



SA MASTERS NEWS

Official Newsletter of SA Masters Athletics Inc.

January 2002

In this issue:

1. President's Message
2. Fund Raising Drive
3. Important Reminders
4. Calendar Reminders
5. Travel News
6. Thank You

7. Social Events

8. Telstra Aust Masters Athletics Champs

9. Two Jetties Run

10. In Brief

11. Memorial Meeting

12. Summer Season

13. SAMA Championships

EDITORIAL

Two rather significant things have happened recently to shake us out of our end of year lethargy. After December 5th, the old SA Veterans Athletics Club was no more, we became South Australian Masters Athletics Inc. (SAMA) This occurred with very little (apparent) pain or controversy and, while some will mourn the loss of the old name we live in a world of change and must keep looking ahead. It will not have a great effect on what we do in our daily athletics lives but it is a positive move as we start the New Year and continue the ongoing initiatives that we have been doing now for some years.

The other significant event has been the almost overwhelming response to our new format with the summer competition at Santos. We were almost swamped by the roll up for the first few nights and we certainly did struggle a bit to cope with the numbers. What a problem for an athletic club to have – trying to manage the roll up of competitors to regular meetings.

Athletics SA was anxious to organise a social competition at Santos and in consultation with us, it was decided to join forces on the Wednesday evening. ASA worked with the City Bay organisation in the initial promotion campaign and Des Paul advises me that quite a lot of City Bay money was spent on this. It certainly was money well spent and has attracted a lot of newcomers to our track and field competition.

The challenge now of course is to keep this enthusiasm going and make sure that these “social

recruits” continue with us all year round and find out that there is more to the athletic world than the usual “fun running” scene.

SA Masters Athletics have a lot to gain out of this promotion by ASA and while it has stretched our official's resources to the limit we have already signed up new members who have seen that the Masters/Veterans organisation has something different to offer.

Another pleasing aspect is to finally see regular competition for our field athletes. In the past, because of limited numbers these people have struggled to have their own events but this year it is looking good.

We must make a special mention here to our band of regular officials who are working so hard every Wednesday evening. I will not mention names because of the risk in missing anyone but your efforts are most appreciated. Also thanks to the competitors and others who have stepped up to help in lap scoring and other duties. This certainly has enabled us to run the larger program we now have.

During the next few months we have got more than the usual on our calendar. On 13th Feb the annual Jim Liascos Memorial Meeting will be held and on 27th Feb and 6th March we have our Track and Field Championships. The Australian Masters Athletics Championships are over the Easter period so things will be rather hectic.

Frank Rogers

President's Message

It doesn't seem to be all that many days since I was writing a 'Message' for the November Newsletter. Only the other day I wrote a 'Welcome Message' for inclusion in the Program for the 2002 'Nationals' to be held in Adelaide at Easter. Something to do with the time of year, plus the fact that I, along with others, will be away in Geelong for the 'Oceania'. For some reason or another SA Masters members have never entered the Oceania Championships in any great number. Perhaps it has not received sufficient publicity, or maybe there are just too many competitions around.

Planning is proceeding quite well for the 'National Championships'. It is pleasing to be able to welcome 'Telstra' as our Major Sponsor. This has certainly eased the pressure on the fund raising committee. Entry Forms are available from Frank. Make sure that you collect one and please don't leave it to the last minute before returning it to George White. Elsewhere in this Newsletter, Frank will be calling for volunteers to ensure that the Championships run smoothly.

Thank you to all who attended the Special General Meeting and voted on the motion to change the Club name to 'Masters Athletics'. I had a 'phone call from a member of the Victorian Veterans Club the other day and he was very pleased to hear that we had taken that step.

May I wish you all a very successful coming year, especially with your athletic endeavours. To those attending Geelong, good luck and have a wonderful time.

Colin.

SAVAC Fundraising Drive

Many thanks to all who helped with our fund raising exercise in selling chocolates. This was a rather painless way to raise additional funds which we always need. For us "*chocoholics*" it was very pleasant and no problem at all.

Thanks also to SAMA Vice Pres, Arthur Jones who co-ordinated this project on our behalf.

ABBOTT 
PRINTERS & STATIONERS

**THIS MAGAZINE PROUDLY DIGITALLY
PRINTED BY ABBOTT**

Short Run Book Publishing, Club Magazines
Please phone Mark Thomson on 8340 3244 for further information.

SAMA—Your Committee:

President	Colin Hainsworth	
	Phone: 8258 1969	
Vice President	Arthur Jones	
	Phone: 8289 1164	
Secretary	Helen Suridge	
	Phone: 8371 0003	
Treasurer	Richard Sjoerdsma	
	Phone: 8344 2604	
Registrar	George White	
	Phone: 8357 5637	
Committee:		
John Hore	Di Pardon	David Padget
Valmai Padget	David Robertson	
Frank Rogers	News Editor: 08 8332 8815	
	Email: fr Rogers@bigpond.com	
Statistician:	John Hill	08 8379 5178
Uniforms:	Jill Rogers	08 8332 8815

Important Reminder No.1

Entries for our Australian Championships close on 8th March so please get your entry in soon. This is a major Championship and not one of those events where the organisers accept late entries without question or extend the entry closing date.

George White is doing all the hard work processing entries and the last thing he needs is a rush of entries during the last week or two.



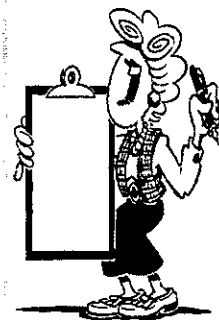
And also, PLEASE PLEASE have a good look at your entry before sending it in. Make sure that it is complete, you have no errors, George will be able to read your writing and that you have enclosed the CORRECT payment.

Important Reminder No.2

On page 4 of this News we have a call for helpers needed at the Aust Championships in Adelaide during Easter this year. We only host this Championships once about every 7 years so it is not often we get the chance to show what we can do. Whether you are competing or not, we need you to volunteer your help.

Calendar Reminders

13 th Feb	Memorial Meeting	Santos Stadium
27 th Feb and 6 th March	Track and Field Championships	
1 st March	Dinner at Kings Head Hotel	
8 th March	Entries close for our National Championships.	
29 th March – 1 st April	Our National Championships in Adelaide	
19 th April	Summer Presentation Dinner	Union Hotel



Travel News

2002

6th to 14th April

Pt Pirie Masters Games

These popular Games are on just after our National Championships so every one should be in top form. The athletics are scheduled for 11th to 14th April.

To register your interest contact:

Pt Pirie Tourism and Arts Centre

PO Box 464, Pt Pirie SA 5540

Phone: 08 8633 8700

Email: masters@ppcadc.sa.gov.au

14th April

Aust Masters Athletics Marathon Champs.

Held in conjunction with the New Balance Canberra Marathon. Includes fun runs as well as a 50k ultra marathon. Entries close 15th March.

Helen Suridge has entry forms.

21st to 29th September

Asia Pacific Masters Games. On the Gold Coast.

For information on the athletics contact Judy Cooper on 07 3341 2251.

Email: coop@powerup.com.au

6th to 13th October

World Masters Games, Melbourne

The track and field will be held at Olympic Park which has recently been upgraded. Road Walks will be at Albert Park and the 8km cross country at Yarra Bend Park.

Web: www.2002worldmasters.org

Phone: 03 8620 2002

19th to 26th October

Alice Springs Masters Games

Web: www.alicespringmasters.nt.gov.au

Phone: 08 9851 6440

2003

9th to 22nd March

AURA Southern States Ultra.

This is a 900km event over 13 days between Adelaide and Melbourne. Open to runners and walkers in solo or relay divisions.

Phone: 03 9395 3685

Email: ultraoz@iprimus.com.au

18th to 21st April

Aust Masters Athletics Championships.

To be held in Perth, WA during the Easter period.

Thank You Valmai and David

We had our annual Xmas Party at Valmai and David Padget's home on 1st December and as usual a good time was had by all. Much socialising combined with some degree of sporting endeavours made for a good afternoon.

Thank you Valmai and David for the use of your excellent facilities once again.

Social Events

Our hard working Secretary, Helen Suridge has arranged a couple of social outings for us. The first is a dinner on Friday 1st March at the Kings Head Hotel, 353 King William St, City.

The other is our Summer Presentation Dinner which will be held on 19th April at the Union Hotel. This time Helen has booked the upstairs function room and this should give us a bit more room to bounce around in and make fools of ourselves.

At this dinner we will be presenting medals and awards for this summer season.

For both events roll up from 7:00pm but please, let Helen know if you are coming so she can confirm our numbers with the hotels.

Give Helen a call on 8371 003.

Telstra Australian Masters Athletics Championships



As you all would know by now we are hosting our National Championships this year at Easter. The track and field program will be held over the 4 days at Santos Stadium. The Road Walks venue has now been finalised using part of our Peacock Road course combined with a new path along South Terrace. The Adelaide City Council will be coming to our aid with some new work as well as repairing areas that had become a bit worn out.

The 8km Cross Country will be in the parklands at the corner of Sir Donald Bradman Drive and West Terrace and is within walking distance from Santos Stadium. Fairly flat course which should not cause problems for any age groups. Mix of gravel paths and grassy areas.

Some members have already picked up entry forms at Santos on Wednesday evenings. To get these forms out to everyone you will find a copy on page 11 of this News plus a few more details on page 12.

This is a basic entry form only but will suffice for you to get your entry in to George White. If perhaps you are a newcomer to our National Championships you may want a copy of the complete form which gives the General Conditions and also Technical Specifications. These are available at our usual competition on Wednesday evenings or give Frank Rogers a call on 8332 8815 or on email at frogers@bigpond.com

You will notice on the Entry Form that there are a couple of "other events". One is the Athletes Forum to be held at St Aloysius College on the Saturday. This is an informal meeting hosted by the Board of Aust Masters Athletics and is a chance for you to speak on and listen to items that concern all of us as Masters/Veteran athletes. The Vice President of AMA, Peter Crombie will chair the Forum and other Board members will also be attending.

There will be light refreshments available to entice you along.

The other event is the Dinner Dance on the Sunday and this will be held at the Pavilion Room at Adelaide Oval. This is our big social night out and your chance to let your fellow competitors see you all dolled up and with a few more clothes on for a change.

Make the commitment now to roll up. Ticket orders for this are included on the Entry Form.

Remember that entries close on 8th March.

Helpers required

To conduct this type of Championship there is a very large group of officials required. The various Directors on the Organising Committee have been filling most of the key areas for some time but now wish to finalise some outstanding areas.

These are:

Registration and Information Centre.

To staff the area handing out registration packets as athletes arrive and also help with enquiries. Staffed from midday on the Thursday 28th March and all days during Easter. Probably would require helpers to offer a half day shift (or more than one).

Register your name and offer with Arthur Jones on 8289 1164 or ajons@eisa.net.au

Road Walks

Held on the Monday morning. Requires people for a variety of work, marking the course, setting up and taking down the usual facilities, water stops, helping the recorders etc.

Would be required for most of the morning but a good opportunity to do your bit and have a clear conscience.

Register your name with Zoe Bryson on 8284 2947

Cross Country

Also held on the Monday morning. Most of the positions have been filled except for:

Course Marshalls:

Required from 8:00am until 10:00am

Drink Stations:

Required from 8:15am until 10:30am.

What could be easier than that ??

Register with Trevor Miller on 08 8562 1257 or tmsports@bigpond.com

At this stage we have about 160 members in our Club so there should not be any problem in getting enough helpers. No one would be competing at all times and it should be easy to schedule some help when you have no competition.

There will be other help required other than that shown above so it would be a great if we also had a list of names of people willing to take on minor work if required.

Please do not wait. Register your name now so planning can proceed on target.

Two Jetties Fun Run

The annual Two Jetties Fun Run was held on 26th Dec and both officials and competitors had to cope with a rather unpleasant windy morning. Why is it always blowing at Glenelg !!!!

This event is put on by the Distance Runners Club with our assistance on the day and for this we get to share in any surplus cash after the event. Many thanks to all SAMA members who gave up their Xmas recovery day to help out. Special thanks to David Padget who worked closely with Des Paul in the organisation beforehand.

The following are the results for our members and as can be seen we had a couple of top performers in Peter Sandery and Stephen Gale.

Peter Sandery	31:32	3 rd overall
Stephen Gale	32:56	6 th overall
Richard Moyle	39:41	
John Hore	40:29	
Christine Goodwin	***	
Richard Sjoerdsma	48:02	
Sonia Simpson	***	
Jenny Trenwith	69:16	

The dreaded bugs got into some of the results, so no times were available for Christine and Sonia. And Jenny, your time looks a bit suspect to me. Too much Xmas ??

In Brief

Pat and Noella

Two of our hard working officials, Pat and Noella have been on the sick list lately and their absence has been missed. How would we ever survive if people like these were not always there to do all the work to enable us to compete in our favorite type of torture.

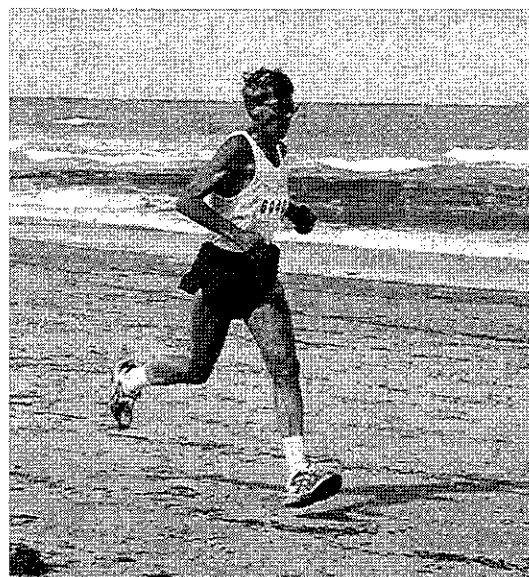
Hope you are both back on your feet soon and enjoying good health.

Well Done

A few months ago we reported on how well we went at the recent World Championships in Brisbane. A couple of our members did better than we thought.

Ann Cooper picked up some new Australian records. She set a record for the W70 400m as also in the W65 4x100m and 4x100m relays.

And Miriam Cudmore also did well with an Australian record in the W60 4x400m relay.



Peter Sandery in action along the beach in the recent 2 Jetties Run.

Training Violence

Some of you would have noticed Elizabeth Slattery looking a bit worse for wear a few weeks ago. She had a few bruises and other injuries which looked a bit suspicious. An in depth investigation showed that this happened on the training track when Elizabeth was bowled over by a fellow athlete.

I interviewed the culprit and his comment was:

"Well, I can no longer keep up with her in training or in competition so she got what she deserved."

Memorial Meeting

Our annual Memorial Meeting will be held this year on Wednesday 13th Feb. The main event is the Jim Liascos Memorial 100m and this will be run at 6:00pm as part of our scheduled program.

The 100m results will be age graded and the winner will be the best performance, male or female. This will be the 5th year we have conducted this event which honours one of our Club stalwarts, the late Jim Liascos. To add to the interest for non sprinters we will also age grade the results for all other events and try and decide on the best performance. For our throwers to take part in this they will have to each use the correct weight equipment for their age group so we will leave that up to them to arrange if possible.

Last year the number of sprinters competing in the 100m was rather disappointing so please why not all make the effort this year.

Summer Season

Our regular summer competitors would have wondered what was going on when we started this season on Nov 7th. Right from the first night our numbers were probably double from those in the past and this has, at times, made for some interesting challenges for our hard working organisers and officials.

To handle the greatly increased program we have had to make a few changes and one was to change the "A" and "B" programs we published earlier on. This caused a bit of confusion for some people and also some results got a bit screwed up at times trying to cope with the weight of numbers, particularly on the wet night in December when our poor officials tried their best to record on sodden bits of paper.

We should spare a thought for those more elite track competitors who, week after week don't get to start until, at times, the first to head off have got a lot of the event completed. Many times the handicappers start thinking that they have got it badly wrong but it is surprising how often the back markers are up at the front at the finish.

And a special thank you to David, Di and Dennis who are doing so much to help me with the running events.

The following are the results for the first few weeks. These results are for Club members only and do not include the many social competitors who are rolling up each week. Some of the events look a bit "light on" but to list everyone in this Newsletter would take up too much space.

7th November

100m

Heat 1:	
Colin Trengove	18.27
Heat 2:	
Valmai Padget	17.01
Kurt Postler	18.53
Heat 3:	
Patricia McHendrie	15.73
Bill Thorpe	16.00
Miriam Cudmore	16.44
Heat 4:	
Paul Boyce	15.52
Heat 5:	
Steve Smith	12.53
Ross Hill-Brown	12.98
David Janssan	13.48
John Hore	14.48

400m (handicap)

Heat 1:	
Patricia McHendrie	80
Valmai Padget	91
Paul Boyce	78
Anne Lang	90 ??
Heat 2:	
Con Carellas	67
Steve Smith	58
Ross Hill-Brown	61
Peter Dunham	66
John Hore	68

Heat 2:	
Con Carellas	67
Steve Smith	58
Ross Hill-Brown	61
Peter Dunham	66
John Hore	68

1500m (handicap)

Con Carellas	5:38
John Hore	5:52
Jackie Burgess	7:42
Hilary Winchester	7:04
Dennis Vlachos	5:25
Mike Hopkins	6:00
Doug Smart	6:28

3000m Run

Jenny Trenwith	12:51
Mike Hopkins	11:07
Richard Sjoerdsma	15:30
John Hore	13:00
Con Carellas	12:46
Christine Goodwin	13:17
John Martin	14:04
Di Pardon	16:11
Dennis Vlachos	11:44
Kurt Postler	17:30
Doug Smart	14:15
Linda Whitelaw	19:15

Discus

Charles Palframan	28.56m
Jim Litchfield	25.87m
Oto Trnovsky	16.17m

Hammer

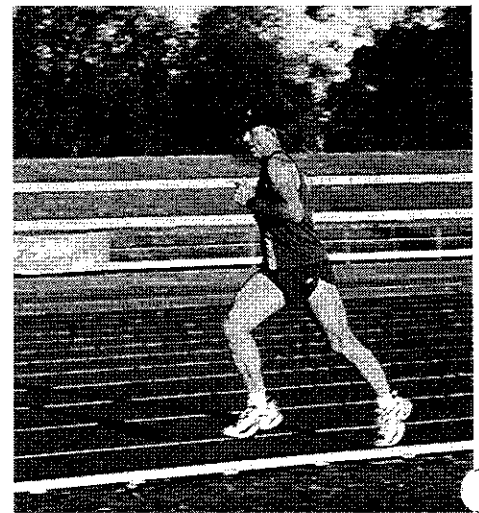
Charles Palframan	24.54
Jim Litchfield	20.44m

14th November

200m:

Heat 1:	
Kerry Laird	35.41
Valmai Padget	35.65
David Padget	38.87
Kurt Postler	40.25
Heat 2:	
Norm Charles	32.18
Di Pardon	33.56
Bill Thorpe	34.38
Jack Dale	43.03

Heat 3:	
Jenny Trenwith	31.05
Paul Boyce	31.91



George White in action – as a runner. And a good one !!

Heat 4:	
Ross Hill-Brown	26.33
David Janssan	28.24
John Hore	29.12

800m: (handicap)

Heat 1:	
Phil Binns	3:01
Frank Rogers	2:54
David Padget	3:15
Hilary Winchester	3:19
Heat 2:	
Con Carellas	2:31
Geoff Byham	2:37
Peter Sandery	2:25
Dennis Vlachos	2:36
Richard Moyle	3:02
Andrew McComb	3:09

5000m Walk (handicap)

Alex Georgeakopoulos	44:55
Peter Derrick	37:07
Colin Hainsworth	31:53
Leigh Smith	34:39
Helen Suridge	32:15
Ros Elix	35:56
Deryck Skinner	31:36
Fred Brown	41:15
Roxy Papageorgiou	34:21
Rex Martin	32:33
Murray Marker	27:48
Dian Goodger	30:48
Chris Bailey	39:54
Lillian Harpur	35:21
Jill Rogers	38:23
Geoff Peters	40:45
Arthur Jones	31:10
Greg O'Neil	28:54
Geraldine Waites	31:10
Noel Heinrich	32:46

Long Jump:

Di Pardon	3.72m
John Hore	3.66m
Javelin:	
Kurt Postler	20.09m
Noel Heinrich	16.04m
Oto Trnovsky	11.52m

21st November**100m**

Heat 1:	
Paul Boyce	15.15
Bill Thorpe	15.63
Di Pardon	15.83
Heat 2:	
Norm Charles	14.54
Heat 3:	
David Janssan	13.40
John Hore	13.40

Deryck Skinner	18:44
Alex Penglis	27:35
Leigh Smith	20:15
Ros Elix	21:06
Lillian Harpur	20:19
Greg O'Neil	15:49
Arthur Jones	17:57
Murray Marker	16:29
Peter Derrick	22:16
Fred Brown	24:30
Dian Goodger	17:54
Noel Heinrich	18:37
Geoff Peters	24:41
Geraldine Waites	18:19
Bill Starr	19:39
Chris Bailey	25:08

3000m Run (handicap)

Alex Papa.	12:00 ??
Doug Smart	13:05
Di Pardon	15:26
Sandra Kramer	12:22
Trevor Miller	16:05
Debbie Lee	11:51
John Hore	12:45
Mike Hopkins	10:51
Elizabeth Slattery	11:24
Peter Sandery	10:24
Richard Sjoerdsma	16:33
Dennis Vlachos	12:20
Gerry Hicks	13:03
Bob Pearce	12:15
John Martin	15:32 ??
Jackie Burgess	17:07
Roger Barber	16:10

Discus

Trevor Boote	30.06m
Jim Litchfield	25.78m
Colin Dickens	21.15m
Kurt Postler	20.32m

Hammer

Trevor Boote	28.23m
Jim Litchfield	22.83m
Colin Dickens	21.19m

28th November**200m**

Heat 1:	
David Padget	38.63
Heat 2:	
Paul Boyce	31.93
Di Pardon	33.32
Bill Thorpe	33.81
Kerry Laird	34.67
Heat 3:	
Ross Hill-Brown	26.15
David Janssan	28.61
John Hore	28.96



*One of the better sights you see
at Santos on a Wed. evening.
Helen, Valmai, Ros and Dian.*

5000m Run: (handicap)

Alex Papageorgiou	26:35
Gerry Hicks	20:20
Richard Sjoerdsma	25:59
Debbie Lee	21:30
Peter Sandery	17:37
Dennis Vlachos	19:40
Elizabeth Slattery	19:12
George White	20:48
John Martin	23:18
Geoff Byham	20:23
Con Carellas	21:09
John Hore	21:33
Jenny Trenwith	22:20
Doug Smart	23:10
Jackie Burgess	29:54
Roger Barber	24:36

400m (handicap)

Paul Boyce	77
John Hore	68

1500m (handicap)

Doug Smart	6:11
Bob Pearce	4:43
Peter Sandery	4:48
Elizabeth Slattery	5:19
John Hore	5:54
Frank Rogers	5:59
Dennis Vlachos	5:51
Phil Binns	6:22
Noel Heinrich	6:27
Andrew McComb	6:26
Dick Freeland	7:19

3000m walk (handicap)

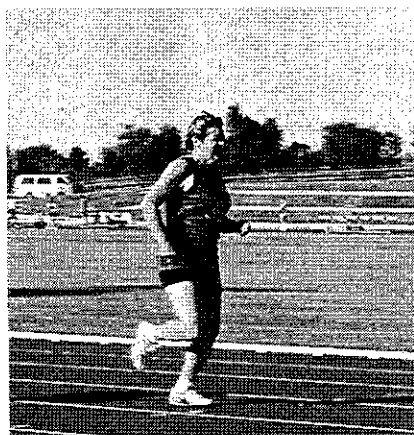
Alex Georgeakopoulos	26:38
Colin Hainsworth	18:43
Roxy Papageorgiou	20:07
Helen Suridge	19:01

800m

Bob Pearce	2:15
John Hore	2:41
Andrew McComb	3:07
Hilary Winchester	3:18
Frank Rogers	2:53
David Padget	3:15

5000m Walk (handicap)

Alex Georgeakopoulos	43:31
Noel Heinrich	31:27
Dian Goodger	30:09
Leigh Smith	34:13
Helen Suridge	31:52
Murray Marker	27:36
Arthur Jones	30:59
Geraldine Waites	30:59
Deryck Skinner	31:29
Ros Elix	35:54
Fred Brown	41:37
Geoff Peters	41:08
Lillian Harpur	36:36
David Robertson	32:35
Bill Starr	33:13
Roxy Papageorgiou	???
Jackie Burgess	DQ



Another walker turned runner.
Valmai Padget in action.

5000m Run (handicap)

Doug Smart	22:02
Mike Hopkins	18:43
Peter Sandery	17:18
Debbie Lee	20:54
Chris Collins	20:43
Christine Goodwin	22:44
John Hore	21:18
Alex Papageorgiou	24:56
Richard Sjoerdsma	26:30
Bob Pearce	18:55
Long Jump	
John Hore	4.12m
Di Pardon	3.73m

Javelin

Charles Palframan	23.52m
Jim Litchfield	19.93m
Colin Dickens	12.71m

Shot Put

Charles Palframan	8.98m
Noel Heinrich	6.80m
Jim Litchfield	6.76m

December 5th**100m**

Heat 1:	
Valmai Padget	16.84
David Padget	18.27
Heat 2:	
Di Pardon	16.01
Bill Thorpe	16.29
Kerry Laird	16.55
Miriam Cudmore	16.79
Heat 3:	
John Hore	14.12
Norm Charles	15.14
Heat 4:	
Steve Smith	12.41
Bill Dickenson	12.93
David Janssan	13.13

400m (handicap)

David Padget	91
Bill Dickenson	56
John Hore	66
Steve Smith	56
Miriam Cudmore	76
Con Carellas	65
Valmai Padget	91
Bob Pearce	62

1500m (handicap)

Bob Pearce	4:42
Con Carellas	5:21
Geoff Byham	5:22
Doug Smart	5:55
Peter Sandery	4:56
Christine Goodwin	5:58
John Hore	5:51
George White	5:41
Jenny Trenwith	5:42

3000m Walk (handicap)

Geoff Peters	23:39
Bill Starr	18:53
Peter Derrick	21:38
Helen Suridge	18:32
Rex Martin	19:13
Dian Goodger	17:35
Fred Brown	24:13
Arthur Jones	17:39
Murray Marker	16:13
David Robertson	19:04

Jill Rogers	22:31
Lillian Harpur	20:16
Deryck Skinner	18:41
Colin Hainsworth	18:51
Roxy Papageorgiou	20:07
Ros Elix	21:20
Alex Georgeakopoulos	DQ
Leigh Smith	DQ

3000m Run (handicap)

Con Carellas	11:52
John Hore	12:22
Doug Smart	12:26
George White	11:57
Dennis Vlachos	11:28
John Martin	13:58
Jenny Trenwith	12:13
Geoff Byham	11:31
Frank Rogers	12:41
Gerry Hicks	12:44
Di Pardon	15:18
Bob Pearce	10:48
Christine Goodwin	13:06
Debbie Lee	11:41
Peter Sandery	10:28
Alex Papageorgiou	13:28
Linda Whitelaw	18:14

Discus

Charles Palframan	31.90m
Jim Litchfield	26.40m

Hammer

Charles Palframan	23.58m
Jim Litchfield	18.56m

December 12th**200m**

Heat 1:	
Valmai Padget	35.39
David Padget	38.89
Kurt Postler	42.77
Heat 2:	
John Hore	28.88
Miriam Cudmore	34.35
Heat 3:	
Steve Smith	25.84
Will McCombie	26.14

800m (handicap)

Bob Pearce	2:13
Andrew McComb	3:05
David Padget	3:11
Geoff Byham	2:38
Frank Rogers	2:54
Will McCombie	2:20
Jenny Trenwith	2:48
John Hore	2:48

5000m Walk (handicap)

Lillian Harpur	34:46
Geoff Peters	39:57
Noel Heinrich	31:13
Fred Brown	40:52
David Robertson	32:21
Roxy Papageorgiou	34:11
Dian Goodger	30:22
Murray Marker	27:36
Leigh Smith	34:12
Ros Elix	35:56
Deryck Skinner	31:40
Jan Bond	43:45
Bill Starr	32:32
Jill Rogers	38:43
Arthur Jones	31:17
Jackie Burgess	36:26
Alex Penglis	DNF
Alex Georgeakopoulos	DQ

5000m Run (handicap)

Geoff Byham	19:51
Dennis Vlachos	19:23
Jenny Trenwith	21:24
George White	20:01
Richard Sjoerdsma	26:12
Doug Smart	21:49
John Martin	23:19
Bob Pearce	18:10
Peter Sandery	17:40
Will McCombie	19:22
Noel Pardon	23:25
John Hore	21:32
Elizabeth Slattery	20:19
Richard Moyle	22:35

Long Jump

John Hore	4.03m
Christine Redmond	3.76m

Shot Put

Charles Palframan	8.70m
Jim Litchfield	7.10m

Javelin

Charles Palframan	24.28m
Jim Litchfield	18.44m

December 19th**100m**

Heat 1:	
Valmai Padget	15.83
David Padget	17.24
Heat 2:	
John Hore	13.97
Di Pardon	15.31
Bill Thorpe	15.82
Kerry Laird	16.06
Miriam Cudmore	16.55

Heat 3:

Patricia McHendrie	15.43
Norm Charles	16.56

Heat 4:

Steve Smith	12.25
Will McCombie	12.48
Geoff Whitehall	12.64
David Janssan	13.35

400m (handicap)**Heat 1:**

Patricia McHendrie	75
Miriam Cudmore	76
David Padget	85
Noel Heinrich	81
David Janssan	79

Heat 2:

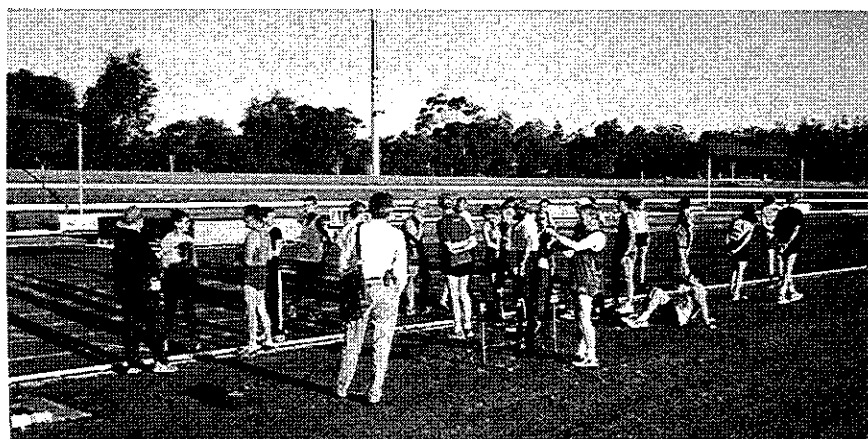
Bob Pearce	59
Steve Smith	56
Geoff Whitehall	58
Will McCombie	57
John Hore	66

Colin Hainsworth	18:53
Leigh Smith	20:11
Dian Goodger	17:55
Jill Rogers	22:47
Fred Brown	24:30
Arthur Jones	18:07
Greg O'Neill	16:21
Helen Suridge	19:07
Lillian Harpur	20:51
Jackie Burgess	22:10

Alex Georgeakopoulos	DQ
Alex Penglis	DQ

3000m Run (handicap)

John Martin	13:39
Richard Sjoerdsma	15:42
Dennis Vlachos	11:28
Peter Sandery	10:14
Mike Hopkins	10:50
John Hore	12:23
Doug Smart	12:43
Christine Goodwin	13:15



Our growing numbers. The starters for just one of our events this summer.

1500m (handicap)

Peter Sandery	4:49
Elizabeth Slattery	5:21
Will McCombie	5:08
Bob Pearce	4:38
Doug Smart	5:54
Christine Goodwin	5:56
Andrew McComb	6:28
John Hore	5:45
Jenny Trenwith	5:46

3000m Walk (handicap)

George White	15:37
Ros Elix	21:12
Deryck Skinner	18:35
Noel Heinrich	18:25
Roxy Papageorgiou	20:03

Elizabeth Slattery	11:34
Jenny Trenwith	12:29
Frank Rogers	12:59
Brian Wyld	12:04
Kurt Postler	18:03
Will McCombie	11:48
Debbie Lee	12:44

Discus

Charles Palframan	31.50m
Kurt Postler	28.22m
Jim Litchfield	28.18m
Adam Miojlic	21.79m
Geoff Whitehall	19.39m

Hammer

Charles Palframan	23.65m
Jim Litchfield	19.67m
Adam Miojlic	14.55m

6th
SA Masters Athletics -- Club Championships 2002
Wednesday February 27th and Wednesday March 7th 2002 at Santos Stadium.

We usually hold our Track and Field Championships a few weeks before the Easter period and this timing helps as a warm up for those competing in our Australian Championships which are always at Easter. This year we have a problem because the Aust Championships are here in Adelaide and most of our Committee, and others, who do the bulk of the work will be flat out organising these Championships. It is unrealistic to expect these people to also schedule our own State Championships, in the usual format, at that time.

The SAMA Committee has looked at various options and decided to use the last two Wednesday nights of our scheduled Summer Competition as our Championships. Doing this avoids having to arrange additional nights after the completion of the

Summer Competition which gets too close to Easter and the heavy work load time for us.

The arrangements we have made with Athletics SA will need very little change and their social competitors can still join in (although not eligible to win our usual Club medals). On these 2 nights all track events will be non handicap with everyone starting off scratch.

For the Championships this year we are not able to include the hurdle events. The low numbers usually competing do not justify changing the agreed Summer Program which gives us the best option at this time. It also will make it hard for our country members who will have to make 2 special trips to Adelaide to compete. However, some times there are no easy answers.

Your Entry

Your options are:

1. Use the Entry Form below or take a copy.
2. Provide all the required details on paper and send to Don.
3. We will have Entry Forms at Santos for you.

Entry Form

Name Sex M/F
Address Age on 1st day of Comp
..... Phone

Entry fee of \$5 enclosed. This is the total fee required this year, regardless of events entered.

Cheques made payable to: *SA Veterans Athletic Club*.

Forward entry form and payment to:

Don Parker, 14 Gibson Court, Golden Grove 5125

(telephone 8288 7459 for enquiries)

Event Programme -- *Please clearly indicate each event entered.* (Check the timetable before selecting your events. The program will not be held up if your events overlap).

Wednesday February 27th 2002

6:00pm	100m
6:15	Discus
6:20	1500m
6:45	Triple Jump
6:45	400m
7:00	3000m Walk
7:15	Hammer
7:30	3000m Run

Wednesday March 7th 2002

6:00pm	200m
6:00	High Jump
6:30	800m
6:30	Javelin
6:45	5000m Walk
7:00	Long Jump
7:30	5000m Run
7:30	Shot Put

Entries Close: Friday February 22nd

Telstra Australian Masters Athletics Championships

Program Schedule

Friday 29th March

10,000m
800m
80/100/110 Hurdles
Pole Vault
Long Jump
Shot Put
Javelin

Saturday 30th March

100m
1,500m
300/400m Hurdles
2k/3k Steeplechase
5000m Walk
High Jump
Discus
Hammer
Athletes Forum

Sunday 31st March

200m
5,000m
100m Champions H/Cap.
4 x 100m Relay
Triple Jump
Weight Pentathlon
400m Heats
Dinner and Awards

Monday 1st April

8km Cross Country
10km/20km Road Walk
400m Finals
4 x 400m Relay
Throw Champ. H/Cap.
Weight Throw
Pentathlon

Venues

Track and Field
Road Walks
Cross Country
Athletes Forum
Dinner and Awards

Santos Stadium, 145 Railway Terrace, Mile End.
Parklands, from Adelaide Harriers clubrooms, South Terrace.
Parklands, corner West Terrace and Sir Donald Bradman Drive, Adelaide.
St Aloysius College, 53 Wakefield Street, Adelaide
Pavilion Room, Adelaide Oval Function Centre.

SA Masters News

If undeliverable return to:

Sec. SAMA
Helen Surridge
2/2 Brinkworth Street
South Plympton SA 5038
PRINT POST APPROVED
PP 535144/00025

**SURFACE
MAIL**

POSTAGE

PAID

AUSTRALIA

Jill and Frank ROGERS
2/316 Kensington Road
Leabrook SA 5068

Telstra Australian Masters Athletics Championships

Sponsored by:



Principal
sponsor



dappa sports
PHOTOGRAPHY