



WMA Championships

A small group of SAMA members travelled to Gothenburg, Sweden for the World Masters Track and Field Championships in August.

Allan Mayfield had a couple of thrilling races, winning gold in the 2000m steeplechase and silver in the 800m.



Continued on page 6 ▶



Anne Lang had the honour of being the flag bearer for the Australian team.



Allan Mayfield won gold in the M75 2000m steeplechase. Second place went to David Cundy from Tasmania.



Contents

- | | | | |
|-----------|--|-----------|--|
| 3 | A note from the President | 13 | Obituary - Matt Lovell |
| 4 | SAMA News | 14 | National Championships 2025 |
| 5 | Registrar Notes | 16 | SAMA Members Results |
| 7 | Social News | 20 | Birthday List/Contacts |
| 8 | Winter Presentation | 21 | Coming Events |
| 9 | Featured article -
I Can Handle the Heat but Only
to a Certain Degree!
<i>By George White</i> | 23 | Summer Program |
| 11 | Our newest Life Member -
David Bates | 24 | Club Uniforms/
Member Benefits/
Contact Us |



COMING EVENTS

ASA 10km Run Championships

Sunday 27 October

•

SAMA Bob Clarke Challenge

Wednesday 23 October, 6 November &
20 November

•

ASA 5000m Championships

Saturday 23 November

•

ASA State Relay Championships

Saturday 21 December

•

Christmas SAMA Meet Adelaide Harriers Clubrooms

Wednesday 18 December

•

Bay Sheffield Carnival

Saturday 28 December and
Sunday 29 December



A stylish Ros came prepared for a wet run on Saturday 17 August!

A NOTE FROM THE PRESIDENT



Another summer season of competition has arrived although we are still waiting for the appropriate weather to stabilise and accompany it. Our first evening meet was bitter although last nights second meet was carried out on a perfect spring evening.

It was great to see the return of regulars to the track and field as well as quite a few new faces. The attendance for the first two meets of 54 and 63 compared quite favourably with last years corresponding numbers of 55 and 54 (particularly for the second week).

These figures augers well for the continuing summer competition which culminates, of course, with the National AMA T&F Championships to be held here in Adelaide in April 2025.

The Local Organising Committee (LOC) for these Championships met again recently and planning for and implementation of tasks essential for the success of this event were progressed.

The Championship's website should continue to be upgraded, and it is anticipated that entries will open sometime this month.

Whilst SAMA has a hard core of volunteers and officials applying themselves to a variety of duties on a Wednesday evening (catering for athlete numbers in the 50's and 60's) just imagine the organisation and the personnel required for four consecutive days of competition, accommodating for 700 plus track, field and non-stadia competitors and with events commencing at 8.00am each morning and finishing after 7.00pm at night.

The LOC has budgeted for 140 officials and volunteers, both local and from interstate, to be involved over the four days.

More information will be forthcoming on the Championships website, in newsletters and David Bates' weekly emails regarding specific areas of involvement, etc. and I hope that SAMA will receive the support in this area as required.

Whilst it may be 'a bit early' to mention, as we are only 99% certain, Kate and I are 'returning' to Queensland in early to mid-January of next year.

I do mention this now on the basis that this will

result in vacancies being created in several positions, primarily that of President of SAMA.

Whilst this is an important position that will need to be filled I have found that support forthcoming from a number of 'old-hands' has been invaluable and am confident that the person who fills the anticipated vacancy will have a continuance of this support.

The current SAMA committee has also, to date, proven to be involved and enthusiastic with their responsibilities.

Also, with my departure, vacancies will ensue in the positions of Summer Coordinator, Awards Officer, Uniforms Officer, Social Organiser, Promotions Officer and Sponsorship Officer.

Unless these positions are filled the results will be obvious; chaotic or no summer competition, no AMA or SAMA award nominations, no social activities (lunches, dinners, weekends away), etc. etc.

No one-person is expected to fill these positions.

In SAMA's website you can click-on 'About Us' and then 'Governance' and 'Positions & Roles'.

Please read the 'Purpose & Duties' detailed for these positions and strongly consider as to whether you can contribute to the club by undertaking at least one of the functions.

You don't have to be on SAMA's committee to undertake one or more of these roles, eg. Promotions & Sponsorship can go-together.

Whilst in this section of the website have a read of SAMA's structure and the 'Purpose & Duties' of positions in this structure. It will provide an insight into 'just what (who) makes the club function'!

Please contact me if you would like to discuss any aspects of the above.



Viddy Jermacans



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



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

AMA/Valour Sport Uniform Update

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

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.



**TEAMAUSTRALIA
INFO SESSION**

**World Masters Athletics
Indoor Championships
Alachua County Gainesville
Florida USA
MARCH 23 - 30, 2025
Event site : wmaci2025.com**

Join us for an online information session to get the latest information for the upcoming World Indoors event, on:

THU OCTOBER 17 at 8.30pm

If you've never been to a Masters World Indoors Championships before, this is your chance to find out all about joining TeamAustralia, as we take on the rest of the world. There are no qualifying standards to enter these Championships, or in fact to enter any Masters event worldwide, and if you're aged 35+, you are welcome to join us in Florida.

No need to pre-register, just join our Google Meets meeting using this link:
meet.google.com/ccz-fkgo-fpe



Membership Applications and Renewals for 2024/25

Membership applications and renewals, together with payment of fees, are done using the **Athletics SA online secure registration portal** (now open for the 2024/25 membership year). This is our preferred method of registration (no need to complete a separate membership form). Payment must be made by credit/debit card (all major cards accepted). A manual membership form is also available to download if required or a form can be provided at the SAMA information table.

For further information and to access the portal go to *Member Registration* on the Membership page of the SAMA Website at <https://www.samastersathletics.org.au/membership/#registration>.

If you have previously been a member, select the RETURNING MEMBER option and follow the instructions provided to renew your membership.

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September), and **renewals for all members are now due**. SAMA Membership types and fees are unchanged from those that were applicable for the 2023/24 membership year.

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>.

Competing with Athletics SA in 2024/25

ASA Membership Options

If you are planning to participate in the Athletics SA (ASA) competition in the 2024-25 summer



season, then you need to decide which level of membership with ASA you would like to take out.

Information is available on the SAMA website which provides details to assist in your decision as to what membership level you should choose. Refer to the SAMA website under the **PROGRAM** header, under the heading Athletics SA Track & Field Season 2024-25.

The link below can be pasted into the browser for information on this subject.

https://www.samastersathletics.org.au/wp-content/uploads/2024/09/Competing-with-ASA-2024-25_v2.pdf



New & Returning Members

Welcome to our new & returning members:

JERRY TOON	JOHN DENLEY
AARON TOON	VERITY JOHNSON
MICHAEL SCHIRRIPA	REINE HOBBS
IAN HILL	SAMATHA BYRNES
BRIAN HADDY	JENE-MARIE ALESCI

Membership Enquiries

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

John Hore

WMA CHAMPIONSHIPS



13 - 25 August 2024 • Gothenburg, Sweden

► Continued from page 1

Despite injury Anne Lang won silver in the W80 800m, Lyn Peake won a silver medal in the W70 4x100m relay breaking the Australian record and Sarah Chinner won a bronze medal in the W60 4x400m.

See page 17 for a full list of the results.



Waiting to enter the stadium.



Parading in the opening ceremony.



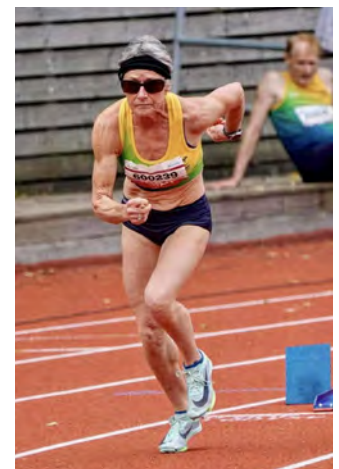
The bronze medal winning 4 x 400m relay team



Anne Lang during her 400m semi final.



Lyn Peake, Kathy Blute & Marlene Norton-Baker.



Sarah Chinner takes off in her 400m.



THE HYDE PARK

The latest social lunch was held at The Hyde Park Tavern on Sunday 22nd September. A very enjoyable time was had by all with lots of good food, wine and conversation.



WINTER PRESENTATION



31 August 2024 - Petanque Club



A fine feast



Doug Smart



Mike Vowles



Jill Rogers



Valmai Padget



Gil McIntosh - winner of the SAMA Winter Achievers Award



Margaret McIntosh - 2nd place in the SAMA Winter Achievers Award



Stephen Dunn - 3rd place in the SAMA Winter Achievers Award

I Can Handle the Heat but Only to a Certain Degree!

By George White

Over 10,000 years ago the world was in an Ice Age (Australia was some 10°C cooler and much of Europe and North America were covered in ice sheets several kilometres thick) - and the planet has been warming ever since.

Data suggests we are now in an Inter-glacial period, one of several in this Ice Age spanning three million years. It is possible that glaciations are due to various cycles in the earth's orbit and axis of spin that vary over 23,000, 41,000, 96,000 and 400,000 years (the Milankovitch cycles). Temperatures in the last Inter-glacial were higher than they are now. No matter what you think the cause and effect, climate change is real and global warming will be ongoing at least in the short term. We cannot change that, but we can make the best use of its manifestation in weather.

So how can we use weather to our advantage? If you are looking to set a PB then you might want to choose your race carefully or if you have no choice then you should prepare for an expected fast pace or a slower pace if conditions

are not ideal. In general, it appears that the optimum conditions for running/race-walking are under 20°C, with low humidity, a light wind and overcast/cloudy conditions.

A while back, a study of six of the world's biggest marathons involving almost 1.8 million finishers in sixty races combined the finish times with data on the ambient temperature on the day of the race. Interpreting the results indicated that faster runners needed cooler temperatures which is not surprising, because the faster you run, the more heat your body generates. Colder temperatures help remove this extra heat more effectively. The results suggest that everyone has an optimal temperature for best performance and that variations in either direction - hotter or colder - result in slower times. Temperatures 5°C hotter or colder will only slow you down by about 1%. A 10°C difference can slow you by almost 3% and 13°C by 6%.

A more recent study of the New York marathon from 1999 to 2019 covering over half a million entrants resulted in the findings that elite runners actually became faster with increasing humidity and sunshine duration while overall, runners became slower with increasing temperature, increasing humidity and sunshine duration. So, apart from the elite the findings would agree with what most of us would think i.e. heat clearly slows us down. For us mere mortals exercising in the heat increases the amount of oxygen we need ►



I Can Handle the Heat but Only to a Certain Degree!

Continued

- ▶ since some blood flow is redirected from working muscles to the skin to cool our bodies. This results in higher energy usage, increased lactate production, and a higher heart rate at a given pace than in cooler weather. Warm temperatures also cause faster fatigue by increasing dehydration.

This study revealed that the optimal temperature range for most groups of runners seems to be between 6° and 15°C. Below and above this range, marathon finish times tend to become slower, on average.

Data reveals that the top ten marathon performances of all-time were set when temperatures were between 9°C and 15°C. A study that included data from the Paris, Berlin, London, Boston, Chicago, and New York Marathons found that most non-elite marathon runners (finishing times between 3:30 and 5:00) performed best in temperatures at the lower end of that range.

Other research collected results from major competitions for the marathon, 10,000 metres, 5,000 metres, and 3,000-metre steeplechase, as well as the 50K and 20K racewalks going back nearly 100 years. The results were matched with accurate weather records. There are limitations to the study: times would be affected by tactical races and other factors like altitude. But across such a large dataset, it gives a sense of how much the weather affects times.

The four major elements considered were air temperature, relative humidity, wind speed, and solar radiation. These can be considered independently, or in composite indices like the wet-bulb globe temperature (WBGT) which is a weighted average that factors in all four parameters. Not surprisingly, air temperature was the biggest factor, earning a “feature importance score” of 40%. Next was relative humidity - 26%, solar radiation - 18% and wind speed - 16%.

As for the sweet spot, the overall conclusion was that a WBGT between 7°C and 15°C is best. If

you are outside this zone, expect to slow down by about 0.3 to 0.4 percent per degree of WBGT. But it's not something you yourself can measure unless you shell out a few hundred dollars for a specialized thermometer. If you look at air temperature alone, the sweet spot is between 7°C and 17°C. The shorter running races seem to be less affected by heat: the peak WBGT for 5,000 metres is 15°C; for 10,000 metres it's 10°C; and for the marathon it's 7.5°C, which is getting chilly. (Racewalking is a different story: it's a less efficient motion than running, meaning that a greater fraction of the energy you burn is lost as heat, which generally lowers the ideal temperature for a comparable distance.)



You can use temperature to pick a race that's usually held in ideal conditions, or you can check the forecast to see how much your pace might slow on race day if the temperature is far from the ideal range. A 3:30 marathoner, should add one to two seconds to their pace for every degree above 15°C. Thus, if the temperature is 25°C the same effort will result in about 3:45 finish. Runners closer to 6 minutes per kilometre slowed around 3 seconds per kilometre for each degree higher than 15 degrees C. The temperatures for optimal running performance for women tend to be a little cooler.

Finally for trivia lovers if you are on the start line and have forgotten your thermometer - head over to a grassed area to determine the temperature. A pretty accurate temperature can be determined by counting the number of chirps of crickets per minute, adding 30 and dividing by seven! ■



Meet our newest Life Member

David Bates

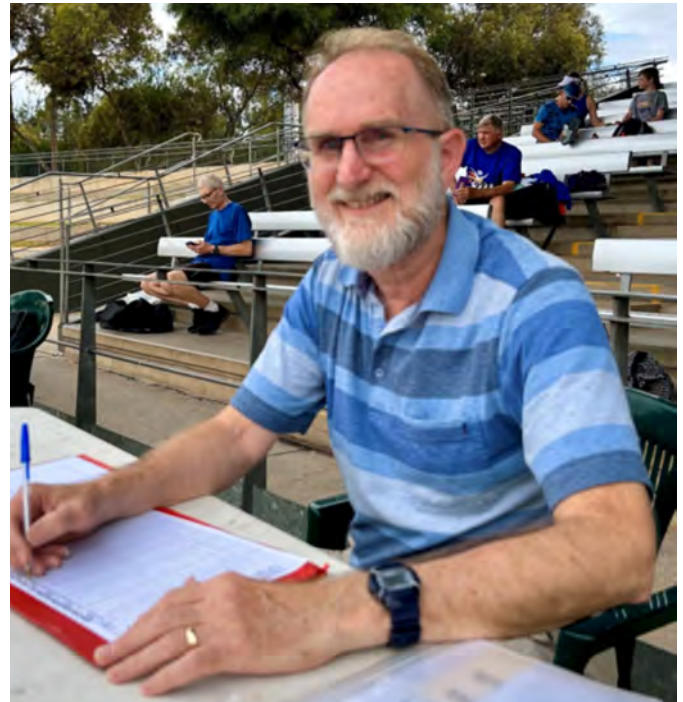
David started athletics at the age of 14, and after a short-lived career as a 220yds sprinter, he found that he had an aptitude for hammer throwing.

He went on to achieve gold and two silver medals in consecutive Essex Schools championships in England and represented Scottish Universities during his time at Dundee University, where he was Club Captain and was awarded a Half-Blue in athletics. His PB with the 16lb hammer was 42.00m; no mean feat considering his relatively slight build!

David was also a keen Rugby Union player (starting as a prop, then finally playing in the back row of the forwards), which he played from high school days until injury took its toll in the late 1970s. Subsequently he continued to concentrate on athletics instead, firstly in England, and then at Waverley Athletics Club in Melbourne upon arriving in Australia in 1981.

After moving to Adelaide in 1984 to take up a Research Officer position at the University of Adelaide he took a break from throwing for 20 years or so, in order to concentrate on his professional career as a scientist and raising a family with Edna (also a SAMA member), to whom he has been married for almost 50 years. They now have two grown-up children, Janine and Simon, and two grandchildren, Sophie and Patrick.

In 2007, David decided to enter the Australasian Masters Games in Adelaide, where he won a silver in the M55 hammer. This encouraged him to continue with the sport; he joined SAMA that year and has maintained continuous membership since, participating in all the throws events, including the weight throw (despite having a permanently dislocated collarbone sustained playing Rugby more than 30 years before). He achieved a State record in the M55 weight throw and obtained 8th place in the World Masters Games in 2009



for both hammer and throws pentathlon. He won gold in the hammer at the 2009 Adelaide AMA Championships and silver again in hammer at the 2013 Canberra championships.

David joined the SAMA Committee in 2011, actively contributing to the workings of the club and conduct of its events over a period of 13 years. He took on the role of Vice-President in 2015 for three years and President in 2018 for two years, and then finally Registrar until 2024.

In 2011, David created the SAMA Facebook page and has been instrumental in its upkeep since then. Also in 2011 he started assisting with the SAMA website and in early 2012 took over as Webmaster. In 2020, together with Stephanie Noon and Ann Jefferies he developed the new SAMA web site. In recent years David also made a significant contribution to the Awards sub-committee. David decided to step down from the Committee at the end of the 2023/24 year but continues as Webmaster.

LIFE MEMBER



Our newest Life Member - David Bates *Continued*

- ▶ Apart from the official roles for SAMA, David has been active in running SAMA weekly competitions, particularly the throws events (he was Throws Coordinator for several years) and has provided computer assistance in summer and the winter competition in general. Not only has he helped significantly with the development and running of the programs, but he has also been an active participant in all aspects of the management of the club as well as being a valued contributor at SAMA meetings.

For the 2016 AMA T&F Championships held in Adelaide, David was heavily involved in the Local Organising Committee, with the specific tasks of managing the website and distribution of throws equipment during the championships. He has also been a key member of the SAMA team organising the out-of-stadia events for several Australian Masters Games when they were held in Adelaide. He has twice won the SAMA Administrator/ Official of the Year Award - in 2017 and 2022/23.

After more than 25 years working at the University, in 2010 David took up the position of



Medical Scientist at the Women's and Children's Hospital in the Department of Toxinology, which deals with snake bites and other nasties! After retiring in 2019, in addition to devoting his time to SAMA activities, David has kept himself busy with a variety of other interests, including family history research, photography, chess and more recently singing, as a member of the Adelaide Male Voice Choir. In addition, he maintains fitness through aerobics classes.

A selection of images from the 2024 winter season





Matthew Lovell

Sadly we lost Matthew Lovell recently, succumbing to cancer that he had fought for quite a while.

As well as being an active athlete Matthew ran 3 businesses which covered his passions - Telescopes & Astronomy, Athletic Track and Field Equipment and Lasers. He also sold Boomerangs, as he loved throwing them and he studied particle physics.

Matthew was a dedicated multi-eventer though he hated the 1500m at the end of the events. Decathlon is the event he liked best, though hammer was also a favourite. Before his illness he would train five days a week and also coach up to seven times, coaching Southern Athletics Club, Eastern Districts Little Athletics, Star Squad (Little Athletics State Team), Squad LA (Little Athletics) as well as occasional Schools and other clubs.

Matthew counted his best achievement as winning the 2013 National Pentathlon in Canberra. His main competitor



needed to beat him by 150m in the 1500m, and he was a much better runner. Matthew had to run a lifetime PB - and did so!

A regular at National Championships, Matthew accumulated 13 National titles and many other medals. In his only foray into the World Championships, in Perth 2016 he won bronze in the M50 throws pentathlon. Matthew holds nine SAMA records!

We shall miss you Matthew.



NATIONAL CHAMPIONSHIPS, EASTER 2025



We only get the opportunity to have a hometown Championships every eight years and we want to make it a great success.

To do so takes effort and the more that effort can be spread the less onerous it will be for all those involved. Obviously, we want as many of our members as possible to take part, but we also need help in both the Planning and Execution of the event. There are “doing” jobs and “coordinating” roles over a considerable range of areas. Please review the following spreadsheet and consider where you could help. Please don't

assume “someone else will do it” - “someone” has left the building! Most of the Local Organising Committee (LOC) will also be competing so that is not a restriction on being able to help. Detail behind any of the areas listed can be provided so please think seriously about helping. There are virtually no roles that require prior experience - just a willingness to help.

Lisa Attenborough

LOC Convenor

The yellow highlighted areas are the positions we need to fill

MAIN AREA	RESPONSIBILITY	SUB-SET	RESPONSIBILITY
Convenor	Lisa Attenborough		
SA Athletics Stadium		Maps and Signage	
		Stadium Catering	
		Coffee Van(s)	
		Easter bunny?/PB Bell?/Adelaide sign	
		Photography	
		Announcer	Jarrold Gibson
		Engraving	
AMA Requirements	George White	Risk Mgt Plan etc	
Non Stadia	George White	Council permits	Viddy
		Cross Country	
		Road Walks	George
Sponsorship/Grants	Viddy Jermacans	Sponsorship	Viddy Jermacans
		Grants	Sarah Chinner
Program	Lisa Attenborough	T&F Program	Lisa A
		Safety	
		Protests/Jury of Appel	Lisa /AMA
		C of C events	Lisa /AMA
		Relay record attempts	
		Opening Ceremony	
		Field Instruction Sheets	Lisa/George
		Results	Lisa
Technical		SAMA Equipment specifications	George/Ann
		New equipment sourcing	George/Ann
		Calibration - wind gauge, steel tape	George
		Painting SAMA hammers, shot, weights	Ann
		Electronic lap scoring.	Jarrold Gibson
		Arrange for use of LA's hurdles, ORSR equipment	George
		Arena Manager -Field Equip. distribution	Graham Harrison?
		Ground Set-up/take down	
Officials	Lisa Attenborough		
Volunteers		Volunteers	
		Catering/Refreshments	
Computer/Event Support	Lisa Attenborough	Meet Manager/Photo finish/Results	
Registration/Function Room	George White	Information	
		Sign In	
		Athletes bag purchase	Viddy
		Contents of athletes bags	Viddy/Gill White/Sarah
		Packing of Athletes bags	
		Equipment measuring	George
		Accommodation/Restaurants/Raffles	
		Public transport re stadium and non-stadia	
AMA Board Meeting	Lisa Attenborough		
Merchandise	Viddy Jermacans	SportsCentre	Viddy
		Race numbers, hip numbers	Viddy/Ann
		Officials/Volunteers	Viddy

NATIONAL CHAMPIONSHIPS, EASTER 2025



Continued

MAIN AREA	RESPONSIBILITY	SUB-SET	RESPONSIBILITY
Dinner/Awards	Lisa/AMA Awards		
Medical etc		Sports Trainers	Shirley Wright
		Ambulance?	
		Massage	
		Physiotherapy/Chiropractors	
Medals/Awards/Ceremonial		Medals	
		Trophies	Sarah
		Medal Presentations	
Publications	Ann Jefferies	Program Book	Ann/Lisa
		Electronic Program Book	Ann/Lisa
		Results Book	Ann/Lisa
Finance	Richard Moyle		
Media/PR		Ambassador	Lisa
		Website/Facebook	David Bates
		Advertising - Vetline? Others	
		Emails to AMA database	Lisa/AMA
		Distribute posters	
		Social Media	Lisa /David Bates?
		Newspaper articles	
		ASA Clubs liaison	Lisa
How to Make the Adelaide Champs Special		?	
		Wine & Cheese - check licence requirements	Richard

NEW CLUB RECORDS



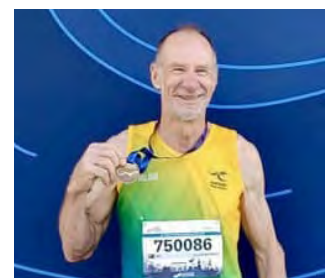
Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Allan Mayfield	M75	800m	2.40.97	17/08/24	WMA Gothenburg
George White	M75	City Bay Walk	79.48	15/09/24	Adelaide
Ros Lowe	W75	City Bay	77.40	15/09/24	Adelaide
Kim Mottrom	M35	Half Marathon Walk	1.41.16	15/09/24	City Bay, Adelaide
Kim Mottrom	M40	800m Walk	3.21	02/10/24	SAMA Stadium
Kim Mottrom	M40	5000m Walk	22.28	02/10/24	SAMA Stadium
Ann Jefferies	W60	Hammer	38.25	02/10/24	SAMA Stadium



Congratulations!

Special congratulations to Kim Mottrom on the breaking of the M40 5000m Walk record. The previous record was set in 1987 - 37 years ago!



SAMA WINTER ACHIEVERS AWARD 2024



In 2020 the SAMA Achievers Award was introduced to recognise individual athletes who strive from week to week to improve their performance ratings but who may not necessarily be at a “high” standard.

The Award is applicable only to financial members of SA Masters Athletics (SAMA) and based on their performances during the weekly SAMA competitions.

The Award is determined using a points-based system. Points are awarded on a weekly basis, commencing on the first week for each SAMA season ie. for the Winter season or Summer season. Athletes that actually compete at a meet are acknowledged with one point for participation that week.

Further allocation of award points for each athlete is based on the degree of performance improvement of their best Age Grade Rating for every event completed.

Performance improvement is assessed by comparing the latest achieved Age Grade Rating for a particular event with the previously achieved maximum Age Grade Rating for that event for the current season. Performance points cannot be accumulated on the first occasion that an athlete competes in a particular event that season.

Points are calculated for each unique event (except Race and Club walks are considered as one event for this purpose).

There were 65 participants over the course of the winter who accumulated points - here are the top 10 placegetters.

For the full list of the results, please go to www.samastersathletics.org.au/awards/#achiever_awards

Order	Number	Name	Points
1	377	Gil McIntosh	25
2	269	Margaret McIntosh	21
3	436	Stephen Dunn	20
4	381	Lisa Hanrahan	19
5	110	John Hore	18
6	342	Ros Lowe	18
7	458	Liz Neubauer	17
8	593	Doug Smart	17
9	171	Cassie Neubauer	16
10	276	John Anderson	16

Due to the logistical issues involved in running the Achievers Award, it has been suspended for the foreseeable future while we concentrate on the Adelaide 2025 National Championships. Whether the Award should continue thereafter will be considered at a later date. Please contact the President if you have any concerns.



1st place - Gil McIntosh



2nd place - Margaret McIntosh



3rd place - Stephen Dunn

WMA CHAMPIONSHIPS



12 - 25 August 2024 • Gothenburg, Sweden

100m

K Blute	W60	17.60	
L Peake	W70	17.00	7th
H Harrell	M65	17.75	

200m

K Blute	W60	38.83	
L Peake	W70	36.75	
H Harrell	M65	36.67	

400m

S Chinner	W60	1:09.89	4th
A Lang	W80	1:57.70	5th

800m

A Lang	W80	4:30.6	Silver
S Chinner	W60	2:37.86	4th
M Norton-Baker	W70	3:53.7	9th
S Orchard-Simonides	W55	3:38.2	
A Mayfield	M75	2:41	Silver
H Harrell	M65	3:33.5	

1500m

A Mayfield	M75	5:52.7	4th
------------	-----	--------	-----

5000m

M Norton-Baker	W70	29:54	12th
R Standen	M60	29:49.6	53rd

2000m Steeplechase

A Mayfield	M75	8:50.3	Gold
------------	-----	--------	------

3000m Steeplechase

P Lainio	M55	DNF	
----------	-----	-----	--

5000m Walk

J Russell	M70	34:07.6	11th
-----------	-----	---------	------

10km Road Walk

J Russell	M70	DNF	
-----------	-----	-----	--

8km Cross Country

R Standen	M60	54:12	
-----------	-----	-------	--

10km Road Run

R Standen	M60	65:49	
-----------	-----	-------	--

Half Marathon

R Standen	M60	2:55:37	
-----------	-----	---------	--

High Jump

W Barrie	M70	1.25	15th
----------	-----	------	------

Shot Put

K Blute	W60	6.69	
---------	-----	------	--

Discus

S Orchard-Simonides	W55	13.63	
---------------------	-----	-------	--

4 x 100m Relay

K Blute	W60	62.10	4th
S Chinner	W60	62.10	4th
L Peake	W70	68.5	Silver
W Barrie	M70	60:14	4th

4 x 400m Relay

S Chinner	W60	5:01.2	Bronze
-----------	-----	--------	--------

= Australian Record

20km AMA Championship Walk - 24 August 2024 - Park 19

Name	Age Group	Result	Age Group %	Place
Karyn O'Neill (Vic)	W65	2:30:59	73.84	1
Carolyn Rosenbrock (Vic)	W60	2:06:52	83.37	1
Marie Maxted	W60	2:25:41	75.7	2
Melissa Grantham	W40	2:12:54	67.12	1
George White	M75	2:23:47	80.35	1
Terry O'Neill (Vic)	M65	2:14:54	71.99	1
Peter Crump	M60	2:19:46	68.03	1

20km SAMA Championship Walk - 24 August 2024 - Park 19

Name	Age Group	Result	Age Group %	Place
Marie Maxted	W60	2:25:41	75.7	1
Melissa Grantham	W40	2:12:54	67.12	1
George White	M75	2:23:47	80.35	1
Peter Crump	M60	2:19:46	68.03	1

20km SAMA Club Walk - 24 August 2024 - Park 19

Name	Age Group	Result	Age Group %	Place
Gil McIntosh	M70	2:36:26	69.03	1



The start



Melissa Grantham



Marie Maxted



15 September 2024

Thank you to John Hore, Ros Lowe, Graham Harrison, Stephen Dunn and Sharon Johnson for volunteering with City Bay and earning funds for SAMA.

Congratulations to Gil McIntosh who is the only person to have completed all 50 of the City Bay full distance events. Previous member Tony Heard has also completed 50 times but some of those were over 6km.

Half Marathon Run	
Karen Sawyer	1:35:25
Patricia Laird	1:50:36
Dennis Vlachos	1:58:04
Colin Brooks	1:59:41
Melissa Grantham	2:01:34

Half Marathon Walk	
Kim Mottrom	1:41:16

6km Run	
Elizabeth Slattery	31:57
Sharon Johnson	39:11
Carol Fallon	41:18
Val Lambert	67:01

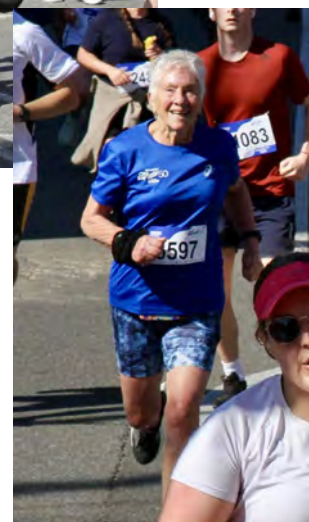
6km Walk	
Margaret McIntosh	46:27
Dave Fallon	50:22
Jan Layng	62:14
Kevin Finn	62:16

12km Run	
Chris Hartwig	47:18
Clare Stacey	53:36
Allan Mayfield	56:24
Michael Tagell	56:40
Bob Barnard	57:50
Ros Lowe	77:40
Sabine Orchard-Simonides	79:06

12km Walk	
Peter Crump	79:25
George White	79:48
Simon McIntosh	84:55
Gil McIntosh	90:06
Cassie Neubauer	132:37
Liz Neubauer	132:39



Ros Lowe running the 12km



AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS



Congratulations to Justin Roberts for winning SAMA's first medal at the stand-alone Australian Cross Country Championships. Held in Launceston in August Justin won bronze in the M50 4km. It was a family affair with Justin's son Torben winning the U/20 6km event.



SAMA BIRTHDAY LIST

October and November

Happy Birthday

Mary Abrey		David Pfzner		Sandra McCue
Sarah Bail	50	Jill Rogers	80	Anna McKenzie
Greg Barry		Tim Storer	55	Dean Mortimer
Peter Crump		Mike Vowles		Vince Musolino
Joe Godsell		Claire Woods		Kana Nathan
Karen Hammat		Wayne Barrie		Sabine Orchard-Simonides
Gregory Jenkins		Edna Bates		Jus St John
Paul Lainio		Mark Busse	65	Clare Stacey
Jan Layng		Miriam Cudmore		Craig Watson
Gregory Metha	60	Anthony Hortle		Wayne Willis
Cassie Neubauer		Val Lambert		

CLUB CONTACTS



Committee Members

President	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
Vice President/Safety Officer	Anne Lang	0457 070 934	fitnessonthepark@ozemail.com.au
Treasurer	Marg Clark	0412 950 558	marg.clark42@hotmail.com
Secretary	George White	0419 348 888	secretary@samastersathletics.org.au
Registrar	John Hore	0417 858 882	registrar@samastersathletics.org.au
Throws Coordinator/Newsletter Editor	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
Awards Officer	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair/ Walks Coordinator/Winter Coordinator	George White	0419 348 888	1945ghw@gmail.com
Committee Member	Donna Palmer	0438 685 568	drdonnapalmer@gmail.com
Committee Member	Dean Mortimer	0428 557 757	dean.mortimer@live.com.au
Committee Member	Marinus Haccou	0400 950 580	haccou1@aapt.net.au
Committee Member	Mike Vowles	0404 028 227	mikevowles43@gmail.com
Committee Member	Des Clark	0407 719 652	dalan@live.com.au

Other Contacts

Records Officer	Ros Lowe	0437 811 582	ros.lowe@icloud.com
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		



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/66/mclaren-vale-running-festival>



**WORLD MASTERS ATHLETICS
ALACHUA COUNTY
FLORIDA
INDOOR CHAMPIONSHIPS 2025**

2025 WORLD MASTERS INDOOR CHAMPIONSHIPS

Register for WMACi 2025

23-30 March 2025

The World Masters Athletics Indoor Championships will be held in Alachua County, Florida, USA from 23-30 March 2025.

For more information and to register go to <https://wmaci2025.com/registration/>



THE BAY SHEFFIELD

**27th & 28th
December 2024
Colley Reserve,
Glenelg**

The Bay Sheffield Carnival is South Australia's richest and most prestigious foot racing event, attracting runners from all over Australia to compete each year.

The feature races for men and women are run over 120 metres, while other races cater for juniors, veterans, men and women over distances from 70 to 3200 metres. The League's handicapping system gives runners of different abilities a chance to be competitive.

The SA Masters 800m event, sponsored by Exurbia and handicapped by SAMA, will again feature during the carnival on Saturday 27th December. A number of 800m qualifier races will be staged during the first half of the 2024/25 season, and this year the 800m performances by SAMA members done at ASA Interclub will be accepted for the purposes of handicapping. For more information on the SAMA Masters 800m event please go to the SAMA website www.samastersathletics.org.au/programs

For more information on the Bay Sheffield visit www.baysheffield.org.au/





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 SUMMER PROGRAM 2024/25



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
Sun 10 th Nov		SAAL City of Burnside Aths Carnival – 120m for Masters
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. 60m Last man standing, 800m Run for walkers , 800m Walk for runners, Wrong handed turbo throw, Water balloon throwing.
Sat 21 st Dec		ASA State Relays
Sat 28 th Dec		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		ASA Combined Events
Wed 15 th Jan	C2 Hdcp	Plus 4 x 100m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 22 nd Jan	A1 Scratch	Plus 4 x 400m 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
Mar 8 th – 10 th		ASA State Championships
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				

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



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

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

Outdoor clothing, equipment and accessories.

10% discount on all purchases for SAMA members.

Mention SAMA and quote discount code ZMA.



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