

# OVER 30'S ATHLETICS



**SA Masters Athletics (SAMA)** is for anyone aged 30 years and above. Our main aim is to provide a year round athletics program for people of all athletic abilities.

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 our 5-year age groups or by just beating our own personal targets.

From November to March, each Wednesday, using experienced officials, SAMA conducts an evening athletics program at Santos Stadium, Mile End. Events include: Sprints, Jumps, Runs, Throws and Race Walks.

From May to the end of September, running and race walking events are held each Saturday afternoon at various locations around the Adelaide metropolitan area. Distances vary from about 2km up to a half marathon for the Runners and from 4km to 20km for the Walkers.

Refreshments always follow our winter competition.



The majority of events are conducted using a handicap system that encourages athletes of all abilities and provides an incentive to improve performances from week to week. As well as handicap events there is plenty of opportunity to compete directly with others in your own age group in the various championships held during the year.



All SAMA events are age graded which means members can compare their times directly to others in the club or even world champions regardless of age. Internationally agreed tables enable comparisons across ages and even distances and events.





Members are welcome to bring their children and grandchildren (must be over 7 in summer and over 10 in winter!) who can compete with us at no cost.

Entry to SAMA events is very simple. Most can be entered just prior to the event with the payment of a very low fee for refreshments in winter and entry to Santos Stadium in summer.

SAMA also awards prizes and trophies for a range of handicap and championship events each season

SAMA championship events allow members to compete in their 5 year age groups. These events include Track and Field and various winter running and race walking championships.

### Other opportunities

SAMA is part of a worldwide organisation for Masters Athletes and our members are eligible, and encouraged to compete in the various championships conducted as part of that organisation.

Australian Masters Athletics Championships are held in a different state capital each year. Adelaide will host the National Championships in 2016. Internationally, we have the World Masters Athletics Championships as well as the regional Oceania Masters Athletics Championships.



All these events are very popular with SAMA members and provide an ideal opportunity to combine travel with athletics.

SAMA also has an active program of social events throughout the year including a weekend get together at a country venue each year.

A bi-monthly Newsletter for all members contains information on Club activities, event results and also items on National and International competition for masters athletes.



### For more information!

**Website**

[www.samastersathletics.org.au](http://www.samastersathletics.org.au)

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