



# AGE IS AN ADVANTAGE

## A HISTORY OF VETERANS/MASTERS ATHLETICS IN SOUTH AUSTRALIA

**George H White**

***"All this athletic endeavour will not make you live  
longer- it will only seem longer"***

***John Doyle, Nov 1989***

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<b>PREFACE TO ELECTRONIC EDITION</b>	

The trouble with writing a history is that it is immediately out of date! It is now nearly 10 years since I completed and published the book. While we basically broke even on the cost of publishing the history, it is unlikely that we would do so for a second edition. Therefore the necessary corrections, additional information found since 2009 and the additional year's new information are incorporated into this electronic edition. Sadly since the publication we have lost seven of our Life Members in Des Paul, Kurt Postler, Ruth Weber, Frank Rogers, Geoff Peters, Brian Wyld and Pat Peters – the Club is a little emptier with them gone.

## **INTRODUCTION**

We have always looked around ourselves and asked the great philosophical questions. Why are we here? How did it all begin? How does it work? What is its future? Why not look at our Club and ask these same questions.

Putting together a Club history is a wonderful opportunity to reflect on the successes of the Club and its individuals – all of whom of course have been competitors and/or volunteers.

Histories are always there - waiting as stories to be told. If not stories there are at least facts and photos that can be interpreted as such. However until someone does this there is only a great mass of information and a vast number of often conflicting memories which can lead in many directions. I must stress that this history is only my interpretation of the information I have collected. I have no doubt some people will have other interpretations and certainly more information. However if this leads to others writing their stories or just giving me the chance to update, then the history will benefit.

Histories are frequently written too late to truly capture the detail and excitement of the beginnings. This may already be the case with Masters Athletics in South Australia. Many of the founding members of the Club have passed on and most are no longer involved with the Club. However at this time I believe there is still a wealth of information around and even though some of the defining stories will never be told, I hope that this short history of the Club will go some way to preserving at least some of the many fond memories. For me it has been a wonderful opportunity to

bring alive the accomplishments of some of our early members that many of us either never knew, or were not aware of their great achievements.

We all learn to run at an early age and fortunately for a great many of us we are still able to do so in our advancing years. My apologies to the throwers and jumpers here and of course to the race-walkers but being from their ranks I feel somewhat justified in admitting that master's athletics would not exist if it were not for runners. Although technology has advanced shoe design into amazing areas, running is still a very straightforward exercise and frequently can be done by merely stepping out the front door. So it is easy to keep running (not that the body always agrees!) or doing something associated with running. How many of our current throwers, jumpers and race-walkers started out in athletics as runners? Many choose not to run anymore but they are still here on the track rather than "rusting" away in old age. Athletics is not normally regarded as a team sport but the camaraderie amongst masters of all ages is something special.

The name has changed over the years and our uniform has seen several changes but whether we are "Vets" or "Masters" our Club members are proud to wear the South Australian colours (which hasn't changed) and we can still try (and sometimes succeed) in keeping up with or beating the youngsters. We are to outsiders a strange group of people who openly discuss our age and can't wait to turn a big "0" or "5" just to get that little edge that will help in our age group performance.

The introduction of master's athletics has been a great incentive for both existing athletes to continue in their sport and for ordinary people to take it up later in life to stay active and healthy. I am reminded of a story Andy Smith a Victorian Athlete tells. Andy, when he was about 50, said "I read about the Victorians having a Club, I went to the annual meeting and entered for the championships that year. I was probably the most consistent runner they had – I ran last every time. It took two years to graduate from a calendar to a stopwatch." Andy of course went on to many victories including world championship wins.

Information for this history has come from many sources. Unfortunately during the time the Club had its Clubrooms in the Parklands many documents were stored there. Largely these were not in files and fell into disarray and we suffered losses and damage from moisture and vermin. Fortunately most newsletters have been salvaged and added to from members own collections (only a few are still missing). While much of the ordinary filing has been lost, the minutes of committee meetings appear to be almost intact. Beyond these documents the history is fleshed out with the memories of our members. Particular thanks go to the founding members who shared their stories with me.

# **PART ONE - THE STORY**

## **EARLY RUMBLINGS**

Prior to the formation of the South Australian Veterans Amateur Athletic Club (SAVAAC), those hardy souls over 40 who still wanted to compete did so under the open banner. Sensible athletes it seems retired once they hit 30!

The first Veterans Club was established in England in the early 1930's and some significant open records have been set by Veterans such as M40 Egon Nillson (Sweden) high jump 2.05m in 1966 and M55 Karl Hein (Germany) hammer 52.01m in 1964. However the main push for recognition of veteran's events and the concept of competition in age groups appears to have come from road runners in Europe and the United States where competitors in the 1960's were competing in ten year age groups. In 1966 long distance road races were held for the over 40's and the first USA Masters Track and Field Championships was held in 1968 in San Diego. In Germany the Interesssen-Gemeinschaft Alterer Langstreckenaufner (IGAL - The World's Best Veteran Long Distance Runners) was formed in 1968 and held its inaugural marathon the same year.

Also during the 1960's, New Zealand organised cross country races for Veterans and their first national Veterans Cross Country Championships was held in 1970.

In South Australia the Distance Runners Club (DRC) was the main avenue for Veterans events in the late 1960's with a 2½ - 3 mile race at Bill Stratfolds Day in Blackwood being one of the few "Vets" only races. Bill was the local baker in Blackwood and sponsored the day's events by providing a spread of cakes, pies and pasties for afternoon tea, making this event one of the most popular on the program. Even Victorian Veterans came over for this event. Many of our Vets remember this race as a "mud bath".

People like Al Digance, Ron O'Neil, Bob Clarke, Wally Beames, Reg White and others turned 40 in the late 60's and were keen to continue racing and see how they compared to others in this "old" group. At this time events for over 40's started to be included in major events in Melbourne and in March 1970 Ron O'Neil, Bob Clarke and Reg White travelled there for a mile run staged for the over 40's in just such a meet named "The Recordbreakers". Prominent Victorian, Wal Sheppard, was in the race and he and Ron had a brilliant tussle with Wal just pipping Ron on the line (4.39.0 to 4.39.7). Bob Clarke and Reg White who had sat up all night on the bus to Melbourne watched the contest from further back in the race. After this meet Ron discussed the concept of more over 40's races with several of the runners including Wal Sheppard and Jack Pennington from the ACT.

In 1970 under the auspices of the DRC, the Anzac Commemorative Miles were introduced at the Adelaide Harriers track - with a Veterans division. Also that year, the Patawalonga Relays included a Veterans class with Adelaide Harriers and

Western Districts entering teams. Success breeds success and with each run, race promoters saw the benefit of having veteran's races and gradually more and more over 40's races were included in meets.

After the 1972 Olympics in Munich the first International Veterans Track and Field meet was held in Cologne Germany where 35 Australians took part. Also, at Crystal Palace London, a meet was organised by Woodford Green Athletic Club where groups of American, Australian and Canadian Veterans competed.

## **THE FORMATION OF THE SOUTH AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB (SAVAAC)**

There was nothing particularly special about April 14<sup>th</sup> 1971. It just happened to be the day the first veteran's athletic club was formed in Australia – here in South Australia. This was another first for athletics in SA as this state was also the first to establish an amateur athletic Club, the Adelaide Amateur Athletic Club, on 17<sup>th</sup> September 1867. In 1971 no-one would have imagined how successful veteran's athletics would become throughout Australia and the world. By mid-1974, New South Wales, Victoria, Queensland and Western Australia all had Veterans athletic clubs. ACT and Tasmania followed in 1979.

In the time leading up to this date, Al Digance was the chairman of the South Australian Amateur Athletic Association (SAAAA) Cross Country Committee and was keen to have more competition for the over 40's both in SA and interstate. He had discussed the concept of Veteran's races with many older athletes, including Ron O'Neil, at the regular Saturday afternoon competitions and also with Wal Sheppard in Victoria and he decided on a plan to move forward.

On January 21<sup>st</sup>, 1971 Al called a first meeting of those interested in the concept of Veteran's athletics in South Australia. It took place at his home (actually the garage) in Clarence Gardens and two weeks later a group of eleven interested members drew up a constitution which was forwarded to the SAAAA. This was received by many with a great deal of concern if not hostility, as it was seen as competing for members. The eleven were Al Digance, Ron O'Neil, Alistair Gordon, Lloyd Snelling, Alan Gottschalk, Peter Dalwood, Dave Kimber, Rex Leedham, Bob Clarke, Ron Davis and Percy Barnes.

On the day SAVAAC was officially formed the 21 founding Members were:

- |                   |          |                   |          |
|-------------------|----------|-------------------|----------|
| • Al Digance      | deceased | • Mike Cubit      | deceased |
| • William Rust    | deceased | • Reg White       | deceased |
| • Ron O'Neil      | deceased | • Rex Leedham     |          |
| • Gordon Inwood   |          | • John Bryson     | deceased |
| • Dave Kimber     | deceased | • Alan Gottschalk |          |
| • Lionel Wohling  | deceased | • Joe Lovatt      |          |
| • Perc Barnes     | deceased | • Wal Beames      | deceased |
| • Peter Dalwood   | deceased | • Lloyd Snelling  |          |
| • Alistair Gordon | deceased | • Rowly Ferris    |          |
| • Bob Clarke      |          | • Bill Fisher     | deceased |

- Ron Davis

Three days following the formation, the first race under the banner of the new Club was a six mile road race won by Ron O'Neil in a time of 33m 42s. Ron was again the winner of the first cross country championships in June.

On 13<sup>th</sup> July 1971 the inaugural General Meeting of SAVAAC was held at the Sportsman's Association rooms, Greenhill Road with Alistair Gordon elected as President, Al Digance as Secretary/Treasurer and Ron O'Neil, Lloyd Snelling and Ron Davis elected as committee members.

Members present at the Annual General Meeting were:

- |   |                |
|---|----------------|
| • W Rust  | • R Clarke     |
| • R O'Neil  | • M Cubitt     |
| • G Inwood  | • R White      |
| • D Kimber  | • A Digance    |
| • P Barnes  | • A Gottschalk |
| • P Dalwood   | • W Beames     |
| • R Davis   | • A Digance    |
| • A Gordon  | • L Snelling   |
| • J Liascos (The only one present who didn't join – until 1973) |                |

Al Digance designed the Club uniform – a blue singlet with vertical red and gold stripes with white shorts and he took along an example of the singlet to the Annual General Meeting. The Piping Shrike was adopted for the Club logo.

Many in open athletics still had strong reservations about the creation of a Veteran's club, fearing it would take members away from the traditional clubs, however there were no reservations voiced at the Annual General Meeting and for many years most Veterans also remained as members of the established clubs.

July 1971 also saw the publication of the first "Veteran Athlete" from Canberra edited by Jack Pennington, and the following comment from Al Digance was included in issue No. 3 – late 1971/early 1972. "We congratulate NSW for the formation of a Veterans Club. Our Club was formed on the 14<sup>th</sup> April 1971. Will Victoria take up the challenge and form a third force? How about an Annual Inter-Club competition? We eagerly await the next issue of the "Veteran Athlete". A few have found their way into doctor's surgeries, and we know of one case where a patient read it, cancelled his appointment and headed for the "Bush". We would like to catch up with him, and extract a fee towards a sub. It would be profitable for the Medical Benefits if they kept copies on their counters."

## **EARLY GROWTH/AMALGAMATION (1971 – 1979)**

Membership grew slowly in the early years as those athletes eligible often felt that they should remain with their first claim clubs in open competition. The Veterans however often bolstered open competition and sometimes dominated numbers in winter athletic events, even though competing for the other clubs.

During the early 70's most Veterans only races were held as special races during SAAAA meets and at the regular Adelaide Harriers Tuesday night events.



The Patawalonga Relays in 1972 was the first race where the Veteran's Club entered a team in its own right (rather than running for Adelaide Harriers Vets etc.). However this was not common practice until 1974.

The first change to the Club uniform came in 1974 with blue stripes down each side added to the white shorts.

Several significant developments for the Club occurred in 1975. Early in the year the "Postals" winter host day was renamed the Veteran's host day and the Club's first hosting took place in September in the North-West Parklands. While Vets had to run in the open races the Club was now an established part of the system.



**Vets Host Day 1976. North-West Parklands.**

***Standing:*** Bill Fisher, Reg White, Brian Weatherly, Gordon Brooks, Maurie Dollery, Des Paul, Ross Blanchard, Dave Mallett, Colin O'Brian, Roy Sutcliffe, Geoff Peters, Bill Rust, Al Digance, Fred Le Clerc

***Kneeling:*** Doug Campbell, Hugo Gursansky, Lloyd Frisby, Geoff Seagrim, Jim Gibson, Terry Nailer, Bob Auld, Brian Covell

***Sitting:*** Gerry Hicks, Wally Beames, Lloyd Snelling, Ray Beaumont, Rowly Ferris, Stan Malbut, Jim McNaughton, Ray Wall, Bill Kirkwood, Fred Toye

The first real Vets event (beginning in 1975!) was the Inglewood Historic Fun Run (in 1981 to become the Paracombe Fun Run) held in August from the Inglewood Pub and this was open to all over 35 (in 1978 the run was organised into five year age groups up to a +65 group). For several years at this race the SA Brewing Company supplied beer to competitors at the finish. It was also one of the first runs

that saw Robin Millhouse, the first Australian Democrats MP, become a regular Vets competitor. Robin, always the eccentric, was a talented distance runner and always preferred to run "topless".

In December 1975 a Supplementary "Urgent" Newsletter announced that Vets were now officially recognised by SAAAA. The over 40's would get their own State Titles at the SAAAA Championships. The SAAAA agreed to include Veterans 100m, 200m, 800m, 1500m events with its own 1976 Championships. All other Veterans Championships events, the 10km, 1500m walk, 3km walk, 5000m, 400m, hammer, javelin, shot, triple jump, long jump, high jump and steeplechase had to be fitted in at Interclub and at the Harriers. Attaining full status in the SAAAA Championships was a first for Veteran's Clubs in Australia.

### **Rowly Ferris raring to go!**

As these Vets Championship events were a single grouping for the over 40's, the Club continued to hold its own Club Championships for the five year age groups.



Early Club titles were decided by various means such as best performances during Interclub or in SAAAA Championship races or at races at the Adelaide Harriers Tuesday night meetings. Finally in January 1977 the Club hired Olympic Sportsfield for its own Championships with the 10000 track race attracting 38 entrants. At these Championships for the 5000m and 10000m, members were told "competitors are permitted to bring their own buckets and water, which can be placed on the outside lane – no help given".

Trophies sprang up throughout the 70's with six individual age group trophies for the men's pentathlon alone. By 1980 some 20 odd trophies were competed for. At the regular Bill Stratfold's day in Blackwood in 1972, a group of visiting New Zealand Veterans (including Clem Green – later to become the pioneer of the Oceania Masters Athletics) donated the Tiki trophy for the veteran's race. It was to become the first, the most prestigious and the most enduring trophy, being awarded annually and fiercely competed for. The Club accounts for the 1972/73 year indicate that \$5 was spent entertaining the New Zealand visitors. The first winner was Ron O'Neil.



**The Tiki Trophy**





**Ron O'Neil in walking mode**

While the Tiki race was on the calendar until August 1997 the last results recorded for the race were in 1988 when Les King won the trophy. (In 1981 the Tiki trophy race was moved to the South Parklands and in 1983 it went back to Blackwood.)

Winners recorded are as follows:

1972 Ron O'Neil  
1973 Gerry Hicks  
1974 Gerry Hicks  
1975 Terry Nailer  
1976 Terry Nailer  
1977 Roy Sutcliffe  
1978 Gerry Hicks  
1979 Dave Cooke

1980 Gerry Hicks  
1981 Dave Cooke  
1982 Peter Sandery  
1983 Frank Howitt  
1984 George Wenk  
1985 Dennis Beck  
1986 John Burnell  
1987 John Burnell  
1988 Les King



**Bill Stratfolds Day 1976    Dennis McCarthy, Bob Auld and Alan Gottschalk**

Also in the early 1970's, Adelaide Harriers began holding a special event for Veterans on a Tuesday night and awarded a consistency trophy at year end.

In its history the Bay Sheffield Carnival had many amateur events in its program, but over time controversy over amateurs competing with professionals saw this practice die. It had become such a serious issue that Lloyd Snelling was in danger of being banned from competition because he was training with a professional and was thought to be taking part in time trials. It was the Veterans that turned the corner in being the first amateurs invited back into the Bay Sheffield Carnival in December 1976. Other amateur open events followed the Veterans lead. The spectre of "professionalism" was still apparent in those early days as the Vets were not allowed to use the professional starters and timekeepers – having to supply their own.

For many in the Vets, the Bay Sheffield Carnival was the first introduction to handicap racing, something that in recent years has become an important part of Club competition. It was also an introduction to the great joy of competing in front of a crowd. In those early days it was not unusual to get up to 5000 spectators for the main event and the Vets 800m was just two events later meaning large crowds were still there.

It seems the Vets were accepted as a great example of how people could retain high levels of fitness as they aged.

When the Vets movement began it was male dominated and women athletes were not allowed to join. With pressure mounting in 1975/6 the women were told by SAVAAC that they would have to form their own club, basically continuing the segregation that occurred in open athletics. So, in April 1976 Margaret Cahill, Glynys



Jones, Aileen Miller and Sylvia White first met to form the South Australian Veterans Women's Amateur Athletic Club (SAVWAAC). It was formally established in June 1976 when Margaret Cahill was elected President and Aileen Miller Secretary. SAVAAC sent a letter of congratulations and a \$10 donation on the formation of the SAVWAAC. By October, women's Vet's races were included in the Adelaide Harriers meets and in the Vets Club host day.

**Aileen Miller (red)  
In action in Canberra**



In October 1976 SAVAAC further established itself by becoming incorporated, and in January 1977 membership reached the 100 milestone - Tom Jones of Brighton was the lucky centurion.

Later that year Stan Malbut won the State open 50km walk championship, having managed to finish despite some well-meaning but errant help from wife Sheila. During the last lap Stan had developed a terrible headache and asked Sheila to get him something for it. Rushing to the chemist she brought back what the chemist described as something new. So when she opened the bottle she assumed the sachet she saw was the medication. She tore open the sachet and told Stan to eat the contents. Stan may have had a dry mouth before, but after eating the contents of the ***silica gel*** sachet it's a wonder he could finish at all!

In June 1977 SAVAAC received a request from SAVWAAC (whose membership was 14!) to consider amalgamation. This was taken to the April 1978 Annual General Meeting and at this time the motion to support the amalgamation was carried and all women Vets were given immediate membership of the Club. Al Digance in particular pushed for this amalgamation.

Another first for South Australia in 1977, saw the Club enter the National record books with a magnificent 24 hour relay. A men's 40+ (average age 48+) team of ten - set out to run miles over a 24 hour period becoming the first in Australia to do so, therefore creating an Australian record with their 228 miles 1645 yards. Roy Sutcliffe turned in an average 5.31.7 for his miles.



**Jim McNaughton, Joe Lovatt, Roy Sutcliffe, Bill Rust, Dave Mallett, Alan Gottschalk, Bob Auld, Brian Weatherly, Bill Caudle and Ross Blanchard**

In March 1978 Al Digance had commented to the committee that many people at the Nationals in Melbourne at Easter had remarked on how good the women's red shorts looked (the ladies forever practical, had decided white was too difficult to keep clean) - and he suggested that the men should change. Later that year at a Special General Meeting the Club voted to change the colour of its shorts from white to red to match the women. With the ladies now part of the Club they took no time in making their mark, with Sipra Lloyd and Nora Sutcliffe becoming two of the first four women to finish the 1979 State Marathon Championship at West Lakes. The State Championships since 1920 had been a men's only affair.

Up to at least mid-1978, track and field for Veterans relied on SAAAA putting on Veterans races. The program for the summer of 1978/79 showed very little Veterans competition and the only real avenue was to compete in "reserve grade" Interclub.



**Margaret Cahill, Sylvia White and Elaine MacFarlane with a 1979 haul of medals**

"What could be better than running on a beach at daybreak, when the air is clean and with the wind in your face, or on a forest path or bush track on your own with not a worry in the world? Those who haven't run in the wet with heavy rain beating your face, or on a spring morning with the sun on your back, don't really know what it's all about." These were the thoughts of Wally Beames expressed in a 1978 newsletter.

### **November 1978 "Now that's cross country" by George Adams**

We all know of Terry Nailor's preference for cross-country runs, and many of us have heard him wistfully talk of the tough English courses, where a venue isn't worth consideration unless it has a freshly ploughed field, a barely fordable stream and an abundance of closed gates and fences. Recently he was invited to take part as a guest in the South Australian Police Cross Country Championships of 1978, a fairly mild run around Torrens Lake, crossing the river from north to south at Hackney Bridge and re-crossing again at the weir.

I am told that Terry was trotting gently along, at peace with the world, content in his environment and taking care to avoid the ducks and courting couples on this pleasant Sunday morning. He was just about to pass under the zoo bridge and into rougher country at the far side when Peter Haynes, closely followed by Bob Lange propelled themselves from the bridge towards him like two bolts from a crossbow. The rush of wind as they passed him, though causing him some minor concern, was nothing to what immediately followed. The single track between the Zoo Bridge and Hackney Bridge suddenly filled with 400 fun runners from the YMCA run, coming from the opposite direction. This was Terry's kind of race. He threw himself against this tide of cursing humanity as did the 70 other police runners, and eventually emerged bruised but triumphant on the cycle track just before Hackney bridge. "Just like a friendly soccer match" he was heard to mutter.

His concentration was momentarily lost however, so instead of turning right to scale the bank and cross the river at Hackney Bridge, he plunged straight into the undergrowth and thick brambles on the far side. It has been said that there was a distinct gleam in his eye as he hit this impenetrable barrier. Impenetrable that is to us normal mortals. The mere fact that there was no track did not deter him. The ever decreasing sounds of his charge through the upper reaches of the Torrens were heard by amazed natives. Some swear cries of pain and curses were interspersed with shouts of "beautiful", "beautiful", before they faded in the distance.

He was not heard of for some considerable time as he crashed his way back through the equally impassable northern bank. No one knows how he crossed the river. "He must have swum it" the natives are heard to whisper in awe. It would certainly appear so, for when he eventually did appear at the finish line in last position, he was soaked to the skin; his bruised, torn and bleeding body was splattered with river mud and his Veterans uniform hung in tatters from his gaunt frame. As he sank exhausted to the ground and immediately before passing into a coma, his tortured lips passed the following immortal words "NOW THAT'S CROSS COUNTRY"

With Clubs emerging in other states, attention turned to the National scene. An initial attempt was made to hold a National event in 1972. This didn't eventuate and the meet went on as the Victorian Track and Field Titles. What did occur there was an informal conference held at the Box Hill track which was to be the forerunner of the annual conference. Alan Gottschalk and Lloyd Snelling attended from SA. Discussions on the program for a National event included concerns over many



events including the 10,000 metres which was considered by some to be too demanding for Veterans. The South Australian delegates were vocal in their support for a 10,000 metres and eventually this and a full track and field program was adopted.

The first official National Championships was a cross country event in June 1973 in Sydney. December 1973 eventually saw the running of the first National Track and Field Championships at Box Hill in Melbourne to coincide with the visit of a large group of American Masters. Competition was for men 40 and above with events divided into three age groups – 40-49, 50-59 and over 60 (with some events for pre-Vets 35-39). About 12 members from SA attended with Alex Lampard, Lloyd Snelling, Terry Nailer, Bill Caudle and Peter Dalwood being winners.



The 10km cross country was the first National title to come to Adelaide in June 1974. A testing course at Shepherds Hill Recreation Area, Ayliffes Road, saw 30 runners complete the course, though even the front runners walked some of the severe hills. Ron O'Neil and Rowly Ferris organised the event and Ron was second home overall and winner of his M45 class. Wally Beames won the M50 class. After the event it was decided the course was too tough to be used in any future championships.

**Wally Beames**

The second National Track and Field Championships were held in Sydney in 1974. After that event the first annual conference of Veterans Clubs of Australia was held. Ron O'Neil and Alan Gottschalk represented South Australia. At that meeting the Australian Association of Veterans Athletic Clubs (AAVAC) (now Australian Masters Athletics Inc.) was formed with about 450 members. In the early years the President of the Australian Association was from the state to hold the next National Championship. Therefore Ron O'Neil was elected the first President as the first Nationals under AAVAC were to be in Adelaide in 1975. Al Digance was elected as a Vice President and Alan Gottschalk the State delegate.

Ron's wife Bette made the National flag following an interesting confrontation with the police. Ron wanted a kangaroo on the flag and the stylisation he wanted was a road sign on Gorge Road, Adelaide. Ron was on a box up the road sign pole being held by Bette – tracing the outline when police came along.

Following Victorian competition grouping, age groups were then established as 1A=40-44, 1B=45-49, 2A=50-54, 2b=55-59, 3=over 60. With these age groups well established the Nationals were held in Adelaide for the first time in March 1975 at Olympic Sportsfield. These, the third Nationals, hosted more than 200 men in events



conducted in the five year age groups for the first time. (There were also limited events for Pre-Vets 35-40.)

This two day program had a formal Opening Declaration, with God Save the Queen and Advance Australia Fair played, flag raising and an Oath of Sportsmanship. It was also formally closed with the flag lowering and with an invite to "....assemble in Brisbane for the 1976 Championships". These Championships started the ongoing tradition of holding the Nationals over Easter each year. Ron O'Neil and Rowly Ferris organised these Championships, ably assisted by Alan Gottschalk, Terry Nailer, Lloyd Snelling and Des Paul.

Olympian Albie Thomas showed he still had what it takes by winning the 1500m in 3.55.4, the 5000m in 14.50.0 and the 10000m in 31.00.8.

No National Cross Country titles were held in 1975 but in 1976 they were back again in Adelaide at Blackwood. Unfortunately only two interstate competitors took part so in 1977 no National Cross County titles were held despite an original decision to trial them with the Track and Field Championships in Perth.

South Australians attended all National Track and Field Championships often with considerable success. At the 1978 Melbourne Nationals, Alex Lampard dominated the M60 age group despite suffering from arthritis. Alex won the 100m, 200m, 110m hurdles, 400m hurdles, long jump, pole vault, high jump and triple jump. Perhaps tiredness kicked in eventually as in the 400m Alex could only manage second. Following the successful trial in Perth the previous year the National Cross Country became enshrined in the Championships – an arrangement which has continued to today.

At the National level even in the early 1970's, discussion occurred regarding the involvement of women in Veterans athletics. It was decided that it was preferable that they form their own Clubs but could share competition. While women had competed unofficially since Brisbane in 1976, the National Championships in Sydney 1979 was the first occasion where women were allowed to compete for Championship events.

1978 saw Phil Afford take out the bronze medal in the Queensland marathon at Caboolture which was regarded as the first true National Veterans marathon, having entrants from all states. In 1979 the National Veterans marathon was held in conjunction with the Australian marathon and Iain Dobbie, Bill James and Phil Afford would have won Vets medals but were deemed ineligible because they were also members of the SA open team.

Beyond Australia, Alex Lampard, Bill Caudle and Jim Liascos represented SA at the first International Veterans meeting in Cologne, Germany in September 1972 and in August/September of that year they were amongst 35 Australians who competed at the International meet for men over 40 at Crystal Palace in London.

August 1975 saw the first World Veterans Track and Field Championships held in Toronto, Canada. Entry standards were set for those representing the 32 countries

that took part, but others could compete as individuals. Eight SA Veterans attended and Bob Clarke became the first SA Veteran to win a world championship medal - third place in both the 400m (57.9) and 800m (2.09.1). Percy Barnes became our first field event medallist when he came third in the M65 Discus. At these Championships a steering committee was formed to consider establishing a world body (Australia was represented by Victorian Wal Sheppard).

The 1977 World Veterans Track and Field Championships in Gothenburg, Sweden retained entry standards and "certain events deemed risky" were dropped for medical reasons for the older age groups. However new age groups of Class 3b - 65+ and Class C4 -over 70 were established. Eleven men from the Club attended, as well as Nora Sutcliffe. Several of them took advantage of a training complex at Boson, a few miles from Stockholm amidst beautiful pine forests and lakes. A group of open athletes were also there training for the European Championships and were a great inspiration to our Vets. The camp provided the track, a pool and meals designed for athletes. A Swedish Magazine at the time printed a photo of Alex Lampard, Lloyd Snelling and Herb Barnes citing – three "Virile" Gentlemen!



**Some of the team members – from left – Al Digance, Herb Barnes, Alex Lampard, Wally Beames, Des Paul, Roy Sutcliffe, Peter Dalwood, Bob Clarke and Percy Barnes**

Lloyd Snelling won silver in M45 400m and bronze in the 4x400m relay. Alex Lampard won silver in M60+ 400m hurdles and bronze in the 4x400m relay. Herb Barnes and Bob Clarke won bronze in 4x400m relay. Lloyd Snelling provided some extra drama on the track. He got through the heats of the 100m and came fourth in his semi-final and qualified. Later, not realising the time of the final, he was walking back to his accommodation with Herb Barnes, when as they were passing through the gates to the stadium, Lloyd heard his name called in the introduction of the final. He immediately jumped the fence and Herb threw his bag over – he then proceeded to run down the straight so that the race couldn't start. After some discussion they gave him five minutes to get ready and he did run in the final.

At these World Championships the World Association for Veterans Athletics (WAVA) was formally established.

**Letter to the editor - Peter Pye 12/10/79**

How's this for an example of Club loyalty.

On Saturday 29<sup>th</sup> September, after a hard 10 mile road race in the usual atrocious conditions for this event (Old Spot), Phil Afford was heard to remark that he had better support the Vets Inglewood Fun Run the following day, but was wondering if he did so how could he fit in his carbo-depletion long run in preparation for the Festival City Marathon the following weekend. He quickly decided that he would run to Inglewood, as he estimated it was only about 15 miles across country.

On the morning of the "Inglewood " everyone lined up ready to go – no sign of Phil, but because we all know how important it is to Phil to do his "Marathon" thing, no one was surprised – then - puffing down the road - Phil!

Somewhat out of breath he announced that he'd underestimated the distance from Sandy Creek. Not 15 miles but more like 25! The race got underway with the majority of us unable to keep up Phil's steady pace. Later, Phil fell back and at the end Bruce Abrahams informed me (jokingly) that he had beaten Phil today.

Is there a training tip here? "Don't do a 24 mile warm up if you want to do well in a 5 mile race"

Alex Lampard and Percy Barnes were the only medal winners from a small band of eight South Australians who went to the 1979 World Championships in Hanover, Germany. Alex won gold as part of the M60 4x400m relay team and Percy scored silver in the M70 hammer.

**GLORY DAYS (1980 TO 1983)**

Membership at the end of 1980/81 was 180 men and 43 women - a total of 223 (a level not exceeded until 2006/07). However this number included 73 new members because the year saw the Nationals, the State Veterans marathon and the National Veterans marathon all held in Adelaide. This period also coincided with the worldwide wave of enthusiasm for marathon running.

The Clubs own Fun Run – the Paracombe, saw 143 Club members take part – a level of participation that probably will never be surpassed.

The Nationals in 1980 were a landmark affair on three counts. It was the first "Open" athletic championship held in the southern hemisphere. As the Masters movement didn't specifically ban professionals from competing, the organisers Rowly Ferris and Lloyd Snelling decided to invite and encourage many professionals to enter. The IAAF had also mandated that competition involving amateurs and professionals was okay for Veterans. Professionals Reg Austin (SA) and Bernie Hogan (Qld) were stars in the 100m. While some state clubs still prohibited professionals from being members, those interested were able to compete by joining the SA Club.

The second area of significance resulted from Rowly's passion to attract big names to the Championships. He tried for many from the 1956 Melbourne Olympics including Ron Clarke and John Landy and was successful in enticing the famous English distance runner Gordon "Puff-Puff" Pirie. During his career to 1981, Pirie was reputed to have run over 345,000 kilometres, set 5 world records and won a silver medal at the 1956 Olympics, being beaten by the Russian, Kutz. Pirie entered the 1500m, 5000m on track and the 10000m cross country events. (Incidentally shortly before the Championships he was refused entry to a New Zealand marathon as he was deemed to be a professional – having made money from a book he had written.) Running in the M45 age group, Pirie's results were a ninth in the 1500m; second in the 10000m and fifth in the 10000m cross country



**1980 was also a landmark for Rowly personally in that he celebrated his 50<sup>th</sup> birthday. He was obviously training hard as seen here with fellow Club member Carol Lowe**

Rowly also secured Australian champion Albie Thomas who came fifth in that 1956 Olympic 5000m race. Numbers for the 1500m were such that heats, semi's and a final were scheduled. However when runners turned up for the semi's it was obvious that a straight final could be run. At first Albie Thomas objected because "he had only warmed up for a semi" – he was however convinced to run. Another star enticed to these championships was Kiwi Derek Turnbull.

Finally, these Nationals at Olympic Sportsfield saw athletes from Canberra and Tasmania compete for their Clubs for

the first time (individuals had competed before but not for their State/Territory).

A total of 453 athletes took part with the M/W40 being the largest age group with 132 entrants. There is no doubt that part of the success of these championships was due to Lloyd Snelling withdrawing from the 100m and 200m to help concentrate on assisting with the smooth running of them.

Brenda Parkinson W45, set a new National record of 16.5 in the 100m hurdles, Peter Fullager set an open State record in the 5000m walk – 21.40 and Sylvia White broke the national W50 javelin record with 30.66.

**Roy Sutcliffe**



Later in the year the National Veterans marathon was again held in conjunction with the Australian marathon and for the first time - the Australian women's marathon. Gerry Hicks, Iain Dobbie, Phil Afford, Jan Dobbie and Leonie Lawson ran as both Vets and as part of the SA open team. Jan Dobbie, Leonie Lawson, Elaine MacFarlane, Sheila Malbut, Gerry Hicks, Roy Sutcliffe Ross Blanchard, Jim Lovatt, Harry Snelgar and Harry Purvis all won medals in their age groups. A total of 42 Club members took part.

1980 also saw Jack Weber complete an amazing feat of endurance when he set a world record at age 66 on the Adelaide Harriers track, covering 1062 miles 440 yards in 38 days 2 hours and 30 minutes (an average of 27.87 miles per day).

### **Letter to the editor - Jack Weber November 1980**

A walk of 1,062.25 miles around a quarter mile track is something I would have had second thoughts about if I had known as much at the commencement of the walk as I knew at the finish.

Starting at 9.15 am on the 30<sup>th</sup> July I averaged around 30 miles a day for the first week, feeling fit and strong. Not long after, I developed soreness to the ball of the right foot; and when you have another 31 days of walking ahead of you it's not easy to rest at night; not knowing if the next day is going to see you having further trouble. Then, as though that was not problem enough the heel of the same foot became very painful and I really was worried that it would put paid to my efforts. It eventually got no worse, even if not better and I was able to finish 62.25 miles ahead of schedule and set up what is believed to be a new world record on a surveyed quarter mile track.

With a walk over such a distance on a circular track there was always the possibility of knee soreness, but fortunately I had little trouble in this area. One thing I had to give a lot of thought to was the working out of a successful schedule as regards time and distance walked each day; an excess of either one and I could have been in trouble, especially in the latter stages of the event. Food and liquid had to be tried and tested in training over long periods and one of the main problems was monotony. I had to walk from day to day, trying various ways and means to keep on top of it. I received support from a number of stalwarts and this helped pass the time, particularly in the latter part of the day.

My thanks go to that small number of regular supporters for their encouragement. Many old friends called in to do a lap or two to wish me well: some I had not seen for years, one had beaten me by a foot in a hard-fought race over a half mile in a SA Junior Championship – work out how long ago that was!

Following on from the success of the National Championships, 39 South Australians entered the 1981 World Championships in Christchurch, New Zealand. Pride of place went to Lloyd Snelling who won gold in all of the M50 sprints – 100m, 200m, 400m 100m relay and 400m relay. Lloyd achieved this because of a determination to beat his silver medal in Gothenburg. He put in a solid 12 months of training that would



have surpassed many an open athlete – and ran a very creditable 52.5 in the 400m. Sylvia White also won convincingly in her W55 javelin with a world record that exceeded the previous mark by several metres. Other gold medal winners were Margaret Cahill in the Discus and Javelin and Hal Thomas in the 100m and 400m.

On May 1981 the Club held its 10 year celebration at Surf House, Sportsman's Drive, West Lakes. Hosted by Dorothy Jones it was a night of music and dancing. Wally Beames presented Al Digance with the Clubman's award for his endless and tireless work for the Vets since its inception.



**Marge Digance, Dorothy Jones, Lloyd Snelling and Nora Sutcliffe with the celebration cake.**



With the ladies now well entrenched in the Club it was decided to create a "sister" trophy to the Tiki, and the "Owl" was established. Al Digance carved the little fella and it was awarded for a four kilometre event from 1981 to 1997 with the following known winners:

1981 Helen Alderson	W35 15.28
1982 Judy Daly	W35 14.31
1983 Judy Daly	W35 14.03
1984 Mary Leith	W35 18.01
1985 Carol Beck	W35 18.44
1986 Mary Rhodes	W40
1987 Mary Leith	W40 19.07
1988 Margaret McIntosh	W35 17.32
1989 Mary Rhodes	W40 22.39
1991 Margaret McIntosh	W35 18.02
1996 Christine Gregory	W35

## **December 1981 "The Victor" by Dave Mallet**

Roy Sutcliffe came up with the idea, but would there be any takers?

It was 5.45 a.m. Sunday 11<sup>th</sup> October and an assorted group of 28 hopefuls gathered at the Town Hall. Ross Martin clad against the early morning chill in a garbag. The only lady competitor – Helen Morris looking fit and determined.

Laughter from the band of staunch helpers, armed with watches, time cards, lashings of food and drink – and watching over their charges like so many pampered pet poodles! One of them suggests that the ensuing hours might be more of an ordeal for them and "how about a handlers trophy"? More laughter as Helen's male support team member comments "At last I'll be handling her! Been waiting for months and soon she'll be too tired to resist"

At 6am the gun. A steady pace along King William Street onto South Terrace and down Anzac Highway to South Road. The run/walkers sticking rigidly to their schedules of run 20 minutes, walk 5 - a method advocated in "Runners World" and to prove successful for both Steve Guy (2<sup>nd</sup>) and "Don the Pom".

Early days and lots of chatting. Leaping over kerbs in a single bound – heading for the Victoria Hotel – 10 miles – no problem. Handlers recording times at each 5 mile mark.

Much encouragement from supporters along the road. Lilian Harpur, riding a bike, urges us onwards. An unknown guy, driving a station wagon dispenses drinks and chewing gum to all runners. Ann and John Mann cheer us on. A Vet we haven't seen for a while (injured) – Tom Jones – out for the day with his family – calls out to us. More verbal support from Elva and Bruce Abrahams. Helen and Max pass by. All these friends and supporters give me a boost and stimulate my flagging body.

Past the marathon marker. Is it possible to complete another and then some? No longer leapt with abandon, kerbs take on the equivalent of a flight of stairs. Perhaps it's time for something other than liquid refreshment? My choice (bread and honey) proves not the best. Next time I'll pick something softer and more palatable.

50km. Still going.

Sellicks Hill rises like a Mount Everest beneath me and must be scaled. Halfway up helpers and friends spur me to the top. "Downhill all the way Dave" some confident supporter calls. Goanna Oil leg rub before the long haul through Hindmarsh Valley.

Trouble. Legs decidedly wobbly. Brain not functioning too well and cannot decide whether the 40 or 45 mile marker is next. Vision blurring, I pass the wildlife sanctuary and a figure emerges from the happy family groups enjoying barbeque lunches. "How are you going Dave?" and John Parry (Southern Districts) joins me for long enough to help me through a bad spell. He rekindles my desire to keep going.... thanks John!

How many more miles?

Another Goanna Oil rub and more drink at the 50 mile mark. A realization that – after so much dedicated assistance from my handler Pat Ingleton and the encouragement from other handlers and passing friends, however long it takes – this run has to be completed.

More hills. More hurt. Until, on cresting one more hill suddenly laid out ahead - Granite Island, the Causeway and the town of Victor Harbour. Downhill and I pick up the pace as I cross the river ... PANIC ... did the map show a left turn across the railway line on the road parallel to the beach and Causeway? I can't remember. No visible crowd there so I push on up the main road.

Cheers and clapping and a board says "FINISH". - WE DID THE BASTARD!

It's all over. Aches and pains temporarily forgotten. "Who won?" Peter Schultz – 6.51.37 a tremendous effort on Peter's part. Finishers still arriving. Applause for Alan Fox followed by Ross Martin then Andy Docherty. Approaching the finish in 9.32.37, Helen Morris – all smiles, in contrast to her running companion of many training miles (Jenny Dabinett) crying tears of joy for her friend's achievement. How ever did she do it? (Helen included a marathon a week in her training programme for several months.)

Irrepressible Peter Jenkins finishes well. I wonder how many of the drinks, which he secreted away in bushes along the course the day before, he was able to find?

An hour earlier than anticipated, the presentation commences in a nearby CWA hall. The atmosphere is electric. Roy – on cloud nine – presents each finisher to the audience of runners, handlers and supporters. Roy has the double glory of being a finisher and the man who made it all possible, for he and Nora, at their own expense, had organised the whole event.

The last runner – Dick Crotty – arrives to a tumultuous welcome as he passes across the finish line and runs through the hall to a standing ovation.

Everyone is a winner today – runners, handlers and supporters. To be part of such a gathering was a very warm and emotional feeling for me. How fortunate we all were to share such a day together! So what if we didn't make the sporting headlines. For all who were part of that day this race was aptly named:

"THE VICTOR"

A total of 19 people completed the 56 miles to Victor with a few others covering marathon distances or greater. The story from Dave Mallet recounts an astonishing feat which was not an isolated venture as the following year (1982) another 38 intrepid souls (including five women) finished the second 56 mile Adelaide to Victor race. Obviously somebody decided humour would help the participants this year as



one handler appeared on Sellicks Hill dressed in a dinner suit and bow tie with a silver tray holding two litres of Coke.

In March 1982 Al Digance was honoured by being appointed the Club's first Life Member, unfortunately achieving that honour only shortly before he died of a heart attack on April 3<sup>rd</sup> 1982. He died after running in the Suhard Shield 5k run in the western Parklands. A guard of honour at the memorial service was provided by Western Districts and the Veteran Athletic Clubs.

At the 1982 Nationals in Perth AAVAC took the backward step of requiring standards be met when 3 or less athletes competed in an age group.

- Where there was only one competitor – a standard had to be met to win gold.
- Where there were two competitors – the winner gets gold and the second must meet a standard to win silver.
- Where there were three competitors – 1<sup>st</sup> and 2<sup>nd</sup> get gold and silver and 3<sup>rd</sup> must meet a standard to win bronze.

Soon after in May 1982 the first Oceania Games were held in the National Stadium of Suva in Fiji. Eleven SA members attended. A meeting of delegates from New Caledonia, Fiji, Australia and New Zealand agreed that these Championships should be held on a two-yearly basis with Australia as the next host.

Also that year, following the IAAF decision to allow open competition for those over 40, the term Amateur was dropped from the name of the Club, becoming just South Australian Veterans Athletic Club (SAVAC). (This was not rectified in the constitution until 2002!)

In 1982 and 1983 the Club Championships were held in Park 9 in the North-East Parklands.



**Club Championship 800m Park 9**  
**Jim Bell, Bob Auld and Glenn Powell**

Following on from the mighty task of the Adelaide to Victor races, 1982 saw another major endurance event. Don Parker was the organiser of a second 24 hour relay at the Adelaide Harriers track. Unlike the benchmark established in 1977, this time three men's and one women's team of ten set out to run miles over the 24 hour period. The very strong over 50's team wrote themselves into the world record books with 53 minutes still remaining in the 24 hours. In total they completed 234 miles 1191 yards at an average of 6.8.1 per mile. (Frank Murphy had the best average with 5.46.1.) The

ladies 35+ team covered 198 miles 171 yards at an average of 7.16.1, but were upstaged for the world record by a NSW team that recorded 206 miles the same day. The men's 40+ team ran brilliantly to cover 247 miles 514 yards and set a new SA record (nearly 20 miles further than the Vets team in 1977) but fell 3 miles short of the 250 miles previously set by WA. Jim Kennedy averaged an incredible 5.26.4 per mile.

#### **Ladies 35+ Team**

Helen Alderson  
Sonia Simpson  
Leonie Byrnes  
Mary Rhodes  
Glynn Boyce  
Carol Lowe  
Sue Worley  
Eva Quinn  
Sheila Malbut  
Brenda Parkinson

#### **Men's 40+ Team**

Jim Kennedy  
John Funnel  
Frank Howitt  
John Martin  
Dave Mallett  
Les Thorpe  
Rodger Barber  
Jose Duran  
Vic Delussy  
Phil Afford

#### **Men's 50+ Team**

Frank Murphy  
Alan Hartley  
Godfrey Parkinson  
Brian Jones  
Bill Caudle  
Gordon Inwood  
Ron O'Neil  
Andy Docherty  
Dennis Haynes  
Roy Sutcliffe

The fourth team, a support team, covered 207 miles 821 yards. Memories dim about the seriousness of this team. Firstly it was supposed to be a men's team – but there was a least one female in it and secondly it also contained a John Doe and a Mainly Wally!



#### **The men's 40+ team**

**Back Row: John Funnel, Jose Duran, Dave Mallet, Phil Afford, Rodger Barber, Les Thorpe. Front Row: Frank Howitt, Vic Delussy, Jim Kennedy, John Martin**

As has always been the case some SAVAC members continued to compete in open competition and in 1982 Club members who gained open selection to represent SA,



were Roy McFadden in the 50k walk and Bill James, Helen Alderson and Avis Pearce in the marathon.

### **October 1982 "A Running" (SARRC magazine)**

A well-known runner on the Adelaide scene, Roy Sutcliffe, was recently on one of his many long training runs from his home in Kingston Park. He had gone as far as Largs Bay (a distance of about 17.5 miles) when he developed a severe blister on his foot. Still running, he came to an RAA Service car parked on the roadway, so he stopped and asked the officer if he had any Vaseline.

"No, I'm sorry, I haven't, replied RAA, but I have some car grease, if that's any good." Roy accepted gratefully, and the officer proceeded to grease his feet! The job done, RAA got his pen out to book down the "service" but then thought better of it. As he told Roy – "Somehow, I don't think it would sound quite right in the records – Greased a runner in difficulties."

As Roy prepared to continue his run, with the blister feeling much better, RAA asked him where he had come from. Whereupon Roy replied, "Kingston Park"! The RAA man went on his way, obviously wondering what a strange breed of animal is the long distance runner."



**1983 Vets Interclub team Olympic Sportsfield: Don Parker, Harley Dillon, Don Brown, Phil Afford, Rod Stone, Glen Powell, Ron Woodcock and in front Bob Clarke and Bob Auld.**

In 1983 for the first time, the Veterans entered men's Interclub competition in D grade with the Club finishing third out of 12 teams. In the photograph the team is shown with the Vets flag which was the rallying point for the Club near a shady tree on the eastern side of Olympic Sportsfield.

Brendan Wilson was the SA Vets only representative at the 1983 World Championships in Puerto Rico but performed exceptionally well to win gold in the 200m and silver in the 100m. Brendan had an illustrious career with the Bay

Sheffield, winning 17 gifts and also won two State Open Championships – one as a Vet.

The second Oceania Championships in Canberra, 1984 were held in conjunction with the Australian National Veteran Championships over Easter. This concept of joint meetings was part of the original planning for Oceania Championships, but has not been repeated as opinion favoured a stand-alone event.

## **DIFFICULT TIMES (1984 TO 1998)**

From the peak of 223 at the start of the decade, membership declined steadily to 1985 then flattened until 1994 then again declined to bottom in 1998/99. Club records show a membership that year of 44 men and 19 women (though the Club's report to AVAAC records 85 to 95 members).

Amongst other factors, the original enthusiastic membership tended to be athletes with other Clubs and the SAAAA - as well as the Vets - and these were now becoming too old to compete in either situation.



### **1984 Club Championships at Salisbury**

**Front: Glenn Powell, Bob Auld, Ron Daniels, Des Paul,**

**Back: Laurie Whitelaw, Kevin Edwards, Brian Jones and Peter Jenkins**

In 1984 the Club Championships were held at the Salisbury Athletic Club because Park 9 had become too expensive. The photo shows the start of the 800m.

In 1985 and 1986 the Club Championships were held in conjunction with the SAAAA State Championships and then in 1987 went back to Park 9 where many members preferred the cosy "picnic" setting. However in 1988 they returned to Olympic Sportsfield and remained there until Santos Stadium opened.



The beginning of 1986 unfortunately saw the early death of secretary Margaret Cahill, a solid competitor and very hard worker for the Club.

### **October 1986 Newsletter**

"My God these shorts are tight. I didn't know synthetics could shrink like this! Still the same old pair – but there is a lot more of me!" John Rhodes

In 1987 for the only time in the Club's history no-one stood for the roles of President and Secretary. As a result Des Paul and Glynn Boyce volunteered to take on those roles. Des presided for nine years.

Not everything was gloom and doom however and the Club continued with enthusiastic members. It was a time when field events were far more prominent and in 1984 Sylvia White broke World age group records in the shot and discus. Sylvia also dominated the 1985 World Championships in Rome with gold medals in shot, discus and javelin. Sadly within a couple of years Sylvia passed away. Wendy Ey and Judy Daly also came home from the Rome Championships with a gold medal each.

It was also the time when Ann Cooper was breaking world records. By 1989 Ann held four world records 100m, 200m, 400m and 800m. In recognition of this, Ann was awarded a Certificate of Outstanding Performance by the Confederation of Australian Sport. The category was "Best Single Performance" (this was not just a Veterans award!).

The summer season of 1987/88 saw SAVAC record its best performance at Open Interclub competition. The Club entered D grade but ended up winning C grade. The following year the Club won D grade and in 1989/90 entered C and D grades.

The 1980's saw the ladies join the men in Interclub competition, though they had to use women officials in their events. The Club continued to enter teams in Interclub at least until the summer of 1996/97.



**5km Walk at the 1986 Nationals – Adelaide. Geoff Peters – in bare feet, Murray Marker, Peter Fullager and Colin Hainsworth at the back.**

It was so hot during the 1986 championships in Adelaide that it was necessary to set up water stations on the track. However despite temperatures soaring to 38 degrees, numerous national records and two world 5000m records were broken. A highlight of the 'Opening Ceremony' was a giant birthday cake presented to Bill Empey (NSW) who turned 90. Bill went on to establish a couple of M90 Australian Records. An unusual result occurred in the M35 sprints where in both the 100m and the 200m Peter Cootes from NSW and Hans Van Bavel from SA were credited with the same times.

The World Championships came to the Southern Hemisphere and Australia for the first time in 1987 and this saw a large SA contingent go to Melbourne. Brenda Parkinson was outstanding in winning her W50 300m hurdles in a new world record. Ann Cooper set a new world record in the W55 400m heat but had to settle for bronze in the final.

### **December 1987 Newsletter**

The trials of the ageing athlete! In an 800 metres event at the Adelaide Harriers Track recently, Norm Charles had to stop and pick up his teeth which had fallen out.

### **Letter to the editor Don Parker - August 1988**

Don't suppose there's any of us so old that we've forgotten the days of our youth when we stepped out onto a sports field as the youngest player in the team, or onto a running track as the youngest competitor in the race. I know I can well remember, as a fifteen year old lad playing soccer, having to face opponents up to more than twice my age. But it never really bothered me because I always felt that time was on my side. When I joined the Vets I had the same feeling, because there were plenty of older Vets around such as Wally Beames, Joe Lovatt, Godfrey Parkinson and many more, mostly in the older age groups, and although most of them could beat me home in a cross country or road race, I felt that time was still on my side.

But the other Sunday in the State 8km Cross Country at CBC oval all that changed, because I was the oldest in the race. There were a few regular faces there that have been around for a long time, such as John and Mary Rhodes, Iain Dobbie and Des Rainsford, but none of these have yet reached fifty. It's a sign that time is no longer on my side when I look at these younger Vets such as Tony McCool, Les King and Peter Hooper and I think they don't look old enough to be Vets. They even have hair, plenty of it and it's not even turning grey either. When the gun goes to start a race, that's the last most of us see of them till the finish, as they all stay close to the leaders.

I suppose the days are gone when Vets like Lloyd Frisby would stand and wait for you to catch him up in the King and Queen of Mt Lofty, so that he had someone to talk to and keep him company over the last two or three kilometres, or Dave Mallet, who would hang back to tell you he would be available to run one of the last three legs, (or all three if we were short), in the Victor Relay and "I'll tell you now in case I forget after the race". So what happened to all our senior Vets? I know from recent social occasions that there are still plenty around. All you have to do is turn out at the next event and show us younger folk what Veterans Athletics is all about, because at 52 years and 10 months, I'm far too young to be the oldest in the race.

Having written that over 20 years ago, Don may have a different view today!

Eugene, Oregon was host to the 1989 World Championships and Ann Cooper was again on the podium with two gold medals (100m, 200m). This was matched by Wendy Ey (100m, Hurdles) and Judy Daly (800m, 1500m). Two years later in Turku, Finland Ann and Judy repeated their feats with Ann adding an extra gold (400m).

The boost which the Oceania Regional Championships needed took place in November 1990, when the 5th Championships were held in Auckland, New Zealand. Entries were received from 869 veteran athletes.

In 1991 AAVAC decided to change the practice of the President automatically being from the State organising the next Nationals Championships. Bryan Thomas of the ACT was elected the first President under the new arrangement.

For more than a decade Ross Martin competed in the National Marathon Championships in Canberra, completing 12 in total with at least one age group win. In 1993 Marcia Sheer, Club secretary won the State half marathon championships having dominated women's open distance running at all distances from 1500 metres. Also that year at the Nationals in Adelaide, a crisis confronted the organisers when two SA athletes, not members of SAVAC, threatened legal action if they were not permitted to compete. They were eventually allowed to, but since then the entry form has been changed to avoid this problem. This competition also reduced the age for all entrants to 30.

1993 saw a sad day for the SA Vets when Hal Thomas was banned from competition for four years having tested positive to a banned substance (which he claimed to have used to speed up his healing after undergoing a hernia operation) at the Stawell Gift earlier in the year.

A small band of SA Vets ventured to Miyazaki, Japan for the 1993 World Championships with Ann Cooper once again returning home with two gold medals (100m and 4x100m). An even smaller band went to Buffalo, New York for the 1995 World Championships. However, Ann Cooper won three golds (100m, 200m, 400m) and George White two golds (5k and 20k walks).

Late 1996 saw another black day for the Club when our participation in the Bay Sheffield Carnival hit a hurdle. The South Australian Athletic League has very strict competition rules and in the 1996 competition one of our sprinters had an altercation with the starter resulting in our Club being banned from the competition and being absent from the event for nine years.

On the National scene a winter throwing championships was begun and has run every year since. Fred Pash and Lesley Dawson have been stalwarts at this competition.

In Durban, South Africa for the 1997 World Championships, Ann Cooper won her customary two gold medals, but it was Anne Lang that won a few hearts. Anne came eighth in her 800m having fallen and broken her arm in the race. She then went on

to come tenth in her 1500m and won a silver medal in the 4x400m relay – both with the broken arm.

From 1992 to 1998 Bev Lucas completed an amazing feat of seven straight National Marathon Championships wins and also set a new world record for the distance in the Gold Coast marathon in 1997.

The late 1990's saw the Club begin to get its house in order regarding administrative policies with the development of Sun-Smart and Smoke-Free Policies. This worked to the Club's advantage in that we received our first grant of \$1000 for a shade tent.



**The last Vets Track and Field Championships at Olympic Sportsfield**

## **SEARCH FOR A HOME**

Since its formation, the Club had struggled with its identity and reasoned that it would be strengthened by having its own Clubhouse. As early as the April 1976 Annual General Meeting the committee agreed to make enquiries about accommodation for the Club. At that time the State Government and Adelaide Council could do nothing to help.

In early 1981 Wally Beames proposed the purchase of the ANZ Bank staff sporting clubrooms on Goodwood Road just south of South Terrace, which had come up for sale. (They had an associated grass oval equipped with floodlighting.) The committee called for all members to subscribe to interest-bearing units of a Unit Trust in order to raise a sizeable deposit towards the purchase price of \$30,000. While the ANZ building went to another party it was heartening that hundreds of dollars were pledged by members and a steering committee of Wally Beames, Rodger Barber and Hal Thomas was established to look further into buying a property.

The whole process was slow and the next significant move didn't occur until 1988/89 when discussions took place on possibly locating a transportable Clubroom at Olympic Sportsfield. The cost was to be about \$7500 for a two roomed 12m x 6m transportable from Adelaide City Football Club but the following year these efforts failed, largely due to Burnside Council requiring a "no buildings" clause in its contract with the SAAAA.



In June 1989 two options were identified for a Club headquarters in the South Parklands. In one case it would be necessary to buy the building but the other would be available on a shared basis. ASA's Kathy Edwards was also a member of the Hockey Club and provided a conduit for discussion. In August 1989 an absolute majority of members present at a meeting voted to go ahead and buy the SA Women's Hockey Association Clubrooms just west of Peacock Road (Park 21) at a purchase price of \$8,000.



#### **The grand opening of the Clubrooms**

The October 1989 newsletter stated "We have bought the Clubroom building". In November 1989 the SA Women's Hockey Association accepted \$8,000 in full payment for the Park 21 Clubrooms and they were immediately placed on the asset list with a grand opening taking place on December 31<sup>st</sup> 1989.

It would appear from the correspondence on file and the fact that the Clubrooms were immediately regarded as "an asset" that at the time many people thought the Club was "purchasing" them. Minutes of a meeting support this stating -"We have to ask the SA Women's Hockey Association to inform the Adelaide City Council that we do in fact own the Clubhouse".

Even in June 1990/91 when lease documents were received from Council it appears that the thinking was we purely needed a lease to keep the property we owned, on the Council land. Meeting minutes also state "The use of the Clubhouse does not come under the Councils conditions of the lease for the use of the grounds. The Clubhouse is the property of the Veterans Athletic Club". Even in 1995, meeting minutes recorded "We can't lose on the Club shed – it doesn't depreciate, we get back what we paid - \$8,000 plus improvements"

With the Clubrooms now established, there came a desire to create a self-contained unit by developing a grass track alongside the Clubrooms. In late 1989 estimates to put in a grass track were about \$30,000 and negotiations began with Council to develop an eight lane track, possibly in conjunction with Annesley College.

Initially Council was prepared to dump soil and level it and the Club would put in irrigation piping and grass ready for the winter 1991 rains. However, it was July 1992

before the track had been top-soiled and graded by Council and the final design of the watering system finished. At that time the Club was negotiating with Annesley College to use an existing bore which had been discovered in the SE corner of Park 21.

In 1992 the track needed to be raked and "stone picked" and the weekend of September 26<sup>th</sup>/27<sup>th</sup> was set aside for the installation of the watering system. By 1993 Annesley College had completed sinking, casing and testing of the bore next to the Clubrooms, having spent some \$8,500. They considered that a further \$3,500 was required to make the bore operational by supplying and fitting a pump and connecting to power. Understandably they wanted a contribution from SAVAC and the committee suggested that \$4,500 be paid over a three year period. Subsequent communications suggested they were looking for half the costs i.e. \$6,000. Estimates with the committee had suggested another \$3,000 to \$4,000 was required to complete the grass track and this recommendation was taken to the 1993 Annual General Meeting. No decision was recorded from the meeting.

In April 1994 optimism was still apparent as it was stated in the newsletter that "when the bore is tapped we can seed".

The Annual General Meeting of 1995 recorded a commitment to "an all-out effort to finish the track" but in November that year quotes for required supplementary irrigation were considered too high. The Club would need to do this irrigation itself. This supplementary work (now planned for February 1996) was necessary because the ring main was too small to take the extra sprinklers required. By May 1996 it was suggested that the track be reduced from eight to six lanes in order to save money and in November considerable concern was raised regarding the viability of the track and the ability of SAVAC to maintain the commitment. January 1997 saw the committee begin to look at alternatives to grass for the track and in July at the Annual General Meeting the President recommended quitting the present position but that further discussion should be left to the incoming committee.

At the 1998 Annual General Meeting, after eight years, it was admitted that the track was a stalled project. This final realisation ended a period of declining membership and a considerable percentage of the Clubs funds being expended.

While there may have been members who knew that we hadn't actually purchased the Clubrooms, this appeared to be forgotten and in 2002 a bombshell hit when it became apparent in discussions with Adelaide City Council that we only leased the building and the \$8,000 purchase price should have been regarded as "goodwill". The building should never have been placed on the asset list. Indeed not only was it put on the asset list but it was appreciated over years and in 2002 was in the Club accounts at over \$15,000. Reality set in when we were approached by Council with a request to consider vacating the Clubrooms in favour of other (larger) sporting organisations. While initially annoyed at learning that we didn't own the building and also that we may have to move, the idea took on a positive slant. Having Clubrooms was good but they were not convenient. They were across the tram line from the only venue close by that we used in winter and were basically only used 3 or 4 times a year. They were difficult to keep clean and David Padget was constantly organising teams to paint over graffiti.

Having Clubrooms also proved a disadvantage in terms of our records. Most correspondence, general filing and copies of newsletters were “stored” there. Unfortunately this storage was not very good and much of our history was lost to water damage, vermin and straight loss.

We finally lost the lease on the Clubrooms on 31st March 2003. What equipment we had for summer competition was transferred to a container purchased and placed on site at Santos Stadium. At the same time, with Council backing, we arranged a sub-lease with the Electric Light Cricket Association for the use of their Clubrooms in winter. This continued until March 2005 when a sub-lease was agreed with Adelaide Harriers.

When the Clubrooms were vacated, the author salvaged as much of the Club records as possible and they are now held safely in files. Club newsletters have been collected into an almost complete set thanks to some members retaining old copies. At the time of writing only a few are now missing.

## **RESURGENCE (1998 TO 2005)**

The resurgence of our Club coincided with a renewed interest in athletics, with the forthcoming Olympics in Sydney providing part of this new found vigour. Other stimulants came in 1999 with the Australian Masters Games held in Adelaide and there was also new enthusiasm in the City Bay Fun Run.

With the opening of the new track at Santos, the Club was able to hold its Club Championships there in 1999.

As far back as the meeting of 25<sup>th</sup> June 1994 Glynn Boyce had said “We have been going for 20 years and we do not have our own competition. We should aim for regular competition. No one wants to come last in ASA competition.”

Glynn reflected that from a beginning in 1971, we used to exist as a Club, with our own events (both competition and social) with in the early 1980s, over 200 members. When Des Paul took on the role of President in 1987, while totally committed to athletics, he was also the President of Adelaide Harriers, the Distance Runners Club, the chairperson of the ASA Winter Road and Cross-Country committee, and of a number of other athletics associated organisations or events. As a result Club involvement in those areas replaced the earlier Club-organised events and SAVAC had teams in the ASA winter and summer Inter-Club competitions.

During the 1980’s and 1990’s we gradually lost members, from death, inter-state movement, disillusionment with the decline in Club activity, or dissatisfaction with competition in Inter-Club events. These events had qualifying standards beyond many members’ abilities, and there was the possibility of a 20 year old fellow-entrant running a 56 second 400 metres against a Vets 62 to 72 seconds or slower. By the late 1990’s, Club membership had dropped to well under half its maximum.

The thinking from the mid 1990’s was basically that although numbers were still down, it was the start of the “new Club”. The Club underwent a metamorphosis

during the period of 1996-1998. Three people, in various ways, were primarily responsible for this change.

- Len Childs – the then president of AAVAC
- Glynn Boyce
- Frank Rogers

Encouraged by Len Childs, Glynn as Vice President continued advocating events for Club members. In July 1996 David Janssan was elected as Club President and Glynn as Vice President. Glynn was then the main force organising the first activities for years which catered specifically for Club members. Entrant's best times were used as a basis for handicaps, or the WAVA age-graded performance tables were used to determine event placings. Two meets were held during the summer of 1996/1997.

While the seed was there, change was slow. What turned out to be one of the key developments involved the race walkers. Jack Weber and Colin Hainsworth had been dissatisfied for some years with the Walkers Club, in that they did not cater for the needs of veteran age walkers, both in the distance of the walks provided and in starting times. The older walkers were finishing long after all other competitors had finished, socialised and gone home. Jack had tried in the early 90's to organise separate walks – but failed. `

An alternative walking group was eventually formed in an unintentional way. In 1994 ASA increased its fees by 33% and because ASA offered little to older walkers Colin refused to pay the increased ASA fees, which meant that as membership of ASA was a prerequisite for membership of the Walkers Club he could no longer compete with them. While Jack was a life member of ASA and therefore had no problem with this issue, he refused to enter Walkers Club events because of a disagreement with their Club President. Geoff Peters and Geraldine Waites were not members of the Walkers Club and it was suggested therefore that the group should meet on a Saturday afternoon and arrange their own walks. Ruth Weber was of course, crucial to this venture, providing all the support – starting, judging, time keeping, afternoon tea and 'keeping an eye' on everybody during the walk.

So in 1995 the walkers group began. Whilst there was no formal structure, a pattern began to emerge. Colin took on the position of guiding the group including drawing up the programme, Ruth provided the support, Jack took care of the handicapping, Geoff took responsibility for marking out the courses and a little later, Geraldine looked after the funds when Jack and Colin began the still continuing tradition of regular prizes.

More courses were needed and with this in mind Jack, Ruth and Geoff marked out a course at Peacock Road, commencing at the corner of Unley Road and South terrace, which was referred to from then on as the 'Green Dragon' course after the pub across the road from the start. The start soon moved to Peacock Road and the Vet's Clubrooms were used for toilets and afternoon tea. This course still forms the basis for one of our main winter venues.



On 17<sup>th</sup> August 1996 - a cold, windy afternoon, Geraldine Waites arranged an 8k walk near her home at Lonsdale. Colin Hainsworth won the race, Geoff Peters lost over three minutes to a "pit stop" and Jack Weber was last seen heading down the highway towards Adelaide. Jack was well known for getting lost! One 'Vets' Host day at Phil Afford's place at Sandy Creek, Jack got lost and was heading for the Barossa Valley, people in cars were searching everywhere before he was found as it was getting dark.)

On one early occasion Jack announced that he and Ruth would be unable to attend the following week and therefore the walk should not be held. Colin pointed out that the meet should be held even if only one person was able to be there, because if any one new turned up and found no one there, they may not come back again. This concept was adopted and continues to this day.

The group continued to grow and they became concerned by the problem of insurance in case any of them or a member of the public was injured. The simple solution was for the group to become part of the 'Vets' Club (some were members already). As a result of this in 1997, Glynn asked Colin to become a member of the committee, representing the walkers. The 'Vets' Club did not have a winter programme at that time. However they supported the walks and some of the runners turned up to help.

Glynn Boyce was elected Club President in July 1997 and together with Frank Rogers remained determined to organise regular events for all Club members. By this time the walking group was officially under the "umbrella" of SAVAC, and Glynn, Frank and some of the committee prepared a set of Saturday running events, using the same venues, courses, times and dates as the walking group. After at least 10 years with no organised Club events (save the few which were part of the ASA winter programme), the response by members would be a total unknown, but it was resolved that the events would be conducted on the same basis as those of the walking group, i.e. be there as organisers, and run, even if no one else came for weeks! It worked, with an initial response of 10 entrants in May 1998, growing to 20 entrants by August 1998, with a total of 40 walkers and runners competing over the same course.

This initiative was not without its critics of course who maintained that we shouldn't do it as it conflicted with the established athletics of ASA.

For many years our Club had gone nowhere because priority was given not to the majority of members, but rather to the minority that were still members of ASA and other Clubs. In the July 1998 Newsletter Glynn said "For many years now our Club has consisted of unconnected groups training independently of each other with very little contact, meeting only four times a year. These Saturday afternoon events have been adopted in the hope of somehow getting the Club to coordinate as a single unit. They provide the opportunity for members to catch up with each other and discuss the usual topics that veteran athletes discuss – injuries, training, injuries, times, injuries, and miracle cures for injuries. Reminiscing about former glories is high on the agenda as well".

In a big move Glynn also approached ASA for their approval for the Club to conduct track handicapped events for Club members at Santos stadium in the summer of 1998/99. The Club canvassed members for their interest and event choices, in order to present a tentative programme of events to ASA. Club events would have to be conducted in the intervals between the ASA events. At that stage only runs, walks, shot and discus were available.

On 18<sup>th</sup> January 1998 the Jim Liascos Memorial Meeting was first held. Jim joined the Club early in its history (1973) and was a close training colleague of David Janssan. In January 1997, on a very hot day Jim was doing 100 metre run throughs when he suffered a fatal heart attack. David donated a perpetual and annual trophy in Jim's memory, to be awarded to the best age graded 100 metre runner on the night of the Memorial Meet. SAMA subsequently introduced a further annual award for the best age graded performance in all other events on that night. In 2010 these trophies were replaced with trophies for each of the disciplines – sprints, runs, walks, throws and jumps.

Sandra Kramer in 1999 was blitzing the walking fields with National records in the 3km, 5km, 10km and 20km events and a World record in the 20km. The same year saw Ann Cooper take out SA's first AMA award in the Sprints category.

Over in the UK at Gateshead for the World Championships, Ann Cooper again won two gold medals, winning the 200m in world record time. Anne Lang also brought home gold from the 4x400m relay.

Along with significant change in competition for the Club, the social side was developing also. Whilst there had been some very successful presentation nights, often as dinner-dances and the odd pub dinner and occasional weekend away, Helen Suridge was the main player in firmly establishing a social program.

In 1999 the tradition of a "tennis" day at Belair National Park began. Over the years the amount of tennis played has varied from moderate to minimal, but the accompanying BBQ and wine tasting persisted until 2007. Also in 1999 the first Christmas function was held at the home of Valmai and David Padgett. The tradition continues today, now held after the last competition day of the year at the Adelaide Harriers Clubrooms.



**Helen Suridge**

Training weekends away started in 1999. While the true nature of the "training" may be questioned it was openly admitted as a front, when in 2002 these weekends became truly "social" weekends. Helen Suridge annually creates a magnificent weekend away. Melrose, Mannum and Normanville have seen some great socialising interspersed with some semi-serious bush walking thanks to Arthur Jones. Pack runs in the morning still occur for some, but in most cases are at a leisurely pace. Some years they had to be because of the previous nights socialising (remember Sandy Brunner's "rocket fuel" at Melrose in 2003!). Just to keep everyone

mentally alert the author has tried to provide a stimulating if not totally frustrating quiz to bend people's minds during dinner.

The year 2000 saw the last of the Vets Host days and this was probably the year that the Club moved from full membership of ASA to the status of Specialist Club. This year also saw Peter Sandery win South Australia's second AMA award, taking out the category of Most Outstanding Athlete.

**Newsletter May 2000 -Public Notice No 1**

I wish to advise that I have finally made the victory dais at an AAVAC Championships. This feat was achieved in Hobart recently when I thrashed most of the field and finished 3<sup>rd</sup> in the M55 100m final.

I have photographic proof of this and if anyone would like a framed copy for their archives please contact me.

Peter Dunham

By the summer of 2001 ASA no longer had Interclub events on Wednesdays and therefore a larger programme was adopted including all field events except pole vault and heavy weights. ASA Wednesday Interclub was replaced with their Social Athletics – an attempt to bring more “fun runners” etc. into the fold. Frank Rogers, Brian Wyld, Joe Stevens, Bob Cruise and Pat Peters kicked the process off and SAMA ran the program for several years before its demise.

At the 2001 Annual General Meeting the club changed its shorts from red to navy blue in response to the difficulty in finding red shorts. This meeting also officially dropped the word “Amateur” from the Club constitution. Later that year a Special General Meeting ended the name SAVAC and ushered in the era of Masters with our name change to South Australian Masters Athletics Inc. (SAMA). The newsletter subsequently became the SA Masters News.

“At last there was a feeling that the Club was on the move again.”

In March 2001 Glen Powell, with the help of Brian Wyld and others, suggested a 30 year reunion and this was held at Santos on 13 October 2001. This get together of over 150 people was addressed by Bob Clarke, Des Paul and Glynn Boyce who shared their memories of the early days of the Club. For those still active, a program of 100m, 3k walk, 3k run, long jump and shot was keenly contested. The 3k events were advertised as a “come and have a jog around” and while some thought this was a good idea, after they tried a couple of easy runs – they thought better of it.

As the current talents of some people were unknown, this may well have been the first time the Club used “Turkey” handicaps in the 3km run and walk. Jill Rogers took pride of place for the day with her time in the 3km walk being within one second of her estimate. She was closely followed by Fred Brown and Peter Sandery on two seconds. The races were followed by a “legends” lap of honour led by former Club officers before the official ceremony took place in the function room where memorabilia and photographs were displayed. Blasts from the past in attendance included Reg White, Bob Auld, Rowly Ferris, Phil Afford, Ray Beaumont, Aileen Brooks and Ross Blanchard.



### **On the start line for the 3000m**

Later in the year at the World Championships in Brisbane Ann Cooper's athletic resume finally had a hiccup when she won a silver medal. Ann's World Championships career began in 1987 with a gold and a bronze medal but from then until 2001 Ann was unbeaten – winning gold in every championship. Actually Ann won two silver medals in 2001 – and another gold - of course. Hans Van Bavel won our only other gold in the 4x400m relay. Sixty two SAMA members went to these championships in Brisbane which was a tremendous effort representing approximately half of our membership at the time.

Significant events occurred in 2002. The holding of the very successful 30<sup>th</sup> Nationals in the new Santos Stadium, Adelaide – they were the first to be known as the Australian Masters Athletic Championships. SAMA members won 66 gold, 66 silver and 52 bronze medals.

The year 2002 was the first year of the National Multi-Event Championships – but to date, no SAMA members have attended.

With a new millennium, the Club began to move both technically and administratively to support the now regular and growing competition. The author joined the committee in 2001 as Registrar and immediately began the process of upgrading the Club's systems. By handling the administrative and support roles more professionally, the running of athletic events could be more efficient and enjoyable for all. The first computerised database for Club membership was established and to protect both members and the committee, various policies and other documents were developed over the period 2001 to 2005. These included a Hot Weather Policy, Privacy Policy, Anti-Harassment and Discrimination Policy, Club Rules, a Risk Management Plan and a Strategic Plan. (These policies were to form the basis for the AMA policies and the Risk Management Plan has been fundamental to the Club's participation in Masters Games, the AMA Championships and various fun runs.) The No Smoking and Sun-Smart Policies were also revised. All committee members were required to produce job descriptions to ensure all necessary functions were covered and to make it simpler for new members of committee to take over.



As well as documenting the development of all SAMA records since inception the practice of issuing State Age Group Record certificates was begun.



**Sue McRae in full flight**

In the early years of this century the Club actively sought funding for equipment and was successful in securing over \$20,000 from the Office of Recreation and Sport, the Department of the Ageing, the City Bay Trust and the Adelaide City Council. Further funding for the Club came from its involvement in the 2005 and 2007 Australian Masters Games, and the 2007 World Police and Fire Games which collectively returned over \$10,000.

While joining the committee in 2001 the summer of 2002 brought John Hore and his computing skills to competition nights. John's program for handling entries and results has been a major factor in the efficient running of Wednesday night competition.

Late in 2002 a container was purchased and placed on site at Santos in preparation for having to leave the Clubrooms on the South Parklands.

In 2003 with growing concerns about member safety and public liability insurance, the decision was made to eliminate all road courses from the Club's winter program. With growing numbers and the need for parking and toilets, the availability of suitable, safe winter courses had become one of the Club's biggest concerns.



**John Hore**



**Miriam Cudmore**

After some 30 years the Club singlet was replaced in an attempt to modernise the look of the Club. While the new singlet was well received it was still not the style the Club was looking for so in 2006/7 university students

were engaged to look at our image and come up with suggestions for a total makeover of our uniform, logo and stationery. In 2007 the current design by Gary Seaman was chosen and most would agree the Club now has a truly modern look.

The 2003 World Championships in Carolina, Puerto Rico saw only Peter Sandery and Bob Pearce making the trip. Peter won gold in the 5000m.

Probably one of the most important decisions the Club has made in its history was the engagement in 2003 of Sports Trainers to provide first aid services at all of our competitions. The insurance these people provide is of immense value and the respect that they deserve was demonstrated at the 2009 Nationals held in Adelaide where their work was so highly regarded that the organisers of the WA Nationals in 2010 agreed to pay the cost of having our Sports Trainers cover first aid for them in Perth.

In 2005 the same starter of the Bay Sheffield Carnival that resulted in the Club being banned from the event in 1996, approached Brian Wyld with the possibility of our Club being welcomed back. Rapid negotiations and the securing of two sponsors saw us back in that December and the Club is proud to once again be part of this important event on the athletics calendar.

There were many notable performances during the 2005 championships in Brisbane. Ann Cooper achieved the highest age graded score of 102.55% in her 100m race. Hiromi Tanikawa seemed to be in everything, competing in eight events. Valmai Padget's legs broke the sound barrier in the 100m to achieve her 3<sup>rd</sup> place. Husband Dave made the most of a combined M65+ and W30+ race, chatting to several women as he ran his 10000m track race to win one of his gold medals. It was generally acknowledged that Peter Dunham's best performance was in presenting the medals for the women's 4x100m relay with twelve women to kiss in each age grouping (or was that groping?)



**Valmai Padget with her chosen training elixir**

### **Newsletter Dec 2005 -Do Walkers burn as many calories as runners?**

The generally accepted theory is that runners burn more calories than walkers per set amount of time but they burn the same amount of calories if they cover the same distance.

It's all to do with moving a set mass over a set distance. However recent studies have shown that runners do in fact burn more calories per kilometre because of the extra energy required to effectively jump from leg to leg (i.e. work against gravity). The extra effort results in up to twice as many net calories burned by the runners.

Further, rather than just consider total calorie burn we should consider net calorie burn. To do this you have to subtract the resting calorie burn from the activity calorie burn. When this is done the runners actually burn four times as many net calories as walkers over the same distance.

Now that the runners feel good about themselves, further studies have shown that this only applies to walking speeds slower than 7.5 minutes per kilometre. Because of the strange ways walkers move, considerable inefficiency and internal friction is developed which boosts calorie burn. So for most of our walkers it seems the argument has come full circle and you probably do burn as many calories as runners.

*Summarised by the author from articles in the US Runners World magazine*

### **Newsletter December 2005**

In case you wonder what a "Centurion" is in athletics, this is the name given to those hardy souls who can walk 100 miles in 24 hours. Deryck Skinner achieved this at the recent Sri Chinmoy 24 Hour Championship held in Adelaide.

The following is from the Sri Chinmoy website:

Deryck Skinner's performance may be the most outstanding of all in this extraordinary race. His achievements for the 24 Hour walking are so good he has also set **new records for running**. In the course of the race, Deryck achieved the following Australian records for the M70-74 Age Group. Walking: 50 miles, 12 Hours, 100 km, 100 miles and 24 Hours. Running: 100 km, 24 Hours and 100 Miles. The 24 Hour walk and 100 mile walk are also World Track Records in the 70-74 Age Group.

Deryck also becomes the oldest debutant ever in the world to walk 100 miles. He also becomes the only Australian in the 70-74 Age Group whether running or walking to exceed 100 miles in 24 Hours. He becomes Centurion Number 51.

Deryck's records for the 100km, 100 mile and 24 hour runs were all previously held by the late Cliff Young so that is no mean achievement. As a "Centurion" he joined the ranks of other SAMA top walkers, Geoff Peters, and the late Jack Weber and Tim Thompson.

Deryck's achievements were capped by his receiving the 2005 AMA award for Distance events.



SAMA had a small contingent of seven making the trip to Spain for the 2005 World Championships. As usual at these World Championships Ann Cooper excelled and won both of her events. Anne Lang also picked up gold in the 4x400m relay.

## **CONSOLIDATION (2006 TO 2014)**

### **Newsletter April 2006 quoting The Australian of March 21<sup>st</sup>**

"It (race walking) retains the stigma of something to do when you discover everybody else around you are faster runners. To understand the sport it is best to think of yourself caught short and making a dash for the toilet but attempting to keep some dignity about it."

The development of systems both administrative and technical in the first few years of the century saw a more consistent and enjoyable competition develop and our membership grew accordingly. In the 2006/7 year our membership at last surpassed that of the 1980/81 previous heyday of the Club.

Building on a solid base the Club has consistently built up the variety in competition and in our Championships with all events now being offered except pole vault, and even that is available should interest be shown.



### **What really happened in Mannum 2006?**

The year 2006 saw the establishment of the SAMA athletic awards to mirror those of AMA, based on age graded data from all scratch events to enable selection of winners. The inaugural awards were made in 2007 for results of the previous calendar year. Deryck Skinner and Lyn Peake took out the top awards of Most Outstanding Male and Female Athlete. (Full details can be seen in Part Three.) This is the first time in many years that our top people have been recognised. Back in 1977 Jean Beaumont donated a trophy "Clubman of the Year" to be for outstanding service. Winners that can be found were as follows:

1977 Rowly Ferris  
1978 Dave Mallett  
1979 Bill Fisher  
1980 Lloyd Snelling  
1981 Al Digance  
1982 Steve Halupka

1983 Don Parker  
1984 Bob Auld  
1985 Wally Beames  
1986 Bob Clarke  
1987 ?  
1988 Paul Boyce



While none of the new awards are in the same category they do recognise outstanding achievements for the year.

A trifecta of AMA awards started in the year 2006 seeing Frank Rogers take out the Administrator/Official category. This was followed in 2007 by John Hore and in 2008 by George White. Ann Cooper took out her second award in 2007 for Most Outstanding Female, and Peter Sandery took out his second award in 2008 for Middle Distance.



**Margaret Fabbro, Pat Peters, Betty Edwards and Gwen King our Wednesday night stalwarts**

The highlights for SAMA in the 2007 World Championships in Riccione, Italy, included Ann Cooper's convincing wins in the 100m and 200m and Peter Sandery's dominant win in the cross country. The walk judging was particularly savage with over 25% of entrants being disqualified in one race.



**David Janssan**



**Lyn Peake**

The SAMA Awards, awarded for the year 2007 saw Peter Sandery and Ann Cooper take out the Most Outstanding Athlete categories.

While a good group of SAMA members enjoyed the 2008 Oceania Championships in Townsville, the championships turned out to be a farce for the walkers with particularly over-zealous judging (and apparent lack of knowledge of the applicable rules). In one of the men's races, 10 out of 16 were disqualified. Overall, in all races the women lost 8% and the men 45% to disqualification. In addition, the road walk course was rougher than the cross country course in places.



**Frank Rogers and Norm White enjoying the half marathon at the Townsville Oceania Championships**

In 2008 Peter Sandery and Bob Pearce became the first SAMA members to compete in a world indoor championships at Clermont-Ferrand, France. Peter took out gold in the 3000m.

#### **Newsletter June 2008**

Heard at the track. Un-named female athlete: "I am looking forward to my birthday. I will get a different set of balls." I think she was referring to the metal variety used in field events.

In 2008 SAMA took over full control of the Two Jetties fun run (along the beach from Glenelg Jetty to Brighton Jetty and return) held each Boxing Day. What better way to shake out the excesses of Christmas Day – fresh sea air – exercise and a great chance to win random draw prizes. The race is organised as part of the Bay Sports Festival. Over the years it has been a good fund raiser for us.



**Start of the Two Jetties Fun Run**

Voitek Klimiuk and Ros Lowe were the recipients of the SAMA Awards for the 2008 Most Outstanding Athlete categories.

The Nationals came to Adelaide again in 2009 and another successful Championship was held with competing numbers up significantly on 2002. These Championships were also a significant financial success. SAMA members (124 of them) won 65 gold, 92 silver and 82 bronze medals. Peter Sandery, Matt Staunton and Fred Pash had five golds each and Anne Lang four from four events. Matt Staunton had eight medals in total, leading the way from Fred Pash (seven), Peter Sandery (six) and Miriam Cudmore (six).

Australian Masters Athletics introduced a "Hall of Fame" in 2009 which is to honour those athletes who have been outstanding in their Veteran/Masters history. Their achievements were made at the top level and over a period of many years. The first of these awards were announced at the Dinner for the 2009 National Championships and Ann Cooper was one of the inaugural three from throughout Australia approved for nomination. Ann of course is an outstanding athlete and during her many years of competition at local, national and world level has remained as the undisputed World Champion. Ann's nomination noted five world records, 21 Australian records, and 39 state records and during her career at the World Championships Ann has won 20 individual gold and 1 bronze medals.

While AMA had been holding its winter throwing championships since 1996 Fred Pash and Lesley Dawson were regular SAMA representatives beginning in 2007. In 2009 Lesley concentrated on the weight throw, 56 and 100 pound weights finishing 1st in the three events and setting new Australian Records for the 56lb throw and the 100lb throw.



**Lesley Dawson**



In the 2009 World Championships in Lahti, Finland, four SAMA members competed with Lyn Peake being the most successful with two silver medals. Peter Sandery picked up a bronze and he and Bob Pearce won team gold medals.

While twenty three SAMA members competed at the 2009 World Masters Games in Sydney bringing home many medals particular mention must be made of a potential International incident. Fortunately a very kind Victorian prevented this by offering Leigh Smith a spare pair of shorts. Leigh had forgotten his and was lined up ready for his road walk in his underdaks – not a pretty sight!

**Voitek Klimiuk**



The 2009 Bay Sheffield carnival saw SAMA given three events and for the first time the ladies had their own 120m race with Miriam Cudmore taking out the honours.

In the spirit of continuous improvement SAMA introduced the use of electronic timing for the scratch nights in summer 2009/10. This allowed our sprinters to make serious attempts at records.

Early in 2010 at Santos, in a marvellous solo effort, Mark Worthing, Richard McMahon, Jonathon Wheatland and Kris Wolszczak set an Australian M45 4x800m relay record of 9.02.



**Richard, Mark, Kris and Jonathon after the race at Santos**

The year 2010 saw the start of two new perpetual trophies which are now the only ones competed for in the Club. For many years the Pat Peters and Jack Weber trophies were awarded to handicap walker's races. These have now been re-established as the Pat and Geoff Peters, and the Ruth and Jack Weber trophies in recognition of the tremendous influence all four have had on the Club. They are awarded to the Most Outstanding Male and Female Athlete in the annual SAMA Awards. Inaugural winners for the 2009 year were Peter Sandery and Miriam Cudmore.



At the Perth Nationals in 2010 Dennis Peck (M75) led the way with 6 golds; each sprint from 60m to 200m as well as the and long, high and triple jumps. A silver and two bronzes gave him 9 for the meet. Cassie Neubauer (W30) also picked up 9 medals, gold for 60m, 5 silver, and 3 bronze. Colin Hainsworth (M80) picked up 3 golds for 1500m, 5km and 10km walks.



**Dennis Peck**



**Cassie Neubauer**

### **A Wyld 800m at the 2010 AMA Championships in Perth – Peter Sandery**

Those of us who know Brian Wyld know that he is a very nice guy, a top bloke, always willing to help out wherever he can, a person who encourages other runners. Brian competed in several M70 age group events in the 2010 WMA Championships in Perth, including a memorable 800m race. There are probably many versions of how this race unfolded, but I'll just give two.

The officials had managed to get the program running a little ahead of time when the 800m races started. In Brian's M70 race, the competitors were called onto the track some minutes before the official start time. In the field of 8 runners, Brian was allocated an outer lane. When the starter's gun went, Brian generously gave the entire field at least 30m start before he gave chase. Clearly, he fancied his chances and had decided that a challenge would motivate him to produce a winning result. As one of the field, Alan Bradford, is the current World M70 champion over 800m, those of us watching the race thought that this was a bold strategy indeed, but we admired the spirit of the gesture. At the 550m mark, Brian's exceptional (some might say manic) pace had him moving through the field and he looked a good bet for a medal at 580m. Unfortunately, it was an 800m race, not 600m and at this point in the race Brian went back out of the pack faster than he had just moved through it, finishing a little unsteadily down the home straight with a good view of the other 7 runners.

Version 2 differs from the above in a few (minor) details. It starts the same way with the runners called to their lanes on the track. After a couple of minutes, with the officials making no move to start the race, Brian asked a nearby official, presumably the start marshal, how long it would be before the race would start. He claims he

was told, "two or three minutes". He stepped off the track and walked across the grass to the nearby shade shelter, about 20m away, to get a drink. He was thus engaged when he heard the starter's gun go. With his competitors surging away Brian sprinted back to the track and set about trying to catch up. The rest of the race story is as above. After the race, Brian lodged a protest that the start marshal should not have let the race start with him off the track. The officials considered the situation and subsequently disqualified Brian for not staying in his lane for the first 100m as required by the rules.

A DQ against his name was not the result that Brian had hoped for, but this race will be remembered, a tale that will be retold wherever Masters 800m runners gather, part of the folklore of the AMA Championships. As a postscript, Brian was very attentive to start procedures in his subsequent races – who said you can't teach an old dog new tricks?

### **June 2010 Newsletter - Dave Robertson**

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other – body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

Again Peter Sandery and Bob Pearce represented SAMA at the 2010 world indoor championships in Kamloops, Canada, with Bob taking out his first world medal (bronze) in the M50 4x200m relay team.



Ten SAMA members attended the Oceania Masters Athletic Championships in Tahiti in 2010. Weather conditions were testing with high temperatures and very high humidity especially in the morning. The road walk, half marathon and cross country were held in the early morning with the very high humidity and this was reflected in the times. While the track was hot it didn't seem to affect times too much even if it was very uncomfortable. As usual Norm White took out the Iron Man title by competing in 10 events plus two relays. However Loraine Baron wasn't far behind with eight events and one relay.

**Norm White**

Best performers were Peter Sandery with a clean sweep of his events with six golds, followed by Sue McRae five golds (and one Oceania Championship record), and George White – three golds (and two Oceania Championships records and two bronze).

This year saw the start of a National half marathon championship in Hobart. Steve Guy represented SAMA and won gold in the M55 division. The 20 km road walk was also separated from the Easter track and field and will in the future be held as a separate National championships.

History was written in SAMA's events at the Bay Sheffield in 2010 with Bob Steele winning the men's 120m handicap. Bob won the main Bay Sheffield event in 1946 – some 64 years earlier.

Trying times came to SAMA in the summer of 2010/11 with the closure of Santos, the only synthetic track in Adelaide - for replacement of the track surface. Competition was held at the Enfield grass track, north of Adelaide and resulted in a significant drop in both membership and competitor numbers. Membership numbers were expected to be down following a Nationals year but the move to an outlying grass track compounded the issue. Competition began back at Santos with our State Age Group Championships in March.

#### **Competing at the Enfield Track**



Norm White and Cassie Neubauer were the winners of the Pat and Geoff Peters and the Ruth and Jack Weber trophies for Most Outstanding athletes for 2010.

Twenty four SAMA members made the trip to Brisbane for one of the biggest Nationals in Years (over 600 entrants). They brought home 17 Gold, 26 Silver and 16 Bronze medals! Cassie Neubauer led the medal count with five Gold, four Silver and Bronze.



**Marie Maxted**

**Hayden Harrell**





Lyn Peake was probably the star performer! After being narrowly beaten into the Silver position for the 60 metres she dominated the 100m, 200m and 400m for Gold and picked up a Bronze in the relay. Best individual performances were Allan Mayfield's convincing win in the M60 Steeplechase in which he took over 17 seconds off Brian Wyld's previous record, and Anne Lang's Steeplechase win which broke the W65 Australian record.

Hayden Harrell took out honours for the SAMA Iron-man by competing in 15 events but was disappointing in not running faster in the cross country so that he could get back for the Track and Field Pentathlon which would have given him another five events!



**John Hore with Bob Clarke's original uniform**

On Saturday 14th May 2011, 125 past and present members celebrated the Club's 40th anniversary at the SA Sea Squadron rooms, West Beach. Special guests were founding members—Bob Clark, Lloyd Snelling, Reg White, Gloria Cubitt (wife of Mike) and

Aileen Brooks (Miller) - the founding member of the ladies Club. Also present were life members, Kurt Postler, Des Paul, Glynn and Paul Boyce, Frank Rogers and Geoff and Pat Peters.

Bob Clark, Elaine MacFarlane, Glynn Boyce and John Hore gave an entertaining and lively run down of the Club's four decade life. Bob, first of the speakers, presented the Club's inaugural uniform (with a bit of poetic licence on the shorts). Elaine MacFarlane, reviewed the 1980's, focussing on the outstanding group of "girls" during that decade - Judy Daly, Sylvia White, Wendy Ey, Ann Cooper, Brenda Parkinson and Margaret Cahill.



**Shirley Wright made the cake**

Next up, Glynn Boyce talked about the reduced membership during the early 1990's, followed by the Club's rebirth. John Hore talked about recent years - the Clubrooms used in the Parklands - the introduction of the annual social "weekend away" - the use of Santos Stadium in the summer season and the membership increase prior to the 2009 AMA Championships. The Day closed with an invite to all past and present members to regroup for the 50th anniversary.



Eleven SAMA members travelled to Sacramento for the 2011 World Masters Athletic Championships. While the organisation of the Championships was not as good as expected it did not stop the SAMA group excelling, bringing home two gold, three silver and two bronze individual medals, three gold and three bronze team medals and two gold and one silver relay medals. In the intense heat those of us at the secondary track, in particular, suffered from a lack of shade and in my case there was a one and a half delay to my event start time. We eventually competed at 1 pm with the temperature exceeding 44 degrees - the worst conditions I have ever competed in. Peter Sandery having recently moved to a new age group was the most successful performer with a gold, two silver and two bronze. In the 2km steeplechase Anne Lang took out gold and Alan Mayfield grabbed silver. Lyn Peak was part of the winning 4x400m relay team that set a new world record



**Alan Mayfield**

### **August 2011 Newsletter – Return to Death Valley - George White**



At the end of this History I include Death Valley as one of my favourite places to run: 30 years on I returned! I got up before 6 am to go for a run and thankfully it had cooled down from 48 degrees the day before - to a mild 34 degrees. Without the sun even 34 degrees didn't seem too bad at first and it was bone dry of course. The beauty of Death Valley is its starkness and isolation. In early morning nothing moves - no wind, no noise from vegetation moving, no animal movement, no birds and no people. The air is crystal clear and the hills cast sharp shadows on the desert floor. All that is there is the odd bit of gnarly old sagebrush. The only thing breaking the silence and stillness is my breathing and my footsteps. Bloody hot—but I still think this is one of the best places in the world to run

At the SAMA AGM John Hore and George White were awarded with Life Memberships.

Whist 2011 had its highlights for athletic performances it was also a sad year in that we lost three of our Life Members – Ruth Weber, Kurt Postler and Frank Rogers – they will all be sadly missed.

In late 2011 the Club defied its "old peoples" status and established a Facebook site for which we have a growing number of "friends".

Peter Sandery and Lyn Peake took out the two major 2011 SAMA trophies for Most Outstanding Athletes. Peter for the third time and Lyn for the second.

The 2012 Oceania Championships were held in Tauranga - a great little town on the Bay of Plenty, New Zealand. From day one our 12 SAMA members competed with

distinction. David Padget celebrated his 80th birthday on the first day with a win in the 5000m. On day two, five SAMA members ran the 8km cross country over a challenging 2km circuit which varied over 18 metres in elevation with two main hills. Even though the course was difficult most competitors rated it as a great cross country course, a course where SAMA picked up four individual medals and four team medals.



**David Padget**

Probably the best effort on day four was put in by Hayden Harrell on the dance floor at the Championships dinner. If medals were awarded for dancing Hayden would have surely have picked one up. Overall Cassie Neubauer was most successful in claiming eight gold and four silver medals (plus another gold and silver in relays).

#### **April 2012 Newsletter -A little light relief !**

Overheard when a member was grumbling about the early start for the Sunday Championship (4 March). "You should worry, I only had time for a dingo's breakfast - a wee and a good look around"

Twenty seven SAMA members went to Melbourne for the Nationals in 2012 – our largest team in years. They brought home 19 Gold, 30 Silver and 25 Bronze medals! This is probably our most successful Nationals away from Adelaide! Lisa Davis was the star performer, winning five distance gold medals and another bronze in the 400m. In the cross country she was the first female home. Lisa also won gold in an unexpected area – the javelin! Sandy Brunner was also outstanding. Having switched from race walking Sandy broke two national records (5000m and 10000m). Anne Lang also broke her own national record in the Steeplechase.



**Sandy Brunner**

In winning three events George White took his tally of Australian Championship wins to 35, overtaking the previous best SAMA total of 32 set by Alex Lampard in the 1970's and early 1980's.

While this large team was in Melbourne, Peter Sandery was our lone representative at the World Indoor Championships in Finland. While an indoor" Championships

there are associated outdoor events. The night before the cross country snow fell and while they did try to clear the snow from the course, they could only reduce it to ankle deep. By race time Peter recounts that there was waist deep snow at the edges of the lanes cleared on the outdoor track for the start and finish - not your average Australian cross country setting! Peter did the Club proud however by winning the cross country as well as picking up two silver and one bronze medal. This takes Peters tally of World Championships medals to 21 surpassing the previous best total of 19 by Ann Cooper.

For some time now the Club has been helping organise the Australian Masters Games when held in Adelaide. In 2007 and 2011 we were major organisers of these events. We have also always helped at the Two Jetties Fun Run held each year on Boxing Day, but from 2008 we took on the full organisation of this event.

This year saw the Club expand this organisational effort to the Country by organising



**Aaron Schenk in full flight in the 100 m**

the Athletics at the Port Pirie Masters Games. Over 40 SAMA members competed in the athletics and the Games Organisers were very happy with how it was organised, making a \$1,000 donation to the Club. Competing on a grass track and throwing from incomplete circles - also on grass, made this an interesting affair but most people enjoyed the friendly competition and it was a great opportunity to show what SAMA can do and how much fun Masters Athletics can be.

All these other events help spread the value of Masters Athletics and also contribute funds to the Club which has helped keep membership fees low.

A Throws Pentathlon competition was held at Santos Stadium in September as part of the Oceania Throws Pentathlon Challenge. The Challenge was run by the New Zealand Masters Athletics (NZMA) as a postal competition and it is hoped this will become an annual event. Four of our members, Bert Anders, Lesley Dawson, Aaron Schenk and Megan Schenk then participated in the 17th Australian Masters Athletics Winter Throwing Championships held in Canberra also in September. Aaron finished first in the M40 Throws Pentathlon.

While this was going on in Australia, Ros Lowe was halfway around the world in Berlin running their famous marathon. Ros has many great memories of this event including the pink porta-loo's, warm sweet black tea at the drinks station, having her



name and country on her race singlet and to top it all – at the 32 km mark a message of encouragement personally for her on a billboard. Finishing at the Brandenburg Gate and with a post run recovery beer – Ros was pretty happy.

#### **Ros at the Brandenburg Gate**



The Pat and Geoff Peters and Ruth and Jack Weber trophies for the Most Outstanding Athletes for 2012 went to Sandy Brunner and George White. This was followed up by Sandy winning the Distance category of the AMA Awards!

Thanks to John Hore we continue to look at ways of technically improving our competition. Over the years we have introduced computers to manage handicaps, web results and more recently, self-entry screens. In recent times we have concentrated on timing systems. Precise finish line times are now captured from the gun start electronically, and recorded on high speed video for accurate times. We also introduced a paper printout stop watch which is started electronically. Close finishes require camera video checks. We can now identify accurate times to the nearest 1/100th of a second.

We also now have a wind gauge which means we can now produce all necessary data to claim National records. The new gauge which meets IAAF requirements can average over, 10 and 13 seconds to cover all sprints, jumps and hurdles. It has an accuracy of + / - 0.01 metres per second.

The summer of 2013 saw the introduction of two new walk events the 1500m and 800m walk. They are the first event each week and were included in the State Championships. While giving walkers a second event each week quite a few runners took the opportunity to give walking a try.

SAMA improved its "insurance" this year by purchasing a defibrillator which is taken out to all our events. While we have had trained first aid for some time now, our members have still been exposed to the possibility of sudden cardiac arrest without proper equipment to deal with it. Thanks to financial assistance from the City Bay Fun Run Trust and a special deal from the Red Cross we were able to purchase

**Last week I ran the 1500 metres in 4:55**



**.... sorry, but that's - de fib !!!**



this unit. It is designed to be easy to use with voice prompts, text prompts, and a display screen with visual prompts providing a simple interface for the operator.



**Karen Long**



**Cherie Gauci**

Thirty-six SAMA members – probably the largest team to compete outside Adelaide – made the trip to Canberra to compete in the National Championships at Easter. Miriam Cudmore was the stand-out – winning seven gold medals and setting two Australian records. Anne Lang also broke her own Australian steeplechase record. Peter Sandery and Lisa Davis powered to six and five golds in their middle and distance events. David Janssan, Cassie Neubauer, Maurice Schievenin and George White also won three events. It was great to see new members Cherie Gauci, Karen Long and Megan and Aaron Schenk feature amongst the medals.

This may be the last time that the Nationals are always held at Easter! In the last two years, attendance at the National Championships has been the best it has been for a long time, yet the 640 members in Canberra is only 17% of the total AMA membership. While we know a great many members just like to compete in normal competition and are not interested in Championships, 17% is particularly low. After many years of hearing that many people would prefer a non-Easter Championships – two years ago AMA set up a small task force to develop a survey to test the feeling of its membership. This survey in 2012 provided some useful data with over 500 responses. A clear majority said they would attend a two and a half day championship away from Easter. On the basis of comment from members over the years and the survey, AMA decided to trial this in Tasmania in 2014.

At the 2013 SAMA AGM members approved the SAMA By-Laws. These are a formal set of documents to support our constitution, which outline both our overall policies and the way we run the Club. The major policies are those that have been in place for many years and are necessary for an organisation like ours (privacy, risk, etc.) Others are the general rules by which the Club operates and have not previously been laid out. In addition there are two guidelines covering the SAMA awards and handicapping.

During 2013 we were contacted by Karen McColl the granddaughter of Al Digance the founder of our club. While up at Blanchetown she had discovered the remains of the Al Digance memorial clock which was originally erected at Olympic Sportsfield. After the Sportsfield closed the fate of the clock was unknown. It would appear that the remains only amount to the clock surround, but even that would be a valuable piece of memorabilia and it is hoped it can be brought back to Adelaide.



Towards the end of the 2013 winter season the method of running winters events was changed. Apart from Championship events, all races now start on handicaps that should in theory result in everybody finishing together at an estimated finish time of 3.15 pm. This system results in most people finishing within a few minutes, meaning that all members – runners, walkers and sprinters are part of one system. This helps build camaraderie by being part of the same race and everyone is around for results and news and are able to socialise over tea/coffee. It also means that only one finish line team is needed and processing the finish results is very quick and simple and most importantly saves a great deal of time spent after the event loading all the races into the system.

Lesley Dawson may go down as our most frequent traveller, having arrived from Japan to enter the Winter Throws Championships in Canberra and then going on to Brazil for the World Championships. Lesley was our only representative at the Winter Throws this year and she finished with five placing's.

Eight members travelled to the World Masters Athletic Championships in Porto Alegre, Brazil and they excelled - bringing home 21 medals. Lyn Peake and Miriam Cudmore won individual medals for the first time and first time competitor Karen Long was part of the winning W35 4x100m relay team. Overall honours went particularly to Miriam with five individual silver medals, a gold in the relay and an Australian record in the javelin, Anne Lang for her one gold, one silver and one bronze and a relay gold and silver, and Peter Sandery with one gold, two silver and one bronze.

For the second year the Oceania Throws Pentathlon Challenge was held as a postal competition. Thirteen of our members took part with Cassie Neubauer, Aaron Schenk, Tony Patane and Barrie Koch all placing in the medals.

### **MAINTAINING RELEVANCE (2014 to today)**

With parkrun starting to find a significant place in the running calendar and with the growth of trail running, there are many competing options for older athletes. SAMA needed to ensure that the programs it offered reflected the needs of its members and at the same time acknowledge that with all these competing influences it may have to continue with reduced competition numbers. At this stage it does not appear to affect membership although the build-up to the Nationals in 2016 was not as great as was expected.



As a first pass to increase options for members, after some long discussions, SAMA once again became a competition club in the ASA system. We were a regular team up to about 15 years ago and it is now possible once again for everyone in SAMA to compete at ASA competition and their Championships. While numbers started low in the summer of 2013/14 it is expected that they will gradually grow.

**Tony Patane**

The year 2014 began with a bang with the Oceania Championships in Bendigo, Victoria. They proved to be one of the best organised Championships of recent times. SAMA had 26 athletes there and they came home with a truck load of medals. The weather was a real mixture of very cold mornings, strong winds and some heat – but thankfully none of the really hot weather. Stand-out for SAMA was easily Cassie Neubauer returning with 10 gold and two silver medals. Peter Sandery picked up five gold and a silver, Stan Miller got three gold, four silver and one bronze and Lisa Davis brought home four gold and one silver. Everyone performed well and it was great to see country members Linley Bowyer, Loraine Baron and Allan Mayfield there as well as Rob McFadden returning to race-walking on the track. As part of Allan Mayfield's competition he took part in a 4x1500m relay in which his team broke the Australian M60 record by some 55 seconds.

The beginning of 2014 also saw the end of an era with Life Members Pat and Geoff Peters deciding to retire from active athletics. They had been involved in athletics for a combined 138 years so retirement was probably long overdue for them. SAMA will always be appreciative of the many years of their unwavering support both summer and winter - whatever the weather.

The Pat and Geoff Peters and Ruth and Jack Weber trophies for the Most Outstanding Athletes for 2013 went to Miriam Cudmore and Colin Brooks.



As planned the 2014 National Track and Field Championships in Tasmania were not held at Easter. They did however result in a record attendance for Hobart. SAMA brought home 31 Gold, 27 Silver and 24 Bronze medals.

Summer culminated in our State Age Group Championships that were held in conjunction with the ASA over 35/50 Championships. While we were doing this Peter Sandery, Claire Woods and Allan Mayfield were at the World Indoor Championships. They represented SAMA well and Peter came home with a gold medal – in the Cross Country.





More than 40 members travelled to Naracoorte and joined a sprinkling of local and interstate athletes to compete in the Naracoorte Masters Games—Athletics (organised by SAMA).

**The Street mile saw Cherie Rothery go to new heights to get a competitive advantage – trying to scare away the competition!**

It was track & field athletics with several road events—without the track. Naracoorte High School has all the amenities but the “almost 300m” grass circuit on the school oval did not allow most sprint and middle distance runners to post fast times. Some of the results for the sprints on the curve may have depended on which lane a runner was in, as the staggers were “country Style”. Somehow though, it didn’t seem to matter. Some competitors hardly missed an event: competing in all the throws, runs and even having a go at one or two walk events. And that is exactly what the Masters

Games is about: enjoyment of the competition.

Rodger Barber and Richard Moyle were elected to Life Membership of SAMA at the 2014 AGM. Both have given extraordinary service over a long period. Rodger has been our Treasurer for several periods over the years and keeps our books in excellent condition. Richard has been Registrar, Treasurer and in recent years our Newsletter Editor – taking our newsletter to new heights.

Five SAMA members represented SA in the Athletics Australia Marathon on the Gold Coast – Karen Sawyer, Lisa Davis, Megan Inge, Matt Evans and Tim Horton. Karen, Lisa and Matt all cracked the three hours with Karen’s phenomenal 2.58.48 being the best.

Former SAMA President, Life Member and City to Bay Race Director, Des Paul, passed away on 4<sup>th</sup> August 2014.

In the City-Bay Fun Run, Lisa Davis finished seventh female overall and third SA female in the commendable time of 46:02 – a PB.



The 2014/15 summer season saw the introduction of a three week cycle for the track events. This enabled new non-standard distances of 150m, 300m, 1000m and 2000m to be introduced for greater variation.

**Cherie Rothery and Gil McIntosh**



Sadly this year there were no sprint events in the Bay Sheffield Carnival. The rationale behind the decision by the organisers was that there were just too many people from their own ranks that want to take part, and our events are only by invitation. However there was a sub-plot as well! The organisers were not happy with the fields we put up – six in the men's and only four in the women's in the 2013 Carnival.

In December we received a grant from the Office of Rec and Sport which has provided a new Go-Pro camera to improve and simplify the finish system we use each week. As well, the throwers now have a full set of all throwing equipment including for the first time a set of the "Heavy" weights so that our throwers can take part in what must be one of the silliest events – throwing 45 lb, 56lb and 100lb weights.



Early in 2015 the inaugural Henley fun run took place. Helped by SAMA this event was organised by Megan Inge and was a great success.

The Pat and Geoff Peters and Ruth and Jack Weber trophies for the Most Outstanding Athletes for 2014 went to Miriam Cudmore (again!), and Stanley Miller.

The start of 2015 has been particularly sad. Damien Smith and new member Peter Venables both passed away at too young an age. Life Member Geoff Peters had been ill for some time and at the age of 88 after 70 years in athletics also passed away. His going was not without the humour he was known for. His daughters carried the coffin in to the tune of Steptoe and Son in reference to his "collecting of useful bits and pieces" and the coffin bore L-Plates as he hadn't done this before! Also gone is Founding Member, Ron O'Neil a great advocate and organiser of Masters Games in SA and even Victoria, Ron was 87. They will all be missed.

The day after our own Club Championships we were off to Clare for the Masters Games, in which SAMA once again organised the Athletics. Some 130 people took part!

**Everyone wins a medal at the Masters Games**



A very successful group represented SAMA at the 2015 Nationals. Lisa Davis was the stand out in Sydney with six gold, closely followed by Dennis Peck with five gold and two silver and then Lyn Peak with four gold, one silver and two bronze as well as two relay wins. Lyn also took out the Champion of Champion sprint title.

In June Life Member Brian Wyld, suffered a heart attack after completing a park run in Queensland and died. Brian was a stalwart of the Club and was responsible for bringing parkrun to South Australia in late 2012. His support of SAMA, always in a quiet way, will be hard to replace.

The day before the Sydney Marathon Karen Sawyer fell and broke a rib. She still competed, finishing in a very creditable 3 hrs 08 mins - fourth woman overall.

Once again Lesley Dawson was the only SAMA representative at the Winter Throws competition winning the W55 56lb, 100lb and heavy Weight Pentathlon.

Eighteen SAMA members made it to Lyon, France for the World Masters Athletics Championship. Everybody performed to their best in what was the largest Championships (over 8000 athletes) since Japan in 1992. While there were some glaring errors in support areas, they were very well organised as far as the competition was concerned. SAMA members came home with 12 individual medals and eight team and relay medals, with two individual golds to George White and one each to Lyn Peake, Miriam Cudmore and Anne Lang. Anne also picked up a world record in her 4x400m relay.



**Lyn Peake**

Following Lyon a good bunch of SAMA members went to the Cook Islands for the 2015 Oceania Masters Championships. For those of us going for the second time, it was a real treat to compete on a synthetic track rather than the grass we had on the previous occasion. It really is an idyllic setting for any sporting event although the weather was less kind to us this time. Once again it was a very relaxed meet and our best performers were Cassie Neubauer with seven individual Golds, followed by Elizabeth Slattery with five. Norm White was the Iron Man of the competition entering 16 events including the pentathlons.



The summer of 2015/16 saw yet another improvement in our timing season with John Hore developing a wireless system from gun to clock. When first introduced there was a slight time delay but as this was consistent it was able to be accounted for. Over the next year or so this system will be upgraded to enable consistent and reliable results.

**Kerry Goode and Des Mulqueen**

The Pat and Geoff Peters and Ruth and Jack Weber trophies for the Most Outstanding Athletes for 2015 went to Lyn Peake and George White.

In the 2016 Australia Day Honours, Founding member Bob Clarke was awarded a well-deserved AM for his contribution to athletics. Bob unfortunately died soon after in April ending an outstanding SAMA record of being the only continuous member since we were founded.



**David Bates**



**Carol Fallon**

April 2016 saw the National Track and Field Championships back in Adelaide. These Championships were the biggest ever held with 669 entrants. Many factors could have contributed to this but certainly our strong advertising/email campaign and well-appointed web site must have been significant factors. The numbers also showed that a non-Easter Championship was certainly not a deterrent. Programming the event was a nightmare because of the large numbers in both track and field events. However it was managed and was done in style thanks to the wonderful help from all the Officials and Volunteers. For many it meant long and tiring days but despite this, they all managed to keep their cool and do a wonderful job.

The huge numbers meant we struggled at times, but we overcame most issues and according to the feedback we received, the majority of people went home pretty satisfied with the whole thing.

July saw another of our Life Members pass. Pat Peters had 70 years of involvement with athletics and over 20 years helping SAMA: she will be greatly missed.

With the financial success of the National Championships a new trailer was purchased which allows for much easier and quicker loading. It is also suitable for transporting all necessary equipment when SAMA organises events away such as country Masters Games. At the same time to eliminate the potential danger of the gas burner and large pot of boiling water, hot-pots were purchased for our afternoon tea in winter. A further change to the winter program was to no longer charge an entry fee – both a good thing for members and a simplification to the process each week.





In August, for the first time, Adelaide hosted the AMA National 20km Walk Championships and attracted entrants from WA, NT, Victoria and New South Wales. Being a home town event SAMA members performed particularly well with 10 taking out gold medal placings.

**Kim Mottrom leads out the 20 km walkers**

New trolleys for blocks and all the throws equipment were introduced at the start of the 2016/17 summer season.

SAMA became one of the first clubs (of any sport) in South Australia to become "A Recognised Star Club" showing that the club has all necessary management tools for a well-run modern organisation.



**Judy Isaac**

Well done to everyone on the SAMA performances in the "Home town" World Championships in Perth, 2016. The organisers had a few hiccups but overall it seemed to go pretty well. Particular congratulations to our individual

Gold medal winners – Miriam Cudmore – three, Anne Lang – two, Lyn Peake – two, and Allan Mayfield – one. Also on top of the podium were Lynn Peake, Miriam Cudmore, Anne Lang, Stephanie Noon, Karen Long, Sarah Dawson, Peter Sandery and George White for relays and team events. Lynn also chalked up a world record in her 4x400m relay team.

You will see in the results that many other SAMA members won individual silver and bronze medals – for some a first at a World Championships – so well done to all of these also. But not all the success stories are from the medals. New member Michael McKeen won a team bronze in the half marathon but his real story is that at 72 he ran a PB and has now completed half marathons on 6 continents (Only Europe to go!).



We ended 2016 with a club wide survey on our programs as part of our attempt to maintain relevance for our members. The results indicated overwhelming support for our three week cycle on the track. And there was a small preference for more scratch races which will be accommodated in summer by always having 400m, 800m and 1000m races as scratch. In winter we will try a couple of Sunday morning events and we will use the Lochiel parkrun for two Saturdays. The Greenbelt Half Marathon will be regarded as the SAMA Championships for this distance.

**Vicky Caputo and Jenni Cotter**



December 2016 saw the end of a long association with the Two Jetties Fun Run with it being handed over to the Adelaide Harriers. The Pat and Geoff Peters and Ruth and Jack Weber trophies for the Most Outstanding Athletes for 2016 went to Miriam Cudmore and George White.

In 2017 following the lead of WMA and AMA, SAMA has adopted the practise of recording all records set by South Australians over 30 as State Age Group Records. We will continue to record performances of SAMA Members if less than the "Open" record.



In January 2017, transferee from Queensland, Viddy Jermacans became the first SAMA member to enter the National Multi Events Championships in Bendigo, winning gold in the M65 Decathlon.

Allan Mayfield and Gino Geracitano were SAMA representatives at the World Masters Games in Auckland during April, with Allan winning gold in the steeplechase and both of them winning bronze in the 800m.

**Andrew McKay**



**Michael Cassidy**

It was great to head up to warm weather in Darwin for the 2017 National Track and Field Championships. The first time for Darwin and a record number of entries. What a great national Championships for SAMA. The most ever Gold medals at a Championships away from Adelaide – 51, plus a world record

to Lynn peak in the 4x400m relay and Australian records to Kim Mottrom in the 1500m Walk and Lyn Peak/Marlene Norton-Baker in the 4x100m relay.

Miriam Cudmore was the stand-out individual with 6 golds and a bronze. It was also great to see new faces winning multiple medals in Ann Jefferies with 5 individual golds, Michael Cassidy with 3 individual and 2 relay golds and Karen Long with 3 individual and 1 relay gold. And what about Elizabeth Neubauer doing more events than Cassie, - 7 individual events and both Pentathlons. It was great to see her on the dais 3 times – we have a new Iron-woman!



**Sue Turner**

To provide some track competition before this somewhat out of season competition we had a winter track and field day at the SA Stadium. It was such a success that it was scheduled into the following year's program.

In 1985 Colin Brooks ran his first marathon and when he saw that Stephen Dunn from Perth had done 100 marathons he added it to his bucket list. He completed his 100 marathons in September 2017. Also in September Paul Greenwood went under the magic 3 hours with a time of 2:56:23.

As a result of a surplus at the World Championships in Perth, AMA set up a fund for the benefit of Masters Athletics within Australia. SAMA was successful in obtaining funds from that surplus to purchase a powered trolley which makes life much easier for those bringing out and putting away our equipment each week.

This year SAMA became a "Good Sports" accredited club. The Good Sports program works with clubs to help them provide safe and healthy environments for families to play sport. Sporting clubs such as ours play a significant role in the community and we have a responsibility to our members and their families. We have chosen to join over 7000 clubs across Australia taking part in the Good Sports program. Through Good Sports we are committed to managing alcohol responsibly and ensuring smoke free areas, which we believe will help us to provide a healthy, safe and family friendly environment.



**Sarah Chinner**

Sadly on November 1<sup>st</sup> Judy Daly one of our SAMA Magnificent Masters passed away!

In late November 2017 the author suffered a massive heart attack at the track on a Wednesday night. It couldn't have happened at a better place as he was very fortunate to have

so many people there to help. Thanks go in particular to Shirley Wright for basically keeping him alive until the ambulance arrived – assisted by Anne Lang, Roula Ghaoui and Sarah Chinner. After a time-out for 6 months he is back competing again.



Early 2018 saw a small group go across the ditch to Dunedin for the Oceania Masters Athletic Championships. Peter Sandery, Cassie Neubauer and Suzanne McKeen were our gold medal winners with Cassie backing up her gold medal with a swag of silver and bronze. Peter's 1500m win was an Oceania Championship record. Other medal winners were Elizabeth Neubauer, Margaret Clark and Claire Woods.

**Elizabeth Neubauer**

The winners of the 2017 Most Outstanding Female and Male Athlete were Lyn Peake and Ross Hill-Brown. Lyn continued her magnificent sprinting form and Ross showed tremendous determination to come back into Masters Athletics after a horrendous car accident following the Lyon World Championships in 2015. Hospitalised for a long time and then confined to a wheelchair – in 2017 he came back to the track as a race walker and occasional sprinter.

**Marie Maxted and Clare Stacey try their hand at the steeplechase along with veteran Ros Lowe**



What a great effort by the SAMA team at the AMA T&F Championships in Perth. Fifteen of our members won at least 1 individual National title. Stand outs were Miriam Cudmore with 7 gold, Sarah Chinner with 5 individual and a relay gold, and Anne Lang with 5 gold. In addition 5 Australian records were broken - Sue Turner 60m, Anne Lang 400m and Miriam Cudmore 60m, long jump and javelin. Miriam was also the well-deserved winner of the AMA Most Outstanding Female Athlete for 2017. She added to her collection with the ASA Veteran Track & Field Female Athlete of the Year Award. At those awards Lisa Attenborough was joint winner of the Pat Peters AM Official of the year award.



## February 2018 Newsletter

### Octogenarians

Paul Boyce  
Miriam Cudmore  
Rowly Ferris  
Siggy Grim  
Colin Hainsworth  
Brian Hart

Gerry Hicks  
David Janssan  
John Martin  
David Padget  
Don Parker  
Dennis Peck

Graham Richardson  
David Robertson  
Leigh Smith  
David Trembath  
Colin Trengove

When the above seventeen members were born, McDonalds (the golden arches) did not exist. Nor did Xerox, contact lenses, The Pill, credit cards, television for the public, ball point pens, panty hose, instant coffee and FM radio. These are the SAMA OCTOGENARIANS. It is a great advert that nearly 9% of our membership is over 80 years old. An even better endorsement is that 4 are still regular competitors, another 5 compete occasionally and another 3 are helpers at our competition. They may not be as fast as they once were but they are still fiercely competitive and certainly fitter than most people considerably younger than them – the Club is richer for their membership. Between them they own around 70 SAMA records with Colin Hainsworth holding an impressive 18 and Gerry Hicks still holding M45 records in the half marathon and 10000m from nearly 40 years ago. Some of the members on the list are from our earlier days and while they may not be known to many of our current membership, what they have done in the past has helped build our Club. They have all contributed to what our Club is today.



In April Karen Pienaar ran a great race in the National Open Ultra-Marathon Championships (50km) finishing as 2nd female (10th outright). It was Karen's first ultra-marathon with her time (4:04.1) only 4 minutes behind the 23 year old winner. (Karen's effort was particularly commendable as the course was found to be 53.3km.)

**Karen Pienaar**

At the 2018 AGM Helen Suridge was awarded Life Membership.

There seems to be a resurgence in marathon running this year with 5 members contesting the Gold Coast Marathon. Congratulations go to Cameron Brown, Bryn Nicholls, Peter De

Wit, Paul Lainio and Michael Tagell. Bryn put in a great time of 2:27:23 to take the gold in the AMA Championship event and also the M40 SAMA record which had stood for 30 years!

## COMMUNICATION

In the early days of the Club most of our members were also members of (ASA) and being few in number – word of mouth was an effective communication tool. As the Club grew and a larger percentage of the members were not also members of



SAAAA/ASA, it became essential to produce an effective means of communication and to this day our prime method has been the newsletter. Technology is also important in this equation. Our early members didn't have mobile phones (many did not have ordinary phones!) and email and the internet were still a dream.

While the Veteran Athlete magazine was being published at the National level it was not until 1974 that the SA Vets started producing a newsletter. In that year a few one page notes were sent out and then the first three of the numbered official newsletters. These newsletters were issued under various names on the theme of The SA Veterans Magazine. Rowly Ferris was editor until the end of 1980.



The newsletter took on a more professional look at the start of 1981 with the first production under the banner Grey Hares with Bob Auld as editor. Bob continued in that role until the end of 1988 when Paul Boyce took over until August 1992. From that time until early 1993 Avril Hill produced the newsletter but not under the banner Grey Hares.

**Bob Auld in a 10 miler – 1976**

Grey Hares reappeared again in September 1993 under the editorial control of Marcia Sheer. The last Grey Hares newsletter was produced in July 1995 and subsequent newsletters were produced under the title of SA Veterans News. Phil Aldridge was editor until July 1997 when Frank Rogers took over, producing a professional magazine for nine years. Piet Crosby took over in June 2006 and continued the tradition, also presiding over a period where the majority of our members turned to receiving the newsletter in colour by email.

Having done an excellent job as Registrar and Treasurer for eight years Richard Moyle took over as editor in 2011. With more and more people taking the newsletter electronically, Richard was less constrained regarding the size of the newsletter and is now able to include considerably more information in what has become an exciting and modern production.

With the 21<sup>st</sup> Century upon us, Di Pardon (now Loveday) in 2001 agreed to look at setting up a website and she and Paul Boyce did this, with Di running it for several years. With communications moving more and more to the computer, the newsletter began being produced for the website and email and in 2006 John Hore completely revamped our website and made it a major communications tool. By 2017 only a small number of members still receive their newsletter by mail – the bulk benefiting from a newsletter not restricted by size and by being able to see the photographs in

high quality colour. David Bates took over the website in 2012, brought us further into the 21<sup>st</sup> century by creating a SAMA Facebook site and has maintained an up to date and user friendly site since that time.

All of the newsletters that could be found have been digitised and can now be accessed via our web site. Some newsletters haven't been found but we are still hopeful that they may turn up. Those currently missing are:

Anything from 1971 to February 1975  
April to July 1975  
Sept/Oct 1975  
1982 No.1/February  
1993 February and May, and  
1996 November and December.

In addition the following two which we don't have, are held in the State Library:

March 1975                      Dec 1975

## **CONCLUSION**

There can be no conclusion to a history of an active and vital Club. It is a very different Club today from that of the 1970's and 80's. In our early days it was very much a serious athletes Club where most of the members still had a strong competitive spirit. Members also were on average much younger (although the trend of increasing average age has reversed in recent years.)

The change in the club was seen even in 1977 when Rowly Ferris wrote "On the question of membership we have at last made a significant step in the right direction. Our Club is now attracting its strength from the "Man in the Street" or the "Jogger", call him what you want. These are the ones we want to make welcome; other clubs may not have the time for them, but we have all the time in the world to nurse them along during their initial years until they improve, even if they never improve, there is always room in the Veterans Club for the slow runner right alongside of the fast runner, both of equal importance."

While the strong competitive spirit is still there in many, there are now numerous members who are in the Club for more social reasons. This is shown by the percentage of members entering championships, which has gradually changed from up to 75% to some 40 to 50% at best. Also remember the Clubs own Fun Run – the Paracombe in 1981 saw 143 Club members take part.

Hopefully in recognising this change the Club will continue to evolve and cater for all older people with an interest in athletics.

While it would be great to win an Olympic Games medal, for most of the rare people who achieve that, it is a one-off event. In Masters Athletics the great joy is that we can keep on winning! - either in age groups or by just beating our own personal targets.

While this short history deals with the “nuts and bolts” of the Club, if you talk to our members most of the discussion will not be about wins or times. Admittedly a great deal of conversation will revolve around injuries but most will be about friendships, the trips away and the spirit of being part of a team.

## PART TWO – THE PEOPLE

Every member of our Club is important, but with any group of people there will always be some whose light shines a little brighter. In this section I highlight three groups of such people from the Club. Firstly, our Life Members have been the group that selflessly worked to make the Club what it is today. However we are an Athletic Club so it is important to recognise the second and growing group of members that have, and are, excelling at Masters level competition. To round off the depth of talent in the Club the third group highlights those of our members that excelled in their younger days.

### LIFE MEMBERS

<b>Al Digance</b>	<b>Awarded</b>	<b>1982</b>	<b>deceased 1982</b>
<b>Des Paul</b>	<b>Awarded</b>	<b>1995</b>	<b>deceased 2014</b>
<b>Don Parker</b>	<b>Awarded</b>	<b>1999</b>	
<b>Kurt Postler</b>	<b>Awarded</b>	<b>1999</b>	<b>deceased 2011</b>
<b>Glynn Boyce</b>	<b>Awarded</b>	<b>2001</b>	
<b>Paul Boyce</b>	<b>Awarded</b>	<b>2001</b>	
<b>Frank Rogers</b>	<b>Awarded</b>	<b>2002</b>	<b>deceased 2011</b>
<b>Brian Wyld</b>	<b>Awarded</b>	<b>2004</b>	<b>deceased 2015</b>
<b>Ruth Weber</b>	<b>Awarded</b>	<b>2005</b>	<b>deceased 2011</b>
<b>Geoff Peters</b>	<b>Awarded</b>	<b>2005</b>	<b>deceased 2015</b>
<b>Pat Peters</b>	<b>Awarded</b>	<b>2006</b>	<b>deceased 2016</b>
<b>Rowland Ferris</b>	<b>Awarded</b>	<b>2010</b>	
<b>John Hore</b>	<b>Awarded</b>	<b>2011</b>	
<b>George White</b>	<b>Awarded</b>	<b>2011</b>	
<b>Richard Moyle</b>	<b>Awarded</b>	<b>2014</b>	
<b>Rodger Barber</b>	<b>Awarded</b>	<b>2014</b>	
<b>Helen Suridge</b>	<b>Awarded</b>	<b>2018</b>	

### Al Digance

Alwyn (Al) Digance started his athletic career when he joined Western Districts in 1929 at age 15, but quickly gave it away in favour of cycling, hockey and surf life-saving. He was 51 when he returned to athletics.

In July 1979 Bob Auld then Newsletter editor, wrote that Al Digance was probably the most familiar figure on the veteran scene in this state. He was known as "Mr Veteran Athletics", being a complete all-rounder – administrator, official, runner and race walker.

Al was a snowy haired figure, always determinedly finishing long races or recounting one of his commercial traveller-type yarns. He would engage in heated arguments and be a charmer, chatting up the ladies. He would be a coach giving a





tip on athletic technique to a novice or a manager conferring with fellow executives between events. All these things were Al Digance, of course. To the question of "what's your favourite event?" Al would answer with faint surprise "I don't know"; to the question "what's your aim now?" he would reply simply "to keep running".

A search of Club records shows Al's versatility – holding records in 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, long jump, triple jump, 10km road, 12km cross country, 10 mile road, one hour run, 25km and even 3000m walk. Al even broke the Australian record in the long jump.

The volatile ex-china and glass wholesaler is acknowledged to be the Veterans Club founding father as it was he, and a group of others, who met at his home to form the Club in 1971 with Al being elected the first secretary/treasurer.

Throughout the 1970's Al was the most visible and most energetic of the more senior members. At various times during the 1970's Al's offices and duties included:

- Veterans Club President, Vice President, Secretary and Registrar
- Vice President of the Australian Association of Veteran Athletic Clubs
- Secretary, SAAAA cross-country committee
- SAAAA Vice President (1965-1979) and engraver
- President of Western Districts 1962-1971

He was the first Life Member of the Veterans, being honoured in March 1982, achieving that honour shortly before he died of a heart attack on April 3<sup>rd</sup> 1982. He died after running in the Suhard Shield 5k run in the western Parklands. A large group of mourners attended the memorial service and a guard of honour was provided by Western Districts and Veteran Athletic Clubs.



To honour Al's contribution to athletics, the Vets raised about \$800 through donations and fun-run proceeds and combined this with \$700 from ASA to erect the Al Digance memorial clock which became operational in 1984. It was mounted at Olympic Sportsfield on the photo-finish box facing the grandstand to give an instant display of winning race times. The fate of the clock was unknown following the demise of Olympic Sportsfield until 2013 when contact was made with Al's granddaughter Karen McColl who said she had seen the remnants in Blanchetown.

**Up-up and away – the versatile Al**

It would appear that the remains only amount to the clock surround, but even that would be a valuable piece of memorabilia and it is hoped it can be brought back to Adelaide.



## Des Paul



Des was something of a late starter in athletics. It was not until 1949 at the age of seventeen that he finally decided to follow his father and join the Adelaide Harriers Club. His obvious natural ability and determination to succeed, quickly established him as a promising young athlete. He won the State Junior Cross-Country title in his first year of competition – and this just six weeks after being medically cleared of a polio infection. He continued as a top athlete and at the age of 54 he was still able to win the Open SA 400m title.

Des has been a Club member since 1973, competed in the first World Veterans Athletic Championships in Toronto in 1975, a committee member from 1980 and President of SAVAC from 1988 to 1996.

Des has Life Membership of Adelaide Harriers, Athletics SA, Distance Runners Club and SAMA. In 2006 Des was awarded the Medal of the Order of Australia (OAM) for service to athletics through a range of administrative roles with sporting organisations. The citation notes that Des was:

- Board Member, Association of Australian Veteran Clubs, 1988-1996.
- Convenor, Australian Veteran National Track and Field Championships, 1993;
- Foundation Member, Australian Sports Administrators Association, 1983.
- President, South Australian Distant Runners Club, since 1980; Foundation Member and Life Member.
- Board Member, Athletic Association of South



Australia (now Athletics SA), 1985-1992; Life Member.

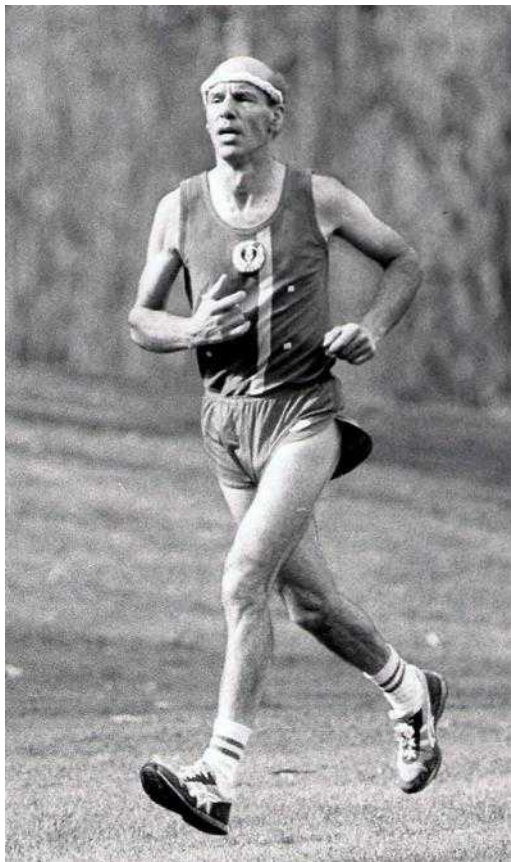
- Race Director of the City-Bay Fun Run, from 1992 to 2003, changing the focus of fundraising to assist Athletics South Australia.
- President, Adelaide Harriers Athletic Club, 1984-2000; Life Member; Committee Member and Member, since 1959.
- Torch Bearer, Sydney 2000 Olympic Games Torch Relay.

As well as his Board and Committee positions Des has been a Track and Field Official since 1949. He has worked at a number of events, including the World Cup Track and Field Championships, Australian University Track and Field Championships and Sydney 2000 Olympic Games and has officiated at most championships held in South Australia, including several Master's National Championships.

Des passed away in 2014.

## **Don Parker**

Athletics for Don started when he was a ten year old, when he remembers running second in a 70 yard dash at Victory Europe Day celebrations on his local playing fields. Don was quite successful at school and inter-school sports and continued with athletics for the first summer after leaving school.



The problem Don faced was difficulty in getting to venues, which could involve anything up to three hours each way by bus, just to run one 100 yard handicap. At the same time Don's older brother was bike racing. He would ride to meetings - meaning no hassles with transport and compete in three or four events. So Don built himself a bike and for five years left track alone until going into the RAF to do National Service. His Commanding Officer there was keen on track and field and as Don was one of the fastest sprinters he became a member of the relay team. This meant afternoons off to train, and travelling to competitions.

Don immigrated to Australia in 1972 and in 1977 his daughters joined Salisbury Little Athletics where he met Bob Munzberg who talked him into joining Salisbury Athletic Club and he began some distance running.

At the age of 42, in 1978, Don joined the Veterans. While at school and in the RAF, Don was a hurdler and long jumper with a few inter-school records in the long jump and was only ever beaten once while in the RAF. At Masters competition Don's best events were the 400m and the



pentathlon and his best age group was M50 when he won gold in the pentathlon, and silver in the long jump and javelin at the 1986 National Championships.

In 1981 he took on the role of Club Captain, which in those days meant he got to know just about everybody in the Club. The Club Captain in those days was a very busy person, organising about ten teams for the Patawalonga relays, five or six for the Gawler relays and usually four for the Victor Harbour relays. During the summer, track and field teams and Club titles kept him occupied. One of Don's best memories is from 1982 when he was involved in organising the teams for a 24 hour relay in which two teams broke their respective age group records.

After 1985 when he stepped down as Club Captain, Don continued to take entries and sort events for the Club Championships up until 1997.

Don had a short spell as Vice President of SAMA, was on the winter committee of ASA, and on the City-Bay committee. A committee member of the Distance Runners Club since 1981, he was made a life member a few years ago.

Don cycled and played soccer for decades; was involved in cricket, table tennis and a few other sports but nothing has been as enduring as athletics, amounting to over 60 years. While Don rides his bike for pleasure he still enjoys getting out for a winter run whenever possible, and is happy to hold a watch at our Wednesday night meets during summer.



## Kurt Postler



Kurt began his athletics in Germany as a schoolboy and his best success was as a member of an under 29 - 4x100m relay in Berlin when they won the silver medal in open competition.

After emigrating to Australia, and a break of some 20 years, Kurt joined the SA Veterans in 1980 as a 51 year old. It was the boom era when fun runs and marathons were popular. Kurt was competing in fun runs and he finished in 182nd place in the 10.3km 1980 "Tour of Gawler". The following year Kurt returned to the Gawler fun run and improved on his 1980 time by 9



minutes. Kurt, the athlete, never looked back.

In 1984, Kurt completed a marathon in 3.55, but he must have considered himself to be an all-rounder as he then took on throwing and sprint events while continuing to put in improved middle distance performances.

Kurt enjoyed competing on the Adelaide Harriers cinders track. He claims the competition on the floodlit track in the sprint and middle distance events was fierce. Javelin, discus, 100m, 200m, 400m, 5km and 8km cross country events - Kurt tried them all and in 1990 he qualified for the final of the Veteran's 100m at the Glenelg Commemoration Day Sports Festival.

A highlight of his athletic career was running in the 100m and 200m in the 1989 World Championships held in Eugene, USA. Kurt currently holds the M60 60 metres Club record and once held the M75 3km Club record.

Kurt's contribution to master's athletics goes beyond records and statistics. He was a committee member and treasurer/registrar from 1983 to 1992. A selfless and enthusiastic committee member it was Kurt who led monthly working bees during the early 1990's at the Peacock Road Clubhouse.

Kurt was recognised for his great contribution to SA Masters athletics by being awarded life membership in 1999.

Well into his 80's still keen as ever, Kurt was among one of the first to arrive and last to leave at Club competition meetings and functions but sadly he passed away in November 2011.



## **Glynn Boyce**

The girl from Townsville grew up living for sports such as softball, swimming and judo and she infected most of her family with a love of sport.

As her family grew, Glynn became involved with gymnastics, building to the point where she qualified as a National judge. Later her energies turned to various sports bodies such as the Keep Fit Association (as a foundation committee member), the Run SA Run organisation and the beginning of the Road Runners Club. Glynn was one of the founding members of SARRC in 1980.



Glynn joined the Vets in 1978, having been a member of United Collegians, initially competing only in field events as a childhood illness had left her with a weakened respiratory system. In 1980 however, Glynn started training for marathons as well as the City-Port, the City-Bay and ASA events during the Fun Run boom. In fact she entered just about every running event on the South Australian program.

Glynn says it was the 1980 "Run South Australia Run" campaign that put her on the marathon trail. At that stage she could only run 400 metres, but perseverance saw her finish the Festival City marathon later in the year. In 1982 she was part of the women's veteran team which briefly broke the 24 hour one mile relay record.

During her running career she has entered 4 World Masters Athletics Championships. In National Championships Glynn has won medals in the Pentathlon, 400m and 800m. Her best marathon time was a very creditable 3.32 and her best placing was second female veteran in the 1985 SA marathon.

Glynn first became involved with the Club committee by attending meetings in 1984 and then joined the committee in 1986 as Club delegate to AASA. She became Club Secretary in 1987 continuing in that role until 1991. In 1996 Glynn took on the role of Vice President and then took over as president the following year. She remained President until 2000 and was awarded Life Membership in 2001.

With the Club missing her talents, she was persuaded to re-join the committee as Throws Coordinator in 2003 and she continued in that role until 2015. During her time on the committee Glynn was also involved with the organising committees of the 1982, 1986 and 1993 National Championships.

While Glynn was busy with Club matters, chronic fatigue syndrome struck her in the mid to late 1980s relegating her to be timekeeper for events in winter and summer instead of being a competitor. This continued until recent years when throwing events took their place for the initial 'comeback'.





## Paul Boyce



Paul joined the Vets in 1981 and has been one of its quiet, tireless workers ever since. Running rubbed off from wife Glynn and while in later years he has been a sprinter he also finished a few State and Festival City Marathons in the early 1980's with a respectable best of 3.33. The early days saw Paul train with Glynn and both would concentrate on endurance, rather than speed. When race days came, more often than not Paul would be the gentleman and let Glynn win soundly in the marathons - while he finished first in the shorter runs.

Paul ran regularly for the Vets in ASA winter events and for several years in summer events (800M to 10km track and 3km steeplechase). From the late 80's his events were middle distance and the long sprints, and this century Paul has essentially concentrated on the sprints. During his running career he has been a regular entrant in World Masters and National Athletics Championships.

Even before Paul took on official roles he was a rare breed of member who would attend Club committee meetings. His first position on the committee was as Registrar for two years from 1986. He also took on the role of Club Delegate to the Distance Runners Club and then in 1988 became Trophy Steward. At one stage he also took on the unforgiving role of Handicapper. In 1989 when Bob Auld retired as newsletter editor, Paul took on this role and he did this for four years. After a bit of a hiatus, Paul returned to the executive as Secretary for two years in 1998.

Paul was heavily involved in the organising committees for the 1982, 1986 and 1993 National Masters Athletics Championships, taking on major roles including overall computerisation, covering entries and results processing.

With technology banging on SAMA's door, Paul together with Di Pardon designed and set up the first Club website. When the high profile Athletics Australia Grand Prix events came to Adelaide Paul organised the entries in the Masters events. Until recently he has also been the mainstay of SAMA's participation in the Bay Sheffield Carnival each year.



While he held many official roles in SAMA Paul was also one of the quiet workers in the background spending time in many working bees especially when the Club was trying to put a grass track in next to the old Clubhouse. Watering systems, septic systems, graffiti removal were all part of his brief. In more recent years Paul remains the unseen helper who is always there when something needs to be done.

## Frank Rogers



Frank, like many others, was a late starter in athletics with his first running experience at the age of 40 while living in Darwin. He joined up with the Hash House Harriers and while this group placed much importance on the social aspects, he found the road running that the group did was of particular interest to him. He graduated to a few events with the Darwin Athletics Club, but it was not until he moved to Adelaide in 1979 that he found himself involved in the "Fun Run" craze at that time.

Initially, a keen training group attached to the old Institute of Fitness at North Adelaide started him on the marathon obsession. Membership of Adelaide Harriers for a few years in the early 80's and also with the newly formed SA Road Runners Club gave him sufficient outlet for his interest in road running.

In the years from 1980 until 1990 Frank competed in 19 marathons as well as many half marathons and shorter fun runs almost every weekend. His best performance for the marathon was 2:52 in the Melbourne Marathon in 1982 but perhaps his most significant result was to run a "sub 3" (2:58) for the difficult Pichi Richi Marathon in 1990 where he finished fifth overall.

Frank's involvement with the Vets did not start until about 1987 when he started competing at the "Vets Host Days" as well as in Veteran's events at the old Olympic Sportsfield in Kensington. Also in 1987 he had his first try in World Veteran Championships by competing in the marathon in Melbourne. After following this up with the marathon in Eugene in 1989, Frank decided distance events combined with the stresses of overseas travel was not a good idea if he wished to continue with this level of competition. He joined a Masters training group coached by the late Collin Cooper with the aim of concentrating on 800 and 1500m events. This provided a new incentive and throughout the 1990's he competed in many of the World and Oceania Championships. His best result at the world level was to finish fifth in the final of the 800m in Durban, South Africa in 1997 as well as various wins and placings in Oceania Championships in Norfolk Island, Rarotonga and New Zealand.

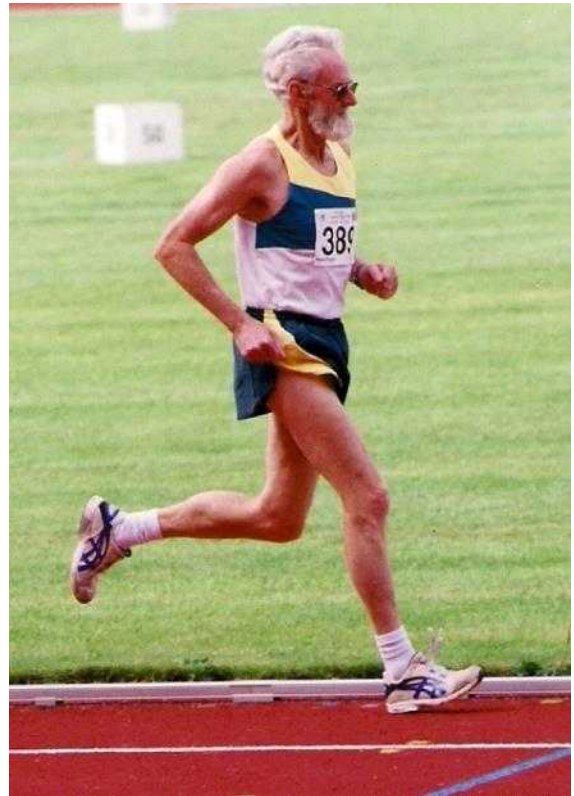


From about 1990 he has competed in most of the Australian Masters Athletics Championships and with some relief, found that as he moved up through the age groups it became a little easier to win events or get a place.

During the mid 90's Frank became more involved in the organisational activities of SAMA and in 1995 took action, with other members to start regular competition programs suited to all levels of competitors. As part of the change process Frank took over as the Editor of the Club Newsletter in 1997 and continued with this until 2005.

He was also involved at the National level as the AMA Travel Director and was particularly involved with the travel arrangements for the Australian competitors travelling to the Durban and Gateshead World Championships in 1997 and 1999.

Frank continued as a significant helper/official and took a major role in the conduct of the AMA Championships in Adelaide in 2002 as well as with Masters Games events in 2005 and 2007. In 2002 he was awarded Life Membership of SAMA and also was selected as the AMA Administrator/Official of the year for 2006. Frank passed away in December 2011.



## **Brian Wyld**

Brian is our quiet achiever who has worked tirelessly for the Club and the sport he loves for a great many years.

His addiction to running began way back in 1960 when as a 20 year old he won both the 880 yards and the mile at the combined Army, Navy and Air Force Championships in Perth, Western Australia.

In Adelaide he joined the United Collegians in 1961 and continued to compete regularly and successfully in the SA Amateur Athletics events. In 1964 he won the State mile title in a very respectable time of 4.35.1 (this was a success however, he says he would prefer to forget, believing it to be a shocking time in terrible weather conditions on a grass track).

He joined the Veterans as soon as he was eligible back in 1980 at the age of 40, so he has been a Club member for over 29 years.

Brian's most memorable run was in 1980 when he broke three hours in the marathon with a time of 2.58 after three unsuccessful attempts in 1967, 1968 and 1979. Brian then finished two more marathons in less than three hours, but he always considered himself to be a middle distance runner and therefore his most unexpected triumph was winning the Vets marathon in 2.48 in the 1981 SAAAA championships.

His favourite races are the middle distances particularly the Masters 800m at the Bay Sheffield where with numerous starts he has enjoyed many placings.

In his running career Brian has competed in over 2,500 races, covered over 100,000km in racing and training - and he hasn't hung up his running shoes yet.

Brian has also been heavily involved in the administration side of athletics. In the past he has been:

- President of the United Collegians Athletic Club
- Committee member of the City Bay Fun Run
- Committee member of SAMA
- Volunteer and/or committee member for all Australian Veterans Athletics Championships in SA.
- Volunteer and/or committee member for all Australian Masters Games and the first Australasian Masters Games in SA.



Brian was a committee member of the City Bay Fun Run Trust Fund.

Brian has been recognised for his great contribution to athletics by being awarded Life Membership of United Collegians Athletic Club, Distance Runners Club, Athletics SA and in 2004 – SAMA. He was also Official of the Year for ASA in 2000/2001.

In 2012 Brian brought parkrun to South Australia and it was after one such run in Queensland that he suffered a heart attack and died in June 2015.

## **Ruth Weber**

After Ruth and Jack were married in 1948, she would go with him to the Harriers every Tuesday night even though she knew little about athletics. She remembered one foul day when the men had lined up for a 20km race-walk in the South Parklands. No officials had turned up, so she was handed an old wind-up watch and told to say "Go". This started a long history of officiating for Ruth.





Her first walk judging came in the late 1950's and Ruth had a long history of judging for the SA Walkers Club and regularly timed and judged walks from Gawler to Adelaide and Glenelg to Adelaide. Officiating as a finish line judge for ASA at Olympic Sportsfield began in about 1964 and walk judging went on hold until the Walkers Club began again after a break. Ruth was made a Life Member of both ASA and the Walkers Club.

When the walkers winter walk group officially joined the SA Masters, Ruth brought her officiating skills with her and was a stalwart for the Club until her death.

While Ruth had been involved with officiating for a great many years it wasn't until 1980 that she ventured to the other side of the watch and judges paddle. It

was in Gawler where she was running a children's walk event. It was a bitterly cold day so she told the mothers they should walk to keep warm. They responded by saying that if she did then they would too. Ruth raced against much younger women and won the mile race.

Prior to this Ruth had been to the Sports Science Clinic in Hindmarsh, where after various tests they concluded that she was average for a 45 year old woman and that probably she should never run. They realised afterwards that in fact Ruth was 57.

Ruth began training in January 1981, and after only a few weeks, went to New Zealand to compete in the World Masters Athletic Championships. She came fourth in both the 5k and 10km walk. Ruth raced until 1987; her last race being a 5km walk in Canberra. During that time she won several walk gold medals at National Championships. She posted a pretty good time of 147.28 in winning a 20km race-walk in 1984 and during her somewhat brief racing career Ruth managed to set 3 Australian records.



**The Crows walking group – Jack on the left with Geoff Peters behind, then Margaret Trengove and Ruth**

Ruth, along with Jack, was involved with a walk festival in Ballarat for about 25 years and enjoyed it so much they formed their own "Crows" team. The Crows competed in the event for four years.

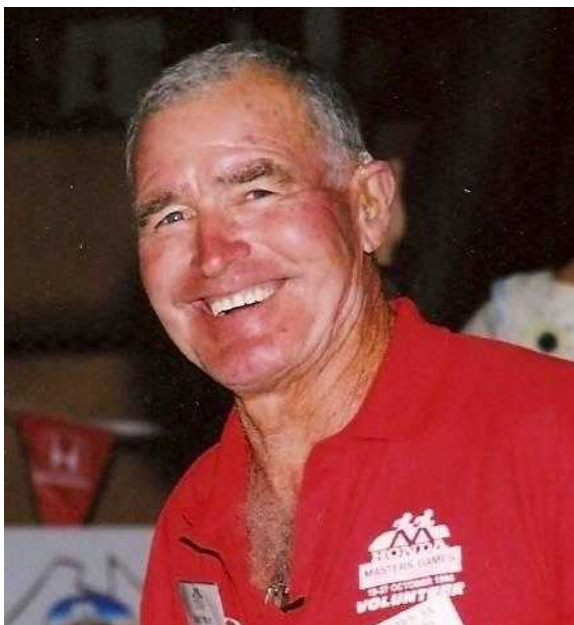
In SAMA's Athlete of the year awards Ruth won the administrator/official award in 2007.

In 2008 Ruth underwent heart surgery but within weeks was back out at Santos, judging and holding a stopwatch at the finish line.

Sadly Ruth passed away in March

2011 only days after a normal Wednesday nights officiating.

## **Geoff Peters**



Geoff joined Western Districts Athletic Club in 1942 and was continuously involved since 1944, both as a competitor, then later as a competitor and official. He has also coached many competitors in field events.

Geoff initially competed in distant running and throwing events but then switched largely to race walking. He won the state hammer throw championship in 1950.

Always involved with athletics at every level, Geoff has been a regular bus driver for interstate visitors entering competition in SA, particularly for the Grand Prix events. He has acted as a throws official

for 14 years at the Alice Springs Bi-Annual Masters Championships.

A close friend of Jack Weber, he took two weeks of his annual leave in 1979 to assist him walk from Melbourne to Adelaide and then followed this up by assisting him in his walk from Port Augusta to Adelaide to raise money for the Peter Nelson Leukaemia appeal. In 1980 Geoff proudly joined the elite Centurion's Club of Australia which involved walking 100 miles in less than 24 hours (23:34:10).

Geoff became particularly active with the Masters when he, Jack Weber and Colin Hainsworth, established a regular walking group in 1995, later to be incorporated into SAMA.



Geoff competed regularly until 2007 and still officiated and helped out on a constant basis into 2013 (where would we have been without his stewardship of the urn in winter!). He was also still involved with track and field for ASA and at schools events, Disabled Games, Police Games etc. - in addition to SAMA.

Geoff was passionate about athletics and his 70 year involvement saw him made a Life Member of Athletics SA, Western Districts AC, SA Walkers Club and SAMA. He is a proud member of the Centurion Club of Australia and received the Queen Elizabeth 11 Medal for Australian Sporting Achievements in the year 2000. Geoff passed away in February 2015 aged 88.



## Pat Peters



Pat followed Geoff into Western Districts Athletic Club in 1944 and like Geoff has been continuously involved since then, both as a competitor, then as an official. Pat began athletics life as a sprinter and sometimes a thrower but has always been an official.

Pat and Geoff's four daughters and so far at least two grandchildren have also been involved in athletics.

**Betty Edwards on the left and Pat in the middle**

Pat was Controller of Officials for over forty years at all athletic events held in South Australia for ASA, School Championships, Blind & Disabled Games and Police Games, to name a few. She was on the City-Bay Committee for 27 years, coordinated the officials for this event, has only missed officiating at one run since its inception and remains current Patroness to the Fun Run. She is also Patroness to the Athletics SA Officials Club.

Pat was a State Manageress for the SA Women's National Championships in 1963 and a delegate to the National Women's Annual Conference and was a founding member of the Women's Distant Runners Club in the 1960's

Pat officiated at the 1987 World Veterans Athletic Championships held in Victoria and has coordinated the officials in the Alice Springs Bi-Annual Masters Championships for 14 years.

Pat was rewarded for her efforts in athletics by being chosen to carry a baton in the Commonwealth Games Queens Baton Relay for the Commonwealth Games in 2006.

While being a regular official for most of the Vet's National Championships over the years, Pat became a regular helper with SAMA when the walking group was established in 1995.

Like Geoff, Pat has also had over 70 years involvement in athletics. Pat was made a Life Member of Athletics SA, Western Districts AC, Women's Distant Runners Club and SAMA. Pat received the Queen Elizabeth 11 Medal for Australian Sporting Achievements in the year 2000 and was honoured with the Member of the Order of Australia (AM) for her efforts as an administrator and official in 1988.

Pat passed away in July 2016.



## Rowland (Rowly) Ferris

Rowly started cross country running at school as a young teenager but soon found cycling was his main passion. He was involved as a competitor and administrator and didn't take up athletics again until he was a Veteran. Rowly was an all-rounder running sprints through to marathons but the shorter distances were his best and favourites. He made the finals in the 100m at both the 1977 Perth and 1978 Melbourne Nationals.

Rowly was one of the original 21 founding members in 1971 and was an untiring



worker during the first 10 years of the Club. Rowly was a committee member of the Vets from its inception until after the 1980's Nationals held in Adelaide, was secretary from 1974 to 1978 and Newsletter editor from 1974 to 1980. He also acted as co-organiser of the 1974 and the 1975 National Cross Country Championships.

The Nationals in 1980 (the year of Rowly's 50<sup>th</sup> birthday) were Rowly's greatest achievement. It was the first "Open" athletic championship held in the southern hemisphere. As the Masters movement didn't specifically ban professionals from competing, Rowly together with Lloyd Snelling, decided to invite and encourage many professionals to enter and he succeeded in enticing the first Australian sponsorship for a pro/am meet - from Air New Zealand.

These Championships were also significant because of Rowly's passion to attract big names. He tried for many from the 1956 Melbourne Olympics including Ron Clarke and John Landy and was successful in enticing the famous English distance runner Gordon "Puff Puff" Pirie. He also secured Australian champion Albie Thomas who was also in the 1956 Olympic 5000m, as well as Kiwi Derek Turnbull.

Membership numbers rose strongly during the 10 years of his involvement and much of the credit for this belongs to Rowly.

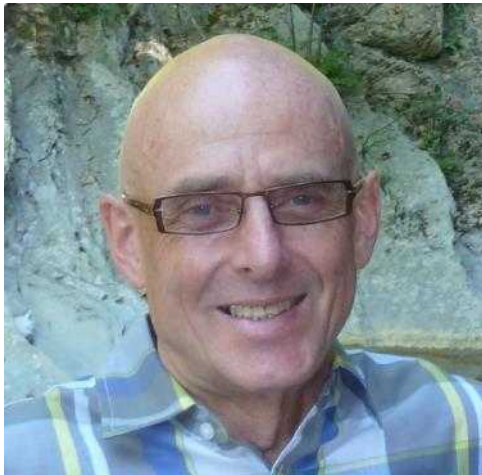
Members at the time fondly remember Rowly attending Olympic Sportsfield every Saturday and organising members into events. He was prodigious in his letter writing to the press seeking publicity for the Club and sought and won several sponsorships. Rowly also helped instigate a vigorous social side bringing the families along to functions away from athletics.

In producing the History of SAMA the information collected revealed a gaping hole in the due recognition of the untiring effort put in by Rowly on behalf of the Club. Former and current members ensured that SAMA rectified the situation.





## George White



While George is a reasonable race walker he is a “middle of the road” runner. His running began in the West Australian Goldfields town of Kambalda when in 1975 a local service club decided to hold a 5km fun run. At the time he was working as a geologist on the nickel mines where there was always a friendly rivalry between the geologists and the mining engineers. Hearing of the run, one of the engineers casually remarked that if they entered, the engineers would easily beat the geologists. That was a red rag to a bull and very quickly a keg of beer became the prize. The geologists

won the keg and George placed second in the race - however without having done any training his body was basically solid the next day and he vowed would never feel that way again. He has kept on running since that day. His best achievement in the west was a 2.50 marathon in Perth.

Moving to SA in 1979 George began his race walking career and it was the 1987 World Masters Athletic Championships in Melbourne that was his introduction to the Vets – as a Victorian! – but he transferred back to SA in 1990 and joined SAMA. He joined the SAMA committee in 2001 as Registrar, became Secretary in 2003 and President in 2013 retiring from that position in 2018. From 2003 to 2007 he was also the Club Statistician.

Over the years he has established the membership on to a computerized database, created a Strategic Plan and many policies (later incorporated into the SAMA By-laws). These policies were to form the basis for AMA policies, and the Risk Management Plan has been fundamental to our participation in Masters Games, the AMA Championships and various fun runs.

George actively sought grants to assist the Club's activities, securing over \$20,000 from the Office of Recreation and Sport, the Department of the Ageing, the City Bay Trust and the Adelaide City Council. Whilst Statistician he created an historical database of records set since the clubs inception and began the practice of issuing record certificates for SA records. In 2006 he established the SAMA athletic awards to mirror those of AMA and collect age graded data from all scratch events to enable selection of winners. In 2012 as part of the research into this History he arranged for all old copies of the SAMA newsletters to be scanned and available to all.





Outside of our own competition he was Registrar for the 2002 National Championships in Adelaide, was a key organiser in the 2005 and the 2007 Australasian Masters Games (which together returned about \$10,000 to the club) and organised events for the World Police and Fire Games in 2007. He also took on the role of Convenor and Championships Director for the 2009 and 2016 AMA Championships, including securing the sponsorships and grants which ensured their financial success.

Athletically George has won 17 Open State Walk Titles in distances from 3km to 30km (two of them while a Vet) and achieved a best placing of sixth in the Australian open 20km walk championships.

In Masters competition he has won over 40 Australian Walk Titles at 5km, 10km and 20km, set five Australian records and over 60 SAMA records. At World Masters Athletics level he has won 5 Championships and another 5 medals as well as recording several wins at World Masters Games and US Masters Championships.

## **John Hore**



John played and coached hockey in "A" grade teams until his early 40's and influenced by his father, tennis was his summer sport.

During 10 years in Clare, John was chosen to play in the inaugural State Country hockey team. However after selection, he damaged his knee, but he hid this from the selectors and managed to complete the carnival with some satisfaction. Knee reconstruction number one was performed after that.

On returning to the city in 1987, John continued playing hockey for a couple of years until a second knee reconstruction (the other knee) and subsequent nerve damage from a careless surgeon finished his sporting life for many years.

John's interest in sport was maintained through his children during this 'lame' period. John's youngest son Adam was a very quick sprinter and he trained with Geoff Whitehall. Geoff's enthusiasm rubbed off on John and he started running again - initially with Enfield Harriers and later the Vets in the late 90's. Not long after, he became a regular participant in Peter Sandery's training group. John knew that his sprinting days were over because of back problems, but his desire to do something resulted in him standing as a Club committee member in 2001 and assisting in organising while continuing with distance running at a leisurely pace.

John soon started developing a computerized event management system to replace the existing manual system that had for some time placed great demands on our officials and volunteers. This was an important step as the SAMA competition program was growing rapidly at that time and new ideas and methods were needed to handle the work and continue this growth phase. John used his IT expertise to apply relatively inexpensive consumer electronics technology and the computer software he developed is significant, not just for preparing start lists for races throughout the year, but because it allows the production of handicaps for every person in every race (and to refine the handicap algorithm when necessary). Results produced give competitors a breakdown of how they performed relative to their expected result and also calculated age graded percentages.



As SAMA doesn't normally have access to electronic timing, John introduced a video camera with an inbuilt timing function to resolve queries. This takes time, but he does it to ensure that the fairest outcome results. Results are posted to the website (which he designed) and are available usually the same day. Previous results can be looked up easily. In recent years John has produced various bits of technology to refine the timing of our races and lower our dependence on officials.

For the winter season, with events held in various parklands and beach venues John has downloaded Google Earth views of each event location with the courses marked on each, in addition to outline course maps and descriptions. This allows anyone to set up a course, provides consistency from year to year and gives competitors a good understanding of each course.

John was President of SAMA from 2009 to 2013 and he is still there helping every week; he handles queries with consideration and good humour and, when free of injury, even manages to compete occasionally himself.

The importance of the way John has utilised modern technology to assist in the running of Masters events was recognised by Australian Masters Athletics by installing him as the winner of the 2008 Administrator/Official of the year. John was President of SAMA from 2009 to 2013.

## **Rodger Barber**

Rodger joined the Adelaide Harriers in 1954 when he was 16 years old at high school, though at school he was more interested in cricket than athletics. One day when he was training for the school mile event the sports-master said that he had

run ten laps of the oval in a reasonable time and suggested that he should take up distance running. He joined Adelaide Harriers and was coached by Len Barnes.



In 1956 Rodger ran third in the South Australian 3 mile CC Championship in the time of 17.43 and was then called for National Service where he continued training and racing. 1956 also saw Rodger begin marathon training under coach (and State Marathon Champion) George Venables – running up to 95 miles a week.

He competed in the Victorian Marathon Championships in 1957 and 1958. Then in 1959 he won the South Australian Marathon Championship run in 84 degree heat finishing severely dehydrated as the first water stop was at 10 miles.

Rodger has the distinction of being the first athlete in South Australia to be shown on the newly introduced television.

Rodger was runner up in the 1960 SA Marathon Championships and he also won the Pepsi Footathon 20 mile race that year in 2 hours 7 minutes. That year also, with a group from the Harriers, he attended Percy Cerutti's training camp in Portsea, Victoria – a great learning experience with a great man.

By 1984 Rodger had competed in 22 marathons and lost count of the half marathons and 10km events.

In the 1970's and 1980's he competed with the Distance Runners Club and the Masters including being in the 1982 24 hour relay at the Adelaide Harriers - as a member of the 40+ team which set a new SA record.

After a period competing as a master he had a break from weekly competition but still managed to find time to train for annual runs like the Festival City Marathon and the City Bay.

While a member of the Southern Districts Athletics Club in 2001 he renewed his membership with the Masters and continued as a runner up to 2009 but then due to health issues, he began race-walking. After several years he now demonstrates sound race-walking technique and won a silver and 2 bronze medals





at the Canberra National Championships. Rodger still trains approximately 40 kilometres a week and prefers the 10km to 15km events.

Apart from Rodgers Athletic achievements he has been a working member of SAMA over many years. He put in two stints as Treasurer in the 1980's, one in the 2000's and one in the 2010's, retiring from that in 2017. He has also been Secretary/Treasurer of the City Bay Fun Run Trust. At home Rodger plays the Three-manual Theatre Organ and enjoys the Wurlitzer at the Capri Theatre.

## Richard Moyle



Richard's introduction to competitive athletics was at Olympic Sports Field (OSF) while at school in the late 1960's. Sports days were a highlight of the school year especially and he considered he was lucky to be given an opportunity to run on the OSF track. He cannot remember any top three places in the sprint events and inconsistent performances in the jump events did not point to a future in athletics but he did manage to do reasonably well in the longer distance events.

For a few years in the early 1970's other sports and interests were given higher priority until like many others he was lured back by the City to Bay event in 1974. In the immediate years that followed, a City to Bay personal best time (a tick over 49 mins) led to participation in a great number of events. Any local and interstate event with a distance from 5km to

half marathon was put in the running calendar. Injury free, and confident, these were his prime years. One year in the early 1980's Richard particularly remembers travelling to Albury, NSW to participate in the Nail Can Hill Run (11.3 km). A report on the run's website says, "Nail Can Hill is a hill - A bloody big hill". Like all hilly courses the uphill parts can be easier than the downhill and this course was true to that premise.

In 2000 Richard joined SAMA. He wanted to improve his running and SAMA provided weekly meetings and a friendly environment in which to compete. In 2001 Richard ran the Adelaide marathon and followed this with the Melbourne marathon in 2002. While the times for the marathons were "not great" he was pleased with the performances considering the lack of preparation given to both runs.



Richard competed in several AMA Championships and as well as Masters Games held at local and interstate locations. He won a medal in the 4 x 400m relay in Brisbane (2011). He felt the relay medal was a case of being in the right place at the right time. As well as competing, Richard was a member of the organising committee for the 2009 AMA Championships in Adelaide.

In recent years persistent injuries have contributed to a deterioration of Richard's running performances. However, he enjoyed working on the SAMA committee from 2002 to 2011 as Registrar for 4 years and Treasurer for 4 years. Currently, Richard is editor of the newsletter - the bi monthly publication that provides a current and historical record of the Club's activities. In this role he has taken the standard of the publication to a new height.

## Helen Suridge



Helen was always involved with sport at school even remembering sitting on the side of the netball courts at her local church when she was around 5, watching the 'big kids' shoot goals from 'miles out'. She started playing for her local church and school as soon as she was able. At high school she started in athletics (hurdles, sprints) as well as playing netball and softball, and while she loved the hurdles, the team sports were her main interests, winning many netball trophies.

When Helen married they moved around with her husband's job to Pt Lincoln, Mt Gambier, Melbourne, Brisbane and Sydney. When in Mt Gambier, Helen played A grade Netball and her team won the grand final. Helen's netball career included umpiring at a high level. She didn't continue with softball after school, but later in life took up squash but had to give that away after a few years because her knees did not like it.

Returning to Adelaide in 1989 with her daughter she started competing in the 'fun runs / walks' around Adelaide and at one City to Port race met SAMA member Geraldine Waites at the finish having won the female walk component of the race. Geraldine encouraged her to join SAMA and so she contacted Ruth Weber and her first race walk with SAMA was at West Lakes in 1999 where Colin Hainsworth showed her how to walk. Soon after joining SAMA, Helen joined the Committee and in 2001 became Secretary. She continued on after 2003 as Social Secretary before being coaxed back as Secretary in 2016. During her time as Social Secretary Helen firmly established herself as the main player in SAMA's social program instigating the annual tennis day at Belair National Park which ran until 2007. From 2002 Helen turned the so called SAMA



training weekend away formally into a social one and we have been enjoying these weekends since then at places including Melrose, Normanville, Mannum, the Barossa and Port Elliott. Thanks to Helen, Friday night dinners (and occasional Sunday lunches) have become a normal part of the SAMA year

Helen has been a regular competitor with SAMA as well as a volunteer and took on the demanding role of organising Volunteers at the 2016 National Track and Field Championships. Her one attempt to compete interstate was at the Brisbane World Championships but unfortunately she was injured and had to settle for being a spectator. However Helen has a set of Gold, Silver and Bronze medals from the 2002 and 2009 National Championships here in Adelaide and she holds 4 SAMA records for Race Walking in age groups from W55 to W65 as well as the W60 javelin record.

Helen was the winner of the SAMA Official of the year in 2014.



## MAGNIFICENT MASTERS

These Vets/Masters athletes have been particularly successful in winning multiple National Championships titles, medals at the World Masters Athletic Championships and World Masters Games and in holding current SAMA records. World medals include individual and relay medals but not team medals.

	<b>Individual National Wins</b>	<b>World Medals</b>	<b>Current SAMA Records</b>
<b>Bob Clarke</b>	4	2	4
<b>Lloyd Snelling</b>	17	7	4
<b>Alex Lampard</b>	32	3	3
<b>Percy Barnes</b>	21	2	-
<b>Margaret Cahill</b>	12	2	-
<b>Sylvia White</b>	31	6	10
<b>Jack Weber</b>	10	3	11
<b>Wendy Ey</b>	11	11	11
<b>Tom Morgan</b>	13	1	10
<b>Judy Daly</b>	8	8	14
<b>Jim Liascos</b>	13	-	-
<b>Hans Van Bavel</b>	15	7	3
<b>Ann Cooper</b>	24	21	13
<b>George White</b>	47	14	61
<b>Colin Hainsworth</b>	26	6	21
<b>Anne Lang</b>	34	17	14
<b>Peter Sandery</b>	46	46	53
<b>Elizabeth Slattery</b>	14	-	3
<b>David Padget</b>	12	5	19
<b>Lisa Davis</b>	23	5	12
<b>Miriam Cudmore</b>	39	15	19
<b>Cassie Neubauer</b>	18	-	4
<b>Lyn Peake</b>	20	22	8
<b>Dennis Peck</b>	15	6	17

### **Bob Clarke**

Bob Clarke was a founding member of the Veterans Club and until his death was the only person to have maintained continuous membership.

Newsletter Editor Bob Auld wrote in mid-1978, "Any veteran without prior running experience who needs reassurance that they can still get to the top should consider the example of R. Clarke. No, not Ron, but our Bob."



No classic stylist, Bob pattered along with a very short stride, no appreciable knee lift and signalled his progress with a distinctive whistle. His great asset, however was his tenacity, so that those who went to the 1978 National Championships in Melbourne were thrilled by Bob coming from a "barely in contact" third place with 200 to go in the M50 800m to surge on and snatch victory in the struggle to the tape.

In the 1970's Bob held all M50 SA Veteran Club records from 100m to 1500 metres as well as the triple jump. He also had the fastest M45 Marathon. In the 1978 SAAAA Championships, in the over 40's division only two younger rivals were able to beat 53 year old Bob home in the 800m.

At age 41 Bob started out as a jogger and used to go along to the Adelaide Harriers night meets just to watch the runners. He was also fascinated by the marathon and decided to enter one. It has to be quite unique when an athlete's first race is a marathon. Bob read in the paper about the 1966 South Australian Marathon Championships, entered as an unregistered athlete and finished in 3.28 in fifth position. Bob then joined Adelaide Harriers in 1967 and ran the State Marathon Championships again. This time he bettered his 1966 time by 39 minutes finishing in 2.49 and was chosen in the State Marathon team.

The jogger of 1966 then turned his talent to middle distance running, and 10 years later he won bronze medals in the 1975 World Veterans Championships in Toronto over both 400m (57.9) and 800m (2.09.1).

Bob settled on the "Juantorena double" as the distances that he too liked best and in the 1977/78 season at age 53, recorded a P.B. of 56.9 for the 400. At 800 his best was 2.08.3 in 1975. Also in 1975 in New York, Bob ran 25.00 for the 200m to create a new Australian Record. Though verified as a record, Bob always questioned the validity of the distance run. Bob went on to add a M55 400m Australian Record (58.00).

Over his career he broke Australian records four times. In Australian National competition, overseas Nationals and World



**Gothenburg, Sweden 1977  
World Champs – 3000m Steeple**

Championships in various age groups from 50+ to 65+ (1975 to 1993), Bob won 10 gold, 15 silver and 17 bronze medals.

At State level Bob set multiple M50, M60, M65 and M70 State Age Group Records. Five of these still stand today – the oldest dating back to 1975. Perhaps this is what inspired an enthusiastic company reporter who in 1979 did an article on Bob, unfortunately mistaking him for Ron Clarke and crediting him with 17 world records.

Having established his versatility in races from the 100m to the marathon, the pentathlon and the steeplechase, Bob surprised even himself when he won the M50 high jump in Singapore, an event he entered as a fun thing and even today will not say what height he jumped. He claims that photos of him jumping look impressive, only because the official in the photos was particularly short.

In 1973 Bob came second overall in the Adelaide Harriers Jubilee 60 kilometre track race recording a time of 4.57.57.

One of Bob's big satisfactions from the sport came from seeing the growth of the City-Bay Fun Run, which he founded in 1973 and organised for many years, seeing the race grow from 1637 entrants in the first year to over 10,000 ten years later. Bob is still given race number 1 in recognition of his role in the City-Bay. Largely as a result of his City Bay work, Bob was honoured in the 2016 Australia Day Honours, with a well deserved AM for his contribution to athletics. Bob unfortunately died soon after in April ending an outstanding SAMA record of being the only continuous member since we were founded.

## Lloyd Snelling



Lloyd Snelling joined Western Districts as a 20 year old and tried several events before settling on the sprints with impressive best times of:

100 yards	10.1
220 yards	21.9
440 yards	48.9

As an open athlete Lloyd was a founding member of Port Adelaide Athletic Club.

As a Vet, Lloyd dominated the three sprints at the National level from the start of the National Championships in 1973 through to 1982. During his time as a master he broke Australian records seven times with his M50 100m time still standing after 28 years. His times for the 100m, 200m and 400m in 1981 still stand as M50 State records. As an open athlete Lloyd won three State sprint titles in the 1950's.



In the 1950's amateurs were prohibited from competing with professionals and it was such a big issue that Lloyd was in danger of being banned from amateur competition because he was training with a professional and was thought to be taking part in time trials.

In the Nationals of 1980 in Adelaide, there is no doubt that part of the success of these championships was due to Lloyd withdrawing from the 100m and 200m to help concentrate on assisting with the smooth running of the Championships. He did however run in his favourite event - the 400m, taking second place. That year also saw Lloyd take on the role of the first President of the newly formed Amateur Athletic Association of South Australia, amalgamating the men's and women's associations.

At the international level Lloyd won silver in the M45 400m in the 1977 World Championships in Gothenburg and added a bronze in the M40 4x400m relay. Lloyd provided some extra drama on the track. He got through the heats of the 100m and came fourth in his semi-final and qualified. Later, not realising the time of the final, he was walking back to his accommodation with Herb Barnes, when as they were passing through the gates to the stadium, Lloyd heard his name called in the introduction of the final. He immediately jumped the fence and Herb threw his bag over – he then proceeded to run down the straight so that the race couldn't start. After some discussion they gave him five minutes to get ready and he did run in the final.

Four years later, determined to beat his silver in Gothenburg, Lloyd trained to his open athletics schedules and was rewarded with wins in the 100m, 200m, 400m, 4x100m relay and 4x400m relay.

## **Alex Lampard**

Alex Lampard was probably the most versatile performer on the National scene and until 2012 was the most prolific winner of National Championships with his best year being 1976 when he won 100m, 200m, 400m, 110m hurdles, 400m hurdles, long jump, triple jump, high jump and pole vault. At the 1978 Melbourne Nationals Alex Lampard again dominated despite suffering from arthritis. Alex won the 100m, 200m, 110m hurdles, 400m hurdles, long jump, pole vault, high jump and triple jump. Perhaps tiredness kicked in eventually as in the 400m Alex could only manage second. Alex's success is amazing considering what was often quite bad arthritis, but he had a very positive attitude – crediting his fitness with helping him maintain a relatively reasonable lifestyle.





Internationally, Alex went to two World Championships and at the championships in Gothenburg in 1977 he collected a silver medal in the 400m hurdles as well as a bronze in the 4x400m relay. Two years later in Hanover, Alex was part of the 4x400m relay team that won gold.

Also beyond Australia, Alex represented SA at the first International Veterans meeting in Cologne, Germany in September 1972.

Thirteen Australian records fell to Alex in hurdles, long jump, high jump, triple jump and pole vault. Alex still holds State records in M55 100m hurdles, M60 High Jump and M60 triple jump – all of them over 30 years old. His hurdle record is the oldest surviving record on the Clubs books having stood since March 1975.

## Percy Barnes



Percy Barnes has been our most successful male thrower, particularly strong in the hammer which is the event he won the 1946 Open State Championship in.

In total, Percy won 21 National Masters titles. His first Nationals were in 1975 when he won a silver medal, but from 1976 to 1984 he never failed to win at least one gold medal. His best year was 1980 when he won four throws and probably his best surprise year was 1977 when he won three throws and the 1500m.

Percy broke Australian records 10 times.

He attended three World Championships, winning a discus bronze medal in Toronto, 1975 and was the only medal winner from a small band of four South Australians who went to the 1979 World Championships in Hanover, Germany. He won a silver medal in the hammer.

Percy also won three gold and one silver medal at the first Oceania Championships in Fiji, 1982.

## **Margaret Cahill**

Margaret had a long history in athletics being secretary of the Women's Association for many years. For her dedication to the sport she was made a life member of both ASA and Athletics Australia. In 1976 she was a founding member of the South Australian Veterans Women's Amateur Athletic Club (SAVWAAC) and was elected its first President. The following year SAVWAAC was approached by SAVWAAC to consider amalgamation and in April 1978 this occurred. A great administrator, Margaret continued to enthusiastically work for the combined Club, taking on the role of secretary for five years.



Well known for wearing stockings during competition, which she claimed was to stop chaffing, Margaret was a prominent walker and thrower with many wins at the Nationals. While Margaret was a pleasant companion sharing a room with her meant taking earplugs as she was a notorious snorer.

Margaret's dozen wins and many places at the Nationals came in the walks, discus, shot and javelin. Her best achievement was in winning gold medals in the discus and javelin at the 1981 World Masters Athletic Championships in Christchurch.

Margaret was statistician and secretary at the time of her death in 1986 and was posthumously awarded the Medal of the Order of Australia (OAM). Her husband Jim received the honour from the Queen aboard the Britannia.

## **Sylvia White**



Originally from New Zealand, Sylvia played basketball for South Australia and represented Australia in 1960 and 1964. She was prominent in South Australia in softball and Electric Light cricket as well as athletics. Competing for the Adelaide Harriers, she was successful in long jump and hurdles early in her athletic career, but it was high jump, shot, discus and javelin at which she later excelled.

In open athletics Sylvia won one high jump, one javelin, seven discus and eight shot State Championships. She was awarded life membership of Adelaide Harriers and Athletics SA.



Between 1978 and 1986 Sylvia won an amazing 31 National Veteran's titles, mainly in the throws but also in high jump and long jump.

At the 1981 World Championships in New Zealand Sylvia won bronze for the W50 shot, silver for discus and gold for javelin. She won convincingly in her W55 javelin with a world record that exceeded the previous mark by several metres. In the 1985 Rome World Championships, Sylvia won three gold medals in W55 javelin, discus and shot.

At National level, through the age groups of W45, W50 and W55, Sylvia was unsurpassed in breaking Australian records, doing so once in long jump, six times in high jump, twelve times in discus and shot and an amazing fifteen times in Javelin. Four out of the 10 State records Sylvia still holds have stood for over 30 years.

In 1976 Sylvia was one of the founding members of the South Australian Veterans Women's Amateur Athletic Club (SAVWAAC). She was well known for her love of iron tablets and for selflessly helping others to improve their skills.

Sylvia was training at the Adelaide Harriers track in 1986 when she suffered a heart attack and died.

## Jack Weber



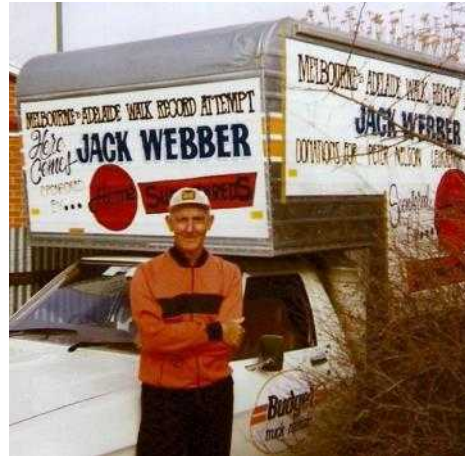
Jack Weber, born in 1914, was a significant influence on race-walking in South Australia. As a boy he won sprint and middle distance running events and in 1931 Clem Duncan, the coach at Adelaide Harriers, persuaded him to join his club. He won the Club 440 yards junior championship, the State 4 mile junior cross-country championship, a 3 mile open handicap road run and a mile handicap run conducted on the Adelaide Oval during the half-time break in a football game – all in his first year of competition.

After that auspicious start, he ran for Adelaide Harriers until 1948 when injury curtailed his running. It was then that he met former Australian race-walking champion George Wilson, who suggested that he try race-walking as a way to retain athletic fitness.

He started as "all style and hip swinging with no pace" - the commentator on the night saying "fair dinkum Weber, we ought to charge entertainment tax". However he seemed to master the technique fairly quickly and was soon hooked on race-walking, an addiction to last another 50 years.

Over the years he amassed an impressive list of achievements, including:

- Winning both State 10,000 metres walking and running championships as a 17 year old.
- Competing in the Gawler to Adelaide walk 15 times; being placed each time and winning six times, coming second seven times and with a course record in 1952.
- Representing South Australia many times, finishing fourth in the 1955 Australian 50k road walk championship.
- Competing in the South Australian Relay from Melbourne to Adelaide to commemorate the State Centenary January 1936.
- Being a member of the Adelaide Harriers relay team which ran from Adelaide to Perth to arrive in Perth the start of the 1963 Commonwealth Games.
- Becoming the second "Centurion" in Australia in 1971 at age 57, covering 100 miles on the Adelaide Harriers track in 22 hours 44 minutes and 53 seconds.
- In 1979 setting a new walk record time from Melbourne to Adelaide in 10 days 2 hours and 30 minutes (one of his proudest moments - he had the privilege of Olympian Marjorie Jackson accompanying him from South Terrace to the Town Hall).
- In another example of Jack's extraordinary capacity for endurance, in 1980 he set a world record at age 66 on the Adelaide Harriers track, covering 1062 miles 440 yards in 38 days 2 hours and 30 minutes (an average of 27.87 miles per day).
- Between 1981 and 1993 Jack winning 10 National Vets titles.
- Winning two silver (5km and 20km) and a gold team medal at the World Veterans Championships in Christchurch, New Zealand in 1981 and a bronze medal (20km) and a gold team medal at the World Veterans Championships in Melbourne in 1987.
- In 1994 walking from Port Augusta to Adelaide to raise funds for the Anti-Cancer Foundation at age 80.



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Jack was twice Caltex Sports Star of the month and became a Life Member of Adelaide Harriers, Athletics SA and the SA Walkers Club. He kept competing in to his eighties with the Masters but he was diagnosed with pancreatic cancer in late 1997. With a prognosis that he had only weeks to live, Jack accepted this news in his usual calm manner and continued on with his normal routine including walking with the Masters.

His passing in 1998 was not only a great loss to South Australia but to the Australian sporting scene in general.

## Wendy Ey

At the age of 14 in Melbourne, Wendy joined her first athletic club. Four years later after winning many Victorian sprint and hurdle titles and the 1956 Australian 100 yards championship, she was competing at the 1958 Empire Games. She won silver as part of the 4x100m relay team.



Wendy Ey was a pioneer of women's sport in the latter part of the 20<sup>th</sup> century. In 1966 she became president of the South Australian Women's Amateur Athletic Association and held this position for 15 years overseeing many changes that saw more equality for female athletes. She pioneered the inclusion of women's issues in coaching accreditation courses.

Wendy was also a successful State hockey player and pennant squash player in the 1960's and 1970's.

As an open athlete Wendy was successful at the 1958 Empire Games in Cardiff where she was a member of the silver medal winning 4 x 100m relay team. She was also a finalist in the 80m hurdles at these Games.

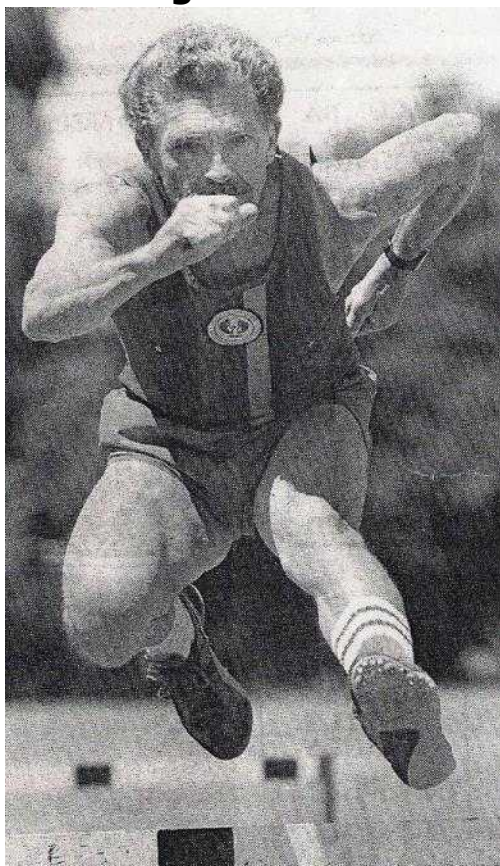
Wendy retired from athletics at the tender age of 21 and it was not until 1981 when she joined Veterans athletics that she made a return and was successful at National level, winning 11 National titles and setting twelve National records in the sprints, hurdles and long jump. At the international level she won four individual gold, three silver and two bronze medals. She also added one silver and one bronze in relays. In 1984 Wendy broke W45 world records in the 100m and 200m.

As well as competing, Wendy was successful in sports management being manager of the Australian track and field teams at the 1982 Commonwealth Games, 1984 Olympic Games, 1987 World Championships and the 1992 Paralympics. In this last year Wendy became advisor to the Minister for Recreation and Sport and wrote the Governments policy for women in sport. Wendy was a life member of Athletics SA, was awarded the British Empire Medal for services to sport in 1977 and in 1992 received an Award of Merit from the Confederation of Australian Sport.

Wendy succumbed to cancer in May 1997 at the age of 59.



## Tom Morgan



Tom has been the Clubs most successful hurdler - both short and long, though eight of his 13 National titles were in the long hurdles. He has also won National titles at 200m, 400m and high Jump as well as placing in the steeplechase, 800m and long jump. Tom still holds 10 SAMA records.

At the World Masters Athletic Championships in Japan in 1993 Tom was part of the 4x400m relay team that won bronze. Tom also won an individual gold medal at the World Masters Games in 1994.

## Judy Daly

In open athletics Judy won 14 State Championships at 880 yards, 1500m and cross country, but the 800m/1500m specialist was unusual in that she didn't contest too many National Vets Championships. However she won as many World Championships medals as she did National Championships.

Judy joined the Adelaide Harriers Club in 1958 under the guidance of Len Barnes and over the next 35+ years also competed for Port Adelaide, Adelaide Teachers College, Combined Teachers Colleges and of course the Vets - all under the guidance of Dr. John Daly whom she married in 1976.

At the Harriers, Judy started as a high jumper, sprinter and hurdler but changed events in the mid-sixties to 400m, 800m and cross country in order to remain competitive.

In 1967 Judy succeeded at the National level when she won the 3k cross country title in Queensland. Usually a finalist in the 800m at the National Championships it was not until 1970 that she won her first medal - a silver. Competing against the likes of Judy Pollock, Charlene Rendina and Jenny Orr was no easy task.

Margaret Cahill encouraged Judy to be involved with the Vets and though she competed as a 'pre vet', basically waited until she was 35 to become seriously involved in Veteran Athletics. She always found the Vets very friendly, supportive,

encouraging and genuinely interested in one another's progress and she was involved in the 400, 800, 1500 and 3k track events and cross country.



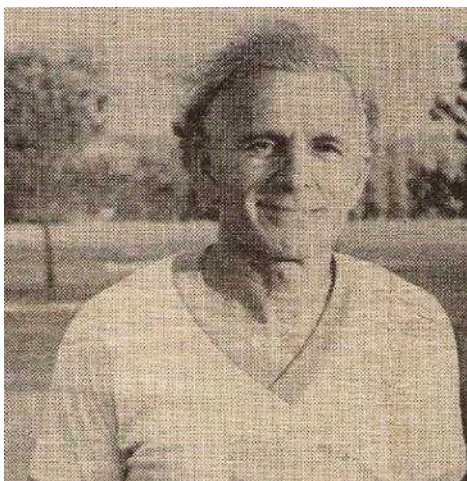
**Judy on the way to winning the 800m in Turku 1991**

Judy's first International competition was the 1982 Oceania Championships in Fiji and the first World Championships she attended was in Rome, 1985 where she won her first World title. Rome was followed by Melbourne 1987, Eugene 1989 and Turku 1991, where she won the 800m/1500m double each time. This was essentially the end of Judy's stellar career having only competed in a few low key events since 1993.

Judy still maintains a level of fitness by running three to four times a week and even though nearly 20 years has lapsed since significant competition she still misses the challenge of training and the intensity of international competition. Currently Judy coaches a squad of athletes, preparing them for State and National competition.

Judy's legacy on the State record books amounts to 14, with the oldest – W30 400m and 800m having lasted for nearly 40 years. Nationally she broke Australian records twelve times with a mile record still standing.

## **Jim Liascos**



Jimmy Liascos was a prominent South Australian sprinter/hurdler in the Vets for over 20 years and although he didn't join the Vets until 1973 he was one of the first veterans age South Australians to compete overseas. Together with Alex Lampard he competed in the first International Veterans meeting in Cologne, Germany in September 1972.

During his time with the Vets Jim notched up 13 wins in sprints at the National Championships. The 200m was his best event, closely followed



by the 100m, but he also won two long hurdle titles and medalled in the 400m.

In January 1997 on a very hot day, Jim was doing 100 metre run throughs when he suffered a fatal heart attack. Jim was a close training colleague of David Janssan and David donated a perpetual and annual trophy in Jim's memory, to be awarded to the best age graded 100 metre runner on the night of an age-graded Meet. This trophy was awarded from 1988 to 2009.

## **Hans Van Bavel**

Hans started competing in 1969 having been quite fast at school. A work friend introduced him to athletics and he has never looked back. Hans was a member of United Collegians for nearly 20 years and subsequently Saint Peters Collegians Athletics Club for another 20 years where he was secretary for most of those years. He currently assists with coaching young athletes at the club as well as still competing at ASA Interclub competitions. Hans has an unofficial record for making 18 continuous 200m finals appearances at the ASA Open State Championships. Hans is a Life member of both United Collegians and Saint Peters Collegians.



Hans was unaware of master's competitions until the nationals were held in Adelaide in 1986. There he dead heated with Peter Crombie in the 100m and shocked a few who were unaware he was in the sport! Hans set a national M35 100m record in 1986 when he ran 11.00.

Hans' wins at the sprints have been evenly spaced over the 100m, 200m and 400m. He has competed at the World Championships in Turku 1991, Gateshead 1999, Brisbane 2001, San Sebastian 2005 and Riccione 2007.

His strength at the world level has been particularly seen in the relays. In San Sebastian, Hans was a member of the national relay 4x100m and 4x400m relay teams that won gold. He won an individual gold and one silver at the 1994 World Masters Games.

## **Ann Cooper**

In March 1942 at the age of 13 Ann Shanley (later to become Cooper) won the State Open 220 yards Championships in 27.9. In 1943 she slipped in the 100 yards and sprained her ankle preventing her from competing that year. However from there on she won every 100 yards State Championships for the rest of the decade. Ann was South Australia's first female National champion in 1950, first female National record holder and first International female athlete. Surprisingly Ann's National title in which





she also set a National record – was in the shot. In total Ann won 26 State Championships in 100 yards, 200 yards, 440 yards, shot and long jump.

Competing in the 1950 Empire Games in Auckland, Ann came sixth in the 100 yards and fourth in the 220 yards and then teamed with Marjorie Jackson, Shirley Strickland and Verna Johnson to win gold in the 660 yards medley relay. Ann ran the third leg (110 yards) increasing Australia's lead.

Soon after this gold medal win in the Empire Games Ann retired from top level athletics and with her husband Colin, moved into the more traditional role of family and work. In the early 1980's she started running again with some low key events but it was not until 1986 that the athletic interest was really re-kindled when she joined the Vets and competed in the Adelaide National Championships. The following year at the WAVA Championships in Melbourne she set her first World Record and from then on she has been the outstanding sprinter in her age groups at the world level.

In 1990 Ann was awarded a Certificate of Outstanding Performance by the Confederation of Australian Sport for the "Best Individual Performance in 1990". This award is not just for Masters but is open to all athletes. Ann's world records in the 200m, 400m and 800m in 1989 and her dominance in these events were the key.

In SAMA's Athlete of the Year Awards Ann won the sprint award in 2007. She also won the most outstanding performance in 2006 and most outstanding female athlete in 2007. She has twice been selected as a winner of the AMA Annual Award; in 1999 winning the Female Sprints/Hurdles category and in 2007 as the Most Outstanding Female athlete.



Over the years she has been a top performer in the sprint Champion of Champions event at the AMA National Championships. She was the winner in 2002, 2003, 2004, 2006 and 2007. At the Championships in Hobart in 2007, award categories were introduced for the best Age Graded Performances and Ann was the winner in the Sprints/Hurdles category. Her 60m sprint time of 10.53 achieved an age grading of 104.69%.

It is remarkable that in more than 20 years of competing at the highest level in Masters competition Ann has only been beaten twice in her events (100 to 800). The first was in the 1987 World Championships in Melbourne. She broke the world record

in her heat of the 400m but in the final, though a clear leader heading for the finish, had to settle for her only bronze medal. In 1991 having won gold in the 100, 200 and 400m she took silver in the 800m. During her career at the World Championships Ann has won 20 individual gold, one silver and one bronze medal. She has also won several relay medals. At the National level Ann has established 25 Australian records, six of which still stand. Seven world records have fallen to Ann.

Ann has been the dominant performer in her age groups for about 25 years and in 1997 Ann was inducted into the Athletics SA Hall Of Fame in recognition of her contribution to athletics in Australia. In 2009 Ann was one of three inaugural members of the newly established Australian Masters Hall of Fame.

## **Colin Hainsworth**

Like many who grew up in the depression years Colin walked and ran rather than rode the bus. At junior school he found that he was able to win running races but at high school, he found that he had began to slow down. He decided to give walking a go and from then on he never ran (voluntarily) again. Eventually with coaching and time he gradually worked his way through the ranks until finally winning the Yorkshire Walking Club Championships. Colin continued with his walking in the RAF and for four years in the RNZAF.



On returning to the UK, Colin took a job at a large printing firm and entered the Annual Printing Industry Athletics Competition. Unfortunately he didn't have any suitable shoes and ended up wearing a pair of old work shoes that his Dad was wearing. The race almost killed him but he managed to win.

Colin married in 1957, came to live in SA and a few years later, met Stan Malbut at Elizabeth and was introduced to the Walkers Club. It wasn't long before he was back competing. Colin was one of

the many walkers including Frank Leonard and Peter Fullager who regularly travelled to compete in the Federation events in Canberra. Colin was President of the Walkers Club in 1972 and 1973 but due to work, health and domestic commitments, retired from walking until about 1988.

In the early 1990's, Colin was competing with the Walkers Club again but had become dissatisfied with their competition. An alternative walking group was formed in 1995 when Colin, Jack Weber, Geoff Peters, Geraldine Waites and Ruth Weber

decided to meet on a Saturday afternoon and arrange their own walks. As the group continued to grow they became concerned by the problem of insurance. The simple solution was for the group to become part of the 'Vets' Club (some were members already). As a result, in 1997 Colin became a member of the committee, representing the walkers. The walking group ended up as the template for later winter running for the Vets – a format that persists to today.

Colin regards the highlight of his walking career to be in 1990 at the AVAC Championships in Melbourne when he beat Gordon Gourlay in the M60 20k road walk, in 119.09.

Colin served as a Committee Member, Vice-president and then in 2000 was elected as President of SAMA, a position he held for five years.

As well as his success at the Nationals – over 20 wins, Colin scored two gold medals at the World Masters Games in Edmonton in 2005.

### **Anne Lang**

With an "All Australian" hockey playing father, an Olympic rifle shooting uncle and a grandmother who was an "A" grade bowler, Anne was encouraged to try many different sports as a child. Anne settled on tennis, moving up to State level. With the arrival of her family, she turned to squash, playing A grade for some 10 years.



**Anne – far right**

Anne has worked in the Fitness Industry all her working life, working as manager and trainer for The Institute for Fitness Research and Training in North Adelaide. In 1997 she and partner Peter Dunham purchased the business converting it to Fitness on the Park which she continues to run as a Health and Fitness Centre. Besides normal gym activities she encourages outdoor group sessions and leads walking groups each week in the Adelaide hills as well as many interstate and overseas treks in places such as New Zealand, Vietnam, Canada, UK, Peru, USA, South Africa and Spain. For her 60<sup>th</sup> birthday Anne walked the Kokoda Trail and climbed 10 days on the Great Wall of China for her 65<sup>th</sup> birthday.

In her late 30's Anne was introduced to marathon running and decided it would be a



challenge to run a marathon for her 40<sup>th</sup> birthday. Anne eventually completed 13 marathons over the next 10 years or so. The first took six hours running at nine minute kilometre pace with a group of friends. Then she got serious and worked hard to reduce her times down to below five minute kilometre pace.

In 1991 Collin Cooper suggested "trying something different" and a whole new approach to her running started. Since then Anne has competed in most National events and in the World Championships in Japan, USA, South Africa, UK, Brisbane and Spain. She settled in as a middle distance performer with a preference for the 1500m. However in 2009 Anne showed her versatility by successfully winning the 200m, 400m, 800m and the 1500m at the Nationals. Anne's success at the world level has been in the 4x400m relay, including being part of a team that broke a 4x400m world record. She also won silver at the World Masters Games in 1994. In more recent times Anne has added the steeplechase to her events with great success – winning the Gold medal in the Sacramento World Championships in 2011.

Since 1991 Anne has collected over 30 National Masters titles, many World Masters medals and holds many SAMA records.

Anne said "as exciting and enjoyable as this journey of training and competition has been, one of the most important aspects of Masters Athletics, besides the building of strength of character and discipline, has been the camaraderie in competition and the many friendships that I have made along the way".

## **Peter Sandery**



At the age of 21, Peter ran one season of track and field competition when the Lower Murray Harriers was formed at Murray Bridge High School, where he began his teaching career. He returned to running when he was 39, largely as a road runner with SARRC and trained mainly for marathons. He subsequently joined the Vets in 1981, running mainly in winter season events, but with some distance track events at Olympic Sportsfield.

Peter joined Roger Pedrick's speed training group at Adelaide Harriers and when Roger stopped coaching this group he trained himself and in response to others, did the requisite courses to obtain ATFCFA accreditation. He is now a Level IV coach, with a focus on middle and long distance running for Masters athletes. Peter

represented SAMA for many years as Club Delegate at the Clubs Council of ASA.

He has a long history in some events such as the Barossa 1/2 marathon where he may have run that event more times than anyone else. He has run nearly 30 City-

Bay races, starting in 1980 and has been competing in the National Running Week events held in Thredbo every January for 25 years. In the Pichi Richi half marathon Peter has scored outright wins five times.

In the 2009 Summer/Winter season Peter had the distinction of being the oldest regularly competing ASA Interclub athlete. In SAMA annual age graded competition, Peter has recorded the best non-sprint performance since 2002.

Peter has an impressive history at the World Masters Athletic Championships with over 30 medals. He was also part of a 4x200m team that set an Indoor Australian 50+ and Australian Open record in 2008. Peter also has several wins and places at World Masters Games and many wins in Oceania Masters Championships, Australian Masters Games and the Pan Pacific Games.

From 1999 in Canberra to the present, Peter competed in most National Championships winning over 40 gold from 800m to 10km, steeplechase and cross country.

A review of SAMA records shows Peter currently holds over 50 records, dominating the M55, M60, M65 and M70 age groups. In SAMA's Athlete of the Year Awards, Peter has won the runs award and Most Outstanding Male Athlete many times. Peter's success has also been recognised at the National level by the receipt of AMA awards for Most Outstanding Athlete in 2002 and for Middle Distance in 2008.

## Elizabeth Slattery



Elizabeth grew up in a relatively sporting family – Mum played netball, Dad played football and tennis and her sister played netball and was a good sprinter in high school. Elizabeth reckons she got Mum's sporting ability and her Dad's competitive spirit. Until her early 30's, sport was netball, then in 1991 she entered with a staff team in the City-Bay. Finishing in 69 minutes, Elizabeth decided that running was not for her. However eight years later at the start of 1999 and with a few more runs under her belt, she started speed training with Peter

Sandery at Adelaide Harriers. That is when her running really started to improve. Her second attempt at the City Bay in 2000 produced a time of 48.51. (Elizabeth's PB came in 2003 with 47.52.)

Since then Elizabeth has competed with ASA, Road Runners and the Masters, with

a highlight to date being her win in the Barossa Half Marathon in 2008. Had she entered the State Marathon run in conjunction with this event, she would have been the State Champion – but she did win the Over 35 State Medal.

In Masters running, Elizabeth has been successful in events from the 800m to the half marathon and the cross country. The 10 kilometre track run has returned the most wins. Despite being one of our younger members Elizabeth has already notched up a total of 14 wins in National Masters Championships.

While not venturing overseas often, her trip to Christchurch for the 2006 Oceania Championships resulted in three gold, one silver and one bronze medal.

## David Padget

As a youngster David played football but when he moved to the city in 1953 he joined Western Districts, initially as a sprinter in ASA C and D grade.



At the end of 1956 David was in a party of 20 runners including Rodger Barber who went everyday to the athletics at the Melbourne Olympics and remembers well, seeing Betty Cuthbert and Emil Zatopek. He was also in Melbourne in March 1956 watching the Australian titles in that famous race when Ron Clark fell and John Landy helped him up before racing off to win the mile title.

In 1957 David purchased a milk round which entailed seven hours a day, seven days

a week but he still managed to compete on Saturday afternoons – summer and winter. At that time he ran a mile in 4.36 and 3 miles in about 15.10. He remembers creating headlines in the Advertisers results for being disqualified in a 3 mile race for accepting a piece of ice during the run – the temperature was over 100 degrees!

The winter racing was mainly 3 or 5 miles around the South parklands but the biggest run of the winter was the 10km cross country in the north parklands. David ran third on two occasions and could have competed in the Australian titles but his milk round took precedence.

After a spell running a small deli he married Valmai, leased the business and started training hard again.

One Saturday morning Valmai went to the hospital early to have their first daughter. David decided to run at St Mary's in a State 5 mile cross country title and arrived at



the hospital with only 10 minutes of visiting time left. Valmai was a little upset and with the addition of a son and twin daughters he didn't run again until he was nearly 50.

At that stage he was a badly over-weight (over 95 kilos) taxi driver. He joined Adelaide Harriers in 1981 and the Road Runners in 1982 on his 50<sup>th</sup> birthday. His first race was the Greenbelt half marathon, completing that in under 90 minutes and six weeks later ran in the State 25km Road Championships in 1hr 39mins 40secs, regarding this as his best run ever.

David joined the Vets in 1982 (Valmai in 1997) and has won 11 golds at the Nationals, being most successful at the 10000m and cross country events. In the 1980's he trained for the marathon, running 2.54 in Adelaide in 1987 and then went to the World Masters Athletic Championships in Melbourne and although completing the marathon, he was more successful on the track.

David also competed in the World Masters Athletic Championships in Eugene, Oregon and Turku, Finland and did particularly well in the Melbourne World Masters Games in 2002 with a gold in cross country and silvers in the 5000m, 10000m and half marathon.

Still a regular at SAMA's weekly meets and at State, National and Oceania Championships – there is a lot of running left in David's legs. Nearly 20 SAMA records still belong to him!

## **Lisa Davis**

Lisa Davis had the distinction of being the youngest member to enter the ranks of Magnificent Masters. Lisa burst onto the Masters scene in Adelaide 2009 with 5 National Championship wins and with only a few years in the Masters ranks she has already chalked up 18 National wins – an incredible effort.



As a youngster Lisa did ballet and as a teenager Lisa excelled at many sports including Table Tennis, Hockey, Cricket and Australian Rules football. Taking up running at 14, Lisa competed for the Hills Little Athletic Club before entering senior Athletics with Adelaide Harriers and then the newly formed Hills District Club. Competing for them every year since their formation, Lisa was awarded Life Membership in 2006.

Starting as a sprinter/middle distance runner, Lisa went into the senior ranks with many medals in the 800m, 1500m and steeplechase. Moving up in distance Lisa won Open State Titles in cross country, the half marathon and the 10km track during the period 2009 to 2011.

Lisa also coached athletics at the Hills Little Athletics Club and Hills Districts Athletics Club for a number of years, and was team manager for the South Australian team at the 2002 Australian Track and Field Youth Championships and the 2000 Australian All Schools Track and Field Championships. In 2000 she received an Australian Sports Medal in recognition of her services to Athletics.

Losing interest around 2006, it took the 2007 Adelaide Australian Masters Games to re-kindle Lisa's interest in Athletics. Joining SAMA in 2009 Lisa immediately made her mark at the national championships and then went on to win the 5000m as well as silver in the 1500m and steeplechase at the World Masters Games in Sydney.

With that success, Lisa looked for another challenge – the marathon! In 2010 she completed the Melbourne marathon in 3 hours 4 minutes but after a less than satisfying Gold Coast marathon in 2011 (though still winning the AMA title for W35) she was diagnosed with inflammatory arthritis. Every day things became a chore and running was almost impossible. Eventually, her joints became so painful, that she was put on a biological modifying drug. This had an immediate positive effect and for the first time in 8 months Lisa could run without excruciating pain.

With this successful medication, Lisa bounced back with a vengeance in 2012. With a PB in the half marathon, she decided to try another marathon - the 2012 Gold Coast marathon, which she did run in 3:01.2 – again winning the AMA W35 title. Lisa then set her sights on a sub-3 hour marathon. On the day of the 2012 Melbourne marathon she ran out with the 3 hour pacers and stayed with them until about 32km when she decided to break away and hang onto some other guys who were obviously trying to run under 3 hours too. Lisa ran into the MCG ecstatic to see that she was under three hour pace and finished in 2:59.11 hours.

Lisa continues to win half marathons and has continued her success at the marathon winning a 3<sup>rd</sup> AMA title in the 2013 Gold Coast Marathon in another PB of 2:58.58. Not content with Masters Athletics, Lisa took out 2<sup>nd</sup> place in the Athletics SA Open Women's 3km 2013 with another PB of 10.26.64 and then followed this up with a win in the 2014 3000 metres steeplechase and in 2016 in the 10,000 metres.

## Miriam Cudmore



Miriam was born and raised in South Australia and as a teenager played basketball and tennis. Moving to Adelaide at 20 she played netball and basketball right through to her 60's. Miriam played up to 5 games a week, coached under 10 girls and senior teams, umpired junior and senior matches and served on the Ladies Daytime Basketball Committee.

Miriam's first foray into the world of athletics was in the early 1980's when she ran the City Bay 4 times achieving good times with little training – relying on her basketball fitness.

Competing at the Alice Springs Masters Games in 1998, in netball and basketball Miriam went to watch the Athletics at the back of the basketball stadium and thought she would fit in there very well! She phoned Bette O'Neil, who she had played netball with for many years and had mentioned running to her on a few occasions. She was put in touch with cousin Frank Rogers and the rest is history.

Her last game of basketball was in the Melbourne Masters Games in 2002 where she intended to enter the athletics also. She hadn't played for over a year but was asked to fill in an over 60's Basketball team. They said they had plenty of players so it wouldn't interfere with her running! However the temptation was too great. Ending up with only 6 or 7 players, running went out the window – but she did win gold in the basketball.

Miriam trained for years with Ann Cooper, Anne Lange, Frank Rogers, Peter Dunham, John Hill and Valmai Padget (where there is an on-going fierce but friendly rivalry on the track). In recent years however she has moved to train with the Paul Townley Team.



Miriam's first competition with the Masters was in March 1999 followed by the Adelaide Australian Masters Games in October entering 200, 400, 800 and 1500 metres but not the 100 as Frank thought she might pull a hamstring doing the 100m without enough training. Port Pirie followed in 2000 along with Miriam's introduction to running injuries – hamstring!



Then it was the Alice Springs Masters Games in 2002 where she entered the 100, 200, 400, 800, 1500, LJ, TJ, Javelin, High Jump and the Masters Mile, trying to find her niche! Miriam won 9 gold and one silver – beaten in the TJ by a bee's whisker. Miriam's first World Masters Athletic Championship was Brisbane in 2001 – where she was a member of the 4 x 400 relay which won silver.

A regular competitor in the SAMA competitions since 1999, Miriam has blossomed in the last few years and expanded her portfolio of events by adding the Pentathlon. Her success culminated in 2013 with Australian Championship wins in the 60, 100, 200, LJ, TJ, Pentathlon and Javelin with Australian records in the LJ, TJ and Pentathlon. Miriam's National wins are now over 30. The World Championships in Brazil 2013 capped off a great year with silver medals in the 100, 200, LJ, TJ and Javelin with a new Australian record, and a gold in the 4x100m relay. She followed up in Lyon with two golds and a silver and then in Perth won 4 golds and a bronze.

## Cassie Neubauer



Cassie is one of the best all-rounders SAMA has seen. At school she played netball, cricket, Aussie Rules and T-Ball, but already signalled of things to come in taking out All Round Athletic medals at both Primary and High schools. Cassie started in athletics in 1983 when she joined Tea Tree Gully Little Athletics Club - because her sister did! As a Little Athlete Cassie won medals in relays and race-walks and then went on to open athletics as a member of Tea Tree Gully Athletics Club, winning silver medals in the State Relay Championships. Cassie is now a Life Member of Tea Tree Gully.

Cassie is one of SAMA's rare breeds in that she joined us at the age of 30 and though she likes the sprints and the long jump has become an excellent all-rounder. In only in her second 5 year age group she has already medalled frequently at the AMA Track and Field Championships and has amassed 14 National titles.

At the Oceania Championships Cassie has made amazing appearances. In Tauranga, New Zealand she won 9 gold medals and then in Bendigo surpassed that by winning 10 gold medals. At the Tauranga Championships she set a Championship record in the W30 60m, which she considers her athletic highlight. In Dunedin Cassie added another 11 medals to her haul.

Cassie currently holds 4 State records.

Cassie trains three to four times a week at the sprints and long jump. While an avid Crow's



supporter she just loves her athletics and wants to improve in all her events especially the 800m in the Pentathlon.

## **Lynn Peake**

Lynn Peake is a classic example of the tortoise and the hare. In recent years by relatively small incremental steps she has become a significant force in Australian sprinting and on the world scene.

At school Lyn competed in school sports days but always managed to come 2<sup>nd</sup> to a girl called Kathleen. Her chosen sport at High School was Softball. Out of school she did ballet for 8 years and was involved with show horses. At the age of 15 Lyn moved to Adelaide to work and had to leave the show horses behind. However her



father bred race horses and had a horse in a stable here, so she kept her hand in and raced many times. In 1975 Lyn was chosen to represent South Australia at Morphettville on Adelaide Cup Day in the first ever Lady's Race in this state. Unfortunately she was beaten into 2<sup>nd</sup> - by a short half head. (That's equivalent to about 200<sup>th</sup> sec). Lyn later ventured into 3 day eventing and her riding career spanned over 30 years only hanging up her boots in 1997.

In the next 10-20 years Lyn was involved in tennis and water skiing and was then introduced to running by Piet Crosby. Joining South Australian Road Runners she began running in races ranging up to half marathons. In 2000 after having not run for 6 months (sidelined with Quinsy) Lyn decided to run her first marathon - the Sydney Olympic Marathon (on 5 months training) where she placed 35<sup>th</sup> in her age group. Following this she joined a team of 3 other runners and ran her first Oxfam Trail-walk (100km). Her team finished a very creditable 9<sup>th</sup> out of 130 teams, in just over 15 hours.

Lyn continued to run just about every distance in races but when offered advice by famous sprinter Hal Thomas, to pick either short distance or long distance (not both) – she chose sprinting. She joined a group with Anne Cooper and Anne Lang and the rest is history. Joining "Team Townley" her sprinting has forged ahead in leaps and bounds. Learning technique and many other components of sprinting was hard work but extremely enjoyable.

Lyn has competed in World Masters Athletics Championships since 2007. In 2007 in Riccione, Italy her best performance was making the 400m final and coming 8<sup>th</sup>. Since then her achievements have consistently improved. In Lahti, 2009 she came 10<sup>th</sup> in the semi-final of the 100m, 6<sup>th</sup> in the 200m final, 6<sup>th</sup> in the 400m final and won silver medals in the 4x100m and 4x400m relays. In Sacramento 2011 Lyn improved to 4<sup>th</sup> in the 100m final, 5<sup>th</sup> in the 200m final, 5<sup>th</sup> in the 400m final and was part of the team that won gold and set a world record in the 4x400m relay as

well as a silver medal in the 4x100m relay. In Porto Alegre, 2013 Lyn first medalled in her individual events winning bronze medals in the 100m and 200m as well as coming 6<sup>th</sup> in the 400m final. Gold medals came again in the 4x100m and 4x400m relays.

In 2015 all the hard training and commitment paid off with the successes Lyn managed to achieve. Lyn has broken all 4 sprint Australian Records (the 60m and 100m twice) taking the 100m, 200m and 400m records away from the great Ann Cooper. At the Sydney Nationals in 2015 after participating in the "Champion of Champions" race for six years she topped off her great start to 2015 by winning it. In Lyon, France at the 2015 World Championships Lyn scored her first individual gold medal as well as a bunch of silvers.

In Perth the following year Lyn won two individual golds and as well as two relay golds and a world record in her 4x400m relay.

## Dennis peck



Dennis has the dubious pleasure of being the oldest SAMA athlete to be added to the list of Magnificent Masters. He reckons he has just outlived the opposition!

Dennis always has a few gems to quote including wanting to "wear out not rust out" "adventure not dementia". However his athletic achievements over the last 20 years are certainly significant. He may have won the high jump at Hull Grammar School in the UK, back in the 1940's but on leaving school his passion was rugby. As he puts it "if I had been four stone heavier, six inches taller, faster and more skilful – I would have played for England". He didn't play for England but he did play for The World against Canada in the 2000 Toronto Golden Oldies! (I would have loved to see him in his Gold shorts!)

In 1984 as physical education teacher at Townsend School for the Blind Dennis took up running. He spent 15 years there running with visually impaired runners both junior and senior and is proud of the fact that he always came second (but still winning many gold medals!). During the 60's through 80's Dennis played touch rugby, mixed hockey, golf, cricket soccer and was a keen sailor (which he still does)

Dennis dabbled with Masters Athletics in Darwin in 1993/4 but really got involved later in the 1990's with the Australian Masters Games in Adelaide where he entered kayaking and athletics. He entered just about everything except the pentathlon – because he didn't know what it was. Unbeknown to him at the time, the pentathlon was to become his favourite event. In his wife Anne's words it took him six months



to recover from all those events. In Dennis's eloquent words he was just plain "knackered". His one gold medal then was in the high jump and he has medalled in high jump ever since then. Still very competitive, Dennis has his eye on the M80 high jump record.

Dennis first medalled in the AMA National Championships in Adelaide 2009. Later that year he went to Sydney for the World Masters Games and came away with 9 SAMA records, 1 gold, 2 silver and 3 bronze medals and - disappointment! He wanted to win the pentathlon and was well in the lead after 4 events with only the 1500m to go. However a 2.5 hour break left Dennis cold, stiff and with severely diminished interest and he missed out by 4 points. The following year he well and truly burst onto the AMA Championship scene in Perth 2010, picking up 6 gold medals. His logic at the time was "I need to go to Perth to become an Australian champion, because at the moment I'm only a world champion."

Following his success in the Sydney 2015 Championships he now has 15 National titles under his belt and since entering the M80 age group he has broken all throws records – some of them several times.

## **George White**

George White belongs among the Magnificent Masters but his story is told under Life Members.

## **STAR S IN THEIR YOUNGER DAYS**

**Alistair "Scotchy" Gordon**  
**Lilian Harpur**  
**Arthur Jones**  
**John Martin**  
**Maureen Moyle**  
**Rob McFadden**  
**Ann Cooper**  
**Wendy Ey**  
**Peter Brett**

**Empire Games**  
**Multiple National Champion**  
**Olympian**  
**Empire Games**  
**Australian Representative**  
**Australian Representative**  
**Empire Games**  
**Empire Games**  
**Commonwealth Games**

### **Alistair "Scotchy" Gordon**

Between 1946 and 1954 Scotchy competed in 14 State Championships over 100 and 200 yards and won 13 of them. He was South Australia's first international sprinter, being chosen for the 1950 Auckland Empire Games. Finishing fourth in both the 100 and 200 yards he got to the podium by being a member of the gold medal winning 4x110 yard relay team. In this team he ran the third leg adding a couple of yards to Australia's lead. In the 100 yards Scotchy was unfortunate because he was fourth behind Canadian Donald Petie. Don had broken twice and was initially disqualified. However he argued that this was allowed in Canada and he was reinstated to run, forcing Scotchy out of the medals.

In 1952 Scotchy equalled the National 100 metres record with a time of 10.50 but was unlucky not to gain Olympic selection as Australia did not send a relay team to Helsinki.



Scotchy had a long and distinguished coaching career beginning in the late 1950s and he guided many athletes to international representation. The most notable of these was Bruce Frayne who competed at the Los Angeles Olympic Games. He also coached Kathy Sambell to Olympic representation in Barcelona and, in what he regarded as his greatest coaching feat, he helped Tania Van Heer to two relay golds and an individual bronze medal at the Commonwealth Games in Kuala Lumpur.

In Fletcher McEwen's April 2007 obituary to Scotchy, he said "Scotchy revelled in the image of a grumpy old man but, behind that gruff exterior, there was a man of immense sensitivity and kindness.

He was erudite and well read and always enjoyed a fight, whether it be verbal or physical."

Scotchy was a life member of Athletics South Australia, a Merit Award Holder of Athletics Australia and was awarded the Medal of the Order of Australia (OAM) for services to the sport.

As a Master, Scotchy's greatest achievements came in the hammer where he won gold in the 1975 and 1980 Nationals. His records in the M45, M50 and M55 still stand and are some of the most enduring records on SAMA's books. He broke the Australian hammer record twice. He was the first President of our Club when it was formed in 1971.

## **Lilian Harpur**



Lilian migrated from Ireland to Adelaide in 1969 aged 21, took up race walking a year later and for 13 years she was a major figure in SA walking.

Earlier in her native Ireland, even as a young child, distance meant little to her as she would often walk up to 60 kilometres in a day. In fact, on one rather memorable occasion, after a passing motorist had reported seeing a young girl and her dog early in the morning and the same girl about 45 kilometres away later in the day, the local police felt it was necessary to hold her and her dog in custody until a phone call established that she was just out for a day's walk.

In South Australia Lilian teamed up with Jack Weber who successfully helped her to become a top walker at distances from 1500m to 50km. During the 1970's Lillian won 19 State Championships.

In 1971/1972 Lilian made her debut on the National scene with minor placings and she broke through in 1973 to win the National 5km road championship. From 1971 to 1983 Lilian dominated women's walking, placing in National Championships on 16 occasions with six Australian Championship victories over 3km and 5km.



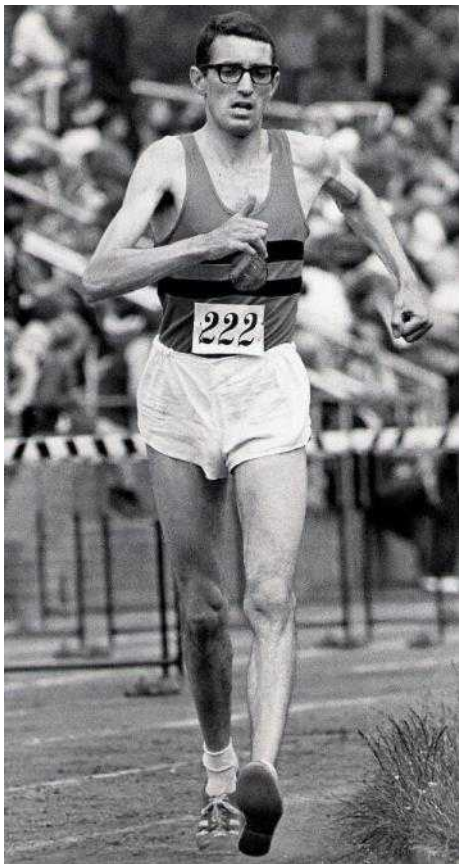
Aust Women's 5 km Road Championship	1973	23:24.0 (short course!)
	1975	25:59.8
	1976	24:25.0
	1978	24:21.7
Aust Women's 3000m Track Championship	1974	14:21.0
	1976	14:38.8

Some of Lilian's greatest walks were over the longer distances. At the age of 22, she completed the SA 50 km event in 5:27:11, a time that still stands as the second fastest 50 km time ever by an Australian woman. Another of her outstanding feats was a 103.38 20km walk in 1977 which slashed 3.31 from the world record at the time held by Sweden's Margareta Simu.

In 1981 Lilian came second to Peter Fullager in the SA 30km State Championship with a time of 2:47:13.

Unfortunately Lilian was forced to retire from open competition in 1983 but she continued on in the Masters movement winning two golds in the 1986 and two bronze in the 2002 National Championships.

## Arthur Jones



It is somewhat ironic that when Arthur was a child in the UK, doctors said that he may never be able to walk – yet he went on to become an Olympic race walker. At first - at school in London - his athletic light burned dimly and he is quoted as saying "in school races I was nearly always last and in one race I fell over". Later at school and after joining Herne Hill Harriers his middle distance times started to improve.

It was in this club that Arthur got his first taste of race walking but it was in the RAF when he entered the station sports day 2 mile walk "for a giggle" that he found that he was quite good at it. By the time he left the RAF and joined the Brighton and Hove Athletic Club, running had taken a back seat. Seven mile walk events were the common distance with fields of up to 200 walkers, and Arthur gradually moved through the ranks. Over the years 1964 to 1967 Arthur's time for the seven miles improved to 50.21 and he posted times of 6.32 for the mile and 43.56 for 10km.

In 1967 he burst onto the national scene with third placings in the 10 miles with a time of 76.10, and the 20km with 101.23. Later in 1967 he improved to second in

the 20km with 98.27, which saw him selected for Great Britain to compete against the USA and France including two 20Km track walks in Paris. Continuing his improvement he won the national 2 mile championship and in 1968 Arthur was invited to the final 20km Olympic trials. In far from ideal major race preparation, as the walkers were not offered accommodation, he slept on the floor of a running friend's hotel room. He finished third in the trial in a time of 94.51; then followed an anxious wait for both notification, and the birth of his youngest daughter. Daughter came first 5 days later, closely followed by the invitation to represent Great Britain in the 1968 Mexico Olympics.

Arthur's selection followed much criticism in the press for his apparent preoccupation with the very short distances (has anything changed?) however his time and place in the selection trials silenced any disapproval.

Any remaining criticism evaporated in Mexico City, October 1968, when Arthur finished first of the British walkers in a very respectable 11<sup>th</sup> place in a time of 97.32 – not bad at altitude and in the heat.



**The Olympic 20km walk – Arthur in the middle (no. 39) and eventual winner - Vladimir Golubnichy on the far right**

On his return to England he raced on a few more occasions but went into semi-retirement. In May 1969 Arthur and Carol emigrated to Australia and in Sydney he wasted no time in continuing his success, taking out the 1970 NSW 10km title, followed by several others and produced some fast times – 1500m in 6.26.5 and 3km in 13.18. In 1970 Arthur competed in the National 20km title in Adelaide recording 95.49 for third place.

In 1975 the family moved to Adelaide and he joined United Collegians. Arthur spent time on the Board of ASA, was secretary/president of the SA Race Walkers Club and was Race Director of the City-Bay Fun Run for a few years. He then retired from Athletics for some 20 years until becoming interested in walking again when the Masters Games were held in Adelaide in the late 1990's. Arthur joined SAMA in 1999 and the committee as Vice President in 2000, serving in that capacity for five years

before taking on the President's role for another four years as well as acting as race-walk coordinator.

## **John Martin**

Like many of us John began his passion for running at school and over the years distance "training" became John's main love – he reckons he was a lazy racer! John Hennings a multiple Olympic and Empire Games medallist was one of his mentors and John used to train with him and his training partners over distances of up to 30 miles when he was only 16.

William (Billy) "John" Martin was chosen for the Northern Ireland team for the 1958 Empire Games in Cardiff while serving in the navy. His preparation for the event began in the winter cross country season and with plenty of snow and sleet in the "old" country, this presented ideal conditions in which to boost strength and endurance. This season saw John record a very respectable 2.29 marathon.



Leading up to Cardiff John did lots of 6 and 10 milers averaging between 60 and 75 miles per week and then at the start of the track season did lots of 3 milers at about 15 minutes culminating in a time trial at Paisley Park in 14.35. This put John on the short list with policeman Bill McCue. Bill was 6 foot 2 inches and together they made an interesting training partnership.

The trip to Cardiff was by ship and the Games village accommodation was long sheds with rooms partitioned off – certainly nothing special (and no women allowed in the men's camp). 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 3 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 but still received an invitation from Northern Ireland to compete in the 1962 Empire Games Trials. In 1963 he moved to Adelaide and joined Enfield Harriers and eventually found his home by joining the Vets in 1981.

In the 1980s 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

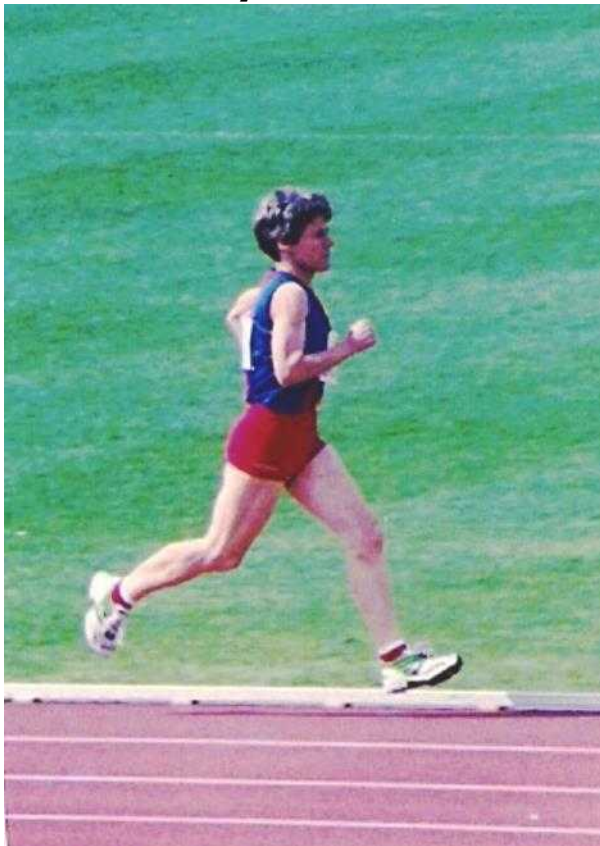




operations on and off for four years. A final operation was completed in 1991 by inserting two tubes into the lower spine and running the sciatic nerves through them. He felt it was fantastic to be able to train again even if it was walking. Every few years he has to go in for further surgery to correct developing problems. (If you notice John veering off to the left in a race its nature telling him he needs another correction!)

Despite all this John considers himself lucky to still be able to front up for a race. John was the Club photographer for many years.

## **Maureen Moyle**



Maureen started running at school where teacher Judy Daly introduced her to Adelaide Harriers coach Len Barnes. At 14 she tried sprinting but soon found that the longer distances were where she could excel. Within six months she was chosen to represent SA in the National Junior Cross Country Championships. For the next 15 years Maureen represented SA in track, road and cross country running. For many years Maureen was unbeaten in cross country and overall, Maureen won 20 senior State titles.

Apart from successfully coaching Maureen, Len Barnes also introduced her to future husband Paul.

At the tender age of 19 Maureen displeased her coach by going on a skiing holiday just before the 1974

National Cross Country Championships but was soon forgiven when she placed second behind Olympian Jenny Orr. Drama hit in the following year's Nationals. With 1 kilometre to go Maureen was pulling away from the pack when an official failed to indicate a turn. Looking around she saw the second and third placed girls retracing their steps. The official had eventually called out to them all but with Maureen's poor hearing she failed to hear him. Fighting back she managed to catch the second placed girl but failed to catch the leader and had to settle for silver again (after a failed protest by SA).

However that year she was chosen to represent Australia in the World Cross Country Championships in Morocco. Suffering the effects of a family tragedy Maureen only just got into the top half of the finishers. Representing Australia again in 1976 in Puerto Rico, this time in the 10k road race, Maureen struggled with the humidity but still managed 11<sup>th</sup> place, collapsing from dehydration at the finish. Hospitalised after this event it took Maureen three years to fully recover.

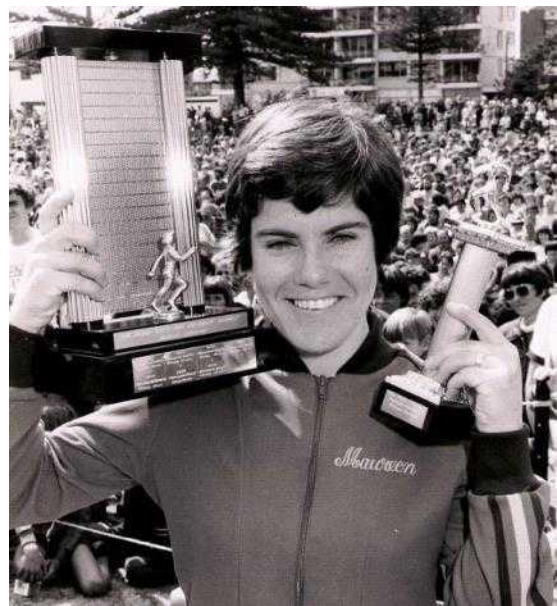
Roger Pedrick took over as her coach and from 1980 to 1984 Maureen recorded PB's in all events from 800m to the marathon as well as winning more National medals. 1983 saw her win the National 10k road championships.

Maureen's best times include:

800m	2.12.5
1500m	4.30.2
3000m	9.27.8
5000m	17.05
10000m	34.11
Half Marathon	77.38
Marathon	2.49.59

While Maureen was making such a mark on the State and National track, road and cross country scene she was also dominating the City Bay Fun Run. Between the first race in 1973 and 1986 Maureen came third twice, second three times and won an amazing seven times with a best time of 40.33 in 1978.

To say the City Bay is part of Maureen's life is a bit of an understatement. In 1985 she didn't run (though she did have a 5k run the week before), instead giving birth the day after the event. The next year Maureen celebrated her son's first birthday on the City Bay day by winning the event.



## **Rob McFadden**

With long distance walker Roy as his father it was no surprise that Rob started as a Little Athlete with the Salisbury East Centre and began race walking as a 12 year old. By the age of 15 he was winning national events, winning two National junior titles and being placed a further three times.

During the late 1980's and the first half of the 1990's Rob dominated SA walking, winning 22 State titles at 5000 to 30km.

At senior level his best performances started in 1988 when he came fourth in the Federation 20 mile event in a PB of 2.32.50 and then recorded 88.25 in the National 20km walk, which made him the first South Australian under 90 minutes and gained him selection in Australia's team for the World Cup in Barcelona, Spain.



That same year Rob broke every State record from 1500m to 30km. In 1990 Rob again broke the 5000m and 10000m State records but 1992 was probably Rob's best year when he walked 20.30.1 for another 5000m State record and then followed this up the same week with a 42.12.4 10k track walk. Later that year he won the National 20k walk in 89.49.

Since joining the ranks of Masters, Rob has been running and walking and hopes to get fit enough to be a serious competitor in the older ranks.

Apart from times mentioned above Rob's other best times included:

1500m	5.47.3
3000m	11.58.3
10km Road	41.45
30km	2.28.05

## Peter Brett

Peter grew up in South Australia but soccer was his first love until joining Flinders Athletic Club at 16. Peter made the SA schools state team in cross country and steeplechase and at the age of 19 ran 14:55 for the 5000m.

He attended college in California on an athletics scholarship, firstly at Allan Hancock College and then at Fresno State University where he improved his 5000m time to 13:58 and his 10000m to 28:44. Peter returned to Australia and was invited to the Australian Institute of Sport in 1985 by Pat Clohessy. That year saw him compete for the first time in the World Cross Country trials, finishing second to Rob De Costella.



In South Australia Peter won many Open State Championships. At Australian level, in 1986 Peter won the bronze medal in the National 5000m, in 1990 the silver medal in the 12 km cross country and also silver in the 10000m track. His best time for the 10000m came in the Melbourne Zatopek meet where he finished behind Andrew Lloyd in a time of



28:11.25 - ahead of Steve Moneghetti. At the marathon distance, Peter's best effort was in the Pittsburgh Marathon in 1993 finishing eighth in 2:19:35, but he considers his highlight was racing in the New York City Marathon where he finished 23<sup>rd</sup> in a time of 2:19:54.

1986 saw the start of 7 years straight representing Australia in the World Cross Country Championships. In 1989 and 1990 he was the best placed Australian with a best finish of 46<sup>th</sup> in 1990. That year Peter also represented Australia in the Commonwealth Games, running the 10000m and finishing a very creditable sixth in 28:37.16. Peter again represented Australia in the 1994 World Cup, 3000m steeplechase finishing eighth.

In 1995 he moved to Byron Bay and started up the Byron triathlon, then to Melbourne in 1997 to work for FILA as sports marketing manager until after the Sydney Olympics, when he returned to Byron Bay in 2001. He coached at Byron Bay High school and then for the Blackmore's Sydney Marathon (event coach for 4 years). He gained his Level 4 Coaching Certificate in 2010 and then travelled to Uganda, Kenya and Ethiopia for 2 years, to coach and support young female distance runners in their transition from school to professional athlete.

In 2009 Peter started running again for the World Masters Games in Sydney and he won the M45 Cross Country over 8km. In 2014 Peter returned to Adelaide and was coach for SARRC for 15 months. Peter joined SAMA in 2014 to largely run track during summer. He runs 5 or 6 days a week nowadays, averaging 70km a week, using the SAMA track races as his speed-work. After recently qualifying as a soccer referee, Peter spends his weekends now running on soccer pitches, combining the two sports he loves most!

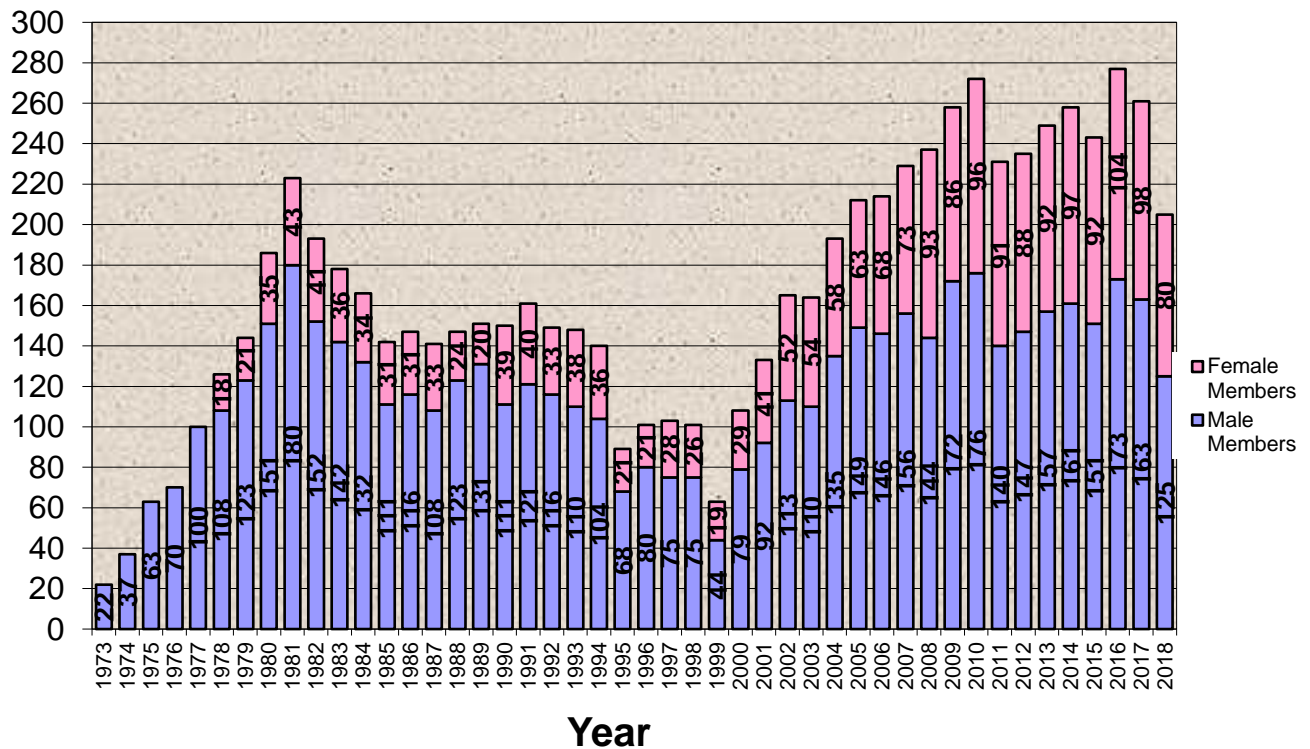
In 2017 he broke the SAMA M50 5000m record which had stood for 37 years. Peter loves to combine his running with travel, and has visited more than 70 countries in his career. He owns a beautiful ruin in a lovely village in Andalucía, Spain where he hopes to retire to.

### **Ann Cooper and Wendy Ey**

As representatives at Empire Games, Ann and Wendy belong in this illustrious company. However as they have been such a dominant force in Masters competition – their stories are told under Magnificent Masters.

# PART THREE – THE NUMBERS

## MEMBERSHIP HISTORY



In terms of our current membership (April 2018):

6 joined in the 1970's

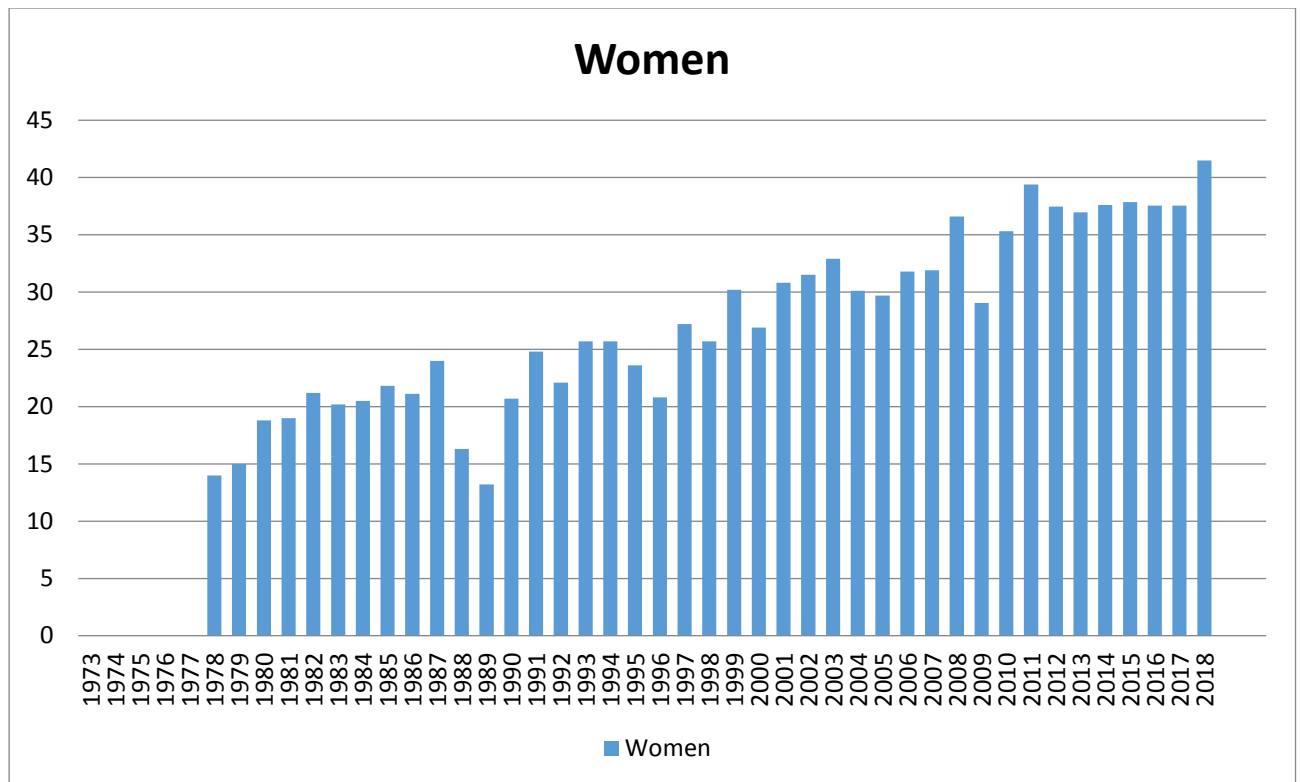
75 joined in the 1980's to 2000's

24 joined in the 2010's

The spread of members is changing. While we no longer have the records, it is apparent that the early membership was dominated by those moving out of open athletics and the majority would have been in their 40's and 50's. With time, the membership aged, reflecting those early members ageing, and new members joining the Club who had not been in open athletics. In this century the trend had reversed a little, showing growth in the younger age groups, but of late we have again seen a trend to the older age groups.

Age Group	2003	2018
30 -39	8.5%	5.8%
40-49	17.0%	17.6%
50-59	33.5%	28.3%
60-69	25.6%	30.2%
70-79	13.1%	15.6%
80+	2.3%	8.8%

There has also been an overall upward trend in female members. Prior to 1977 of course it was a male only club but the percentage of female membership has steadily grown since then from 14% to a plateau around 36% - although 2018 saw the percentage rise above 40 percent for the first time.



With the passing of Bob Clarke, founding member who had remained a member throughout our history, we no longer have any continuous members.

Our 1970's members are:

Siegfried Grimm  
David Janssan  
Brenda Parkinson  
Glynn Boyce  
Doug Smart  
Rodger Barber



## OFFICE BEARERS

YEAR	PRESIDENT	V-PRESIDENT	SECRETARY	TREASURER	REGISTRAR
1971/72	Alistair Gordon		Al Digance	Al Digance	
1972/73	Alistair Gordon		Al Digance	Al Digance	
1973/74	Ron O'Neil		Al Digance	Al Digance	
1974/75	Ron O'Neil		Rowly Ferris	Des Paul	
1975/76	Lloyd Snelling	Al Digance	Rowly Ferris	Des Paul	
1976/77	Lloyd Snelling	Al Digance	Rowly Ferris	Bob Auld	Ray Beaumont
1977/78	Lloyd Snelling	Al Digance	Rowly Ferris	Bob Auld	Ray Beaumont
1978/79	Lloyd Snelling	Al Digance	Nora Sutcliffe	Bob Auld	Ray Beaumont
1979/80	Lloyd Snelling	Al Digance	Nora Sutcliffe	Bob Auld	Al Digance
1980/81	Al Digance	Nora Sutcliffe	Elaine MacFarlane	Rodger Barber	Wally Beames
1981/82	Al Digance	Nora Sutcliffe	Margaret Cahill	Rodger Barber	Wally Beames
1982/83	Nora Sutcliffe	Wally Beames	Margaret Cahill	Rodger Barber	Wally Beames
1983/84	Nora Sutcliffe	-	Margaret Cahill	Gerda Vel	Wally Beames
1984/85	Brendon Wilson	Bob Clarke	Margaret Cahill	Rodger Barber	Wally Beames
1985/86	Dave Mallett	Don Brown	Margaret Cahill/ Leonie Byrnes	Rodger Barber	Paul Boyce
1986/87	Dave Mallett	Don Parker	Leonie Byrnes	Kurt Postler	Paul Boyce
1987/88	Des Paul	Don Parker	Glynn Boyce	Kurt Postler	Paul Boyce
1988/89	Des Paul	Don Parker	Glynn Boyce	Kurt Postler	Dave Milburn
1989/90	Des Paul	Don Parker	Glynn Boyce	Kurt Postler	Kurt Postler
1990/91	Des Paul	Don Parker	Glynn Boyce	Kurt Postler	Kurt Postler
1991/92	Des Paul	Don Parker	Glynn Boyce/Avril Hill	Kurt Postler	Kurt Postler
1992/93	Des Paul	Rob Grieve	Avril Hill	Kurt Postler	Kurt Postler
1993/94	Des Paul	Glynn Boyce	Marcie Sheer	Richard Sjoerdsma	Richard Sjoerdsma
1994/95	Des Paul	Glynn Boyce	Linda Whitelaw	Richard Sjoerdsma	Richard Sjoerdsma
1995/96	Des Paul	Glynn Boyce	Bev Byrne	Richard Sjoerdsma	Richard Sjoerdsma
1996/97	David Janssan	Glynn Boyce	Bev Byrne	Richard Sjoerdsma	Richard Sjoerdsma
1997/98	Glynn Boyce	Norm Charles	Bev Byrne	Richard Sjoerdsma	Richard Sjoerdsma
1998/99	Glynn Boyce	Norm Charles	Bev Byrne/Paul Boyce	Richard Sjoerdsma	Richard Sjoerdsma
1999/00	Glynn Boyce	Colin Hainsworth	Paul Boyce	Richard Sjoerdsma	Richard Sjoerdsma
2000/01	Colin Hainsworth	Arthur Jones	Helen Suridge	Richard Sjoerdsma	Richard Sjoerdsma
2001/02	Colin Hainsworth	Arthur Jones	Helen Suridge	Richard Sjoerdsma	George White
2002/03	Colin Hainsworth	Arthur Jones	Helen Suridge	Di Pardon	George White
2003/04	Colin Hainsworth	Arthur Jones	George White	Rodger Barber	Richard Moyle
2004/05	Colin Hainsworth	Arthur Jones	George White	Rodger Barber	Richard Moyle
2005/06	Arthur Jones	John Hore	George White	Rodger Barber	Richard Moyle
2006/07	Arthur Jones	John Hore	George White	Rodger Barber	Richard Moyle
2007/08	Arthur Jones	John Hore	George White	Richard Moyle	Neil Hayford
2008/09	Arthur Jones	John Hore	George White	Richard Moyle	Neil Hayford
2009/10	John Hore	Elaine MacFarlane	George White	Richard Moyle	Neil Hayford
2010/11	John Hore	Elaine MacFarlane	George White	Richard Moyle	Neil Hayford
2011/12	John Hore	Elaine MacFarlane	George White	Di Loveday	Neil Hayford
2012/13	John Hore	Elaine MacFarlane	George White	Rodger Barber	Neil Hayford
2013/14	George White	Elaine MacFarlane	Lyn Peake/ Vicky Miller	Rodger Barber	Neil Hayford
2014/15	George White	Elaine MacFarlane	Vicky Miller	Rodger Barber	Neil Hayford
2015/16	George White	David Bates	Vicky Miller/Helen Suridge	Rodger Barber	Neil Hayford
2016/17	George White	David Bates	Helen Suridge	Rodger Barber	Neil Hayford
2017/18	George White	David Bates	Helen Suridge	Lisa Attenborough	Neil Hayford
2018/19	David Bates	Viddy Jermacans	Helen Suridge	Lisa Attenborough	Neil Hayford

## SAMA ATHLETES OF THE YEAR

	<b>Sprints</b>		<b>Runs</b>	<b>Walks</b>	<b>Throws</b>	<b>Jumps</b>
<b>2006</b>	G Whitehall		P Sandery	G White	G Boyce	M Cudmore
<b>2007</b>	A Cooper		P Sandery	G White	G Richardson	M Cudmore
<b>2008</b>	D Janssan		P Sandery	G White	G Richardson	M Cudmore
<b>2009</b>	D Janssan		P Sandery	G White	K Nathan	M Cudmore
<b>2010</b>	L Peake		P Sandery	G White	G Richardson	D Peck
<b>2011</b>	L Peake		P Sandery	G White	B Koch	D Peck
<b>2012</b>	M Cudmore		S Brunner	G White	B Anders	M Cudmore
<b>2013</b>	L Peake		A Lang	G White	B Anders	M Cudmore
<b>2014</b>	L Peake		P Sandery	G White	M Cudmore	M Cudmore
		<b>Mid Dist.</b>	<b>Distance</b>			
<b>2015</b>	L Peake	A Lang	P Sandery	G White	M Cudmore	M Cudmore
<b>2016</b>	L Peake	A Lang	P Sandery	G White	M Cudmore	M Cudmore
<b>2017</b>	L Peake	R McMahon	R King	G White	M Cudmore	M Cudmore

### Most Outstanding

	<b>Official</b>		<b>Performance</b>	<b>Male</b>	<b>Female</b>
<b>2006</b>	J Hore		A Cooper	D Skinner	L Peake
<b>2007</b>	R Weber		M Narayan	P Sandery	A Cooper
<b>2008</b>	G White		N White	V Klimiuk	R Driscoll
<b>2009</b>	P & G Peters		D Peck	P Sandery	M Cudmore
<b>2010</b>	M Del Fabbro		M45 4x800m Relay	N White	C Neubauer
<b>2011</b>	C Palmer		A Lang	P Sandery	L Peake
<b>2012</b>	S Wright		D Smart	G White	S Brunner
<b>2013</b>	J Hore		P Crump	C Brooks	M Cudmore
<b>2014</b>	H Suridge		K Sawyer	S Miller	M Cudmore
<b>2015</b>	V & D Padget		K Sawyer	G White	L Peake
<b>2016</b>	J Rogers		T Patane	G White	M Cudmore
<b>2017</b>	D Bates		A Jefferies	R Hill-Brown	L Peake

## WINNERS OF AMA AWARDS

<b>1999</b>	Ann Cooper	Sprints
<b>2000</b>	Peter Sandery	Most Outstanding Male Athlete
<b>2005</b>	Deryck Skinner	Distance
<b>2006</b>	Frank Rogers	Administrator/Official
<b>2007</b>	John Hore	Administrator/Official
	Ann Cooper	Most Outstanding Female Athlete
<b>2008</b>	George White	Administrator/Official
	Peter Sandery	Middle Distance
<b>2012</b>	Sandy Brunner	Distance
<b>2014</b>	Miriam Cudmore	Jumps
<b>2016</b>	Lyn Peake	Sprints
	Valmai/David Padget	Administrator/Official
<b>2017</b>	Miriam Cudmore	Most Outstanding Female Athlete

# AUSTRALIAN/WORLD RECORDS SET BY SA MASTERS MEMBERS

**\*\*World records shown in red\*\***

## OUTDOORS MEN

	Age	Name	Performance	Location	Date
<b>100m</b>	M35	Hans Van Bavel	11.0	Adelaide	29/3/86
	M45	Jim Liascos	11.7	Sydney	14/4/79
	M50	Lloyd Snelling	11.56	Brisbane	18/4/87
	M55	Hal Thomas	11.63	Adelaide	3/4/92
	M60	Alex Lampard	14.2	Perth	9/4/77
	M60	Alex Lampard	13.70	-	4/79
<b>200m</b>	M45	Lloyd Snelling	24.60	Perth	10/4/77
	M45	Lloyd Snelling	24.00	-	4/79
	M50	Bob Clarke	25.90	Toronto	8/75
	M55	Hal Thomas	24.52	Turku	18/7/91
	M55	Hal Thomas	24.45	Brisbane	16/10/91
	M55	Hal Thomas	24.01	Adelaide	10/4/92
<b>400m</b>	M60	Alex Lampard	28.5	-	1979
	M45	Lloyd Snelling	54.30	Perth	9/4/77
	M45	Lloyd Snelling	53.00	-	4/79
	M50	Bob Clarke	57.90	Toronto	8/75
	M50	Bob Clarke	57.9	Perth	9/4/77
	M50	Lloyd Snelling	52.91	Christchurch	11/1/81
<b>800m</b>	M50	Lloyd Snelling	52.50	NSW	-
	M35	Norm Charles	2:19.30	Perth	10/4/77
	M35	Peter Tippet	1:54.80	Adelaide	30/3/86
	M35	Peter Tippet	1:53.80	Adelaide	5/12/87
	M50	Bob Clarke	2:09.1	Toronto	8/75
	M35	N. Spurling	4:07.00	Adelaide	4/80
<b>1500m</b>	M35	Bob Lange	3:58.60	Adelaide	29/3/86
<b>3000m</b>	M70	Peter Sandery	11.11.25	Adelaide	2011
<b>1500mW</b>	M30	Kim Mottrom	6.:04.00	Darwin	2017
<b>3kW</b>	M75	Ron O'Neil	9.27.11	Canberra	5/11/03
	M60	George White	7.05.85	Adelaide	5/11/05
	M35	Peter Fullager	12:44.60	Adelaide	4/80
<b>10kW</b>	M35	Peter Fullager	12:37.0	Adelaide	8/4/89
	M45	George White	48:11.5	Townsville	1/5/95
<b>20kW</b>	M75	Jack Weber	68:31	Adelaide	10/4/93
	M30	Richard Everson	1:42.44	Brisbane	13/4/98
<b>30kW</b>	M60	George White	1:42.20	Canberra	17/4/06
	M60	George White	2.56.52	Adelaide	9/7/06
	M70	George White	3.14.05	Adelaide	2015
<b>2k Steeple</b>	M70	Peter Sandery	8.16.6	Sacramento	July 2011
<b>3k Steeple</b>	M35	Norm Charles	13:52.0	Perth	10/4/77
<b>110m H</b>	M45	Donald Brown	17.1	Adelaide	29/3/86
<b>400m H</b>	M55	Alex Lampard	1:29.20	Toronto	8/75
	M60	Alex Lampard	1:16.60	Perth	10/4/77
	M60	Alex Lampard	1:16.00	-	4/79
<b>300m H</b> <b>High Jump</b>	M60	Tom Morgan	49.60	Canberra	31/3/91
	M30	Peter Dohnt	1.80	Adelaide	14/1/94
	M30	Peter Dohnt	1.81	Adelaide	18/3/94



<b>Long Jump</b>	M50	Alex Lampard	1.22	-	3/75
	M60	Alex Lampard	1.30	Perth	10/4/77
	M35	John Hamann	6.43	Adelaide	4/80
	M40	Rod Stone	5.91	Adelaide	4/80
	M45	Donald Brown	6.00	Adelaide	29/3/83
	M50	Alex Lampard	4.68	Adelaide	3/75
	M50	Rod Stone	5.73	Adelaide	14/11/87
	M55	Alex Lampard	4.35	Toronto	8/75
	M60	Alex Lampard	4.44	Perth	9/4/77
	M60	Alex Lampard	4.60	-	4/79
<b>Triple Jump</b>	M65	Al Digance	3.68	Adelaide	4/80
	M30	Peter Dohnt	12.68	Adelaide	11/3/94
	M30	Peter Dohnt	12.69	Melbourne	8/10/95
	M30	Peter Dohnt	12.83	Adelaide	18/2/96
	M50	Alex Lampard	9.49	-	'75
	M50	Rod Stone	12.06	Adelaide	21/11/87
	M55	Alex Lampard	9.32	Toronto	8/75
	M60	Alex Lampard	9.40	Perth	10/4/77
	M30	Peter Dohnt	3.20	Adelaide	12/2/94
	M35	John Hamann	4.03	Adelaide	5/4/80
<b>Pole Vault</b>	M40	Ron Daniels	3.25	-	4/79
	M40	Glen Powell	3.50	Sydney	14/4/79
	M50	Glen Powell	3.60	Adelaide	4/3/89
	M60	Alex Lampard	1.86	Perth	9/4/77
	M60	Alex Lampard	2.30	-	'79
<b>Discus</b>	M35	Merv Kemp	49.60	Adelaide	20/2/82
	M40	Merv Kemp	52.44	Canberra	19/2/84
	M50	Peter Dalwood	29.62	-	'75
	M55	Peter Dalwood	25.64	-	'78
	M70	Percy Barnes	28.74	Gothenburg	8/77
	M75	Percy Barnes	20.74	Perth	11/4/82
	M75	Percy Barnes	21.80	Melbourne	1/4/83
	M75	Len Barnes	25.34	Adelaide	28/3/86
	M75	Len Barnes	25.54	Adelaide	21/3/87
	M50	Peter Dalwood	11.01	-	'75
<b>Shot</b>	M70	Percy Barnes	8.44	Perth	9/4/77
	M70	Len Barnes	8.61	Canberra	21/4/84
	M75	Percy Barnes	6.92	Perth	10/4/82
	M75	Len Barnes	9.34	Adelaide	30/3/86
<b>Hammer</b>	M40	Don Leadbetter	49.94	-	'75
	M50	Peter Dalwood	29.04	-	'75
	M55	Peter Dalwood	28.82	Melbourne	26/3/78
	M55	Alistair Gordon	43.44	Adelaide	28/3/86
	M55	Alistair Gordon	44.44	Adelaide	21/2/87
	M70	Percy Barnes	24.68	Perth	10/4/77
	M75	Percy Barnes	22.14	Melbourne	1/4/83
<b>Javelin</b>	M30	Peter Dohnt	61.21	Adelaide	21/1/94
	M30	Peter Dohnt	65.14	Homebush	1/4/94
	M30	Peter Dohnt	66.74	Adelaide	19/11/94
	M40	Nicolas Birks	62.30	-	-
	M45	Nicolas Birks	56.12	Adelaide	30/3/86
	M55	Eric Matthews	40.52	Perth	26/3/89
	M65	Harry Snelgar	25.18	Perth	10/4/82
	M70	Percy Barnes	23.98	Perth	9/4/77

<b>4x100m</b> <b>4x1500m</b> <b>4x800m</b>	M75	Percy Barnes	18.22	Perth	10/4/82
	M75	Percy Barnes	21.16	-	-
	M40	Peter Dunham	43.69	Melbourne	1987
	M60	Allan Mayfield	20.36.0	Bendigo	2014
	M45	Richard McMahon Jonathon Wheatland Kris Wolszczak Mark Worthing	9.02.5	Adelaide	2010

## WOMEN (Married names used)

	Age	Name	Performance	Location	Date
<b>60m</b>	W65	Lyn Peake	9.28	Adelaide	7/2/15
	W75	Ann Cooper	10.23	Hobart	Easter 06
	W80	Miriam Cudmore	11.41	Adelaide	24/01/18
	W80	Miriam Cudmore	11.26	Adelaide	14/02/18
	W80	Miriam Cudmore	11.13	Adelaide	28/03/18
<b>100m</b>	W80	Miriam Cudmore	11.04	Perth	26/04/18
	W45	Wendy Ey	13.3	Adelaide	5/11/83
	W45	Wendy Ey	13.0	Adelaide	17/11/83
	W45	Wendy Ey	12.5	Adelaide	4/12/84
	W55	Wendy Ey	13.80	Miyazaki	Oct 93
	W60	Ann Cooper	14.41	Adelaide	21/10/89
	W60	Ann Cooper	14.40	Melbourne	14/4/90
	W65	Ann Cooper	15.46	Homebush	2/4/94
	W65	Ann Cooper	15.09	Buffalo	13/7/95
	W65	Ann Cooper	14.85	Melbourne	7/10/95
	W65	Lyn Peake	14.75	Adelaide	7/2/15
	W65	Lyn Peake	14.66	Adelaide	18/3/15
	W70	Ann Cooper	15.72	Gateshead	3/7/99
	W75	Ann Cooper	16.0	Adelaide	4/3/04
	W75	Ann Cooper	16.18	Melbourne	10/4/04
	W75	Ann Cooper	16.09	Brisbane	26/3/05
	W80	Miriam Cudmore	18.77	Adelaide	03/01/18
	W80	Miriam Cudmore	18.40	Adelaide	14/03/18
	W80	Miriam Cudmore	18.07	Adelaide	11/04/18
<b>200m</b>	W45	Wendy Ey	27.6	Adelaide	12/11/83
	W45	Wendy Ey	26.20	Adelaide	4/3/84
	W55	Wendy Ey	29.04	Miyazaki	Oct 93
	W60	Ann Cooper	30.05	Adelaide	22/10/89
	W60	Ann Cooper	29.80	Canberra	30/3/91
	W65	Ann Cooper	31.41	Homebush	3/4/94
	W65	Lyn Peake	30.87	Adelaide	18/3/15
	W70	Ann Cooper	34.43	Gateshead	?/8/99
	W70	Ann Cooper	32.83	Gateshead	3/8/99
	W75	Ann Cooper	33.65	Adelaide	5/3/04
	W80	Miriam Cudmore	39.75	Adelaide	24/01/18
<b>400m</b>	W30	Judy Daly	57.20	Adelaide	4/2/78
	W55	Ann Cooper	72.70	Adelaide	29/3/86
	W55	Ann Cooper	71.55	Adelaide	7/3/87
	W55	Ann Cooper	69.60	Melbourne	1987?

<b>800m</b>	W60	Ann Cooper	69.00	Eugene	5/8/89
	W60	Ann Cooper	67.97	Turku	18/7/91
	W65	Ann Cooper	74.92	Buffalo	13/7/95
	W65	Lyn Peake	70.23	Adelaide	11/2/15
	W70	Ann Cooper	84.19	Brisbane	13/7/01
	W75	Anne Lang	89.55	Adelaide	28/02/18
	W75	Anne Lang	87.42	Perth	27/04/18
	W30	Judy Daly	2:07.40	Adelaide	25/2/78
	W35	Judy Daly	2:15.7	Adelaide	7/11/81
	W35	Judy Daly	2:13.9	Adelaide	16/1/82
	W35	Judy Daly	2:15.3	Adelaide	22/1/83
	W35	Judy Daly	2:12.88	Adelaide	26/2/83
	W35	Judy Daly	2:11.5	Adelaide	2/3/86
	W55	Ann Cooper	2:50.20	Adelaide	21/11/87
	W55	Ann Cooper	2:46.98	Melbourne	29/11/87
	W60	Ann Cooper	2:52.66	Eugene	1/8/89
<b>1500m</b>	W75	Helen Agostini	4:05.10	Adelaide	29/3/02
	W30	Judy Daly	4:28.70	Adelaide	12/2/80
	W30	Marcia Sheer	4:25.0	Adelaide	19/12/92
	W35	Judy Daly	4:40.4	Adelaide	25/11/81
	W35	Desiree Letherby	4:39.8	Adelaide	12/12/81
	W35	Judy Daly	4:32.0	Adelaide	6/1/82
	W35	Judy Daly	4:31.4	Adelaide	20/2/82
	W35	Judy Daly	4:29.51	Adelaide	22/2/86
	W75	Helen Agostini	8:06.78	Adelaide	30/3/02
	W70	Sandy Brunner	13.21.93	Adelaide	14/4/12
<b>3000m 5000m</b>	W35	Desiree Letherby	16:45.0	Adelaide	9/12/81
	W35	Marcia Sheer	16:42.74	Adelaide	11/4/93
	W35	Marcia Sheer	16:26.3	Adelaide	2/3/94
	W75	Helen Agostini	28:56.29	Adelaide	31/3/02
	W70	Sandy Brunner	23.02.02	Melbourne	2012
<b>10000m</b>	W35	Desiree Letherby	34:34.4	Adelaide	7/10/81
	W75	Helen Agostini	61:58.50	Adelaide	29/3/0
	W70	Sandy Brunner	48.31.23	Melbourne	2012
<b>Half Marathon</b>	W45	Bev Lucas	77.39		1991
	W50	Bev Lucas	77.52		1996
<b>Marathon</b>	W45	Bev Lucas	2:50:13	Gold Coast	1992
	W45	Bev Lucas	2:46:08	Canberra	1994
	W45	Bev Lucas	2.43.45		1995
	W50	Bev Lucas	2:49:42	Canberra	1997
	W50	Bev Lucas	2.44.12		1997
	W40	Desiree Letherby	16:43	Brisbane	27/9/87
<b>3kW</b>	W45	Sandra Kramer	14:34.6	Adelaide	14/2/96
	W50	Sandra Kramer	14:27.5	Adelaide	10/2/99
	W50	Sandra Kramer	14:25.3	Adelaide	8/12/99
	W60	Sandy Brunner	17:17	Adelaide	5/2/05
	W60	Sandy Brunner	16:57.49	Adelaide	12/3/05
	W60	Sandy Brunner	16.50.23	Christchurch	15/1/06
	W35	Lillian Harpur	26:54.0	Adelaide	9/2/85
	W45	Sandra Kramer	24:46.0	Melbourne	29/3/97
	W50	Sandra Kramer	25:18.3	Canberra	3/4/99
	W50	Sandra Kramer	25:02.2	Adelaide	3/2/99
	W55	Ruth Weber	33:52	Adelaide	9/2/83
	W60	Ruth Weber	33:47.0	Canberra	21/4/84
<b>5kW</b>					



<b>10kW</b>	W35	Judith Johnson	61:25.0	Canberra	23/4/84
	W35	Lillian Harpur	56:48.0	Adelaide	31/3/85
	W50	Sandra Kramer	52:17.6	Canberra	5/4/99
	W50	Sandra Kramer	50:39.0	Adelaide	5/6/99
	W60	Ruth Weber	69:37.0	Canberra	23/4/84
<b>2k Steeplechase</b>	W65	A Lang	10.46	Brisbane	2011
	W65	A Lang	10.42.65	Melbourne	2012
	W70	A Lang	11.10.84	Adelaide	20/2/13
	W70	A Lang	11.03.03	Canberra	30/3/13
	W50	Sandra Kramer	108:57	Adelaide	25/7/99
<b>20kW</b>	W60	Sandy Brunner	117:43	Middle Park	23/5/04
<b>80m H</b>	W45	Brenda Parkinson	13.43	Melbourne	2/4/83
	W45	Wendy Ey	12.90	Adelaide	29/3/86
	W50	Brenda Parkinson	14.10	Adelaide	22/2/87
	W50	Brenda Parkinson	13.08	Melbourne	28/11/87
	W50	Wendy Ey	13.30	Adelaide	27/1/89 "
	W50	Wendy Ey	13.22	Eugene	7/89
	W55	Beverley Byrne	17.30	Canberra	30/3/91
	W55	Brenda Parkinson	13.94	Adelaide	3/4/92
	W60	Beverley Byrne	17.89	Homebush	2/4/94
	W60	Brenda Parkinson	17.34	Adelaide	9/99
	W60	Brenda Parkinson	14.41	Adelaide	8/3/01
	W45	Brenda Parkinson	75.90	Adelaide	6/1/84
	W50	Brenda Parkinson	56.40	Adelaide	31/1/87
	W50	Brenda Parkinson	49.78	Melbourne	5/12/87
	W45	Sylvia White	1.28	Adelaide	16/1/77
<b>400m H</b>	W50	Sylvia White	1.13	Brisbane	19/4/81
	W50	Sylvia White	1.25	Adelaide	18/3/84
	W50	Sylvia White	1.26	Canberra	22/4/84
	W55	Sylvia White	1.20	Adelaide	17/2/85
	W55	Sylvia White	1.24	Hobart	7/4/85
<b>300m H</b>	W60	Margaret McKinnon	1.19	Eugene	3/8/89
	W60	Margaret McKinnon	1.20	Adelaide	2/2/91
	W65	Margaret McKinnon	1.22	Adelaide	1/3/92
	W45	Sylvia White	3.22	Melbourne	25/3/78
	W50	Wendy Ey	4.86	Adelaide	19/2/89
<b>High Jump</b>	W70	Miriam Cudmore	3.33	Adelaide	20/3/13
	W70	Miriam Cudmore	3.34	Canberra	29/3/13
	W75	Miriam Cudmore	3.39	Lyon	2015
	W80	Miriam Cudmore	2.86	Adelaide	24/01/18
	W80	Miriam Cudmore	2.96	Adelaide	14/03/18
	W80	Miriam Cudmore	3.04	Perth	26/04/18
	W40	Raelene Tregenza	10.56	Adelaide	22/2/87
	W40	Raelene Tregenza	10.63	Melbourne	1/12/87
	W60	Margaret McKinnon	7.44	Adelaide	27/1/89
	W60	Margaret McKinnon	7.87	Perth	26/3/89
<b>Long Jump</b>	W65	Margaret McKinnon	7.73	Adelaide	14/12/91
	W75	Miriam Cudmore	7.23	Santos	17/3/13
	W75	Miriam Cudmore	7.49	Canberra	31/3/13
	W80	Miriam Cudmore	6.81	Adelaide	31/01/18
	W30	Robyn Stokes	10.41	Melbourne	25/3/78
	W45	Sylvia White	10.08	Melbourne	25/3/78
	W45	Sylvia White	10.40	Adelaide	4/3/79
	W45	Sylvia White	10.53	Adelaide	23/1/77?
	W45	Sylvia White	10.53	Adelaide	23/1/77?
	W45	Sylvia White	10.53	Adelaide	23/1/77?
<b>Triple Jump</b>	W30	Robyn Stokes	10.41	Melbourne	25/3/78
	W45	Sylvia White	10.08	Melbourne	25/3/78
	W45	Sylvia White	10.40	Adelaide	4/3/79
	W45	Sylvia White	10.53	Adelaide	23/1/77?
	W45	Sylvia White	10.53	Adelaide	23/1/77?
<b>Shot</b>	W30	Robyn Stokes	10.41	Melbourne	25/3/78
	W45	Sylvia White	10.08	Melbourne	25/3/78
	W45	Sylvia White	10.40	Adelaide	4/3/79
	W45	Sylvia White	10.53	Adelaide	23/1/77?
	W45	Sylvia White	10.53	Adelaide	23/1/77?

## Discus

W50	Sylvia White	11.16	Adelaide	16/2/80
W50	Sylvia White	11.40	Adelaide	5/12/81
W50	Sylvia White	11.62	Adelaide	6/1/82
W50	Sylvia White	11.68	Adelaide	13/2/82
W50	Sylvia White	11.71	Adelaide	6/3/82
W50	Sylvia White	12.08	Adelaide	27/11/82
W50	Sylvia White	12.12	Adelaide	25/2/84
W55	Margaret Cahill	5.22	Melbourne	25/3/78
W55	Margaret Cahill	6.10	Adelaide	2/12/78
W55	Sylvia White	10.66	Adelaide	10/11/84
W55	Sylvia White	11.50	Adelaide	24/11/84
W60	Margaret Cahill	5.56	Adelaide	8/11/80
W60	Margaret Cahill	5.75	Adelaide	15/11/80
W60	Margaret Cahill	5.85	Adelaide	22/11/80
W60	Margaret Cahill	5.86	Adelaide	13/12/80
W60	Margaret Cahill	5.91	Adelaide	28/2/81
W45	Sylvia White	33.39	Melbourne	26/3/78
W50	Sylvia White	30.32	Adelaide	17/2/80
W50	Sylvia White	30.60	Adelaide	8/3/80
W50	Sylvia White	32.10	Adelaide	20/12/80
W50	Sylvia White	33.56	Adelaide	14/11/81
W50	Sylvia White	33.76	Perth	11/4/82
W50	Sylvia White	33.84	Adelaide	18/3/84
W50	Sylvia White	33.92	Canberra	22/4/84
W55	Margaret Cahill	14.16	Melbourne	26/3/78
W55	Margaret Cahill	15.92	Adelaide	4/2/79
W55	Sylvia White	29.50	Adelaide	10/11/84
W55	Sylvia White	33.64	Adelaide	17/11/84
W55	Sylvia White	34.48	Adelaide	23/2/85
W55	Sylvia White	34.56	Adelaide	2/3/85
W60	Margaret Cahill	14.34	Adelaide	8/11/80
W60	Margaret Cahill	15.26	Adelaide	22/11/80

## Javelin

W45	Sylvia White	30.88	Melbourne	25/3/78
W50	Sylvia White	27.84	Adelaide	16/2/80
W50	Sylvia White	29.24	Adelaide	8/3/80
W50	Sylvia White	29.96	Adelaide	15/3/80
W50	Sylvia White	30.66	Adelaide	5/4/80
W50	Sylvia White	32.20	Adelaide	15/11/80
W50	Sylvia White	32.22	Christchurch	12/1/81
W50	Sylvia White	33.22	Adelaide	14/2/81
W50	Sylvia White	34.12	Adelaide	6/2/82
W50	Sylvia White	34.42	Adelaide	13/2/82
W50	Sylvia White	35.58	Adelaide	6/3/82
W55	Margaret Cahill	15.96	Sydney	14/4/79
W55	Sylvia White	29.50	Adelaide	10/11/84
W55	Sylvia White	33.38	Adelaide	24/11/84
W55	Sylvia White	34.16	Adelaide	8/12/84
W55	Sylvia White	34.82	Adelaide	9/2/85
W60	Margaret Cahill	14.86	Adelaide	15/11/80
W60	Margaret Cahill	15.06	Christchurch	10/1/81
W75	Miriam Cudmore	21.01	Porto Alegre	Oct 2013
W75	Miriam Cudmore	22.63	Hobart	09/03/14
W80	Miriam Cudmore	20.26	Adelaide	17/01/18
W80	Miriam Cudmore	20.75	Perth	27/04/18

<b>56lb Weight 100lb Weight Heptathlon</b>	W50	Lesley Dawson	3.53	Canberra	5/10/09
	W50	Lesley Dawson	1.72	Canberra	5/10/09
	W30	Cherie Rothery	3813	Adelaide	18/1/04
	W60	Margaret McKinnon	3541	Eugene	7/89
<b>Pentathlon</b>	W60	Margaret McKinnon	3562	Turku	1991
	W30	Glenda Hollis	2468	Adelaide	29/1/84
	W35	Leonie Byrnes	2639	Adelaide	29/1/84
	W40	Glynn Boyce	2291	Adelaide	29/1/84
	W60	Margaret McKinnon	2825	Perth	27/3/89
	W65	Lyn Peake	3415	Adelaide	25/2/15
	W70	Miriam Cudmore	3819	Adelaide	6/3/13
	W70	Anne Lang	3089	Adelaide	25/2/15
	W75	Miriam Cudmore	3931		2016
	W65	Ann Cooper	68.73	Brisbane	2001
<b>4x100m</b>	W65	Valmai Padget	63.83	Sacramento	2011
	W60	Lyn Peake	58.92	Porto Alegre	Oct 2013
	W65	Lyn Peake	61.67	Perth	2016
	W65	Lyn Peake	60.60	Darwin	2017
	W65	Marlene Norton-Baker	60.60	Darwin	2017
	W70	Anne Lang	69.00	Perth	2016
	W75	Miriam Cudmore	77.32	Perth	2016
	W60	Anne Lang	4.58.82	San Sebastian	July 05
	W60	Lyn Peake	4.55.53	Sacramento	2011
	W65	Ann Cooper	6.48.42	Brisbane	2001
<b>4x400m</b>	W65	Lyn Peake	5.06.10	Perth	2016
	W65	Lyn Peake	4.52.76	Darwin	2017
	W70	A Lang	5.32.92	Lyon	2015
<b>INDOORS</b>					
<b>Men</b>					
<b>400m</b>	M50	Jonathon Wheatland	58.13	Hungary	2014
	M70	Peter Sandery	2.40.11	Finland	2012
	M75	Peter Sandery	2.54.22	S Korea	2017
<b>800m</b>	M45	John Lisiewicz	4.28.51	France	2008
	M70	Peter Sandery	5.20.16	Finland	2012
	M70	Peter Sandery	6.15.77	S Korea	2017
<b>1500m</b>	M55	Bob Pearce	5.25.02	France	2008
	M70	Peter Sandery	5.22.70	France	2008
	M45	John Lisiewicz	9.23.74	France	2008
<b>Mile</b>	M65	Peter Sandery	10.36.54	France	2008
	M70	Peter Sandery	11.16.60	Finland	2012
	M70	Peter Sandery	12.36.92	S Korea	2017
<b>3000m</b>	M50	Peter Sandery	2.00.17	France	2008
	M50	Bob Pearce	2.00.17	France	2008
	M50	Bob Pearce	1.52	Canada	2010
	M70	Peter Sandery	2.04.87	Finland	2012
	M70	Peter Sandery	2.04.87	Finland	2012
<b>4x200m</b>	M50	Peter Sandery	2.00.17	France	2008
	M50	Bob Pearce	2.00.17	France	2008
	M50	Bob Pearce	1.52	Canada	2010
	M70	Peter Sandery	2.04.87	Finland	2012
	M70	Peter Sandery	2.04.87	Finland	2012
<b>Women</b>					
<b>60m</b>	W65	Lyn Peake	9.48	S Korea	2017
	W65	Lyn Peake	2.19.47	S Korea	2017
<b>4x200m</b>					

## SAMA MEDAL WINNERS AT THE NATIONALS

### 1973 MELBOURNE

#### 100m

L Snelling	M40	12.10	Gold
A Lampard	M50	13.80	Bronze

#### 200m

L Snelling	M40	24.30	Gold
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#### 400m

L Snelling	M40	55.20	Bronze
A Lampard	M50	66.10	Bronze

#### 3k Steeple

T Nailer	M35	10.33	Gold
B Caudle	M50	44.56	Gold

#### 400m Hurdles

A Lampard	M50	76.5	Gold
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#### High Jump

A Lampard	M50	1.33	Silver
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#### Triple Jump

A Lampard	M50	8.62	Silver
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#### Discus

P Dalwood	M50	29.02	Gold
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#### Hammer

P Dalwood	M50	24.70	Gold
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#### Shot

P Dalwood	M50	12.47	Gold
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### 1973 SYDNEY

#### Cross Country 10km

No SA entrants

### 1974 SYDNEY

#### 100m

A Lampard	M50	14.20	Bronze
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#### 200m

A Lampard	M50	28.50	Bronze
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#### 400m

D Paul	M40	57.70	Bronze
R O'Neil	M45	59.10	Silver
B Caudle	M50	64.40	Bronze

#### 1500m

D Paul	M40	4.40.2	Bronze
R O'Neil	M45	4.34.8	Silver

#### 3k Steeple

R O'Neil	M45	11.08	Silver
B Caudle	M50	12.07	Gold

#### 400m Hurdles

A Lampard	M50	78.20	Silver
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#### High Jump

A Lampard	M50	1.22	Silver
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#### Long Jump

A Lampard	M50	4.68	Gold
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#### Triple Jump

A Lampard	M50	9.49	Gold
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#### Discus

P Dalwood	M50	29.62	Gold
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#### Shot

P Dalwood	M50	11.01	Gold
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#### Javelin

P Dalwood	M50	23.14	Gold
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#### Hammer

P Dalwood	M50	29.04	Gold
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### 1974 ADELAIDE

#### Cross Country 10km

R O'Neil	M45	39.59	Gold
B Clarke	M45	42.48	Silver
R White	M45	44.47	Bronze

T Read	M40	43.28	Silver
B Kirkwood	M40	43.41	Bronze
W Beames	M50	41.39	Gold
A Digance	M55	57.58	Silver

### 1975 ADELAIDE

The 3<sup>rd</sup> Championships were held at Olympic Sportsfield, Kensington. More than 200 men participated in events in 5 year age groups for the first time (however athletes over 60 were grouped together). Ron O'Neil and Rowly Ferris were the main organisers.



**100m**

D Janssan	M35	12.6	Bronze
L Snelling	M40	11.5	Gold
J Liascos	M40	11.9	Bronze
B Clarke	M50	12.7	Bronze
A Digance	M60+	14.5	Silver

**200m**

G Wharton	M35	24.1	Silver
L Snelling	M40	24.2	Gold
T Crossing	M40	25.0	Bronze
B Clarke	M50	26.7	Gold
A Lampard	M55	29.0	Silver
A Digance	M60+	31.2	Silver

**400m**

G Wharton	M35	51.2	Silver
D Paul	M40	55.3	Silver
R O'Neil	M45	60.2	Bronze
B Clarke	M50	58.3	Silver
A Lampard	M55	63.1	Silver

**800m**

G Wharton	M35	1.58.2	Silver
B Graham	M35	2.04.7	Bronze
D Paul	M40	2.09.5	Bronze
R O'Neil	M45	2.13.2	Gold
B Clarke	M50	2.14.7	Bronze

**1500m**

B Graham	M35	4.24.4	Gold
R Glenn	M35	4.29.5	Silver
B Cohen	M35	4.39.0	Bronze
R O'Neil	M45	4.30.8	Silver

**1500m Steeple**

B Clarke	M50	5.44.2	Silver
J Lovatt	M50	6.08.7	Bronze

**3000m**

R Glenn	M35	9.51.2	Gold
B Cohen	M35	10.03	Silver

**3k Steeple**

R O'Neil	M45	11.04	Gold
G Inwood	M45	11.33	Silver
R Sutcliffe	M45	11.53	Bronze

**5000m**

R O'Neil	M45	16.52	Bronze
W Beames	M50	17.22	Bronze

**10000m**

R Sutcliffe	M45	35.50	Bronze
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W Beames	M50	35.48	Bronze
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**3k Walk**

E Folland	M40	14.04	Gold
G Peters	M45	16.55	Bronze
J Weber	M60+	15.51	Gold

**5k Walk**

E Folland	M40	24.21	Silver
G Peters	M45	29.50	Bronze
J Weber	M60+	27.15	Silver

**110m Hurdles**

R White	M45	29.20	Bronze
A Lampard	M55	20.6	Gold

**400m Hurdles**

G Parkinson	M40	73.9	Bronze
D Kimber	M50	77.4	Gold
A Lampard	M55	77.8	Gold

**High Jump**

P Dalwood	M50	1.40	Silver
R Clarke	M50	1.35	Bronze
A Lampard	M55	1.14	Silver
R O'Neil	M45	1.20	Silver

**Long Jump**

D Campbell	M45	4.40	Bronze
A Lampard	M55	4.71	Silver

**Triple Jump**

A Lampard	M55	8.82	Silver
R White	M45	8.06	Bronze

**Javelin**

M Cubitt	M40	9.82	Bronze
R White	M45	21.68	Bronze

**Discus**

D Leadbetter	M40	30.06	Bronze
G Peters	M45	24.80	Bronze
P Barnes	M60+	23.14	Gold

**Shot**

D Leadbetter	M40	11.01	Silver
J Slater	M45	6.27	Bronze
P Dalwood	M50	11.34	Silver

**Hammer**

D Leadbetter	M40	48.02	Gold
A Gordon	M45	40.88	Gold
M Cotton	M45	17.14	Bronze
P Dalwood	M50	28.96	Bronze
P Barnes	M60+	24.14	Silver

**1975****Cross Country**

No competition

## 1976 BRISBANE

### 100m

L Snelling	M45	12.00	Gold
A Lampard	M55	13.80	Gold
H Barnes	M50	13.30	Bronze

### 200m

L Snelling	M45	23.70	Gold
B Clarke	M50	26.20	Silver
A Lampard	M55	28.20	Gold

### 400m

S McIntosh	M45	56.30	Bronze
A Lampard	M55	63.80	Gold
B Clarke	M50	58.40	Silver

### 800m

B Clarke	M50	2.13.0	Silver
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### 1500m

B Cohen	M35	4.29.3	Bronze
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### 10000m

B Cohen	M35	35.46	Silver
R Sutcliffe	M45	35.21	Bronze

### 110m Hurdles

A Lampard	M55	21.70	Gold
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### 400m Hurdles

A Lampard	M55	77.70	Gold
R O'Neil	M45	73.10	Bronze

### 1500m Steeple

A Lampard	M55	6.04	Silver
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### 3k Steeple

B Cohen	M35	11.02	Bronze
R Sutcliffe	M45	11.45	Silver

### 3k Walk

E Folland	M40	14.38	Bronze
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J Weber	M60	16.25	Bronze
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### 5k Walk

E Folland	M40	24.43	Bronze
J Weber	M60	28.59	Bronze

### Long Jump

B Clarke	M50	4.39	Bronze
A Lampard	M55	4.25	Gold

### Triple Jump

B Clarke	M50	9.68	Bronze
A Lampard	M55	8.66	Gold

### High Jump

A Lampard	M55	1.12	Gold
B Clarke	M50	1.37	Silver
P Dalwood	M50	1.27	Bronze

### Pole Vault

A Lampard	M55	2.00	Gold
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### Shot

G vEkelenberg	M40	12.46	Gold
P Dalwood	M50	10.73	Bronze

### Discus

P Barnes	M60	21.49	Bronze
G vEkelenberg	M40	36.80	Gold

### Javelin

G vEkelenberg	M40	42.62	Bronze
P Barnes	M60	23.46	Silver

### Hammer

G vEkelenberg	M40	30.70	Bronze
P Dalwood	M50	29.00	Bronze
P Barnes	M60	26.32	Bronze

## 1976 ADELAIDE (June)

### 10km Cross Country

T Nailer	M40	36.03	Gold
R Sutcliffe	M45	37.00	Gold

W Beames	M55	38.11	Gold
B Caudle	M60		Gold

## 1977 PERTH

### 100m

N Charles	M35	12.30	Bronze
J Liascos	M40	12.40	Silver
L Snelling	M45	12.30	Gold
B Clarke	M50	13.20	Bronze
A Lampard	M60	14.20	Gold

### 200m

N Charles	M35	25.20	Bronze
J Liascos	M40	26.20	Silver
L Snelling	M45	24.60	Gold
B Clarke	M50	27.00	Bronze
A Lampard	M60	29.80	Gold

### 400m

N Charles	M35	55.50	Bronze
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L Snelling	M45	54.30	Gold
B Clarke	M50	57.90	Gold
A Thomas	M50	62.60	Bronze
A Lampard	M60	66.10	Bronze

### 800m

N Charles	M35	2.19.3	Gold
R Sara	M45	2.20.9	Bronze
B Clarke	M50	2.15.3	Gold

### 1500m

R Sara	M45	4.51.4	Silver
G Inwood	M55	5.32.6	Silver
A Digance	M60	6.22.0	Bronze
P Barnes	M70	7.06.0	Gold

**5000m**

L Frisby	M50		Silver
A Digance	M60		Silver

**10000m**

L Frisby	M50	39.12	Silver
A Digance	M60	50.21	Silver
A Lampard	M60	56.01	Bronze

**3k Steeple**

N Charles	M35	13.52	Gold
P Afford	M40	10.30	Silver
R Sara	M45	12.46	Gold

**110m Hurdles**

A Lampard	M60	20.40	Gold
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**Long Jump**

N Charles	M35	4.61	Bronze
A Thomas	M50	4.76	Bronze
A Lampard	M60	4.44	Gold

**Pole Vault**

A Lampard	M60	1.86	Gold
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**Hammer**

P Barnes	M70	24.68	Gold
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**Triple Jump**

B Clarke	M50	9.73	Bronze
A Lampard	M60	9.40	Gold

**High Jump**

B Clarke	M50	1.33	Silver
A Lampard	M60		Gold

**Shot**

N Charles	M35	8.06	Bronze
P Barnes	M70	8.44	Gold

**Javelin**

N Charles	M35	22.96	Silver
A Digance	M60	15.44	Gold
P Barnes	M70	23.98	Gold

**Discus**

N Charles	M35	10.90	Bronze
A Digance	M60	19.80	Bronze
P Barnes	M70	25.76	Gold

**1978 MELBOURNE****100m**

R Stokes	W30	12.40	Gold
B Parkinson	W40	13.6	Silver
A Lampard	M60	13.70	Gold

**200m**

B Parkinson	W40	28.70	Silver
A Miller	W40	31.00	Bronze
A Lampard	M60	28.50	Gold
L Snelling	M45	24.00	Gold

**400m**

A Miller	W40	69.20	Gold
L Snelling	M45	53.00	Gold
D Paul	M45	55.90	Bronze
B Clarke	M50	57.40	Bronze
A Lampard	M60	64.20	Silver

**800m**

M Thunig	W40	2.44.2	Silver
A Miller	W40	2.47.0	Bronze
B Clarke	M50	2.12.2	Gold

**1500m**

A Miller	W40	5.43.2	Bronze
N Sutcliffe	W45	6.32.3	Silver
R O'Neil	M50	4.43.2	Silver

**5000m**

E MacFarlane	W35	23.59	Silver
M Thunig	W40	23.19	Bronze
N Sutcliffe	W45	24.11	Silver
W Beames	M55	17.47	Bronze

**10000m**

P Afford	M40	34.11	Bronze
W Beames	M55	36.43	Gold
A Digance	M60	47.57	Silver

**100m Hurdles**

R Stokes	W30	14.40	Gold
B Parkinson	W40	18.00	Gold

**110m Hurdles**

G Powell	M40	18.80	Bronze
A Lampard	M60	20.60	Gold

**400m Hurdles**

A Lampard	M60	76.00	Gold
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**1500m Steeple**

B Clarke	M50	5.25.4	Silver
J Lovatt	M55	6.21.4	Gold

**3k Steeple**

P Afford	M40	10.23	Bronze
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**800m Walk**

G Holdsworth	W30	4.26	Gold
M Cahill	W55	5.46	Gold

**1500m Walk**

G Holdsworth	W30	8.45.2	Gold
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**Long Jump**

B Clarke	M50	4.48	Bronze
A Lampard	M60	4.60	Gold

**Triple Jump**

N Charles	M35	10.12	Bronze
B Clarke	M50	9.30	Bronze
A Lampard	M60	9.32	Gold

**High Jump**

M Young	M35	1.40	Silver
B Clarke	M50	1.30	Bronze
A Lampard	M60	1.25	Gold

**Pole Vault**

R Daniels	M40	3.35	Gold
G Powell	M40	3.05	Silver
A Lampard	M60	2.30	Gold

**Shot**

R Stokes	W30	10.41	Gold
A Miller	W40	8.34	Bronze
S White	W45	10.08	Gold
M Cahill	W55	5.22	Gold

N Charles	M35	8.13	Bronze
P Dalwood	M55	10.37	Gold
P Barnes	M70	7.84	Gold
<b>Javelin</b>			
S White	W45	30.88	Gold
M Cahill	W55	12.70	Silver
<b>Discus</b>			
S White	W45	33.39	Gold
M Cahill	W55	14.17	Gold

<b>Hammer</b>			
P Dalwood	M55	28.82	Gold
P Barnes	M70	23.80	Gold
<b>10k Cross country</b>			
E MacFarlane	W35		Silver
A Miller	W40		Bronze
N Sutcliffe	W45		Silver
G Hicks	M45	36.23	Bronze
W Beames	M55	38.42	Bronze

## 1978 CABOOLTURE (QLD)

### Marathon

P Afford	M40	2.52.55	Bronze
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## 1979 SYDNEY

### 100m

S White	W45	15.10	Silver
J Liascos	M45	11.70	Gold
A Lampard	M60	13.90	Bronze

### 400m

A Miller	W40	69.20	Silver
A Lampard	M60	68.40	Bronze

### 1500m

A Digance	M60	6.28	Bronze
M Thunig	W40	5.27	Gold
E MacFarlane	W35	5.55	Bronze

### 5000m

E MacFarlane	W35	22.42	Gold
A Pye	W35	28.10	Bronze
M Thunig	W40	21.37	Bronze
G Hicks	M45	16.16	Bronze

### 5k Walk

R Weber	W55	35.39	Gold
J Weber	M60		Silver

### 110m Hurdles

G Powell	M40	18.10	Silver
A Lampard	M60	21.20	Silver

### Long Jump

S White	W45	4.06	Gold
A Lampard	M60	4.20	Gold
P Barnes	M70	3.12	Silver

### Pole Vault

G Powell	M40	3.50	Gold
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### Shot

P Barnes	M70	8.10	Gold
S White	W45	10.00	Gold
M Cahill	W55	5.72	Gold

### Javelin

S White	W45	30.72	Silver
M Cahill	W55	15.96	Gold
P Barnes	M70	21.91	Gold

## 1979 PERTH

### Marathon (In conjunction with the National Open Marathon)

I Dobbie	M50	2.36.19	
B James	M50	2.47.06	
P Afford	M50	2.56.24	

All three were deemed ineligible for Vets placings as they were also members of the SA open team.

## 1980 ADELAIDE

Total entrants 450 – 129 from SA.

The 8<sup>th</sup> Championships were conducted again at Olympic Sportsfield. Although several Canberra and Tasmanian athletes had competed previously it was not until now that they had the opportunity to represent their Territory or State Club at the 'nationals'.

Convenor  
Track and Field

Rowly Ferris  
Lloyd Snelling



Secretary  
Social  
Publicity  
Finance  
Cross Country  
Medals and Presentations  
Accommodation  
Promotions and Publications  
Assistant Publications

Nora Sutcliffe  
Angie Pye  
Brenda Pearl  
Bob Auld  
Don Dohnt  
Al Digance  
Dave Mallet  
Rowly Ferris  
Peter Pye

### 100m

J Liascos	M45	11.8	Gold
B Clarke	M55	13.3	Bronze
A Gransden	M60	15.1	Bronze
A Digance	M65	14.8	Bronze
H Gursanski	M70	17.3	Silver
G O'Reilly	W35	13.9	Silver

### 200m

J Liascos	M45	24.8	Gold
J Main	M45	26.2	Bronze
B Clarke	M55	27.0	Silver
G O'Reilly	W35	29.1	Silver
B Parkinson	W40	28.5	Silver
A Cooper	W50	34.0	Bronze

### 400m

R Pittaway	M40	56.2	Bronze
L Snelling	M45	55.4	Silver
B Clarke	M55	58.2	Gold
H Gursanski	M70	78.4	Silver
M Loftus	W35	71.4	Silver
A Cooper	W50	78.7	Silver

### 800m

B Clarke	M55	2.17.1	Gold
J Dobbie	W35	2.38.1	Gold
M Loftus	W35	2.53.0	Bronze
M Thunig	M40	2.38.6	Silver
A Miller	W40	2.41.7	Bronze

### 1500m

J Williams	M35	4.10.0	Silver
D Letherby	W30	4.49.4	Gold
J Dobbie	W35	5.13.2	Gold
M Thunig	W40	5.26.0	Silver

### 5000m

J Williams	M35	15.17	Gold
R Sutcliffe	M50	17.10	Gold
R Potts	M50	17.35	Bronze
R Bryant	M65	22.04	Gold
D Letherby	W30	17.46	Gold
J Dobbie	W35	18.48	Gold

### 1500m Steeple

G Inwood	M50	5.30.9	Gold
R White	M50	6.23.2	Silver
J Lovatt	M55	6.07.8	Bronze

### 3k Steeple

J Williams	M35	9.37.0	Gold
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### 10000m

J Williams	M35	33.12	Silver
J Perry	M45	34.44	Silver
R Sutcliffe	M50	35.54	Gold
R Potts	M50	37.09	Bronze
W Beames	M55	37.29	Bronze
R Bryant	M65	45.40	Gold
H Purvis	M70	51.54	Silver
D Letherby	W30	36.33	Gold
J Dobbie	W35	39.25	Gold
N Sutcliffe	W45	49.57	Bronze

### 1500m Walk

L Larsen	W30	9.40.1	Gold
E MacFarlane	W35	8.34.8	Gold
C Peters	W50	12.35	Bronze
R Weber	W55	10.18	Gold
M Cahill	W55	11.11	Silver

### 3k Walk

P Fullager	M35	12.45	Gold
B Whittaker	M35	15.02	Bronze
T Nailer	M45	15.04	Bronze
J Weber	M65	17.45	Bronze
E MacFarlane	W35	21.22	Gold
R Weber	W55	21.22	Gold

### 5k Walk

J Weber	M65	30.29	Bronze
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### 100mH

J Hamann	M35	16.9	Gold
D Brown	M35	19.1	Bronze
G Powell	M40	18.6	Silver
A Lampard	M60	21.2	Gold
B Parkinson	W40	16.5	Gold

### 400mH

G Powell	M40	64.0	Silver
R White	M50	83.0	Silver
A Lampard	M60	80.6	Gold

### 10k Cross country

J Williams	M30	33.06	Gold
G Hicks	M45	34.40	Silver
R Sutcliffe	M50	36.59	Gold
B Jones	M50	37.29	Bronze
W Beames	M55	38.06	Silver
R Bryant	M65	48.10	Silver
A Digance	M65	51.44	Bronze
H Purvis	M70	52.14	Silver

D Letherby	W30	37.56	Gold
J Dobbie	W35	42.00	Gold
S Malbut	W45	46.42	Bronze

#### **Shot**

J Hamman	M35	10.18	Bronze
G vEkelenburg	M40	12.42	Gold
N Birks	M40	11.92	Silver
J Slater	M50	8.88	Bronze
P Dalwood	M55	9.86	Gold
P Barnes	M70	8.20	Gold
L Larsen	W30	8.72	Gold
S White	W50	10.87	Gold
C Peters	W50	6.39	Silver
M Cahill	W55	5.55	Silver

#### **Discus**

D Brown	M35	30.46	Bronze
G vEkelenburg	M40	33.24	Silver
H Snelgar	M60	28.96	Silver
P Barnes	M70	24.62	Gold
L Larsen	W35	24.44	Gold
S Frusher	W35	22.10	Gold
S White	W50	30.52	Gold
C Peters	W50	15.22	Bronze
M Cahill	W55	15.90	Silver

#### **Javelin**

J Hamann	M35	45.00	Gold
N Charles	M35	23.60	Bronze
N Birks	M40	62.30	Gold
S Grimm	M45	24.04	Silver
G Warburton	M45	16.32	Bronze
J Slater	M50	25.42	Silver
H Snelgar	M60	27.64	Gold
C McCartan	M60	24.76	Silver
A Digance	M65	16.20	Gold
P Barnes	M70	23.02	Gold
L Larsen	W30	25.28	Gold
S White	W50	30.66	Gold
C Peters	W50	19.64	Silver
M Cahill	W55	15.78	Gold

#### **Hammer**

D Arthur	M35	19.58	Bronze
G vEkelenburg	M40	31.38	Silver
A Gordon	M50	41.16	Gold
P Dalwood	M55	22.60	Silver
H Snelgar	M60	28.90	Bronze
P Barnes	M70	24.48	Gold

#### **High Jump**

D Brown	M35	1.50	Bronze
A Stone	M40	1.55	Silver
B Clarke	M55	1.30	Silver
P Dalwood	M55	1.25	Bronze

#### **Long Jump**

J Hamann	M35	6.43	Gold
D Brown	M35	5.57	Bronze
R Stone	M40	5.91	Gold
R Leedham	M45	4.66	Bronze
C McCartan	M60	3.58	Silver
A Gransden	M60	3.50	Bronze
A Digance	M65	3.68	Gold
P Barnes	M70	3.03	Silver
L Larsen	W30	4.61	Silver

#### **Pole Vault**

J Hamann	M35	4.03	Gold
G Powell	M40	3.50	Silver

#### **Triple Jump**

D Brown	M35	11.46	Bronze
R Stone	M40	12.12	Silver
B Clarke	M55	9.14	Bronze
A Gransden	M60	6.08	Gold
A Digance	M65	7.43	Silver
L Lawson	W40	3.42.5	Silver
S Malbut	W45	4.11.4	Gold
I Graves	M35	2.33.3	Gold
G Hicks	M45	2.36.5	Gold
R Sutcliffe	M50	2.53.3	Gold
B Jones	M50	2.57.3	Silver
R Blanchard	M55	3.19.2	Silver
J Lovatt	M55	3.22.4	Bronze
H Snelgar	M60	4.23.1	Gold
H Purvis	M70	4.38.1	Gold

## **1980 ADELAIDE (July)**

#### **Marathon**

J Dobbie	W35	3.19.6	Gold
E MacFarlane	W35	4.01.4	Silver
L Lawson	W40	3.42.5	Gold
N Sutcliffe	W45	4.09.4	Gold
S Malbut	W45	4.11.4	Silver
G Hicks	M45	2.36.5	Gold

R Sutcliffe	M50	2.53.3	Gold
B Jones	M50	2.57.3	Silver
G Seagrim	M50	3.02.3	Bronze
R Blanchard	M55	3.19.2	Silver
J Lovatt	M55	3.22.4	Bronze
H Snelgar	M60	4.23.1	Gold
H Purvis	M70	4.38.1	Gold

## 1981 BRISBANE

### 100m

H Thomas	M45	11.56	Gold
J Liascos	M45	11.86	Silver
L Snelling	M50	11.56	Gold
M Cahill	W60	23.93	Gold

### 200m

J Liascos	M45	24.19	Gold
L Snelling	M50	23.81	Gold
B Clarke	M55	26.42	Bronze

### 400m

J Liascos	M45	59.36	Bronze
L Snelling	M50	52.50	Gold
B Clarke	M55	59.66	Silver

### 800m

B Clarke	M55	2.19.2	Gold
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### 5000m

L Frisby	M55	17.30	Silver
W Beames	M55	18.21	Bronze

### 10000m

L Frisby	M55	38.29	Silver
W Beames	M55	38.48	Bronze

### 110m Hurdles

D Brown	M40	17.39	Bronze
T Morgan	M50	22.32	Gold

### 400m Hurdles

T Morgan	M50	75.39	Gold
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### 1500m Steeple

T Morgan	M50	6.24.6	Silver
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### 1500m Walk

D Camac	W50	8.59.8	Bronze
R Weber	W55	9.41.7	Silver
M Cahill	W60	11.13	Silver

### 3k Walk

N Peters	M50	17.45	Bronze
J Weber	M65	16.54	Gold

D Camac	W50	19.32	Bronze
R Weber	W55	19.59	Silver

### 5k Walk

N Peters	M50	28.08	Bronze
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### High Jump

T Morgan	M50	1.30	Gold
B Clarke	M55	1.30	Silver
S White	W50	1.13	Gold

### Long Jump

D Brown	M40	5.75	Gold
A Digance	M65	3.45	Silver

### Triple Jump

D Brown	M40	11.72	Silver
A Digance	M65	6.91	Silver

### Shot

P Barnes	M70	7.78	Gold
S White	W50	10.71	Gold
C Peters	W50	7.30	Silver
M Cahill	W60	5.66	Gold

### Discus

A Digance	M65	18.34	Bronze
P Barnes	M70	22.52	Silver
S White	W50	30.34	Gold
M Cahill	W60	14.40	Gold

### Hammer

P Barnes	M70	22.72	Silver
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### Javelin

A Digance	M65	15.54	Silver
P Barnes	M70	20.48	Gold
S White	W50	32.82	Gold
C Peters	W50	22.06	Silver
M Cahill	W60	14.54	Gold

### 10k Cross country

L Frisby	M55	40.50	Silver
W Beames	M55	42.21	Bronze

## 1981 WERRIBIE

### Marathon

H Anderson	W35	3.18.45	Gold
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## 1982 PERTH

### 100m

J Liascos	M45	12.0	Gold
L Snelling	M50	11.8	Gold
S Halupka	M60	16.1	Silver

### 200m

J Liascos	M45	25.3	Gold
L Snelling	M50	24.0	Gold
S Halupka	M60	36.0	Bronze

### 400m

L Snelling	M50	53.4	Gold
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### 5000m

L Frisby	M55	18.05	Bronze
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W Beames	M60	18.31	Bronze
H Snelgar	M65	22.53	Bronze

### 10000m

B Jones	M50	38.08	Gold
L Frisby	M55	39.32	Silver
W Beames	M60	39.26	Silver
H Snelgar	M65	49.55	Silver

### 400m Hurdles

T Morgan	M50	71.50	Gold
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### 1500m Walk

D Camac	W50	9.13	Gold
M Cahill	W60	11.52	Bronze

**3k Walk**

D Camac	W50	19.42	Gold
M Cahill	W60	23.48	Bronze

**High Jump**

T Morgan	M50	1.30	Bronze
S Halupka	M60	1.00	Bronze
S White	W50	1.20	Silver

**Shot**

T Casey	M60	11.45	Silver
H Snelgar	M65	9.14	Silver
P Barnes	M75	6.92	Gold
S White	W50	11.04	Gold
C Peters	W50	7.56	Silver
M Cahill	M60	5.75	Gold

**Discus**

H Snelgar	M65	26.20	Silver
P Barnes	M75	20.74	Gold

S White	W50	33.75	Gold
C Peters	W50	14.26	Silver
M Cahill	M60	14.62	Gold

**Javelin**

S Halupka	M60	26.26	Bronze
H Snelgar	M65	25.18	Gold
P Barnes	M75	18.22	Gold
S White	W50	34.16	Gold
C Peters	W50	19.92	Silver
D Camac	W50	15.92	Bronze

**Hammer**

T Casey	M60	21.30	Bronze
H Snelgar	M65	23.90	Silver
P Barnes	M75	16.38	Gold

**10k Cross country**

W Beames	M60	39.26	Silver
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**1982 BRISBANE (July)****Marathon**

H Alderson	W35	3.13.08	Gold
T Read	M45	2.50.45	Silver
R Sutcliffe	M50	2.49.13	Gold

**1983 MELBOURNE****100m**

B Wilson	M40	11.30	Gold
J Liascos	M50	11.98	Gold
B Parkinson	W45	14.77	Silver

**200m**

B Wilson	M40	22.54	Gold
J Liascos	M50	24.49	Gold
B Clarke	M55	22.68	Bronze
L Byrnes	W35	29.00	Silver

**400m**

B Wilson	M40	51.33	Gold
J Liascos	M50	55.95	Silver
B Clarke	M55	61.39	Bronze
J Daly	W35	61.19	Silver
B Parkinson	W45	68.51	Gold

**800m**

B Clarke	M55	2.19.8	Bronze
J Daly	W35	2.15.3	Gold
L Byrnes	W35	2.31.3	Silver

**1500m**

J Daly	W35	4.31.7	Gold
D Leatherby	W35	4.42.0	Silver
L Byrnes	W35	5.05.0	Bronze

**5000m**

W Beames	M60	18.43	Bronze
H Snelgar	M65	21.49	Bronze
D Leatherby	W35	16.54	Gold

**10000m**

W Beames	M60	39.56	Silver
D Leatherby	W35	35.39	Gold
S Malbut	W45	46.12	Bronze

**110m Hurdles**

G Powell	M45	19.95	Silver
T Morgan	M50	21.44	Bronze

**80m Hurdles**

B Parkinson	W45	13.43	Gold
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**400m Hurdles**

G Powell	M45	66.17	Silver
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**5k Walk**

J Weber	M65	29.14	Gold
R Weber	W55	34.37	Bronze

**Long Jump**

B Clarke	M55	4.36	Bronze
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**Triple Jump**

B Clarke	M55	8.96	Bronze
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**High Jump**

B Clarke	M55	1.25	Bronze
S White	W50	1.22	Gold

**Pole Vault**

G Powell	M45	3.40	Gold
R Daniels	M45	3.20	Silver

**Shot**

T Casey	M60	10.97	Gold
S Halupka	M60	9.71	Bronze



P Barnes	M75	6.34	Silver
S White	W50	11.54	Gold
M Cahill	W60	5.07	Silver

#### **Discus**

T Casey	M60	27.30	Silver
P Barnes	M75	21.80	Gold
S White	W50	33.02	Gold
M Cahill	W60	14.20	Gold
S Halupka	M60	21.90	Gold
T Casey	M60	17.20	Silver
P Barnes	M75	22.14	Gold

#### **Javelin**

T Casey	M60	26.86	Bronze
H Snelgar	M65	25.24	Bronze

P Barnes	M75	17.00	Silver
S White	W50	31.18	Gold
M Cahill	W60	14.00	Gold

#### **Pentathlon**

H Snelgar	M65	1322	Bronze
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#### **10k Walk**

R Weber	W55	69.47	Bronze
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#### **20k Walk**

J Weber	M65	128.24	Gold
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#### **10k Cross country**

W Beames	M60	40.18	Bronze
D Leatherby	W35	37.27	Gold
J Daly	W35	38.10	Silver

## **1983 RICHMOND, TASMANIA**

### **Marathon**

No SAMA entrants

## **1984 CANBERRA**

(Including the Oceania Championships)

### **100m**

W Ey	W45	13.20	Gold
B Wilson	M40	11.00	Gold
J Liascos	M50	12.10	Silver
L Willshire	M60	13.40	Bronze
L Barnes	M70	15.80	Bronze

### **200m**

W Ey	W45	27.20	Gold
B Wilson	M40	22.80	Gold
L Willshire	M60	27.00	Bronze

### **400m**

L Byrnes	W35	63.10	Bronze
B Wilson	M40	51.70	Gold
D Paul	M50	57.00	Bronze

### **800m**

L Byrnes	W35	2.25.0	Gold
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### **1500m**

J Daly	W35	4.50.7	Gold
L Byrnes	W35	5.08.3	Silver

### **5000m**

W Beames	M60	19.34	Silver
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### **10000m**

W Beames	M60	40.29	Silver
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### **110m Hurdles**

G Powell	M45	19.70	Silver
T Morgan	M50	21.70	Bronze

### **400m Hurdles**

G Powell	M45	64.50	Gold
T Morgan	M50	68.00	Silver

### **5k Walk**

D Camac	W50	32.53	Gold
R Weber	W60	33.47	Gold
J Weber	M65	29.38	Gold

### **Long Jump**

R Stone	M45	5.76	Gold
J Liascos	M50	4.70	Bronze
C McCarten	M65	3.67	Silver

### **High Jump**

S White	W50	1.26	Gold
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### **Pole Vault**

G Powell	M45	3.60	Silver
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### **Triple Jump**

R Stone	M45	12.00	Gold
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### **Shot**

G Hollis	W30	8.50	Bronze
S White	W50	11.64	Gold
M Kemp	M40	13.88	Gold
H Snelgar	M65	8.94	Bronze
L Barnes	M70	8.61	Gold
P Barnes	M75	6.56	Gold

### **Discus**

S White	W50	33.92	Gold
M Kemp	M40	43.88	Gold
L Barnes	M70	24.60	Silver
P Barnes	M75	19.10	Bronze

### **Javelin**

G Hollis	W30	33.90	Silver
S White	W50	31.38	Silver
C McCarten	M65	27.70	Silver
P Barnes	M75	15.40	Silver

### **Hammer**

S Halupka	M60	29.64	Gold
H Snelgar	M65	27.72	Bronze
P Barnes	M75	18.04	Gold

### **Pentathlon**

G Hollis	W30	2506	Silver
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L Byrnes	W35	2470	Silver
D Paul	M50	2397	Bronze
H Snelgar	M65		Silver
<b>10k Cross country</b>			
W Beames	M60	44.29	Silver

### **10k Walk**

D Camac	W50	67.38	Gold
R Weber	W60	69.37	Gold

### **20k Walk**

J Weber	M65	134.05	Gold
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## **1984 CANBERRA**

### **Marathon**

No SAMA entrants

## **1985 HOBART**

### **100m**

B Wilson	M40	11.1	Gold
D Janssan	M45	12.1	Bronze
J Liascos	M50	12.8	Silver
R Tregenza	W35	13.6	Gold
C Peters	W55	23.2	Bronze

### **200m**

B Wilson	M40	22.5	Gold
D Janssan	M45	24.6	Bronze
D Paul	M50	25.9	Bronze
R Tregenza	W35	27.7	Gold

### **400m**

D Paul	M50	57.5	Gold
T Morgan	M50	60.1	Bronze

### **800m**

D Paul	M50	2.13.6	Gold
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### **1500m**

L Frisby	M60	5.03.8	Silver
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### **5k Walk**

G Peters	M55	29.30	Silver
N Peters	M55	30.14	Bronze

### **400m Hurdles**

T Morgan	M50	68.0	Bronze
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### **Hammer**

E Mathews	M55	36.34	Gold
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### **Discus**

S White	W55	32.50	Gold
E Mathews	M55	35.36	Gold

### **Javelin**

S White	W55	31.82	Gold
C Peters	W55	21.78	Silver
E Mathews	M55	36.26	Gold

### **Long Jump**

B Wilson	M40	5.74	Silver
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### **High Jump**

S White	W55	1.24	Gold
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### **20k Walk**

G Peters	M55	126.49	Silver
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### **8k Cross country**

R Sutcliffe	M55	40.32	Gold
L Frisby	M60	42.14	Silver

### **Pentathlon**

E Mathews	M55	2782	Gold
A Miojlic	M60	2073	Bronze

## **1985 CANBERRA**

### **Marathon**

No SAMA entrants

## **1986 ADELAIDE**

Total entrants 494 – 109 from SA. TAA was the main sponsor.

Convenor	Mary McGregor
Secretary	Margaret Cahill, Leonie Byrnes, P Leedham
Treasurer	Bob Auld
Public Relations	Angie Gillingham
Sponsorship	Dave Mallett
Programming	Rex Leedham
Officials	Pat Peters
Technical	Don Dohnt
Transport/Accommodation	Brenda Pearl
T-Shirts/Souvenirs	D Williams
Pentathlon	Des Paul
Cross Country	Mary Cavenagh
Road Walks	G Talbot

**100m**

H Van Bavel	M35	11.00	Gold
B Wilson	M40	11.20	Silver
G Anderson	M50	12.10	Gold
H Dillon	M50	12.40	Silver
J Wright	M70	15.80	Bronze
L Barnes	M75	16.50	Silver
D Lange	W30	12.40	Gold
D Drury	W30	12.50	Silver
P Speakman	W35	12.70	Bronze
R Tregenza	W40	12.60	Gold
W Ey	W45	13.00	Gold

**200m**

H Van Bavel	M35	23.90	Silver
B Wilson	M40	23.40	Silver
G Anderson	M50	24.90	Gold
H Dillon	M50	26.20	Bronze
D Lange	W30	26.30	Gold
D Drury	W30	27.10	Bronze
P Speakman	W35	27.40	Silver
R Tregenza	W40	27.10	Gold
W Ey	W45	27.00	Gold
A Cooper	W55	31.90	Gold

**400m**

P Dempsey	M40	53.60	Bronze
D Paul	M50	57.30	Silver
T Morgan	M55	59.40	Bronze
B Clarke	M60	62.40	Bronze
D Lange	W30	59.00	Gold
A Cooper	W55	72.70	Gold

**800m**

P Tippet	M35	1.54.8	Gold
R Lange	M35	1.56.5	Silver
B Wyld	M45	2.13.8	Bronze
D Paul	M50	2.16.4	Bronze
R Woodcock	M55	2.23.1	Bronze
B Clarke	M60	2.30.7	Silver
D Lange	W30	2.14.3	Gold
J Daly	W35	2.16.1	Silver

**1500m**

R Lange	M35	3.58.6	Gold
D Paul	M50	4.45.9	Silver
R Woodcock	M55	4.51.0	Bronze
L Frisby	M60	5.10.6	Silver
J Daly	W35	4.49.4	Gold

**5000m**

R Lange	M35	15.16	Gold
A McCool	M40	15.57	Bronze
T Pugh	M45	16.18	Silver
A McComb	M55	18.39	Bronze
L Frisby	M60	18.53	Bronze
D Letherby	W35	17.11	Gold
S Simpson	W50	20.57	Gold

**10000m**

J Petrovic	M35	33.37	Gold
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A McCool	M40	34.04	Bronze
J Kennedy	M45	35.10	Gold
F Howitt	M45	35.41	Silver
A McComb	M55	39.35	Bronze
L Frisby	M60	42.42	Silver
W Beames	M60	43.04	Bronze
D Letherby	W35	35.49	Gold
M Rhodes	W40	42.49	Silver
E MacFarlane	W40	50.08	Bronze

**80mHurdles**

W Ey	W45	12.90	Gold
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**100mHurdles**

L Downs	W30	19.20	Gold
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**110mHurdles**

D Brown	M45	17.10	Gold
T Morgan	M55	21.30	Bronze

**400m Hurdles**

A Hare	M35	60.50	Silver
T Morgan	M55	71.10	Gold

**3k Steeple**

J Williams	M40	10.04	Gold
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**5k W**

P Fullager	M40	23.07	Gold
M Marker	M45	25.21	Silver
C Hainsworth	M55	28.12	Bronze
J Weber	M70	31.02	Silver
L Harpur	W35	28.17	Gold
E MacFarlane	W40	33.07	Bronze
A Miller	W45	31.54	Bronze

**Long Jump**

D Brown	M45	6.00	Gold
R Stone	M45	5.76	Silver
D Parker	M50	5.01	Silver
T Morgan	M55	4.73	Bronze
D Drury	W30	5.03	Silver
L Downs	W30	5.01	Bronze
V Fullager	W40	4.06	Bronze
W Ey	W45	4.88	Silver

**Triple Jump**

R Stone	M45	12.25	Gold
H Dillon	M50	9.53	Silver

**High Jump**

D Brown	M45	1.60	Gold
R Hochreiter	M55	1.30	Bronze
S White	W55	1.20	Gold

**Pole Vault**

G Powell	M45	2.30	Silver
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**Hammer**

P Brebner	M35	41.64	Silver
A Gordon	M55	43.44	Silver
H Snelgar	M65	27.68	Silver

**Shot**

P Dalwood	M60	9.41	Bronze
T Casey	M65	9.65	Silver
H Snelgar	M65	7.86	Bronze

L Barnes	M75	8.55	Gold
L Downs	W30	7.57	Bronze
S White	W55	11.12	Gold

#### **Javelin**

N Birks	M45	56.12	Gold
D Parker	M50	33.08	Bronze
E Matthews	M55	37.00	Silver
H Snelgar	M65	25.82	Silver
S White	W55	33.44	Gold

#### **Discus**

D Brown	M45	29.22	Bronze
E Matthews	M55	36.02	Bronze
L Barnes	M75	23.36	Gold
L Downs	W30	23.32	Gold
S White	W55	33.54	Gold

#### **Pentathlon**

A Hare	M35	3197	Silver
P Yaxley	M45	2869	Bronze
D Parker	M50	3291	Gold

E Matthews	M55	2834	Silver
L Downs	W30	2306	Bronze

#### **10k Cross country**

R Lange	M35	31.01	Gold
J Burnell	M40	32.57	Bronze
T Pugh	M45	33.30	Bronze
L Frisby	M60	38.50	Bronze
D Letherby	W35	35.24	Gold
J Daly	W35	37.20	Bronze
C Beck	W40	44.34	Silver
S Simpson	W50	44.42	Gold

#### **10k Walk**

L Harpur	W35	56.48	Gold
E MacFarlane	W40	66.58	Silver
A Miller	W45	62.26	Bronze

#### **20k Walk**

M Marker	M45	105.5	Silver
C Hainsworth	M55	118.4	Silver
J Weber	M70	133.4	Silver

## **1986 CANBERRA**

### **Marathon**

No SAMA medal winners

## **1987 SYDNEY**

### **100m**

W Ey	W45	13.76	Gold
W Ey	Championship		Gold

### **200m**

W Ey	W45	27.16	Gold
A Cooper	W55	30.76	Silver

### **400m**

G Boyce	W45	74.00	Bronze
A Cooper	W55	70.50	Gold
C Cooper	M55	59.80	Bronze

### **800m**

G Boyce	W45	2.54.3	Silver
A Cooper	W55	2.52.1	Gold

### **80m Hurdles**

W Ey	W45	14.49	Gold
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### **400m Hurdles**

T Morgan	M55	71.45	Bronze
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### **5K Walk**

J Weber	M70	31.05	Gold
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### **Long Jump**

W Ey	W45	4.85	Gold
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### **High Jump**

T Morgan	M55	1.25	Silver
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### **Shot**

E Mathews	M55	8.57	Bronze
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### **20k Walk**

J Weber	M70	139.19	Gold
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### **Pentathlon**

G Boyce	W45	2139	Silver
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## **1987 CANBERRA**

### **Marathon**

No SAMA medal winners

## **1988 BRISBANE**

### **100m**

D Diotima	W30	12.60	Gold
M McKinnon	W60	16.87	Bronze
H Dillon	M55	12.82	Silver

### **200m**

D Diotima	W30	27.69	Silver
M McKinnon	W60	36.23	Bronze

### **400m**

B Mallyon	M40	52.90	Bronze
D Paul	M55	58.06	Silver

### **800m**

D Paul	M55	2.15.7	Silver
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### **1500m**

D Paul	M55	4.46.5	Silver
R Woodcock	M55	4.53.8	Bronze



**5k Walk**

G Peters	M60	30.40	Bronze
J Weber	M70	31.13	Gold

**Long Jump**

M McKinnon	W60	2.87	Silver
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**Triple Jump**

M McKinnon	W60	6.46	Gold
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**Hammer**

E Mathews	M55	27.98	Silver
S Halupka	M65	26.98	Silver

**Shot**

M McKinnon	W60	6.76	Silver
T Casey	M65	9.23	Silver

**Javelin**

E Mathews	M55	35.88	Silver
M McKinnon	W60	17.72	Bronze

**Discus**

E Mathews	M55	34.36	Silver
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**20k Walk**

G Peters	M60	137.36	Silver
J Weber	M70	137.23	Gold

**1988 CANBERRA****Marathon**

No SAMA entrants

**1989 PERTH****100m**

J Liascos	M55	12.70	Silver
D Drury	W30	12.40	Gold
M McKinnon	W60	15.70	Gold

**200m**

J Liascos	M55	26.30	Gold
D Drury	W30	26.10	Gold
M McKinnon	W60	34.00	Gold

**400m**

D Paul	M55	60.20	Silver
T Morgan	M55	60.90	Bronze
D Drury	W30	60.60	Gold
R Tregenza	W40	61.20	Silver
M McKinnon	W60	95.90	Silver

**100m Hurdles**

G Powell	M50	18.00	Gold
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**300m Hurdles**

G Powell	M50	47.20	Bronze
T Morgan	M55	48.60	Gold

**400m Hurdles**

R Tregenza	W40	68.40	Silver
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**5k Walk**

G Peters	M60	31.05	Silver
A Miller	W50	30.33	Gold

**Long Jump**

N Charles	M45	5.17	Bronze
T Morgan	M55	4.57	Silver
D Drury	W30	5.16	Gold
M McKinnon	W60	3.40	Gold

**High Jump**

T Morgan	M55	1.30	Bronze
M McKinnon	W60	1.10	Gold

**Triple Jump**

N Charles	M45	10.07	Bronze
R Tregenza	W40	10.63	Silver
M McKinnon	W60	7.87	Gold

**Pole Vault**

G Powell	M50	3.20	Gold
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**Javelin**

E Mathews	M55	40.52	Gold
S Halupka	M65	23.60	Silver
M McKinnon	W60	13.98	Bronze

**Hammer**

E Mathews	M55	27.96	Gold
S Halupka	M65	27.22	Silver

**Discus**

E Mathews	M55	32.18	Gold
M McKinnon	W60	20.04	Gold

**Shot**

E Mathews	M55	9.27	Bronze
M McKinnon	W60	7.44	Gold

**Pentathlon**

D Paul	M55	3151	Gold
M McKinnon	W60	2825	Gold

**10k Walk**

A Miller	W50	62.38	Gold
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**20k Walk**

G Peters	M60	137.24	Bronze
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**1989 CANBERRA****Marathon**

R Martin	M55	3.30.07	Bronze
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## 1990 MELBOURNE

### 100m

B Byrne	W55	15.90	Silver
A Cooper	W60	14.40	Gold
H Dillon	M55	12.80	Gold
J Liascos	M55	12.90	Silver
H Van Bavel	M40	11.50	Gold
J Wright	M75	16.80	Silver

### 200m

G Boyce	W45	32.90	Bronze
B Byrne	W55	34.50	Silver
A Cooper	W60	30.30	Gold
D Pedrick	W45	29.00	Bronze
H Dillon	M55	26.30	Gold
H Van Bavel	M40	23.50	Gold

### 400m

A Cooper	W60	69.20	Gold
D Pedrick	W45	65.00	Silver

### 800m

C Cooper	M60	2.22	Gold
J Daly	W40	2.18	Gold
P Tippet	M40	2.00	Gold

### 1500m

J Daly	W40	4.44	Gold
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### 10000m

B Caudle	M65	44.06	Bronze
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### 80m Hurdles

B Parkinson	W50	13.70	Gold
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### 100m Hurdles

G Powell	M50	17.70	Silver
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### 5k Walk

G White	M40	22.36	Gold
C Hainsworth	M60	28.54	Silver

### Long Jump

T Morgan	M55	4.55	Silver
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### High Jump

T Morgan	M55	1.33	Silver
B Parkinson	W50	1.23	Silver

### Pole Vault

R Daniels	M55	3.05	Gold
G Powell	M50	3.20	Bronze

### 20k Walk

G White	M40	97.53	Gold
C Hainsworth	M60	119.09	Gold

## 1990 CANBERRA

### Marathon

R Martin	M60	3.45.11	Gold
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## 1991 CANBERRA

### 100m

H Van Bavel	M40	11.30	Gold
C Mallison	W40	13.30	Silver
V Hare	W40	13.50	Bronze
R Tregenza	W45	13.30	Gold
B Parkinson	W50	14.60	Bronze
B Byrne	W55	15.80	Gold
M McKinnon	W60	16.30	Silver

### 200m

H Van Bavel	M40	22.80	Gold
T Morgan	M60	26.90	Gold
C Mallison	W40	27.40	Silver
V Hare	W40	27.40	Bronze
R Tregenza	W45	27.10	Silver
B Byrne	W55	32.90	Gold
A Cooper	W60	29.80	Gold
M McKinnon	W60	35.80	Bronze

### 400m

T Morgan	M60	60.80	Gold
G Parkinson	M60	64.00	Bronze
J Jaensch	W40	61.10	Gold
V Hare	W40	62.80	Silver
R Tregenza	W45	61.80	Silver
A Cooper	W60	69.60	Gold

### 800m

T Morgan	M60	2.26.6	Bronze
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J Jaensch	W40	2.27.9	Silver
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### 1500m

B Erskine	M45	4.30.6	Silver
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### 5000m

F Rogers	M55	18.28	Silver
G Parkinson	M60	21.05	Bronze

### 80m Hurdles

B Parkinson	W50	13.80	Gold
B Byrne	W55	17.30	Gold

### 100m Hurdles

T Morgan	M60	21.10	Bronze
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### 300m Hurdles

T Morgan	M60	49.60	Gold
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### 5K Walk

G White	M45	22.46	Gold
J Weber	M75	31.52	Silver

### Long Jump

T Morgan	M60	4.50	Bronze
C Mallison	W40	4.72	Silver
M McKinnon	W60	2.70	Gold

### Triple Jump

C Mallison	W40	10.36	Silver
R Tregenza	W45	9.78	Silver
M McKinnon	W60	6.86	Gold

### High Jump

T Morgan	M60	1.25	Bronze
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C Mallison	W40	1.35	Silver
M McKinnon	W60	1.14	Gold

**Shot**

M McKinnon	W60	6.02	Silver
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**Discus**

C Mallison	W40	28.78	Silver
M McKinnon	W60	18.44	Gold

**Javelin**

E Mathews	M60	39.62	Gold
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C Mallison	W40	23.42	Silver
M McKinnon	W60	13.46	Silver

**Pentathlon**

M McKinnon	W60	1317	Gold
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**20k Walk**

G White	M45	98.50	Gold
J Weber	M75	142.32	Silver

## 1991 CANBERRA

### Marathon

D Larkin	M60	Bronze
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## 1992 HOBART

### 100m

A Cooper	W60	14.56	Gold
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### 200m

A Cooper	W60	30.37	Gold
D Paul	M55	27.40	Bronze

### 400m

C Cooper	M60	64.36	Bronze
D Paul	M55	61.96	Bronze

### 800m

D Paul	M55	2.32.6	Bronze
L Whitelaw	W35	3.15.6	Bronze

### 1500m

A Lang	W45	5.50.3	Bronze
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### 5k Walk

G White	M45	22.44	Gold
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### Hammer

S Halupka	M70	28.26	Silver
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### Shot

S Halupka	M70	7.93	Bronze
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### 10k Cross country

T Fenton	W30	37.32	Gold
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### 20k Walk

G White	M45	101.36	Gold
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## 1992 CANBERRA

### Marathon

B Lucas	W45	2.48.39	Gold
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## 1993 ADELAIDE

Total entrants 635 – 163 from SA.

The major sponsor was the Commonwealth Bank.

Chairperson	Kathy Edwards
Convenor	Des Paul
Administration	Avril Hill, Lisa Miotti, Tima Drury
Treasurer	Kurt Postler
Publicity	Brenda Pearl
PR and Sponsorship	Tom Morgan
Registrar	Paul Boyce
Printing/Souvenirs	Kevin Markham
Equipment	Don Dohnt
Officials	Pat Peters
Cross Country	Trevor Miller, Peter Petheric
Road Walks	Roy McFadden
Half Marathon	Marcus Roberts, Trudy Fenton
Accommodation	Glynn Boyce
Arena Manager	Marion Patterson (Victoria)

### 100m

M Drewett	M30	12.22	Bronze
S Medhurst	M35	11.56	Gold

P Venables	M40	11.74	Bronze
D Brown	M50	13.06	Bronze
D Janssan	M55	13.02	Bronze
J Liascos	M60	13.82	Bronze
J Wright	M80	17.88	Silver
D Lange	W35	12.90	Gold
R Tregenza	W45	13.88	Bronze
W Ey	W50	13.66	Gold
A Cooper	W60	14.82	Gold
H Agostini	W65	19.82	Gold
M Osborne	W70	24.80	Bronze

### **200m**

M Drewett	M30	25.38	Bronze
J Hodge	M35	23.30	Gold
S Medhurst	M35	23.60	Silver
J Wright	M80	38.54	Gold
D Lange	W35	26.64	Gold
R Tregenza	W45	28.94	Gold
W Ey	W50	28.32	Gold
B Byrne	W55	33.06	Bronze
A Cooper	W60	30.96	Gold
H Agostini	W65	40.84	Gold

### **400m**

J Hodge	M35	51.08	Silver
F McHugh	M40	53.30	Silver
P Venables	M40	53.86	Bronze
R Cowan	M55	57.82	Gold
B Clarke	M65	68.06	Bronze
J Wright	M80	106.0	Gold
K Mutton	W30	62.26	Bronze
D Lange	W35	62.48	Gold
V Hare	W40	65.82	Bronze
A Lang	W50	72.28	Silver
H Agostini	W65	94.60	Silver
M Osborne	W70	115.6	Gold

### **800m**

J French	M30	1.58.4	Gold
D Knowles	M35	1.59.9	Gold
C Rienke	M45	2.04.4	Gold
B Clarke	M65	2.35.9	Silver
H Gursanski	M80	4.06.1	Gold
J Venhoek	W35	2.31.8	Gold
A Lang	W50	2.41.0	Gold

### **1500m**

J French	M30	4.10.3	Gold
B Pearce	M40	4.19.5	Gold
C Rienke	M45	4.11.4	Gold
B Wyld	M50	4.41.2	Bronze
K Smibert	M65	5.54.7	Bronze
A Miojlic	M70	7.35.5	Silver
H Snelgar	M75	7.51.6	Bronze
M Sheer	W35	4.30.2	Gold
J Venhoek	W35	5.10.2	Silver
J Mase	W40	5.12.1	Silver
J Daly	W45	4.49.5	Gold
B Lucas	W45	4.55.0	Silver

A Lang	W50	5.32.3	Gold
H Agostini	W65	7.07.2	Silver
M Osborne	W70	8.51.7	Gold

### **5000m**

G Wood	M35	15.32	Silver
B Pearce	M40	16.36	Silver
B Caudle	M70	22.50	Gold
H Snelgar	M75	27.07	Silver
M Sheer	W35	16.43	Gold
V Williams	W35	20.47	Silver
M McIntosh	W40	19.57	Gold
B Lucas	W45	18.20	Gold
H Agostini	W75	26.03	Silver

### **10000m**

G Wood	M35	32.19	Gold
J Petrovic	M40	33.15	Gold
A Clayton	M50	35.34	Bronze
D Padget	M60	40.17	Silver
K Smibert	M65	49.25	Silver
M McIntosh	W40	42.15	Gold
B Lucas	W45	37.02	Gold
S Clayton	W50	49.21	Silver
H Agostini	W65	53.56	Silver

### **80mHurdles**

B Byrne	W55	17.42	Silver
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### **90m Hurdles**

R Cowan	M55	15.12	Silver
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### **100mHurdles**

D Brown	M50	15.98	Silver
L Welch	W30	17.64	Gold

### **300mHurdles**

D Brown	M50	47.86	Bronze
T Morgan	M60	50.24	Gold

### **3k Steeple**

D Milburn	M50	12.47	Bronze
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### **5k Walk**

G White	M45	22.44	Gold
D Milburn	M50	31.48	Bronze
M Marker	M55	25.12	Silver
C Hainsworth	M60	30.05	Bronze
G Peters	M65	35.15	Gold
J Weber	M75	32.45	Gold
S Kramer	W40	27.34	Bronze

### **High Jump**

D Brown	M50	1.50	Bronze
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### **Long Jump**

M Drewett	M30	5.57	Silver
D Mead	M35	5.58	Silver
D Brown	M50	5.68	Gold
T Morgan	M60	4.76	Silver
J Crouch	W35	4.25	Silver

### **Triple Jump**

D Mead	M35	11.86	Silver
D Brown	M50	10.81	Silver
R Tregenza	W45	9.07	Silver



**Javelin**

P Darby	M35	38.34	Silver
H Snelgar	M75	20.76	Gold

**Shot**

H Snelgar	M75	7.95	Gold
M Folland	W30	5.83	Bronze
W Simmons	W40	10.92	Silver

**Discus**

P Darby	M35	27.90	Bronze
E Galewski	M70	34.40	Gold
H Snelgar	M75	22.04	Gold

**Hammer**

E Galewski	M70	37.18	Bronze
H Snelgar	M75	25.30	Gold
W Simmons	W40	31.36	Bronze

**Pentathlon**

H Snelgar	M75	1501	Gold
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**Half Marathon**

J Petrovic	M40	79.04	Gold
L Smith	M40	86.14	Bronze
A Clayton	M50	80.45	Gold
J Harnett	M50	89.59	Bronze
C Parkin	M55	84.00	Silver
D Padget	M60	89.48	Gold
A McComb	M60	93.00	Silver
R Sjoerdsma	M60	98.25	Bronze
T Fenton	W30	86.06	Gold
J Mase	W40	82.44	Gold
M Grice	W40	92.25	Silver

B Lucas	W45	81.55	Gold
S Clayton	W50	110.3	Silver

**10k Cross country**

G Wood	M35	31.55	Gold
J Petrovic	M40	34.48	Silver
B Pearce	M40	35.29	Bronze
J Burnell	M45	36.56	Bronze
A Clayton	M50	37.19	Silver
D Padget	M60	41.12	Silver
W Beames	M70	51.18	Gold
T Fenton	W30	38.50	Gold
M Sheer	W35	37.21	Gold
J Venhoek	W35	42.51	Silver
V Williams	W35	43.54	Bronze
J Mase	W40	40.09	Gold
M McIntosh	W40	43.08	Bronze
H Agostini	W65	54.38	Silver
M Osborne	W70	72.56	Gold

**10k Walk**

G Peters	M65	73.04	Gold
J Weber	M70	68.31	Gold
S Kramer	W40	60.28	Gold
E McIntyre	W65	84.38	Bronze

**20k Walk**

G White	M45	101.2	Gold
M Marker	M55	110.6	Silver
C Hainsworth	M60	132.2	Silver
J Smyth	M60	159.6	Bronze

**1993 CANBERRA****Marathon**

B Lucas	W45	2.51.23	Gold
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**1994 SYDNEY****100m**

H Van Bavel	M40	11.72	Silver
G Whitehall	M45	12.48	Bronze
B Byrne	W60	16.32	Bronze
A Cooper	W65	15.46	Gold

**200m**

H Van Bavel	M40	23.22	Silver
B Parkinson	W55	31.27	Bronze
B Byrne	W60	32.62	Gold
A Cooper	W65	31.41	Gold

**400m**

C Cooper	M65	66.45	Silver
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**800m**

A Lang	W50	2.41.4	Silver
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**1500m**

A Lang	W50	5.31.5	Bronze
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**80m Hurdles**

B Parkinson	W55	14.53	Gold
B Byrne	W60	17.89	Gold

**110m Hurdles**

P Dohnt	M30	15.88	Silver
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**300m Hurdles**

J Liascos	M60	51.21	Gold
T Morgan	M60	51.99	Silver

**3k Steeple**

D Milburn	M50	13.17	Bronze
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**5k Walk**

G White	M45	23.06	Gold
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**High Jump**

P Dohnt	M30	1.80	Bronze
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**Long Jump**

P Dohnt	M30	5.95	Bronze
T Morgan	M60	4.23	Bronze

**Triple Jump**

P Dohnt	M30	12.51	Gold
R Tregenza	W45	9.42	Bronze

**Pole Vault**

P Dohnt	M30	2.70	Silver
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**Javelin**

P Dohnt	M30	63.54	Gold
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**Pentathlon**

P Dohnt	M30	3804	Gold
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**20k Walk**

G White	M45	102.32	Gold
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**1994 CANBERRA****Marathon**

B Lucas	W45	2.46.08	Gold
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**1995 TOWNSVILLE****100m**

J Liascos	M60	13.50	Gold
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**200m**

J Liascos	M60	28.50	Gold
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**800m**

L King	M45	2.17.9	Bronze
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**1500m**

D Milburn	M50	5.41.9	Gold
R Woodcock	M60	5.34.0	Bronze

**5000m**

L King	M45	16.31	Gold
D Milburn	M50	20.42	Bronze

**10000m**

L King	M45	35.30	Silver
D Milburn	M50	43.57	Bronze
P Afford	M55	43.17	Silver

**3k Steeple**

L King	M45	11.10	Gold
D Milburn	M50	13.54	Silver
P Afford	M55	13.16	Silver

**300m Hurdles**

J Liascos	M60	53.50	Gold
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**5k Walk**

G White	M45	23.27	Gold
D Milburn	M50	34.39	Silver

**10k Cross country**

L King	M45	31.09	Silver
P Afford	M50	43.17	Silver

**10k Walk**

G White	M45	48.12	Gold
D Milburn	M50	67.47	Silver

**Half Marathon**

P Afford	M55	110.03	Silver
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**1995 CANBERRA****Marathon**

B Lucas	W45	2.43.45	Gold
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**1996 PERTH****100m**

H Van Bavel	M45	11.80	Silver
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**200m**

H Van Bavel	M45	23.30	Silver
T Morgan	M65	30.30	Silver

**400m**

H Van Bavel	M45	54.10	Gold
T Morgan	M65	69.90	Bronze

**800m**

A Lang	W50	2.41.6	Bronze
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**1500m**

A Lang	W50	5.47.2	Gold
B Wyld	M55	4.48.0	Silver

**110m Hurdles**

P Dohnt	M30	17.40	Silver
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**100m Hurdles**

J Liascos	M60	18.20	Gold
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**300m Hurdles**

J Liascos	M60	51.40	Gold
T Morgan	M65	54.70	Gold

**5k Walk**

G White	M50	24.12	Gold
C Hainsworth	M65	29.51	Gold
J Smyth	M65	34.30	Bronze
S Kramer	W45	25.34	Gold

**Long Jump**

T Morgan	M65	4.23	Silver
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**High Jump**

T Morgan	M65	1.25	Gold
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**Javelin**

P Dohnt	M30	61.38	Gold
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**10k Cross country**

B Wyld	M55	39.19	Bronze
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**10k Walk**

C Hainsworth	M65	61.39	Gold
S Kramer	W45	53.52	Gold

**20k Walk**

G White	M50	104.49	Gold
J Smyth	M65	150.37	Gold

**Pentathlon**

P Dohnt	M30	2450	Silver
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## Weight Pentathlon

P Dohnt M30 2264 Silver

## 1996 CANBERRA

### Marathon

B Lucas W45 2.52.24Gold

## 1997 MELBOURNE

### 100m

H Van Bavel M45 12.06 Silver  
G Whitehall M45 12.54 Bronze

### 200m

H Van Bavel M45 24.14 Silver  
G Whitehall M45 25.20 Bronze

### 400m

H Van Bavel M45 54.56 Gold  
G Whitehall M45 55.62 Bronze  
T Morgan M65 68.69 Bronze  
A Lang W50 74.48 Bronze

### 800m

A Lang W50 2.44.4 Gold

### 1500m

A Lang W50 5.40.1 Gold

### 300m Hurdles

T Morgan M65 53.89 Silver

### 5k Walk

G White M50 23.58 Gold  
M Marker M55 27.10 Bronze  
C Hainsworth M65 30.27 Silver  
S Kramer W45 24.46 Gold

### Long Jump

T Morgan M65 4.30 Silver

### High Jump

T Morgan M65 1.25 Silver

### Pole Vault

G Powell M60 2.70 Gold

### Pentathlon

G Whitehall M45 2618 Silver

### 10k Walk

C Hainsworth M65 61.03 Silver  
S Kramer W45 51.20 Gold

### 20k Walk

G White M50 101.40 Silver

## 1997 CANBERRA

### Marathon

B Lucas W50 2.49.42Gold

## 1998 BRISBANE

### 100m

J Battista M35 11.42 Silver  
H Van Bavel M45 12.10 Bronze

### 200m

J Battista M35 22.97 Gold  
H Van Bavel M45 24.01 Bronze

### 400m

A Lang W55 71.67 Silver

### 800m

A Lang W55 2.44.8 Silver  
F Rogers M60 2.28.6 Gold

### 1500m

A Lang W55 5.42.3 Gold  
F Rogers M60 5.26.7 Bronze

### 2k Steeple

F Rogers M60 8.24.9 Bronze

### 5k Walk

S Kramer W45 26.14 Gold  
J Rogers W50 39.46 Bronze  
R Everson M30 23.11 Gold  
D Milburn M55 31.45 Bronze

### Long Jump

T Morgan M65 4.08 Bronze

### 10k Walk

S Kramer W45 55.50 Gold

### 20k Walk

R Everson M30 102.44 Gold  
D Milburn M55 143.39 Bronze

## 1998 CANBERRA

### Marathon

B Lucas W50 2.58.07Gold

## 1999 CANBERRA

### 100m

J Battista	M35	11.55	Gold
G Whitehall	M50	12.52	Bronze

### 200m

J Battista	M35	22.80	Gold
H Van Bavel	M45	24.28	Bronze
G Whitehall	M50	24.94	Silver

### 400m

H Van Bavel	M45	55.56	Gold
A Hill	W50	73.11	Silver

### 800m

A Lang	W55	2.50.7	Silver
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### 1500m

A Lang	W55	6.02.9	Gold
P Sandery	M55	4.43.0	Gold

### 5000m

P Sandery	M55	17.42	Silver
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### 5k Walk

S Kramer	W50	25.18	Gold
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### Pentathlon

G Whitehall	M50	2918	Silver
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### 10k Cross country

P Sandery	M55	41.45	Silver
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### 10k Walk

S Kramer	W50	52.18	Gold
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## 1999 CANBERRA

### Marathon

No SAMA medal winners

## 2000 HOBART

### 100m

J Battista	M40	11.49	Gold
G Whitehall	M50	12.69	Bronze
P Dunham	M55	14.02	Bronze

### 200m

J Battista	M40	23.34	Gold
B Dickenson	M45	25.52	Gold
G Whitehall	M50	25.73	Bronze

### 400m

B Dickenson	M45	56.64	Gold
G Whitehall	M50	57.19	Gold

### 800m

G Byham	M50	2.26.5	Silver
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### 5000m

G Byham	M50	19.30	Bronze
F Rogers	M60	20.42	Bronze

### 3k Steeple

G Byham	M50	12.43	Gold
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### 5k Walk

V Padget	W55	33.40	Bronze
G White	M50	24.39	Gold
J Doyle	M65	33.08	Silver
J Smyth	M65	39.22	Bronze
C Hainsworth	M70	30.54	Gold

### 10K Walk

V Padget	W55	69.37	Bronze
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### 20k Walk

G White	M50	109.39	Gold
J Doyle	M65	139.36	Silver
J Smyth	M65	177.03	Bronze
C Hainsworth	M70	133.29	Gold

## 2000 SYDNEY

### Marathon

No SAMA entrants

## 2001 SYDNEY

### 100m

H Van Bavel	M50	11.55	Gold
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### 200m

H Van Bavel	M50	24.06	Gold
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### 400m

H Van Bavel	M50	54.94	Bronze
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### 800m

A Lang	W55	2.51.4	Bronze
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### 1500m

E Slattery	W35	5.31.4	Silver
A Lang	W55	5.56.7	Silver

### 5000m

E Slattery	W35	20.05	Gold
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### 10000m

E Slattery	W35	42.40	Gold
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### 5k Walk

G White	M55	25.14	Gold
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### 300m Hurdles

T Morgan	M70	59.87	Gold
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### 400m Hurdles

G Whitehall	M50	68.15	Silver
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### Long Jump

T Morgan	M70	3.61	Silver
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**High Jump**

T Morgan M70 1.15 Bronze

**20k Walk**

G White M55 106.54 Gold

**8k Cross country**

E Slattery W35 46.13 Gold

**2001 SYDNEY****Marathon**

No SAMA entrants

**2002 ADELAIDE**

Total entrants 403 – 115 from SA

Telstra was the major sponsor

Convenor	Sophie Keil
Deputy Convenor	Colin Hainsworth
Treasurer	Chris Bailey
Secretary	Frank Rogers
Stadia Competition	Peter Dempsey
Non- Stadia	Trevor Miller
Event Support	Valmai Padgett
Social and Awards	Pat Peters
Results and Publications	Arthur Jones
Registrar	George White

**100m**

P McHendrie	W30	15.97	Bronze
S McRae	W35	13.39	Silver
G Boyce	W55	17.84	Bronze
A Cooper	W70	16.29	Gold
A Cooper	Championship		Gold
H Agostini	W75	21.69	Silver
S Grimwade	M30	12.25	Bronze
J Battista	M40	12.13	Silver
R Hill-Brown	M45	12.92	Silver
S Smith	M50	12.86	Bronze
H Van Bavel	M50	12.07	Gold
D Janssan	M60	13.61	Bronze
J Wright	M90	24.89	Gold

**200m**

C Rothery	W30	29.33	Silver
S McRae	W35	26.93	Silver
A Cooper	W70	33.81	Gold
H Agostini	W75	47.26	Gold
J Battista	M40	24.40	Silver
B Dickenson	M45	26.22	Silver
D Janssan	M60	28.36	Bronze
S Smith	M50	25.72	Silver
H Van Bavel	M50	24.37	Gold
G Whitehall	M50	25.88	Bronze
T Morgan	M70	33.07	Bronze
T Barry	M80	53.96	Silver

**400m**

P McHendrie	W30	79.47	Bronze
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C Rothery	W30	63.95	Silver
S McRae	W35	60.50	Silver
M Cudmore	W60	74.69	Silver
H Agostini	W75	104.3	Gold
W McCombie	M40	55.44	Silver
B Dickenson	M45	57.96	Bronze
B Pearce	M50	58.92	Bronze
S Smith	M50	56.60	Silver
H Van Bavel	M50	55.09	Gold
T Morgan	M70	74.47	Silver
A Miojlic	M75	100.12	Silver

**800m**

C Goodwin	W45	2.56.4	Silver
H Winchester	W45	3.18.9	Bronze
V Lambert	W60	3.58.4	Silver
H Agostini	W75	4.05.1	Gold
W McCombie	M40	2.09.8	Gold
B Pearce	M50	2.12.1	Gold
W Rose	M55	2.28.9	Bronze
P Sandery	M60	2.24.0	Gold
T Barry	M80	5.10.3	Silver

**1500m**

C Goodwin	W45	5.52.7	Bronze
S Kramer	W50	5.31.6	Silver
H Agostini	W75	8.06.8	Gold
W McCombie	M40	4.47.2	Bronze
B Pearce	M50	4.36.2	Silver
P Sandery	M60	4.48.5	Silver

F Rogers	M65	5.50.3	Bronze
<b>5000m</b>			
C Goodwin	W45	22.38	Bronze
V Lambert	W60	31.06	Silver
H Agostini	W75	28.56	Gold
C Sboro	M35	17.02	Silver
C Dimitrakopoulos	M40	17:39	Silver
M Sprason	M40	18.03	Bronze
M Hopkins	M45	18.15	Bronze
B Pearce	M50	17.21	Silver
D Standeven	M50	17.29	Bronze
P Sandery	M60	17.05	Gold
J Martin	M65	22.42	Gold
D Padget	M70	22.08	Gold
R Sjoerdsma	M70	26.17	Bronze
<b>10000m</b>			
E Slattery	W35	41.01	Gold
M McIntosh	W45	49.56	Gold
H Agostini	W75	61.58	Gold
C Corellas	M40	47.51	Silver
A Sim	M40	41.39	Gold
S Gale	M45	37.10	Silver
D Chittleborough	M50	39.29	Silver
P Crosby	M50	43.11	Bronze
D Standeven	M50	36.58	Gold
T Miller	M55	43.01	Gold
D Smart	M55	46.42	Gold
P Sandery	M60	36.54	Gold
J Doyle	M65	59.49	Bronze
D Padget	M70	45.45	Gold
R Sjoerdsma	M70	55.33	Silver
<b>100m Hurdles</b>			
S McRae	W35	17.24	Gold
G Whitehall	M50	19.17	Gold
<b>300m Hurdles</b>			
T Morgan	M70	68.01	Bronze
<b>400m Hurdles</b>			
C Rothery	W30	74.10	Gold
G Whitehall	M50	70.39	Gold
<b>5k Walk</b>			
D Goodger	W35	30.29	Silver
L Harpur	W50	35.01	Bronze
H Suridge	W50	30.56	Gold
G Waites	W50	31.37	Silver
V Padget	W55	34.07	Bronze
R Papageorgiou	W55	33.12	Silver
B Edmonds	W60	32.21	Bronze
R Elix	W65	35.02	Gold
G O'Neil	M45	28.20	Gold
B Starr	M55	30.44	Silver
M Marker	M60	27.05	Silver
D Robertson	M65	33.25	Silver
L Smith	M65	33.37	Bronze
C Hainsworth	M70	31.31	Gold
D Larkin	M70	36.02	Silver
F Brown	M75	42.01	Silver

F Pash	M75	41.41	Gold
T Barry	M80	37.54	Gold
<b>Javelin</b>			
D Hardy	W40	23.89	Gold
J Tregoning	W45	25.48	Gold
M Lovell	M35	40.69	Gold
K Postler	M70	22.83	Bronze
<b>Shot</b>			
B Virgin	W40	8.85	Silver
J Tregoning	W45	7.31	Gold
M Lovell	M35	8.73	Silver
B Koch	M60	12.61	Gold
C Dickens	M65	5.84	Bronze
J Smyth	M70	6.41	Bronze
<b>Discus</b>			
B Virgin	W40	20.77	Bronze
J Tregoning	W45	27.94	Gold
G Richardson	M60	37.64	Bronze
J Litchfield	M65	28.39	Silver
<b>Hammer</b>			
J Tregoning	W45	25.35	Gold
C Dickens	M65	18.97	Bronze
<b>Weight</b>			
J Tregoning	W45	8.88	Gold
J Litchfield	M65	9.82	Gold
<b>High Jump</b>			
D Hardy	W40	0.90	Silver
J Tregoning	W45	0.95	Silver
J Hille	W60	0.90	Gold
M Lovell	M35	1.60	Silver
G O'Neil	M45	1.35	Gold
T Morgan	M70	1.17	Gold
<b>Long Jump</b>			
J Hille	W60	2.63	Bronze
M Lovell	M35	5.67	Bronze
D Brown	M60	4.53	Bronze
T Morgan	M70	3.49	Silver
T Barry	M80	2.04	Gold
<b>Triple Jump</b>			
D Allen	W40	9.4	Gold
J Hille	W60	6.19	Silver
M Lovell	M35	10.63	Silver
J Hore	M50	9.33	Bronze
B Witty	M50	9.65	Silver
B Brown	M60	9.22	Silver
<b>Pole Vault</b>			
K Simons	M40	3.00	Gold
K Nathan	M60	2.00	Bronze
<b>8k Cross country</b>			
E Slattery	W35	33.41	Bronze
C Goodwin	W45	41.10	Bronze
S Kramer	W50	37.34	Silver
V Lambert	W60	54.06	Silver
C Sboro	M35	29.55	Silver
E Darby	M40	30:04	Silver
A Sim	M40	33.36	Bronze

S Gale	M45	29.58	Bronze
D Chittleborough	M50	32.00	Silver
D Standeven	M50	30.13	Gold
W Rose	M55	34.20	Gold
D Smart	M55	33.41	Bronze
P Sandery	M60	29.49	Gold
J Martin	M65	39.29	Silver
F Rogers	M65	38.44	Gold
D Padget	M70	37.44	Gold
R Sjoerdsma	M70	45.07	Bronze

#### **10k Walk**

D Goodger	W35	64.33	Gold
L Harpur	W50	71.38	Bronze
G Waites	W50	66.01	Silver
R Papageorgiou	W55	70.12	Silver
M Trengove	W55	73.05	Bronze
R Elix	W65	75.14	Gold

#### **20k Walk**

N Heinrich	M55	147.00	Silver
B Starr	M55	132.26	Gold
A Jones	M60	131.46	Bronze
M Marker	M60	119.43	Silver
J Doyle	M65	149.28	Bronze
D Robertson	M65	148.43	Silver
C Hainsworth	M70	137.59	Gold
D Larkin	M70	157.01	Silver

#### **Pentathlon**

D Allen	W40	2624	Gold
G Whitehall	M50	2636	Silver
K Nathan	M60	1394	Bronze

#### **Weight Pentathlon**

J Tregoning	W45	2756	Gold
N Birks	M60	3785	Bronze
J Litchfield	M65	2511	Silver

## **2002 BRISBANE**

### **Muti-Events**

No SAMA entrants

## **2002 CANBERRA**

### **Marathon**

No SAMA entrants

## **2003 PERTH**

### **100m**

A Cooper	W70	16.74	Gold
A Cooper	Championship		Gold
S Smith	M50	13.15	Bronze
G Whitehall	M50	13.08	Silver
Des Paul	M70	15.90	Bronze

### **200m**

S McRae	W35	27.66	Silver
V Padget	W55	35.34	Bronze
S Smith	M50	26.39	Silver

### **400m**

S McRae	W35	63.39	Silver
L Crosby	W50	73.94	Silver
A Lang	W60	76.80	Gold
S Smith	M50	58.09	Gold
B Pearce	M50	58.35	Silver

### **800m**

E Slattery	W35	2.39.1	Gold
L Crosby	W50	2.58.9	Bronze
A Lang	W60	2.52.3	Gold
B Pearce	M50	2.16.0	Gold
P Sandery	M60	2.23.4	Silver
F Rogers	M65	2.46.5	Silver

### **1500m**

L Crosby	W50	6.37.4	Bronze
A Lang	W60	5.55.7	Gold
B Pearce	M50	4.44.1	Gold

P Sandery	M60	4.31.2	Silver
F Rogers	M65	6.00.4	Silver
C Trengove	M65	6.19.5	Bronze

### **5000m**

B Pearce	M50	18.13	Silver
P Sandery	M60	17.40	Silver
C Trengove	M65	23.48	Bronze
D Padget	M70	21.50	Gold

### **10000m**

E Slattery	W35	41.10	Gold
P Sandery	M60	36.43	Gold
C Trengove	M65	51.46	Gold
D Padget	M70	45.25	Gold

### **100m Hurdles**

S McRae	W35	17.18	Gold
T Bartlett	M50	22.52	Silver

### **5k Walk**

G Waites	W50	30.41	Gold
G White	M55	24.52	Gold
T Thompson	M55	37.42	Silver
C Hainsworth	M70	32.12	Gold
F Brown	M80	42.50	Silver

### **Shot**

C Palframan	M60	11.12	Bronze
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### **Discus**

G Richardson	M65	32.64	Bronze
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**Hammer**

G Richardson	M65	30.98	Bronze
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**Weight**

C Palframan	M60	11.55	Bronze
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**8k Cross country**

E Slattery	W35	33.38	Gold
P Sandery	M60	30.06	Gold
F Rogers	M65	38.06	Silver
D Padget	M70	37.44	Gold

**10k Walk**

G Waites	W50	63.47	Gold
C Hainsworth	M70	66.07	Gold
F Brown	M80	86.43	Silver

**20k Walk**

G White	M55	108.58	Gold
T Thompson	M55	160.00	Silver

**2003 BRISBANE****Muti-Events**

No SAMA entrants

**2003 CANBERRA****Marathon**

No SAMA entrants

**2004 MELBOURNE****100m**

S McCrae	W35	13.39	Silver
A Cooper	W75	16.18	Gold
A Cooper	Championship		Gold
D Janssan	M65	13.51	Silver

**200m**

S McCrae	W35	27.34	Silver
D Janssan	M65	27.71	Bronze
H Van Bavel	M50	25.32	Bronze

**400m**

S McCrae	W35	62.32	Silver
S Smith	M50	58.05	Bronze
H Van Bavel	M50	56.90	Silver

**800m**

A Lang	W60	3.00.9	Silver
B Pearce	M50	2.13.1	Silver

**1500m**

B Pearce	M50	4.38.8	Silver
A Lang	W60	6.12.2	Silver
P Sandery	M60	5.05.1	Silver

**5000m**

E Slattery	W40	19.33	Silver
B Pearce	M50	17.29	Bronze
P Sandery	M60	18.24	Gold

**10000m**

E Slattery	W40	41.39	Gold
R Johnson	M50	36.23	Silver
D Padget	M70	48.54	Silver
F Rogers	M65	45.41	Bronze

**5k Walk**

R McFadden	M35	25.33	Gold
G White	M55	25.15	Gold
C Hainsworth	M70	32.24	Gold
R O'Neil	M75	33.16	Silver

**100m Hurdles**

S McCrae	W35	17.04	Gold
G Whitehall	M55	19.90	Silver

**400m Hurdles**

C Rothery	W30	70.62	Silver
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**High Jump**

S McCrae	W35	1.35	Silver
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**Long Jump**

S McCrae	W35	4.59	Silver
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**Javelin**

C Rothery	W30	27.54	Bronze
M Lovell	M35	37.05	Gold

**Discus**

B Koch	M60	33.24	Bronze
G Richardson	M65	33.31	Silver

**Shot**

B Koch	M60	12.71	Gold
G Richardson	M65	9.28	Silver

**Hammer**

G Richardson	M65	30.78	Bronze
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**Weight**

B Koch	M60	13.82	Bronze
G Richardson	M65	12.58	Bronze

**Weight Pentathlon**

B Koch	M60	3215	Silver
G Richardson	M65	3020	Bronze

**Pentathlon**

C Rothery	W30	2368	Silver
G Whitehall	M55	2852	Gold

**8k Cross country**

E Slattery	W40	33.53	Gold
R Johnson	M50	29.51	Silver
F Rogers	M65	37.23	Bronze



**10k Walk**

C Hainsworth	M70	66.49	Gold
R O'Neil	M75	68.01	Silver

**20k Walk**

G White	M55	107.1	Silver
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**2004 BRISBANE****Muti-Events**

No SAMA entrants

**2004 CANBERRA****Marathon**

No SAMA entrants

**2005 BRISBANE****100m**

H Tanikawa	W30	14.33	Silver
L Crosby	W55	15.75	Silver
V Padget	W60	17.74	Bronze
A Cooper	W75	16.09	Gold
S Hibbit	M45	12.36	Bronze
H Van Bavel	M55	12.73	Silver

**200m**

H Tanikawa	W30	29.22	Silver
L Crosby	W55	32.13	Silver
A Cooper	W75	34.72	Gold
S Hibbit	M45	25.28	Bronze
B Dickenson	M50	26.35	Gold
H Van Bavel	M55	25.89	Gold

**400m**

H Tanikawa	W30	70.21	Bronze
L Crosby	W55	74.28	Bronze
B Dickenson	M50	57.28	Silver

**800m**

E Slattery	W40	2.38.7	Silver
C Goodwin	W50	2.47.7	Bronze
A Lang	W60	2.55.3	Bronze
P Sandery	M60	2.27.6	Gold

**1500m**

E Slattery	W40	5.16.7	Gold
C Goodwin	W50	5.48.1	Silver
A Lang	W60	6.07.0	Silver
P Sandery	M60	4.52.2	Gold

**5000m**

E Slattery	W40	19.38	Gold
C Goodwin	W50	21.24	Silver
P Sandery	M60	17.52	Gold

D Padget	M70	23.20	Silver
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**10000m**

E Slattery	W40	41.44	Silver
P Sandery	M60	36.51	Gold
D Padget	M70	48.18	Gold

**100m Hurdles**

H Tanikawa	W30	18.00	Gold
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**400m Hurdles**

H Tanikawa	W30	76.29	Silver
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**5k Walk**

R Elix	W70	36.03	Silver
R McFadden	M35	26.24	Silver
G White	M55	27.09	Gold

**Long Jump**

H Tanikawa	W30	4.33	Bronze
F Pash	M75	2.53	Bronze

**Pole Vault**

K Nathan	M65	1.90	Silver
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**Discus**

L Ferrante	M35	24.05	Bronze
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**Hammer**

K Nathan	M65	28.35	Bronze
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**8k Cross country**

E Slattery	W40	36.09	Silver
C Goodwin	W50	40.08	Silver
P Sandery	M60	32.07	Gold
D Padget	M70	41.23	Gold

**10k Walk**

R Elix	W70	77.03	Silver
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**20k Walk**

G White	M55	111.17	Gold
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**2005 BRISBANE****Muti-Events**

No SAMA entrants

**2005 CANBERRA****Marathon**

No SAMA medal winners

## 2006 CANBERRA

### 100M

L Peake	W55	15.27	Silver
V Padget	W60	16.52	Bronze
A Cooper	W75	16.39	Gold
A Cooper	Championship		Gold
S Smith	M50	13.19	Bronze

### 200m

L Peake	W55	31.37	Bronze
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### 400m

L Peake	W55	70.64	Silver
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### 800m

A Lang	W60	3.01.6	Silver
P Sandery	M60	2.27.7	Gold

### 1500m

A Lang	W60	6.24.7	Silver
P Sandery	M60	4.57.6	Gold

### 5000m

P Sandery	M60	17.57	Gold
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### 10000m

P Sandery	M60	36.56	Gold
D Padget	M70	48.41	Silver

### 5k Walk

M Trengove	W60	34.06	Bronze
G White	M60	25.38	Gold

### 8k Cross country

P Sandery	M60	31.11	Gold
D Padget	M70	40.11	Silver

### Pentathlon

G Whitehall	M55	2625	Bronze
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### 10k Walk

M Trengove	W60	69.13	Bronze
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### 20k Walk

G White	M60	102.20	Gold
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## 2006 BRISBANE

### Muti-Events

No SAMA entrants

## 2006 CANBERRA

### Marathon

I Roberts	M35	3.05.48	Bronze
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## 2007 HOBART

### 60m

L Peake	W55	9.42	Silver
V Padget	W60	10.08	Silver
A Cooper	W75	10.23	Gold
D Janssan	M65	8.62	Gold

### 100m

L Peake	W55	15.32	Silver
V Padget	W60	16.51	Bronze
A Cooper	W75	16.68	Gold
A Cooper	Championship		Gold
D Janssan	M65	13.82	Silver

### 200m

L Peake	W55	31.97	Silver
D Janssan	M65	28.20	Bronze

### 400m

L Peake	W55	70.97	Silver
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### 800m

E Slattery	W40	2.36.3	Gold
C Goodwin	W50	3.05.4	Silver
B Pearce	M55	2.21.1	Bronze
P Sandery	M65	2.31.9	Bronze

### 1500m

E Slattery	W40	5.05.8	Silver
C Goodwin	W50	5.56.4	Silver
A Lang	W60	6.23.9	Silver
B Pearce	M55	4.55.6	Silver

P Sandery	M65	4.57.8	Gold
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### 5000m

E Slattery	W40	18.56	Bronze
C Goodwin	W50	21.41	Bronze
B Pearce	M55	18.23	Bronze
G White	M60	19.58	Bronze
P Sandery	M65	18.37	Gold
D Padget	M75	24.03	Gold

### 10000m

E Slattery	W40	39.59	Silver
C Goodwin	W50	45.51	Silver
P Sandery	M65	37.41	Gold
D Padget	M75	49.28	Gold

### 5k Walk

R McFadden	M40	24.39	Gold
G White	M60	24.34	Gold
C Hainsworth	M75	34.29	Gold

### Triple Jump

P McHendrie	W35	7.71	Silver
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### High Jump

M Cooke	M45	1.58	Bronze
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### Shot

V Klimiuk	M50	11.43	Silver
B Koch	M65	11.28	Gold
C Hainsworth	M75	7.82	Silver

**Discus**

S Gobbo	W45	19.33	Bronze
N White	M45	18.46	Bronze
V Klimiuk	M50	40.14	Gold

**Javelin**

M Cooke	M45	44.39	Silver
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**Hammer**

S Gobbo	W45	17.18	Bronze
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**8k Cross country**

E Slattery	W40	32.54	Silver
C Goodwin	W50	38.01	Gold
B Pearce	M55	32.32	Gold
P Sandery	M65	32.14	Gold
D Padget	M75	42.01	Gold

**10k Walk**

R McFadden	M40	53.17	Gold
G White	M60	50.22	Gold
C Hainsworth	M75	69.57	Gold

**2007 BRISBANE****Muti-Events**

No SAMA entrants

**2007 CANBERRA****Marathon**

A Zur Eich	M35	2.47.36	Gold
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**2008 SYDNEY****60m**

L Peake	W55	9.73	Silver
M Cudmore	W70	10.93	Silver
G Fopp	M40	7.74	Gold
D Janssan	M70	8.85	Gold

**100m**

L Peake	W55	15.42	Silver
M Cudmore	W70	17.49	Silver
G Fopp	M40	12.05	Gold
D Janssan	M70	13.94	Gold

**200m**

L Peake	W55	31.71	Silver
M Cudmore	W70	36.58	Silver
G Fopp	M40	24.65	Silver
D Janssan	M70	28.60	Gold

**400m**

L Peake	W55	71.45	Silver
A Lang	W65	79.17	Gold
M Cudmore	W70	84.63	Gold
G Fopp	M40	58.05	Bronze

**800m**

E Slattery	W40	2.39.3	Bronze
A Lang	W65	3.05.0	Gold
F Rogers	M70	2.56.0	Gold

**1500m**

E Slattery	W40	5.16.5	Bronze
R Driscoll	W60	6.42.8	Gold
A Lang	W55	6.30.9	Gold
A Mayfield	M55	6.06.4	Silver
F Rogers	M70	6.06.4	Silver

**5000m**

E Slattery	W40	19.30	Gold
R Driscoll	W60	23.16	Silver

F Rogers	M70	22.59	Silver
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**10000m**

E Slattery	W40	41.35	Gold
R Driscoll	W60	49.01	Silver

**3k Steeple**

N White	M45	14.41	Gold
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**5k Walk**

G White	M60	26.47	Gold
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**Long Jump**

S Gobbo	W45	3.21	Bronze
M Cudmore	W70	3.26	Gold

**Triple Jump**

S Gobbo	W45	5.66	Silver
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**Shot**

L Dawson	W45	8.08	Bronze
V Klimiuk	M50	11.23	Gold

**Discus**

V Klimiuk	M50	39.09	Gold
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**Javelin**

P McHendrie	W40	14.40	Bronze
V Klimiuk	M50	42.77	Silver

**Hammer**

L Dawson	W45	21.40	Bronze
V Klimiuk	M50	38.93	Gold

**Weight**

L Dawson	W45	8.39	Bronze
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**Pentathlon**

P McHendrie	W40	1282	Silver
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**Weight Pentathlon**

L Dawson	W45	2378	Bronze
V Klimiuk	M50	3331	Gold

**8k Cross country**

R Driscoll	W60	45.46	Silver
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## 2008 BRISBANE

### Muti-Events

No SAMA entrants

## 2008 CANBERRA

### Marathon

No SAMA entrants

## 2009 ADELAIDE

Total entrants 494 – 129 from SA.

The major sponsor was Savings & Loans Credit Union

Convenor/Secretary/Competition Director

Treasurer

Awards

Registrations

Publications

Social

Technical/equipment

Cross Country

Road Walks

George White

Peter Dunham

Elaine MacFarlane

Richard Moyle

Tony Royle

Jill Rogers

Doug Smart

Harry Hayford

Arthur Jones

### 60m

C Neubauer	W30	8.69	Silver
C Young	W35	8.82	Bronze
L Peake	W55	9.58	Bronze
V Padget	W60	10.13	Bronze
G Boyce	W65	10.87	Bronze
M Cudmore	W70	10.64	Silver
A Fedele	M30	8.14	Silver
G Fopp	M40	7.58	Silver
C Liascos	M40	7.66	Bronze
A Jefferies	M50	8.33	Silver
R Hill-Brown	M50	8.44	Bronze
H Van Bavel	M55	8.21	Bronze
D Janssan	M70	8.71	Silver
F Pash	M80	13.51	Silver

### 100m

C Neubauer	W30	14.42	Silver
C Young	W35	14.15	Bronze
L Peake	W55	15.53	Bronze
V Padget	W60	16.57	Bronze
M Cudmore	W70	17.60	Bronze
A Fedele	M30	13.02	Silver
G Fopp	M40	11.99	Gold
R Hill-Brown	M50	13.24	Silver
H Van Bavel	M55	13.10	Bronze
D Janssan	M70	14.20	Bronze
F Pash	M80	23.50	Silver

### 200m

C Neubauer	W30	29.58	Silver
L Peake	W55	32.12	Silver
A Lang	W65	36.38	Gold
M Cudmore	W70	36.95	Silver

G Fopp	M40	24.66	Silver
R Hill-Brown	M50	26.87	Bronze
H Van Bavel	M55	26.55	Silver

### 400m

L Davis	W30	63.87	Silver
C Rothery	W35	64.03	Gold
L Attenborough	W40	64.82	Bronze
L Peake	W55	72.22	Gold
A Lang	W65	80.13	Gold
J Wheatland	M45	54.12	Gold

### 800m

L Davis	W30	2.22.0	Gold
C Rothery	W35	2.32.8	Silver
R Driscoll	W60	3.33.9	Bronze
A Lang	W65	3.02.3	Gold
S Molloy	M35	2.29.2	Bronze
C White	M40	2.23.3	Bronze
J Wheatland	M45	2.07.8	Gold
P Sandery	M65	2.30.3	Silver
F Rogers	M70	2.55.4	Bronze

### 1500m

L Davis	W30	5.09.4	Gold
E Slattery	W45	5.22.8	Silver
C Goodwin	W55	6.09.6	Bronze
R Driscoll	W60	6.57.6	Silver
A Lang	W65	6.27.5	Gold
D Smith	M35	4.34.0	Silver
M Worthing	M45	4.47.3	Bronze
P Sandery	M65	5.00.2	Gold
D Smart	M65	5.33.8	Silver
F Rogers	M70	5.58.1	Bronze



**5000m**

L Davis	W30	20.14	Gold
E Slattery	W45	19.49	Silver
C Goodwin	W55	22.35	Bronze
R Driscoll	W60	24.25	Silver
A Zur Eich	M35	16.49	Silver
D Smith	M35	16.59	Bronze
I Roberts	M40	19.24	Bronze
P Sandery	M65	18.42	Gold
D Smart	M65	20.44	Bronze
F Rogers	M70	22.52	Bronze
D Padget	M75	25.11	Silver

**8k Cross Country**

L Davis	W30	35.28	Gold
L Wright	W40	34.41	Silver
E Slattery	W45	35.41	Silver
C Goodwin	W55	39.57	Silver
R Driscoll	W60	43.16	Bronze
A Zur Eich	M35	30.16	Bronze
I Roberts	M40	34.07	Silver
C White	M40	37.26	Bronze
P Sandery	M65	33.04	Gold
D Smart	M65	36.05	Silver
R Barber	M70	53.32	Bronze
D Padget	M75	47.56	Bronze

**10000m**

F Alexander	W40	46.09	Silver
E Slattery	W45	42.12	Silver
C Goodwin	W55	46.16	Gold
R Driscoll	W60	49.26	Silver
A Zur Eich	M35	35.17	Silver
M Varney	M35	35.57	Bronze
I Roberts	M40	40.02	Gold
N White	M50	44.38	Bronze
P Sandery	M65	38.23	Gold
D Smart	M65	43.09	Silver
D Padget	M75	51.02	Gold

**80m Hurdles**

R Cruickshanks	W40	18.04	Gold
D Chamberlain	W40	23.11	Silver

**400m Hurdles**

C Rothery	W35	71.96	Gold
A Jefferies	M50	73.01	Silver

**2k Steeple**

L Davis	W30	8.17.8	Gold
A Mayfield	M60	8.08.1	Gold
P Sandery	M65	8.03.0	Gold
D Smart	M65	8.49.3	Bronze

**3k Steeple**

C White	M40	13.06	Gold
M Worthing	M45	11.59	Gold
N White	M50	14.31	Silver

**5k Walk**

T Sinkinson	W35	33.26	Gold
R Stigwood	W40	37.18	Silver
G Holliday	W45	29.27	Gold

M Maxted	W45	33.35	Silver
H Suridge	W55	31.56	Bronze
B Cain	W60	33.07	Bronze
S Brunner	W65	30.53	Gold
C Dally	W75	38.58	Bronze
R McFadden	M40	26.52	Gold
S Henshaw	M50	28.56	Silver
K Finn	M55	31.28	Silver
G White	M60	27.04	Silver
G Harrison	M65	31.50	Gold
B Starr	M65	33.28	Bronze
M Marker	M70	32.25	Bronze
C Hainsworth	M75	34.43	Gold
D Robertson	M75	39.12	Bronze
D Larkin	M80	40.08	Bronze

**High Jump**

T Wilson	W35	1.35	Silver
B Kurtz	W45	1.25	Gold
H Greal	W50	1.05	Bronze
A Chandler	M35	1.60	Silver
C Minchin	M50	1.58	Gold
A McKay	M50	1.35	Bronze
N Sinkinson	M65	1.10	Bronze
S Miller	M65	1.10	Bronze
D Peck	M70	1.20	Silver
K Nathan	M70	1.10	Bronze

**Pole Vault**

M Staunton	M35	3.40	Gold
P Wait	M35	3.00	Silver
D Dewing	M45	2.30	Silver
K Nathan	M70	1.70	Bronze

**Long Jump**

C Neubauer	W30	4.10	Gold
T Wilson	W35	4.41	Gold
K Bower	W40	4.15	Bronze
A Jefferies	W45	3.74	Silver
H Greal	W50	3.80	Bronze
M Cudmore	W70	3.21	Gold
A Chandler	M35	5.13	Bronze
C Minchin	M50	4.67	Gold
N White	M50	3.50	Bronze

**Triple Jump**

C Neubauer	W30	8.30	Silver
C Rothery	W35	9.32	Gold
K Bower	W40	8.48	Silver
H Greal	W50	7.76	Silver
M Cudmore	W70	7.08	Gold
N Chamberlain	M35	10.37	Silver
M Lovell	M40	11.04	Silver
M Schievenin	M45	9.95	Bronze
C Minchin	M50	10.31	Silver
N Sinkinson	M65	7.78	Bronze

**Shot**

C Neubauer	W30	6.72	Bronze
B Kurtz	W45	7.86	Bronze

L Dawson	W50	9.22	Gold
C Harmon	W55	6.58	Bronze
D Malm	M35	12.91	Gold
M Staunton	M35	11.59	Silver
B Koch	M65	10.42	Bronze
G Richardson	M70	9.58	Bronze
F Pash	M80	5.61	Gold

#### **Discus**

C Neubauer	W30	16.76	Bronze
T Wilson	W35	20.49	Silver
P McHendrie	W40	19.54	Bronze
A Jefferies	W45	24.23	Bronze
L Dawson	W50	21.71	Silver
C Harmon	W55	14.94	Bronze
G Boyce	W65	18.48	Bronze
D Malm	M35	37.56	Gold
M Staunton	M35	37.25	Silver
V Klimiuk	M50	38.54	Silver
G Richardson	M70	32.47	Silver
D Peck	M70	29.39	Bronze
S Grimm	M75	24.08	Bronze

#### **Hammer**

L Dawson	W50	25.46	Silver
M Staunton	M35	40.75	Gold
D Malm	M35	33.49	Silver
J Zweck	M35	23.31	Bronze
M Lovell	M40	29.78	Bronze
D Bates	M55	32.57	Gold
K Nathan	M70	31.97	Bronze
S Grimm	M75	16.21	Bronze
F Pash	M80	15.42	Gold

#### **Javelin**

C Neubauer	W30	20.16	Silver
T Wilson	W35	19.49	Silver
A Jefferies	W45	24.18	Silver
H Suridge	W55	22.66	Gold
M Cudmore	W70	16.75	Silver
M Staunton	M35	48.19	Gold
V Klimiuk	M50	44.14	Silver
D Peck	M70	31.02	Bronze
S Grimm	M75	21.34	Bronze

#### **Weight**

L Dawson	W50	9.08	Silver
L Bower	W55	7.69	Bronze

M Staunton	M35	12.29	Gold
J Zweck	M35	6.04	Silver
B Koch	M65	11.19	Silver
F Pash	M80	8.56	Gold

#### **Pentathlon**

C Rothery	W35	2386	Silver
P McHendrie	W40	1758	Silver
R Cruickshanks	W40	1617	Bronze
M Staunton	M35	2810	Gold
M Schievenin	M45	2554	Silver
S Miller	M65	1925	Bronze
D Peck	M70	2484	Bronze
F Pash	M80	593	Gold

#### **Weight Pentathlon**

L Dawson	W50	2488	Silver
C Harmon	W55	1820	Bronze
M Staunton	M35	2833	Gold
D Malm	M35	2545	Silver
M Lovell	M40	1989	Bronze
V Klimiuk	M50	3163	Bronze
G Richardson	M70	3290	Silver
F Pash	M80	1955	Gold

#### **10K Walk**

T Sinkinson	W35	63.41	Gold
R Stigwood	W40	78.12	Silver
G Holliday	W45	63.41	Gold
H Suridge	W55	67.00	Silver
B Cain	W60	71.36	Bronze
S Brunner	W65	61.36	Gold
R McFadden	M40	59.08	Gold
S Henshaw	M50	60.16	Silver
K Finn	M55	65.42	Silver
G White	M60	56.12	Gold
G Harrison	M65	64.42	Gold
R Lowe	M65	80.10	Bronze
M Marker	M70	68.15	Bronze
C Hainsworth	M75	71.14	Silver
D Robertson	M75	84.45	Bronze
D Larkin	M80	85.21	Silver

#### **20k Walk**

R Schild	W40	155.19	Gold
J Hoare	M60	142.40	Gold
B Starr	M65	141.24	Silver
L Smith	M70	151.54	Gold

## **2009 BRISBANE**

### **Muti-Events**

No SAMA entrants

## **2009 CANBERRA**

### **Marathon**

No SAMA medal winners

## 2010 HOBART

### Half Marathon

S Guy M55 1.29.16Gold

## 2010 PERTH

### 60m

C Neubauer W30 8.29 Gold  
V Padget W65 9.75 Silver  
D Peck M75 9.68 Gold

### 100m

C Neubauer W30 13.65 Bronze  
V Padget W65 16.05 Silver  
D Peck M75 15.71 Gold

### 200m

C Neubauer W30 29.62 Bronze  
P McHendrie W40 34.07 Bronze  
L Peake W60 32.93 Bronze  
V Padget W65 34.67 Bronze  
D Peck M75 34.00 Gold

### 400m

L Peake W60 74.02 Gold

### 800m

P Sandery M65 2.39.1 Bronze

### 1500m

A Mayfield M60 5.15.3 Silver  
P Sandery M65 5.30.3 Silver

### 5000m

P Sandery M65 20.11 Bronze

### 10000m

P Sandery M65 42.51 Silver  
D Close M65 46.09 Bronze

### 2000 Steeple

A Mayfield M60 7.59.8 Silver  
P Sandery M65 8.32.1 Silver

### 3000m Steeple

M Worthing M45 11.52.5Gold

### 1500m Walk

R Stigwood W40 10.49 Silver  
G White M60 8.09.1 Gold  
G Harrison M65 9.02.6 Silver  
A Jones M70 9.16.6 Silver  
C Hainsworth M80 10.13 Gold

### 5000m Walk

R Stigwood W40 39.05 Silver  
J Rogers W65 39.50 Bronze  
G White M60 27.22 Silver  
G Harrison M65 32.20 Silver  
A Jones M70 32.47 Silver  
C Hainsworth M80 35.55 Gold

### Long Jump

C Neubauer W30 4.43 Silver  
P McHendrie W40 4.05 Bronze  
S Gobbo W45 2.95 Bronze

H Grealy W50 4.03 Bronze  
D Peck M75 3.75 Gold

### Triple Jump

C Neubauer W30 8.94 Silver  
P McHendrie W40 8.05 Bronze  
H Grealy W50 7.65 Silver  
H Harrell M50 7.64 Bronze  
S Miller M65 7.55 Gold  
D Peck M75 7.60 Gold

### High Jump

S Miller M65 1.05 Bronze  
K Nathan M70 1.05 Silver  
D Peck M75 1.20 Gold

### Pole Vault

K Nathan M70 1.83 Silver

### Shot

C Neubauer W30 7.85 Bronze  
G Richardson M70 9.33 Bronze

### Hammer

C Neubauer W30 13.75 Bronze  
K Nathan M70 30.30 Gold

### Discus

C Neubauer W30 18.03 Silver  
G Richardson M70 29.20 Silver  
D Peck M75 27.64 Bronze

### Javelin

C Neubauer W30 19.08 Silver  
S Gobbo W45 13.65 Bronze  
G Richardson M70 21.23 Silver  
D Peck M75 25.79 Silver

### Weight

S Gobbo W45 6.12 Bronze  
K Nathan M70 12.75 Gold

### Throws Pentathlon

C Neubauer W30 1213 Silver  
L Dawson W50 2210 Bronze  
M Staunton M35 2865 Gold  
G Richardson M70 2943 Silver  
D Peck M75 3162 Silver

### 10k Road Walk

R Stigwood W40 81.25 Gold  
G White M60 56.30 Silver  
G Harrison M65 65.58 Silver  
A Jones M70 69.37 Silver  
C Hainsworth M80 72.46 Gold

## 2010 BRISBANE

### Muti-Events

No SAMA entrants

## 2010 GOLD COAST

### Marathon

S Boag W35 2.57.58Gold

M Tagell M50 2.48.37Gold

D Elliott M55 2.57.35Gold

## 2010 MELBOURNE

### 20km Walk

No SAMA entrants

## 2011 HOBART

### Half Marathon

No SAMA entrants

## 2011 BRISBANE

### 60m

L Peake W60 9.27 Silver

V Padget W65 10.20 Silver

H Van Bavel M60 8.29 Silver

### 100m

C Neubauer W30 13.98 Bronze

L Peake W60 15.20 Gold

V Padget W65 16.28 Silver

H Van Bavel M60 13.23 Silver

D Peck M75 16.66 Bronze

### 200m

C Neubauer W30 29.01 Silver

L Peake W60 31.06 Gold

V Padget W65 35.20 Bronze

### 400m

L Peake W60 71.43 Gold

### 800m

A Lang W65 3.15.0 Silver

P Sandery M65 2.38.0 Silver

### 1500m

R Lowe W60 7.02.6 Silver

A Lang W65 6.36.4 Silver

P Sandery M65 5.17.9 Silver

### 5000m

C Zeuner W50 23.27 Silver

R Lowe W60 24.38 Silver

P Sandery M65 19.21 Silver

### 10000m

F Alexander W45 46.55 Silver

R Lowe W60 52.51 Silver

P Sandery M65 41.03 Gold

### 2000m Steeple

R Lowe W60 11.13 Bronze

A Lang W65 10.46 Gold

A Mayfield M60 7.33.6 Gold

P Sandery M65 8.34.9 Gold

### 3000m Steeple

N White M50 16.49 Silver

### 1500m Walk

G White M65 7.59.7 Silver

### 5000m Walk

G White M65 27.26 Gold

### 8k Cross Country

R Lowe W60 44.41 Bronze

P Sandery M65 35.04 Silver

### 4x400m Relay

E Slattery, L Peake W170+

P Roach, F Alexander 5.55.4 Bronze

N White, R Moyle M120+

H Harrell, S Miller 5.10.9 Bronze

### Long Jump

C Neubauer W30 4.13 Silver

D Peck M75 3.58 Gold

### High Jump

M Schievenin M45 1.50 Bronze

S Miller M65 1.15 Bronze

D Peck M75 1.20 Silver

### Triple Jump

C Neubauer W30 8.53 Silver

S Miller M60 7.98 Gold

D Peck M75 7.51 Gold

### Discus

C Neubauer W30 19.00 Gold

D Peck M75 27.77 Bronze

### Shot

C Neubauer W30 6.89 Gold

B Koch M70 10.45 Bronze

### Hammer

C Neubauer W30 15.67 Gold

B Koch M70 29.57 Bronze



**Javelin**

C Neubauer	W30	19.92	Gold
M Schievenin	M45	34.59	Silver
D Peck	M75	24.15	Bronze

**Weight Throw**

C Neubauer	W30	6.40	Gold
B Koch	M70	12.94	Bronze
D Peck	M75	10.62	Silver

**Pentathlon**

C Neubauer	W30	1640	Silver
M Schievenin	M45	2210	Silver
D Peck	M75	2813	Gold

**Throws Pentathlon**

B Koch	M70	2680	Bronze
D Peck	M75	2754	Bronze

**2011 BRISBANE****Muti-Events**

No SAMA entrants

**2011 GOLD COAST****Marathon**

No SAMA entrants

**2011 MELBOURNE****20km Walk**

No SAMA entrants

**2012 HOBART****Half Marathon**

No SAMA entrants

**2012 MELBOURNE****60m**

C Neubauer	W30	8.46	Bronze
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**200m**

W McCombie	M50	26.18	Silver
C Neubauer	W30	29.26	Bronze

**400m**

W McCombie	M50	59.05	Bronze
L Davis	W35	67.04	Bronze
G Stone	W50	72.71	Bronze
A Lang	W65	84.68	Bronze

**800m**

A Mayfield	M60	2.29.6	Bronze
L Davis	W35	2.26.4	Gold
A Lang	W65	3.11.6	Bronze

**1500m**

A Mayfield	M60	5.02.2	Bronze
L Davis	W35	4.58.0	Gold
A Lang	W65	6.38.8	Silver

**5000m**

L Davis	W35	18.27	Gold
C Goodwin	W55	22.44	Bronze
S Brunner	W70	23.02	Gold

**10000m**

C Goodwin	W55	48.27	Silver
S Brunner	W70	48.31	Gold

**1500m Walk**

G White	M65	7.56.0	Gold
L Smith	M75	10.46	Bronze

C Hainsworth	M80	11.00	Bronze
K White	W45	12.13	Silver

**5K Walk**

G White	M65	27.26	Gold
C Hainsworth	M80	38.39	Bronze
K White	W45	44.37	Silver

**2km Steeple**

A Mayfield	M60	7,45.0	Silver
L Davis	W35	7.49.0	Gold
A Lang	W65	10.43	Gold

**3km Steeple**

M Worthing	M45	12.30	Bronze
N White	M50	16.26	Silver

**100m Hurdles**

M Schievenin	M50	18.08	Gold
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**400m Hurdles**

M Schievenin	M50	70.9	Silver
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**Javelin**

A Schenk	M40	39.66	Silver
M Lovell	M45	33.83	Silver
D Peck	M70	26.84	Silver
C Neubauer	W30	21.31	Silver
L Davis	W35	14.48	Gold

**Discus**

A Schenk	M40	28.56	Silver
D Peck	M70	26.65	Silver
C Neubauer	W30	16.89	Silver

P McHendrie	W40	18.84	Bronze
<b>Hammer</b>			
M Lovell	M45	31.31	Silver
C Neubauer	W30	16.83	Silver
<b>Shot</b>			
A Schenk	M40	9.45	Silver
C Neubauer	W30	6.99	Bronze
<b>Weight</b>			
C Neubauer	W30	6.98	Silver
<b>High Jump</b>			
M Lovell	M45	1.5	Bronze
M Schievenin	M50	1.5	Silver
S Miller	M65	1.2	Bronze
<b>Long Jump</b>			
M Lovell	M45	5.42	Gold
M Schievenin	M50	4.83	Silver
C Neubauer	W30	4.25	Bronze
<b>Triple Jump</b>			
M Lovell	M45	10.97	Bronze
M Schievenin	M50	10.54	Gold
S Miller	M65	7.84	Silver
C Neubauer	W30	8.68	Silver
P McHendrie	W40	8.21	Gold
<b>Pentathlon</b>			
M Lovell	M45	2591	Silver
S Miller	M65	1964	Silver
D Peck	M70	2515	Gold
C Neubauer	W30	1710	Silver

P McHendrie	W40	1388	Bronze
<b>Throws Pentathlon</b>			
A Schenk	M40	2236	Gold
M Lovell	M45	2380	Silver
D Peck	M70	3103	Silver
C Neubauer	W30	1337	Silver
<b>10k Road Walk</b>			
G Byham	M65	68.3	Bronze
G White	M65	55.06	Gold
C Hainsworth	M80	77.35	Gold
<b>C Country</b>			
L Davis	W35	32.28	Gold
C Goodwin	W55	40.35	Bronze
<b>4X100 Relay</b>			
M Lovell	M45	58.47	Bronze
H Harrell	M50	58.47	Bronze
M Schievenin	M50	58.47	Bronze
R Hill-Brown	M55	58.47	Bronze
C Neubauer	W30	64.89	Bronze
P McHendrie	W40	64.89	Bronze
F Alexander	W45	64.89	Bronze
G Stone	W50	64.89	Bronze
<b>4x400 Relay</b>			
M Lovell	M45	4.14.4	Silver
M Worthing	M45	4.14.4	Silver
M Schievenin	M50	4.14.4	Silver
R Hill-Brown	M55	4.14.4	Silver

## 2012 BRISBANE

### Muti-Events

No SAMA entrants

## 2012 GOLD COAST

### Marathon

L Davis	W35	3.01.20	Gold
J Fuller	M40	2.51.22	Bronze

## 2012 MELBOURNE

### 20km Walk

No SAMA entrants

## 2013 HOBART

### Half Marathon

No SAMA medal winners

## 2013 CANBERRA

### 60m

C Neubauer	W30	8.79	Silver
K Long	W35	8.60	Bronze
L Peake	W60	9.61	Silver
V Padget	W65	10.70	Bronze
M Cudmore	W75	11.04	Gold

D Janssan	M75	9.00	Gold
<b>100m</b>			
C Neubauer	W30	13.90	Silver
K Long	W35	13.50	Bronze
M Cudmore	W75	17.01	Gold

D Janssan	M75	14.50	Gold
<b>200m</b>			
C Neubauer	W30	28.40	Gold
K Long	W35	27.50	Bronze
L Peake	W60	30.75	Silver
M Cudmore	W75	37.35	Gold
D Janssan	M75	31.50	Gold
<b>400m</b>			
K Long	W35	62.0	Gold
L Davis	W35	67.04	Bronze
G Stone	W50	72.71	Bronze
L Peake	W60	72.00	Silver
A Lang	W70	83.00	Silver
<b>800m</b>			
L Davis	W35	2.28.0	Silver
E Slattery	W45	2.10.0	Bronze
A Lang	W70	2.30.0	Silver
P Sandery	M70	1.58.0	Gold
D Padget	M80	2.40.0	Silver
<b>1500m</b>			
L Davis	W35	5.01	Gold
E Slattery	W45	5.36.0	Silver
M Moyle	W55	5.42	Bronze
A Lang	W70	6.50.0	Gold
C Gauci	W35	5.21	Bronze
C Goodwin	W60	6.40	Bronze
P Sandery	M70	5.23.0	Gold
D Padget	M80	8.32.0	Silver
<b>5000m</b>			
L Davis	W35	18.46	Gold
C Gauci	W35	19.31	Silver
E Slattery	W45	20.02	Silver
M Moyle	W55	19.51	Silver
C Goodwin	W60	23.17	Bronze
P Sandery	M70	20.00	Gold
D Padget	M80	30.23	Silver
<b>10000m</b>			
L Davis	W35	39.07	Gold
C Gauci	W35	39.53	Silver
E Slattery	W45	41.55	Bronze
M Moyle	W55	42.24	Gold
C Goodwin	W60	49.51	Silver
P Sandery	M70	41.41	Gold
D Close	M70	47.07	Silver
<b>1500m Walk</b>			
J Russell	M60	8.47	Gold
G White	M65	8.02.0	Gold
R Barber	M75	10.43	Silver
<b>5K Walk</b>			
J Russell	M60	29.39	Gold
G White	M65	27.06	Gold
R Barber	M75	37.28	Bronze
<b>2km Steeple</b>			
L Davis	W35	8.07	Gold
A Lang	W70	11.03	Gold
P Sandery	M70	8.39.0	Gold

<b>3km Steeple</b>			
M Worthing	M50	12.24	Silver
<b>100m Hurdles</b>			
M Schievenin	M50	17.31	Gold
<b>400m Hurdles</b>			
M Schievenin	M50	66.0	Silver
A Jefferies	M55	74.0	Bronze
<b>Javelin</b>			
C Neubauer	W30	21.60	Gold
M Cudmore	W75	17.20	Gold
<b>Discus</b>			
C Neubauer	W30	19.90	Silver
A Schenk	M40	28.56	Silver
<b>Hammer</b>			
C Neubauer	W30	17.09	Bronze
M Lovell	M45	32.40	Bronze
D Bates	M60	32.05	Silver
<b>Shot</b>			
C Neubauer	W30	6.50	Silver
A Schenk	M40	9.45	Silver
<b>Weight</b>			
C Neubauer	W30	8.61	Gold
M Schenk	W40	7.01	Bronze
A Schenk	M40	10.78	Silver
<b>High Jump</b>			
A Schenk	M40	1.35	Bronze
M Lovell	M45	1.51	Silver
M Schievenin	M50	1.46	Silver
<b>Long Jump</b>			
C Neubauer	W30	4.38	Silver
M Cudmore	W75	3.34	Gold
D Wilczek	M40	5.42	Bronze
M Schievenin	M50	5.50	Gold
<b>Triple Jump</b>			
C Neubauer	W30	8.76	Bronze
M Cudmore	W75	7.49	Gold
M Schievenin	M50	10.92	Gold
M Lovell	M45	10.60	Silver
S Miller	M65	7.59	Silver
<b>Pole Vault</b>			
A Schenk	M40	1.90	Gold
<b>Pentathlon</b>			
C Neubauer	W30	1820	Bronze
M Cudmore	W75	3660	Gold
D Wilczek	M40	2786	Gold
M Lovell	M45	2830	Silver
<b>Throws Pentathlon</b>			
C Neubauer	W30	1522	Silver
A Schenk	M40	2325	Gold
M Lovell	M45	2320	Gold
<b>10k Road Walk</b>			
G White	M65	55.46	Gold
R Barber	M75	75.18	Bronze
<b>C Country</b>			
L Davis	W35	31.46	Gold
C Gauci	W35	32.41	Silver

M Moyle	W55	33.10	Gold
C Goodwin	W60	40.38	Silver
D Close	M70	38.02	Bronze
P Sandery	M70	33.51	Gold
D Padget	M80	49.04	Silver

#### **4X100 Relay**

C Neubauer	W30	56.75	Silver
K Long	W35	56.75	Silver
G Stone	W50	56.75	Silver
L Peake	W60	56.75	Silver
M Schenk	W40	65.20	Bronze
P McHendrie	W45	65.20	Bronze
K Blute	W50	65.20	Bronze
M Cudmore	W75	65.02	Bronze
D Wilczek	M40	49.34	Silver
M Schievenin	M50	49.34	Silver
M Lovell	M45	49.34	Silver

H van Bavel	M60	49.34	Silver
A Schenk	M40	56.92	Bronze
H Harrell	M50	56.92	Bronze
A Jefferies	M55	56.92	Bronze
S Miller	M65	56.92	Bronze

#### **4x400 Relay**

K Long	W35	4.44.1	Bronze
L Davis	W35	4.44.1	Bronze
G Stone	W50	4.44.1	Bronze
L Peake	W60	4.44.1	Silver
C Gauci	W35	5.20.1	Silver
K Blute	W50	5.20.1	Silver
E Slattery	W45	5.20.1	Silver
A Lang	W70	5.20.1	Silver

## **2013 BENDIGO**

### **Muti-Events**

No SAMA entrants

## **2013 GOLD COAST**

### **Marathon**

L Davis	W35	2.58.6	Gold
D Elliott	M60	3.15.1	Gold

## **2013 MELBOURNE**

### **20km Walk**

No SAMA entrants

## **2014 BENDIGO**

### **Half Marathon**

L Davis	W35	1.28.18	Gold
R Lowe	W65	1.58.26	Gold
G White	M65	1.45.28	Silver

G Hakes	M65	2.18.01	Bronze
P Sandery	M70	1.36.19	Gold

## **2014 HOBART**

### **60m**

C Neubauer	W35	8.87	Bronze
L Peake	W60	9.41	Gold
M Cudmore	W75	10.84	Gold
A Jefferies	M55	8.28	Silver

### **100m**

C Neubauer	W35	13.70	Silver
K Long	W35	13.88	Bronze
L Attenborough	W45	13.99	Silver
S Turner	W50	9.17	Bronze
L Peake	W60	15.24	Gold
A Lang	W70	17.76	Silver
M Cudmore	M75	17.71	Gold
M Cassidy	M50	12.59	Bronze

### **200m**

A Lane	W30	29.77	Bronze
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L Attenborough	W45	28.97	Silver
L Peake	W60	32.24	Gold
A Lang	W70	37.21	Silver
M Cudmore	W75	37.62	Gold
M Cassidy	M50	25.37	Silver
A Jeffries	M55	27.66	Bronze

### **400m**

K Long	W35	64.56	Bronze
L Attenborough	W45	67.08	Bronze
L Peake	W60	95.74	Silver
A Lang	W70	82.19	Gold
A Jeffries	M55	60.61	Bronze

### **800m**

K Long	W35	2.36.3	Silver
A Lang	W70	3.18.7	Gold



A Mayfield	M65	2.30.5	Silver
P Sandery	M70	2.49.2	Gold
<b>1500m</b>			
P Sandery	M70	5.30.5	Gold
<b>5000m</b>			
P Sandery	M70	20.26	Gold
<b>10000m</b>			
P Sandery	M70	43.55	Gold
<b>110 Hurdles</b>			
M Schievenin	M50	18.80	Bronze
<b>300m Hurdles</b>			
S Miller	M70	63.44	Bronze
<b>400m Hurdles</b>			
A Lane	W30	81.23	Bronze
M Schievenin	M50	66.62	Gold
<b>2000m Steeple</b>			
P Sandery	M70	8.54.2	Gold
<b>3000m Steeple</b>			
M Worthing	M50	12.17	Silver
<b>1500m Walk</b>			
M Trengove	W70	10.20	Gold
C Trengove	M75	10.25	Bronze
J Russell	M60	7.50	Gold
C Hainsworth	M80	11.21	Silver
<b>5000m Walk</b>			
M Trengove	W70	36.37	Silver
J Russell	M60	30.32	Gold
C Hainsworth	M80	40.49	Silver
<b>10000m Walk</b>			
M Trengove	W70	76.34	Silver
C Hainsworth	M80	83.22	Gold
<b>8k Cross Country</b>			
P Sandery	M70	39.46	Gold
C Trengove	M75	53.59	Silver
<b>Pentathlon</b>			
C Neubauer	W35	1852	Gold
<b>Long Jump</b>			
A Lane	W30	4.30	Gold
C Neubauer	W35	4.33	Gold

L Peake	W60	3.50	Gold
M Cudmore	W75	3.24	Gold
A Schenk	M40	4.59	Bronze
M Schievenin	M50	5.28	Silver
S Miller	M70	3.06	Bronze
<b>Triple Jump</b>			
C Neubauer	W35	8.54	Gold
M Cudmore	W75	7.44	Gold
A Schenk	M40	9.50	Bronze
M Schievenin	M50	10.55	Bronze
S Miller	M70	6.93	Gold
<b>High Jump</b>			
A Lane	W30	1.30	Gold
M Schievenin	M50	1.53	Silver
S Miller	M70	1.14	Silver
<b>Javelin</b>			
C Neubauer	W35	22.85	Gold
L Dawson	W55	14.21	Bronze
S Turner	W50	20.37	Gold
L Peake	W60	14.67	Bronze
M Cudmore	W70	22.63	Gold
M Branson	M45	41.76	Gold
<b>Discus</b>			
C Neubauer	W35	19.72	Silver
A Schenk	M40	31.47	Silver
<b>Hammer</b>			
C Neubauer	W35	17.68	Bronze
L Dawson	W55	22.92	Bronze
M Branson	M45	26.31	Bronze
<b>Weight</b>			
C Neubauer	W35	7.92	Silver
A Schenk	M40	10.74	Silver
M Branson	M45	9.43	Bronze
<b>Shot</b>			
C Neubauer	W35	6.81	Silver
L Peake	W60	6.47	Bronze
M Cudmore	W75	6.79	Gold
<b>Throws Pentathlon</b>			
L Dawson	W55	1588	Silver

## 2014 GOLD COAST

### Marathon

K Sawyer	W35	2.58.48	Silver
L Davis	W35	2.59.28	Bronze
T Horton	M55	4.21.45	Bronze

## 2015 HOBART

### Half Marathon

No SAMA medal winners

## 2015 MELBOURNE

### Muti-Events

No SAMA entrants

## 2015 MELBOURNE

### 20km Walk

No SAMA entrants

## 2015 SYDNEY

### 60m

A Lang	W70	11.14	Bronze
L Peake	W65	9.27	Gold
C Neubauer	W35	8.63	Bronze
H van Bavel	M65	8.53	Gold

### 100m

L Peake	W65	15.28	Gold
L Peake	Championship		Gold
M Norton-Baker	W60	15.52	Gold
K Long	W40	13.32	Silver
C Neubauer	W35	13.86	Bronze
H van Bavel	M65	13.60	Silver

### 200m

L Peake	W65	31.60	Gold
K Long	W40	27.30	Gold
C Neubauer	W35	29.32	Bronze
H van Bavel	M65	28.10	Silver
M Norton-Baker	W60	32.15	Silver

### 400m

A Lang	W70	80.73	Bronze
L Peake	W65	71.70	Gold
M Norton-Baker	W60	73.26	Gold
K Long	W40	61.34	Bronze
G Geracitano	M40	53.72	Silver
D Miller	M40	54.60	Bronze

### 800m

A Lang	W70	3:21.5	Gold
S Chinner	W50	2:38.3	Bronze
L Davis	W35	2:26.1	Gold
B Wyld	M70	3:07.8	Gold
P Sandery	M70	2:50.8	Silver
A Mayfield	M65	2:30.2	Gold

### 1500m

S Dawson	W45	5:31.4	Bronze
L Davis	W35	4:59.1	Gold
B Wyld	M70	6:56.9	Bronze
P Sandery	M70	5:52.3	Silver
A Mayfield	M65	5:16.5	Silver

### 5000m

P Sandery	M70	20:39.4	Bronze
E Slattery	W50	20:26.7	Silver
S Dawson	W45	19:59.7	Bronze
L Davis	W35	18:18.66	Gold

### 10000m

L Davis	W35	38:59.2	Gold
S Dawson	W45	42:46.3	Silver
E Slattery	W50	42:06.2	Silver

### 1500m W

G White	M65	8:09.1	Gold
C Hainsworth	M85	11:56.3	Gold

### 5000m W

C Hainsworth	M85	41:43	Gold
G White	M65	27:59.4	Silver

### 2000m Steeple

L Davis	W35	7:52.33	Gold
A Mayfield	W65	7:50.52	Gold
P Sandery	M70	9:29.64	Gold

### 3000m Steeple

J Dawson	M55	14:12.3	Silver
N White	M55	7:42.5	Bronze

### Long Jump

C Neubauer	W35	4.63	Silver
L Peake	W65	3.83	Silver

### Triple Jump

C Neubauer	W35	9.13	Bronze
E Neubauer	W60	3.34	Bronze

### High Jump

D Peck	M80	1.05	Gold
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### Shot

D Peck	M80	9.38	Gold
L Peake	W65	6.74	Gold

### Discus

D Peck	M80	19.59	Gold
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### Javelin

L Peake	W65	13.25	Bronze
D Peck	M80	27.16	Gold
C Neubauer	W35	21.12	Silver

### Hammer

D Peck	M80	28.55	Silver
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### Weight

D Peck	M80	12.11	Silver
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### Pentathlon

A Lang	W70	3222	Gold
C Neubauer	W35	1963	Bronze

### Throws Pentathlon

C Neubauer	W35	1704	Bronze
M Branson	M45	2598	Bronze
D Peck	M80	3438	Gold

### 10k Road walk

G White	M65	59.07	Gold
C Hainsworth	M85	84:27	Gold

### 8K Cross Country

A Mayfield	M65	34:21	Silver
P Sandery	M70	36:30	Bronze
L Davis	W35	32:04	Gold

S Dawson	W45	33:39	Gold
E Slattery	W50	36:28	Silver
<b>4x100m Relay</b>			
L Peake	W65	57.30	Gold
M Norton Baker	W60	57.30	Gold
G Stone	W55	57.30	Gold
K Long	W45	57.30	Gold

#### **4x400m Relay**

L Peake	W65	4.50.76	Gold
M Norton Baker	W60	4.50.76	Gold
G Stone	W55	4.50.76	Gold
K Long	W45	4.50.76	Gold

## **2015 GOLD COAST**

### **Marathon**

L Davis	W35	3.02.29	Gold
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## **2016 BENDIGO**

### **Muti-Events**

No SAMA entrants

## **2016 HOBART**

### **Half Marathon**

T Hoopman	W50	1.14.14	Bronze
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## **2016 ADELAIDE**

Total entrants 669 –

The major sponsor was RetireAustralia

Convener/Secretary/Sponsorship/Competition Director – George White

Grants – Helen Suridge

Officials – Patricia McHendrie

Volunteers – Helen Suridge

Meet Manager/Results – Vicki Miller

Finance–Rodger Barber/Karen Sawyer

Awards/Ceremonial – John Hore

Registrations – Karen Powell

Athlete packages – Graham Harrison

Publications– Richard Moyle, Debra Moyle

Medical – Shirley Wright

Athlete Support – Gillian White, Jill Rogers, Valmai Padget,

Technical – George White, David Bates

Arena Manager - Mark Worthing

Non- Stadia – Doug Smart, Hayden Harrell, Graham Harrison, Marie

Maxted

Media/ Public Relations – Edna Bates

Web Site – David Bates

### **60m**

C Neubauer	W35	8.67	Bronze
K Long	W40	8.35	Silver
S Turner	W55	8.90	Silver
L Peake	W65	9.35	Gold
M Cudmore	W75	11.27	Gold
M Cassidy	M50	7.93	Gold
H Van Bavel	M65	8.72	Bronze
D Peck	M80	11.71	Bronze

### **100m**

C Neubauer	W35	13.89	Bronze
K Long	W40	13.18	Gold
S Turner	W55	14.35	Silver
M Norton-Baker	W60	16.06	Gold
L Peake	W65	15.40	Gold
L Peake	Championship		Gold
M Cudmore	W75	18.11	Gold
O Sirop	M30	12.32	Bronze
M Cassidy	M50	12.67	Silver
H Van Bavel	M65	14.04	Gold

**200m**

C Neubauer	W35	29.32	Bronze
S Turner	W55	29.37	Silver
M Norton-Baker	W60	32.85	Gold
L Peake	W65	31.63	Silver
M Cudmore	W75	37.86	Gold
G Doyle	M35	24.99	Silver
M Cassidy	M50	25.13	Bronze
H Van Bavel	M65	28.15	Bronze

**400m**

V Caputo	W35	62.98	Gold
K Long	W40	60.54	Silver
S Chinner	W50	69.47	Bronze
S Turner	W55	68.03	Bronze
M Norton-Baker	W60	78.38	Bronze
A Lang	W70	86.1	Silver

**800m**

L Davis	W35	2.34.9	Gold
J Luke	W35	2.58.9	Silver
R Williams	W35	3.08.6	Bronze
S Chinner	W50	2.38.9	Gold
M Abrey	W65	2.37.9	Bronze
A Lang	W70	3.29.5	Silver
B Woodd	M35	2.03.5	Gold
A Mayfield	M65	2.34.0	Gold
P Sandery	M70	2.55.5	Silver

**1500m**

L Davis	W35	5.02.7	Gold
J Luke	W35	6.10.3	Silver
F Potezny	W45	5.17.0	Bronze
S Chinner	W50	5.31.6	Silver
J Lutze	W55	5.49.3	Silver
M Abrey	W65	7.33.7	Silver
S McGregor	M45	4.29.7	Silver
A Mayfield	M65	5.15.4	Silver
P Sandery	M70	5.43.1	Silver

**5000m**

C Stacey	W30	21.53	Gold
J Luke	W35	21.54	Silver
F Potezny	W45	19.34	Bronze
M Maney	W50	22.37	Bronze
J Lutze	W55	21.56	Gold
C Brown	M30	16.17	Gold
P Mulholland	M35	16.09	Gold

**10000m**

L Davis	W35	40.29	Gold
J Luke	W35	46.26	Silver
D Alessio	W40	46.07	Silver
F Potezny	W45	41.48	Silver
A Potter	W50	54.28	Bronze
C Brown	M30	34.55	Gold
P Mulholland	M35	33.41	Gold
A Twartz	M60	42.47	Bronze
P Sandery	M70	44.35	Silver

**2000m Steeple**

F Alexander	W50	10.42	Gold
A Mayfield	M65	7.57.7	Gold

**3000m Steeple**

L Ferrante	M45	13.40	Silver
J Dawson	M55	15.07	Gold

**80m Hurdles**

J Isaac	W50	21.96	Silver
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**100m Hurdles**

M Lovell	M50	18.63	Silver
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**400m Hurdles**

L Attenborough	W45	81.20	Silver
S Orchard-Simonides	W45	101.10	Bronze
L Ferrante	M45	71.87	Bronze

**1500m Walk**

K Goode	W40	10.32	Gold
M McIntosh	W60	12.17	Bronze
M Abrey	W65	10.42	Silver
J Layng	W65	11.04	Bronze
M Anderson	M45	15.43	Silver
M Worthing	M50	8.42.6	Silver
J Leydon	M50	8.56.6	Bronze
P Crump	M55	8.06.4	Gold
J Russell	M60	9.05.4	Silver
G McIntosh	M65	9.41.5	Gold
J Hoare	M65	9.52.4	Bronze
G White	M70	8.21.0	Gold
C Hainsworth	M85	12.31	Gold

**5000m Walk**

C Rothery	W45	32.24	Gold
M McIntosh	W60	42.09	Bronze
A Hill	W65	37.59	Silver
J Layng	W65	38.34	Bronze
J Leydon	M50	31.02	Silver
P Crump	M55	28.38	Silver
J Russell	M60	32.59	Silver
J Hoare	M65	33.41	Bronze
G White	M70	28.34	Gold
D Robertson	M80	45.43	Bronze
C Hainsworth	M85	41.14	Gold

**High Jump**

E Meyer-Stander	W30	1.15	Bronze
J Cotter	W40	1.43	Gold
C Konecny	W45	1.40	Silver
J Lycett	W50	1.15	Bronze
M Abrey	W65	0.95	Silver
A Schatz	M35	1.60	Gold
D Goode	M40	1.60	Silver
D Peck	M80	1.08	Silver

**Long Jump**

E Meyer-Stander	W30	3.07	Bronze
C Neubauer	W35	4.79	Silver
V Caputo	W35	4.73	Bronze
C Konecny	W45	4.52	Bronze
A Jefferies	W50	4.01	Silver
L Peake	W65	3.80	Gold



E Neubauer	W65	2.60	Bronze
A Lang	W70	2.78	Gold
M Cudmore	W75	3.38	Gold
D Wilczek	M45	5.41	Bronze
M Lovell	M50	5.19	Gold

### Triple Jump

C Neubauer	W35	8.79	Gold
A Jefferies	W50	7.41	Bronze
M Abrey	W65	5.96	Gold
E Neubauer	W65	4.95	Silver
M Cudmore	W75	7.96	Gold
A Dundas	M40	9.82	Bronze

### Pole Vault

M Lovell	M50	2.20	Bronze
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### Javelin

E Meyer-Stander	W30	23.95	Silver
C Neubauer	W35	23.20	Silver
C Konecny	W45	28.45	Bronze
A Jefferies	W50	28.04	Silver
C Woods	W65	13.50	Silver
A Lang	W70	14.45	Bronze
M Cudmore	W75	21.25	Gold
J Wilson	W80	10.79	Silver
A Schatz	M35	50.01	Gold
A Carr	M45	43.58	Gold
M Lovell	M50	36.87	Gold
D Peck	M80	23.08	Silver

### Shot

E Meyer-Stander	W30	9.27	Bronze
M Cudmore	W75	7.31	Gold
K Carlin	W40	10.50	Silver
K Long	W40	9.66	Bronze
C Mallison	W65	7.94	Silver
C Woods	W65	5.84	Bronze
W Willis	M40	14.58	Gold
C Johns	M55	7.98	Bronze
D Peck	M80	8.77	Silver

### Discus

E Meyer-Stander	W30	28.71	Gold
K Carlin	W40	28.02	Silver
J Lycett	W50	32.86	Silver
C Mallison	W65	19.98	Gold
E Neubauer	W65	9.73	Bronze
J Wilson	W80	15.61	Silver
A Schatz	M35	35.14	Bronze
D Peck	M80	25.50	Silver

### Hammer

E Meyer-Stander	W30	19.46	Silver
N Pusonjic	W45	20.21	Bronze
E Neubauer	W65	19.23	Bronze
P Carlin	M45	52.88	Gold
D Peck	M80	27.49	Silver

### Weight

E Meyer-Stander	W30	9.18	Silver
L Dawson	W55	8.08	Bronze
E Neubauer	W65	6.72	Silver

P Carlin	M45	15.43	Gold
D Peck	M80	11.82	Silver

### Pentathlon

C Neubauer	W35	1894	Gold
M Cudmore	W75	3931	Gold
M Abrey	W65	2315	Silver
E Neubauer	W65	1248	Bronze
A Lang	W70	3078	Gold
A Schatz	M35	1987	Gold
D Wilczek	M45	2886	Gold
M Lovell	M50	2576	Silver

### Throws Pentathlon

E Meyer-Stander	W30	1799	Silver
E Neubauer	W65	1407	Silver
D Peck	M80	3208	Bronze

### 4x100m Relay

C Neubauer	W35	52.67	Silver
K Callins	W40	52.67	Silver
J Cotter	W40	58.87	Gold
K Long	W40	52.67	Silver
L Attenborough	W45	58.41	Bronze
N Pusonjic	W45	58.41	Bronze
C Konecny	W45	52.67	Silver
K Blute	W50	58.41	Bronze
S Chinner	W50	58.41	Bronze
S Turner	W55	58.87	Gold
M Norton-Baker	W60	58.87	Gold
L Peake	W65	58.87	Gold
A Dundas	M40	51.47	Bronze
G Geracitano	M40	51.47	Bronze
P Biggs	M50	49.64	Gold
M Cassidy	M50	49.64	Gold
C Liascos	M50	49.64	Gold
M Howson	M55	51.47	Bronze
H Van Bavel	M65	49.64	Gold

### 4x400m Relay

C Neubauer	W35	4.37.7	Gold
J Cotter	W40	4.37.7	Gold
K Long	W40	4.37.7	Gold
L Attenborough	W45	4.37.7	Gold

### 8km Cross Country

C Stacey	W30	37.55	Gold
L Davis	W35	33.58	Gold
F Potezny	W45	33.50	Gold
J Lutze	W55	37.46	Gold
C Brown	M30	28.33	Gold
P Mulholland	M35	28.37	Gold
B Woodd	M35	30.42	Bronze
B Edwards	M40	31.22	Silver
A Mayfield	M65	34.39	Gold

### 10km Walk

C Rothery	W45	67.30	Gold
M McIntosh	W60	87.54	Silver
A Hill	W65	78.00	Silver
J Leydon	M50	64.32	Gold
P Crump	M55	58.01	Gold

J Russell	M60	67.57	Silver
J Hoare	M65	69.51	Silver
G McIntosh	M65	72.33	Bronze
G White	M70	57.32	Gold

B Starr	M70	73.02	Silver
G Harrison	M70	73.55	Bronze
C Hainsworth	M85	85.07	Gold

## 2016 ADELAIDE

### 20km Walk

C Rothery	W45	2.20.20	Gold
R Schild	W50	2.39.32	Gold
M Maxted	W55	2.20.09	Gold
A Hill	W65	2.38.25	Gold
K Mottrom	M30	1.43.43	Gold

J Leydon	M50	2.14.41	Gold
P Crump	M55	2.01.07	Gold
G McIntosh	M65	2.25.55	Gold
G Harrison	M70	2.38.26	Gold
R Barber	M75	2.39.33	Gold

## 2016 GOLD COAST

### Marathon

M Durbridge	M45	2.47.23	Silver
M Tagell	M60	3.08.06	Silver

## 2017 BENDIGO

### Muti-Events

#### Decathlon

V Jermacans	M65	3545	Gold
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## 2017 HOBART

### Half Marathon

No SAMA entrants

## 2017 Darwin

### 60M

C Neubauer	W35	8.70	Silver
K Long	W40	8.41	Silver
S Turner	W55	9.00	Silver
L Peake	W65	9.61	Silver
M Cudmore	W75	11.25	Gold
M Cassidy	M55	7.86	Gold
B Davies	M70	9.75	Silver
D Janssan	M80	9.78	Gold

### 100m

C Neubauer	W35	14.26	Silver
K Long	W40	13.33	Gold
S Turner	W55	14.42	Silver
L Peake	W65	15.66	Silver
M Norton-Baker	W65	15.99	Bronze
M Cudmore	W75	18.38	Gold
P Biggs	M50	13.00	Bronze
M Cassidy	M55	12.62	Gold
H van Bavel	M65	14.33	Silver
B Davies	M70	16.00	Silver
D Janssan	M80	16.07	Gold

### 200m

C Neubauer	W35	30.74	Gold
K Long	W40	28.86	Gold
S Turner	W55	29.78	Silver
L Peake	W65	32.24	Silver

M Norton-Baker	W65	33.23	Bronze
A Lang	W70	38.27	Silver
M Cudmore	W75	38.13	Gold
M Cassidy	M55	25.36	Gold
H van Bavel	M65	29.15	Silver
B Davies	M70	32.97	Silver
D Janssan	M80	35.29	Gold

### 400m

K Long	W40	61.40	Gold
S Chinner	W55	68.46	Silver
A Lang	W70	89.40	Silver
G Geracitano	M40	54.05	Bronze

### 800m

S Chinner	W55	2:36.64	Gold
A Lang	W70	3:38.82	Gold
G Geracitano	M40	2:07.19	Silver
S McGregor	M50	2:12.85	Silver
R McMahon	M55	2:15.37	Gold
P Sandery	M75	3:03.75	Gold

### 1500m

S Chinner	W55	5:31.60	Gold
J Lutze	W55	5:57.06	Bronze
S McGregor	M50	4:34.23	Silver
R McMahon	M55	4:40.25	Silver
P Sandery	M75	6:10.55	Gold

**5000m**

J Lutze	W55	21:29.1	Bronze
K Mottrom	M30	19:08.6	Silver
S McGregor	M50	18:19.7	Silver
P Sandery	M75	23:33.9	Gold

**10000m**

K Mottrom	M30	39:52.1	Silver
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**1500m Walk**

M McIntosh	W60	12:24.7	Silver
K Mottrom	M30	6:04.00	Gold
J Russell	M65	8:41.20	Gold
G McIntosh	M65	9:28.20	Bronze
G White	M70	8:54.80	Gold
D Robertson	M80	12:28.2	Silver
C Hainsworth	M85	12:55.5	Silver

**5000m Walk**

K Mottrom	M30	23:39.4	Gold
J Russell	M65	31:52.4	Silver
G White	M70	31:10.3	Gold
C Hainsworth	M85	47:20.	Gold

**Long Jump**

E Meyer-Stander	W30	3.06m	Bronze
C Neubauer	W35	4.38m	Gold
A Jefferies	W55	3.87m	Gold
L Peake	W65	3.38m	Silver
E Neubauer	W65	2.68m	Bronze
M Cudmore	W75	3.17m	Gold
M Lovell	M50	5.01m	Gold
B Davies	M70	3.45m	Gold

**Triple Jump**

E Meyer-Stander	W30	6.22m	Silver
C Neubauer	W35	8.43m	Silver
A Jefferies	W55	7.98m	Gold
E Neubauer	W65	4.48m	Bronze
M Cudmore	W75	6.84m	Gold
M Lovell	M50	9.66m	Gold

**High Jump**

E Meyer-Stander	W30	1.20m	Silver
J Cotter	W40	1.46m	Gold
A Schatz	M35	1.53m	Gold

**Pole Vault**

M Lovell	M50	2.30m	Silver
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**Hammer**

E Meyer-Stander	W30	22.92m	Silver
A Jefferies	W55	31.93m	Bronze
M Lovell	M50	36.84m	Silver
T Patane	M65	34.99m	Silver
P Boyce	M80	14.83m	Bronze

**Discus**

G Boyce	W75	16.81m	Bronze
A Schatz	M35	35.54m	Silver
T Patane	M65	31.21m	Bronze

**Javelin**

C Neubauer	W35	21.87m	Bronze
A Jefferies	W55	28.45m	Gold

C Woods	W65	13.47m	Bronze
A Lang	W70	15.80m	Silver
M Cudmore	W75	18.77m	Gold
A Schatz	M35	45.99m	Gold
M Lovell	M50	38.46m	Bronze

**Shot**

A Jefferies	W55	9.21m	Gold
C Woods	W65	5.94m	Bronze
A Lang	W70	5.83m	Silver
M Cudmore	W75	7.19m	Bronze

**Weight**

E Meyer-Stander	W30	9.85m	Silver
A Jefferies	W55	10.40m	Silver
E Neubauer	W65	5.93m	Bronze
M Lovell	M50	10.86m	Silver
T Patane	M65	14.14m	Silver
B Davies	M70	13.56m	Gold

**8km Cross Country**

J Lutze	W55	35.05	Silver
K Mottrom	M30	34.35	Bronze
P Sandery	M75	38.01	Gold

**10000m Walk**

M McIntosh	W60	86:27	Gold
K Mottrom	M30	47:42	Gold
J Russell	M65	65:42	Gold
G White	M70	63:30	Gold
C Hainsworth	M85	93:18	Gold

**Throws Pentathlon**

A Jefferies	W55	3517	Gold
G Boyce	W75	2997	Bronze
M Lovell	M50	2581	Bronze

**T&F Pentathlon**

G Stone	W55	1775	Silver
M Norton-Baker	W65	2700	Silver
A Lang	W70	2798	Silver
A Schatz	M35	1931	Gold

**4x100m Relay**

S Cassidy	W55	62.60	Bronze
K Blute	W55	62.60	Bronze
G Stone	W55	62.60	Bronze
S Chinner	W55	62.60	Bronze
S Turner	W55	53.52	Silver
J Cotter	W40	53.52	Silver
C Neubauer	W35	53.52	Silver
K Long	W40	53.52	Silver
M Cassidy	M55	48.42	Gold
P Biggs	M50	48.42	Gold
V Musolino	M45	48.42	Gold
G Geracitano	M40	48.42	Gold

**4x400m Relay**

J Cotter	W40	4:40.43	Silver
C Neubauer	W35	4:40.43	Silver
K Long	W40	4:40.43	Silver
S Chinner	W55	4:40.43	Silver

M Cassidy	M55	3:52.49	Gold
P Biggs	M50	3:52.49	Gold

V Musolino	M45	3:52.49	Gold
G Geracitano	M40	3:52.49	Gold

## 2017 GOLD COAST

### Marathon

M Tagell	M60	3:12:01	Bronze
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## 2017 ADELAIDE

### 20km Walk

M Maxted	W55	2.30.05	Gold
P Crump	M55	2.03.26	Gold

N Hayford	M65	3.12.49	Gold
G White	M70	2.09.03	Gold

## 2018 BENDIGO

### Muti-Events

#### Decathlon

No SAMA entrants.

## 2018 PERTH

### 60m

C Neubauer	W35	8.81	Bronze
J Cotter	W40	8.79	Bronze
S Turner	W55	8.65	Gold
L Peake	W65	9.36	Gold
A Lang	W75	11.17	Silver
M Cudmore	W80	11.04	Gold
M Cassidy	M55	7.79	Gold
H Van Bavel	M65	8.71	Gold

### 100m

S Turner	W55	13.86	Gold
L Peake	W65	14.99	Gold
A Lang	W75	18.07	Silver
M Cudmore	W80	17.74	Gold
M Cassidy	M55	12.12	Gold
H Van Bavel	M65	13.93	Gold

### 200m

S Turner	W55	29.98	Gold
L Peake	W65	32.96	Gold
A Lang	W75	38.81	Gold
M Cudmore	W80	40.00	Gold
M Cassidy	M55	25.83	Silver
H Van Bavel	M65	28.90	Silver

### 400m

K Long	W45	60.66	Gold
S Noon	W50	65.36	Gold
S Chinner	W55	67.27	Gold
S Turner	W55	68.09	Bronze
L Peake	W65	75.25	Silver
A Lang	W75	87.42	Gold
M Cassidy	M55	57.84	Silver

### 800m

S Chinner	W55	2:35.4	Gold
A Lang	W75	3:32.1	Gold

A Mayfield	M65	2:34.0	Silver
P Sandery	M75	3:09.8	Silver

### 1500m

S Chinner	W55	5:35.0	Gold
A Mayfield	M65	5:12.6	Gold
P Sandery	M75	6:16.9	Silver

### 5000m

P Sandery	M75	23:01	Gold
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### 80m Hurdles

C Konecny	W50	16.76	Bronze
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### 2000m Steeple

A Mayfield	M65	8:01	Gold
P Sandery	M75	10:11	Gold

### Long Jump

C Neubauer	W35	4.48	Bronze
C Konecny	W50	4.24	Silver
S Chinner	W55	4.00	Gold
A Jefferies	W55	3.60	Silver
E Neubauer	W65	2.73	Bronze
A Lang	W75	2.60	Silver
M Cudmore	W80	3.04	Gold
M Lovell	M50	4.97	Bronze

### Triple Jump

C Konecny	W50	8.22	Bronze
A Jefferies	W55	7.17	Silver
M Cudmore	W80	6.75	Gold
M Lovell	M50	9.67	Gold

### High Jump

R Hunter	W35	1.15	Gold
J Cotter	W40	1.45	Gold
C Konecny	W50	1.30	Silver

### Pole Jump

C Konecny	W50	1.80	Bronze
M Lovell	M50	2.00	Gold



**Shot**

K Long	W40	9.44	Bronze
A Jefferies	W55	9.71	Gold
C Woods	W70	6.48	Silver
A Lang	W75	7.33	Silver
M Cudmore	W80	6.78	Gold
D Wilczek	M45	9.82	Bronze

**Hammer**

A Jefferies	W55	34.64	Silver
M Lovell	M50	38.66	Silver

**Discus**

C Konecny	W50	24.84	Bronze
A Jefferies	W55	24.67	Bronze
C Woods	W70	15.53	Bronze
A Lang	W75	17.57	Gold

**Javelin**

C Neubauer	W35	20.11	Bronze
A Jefferies	W55	28.37	Silver
M Clark	W65	17.72	Silver
C Woods	W70	13.79	Silver
A Lang	W75	16.53	Gold
M Cudmore	W80	20.75	Gold
M Lovell	M50	37.99	Silver

**Weight**

A Jefferies	W55	9.95	Silver
E Neubauer	W65	6.80	Bronze
M Lovell	M50	12.99	Silver

**Throws Pentathlon**

A Jefferies	W55	3702	Silver
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**T&F Pentathlon**

C Neubauer	W35	1716	Bronze
S Chinner	W55	3163	Gold

**6km Cross Country**

P Sandery	M75	27.20	Gold
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**8km Cross Country**

A Mayfield	M65	32.23	Bronze
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**4x100m Relay**

L Peake	W65	56.10	Bronze
C Neubauer	W35	56.10	Bronze
S Noon	W50	56.10	Bronze
S Turner	W55	56.10	Bronze
A Lang	W75	68.45	Bronze
M Cudmore	W80	68.45	Bronze
S Orchard-Simonides	W50	68.45	Bronze
S Cassidy	W55	68.45	Bronze
V Musolino	M45	50.51	Bronze
M Cassidy	M55	50.51	Bronze
H Van Bavel	M65	50.51	Bronze
M Lovell	M50	50.51	Bronze

**4x400m Relay**

K Long	W45	4:24.8	Gold
S Noon	W50	4:24.8	Gold
S Chinner	W55	4:24.8	Gold
S Turner	W55	4:24.8	Gold

**2018 GOLD COAST****Marathon**

C Brown	M30	2:54:03	Silver
B Nicholls	M40	2:27:23	Gold
M Tagell	M60	3:33:08	Silver

**2018 ADELAIDE****20km Walk****2018 Canberra****Half Marathon**

## **SAMA AT THE WORLD MASTERS ATHLETIC CHAMPIONSHIPS**

### **1975 TORONTO, CANADA**

**August 11-16, 1975**

With international contact having been made in Germany, the USA and the UK, a World Championships was suggested. The Canadian Masters, headed by Don Farquharson, began this tradition in Toronto. Men and women from 32 Countries participated in five days of competition. Eight SAVAAC members took part.

At the University of Toronto, all competitors were invited to put their views on the formation of a World Veterans Track and Field Body, and a steering committee was elected; the name "World Association of Veteran Athletes" (WAVA) was proposed

#### **100m**

B Clarke	M50	12.6
H Barnes	M50	13.8
P Barnes	M65	15.5

#### **200m**

D Paul	M40	25.5
B Clarke	M50	25.9

#### **400m**

D Paul	M40	56.7
B Clarke	M50	57.90 Bronze

#### **800m**

B Clarke	M50	2.09.1 Bronze
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#### **1500m**

D Paul	M40	4.43
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#### **10000m**

B Kirkwood	M40	37.07
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#### **110m Hurdles**

P Dalwood	M50	No time
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A Lampard	M55	23.10
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#### **400m Hurdles**

A Lampard	M55	89.2	4 <sup>th</sup>
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#### **High Jump**

P Dalwood	M50	1.45	7 <sup>th</sup>
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#### **Long Jump**

A Lampard	M55	4.35	7 <sup>th</sup>
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#### **Triple Jump**

A Lampard	M55	9.32	5 <sup>th</sup>
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#### **Discus**

P Barnes	M65	21.28	Bronze
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#### **Hammer**

P Barnes	M65	20.68	5 <sup>th</sup>
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#### **10k Cross country**

B Kirkwood	M40	39.04
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#### **Marathon**

B Kirkwood	M40	2.56.23
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### **1977 GOTHENBURG, SWEDEN**

**August 8-13, 1977**

In 1977, the second Championships welcomed 2,750 competitors. Competition resounded to a clash of the Titans when 1972 Olympic discus Champion Ludvik Danek of Czechoslovakia was defeated by many times Olympic gold medallist Al Oerter of the USA.

WAVA was officially founded at the General Assembly in Gothenburg. The President of the IAAF attended the meeting and commented that "the competitors obviously enjoyed themselves so much that something should be done about a special status". Some months after the Championships, WAVA was given the right by the IAAF to decide who would take part in its events, provided these events were confined to men 40 years and over and women 35 years and over.

<b>100m</b>				
L Snelling	M45	11.9	8 <sup>th</sup>	
B Clarke	M50	13.20		
A Digance	M60	13.8		
<b>200m</b>				
L Snelling	M45	24.10	4 <sup>th</sup>	
H Barnes	M50	28.00		
A Digance	M60	31.20		
<b>400m</b>				
D Paul	M40	57.50		
L Snelling	M45	53.00	Silver	
B Clarke	M50	57.80	8 <sup>th</sup>	
A Lampard	M60	66.70		
<b>800m</b>				
D Paul	M40	2.20.5		
<b>1500m</b>				
N Sutcliffe	W45	6.18.0	8 <sup>th</sup>	
<b>3000m</b>				
N Sutcliffe	W45	13.51		
<b>5000m</b>				
R Sutcliffe	M45	17.46		
W Beames	M55	17.54		
A Digance	M60	22.09		
<b>10000m</b>				
R Sutcliffe	M45	36.17	26 <sup>th</sup>	
W Beames	M55	37.05	4 <sup>th</sup>	
A Digance	M60	48.59		
<b>3k Steeple</b>				
B Clarke	M50	11.35	5 <sup>th</sup>	
B Caudle	M55	12.35	7 <sup>th</sup>	

<b>110m Hurdles</b>				
A Lampard	M60	21.60	6 <sup>th</sup>	
<b>400m Hurdles</b>				
Alex Lampard	M60	74.60	Silver	
<b>High Jump</b>				
P Dalwood	M55	1.20		
<b>Shot</b>				
P Dalwood	M55	10.93		
P Barnes	M70	7.98	6 <sup>th</sup>	
<b>Discus</b>				
P Barnes	M70	28.74	6 <sup>th</sup>	
<b>Javelin</b>				
P Barnes	M70	27.84	4 <sup>th</sup>	
<b>Hammer</b>				
P Barnes	M70	24.58	5 <sup>th</sup>	
<b>4x400m Relay</b>				
Lloyd Snelling	M45		Bronze	
Herb Barnes	M50		Bronze	
Bob Clarke	M50		Bronze	
Alex Lampard	M60		Bronze	
<b>Cross country</b>				
N Sutcliffe	W45	53.44	13 <sup>th</sup>	
R Sutcliffe	M45	34.42		
W Beames	M55	36.02	7 <sup>th</sup>	
<b>Marathon</b>				
R Sutcliffe	M45	3.02.59		
Wally Beames	M55	3.00.26	6 <sup>th</sup>	

## 1979 HANOVER, GERMANY

### July 27-August 2, 1979

Until 1979, WAVA had no income whatsoever. At Hanover, and at all Championships since, each competitor has paid a levy to help provide WAVA's administration expenses.

The Hanover Championships saw almost 3,400 competitors from 57 countries take part.

<b>100m</b>				
J Liascos	M45	11.86	6 <sup>th</sup>	
H Barnes	M55	14.01		
A Digance	M60	14.98		
<b>200m</b>				
J Liascos	M45	24.89		
B Clarke	M50	26.71		
H Barnes	M55	27.76		
A Lampard	M60	29.86		
<b>400m</b>				
B Clarke	M50	58.35		
<b>800m</b>				
R Woodcock	M45	2.15.5		

B Clarke	M50	2.11.9		
<b>5000m</b>				
W Beames	M55	18.37	16 <sup>th</sup>	
<b>10000m</b>				
W Beames	M55	37.33	9 <sup>th</sup>	
<b>110m Hurdles</b>				
A Lampard	M60	23.77		
<b>400m Hurdles</b>				
A Lampard	M60	78.82	6 <sup>th</sup>	
<b>Long Jump</b>				
A Lampard	M60	4.04		

**Shot**

P Barnes M70 8.25

**Discus**P Barnes M70 27.34 8<sup>th</sup>**Hammer**

P Barnes M70 24.22 Silver

**Javelin**P Barnes M70 24.68 4<sup>th</sup>**4x400m Relay**

A Lampard M60 4.19.9 Gold

**Marathon**W Beames M55 2.58.59 5<sup>th</sup>**10k Cross country**W Beames M55 40.42 7<sup>th</sup>

A Digance M60 53.02

**1981 CHRISTCHURCH, NEW ZEALAND****January 7-14, 1981**

Despite concerns about people travelling so far, 2,400 Veterans competed from 51 countries in the Commonwealth Games QE2 stadium.

**100m**

G O'Reilly W35 13.60  
 W Ey W40 13.03 4<sup>th</sup>  
 R Stone M40 12.38  
 J Liascos M45 12.23  
 S Grimm M45 13.81  
 H Thomas M45 11.50 Gold  
 T Morgan M50 13.71  
 L Snelling M50 11.91 Gold  
 R Ferris M50 13.77  
 B Clarke M55 13.57  
 A Digance M65 15.10  
 R Burford M65 14.28 5<sup>th</sup>  
 L Barnes M70 15.31

**200m**

G O'Reilly W35 29.22  
 W Ey W40 27.27 Bronze  
 H Thomas M45 23.20 Silver  
 T Morgan M50 26.68  
 L Snelling M50 24.46 Gold  
 B Clarke M55 27.76  
 R Burford M65 28.79 Bronze

**400m**

A Miller W40 74.09  
 H Thomas M45 52.34 Gold  
 L Snelling M50 52.91 Gold  
 G Parkinson M50 59.78  
 B Clarke M55 58.91 4<sup>th</sup>  
 R Burford M65 64.42 Bronze

**800m**

A Miller W40 2.56.0  
 B Auld M45 2.17.7  
 G Parkinson M50 2.17.7 8<sup>th</sup>  
 B Clarke M55 2.16.3

**1500m**

B Auld M45 4.37.0  
 R Woodcock M50 4.34.1 8<sup>th</sup>

**5000m**A Pearce W40 19.49 6<sup>th</sup>

N Sutcliffe W50 24.19  
 D Mallett M45 18.28  
 S Grimm M45 19.42  
 B Auld M45 18.21  
 G Inwood M50 18.22  
 R Potts M55 18.21  
 W Beames M55 18.01  
 L Frisby M55 18.29 5<sup>th</sup>

**10000m**

E MacFarlane W35 51.21 14<sup>th</sup>  
 A Pearce W40 41.00  
 S Malbut W45 46.06  
 D Mallett M45 38.16  
 G Hicks M45 33.03 6<sup>th</sup>  
 B Kirkwood M45 38.23  
 B Auld M45 37.23  
 G Inwood M50 38.46  
 R Sutcliffe M50 36.47  
 L Frisby M55 37.23  
 R Potts M55 38.11  
 W Beames M55 38.35  
 R Blanchard M55 39.20

**5K Walk**

E MacFarlane W35 31.06 4<sup>th</sup>  
 R Weber W55 34.51 4<sup>th</sup>  
 M Cahill W60 38.39 4<sup>th</sup>  
 J Weber M65 28.50 Silver

**80m Hurdles**

B Parkinson W40 17.46

**400m Hurdles**

G Parkinson M50 69.98

**10k Walk**

E MacFarlane W35 68.31 5<sup>th</sup>  
 R Weber W55 68.59 4<sup>th</sup>

**20k Walk**

J Weber M65 122.55 Silver

**Marathon**A Pearce W40 3.14.0 5<sup>th</sup>



S Malbut	W45	3.45.30
D Mallett	M45	3.07.45
G Hicks	M45	2.37.56 5 <sup>th</sup>
R Sutcliffe	M50	2.51.46 6 <sup>th</sup>
W Beames	M55	3.02.35
R Blanchard	M55	3.05.37

#### **10k Cross country**

A Pearce	W40	43.14	Bronze
S Malbut	W45	48.39	
N Sutcliffe	W50	55.23	
D Mallett	M45	41.43	
G Hicks	M45	37.49	
B Kirkwood	M45	41.09	
B Auld	M45	40.11	
R Sutcliffe	M50	38.13	
G Inwood	M50	39.30	
R Potts	M55	40.23	
W Beames	M55	39.32	
L Frisby	M55	40.03	
R Blanchard	M55	40.35	

#### **4x100m Relay**

L Snelling	M50		Gold
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#### **4x400m Relay**

L Snelling	M50		Gold
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#### **Long Jump**

R Stone	M40	5.65
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T Morgan	M50	4.48
R Ferris	M50	3.97
C McCarten	M60	3.55
A Digance	M65	2.76

#### **Triple Jump**

R Stone	M40	11.85	5 <sup>th</sup>
A Digance	M65	7.07	

#### **Shot**

S White	W50	10.48	Bronze
P Dalwood	M55	9.70	

#### **Discus**

S White	W50	31.44	Silver
M Cahill	W60	14.40	Gold
C McCarten	M60	22.18	

#### **Javelin**

S White	W50	32.22	Gold
M Cahill	W60	15.06	Gold

#### **Hammer**

D Leadbetter	M45	40.54	4 <sup>th</sup>
P Dalwood	M55	21.48	
C McCarten	M60	16.12	Bronze

#### **Pentathlon**

S Grimm	M45	1602
R Ferris	M50	1076
A Digance	M65	1211

## **1983 SAN JUAN, PUERTO RICO**

### **September 23-30, 1983**

San Juan recorded 1,960 participants from 48 countries. Unfortunately the Championships were marred by chaotic organization largely a result of inexperienced administrators and officials. Some throwing events did not finish until after midnight, their competition being interrupted by a local baseball game. Also officials interpreted the rule that "athletes should not receive outside assistance" meant that runners in long distance races were not to wear watches or be given lap times.

#### **100m**

B Wilson	M40		Silver
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#### **200m**

B Wilson	M40		Gold
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## **1985 ROME, ITALY**

### **June 22-30, 1985**

These Championships, as anticipated, proved to be the largest yet with 4,360 competitors from 48 countries. Four stadiums, including the 1960 Olympic Stadium were used.

#### **100m**

W Ey	W45	13.70	Gold
B Wilson	M40	11.40	
D Williams	M50	13.83	

#### **200m**

W Ey	W45	27.37	Silver
B Wilson	M40	23.59	7 <sup>th</sup>
D Williams	M50	27.40	
B Clarke	M60	27.69	

**400m**

D Williams	M50	61.22	
B Clarke	M60	59.88	6 <sup>th</sup>

**800m**

J Daly	W35	2.16.6	Silver
B Clarke	M60	2.17.2	5 <sup>th</sup>

**1500m**

J Daly	W35	4.36.1	Gold
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**5000m**

D Mallett	M50	19.59	
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**10000m**

E MacFarlane	W40	56.11	
D Mallett	M50	43.32	

**5K Walk**

E MacFarlane	W40	37.32	
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**High Jump**

S White	W55	1.23	4 <sup>th</sup>
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**Shot**

S White	W55	11.48	Gold
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**Discus**

S White	W55	34.20	Gold
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**Javelin**

S White	W55	33.46	Gold
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**Hammer**

S White	W55	17.46	8 <sup>th</sup>
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**4x100m Relay**

W Ey	W40	52.93	Bronze
B Wilson	M40	44.00	Bronze

**10k Walk**

E MacFarlane	W40	71.08	
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**Cross country**

D Mallett	M50	37.06	
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**Marathon**

D Mallett	M50	3.33.51	
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**1987 MELBOURNE**

**November 29-December 6, 1987**

Numbers increased again at the Championships in Melbourne. Some 4,817 took part from 51 countries and despite very bad weather during the first three days, it was a high quality, efficiently conducted and friendly championships. The shocking weather caused many headaches for organisers as they wrestled with the program. Decisions included postponing the hurdles – declared unsafe – and all field events on Gosch's Paddock, until the following day. The Wednesday, which had been specifically left as a rest day had to be used as a competition day.

**100m**

R Tregenza	W40	13.17	4 <sup>th</sup>
W Ey	W45	13.45	Bronze
B Parkinson	W50	14.44	Bronze
D Brown	M45	12.52	
H Thomas	M50	11.71	6 <sup>th</sup>
J Liascos	M55	13.10	
T Morgan	M55	14.11	
K Postler	M55	15.37	

**200m**

R Tregenza	W40	27.41	Bronze
G Boyce	W45	33.29	
D Brown	M45	25.98	
H Thomas	M50	24.24	4 <sup>th</sup>
D Paul	M50	26.92	
S Grimm	M50	29.43	
T Morgan	M55	28.01	
K Postler	M55	32.20	
J Wright	M75	35.34	

**400m**

A Cooper	W55	73.17	Bronze
N Charles	M40	58.17	
H Thomas	M50	56.03	7 <sup>th</sup>
D Paul	M50	57.78	

T Morgan	M55	60.58	
C Cooper	M55	62.54	
K Postler	M55	72.82	
B Clarke	M60	63.04	

**800m**

J Daly	W40	2.13.8	Gold
A Cooper	W55	2.46.9	Gold
D Paul	M50	2.11.9	
P Boyce	M50	2.33.3	
B Clarke	M60	2.23.6	7 <sup>th</sup>

**1500m**

J Daly	W40	4.38.7	Gold
P Sandery	M45	4.39.3	
P Boyce	M50	5.16.3	

**5000m**

R Obst	M40	19.42	
D Milburn	M45	18.45	

**10000m**

R Obst	M40	43.22	
D Milburn	M45	37.56	
D Padget	M55	39.18	12 <sup>th</sup>
A McComb	M55	41.35	
G Parkinson	M55	42.07	

B Caudle	M65	40.56	5 <sup>th</sup>
<b>80m Hurdles</b>			
W Ey	W45	12.72	Gold
B Parkinson	W50	12.71	Silver
<b>110m Hurdles</b>			
D Brown	M45	18.81	
<b>300m Hurdles</b>			
B Parkinson	W50	49.79	Gold
<b>5k Walk</b>			
A Miller	W45	29.16	5 <sup>th</sup>
E MacFarlane	W45	32.57	14 <sup>th</sup>
G White	M40	22.00	Gold
P Fullager	M40	23.11	4 <sup>th</sup>
T Thompson	M40	25.24	14 <sup>th</sup>
M Marker	M45	23.41	4 <sup>th</sup>
C Hainsworth	M55	28.47	14 <sup>th</sup>
G Peters	M60	30.08	16 <sup>th</sup>
<b>Triple Jump</b>			
R Tregenza	W40	10.53	Silver
R Stone	M50	11.22	10 <sup>th</sup>
<b>Pole Vault</b>			
G Powell	M50	3.45	6 <sup>th</sup>
<b>Shot</b>			
S Halupka	M65	8.03	
<b>Discus</b>			
S Halupka	M65	21.44	
<b>Javelin</b>			
S Halupka	M65	23.24	

<b>Hammer</b>			
S Halupka	M65	24.34	
<b>Pentathlon</b>			
A Miojlic	M60	2216	
<b>10k Walk</b>			
A Miller	W45	60.00	6 <sup>th</sup>
E MacFarlane	W45	68.27	14 <sup>th</sup>
<b>20k Walk</b>			
G White	M40	96.48	Silver
P Fullager	M40	99.26	7 <sup>th</sup>
T Thompson	M40	110.30	16 <sup>th</sup>
R McFadden	M40	119.32	22 <sup>nd</sup>
M Marker	M45	100.10	5 <sup>th</sup>
B Starr	M45	130.30	22 <sup>nd</sup>
C Hainsworth	M55	121.45	15 <sup>th</sup>
G Peters	M60	130.31	16 <sup>th</sup>
J Weber	M70	137.18	Bronze
<b>10k Cross country</b>			
D Milburn	M45	39.13	
R Sutcliffe	M55	39.16	14 <sup>th</sup>
<b>Marathon</b>			
G White	M40	3.28.03	
P Sandery	M45	2.50.22	
F Rogers	M50	3.01.20	27 <sup>th</sup>
A McComb	M55	3.00.13	10 <sup>th</sup>
D Padget	M55	3.40.21	
B Caudle	M65	3.27.12	4 <sup>th</sup>

## 1989 EUGENE, USA

### July 27-August 6, 1989

Some 4,951 participants (25% women) from 58 countries including the USSR participating for the first time and more than 300 Australians, made this the largest Championship to date. Because of Eugene's rich athletics heritage, the opening and closing ceremonies at legendary Hayward Field, as well as some feature events, drew large and appreciative crowds of 10,000 or more. The Opening Ceremony was especially memorable for the athletes as they marched into the stadium to enthusiastic rounds of applause. Olympic champion Kenyan distance runner Kip Keino ran through the assembled athletes carrying the "friendship torch" to light the flame signifying the start of the championships.

<b>100m</b>			
W Ey	W50	13.66	Gold
G Boyce	W45	16.32	
M McKinnon	W60	16.06	4 <sup>th</sup>
K Postler	M60	15.27	
<b>200m</b>			
G Boyce	W45	33.98	
P Boyce	M50	29.66	
K Postler	M60	30.48	
<b>400m</b>			
A Cooper	W60	69.00	Gold
P Boyce	M50	67.18	

<b>800m</b>			
J Daly	W40	2.16.5	Gold
A Cooper	W60	2.52.7	Gold
P Boyce	M50	2.35.9	
C Cooper	M60	2.24.2	
<b>1500m</b>			
J Daly	W40	4.37.7	Gold
<b>10000m</b>			
F Rogers	M50	38.26	25 <sup>th</sup>
D Padget	M55	38.53	26 <sup>th</sup>
<b>80m Hurdles</b>			
W Ey	W50	13.22	Gold

**5k Walk**

G White	M40	22.06	Silver
C Hainsworth	M55	29.03	20 <sup>th</sup>

**High Jump**

M McKinnon	W60	1.19	Silver
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**Long Jump**

M McKinnon	W60	2.91	5 <sup>th</sup>
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**Triple Jump**

M McKinnon	W60	7.12	Bronze
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**Marathon**

F Rogers	M50	3.16.31	31 <sup>st</sup>
D Padget	M55	3.14.43	16 <sup>th</sup>

**10k Cross country**

D Padget	M55	41.41	22 <sup>nd</sup>
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**1991 TURKU, FINLAND****July 18-28, 1991**

The facilities in Turku were excellent and the weather generally favourable. Each day, as the 4,802 competitors from 56 countries entered the stadium, they were potentially inspired by the statue of the Finnish Olympian Paavo Nurmi cast in full stride in his home town.

As these championships were conducted just before the break-up of the USSR, international politics, particularly in Finland, were extremely fragile and caused the cancellation of the athlete's parade. However, many athletes held their own unofficial parade by walking and jogging around the track carrying national flags (the green and gold boxing kangaroo banner was prominent).

**100m**

A Cooper	W60	14.58	Gold
H Van Bavel	M40	11.63	Bronze
H Thomas	M55	12.10	Silver

**200m**

A Cooper	W60	30.21	Gold
H Van Bavel	M40	23.75	5 <sup>th</sup>
H Thomas	M55	24.55	Silver

**400m**

A Cooper	W60	67.97	Gold
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**800m**

J Daly	W40	2.15.7	Gold
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**1500m**

J Daly	W40	4.37.4	Gold
F Rogers	M55	5.04.4	

**5000m**

F Rogers	M55	18.48	
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D Padget	M55	19.16	
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**10000m**

D Padget	M55	39.41	
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**5k Walk**

J Rogers	W45	36.48	16 <sup>th</sup>
G White	M45	22.42	5 <sup>th</sup>

**4x100m Relay**

H Van Bavel	M40	47.38	
H Thomas	M55	48.22	Bronze

**4x400m Relay**

H Van Bavel	M40	3.31.4	Silver
B Witty	M40	3.31.4	Silver
H Thomas	M55	3.55.7	Silver

**10k Cross country**

D Padget	M55	42.19	
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**10k Walk**

J Rogers	W45	76.52	15 <sup>th</sup>
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**1993 MIYAZAKI, JAPAN****October 7-17, 1993**

These Championships were the largest ever held attracting 12,000 entrants from 78 countries. They were moved to October in order to miss the worst of the typhoon season - even so "Typhoon Ed" caused torrential rains which hindered events during the first two days of competition. The facilities included three tracks in close proximity in a beautiful green park - set in a pine forest - adjacent to the ocean.

At the opening ceremony for the first time, athletes marched into the stadium behind national flags rather than by age groups as in previous championships. The marathon was treated like a major city marathon with large crowds cheering and waving flags while helicopters equipped with television cameras hovered over the field of more than 6000 runners.

### **100m**

W Ey	W55	13.80	Silver
A Cooper	W60	14.67	Gold
J Liascos	M60	13.89	

### **200m**

W Ey	W55	29.04	Silver
A Cooper	W60	30.61	
P Dunham	M45	27.22	
J Liascos	M60	29.33	
T Morgan	M60	27.86	

### **400m**

P Dunham	M45	60.28	
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### **800m**

A Lang	W50	2.44.0	5 <sup>th</sup>
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### **1500m**

A Lang	W50	5.36.0	4 <sup>th</sup>
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### **300m Hurdles**

T Morgan	M60	50.26	6 <sup>th</sup>
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### **4x100m Relay**

W Ey	W50	56.99	Silver
A Cooper	W60	61.39	Gold
J Liascos	M60	53.15	4 <sup>th</sup>

### **4x400m Relay**

T Morgan	M60	4.11.2	Bronze
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## **1995 BUFFALO, USA**

**July 13-23, 1995**

Buffalo hosted 5,335 competitors from 81 countries, second in numbers only to Miyazaki. Two stadiums at the University of Buffalo were the main venues for competition. The volunteers and the level of competition (58 world records) were outstanding especially as the temperatures were abnormally high (35+ degrees) for much of the competition, making conditions difficult and even dangerous, especially for participants in endurance events. The cross country events had to be halted on the first day when an ambulance shortage was unable to meet the demands of assistance to heat exhausted runners.

Race walkers often relegated to less advantageous tracks or locations, were delighted to be walking on a very picturesque circuit at Niagara Falls.

Drug testing was implemented at these World Championships for the first time - albeit on a relatively small scale.

### **100m**

A Cooper	W65	15.09	Gold
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### **200m**

A Cooper	W65	31.79	Gold
P Dunham	M50	27.94	

### **400m**

A Cooper	W65	74.92	Gold
P Dunham	M50	60.37	

### **800m**

F Rogers	M55	2.23.2	
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### **1500m**

A Lang	W50	5.25.5	9 <sup>th</sup>
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F Rogers	M55	4.57.3	
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### **5k Walk**

G White	M50	23.47	Gold
C Hainsworth	M65	30.10	
D Larkin	M65	35.48	

### **20k Walk**

G White	M50	104.28	Gold
C Hainsworth	M65	138.58	
			Team Gold
D Larkin	M65	146.32	
			Team Gold



## 1997 DURBAN, SOUTH AFRICA

### July 17-27, 1997

It was the first time that the World Championships had been held in Africa and people were keen to sample the unique African culture as well as compete, especially as South Africa had only recently thrown out apartheid. It was to be the largest sporting event ever held in Africa with 5,788 athletes from 76 countries taking part.

While there were some problems in efficiently running the first few days of competition, most problems were eventually solved. The South African hosts were very friendly and did their best to make everyone feel at home. Transportation to and from the stadium was always dependable and there were even local volunteers with vans who picked up stray people who had missed the bus.

#### 100m

A Cooper	W65	15.86	Gold
T Morgan	M65	15.01	

#### 200m

A Cooper	W65	33.03	Gold
P Dunham	M50	28.55	
T Morgan	M65	31.49	

#### 400m

P Dunham	M50	64.74	
T Morgan	M65	65.63	

#### 800m

A Lang	W50	2.42.0	8 <sup>th</sup>
F Rogers	M60	2.26.1	5 <sup>th</sup>

#### 1500m

A Lang	W50	5.53.7	10 <sup>th</sup>
F Rogers	M60	5.10.7	7 <sup>th</sup>

#### 5000m

G Wood	M40	15.04	Silver
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#### 10000m

G Wood	M40	31.25	5 <sup>th</sup>
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#### 5k Walk

G White	M50	24.09	4 <sup>th</sup>
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#### 4x100m Relay

T Morgan	M65	55.46	4 <sup>th</sup>
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#### 4x400m Relay

A Lang	W50	4.41.0	Silver
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#### 10k Cross country

G Wood	M40	32.19	Bronze
T Betts	M40	39.13	

#### 20k Walk

G White	M50	110.12	5 <sup>th</sup>
			Team Gold

## 1999 GATESHEAD, UK

### July 29 – August 8, 1999

The total of 5,950 competitors, the second highest of any World Championships, was also the most international as 4,200 of the total came from 73 countries outside of Great Britain.

The facilities at Gateshead were ideal for a Veteran meet; the officiating was not only well nigh perfect but delivered in a friendly easy manner reflecting the greatest concern for the competitors. Unfortunately it was not the many high quality performances by athletes that got the media headlines but rather a doping and/or question of gender controversy concerning a W55 competitor from the USA.

#### 100m

A Cooper	W70	15.78	Gold
J Batista	M40	11.67	
H Van Bavel	M50	12.28	
G Whitehall	M50	12.54	

P Dunham	M55	14.33	
P Boyce	M60	15.30	
J Wright	M85	19.75	5 <sup>th</sup>

**200m**

A Cooper	W70	32.73	Gold
J Batista	M40	23.43	
H Van Bavel	M50	24.74	6 <sup>th</sup>
G Whitehall	M50	25.09	
P Dunham	M55	28.33	
P Boyce	M60	30.52	
J Wright	M85	45.52	4 <sup>th</sup>

**400m**

A Lang	W55	76.04	
H Van Bavel	M50	55.81	
G Whitehall	M50	56.43	
P Dunham	M55	62.79	
P Boyce	M60	71.97	

**800m**

A Lang	W55	2.45.5	6 <sup>th</sup>
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**1500m**

F Rogers	M60	5.44.9	
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**5000m**

E Darby	M40	17.02	
G Zeuner	M45	15.58	7 <sup>th</sup>

**3k Steeple**

G Zeuner	M45	10.01	Bronze
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**5k Walk**

C Hainsworth	M65	31.16	
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**4x400m Relay**

A Lang	W55		Gold
H Van Bavel	M50		Bronze

**10k Cross country**

E Darby	M40	35.51	
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**20k Walk**

C Hainsworth	M65	135.1	17 <sup>th</sup>
			Team Silver
D Larkin	M70	153.04	15 <sup>th</sup>

**2001 BRISBANE****July 1 – 14, 2001**

The main venue with its 2 tracks made these some of the best facilities ever enjoyed. Nearly 5,000 competitors from 80 countries took part.

At these Championships the assembly changed the name of the international body from World Association of Veteran Athletes (WAVA) to World Masters Athletics (WMA).

**100m**

P Roach	W35	13.94	
D Pardon	W45	15.43	
G Boyce	W55	17.55	
M Cudmore	W60	16.23	
A Cooper	W70	16.63	
G Batista	M40	12.02	
S Smith	M45	12.96	
H Van Bavel	M50	11.96	5 <sup>th</sup>
P Dunham	M55	14.32	
D Janssan	M60	13.35	
H Thomas	M65	13.79	
T Morgan	M70	16.36	
J Wright	M85	23.74	7 <sup>th</sup>

**200m**

P Roach	W35	28.35	
D Pardon	W45	32.30	
M Cudmore	W60	34.12	
S Smith	M45	26.36	
H Van Bavel	M50	24.15	Bronze
P Dunham	M55	29.37	
D Janssan	M60	28.30	
T Morgan	M70	36.91	
J Wright	M85	61.06	

**400m**

P Roach	W35	62.20	
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D Pardon	W45	74.02	
M Cudmore	W60	73.96	5 <sup>th</sup>
A Cooper	W70	84.19	Gold
A Hill	W50	75.56	
S Smith	M45	57.09	
H Van Bavel	M50	54.72	7 <sup>th</sup>
G Whitehall	M50	59.67	
P Dunham	M55	64.46	
G Cowan	M55	67.42	

**800m**

A Hill	W50	3.09.9	
A Lang	W55	2.47.7	8 <sup>th</sup>
B Wyld	M60	2.25.4	11 <sup>th</sup>
D Trembath	M65	2.41.9	10 <sup>th</sup>

**1500m**

A Lang	W55	5.51.0	7 <sup>th</sup>
C Goodwin	W45	6.00.2	
B Pearce	M45	4.38.2	
G Byham	M50	5.20.2	
P Sandery	M60	4.44.6	4 <sup>th</sup>
B Wyld	M60	4.56.7	8 <sup>th</sup>
D Trembath	M65	5.25.3	9 <sup>th</sup>
A McComb	M70	6.12.1	8 <sup>th</sup>

**5000m**

C Goodwin	W45	24.36	
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C Zeuner	W40	21.24	22 <sup>nd</sup>
G Zeuner	M45	16.12	7 <sup>th</sup>
B Pearce	M45	17.32	31 <sup>st</sup>
N Pardon	M45	23.35	
G Byham	M50	19.49	
D Smart	M55	21.05	
P Sandery	M60	17.12	Silver
F Rogers	M65	20.32	18 <sup>th</sup>
D Trembath	M65	20.57	24 <sup>th</sup>
D Padget	M65	21.29	26 <sup>th</sup>
A McComb	M70	23.35	15 <sup>th</sup>

#### 10000m

C Goodwin	W45	48.06	13 <sup>th</sup>
D Kewley	M50	40.20	
D Smart	M55	45.07	
J Twartz	M55	46.30	
P Sandery	M60	35.33	Silver
M Butler	M60	40.29	12 <sup>th</sup>
C Trengove	M60	46.47	
D Padget	M65	43.58	19 <sup>th</sup>

#### 2k Steeple

B Wyld	M60	7.51.8	9 <sup>th</sup>
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#### 3k Steeple

G Zeuner	M45	10.24	5 <sup>th</sup>
G Byham	M50	13.26	15 <sup>th</sup>

#### 5k Walk

R Papageorgiou	W55	34.02	21 <sup>st</sup>
V Padget	W55	34.42	23 <sup>rd</sup>
M Trengove	W55	35.22	27 <sup>th</sup>
R Elix	W65	35.35	13 <sup>th</sup>
G O'Neil	M40	26.17	9 <sup>th</sup>
G White	M55	24.29	5 <sup>th</sup>
C Hainsworth	M70	32.26	9 <sup>th</sup>
D Larkin	M70	39.58	

#### Decathlon

T Bartlett	M50	3492	27 <sup>th</sup>
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#### 4x100m Relay

A Cooper	W70	68.73	Silver
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#### 4x400m Relay

M Cudmore	W60	6.48.4	Silver
A Cooper	W60	6.48.4	Silver
H Van Bavel	M50	3.29.3	Gold

#### 8k Cross country

A Hill	W50	46.09	
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C Zeuner	W40	39.21	
A Burns	M40	29.30	21 <sup>st</sup>
E Darby	M40	31.05	
C Dimitrakopoulos	M40	33.01	
G Wood	M45	27.32	Silver
G Zeuner	M45	28.19	4 <sup>th</sup>
			Team Gold
B Pearce	M45	31.09	27 <sup>th</sup>
B Wyld	M60	35.13	27 <sup>th</sup>
N Pardon	M45	45.47	
G Byham	M50	36.45	
D Smart	M55	38.52	
P Sandery	M60	31.04	Bronze
			Team Gold
C Trengove	M60	41.55	
D Padget	M65	37.51	21 <sup>st</sup>
F Rogers	M65	38.07	23 <sup>rd</sup>
D Trembath	M65	38.18	26 <sup>th</sup>
A McComb	M70	41.31	
			Team Silver

#### 10k Walk

V Padget	W55	67.56	18 <sup>th</sup>
M Trengove	W55	69.15	20 <sup>th</sup>
R Papageorgiou	W55	72.03	25 <sup>th</sup>

#### 20k Walk

G O'Neil	M40	119.43	13 <sup>th</sup>
			Team Gold
G White	M55	110.50	4 <sup>th</sup>
			Team Gold
B Starr	M55	141.03	18 <sup>th</sup>
D Robertson	M65	144.05	20 <sup>th</sup>
C Hainsworth	M70	132.32	6 <sup>th</sup>
			Team Gold
D Larkin	M70	149.44	
			Team Gold

#### Marathon

D Smart	M55	4.02.11	
D Padget	M65	4.22.53	
A McComb	M70	4.07.36	7 <sup>th</sup>
D Kewley	M50	3.22.22	
L Smith	M50	3.28.18	
J Twartz	M55	4.22.53	
T Marling	M65	5.47.21	29 <sup>th</sup>

## 2003 CAROLINA, PUERTO RICO

July 1 -13, 2003

Numbers were down for these championships, being influenced in part by the fear of terrorism and by the "SARS" scare. Around 2,700 athletes from 78 countries took part.

Despite the low numbers, high temperatures, energy sapping humidity and traffic jams, those who attended the championships remember them as being well run, friendly and a great deal of fun. On a positive note, the assembly agreed to reduce the starting age for men to 35, thus removing the disparity between men and women.

### **800m**

B Pearce	M50	2.17.54
P Sandery	M60	2.24.8 5 <sup>th</sup>

### **1500m**

B Pearce	M50	4.48.6
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### **5000m**

B Pearce	M50	18.11 11 <sup>th</sup>
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P Sandery	M60	17.55	Gold
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### **10000m**

P Sandery	M60	37.41	4 <sup>th</sup>
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### **8k Cross country**

B Pearce	M50	31.00	11 <sup>th</sup>
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P Sandery	M60	29.53	Silver
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## **2005 SAN SEBASTIAN, SPAIN**

**August 22 – September 3, 2005**

The San Sebastian Championships lived up to expectations with Europe arriving in strength to this Basque Region in Northern Spain. Language and history also attracted many from Latin America. Attendance, at 6,033 athletes from 91 countries, surpassed Gateshead's European record and represented the highest attendance in recent times.

### **100m**

A Cooper	W75	16.47	Gold
H Van Bavel	M55	12.57	6 <sup>TH</sup>

### **200m**

A Cooper	W75	35.21	Gold
H Van Bavel	M55	25.24	5 <sup>TH</sup>

### **400m**

H Van Bavel	M55	58.04
P Dunham	M60	70.42

### **800m**

A Lang	W60	2.55.7 6 <sup>th</sup>
P Dunham	M60	2.50.0

### **1500m**

A Lang	W60	5.58.1 5 <sup>TH</sup>
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### **5000m**

J Lisiewicz	M40	15.55	13 <sup>th</sup>
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### **10000m**

J Lisiewicz	M40	34.28
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### **5k Walk**

R Papageorgiou	W60	34.46	14 <sup>th</sup>
B Starr	M60	31.42	

### **20k Walk**

R Papageorgiou	W60	73.07
		Team Bronze

B Starr	M60	133.30	13 <sup>th</sup>
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### **4x100m Relay**

A Cooper	W60	61.77	Silver
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### **4x400m Relay**

A Lang	W60	4.59.8	Gold
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## **2007 RICCIONE, ITALY**

**September 4 – 15, 2007**

These Championships again surpassed the European record for entries with 8,940 athletes from 96 countries. Three partially refurbished stadiums were available that offered excellent running tracks while some of the adjacent throwing venues were less than satisfactory.

The distribution of the events over the three stadiums in different communities made some sense in terms of political considerations, but proved to be a problem for some of the athletes in terms of flexibility for their schedules and transportation logistics, as the locations were about 8 and 15 km apart. This also limited spectator mobility.

**100m**

L Peake	W55	15.75	13 <sup>th</sup>
A Cooper	W75	16.79	Gold

**200m**

L Peake	W55	31.37	10 <sup>th</sup>
A Cooper	W75	35.96	Gold
H Van Bavel	M55	26.41	17 <sup>th</sup>

**400m**

L Peake	W55	72.00	8 <sup>th</sup>
H Van Bavel	M55	61.14	17 <sup>th</sup>

**800m**

A Mayfield	M55	2.23.9	16 <sup>th</sup>
B Pearce	M55	2.24.3	17 <sup>th</sup>

**1500m**

B Pearce	M55	5.09.5	25 <sup>th</sup>
P Sandery	M65	5.07.5	8 <sup>th</sup>

**5000m**

A Hill	W55	28.03	28 <sup>th</sup>
B Pearce	M55	18.44	22 <sup>nd</sup>
P Sandery	M65	18.4	6 <sup>th</sup>

**10000m**

R McFadden	M40	40.27	
P Sandery	M65	39.27	Silver

**5k Walk**

R McFadden	M40	25.23	7 <sup>th</sup>
L Smith	M70	34.11	5 <sup>th</sup>

**2k Steeple**

P Sandery	M65	8.14.1	5 <sup>th</sup>
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**4x100m Relay**

L Peake	W55	4 <sup>th</sup>
H Van Bavel	M55	5 <sup>th</sup>

**4x400m Relay**

L Peake	W55	6 <sup>th</sup>
H Van Bavel	M55	6 <sup>th</sup>

**8k Cross country**

A Hill	W55	43.38	
B Pearce	M55	29.06	25 <sup>th</sup>
P Sandery	M65	29.29	Gold
			Team Silver

**10k Walk**

R McFadden	M40	52.02	8 <sup>th</sup>
G White	M60	54.07	Bronze
			Team Gold
L Smith	M70	70.33	17 <sup>th</sup>

**20k Walk**

G White	M45	111.5	Bronze
			Team Gold

**2008 CLERMONT-FERRAND, FRANCE (Indoor)****200m**

R Pearce	M55	29.62	
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**400m**

R Pearce	M55	61.64	
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**800m**

R Pearce	M55	2.31.3	
P Sandery	M65	2.30.5	Silver

**1500m**

R Pearce	M55	5.15.4	
P Sandery	M65	5.07.6	Silver

**3000m**

R Pearce	M55	11.14	
P Sandery	M65	10.39	Gold

**4x200m Relay (M50)**

R Pearce	2.00.2	5 <sup>th</sup>
P Sandery	2.00.2	5 <sup>th</sup>

**2009 LAHTI, FINLAND  
July 28<sup>th</sup> - August 8<sup>th</sup>, 2009****100m**

L Peake	W55	15.51	
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**200m**

L Peake	W55	31.91	6 <sup>th</sup>
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**400m**

L Peake	W55	72.56	6 <sup>th</sup>
B Pearce	M55	64.65	

**800m**

B Pearce	M55	2.30.1	
P Sandery	M65	2.36.8	11 <sup>th</sup>

**1500m**

B Pearce	M55	5.16.9	15 <sup>th</sup>
P Sandery	M65	5.12.9	9 <sup>th</sup>

**5000m**

B Pearce	M55	18.42	12 <sup>th</sup>
P Sandery	M65	18.42	Bronze

**2k Steeple**

P Sandery	M65	8.23.3	5 <sup>th</sup>
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**Shot**

L Dawson	W50	8.95	
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**Discus**

L Dawson	W50	20.28	14 <sup>th</sup>
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**Hammer**

L Dawson	W50	23.60	14 <sup>th</sup>
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**Weight pentathlon**

L Dawson	W50	2293	10 <sup>th</sup>
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**4x100m Relay**

B Pearce	M55	52.10	5 <sup>th</sup>
L Peake	W55	59.55	Silver

**4x400 Relay**

L Peake	W55	5.17.4	Silver
B Pearce	M55	4.17.0	8 <sup>th</sup>

**8k Cross Country**

B Pearce	M55	31.11	17 <sup>th</sup>
			Team Bronze
P Sandery	M65	31.32	Bronze
			Team Gold

**2010 KAMLOOPS, CANADA (Indoor)****200m**

B Pearce	M55	29.64	8 <sup>th</sup>
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**400m**

B Pearce	M55	66.93	
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**800m**

B Pearce	M55	2.34.8	
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**1500m**

B Pearce	M55	5.24.8	7 <sup>th</sup>
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**3000m**

B Pearce	M55	11.32	10 <sup>th</sup>
P Sandery	M65	14.07	6 <sup>th</sup>

**8k Cross Country**

B Pearce	M55	34.07	6 <sup>th</sup>
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**4x200m Relay (M50)**

B Pearce		1.52	Bronze
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**2011 SACRAMENTO, USA****100m**

K Blute	W50	15.49	
V Padget	W65	16.84	8 <sup>th</sup>
L Peake	W60	15.28	4 <sup>th</sup>

**200m**

K Blute	W50	33.17	
V Padget	W65	35.80	8 <sup>th</sup>
L Peake	W60	31.72	5 <sup>th</sup>

**400m**

A Lang	W65	84.75	8 <sup>th</sup>
L Peake	W60	73.43	5 <sup>th</sup>

**800m**

A Lang	W65	3.08.5	6 <sup>th</sup>
A Mayfield	M60	2.22.5	7 <sup>th</sup>
P Sandery	M70	2.23.5	5 <sup>th</sup>
B Pearce	M55	2.34.3	

**1500m**

A Lang	W65	6.47.7	4 <sup>th</sup>
A Mayfield	M60	4.50.7	12 <sup>th</sup>
B Pearce	M55	5.09.6	
P Sandery	M70	5.17.2	Bronze

**5000m**

D Padget	M75	28.59	14 <sup>th</sup>
B Pearce	M55	19.12	16 <sup>th</sup>
P Sandery	M70	19.20	Silver

**10000m**

P Sandery	M70	40.36	Gold
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**5k Walk**

R Stigwood	W40	38.07	11 <sup>th</sup>
G White	M65	28.30	5 <sup>th</sup>

**Shot**

L Dawson	W50	7.93	19 <sup>th</sup>
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**Discus**

L Dawson	W50	19.11	17 <sup>th</sup>
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**Hammer**

L Dawson	W50	21.31	13 <sup>th</sup>
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**Weight Throw**

L Dawson	W50	8.41	10 <sup>th</sup>
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**Throws Pentathlon**

L Dawson	W50	2065	10 <sup>th</sup>
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**2k Steeple**

A Lang	W65	10.50	Gold
A Mayfield	M60	7.18.1	Silver
P Sandery	M70	8.16.6	Silver

**8k Cross Country**

D Padget	M75	59.45	14 <sup>th</sup>
			Team Bronze
B Pearce	M55	32.42	16 <sup>th</sup>
			Team Bronze
P Sandery	M70	33.47	Bronze
			Team Bronze

**10k Walk**

R Stigwood	W40	77.50	7 <sup>th</sup>
G White	M64	56.14	4 <sup>th</sup>
			Team Gold

**20k Walk**

R Stigwood	W40	165.12	4 <sup>th</sup>
			Team Gold
G White	M65	123.46	7 <sup>th</sup>
			Team Gold

**4x100m Relay**

K Blute	W50	59.68	Bronze
V Padget	W65	63.83	Gold
L Peake	W60	60.60	Silver

**4x400 Relay**

L Peake	W60	4.55.5	Gold
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## 2012 JYVASKYLA, FINLAND (Indoor)

### 800m

P Sandery M70 2.40.1 Silver

### 1500m

P Sandery M70 5.20.2 Bronze

### 3000m

P Sandery M70 11.17 Silver

### 8k Cross Country

P Sandery M70 35.33 Gold

## 2013 PORTO ALEGRE, BRAZIL

### 100m

K Long W35 13.22 6<sup>th</sup>  
L Peake W60 15.08 Bronze  
M Cudmore W75 17.40 Silver

### 200m

K Long W35 27.06 8<sup>th</sup>  
L Peake W60 31.21 Bronze  
A Lang W70 36.70 6<sup>th</sup>  
M Cudmore W75 37.02 Silver

### 400m

K Long W35 63.81 7<sup>th</sup>  
L Peake W60 74.69 6<sup>th</sup>  
A Lang W70 85.69 5<sup>th</sup>

### 800m

A Lang W70 3.12.6 Silver  
B Pearce M60 2.43.6  
P Sandery M70 2.44.7 Bronze

### 1500m

A Lang W70 7.13.6 Bronze  
B Pearce M60 5.33.5  
P Sandery M70 5.29.8 Gold

### 5000m

B Pearce M60 20.35.9  
P Sandery M70 20.05 Silver

### 10000m

P Sandery M70 43.17 5<sup>th</sup>

### 2k Steeple

A Lang W70 11.33 Gold  
P Sandery M70 8.45.5 Silver

### Long Jump

M Cudmore W75 3.21 Silver

### Triple Jump

M Cudmore W75 7.26 Silver

### Javelin

C Woods W65 11.92 8<sup>th</sup>  
M Cudmore W75 21.01 Silver

### Discus

L Dawson W50 18.06

### Hammer

L Dawson W50 20.11

### Shot

L Dawson W50 7.30

### Weight

L Dawson W50 9.28

### Throws Pentathlon

L Dawson W50 2045

### 4x100m Relay

K Long W35 52.44 Gold  
L Peake W60 58.92 Gold  
A Lang W70 69.75 Gold  
M Cudmore W70 69.75 Gold

### 4x400m Relay

K Long W35 4.15.9 Bronze  
L Peake W60 5.09.7 Gold  
A Lang W65 5.59.5 Silver  
B Pearce M45 4.26.8 10<sup>th</sup>

### 8k Cross Country

B Pearce M60 33.54  
P Sandery M70 33.43 4<sup>th</sup>  
Team Gold

## 2014 BUDAPEST, HUNGARY (Indoor)

### 800m

A Mayfield M65 2.30.4 6<sup>TH</sup>  
P Sandery M70 2.41 4<sup>th</sup>

### 1500m

A Mayfield M65 5.18.3 7<sup>TH</sup>  
P Sandery M70 5.33.4 Bronze

### 3000m

P Sandery M70 11.39 4<sup>th</sup>

### 8k Cross Country

P Sandery M70 32.54 Gold

### Javelin

C Woods W65 12.57 8<sup>th</sup>

### Shot

C Woods W65 5.55 16<sup>th</sup>

## 2015 LYON, FRANCE

### 100m

K Long	W40	13.07	8 <sup>th</sup>
K Blute	W50	15.86	37 <sup>th</sup>
G Stone	W55	15.64	17 <sup>th</sup>
M Norton-Baker	W60	16.50	
L Peake	W65	14.99	Silver
A Lang	W70	18.13	9 <sup>th</sup>
M Cudmore	W75	17.74	

### 200m

K Long	W40	26.52	5 <sup>th</sup>
K Blute	W50	32.73	33 <sup>rd</sup>
G Stone	W55	32.58	19 <sup>th</sup>
L Peake	W65	30.90	Silver
A Lang	W70	37.26	10 <sup>th</sup>
M Cudmore	W75	37.81	4 <sup>th</sup>
R Hill-Brown	M60	28.53	20 <sup>th</sup>

### 400m

K Long	W40	60.42	7 <sup>th</sup>
K Blute	W50	77.62	23 <sup>rd</sup>
G Stone	W55	72.96	10 <sup>th</sup>
M Norton-Baker	W60	80.01	11 <sup>th</sup>
L Peake	W65	72.43	Gold
A Lang	W70	83.34	5 <sup>th</sup>
H Harrell	M55	69.05	46 <sup>th</sup>
R Hill-Brown	M60	68.20	24 <sup>th</sup>

### 800m

L Whitelaw	W60	4.52.2	14 <sup>th</sup>
A Lang	W70	3.19.6	Bronze
H Harrell	M55	2.36.1	42 <sup>nd</sup>
A Mayfield	M65	2.26.7	4 <sup>th</sup>

### 1500m

A Mayfield	M65	5.04.8	6 <sup>th</sup>
P Sandery	M70	6.25.5	21 <sup>st</sup>

### 5000m

B Barnard	M60	20.13	34 <sup>th</sup>
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### 10000m

L Hanna	M70	41.32	Bronze
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### 2000m Steeple

A Lang	W70	11.29	Gold
A Mayfield	M65	7.45.8	Bronze
P Sandery	M70	10.06	6 <sup>th</sup>

### 5000m Walk

G White	M70	29.03	Silver
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### Long Jump

L Peake	W65	3.59	5 <sup>th</sup>
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M Cudmore	W75	3.39	Gold
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### Triple Jump

M Cudmore	W75	7.32	4 <sup>th</sup>
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### Javelin

C Woods	W65	14.19	14 <sup>th</sup>
A Lang	W70	14.33	13 <sup>th</sup>
M Cudmore	W75	19.37	Silver

### Shot

L Dawson	W55	6.76	26 <sup>th</sup>
C Woods	W65	5.80	17 <sup>th</sup>
A Lang	W70	7.07	14 <sup>th</sup>
M Cudmore	W75	6.84	7 <sup>th</sup>

### Discus

L Dawson	W55	17.11	31 <sup>st</sup>
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### Hammer

L Dawson	W55	18.48	29 <sup>th</sup>
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### Weight Throw

L Dawson	W60	7.81	19 <sup>th</sup>
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### Throws Pentathlon

L Dawson	W55	1873	20 <sup>th</sup>
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### 4x100m Relay

K Long	W40	56.29	6 <sup>th</sup>
K Blute	W50	56.82	Silver
G Stone	W55	60.08	6 <sup>th</sup>
L Peake	W65	63.46	Silver
M Cudmore	W70	70.76	Gold
H Harrell	M55	58.32	6 <sup>th</sup>

### 4x400m Relay

G Stone	W50	4.51.3	Silver
L Peake	W65	5.56.7	Silver
A Lang	W70	5.33.0	Gold
H Harrell	M55	4.42.8	8 <sup>th</sup>

### 10k Road Walk

J Russell	M60	65.04	26 <sup>th</sup>
G White	M70	59.16	Gold
G White	M65		Team Gold

### 20k Walk

G White	M70	2.08.02	Gold
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### Cross Country

B Barnard	M60	32.50	34 <sup>th</sup>
L Hanna	M70	33.53	5 <sup>th</sup>
L Hanna	M70		Team Gold

### Half Marathon

G White	M70	1.46.19	
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## 2016 PERTH, AUSTRALIA

### 100m

C Neubauer	W35	13.68	17 <sup>th</sup>
K Long	W40	12.47	Bronze
S Noon	W50	14.35	13 <sup>th</sup>

S Turner	W55	13.76	Silver
M Norton-Baker	W60	16.08	16 <sup>th</sup>
L Peake	W65	14.65	Silver

A Lang	W70	17.90	8 <sup>th</sup>
M Cudmore	W75	17.73	Bronze
V Musolino	M40	12.71	24 <sup>th</sup>
D Wilczek	M45	12.63	33 <sup>rd</sup>
P Biggs	M50	12.69	18 <sup>th</sup>
V Jermacans	M65	15.33	22 <sup>nd</sup>
D Peck	M80	18.47	10 <sup>th</sup>

### 200m

C Neubauer	W35	29.30	17 <sup>th</sup>
K Long	W40	26.13	4 <sup>th</sup>
S Orchard-Simonides	W45	34.32	24 <sup>th</sup>
S Noon	W50	29.43	7 <sup>th</sup>
S Turner	W55	28.83	Bronze
M Norton-baker	W60	33.54	11 <sup>th</sup>
L Peake	W65	30.75	Gold
A Lang	W70	37.32	6 <sup>th</sup>
M Cudmore	W75	37.82	4 <sup>th</sup>
V Musolino	M40	25.82	23 <sup>rd</sup>
P Biggs	M50	26.25	29 <sup>th</sup>
V Jermacans	M65	32.06	21 <sup>st</sup>
D Peck	M80	38.65	9 <sup>th</sup>

### 400m

K Long	W40	61.80	7 <sup>th</sup>
M Norton-Baker	W60	81.43	10 <sup>th</sup>
L Peake	W65	70.99	Gold
A Lang	W70	84.16	6 <sup>th</sup>
V Musolino	M40	58.37	17 <sup>th</sup>
H Harrell	M55	69.45	28 <sup>th</sup>
V Jermacans	M65	80.24	22 <sup>nd</sup>

### 800m

S Orchard-Simonides	W45	3.23	15 <sup>th</sup>
S Chinner	W50	2.36.0	9 <sup>th</sup>
M Carporlingua	W50	3.45.7	23 <sup>rd</sup>
L Whitelaw	W60	4.49.6	11 <sup>th</sup>
A Lang	W70	3.13.3	Gold
G Geracitano	M40	2.10.6	13 <sup>th</sup>
S McGregor	M50	2.12.0	9 <sup>th</sup>
H Harrell	M55	2.41.9	21 <sup>st</sup>
A Mayfield	M65	2.28.6	5 <sup>th</sup>
P Sandery	M75	2.49.2	Silver

### 1500m

L Davis	W40	5.05.0	7 <sup>th</sup>
S Chinner	W50	5.21.0	10 <sup>th</sup>
L Whitelaw	W60	9.47.8	11 <sup>th</sup>
H Harrell	M55	5.47.3	35 <sup>th</sup>
P Sandery	M75	5.50	Bronze

### 5000m

L Davis	W40	18.48	5 <sup>th</sup>
S Dawson	W45	19.28	4 <sup>th</sup>
F Potezny	W45	20.02	8 <sup>th</sup>
M Carporlingua	W50	28.01	28 <sup>th</sup>
M Moyle	W60	21.17	Silver
C Goodwin	W60	25.00	10 <sup>th</sup>
S McGregor	M50	17.14	8 <sup>th</sup>
P Sandery	M75	21.04	Bronze

### 10000m

L Davis	W40	40.34	4 <sup>th</sup>
S Dawson	W45	40.24	4 <sup>th</sup>
M Moyle	W60	45.23	Bronze
C Goodwin	W60	54.10	8 <sup>th</sup>
P Sandery	M75	47.58	Bronze

### 2KM Steeple

L Davis	W40	7.59.3	Silver
A Lang W70	11.34	Gold	
A Mayfield	M65	7.53	Gold
P Sandery	M75	9.37.8	Silver

### 3km Steeple

J Dawson	M55	14.57.9	14 <sup>th</sup>
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### 5km Walk

G Holliday	W55	31.59	6 <sup>th</sup>
J Russell	M60	31.15	11 <sup>th</sup>
G White	M70	30.03	4 <sup>th</sup>
P Fullager	M70	33.51	12 <sup>th</sup>
C Hainsworth	M85	44.33	Silver

### 8km Cross Country

L Davis	W40	32.01	5 <sup>th</sup> Team Gold
S Dawson	W45	32.40	Bronze Team Gold
F Potezny	W45	32.55	4 <sup>th</sup> Team Gold
M Moyle	W60	37.25	8 <sup>th</sup>
C Goodwin	W60	42.42	14 <sup>th</sup>
P Sandery	M75	36.03	Silver Team Gold

### 10km Walk

G Holliday	W55	64.53	6 <sup>th</sup> Team Silver
M Maxted	W55	65.41	8 <sup>th</sup>
G White	M70	61.34	4 <sup>th</sup> Team Gold
P Fullager	M70	69.25	11 <sup>th</sup>
C Hainsworth	M85	88.25	Silver

### 20km Walk

G Holliday	W55	2.15.40	5 <sup>th</sup> Team Silver
M Maxted	W55	2.18.59	7 <sup>th</sup>
J Russell	M60	2.24.10	11 <sup>th</sup> Team Bronze

### Half Marathon

M McKeen	M70	1.58.16	11 <sup>th</sup> Team Bronze
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### Marathon

S McKeen	W40	3.33.15	4 <sup>th</sup> Team Silver
J Church	W40	5.57.42	17 <sup>th</sup>
A Twartz	M60	3.38.12	9 <sup>th</sup>

### Long Jump

C Neubauer	W35	4.62	6 <sup>th</sup>
M Cudmore	W75	3.15	Gold

D Wilczek	M45	5.50	10 <sup>th</sup>
M Lovell	M50	4.94	8 <sup>th</sup>

### High Jump

J Cotter	W40	1.44	Silver
M Maxted	W55	1.19	11 <sup>th</sup>

### Triple Jump

M Cudmore	W75	7.15	Gold
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### Javelin

S Orchard-Simonides	W45	14.47	9 <sup>th</sup>
J Isaac	W50	27.63	6 <sup>th</sup>
C Woods	W65	12.24	11 <sup>th</sup>
M Cudmore	W75	20.65	Gold
A Schatz	M35	44.41	5 <sup>th</sup>
D Peck	M80	27.13	4 <sup>th</sup>

### Shot

L Dawson	W55	7.19	13 <sup>th</sup>
C Woods	W65	5.71	16 <sup>th</sup>
W Willis	M40	14.77	Silver
D Wilczek	M45	9.81	12 <sup>th</sup>
D Peck	M80	8.56	7 <sup>th</sup>

### Discus

J Lycett	W50	33.99	4 <sup>th</sup>
L Dawson	W55	16.97	12 <sup>th</sup>
B Cruise	M75	23.19	11 <sup>th</sup>
D Peck	M80	22.22	8 <sup>th</sup>

### Hammer

L Dawson	W55	23.75	12 <sup>th</sup>
B Cruise	M75	31.65	5 <sup>th</sup>

### Weight

L Dawson	W55	7.76	11 <sup>th</sup>
D Peck	M80	11.46	5 <sup>th</sup>

### Heptathlon

J Isaac	W50	2723	14 <sup>th</sup>
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### Decathlon

M Lovell	M50	3957	16 <sup>th</sup>
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### Throws Pentathlon

L Dawson	W55	1873	12 <sup>th</sup>
M Lovell	M50	2666	Bronze
D Peck	M80	3023	5 <sup>th</sup>

### 4x100m Relay

M Cudmore	W75	77.32	Gold
A Lang	W70	69.00	Gold
L Peake	W65	61.67	Gold
S Noon	W50	55.03	Gold
K Long	W40	50.08	Gold

### 4x400m Relay

A Lang	W70	5.56.2	Gold
L Peake	W65	5.06.1	Gold
(world record!)			
K Long	W40	4.06.3	Gold

## 2017 DAEGU, SOUTH KOREA

### 60m

L Peak	W65	9.48	Gold
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### 200m

L Peak	W65	31.92	Silver
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### 400m

L Peak	W65	74.16	Bronze
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### 800m

P Sandery	M75	2.54.96	Silver
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### 1500m

P Sandery	M75	6.15.77	Silver
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### 3000m

P Sandery	M75	12.36.9	Silver
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### 4x200m Relay

L Peake	W65	2.19.47	Gold
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### 8k CC

P Sandery	M75	37.02	Gold
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### Shot

C Woods	W65	6.31	5 <sup>th</sup>
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### Javelin

C Woods	W65	12.97	4 <sup>th</sup>
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## SAMA MEDAL WINNERS AT THE OCEANIA MASTERS ATHLETIC CHAMPIONSHIPS

### 1982 - SUVA, FIJI

#### 100m

W Ey	W40	13.20	Gold
B Parkinson	W40	13.90	Silver
D Janssan	M45	11.80	Bronze

#### 200m

W Ey	W40	27.00	Gold
B Parkinson	W45	28.50	Gold
D Janssan	M45	24.20	Bronze

#### 400m

B Parkinson	W45	66.7	Gold
G Parkinson	M50	59.20	Bronze

#### 800m

J Daly	W35	2.14.1	Silver
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#### 1500m

J Daly	W35	4.41.1	Gold
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#### 3000m

J Daly	W35	10.15.2	Gold
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#### 1500m Walk

M Cahill	W60		Silver
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#### 3k Walk

C Hainsworth	M50	16.37	Gold
R Young	M60	20.06	Gold
A Digance	M65		Gold

#### 5k Walk

C Hainsworth	M50	28.49	Gold
R Young	M60	30.25	Gold

#### 80m Hurdles

B Parkinson	W45	12.80	Gold
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#### 400m Hurdles

G Parkinson	M50	70.00	Silver
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#### Long Jump

B Parkinson	W45	4.65	Gold
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#### Shot

S White	W50	11.52	Gold
M Cahill	W60	5.58	Bronze
P Barnes	M75	6.46	Gold

#### Discus

S White	W50	32.94	Gold
M Cahill	W60	13.64	Bronze
P Barnes	M75	21.98	Gold

#### Javelin

S White	W50	33.51	Gold
M Cahill	W60	14.13	Silver
P Barnes	M75	21.16	Gold

#### Hammer

P Barnes	M75	15.12	Gold
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#### Cross Country (5.3 km)

J Daly	W35	21.10	Gold
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#### Road Walk

M Cahill	W60		Gold
C Hainsworth	M50		Gold
R Young	M60		Gold

#### 4x100m Relay

W Ey, B Parkinson		51.8	Silver
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### 1984 – CANBERRA:

Held in conjunction with the Australian Championships.

#### 100m

W Ey	W45	13.20	Gold
B Wilson	M40	11.00	Gold
J Liascos	M50	12.10	Silver
L Willshire	M60	13.40	Bronze
L Barnes	M70	15.80	Bronze

#### 200m

W Ey	W45	27.20	Gold
B Wilson	M40	22.80	Gold
L Willshire	M60	27.00	Bronze

#### 400m

L Byrnes	W35	63.10	Bronze
B Wilson	M40	51.70	Gold
D Paul	M50	57.00	Bronze

#### 800m

L Byrnes	W35	2.25.0	Gold
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#### 1500m

J Daly	W35	4.50.7	Gold
L Byrnes	W35	5.08.3	Bronze

#### 5000m

W Beames	M60	19.34	Silver
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#### 10000m

W Beames	M60	40.29	Silver
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#### 110m Hurdles

G Powell	M45	19.70	Silver
T Morgan	M50	21.70	Bronze

#### 400m Hurdles

G Powell	M45	64.50	Gold
T Morgan	M50	68.00	Silver

#### 5k Walk

D Camac	W50	32.53	Gold
R Weber	W60	33.47	Gold
J Weber	M65	29.38	Gold

#### Long Jump

R Stone	M45	5.76	Gold
C McCarten	M65	3.67	Silver

#### High Jump

S White	W50	1.26	Gold
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**Pole Vault**

G Powell M45 3.60 Silver

**Triple Jump**

R Stone M45 12.00 Gold

**Shot**

G Hollis W30 8.50 Bronze

S White W50 11.64 Gold

C Peters W50 7.23 Bronze

M Kemp M40 13.88 Gold

H Snelgar M65 8.94 Bronze

L Barnes M70 8.61 Gold

P Barnes M75 6.56 Gold

**Discus**

S White W50 33.92 Gold

M Kemp M40 43.88 Gold

L Barnes M70 24.60 Silver

P Barnes M75 19.10 Bronze

**Javelin**

G Hollis W30 33.90 Silver

S White W50 31.38 Silver

C Peters W50 19.38 Bronze

C McCarten M65 27.70 Silver

P Barnes M75 15.40 Silver

**Hammer**

S Halupka M60 29.64 Silver

H Snelgar M65 27.72 Bronze

P Barnes M75 18.04 Gold

**Pentathlon**

G Hollis W30 2506 Silver

L Byrnes W35 2470 Bronze

D Paul M50 2397 Bronze

H Snelgar M65 Silver

**10k Walk**

D Camac W50 67.38 Gold

R Weber W60 69.37 Gold

**20k Walk**

J Weber M65 134.05 Gold

**1986 - APIA, WESTERN SAMOA:****3k Walk**

C Hainsworth M55 17.07 Gold

**15k Walk**

C Hainsworth M55 80.02

**5k Walk**

C Hainsworth M55 29.13 Gold

**1988 - NOUMEA, NEW CALEDONIA: No results available****1990 - AUCKLAND, NEW ZEALAND:****200m**

A Cooper W60 30.79 Gold

D Pedrick W45 29.72 Silver

**400m**

D Pedrick W45 65.89 Silver

C Cooper M60 62.97 Gold

A Cooper W60 71.43 Gold

**800m**

C Cooper M60 2.27.7 Gold

**Long Jump**

J Liascos M55 4.29 Gold

**1992 - NORFOLK ISLAND:****200m**

P Dunham M45 27.20 Bronze

A Cooper W60 32.20 Gold

**400m**

A Cooper W60 75.10 Gold

**800m**

F Rogers M55 2.31.6 Silver

**1500m**

F Rogers M55 5.00.5 Silver

**1500m Walk**

G White M45 6.44 Gold

T Thompson M45 8.16 Bronze

**5k Walk**

G White M45 23.59 Gold

T Thompson M45 29.24 Bronze

**10k Walk**

G White M45 49.27 Gold

T Thompson M45 60.36 Bronze

**1994 - SUVA, FIJI:****400m**

A Lang W50 73.50 Bronze

**800m**

A Lang W50 2.46.3 Silver

**1500m**

A Lang W50 5.44.3 Bronze

**3k Walk**

C Hainsworth M60 18.08 Gold

**5K Walk**

C Hainsworth M60 29.53 Gold

**10k Walk**

C Hainsworth M60 60.52 Gold

**Hammer**

F McKeown M45 33.80 Gold

**1996 - PAPEETE, TAHITI:****No SAMA entrants****1998 - HASTINGS, NEW ZEALAND:****400m**

G Whitehall M45 57.15 Bronze

**5000m Walk**

C Hainsworth M65 30.40 Silver

**10k Walk**

C Hainsworth M65 62.33 Silver

**2000 - NORFOLK ISLAND:****100m**

E Grant M45 13.58 Gold

**200m**

E Grant M45 27.62 Gold

**400m**

E Grant M45 62.26 Gold

**Long Jump**

E Grant M45 4.23 Gold

**Pentathlon**

E Grant M45 2000 Gold

**2002 – GEELONG:****100m**

P Roach W35 13.83 Gold

H Van Bavel M50 12.12 Gold

**200m**

P Roach W35 27.39 Gold

H Van Bavel M50 24.41 Gold

**400m**

P Roach W35 61.71 Gold

**800m**

S Taylor W40 2.39.7 Bronze

G Byham M55 2.33.4 Bronze

**1500m**

S Taylor W40 5.26.3 Bronze

**5000m**

G Byham M55 19.49 Bronze

**2k Steeple**

S Taylor W40 8.58.1 Gold

**5k Walk**

V Padget W55 35.29 Silver

C Hainsworth M70 31.40 Gold

R Elix W65 35.08 Gold

**8k Cross country**

G Byham M55 33.40 Gold

**10k Walk**

R Elix W65 73.36 Gold

C Hainsworth M70 64.40 Gold

B Starr M55 67.31 Gold

**2004 – RAROTONGA, COOK ISLANDS:****800m**

S Taylor W40 2.40.2 Gold

F Rogers M65 2.48.2 Silver

**1500m**

S Taylor W40 5.31.0 Gold

F Rogers M65 5.50.6 Gold

**5000m**

S Taylor W40 25.21 Bronze

F Rogers M65 22.16 Gold

**5k Walk**

S Brunner W60 29.11 Gold

G White M55 25.50 Gold

**2k Steeple**

S Taylor W40 9.16.8 Gold

**400m Hurdles**

S Taylor W40 93.94 Silver

**High Jump**

S Taylor W40 1.00 Silver

**8k Cross Country**

S Taylor W40 39.59 Silver

F Rogers M65 40.09 Gold

**10k Walk**

S Brunner W60 59.18 Gold

G White M55 52.03 Gold

**2006 – CHRISTCHURCH, NEW ZEALAND:****100m**

V Padget W60 16.78 Bronze

**800m**

E Slattery W40 2.38.0 Bronze

S Taylor W40 2.35.7 Silver

P Sandery	M60	2.27.4	Gold
F Rogers	M70	2.51.4	Silver
<b>1500m</b>			
E Slattery	W40	5.15.8	Silver
P Sandery	M60	4.58.5	Gold
F Rogers	M70	5.55.0	Gold
<b>5000m</b>			
E Slattery	W40	19.42	Gold
B Pearce	M50	18.59	Bronze
P Sandery	M60	18.02	Gold
F Rogers	M70	21.55	Bronze
<b>3k Walk</b>			
S Brunner	W60	16.50	Gold
M Trengove	W60	19.58	Bronze
G White	M60	15.34	Gold
L Smith	M70	20.18	Silver
C Hainsworth	M75	20.39	Gold
<b>5k Walk</b>			
S Brunner	W60	28.25	Gold
M Trengove	W60	33.59	Bronze
G White	M60	25.54	Gold

C Hainsworth	M75	33.42	Gold
<b>400m Hurdles</b>			
S Taylor	W40	90.19	Silver
<b>Pole Vault</b>			
S Taylor	W40	1.60	Gold
<b>Pentathlon</b>			
L Baron	W55	2206	Bronze
<b>Half Marathon</b>			
E Slattery	W40	89.43	Gold
P Sandery	M60	85.18	Gold
D Padget	M70	103.35	Silver
<b>8k Cross country</b>			
E Slattery	W40	32.52	Gold
P Sandery	M60	30.16	Gold
F Rogers	M70	36.41	Bronze
<b>10k Walk</b>			
S Brunner	W60	57.27	Gold
M Trengove	W60	68.09	Bronze
G White	M60	56.10	Gold
L Smith	M70	69.37	Bronze
C Hainsworth	M75	67.43	Gold

## 2008 – TOWNSVILLE:

### 60m

R Cruickshanks	W35	9.49	Silver
L Baron	W55	10.02	Silver
V Padget	W60	10.40	Bronze
G Boyce	W65	10.88	Gold

### 100m

R Cruickshanks	W35	15.51	Bronze
L Baron	W55	16.48	Silver

### 200m

R Cruickshanks	W35	32.29	Bronze
L Baron	W55	34.48	Bronze

### 800m

S Taylor	W45	2.38.6	Bronze
R Driscoll	W60	2.57.5	Silver
B Pearce	M55	2.38.6	Bronze
P Sandery	M65	2.33.1	Bronze
F Rogers	M70	2.57.5	Bronze

### 1500m

R Driscoll	W60	6.32.0	Silver
N White	M45	5.20.6	Bronze
P Sandery	M65	5.02.1	Silver

### 5000m

R Driscoll	W60	23.04	Silver
N White	M45	20.50	Silver
P Sandery	M65	18.32	Silver
F Rogers	M70	22.45	Bronze
D Padget	M75	24.43	Silver

### 3k Walk

K White	W40	22.57	Silver
M Trengove	W60	21.29	Gold
S Brunner	W65	18.38	Silver

G White	M60	15.19	Gold
C Hainsworth	M75	21.55	Gold

### 5K Walk

M Trengove	W60	36.47	Gold
G White	M60	26.14	Gold

### 2k Steeple

S Taylor	W45	8.57.6	Gold
P Sandery	M65	8.02.5	Silver

### 3k Steeple

N White	M45	14.25	Gold
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### Long Jump

L Baron	W55	3.15	Silver
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### Triple Jump

L Baron	W55	6.80	Silver
S Miller	M60	7.08	Bronze

### High Jump

S Taylor	W45	1.18	Gold
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### Pole Vault

S Taylor	W45	1.60	Gold
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### Shot

R Cruickshanks	W35	6.27	Bronze
G Boyce	W65	7.61	Bronze

### Discus

G Boyce	W65	19.62	Bronze
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### Hammer

L Dawson	W45	20.42	Bronze
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### Weight

L Dawson	W45	8.10	Silver
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### Weight Pentathlon

L Dawson	W45	2272	Silver
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**8k Cross country**

R Driscoll	W60	41.14	Silver
N White	M45	37.32	Silver
P Sandery	M65	32.51	Silver
D Padget	M75	42.26	Silver

**10k Walk**

M Trengove	W60	74.17	Silver
S Brunner	W65	61.26	Gold

G White	M60	54.08	Gold
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**Half Marathon**

R Driscoll	W60	108.09	Silver
N White	M45	105.39	Gold
P Sandery	M65	88.26	Gold
F Rogers	M70	108.09	Bronze

**2010 – PAPEETE, TAHITI:****60m**

S McRae	W45	8.98	Gold
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**100m**

S McRae	W45	13.87	Gold
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**200m**

S McRae	W45	28.27	Gold
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**800m**

E Slattery	W45	2.55.8	Silver
R Lowe	W60	3.25.7	Gold
A Mayfield	M60	2.27.3	Gold
P Sandery	M65	2.39.3	Gold

**1500m**

E Slattery	W45	5.37.7	Silver
R Lowe	W60	6.48.3	Bronze
A Mayfield	M60	5.08.6	Gold
P Sandery	M65	5.14.1	Gold
G White	M65	6.01.8	Bronze

**5000m**

E Slattery	W45	20.52	Silver
R Lowe	W60	24.09	Silver
P Sandery	M65	19.21	Gold
G White	M65	22.33	Bronze

**3k Walk**

G White	M65	15.44	Gold
R Lowe	M65	25.15	Silver

**5k Walk**

G White	M65	26.48	Gold
R Lowe	M65	39.17	Silver

**80m Hurdles**

S McRae	W45	13.80	Gold
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**Heptathlon**

S McRae	W45	3687	Gold
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**2000m Steeple**

A Mayfield	M60	7.51.7	Gold
P Sandery	M65	8.29.5	Gold

**3000m Steeple**

N White	M50	17.34	Bronze
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**Long Jump**

N White	M50	3.00	Silver
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**Triple Jump**

L Baron	W60	6.65	Silver
N White	M50	7.08	Bronze

**High Jump**

N White	M50	1.20	Silver
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**Shot**

N White	M50	6.91	Bronze
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**8k Cross Country**

E Slattery	W45	35.18	Silver
R Lowe	W60	41.05	Gold
P Sandery	M65	33.27	Gold
D Close	M65	39.61	Bronze

**Half Marathon**

R Lowe	W60	113.22	Silver
P Sandery	M65	99.15	Gold
D Close	M65	107.35	Bronze

**10k Road Walk**

G White	M65	59.55	Gold
R Lowe	M65	85.50	Silver

**2012 – TAURANGA, NEW ZEALAND:****60m**

C Neubauer	W30	8.55	Gold
V Padget	W65	10.46	Silver

**100m**

C Neubauer	W30	13.49	Silver
V Padget	W65	16.44	Silver

**200m**

C Neubauer	W30	28.82	Gold
V Padget	W65	35.49	Silver

**800m**

P Sandery	M70	2.40.2	Gold
D Padget	M80	3.59.2	Silver

**1500m**

A Mayfield	M60	5.11.5	Bronze
P Sandery	M70	5.23.6	Gold
D Padget	M80	8.01.6	Silver

**5000m**

E Slattery	W45	21.11	Silver
G White	M65	21.23	Silver
P Sandery	M70	19.25	Gold
D Padget	M80	29.23	Gold

**2k Steeplechase**

A Mayfield	M60	7.44.4	Silver
P Sandery	M70	8.25.8	Gold



**3000m Walk**

G White	M65	16.41	Gold
C Hainsworth	M80	22.29	Gold

**5000m Walk**

G White	M65	28.50	Gold
C Hainsworth	M80	38.53	Gold

**8k Cross Country**

E Slattery	W45	40.07	Bronze
A Mayfield	M60	34.54	Silver
G White	M65	40.19	Bronze
P Sandery	M70	35.51	Gold
D Padget	M80	58.38	Gold

**10k Walk**

G White	M65	56.41	Gold
C Hainsworth	M80	78.02	Gold

**Half Marathon**

G White	M65	1.43.26	Silver
D Close	M65	1.51.26	Bronze
P Sandery	M70	1.33.45	Gold

**Hammer**

C Neubauer	W30	17.15	Gold
L Dawson	W50	21.26	Bronze

**Shot**

C Neubauer	W30	7.26	Gold
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**Weight**

C Neubauer	W30	7.62	Gold
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**Long Jump**

C Neubauer	W30	4.57	Silver
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**Triple Jump**

C Neubauer	W30	9.16	Silver
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**Pole Vault**

N White	M50	1.7	Bronze
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**Javelin**

C Neubauer	W30	21.37	Gold
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**Discus**

C Neubauer	W30	17.31	Gold
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**Throws Pentathlon**

C Neubauer	W30	1549	Gold
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**Pentathlon**

C Neubauer	W30	1825	Silver
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**4x100 Relay**

C Neubauer	W30		Gold
V Padget	W65		Bronze

**Medley Relay**

C Neubauer	W30		Silver
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**2014 BENDIGO, VICTORIA****60m**

C Neubauer	W35	8.77	Gold
M Norton-Baker	W60	9.72	Bronze
S Miller	M70	9.89	Bronze

**100m**

C Neubauer	W35	14.40	Gold
L Attenborough	W45	14.30	Gold
M Norton-Baker	W60	16.00	Bronze
A Lang	W70	18.70	Gold
S Miller	M70	16.50	Silver

**200m**

C Neubauer	W35	28.36	Gold
M Norton-Baker	W60	32.18	Bronze
A Lang	W70	36.46	Gold

**400m**

L Attenborough	W45	64.17	Silver
M Norton-Baker	W60	75.50	Bronze
A Lang	W70	81.28	Gold

**800m**

L Davis	W35	2.32.8	Silver
S Chinner	W50	2.45.1	Silver
A Lang	W70	3.15.3	Silver
A Mayfield	M60	2.33.1	Gold
P Sandery	M70	2.51.7	Silver

**1500m**

L Davis	W35	4.56.3	Gold
R Lowe	W65	7.01.3	Gold
N White	M55	8.34.9	Silver
A Mayfield	M60	5.03.6	Silver

P Sandery	M70	5.32.6	Gold
D Close	M70	6.24.1	Bronze

**5000m**

L Davis	W35	19.04	Gold
F Potezny	W45	19.34	Silver
R Lowe	W65	25.08	Bronze
P Sandery	M70	20.10	Gold
D Close	M70	23.48	Bronze
C Trengove	M75	29.21	Gold

**2000m Steeple**

L Davis	W35	7.50.9	Gold
R Lowe	W65	10.59.9	Silver
A Mayfield	M60	7.40.0	Gold
P Sandery	M70	8.55.6	Gold

**3000m Walk**

R McFadden	M45	17.24	Gold
G White	M65	16.54	Gold

**5000m Walk**

R McFadden	M45	30.26	Silver
G White	M65	28.45	Gold
C Trengove	M75	38.20	Gold

**80m Hurdles**

C Rothery	W40	16.51	Gold
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**400m Hurdles**

C Rothery	W40	79.24	Silver
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**300m Hurdles**

S Miller	M70	66.12	Gold
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**8k Cross Country**

L Davis	W35	31.29	Silver
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R Lowe	W65	43.12	Bronze
P Sandery	M70	34.30	Gold
D Close	M70	40.53	Bronze
C Trengove	M75	51.49	Gold

### **10k Walk**

G White	M65	57.11	Silver
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### **Half Marathon**

L Davis	W35	88.18	Gold
R Lowe	W65	118.26	Silver
G White	M65	105.28	Silver
G Hakes	M65	138.01	Bronze
P Sandery	M70	96.19	Gold

### **T&F Pentathlon**

C Neubauer	W35	1912	Gold
S Miller	M70	2076	Gold

### **4x100m Relay**

K Blute		63.17	Silver
A Lang		63.17	Silver
L Baron		66.55	Bronze
S Chinner		61.77	Gold
G Stone		61.85	Silver
C Rothery		55.24	Gold
C Neubauer		55.31	Silver
S Miller		64.91	Silver

### **1600m Relay**

L Baron		5.17.6	Gold
A Lang		5.25.6	Silver
G Stone		4.41.3	Gold
S Chinner		4.50.6	Silver
K Blute		4.50.6	Silver
C Neubauer		5.06.7	Bronze
S Miller		5.02.8	Silver

### **Long Jump**

C Neubauer	W35	4.48	Gold
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S Miller	M70	3.39	Gold
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### **High Jump**

S Miller	M70	1.10	Silver
K Nathan	M75	1.00	Bronze

### **Triple Jump**

C Neubauer	W35	8.90	Silver
L Baron	W60	6.52	Silver
S Miller	M70	7.49	Gold

### **Pole Vault**

K Nathan	M75	1.20	Silver
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### **Javelin**

C Neubauer	W35	21.19	Gold
K Blute	W50	12.44	Gold

### **Shot**

C Neubauer	W35	7.07	Silver
G Stone	W50	6.72	Silver
K Blute	W50	6.33	Bronze

### **Discus**

C Neubauer	W35	19.12	Gold
C Rothery	W40	28.01	Silver

### **Weight Throw**

C Neubauer	W35	8.49	Gold
F Woodhouse	W35	7.12	Silver
L Bowyer	W60	8.58	Bronze
K Nathan	M75	9.24	Bronze

### **Hammer**

C Neubauer	W35	17.78	Gold
L Bowyer	W60	20.93	Bronze
K Nathan	M75	24.90	Silver

### **Throws Pentathlon**

C Neubauer	W35	1575	Gold
L Bowyer	W60	2177	Bronze
K Nathan	M75	2569	Silver

## **2015 RAROTONGA, COOK ISLANDS**

### **60**

C Neubauer	W35	8.77	Gold
S Miller	M70	10.41	Silver

### **100m**

C Neubauer	W35	14.28	Gold
S Miller	M70	16.03	Silver

### **200m**

S Miller	M70	30.07	Silver
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### **1500m**

E Slattery	W50	3.00.8	Gold
P Sandery	M70	5.53.8	Silver

### **5000m**

E Slattery	W50	21.05	Gold
P Sandery	M70	24.35	Silver

### **2km Steeple**

P Sandery	M70	9.44.1	Silver
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### **300m Hurdles**

S Miller	M70	74.61	Gold
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### **3000m Walk**

K White	W50	27.09	Silver
G White	M70	16.42	Gold

### **5000m Walk**

G White	M70	28.46	Gold
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### **Long Jump**

C Neubauer	W35	4.36	Gold
K White	W50	1.77	Silver

### **Triple Jump**

C Neubauer	W35	8.73	Gold
S Miller	M70	6.65	Gold

### **High Jump**

S Miller	M70	1.09	Silver
K Nathan	M75	1.03	Silver

### **Javelin**

C Neubauer	W35	23.12	Gold
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### **Shot**

C Neubauer	W35	6.76	Gold
C Woods	W65	6.69	Silver

K Nathan	M75	7.09	Bronze
<b>Discus</b>			
C Neubauer	W35	17.55	Silver
K Nathan	M75	18.01	Silver
<b>Hammer</b>			
K Nathan	M75	23.31	Silver
<b>Weight</b>			
C Neubauer	W34	7.57	Silver
K Nathan	M75	7.97	Silver
<b>Pentathlon</b>			
C Neubauer	W35	1628	Gold
S Miller	M70	1717	Gold
K Nathan	M75	1014	Silver
<b>Throws Pentathlon</b>			
K Nathan	M75	2157	Gold

<b>10km Road Walk</b>			
G White	M70	59.46	Gold
<b>8km Cross Country</b>			
P Sandery	M70	36.45	Silver
G White	M70	38.38	Bronze
<b>Half Marathon</b>			
G White	M70	106.11	Gold
D Close	M70	112.35	Silver
<b>4x100m Relay</b>			
C Neubauer	W35	59.68	Gold
S Miller	M70	64.24	Bronze
<b>Medley Relay</b>			
C Neubauer	W35	4.51.6	Silver
E Slattery	W50	5.31.5	Silver
S Miller	M70	5.20.0	Bronze

## 2018 DUNEDIN, NEW ZEALAND

<b>60m</b>			
C Neubauer	W35	8.64	Silver
<b>100m</b>			
C Neubauer	W35	14.10	Bronze
<b>200m</b>			
C Neubauer	W35	29.69	Bronze
<b>800m</b>			
P Sandery	M75	3.04.4	Silver
<b>1500m</b>			
P Sandery	M75	6.12.5	Gold
<b>5000m</b>			
P Sandery	M75	22.49.5	Gold
<b>2km Steeple</b>			
P Sandery	M75	9.58	Gold
<b>Hammer</b>			
C Neubauer	W35	18.23	Bronze
E Neubauer	W65	13.14	Bronze
<b>Shot</b>			
C Neubauer	W35	6.36	Bronze
C Woods	W70	6.35	Bronze
<b>Discus</b>			
M Clark	W65	16.07	Silver

<b>Javelin</b>			
C Neubauer	W35	21.41	Silver
M Clark	W65	18.07	Silver
C Woods	W70	13.90	Silver
<b>Weight</b>			
E Neubauer	W65	6.52	Silver
<b>Long Jump</b>			
C Neubauer	W35	4.37	Gold
E Neubauer	W65	2.56	Bronze
<b>Triple Jump</b>			
C Neubauer	W35	8.62	Silver
E Neubauer	W65	4.63	Silver
<b>6km Cross Country</b>			
P Sandery	M75	32.01	Gold
<b>Half Marathon</b>			
S McKeen	W40	1:35:46	Gold
<b>T &amp; F Pentathlon</b>			
C Neubauer	W35	1584	Gold
E Neubauer	W65	1307	Silver
<b>4x100m Relay</b>			
C Neubauer	W35	57.23	Silver
<b>Medley Relay</b>			
C Neubauer	W35	5:32.7	Silver

# SAMA MEDAL WINNERS AT THE WORLD MASTERS GAMES

## 1985 TORONTO, CANADA:

No SAMA entrants

## 1989 DENMARK:

No SAMA entrants

## 1994 BRISBANE:

### 100m

A Cooper	W65	15.83	Gold
H Van Bavel	M45	11.62	Silver

### 200m

A Cooper	W65	31.61	Gold
H Van Bavel	M45	23.40	Gold

### 400m

D Lange	W35	64.12	Silver
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### 1500m

A Lang	W50	5.39.3	Silver
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### 300m Hurdles

T Morgan	M60	51.34	Gold
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### 5k Walk

J Smythe	M60	33.11	Bronze
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## 1998 PORTLAND, USA:

No SAMA entrants

## 2002 MELBOURNE:

### 100m

J Wright	M90	25.15	Bronze
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### 800m

H Agostini	W75	4.52.1	Bronze
P Sandery	M60	2.25.2	Silver

### 1500m

P Sandery	M60	4.48.4	Silver
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### 5000m

P Sandery	M60	17.09	Gold
D Padget	M70	22.08	Silver

### 10000m

V Lambert	W60	65.39	Bronze
H Agostini	W75	67.54	Gold
P Sandery	M60	35.21	Gold
D Padget	M70	44.54	Silver

### 5k Walk

R Papageorgiou	W55	70.26	Bronze
R Elix	W65	34.51	Bronze
T Thompson	M55	34.40	Silver
L Smith	M65	33.17	Bronze
C Hainsworth	M70	31.44	Bronze
R O'Neil	M75	32.56	Bronze

### Shot

B Koch	M60	12.26	Bronze
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### Pentathlon

C Rothery	W30	2554	Silver
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### 8k Cross country

V Lambert	W60	54.17	Bronze
H Agostini	W75	57.42	Gold
P Sandery	M60	30.36	Gold
D Padget	M70	38.22	Gold

### 10k Walk

R Elix	W65	74.29	Gold
T Thompson	M55	73.36	Bronze
L Smith	M65	69.44	Gold
C Hainsworth	M70	65.08	Silver
F Brown	M80	85.03	Gold

### 20k Walk

J Doyle	M70	148.35	Bronze
R O'Neil	M75	139.05	Gold

### Half Marathon

D Standeven	M50	78.02	Bronze
P Sandery	M60	77.59	Gold
D Padget	M70	97.43	Silver

## 2005 EDMONTON, CANADA:

### 5000m

C Goodwin	W50	21.23	Gold
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### 5k Walk

G White	M60	26.33	Gold
L Smith	M70	34.15	Silver

C Hainsworth	M75	33.51	Gold
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R O'Neil	M75	35.09	Silver
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### Shot

B Koch	M65	12.24	Bronze
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**8k Cross country**  
 C Goodwin W50 37.48 Bronze  
**10k Walk**  
 C Hainsworth M75 69.18 Gold

L Smith M70 70.05 Silver  
**20k Walk**  
 G White M60 106.00 Gold  
 R O'Neil M75 145.26 Gold

## 2009 SYDNEY:

**800m**  
 J Wheatland M45 2.06 Bronze  
**1500m**  
 L Davis W30 4.55.6 Silver  
**5000m**  
 L Davis W30 19.33 Gold  
 P Sandery M65 19.09 Bronze  
**2k Steeple**  
 L Davis W30 7.54.5 Silver  
**5k Walk**  
 G White M60 27.07 Gold  
**High Jump**  
 T Wilson W35 1.30 Silver  
 B Kurtz W45 1.34 Silver  
**Long Jump**  
 D Peck M75 3.70 Gold  
**Triple Jump**  
 T Wilson W35 9.24 Bronze  
 D Peck M75 7.75 Silver  
**Javelin**  
 D Peck M75 26.53 Bronze

**Discus**  
 D Peck M75 27.63 Bronze  
**Pentathlon**  
 D Peck M75 3320 Silver  
**Weight Pentathlon**  
 D Peck M75 3315 Bronze  
**8k Cross country**  
 C Goodwin W55 36.51 Bronze  
 P Sandery M65 31.31 Bronze  
**10k Road run**  
 C Goodwin W55 46.58 Bronze  
 P Sandery M65 39.55 Bronze  
**10k Walk**  
 G White M60 56.26 Silver  
**Half Marathon**  
 P Sandery M65 95.10 Bronze  
**4x 100 Relay**  
 G Fopp M40 3.36 Gold  
**4x400 Relay**  
 J Wheatland M45 Silver

## 2013 TURIN, ITALY:

**1500m**  
 P Sandery M70 5.41.8 Silver  
**5000m**  
 P Sandery M70 21.23 Gold

**2k Steeple**  
 A Mayfield M60 7.35.6 Silver  
 P Sandery M70 9.06.6 Gold

## 2017 AUCKLAND, NEW ZEALAND:

**800m**  
 G Geracitano M40 2.11.6 Bronze  
 A Mayfield M65 2.31.9 Bronze

**2000m Steeple**  
 A Mayfield M65 7.47.7 Gold



## BAY SHEFFIELD MASTERS RESULTS

December 1976	120m	A Digance	H Barnes	P Barnes
	800m	P Stone	R Auld	R Wall
December 1977	100m	D Paul	J Liascos	S Grimm
	800m	P Jenkins	R Auld	G Adams
December 1978	120m	R Leedham	L Snelling	?
	800m	B Abrahams	?	D Eames
	1500m	D Cooke	B Abrahams	R Potts
December 1979	100m	T Morgan	P Yaxley	R Stone
	800m	J Dale	F Murphy	R Auld
December 1980	120m	J Dale	G Parkinson	N Main
	800m	B Wyld	P Pye	R Auld
December 1981	100m	N Main	R Ferris	A Digance
	800m	A Miojlic	B Wyld	D Greenhalgh



**Left. 1981 100m winners Norrie Main, Rowly Ferris and Al Digance**

**Below 1981 800m winners Adam Miojlic, Brian Wyld and Don Greenhalgh**



December 1982	100m	S Grimm	J Dale	T Morgan
	400m	D Greenhalgh	B Abrahams	G Parkinson
	800m	W James	R Auld	D Greenhalgh
December 1983	100m	P Yaxley	J Dale	B Wilson
	400m	J Dale	D Williams	P Yaxley
	1500m	M Cubitt	B Auld	B Abrahams
December 1984	100m	P Yaxley	B Wilson	L Wiltshire
	400m	R White	J Cayzer	P Yaxley
	1500m	N McDonald	N Vears	R Woodcock
December 1985	100m	G Clarke	B Wilson	S Grimm
	400m	A Miojlic	M Cubitt	N Vears
	800m	N McDonald	S Grimm	D Paul
December 1986	100m	R Gulliver	R Brus	G Clarke
	400m	R Woodcock	B Wyld	P Yaxley
	800m	B Wyld	B Auld	R Woodcock
December 1987	100m	N Charles	H Dillon	A Miojlic
	800m	G Byham	S Miller	D Paul



**1987 800m winners**

December 1988	100m	N Main	J Dale	L Whitelaw
	400m	D Opperman	M Barnes	J Dale
	800m	K Foster	I Dobbie	T Morgan
December 1989	100m	A Miojlic	P Boyce	T Morgan
	400m	N Main	P Boyce	K Markham
	800m	L Whitelaw	N Charles	K Markham
December 1990	120m	H Thomas	B Witty	A Miojlic
	400m	K Markham	R Manglesdorf	B Witty
	800m	T Morgan	R Woodcock	P Tippet
December 1991	120m	P Venables	?	?

We do not have the results for second and third. The results of the heats were as follows:

Heat 1

- |                         |                       |
|-------------------------|-----------------------|
| 1. Peter Venables 13.31 | 3. Paul Townley 13.63 |
| 2. Joe Brown 13.61      | 4. Norm Charles 13.69 |

Heat 2

- |                         |                        |
|-------------------------|------------------------|
| 1. Hans Van Bavel 13.63 | 3. Brian Witty 13.92   |
| 2. Gary Thompson 13.76  | 4. David Janssan 14.11 |

December 1992	400m	J Brown	R Grieve	N Charles
	800m	R Grieve	D Milburn	P Boyce
	120m	G Thompson	B Witty	G Whitehall
December 1993	400m	P Boyce	B Witty	S Grimm
	800m	P Boyce	D Milburn	B Freeman
	120m	N Main	F McHugh	H Van Bavel
December 1994	400m	F McHugh	D Paul	B Witty
	800m	G Whitehall	K Markham	R Manglesdorf
	120m	I Mead	F McHugh	D Janssan
December 1995	400m	D Milburn	F McHugh	G Whitehall
	800m	B Wyld	G Whitehall	R Manglesdorf
	120m	I Mead	F McHugh	D Janssan
December 2005	400m	D Milburn	F McHugh	G Whitehall
	800m	B Wyld	G Whitehall	R Manglesdorf
	120m	P Wade	R Hill-Brown	S Smith
	800m	S Miller	R Everson	B Wyld

December 2006	120m	S Smith	A Jefferies	R Mastrogiacomo
	800m	M Grivell	R Samarcq	B Wyld
December 2007	120m	C Johns	M Cassidy	B Stokes
	800m	D Trembath	H Hayford	F Rogers



**Bay Sheffield Carnival 2008**

December 2008	120m	T Innes	B Stokes	L Attenborough
	800m	A Jefferies	R Samarcq	C White
December 2009	120m (W)	M Cudmore	V Padget	L Peake
	120m (M)	B Stokes	Greg Fopp	Anthony Fedele
	800m	D Smith	C White	A Jefferies
December 2010	120m (W)	R Cruickshanks	L Attenborough	K Blute
	120m (M)	R Steele	R Hill-Brown	C Johns
	800m	G Oates	A McKay	A Sim
December 2011	120m (W)	L Attenborough	L Peake	G Stone
	120m (M)	D Janssan	A Jefferies	T Innes
	800m	D Mutton	H Hayford	M Worthing
December 2012	120m (W)	P McHendrie	K Blute	L Peake
	120m (M)	S Miller	R Hill-Brown	M Lovell
	800m	H Harrell	D Smith	D Mutton
December 2013	120m (W)	L Peake	K Blute	M Cudmore
	120m (M)	W Legrand	A Jeffries	R Hill-Brown
	800m	P Lainio	G Oats	L Davis
December 2014	800m	G Geracitano	A Jeffries	H Harrell
December 2015	800m	G Kanki-Knight	M Tregenza	C Bollen
December 2016	800m	G Geracitano	C Rothery	P Lainio



**2016**

December 2017	800m	J Wilkinson	R McMahon	M Worthing
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## **SUCCESS BY SAMA MEMBERS IN OPEN COMPETITION**

### **MASTERS IN THE TOP 20 SOUTH AUSTRALIAN ALL-TIME RANKINGS (Married Names Used)**

#### **MEN**

##### **100 YARDS**

3	9.6	Alistair Gordon	1952
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##### **3000 METRES**

6	8:02.3	Peter Brett	1987
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##### **5000 METRES**

4	13:40.72	Peter Brett	1989
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##### **10000 METRES**

2	28:11.25	Peter Brett	1986
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##### **3000 STEEPLECHASE**

9	8:52.31	Peter BRETT	1985
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##### **HALF MARATHON**

1	1:03.36	Peter Brett	1989
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##### **MARATHON**

4	2:19.36	Peter Brett	1994
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##### **HAMMER THROW**

11	51.90	Don Leadbetter	1969
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16	49.74	Alistair Gordon	1970
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##### **20k WALK**

3	1:28.25	Rob McFadden	1988
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5	1:33.04	George White	1984
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6	1:33.49	Richard Everson	1984
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12	1:40.10	Murray Marker	1987
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15	1:41.14	Tim Thompson	1975
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16	1:41.09	Jack Weber	1986
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17	1:41.41	Greg O'Neil	1978
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##### **50k WALK**

6	4:40.29	Tim Thompson	1977
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14	5:08.00	Murray Marker	1991
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#### **WOMEN**

##### **1500 METRES**

9	4:24.9	Marcia Sheer	1992
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14	4:28.7	Judy Daly	1980
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17	4:30.2	Maureen Moyle	1980
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**3000 METRES**

4	9:27.9	Maureen Moyle	1983
9	9:41.1	Judy Daly	1981

**5000 METRES**

4	16:26.1	Marcia Sheer	1994
9	17:05	Maureen Moyle	1983
13	17:18.0	Maureen Moyle	1982
17	17:27.5	Bev Lucas	1994

**10000 METRES**

3	34:11	Maureen Moyle	1983
9	35:36.7	Marcia Sheer	1991
13	36:31.5	Bev Lucas	1997
14	37:16.3	Leah Wright	1985

**HALF-MARATHON**

2	1:17.38	Maureen Moyle	1984
3	1:17.52	Bev Lucas	1996
5	1:19.16	Marcia Sheer	1995
11	1:21.41	Leah Wright	1995

**MARATHON**

3	2:44.12	Bev Lucas	1997
8	2:49.59	Maureen Moyle	1984
9	2:51.15	Leah Wright	1994

**DISCUS THROW**

19	39.98	Sylvia White	1975
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**5k Road Walk**

?	24.13	Lilian Harpur	1974
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**10k WALK**

5	50:19.0	Lilian Harper	1982
6	50.39	Sandra Kramer	1999

**20k WALK**

4	1:43.38	Lilian Harper	1977
7	1:48.57	Sandra Kramer	1999
13	1:57.43	Sandy Brunner	2004
18	2:08.49	Aileen Miller	1988

**50k WALK**

1	5:27.11	Lilian Harper	1970
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**SENIOR STATE CHAMPIONS WOMEN (Married Names Used)**

<b>100 yards</b>	1946	Ann Cooper	1949	Ann Cooper	
1944	Ann Cooper	1947	Ann Cooper	1950	Ann Cooper
1945	Ann Cooper	1948	Ann Cooper	1952	Ann Cooper



**220 Yards**

1942 Ann Cooper  
 1944 Ann Cooper  
 1945 Ann Cooper  
 1947 Ann Cooper  
 1948 Ann Cooper  
 1949 Ann Cooper  
 1950 Ann Cooper  
 1952 Ann Cooper  
 1954 Ann Cooper  
 1956 Ann Cooper

**440 Yards**

1952 Ann Cooper

**880 Yards**

1968 Judy Daly  
 1969 Judy Daly  
 1970 Judy Daly  
 1973 Judy Daly  
 1974 Judy Daly  
 1975 Judy Daly  
 1976 Judy Daly  
 1978 Judy Daly

**1500 Metres**

1968 Judy Daly  
 1974 Maureen Moyle  
 1976 Judy Daly  
 1978 Judy Daly  
 1979 Maureen Moyle  
 1980 Judy Daly

**3000 Metres**

1977 Maureen Moyle  
 1978 Maureen Moyle  
 1979 Maureen Moyle  
 1980 Maureen Moyle

**5000 Metres**

1978 Maureen Moyle  
 1979 Maureen Moyle  
 1980 Maureen Moyle

**10000 Metres**

1987 Maureen Moyle  
 2011 Lisa Davis  
 2016 Lisa Davis

**Half Marathon**

2010 Lisa Davis  
 2011 Lisa Davis

**3000m Steeple**

2014 Lisa Davis

**1500m Walk**

1966 Elaine MacFarlane  
 1968 Elaine MacFarlane  
 1969 Elaine MacFarlane  
 1970 Elaine MacFarlane  
 1971 Lilian Harpur  
 1972 Lilian Harpur

**3k Walk**

1973 Lilian Harpur  
 1974 Lilian Harpur  
 1976 Lilian Harpur  
 1977 Lilian Harpur

**5k Walk**

1978 Lilian Harpur  
 1979 Lilian Harpur  
 1980 Lilian Harpur

**High Jump**

1962 Sylvia White

**Shot**

1949 Ann Cooper  
 1950 Ann Cooper  
 1952 Ann Cooper  
 1954 Ann Cooper  
 1956 Ann Cooper  
 1959 Sylvia White  
 1960 Sylvia White  
 1961 Sylvia White  
 1962 Sylvia White  
 1964 Sylvia White  
 1965 Sylvia White  
 1971 Sylvia White  
 1972 Sylvia White

**Discus**

1960 Sylvia White  
 1962 Sylvia White  
 1963 Sylvia White  
 1964 Sylvia White

1968 Sylvia White  
 1969 Sylvia White  
 1975 Sylvia White

**Javelin**

1961 Sylvia White

**Long Jump**

1942 Ann Cooper

**Standing Long Jump**

1945 Ann Cooper

**5k Road Walk**

1971 Lilian Harpur  
 1972 Lilian Harpur  
 1973 Lilian Harpur  
 1974 Lilian Harpur  
 1975 Lilian Harpur  
 1976 Lilian Harpur  
 1977 Lilian Harpur  
 1978 Lilian Harpur  
 1979 Lilian Harpur

**10k Walk**

1980 Lilian Harpur

**20k Walk**

? G Holliday

**8k Road Run**

1983 Maureen Moyle  
 1984 Maureen Moyle

**Cross Country**

1967 Judy Daly  
 1968 Judy Daly  
 1973 Maureen Moyle  
 1974 Maureen Moyle  
 1975 Maureen Moyle  
 1976 Maureen Moyle  
 1978 Maureen Moyle  
 1979 Maureen Moyle  
 1983 Maureen Moyle  
 1984 Maureen Moyle  
 1986 Maureen Moyle  
 2010 Lisa Davis  
 2011 Lisa Davis

**SENIOR STATE CHAMPIONS MEN****100 yards**

1949 Alistair Gordon  
 1950 Alistair Gordon  
 1951 Alistair Gordon  
 1952 Alistair Gordon  
 1953 Alistair Gordon

1954 Alistair Gordon  
 1956 Alistair Gordon

**220 yards**

1948 Alistair Gordon  
 1949 Alistair Gordon

1950 Alistair Gordon  
 1952 Alistair Gordon  
 1953 Alistair Gordon  
 1954 Alistair Gordon  
 1956 Lloyd Snelling

1958 Lloyd Snelling	1990 Rob McFadden	1985 George White
<b>200m</b>	1991 Rob McFadden	1988 Rob McFadden
1970 Brendan Wilson	1992 Rob McFadden	1989 Rob McFadden
<b>400m</b>	1993 Rob McFadden	1990 Rob McFadden
1957 Lloyd Snelling	2003 Kim Mottrom	1991 Rob McFadden
1978 Brendan Wilson	2004 Kim Mottrom	2004 Kim Mottrom
1987 Des Paul	2010 Kim Mottrom	2006 Kim Mottrom
<b>880 yards</b>	2012 Kim Mottrom	2012 Kim Mottrom
1948 Collin Cooper	2013 Kim Mottrom	2013 Kim Mottrom
1949 Collin Cooper	2016 Kim Mottrom	2016 Peter Crump
1950 Collin Cooper	2017 Kim Mottrom	<b>30k Walk</b>
<b>Mile</b>	<b>High Jump</b>	1982 George White
1948 Collin Cooper	1966 Peter Dalwood	1983 George White
1951 Collin Cooper	1971 Peter Dalwood	1988 Rob McFadden
1964 Brian Wyld	1972 Peter Dalwood	1989 Rob McFadden
<b>120 yards Hurdles</b>	<b>Hammer</b>	1990 Rob McFadden
1937 Len Barnes	1946 Percy Barnes	1991 George White
<b>220 yards Hurdles</b>	1950 Geoff Peters	1992 Rob McFadden
1937 Len Barnes	1970 Don Leadbetter	1993 Rob McFadden
1938 Len Barnes	1971 Don Leadbetter	1996 Rob McFadden
<b>440 yards Hurdles</b>	1972 Don Leadbetter	2005 Kim Mottrom
1933 Len Barnes	1973 Don Leadbetter	2006 George White
1934 Len Barnes	<b>10k Walk</b>	2008 Kim Mottrom
1936 Len Barnes	1981 George White	2009 James Hoare
1937 Len Barnes	1982 George White	2012 Kim Mottrom
1938 Len Barnes	1983 George White	2013 Kim Mottrom
<b>5000m</b>	1984 George White	2014 Peter Crump
1988 Peter Brett	1985 George White	2016 Kim Mottrom
1989 Peter Brett	1988 Rob McFadden	<b>50k Walk</b>
<b>10000m</b>	1989 Rob McFadden	1972 Tim Thompson
1989 Peter Brett	1990 Rob McFadden	1976 Tim Thompson
<b>3k Walk</b>	1992 Rob McFadden	1986 Tim Thompson
1982 George White	1993 Rob McFadden	1989 Tim Thompson
<b>2 Mile Walk</b>	2007 Kim Mottrom	1991 Murray Marker
1952 John Smythe	2012 Kim Mottrom	1992 Murray Marker
<b>5k Walk</b>	2013 Kim Mottrom	<b>Cross country</b>
1983 George White	2015 Peter Crump	1941 Jack Weber
1984 George White	2017 Kim Mottrom	1944 Jack Weber
1985 George White	<b>20k Walk</b>	1947 Collin Cooper
1986 Rob McFadden	1982 George White	1959 Lloyd Frisby
1988 Rob McFadden	1983 George White	<b>Marathon</b>
1989 Rob McFadden	1984 George White	1959 Rodger Barber

## MEDALISTS -EMPIRE GAMES (Married Names Used)

### GOLD

1950 4x110	Alistair Gordon
1950 660 Relay	Ann Cooper

### SILVER

1958 4x100	Wendy Ey
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## MEDALISTS - AUSTRALIAN CHAMPIONSHIPS (Married Names Used)

### GOLD

1950	Shot	Ann Cooper	33'1"
1967	3K CC	Judy Daly	
1973	5kW	Lilian Harpur	23:24.0 (short course)
1974	3kW	Lilian Harpur	14:21.8
1975	5kW	Lilian Harpur	25:59.8
1976	3kW	Lilian Harpur	14:38.8
1976	5kW	Lilian Harpur	24:25
1978	5kW	Lilian Harpur	24:21.7
1983	10000m	Maureen Moyle	36:12.69
1992	20kW	Rob McFadden	1:30.49

### SILVER

1947	1500W	Elaine McFarlane	7:29.2
1950	100 yards	Alistair Gordon	10.2
1970	800m	Judy Daly	
1974	800m	Judy Daly	
1972	5kW	Lilian Harpur	27:07.0
1973	3kW	Lilian Harpur	14:53.2
1977	3kW	Lilian Harpur	14:41.0
1974	5k CC	Maureen Moyle	19:23.8
1975	5k CC	Maureen Moyle	18:59.8
1979	5kW	Lilian Harpur	24:55.0
1980	10K Road	Maureen Moyle	35:43.5
1982	25K Road	Grenville Wood	77:31
1983	25K Road	Grenville Wood	1:15.55
1983	20kW	Richard Everson	1:37.44
1983	20kW	Lilian Harpur	1:47.10.4
1987	5000m	Peter Brett	13:51.96
1990	12km CC	Peter Brett	37.18
1990	Marathon	Bev Lucas	2:48.55
1991	10000m	Peter Brett	28:43.09
1991	Marathon	Bev Lucas	2:44.44
1993	Marathon	Bev Lucas	2:48.46
1994	Marathon	Bev Lucas	2:48.32
1995	Marathon	Bev Lucas	2:44.27
1997	Marathon	Bev Lucas	2:44.12

### BRONZE

1950	220 yards	Ann Cooper	25.1
1971	1500W	Lilian Harpur	7:22.0
1977	5kW	Lilian Harpur	25:11.8
1978	5kW	Lilian Harpur	25:18.6
1978	5k CC	Maureen Moyle	
1980	5kW	Lilian Harpur	24:53.8
1982	5kW	Lilian Harpur	24:38.01
1987	10000m	Peter Brett	28:16.03
1996	Marathon	Bev Lucas	2:47.24
2001	30kW	Richard Everson	2:26.56

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## THE AUTHOR'S MOST MEMORABLE RUNS

Through my work I have had the pleasure of running all around the world. As many of you know, going for a run is a great way to see places. While I was travelling extensively, particularly during the 1990's, I would often have little time to see the places I was visiting but my early morning runs at least gave me a snapshot of some weird and wonderful places.



I have run in many large and small towns in the USA and Canada and while there are some fascinating places none compare with the sheer rawness of running in Death Valley. Especially early in the morning - it is so still and quiet with a rare stark beauty. If you want to feel solitude – this is the place.

Unfortunately my most vivid memory in Canada, is stepping out of my hotel in Toronto one December and quickly going A over T on black ice – I settled for a treadmill run that day. The only place in North America that I was unable to run was at a little place called Meliadine, way up on Hudson Bay. This is permafrost country with ice melting on the surface for only about one month a year. Therefore all access was by helicopter with no roads into or at the project.

South America has some beautiful places to run in and I think that all the locations where I ran can at least be called interesting. Top of the list has to be the run along the beachfront of Ipanema and Copacabana in Rio de Janeiro. I believe Rio has the most beautiful setting of any city in the world with its magnificent



beaches and rugged volcanic coastline and backdrop. Of course much of Rio's beauty is also on the beach! With so many thongs around it is hard to stay focussed and avoid oncoming runners. The beach fronts are bustling all day and night with numerous stalls selling coconuts to drink the milk from. Running early in the morning puts a different perspective on these tropical drinks as the piles of coconuts seem to attract all the towns' dogs to pee on them.

High up in the Amazon jungle of Brazil I stayed in another of the few places where I didn't run. It was a real shame, as in the mornings the clouds hung in the jungle valleys below us – I have never seen a more attractive and peaceful place to take a run. Unfortunately the area was full of black panthers that I am



pretty sure could out-run me even on a very - very good day, and running was definitely not recommended.



In Cayenne the capital of French Guiana, again another beach front run, but quite different this time. The "beach" is very ordinary and the water is grey. Here the sea still carries silt from the Amazon which exits to the ocean some 600 kilometres to the south east. Cayenne, and French Guiana for that matter, is basically one road along the coast with the Amazon jungle on the other side. Being very tropical it has to be the sweatiest place I have ever run in.

Argentina provided another interesting place to run. In a smallish town called Mendoza in the foothills of the Andes, running was hazardous unless great risks were taken, or the route was restricted to a single block. When I was there in the late 90's they were celebrating the fact that for the third year running they had topped the list for the most car crashes – anywhere in the world. The fact that the town is laid out in a grid fashion with no traffic lights and few road signs turns the whole place into a giant multiple figure of eight racing circuit. I stuck with running around a single block.

Argentina also provided the only other place I didn't run in South America. The project I was visiting was in the high Andes with our overnight camp at above 5000 metres. Just walking from the bunkhouse to the toilet was significant altitude training!

Santiago in Chile provided a challenge. It is a beautiful city to run around with some lovely buildings and generally very friendly people, though I think that many of their smiles may have been in wonder at this European trying to run in what is probably the worst smog in the world. Santiago is a big city with lots of cars – many of them quite old so that starts the problem. The city sits in a bowl of the Andes and with temperature inversions in the winter months the pollutants get trapped in the bowl. Then to add to this, there are several copper smelters on the edge of this bowl and SO<sub>2</sub> emissions fall down into it. Not the best workout for the lungs!

Central America has a special place in my heart for magic places to run. Top of the list is the Malecon in Havana, Cuba. The Malecon is the road that skirts the sea side of Havana; the name means "sea wall" which was constructed to protect the city from often vicious seas. The wide pavement provides a great place to run on this semi tropical island and takes you past all the glorious buildings from the colonial era. Unfortunately because of the Soviet era and subsequent American blockade, most of these buildings have fallen into gross

disrepair although with the recent growth in tourism many are being renovated. I was fortunate enough to stay at the Hotel Nacional where Winston

Churchill, Frank Sinatra and just about anyone who was anyone stayed before the revolution. They still preserve all the memorabilia and there is nothing

better than enjoying a mojito or frozen daiquiri on the terrace with a fine Cuban cigar.



However back to the run! Cuba is about music, so at just about anytime music can be heard when running the Malecon. Sometimes it is radio but often it is live and supplemented by dancing people. The sidewalk is wide enough to miss all this comfortably as well as the ubiquitous black market cigar dealers. The run can go past one or more of Ernest Hemingway's favourite bars, one of which still keeps a stool at the bar cordoned

off in his honour. Part of the scenery on this run and indeed anywhere in Cuba is the display of posters of Che Guevara which are far more prominent than those of Fidel Castro. For a run with a complete sight, sound and smell experience the Malecon is unsurpassed in my mind. The other thing that the Malecon has that the rest of Cuba hasn't, is a lack of domestic wildlife. Just about everywhere else I ran it was a constant battle to dodge the dogs, goats and chickens.

In general Europe seems pretty familiar, with runners to be found in most places and because of the built-up nature of the place it is easy to see a lot of history and fine buildings – on the run. One of the hotels I stayed at in Amsterdam was opposite the Royal Palace which makes for a superb start for the morning run. However it was also a great spot for contrasts because if I went out the rear entrance instead – particularly for an evening run, it was straight into the red light district where the ladies display their “wares” in shop windows! Had to be very careful as most of the paths were uneven cobblestones and the canals didn't look too inviting.

I made many visits to Finland and it always seemed to be mid-summer or mid-winter so it was either nearly all daylight or nearly all darkness. Summer meant no problem in finding time for a run and strangely enough winter wasn't a problem either. Most towns in Finland are surrounded by cross country ski trails with many close to town lit with streetlights. While running trails in summer is great, the feel of fresh snow underfoot in winter is pretty special. In the capital Helsinki there are many paths to run – around the coast and fine buildings, or in the many parks including trails past the Olympic Stadium of 1952. I really think I was able to run a little faster after passing the statue of the famous Paavo Nurmi.



Asia provides many contrasts, though the site of a European running seems to draw mirth throughout the continent. Uzbekistan, the old Soviet bloc country is on the centuries old "Great Silk Road" from China to Europe. I was fortunate enough to visit both the capital Tashkent and the regional city of Samarkand. Tashkent is a bustling city with obviously a strong

Russian influence particularly evident to me in the monuments to Tamerlane (the Mongol warlord who conquered the whole region again some 300 years after Genghis Khan) and the reminder of the 7.5 earthquake that destroyed much of Tashkent in 1966 (the great San Francisco quake was a 7.8). The city has some beautiful areas to run in including many parks and the entrances to the underground railway system provide a safe way to cross the roads.

Samarkand (the home of the tomb of Tamerlane) is quite different and has some of the most magnificent buildings from the region's hey-day in the 14<sup>th</sup> and 15<sup>th</sup> centuries. It was a centre for the Muslim religion and there are very well preserved mosques and teaching buildings that are covered inside and out with brilliantly coloured mosaics of small ceramics. They are some of the most amazing buildings I

have ever seen and make a beautiful backdrop to an early morning run. Unfortunately in my few visits to Uzbekistan my running was always confined to the first few days of the visit as each time I came down with the other type of runs (a common hazard for westerners!).



My most recent experience in Asia was in Vietnam and again being European I was always a target for street vendors. That's fine most of the time when a person is sightseeing but I'm not sure what they expected of me early in the morning with a good sweat up and running at a reasonable pace – when they call out "hello – you buy?????????"

The island of Mindanao in the Philippines was the only place in Asia where I didn't run. In the late 1990's, there was considerable communist guerrilla activity around General Santos City and the surrounding hills, with shootings



and kidnappings relatively frequent. A good place to rest from running for a few days!

What about Australia? We all have our favourite places and some of mine would be known to many of you. As I am not a masochist my favourite runs do not include the likes of the Castle Hill run in Townsville or any ultra-marathons – I am a simple runner and I like it flat and not too long!

River runs are my favourites and in three capital cities these are superb. In WA I find it hard to go past the Two Bridges run – across The Narrows and The Causeway.



Similarly Adelaide has many magnificent runs along the Torrens.

Finally no matter what they say about the Yarra, I still think an early morning run along its banks is special.



In Sydney running in the Domain and Botanic Gardens is delightful even if it can get a little crowded.



Lastly my favourite run in Queensland is Four Mile Beach at Port Douglas. I don't normally like beach running, but here the sand is very firm and with beautiful clear water and a rain forest edge, what more could a person ask for!