



Hobart 2024



29 March - 1 April 2024

Team report by George White and Sarah Chinner

I have been Team Manager for SAMA before, but this time it was a pleasure to have such a close knit and supportive team. Hobart did an outstanding job with the Championships and even gave us great weather. They have always been at the top of the ladder as far as I am concerned with the Nationals but they excelled this time.

The LOC introduced quite a few innovations which our LOC will have to look closely at for next year. Their photography and access to photos (by bib number or selfie) was outstanding as was their live feed. This made my job easier when Cassie was obliged to protest a result in the triple jump which would have stolen her bronze medal. The officials quickly reviewed the live feed and saw immediately that the measurement of the other athletes jump was taken from the wrong take-off board - matter solved!

Continued on page 9 ►



The opening ceremony

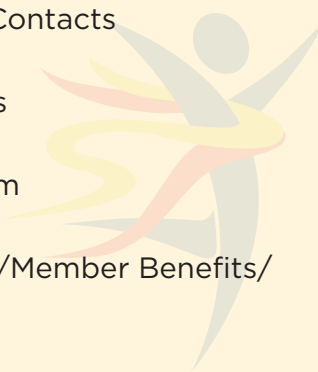


M180+ bronze medal winning relay team



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COMING EVENTS

Mothers Day Classic
Saturday 12 May

SAMA State 5km Run & 5km Walk Championships
Saturday 18 May

Barossa Marathon Festival
Sunday 26 May

SAMA State 10km Walk and 10km Run Championships
Saturday 1 June

SAMA Cross Country Championships
Saturday 15 June

SAMA AGM & Awards Dinner
Friday 21 June



GOING TO GOTHENBURG?

Here's your checklist:

- ORDER YOUR NEW AMA UNIFORM BY APR 22:**
<https://www.valoursport.com.au/collections/australian-masters-athletics>
(Add a Polo Shirt for wearing at the Opening Ceremony & Team photo?)
 - COMPLETE YOUR ENTRY REGISTRATION BY JUN 4:**
<https://www.2024wmac.com/registration>
 - BOOK YOUR ACCOMMODATION:**
<https://www.2024wmac.com/accommodation>, OR JOIN THE [AUSTEAM GOTHENBURG ACCOMMODATION NOTICEBOARD FB GROUP](#)
 - BOOK YOUR FLIGHTS AND OTHER TRAVEL:**
MAYBE ADD A HOLIDAY TO YOUR BOOKING FOR AFTER YOU'VE FINISHED COMPETING!
 - COMPLETE & RETURN THE ATHLETE DATA FORM**
WHEN SENT TO YOU BY THE INT'L REGISTRAR BARBARA BLURTON, INCLUDE YOUR BIRTH CERTIFICATE IF THIS IS YOUR FIRST MASTERS WORLD CHAMPS.

YOU'LL RECEIVE INVITES TO JOIN OUR AUSTEAM FB AND WHATSAPP GROUPS AFTER REGISTRATION HAS CLOSED
- Any questions, email Jill at vicepresident@australianmastersathletics.org.au

A NOTE FROM THE PRESIDENT



Have you ever wondered what the background or past or current occupation may be of someone you encounter or see presented to you during your employ or social activities. Okay... probably not but I'm going to pass on a 'bit' about myself anyway.

Despite the interest in and the jostling amongst members seeking the position of President of SAMA, I hope to be re-elected for a further 12 months in June this year and members may like an insight into the person they see wandering around the track on Wednesday evenings or at run/walk events on a Saturday and who hands out award certificates and prizes at presentation nights.

This introduction also ties in with an article for the next issue of the magazine regarding my living, working, and training (for athletics) in some very remote regions of Australia.

I'm one of the early European migrant arrivals in this country, docking in Fremantle, Australia on 3 December 1950, as a displaced person/war refugee, on the ship, the Hellenic Prince (2 years & 2 months old). Actual disembarkment was in Melbourne, on 11 January 1951. My parents, brother and I were transferred to the Bonegilla



Cape York tip.

Migrant Reception and Training Centre, near Wodonga in north-east Victoria. This facility was Australia's largest and longest operating migrant centre and was the first Australian home for an estimated 309,000 post war migrants from over 50 countries (between 1947 and 1971).



We were initially granted passage under a government two-year labour contract which was to help us adjust to 'the Australian way of life'. After a period of 'induction' at Bonegilla we took up employment in the (then) Upper Murray, living on a fruit and grape growing property on the outskirts of Renmark.

After a couple of years there we were able to purchase our own property on Murtho Road (via Paringa) and develop this as a citrus, apricot, peach, and grape growing enterprise. My schooling was at Renmark, Kindergarten, Primary and High Schools until the 'leaving Year' and my Matriculation was completed at Glossop High School in 1966. After a 'Gap Year' in 1967 I took up an administrative position with the Australian Government (Public Works Department) in Papua New Guinea for two years in 1968-69.

In February 1971, I commenced employment with the Australian Government, in the Department of the Interior, in Alice Springs in the NT. This was the start of some 40 years continuous employment in the field of Aboriginal & Torres Strait Islander affairs, either working for various federal departments and agencies or with Indigenous organisations or bodies.

The article in the next issue relates to my last periods of employment in two remote communities in Australia, Canteen Creek in the NT and Coen in north Queensland. This photo was taken on a weekend trip from Coen up to the very tip of Cape York, the most northern compass point of mainland Australia.

Viddy Jermacans



2024 SAMA Annual General Meeting

The SAMA AGM will be held at the Kensington Hotel on Friday 21 June 2024 at 6pm.

It will be followed by the SAMA Awards Night and Dinner at the same venue (details on page 4).

All welcome including non-members*.

Members can attend the AGM and Awards Night without any obligation to include dinner.

If anyone believes changes are required to our Constitution or By-Laws they should contact the Secretary (secretary@samastersathletics.com.au) by Friday 2 June.

All documents for the AGM (including the Agenda and Reports) will be made available on the SAMA website at <https://www.samastersathletics.org.au/reports-and-documents/>

*Guests of SAMA members attending the Awards & Dinner may attend the AGM but cannot vote.

Call for Committee nominations

All positions on the committee will be declared vacant at the AGM and elections will take place for all positions, including the Office Bearers. This provides opportunities for members with ideas and a willingness to give something back to the club.

Remember that our club is run entirely by a few members for the benefit of all members, and its continued existence is dependent on everyone making a contribution. So please consider doing your part by stepping up to the challenge.

The Committee, all of whom must be financial members of SAMA, consists of:

- (a) The President
- (b) The Vice-President
- (c) The Secretary
- (d) The Treasurer
- (f) The Registrar
- (e) And other members to make a maximum of 11 on the Committee.

Nominations for all Committee positions need to be proposed and seconded by a financial member of SAMA and then sent to the Secretary (secretary@samastersathletics.com.au) at least

7 days prior to the AGM, using the Nomination Form available on the SAMA website at <https://www.samastersathletics.org.au/reports-and-documents/>.

Note: *There are additional positions and roles listed on the Nomination Form which can be filled either by committee members or by other SAMA members without needing to join the committee (ie. Ex-officio positions). Nominations for these non-committee positions will also be accepted by the Secretary and do not require a proposer or seconder.*

If you have any questions, please speak with any of the current committee members.



SA Masters Athletics AGM Followed by Awards Night and Dinner



6pm FRIDAY 21 JUNE 2024

**Kensington Hotel (The Kensi)
23 Regent Street, Kensington**

*All welcome including non-members.
Bring your friends and family to celebrate
the achievements of our athletes as we
present the 2024 Awards.*

**Joining us for dinner? Please book with
Viddy Jermacans by Tuesday 18th June -
viddy48@yahoo.com.au or
phone/sms 0407 188 721**



SAMA Hall of Fame

At last 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 have been highlighting one of these new inductees in each newsletter - this issue is inductee number 8, Miriam Cudmore.

Read a precis of her achievements on pages 12 and 13 or go to www.samastersathletics.org.au/hall-of-fame/ for her full biography.

Each year we ask members to consider nominating a past or present member for inclusion in our Hall of Fame. The criteria for nomination are available on the SAMA web site or alternatively enquire with George White.



We all had a great experience in Hobart, and we know you appreciate how many people it takes to stage such an event.

Next year is our turn and it would be great if you could offer some of your time. There are many tasks leading up to the Championships as well as at the meet itself. Anything you could do would be greatly appreciated. We could also benefit from any innovative ideas you may have following on from several new initiatives in Hobart.

Lisa Attenborough is Convenor for next years Championships and we know she would appreciate any time you could offer no matter how small. **So, while Hobart is fresh in your minds please contact Lisa and help us stage a Championships as good or better than Hobart.**

Ways to contribute to the running of the Club

Did you know that, in addition to nominating for the Committee that will be elected at the AGM, **there is the opportunity for keen members wishing to participate in the running of the club without needing to be on the Committee.**

Many of the positions and roles that are essential for the smooth running of SAMA's activities can be taken on in an 'Ex-Officio' capacity, including the new Winter Coordinator position. Members who are interested to make such a valuable contribution to the club can find out more from any Committee member or contact George White (secretary@samasterathletics.org.au) for further information.

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 30 June 2024.

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



Official Rankings of



Official of the Year

Congratulations go to our own Lisa Attenborough who received the **AMA 2023 Annual Award for Official of the Year!**





Summer Web Results – Reporting Errors

Written by John Hore

At the top of each SAMA results page displayed on our web site, there is a message to let SAMA know if the results are missing or incorrect. This is especially important after the Summer Track and Field competition.



Next summer, the normal cut-off time for reporting changes will be no later than Friday after the event. After that time, errors identified should be reported, but the response will be at the discretion of the database administrator.

SAMA Results 3/04/2024 Location: MILE END ATHLETICS STADIUM. Last Updated 3/04/2024 8:23:05 PM
 35 Competitors and 67 Entries . Please let johnhore@gmail.com know if results are significantly wrong or missing

600MWALK	Heat	Number	Name	Est	Result	Diff	Age Gp
	1	481	PETER CRUMP	0:03:09	0:03:21	+ 0:00:12	M63 M60
	1	339	MARIE MAXTED	0:03:18	0:03:52	+ 0:00:34	W63 W60

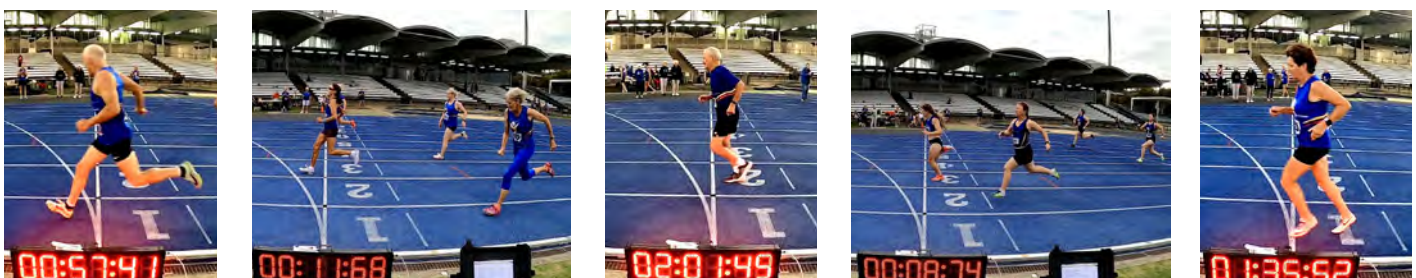
SAMA uses its own in-house developed custom-made software application called 'Event Manager'. On the weekend following competition, the previous week's results are finalised and the next week's program is created.

Results are either stored or affect data in the many tables including Results, Handicaps, Awards, and World Ranking. The results then must be updated on the SAMA web site and re-published. Changes in results also involves a recalculation of the age graded values for the competitor.



If result changes are not received before Saturday, values in all of these locations must be individually updated (rather than updated with the program's software). The manual process involves a significant manual effort.

During the next summer season, the cut-off date for reporting changes and having the affected tables updated, will be the Friday after the event. Everybody is therefore encouraged to check their results and report any errors as soon as possible after the event.





SAMA Membership Benefits

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.

Thank you to the 165+ members who have registered so far for the 2023/24 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>.

All financial SAMA members also have access to the World Masters Rankings tables at no additional charge, by virtue of an arrangement funded by Australian Masters Athletics (currently extended to 30 June 2024). For further information see <https://www.samastersathletics.org.au/membership/#services>.

New & Returning Members

Welcome to our new & returning members:

Anthony Fedele	Clinton Lucas
Philipp Rohlfshagen	Paul Savage
Raelene Schild	Mark Secomb



Recommending New Members Incentive

An existing financial member who provides a referral that results in a new member* registering by 31 August each year will benefit from the following incentive:



Their next SAMA membership renewal will be discounted by \$5 for every new member referred during the preceding membership year, or by **\$10 if the new member is aged 40yr or less.**

**A new member is defined as someone who has not been a competing member of SAMA for the past 5 years. To be eligible for the Recommending New Members Incentive, the name of the referring member must be specified during registration of the new member.*

Competing in Athletics SA 2024 Winter Season



All financial SAMA members have Athletics SA (ASA) Membership and are eligible to compete in the upcoming ASA Winter Season, consisting of Road Races, Distance Relays, Cross Country and State Championship events. Each individual event will have an entry fee (refer to the ASA website for details).

Membership Enquiries

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

David Bates



Around 27 attended the recent Friday night dinner at the Earl of Leicester.

Keep an eye on the weekly emails and the web page for our next gathering.



A toast to David Robertson

AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania

► *Continued from page 1*

Most of my work as Team Manager was done by Sarah Chinner who organised all the relay teams. Sarah's report is on page 10.

The only gripe I had about the Championships, relates to the Road Walk course, which was on a hill, too narrow, especially on the turns and in places had a bad camber - but then who really cares about walkers!

Ann Jefferies and Miriam Cudmore acted as SAMA flag bearers for the opening ceremony which included a pipe band and a young lady with a divine voice singing the National Anthem. Kathy Blute unlucky on the track, won the raffle - a three-hour cruise.

The results of the 28 SAMA members that competed were outstanding - 35 Gold, 14 Silver and 12 Bronze - beating our previous best Gold tally from Hobart of 33 in 2014. Everyone put their all into the events and they all deserve praise but it's hard not to single out Miriam Cudmore with seven gold medals and four Australian records (100m, 200m, shot and LJ) and a 60m SAMA record. This takes her number of National Titles to 52!

Ann Jefferies excelled with five golds, 1 bronze and took out the Champion Of Champions Shot Put event as well as the Royce Foley Award for the highest points in the Throws Pentathlon. Add three more SAMA records to her tally (shot, weight and throws pentathlon).

Donna Palmer took out four golds, two silver and one bronze in a remarkably diverse range of events.

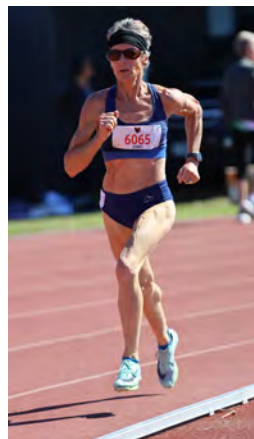
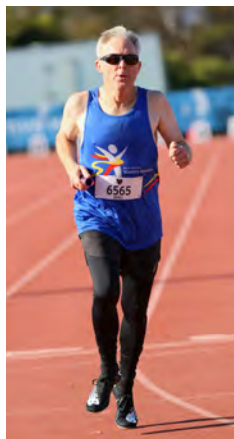
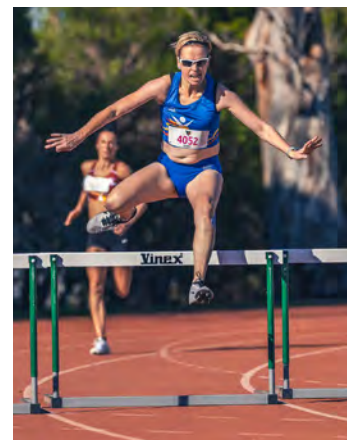
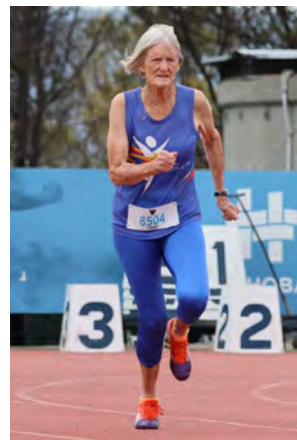
Records also fell to Allan Mayfield where he absolutely obliterated the National 2000m Steeplechase record as well as breaking the SAMA 1500m record.

Des Clark broke SAMA records in all three of his events, Sarah Chinner again broke her SAMA 800m record and Dean Mortimer his SAMA triple jump record.

Liz Neubauer was our Ironwoman for the meet with ten individual events, two pentathlons (another 10 events) and a relay!

Of the 28 SAMA competitors, 12 were at a Nationals for the first time and performed amazingly, bringing some extra talent to add to our regulars.

George White



More photos overleaf ►

AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania

- ▶ Relays for nationals are done a little differently from the normal five-year age categories for masters, comprising three age categories of 120 to 179, 180 to 139 and 240 plus, calculated from the sum of the age level for each person in the team. It can be a challenge to put teams together, especially coordinating around other events, but also juggling how fit people remain across the competition.

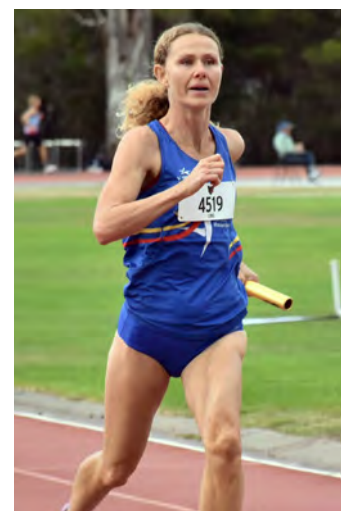
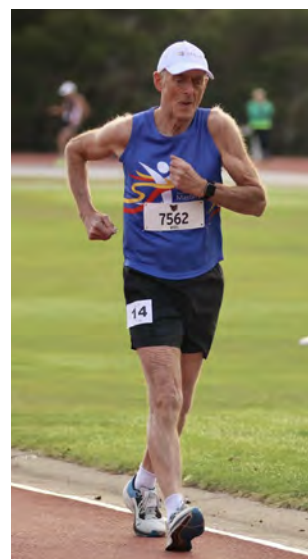
Despite a couple of withdrawals because of injury, we managed to field three women's 4x100m teams (one in each category), two men's 4x400m teams in the 180 to 239 and 240 plus categories, and one women's 4x400m team in 180 to 239.

Thank you to those who stepped in at the last minute to fill in for those injured. Congratulations to the younger men's 4x400m team who won bronze and to everyone else for being involved in what were strongly contested races.

Sarah Chinner



Champion of Champions Throws - Shot Put

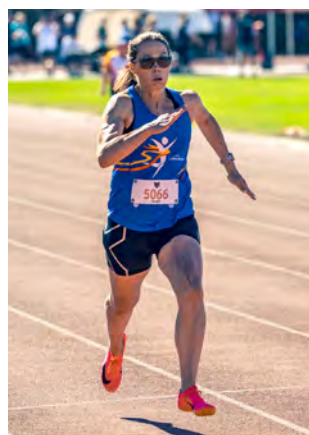
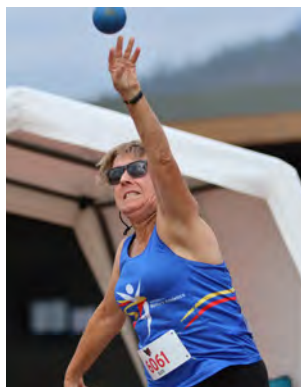
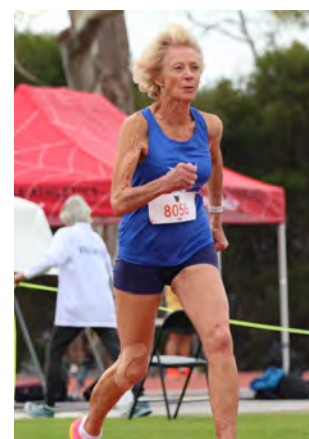
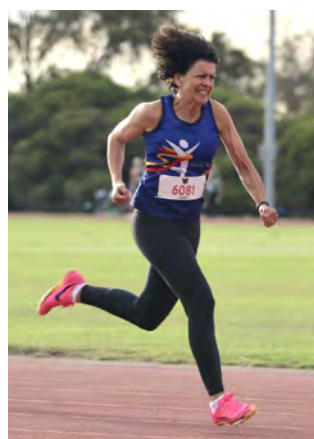
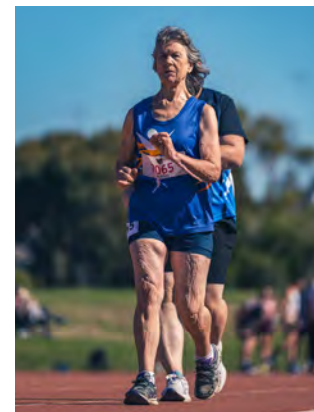


More photos overleaf ▶

AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania





Inductee No. 8:

Miriam Cudmore

Miriam was born and raised on Kangaroo Island in South Australia and as a teenager played basketball and tennis.

Moving to Adelaide at age 20 she played netball and basketball right through to her 60's. Miriam played up to five games a week, coached under 10 girls and senior teams, umpired junior and senior matches and served on the Ladies Daytime Basketball Committee.

Miriam's first foray into the world of athletics was in the early 1980's when she ran the City Bay on four occasions achieving good times with little training, relying on her basketball fitness.

Competing at the Alice Springs Masters Games in

1998, in netball and basketball, Miriam went to watch the athletics and thought she would fit in there very well! She phoned Bette O'Neil, who she had played netball with for many years and to whom she had mentioned running and was put in touch with her cousin Frank Rogers and the rest is history.

Miriam trained initially for years with Ann Cooper, Anne Lang, Frank Rogers, John Hill and Valmai Padget. Her first competition with the Masters was in March 1999 followed by the Adelaide Australian Masters Games in October entering 200, 400, 800 and 1500 meter events but not the 100m as Frank thought she might pull a hamstring doing the 100m without enough lead in training. Port Pirie followed in 2000 along with Miriam's introduction to running injuries – a pulled hamstring.

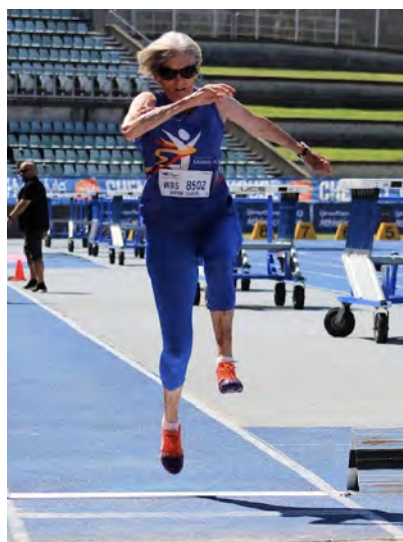
Then it was the Alice Springs Masters Games in 2002 entering the 100, 200, 400, 800, 1500, LJ, TJ, Javelin, High Jump and the Masters Mile, trying to find her niche! She won 9 gold and 1 silver, beaten only in the triple jump by the proverbial 'bees knee'.

A regular competitor in the SAMA competitions since 1999, Miriam has blossomed in recent years and expanded her portfolio of events by adding the Pentathlon, in which she holds the W75 and the W80 Australian records.

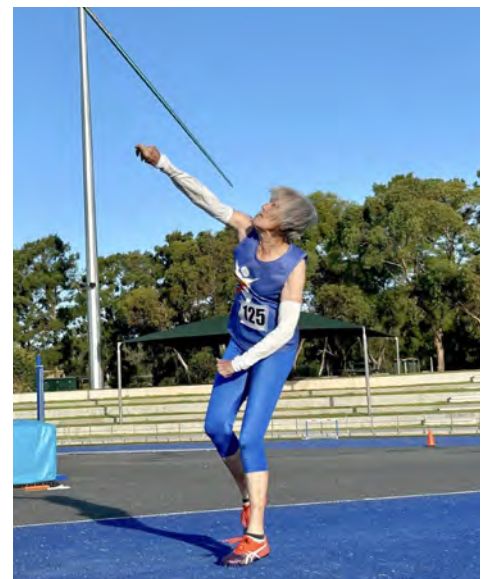
Full details of Miriam's achievements can be found in her biography at www.samastersathletics.org.au/hall-of-fame/.



Porto Alegre, Brazil 2013



Sydney 2023





Miriam Cudmore

Miriam Cudmore joined SAMA in 1999 and has remained a regular competitor in local competition since then. She has represented SAMA in AMA National Championships and Australia, both nationally and internationally, at Oceania Masters Athletics Championships and at World Masters Athletics Championships.

Her achievements at WMA Championships have been of a very high standard with a return of 21 medals at five Championships. Her versatility across several disciplines has resulted in her collecting medals in 100m and 200m sprints as well as the Long Jump, Triple Jump, Javelin and as a member of 4x100m relay teams.

Her one foray into the Oceania Masters Athletics Championships in Mackay, Qld in 2019, resulted in an amazing collection of six golds and one silver medal, which included two OMA Championship records.

Miriam currently (May 2023) holds 18 ratified Australian Masters Athletics national records across the sprints, jumps and throws in three age divisions. In addition, she holds a further seven current SAMA records across four age divisions meaning she currently holds 25 SAMA records.

Apart from her medal performances Miriam has also achieved several personal awards at the AMA and SAMA level, being awarded AMA's "Most Outstanding Female Athlete Award" in 2017 and again in 2019 as well as AMA's "Jumps Award" in 2014. Miriam has also won SAMA's "Most Outstanding Female Athlete Award" on six occasions.

Miriam is currently ranked Number 1 in the world for the 60m, 100m, 200m, Long Jump, Triple Jump, Shot Put and Javelin on the "World Masters Ranking" website.

Miriam is a committed athlete, always providing support and showing respect to fellow competitors and officials and is a worthy inductee into SAMA's Hall of Fame.

008

INDUCTEE NUMBER



SAMA PRESIDENT

16 June 2023

DATE

The Hills are Alive...

By George White

...with the Sound of Music!

We are hardwired to respond to rhythm! Don't tell me you have never tapped your toes, drummed your fingers, or bobbed your head to a catchy tune, you know this is true.

Of course preferences of individuals vary with some runner/walkers finding music beneficial while others prefer the natural sounds of their environs or use their workouts as a time for reflection and meditation. Obviously, safety should be a priority and a comfortable volume should be used so that you are still aware of your surroundings - especially in busy areas.

People say you should march to the 'sound of your own drum' for good reason. The steady rhythm of a marching band or drummer has helped soldiers maintain a consistent marching pace over the centuries. It also acted as a morale booster - uplifting the spirits of soldiers in times of great stress. So it should be no surprise that music can be an asset for runners and walkers. Listening to music can offer several advantages, enhancing your overall running experience and performance.

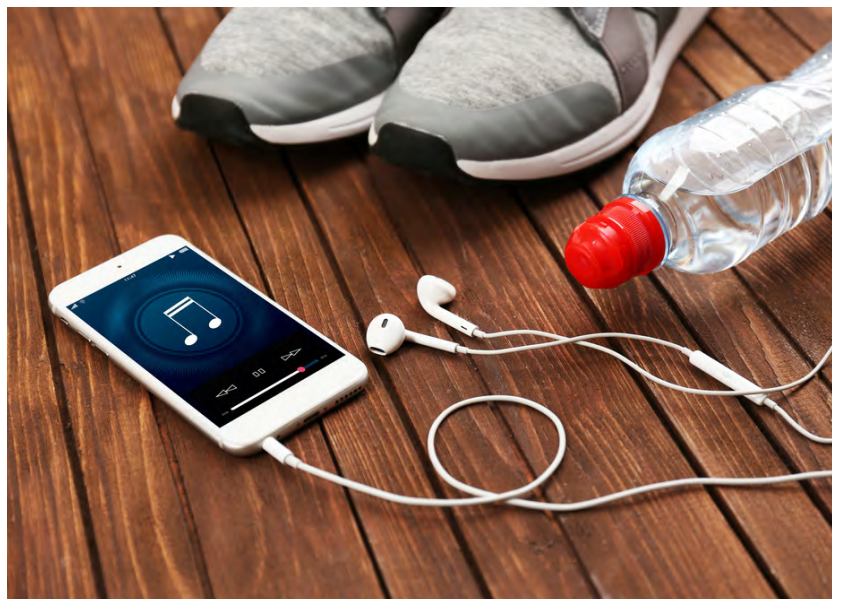
Fortunately we are no longer tethered to a Sony Walkman: wires have gone with wireless headphones and bone conducting headphones allow you to hear what's going on around, keeping you safer.

Research has suggested there are four factors that contribute to a piece of music's motivational qualities: two music factors - beats per minute and melody/harmony, and two factors personal to the individual - musical preferences

and how an individual associates certain music. Whatever the underlying factors, studies over decades have consistently observed positive effects of music and show up to a 15-percent performance gain.

Perhaps the most important benefit of music is in pacing/cadence. No matter what the style or mood of the music it is almost impossible not to synchronise cadence with the beat, or if you would like a scientific moniker - auditory motor synchronisation. This synchronisation can help maintain a consistent and efficient cadence. A faster tempo song might encourage a faster cadence, while a slower tempo song could lead to a more leisurely pace. The emotional impact may also be important with an uplifting or powerful song encouraging a faster pace, while a more soothing tune could help maintain a steady rhythm. While some benefit from a consistent cadence, others may intentionally vary their cadence to prevent fatigue.

The connection between music and cadence is a complex interplay of rhythm, motivation, distraction, and pacing that can enhance the overall experience for many. In terms of how this ►



The Hills are Alive...

Continued

- ▶ all translates to what you do (in anything other than sprints), both elite and average runners have a stride rate of about 180 per minute (elite runners gain by normally having a greater stride length!).

Top racewalkers may go well over 200 strides per minute (hence the difficulty of judging for contact) but us mere mortals are closer to the 180. If 180 is optimal then the longer we can sustain that level, the more efficient we will be, and music may be the best way to do this, especially for non-elite runners and walkers. Therefore, choose music with 180 beats per minute and then consider all the other social, cultural and association factors to develop your best motivational playlist.

Music also has the power to motivate and distract, helping you push through challenging moments during a workout. A rhythmic beat or energetic tunes can boost your mood, reduce feelings of fatigue, and make your run more enjoyable. Upbeat and lively music can help extend your endurance by diverting your focus from physical discomfort, enabling you to run longer distances without feeling as tired.

Listening to music can facilitate being fully absorbed in the activity, leading to enhanced concentration, reduced anxiety, and a greater sense of accomplishment. This “flow State” is when you pay no attention to distractions and time seems to pass without any notice - it seems easier to run those 10 kilometres when “Tay-Tay” is there with you - or as Bob Marley said, “One good thing about music - when it hits you, you feel no pain.”

Music can also alter your perception of time, making your run feel shorter than it actually is. This psychological effect can be especially useful during long runs or intense training sessions and the right sounds increase periods of high alpha-wave activity in the brain - basically the “runners

high”. It can also trigger emotional responses. Music can be associated with particular experiences and that’s why the song “Eye of the Tiger” is so popular, we think of Rocky running up the steps to prepare for his fight.

In selecting a play list don’t just go for high-energy songs. You also need to consider the memories, emotions and associations that different music evokes. The more you identify with the music’s emotions or perspective, the more it becomes motivational, and the anticipation of hearing new songs or familiar favourites can add an element of excitement to your runs.

There are lots of apps available to assist your pace but there are also many specifically associated with music. “Spotify” will create soundtracks for you in your chosen genre while you run. As you run, the app detects your tempo, and syncs steps per minute with beats per minute.

And there are lots of others like “Harvey” which analyses the route ahead to produce music that helps you push through the uphill and glide through the downhill. “Weav Run” also adjusts music tempo to the current stride and also allows a fixed tempo (anywhere from 100 to 240 beats per minute). If you want something different there is “Zombies, Run” which is more of a running game. Using this you are a runner en route to one of the world’s last outposts. You start your running and receive a mission - if you’re chased by zombies you must speed up - there are more than 200 missions!

To finish, be wary of using music in a race as you may need to be aware of your competitors, and reacting to them may be more important than running/walking to a music plan. Certainly, enjoy and benefit from music but also learn to workout without music so that you can push yourself in silence when necessary. Just remember if there is one “performance enhancing thing” you can take with impunity - it’s music! ■



George H. White



David Robertson

David will be remembered for his dry sense of humour exemplified by his email address (Dr Death) and the snippet he put in the June 2010 newsletter:

“Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming WOO-HOO, what a ride.” I think this is exactly what David did!

David joined SAMA in 1997 and was a regular at our summer and winter competition.

Between 2002 and 2017 he entered National Championships in various walks from 5km to 20km, winning three silver and 3 bronze medals and was still doing 10km walks last year at the age of 90. At one time he held SAMA records in the M85 1500m run and 4km walk. He was competing with us as recently as November last year, so his rapid decline was completely unexpected.



David attended Oxford University and later



qualified as a Vet and then a lawyer. He met and married Minnie in Hong Kong before moving to Singapore and then Australia. Well known for his combi van which would travel all over Australia for his passion of bird watching (he also visited nearly 100 countries in this pursuit) as well as attending our annual weekends away.

David passed on 8th March after a few months of illness aged 90.



Gwen King

Gwen was an athlete in her younger days but for SAMA she was a valued Volunteer. She was part of “the Three Amigos” together with Pat Peters and Betty Edwards in the period 2000 to 2016 and was a regular at our weekends away.

Gwen passed on 5th March aged 99 having produced 6 children, 16 grandchildren and 14 great grandchildren.



Proposed Changes to our Constitution – direct any queries to George White.

- 1. To give better continuity on the committee two-year staggered terms would assist. Committee members can obviously still resign if a two-year term doesn't suit.**

TERM OF OFFICE

Clause 8. The Committee

Replace:

- (2) The Committee is elected at the Annual General Meeting and holds office from the closure of the Annual General Meeting until the closure of the next.

With:

- (2) The Committee is elected at the Annual General Meeting and subject to this Constitution, each elected member shall normally hold office for two years. The election of the following Committee members shall be staggered, with the President and Treasurer being elected at even year AGMs and with the Vice President, Secretary and Registrar at the odd year AGMs. Additional Committee members shall be elected as needed.

- 2. To overcome problems of people getting to meetings plus perhaps encourage more people to join the committee. We may decide that six times is right, but this change would give us the option. With much business able to be conducted by email – meetings become less important.**

Replace:

- (5) The Committee meets not less than six times a year. Motions are decided by a majority of votes and in the case of equal numbers, the President has a second or casting vote.

With:

- (5) The Committee meets as required but not less than four times per year. Motions are decided by a majority of votes and in the case of equal numbers, the President has a second or casting vote.

- 3. To avoid unnecessary work and possible delays, deleting this sentence makes life easier for the Committee.**

Clause 9. Powers of the Committee

Delete the yellow:

- (1) (h) To appoint sub-committees for particular tasks; to appoint or co-opt individuals to provide advice. **These appointments end at the next Annual General Meeting but may be renewed.**

- 4. The Department of Business and Consumer Affairs asked SAMA to consider a new clause addressing Clause 55 of the Act – therefore to avoid constant requests for more clauses (and costs) they seem receptive to including a catch-all clause.**

Clause 2 Interpretation

Add:

- (4) Where requirements of the Act are not specifically referred to in this Constitution, SAMA acknowledges that it is bound by the Act”.

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Wayne Willis	M50	Shot	14.12	31/01/24	SAMA Stadium
Matthew Staunton	M50	Hammer	45.77	07/02/24	SAMA Stadium
Des Clark	M85	800m	4.40	07/02/24	SAMA Stadium
Donna Palmer	W50	Pentathlon	3019	11/02/24	Lakeside, Vic
Sarah Chinner	W60	800m	2.36.53	17/02/24	ASA Stadium
Mike Vowles	M80	Pentathlon	1681	21/02/24	SAMA Stadium
Wayne Willis	M50	Shot	14.16	28/02/24	SAMA Stadium
Matthew Staunton	M50	Hammer	46.10	28/02/24	SAMA Stadium
Ann Jefferies	W60	Throws Pentathlon	3571	03/03/24	SAMA Stadium
Matthew Staunton	M50	Throws Pentathlon	3336	03/03/24	SAMA Stadium
Paul Hook	M70	Throws Pentathlon	2531	03/03/24	SAMA Stadium
Melissa Grantham	W40	10,000m Walk	63.19	03/03/24	SAMA Stadium
Mike Vowles	M80	2000m Steeple	13.05	06/03/24	SAMA Stadium
Allan Mayfield	M75	800m	2.44.97	13/03/24	SAMA Stadium
Matthew Staunton	M50	Hammer	46.74	13/03/24	SAMA Stadium
Des Clark	M85	800m	4.33.6	13/03/24	SAMA Stadium
Des Clark	M85	1500m	9.29.12	20/03/24	SAMA Stadium
Allan Mayfield	M75	400m	72.98	20/03/24	SAMA Stadium
Allan Mayfield	M75	3000m	13.25	20/03/24	SAMA Stadium
Stephen Thurston	M45	5000m	14.48.30	21/03/24	ASA Stadium
Wayne Willis	M50	Shot	14.38	27/03/24	SAMA Stadium
Sarah Chinner	W60	800m	2.36.25	30/03/24	AMA Hobart
Miriam Cudmore	W85	60m	12.38	29/03/24	AMA Hobart
Miriam Cudmore	W85	100m	20.05	 30/03/24	AMA Hobart
Miriam Cudmore	W85	Long Jump	2.70	 30/03/24	AMA Hobart
Miriam Cudmore	W85	Shot	6.66	 30/3/24	AMA Hobart
Miriam Cudmore	W85	200m	43.09	 31/03/24	AMA Hobart
Ann Jefferies	W60	Throws Pentathlon	3778	31/03/24	AMA Hobart
Allan Mayfield	M75	1500m	5.46.00	30/03/24	AMA Hobart
Allan Mayfield	M75	2000m Steeple	8.39.00	 31/03/24	AMA Hobart
Dean Mortimer	M65	Triple Jump	9.02	31/03/24	AMA Hobart
Des Clark	M85	400m	114.28	30/03/24	AMA Hobart

 = Australian Record

NEW CLUB RECORDS *continued*



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Des Clark	M85	800m	4.22.07	31/03/24	AMA Hobart
Des Clark	M85	1500m	9.12.9	29/03/24	AMA Hobart
Ann Jefferies	W60	Shot	11.00	30/03/24	AMA Hobart
Ann Jefferies	W60	Weight	14.92	31/03/24	AMA Hobart
Sarah Chinner	W60	1500m	5.27.58	06/04/24	ASA Stadium

SAMA SUMMER ACHIEVERS AWARD 2023/24



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

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

There were 114 participants over the course of the summer who accumulated points - here are the top 10 placegetters.

For the full list of the results, please go to www.samastersathletics.org.au/awards/#achiever_awards

Order	Number	Name	Points
1	256	Dean Mortimer	54
2	458	Liz Neubauer	50
3	136	Mary Abrey	46
4	171	Cassie Neubauer	46
5	167	Mike Vowles	42
6	381	Lisa Hanrahan	42
7	342	Ros Lowe	41
8	290	Ann Jefferies	40
9	509	Marinus Haccou	40
10	306	Malcolm Tiggeman	36



1st place - Dean Mortimer



2nd place - Liz Neubauer



=3rd place - Mary Abrey



=3rd place - Cassie Neubauer



21 February 2024

Long Jump

Name	Result	Points	Age Group
Dean Mortimer	4.23	641	M65
Marinus Haccou	4.20	548	M60
Tim Storer	3.50	255	M50
Mike Vowles	2.72	384	M80

Discus

Name	Result	Points	Age Group
Dean Mortimer	26.7	431	M65
Marinus Haccou	26.22	373	M60
Tim Storer	21.1	296	M50
Mike Vowles	17.75	402	M80

Javelin

Name	Result	Points	Age Group
Marinus Haccou	31.77	492	M60
Dean Mortimer	26.94	455	M65
Tim Storer	23.93	291	M50
Mike Vowles	16.32	300	M80

1500m

Name	Result	Points	Age Group
Dean Mortimer	6:07	638	M65
Mike Vowles	8:32	349	M80
Marinus Haccou	6:51	370	M60
Tim Storer	5:36	571	M50

200m

Name	Result	Points	Age Group
Marinus Haccou	30.44	581	M60
Dean Mortimer	31.6	573	M65
Tim Storer	32.62	313	M50
Mike Vowles	41.98	246	M80

Final Placings

Name	Age	Points	Place
Mike Vowles	M80	1681	1
Dean Mortimer	M65	2738	1
Marinus Haccou	M60	2364	1
Tim Storer	M50	1726	1



Marinus Haccou



Mike Vowles



1500m - Marinus, Tim & Dean

SAMA WOMEN'S PENTATHLON



28 February 2024

100m

Name	Result	Points	Age Group
Donna Palmer	14.9	681	W50
Cassie Neubauer	15.14	559	W45
Mary Abrey	19.33	472	W70
Liz Neubauer	21.85	236	W70
Ros Lowe	23.98	155	W75

Javelin

Name	Result	Points	Age Group
Donna Palmer	22.83	455	W50
Cassie Neubauer	20.41	392	W45
Mary Abrey	13.68	427	W70
Ros Lowe	11.55	356	W75
Liz Neubauer	10.5	307	W70

Shot Put

Name	Result	Points	Age Group
Donna Palmer	10.88	682	W50
Cassie Neubauer	6.93	422	W45
Ros Lowe	6.6	535	W75
Mary Abrey	5.21	442	W70
Liz Neubauer	4.81	399	W70

800m

Name	Result	Points	Age Group
Cassie Neubauer	3:52.28	117	W45
Donna Palmer	3:04.66	542	W50
Liz Neubauer	4:52.89	123	W70
Mary Abrey	4:12.10	339	W70
Ros Lowe	4:29.91	322	W75

Long Jump

Name	Result	Points	Age Group
Donna Palmer	4.18	589	W50
Cassie Neubauer	4.08	479	W45
Liz Neubauer	2.46	279	W70
Mary Abrey	2.34	237	W70
Ros Lowe	1.77	105	W75

Final Placings

Name	Points	Age Group	Place
Ros Lowe	W75	1473	1
Mary Abrey	W70	1917	1
Liz Neubauer	W70	1344	2
Donna Palmer	W50	2949	1
Cassie Neubauer	W45	1969	1



Ros Lowe



800m start



Donna Palmer

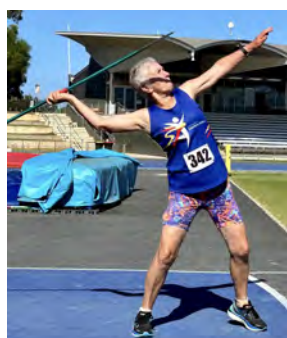


Hammer

Name	Result	Points	Age Group
Matthew Staunton	45.33	655	M50
Ann Jefferies	34.40	757	W60
Tony Patane	29.77	507	M70
Paul Hook	25.20	412	M70
Craig Watson	23.19	285	M40
Jodie Schrapel	21.75	335	W50
Ros Lowe	19.99	447	W75
Cassie Neubauer	16.65	249	W45
Sarah Bail	16.42	244	W45
Liz Neubauer	12.10	280	W70
Cherryl Parker	10.60	233	W70



Craig Watson



Ros Lowe

Shot

Name	Result	Points	Age Group
Matthew Staunton	12.66	766	M50
Ann Jefferies	10.69	825	W60
Craig Watson	10.06	557	M40
Paul Hook	9.90	661	M70
Tony Patane	7.66	484	M70
Jodie Schrapel	7.14	405	W50
Ros Lowe	6.58	533	W75
Cassie Neubauer	6.41	382	W45
Sarah Bail	5.29	295	W45
Cherryl Parker	4.87	405	W70
Liz Neubauer	4.95	414	W70

Discus

Name	Result	Points	Age Group
Matthew Staunton	37.84	627	M50
Paul Hook	28.50	533	M70
Craig Watson	26.88	413	M40
Ann Jefferies	26.28	688	W60
Tony Patane	22.58	396	M70
Cassie Neubauer	17.48	288	W45
Jodie Schrapel	16.00	291	W50
Sarah Bail	11.64	167	W45
Ros Lowe	11.43	324	W75
Liz Neubauer	10.81	307	W70
Cherryl Parker	9.25	251	W70

Javelin

Name	Result	Points	Age Group
Craig Watson	39.74	509	M40
Matthew Staunton	36.06	505	M50
Ann Jefferies	24.72	646	W60
Paul Hook	24.56	416	M70
Cassie Neubauer	18.77	353	W45
Jodie Schrapel	18.36	349	W50
Tony Patane	13.22	169	M70
Ros Lowe	10.55	318	W75
Liz Neubauer	10.54	309	W70
Sarah Bail	8.47	116	W45
Cherryl Parker	7.75	206	W70



Weight

Name	Result	Points	Age Group
Matthew Staunton	15.18	743	M50
Ann Jefferies	12.41	655	W60
Tony Patane	10.84	514	M70
Paul Hook	10.74	509	M70
Craig Watson	7.77	356	M40
Jodie Schrapel	7.22	332	W50
Cassie Neubauer	7.20	353	W45
Sarah Bail	6.89	333	W45
Ros Lowe	6.74	380	W75
Cherryl Parker	6.04	356	W70
Liz Neubauer	5.44	311	W70

Final Placings

Name	Result	Points	Age Group
Ros Lowe	1	2002	W75
Liz Neubauer	1	1612	W70
Cherryl Parker	2	1460	W70
Ann Jefferies	1	3571	W60
Jodie Schrapel	1	1712	W50
Cassie Neubauer	1	1625	W45
Sarah Bail	2	1155	W45
Paul Hook	1	2531	M70
Tony Patane	2	2070	M70
Matthew Staunton	1	3336	M50
Craig Watson	1	2120	M40

SAMA 10K RUN/WALK CHAMPIONSHIPS



3 March 2024

10km Run

Name	Age Group	Result	Age Group %	Place
Colin Brooks	M70	54:55	64.64	1
Chris Bollen	M60	43:42	74.38	1
Paul Lainio	M55	45:50	68.55	1
Russell Withers	M50	43:17	71.39	1

10km Walk

Name	Age Group	Result	Age Group %	Place
Marie Maxted	W60	1:12:37	73.21	1
Melissa Grantham	W40	1:03:19	67.82	1
George White	M75	1:07:25	79.55	1
Pete Crump	M60	1:04:32	71.22	1

10km Club Walk

Name	Age Group	Result	Age Group %	Place
Margaret McIntosh	W70	1:25:16	68.46	1
Gil McIntosh	M70	1:18:57	64.24	1

SAMA STEEPLECHASE CHAMPIONSHIPS



6 March 2024

3km Steeplechase

Name	Age Group	Result	Age Group %	Place
Paul Lainio	M55	14:35	65.73	1
Stephen Dunn	M55	17:51	54.24	2
Philipp Rohlfshagen	M40	14:45	57.5	1

2km Steeplechase

Name	Age Group	Result	Age Group %	Place
Ros Lowe	W75	13:13	75.23	1
Mike Vowles	M80	13:05	61.21	1
Doug Smart	M80	14:35	54.91	2
Allan Mayfield	M75	9:20	79.5	1
Dean Mortimer	M65	9:28	71.32	1
Chris Bollen	M60	8:19	75.25	1



Alan Mayfield & Doug Smart



Chris Bollen



Philipp Rohlfshagen



Mike Vowles



Ros Lowe



Dean Mortimer



Alan Mayfield

AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania

60m			
M Cudmore	W85	12.38	Gold SR
L Neubauer	W70	13.24	8th
S Cassidy	W60	9.92	4th
K Blute	W60	10.96	8th
K Hammat	W55	10.09	9th
D Palmer	W50	9.21	4th
R Carruthers	W50	10.04	7th
J Cotter	W45	9.03	5th
C Neubauer	W45	9.43	7th
D Mortimer	M65	9.37	4th
J St John	M60	9.86	7th

100m			
M Cudmore	W85	20.05	Gold AR
L Neubauer	W70	21.87	4th
S Cassidy	W60	16.14	6th
K Blute	W60	17.46	10th
K Hammat	W55	16.63	10th
D Palmer	W50	14.85	Bronze
R Carruthers	W50	16.12	7th
K Long	W45	13.04	Bronze
J Cotter	W45	14.22	6th
C Neubauer	W45	15.05	9th
D Mortimer	M65	15.41	6th
D Pfitzner	M50	13.67	9th

200m			
M Cudmore	W85	43.09	Gold AR
A Lang	W80	46.36	Gold
S Cassidy	W60	33.77	4th
K Hammat	W55	35.06	6th
R Carruthers	W50	34.44	5th
C Neubauer	W45	31.38	8th
C Gerner	W40	29.60	8th
A Jamae	M50	26.10	5th

400m			
A Lang	W80	107.77	Gold
S Chinner	W60	68.79	Gold
R Carruthers	W50	85.87	Bronze
D Clark	M85	1:54.28	Silver SR
H Harrell	M65	82.24	4th
A Jamae	M50	56.21	5th
G Geracitano	M50	57.35	6th
P Wicker	M40	56.74	4th

800m			
A Lang	W80	4:21.61	Gold
S Chinner	W60	2:36.25	Silver SR
D Clark	M85	4:22.07	Gold SR
A Mayfield	M75	2:47.12	Gold
H Harrell	M65	3:13.79	4th
G Geracitano	M50	2:12.41	5th

1500m			
D Clark	M85	9:12.9	Silver SR
A Mayfield	M75	5:46.0	Gold SR

10,000m			
M Grantham	W40	50:34.9	Gold

2000m Steeplechase			
A Mayfield	M75	8:39	Gold AR

1500m Walk			
L Neubauer	W70	13:19.3	Bronze
D Palmer	W50	11:46.5	Gold
M Grantham	W40	8:13.30	Gold
G White	M75	9:34.26	Gold

5000m Walk			
M Grantham	W40	28:54.4	Gold
G White	M75	33:22.4	Gold

AR = Australian Record

SR = State Record

29 March - 1 April 2024 • Hobart, Tasmania

10km Road Walk			
G White	M75	73.30	Silver

80m Hurdles			
C Gerner	W40	14.65	Gold

400m Hurdles			
C Gerner	W40	79.36	Gold

4 x 100m Relay			
W120+	J Cotter, C Neubauer, C Gerner, K Long	54.41	4th
W180+	S Cassidy, K Hammat, S Chinner, D Palmer	62.48	7th
W240+	K Blute, L Neubauer, M Cudmore, R Carruthers	76.36	6th

4 x 400m Relay			
W180+	C Gerner, R Carruthers, S Chinner, K Long	4:48.07	4th
M180+	A Jamae, D Pfitzner, P Wicker, G Geracitano	3:53.87	Bronze
M240+	H Harrell, D Clark, G White, A Mayfield	6:58.12	5th

Long Jump			
M Cudmore	W85	2.70	Gold AR
L Neubauer	W70	2.35	Bronze
K Hammat	W55	3.23	8th
D Palmer	W50	4.21	Gold
J Cotter	W45	4.27	5th
C Neubauer	W45	4.12	6th
D Pfitzner	M50	4.70	Bronze
L Gouws	M45	5.55	Gold

High Jump			
K Hammat	W55	1.06	7th
D Palmer	W50	1.15	Silver
R Carruthers	W50	1.09	Bronze
J Cotter	W45	1.42	Bronze
C Neubauer	W45	1.12	4th
D Mortimer	M65	1.27	4th
L Gouws	M45	1.67	Silver
P Wicker	M40	1.67	Gold

Triple Jump			
M Cudmore	W85	6.12	Gold
L Neubauer	W70	4.87	4th
D Palmer	W50	8.50	Gold
J Cotter	W45	9.40	Silver
C Neubauer	W45	8.32	Bronze
D Mortimer	M65	9.02	Silver SR

Javelin			
M Cudmore	W85	17.78	Gold
A Lang	W80	12.59	Silver
M Clark	W70	16.07	Silver
L Neubauer	W70	9.59	9th
A Jefferies	W60	26.02	Bronze
C Neubauer	W45	20.07	4th
G Bowyer	M70	36.27	Gold
D Pfitzner	M50	26.56	7th

Discus			
A Lang	W80	12.27	Silver
L Neubauer	W70	11.14	8th
A Jefferies	W60	26.43	Gold
D Mortimer	M65	25.12	7th
L Gouws	M45	25.74	6th

Hammer			
L Neubauer	W70	11.62	8th
A Jefferies	W60	35.85	Gold

AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania

Shot			
M Cudmore	W85	6.66	Gold AR
A Lang	W80	6.18	Silver
L Neubauer	W70	4.96	7th
A Jefferies	W60	10.47	Gold
K Blute	W60	5.99	10th
D Palmer	W50	10.81	Silver
K Long	W45	9.27	Bronze

Champion of Champions Shot Put			
A Jefferies	11.00 (14.53 age graded)	1st	SR
M Cudmore	6.41 (13.75 age graded)	7th	

Weight			
L Neubauer	W70	5.36	7th
A Jefferies	W60	14.92	Gold SR

Throws Pentathlon				
L Neubauer W70	Hammer	11.33	256pts	
	Shot	4.82	400pts	
	Discus	10.20	285pts	
	Javelin	918	258pts	
	Weight	5.31	302pts	
		Total	1501pts	5th
A Jefferies W60	Hammer	35.20	778pts	
	Shot	10.94	848pts	
	Discus	27.79	735pts	
	Javelin	28.20	751pts	
	Weight	12.58	666pts	
		Total	3778pts	Gold SR

Royce Foley Award (highest points in TP)		
A Jefferies	W60	3778pts

T&F Pentathlon				
C Neubauer W45	100m	15.17	553pts	
	LJ	4.05	472pts	
	Shot	6.66	666pts	
	Jav	48.55	348pts	
	800m	3:53.62	111pts	
		Total	2150pts	4th
D Palmer W50	100m	15.07	653pts	
	LJ	4.21	598pts	
	Shot	10.56	658pts	
	Jav	22.82	455pts	
	800m	3:25.42	578pts	
		Total	2942pts	Gold
L Neubauer W70	100m	22.15	212pts	
	LJ	2.34	237pts	
	Shot	4.90	408pts	
	Jav	9.53	271pts	
	800m	4:38.12	190pts	
		Total	1318pts	Silver
D Mortimer M65	LJ	3.89	533pts	
	Javelin	22.85	366pts	
	200m	32.50	446pts	
	Discus	26.08	418pts	
	1500m	6:35.29	510pts	
		Total	2273pts	Gold
D Pfitzner M50	LJ	4.47	479pts	
	Javelin	25.76	32pts	
	200m	27.88	626pts	
	Discus	21.04	295pts	
	1500m	6:14.14	390pts	
		Total	2113pts	5th

Final Tally

35 Gold **14 Silver** **12 Bronze**
5 Australian Records **15 State Records**
1 Champion of Champions
1 Royce Foley Award



SAMA BIRTHDAY LIST

Happy Birthday

April and May

Felicity Alexander	John Martin	Carol Fallon	
Glynn Boyce	Donna Palmer	Russell Johnson	
Sarah Chinner	Tony Patane	Alexander Mammone	
Stephen Downs	Raymond Riviere	Marie Maxted	
Belinda Elliott	Paul Wicker	Margaret Miller	80
Charlotte Gerner	Howard Avery	Paul Mulholland	
James Goodall	Kathy Blute	Valmai Padget	80
Lisa Hanrahan	Helen Bowen	Jack Russell	
Graham Henderson	Glenn Bowyer	Wayne Scarman	
David Janssan	Colin Brooks	Heidi Taylor	
Ann Jefferies	Cheryl Buscemi-Le Brun		
Roger Lowe	Chris Dimitrak		

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
Registrar/Webmaster	David Bates	0413 023 075	registrar@samastersathletics.org.au
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

Other Contacts

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Course Measurer	Doug Smart	0413 456 898	dougsmart2@gmail.com
Public Officer	Lisa Attenborough	0404 120 813	lattenborough6@gmail.com
Jumps Coordinators	Kathy Blute	0416 214 439	kpblute@bigpond.com
	Hayden Harrell	0481 113 732	haydenharrell852@gmail.com



BARÓSSA

MARATHON FESTIVAL



26 May 2024

42.2km, 21.1km, 10km & 5km



The Barossa Marathon Festival is organised by the South Australian Road Runners.

To enter go to
<https://barossamarathon.com.au/>

PREPD

HYDRATION ENHANCER



MARATHON | HALF MARATHON | 10KM | 5KM

25 August 2024



The Adelaide Marathon Festival is organised by the South Australian Road Runners.

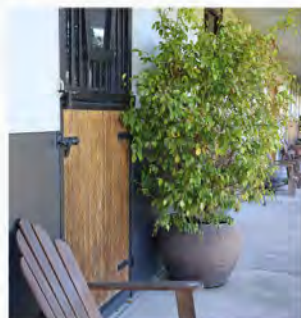
To enter go to
<https://adelaidemarathon.com.au/>





2024 AMA INDOOR THROWS CHAMPIONSHIPS

SAT 20-SUN 21 JULY
ARGENTILLE EQUESTRIAN CENTRE
283 WILDERNESS RD, LOVEDALE NSW



Experience Throwing in an indoor setting, not affected by weather, and a good winter training alternative. An opportunity to throw in a completely different setting from usual, make it a weekend getaway in an exquisite equestrian setting, located amongst the vineyards of the beautiful Hunter Valley.

Always loads of fun and a great social event, and this year we are adding on a **Saturday evening BBQ dinner/wine and oils tasting**.

Posting an indoor result may go to our masters world rankings and records (for 30+), plus some shiny brand new National Medals. We run 6 throws events - shot put, weight throw, super weight throw, 56lb, 100lb and Heavy Weight Pentathlon, and we'll be adding in some fun events to the 2024 schedule!

Who can enter?

- **NSW Masters members**
- **ANSW Clubs Members**
- **Other state/territory association members**

PROPOSED SCHEDULE:

Sat 20: Shot Put - Weight Throw - Super Weight Throw
Social BBQ

Sun 21: Heavy Weight Pentathlon - 56lb - 100lb

REGISTRATION: will open on **Wednesday 1st May**.

KEEP UPDATED ON ALL THE NEWS:

To keep in touch with all the event information, join our **AUSTRALIAN INDOOR THROWING FB page**, just search for:

[MASTERS INDOOR THROWING](#) group

SAMA WINTER PROGRAM 2024



Draft Program Only

Date	Venue		Program	Distances & Start Times	
				Runs	Walks
4/5/24	Park 20 Adelaide Harriers Clubrooms	1	Scratch Races - Prizes	2km, 4km and 6km 2.15pm	2km, 4km and 6km 2.15pm
11/5/24	West Beach Barcoo Road	2	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
12/5/24	Mothers Day Classic				
18/5/24	Park 24 (West Tce by Westerns Clubrooms)	3	SAMA 5km Run & Walk Champs Scratch races	5km & 2.5km 2.30pm	5km & 2.5km 2.30pm
25/5/24	Felixstow Reserve	4	Relay Challenge - Prizes	Teams of 3 – 6km total (2+2+2) 2.15pm	
26/5/24	Barossa Marathon Festival – eligible for the AMA postal Half Marathon Champs				
1/6/24	Felixstow Reserve	5	SAMA 10km Walk/Run Champs Scratch races	10km 2.15pm 4km & 2km 2.45pm	10km W 2.00pm 4km & 2km 2.45pm
8/6/24	Enter parkrun & send results to John Hore				
10/6/24	Kings Birthday Turkey Handicap Fun Run Adelaide Harriers				
15/6/24	Park 15 East Tce, Glover Playground	6	SAMA Cross Country Champs Scratch races	8km, 6km CC 2.30pm, 4km & 2km CC 2.45pm	10km W 2.00pm 5km W 2.30pm
	SAMA AGM / Awards Dinner, Friday 21 June -Kensington Hotel. 6.00pm				
22/6/24	Park 20 Adelaide Harriers Clubrooms	7	Multi Event races Scratch	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
29/6/24	Oaklands Park – Oaklands Road	8	Handicap races	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
6/7/24	Felixstow Reserve	9	Relay Challenge - Prizes	Teams of 3 – 8km total (2+2+4) 2.15pm	
13/7/24	West Beach Barcoo Road	10	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
20/7/24	Enter parkrun & send results to John Hore				
27/7/24	Park 19 Playground Glen Osmond Road	11	AMA/SAMA Half Marathon & SAMA 15km Walk Champs Scratch races	Half mara 1.00pm, 8km 2.15pm, 4km & 2km 2.30pm	15km 1.15pm 8km 2.00pm, 4km & 2km 2.30pm
3/8/24	Park 16 Vic Park Pakapakanthi cnr Halifax & East Tce	12	Relay Challenge - Prizes	Teams of 3 – 10km total (2.5+2.5+5) 2.15pm	
10/8/24	Park 20 Adelaide Harriers Clubrooms	13	Multi event races	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
17/8/24	Oaklands Park – Oaklands Road	14	Handicap races -	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
25/8/24	Park 20 Adelaide Harriers Clubrooms	15	AMA/SAMA 20km Walk Champs Scratch races	10km 11.30am, 4km & 2km 11.45am	20km 10.00am 8km & 4km 11.00am
25/8/24	Adelaide Marathon Festival – eligible for the AMA postal Half Marathon Champs				
31/8/24	Park 20 Petanque Club cnr Unley/Greenhill	16	Winter Presentation Turkey Hdcp - Prizes	5km 2.00pm 2.5km 2.15pm	5km 1.45pm 2.5km 2.00pm
15/9/24	City Bay Fun Run				
	SAMA Weekend Away				

Notes:

Relays are handicapped teams of 3. Scratch starts. Planned as normal a relay – 3x2km touch handover.

With several days having multiple distances on the same start time either a distance or walkers could be separated by a minute to avoid congestion.

CLUB UNIFORMS



Sports Centre is our new official uniform supplier.

You can view the range and order through their **on-line portal** which is located 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 ros.lowe@icloud.com

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