



**South Australian
Motor Racing Officials Association
Newsletter
October 2019**

A CAMS affiliated Organisation



Website: www.samroa.org.au

Next General Meeting:

Wednesday, 13th November @ 7:30pm

The Maid and Magpie Hotel, Magill Rd, Stepney – *Come along early and join us for a drink and meal prior to the meeting.*



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Modbury



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MARSHALS MUMBLINGS

October 2019

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 the Confederation of Australian Motor Sport (CAMS) Ltd.

President's Report

Hi Everyone,

There are still a few meetings prior to Christmas with numbers a bit light on at this stage. It would be appreciated if you could please put your name down on the database. I especially encourage our senior and more experienced members to attend as this is the only way we can train and then be able to promote members. A few people are coming forward and asking for training in other areas, but we need numbers out at the track for this to happen.

I hope those that travelled to Bathurst enjoyed themselves - we look forward to hearing your stories. And for those who attended as a marshal and wish to write a few paragraphs about your week over there, please feel free to do so as we are always looking for material for the newsletter. It also gives an insight to our new members what to expect over there when they decide to make the trek.

At the October General meeting, nominations were taken, and a vote took place to elect a new T&CC for 2019/2020. I congratulate and thank the outgoing T&CC for their hard work, dedication and service to SAMROA over the past year. I also welcome our newly elected T&CC which consists of Peter Stevens, Janelle Orrock, Peter Cirillo, Bruce Morisset, Chris Hutchinson, Kim Wilson and Deborah Squires (WHS). I have no doubt you will serve our club and members well. More info on the T&CC can be found in their report and the General Meeting Minutes further in this newsletter.

Memberships become due from the 30 June 2019. If you haven't renewed as yet, now is the time to do so. By not being a member, you miss out on discounts through the club such as a \$30.00 discount on the Dinner tickets and discounts on club apparel, etc.

The 21st of September saw the 41st annual dinner taking place at the SCCSA, in the Reg Sparks room. This was attended by 53 guests on the night to witness some of our members receiving their awards. Thank you to Pillar and Salt, (the caterers) for putting on a very nice meal along with their great service all night. Award winners for the evening went to, **Graham Church, (Most improved Official), Darren Mattiske, (Kaye Morisset Memorial Club Member of The Year)** and the biggest honour that the club can give, **Life Member, Presented to Bronwen Williamson.** Congratulations to those award winners. Thank you to Graham Bolter for taking the time out to be our MC for the evening and to all of our guests for their attendance.

We hope to see you at our next General Meeting on Wednesday, 13th November. Keep enjoying your Motorsport.

Steve Lewis – President

Cover Photo: Fabulous Officials awards handed out to Lisette Hutchins, Paul Pan.... At our recent Annual Dinner. Congratulations and well deserved!

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



Happy birthday to our members who have already celebrated or will be celebrating milestones in October.

Ted Blackwell – 7th

Peter Cirillo – 15th

Events of Interest

Name	Date	Venue
Superkarts and Regularity	27 th October	Mallala
State Championship Rd 5	9 th November	Mallala
Shannon's Nationals Rd 7	13 th – 15 th November	The Bend
*Not SAMROA Event		
Superkarts and Regularity	24 th November	Mallala
The Bend Classic	7 th – 8 th December	The Bend

The Bend Motorsport Park have officially engaged SAMROA to supply Officials for the Bend Classic. We are requiring quite a few marshals to help make this event a success. Please check your calendars and register your name/s as soon as possible. We will be requiring minimum of 40 flag Marshals plus an extra to cover

other areas which include Comms in Race Control, paddock, form up, etc. This event will be run on the East and West circuits at the same time, this is something new for everyone. The dates are 7th & 8th December. This is a Cams permitted event. This event is now posted up onto the database so please get your names down ASAP.



The new members to the club or those not yet having access to the database, you may register your interest via email at President@samroa.org.au with your full name Cams licence number if you have one, and the number of days and which days you can volunteer.

Categories are, Euro Sports , Ferrari Club Challenge, Porsche Rennsport, Sports Cars & GT, Touring Cars& Sports Sedans 1972-1995, Classic Open Wheelers, Time Attack/Modified Production, other unique& Historically significant Vehicles. Maximum cars on track per category is 22. More information will come as it comes to hand. Thank you in advance.

T&CC Report

Hey everyone, wow this year really has gone fast! October already and two new committees voted in for 2019/20.

A big thank-you from the T&CC to the members that have attended all recent events. All chief flag reports that have come through have been positive which is great to see! We cannot succession plan and have these great events run without every one of you.

I would also like to take this opportunity to thank all outgoing members of the T&CC, Brad Morrison, Paul Bonnett & Steve Lewis for their hard work and dedication on the committee to help train and support all members of the club over the past 12 months.

The 2019/20 T&CC Committee Consists of; Chris Hutchinson, Peter Stevens, Janelle Orrock, Peter Cirillo, Deb Squires, Kim Wilson & Bruce Morisset. We have a big month over motorsport over October and November and the Club events are as follows:

Firstly, upcoming events, we have **Superkart and Modern Regularity at Mallala Motorsport Park on the 27th October** the chief flag for this event will Alex Varcoe, please check your diaries and see if you are able to attend this event. Please support the small clubs that always supports us.

Secondly, we have the **State Circuit Racing Championships Round 5 at Mallala Motorsport Park on the 9th of November** and the Chief Flag will be Ray McGuiness. As always, I encourage as many members to attend as possible numbers are always needed at the state rounds. This will be a good opportunity to hone your skills for the upcoming Shannon's Nationals later in November.

Thirdly, we have **Superkart and Modern Regularity at Mallala Motorsport Park on the 24th of November** and the Chief Flag will be Cathy Croci, please check your diaries and see if you are able to attend this event. This will be the last Superkart meeting of the year before the Christmas Break and I hope to see plenty of you attend.

Please contact the chief flag of these two events, register on the database or contact a T&CC Member if you wish to attend. **Please make sure you are looking after yourself trackside SPRING IS HERE.** It has been slowly but surely warming up lately. Drink plenty of water even when you are not thirsty, you need to stay well hydrated.

Reminder An official track bag should contain

Wet Weather jacket and pants	A whistle
Gloves and safety glasses	Note pad and pen
Snacks	Water bottle and Hydrolyte
Hat and/or beanie	Hi-vis vest

SAMROA do have some spare gear in the shed including wet weather jackets. If in need at a race meeting or you have forgotten please ask the Chief Flag if you can borrow some of the club's gear. Reminder that any borrowed club gear is to stay at the track unless approved by the chief flag and documented so we can insure they are returned (Most wouldn't want to return dirty gear).

Please let the chief flag know if at any stage during the event you feel unwell. If you are scheduled to attend an event and wake up feeling sick, please call the chief flag. Stay home and get better, no point coming out and making it worse.

A reminder that the CAMS Calendar can be found at www.cams.com.au/events/event-calendar for all upcoming events. The T&CC are looking at running further training in 2020, so watch this space as the

new committee takes shape and we get some things in place. If you have any issues or questions at all, please feel free to contact myself or any member of the T&CC to have a chat.

"Coming together is a beginning, staying together is progress, and working together is success" Henry Ford

Written by Chris Hutchinson – T&CC



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.



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WH&S Report – Urine Chart

We may not always feel thirsty but that doesn't mean we don't need to drink. As the warmer gets warmer and we sweat more, we need to replenish our fluids to avoid dehydration. Take a look at the urine colour chart at the end of this newsletter and make a mental note when you next visit the bathroom!

Deborah Squires - SAMROA WH&S Representative

Member's Story – Darren Mattiske Behind The Wheel

Race Report #1 | Round 4 September 2019



I can remember waking up early on an October Sunday morning in 1972 to watch the start of the “great Race” with the hope I would be racing one day. After being on the sidelines waving a piece of cloth on a stick for the last 20 years, I’m finally fulfilling my childhood dream.

I left Adelaide at 6am with the world’s best pit crew (Karl Fleming) on route to The Bend for Friday practice totally under prepared.



I wasn’t sure how I would feel competing with other cars being so close to me. This was forgotten about when I was heading into Turn 17 and Ben Grice overtook me on DR with our side mirrors only millimetres apart and I was thinking this is awesome. The only incident for me was when the I was following a car out of T15 went wide and bought a traffic cone onto the track and I hit it, no serious damage. I was surprised there was still a Formula Ford stranded on the side of the track on our first laps and then our session needing to be red flagged so they could be recovered. Wow, you need lots of courage going thru the back section of the track, T8 to T10.

The plan for the weekend was to

- not hit anyone,
- drive it onto the trailer at the end of the weekend
- get my licence signed off.

Qualifying consisted of seeing lots of Blue Flags and observing the Black Flag for the OLT.

My fan club (wife and daughter) made the trip to watch my first race on Sunday which meant a lot to me.

I was unable to get enough camber in the front. All we could get was 2.5 degrees, should be able to get 4 degrees. The less camber, the greater understeer you have in the corners. With lots of suspension changes throughout the day, putting some preload on the springs and increasing the rake. The car felt better with each session with these tweaks I was bale to do at the track. I have lots of work to do before the next round.

Interesting fact #1 - At the far end of the grid, you are not able to see the starter lights unless you stop slightly right of the car infront.

Interesting fact #2 – when you are stuck in formup, Sweat runs from your nose if you havent got a pit crew to open the doors to let the breeze thru. Another job to add to the growing list - install an electric window in the passenger door.

Prior to Race 4 on Sunday we adjusted the Fuel pressure as the gauge was showing 70 psi, which should be some where between 35 and 40 so we set it to 50psi. Once I left formup, the engine was being starved of fuel causing the car to have no power or speed. Instead of changing into 3rd at 90km/h, it was coughing

at 80km/h and instead of changing into 4th at 130km/h, it was coughing at 120km/h and was down 15km/h on the main straight.

Race 5, final 10 lapper, was my best race of the weekend. Did my PB and my first legit overtake. I wasn't last for 3 laps until I drop a wheel off on the exit of T14. Sort of knew I was faster as I was close to changing into 4th going thru T8 and changing into 4th earlier. Maybe next event.

Came last in every race but I was the happiest loser. I was even happier when I reviewed the lap times the Excel were doing at their first meeting at The Bend last year and I would have been right in there with the others.

Best weekend ever!



41st Annual Dinner – Janelle Orrock

This year annual dinner was held at the Sporting Car Club of SA with catering done by Pillar of Salt. This was a lovely sit-down meal with wonderful canapes served before hand and a beautiful desert tray at the end.

On stage we had a 1937 Rolls Royce Phantom III and a 2015 Tesla supplied by Michael Henningsen and this demonstrated to all of us how far motor vehicle construction has come of the years.

Club member of the year was awarded to Darren Mattiske for all of his hard work over many years.

Darren presented the orange turkey award to Tom Westin and Tim Bihet collected this on his behalf. It is now up to Tom to find it a new home for this next year.

The Most Improved Person was Graham Church and Life Membership was awarded to Bronwen Williamson for her many years of service and dedication.

CAMS State Council Chair Adrian Flynn also presented some members with Fabulous Officials Awards well done to those recipients.

A wonderful evening was had by all and we would like to thank our sponsors:

- Michael Henningsen
- Chris Redin – Adelaide Vehicle Centre
- Amadio Wines
- Graham Boulter – MCee

See some photos from the evening below:



October General Meeting Minutes – Paul Bonnett

Meeting Details

Date & Time: 09 October 2019 @ 1930 (7:30pm)
Location: The Maid Hotel
01 Magill Road, Stepney, SA 5069
Meeting Opened: 19:40 (7:30 pm)

Present: Paul Bonnett, Peter Stevens, Kim Wilson, Brad Morrison, Matt Avery, Bruce Morisset, Bob Schofield, Daniel McIntosh, Rebecca Abela, Deborah Squires Darren Mattiske, Arthur Butler, Peter Cirillo, Tony Aloï, Janelle Orrock and Steve Lewis.

Apologies: Rod Mountifield, Graham Church, Peter Ruth, Kimberley & Jared Stevens, Karl Fleming, David Castrechini and Rob Thiry

Visitors / Guest: Emily de'Longte and Joe Moutakis

Announcements / Reminders:

- Voting tonight for new T&C Committee
- Membership Renewals are getting overdue.

Previous Minutes:

Copies of the previous minutes (August 2019) were placed in September's Newsletter. Secretary (Paul Bonnett) moved that minutes be accepted and seconded by Brad Morrison. All members present, voted in favour that minutes be accepted. Carried.

Business arising from the minutes:

1. No business arising from the previous minutes.

Incoming / Outgoing Correspondence:

Correspondence as per list tabled at the meeting. (Copy Attached)

Moved by Secretary (Paul Bonnett) and seconded by Arthur Butler that the correspondence be received. All present voted in favour. Carried.

Business Arising from the Correspondence:

- No business arising from the Correspondence List.

Reports from Other Committees:

WHS (Presented by Deborah Squires)

2. Starting to move into warmer weather – time to check race bag for suitable items (Sun Screen etc)
3. Still needs to finish off the Safety Survey at Mallala Flag Posts.

T&CC (Presented by Brad Morrison)

- November 9th SCCSA State Championship Rnd5, CF Ray McGuiness
 - November 24th Superkarts / Mod Reg, CF Cathy Croci.
4. Lack of personnel at events (Superkarts / Modern Reg) Catch 22 – need new people to train but don't have the numbers attending events to allow the training to occur! Possible course of action - If you don't attend grassroots events you won't get selected for the senior positions at our bigger events..
 5. Looking at a Fire Training day in the new year.
 6. SAMROA has been engaged to work at the Tailern Bend Classic – details to be promulgated. Paul B to add the event to our Data Base.

7. Voting tonight for new Committee – General Business

New Membership Applications (For General Committee's Approval)

CAMS (Presented by Paul Bonnett – Last Meeting Held 17 September 2019)

1st Draft of 2020 Event Calendar was tabled – nothing of real concern at this time (Only first Draft) Calendar Meeting is 7th November at the CAMS Office. (Usually one member from each Committee attends)

STATE OFFICIATING PANEL (SOP) REPORT

- Officials are required for Tailem Bend December and January LeMans events
- Nominations for National Awards close on 7th October.

MOTOR RACING PANEL (MRP) REPORT

- Nothing for SAMROA.

WEBSITE / IT

8. No report tabled.

SOCIAL COMMITTEE

- 41st Anniversary Dinner – debrief. Wasn't supported all that well by the membership. Unfortunately, some members have been "bad Mouthing" the dinner and persons who organised. From now on Gen Committee will pitch in to help organise.

PROMOTIONS

- In process of organising a Back Pack / Bag for membership. Wondering on size of backpack so considering contacting the company for a sample.
- Considering attending the Christmas Parades at Tailem Bend and Murray Bridge – need to find dates

SCC-SA

- No report tabled.

General Business

- T&CC Nominations: Secretary called for any further nominations: Current nominations are: Peter Stevens and Janelle Orrock from General Committee. Other nominations: Peter Cirillo, Chris Hutchinson, Brad Morrison and Kim Wilson.

Janelle Orrock nominated Bruce Morisset for T&CC – Bruce accepted, Tony Aloï seconded.

Paul Bonnett nominated Deborah Squires as T&CC (WHS) Steve Lewis Seconded. Deborah accepted

T&CC consists of 7 members (2 from Committee) and currently we have 6 nominations. A vote will be needed tonight.

Just as a reminder, The WHS position is the only position on this Committee where you don't need to hold a Bronze Level licence (as a minimum) At the moment, Deborah Squires has been nominated as the WHS Officer. Are there any other nominations? (Whoever does nominate

though will need to have had some OHS / WHS training in the past to help them understand the laws and regulations)

Votes were taken for Committee Members: Peter Cirillo, Bruce Morisset, Chris Hutchinson, Brad Morrison and Kim Wilson. No vote needed for WHS position.

2019 / 2020 T&CC: Peter Stevens, Janelle Orrock, Peter Cirillo, Bruce Morisset, Chris Hutchinson, Kim Wilson and Deborah Squires (WHS)

Thank you Brad for your 7 years' service on the Committee.

- Reminder to all, if you have access to the Member's Database, please log in and check your details (Especially Address, contact details and Emergency Contact) If you don't have access, please email details to Secretary who will update for you.

With no further General Business, the meeting was closed at 20:40 (8:40 pm)

Next Meeting: **Last one for 2019 – 19:30 (7:30 pm) on 11 December 2019**

Venue: The Maid Hotel

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Am I drinking enough water?

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water each day to stay healthy.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.