



SA MASTERS NEWS

Official Newsletter of SA Masters Athletics Inc.

July 2004

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EDITORIAL

Welcome to our new committee for the 2004/05 year. Valmai Padget and Charles Palframan have stepped down from committee duties and we thank them for their contribution on our behalf. Welcome to Jill Rogers, John Harnett and Jim Litchfield who are the new faces on the committee. No dramas at the AGM and no blood on the floor. Must be a sign of a well organized committee and overall satisfaction on how our Club is run.

We also continue with new people joining as members so make yourselves known to the Committee at one of our events. If you are the type of person who likes to get involved there is plenty of opportunity for this. Speak to the organizers at one of our venues and see where help may be needed.

As Colin mentions in his Message we recently added a half marathon event to the winter program. Seemed a bit of a radical move at the time and the interest appeared to be so low that our Run Coordinator, John Hore thought the event would not go ahead. However, never underestimate the enthusiasm of our present group of competitors (and a few "outsiders") -- we had 19 entrants on the day and it was a great success. The weather was not good and made it a bit of a challenge, especially for some who thought they had put such events behind them. I hate to think what next years program will include !! A marathon – no way !! It also makes you think of where we were some years ago when we were struggling to get that number of people in total at an event.

Frank Rogers



Who said we don't need any more wet weather gear. Another very ordinary July day at Bonython Park.

Important Reminders

- 13th August Entries close for the Alice Springs Masters Games
- 31st August Entries close for the Oceania Regional Championships in Raratonga.
- 11th September Winter Presentation Day (venue to be advised later)
- 24/25th Sept Melrose Weekend – keep in mind this date.
- 7th November Annual Tennis Picnic at Belair National Park

Travel Calendar

2004

October 16th to 23rd
Alice Springs Masters Games

For details contact:

Phone: 1800 658 951

Web: www.alicespringsmasters.nt.gov.au

Note that entries close on 13th August.

October 21st to 27th
Oceania Veteran Athletics Championships.
To be held in Rarotonga in the Cook Island Program and entry details were in the 2003/04 AMA Handbook. Entries close on 31st August.

November 6th to 14th
Pan Pacific Masters Games
To be held on the Gold Coast, Qld.
Enter on line at:
www.mastersgames.com.au

2005

March 25th to 28th
Aust Masters Track & Field Championships
To be held in Brisbane, and as usual, during the Easter holidays.

August 22nd to 3rd September
WMA World Championships (Stadia).
To be held in San Sebastian, Spain.
Some details of travel arrangements are given on page 9 of this Newsletter.

July 27th to 31st
World Masters Games, Edmonton, Canada.

October 7th to 16th
10th Australian Masters Games
To be held in Adelaide.
Some early details on www.amg2003.com

2006

January Oceania Regional Championships
Christchurch, New Zealand

May 8th to 14th
WMA Non-Stadia Championships
Vancouver, Canada : www.wma2006.org

A reminder that the wearing of the official Australian uniform is mandatory at this Championship (not your local SAMA uniform). If you don't think you will be making a habit of overseas competition you may be able to borrow a uniform from one of your fellow club members. You will also need an official uniform if you wish to compete in San Sebastian next year.

Jill or Valmai can advise you where to order the Australian uniform if needed.

Unfinancial Members

Anyone who has not renewed their 2004/05 membership will find a renewal form enclosed with this Newsletter. Please send this off without delay. In a few weeks time our Registrar, Richard Moyle will remove the names of those still unfinancial from his membership listing.



President's Message

by Colin Hainsworth

At the beginning of this new SAMA year may I congratulate everyone for ensuring that the AGM on 26th June at Santos Stadium was conducted in a pleasant and efficient manner. The afternoon tea was, as always, a credit to everyone who contributed in any way.

I am pleased to welcome the new committee, some of whom have served for several years now and also new members Jill Rogers, Jim Litchfield and John Harnett.

One of the more pleasant duties that a president has to perform is the presentation of awards. This year it was the bestowing of a Life Membership to long serving club member, Brian Wyld.

Congratulations Brian.

At the AGM, secretary George spoke about the need to find new courses. As we grow in numbers it is essential that each course has adequate car parking as well as toilet facilities. Also the starting area must be large enough to cater for a scratch start and the paths sufficiently wide to allow for our needs as well as the publics.

On the weekend of 28/29th August, Secretary George and myself will be in Melbourne representing SAMA at the AMA AGM. We will report items of interest in the next Newsletter.

For those interested in entering the World Masters Athletics Championships in San Sebastian, information is available on our web site. Those who have been unable to participate in a WMA Championships will find the experience truly memorable.

The introduction of a half Marathon Run into the programme, 3rd July at Sir Donald Bradman Drive was an obvious success. Who knows maybe next year we can organise a relay, to include the Walkers.

All for now,

Colin.

SA Masters Athletics – Club Contacts

President	Colin Hainsworth	8258 1969	colinhai@senet.com.au
Vice President	Arthur Jones	8289 1164	ajons@austarmetro.com.au
Secretary/Statistician	George White	8357 5637	ghw@chariot.net.au
Treasurer	Rodger Barber	8387 3486	barber@bettanet.net.au
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Committee:			
John Harnett	8382 7859	jonno@38airnet.com.au	
John Hore	8278 7835	jhore@bigpond.net.au	
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First Aid Co-ord.	David Anderson	8449 2357
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	Jill Rogers	8332 8815
News Editor:	Frank Rogers	8332 8815
email:	rogersfj@bigpond.com	

Check the SAMA Website for details of our activities, weekly results and regular competition program:
<http://members.bettanet.net.au/~sama/>

Winter Competition

Our rather bleak winter lately hasn't had much effect on numbers and even on some of the worst days people still turn up. This is possibly understandable for the competitors but a special thanks must go to the helpers who give up the chance to stay home and keep warm.

Some recent purchases by the Club can now be seen on a Saturday afternoon. A new trailer to cart around the ever growing amount of gear, a new hot water system to replace Geoff's masterpiece of engineering and also some tarpaulins to huddle under on a wet day. Your monies being wisely spent on our behalf by the Committee.

A couple of reminders are needed:

- * Don't forget to bring your own cup or mug for afternoon tea.
- * Make yourself familiar with the course before you start. Course maps are on view and if you are not sure check with the officials. The courses are marked and controlled using the resources we have. If you think this is a bit "slack" then please put up your hand and offer to help in improving this where you think some improvement is needed.

Results for the last couple of months follow and as usual list only our own members.

8th May East Terrace

10km Walk (handicap)

Jeff Kennett	1:23:11
Peter Papa.	1:18:46
Peter Derrick	1:20:10
C.Hainsworth	1:07:02
Bill Starr	1:04:23
George White	51:15
Trevor Millard	1:15:12
Dian Goodger	1:09:16
Roxy Papa.	1:14:38
D.Robertson	1:12:39
Rob McFadden	55:46
Jacqui Burgess	1:10:05
Ros Elix	1:17:42
D.Karakasilis	1:15:38
A.Georgakopoulos	1:34:35
Alex Poulos	????
Glenda Hollis	????

4km C/C (scratch)

Richard Everson	16:43
Geoff Byham	18:20
John Hill	19:22
Mike Allen	19:46
Frank Rogers	21:27
Paul Boyce	21:36
Rodger Barber	22:01
Debbie Allen	22:10
Trevor Miller	23:10
Frank Scurr	23:34
Ron Ferris	23:59
Di Pardon	27:22
Valmai Padget	27:52
Kurt Postler	29:26
Glynn Boyce	30:50

8km Cross Country

SAMA Championship

W30 Debbie Quadrio	40:17
W40 Elizabeth Slattery	34:53
" Catherine McDonald	35:36
W45 Maureen Moyle	35:53

W50 Christine Goodwin	38:01
M35 Iain Willoughby	35:52
M40 Chris Bollen	31:52
" Michael Harris	38:53
M45 Rob King	29:36
" Alan Sim	33:20
" Dennis Vlachos	33:44
" Richard Moyle	38:07
M50 Russell Johnson	31:23
" David Standeven	33:25
" Mike Hopkins	33:50
" Colin Brooks	35:45
" David Anderson	36:35
M55 John Hore	40:44
" Robert Burgess	45:15
M60 Brian Wyld	36:58

M65 John Martin	39:33
" John Harnett	44:31
M70 David Trembath	45:46
" Richard Sjoerdsma	50:50

15th May Peacock Road

12km Walk (handicap)

A.Georgakopoulos	1:43:04
Roxy Papageorgiou	1:27:08
Agathi Villios	1:37:54
Peter Papageorgiou	1:34:10
Trevor Millard	1:29:01
Demi Karakasilis	1:27:51
Geraldine Waites	1:19:39
Ros Elix	1:32:14
Margaret Trengove	1:30:20
Colin Hainsworth	1:22:25
Sandy Brunner	1:10:32
Dick Larkin	1:33:21

5km Run (scratch)

Chris Bollen	18:19
Brian Wyld	21:46
Paul Moyle	22:36
John Martin	22:43
John Hill	23:11
David Trembath	24:05
Alan Forsyth	25:46
Valmai Padget	32:05
Kurt Postler	33:04
Glynn Boyce	37:08

10km run (handicap)

John Harnett	53:30
John Hore	48:46
Catherine McDonald	41:48
Frank Rogers	47:44
Mike Hopkins	39:34
Colin Trengove	50:32
Rodger Barber	50:23
Iain Willoughby	43:04
Debbie Quadrio	48:06
Ian Roberts	40:28



Arthur Jones, addressing the troops after another Saturday in the Parklands.

Michael Harris	45:13
Rob King	36:11
Robert Burgess	54:24
Richard Moyle	47:00
Richard Sjoerdsma	60:00
Frank Scurr	58:52

David Trembath	40:50
Frank Scurr	46:03
David Potter	40:31
Hillary Winchester	43:35

John Martin	47:21
Hillary Winchester	58:28
Stan Miller	57:00

22 nd May	Felixstow
8km Walk (handicap)	
Stuart McPherson	55:02
Peter Derrick	1:02:44
Geraldine Waites	51:37
Agathi Villios	1:03:37
Peter Papageorgiou	1:01:26
Fred Brown	1:08:38
Alix Papageorgiou	1:08:46
David Robertson	57:36
Roxy Papageorgiou	58:09
Colin Hainsworth	54:49
Ros Elix	1:01:52
Demi Karakasilis	59:28
Rob McFadden	45:14
A.Georgakopoulos	1:14:07

4km Run (scratch)	
Richard Everson	16:21
Piet Crosby	16:54
John Hill	18:15
Mike Allen	18:47
Margaret McIntosh	19:34
Noel Pardon	20:17
Paul Boyce	20:31
Debbie Allen	20:32
Christine Goodwin	21:23
Ruth Taylor-Hull	21:35
Miriam Cudmore	21:38
Trevor Miller	21:58
Ron Ferris	22:05
Julie Goodes	22:51
Kurt Postler	27:00
Glynn Boyce	28:17
8km Run (handicap)	
Lester Smith	34:52
Peter Minney	34:57
Alan Sim	32:04
Colin Brooks	33:31
Richard Moyle	36:25
Debbie Quadrio	37:38
Brian Wyld	34:47
Catherine McDonald	32:58
Iain Willoughby	34:17
Dennis Vlachos	32:30
Rob King	28:42
Richard Sjoerdsma	47:14
Michael Harris	36:09
John Hore	38:39
Mike Hopkins	32:10
Maureen Moyle	33:57
Doug Smart	35:48
Rodger Barber	41:09
John Martin	38:09



In action, Geraldine Waites

29 th May	Bonython Park
5km Walk (scratch)	
Alix Papageorgiou	45:47
A.Georgakopoulos	46:12
Jill Rogers	40:04
10km Walk (handicap)	
Dian Goodger	1:05:17
Jeff Kennett	1:20:17
Stuart McPherson	1:07:11
Demi Karakasilis	1:10:49
Geraldine Waites	1:03:53
Fred Brown	1:24:59
Colin Hainsworth	1:06:51
Greg O'Neill	1:03:11
David Robertson	1:14:06
Lillian Harpur	1:20:41
5km Run (scratch)	
Richard Everson	19:41
Paul Moyle	22:02
John Hill	22:55
Mike Allen	23:58
Frank Rogers	24:42
Debbie Allen	24:45
Ron Ferris	25:40
Jacqui Burgess	25:49
Julie Goodes	27:55
Di Pardon	31:37
Peter Gregg	40:37
10km Run (handicap)	
Richard Moyle	44:15
Iain Willoughby	41:34
Lester Smith	42:29
Bob Pearce	38:53
John Hore	47:04
Robert Burgess	52:59
Debbie Quadrio	46:41
Mike Hopkins	39:44

5th June Peacock Road

10km Walk Championship		
W35	Demi Karakasilis	1:11:10
W50	Geraldine Waites	1:04:34
W55	Agathi Villios	1:19:08
"	Lillian Harpur	1:19:36
"	Jill Rogers	1:21:13
W60	Sandy Brunner	58:081
W65	Ros Elix	1:16:26
M45	Greg O'Neill	1:01:51
"	Stuart McPherson	1:07:41
M50	Trevor Millard	1:12:58
"	Jeff Kennett	1:26:13
M55	George White	51:12
"	Rex Martin	1:08:18
"	Noel Heinrich	1:14:09
M70	Colin Hainsworth	1:08:40
"	David Robertson	1:12:14
M75	Dick Larkin	1:16:28
M80	Fred Brown	1:25:25

5km Run Championship		
W30	Debbie Quadrio	22:43
W45	Maureen Moyle	20:10
W50	Christine Goodwin	22:23
"	Hillary Winchester	24:58
"	Jacqui Burgess	27:45
M30	Mike Allen	23:32
M35	Iain Willoughby	20:04
M45	Alan Sim	19:02
"	Dennis Vlachos	20:02
"	Richard Moyle	21:37
M50	Bob Pearce	18:59
"	Mike Hopkins	19:22
"	David Standeven	19:47
"	Colin Brooks	20:08
"	Lester Smith	20:48
"	Gary Goodwin	24:04
M55	John Burnell	19:54
"	Peter Minney	20:15
"	Paul Moyle	22:12
"	John Hore	22:27
"	John Hill	23:15
"	Robert Burgess	24:59
"	Ron Ferris	26:07
M60	Peter Sandery	19:37
"	Brian Wyld	20:30
"	Doug Smart	21:44
"	Stan Miller	26:45
M65	Frank Rogers	22:11
"	John Martin	22:57
"	Tony McLarty	23:29
"	Rodger Barber	24:46
"	John Harnett	24:57
M70	David Trembath	23:00
"	David Padget	23:54
"	Richard Sjoerdsma	29:25
M75	Kurt Postler	33:25

2.5km Run (scratch)

Richard Everson	9:20
Helen Suridge	14:37
Gillian Cozens	14:39
Valmai Padget	14:41

12th June West Beach**10km Walk Turkey Handicap**

	Act.	Est.	Diff.
Jeff Kennett	82:40	80:31	-2:09
Alix Papa.	88:58	88:44	-0:14
Ros Elix	76:06	76:45	0:39
Agathi Villios	79:08	79:52	0:44
Trevor Millard	72:58	73:49	0:51
G.Waites	64:09	65:12	1:03
Rex Martin	68:04	69:30	1:26
George White	50:55	52:33	1:38
S.McPherson	67:23	69:07	1:44
Peter Papa.	77:21	79:21	2:00
C.Hainsworth	67:34	69:46	2:12
Fred Brown	85:09	87:23	2:14
Roxy Papa.	71:54	74:21	2:27
Alex Georgakopoulos	89:32	95:30	5:58
Alex Penglis	85:51	95:30	10:21

10km Run (handicap)

Mike Tagell	36:47
Rob King	37:03
Dennis Vlachos	41:53
Bob Pearce	40:34
Catherine McDonald	43:13
Stan Miller	56:17
John Hore	48:34
Iain Willoughby	43:12
Mike Hopkins	42:14
Doug Smart	47:00
Richard Moyle	47:14
Debbie Quadrio	49:46
Frank Scurr	59:46
Alan Sim	43:11
Piet Crosby	46:59
Robert Burgess	57:00
David Trembath	54:15
Greg O'Neill	54:15

5km Run (scratch)

Peter Sandery	20:21
Lester Smith	21:06
Brian Wyld	21:45
John Hill	23:25
Paul Boyce	26:41
Ruth Taylor-Hull	27:46
Jennifer Hilbig	30:22
Richard Sjoerdsma	30:39
Helen Suridge	31:12
Valmai Padget	31:29
Kurt Postler	33:42
Peter Gregg	36:40
Glynn Boyce	38:41

2.5km

John Martin	20:25	????
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19th June Bonython Park**12km Walk (handicap)**

Peter Papageorgiou	1:31:15
Agathi Villios	1:33:00
Geraldine Waites	1:16:22
Ros Elix	1:30:41
Trevor Millard	1:27:29
Roxy Papageorgiou	1:27:43
Fred Brown	1:44:14
Colin Hainsworth	1:23:16
Greg O'Neill	1:15:17
Dick Larkin	1:32:41
David Robertson	1:29:00
Richard Everson	1:02:29
Dian Goodger	1:25:16

8km Run (handicap)

Stan Miller	41:47
Richard Sjoerdsma	46:36
Robert Burgess	41:46
Mike Hopkins	31:19
Richard Moyle	35:15
Doug Smart	35:15
Debbie Quadrio	37:24
Bob Pearce	30:49
Christine Goodwin	36:22
Frank Rogers	36:06
Brian Wyld	34:28
John Hore	37:08
Lester Smith	33:56
Tony McLarty	38:48
Frank Scurr	46:08
Iain Willoughby	33:46
David Potter	40:08
David Anderson	34:58
Peter Minney	32:54
Hillary Winchester	44:00
Gary Goodwin	42:52
David Trembath	45:20

4km Run (scratch)

Peter Sandery	15:21
Ian Roberts	15:30
Piet Crosby	17:16
Geoff Byham	17:32
John Hill	18:06
John Martin	18:26
Phil Binns	20:04
Paul Boyce	20:40
Ruth Taylor-Hull	21:13
Colin Trengove	21:16
Trevor Miller	22:27
Jennifer Hilbig	22:45
Helen Suridge	23:34
Julie Goodes	23:46
Kurt Postler	27:06
Glynn Boyce	28:16
Peter Gregg	28:16

26th June Santos Stadium**5km Walk (turkey handicap)**

	Act.	Est.	Diff.
Fred Brown	42:22	42:25	00:03
C.Hainsworth	33:25	33:19	00:06
Noel Heinrich	34:00	33:54	00:06
M.Trengove	37:21	37:09	00:12
Agathi Villios	38:00	38:20	00:20
Ros Elix	36:45	36:20	00:25
Roxy Papa.	35:00	35:29	00:29
Jill Rogers	39:55	39:24	00:31
Trevor Millard	36:00	35:15	00:45
Dian Goodger	33:00	32:13	00:47
G.Waites	30:50	30:02	00:48
Alix Poulis	44:00	43:10	00:50
Brian Fanshaw	32:00	31:09	00:51
Jeff Kennett	40:00	38:58	01:02
D.Robertson	36:00	34:57	01:03
Peter Derrick	38:20	39:26	01:06
Alex Penglis	45:00	43:36	01:24
Lillian Harpur	39:00	37:26	01:34
Mary Bigioli	40:00	43:53	03:53
Barry Lloyd	40:00	43:53	03:53

5km Run (handicap)

David Trembath	22:54
Jennifer Hilbig	27:10
Hillary Winchester	25:25
Kurt Postler	32:35
Dennis Vlachos	19:22
Richard Moyle	20:59
Rodger Barber	24:01
Frank Scurr	27:37
Iain Willoughby	19:56
Brian Wyld	20:35
Frank Rogers	21:44
Julie Goodes	28:05
Debbie Quadrio	22:35
Gary Goodwin	24:21
Piet Crosby	21:12
John Hore	22:24
Bob Pearce	18:46
Doug Smart	21:39
Peter Sandery	19:06
Mike Hopkins	19:20
Jan Dobbie	28:34
Richard Sjoerdsma	28:53
Ian Roberts	19:30
Helen Suridge	29:28
Colin Brooks	20:50
Tony McLarty	23:53
Stan Miller	27:12

2.5km (scratch)

Noel Pardon	11:41
Paul Boyce	12:06
Lyn Crosby	12:35
Miriam Cudmore	14:26
Valmai Padget	14:42
Brenda Parkinson	15:34
Val Lambert	15:39
Glynn Boyce	17:15

3rd July Burbridge Road

8km Walk (handicap)

Jack Webber Trophy

Alex Georgakopoulos	71:44
Mary Bigioli	71:44
Noel Heinrich	53:42
David Robertson	56:07
Roxy Papageorgiou	57:07
Trevor Millard	57:13
Geraldine Waites	49:48
Dick Larkin	60:49
Jill Rogers	64:24
Colin Hainsworth	54:37
Peter Papageorgiou	60:10
Ros Elix	59:36
Margaret Trengove	60:02
Dian Goodger	53:15
Fred Brown	69:42
Lillian Harpur	62:51
Alex Penglis	74:21
Alix Poulis	76:20

Half Marathon Run

Rob King	1:24:55
Ian Roberts	1:28:02
Mike Hopkins	1:30:41
Dennis Vlachos	1:32:26
Catherine McDonald	1:32:38
Piet Crosby	1:37:50
George White	1:38:29
Brian Wyld	1:40:24
Doug Smart	1:44:42
Richard Moyle	1:47:21
Frank Rogers	1:47:51
Tony McLarty	1:49:46
Rodger Barber	1:55:00
Hillary Winchester	1:55:44

8km Run (handicap)

John Martin	33:53	???
Christine Goodwin	36:18	
Stan Miller	42:52	
Alan Sim	33:11	

Robert Burgess	42:28
Bob Pearce	31:29
Iain Willoughby	33:29
Richard Sjoerdsma	48:04
John Hore	38:02
David Trembath	42:35

4km Run (scratch)

Peter Sandery	15:22
Elizabeth Slattery	16:24
Michael Harris	18:11
Jennifer Hilbig	20:20
Paul Boyce	20:29
Colin Trengove	21:02
Ruth Taylor-Hull	21:21
Trevor Miller	22:09
Helen Suridge	23:45
Frank Scurr	24:48
Kurt Postler	26:11
Val Lambert	28:15

Alex Georgakopoulos, the winner of the Jack Webber Trophy for 2004 is presented with the award by Colin Hainsworth.



To keep the enthusiasm going and to give you something to aim for, the progressive points scores for our Winter Consistency Awards are as follows. These points are as at 3rd July so there is still plenty of time to move up the list (bribing the handicappers is a great help of course).

Walks:Awarded by:

Winner = 10, 2nd = 9, ..9th = 2, all others = 1.
If DQ = 0 pts allocated

Geraldine Waites	45	Roxy Papageorgiou	29	Dick Larkin	6
Fred Brown	43	Jeff Kennett	27	Jacqui Burgess	5
Colin Hainsworth	42	Alix Poulis	26	Linda Richter	5
Trevor Millard	38	Demi Karakasilis	25	Rob McFadden	5
Agathi Villios	36	Stuart McPherson	20	Bill Starr	4
Ros Elix	33	Margaret Trengove	19	Rex Martin	4
Alex Georgakopoulos	33	Greg O'Neill	18	Alex Penglis	3
Peter Papageorgiou	32	Noel Heinrich	18	Lillian Harpur	3
David Robertson	30	Peter Derrick	16	Glenda Hollis	1
		George White	15	Richard Everson	1
		Jill Rogers	14	Brian Fanshaw	1
		Agatha Villios	13	Mary Bigioli	1
		Dian Goodger	13	Barry Lloyd	1
		Sandy Brunner	6		

Runs: Awarded by:
 Winner = 10, 2nd = 9, ..9th = 2, all others 1

For the short run event:
 (Results based on comparison of results compared to estimate)
 Winner = 5, 2nd = 4, 3rd = 3, 4th = 2, all others 1

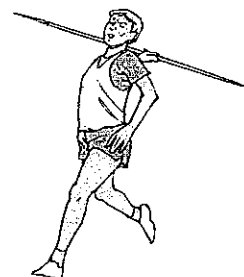
Richard Moyle	36
Mike Hopkins	36
John Martin	34
Alan Sim	32
Iain Willoughby	29
Piet Crosby	28
David Trembath	26
Richard Sjoerdsma	25
Stan Miller	25
John Hore	24
Robert Burgess	24
Lester Smith	23
Bob Pearce	23
Trevor Miller	22
Debbie Quadrio	22
Doug Smart	22
Tony McLarty	21
Rob King	21
Dennis Vlachos	21
Kurt Postler	20
Catherine McDonald	19
John Hill	18
Brian Wyld	18
Michael Harris	17
Jennifer Hilbig	17
Paul Boyce	16
Richard Everson	15
Frank Rogers	15
Ian Roberts	15
Rodger Barber	14
Paul Moyle	13
Peter Sandery	12
Christine Goodwin	12
Hillary Winchester	12
Mike Tagell	10
Chris Bollen	10
John Harnett	10
Peter Minney	10
Mike Allen	10
Frank Scurr	10
Colin Brooks	8
Ruth Taylor-Hull	8
Glynn Boyce	7
Noel Pardon	7
Colin Trengove	6

Julie Goodes	6
Maureen Moyle	5
Debbie Allen	5
Helen Suridge	4
Kris Wolszczak	3
Debbie Lee	3
Iain Dobbie	3
Sandra Kramer	3
Di Pardon	3
Jan Dobbie	3
Valmai Padget	3
Miriam Cudmore	3
Lyn Crosby	3
George White	3
Ruth Taylor-Hull	2
David Potter	2
Margaret McIntosh	2
Ron Ferris	2
Alan Forsyth	2
Jacqui Burgess	2
Garry Goodwin	2
Val Lambert	2
Greg O'Neill	1
Paul Poulis	1
David Anderson	1
Geoff Byham	1
Gillian Cozens	1
Brenda Parkinson	1



Brian Wyld was approved for Life Membership of SAMA at our recent AGM and Colin Hainsworth is shown above making the presentation to Brian.

A well deserved recognition.



Attention all Throwers

The Winter Throwers meet at Pembroke's Haslam Oval, corner of The Parade and Gurr's Road, Kensington Park at 9.30am each Sunday. This is a graded competition and is age related. We are using javelin, discus, hammer, weight and shot.

The object of the competition is to better each week's PB, have fun, and keep up one's throwing skills ready for the Summer Season.

BYO gear (although 1kg discus, 600 gm javelin, 5 kg shot and hammer and 9 kg weight is available).

Jim Litchfield

For enquiries: 8223 1724 or Litchfield.Jim@saugov.sa.gov.au

World Masters Athletics Championships -- San Sebastian, Spain -- August 2005

Australian Masters Athletics have appointed JALPAK Travel as the official travel agent for all AMA travel requirements in Australia and overseas. Many of our travellers would be aware that JALPAK are based here in Adelaide and in the past did an excellent job in arranging overseas group bookings for us. They know our requirements and how to liaise with the local organising groups at overseas championships.

Working with JALPAK as our athletics representative is Judy Cooper from Brisbane. Judy is the Travel Coordinator on the AMA Board and has been working as a Veterans/Masters athletics official for more years than she would admit to.

The 2005 World Masters Athletics Championships are about 12 months away and JALPAK have now released some details of anticipated airfares as well as a few ideas on travel.

For instance:

1. Negotiations are underway with various airlines and it is expected that airfares will be on offer from about \$2650.
2. Accommodation costs are not yet available from the local championship organisers but JALPAK will advise on this as soon as these are released.
3. How about some touring after the Games?
 - * Highlights of Spain and Portugal -- 13 days for approx \$2170.
 - * European Whirl -- 12 days for approx \$2755.
 - * Spain, France and Italy -- 13 days for approx \$2623.
4. JALPAK can also offer discounts on Travel Insurance, Eurail passes and car hire, accommodation and coach tours.

JALPAK Travel

Level 3/45 Grenfell Street
Adelaide 5000

Phone: 1800 150 122 Interstate and country callers
08 8231 5399 Adelaide and local callers

Email: adikss@jalpak.com.au

Register your interest by sending in your details NOW.

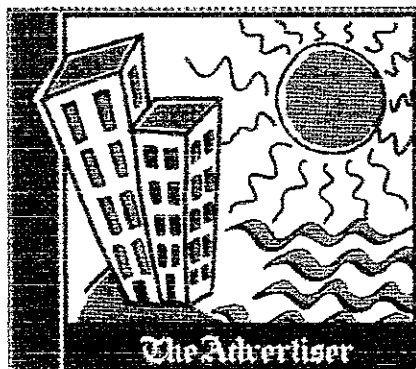
To help get this information to members, our intrepid Webmaster, Di Pardon has posted the full package from JALPAK on our web page. Remember that it is early advice and **subject to change** as more details are obtained.

This site will be updated as more information is released by JALPAK and Judy Cooper so keep your eye on it for the latest.

On the website you will also find a report by Stan Perkins who visited the area recently. Stan is most enthusiastic about what he saw and his report is a must read article by all those considering competing in San Sebastian (or even just doing the big trip you have always dreamed about).

If the internet is not for you, check with any of the SAMA Committee for a paper copy on what you are interested in.

However, if you thinking about going, register your interest with JALPAK now. As usual, for these group bookings the early birds have the best chance of getting what they want. The 2005 Championships are being held in the tourist high season so there will be a great demand for the available accommodation and airline flights.



CITY ~ BAY
FUN RUN

City Bay Fun Run and Walk

This is on again this year on September 19th and as usual is a compulsory event for many of our keen competitors.

And again, we are calling for members to offer their services to help with the organization and conduct of the City Bay. Not only does this help us with raising funds for the benefit of our club, such major events rely heavily on a large team of volunteers working beforehand and on the day.

Des Paul and his City Bay organization have given us valuable support in the past so you are urged to return this by putting your name down now as a helper.

The contact is Brian Wyld and he is usually out on a Saturday afternoon or give him a call at home on 8358 0996

Other Results and Activities

Besides turning up for most of our regular events, many of our members are also active in the wider athletics activities around South Oz.

Some recent results for these people follow and I hope I have included everyone. With so many new ones joining us recently it is a bit hard going through the results of these events and trying to recognise all the names. If you have done something special lately and I have missed it please let me know.

Greenbelt Half Marathon (and others)

Half Marathon Run	
Ian Roberts	1:26:25
Catherine McDonald	1:30:23
Linda Roestvik	1:36:50
David Sando	1:37:36
Michael Harris	1:38:16
Doug Smart	1:38:54
Christine Goodwin	1:42:59
Kelvin Jeanes	1:43:29
Allan Plunkett	1:50:07
Anthony Marsh	1:58:36
Half Marathon Walk	
George White	1:47:11
Sandy Brunner	2:07:10
10km Run	
David Anderson	43:21
10km Walk	
Rex Martin	1:08:58
Peter Derrick	1:16:58

Barossa Half Marathon (and others)

Half Marathon Run	
Steve Guy	1:18:54
Ian Roberts	1:28:15
Dennis Vlachos	1:32:02
Piet Crosby	1:33:18
Maureen Moyle	1:35:56
Linda Roestvik	1:36:44
David Anderson	1:36:52
Michael Harris	1:40:25
Doug Smart	1:42:05
Kelvin Jeanes	1:45:26
Allan Plunkett	1:45:35
Christine Goodwin	1:46:59
David Padget	1:48:08
John Bennett	1:50:11
Half Marathon Walk	
George White	1:50:54
Sandy Brunner	2:05:33
Roxy Papageorgiou	2:33:31
10km Run and Walk	
Brian Wyld	41:59
Frank Rogers	47:08
Colin Trengove	50:26
David Potter	50:5 ????
Rodger Barber	52:13

Margaret Trengove	75:39
Peter Derrick	78:35
Agathi Villios	79:38
5.5km Run and Walk	
Colin Brooks	22:01
Peter Sandery	23:38 ????
Ros Elix	41:55
Jill Rogers	44:19
Alex Georgakopoulos	50:09

Salisbury Carisbrooke Classic

Half Marathon Run	
Steve Guy	1:37:40
Ian Roberts	1:45:08
Dennis Vlachos	1:55:40
Doug Smart	2:06:34
David Padget	2:07:47
Allan Plunkett	2:09:56
10km Walk	
Sandy Brunner	59:24
Brian Fanshaw	65:25
Noel Heinrich	71:22
Peter Derrick	79:37
10km Run	
Colin Brooks	43:03
Carole Bennett	58:16

World Masters Athletics Non-Stadia Championships

These were held recently in New Zealand and we had a couple of our people competing, both in the M45 age group in the 10km road event.

Grenville Wood had a time of 34:53 and also picked up the Gold medal in the M45 Team award.

Edward Darby was our other competitor with a time of 38:36

Gold Coast Marathon

David Padget still refuses to admit that he is now past middle age and a few weeks ago tried another marathon, this time on the Gold Coast. His time was about 4:06.

The weather was a bit warm and he said his wheels fell off with a few kms to go. I find that hard to believe with David !!!

Volunteers Wanted

"The Nutritional Physiology Research group is seeking endurance trained volunteers aged 40-65 (male and female) to take part in a study looking at fat metabolism and blood vessel function. Subjects will be required to attend our clinic (Frome Rd, City) for two sessions of approximately 1 hour. Subjects will receive valuable information regarding their aerobic fitness, body composition and cardiovascular health. If you do vigorous aerobic exercise (e.g. running) 4 or more times per week and would like to be involved please call Kade Davison or Stefan Bircher on 8302 2097 or email stefan.bircher@unisa.edu.au for more details."

Kade Davison

*Research Student (Honours, Health Science)
B.AppSc (Human Movement)*

Records

Records continue to fall and our ever vigilant Statistician, George White has advised of the latest top performances by SAMA members:

Sandy Brunner

Sandy Brunner (the "Pocket Rocket") continues to destroy all in her path and on May 23rd in Melbourne, Sandy set a new **World Record** for the W60 20km Road Walk. Her time was 1:57:43 which knocked about 5 minutes off the existing record.

In the recent Greenbelt half marathon she set a new course record and a SAMA club record with a time of 2:07:10. She previously held it at 2:09:42. She followed this up with a new SAMA W60 record in the Barossa half marathon with a 2:05:33.

On our SAMA Championship day on 5th June Sandy then set a new W60 10km Walk record with a time of 58:08. She previously held this at 64:57.

Sandy then went to Salisbury for the Carisbrooke Classic and set a new Women's course record for the 10km Walk with a time of 59:24

And then for something different Sandy did the Half Marathon at Pichi Richi and set a new Women's course record for the Walk with a 2:07

George White also continues to attack the record book with a new SAMA record for the M55 Half Marathon Walk with a 1:47:11 in the recent Greenbelt event. George previously held this with 1:52:38

Club Championship day

The following new SAMA records were set for the 5km Road Run on 5th June:

Debbie Quadrio W30
22:43 no previous record

Maureen Moyle W45
20:10 previous Maureen Moyle 20:34

Christine Goodwin W50
22:23 previous M. McIntosh 23:30

Mike Allen M30
23:32 no previous record

Ian Willoughby M35
20:04 no previous record

A Correction

In an earlier Newsletter we reported the David Trembath set a new M70 1500m record of 6:04 at our Track and Field Championships in March. We were wrong -- Andrew McComb in fact holds this record with a time of 6:01.93 he ran in a heat of the 1500m in the World Championships in Brisbane in 2001.

Our apologies to both Andrew and David.

News from the National Statistician

While on the subject of records, the following comments are supplied by Clyde Riddoch, our National Statistician:

Important note for anyone even remotely likely to break a record.

It has become apparent that athletes need to be involved much more, and take greater responsibility, for claiming their performances as records. Over the years a number of athletes have discovered all too late, and to their great disappointment, that bettering a record does not automatically mean their performance will be accepted. Certainly not as a world record. The first and smartest action of all is to alert officials before competition even starts that there is a chance of you breaking a record.

Never assume officials will have 3 watches on you, or that they will have lap scorers, or that there are sufficient walk judges, or that someone is recording wind readings. Never assume that someone will run around collecting signatures from the starter, timekeepers or photo finish judge, field judges, or equipment officer, and then fill out a record application form for you. In fact, don't assume anyone will even have a record application form. Qualified officials will usually be able to provide a form of some kind, and assist in filling it out. However, if there is none available, please collect signatures, etc, on a sheet of paper, as soon as possible after the performance.

If you are not sure about any of this, please contact your State Statistician. All State, Australian & World record applications should be sent direct to them, not me. They will forward Australian and World record applications to me after they check them. I'm sure they will be pleased to hear of your record breaking performance via a quick phone call (followed by a claim in writing). It can be very difficult obtaining results, particularly from Masters Games, so State Statisticians may not know about your performance unless you tell them.

And a few more items of past glories from Ruth Webber's scrapbook:

1953: SA Amateur Athletics. Assoc. meet at Colley reserve, Glenelg.
Javelin throw, Geoff Peters 146 feet

1959: Adelaide Harriers Championships,
880 yards, Des Paul, 2:02.10

1970: SA Distance Runners Club road races,
6 mile, Gerry Hicks, 35:50
3 mile, Ron O'Neil, 15:59

1975: Aust Walkers Federation Championships,
20mile, Colin Hainsworth, 3:20:13

Think and ye shall do

If all of your training consists of long slow runs, your body will adjust and become good at doing long slow runs, but not much else. If you finish this training with your feet dragging, style ragged and feeling absolutely 'stuffed', then these will be the things that your neuromuscular system will 'remember' from that training session. Training does not just affect the body, it also involves the brain. In a general sense, the things you do to promote a healthy body also assist in maintaining a healthy brain. Linking this specifically to the athletic skills of running, walking, jumping and throwing, means that the head must be trained as well as the body.

You could spend hours per day in a gym developing individual muscles without improving your athletic performance at all. To improve athletic performance you have to train movement, not just muscle. Strong, powerful muscles (remember that strength and power are not the same thing) will contribute to improved performance when appropriate muscle fibres are recruited in the most efficient sequence possible to contribute to movement of a limb. Getting the most out of your body requires an efficient neuromuscular pattern and this can be trained. In fact, to do as well as possible in your chosen events, it is essential that you do train the neuromuscular system. This is what is meant by training the movement, not just the muscle. I'll illustrate this with reference to running, but the principles apply to any athletic event.

Look at people who have an efficient, economical running style and fix this image in your head. This doesn't mean that you have to emulate the exact style of some elite young athlete. Try to extract the elements of the image and a feeling that you can associate with a smooth flowing style. Before a race or speed training session, think your way through what you are about to do. During the race, regularly monitor your body for muscle tightness, loud footstrike noise, unbalanced leg or arm movement, etc. Go back to your mental image of good technique and try to map your running to that style.

When you train, over a week or two weeks, try to run sessions at a range of speeds, not just the one

speed. These speeds should range from short repetitions of 100% effort to your 5k/10k race speed. Even if you are not a sprinter, developing the fastest maximum speed possible is important - all your other speeds will be a fraction of this maximum. The aim of training at a range of paces is to improve your pace judgment by establishing a set of neuromuscular patterns in the brain, not just the one for long slow running. If you plan to run a set of repetitions of say 4 to 6 x 300m at your 800m race speed with 3 min recoveries, adjust your pace so that all of the 300m reps are done at the same speed and you maintain your style throughout the session. It is far better to imprint a correct pace and style in your brain from the last 300m than to run the session starting fast and finishing far slower. If your pace starts to fall off significantly, stop the session while you are still near the mark. Adjust your times and try again a few days later. If your training sessions include poor technique, rapid fall off of pace, poor mental discipline, etc, that is what you will develop. The mind and body adapt to the demands we place on ourselves.

If your style has some obvious problems, develop a set of skills activities to improve the style. For example, incorporate high knee lift jogging, high back kicks etc into your warmup routine. Try hopping or skipping to improve the stabilising muscles and the elastic response of connective tissue. Set demanding, but achievable targets so that when you do achieve a goal you get a feeling of satisfaction that will motivate you to either improve or maintain your performance. Give yourself a reward when you achieve or exceed your goals - there is nothing like a bit of self-bribery to keep the head moving in the right direction!

Editor's Comment:

As one of our world class athletes, Peter's informative comments are most welcome. Many of you would be aware that he has been on the injured list for some time and this is something that very few of us believed possible. He trains as though he is invincible and can never understand why others cannot do the same.

Lately he seems to be making a comeback and this is good news, especially as so many of us were so sad to see his ongoing injury problems which were keeping him sidelined.



South Australian Masters Athletics -- 2004 Winter Competition

DATE	VENUE	WALKS	RUNS
July 31	Burbridge Rd. Car Park. Opposite Bus Stop 14	1:45 pm - 8Km Yacht Handicap	2:15 pm - 8km Yacht Handicap. 4km Scratch
Aug 7	Bonython Pk. Opposite Coca Cola. Port Rd.	1:45 pm - 8Km Yacht Handicap	2:15 pm - 8km Yacht Handicap. 4km Scratch
Aug 14	Peacock Rd. Adelaide	1:00 pm - 20km SAMA CHAMPS	2:15 pm - Yacht Handicap 3 x 3.2km Team Relays
Aug 21	Felixstow. Car park at the corner of Briar Rd/Riverside Dr.	1:45 pm - 8Km Yacht Handicap	2:15 pm - 8km Yacht Handicap. 4km Scratch
Aug 28	Le Fevre Tce. Nth. Adelaide Meet behind playground	1:45 pm - 8km Yacht Handicap	2:15 pm - 6.6km, 4.4km Sealed Handicap. Prizes
Sept 4	East Tce. Playground. Corner Wakefield Rd/East Tce.	1:45 pm - 10Km RAFA TROPHY	2:15 pm - 6km Yacht Handicap. 3km Scratch
Sept 11	SAMA WINTER PRESENTATION Venue to be confirmed – see below	1:45 PM - 5Km Pat Peters Trophy	2:15 pm - 5Km, 2.5km Scratch
Sept 19	CITY BAY	NO COMPETITION.	NO COMPETITION
Oct. 15 to 17	Melrose Weekend	Social Weekend, bush walking, sight seeing etc	Booking required, contact Helen Suridge

11th September Winter Presentation Day

We have had to change the venue for our end of season Presentation Day which was scheduled to be held at Santos Stadium.

Certain organizations outside our control have let us down so we will have to look elsewhere.

As soon as this is sorted out we will ask Cherie to advise the details on our website. We will of course have information at the regular Saturday events.

Social News

Hi everyone

By the time you have read this, we will have had another great dinner at the Hotel Adelaide. We always get a good response to the dinners and to date, have been able to find some great venues that cater well for such a large group. So next time why not join us.

The Melrose Weekend is again popular, but always room for more. The date is the 24th – 26th September, at the Melrose Caravan Park. We have booked the bunkhouse, but some have chosen to stay in cabins or their own caravans. It is a great weekend, with plenty of time to do what you want, or join in with others for a walk or sightseeing. Also the local area provides a wonderful atmosphere to do some training. The evenings with shared meals, stories and fun are wonderful. The two local hotels provide lots of fun watching the AFL grand final. Talk to some of those who have been before, if you want to know more. Please let me know if you are interested in coming and staying in the bunkhouse. There is plenty of room for all, and you may even be lucky enough to get a room to yourself. Melrose Caravan Park's number is 08 8666 2060 if you want to make alternative arrangements for their cabins, etc.



It may sound like a long way off but put November 7th in your diary for the clubs Annual Tennis and Picnic Day at Belair National Park. More details in later newsletters.

Helen (ph: 8371 0003 or 8243 5544 at work)

SA Masters News

If undeliverable return to:
Sec. SAMA
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Bellevue Heights SA 5050
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