

SA MASTERS ATHLETICS - WINTER 2019

v8 (changes as noted *⊕)

KEY TO PROGRAM & Notes - See Page 2		Saturday scratch events [in grey]	Saturday handicap events [in white]
DATE	VENUE	WALKS	RUNS
Sun 28th April	CLARE VALLEY RUNNING FESTIVAL		
26th-29th April	AMA NATIONAL T&F CHAMPIONSHIPS - MELBOURNE 2019		
4th May	Felixstow car park cnr Briar Rd & Riverside Drive	8km, 4km	8km, 4km, 2km Prizes
4th May	ASA /RUNNING SA TWILIGHT CROSS COUNTRY 6pm		
Sun 5th May	GREAT SOUTHERN HALF MARATHON		
11th May	Ellis Park / Tampawardli (Park 24) Western Districts Clubrooms**	5KM SAMA State Champs - 2.26pm clockwise	5km SAMA State Champs - 2.38pm 2.5km - 2.58pm clockwise
18th May	Peacock Rd, Adelaide Adelaide Hockey Club Rooms⌘	Joint meet with SARWC - WEAR SAMA UNIFORM 12km - 1.30pm, 6km & 3km - 2.00pm	Runners / walkers can take part in a <i>parkrun</i> of their choice
18th May	Your preferred <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 19th May	ASA /RUNNING SA EKIDEN RELAYS War Memorial Drive, N. Adelaide	8.00am start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey♦ Teams of 6 (at least 2 males and 2 females) - each run a leg to make up Marathon or Half-Marathon distance	
25th May	West Beach Car Park End of Barcoo Rd	10km, 5km	10km, 5km, 2.5km [Beach run] Prizes
25th May	Adelaide Hockey Club Rooms⌘	ASA 20KM ROAD WALK CHAMPIONSHIPS	
Sun 26th May	ADELAIDE MARATHON FESTIVAL		
1st June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms*	10km SAMA State Champs - 1.45pm 6km - 2.17pm anti-clockwise	10km - 2.11pm, 5km - 2.38pm, 2.5km - 2.56pm clockwise
8th June	Oaklands Rd, Oaklands Pk Turn south opposite Hendrie St	8km, 4km	8km, 4km, 2km
Mon 10th June	QUEEN'S BIRTHDAY FUN RUN		
15th June	Peacock Rd, Adelaide Adelaide Harriers Clubrooms*	15km SAMA State Champs - 1.00pm 10km - 1.45pm, 4km - 2.33pm anti-clockwise	10km - 2.11pm, 4km - 2.53pm, 2km - 3.00pm anti-clockwise walkers' course
22nd June	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	5km Turkey Handicap - anti-clockwise Special start time 1.45pm	5km, 2.5km, 1km Turkey Handicap - anti-clockwise Special start times 1.50pm, 2.05pm, 2.18pm
29th June	Bonython Park 3k Loop Opposite Coca Cola	12km, 9km, 6km	12km, 9km, 6km, 3km
6th July	East Tce Cnr Wakefield St & East Tce	10km - 1.45pm, 5km - 2.26pm	6/8km CC SAMA State Champs - 2.20pm 4km CC - 2.53pm, 2km CC - 3.00pm
13th July *	Felixstow car park* cnr Briar Rd & Riverside Drive	8km, 4km	10km, 6km, 2km* *Note change of venue / distances
20th July	Oaklands Rd, Oaklands Pk Turn south opposite Hendrie St	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm, 2km - 3.00pm Prizes
Sun 21st July	GREENBELT CHALLENGE		
27th July	Felixstow car park cnr Briar Rd & Riverside Drive	8km - 1.57pm, 4km - 2.33pm	8km - 2.20pm, 4km - 2.53pm, 2km - 3.00pm
3rd Aug	Bonython Park 2.5k Loop Opposite Coca Cola	10km, 5km	10km, 5km, 2.5km
10th Aug	ASA /RUNNING SA CITY RELAYS CBC Ovals, Wakefield Rd.	1.00pm start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey♦ Teams of 3 - each person runs 3km, 4km or 6km	
10th Aug	Peacock Rd, Adelaide Adelaide Hockey Club Rooms⌘	Joint meet with SARWC - WEAR SAMA UNIFORM 12km - 1.30pm, 6km & 3km - 2.00pm	Runners have the choice of joining a team for the ASA relays Runners / walkers can take part in a <i>parkrun</i> of their choice
10th Aug	Your preferred <i>parkrun</i>	5km - 8.00am start - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <i>parkrun</i>	
Sun 11th Aug	Peacock Road, Adelaide Adelaide Harriers Clubrooms*	20km Walk SAMA State Champs and 20km Walk AMA Champs 10.00am start anti-clockwise	SAMA Half Marathon State Champs 10.15am start same course as the walk + 1.1k loop
Sun 11th Aug	BAROSSA MARATHON FESTIVAL		
17th Aug ⊕	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	10km - 1.45pm, 5km - 2.26pm anti-clockwise⊕ ⊕Note direction reversed	10km SAMA State Champs - 2.11pm 5km - 2.38pm, 2.5km - 2.56pm anti-clockwise⊕ Prizes
Sun 25th Aug	SA Athletics Stadium Mile End	SAMA WINTER TRACK & FIELD COMPETITION Full program of sprints, runs, walks, jumps and throws 12.30 - 3.30 pm	
31st Aug	ASA /RUNNING SA BOTANIC RELAYS Botanic Park, Plane Tree Drive	1.00pm start ⊕ - WEAR SAMA UNIFORM - JOIN A TEAM organised by Clare Stacey♦ Teams of 3 - each person runs 3km	
31st Aug	Bonython Park 3k Loop Opposite Coca Cola	12km - 1.29pm, 6km - 2.17pm, 3km - 2.50pm	12km - 2.05pm, 6km - 2.32pm, 3km - 2.53pm
31st Aug - 7th Sept	2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS - MACKAY QLD		
7th Sept	Ellis Park / Tampawardli (Park 24) West Terrace, Adelaide Western Districts Clubrooms**	5km Turkey Handicap - anti-clockwise Special start time 1.45pm	5km, 2.5km, 1km Turkey Handicap - anti-clockwise Special start times 1.50pm, 2.05pm, 2.18pm
Sun 15th Sept	CITY-BAY		
5th-12th Oct	XVII AUSTRALIAN MASTERS GAMES - ADELAIDE		
18th-20th Oct	SAMA WEEKEND AWAY		

KEY TO PROGRAM & Notes			
VENUE NOTES			
Peacock Road, Adelaide Harriers Clubrooms*		North end of Blue Gum Park / Kurangga (Park 20)	
Cnr. Greenhill & Peacock Roads, Adelaide Hockey Club Rooms☼		Walkers Club (SARWC) events; South end of Blue Gum Park / Kurangga (Park 20)	
West Terrace, Western Districts Club Rooms**		Turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Av; Tampawardli (Park 24) Ellis Park /	
OPTIONS FOR SOME SATURDAYS / SUNDAYS			
Runners	Runners are encouraged to join a team♦ for the ASA /RUNNING SA RELAYS [in green] ♦JOIN A TEAM organised by Clare Stacey [wignallclare@hotmail.com] ♦Confirm race times & details on ASA Website [http://www.athleticsa.com.au/WinterHub]	or take part in a <i>parkrun</i> of their choice [in blue]	
WEAR SAMA UNIFORM	- all races are scratch - entry fee payable to Athletics SA (ASA)		
Walkers	Walkers may choose to compete in a Joint meet with Walkers Club (SARWC) [in orange] See separate flyer for full details.	or take part in a <i>parkrun</i> of their choice [in blue]	
WEAR SAMA UNIFORM	- all races are scratch - no entry fee for SAMA members		
START TIMES FOR SAMA SATURDAY COMPETITIONS			
Scratch day event [in grey] start times are precise to enable an overall finish at 3.15pm			
The following handicap day event [in white] 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.			
1.30pm	12km walk	2.15pm	5km walk, 6km walk; 8km run
1.45pm	9km walk, 10km walk; 15km run	2.30pm	4km walk; 5km run, 6km run
2.00pm	8km walk; 12km run	2.45pm	3km walk; 2.5km run, 3km run, 4km run
2.10pm	9km run, 10km run	3.00pm	1500m run, 2km run
OTHER EVENTS			
CHAMPIONSHIPS / MASTER GAMES		eg. AMA, Oceania, Australian Masters Games	
SARWC Events		eg. ASA 20KM ROAD WALK CHAMPIONSHIPS / SAMA Joint meets with Walkers Club	
ASA / RUNNING SA Events		eg. TWILIGHT CROSS COUNTRY / EKIDEN RELAY♦	
Other non-SAMA Events		eg. ADELAIDE MARATHON FESTIVAL	