



Marinus (2nd), Marlene (1st), Viddy (race convener) and Sarah (3rd).

Bob Clarke Challenge

29 November 2023

The 2023 Bob Clarke Challenge was won by Marlene Norton-Baker with a scintillating final run of 62.60 seconds for her allocated distance of 314 metres.

Marlene was followed by Marinus Haccou in second place with Sarah Chinner in third.

The 'Challenge' certainly justifies its name as runners clearly lift performances for the race. In recent ASA competition Sarah ran 70.89s for 400 metres yet ran the 'Challenge' in 67.39s for only 12 metres less.

Continued on page 6 ►



L-R: Marinus Haccou, Sarah Chinner, Bill Dickenson and Dean Mortimer crossing the line.

Contents

- 3** A note from the President
- 4** SAMA News
- 5** Registrar Notes
- 7** Social News
- 8** Berri Weekend Away
- 10** SAMA Hall of Fame
Inductee No 6: Peter Sandery
- 12** Featured article -
Is Backyard Ultra the Parkrun of Ultramarathons? *By George White*

- 14** Obituary - Arthur Jones
- 16** SAMA Records
- 17** SAMA Members Results
- 19** Birthday List/Contacts
- 20** Coming Events
- 21** Summer Program
- 22** Club Uniforms/Member Benefits/
Contact Us



COMING EVENTS

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

2024

SAMA Season Resumes
Wednesday 10 January

•
ASA Combined Events
Championships
Saturday 13 January and
Sunday 14 January

SAMA Walkers Challenge

Congratulations to the prize winners in the inaugural SAMA Walkers Challenge, decided on Wednesday 29 November after the final 5000m handicap race - 1st place Gil McIntosh; 2nd Liz Neubauer; 3rd Norm White.



A NOTE FROM THE PRESIDENT



In late October, Kate and I travelled to Brisbane to attend celebrations to commemorate the 50th Anniversary of the establishment of Queensland Masters Athletics (QMA).

I still have the original letter sent to me (living in Cairns at the time) by QMA's Registrar 'welcoming' me to the club as member number 483, in January 2005. This was my first membership of a Masters athletics association, and I remained a member of QMA until my departure for South Australia in 2016.

The inaugural meeting to form the Queensland Veterans Athletics Club (QVAC) was held in Toowong (Brisbane) on 24 September 1973. The first competition meeting of the club was held at Lang Park on 21 October 1973, at which there were 40 competitors. The QVAC was incorporated in 1988 and the name was changed to Queensland Masters Athletics Association (QMA) in 1998, the first club in Australia to acknowledge 'Masters' in its title.

The regular summer track & field meet on the morning of 21 October was followed by a lunch, speeches and presentations in the Queensland Sports and Athletics Centre in the stadium function room to celebrate the 50 years of the association and was attended by some 140 past and present members and associates. A most enjoyable day.

During October and November, several discussions took place with representatives from the Adelaide custom sportswear and team apparel company, Sports Centre, in regard to entering into a contract for the company to become the supplier of apparel and merchandise to SAMA. On 15 November the contract for this to commence was signed. Members will have noted advice provided via email etc. detailing service available, particularly regarding the purchase of SAMA uniforms.

Discussion and planning has also continued amongst members of the LOC for the 2025 National T&F Championships to be held in Adelaide. A 'Merchandise Tender' (and sponsorship offer) document has been drawn up and forwarded to appropriate suppliers. A response to this document has been sought by 15 December and will set a firm base for ongoing

planning and action by the committee.

The summer track & field program continues Wednesday evenings with an average of attendees numbering in the mid-50s'. Whilst cold evenings were the norm to commence with, the last few meets have taken place in almost perfect conditions. Undoubtedly, this will change as summer advances.



A newly introduced event in the summer program, the 'Walkers Challenge' took place over three handicap races in October (800m & 2000m) and November (5000m). A total of 19 walkers competed across the three events with 14 undertaking the 800m, 11 the 2000m and 7 the 5000m. Four walkers undertook all three events. Points were allocated on finishing positions with the final outcome resulting in Gil McIntosh (51 points) winning from Liz Neubauer (49 points) and Norm White (46 points).

I'd be interested to receive feedback from walkers with their thoughts on the event, ie. was it a successful innovation, should it be continued, any recommended changes (eg. to distances), etc?

The heats and final of the Bob Clarke Challenge were run in November with the winner of the final being Marlene Norton-Baker with Marinus Haccou and Sarah Chinner filling the minor places. As I have indicated in my summary of the final elsewhere in the newsletter, the handicapped final resulted in some outstanding individual performances.

There remain two specific events to look forward to in the remainder of this calendar year; the ASA relays to be held on Saturday 16 December at the Mile End Stadium and the 800m Masters Association Handicap race to be run on Wednesday 27 December as part of the Bay Sheffield Carnival at the Colley Reserve in Glenelg. Indications at this stage are that SAMA will be well represented on these two days.

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 6, Peter Sandery.

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.



Pace Running at the Hobart Airport Marathon Festival

Are you interested in being a pace runner at the Hobart Airport Marathon Festival on 7th April, 2024? If so, we'd love to hear from you.

Pace runners play a huge part in our events and the participant's experience throughout the



race. We are on the lookout for pace runners in the marathon, half marathon and 10km events. If you are interested in this role, please express

interest in joining our pacing team by registering your interest by going to the EOI form at - hobartmarathon.com.au/pacers/

For further information on the event, please visit our Hobart Airport Marathon Festival website - <https://hobartmarathon.com.au/>



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/>

New 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



Get off the couch, get in the game!

Official Rankings of



Colin Brooks - our own Duracell bunny

In early October Colin Brooks took part in "The Australian 6 Day Ultra" event at Thorndon Park reservoir Adelaide.

At the midway mark of three days or 72 hrs he had completed 275 Kms which is the 3rd best performance in the World this year by a 70-year-old. Having warmed up he went on to try and break the 500 Km Australian 70-74 age group record held by Cliff Young (of gumboot fame!) since 1995. Just to be sure he had a chance he did an extra 6km in case there were any lap recording errors. Colin had swollen feet for two weeks after the event, but reckons he was lucky because he didn't lose any toenails or have blisters and only lost 2 kilos. Unfortunately the record wasn't to be but he is already he is looking forward to next year.



SAMA Membership

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September). SAMA Membership types and fees are unchanged from those that were applicable for the 2022/23 membership year.

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

Thank you to the 140+ members who have registered so far for the new membership year, and **a warm welcome to our new members.**

Only financial members are eligible to win prizes, awards and trophies, and to enter Athletics Championships (including SAMA, ASA, AMA, OMA and WMA events). 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>.

SAMA membership renewal is now overdue for all lapsed members, who should renew as soon as possible for the current SAMA membership year, which commenced on 1 October 2023.

Anyone who is still unfinancial by the end of January 2024 will be removed from our email distribution list and will no longer receive notification of newsletters.

Remember also, **if you wish to enter the 2024 AMA Championships in Hobart** you must be a financial member for the current SAMA membership year.

Membership renewals, together with payment of fees, are done using the **Athletics SA on-line secure registration portal**.

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>



Early Bird Prize

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

Congratulations to the winners of the draw this year: *Loraine Baron, Cassie Neubauer and Sabine Orchard-Simonides*. Each receives a refund of their membership fee.

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.

Welcome to new/returning members

Sarah Bail	Karen Hammat	Cherryl Parker
Wayne Barrie	Lisa Hanrahan	David Pfitzner
Glenn Bowyer	Mick Loeckenhoff	Philippe Quoilin
Mark Busse	Anna McKenzie	Jodie Schrapel
Rosie Carruthers	Craig McKenzie	Jus St John
Sean Connell	Stephanie Noon	Sandy Thorn
Glenn Cowling	Lisa O'Keeffe	Zahar Zulkafli

REGISTRAR NOTES



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.

SAMA is a full member club with Athletics SA (ASA), so that our members who are financial for the 2023-24 membership year also have Basic membership of Athletics SA included as part of the SAMA registration fee, which allows participation in all ASA competitions with payment of applicable entry fees.

For an extra annual fee, individuals may choose to upgrade their ASA membership to Gold in order

to reduce the cost per day/event when competing in ASA competitions and championships. **Those who have chosen to compete for SA Masters as their primary club should contact the Registrar to initiate an upgrade if required.**

Further information is available on the SAMA Website at https://www.samastersathletics.org.au/programs/#asa_season.

Membership Enquiries

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

David Bates

BOB CLARKE CHALLENGE 2023



► *Continued from front page*

Bill Dickenson (4th) has times of 73.73s and 75.80s in Wednesday night 400m runs this season yet ran 67.55s for 384 metres. Dean Mortimer (5th) ran 67.71s over 380 metres which

superseded his run in the (delayed 2022) final earlier this year when he finished in 2nd place in 68.26s for 371 metres. Great running all!

Viddy Jermacans

Race Convener

Final - 500 Metres less Handicaps

Place		Age	Handicap (m)	Add (m)	To Run (m)	Time
1.	Marlene Norton-Baker	70 (71)	146	40	314	62.60
2.	Marinus Haccou	60 (60)	69	40	391	66.72
3.	Sarah Chinner	60 (61)	112	nil	388	67.39
4.	Bill Dickenson	65 (68)	85	31	384	67.55
5.	Dean Mortimer	65 (66)	85	35	380	67.71
6.	Ros Lowe	75 (75)	165	95	240	69.56
7.	Lisa O'Keeffe	35 (38)	41	85	374	70.19
8.	Louise Scarman	50 (53)	82	60	358	70.68
9.	Kathy Blute	60 (62)	112	60	328	75.01
10.	Sharon Johnson	50 (50)	82	70	348	78.18
11.	Hayden Harrell	60 (64)	69	60	371	79.84



Around 20 attended the recent Friday night dinner at the Hampstead Hotel. It was good to get together to catch up and share stories and 'PB's' with other members. The food was great and live music played later in the evening.

We hope to have another dinner late in January.

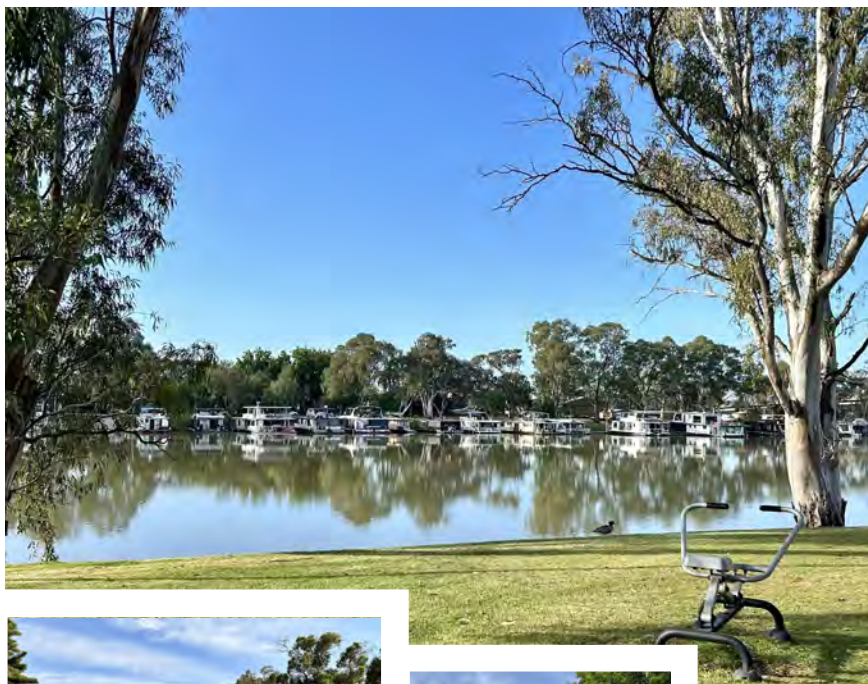
Keep an eye on the weekly emails and the web page for further details.

Helen Suridge





Weekend away at Berri 27-29 October 2023



Twenty four SAMA members ventured to Berri for the annual weekend away. We were lucky to get wonderful weather and the Caravan Park provided us with great accommodation in a beautiful spot on the river and walking distance to the town centre, cafes and the hotel.

We all got together for happy hour in the camp kitchen early on Friday evening, then after some great food and dessert, we struggled yet again, with George's quiz. George, it did not get easier this year, it was a shocker. Many put in a request for something different next year or at least a quiz with questions we can answer to make us feel that we really aren't that dumb!!



Most went for a walk or a run Saturday morning, some into Renmark for the parkrun, others choosing the path along the river. Berri was at its finest, with the whole Riverland region holding its annual Rose and Garden festival. It meant the roses in the town parks and the main street were out and at their best and there were many gardens and small business open for inspection. So there was lots to see and do in the region, with Loxton, Renmark and Barmera all within short drives.

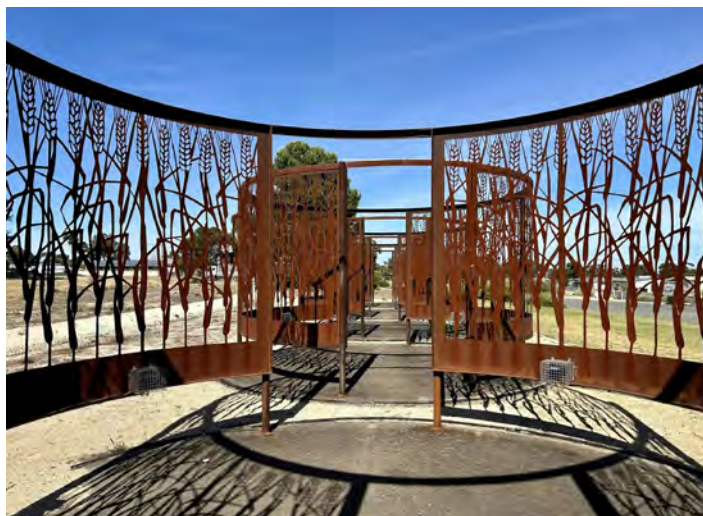


Weekend away at Berri 27-29 October 2023 *continued*

- Sunday morning we met for our traditional coffee before the trip home at a cafe on the river in Berri. Some members decided to stay on for another night, and got together under the trees in the glorious evening weather, to eat the many left overs between the cabins. Jill, Jan and I travelled home via Banrock Station wetlands where we met up with Rodger & Pauline for a walk and then lunch to celebrate Jill's birthday. Of course wine was bought and enjoyed!

Helen Suridge

Look out in the new year where we will be in 2024!





Inductee No. 6:

Peter Sandery

At the age of 21, Peter ran one season of track and field competition when the Lower Murray Harriers was formed at Murray Bridge High School, where he began his teaching career. He returned to running when he was 39, largely as a road runner with SARRC and trained mainly for marathons. He subsequently joined the Vets in 1981, running mainly in winter season events, but with some distance track events at the Olympic Sportsfield. Peter joined Roger Pedrick's speed training group at Adelaide Harriers and when Roger stopped coaching this group he trained himself and in response to others, did the requisite courses to obtain ATFCA accreditation.

He is now a Level IV coach with a focus on middle and long distance running for Masters athletes.

He has a long history in some events such as the Barossa half marathon where he may have run

that event more times than anyone else. He has run nearly 30 City-Bay races, starting in 1980 and has been competing in the National Running Week events held in Thredbo in January for some 25 years. In the Pichi Richi half marathon Peter has scored outright wins five times.

In the 2009 Summer/Winter season Peter had the distinction of being the oldest regularly competing ASA Interclub athlete. In SAMA annual age graded competition, Peter has recorded the best non-sprint performance since 2002.

In January 2021, Peter collected his 250th Park Run. He is the current Age Grade course record holder for both the Renmark Park Run with 84.91% (22.19) and the Murray Bridge Park Run with 87.87% (21.24).

Peter competed for the first time at the AMA Championships in 1999 in Canberra. From that event until 2019 in Melbourne he amassed a total of 49 Gold, 22 Silver and 7 Bronze medals in a further sixteen Championships.

His achievement at the international level has also been impressive with a return of 33 medals at the Outdoor World Masters Athletics (WMA) Championships (8 gold, 13 Silver, 12 Bronze) as well as 13 medals from four Indoor WMA Championships (4 gold, 7 silver, 2 bronze). He currently holds four Australian Indoor records.

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



Porto Alegre, Brazil 2013





Peter Sandery

Peter Sandery joined the Vets in 1981, competing at the Australian Masters Athletics Championships for the first time in 1999 in Canberra. From that event until 2019 in Melbourne he amassed a total of 49 Gold, 22 Silver and 7 Bronze medals in a further 16 Championships.

His achievement at the international level has also been impressive with a return of 33 medals at eight Outdoor World Masters Athletics Championships as well as 13 medals from four Indoor WMA Championships. He is the current holder of four Australian Indoor records.

At Oceania Masters Athletics Championships Peter has an outstanding collection of 42 medals from eight meets. He is also the current holder of four Oceania Championship records.

Peter has gained several prestigious awards for his contribution to athletics. He was made a Life Member of Athletics SA In 2021 in recognition of his service in SA as an athlete and a coach.

In 2000 Peter received AMA's "Most Outstanding Male Athlete" award and has received SAMA's "Most Outstanding Male" award in 2009 and 2021. He was also the recipient of SAMA'S "Runs" Award on seven occasions (between 2006 & 2014) and the club's "Distance" Award on four occasions (between 2015 & 2021).

Peter currently holds 65 SAMA records in distances ranging from 400m to the Half Marathon, across six age groups. He finished 2022 ranked Number 1 on the "World Masters Ranking" website for the Mile Run.

Peter's impressive athletic performances as well as his contribution to the sport as a mentor and accredited coach warrants his elevation into the SAMA Hall of Fame.

006

INDUCTEE NUMBER

SAMA PRESIDENT

16 June 2023

DATE

Is Backyard Ultra the Parkrun of Ultramarathons?

By George White

It's 7.00am and you head out for a run that happens to measure 6.706km long – nothing too long and you manage it in well under an hour. You feel pretty good and are ready for a rest. But wait a minute at 8.00am you are obliged to go out and do that same run again. Tougher this time but you made it okay. However at 9.00am you must do it again! And so it goes – every hour on the hour you do the run again. This is Backyard Ultra!

In High School, Gary Cantrel aka Lazarus (Laz) Lake, had "this dream of one day having a big house in the woods with trails all around it and people coming to my trails to run". His vision in 2011 became Big Dog's Backyard Ultra (Big is the name of his pit bull who naps under the scoring table!). It involves running a 6.706km loop or "his yard" every hour until everyone has dropped out with exhaustion. The winner is the

last person standing. Of course weird events are nothing new to him. Laz is a sadomasochistic genius when it comes to obscure race formats. He's the devious mastermind behind the infamous Barkley Marathons, a supposedly 100-mile race through the thickest underbrush of Frozen Head State Park in Tennessee. As of 2023, only 18 different runners have completed the course 21 times from over 1000 starters in 28 years. For more information on the Barclay Marathons, see my article - The Race That Eats It's Young - newsletter Dec 2020.

Back to the Backyard! The 6.706km or 4.167 miles distance of each "yard" is designed so that if a runner runs for a full day, the distance covered is 100 miles. There is no predefined finish - the winner is the competitor who completes a "yard" that no other competitors complete. If no competitor outlasts every other competitor, ►



Laz rings the bell for the start of a "yard"!

Is Backyard Ultra the Parkrun of Ultramarathons? *Continued*

- there is no winner. It's simple enough, every hour, runners must complete the "yard". Whatever time they bank before the next hour is theirs to do with what they want. At three minutes before the next hour, Laz blows his whistle three times. At two minutes, two whistles. One minute, one whistle and you must be back in the start "corral" - then he rings a cow bell for the start. At the start corral, Laz and his crew crack the same joke, lap after lap: "Way to go! You're back in first place!" Everyone really is in first place until they drop. Whether you finish your "yard" in 40 minutes or 59 minutes 59 seconds, if you're still running, you're still winning like everyone else. In contrast everyone in the race is a DNF except the winner!

During the day runners race over trails, weaving sharply in and out of trees and around rocks. At night, to avoid snakes, runners use an out-and-back "yard" on the country road that passes Laz's house. Winning at the Big Dog scores an automatic entry into the Barkley Marathons (I am not sure if that really is a prize!).

What started as a dream for Laz has become a world-wide phenomenon on the ultramarathon scene. There are now hundreds of similar events around the world - 20 in Australia and even two in SA - Loxton Hysterical Carnage Backyard Ultra and the No Time To Die Frontyard Ultra held in the Victoria Parklands. So well accepted is this format, that there is now a World Championship for the Backyard Ultra. Fittingly it takes place at the Big Dog Yard. To qualify for the World Championships runners must win a local Backyard race to get entry into a silver ticket race. Then the winners of these races get onto the national team and into The Satellite National Team Championships. There are five silver ticket races in Australia and an additional 10 places on the National team are filled by the best results in the previous two years from the other nine Backyard races.

On even years the Satellite National Team Championships are held and then on odd years the Individual World Championships are held. At the Satellite Championships each team gathers in

their respective countries (currently 50) to race a Backyard. The winning country is the team which has accumulated the most "yards" collectively. The 50 winners of those events qualify for the individual World Championships. In addition to those national champions, the field is fleshed out to 75 runners from the remaining best runners in the world.

The Individual World Championship were held in October this year where the best Backyard Ultra runners in the world converged on Tennessee to compete for the coveted title of the "Last Man on Earth" - under the watchful eye of the Big Dog himself. What happened was a mind-numbing new world record of 108 "yards". Harvey Lewis completed a staggering 450 miles in 108 hours to set a new all-time best at the Big Dog Backyard Ultra. Perhaps even more incredible is that another five people did over 100 "yards" including Australian Phil Gore who held the previous world record at 102 "yards". First Kiwi home was Sam Harvey with 91 "yards". First woman home was Claire Bannwarth from France with 60 "yards" (Jennifer Russo of the USA set the women's world record of 74 "yards" in Virginia earlier this year).

The genius of the Backyard Ultra lies in its simplicity - as long as you are good at eating your dinner, going to the toilet, having a nap and changing your clothes in less than 15 minutes - every hour? One of the good things about Backyard Ultra's is you will not be alone (except for the last lap!). In a standard ultra, runners spread out and may run solo for many hours. In the Backyard you see your fellow competitors at least hourly rather than for a brief 'g'day' at the start and then that's it until the finish. The Backyard phenomenon has exploded, they are the parkrun of ultramarathons, becoming more and more popular each year. Races are now held in 72 countries around the world and over 400 races are affiliated with the organization. It really could be THE RACE THAT NEVER ENDS.

So does SAMA have anyone crazy enough for this race? The current record at Victoria Park is 39 yards and at Loxton it is 38 yards - my money is on Colin Brooks or Stephen Dunn! ■





We say goodbye to our Olympian Arthur Jones

It is with great sadness that we have to say goodbye to Athur Jones who died aged 85, on November 11.

It was with Herne Hill Harriers in the UK where Arthur got his first taste of race walking and continued successfully in the RAF. After leaving the RAF he joined the Brighton and Hove Athletic Club and gradually moved through the ranks of walkers. Between 1964 to 1967 Arthur's time for the seven miles improved to 50.21 and he posted times of 6.32 for the mile and 43.56 for 10km.

In 1967 he burst onto the UK national scene with third placings in the 10 miles with a time of 76.10, and the 20km with 101.23. Later in 1967 he improved to second in the 20km with 98.27, which saw him selected for Great Britain to compete against the USA and France including two 20Km track walks in Paris.

Continuing his improvement, he won the national two-mile championship and in 1968 was invited to the 20km Olympic trials. In far from ideal major race preparation, as the walkers were not offered accommodation, he slept on the floor of a running friend's hotel room. He finished third in the trial in a time of 94.51; then followed an anxious wait regarding selection, and the birth of his youngest daughter. Daughter came first five days later,



closely followed by the invitation to represent Great Britain in the 1968 Mexico Olympics. Arthur finished first of the British walkers in Mexico in a very respectable 11th place in a time of 97.32 – not bad at altitude and in the heat.

The following year (1969) Arthur and Carol emigrated to Australia and in Sydney he wasted no time in continuing his success, taking out the 1970 NSW 10km title, followed by several others ►



1968 Arthur (no. 71) competing for Brighton and Hove.

Photo courtesy of Alan Buchanan, UK.



- ▶ and produced some fast times – 1500m in 6.26.5 and 3km in 13.18. In 1970 Arthur competed in the National 20km title in Adelaide recording 95.49 for third place.

In 1975 Arthur and the family moved to Adelaide where he joined United Collegians. Arthur spent time on the Board of ASA, was secretary/president of the SA Race Walkers Club and was Race Director of the City-Bay Fun Run for a few years. He then retired from Athletics for some 20 years until becoming interested in walking again when the Masters Games were held in Adelaide in the late 1990's.



Arthur joined SAMA in 1999 and then the committee as Vice President in 2000. He served in that capacity for five years and then became President for another four years. He also acted as race-walk coordinator. Arthur's race walking with SAMA was not to the high standard of his youth but he enjoyed it – almost as much as a red wine and often lined up on a Saturday having consumed a little too much on the Friday night. Arthur also led us on many bush walks on our weekends away.

Walkers from his heyday remember Arthur as tall, bespectacled and possessed of a powerful 'guardsman'-like technique. Many tributes have



The Olympic 20km walk – Arthur in the middle (no. 39) and eventual winner, Vladimir Golubnichy, on the far right.



1968 Mexico Olympics finish.

Photo courtesy of Frank Clark, Victoria.

come in from the UK – for a man clearly held in high regard. We will miss our Olympian, a hard worker for SAMA and a great mate – our deepest sympathies go to his wife Carol and family.



2005 Christmas celebrations – Arthur and Carol



2011 30 Year celebrations



2011 with Edna Bates, Graham Harrison and David Robertson

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Paul Hook	M70	100lb Weight	2.37 	01/10/23	Sydney
Paul Hook	M70	56lb Weight	3.73	01/10/23	Sydney
Paul Hook	M70	Super Weight	5.74	01/10/23	Sydney
Glenn Bowyer	M70	Javelin	36.40	08/10/23	AMG Adelaide
Sian Cooper	W40	Javelin	26.91	08/10/23	AMG Adelaide
David Janssan	M85	60m	11.47	07/10/23	AMG Adelaide
David Janssan	M85	200m	43.97	08/10/23	AMG Adelaide
Ros Lowe	W75	6km Cross Country	44.16	11/10/23	AMG Adelaide
Des Clark	M85	800m	4.48.34	07/10/23	AMG Adelaide
Des Clark	M85	1500m	9.30.85	08/10/23	AMG Adelaide
Des Clark	M85	400m	115.67	09/10/23	AMG Adelaide
Des Clark	M85	Mile (track)	11.03	17/05/23	SAMA Stadium
Patricia Laird	W60	Marathon	3.48.36	15/10/23	Melbourne
Donna Palmer	W50	Pentathlon	2923	10/10/23	AMG Adelaide
Mel Grantham	W40	1500m Walk	8.07.93	09/10/23	AMG Adelaide
Mel Grantham	W40	1000m Walk	5.16	18/10/23	SAMA Stadium
Des Clark	M85	800m	4.45	18/10/23	SAMA Stadium
Mel Grantham	W40	800m	4.09	01/11/23	SAMA Stadium
Mel Grantham	W40	1500m Walk	8.07.58	04/11/23	ASA Stadium
Miriam Cudmore	W85	100m	20.07 	15/11/23	SAMA Stadium
Mel Grantham	W40	2km Walk	8.42	15/11/23	SAMA Stadium
Mel Grantham	W40	4km Walk	23.21	15/11/23	SAMA Stadium
Kim Mottrom	M35	2km Walk	8.42	15/11/23	SAMA Stadium
Graham Harrison	M80	4km Walk	31.32	15/11/23	SAMA Stadium
Rodger Barber	M85	4km Walk	32.52	15/11/23	SAMA Stadium
Alexander Mammone	M30	200m	24.50	22/11/23	SAMA Stadium

 = Australian Record

Special congratulations to Paul and Miriam on their Australian records

AUSTRALIAN MASTERS GAMES



7-11 October 2023 • SA Athletics Stadium

Unfortunately there were too many participants and results for us to list them all in the newsletter so here are our marvellous masters medallists. Our apologies to anyone who has been missed!

Name	Gold	Silver	Bronze
Mary Abrey	4	4	3
Felicity Alexander	1	5	1
Howard Avery	4	4	
Sarah Bail		1	
Rodger Barber	3		
Loraine Baron	2	1	1
Wayne Barrie			1
Glenn Bowyer	1		
Oliver Carlton		1	
Carmella-Rose Carruthers		2	
Sarah Chinner	2		
Des Clark	3		
Marg Clark	1		
Sian Cooper	4	1	
Glenn Cowling		2	1
Liz Downs	6	2	2
Carol Fallon		1	
Melissa Grantham	2		
Marinus Haccou		3	2
Karen Hammat			2
Paul Hook	3	1	2
Sally Hurst	2		
Albert Jamae	2		
David Janssan	3		
Viddy Jermacans		1	
Sharon Johnson	1	2	
Karen Long	4		
Ros Lowe	6	1	1
Alexander Mammone	1	4	





Continued

Name	Gold	Silver	Bronze
Marie Maxted	3		
Allan Mayfield	2	2	
Sandra McCue		2	
Gil McIntosh	3		
Margaret McIntosh	3		
Dean Mortimer	5	6	
Kim Mottrom	10	2	
Kana Nathan	5	1	
Cassie Neubauer	4	1	2
Liz Neubauer	1	5	3
Marlene Norton-Baker	1		
Donna Palmer	1	2	1
Noel Pardon		1	
Tony Patane	1	1	1
Dennis Peck	2	3	4
David Pfitzner	2	2	2
David Robertson	2	1	
Peter Sandery		2	
Doug Smart	1	1	2
Bett Stawarz		1	
Tim Storer	3		
Malcolm Tiggeman			1
Hans van Bavel	2	1	
Michael Vowles	2	1	1
Wayne Willis	1		
John Winter		2	
Clare Woods	1		



Final Tally

110 Gold **73** Silver **33** Bronze **10** State Records

Congratulations to all participants!

SAMA BIRTHDAY LIST

December and January

Happy Birthday



Vicky Caputo	45	Graeme Miller	Matthew Lovell
Des Clark		Paul Moyle	Adrian Lynch
Bill Dickenson		Trevor Brown	75
Carol Dwyer		Rowly Ferris	95
Leon Gouws		Marinus Haccou	
Claude Hamam		Ross Hill-Brown	
Trevor Hancock	75	Sally Hurst	
Patricia Laird		Sharon Johnson	
Ros Lowe		Paul Logan	
Margaret McIntosh		Karen Long	
			Craig McKenzie
			50
			Richard McMahon
			Christopher Minchin
			Richard Moyle
			Stephanie Noon
			Philippe Quoilin
			Lyn Peake
			Graham Richardson

CLUB CONTACTS



Committee Members

President	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
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Registrar/Webmaster	David Bates	0413 023 075	registrar@samastersathletics.org.au
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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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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 are now open!
- 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



sports centre

Sports Centre is our new official uniform supplier.

See the next page for a full product list. Prices will be published on the website soon.

Information about how to order will be available shortly at

<https://www.samastersathletics.org.au/uniforms/>



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



If you break a Club record, contact Ros Lowe at
rrlowe@tpg.com.au

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

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



Men's Singlet
SSR9



Women's Singlet
SSARW



Long Crop Top
SCTW20SAMA



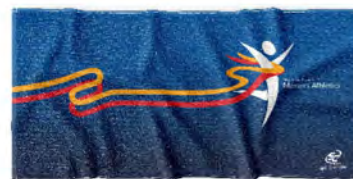
Tee
SRT1



Track Jacket
SJ1L



Boyleg Shorts
SF9P



SUB Towel



Jacket
RAMO F390LD/F390HZ



Polo
RAMO P446HB/P446LD



Spray Jacket
BOC CJ0442



Shorts
SCS 1991Z/1991WZ



Cap
GRH AH299



Can Cooler
STH SCHWB



Etched Water Bottle
TCD E4185BK



Crew Sock
544HT



Ankle Sock
524HT