

## SA MASTERS ATHLETICS - WINTER 2017

All Race days will Include a 1km Run

Members are encouraged to participate in *parkrun* on two days (in blue)

Scratch day event (in grey) start times are precise to enable an overall finish at 3.15pm (Saturdays only)

The following handicap day event start times are approximate (depends on your handicap)

**Your start time is the time you would run/walk the event - before 3.15pm. Allow 20 minutes before then for check-in.**

1500m run, 2km run			3.00pm
2.5km run, 3km run, 3km walk			2.45pm
4km run, 4km walk			2.30pm
5km run, 5km walk, 6km run, 6km walk, 8km run			2.15pm
10km run, 12km run, 8km walk			2.00pm
10km walk			1.45pm
12km walk			1.30pm
DATE	VENUE	WALKS	RUNS
Sun 2nd April	CLARE VALLEY HALF MARATHON		
Sun 9th April	AUSTRALIAN MOUNTAIN RUNNING CHAMPIONSHIPS - Trail Running SA		
Sun 16th April	ASA 10000M TRACK WALK CHAMPIONSHIPS		
22nd April	West Beach Car Park End of Barcoo Rd, West Beach	10km, 5km	10km, 5km, 2.5km Beach run if possible
29th April	Bonython Park Opposite Coca Cola	10km - 1.45pm, 5km - 2.26pm (2.5 loop)	10km - 2.11pm, 5km - 2.38pm, 2.5km - 2.58pm (2.5 loop) <b>Prizes</b>
Sun 30th April	GREENBELT HALF MARATHON INCORPORATING THE SAMA HALF MARATHON CHAMPIONSHIP		
6th May	Felixstow car park cnr Briar Rd & Riverside Drive	8km, 4km	8km, 4km
13th May	Peacock Rd, Adelaide Adelaide Harriers Club Rooms	5KM SAMA State Champs - 2.26pm clockwise	5km SAMA State Champs - 2.38pm 2.5km - 2.58pm clockwise
Sun 14th May	MOTHERS DAY CLASSIC		
20th May	ASA 20KM ROAD WALK CHAMPIONSHIPS		
20th May	Oaklands Rd, Oaklands Park Turn south opposite Hendrie St	8km, 4km	8km, 4km, 2km <b>Prizes</b>
27th May	SA ATHLETICS STADIUM	TRACK & FIELD PROGRAM PRE- NATIONALS Meet (refer to SAMA website for program)	
Sun 28th May	BAROSSA HALF MARATHON		
3rd June	Peacock Rd, Adelaide Adelaide Harriers Club Rooms	10km SAMA State Champs - 1.45pm 6km - 2.17pm anti-clockwise	10km - 2.11pm, 5km - 2.38pm, 2.5km - 2.58pm clockwise
9th-12th June	AMA TRACK AND FIELD CHAMPIONSHIPS - DARWIN		
10th June	Lochiel Park <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Mon 12th June	QUEEN'S BIRTHDAY RUN		
17th June	Le Fevre Tce, North Adelaide Meet behind playground	8km, 4km clockwise	10km, 5km, 2.5km clockwise
24th June	Burbridge Road, West Beach Apex Park - opposite Davis St	4km Turkey Hdp Special start time 1.45pm	4km, 1km Turkey Hdp Special start time 1.50pm, 2.05pm <b>SAMA ANNUAL GENERAL MEETING - BRING A PLATE - Prizes</b>
Sun 25th June	PICHI RICHI MARATHON		
1st July	Peacock Rd, Adelaide Adelaide Harriers Club Rooms	15km SAMA State Champs - 1.00pm 10km - 1.45pm, 4km - 2.48pm anti-clockwise	10km - 2.11pm, 4km - 2.38pm, 2km - 3.00pm anti-clockwise walkers' course
8th July	West Beach Car Park End of Barcoo Rd, West Beach	10km, 5km	10km, 5km, 2.5km Beach if possible
Sun 16th July	Peacock Rd, Adelaide Adelaide Harriers Club Rooms	15km, 10km, 5km - clockwise 8.00am start	15km, 10km, 5km, 2.5km - clockwise 8.30am start
22nd July	Felixstow car park cnr Briar Rd & Riverside Drive	8km, 4km	8km, 4km <b>Prizes</b>
29th July	East Tce Cnr Wakefield St & East Tce	10km - 1.45pm, 5km - 2.26pm	8km CC SAMA State Champs - 2.15pm 4km CC - 2.48pm, 2km CC - 3.00pm
5th Aug	Lochiel Park <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 6th Aug	Peacock Road, Adelaide Adelaide Harriers Club Rooms	20km Walk SAMA State Champs and 20km Walk AMA Champs 8.00am start anti-clockwise	
Sun 6th Aug	FITZY'S 5		
12th Aug	Bonython Park Opposite Coca Cola	12km, 9km, 6km	12km, 9km, 6km, 3km
12th Aug	ASA 30KM ROAD WALK CHAMPIONSHIPS		
19th Aug	Peacock Rd, Adelaide Adelaide Harriers Club Rooms	8km - 1.57pm, 4km - 2.48pm anti-clockwise	10km SAMA State Champs - 2.11pm 5km - 2.38pm, 2.5km - 2.58pm clockwise <b>Prizes</b>
20th Aug	ADELAIDE MARATHON		
Sun 27th Aug	Bonython Park Opposite Coca Cola	15km, 12km, 6km, 3km 3km loop 8.00am start	15km, 12km, 6km, 3km 3km loop 8.30am start
2nd Sept	Le Fevre Tce, North Adelaide Meet behind playground	8km, 4km	10km, 5km, 2.5km
9th Sept	Burbridge Road, West Beach Apex Park - opposite Davis St	4km Turkey Hdp Special start time 1.45pm	4km, 1km Turkey Hdp Special start time 1.50pm, 2.05pm <b>WINTER PRESENTATION - BRING A PLATE - Prizes</b>
17th Sept	CITY-BAY		
15th October	McLAREN VALE HALF MARATHON		
20-22 Oct	SAMA WEEKEND AWAY		