



South Australian Motor Racing Officials Assoc Marshals Mumblings June 2013

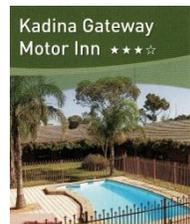
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MARSHALS MUMBLINGS

June 2013

Official Newsletter of the
South Australian Motor Racing Officials Association Inc.

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The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

SAMROA WEB SITE www.samroa.org.au

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The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.

President's Report

Hi Everyone,

It's great to see our newer members enjoying life as a Motor Racing Officials, and I welcome them to SAMROA.

It gives me great pleasure to announce that John Illingworth, who was a special guest at a general meeting many months back, talking about road safety for the older driver – has been awarded SA Police Officer of the Year 2012. John is also a competitor in the Modern Regularly. Congratulations again John – Drive Safely!

With the AGM fast approaching (Aug 14th) It's time to think, do I have the right stuff to do what the General Committee members do? If the answer is yes then why not get yourself nominated for one of the positions. It's not all business; we do try to have some fun as well. Feel free to talk with me or any of the Committee members who can tell you about the roles and what they do. If you have an interest in SAMROA that's more than just turning up for race meetings, than a General Committee position just maybe for you!

If nominated and the membership are happy with my performance over the past 12mths – I will be honored to continue to serve you as SAMROA's President.

Thanks to Andrew Leitch for taking the latest batch of Bottles & Cans in for recycling – Please remember to rinse yours out before placing in the can bag or bottles boxes. Well done Archie!

I have been told the V8 Supercar Official Volunteer cloth patches shouldn't be far away now. You should have them by the end of June – after the Hidden Valley Rnd. One of the draw backs of being the 1st event on the calendar, remember patience is a virtue!

I have been in contact with Wayne Giles (Secretary of the Shannon's Nationals) Wayne was very, very impressed with how we handled the event, I have included his comments to me in e-mails that we have had over time since the event in this edition of the newsletter. Please take the time to read it and pat yourselves on the back for a job well done! Thank You to all who attended this event, and rose to the level of excellence, well done again!

The next General Meeting is on the 12th June – 7.30 at the Royal Hotel Kent Town, if you wish to join us for a meal (we may eat indoors this time, as temperatures drop in the evening) drop me a line and I'll book a table. We meet 6.30ish for meals.

Hope to see as many there as we can. Everyone is welcome.

Cheers for now, *Paul Hart*. President Ph 0412 319 141

President's Report (cont.)

Below is a part of the correspondence that Wayne Giles (Secretary of the Shannon's Nationals) & I have had. Wayne is happy to have this printed in this edition of the newsletter for all to read – Well done SAMROA!

Paul Hart.

G'day Paul

I think I should start by saying that the feedback I got indicated that this year's round at Mallala was one of the most successful so far at the venue. The success stemmed from the 'can do' attitude of those involved and included an efficient but happy band in Race Control and around the circuit.

My understanding at this stage is that SAMROA would be included at the same level as this year (Race Control, Flags, etc.), with the possible extension into some other areas such as Administration. My discussions with Rob indicate that he has no plans for your group to become promoters or anything similar.

All I can really say is that you all did such a good job this year that a return performance (including the additions mentioned above) would be most welcome and is part of the current plan.

With regard to the Secretary of the Meeting role, I can help with timeframes and advice as the event gets closer. I usually start my part of the event planning about 3 months out.

Cheers

Wayne

(Hopefully this will ease some concerns some members had)

Congratulations to members celebrating birthdays this month

<i>Kenyon, Sarah</i>	<i>7th</i>	<i>Litchfield, Adam</i>	<i>29th</i>
<i>Marshall, David</i>	<i>9th</i>	<i>Owens, Kerry</i>	<i>29th</i>
<i>Williamson, Bronwen</i>	<i>12th</i>	<i>Pengilly, Jason</i>	<i>30th</i>
<i>Stocks, Ben</i>	<i>19th</i>	<i>Bennett, Ashleigh</i>	<i>30th</i>
<i>Sims, Henry</i>	<i>27th</i>		

T & CC Report

By the time you read this you may have noticed on the database a First Aid course scheduled for the 22nd September. This is a compulsory component of training and needs to be re-scheduled every 3 years. Final arrangements are yet to be determined but get your name on the database or in the red book to reserve your place as numbers may be limited. If you can't do either contact a member of the T&CC.

It is pleasing to notice the number of enthusiastic new members out for the last few events and considering this we should revisit some aspects of the flag rules. A full description of "Track Control and Flag Signalling" can be viewed in Appendix H of the 2013 CAMS Manual of Motor Sport readily available on the CAMS Website.

Firstly we need to understand that the Clerk of Course directs the proceedings at events and that his/her instructions are communicated for action to marshals & officials by Race Control.

Use of Flag signals at Flag Points (or Posts):

RED Flag – Is only displayed upon specific instruction from Race Control. You will notice that in a number of cases the red flag is placed apart from other flags or in a difficult position to access. The reason is simple in that the display of a red flag at any point around the circuit signals an end to or an interruption to the session. If the flag is displayed inadvertently it can have unwelcome consequences for the session. Having said this the communicator at the flag point should keep the team informed so that they are on standby for the potential use of the red flag, but wait for the instruction from Race Control.

YELLOW FLAG – Is probably the most important flag as it signals impending or potential danger to the drivers in the section of the track ahead.

A single waved yellow indicates that there is a race vehicle or a significant piece of debris likely to be a hazard on or dangerously near the racing surface or "race line". Remember that it is not necessary to wave a yellow flag if a vehicle is still moving unless it is in a dangerous position. A vehicle re-entering the circuit may need to have a yellow flag displayed if the re-entry is likely to be a hazard to oncoming race vehicles. When a vehicle is stationary on the edge of the racing surface & not in a dangerous position a waved yellow should be displayed for 2 laps unless otherwise instructed by Race Control.

A double waved yellow signals to the drivers that a significant portion of the track is blocked and that they should be prepared to take evasive action or stop. It is also used to signify the presence of marshals on or near the racing surface. Don't forget this one.

T & CC Report (Cont.)

It is important to understand that whilst a section of the track is under yellow, no overtaking is allowed and any breach should be immediately reported to Race Control.

GREEN FLAG – Is an indication that the track is clear and racing can commence or continue. It is waved at the Flag Point beyond any hazard that the preceding Flag Point displayed a yellow flag. It is important to identify the vehicle(s) that may have seen the yellow flag displayed at the previous flag point as you must continue to display the green until all of those vehicles that could have noticed the yellow have actually seen your green flag. This is why the green flag is often displayed longer than the yellow that caused the green to be waved.

BLUE FLAG – This is used to indicate to a driver that they are about to be overtaken by a faster vehicle during practice & qualifying sessions, however, it should only be displayed for vehicles about to be lapped during racing. Judgement is necessary as to when to wave the flag and your skills will improve the more you are exposed to its use. Overuse can cause the drivers to ignore the blue flag signals and underuse can cause an incident. Generally, if overtaking is imminent wave the flag.

The Blue Flag is also displayed motionless to vehicles exiting pit lane to warn of an approaching vehicle on the racing surface.

WHITE FLAG – Probably the most underused flag. Its display indicates to a driver of a much slower vehicle in the section of the track ahead. This can be another race vehicle or a service vehicle such as a Fire, Medical, Recovery or Course Car. Don't forget to use this flag as it indicates to the drivers that care may need to be exercised.

YELLOW FLAG WITH RED STRIPES – Displayed motionless & indicates a deterioration of the track ahead. This could be oil, gravel, water or whatever may cause the driver to have difficulty controlling the vehicle. This flag is normally displayed for 4 laps unless the condition of the racing surface returns to normal earlier or Race Control instructs the withdrawing of this flag.

Other Flags used by Starter & designated relay point(s) eg. FP7 at Mallala, under instruction from Race Control:

BLACK FLAG is displayed motionless to indicate to the driver that they are to return to the pits as a result of a breach of the rules.

BLACK FLAG WITH ORANGE DISC (in middle) is displayed motionless to indicate to the driver that they are to return to the pits to rectify a mechanical problem.

T & CC Report (Cont.)

BLACK & WHITE DIAGONALLY DIVIDED is displayed motionless once only to indicate to the driver that they have been reported for unsportsmanlike behaviour.

The display of each of these flags is accompanied by a number board indicating the number of the vehicle(s) concerned.

And of course the **BLACK & WHITE CHEQUERED FLAG** waved by the Starter to indicate the end of the session or race.

Remember be decisive and wave the flag so that the drivers notice. Enjoy your motor racing.

T&CC

**Membership renewals are now due.
To vote at the AGM you must be a
financial member of SAMROA
Click [here](#) to download the new
membership renewal form**

Check out the new SAMROA website.

I have put some errors in there to see who finds them. Any feedback or suggestions for improvements should be made to Darren Mattiske

South Australian Motor Racing Officials Association



Home

Welcome to the home page of the Motor Racing Officials Association of South Australia.

Here you will find details about the Association and what we do. Please have a look around and if you have any questions don't hesitate to contact us.

Remember to always check the News page for current details and information.

The 5 most recent news items

- [Social Dinner @ Tron 15th July](#)
- [New SAMROA website launched](#)
- [2015 Calendar of Events](#)

Chief Flag Mobile number is 0848 633388

Please call or SMS with your full name and message if you are unable to attend a meeting.



search

Coming Events

- [2015 AGM](#)
- [Social Meeting at 17:00 pm](#)
- [2015 Calendar of Events](#)
- [2015 Calendar of Events](#)

Coming Events

Year	2014	2015	2016	2017	2018
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					

Recent Posts

- [Social Dinner @ Tron 15th July](#)
- [New SAMROA website launched](#)
- [2015 Calendar of Events](#)

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Social Committee Report

Friday 5th July.

Social dinner

Toris (TAFE training restaurant at Regency Park),
enter off Days Rd.

\$19 – 2 courses, tea & coffee

Partners are welcome (and encouraged) to attend.

If you are interested in coming along, please
contact Darren Mattiske (text 0412 823 171 or
email darren.mattiske@hp.com) or Jodie Johnson
(0457 174 788)



7th September.

Annual Dinner

The venue is the Royal Hotel at Kent Town.

Live Band – The Rejuvenators

Ticket prices same as last year. Members \$45, non members \$55.

As in previous years, the price will include a drink on arrival with subsequent
drinks for your own expense.

We will again offer the ability to pay progressively up to the event.

Reserve your ticket now by contacting Peter Tann (treasurer@samroa.org.au)

Friday 20th September

Rush – The movie

About the 1976 Formula One season and the rivalry between drivers James
Hunt and Niki Lauda. The film is due to be released on September 20

Currently investigating cinema & considering dinner/move deal

If viewing this electronically,
click on the picture to view
the trailer.



I WANT TO BE SAFE

I PROMISE TO:

BELT UP

all passengers are my responsibility

RESPECT THE HIGHWAY CODE

rules are there to protect us all

OBEY THE SPEED LIMIT

my car is made of metal, pedestrians and children are not

DRIVE SOBER

when I am drunk or on drugs, I am a danger on the road

PROTECT MY CHILDREN

keep them safe in car seats

PAY ATTENTION

calling and texting make me dangerous

STOP WHEN I'M TIRED

getting there late is better than not at all

WEAR A HELMET

motorbikes and bicycles don't protect my head

BE COURTEOUS AND CONSIDERATE

respect other drivers

LOOK AFTER MY VEHICLE

I don't want to kill anyone

The FIA supports the UN Decade
of Action for Road Safety



International Men's Health Week – June 10 – 16 2013

Each year Men's Health week is held to encourage Australian Men to take a closer look at their health. Men tend to be worse off when it comes to almost all areas of health, including Heart Disease, Cancers and Mental Health Issues. We encourage our male staff to eat better, be more active and to do their best to maintain a healthy body weight. But there are some other important areas you should consider. These are just as important to improving your day to day quality of life as well as assisting you to keep good health long term.

Sleep Well. The quality of your sleep can dictate how much you eat, how fast your metabolism runs, how fat or thin you are, how well you can fight off infections, and how well you can cope with stress. Keep a regular pattern of sleep - going to bed and waking up at roughly the same time is key.

Drink alcohol – only in moderation. Alcohol CAN be part of a healthy balanced diet, but only if consumed in moderation. This means no more than two drinks a day and keeping your 'big nights' to a rare occasions. A standard drink is a can or stubbie of mid strength beer (up to 375 ml) or a 30 ml nip of spirits (37 to 40%).

Know your family history. Family history is one of the most powerful tools to understanding your health. Family history affects your level of risk for cancer, diabetes, heart disease and stroke, among other illnesses. It all starts with a conversation, talk to your family and take note of illnesses that a direct relative has experienced. Be sure to learn about relatives that are deceased as well.

Have an annual physical. Find a doctor and make a yearly appointment for a general health check, doing this around your Birthday can be an easy way to remember. Getting annual check-ups, preventative screening tests and immunisations are among the most important things you can do to stay healthy.

Manage your stress. Stress, particularly long-term stress, can be the factor in the onset or worsening of ill health. Managing your stress is essential to your health & well-being. Take 'time out' each day and go for a walk or do something you find relaxing.

MensLine Australia is Australia's national telephone and online support service for men who have relationship or family concerns. You can talk anonymously to a paid professional counsellor 24 hours a day, seven days a week, for the cost of a local

www.mensline.org.au/

Source: <http://au.movember.com/mens-health/>

SAMROA Merchandise



SAMROA
Badge - \$6



SAMROA Sticker - \$3
(10cm across)

SAMROA Logo
(Metal) - Pin \$3



SAMROA 30th year
badges...\$10 each



SAMROA Cross Flags
(Metal) - \$3

M P D
"SERVICE OTHERS ONLY TALK
ABOUT"

Trade Discount at Ray's Outdoors:

SAMROA is now a trade customer at Ray's outdoors, simply quote the Business name (South Australian Motor Racing Officials Association) or number D73564 at the register to get a significant discount.

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