



SA Masters News

Official Newsletter of SA Masters Athletics Inc.

July 2005

Editorial

With our AGM now behind us, we welcome the new Committee and if you missed the event their names and contact details are shown on page 3 of this News. Arthur Jones is our new President and no doubt he will continue in that important role that has been part of our growth for some years now.

These Committee people are usually at our weekly competition venues so if you are a newcomer make yourself known to them and have a chat.

Besides the more formal "goings on" at the AGM, everyone would have been pleased to see Life Membership awarded to a couple of our particularly hard workers, Ruth Webber and Geoff Peters. Well deserved.

Everyone is urged to check the information on page 4 of this Newsletter regarding the Australian Masters Games in October.

Good luck for our athletes travelling to overseas competition shortly. We have some going to Edmonton for the World Masters Games and also some going to Spain for the World Masters Athletics Championships. For some, it will be a new experience to compete at this level but I'm sure they will do well and enjoy every moment of it all.

Frank Rogers



Our new Life Members. Geoff Peters and Ruth Webber.

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Reminder Board

Urgent

5th August

Entries close for Australian Masters Games in Adelaide.

6th August

SAMA 20km Road Walk Championships at Peacock Road.

20th August

SAMA Half Marathon Championships at Bonython Park.

23/25th September

Social Weekend at Mannum. About out 31 people have booked with Helen so far so we should have a good attendance. If not on the list contact Helen before it is too late.

10th December

Entries close for the Oceania Championships in NZ.

Coming Events

OCTOBER 2005

October 7th to 16th
10th Australian Masters Games in Adelaide.
Entries close on August 5th so time is running out.

JANUARY 2006

January 14th to 21st
Oceania Masters Athletics Championships
Entry Forms are available now from George.
These don't close until 10th of December but the urgent thing is to get your accommodation and travel bookings made soon.

MARCH 2006

The World Masters **Indoors** Championships will be held from March 15th to 20th 2006 in Linz, Austria.
All the details on www.linz2006.com

APRIL 2006

April 1st to 8th
Port Pirie State Masters Games.
Always a popular event for our people.
Register by calling 1800 000 424

OCTOBER 2006

October 21st to 28th
Alice Springs Masters Games
Check on www.alicespringmasters.nt.gov.au
or phone 1800 658 951

The following letter was recently received by our Committee from Jim Thomas, one of our more mature age members who competed at our T&F Championships a few months ago:

What a pleasant surprise to get a medallion for the Championships — my first trophy since the Bay Sheffield in 1948. We have some very nice people in the Vets (Masters). I like the whole atmosphere, each of us aims after our personal best. That's what it is all about but running in races is still a delight. My time for this 100m is approximately my time for my one and only 220 yards at Stawell back in 1950.

I do look forward to running fairly often in the coming season.

Best wishes from Jim Thomas, one of your octogenarian sprinters.

*Sincerely
Jim Thomas*

(Thanks for your comments Jim. How about some more letters and comments from members. Some constructive ideas on what we do, some anecdotes or really hot gossip about your fellows is always welcome.)

From the Committee

A Vibrant Future Depends on a Clear Picture of the Past

Raised in our recently adopted Strategic Plan, the development of a Club History is a matter of growing urgency. It is time to collect information about our early days! We need information on the way the club originated, how it grew and what were its significant milestones? Who were the stars and who were the characters? What strange events were competed for and what strange things did some of our members get up to? So please if you have anything on the history of our club please contact me. While I welcome receiving anything in writing or copied, I understand this is not the best way to get information. People need to be caressed or squeezed! I am looking for other members to help me cover as many of our members from the 1970s as possible. We need to talk to them and get them to answer questionnaires – take notes or tape record them if necessary. Collect photographs and raid scrapbooks! It has to be done at a personal level as people are rightly concerned about letting memorabilia go out of their hands. In particular I would like to see all past Presidents and Secretaries provide information on what they consider to be the achievements and disappointments of their term in office. To those who know or are still in touch with some of our previous members from the early days, I ask that you contact me to assist in the collection of as much information as possible. Lets get the 1970s done first, the 1980s and 1990s will be much easier.

George White, Secretary SAMA.

(during my absence overseas in July/Aug please contact Frank Rogers with any information you may have)

Club Uniforms

To add to our range of uniform items we now have dress polo shirts available at \$38 each. These look very smart and can be worn for some of your more formal occasions.

We also have plenty of track tops available.

And a reminder for those going to San Sebastian and also to Christchurch next year. Wearing of the Australian uniform is compulsory.

Jill Rogers, Uniform Officer SAMA

Membership Renewals

If you are one of those who have not renewed their 2005/06 SAMA membership you will find a renewal form enclosed with this Newsletter. This must be returned to me without delay. In a few weeks time the names of all those who have not renewed will be removed from my membership list.

Richard Moyle, Registrar SAMA

From the President

Since the last News Letter we have had an AGM. For those members that could not attend, there has been a slight change in the make-up of the committee (details elsewhere). Life memberships were awarded to Ruth Webber and Geoff Peters. I can not think of two more worthy recipients. Certificates of appreciation were also awarded to Colin Hainsworth and Dave Padget, both of whom have decided to retire from the Committee after many years of sterling service. Colin had been our President for the past five years a position that he filled capably. I only hope that I can continue in a similar vein. Although they have both "retired" they will both still be active helpers!!! To the new members on the Committee – Welcome.

Now to the future. I believe we have an excellent Committee. We will be striving to improve the Clubs position in the areas of equipment, financially and the way that we operate. In September the City-Bay will be upon us, this means that we will be calling for members to assist, prior to and on the day. This is an excellent opportunity to boost our funds. The organising committee

are offering \$25 per helper. We will also have at the finish a booth to promote SAMA in an attempt to gain more members.

Shortly after the City-Bay we will be involved in the Australian Masters Games athletics programme. Again we need as many as possible to help conduct the athletics programme. We will also have a stand promoting our Club. Any "summer only" athletes who can assist please get in touch.

An area that new committee is looking very closely at and that is training/coaching. If we want to attract new members we must be able to offer more than competition only. his and many more new initiatives the Committee will be introducing in the future.

It looks as if the Committee and the regular band of dedicated helpers will have a lot on their plates, so if any member can assist in any way it would be greatly appreciated.

Arthur.

SA Masters Athletics – Club Contacts

President	Arthur Jones	8289 1164	ajons@iimetro.com.au
Vice President	John Hore	8332 1325	jhore@bigpond.net.au
Secretary/Statistician	George White	8357 5637	ghw@chariot.net.au
Treasurer	Rodger Barber	8387 3486	barber@bettanet.net.au
Registrar	Richard Moyle	8264 9239	rmoyle@bigpond.net.au

Committee:

Glynn Boyce	8379 2539	
Christine Goodwin	8390 2292	fifthcreek@ozemail.com.au
Elaine MacFarlane	8297 7868	
Rob McFadden	8263 4813	mcfadden.rob@saugov.sa.gov.au
Jill Rogers	8332 8815	rogersfj@bigpond.net.au

Other Contacts:

Club Delegate (ASA) email:	Peter Sandery	8339 3504	psandery@senet.com.au
Social Organiser: email:	Helen Suridge	8371 0003	helen.suridge@health.sa.gov.au
Webmaster email:	Di Pardon	8296 7184	pardon@bettanet.net.au
News Editor: email:	Frank Rogers	8332 8815	rogersfj@bigpond.net.au

Committee areas of responsibility

Race Walking:	Arthur Jones
Running:	John Hore
Field Events:	Glynn Boyce
Equipment:	Rob McFadden
Uniforms:	Jill Rogers
Trophies:	Elaine MacFarlane
Safety:	“ “
Lost Property:	“ “

SAMA Website: <http://members.bettanet.net.au/~sama/>
For our weekly results, social items and general Club information.

10th Australian Masters Games October 2005

SAMA members would be aware of the Masters Games being held in Adelaide in October and the Registration Booklet, which has been available for some time now gives all the details of the competition.

In our last Newsletter we mentioned the importance of having a large number of members put their hands up to help at the various athletic venues. In this Newsletter we need to wrap things up and let you know what is needed from you.

By arrangement with the Masters Games organisers we need to nominate SAMA members who wish to register as "*Sports Volunteers*" to help with the athletics program which we are helping to conduct. Part of the registration process is for all to attend a short briefing session with the Games people. As a reward for this you will be given a Polo Shirt, Bucket Hat and a Back Pack, all emblazoned with the Games logo. You will also be entitled to free public transport during the Games.

To join the lofty ranks of a Sports Volunteer you will have to help at a minimum of 2 sessions of competition. A session is a half day during any of the 4 days of the Track and Field competition at Santos Stadium or helping at one of the 4 non-stadia events. This gives you the option to select any 2 (or more if possible) of the 12 sessions on offer.

To help you decide and to make sure you don't clash with your own events the following is the athletics schedule:

Friday 7th October

100m, 800m, 1500m Walk, Hammer, High Jump, Sprint Hurdles, Shot Put, Pole Vault

Saturday 8th

200m, 300/400m Hurdles, 1500m, Discus, Javelin, Long Jump, Weight Throw

Sunday 9th

400m, 5000m Walk, Steeplechase, Triple Jump, Weight Pentathlon (Hammer, Shot, Discus, Javelin & Weight)

Monday 10th

5000m, Pentathlon (Long Jump, Jave-

Entries for these Games close on 5th August. Do it now. The easiest way is on-line at: www.australianmastersgames.com

lin, 200m. Discus, 1500m)

Wednesday 12th

Cross Country, Road Walk

Saturday 15th

Street Mile

Sunday 16th

Half Marathon

From this list it is obvious that everyone can select a few sessions without affecting their own events. Sprinters, race walkers, field eventers, distance runners — you are expected to do your duty !!!

Advise your selection to Arthur Jones or Frank Rogers **without delay**.

We need to finalise the list of these volunteers as soon as possible.

For those who feel that they could do with some pre-games coaching and/or training there are a few options for you:

- (a) The City Bay provides a free coaching session at Santos Stadium on Wednesday evenings from 6:00 to 7:30pm. This is aimed primarily for newcomers aiming for the City Bay on Sept 18th but this could be a help for the Masters Games later on as well. Peter Sandery is involved in this so give him a call on 8339 3504 if interested.
- (b) Other coaching, specifically aimed for competitors in the Masters Games is also being provided at Santos for the track and field events. These sessions are from 12:00 to 1:30pm on Mondays and Wednesday as well as on Sundays from 3:00 to 5:00pm
Glynn Boyce (phone 8379 2539) can give more details if needed.

Life Members

As mentioned elsewhere in this Newsletter, Ruth Webber and Geoff Peters were awarded Life Membership of our Club at the recent AGM.

They join others who have been awarded this honour over the years and the Committee recently decided that our full list of Life Members of SA Masters/Veterans Athletics should be included in this News for information of members, so in order of their nomination dates we have:

Des Paul
Don Parker
Kurt Postler
Glynn and Paul Boyce
Frank Rogers
Brian Wyld
Ruth Webber
Geoff Peters

City Bay 2005

The annual City Bay is being held this year on Sept 18th and as usual we are calling for helpers from club members to assist the organisers with getting the event organised and conducted. Helen Suridge has taken on the job of co-ordinating our volunteers for the City Bay people so please contact Helen and offer your support.
Phone: 8371 0003 or email: helen.suridge@health.sa.gov.au

Getting Younger

Looking at a recent report on our members issued by Richard, our Registrar I notice that the age group in which we have the most members is the 50-54 age group. Some years ago it was the 65-69 group so the present change is welcome.
We need more younger faces in our ranks.

SAMA Winter Competition — 2005

Our weather drought has certainly passed and we have had a couple of wet ones. Interesting to see the wimps who don't like getting wet !! The new trailer and all the things that Geoff Peters manages to pack onto it really comes in handy on such days. And it was good to see Geoff back on the track again recently after a long lay off — cannot keep a good man down.

Our new venues at Largs Bay and West Beach have caused some agro for a few people. It must be something about the beachside which causes the less nimble footed to hit the deck. At least it has given our on site medical help a bit of work to do in tending to the wounded.

Our Cross Country Championships on 4th June was combined with Athletics SA who used our course for their CC event and the number of competitors provided a bit of interest for some of us who like to note these things. The Athletics SA event attracted 15 competitors which is for all other clubs in total. We had about 63 SAMA members competing in our 2 Cross Country runs and the walk so by my reasoning we must be doing something right.

Results for the last few weeks are as follows:

14th May

Bonython Park

12km Walk Sealed Handicap

Cynthia Dally	1:32:40
George White	1:00:48
Peter Papa.	1:32:13
Leigh Smith	1:22:49
C.Hainsworth	1:22:24
Deryck Skinner	1:24:13
E.MacFarlane	1:44:46
Roxy Papa.	1:31:38

8km Walk Sealed Handicap

Gill White	1:04:03
Agathi Villios	1:00:57
Fred Brown	1:08:36
Sarah Scurr	1:06:34
Lillian Harpur	1:04:03

10km Run (handicap)

Stan Miller	51:14
Rodger Barber	47:14
R.Sjoerdsma	59:46
Elizabeth Slattery	40:34
Dennis Vlachos	39:48
Mike Hopkins	41:02
Brenton Riches	44:06
Roy Sutcliffe	54:52
Iain Willoughby	41:24
Richard Moyle	42:34
Christine Goodwin	44:27
Iain Dobbie	54:33
John Hore	49:13
Gary Goodwin	51:31

5km Run (handicap)

Trevor Miller	27:20
Stephen Davies	21:33
Frank Rogers	21:34
David Trembath	25:11
Kurt Postler	30:39
Val Lambert	32:18
Peter Gregg	35:51
John Hill	23:23

Valmai Padget	29:47
Kris Wolszczak	18:10
Brian Wyld	20:54
Paul Moyle	21:58
Jennifer Hilbig	26:21
Don Parker	24:48
Paul Boyce	26:00
Frank Scurr	28:31
Richard Everson	20:41
Loris Reed	20:55
Glynn Boyce	39:57



In action, new club member, Sarah Scurr

21st May Largs Bay

8km Walk (handicap)

Elaine MacFarlane	65:46
Sarah Scurr	64:56
Peter Derrick	63:10
Peter Papa.	60:55
Leigh Smith	53:47
Ron O'Neil	56:28
Angela Lekkas	61:09

Gill White	64:09
Fred Brown	69:06
Colin Hainsworth	54:14
Jill Rogers	64:35
George White	41:37
Trevor Millard	59:24
Arthur Jones	53:30
Agathi Villios	62:29
Cynthia Dally	62:41
Roxy Papa.	58:42
Paul Boyce	23:22
Val Lambert	29:26
Trevor Miller	25:44

28th May

Adelaide Harriers

10km Walk

SAMA Championship

W70	
Ros Elix	75:00
Cynthia Dally	75:33
W60	
Roxy Papa.	71:23
Elaine MacFarlane	82:17
W55	
Geraldine Waites	61:10
Barbara Cain	65:37
Agathi Villios	75:33
Gill White	80:05
Lillian Harpur	82:55
W50	
Dian Goodger	63:19
M80	
Fred Brown	87:18
M75	
Colin Hainsworth	67:06
M70	
Leigh Smith	68:43
M65	
Arthur Jones	65:50
Peter Papa.	75:30
M55	
James Hoare	65:39
M40	
John Leydon	53:46
W45	
Julian Hafner	45:12
Stan Miller	51:07
John Hore	47:42
Hillary Winchester	52:22
Geoff Byham	46:02
Roy Sutcliffe	54:06
Iain Willoughby	41:42
Val Lambert	69:05

25th June Peacock Road

5km Walk (handicap)

Colin Hainsworth	32:30
Richard Everson	24:36
Frank Scurr	34:15
Arthur Jones	32:17
Rob McFadden	27:04
Peter Papa.	37:39
Trevor Millard	35:32
Marg. Trengove	38:28
Gill White	38:28
Fred Brown	42:16
Leigh Smith	32:58
Lillian Harpur	38:47
Sarah Scurr	40:23
George White	24:38
Roxy Papa.	33:25
Elaine MacFarlane	38:57
Geoff Kennett	40:54
Angela Lekkas	37:53
Agathi Villios	37:55
Alex Penglis	43:32

5km Run (scratch)

Rob King	17:13
Kris Wolszczak	18:25
Stephen Gale	18:42
Ian Roberts	19:07
Dennis Vlachos	19:15
David Standeven	19:19
Elizabeth Slattery	19:22
Terry McKenna	19:37
Iain Willoughby	19:43
Cath. McDonald	19:44
Stephen Davies	20:17
Brian Wyld	20:32
Richard Everson	20:47
Geoff Byham	20:49
Doug Smart	21:10
Debbie Quadrio	21:11
Christine Goodwin	21:12
Julian Hafner	21:53
Richard Moyle	21:56
Piet Crosby	22:02
Frank Rogers	22:25
John Hore	22:43
David Padget	22:50
Margaret McIntosh	23:23
John Hill	23:31
Don Parker	23:56
Hillary Winchester	24:00
David Potter	24:04
Stan Miller	24:14
John Martin	24:25
Patricia Berry	24:39
Iain Dobbie	24:47
Colin Trengove	25:16
Noel Heinrich	25:35

Debbie Lee	25:43	Brian Wyld	42:58
Jennifer Hilbig	26:19	John Hore	47:40
Paul Boyce	26:25	Debbie Quadrio	44:43
Trevor Miller	28:59	Frank Rogers	47:19
Rich. Sjoerdsma	29:20	Iain Willoughby	42:08
Val Lambert	31:13	Geoff Byham	44:53
Kurt Postler	31:46	David Trembath	56:03
		Richard Moyle	47:30
		Doug Smart	46:24
		Dennis Vlachos	42:38

Leigh Smith	1:42:30
M65	
Arthur Jones	1:39:19
Frank Scurr	1:45:35
M60	
George White	1:15:05
Bill Starr	1:36:09
M40	
John Leydon	1:23:31



A couple of our regulars. Paul Boyce and Don Parker in action at Peacock Road.

10k Walk

Richard Everson	54:40
Rob McFadden	56:12
Elaine MacFarlane	81:22

7.5km Walk

Alex Georgakopoulos	67:48
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5k Walk

Trevor Millard	35:33
Lillian Harpur	39:29
Jill Rogers	40:01
Sarah Scurr	41:06

2.5k Walk

Geoff Peters	24:19
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10km Run

SAMA Championship W50

Maureen Moyle	41:56
Christine Goodwin	43:18
Patricia Berry	55:03
W45	
Cath. McDonald	40:41
W40	
Elizabeth Slattery	41:04
M70	
David Padget	46:28
Rich.Sjoerdsma	61:40
M65	
Brian Wyld	41:56
Frank Rogers	45:15
Rodger Barber	49:08
Don Parker	49:53
Iain Dobbie	53:34
M60	
Doug Smart	44:00
Stan Miller	49:41
M55	
D.Chittleborough	39:48
John Hore	47:26
David Potter	50:32
M50	
Rob King	35:32
David Standeven	39:30
M45	

2nd July West Beach

10k walk (handicap)

Deryck Skinner	67:16
Peter Papa.	76:19
Frank Scurr	69:50
Arthur Jones	66:06
Trevor Millard	73:01
John Leydon	55:07
Leigh Smith	68:02
Gill White	79:50
Fred Brown	87:43
Agathi Villios	78:02
George White	51:54
Sarah Scurr	83:45
Colin Hainsworth	69:21
Elaine MacFarlane	83:02
Roxy Papa.	71:55
2.5km:	
Jeff Kennett	21:32
5km:	
Alex Penglis	46:54
7.5km:	
Jill Rogers	61:00
A.Georgeakopoulos	68:18
10k run (handicap)	
Colin Brooks	40:56
Rodger Barber	47:41
Stan Miller	49:48
R.Sjoerdsma	60:51

Hillary Winchester 51:07

5k run (handicap)

Glynn Boyce	37:29
Trevor Miller	28:13
Sally Taylor	22:26
Patricia Berry	24:17
John Hill	23:15
Christine Goodwin	21:12
Paul Boyce	26:37
Don Parker	24:11
Noel Heinrich	25:57
Val Lambert	31:36
Valmai Padget	30:08
Di Pardon	32:31
Kurt Postler	38:17

9th July Peacock Road

15kWalk

SAMA Championship

W60	
Sandy Brunner	1:33:50
W55	
G. Waites	1:33:13
W40	
Dian Goodger	1:43:09
M75	
C.Hainsworth	1:44:29
M70	
Deryck Skinner	1:41:12

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Dennis Vlachos	41:19
Stephen Davies	42:08
Richard Moyle	46:27
M35	

Ian Roberts	39:57
Iain Willoughby	41:32

5k Run (handicap)

Kris Wolszczak	18:21
Terry McKenna	19:35
Paul Moyle	21:37
Debbie Lee	25:31
Paul Boyce	26:26
Ruth Taylor-Hull	27:35
Valmai Padget	30:55
Peter Gregg	33:42
Kurt Postler	35:37



In action, Leigh Smith

Records

This is our latest list of record breakers:

SAMA Championships 29th May:

W70	10k Road Walk	Ros Elix	75:00
	Previously	Ros Elix	77:03
W55	10k Road Walk	Geraldine Waites	61:10
	Previously	Roxy Papa.	68:41

SAMA Championships 4th June:

W60	8km CC	Valmai Padget	53:28
	Previously	Val Lambert	54:06
W55	8km CC	Loris Reed	34:54
	Previously	Sonia Simpson	36:58
W50	8km CC	Christine Goodwin	36:49
	Previously	Sandra Kramer	37:34
W45	8km CC	Catherine McDonald	33:32
	Previously	Christine Goodwin	41:10
M75	8km CC	Roy Sutcliffe	44:42
	No previous record.		
M65	8km CC	Brian Wyld	35:24
	Previously	David Padget	36:13
M50	8km CC	Rob King	28:32
	Previously	Richard Johnson	29:51

At Peacock Road, 11th June:

M60	20km Walk	George White	1:47:02
	Previously	Murray Marker	1:54:37

SAMA Championships 9th July:

W55	15k Walk	Geraldine Waites	93:13
	Previously	Valmai Padget	106:48
W40	15k Walk	Dian Goodger	103:09
	No previous record		
M75	15k Walk	Colin Hainsworth	104:29
	Previously	Dick Larkin	115.31
M60	15k Walk	George White	75:05
	Previously	Murray Marker	84:16
M40	15k Walk	John Leydon	83:31
	Previously	Stuart McPherson	98:50

Happy Birthday

Happy Birthday to the following who celebrated during June and July:

June

Jenny Battersby	45
Geoff Byham	59
Jerry Cayzer	72
Lio Ferrante	37
Garry Goodwin	55
Tom Halliday	66
Michael Harris	44
Bill James	68
Kelvin Jeanes	45
Peter Kitschke	74
John Lisiewicz	43
Maureen Moyle	50
Alex Papageorgiou	36
David Robertson	72
Sue Robinson	52
Doug Smart	62
Bill Starr	63
Ruth Taylor-Hull	48
Hans van Bavel	56
David Anderson	53



July

Lorraine Baron	56
Paul Boyce	69
Chris Collins	56
Ed Darby	47
Brian Fanshaw	68
June Funnell	70
Avril Hill	57
Peter Jenkins	77
Jeff Kennett	55
Catherine McDonald	46
Peter Sandery	64
Louise Schrama	54
Michael Tagell	49
Sally Taylor	44
George White	60
Kris Wolszczak	45
Jeff Zweck	35

Christchurch — 2006



Greetings to all from Christchurch and welcome to our second newsletter. As promised last time this newsletter is focused on the accommodation options available for your visit to Christchurch.

Christchurch has a full range of accommodation from four and five star hotels to camping grounds and backpacker hostels. The price ranges from about \$80 to \$200 a night for a double room in a hostel or hotel but probably the most popular option is a motel. In Christchurch these normally come with full self catering facilities but you should check this especially for central city motels. A one bedroom unit with full facilities will cost around \$100 a night but if you can organise with friends for a two or three bedroom unit it is significantly cheaper. Camping grounds are a cheaper option with more basic facilities in cabins or on-site vans.

There are three areas in the city which are most likely to suit competitors. Closest to our venue at Queen Elizabeth II Park is the New Brighton area where there are backpacker hostels, motels and a motor camp. It is about 3km from the park and about 10km from the city centre. There is a bus service direct to the park and others to the city centre. This is the area to stay if you want the beach as well as athletics and it also has a number of golf courses near by. The local shopping centre has all you will need for a motel stay but tourist shopping is in the city centre.

If you want to get out in the evenings then the city centre is the best location. There is a whole range of accommodation apart from motor camps and there are bus services direct to the park. Anywhere within "the four avenues" (Moorhouse, Fitzgerald, Bealey, Rolleston) will be within walking distance of a bus route. There are several motels on Bealey Ave. which are just about the closest to the city centre. Most of the restaurants, bars, movie theatres and good shopping are found within the four avenues. Next to Rolleston Ave. is Hagley Park where the 10km walk will be held.

Papanui Road is the other concentration of accommodation that will probably suit visitors. Mostly it has motels and medium cost hotels but nothing much in the lower cost bracket. It has bus access to the park and is near the Merivale shopping centre which is a fashionable suburb with restaurants, bars and shopping. There is easy access to the city centre by bus or taxi (about 2km) so this is quite a good compromise between being close to the city centre without actually being in it.

If you want to check out public transport when looking at accommodation go to www.metroinfo.org.nz which has route maps, timetables and all the other info you need. For a whole lot more information about the city, go to www.ccc.govt.nz and particularly the WELCOME section.

For accommodation information, try www.christchurchnz.net which covers all types and price ranges. Remember though that January is the height of the summer holiday season so early bookings are essential.

Christchurch is a great city for running and the following will give you some ideas to try out while here. **Hagley Park.** Comprises North Hagley 3.75 kms around and South Hagley 3.7 kms which are bordered by some of the city's main avenues. It includes the Botanical Gardens and many sport fields. At any time of the year you will find runners in the park. For any one that wants to do repetitions or time trials a course is accurately marked out around North Hagley in 500m intervals.

Halswell Quarry Park. Is located south west of the city the local cross country champs are held there most years, a great place to train for cross country running from there you can run all the way up to the top of the Port hills.

The Port Hills. Have every type of hill running imaginable, starting with gentle runs along the track between the Sign of the Takahe to the Sign of the Kiwi which is about 3.5kms long. Victoria park which you pass on this run has lots of tracks to train on and is a nice spot for a picnic. There are lots of long runs available on the hills if you have the time. Rupaki Track is a good steady climb great views of the city and Lyttelton Harbour at the top.

River Runs. The Avon river runs right through the center of Christchurch with tracks along the bank in most places. From the central city you can follow the river to Hagley park or all the way out to Q.E.11.

The Forest. Bottle Lake Forest is an excellent training area that is easy on the legs. This is a 1000 hectare forest only about one kilometer from Q.E.11 park where the track and field and cross country events are to be held. The forest offers tracks especially for mountain bikers, so keep a look out for bikers if you choose to run on one of their tracks. Still lots of running tracks one of which is 16kms long. very popular for a long run on Sundays.

The Beaches. There is plenty of beach in Christchurch to run along 18 kms of it, very pleasant on nice summers day when the tide is out. New Brighton beach is about 1 km from Q E 11.

We will give you more information, especially on the many activities in the Christchurch area in our next newsletter.

All the best with your training for January.

The Christchurch Local Organising Committee

Other Results and Achievements

Thredbo National Running Week

An event some of our more keener people never miss is the annual Running Week at Thredbo in January. I don't know what the attraction is in going up and down mountains. Must be in some of the after hours goings on which appeal so much. This year we had the following members and supporters who took part:

Kosciuszko Ckassic on 15th January

3. Stephen Gale	25.16	1st O/40 M
6. Harry Waterhouse	26.31	2nd O/50 M
7. Peter Sandery	26.54	1st O/60 M
9. Reidar Bradvold	28.57	3rd O/40 M
14. Linda Roestvik	30.22	1st F, 1st O/40
24. Christine Goodwin	35.39	3rd O/50 F
30. Hilary Winchester	39.46	

Crackenback Challenge on 8th January.

10. Stephen Gale	24.08	2nd O/40 M
17. Peter Sandery	27.27	1st O/60 M
24. Linda Roestvik	29.57	2nd O/40 F
38. Peter Virgo	34.21	
47. Hilary Winchester	36.39	3rd O/50 F
49. Christine Goodwin	37.09	
57. Graeme Hopkins	45.00	

Great Ocean Road Marathon

This is called a "marathon" but in fact is a 45km run from Lorne to Apollo Bay in Victoria. There are other shorter distances on offer and it was held for the first time on May 15th. The organisers expect it to be an annual event and it is something to put on your travel calendar for next year.

We had three SAMA members who fronted up for the 45km run and their results are:

John Bennett	4:10:18
Doug Smart	4:27:52
Kelvin Jeanes	4:32:54

Queens Birthday Handicap

This is another of the regular events that have been held seemingly for ever and very popular for our members. This year those SAMA people having a go in the 5km Yacht Handicap run were:

Val Lambert	31.31	1st overall
Patricia Berry	24.53	2nd overall
Andy Loudon	17.18	
Hillary Winchester	24.37	
Richard Sjoerdsma	28.54	
Bob Pearce	18.48	
Dennis Vlachos	19.15	
Alan Sim	19.43	
Peter Sandery	17.53	
David Standeven	19.13	
Steven Gale	18.24	

Barossa Half Marathon.

This event, together with supporting races is always popular with members and this year those competing were:

Half marathon run

Rob King	1:18:25
Michael Tagell	1:21:43
Peter Sandery	1:23:43
Bob Pearce	1:28:26
Cath. McDonald	1:30:08
Liz. Slattery	1:30:40
Colin Brooks	1:31:03
David Standeven	1:32:16
Piet Crosby	1:33:50
David Sando	1:38:13
Dennis Vlachos	1:39:51
Doug Smart	1:46:10
Richard Moyle	1:46:30

Allan Plunkett	1:47:58
Rodger Barber	1:54:01
Kelvin Jeanes	1:57:44

Half marathon walk

George White	1:50:01
James Hoare	2:23:30
Deryck Skinner	2:27:19
Rex Martin	2:32:23
Ron O'Neil	2:33:22

(the above filled the first 5 places)

10km run

Christine Goodwin	43:59
Trevor Miller	59:26

10km walk

Barbara Cain	65:30
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5km walk

Peter Derrick	41:44
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Patricia Berry and Val Lambert.
First two home in the recent Adelaide Harriers Queens Birthday Handicap

Russel Johnson	17.48
Loris Reed	20.04
Ian Roberts	18.52
David Padget	23.01
Christine Goodwin	21.11
Piet Crosby	20.52
Rob King	17.40
Paul Moyle	21.41
Maureen Moyle	20.11
Mick Tagell	18.55
Doug Smart	22.46
Valmai Padget	31.30
Catherine McDonald	22.45

How fast you run repetition distances and the length of the recoveries that you take after each repetition determine the training effect that you get from a session. To illustrate why this is so we need to look at muscle biochemistry. Slow twitch muscle fibres, operating aerobically, provide most of the power needed for low demand activities. When we need to make quick or powerful movements, fast twitch muscle fibres are recruited. Anaerobic energy can be supplied without generating lactate using stored creatine phosphate (CP) for up to 20 seconds to power high speed running. Creatine phosphate supplies around 70% of the energy for a 100m sprint and 40% for 200m.

When the stored CP is depleted and demand continues, the lactic pathway provides the majority of the energy needed. The lactic contribution is around 45% for a 200m sprint and 60% for 400m, falling to 40% for 800m. Initially, the body can cope with the rising acidity resulting from lactic energy production in muscle cells, but if the effort is sustained, this acidity increasingly causes muscle fibre energy production to shut down.

As breathing rate and heart rate increase, aerobic energy production also increases, but slow twitch fibres lack the power of the fast twitch variety. The result is that less power is available to move the legs and they begin to feel heavy. At the same time, the increased muscle cell acidity is sending signals to the brain to stop the activity that is causing pain. All three energy supply systems operate at any time to some degree with the power outcome determined by which predominates. The CP system takes

at least 2 minutes for the aerobic system to 'recharge' it when you stop running. The effects of anaerobic lactic saturation may take 24 hours or more to recover from.

Assume that you have completed an appropriate warmup routine and have decided to run a session of repetitions aimed at improving your 800m times. There are several options, depending on your current strengths and weaknesses. Remember that you should have a good base of cardiovascular training before doing repetition /interval training. Set reasonable targets for pace and the number of reps you attempt initially and plan a session of easy running the day after each interval session. It is better to start conservatively and build up than to be over ambitious, develop an injury and have to abandon training for weeks.

A session of 3-6 x 300m at 400m pace with 8-10 minute recoveries once a week will develop lactic power. Start with 3 reps and gradually build up to 6 over a period of weeks. The long recovery allows CP stores to be replenished, cell acidity to be lowered and heart and breathing rates to drop to normal. High speed 300m reps like this also contribute to an increase in your maximum aerobic speed.

A session of 5-6 x 300m at 800m pace once a week with recoveries starting at 60s and reducing to 30s over a period of weeks will assist in developing lactic capacity. The pace, distance and decreasing recoveries do not allow CP to be replenished. There will be an increasing lactic 'load' throughout the session. You will have to maintain pace while, towards the end of the

session, it becomes more difficult to do so. Breathing and heart rates will still be elevated when the next rep starts, but this means that the aerobic system will be 'primed' to contribute at a higher rate than it would at resting rates. This type of training helps the body to buffer muscle cell acidity (ie deal with a higher rate of lactic production) which means that you can sustain high power lactic output for a longer period and hence run faster races. It also trains you to tolerate the discomfort (some call it pain) of sustained anaerobic training and to develop pace judgement. In an 800m race, you are either hurting or not trying - it is that kind of race.

This type of training is best done with one or more training partners - most of us do not like to suffer alone. In both cases, it is important that the reps be run at the same pace throughout the session. Doing the first at furious pace and then dying for the rest of the session is not good practice. Saving effort to 'beat' training partners over the last rep is also counter productive - there are no prizes for winning the training.

Notice that, after a few weeks you may be doing two sets of 5 reps of 300m each week or over a longer cycle of days, but because the pace and recovery periods are different, the training outcomes will also be different. (There are other combinations of distance, pace and recovery that will achieve similar outcomes.)

The Good Old Days

A few more items to bring back memories for those of us who don't like looking too far ahead:

Our retiring President, **Colin Hainsworth** first joined the Veteran/Masters ranks in 1981 and an extract from the Club Newsletter at the time made mention of this: *the Veterans Club recently welcomed Colin Hainsworth into its ranks. Colin, former English walker with a particularly fine road style, is one who recently made a comeback we congratulate him on winning the 10km and 20km Vets Championship. He has also walked extremely well in open competition and it is good to see his return to competitive walking.*

A item in the 1986 issue of our now defunct National Newsletter talks about the efforts of another of our walkers, Lilian Harpur:*when it comes to sheer courage and determination, pint sized Lilian Harpur from Eden Hills, SA six times National road walk and track champion, to date unbeaten since 1971 has certainly got what it takes....*

Discovered, and subsequently coached by evergreen champion, Jack Webber, since moving to Adelaide in 1970 it seems she was destined to become a walker from an early age.

Back home in her native Ireland, even as a young child, distance meant little to her as often she would walk up to 45 miles in a day. In fact, on one rather memorable occasion, after a passing motorist had reported having seen a little girl carrying a bag early in the morning and the same girl, 45 miles away later in the day, the local police felt it was necessary to hold her in custody until it was established that she was not running away from home! She was then released to spend the night in the village, and promptly walked back home the following day.

Another item supplied by Don Parker is the result of the **Patawalonga Relays** conducted on 23rd of April 1982. We had quite a good attendance from our longer serving members and many of these fronted up for the 3000m course more than once on the day and for a variety of clubs. Results are:

Open 4x 3000m

WD No.1	Grenville Wood	8:56
WD No.2	Dave Turner	9:41

Senior 4 x 3000m

AH No.3	John Burnell	10:03
SD No.2	Chris Sutcliffe	10:17
Vets No.1	Peter Sandery	10:09
	Doug Smart	10:51
Sal No.1	Rob McFadden	10:31
UC No.5	Noel Pardon	10:51
SD No.3	Roy Sutcliffe	11:30
AH No.7	Des Paul	11:38
Vets No.2	Jerry Cayzer	11:30
Sal No.2	Peter Gregg	12:06

Veterans 4 x 3000m

Vets No.2	John Martin	11:46
UC No.4	Geoff Byham	10:59
	Hans van Bavel	12:36
	Noel Pardon	11:24
Comp No.2	Siggy Grimm	12:08
UC No.3	Brian Wyld	11:07
	Geoff Byham	11:54
Sal No.3	Rob McFadden	12:24
EH No.2	Ron O'Neil	11:27
WD No.6	Tom Morgan	12:48
Vets No.10	Tony McLarty	11:23
Vets No.9	Kurt Postler	13:49
	Don Parker	11:44
Vets No.6	Paul Boyce	12:38
Vets No.8	Glynn Boyce	13:39
	Adam Miojlic	15:15

Brings back a few memories doesn't it. Many of these 3k times look pretty good to me.

World Masters Championships

An item in the NSW Masters Newsletter "The Waratah" attracted my attention. The article was written by John Sturzaker and he was asking the question why we have two World Masters athletics competitions. Every two years we have our own World Masters Athletics Championships and every four years the World Masters Games are held which include athletics as one of the sports on offer

This year the World Masters Games are Edmonton in July followed by our own World Masters Athletics Championships at San Sebastian in August. We have a few of our members attending one or both of these championships and they have been forced to make a decision on which one they will attend. Such competition between the two organisations is not necessarily good for the sport.

John asks why not hold the WMA Championships as a stand alone event one year then two years later hold this as the athletic component in the World Masters Games.

What do you all think ?? Sounds OK, although getting the two organisations to agree to such a radical change without the usual politics which often rears its head could be another thing.

Not too sure how you would handle non registered athletes as part of the medal award process for our side of things.

Anyway, some food for thought and a good opening for some enterprising soul who would like a real challenge in life !!.

The SAMA Walk and Run program for the remainder of the 2005 season is shown below

All enquiries : Runs: John Hore 83321325
Walks: Arthur Jones 82891164

DATE	VENUE	WALKS	RUNS
July 23	Le Fevre Tce. Nth Adelaide Meet behind playground	1:45 pm – 8km Yacht H/cap	2:15 pm – 6.6km & 4.4km Yacht Handicap
July 30	Bonython Park. Opposite Coca Cola. Port Rd.	1:45 pm – 10km Yacht H/cap	2:15 pm - 10km & 5km Yacht Handicap
Aug 6	Peacock Rd. Adelaide Adelaide Harriers Club Rooms	1:00pm – 20km SAMA CHAMPS 1:45pm – 10km Support Race	2:00 pm - 3X4km Yacht Handicap Team Relays. Prizes
Aug 13	Largs Bay Northern Car Park By Sailing Club	1:45pm – 8km Yacht H/cap	2:15 pm - 8km & 4km Yacht Handicap
Aug 20	Bonython Park. Opposite Coca Cola. Port Rd.	1:45pm, 12km Sealed H/cap Prizes. 1:45pm – 8km Sealed H/cap Prizes	1:30 pm - Half Marathon CHAMPS , 2.15pm 4km Scratch
Aug 27	Peacock Rd. Adelaide Adelaide Harriers Club Rooms	1:45pm – 10km Yacht H/cap	2:15 pm - 10km & 4km Yacht Handicap
Sept 3	East Tce. Playground on corner of Wakefield Road/East Tce. With ASA & SARWC	1:45 pm – 10km Yacht H/cap RAFA TROPHY	2:00 pm - 12km & 3km Yacht Handicap (run adj Vic. Pk) Prizes
Sept 10	Peacock Rd. Adelaide. Hockey Clubrooms SAMA WINTER PRESENTATION	1:45pm – 5km Turkey H/cap Pat Peters Trophy	2:00 pm - 6km & 2km Scratch run
Sept 17/18	NO COMPETITION CITY BAY FUN RUN	NO COMPETITION	NO COMPETITION
Sept 23/25	Social Weekend at Mannum	Check with Helen NOW	Don't miss out !!!

Age Grading — how it all works.

Early each year we have an “Age Graded” competition at Santos Stadium and this often leads to questions asked on exactly what is age grading for us Masters athletes. The following has been downloaded from the internet and may help (or further confuse you):

Age grading uses tables of "age factors" and "age standards" to put all runners, regardless of age and sex on a level playing field. In particular, they allow runners' performances, no matter what their age, to be corrected to what they would have been achieving in their prime years, and permit valid comparisons to be made between people of different ages.

The tables also provide each individual with a percentage value for an event, allowing them to judge their performance against the standard for their age both now, and keep track of their progress over time.

The current tables were compiled by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) track and field, long distance running and race walking. The process involved analysis of masses of actual performance data. Curves were plotted, one for each

event, "fitting" all known performances, including, for example, Lynford Cristie's 9.87sec 100m, at age 33, and Priscilla Welsh's 2.26.31 marathon at age 42.

Example results:

A woman of 53 runs 10K in 45.18.

The 10K factor for women of 53 is .8545.

Therefore, multiply 45.18 (2718 seconds) by .8545, which gives 38.43 as her age-graded time.

The 10K standard (or theoretical world record) for women of 53 is 35.01 (2101 seconds).

Divide this by 45.18 (2718 seconds), and you get 77.3% as her age-graded performance.

Relative Standard Indicator:

> 100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class

> 0% = An Athlete

(Check out on.. www.lollylegs.com.. and type in Age Grading on the search menu)

SA Masters News

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