



SA Masters News

Official Newsletter of SA Masters Athletics Inc.

February 2010

Happy New year

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

Hi folks. This is the first Newsletter of the decade. I hope it finds you well. A lot has happened since December, and only some is reported here. Several members have been trying different things. Doug Smart finished an Iron Man, thereby inspiring your editor and some others to think about Busselton end 2010. Anyone else interested? Matt Staunton won the Tunarama Toss. Miriam, Valmai and Lyn celebrated the first SAMA Bay Women's sprint by taking the tri-fecta for the Anne Lang training group! Anne got rid of her Star Wars kit and is back on the track. Kris, Mark, Jonathon and Richard beat their age group 4x800 record (see P10). Frank has resumed smiling and putting in suggestions for the Newsletter, hot weather policies,

and the like. Its great to see. Some things just continue. Your committee continues to work its collective backside off. Members have quietly gone about checking the throwing gear, compiling a winter program, measuring courses, updating the website, keeping track of our increasing membership and all the other things they do so well we don't even notice. The volunteers just keep coming along and letting the rest of us compete. They never complain, but they sure do like it when competitors help out with putting gear out and packing up afterwards, entering at least 15 minutes early, and even joining in as lap counters, jump measurers and the like. Let's give them a smile and a hand! See you out there!

THE 2009 S.A.M.A. BAY SHEFFIELD EVENTS REPORT From Paul Boyce

This year' SAAL provided SAMA with two 120M races and one 800M race on day two of the Bay Sheffield programme. They asked that the two sprint events had our fastest available sprinters, with one event for men, the other for women. Eight men and 7 women entered the 120M events and sixteen members entered the 800M event. The events started at 12:35 pm. for the 800M, 12:45 pm. for the Women's 120M and 12:55 pm. for the Men's 120M. All 7 women ran in the Women's 120M event, six men ran in the Men's 120M and thirteen members ran in the 800M. Five of the injured entrants came to support the others.

At last we had a well-handicapped 800M, as a result of much thought and good judgement by John Hore. Results on p 11.

Joggers World and SportsPower Glenelg again provided sponsorship for the 800M event and the Men's 120M event. The relatively short notice (in terms of finding another sponsor) resulted in the club pro-

viding the place-getter 'prizes' for the Women's 120M event. Shop demands prevented either sponsor personally presenting place-getter awards, and John Hore interrupted his photographic recording of the events to present the lot.

As in 2008, Club members volunteered to help SAAL in preparing for the Bay Sheffield events. Lyn Peake and David Padget were the Club 'helpers' on 27/12/2009 and Glynn Boyce, Elaine McFarlane, Hayden Harrell, David Padget and Paul Boyce on 28/12/2009. As in the past, about 20 Club members and friends provided encouragement, looked after belongings, collected blocks and generally congratulated all entrants. John Hore and George White were particularly helpful. The SAAL officials were cheerful and helpful, with Brenda Pearl and Anton familiar faces. The general atmosphere was great and the conduct of the event appeared to be at its usual excellent standard. Thanks Paul!

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Reminder Board

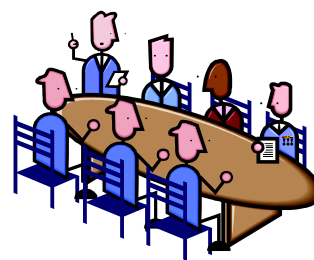
- **If you want the newsletter by email;** email pietcrosby@internode.on.net and we will send as an attachment or advise when its on our website.
- **If you change your address or contact details, especially email,** please let Harry Hayford know so we can adjust our records.
- **If you break a club 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

MEMBERSHIP RENEWALS ARE NOW DUE!

All members renewing before April 1st will go into the "Early Bird" draw for a \$75 Joggers World Voucher. Application forms page 13.

INTERSTATE EVENTS: See the AMA website / AMA Handbook.

WORLD INDOORS

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

AMA NATIONAL T & FIELD

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

AMA MARATHON CHAMPIONSHIPS CANBERRA. 11th April IF IT PROCEEDS. IT MAY NOT.

PORT PIRIE MASTERS

9-18th April.
www.portpiriemastersgames.com.au
Entry forms at Santos Wed nights.

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.

ALICE SPRINGS MASTERS

October 9-16
www.alicespringsmasters.com.au/

NEXT NEWSLETTER: 15/4/10

Look your best in our club uniform!

Merchandise available:

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

You will need club uniforms for Perth!

Jill Rogers Phone: 8272 9414
Email: rogersfj@bigpond.net.au

Renewing your Membership online

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

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

All members renewing before April 1st will go into the "Early Bird" draw for a \$75 Joggers World Voucher.

A MESSAGE FROM OUR PRESIDENT, JOHN HORE.

The quiet achievers in this club keep on keeping on. Here are a few which may not be so obvious or high in profile. If you went to Glenelg on Boxing Day you would have seen a highly successful and enjoyable 2 Jetties fun run. Many people helped on the day, but one person did a lot of the organising which helped to make it such a success. We earned a significant amount of money for the club, not to mention the good publicity for SAMA (thanks Brian).

The SAMA events in the Bay Sheffield competition were also the best to date. We had 3 SAMA events and for the first time an all ladies 120m. It was a great day and even the crowd were vocal and cheering during our events. It was a great promotion for SAMA (thanks Paul).

SAMA has a course measurer who is one of only a few nationally accredited measurers. He is progressively measuring, correcting and marking our courses so that we can be sure we are walking and running accurate distances (thanks Doug).

We now have a recorded history of our club. The compilation includes stories about the people who have contributed in creating the Club, people who have had significant athletic achievements and much more. Many people contributed to this history and one person (thanks George) has compiled it into making it a magnificent book. We are looking at the best way of putting the book together and also making it available through the web. It will be invaluable.

Managing our club uniforms – what a job. There are many different sizes for men and women.

There are competition uniforms, track tops, shirts, jumpers and items from the Championships. New items have to be made when there is a reasonable order. If the order is too small the item will be too expensive. It is a difficult task that involves some good judgement (thanks Jill).

Another huge task is the production of the Newsletter. Our editor always seems to be able to come up with a high quality bi-monthly newsletter. Many people contribute, but one person pulls it all together and distributes it (thanks Piet).

And of course we have many other people who quietly (usually) contribute to the running of our club and competition. People continue to perform their roles week after week without much prompting or complaint (thanks everyone involved).

When you get a chance, encourage them in their efforts and let them know that these efforts are genuinely appreciated. And welcome to our new members, Kim Welcome, Emily Hyde, Andrea Taylor, Mark Taylor, Graham Beer, Gary Zeuner, Cheryl Zeuner and Richard McMahon.

And thanks John (editor comment).



SOCIAL NEWS FROM HELEN SURIDGE

40 people attended the dinner on Friday night 29th January at the Lakes Resort Tavern. Always a popular spot, with a beautiful outlook to the lake, and, most importantly, good food. It was a good night, with lots of stories to tell and of course, those athletics tales to exchange. We hope to see more of you at our next dinner and at Tanunda in October.

We 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.



CLUB RECORDS

Please forward record notifications to Ros Lowe, club statistician. SAMA checks for records wherever possible, 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. They can be set at any ASA or national open competi-

tion and any national, Oceania or World Masters Championships. Regional Masters Games 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	Event	Time/distance	Date	Venue	Name	Event	Time/distance	Date	Venue
Matt Staunton	Discus	36.72	8/12/2008		Roy Sutcliffe	Half Marathon	2:24:21	18/10/2009	McLaren Vale
M30	Shot	10.47	12/11/2008		M80	3000m	17:39	9/12/2009	
	Shot	10.56	20/11/2008			Half Marathon	2:17:30	25/12/2009	West Lakes
	Shot	11.19	10/12/2008			1500m	8:20	20/01/2010	Santos
	Hammer	37.8	22/10/2008		Barrie Koch	Shot	11.43m	16/10/2009	
	Weight	11.18	12/11/2008		M70	Weight Pentathlon	3292	17/10/2009	
	Weight	12.52	10/12/2008						
	Pole Vault	3.2	6/12/2008		Lesley Dawson	100lb Weight throw	1.72AR	5/10/2009	WMG Sydney
Matt Staunton	Javelin	45.71	29/03/2009		W50	56lb Weight throw	3.53 AR	5/10/2009	WMG Sydney
M35	Javelin	48.19	4/04/2009						
	Weight	12.25	14/01/2009		Lisa Davis	2km Steeplechase	7.54.5	11/10/2009	Peacock Rd
	Weight	13.06	26/02/2009		W30	8km Cross Country	34.07	20/06/2009	East Tce
	High Jump	1.7	15/03/2009			5km non-stadia run	20.12	30/5/09	Peacock Rd
	Weight Pentathlon	2820	29/03/2009		Neville Bryce	Discus	35.36	21/10/2009	
	Weight Pentathlon	2833	12/04/2009		M45	Weight Throw	8.46	25/11/2009	
	Decathlon	4976	29/11/2009						

HOT WEATHER POLICY

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

In temperatures between 32 and 40 degrees, the length of races over 1500m will be adjusted according to the temperature and humidity. 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 then 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.

Sandery insisted I put this in. Presumably to illustrate the risks of hot air!



Our Birthday List — February and March

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

David BATES Patricia BERRY Rosanne CRUICK-SHANKS Paul FARMER Anthony FEDELE Peter GREGG(60) Christie GROVES Julian HAFNER Gerald HICKS Alex JEFFERIES Elise KAMLEH	Anne LANG Trevor MARTIN (70) Allan MAYFIELD Terry MCKENNA Richard McMAHON David MILBURN Penelope O'SHEA David PADGET Cherie ROTHERY (40) Elizabeth SLATTERY Stephen SMITH Rose STIGWOOD	Helen SURIDGE Stephen THOMAS Margaret TRENGOVE Linda WHITELAW Brian WYLD (70) Rodger BARBER Kathy BOWER Sandy BRUNNER Dawn CHAMBERLAIN Norman CHARLES Piet CROSBY Peter FOLEY	Lilian HARPUR Hayden HARRELL Richard HILTON (40) Bonita KURTZ Elaine MacFARLANE Rob McFADDEN Karen SAWYER Francis SCURR David STANDEVEN Jennie TISSEN Jean TURNER Jonathon WHEATLAND
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In Brief

Miriam for Queen!

Some people are just media tragics. The sports results in the Adelaide "Advertiser" of 30th December showed Miriam Cudmore as the winner of the Belair Park ladies golf. Very versatile is our Miriam. Right up there with her magnificent Bay Sheffield result, when she led home Lyn Peake and Valmai Padget in the 120m Female Masters Sprint at the Bay Sheffield. And she can jump!

Travel deals to international events

George, as secretary, usually has up to date information, and the AMA website for particular events frequently includes information about travel and accommodation.

And another award!

Last issue your editor noted Heather Grealey's nomination for awards for climbing the Sydney harbour Bridge and jet skiing in the harbour. We now hear that Felicity Alexander was also a potential nominee!

Don't be the first!

Please note the lovely signs saying please don't cross the (javelin, short put, discus and hammer) competition area. Even when its hot. And if you ever see Matt Staunton with a tuna out there, be afraid. Be very afraid.

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.

We're doing well!

Current membership is 268. This time last year it was 237. Well done all. Keep spreading the word!

Advertising Policy

Advertising is not generally accepted, except as part of a sponsorship arrangement with our Committee. Other advertising is at the discretion of the Secretary. To see ongoing Members benefits and new offers to members check our web page.

Keep running till you can't remember why....

The Sydney Morning Herald recently reported a Cambridge Uni study. After a few days of running, mice had grown several hundred thousand new brain cells in areas devoted to formation and storage of memories. Did I print something like that a couple of editions ago....

Thanks folks for helping with the Two Jetties Fun Run

Numbers increased by 20% this year, to 148, with overseas, interstate and country entrants again taking part. SAMA numbers were up, with many in club colours and some winning their age group (see page 11). The tide was also up, forcing us up onto the Esplanade briefly, so times were slightly slower. The event is now conducted by SAMA, and we thank our volunteers for making it

enjoyable for all. Thanks especially to Glynn and Paul Boyce, John Hore, Elaine McFarlane, Maureen and Paul Moyle, Valmai and Dave Padget, Fred Pash, Helen Suridge, Jill Rogers, Bruce Tucker, George and Gill White, and Mark Worthing. John Martin, our club photographer was snapping away in between helping out, as were a couple of our members before or after competing. Our sponsors of this Bay Sports Festival Event, along with our volunteers and participants, are making this a growing event for our club. Make it a date Sunday 26th December!

Thanks

Stuart Henshaw's wife Fay would like thank the members of SAMA for their cards, words of support and for attending Stuart's funeral. Fay and children Renee and Amy were delighted to see so many attend and know that Stuart would have been proud.

Need a room for the Perth Nationals?

Anne Lang has booked some rooms at the Kings Perth Hotel, 517 Hay Street, Perth and wonders if anyone is interested in them for the Easter Nationals. She said some SA runners are already staying at the Caravan Park, and it would be fun for the rest of our team to stay at the same hotel. She doesn't know what the rooms are like but it is where the Celebration Dinner is being held at and was one recommended by the WA Committee. Cost \$95 twin share a night. Contact Anne on 0417823666.

SAMA Nationals Team Manager for Perth at Easter

Valmai Padget has agreed to act as team Manager. Thanks Valmai!

A note for those going to Perth:

Only Pyramid or Christmas tree spikes are permitted. Needle spikes are not permitted. Lengths must not exceed 7mm for track, 9mm for field except High Jump & Javelin which must not exceed 12mm. Thanks for pointing this out Brett.

SAMA History

George has now completed a final draft of the Club History and it is on our website. He would be pleased to hear of any mistakes, omissions or additions. Options for a print copy are being investigated.

SAMA State Champs

A 10km Track walk has been added to the summer Championships program. Sunday 28th Feb, 8.00am.

Welcome all

We now have three regular wheelchair-using athletes. Nathan Arkley, Yvie Eglinton, and Michael Neroni. Let's keep making them welcome.

Training Advice from Club Coach Peter Sandery

Running Myths – Peter Sandery

There are many myths associated with training and racing, ideas that percolate through the running community and, by their retelling, gain credibility. Masters runners may be more susceptible to belief in many of these myths than other runners, possibly because they have been around longer (the runners, that is) and hope that there is something in them. What follows isn't a complete list, but may serve to illustrate what I mean. If you don't like the term "myth" think "belief that is unsubstantiated by research evidence".

"Running further in training will make me race faster". No, it will not. Further doesn't equate to faster. If all of your training consists of long distances run at a relatively slow pace all that will do is to make you better at running long distances at that pace. If you want to improve your speed, you have to include sessions that require you to train at faster speeds. Clearly, if you want to run marathons, your training does have to include running sessions that condition your body to running long distance. Longer runs at 65-70% of maximum heart rate will also improve capillarisation and cardio-vascular fitness. On the other hand, with increasing age, high weekly km totals can increase the risk of over-use injuries, particularly if done on hard surfaces.

"If I use the training program that Craig Mottram uses, I'll be able to run faster (substitute any elite runner for 'Mottram')". Well, if you have Mottram's physical attributes, motivation, support, etc, you probably will. If not, you will be better served by critically analysing your own attributes and your goals and then developing a program that suits you. You can certainly take an existing training program and adapt it to suit your abilities and goals if you understand what that program is designed to do and what demands you need to include to help achieve your goals. People who scour running magazines/websites searching for "magic bullet" training

sessions are doomed to disappointment.

"If I go out and run at moderate pace for an hour a day I'll lose weight". Perhaps, but there is a good chance that you won't. You may actually gain weight if the exercise causes you to eat more than usual. This is one "myth" where the devil is in the fine print. It really comes down to the overall energy equation for your day, or more correctly, over a sustained period of time. If you use more energy than you take in over an extended period of time, you will lose weight, but the actual collection of factors in the energy equation makes this issue anything but simple. Sports Scientist Ross Tucker calculates that for an 80kg man to burn 1kg of fat, he would have to run at moderate pace for around 380km (although increased metabolism for a period of time after running would help the fat burning process). This illustrates the importance of diet. Even here, the body will adapt to variation in energy intake in ways you may not anticipate.

"My best time for a kilometre in training is 4 minutes, but I'll be able to pull out a special effort on the day and race the City-Bay 12km event in 44 minutes". Only if the fairies at the bottom of your garden turn up to cheer you on. The most likely outcome is that you will try to go with faster runners from the start, over-reach your ability, run out of "puff", end up just hoping that you can finish the last 3km still running as other runners and perhaps a few walkers glide past you.

"If I train with people who are a lot faster than me, I will improve". Perhaps you will, but not necessarily so. Suppose an interval session has been planned with distances, number of reps, rep speed and recovery times for the faster runners such that they will be running at vVO_{2max} (essentially their best aerobic speed). If you try to stay with these runners, what is an aerobic session for them becomes an anaerobic session for you. This may

have a positive outcome for you, just not the same one as for the rest of the group.

On the other hand, it could also tip you over into injury territory.

The principle to always keep in mind is that the body responds to demands in very specific ways. If the demand does not promote change in the attributes you target, it will not achieve your goals.

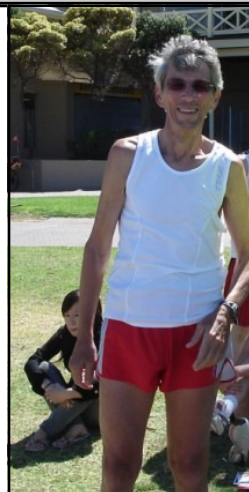
Come Train with Peter

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, and at 8.00 Sunday mornings at the oval at the Corner of Bunday's Rd and McKinnon Pde.

And see Brett Stokes's article page 7.



Brett Stokes: On sprinting!



This is to tell you about a series of articles about sprinting, written by an active South Australian Masters Athletics competitor with a developing passion for running really fast, coupled with an enquiring and creative mindset. I am using our club website!

When I saw the television coverage of Michael Johnson in gold shoes winning the 200m and 400m at the Sydney Olympics in 2000 – this was the moment when I realised that there was a vacuum of knowledge about sprinting, with a man breaking style rules and clearly winning from the rest of the world's best.

When I first saw the television coverage of Usain Bolt winning the 100m at the Beijing Olympics in 2008 – this was the moment when I realised that you did not need to be short to run really, really fast.

So I have set out to study the techniques, the styles, the tricks of the sprinting trade.

My knowledge has grown steadily with the help of coach Paul Townley and training partners including David Jansan, Michael Cassidy, Alec Jefferies, Bob Samarcq (all, like me, active competitors at SAMA sprint events), Geoff Whitehall (formerly with SAMA, now living interstate) and James Noblet (a former champion sprinter, training again after many years away from the sport).

I have studied the running actions of many local athletes, including Pirrenee Steinert who runs for Australia in the 400m and Tania van Heer-Murphy whose amazing efforts

at the 1998 Commonwealth Games inspired me to take up competitive sprinting and join SAMA.

I have read a number of theoretical articles and books, many of which show only small advances in knowledge from when I learned basic sprinting in high school.

The basics sound simple – start fast, maximise speed by taking long strides very fast, keep going as fast as you can all the way to the finish line.

The details are much more complex, with coaches and athletes usually making safe choices based on tradition, adjusted to individual capabilities and habits.

My bold conclusion is that sprinting is like high jumping before Fosbury and the Flop – there is an exciting opportunity to devise and perfect new improved techniques.

So I am putting a series of articles on the SAMA website. I will look at the “state of the art” and also at possible radical improvements, documenting the knowledge that I have gained and also outlining a developing new way of looking at the sport of running really, really fast.

The first article in this series looks at the issue of elbow angle – some coaches say “always ninety degrees”, other coaches say “always 120 degrees”.

I disclose the reality of how “freeze frames” of elite athletes show rapid rhythmic changes in elbow angle.

I also describe world record holder Usain Bolt's unique arm action.

And I have used pictures to show what I mean!

Its worth a look folks (Editor's note).



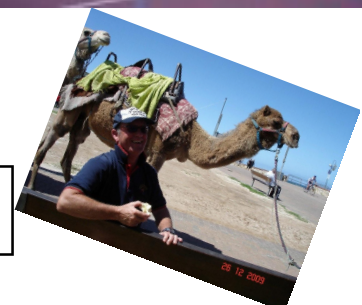
Congratulations to Kris Wolszczak, Mark Worthing, Jonathan Wheatland and Richard McMahon - unofficial AMA M45 4x800 record!



Guess who...
Guess where!



Guess who...
Guess where!



The Gallery

John Martin is our official club photographer. Much of his work is on the club website. Its worth a look.

SAMA SUMMER COMPETITION RESULTS

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

SAMA Results 6-1-2010

70 competitors, 132 event entries

100m heat 1

Name	Results	A/G%
David Mutton	15.33	75.34
Lyn Peake	15.56	82.97
Kerry-Anne Norcott	15.77	69.69
Patricia McHendrie	16.02	68.60
Valmai Padget	17.37	81.69
Bradley Samarcq	18.50	
James Hoare	21.84	53.57

heat 2

Bill Dickenson	13.82	82.05
Cassie Neubauer	14.05	74.66
Hayden Harrell	14.49	75.78
Catherine Young	14.68	71.46
David Janssan	14.94	83.13
Ann Jefferies	15.15	76.77
Kathy Blute	15.45	75.28

heat 3

Anthony Fedele	12.76	76.72
Mark Donovan	12.95	79.23
Robert Samarcq	13.32	77.03
Chris Johns	13.52	81.21
Alex Jefferies	13.65	80.44
Brett Stokes	13.80	82.17

1500m heat 1

Kerry-Anne Norcott	6:08	68.23
David Trembath	6:45	77.11
James Hoare	8:20	53.79
Hayden Harrell	6:09	65.32
Yve Eglinton	6:07	
John Martin	7:01	70.87
Ros Lowe	7:03	77.17
Andrea Taylor	6:46	
Maree Maney	6:28	68.68

heat 2

Nathan Arkley	4:00	
Michael Neroni	4:18	
Craig Robertson	4:46	
Mark Worthing	4:52	80.29
Lisa Davis	5:00	78.17
Brian Norcott	5:12	74.46
Iain Willoughby	5:22	70.12
Colin Brooks	5:57	71.11

3km run

David Milburn	17:09	55.60
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3km walk

Chelsea Worthing	22:04	
Colin Trengove	23:05	65.37
Margaret Trengove	22:02	69.14
Kevin Finn	18:08	71.33
Paul Boyce	22:53	66.80
Andrea Wilson	25:43	49.50
Kim Welcome	23:21	57.40
Geoff Byham	18:33	73.31
Sarah Scurr	25:13	54.68
Helen Suridge	20:28	68.75
Pam Silby	22:48	66.81
Colin Hainsworth	22:03	76.52
Ros Elix	23:57	74.82
James Hoare	20:02	67.88
Jill Rogers	23:50	63.92
Leigh Smith	21:38	71.59
Fred Brown	26:59	70.27
Murray Marker	21:12	70.29
David Robertson	24:09	65.90
Gill White	26:14	55.40

400m heat 1

Kathy Blute	76.00	75.00
Caelim Worthing	94.00	
Paul Farmer	85.00	55.49

Patricia McHendrie	77.00	69.61
Bradley Samarcq	94.00	
Kim Welcome	107.00	55.91

heat 2

Kerry-Anne Norcott	73.30	73.12
David Mutton	70.70	73.82
Lyn Peake	74.60	84.75
Alex Jefferies	68.00	73.81
Brett Stokes	70.40	73.20
Geoff Sevenoaks	83.00	62.08
Hayden Harrell	81.00	61.15

heat 3

Nathan Arkley	54.96	
Robert Samarcq	61.20	77.63
Anthony Fedele	61.40	70.33
Mark Donovan	63.20	75.17
Bill Dickenson	64.10	79.88
Michael Neroni	64.70	
James Hoare	120.00	44.07

5 km run

Brian Norcott	19:45	70.76
Geoff Sevenoaks	23:25	64.73
Lisa Davis	20:18	71.36
Mark Worthing	18:53	74.59
Colin Brooks	20:08	75.28
Debbie Richardson	23:08	63.61
David Close	22:42	73.62
Ros Lowe	25:16	78.13
Maree Maney	24:17	66.29
David Trembath	27:11	69.41
Craig Robertson	21:49	

Discus

Voitek Klimiuk	37.06	52.87
Graham Richardson	31.05	62.42
Brian Davies	25.77	41.63
Kana Nathan	24.64	48.23
Siegfried Grimm	21.67	48.88
David Bates	21.21	33.07
Glynn Boyce	17.32	42.39
Lisa Davis	16.96	22.09
Kurt Postler	14.09	36.20
Ros Lowe	11.95	25.91

Hammer

Voitek Klimiuk	36.72	52.58
Kana Nathan	33.51	64.05
David Bates	30.02	47.13
Graham Richardson	29.21	57.49
Brian Davies	22.47	39.07
Glynn Boyce	22.37	52.39
Gill White	18.59	37.66
Siegfried Grimm	15.95	35.64
Cassie Neubauer	12.47	16.77

High Jump

Mark Taylor	1.40	
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Long Jump

Mark Taylor	4.62	
Catherine Young	4.13	59.77
Cassie Neubauer	4.05	54.29
Brian Davies	3.78	63.74
Patricia McHendrie	3.74	56.24
Hayden Harrell	3.10	43.48
Andrea Taylor	3.08	

SAMA Results 13-1-2010

77 competitors, 152 event entries

200m heat 1

Name	Results	A/G%
Gloria Holliday	33.45	75.22
Patricia McHendrie	35.11	65.99
Valmai Padget	36.61	81.18
Colin Trengove	40.28	66.04
Daniel Hill-Brown	43.70	

James Hoare	44.04	54.50
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heat 2

Cassie Neubauer	30.29	70.45
Hayden Harrell	30.48	73.56
Catherine Young	30.78	69.33
Lyn Peake	32.56	86.92
David Mutton	32.56	71.28
Kathy Blute	33.03	75.30

heat 3

Brett Stokes	28.07	83.22
Iain Smith	28.35	73.47
Damien Smith	28.63	70.00
Grant Dates	28.90	
Lisa Davis	29.22	73.03
Andrea Wilson	52.26	47.05

heat 4

Robert Samarcq	26.36	81.41
Anthony Fedele	26.62	72.88
Cameron White	27.36	79.02
Ros Hill-Brown	27.76	83.61
Chris Johns	28.10	80.32

3km run

David Trembath	14:22	74.98
Lisa Davis	11:33	72.83
Paul Kemp	10:54	68.74
Brian Norcott	11:25	70.59
Paul Farmer	13:30	58.79
John Martin	15:43	63.75
Geoff Sevenoaks	13:36	64.23
Debbie Richardson	13:08	64.53
Kris Wolszczak	10:50	74.40
Ros Lowe	14:29	77.55
Colin Brooks	11:54	73.41
Maree Maney	13:46	66.92
Robert Heddle	12:19	74.03

3km walk

David Mutton	14:58	58.37
Trevor Miller	18:21	51.96
Roy Sutcliffe	18:29	64.64
Yve Eglinton	13:10	
Colin Trengove	17:01	60.41
Harry Hayford	14:32	60.11
Cameron White	12:44	63.29
Ian Balcombe	14:28	53.64
Alex Jefferies	13:21	62.80
Rob McFadden	13:48	56.23

3km walk

Edna Bates	26:42	51.15
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5km walk

Margaret Trengove	36:05	72.83
Kevin Finn	30:19	70.61
Sarah Scurr	42:14	55.43
Kim Welcome	39:17	58.42
Gloria Holliday	30:42	72.04
Gill White	40:42	61.44
James Hoare	33:04	67.84
Paul Boyce	39:02	66.66
Andrea Wilson	43:22	50.14
Ros Elix	39:18	77.66
Colin Hainsworth	37:02	77.67
Jill Rogers	39:49	66.00
Pam Silby	38:35	68.11
Leigh Smith	36:10	72.91
Marie Maxted	33:45	63.37
Arthur Jones	33:21	75.11
Geoff Byham	33:04	67.84
David Robertson	40:00	66.83
Fred Brown	45:50	68.20
Cynthia Dally	41:44	73.13
Bill Starr	36:42	64.39
Linda Whitelaw	50:51	46.04

60m heat 1

Anthony Fedele	7.86	81.30
Brett Stokes	8.29	90.23
Ros Hill-Brown	8.56	87.38
Lyn Peake	9.47	93.24
Patricia McHendrie	9.62	74.64
Daniel Hill-Brown		12.43
Kurt Postler	17.39	51.75

heat 2

Chris Johns	8.47	85.24
Iain Smith	8.71	77.04
Cassie Neubauer	8.95	77.32
Kathy Blute	9.44	80.40
David Mutton	10.00	74.80
Valmai Padget	10.28	89.98
James Hoare	12.05	64.15

heat 3

Robert Samarcq	8.05	83.35
Cameron White	8.43	82.68
Catherine Young	8.86	78.10
Ann Jefferies	9.29	81.70
Gloria Holliday	9.54	79.56
Bradley Samarcq	10.54	

800m heat 1

Geoff Sevenoaks	3:03	66.28
James Hoare	4:10	50.50
Kim Welcome	4:12	52.38
David Trembath	3:17	75.99
Maree Maney	3:14	62.77
Paul Farmer	3:09	57.83
Ros Lowe	3:35	67.82
David Mutton	3:11	63.50
John Martin	3:31	65.64
Bradley Samarcq	3:36	

heat 2

Lance Cochrane	2:21	
Mark Worthing	2:22	78.41
Charles Greenock	2:28	81.26
Damien Smith	2:33	66.27
Brian Norcott	2:33	72.77
Iain Willoughby	2:36	70.06
Grant Dates	2:44	
Hayden Harrell	2:59	64.98
Ian Balcombe	3:04	57.82
Yve Eglinton	3:31	

Javelin

Ann Jefferies	24.18	41.19
Graham Richardson	21.65	40.51
David Bates	19.14	27.32
Kana Nathan	18.88	33.48
Glynn Boyce	17.65	49.68
Neville Bryce	35.38	44.13
Grant Dates	25.98	
Hayden Harrell	13.80	17.92
Ros Lowe	9.36	22.39

Shot Put

Neville Bryce	8.84	42.56
Graham Richardson	8.82	52.50
Kana Nathan	8.49	47.80
Ann Jefferies	7.66	44.59
Glynn Boyce	6.67	57.95
David Bates	6.51	35.87
Ros Lowe	5.91	43.84
Cassie Neubauer	5.72	25.28

Triple Jump

Catherine Young	8.85	61.20
Lisa Davis	8.71	58.89
Cassie Neubauer	8.32	54.41
Patricia McHendrie	7.78	58.45
Hayden Harrell	7.60	50.46
Bradley Samarcq	5.34	

Weight			David Robertson	22:17	71.43	Neville Bryce	29.38	43.50	Trevor Miller	19:12	49.66
Kana Nathan	12.81	64.11	Pam Silby	22:20	68.21	David Bates	27.95	43.88	3km walk		
Graham Richardson	11.73	61.70	Paul Boyce	22:37	67.58	Graham Richardson	24.35	47.92	Gill White	24:18	59.81
David Bates	10.56	49.44	Kim Welcome	23:10	57.85	Glynn Boyce	23.72	55.55	5km walk		
Neville Bryce	9.49	43.06	Bob Newlands	23:28		Lesley Dawson	23.00	37.36	Paige Hooper	23:35	
Glynn Boyce	8.36	53.32	Bradley Samarq	23:30		Dennis Peck	22.02	47.60	David Robertson	37:48	70.72
Cassie Neubauer	5.54	27.47	Roger Lowe	23:38	59.44	Cassie Neubauer	13.05	17.55	Margaret Trengove	35:59	73.03
SAMA Results 20-1-2010			Elaine MacFarlane	3:51	65.51	High Jump			Kevin Finn	30:20	70.57
87 competitors, 168 event entries			Cynthia Dally	24:18	72.20	Matthew Lovell	1.45	68.08	Geoff Byham	31:42	70.77
100m heat 1			Kristine Freeman	24:23	51.36	Dennis Peck	1.20	82.19	Marie Maxted	33:02	66.95
(times taken off camera - accuracy			Sarah Scurr	24:47	55.64	Long Jump			Colin Hainsworth	36:32	78.73
+0.04secs)			Fred Brown	26:33	71.42	Matthew Lovell	5.22	67.88	Arthur Jones	33:18	75.22
Name	Results	A/G%	Linda Whitelaw	30:39	44.56	Catherine Young	4.27	61.79	Paul Boyce	38:34	67.47
Paul Boyce	16.16	79.70	400m heat 1			Kerra Grimes	4.25		Helen Suridge	34:18	70.45
Valmai Padget	16.32	86.95	Paul Farmer	83.10	56.76	Cassie Neubauer	4.16	55.76	Elaine MacFarlane	40:08	67.26
Dennis Peck	16.42	80.39	Tina Comely	91.90		Patricia McHendrie	3.78	56.84	James Hoare	33:20	69.39
Norm Charles	17.52	68.84	Miriam Cudmore	92.20	81.72	Hayden Harrell	3.13	43.90	Leigh Smith	36:08	72.98
Miriam Cudmore	17.64	86.28	Barbara Cain	104.90	61.34	Miriam Cudmore	2.86	68.92	Ros Elix	39:24	77.46
Bradley Samarq	18.06		Kim Welcome	111.00	53.89	Norm Charles	2.71	47.13	Cynthia Dally	41:12	75.38
James Hoare	20.76	57.37	James Hoare	111.50	48.31	SAMA Results 27-1-2010			Jill Rogers	40:24	65.05
heat 2			heat 2			85 competitors and 163 event			Edna Bates	44:54	53.24
Cassie Neubauer	14.18	73.98	Kathy Blute	75.80	75.20	entries			60 m heat 1		
Catherine Young	14.58	74.49	Patricia McHendrie	76.60	69.97	200m heat 1			Valmai Padget	9.90	93.43
David Mutton	15.56	74.23	Cheryl Zeuner	78.50		Name	Results	A/G%	Heather Grealy	10.11	80.81
Kathy Blute	15.60	76.92	Geoff Sevenoaks	80.80	63.77	Cheryl Zeuner	34.48		Paul Boyce	10.55	79.81
Lyn Peake	15.62	86.75	Maree Maney	81.00	69.67	Paul Boyce	34.65	77.98	Miriam Cudmore	10.69	92.70
Ann Jefferies	15.88	74.81	Frank Scurr	93.00	65.87	Valmai Padget	34.94	85.06	James Hoare	11.40	69.12
Patricia McHendrie	16.06	69.99	heat 3			Heather Grealy	35.66	72.94	Rosemary Naylor		15.57
heat 3			Lisa Davis	64.40	75.34	Miriam Cudmore	36.90	85.91	Kurt Postler	17.11	53.24
Cameron White	12.86	82.58	Matthew Lovell	67.30	70.59	Colin Trengove	39.90	66.67	heat 2		
Alex Jefferies	13.50	82.37	David Mutton	69.90	74.66	James Hoare	42.35	57.78	Ross Hill-Brown	8.62	86.77
Chris Johns	13.54	81.61	Gary Zeuner	72.00		heat 2			Lyn Peake	9.18	96.19
Brett Stokes	13.68	83.41	Lyn Peake	73.40	86.93	Alex Jefferies	27.74	81.94	David Mutton	9.32	81.87
Bill Dickenson	13.76	82.41	heat 4			David Mutton	30.66	77.23	Kathy Blute	9.40	83.30
Kerra Grimes	14.38		Robert Samarcq	57.60	82.48	Lyn Peake	32.10	88.16	Stan Miller	9.89	81.29
Titchien Majok	15.00		Will McCombie	58.38	84.84	Kathy Blute	32.70	76.06	Dennis Peck	10.11	84.57
heat 4			Bill Dickenson	60.50	84.63	Stan Miller	33.69	74.18	Patricia McHendrie	10.89	67.40
Will McCombie	12.72	86.32	Mark Donovan	61.50	77.25	Dennis Peck	33.95	82.18	heat 3		
Robert Samarcq	12.74	82.73	Ross Hill-Brown	61.90	82.71	Patricia McHendrie	34.57	67.02	Will McCombie	7.59	95.13
Anthony Fedele	12.96	75.54	Anthony Fedele	62.70	68.87	heat 3			Mark Donovan	7.96	86.93
Mark Donovan	13.24	79.61	5km run			Will McCombie	25.81	86.87	Robert Samarcq	7.96	86.93
Matthew Lovell	13.52	77.96	Damien Smith	18:21	71.16	Robert Samarcq	26.02	82.48	Alex Jefferies	8.31	88.09
Ross Hill-Brown	13.60	83.38	Paul Kemp	19:08	67.37	Anthony Fedele	26.19	74.07	Matthew Lovell	8.50	81.41
1500m heat 1			Mark Worthing	19:09	73.55	Mark Donovan	26.57	80.77	800m heat 1		
Koko Prideaux	6:01		Brian Norcott	19:49	70.52	Ross Hill-Brown	27.42	84.65	Yve Eglington	3:15	
Hayden Harrell	6:04	66.21	Lisa Davis	20:10	71.83	Chris Johns	27.62	81.72	James Hoare	3:55	54.98
Cheryl Zeuner	6:14		Colin Brooks	20:23	74.36	Matthew Lovell	29.93	69.60	John Martin	3:18	69.95
Ian Balcombe	6:19	58.45	David Close	21:23	78.15	3km run			Geoff Sevenoaks	3:00	67.92
Karen Pearce	6:24	60.72	Debbie Richardson	22:59	63.45	Keren Sutcliffe	14:31		Ros Lowe	3:30	72.19
David Trembath	6:36	78.87	Maree Maney	23:18	69.08	Doug Smart	12:26	77.40	Maree Maney	3:12	64.49
Harry Hayford	6:37	64.48	Geoff Sevenoaks	23:32	64.41	Colin Trengove	15:39	65.68	Harry Hayford	3:14	63.52
Ros Lowe	6:49	79.81	Paul Farmer	23:45	57.49	James Hoare	17:15	54.28	Paul Farmer	3:16	55.77
James Hoare	8:10	54.88	Ros Lowe	23:49	82.89	James Venn	11:29		David Trembath	3:27	73.52
Roy Sutcliffe	8:20	66.07	Ian Balcombe	24:39	54.57	Geoff Sevenoaks	13:02	67.59	heat 2		
heat 2			Hayden Harrell	25:06	57.47	Chiara Davimo	12:45		Hayden Harrell	2:02	95.34
Peter Brett	4:43		David Mutton	25:42	59.99	Iain Willoughby	11:26	69.42	David Mutton	2:58	69.79
Lance Cochrane	4:47		Colin Trengove	28:50	61.34	Peter Sandery	11:40	84.04	Doug Smart	2:56	75.35
Mark Worthing	4:48	81.40	3km run			Hayden Harrell	14:03	59.67	Cheryl Zeuner	3:05	
Kris Wolszczak	4:52	81.78	John Martin	15:53	63.08	Dean Elliot	11:11	79.44	Lisa Attenborough	3:02	64.58
Damien Smith	4:56	71.91	Discus			Maree Maney	13:22	70.61	Jake Sutcliffe	2:53	
Gary Zeuner	5:10		Voitek Klimiuk	38.10	54.35	Adam Kromkamp	10:03		Matthew Lovell	2:56	62.68
Brian Norcott	5:11	74.70	Neville Bryce	34.14	52.33	Paul Farmer	13:28	58.93	heat 3		
Cameron White	5:17	72.63	Graham Richardson	32.17	64.68	Harry Hayford	14:18	62.13	Jonathan Wheatland	2:13	83.71
Dean Elliot	5:31	77.34	Dennis Peck	30.73	67.27	Paul Kemp	10:59	69.10	Richard McMahon	2:14	
Yve Eglington	6:00		David Bates	25.47	39.71	Roy Sutcliffe	17:51	66.93	Lance Cochrane	2:16	
3km walk			Norm Charles	19.58	33.07	Colin Brooks	11:44	75.08	Mark Worthing	2:18	82.09
Paige Hooper	14:01		Ann Jefferies	19.16	30.91	Claire Ashworth	10:21		Dean Elliot	2:40	77.02
James Hoare	19:30	69.73	Lesley Dawson	19.10	32.48	Charlotte Venn	11:56		Peter Sandery	2:48	80.65
Marie Maxted	19:35	63.94	Glynn Boyce	18.28	44.74	Laura Teicher	13:26		Javelin		
Helen Suridge	19:53	70.77	Karen Pearce	17.87	23.27	Ros Lowe	14:08	81.88	Voitek Klimiuk	41.08	56.41
Chelsea Worthing	20:49		Lisa Davis	17.79	23.17	Rob McFadden	13:09	60.35	Matthew Lovell	33.14	40.61
Bill Starr	20:55	66.42	Kurt Postler	14.55	38.73	Kristine Freeman	18:13	50.57	Dennis Peck	27.81	56.76
Margaret Trengove	21:12	71.85	Ros Lowe	12.19	26.43	David Trembath	14:47	74.18	Graham Richardson	22.20	41.54
Leigh Smith	21:33	71.87	Hammer			David Mutton	15:01	59.67	Kana Nathan	19.40	35.32
Colin Hainsworth	21:40	77.88	Voitek Klimiuk	36.19	51.83	David Close	12:30	77.70	Brian Davies	23.85	35.85
			Matthew Lovell	34.75	46.56				David Bates	21.50	31.96

Graham Beer 17.88	team 4	60.93	Cheryl Zeuner 3.05 F45	James Hoare 5:14 M60
Stan Miller 17.65 30.25	Paul Boyce 16.22 M70		Doug Smart 2.56 M65	Kim Welcome 5:37 W50
Ros Lowe 11.69 29.21	Riley White 16.00		Rob McFadden 2.29 M40	Paul Boyce 5:46 M70
Shot	Kathy Blute 15.39 W45		team 5 12.12	Colin Hainsworth 5:46 M80
Voitek Klimiuk 10.30 54.35	David Janssan 14.44 M70		Barbara Cain 3.48 W60	Valmai Padget 5:48 W65
Matthew Lovell 9.83 46.54	team 5 67.77		Maree Maney 3.12 W47	Ros Elix 5:56 W75
Graham Richardson 8.96 53.33	Barbara Cain 19.20 W60		Cameron White 2.36 M45	Ros Lowe 5:56 W60
Kana Nathan 8.80 50.93	Cheryl Zeuner 16.00 M45		Lance Cochrane 2.17	Barbara Cain 6:01 W60
Dennis Peck 8.77 57.06	David Close 15.00 M65		3km run	Jill Rogers 6:06 W65
Norman White 6.58 32.64	Matthew Lovell 13.22 M40		Paul Kemp 11:08 67.29	Cynthia Dally 6:26 W75
David Bates 6.52 37.58	team 6 66.16		Geoffrey Worthing 11:29	Edna Bates 6:52 W55
Graham Beer 6.22	James Hoare 19.45 M60		Iain Willoughby 11:32 67.28	Fred Brown 6:59 M85
Ros Lowe 5.86 45.36	Dennis Peck 16.28 M75		Peter Sandery 11:38 84.29	Discuss
Hayden Harrell 5.47 27.13	Stan Miller 15.40 M65		Chiara Davirno 12:19	Neville Bryce 35.53 50.35
Triple Jump	Hayden Harrell 14.50 M50		Lance Cochrane 12:19	Graham Richardson 31.65 63.63
Heather Grealy 7.67 65.78	4x400 m relay team 1 4.42		David Close 12:31 77.60	Brian Davies 25.65 41.44
Miriam Cudmore 7.40 88.62	Gary Zeuner 72.00 M55		Doug Smart 12:33 76.68	Dennis Peck 24.32 53.24
Hayden Harrell 7.11 47.21	David Mutton 70.07 M55		Riley White 12:50	Kana Nathan 23.98 46.94
Weight	Hayden Harrell 69.62 M50		Paul Farmer 13:16 59.82	David Bates 20.76 32.37
Voitek Klimiuk 12.87 55.35	Allan Mayfield 65.48 M60		Christine Goodwin 13:28 77.73	Lesley Dawson 20.18 34.94
Kana Nathan 12.29 63.06	team 2 4.01		Maree Maney 13:48 68.40	Stan Miller 15.18 26.24
Dennis Peck 10.91 62.17	Cameron White 65.85 M45		Cameron White 14:00 57.57	Saheen Gobbo 19.05 31.82
Brian Davies 9.95 43.83	Mark Donovan 61.77 M40		Ian Balcombe 14:09 54.84	Graham Beer 18.46 35.20
David Bates 9.89 47.99	Michael Cassidy 58.40 M45		Ros Lowe 14:22 80.55	Chris Smith 15.57
Graham Richardson 9.81 51.60	Robert Samarcq 58.04 M40		David Trembath 14:54 73.60	Gill White 15.22 32.25
Graham Beer 9.36	team 3 4.57		Hayden Harrell 15:17 54.86	Kurt Postler 13.94 35.82
	Cheryl Zeuner 78.50 M45		Norman White 15:21 54.62	Riley White 13.86
	Lyn Peake 73.55 W60		David Mutton 15:30 56.36	Norman White 13.78 18.60
	Brett Stokes 66.52 M55		3km walk	Ros Lowe 12.75 27.64
	Ross Hill-Brown 60.86 M55		Kevin Finn 17:44 70.95	Hammer
	team 4 4.54		Geoff Byham 18:55 71.88	Kana Nathan 32.22 61.58
	Stan Miller 79.68 M65		Arthur Jones 19:23 76.88	Graham Richardson 31.04 61.09
	Kathy Blute 75.85 W45		Murray Marker 19:40 76.73	David Bates 30.29 47.55
	Lance Cochrane 69.00		James Hoare 20:03 67.82	Neville Bryce 27.31 37.30
	Joseph Majok 60.00		Helen Suridge 20:14 69.54	Glynn Boyce 23.91 56.00
	4x800m relay team 1 10.56		Colin Hainsworth 21:53 77.10	Lesley Dawson 22.98 38.01
	David Mutton 3.00 M55		David Robertson 22:19 70.34	Graham Beer 22.07 40.99
	Hayden Harrell 2.58 M50		Kim Welcome 22:42 59.04	Dennis Peck 21.12 45.65
	Gary Zeuner 2.40 M55		Paul Boyce 22:55 66.70	Brian Davies 20.63 33.44
	Allan Mayfield 2.32 M60		Ros Elix 23:11 75.68	Gill White 19.03 38.55
	team 2 9.02		Jill Rogers 23:14 65.57	Chris Smith 11.45
	Kris Wolszczak 2.20 M45		Elaine MacFarlane 24:08 64.74	High Jump
	Mark Worthing 2.19 M45		Cynthia Dally 25:14 70.68	Matthew Lovell 1.50 70.42
	Jonathan Wheatlan 2.16 M45		Edna Bates 26:21 52.86	Riley White 1.35
	Richard McMahon 2.14 M45		Fred Brown 27:53 68.00	Stan Miller 1.10 66.27
	team 3 14.23		Chris Smith 29:07	Long Jump
	Rodger Barber 3.22 M70		800m walk	Matthew Lovell 5.08 66.06
	David Trembath 3.20 M75		Rob McFadden 4:20 M40	Heather Grealy 3.58 61.51
	David Padget 3.18 M75		Geoff Byham 4:43 M60	Miriam Cudmore 3.08 74.22
	John Martin 3.18 M70		Murray Marker 4:43 M70	Stan Miller 3.05 53.89
	team 4 12.49		Arthur Jones 4:44 M70	
	Ros Lowe 3.30 W60		Helen Suridge 5:05 W55	

SA MASTERS MEMBERS IN OTHER EVENTS RESULTS

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

Two Jetties Fun Run

M50-54 Rob King 31.56
F 60-64 Ros Lowe 47.58
M65-69 Peter Sandery 35.00
M75-79 David Trembath 51.51

Iron man,

Busselton
5/12/09
Doug Smart
1.18.08 for 3.8
km swim
6.19.52 for
180km bike
4.43.41 for
marathon run
12.21.42 total; second M65-69



Bay Sheffield Carnival

28/12/09

SAMA Womens 120 Metres

Sponsor S.A.M.A.

Place	Name	Mark	Time
1	Miriam Cudmore	26.0	16.825
2	Valmai Padget	19.25	17.152
3	Lyn Peake	10.5	17.164
4	Patricia McHendrie	12.0	17.188
5	Ann Jefferies	9.0	17.476
6	Gloria Holliday	6.0	17.594
7	Catherine Young	scr	17.776

SAMA Mens 120 Metres

Sponsor: SPORTSPOWER

GLENELG

Place	Name	Mark	Time
1	Brett Stokes	13.50	14.850

2	Gregg Fopp	scr	15.243
3	Anthony Fedele	4.0	15.351
4	Chris Johns	7.5	15.423
5	Mark Donovan	3.0	15.606
6	Robert Samarcq	1.0	15.707

SAMA 800 Metres

Sponsor: JOGGERS WORLD

Place	Name	Mark	Time
1	Damien Smith	20	2:14.70
2	Cameron White	60	2:15.58
3	Alex Jefferies	100	2:16.21
4	Hayden Harrell	115	2:17.45
5	Brian Norcot	50	2:18.17
6	Mark Worthing	20	2:19.38
7	Peter Sandery	70	2:21.06
8	Iain Willoughby	70	2:23.24
9	Piet Crosby	125	2:31.22
10	Maree Maney	130	2:34.97

11	David Trembath	150	2:35.83
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AMA Half Marathon Championships

Hobart 10/1/10
M55-59 Stephen Guy 1.29.16
79.05%, 1st place

Tunrama Toss

Port Lincoln 24/1/10
Matt Staunton 22.16 metres. Ist

SAMA WINTER PROGRAM 2010 (DRAFT)

DATE	VENUE	WALKS	RUNS
17 th April	Felixtow Carpark Cnr Briar Rd & Riverside Drive	1.50 8km, 4km Yacht H/cap	2.15pm 4km – 8km Yacht H/cap
18 th April	GREENBELT HALF MARATHON (SA ROAD RUNNERS' CLUB)		
24 th April	Burbridge Road Bus Stop 22 Burbridge Road	1.50 pm 8km,4km Yacht H/Cap	2.15pm 4kms – 8km Yacht H/cap
1 st May	Kingston tce, North Adelaide Meet Behind Playground	2.00 pm 8km Yacht H/cap	2.15pm 5 km – 10km Yacht H/cap
8 th May	Bonython Park Opposite Coca Cola	2.00 pm 12km, 8km, 4km Yacht H/cap	2.15pm 4kms, 8km,12km Yacht H/cap
15 th May	West Beach Carpark End of Barcoo road, West Beach	1.30pm 10km, 5km Yacht H/cap	2.15 pm 4kms - 8kms Yacht H/cap (Beach run if possible)
16 th May	BAROSSA HALF MARATHON (SA ROAD RUNNERS' CLUB)		
22 nd May	Peacock Road Adelaide Harriers Change Rooms	1.20 pm 10km, 6km Yacht H/cap	2.15pm 5km SAMA State Champs
29 th May	Bonython Park Opposite Coca Cola	1.45 pm 10km, 5km Yacht H/cap	2.15pm 5km – 10km Yacht H/cap
5 th June	Peacock Rd Adelaide Adelaide Harriers Change Rooms	1.45 pm 10km SAMA State Champs 6km Yacht H/Cap	2.15pm 5 km - 10km Yacht H/cap
12 th June	East Tce Cnr Wakefield st & East Tce	1.35 pm 10km, 5km Yacht H/cap	2.15pm 8km SAMA x Country Champs 4Km scratch
19 th June	Peacock Road (Hockey Clubrooms) SAMA AGM	2.10 pm 5km Turkey H/cap	2.15 pm 5km Turkey H/cap
26 th June	Bonython Park Opposite Coca Cola	1.50 pm 8km, 4km Yacht H/cap	2.15pm 4kms, 8km Yacht H/cap
	PICHI RICHI MARATHON		
3 rd July	Mt Barker	1.50pm 8km, 4km Prizes	2.15pm 8km, 4km Prizes
10 th July	Kingston tce, North Adelaide Meet Behind Playground	2.00 pm 8km Yacht H/cap	2.15pm 5kms - 10 km Yacht H/cap
17 th July	Burbridge Road Bus Stop 22 Burbridge Road	2.10 pm 8km, 4km Yacht H/cap	12.45 pm SAMA Half Marathon Champs 2.15 pm 8km or 4 km scratch
24 th July	Peacock Road Adelaide Adelaide Harriers Change Rooms	1.15 pm 15KM SAMA State Champs 1.45 pm 10km , 5km Yacht H/cap	2.15pm 5kms – 10km Yacht H/cap
31 st July	East Tce Cnr Wakefield st & East Tce	1.30 PM 10km, 5km Yacht H/cap	2.15pm 4km -8km Yacht H/cap
7 th Aug	Peacock Road Adelaide Adelaide Harriers Change Rooms	1.45 pm 10km, 6km Yacht H/cap	2.15pm 10km SAMA State Champs & 5km scratch
14 th Aug	Felixtow Carpark Cnr Briar Rd & Riverside Drive	1.50pm 8km, 4km Yacht H/cap	2.15pm 4km – 8km Yacht H/cap
15 th Aug	ADELAIDE MARATHON (SA ROAD RUNNERS' CLUB)		
21 st Aug	Peacock Road Adelaide Adelaide Harriers Change Rooms	12.30 pm 20km SAMA State Champs 1.45 pm 10km, 6km Yacht H/cap	2.15pm 5km – 10km Yacht H/cap
28 th Aug	West Beach Carpark End of Barcoo road, West Beach	1.30pm 10km, 5km Yacht H/cap	2.15 pm 4kms - 8kms Yacht H/cap (Beach run if possible)
4 th Sept	East Tce (Adjacent Race Course) Cnr Wakefield st & East Tce	1.55 pm 10km, 5km Yacht H/cap	2.15 pm 12km, 9km, 6km, 3km Scratch
11 th Sept	Peacock Road (Hockey Clubrooms) WINTER PRESENTATION	2.05 pm 5km Turkey H/cap BRING A PLATE	2.15 pm 5km Turkey H/cap BRING A PLATE
18 Sept	CITY-BAY Fun Run		
	15th - 16th Oct FUN WEEKEND AWAY BAROSSA		

**Walkers please note that the start time for the walks vary to ensure the runs and walks finish at similar times.
Please check the start time each week before you plan to leave.**

State Masters Athletics Championships –2010 Santos Stadium, - Mile End

Entry Fees:

No charge for the T&F Pentathlon– just the normal Santos entry fee.

Weight Pentathlon and 10km Track Walk charge \$5

Main T&F—\$10 per day (This includes your entry to the stadium).

Entry, and payment by cash—**on the day, closing 30 minutes before your event.** (Pre-entry is not necessary this year).

Event Program:

Carefully check the timetable before selecting your events. The program will not be held up your events overlap.

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

10 km Track Walk—8.00 am start

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

Friday March 5 th 2010		Sunday March 7 th 2010	
6.00pm	Long Hurdles	8:00 am	5000m Run
6.15	100m	8:00	Weight Throw
6.15	Hammer	8:35	200m
6.25	1500m	8:45	Javelin
6.45	400m	8:55	5000m Race Walk
7.00	Discus	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:

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.

SOUTH AUSTRALIAN MASTERS ATHLETICS INC.
APPLICATION for MEMBERSHIP or RENEWAL of MEMBERSHIP
(Membership is restricted to those over 30 years of age)

Fees fall due on April 1st each year

All information on this sheet is confidential. This information will be treated in accordance with the club's privacy policy. See below.

Annual Renewal fees		Pro rata Fees – New Members Only			
Please tick the appropriate box		Apr June	Jul-Sep	Oct-Dec	Jan-Mar
<input type="checkbox"/> Full	\$40	\$30	\$25	\$20	\$15
<input type="checkbox"/> Concession	\$30	\$25	\$20	\$15	\$10
<input type="checkbox"/> Country (Postcodes over 5200)	\$20	\$20	\$15	\$10	\$10
<input type="checkbox"/> Couples living at same address	\$60	\$45	\$40	\$30	\$25
<input type="checkbox"/> Social (Non competing)	\$15	\$15	\$10	\$5	\$5

Annual fees (except social fees) enable entry to local, interstate and overseas Masters Athletics Championship events.

Please make cheques payable to SA Masters Athletics and forward to:

Registrar SAMA, Harry Hayford, 70 Millswood Crescent, MILLSWOOD SA 5034. (phone 8271 3874)

NEW MEMBERS – Please fill in all blanks. **RENEWING MEMBERS** please fill in **name** and **any changes**.

ALL MEMBERS must sign and date the waiver below

Surname: First Name:

Male..... Female.....

Address: Date of Birth:

..... P/Code:

Home Telephone: E-mail Address:

Emergency Contact

Name: Telephone: (preferably mobile):.....

MEDICAL

Are you on any medication or have allergies that medical staff should be aware of in the event that you became unconscious ...yes / no... If yes please write this information down on a separate 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.

Even if not on medication do you suffer from any medical condition that could result in unconsciousness

e.g. diabetes.....

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 Rules of Athletic Involvement and acknowledge that I have read, understood and agree to complete 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.

Signature:..... Date:.....

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.

PRIVACY STATEMENT

We respect the confidentiality and security of your personal information and we are committed to protecting it at all times. SAMA only collects such personal information as is necessary to promote your participation in SAMA events and to communicate with you. By completing a membership application form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White on 08 8357 5637 or at gwhite@adam.com.au

SAMA SUMMER PROGRAM 2010

		Program "A"		Program "B"	
A	17-Feb-2010 Incl. State Champs T&F Pent– Women**	100m	5.55pm	200m	5.55pm
B	24-Feb-2010 Incl. State Champs T&F Pent- Men**	Hammer	5.55pm	Weight Throw	5.55pm
A	Sun-28-Feb-2010 State Champs Weight Pent	1500m	6.15pm	800m	6.10 pm
NOT SANTOS!!!	3-Mar-2010 NO COMPETITION	400m	6.25pm	60m sprint	6.25pm
	Fri-5-Mar-2010 Day 1 State T&F Champs	3km Track Walk	6.30pm	3km Track run	6.35pm
		Discus	6.40pm	Javelin	6.40pm
	Sun-7-Mar-2010 (AM) Day 2 State T&F Champs	Long Jump	6.50pm	Triple Jump	6.50pm
B	10-Mar-2010	5km Track Run	7.05pm	5km Track Walk	7.00pm
A	17-Mar-2010	High Jump	7.20pm	Shot put	7.20 pm
B modified	24-Mar-2010 Summer Presentation Night	Finish (off track)	7.45pm	Finish (off track)	7.45pm

** Track and Field Pentathlon Championships timetable

men	5.30 pm	6 pm	6.25pm	6.30pm	7pm
	Long Jump	Javelin	200m	Discus	1500m
Women	5.45pm	5.50 pm	6.15 pm	6.40pm	7.05pm
	100m	Shot	Long Jump	Javelin	800m

- Santos entry fees 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 them.

Some requests:

Wednesday Check-In

To ensure the smooth running of events please sign in at least 15 minutes before your first event.

Distance Events

To help the lap scorers and finish line, if you pull out of a race please let the lap scorers know.

Lap Scorers

If you are lap scoring it is of great value to the organisers if you write in the time of each lap – not just tick the box

**And please don't get killed by stray missiles;
stay off the grass!**

savings & loans

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