



South Australian Masters Athletics  
**HALL OF FAME**



**Miriam Cudmore**

Member of SAMA for 24 years



## Inductee No 8: Miriam Cudmore



# BIOGRAPHY

Miriam was born and raised on Kangaroo Island in South Australia and as a teenager played basketball and tennis. Moving to Adelaide at age 20 she played netball and basketball right through to her 60's. Miriam played up to five games a week, coached under 10 girls and senior teams, umpired junior and senior matches and served on the Ladies Daytime Basketball Committee.

Miriam's first foray into the world of athletics was in the early 1980's when she ran the City Bay on four occasions achieving good times with little training, relying on her basketball fitness.

Competing at the Alice Springs Masters Games in 1998, in netball and basketball, Miriam went to watch the athletics and thought she would fit in there very well! She phoned Bette O'Neil, who she had played netball with for many years and to whom she had mentioned running and was put in touch with her cousin Frank Rogers and the rest is history.

Miriam trained initially for years with Ann Cooper, Anne Lang, Frank Rogers, John Hill and Valmai Padget. Her first competition with the Masters was in March 1999 followed by the Adelaide Australian Masters Games in October entering 200, 400, 800 and 1500 meter events but not the 100m as Frank thought she might pull a hamstring doing the 100m without enough lead in training. Port Pirie followed in 2000 along with Miriam's introduction to running injuries - a pulled hamstring.

Then it was the Alice Springs Masters Games in 2002 entering the 100, 200, 400, 800, 1500, LJ, TJ, Javelin, High Jump and the Masters Mile, trying to find her niche! She won 9 gold and 1 silver, beaten only in the triple jump by the proverbial 'bees knee'.

A regular competitor in the SAMA competitions since 1999, Miriam has blossomed in recent years and expanded her portfolio of events by adding the Pentathlon, in which she holds the W75 and the W80 Australian records.

## MASTERS ATHLETICS COMPETITION

Miriam's first entry into the AMA National T&F Championships was in 2008 in Sydney where she obtained two gold and three silver medals. This commenced an achievement of a very high number of top three finishes over a total of nine Championships between her first in 2008 and her most recent in 2023 in Sydney. Miriam topped the placegetters podium a total of 46 times and supplemented this number of gold medals with 6 silver and 4 bronze medals (56 medals in total). A very high percentage in her win ratio.

Her achievement at World Masters Athletics (WMA) level has also been of a very high standard with a return of 21 medals at five Championships. Her first entry at this level was in Brisbane in 2001 where she ran in the three individual sprint events as well as the 4x400m relay in which she gained a silver medal.

At Brisbane and at her subsequent four Championships (Porto Alegre, Lyon, Perth and Malaga) she obtained 8 gold, 10 silver and 3 bronze medals in sprint, jump and throwing events.

Her one foray into the Oceania T&F Championships (in Mackay, Qld, in 2019) resulted in an amazing collection of 6 gold and 1 silver medal (which included 2 OMA Championship records).

Miriam currently holds 18 (ratified) AMA records across the sprints, jumps and throws in three age divisions. This number of records is supplemented with a further 7 current SAMA records across four age divisions meaning she currently holds a total of 25 SAMA records.



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In December, 2009, Miriam won the 120m (W) handicap race at the Bay Sheffield Carnival and followed this up with a third place finish in the same event in December 2013.

Miriam has also competed quite successfully in a number of Australian Masters Games competitions.

Apart from her medal performances Miriam has also achieved a number of personal awards at the AMA and the SAMA level, winning AMA's "Most Outstanding Female Athlete Award" in 2017 and again in 2019 as well as AMA's "Jumps" award in 2014.

Miriam has also won SAMA's "Most Outstanding Female" award on no less than six occasions and she has supplemented her SAMA collection with six "Throws" awards and 13 "Jumps" awards (in the 16 years that these awards have been presented).

Miriam is currently ranked Number 1 in the world for the 60m, 100m, 200m, Long Jump, Triple Jump, Shot Put and Javelin on the "World Masters Ranking" website.





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## RECORDS SET (Australian, OMA, State)

Record level	Event	Age Group	Performance	Date	Location
Australian	60m	W80	11.41	2018	AMA Perth
		W80	11.26	2018	Adelaide
		W80	11.13	2018	Adelaide
		W80	11.04 (current)	2018	AMA Perth
		W85	12.44 (current)	2023	Adelaide
Australian	100m	W80	18.77	2018	Adelaide
		W80	18.40	2018	Adelaide
Australian	100m	W80	18.07 (current)	2018	Adelaide
Australian	200m	W80	39.75 (current)	2018	Adelaide
		W85	43.38 (current)	2023	AMA Sydney
Australian	Long Jump	W70	3.33	2013	Adelaide
		W70	3.34	2013	AMA Canberra
		W75	3.39 (current)	2015	WMA Lyon, France
		W80	2.86	2018	Adelaide
		W80	2.96	2018	Adelaide
		W80	3.04 (current)	2018	Adelaide
		W85	2.65 (current)	2023	AMA Sydney
Australian	Triple Jump	W75	7.23	2013	Adelaide
		W75	7.49 (current)	2013	AMA Canberra
		W80	6.81 (current)	2018	Adelaide
		W85	6.27 (current)	2023	AMA Sydney
Australian	Shot Put	W85	6.53 (current)	2023	Adelaide
Australian	Javelin	W75	21.01	2013	WMA Porto Alegre
		W75	22.63 (current)	2014	AMA Hobart
		W80	20.26	2018	Adelaide
		W80	20.75 (current)	2018	AMA Perth
		W85	18.33 (current)	2023	AMA Sydney
Australian	Pentathlon	W70	3819pts	2013	Adelaide
		W75	3168pts (current)	2016	AMA Adelaide
		W80	3213pts (current)	2018	Adelaide
Australian	4x100m Relay	W75	77.32 (current)	2016	WMA Perth
Oceania	Long Jump	W80	2.93	2019	OMA Mackay, Aus
Oceania	Triple Jump	W80	6.64	2019	OMA Mackay, Aus



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## RECORDS SET (Australian, OMA, State) *continued*

Record level	Event	Age Group	Performance	Date	Location
SAMA	60m	W65	10.10	Mar 2007	Adelaide
		W70	10.64	Apr 2009	AMA Adelaide
		W80	11.04 (AR)	Apr 2018	AMA Perth
		W85	12.44 (AR)	Mar 2023	Adelaide
SAMA	100m	W80	18.07 (AR)	Apr 2018	Adelaide
		W85	20.79	Mar 2023	Adelaide
SAMA	200m	W80	39.75 (AR)	Jan 2018	Adelaide
		W85	43.38 (AR)	Mar 2023	AMA Sydney
SAMA	Long Jump	W70	3.26 (AR)	Oct 2011	AMG Adelaide
		W75	3.39 (AR)	Aug 2015	WMA Lyon
		W80	3.04 (AR)	Apr 2017	AMA Perth
		W85	2.65 (AR)	Mar 2023	AMA Sydney
SAMA	Triple Jump	W70	7.44	Oct 2011	AMG Adelaide
		W75	7.49 (AR)	Mar 2013	AMA Canberra
		W80	6.81 (AR)	Jan 2018	Adelaide
		W85	6.27 (AR)	Mar 2023	AMA Sydney
SAMA	Javelin 400g	W65	20.78	Mar 2004	Adelaide
		W70	17.44	Oct 2011	AMG Adelaide
		W75	22.63 (AR)	Mar 2014	AMA Hobart
		W80	20.75 (AR)	Apr 2018	AMA Perth
		W85	18.32 (AR)	Mar 2023	AMA Sydney
SAMA	Shot Put	W70	5.46	Mar 2011	Adelaide
		W75	7.35	Apr 2016	AMA Adelaide
		W80	7.01	Feb 2018	Adelaide
		W85	6.53 (AR)	Mar 2023	Adelaide
SAMA	Pentathlon	W70	2868 pts	Feb 2012	Adelaide
		W75	3931 pts (AR)	Apr 2016	AMA Adelaide
		W80	4372 pts (AR)	Mar 2018	Adelaide





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## MEDAL PLACINGS

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
WMA Champs	4x400m Relay	W60	Silver	6.48.4	July 2001	Brisbane, Aus
WMA Champs	100m	W75	Silver	17.40	2013	Porto Alegre, Brazil
WMA Champs	200m	W75	Silver	37.02	2013	Porto Alegre, Brazil
WMA Champs	Long Jump	W75	Silver	3.21	2013	Porto Alegre, Brazil
WMA Champs	Triple Jump	W75	Silver	7.26	2013	Porto Alegre, Brazil
WMA Champs	Javelin	W75	Silver	21.01	2013	Porto Alegre, Brazil
WMA Champs	4x100m Relay	W75	Gold	69.75	2013	Porto Alegre, Brazil
WMA Champs	Long Jump	W75	Gold	3.39	2015	Lyon, France
WMA Champs	Javelin	W75	Silver	19.37	2015	Lyon, France
WMA Champs	4x100m Relay	W70	Gold	70.76	2015	Lyon, France
WMA Champs	100m	W75	Bronze	17.73	2016	Perth, Australia
WMA Champs	Long Jump	W75	Gold	3.15	2016	Perth, Australia
WMA Champs	Triple Jump	W75	Gold	7.15	2016	Perth, Australia
WMA Champs	Javelin	W75	Gold	20.65	2016	Perth, Australia
WMA Champs	4x100m Relay	W75	Gold	77.32	2016	Perth, Australia
WMA Champs	100m	W80	Bronze	18.86	2018	Malaga, Spain
WMA Champs	200m	W80	Silver	40.73	2018	Malaga, Spain
WMA Champs	Javelin	W80	Bronze	19.90	2018	Malaga, Spain
WMA Champs	Long Jump	W80	Silver	2.95	2018	Malaga, Spain
WMA Champs	Triple Jump	W80	Silver	6.36	2018	Malaga, Spain
WMA Champs	4x100m Relay	W75	Gold	78.30	2018	Malaga, Spain
OMA Champs	60m	W80	Gold	11.61	2019	Mackay, Aus
OMA Champs	100m	W80	Gold	18.78	2019	Mackay, Aus
OMA Champs	200m	W80	Gold	40.46	2019	Mackay, Aus
OMA Champs	Long Jump	W80	Gold	2.93 (record)	2019	Mackay, Aus
OMA Champs	Triple Jump	W80	Gold	6.64 (record)	2019	Mackay, Aus
OMA Champs	Shot Put	W80	Silver	6.68	2019	Mackay, Aus
OMA Champs	Javelin	W80	Gold	19.65	2019	Mackay, Aus
AMA Champs	60m	W70	Silver	10.93	2008	Canberra
AMA Champs	100m	W70	Silver	17.49	2008	Canberra
AMA Champs	200m	W70	Silver	36.58	2008	Canberra
AMA Champs	400m	W70	Gold	84.63	2008	Canberra



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## **MEDAL PLACINGS *Continued***

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

<b>Competition</b>	<b>Event</b>	<b>Age Group</b>	<b>Placing</b>	<b>Performance</b>	<b>Date</b>	<b>Location</b>
AMA Champs	Long Jump	W70	Gold	3.26	2008	Canberra
AMA Champs	60m	W70	Silver	10.64	2009	Adelaide
AMA Champs	100m	W70	Bronze	17.60	2009	Adelaide
AMA Champs	200m	W70	Silver	36.95	2009	Adelaide
AMA Champs	Long Jump	W70	Gold	3.21	2009	Adelaide
AMA Champs	Triple Jump	W70	Gold	7.08	2009	Adelaide
AMA Champs	Javelin	W70	Silver	16.75	2009	Adelaide
AMA Champs	60m	W75	Gold	11.04	2013	Canberra
AMA Champs	100m	W75	Gold	17.01	2013	Canberra
AMA Champs	200m	W75	Gold	37.35	2013	Canberra
AMA Champs	Long Jump	W75	Gold	3.34	2013	Canberra
AMA Champs	Triple Jump	W75	Gold	7.49	2013	Canberra
AMA Champs	Pentathlon	W75	Gold	3660pts	2013	Canberra
AMA Champs	4x100m Relay	W75	Bronze	65.02	2013	Canberra
AMA Champs	60m	W75	Gold	10.84	2014	Hobart
AMA Champs	100m	W75	Gold	17.71	2014	Hobart
AMA Champs	200m	W75	Gold	37.62	2014	Hobart
AMA Champs	Long Jump	W75	Gold	3.24	2014	Hobart
AMA Champs	Triple Jump	W75	Gold	7.44	2014	Hobart
AMA Champs	Javelin	W75	Gold	22.63	2014	Hobart
AMA Champs	60m	W75	Gold	11.27	2016	Adelaide
AMA Champs	100m	W75	Gold	18.11	2016	Adelaide
AMA Champs	200m	W75	Gold	37.86	2016	Adelaide
AMA Champs	Long Jump	W75	Gold	3.38	2016	Adelaide
AMA Champs	Triple Jump	W75	Gold	7.96	2016	Adelaide
AMA Champs	Javelin	W75	Gold	21.25	2016	Adelaide
AMA Champs	Shot Put	W75	Gold	7.31	2016	Adelaide
AMA Champs	Pentathlon	W75	Gold	3931pts	2016	Adelaide
AMA Champs	60m	W75	Gold	11.25	2017	Darwin
AMA Champs	100m	W75	Gold	18.38	2017	Darwin
AMA Champs	200m	W75	Gold	38.13	2017	Darwin
AMA Champs	Long Jump	W75	Gold	3.17	2017	Darwin



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### **MEDAL PLACINGS *Continued***

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

<b>Competition</b>	<b>Event</b>	<b>Age Group</b>	<b>Placing</b>	<b>Performance</b>	<b>Date</b>	<b>Location</b>
AMA Champs	Triple Jump	W75	Gold	6.84	2017	Darwin
AMA Champs	Javelin	W75	Gold	18.77	2017	Darwin
AMA Champs	Shot Put	W75	Bronze	7.19	2017	Darwin
AMA Champs	60m	W80	Gold	11.04	2018	Perth
AMA Champs	100m	W80	Gold	17.74	2018	Perth
AMA Champs	200m	W80	Gold	40.00	2018	Perth
AMA Champs	Long Jump	W80	Gold	3.04	2018	Perth
AMA Champs	Triple Jump	W80	Gold	6.75	2018	Perth
AMA Champs	Javelin	W80	Gold	20.75	2018	Perth
AMA Champs	4x100m Relay	W80	Bronze	68.45	2018	Perth
AMA Champs	200m	W80	Gold	41.10	2019	Melbourne
AMA Champs	Triple Jump	W80	Gold	6.42	2019	Melbourne
AMA Champs	Shot Put	W80	Gold	6.83	2019	Melbourne
AMA Champs	60m	W85	Gold	12.05	2023	Sydney
AMA Champs	100m	W85	Gold	19.01	2023	Sydney
AMA Champs	200m	W85	Gold	43.38	2023	Sydney
AMA Champs	Long Jump	W85	Gold	2.65	2023	Sydney
AMA Champs	Triple Jump	W85	Gold	6.27	2023	Sydney
AMA Champs	Shot Put	W85	Gold	6.48	2023	Sydney
AMA Champs	Javelin	W85	Gold	18.33	2023	Sydney





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### PERSONAL QUALITIES OF THE NOMINEE

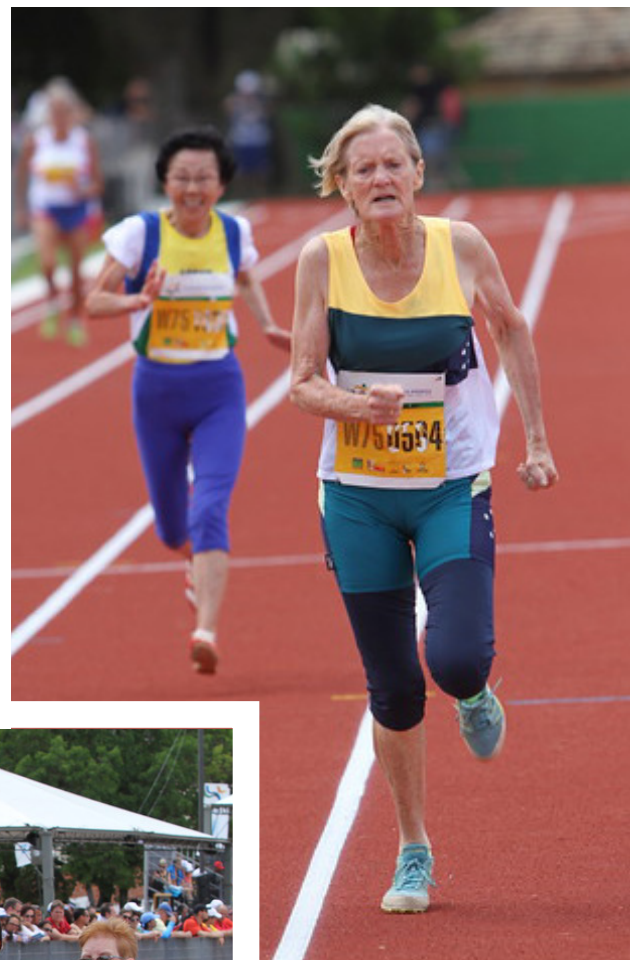
Entering Masters athletics in her 60's Miriam has performed at a very high level in a number of events. She has maintained an incredibly high standard across these events from the ultimate world level to the local SAMA competitions.

In addition to her track and field athletic performances Miriam has been recognized as an exceptional athlete by the national Australian Masters Athletics (AMA) who have twice bestowed her with its premier "Most Outstanding Female Athlete Award", in 2017 and 2019.

As well, she has been recognized in SAMA's corresponding award no less than six times (in its 16 year history) whilst maintaining a dominance in SAMA's Throws and Jumps Awards.

Miriam is a committed athlete but has always provided support and shown respect to the athletes she competes against and the officials and volunteers with whom she comes into contact with during her competitions.

Miriam's athletic achievements together with her high personal qualities make her a worthy nominee for Induction into SAMA's Hall of Fame.



*Porto Alegre, Brazil 2013*







# Inductee No 8: Miriam Cudmore



*Darwin 2017*



*Melbourne 2019*

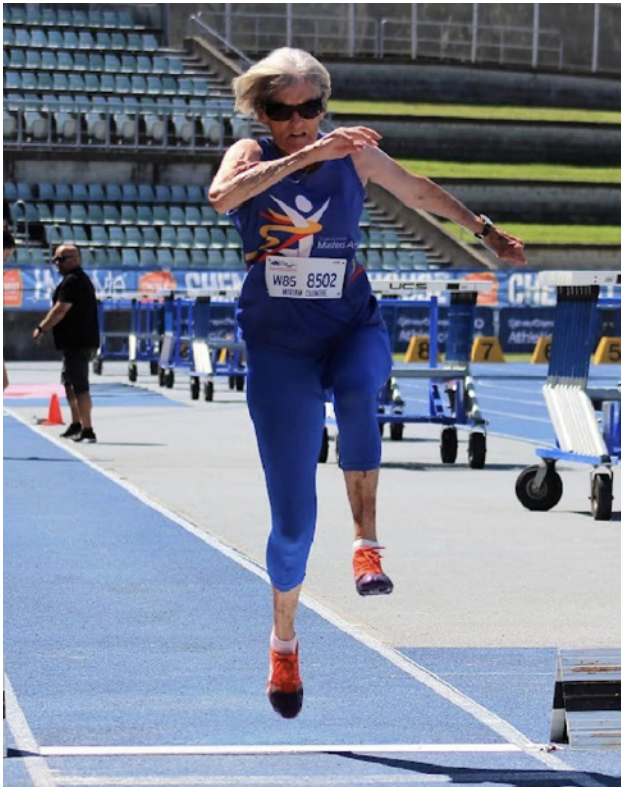


*Most Outstanding Female Athlete Award - Darwin 2017*





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Sydney 2023



Melbourne 2019



Sydney 2023