



SAMA 2023/24 Award winners

# AGM & Awards Night Celebration 2024

**What a wonderful evening of celebration at our AGM and Awards night on Friday 21 June!**

The evening began with the AGM which saw the election of our new Committee of 11 members as follows:

- Viddy Jermacans - President
- Anne Lang - Vice President
- Marg Clark - Treasurer
- George White - Secretary

- John Hore - Registrar
- Ann Jefferies, Donna Palmer, Dean Mortimer, Marinus Haccou, Mike Vowles and Des Clark - general committee.

Many of the new committee and other club members have also nominated for ex-officio roles, and the Committee will confirm details of all roles at their first meeting in August. Details of these people are available on the website and you will also find their contact information listed on page 31 if you have any queries.

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## COMING EVENTS

**AMA/SAMA Half Marathon  
Championships and  
SAMA 15km Walk Championships**

Sunday 27 July

•

**AMA/SAMA 20km Walk Championships**

Saturday 25 August

•

**Adelaide Marathon Festival**

Saturday 25 August

•

**SAMA Winter Presentation**

Saturday 31 August

•

**City Bay Fun Run**

Sunday 15 September



*Essential helpers at the 10km Walk/Run Championships*



# A NOTE FROM THE PRESIDENT



The year just passed was my first as President of SAMA. My thanks to the members of the committee who supported me during the year by undertaking roles and functions to ensure the efficient running of the club and its activities. I would also like to acknowledge the role of Ros Lowe in her ex-officio position of Records Office, a role she has undertaken for several years.

Whilst several of the committee stood down at the recent AGM six members put their names forward for positions for the 2024/25 year. I welcome Margaret Clark as Treasurer and Dean Mortimer, Marinus Haccou, Mike Vowles, Des Clark and Donna Palmer as committee members.

One of those departing the committee after many years of service in a variety of key roles, including President, was David Bates. David's many years of service was acknowledged at the AGM with him being awarded life membership of SAMA.

David has indicated that he will remain as SAMA's webmaster and will continue to produce emails that inform members of upcoming competition, of social activities as well as general informative material.

Also, I sincerely thank the many volunteers who kept our competitions going both through summer and winter. Overall, there are too many to name but 'I know who you are' and hopefully so do all competitors who are reliant on them for their ability to compete.

The presentation of awards for the 2023/24 year followed the AGM and it was pleasing to note the large number of members who attended the dinner to note and acknowledge recipients.

The major award winners for the season included Miriam Cudmore as the Most Outstanding Female Athlete and Allan Mayfield as the Most Outstanding Male Athlete. Ann Jefferies was awarded the Most Outstanding Individual Performance Award.

At Athletics SA's (ASA) awards night in late May Ann was the recipient of their 2023/24 Over 35 Athlete of the Year award. The SAMA women were the winners of ASA's Interclub season Over 35 competition beating seven other clubs in the process. The men's Over 35 competitors came

third in their category.

So, we now look forward to the rest of the 2024/25 administrative and athletic year.

SAMA's representation at the National Championships earlier this year in Hobart was the largest in number in recent years. Several of them will be travelling to Sweden in August for the World Masters Athletics Championships to be held in Gothenburg.

Undoubtedly, SAMA will be represented at, to name but some of the major competitions, the AMA Indoor Throws Championships (NSW, July 2024), the AMA 20k Postal Walk Championships (Adelaide, August 2024), the Winter Throws Championships (Brisbane, October 2024), the Pan Pacific Masters Games (Gold Coast, November 2024), the Alice Springs Masters Games (November 2024) and the WMA World Indoor Championships to be held in Florida in the USA in March 2025.

I also anticipate that the overall number of competitors in SAMA competition will increase in 2024/25 with the AMA Championships to be held in Adelaide in April 2025 attracting strong interest leading to an increase in membership numbers and thereby competitors.

Already our winter competition entry numbers exceed those of recent years

The final 'big' event of the current season will of course be the AMA Championships to be held in Adelaide from 18-21 April 2025. They were last held, most successfully, in this city in 2016.

Whilst a Local Organising Committee (LOC) has been formed and planning and preparation are underway for next year's event anyone wishing to become involved and to assist is most welcome to join the LOC. Contact either Lisa Attenborough or myself.



*Viddy Jermacans*



## SAMA Hall of Fame

At this years AGM, two more of our previous and current members were inducted into the recently established SAMA Hall of Fame, bringing the total to ten members.



Some of the Hall of Fame inductees will not be well known to many of you but if you take the time to visit the website you will see just how deserving they all are. We have been highlighting one of these new inductees in each newsletter - this issue is inductee number 9, Al Digence.

Read a precis of his achievements on pages 12 and 13 or go to [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/) for his full biography.

Each year we ask members to consider nominating a past or present member for inclusion in our Hall of Fame. The criteria for nomination are available on the SAMA web site or alternatively enquire with George White.



We all had a great experience in Hobart, and we know you appreciate how many people it takes to stage such an event.

Next year is our turn and it would be great if you could offer some of your time. There are many tasks leading up to the Championships as well as at the meet itself. Anything you could do would be greatly appreciated. We could also benefit from any innovative ideas you may have following on from several new initiatives in Hobart.

Lisa Attenborough is Convenor for next years Championships and we know she would appreciate any time you could offer no matter how small. **So, while Hobart is fresh in your minds please contact Lisa and help us stage a Championships as good or better than Hobart.**

## Ways to contribute to the running of the Club

Did you know that, in addition to nominating for the Committee that will be elected at the AGM, **there is the opportunity for keen members wishing to participate in the running of the club without needing to be on the Committee.**

Many of the positions and roles that are essential for the smooth running of SAMA's activities can be taken on in an 'Ex-Officio' capacity, including the Winter Coordinator position. Members who are interested to make such a valuable contribution to the club can find out more from any Committee member or contact George White ([secretary@samasterathletics.org.au](mailto:secretary@samasterathletics.org.au)) for further information.

## World Masters Athletics Rankings Website



Australian Masters Athletics (AMA) has extended its agreement with World Masters Rankings so that all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site at no additional charge until 31 December 2024.

Official Rankings of



Results from weekly SAMA competitions have been submitted to the World Masters Rankings website - <https://www.mastersrankings.com/>

SAMA members with an existing user account can continue to use their previous login details.

Other SAMA members will need to register and set up their account with a password as follows:

- Go to <https://www.mastersrankings.com/login/>
- Go to the Register section
- Use the Email address associated with your SAMA membership
- Create a new Password for your account
- Enter your details
- Click on Register button



## SAMA Membership Benefits

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September). SAMA Membership types and fees are unchanged from those that were applicable for the 2022/23 membership year.

Thank you to the 180+ members who have registered so far for the 2023/24 membership year, and **a warm welcome to our new members.**

Only financial members are eligible to win prizes, awards and trophies, and to enter Athletics Championships (including SAMA, ASA, AMA, OMA and WMA events). Membership also provides personal accident insurance cover whilst participating in any athletics events. Details of the policy are available at <https://www.samastersathletics.org.au/sama-governance/#documents>.

All financial SAMA members also have access to the World Masters Rankings tables at no additional charge, by virtue of an arrangement funded by Australian Masters Athletics. For further information see <https://www.samastersathletics.org.au/membership/#services>.

## Competing in Athletics SA 2024 Winter Season



All financial SAMA members have Athletics SA (ASA) Membership and are eligible to compete in the ASA Winter Season, consisting of Road Races, Distance Relays, Cross Country and State Championship events. Each individual event will have an entry fee (refer to the ASA website for details).

## New & Returning Members

**Welcome to our new & returning members:**

Julie Goodes

Chris Haines

Karen Pienaar

Roy Standen

## Recommending New Members Incentive

An existing financial member who provides a referral that results in a new member\* registering by 31 August each year will benefit from the following incentive:



Their next SAMA membership renewal will be discounted by \$5 for every new member referred during the preceding membership year, or by **\$10 if the new member is aged 40yr or less.**

*\*A new member is defined as someone who has not been a competing member of SAMA for the past 5 years. To be eligible for the Recommending New Members Incentive, the name of the referring member must be specified during registration of the new member.*

## Membership Enquiries

If you have any membership questions please contact the Registrar, John Hore on email: [registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

*John Hore*



*Multi event races Park 20, June 22 2024*





## Moana BEACH TOURIST PARK

### October Weekend Away

The weekend away this year will be held at Moana Beach Tourist Park from 25 -27th October.

We have a lot of fun socialising together at night, running/walking each morning for those who are keen, and venturing out into the local area. There is always time for coffee and, of course, happy hours!! Family and friends welcome.

This year we have booked dinner at Xxxxx Xxxxxx for the Saturday night and would encourage SAMA members to come and join us even if they are not staying at the caravan park. Bookings essential.

### Nearby attractions

- Willunga Farmers Market
- Onkaparinga River National Park
- Willunga Golf Course
- Coast to Vines Rail Trail (cycling and walking)
- Beaches, including diving areas Port Noarlunga Reef and Aldinga 'Drop Off'.
- McLaren Vale & Fleurieu Coast Visitors Centre

To check out the facilities go to:

<https://www.moanabeachtouristpark.com.au>

For bookings or enquiries please contact

*Viddy Jermacans*

E: [president@samastersathletics.org.au](mailto:president@samastersathletics.org.au)

P: 0407 188 721



Onkaparinga River National Park



Willunga Farmers Market



Coast to Vines Rail Trail



# AGM & AWARDS NIGHT CELEBRATION



*Continued from front page*

- ▶ Thanks go to outgoing members for their service to SAMA, Richard Moyle, Miriam Cudmore and Elizabeth Slattery.

One of those departing the committee after many years of service in a variety of key roles, including President, was David Bates. David's many years of service was acknowledged at the AGM with him being awarded life membership of SAMA.

The Awards dinner followed the AGM, celebrating the achievements of our extraordinarily talented members - details of all the awards recipients are listed on pages 19-24. ▶



*David Bates was awarded Life Membership.*



*Albert Jamae, winner of the Male Sprint Award.*



*Ros Lowe, winner of the Female Distance Athlete Award.*



*Lisa Attenborough, winner of the Official of the Year Award.*



*Miriam Cudmore, winner of the Female Sprint Award and the Female Jumps Award.*



*ASA O35 Women Premiership Pennant won by SA Masters*



*Sarah Chinner, winner of the Female Middle Distance Athlete Award.*



*Paul Hook, winner of the Male Throws Athlete Award.*



*George White, winner of the Male Walk Award.*

*Ann Jefferies, winner of the Female Throws Athlete Award and the Most Outstanding Individual Performance Award.*





# AGM & AWARDS NIGHT CELEBRATION



- ▶ Held at the The Kensi, Kensington, we enjoyed getting together to celebrate each other's achievements and the night culminated in the induction of 2 further **Hall of Fame recipients**, Al Digance and Anne Lang.

Details of all the amazing Hall of Fame recipients are available on the website and we thoroughly recommend reading the information there which

has been painstakingly prepared by the Hall of Fame Committee, led by George White.

SAMA Women also won the ASA O35 Premiership for the second year in a row.

Congratulations to all who received awards, were inducted into the Hall of Fame, were involved in organising the night, or were simply there to help make it a successful and enjoyable evening. ■



*Allan Mayfield, winner of the Ruth and Jack Weber Perpetual Trophy for the Most Outstanding Male Athlete.*



*Miriam Cudmore, winner of the Pat and Geoff Peters Perpetual Trophy for the Most Outstanding Female Athlete.*



*Anne Lang being presented with her Hall of Fame certificate by George White.*

## A selection of pictures from the night!





1-9 June 2024 - Suva, Fiji

## The Queen of Fiji

A small but very powerful group of SAMA members went to the Oceania Masters Athletic Championships in Fiji. Five members came home with 28 Gold, two Silver and one Bronze medals. But Donna Palmer was the Queen of Fiji, setting a new all-time record for any Championship (Australian, Oceanian or World) of 12 Golds.

Oceania Championships records fell to Allan Mayfield in his four events, to Donna in the javelin, Sarah Chinner in the 1500 and to Anne Lang in the 800m where she cut nearly 35 seconds from the 2008 record. Allan's 1500m was the best age graded 1500m performance of the meet resulting in him being awarded the Clem Green trophy whilst also breaking the SAMA record. Donna's T&F Pentathlon was also a SAMA record.

Full results are on page 29.

*George White*



Paul & Donna



Anne & Donna



Anne, Donna and Sarah -  
800m medallists



Mens 800m medallists -  
all ages



100m medallists - all age groups



Allan Mayfield winning the award for the highest age grade percentage in the 1500m



1500m medallists including Allan (top left) and Sarah (2nd from right)





## Inductee No. 9: Al Digence

Al is acknowledged to be the Veteran's Club founding father.

In the late 60's, early 70's, Al in his role with SAAAA, was keen to have more competition for the over 40's both in SA and interstate. He had discussed the concept of Veteran's races with many older athletes and on January 21st, 1971, Al called a first meeting of those interested in the concept of separate Veteran's athletics in South Australia. It took place at his home (actually the garage) in Clarence Gardens and two weeks later a group of eleven interested members drew up a constitution which was forwarded to the SAAAA.

Al was elected the first secretary/treasurer and he designed the Club uniform - a blue singlet with vertical red and gold stripes with white shorts. In 1977 Al was a strong supporter of the



amalgamation of the men's and women's Veteran Clubs.

Throughout the 1970's Al was the most visible and most energetic of the more senior members. At various times during the 1970's Al's offices included President, Vice President, Secretary, Treasurer and Registrar.

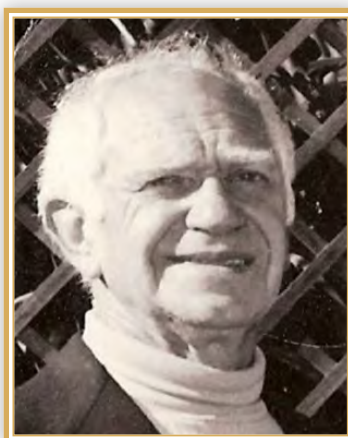
In April 1978 Al retired and was able to put in even more work for SAAAA and continue his assistance to the Vets. In 1979 he was very influential in getting over-40's competition into the programme for the Open State Championships.

He was the first Life Member of the Veterans, being honoured in March 1982, achieving that honour shortly before he died of a heart attack on April 3rd, 1982. Al died after running in the Suhard Shield 5k run in the western Parklands. A large group of mourners attended the memorial service and a guard of honour was provided by Western Districts and Veteran Athletic Clubs.

Full details of Al's achievements can be found at [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/).







## Al Digance

Alwyn (Al) Digance started his athletic career with Western Districts later becoming President and a Life Member. From 1965 to 1979 he was Vice President of SAAAA (South Australian Amateur Athletic Association - now ASA) and was awarded Life Membership in 1973.

In his role with SAAAA, Al was keen to have more competition for the over 40's both in SA and interstate. On January 21st, 1971, he called a meeting of those interested in separate Veteran's athletics and two weeks later a group of eleven drew up a constitution which was forwarded to the SAAAA. Al was elected the first secretary/treasurer of our club.

An avid masters competitor, Al competed in all National Championships except 1976 and competed in three World championships in eight different events. A search of Club records shows Al's versatility - sprints, middle distance, distance, jump, pentathlon and walks. Al even broke the Australian record in the long jump.

Throughout the 1970's Al was the most visible and most energetic of the Masters members. At various times Al's offices included President, Vice President, Secretary, Treasurer and Registrar. He was elected Vice President of AMA from its establishment in 1974 to his death in 1982.

He was the first Life Member of our club, being honoured in March 1982. Unfortunately he died of a heart attack on April 3rd, 1982, after running in the Suhard Shield 5k run. To honour Al's contribution to athletics, the Al Digance memorial clock was mounted at Olympic Sportsfield in 1984.

Al was the founder of the club, a true supporter and promoter of everything the club did. Al Digance's foresight, determination and leadership gave us our club.

009

INDUCTEE NUMBER

SAMA PRESIDENT

21 June 2024

DATE

# Training on Vacation

*By George White*

**I have just returned from 5 weeks in the USA, so I thought I would share my thoughts on training while on vacation.**

It certainly tested my resolve with big cities, country, hills and cold and snow to contend with. But running on vacation is not as daunting as you may think. It will take a little planning and commitment but it is definitely doable and well worth the benefits and the experience! Cities, countryside, beaches, cruise ships – they are all places to train.

Firstly, decide why you want to train on vacation: Is it to maintain a normal schedule, is it for a race or just maintenance for when you return. Except for the really dedicated it will probably be maintenance to ensure no great loss of fitness for your return.

Apart from that goal, there are many benefits that come with training on vacation. If it is after a long-haul flight, it can assist with overcoming jetlag. It is well known that flying across multiple time zones can disrupt circadian rhythms and affect performance.

Adelaide Flinders University researchers have come up with “Re-Timer” glasses which effect the production of melatonin. There are also several apps that can help you program your approach to jet lag management. “Timeshifter” will even recommend when to have caffeine or take a nap and can also send reminders for you to stay awake or try to sleep.

One of the quickest ways to adjust to time differences is to engage in physical activity. Also exposure to bright light helps. Combine these two in the early morning and adaptation will be quicker. The trick is not to overdo it, as your immune system may be a little compromised after flying. Getting your body moving by training will help you feel more energized, overcome the sluggish feeling that often comes with jet lag and



quickly adjust to a different time zone. (Also true on returning home after vacation).

Although it's a well-known fact that travel calories don't count - if you are like me, a lot of vacation time is dedicated to eating and inevitably eating more food, so training will help keep weight under control. Working up a sweat will make those gelato scoops and Danish pastries so much more worth it. Training on vacation can accelerate the digestion process so that you can eat more frequently and squeeze in even more of your destination's delicacies.

To be most effective – plan ahead. Research training routes near your destination before you go. Look for parks, trails, or scenic routes that you'd enjoy exploring. Failing that look for blocks with long stretches without cross-roads. Don't forget that many cities, have developed great walking/running areas along their canals, beaches, and rivers.

It is not always possible to have mobile data or wi-fi when travelling so it is a good idea to



## Training on Vacation

*Continued*

- ▶ download the map details of where you are going before you leave home. "Google Maps" lets you download an area on your phone that you can use even when you don't have access to the internet. I have also always used "Maps.Me" although in recent times it has been commercialised and now has some issues. "Organic Maps" may be a good replacement..

You can plot out routes using "Mapmyrun.com" which offers thousands of routes mapped out by local runners all around the world.

Training is the perfect way to explore a new place you've never seen before. You see a lot more than what you'd see from a bus and is a great way of learning where to go in a new city and see the sights at the same time. Longer routes open-up a whole new world of sightseeing opportunities, where you can appreciate the details of your surroundings, like unique architecture in different parts of the city. You may even discover new restaurants or hidden gems to check out later.

Training in a new environment can be refreshing and inspiring. Take advantage of the change of scenery to rejuvenate your training routine.

Of course in many places you can do parkrun, though I never found one in the USA (there are only about the same number of parkruns in the whole of the USA as in SA!).

If you are in a big city then perhaps opt for a hotel with a gym to maintain your fitness. A gym comes in handy if you need to fit in a shorter workout on a busy day or if you run into unpleasant weather that would derail your outdoor training. A great opportunity to do some weight training too! Some hotel chains like Westin have Run Concierges that provide you with a running partner that will take you on a guided run through your vacation destination whilst explaining the history and geography.

Make sure you pack appropriate gear. Shorts and t-shirts cater for most situations but I was

very glad I packed tights, a long-sleeved top and gloves when I found myself in sub-zero temperatures and snow.

I have been on several cruise ship holidays and most ships have a walking/running track. You will have to do numerous laps of course to get some distance and counting laps may drive you crazy! Remember if the ship is at sea and moving, your sports watch cannot accurately track your distance as it will also calculate the ship's distance travelled!

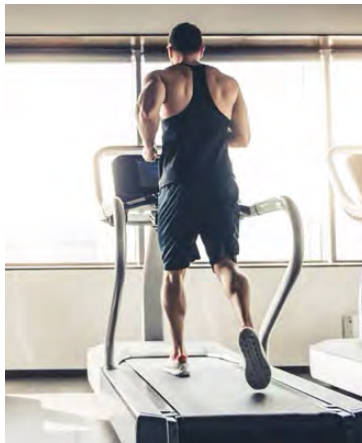
If overseas, be wary of the road rules and conditions as they vary in each country. Always face oncoming traffic especially if there are no dedicated sidewalks and it is important to make sure someone knows where you are going and how long you expect to be out. Mobile service in some places can be hit or miss, and you never

know what could happen when you're 5km from home. Make sure someone knows where you are going before you head out - this way, if you fall and twist your ankle they'll know where to look for you when you don't return as expected.

In general set the alarm early and make sure training is over by the time the rest of the family is starting to stir - and be flexible - willing to adapt your schedule based on your vacation activities

and location. It's okay to skip a session or do a shorter one if needed. A week of lighter/shorter training or even no training at all really is a feasible option if you are consistent at other times of the year.

Research suggests you shouldn't be worried about losing fitness if your break from training is less than two weeks. You'll lose some conditioning in your aerobic system and muscles, but fitness will return quickly. It is only after two weeks of not training, that significant reductions in fitness begin to occur and after all, the purpose of a vacation is to get away from the normal routines and recharge your batteries. Your body might thank you for the rest. ■



*George H. White*

# Parkrun belongs to Ros Lowe!

*By George White*

**On June 8th Ros ran her 500th parkrun as well as accumulating 250 volunteer days – an amazing achievement. She ran her first parkrun on Dec 1st, 2012, at the first Torrens parkrun (also the first in SA) organised by Brian Wyld.**

I asked Ros a few questions to understand her parkrun journey.

**1. Which has been your most exotic location?**

Maybe Bishan, in a park in Singapore. Or Lanhydroch, a trail parkrun in the grounds of a large estate in Cornwall.

**2. Which is your furthest away?** Town Moor in Newcastle on Tyne, UK. The Town Moor is where they once hanged witches!

**3. Which is the craziest you have done?**

Probably Coober Pedy. Roger couldn't drive at the time and it is 870 kms away. But there is a night bus! (Actually the Alice Springs bus). So I caught the 7.00pm bus on Friday night, arrived about 6am, did the course check in the dark (it's a volunteer position), then ran parkrun, then walked town until 7pm when I caught the bus back to Adelaide. Bonus: not having to pay for accommodation!

**4. Which has been the friendliest?** In my experience the small parkruns are the friendliest. So those I visit quite often to run and volunteer are Charleston, Strathalbyn and The Avenues (Kuitpo). I love my 'hills' circuit! Previously I would have included Cleland - Doug Smart's usual parkrun - but the hill is getting tougher!

**5. Which did you enjoy the most?** I love all the parkruns that are completely distinctive for some reason e.g. Jamestown Golf Course where you run from one tee to the next; the red dirt of Broken Hill; the foreshore and high tide level of Port Broughton; 11 turnarounds at Ararat; Mount Gambier with The Blue Lake; steam issuing from the ground at Rotorua; and the breakwater and key-hole jetty in Whyalla.



- 6. What is the toughest course?** In SA it is Cleland, with Anstey Hill (Stephen Dunn's local) a close second! But I have fallen and left blood on the ground at Belair and Port Broughton.
- 7. Which is the strangest course?** Maybe Ararat - 4 laps of the lake and eleven turnarounds!
- 8. Which has been the biggest turn-out?** Definitely Bushy in London, where parkrun started in 2004. Regularly they have about 1500 parkrunners, but they have had over 2500. Their finish system is amazing!
- 9. Which have you done your fastest time on?** My fastest time was when I was youngest (65)! So it was at Torrens in a time of 25:02. But the Mount Barker course is faster!
- 10. When did you get involved in volunteering and where?** My first parkrun volunteer was at Torrens, shortly after it started. ▶



# Parkrun belongs to Ros Lowe!

*Continued*

► **11. When did you decide to start the Mt Barker parkrun?**

About halfway through 2013, when Torrens had been going for about 6 months. My mum lived at Mount Barker so I regularly ran on the Laratinga Trail and knew that it met the criteria for a parkrun. But for a while I didn't want to leave my running friends at Torrens. Then I met Craig, who ran a sports store in Mount Barker, and although he had never done a parkrun, he was interested too. So together we went through the process and Mount Barker parkrun launched in March 2014.

**12. Have you run every parkrun in SA?**

There are 50 different parkruns in SA and yes I have run all of them. That means she is a Statesman along with only 51 others.

**13. How many different parkruns have you done?**

I have done 90 different parkruns; most of them in Australia, but 4 in the UK, 3 in NZ and one in Singapore. My parkrun fanatic daughter, Cherie, lives in SE Brisbane and has access to so many more! There are 125 in Queensland!

Ros added that it has been interesting to see the change in parkrun culture over the eleven years that she has been involved. In 2012 it was



*A group of SAMA members ran in Ros' 500th*

about running! But each year the average time of parkrunners has steadily increased as more walkers have started and it has become more attractive to older people. And volunteering has changed from a responsibility to keep the system running, to a healthy and fun way of staying involved in the community and connecting with others.

Ros's next target is to go Torrens on 29 June when Geoff Hakes runs his 500th - after that the next target? Maybe 1000 parkruns? Whatever happens parkrun is better for the involvement of Ros.

*Congratulations on a remarkable achievement! ■*



*Doug Smart, Ros and John Hore*



*Helen Suridge & Roger Lowe*



*Cassie Neubauer*



**Ann Jefferies and Sarah Chinner have both deservedly been added to SAMA's Magnificent Masters in view of their recent successes.**

**See all our Magnificent Masters in the *History of SAMA* on the website!**



## Ann Jefferies

Ann always loved sport, any sport, starting in primary school. She was the first girl to play for the St Peter's RC Primary School's soccer team but really came into her element with sport at secondary school. Ann represented the school in rounders, athletics and hockey. Ann excelled in the javelin and the hurdles, until the hurdles went up in distance and height! From then on, she concentrated on javelin and often competed at school carnivals in discus and shot put as well.

Leaving school, athletics took a back seat, but Ann kept fit with cycling and jogging and at 28 joined the Territorial Army (Army Reserves) where there was a big focus on fitness and strength. When a husband and children came along, she kept fit with plenty of walking, cycling, aquafit and gym visits.

In 2003, the family emigrated to Adelaide, and it was here that Ann was introduced to Little Athletics (LA's). Both sons took part and Ann was encouraged by a SAMA member who was at the LA club to come along to a Wednesday night meet, which she did, joining in 2006. In 2005, Ann decided to test herself and after doing three months of training, she ran the City Bay 12km in 1:20.49 sec. Happy to finish, she says 'never again - thank goodness I am a thrower'!

Between 2006 and 2014, Ann regularly competed in 60m, 100m, discus, shot, javelin, long and triple jump. In 2014, at age 52, having had Achilles issues for most of her adult athletics career, Ann had to reduce her running so decided to give

weight and hammer throwing a go. Never having thrown them before, she started as most people do, from zero, but within 10 months, had broken both state records numerous times.

During the 2016/17 season Ann also started competing at ASA and along with training three times a week, was improving her performances. She was doing 10 different events, plus the T&F pentathlon and Throws Pentathlon at the end of the season.

Ann had medal success in the AMA Championships in 2009 and 2016 but came to the fore in 2017 in Darwin, taking full advantage of moving up an age group by competing in eight events and winning seven gold's and breaking five state records.



The AMA Championships in Perth, 2018 saw Ann win one gold, six silver and one bronze plus a state record in the Throws Pentathlon. Success followed in 2018 and 2019. Covid ruined the nationals in 2020 and 2021, along with her plans to go to the World Masters Championships in Toronto in 2020 - a disappointment she still feels today! But more medals came in Brisbane 2022, together with breaking the W55 Throws Pentathlon state record while being four days shy of moving into the next age group! The new age group in Sydney 2023, helped Ann to win four gold's and set three state records.

Ann's crowning glory so far came in 2024 in Hobart with her best performances to date. ▶





- ▶ Ann won five gold's and one bronze medal and broke three state records. As she won the W60 shot, she went into the Champion of Champions Throws competition, pulling out a massive PB of 11.00m and winning the competition! The last event of the four-day competition was the Throws Pentathlon and Ann won that with a new PB and state record (only 50 points off the Australian record). Her total won her the Royce Foley Award for the Highest Female Score in the Throws Pentathlon.

Whilst primarily a thrower Ann's National medals have included Triple Jump and Long Jump. Her grand total to date is 17 Gold, 22 Silver and 9 Bronze.

In the Australian Masters Games multiple medals came from 2011 and 2019. Ann has won the SAMA Award for throws in 2020, 2021, and 2022/23 as well as The Most Outstanding Performance in 2017 and 2020. In 2022 Ann won the ASA Women's O35 In Stadium award. Ann currently owns 13 SAMA records.

Having already been a major organiser for the throws at our competition, in 2022 Ann joined the committee as Throws Coordinator, taking over the design and production of the bi-monthly newsletter and becoming a part of the Awards sub-committee. Looking to the future, Ann's aim is to continue improving and try to break an Australian record!



## Sarah Chinner

Athletics competition and serious running only became part of Sarah's life in her early 50s after she joined in with her son's training group - joking that she's "not good at sitting and watching". Until then and for a few more years, she was heavily involved in equestrian sport, competing at national level in dressage, show jumping as well as coaching riders and educating horses.

Sarah's sporting life involved running as a teenager at school where she usually won the 800m, 400m and long jump without training and she was encouraged to come out to Adelaide Harriers after running well at a school sports day. She was, however, completely unprepared for the 3km winter run, hated how it felt at the end, and decided horses and riding was a better option. ▶



- ▶ However, some running was always there, with lunch time runs during workdays and involvement in Corporate Cup.

No stranger to hard work and heavy training schedules, Sarah embraced the athletics life and it replaced horse riding after a few years. Personal drive for continual improvement, fitness, health and wellness, partly driven by life challenges including serious illness in her 30s, meant that running and athletics became a natural focus.

Encouragement by early Masters training partners Lisa Attenborough and Cherie Rothery (as well as coach Lynn Larsen) saw her move quickly from “just warming up with the group because it will help my riding” to competing, and after only six months introduction, she entered the 2014 Oceania Masters Championships in Bendigo. Sarah surprised herself with several medals in events from 100m up to 800m and was amazed at the incredibly welcoming environment from athletes at all levels. The seed was sown, and she was hooked!

Like many who come into athletics, she experienced complaints from her body about the new way it was being expected to work and had several injuries in the early years, including calf tears and managing what was an already existing lower back issue from too many falls off horses over a lifetime. Running has ironically helped the back issues and through perseverance, she steadily improved performances to consistently



win national 800m titles over several years, traded places with NSW athlete Julie Forster for 400m titles and moved onto 1500m for a number of wins at that distance.

Some pivotal moments of note for Sarah over the last ten years have included the realisation when she won her first national title that she was the best in Australia, running with Jess Stenson and Lisa Davis in an 800m relay as a member of Hills Districts at her first ASA Relay Championships, the honour of representing Australia at World Championships, and the humbling feeling of breaking state records that have stood for 20 plus years, set by extraordinary athletes like Anne Lang, Maureen Moyle and Ann Cooper.

In late 2020, Sarah was running better than ever, and hoping to significantly improve her times in the coming season. That wasn't meant to be (at least not then) as she ruptured her ACL and had reconstructive surgery. The long road back from injury has been frustrating but she's slowly clawed her way back. While still not running the times she was, she's coming back, and is determined to achieve better times to remain competitive nationally and potentially internationally.

Sarah holds 12 state records in a variety of events, including Pentathlon, Long Jump, 400m, 800m, 1000m, 1500m and the Mile across three age groups. While getting close, she hasn't quite managed an Australian record for an individual event, but her name is there with a couple of relay teams (4x400m at Worlds in Finland 2022 and 4x800m in Sydney 2023). She has won 17 Australian titles for 400m, 800m, 1500m, Long Jump, Pentathlon and relays since her first nationals in Sydney in 2015 (plus 10 silver and five bronze).

Sarah has been competitive at the world level and was a gold medal winner for the 4x400m relay in Finland, 2022. Sarah has five Oceania wins under her belt. She was the SAMA Award winner for middle distance and for Most Outstanding Performance for 2022/23 and has always been available to assist SAMA competition as well as being on the committee and acting as Secretary and President for a year each. ■





## Male Sprints Award

**Winner:**

**Albert Jamae**

Albert won a bronze medal as part of the 4 x 100m relay team at the AMA Championships in Hobart, and 3 golds in the 100m, 200m and 400m at the ASA State (O50) Championships.



*Sprints*

## Female Sprints Award

**Winner:**

**Miriam Cudmore**

Miriam has continued to be the No. 1 ranked female in the world for her age group in the 100m and 200m.

At the AMA Championships in Hobart, Miriam won 3 sprint gold medals in the 60m, 100m and 200m, setting Australian records in the 100m and 200m.



*Sprints*

## Male Middle Distance Award

**Winner:**

**Allan Mayfield**

Allan is currently ranked No. 1 male in the world in his age group for the Mile and 2000m steeplechase.

Allan won the gold and set an Australian record in the 2000m steeplechase, and won 2 further gold medals in the 800m and 1500m at the AMA Championships in Hobart. He also set 4 state records.



*Middle Distance*



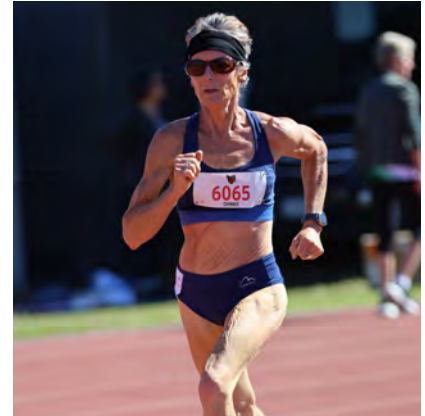
## Female Middle Distance Award

**Winner:**

**Sarah Chinner**

Sarah is ranked No. 3 female in the world in her age group for the 800m and 1500m.

Sarah won gold in the 1500m and silver in the 800m at the AMA Championships in Hobart and 800m gold at the ASA State (O50) Championships. She also set state records for the 800m on three occasions.



*Middle Distance*

## Male Distance Award

**Winner:**

**Russell Withers**

Russell is ranked No. 7 male in Australia for his age group for the 10,000m.

Russell has regularly competed at SAMA competitions with 1st place in the M50 Championship 5km run. His season results often exceeded 70% world age graded values.



*Distance*

## Female Distance Award

**Winner:**

**Ros Lowe**

Ros is currently ranked No. 3 female in Australia in her age group for 5000m.

Ros has been a regular competitor at SAMA events during the summer and winter, and has set 3 state records.



*Distance*





## Male Walks Award

**Winner:**

**George White**

George is ranked No. 1 male in the world for his age group in the 5000m and 10km race walk events.

George won 2 golds in the 1500m and 5000m walks and 1 silver medal in the 10km road walk at the AMA Championships in Hobart, and gold in the AMA 20km Road Walk Championships.



*Walks*

## Female Walks Award

**Winner:**

**Melissa Grantham**

Melissa is ranked No. 1 female in Australia for her age group in the 5000m and 10km race walk events. She has set 7 state records.

Melissa won two gold medals in the 1500m and 5000m walks at the AMA Championships in Hobart. She also won gold in both the AMA 20km & ASA State (O35) 20km Road Walk Championships.



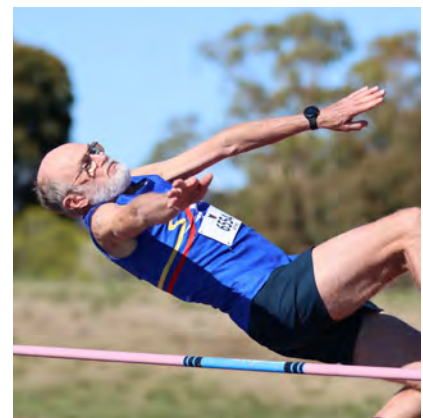
*Walks*

## Male Jumps Award

**Winner:**

**Dean Mortimer**

Dean has improved his performance in many different events and is ranked No. 2 in Australia in the triple jump, along with very high rankings in long and high jumps. He has set state records and achieved a silver medal in the triple jump in both the AMA Championships in Hobart and ASA State (O50) Championships.



*Jumps*



## Female Jumps Award

**Winner:**

### Miriam Cudmore

Miriam is ranked No. 1 female in the world for her age group in the long and triple jump events.

At the AMA Championships in Hobart, Miriam won 2 gold medals in the long and triple jump events and set a new Australian record in the long jump.



*Jumps*

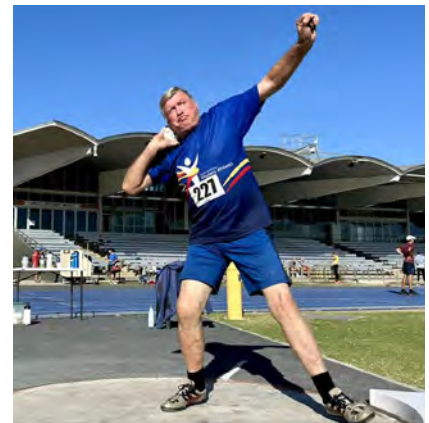
## Male Throws Award

**Winner:**

### Paul Hook

Paul is ranked highly in throw events including a ranking of No. 3 male in Australia for the discus in his age group. Paul has set an Australian record in the 100lb weight throw and 7 state records.

He achieved 3 gold, 4 silver and 3 bronze medals at the AMA Throws Championships (Indoor and Winter).



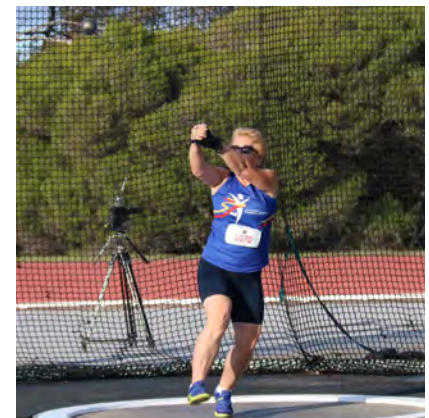
*Throws*

## Female Throws Award

**Winner:**

### Ann Jefferies

Ann is ranked No. 1 female in the world for her age group in the throws pentathlon, and No. 1 in Australia for shot, discus and weight throw. At the AMA Championships in Hobart, Ann won 5 gold and 1 bronze medals, set 3 state records, won the Champion of Champions Shot Put competition and was awarded the Royce Foley Award for highest overall points in the female throws pentathlon. She also achieved 4 golds at the ASA State (O50) Championships.



*Throws*





## Most Outstanding Individual Performance Award

Winner:

**Ann Jefferies**

Ann won the Champion of Champion Throws (Shot Put) at the AMA Championships in Hobart with a new state record of 11.00m.

Ann was awarded the Royce Foley Award at the Championships for the most points in the throws pentathlon out of all the female competitors in all age groups. She also won 5 gold medals and 1 bronze and is ranked No. 1 female in the world for the throws pentathlon.



*Individual Performance*

## The Ruth and Jack Weber Perpetual Trophy for the Most Outstanding Male Athlete

Winner:

**Allan Mayfield**

Allan is currently ranked No. 1 male in the world in his age group for the Mile and 2000m steeplechase events.



*Most Outstanding*

## The Pat and Geoff Peters Perpetual Trophy for the Most Outstanding Female Athlete

Winner:

**Miriam Cudmore**

Miriam is currently ranked No. 1 female in the world in her age group for the 100m, 200m, long jump, triple jump and javelin events.



*Most Outstanding*



## Administrator Award

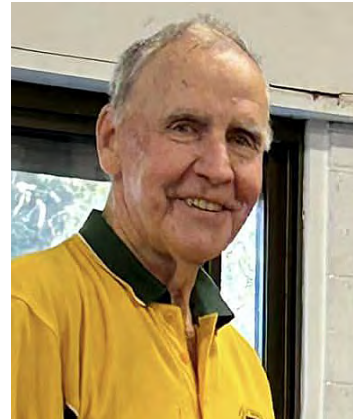
Winner:

### Viddy Jermacans

Viddy has continued to be heavily involved in many organisational aspects of SAMA competition and administration, including the Bob Clarke Challenge and the Exurbia SA Masters 800m race at the Bay Sheffield Carnival, and has been the Summer Coordinator for the last two summer seasons.

Viddy was the principal person responsible for organising the three out-of-stadia events on behalf of SAMA for the 2023 Australian Masters Games.

Viddy is currently serving SAMA as the club President, as well filling a number of other administrative roles. He was nominated by SAMA for AMA Administrator of the Year for 2023.



*Administrator*

## Official Award

Winner:

### Lisa Attenborough

As an official, Lisa has enforced the standards that govern conduct on the track, the field and for out-of-stadia competitions both at state and national level, including at the AMA Championships in Hobart.

Lisa officiated during the 2023 SAMA Winter and 2023/24 Summer programs. As part of her duties, she was the starter for all track events, and operated timing and recording systems for the winter run and walk events.

Lisa was the key administrator in ASA responsible for the overall athletics component of the 2023 Australian Masters Games.

**Lisa was awarded the AMA Official of the Year for 2023.**



*Official*



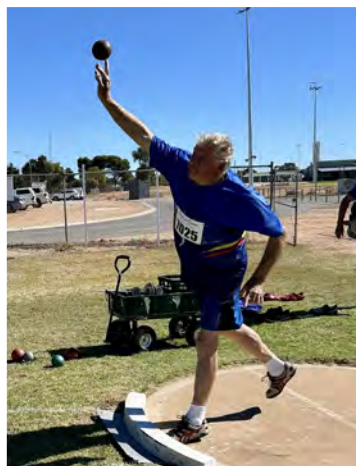
# COPPER COAST MASTERS GAMES 2024



11-14 April 2024

From Friday 11 - Sunday 14 April an intrepid group of SAMA athletes ventured to Kadina to take part in the Copper Coast Masters Games 2024.

The athletics results can be found on our website at [https://www.samastersathletics.org.au/results/#other\\_results](https://www.samastersathletics.org.au/results/#other_results). Here are a selection of photos for you to enjoy!





# NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Allan Mayfield	M75	Track Mile	6.31	03/04/24	SAMA Stadium
Peter Crump	M60	35km Road Walk	4.06.08	09/06/24	Canberra
Donna Palmer	W50	Pentathlon	3018	08/06/24	Oceania Fiji
Allan Mayfield	M75	1500m	5.42.50	08/06/24	Oceania Fiji
Ros Lowe	W75	6km Cross Country	44.03	15/06/24	East Tce, Adelaide



Allan Mayfield



Ros Lowe

## Sprinting - A Guide to Life by David Wilczek

Embark on a journey of self-discovery and personal growth with my comprehensive guide to how sprinting can impart invaluable life lessons. In *"Sprinting: A Guide to Life"* I delve into the parallels between the intensity of sprinting and the challenges we face in our daily lives. Through the exhilarating pursuit of speed, we uncover lessons in resilience, perseverance, and the power of pushing beyond our limits. Whether you're a seasoned athlete or a novice runner, this guide offers practical insights and reflective exercises to help you harness the transformative potential of sprinting. Additionally, we explore how having a coach can amplify your progress, providing expert guidance, motivation, and accountability every step of the way. Get ready to lace up your shoes and sprint towards a stronger, more resilient you!

The full document can be found at [https://www.canva.com/design/DAGHN8ukRY8/8Zr973g2be4znqEfSDLhyg/view?utm\\_content=DAGHN8ukRY8&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=editor#1](https://www.canva.com/design/DAGHN8ukRY8/8Zr973g2be4znqEfSDLhyg/view?utm_content=DAGHN8ukRY8&utm_campaign=designshare&utm_medium=link&utm_source=editor#1)







## 5km Walk - 18 May 2024 - West Terrace

Name	Age Group	Result	Age Group %	Place
Jack Russell	M70	0:34:59	71.21	1
Gil McIntosh	M70	0:39:19	64.1	2

## 5km Club Walk - 18 May 2024 - West Terrace

Name	Age Group	Result	Age Group %	Place
Avril Hill	W75	0:42:29	69.14	1
Margaret McIntosh	W70	0:39:37	70.54	1
Liz Neubauer	W70	0:42:23	67.57	2
Sabine Orchard-Simonides	W55	0:37:19	64.4	1

## 5km Run - 18 May 2024 - West Terrace

Name	Age Group	Result	Age Group %	Place
Ros Lowe	W75	0:32:48	65.82	1
Marlene Norton-Baker	W70	0:30:38	66.69	1
Felicity Alexander	W55	0:26:46	65.42	1
Cassie Neubauer	W45	0:34:36	44.38	1
Clare Stacey	W40	0:22:40	66.11	1
Doug Smart	M80	0:34:06	56.59	1
Allan Mayfield	M75	0:22:56	79.42	1
John Hore	M75	0:30:14	60.25	2
Colin Brooks	M70	0:29:24	58.64	1
Dennis Vlachos	M65	0:25:27	64.97	1
Hayden Harrell	M65	0:31:40	51.68	2
Roy Standen	M60	0:30:44	50.67	1
Paul Lainio	M55	0:21:21	70.19	1
Stephen Dunn	M55	0:26:32	57.01	2
Paul Logan	M50	0:19:07	76.24	1
Gino Geracitano	M50	0:20:42	68.51	2
Russell Withers	M50	0:21:39	67.94	3



## 10km Run - 1 June 2024 - Felixtow

Name	Age Group	Result	Age Group %	Place
Sharon Johnson	W50	1:03:17	53.25	1
Karen Pienaar	W45	0:48:07	67.63	1
Clare Stacey	W40	0:47:28	65.83	1
Doug Smart	M80	1:09:20	56.62	1
John Hore	M75	1:01:35	60.36	1
Colin Brooks	M70	0:58:53	60.83	1
Paul Lainio	M55	0:44:42	70.29	1
Stephen Dunn	M55	0:58:19	54.33	2
Russell Withers	M50	0:43:57	70.31	1

## 10km Walk - 1 June 2024 - Felixtow

Name	Age Group	Result	Age Group %	Place
Marie Maxted	W60	1:10:30	76.25	1
Gil McIntosh	M70	1:18:59	64.22	1

## 10km Club Walk - 1 June 2024 - Felixtow

Name	Age Group	Result	Age Group %	Place
Avril Hill	W75	1:26:28	71.08	1
Margaret McIntosh	W70	1:25:30	68.28	1
Mike Vowles	M80	1:22:26	66.63	1



John Hore



The race is on!



Marie Maxted





## 1-9 June 2024 - Suva, Fiji

60m			
D Palmer	W50	9.33	Gold

100m			
A Lang	W80	22.95	Gold
D Palmer	W50	14.94	Gold

200m			
A Lang	W80	47.28	Gold
D Palmer	W50	31.16	Gold

400m			
A Lang	W80	1:52.5	Gold
S Chinner	W60	72.75	Gold
D Palmer	W50	73.39	Gold

800m			
A Lang	W80	4:19.3	Gold
S Chinner	W60	2:41.2	Gold
D Palmer	W50	3:10.3	Gold
A Mayfield	M75	2:47.0	Gold

1500m			
S Chinner	W60	5:39.9	Gold
A Mayfield	M75	5:42.5	Gold

5000m			
A Mayfield	M75	22:43	Gold

2000m Steeplechase			
A Mayfield	M75	8:56.6	Gold

4 x 100m Relay			
S Chinner		63.41	Gold
D Palmer		54.99	Gold

4 x 400m Relay			
S Chinner		5:24.5	Gold

Long Jump			
D Palmer	W50	4.27	Gold

High Jump			
D Palmer	W50	1.00	Gold


Triple Jump			
D Palmer	W50	8.72	Gold

Javelin			
D Palmer	W50	23.27	Gold
P Hook	M70	27.22	Gold

Shot			
D Palmer	W50	10.61	Gold
P Hook	M70	9.45	Gold

Discus			
D Palmer	W50	24.84	Silver
P Hook	M70	28.82	Silver

Hammer			
P Hook	M70	25.96	Bronze

T & F Pentathlon			
D Palmer	100m	14.96	670
	Shot	10.80	676
	LJ	4.36	651
	Jav	22.90	457
	800m	3:02.4	564
<b>Total 3018</b>			Gold 

Throws Pentathlon			
P Hook	Ham	24.50	397
	Shot	8.74	569
	Discus	27.85	518
	Jav	25.13	429
	Weight	10.41	490
<b>Total 2403</b>			Gold

 = State Record



## 8km Cross Country - 15 June 2024 - Park 15, East Terrace

Name	Age Group	Result	Age Group %	Place
Sharon Johnson	W50	0:50:09	53.74	1
Clare Stacey	W40	0:39:15	63.63	1
John Anderson	M60	0:44:35	59.85	1
Russell Withers	M55	0:36:57	66.59	1
Paul Logan	M50	0:34:56	69.22	1

## 6km Cross Country - 15 June 2024 - Park 15, East Terrace

Name	Age Group	Result	Age Group %	Place
Ros Lowe	W75	0:44:03	59.76	1
Doug Smart	M80	0:41:50	55.85	1
Mike Vowles	M80	0:43:36	53.59	2
Allan Mayfield	M75	0:28:40	76.98	1
John Hore	M75	0:41:07	53.67	2
Colin Brooks	M70	0:37:39	56.17	1



Allan Mayfield



Doug Smart



John Hore and Paul Logan



Ros Lowe



Russell Withers



Clare Stacey



Sharon Johnson





# SAMA BIRTHDAY LIST

## June and July

*Happy Birthday*

Loraine <b>Baron</b>	<b>75</b>	Kate <b>White</b>	Jacques <b>Jason</b>
Sean <b>Connell</b>		John <b>Winter</b>	Mick <b>Loeckenhoff</b>
Jenni <b>Cotter</b>	<b>50</b>	Russell <b>Withers</b>	<b>55</b>
Avril <b>Hill</b>		Robert <b>Barnard</b>	Cherryl <b>Parker</b>
Albert <b>Jamae</b>		Jenny <b>Battersby</b>	Mark <b>Secomb</b>
Clinton <b>Lucas</b>		Michael <b>Cassidy</b>	Doug <b>Smart</b>
Malcolm <b>McMillan</b>		Liz <b>Downs</b>	Bill <b>Starr</b>
Dennis <b>Peck</b>	<b>90</b>	Gerald <b>Doyle</b>	Malcolm <b>Tiggeman</b>
Peter <b>Sandery</b>		Gino <b>Geracitano</b>	Sue <b>Turner</b>
Louise <b>Scarman</b>		Geoff <b>Hakes</b>	<b>80</b>
Michael <b>Tagell</b>		Graham <b>Harrison</b>	Alan <b>Twartz</b>
George <b>White</b>		Paul <b>Hook</b>	<b>70</b>
			Hans <b>Van Bavel</b>
			<b>75</b>

## CLUB CONTACTS



### Committee Members

<b>President</b>	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
<b>Vice President/Safety Officer</b>	Anne Lang	0457 070 934	fitnessonthepark@ozemail.com.au
<b>Treasurer</b>	Marg Clark	0412 950 558	marg.clark42@hotmail.com
<b>Secretary</b>	George White	0419 348 888	secretary@samastersathletics.org.au
<b>Registrar</b>	John Hore	0417 858 882	registrar@samastersathletics.org.au
<b>Throws Coordinator/Newsletter Editor</b>	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
<b>Awards Officer</b>	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
<b>Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair/ Walks Coordinator/Winter Coordinator</b>	George White	0419 348 888	gwhite@adam.com.au
<b>Committee Member</b>	Donna Palmer	0438 685 568	drdonnapalmer@gmail.com
<b>Committee Member</b>	Dean Mortimer	0428 557 757	dean.mortimer@live.com.au
<b>Committee Member</b>	Marinus Haccou	0400 950 580	haccou1@aapt.net.au
<b>Committee Member</b>	Mike Vowles	0404 028 227	mikevowles43@gmail.com
<b>Committee Member</b>	Des Clark	0407 719 652	dalan@live.com.au

### Other Contacts

<b>Records Officer</b>	Ros Lowe	0437 811 582	ros.lowe@icloud.com
<b>Webmaster</b>	David Bates	0413 023 075	webmaster@samastersathletics.org.au
<b>Public Officer</b>	Lisa Attenborough	0404 120 813	lattenborough6@gmail.com
<b>Course Measurer</b>	Doug Smart	0413 456 898	dougsmart2@gmail.com
<b>Course Markers</b>	Graham Harrison, Ros Lowe & Gil McIntosh - see the website for contact details		





## 2024 AMA INDOOR THROWS CHAMPIONSHIPS

**SAT 20-SUN 21 JULY**  
**ARGENTILLE EQUESTRIAN CENTRE**  
**283 WILDERNESS RD, LOVEDALE NSW**



**Experience Throwing in an indoor setting**, not affected by weather, and a good winter training alternative. An opportunity to throw in a completely different setting from usual, make it a weekend getaway in an exquisite equestrian setting, located amongst the vineyards of the beautiful Hunter Valley.

Always loads of fun and a great social event, and this year we are adding on a **Saturday evening BBQ dinner/wine and oils tasting**.

Posting an indoor result may go to our masters world rankings and records (for 30+), plus some shiny brand new National Medals. We run 6 throws events - shot put, weight throw, super weight throw, 56lb, 100lb and Heavy Weight Pentathlon, and we'll be adding in some fun events to the 2024 schedule!

**Who can enter?**

- NSW Masters members
- ANSW Clubs Members
- Other state/territory association members

**PROPOSED SCHEDULE:**  
**Sat 20:** Shot Put - Weight Throw - Super Weight Throw  
 Social BBQ  
**Sun 21:** Heavy Weight Pentathlon - 56lb - 100lb

**REGISTRATION:** will open on **Wednesday 1st May**

**KEEP UPDATED ON ALL THE NEWS:**  
 To keep in touch with all the event information, join our **AUSTRALIAN INDOOR THROWING FB page**, just search for: **MASTERS INDOOR THROWING** group

# PREPO

HYDRATION ENHANCER



## ADELAIDE MARATHON Festival

MARATHON | HALF MARATHON | 10KM | 5KM

## 25 August 2024



The Adelaide Marathon Festival is organised by the South Australian Road Runners.

**To enter go to**  
<https://adelaidemarathon.com.au/>




## National Short Course Cross Country Championships 2024

**29 August - 1 September**

**Symmons Plains Raceway Perth Tasmania**  
(30k from Launceston TAS)

**Individual Event**  
Registrations Close - 1st August 2024

**Mixed Relay Event**  
Registrations Close - 4th August 2024

*State Association Uniform to be worn for this event*

For more information please go to  
[https://www.australianmastersathletics.org.au/  
events/event/2024-national-cross-country-  
short-course-championships/](https://www.australianmastersathletics.org.au/events/event/2024-national-cross-country-short-course-championships/)




## AMA WINTER THROWS CHAMPIONSHIPS 2024

**Saturday 5th  
to Monday 7th  
October 2024**

**Q.S.A.C.**  
**Kessels Road**  
**Mt Gravatt**  
**QLD**

**For further details**  
[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)







[www.adelaide2025.com.au](http://www.adelaide2025.com.au)



# Adelaide

AMA CHAMPIONSHIPS 2025



**18-21 April 2025**

SA ATHLETICS STADIUM • MILE END

*Come and compete - stay and explore!*



Major Sponsor  
 **SPORTS CENTRE**

  
**Australian Masters Athletics**

# SAMA 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.



# CLUB UNIFORMS



**Sports Centre is our new official uniform supplier.**

You can view the range and order through their **on-line portal** which is located at <https://www.samastersathletics.org.au/uniforms/>



# MEMBERS BENEFITS



## Fitness on the Park

(Anne Lang SAMA member)

64 MacKinnon Parade,  
North Adelaide 5006.  
[www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)



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



## Sportspower Glenelg

Shop 2, 128 Jetty Road, Glenelg, SA 5045  
P. 8295 1714  
[www.zorichgroup.com.au](http://www.zorichgroup.com.au)

**10% off store wide, excludes all sale items.**

## Exurbia

### Formerly Scout Outdoor Centre

134a The Parade, Norwood, SA, 5067.  
P. 08 8223 5544  
[exurbia.com.au](http://exurbia.com.au)

Outdoor clothing, equipment and accessories.

**10% discount on all purchases for SAMA members.**

Mention SAMA and quote discount code ZMA.



## Matt Lovell (SAMA member)

[athletictrack\\_and\\_field@adam.com.au](mailto:athletictrack_and_field@adam.com.au)

**10% discount on athletics equipment**

# CONTACTS



If you break a Club record, contact Ros Lowe at [ros.lowe@icloud.com](mailto:ros.lowe@icloud.com)

If you change your address, phone no. or email, contact John Hore at [registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

Please send articles, images and results to be included in the newsletter to the editor at [ann.jefferies@adam.com.au](mailto:ann.jefferies@adam.com.au)



South Australian  
**Masters Athletics**