

SA Masters Athletics Winter Program 2025

Date	Venue	Program	Runs	Walks
4/5/25	Adelaide Marathon Festival			
11/5/25	Mothers Day Classic			
24/5/25	Park 24 (West Tce by Westerns Clubrooms)	SAMA 5km Run & Walk Champs Scratch	5km & 2.5km 2.30pm	5km & 2.5km 2.30pm
25/5/25	AMA Half Marathon ACT			
31/5/25	Felixstow Reserve	Relay Challenge Scratch Prizes	Teams of 2 or 3 – 6km total (2+2+2 or 4+2) 2.15pm	
7/6/25	Park 15 East Tce, Glover Playground	SAMA Cross Country Champs Scratch	8km, 6km CC 2.30pm , 4km & 2km CC 2.45pm	10km W 2.00pm 5km W 2.30pm
9/6/25	Kings Birthday Turkey Handicap Fun Run Adelaide Harriers			
14/6/25	Felixstow Reserve	SAMA 10km Walk/Run Champs Scratch	10km 2.15pm 4km & 2km 2.45pm	10km W 2.00pm 4km & 2km 2.45pm
20/6/25	SAMA AGM / Awards Dinner, Friday 20 June – venue to be advised 6.00pm			
21/6/25	Park 20 Adelaide Harriers Clubrooms	Multi Event races Scratch	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
28/6/25	Oaklands Park – Oaklands Road	Handicap Prizes	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
5/7/25	Felixstow Reserve	Relay Challenge Scratch	Teams of 2 or 3 – 8km total (2+2+4 or 4+4) 2.15pm	
6/7/25	AMA Marathon Queensland			
12/7/25	Enter parkrun & send results to John Hore			
19/7/25	AMA Indoor Throws NSW			
19/7/25	West Beach Barcoo Road	Handicap	10km 2.15pm 6km & 2 km 2.30pm	10km 2.00pm 6km & 2km 2.20pm
26/7/25	Park 19 Playground Glen Osmond Road	SAMA Half Marathon & SAMA 15km Walk Champs Scratch	Half mara 1.00pm, 8km 2.15pm, 4km & 2km 2.30pm	15km 1.15pm 8km 2.00pm, 4km & 2km 2.30pm
2/8/25	Park 16 Vic Park Pakapakanthi cnr Halifax & East Tce	Relay Challenge Scratch Prizes	Teams of or 2 or3 – 10km total (2.5+2.5+5 or 5+5) 2.15pm	
9/8/25	Park 20 Adelaide Harriers Clubrooms	Multi event races Scratch	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
16/8/25	SA Athletics Stadium	Track and Field – see below		
24/8/25	Barossa Marathon Festival			
24/8/25	Park 20 Adelaide Harriers Clubrooms	AMA postal/SAMA 20km Walk Champs Scratch	10km 11.30am, 4km & 2km 11.45am	20km 10.00am 8km & 4km 11.00am
30/8/25	Park 20 Petanque Club cnr Unley/Greenhill	Winter Presentation Turkey Hdcp - Prizes	5km 2.00pm 2.5km 2.15pm	5km 1.45pm 2.5km 2.00pm
21/9/25	City Bay Fun Run			
TBA	SAMA Weekend Away			

Winter Track and Field 16th August

TIME	TRACK	THROWS	JUMPS
12.00	SET-UP		
12.30		Hammer	LJ
1.00	60m		
1.10	800m		
1.25		Shot	
1.30	100m		
1.40	1500mW		
1.45			TJ
1.55	1500m	Discus	
2.10	200m		
2.25		Javelin	
2.35	400m		
2.55	3k/5k run/walk		HJ
3.10		Weight	
3.45	FINISH		
4.00	EXIT		

Entry will be \$10 payable by cash or cheque inside the stadium