



Version 3 **SA Masters Athletics Winter Program 2024**

Date	Venue		Program	Distances & Start Times	
				Runs	Walks
4/5/24	Park 20 Adelaide Harriers Clubrooms	1	Scratch Races - Prizes	2km, 4km and 6km 2.15pm	2km, 4km and 6km 2.15pm
11/5/24	West Beach Barcoo Road	2	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
12/5/24	Mothers Day Classic				
18/5/24	Park 24 (West Tce by Westerns Clubrooms)	3	SAMA 5km Run & Walk Champs Scratch races	5km & 2.5km 2.30pm	5km & 2.5km 2.30pm
25/5/24	Felixstow Reserve	4	Relay Challenge - Prizes	Teams of 3 – 6km total (2+2+2) 2.15pm	
26/5/24	Barossa Marathon Festival – eligible for the AMA postal Half Marathon Champs				
1/6/24	Felixstow Reserve	5	SAMA 10km Walk/Run Champs Scratch races	10km 2.15pm 4km & 2km 2.45pm	10km W 2.00pm 4km & 2km 2.45pm
8/6/24	Enter parkrun & send results to John Hore				
10/6/24	Kings Birthday Turkey Handicap Fun Run Adelaide Harriers				
15/6/24	Park 15 East Tce, Glover Playground	6	SAMA Cross Country Champs Scratch races	8km, 6km CC 2.30pm , 4km & 2km CC 2.45pm	10km W 2.00pm 5km W 2.30pm
	SAMA AGM / Awards Dinner, Friday 21 June -Kensington Hotel. 6.00pm				
22/6/24	Park 20 Adelaide Harriers Clubrooms	7	Multi Event races Scratch	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
29/6/24	Oaklands Park – Oaklands Road	8	Handicap races	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
6/7/24	Felixstow Reserve	9	Relay Challenge - Prizes	Teams of 3 – 8km total (2+2+4) 2.15pm	
13/7/24	West Beach Barcoo Road	10	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
20/7/24	Enter parkrun & send results to John Hore				
27/7/24	Park 19 Playground Glen Osmond Road	11	AMA/SAMA Half Marathon & SAMA 15km Walk Champs Scratch races	Half mara 1.00pm, 8km 2.15pm, 4km & 2km 2.30pm	15km 1.15pm 8km 2.00pm, 4km & 2km 2.30pm
3/8/24	Park 16 Vic Park Pakapakanthi cnr Halifax & East Tce	12	Relay Challenge - Prizes	Teams of 3 – 10km total (2.5+2.5+5) 2.15pm	
10/8/24	Park 20 Adelaide Harriers Clubrooms	13	Multi event races	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
17/8/24	Oaklands Park – Oaklands Road	14	Handicap races -	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
25/8/24	Park 20 Adelaide Harriers Clubrooms	15	AMA/SAMA 20km Walk Champs Scratch races	10km 11.30am, 4km & 2km 11.45am	20km 10.00am 8km & 4km 11.00am
25/8/24	Adelaide Marathon Festival – eligible for the AMA postal Half Marathon Champs				
31/8/24	Park 20 Petanque Club cnr Unley/Greenhill	16	Winter Presentation Turkey Hdcp - Prizes	5km 2.00pm 2.5km 2.15pm	5km 1.45pm 2.5km 2.00pm
15/9/24	City Bay Fun Run				
	SAMA Weekend Away				

Notes:

Relays are handicapped teams of 3. Scratch starts. Planned as normal a relay – 3x2km touch handover.

With several days having multiple distances on the same start time either a distance or walkers could be separated by a minute to avoid congestion.