



A Motorsport Australia affiliated Organisation

South Australian Motor Racing Officials Association Newsletter February 2024



Next General Meeting:

Wed. 14th February 2024, at The Kent Town Hotel,
72-76 Rundle St, Kent Town Starting at 7:30pm

Website: www.samroa.org.au

SAMROA is proudly supported by



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**General Meetings held at:
Kent Town Hotel
72-76 RUNDLE Street, KENT TOWN South Australia
The Board room
Meeting starts 7:30pm
Come along from 6pm and enjoy a meal.**

Front cover picture: Members at the recent Kart Mania social event see report further in the newsletter.

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. Please feel free to contact the editors if you have any articles you would like included in future editions.

MARSHALS MUMBLINGS

February 2024

Official Newsletter of the

South Australian Motor Racing Officials Association Inc.

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The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with Motorsport Australia Ltd.

President's Prattle

Welcome to the February Newsletter



Hello all,

Welcome to 2024, I hope everybody enjoyed the break and holiday period. 2024 is shaping up to be a busy year with our first event only around the corner. A huge thank you to both the General Committee and T&CC for their hard work over the break and getting everything ready for the new year.

The 2024 State Championship will have a different flavour to it this year. There'll be more categories, decent sized fields and over the coming months you will see more news come to light on how the promoters and the committee will be recognizing people for their hard work and dedication. With more events comes the need for more officials. I've touched on in previous months the committee's focus for the year is Reward, Retain and Recruit. We'll be rewarding people for their dedication to coming out trackside, looking to retain both newer and existing members and to recruit new people trackside through the promotion and marketing of the club.

We have just wrapped up our first recruitment exercise for the year at Kart Mania Gepps Cross. A massive thank you to Josh Young for getting this off the ground. We had a bright display located at the front of Kart Mania which was visible to both road traffic and foot traffic entering Kart Mania (see pictures further in the newsletter). We received interest from a few people in coming trackside and hope we see some trackside soon. Thank you once again to those who helped with the display, Matt Avery, Tom Westin, Josh Young, Karl Fleming, Leslie Atkinson, Graham Church.

Following this, we had a social outing at the Ale House and then jumped into a Super GP at Kart Mania. Congratulations to Shaun Croci on taking the overall win. We had some great racing and battles through the evening, but I think most agree that we may need a "Heavy" and "Light" category for next year. I think there may be some protests to be lodged at the time of writing, watch this space.

Our next promotional display for the club will be set up at the Adelaide Motorsport Festival. We will be looking for assistance in setting up the display on Thursday the 14th of March, so please keep an eye out for requests for help.

Look forward to seeing you soon at the track soon.

Owen Smith - President

Upcoming Events Calendar

2024 Motorsport Events calendar has been finalised The T&CC will update the member database with all the events.

A copy of the 2024 calendar of events is at the end of the newsletter 😊

Month	Event Date/s	No of Days	Event Name and registration details	Circuit	Chief Flag
February	11th	1	Superkarts/Modern Regularity Register via SAMROA Database	Mallala	Rod Mountifield
	14th	-	General Meeting	Kent Hotel	N/A
	17th	1	Twilight Trophy including Time Attack Register via SAMROA Database	Mallala	Kim Morrison
March	2nd-3rd	2	SAMS Round 1 (International circuit) Register via SAMROA Database and Better Impact (Click on the link below) https://app.betterimpact.com/Application?OrganizationGuid=4ea17873-457e-4afa-9bc5-9f2a8c5f7412&ApplicationFormNumber=1	The Bend	Brad Morrison
	9 th	1	SAMS Round 2 (Twilight) Register via SAMROA Database and Better Impact (Click on the link below) https://app.betterimpact.com/Application?OrganizationGuid=feab8fd7-5cbb-431f-9cbe-0dde7a4502db&ApplicationFormNumber=3	Mallala	Kim Morrison

All meetings and dates are on the SAMROA database, please keep in mind that all meetings are subject to change, the dates are correct as of 1 Feb 2024. The T&CC will endeavour to advise if there is any change to the details of any event as soon as possible and update the member database.

Please log onto the SAMROA member database and put your name down for any events that interest you.

The new Motorsport Australia SA Motor Racing Championship is to be held over 8 events between Mallala Motorsport Park and Shell V-Power Motorsport Park. The new championship is a partnership between The Bend Motorsport Park and the Sporting Car Club of SA.

Officials' registrations will be via both the SAMROA database and Better Impact, this is so organisers can provide the correct lunch, no need for you to sign disclaimers on the day, and organisers are looking at a recognition scheme and this will provide them with accurate data to administer this.

Please find below links to register for the 1st 4 events of the championship.

Event 1 2nd & 3rd March 2024 at Shell V-Power Motorsport Park

<https://app.betterimpact.com/Application?OrganizationGuid=4ea17873-457e-4afa-9bc5-9f2a8c5f7412&ApplicationFormNumber=1>

Event 2 9th March 2024 at Mallala Motorsport Park.

<https://app.betterimpact.com/Application?OrganizationGuid=feab8fd7-5cbb-431f-9cbe-0dde7a4502db&ApplicationFormNumber=3>

Event 3 4th & 5th May 2024 at Shell V-Power Motorsport Park

<https://app.betterimpact.com/Application?OrganizationGuid=ce5b2597-0931-431d-a957-c77daed14dc0&ApplicationFormNumber=1>

Event 4 25th & 26th May 2024 At Shell V-Power Motorsport Park.

<https://app.betterimpact.com/Application?OrganizationGuid=a76dbaaa-5322-4e9f-a89b-839848b8e464&ApplicationFormNumber=2>



The banner features the South Australian Motor Racing Championship logo on the left, which includes a shield with a map of South Australia and the text 'SOUTH AUSTRALIAN MOTOR RACING CHAMPIONSHIP'. The main title '2024 SA MOTOR RACING CHAMPIONSHIP' is centered in large, bold, yellow and white letters. Below the title, eight events are listed in two columns, each with a date, categories, and circuit information.

Event 1 - March 1-3
Categories: Aust. Superkarts, Circuit Excel SA, VIC E30 Racing, SA Tin Tops, MG Racing, SA Prototypes
Circuit: The Bend International Circuit

Event 2: Mallala Night Masters- March 8-9
Categories: Improved Production SA, Saloon Cars, HQ Holdens, SA Sports Sedans, Formula Vee / Formula Ford, Porsche Club Supersprint
Circuit: Mallala Motorsport Park

Event 3 - May 3-5
Categories: Aust. Formula 4, Circuit Excel SA, SA Prototypes, MG Racing, AROCA, Alfa Romeo, NSW Production Sports/MARC Cars
Circuit: The Bend International Circuit

Event 4 - May 24-26
Categories: Toyota 86 Scholarship Series, Improved Production SA, Saloon Cars, HQ Holdens, SA Tin Tops, Formula Vee / Formula Ford, MG Racing, Porsche Club Supersprint
Circuit: The Bend International Circuit

Event 5: Lamborghini Super Trofeo Asia - June 7-9
Categories: Lamborghini Super Trofeo Asia, Aust. Formula 4, Aust. Formula Open, Aust. Prototype Series, Circuit Excel SA, Porsche 944 Challenge, Radical Cup Australia
Circuit: The Bend International Circuit

Event 6 - August 2-4
Categories: Improved Production SA, Circuit Excel SA, Sports Sedans SA, SA Prototypes, MG Racing, Saloon Cars, HQ Holdens, SA Tin Tops
Circuit: Mallala Motorsport Park

Event 7- September 20-22
Categories: Improved Production SA, Circuit Excel SA, Sports Sedans SA, SA Prototypes, MG Racing, Saloon Cars, HQ Holdens, SA Tin Tops
Circuit: The Bend International Circuit

Event 8: 777 Enduro Crown - November 22-24
Categories: 777 Enduro Crown, Australian Prototype Series / SA Prototype Series, Circuit Excel SA Enduro, HQ Enduro, Improved Production SA, SA Sports Sedans
Circuit: The Bend GT Circuit



T&CC Report

Hello All,

BY the time you read this newsletter we would have completed our first event for 2024, Superkarts/Modern Regularity, a big thank you and well done to all those who attended the event and hope you had a good time. Our next event is on the 17th February, Twilight Trophy Time Attack at Mallala, we are in need of a lot more names for this event so if you can please come out it would be greatly appreciated, without you as our members supporting these events they cannot go ahead. Sporting car club will be providing a BBQ for dinner. Twilight racing is always filled with some exciting events, so please if you are available please put your name on the database ASAP or contact chief flag.

Thank you to all those members who replied to our earlier email with expressions of interest for a number of different roles this year, this is the first time the T&CC have done this and we will be working on ensuring everyone who put an EOI in gets the opportunity to have a go. This will be made possible and easier if we can get more members trackside. This will enable members to try different roles and also develop their skills.

Bronze assessments – we have had a number of people ask how they do their bronze assessment – The first thing is to complete the online module via the Motorsport Australia website. Once you successfully complete this touch base with someone from the T&CC, let us know you have completed the course and

we will begin to work with you to get you prepared for your event assessment, this may involve allocating a mentor and placing you with senior people who can train you and ensure you are ready to undertake the event assessment at an event. The T&CC are here to help you have a good and successful experience with your assessment.

Watch this space also for some online training workshops, the T&CC are in the process of developing a number of course to be conducted during the year, the first course will be a basics course, flags, track & communications. An email from the member database will be sent out to all members to register for the course.

From the T&CC we look forward to seeing you soon, take care and stay cool.

Cheers

T&CC

Birthdays



Happy birthday to our members who will be celebrating milestones in

February

Andre Alexandrov 2nd
Shaun Doecke 5th
Steve Clift 6th
Shaun Halliday 13th
Nick Papanikolaou 20th
Peter Stevens 22nd
Bradley Morrison 22nd

March

Shaun Croci 9th
Deb Squires 15th
Janelle Orrock 21st
Naomi Maltby 24th



Promotions



Kart Mania Display

Saturday 2nd February SAMROA held its first promotional day for 2024 outside Kart Mania, Gepps Cross. Many thanks to Josh Young for his work with Kart Mania in getting this off the ground, also a big thanks to Matt Avery, Tom Westin, Karl Fleming, Leslie Atkinson, and Graham Church who helped with the display. Although not a high traffic area on the day there was some interest shown by members of the public both from patrons of Kart Mania and by passer by traffic at the intersection. Hopefully we will see some of these out trackside soon. This was the first time such a display had been set up by SAMROA at this location and feedback so far suggest this type of targeted display may be worthwhile in the future. Watch this space for more future displays and if there in your area please volunteer to assist and help us encourage and promote our club to the general public.



HYDRATION & NUTRITION

Without adequate hydration & nutrition you can become a liability to yourself and your fellow team members.

Here are some tips to assist:

WHY IS THAT?

At the racetrack water and nutritional food are the fuels that keep your body functioning efficiently. Without adequate amounts of both, you will find yourself grinding to a halt through heat exhaustion or worse. Be sure you have plenty of both.

Every system in your body depends on water as it:

- Keeps joints and eyes lubricated and helps you swallow.
- Regulates your body temperature through sweating.
- Provides your body with electrolytes (sodium, potassium, magnesium and chloride) that are essential to every chemical reaction within the body.
- Lessens the burden on your kidneys and prevents kidney stones. Without fluid, the kidneys become strained and overworked.
- Is crucial to the detoxification process within the liver. Removing elements that the body does not want.
- Keeps all the body cells hydrated, including the skin cells, which are particularly affected by dehydration.
- Helps relieve and prevent constipation by assisting the intestines to eliminate waste.

WHAT SHOULD YOU DRINK?

WATER, WATER, WATER

Water is the most effective fluid for rehydration. Water will enter your system quickly and be dispersed throughout your body.

However other drinks such as fizzy drinks, milk, fruit juices, alcohol, coffee and tea sit in your stomach and then have to be filtered through the kidneys to extract the water content. This takes time and energy that you can ill afford to waste.

Drinking electrolytes is highly recommended but don't over drink them! Sport drinks ie; Gatorade, Powerade, Isotar and Sport Plus must only be consumed at a ratio of 4 bottles of water to one of Sports drinks

HOW MUCH WATER IS ENOUGH?

Officials need to consume at least one litre per hour to replace fluid loss on hot days

Fluids should be taken before, during and after a day trackside. It is critically important to be well hydrated beforehand.

It is more efficient to consume small amounts as this will allow better absorption of fluid into your system.

Sports Medicine Australia recommends that 300ml is consumed in the two hours before activity. Fuel up in the days prior to an event.

Fluid should be replaced regularly during strenuous exercise, 200ml should be consumed every twenty minutes.

WHAT SHOULD YOU EAT?

Breakfast aids mental and physical performance and starts your metabolism going for the day.

Complex carbohydrates like bread, cereal, pasta, rice and root vegetables are best, as they supply long lasting energy. Three quarters of the meal should be carb based. High sugar foods do not give long lasting energy.

Eat regularly, no food/fuel means poor performance.

A high fat or high protein diet takes too long to digest and does not provide the muscles with the immediate fuel they need. Plus it is not good for your weight, blood cholesterol or heart. Fat and protein are still essential in the diet however.

Eat every couple of hours to help keep your body fuelled up. Suitable snacks are: fruit, a sandwich, muffins, yoghurt, muesli bars (low fat), dried fruit.

If food is unappealing, use a sports drink with less than 10% carbohydrate.

2023 Circuit Excel SA appreciation ride day - Mallala

The Circuit Excel Association of SA held a thank you passenger ride event at Mallala on Friday 8th December. A number of our members were lucky enough to be invited to the event, those that were identified as completing at least 10 days or more supporting grass root events during the 2023 season. This was a great initiative and reward for people who put in a good amount of their time to receive something back –Thank you to the Circuit Excel Association for putting on such a great event.

A number of people have provided feedback saying it was a good opportunity to see what the drivers see and are looking at when they are on the track – it gave a good opportunity to appreciate why at times they “Miss” our flags signals. Here is a story from one of the recipients:

Julie Finn - An Excel of a night!!

Well I was one of the lucky ones to be invited to the Excel day at Mallala, where I had the chance to be a passenger in a car on track.

I accepted the invitation a week before the event. But all day that Friday I was debating whether to go or not as there were heavy storms throughout the State & the radio was warning us of more to come, along with blackouts.

I decided on the drive home up the Northern Expressway, that I'd accepted the invitation & who knows when I'd get another chance to go around the track, & oh boy am I glad I did it.

There were various cars outside the garages, most of them I'd seen on the track, but now I was up close & personal :)

I first met up with Darren Mattiske, who told me he wouldn't be able to take me on the track as he was out of petrol & there was no power on site, so no one could refill their tanks, now I understood why there were several cars being winched onto trailers.

I turned around to go have a look at some other cars when I spotted Jackie Schlein, she asked if I'd signed on yet & directed me to the Taj Mahal, where the poor lady behind the counter was getting people to sign the permit form by torch light.

Jackie then met me outside & filled me in on what had happened during the day & what I'd missed. Jackie led me to a garage where I could find a ride.

There was a really nice blue car pulled up with the name Totani on the windows, (Driver: Lisa Totani) I had been told Lisa was a SAMROA member & would look after me & I'd have fun with her.

She asked me to wait a few minutes whilst she checked things on the car & had a drink. Once the car was ready I climbed in, good job I knew how to do the 5 point harness up from my motoring days in UK, otherwise I'd have been totally confused.

Then we started.

The first lap I think she took it easy with me whilst we chatted, second lap she started racing. Oh what a ride, could feel every little bump on the track, the corners came up faster than I expected, so as you can imagine I'm pumping my "air" brakes.

Then I seemed to settle down & enjoy myself, even with 3 Excels trying to go round turn between post 5 & 6 at the same time. Think I did hold my breath for that.

The S bend rumble strips between post 7 & 8 are really hard rumble strips, luckily I didn't come away with a bruised rear end. I then thought we were going to pull into pit lane, but no we kept going.

It's a great bend after post 3, but boy when you spin off, you do spin off!! Sorry to say I laughed as I thought that was great fun. But at least we didn't roll or get in trouble, she certainly knew how to handle her car.

Watching how she handles the gears, breaking & acceleration I was in awe, I don't think my little legs & eye / hand / feet coordination could do that now.

I had a blast on the track.

What did I take away from that experience? Here are a few things:

Well I understand now why the flags have to be shown as soon as possible as drivers have limited vision, especially as they're concentrating on the track & other cars coming up behind them.

I also think all members, new & old, should have the chance to go out & have the experience on the track with a driver, & see what the driver sees, so they can understand why flag marshall's need to get the flags out asap.

Plus experience what the drivers bodily feel through the cars on track.

I would like to say a huge Thank You to the organiser's & if I ever get another chance I'll try & throw sickie from work, so I can spend longer there.

Julie (Shorty) Finn



Kart Mania Event

SAMROA 2024 motorsport season has started with a social event – Super GP at Kart Mania, Gepps Cross. The occasion started with an enjoyable dinner at Coopers Ale house, then everyone headed over to the Kart Mania facility for the real fun.

11 members took up the challenge to be the first trophy winner for 2024. The event started with a qualifying session which saw Blake Rankin top the time sheet with a lap time of 41.21, this was followed

closely by Shaun Croci, and then Josh Young, Matt Avery, Tom Westin, Owen Smith, Alec Donnon, Karl Flemming, Leslie Atkins, Graham Church and rounding out the grid was Andre Alexander.

The racing was very close with some getting a bit too close at times, however it was all in good spirit and fun. Watching on from the side lines was very interesting and a laugh at the end of each race hearing the shouts of laughter and the finger pointing between drivers.

After a dominant and some good close racing at the end of the four races a single point separated the top two drivers with Shaun Croci pipping Blake Rankin for the trophy. These two raced close through out the races and swapped positions. Tom Westin sat back and hoped the front two would take each other out so he could do "A Bradbury" unfortunately this didn't eventuate and Tom settled for an easy third position. The next bunch consisted of 4 drivers who swapped positions and paint work with each other and on the odd occasion the tyre wall, Owen, followed by Matt & Josh on even points and Alec following behind them. Karl kept an eye on the group but after an earlier race found himself facing the wrong way managed to finish 8th overall. Our lonely female driver of the day was Lesley who held her own for the day finishing 9th overall even after a close encounter which saw Karl Flemming facing the wrong way at turn one – deemed a racing incident by those watching on. Graham had a quiet day at the back of the field but enjoyed himself with Andre having to retire unwell after a couple of races due to the heat. A great day was had by everyone, and we look forward to the next event to see if Shaun can hold his title or will Blake manage to sneak past him, or will someone else?? We will need to consider having two classes, so keep an eye out for the next event and come along and join in the fun.

Editor's note: As race drivers we make really good flag marshals 😊



Some pics from the karting event:



2024 SA Motor Racing Calender

SAMROA Event Schedule 2024					
Event Date/s	No of Days	Event Name	Location	Chief Flag	Assist CF
11th February	1	Superkarts/Modern Regularity	Mallala	Rod Mountifield	
17th February	1	Twilight Trophy including Time Attack	Mallala	Kim Morrison	Peter Stevens
2nd-3rd March	2	SAMS Round 1 (Int)	The Bend	Brad Morrison	Alec Donnon
9th March	1	SAMS Round 2 (Twilight)	Mallala	Kim Morrison	Leslie Atkinson
16th-17th March	2	Adelaide Motorsport Festival	Victoria Park	Non SAMROA Event	
21st-24th March	4	Australian F1 Grand Prix	Melbourne	Non SAMROA Event	
21st April	1	Superkarts/Modern Regularity	Mallala	Leslie Atkinson	
26th-28th April	3	SCCSA All Historic Meeting	Mallala	Kim Morrison	Leslie Atkinson
4th-5th May	2	SAMS Round 3 (Int)	The Bend	Kim Morrison	Leslie Atkinson
25th-26th May	2	SAMS Round 4 (Int)	The Bend	Darren Mattiske	Kim Morrison
31st May - 2nd June	3	Speedseries Rnd 4 (Motorsport Australia)	The Bend	TBA	
8th-9th June	2	SAMS Round 5 Int (with Asian Lamborghini)	The Bend	Brad Morrison	TBA
16th June	1	Superkarts/Modern Regularity	Mallala	Leslie Atkinson	
28th July	1	Superkarts/Modern Regularity	Mallala	Alec Donnon	
3rd-4th August	2	SAMS Round 6	Mallala	Leslie Atkinson	Ray McGuiness
7th-8th September	2	The Bend Classic	The Bend	Darren Mattiske	Leslie Atkinson
21st-22nd September	2	SAMS Round 7 (Int)	The Bend	Alec Donnon	Peter Stevens
10th-13th of October	4	Repc Bathurst 1000	Bathurst	Non SAMROA Event	
27th October	1	Superkarts/Modern Regularity	Mallala	Ray McGuiness	
14th-17th November	4	Adelaide 500 Supercars event	Parklands	Non SAMROA Event	
23rd-24th November	2	SAMS R8 (Final) Including GT	The Bend	Cathy Sinton	Kim Morrison
1st December	1	Superkart Grand Prix/Modern Regularity	Mallala	Peter Stevens	

Correct at time of printing – However this is subject to change

SAMROA Member Benefit- United Petroleum

United Petroleum is now supporting the South Australian Motor Racing Officials Association with a 4c per litre fuel discount at 380+ participating United service stations around Australia.

You can now register. Family, supporters and friends are also eligible. To register click on the below link. It only takes a minute to apply and both digital and/or plastic fuel discount cards are available.

Upon registration, a digital fuel discount card is SMS'd instantly, and is ready to start saving with once downloaded into your digital mobile wallet (Apple/Google). If you order a plastic card it takes around 2 weeks to arrive.

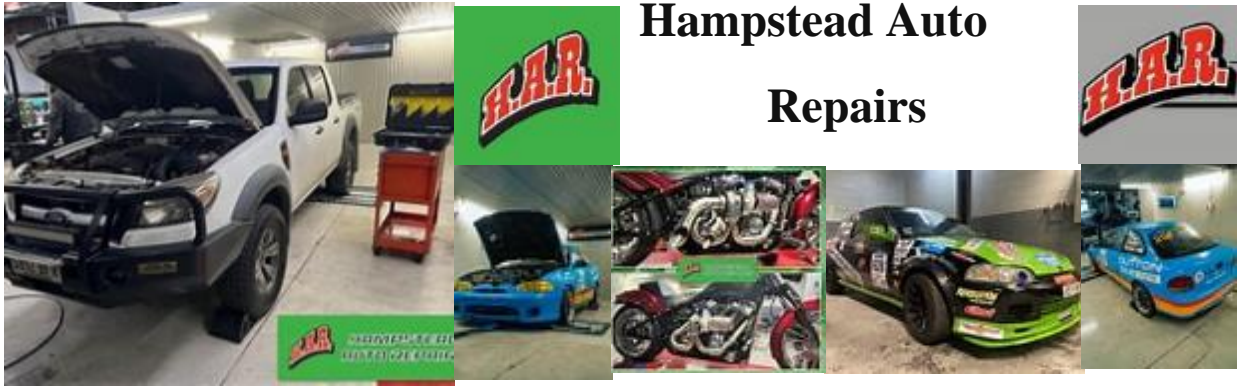


<https://www.unitedpetroleum.com.au/fuel-discount-cards/up-rewards/samroa/>

Find a list of participating [United service stations here](#).

To receive the discount, you just simply present the discount card to the cashier (so it can be swiped electronically from your phone or card, or if need be, processed manually).

Thank you to these businesses who have supported SAMROA in various ways recently!



Hampstead Auto Repairs

Hampstead Auto Repairs is a specialist mechanic located in Klemzig, SA. Their services include brake repairs, clutch and gearbox repairs, air con re-gas and repairs, exhaust repair, power steering alignment, wheel alignment, new car & logbook servicing, 4wd repairs, diesel service and repairs, full car servicing and tyre fitting. They also offer their customers the additional service of a pick-up and drop-off anywhere within the Klemzig area with prior arrangement. They have customers from all over Adelaide including Broadview, Greenacres, Hampstead Gardens, Marden, Walkerville, Manningham, Lightsview, Windsor Gardens, Oakden, Northgate, Hillcrest and surrounding areas. Their auto repair experts can provide speedy servicing and repairs to ensure that you get back on the road as soon as possible.

A big thank you to all our sponsors and businesses that support the club. If you or your business would like to sponsor our fabulous club please contact a member of our committee to discuss opportunities, we are always looking for sponsors to assist us continue to support this great club and sport.

Adelaide VEHICLE CENTRE

At Adelaide Vehicle Centre our friendly Used Car Sales team believe in good old fashioned quality service. We are also proud to contribute to our local community, participating each year in the Variety Children Charity's Variety Bash.

We have over 250 Quality Used Cars at our five Adelaide Used Car Dealerships located at Enfield, Makosa Hwy, Cheltenham, and Stirling and our lower overheads mean that we sell our Cars for less!

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SAMROA member Shaun Halliday is a franchisee of Mister Minit which specialises in repairs, engravings, cutting services plus much more! Shaun has offered a 20% discount for SAMROA members upon presenting their membership card. His kiosk is located at the Unley Shopping Centre. Come on down and support each other.

