will feature the two heats and final of the Bob Clarke Challenge. Prize voucher awards have been increased to include heat winners whilst the place getters in the final will also be recipients of increased prizes with the winner having the choice of a \$300 gift voucher from either Rebel Sports or Travel Associates (Norwood).

A 'Walks Award' is also being introduced which will feature a series of handicap races over a variety of distances with points (for finishing order in each race) being awarded to determine final placings.

The committee is also investigating proposals whereby jumpers and throwers are accommodated in a series of events culminating in acknowledgment of performance.

The summer program after Christmas is still in draft format but will recommence on Wednesday 10 January, and culminate on Wednesday 3 April.

The SAMA Championships will take place before the National Championships which are to be held in Hobart next year, 29 March to 1 April.

SAMA's last meet will be held on 3 April, and will feature the summer presentation night. We have a shortened summer program due to the unavailability of the Mile End facilities because of track bookings for both junior championships and the Athletics Australia National T&F Championships, which will be held there 11-19 April.

SAMA has commenced its build up to the 2025 AMA National Track & Field Championships to be held in Adelaide, April 18-21, 2025, with the establishment of a Local Organising Committee (LOC). At time of reading the first meeting of the LOC will have been held. Whilst several members have already volunteered for the LOC there are still many positions to be filled covering a variety of tasks. If you are interested in joining the committee or contributing with suggestions, please contact either myself or Lisa Attenborough (head of the LOC - 0404 120813) to find out more.

Extensive construction continues in areas surrounding the athletics track at Mile End and is likely to do so for some time. Members should expect disruption to continue for parking and access to the track.

The winter program with Saturday afternoon competition continues and will culminate on the 2nd of September at Park 20 to be followed by presentations at the Pétanque Club.

All the best and I look forward to seeing you at our upcoming meets.



Viddy Jermacans



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 - this issue is Wendy Ey.

Read a precis of her achievements on pages 8 and 9 or go to www.samastersathletics.org.au/hall-of-fame/ for her full biography.



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



Australian Masters Games (AMG), Adelaide

The AMG will be held in Adelaide from 7 to 14 October 2023. 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.



REGISTRAR NOTES

Early Bird Prize

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

Once the ASA registration system is open for 2023/24 registrations in early September, **members who then renew by 14 October** will go into the draw for one of THREE prizes, each consisting of a refund of their SAMA membership fee.



Membership Applications

Membership applications and renewals, together with payment of fees, should be done using the Athletics SA on-line registration system (see below). A manual membership form is also available to download.

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

Renewals for 2023/24

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September), and **renewals for all members will be due on 1 October 2023.**

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 <https://www.samastersathletics.org.au/sama-governance/#documents>.

Membership renewals, together with payment of fees, are done using the **Athletics SA on-line registration system** (open for 2023/24 registrations in early September).

For further information and for advice about when registration for the new season will be available, see *Member Registration* on the Membership page of the SAMA Website at <https://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 with Athletics SA in 2023/24



ASA Membership Options

If you are planning to participate in the Athletics SA competitions in the 2023/24 summer season, then you need to decide which level of membership with ASA you would like to take out.

Basic membership of ASA is included in your SAMA registration fee if you choose to compete for SA Masters as your primary club in the 2023/24 season. For an extra annual fee, you may choose to upgrade your membership to reduce the cost per day/event when competing in ASA competitions and championships.

If you intend to compete only once or twice in the ASA competition than you are probably best sticking with the Basic membership. If you decide to compete more often it may be worthwhile to upgrade to a higher level of membership.

These membership options and additional fees payable for 2023/24 will be advised on the ASA website, and further information will also be made available on the SAMA Website as we get closer to start of the summer season.

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



On Sunday 13 August a small group of SAMA members ventured up the freeway to the Aldgate Pump Hotel for a tasty lunch.

Keep an eye on the weekly emails and the web page for details of the next social function.





**Berri Riverside
Holiday Park**
South Australia



October Weekend Away

The weekend away in Berri Riverside Holiday Park (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

For enquiries please contact

George White

E: gwhite@adam.com.au

P: 0419 348 888



Berri Riverside Holiday Park



Inductee No. 4: Wendy Ey

Wendy was born Wendy Hayes, 21st May 1938 in Merrylands, New South Wales. Her career was as an Australian track and field athlete, administrator, academic, author and feminist.

Wendy was also a successful State hockey player and pennant squash player in the 1960's and 1970's.

At the age of 14 in Melbourne, Wendy joined her first athletic club. Six years later after winning many Victorian sprint and hurdle titles and an Australian 100 yards championship, she was competing at the 1958 Cardiff Empire Games.

While she was competing, Wendy was also manager of the Australian athletics teams at the

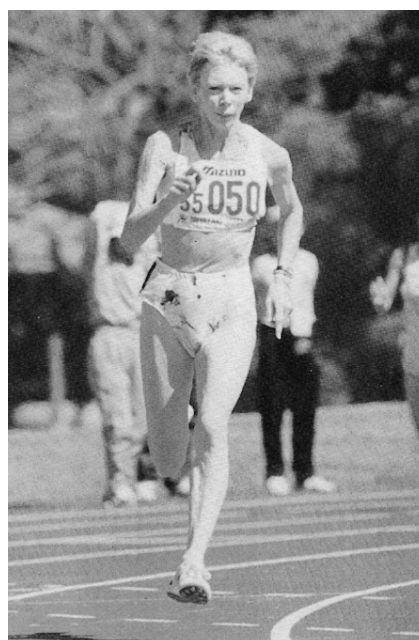
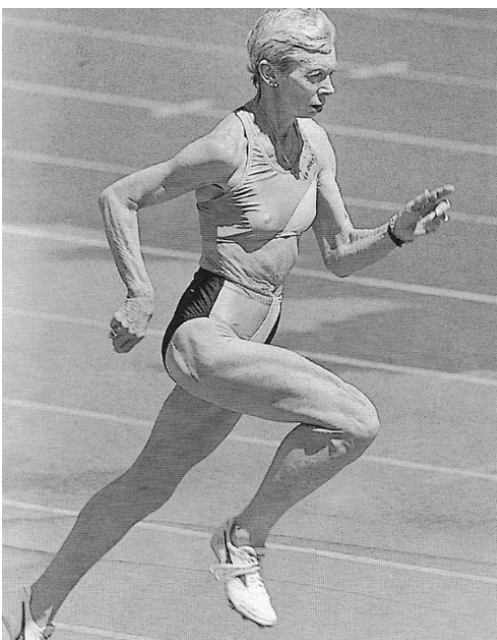
1982 Commonwealth Games, 1984 Olympic Games, 1987 World Championships and the 1992 Paralympics as well as advising the Minister for Recreation and Sport.

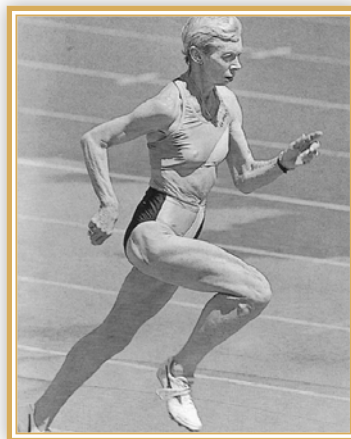
Wendy retired from Open athletics in 1961 before moving to Adelaide where her rise in Sports administration was meteoric and comprehensive. She was Chairman, Vice President and member of countless athletic organisations as well as Team Manager for State and National Teams.

Wendy Ey was a pioneer of women's sport. She spoke out loudly about women's rights to hold positions of authority in sport and she was author and co-author of countless papers and books on women in sport.

Wendy returned to athletics as a Master in 1981. Wendy was awarded the British Empire Medal in 1977 for service to sport. She was also awarded Life Membership of ASA.

Full details of Wendy's achievements can be found in her biography at www.samastersathletics.org.au/hall-of-fame/.





Wendy Ey

At the age of 14, Wendy joined her first athletic club. Six years later, after winning many Victorian sprint and hurdle titles and an Australian 100 yards championship, she was competing at the 1958 Cardiff Empire Games. In the 100 yards she finished seventh, in the 80m Hurdles fifth and was part of the gold medal team in the 4x100 yard relay.

Wendy retired from Open athletics in 1961 before moving to Adelaide where her rise in Sports administration was meteoric and comprehensive. She was President of the South Australian Women's Amateur Athletic Association for 14 years until it was amalgamated with the men's association (SAAAA) with her being pivotal in this Amalgamation. She was Chairman, Vice President and member of countless athletic organisations as well as Team Manager for State and National Teams.

Wendy Ey was a pioneer of women's sport. She spoke out loudly about women's rights to hold positions of authority in sport and she was author and co-author of countless papers and books on women in sport. Wendy returned to athletics as a Master in 1981.

At World level Wendy broke W45 world records in the 100m and 200m, she won seven gold, four silver and three bronze medals. At the Oceania Championships she won eight gold and two silver medals. At National level she won 12 National titles and set 11 National records in the sprints, hurdles and long jump. Nine of her SAMA records still stand.

While she was competing, Wendy was also manager of the Australian athletics teams at the 1982 Commonwealth Games, 1984 Olympic Games, 1987 World Championships and the 1992 Paralympics as well as advising the Minister for Recreation and Sport.

Wendy was awarded the British Empire Medal in 1977 for service to sport. She was also awarded Life Membership of ASA.

004

INDUCTEE NUMBER

SAMA PRESIDENT

16 June 2023

DATE

Which is more important - a hard workout or rest?

By George White

Some of us may use any excuse to miss a session but many feel absolutely terrible. It is however sometimes vital to miss training - we all need recovery time, despite worrying that taking a few days off from training will hurt our fitness.

Recovery is not sexy but without recovery, training could be wasted time. Recovery is one of the most important elements of training. In fact without recovery there is no improvement or value in hard workouts.

Research shows you shouldn't be too worried about losing significant fitness if you are well trained and your break from running is less than two weeks, so certainly don't worry about a day or two.

Recovery is a critical aspect of any training regimen. It is the process by which the body heals, repairs and restores itself after intense physical activity. Proper recovery allows us to train harder, avoid injury, and ultimately perform better. As soon as a training session is finished, the recovery process begins. Muscle fibres robbed of energy and suffering micro-tears, begin the process of repairing themselves to come back stronger



for next time. While these processes happen naturally, they can be enhanced by what we choose to do from the minute training stops.

There are several key components of recovery in athletics. Active and passive recovery are two common strategies used by athletes to help their bodies recover after intense training or competition.

Active Recovery

Active recovery involves engaging in low-intensity exercise.

- Dynamic stretching. Dynamic stretching helps to increase blood flow, mobility, and range of motion. Dynamic stretching involves active movements, such as leg swings, arm circles, or lunges, that engage the muscles and take the body through a full range of motion. Dynamic stretching can help to improve flexibility, mobility, and range of motion, while also helping to prevent injury.
- Yoga, or light cardio, to promote blood flow, reduce inflammation, and speed up the recovery process. This might include activities such as gentle jogging, yoga, or swimming. Active recovery can help athletes to maintain fitness levels and reduce the risk of injury during the recovery.

It's important to remember that active recovery should be done at a low intensity, with a focus on recovery rather than pushing the body to its limits. Active recovery can be done on rest days or in between intense training sessions, to help the body recover and prepare for the next workout. ▶

Which is more important - a hard workout or rest? *Continued*

► **Passive Recovery**

Passive recovery, on the other hand, involves taking a break from exercise altogether and allowing the body to rest and recover. This might include activities such as getting more sleep, having a massage, or simply relaxing and stretching. Passive recovery can be particularly useful for athletes who have had an injury or who are experiencing fatigue.

- **The first and most important aspect of recovery is rest.** This is needed to allow our bodies to recover from the physical stress of training and competition. This means getting enough sleep and taking rest days to allow the body to recover fully. The amount of rest required varies depending on the individuals needs and training program.
- **Hydration:** Adequate hydration is essential for athletic performance and recovery, as it helps to regulate body temperature and transport nutrients and oxygen to the muscles. Drinking plenty of water will help flush out toxins from your body and prevent dehydration, which can make muscle soreness even more painful.



- **Compression Apparel:** Lots of research now suggests that compression wear aids in the recovery process. It does this by assisting increased blood flow to the affected area which helps to flush out metabolic waste that accumulates after a hard workout.
- **Stretching:** Passive stretching (holding a stretch without any movement) can help to improve flexibility, lengthen muscles, reduce muscle soreness, and prevent injury. ►



Which is more important - a hard workout or rest? *Continued*

- ▶ • **Nutrition:** Another critical component of recovery. Proper nutrition provides the body with the nutrients it needs to repair and rebuild muscle tissue, replenish energy stores, and reduce inflammation. A diet rich in lean protein, complex carbohydrates, and healthy fats will support recovery efforts. There is an important window of between 20 and 60 minutes after training where it is vital to re-hydrate and consume carbohydrates to replenish energy stores and protein to begin the process of repairing micro-tears in the muscles. Consuming carbohydrates and protein in a ratio of 3, or 2 to 1 is recommended by sports nutritionists. Fast-acting carbohydrates



and proteins are needed during this window. Foods high in potassium like bananas may also be beneficial.

- **Massage therapy** can help to reduce muscle tension and soreness, increase blood flow, and promote relaxation.
- **Cold therapy**, such as ice baths or cryotherapy, is another recovery technique among athletes. It can help to reduce inflammation and soreness in the muscles, which can speed up the recovery process. However - use ice baths

wisely. The goal of an ice bath is to reduce inflammation following a workout. Generally when athletes are trying to derive as much benefit from workouts as possible, they do not use ice bath. When athletes are preparing their body for competition, they do use ice baths.

- Competitive sports can be mentally and emotionally taxing, and care and recovery of mental health can also be important. Some strategies for mental and emotional recovery include meditation and visualization.

Be careful about taking anti-inflammatory drugs for muscle aches and pains! They might actually limit or cancel out the very training benefits we're so desperate to achieve. Inflammation is a crucial first step in the body's natural healing process. It is the body's way of activating specific cells, which help to repair the muscles. Taking anti-inflammatory drugs after a workout may result in slower recovery times.

Finally, remember everybody is unique, and what works for one may not work for another. By adjusting training and recovery strategies according to how we feel, we can optimize performance and stay healthy and injury-free. Everything we do in training is looking for those small changes to our bodies that will make us go faster, further or higher and it is what we do between training sessions that allows that adaptation and increased fitness.

The takeaway - recovery is when improvement happens! With recovery, we can train harder, lessen the chance or severity of injuries and maximise our performance. Worry less about "over-training" and consider "under-recovery" - so I'm off to the sofa for a nap... ■



Exercise delays dementia but only if we sleep on it

This article appeared in The Times newspaper on 7th July 2023.

By KAT LAY

Exercise may stave off dementia but only in combination with sufficient sleep, research has found.

A team from University College London followed 9000 people in England aged 50 and above for a decade.

Those who had between six and eight hours of sleep fared better on tests of cognitive performance, as did the most physically active participants.

People in their 50s and 60s who did a lot of exercise but had fewer than six hours sleep on average saw rapid cognitive decline over the 10 years, akin to those who were less active.

Andrew Steptoe of UCL's Institute of Epidemiology and Health Care, a co-author on the paper, said: "It is important to identify factors that can protect cognitive function in middle and later life as they can serve to prolong cognitively healthy years and... delay a dementia diagnosis.

"The World Health Organisation already identifies physical activity as a way to maintain cognitive function, but interventions should also consider sleep habits to maximise long-term benefits for cognitive health."

For those over 70, the benefits of exercise continued even without sleep.

The study is published in The Lancet Healthy Longevity. It used data from the English longitudinal study of aging, which recorded how long people slept and how physically active they were. Those who slept fewer than six hours on an average weeknight were classed as "short" sleepers, those who got six to eight hours "optimal", and those who got more than eight hours "long".

The top third most active were compared with the less active.

Mikaela Bloomberg, the lead author, also of UCL, said: "Our study suggests getting sufficient sleep may be required for us to get the full cognitive benefits of physical activity. It shows how important it is to consider sleep and physical activity together."

THE TIMES

David Carr

15 June 1932 - 18 July 2023

A legend of Australian Masters Athletics, David Carr, the MAWA Patron, Life Member and champion athlete has passed away aged 91.

He had been unwell following his trip to Poland in 2022 to receive the 2022 WMA Best Male Masters Athlete of the Year Award.

David was inducted into the **AMA Hall Of Fame** in 2015:

“ An amazing athlete who refuses to slow down

David has been a founder and continual member of Veterans/Masters Athletics WA since 1974. Over the years he has been an outstanding competitor in all events from 100m to marathons, an official, coach, President of V/MAWA and Convenor of state and national championships. His service has been recognised by his life membership of both MAWA and Athletics Western Australia.



David has set numerous World, National and State records many of which are long standing. He is the recipient of many prestigious awards including the AMA Most Outstanding Individual Performance, Most Outstanding Male Athlete, Middle Distance Award and the Brian Foley Trophy for best age graded performance at National Championships.

At the 2013 WMA Championships at Porte Allegre he was selected to be the Australian flag bearer.

David's determination and dedication has ensured his pursuit of excellence and he is a great ambassador for Masters athletics. ”

When David was recently named the 2022 World Best Male Athlete, WMA interviewed David:

Please tell us about yourself.

“My first career was in the navy and in my 20's I became a secondary school teacher. When I

retired, I was vice principal of a senior secondary school in Perth. One cannot achieve much without friends, family, clubmates, officials and helpers.



Our family was involved with Little Athletics. My daughter, Therese, was the fourth woman in WA to complete a marathon (People's Marathon 1979 - 3hrs:33mins) and daughter, Peta, won the City to Surf. (1975). My wife Patricia upstaged me in Melbourne (1987) with gold and a world record in the W55 triple jump. They all understand the joys and grinds of the sport. MAWA has always provided the structure, organisation, venues, events and competitions for athletes of all disciplines.”

What was your most memorable or noteworthy master's athletics accomplishment in 2022?

“Five Gold medals in Tampere. 400 to 5000 including steeple. Six world records in the M90 division. MAWA has Thursday evening track and field events and qualified Athletics WA officials have been in attendance to make sure things are properly done.

What are you most looking forward to in the coming year? To set a M90 800m record. A favoured event but I do not have this record. Great battles with Earl Fee in WMA championships are remembered. Porto Rico 2003 was a classic.”

Vale David Carr



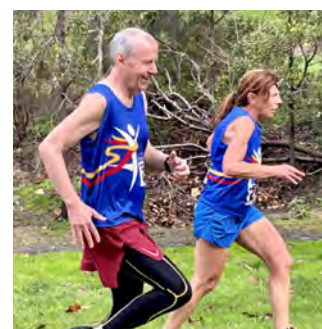
NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Ros Lowe	W75	10km ex stadia	63.10	11/06/23	Semaphore
Ros Lowe	W75	5km ex-stadia	31.55	17/06/23	Park 16
Kim Mottrom	M35	15km Road Walk	69.53	08/07/23	Park 15
Adrian Wade	M50	5km ex-stadia	16.35	06/08/23	Fitzzy's 5

SAMA State Championships - 8 July 2023 - Park 15



22-26 June 2023 • Saipan, Northern Mariana Islands

FAMILY GOLD FEST

Elizabeth and Cassie Neubauer were the only representatives from SAMA who went to the 2023 Oceania Masters Athletics Championships held in Saipan, Northern Marianas in June.

In the biggest haul of gold medals by any SAMA members in the history of the OMA Championships, Cassie brought home 12 gold medals and Elizabeth 11. Sure, the numbers were down but they were there and did SAMA proud!



Cassie Neubauer W40

Event	Result	Place
60m	9.67	1
100m	16.13	1
200m	34.23	1
LJ	3.83	1
TJ	8.26	1
HJ	1.10	1
Shot	6.52	1
Discus	18.36	1
Hammer	17.39	1
Javelin	20.56	1
Weight	6.73	1
4 x 100m Relay	NTR	1

Elizabeth Neubauer W70

Event	Result	Place
60m	13.16	1
100m	23.48	1
LJ	2.18	1
TJ	5.03	1
Shot	4.88	1
Discus	11.14	1
Hammer	16.75	1
Javelin	11.48	1
Weight	5.15	1
Throws Pent	1392pts	1
4 x 100m Relay	NTR	1



10km Walk - 22 June 2023 - Felixtow

Name	Age Group	Result	Age Group %	Place
George White	M75	1:07:38	79.3	1
Gil McIntosh	M70	1:13:53	67.93	1
Ross Hill-Brown	M65	1:29:05	54.09	1

10km Club Walk - 22 June 2023 - Felixtow

Name	Age Group	Result	Age Group %	Place
Valmai Padget	W75	1:26:29	75.09	1
Avril Hill	W75	1:30:00	68.29	2
Margaret McIntosh	W70	1:23:35	68.98	1
David Robertson	M85	1:43:32	60.54	1
Brian Witty	M70	1:15:09	66.78	1

10km Run - 22 June 2023 - Felixtow

Name	Age Group	Result	Age Group %	Place
Marlene Norton-Baker	W70	1:02:31	66.83	1
Sharon Johnson	W50	0:53:18	62.66	1
Doug Smart	M75	1:07:01	57.81	1
Allan Mayfield	M70	0:47:19	77.82	1
Paul Lainio	M55	0:46:04	67.64	1
Stephen Dunn	M55	0:52:57	59.34	2



Allan Mayfield



David Bates, Marlene Norton-Baker, Hayden Harrell and Carol Fallon



Ross Hill-Brown



15km Walk - 8 July 2023 - Park 15

Name	Age Group	Result	Age Group %	Place
George White	M75	1:46:14	79.38	1
Gil McIntosh	M70	1:54:57	68.23	1
Kim Mottrom	M35	1:09:53	83.9	1

15km Club Walk - 8 July 2023 - Park 15

Name	Age Group	Result	Age Group %	Place
Brian Witty	M70	1:55:44	67.77	1

8km Run - 8 July 2023 - Park 15

Name	Age Group	Result	Age Group %	Place
Felicity Alexander	W55	0:42:38	67.64	1
Sharon Johnson	W50	0:47:07	56.68	1
Paul Lainio	M55	0:38:48	63.41	1
Stephen Dunn	M55	0:45:18	54.79	2

6km Run - 8 July 2023 - Park 15

Name	Age Group	Result	Age Group %	Place
Marlene Norton-Baker	W70	0:40:28	60.78	1
Doug Smart	M80	0:41:56	55.72	1



Stephen, Felicity & Paul



Doug, Sharon, Stephen, Paul & Felicity



Doug Smart

20km AMA Championship Walk - 6 August 2023 - Park 20

Name	Age Group	Result	Age Group %	Place
Karyn O'Neill (VIC)	W65	2:27:31	75.58	1
Marie Maxted (SA)	W60	2:28:27	73.51	1
Melissa Grantham (SA)	W40	2:07:34	69.38	1
George White (SA)	M75	2:22:02	80.21	1
Gil McIntosh (SA)	M70	2:33:51	69.3	1
Terry O'Neill (VIC)	M65	2:12:55	73.06	1
Simon Evans (VIC)	M60	2:02:08	75.53	1
Peter Crump (SA)	M60	2:02:21	76.91	2
Gerard Feain (VIC)	M60	2:17:49	66.93	3
Kim Mottrom (SA)	M35	1:34:42	81.7	1

20km SAMA Walk - 6 August 2023 - Park 20

Name	Age Group	Result	Age Group %	Place
Marie Maxted	W60	2:28:27	73.51	1
Melissa Grantham	W40	2:07:34	69.38	1
George White	M75	2:22:02	80.21	1
Gil McIntosh	M70	2:33:51	69.3	1
Peter Crump	M60	2:02:21	76.91	1
Kim Mottrom	M35	1:34:42	81.7	1



The AMA Championship walkers start...



Gerard Feain (VIC), Peter Crump and Melissa Grantham



21.1km Half Marathon - 6 August 2023 - Park 20

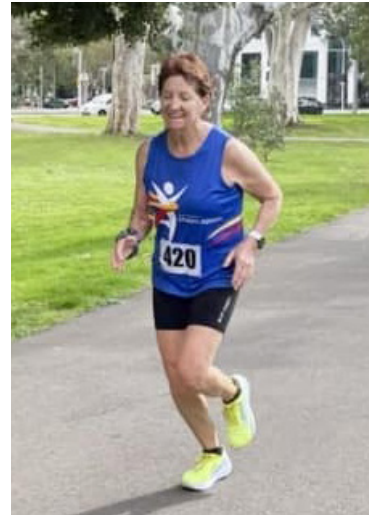
Name	Age Group	Result	Age Group %	Place
Marlene Norton-Baker	W70	2:27:21	63.27	1
Sharon Johnson	W50	1:59:05	62.23	1
Allan Mayfield	M70	1:41:40	77.98	1
Colin Brooks	M70	1:57:46	64.82	2
Paul Lainio	M55	1:43:29	65.21	1
Stephen Dunn	M55	2:09:56	52.34	2



Kim Mottrom



The SAMA Half Marathon and support races start



Marlene Norton-Baker



Allan Mayfield crosses the line



Above: Coming together for the medal presentations

Right: Our wonderful helpers and officials, L-R: Bob Cruise, Gill White, Viddy Jermacans, Graham Harrison, Ross Hill-Brown and Edna Bates





SAMA BIRTHDAY LIST

August and September

Happy Birthday

Lisa Attenborough	55	Don Parker	Kim Mottrom	
Cherie Dempsey		Bett Stawarz	Michael Nitschke	
Stephen Dunn		Peter Taylor	Marie Ogden	
Dave Fallon		Brian Witty	Anne Ogden	
Roula Ghaoui		Peter Callahan	Lauren Rooke	
Christine Goodwin		Sue Cassidy	Norman White	65
Chris Hartwig		John Hore	Gillian White	75
Diane Loveday		Cathie Hore	Ian Williams	70
Andrew McKay	65	Viddy Jermacans		75
Noel Pardon		Suzanne McKeen		50

CLUB CONTACTS



Committee Members

President	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
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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/>



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

2023 MCLAREN VALE Running Festival

15 October 2023

5km, 10km & 21.1km

The half marathon course takes in the Shiraz Trail between McLaren Vale and Willunga, with a loop along the rail trail between McLaren Vale and Seaford.

The 10km and 5km courses are a fast dash towards Willunga and back.



To enter go to <https://sarrc.org.au/events/upcoming-events/50/mclaren-vale-running-festival-2023>



Lumary CITY BAY FUN RUN

17 September 2023

3KM RACE

6KM RACE

12KM RACE

HALF-MARATHON

To enter go to

<https://my.city-bay.org.au/signup>



CHOOSE YOUR RACE  SET YOUR PACE  MAKE IT COUNT



Australian Masters Athletics Championships HOBART TASMANIA 2024

29th March - 1st April 2024

- Less than 250 days to go!
- Check out the draft program on the official website <https://amahobart2024.com.au>
- Final program will be released Saturday 10th March 2024.
- Registrations will open Saturday 18th November 2023.
- Early Bird registration is \$70 plus \$20 per individual event entered.



The Australian Masters Athletics National Championship is supported by the Tasmanian Government through Events Tasmania.



2024 WORLD MASTERS OUTDOOR NATIONAL CHAMPIONSHIPS - GOTHENBURG, SWEDEN



To be held August 13 -25 in Gothenburg, Sweden's second largest city, the 2024 WMA Championships will be an event not to be missed by masters athletes.

A friendly city on the west coast of Sweden, home to a vibrant cultural scene, world-class restaurants, sustainable living and picturesque archipelago island, Gothenburg this year will celebrate its 400th anniversary .



Ullevi Stadium is the main stadium to be utilised, and has set the stage for a lot of historical moments. Originally built to host the FIFA World Cup in 1958, Ullevi has earned its global reputation as an iconic stadium. Ullevi hosted the World Athletics Championships in 1995, a championship known for its great atmosphere and long lasting world records.



Thinking of coming to compete in Gothenburg?

While there's not a lot of information released as yet, we are putting on an online information session on

**Wednesday September 13th
7.30pm (AEST)**

Book your free place to attend that session here:

<https://www.trybooking.com/CJRJK>



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#	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 <i>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)
	ASA#	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#	Winter Track Event [1] - 3000m and 5000m from 6.30pm		SA Athletics Stadium
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 walks 1.30pm; 10km walk 1.30pm; 8km & 6km XC runs 1.45pm; 5km walks / 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#	State XC Championships		Carisbrooke Park
22/7/23	8	Scratch runs / walks	10km, 5km & 2.5km walks 1.45pm; 5km & 2.5km runs	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
	ASA#	SARWC Winter Walks State Championships		Park 20 (Adelaide Harriers)
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>
	ASA#	Fitzy's Five / State 5km Championships		N.Adelaide, Uni Loop, Park 10
12/8/23	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#	Western AC Cross Country		Park 24 (Ellis Park)
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		
7-12/10/2023		Australian Masters Games - T&F, Road Walk, Street Mile & Cross Country		

*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 for assistance.

15 July 2023 - Oaklands Park



Marie Maxted being presented with her Female Walks Award by president Viddy Jermacans.



David Padget, David Robertson, Val Lambert and Kate White about to set off.

SAMA SUMMER PROGRAM 2023/24



Date	Program	
Sun 17 th Sept		City Bay Fun Run
Wed 27 th Sept	C1 Scratch	
Wed 4 th Oct	A2 Handicap	
7 th – 12 th Oct		Australian Masters Games
Wed 11 th Oct		No competition
Wed 18 th Oct	B1 Scratch	
Wed 25 th Oct	C2 Handicap	
Sat 28 th Oct		ASA 10km run Championships
Wed 1 st Nov	A1 Scratch	Including Bob Clarke Challenge 200m
Wed 8 th Nov	B2 Handicap	
Wed 15 th Nov	C1 Scratch	Including Bob Clarke Challenge 1000m
Fri 17 th Nov		ASA km Championships
Wed 22 nd Nov	A2 Handicap	
Wed 29 th Nov	B1 Scratch	Including Bob Clarke Challenge 500m Final
Wed 6 th Dec	C2 Handicap	
Wed 13 th Dec	A1 Scratch	
Sat 16 th Dec		ASA State Relays
Wed 20 th Dec	Modified Scratch	Adelaide Harriers - Xmas special: 5.50pm - 60m last man standing; 800m run for walkers; 800m walk for runners; wrong handed turbo throw; water balloon throwing.
Wed 27 th Dec	tbc	Bay Sheffield 800m
2024		
Wed 10 th Jan		Competition resumes

W designates the race is a walk.

On handicap days if more than 1 heat is required in the 400, 800, 1000 and 1500m – the faster heat will be scratch.

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.50pm	1000mW	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	150m	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.45pm
200m	6.20pm	300m	6.15pm	400m	6.25pm	TJ	6.55pm	Shot	6.55pm
3000m	6.35pm	5000m	6.30pm	2000mW	6.35pm				
5000mW	6.35pm	3000m	6.30pm	4000mW	6.35pm				
3000mW	6.35pm	3000mW	6.30pm	2000m	6.35pm				

Summer program Extension

Recently I canvassed the membership about the extended Summer program we had this year. I had 38 responses with 18 in favour of the extension and 16 against. Also, there were 17 who favoured the SAMA Championships before the nationals against nine who favoured post Nationals SAMA Championships. While the split was pretty even re the extension, we know that several of our regular helpers did not like it. Part of the logic in trying the extension was that even the low numbers of competitors at the end of the

season were still above the most we get at our winter meets. So, for the future we might consider some extension to summer but probably not into May. As it happens for the 2023/24 season we are obliged to end at the end of April as the track is unavailable because of the Open National Championships being held at the stadium. We are trialling some new ideas for our winter program in an attempt to attract more members and we welcome any ideas as to how we can make our winter meets more appealing.

George White

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

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



Sportspower Glenelg

Shop 2, 128 Jetty Road, Glenelg, SA 5045
P. 8295 1714

www.zorichgroup.com.au

10% off store wide, excludes all sale items.

Exurbia

Formerly Scout Outdoor Centre

134a The Parade, Norwood, SA, 5067.

P. 08 8223 5544

exurbia.com.au

Outdoor clothing, equipment and accessories.

**10% discount on all purchases for SAMA
members.**

Mention SAMA and quote discount code ZMA.



Matt Lovell (SAMA member)

athletictrack_and_field@adam.com.au

10% discount on athletics equipment

CONTACTS



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included in the newsletter to the editor at
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