

SA Masters News

Official Newsletter of SA Masters Athletics Inc.

February 2019



Coming Events

Dolphin Run : 3 March 2019 (SARRC event)

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

Clare Running Festival—28 April (SARRC event)

Adelaide Marathon Festival—26 May (SARRC event)

Oceania Masters Athletics Championships : 31 Aug—7 Sep 2019

From the Editor



While reluctant to admit it, truth is, I do have favourites.

In this edition the article, "Why do you run and what sort of a runner are you?" is perhaps one of my favourite articles written by **Peter Sandery**. The article might prompt you to think about*"What motivated you when you first started running and what really motivates you now to continue running in a manner that makes it a positive activity in your life"*

Our reasons for competing, our motivations and goals do not remain constant over a long period of time. Injuries, other interests and levels of motivation all contribute to the *sort* of runner you are. On Saturday 26 January, **Colin Brooks** competed in a 100km ultra marathon at SA Stadium while many of us were running one of the parkrun courses.

Another great article from **George White**, this time discussing the benefits of physical activity alongside the risks of prolonged sitting and alcohol consumption.

In this edition I am extremely pleased to include a report by **Viddy Jermacans** on his road to recovery, several years ago, from a hip replacement. Viddy's operation and recovery is a long way from common running ailments suffered by some masters athletes. I wish Viddy all the best in the future. Hopefully another major operation will not be necessary.

Richard Moyle

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

A message from our president— David Bates

Thanks to everyone that completed the on-line survey about the 2019 Winter Program. The results from that are summarised later in this newsletter, and have been taken into consideration by the committee in finalising the schedule for the program (which will soon be available on the Programs page on our website*).

It was unfortunate we had to cancel the SAMA competition twice in January due to excessive heat, but it did give us the opportunity to use the new SMS alert system to make notifications more efficient in such circumstances. Similarly, the hot weather in December resulted in the cancellation of the Masters 800m event at the Bay Sheffield Carnival. I am sure that the entrants would have been most disappointed, and its a shame that the efforts of Lisa Attenborough and our handicapper, Neil Hayford, in organising their participation in the event did not come to fruition.



Neil has also done a great job over the past 12 years as our club Registrar, but he advised us recently that he will no longer continue in that role, and his resignation has been accepted. Instead Lisa will combine the roles of Treasurer and Registrar from now on-wards, thereby handing all aspects of our membership administration. The club has benefited greatly from Neil's dedication and enthusiasm in fulfilling the Registrar's duties, and I congratulate him on his achievements in that role, and thank him sincerely for his valuable contribution as a member of the committee for more than a decade.

Our storage container at the stadium is well overdue for replacement, and I am pleased to announce that the club has been successful in obtaining a grant from the AMA Trust Fund which will allow us to purchase a new container, that will better accommodate our needs. I thank Viddy Jermacans and Graham Harrison for their superb efforts in undertaking the necessary preparatory work that resulted in submission of the grant application.

Finally, don't forget that our summer State Championships commence shortly, and I encourage everyone to take part. This is the only time of the year where you are competing against others in your 5 year age group. Other than that it is still the same friendly competition. Further information can be found on page 18 and full details are also available on our website.

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

Membership Information

Information about the benefits of SAMA membership, annual renewal and how to join are located at :

<http://www.samastersathletics.org.au/membership1.htm>

A warm welcome to new SAMA members

Peter	BIGGS
Sarah	CARTHEW
Michael	MCAULIFFE
Chantel	PEACOCK
Malcolm	TIGGEMAN

SAMA News

Call for Nationals Team Manager for 2019

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

SAMA is required to nominate a Nationals Team Manager who will be the advocate for all South Australian competitors at the Championships, and also will organise the SA relay teams. The responsibilities are detailed in the duty statement available to download on the Committee page of the SAMA website.



If you intend to compete at the Melbourne 2019 Nationals, and would be willing to be our Team Manager, please send an email by 8 March to David Bates david.bates@internode.on.net

Summer Presentation Night

Each year SAMA recognises the achievements of its members at the Summer Presentation Night, which will be held following competition at the stadium on Wednesday 17 April, 2019.

Please bring a plate to share.

A Certificate is awarded to all athletes who competed in the summer State Master Championships detailing all events entered, your place, performance and age-graded percentage.



At the presentation night the annual SAMA Awards are also made for athletic excellence in our club during 2018. Categories for these awards parallel Australian Masters Athletic Awards and category winners are nominated to the AMA as contenders for their 2019 Awards, which will be announced at the Melbourne 2019 Nationals.

Early Bird Prizes for Membership Renewal

Renewal of SAMA Membership is due on 1st April, and we are again offering three Early Bird prizes, each for a refund of one year membership fees.

To be eligible to be included in the Early Bird prize draw, you must renew your SAMA membership by 31 March, 2019.

See the Membership page on the SAMA website for further information about membership renewal.



SITTING DOESN'T HAVE TO BE THE NEW SMOKING - AND DRINKING MAY NOT BE THE DEVIL



By George White

In recent years there has been growing publication of information that tells us that sitting for too long negates the positive effect of training and also that drinking alcohol is definitely bad for us. In particular, drinking too much has been linked to a heightened risk of death from all causes, including cancer, heart disease and stroke.

Over the years we have heard that 10 minutes a day of exercise may be all we need – up to the now common suggestion of 150 minutes of exercise a week, but this would not be of great value if we spent most of the rest of our time sitting down or if we were drinkers! So I was very pleased recently to see some new research that throws a much kinder light on things.

Firstly relating to sitting (the new smoking according to the tabloids!). Adults in high-income countries spend the majority of their waking hours sitting down, with a typical day for many people being driving to work, sitting in an office, driving home and watching TV. Ever since a study back in 1953 discovered that London bus drivers were at greater risk of heart disease compared to their bus conductors, there has been increasing evidence that lack of physical activity is a major factor for risk of early death. Recent estimates suggest that more than 5 million people die globally each year as a result of failing to meet recommended daily activity levels. Now in a recent study published in *The Lancet*, an international team of researchers asked the question: if an individual is active enough, can it reduce, or even eliminate, the increased risk of early death associated with sitting down? In total the researchers included data from more than one million men and women. The team grouped individuals into four groups depending on their level of moderate intensity physical activity, ranging from less than 5 minutes to over 60 minutes per day. The researchers found that 60 to 75 minutes of moderate intensity exercise per day were sufficient to eliminate the increased risk of early death associated with sitting for over 8 hours a day. (In addition - lack of physical activity was found to be a greater health risk than prolonged sitting.)

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SITTING DOESN'T HAVE TO BE THE NEW SMOKING - AND DRINKING MAY NOT BE THE DEVIL

The results were tempered by the fact that watching TV for 3 hours or more per day was associated with increased mortality regardless of physical activity, except in the most active group, where mortality was significantly increased only in people who watched TV for 5 hours a day or more.

The second area of research that caught my eye relates to alcohol. Do you ever get the desperate feeling for a beer after a long run – I know I do. I like to think that by training I have earned the right to a little tippie! So I was very pleased to find research that endorses my desires! I knew all those Hash House Harriers couldn't be wrong.

Over 36,000 people aged 40 and over were studied in the UK, Canada, Norway and Australia and the results suggested that regular physical activity (that figure of at least 150 minutes again!) almost nullified the detrimental effects of moderate drinking. Even at higher rates of consumption (over 21 units a week) – risk was essentially eliminated for those who trained 5 hours a week. The research covered people who had never drunk right through to those who drank at harmful levels. Physical activity was categorised as inactive, moderate and at the upper end of recommended levels. A direct association was found between alcohol consumption and rising cancer mortality risk. However it was shown that the association between alcohol intake and the risk of dying was lessened among individuals who met the physical activity recommendations (150 minutes). Quickly jumping on the bandwagon, fitness trainers in the UK have called for trainers to work in pubs to encourage drinkers to be more active.

Although health guidelines state that both men and women should stop drinking at 14 units a week – this new study suggests that exercising mitigates the lethal impact of alcohol even at higher than recommended levels. It is possible that drinking alcohol and exercising share a similar metabolic pathway in the body but operate in opposing directions. While alcohol forces the liver to abandon its work getting rid of fatty acids, exercise does the reverse, using up fat as fuel. So while drinking is damaging to health, exercise is protective. While hazardous drinking usually raises the risk of early death by 20 per cent and cancer death by 52 per cent, moderate exercise lowered the risks to 9 per cent and 18 per cent respectively. Doubling the level of exercise per week to 5 hours completely cancelled out the impact of hazardous drinking resulting in the same levels of mortality as teetotallers.

So we shouldn't worry about the effect of drinking on our health, as long as we get enough exercise? Well, be careful! Maybe the people who exercised a lot tended to have different diets, or different drinking patterns, and maybe that is what changed the risk pattern and not the exercise at all.

So as with everything take care – there are other reasons to drink in moderation or not to sit for too long and to help me contemplate that – I am going to have a sit-down with a cold one.

From Across the Registrar's Desk

This month sees a changing of the guard for the Registrar's Desk. We have managed to keep Neil/Harry in the role since 2007 but he has decided that the time has come to hand over the role after many years of diligent service to our club.

So please be patient as I learn the ins and outs of this position. To allow for a smooth transition we are not making any immediate changes to the current registration process and as has been the practice for the last few years we are once again offering an incentive if you pay your next season fees between **1st February and 31st March** before they fall due on 1st April 2019. Fees remain unchanged so why not renew in March and be eligible for a chance to win **one of three "Early Bird" prizes of a refund of membership fees.**

This is a good opportunity for those competing at Nationals in Melbourne, 26th to 29th April, to get their fees paid as you need to be a financial member to be eligible to compete.

Looking to the future, we as a committee are investigating the use of an online registration system that will allow our members to complete their registration form and payment in one process, so stay tuned for updates.

Details of how to renew your membership of SAMA are available on the SAMA website at: <http://www.samastersathletics.org.au/membership1.htm>

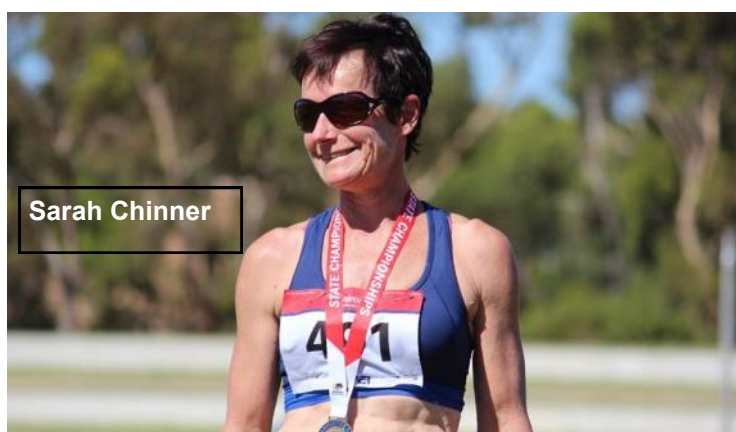
If anyone has questions do not hesitate to call (0404 120 813) or catch up with me at competition.

Lisa Attenborough



New Club Records

Prepared by Ros Lowe



Name		Age Group	Event	Result	Date	Venue
CHINNER	Sarah	W55	Pentathlon	3272	13/01/2019	ASA Stadium
CHINNER	Sarah	W55	Long Jump	4.23	13/01/2019	ASA Stadium
NATHAN	Kana	M80	Hammer	28.75	30/01/2019	Stadium SAMA

Why do you run and what sort of runner are you?

By Peter Sandery



Colin Brooks running in a ultra event at SA Stadium on 26 January

Running as a voluntary activity is something that most of the population do not do. Ask yourself what provides the motivation for you to allocate time and effort to running regularly either as a recreational or competitive runner (or a combination of both). Your answer may include more than one reason, but often one factor will be more important than others. You may prefer to run alone, enjoying the solitude that comes from a lack of interaction with other people, setting and meeting personal challenges. In contrast, you might prefer a more social environment that comes from running in a group, with interaction with other people and a sense of shared group identity. Although with less of a social component the "group" may be an online entity such as Strava or Garmin Connect where individual runners upload their running data to an online site and share all or part of it with other users of that site, who may be local or anywhere in the world. If you run competitively, actually training with a group meeting in the same location at the same time may also make it easier to get through demanding training sessions, both speed and endurance oriented. Group training may be an end in itself, a commitment to a group that results in you running regularly.

For some individuals, running may be a part of how they define themselves, something done for fitness, perhaps as a personal discipline or just because they like to run. Whatever motivates you, it must be attractive enough to get you to go out in a wide range of weather conditions, engaging in activities that have significant physical and mental demands. You have to tolerate, if not like, the level of discomfort that comes with your choice of running activities.

While it may not be a major motivator for most runners, there is evidence that moderate physical exercise can act to promote a healthy brain and hence reduce age related mental decline. From time to time, reports of research supporting a link between aerobic exercise and retention of healthy brain function appear in the media. One recent study¹ concluded: "We have shown the aging brain is plastic and responsive to changes in exercise behavior (sic), and that this effect is modulated by length of training". A recent article² on ways to reduce mental decline reports that exercise "...spurs the creation of neurons in the hippocampus, a part of the brain that helps consolidate memories, and new connections between them. It also boosts the number of mitochondria, the energy factories of cells, inside the brain. Together, these changes seem to bolster the brain against dementia and Alzheimer's disease. It isn't clear exactly how exercise translates into a brain boost, although one idea is that it is down to increased blood flow to the area".

Bear in mind that the exercise generally considered in research into possible links between exercise and healthy brain function is aerobic, done several times a week, generally for an extended period of time. It provides statistics, not guarantees.

Why do you run and what sort of runner are you?

Most of the studies on exercise and overall fitness are based on what is the minimum level of exercise that a previously non-runner needs to do to lower the risk of cardiac and other illnesses that afflict sedentary populations. It could be a bit of a leap to apply the findings to regular high intensity exercise or ultra running training and racing. If you are an aging runner finding it difficult to maintain the weekly distance total of a few years ago, it may be worth trying cutting back a bit on the longer runs and substituting a weekly session of a slow warmup followed by few repetitions 30 seconds jogging, 20 seconds moderate speed, 10 seconds smooth sprint speed for one of the longer runs. This assumes that you can manage this comfortably. It may not be the speed of younger days, but even a short session of shorter, faster running may bring a smile to the face.

How you think about your ability as a runner gives an indication of what provides the motivation to run. Some people aim for improvement, set personal goals and use reducing the difference between their current achievement and attainment of those goals as a motivation to train and race. The focus is on achievement of an improved race time (or time to complete a regular course) - an intrinsic approach, essentially racing against previous results. In the case of many masters runners the focus may not be on a time, but on an age-graded result. In either case, the goal is achievement of a numerical value. Some people compare themselves with other runners and rate themselves against the achievements of those runners - who can you beat and who can beat you - how far up or down you are on the finish list in a parkrun for example. This is more of an extrinsic approach because it depends directly on what other individuals do. A third group see races as social occasions where participation is an achievement in itself rather than any competitive outcome. This applies to many, perhaps most, of the people who go in events like the City-Bay or "Fun Run" events aimed at drawing attention and/or funding to various causes. Participation provides a sense of difference, being part of a large group for whom doing something that grabs the imagination of the population and the attention of the media is an end in itself. Few, if any of those who wear super hero, gorilla or other costumes in these runs are out to set a personal best time.

Your motivation to run and how (or even if) you consciously rate yourself will most likely be reflected in what you think about when you run. Some people focus on monitoring how they feel as a training session or race progresses, the sound of their footfall, what their elapsed time is at race markers, how far they have yet to run, etc. These are often the runners paying close attention to their sports or GPS enabled, heart rate monitor watches. Consciously or not, they use associative strategies that contribute to a perceived level of exertion and hence to an internal pacing model. Others may deliberately think about a wide range of things that have nothing to do with running, have a music player device plugged into their ear, chat with other runners, etc, all of which may be dissociative strategies to counter fatigue or boredom and to insulate themselves from the discomfort of the physical act of running. For some, achieving a specific race time is the main reward used to keep themselves going, for others the reward that is uppermost in their thoughts is a coffee and something to eat when they finish, or (at times) just the act of finishing itself.

The various strategies outlined above are not mutually exclusive and what you think about while running may change depending on mood and the type of running you are doing - recreational, racing or training. If your aim is just to go out for a longer run at a pace that is easy for you to maintain, then your thoughts may drift off to things not associated with running. Distraction may be a useful thing in this case. When you are racing at what feels like the very edge of your physical ability you need to also have your mental focus working at the same high level. Developing the ability to do this consistently is something that has to be part of your training. What personal mental "whips" or "carrots" can you develop to keep running at your best speed until you cross the line? If something large, hungry, fast and flesh-eating was right behind you, that would almost certainly redefine what "maximum speed" is for you? Can just the thought of that situation help you keep up a punishing pace?

I rather like a model of evolving competence that was developed in the 1970s in the world of business training.

Why do you run and what sort of runner are you?

For a particular new activity it involves moving through 4 stages.

Unconscious incompetence: You don't know what you are doing or even know that you don't know what you are doing.

Conscious incompetence: You start to understand that you are making mistakes, but still haven't got the skill set to efficiently manage the tasks you are engaging in.

Conscious competence: You have progressed to the point where you can manage what you are doing correctly, but you still have to make a continual effort to focus on doing that.

Unconscious competence: You can carry out the task/activity without having to consciously think about it, it is part of your skill set.

Think back to the first time you tried to do things like learn to write, ride a bicycle, add up a list of numbers, go skating, drive a car..... You won't remember learning to walk as a baby, but if you watch a baby going through this physical and mental learning cycle you should be able to apply the model to what you observe. Running is generally thought of as something that we all can do, but running well is something to which the model applies. With increasing age, perhaps the model applies in reverse. To continue to get the best result we can, should we move back a step and think about factoring in age related change in how we run?

As age related factors take their slow, incremental toll on the body, changes in running style become an inevitability rather than a choice. Pace declines with loss of lean muscle mass and elasticity of connective tissue. Like many things in life, some things become habits that we don't reflect on closely as they change slowly over time, if at all. Running may be one of those habits. The above might prompt you to think about what motivated you when you first started running and what really motivates you now to continue running in a manner that makes it a positive activity in your life.

So, why do I run? The answer to that question has changed over time and probably the best answer now is, "because I can".

1. Voss MW, Prakash RS, Erickson KI, et al. Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Front Aging Neurosci.* 2010;2:32. Published 26 August 2010.
2. Sukal, Kayt, 8 Ways to keep your brain young and stave off mental decline, New Scientist (online) 23 January 2019.

World Masters 2018 Athletes of the Year



Lyn competing at 2018
Perth Nationals
mastersathleticswa.org

Congratulations to the following Masters Athletes.

Women

Winner Race Walks **Lyn Ventris (WA)**

Men

Runner Up Middle Distance **David Carr (WA)**



Results and Performances



Stephen Trutwin, Patricia Laird and Karen Pienaar

Cadbury Marathon Festival

Hobart - 13 January

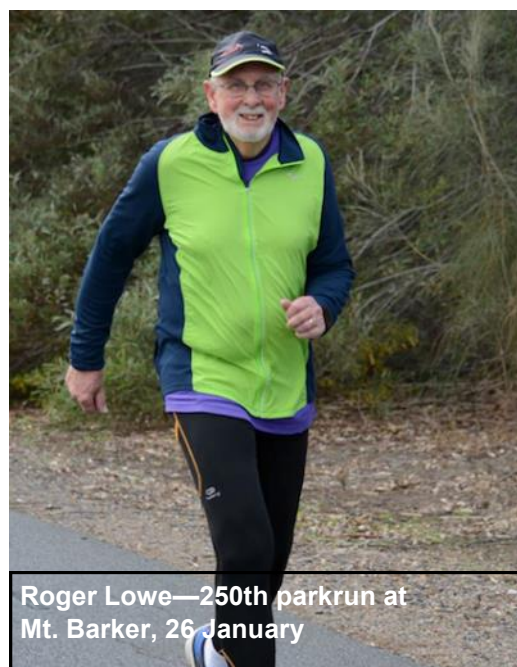
Marathon	Net Time	Age Division
Karen Pienaar	3:14:14	W40
Half Marathon		
Stephen Trutwin	1:24:37	M50
Patricia Laird	1:46:22	W55



Lisa Davis—100th parkrun at Mt. Barker, 12 January



Clare Stacey—250th parkrun at Torrens, 12 January



Roger Lowe—250th parkrun at Mt. Barker, 26 January

HIP REPLACEMENT SURGERY

By Viddy Jermacans

To have or not to have?

The following is a updated version of a Qld Masters magazine article produced in 2014.

In May 2013, following an increase in pain and lack of mobility over the preceding 2-3 years in my left hip, the outcome of an MRI on the site identified a number of issues. Medical terminology apart, the 'Conclusion' summarised:- a *"severe degenerative disease of the left hip joint"*.

Specialist advice recommended that I have a hip replacement as a matter of priority but, as I had booked and pre-paid my travel to the WMA Championships in Porto Alegre, Brazil, set for October that year, I decided to 'work with the pain' and prepare as best as possible to compete.

Training for the forthcoming competition was restricted to, primarily, pool work but I was able to manage runs up to about 600 metres. Anything after that my left leg would simply 'not carry me'.

In October I managed to compete in the Decathlon in Brazil as a (newly attained) 65 year old. By-passing the hurdles I managed all other 9 events at about 40% point total scoring capacity. A run as the 2nd leg in the 4 x 100 metre, 65-69 relay, was also achieved. They were short of runners!

On my return from Brazil, the January 2014 Bendigo Oceania Championships was 'just around the corner' so I decided to enter the Decathlon and the two Pentathlons. An improvement on Brazil was achieved but a walking stick was mandatory for assistance between events and during days off.

Okay..... why not 'one more go?' On the first weekend in February I competed in the QMA Decathlon in Brisbane achieving my goal of reaching 3,000 points. That competition, however, was to be my last as the left leg and hip would simply 'take no more'.

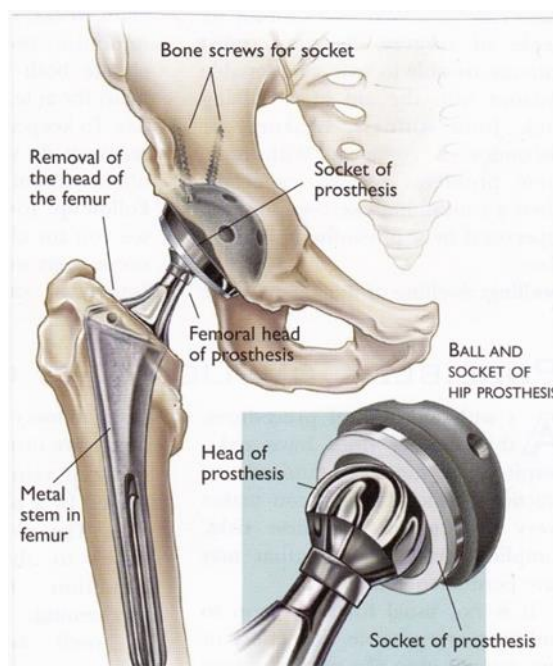
Surgery

Following consultation I was booked in for surgery in Brisbane for a left hip replacement on 2 April. Replacement of the hip joint had become a common operation in Australia and New Zealand with about 15,000 procedures every year. There have been extensive advances in surgery and in the variety of options and the quality of joints in recent years.

It was recommended that I have a total hip replacement. Basically, it was decided to remove the diseased hip joint and insert an artificial joint (a prosthesis).

The hip joint is a ball and socket joint that connects the top of the thigh bone (femur) to the pelvic bone (acetabulum). It is held together by muscles, tendons and ligaments. The inside of the joint has a smooth protective covering of cartilage that assists smooth movement. When the joint is diseased or damaged this cartilage cushion can wear away allowing the bone of the head of the femur to rub directly against the acetabulum – as in my situation.

In my case the surgeon removed the head of the femur, hollowed out the bone and inserted a metal stem to which is inserted a new femoral head. Remaining cartilage was removed from the hip socket and relined with a prosthesis.



HIP REPLACEMENT SURGERY

In both cases the prosthesis was fitted in an un-cemented procedure, ie. the bone was hollowed to a slightly smaller size and each respective prostheses 'forced' into the hollow. The un-cemented prosthesis has a specially textured surface that allows the bone to grow into the stem so it becomes 'part of the bone'.

The incision for the replacement 'parts' was made at the front of my upper leg (as opposed to the side or curving around the buttock) and was only some 15cm in length. The muscles, tendons and ligaments in the region are affected to a lesser degree with this frontal entry. One aspect of the operation that I still have is a general numbness in the left thigh, ie. similar to an injection at the dentist. I can hardly feel my left quad when I scratch or rub it or when it is massaged.

Recovery

I underwent the operation late on Wednesday, 2nd April. On awakening that evening I found myself back in my room, left arm attached to two drips, my ankles tied to a cushion placed between my legs and with iced water coursing through a plastic cover wrapped around my left thigh and hip.

It didn't take long for the physiotherapist to arrive! Within a couple of hours I was walking up the corridor leaning on a walking frame and towing my drips and 'water-pump'. Pain was non-existent (due to strong medication) but each step was taken quite gingerly.

On Thursday, the drips were removed as was the cushion and the iced water set-up. That afternoon I graduated to crutches for my walk up and down the corridor. On the Friday I was walking with two hand held sticks and practicing up and down on stairs. On Saturday morning I was discharged and (as a passenger) returned by car to Maryborough (approx. 250 km north of Brisbane).

Over the next week I mainly slept (under dosage of strong pain killers) but gradually extended the time I spent 'on my feet' including going up and down stairs (a necessity living in a Queenslander).

On the 16th (two weeks after the operation) I went down to the local athletic track and 'sped' over 400 metres in a time of 7 minutes 39.19 seconds. I then undertook a second lap in 7.07.19. An improvement already! On the 21st I walked my first 1500 metres in 20 minutes 17.88 seconds.

Over the next few months I steadily improved my fitness and running times to the stage where I was able to compete in my first track meet, the QMA Winter Carnival held at the University of the Sunshine Coast on Sunday, 27 July, less than four months after the operation. I ran the M65 100m in 14.98 and the 200m in 31.69.

I continued to improve both in speed and durability to the extent that I was once again able to compete in my favourite events, the Pentathlon and the Decathlon. The left leg is my take-off leg for all the jump events (and hurdles) and has stood up well to the impact of take-off.

Unfortunately, recent scans have confirmed that my right hip is approaching the stage my left was at prior to my operation in 2014. This was forecast back in 2013 and 2014. Right knee soreness, shin splints and issues with the right groin have plagued me the last twelve months and are worsening. Again, the decision to 'have or not to have' (an operation) nears.

Having last September turned 70 I have decided to 'have one more year' of competition before making a decision as to whether to have a right hip replacement or not. If I do, that will really 'set off' airport security scanners as I pass through!

SAMA Survey on 2019 Winter Program

The next Winter Program will take place from May – September 2019 (normally on Saturday afternoons). Before locking in the program, the Committee sought the views of all SAMA members on some proposed alternative options*, and also whether there was support for holding a Winter Track & Field competition.

We also ascertained preferences concerning two other aspects of the winter program ie. handicap vs scratch races, and competition venues.

* Proposed alternative options

On two Saturdays (18th May & 10th August) there will be no separate SAMA competition. Instead members may elect to participate in a parkrun of their choice, or take part in one of the alternative events shown below:

- Runners will be encouraged to join a SAMA team for the ASA /RUNNING SA RELAYS at a city location.
- Walkers will be encouraged to take part in joint competitions with SA ROAD WALKERS CLUB at Peacock Road.

A survey was conducted using Survey Monkey, which resulted in an overall 25% response rate. The results are shown below.

Conclusions

It was considered by the Committee that the responses to Question 2 demonstrated sufficient support for a Winter Track & Field competition to be held at SA Athletics Stadium from 12.30pm to 3.30pm on Sunday 25th August 2019. This will be instead of the normal Saturday competition that weekend.

The majority of walkers who responded were interested in taking part in the joint competitions with SA Road Walkers Club during the 2019 winter season. Therefore it was decided to pursue this option.

Although the responses by non-walkers did not show a clear majority interest in joining a SAMA Team in the ASA/Running SA Relay events during the 2019 winter season, it was considered that there were sufficient positive responses by runners to warrant providing this as an alternative option instead of normal SAMA competition on the two Saturdays.

There was a preference for having a balance between scratch and handicap competitions during non-championships weeks.

All venues used for Winter competition received support from at least one-third of the respondents, although some venues were clearly preferred (Bonython Park, East Terrace, Peacock Road and West Terrace).

The Winter Program has now been finalised after implementing the conclusions arising from the survey.

Full details of the survey results are available to download at:

<http://www.samastersathletics.org.au/program1.htm>

Social News - *from Helen Suridge*

The New Year has got off to a great start despite the very hot weather. We have organised another Dinner for Friday 1st March 2019 at 7pm at the Elephant & Castle Hotel, 179 West Terrace, Adelaide. It's in a central spot, so we hope many of you will join us. Family and Friends welcome. Bookings essential; please phone / SMS on 0401 00 9982 or email helsur@outlook.com.

We are still planning the next weekend away in October 2019, and hope to have details soon.

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-qld-2019/>



EOI'S FOR AUSTRALIAN TEAM MANAGER

2019 OCEANIA MASTERS CHAMPIONSHIPS, MACKAY, QUEENSLAND

AMA is seeking Expressions of Interest from those wishing to be considered for selection as Australian Team Manager for the Oceania Masters Championships. The Championships will be held from the 31 August, 2019 to the 7 September, 2019 in Mackay, Queensland.

All EOI's must address the essential and desirable roles and responsibilities below and be forwarded to:

STEVE MCGUGAN

AMA VICE PRESIDENT via email:

vicepresident@australianmastersathletics.org.au

To be received by:

22 FEBRUARY, 2019.

AMA TEAM MANAGER SKILL REQUIREMENTS:

Essential

- Strong interpersonal skills including the ability to effectively liaise with athletes, officials and administrators;
- Strong organisational skills;
- Strong communication skills (oral and written);
- Familiarity with required software programs, applications and possession of suitable devices;
- Knowledge of or the ability to acquire knowledge of the ANQ and IAAF competition and championship rules (including differences) as well as Local Organising Committee competition rules and requirements;
- Knowledge of AMA relay and team selection procedures and other relevant Constitutional articles and By Laws;
- Knowledge of relevant AMA policies including:
 - Anti-Harassment Discrimination Policy;
 - Privacy Policy
- Code of Conduct.

Desirable

- Previous experience in Team Management;
- Current involvement/membership of Athletics in Australia.



Entries are now open for the AMA National Championships in Melbourne from April 26 to 29...see links below to Competition website & Online Entry.

I've also attached a link to a video which explains a bit about the Program...

Please get your entries in & let others know who aren't on this email distribution, so that we can have our largest ever championships. We have moved all relays to Day 3 as feature events - so each state can field strong Relay Teams to challenge the dominance of Victoria and NSW in these events. The 400m Finals are on Day 2 which addresses a past issue of where these were on the same day as the 4 x 400m Relays. There are no individual Track events on Day 4 with this being left open for the Pentathlons & 5000 km Track walk. Some feedback received suggested extending the individual track events into Day 4 but there simply isn't the right Track space available. There was some attempt at this last year in Perth but for various reasons general opinion is that it was not a success. The Melbourne program also enables competition to conclude in a timely fashion so that interstateers can get to the airport & get home at a reasonable hour.

Lastly please spread the word about the Social program that is running each night with the 'big' event being the dinner at St Kilda on the Saturday night. It's the first time something like this has been planned (each evening) so I'm looking to a strong contingent from each state to attend these functions. Re the Dinner please note tickets are limited in number so go online now & get your Entries in & buy your tickets online with your entry.

Competition Website: <https://melbourne2019.com.au/>

Link to Entry Form <https://reg.emlsports.com/meet/21>

Latest List of Entrants: <https://reg.emlsports.com/meet/21/list>

Program explained, video: https://www.youtube.com/watch?v=78NqMP2_UYA

Dinner Information Flyer" <https://static1.squarespace.com/static/59d1e1288a02c7512b05f0b4/t/5c5865cbe79c705a726a381a/1549297112530/AthletesDinnerParty2.pdf>

Rob Mayston, Chair Melbourne 2019 LOC

WE ENCOURAGE ALL MEMBERS TO ENTER OUR SUMMER CHAMPIONSHIPS

*****This is your chance to compete in your 5 year age group*****

State Masters Athletics Championships – 2019

Competition Numbers

These are your official SAMA numbers that have been allocated to you. They **must be worn** for these Championships. If you do not have SAMA numbers they will be issued when checking in on arrival.

Entry fees

No charge for the Hurdles, T&F Pentathlons or Steeplechase – just the normal stadium entry fee.

Throws Pentathlon, 10km Track Walk and 10k Track Run – \$5 entry fee by cash or cheque - on the day.

Please nominate for these events as required. Sheets will be available at the check-in desks. It is compulsory for the Hurdles, T&F Pentathlon and Steeplechase, and will assist in the management of the other events.

Main T&F (3rd & 10th April) - \$10 per day payable by cash or cheque on the day (includes entry to the Stadium).

Wednesday 27th February

Short Hurdles. **Please nominate at least one week before!**

Wednesday 6th March

Long Hurdles. **Please nominate at least one week before!**

Hurdles are NOT available for Short W60+ and Men 80+ and Long W60+ and Men 70+. Organising the hurdles is a time consuming process! If you do enter then your help will be required in setting up and putting away the equipment. Also if you have entered the hurdles and then decide later that you will not be competing, please let the organisers know to avoid possible unnecessary work.

Sunday 10th March

10km Track Walk/10km Track Run – 7.40am check in, 8.00am start

Throws Pentathlon – 8.00am check in, 8.30am start

Wednesday 13th March

Women's T&F Pentathlon – run in conjunction with normal competition.

Approximate times only. **Please nominate at least one week before!**

5.15pm	5.30pm	5.35pm	6.00pm	6.30pm	7.00pm
Sign-in	100m	Shot	LJ	Jav	800m

Wednesday 20th March

Men's T&F Pentathlon – run in conjunction with normal competition.

Approximate times only. **Please nominate at least one week before!**

5.15pm	5.30pm	6.00pm	6.25pm	6.30pm	7.00pm
Sign-in	LJ	Jav	200m	Discus	1500m

Wednesday 27th March

Men's and Women's steeplechase 5.15pm start. **Please nominate at least one week before!**

Wednesday 3rd April

Main Track and Field.

Wednesday 10th April

It is not necessary to enter before the day on these two Wednesdays. Entries will be received at the check-in desk when you arrive. Carefully check the timetable before selecting your events. The program will not be held up if your events overlap.

5.50	1500m Walk		5.50	800m Walk
5.50	Hammer		5.50	Weight Throw
6.05	60m		6.00	100m
6.20	800m		6.15	1500m
6.40	200m		6.30	Long Jump
6.50	Javelin		6.35	5000m Walk
6.55	3000m Walk		6.45	Discus
7.05	High Jump		7.20	400m
7.20	Triple Jump		7.35	Shot
7.30	5000m		7.35	3000m

**Please note.
Competitors must
enter at least 30
minutes prior to the
scheduled start time
(20 mins for the
5.50pm!)**

Walkers

Race Walking and Club Walking will be in the same race - type of walking to be nominated on race entry.

Jumpers & Throwers

No competitor will be allowed to enter the competition after the commencement of the fourth round. Competitors who need to leave during an event may compete out of turn for that round. On return athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).

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 — February and March

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

RODGER	BARBER		BEN	NOBLET	
DAVID	BATES		MARLENE	NORTON-BAKER	
IAN	BROWN		KAREN	PIENAAR	
SARAH	CARTHEW	35	NORMAN	POWELL	
MARGARET	CLARK		TREVOR	RICHTER	
JOHN	CSONGEI		CHERIE	ROTHERY	
NADENE	GILLET		MICHAEL	SLAGTER	
PAUL	GREENWOOD		ELIZABETH	SLATTERY	55
PETER	GREGG		ANTHONY	SMITH	
LILIAN	HARPUR		MARTIN	STACEY	
HAYDEN	HARRELL	60	HELEN	SURIDGE	
GERALD	HICKS		PAUL	SUTCLIFFE	
ANNE	LANG		SONIA	TWARTZ	
TERRY	MCKENNA	60	LINDA	WHITELAW	65
LIZ	NEUBAUER		JAMIE	WILKINSON	

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
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

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 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



Ann Jefferies



Vince Musolino

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 Address:		Mobile (or 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