

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

December 2018



Richard Everson set 7 Club Records at SA Stadium during the October to December period.

Coming Events

Christmas break up night—19 December 2018

2 Jetties Fun Run : 27 December 2018

Bay Sheffield Carnival—SAMA 800m event : 27 December 2018 (to be confirmed)

AMA Multi Events Championships, Bendigo Victoria : 12—13 January 2019

Dolphin Run (SARRC event) : 24 February 2019

AMA Track & Field, Melbourne Victoria : 26—29 April 2019

From the Editor



Alice Springs Masters Games
13—20 October
5km Cross Country

Pictures taken at the Alice Springs Masters Games are posted on the [club website](#). Competitors in the distance events enjoyed the rugged beauty of the scenic Simpson Gap and Desert Park courses.

Are you training at your optimal time of the day? On page 6, George White suggests “by carefully orchestrating your training scheduleyou will be stronger, faster and more powerful”

Peter Sandery identifies several factors necessary for an effective warm up routine, however, unfortunately there is no perfect routine for all athletes under all conditions.

Happy Christmas to all and special thanks to those members who contributed to the newsletter in 2018. Remember, it's not what's under the tree that matters but who's around it!

Richard Moyle

Contents

3 A message from our President

David Bates

4 SAMA News

6 When is the best time to work out?

George White

8 Warming Up

Peter Sandery

10 SAMA Weekend Away

11 Can you identify these SAMA athletes

12 New Club Records

14 Christmas break up night

15 Coming Events

18 Club Uniforms

19 Birthday List / Committee contacts

20 Summer Program

21 Membership Form

22 Member Benefits

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

A message from our president— David Bates

It's always important that SA Masters Athletics has a voice on the national governing body, so that it is with pleasure that I congratulate our Treasurer, Lisa Attenborough on being elected to the Board of Australian Masters Athletics for a term of two years. I am confident that Lisa will do a great job and in doing so will represent our State well.

Now that the 2018/19 summer season has been running for a few weeks, we have been able to work through some initial glitches in the track competition mainly involving lap-counting, and I thank everyone for their efforts and patience whilst we have been resolving the problems. In doing so, we have reviewed some aspects of the track competition, which are covered in a separate article in this newsletter.

You can view the full summer program at the end of the newsletter, and by downloading it from the Programs page on our website*. We sometimes have to make changes to the program, so please refer to the website for the most recent version.

It was unfortunate we had to cancel the SAMA competition on 21st November at such short notice due to the wild and woolly weather, and I hope no one was too inconvenienced. We are introducing an SMS alert system to make notifications more efficient in such circumstances, and ask that you ensure that our Registrar has your mobile phone number in our membership records (please send him an email to update your details if needed).

The track issues also highlighted a need for our Event Manager software to undergo an overhaul, so that it can more easily be adapted to accommodate changes in our programming and be more user friendly. John Hore has subsequently embarked with his usual enthusiasm on producing a completely new version, which we hope to see in action before the end of the summer season, and I thank him for the great work he does in maintaining and updating our entry and results systems.

It looks like we are going to have a great competition in our Masters 800m event at the Bay Sheffield Carnival in December, thanks to the efforts of Lisa Attenborough and our handicapper, Neil Hayford (who has now contacted all eligible entrants). The day and time of the event are still to be finalised, so keep an eye on the Special Events website page* for the details once confirmed by SAAL. We hope that we shall see a good turnout of SAMA supporters too!

I would also remind you that Adelaide Harriers are holding the 2 Jetties Fun Run again this year on 27th December. We encourage you to participate in this unique event. Further information including how to enter is available from their website, and there is also a link on the SAMA homepage*.

Finally, don't forget that we have our Christmas Breakup / Fun Night on 19th December at Adelaide Harriers Clubrooms, corner of Peacock Road and South Terrace in the city starting at 5.30pm. Further information can be found later in the newsletter and full details are available on our website*.

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



A warm welcome to new SAMA members

Metha	Greg	Powell	Norm
Roberts	Ian	Cook	Sudjai
Bice	Peter	Dickenson	Bill
Maxwell	Steven	Robinson	Graham
Beekharry	Desiree	Watson	Geoff
Ambrose	Colin	Clark	Des

SAMA News

NEWS FROM OCEANIA MASTERS ATHLETICS

- The next Oceania Master Championships are in Mackay, Queensland Sat 31st Aug to Sat 7th Sept. They are in the process of building a brand new track and sports centre and it's progress is well on track. Information can be found on the Athletics North Queensland web site <http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>
- For the first time drug testing was undertaken at the Dunedin Oceania Championships. Five people were tested at a cost to OMA of about \$3,893.
- After Mackay in 2019 the next Oceania Championships will be in Norfolk Island 16-23 January 2021
- OMA nominations for WMA Athletes of the Year 2018:
 - David Carr and Lyn Ventris both from WA have been nominated by OMA for the overall WMA Masters Athletes of the Year Awards.
 - Other category nominations are:
 - SPRINTS Julie Brims AUS - Trevor Young AUS
 - MIDDLE DISTANCE Gillian Young AUS – David Carr AUS
 - DISTANCE Sally Gibbs NZ - Alastair Prangnell NZ
 - THROWS Jan Banens AUS – Mark Cumming NZ
 - JUMPS Margaret Taylor AUS – Geoff Shaw AUS
 - RACE WALKS Lyn Ventris AUS – Ralph Bennett AUS
 - COMBINED EVENTS Gaby Watts AUS – Geoff Shaw AUS

George White will exercise OMA's voting rights in these Awards.

THE COMMITTEE'S REVIEW OF TRACK COMPETITION

Over the first few weeks of the 2018/19 summer season we have identified some glitches in the running of the track competition mainly involving lap-counting and race walk judging. The combination of the longer distance runs and walks into a single time slot and the large number of separate walk events held at the same time have been looked at as contributing factors. We have also recognised a need for improved communication concerning the judging of race walks.

In addressing these issues, the Competition Organisers and the Committee have reviewed some aspects of the track competition as follows:

1. The lap-counting guidelines have been clarified as follows:

- A. most runners and a lot of walkers do not need lap scorers. We will only provide lap-scorers for those athletes who request it, and any newcomers.
- B. normally we will expect that only walkers will be lap-counted and only for races over 2000m, unless a runner specifically requests it.
- C. we will make it clear that athletes are required to finish in lane 4 – cones are being used to act as guides to remind the finishers.
- D. we will ensure there are clear instructions provided to lap-counters and that they are actually followed.
- E. the flip-over lap indicator numbers will be used only for 'scratch' races.
- F. the lap scoring document on the website has been updated.

SAMA News

2. SAMA will continue to have two types of walking in its competition – Race Walking and Club Walking with the following provisions:

- A. as a trial commencing from December 2018, during normal SAMA competition in the Track & Field season, the differentiation between the two groups of walkers will only apply for 'scratch' races. For 'handicap' races (which are not judged) all walkers will be competing in a single group.
- B. for 'scratch races' the type of walking must be nominated on entry and Race Walkers will wear yellow wrist bands to distinguish them.
- C. both types will still have their own Club Championship events but there will only be records for Race Walking (which must fulfil the criteria for setting SAG records) and only Race Walkers would be eligible for the SAMA Walks Award.

3. Judging of walk events

- A. walk races during standard weekly SAMA competition will not normally be judged, unless notice is given to the Walk Coordinator in the week prior to the race that judging is required eg. by a walker who is attempting to break a record during a 'scratch race'.
 - B. if a judge is available it may be possible for a 'scratch race' to be judged on occasion, even if a record attempt has not been notified.
 - C. if a race is being judged, all walkers will be advised at the start that they are being judged according to the criteria applicable to the group for which they have nominated (only race walkers would be eligible to set a record).
- D. for Race Walking judging will continue under IAAF rules with the "No advantage" concept applied as is done at National and International competition.
 - E. for Club Walking the only rule is that there should be no running - which for our purposes will be defined by the requirement to always have one foot on the ground (bent knees will not be an issue). Walkers in this category can still be disqualified if they break the contact rule.
4. After due consideration, it has been decided to retain the combined running and walking 3000m/5000m events (except that the changes to walking in point 2A. above will apply).

David Bates, President.

When is the best time to work out?

By George White



Are you a morning person or a night owl?

Research shows that focus, drive and energy peak at the same time every day and it is probably different for everyone. The optimal time of day to train is not usually something that people think about, yet there is a science to optimizing your training times. Is there some kind of magic to it? Why would the time of day affect how effective your training is? It's because of your circadian rhythm! Your circadian rhythm is why you feel sleepy at certain times of the day and why you can concentrate better at other times. It also determines the best time to exercise. By carefully orchestrating your training schedule in accordance with your circadian rhythm, you will be stronger, faster and more powerful. After training, you will recover better and gain more muscle. You will also increase your flexibility and reduce your chance of injuries.

Everyone's rhythm is unique! However there is a general rule that physical coordination and reaction times peak in mid-afternoon. Also the heart is generally at its most efficient and the muscles strongest at about 5pm to 6pm. Another boost for physical strength comes from the lungs, which function far more efficiently in the evening than at midday. And joints and muscles are as much as 20% more flexible in the evening, lowering the risk of injury. Several studies have looked at long term muscle size and strength gains in groups training at different times of the day. Even when people are consistent with their training times, strength increases are generally slightly higher and muscle gains significantly higher when training in the evening instead of the morning. Studies have also looked at the effectiveness of a training program performed in the morning between 06:30am – 10:00am, or in the evening between 4:30 pm – 8:00pm for a 24 week period. While endurance performance improved similarly across the groups, those training in the evening gained notably more strength and muscle mass.

The circadian rhythm is a daily cycle of biological activity. The biological activity with the most obvious circadian rhythm is your sleep-wake cycle. Think of your body as having an internal clock that regulates when to activate every major system in your body, including hormone production and central nervous system activity. For athletes, systematic daily variations in core body temperature, metabolism and hormonal settings are the most important factors influenced by your circadian rhythm. Looking at hormones - high testosterone levels are beneficial for muscle growth and strength development, whereas with cortisol, excess levels can be detrimental. Accordingly, the testosterone to cortisol (T/C) ratio is commonly used as a factor in training i.e. it may be beneficial to train at a time of day when your T/C ratio is highest. Testosterone production is high at night and low during the day whereas cortisol output is low at night, rises rapidly upon awakening and then gradually decreases during the day.

< continued next page >

When is the best time to work out?

Therefore the T/C ratio is highest in the afternoon and evening. Exercise at this time relates to the smallest rise in cortisol and the largest increase in testosterone.

Optimal core body temperature is relatively high for the biological systems involved in high intensity physical exercise. The daily peak of core body temperature improves joint mobility, glucose metabolism, and muscle blood flow – hence it correlates with exercise performance. It is low at night, rises during the day and reaches a peak in the evening. It is not surprising that most sports records seem to be broken in the evening. However the only way to accurately determine your core body temperature is with a rectal thermometer – but are any of us that serious? Fortunately resting heart rate and core body temperature are strongly related - the time of day when your resting heart rate peaks is often the best time to train - without the rectal discomfort.

Although the majority of studies show peak performance in strength, anaerobic output, and joint flexibility generally occurs in the late afternoon/evening, your own individual peak time may differ depending on your personal circadian programming. And what if you can't train at the optimal time? Personally my biological messages are saying "red wine" at this optimal time. Fortunately peak performance and exercise adaptations correlate strongly, so a good rule is to train when you personally can. Some people really are early birds and can do just fine training in the early morning - and not everyone has the luxury of planning their training sessions during the physiologically optimal times. Our schedules have to consider our work, study, family and other day to day activities. Of course training in the first place has to be more important than when you train, so if your schedule prevents you from training in the afternoon, getting in your workouts whenever you can is priority number one.

Caffeine may help as it effectively forces your body into daytime mode. That's why it helps counteract sleep deprivation so effectively. However caffeine in the morning may not be optimal as it decreases the T/C ratio. Another strategy to increase your performance when training at a suboptimal time is to make sure you always train at that time. Your body will adapt its circadian rhythm to the specific time training stress and reduce the performance negatives at that time.

So early birds take heart: morning workouts can be successful too. In the end, it's most important to find a realistic, consistent workout schedule, no matter what the time.



Leigh Smith (silver) and **Colin Trengove** (gold) in 10km walk at Simpson's Gap (Alice Springs Masters Games)

Warming up

By Peter Sandery

It doesn't really matter whether you are a runner, race walker, thrower or jumps athlete; warming up before an event or a session of demanding training is something that it is generally advisable to do. The specific components of a warm-up will vary depending on the nature of the physical activity that is to be performed, but the general principles are the same. The aim of the warm-up is to prepare you for the demands of the activity to be performed in a manner that maximises performance while minimising the chance of injury. Simple, right? Not really - as always, the devil is in the detail. In what follows, with regard to that detail, I will focus on middle and long distance running.

What should an effective warm-up achieve? In general terms it should prepare muscles for the demands of what is to follow, taking the body from a relatively undemanding state, through the range of motion to come and in that process increasing the temperature of the muscles. Activation of muscle groups will increase as will breathing and heart rates. VO₂ (the rate at which oxygen is being used in the process of aerobic energy production) will also increase. Essentially the body will be physically "primed" to meet the demands that are to follow. In addition to the desired physical changes, becoming mentally focused on a race is an often neglected, but important part of preparation to maximise performance.

Other factors to be considered are the intensity and timing of the warm-up. The older an athlete gets, the finer the line between warming up and wearing out. The warm-up has to be intense enough to achieve desired benefits, but not so intense that fatigue is induced. Going into a demanding activity pre-fatigued is obviously not a good strategy. There will usually be a time interval between warming up and the start of a high demand training session/race, particularly a race. Your body will need 10-15 minutes after a warm-up to restore muscle cell chemistry to a state that allows you to make best use of the energy systems that power the muscles, so plan for that if you can. For local events, when to start and stop a warmup is usually in the hands of the individual, but if the race is a World Masters Championships you may be required to report to a call room up to 30 minutes before a race and stay there until you are escorted out to the start line. Add to that the time to get from the warm-up area to the call room and possibly a toilet stop and there can be 40 minutes between the end of your warm-up and the start of a demanding race. You may be able to do a couple of run throughs when you are led out to the start line for your race, but these will have to be short to allow recovery.

One of the outcomes of a warm-up is to raise body temperature, facilitating neuromuscular action and muscle function. If the environmental conditions are adverse - hot and humid - and you are competing in an endurance race, raising body temperature too much just prior to the race may not be a good option. There is an inverse relationship between increasing body temperature and recruitment of muscle motor units. Muscle action generates heat, and the hotter you get, the more the brain shuts down recruitment to protect vital organs from heat damage.

Warming up

Race length is another factor in determining what type of warm-up to do. In an endurance race like a marathon, managing body temperature is essential, as is starting the race with a high level of glycogen stores. Why then would you engage in a lengthy warm-up session (increasing body temperature and using stored glycogen) before such a race? Most recreational runners might be better served by incorporating a warm-up phase in a longer endurance race by starting at a relatively slow pace and gradually picking up the pace to the level they have trained for. Replenishing energy stores through the use of gels/carbohydrate rich drinks during an endurance race can offset loss of glycogen stores.

As masters runners move into higher age groups, elasticity (and hence bounciness of stride) decreases, stride length decreases and this impacts on running style. The effect of age related impact on style varies with individuals, but it will degrade style at some time in an extended running career. The mix of muscle fibre types is also an individual thing, with some people having a greater proportion of fast twitch fibres (the type that a sprinter normally has more of than a distance runner). If for whatever reason, you are an endurance runner with a reasonably springy stride (not a sprinter who has wandered into the wrong event type), then incorporating some fast short strides, bouncing on the spot, bounding or skipping can help to prime a wider range of muscle types. If you are a shuffler, attempts at this type of activity are probably not a good use of time and energy.

If you are competing in a track race should you do a warm-up in training shoes and then change into racing flats (or spikes) after the warm-up? This is probably just a matter of preference provided you have tried a shoe change like this in training.

The group I coach for Monday/Thursday night sessions at Adelaide Harriers varies widely in age, ability and to a lesser extent, race goals. These are group High Intensity Interval Training (HIIT) sessions, meant to serve as modifiable templates (in terms of number of reps, pace and recovery times) by individuals to suit their goals. The warm-up activities are also modifiable by the participants. The general pattern consists of a slow 1.5km (approximately) group run, 2x100m smooth medium pace run throughs, 2x30m high knee lift jogs, 2x30m high back kick jogs, 2x100m fast pace smooth run throughs. The pace of these run-throughs varies between individuals. The group run raises body temperature, the high knee lifts dynamically stretch hamstrings, the high back kicks dynamically stretch quads and the run throughs (some done as acceleration runs) prime the body for the session to come. Some group members add in plyometric exercises such as 30m of hopping, bounding or skipping (those with knees that can withstand the demand). Some come early and extend the initial slow run. There is usually a quite deliberate time gap of 10-15 minutes while I describe the session for the night and what it is intended to achieve (a ten week, 20 session program is provided to group members, but some don't want to know what the session will be in advance), plus how best to fit in the repetitions on either a 400m grass track or parklands paths marked out every 100m. We usually also celebrate any significant achievements of group members, warn about potential hazards, pass on club news, etc. Sessions (including the warm-up activities) are modified to suit weather conditions and cancelled if extreme weather warnings have been issued by the Bureau of Meteorology.

As a warm-up for the sessions that are scheduled for the group, the above format, developed over many years, works quite well, with a very low incidence of injuries within the group, but is aimed at a common training program format. The warm-up you do prior to a race will not be exactly the same as that for a HIIT session. Races need a warm-up that is more specific to the race length, environmental conditions and individual attributes.

In a wide ranging review of a range of warm-up studies¹ the conclusion was: "While active warm up has been reported to improve endurance performance, it may have a detrimental effect on endurance performance if it causes a significant increase in thermoregulatory strain. The addition of a brief, task-specific burst of activity has been reported to provide further ergogenic benefits for some tasks."

Warming up

By manipulating intensity, duration and recovery, many different warm-up protocols may be able to achieve similar physiological and performance changes".

That may be summarised as there is "no one size fits all". A design, test and appraise approach, informed by some basic physiology knowledge can help you to develop personal effective warm-up routines for your races, but there will always be the need to adapt your plans to cope with exceptional circumstances.

1. David Bishop Performance Changes Following Active Warm Up and How to Structure the Warm Up Sports Med 2003; 33 (7): 483-498

SAMA Weekend Away

Friday 26th to Sunday 28th October

Twenty five members and their families enjoyed a weekend of friendship, laughter, eating, drinking and a little exercise at the "weekend away" in the **Tanunda Caravan Park**. A shared meal kicked off the Friday night festivities followed by George White's infamous quiz.

For members who missed the quiz following is a small selection of the questions. (Answers are on page 19)

1. *What is HIJKLMO?*
2. *What do you get when you cross a bridge with a cow?*
3. *What type of cheese is made backwards?*
4. *A mafia boss, a murderer and a drug trafficker are in a car together. Who is driving?*



Photos taken by John Martin and others are available to download via the website [Gallery](#).

Can you identify these SAMA athletes?

Two photos of SAMA athletes taken in their earlier years show that our more mature members were not always as old as they look now!

Can you spot who they are – its just for fun, so no prizes!

Answers can be found on page 19

If you have a photo to contribute for future newsletter issues, please send it by email to David Bates.

Athlete No.1



Athletes No. 2 and 3



SAMA members reaching parkrun milestones

Weekly parkrun events are popular with many Masters athletes and in November two members received certificates at the Torrens parkrun.

On 17 November, **Mal McMillan** (pictured left) participated in his 250th event and **Geoff Hakes** (pictured right) participated in his 300th event.

On 24 November **Ros Lowe** achieved her 250th milestone at Mt. Barker



New Club Records

Prepared by Ros Lowe

Name		Age Group	Event	Result	Date	Venue
BRETT	Peter	M55	3000m	9.54	14/11/2018	Stadium SAMA
EVERSON	Richard	M55	800m Walk	3.46	17/10/2018	Stadium SAMA
EVERSON	Richard	M55	1500m Walk	7.18	31/10/2018	Stadium SAMA
EVERSON	Richard	M55	2000m Walk	10.08	31/10/2018	Stadium SAMA
EVERSON	Richard	M55	1000m Walk	4.38	14/11/2018	Stadium SAMA
EVERSON	Richard	M55	800m Walk	3.39	28/11/2018	Stadium SAMA
EVERSON	Richard	M55	2000m Walk	10.04	12/12/2018	Stadium SAMA
EVERSON	Richard	M55	mile Walk	8.01	12/12/2018	Stadium SAMA
LANG	Anne	W75	Steeplechase	12.48.54(AR)	7/09/2018	Malaga
LANG	Anne	W75	400m	86.90(AR)	31/10/2018	Stadium SAMA
LANG	Anne	W76	300m	62.14	5/12/2018	Stadium SAMA
LONG	Karen	W40	300m	41.97	5/12/2018	Stadium SAMA
LONG	Karen	W40	400m	59.47	12/12/2018	Stadium SAMA
MOTTROM	Kim	M30	20km Road Walk	1.35.19	18/11/2018	VRWC Melbourne
MOTTROM	Kim	M30	3000m Walk	12.40.86	28/11/2018	ASA Stadium
MOTTROM	Kim	M30	20km Road Walk	1.34.29	2/12/2018	Fawkner Pk Melbourne
NEUBAUER	Cassie	W40	Hammer	19.02	31/10/2018	Stadium SAMA
PADGET	David	M85	3000m	19.16	24/10/2018	Stadium SAMA
WILLIS	Wayne	M45	Shot	13.11	24/11/2018	ASA Stadium
COTTER	Jenni	W40	4x100m relay	53.30	13/10/2018	ASA Stadium
NOON	Stephanie	W40	4x100m relay	53.30	13/10/2018	ASA Stadium
GOODE	Kerry	W40	4x100m relay	53.30	13/10/2018	ASA Stadium
LONG	Karen	W40	4x100m relay	53.30	13/10/2018	ASA Stadium



Jenni Cotter at SA Stadium and Peter Brett competing at a recent West Beach parkrun



Kim Mottrom,(VRMC 20km Summer Championships)



Patricia Laird (Victor Harbor Half Marathon events)



Charles Palframan (left) and **Dennis Peck** competing at the Alice Springs Masters Games

13—20 October.

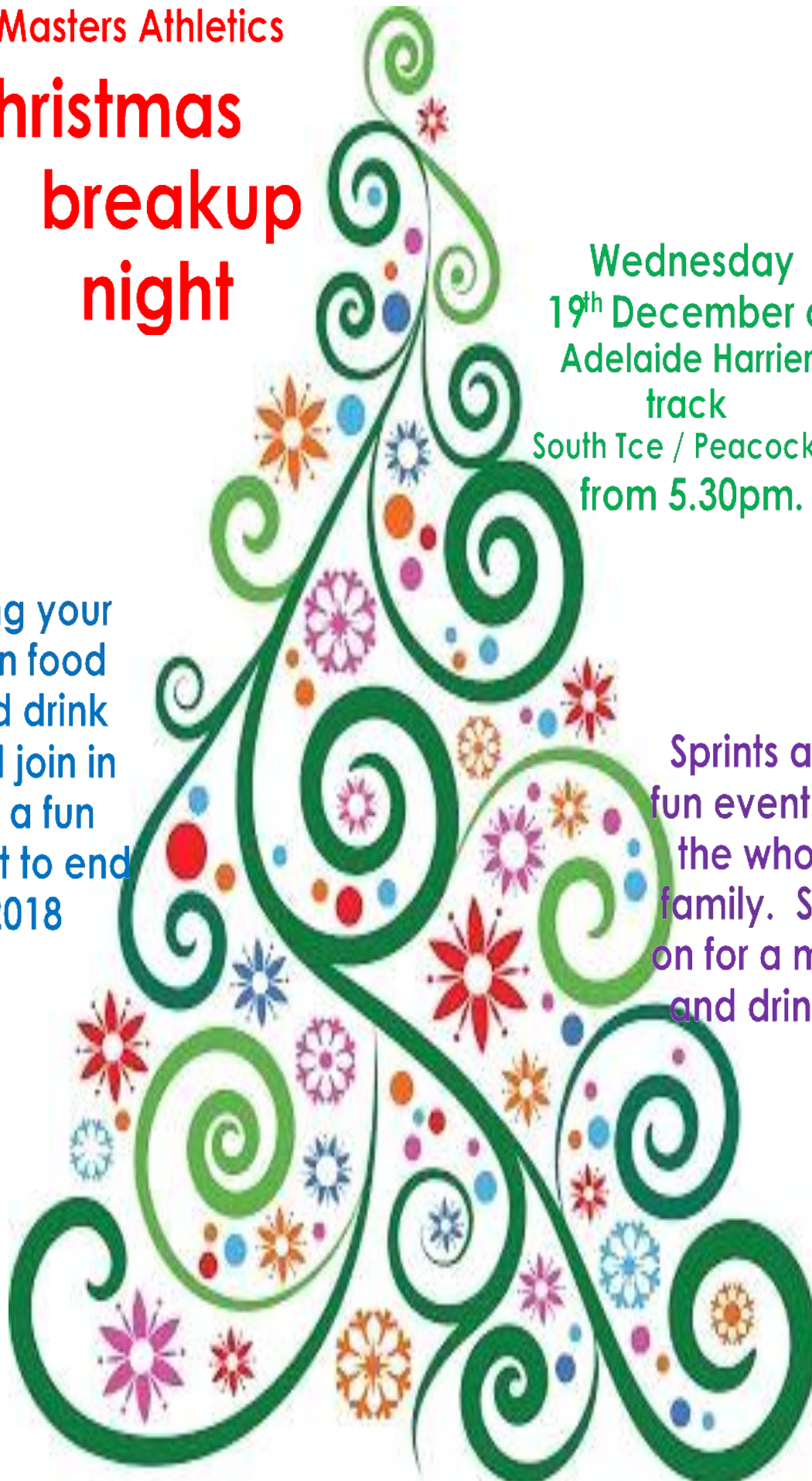
SA Masters Athletics

Christmas breakup night

Wednesday
19th December at
Adelaide Harriers
track
South Tce / Peacock Rd
from 5.30pm.

Bring your
own food
and drink
and join in
for a fun
night to end
2018

Sprints and
fun events for
the whole
family. Stay
on for a meal
and drinks.



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 next year.

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/>



Thursday 27 December 2018 at 9am

This 8.4 km (return) race from Glenelg Jetty to Brighton Jetty and back is now being organised by **Adelaide Harriers Athletic Club** in conjunction with the Bay Sports Festival at Glenelg Foreshore.

Race start times: Runners 9.00am; 1km Junior Dash 9:45am. If there is a high tide it may be necessary to run along The Esplanade for part of the way.

Prizes awarded in the 2 Jetties Fun Run for 1st, 2nd & 3rd in Male & Female Runners.



AMA T & F Championships Melbourne 2019

26 -29 April, 2019 at Lakeside Stadium, Melbourne, VIC.

Provisional schedule available.

See the [Melbourne 2019](#) website for details

Follow their [Facebook page](#) for updates.

THE 2019 AUSTRALIAN MASTERS MULTI-EVENTS CHAMPIONSHIPS

are on in Bendigo - 12-13 January 2019

DECATHLON for Men - HEPTATHLON for Women

Entries NOW OPEN

<https://www.registernow.com.au/secure/Register.aspx?E=32688>

Early Bird - before 18/12/18 is only \$30 (\$50 after)

NOTE : This year the event is being held in conjunction with the Athletics Victoria Multis so it will be a very busy and long couple of days.

The Victorian Masters Multis will be held simultaneously and entry to the AMA event automatically enters you for both.

Events Men -

DAY 1

100 metres
Long Jump
Shot Put
High Jump
400 metres

DAY 2

Short Hurdles
Discus
Pole Vault
Javelin
1500 metres

Events Women -

DAY 1

80m Hurdles
High Jump
Shot Put
200 metres

DAY 2

Long Jump
Javelin
800 metres

Draft Timetable :

<http://athsvic.org.au/wp-content/uploads/2018-19-Vic-Multi-Event-Championships-Draft-Timetable-2.pdf>



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 — December and January

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

ANDERSON	John		MILLER	Stan	75
BROOKS	Laura		MINCHIN	Christopher	
CAPUTO	Vicky	40	MOYLE	Paul	
CLARK	Des		MOYLE	Richard	
DICKENSON	Bill		NOON	Stephanie	
FERRIS	Rowly	90	PEAKE	Lyn	
HAINSWORTH	Colin		PRINCI	Angela	55
HILL-BROWN	Ross		RICHARDSON	Graham	
HYNES	Patrick	65	RITOSSA	Jennifer	50
KNIGHT	Gordon		ROBINSON	Graham	
LAIRD	Patricia		SANDERY	Michael	60
LONG	Karen		SCHILD	Raelene	
LOVELL	Matthew		TOSHACH	John	
LOWE	Ros		TREMBATH	David	85
MAXWELL	Steven		TRENGOVE	Colin	
McINTOSH	Margaret		WATSON	Geoff	45
McMAHON	Richard		WIGNALL	Lynne	

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	0404 120 813	lisa_boys@internode.on.net
Neil Hayford	Registrar	0447 813 767	neilhayford3@gmail.com
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
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Other Contacts

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Richard Moyle	Newsletter Editor	0417 831 194	rmoyle@bigpond.net.au
Arthur Jones	Public Officer	0408 833 932	ajons@bigpond.com

Answers—SAMA Weekend Away from page 10

1. H₂O 2. The other side 3. Edam 4. A policeman

Answers—SAMA Athletes from page 11

Athlete 1 — John Hore Athletes 2 & 3—Edna and David Bates

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 5 th Dec	B2 Hdcp	
Wed 12 th Dec	C1 Scratch	
Wed 19 th Dec	Modified Scratch	Adelaide Harriers - Xmas special, 5.50pm 60m Last man standing, 6.20pm 800m Run for walkers, 6.25pm 800m Walk for runners, 6.45pm wrong handed Turbo throw, 7.15pm water balloon throwing.
Wed 27 th Dec	P.M. (tbc)	Bay Sheffield Masters 800m race
Thurs 27 th Dec	A.M.	Two Jetties Fun Run
Wed 2 nd Jan	Modified Scratch	5.50pm Mile Walk, 6.05pm 600m, 6.15pm 100m, 6.25pm Mile, 6.35pm 300m, 6.45pm 3km run/walk, 5.55pm Hammer, 6.45pm H J, 6.30pm Turbo throw, 7.00pm Standing L J
Wed 9 th Jan	B2 Scratch	
Wed 16 th Jan	C1 Hdcp	Plus 4x100m relay (nominate previous week), First 2 track events – 5 minutes earlier 5.45pm start
Wed 23 th Jan	A2 Scratch	
Wed 30 th Jan*	B1 Hdcp	
Wed 6 th Feb	C2 Scratch	
Wed 13 th Feb	A1 Hdcp	
Wed 20 th Feb	B2 Scratch	
Wed 27 th Feb	C1 Hdcp	Incl. State Champs Short Hurdles 5.40pm start– nominate the week before
Wed 6 th Mar	A2 Scratch	Incl. State Champs Long Hurdles 5.40pm start– nominate the week before
Sun 10 th Mar	Champs	10km Run, 10km Walk 8.00am start, Throws Pentathlon 8.30am start
Wed 13 th Mar	B1 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Wed 20 th Mar	C2 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start– nominate the week before
Wed 27 th Mar	A1 Hdcp	Incl. State Champs Steeplechase 5.15pm start– nominate the week before
Wed 3 rd Apr	Champs	Day 1 T&F Championships
Wed 10 th Apr	Champs	Day 2 T&F Championships
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

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, Neil Hayford, 70 Millswood Crescent, MILLSWOOD SA 5034. (phone 8271 3874). Include completed new/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, Neil Hayford, 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 Address:		Home Telephone:	
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)

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)

PRIVACY STATEMENT

We respect the confidentiality and security of your personal information and we are committed to protecting it at all times. SAMA only collects such personal information as is necessary to promote your participation in SAMA events and to communicate with you. By completing a membership application form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White on 08 8178 0639 or at georgehwhite@sama.com.au

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 Neil Hayford at

neilhayford3@gmail.com

Please send results to the editor at

rmoyle@bigpond.net.au