



SAMSA talk

NEWSLETTER WITH THE LATEST BUZZ AMOUNGST ALL CODES

Volume 1

Issue 1

January 2020

PRESIDENT'S CORNER

Welcome back, all safe and sound ready for all Sports activities.

Compliments of the New Year and best wishes for 2020.



We from SAMSA would just like to send our condolences to John Coetzee's family and all Tentpegging members on the passing of John in December 2019.

Just a friendly reminder for all Codes to please email there 2020 calendar's so that the calendar can be updated and forwarded to everyone, thanks.

South African Master Sports Association's moto is to bring together master's sportsmen and women in all communities to practice their sport to promote the philosophy of "Sport for Life"

PERSONALITY OF THE MONTH

Just a little fun to get to know each other.



Full Name: Petro Saunders

Position: President

Organization/Code: SAMSA

Date and place of birth: 12 December 1957 Western Area

First Job: Nurse

Personal best achievements: Postmaster at Petrussteyn

Philosophy of Life: Sport codes to attend meetings and to be affiliated to SAMSA

Favorite food and drink: Water, cooked home meals

Favorite Sport: Darts and Hockey

What is your favorite color? Pink

Why did you choose to continue to be active in sports?

To keep young and active

Please tell us a bit more about your sport journey.

Received National Colors in Darts in 1994 and Hockey career was at school and received Transvaal Colors

What are some areas that you believe will become of an increasing importance in the near future for sports in South Africa?

To come together despite race, politics

What advice would you offer people aspiring to be more active in Master Sports?

No matter of your age one can still be active in master sports

Who is your role model/ mentor and why?

Rita Oosthuizen, she always inspired everybody to participate in sport

What is the best advice you have ever been given?

To stay calm and enjoy sport

What advice would you offer people?

Focus in sport and never give up no matter how old you are.

EXSISTING MEMBERS

1. Volleyball
2. SA Powerlifting
3. Ringball
4. Table Tennis
5. Lifesaving
6. Tentpegging
7. SGSSA
8. Netball

We are calling all other codes to join SAMSA, membership fees are R500.00 per annum per code. ALL CODES ARE WELCOME!

(A friendly reminder that membership fees are payable before 31st March 2020 for each code)



2020
KZN MASTERS VOLLEYBALL OPEN TOURNAMENT
SPONSORED BY: MAGNUM WINDOWS & DOORS

DATE : SAT 01 & SUN 02 FEB 2020 | VENUE : TONGAAT INDOOR SPORTS CENTRE
CATEGORIES: MALE: 30+ & 40+ | FEMALE: 30+ | ENTRY CLOSING DATE : MON 29 JAN
CONTACT : Rowan - 081 370 4487 | kznmastersvolleyball@gmail.com

ENTRY FEE :
R 450 per tournament
OR
R3500 for the full series
* 10 tournaments*



Additional Info:
Draw Date: Wed 29 Jan 2020 |
10 Tournaments in the 2020 series | R3500 team entry for the full series paid over 3 months | Prize money awarded end of season, teams must participate in a minimum 9/10 tournaments | Points allocated per tournament

»»»»» — The Wanderers Club —>

14TH FEBRUARY

Valentine's
Day

On Arrival

Bubbly Served With Canapés
Salmon Crostini, Caviar | Compressed Cucumber | Aioli, Pop Corn Cauliflower

Starter

Roasted Brown Mushroom (V)
Pearl Couscous | Rocket | Honey Mustard Dressing

Main Course (Choice)

Beef Fillet
Parsley Baby Potatoes | Roasted Tender Stem Broccoli | Onion | Demi Glacé
Or
Sea Bass Fillet
Roasted Tender Stem Broccoli | Roasted Corn | Radish | Velouté

Dessert

Prosecco Poached Pears
Almond and Ginger Crumb | Lemon Chantilly Cream | Cardamon Meringue

Friday Evening Dinner

R395pp

marketing@silvasale.co.za

011 788 5050

21 North Street Illovo

The Wanderers Club

Johannesburg

The result of the recent IPF World Masters Powerlifting Championships held in Potchefstroom. We have 5 new World Champions! Congratulations.



Elisabeth Barry



Dan Oppenheim



Mathys Herbst



Laura de Wet



Dulcie Duguid

World Equipped Master's Powerlifting Championships 2019 - Team SA results

Women Lifter	Age Category	Weight Category	Results				Placing / Medals				Records	Best Lifter	Best Team
			Squat	Bench	Deadlift	Total	Squat	Bench	Deadlift	Total			
Dulcie Duguid	Master 4	57kg	100	42.5	107.5	250	Gold	Gold	Gold	Gold	African M4 SQ, DL, TOT records and SA M4 SQ, BP, DL and Tot records	Best M4 Lifter	Best M4 Team
Carol Anthony	Master 2	52kg	115	47.5	130	292.5	Silver	Bronze	Silver	Silver			
Joan Swart	Master 2	63kg	97.5	70	137.5	305	4th	4th	Bronze	Bronze	SA M2 BP and DL records		2nd Best M2 team
Marion Tanzer	Master 2	72kg	107.5	65	140	312.5	5th	6th	4th	3th	SA M2 BP and DL records		
Elizabeth Barry	Master 1	47kg	120	50	125	295	Gold	Gold	Gold	Gold	SA M2 Total record		
Laurs de Wet	Master 1	72kg	205	90	197.5	492.5	Gold	Bronze	Gold	Gold	African M1 SQ and DL records, Commonwealth SQ, DL and Total records, SA M1 and Open SQ, DL and Total records	3rd Best M1 lifter	2nd Best M1 Team
Zanele Ngwenya	Master 1	72kg	140	62.5	157.5	360	4th	4th	Bronze	4th			
Men													
Den Oppenheim	Master 4	74kg	160	100	187.5	447.5	Gold	Gold	Gold	Gold	African M4 DL record	2nd Best M4 lifter	
Christo Schoonraad	Master 2	105kg	282.5	185	272.5	740	Silver	4th	Silver	Silver	SA M1 SQ and Tot records, SA M2 SQ, DL and Total records		
Marion Daniels	Master 1	74kg	237.5	187.5	227.5	652.5	4th	Silver	4th	Bronze	SA M1 DL record		
Jorncy Page	Master 1	93kg	272.5	167.5	275	715	Bronze	8th	5th	Bronze	SA M1 DL record		
George Parker	Master 1	93kg	205	167.5	212.5	585	7th	7th	9th	7th			
Graham Green	Master 1	105kg	260	180	255	695	5th	6th	4th	4th			
Melthyz Herbst	Master 1	120+kg	400	280	325	1005	Gold	Silver	Gold	Gold	African M1 SQ, BP and Total records, Commonwealth M1 SQ, DL and Total records, SA M1 and Open SQ, BP and Total records. SA Open and M1 single-lift BP records		3rd Best M1 Team

Team SA MEN	Bronze	Silver	Gold	Count
Squat	1	1	2	4
Bench Press		2	1	3
Deadlift		1	2	3
Total	2	1	2	5
Count	3	5	7	15

6 Commonwealth records
 9 African records
 30 SA records
 34 Medals
 5 World Champions

Team SA WOMEN	Bronze	Silver	Gold	Count
Squat		1	3	4
Bench Press	2		2	4
Deadlift	2	1	3	6
Total	1	1	3	5
Count	5	3	11	19

EDITOR'S CORNER

Remember, this is **your** Newsletter and I would like to hear from you. If you have any information, stories or hints on how to take care of sporting equipment that we can share, please submit them via email to info@samaster.co.za

Your feedback will be highly appreciated.



SOUTH AFRICAN MASTERS SPORTS ASSOCIATION

VISION

To promote the transformation initiatives, anti racism and anti sexism among fellow Master's in our Country.

MISSION

To bring all codes together to just enjoy, have fun, laugh, socialize and to participate in all sports no matter what race or age.

VALUES

- Honesty
- Integrity
- Professionalism
- Accountability

CONTRACT INFORMATION

- Email info@samaster.co.za
- Tel +27 084 585 9832
- Fax +27 086 671 0353

ADDRESS

- 4 Freylina Street
Brackendowns
Alberton
1449

