South Australian
Masters Athletics NEWS

Official newsletter of SA Masters Athletics Inc. October 2026

WMAC opening ceremony Australian team particpants

WMA Championships

Thirteen SAMA athletes travelled to Daegu, South Korea in late August to compete in the 2026 World Masters Athletics (WMA) Championships. Several outstanding performances resulted with a return of seven gold, two silver and four bronze medals.

Lyn Peake featured with gold medals in the W75 100 and 200 metre sprints and Anne Lang won gold in the W80 400 metre sprint.

Four individual athletes were members of two 4x100 metre and two 4x400 metre gold medal winning relay teams. One of the four, Sue Turner,

Continued on page 6 ▶

Opening ceremony march past

Contents

3 A note from the President

4 SAMA News

5 Registrar Notes

6 WMA Championships

9 Social News

10 Featured article -
Does lying to yourself count as a performance-enhancing drug?
By George White

12 Obituary – John Martin

13 Obituary – Minnie Robertson

13 New Records

14 SAMA Members Results

16 Birthday List/Contacts

17 Coming Events

21 Summer Program

22 Club Uniforms/
Member Benefits/
Contact Us

COMING EVENTS

SAMA Bob Clarke Challenge
Wednesday 4 November, 18 November & 2 December

•

ASA 3000m Championships
Saturday 7 November

•

ASA State Relay Championships
Saturday 12 December

•

Christmas SAMA Meet
Adelaide Harriers Clubrooms
Wednesday 16 December

•

Bay Sheffield Carnival
Sunday 27 December and Monday 28 December

•

ASA 5000m Championships
Saturday 30 January 2027

A NOTE FROM THE PRESIDENT

Thirteen SAMA members were part of a contingent of 228 Australian athletes who registered to compete in Daegu, South Korea at the WMA Championships.

For most of the SAMA athletes it was their first venture onto the international stage and in doing so they acquitted themselves well with medals of all colours, a world record and several SAMA records. Feedback received from athletes indicate that it was a memorable experience, competing in a massive stadium over an extended time period and amongst the world's best athletes. In addition, visitation to South Korea and the experiences it offered was also unforgettable.

The next two WMA Championships, August 2028 in Breda, the Netherlands and June 2030 in Houston, Texas offer the opportunity for further competition and travel. Not too distant are the upcoming WMA Indoor Championships to be held 18-26 March next year in Gainesville, Florida.

I have missed the last couple of World Indoors but am hoping to attend the next as I really enjoy the atmosphere and excitement generated by crowds seated within touching distance of athletes competing on a banked 200m circular track, within an enclosed stadium.

My first visit to an indoor meet was 20 years ago when I competed at the 2nd WMA Indoor Championships held in Linz, Austria. Back then, in 2006, the Australian contingent numbered six, 2 females and four males!

It was only my second year in Masters athletics, and the experience was an eye-opener.

Linz, Austria 2006

Long jump run up

Even the 'on-your-marks and 'set' calls for the sprints required concentration, being called in Austrian.

Following the M55 200m sprint heat I paid 20 euros for a video recording of my race. On viewing it I could see the camera focus on Bill Collins (who won the heat in 24.64 secs) throughout the race. At the very end of the recording, I appeared (briefly) in 28.36 secs. Bill won the final in 23.36 secs. Welcome to the Worlds!

SAMA athletes have much to look forward to this summer season with a continuation of 'special events' available to supplement our standard t&f Wednesday night meets. The Bob Clarke Challenge will again take place as will the ASA Relay Championships (Saturday 12 December) and the Bay Sheffield 800m Masters Handicap which is set for Sunday 27 December.

Adelaide Uni's Run the Loop event (2.2km run) has been confirmed for a 6.00pm start on Friday 15 January. SAMA is again subsidising member entry in the Over 35 and Over 55 (male & female) race categories. Contact myself to obtain the 'discount code' for free entry to the event via the race website.

ASA's Combined Event Championships will be held in late January and will clash with the Oceania Masters T&F Championships set down for Christchurch, NZ (27-31 January). I expect that several of our members will travel to Christchurch for this event.

Our summer season will culminate with our state championships to be held in late March and early April and with a presentation night set for the 14th of April. A week later we see the lead up to the National Championships to be held in Perth over the Anzac Day long weekend.

Viddy Jermacans

The Demise of Winter?

For many years, the SAMA winter program was the mainstay of the club!

Back in the early 1980's our own fun run - the Paracombe, attracted over 140 of our members and winter meets up to the early 2000's regularly saw 40, 50 or more competitors.

In recent years numbers have dwindled so much that our average attendance at our last full season was about 22. Last year we reduced the program to just five Championship days, but numbers did not improve. Walkers in particular have been missing with both the 15km and Half Marathon Championships only attracting two competitors each – yet requiring many times that number of officials. I have suggested we combine the 15km and Half Marathon walk with a choice of distance – reducing the number of days to four.

I am not continuing as Winter Coordinator so unless someone else comes forward there will no longer be any form of winter program.

If the winter program stops there will be no, or limited opportunities to break SAMA records in the 5km, 8km and 6km cross country, 10km, 15km and Half Marathon!

- So please let me know your thoughts – should SAMA worry about a winter program?
- Should it be a Saturday afternoon, a Sunday morning, or a Sunday afternoon?
- Do we need to change the format to attract more competitors? If so, what could we consider?
- Is there someone willing to be Winter Coordinator for a four-day, five-day or complete program? It is not an onerous task as, like during summer, the events largely run themselves with the use of regular helpers. What is required, is someone to take overall responsibility to ensure that all required equipment and volunteers are available.

If you have an opinion, please let us know - don't leave it to someone else!

George White

Hall Of Fame

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

World Masters Athletics Rankings Website

Australian Masters Athletics (AMA) has extended its agreement with World Masters Rankings so that all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site at no additional charge until 31 December 2026.

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

SAMA members with an existing user account can continue to use their previous login details.

Other SAMA members will need to register and set up their account with a password.

Go to https://www.mastersrankings.com/login/

REGISTRAR NOTES

SAMA Membership

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September). There are three membership types – full competing membership, life members and a non-competing associate membership.

Membership applications and renewals, together with payment of fees, should be done using the Athletics SA on-line registration system at https://www.samastersathletics.org.au/membership/#registration. A manual membership form is also available to download.

Thank you to the 102 members who have registered for new membership so far this financial year. At the end month of last financial year (September 2026), we had 185 members, and so we look forward to many of our previous members returning. We also extend a warm welcome to our new members.

Renewals for the next Membership Year

Our single fee for competition membership is now at the low rate of **$30 per year.**

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

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. All valid summer competition track and field results are forwarded for recording in the World Rankings tables. For further information see https://www. samastersathletics.org.au/membership/#services.

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.

Competing with Athletics SA in 2026/27

If you are planning to participate in the Athletics SA competitions in the 2026/27 summer season, then you need to decide which level of membership with ASA you would like to take out. Recreational membership of ASA is included in your SAMA registration fee if you choose to compete for SA Masters as your primary club in the 2026/27 season. For an extra annual fee, you may choose to upgrade your membership to reduce the cost per day/event when competing in ASA competitions and championships.

If you intend to compete only once or twice in the ASA competition than you are probably best sticking with the Recreational membership. If you decide to compete more often it may be worthwhile to upgrade to a higher level of membership. These membership options and additional fees payable for 2026/27 are on the ASA website, https://www.athleticssa.com.au/home/

New & Returning Members

Welcome to our new members:

Nathan Rout-Pitt
Stephanie White
Michael Cocks
Natalie Castree
Ryan Waddington
Lizzie Eastham
Beverley Moss
Jack White
Alison Sorell
Michael Dorrian
Cassie Hames
Peter Ward
Nolan Lottering

Membership Enquiries

If you have any membership questions please contact the Registrar, John Hore on 0417 858 882 or email: registrar@samastersathletics.org.au

John Hore

WMA CHAMPIONSHIPS

21 August - 3 September 2026 • Daegu, South Korea

Continued from page 1

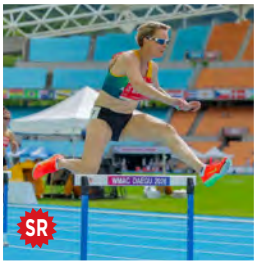
was a member of the team which set a new World Record of 56.88 for the W65 4x100m relay.

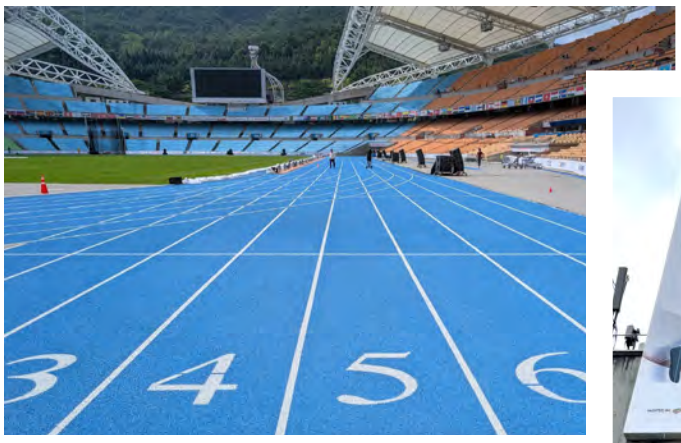
Charlotte Gerner (400m Hurdles), Sudjai Cook (High Jump) and Ann Jefferies (Hammer Throw) set new SAMA records. Ann's performance was quite meritorious as her record throw in a very strong field resulted in a podium appearance receiving a bronze medal.

For a lot of our SAMA competitors this was their first taste of an international World Championships and what a brilliant experience it was!

Full results can be found on pages 14 and 15.

SA team members minus Tony & Sudjai





Official Australian team photo

W65 4x100m World Record breaking relay team

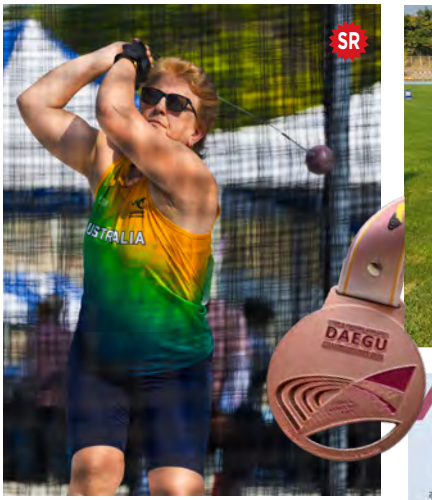
W45 4x100m relay team

WMA CHAMPIONSHIPS

21 August - 3 September 2026 • Daegu, South Korea

W60 800m medallists

W60 Discus Competitors



W80 400m medallists

Marlene Norton Baker and the Cross Country relay team

W35 4x100m relay team

W75 200m medallists

Australian Team Managers: Jayne Hardy, Lisa Attenborough and Steve McGugan

WMA CHAMPIONSHIPS

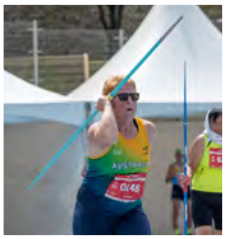
21 August - 3 September 2026 • Daegu, South Korea

M55 gold medal winning relay team

M50 gold medal winning relay team

W70 bronze medal winning relay team

W60 javelin competitors

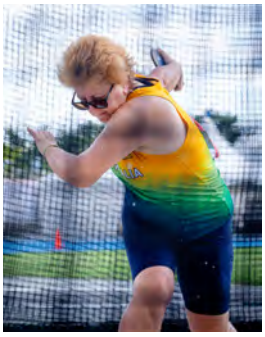


M50 pentathlon competitors

W60 bronze medal winning relay team

W60 Oceania TP competitors

W60 shot put competitors



W60 Throws Pentathlon competitors

SOCIAL NEWS

The latest social lunch was held on Sunday 27th October 2026 at Rex Hotel, Marleston. A very enjoyable time was had by all with lots of good food, wine and conversation.

Does lying to yourself count as a performance-enhancing drug?

By George White

Last newsletter I touched on the placebo effect in relation to compression tights but that is not the only area where it helps in athletics. There are many performance aids in athletics that work through both physiological mechanisms together with a surprisingly large placebo component - sometimes the placebo effect is just as strong as the "real" effect.

Some aids don't change the body very much, but they change an athlete's expectation of performance - and that expectation alone can boost output, reduce perceived effort, or sharpen focus. A lot of performance related equipment in athletics works through expectation, confidence, and perceived stability as much as through measurable biomechanical change. In other words, an athlete feels more supported, more explosive, or more "prepared," and that feeling itself boosts performance.

Compression garments are a classic example. Physiologically, they offer mild improvements, while the perceived benefit is large. Athletes often report feeling "faster," "more supported," or "more powerful," even when the garment doesn't change performance at all. In recovery, compression genuinely reduces swelling and soreness, but athletes also feel like they're recovering better. Even the colour may be important with black reflecting stability, control and power for distance people and red relating to aggression, dominance and speed for sprinters.

Who doesn't feel great when they don new shoes? There is no doubt that there are real physiological effects from improved energy return, stiffer plates, special foams etc. but the placebo component is huge. We run faster simply because we believe the shoes are fast. It's not that the tech isn't important, just that expectation amplifies the effect. And if you are lucky or rich enough to buy a pair of Super Shoes you just know you're going

to run fast. That psychological priming becomes a powerful positive mindset which transfers into performance.

It's not just the basics of running where the placebo effect kicks in. Tech based aids are perfect for exploring placebo driven performance because they feel high tech, precise, and empowering - even when their physiological impact is tiny. Many of these aids change how an athlete interprets their effort, focuses their attention, or increases confidence. That psychological shift can boost performance more than the device itself. Looking at Smart Watches – in themselves they cannot make us faster but we may run faster simply because we can see pace or heart rate data, which reduces perceived effort. Even inaccurate metrics (like VO^2max) can boost motivation.

Many devices that claim to boost explosiveness or power such as vibrating insoles or neural activation inserts don't meaningfully change muscle physiology - instead, they create sensory cues, novel sensations, or high tech rituals that make athletes feel more prepared, more coordinated, more focused and confident. Those feelings alone can improve sprinting, jumping, or throwing performance. Music also works as a real ▶

performance aid with placebo effect. Research demonstrates that music actually changes both the body and the mind during exercise; it elevates mood, appears to distract people from pain and fatigue, increases endurance and reduces perceived effort: it seems easier to run those 10 kilometres when Beyoncé is there with you.

Supplements are another major area where the placebo effect is important. Many athletic supplements work partly through physiology - but their performance impact often depends heavily on belief, expectation, and ritual. Caffeine is the perfect example because it has real, physiological effects, but also a huge placebo component that can meaningfully boost performance even when the dose is too small to matter.

Caffeine has been shown to improve endurance, alertness, reaction time, and perceived effort - but athletes often experience bigger improvements than the physiology alone can explain because belief, expectation, and ritual strongly amplify its effects. Athletes feel more awake, aggressive, focused and ready to push hard. This is because people expect caffeine to wake them up and sharpen them and the smell, taste, and pre race coffee routine create a psychological "switch on." If someone believes caffeine works, their perceived effort drops almost immediately - even before the caffeine could possibly reach the bloodstream. Studies show athletes often perform better after coffee even when they have been given decaf.

In fact, in some endurance studies placebo caffeine improves performance almost as much as real caffeine. Even low dose caffeine works better than expected because belief fills the gap and high dose caffeine sometimes works worse because expectation is disrupted by jitters. This makes caffeine one of the clearest examples of real physiology + powerful placebo interaction.

Another supplement with demonstrated physiological impact is creatine. Creatine genuinely improves strength, power, and repeated sprint ability. But athletes often feel more explosive, more pumped, more confident under load and more capable of pushing through fatigue because the supplement has a reputation for being powerful. The loading phase creates a sense of "starting something serious" and athletes expect to get stronger - and expectation reduces perceived effort. Further, many people associate creatine with elite training, which boosts identity and motivation. Athletes who believe creatine works tend to train harder, push further, and recover more confidently - which magnifies the physiological gains.

If we move into pure placebo effect, we are in the realms of psychological tools where the placebo effect becomes pure performance enhancement, because there's no pill, no device, no garment. It's all expectation, attention, confidence, and arousal - the same mechanisms that make placebo work in the first place. Psychological tools work because they change how an athlete interprets effort, focus attention, or shapes expectation - and those changes directly improve performance.

In many cases, the effect size rivals physical training. Some of the psychological tools include self-talk/ expectation priming which can improve performance for everyone but is particularly strong in field events. Why do tennis players bounce the ball "x" times before serving? It is part of a pre-performance routine which again has a placebo effect by reducing anxiety and by triggering a "performance mindset".

These tools don't change physiology directly - they change interpretation, belief, and focus, which does result in real, measurable change in performance and it doesn't matter why it works as long as it does. So, stack the placebo effect – wear your favourite hat and gear, great shoes, smart watch, kinesio tape your sore muscles, go through your pre-race routines, put on the headphones, have a cup of coffee and go out and blast a PB! ■

John Martin

In early September we lost a long standing member of SAMA. For many, many years John Martin was our club photographer after running became too difficult for him.

In his home country, William (Billy) "John" Martin was selected to run the three mile event for the Northern Ireland team at the 1958 Empire Games in Cardiff while serving in the British navy. The same year John recorded a very respectable 2:29 marathon.

Leading up to Cardiff John was averaging over 100 kilometres per week and then at the start of the track season did lots of three milers at about 15 minutes culminating in a time trial in 14.35.

After the opening ceremony by Prince Phillip, John remembers feeling humbled in the presence of the likes of Herb Elliot, Albie Thomas and Murray Halberg. In the heats of the three miles, John ran 14.28 but unfortunately failed to qualify for the final.

John was transferred to the Royal Australian Navy based in Sydney in 1959 and in 1963 he moved to Adelaide and joined Enfield Harriers and eventually found his home by joining the Vets in 1981.

In the 1980's John was still doing respectable race times, including in 1986, a 2:43:52 Gawler to Adelaide Marathon – a race record for M50.

Unfortunately, late in 1986 John was involved in a very bad accident which involved spinal operations on and off for years. Every few years he had to go in for further surgery to correct developing problems. (If you noticed John veering off to the left in a race it was nature telling him he needed another correction!)

Despite all this John considered himself lucky to still be able to front up for a race. In 2002 at the Adelaide Nationals John took out gold in the M65 5000m and silver in the 8km cross country.

John continued running into his seventies and afterwards was a regular at the track with his camera! John was a true gentleman and he has left his mark on SAMA.

John with Gary

OBITUARY

Minnie Robertson

Minnie Robertson saw more than most! Sadly, Minnie died this month, but you would have to say she had a good innings. She was 107!

Minnie was David Robertson's wife and regularly supported both him and the club, especially on the drinks table in both summer and winter. Remarkably she was still helping even at 100 years of age.

Minnie was born in Lancashire, England in November 1918 just after the end of WWI. Leaving home at 16, Minnie pursued a career in nursing working in the UK in Radiography, Thoracic nursing and Theatre Sister before moving to Hong Kong where she continued her career. There she married David in 1969 before moving to Singapore and then Australia.

Minnie's other interests were golf, Toastmistress club, bridge and swimming instructor to young children. After moving to Adelaide, Minnie retired and volunteered with the Citizens Advice Bureau, Red Cross Cosmetic Department and helping to exercise a young child who had Cerebral Palsy.

David and Minnie were avid bird watchers travelling to over 90 countries in pursuit of their passion. Whilst Minnie did not have any children, she had a large close family in England who kept in touch and visited Minnie and David in Adelaide. Minnie will be greatly missed by all who knew her.

Minnie at the track on her 103rd birthday.

NEW CLUB RECORDS

Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Ann Jefferies	W60	Hammer	38.45	23/08/26	WMA Daegu
Sudjai Cook	M50	High Jump	1.70	27/08/26	WMA Daegu
Charlotte Gerner	W45	400m Hurdles	73.59	30/08/26	WMA Daegu

WMA CHAMPIONSHIPS

21 August - 3 September 2026 • Daegu, South Korea

100m			
Sue Turner	W65	14.82	5th
Lyn Peake	W75	17.80	Gold
Sudjai Cook	M50	13.48	
Tony Hobbs	M50	13.01	
David Pfitzner	M50	14.10	

200m			
Charlotte Gerner	W45	29.31	
Sue Turner	W65	31.28	4th
Lyn Peake	W75	37.40	Gold
Anne Lang	W80	53.13	Silver
Tony Hobbs	M50	26.64	
Albert Jamae	M55	26.04	

400m			
Charlotte Gerner	W45	67.45	4th
Sarah Chinner	W60	71.30	7th
Marlene Norton-Baker	W70	96.93	8th
Anne Lang	W80	2:11.8	Gold
Tony Hobbs	M50	58.11	
Albert Jamae	M55	58.35	7th

800m			
Sarah Chinner	W60	2:40.8	Silver
Marlene Norton-Baker	W70	3:49.0	7th
Tony Hobbs	M50	2:15.9	

80m Hurdles			
Charlotte Gerner	W45	13.50	4th SR
Wayne Barrie	M70	18.46	

100m Hurdles			
David Pfitzner	M50	18.84	

400m Hurdles			
Charlotte Gerner	W45	73.59	5th
David Pfitzner	M50	75.06	7th

6km Cross Country			
Marlene Norton-Baker	W70	40.13	9th

High Jump			
Sudjai Cook	M50	1.70	5th SR
Wayne Barrie	M70	1.20	11th

Long Jump			
Sudjai Cook	M50	5.41	9th
David Pfitzner	M50	4.68	17th

Triple Jump			
Sudjai Cook	M50	11.73	6th

Pole Vault			
Wayne Barrie	M70	1.85	11th

Shot Put			
Ann Jefferies	W60	10.55	7th

Discus			
Ann Jefferies	W60	27.88	7th

Javelin			
Ann Jefferies	W60	26.69	7th

Hammer			
Ann Jefferies	W60	38.45	Bronze SR

Throws Pentathlon			
Ann Jefferies	W60	3610	5th
Sudjai Cook	M50	2092	12th

SR = State Record WR = World Record

WMA CHAMPIONSHIPS

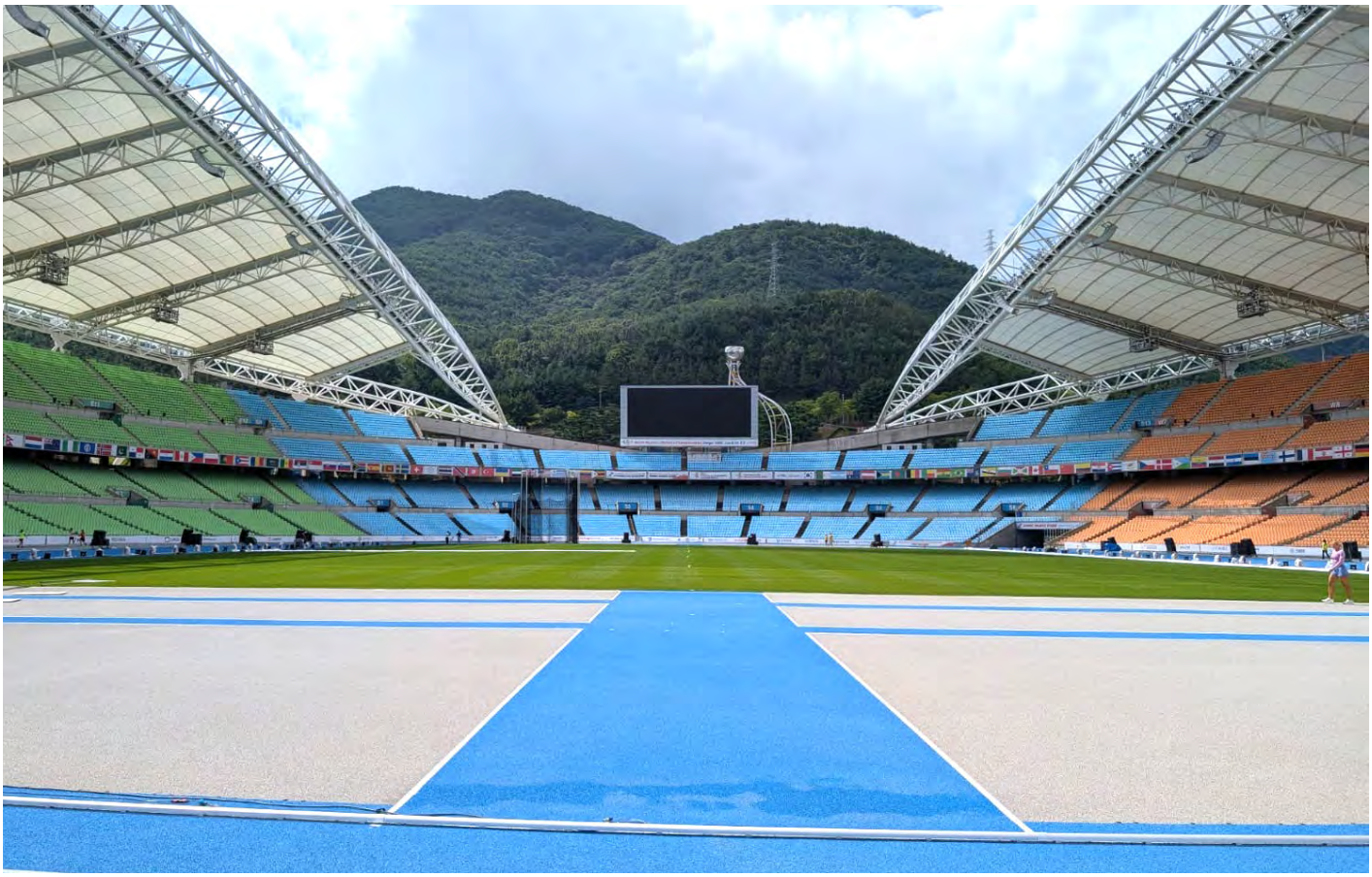
21 August - 3 September 2026 • Daegu, South Korea

4x100m Relay			
Charlotte Gerner	W45	50.52	Gold
Sarah Chinner	W35	54.60	7th
Sue Turner	W65	56.88	Gold WR
Tony Hobbs	M45	47.19	5th
Wayne Barrie	M70	57.91	Bronze

4x400m Relay			
Charlotte Gerner	W40	4:42.8	4th
Sarah Chinner	W60	4:58.3	Bronze
Marlene Norton-Baker	W70	6:48.5	Bronze
Tony Hobbs	M50	3:40.4	Gold
Albert Jamae	M55	3:54	Gold

Final Tally

7 Gold **2** Silver **4** Bronze **1** World Record **3** State Records



SR = State Record WR = World Record

SAMA BIRTHDAY LIST

October and November

Mary **Abrey**		Cassie **Neubauer**		Sandra **McCue**	**80**
Neven **Antic**		David **Pfitzner**	**55**	Dean **Mortimer**	**70**
Sarah **Bail**		Jill **Rogers**		Anne Marie **Mouri**	
Peter **Crump**		Tim **Storer**		Vince **Musolino**	**55**
Joe **Godsell**		Mike **Vowles**		Sabine **Orchard-Simonides**	**60**
Karen **Hammat**	**60**	Claire **Woods**		Jus **St John**	
Rachel **Hobbs**		Wayne **Barrie**		Clare **Stacey**	**45**
Gregory **Jenkins**	**75**	Edna **Bates**		Tuan **Vo**	
Paul **Lainio**		Samantha **Byrnes**		Wayne **Willis**	
Jan **Layng**		Miriam **Cudmore**			

CLUB CONTACTS

Committee Members

President	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
Vice President	Paul Wicker	0467 658 607	paul@paulwicker.com
Treasurer	Lisa Attenborough	0404 120 813	lattenborough6@gmail.com
Secretary	George White	0419 348 888	secretary@samastersathletics.org.au
Registrar/Timing Coordinator	John Hore	0417 858 882	registrar@samastersathletics.org.au
Throws Coordinator/Newsletter Editor	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
Awards Officer/Summer Coordinator	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
Governance Coordinator/Historian/ Winter Coordinator	George White	0419 348 888	1945ghw@gmail.com
Chair Hall of Fame Sub-committee	Dean Mortimer	0428 557 757	dean.mortimer@live.com.au
Summer Championships Organiser	Marinus Haccou	0400 950 580	haccou1@aapt.net.au
Technical Coordinator	Mike Vowles	0404 028 227	mikevowles43@gmail.com
Committee Members	Dani Raymond	0410 507 591	danimraymond@gmail.com
	Lindsey Brett	0431 044 713	linz784@yahoo.com

Other Contacts

Records Officer	Ros Lowe	0437 811 582	ros.lowe@icloud.com
Webmaster	David Bates	0413 023 075	webmaster@samastersathletics.org.au
Public Officer	Lisa Attenborough	0404 120 813	lattenborough6@gmail.com
Course Measurer	Doug Smart	0413 456 898	dougsmart2@gmail.com
Course Markers	Ros Lowe & Gil McIntosh - see the website for contact details		

COMING EVENTS

GLENELG Classic

15 November 2026

5km, 10km

A picturesque course leaving from Wigley Reserve, Glenelg, and heading north around Patawolonga Creek and for the 10K, north on the coastal trail before returning to Wigley Reserve. SARRC's last event for the year gives you a chance to record your PB over the 10km and 5km distances.

saRRC SA ROAD RUNNERS CLUB

To enter go to https://sarrc.org.au/event/glenelg-classic/

RUN THE LOOP

Kickstart 2027 with an official time on the iconic Uni Loop – The heart of Adelaide's Running Legacy!

Where: Adelaide Uni Loop — starting at the 0-metre mark on the eastern corner of Mackinnon Parade.

When: Friday 15th January 2027

Time: First race starts at 6pm

With prizes awarded to • Top 3 male and female elite athletes
• Fastest male and female athlete to the 1000m mark
• Top 3 U18 male and female athletes • Top masters athletes

To enter go to https://www.runtheloop.org/

THE BAY SHEFFIELD

27th & 28th December 2026 Colley Reserve, Glenelg

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

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

The SA Masters 800m event, sponsored by Exurbia and handicapped by SAMA, will again feature during the carnival on Sunday 27th December. No qualifier races will be staged - handicapping will be based on performances during first half of 2026/27 season. For more information on the SAMA Masters 800m event please go to the SAMA website www.samastersathletics.org.au/programs

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

In association with

ATHLETICS CANTERBURY

oceania

MASTERS ATHLETICS CHAMPIONSHIPS

ŌTAUTAHI CHRISTCHURCH 2027

27 – 31 January 2027

Nga Puna Wai Sport Hub, Augustine Drive, Wigram, Christchurch 8025

Registration NOW OPEN

For the draft schedule and other information visit the website below.

Come to compete and stay to explore this magnificent part of the world

www.oceania-masters-athletics.org

WORLD MASTERS ATHLETICS
ALACHUA COUNTY
FLORIDA
INDOOR CHAMPIONSHIPS 2027

THE WORLD RUNS ON SUNSHINE

18 - 26 March 2027

Alachua County Sports & Events Center, Florida

WHAT TO EXPECT AT WMACI 2027

- 24 Athletic Events
- Over 4,000 participants from around the world
- Over 80 countries attending
- Daily average temperature is 73°F / 23°C
- 200 metre banked mondo track
- 2,000 hotel rooms with 2km of primary facility
- 14 restaurants, 12 retail outlets & 2 hotels in walking distance

Registration deadline is 26 January 2027

https://wmaci2027.com/

AMA Championships
Perth 2027

Australian Masters Athletics Championships 2027

Perth, Western Australia

23-26 April 2027

Ern Clark Athletics Centre
Wharf Street, Cannington

Hosted by
Masters Athletics WA

About the Championships

The Australian Masters Athletics Championships brings together masters athletes from across the country for four days of track & field, relays, and throws, plus a social program celebrating our vibrant community.

About Perth

Perth offers glorious autumn conditions, a world-class stadium, and postcard-perfect beaches and parks just minutes away. Join us in Perth for an unforgettable championships.

Ern Clark Athletics Centre

The Ern Clark Athletics Centre features a top class, eight lane, 400 metre Mondo synthetic track, as used at the Athens Olympics, offering excellent facilities in an intimate venue.

https://perth2027.com.au/

SAMA SUMMER PROGRAM 2026/27

Date	Program	
Sun 20th Sept		City Bay Fun Run
Wed 23rd Sept	A1 Scratch	
Wed 30th Sept	B2 Handicap	
Wed 7th Oct	C1 Scratch	Includes a Throws Pentathlon starting at 5.30pm (for the Oceania Postal Challenge)
Wed 14th Oct	A2 Handicap	
Wed 21st Oct	B1 Scratch	
Wed 28th Oct	C2 Handicap	
Wed 4th Nov	A1 Scratch	Including Bob Clarke Challenge 200m at 6.20pm
Wed 11th Nov	B2 Handicap	
Wed 18th Nov	C1 Scratch	Including Bob Clarke Challenge 1000m at 6.15pm
Wed 25th Nov	A2 Handicap	
Wed 2nd Dec	B1 Scratch	Including Bob Clarke Challenge 500m final at 6.00pm all events from the 150m on delayed by 5 minutes
Wed 9th Dec	C2 Handicap	
Sat 12th Dec		ASA State Relays
Wed 16th 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.
Sun 27th Dec		Bay Sheffield 800m
Wed 6th 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
Wed 13th Jan	A1 Scratch	
Fri 15th Jan		Run The Loop (Adelaide Uni) – 6.00pm
Wed 20th Jan	B2 Handicap	
Wed 27th Jan	C1 Scratch	
27th – 31st Jan		OMA Championships, Christchurch NZ
30th – 31st Jan		ASA Combined Events
Wed 3rd Feb	A2 Handicap	
Wed 10th Feb	B1 Scratch	
Wed 17th Feb	C2 Handicap	
Wed 24th Feb	A1 Scratch	Incl. State Champs T&F Pent – Men – 5.30pm start – nominate the week before
Wed 3rd Mar	B2 Handicap	Incl. State Champs T&F Pent – Women – 5.30pm start – nominate the week before
Wed 10th Mar	C1 Scratch	Incl. State Champs Long Hurdles 5.40pm start – nominate the week before
12th – 14th Mar		ASA State Championships
Wed 17th Mar	A2 Handicap	Incl. State Champs Steeplechase 5.10pm start – nominate the week before
18th – 26th Mar		WMA Indoor Championships Florida
Sun 21st Mar	Champs	10km Run, 10km Walk 8.30am start, Throws Pentathlon 9.00am start
Wed 24th Mar	B1 Scratch	Incl. State Champs Short Hurdles 5.40pm start – nominate the week before
26th – 29th Mar		Easter
Wed 31st Mar	Champs	Day 1 T&F Championships
Wed 7th April	Champs	Day 2 T&F Championships
Wed 14th 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
23rd – 26th April		AMA Championships Perth

SAMA Champs ASA Events AMA / OMA / WMA Events Other Events

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	6.10pm	Discus	6.30pm
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				

CLUB UNIFORMS

SPORTS CENTRE

Sports Centre is our 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.

(08) 8267 1887

www.fitnessonthepark.com.au

Joining fee valued at $100 waived on gym membership of 3, 6 or 12 months

Exurbia

Formerly Scout Outdoor Centre

134a The Parade, Norwood, SA, 5067.

(08) 8223 5544

https://exurbia.com.au/

Outdoor clothing, equipment and accessories.

20% discount on all purchases for SAMA members.

Mention SAMA and quote discount code ZMA.

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 John Hore 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**

South Australian

Masters Athletics

Printed by Color On Demand - www.colorondemand.com.au