

## **SAMA Athletic Awards 2010**



### **SPRINTS**

#### **Lyn Peake W60**

Lyn has been a consistent sprinter throughout the year with multiple +85% performances across the 60m, 100m, 200m and 400m.

#### **Runner-up Miriam Cudmore**



### **RUNS**

#### **Peter Sandery M65**

Peter Sandery again dominated the run events in South Australia with many wins in all distances from the 800m to the half marathon and multiple +85% age graded performances

#### **Runner-up Allan Mayfield**



### **WALKS**

#### **George White M65**

George has dominated walking in SA during 2010 with multiple +85% age graded performances.

#### **Runner-up Sandy Brunner**



## **JUMPS**

### **Dennis Peck M75**

Dennis has been the most consistent age graded performer in all three jumps.

### **Runner-up Miriam Cudmore**



## **THROWS**

### **Graham Richardson M70**

Graham has performed extremely well on an age graded basis in all 5 throws events.

### **Runner-up Barrie Koch**



## **ADMINISTRATOR/OFFICIAL**

### **Margaret Del Fabbro**

Most helpers are the partners of competing members or members who are injured. There are another group that are previous competitors that have stayed with us to help. Margaret is one of a rare breed of helpers who has never been a Masters Athlete and has no relatives in the Club. This has not however stopped her from being a constant helper throughout both summer and winter competitions and SAMA is immensely grateful for her dedication to Masters Athletics.



## **MOST OUTSTANDING INDIVIDUAL PERFORMANCE**

**The M45 4x800 National record of Mark Worthing, Kris Wolszczak, Jonathon Wheatland, Richard McMahon Set in the Postal Relays February 2010**

**Runner-up Dennis Peck**



## **MOST OUTSTANDING FEMALE ATHLETE and winner of the Pat and Geoff Peters Trophy**

**Cassie Neubauer W30**

An absolute all-rounder in runs, jumps and throws. In the Nationals at Easters Cassie entered 10 events and scored one gold, six silver and three bronze medals. In the Pan Pacs she won 2 gold, three silver and four bronze medals.

**Runner-up Lyn Peake**



## **MOST OUTSTANDING MALE ATHLETE and winner of the Ruth and Jack Weber Trophy**

**Norm White M50**

Norm has been a constant reminder of what Masters Athletics is all about. Norm underwent knee surgery in 2010 yet was soon back on the track and competing in a vast range of events. His determination to get back into shape has been an inspiration. In the Oceania Championships in Tahiti Norm competed in 12 events plus 2 relays.

**Runner-up Peter Sandery**