



# SA Masters News

Official Newsletter of SA Masters Athletics Inc.

October 2007

## Riccione results!

Well done to all those who went to Riccione. You done us proud! The highlights for SAMA included Ann Cooper's convincing wins in the 100m and 200m and Peter Sandery's dominant win in the cross country – they really did stand out from the competition results, although there were plenty of other fine efforts! George White reported that the walk judging was particularly savage with

over 25% being DQ'd in one race, and noted that "poor Leigh got pulled in the 20k walk at 18k." He neglected to note that George himself got pulled in the 5km! See page 5 for more!

The next world masters is in Lahti – Finland and the general assembly chose Sacramento – California for the 2011 meet. See you there? I understand many of those below are training already!

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

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## Riccione times and placings

### W75 Ann Cooper

100m 1<sup>st</sup> 16.79  
200m 1<sup>st</sup> 35.96

### M65 Peter Sandery

X/Country 1<sup>st</sup> 29.39  
(& 2<sup>nd</sup> team medal M65)  
10000m 2<sup>nd</sup> 39.27.20  
2000m steeple 5<sup>th</sup> 8.14.11  
(SAMA Club record)  
5000m 6<sup>th</sup> 1 8.40.40  
1500m 8<sup>th</sup> 5.07.52

### M60 George White

10k walk 3<sup>rd</sup> 54.07  
(& 1<sup>st</sup> team medal M60)  
20k walk 3<sup>rd</sup> 111.58  
(& 1<sup>st</sup> team medal M45; 2 of us  
M60's moved down to make the  
team!)

5k walk DQ

### W55 Lyn Peake

4x400 relay 4<sup>th</sup>  
4x100 relay 6<sup>th</sup>  
400m 8<sup>th</sup> 72.00  
100m 13<sup>th</sup> 15.75  
200m 10<sup>th</sup> 31.37

### M70 Leigh Smith

5k walk 5<sup>th</sup> 34.11.4  
10k walk 17<sup>th</sup> 70.33  
20k walk DQ

### M55 Hans Van Bavel

4x400 relay 5<sup>th</sup>  
4x100 relay 6<sup>th</sup>  
200m 17<sup>th</sup> 26.41  
400m 17<sup>th</sup> 61.14

### M40 Rob McFadden

5k walk 7<sup>th</sup> 25.22.55  
10k walk 8<sup>th</sup> 52.02.35  
10000m 50<sup>th</sup> 40.27.45

### M55 Alan Mayfield

800m 16<sup>th</sup> 2.23.92

### M55 Bob Pearce

800m 17<sup>th</sup> 2.24.30  
1500m 25<sup>th</sup> 5.09.52  
5000m 22<sup>nd</sup> 18.43.50  
Cross country 25<sup>th</sup> 29.06.4

### W55 Avril Hil

5000m 28<sup>th</sup> 28.02.86  
Cross country 32<sup>nd</sup> 43.38.25

Well Done to you all!

## Reminder Board

- If you email pietcrosby@internode.on.net you can get the newsletter as an attachment (usually just over 1 Mb). Or you can be told when its put on the club website.
- If you break a record tell Tony Royle, our new club statistician
- If you want your results for a non-club event in the newsletter please email them (with any other SAMA competitors' results if you can) to Piet.
- If you find a mistake please tell Piet. He will correct next issue. But hot goss is better!
- Club Uniforms for the City Bay! Free advertising to those you pass!

**And Welcome to the summer season! Another well organized program awaits you.**

First event 6.00 Wednesday evenings at Santos! Please be early to enter!

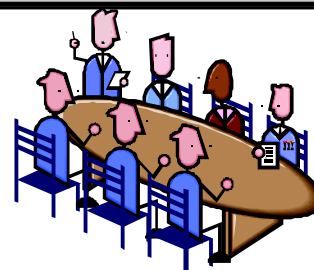
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NATURAL MEDICINE

## SA Masters Athletics – Club Contacts

<b>President</b>	Arthur Jones 8289 1164 ajons@iimetro.com.au
<b>Vice President</b>	John Hore 8332 1325 jhore@gmail.com
<b>Secretary/</b>	George White 8357 5637 gwhite@adam.com.au
<b>Treasurer</b>	Richard Moyle 8264 9239 rmoyle@bigpond.net.au
<b>Registrar</b>	Neil (Harry) Hayford 82713874 nhayford@bigpond.net.au
<b>Statistician</b>	Tony Royle 83708273 tony.royle@klakr.com



### Committee Areas of responsibility

Field events:	Glynn Boyce
Lost Property:	Elaine MacFarlane
Newsletter	Piet Crosby
Race Walking:	Arthur Jones
Running:	John Hore
Safety:	Elaine MacFarlane
Trophies:	Elaine MacFarlane
Uniforms:	Jill Rogers
Webmaster:	Doug Smart

### Committee:

Glynn Boyce	8379 2539	
Elaine MacFarlane	0409094201	
Jill Rogers	8272 9414	rogersfj@bigpond.net.au
Piet Crosby	0417706145	pietcrosby@internode.on.net
Doug Smart	83791035	dsmart@bigpond.net.au

### Other Contacts and Areas of Responsibility

Club Delegate to ASA	Peter Sandery	8339 3504	psandery@senet.com.au
Club Coach	Peter Sandery		
Social Organiser:	Helen Suridge	8371 0003	helen.suridge@health.sa.gov.au
Club Photographer:	John Martin		jm4436@tadaust.org.au
Sponsorship:	Chris Goodwin	8390 2292	fifthcreek@ozemail.com.au

## Coming Events

### SUMMER PROGRAM

Wednesday evenings from October 24th to 21st March at Santos. Program details inside back page.

### INTERSTATE EVENTS

#### 2007:

The AMA Championship Calendar of National events was printed in the December SAMA Newsletter. Details & links to interstate clubs are on the AMA website: <http://www.australianmastersathletics.org.au/links.html>

### THE ANNUAL PICNIC AND TENNIS DAY: SUNDAY NOVEMBER 4TH

from 11.00 and Court 9, Belair National Park.

### CHRISTMAS FUNCTION

December 1. Details to come

### BAY SHEFFIELD

SAMA 120m and 800 m events  
Friday afternoon 28/12/07

### 36<sup>TH</sup> AMA NATIONAL CHAMPIONSHIPS MARCH 21-28, 2008

New South Wales Masters Athletics would like to invite you to attend the 36th Australian

Masters Athletics Championships, to be held at Sydney's Blacktown Olympic Park. Details available from George White.

### New Uniforms available now!

Uniforms in our new designs are now available:

Singlets	\$35.00
T-shirts	\$40.00
Track Jackets	\$75.00

You too can look like



## From the President

The winter season is well past us now and after a well earned break we commence the summer season. For some, the "break" has turned out to be just as frantic as a full on season. Some of our members have had to contend with the City-Bay, Australasian Masters Games, the World Masters Athletics Championships in Italy and of course our annual week-end away. Some of our hard working officials have also been involved with local events e.g. assisting at school championships etc.

At the recent Australasian Masters we oversaw the outer stadium athletic events. At the cross country/road walks the AMG liaison officer remarked that he had never seen such a well organised event. He was amazed with the speed and efficiency that infrastructure for the events was assembled and how we conducted it. I love to hear such comments!!!!!! So all those folks involved with the AMG, the City-Bay etc. give yourselves a pat on the back for your stirring efforts. Special thanks to George, Frank and Brian for the many hours of work that they contributed to the AMG to make it the success that it was. Ru-

mour has it that Frank was down at Victoria Pk at 4:30am sorting out the cross country course!!!!!! That's dedication for you.

The summer season begins on 24<sup>th</sup> October. The programme, designed by John, is well balanced with a good mix of scratch and handicap events, and should please everybody.

Most of you know Ruth has been quite ill for several months. and has had to undergo major surgery. I am pleased to say she is recovering well. I am sure that you all wish her a speedy recovery and that we can see her soon being her "Ruthless" self with the walkers. And finally welcome to new or returning members; Rosanne Cruickshanks, John Lisiewicz, David Robertson, Sandy Brunner, Marie Maxted, Geoff Corbett, Lisa Attenborough, and Rose Stigwood.



## Social News from Helen Suridge

### Normanville Weekend Friday 21st & Sat 22nd September.

Another great success! 41 people relaxed, enjoyed the happy hour and dined together. On Saturday a small and tough group enjoyed a mountain trek at Deep Creek National Park. Beautiful, but President Arthur, had forgotten how difficult this walk can be, and will be replaced as route chooser next time! Another group went down the peninsula into Victor Harbor, and others stayed at Normanville sightseeing. Plenty of things to see and do! Dave Trembath stole the show with his LH drive 61 Cadillac, chauffeuring members around the local district, while we all felt like Hollywood Stars. The Saturday night meal at the local hotel and the quiz night were great ends to the day. Overall a great weekend; lots of fun, great company, good food and drink, and even some serious exercise. The accommodation and facilities were first class, whether tent, caravan, bunkhouse or cabin, and the huge communal camp kitchen area meant we could socialise together. 2008 is booked!

**The Annual Picnic and Tennis Day will be on Sunday November 4th** from 11.00; Court 9, Belair National Park. Park entry is \$7.50, or \$6.00 concession, per vehicle. Please BYO everything for lunch, tennis gear, chairs, tables etc.

Phone 8243 5544 at work or 8371 0003 at home or via email - [helen.suridge@health.sa.gov.au](mailto:helen.suridge@health.sa.gov.au)



### Our Birthday List — September and October

Congratulations to those boldly going to the next age group.

Wendy DAVEY  
Robert HEDDLE  
Graeme HOPKINS  
Arthur JONES  
Anthony MARSH  
**Patricia McHENDRIE 40**  
Trevor MILLER  
Craig PALMER  
Allan PLUNKETT

Jill ROGERS  
**Dave TURNER 60**  
Richard VAUGHAN  
Debbie WRIGHT  
Chris BOLLEN  
Ros ELIX  
Richard EVERSON  
John HORE  
Barrie KOCH

Debbie LEE  
Alexandra PENGLIS  
Leslie REITER  
**Damien SMITH 35**  
Roy SUTCLIFFE  
Gillian WHITE  
Norman WHITE  
Iain WILLOUGHBY

## ***In Brief***

### **Thanks folks!**

Its been a great couple of months for SAMA volunteering. 70+ members were out to support the Masters Games in Adelaide over the last couple of weeks, and feedback from the interstate competitors was terrific. While it is hard to single out a few, Frank, Brian and George would like to particularly thank Paul Boyce, Murray Marker, David and Minnie Robertson, Jill Rogers, Frank Scurr, Deryck Skinner, Gillian White, Betty and Jack Edwards, Pat and Geoff Peters, Valmai Padget, Margaret Del Fabbro, Ron and Bette O'Neil, Stan and Vicki Miller and Elaine MacFarlane. These people spent many long days ensuring things ran smoothly. As deputy convenor for the Games George would particularly like to thank Frank and Brian for an "above and beyond" effort over the whole games and the lead up to them.

Then there was the contribution to the City Bay, both on the day, and in coaching clinics organized by Mike Hopkins and run by SAMA members, rewarded by a \$2500 donation to our club from the City Bay organization.

### **Be an average member this season!**

Taking part in our competitions requires equipment. Starting Blocks, Discusses, Shots, Hammers, Nets erected, seats and tables for officials. If everyone helps set up and put away just one piece of equipment it will mean far less work for a few people. It would be great to have average members helping out! And you can be even more helpful by turning up early to enter.

### **Roy Skuse (AMA Travel expert) wants you in Finland in 2009!**

The 2009 champs are in Lahti Finland which is about 100km north of Helsinki. Roy's current plan for the main tour is to fly into Stockholm and spend 3-4 days there. Stockholm is a beautiful city with plenty to do. Roy is planning staying near a track so a bit of fine tuning can take place. He may even extend this, with a few days away from Stockholm with suitable accommodation and training facilities available. Everyone could then get full training sessions in and hit Lahti in the peak of condition. Two days before the champs begin Roy is planning to take the ferry across the Baltic to Helsinki and drive to Lahti. After the champs he will be taking a tour to St Petersburg and finishing in Moscow 10-12 days. No real itinerary arranged at the moment but that's the current thinking, and Roy will also be arranging direct trips for those with limited time available.

### **Banish blisters (according to Peter Sandery)**

When we run, the point of contact with the ground is our shoe, which exerts a force on the running surface. As those who remained awake in their science lessons would know, for every action, there is an equal and opposite

reaction, in this case, a force exerted on the shoe by the running surface. This force is transmitted through your sock to your foot, which will move slightly relative to the sock and the shoe. Depending on the fit of your shoes and socks, how tightly you have laced the shoes, if the shoes and socks are wet or for some other reason, you may damage the skin on your feet. If your toes jam into the front of the shoe, your skin rubs against your sock or there is excessive movement of the outer layer of skin relative to adjacent layers, blisters and other skin conditions such as calluses may result.

Clearly, having shoes and socks that fit well should reduce the likelihood of problems, but aging feet or unusual circumstances may still result in blisters from time to time. Approaches to dealing with this problem have included double layer socks, cutting holes in shoes, liberal use of Vaseline or tape over the vulnerable areas. While these approaches may work, there are other options. Some women experience chafing around the bottom of sports bras while running and there are several products designed to reduce this problem by reducing friction between the skin and the garment. One such product, available in sports stores such as Joggers World is called Bodyglide. This product works equally well on feet, is easy to apply and is non-greasy. Simply rub it over the ends and bottoms of the toes and on the sides of the little and big toes (or anywhere else you have a blister problem) to protect the skin on your feet.

### **Navigation Award awaiting collection!**

Overheard at the recent weekend at Normanville. Two members discussing the way they were going to drive back to Adelaide. One said that they were going to Cape Jervis and take the road that followed the coastline to Victor. It was pointed out to them that the "coast road" was in fact the Heysen Trail long distance walking track!!!! Comment..... Top navigator? The prize can be collected any Wednesday evening at Santos, Just identify yourself to Arthur! Publicly!

### **Thanks Mike Hopkins**

For helping out putting results up on the website while John was away. Expertise indeed!

### **2009 Nationals in Adelaide**

George White has agreed to be convenor, Peter Dunham Treasurer, Jill Rogers Director Event Support and Arthur Jones Director Registration and Results. A successful Nationals can't be run without much more help. Another half dozen people will make the task for everybody straightforward, so how about contacting George and spread the workload.

### **2011 Australasian Masters**

The Advertiser (15/10/07) notes Adelaide will be the venue again. We're good at this!

## Athletics wasn't the only spectator sport in Riccione – Peter Sandery

For the World Masters Athletics Championships buses were provided to take participants between the three stadium venues of Riccione, Misano Adriatica–Santa Monica and San Giovanni, involving journeys of approximately 15km between each venue. To get to San Giovanni (in a rural area) you took the Riccione to Misano bus (public transport) to the Misano Railway Station and then transferred to private company coaches to the San Giovanni stadium. Straight forward you might think, but there was an Italian way of doing this that provided some unique experiences. Just getting to a venue became a daily adventure.

On the Saturday morning of the marathon (starting at 9:30am and using part of the main road between Riccione and Misano Adriatico) I went to San G to pick up a medal (not having stayed for the 10000m presentation – held 4 hours after the event). Medals could only be picked up at the stadium where the event was held, a uniquely Italian rule. On the Saturday only two field events were scheduled at San G involving perhaps 30 or 40 athletes, but 40 seat buses went there all day at 15 minute intervals, in contrast to the late afternoon immediately after the 100m finals earlier in the week when hundreds of athletes and spectators sought buses which still arrived at 15 minute intervals. Italian bureaucracy – you had to love it!

When I climbed aboard the waiting bus at the transfer location as the only passenger I sat in a front seat. The driver, a very well dressed young man in a fashionable suit (let's call him Marco), smoothed back his hair, adjusted his aviator style dark glasses, turned to me and said, "We go – eh" (using 50% of his total English vocabulary). "Si Marco. Grazie, we go – veloce!", I replied using a similar percentage of my Italian (not counting that related to food and drink). The last word was redundant. I saw a young Italian man driving a large bus. Marco, however, clearly saw himself behind the wheel of a Ferrari – a model of the marque with the disadvantage of a few extra seats

that lowered the power to weight ratio, but with the advantages of intimidating size, a higher driving position and a superior turning circle. So off to San G we went where, with a bit of mime involving fingers over watches (fortunately his was a stylish model with a face and hands) we agreed he would wait 10 minutes. I dashed in, got the medal, returned, and Marco and I started back passing an identical, but empty bus going to San G.

On the return journey, a road sign indicated men at work and a speed limit of 30kph. Further along two men could be seen leaning on shovels with a thin strip of red and white striped plastic attached to a couple of poles marking their work area. I should point out that the roads in the region were of a width considered narrow lanes in Adelaide. A glance at the speedo showed us doing around 85kph. Marco's foot did not even momentarily ease off the accelerator, let alone touch the brake. With an almost imperceptible movement of the steering wheel by the sign flashed past as did the two workmen standing on the edge of the road, completely ignoring certain death centimeters away. The nonchalance of both parties demonstrated that they were men who valued a sense of style excluding displays of caution or fear. During the entire journey, oncoming traffic wisely accepted that small vehicles did not match buses, although some delayed acting on this thought to the last possible moment, giving only enough ground to ensure the survival of their wing mirrors. Avoiding eye contact provided the impression that their slight deviation was done to allow them to test their steering or perhaps get a closer view of a member of the opposite sex on the footpath.

Why the mention of the marathon above? For the previous 12 days, the bus route from Adriatico back to Riccione was along the road closed as part of the marathon course on the Saturday. The only signs I saw advising people of the road closure were A4 size sheets placed at bus stops – a location that no Italian with access to

their own vehicle would ever look at. It soon became clear that the WMA bus drivers had not been given an alternative route – why would the people in charge of the transport do that? Individuality was clearly preferable to conformity so each driver simply chose his own route through the narrow streets of central Misano and its residential area – narrow streets with cars parked on both sides or simply left with hazard lights flashing if there wasn't a convenient parking space. Italians see any surface not already occupied as a potential parking space. If a bus could not get around a corner because there simply wasn't space, the driver backed up and tried another street, competing with all the other traffic whose drivers weren't aware that streets would be closed until they came to the barriers. This did not include the bolder motor scooter riders and cyclists who ignored the signs and squeezed around the barriers dodging the odd marathoner (and pedestrians who also ignored the signs) as they went by. You just had to admire the driving skill needed to back a large bus down crowded narrow streets without colliding with anything. Groups of residents sat on chairs on the pavement sipping their morning coffee and enjoyed the unusual (in the sense that it involved different vehicles to the normal mix of traffic) street theatre as it unfolded in front of them. No police, just numerous acts of non-vocal negotiation between individual road users, done without rancour. This was one more illustration for me that Italian road rules merely suggest possibilities to be considered by the uncreative.

The Italian motoring experience was in sharp contrast to the stopover in Singapore where a sign informed cyclists that riding through a pedestrian subway carried a fine of \$1000. A little way along the street, another sign warned that bicycles left there would be wheel clamped and a large fine charged for their release. Somehow, the seemingly randomly partially resolved chaos that is the Italian traffic experience looked a more attractive option.



## The gallery



*The above photos from our official camera man,*

## Wanna Run a National Relay without leaving home?

### AMA NATIONAL RELAY CHAMPIONSHIPS 2008

The AMA Council has determined that in 2008 a National Postal relay competition will be conducted during February. Results shall be posted to the Director of Competition by the 7<sup>th</sup> March. Winners will be announced and presented with a certificate at the AMA National T & Field Titles at Blacktown, NSW in 2008.

The National Relay Championships shall involve the following relays in 2008.

4 x 100 M; 4 x 400 M; 4 x 800 M;  
4 x 800 M walk

Long Jump; Shot Putt; Hammer; Discus

#### Rules:

- The event shall be conducted in 10 year brackets (30-39; 40 – 49 etc) with the team age bracket being determined by the youngest member.
- An athlete may only compete in one age bracket for a particular relay

(eg Shot) but may compete in a different age bracket for another relay (eg LJ).

- The age of an athlete shall be their **age on the day of competition**.
  - The number of competitors in a track relay is four and a baton must be passed correctly at each change over zone.
  - The number of competitors in a field relay is three and the best of three attempts, for each competitor, shall count towards the final total distance.
  - The weight of the implement used by all team members in a throwing relay is that appropriate to the youngest member of the team.
  - If the field relay is conducted as part of a competition where six attempts are involved then only the best of the first three shall count towards the relay.
- The teams shall be nominated to the Competition Director in charge of competition on the day or days the Relays are held, prior to the start of the event and cannot be changed once the event has commenced. This shall

require a level of integrity on behalf of the Competition Director and those running the event.

Results shall be collated and sent to the Director of Competition along with a copy of the result sheet for each relay and a \$5 fee (paid to AMA) for each relay team ([Using the entry summary form](#)).

The Result sheet for track relays shall show the Age Category, Names of competitors, their age on the day, and the time for the relay and be signed by the Chief Timekeeper.

The Result sheet for field relays shall show the Age Category, Names of competitors, their age on the day, the individual best performance of each team member and the total distance. This result sheet shall be signed by the Field Referee. Attached to the Result sheet shall be a copy of the field sheet signed by the Chief Field Judge.

If you are interested please contact George White.

## TONY ROYLE, OUR NEW CLUB STATISTICIAN, WANTS YOUR RECORD RESULTS

Tony Royle has taken over as Club Statistician. Please support him as he gets used to his new role. SAMA checks for records wherever possible on behalf of members, but remember it is primarily the responsibility of members to apply for a record. If you think you have broken a record

please contact Tony on 08 8370 8273 or at [tony.royle@klakr.com](mailto:tony.royle@klakr.com)

Remember - records may only be set on accurately measured courses and in scratch races (i.e. not handicap races). They can be set at any ASA or national open competition and any national,

Oceania or World Masters Championships. Regional Masters Games usually do not usually meet the required standards.

The rules for setting records are included on page 11.

### *Records since last issue*

*Please note:* Tony Royle is our new statistician. Please forward record notifications to him.

#### First a correction. Tracy is younger than we said! Sincere apologies Tracy.

**15km walk** club championship 7/7/07

W30 Tracy Sinkinson 90.18 (Di Goodger 100.38)

#### And some new ones:

##### David Padget

10km Run 48:45 M75

8km X-Country 41:02 M75

##### Damien Smith

8km X-Country 31:47 M30

##### Peter Sandery

2000m steeple 5<sup>th</sup> 8.14.11

(set at Riccione)

## THE S.A.A.L ***BAY SHEFFIELD*** MASTERS EVENTS December 2007

The South Australia Athletic League Bay Sheffield carnival will include SAMA 120M and 800M events on Friday 28th December. You can nominate for selection! The afternoon's racing starts at 2.00, and exact times will be given when available.

The 2006 selection process was as follows:-

- for the 120M event, the fastest 11 sprinters (from Wednesday night race results) were invited to enter (with the stated understanding that the fastest 9 would be selected and the other 2 would act as reserves).
- for the 800M event, entry was open to all Club members, with the intention that the first 19 persons who expressed a firm intention to start on the day would be selected. For 2008 the process will be the same, except that if the number of members wishing to enter exceeds 19, an 'unbiased' (eg drawing numbers from a bag) process will be used to choose 19 persons.

**For the 2007 events, the following selection criteria will apply:-**

- Entrants must be financial Club members
- Entrants must have competed in at least 3 Wednesday night events over their intended race's distance (for the 120M, 60, 100 or 200 metres and for the 800M, 400, 800 or 1500 metres) between the start of the 2007/2008 summer season and 5/12/2007. More would be nice, but there are only a few opportunities for appropriate races between the start of the summer season program and the start of December
- Entrants must be available, and in a condition to race, on the day our events occur
- Entrants must be prepared to race to their best normal performance, regardless of what their impression is of the handicaps assigned to themselves and the other entrants.

Entrants must understand that

- the two races are a 'Club' event, conducted with a fairly large set of spectators. The Club is 'on display'
- the Club's two events are offered to S.A.M.A by the S.A.A.L. That offer should (and probably only will) continue while
  - those two events are good spectator events (ie. strong runner efforts are shown)
  - a full, or near full set of entrants, as per the S.A.A.L Bay Sheffield programme book, actually start, and finish, the events
  - all entrants in the events appear to be 'giving their best performance'
  - no entrants violate the S.A.A.L rules of competition (the main rules which would apply to entrants in the two events will be available to all selected entrants). The Club lost its then 3 events (120M, 400M and 800M) after at least 15 continuous years of Bay Sheffield's, a number of years ago, by a violation.
- In the actual races, entrants must wear correct Club uniform (their SAAL race vest will be worn over their Club singlet)
- Entrants will be given a set of notes detailing requirements for participation in Bay Sheffield events. The program has a very large number of heats and finals run over 2 days, and runs strictly to timetable. This requires that entrants know exactly what to do, and do just that!

*So, if you want to run in the Bay Sheffield, let's see you out there for the summer season, and talking to Paul Boyce.*

**Sri Chimnoy, September 29-302007.**

**Kate White -**

marathon - 5.30.22

6hour - 45.973 km

40-44 provisional Australian record that has stood for 10 years.

**Roxy Papageorgiou**

6hour - 38.8 km

(note; this was the first attempt by both women).

**Colin Brooks**

marathon - 4.27.41

50 mile - 8.56.10

100 km - 11.35.26

100 mile - 20.51.10

24 hour - 180.481 km  
(a PB for Colin)

**Deryck Skinner**

12 hour - 80.4 km



## *Training Advice from Club Coach Peter Sandery*



### **Running speed and Rating of Perceived Effort (RPE)**

There is a body of running research that supports the theory that race distance subconsciously determines the speed that you adopt for that race. Of course it does you say, you wouldn't start a 10km race running at 200m race pace would you? Well, some people do start that way, but soon drop back to a pace that they think they can sustain, but usually with some degradation as the race progresses. The issue is what the brain perceives to be a sustainable pace. We seem to have an inbuilt "safety margin speed regulator" that is associated with the tendency of the body to always gravitate towards a situation of greater comfort. Running at maximum race pace isn't a comfortable state for the body so, even if that pace isn't high enough to cause significant physical damage to muscle tissue, the brain acts to reduce the discomfort unless you consciously counter that tendency.

Exercise induced muscle damage also affects RPE and hence pace. Some breakdown of muscle fibres will occur as a consequence of training. To achieve a training effect, the demand you place on your muscles has to be sufficient to improve the capacity of those fibres to subsequently respond to that level of demand. That process involves the breakdown and rebuilding of muscle fibres using the repair functions of the muscle cells, a process that takes time. Athletes with exercise induced muscle damage have a higher RPE when they run at a particular pace than they do when that damage is not present. The mechanism by which the brain is aware of muscle damage involves a chemical that is produced in increased concentration when muscle damage occurs. This chemical triggers the brain to produce a feeling of fatigue, a protection mechanism to encourage the athlete to stop exercise and allow recovery to take place.

There is a clear difference between discomfort and the pain that results from major tissue trauma such as a muscle tear, bone stress fracture, connective tissue damage, etc. Discomfort is an inescapable part of training hard and racing well. Pain is a signal to stop an activity and to take appropriate action to assist significant tissue injury to be repaired by the body.

So, what does RPE mean in terms of how you train and race? At the start of a distance race, break the

race down into shorter segments and focus on achieving goals for those

shorter distances. As you pass each segment, put what you have done out of your mind and think about the next segment. If you run 5k races, include training sessions such as 5 x 1000m run at your target race pace with relatively short recoveries (around 60-90s) and aim to run each repetition feeling comfortable. Then, in a 5k race, focus on maintaining the pace you have become comfortable with, taking the race 1k at a time.

There are several things you can do to reduce exercise induced muscle damage and hence its influence on RPE. Follow the rule of never increasing combined training volume and intensity by more than 10% per week. Allow adequate recovery time after hard sessions or races. If your program includes two high intensity sessions per week, space them out so that you are not running these sessions with sore and tight muscles. Maintain a daily diet that provides your muscles with the carbohydrate needed for high intensity exercise (around 10-12gm/kg of body mass), protein for muscle fibre repair and fat (in approximately a 55:30:15 ratio). Above all, set goals and undertake training and racing that allow you to enjoy your running. Feeling good certainly reduces the perceived physical costs of running your fastest.

### **Come train with Peter**

Peter coaches a training group at Adelaide Harriers clubrooms (corner Peacock Road and South Terrace) Monday and Thursday evenings, starting promptly at 5:30pm. The group consists of 12-25 male and female runners of widely varying ability and age (mainly masters) on any night. Sessions last about an hour, including a structured warm-up and an interval program based on current research into maximising running training outcomes. The aim is improving ability to run middle and long distance races. You should be running regularly for some time before starting interval training. Sessions target energy systems that power running, using various combinations of speeds, distances and recovery times.

### **And for the sprinters to 800m runners...**

Anne Lang's group runs at 7.00 Tuesdays and Thursday mornings and 8.00 Sundays at the Bundeys Rd oval opposite Fitness on the Park.

# SAMA Winter Competition — 2007

## Results — August 18—September 8th

### SAMA Results 18-8-2007

West Beach

#### 10k Walk Sealed Handicap

Results	A/G %
Kate White 1:17:04	55.60%
Hilary Winchester 1:14:27	64.20%
Margaret Trengove 1:09:29	77.50%
Colin Hainsworth 1:10:00	80.90%
Adrea Wilson 1:18:09	56.70%
Cynthia Dally 1:20:03	78.40%
Graham Harrison 1:02:49	76.40%
Fred Brown 1:30:25	71.60%
Ros Elix 1:15:53	81.30%
Deryck Skinner 1:11:23	76.00%
Elaine MacFarlane 1:24:57	65.10%
Raelene Schild 1:11:55	60.10%
Rob McFadden 53:45	73.00%
Murray Marker 1:07:08	75.70%

#### 4k Run Yacht Handicap

##### Results

Frank Scurr	22:37
Kris Wolszczak	14:29
Avril Hill	22:01
Rodger Barber	22:01
Rosemary Ince	19:14
Harry Hayford	19:28
John Martin	19:33
Graeme Southern	19:51
Richard Moyle	19:01
Andy Loudon	16:05
Terry Nicholas	20:45
Richard Sjoerdsma	26:28

#### 8k Run Yacht Handicap

##### Results

James Baker	30:57
Michelle Leyden	37:42
Iain Willoughby	31:57
Frank Rogers	38:01
Doug Smart	35:13
Stan Miller	45:37
Geoff Byham	35:37
Colin Trengove	42:54
Piet Crosby	34:57
Christine Goodwin	37:00
Patricia Berry	43:09
Michael Varney	30:50
Brian Wyld	37:05
Ian Roberts	34:35
David Trembath	47:56

### SAMA Results 25-8-07

Bonython Park

#### 12km Walk Results

Kate White	1:31:07
Deryck Skinner	1:25:09
Colin Hainsworth	1:25:00
Graham Harrison	1:16:51
Leigh Smith	1:23:55

Margaret Trengove	1:25:10
Agathi Villios	1:35:38
Ros Elix	1:33:39
<b>Roxy Papageorgiou</b>	<b>1:31:45</b>

#### 8km Walk Results

Mohni Narayan	58:24
Marie Maxted	58:25
Elaine MacFarlane	1:06:18
Lillian Harpur	1:06:14
Peter Papageorgiou	1:05:21
Raelene Schild	57:21
Helen Suridge	56:35
Fred Brown	1:12:05
David Robertson	1:08:27

#### 8km Run Results

David Trembath	42:39
Mike Hopkins	34:13
Stan Miller	44:42
Iain Willoughby	32:07
Norman White	34:14

#### 4km Run Results

Richard Moyle	36:54
Geoff Byham	36:01
Colin Trengove	43:20
Frank Rogers	39:00
Tony Royle	37:58
Craig Palmer	38:20
Damien Smith	32:22
Harry Hayford	42:09
Linda Tsounis	48:29

#### 4km Run Results

Kris Wolszczak	14:25
Avril Hill	21:42
John Martin	19:05
Alan Taylor	17:37
Rosemary Ince	19:19
Rodger Barber	22:24
Karel Royle	22:05
Peter Gregg	29:00

### SAMA Results 1-9-2007

East Terrace

#### 10k Walk

RAFA Trophy	Results	Age
James Hoare	1:04:26	M61
Marie Maxted	1:11:52	
Lillian Harpur	1:21:22	W59
Kim Mottram	45:00	

Deryck Skinner	1:09:44	M74
Margaret Trengove	1:09:18	W63
Graham Harrison	1:02:44	M64
Peter Papageorgiou	1:20:35	M69
Tracy Sinkinson	56:37	W34
Elaine MacFarlane	1:22:50	W65
Roxy Papageorgiou	1:14:22	W62
Barbara Cain	1:06:53	W58
Ros Elix	1:16:50	W72
Fred Brown	1:28:13	M85
Kate White	1:18:06	W41

### 12k Run Results

Iain Willoughby	49:29
Leah Wright	50:26
Norman White	51:49
Michael Cooke	52:44
Cath McDonald	53:20
Andrew Carccio	54:05
Geoff Byham	55:41
Bisa Petrovic	55:55
Christine Goodwin	56:21
Doug Smart	57:03
Frank Rogers	57:27
David Padget	59:02
Craig Palmer	1:00:18
Simon Sypec	1:01:45
Ian Barry	1:02:46
Colin Trengove	1:05:14
Anki Maxe	1:07:36
David Trembath	1:08:14
John Monteleone	1:08:21
Stan Miller	1:08:34
Barbara Bruer	1:11:10
Richard Trail	1:13:17
Bernadette Robinson	1:14:51
Gail Harris	1:18:48
Ian Morris	1:21:59
Pauline Smith	1:22:48

#### 9k Run Results

Damien Smith	36:07
Brian Wyld	41:08
John Martin	45:16
Harry Hayford	46:13
Sarah Muller	48:59
Rosemary Ince	51:30
Regula Muller	51:57
Linda Tsounis	53:35
Kate Lowry	54:48
Kirsty Bills	55:46
Erika Dauner	1:00:05
Peter Gregg	1:08:52

#### 6k Run Results

Felicity Alexander	29:57
Daniella Zagari	33:55
Benice Mutiso	34:25
Richard Sjoerdsma	42:15
Gail Morris	46:04
Joy Fenton	46:56
Josie Buckwell	47:07
Pam Silby	48:24
Stasia Grygorcewicz	55:11
Ursula Brown	58:15
<b>3k Run Results</b>	
Michel Gautron	11:56
Paul Boyce	15:32
Frank Scurr	19:03
Gail VanRyswyk	21:28
Denys Smith	26:40

### SAMA Results 8-9-2007

Peacock R

#### 5km Walk Turkey Handicap Pat

##### Peters Trophy Result

Colin Hainsworth	35:07
Ros Elix	37:12
Sarah Scurr	41:15
Graham Harrison	30:42
Lillian Harpur	39:40
Barbara Cain	32:27
Peter Papageorgiou	39:25
Fred Brown	44:49
Margaret Trengove	33:46
Elaine MacFarlane	40:50
Raelene Schild	36:22
Kate White	35:14
David Robertson	46:04
(PS Dave protested, and we agree he was robbed! We just don't know how badly!)	

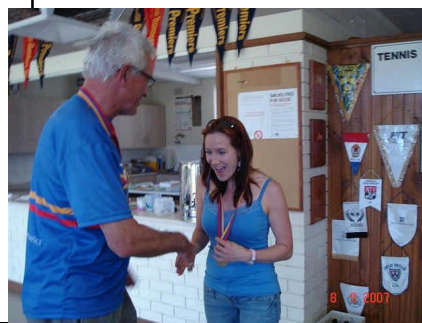
#### 5k Run Turkey Handicap

##### Results

David Padget	23:57
Alan Taylor	22:32
Jaques Jason	23:17
Geoff Byham	21:04
Michael Cooke	20:35
Norman White	20:35
Mike Hopkins	21:35
Colin Trengove	26:52
Colin Brooks	20:34
Harry Hayford	24:57
Margaret McIntosh	24:48
Damien Smith	18:54
Michelle Leyden	23:25
Michael Varney	18:10
Leah Wright	20:20
Terry McKenna	20:11
John Martin	24:34
Cath McDonald	20:59
Christine Goodwin	22:28
Gail VanRyswyk	37:31
Frank Rogers	23:23
Brian Wyld	22:25
Richard Moyle	22:13
Doug Smart	21:43
Felicity Alexander	25:11
Patricia Berry	28:00
Jennie White	29:35
David Trembath	26:11
Craig Palmer	22:40
Stan Miller	27:50
Lee Wingate	31:02
Rodger Barber	29:26
Frank Scurr	37:09
Apologies for absence of A/G% scores for the run events this edition. John, we need you back!	

[illegible]

Name	Event	Time	Age	Gp	Place										
Felicity Alexander						Allan Mayfield									
H/Marathon	1:54:04	W40			2nd	5km Run	20:13	M55		2nd	8km X-Country	37:22	M60		3rd
5km Run	24:51	W40			3rd	Catherine McDonald					5km Run	18:24	M30		1st
Patricia Berry						5km Run	21:18	W45		1st	10km Run	39:53	M30		1st
8km X-Country	46:41	W50			2nd	Rob McFadden					8km X-Country	31:47	M30		1st
10km Run	53:36	W50			2nd	5km Run	19:21	M40		1st	Leigh Smith				
Colin Brooks						Margaret McIntosh					10km Walk	1:09:46	M70		1st
H/Marathon	1:31:08	M50			1st	5km Run	25:05	W50		3rd	20km Walk	2:24:03	M70		1st
8km X-Country	35:25	M50			1st	Maureen Moyle					Graeme Southern				
5km Run	20:13	M50			3rd	5km Run	22:18	W50		1st	5km Run	24:09	M65		3rd
10km Run	41:54	M50			1st	Paul Moyle					David Trembath				
Geoff Byham						10km Run	49:34	M60		3rd	10km Run	55:33	M70		3rd
5km Run	20:50	M60			2nd	Richard Moyle					Helen Suridge				
10km Run	44:35	M60			1st	10km Walk	1:16:21	M50		1st	10km Walk	1:11:25	W55		1st
8km X-Country	35:40	M60			2nd	10km Run	45:39	M50		3rd	Roy Sutcliffe				
Michael Cooke						H/Marathon	2:01:21	M50		3rd	5km Run	29:02	M75		2nd
5km Run	20:56	M45			2nd	Mohni Narayan					10km Run	56:22	M75		2nd
Piet Crosby						5km Run	27:01	W35		2nd	H/Marathon	2:11:22	M75		2nd
8km X-Country	35:45	M55			1st	David Padget					8km X-Country	47:31	M75		2nd
5km Run	21:35	M55			3rd	5km Run	24:32	M75		1st	Mike Tagell				
10km Run	43:09	M55			1st	10km Run	48:45	M75		1st	5km Run	19:36	M50		2nd
Ros Elix						H/Marathon	1:51:09	M75		1st	Colin Trengove				
10km Walk	1:16:49	W70			1st	8km X-Country	41:02	M75		1st	8km X-Country	45:35	M65		3rd
Richard Everson						Valmai Padget					10km Run	53:50	M65		2nd
10km Walk	56:24	M40			1st	5km Run	30:55	W60		1st	Margaret Trengove				
Christine Goodwin						Craig Palmer					10km Walk	1:10:37	W60		1st
8km X-Country	38:36	W50			1st	5km Run	21:11	M45		3rd	Michael Varney				
5km Run	22:42	W50			2nd	Craig Palmer					5km Run	18:06	M35		1st
10km Run	45:50	W50			1st	10km Run	48:52	M45		3rd	H/Marathon	1:21:48	M35		1st
Colin Hainsworth						8km X-Country	37:33	M45		3rd	8km X-Country	31:08	M35		1st
10km Walk	1:10:06	M75			1st	Roxy Papageorgiou					George White				
15km Walk	1:51:37	M75			1st	20km Walk	2:39:31	W60		1st	5km Run	20:31	M60		1st
Liam Hanna						10km Walk	1:15:31	W60		2nd	H/Marathon	1:34:05	M60		1st
H/Marathon	1:36:55	M60			2nd	Don Parker					8km X-Country	35:32	M60		1st
Lillian Harpur						5km Run	27:00	M70		3rd	George White				
10km Walk	1:24:01	W55			3rd	Bob Pearce					10km Walk	50:36	M60		1st
Graham Harrison						5km Run	18:39	M55		1st	15km Walk	1:16:54	M60		1st
15km Walk	1:36:13	M60			2nd	David Potter					20km Walk	1:45:55	M60		1st
20km Walk	2:12:59	M60			2nd	8km X-Country	40:26	M55		2nd	Gill White				
10km Walk	1:04:27	M60			3rd	Les Reiter					10km Walk	1:18:27	W55		2nd
Avril Hill						8km X-Country	46:20	M60		4th	Jennie White				
5km Run	31:09	W55			1st	Ian Roberts					5km Run	31:29	W30		1st
James Hoare						5km Run	19:38	M40		3rd	Kate White				
10km Walk	1:04:17	M60			2nd	Frank Rogers					15km Walk	2:02:38	W40		1st
James Hoare						5km Run	23:01	M70		1st	Norman White				
20km Walk	2:22:46	M60			3rd	10km Run	48:21	M70		1st	5km Run	20:38	M45		1st
Mike Hopkins						Jill Rogers					10km Run	43:34	M45		2nd
8km X-Country	36:11	M50			2nd	10km Walk	1:17:37	W60		3rd	8km X-Country	36:34	M45		2nd
10km Run						Tony Royle					Iain Willoughby				
8km X-Country	43:00	M55			3rd	10km Run	46:25	M55		2nd	5km Run	19:29	M40		2nd
Jaques Jason						Peter Sandery					10km Run	40:48	M40		1st
8km X-Country	35:10	M40			1st	5km Run	18:41	M65		1st	Leah Wright				
Arthur Jones						8km X-Country	32:56	M65		1st	H/Marathon	1:32:42	W40		1st
15km Walk	1:40:35	M65			1st	David Sando					5km Run	20:24	W40		2nd
20km Walk	2:18:23	M65			1st	H/Marathon	1:44:04	M50		2nd	Brian Wyld				
10km Walk	1:04:51	M65			2nd	Raelene Schild					H/Marathon	1:40:05	M65		1st
Rob King						10km Walk	1:10:27	W45		1st	5km Run	21:06	M65		2nd
5km Run	17:18	M50			1st	20km Walk	2:24:56	W40		1st	10km Run	46:04	M65		1st
Dick Larkin						Alan Sim					8km X-Country	37:58	M65		2nd
10km Walk	1:17:59	M75			2nd	10km Run	42:57	M45		1st					
Debbie Lee						8km X-Country	34:44	M45		1st					
10km Run	53:26	W40			1st	Tracy Sinkinson									
Michelle Leyden						10km Walk	56:25	W30		1st					
8km X-Country	40:34	W35			1st	15km Walk	1:30:18	W30		1st					
5km Run	24:15	W35			1st	Richard Sjoerdsma									
10km Run	48:37	W35			1st	5km Run	33:19	M75		3rd					
Elaine MacFarlane						Deryck Skinner									
10km Walk	1:23:52	W65			1st	15km Walk	1:59:38	M70		1st					
Murray Marker						20km Walk	2:31:02	M70		2nd					
10km Walk	1:03:48	M65			1st	Elizabeth Slattery									
John Martin						5km Run	19:03	W40		1st					
8km X-Country	42:04	M70			1st	8km X-Country	34:16	W40		1st					
5km Run	24:18	M70			2nd	Doug Smart									
10km Run	49:24	M70			2nd	5km Run	22:39	M60		3rd					
						10km Run	45:12	M60		2nd					



## RECOVERY THEORY AND PRACTICE : A Coaching seminar you can attend

PRESENTED BY: GREG ROWSELL – SASI Physiologist and

PAUL SCOTT – Soft tissue therapist for the Adelaide Reds.

### CONTENT:

- a tour of SASI's recovery facilities
- a presentation on conducting athlete recovery at your own venues as part of recovery intervention.

Paul will present on soft tissue therapy, which follows on from the successful self massage lecture provided to the National Coaching Conference at the Largs Police Academy in September.

VENUE: The auditorium, South Australian Institute of Sport, Valletta Road, Kidman Park starting

at 6.30pm on **Thursday 1<sup>st</sup> November, 2007** – Car parking is available.

COST: \$5.00 entry fee for member of ATFCA, \$10 for non members and free of charge to SASI scholarship holders  
The Branch gratefully acknowledges the generous and on going support of:  
Athletics Australia through its professional development program for coaches; and  
both SASI and ASA for the supply of facilities, staff and funds.

### Future Program:

- December, Sprints or Middle distance (Programming/training interventions) with Peter Fortune negotiations are progressing ;
- about 20 February 2008, we look like securing Sharon Hannan,

coach to Super Sally McLellan for a review of hurdle and sprint combinations, and Sprints and relays (Program planning/periodisation/training interventions with Cliff Mallett;

• May 2008, Jumps (training interventions/plyometrics) Gary Bourne or Max Debnam;

• September 2008, Throws (training interventions) Mike Edwards or Gus Popuolo;  
November 2008, Advanced Strength Training/Power/Programming Scott Baker (SASI S&C).

Contact details are Stan Miller 0417856386 or [svmiller@yours.com](mailto:svmiller@yours.com) or Brendan Tammo at SASI on 84166755

Thanks for the heads-up Stan Miller.

## SETTING RECORDS: REQUIREMENTS AND RULES

### STATE AGE GROUP (SAG) RECORDS

Requirements for SAG Records are as follows:

- One watch is sufficient for a SAG record. However, any strange looking results should 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.
- **Records cannot be set in handicap events.**
- **Walks must be judged and the competitor verified as not disqualified.**

### NATIONAL RECORDS

Requirements for National Records are the same as for SAG records except as follows:

- As much paperwork as possible should be collected to support a record application.
- **Electronic** timing for up to the 200m. A copy of the photo finish print must be submitted.
- Three watches for distances above 200m if electronic timing is not available.
- A minimum of 3 competitors.
- Wind readings for sprints (200m or less), long jump and triple jump.
- For throws, implements are required to be measured for weight and length. These measurements are to be certified by an appropriate technical officer.

- Length measurements for jumps and throws must be validated with a steel tape. Two people must verify the distance.
- Jumps must have a take off board judge (preferably plasticine).
- Lap record sheets are required for events 2km and over.
- No more than 4 runners (or 6 walkers) per lap-scorer.
- Walks must be judged by a minimum of 4 judges (1 at A grade) and the competitor verified as not disqualified.
- Track times are rounded up to 1/10<sup>th</sup> second.
- Road times are rounded up to 1 second.
- LJ and TJ are rounded down to 1 centimetre.
- The maximum variation in distance for a road circuit is 0.1% (i.e. 10m in 10km).

### WORLD RECORDS

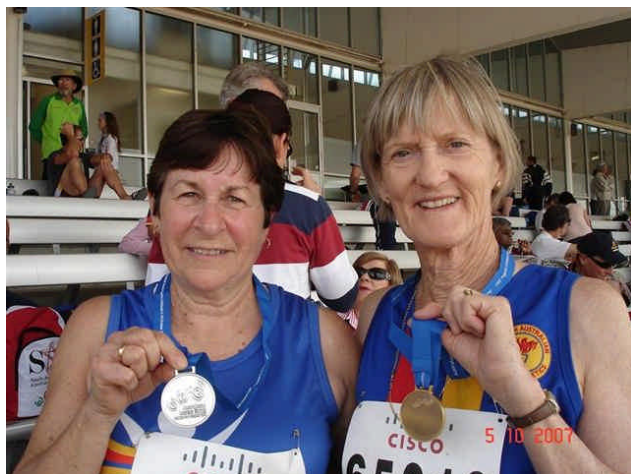
Requirements for World records are the same as National records with the additional need for:

- A copy of the applicants' birth certificate or passport front page.
  - Ideally 6 walk judges (minimum of 4 including 1 at A grade)
  - Surveyor's verification of course distance.
  - Referees confirmation that all statements are correct.
  - Complete race results
- Only records set at WMA meetings do not require a form to be submitted.



*(our first look suggests over 30 new club records; we will report these in the next newsletter!)*

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1600 M Run 7:05 2  
OD Pentathlon 1106 2  
**Kana Nathan - M65**  
M65 Pole Vault 1.30m 1  
65 Hammer 27.09m 2  
Discus Throw 25.06m 5  
Wt Pentathlon 2362 4  
OD Pentathlon 999 1

**Ron O'Neil - M80**  
1500 M Walk 10:44.191  
5000 M Walk 36:04.731  
**David Padget - M75**  
800 M Run 3:27.85 3  
1500 M Run 6:51 3  
5000 M Run 24:02 1  
8k Run CC 43:42 1  
Half Marathon 1:49 1

**Valmai Padget - W60**  
100 M Run 16.20 2  
200 M Run 35.53 2  
400 M Run 1:34 2  
1600 M Run 8:00 1

**Roxani Papageorgiou - W60**  
1500 M Walk 10:06. 2  
5000 M Walk 36:08. 2  
10000 M Walk 1:14 3  
Half Marathon 2:29 2  
1600 M Run 8:40 2

**Fred Pash - M80**  
100 M Run 20.74 2  
High Jump 0.85m 1  
Hammer Throw 12.20m 1  
Shot Put 6.21m 2  
Weight Throw 8.46m 1  
Long Jump 1.69m 2  
Wt Pentathlon 2005 1  
Triple Jump 4.65m 1  
OD Pentathlon 747 1  
1600 M Run 12:48.001

**Bob Pearce - M55**  
800 M Run 2:24.96 3  
1500 M Run 5:04.92 3  
400 M Run 1:03.62 5  
5000 M Run 19:14. 4  
8k Run CC 34:06 2  
1600 M Run 5:16 1

**Dennis Peck - M70**  
100 M Run 15.49 4  
High Jump 1.21m 1  
Discus Throw 28.31m 2  
200 M Run 33.07 3  
Javelin Throw 29.70m 1  
OD Pentathlon 2669 1  
8k Run CC 47:56 4

**Graham Richardson - M65**  
Shot Put 8.26m 3

Hammer Throw 26.71m 3  
Weight Throw 11.30m 1  
Discus Throw 32.25m 1  
Javelin Throw 22.01m 3  
Wt Pentathlon 2853 2

**Pam Roach - W45**  
100 M Run 14.24 4  
High Jump 1.28m 1  
200 M Run 30.42 4  
400 M Run 1:07.23 3

**Frank Rogers - M70**  
800 M Run 2:53.78 2  
1500 M Run 6:04.74 1  
5000 M Run 21:59.221  
8k Run CC 42:57.001

**Jill Rogers - W60**  
1500 M Walk 11:26 3  
**Cherie Rothery - W45**  
800 M Run 2:37.38 1  
Shot Put 8.30m 1  
Javelin Throw 24.83m 1  
Long Hurdles 1:15.42 1  
Discus Throw 28.93m 2  
400 M Run 1:07.99 1

**Peter Sandery - M65**  
800 M Run 2:34. 2  
1500 M Run 5:11. 1  
2000 M Steeple 8:19. 1  
5000 M Run 18:55 1  
8k Run CC 34:11. 1  
Half Marathon 1:31:31 1  
1600 M Run 5:15. 1

**David Sando - M50**  
800 M Run 2:39. 7  
1500 M Run 5:31. 7  
8k Run CC 37:49 7

**Neil Sando M50**  
800 M Run 2:30. 4  
Shot Put 9.97m 7  
Discus Throw 28.57m 7  
Javelin Throw 36.75m 2

**Raelene Schild - W40**  
10000 M Walk 1:16:28 1

**Tracy Sinkinson - W30**  
5000 M Walk 27:31 1  
10000 M Walk 1:01:15 1  
1500 M Walk 7:43.83 1

**Elizabeth Slattery - W40**  
800 M Run 2:39. 2  
1500 M Run 5:18. 1  
5000 M Run 19:26 1  
8k Run CC 34:52 2  
1600 M Run 5:36 1

**Douglas Smart - M60**  
800 M Run 2:49.79 4

1500 M Run 5:43.10 2  
2000 M Steeple 9:14.76 1  
5000 M Run 21:09. 4  
8k Run CC 38:10. 4  
Half Marathon 1:39:51 3

**Damien Smith - M35**  
5000 M Run 18:17. 2  
8k Run CC 32:45 3

**Pauline Smith - W65**  
8k Run CC 1:00:35 1  
1600 M Run 9:16.00 2  
**Stephen Smith - M55k**  
100 M Run 13.30 4  
200 M Run 28.46 5  
400 M Run 1:05.83 7

**Bill Starr - M65**  
5000 M Walk 33:28. 2  
10000 M Walk 1:09:03 2

**Rose Stigwood - W35**  
800 M Run 3:45.43 4  
1500 M Walk 10:19. 1  
Shot Put 6.10m 5  
1500 M Run 8:29.45 2  
Long Jump 2.99m 4  
Discus Throw 14.75m 4  
5000 M Walk 38:25. 1  
10000 M Walk 1:23:05 2  
1600 M Run 8:18.00 3

**Brett Stokes - M50**  
100 M Run 14.33 7  
200 M Run 31.68 9

**Helen Suridge - W55**  
1500 M Walk 9:34.04 2  
Javelin Throw 24.00m 2  
5000 M Walk 33:28. 2  
10000 M Walk 1:13:01 3

**Sally Anne Taylor - W45**  
800 M Run 2:40.14 1  
Long Hurdles 1:30.48 1  
OD Pentathlon 2040 1  
2000 M Steeple 9:07.25 1  
Pole Vault 1.50m 1

**David Trembath - M70**  
800 M Run 3:06. 3  
1500 M Run 6:42. 4  
5000 M Run 25:21. 3  
1600 M Run 6:45.00 2

**Margaret Trengove - W60**  
1500 M Walk 9:59.20 1  
5000 M Walk 34:07 1  
10000 M Walk 1:11:09 1  
1600 M Run 8:41.00 3

**Dave Turner - M65**  
800 M Run 3:04.14 4  
1500 M Run 6:34.03 3  
5000 M Run 23:34.974  
1600 M Run 8:29.00 6

**Hans van Bavel - M55**

200 M Run 26.51 1  
400 M Run 1:01.58 2  
**Michael Varney - M35**  
Half Marathon 1:24:45 1

**George White - M60**  
1500 M Walk 7:36.11 1  
1500 M Run 5:42.73 1  
5000 M Walk 26:29. 1  
10000 M Walk 57:19. 1

**Katherine White - W40**  
1500 M Walk 11:27.581  
5000 M Walk 35:13.401

**Norman White - M45**  
100 M Run 15.06 14  
800 M Run 2:28.81 13  
Shot Put 6.52m 11  
Long Jump 4.00m 7  
200 M Run 30.10 12  
Discus Throw 15.56m 11  
Javelin Throw 20.93m 12  
1500 M Run 5:19.61 10  
400 M Run 1:05.28 11  
Triple Jump 8.78m 4  
OD Pentathlon 1971 3  
8k Run CC 35:59. 4  
Half Marathon 1:36:01 3  
1600 M Run 5:42.00 4

**Geoff Whitehall - M55**  
100 M Run 13.01 2  
200 M Run 27.55 2  
400 M Run 1:03.01 4  
OD Pentathlon 2320 4

**Iain Willoughby - M40**  
5000 M Run 19:25. 4  
8k Run CC 35:22. 3  
Half Marathon 1:35:07 6

**Krzysztof Wolszczak - M45**  
800 M Run 2:16. 5  
Long Hurdles 1:07.31 1  
1500 M Run 4:46. 5  
3000 M Steeple 11:42.071  
1600 M Run 5:08 2

**Leah Wright - W40**  
1500 M Run 5:31 2  
5000 M Run 19:42. 2  
8k Run CC 33:44. 1  
Half Marathon 1:28:35 1

**Jeff Zweck - M35**  
Long Jump 5.06m 3  
Javelin Throw 35.33m 2  
Discus Throw 24.82m 5

Thanks for sending the results list and for contributing to the editing George!



## SAMA Summer Program 2007-2008

Program "A"		Program "B"	
100m	5.55pm	200m	5:55pm
Hammer	5.55pm	Weight Throw	5.55pm
1500m	6.15pm	800m	6.10pm
400m	6.25pm	60m Sprint	6:25pm
3km Track Walk	6.35pm	3km Track Run	6.35pm
Discus (A,B)	6.40pm	Javelin (A,B)	6.40pm
Long Jump (A,B)	6.50pm	Triple Jump (A,B)	6:50pm
5km Track Run	7.05pm	5km Track Walk	7:00pm
High Jump	7:20pm	Shotput (A,B)	7.20pm
Finish (off track)	7.45pm	Finish (off track)	7.45pm
Program	Date	Program	Date
A	24-Oct-07 All track events scratch	A	02-Jan-08
B	31-Oct-07 All track events scratch	B	9-Jan-08 All track events scratch
A	07-Nov-07	A	16-Jan-08
B	14-Nov-07	B	23-Jan-08
A	21-Nov-07 All track events scratch	A	30-Jan-08
B	28-Nov-07	B	6-Feb-08
A	05-Dec-07	A	13-Feb-08 (Jimmy Liascos Memorial meet), Age Graded track events. All track events scratch
B	12-Dec-07	B	20-Feb-08
	19-Dec-07 Adelaide Harriers - Relays and social evening	A	27-Feb-08 Fun evening (60m splits instead of 100m)
	Christmas Break		Friday 29th-Feb-08 - SAMA State Champs Day 1
<b>Note:</b> Throws will be organized on the night depending on the number of entries. Where A,B is shown (for field events) , the groups may be split into two groups based on ranking.			Sunday (am) 2-March-08 - SAMA State Champs Day 2
		B	5-Mar-08
		A	12-Mar-08 All track events scratch. 3km Run and no high jump. Summer Presentation Night
			Easter 21 <sup>st</sup> March

## *Results and Reports from the City Bay 16/9/07*

<b>(12 km run age winners only)</b>			Dave Turner	M65	59.12	<b>12 km walkers in first 50</b>		
Michael Varney	M36	43.56	Brian Wyld	M67	53.26	Tracy Sinkinson	12th	1.06.44
Leah Wright	F41	48.03	John Martin	M71	59.24	Graham Harrison	33rd	1.16.33
Cath McDonald	F47	51.27	Frank Rogers	M72	54.58	Barbara Cain	43rd	1,18.57
Mike Tagell	M51	44.33	David Trembath	M73	1.04.40			
Maureen Moyle	F52	50.35	Richard Sjoerdsma	M77	1.27.15	<b>6 km walkers in first 50</b>		
Rob King	M52	41.56	Ross Martin	M78	2.43.39	Hilary Winchester	41st	44.10
Steve Guy	M53	44.17						
Chris Goodwin	F55	54.56	<b>6 km runners in first 50</b>					
Doug Smart	M64	53:31	Krys Wolszczak	11th	22.25			

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## SUMMER PROGRAM at SANTOS

Wednesday evenings from October 24th TO March 12

The program is on the reverse of this page

Or...

Look on the website:

[www.samstersathletics.org.au](http://www.samstersathletics.org.au)

## OTHER COMING EVENTS??

See Details P2.

## PAID YOUR SUBS?

Of course you have; or you wouldn't have got this issue.

But maybe you need to remind summer members!

**THE ANNUAL PICNIC AND TENNIS DAY will be on Sunday November 4th** from 11.00 and Court 9, Belair National Park.

## BAY SHEFFIELD

SAMA 120m and 800 m events

Friday afternoon 28/12/07

Nominate soon!

Next Edition: December 19

## SA Masters News

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