



Male Sprints Award

Winner:

Michael Cassidy

Michael equalled the 60m Australian record in his age group and had top 5 finishes in the World Masters Athletics Championships in Finland in 2022.

Runner Up: Albert Jamae



Sprints

Female Sprints Award

Winner:

Sue Turner

Sue won silver and bronze medals at the AMA National Championships, Sydney with an exceptionally high age grading.

Runner Up: Jenni Cotter



Sprints

Male Middle Distance Award

Winner:

Allan Mayfield

Allan won steeplechase gold at the AMA National Championships, Sydney which also ranks him at number 2 worldwide.

Runner Up: Peter Sandery



Middle Distance



Female Middle Distance Award

Winner:

Sarah Chinner

Sarah won gold medals in the 800m and 1500m at the AMA National Championships, Sydney, and set a new W60 4x800m Australian record. She set a new state W60 800m record 6 times. At the WMA Championships in Finland, Sarah was 4th in the 800m and 6th in the 1500m and won gold in the 4x400 relay, which was also an Australian Record.

Runner Up: Anne Lang



Middle Distance

Male Distance Award

Winner:

Peter Sandery

Peter has had numerous high standard runs setting 2 new state records and is currently ranked 3rd worldwide in 1500m and 3000m.

Runner Up: Paul Mulholland



Distance

Female Distance Award

Winner:

Ros Lowe

Ros has completed regular and consistent high quality distance runs as well as breaking state records.

Runner Up: Felicity Alexander



Distance



Male Walks Award

Winner:

Kim Mottrom

Kim has competed in events from 800m to marathon at a particularly high standard setting 6 new records and also winning gold medals in open competition.

Runner Up: Peter Crump



Walks

Female Walks Award

Winner:

Marie Maxted

Marie has competed in distances from 800m to 10km and set 2 new state records. She also won an ASA O50 state gold medal.

Runner Up: Melissa Grantham



Walks

Male Jumps Award

Winner:

Dean Mortimer

Dean has regularly competed in all jump categories at a high standard, winning the ASA O50 state gold medal.

Runner Up: Paul Wicker



Jumps



Female Jumps Award

Winner:

Miriam Cudmore

Miriam achieved 2 gold medals in long and triple jump, both Australian records, at the AMA National Championships, Sydney. Her W85 triple jump would have won W60 gold!

Runner Up: Jenni Cotter



Jumps

Male Throws Award

Winner:

Paul Hook

Paul has regularly competed in all throws disciplines and set a new Indoor Australian record in the Heavy Weight Pentathlon, along with gold medals at the inaugural Australian Indoor Throws Competition held in NSW in August 2022.

Runner Up: Matt Lovell



Throws

Female Throws Award

Winner:

Ann Jefferies

Ann has competed in all throws disciplines and set a total of 17 state records. She won 4 gold and 2 silver medals at the AMA National Championships, Sydney along with 4 golds in the O50 category at the ASA State Championships.

Runner Up: Heidi Taylor



Throws



Administrator Award

Winner:

David Bates

David plans both the winter and summer programs. This season it included his part in finding an alternative venue for the start of the summer season. David also manages our website and members registrations.



Runner Up: **Viddy Jermacans**

Administrator

Most Outstanding Individual Performance Award

Winner:

Sarah Chinner

Sarah's WMA Championships 4x400m relay gold and AMA Championships 4x800m relay gold were both in Australian record times as well as a 400m AMA gold medal, all of which were achieved following knee reconstruction surgery in late 2020.



Runner Up: **Sian Cooper**

Individual Performance

The Ruth and Jack Weber Perpetual Trophy for the Most Outstanding Male Athlete

Winner:

Kim Mottrom

Runner Up: **Michael Cassidy**



Most Outstanding



The Pat and Geoff Peters Perpetual Trophy for the Most Outstanding Female Athlete

Winner:

Miriam Cudmore

Runner Up: Ann Jefferies



Most Outstanding

