

# AMA NATIONAL CHAMPIONSHIPS



29 March - 1 April 2024 • Hobart, Tasmania

60m			
M Cudmore	W85	12.38	Gold <b>SR</b>
L Neubauer	W70	13.24	8th
S Cassidy	W60	9.92	4th
K Blute	W60	10.96	8th
K Hammat	W55	10.09	9th
D Palmer	W50	9.21	4th
R Carruthers	W50	10.04	7th
J Cotter	W45	9.03	5th
C Neubauer	W45	9.43	7th
D Mortimer	M65	9.37	4th
J St John	M60	9.86	7th

100m			
M Cudmore	W85	20.05	Gold <b>AR</b>
L Neubauer	W70	21.87	4th
S Cassidy	W60	16.14	6th
K Blute	W60	17.46	10th
K Hammat	W55	16.63	10th
D Palmer	W50	14.85	Bronze
R Carruthers	W50	16.12	7th
K Long	W45	13.04	Bronze
J Cotter	W45	14.22	6th
C Neubauer	W45	15.05	9th
D Mortimer	M65	15.41	6th
D Pfitzner	M50	13.67	9th

200m			
M Cudmore	W85	43.09	Gold <b>AR</b>
A Lang	W80	46.36	Gold
S Cassidy	W60	33.77	4th
K Hammat	W55	35.06	6th
R Carruthers	W50	34.44	5th
C Neubauer	W45	31.38	8th
C Gerner	W40	29.60	8th
A Jamae	M50	26.10	5th

400m			
A Lang	W80	107.77	Gold
S Chinner	W60	68.79	Gold
R Carruthers	W50	85.87	Bronze
D Clark	M85	1:54.28	Silver <b>SR</b>
H Harrell	M65	82.24	4th
A Jamae	M50	56.21	5th
G Geracitano	M50	57.35	6th
P Wicker	M40	56.74	4th

800m			
A Lang	W80	4:21.61	Gold
S Chinner	W60	2:36.25	Silver <b>SR</b>
D Clark	M85	4:22.07	Gold <b>SR</b>
A Mayfield	M75	2:47.12	Gold
H Harrell	M65	3:13.79	4th
G Geracitano	M50	2:12.41	5th

1500m			
D Clark	M85	9:12.9	Silver <b>SR</b>
A Mayfield	M75	5:46.0	Gold <b>SR</b>

10,000m			
M Grantham	W40	50:34.9	Gold

2000m Steeplechase			
A Mayfield	M75	8:39	Gold <b>AR</b>

1500m Walk			
L Neubauer	W70	13:19.3	Bronze
D Palmer	W50	11:46.5	Gold
M Grantham	W40	8:13.30	Gold
G White	M75	9:34.26	Gold

5000m Walk			
M Grantham	W40	28:54.4	Gold
G White	M75	33:22.4	Gold

**AR** = Australian Record

**SR** = State Record

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10km Road Walk			
G White	M75	73.30	Silver

80m Hurdles			
C Gerner	W40	14.65	Gold

400m Hurdles			
C Gerner	W40	79.36	Gold

4 x 100m Relay			
W120+	J Cotter, C Neubauer, C Gerner, K Long	54.41	4th
W180+	S Cassidy, K Hammat, S Chinner, D Palmer	62.48	7th
W240+	K Blute, L Neubauer, M Cudmore, R Carruthers	76.36	6th

4 x 400m Relay			
W180+	C Gerner, R Carruthers, S Chinner, K Long	4:48.07	4th
M180+	A Jamae, D Pfitzner, P Wicker, G Geracitano	3:53.87	Bronze
M240+	H Harrell, D Clark, G White, A Mayfield	6:58.12	5th

Long Jump			
M Cudmore	W85	2.70	Gold <b>AR</b>
L Neubauer	W70	2.35	Bronze
K Hammat	W55	3.23	8th
D Palmer	W50	4.21	Gold
J Cotter	W45	4.27	5th
C Neubauer	W45	4.12	6th
D Pfitzner	M50	4.70	Bronze
L Gouws	M45	5.55	Gold

High Jump			
K Hammat	W55	1.06	7th
D Palmer	W50	1.15	Silver
R Carruthers	W50	1.09	Bronze
J Cotter	W45	1.42	Bronze
C Neubauer	W45	1.12	4th
D Mortimer	M65	1.27	4th
L Gouws	M45	1.67	Silver
P Wicker	M40	1.67	Gold

Triple Jump			
M Cudmore	W85	6.12	Gold
L Neubauer	W70	4.87	4th
D Palmer	W50	8.50	Gold
J Cotter	W45	9.40	Silver
C Neubauer	W45	8.32	Bronze
D Mortimer	M65	9.02	Silver <b>SR</b>

Javelin			
M Cudmore	W85	17.78	Gold
A Lang	W80	12.59	Silver
M Clark	W70	16.07	Silver
L Neubauer	W70	9.59	9th
A Jefferies	W60	26.02	Bronze
C Neubauer	W45	20.07	4th
G Bowyer	M70	36.27	Gold
D Pfitzner	M50	26.56	7th

Discus			
A Lang	W80	12.27	Silver
L Neubauer	W70	11.14	8th
A Jefferies	W60	26.43	Gold
D Mortimer	M65	25.12	7th
L Gouws	M45	25.74	6th

Hammer			
L Neubauer	W70	11.62	8th
A Jefferies	W60	35.85	Gold

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Shot			
M Cudmore	W85	6.66	Gold <b>AR</b>
A Lang	W80	6.18	Silver
L Neubauer	W70	4.96	7th
A Jefferies	W60	10.47	Gold
K Blute	W60	5.99	10th
D Palmer	W50	10.81	Silver
K Long	W45	9.27	Bronze

Champion of Champions Shot Put			
A Jefferies	11.00 (14.53 age graded)	1st	<b>SR</b>
M Cudmore	6.41 (13.75 age graded)	7th	

Weight			
L Neubauer	W70	5.36	7th
A Jefferies	W60	14.92	Gold <b>SR</b>

Throws Pentathlon				
L Neubauer W70	Hammer	11.33	256pts	
	Shot	4.82	400pts	
	Discus	10.20	285pts	
	Javelin	918	258pts	
	Weight	5.31	302pts	
	<b>Total</b>		<b>1501pts</b>	<b>5th</b>
A Jefferies W60	Hammer	35.20	778pts	
	Shot	10.94	848pts	
	Discus	27.79	735pts	
	Javelin	28.20	751pts	
	Weight	12.58	666pts	
	<b>Total</b>		<b>3778pts</b>	<b>Gold</b>

Royce Foley Award (highest points in TP)		
A Jefferies	W60	3778pts

T&F Pentathlon				
C Neubauer W45	100m	15.17	553pts	
	LJ	4.05	472pts	
	Shot	6.66	666pts	
	Jav	48.55	348pts	
	800m	3:53.62	111pts	
	<b>Total</b>		<b>2150pts</b>	<b>4th</b>
D Palmer W50	100m	15.07	653pts	
	LJ	4.21	598pts	
	Shot	10.56	658pts	
	Jav	22.82	455pts	
	800m	3:25.42	578pts	
	<b>Total</b>		<b>2942pts</b>	<b>Gold</b>
L Neubauer W70	100m	22.15	212pts	
	LJ	2.34	237pts	
	Shot	4.90	408pts	
	Jav	9.53	271pts	
	800m	4:38.12	190pts	
	<b>Total</b>		<b>1318pts</b>	<b>Silver</b>
D Mortimer M65	LJ	3.89	533pts	
	Javelin	22.85	366pts	
	200m	32.50	446pts	
	Discus	26.08	418pts	
	1500m	6:35.29	510pts	
	<b>Total</b>		<b>2273pts</b>	<b>Gold</b>
D Pfitzner M50	LJ	4.47	479pts	
	Javelin	25.76	32pts	
	200m	27.88	626pts	
	Discus	21.04	295pts	
	1500m	6:14.14	390pts	
	<b>Total</b>		<b>2113pts</b>	<b>5th</b>

## Final Tally

**35 Gold**    **14 Silver**    **12 Bronze**  
**5 Australian Records**    **15 State Records**  
**1 Champion of Champions**  
**1 Royce Foley Award**