



Summer Starts!

And we are away! The new summer season started slightly earlier this year on 27 September with 55 souls turning up to compete!

The new Walkers Challenge started on 4 October with two more races planned for the 25 October and 22 November. For more details see page 4.

There are more action pictures of the first two weeks on page 9.



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COMING EVENTS

ASA 10km Run Championships
Saturday 28 October

•
SAMA Bob Clarke Challenge
Wednesday 1 November, 15 November &
29 November

•
ASA 800m & 5000m Championships
Friday 17 November

•
ASA State Relay Championships
Saturday 16 December

•
Christmas SAMA Meet
Adelaide Harriers Clubrooms
Wednesday 20 December

•
Bay Sheffield Carnival
Wednesday 27 December and
Thursday 28 December



Two of our marvellous helpers - Roger Lowe (seated) and Gill White at our first track meet of the year.

A NOTE FROM THE PRESIDENT



The last day of the 2023 Winter Competition was held in early September and was followed by presentations for the season at the Pétanque Club on Greenhill Road (see page 7).

Congratulations to Stephen Dunn, Margaret McIntosh, and Gil McIntosh, the top three points scorers in the Winter Achievers Award. Congratulations, also, to Peter Sandery who was acknowledged for his recent induction into the SAMA Hall of Fame.

Comments I received, both during the season and on the last day, were positive regarding the programming of winter events and the locations for competition. Positive mention was made of the introduction of the relay and multi event days which were well supported by both runners and walkers.

I thank David Bates and his fellow members on the winter sub-committee, Richard Moyle and Bill Dickenson, who reviewed and revised this year's program. David, as the Winter Coordinator, further added to the success of the season through his communication with members and volunteers each week pre competition and his hands-on role each Saturday was appreciated.

The summer track and field season has now commenced with a strong attendance of 55 competitors on the first night and with 23 entries in the first sprint of the evening and 24 walkers and runners lined up for the last distance race of the night.

That evening George White and I (as SAMA delegates) attended the Australian Masters Athletics (AMA) Annual General Meeting via zoom. Two points of note; my first ever zoom hook-up and an AGM that lasted a total of (only) 24 minutes! I recall attending AMA AGMs in years past where one and a half days were scheduled for proceedings. Perhaps SAMA committee meetings could be undertaken by 'zooming-in'. Although a 'sign of the times', somewhat impersonal.

The Local Organising Committee formed for the National Athletic Championships to be held in Adelaide in April 2025 has held its first meeting and specific roles and responsibilities have been

allocated to members to undertake. However, anyone interested in becoming involved should contact either myself or Lisa Attenborough, head of the LOC, as extra help will be required as 2025 nears.



Members should have received a reminder from SAMA'S registrar that their membership was due for renewal on 1 October for the 2023/24 year. Fees are unchanged from those applicable for the past year. All financial SAMA members will also have basic membership of Athletics SA for 2023/24 which allows them to compete in ASA competitions in a number of categories.

A particular day on ASA's summer program, that should be of interest to SAMA athletes, is the 16th of December, the day of the ASA State Relays. Last summer season a number of athletes represented SAMA in various sprint and middle-distance running races on the equivalent day in teams in Over 35 and Over 50 categories, winning or placing in all of their races.

I have had a look at the listing on SAMA's website for running relay records and note that there are numerous age groups, in both men's and women's categories, where no records have ever been attempted or recorded. There are also some Australian records well within the reach of SAMA athletes particularly in the higher age groups. There is the ability for a team of four runners, within a particular 5-year age group to compete in these relays in an attempt to set or break state and national records. The relay days are not just for runners but encompass jumps and throws as well.

I am liaising with Sarah Chinner to explore this opportunity for athletes and will report further.

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 inductee number 5, Frank Rogers.

Read a precis of his achievements on pages 10 and 11 or go to www.samastersathletics.org.au/hall-of-fame/ for his full biography.

Walkers Challenge

Similar to the Bob Clarke Challenge, SAMA is to trial a **Walkers Challenge** which if successful could be followed by Throwers and Jumpers Challenges.

All walkers (Club and Race) can enter, and the races will only be judged to ensure no "running". There will be 3 races in the series to reflect short, middle and longer distances. Races will be held as follows:

Wed 4th Oct	800m
Wed 25th Oct	2000m
Wed 22nd Nov	5000m

Races will be the normal handicap events with handicaps based on the SAMA handicap system. Points will be awarded in each race according to finish position as follows:

The winner gets 20 points, second gets 18 points, third gets 17 points etc.

The winners will be the athletes with the highest accumulation of points over the three races.

Prizes will be awarded on the third night to the three highest points scorers.

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

Can you help?

The WMA Competition Committee and the WMA Gothenburg LOC



are looking for International Volunteer Officials (IVO) who have an extended Masters Officiating experience and are interested in applying to officiate as an IVO at the 2024 WMA Stadia Championships in Gothenburg Sweden.

Here is the link where you can find the IVO application form and more information: <https://world-masters-athletics.org/2024-wma-outdoor-masters-championships-invitation-to-officiate/>



SAMA 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.

Renewals for the 2023/24 Membership Year

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**. SAMA Membership types and fees are unchanged from those that were applicable for the 2022/23 membership year.

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 secure registration portal** (now open for the 2023/24 membership year).

This is our preferred method of registration (no need to complete a separate membership form). Payment must be made by credit/debit card (all major cards accepted).

For further information and to access the portal go to Member Registration on the Membership page of the SAMA Website at <https://www.samastersathletics.org.au/membership/#registration>.

Once the portal has opened, please select the RETURNING MEMBER option and follow the instructions provided to renew your membership.

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 2023/24 membership year.

Members who renew by 14 October will go into the draw for one of THREE prizes, each consisting of a refund of their SAMA membership fee.



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 (equivalent to Recreational membership) 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, individuals may choose to upgrade their ASA membership to Silver or Gold in order to compete more frequently in ASA competitions or to reduce the cost per day/event when competing in ASA competitions.

If you intend to compete only 1 - 3 times in the ASA competition than you are probably best sticking with the Recreational membership, which allows you to compete in ASA competition **up to three times**. If you decide to compete more often it will be necessary to upgrade to Silver membership. If you are a regular competitor with ASA (on more than 8 occasions) the best option is to upgrade to Gold membership.

Further information about these membership options and additional fees payable for 2023/24 are available on the SAMA Website at https://www.samastersathletics.org.au/programs/#asa_season.



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 40yrs 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.

Membership Enquiries

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

David Bates

SAMA ACHIEVERS AWARD UPDATE



In 2020 the SAMA Achievers Award was introduced to recognise participation and improvement. Its aim is to acknowledge individual performances gained by athletes who strive from week to week to improve their performance ratings but who may not necessarily be at a "high" standard. From the 2023 summer season the award will be assessed using the criteria below which has been simplified to make it easier for officials and competitors.

Points are awarded on a weekly basis, commencing on the first week for each SAMA season i.e. for the winter season or summer season. Athletes that compete at a meet will be acknowledged with one point for participation that week.

A further point will be awarded for improvement in any event entered.

Performance improvement will be 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. Performance points cannot therefore be accumulated on the first occasion that an athlete competes in a particular event that season.

Points will be calculated for each unique event (except Race and Club walks will be considered as one event for this purpose).

Points towards a season's total will be awarded as follows:

- One point for participating in the meet for that week, plus
- One additional point for improvement over the best age grade % performance for the same event. Distance event points will be calculated as general distance events rather than a unique type and distance i.e. if an athlete entered a 5km race one week and then a 10km the next week they were considered to have run distance events and the age grade % compared for points. Distances 2km or more are considered to be distance events.

Awards will be given to the 1st, 2nd and 3rd highest point scoring athletes based on overall points achieved at the end of each season, regardless of age, gender or athletic discipline.

Each Awardee will receive a certificate and a prize of a gift card. The winner (with highest points) will also be presented with a trophy to keep.

Full details of the Achievers Award can be found on the website at <https://www.samastersathletics.org.au/results/#records>

See page 15 for the results of this years winter competition.

WINTER PRESENTATION



2 September 2023 - Petanque Club



Carol Fallon



Marie Maxted



Peter Sandery was presented with his Hall of Fame certificate by President Viddy Jermancans.



Doug Smart



Paul Lainio



Dave Fallon



Valmai Padget



Stephen Dunn - winner of the SAMA Winter Achievers Award



Margaret McIntosh - 2nd place in the SAMA Winter Achievers Award



Gil McIntosh - 3rd place in the SAMA Winter Achievers Award

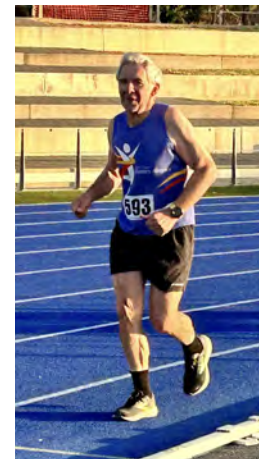


A hardy group of SAMA members braved some chilly conditions to have an enjoyable lunch at the Adelaide Sailing Club, West Beach on Sunday 1 October.

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



FIRST TWO WEEKS...





Inductee No. 5:

Frank Rogers

Frank, like many others, was a late starter in athletics with his first running experience at the masters age of 40 while living in Darwin, and then when he moved to Adelaide in 1979, he found himself involved in the “Fun Run” craze. Initially, a keen training group attached to the old Institute for Fitness at North Adelaide started him on the marathon obsession. He was a member of Adelaide Harriers for a few years and of the newly formed SA Road Runners Club.

In the years from 1980 until 1990 Frank competed in 19 marathons as well as many half-marathons and shorter fun runs almost every weekend. His best performance for the marathon was 2:52 in the Melbourne Marathon in 1982 but perhaps his most significant result was to run a “sub-3” (2:58) in the difficult Pichi Richi Marathon in 1990 where he finished fifth overall.

Throughout the 1990's he competed in many of the World Championships – Melbourne, Eugene, Turku, Buffalo, Durban, Gateshead and Brisbane.

While Frank loved his running it was in administration and organisation that he excelled. During the 90's Frank became heavily involved in the organisational activities of SAMA and in 1995 took action, with other members to start regular competition programs suited to all levels of competitors. He was a significant player in the transformation of SAMA from its low point to renewed strength.

Frank joined the SAMA committee in 1996 and remained there until 2002. The Club underwent a metamorphosis during the period of 1996-1998. Frank and Glynn Boyce were primarily responsible for this change. They were the main force organising the first activities for years which catered specifically for Club members.

Frank also took over as the Editor of the Club Newsletter in July 1997 and continued with this until June 2005.

Frank's main contributions to SAMA occurred without any title or fanfare. Frank did programming, handicapping, preparation of entry sheets etc. and he took the gear in winter. For many years he essentially ran summer competition and the runs in winter.

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



2008



Frank & Jill 2005



2011



Frank Rogers

Frank was a late starter in athletics with his first running experience at the age of 40 in Darwin before moving to Adelaide where he became involved in the "Fun Run" craze. Frank started with the Vets in 1987, both locally and at the World Championships in Melbourne. Throughout the 1990's he competed in many World Championships where his best result was to finish fifth in the 800m and seventh in 1500m in South Africa in 1997.

While Frank loved his running it was in administration and organisation that he excelled. Frank joined the SAMA committee in 1996 and served until 2002. The Club underwent major change during that period and Frank was significant in this change. As part of the process Frank became Editor of the SAMA newsletter, doing so for nine years.

However, Frank's main contribution to SAMA occurred without any title or fanfare. He was always there at just about everything the Club did. Frank did programming, handicapping, preparation of entry sheets and took the equipment in winter. For many years he essentially ran summer competition and the runs in winter. His manual systems enabled John Hore to develop the computer systems we use today.

In 2002 he was awarded Life Membership of SAMA and was selected as the AMA Administrator/Official of the Year for 2006.

Frank passed away in December 2011 but his legacy lives on in many of the current SAMA practices, making him a worthy inductee into the SAMA Hall of Fame.

005

INDUCTEE NUMBER

SAMA PRESIDENT

16 June 2023

DATE

How Do You Grow Up Without Growing Old?

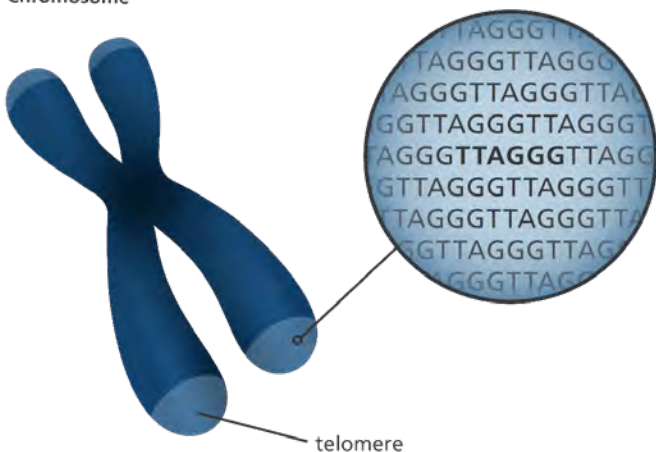
By George White

Isn't it great when you find science agrees with what you are doing! Genuine supportive science, not just surveys, that verifies that exercise is good for you is extremely satisfying.

How do we grow old – and I don't mean by referring to the calendar – what is the process? One particular area of our bodies is especially important in the aging process – so let me ask you this - have you checked the length of your telomeres lately? A bit like the plastic tips at the end of your shoelaces, telomeres are like protective caps for your DNA. They play a role in maintaining the stability and integrity of your DNA and they get gradually shorter as we get older. Some scientists believe they can act as markers of your “biological age” and help indicate risk of age-related diseases. Shorter telomeres have been linked with a shorter life expectancy.

Certain lifestyle factors such as smoking, obesity, lack of exercise, and consumption of an unhealthy diet can increase the pace of telomere shortening, leading to the early onset of many age-associated health problems, including coronary heart disease, heart failure, diabetes, increased cancer risk, and osteoporosis.

Chromosome



In many types of cells, telomeres lose a bit of their DNA every time a cell divides. Eventually, when all the telomere DNA is gone, the cell cannot replicate and dies. The good news is the rate of telomere shortening can be either increased or decreased by specific lifestyle factors. Exercise and diet have the potential to reduce the rate of telomere shortening or at least prevent excessive telomere erosion, which in turn may lead to delayed onset of age-associated diseases and increased lifespan.

In various studies, exercise has been shown to be related to longer telomere lengths, and athletes tend to have longer telomere lengths than non-athletes. This is especially so in older people, suggesting that physical activity may fight the typical age-related decreases in telomere length. It appears that exercise will not only maintain your telomeres' vitality but even rebuild them after shortening. This because exercise stimulates the body's production of the enzyme telomerase (which adds DNA to the telomeres) and a clear winner in the exercise stakes is aerobic exercise (running and racewalking). It appears that telomerase production rises for several hours after a reasonable run or walk, but a traditional weight session had little to no effect. In one study after working out three times per week for six months, the runners saw a 3 to 4 percent increase in telomere length whereas the weights group saw no change. Consistently, athletes had elevated telomerase activity and reduced telomere shortening, relative to non-athletes.

However don't drop the weights altogether, as resistance training is the key to maintaining muscle and bone as we age.

Other studies have shown that long term walking at a brisk pace could protect telomeres. In a

How Do You Grow Up Without Growing Old? *Continued*

▶ study of nearly half a million people in the UK, participants were separated into slow, medium and fast walkers. Researchers found that people with a fast-walking pace were more likely to have longer telomeres. (The study concluded that fast walkers could reduce their biological age by up to 16 years.)

Diet is the other major factor in preserving telomere length. Consuming a balanced and nutrient-rich diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can support overall health, including telomere maintenance. Antioxidants help protect cells from oxidative stress, which can damage telomeres.

Foods rich in antioxidants, such as berries, nuts, seeds, coffee and green tea are great in your diet. Healthy fats (Omega-3 fatty acids), commonly found in fish and flaxseeds,



have been associated with longer telomeres and reduced cellular aging. Eating ultra-processed food (pre-made meals, ice cream, chips, cakes, processed meats etc)

is linked to accelerated

shortening of telomeres. (There had to be some bad news!). Several studies suggest that reducing sugar rich beverage consumption could be associated with extended telomere length - independent of other characteristics such as age, sex, or body mass index.

One of the best models of healthy eating is the Mediterranean diet which is characterized by a high intake of vegetables, legumes, nuts, fruits, and cereals (mainly unrefined); a moderate to high intake of fish; a low intake of saturated fats and a high intake of unsaturated fats, particularly olive oil and a regular but moderate intake of alcohol, specifically wine. This diet has been shown to prevent age-related telomere shortening and has been associated with reduced mortality risk. The positive effects of the Mediterranean diet on telomeres may be due to its strong antioxidant

and anti-inflammatory properties. A healthy diet characterized by a high intake of dietary fibre and unsaturated fats exerts a protective role on telomere health, whereas high consumption of sugar and saturated lipids accelerates telomere shortening.

Other factors that may contribute to the health of your telomeres include:

- **Avoid chronic stress** - (stress reduction techniques such as meditation, mindfulness, yoga, or deep breathing exercises may be beneficial).
- **Get sufficient sleep.** Getting enough restorative sleep is crucial for overall health.
- **Avoid harmful habits.** Limit exposure to toxins like smoking, excessive alcohol consumption, and environmental pollutants.
- **Excess body weight** and obesity have been linked to accelerated telomere shortening - a balanced diet and regular exercise should take care of that.
- **Strong social connections** and a supportive network have been associated with longer telomeres. Stay connected with friends, family and community.

Keep in mind that genetics also play a significant role in telomere length. Some individuals naturally have longer telomeres due to their genetic makeup.

You can get the length of your telomeres tested but these tests are pricey, and they may not be reliable. But why worry if your exercise and diet are good.

In summary telomeres shorten with age and telomere shortening leads to early ageing. Older people with shorter telomeres have three to eight times increased risk of dying from heart and infectious diseases. The rate of telomere shortening is therefore critical to your health and rate of aging. To preserve telomeres consider a good diet together with staying lean, active and stress-free through regular exercise. But I am teaching my grandmother to suck eggs aren't I - because that's what we as Masters Athletes do naturally! ■

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Paul Hook	M70	100lb Weight (I)	2.26 AR	20/08/23	Loveday, NSW
Paul Hook	M70	Shot Put (I)	10.60	20/08/23	Loveday, NSW
Paul Hook	M70	56lb Weight (I)	3.90	20/08/23	Loveday, NSW
Howard Avery	M70	Heavy Weight Pent (I)	2466	20/08/23	Loveday, NSW
Howard Avery	M70	Super Weight (I)	5.98	20/08/23	Loveday, NSW
Howard Avery	M70	Weight (I)	10.59	20/08/23	Loveday, NSW

AR = Australian Record

2 September 2023 - Park 20



Paul Lainio



Felicity Alexander



Rodger Barber



George White



Norm White



Doug Smart

SAMA WINTER ACHIEVERS AWARD 2023



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 Award is applicable only to financial members of SA Masters Athletics (SAMA) and based on their performances during the weekly SAMA competitions.

The Award is determined using a points-based system. Points are awarded on a weekly basis, commencing on the first week for each SAMA season ie. for the Winter season or Summer season. Athletes that actually compete at a meet are acknowledged with one point for participation that week.

Further allocation of award points for each athlete is based on the degree of performance improvement of their best Age Grade Rating for every event completed.

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. Performance points cannot be accumulated on the first occasion that an athlete competes in a particular event that season.

Points are calculated for each unique event (except Race and Club walks are considered as one event for this purpose).

There were 51 participants over the course of the winter 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

Order	Number	Name	Points
1	436	Stephen Dunn	47
2	269	Margaret McIntosh	41
3	377	Gil McIntosh	35
4	600	George White	33
5	342	Ros Lowe	29
6	458	Liz Neubauer	29
7	437	Sharon Johnson	27
8	300	Helen Suridge	26
9	131	Rodger Barber	25
10	580	Carol Fallon	25

Points towards a season's total will be awarded as follows:

- One point for participating in the meet for that week, plus
- Two additional points for improvement over the best age grade % performance for the same event by 0 - 0.5%
- For improvement by 0.5% - 1.0% an additional 3 points
- For improvement by 1.0% - 1.5% an additional 4 points
- For improvement by 1.5% - 2.0% an additional 5 points
- For improvement over 2.0% an additional 6 points



1st place - Stephen Dunn



2nd place - Margaret McIntosh



3rd place - Gil McIntosh



5km Walk - 19 August 2023 - Felixtow

Name	Age Group	Result	Age Group %	Place
Melissa Grantham	W40	0:29:28	70.57	1
Bill Starr	M80	0:39:41	70.2	1
Mike Vowles	M75	0:38:12	71.04	1
Ross Hill-Brown	M65	0:41:01	58.09	1
Peter Crump	M60	0:31:05	72.09	1
Kim Mottrom	M35	0:22:36	81.59	1

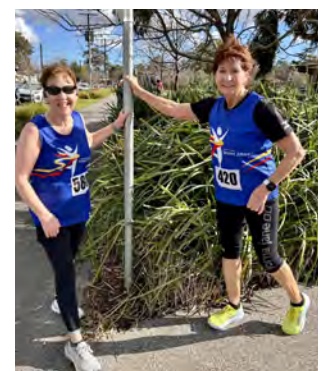
5km Club Walk - 19 August 2023 - Felixtow

Name	Age Group	Result	Age Group %	Place
Margaret McIntosh	W70	0:39:35	69.77	1
Gil McIntosh	M70	0:36:59	68.14	1
Rodger Barber	M85	0:41:05	71.71	1

Relay Challenges - 29 July 2023 - Felixtow



And they're off...



Carol & Marlene

AMA INDOOR THROWS CHAMPIONSHIPS

19-20 August 23



Shot Put

Name	Age Group	Weight	Result	Place
Paul Hook	70	4kg	10.60m	2
Howard Avery	70	4kg	9.66m	3

Weight Throw

Name	Age Group	Weight	Result	Place
Howard Avery	70	16lb	10.59m	3
Paul Hook	70	16lb	10.58m	4


Super Weight Throw

Name	Age Group	Weight	Result	Place
Howard Avery	70	35lb	5.98m	2
Paul Hook	70	35lb	5.79m	3

56lb Weight Throw

Name	Age Group	Weight	Result	Place
Paul Hook	70	56lb	3.90m	1
Howard Avery	70	56lb	3.83m	2

100lb Weight Throw

Name	Age Group	Weight	Result	Place
Paul Hook	70	100lb	2.26m 	1
Howard Avery	70	100lb	2.00m	2

Heavy Weight Pentathlon

Name	Age Group	Distance Pts 4kg (8.8lb)		Distance Pts 5.45kg (12lb)		Distance Pts 7.26kg (16lb)		Distance Pts 9.08kg (20lb)		Distance Pts 11.34kg (25lb)		Total Score	Place
Howard Avery	70	15.39	546	10.04	384	11.07	528	9.52	526	7.65	482	2466	2
Paul Hook	70	13.99	488	11.04	432	9.94	463	9.17	502	7.26	450	2335	3

CITY TO BAY



17 September 2023

Half Marathon

Name	Result
Brooke Logan	1:29:51
Colin Brooks	1:55:49
Dennis Vlachos	1:56:42

6km Run

Name	Result
Paul Logan	24:15
Felicity Alexander	28:53
Sabine Orchard-Simonides	39:45

12km Run

Name	Result
Michael Nitschke	38:45
Bennet Maxwell	45:02
Gino Geracitano	54:59
Patricia Laird	56:49
Alan Twartz	56:36
Allan Mayfield	56:59
Bob Barnard	57:35
Carol Fallon	1:31:26
Norm White	1:36:19
Kate White	1:49:07

Half Marathon Walk

Name	Result
Kim Mottrom	1:47:03

12km Walk

Name	Result
Peter Crump	1:20:32
Gil McIntosh	1:30:19
Graham Harrison	1:48:30

6km Walk

Name	Result
Margaret McIntosh	46:44
Dave Fallon	47:00

SYDNEY MARATHON



17 September 2023

Name	Result
Chris Hartwig	2:56:54
Marlene Norton-Baker	6:19:34



OTHER MARATHONS



Sunshine Coast Half Marathon - August

Name	Result
Suzanne McKeen	1:28:32

Loch Ness Marathon - October

Name	Result
Suzanne McKeen	3:24:21

AMA WINTER THROWS CHAMPIONSHIPS



30 September - 2 October 23

Throws Pentathlon

Name	Age Group	Hammer Distance Pts	Shot Put Distance Pts	Discus Distance Pts	Javelin Distance Pts	Weight Distance Pts	Total Score	Place
Paul Hook	70	24.62 400	9.25 609	29.28 551	23.35 389	9.87 459	2408	1



Heavy Weight Pentathlon

Name	Age Group	Distance Pts 4kg (8.8lb)	Distance Pts 5.45kg (12lb)	Distance Pts 7.26kg (16lb)	Distance Pts 9.08kg (20lb)	Distance Pts 11.34kg (25lb)	Total Score	Place
Paul Hook	70	14.34 502	12.11 482	10.10 472	8.90 484	8.00 511	2451	3





SAMA BIRTHDAY LIST

October and November

Happy Birthday

Mary Abrey		Bryn Nicholls		Val Lambert	
Greg Barry		Sarah Pfeiffer		Sandra McCue	
Peter Crump		Jill Rogers		Dean Mortimer	
Joe Godsell	40	Tim Storer		Vince Musolino	
Gregory Jenkins		Mike Vowles	80	Kana Nathan	85
Paul Lainio		Steve Wasilewski	70	Sabine Orchard-Simonides	
Jan Layng	75	Claire Woods		Clare Stacey	
Gregory Metha		Edna Bates		Max Stevens	
Trevor Miller		Miriam Cudmore		Craig Watson	
Cassie Neubauer	45	Kerry Goode		Wayne Willis	50

CLUB CONTACTS



Committee Members

President	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
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Treasurer	Richard Moyle	0417 831 194	rmoyle@bigpond.net.au
Secretary	George White	0419 348 888	secretary@samastersathletics.org.au
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Throws Coordinator/Newsletter Editor	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
Awards Officer	John Hore	0417 858 882	johnhore@gmail.com
Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair/ Walks Coordinator/Winter Coordinator	George White	0419 348 888	gwhite@adam.com.au
Committee Member	Miriam Cudmore	0411 281 137	mimbron@bigpond.com
Committee Member	Liz Slattery	0404 936 658	es.ms@bigpond.com

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Course Marker	Graham Harrison	0439 500 751	grahamjharrison@hotmail.com
Records Officer	Ros Lowe	0437 811 582	rrlowe@tpg.com.au
Course Measurer	Doug Smart	0413 456 898	dougsmart2@gmail.com
Public Officer	Lisa Attenborough	0404 120 813	lisa_boys@internode.on.net
Jumps Coordinators	Kathy Blute	0416 214 439	kpblute@bigpond.com
	Hayden Harrell	0481 113 732	haydenharrell852@gmail.com



THE BAY SHEFFIELD

**27th & 28th
December 2023
Colley Reserve,
Glenelg**

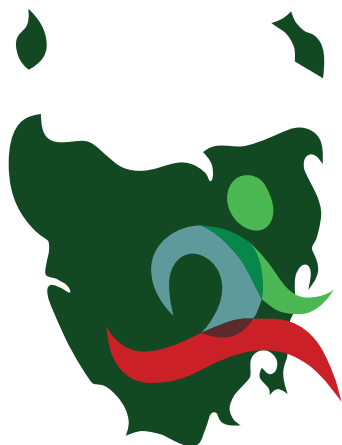


The Bay Sheffield Carnival is South Australia's richest and most prestigious foot racing event, attracting runners from all over Australia to compete each year.

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

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

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



Australian Masters Athletics Championships **HOBART TASMANIA 2024**

29th March - 1st April 2024

- 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 Friday 17th 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.

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
Wed 10 th Jan	Modified Scratch	5.50pm mile walk, 6.05pm 600m, 6.15pm 100m, 6.25pm mile, 6.35pm 300m, 6.45pm 3k run/walk, 5.55pm hammer, 6.45pm HJ, 6.30pm turbo throw, 7.00pm standing LJ
13 th – 14 th Jan		ASA Combined Events Championships
Wed 17 th Jan*	B2 Handicap	Plus 4x100m relay (nominate previous week). First 2 track events – 5 minutes earlier 5.45pm start
Wed 24 th Jan	C1 Scratch	
Wed 31 st Jan	A2 Handicap	
Wed 7 th Feb	B1 Scratch	Incl. State Champs Long Hurdles 5.40pm start – nominate the week before
Wed 14 th Feb	C2 Handicap	Incl. State Champs Short Hurdles 5.40pm start – nominate the week before
Wed 21 st Feb	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start – nominate the week before
Wed 28 th Feb	B2 Handicap	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Sun 3 rd March	Champs	10km Run, 10km Walk 8.00am start; Throws Pentathlon 9.00am start
Wed 6 th Mar	C1 Scratch	Incl. State Champs Steeplechase 5.15pm start – nominate the week before
9 th – 11 th Mar		ASA Championships
Wed 13 th Mar	Champs	Day 1 T&F Championships
Wed 20 th Mar	Champs	Day 2 T&F Championships
Wed 27 th Mar	A2 Handicap	
29 th Mar – 1 st Apr		AMA National T&F Championships - Hobart
Wed 3 rd Apr	Modified Scratch	Summer Presentation Night, 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Hammer, 6.10pm LJ Please bring a plate to share

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				

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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rrlowe@tpg.com.au

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

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