



South Australian Motor Racing Officials Assoc Marshals Mumblings October 2012

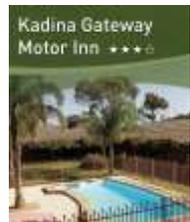
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MARSHALS MUMBLINGS

October 2012

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.

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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,

Well the only way to start this month's report is say what a great night the annual dinner was. It was terrific to see so many members attend to celebrate this year's achievements. I know all of SAMROA wish to congratulate Andrew Leitch on becoming the 2012 Club Member of the Year & Tom Harris as our Most Improved (to the T&CC, top choice). Our congratulations also go out to David Mori who received Life Membership. I wish to thank Peter Cirillo who assisted me in presenting Life Membership to David – I can't explain what happened, you just had to be there!



The Dinner was also a great opportunity to announce our nominations for the 2013 CAMS Awards – Congratulations to Bronwen Williamson for the SA & NT Speed Event Official of the Year nomination, And Karl Fleming for the SA & NT Circuit Racing Official of the Year nomination. I truly wish to thank the Social Committee for the work they put into the night – well done!

Thanks again to Lyle Wallace from the Kadina Gateway Motor Inn for the very generous donation of 2 overnight accommodation vouchers that we used in the silent auction. We made \$166.00 out of the auction; I know that the recipients of the vouchers will enjoy their stay. Lyle is a social member of SAMROA.

President's Report (cont.)



Speaking of awards the Austin 7 Car Club of SA is holding their dinner at the Royal Hotel Kent Town on Friday the 7th of December. \$54.00 a ticket – 6.30 for a 7.00pm start. Tickets are available from Tony Morgan Ph. 0409 095 271. Special guest speaker, cartoonist “Stonie”.

As many members are away this time of year, I wish everyone, no matter where in the world you are going or coming back from a very safe and enjoyable time. I know SA Officials are ranked very highly and that's thanks to many people who train us and maintain that training. So when the opportunity arises for a Top Up on our training take the opportunity – it really is beneficial to all.

As I have mentioned before, if you are not traveling out of SA during October, you would be most welcome at the Superkart & Modern Regularity on the 14th. Please place your name on the public database or get in touch with the chief flag, phone number in the front of this issue.

The next General Meeting at Sunny Brae Farm is on Wednesday 17th – a week later than usual due to members being away at Race Meetings!

So I'll see you 7.30pm on the 17th October at Sunny Brae.

Cheers for now

Paul Hart.

Tailem Bend Open Day

There is an open day at Tailem Bend on November 4th.

This is an ideal opportunity to view where the facility is at.

Bus Tours & Food is available, open from 12 noon.

RSVP to John Bryant Ph. 0488 220 406

Cover and other dinner photos: courtesy Thomas Harris (Ed says ‘Thanks for all the pix Thomas’)

Author: SpeedCafe ©

Vale Professor Sid Watkins

Former Formula 1 chief doctor Professor Sid Watkins has died, aged 84.

Best known for his leading actions to improve the safety in Formula 1, Watkins was regarded as one of the most popular figures in the paddock.

Watkins was a neurosurgeon who spent 26 years as the FIA’s safety and medical delegate, as well as the boss of F1’s on-track medical team.

The Brit was generally the first on the scene in all of F1’s major accidents during the 1970s, 80s and 90s.

After ending his on-track medical duties, Watkins headed up the FIA Institute of Motor Sport Safety before retiring from his role in the sport in 2011.

T&CC Committee Report

By the time you read this Bathurst, Korea and the Superkarts/Modern regularity will be done and dusted, as well as the term of this committee. We hope all of the events were successful and safe, and a big thank you to all involved.

Talking about involvement, the October general meeting is when the next T&CC is elected. This committee is an important one as it does much of the background work in organising our attendance at race meetings as well as organising training through the year. The committee consists of Four elected members (who need at least a Bronze licence), two members from the general committee and an elected OH&S representative (which can have any type of licence). Being part of the T&CC is an important role but also a learning experience. If you are interested, contact one of the current members for some more information – and put your hand up.

The Calendar for 2013 is starting to take some form and hopefully we should be able to give you some at least tentative dates next month. We are also starting to look at people to put in to new roles next year – including trainee/assistant chief flags, Starter, Formup and Race control. If you are interested in a particular role if you let us know we can include it as part of the plan. However, it depends on having enough people for there to be both a trainer and a trainee in a role that usually needs just the one person.

We are on the ‘home stretch’ in what has been a long and at times testing year. However, one more challenge awaits... On the 17th November we have round 4 of the State championships as a twilight evening, and then the next day we have a superkart and Modern regularity meeting. This is going to be a challenge for us, and is a time when we really need as many people as we can...even for one of the two days. If we are able to get a few extra people then it allows people to have some rotation and break through the weekend. I understand that it will be possible to camp overnight at Mallala on Saturday night. If you can help out at all – or know of some people who would like to experience another side of racing, let one of us know.

That’s it from this T&CC, thank you all for your efforts over the past year, to finish off we outline some information on fatigue from the CAMS website (look under ‘safety’ and ‘stop, sleep, survive’):

Why is fatigue a problem?

Fatigue leads to an increased risk of injuries, fatalities and damage to the environment because of tiredness and lack of alertness when performing tasks. Fatigue in transport is of concern and has immense potential to contribute to disastrous incidents.

T&CC Committee Report (cont.)

Driver fatigue is the primary cause of around one third of motor vehicle fatalities in Australia. Fatigue in road crashes includes a wide spectrum of effects ranging from falling asleep to attention while at the wheel. In the road haulage (trucking) industry, one means presently available to combat fatigue is consistently applying, enforcing and auditing the drivers habits (including resting hours) and by constantly reinforcing a safety culture. The aviation industry enforces similar restrictions on its pilots and air crew.

Motor sport participants are at increased risk of exercising poor judgement, lack of concentration and slow reaction time when fatigued, and so are less able to respond effectively to the changing circumstances which, by their very nature, can be dynamic, hazardous and unpredictable. CAMS members need to understand the causes and identify the early warning signs of fatigue to act before it affects not only performance but also safety.

What are the common signs and symptoms that may be displayed by an individual in regards to fatigue?

SYMPTOMS LEADING TO FATIGUE

Sleepiness: Yawning, Sleeping, Falling Asleep, Drowsy, Lazy

Physical Discomfort: Tense Muscles, Aching, Stiff Joints, Hurting, Numbness

Lack of Motivation: Lack of Concern, Indifferent, Listless, Passive, Uninterested

Lack of Energy: Spent, Exhausted, Drained, Overworked, Worn Out

Physical Exertion: Warm, Sweaty, Out of Breath, Palpitation, Breathing Heavily.

Motor sport officials, drivers, crew and volunteers may become fatigued during an event. Fatigue can reduce the ability to concentrate and process information. Officials, competitors and crew constantly make time critical decisions requiring accuracy and precision - this ensures safety is a priority. Drivers and their support crew need to be alert and focused in order to drive both competitively and safely and avoid dangerous situations. Individuals participating in events across a number of consecutive days may be at greatest risk of obtaining insufficient and poor quality sleep. While a number of risk factors may cause fatigue, long hours at motor sports events and inadequate or poor sleep are key areas where CAMS members can minimize their risks.

The preparation for a good night's sleep starts long before you're in bed and the lights go out.

The key to a good night's sleep is to have a routine in the 3 hours before bed that works for you, so that your brain and body clocks are set and maintained.

T&CC Committee Report

Some handy hints that work include:

- relaxing, not alerting activities, such as reading or a warm shower; avoid reading or watching TV in bed, as bed is only for two activities and one of those is sleep!
- create an environment for sleep; dark, slightly cool, comfortable bed, pillow and coverings, quiet or with a little “white noise”;
- avoid large, fatty spicy evening meals, as these can not only fire up your metabolism but also cause discomfort, indigestion or heartburn;
- limit your alcohol intake as this affects sleep quality by increasing the number of times you wake, especially in the latter half of your sleep;
- avoid nicotine and caffeine, as these stimulate the brain and make it harder for you to get to sleep;
- while physical activity and exercise late in the afternoon improves sleep quality, strenuous activity within 2 hours of lights out stimulates the body and brain and makes it harder for you to get to sleep;
- if you have a big event coming up, prepare for it by getting as much rest as possible beforehand and remember -rest includes doing nothing at all;
- ensure you have a good night’s sleep before you start at your event;
- if you have a extra long day try to get extra time off to recover. Your risk is particularly increased if you are already short of sleep ;
- in some cases people may need longer times to sleep. Let someone know if you have any sleeping issues.

Andrew and the T&CC



Stop, Sleep, Survive

ADRENALIN KARTS POORAKA



The Social committee has made a group booking on Friday November 30th.

6:30 for a 7pm start

We can decide on the night what format we want

Grand Prix @ 75 P/P

- 7 - 14 Drivers
- Approx One Hour
- 1x 10 Minute Qualifier
- 2x 10 Minute Heat
- 1x 10 Victory Lap

Or

Sprint @ \$60 P/P

- 7 - 14 Drivers
- Approx One Hour
- 1x 10 Minute Qualifier
- 1x 10 Minute Heat
- 1x 10 Final Victory Lap

Pizza available from Mario Pizza (Gepps X home maker centre) or BBQ facilities are available if we want to cook.

Range of drinks available for purchase from the fridge

\$20 deposit to Darren by 18th November. **Seats are limited so get in early!**

Need to confirm numbers 1 Week before the event.

As the paint ball team “failed” to get ride to the trophy, perhaps this should be combined with the Superkart challenge and we can lose the trophy?

Alternate Uniform Reminder

Following some recent enquiries, here is a reminder of the details for the Alternate Uniform.

- Orange “Cargo” type trousers and a white shirt.

It must be emphasised that this an alternate uniform – our official uniform will always be the Orange/White Overalls.

SHIRT:

Deane Original Poly/Cotton Domed Work Shirt:

54422 White Short Sleeve \$46.20

53322 White Long Sleeve \$47.30.

All prices include the GST.

65 Poly/35 Cotton

Sizes available - Small to XXXXL.

Contact Sue @ First Impressions

37 Beulah Road, Norwood SA 5067

Ph: 8363 0848

You are required to arrange payment when you order.

Arrange with MPD (Peter) to courier it from First Impressions to the Embroiders.

Club will cover the Embroidery on ONE Shirt only.

TROUSERS:

KingGee Workcool Drill Pant

Code K13800 Features:

290gsm Cotton drill

Dual Closure Cargo Pocket

Press Stud Multi Tool Cargo Pocket

Side Tool Loop

Fabric: 100% COTTON DRILL

Colours/Sizes: ORANGE - Sizes: 72 – 132

Also available with 3M reflective tape

I had to order mine from Trims during a special. Also available from most work wear & safety shops.

DNC Cotton Drill Pants in Fluoro Orange. Code is 3311 –

Cotton Drill Work Pants \$29.15 Sizes available: 72R – 112R, 87S – 132S and

74L – 94L.

**For those who are interested, the pants are available from Totally WorkWear,
Unit 2A, 340-356 South Road Richmond Ph 08 8443 3868**

Style :K13800 Workcool Pant – features 10 pockets

Colour: Orange

Price: \$50



2012 SA & NT CAMS Awards Dinner

Saturday 2nd of February 2013

Join us at **AAMI Stadium, West Lakes**
to congratulate our award winners for the
2012 Motor Sport Season

*We are very pleased to be able to present to you at the Awards Night,
one of Australia's most in demand comedians.....*



Dave Flanagan

*Dave has worked as a standup comic all over Australia and is in
constant demand as a corporate comedy performer!*

Ticket Information will be provided at a later date...don't miss out!





Ed Says



Congratulations to members celebrating birthdays this month

October

Member	Day
Cathy Croci	4th
Ted Blackwell	7 th
Peter Cirillo	15 th
Dainis Zakis	17th

Once a racer always a racer!

Alex Zanardi wins Paralympic gold

Thursday 6th September, 2012 Author: SpeedCafe ©

Alex Zanardi celebrates at Brands Hatch

Ex-Formula 1 and Indy racing star Alex Zanardi has won gold at the Paralympics.

The Italian beat Germany's Nobert Mosandl by more than 27 seconds at the iconic Brands Hatch motor racing circuit in the 16-kilometre H4 handcycling time trial.

The 45-year-old, who lost both legs in a near-fatal crash in 2001 during a Champ Car race at Germany's Lausitzring, set the winning time of 24 minutes, 50.22 seconds.

"This is a great accomplishment, one of the greatest of my life," said Zanardi.

Once a racer always a racer! (cont.)

“I worked very hard to get here. It was great to live such an experience at 45. This moment also brings a little bit of sadness for an adventure the last two years.

“Three years ago I stopped motor racing, at age 42. It seemed a stupid thing to do to drop everything. It was against all odds. But it’s not the first crazy thing I did in life. In the end I was right. You should not chase pipedreams but, if you have a horizon to look into, happiness is just around the corner.”

“When you are 20, you appreciate medals. When you are 40, you appreciate what you do every day.

“I enjoyed every day of training. I’ve had a magical adventure and this is a fantastic conclusion.”

It is the third time Zanardi has been on the podium at the Kent circuit, each time in very different circumstances.

In 1991, as a 24-year-old with his sights trained on Formula 1, he secured second place in a Formula 3000 race. After losing his legs, he returned in 2008 to take third place in a specially adapted car as part of an Italian-Spanish team that finished third in the World Touring Car Championship.

The undulating nature of the Brands Hatch circuit worked in Zanardi’s favour, with uphill sections favouring double amputees such as himself.

In sunny but windy conditions he duly built a lead of 14 seconds over Mosandl after the first of the two laps and, in a perfectly paced race, had almost doubled that margin as he crossed the finish line.



A final word (anon)

I have a little Satnav
It sits there in my car
A Satnav is a driver's friend
It tells you where you are

I have a little Satnav
I've had it all my life
It's better than the normal ones
My Satnav is my wife

It gives me full instructions
Especially how to drive
"It's thirty miles an hour", it says
"You're doing thirty five"

It tells me when to stop and start
And when to use the brake
And tells me that it's never ever
Safe to overtake

It tells me when a light is red
And when it goes to green
It seems to know instinctively
Just when to intervene

It lists the vehicles just in front
And all those to the rear
And taking this into account
It specifies my gear.

I'm sure no other driver
Has so helpful a device
For when we leave and lock the car
It still gives its advice

It fills me up with counselling
Each journey's pretty fraught
So why don't I exchange it
And get a quieter sort?

Ah well, you see, it cleans the house,
Makes sure I'm properly fed,
It washes all my shirts and things
And keeps me warm in bed!
Despite all these advantages
And my tendency to scoff,
I only wish that now and then
I could turn the @#%*er off.

SAMROA Merchandise



SAMROA Sew On Badge - \$6



SAMROA Sticker - \$3 (10cm across)



SAMROA Logo Pin (Metal) - \$3



SAMROA Cross Flags (Metal) - \$3



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

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.

28 stores nationwide, SA Stores at:
 61-69 West terrace ADELAIDE
 1 Phillip Highway ELIZABETH/
 Harbour Town ADELAIDE AIRPORT



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Mobile Lui: 0408208755

Mobile David: 0409202414



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