




SA Masters News

Official Newsletter of SA Masters Athletics Inc.

December 2009

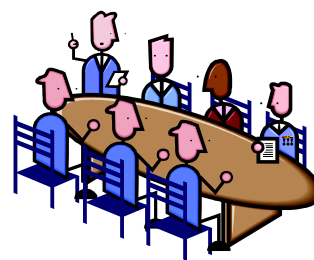
Merry Christmas	Club website : http://www.samastersathletics.org.au/																									
<p>This edition is out a little early to remind everyone NOT to turn up to SANTOS on Wednesday the 16th at 6pm but to bring your provisions, chairs and sense of humour to the usual gathering at the grass track at Adelaide Harriers instead. We will have the usual semi serious events (last person standing sprints, running for walkers, walks for runners, sprint relays for distance runners, balloon toss, and tug of war. SAMA will supply fruit platters.</p> <p>A few editorial awards. Golden Tonsil award: Elaine McFarlane. Climb almost every mountain award: Liz Slattery and Mike Slagter. Banned from Xmas track events award due to unacceptable specialisation in both: Geoff Byham. No pain...NO PAIN...NO PAIN... award to Dave Patterson.</p>	<p>Long Distance communication award: Dave Padget. Most consistent and Best Tights regardless of conditions award: Elle. The family that runs together award: Julie Hargreaves. The have you got room for another article? award: George White. The can I have a hard copy award: Dave Trembath. Best recovery: Richard Sjoerdsma. Happy Seamstress award: Jill Rogers. Tapering for the Iron Man award: Doug Smart. I could go on..... we are a pretty varied and amazing group really. ‘</p> <p>So, Merry Xmas to you all. I hope you each enjoy doing your own thing and that Christmas is all you hope.</p> 	<table><tr><th colspan="2">In this issue</th></tr><tr><td>P2</td><td>Club contacts Coming events Club uniforms Renewing your membership online</td></tr><tr><td>P3</td><td>A message from our President Christmas function Social News</td></tr><tr><td>P4</td><td>Club Records Age graded meets Hot weather policy Birthdays</td></tr><tr><td>P5</td><td>In Brief</td></tr><tr><td>P6</td><td>Training Advice from Peter Where to train</td></tr><tr><td>P7</td><td>The Gallery Two Jetties Fun Run</td></tr><tr><td>P8</td><td>SAMA summer comp results</td></tr><tr><td>P11</td><td>Other events results An abbreviated Gallery</td></tr><tr><td>P12</td><td>Vale Stuart Henshaw AMA Postal relays Bay Sheffield Arrangements</td></tr><tr><td>P13</td><td>Savings and Loans State Age-Group Championships</td></tr><tr><td>P14</td><td>Summer Program A word from our major sponsor</td></tr></table>	In this issue		P2	Club contacts Coming events Club uniforms Renewing your membership online	P3	A message from our President Christmas function Social News	P4	Club Records Age graded meets Hot weather policy Birthdays	P5	In Brief	P6	Training Advice from Peter Where to train	P7	The Gallery Two Jetties Fun Run	P8	SAMA summer comp results	P11	Other events results An abbreviated Gallery	P12	Vale Stuart Henshaw AMA Postal relays Bay Sheffield Arrangements	P13	Savings and Loans State Age-Group Championships	P14	Summer Program A word from our major sponsor
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Members’ feedback re competition		Reminder Board																								
<p>There was no comment from members to the newsletter request. The survey at Santos night had 81 responses.</p> <p>(a) Wednesday night start time.</p> <ul style="list-style-type: none">While 18 didn’t have a problem with a 6.45pm start, no-one preferred it and there were 41 who would rather not and 9 who would stop coming if this was used.With a 6.30pm start, 37 didn’t have a problem, 7 preferred it, 30 would rather not and 7 would stop coming.No one suggested friends would come if there was a later start. <p>In view of these responses the start time will be left as it is.</p> <p>b) Winter Track and Field. 47 indicated they would like to see it happen, though a few suggested just once a month. Preferred days were Sunday 10, Monday 27 and Friday 28. Approximately 32 people said they would be willing to help. This is to be followed up.</p>		<ul style="list-style-type: none">If you want the newsletter by email; email pietcrossby@internode.on.net and we will send as an attachment or advise when its on our website.If you change your address or contact details, especially email, please let Harry Hayford know so we can adjust our records.If you break a club record tell our club statistician (Ros Lowe).If you want your results for a non-club event published please email them (and other SAMA member results) to Piet. Long past events won’t be published unless world records!If you find a mistake please tell Piet so he can correct in the next issue.																								

SA Masters Athletics —
proud to be sponsored by

savings & loans

SA Masters Athletics – Club Contacts

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Committee Areas of responsibility

Field events:	Glynn Boyce
Lost Property:	Elaine MacFarlane
Race Walking:	Graham Harrison
Running:	Craig Palmer
Safety:	Elaine MacFarlane
Trophies:	Elaine MacFarlane
Uniforms:	Jill Rogers
Webmaster:	John Hore

Other Contacts and Areas of Responsibility

Club Delegate to ASA	Peter Sandery 8339 3504 psandery@senet.com.au
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Coming Events

CHRISTMAS FUNCTION

Adelaide Harriers Clubrooms Wed
16/12 at 6.00pm (no Santos comp).

TWO JETTIES FUN RUN

December 26th, See P7 for details

INTERSTATE EVENTS: See the
AMA website / AMA Handbook.

AMA HALF MARATHON

Hobart 10/1/10. Enter online: <http://www.cadburymarathon.com.au/>

WORLD INDOORS

KAMLOOPS MARCH 1-6, 2010
Australian entries close/d 9th December.

AMA NATIONAL T & FIELD

Perth, April 2-5 2010. Entry forms on
the WA web, in the AMA handbook or
from George White.

OCEANIA TRACK AND

FIELD July 3-10 2010 Tahiti

See the AMA website for details, including a travel a/c deal. George has a draft program and entry forms.

NEXT NEWSLETTER: 15/2/10

Look your best in our club uniform!

Reduced price Nationals T-shirts and Polo shirts:	
T-shirts: (various sizes)	\$12.00
Polo shirts (large only)	\$15.00
Hats	\$5.00
Usual items of merchandise:	
Singlets	\$40.00
Track Jackets	\$75.00
Crop Tops (long and Short)	\$40.00
Ladies bike shorts	\$25.00
Vest	\$25.00
Badges	\$8.00

Jill Rogers

Email: rogersfj@bigpond.net.au

Phone: 8272 9414

Renewing your Membership using the online system

Just a reminder on the process to renew membership and pay renewal fees

1. Go to the SAMA website
2. Select "membership renewal"
3. Open the membership form
4. Transfer the correct fee
5. **Record your name** and receipt number on the form
6. Complete the renewal form and email to Harry Hayford (registrar)

Note : It is important to record your name as this is the Club's only means to identify you as the payer

A MESSAGE FROM OUR PRESIDENT, JOHN HORE.

Firstly, welcome to new members Kristine Freeman, Debbie Richardson, Zoe Bryson, Charles Greenock, Christopher Symes, Robert Steele, and Kim Welcome. Welcome too, of course to the summer members who are back and / or re-joined at the beginning of the summer season. We now have a total membership of 259 which is great for our club and for competition.

It has been a time of records –membership numbers, also close to record numbers on the first summer meet of the season, and then a record breaking heat wave. And of course, we mustn't forget our high achieving athletes breaking club records – well done.

The hot topic is the Hot Weather Policy. The committee approved a new hot weather policy last Thursday evening. The policy has been changed to try and manage the risks associated with the high temperatures, and balancing this with trying to maintain regular competition for the summer components of the sport.

The main summer Track and Field events consist of throws, sprints, middle distance and jumps. All of these events, are clearly summer events where higher performance are achieved during the warm weather when muscle temperatures and strength are higher, and for the sprinters, there is a good chance the wind may be behind them. There is a clear and obvious relationship between health risk and the time of intense activities in the heat. The shorter track events are over in a couple of minutes (if not seconds). Throwers can find shade under hats, shelters and in the shade of the evening. Jumpers are generally in the shade by the time their events are on.

The distance events also form an important and popular part of the competition, and are clearly the area of highest risk on warm evenings. We hold the distance events last

and hopefully in the cooler part of the evening. If the temperature is still high (into the 30's) at the time on competition we will either shorten the distance or cancel the event. In conjunction with AMA, we are working on an index which will help us to help us to determine what distance events should take place.

The other major area of concern is for our officials. We encourage officials who would prefer not to come out on warm evenings to not come. We greatly appreciate their help in making our competition happen each week with a minimum of fuss, but we want officials to understand that they are not letting anybody down if they do not come out as a result of the heat. If the meet is not 'run as well as usual' because of lack of officials on a warm evening, then so be it..

I encourage everybody to read and remember the new policy (P4). In summary it is: if the day of competition is forecasted to be stinker (40 or greater) and no change is expected in the evening, the meet is off. If a cool change is forecasted, it may be on. Check the web or phone me. Put my number (0417 858882) in your mobile – I keep it on all of the time, and if I miss your call I'll get back to you. If you think it is too hot for you, then please don't come and put yourself at risk. And of course, if you are coming out, make sure you are well prepared and well hydrated leading up to the event.

Hopefully we now have the extreme weather behind us and can now enjoy a nice moderate summer of competition. We can only hope. Good running walking jumping and throwing. John



CHRISTMAS FUNCTION DECEMBER 16TH

Adelaide Harriers Clubrooms starting 6pm. No entry fees – but prizes to be given.

Program:	Last Man Standing Sprints	Runners Walk
	Walkers Run	Relay
	Tug of War	Balloon Toss

Stay on for your own food and drinks! SAMA will supply large fruit platters.



SOCIAL NEWS FROM HELEN SURIDGE

Our last Dinner at the Rex hotel in November, was well attended. It was a new venue, and from all reports people were happy. We are planning another dinner Friday 29th January 2010, but as yet the hotel has not been booked. Possibly at a hotel at Glenelg or Westlakes, so keep the date free. More details in next newsletter and out at the track.

We are already planning the annual weekend away for 2010 and have booked the Tanunda Caravan & Tourist Park for Friday 15th & Sat 16th October 2010. No football finals to worry about and it is after the October school holidays. It is a lovely park, plenty of room and great facilities, and has the bonus of not

being far away. Even an oval to run around!! There are plenty of things to do in the area, besides the wineries - walking, shopping, eating places, antiques etc. We have cabins & sites to spare, so please let me know if you are interested. A deposit will need to be paid and you can stay as long as you like.

Thank you to all of you who continue to support our social events. We always have a lot of fun. We are always keen to know of new places for dinner than can support 50 people easily. Have a wonderful Christmas and may your New year be blessed with more adventures, good health, happiness and a big dose of new PB's!!

CLUB RECORDS

Please forward record notifications to Ros Lowe, our club statistician. SAMA checks for records wherever possible on behalf of members, but it is primarily the responsibility of members to apply for recognition. If

you think you have broken a record please contact Ros on 83392274 or <mailto:rrlowe@tpg.com.au>. **Remember** - records may only be set on accurately measured courses and in scratch races (i.e. not handicap

races). They can be set at any ASA or national open competition and any national, Oceania or World Masters Championships. Regional Masters Games conditions do not usually meet the required standards.

RECORDS APPROVED SINCE LAST ISSUE. CONGRATULATIONS!

Remember: if you break a record, tell our statistician. She checks and tells me, and I print it!

Name and age group Event Result venue Dennis Peck M75 Pentathlon 3320 WMG Sydney Long Jump 3.7 Javelin 27.8 Discus 28.19 200m 32.78 Weight Pentathlon 3315	Weight 10.82 Triple Jump 7.75 High Jump 1.24 David Bates M55 Weight 11.33 WMG Sydney Weight Pentathlon 2351 Voitek Klimiuk M50 Weight 14.09 WMG Sydney	Stuart Henshaw M50 City Bay Walk 73.01 2009 Bonita Kurtz W45 High Jump 1.34 WMG Sydney
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AGE GRADED MEETS

This year our age graded events will take place over the 2 programs on the 20th January and the 10th February. Awards will go to the best age graded performance within the categories of:

Sprints	60, 100, 200, 400
Mid/Distance	800, 1500, 3000, 5000
Walks	3000, 5000
Throws	Javelin, Shot, Discus, Weight, Hammer
Jumps	High, Long, Triple

HOT WEATHER POLICY

SAMA will not compete when temperatures are 40 degrees or above.

In temperatures between 32 and 40 degrees, the length of races above 1500m will be adjusted according to the temperature and humidity. Heat related illnesses depend to a large degree on the intensity and duration of exercise. As temperature/humidity rise the duration of events will be reduced accordingly. (SAMA will shortly have a Heat Index Monitor which will enable us to take humidity

into consideration).

If the predicted temperature is 40 degrees or above, and an evening cool change is not predicted, the meet will be cancelled on the day before the meet.

If the predicted temperature is 40 degrees or above, but a cool change is predicted to come in by 6pm we may still plan to meet. In these circumstances the final decision will be made by 10am on the Wednesday morning. A message will be posted on the SAMA website, and for those

without access to the internet they can call John Hore on 0417 858882 to find out.

SAMA wishes to stress that those who decide to compete in hot weather should only do so if completely well, sufficiently fit and acclimatised to hot weather. Normal precautions such as hydration, lightweight clothing, sun-screen and taking advantage of shade should be paramount.

Officials are not expected to attend in very hot weather.

Our Birthday List — December and January

Espacial congratulations to those boldly going to the next age group.

John ANDERSON 50 Barbara CAIN Ann COOPER Bill DICKENSON Ros DRISCOLL Dean ELLIOT Steve GUY Colin HAINSWORTH 80 Claude HAMAM Noel HEINRICH Andrew INGLIS Edwin JACOBS Keith KAESLER Paul KEMP	Margaret McINTOSH Stan MILLER Beverley MOSS Paul MOYLE David PATTERSON Des PAUL Alan SIM Matthew STAUNTON David TREMBATH Colin TRENGOVE Peter WAIT 40 Adam ZUR EICH Yvonne CIGANOVIC 50 Cynthia DALLY	Lesley DAWSON Greg FOPP Peter GARLICK Ross HILL-BROWN 55 Dick LARKIN Matthew LOVELL Daniel MALM Murray MARKER Chris MINCHIN 55 Richard MOYLE Brenda PARKINSON Lyn PEAKE Bob PEARCE Geoff PETERS	Kurt POSTLER James RANA Graham RICHARDSON Maurice SCHIEVENIN Raelene SCHILD 45 Sarah SCURR Roy STANDEN Dave TURNER	And we note that Jill Rogers gratefully accepted her return to beginning the 60-64 category, but had to acknowledge she has moved on to the next.
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In Brief

Travel deals to international events

From time to time SAMA receives emails from travel agents, advertising travel arrangements they are offering for various international events. It is not SAMA policy to include such information in our newsletter unless we have a formal sponsorship arrangement. George, as secretary, usually has up to date information, and the AMA website for particular events frequently includes information about travel and accommodation.

Don't be the first!

As we start the summer season at Santos please note the lovely signs saying please don't cross the (javelin, short put, discus and hammer) competition area. We want to clap your efforts, not lament your passing!

Pole Vault

If anyone is interested in learning or training for the Pole Vault, John Hamann is willing to coach people on Wednesday evenings, at Santos from 4pm. He hopes you have some reasonable athletic ability. Of course you do!

Be Part Of History

Would you like your action photo included in the Club History? Have you or another Master you know won a State (ASA) Open Championship since 1973 (men) or 1980 (women)? Did you go to the 1982 Fiji Oceania Championships, Samoa 1986, Nauru 1988 or Tahiti 1996? Do you have results? If you can help with any of these please contact George White.

Apologies

- To Sam Boag, whose winning of the SARRC half marathon in 1:23:48 wasn't included last issue.
- And to Mark Worthing, whose 1:28:11 in the SAMA Half Marathon gave him the M45 championship, and put the lie to my assertion that no runner won all four SAMA championship events. Mark did.

Cross Country records

Several members queried the matter of Cross Country Records, noting course differences etc. George White was asked to comment, and replied that those who queried this are quite correct in their thinking. Cross country and road runs/ walks are only "bests" rather than records, but for simplicity we just call them all records. We note they aren't listed at all on AMA websites. Having done one or two, your editor thinks those who can run so much faster than he deserve some recognition, especially if it leads to further interest and discussion!

Advertising Policy

Advertising in general is not generally accepted, except as part of a sponsorship arrangement with our Committee. Other advertising is at the discretion of the Secretary. The current stance is that if someone offers our members

something at a discount we will advertise it once in our newsletter. To see ongoing Members benefits and new offers to members check our web page.

Mmmmm.

I liked the article on stride length in the Victorian Masters Newsletter last month. Some of our members may find the visual example quite inspiring. Start at the VMA site <http://www.vicmastersaths.org.au/> and go to newsletters.

World Masters Games Results

Twenty three SAMA members competed in athletics at the WMA Games in Sydney and one in kayaking. Results show a pretty good spread of medals, but particular mention must be made of Dennis Peck with one gold, two silver and three bronze. Hans Van Bavel qualified for the 100m semi but injured a calf in the process and had to withdraw. Leigh Smith and Ron O'Neil walked but suffered at the hands of the judges. Overall the organisation was a great deal worse than previous WMG's but the free transport around Sydney was much appreciated. One particular potential International incident was avoided when a very kind Victorian offered Leigh Smith a spare pair of shorts. Leigh had forgotten his and was lined up ready to walk in his under-daks - not a pretty sight! Heather Grealy claims gold medals for climbing the Harbour bridge and Jet Boating in the harbour.

Amazing Grace

In the October Newsletter Piet used the expression "amazing" with regard to my recovering from a heart attack in February this year. Whether this term is justified I leave for others to judge.

The most amazing experience I found was the goodwill expressed by my fellow club mates, both of SARRC and SAMA. The prompt attention by club members and the paramedics from the SA Ambulance. The skill and care at the RAH and subsequent successful surgery. Amazed at the care and interest of family and club members through visits, gifts, cards and phone calls which made a tremendous difference to my recovery. My sincere and heartfelt thanks to all these people, especially Piet and Alexandra Ho for your concern. I found this amazing, just amazing. A stroll down Anzac Highway can't compare with that. Richard Sjoerdsma.

???

How did Doug and Frank get on the front page of a National Magazine???? The AMA 2009-2010 Handbook also carries recognition of Anne Cooper's induction into the AMA Hall of Fame, and of the Aths Awards to George White and Peter Sandery. As it should!

And finally, apparently the faster you walk the longer you live. Ask David Robertson. Weekend Australian 28/11/09

Training Advice from Club Coach Peter Sandery

Heat and exercise

Our internal organs, particularly the muscles, generate heat as a by-product of their function. Normal core body temperature is around 36.8C. If body temperature rises above this, as for example when we exercise and muscle activity increases, the body responds with processes that should act to restore homeostasis. Heat energy may be radiated, convected or conducted away from the body or lost as perspiration evaporates. Where ambient conditions include a temperature that is higher than body temperature, evaporation of perspiration is the main method of heat loss.

If the heat produced and/or absorbed by the body exceeds heat lost, increasing body temperature will result. Initially this may result in symptoms that include a marked loss of pace, dehydration, thirst, unusual sweating, a feeling of fatigue and possibly muscle cramping. If you have these symptoms during training or competition you should cease activity, move to a cool place and replace lost fluids with a drink containing electrolytes, particularly sodium.

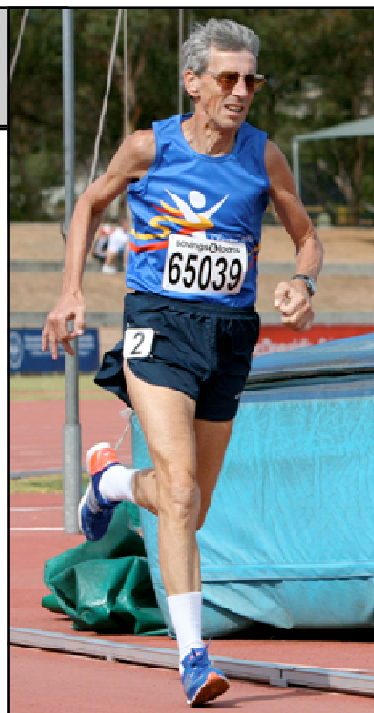
If the initial symptoms of heat related health illness are ignored and body temperature continues to rise, you may start to feel faint or dizzy, develop pale sweaty skin, your pulse rate may decrease, and you may feel nauseous. If this happens you must stop exercising, move to a cool location, elevate your legs and rehydrate as above. If you do not do this (or your core temperature continues to rise anyway up to or past 40C), you are likely to experience confusion and disorientation. You may also faint, possibly lapsing into a coma. If this happens it is critical that body temperature be lowered as soon as possible by methods ranging from ice packs and wet towels to an ice bath.

While illness related to excessive core body temperature is usually associated with hot and/or humid conditions, it can occur when a person exercises at much lower ambient tem-

peratures if the body's cooling processes fail to act efficiently or cease to function for some reason.

If you want to participate in high physical demand activity in hot and possibly humid conditions, what precautions can you take to reduce the risk of heat related illness? The risk is higher in the very young, elderly, and those with pre-existing medical problems. Prudent action for masters athletes starts with regular medical checkups – make sure you tell your doctor about your athletic activities. Be aware of the above symptoms, which are distinct from normal discomfort and fatigue. Reduce your training time/intensity in the first hot days of summer to allow your body to acclimatise to hot weather. Gradually build up your summer training demand, training in similar conditions to those in which you plan to compete. As in most things, the body responds to (reasonable) demand and part of the acclimatisation response is to commence perspiring at lower body temperatures and produce more perspiration. Lean, well trained people with higher cardiovascular fitness have a lower level of risk. Adjust your practice to ambient conditions by hydrating appropriately (but not excessively) before, during and after high intensity or sustained exercise, preferably with a sports drink containing a mix of electrolytes. Wear light clothing that reduces your exposure to direct sunlight (and hence to the risk of skin cancer), but acts to wick moisture from the body, facilitating evaporation close to the body with an associated cooling effect. If you wear a hat, get one that is well ventilated to allow heat loss from the head.

SAMA has a heat policy that will result in cancellation of competition when forecast conditions are particularly adverse. The club has to consider the overall risk to competitors, officials and the other helpers essential to any meet. When events are held in hot and/or humid conditions, each club member has to take responsibility for their decision to compete or



not and to adjust their level of exertion, bearing in mind their state of health, level of fitness and preparation. The risk of adverse health outcomes cannot be reduced to zero. Driving to a venue has an associated risk. Our daily activities involve risks – that is part of life. On balance, regular physical activity has more positive outcomes than negative. Adding competition may increase the physical risk, but if a sensible approach is adopted, it can also provide a beneficial sense of direction and satisfaction.

Come Train with Peter

Peter's group trains at the Adelaide Harriers Track, corner South Tce and Peacock Rd 5.30 Mondays and Thursdays. We use the Harrier's change rooms, so they ask for membership after you are out for a few weeks. Peter's group runs shorter distances (100-300 m reps) Mondays, longer (up to 1km or so) on Thursdays.

And for the Sprinters

Anne Lang's group does shorter reps and aims at track to about 800m. 7 am Tuesday and Thursday mornings, 8.00 Sunday mornings at the oval at the Corner of Bunday's Rd and McKinnon Pde.



The Gallery



John Martin is our official club photographer. See our website for more!

TWO JETTIES FUN RUN;

SATURDAY DECEMBER 26TH 2009. What better way to shake out the excess of Christmas Day – fresh sea air – exercise and a great chance to win race and random draw prizes? The race is organised by SAMA in conjunction with the Bay Sports Festival.

START AND FINISH AT THE GLENELG JETTY.

ENTRY FEE \$10

ENTER ON THE DAY: Walkers By 8.45AM Runners By 9.15AM

8.4 kilometre beach course (tides may make it necessary to run along the Esplanade for part of the distance).

DRINK STATIONS WILL BE PROVIDED

RACE START TIMES: **Walkers** **9.00am** **Runners** **9.30am**

MALE AND FEMALE RUNNERS	1 ST	\$25
	2 ND	\$20
	3 RD	\$15

FIRST RUNNERS IN EACH AGE GROUP	\$10
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WALKERS	1 ST	\$20
	2 ND	\$15

OTHER WALKERS WILL GO INTO A DRAW FOR 3 PRIZES OF \$10

WINNERS OF PRIZES **MUST BE PRESENT** TO RECEIVE THEM

SAMA SUMMER COMPETITION RESULTS

(note: Age Grade Percentages (A/G%) given only for SAMA Members financial on day of event).

SAMA Results 21-10-2009

94 competitors, 195 event entries

Name Results A/G%

100m heat 1

Lyn Peake	15.77	85.03
Patricia McHendrie	16.12	68.92
Dennis Peck	16.22	81.38
Paul Boyce	16.75	76.90
Heather Grealy	16.92	73.23
Bradley Samarcq	17.06	
Valmai Padget	17.40	81.55
James Hoare	17.47	68.17

heat two

Peter Garlick	14.01	78.87
Iain Smith	14.25	73.47
Damien Smith	14.39	69.77
Andrew Simister	15.19	70.38
Ann Jefferies	15.62	76.06
Debbie Richardson	17.24	
Julie Short	18.45	

heat 3

Peter Bos	13.64	76.25
Chris Johns	13.78	80.19
Brett Stokes	14.16	80.58
Tony Innes	14.67	74.85
David Janssan	15.94	79.80

heat 4

Gregg Fopp	12.32	84.42
Robert Samarcq	12.88	
Anthony Fedele	13.37	73.22
Mark Donovan	13.49	
Matthew Lovell	13.62	76.87
Cameron White	13.91	76.35

1500m

Nathan Arkley	3:50	
Michael Neroni	3:54	
Roy Standen	4:49	79.67
Mark Worthing	5:03	77.37
Peter Sandery	5:18	88.11
Iain Willoughby	5:18	71.01
Peter Bos	5:26	68.60
Cameron White	5:27	70.41
Dean Elliot	5:28	77.40
Maureen Moyle	5:58	81.41
David Close	6:12	74.69
Piet Crosby	6:21	68.92
Paul Moyle	6:22	69.84
Peter Garlick	6:32	62.02
Ian Balcombe	6:41	
Ros Lowe	7:03	76.02
Andrea Wilson	10:35	41.96

3km walk

George White	15:43	87.44
Stuart Henshaw	17:15	71.66
Geoff Byham	18:59	71.63
Marie Maxted	19:13	67.35
Graham Harrison	19:24	72.40
Arthur Jones	19:25	76.75
James Hoare	19:53	68.39
Helen Suridge	19:58	70.47
Murray Marker	20:06	74.14
Bill Starr	20:46	68.42
Leigh Smith	21:28	72.15
Colin Hainsworth	22:20	74.42
Zoe Bryson	22:45	
David Robertson	23:04	69.00
Pam Silby	23:15	65.52
Jill Rogers	23:22	64.40
Gill White	23:23	62.15
Cynthia Dally	23:49	73.67
Bruce Tucker	24:12	48.55
Elaine MacFarlane	24:30	63.77

Kate White	24:31	50.67
Edna Bates	25:32	54.01
Kristine Freeman	25:33	
Fred Brown	26:50	70.66
Andrea Wilson	27:02	47.09
Jennifer McKay	27:06	
Linda Whitelaw	29:26	46.40

400m heat 1

Tony Heard	83.94	
Paul Boyce	90.71	68.86
Paul Farmer	91.71	
Colin Trengove	93.52	64.28
Patricia Berry	99.31	61.41

heat 2

Peter Bos	63.87	73.34
Hayden Harrell	64.27	77.07
Peter Garlick	70.83	70.39
Lyn Peake	76.68	82.45
Patricia McHendrie	78.63	67.47
David Janssan	97.92	62.56

heat 3

Anthony Fedele	63.62	67.87
Damien Smith	64.76	69.73
Brett Stokes	66.80	77.14
Iain Smith	68.12	69.25
Matthew Lovell	69.64	67.73
Dean Elliot	73.24	70.36

heat 4

Nathan Arkley	55.81	
Gregg Fopp	58.41	80.19
Robert Samarcq	59.64	
Charles Greenock	60.61	
Michael Neroni	60.95	
Mark Donovan	64.03	

5km run

Michael Neroni	13:49	
Damien Smith	18:17	71.42
Roy Standen	19:10	72.34
Mark Worthing	19:25	72.54
Dean Elliot	20:15	74.22
Colin Brooks	20:25	74.24
Peter Sandery	20:42	81.50
Peter Bos	21:06	64.23
Norman White	21:54	66.40
David Close	22:00	75.96
Rob McFadden	22:14	61.41
George White	22:37	71.88
Debbie Richardson	22:38	
Piet Crosby	22:38	69.31
Geoff Byham	23:58	67.21
Paul Farmer	24:24	
Ros Lowe	24:43	78.69
Ian Balcombe	24:43	
Hayden Harrell	24:53	57.97
David Trembath	25:25	72.91
Patricia Berry	25:33	69.88
Peter Garlick	26:19	55.26
Julie Short	27:17	
John Martin	27:19	65.69
Colin Trengove	27:40	63.07
David Milburn	28:45	58.12
Julie Goodes	30:20	66.08

800m

Damien Smith	2:27	70.29
Cameron White	2:44	67.89
Alex Jefferies	2:49	69.98
Norman White	2:53	67.23
Andrew Smister	2:56	63.81
Craig Palmer	3:02	64.43
Debbie Richardson	3:04	
Hayden Harrell	3:05	62.87
Maree Maney	3:16	62.64

Bradley Samarcq	3:21	
David Trembath	3:22	74.11
John Martin	3:30	69.06

Discus

Voitek Klimiuk	40.73	58.10
Graham Richardson	29.35	57.45
Dennis Peck	28.16	61.65
Brian Davies	27.00	43.62
Matthew Lovell	24.35	33.83
David Bates	22.56	35.17
Kana Nathan	20.10	38.33
Patrici McHendrie	17.28	25.29
Glynn Boyce	16.82	41.16
Neville Bryce	35.36	54.20
David Janssan	21.69	43.61
Alex Jefferies	19.22	26.91
Debbie Richardson	15.06	
Kurt Postler	14.10	36.23
Heather Grealy	13.71	23.74
Julie Short	13.69	
Ros Lowe	12.02	25.47

hammer

Voitek Klimiuk	37.17	53.23
David Bates	33.33	52.32
Kana Nathan	31.53	58.56
Neville Bryce	28.30	41.90
Matthew Lovell	28.28	37.18
Graham Richardson	27.87	53.27
Glynn Boyce	23.87	55.90
Brian Davies	21.13	34.25
Gill White	20.10	40.72
Dennis Peck	20.06	43.36

High Jump

Matthew Lovell	1.40	65.12
Kana Nathan	1.05	66.88
Kate White	0.95	52.49

Long Jump

Matthew Lovell	4.78	61.44
Andrew Simister	3.98	53.07
Patricia McHendrie	3.82	56.68
Heather Grealy	3.32	56.27
Tony Heard	3.27	
Hayden Harrell	3.16	44.32
Bradley Samarcq	3.00	

SAMA Results 28-10-2009

86 competitors , 194 event entries

Name Results A/G%

200m heat 1

Patricia McHendrie	33.37	68.59
Paul Boyce	34.65	77.98
Valmai Padget	37.49	79.27
Miriam Cudmore	37.92	82.86
Daniel Hill-Brown	42.14	
James Hoare	47.09	51.96
Bob Steele	64.04	

heat 2

Catherine Young	32.04	69.66
Andrew Simister	32.18	67.68
Gloria Holliday	33.42	74.42
Dennis Peck	34.18	81.63
Tony Heard	36.90	67.72

heat 3

Cameron White	28.04	77.10
Iain Smith	28.29	75.29
Damien Smith	28.40	71.65
Brett Stokes	28.53	81.88
Dean Elliot	31.66	73.78
Stan Miller	32.84	75.49

heat 4

Gregg Fopp	25.78	82.00
Anthony Fedele	27.72	69.99

Mark Donovan	28.24	75.99
Ross Hill-Brown	28.27	81.50
Chris Johns	28.52	79.14
Matthew Lovell	28.62	74.42
Greg Perrin	28.70	
David Janssan	33.13	80.29

3km run

Nathan Arkley	8:06	
Michael Neroni	8:07	
Damien Smith	10:37	71.49
Mark Worthing	11:00	74.42
Peter Sandery	11:06	88.33
Paul Kemp	11:16	66.90
Dean Elliot	11:31	76.50
Brian Norcott	11:38	69.82
Colin Brooks	11:41	75.41
Iain Willoughby	11:53	66.79
Roy Standen	12:26	64.82
Maureen Moyle	12:27	82.95
Norman White	12:37	66.99
Rob Mcfadden	12:37	62.90
David Close	12:52	75.49
Greg Perrin	12:59	
Cameron White	12:59	62.08
Piet Crosby	13:09	69.34
Paul Moyle	13:50	67.09
Maree Maney	13:52	68.07
Ian Balcombe	14:02	
Brett Hill	14:10	60.15
Hayden Harrell	14:14	58.90
David Trembath	14:26	74.63
Ros Lowe	14:27	78.89
Patricia Berry	15:28	67.68
Rodger Barber	16:09	62.80
Colin Trengove	16:40	60.86

5km walk

George White	27:03	86.42
Gloria Holliday	32:17	67.92
Graham Harrison	32:23	73.79
James Hoare	32:57	70.19
Marie Maxted	33:08	64.55
Arthur Jones	33:18	76.16
Bill Starr	33:26	70.68
Bruce Tucker	33:39	58.47
Leigh Smith	33:52	77.86
Murray Marker	33:59	74.62
Pam Silby	38:49	67.70
David Robertson	38:53	69.72
Jill Rogers	39:45	66.11
Kristine Freeman	41:22	
Elaine Macfarlane	41:25	65.17
Kim Welcome	41:45	
Andrea Wilson	42:33	50.26
Fred Brown	45:06	71.87

3 km walk

Helen Suridge	20:49	65.60
Kate White	23:44	50.71
Gill White	23:45	60.52

60m (electric times) heat 1

Chris Johns	8.81	82.52
Valmai Padget	10.68	86.61
Miriam Cudmore	11.39	85.95
Daniel Hill-Brown	12.36	
James Hoare	13.34	59.07
Kim Welcome	13.35	

heat 2

Ann Jefferies	9.58	80.90
Stan Miller	9.64	82.88
Gloria Holliday	9.97	78.54
Paul Boyce	10.27	81.99
Tony Heard	10.79	74.51
Bob Steele	15.70	

heat 3			Patricia McHendrie	7.53	55.90	Jill Rogers	22:52	66.62	Damien Smith	2:33	67.54
Matthew Lovell	8.52	80.63	Tony Heard	7.49	63.21	Gill White	23:02	63.10	Harry Hayford	3:19	61.92
Iain Smith	8.74	78.60	Hayden Harrell	6.89	45.75	Kim Welcome	24:33		David Trembath	3:40	68.05
Brett Stokes	8.80	85.57	Stan Miller	6.72	55.77	Elaine MacFarlane	23:57	65.23	Nathan Arkley	2:17	
Catherine Young	9.41	75.35	Miriam Cudmore	6.53	76.64	David Robertson	22:42	70.11	Discus		
Patricia McHendrie	9.99	72.67	Weight			Gloria Holliday	18:08	70.78	Voitek Klimiuk	39.47	56.31
Dennis Peck	10.04	85.16	Voitek Klimiuk	13.76	62.21	Richard Sjoerdsma	24:15	64.73	Matt Staunton	35.95	48.53
heat 4			Kana Nathan	11.81	60.60	Kristine Freeman	24:42	52.4	Graham Richardson	30.87	60.42
Gregg Fopp	8.03	84.81	Brian Davies	11.50	53.79	Ros Elix	23:14	75.52	Dennis Peck	30.34	66.42
Robert Samarcq	8.37	82.08	Graham Richardson	11.24	57.67	Pam Silby	22:52	66.62	Matthew Lovell	27.52	37.15
Anthony Fedele	8.43	75.80	Dennis Peck	10.76	61.31	Cynthia Dally	24:03	72.95	Karin Hilton	23.32	33.11
Mark Donovan	8.62	80.28	Gill White	8.75	48.29	Bill Starr	20:24	68.10	David Bates	23.16	36.11
Alex Jefferies	8.65	84.62	Lesley Dawson	8.65	45.50	Margaret Trengove	21:25	71.13	Alex Jefferies	22.35	31.29
Ross Hill-Brown	8.97	82.83	Glynn Boyce	8.34	53.19	Edna Bates	25:51	53.34	Kana Nathan	21.44	41.97
800m heat 1			Matthew Lovell	8.21	36.20	Leigh Smith	21:08	73.28	Ann Jefferies	20.25	32.67
Brian Norcott	2:34	72.93	Zoe Bryson	6.09	44.00	Bruce Tucker	21:49	52.98	Glynn Boyce	18.26	44.69
George White	3:09	68.89	SAMA Results 4-11-2009			Roger Lowe	23:12	60.55	Patricia McHendrie	16.76	24.53
Piet Crosby	3:13	65.42	90 competitors, 188 event entries			Linda Whitelaw	29:34	46.19	Stan Miller	16.66	28.14
Marce Maney	3:14	63.82	Name Results A/G%			400m Heat 1			Julie Short	14.37	
David Trembath	3:17	75.99	100m Heat 1			Bradley Samarcq	89.80		Kurt Postler	14.26	36.64
Greg Schulz	3:23		Bradley Samarcq	16.62		Tony Innes	92.11	53.77	Heather Grealy	13.06	22.61
Stan Miller	3:51	56.81	Valmai Padgett	16.81	84.41	Paul Farmer	92.67		Gill White	12.96	27.46
Kim Welcome	4:24		Julie Short	18.02		Paul Boyce	95.49	65.41	Debbie Richardson	11.88	
heat 2			James Hoare	20.41	58.35	Trevor Miller	125.75	43.38	Ros Lowe	11.60	24.58
Iain Willoughby	2:38	69.18	Leone Proctor	22.60		Andrea Wilson	134.50	41.14	Hammer		
Norman White	2:49	69.39	Bob Steele	24.99	58.78	heat 2			Voitek Klimiuk	39.50	56.57
Alex Jefferies	2:53	68.36	Kim Welcome	30.71		Matt Staunton	63.84	69.72	Matt Staunton	37.81	43.59
Craig Palmer	2:55	67.01	heat 2			Dean Elliot	70.68	72.91	David Bates	33.23	52.17
Maureen Moyle	2:59	74.73	Stan Miller	14.78	81.60	Stan Miller	78.75	69.27	Kana Nathan	31.10	59.44
Hayden Harrell	3:02	63.91	Gloria Holliday	14.86	80.75	Patricia McHendrie	81.69	64.94	Graham Richardson	30.74	58.75
heat 3			Dennis Peck	15.22	86.73	David Mutton	82.05		Matthew Lovell	27.10	33.74
Nathan Arkley	1:49		Patricia McHendrie	15.79	70.36	heat 3			Glynn Boyce	24.37	57.07
Michael Neroni	2:00		Paul Boyce	16.01	80.45	Peter Bos	60.04	76.92	Dennis Peck	22.42	48.47
Roy Standen	2:18	80.68	Heather Grealy	16.21	76.43	Michael Neroni	59.56		Karin Hilton	20.49	33.66
Kris Wolszczak	2:20	82.34	heat 4			Anthony Fedele	62.31	69.30	Gill White	19.94	40.40
Damien Smith	2:23	72.26	Matt Staunton	13.48	73.44	Christopher Symes	70.34		Stan Miller	15.42	28.18
Mark Worthing	2:24	78.67	Damien Smith	13.80	72.75	Damien Smith	64.59	69.92	Hjump		
Cameron White	2:39	70.03	Tony Innes	14.09	77.93	Nathan Arkley	56.25		Matt Staunton	1.55	66.81
Dean Elliot	2:41	75.94	Christopher Symes	14.48		Robert Samarcq	58.84	80.17	Matthew Lovell	1.45	65.32
Javelin			David Janssan	14.70	86.53	Charles Greenock	59.34	85.71	Damien Smith	1.30	56.03
Voitek Klimiuk	41.89	57.52	Ann Jefferies	15.33	77.50	Greg Perrin	59.88		Stan Miller	1.00	59.52
Matthew Lovell	34.43	41.47	heat 5			Ross Hill-Brown	61.62	82.54	Leone Proctor	0.90	
Dennis Peck	28.25	57.65	Robert Samarcq	12.50	83.76	Kris Wolszczak	62.58	78.60	LJump		
Brian Davies	26.95	43.17	Anthony Fedele	12.75	76.78	5kRun			Matthew Lovell	5.08	63.11
Ann Jefferies	22.51	40.55	Matthew Lovell	13.00	78.92	David Close	21:34	76.06	Damien Smith	4.48	53.78
Graham Richardson	22.42	40.82	Chris Johns	13.13	84.16	Colin Brooks	19:50	75.78	Patricia McHendrie	3.58	53.12
Helen Suridge	20.63	47.43	Ross Hill-Brown	13.15	85.70	Robert Heddle	21:04	74.46	Heather Grealy	3.58	60.68
Kana Nathan	19.49	35.49	Cameron White	13.29	79.91	Dean Elliot	19:38	77.20	Hayden Harrell	3.23	45.30
Glynn Boyce	16.54	46.55	1500m			Michael Neroni	14:14		SAMA Results 11-11-2009		
Stan Miller	16.84	28.21	Peter Bos	5:06	71.72	Brian Norcott	20:00	69.88	38 competitors, 87 event entries		
Zoe Bryson	15.70	30.01	Dean Elliot	5:18	79.84	Ros Lowe	24:31	79.33	Track events shortened due to heat		
David Janssan	14.74	27.58	Iain Willoughby	5:11	72.60	Norman White	21:44	66.37	200m Heat 1		
Lesley Dawson	14.54	27.18	Roy Standen	4:51	79.12	Roy Standen	19:46	70.15	Name Results A/G%		
Roger Lowe	14.44	24.75	Mark Worthing	4:59	78.41	Mark Worthing	18:57	74.32	Stan Miller	32.26	76.84
Patricia McHendrie	14.18	21.79	Brian Norcott	5:17	73.29	David Milburn	27:08	60.46	Patricia McHendrie	33.53	69.10
Ros Lowe	12.66	30.95	Ros Lowe	6:56	77.30	Harry Hayford	24:47	61.68	Valmai Padgett	37.02	80.28
Gill White	12.48	30.51	Kris Wolszczak	4:53	81.50	Paul Farmer	23:45		Miriam Cudmore	37.90	82.90
Kim Welcome	7.14		Nathan Arkley	4:02		Paul Kemp	19:18	66.79	James Hoare	45.60	53.66
shot			Michael Neroni	4:09		Debbie Richardson	23:00		heat 2		
Voitek Klimiuk	10.63	56.09	Peter Sandery	5:19	87.84	Greg Perrin	23:04		Anthony Fedele	26.85	72.25
Graham Richardson	9.02	52.20	George White	6:19	71.54	Marce Maney	23:25	68.74	Ross Hill-Brown	27.22	84.64
Lesley Dawson	8.88	54.45	John Martin	7:15	65.50	Peter Sandery	20:00	84.35	Chris Johns	27.58	81.83
Matthew Lovell	8.48	39.50	Trevor Miller	9:16	49.16	Hayden Harrell	25:23	56.82	Kris Wolszczak	27.74	80.21
Dennis Peck	8.43	54.85	Leone Proctor	11:16		David Trembath	25:53	71.60	Brett Stokes	28.95	80.69
Kana Nathan	8.16	47.22	3kWalk			Julie Short	29:29		David Mutton	34.50	
Ann Jefferies	7.91	48.44	Zoe Bryson	21:38	57.89	800m			3km run		
Glynn Boyce	6.84	59.43	Colin Trengove	21:46	68.46	Alex Jefferies	2:45	71.67	Nathan Arkley	7:43	
Gill White	5.86	44.39	Arthur Jones	19:01	77.40	Cameron White	2:34	72.30	Michael Neroni	8:12	
Ros Lowe	5.85	44.32	James Hoare	18:57	71.76	Craig Palmer	2:53	67.79	Mark Worthing	11:24	71.81
Hayden Harrell	5.00	24.80	Helen Suridge	19:38	71.67	Debbie Richardson	3:05		Colin Brooks	11:35	76.06
Roger Lowe	4.96	32.61	Colin Hainsworth	21:24	73.35	Marce Maney	3:13	64.16	Peter Sandery	11:40	84.04
Zoe Bryson	4.52	29.20	George White	15:36	88.09	Hayden Harrell	3:02	63.91	Brian Norcott	12:18	65.52
Triple Jump			Barbara Cain	19:08	75.12	Michael Neroni	2:09		Norman White	13:19	62.96
Matthew Lovell	9.70	58.93	Andrea Wilson	24:28	51.18	Norman White	2:49	68.82	Geoff Byham	13:53	67.44
Iain Smith	9.13	55.47	Murray Marker	19:30	75.48	Greg Schulz	3:29		David Trembath	14:14	75.68
Catherine Young	7.64	55.36									

Hayden Harrell 14:29 57.89	Stan Miller 34.24 72.40	Matt Staunton 7.97 81.05	SAMA Results 2-12-2009
Patricia Berry 15:08 69.17	heat 3	Matthew Lovell 8.30 82.77	90 competitors, 166 event entries
David Mutton 15:31	Jadd Badibanga 25.13	Chris Johns 8.49 85.63	100m heat 1
John Martin 16:29 60.79	Robert Samarcq 25.58 83.89	Ross Hill-Brown 8.50 87.41	Name Results A/G%
Catherine Young 16:34 51.16	Michael Cassidy 25.75	Brett Stokes 8.60 87.56	Stan Miller 15.29 78.88
James Hoare 16:39 54.76	Greg Perrin 26.90	800m heat 1	Patricia McHendrie 15.96 70.43
Rodger Barber 16:40 60.86	Matthew Lovell 27.80 76.62	Kim Welcome 4:17	Dennis Peck 16.21 81.43
60m heat 1	Ross Hill-Brown 27.80 82.88	Ros Lowe 3:28 71.46	Valmai Padget 17.06 83.18
Valmai Padget 10.26 90.16	Chris Johns 28.06 80.43	Hayden Harrell 2:57 65.71	Miriam Cudmore 18.04 84.37
Miriam Cudmore 10.92 89.65	Kim Welcome 47.75	Maree Maney 3:09 65.51	James Hoare 20.37 58.47
James Hoare 11.62 67.81	3km run	David Trembath 3:15 76.77	heat 2
Bob Steele 14.42 62.41	Nathan Arkley 7:08	John Martin 3:17 73.61	Brett Stokes 13.68 83.41
heat 2	Andrea Taylor 14:09	Paul Farmer 3:07 58.45	Tony Innes 13.80 79.57
Patricia McHendrie 9.54 76.94	Iain Willoughby 11:21 69.93	Maureen Moyle 2:57 75.58	Kerra Grimes 14.36
David Mutton 10.39	Greg Perrin 12:38	David Mutton 3:05	Catherine Young 14.74 73.68
heat 3	Hayden Harrell 13:58 60.03	George White 3:07 69.63	David Mutton 15.61
Ross Hill-Brown 8.37 88.77	Patricia Berry 14:31 72.10	Piet Crosby 3:08 67.16	Lyn Peake 15.79 84.93
Brett Stokes 8.60 87.56	Mark Worthing 10:42 76.51	Geoff Byham 2:56 73.41	heat 3
Catherine Young 8.82 78.46	Damien Smith 10:23 73.10	heat 2	Ross Hill-Brown 13.04 86.43
heat 4	Peter Sandery 11:04 88.60	Nathan Arkley 1:51	Matt Staunton 13.15 75.29
Matt Staunton 7.87 82.08	Piet Crosby 12:55 70.59	Damien Smith 2:22 72.77	Francesca Biello 13.18
Anthony Fedele 8.06 79.28	David Trembath 14:17 75.41	Charles Greenock 2:23 84.10	Matthew Lovell 13.19 79.38
Chris Johns 8.35 87.07	Colin Brooks 11:38 75.73	Brian Norcott 2:31 74.38	Chris Johns 13.37 82.65
800m	Brian Norcott 11:30 70.63	Matt Staunton 2:35 65.42	heat 4
Nathan Arkley 1:57	Paul Kemp 11:01 68.42	Claude Hamam 2:36 78.37	Michael Cassidy 12.51 86.57
Michael Neroni 1:57	Rodger Barber 16:01 63.33	Peter Sandery 2:37 86.31	Mark Donovan 12.81 82.28
Kris Wolszczak 2:24 80.06	Maureen Moyle 12:22 83.51	Yve Eglinton 3:21	Anthony Fedele 13.10 74.73
Mark Worthing 2:26 77.59	Ian Balcombe 14:02 55.71	Ian Balcombe 3:12 55.91	Robert Samarcq 13.17 80.03
Brian Norcott 2:39 70.03	Ros Lowe 14:24 79.16	James Hoare 4:21 49.50	Bob Steele 23.43 64.96
Norman White 2:51 68.02	Paul Farmer 13:43 57.86	Javelin	1500m heat 1
Geoff Byham 3:04 70.22	Robert Heddle 12:15 74.43	Matt Staunton 43.78 46.39	Colin Brooks 5:48 72.95
Hayden Harrell 3:08 61.87	Maree Maney 13:40 69.06	Voitek Klimiuk 41.75 57.33	Hayden Harrell 5:54 68.08
Colin Brooks 3:13 63.35	Geoff Byham 13:18 70.40	Brian Davies 27.30 43.73	Piet Crosby 6:01 72.74
David Trembath 3:14 77.16	David Mutton 14:54	Dennis Peck 25.67 52.39	Laura Teicher 6:06
David Mutton 3:16	Roy Standen 12:38 63.80	Helen Suridge 21.40 49.20	George White 6:09 73.47
John Martin 3:19 69.60	Norman White 14:01 59.81	David Bates 21.11 31.38	Ian Balcombe 6:16 58.92
Yve Eglinton 3:24	3km walk	Kana Nathan 16.99 30.94	Andrea Taylor 6:30
Javelin	Gill White 22:54 62.76	Neville Bryce 37.61 50.49	David Trembath 6:47 75.70
Matt Staunton 43.42 46.01	Edna Bates 26:23 51.76	Glynn Boyce 16.46 46.33	Ros Lowe 6:48 78.82
Voitek Klimiuk 42.76 58.71	Helen Suridge 20:24 66.94	Stan Miller 16.26 27.24	John Martin 7:37 65.29
Brian Davies 26.53 39.88	Paul Boyce 24:19 54.21	Roger Lowe 15.77 27.03	James Hoare 8:11 54.77
Helen Suridge 22.58 47.79	5km walk	Patricia McHendrie 15.10 23.78	heat 2
Graham Richardson 21.63 39.38	James Hoare 32:27 71.28	Gill White 12.19 29.80	Nathan Arkley 3:29
Patricia McHendrie 16.79 26.44	Arthur Jones 32:54 77.08	Ros Lowe 12.17 29.75	Craig Robertson 4:46
Shot	Colin Hainsworth 36:40 72.91	Shot	Mark Worthing 4:51 80.56
Matt Staunton 10.69 46.24	David Robertson 38:40 70.11	Matt Staunton 11.11 48.05	Eleanor Wardleworth 4:52
Voitek Klimiuk 10.58 55.83	Jill Rogers 39:33 66.45	Voitek Klimiuk 10.55 55.67	Gary Zeuner 5:01
Graham Richardson 9.15 52.95	Elaine MacFarlane 41:28 65.10	Neville Bryce 9.71 50.84	Peter Sandery 5:05 91.87
Chris Johns 8.23 41.65	George White 27:31 84.95	Dennis Peck 9.25 60.18	Georgia Hughes 5:07
Triple	Marie Maxted 33:14 64.36	Kana Nathan 8.22 47.57	Jane Mudge 5:13
Patricia McHendrie 8.57 64.39	Murray Marker 34:19 73.90	Matthew Lovell 8.18 38.10	Iain Willoughby 5:18 71.01
Catherine Young 7.52 52.01	Pam Silby 39:00 67.38	David Bates 6.50 37.46	Charlotte Venn 5:31
Miriam Cudmore 6.80 79.81	Cynthia Dally 41:15 73.99	Glynn Boyce 6.48 56.30	Yve Eglinton 5:54
Hayden Harrell 6.67 44.29	Kim Welcome 42:21	Gill White 5.77 43.71	3km walk
Weight	Gloria Holliday 32:03 69.01	Ros Lowe 5.49 41.59	Darren Bown 12:08
Voitek Klimiuk 13.07 59.09	Leigh Smith 36:30 72.24	Hayden Harrell 5.40 26.79	George White 16:02 85.71
Graham Richardson 11.63 59.67	Roger Lowe 38:19 62.36	Triple	Kevin Finn 18:59 68.14
Brian Davies 11.41	60m heat 1	Matthew Lovell 10.33 62.76	James Hoare 19:03 71.38
Matt Staunton 11.07 43.89	Heather Greal 9.75 83.79	Mark Taylor 10.11	Arthur Jones 19:05 78.09
SAMA Results 25-11-2009	Valmai Padget 10.15 91.13	Catherine Young 7.99 57.90	Marie Maxted 19:29 66.43
77 competitors, 167 event entries	Tony Heard 10.34 77.76	Patricia McHendrie 7.98 59.95	Helen Suridge 19:55 70.65
Name Results A/G%	Miriam Cudmore 10.94 90.59	Heather Greal 7.62 65.35	Murray Marker 19:58 74.63
200m heat 1	James Hoare 11.19 70.42	Dennis Peck 7.20 71.64	Leigh Smith 21:26 72.26
Patricia McHendrie 32.19 71.98	Daniel Hill-Brown 12.44	Miriam Cudmore 6.74 80.72	Colin Hainsworth 21:36 76.94
Heather Greal 34.25 75.94	Bob Steele 13.84 68.42	Stan Miller 5.83 48.38	David Robertson 22:40 70.22
Tony Heard 35.95 69.51	heat 2	Weight	Roger Lowe 22:42 61.88
Valmai Padget 36.00 82.56	Catherine Young 8.99 78.87	Voitek Klimiuk 14.21 64.24	Pam Silby 22:44 67.01
Miriam Cudmore 37.60 84.31	Lyn Peake 9.31 93.98	Brian Davies 11.52 53.88	Chelsea Worthing 22:45
Daniel Hill-Brown 41.77	Stan Miller 9.36 85.36	David Bates 11.31 54.88	Mark Worthing 22:47 51.57
heat 2	Gloria Holliday 9.46 83.72	Gill White 8.79 48.51	Paul Boyce 23:09 66.03
Roy Standen 27.60 78.33	Dennis Peck 9.78 87.42	Neville Bryce 8.46 40.73	Ros Elix 23:12 75.63
Brett Stokes 27.85 83.88	Patricia McHendrie 9.95 73.77	Kana Nathan 8.40 43.10	Jill Rogers 23:13 65.61
David Mutton 31.64	David Mutton 10.06	Glynn Boyce 8.08 51.53	Gill White 23:14 62.56
Lyn Peake 32.10 87.26	heat 3	Matthew Lovell 7.98 33.77	Kim Welcome 23:59 55.88
Gloria Holliday 32.31 77.87	Michael Cassidy 7.77		
	Robert Samarcq 7.97 86.83		

Results continued page 11

SA MASTERS MEMBERS IN OTHER EVENTS RESULTS

This depends on you telling me; I can only print what I know of!

AMA WINTER THROWING CHAMPIONSHIP

Some of the more fanatical throwers in the country go to Canberra each year for the AMA Winter Throws Championships. This year Lesley Dawson and Fred Pash represented SAMA. The idea is to throw everything you can get your hand on, right up to the 100 pound weight, during the 3 days of competition. On day 1 Lesley picked up silver in her 3 events (hammer, shot and discus), while Fred (of course) had to go one better and do the javelin as well but had to settle for all bronze medals. Day 2 was the Throws Pentathlon. Lesley again picked up silver with 2102 points and Fred another bronze with 1711 points. Day 3 is the really hard day with three events to finish off the individual throws from day 1 as well as the Heavy Weight Pentathlon. Fred finally got his silver with 3164 points while Lesley was wise to give this one a miss and concentrated on the weight throw, 56 and 100 pound weights. She was 1st in the three events and also set new Australian Records for the 56lb throw (3.53m) and the 100lb throw (1.72m). Well done to both of you. And Fred, when we see you next don't complain about your worn out body. If you don't know now what the problem is you will never know. (Frank Rogers)

MELBOURNE

MARATHON Oct 11

Doug Smart 3.28.07 1st M65- 69
Colin Brooks 3.35.48 23rd M55-59.

TRAILBLAZER CHALLENGE 6-7/10/09

Ian Kemp and Paul Wight
In team 4/100; 12.25.06 1st place.

WORLD MASTERS GAMES RESULTS

David Bates	M55		
Hammer	34.17	8th	
Weight	9.98	9th	
Wt Pentathlon	2351	8th	
Dawn Chamberlain	W40		
Shot	5.2	10th	
Javelin	11.03	9th	
Triple Jump	6.09	5th	
Nick Chamberlain	M40		
200	29.01		
Long Jump	4.31	15th	
Triple Jump	8.81	12th	
Pentathlon		9th	
Felicity Alexander	W40		
800	3.08.5	9th	
5000	22.09	9th	
Discus	12.88	12th	
8kCC	38.27	8th	
Half Mara	1.51.32	20th	
Lisa Davis	W30		
400	64.84	6th	
800	2.21.83	4th	
1500	4.55.63	Silver	
5000	19.33.1	Gold	
2k Steeple	7.54.5	Silver	
Gregg Fopp	M40		
100	12.18		
200	24.72	6th	
400	58.21		
4x100 Relay	3.36	Gold	
Christine Goodwin	W55		
5000	22.06	4th	
10k Road	46.58	Bronze	
8kCC	36.51	Bronze	
Half Mara	1.53.13	4th	
Heather Grealy	W50		
100M	16.88	18th	
200M	35.05		

Long Jump	3.61	7th	
Triple Jump	7.62	6th	
Voitek Klimiuk	M50		
Javelin	42.27	5th	
Discus	38.67	6th	
Weight	13.57	11th	
Shot	10.62	12th	
Hammer	33.12	13th	
Wt Pentathlon	3072	6th	
Barrie Koch	M70		
Hammer3	1.77	9th	
Javelin	23.94	8th	
Weight	12.85	8th	
Shot	11.43	6th	
Wt Pentathlon	3293	5th	
Bonita Kurtz	W45		
100	15.59	9th	
200	32.93	14th	
400	79.87	9th	
Shot	7.77	16th	
Discus	19.88	7th	
High Jump	1.34	Silver	
Patricia McHendrie	W40		
100	12.18		
200	33.52		
Long Jump	3.55		
Triple Jump	8.5	4th	
Dennis Peck	M75		
100	15.86	6th	
Javelin	26.53	Bronze	
Discus	27.63	Bronze	
Shot	8.82	5th	
Long Jump	3.7	Gold	
Triple Jump	7.75	Silver	
Pentathlon	3320	Silver	
Wt Pentathlon	3315	Bronze	
Cherie Rothery	W35		
200	30.3	6th	
800	2.33.84	6th	
400 Hurdles	75.24	4th	
Discus	27.1	4th	
Roy Standen	M45		
800	2.15.6	7th	
1500	4.43.1	10th	
Discus	19.96	12th	

Shot	8.14	9th	
Half Mara	1.49.54		
Peter Sandery	M65		
800	2.42.09	5th	
1500	5.18.13	4th	
5000	19.08.6	Bronze	
2k Steeple	8.21.5	4th	
8kCC	31.31	Bronze	
10k Road	39.55	Bronze	
Half Mara	1.35.10	Bronze	
Jonathon Wheatland	M45		
400	55	5th	
800	2.06	Bronze	
4x400 Relay		Silver	
George White	M60		
10k R Walk	56.26	Silver	
5k Walk	27.07	Gold	
5000	21.54		
Tina Wilson	W35		
Javelin	22.6	5th	
Long Jump	4.49	5th	
Triple Jump	9.24	Bronze	
High Jump	1.3	Silver	
Mark Worthing	M45		
200	29.05	8th	
800	2.22.6		
3k Steeple	11.53.5	6th	
Pentathlon		9th	
Graeme Hopkins	M55		
Kayak Sprints	3 Gold ,1 Silver		

NEW YORK MARATHON

Sam Boag 3.08.35
Simon Boag 4.23.54

BUSSELTON IRONMAN 5/12/09

Doug Smart 12.21.42
Swim: 1.18.08
Bike: 16.11.47
Run 4.39.08
Transitions 8.05, 4.34)
2nd in age group

SAMA Summer results (continued)

Cynthia Dally	24:00	73.10	
Elaine MacFarlane	24:01	65.05	
Kristine Freeman	24:45	52.29	
Edna Bates	25:48	53.98	
Fred Brown	26:46	70.84	
Linda Whitelaw	28:59	47.12	
400m heat 1			
Lyn Peake	75.26	84.00	
Patricia McHendrie	78.98	67.87	
Piet Crosby	83.71	63.17	
Maree Maney	84.85	66.51	
Miriam Cudmore	85.53	88.10	
Paul Farmer	90.17	52.31	
Trevor Miller	97.92	55.71	
heat 2			
Charles Greenock	59.44	85.57	
Ross Hill-Brown	61.38	82.86	
Anthony Fedele	66.42	65.01	
David Mutton	70.10		
Tony Innes	74.74	66.27	
heat 3			
Nathan Arkley	52.27		

Greg Perrin	58.16		
Robert Samarcq	58.74	80.88	
Michael Cassidy	60.02	81.39	
Maddy Fanilla	62.58		
Coelin Worthing	97.54		
5km run			
Steve Guy	18:43	80.30	
Craig Robertson	19:06		
Paul Kemp	19:15	66.96	
Peter Sandery	19:38	85.92	
Colin Brooks	19:48	76.55	
Geoffrey Worthing	19:50		
David Close	22:07	75.56	
Norman White	22:27	64.25	
Richard Moyle	23:11	63.75	
Ian Balcombe	23:28	57.32	
Maree Maney	23:32	68.40	
Paul Farmer	24:00	56.89	
Ros Lowe	24:41	78.79	
Hayden Harrell	25:06	57.47	
David Mutton	25:29		
David Trembath	25:58	71.37	
David Milburn	27:38	60.47	
Discus			
Matt Staunton	36.82	49.70	

Neville Bryce	34.52	52.91	
Graham Richardson	31.50	61.66	
Dennis Peck	28.88	63.22	
Brian Davies	25.64	41.42	
Siegfried Grimm	22.71	51.23	
David Bates	21.28	33.18	
Stan Miller	19.79	33.43	
Glynn Boyce	17.83	43.64	
Gill White	16.06	34.03	
Kurt Postler	14.77	37.95	
Ros Lowe	12.75	27.02	
hammer			
Matt Staunton	41.76	48.14	
David Bates	32.44	50.93	
Neville Bryce	29.73	44.02	
Matthew Lovell	28.18	37.04	
Graham Richardson	27.06	51.72	
Brian Davies	22.11	35.83	
Dennis Peck	21.01	45.42	
Glynn Boyce	20.80	48.71	
Gill White	19.35	39.20	
Siegfried Grimm	16.59	35.86	
Stan Miller	15.65	28.60	
Kim Welcome	9.78	16.79	
H jump			

Matt Staunton	1.60	68.97	
Matthew Lovell	1.30	60.47	
Catherine Young	1.15	59.90	
Stan Miller	1.10	65.48	
Kim Welcome	0.90	55.90	
L jump			
Matthew Lovell	4.98	64.01	
Catherine Young	4.17	60.35	
Patricia McHendrie	3.88	58.35	
Brian Davies	3.77	63.58	
Hayden Harrell	3.26	45.72	
Dennis Peck	3.20	66.25	
Andrea Taylor	3.09		
Miriam Cudmore	3.07	73.98	
Stan Miller	3.02	52.52	

VALE STUART HENSHAW. **1956 – 2009.**

Wednesday, 21st October 2009 saw the first meeting of the SAMA Summer season. The walkers were their usual happy selves. Afterwards, in the stand, I had quite a lengthy chat with Stuart. Who would have thought that the following Wednesday he would be admitted to hospital with meningococcal infection and that the following day he would die?

I can't quite remember just when Stuart first joined our walking group, must have been about eighteen months ago. I recall that he did a lot of bush walking, (eg trekking in Borneo, the Kokoda trail and the 100km Trailblazer this year) was pretty fit, and thought that race walking was much the same only a bit faster. He

soon realised however that there was a lot to learn about technique. He was very enthusiastic and a quick learner, taking tips from the more experienced walkers. As a result he improved rapidly and was still improving when he was so suddenly taken from his family, friends and us.

The large number of people that attended his funeral on Thursday 5th November at Centennial Park amply demonstrated that Stuart was a most popular man. Unfortunately Maria and I had to leave immediately the ceremony ended to visit a neighbour in hospital, so did not have the opportunity to speak to the several SAMA members present. Goodbye Stuart, it was a privilege and a pleasure to have known you. You've crossed your last finishing line.



Our sympathies are with Fay, Renee and Amy.

Colin Hainsworth..

AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS FEB 3rd 2010

National Relays will be conducted in each state in February and the results posted to the Director of Competition. Winners will be announced and presented with a certificate at the AMA National T & F Titles in Perth, April 2010 and results published on the AMA web-site, which also shows the best age category performances so far. The National Relay Championships will involve the following relays for both Men and Women.

4 x 100 M; 4 x 400 M; 4 x 800 M; 4 x 800 M walk
Long Jump; Shot Put; Hammer; Discus

Rules:

- * Events will be conducted in 10 year age brackets (eg 30 - 39). The team age bracket is determined by the youngest member.
- * An athlete may only compete in one age bracket for a particular relay (eg Shot) but may compete in a different age bracket for another relay (eg LJ).
- * The age of an athlete shall be their **age on the day of competition**.
- * In a field relay **the best of three attempts**, for each competitor, shall count towards the final total distance. If it is conducted as part of a competition where six attempts are involved then only the **best of the first three** shall count towards the relay.
- * The weight of the implement used by all team members in a throwing relay is that appropriate to the youngest member.

Teams should be organised personally if you wish to send in an entry to AMA.

The cost is \$5 per team if you wish to send in your time/distance. People not wishing to send in an entry will be organised into teams after registration. Non SAMA members are welcome – relay teams of non members can be arranged. There will be normal field events according to program A. Field event teams wishing to send in a distance will use measurements from the 27th January and the 3rd March.

Likely Track Schedule

5:55pm 4 X 100m
6:10pm 4 X 800m
6:30pm 4 X 800m walk
6:50pm 4 X 400m 7:05pm 3km walk and run

BAY SHEFFIELD ARRANGEMENTS

This years Bay Sheffield programme will have two SAMA 120 Metre events and one 800 Metre event. Event start times will be available about 20/12 from the S.A.A.L. office (83341677). Entrants must be at Colley Reserve well before the start time in order to be ready to run at least 15 minutes before the start. SAMA supporters usually gather at the north east corner of Colley Reserve, and happily mind entrants belongings, and starting blocks and provide encouragement, etc.. Once again S.A.M.A very much appreciates the generous sponsorship given by JOGGERS WORLD and SPORTPOWER GLENELG. Thank you to both sponsors.

Womens 120 Metres event entrants: Patricia McHendrie, Gloria Holliday, Ann Jefferies, Catherine Young, Lyn Peake, Miriam Cudmore and Valmai Padget.

Mens 120 Metres event entrants: Gregg Fopp, Anthony Fedele, Mark Donovan, Robert Samarcq, Michael Cassidy, Brett Stokes, Chris Johns and Robert Steele.

800 Metres event entrants: Stan Miller, Maree Maney, Alex Jefferies, David Trembath, Cameron White, Piet Crosby, Iain Willoughby, Paul Kemp, Brian Norcott, Damien Smith, Peter Sandery, Harry Hayford, Norman White, Hayden Harrell, Mark Worthing and Roy Standen.

On the day all entrants should let John Hore or Paul Boyce know they have arrived, run their best, and enjoy the event atmosphere. It is wonderful.

SAVINGS & LOANS STATE AGE-GROUP CHAMPIONSHIPS

This year entry to our championships will cost \$10 (cash or cheque) per day for the Friday and Sunday Track and Field, and \$5 for the Weight Pentathlon day. **There will be no charge at the gate and no pre entry form this year.**

Entries will be made on the day in a similar way to a normal Wednesday night (plus cash!). The exception to this is for the T&F Pentathlon where we will need to have your entry the week before.

Wednesday February 17th 2010

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

5.15pm	5.45pm	5.50pm	6.15pm	6.40pm	7.05pm
Sign-in	100m	Shot	LJ	Javelin	800m

Wednesday February 24th 2010

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

5.00pm	5.30pm	6.00pm	6.25pm	6.30pm	7.00pm
Sign-in	LJ	Javelin	200m	Discus	1500m

Sunday February 28th 2010

Men's and Women's Weight Pentathlon – 9.00am start

Friday March 5 th 2010	Sunday March 7 th 2010
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6.00pm	Long Hurdles	8:00am	5000m Run
6.15	100m	8:00	Weight Throw
6.15	Hammer	8:35	200m
6.25	1500m	8:45	Javelin
7.00	Discus	8:55	5000m Race Walk
6.45	400m	9:15	Triple Jump
7.15	Long Jump	9:30	Shot
7.00	3000m Race Walk	9:45	60m
7.00	High Jump	10:05	800m
7.30	3000m Run	10:25	Short Hurdles

**Please note:
Competitors
must check in
at least 30 min-
utes prior to the
scheduled start
time**

Important notes:

Carefully check the timetable before selecting your events.

The program will not be held up if your events overlap.

Hurdles: 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.

Competition Number: This is your official SAMA competition number that has been allocated to you. It **must be worn** for this Championship. If you do not have a number you will be given one when checking in on arrival for the Championships.

SAMA SUMMER PROGRAM 2009-2010

Program	Date	Program	Date
A	21-Oct-2009 Scratch events	A	6-Jan-2010
B	28-Oct-2009 Scratch events	B	13-Jan-2010
A	4-Nov-2009 (with 800m Bay Sheffield qualifier)	A	20-Jan-2010 Age-Graded scratch event
B	11-Nov-2009	B	27-Jan-2010
A	18-Nov-2009	A modified	3-Feb-2010 Incl. Postal relays
B	25Nov-2009	B	10-Feb-2010 Age-Graded Scratch events
A	2-Dec-2009	A	17-Feb-2010 Incl. State Champs T&F Pent- Women**
B	9-Dec-2009	B	24-Feb-2010 Incl. State Champs T&F Pent- Men**
		A	Sun-28-Feb-2010 State Champs Weight Pent
	16-Dec-2009 Adelaide Harriers -Christmas social evening , fun events. Bring food, drinks and chairs; SAMA will supply fruit.	NOT SANTOS!!!	3-Mar-2010 No competition
			Fri-5-Mar-2010 Day 1 State T&F Champs
	26-Dec 2009 Two Jetties Fun Run		Sun-7-Mar-2010 (AM) Day 2 State T&F Champs
	28-Dec 2009 Bay Carnival Sprint & 800m	B	10-Mar-2010
		A	17-Mar-2010
		B modified	24-Mar-2010 Summer Presentation Night

Program "A"		Program "B"		** Track and Field Pentathlon Championships timetable					
100m	5.55pm	200m	5.55pm	men	5.30 pm	6 pm	6.25pm	6.30pm	7pm
Hammer	5.55pm	Weight Throw	5.55pm		Long Jump	Javelin	200m	Discus	1500m
1500m	6.15pm	800m	6.10 pm	Women	5.45pm	5.50 pm	6.15 pm	6.40pm	7.05pm
400m	6.25pm	60m sprint	6.25pm		100m	Shot	Long Jump	Javelin	800m
3km Track Walk	6.30pm	3km Track run	6.35pm	And please don't get killed by stray missiles; stay off the grass!					
Discus	6.40pm	Javelin	6.40pm						
Long Jump	6.50pm	Triple Jump	6.50pm						
5km Track Run	7.05pm	5km Track Walk	7.00pm						
High Jump	7.20pm	Shot put	7.20 pm						
Finish (off track)	7.45pm	Finish (off track)	7.45pm						

- Santos entry fees will remain at \$6 (\$4 concession).
- Ten visit passes will cost \$50 (and \$35 concession) payable at the gate. Anyone with unused visits from last year can still use those.

savings & loans

**Visit any Savings & Loans branch,
savingsloans.com.au or call 13 11 82.**