



A Motorsport Australia affiliated Organisation

South Australian Motor Racing Officials Association Newsletter October 2024



Next General Meeting:

Wed. 23rd October 2024, at The Kent Town Hotel,
72-76 Rundle St, Kent Town Starting at 7:30pm

Join us from 6pm onwards for a meal

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: 2024/25 SAMROA committee members:

(L to R) Front: Paul Curtis Janelle Orrock (Treasurer) Deb Squires (Asst Secretary) Liam Meegan (Secretary) Josh Young

(L to R) Rear: Brad Morrison (Vice President) Owen Smith (President) Alec Donnon, Matt Avery

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

August 2024

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

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New Members		newmembers@samroa.org.au	
General Committee	Alec Donnon, Matt Avery, Paul Curtis, Josh Young		
Training & Competition Committee (T&CC)	tcc@samroa.org.au As of October 2024 – Chief flag phone will no longer be in service – for chief flag contact please call the event chief flag or T&CC chairman.		
Chairperson	Brad Morrison		
T&CC Members	Owen Smith, Graham Church, Matt Avery, Alec Donnon, Andrew Leitch, Cathy Sinton (WHS)		
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Postal Address: PO Box 187, Kent Town, SA, 5071.

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

President's Prattle

Welcome to the October Newsletter



Hello all,

October already, this year has flown by with only a couple of busy months left to go in 2024.

Firstly, I would like to pass on my condolences to the family and friends of SAMROA member David Lans. David was a well-liked member of SAMROA first joining SAMROA in 2006 and a regular attendee of events at Mallala and the Adelaide 500 each year. David attended well over 100 days with SAMROA and assisted with the social committee during his active years with the club. David will be missed by many SAMROA members.

It's been a busy 2 months for the club even though the events have slowed down for the year. In August we held our AGM followed by the 46th SAMROA Annual Dinner.

Thank you to those from the committee last year for their service and support of the club. Your work over the past 12 months has laid a foundation for the new committee to continue to develop. With that, the new committee has identified ways in which we can better serve the members. Stay tuned for a member survey being distributed soon requesting feedback on what would you like the committee to do for you plus general ideas and suggestions.

Welcome to our new committee members. It is pleasing to see several new faces taking the step to join the committee and wanting to have input on the direction of the club. It's a great sign for the future that a lot who are new to the club are joining the committee, but the most pleasing aspect is the number of younger members joining. Once again, we are pushing promotion of the club through new means. The committee have agreed that having a larger social media presence is an important part of continuing to promote SAMROA and reach a wider audience.

Congratulations to the reward and service milestone recipients at the recent SAMROA annual dinner. It was a fantastic night celebrating the year and coming together for a social evening. It was a significant evening for SAMROA as we presented the first annual Bob Schofield Memorial Trophy for Most Events attended. This was presented on the evening to Alex Varcoe, a very worthy recipient. I think it was possibly my first and many people's first-time seeing Alex speechless. It was humbling to have Vanessa Steed and Melissa Green, Bob's daughters, represent Bob's family on the evening.

The evening would not have been possible without the behind the scenes work from Janelle and Deb. The venue was great, and the food was excellent. Planning is underway for next year's dinner with a venue likely to be in the Adelaide CBD.

As many of you may now know, thanks to Motorsport Australia we were selected to be a recipient of a Supercheap Auto Development Fund Grant. The funds received from this will be put towards the purchase of new flags for use at Mallala. It is expected that these will be received and ready to go in time for the first event in 2025.

We still have a busy period to round out the year. After this has gone to publication, the T&CC would have conducted their next online training session about Communication and Report writing. A very timely topic that I'm sure will be beneficial to all. Thanks to Alec we now can watch these on demand if you can't attend.

On the 26th and 27th of October, we have the Bend Classic. This should be a fantastic weekend with some interesting cars and good-sized fields for racing, including 30+ Group N touring cars. After the event you'll also be able to dance the night away to Lee Kernaghan and Becca Cole. If you enjoy your country music this is a great event to attend.

Look forward to seeing you all at our next general meeting or at the track.

Owen Smith – President

Upcoming Events Calendar

MORE NAMES ARE NEEDED FOR ALL THESE EVENTS, PLEASE CHECK YOUR AVAILABILITY AND CONTACT T&CC OR PUT YOUR NAME ON THE DATABASE or VIA BETTER IMPACT – LINKS BELOW.

SAMROA Event Schedule 2024					
Event Date/s	No of Days	Event Name	Location	Chief Flag	Assist CF
25th - 27 Oct	3	The Bend Classic https://app.betterimpact.com/PublicOrganization/4ea17873-457e-4afa-9bc5-9f2a8c5f7412/1	The Bend	Darren Mattiske	Leslie Atkinson
3rd Nov	1	Superkarts/Modern Regularity	Mallala	Ray McGuinness	
14th-17th Nov	4	Adelaide 500 Supercars event	Parklands	Non SAMROA Event	
23rd-24th Nov	2	SAMS R8 (Final) Including GT https://app.betterimpact.com/PublicOrganization/a76dbaaa-5322-4e9f-a89b-839848b8e464/1	The Bend	Cathy Sinton	Kim Morrison
1st Dec	1	Superkart Grand Prix/Modern Regularity	Mallala	Peter Stevens	
11th Dec	1	General meeting - 7pm	Kent Town Hotel		

Better Impact hyperlinks:

The Bend Classic: <https://app.betterimpact.com/PublicOrganization/4ea17873-457e-4afa-9bc5-9f2a8c5f7412/1>

Event 8: <https://app.betterimpact.com/PublicOrganization/a76dbaaa-5322-4e9f-a89b-839848b8e464/1>

Also for those that have not registered for the Adelaide 500 – Link is:

https://app.betterimpact.com/Application?OrganizationGuid=9c416bba-5d60-40d5-ab6a-5a334c6f7e97&ApplicationFormNumber=1&fbclid=IwAR3OEreLdkTdGFG75ziXRTF3Hq9Vyi-R6II_Dnryy6QpZsrCxslo2Laen7Q

T&CC Report

Hello from the T&CC and welcome to October, the start of the final silly season of the 2024 season, for more reasons than just on-track action. The next event for most members will be the much-anticipated Bend Classic on the 26-27th October. Darren Mattiske is Chief Flag and will very much appreciate having more people out. Some great categories are running with 35 Group N cars and Formula 5000s being just 2 of the many categories running.

The next T&CC online training session would have been presented before this newsletter comes out; the Communications and report writing training course was presented by Alec Donnon & Matt Avery. The T&CC hopes all members that attended got what they needed out of it. All SAMROA Online Training Sessions are for Financial Members only (certain courses may not be).

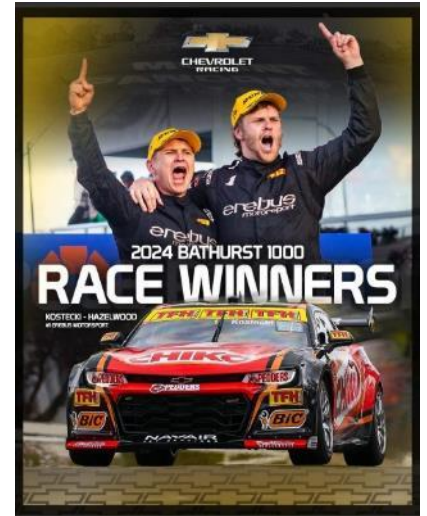
The Next Event out at Mallala will be a Superkart & Modern Regularity on the 3rd of November. This will be the last on-track action most of us will see before the VAILO ADL 500.

At the next General Meeting on the 23rd of October when the T&CC elections will be held. Everyone is encouraged to apply. You will need at least a Bronze level license to join the T&CC.

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.

From the T&CC we look forward to seeing you soon, take care and always have fun.

Cheers T&CC



Birthdays



Happy birthday to our members who will be celebrating milestones in

October

Cathy Sinton 4th

Alan Hardy 5th

Tom Westin 6th

Ted Blackwell 7th

November

Kim Morrison 7th

David Castrechini 28th

Rob Thiry 28th

Lawrie Schmitt 29th

Paul Papanikolaou 13th

Peter Cirillo 15th

Matthew Avery 25th

WHS Report

The last couple of months have been reasonably quiet trackside for most of us, however that is about to change along with a change in weather. It's time to check that date on your sunscreen to ensure it's still in date, and your hat and sunglasses are packed in your bag for the busy few months ahead. Although I wouldn't pack away the wet weather gear just yet as we know how unpredictable mother nature can be.



With the warmer weather approaching it's a good time to remember and ensure you drink plenty of fluids in the days prior to a race meeting and on the days whilst trackside. This will help you function at your best during the race meeting and also aid in a good recovery post event, especially on days when it is hot or humid.

The Bend are continuing to work through upgrades to the marshal post with a number of them having rear posts and some iron sheets placed around the rear. Hopefully this continues and we see some massive improvements to the marshal posts which will assist making the days easier trackside.

We have also been advised all fire extinguishers at Mallala have been test and inspected recently.

Until next meeting, stay safe, enjoy motorsport and see you trackside.

Regards
Cathy
WHS Rep

STRESS & RELAXATION

Being stressed can make even the simplest challenges in life difficult to deal with. Knowing which situations cause you stress is the first step to managing it. Learning how to relax is the next step. Relaxation techniques can help reduce the effects of stress in our day-to-day lives. Relaxation doesn't mean being lazy – it's learning how to take away the stress to give you more energy.

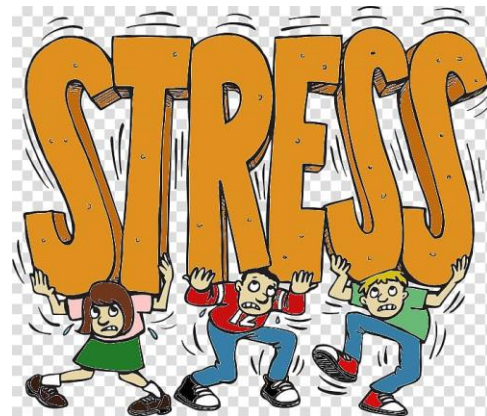
SIGNS OF STRESS

Mental

- Trouble concentrating or thinking straight.
- Worrying about little things
- Feeling anxious all the time
- Imagining the worst things happening
- Things seem to be more difficult
- Having trouble making your mind up

Physical

- Fast heartbeat
- Feeling shaky
- Restlessness
- Headaches or stomach pains
- Diarrhoea



RELAXATION TECHNIQUES

Deep Breathing / Progressive Muscle Relaxation

- Get comfortable. Imagine a peaceful scene (e.g. a quiet place in the bush). See yourself there, relaxed, peaceful and happy.
- Close your eyes and concentrate on your breathing – slow and deep, slow and deep.
- Start to relax all the muscles in your body by tensing, then relaxing them. Begin with your toes and work up through your body so that every muscle feels light and relaxed.
- Stay lying or sitting for 10-15 minutes and you'll really feel the difference.

Exercise

For many people exercise is a good way of relieving stress. It doesn't need to be hard exercise – a short walk can make you feel better.

- There is a form of exercise for everyone no matter what your age or ability.
- If you want to use exercise to get fit as well as relieve stress, you'll need a more active program. This could be 20-30 minutes of aerobic activity (e.g. walking, cycling) on most days of the week.
- Exercise will improve your health and also help weight control.
- Finish off hard exercise with a short relaxation period.

Remember: If you don't normally exercise, are more than 40 years of age, or are overweight, see your doctor for a medical check-up before starting an exercise program.

Yoga and Meditation

Many people find these forms of relaxation helpful. They aren't difficult but you do need someone to teach you the techniques. Join a class to learn how to do them.

IMPORTANT

If you're struggling with your stress, remember to speak with someone, either a friend, colleague, family member, counsellor, Motorsport Chaplin or anyone you feel comfortable to talk with.

See your general practitioner if you can't cope with your stress, or the relaxation techniques alone don't help.

SELF CARE

- Learn to say "no" to jobs/tasks that put you under too much pressure.
- Keep in touch with your friends.
- Learn to recognise what's worth worrying about and what's not.
- Take time off from pressures and duties to do something totally for yourself e.g. massage.
- Do one thing at a time – don't try to do everything at once!
- Planning helps take the stress out of situations – don't leave things to the last minute.
- Cut down on cigarettes and alcohol – these can make stressful situations seem worse.
- Set yourself realistic targets – you're only human!
- Treat yourself with regular relaxation time – try a long hot bath, a massage or relaxation techniques.
- Remember to laugh and smile – best stress reliever!



"Your engine is non-USB.
You need to upgrade."

SAMROA T&CC ELECTIONS 2024/25

Nominations are now open for the Training and Competition Committee (T&CC) and the WHS officer role. These will be voted on at the October general meeting.

The role of the T&CC is to:

- Develop a training plan for the upcoming year
- Develop and deliver training programs for members to develop and keep up skills
- Develop mentors and assist/allocate mentees
- Assess member development and assist and encourage development of members skills
- Develop rosters for upcoming motorsport season for senior positions and trainee positions (Chief flag, race control, starter, form-up etc)
- Review member and chief flag feedback following events



Minimum requirement for members to be on the T&CC is to be a financial member, hold a bronze licence or higher and an enthusiasm to assist and develop club members.

The club WHS representative position is also part of the T&CC and anyone interested in this position can nominate or be nominated – The only requirement is some WHS background knowledge and interest in the safety of our members.

If you or someone you know is interested in joining the T&CC or becoming the WHS representative, please complete the nomination form attached to this newsletter and bring to the October general meeting.

SAMROA Uniform/clothing

Men's Pants



Women's Pants



SAMROA 2024 ANNUAL CHANGE OVER DINNER

August 31 was the 46th Annual change over dinner for the club, a night where members get to see each other in “normal” clothes, no hi-viz orange or a flag in sight.

This year’s event was at the Mawson Lakes Hotel and was well attended by a large number of members. The evening was an opportunity to acknowledge the vast efforts various members have put in over the last 12 months and also recognise the many years of service by various members.

Club member of the year – Kaye Morisset Award

This award is made to the member who the committee determines has made the biggest contribution to the club over the last year. This year’s deserving winner: Tom Westin



The award presented by Bruce Morisset



T&CC Most improved member: Paul Curtis



Award presented by T&CC Chairman – Brad Morrison



Presentation to Carolyn Lillie, recipient of the draw for expressions of interest in attending events post AMF 2024 – Darren Mattiske

Presentation of The Bob Schofield Memorial Trophy

This award is awarded to the person who attended the most events each year. Bob was an integral part of SAMROA and was known for his laughter, infectious smile, calling a spade a spade, and being the Devil's advocate. He was always late but attended everything, and had a way of asking things that others could not. He was SAMROA's "adopt-a-dad" and had a way of lifting the room or event when he was there.

Inaugural winner of the Bob Schofield award: Alex Varcoe



The award was presented to Alex by Vanessa Steed and Melissa Green (Bob's daughters)



Service Awards

Longevity of service is valued by the association, and badges are presented to members to honour their contribution. These were awarded by Adrian Flynn to those members present

35 Years – Steve Croci

25 Years – Sarah Kenyon

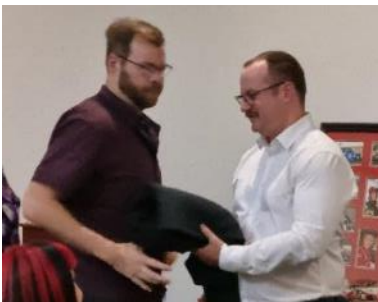
- Bronwen Williamson

Darren Mattiske



5 Years – Steve Kaczmarek and Michael Caruso

Club Jackets were presented for 100 event days attended on behalf of SAMROA



Alec Donnon



Andrew Leitch

Special thank you to Andrew Leitch for hosting the evening





2024 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 McGuinness
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	Recco Bathurst 1000	Bathurst	Non SAMROA Event	
25th-27th October	1	The Bend Classic	Mallala	Darren Mattiske	Leslie Atkinson
3rd Nov	1	Superkarts/Modern Regularity	Mallala	Ray McGuinness	
14th-17th November	4	Adelaide 500 Supercars event	Parklands	Non SAMROA Event	
23rd-24th November	2	SAMS R8 (Final) Including GT &TCM	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 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 using 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, Lightsvew, 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.

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.

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 Show.

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

AVC North Commercial & 4x4
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Ph: 08 8262 4529

AVC North
459 Main North Rd, Enfield, SA, 5085
Ph: 08 8262 4447

AVC South
1023 South Rd, Makosa Park, SA, 5039
Ph: 08 8374 3644

AVC Hills
2 Dawson Street, Strathalbyn, SA, 5255
Ph: 08 8548 3227

AVC West
1025 Port Rd, Cheltenham, SA, 5014
Ph: 08 8241 2255

www.adelaidevehiclecentre.com.au

T&CC Nomination form



Nomination Form 2024/25 For SAMROA T&CC

I..... hereby nominate.....

for the SAMROA Training and Competition Committee.

Signed

This nomination is seconded by

..... Signed.....

Signed by the Nominee; I also declare that I am FINANCIAL MEMBER of SAMROA, hold a minimum of a BRONZE License and that I am not aware of anything under the Incorporations Act that would preclude me from holding a position on the committee.

Nominee..... Dated.....

Nominations close on the night.

SA ASSOCIATIONS INCORPORATION ACT 1985 - SECT 30

30-Certain persons not to be members of the committee

1. A person who is an insolvent under administration must not, without leave of the Commission, be a member of the committee of an incorporated association, or be in any way (whether directly or indirectly) concerned in or take part in the management of an incorporated association.
Maximum penalty: \$5 000.
2. A person who has been convicted within or outside the State-
 - a. on an indictment of an offence in connection with the promotion, formation or management of a body corporate; or
 - b. of an offence involving fraud or dishonesty punishable on conviction by imprisonment for a period of not less than three months; or
 - c. of an indictable offence; or
 - d. of-
 - i. an offence against section 39A; or
 - ii. an offence against a provision applied by section 41B; or
 - iii. an offence against section 60,must not, within a period of five years after his or her conviction or, if he or she was sentenced to imprisonment, after his or her release from prison, without leave of the Commission, be a member of the committee of an incorporated association, or be in any way (whether directly or indirectly) concerned in or take part in the management of an incorporated association.
Maximum penalty: \$5 000.
3. When granting leave under this section, the Commission may impose such conditions or limitations as it thinks fit and any person contravening or failing to comply with any such condition or limitation that is applicable to him or her is guilty of an offence. Maximum penalty: \$5 000.
4. The Commission may, at any time, revoke leave granted by it under this section