

# SA MASTERS ATHLETICS - WINTER 2018

All Race days will include a 1km Run at 3.09pm

Members are encouraged to participate in a *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.**

1000m run, 2km run	<b>3.00pm</b>
2.5km run, 3km run, 3km walk, 4km run	<b>2.45pm</b>
4km walk	<b>2.30pm</b>
5km walk, 6km walk, 8km run	<b>2.15pm</b>
5km run, 6km run	<b>2.30pm</b>
10km run, 12km run, 8km walk	<b>2.00pm</b>
15km run, 10km walk	<b>1.45pm</b>
12km walk	<b>1.30pm</b>
15km walk	<b>1.00pm</b>

DATE	VENUE	WALKS	RUNS
Sun 22nd April	CLARE VALLEY HALF MARATHON		
26th-29th April	AMA NATIONAL T&F CHAMPIONSHIPS - PERTH		
5th May	Felixstow car park cnr Briar Rd & Riverside Drive	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm <b>Prizes</b>
12th May	Oaklands Rd, Oaklands Pk Turn S opposite Hendrie St	8km, 4km	8km, 4km, 2km
13th May	MOTHERS DAY CLASSIC		
19th May	ASA 20KM ROAD WALK CHAMPIONSHIPS		
19th May	Peacock Rd, Adelaide Adelaide Harriers Clubrooms	<b>5KM SAMA State Champs - 2.26pm</b> clockwise	<b>5km SAMA State Champs - 2.38pm</b> 2.5km - 2.58pm clockwise
26th May	Lochiel Park <i>parkrun</i>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
27th May	ADELAIDE MARATHON		
2nd June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms	<b>10km SAMA State Champs - 1.45pm</b> 6km - 2.17pm anti-clockwise	10km - 2.11pm, 5km - 2.38pm, 2.5km - 2.56pm clockwise <b>Prizes</b>
9th June	Le Fevre Tce, Nth Adelaide Meet behind playground	8km, 4km clockwise	10km, 5km, 2.5km clockwise
Mon 11th June	QUEEN'S BIRTHDAY RUN		
16th June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms	<b>15km SAMA State Champs - 1.00pm</b> 10km - 1.45pm, 4km - 2.33pm anti-clockwise	10km - 2.11pm, 4km - 2.53pm, 2km - 3.00pm anti-clockwise walkers' course
23rd June	Western Districts Clubrooms turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Avenue	5km Turkey Hdp <b>Special start time 1.45pm</b>	5km, 2.5km, 1km Turkey Hdp <b>Special start times 1.50pm, 2.05pm, 2.18pm</b>  <b>SAMA ANNUAL GENERAL MEETING - BRING A PLATE - Prizes</b>
Sun 24th June	PICHI RICHI MARATHON		
30th June	Bonython Park 3k Loop Opposite Coca Cola	12km, 9km, 6km	12km, 9km, 6km, 3km
8th July	SA ATHLETICS STADIUM TRACK & FIELD PROGRAM 12.30pm		
14th July	East Tce Cnr Wakefield St & East Tce	10km - 1.45pm, 5km - 2.26pm	<b>6/8km CC SAMA State Champs - 2.20pm</b> 4km CC - 2.53pm, 2km CC - 3.00pm
15th July	GREENBELT HALF MARATHON		
21st July	West Beach Car Park End of Barcoo Rd	10km, 5km	10km, 5km, 2.5km Beach run if possible <b>Prizes</b>
28th July	Felixstow car park cnr Briar Rd & Riverside Drive	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm
4th Aug	Cleland <i>parkrun</i>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 5th Aug	Peacock Road, Adelaide Adelaide Harriers Clubrooms	<b>20km Walk SAMA State Champs and 20km Walk AMA Champs</b>	<b>SAMA Half Marathon State Champs</b> Same course as the walk + 1.1k loop 8.00am start anti-clockwise
Sun 5th Aug?	FITZY'S 5		
11th Aug	Bonython Park 2.5k Loop Opposite Coca Cola	10km, 5km	10km, 5km, 2.5km
11th Aug	ASA 30KM ROAD WALK CHAMPIONSHIPS		
18th Aug	Peacock Rd, Adelaide Adelaide Harriers Clubrooms	8km -1.57pm, 4km - 2.33pm anti-clockwise	<b>10km SAMA State Champs - 2.11pm</b> 5km - 2.38pm, 2.5km - 2.56pm clockwise <b>Prizes</b>
19th Aug	BAROSSA HALF MARATHON		
25th Aug	West Beach Car Park End of Barcoo Rd	10km, 5km	10km, 5km, 2.5km Beach run if possible
1st Sept	Bonython Park 3k Loop Opposite Coca Cola	15km 1.00pm, 12km - 1.29pm, 6km - 2.17pm, 3km - 2.50pm	15km - 1.46pm, 12km - 2.05pm, 6km - 2.32pm, 3km - 2.53pm
8th Sept	Western Districts Clubrooms turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Avenue	5km Turkey Hdp <b>Special start time 1.45pm</b>	5km, 2.5km, 1km Turkey Hdp <b>Special start times 1.50pm, 2.05pm, 2.18pm</b>  <b>WINTER PRESENTATION - BRING A PLATE - Prizes</b>
16th Sept	CITY-BAY		
21st Oct	McLAREN VALE HALF MARATHON		
26-28th Oct	SAMA WEEKEND AWAY TANUNDA		