

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

April 2019



The recent long list of achievements on the track by **Allan Mayfield** include two gold medals and individual Australian records (Indoor) at the World Indoor Masters Championships (Torun, Poland).

Allan won gold in the 800m and 1500m (see photo on the right, courtesy of Doug Smith, photographer with Canadian Masters team) and followed up with a Australian Record (indoor) in the 4 x 200m relay.

Members of the relay team: Bob Schickert (WA), Viddy Jermacans, Allan and Peter Crombie (NSW)

Coming Events

Clare Running Festival—28 April (SARRC event)

Great Barrier Reef Masters Games, Cairns—23 to 26 May

Adelaide Marathon Festival—26 May (SARRC event)

Australian Masters Half Marathon, ACT—26 May

Gold Coast Marathon—6 to 7 July

Greenbelt Challenge—21 July (SARRC event)

Oceania Masters Athletics Championships : 31 August—7 September 2019

XVII Australian Masters Games—5 to 17 October

From the Editor



Congratulations to **Allan Mayfield** and **Viddy Jermacans**. Allan with two individual Australian records (AR) in the World Indoor Masters Championships and a relay AR along with five club records deserves a special mention in this April edition of the newsletter. And Viddy participated in two Australian Records in the Indoor Championships (see report on p. 9)

More results can be found on pages 10 to 16. Thanks to the photographers who captured the pictures from the SA Championships. They can be viewed on the gallery <https://www.samastersathletics.org.au/gallery.htm> including a number taken at the 2km Steeplechase. (See page 11, **Ros Lowe**)

In this edition there is a report from the 20th Antarctica Marathon by **Suzanne McKeen** and a report from Torun, Poland of the World Masters Indoor Championships by **Peter Sandery** with results provided by **George White**.

The Winter Program has been released (see page 22) and there are many events to be enjoyed in coming months. Finally the SAMA weekend this year will be held at Clare during October and I know **Helen Suridge** will welcome early bookings. (see page 20 for further details)

Richard Moyle

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Club website : <http://www.samastersathletics.org.au/>

A message from our president— David Bates

All too soon we are coming to the end of another summer season, and we can look back on some very successful and enjoyable Track & Field competitions in the 2018/19 year. I would like to take this opportunity to thank sincerely all the helpers and officials whose dedication makes our summer competition possible – we could not do it without you!

We had a good turnout despite the extremes of weather we experienced and everyone strived to do their best. None more so than the four brave individuals who tackled the annual steeplechase, and ended up dumper for their efforts! Both Gail Stone and Marie Maxted improved on the W55 State record (held by Marie), with Gail taking the honours this time.

Many other State records were surpassed during the season (as listed in this and previous issues of the newsletter), and new Australian outdoor records were set by Anne Lang (W75

400m and W75 2000m Steeplechase), Allan Mayfield (M70 2000m steeplechase), and Stephanie Noon (member of Australian W50 4x100m and 4X400m Relay teams). At the recent World Masters Indoor Championships in Torun, Allan also set new M70 Australian indoor records in the 800m and 1500m, and was part of a team that also included Viddy Jermacans, who set an inaugural Australian indoor record for the 4x200m relay. Viddy himself broke the Australian M70 high jump record in his indoor pentathlon, and Sarah Carthew set a new W35 high jump record.

The finale of the season for 36 of our members will be the Nationals in Melbourne from 26-29th April. I wish them great success at these Championships, which will be the biggest ever held. The SAMA Team Manager is Viddy Jermacans, whose contact details can be found on page 25.

The 2019 Winter Program, which will commence on 4th May, is available on the Programs page on our website*, and can also be found in this newsletter. I look forward to seeing many of you participate in these friendly Saturday afternoon events.

Sadly we will see the departure of two long-standing committee members at the AGM in June; Neil Hayford and John Hore. As mentioned in the last newsletter, Neil stood down as our club Registrar after a stint of 12 years, and John has been our Run Coordinator since 2001, as well as serving as President from 2009 to 2013. John was also instrumental in introducing modern technology to assist in the running of SAMA events. His development of an inexpensive Event Manager program, as well as use of electronic starting systems and video cameras to record races, has been invaluable to our club competitions, both in summer and winter.

I congratulate both Neil and John on their achievements in their respective roles, and thank them for their valuable contribution as members of the committee for many years.

Replacement of our storage container at the stadium is well underway, and hopefully the new one will be in place as you read this. I thank everyone who has assisted in the changeover, and in particular Viddy Jermacans, Graham Harrison and George White for their key contributions.

Finally, did you know how the steeplechase takes its name? In the 18th century, English (or Irish) runners would often race each other from one town's church steeple to the next. The steeples were chosen because they were easy to see from long distances, leading to the name "steeplechase."

The runners were required to jump over various barriers during the race. These included stone walls and small rivers. When the race was modernised, the walls were simulated with hurdles and the rivers and creeks were simulated with the water pit.

*SAMA website: <http://www.samastersathletics.org.au/>



SAMA News

Call for Committee nominations

At the AGM on 22 June 2019, two members of the committee will be discontinuing. The vacant positions create opportunities for members with ideas and a willingness to give something back to the club

We are seeking two additional SAMA members to join the committee. One of those will ideally take on the role of Run Coordinator (although it is possible for a non-committee member to undertake the position).

The responsibilities of the Run Coordinator are detailed in the duty statement available to download on the Committee page of the SAMA website. A Committee Nomination form can also be found there.

If you would be willing to be nominated for the committee, and/or would be interested in the Run Coordinator position, please send an email to David Bates (david.bates@internode.on.net).

2019 SAMA Annual General Meeting

The SAMA AGM will be held on **22 June 2019** after Saturday competition.

Venue: Western Districts Clubrooms (turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Avenue)

If anyone believes changes are required to our Constitution or By-Laws they should contact the Secretary –Helen Suridge (helsur@outlook.com).

Likewise, please contact Helen if you would like to nominate for the SAMA Committee, or talk to any member of the current Committee (see the list later in this newsletter).

Agenda

1. *Present*
2. *Apologies*
3. *Minutes of AGM held 23 June 2018 as circulated*
4. *Business arising*
5. *Annual Reports*
 - 5.1 *President's report*
 - 5.2 *Treasurer's report*
6. *Election of Officers*
7. *Other Business*
 - 7.1 *Membership fees*
 - 7.2 *SAMA Constitution / By-Laws*
 - 7.3 *Any other business including open floor discussion*

Australian Masters Games 2019

The XVII Australian Masters Games (AMG) will be held in Adelaide in October 2019, with the Athletics T&F events scheduled for 5-8 October and the Athletics out-of-stadia events occurring from 10-12 October. Entries are open, and the Games entry fee has been discounted during the 'Gold entry period' that finishes on 1 May 2019.

SAMA News

SAMA is organising the out-of-stadia events at the AMG; City Mile, Cross-country Run and 10km Road Walk.

We shall be needing volunteers to assist with running the out-of-stadia events, and if you are able to help please let **Viddy Jermacans** know (viddy48@yahoo.com.au).

We also encourage our members to register with AMG as volunteers for the Athletics Track & Field competition, which is being organised by Athletics SA.

AMA Championships - Melbourne 2019

The AMA Track & Field Championships are being held in Melbourne from 26 -29 April, 2019.

The SAMA Team Manager for the Melbourne Nationals will be **Viddy Jermacans**.

Viddy will be the SAMA contact for all competition issues and act as coordinator/organiser for relay teams - please contact him if you have any issues or wish to be considered for the relays. His full contact details are available on the Committee page of the SAMA website.

All SAMA athletes competing in the Melbourne Nationals are required to be financial for the **membership year commencing 1st April 2019**.

A warm welcome to new SAMA members

David Gross M35

Wayne Hunter M35

Ross Nitschke M45



Liz Neubauer, Anne Lang, Cassie Neubauer, Carol Fallon, Felicity Alexander and Mary Abrey waiting to compete in the 800m (Track & Field Pentathlon) on 13 March.

Grin and Bear it

By George White

We are all well-honed athletes aren't we? Let's say we can run a 10km race in 45 minutes. To improve that by over a minute would take some serious training effort over perhaps a significant period of time. But what if you could make that improvement without any physical effort at all?

Running endurance stems from physiological and psychological factors. We are all familiar with the physiological factors but less so with the psychological factors. Perceived effort, or how hard we feel we are working during a run is one factor where the lower the perceived effort, the easier the run will feel. It is easy to imagine that any strategy that reduces how much an athlete perceives the effort will generally have a positive effect on performance. Running hard often makes you frown while easy effort can result in a smile.

Makes sense doesn't it! However the body is a strange and wonderful thing and has many feedback loops. You may frown because of the effort but in turn that frown may make the effort even harder. The converse is that it appears that smiling can in fact make that hard effort easier. Every time you smile – your brain thinks you are throwing a party, so it releases endorphins. There is some suggestion that even when the smile is fake, the endorphins may convert it to a real smile.

Many top marathon runners seem very relaxed compared to those of us much further down the field. Kenya's Eliud Kipchoge's face is often shown smiling and while he no doubt enjoys being at the front it is hard to imagine he really enjoys the hard effort. In fact it is a deliberate tactic to relax and work through the escalating pain. Psychological strategies are important for elite athletes and can impact running efficiency. Unfortunately many relaxation techniques can be difficult to learn - but one thing we can all do is smile. Ever wondered how Ros Lowe manages to compete in so many events every week? I always thought she was just enjoying herself but it seems she has a secret strategy – her smile!

Smiling has been the subject of a study at Ulster University where they had 24 runners complete a series of four six-minute treadmill runs. All participants in the study were club-level endurance runners and were healthy, free from injury, accustomed to treadmill running, and engaged in regular endurance training. Participants completed runs while smiling, frowning, consciously relaxing their hands and upper-body or as they would normally run (the control). Smiling was found to improve running efficiency compared to both frowning and the control. Conversely frowning resulted in higher perceived effort compared to smiling and relaxing. Fourteen participants were most economical during smiling. Runners who smiled used less oxygen, ran more economically and had lower perceived exhaustion than those who frowned or were in the control group. The key finding was that participants were most efficient while smiling. Remarkably, participants were 2.8% more efficient when smiling than frowning, and 2.2% more efficient in comparison with the control. These reductions are sufficient to translate into a reasonable improvement in performance under race conditions.

Why? In contrast to frowning smiling may engender a more relaxed emotional state resulting in better running efficiency while reducing perceived effort. These responses are probably most pronounced when a 'real' or Duchenne smile is produced. A Duchenne smile (resulting from true happiness) stems from the symmetrical activation of the muscles around the mouth and the eyes. But why exactly did facial expression impact the runners' efficiency and perceived effort? We all know the saying "smile and the whole world smiles with you" well this is what is known as embodied emotion. By adopting a positive facial expression you can influence how your emotions are actually experienced. We also know that relaxation strategies can improve running efficiency and the act of smiling may increase relaxation among runners, while frowning may increase tension.

So what are the practical implications of the study? One implication is that smiling may be a useful strategy to improve efficiency and to make you feel more relaxed during running. In contrast, frowning may increase tension and make your run feel harder. So, how long should you smile for? Like Kipchoge, are periodic (30 second), bouts of smiling sufficient, or do we need to smile continuously like the runners in the study did? However these runners did indicate that prolonged smiling could be both impractical and difficult to maintain. If you can do it, then continuous smiling is probably advantageous but periodic smiling may be most appropriate during sustained activity.

Grin and Bear it

The recommendation from the study is to pay some attention to your facial expression and to smile as much as you can during your run. Even when the kilometres seem gruelling, try to focus on pleasant memories, beam and say hello to people as you run past, grin at cameras on the sidelines, or give yourself a small smile when you complete each kilometre.

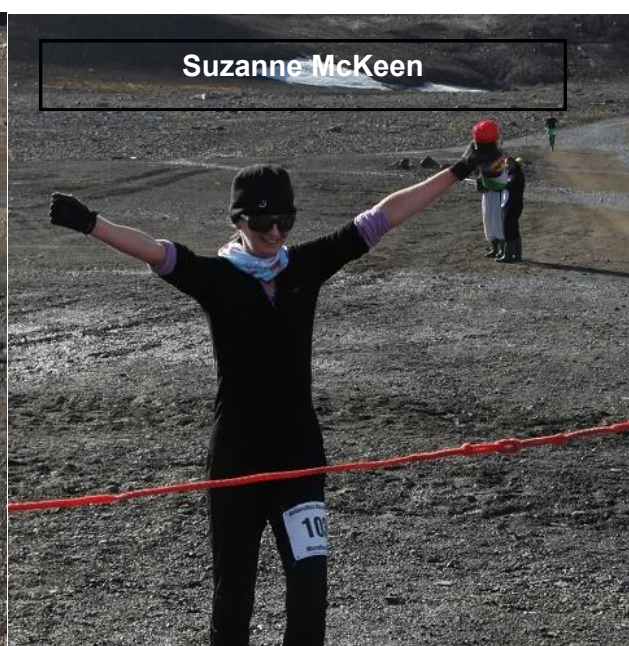
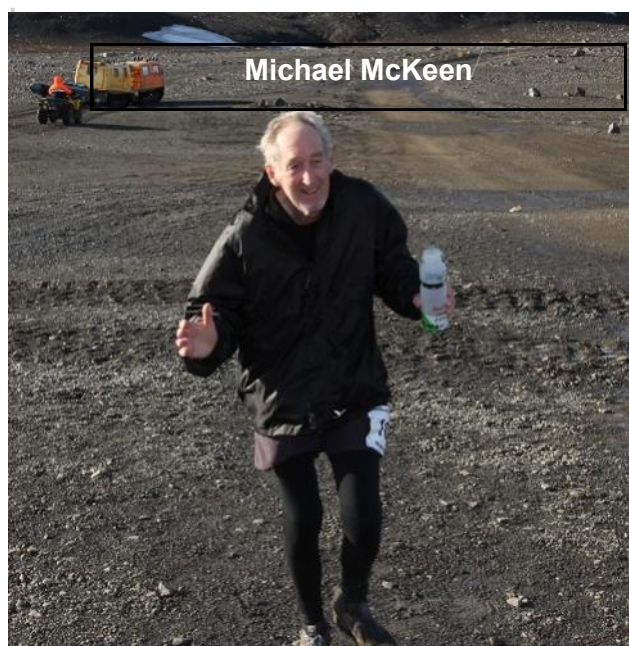
Worst case scenario! Even if the effort is no easier and you are not faster – at least you will look better in race photos.



On Sunday 17 March, **Suzanne McKeen** was 1st woman across the line in the Antarctica Marathon. Suzanne in the following report acknowledges the wonderful achievements of her father and fellow competitor, **Michael McKeen**.

Having finished half marathons on all 7 continents, dad is now on a quest to complete the 7 full marathons. The course was completely different this time, much tougher with a lot more hills, but the weather conditions on our race day were near perfect. Dad's success in Antarctica gives him a total of five marathons/continents and with plans to run the Patagonia marathon later this year and Tokyo marathon next year to complete the task. Not bad for a 74 year old who initially enquired to race organiser Thom Gilligan as to whether he was too old to participate in the Antarctica marathon – Thom's response: once you start thinking like an old person you'll start behaving like one. For me, I was ecstatic to smash 20 minutes off my previous Antarctica marathon time particularly given the course back in 2015 was relatively easier, and to take out the women's event was a bonus. I am now looking forward to a firm, flatter course at the London marathon next month!

<https://www.endurancesportswire.com/antarctica-marathon-celebrates-20th-anniversary/>



Time in Torun

By Peter Sandery

I recently participated in the World Masters Athletics Indoor Championships in Torun, Poland. I use the term "participated" because I arrived at the event with a hamstring injury that severely restricted the pace at which I could run. I managed to complete the 3000m and 1500m and just being at an event of this size (around 5000 competitors), meeting runners I have competed against in the past, many of whom have become friends was very satisfying. One of our SAMA runners achieved a standout performance at this WMACi event. I will return to that later.

Torun is a town of approximately 200,000 people. The championships used the modern indoor running track building known as Torun Arena as the central site. The Arena contains a permanent 200m, 6 lane running track with banked bends. All of the non-stadia events were conducted at venues situated close to that building, within 200-300m. That included the start/finish for the road walks, 10km and 1/2 marathon road races and the cross country. There was a throwing hall for shot put and weight throw and an outdoor 400m running track stadium for the discus and javelin.

The Arena building is huge, incorporating the indoor track (the infield of which can be reconfigured for other sports), a large gym, office and multi-purpose spaces, an indoor jumps area separate from the jumps facilities in the track infield, a set of warmup lanes under the seating area and, a hotel. The arena is a multifunction facility. It accommodates 5,192 people in the permanent seats around the running track and 6,248 people when additional seating is pulled out for team sports (volleyball, basketball, handball). It has also been used for events such as fashion shows, music and other forms of entertainment.

The Torun indoor 200m running track is the tenth indoor track I have competed on around various locations in the northern hemisphere (several of which were in relatively small towns) that have been able to attract international events to those towns. Winters in these towns severely limit running outdoors, which is one of the reasons indoor tracks exist. Trends in summer conditions in South Australia suggest to me that there is a similar case that can be put for having a multi-purpose indoor running facility (similar to the best overseas designs) in Adelaide. This would enable us to attract major sporting events to our city as well as developing athletics in the state. A well managed indoor facility should be able to pay its running costs from revenue raised. Groups manage to do this around the world.

We are currently not well served in South Australia with regard to athletics facilities of any sort. In fact, compared to the other states we are at the bottom of the pile when it comes to all weather outdoor athletics tracks. One stadium for the whole state is inadequate.

Indoor athletics is significantly different from the outdoor track and field version. Spectators are much closer to runners and that, combined with music, large screen displays and multiple events conducted at the same time produce a more vibrant and engaging atmosphere than the outdoor version. Race distances on the main track include 200m, 400m, 800m, 1500m and 3000m with 60m sprints and hurdles down the infield. Relay races (4x200m) can also be run on the track. Pole vault, high jump, long jump and triple jump are conducted in the infield.

The spectacular increase in participation by a wide spectrum of people in running that the parkrun movement has produced (and continues to do so) shows that it is possible to get people out exercising just by thinking even a little bit outside the square and providing a "product" that weeds people in rather than weeding them out. Walking and running are activities that most people are physically able to do, with significant community health improvement outcomes. Making athletics (both competitive and recreational) more visible can only be a good thing in encouraging more people to engage actively with it.

To return to the performance of one of our SAMA own. Allan Mayfield focused his attention on two events - the 800m and 1500m races. In his M70 age group (which he had only very recently moved into) he had to run a semi final to qualify for the final. He ran just fast enough to narrowly win his semi-final and that gave him automatic qualification for the final while conserving his energy for that race. In the 800m final, Allan was up against the best in the

Time in Torun

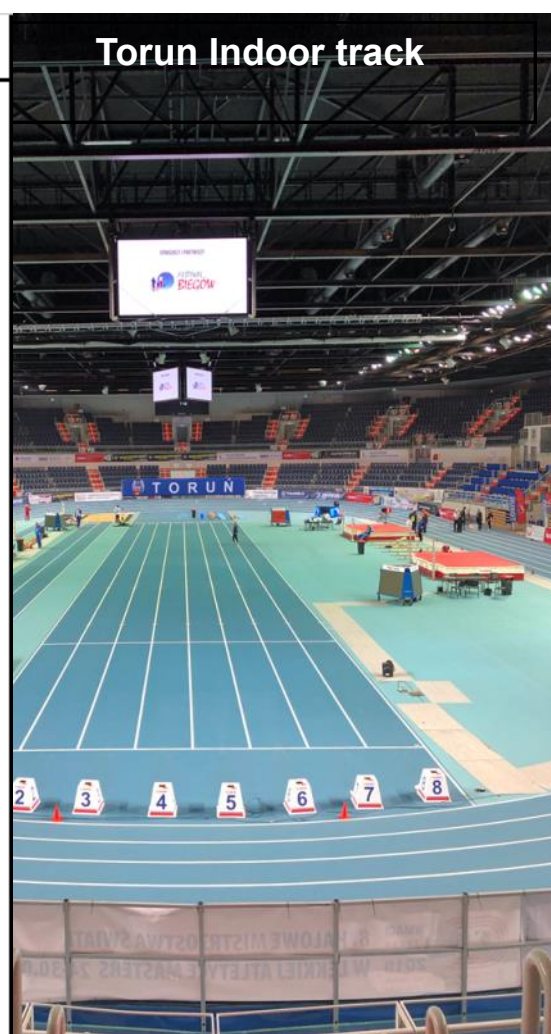
world, including the current world record holder.

He ran a well judged race, surging away from the rest of the field coming into the home straight to win in a time of 2:31.16. The 1500m was a straight final and Allan ran this race a couple of days later in the same well planned and executed manner as the 800m. Always looking like a winner, he achieved a time of 5:25.5 and a second gold medal. He also broke the existing Australian records (which I had set a few years ago) for these two events. A very impressive performance.

Results from the World Masters Athletics Indoor Championships – Torun, Poland [by George White]

A small team from SA competed in Poland – **Claire, Peter, Allan and Viddy** - joined by our UK member **Sarah Carthew**. Congratulations to them all but especially Allan Mayfield for his 2 gold medal wins and 2 Australian indoor records - and to Viddy Jermacans for breaking the Australian M70 indoor high jump record in his pentathlon. Allan and Viddy were also part of the M70 4x200m relay team that set an inaugural Australian indoor record.

Event / Name	Age Gr	Result	Place
200m			
V Jermacans	M70	35.67	27th
800m			
A Mayfield	M70	2.31.16	Gold
1500m			
A Mayfield	M70	5.15.5	Gold
P Sandery	M75	6.48.82	6th
3000m			
P Sandery	M75	14.00.9	7th
Shot			
C Woods	W70	6.37	16th
Javelin			
C Woods	W70	14.63	8th
Discus			
C Woods	W70	13.86	12th
Long Jump			
V Jermacans	M70	3.58	9th
High Jump			
V Jermacans	M70	1.15	10th
T&F Pentathlon			
S Carthew	W35	1515	26th
V Jermacans	M70	1926	13th
4 x 200m Relay			
V Jermacans	M70	2.16.36	7th
A Mayfield	M70	2.16.36	7th



Throws Pentathlon

SA Athletics Stadium - Sunday 10 March

Member	Age Gr	Hammer	Shot	Discus	Javelin	Weight	Total Points	Age Gr Place
Women								
NEUBAUER Cassie	W40	16.93	6.69	17.10	18.85	7.30	1,631	1
ALEXANDER Felicity	W50	11.27	4.40	12.38	10.88	4.18	992	1
PRINCI Angie	W55	21.32	5.38	14.39	10.70	5.37	1,653	2
JEFFERIES Ann	W55	28.95	9.26	25.23	25.65	8.63	3,187	1
NEUBAUER Liz	W65	12.10	4.84	12.00	10.57	6.35	1,670	1
Men								
WATSON Craig	M35	20.92	10.27	28.48	41.82	8.36	2,029	1
MINCHIN Chris	M60	24.84	9.90	35.33	32.77	11.30	2,718	1
PATANE Tony	M65	31.02	7.93	27.60	14.71	10.92	2,417	1
JERMACANS Viddy	M70	17.81	7.48	21.15	24.22	8.09	2,011	1
PECK Dennis	M80	22.40	6.99	21.29	21.11	10.30	2,771	1



Steeplechase - 27 March

SA Athletics Stadium

		Results	Age Group	Age Group %	Position
Ros	LOWE	0:11:57	W70	82.7%	1
Gail	STONE	0:10:55	W55	74.3%	1
Marie	MAXTED	0:11:26	W55	69.8%	2
Paul	LAINIO	0:08:32	M50		1

Ros Lowe, competing in the 2km Steeplechase.



Track & Field Pentathlon

SA Athletics Stadium

Member	Age Gr	Long Jump	Javelin	200m	Discus	1500m	Total Points	Age Gr Place
Men - 20 March		mt	mt	sec	mt	min/sec		
WATSON Craig	M35	4.94	43.91	26.62	29.06	7.39	1,884	1
WILCZEK David	M45	4.95	33.22	26.80	25.07	5.53	2,485	1
LOVELL Matthew	M50	5.07	37.80	28.08	27.29	6.25	2,558	1
JERMACANS Viddy	M70	3.69	24.99	35.00	21.33	7.23	2,436	1
MILLER Stan	M75	2.19	10.20	49.65	12.63	10.07	737	1

Track & Field Pentathlon

SA Athletics Stadium

		100m	Shot Put	Long Jump	Javelin	800m		
Women - 13 March		sec	mt	mt	mt	min/sec		
NEUBAUER Cassie	W40	14.67	7.00	4.20	20.20	3.38	1,951	1
ALEXANDER Felicity	W50	23.28	4.58	1.88	11.50	3.45	706	1
FALLON Carol	W60	21.64	4.61	1.44	6.92	4.39	705	1
NEUBAUER Liz	W65	21.27	5.06	2.32	11.54	4.31	1,422	2
ABREY Mary	W65	18.40	4.98	2.51	15.63	3.42	2,234	1
LANG Anne	W75	19.14	6.61	2.41	15.33	3.41	3,291	1

10km Run / Walk

SA Athletics Stadium - Sunday 11 March

Name		Age Group	Results	Age Grade%	Order
10km Run					
Chantel	PEACOCK	W40	0:44:29	72.0%	1st
David	PADGET	M85	1:10:14	76.0%	1st
David	CLOSE	M75	0:53:53	73.1%	1st
Liam	HANNA	M70	0:48:18	78.8%	1st
John	HORE	M70	1:07:10	53.6%	2nd
Geoff	HAKES	M70	1:09:42	54.6%	3rd
Colin	BROOKS	M65	0:50:53	67.3%	1st
Colin	WELLINGS	M50	0:40:02	77.7%	1st
Colin	AMBROSE	M50	0:40:03	75.8%	2nd
Paul	LAINIO	M50	0:42:35	71.3%	3rd
Paul	GREENWOOD	M45	0:38:23	76.6%	1st
Russell	WITHERS	M45	0:43:29	68.7%	2nd
10km Walk					
Marie	MAXTED	W55	1:08:53	73.4%	1st
George	WHITE	M70	1:02:26	85.7%	1st
James	HOARE	M70	1:16:20	69.2%	2nd
Ross	HILL-BROWN	M60	1:25:12	56.3%	1st
Gregory	METHA	M50	1:05:43	66.4%	1st
10km Club Walk					
Margaret	MCINTOSH	W65	1:24:39	66.3%	1st
David	ROBERTSON	M85	1:32:15	70.2%	1st
Graham	HARRISON	M75	1:17:56	70.6%	1st
Kevin	FINN	M65	1:07:49	73.2%	1st
Gil	MCINTOSH	M65	1:09:39	72.1%	2nd
Richard	MOYLE	M60	1:16:22	62.2%	1st



Graham Harrison



Marie Maxted

SAMA Championships- Day 1, 3 April 2019

AgeGrade					AgeGrade				
Name		Results	Group	%	Name		Results	Group	%
Hammer					60M				
Liz	NEUBAUER	13.06	W65	31.4%	Miriam	CUDMORE	11.28	W80	98.9%
Ann	JEFFERIES	29.6	W55	53.9%	Anne	LANG	11.56	W75	89.1%
Angela	PRINCI	21.41	W55	38.2%	Lyn	PEAKE	10.14	W65	94.5%
Julia	LYCETT	27.27	W50	47.7%	Mary	ABREY	11.23	W65	84.5%
Cassie	NEUBAUER	17.78	W40	30.0%	Carol	FALLON	13.59	W60	66.8%
Kana	NATHAN	26.77	M80	69.2%	Sue	TURNER	8.85	W55	97.9%
Graham	RICHARDSON	21.83	M80	58.7%	Kathy	BLUTE	9.85	W55	87.1%
Jock	RIACH	22.59	M75	50.5%	Ann	JEFFERIES	10.15	W55	83.7%
Tony	PATANE	32.99	M65	61.9%	Gail	STONE	10.34	W55	84.6%
David	BATES	27.91	M65	53.8%	Sue	CASSIDY	10.43	W55	82.3%
Malcolm	TIGGEMAN	20.02	M65	37.6%	Stephanie	NOON	9.09	W50	90.8%
Christopher	MINCHIN	30.36	M60	54.1%	Sabine	ORCHARD-SIMO	10.19	W50	80.1%
Matthew	LOVELL	34.26	M50	49.1%	Karen	LONG	8.48	W40	88.5%
1500 Walk					Cassie	NEUBAUER	8.82	W40	81.4%
Jan	LAYNG	0:11:39	W70	66.7%	Vicky	CAPUTO	8.96	W40	80.1%
Liz	DOWNS	0:10:38	W60	67.3%	Kerry	GOODE	9.41	W40	79.7%
Marie	MAXTED	0:09:19	W55	72.9%	Rebecca	HUNTER	10.41	W35	68.1%
Colin	HAINSWORTH	0:14:19	M85	67.1%	John	HORE	11.86	M70	69.5%
George	WHITE	0:08:30	M70	88.2%	Norman	POWELL	11.95	M70	71.0%
Gil	MCINTOSH	0:09:38	M65	73.2%	Hans	VAN BAVEL	8.95	M65	91.5%
Ross	HILL-BROWN	0:11:16	M60	59.8%	Graham	HENDERSON	9.39	M65	87.3%
Mark	WORTHING	0:08:26	M55	73.9%	Malcolm	TIGGEMAN	15.07	M65	53.3%
1500 Walk (Club)					Chris	JOHNS	9.56	M60	80.9%
Valmai	PADGET	0:11:29	W70	71.5%	Bill	DICKENSON	9.67	M60	82.1%
Margaret	MCINTOSH	0:11:33	W65	64.0%	Matthew	LOVELL	8.68	M50	85.0%
Cathie	HORE	0:12:56	W65	58.6%	David	WILCZEK	8.38	M45	85.6%
David	ROBERTSON	0:12:53	M85	69.5%	Wayne	HUNTER	8.6	M30	74.3%
Graham	HARRISON	0:11:16	M75	68.3%					
800m					800m				
Anne	LANG	0:03:36	W75	95.9%	Richard	MCMAHON	0:02:22	M55	86.8%
Mary	ABREY	0:03:32	W65	80.7%	Paul	LAINIO	0:02:25	M50	80.9%
Sarah	CHINNER	0:02:34	W55	89.3%	Scott	RANFORD	0:02:29	M50	78.7%
Roula	GHAOUI	0:02:49	W35	68.3%	Matthew	LOVELL	0:02:47	M50	71.4%
David	CLOSE	0:03:29	M75	72.8%	Paul	GREENWOOD	0:02:20	M45	81.6%
Doug	SMART	0:04:25	M75	56.5%	Gino	GERACITANO	0:02:30	M45	74.2%
Andrew	MCKAY	0:02:46	M60	76.1%	Russell	WITHERS	0:02:35	M45	74.4%
Hayden	HARRELL	0:02:50	M60	74.3%	Geoff	WATSON	0:02:38	M45	70.5%
Michael	COLLETT	0:03:07	M60	78.0%	Ben	NOBLET	0:02:52	M45	65.9%



SAMA Championships- Day 1, 3 April 2019

		AgeGrade					AgeGrade		
Name		Results	Group	%	Name		Results	Group	%
200m					Javelin				
Miriam	CUDMORE	39.97	W80	92.7%	Miriam	CUDMORE	20.1	W80	87.5%
Anne	LANG	41.47	W75	80.1%	Anne	LANG	17.71	W75	64.5%
Carol	FALLON	49.09	W60	59.4%	Ros	LOWE	11.66	W70	36.5%
Sue	TURNER	29.82	W55	92.9%	Mary	ABREY	15.67	W65	45.3%
Gail	STONE	34.46	W55	81.3%	Liz	NEUBAUER	9.46	W65	27.3%
Kathy	BLUTE	34.6	W55	79.3%	Carol	FALLON	5.44	W60	13.9%
Sue	CASSIDY	35.57	W55	77.1%	Ann	JEFFERIES	26.08	W55	56.7%
Stephanie	NOON	29.97	W50	87.7%	Angela	PRINCI	10.66	W55	22.6%
Sabine	ORCHARD-SIMO	34.64	W50	75.1%	Julia	LYCETT	17.23	W50	35.5%
Karen	LONG	27.07	W40	87.7%	Cassie	NEUBAUER	21.3	W40	31.9%
Vicky	CAPUTO	28.75	W40	78.7%	Rebecca	HUNTER	19.95	W35	29.2%
Cassie	NEUBAUER	29.92	W40	75.6%	Roula	GHAOUI	11.3	W35	16.6%
Kerry	GOODE	30.87	W40	76.9%	Kana	NATHAN	13.7	M80	28.7%
Roula	GHAOUI	34.88	W35	64.0%	Graham	RICHARDSON	11.66	M80	25.5%
Hans	VAN BAVEL	29.88	M65	85.7%	Jock	RIACH	16.68	M75	35.1%
Graham	HENDERSON	32.63	M65	78.4%	Norman	POWELL	18.09	M70	35.8%
Bill	DICKENSON	30.53	M60	80.7%	Malcolm	TIGGEMAN	19.92	M65	34.2%
Chris	JOHNS	31.82	M60	75.4%	David	BATES	19.02	M65	33.4%
Matthew	LOVELL	28.25	M50	81.0%	Christophe	MINCHIN	30	M60	49.1%
David	WILCZEK	26.45	M45	84.1%	Matthew	LOVELL	35.08	M50	48.2%
Geoff	WATSON	32.07	M45	67.4%	Paul	GREENWOOD	25.47	M45	33.6%
Wayne	HUNTER	29.25	M30	67.4%					
Triple Jump					High Jump				
Miriam	CUDMORE	6.68	W80	97.8%	Marie	MAXTED	1.1	W55	73.3%
Mary	ABREY	6.01	W65	66.7%	Julia	LYCETT	1.1	W50	69.2%
Liz	NEUBAUER	4.76	W65	52.8%	Rebecca	HUNTER	1.1	W35	57.3%
Ann	JEFFERIES	7.05	W55	64.1%	Kana	NATHAN	1	M80	73.9%
Julia	LYCETT	6.24	W50	55.1%	Christophe	MINCHIN	1.35	M60	79.5%
Cassie	NEUBAUER	7.99	W40	58.6%	Matthew	LOVELL	1.2	M50	62.0%
Kana	NATHAN	4.54	M80	50.2%	Paul	GREENWOOD	1.2	M45	58.7%
Christophe	MINCHIN	9.36	M60	76.4%					
Matthew	LOVELL	9.35	M50	64.7%					
3km Walk					5km				
Jan	LAYNG	0:24:28	W70	66.5%	Ros	LOWE	0:27:57	W70	81.7%
Liz	DOWNS	0:22:21	W60	66.5%	Patricia	LAIRD	0:23:29	W55	78.2%
Marie	MAXTED	0:19:27	W55	72.4%	David	PADGET	0:32:55	M85	77.7%
George	WHITE	0:17:56	M70	85.2%	David	CLOSE	0:25:08	M75	75.1%
Gil	MCINTOSH	0:19:48	M65	72.6%	Doug	SMART	0:28:44	M75	64.5%
Ross	HILL-BROWN	0:23:55	M60	57.5%	Geoff	HAKES	0:32:45	M70	55.7%
Richard	EVERSON	0:17:56	M55	70.2%	Colin	BROOKS	0:24:38	M65	66.6%
					Michael	COLLETT	0:24:38	M60	63.7%
					Chris	BOLLEN	0:19:34	M55	76.8%
					John	ANDERSON	0:22:39	M55	68.7%
					Scott	RANFORD	0:18:54	M50	76.9%
					Paul	LAINIO	0:19:53	M50	73.1%
					David	GLUYAS	0:22:24	M50	64.9%
					Matthew	LOVELL	0:28:06	M50	52.6%
					Paul	GREENWOOD	0:17:49	M45	79.7%
					Russell	WITHERS	0:19:43	M45	72.6%
3km Walk (Club)									
Valmai	PADGET	0:24:39	W70	70.1%					
Margaret	MCINTOSH	0:23:56	W65	64.5%					
Cathie	HORE	0:25:59	W65	60.9%					
Edna	BATES	0:27:00	W65	57.1%					
David	ROBERTSON	0:25:57	M85	70.5%					
Graham	HARRISON	0:22:45	M75	69.0%					
Dave	FALLON	0:22:42	M65	61.9%					

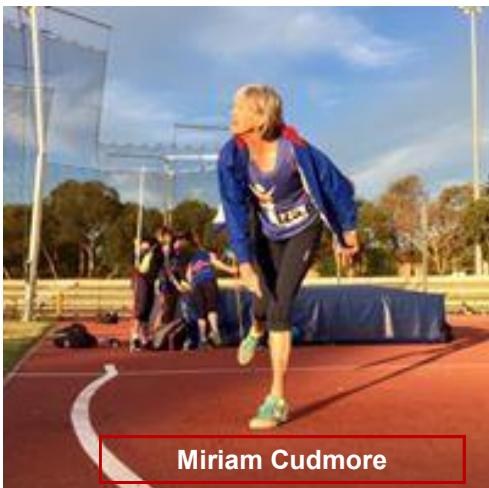
SAMA Championships- Day 2, 10 April 2019

AgeGrade				AgeGrade			
Name	Results	Group	%	Name	Results	Group	%
800m Walk				100m			
Liz DOWNS	0:05:26	W60		Anne LANG	19.37	W75	82.83%
Rebecca HUNTER	0:05:14	W35		Mary ABREY	18.55	W65	78.50%
George WHITE	0:04:26	M70		Mary LEITCH	23.87	W65	61.55%
Viddy JERMACANS	0:05:33	M70		Sue TURNER	14.29	W55	92.96%
Gil MCINTOSH	0:04:59	M65		Kathy BLUTE	16.67	W55	78.92%
Ross HILL-BROWN	0:05:38	M60		Ann JEFFERIES	17.28	W55	75.41%
Mark WORTHING	0:04:25	M55		Sue CASSIDY	17.71	W55	74.28%
Gregory METHA	0:04:02	M50		Stephanie NOON	14.35	W50	88.11%
800m Walk (Club)				Sabine ORCHARD-SIMO	16.68	W50	75.04%
Margaret MCINTOSH	0:06:08	W65		Karen LONG	13.27	W40	86.63%
David ROBERTSON	0:06:41	M85		Vicky CAPUTO	14.2	W40	77.39%
John HORE	0:05:30	M70		Cassie NEUBAUER	14.46	W40	76.00%
Norman POWELL	0:05:56	M70		Graham HENDERSON	15.48	M70	80.25%
Malcolm TIGGEMAN	0:05:57	M65		Norman POWELL	21.04	M70	61.96%
Richard MOYLE	0:05:36	M60		Bill DICKENSON	15.31	M60	78.30%
Weight Throw				David WILCZEK	13.47	M45	80.95%
Rhondda DUNDAS	9	W70	70.09%	Andrew BOYD	12.15	M35	81.45%
Mary LEITCH	8.35	W65	56.18%	Wayne HUNTER	13.98	M30	70.03%
Liz NEUBAUER	5.94	W65	38.87%	1500m			
Ann JEFFERIES	9.17	W55	53.88%	Mary ABREY	0:07:48	W65	76.64%
Julia LYCETT	8.9	W50	50.34%	Sarah CHINNER	0:05:25	W55	92.14%
Kana NATHAN	10.66	M80	64.84%	Roula GHAOUI	0:05:32	W35	73.34%
Tony PATANE	12.38	M65	61.72%	David CLOSE	0:07:00	M75	73.28%
Davida BATES	10.57	M65	53.88%	Doug SMART	0:08:15	M75	61.07%
Malcolm TIGGEMAN	8.72	M65	43.47%	Allan MAYFIELD	0:05:18	M70	88.42%
Christophe MINCHIN	10.49	M60	50.10%	Geoff HAKES	0:09:20	M70	53.08%
Matthew LOVELL	12.08	M50	54.62%	Hayden HARRELL	0:06:11	M60	68.97%
100m				Michael COLLETT	0:06:23	M60	66.81%
Anne LANG	19.37	W75	82.83%	Richard MCMAHON	0:05:02	M55	82.56%
Mary ABREY	18.55	W65	78.50%	Shane MCGREGOR	0:04:44	M50	84.20%
Mary LEITCH	23.87	W65	61.55%	Paul LAINIO	0:04:59	M50	79.33%
Sue TURNER	14.29	W55	92.96%	Scott RANFORD	0:05:06	M50	77.52%
Kathy BLUTE	16.67	W55	78.92%	Paul GREENWOOD	0:04:45	M45	81.24%
Ann JEFFERIES	17.28	W55	75.41%	Russell WITHERS	0:05:18	M45	73.40%
Sue CASSIDY	17.71	W55	74.28%	100m (continued)			
Stephanie NOON	14.35	W50	88.11%	Graham HENDERSON	15.48	M70	80.25%
Sabine ORCHARD-SIMO	16.68	W50	75.04%	Norman POWELL	21.04	M70	61.96%
Karen LONG	13.27	W40	86.63%	Bill DICKENSON	15.31	M60	78.30%
Vicky CAPUTO	14.2	W40	77.39%	David WILCZEK	13.47	M45	80.95%
Cassie NEUBAUER	14.46	W40	76.00%	Andrew BOYD	12.15	M35	81.45%
				Wayne HUNTER	13.98	M30	70.03%



Volunteers counting laps on Day 1 of the Championships.

SAMA Championships- Day 2, 10 April 2019

AgeGrade					AgeGrade				
Name		Results	Group	%	Name		Results	Group	%
Long Jump					Shot Put				
Mary	ABREY	2.47	W65	55.13%	Anne	LANG	6.53	W75	72.80%
Liz	NEUBAUER	2.34	W65	52.23%	Rhondda	DUNDAS	6.83	W70	71.67%
Mary	LEITCH	1.87	W65	42.50%	Maa	LEITCH	5.09	W65	46.53%
Ann	JEFFERIES	3.06	W55	55.74%	Mary	ABREY	4.81	W65	42.83%
Julia	LYCETT	2.73	W50	48.32%	Liz	NEUBAUER	4.63	W65	41.23%
Cassie	NEUBAUER	3.94	W40	57.75%	Ann	JEFFERIES	9.13	W55	62.49%
Kana	NATHAN	1.84	M80	42.16%	Julia	LYCETT	8.12	W50	53.49%
Graham	HENDERSON	3.52	M70	66.58%	Cassie	NEUBAUER	6.45	W40	33.41%
Norman	POWELL	2.65	M70	53.88%	Rebecca	HUNTER	6.29	W35	31.88%
Christophe	MINCHIN	3.82	M60	65.41%	Kana	NATHAN	7.13	M80	54.94%
Matthew	LOVELL	4.69	M50	68.42%	Graham	RICHARDSON	6.7	M80	53.61%
David	WILCZEK	4.69	M45	64.92%	Norman	POWELL	6.91	M70	43.60%
Discus					Tony	PATANE	7.47	M65	49.12%
Anne	LANG	13.56	W75	43.25%	Malcolm	TIGGEMAN	7.38	M65	48.53%
Rhondda	DUNDAS	17.97	W70	53.71%	David	BATES	5.7	M65	38.75%
Mary	ABREY	15.18	W65	38.14%	Mike	STROUBIS	9.6	M60	52.75%
Maa	LEITCH	12.07	W65	31.16%	Christophe	MINCHIN	9.23	M60	56.95%
Loraine	BARON	12.01	W65	31.00%	Matthew	LOVELL	9.32	M50	49.17%
Liz	NEUBAUER	11	W65	27.64%	Ian	BROWN	9.26	M50	49.91%
Ann	JEFFERIES	22.76	W55	43.38%	3km Run				
Angela	PRINCI	13.53	W55	25.28%	Carol	FALLON	0:18:28	W60	63.61%
Julia	LYCETT	29.17	W50	53.44%	Patricia	LAIRD	0:13:19	W55	80.81%
Rebecca	HUNTER	21.04	W35	29.87%	David	PADGET	0:18:53	M85	78.72%
Roulaa	GHAOUI	13.39	W35	19.01%	David	CLOSE	0:14:51	M75	73.85%
Kana	NATHAN	17.73	M80	45.55%	Doug	SMART	0:16:25	M75	65.61%
Graham	RICHARDSON	16.91	M80	45.01%	Allan	MAYFIELD	0:11:58	M70	83.73%
Viddy	JERMACANS	21.69	M70	41.36%	Geoff	HAKES	0:18:30	M70	57.26%
Graham	HENDERSON	17.43	M70	33.24%	Colin	BROOKS	0:14:12	M65	67.15%
Tony	PATANE	27.62	M65	47.75%	Michael	COLLETT	0:13:49	M60	65.99%
Malcolm	TIGGEMAN	21.5	M65	37.17%	John	ANDERSON	0:12:58	M55	69.71%
David	BATES	19.66	M65	34.80%	Paul	LAINIO	0:10:59	M50	76.96%
Christophe	MINCHIN	32.07	M60	52.97%	Scott	RANFORD	0:11:07	M50	76.03%
Matthew	LOVELL	27.93	M50	39.84%	David	GLUYAS	0:12:21	M50	68.44%
Ian	BROWN	24.74	M50	35.98%	Stephen	DUNN	0:14:59	M50	56.87%
5km Walk					Paul	GREENWOOD	0:10:15	M45	80.50%
Liz	DOWNS	0:38:02	W60	67.35%	Russell	WITHERS	0:11:24	M45	72.96%
Marie	MAXTED	0:32:45	W55	73.78%					
George	WHITE	0:31:20	M70	83.05%					
Gil	MCINTOSH	0:33:25	M65	73.17%					
Ross	HILL-BROWN	0:40:56	M60	57.11%					
Richard	EVERSON	0:26:05	M55	82.07%					
Gregory	METHA	0:30:52	M50	68.74%					
5K CLUBWALK									
Valmai	PADGET	0:39:13	W70	76.53%					
Margaret	MCINTOSH	0:40:21	W65	66.00%					
Cathie	HORE	0:43:12	W65	63.37%					
David	ROBERTSON	0:43:12	M85	72.35%					
Dave	FALLON	0:38:06	M65	62.72%					
Richard	MOYLE	0:37:58	M60	60.92%					

New Club Records

Prepared by Ros Lowe

Name		Age Group	Event	Result	AR/WR	Date	Venue
BOYD	Andrew	M35	110m Hurdles	15.92		27/02/2019	Stadium SAMA
CARTHEW	Sarah	W35	High Jump	1.21	AR (indoor)	28/03/2019	Torun, Poland
CHINNER	Sarah	W55	1500m	5:29		6/03/2019	Stadium SAMA
CHINNER	Sarah	W55	Long Jump	4.39		9/03/2019	ASA Stadium
CHINNER	Sarah	W55	800m	2.31.02		16/03/2019	ASA Stadium
COTTER	Jenni	W40	Long Jump	4.77		20/02/2019	Stadium SAMA
DOWNS	Liz	W60	1000m Walk	7.11		20/02/2019	Stadium SAMA
EVERSON	Richard	M55	1500m Walk	7.1		20/03/2019	Stadium SAMA
EVERSON	Richard	M55	2000m Walk	9.54		20/03/2019	Stadium SAMA
HUNTER	Rebecca	W35	1000m Walk	6.42		20/02/2019	Stadium SAMA
HUNTER	Wayne	M30	300m	45.74		13/03/2019	Stadium SAMA
JERMACANS	Viddy	M70	High Jump	1.19	AR (indoor)	28/03/2019	Torun, Poland
MAYFIELD	Allan	M70	800m	2.31.16	AR (indoor)	28/03/2019	Torun, Poland
MAYFIELD	Allan	M70	1500m	5.15.50	AR (indoor)	28/03/2019	Torun, Poland
MAYFIELD	Allan	M65	1000m	3.29		6/02/2019	Stadium SAMA
MAYFIELD	Allan	M65	2000m	7.32		6/02/2019	Stadium SAMA
MAYFIELD	Allan	M70	Steeplechase	8.08.65	AR (indoor)	23/02/2019	ASA Stadium
MAYFIELD	Allan	M70	1000m	3.25		27/02/2019	Stadium SAMA
MAYFIELD	Allan	M70	2000m	7.34		27/02/2019	Stadium SAMA
NEUBAUER	Cassie	W40	Throws Pentathlon	1631		10/03/2019	Stadium SAMA
PADGET	David	M85	10,000m	70.14		10/03/2019	Stadium SAMA
PADGET	David	M85	5000m	32.55		3/04/2019	Stadium SAMA
PADGET	David	M85	3000m	18.53		10/04/2019	Stadium SAMA
STONE	Gail	W55	Steeplechase	10.55		27/03/2019	Stadium SAMA



**Allan Mayfield—Gold Medal winner M70
800m, Torun**



David Padget



**ACT Masters Athletics Club
hosts the**

Australian Masters Athletics Half Marathon

The national championships
for the Australian Masters Athletics (AMA)
held in conjunction with the
50th YMCA Canberra Half Marathon

Sunday 26 May 2019

Entries close Thursday 23 May

<https://canberra.ymca.org.au/what-we->
[http://www.actmastersathletics.org.au/
index.php?
module=Home&action=Home.half](http://www.actmastersathletics.org.au/index.php?module=Home&action=Home.half)

open to all Masters athletics' members

Start Time: 8.00am



**The 41st edition of the Gold Coast
Marathon, held Saturday 6 July –
Sunday 7 July 2019 on the beautiful
Gold Coast in Queensland.**

During its 39-year history the Gold Coast
Marathon has become the pinnacle of road
running events in Australia and has
distinguished itself as one of the most
prestigious marathons in the world.

The world class international marathon will
attract 27,000 participants across eight
races including the Gold Coast Marathon,
Wheelchair Marathon, ASICS Half
Marathon, Wheelchair 15km, Southern
Cross University 10km Run, Gold Coast
Airport Fun Run, Garmin 4km Junior Dash
and Garmin 2km Junior Dash.

Its famous flat, fast and scenic course
located alongside the city's renowned surf
beaches and broadwater plus ideal winter
running conditions result in 60% of
participants achieving personal best times
each year.

Early Bird fees end on Tuesday 30 April
2019.

<https://goldcoastmarathon.com.au/enter/#>

Great Barrier Reef
MASTERS GAMES
23-26 MAY 2019
www.gbrmq.com.au



**GREAT BARRIER REEF
MASTERS GAMES**
Cairns Australia

The Great Barrier Reef Masters Games was first held in Cairns, Queensland in 2013, and has since been held biannually. These coming Games will be the fourth instalment and will be held from 23 to 26 May 2019.

2,000 masters-aged men and women from Australia, Oceania, USA, UK and South East Asia are anticipated to compete in 23 individual and team sports across the four days of competition with sports for all masters ages and interests. <https://www.gbrmq.com.au/the-games>

2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY



31st August to 7th September 2019

Mackay Region, Queensland

Program / Dates

Day 1—Saturday 31 August

Registration
5000m
Weight Throw (Men & Women)
Triple Jump (Men & Women)

Day 2—Sunday 1 September

Opening Ceremony
10km Road Walk
Heptathlon—Day 1
Decathlon—Day 1
60m Heats & Finals
800m Heats
Long Hurdles
Hammer (Women)
Discus (Men)

Day 3—Monday 2 September

Heptathlon—Day 2
Decathlon—Day 2
800m Finals
Sprint Hurdles
Shot Put (Women)
Hammer (Men)

Day 4—Tuesday 3 September

6/8km Cross Country
100m Heats & Finals
200m Heats
5000m Track Walk
Long Jump (Women)
High Jump (Men)
Javelin (Women)
Shot Put (Men)
Formal Dinner

Day 5—Wednesday 4 September

General Assembly

Day 6—Thursday 5 September

Pentathlon (Men & Women)
200m Finals
400m Heats
Steeplechase
Javelin (Men)
Discus (Women)
Long Jump (Men)
High Jump (Women)

Day 7—Friday 6 September

Throws Pentathlon (Men & Women)
400m Finals
3000m Race Walk
1500m
4 x 100m Relays
Medley Relays (800/400/200/200)
Pole Vault (Men and Women)

Closing Ceremony

Day 8—Saturday 7 September

Half Marathon

These events have been timetabled on these days but may change due to the number of entries received in events.

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00

Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Entry Fee per

Combined Event AU\$20.00

(Heptathlon, Decathlon, Pentathlon, Throw Pentathlon)

2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

Mackay is one of Australia's fastest growing, yet most idyllic regions, where lifestyle and prosperity are the daily currency and the world is increasingly gathering to meet, work and play. A fresh new event destination, Mackay boasts affordable world-class facilities and services with small town hospitality and excellence in customer service.

- Rainforests with Platypus viewing
- Spectacular salt and freshwater fishing
- The sparkling blue of the Pioneer River
- Spot migrating whales
- An impressive marina village with alfresco dining
- Admire Queensland's best collection of art deco architecture (20 lovingly restored heritage listed buildings)
- Southern Hemisphere's largest Coal Export Facility and largest bulk sugar terminal
- The gateway to the mining trail
- 120km from Airlie Beach – the gateway to the Great Barrier Reef

Climate

MONTH	MEAN TEMP (C)	HUMIDITY (%)	RAINFALL (MM)
August	22	14	30
September	25	16	15
October	27	20	38

The 2019 Oceania Masters Athletics Championships will be held at the sports precinct, which is under construction at the CQUniversity Mackay campus, from August 31 to September 7 2019.

More than 500 athletes and technical officials will take part, with teams from as far away as Tahiti, New Caledonia, Nauru, Cook Islands, Fiji, Norfolk Island and Papua New Guinea expected to compete. Most athletes will be representing Australia and New Zealand.

Mackay Oceania Masters Championships website is currently under construction. For further information see the AMA website :

<https://www.australianmastersathletics.org.au/events/event/oceania-championship-mackay-qlld-2019/>

SAMA Weekend Away 18 & 19 October 2019 Clare Caravan Park



The weekend away is an annual event. In recent years about 40 members enjoy the activities : early morning walking / running followed by relaxing afternoons or shopping trips to nearby towns.

We share dinner Friday night with George's tough quiz to tackle, and go out Saturday night to a local hotel. There are bushwalks, lots of local shops and things to see. We always have a great time talking, eating, drinking, happy hours and sharing tales of PB's past! Running or walking each morning is always part of the weekend.

The last weekend away was at Tanunda Caravan Park, Barossa Valley. Photographs taken by John Martin and others are available to download via the club website at : [Gallery](#)

Cut off date for bookings at Clare Caravan Park is 15th August 2019.

Bookings and general enquiries to **Helen Suridge**. Tel :0401009982
email : helsur@outlook.com



The Australian Masters Games is a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape. In 2019 the 17th edition of the Games will be hosted in Adelaide from Saturday 5th to Saturday 12th October.

It is expected over 8,000 participants will compete across over 45 different sports.

The event is open to anyone. The only criteria to compete in the Australian Masters Games is that **you must meet the minimum age requirement**, which in most sports is 30+ years.

<https://www.australianmastersgames.com/extra.asp?ID=7936>



Event Start / Finish - Adelaide Oval
26 May

Distances include the Full, Half, 10km 5km and Kids Fun Run

Enter online at : <https://sarrc.org.au/event/2019-adelaide-marathon-festival/>



CLARE VALLEY
RUNNING FESTIVAL

5K - 10K - HALF

28 April

Entries Close 24 April

Enter online at: <https://sarrc.org.au/event/2019-clare-valley-running-festival/>

GREENBELT
CHALLENGE

21 July

5K - 10K - HALF - 30K

Enter online at: <https://sarrc.org.au/event/2019-greenbelt-challenge/>

SA MASTERS ATHLETICS - WINTER 2019

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

KEY TO PROGRAM & Notes

VENUE NOTES

Peacock Road, Adelaide Harriers Clubrooms*	North end of Blue Gum Park / Kurangga (Park 20)
Cnr. Greenhill & Peacock Roads, Adelaide Hockey Club Rooms**	Walkers Club (SARWC) events; South end of Blue Gum Park / Kurangga (Park 20)
West Terrace, Western Districts Club Rooms**	Turn west from West Terrace on road between Sir Donald Bradman Dr & Glover Av; Ellis Park / Tampawardli (Park 24)

OPTIONS FOR SOME SATURDAYS / SUNDAYS

Runners	Runners are encouraged to join a team♦ for the ASA /RUNNING SA RELAYS [in green] ♦JOIN A TEAM organised by Clare Stacey [wignallclare@hotmail.com] ♦Confirm race times & details on ASA Website [http://www.athleticsa.com.au/WinterHub]	or take part in a <i>parkrun</i> of their choice [in blue]
WEAR SAMA UNIFORM	- all races are scratch - entry fee payable to Athletics SA (ASA)	
Walkers	Walkers may choose to compete in a Joint meet with Walkers Club (SARWC) [in orange] See separate flyer for full details.	or take part in a <i>parkrun</i> of their choice [in blue]
WEAR SAMA UNIFORM	- all races are scratch - no entry fee for SAMA members	

START TIMES FOR SAMA SATURDAY COMPETITIONS

Scratch day event [in grey] start times are precise to enable an overall finish at 3.15pm

The following handicap day event [in white] start times are approximate (depends on your handicap)

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

1.30pm	12km walk	2.15pm	5km walk, 6km walk; 8km run
1.45pm	9km walk, 10km walk; 15km run	2.30pm	4km walk; 5km run, 6km run
2.00pm	8km walk; 12km run	2.45pm	3km walk; 2.5km run, 3km run, 4km run
2.10pm	9km run, 10km run	3.00pm	1500m run, 2km run

OTHER EVENTS

CHAMPIONSHIPS / MASTER GAMES	eg. AMA, Oceania, Australian Masters Games
SARWC Events	eg. ASA 20KM ROAD WALK CHAMPIONSHIPS / SAMA Joint meets with Walkers Club
ASA / RUNNING SA Events	eg. TWILIGHT CROSS COUNTRY / EKIDEN RELAY♦
Other non-SAMA Events	eg. ADELAIDE MARATHON FESTIVAL

SAMA Summer Program 2018-2019

Men and women compete together. W designates a walk (Race-walk & Club-walk events on Scratch days only).

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.55pm	1000mW	5.50pm	1000m	5.55pm	Hammer	5.55pm	Weight	5.55pm
1500m	6.05pm	800m	6.05pm	1500mW	6.05pm	HJ	6.35pm	Discus	6.30pm
800mW	6.20pm	100m	6.15pm	2000m	6.20pm	Javelin	6.50pm	LJ	6.50pm
200m	6.30pm	3000mW	6.25pm	150m	6.35pm	TJ	7.00pm	Shot	7.00pm
3000m	6.40pm	5000m	6.25pm	2000mW	6.45pm				
5000mW	6.40pm	3000m	6.25pm	400m	7.05pm				
3000mW	6.40pm	300m	6.55pm						

Program alternates between Scratch and Handicap (Hdcp) with timetables as shown eg. A1 = Track A + Field 1. On Handicap days if more than 1 heat is required for 400, 800, 1000 or 1500m – the faster heat will be scratch.

Date	Program	
Wed 17 th Apr	Modified Scratch	Summer Presentation Night, 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Hammer, 6.10pm LJ Please bring a plate to share
19 th – 22 nd April		Easter
April 26 th -29 th		AMA National T&F Championships - Melbourne

*ASA events follow our meetings

Club Uniforms

The new range of uniforms can be bought online from local Adelaide store Sports Centre.

www.sportscentre.com.au

You can go directly to the SA Masters Athletics uniforms purchase area at;

<http://www.sportscentre.com.au/products/buy-online/sa-masters-athletics->

The new range (prices at Feb 2017) includes;

Mens and ladies singlets	\$45
T-Shirts	\$50
Crop Top	\$60
Boyleg Shorts	\$45
Ladies Briefs	\$35
Track Jacket	\$125

Other items such as compression quads, shorts, long sleeved T-shirts, sun-sleeves are also available on request and can have SA Masters Athletics logo added.



Sports Centre custom make your order *so please make your request 2-3 weeks before you need the item*. You can pick the uniform up from Sports Centre or arrange delivery.

Sizing guides are available on the website but Sports Centre will be able to help you with sizing or ordering if you are concerned. Feel free to go into the store to get assistance.

Sports Centre

Address: 142 Port Road, HINDMARSH SA 5007

Phone: 1300 123 609 or 08 8346 3411

Hours: 9.00am to 5.30pm Monday to Friday & 9.00am to 3.00pm Saturday

Our Birthday List — April and May

A special congratulations to the members boldly going to the next age group

FELICITY	ALEXANDER	ROB	KING	
DESIREE	BEEKHARRY	JENNI	LUTZE	
KATHY	BLUTE	JULIA	LYCETT	55
LINLEY	BOWYER	JOHN	MARTIN	
GLYNN	BOYCE	MARIE	MAXTED	
COLIN	BROOKS	SHANE	MCGREGOR	
JASMINE	CHEROP	45 BOB	MORCOM	
SARAH	CHINNER	VALMAI	PADGET	75
ALLAN	DUNDAS	TONY	PATANE	
CAROL	FALLON	JOHN	PITCHER	
SIEGFRIED	GRIMM	DEAN	POWELL	45
GRAHAM	HENDERSON	70 IAN	ROBERTS	
JOHN	HILL	JACK	RUSSELL	
JAMES	HOARE	LEIGH	SMITH	
DAVID	JANSSAN	HENTIE	SWIEGERS	
ANN	JEFFERIES	CRAIG	WATSON	
RUSSELL	JOHNSON	BEN	WOODD	

SAMA Contacts

Committee Members

David Bates	President / Webmaster	0413 023 075	david.bates@internode.on.net
Viddy Jermacans	Vice President	0407 188 721	Viddy48@yahoo.com.au
Helen Suridge	Secretary / Social Secretary	0401 009 982	helsur@outlook.com
Lisa Attenborough	Treasurer / Registrar	0404 120 813	lisa_boys@internode.on.net
John Hore	Runners Coordinator	0417 858 882	johnhore@gmail.com
Marie Maxted	Awards	0447 123 706	maxted@adam.com.au
Doug Smart	Course Measurer	0413 456 898	douglas.smart1@bigpond.com
Graham Harrison	Race Walking Coordinator	0439 500 751	grahamjharrison@hotmail.com
Julia Lycett	Field Coordinator	0419 825 802	lycett@optusnet.com.au
Neil Hayford	Committee member	0447 813 767	neilhayford3@gmail.com
Paul Lainio	Uniforms	0417 886 850	p.lainio@bom.gov.au

Other Contacts

Ros Lowe	Statistician	0437 811 582	rrlowe@tpg.com.au
Richard Moyle	Newsletter Editor	0417 831 194	rmoyle@bigpond.net.au
Arthur Jones	Public Officer	0408 833 932	ajons@bigpond.com

This notice is for the attention of all SAMA Race Walkers and Club Walkers.

JOINT MEET WITH THE SA RACE WALKERS CLUB - WINTER 2019

SA Masters Athletics (SAMA) and SA Race Walkers Club (SARWC) are holding joint meets during 2019 winter season.

- Dates:** Saturday 18 May 2019 and 10 August 2019
- Location:** Adelaide Hockey Clubrooms, Greenhill & Peacock Roads, Adelaide. (South end of Blue Gum Park/Kurangga = Park 20)
Car Park: off Greenhill Road at clubrooms or on Greenhill / Peacock Roads
- Program:** 1:30pm 12km
2:00pm 6km and 3km
All events are scratch.
- Arrival Time:** No later than 20 minutes before event start time.
- Registration:** On the day
- Entry Fee:** Nil
- Uniform:** SAMA athletes shall compete in the authorised club uniform and number.
- Results:** Event results for SAMA athletes will be collated by SARWC, forwarded to the SAMA coordinator and published on the SAMA 'Results' website page.
- Judging:** Events will be judged in accordance with IAAF rules; the 'no advantage' concept will be applied.
- Walking Styles:** Both race walkers and club walkers are welcome to compete.
Club walkers will wear a coloured identification band on their right wrist. Please get this from the SAMA walk coordinator.
- Refreshments / Afternoon Tea:** Bring your own personal refreshments; there is no gathering afterwards.

APPLICATION for MEMBERSHIP or RENEWAL of MEMBERSHIP



Fees fall due on April 1st each year. Membership is restricted to the over 30s.
 All information on this sheet is confidential. This information will be treated in accordance with the club's privacy policy (See below).
Yellow cells on this form are to be completed when relevant.
Red bordered cells are compulsory for ALL members.

FEES: Annual fees (except social) enable entry to local, interstate and overseas Masters Athletics events, as well as ASA events. Pro-rata fees are shown on the right hand side. Pro-rata only applies to new members, not renewals.

Membership and Annual Renewal Fees

Pro-rata Fees - New Members Only

Place 'Yes' in one left hand side box (below left)

October-March

Full	\$45	\$30
Concession	\$35	\$25
Country (Postcodes over 5200)	\$25	\$18
Couples living at same address	\$70	\$50
Social (Non competing)	\$15	\$10

TOTAL PAYMENT

PAYMENT METHODS	1)	Cash or preferably Cheques payable to SA Masters Athletics and forwarded to: Registrar SAMA, Lisa Attenborough, 44 Guilford Ave, Prospect SA 5082 (Ph: 0404 120 813). Include completed Application/Renewal membership form	
	or 2)	Pay by EFT – forward funds to BSB: 015 259 Account: 458951668. Include full name in the reference field and forward a completed Application/Renewal form by email to the Registrar, Lisa Attenborough, samastersathletics@gmail.com . Be sure to agree to waiver.	
		Receipt No & amount paid (if paying by EFT)	

MEMBER DETAILS

NEW MEMBERS Fill in all yellow cells where relevant. RENEWING MEMBERS please fill in name and any changes.

Surname:		First Name:	
Address		Date of Birth:	
& Postcode:		Male or Female:	
Email		Mobile (or	
Address:		Home) Phone:	
		Name of Coach – if applicable	

NEWSLETTER: A coloured copy is distributed by email. If you have not entered an email address, a paper copy will be forwarded to the above address. Advise the Registrar if alternative arrangements are required.

ALL MEMBERS – complete below including agreeing to the waiver

MEDICAL. Do you suffer from any medical condition that could result in unconsciousness (e.g. diabetes)? Are you on any **medication** or have **allergies** that medical staff should be aware of in the event that you become unconscious? If Yes, please write this information on a piece of paper and seal in an envelope with your name on the outside. Please give to a committee member. It will be held in case of emergency.

Are you a member of another ASA Club	Yes or No (remove one) and list club
Emergency contact name & phone No:	

MEMBER WAIVER / INDEMNITY

In accepting membership of SAMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in SAMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I have received a copy of the SAMA Club Rules and acknowledge that I have read, understood and agree to compete according to these rules. I release SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in SAMA organised events.

I agree **Yes or No (remove one)**

MEMBERS BENEFITS

Fitness on the Park (Anne Lang SAMA member)

64 MacKinnon Parade, North Adelaide
5006. www.fitnessonthepark.com.au

Joining fee valued at \$100 waived on gym membership of 3, 6 or 12 months

Sportspower Glenelg

Ph. 8295 1714 www.sportspower.com.au/index.cfm

10% off store wide, excludes all sale items.

Arbonne Independent Consultant (Sports Nutrition) www.jennicotter.arbonne.com

\$27 preferred sign up fee waived and receive 20% to 40% discount on all on-line products

jenni.yeomans@gmail.com

0418 890 054

Scout Outdoor Centre & Annapurna Outdoor Store

www.soc.com.au

10% discount on all purchases (quote reference ZMA).

Matt Lovell (SAMA member)

athletic_track_and_field@adam.com.au

10% discount on athletics equipment

Saunders Sports and Spinal

Ph. 08 8410 5666 <http://www.sssphysio.com.au>

30% discount on initial visit"

Sponsors



If you break a Club record contact Ros Lowe at

rrlowe@tpg.com.au

If you change your address, phone no. or email contact Lisa Attenborough at

lisa_boys@internode.on.net

Please send results to the editor at

rmoyle@bigpond.net.au