

# AMA AWARD NOMINATIONS



**2023 was another successful year when multiple state and Australian records were broken and medals were won.**

We have put forward 7 members for AMA awards in 10 categories with the winners to be announced during the social function at the AMA National Championships, Hobart, in March.

*John Hore*  
**Awards Officer**



## Sprints Award

### Miriam Cudmore

In 2023 Miriam set three W85 Australian records over distances ranging from 60m to 200m. She achieved three golds in sprints at the 2023 AMA T&F Championships in Sydney. Her 200m time was the second best in the world during 2023.



## Throws Award

### Ann Jefferies

Ann set multiple state records in all 5 throws disciplines this year. She achieved four golds and two silvers at the 2023 AMA T&F Championships in Sydney. Ann was ranked number one in Australia for all throws disciplines during 2023, and number four in the World for the Throws Pentathlon. She achieved 4 golds in the ASA State Championships in the O50 division.

## Middle Distance Award

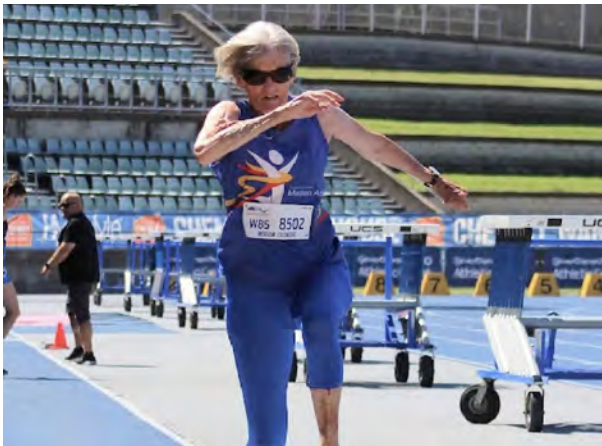
### Sarah Chinner

Sarah is ranked as number 1 in Australia for 800 metres and number 6 in the World in the women's O60 category.

Sarah consistently performs with a world age graded percentage value of around 90% for the 800m event. She is currently ranked number 1 in Australia in the Mile and 400m women's over 60 category.

In 2023 she has broken an Australian Championship record in the 800 metres and several SAMA records.





## Jumps Award

### Miriam Cudmore

This year Miriam set W85 Australian records for Triple Jump and Long Jump (on two occasions). She achieved two golds in the triple and long jump at the 2023 AMA T&F Championships in Sydney, with performances that ranked her second best in the world during 2023.



## Walks Award

### Kim Mottrom

This year Kim set three State M35 walk records on the track and one best State performance in the Marathon walk (3:54:01 on 12/2/2023). At national level he placed 1st in the AMA 20km Walk Championship and achieved two golds in 10K and 20K at the 2023 ASA Road Walk Championships.



## Administration Award

### Viddy Jermacans

Viddy organised the Bob Clarke Challenge, the 800m Race at the Bay Sheffield and collaborated with George on the new Walkers Challenge. He is currently President, Sponsorship/Promotions Officer, Social Organiser and Summer Competition Coordinator.



## Official Award

### Lisa Attenborough

During 2023, Lisa enforced the standards that govern conduct on the track, the field and for out-of-stadia competitions both at state and national level. Her extensive knowledge of the technical rules and regulations, and her high levels of energy and enthusiasm make her a worthy nominee.





## Most Outstanding Male Athlete Award

### Kim Mottrom

Throughout 2023 Kim was a regular walks competitor at club level and at Athletics SA events achieving age grade percentages exceeding 85% on multiple occasions, and in this year set three State M35 walk records on the track and one best State performance in the Marathon walk (3:54:01 on 12/2/2023). At national level he was placed 1st in the AMA 20km Walk Championships, and achieved two golds at the 2023 Athletics SA Road Walk Championships at 20km and 10km. His 3000m and 5000m times on the track were the second best in the world during 2023.



## Most Outstanding Female Athlete Award

### Miriam Cudmore

Throughout 2023 Miriam was a regular competitor in Jumps, Sprints & Throws at club level achieving age grade percentages exceeding 75% on multiple occasions, and in this year set W85 Australian records for Triple Jump, Long Jump (on two occasions), 60m, 100m, 200m and Javelin.

At national level she achieved six golds at the 2023 AMA T&F Championships in Sydney (Triple and Long Jumps), with performances that ranked her in the top three in the world during 2023.



## Outstanding Individual Performance Award

### Anne Lang

Anne's outstanding individual performances took place in March 2023 in the AMA T&F Championships in Sydney.

In the Over 80's women's category, Anne broke the Australian record in the 400 metres. Within these Championships, she also broke the Australian Championship record for the 800 metres.

Anne's performances have achieved a world ranking of 2 for the 800 metres and 4 for the 400 metres. Along with track events, she also has high rankings in most of the throw categories for her age group.

