



Winners at Victoria Park on 3 August 24: Liz Neubauer, Cassie Neubauer and Ros Lowe.



Winners at Felixtow on 6 July 24: Cathie Hore, Edna Bates and Clare Stacey.

Relay Fun!

Three relay days were again included in this winter's program and proved very popular with members.

Each competitor in a team of two or three runners and walkers completed a varying number of loops of the courses at Felixstow Reserve (used twice) and Victoria Park, increasing each week in distance; 6km, 8km to 10km.

Competitor actual times were compared to SAMA's Event Manager program combined estimated times to derive a handicap time difference. The winning team had the smallest time difference.

A fun time was had by all with prizes awarded to the winning teams at the conclusion of each relay day.



Winners at Victoria Park on 3 August 24: Jan Layng, Helen Suridge and Paul Lainio.



Winners at Victoria Park on 3 August 24: Dave Fallon, Carol Fallon and Clare Stacey.

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COMING EVENTS

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

•

Start SAMA Summer Season

Wednesday 25 September

•

AMA Winter Throws Championships

Saturday 5 October to
Monday 7 October



SAMA Winter Presentation

Saturday 31 August

To be held after competition at



Club De Petanque d'Adelaide

Kurangga Park, Park 20

Corner of Greenhill Rd and Unley Rd

Please bring a plate of food to share!

A NOTE FROM THE PRESIDENT



As I write this, a week before the start of the 25th World Masters Athletics (WMA) Championships, several SAMA athletes, their partners and friends, will be preparing to fly out for Gothenburg in Sweden, the host city. Best wishes for those that are participating

Some may already be in Europe taking in the Paris Olympic Games, an event which, undoubtedly, has led to some members experiencing rectangular shaped eyes from intense peering at tv screens. I must admit I've been a 4.00am riser to view live the swimming finals and now the track & field finals.

I note that Live Streaming of the program of events in Gothenburg will be available (at a cost of US\$19.99) so people will have the opportunity to watch favourite athletes or events either live or after they occur. Again we will have the time difference to take into consideration.

SAMA is exploring the possibility of Live Streaming events at the National Track & Field Championships to be held in April in Adelaide next year. Cost will be the final decider as to whether this occurs.

It was interesting to note that Gothenburg achieved 8,000 entrants across their athletic program. Paris has an estimated 10,500 entrants across a vast number of sports for their Olympic program. A clear indication of how popular Masters Athletics is, particularly when held in Europe.

SAMA's winter program enters its final month with the last Saturday of competition scheduled for 31 August at Park 20 on the city outskirts. Season presentations will follow the days program and will be held with a function at the Pétanque Club on the corner of Unley and Greenhill Roads.

It's been a successful season of competition to date undertaken (apart from one 'shocker') in reasonable winter weather. There has been a noticeable increase in the number of participants this year, particularly in the case of runners.

The draft program for the summer season of competition is now on the website and will commence on Wednesday 25 September. Some

key dates are indicated including for the Bob Clark heats and final, the ASA Relay Day (Saturday, 21 December) and two SAMA relay days in January.

The three relay days will be an opportunity for prospective entrants for the Nationals in April to gain some valuable practice. It will also give SAMA an indication of the composition of possible teams for the Championships.

Athletics SA has also advised clubs of its proposed summer program, and this is scheduled to commence on 12 October with Meet 1. A proposed innovation is the scheduling of specific meets/days for all ASA affiliated clubs to provide a certain number of volunteers to assist officials with that Saturday afternoon's program.

SAMA has been allocated the 18th of January as the afternoon they have been asked, in conjunction with Southern Athletics Club, to provide a combined number of 12-14 volunteers to undertake a number of track and field tasks, eg. raking the long jump pits, retrieve throwing implements, etc. more on this later.

The AMA Championships, whilst seemingly some time distant in April 2025, require a great deal of preparation to ensure that they are a success both financially and to the satisfaction of those involved, be they administrators, athletes, officials, volunteers, spectators and sponsors.

Whilst the LOC and the SAMA committee are responsible to ensure its success, they do require the hands-on assistance of volunteers regarding a variety of tasks both leading up to the Championships and during their course. Specific areas and associated tasks have been identified and we will be seeking assistance from members, their families and friends.



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 10, Anne Lang.

Read a precis of her achievements on pages 8 and 9 or go to www.samastersathletics.org.au/hall-of-fame/ for her 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.

AMA/Valour Sport Uniform Update

Our next Pre Order Campaign will take place 1st to 31st OCTOBER 2024



VALOUR

During that month you'll be able to log into our Valour AMA shop, and order all our great custom unisex and ladies singlets, ladies crop and briefs, jackets, t-shirts, long sleeve Ts, polo shirts, backpacks and hats.

The full range is located here: <https://www.valoursport.com.au/collections/australian-masters-athletics>

Delivery of these orders will be at the end of January 2025.

BUT... if you do need an AMA Unisex or Ladies singlet before then, we have the following stock available:

Unisex singlet: in Small/Medium/Large/XLarge

Ladies singlet: in L8, L10, L12, L14

If you want to order any of the stock, email Jill for the order form.



To see the sizing charts for our custom uniform items, go to: <https://www.valoursport.com.au/collections/australian-masters-athletics>

Remember that you can still wear the old AMA uniform for the next two years during the Official Uniform crossover period, until 2026.

Contact Jill Taylor -
Email: jilltaylor@australianmastersathletics.org.au

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.



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



Nominations for AMA Board

Ever thought of being on the AMA Board and having the opportunity to have a say in our sport? If so, this is your opportunity!

The Board positions that are up for election at the Annual General Meeting and the persons currently in those positions are as follows:

- **President** - John Clark
- **Treasurer** - Lisa Attenborough
- **Board members** - Rob Mayston & Bruce Bodsworth

Nominations for Board positions for the next term must be received by no later than 7.30pm on 23rd August 2024.

To nominate or for more information please contact George White on 0419 348 888 or email secretary@samastersathletics.org.au.



Next year is our turn to host the national championships 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 the Convenor for next years Championships and we know she would appreciate any time you could offer no matter how small.

So, while it is fresh in your minds please contact Lisa at lattenborough6@gmail.com and help us stage a Championships to be proud of.

Backyard Ultra!

Late last year George White highlighted the BACKYARD ULTRA in an article for the newsletter. In this crazy race, competitors do a 6.71km circuit on the hour - every hour until there is "One Man Standing". Well, this year saw the first SAMA member take part

in one of these events. Philipp Rohlfhagen managed to do 10 "yards" (67.1 Kilometres) in the Adelaide "No Time To Die Frontyard Ultra" held in the Victoria Parklands. Who will step up to do 11 or more next year?



This is a small reminder that there is only a short amount of time left for registration for the **2024 WMA Marathon Championships in Bucharest, Romania - October 13th 2024**. The registration deadline is 3 September 2024.

Athletes interested need to register on the Championships website before the entry deadline: <https://2024.runinbucharest.com/registration/>



Membership Applications

Membership applications and renewals, together with payment of fees, should be done using the Athletics SA on-line registration system (see below). A manual membership form is also available to download.

A reduced membership fee is currently available for NEW members joining from April until the end of the current membership year.*

Renewals for 2024/25

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September), and **renewals for all members will be due on 1 October 2024.**

Members must be financial to be eligible to win prizes, awards and trophies, and to enter Athletics Championships (including SAMA, ASA, AMA, OMA and WMA events). This 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>.

Membership renewals, together with payment of fees, are done using the **Athletics SA on-line registration system** (open for 2024/25 registrations in early September).

For further information and for advice about when registration for the new season will be available, see *Member Registration* on the Membership page of the SAMA Website at <https://www.samastersathletics.org.au/membership/#registration>.

Competing with Athletics SA in 2024/25

ASA Membership Options

If you are planning to participate in the Athletics SA competitions in the 2024/25 summer season, then you need to decide which level of membership with ASA you would like to take out.



Basic membership of ASA is included in your SAMA registration fee if you choose to compete for SA Masters as your primary club in the 2023/24 season. For

an extra annual fee, you may choose to upgrade your membership to reduce the cost per day/event when competing in ASA competitions and championships.

If you intend to compete only once or twice in the ASA competition than you are probably best sticking with the Basic membership. If you decide to compete more often it may be worthwhile to upgrade to a higher level of membership.

These membership options and additional fees payable for 2023/24 will be advised on the ASA website, and further information will also be made available on the SAMA Website as we get closer to start of the summer season.



New & Returning Members

Welcome to our new & returning members:

Harry Hayford
Matt Lawrence
Michael Nitsche
Justin Roberts

Membership Enquiries

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

John Hore



Moana BEACH TOURIST PARK

October Weekend Away

The weekend away this year will be held at Moana Beach Tourist Park from 18 - 19th 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 the Beach Hotel 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

P: 0407 188 721



Onkaparinga River National Park



Willunga Farmers Market



Coast to Vines Rail Trail



Inductee No. 10:

Anne Lang

Anne was born in Perth, WA. Her father was a geologist who moved his family to SA to complete his doctorate and remained in SA (apparently SA is a geologist's paradise!).

With an "All Australian" hockey playing father, Olympic rifle shooting uncle and a grandmother who played A grade bowls into her 90s, Anne was encouraged to try many different sports. Anne played hockey and netball but her main focus was on tennis where she played A grade for Reade Park and Memorial Drive. She was a member of the women's Wilson Cup squad competing in the SA Age Tennis Competition from a very early age. With the arrival of her family, Anne moved to A grade squash as it took less time, where she played until her family commitments took over.



Edinburgh 1999



Hobart 2024

In her late 30's Anne was introduced to marathon running and decided it would be a challenge to run a marathon for her 40th birthday. Anne eventually completed 13 marathons over the next 10 years or so.

In 1991, her coach Collin Cooper suggested "trying something different" and a whole new approach to her running started. Since then Anne has competed in most National events and in 13 World Championships in Japan, USA, South Africa, UK, Spain, Brazil, Italy, Finland, France and Brisbane and Perth. She settled in as a middle-distance performer with a preference for the 1500m. However, in 2009 Anne showed her versatility by successfully winning the 200m, 400m, 800m and the 1500m at the Nationals. Anne's success at the world level has been in the 4x400m relay, including being part of a team that broke a 4x400m world record. She also won silver at the World Masters Games in 1994. In more recent times Anne has added the 800m and the 2000m steeplechase to her events with great success – winning the Gold medal for the steeplechase in the Sacramento World Masters Championships in 2011 and following up with Gold in Brazil (2013), France (2015), Perth (2017) and Spain (2019).

Since 1991 Anne has collected 36 National Masters titles, 21 World Masters medals, still holds a 4x400 world record, has broken 11 individual Australian records and 2 relay records and has broken 25 SAMA records with 9 still current. Whilst competing in 4 Oceania Championships Anne has collected 8 gold medals.

Full details of Anne's achievements can be found at www.samastersathletics.org.au/hall-of-fame/.





Anne Lang

Coming from a very sporting family, Anne was encouraged to try many different sports and was successful in hockey, netball, tennis and squash.

In her late 30's Anne was introduced to marathon running and eventually completed 13 marathons over the next 10 years or so.

Anne joined the Masters in 1990 and settled in as a middle-distance runner. However, in 2009 Anne showed her versatility by successfully winning the 200m, 400m, 800m and the 1500m at the Australian Masters National Championships. Anne has competed in most National events and in 13 World Masters Championships. Initially her success at the world level was in the 4x400m relay, but in more recent times

Anne has added the 800m and the steeplechase to her events with great success - winning Gold in Sacramento in 2011 and following up with Gold in Brazil (2013), France (2015), Perth (2017) and Spain (2019). Since 1991 Anne has collected 36 National Masters titles, 21 World Masters medals, still holds a 4x400 world record, has broken 11 individual Australian records and 2 relay records and has broken 25 SAMA records with 9 still current. Competing in 4 Oceania Championships Anne has collected 8 gold medals.

In 2018 Anne was the ASA winner of Over 35's women's Track and Field Award. She was the Most Outstanding Performance winner of the SAMA awards in 2011, the Run winner in 2013 and then the Middle-Distance winner in 2015 and 2016.

Anne is an all-round athlete with National Championships in 200m, 400m, 800m, 1500m, Steeplechase, T&F Pentathlon, Long Jump, Javelin and Discus and has medalled in 60m, 100m and Shot.

010

INDUCTEE NUMBER

SAMA PRESIDENT

21 June 2024

DATE

The Barclay Becomes an Equal Opportunity Race

By George White

Nearly four years ago I wrote about the Barclay Marathons – “The race that eats its young.” At the time of writing only 15 men had completed the course over the 31-year history of the race with the last in 2017. There was a gap until March 2023 and then a record 3 finishers!

You may recall it is not an easy race to join with no details advertised publicly. Acceptance into the race is acknowledged by a “letter of condolence” which warns would-be entrants to prepare for “failure and humiliation”.

The course in the Frozen Head State Park in Tennessee is completely unmarked and competitors must use a map and compass to find control points on each lap. Between 9 and 15 novels are located at the control points and competitors tear out the page corresponding to their race number from each book as proof of completion. Competitors get a new race number, and thus a new page requirement, at the start of each lap.

In 2023, entrants in addition to writing an essay, had to answer a series of questions including, “What will be the 119th element on the periodic table.” (there are currently 118 elements known!).

To say the course is brutal is an understatement! The course consists of a roughly 20-mile (most believe it is closer to 26 miles) loop with no aid stations except water at two points along the route.

The loop begins and ends at a yellow gate (which competitors must touch as they start and finish a loop). Competitors run this loop five times. Complete one lap in under 12 hours, and you’re allowed to head out on your second lap, and then your third, fourth and fifth, if you’re still within the time limits. Maximum time is 60 hours.

The actual length of the loop varies due to changes in the elevation. Elevation change is equivalent to climbing up and down Mt Everest – twice. The race starts at the whim of Laz (Gary Cantrell), with one hour till race start signalled by his blowing of a conch. The race officially begins when he lights a cigarette.



Who wins the Barclay? Well most years the Barclay does. In 2022 the Barclay again had no finishers. However a seed was sown that year with British runner Jasmin Paris finishing the three lap “Fun Run.” In 2023 records were broken! A record seven runners started the fourth loop including Jasmin Paris (only the second women ever to start loop four) and a record four runners started the last loop. Jasmin completed the four laps but outside the time limit. Three runners finished the 2023 Barclay. However whenever someone finishes the Barclay, Laz strives to make the course more difficult for the next year. ▶



Hamilton, Campbell, Verys, Paris, Kelly

PHOTO HOWIE STERN

The Barclay Becomes an Equal Opportunity Race

Continued

► So, fast forward a year to 2024 and contrary to expectations even more records fell. A record 12 runners started loop four, a record seven runners started loop five and there were a record five finishers. Ukrainian-Canadian runner Ihor Verys was the first to finish in 58:44:59. Next across the line was John Kelly in 59:15:38 – his third finish in seven attempts - followed by Jared Campbell in 59:30:32 - his fourth Barkley finish (the most



PHOTO SARAH SMITH

Greig at the yellow gate

ever). Greig Hamilton was the fourth to finish, coming in at 59:38:42. Hamilton became the first New Zealander to conquer the event on what was his third attempt. After more than two sleepless days, Greig didn't know if he was going to finish. A watch mix-up left him clueless as to whether he'd missed the final cut-off. "I looked down at my watch and it showed zero

and some seconds, and I had a horrible panic - so coming into the finish I was unsure as to whether I was under the cutoff." Soon enough, the crowd let him know he'd done it with 21 minutes to spare. His Facebook post summed up his attitude: "I've just had a fantastic holiday and a really enjoyable time in the woods with some like-minded folks."

This year also saw a record 12 runners that completed the "Fun Run". All of this is remarkable, but something even more special was still to happen.

There was 10 minutes to go to the 60-hour race limit, then five, then 3 and then a shout went up "Runner coming". Jasmin Paris appeared - but she needed to sprint and she did - touching the yellow gate with just 99 seconds to spare. Jasmin became the first ever woman finisher.

She had already achieved being the first woman to complete three loops three times, the fastest female time for that distance and the first female to start the final loop. But it was the first woman to finish which she and everyone else desperately wanted. Mind you Jasmin came into the race with pretty good credentials. In 2019 she gained prominence when she became the first female winner of the Montane Spine Race, a notoriously difficult, 268-mile ultra, along the Pennine Way in the UK. Not only did she beat all the men, she set an overall course record.



PHOTO JACOB ZOCHERMAN

Jasmin exhausted at the finish gate

Out of more than 1,000 starts since 1989, the Barclay has now been completed 26 times by 20 different runners. Prior to 2023 only 17 runners had even started loop 5. Back in 2015 Laz Cantrell said "The race is too hard for women. They are simply not tough enough to do it." However Jasmin's achievement is being celebrated, including by Cantrell who believes this is the perfect excuse to make the race even harder. He said, "Clearly the race has gotten too easy so I think it's time we made it more of a challenge. I'm not ruling anything out at this point, but the goal is to not have any finishers in 2025."

Paris was all for it! She explained, "After you've finished once, the race kind of loses some of its mystique. So making it more of a challenge next year keeps things interesting. Alternatively, if that crazy old geezer makes it so hard no one can do it, then that'll make me the last person to ever finish the race which would be a pretty-cool title to hold." ■

SAMA STATE CHAMPIONSHIPS



21.1km Half Marathon - 27 July 2024 - Park 19

Name	Age Group	Result	Age Group %	Place
Karen Pienaar	W45	1:42:13	70.62	1
Colin Brooks	M70	2:04:03	62.08	1
Russell Withers	M55	1:38:30	68.5	1
Stephen Dunn	M55	2:22:08	48.23	2
Philipp Rohlfshagen	M40	2:02:43	50.25	1

15km AMA Championship Walk - 27 July 2024 - Park 19

Name	Age Group	Result	Age Group %	Place
Marie Maxted	W60	1:48:33	76.28	1
George White	M75	1:45:20	81.1	1
Gil McIntosh	M70	1:53:09	70.95	1



Karen Pienaar



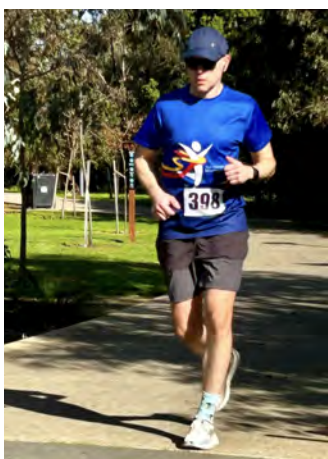
Colin Brooks



Russell Withers



Stephen Dunn



Philipp Rohlfshagen



Marie Maxted



George White



Gill McIntosh

SAMA BIRTHDAY LIST

August and September



Lisa **Attenborough**

Rosie **Carruthers** **55**

Cherie **Dempsey**

Stephen **Dunn**

Dave **Fallon**

Roula **Ghaoui** **45**

Chris **Hartwig**

Diane **Loveday**

Lisa **O'Keeffe**

Noel **Pardon**

Don **Parker**

Bett **Stawarz**

Peter **Taylor**

Sandy **Thorn**

Brian **Witty**

Chris **Bollen**

Peter **Callahan**

Sue **Cassidy**

John **Hore**

Cathie **Hore**

Viddy **Jermacans**

Suzanne **McKeen**

Kim **Mottrom** **40**

Norman **White**

Gillian **White**

Zahar **Zulkafli**

CLUB CONTACTS



Committee Members

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



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



WORLD MASTERS ATHLETICS
MARATHON CHAMPIONSHIPS
BUCHAREST 2024



2024 WMA Marathon Championships Bucharest, Romania

October 13th 2024

Registration deadline 3 September 2024

For more info and registration please go to
<https://2024.runinbucharest.com/registration/>



20 October 2024

5km, 10km & 21.1km

The half marathon course takes in the Shiraz Trail between McLaren Vale and Willunga, with a loop along the rail trail between McLaren Vale and Seaford. The 10km and 5km courses are a fast dash towards Willunga and back.



To enter go to [https://sarrc.org.au/
events/upcoming-events/50/
mclaren-vale-running-festival-2023](https://sarrc.org.au/events/upcoming-events/50/mclaren-vale-running-festival-2023)



PREPD

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/>



City Bay Lumary 50

Fifty years and running.

15 September 2024

3KM RACE

6KM RACE

12KM RACE

HALF-MARATHON

To enter go to

<https://my.city-bay.org.au/signup>



CHOOSE YOUR RACE SET YOUR PACE MAKE IT COUNT



www.adelaide2025.com.au



Adelaide

AMA CHAMPIONSHIPS 2025



18-21 April 2025

SA ATHLETICS STADIUM • MILE END

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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.

SAMA SUMMER PROGRAM 2024/25



Draft only

Date	Program	
Sun 15 th Sept		City Bay Fun Run
Wed 25 th Sept	C2 Hdcp	
Wed 2 nd Oct	A1 Scratch	
Wed 9 th Oct	B2 Hdcp	
Wed 16 th Oct	C1 Scratch	
Wed 23 rd Oct	A2 Hdcp	Including Bob Clarke Challenge 200m at 6.20pm
Wed 30 st Oct	B1 Scratch	
Wed 6 th Nov	C2 Hdcp	Including Bob Clarke Challenge 1000m at 6.15pm
Wed 13 th Nov	A1 Scratch	
Wed 20 nd Nov	B2 Hdcp Modified	Including Bob Clarke Challenge 500m final at 6.00pm All events from the 150m on delayed by 5 minutes
Wed 27 th Nov	C1 Scratch	
Wed 4 th Dec	A2 Hdcp	
Wed 11 th Dec	B1 Scratch	
Wed 18 th Dec	Modified Scratch	Adelaide Harriers - Xmas special, 5.50pm start. 60m Last man standing, 800m Run for walkers, 800m Walk for runners, Wrong handed turbo throw, Water balloon throwing.
Sat 21 st Dec	tbc	ASA State Relays
	tbc	Bay Sheffield 800m
Wed 8 th Jan	Modified Scratch	5.50pm Mile Walk, 6.05pm 600m, 6.15pm 100m, 6.25pm Mile, 6.35pm 300m, 6.45pm 3k run/walk, 5.55pm Hammer, 6.45pm HJ, 6.30pm Javelin, 7.00pm LJ
Jan 11 th – 12 th	tbc	ASA Combined Events
Wed 15 th Jan	C2 Hdcp	Plus 4x100m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 22 nd Jan	A1 Scratch	Plus 4x400m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 29 th Jan	B2 Hdcp	
Wed 5 th Feb	C1 Scratch	
Wed 12 th Feb	A2 Hdcp	
Wed 19 th Feb	B1 Scratch	Incl. State Champs Long Hurdles 5.40pm start - nominate the week before
Wed 26 th Feb	C2 Hdcp	Incl. State Champs Short Hurdles 5.40pm start - nominate the week before
Sun 2 nd Mar	Champs	10km Run, 10km Walk 8.30am start, Throws Pentathlon 9.00am start
Wed 5 th Mar	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start - nominate the week before
Wed 12 th Mar	B2 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start - nominate the week before
Wed 19 th Mar	C1 Scratch	Incl. State Champs Steeplechase 5.00pm start - nominate the week before
Wed 26 th Mar	Champs	Day 1 T&F Championships
Wed 2 nd April	Champs	Day 2 T&F Championships
Wed 9 th April	Modified Scratch	Summer Presentation Night 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk 5.50pm Hammer, 6.10pm LJ Please bring a plate to share
April 18 th – 21 st		AMA National T&F Championships - Adelaide

W designates the race is a walk. On handicap days if more than 1 heat is required in the 400, 800, 1000 and 1500m – the faster heat will be scratch.

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.50pm	150m	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	1000mW	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.50pm
200m	6.20pm	300m	6.15pm	400m	6.25pm	TJ	6.55pm	Shot	6.55pm
3000m	6.35pm	5000m	6.30pm	2000mW	6.35pm				
5000mW	6.35pm	3000m	6.30pm	4000mW	6.35pm				
3000mW	6.35pm	3000mW	6.30pm	2000m	6.35pm				

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MEMBERS BENEFITS



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



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Matt Lovell (SAMA member)

athletictrack_and_field@adam.com.au

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CONTACTS



If you break a Club record, contact Ros Lowe at ros.lowe@icloud.com

If you change your address, phone no. or email, contact John Hore at 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



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