



SA Masters News

Official Newsletter of SA Masters Athletics Inc.

June 2011

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

SAMA 40th ANNIVERSARY

On Saturday 14th May, 125 past and present members celebrated the Club's 40th anniversary at the SA Sea Squadron rooms ,West Beach.

Special guests were founding members—**Bob Clark, Lloyd Snelling, Reg White, Gloria Cubitt** (wife of Mike) and **Aileen Brooks** (Miller), the founding member of the ladies Club. Also present were life members, **Kurt Postler, Des Paul, Glynn and Paul Boyce, Frank Rogers and Geoff and Pat Peters.**

Bob Clark, Elaine MacFarlane, Glynn Boyce and John Hore gave an entertaining and lively run down of the Club's four decade life. Bob, first of the speakers, presented the Club's inaugural uniform. See picture below. Do not look too closely at the shorts : we learnt on the



John Hore and Bob Clark.

Bob was congratulated for being the only member to maintain his membership from day 1.

day that the red stripes were not part of the official uniform

Elaine MacFarlane, stood up, to review the 1980's. Elaine focused on the outstanding group of "girls" during that decade. **Judy Daly, Sylvia White, Wendy Ey, Ann Cooper, Brenda Parkinson and Margaret Cahill.**

Next up, **Glynn Boyce** talked about the reduced membership during the early 1990's. Fortunately this low point was followed by a rebirth. The Club, in running terms, limped through parts of the 1990's but hit the ground running in the fourth decade. [.... *Continued on page 3*]

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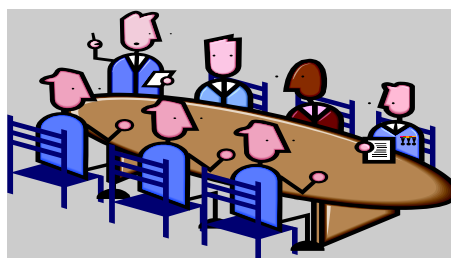
- If you want the newsletter by email; rmoyle@bigpond.net.au and we will send it as an attachment or advise when its on our website.
- If you change your address or contact details, especially email, please let Harry Hayford know so we can adjust our records.
- If you break a club record tell our club statistician (Ros Lowe).
- If you want your results for a non-club event published please email them (and other SAMA member results) to Richard. Long past events won't be published unless world records!
- If you find a mistake please tell Richard so he can correct in the next issue.

SA Masters Athletics —

savings & loans

SA Masters Athletics – Club Contacts

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Glynn Boyce	8379 2539
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Committee Areas of responsibility

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

Coming Club and Local Events

<p>October Weekend away</p> <p>Tanunda Caravan Park, Friday 21st October to Sunday 24th.</p> <p>June 13 Monday</p> <p>Queens Birthday Run—Adelaide Harriers rooms, Peacock Rd</p> <p>5km run, 10am start</p>	<p>SAMA AGM - June 25</p> <p>AGM : Pulteney Grammar School</p> <p>In accordance with the SAMA constitution notice is given of the AGM to be held at the Pulteney Grammar Hall</p> <p>Nature of business:</p> <ul style="list-style-type: none"> * Confirmation of the minutes of the previous AGM * Presentation of annual and financial reports 	<ul style="list-style-type: none"> * Election of committee * Consideration of life membership nominations * Any other business <p>June 25 Competition venue :</p> <p>Adelaide Harriers, Peacock Rd</p> <p>August 28 : The Athletes Foot Adelaide Marathon 2011 (Enter online)</p>
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Coming AMA, Oceania and WMA Events

<p>June 11—12, 2011 : Townsville</p> <p>AMA Combined Events Championship</p> <p>July 3, 2011 : Gold Coast</p> <p>AMA Marathon Championships</p> <p>In conjunction with Gold Coast Marathon</p> <p>July 6—17, 2011</p> <p>World Masters Athletics Track & Field Championships : Sacramento California, USA</p> <p>Good luck to the small number of</p>	<p>SAMA members traveling to Sacramento</p> <p>About 4,500 athletes, from all countries entered the WMA championships</p> <p>October 1—3, 2011</p> <p>AMA Winter Throws, ACT</p> <p>February 5—12, 2011</p> <p>Oceania Masters Athletics Championships 2012</p> <p>Tauranga, New Zealand</p>	<p>Go to nzmastersathletics.org.nz</p> <p>April 3—8, 2012</p> <p>World Masters Indoor Championships Jyväskylä, Finland</p> <p>2015 World Championships</p> <p>Perth has submitted a strong bid for the WMA Championships in 2015</p> <p>For details go to : www.perth2015.com</p>
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NEW LIFE MEMBER - *Better late than never*

At the 40 year reunion, held in May, **Rowland (Rowly) Ferris** was recognised by SAMA with award of life membership

Rowly was one of the original founding members (21) in 1971 and was an untiring worker during the first 10 years of the Club.

Committee member from inception until after the 1980 "Nationals" Rowley held the positions of secretary for 4 years and Newsletter Editor for 6 years. He also, co-organised the 1974 and 1975 National Cross Country Championships. Perhaps Rowly's greatest achievement was promoting and organising the 1980 "Nationals". He was successful in attracting a number of high profile athletes including Gordon "Puff Puff" Pirie, Albie Thomas and Derek Turnbull.

Club membership significantly increased during Rowly's ten year involvement. The Club now recognises that this was due in no small way to Rowley's effective promotion of the Club and success in winning several sponsorships. Former and current members will be pleased that SAMA have now formally recognised Rowley's contribution to the Club's early growth.

George White



SAMA 40th ANNIVERSARY *(continued from page 1)*

John Hore talked about recent years. The Clubrooms used in the Parklands. The introduction of the annual social "weekend away". The use of Santos Stadium in the summer season. And the membership increase prior to the 2008 AMA Championships.

John thanked **George White** for organising the 40th anniversary. And, George closed the day by inviting all past and present members to regroup for the 50th anniversary. We all hope to make it.

When I left the function I left it with a vow to re read parts of "Age is an Advantage". I suspect many members shared a similar thought. See George if you want a copy of the Club's history—it's a good read!



REPORT- AMA CHAMPIONSHIPS Brisbane April 2011

More than 600 masters competitors gathered in Brisbane for the 2011 AMA National Track and Field Championships. Twenty-four of the competitors were from South Australia.

A total of 59 medals, including 17 gold, were won by SAMA competitors. Here in South Australia it is sometimes said we punch above our weight. You know, that boxing term that means we performed better than expected. And maybe we did!

Lyn Peake dominated the sprints winning gold in 100m, 200m and 400m and silver in the 60m. Lyn was perhaps unlucky in the 100m Champion of Champions to be given a severe handicap.

Cassie Neubauer won 5 gold medals in a true all round performance. Very few masters athletes win a gold medal in the discus and shot put and then back up with more gold in 3 sprint events.

Best individual performance in a single event must go to **Anne Lang**. An Australian record in the 2000m steeplechase is a wonderful achievement. **Allan Mayfield's** run in the 2000m steeplechase was impressive. He never looked

like being beaten (Club record)

Dennis Peck enjoyed competing in a wide range of events finishing with gold in the triple jump and pentathlon. **Barrie Koch** was close to silver but needed to settle for bronze in four throwing events. A strong performance in a competitive age group.

Peter Sandery, George White, and Stan Miller won gold medals with Peter putting in consistent performances in all his running events.

Hayden Harrell never had any spare time. Fifteen events could have been twenty if he had found a way to return from the cross country to compete in the pentathlon. Hayden, on the last day, finished with a bronze in the 4 x 400m relay. And did you hear about the men's and women's 4 x 400m relay teams? Due to good management, team management or something they managed to enter the right relay event. Both teams ran in races where only disqualification would have prevented a bronze medal. Thanks **Stan** and **Vicki Miller**, we could not have done it without you.

See pages 5 and 6 for all results.

A MESSAGE FROM OUR PRESIDENT, JOHN HORE.

South Australian Masters Athletics is a survivor. We are now forty years old. Our Club has survived a period when athletics was not a sport for the aging. In the 1980's and 1990's many Clubs in a wide range of activities struggled to survive due to modern values and competition from an infinite number of other distractions.

Our forty year reunion was a memorable event and a great success due to hard work by many current members. It was great to see the many past members who attended the event. Their attendance was a tribute to the degree of interest in mature age athletics in this state.

The pioneers of SAMA were strong personalities, committed to the sport and healthy lifestyle activities. Activities that were not always the norm in the day. The physical and mental health benefits of being active is now well accepted in today's society.

Thanks to George for planning the reunion and forming a hard working team that made sure the day was a success.

Key members of the team were Helen, Gill, Jill, Valmai, Glynn and Paul.

A special thanks to all of the speakers. Bob Clark, Elaine MacFarlane and Glynn Boyce.

It was pleasing to see a number of new members attending the reunion celebrations. They must have wondered what it was all about. Hopefully they appreciated the history of the Club and the celebrations gave them an insight to the origins of the Club. I hope to see them at the fiftieth year reunion.

To all new members I hope you enjoy the healthy lifestyle and companionship promoted by Masters Athletics.



NEW MEMBERS

BOS John
CHITTLEBOROUGH David
EDWARDS Bobby
FARMER Paul
JOHNSON Sharon
PERESSIN Lorenzo

SAINSBURY Chris
SAVAGE Zac
SLAGTER Michael
TAYLOR-HULL Steve
TICEHURST Gai
WILLIAMS John

SOCIAL NEWS FROM HELEN SURIDGE

Sunday Lunch, 24 July

Belair Country Club

Put 24 July in your diary. Come along and enjoy great food and some good laughs with fellow Club members. All welcome: partners, family and friends. **Time : 12:30 pm for a 1pm start (Bookings essential)**

The recent dinner at the Earl of Leicester Hotel was enjoyed by 38 members. Great meals!

Tanunda weekend away

Friday 21 October to Sunday 24 October.

The Club has reserved a number of cabins and you need to book **now** to ensure you get one.

Deposits for cabins and sites are required at the time of booking. Sites are available if you bring along your caravan, campervan or tent.

The bushwalking is magic and the Barossa Valley area has many attractions.

It is always a great weekend away. Please let me know as soon as possible if you want to join us.

Helen (83710003 home)

helen.suridge@health.sa.gov.au

.....Helen.

8371 0003 (after hours)



AMA CHAMPIONSHIPS Brisbane April 2011

2011 BRISBANE

60m Age Result Place

Cassie Neubauer	W30	8.61	4th
Pam Roach	W45	9.23	8th
Lyn Peake	W60	9.27	Silver
Valmai Padget	W65	10.2	Silver
Hayden Harrell	M50	9.19	13th
Hans Van Bavel	M60	8.29	Silver
Stan Miller	M65	9.54	6th
Dennis Peck	M75	10.07	5th

100m

Cassie Neubauer	W30	13.98	Bronze
Pam Roach	W45	15.33	7th
Lyn Peake	W60	15.2	Gold
Valmai Padget	W65	16.28	Silver
Hayden Harrell	M50	15.26	13th
Hans Van Bavel	M60	13.23	Silver
Stan Miller	M65	15.46	4th
Dennis Peck	M75	16.66	Bronze

100m Champion of Champions

Lyn Peake	6th
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200m

Cassie Neubauer	W30	29.01	Silver
Pam Roach	W45	30.78	7th
Lyn Peake	W60	31.06	Gold
Valmai Padget	W65	35.2	Bronze
Hayden Harrell	M50	30.49	18th
Hans Van Bavel	M60	27.1	4th
Dennis Peck	M75	34.24	4th

400m

Pam Roach	W45	71.55	6th
Lyn Peake	W60	71.43	Gold
Hayden Harrell	M50	71	11th
Bob Pearce	M55	65.49	5th

800m

Ross Lowe	W60	3.27.6	4th
Anne Lang	W65	3.15.0	Silver
Hayden Harrell	M50	2.42.2	10th
Norm White	M50	2.55.0	12th
Bob Pearce	M55	2.31.0	4th
Alan Mayfield	M60	2.27.6	4th
Peter Sandery	M65	2.38.0	Silver

1500m

Felicity Alexander	W45	6.21.8	7th
Ros Lowe	W60	7.02.6	Silver
Anne Lang	W65	6.36.4	Silver
Hayden Harrell	M50	6.01.3	9th
Bob Pearce	M55	5.21.4	7th
Richard Moyle	M55	5.58.4	8th
Peter Sandery	M65	5.17.9	Silver

5000m

Cheryl Zeuner	W50	23.27	Silver
Ros Lowe	W60	24.38	Silver
Hayden Harrell	M50	24.13	9th
Norm White	M50	24.25	10th

Bob Pearce	M55	20.03	6th
Richard Moyle	M55	21.45	8th
Peter Sandery	M65	19.21	Silver
George White	M65	22.06	5th

10000m

Felicity Alexander	W45	46.55	Silver
Ros Lowe	W60	52.51	Silver
Peter Sandery	M65	41.03	Gold

2000m Steeple

Ros Lowe	W60	11.13	Bronze
Anne Lang	W65	10.46	Gold
Alan Mayfield	M60	7.33.6	Gold
Peter Sandery	M65	8.34.9	Gold

3000m Steeple

Norm White	M50	16.49	Silver
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1500m Walk

George White	M65	7.59.7	Silver
Rodger Barber	M70	10.43.3	4th

5000m Walk

George White	M65	27.26	Gold
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8k Cross Country

Elizabeth Slattery	W45	39.49	5th
Felicity Alexander	W45	40.57	6th
Ros Lowe	W60	44.41	Bronze
Hayden Harrell	M50	45.52	7th
Norm White	M50	49.28	8th
Richard Moyle	M55	41.31	7th
Peter Sandery	M65	35.04	Silver

4x100m Relay

Cassie Neubauer, Pam Roach	W170+
Lyn Peake, Valmai Padget	59.84
	4th

Norm White, Hayden Harrell	M180+
Bob Pearce, Stan Miller	63.57
	7th

4x400m Relay

Elizabeth Slattery, Ros Lowe	W170+
Pam Roach, Felicity Alexander	5.55.4
	Bronze
Norm White, Richard Moyle	M170+
Hayden Harrell, Maurice Schievenin	

Jump

Cassie Neubauer	W30	4.13	Silver
M Schievenin	M45	4.06	9th
Hayden Harrell	M50	3.27	6TH
Dennis Peck	M75	3.58	Gold

High Jump

Maurice Schievenin	M45	1.5	Bronze
Norm White	M50	1.2	6th
Hayden Harrell	M50	1.05	7th
Stan Miller	M65	1.15	Bronze
Dennis Peck	M75	1.2	Silver

Felicity Alexandar W45

10000m Silver



Valmai Padget and Lyn Peake
Women's 4 x 100m Relay 4th



Allan Mayfield M60
2000m Steeple Gold



AMA CHAMPIONSHIPS Brisbane April 2011

Triple Jump

Cassie Neubauer	W30	8.53	Silver
Hayden Harrell	M50	7.17	7th
Stan Miller	M60	7.98	Gold
Dennis Peck	M75	7.51	Gold

Discus

Cassie Neubauer	W30	19	Gold
Lesley Dawson	W50	20.21	6th
Saheen Gobbo	W50	15.26	12th
Norm White	M50	19.24	13th
Barrie Koch	M70	27.27	4th
Dennis Peck	M75	27.77	Bronze

Shot

Cassie Neubauer	W30	6.89	Gold
Lesley Dawson	W50	7.88	8th
Saheen Gobbo	W50	6.21	12th
Norm White	M50	6.62	9th
Hayden Harrell	M50	5.14	10th
Barrie Koch	M70	10.45	Bronze
Dennis Peck	M75	8.76	4th

Hammer

Cassie Neubauer	W30	15.67	Gold
Lesley Dawson	W50	20.4	9th
Saheen Gobbo	W50	18.4	10th
Barrie Koch	M70	29.57	Bronze
Dennis Peck	M75	22.02	5th

Javelin

Cassie Neubauer	W30	19.92	Gold
Felicity Alexander	W45	13.8	7th
Lesley Dawson	W50	14.84	10th
Saheen Gobbo	W50	12.16	14th
Maurice Schievenin	M45	34.59	Silver
Norm White	M50	20.11	11th
Hayden Harrell	M50	14.23	12th
Barrie Koch	M70	23.97	6th
Dennis Peck	M75	24.15	Bronze

Weight Throw

Cassie Neubauer	W30	6.4	Gold
Lesley Dawson	W50	8.17	6th
Saheen Gobbo	W50	7.31	8th
Barrie Koch	M70	12.94	Bronze
Dennis Peck	M75	10.62	Silver

Pentathlon

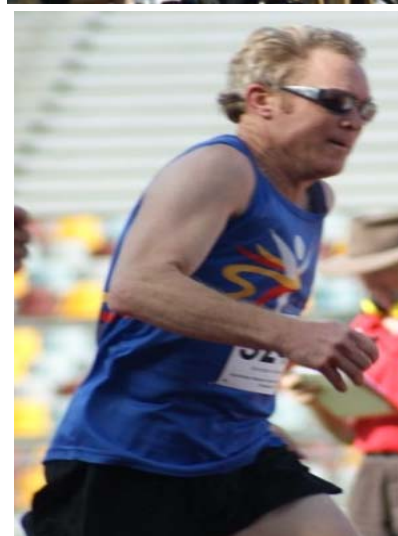
Cassie Neubauer	W30	1640	Silver
Maurice Schievenin	M45	2210	Silver
Stan Miller	M65	1825	4th
Dennis Peck	M75	2813	Gold

Throws Pentathlon

Lesley Dawson	W50	2144	8th
Saheen Gobbo	W50	1690	10th
Barrie Koch	M70	2680	Bronze
Dennis Peck	M75	2754	Bronze



Anne Lang W65 800m Silver



Lesley Dawson W50 Javelin



Hans Van Bavel M60 100m Silver

Hayden Harrell M50 400m 11th

CLUB RECORDS: WHAT TO DO WHEN YOU SET ONE

Please forward record notifications to Ros Lowe, Club statistician. While we diligently review results it is primarily the responsibility of members to apply for recognition. If you think you have broken a record : contact Ross on 83392274 or email to rrlowe@tpg.com.au

Records may only be set on accurately measured courses and in scratch races. Records may be set at ASA or national open competitions and national Oceania and World Masters Championships. Regional Masters games usually do not meet the required standards

CLUB RECORDS APPROVED SINCE LAST ISSUE

Name	Ag Gr	Event	Result	Date	Venue
George White	M65	2km Track Walk	10.35	13/04/2011	Santos
Kevin Finn	M55	2km Track Walk	11.42	13/04/2011	Santos
Arthur Jones	M70	2km Track Walk	12.19	13/04/2011	Santos
Marie Maxted	W50	2km Track Walk	12.35	13/04/2011	Santos
Helen Suridge	W60	2km Track Walk	13.08	13/04/2011	Santos
Jill Rogers	W65	2km Track Walk	15.29	13/04/2011	Santos
Ros Elix	W75	2km Track Walk	15.25	13/04/2011	Santos
David Bates	M55	Weight Throw	11.44	10/02/2010	Santos
Michael Varney	M35	Half Marathon	1.15.59	3/04/2011	Clare
Alan Mayfield	M60	2000 S/chase	7.33.62	22/04/2011	Brisbane
Anne Lang	W65	2000 S/chase (AR!)	10.45.45	22/02/2011	Brisbane

SETTING CLUB / STATE AGE GROUP (SAG) RECORDS

Requirements for SAG records are :

- > One watch is sufficient (abnormal results need to be verified)
- > For length measurements in jumps and throws an official must verify the distance
- > Jumps must have a take off board judge
- > For events 2km and over the correct number of laps must be verified
- > Walks must be judged and the competitor verified as not disqualified.

Our Birthday List — June and July

A special congratulations to the members boldly going to the next age group

Loraine BARON	Jack HOOGLAND 55	Bill STARR
Jenny BATTERSBY	Tony INNES	Gail STONE
David BINNIE	Jacques JASON	Michael TAGELL
Peter BOS	Peter JENKINS	Ruth TAYLOR-HULL
Paul BOYCE 75	Jeff KENNETT	Steve TAYLOR-HULL
Geoff BYHAM 65	John LISIEWICZ	Craig TREWARTHA
Michael CASSIDY 50	Catherine McDONALD	Alan TWARTZ
Nola CIROCCO	Maureen MOYLE	Hans VAN BAVEL
Brian DAVIES 65	Kerry-Anne NORCOTT	Michael VARNEY 40
Lisa DAVIS 35	Dennis PECK	Kate WHITE
Kristine FREEMAN	David ROBERTSON	George WHITE
Garry GOODWIN	Tony ROYLE 60	David WILCZEK
Geoff HAKES	Karel ROYLE	Andrea WILSON
Tom HALLIDAY	Peter SANDERY 70	Kris WOLSZCZAK
Graham HARRISON	Pam SILBY	Jeff ZWECK
Harry HAYFORD	Doug SMART	
Avril HILL		



Sprints - Lyn Peake W60

Lyn has been a consistent sprinter throughout the year with multiple +85% performances across the 60m, 100m, 200m and 400m

Runner up : Miriam Cudmore



Most Outstanding Individual Performance

The M45 4 X 800 National record of **Mark Worthing, Kris Wolszczak, Jonathon Wheatland, Richard McMahon**

Set in the Postal Relays, February 2010

Runner up : Dennis Peck

Runs —Peter Sandery M65

Peter again dominated the run events with many wins in all distances from the 800m to the half marathon. Multiple +85% age graded performances

Runner up—Allan Mayfield



Walks—George White M65

George has dominated walking in SA during 2010 with multiple +85% age graded performances

Runner up : Sandy Brunner



**Most Outstanding MALE ATHLETE
and winner of the Ruth and Jack
Webber Trophy**

Norm White M50

Even though Norm underwent knee surgery in 2010 he was soon back on the track, competing in a wide range of events. His determination to compete is an inspiration.

Runner up : Peter Sandery





Throws —Graham Richardson M70

Graham has performed extremely well on an age graded basis in all 5 throws events

Runner up : Barrie Koch



Administrator / Official—Margaret Del Fabbro

Margaret is one of a rare breed of helpers who has never been a Masters athlete and has no relatives in the Club. This has not stopped Margaret from being a constant helper over many years. SAMA is immensely grateful for her dedication to masters



Most Outstanding FEMALE Athlete and winner of the Pat and Geoff Peters Trophy

Cassie Neubauer W30

An absolute all-rounder in runs, jumps, and throws. In the Nationals, Perth 2010, Cassie entered 10 events : 1 gold, 6 silver, 3 bronze medals. In the Pan Pacs Cassie won 2 gold, 3 silver and 4 bronze



Jumps —Dennis Peck M75

Dennis has been the most consistent age graded performer in all three jumps

Runner up : Miriam Cudmore

In Brief

How Masters / Veterans began—read the national history

The South Australian History has been written and now the nation wide story is told—"Age is no Barrier". On behalf of AMA, ACT member Bryan Thomas has produced the history of Masters/Veterans athletics throughout Australia. The 164-page book, with many photographs, some in colour, will be on sale at this year's Nationals in Brisbane at the price of \$25. Copies will also be available by email or phone orders to AMA Board Director, Lynne Schickert — lynne.4@bigpond.com, phone: 08 9330 3803

Oceania Masters Athletic Championships 2012

In February 2012 (5th to 12th) the next Oceania Championships will be held in Tauranga -pronounced Tau (as in cow) wrong (silent g) a, in the north Isle of New Zealand. Tauranga is a beautiful spot on the Bay of Plenty and the track and throwing facilities are excellent. The road walk begins in Kulim Park and is a flat wide street with wide turns, alongside the ocean. The half Marathon also begins at Kulim Park. The cross country will be in Waipuna Park which is a beautiful setting, with the 2k loop nearly all visible to spectators. It will be a challenging course with two jumps per lap and a change of elevation each lap of 16 metres including a sharp hill of 11 metres.

There is plenty of accommodation in Tauranga but it is peak season so I would recommend booking early. There are two hotels/motels that are within 100m of the track - the Durham Motor Inn and the Armitage Hotel. I stayed in the Durham which it is good, but I have chosen to stay in the Armitage for the Championships as it has a lounge, bar and restaurant. Both places can be booked with a credit card without any payment until you are there.

For more information contact George White.

Are we better on the track?

Remember this question from **David Robertson**. "Why is the average age grade percentage for throwing events (about 50%) less than track events (about 65%)?"

Arthur Jones after due consideration tells me that the throwers are simply not pulling their weight. Or, could it be that the competitors on the track are just showing the throwers a clean pair of heels.

New One Mile Events

City Bay has introduced three one mile events leading up to the City Bay Fun Run.

Entry, prior, to the event is by form or online—no entries accepted on the day.

Adelaide City : 31 July
Semaphore : 14 August
Glenelg : 4 September

See the City Bay website for further details

He said it

"The 800m is the ideal race for masters competitorsIts long enough to be tactical but short enough so no one gets lapped"

Hal Higdon (Runners World Magazine)

Who are the Club's True Marathon Men / Women

The list of marathon men continues to grow.

Doug Smart	44 (including 11 ultras)
Roy Sutcliffe	38
Colin Brooks	34 (including 16 ultras)
Piet Crosby	30 plus
Dean Elliot	25
Colin Trengove	22
Richard Sjoerdsma	20 plus
Rodger Barber	20
Frank Rogers	19
Trevor Miller	16

Would like to hear from the ladies.

Australian Masters Games

The 13th Australian Masters Games comes to Adelaide, October 7 to 16

Volunteers are needed to help run the events.

A draft program is on the website. See **George White, John Hore or Mark Worthing** for further information.

Major Disaster at Santos Stadium

On arriving at Santos Stadium I noticed a group of Club volunteers and officials in a tight huddle. They appeared distressed and concerned over something.

I walked over to them to offer my assistance. One of them who will remain anonymous—the Club secretary's wife—turned to me with a grave look on her face and said "I have broken a finger nail"

"Oh" I said, "is that it?" and she responded ...'how much worse can it get"

.....I would hate to see how they would respond to a major problem.

Craig Palmer

Editor's Note : *This is a great opportunity for me to mention that the newsletter needs your comments, results, and stories. If you have a contribution to the newsletter please forward to rmoyle@bigpond.net.au*

Training Advice from Club Coach

High Intensity Interval Training

Some SAMA members just want to be able to either run or walk the weekly events at what is a good pace for them, but with the comfort level set reasonably high – healthy exercise with a social component because it is done with a group of like-minded people. Nothing wrong with that. Others go out most times to compete as well as they can, willing to endure a high level of discomfort, again with a group of like-minded people. This spectrum of abilities and goals contributes to the strength of the club. What follows is aimed more at the second group than the first.

Interval (or speed) training consists of repetitions of relatively short distances run at various race speeds with specific recovery times. Another way of looking at HIT is to consider it as a form of training that alternates periods of high and low intensity exercise. "High" and "low" are relative terms and may be vastly different for elite and lower ability athletes. What is all out sprint speed for one person may be a comfortable jog for another.

In terms of the total distance run in a session, a HIT session will usually be a small component of weekly training distance, but it can (if done properly) contribute significantly to endurance race speed improvement. It may seem paradoxical that running fast over short distance repetitions can contribute to improved performance in endurance races, but research evidence and the experience of athletes of a wide range of abilities supports its value. What you get out of including HIT sessions in your training program depends on what you put into them. The response of the body to demand is quite specific – there are no free rides. The positive side is improved speed, but there are some negatives – high levels of discomfort, possibly increased chance of injury (although this can be minimised with appropriate warmup activities), and the need to separate HIT sessions with adequate recovery periods.

How HIT works is a complex issue and only a broad overview can be presented here. The body has 2 sets of processes to provide energy for muscle contraction – anaerobic (without oxygen) and aerobic. The relative percentages of each process in the total energy generated depends on the nature of the activity and its duration.

Short term, powerful exercise needs are generally provided by anaerobic processes. Longer, endurance activities generally depend mainly on aerobic processes.

Significant anaerobic energy production can only be sustained for short periods of time and its sources must be regenerated by aerobic systems, which takes time.

An example may illustrate how a sprint style activity can contribute to improved capacity of the aerobic system. Suppose an athlete is running 200m repetitions as fast as they can run smoothly with 3 min recoveries. The energy for the first repetition will have a large anaerobic contribution - the aerobic system takes time for heart and breathing rates to increase and hence for it to provide energy. This will deplete the capacity of the anaerobic system and that capacity will not be fully restored during the recovery period. The next repetition, to be done in the same time, will require a higher energy contribution from the aerobic system than the first, and so on through set of repetitions. Demand stimulates response and hence the session improves the capacity of the aerobic system to sustain relatively high speed. Maximum benefit from this type of session does require sustained speed over the whole set of repetitions – the number of reps is determined by how well an athlete can do this. A similar response may be obtained by running a session of say 10x300m reps at target 3000m/5000m race speed, this time with short recoveries (~30s), just long enough for breathing and heart rates to drop, requiring the body to bring them up again at the start of each rep.

There are many variations of speed, distance and recovery that can be used to stimulate improvement in the capacity of the aerobic energy system to support sustained speed for endurance races. Different sessions will have other benefits and variety helps to avoid a dulling of response and boredom. HIT sessions are best done with a group – discomfort seems to be easier to sustain when it is shared with others.



Training News

Middle and long distance runners

Peter trains at the Adelaide Harriers Track, corner South Tce. And Peacock Rd. : 5.30pm Mondays and Thursdays

For new attendees, as the Harrier's change rooms are used, you are advised they ask for a membership fee after a few weeks. Peter's group runs shorter distances (100 to 300m reps) on Mondays and longer (up to 1km) on Thursdays

For sprinters,

Anne Lang's group does shorter reps.

7am Tuesday and Thursday mornings, and at 8am Sunday at the oval, corner of Bunday's Rd and McKinnon Pde.

And, for the throwers

Glynn Boyce will be leading a winter throwing group from July. The group will probably meet on Sundays at Santos Stadium. Please contact Glynn for further details.

SAMA WINTER COMPETITION RESULTS

(note age graded (A/G%) are given only for SAMA members financial on day of event)

SAMA Results 30/04/2011					Results	Group Age	Age Grade %
4km Run					Ruth Taylor-Hull	0:23:06	W50
Name	Results	Group	Age	Age Grade %	Craig Palmer	0:18:39	M50
John Martin	0:22:48		M75		Ros Lowe	0:21:05	W60
David Padget	0:25:05		M75		Michelle Leyden	0:21:25	
Gill White	0:27:43		W60		David Padget	0:25:36	M75
Kerry-Anne Norcott	0:17:29		W40		Jack White	0:23:39	
John Bos	0:15:41				4km Walk		
Michelle Leyden	0:19:29				Linda Whitelaw	0:33:34	W55
David Milburn	0:24:58				Jill Rogers	0:31:50	W65
Iain Willoughby	0:16:18		M40		Jeff Kennett	0:35:15	
Peter Sandery	0:16:05		M65		Margaret Trengove	0:29:14	W65
Craig Palmer	0:18:39		M50		Paul Boyce	0:31:31	M70
Trevor Miller	0:26:32		M65		Edna Bates	0:35:53	W55
Lisa Attenborough	0:21:02		W40		Margaret Miller	0:36:59	W65
Ruth Taylor-Hull	0:23:34		W50		Ros Elix	0:33:22	W75
Doug Smart	0:18:38		M65		Colin Trengove	0:33:07	M70
John Hore	0:22:50		M60		Cynthia Dally	0:35:39	W75
4km Walk					8km Run		
Jack Russell	0:25:31		M55		Michael Varney	0:28:54	M35
Helen Suridge	0:27:31		W60		Mike Hopkins	0:42:02	M55
Linda Whitelaw	0:34:23		W55		Peter Sandery	0:32:15	M65
Paul Boyce	0:31:20		M70		Doug Smart	0:36:36	M65
Steve Taylor-Hull	0:31:33				Richard Moyle	0:38:47	M55
Roger Lowe	0:30:07		M65		David Close	0:38:12	M65
Rose Stigwood	0:31:36		W40		John Martin	0:46:11	M75
Jeff Kennett	0:36:05				Hayden Harrell	0:40:58	M50
8km Run					Harry Hayford	0:45:06	M55
Mike Hopkins	0:42:21		M55		David Trembath	0:50:18	M75
Brian Norcott	0:32:33		M45		Kim Welcome	0:50:36	W50
Richard Moyle	0:38:53		M55		Norman White	0:46:02	M50
Jaques Jason	0:39:23		M50		Trevor Miller	0:54:04	M65
David Trembath	0:55:09		M75		8km Walk		
8km Walk					Rodger Barber	0:59:14	M70 71.71%
Geoff Byham	0:51:59		M60 73.33%		George White	0:45:02	M65 85.58%
Arthur Jones	0:54:19		M70 77.18%		Arthur Jones	0:54:18	M70 77.20%
Elaine MacFarlane	1:08:33		W65 67.28%		Rose Stigwood	1:03:46	W40 54.05%
Margaret Trengove	1:01:18		W65 73.03%		Marie Maxted	0:55:07	W50 66.48%
Colin Trengove	1:03:58		M70 66.41%		Raelene Schild	1:01:34	W45 57.40%
					Lillian Harpur	1:11:52	W60 58.96%
SAMA Results 30/04/2011					SAMA Results 14/05/2011		
4km Run					5km Run		
Name	Results	Group	Age	AgeGrade%	Name	Results	Group AgeGrade%
Paul Farmer	0:16:30				Michael Varney	0:16:40	M35 81.30%
Gill White	0:26:11		W60		Chris Sainsbury	0:17:27	
Chris Sainsbury	0:17:07				Peter Sandery	0:17:48	M65 97.94%
Peter Bos	0:16:33		M40		Michael Tagell	0:18:06	M50 84.16%
Grant Oates	0:16:18		M40		Iain Willoughby	0:18:22	M40 76.59%
Felicity Alexander	0:17:47		W45		Elizabeth Slattery	0:19:34	W45 83.39%
Kris Wolszczak	0:15:13		M50		Claire Scanlon	0:19:39	

SAMA WINTER COMPETITION RESULTS

(note age graded (A/G%) are given only for SAMA members financial on day of event)

	Results	Group	Age Grade %		Results	Group	Age Grade %
Alan Sim	0:19:42	M50	76.06%	Carissa Hubrechtsen	0:27:18	W40	56.96%
Ian Kakoschke	0:20:39			Sharon Johnson	0:24:37	W35	61.54%
Catherine McDonald	0:20:48	W50	82.37%	Lisa Davis	0:18:43	W30	79.61%
Geoff Byham	0:21:03	M60	78.94%	John Martin	0:28:05	M75	67.48%
Craig Palmer	0:21:35	M50	69.42%	David Trembath	0:29:00	M75	67.82%
Jack White	0:22:47			David Padget	0:30:53	M75	66.49%
Mike Hopkins	0:23:11	M55	67.43%	Peter Sandery	0:19:14	M65	90.64%
Sharon Johnson	0:23:19			Doug Smart	0:22:28	M65	76.04%
Paul Farmer	0:23:36			David Milburn	0:30:11	M65	57.76%
Norman White	0:24:02	M50	62.34%	Trevor Miller	0:31:11	M65	54.30%
Ros Lowe	0:25:29	W60	79.20%	Geoff Byham	0:23:24	M60	71.01%
John Hore	0:26:00	M60	62.76%	David Potter	0:25:40	M60	63.57%
Alwyn Todd	0:27:33			Garry Goodwin	0:26:19	M60	61.49%
Glen Powell	0:28:00			John Hore	0:28:06	M60	58.07%
Ruth Scanlon	0:30:11			Bob Pearce	0:19:28	M55	81.68%
Trevor Miller	0:31:19	M65	54.07%	Colin Brooks	0:21:13	M55	73.68%
David Padget	0:31:23	M75	65.43%	Geoff Sevenoaks	0:22:43	M55	69.41%
5km Walk				Mike Hopkins	0:24:30	M55	63.81%
Kevin Finn	0:30:54	M55	71.89%	Harry Hayford	0:26:01	M55	60.60%
Jack Russell	0:31:49	M55	69.82%	Kris Wolszczak	0:18:57	M50	77.84%
Arthur Jones	0:32:26	M70	79.20%	Jaques Jason	0:22:34	M50	65.88%
Marie Maxted	0:33:21	W50	67.52%	Craig Palmer	0:23:35	M50	63.53%
Rob King	0:36:12	M55	59.67%	Hayden Harrell	0:24:10	M50	62%
Graham Harrison	0:36:48	M65	65.68%	Norman White	0:24:22	M50	61.49%
Rodger Barber	0:36:52	M70	70.58%	Mark Worthing	0:18:45	M45	77.42%
Roger Lowe	0:38:15	M65	63.93%	Richard McMahon	0:18:56	M45	77.29%
Paul Boyce	0:38:40	M70	68.20%	Iain Willoughby	0:19:45	M40	71.22%
Rose Stigwood	0:39:02	W40	53.92%	Grant Oates	0:20:15	M40	68.40%
Elaine MacFarlane	0:40:12	W65	69.07%	Michael Varney	0:16:53	M35	80.26%
Colin Trengove	0:42:00	M70	61.96%	Jacobs Cocks	0:15:24		
Margaret Trengove	0:42:00	W65	64.27%	Riley Cocks	0:15:28		
Linda Whitelaw	0:42:06	W55	56.78%	Tasama McMahan	0:18:54		
Cynthia Dally	0:42:15	W75	74.82%	Claire Scanlon	0:21:23		
Roxy Pap	0:42:56			Sarah Doran	0:24:37		
Edna Bates	0:43:12	W55	55.94%	Lachlan Scott	0:16:52		
SAMA Results 21/05/2011				Graham Slater	0:17:55		
5km Run				John Bos	0:18:42		
Name Results	Group	Age	Grade%	Jessica Oates	0:21:57		
Anne Lang	0:28:59	W65	75.27%	David Patterson	0:22:25		
Glynn Boyce	0:40:50	W65	54.29%	Sara Barnett	0:22:31		
Ros Lowe	0:25:16	W60	79.88%	Paul Farmer	0:24:27		
Gill White	0:35:34	W60	55.95%	10km Walk			
Maureen Moyle	0:21:38	W55	83.44%	Kevin Finn	1:03:27	M55	71.90%
Christine Goodwin	0:23:29	W55	80.06%	Marie Maxted	1:09:51	W50	67.07%
Margaret McIntosh	0:25:55	W55	72.54%	Raelene Schild	1:19:18	W45	56.37%
Kim Welcome	0:28:31	W55	63.30%	Colin Hainsworth	1:20:36	M80	74.88%
Gail Stone	0:24:34	W50	69.74%	6km Walk			
Elizabeth Slattery	0:19:57	W45	81.79%	Jill Rogers	0:48:19	W65	
Julie Hargreaves	0:20:33	W45	77.70%	Lillian Harpur	0:53:09	W60	
Felicity Alexander	0:22:36	W45	71.39%	Elaine MacFarlane	0:48:48	W65	

SAMA WINTER COMPETITION RESULTS

	Results	Group	Age Grade %
Roger Lowe	0:45:20	M65	
Jeff Kennett	0:54:20	M60	
Helen Suridge	0:43:20	W60	
Linda Whitelaw	0:52:39	W55	
Roxy Papageorgiou	0:50:09		
Cynthia Dally	0:53:12	W75	
Peter Papageorgiou	0:56:55		

SAMA Results 28/05/2011

Name Results Group AgeGrade%

12km Run

Sharon Johnson	1:02:06	W35
Mathew Wilksch	0:56:30	M35
Piet Crosby	1:01:14	M60
Norman White	1:08:21	M50

12km Walk

Geoff Byham	1:18:21	M60
Colin Trengove	1:34:44	M70
Kevin Finn	1:15:48	M55
Marie Maxted	1:23:02	W50
Colin Hainsworth	1:38:59	M80
Graham Harrison	1:31:18	M65

4km Run

Chris Sainsbury	0:15:35	M30
Anne Lang	0:20:12	W65
Gail Stone	0:18:43	W50
Kris Wolszczak	0:14:48	M50
Craig Palmer	0:18:00	M50
Doug Smart	0:17:34	M65
Bob Pearce	0:15:34	M55
Ruth Taylor-Hull	0:22:44	W50
Jaques Jason	0:17:46	M50
Catherine Edis	0:22:28	
Benjamin Lainio	0:21:17	
Gill White	0:27:09	W60
John Hore	0:22:24	M60
Ros Lowe	0:20:38	W60
Lisa Attenborough	0:21:01	W40
David Padget	0:25:34	M75
Paul Moyle	0:20:47	M60
Stan Miller	0:24:28	M65

4km Walk

Jeff Kennett	0:34:02	M60
Helen Suridge	0:27:28	W60
Edna Bates	0:34:48	W55
Roger Lowe	0:29:47	M65
Linda Whitelaw	0:34:06	W55
Rodger Barber	0:30:26	M70

	Results	Group	Age Grade %
Cynthia Dally	0:34:54	W75	
Frank Rogers	0:39:05	M75	

8km Run

Julie Hargreaves	0:33:37	W45	77.29%
Carissa Hubrechtsen	0:43:49	W40	57.78%
Paul Lainio	0:31:37	M40	72.59%
Iain Willoughby	0:33:33	M40	68.90%
Mike Hopkins	0:41:31	M55	61.86%
Sarah Barnett	0:39:13		
Geoff Sevenoaks	0:37:51	M55	68.43%
Harry Hayford	0:44:26	M55	58.29%
John Martin	0:47:45	M75	65.20%
Richard Moyle	0:44:13	M55	57.11%
David Milburn	0:51:15	M65	55.87%
David Trembath	0:54:16	M75	59.55%

8km Walk

Lillian Harpur	1:11:22	W60	59.37%
Elaine MacFarlane	1:08:02	W65	67.79%
David Robertson	1:08:11	M75	65.91%

NEW IDEAS FORM

Write way to tell the committee about a good idea.

Do you have an idea that could benefit the Club? If so, do not let it go to waste. Tell the committee.

An online form will soon be on the Club website and paper forms available at weekly competition meetings.

So tell the committee if you have any suggestions that will improve the operation of the Club. Your ideas that are put into action will be published in the newsletter. It will be called **Ideas2Action**.

How does this work? You submit an idea to the committee. If the committee considers the idea has merit then the committee will put that idea into action.

Examples of ideas :

- * new or improved winter venue for competition meetings
- * new safety procedure
- * new social activity
- * anything that helps members enjoy the Club's activities

RESULTS FROM ELSEWHERE

THE NORTH FACE 100 14 TO 15 MAY 2011

Doug Smart and his running partner, Jenny Carroll completed the **100km** run through the Blue Mountains in under 20 hours earning a brass buckle. Forget the tiredness, forget the pain and soreness, forget the cold, forget all those steps. We had done it. It was particularly satisfying for me as I had to pull out of it last year after 67km : very cold, suffering cramps and utterly exhausted.

The course is meant to be a challenge. Its reputation of being one of the toughest races anywhere is well justified. There are so many steps and staircases, 4,880 metres of climb. We even travel along part of the legendary 6 foot track.

When we got to the 67km mark where I pulled out last year I rang Cynthia to let her know I was in good shape. She already knew I was there—the wonders of modern technology . We had timing chips.

The last 6 to 7km were the hardest. So very tired, I was moving on will power. There were two steep ravines to descend and climb out of. I had lost feeling in my feet so had to take each step down slowly. Going up was OK. Were they ice crystals forming on a timber board walk over a swampy patch? Yes!



Doug and his running partner finishing the North Face 100

The temperature was now -3 degrees Celsius. We were taking about 15 minutes per km and time was rapidly slipping away. But, we made it within 20 hours with 12 mins to spare—very tired but very happy.

Doug Smart

GREENBELT HALF MARATHON 1 MAY 2011

Name	Time	Place
21.1 Run		
Michael Varney	1.18.02	2nd
Dean Elliot	1.25.21	
Lisa Davis	1.28.02	2nd Female
Doug Smart	1.40.39	
Maree Many	1.56.17	
Colin Brooks	1.58.17	
21.1 Walk		
George White	1.46.24	2nd
Maree Maxted	2.31.14	6th/2nd Female
10k Run		
Mark Worthing	39.43	4th
Gordon Kanki-Knight	42.14	8th
Kim Welcome	60.38	
10K Walk		
Roger Lowe	76.01	3rd

VICTOR HARBOR TRIATHLON 13 MARCH 2011

Name	Results	Age Gr	Pos
Short Distance			
Colin Trengove	37:06	70	1st
Margaret Trengove	43:31	65	1st
Andrea Wilson	40:14		
Long Distance			
Piet Crosby	2:42:03		
Doug Smart	2:44:06	65	2nd

COBURG AUSTRALIAN 24 HOUR EVENT (INCORPORATING THE VICTORIAN 24 HOUR EVENT) 16 –17 APRIL 2011

	Distance Covered	Position
Colin Brooks	164 kms	7th

RESULTS FROM ELSEWHERE

2011 WEIGHT PENTATHLON CHAMPIONSHIPS 23 MARCH 2011

Age	GrPlace	Name	Score
W30	1	Cassie Neubauer	1278
W50	1	Lesley Dawson	2028
W50	2	Sha Gobbo	1851
W60	1	Cherie Dempsey	2451
W60	2	Gillian White	2070
W60	3	Clair Harmon	1852
W60	4	Karen Devine	1294
M45	1	Mat Lovell	2042
M50	1	Neville Bryce	2925
M55	1	David Bates	1915
M60	1	Brian Davies	2198
M65	1	Charles Palfreyman	2458
M65	2	Barry Lloyd	1555
M70	1	Barry Koch	3008
M70	2	Graham Richardson	2819
M70	3	Kana Nathan	2649
M75	1	Dennis Peck	3482



Colin and Margaret Trengove

Club uniforms

Merchandise available:

Track Jackets	\$85.00
T-Shirts	\$45.00
Singlets	\$40.00
Crop Tops (long and Short)	\$40.00
Ladies bike shorts	\$25.00
Badges	\$8.00

Jill Rogers Phone: 8272 9414

Email: rogersfj@bigpond.net.au

PIONEER WOMENS TRAIL RUN 15 MAY 2011

An official event of the 'About Time' : South Australia's History Festival, commemorating the 175th anniversary of the foundation of South Australia

Name Results

26km Run (Hahndorf to Beaumont House)

Mark Worthing	1:53:36
Ros Lowe	2:48:25
Trish Berry	3:12:19
Geoffrey Worthing	2:33:34 (Mark's son)

26km Walk (Hahndorf to Beaumont House)

Margaret Trengove	4:38:35
Colin Trengove	4:38:37

6km Run (Eagle on the Hill to Beaumont House)

Kathy Worthing	35:03 (and Caelim 27:50—1st)
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It was a perfect day for running—cool, no wind and the track dry. About 200 runners and walkers started from the Hahndorf Institute at 8.30am after a welcome speech from the Mayor of Mt Barker. The police shepherded us safely over the Onkaparinga about 3kms out of Hahndorf. There was a huge variety of surfaces over the run and some beautiful scenery. How could you not enjoy, The Cox's creek waterhole, the Bridgewater Mill, Mt Lofty Golf course and the spectacular view over the city from the back of the Mt Osmond Golf course.

The views are almost recompense for the ghastly last 6kms downhill with a sideways camber, guaranteed to wreck the oldest, toughest ankles and knees.

Ros Lowe

Club Memberships renewals were due on April 1

To renew your membership complete the membership form and give to Harry Hayford (Registrar)

Paying online is easy and convenient.

Go to the SAMA website

1. Select "membership renewal"
2. Open the membership form
3. Transfer the correct fee
4. **Record your name** and receipt number on the form
5. Complete the renewal form and email to Harry

Members who have not paid by April 1, are ineligible to win prizes, trophies and medals.

RESULTS FROM ELSEWHERE

BAROSSA HALF MARATHON 29 MAY

Half Marathon Run Results

Michael Varney	1:13:34
Lisa Davis	1:22:55
Colin Brooks	1:26:37
Mark Worthing	1:27:57
Elizabeth Slattery	1:32:49
Doug Smart	1:36:26
David Close	1:40:31
Ros Lowe	1:52:37

Half Marathon Walk

George White	2:04:53
Raelene Schild	2:52:43

10km Run

Hayden Harrell	52:35
Norman White	56:36
Trevor Miller	1:05:33

Results

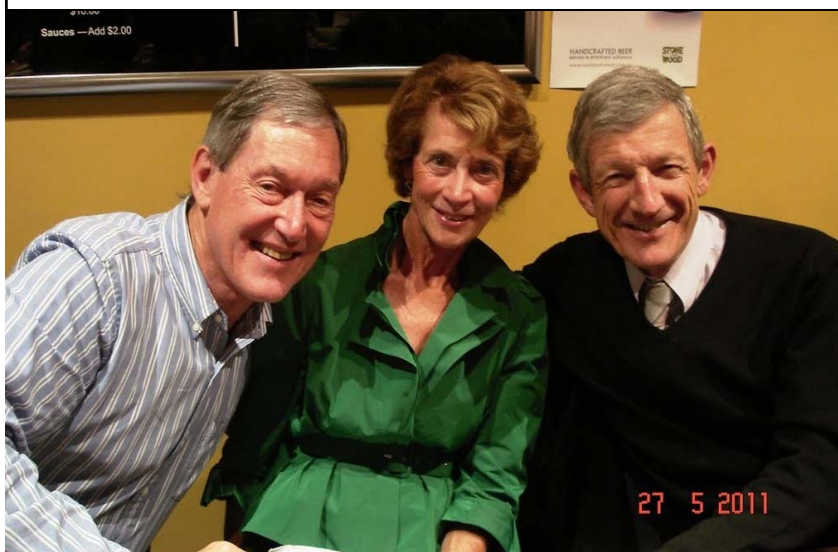
10km Walk	
Roger Lowe	1:14:31
5km Run	
Peter Sandery	19:21
5km Run (next generation)	
Caelim Worthing	23:33
Jack White	27:48



Di Loveday (new Club treasurer), Gill White and Jill Rogers



Liz Slattery (Brisbane, 8km CC)



Peter Dunham (AMA treasurer), Anne Lang (new AR holder), Piet Crosby



Helen Suridge (Social Secretary)

SA MASTERS ATHLETICS WINTER 2011 COMPETITION PROGRAM (V 02-06-2011)			
DATE	VENUE	WALKS	RUNS
30 th April	Felixstow Carpark	1.50 pm 4km, 8km	2.15 pm 4km, 8km
	Cnr Briar Rd & Riverside Drive	Yacht H/cap	Yacht H/cap
1 st May	GREENBELT HALF MARATHON (SA ROAD RUNNERS' CLUB)		
7 th May	Burbridge Road West Beach	1.50 pm 4km, 8km Prizes	2.15 pm 4km, 8km Prizes
	Apex Park - Opposite Davis St	Yacht H/cap	Yacht H/cap
14 th May	West Beach Carpark	12.30 pm 5km Scratch	12.45 pm 5km Scratch
	End of Barcoo road, West Beach		(Beach run if possible)
	40 Year celebration after the competition (Please take note of earlier start time)		
21 st May	Peacock Road Adelaide	1.45 pm 6km, 10km	2.15 pm 5km SAMA State Champs
	Adelaide Harriers Club Rooms	Yacht H/cap	
28 th May	Bonython Park	2.00 pm 4kms, 8km, 12km	2.15 pm 4km, 8km, 12km
	Opposite Coca Cola	Yacht H/cap	Yacht H/cap
29 th May	BAROSSA HALF MARATHON (SA ROAD RUNNERS' CLUB)		
4 th June	Kingston tce, North Adelaide	2.00 pm 4km, 8km Prizes	2.15 pm 5km, 10 km Prizes
	Meet Behind Playground	Yacht H/cap	Yacht H/cap
11 th June	Peacock Rd Adelaide	1.45 pm 10km SAMA State Champs	2.15 pm 5km, 10km
	Adelaide Harriers Club Rooms	6km scratch	Yacht H/cap
18 th June	East Tce	1.35 pm 10km, 5km	2.15pm 8km SAMA XCountry Champs
	Cnr Wakefield st & East Tce	Yacht H/cap	4km scratch
25 th June	Peacock Road	2.10 pm 5km	2.15 pm 5km
	Adelaide Harriers Club Rooms	Turkey H/cap	Turkey H/cap
	SAMA AGM - Pulteney		
26 th June	PICHI RICHI MARATHON		
2 nd July	Bonython Park	1.45 pm 10km, 5km Prizes	2.15 pm 5km, 10km Prizes
	Opposite Coca Cola	Yacht H/cap	Yacht H/cap
9 th July	Peacock Road Adelaide	1.15 pm 15km SAMA State Champs	2.15 pm 5kms, 10km
	Adelaide Harriers Club Rooms	1.45 pm 5km, 10km Scratch	Yacht H/cap
16 th July	West Beach Carpark	1.30 pm 10km, 5km	2.15 pm 5km, 10km Yacht H/cap
	End of Barcoo road, West Beach	Yacht H/cap	(Beach run if possible)
23 rd July	Burbridge Road West Beach	2.10 pm 4km, 8km	2.15 pm 4km, 8km
	Apex Park - Opposite Davis St	Yacht H/cap	Yacht H/cap
30 th July	Kingston tce, North Adelaide	2.00 pm 4km, 8km Prizes	2.15 pm 5kms - 10 km Prizes
	Meet Behind Playground	Yacht H/cap	Yacht H/cap
6 th Aug	Mt Barker Stevenson Park	1.00 pm 16km Scratch	1:30 pm SAMA Half Marathon Champs
	Cr Adelaide Rd & Flaxley Rd	1.50 pm 4km, 8km Scratch	2.15 pm 4km, 8km scratch
	SAMA to provide a special afternoon tea.		
13 th Aug	East Tce	1.30 pm 5km, 10km	2.15 pm 4km, 8km
	Cnr Wakefield st & East Tce	Yacht H/cap	Yacht H/cap
20 th Aug	Peacock Road Adelaide	12.30 pm 20km SAMA State Champs	2.15 pm 10km SAMA State Champs
	Adelaide Harriers Club Rooms	1.45 pm 8km, 10km scratch	& 5km scratch
27 th Aug	Felixstow Carpark	1.50 pm 4km, 8km Prizes	2.15pm 4km, 8km Prizes
	Cnr Briar Rd & Riverside Drive	Yacht H/cap	Yacht H/cap
28 th Aug	ADELAIDE MARATHON (SA ROAD RUNNERS' CLUB)		
3 rd Sept	East Tce (Adjacent Race Course)	1.55 pm 10km, 5km	2.15 pm 12km, 9km
	Cnr Wakefield st & East Tce	Yacht H/cap	6km, 3km Scratch
10 sept	Peacock Road (Greenhill Rd side)	2.05 pm 5km Turkey H/cap	2.10 pm 5km Turkey H/cap
	Hockey clubrooms off Greenhill Road - WINTER PRESENTATION - Bring a Plate		
18 th Sept	CITY-BAY Fun Run		
TBA	FUN WEEKEND AWAY AT TANUNDA		
7 th - 16 th October	Australian Masters Games - Adelaide		

Next Newsletter Edition

To be distributed on Saturday 6 August at Mt Barker Stevenson Park

SOUTH AUSTRALIAN MASTERS ATHLETICS INC.

APPLICATION for MEMBERSHIP or RENEWAL of MEMBERSHIP

(Membership is restricted to those over 30 years of age)

Fees fall due on April 1st each year

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

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

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

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

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

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

ALL MEMBERS must sign and date the waiver below

Surname: First Name:

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

Address: Date of Birth:

..... P/Code:

Home Telephone: E-mail Address:

Emergency Contact: : Name:Telephone number:

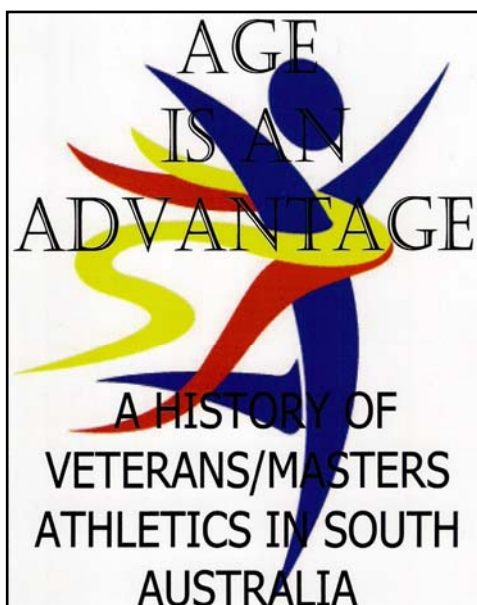
MEDICAL

Are you on any medication or have allergies that medical staff should be aware of in the event that you became unconsciousIf yes please write this information down on a separate piece of paper and seal in an envelope with your name on the outside. Please give to a committee member. It will be held in case of emergency.

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

MEMBER WAIVER / INDEMNITY

In accepting membership of SAMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in SAMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I have received a copy of the SAMA Rules of Athletic Involvement and acknowledge that I have read, understood and agree to complete according to these rules. I release SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in SAMA organised events.



George H White –February 2010

SAMA History

Now available – only \$15

(or \$18 posted)

From George White

12A Gulfview Rd

Blackwood, SA 5051

CHEQUES TO SAMA PLEASE!

The bound book contains the history of SAMA as well as profiles on our Life Members,

MEMBERS BENEFITS

Fitness on the Park (Anne Lang SAMA member)

64 MacKinnon Parade, North Adelaide
5006. www.fitnessonthepark.com.au

Joining fee valued at \$100 waived on gym membership
of 3, 6 or 12 months

Sportspower Glenelg

Ph. 8295 1714 www.sportspower.com.au/index.cfm

10% discount store wide.

North Adelaide Physio

19/8-20 O'Connell Street, Ph. Tristan on 0412 992 553

Free initial physio assessment and an ongoing 10%
discount for subsequent appointments.

POD Squared Podiatry Centre

61 The Parade, Norwood Ph. 8363 4588

20% discount on initial podiatry consultation

Scout Outdoor Centre & Annapurna Outdoor Store

Special thanks to the following members for contributions to this month's newsletter :

- > George White - Brisbane results, SAMA awards photos and comments
- > Ros Lowe & Bob Pearce - Brisbane photos

Thanks also to John Martin for maintaining the "Gallery" on the Club website.

savings & loans

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