



The women's O35 4x100m teams with a clean sweep of the medals!

ASA State Relay Day

21 December 2024

A total of 16 track (15) and field (1) relay teams were entered by SAMA in the ASA State Relay Championships held over two days on 21 December 2024 and 12 January 2025.

New SAMA relay records and medals gained were plentiful over the two days. Of particular note was the W60 4x200m team which not only established a SAMA record of 2.14.15 but broke (by 22 seconds) a long standing AMA (National) record for the age group which was set by an ACT team back in 2010.

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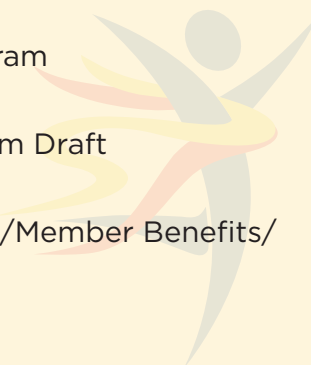


Men's O35 4x400m L-R: Albert Jamae, Danny Podgorelec, Tim Storer and Dean Mortimer.



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COMING EVENTS

SAMA Throws Pentathlon & 10,000m Run and 10,000m Walk State Championships

Sunday 2 March

SAMA Men T&F Pentathlon State Championships

Wednesday 5 March

SAMA Women T&F Pentathlon State Championships

Wednesday 12 March

SAMA Steeplechase State Championships

Wednesday 19 March

ASA State Championships

Saturday 8 March to Monday 10 March

SAMA T&F Championships

Wednesday 26 March &
Wednesday 2 April

2025 Oceania Masters Athletics Championships

Brisbane Queensland Australia
6-10 September 2025



Queensland Sport and Athletics Centre, Kessels Road, Nathan, Brisbane.

See OMA website and Facebook in 2025
www.oceania-masters-athletics.org



Athletes must be aged 30+ years and be a financial member of a masters athletics organisation in an OMA member country or athletics body affiliated with World Masters Athletics.

www.oceania-masters-athletics.org

A NOTE FROM THE PRESIDENT



Events in late December and early January were evident of the increasing involvement of SAMA athletes in external competitions, ie. the ASA State Relay Championships held on 21 December and 12 January and the Masters 800m handicap race held on 28 December on day 1 of the Bay Sheffield Carnival at Colley Reserve, Glenelg.

SAMA contributed 13 track relay teams and one throws team to the program on 21 December and two teams of runners for the Mixed 4x400m relays held on 12 January. Overall, this was an exceptional turnout and, whilst athletic ability came to the fore with numerous records broken and set and medals won, it was evident that our athletes 'had a great time' whilst bonding with each other and interacting with athletes from other ASA clubs.

Similarly, the 13 athletes who competed in the 800m race at Colley Reserve in late December enjoyed the promotional build up to the race, the race itself and the interaction with each other before and after the event.

The Saturday morning of the 800m race did not start well with incredibly heavy rain and strong winds lashing the Reserve. The accompanying photo shows off my efforts to try and set up the SAMA marquee with its brand-new printed canopy!



The inclement weather passed though and competition that day and evening was unaffected.

In mid-January, SAMA was allocated (with the Southern club) the responsibility of providing volunteers for the ASA Interclub No. 9 competition day at the Athletics Stadium. I thank Dean, John, Mike, Marinus, Sharon, Ann, Sarah (Bail), Ian and George for their assistance that day.

The next two months will be both hectic and intense for many SAMA members. The committee and the LOC will be focusing intently on the upcoming National Championships in April whilst athletes will be fine-tuning for track, field and out-of-stadia events.

As indicated previously, the organisers are still seeking volunteers for a number of areas and duties. If you can assist for a day, part of a day or across the four days of the Championships please contact either Lisa Attenborough or myself.

As I prepare this article, 84 SAMA athletes have registered for the Championships. There was a sharp rise in the number of entrants in the last couple of days prior to the end of the 'Early Bird' period for entries (31 January). The final acceptance for entries close on 13 March. Let's see if we can match the number of 134 SAMA athletes who entered the 2016 Championships, the last time that they were held here in Adelaide.

Finally, you will note the SAMA Winter Competition Program at the back of this issue. In it you will see that a track & field competition day is listed for the stadium on Saturday 16 August. This is to provide athletes intending to compete in the Oceania Masters Athletics (OMA) Championships at the State Athletics Facility in Nathan, Brisbane, 6-10 September, with an opportunity for a 'hit out'.

Viddy Jermacans



World Masters Athletics Performance Rankings Tables

SAMA membership includes access to the World Masters Rankings tables for most SAMA events. Summer track and field results are forwarded to this group after SAMA results have been checked and finalised on a weekly basis. Events which are not forwarded include handicapped events, club walks and odd distances not recognised in the rankings tables (e.g. 150m, 300m, 600m etc)

Members can access the tables at: <https://mastersrankings.com>

Note that new members may have to wait for a week or so after joining, to access the tables.

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



Registrations close 13 March 2025!

ENTRY FEE (comprises of a registration fee, plus a per event fee)

Registration fee: \$110 to 13 March 2025

Event fee: \$20 per event
except multi events \$25

To enter go to: <https://adelaide2025.com.au>

Don't let the opportunity to compete at a home National Championships pass you by!

SAMA History

An update of the SAMA history has been completed to the end of December 2024 incorporating the events from 2024, results from National, Oceania and the World Championships, and the new Hall of Fame inductees, Life Members and Magnificent Masters. This is now available to download from the web site.



Registrations are now open for the Port Augusta 2025 SA Masters Games to be held **Thursday 3rd - Sunday 6th April.**

To enter please go to <https://www.revolutionise.com.au/samastersgames/registration>

Can you get 800 items?

We are looking for items to put in the athletes bags at the Adelaide National Championships at Easter. Does your company have sample sizes of products? Could they provide discounts on products? How about two-for-one offers? Even if it is just useful information, it could provide interest for our visitors. **If you have any ideas please contact George White.**



LET'S GET TOGETHER FOR **DINNER**



SAMA members and friends are invited for dinner

Friday 28 February

from 6.30pm for 7.00pm seating

**Earl of Leicester Hotel,
85 Leicester Street, Parkside**

Bookings essential with Viddy Jermacans -
phone, text or email

P: 0407 188721 E: vidy48@yahoo.com.au

Hall Of Fame

Members are invited to consider past or present members for induction into the SAMA Hall of Fame. Full nomination criteria and nomination forms can be found on the website. Nominations should be forwarded to George White.

Safety

There have been a couple incidents recently that have highlighted a deficiency in our process of handling Safety. While the track is covered it is essential that those participating in field events nominate from amongst themselves a person nominally in charge. That person should monitor safety practices during the event and should anything happen (or potentially happen) it should be reported to Anne Lang, our Safety Officer, for follow-up should it be needed.



Dr Allan Mayfield joins the SA Grain Industry Hall of Fame

A dedicated researcher & agronomist, he has helped shape best practices in grain farming over 50 years. A true leader, congratulations Allan!

State Championships Entry

We are holding our SAMA State Championships on two Wednesdays - 26 March and 2 April.



On these two Wednesday's you DO NOT pay at the gate for entry into the stadium. Entry into the Championships is paid directly to SAMA at the table inside the stadium on the day.

The most important thing to remember is that you **MUST PAY IN CASH**. We do not have the facility to accept card payments.



SAMA Membership

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September). SAMA Membership types and fees are unchanged from the previous 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 2024/25 Membership Year

Thank you to the 180+ members who have registered for the new membership so far this year. We extend a warm welcome to our new members. It's exciting to see this growth, especially considering that at this time last year, we had around 160 members. Many of our new members are now regular participants in our summer competitions, which means even more thrilling contests and enjoyment during our Wednesday evening events.

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>.

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>.



Competing with Athletics SA in 2024/25

If you are planning to participate in the Athletics SA (ASA) competition in the 2024-25 summer season, then you need to decide which level of membership with ASA you would like to take out.

Information is available on the SAMA website which provides details to assist in your decision as to what membership level you should choose. Refer to the SAMA website under the **PROGRAM** header, under the heading Athletics SA Track & Field Season 2024-25.

The link below can be pasted into the browser for information on this subject.

https://www.samastersathletics.org.au/wp-content/uploads/2024/09/Competing-with-ASA-2024-25_v2.pdf



New & Returning Members

Welcome to our new & returning members:

Edna Gardner	Felicity Martin
Katie Martin	Bonita Kurtz
Lindsey McCaffrey	Warren Walsh
Alex McEwan	Christopher Whitham
Graeme Cowan	Andrew Fraser
Luke Revill	

Membership Enquiries

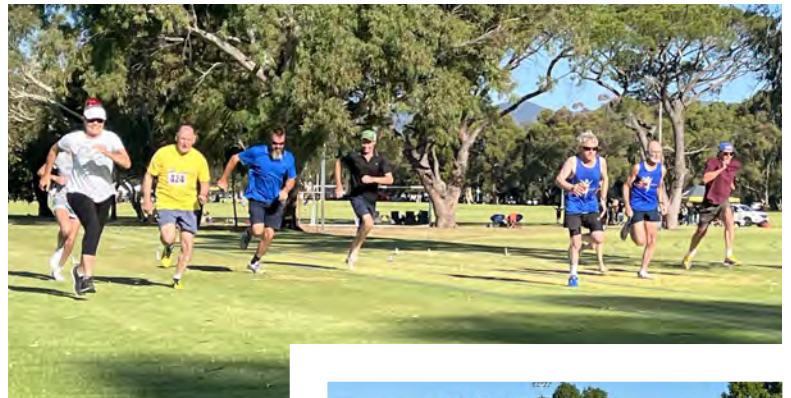
If you have any membership questions please contact the Registrar, John Hore email: registrar@samastersathletics.org.au

John Hore



Christmas Fun Night at Adelaide Harriers, 18 December 2024

On a beautiful evening last December, an enthusiastic group of SAMA members took part in some fun events at Adelaide Harriers on South Terrace. The favourite events, as always, were the wrong handed turbo throw and water balloon challenge!





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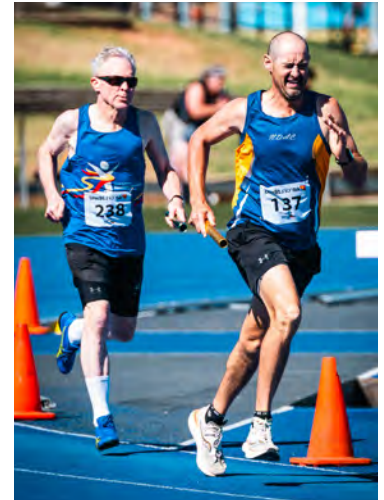
Two teams were entered in the newly introduced Mixed 4x400m relay (male, female, male, female running order) with both the Mixed 50 and Mixed 60 age group teams establishing new SAMA and National records.

Full results are on pages 18 and 19.

Viddy Jermacans Race Convener



O35 Throws - Donna Palmer, Ann Jefferies & Liz Downs



Hayden Harrell



Australian record breaking O60 womens 4x200m team - L-R: Sarah Chinner, Gail Stone, Sue Cassidy and Sue Turner.



Women's O35 4x200m relay teams



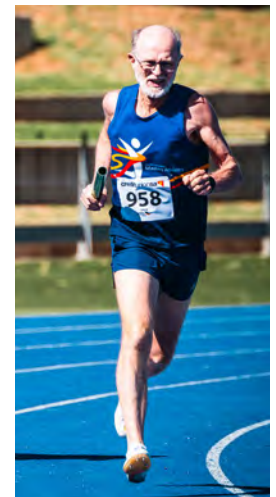
Gail Stone



Sabine Orchard-Simonides



Albert Jamae



Dean Mortimer

BAY SHEFFIELD 800m



28 December 2024 - Colley Reserve, Glenelg

Exurbia Masters
800m Handicap



The race to the finish line...

On the podium: 1st John Hore, 2nd Mary Abrey, 3rd Jerry Toon.
Sponsored by Darren Johnson (left) from Exurbia

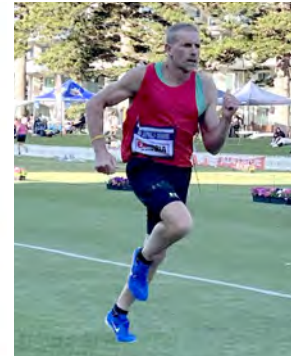
BAY SHEFFIELD 800m



28 December 2024 - Colley Reserve, Glenelg

► Exurbia Masters 800m Handicap

Position	Name	Colour	Mark	Time
1	John Hore	1	290.00m	2:11.41
2	Mary Abrey	4	320.00m	2:12.95
3	Jerry Toon	Green	120.00m	2:17.25
4	Sabine Orchard-Simonides	Purple	260.00m	2:18.93
5	Tim Storer	Blue	80.00m	2:20.88
6	George White	3	310.00m	2:27.11
7	Dean Mortimer	Yellow	110.00m	2:28.44
8	Malcolm Tiggeman	5	330.00m	2:30.00
9	Brian Haddy	Pink	190.00m	2:31.77
10	Lisa Hanrahan	Black	170.00m	2:31.98
11	Gino Geracitano	Red	0.00m	2:35.29
12	Ros Lowe	6	330.00m	2:38.29
13	Viddy Jermacans	7	340.00m	3:09.09



Dry as a Bone!

By George White

The Atacama Crossing Ultramarathon is one of the world's most gruelling races. It is a 250-kilometre multi-stage race across the driest place on earth. The Atacama is on a high plateau in the rain shadow of the Andes in northern Chile. Much of the landscape is salt flats and sand. It is the driest place on earth – said to be 50 times drier than Death Valley – it basically never rains!



In my working life, I had cause to visit the Atacama Desert to review a project we were working on (the area is home to one of the largest copper mines in the world!) As part of the visit, we met with a local representative at their house on the side of the road shown in this photo. The family had lived in the house for generations and many years before, the roof had collapsed. The walls were tall giving them shade so they never bothered to replace the roof because it had never rained in their living memory!

Environmentally the race is a real challenge. Daytime temperatures soar into the mid 40's and then can drop to below zero at night. Additionally, the fact that the entire race takes place at least 2.3km above sea level, the resulting thin atmosphere can be problematic for many. Also, at this altitude the sun delivers more penetrating UV radiation.

The one saving grace, if there is one, is that the start is at 3200m and on average it is downhill to the finish (let's not worry about the 2813m of ascent and 3646m of descent within the race). Entrants must carry all their own equipment and food and are only provided with drinking water (available at the 30 checkpoints) and a place in a tent each night to rest.

At each checkpoint located approximately 10 kilometres apart competitors must be logged in on arrival, take a minimum allocation of water with them for the next leg and follow any instructions given due to adverse conditions (e.g. thunderstorms, sandstorms, etc.). Here they can seek advice and treatment if appropriate from the medical staff.

While tents are provided, camping mattresses must be carried – and are essential because of the rocky ground. Food and cooking facilities must also be carried. There are Six Stages to the race, with cut off times for each stage. However, these cut-off times are generous, allowing even walkers to complete the course. That said only 80% of starters cross the finish line.

Fastest finishers to date have been, men - Vincente Garcia Beneito of Spain, 23 hrs 46 mins in 2012 and women - Anne-Marie Flammersfield of Germany, 29 hrs 49 mins also in 2012.

Although all technically within the Atacama Desert the course takes competitors across a wide variety of often spectacular terrain Starting at 3,200 metres in the Arcoiris Valley, the race gradually descends over the Six Stages to finish in the picturesque town of San Pedro de Atacama at an elevation of 2,400 metres.

Each Stage of the Atacama Crossing has unique cultural, historical and scenic highlights which gives competitors some encouragement to push themselves to the next checkpoint. ▶

Dry as a Bone!

Continued

- ▶ Competitors traverse the Valle Arcoiris (Rainbow Valley) an aptly named tapestry of multi-coloured rocks that weave through a series of hills in the river basin of the Río Grande. The mineral content of the rock results in an array of colours – greens, reds and white. They also traverse along the ancient Inca Road past petroglyphs from the traders who used this route in ancient times.



Valle Arcoiris

Narrow canyons ensure that no feet are left dry, taking competitors along 8km of up to waist deep freezing water. Some canyons are so narrow that the walls on both sides can be touched at the same time.



Competitors descend into the famous Valle de la Muerte (Valley of Death). Reasonably descriptive, but the name is actually a distortion of Valle



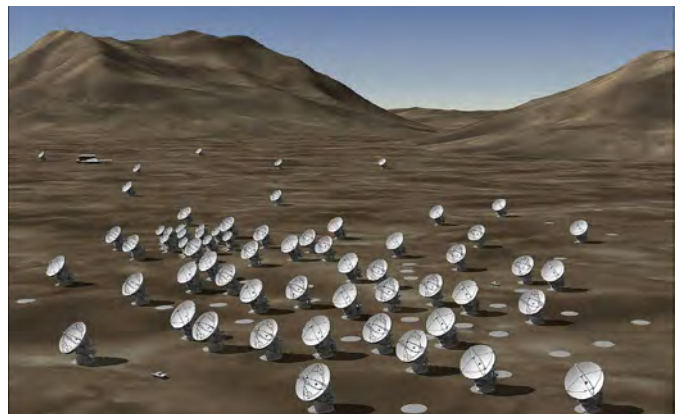
Valle de Marte

de Marte (Mars Valley), which more accurately represents its red rock features and other-worldly beauty.



Lonely Tree

At one stage competitors are introduced to the “Lonely Tree” and the course crosses cracked, off-road dirt and crusty mud that is filled with thick, low underbrush - tough to run on as the crust breaks and feet would sink in with every step.



ALMA Project

Competitors also enter the area of the restricted ALMA Project - the most expensive ground-based telescope in operation in the world. There

Dry as a Bone!

Continued

- ▶ is an occasional oasis, to provide brief and much needed respite, but often there is a steep and challenging climb ahead.



Sand dunes

Huge sand dunes are reminiscent of the Sahara and do provide some light relief when running down them. There are “Infamous Salt Flats”, a 14-kilometre, hot stretch of crusty, barren land - a crystallised ancient lake. This reflects heat in temperatures that can already be in the high 40’s. The magnificent salt flats are described as frozen broccoli that will challenge even the most nimble of runners to cross at speed.



Salt flats

The penultimate day is the “Long March”, roughly double the length of the previous stages and many competitors take the opportunity (the only one in the week) to have a few hours’ sleep at a designated Overnight Checkpoint.



La Valle de la Luna

Following the Alma Project and the Mars Valley, competitors traverse another “other worldly place”- La Valle de la Luna (Valley of the Moon).

Those still remaining run into the ancient adobe-style town of San Pedro de Atacama with a fantastic finish in the town square where a band plays local Chilean music and there is most importantly pizza and soda.



San Pedro de Atacama

If the Atacama Crossing alone is not enough and you are sufficiently crazy, there is always the 4 Deserts Grand Slam Ultramarathon Series. Each event takes place similarly over 7 days and 250 kilometres, in the largest and most forbidding deserts on the planet. The series, comprises the Atacama Crossing, the Gobi March in Mongolia, the Namib Race in Namibia (previously the Sahara) and The Last Desert in Antarctica. There is even a Grand Slam “Plus” incorporating the Racing The Planet Ultramarathon - a similar format race that is located in different countries each year and included the infamous race in Australia, 2010, when Turia Pitt suffered her horrendous injuries. ■

A handwritten signature in blue ink, which appears to read "George H. White".

AMA AWARD NOMINATIONS



2024 was another successful year when multiple state and Australian records were broken and medals were won.

We have put forward 6 members for AMA awards in 9 categories with the winners to be announced during the social function at the AMA National Championships, here in Adelaide in April.

Viddy Jermacans

Awards Officer



**Australian
Masters Athletics**

Sprints Award

Sarah Chinner

Sarah had an exceptional year in competition in the 400m sprint category starting with gold in the SAMA State Championships following up with golds in the Nationals in Hobart and the Oceania Championships in Suva, Fiji. In Gothenburg, at the WMA Championships, she ran 69.88 in her 400m heat, 71.26 in her semi and 69.89 (88.76% age graded) in finishing 4th in the final.

She was ranked at number 8 in the world in her age category and number 1 in both Oceania and Australian rankings, consistently achieving percentages in the high 80's with her performances.

Sarah also had top 10 Oceania and Australian rankings in the 100m and 200m events.



Middle Distance Award

Allan Mayfield

In 2024 Allan was ranked number 1 in World Rankings in the M75 Steeplechase category. He was ranked number 3 in the 800m, 1 mile and 1500m events. He was ranked number 1 in Oceania and Australia in all four events.

Allan performed strongly in the Nationals in Hobart winning three gold medals and achieved an Australian record in the 2000m Steeplechase. This was followed by four gold medals at the Oceania Championships in Suva, setting new Championship records in all four events entered (800m, 1500m, 5000m, Steeplechase).

To complete the year he won gold and silver in Gothenburg at the WMA Championships in the Steeplechase and 800m respectively.





Jumps Award

Miriam Cudmore

Miriam performed strongly and consistently at club, state and national level in 2024 in both the Long Jump and the Triple Jump.

At the SA State Championships in March, she won gold in both jumps and carried this form forward to the Nationals in Hobart where she won the Long Jump, setting a new W85 Australian record in the process. She also won gold in the Triple Jump with an 84.38% age graded leap of 6.12m.

Miriam was number 2 World Ranked in 2024 in both the Long Jump and the Triple Jump and number 1 in Oceania and Australian rankings.



Walks Award

Kim Mottrom

Kim entered a new age category in late 2024 and proceeded to demolish nine existing SAMA race walk records for the M40 category in a period commencing in October till year end. He excelled in distances ranging from 800m to the full Marathon on both track and on the road. His age grading percentages ranged from the mid to high 80's. These performances placed him at number 2 in the World Rankings in the 3000m, number 6 in the 5000m and number 1 in both Oceania and Australian rankings.

Prior to reaching age 40 Kim was very highly rated earlier in the year in the M35 category, an example being ranked number 2 in the world in the 3000m Race Walk.



Throws Award

Ann Jefferies

Ann dominated at state and national level across throws events in her age category in 2024. She achieved gold in four individual events at the AMA Championships (Shot Put, Discus, Hammer, Weight) and also won the Throws Pentathlon with 3778 points (only 49 points short of the age record set in 2015). Her Throws Pentathlon score was the highest points score by a female Australian athlete at the Championships and won her the Royce Foley Award. Ann also won the Female Champion of Champions award which was decided in a handicapped event from the winners of each female Shot Put event.

In World Rankings, Ann was number 3 in the Throws Pentathlon, number 9 in the Weight and number 14 in the Hammer.





Multi Events/Relays

Donna Palmer

Donna represented SAMA in four Track & Field Pentathlon Championships in 2024 in Adelaide (twice), Melbourne and Hobart breaking the SAMA record with her score in the VMA Championships in Melbourne. She went on to win the gold medal in the T&F Pentathlon in Hobart. Donna represented Australia in Suva, Fiji, in the Oceania Championships in June where she gained gold in her age category in the T&F Pentathlon. She achieved a 2024 World Ranking of number 4 in the T&F Pentathlon.

Donna also competed for SAMA in the 4x100m relay in Hobart and the 4x100m relay in Suva where the Australian Team won gold.



Most Outstanding Male Athlete Award

Allan Mayfield

Allan performed admirably throughout 2024 at state, national and international level in a number of events including the 800m, 1500m, 5000m and 2000m Steeplechase. He was ranked number 1 in World Rankings in the Steeplechase and number 3 in the 800m, 1500m and mile. He was ranked number 1 in Oceania and Australia in the three events.

He won three gold medals at the 2024 Nationals and broke the Australian Steeplechase record. Four gold medals at the Oceania Championships in Suva followed with Championship records set in the 800m, 1500m, 5000m and the Steeplechase. In Gothenburg, at the WMA Championships, Allan won gold and silver in the Steeplechase and 800m respectively.



Most Outstanding Female Athlete Award

Ann Jefferies

Ann dominated at club, state and national levels in her age category in 2024. She achieved gold in four individual events at the AMA Championships (Shot Put, Discus, Hammer, Weight) and also won the Throws Pentathlon with 3778 points. Her Throws Pentathlon score was the highest points score by a female Australian athlete at the Championships and won her the Royce Foley Award. Ann also won the Female Champion of Champions award which was decided in a handicapped event from the winners of each female Shot Put event. Ann also received the Over 35 Athlete of the Year Award as presented by Athletics SA for her performances during the year.





Outstanding Individual Performance Award

Ann Jefferies

Ann performed exceptionally well at the 2024 AMA National Championships in Hobart winning gold in four throws events, Discus, Hammer, Weight and Shot Put. She also won the Throws Pentathlon with 3778 points (only 49 short of the age record set in 2015). This point score was the highest by a female Australian athlete at the Championships and won her the Royce Foley Award.

Ann also won the Female Throws Champions of Champions award which was decided in a handicapped event from the winners of each female Shot Put event.

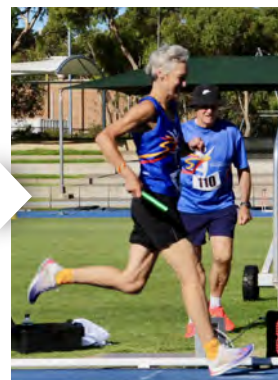
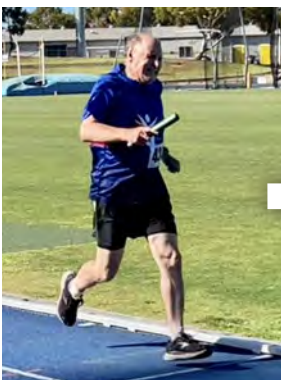
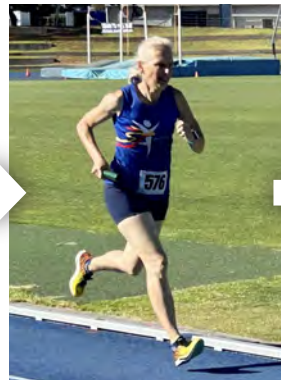
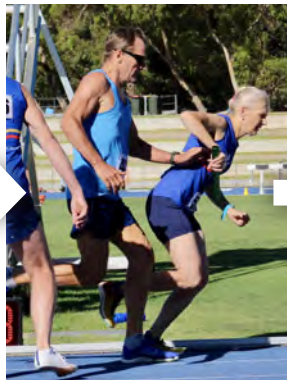
Her performance across the four days contributed to her high World Rankings: number 3 in the Throws Pentathlon, 9 in the Weight and 14 in the Hammer.




MIXED 55 4X400M RELAY



22 January 2025



On 22 January, Peter Brett, Sabine Orchard-Simonides, Mark Surman and Patricia Laird ran the Mixed 55 4x400m relay in a time of 5:41.31 for an Australian record! 

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Bill Dickenson	M70	300m	51.06	11/12/24	SAMA Stadium
Lyn Peake	W70	4x100m	74.47	21/12/24	ASA Stadium
Marlene Norton-Baker	W70	4x100m	74.47	21/12/24	ASA Stadium
Mary Abrey	W70	4x100m	74.47	21/12/24	ASA Stadium
Liz Neubauer	W70	4x100m	74.47	21/12/24	ASA Stadium
Hans Van Bavel	M70	4x100m	1.15.64	21/12/24	ASA Stadium
John Hore	M70	4x100m	1.15.64	21/12/24	ASA Stadium
Mike Vowles	M70	4x100m	1.15.64	21/12/24	ASA Stadium
Brian Haddy	M70	4x100m	1.15.64	21/12/24	ASA Stadium
Jene-Marie Alesci	W35	4x200m	2.03.03	21/12/24	ASA Stadium
Verity Johnson	W35	4x200m	2.03.03	21/12/24	ASA Stadium
Ann-Marie Antic	W35	4x200m	2.03.03	21/12/24	ASA Stadium
Reine Hobbs	W35	4x200m	2.03.03	21/12/24	ASA Stadium
Sarah Chinner	W60	4x200m	2.14.15 	21/12/24	ASA Stadium
Gail Stone	W60	4x200m	2.14.15 	21/12/24	ASA Stadium
Sue Cassidy	W60	4x200m	2.14.15 	21/12/24	ASA Stadium
Sue Turner	W60	4x200m	2.14.15 	21/12/24	ASA Stadium
Lyn Peake	W70	4x200m	2.46.55	21/12/24	ASA Stadium
Marlene Norton-Baker	W70	4x200m	2.46.55	21/12/24	ASA Stadium
Mary Abrey	W70	4x200m	2.46.55	21/12/24	ASA Stadium
Liz Neubauer	W70	4x200m	2.46.55	21/12/24	ASA Stadium
Albert Jamae	M55	4x200m	1.57.21	21/12/24	ASA Stadium
Danny Podgorelec	M55	4x200m	1.57.21	21/12/24	ASA Stadium
Tim Storer	M55	4x200m	1.57.21	21/12/24	ASA Stadium
Dean Mortimer	M55	4x200m	1.57.21	21/12/24	ASA Stadium
Albert Jamae	M55	4x400m	4.45.91	21/12/24	ASA Stadium
Tim Storer	M55	4x400m	4.45.91	21/12/24	ASA Stadium
Hayden Harrell	M55	4x400m	4.45.91	21/12/24	ASA Stadium
Dean Mortimer	M55	4x400m	4.45.91	21/12/24	ASA Stadium

 = Australian Record

NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Chris Minchin	M70	High Jump	1.30	08/01/25	SAMA Stadium
Kim Mottrom	M40	Mile Walk (track)	6.39.38	08/01/25	SAMA Stadium
Melissa Grantham	W40	Mile Walk (track)	9.05	08/01/25	SAMA Stadium
Valmai Padget	W80	Mile Walk (track)	14.13	08/01/25	SAMA Stadium
Bill Dickenson	M70	300m	50.85	08/01/25	SAMA Stadium
Sarah Chinner	Mixed 50	Mixed 4x400m	4.27.17 	12/01/25	ASA Stadium
Gino Geracitano	Mixed 50	Mixed 4x400m	4.27.17 	12/01/25	ASA Stadium
Sue Turner	Mixed 50	Mixed 4x400m	4.27.17 	12/01/25	ASA Stadium
Albert Jamae	Mixed 50	Mixed 4x400m	4.27.17 	12/01/25	ASA Stadium
Bill Dickenson	Mixed 60	Mixed 4x400m	5.30.43 	12/01/25	ASA Stadium
Lisa Hanrahan	Mixed 60	Mixed 4x400m	5.30.43 	12/01/25	ASA Stadium
Hayden Harrell	Mixed 60	Mixed 4x400m	5.30.43 	12/01/25	ASA Stadium
Patricia Laird	Mixed 60	Mixed 4x400m	5.30.43 	12/01/25	ASA Stadium
Christopher Minchin	M70	Weight Throw	15.45	15/08/25	SAMA Stadium
Sarah Chinner	W60	Long Jump	3.78	18/01/25	ASA Stadium
Peter Brett	Mixed 55	Mixed 4x400m	5.41.31 	22/01/25	SAMA Stadium
Sabine Orchard-Simonides	Mixed 55	Mixed 4x400m	5.41.31 	22/01/25	SAMA Stadium
Patricia Laird	Mixed 55	Mixed 4x400m	5.41.31 	22/01/25	SAMA Stadium
Mark Surman	Mixed 55	Mixed 4x400m	5.41.31 	22/01/25	SAMA Stadium
Bill Dickenson	M60	4x400m relay	5.09.11	22/01/25	SAMA Stadium
Dean Mortimer	M60	4x400m relay	5.09.11	22/01/25	SAMA Stadium
Marinus Haccou	M60	4x400m relay	5.09.11	22/01/25	SAMA Stadium
Hayden Harrell	M60	4x400m relay	5.09.11	22/01/25	SAMA Stadium
Karen Long	W50	60m	8.38	22/01/25	SAMA Stadium
Karen Long	W50	200m	27.46	25/01/25	ASA Stadium
Karen Long	W50	300m	45.05	29/01/25	SAMA Stadium
Sarah Chinner	W60	Long Jump	4.01	01/02/25	ASA Stadium
Allan Mayfield	M75	1000m	3.47	05/02/25	SAMA Stadium
Allan Mayfield	M75	2000m	8.15	05/02/25	SAMA Stadium

 = Australian Record

ASA STATE RELAY DAY



Women, Men & Mixed Over35 Category

Previous SAMA Records Indicated **Result - new SAMA Record Indicated** **AR** = Australian Record

Women's Teams

W35 4x100m (55.94)

Jene-Marie Alesci
Verity Johnson
Ann-Marie Antic
Reine Hobbs

57.57 Gold Medal (0/35)

W35 4x200m (no record)

Jene-Marie Alesci
Verity Johnson
Ann-Marie Antic
Reine Hobbs

2.03.03 Record - Gold Medal (0/35)

W50 4x400m (5.39.13)

Sharon Johnson
Sabine Orchard-Simonides
Patricia Laird
Lisa Hanrahan

6.11.68 - Silver Medal (0/35)

W50 4x100m (59.37)

Louise Scarman
Kathy Blute
Liz Downs
Gail Stone

68.91 Bronze Medal (0/35)

W50 4x200m (2.11.56)

Louise Scarman
Sabine Orchard-Simonides
Patricia Laird
Sharon Johnson

2.35.31

W60 4x100m (60.81)

Sue Turner
Sue Cassidy
Sarah Chinner
Ann Jefferies

62.08 Silver Medal (0/35)

W60 4x200m (no record)

Sue Turner
Sue Cassidy
Sarah Chinner
Gail Stone

2.14.15 Record AR - Silver Medal (0/35)

Throws Relay

Ann Jefferies (Javelin)
Donna Palmer (Shot)
Liz Downs (Discus)

Gold Medal (0/35)

W70 4x100m (85.42)

Lyn Peake
Marlene Norton-Baker
Mary Abrey
Liz Neubauer

74.47 Record

W70 4x200m (no record)

Lyn Peake
Marlene Norton-Baker
Mary Abrey
Liz Neubauer

2.46.55 Record



Donna Palmer

ASA STATE RELAY DAY



Women, Men & Mixed Over35 Category

Previous SAMA Records Indicated **Result - new SAMA Record Indicated** **AR** = Australian Record

Men's Teams

M70 4x100m (no record)

Hans Van Bavel
John Hore
Mike Vowles
Brian Haddy

75.64 Record

M50 4x200m (no record)

Albert Jamae
Danny Podgorelec
Tim Storer
Dean Mortimer

1.57.21 Record - Silver Medal (0/35)

M50 4x400m (no record)

Albert Jamae
Tim Storer
Hayden Harrell
Dean Mortimer

4.45.91 Record

M65 4x200m (2.16.89)

Hans Van Bavel
John Hore
Hayden Harrell
Brian Haddy

2.29.11



Mixed Teams

Mixed 50 4x400m (2male & 2 female)

Gino Geracitano
Sue Turner
Albert Jamae
Sarah Chinner

4.27.17 Record AR - Gold Medal (0/35)

Mixed 60 4x400m (2male & 2 female)

Bill Dickenson
Lisa Hanrahan
Hayden Harrell
Patricia Laird

5.30.43 Record AR - Silver Medal (0/35)



Patricia Laird



Albert Jamae



Liz Downs, Louise Scarman, Kathy Blute and Gail Stone



SAMA BIRTHDAY LIST

February and March

Happy Birthday

David Bates	Jodie Schrapel	55	Peter Greenland
Marg Clark	Elizabeth Slattery		Lilian Harpur
Anthony Fedele	Helen Suridge		Hayden Harrell
Gerald Hicks	Linda Whitelaw		Bonita Kurtz
Anne Lang	Rodger Barber		Marlene Norton-Baker
Brooke Logan	Jamie Basford		Tony Smith 70
Allan Mayfield	Glenn Cowling		Paul Sutcliffe 65
Liz Neubauer	Fiona Edwards		Dennis Vlachos
David Padget	Sam Gerhardy		
Luke Revill	Melissa Grantham		

CLUB CONTACTS



Committee Members

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Course Markers	Graham Harrison, Ros Lowe & Gil McIntosh - see the website for contact details		



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Athletes must be aged 30+ years and be a financial member of a masters athletics organisation in an OMA member country or athletics body affiliated with World Masters Athletics.

www.oceania-masters-athletics.org

SAMA SUMMER PROGRAM 2024/25



Date	Program	
Sun 15 th Sept		City Bay Fun Run
Wed 25 th Sept	C2 Hdcp	
Wed 2 nd Oct	A1 Scratch	
Wed 9 th Oct	B2 Hdcp	
Wed 16 th Oct	C1 Scratch	
Wed 23 rd Oct	A2 Hdcp	Including Bob Clarke Challenge 200m at 6.20pm
Wed 30 st Oct	B1 Scratch	
Wed 6 th Nov	C2 Hdcp	Including Bob Clarke Challenge 1000m at 6.15pm
Sun 10 th Nov		SAAL City of Burnside Aths Carnival – 120m for Masters
Wed 13 th Nov	A1 Scratch	
Wed 20 nd Nov	B2 Hdcp Modified	Including Bob Clarke Challenge 500m final at 6.00pm all events from the 150m on delayed by 5 minutes
Wed 27 th Nov	C1 Scratch	
Wed 4 th Dec	A2 Hdcp	
Wed 11 th Dec	B1 Scratch	
Wed 18 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.
Sat 21 st Dec		ASA State Relays
Sat 28 th Dec		Bay Sheffield 800m
Wed 8 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 Javelin, 7.00pm LJ
Jan 11 th – 12 th		ASA Combined Events
Wed 15 th Jan	C2 Hdcp	Plus 4 x 100m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 22 nd Jan	A1 Scratch	Plus 4 x 400m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 29 th Jan	B2 Hdcp	
Wed 5 th Feb	C1 Scratch	
Wed 12 th Feb	A2 Hdcp	
Wed 19 th Feb	B1 Scratch	Incl. State Champs Long Hurdles 5.40pm start– nominate the week before
Wed 26 th Feb	C2 Hdcp	Incl. State Champs Short Hurdles 5.40pm start– nominate the week before
Sun 2 nd Mar	Champs	10km Run, 10km Walk 8.30am start, Throws Pentathlon 9.00am start
Wed 5 th Mar	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start– nominate the week before
Mar 8 th – 10 th		ASA State Championships
Wed 12 th Mar	B2 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Wed 19 th Mar	C1 Scratch	Incl. State Champs Steeplechase 5.00pm start– nominate the week before
Wed 26 th Mar	Champs	Day 1 T&F Championships
Wed 2 nd April	Champs	Day 2 T&F Championships
Wed 9 th April	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
April 18 th – 21 st		AMA National T&F Championships - Adelaide

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	150m	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	1000mW	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.50pm
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				

SAMA DRAFT 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 or 3 – 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 T&F Meet Saturday 16 August Program

\$10 entry payable by cash inside the stadium

TIME	TRACK	THROWS	JUMPS
12.00	SET-UP		
12.30	60m	Hammer	
12.35			LJ
1.00	200m		
1.10	800m		
1.20		Discus	
1.35	100m		
1.45	1500mW		TJ

TIME	TRACK	THROWS	JUMPS
1.55		Shot	
2.10	1500m		
2.35	400m	Javelin	
2.55	3k/5k run/walk		HJ
3.10		Weight	
3.45	FINISH		
4.00	EXIT		

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CONTACTS



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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



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