



Male Sprints Award

Winner:

Albert Jamae

Albert won a bronze medal as part of the 4 x 100m relay team at the AMA Championships in Hobart, and 3 golds in the 100m, 200m and 400m at the ASA State (O50) Championships.



Sprints

Female Sprints Award

Winner:

Miriam Cudmore

Miriam has continued to be the No. 1 ranked female in the world for her age group in the 100m and 200m.

At the AMA Championships in Hobart, Miriam won 3 sprint gold medals in the 60m, 100m and 200m, setting Australian records in the 100m and 200m.



Sprints

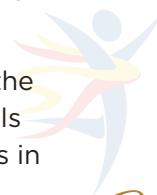
Male Middle Distance Award

Winner:

Allan Mayfield

Allan is currently ranked No. 1 male in the world in his age group for the Mile and 2000m steeplechase.

Allan won the gold and set an Australian record in the 2000m steeplechase, and won 2 further gold medals in the 800m and 1500m at the AMA Championships in Hobart. He also set 4 state records.



Middle Distance



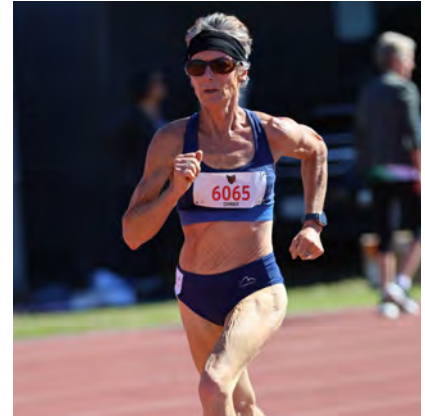
Female Middle Distance Award

Winner:

Sarah Chinner

Sarah is ranked No. 3 female in the world in her age group for the 800m and 1500m.

Sarah won gold in the 1500m and silver in the 800m at the AMA Championships in Hobart and 800m gold at the ASA State (O50) Championships. She also set state records for the 800m on three occasions.



Middle Distance

Male Distance Award

Winner:

Russell Withers

Russell is ranked No. 7 male in Australia for his age group for the 10,000m.

Russell has regularly competed at SAMA competitions with 1st place in the M50 Championship 5km run. His season results often exceeded 70% world age graded values.



Distance

Female Distance Award

Winner:

Ros Lowe

Ros is currently ranked No. 3 female in Australia in her age group for 5000m.

Ros has been a regular competitor at SAMA events during the summer and winter, and has set 3 state records.



Distance



Male Walks Award

Winner:

George White

George is ranked No. 1 male in the world for his age group in the 5000m and 10km race walk events.

George won 2 golds in the 1500m and 5000m walks and 1 silver medal in the 10km road walk at the AMA Championships in Hobart, and gold in the AMA 20km Road Walk Championships.



Walks

Female Walks Award

Winner:

Melissa Grantham

Melissa is ranked No. 1 female in Australia for her age group in the 5000m and 10km race walk events. She has set 7 state records.

Melissa won two gold medals in the 1500m and 5000m walks at the AMA Championships in Hobart. She also won gold in both the AMA 20km & ASA State (O35) 20km Road Walk Championships.



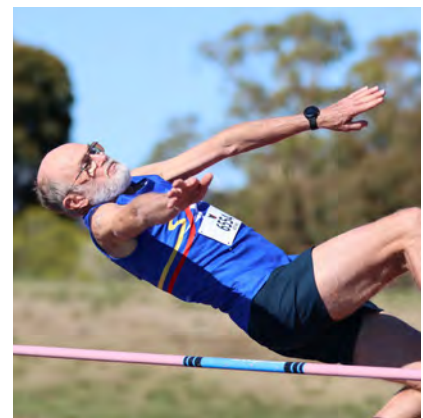
Walks

Male Jumps Award

Winner:

Dean Mortimer

Dean has improved his performance in many different events and is ranked No. 2 in Australia in the triple jump, along with very high rankings in long and high jumps. He has set state records and achieved a silver medal in the triple jump in both the AMA Championships in Hobart and ASA State (O50) Championships.



Jumps



Female Jumps Award

Winner:

Miriam Cudmore

Miriam is ranked No. 1 female in the world for her age group in the long and triple jump events.

At the AMA Championships in Hobart, Miriam won 2 gold medals in the long and triple jump events and set a new Australian record in the long jump.



Jumps

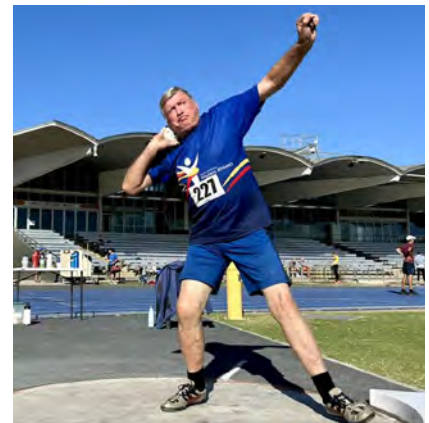
Male Throws Award

Winner:

Paul Hook

Paul is ranked highly in throw events including a ranking of No. 3 male in Australia for the discus in his age group. Paul has set an Australian record in the 100lb weight throw and 7 state records.

He achieved 3 gold, 4 silver and 3 bronze medals at the AMA Throws Championships (Indoor and Winter).



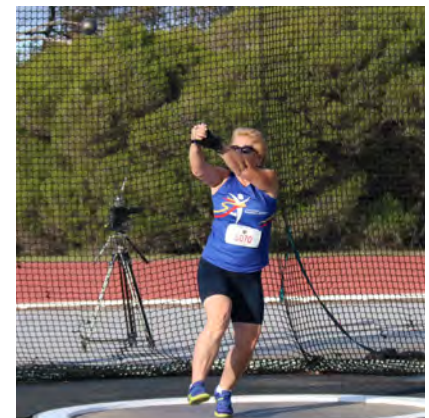
Throws

Female Throws Award

Winner:

Ann Jefferies

Ann is ranked No. 1 female in the world for her age group in the throws pentathlon, and No. 1 in Australia for shot, discus and weight throw. At the AMA Championships in Hobart, Ann won 5 gold and 1 bronze medals, set 3 state records, won the Champion of Champions Shot Put competition and was awarded the Royce Foley Award for highest overall points in the female throws pentathlon. She also achieved 4 golds at the ASA State (O50) Championships.



Throws



Most Outstanding Individual Performance Award

Winner:

Ann Jefferies

Ann won the Champion of Champion Throws (Shot Put) at the AMA Championships in Hobart with a new state record of 11.00m.

Ann was awarded the Royce Foley Award at the Championships for the most points in the throws pentathlon out of all the female competitors in all age groups. She also won 5 gold medals and 1 bronze and is ranked No. 1 female in the world for the throws pentathlon.



Individual Performance

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

Winner:

Allan Mayfield

Allan is currently ranked No. 1 male in the world in his age group for the Mile and 2000m steeplechase events.



Most Outstanding

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

Winner:

Miriam Cudmore

Miriam is currently ranked No. 1 female in the world in her age group for the 100m, 200m, long jump, triple jump and javelin events.



Most Outstanding



Administrator Award

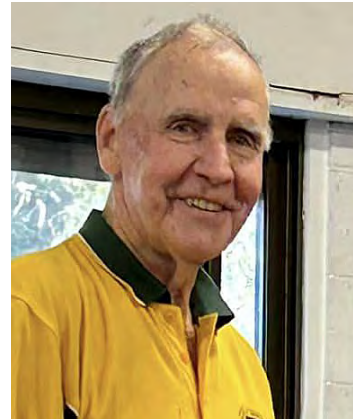
Winner:

Viddy Jermacans

Viddy has continued to be heavily involved in many organisational aspects of SAMA competition and administration, including the Bob Clarke Challenge and the Exurbia SA Masters 800m race at the Bay Sheffield Carnival, and has been the Summer Coordinator for the last two summer seasons.

Viddy was the principal person responsible for organising the three out-of-stadia events on behalf of SAMA for the 2023 Australian Masters Games.

Viddy is currently serving SAMA as the club President, as well filling a number of other administrative roles. He was nominated by SAMA for AMA Administrator of the Year for 2023.



Administrator

Official Award

Winner:

Lisa Attenborough

As an official, Lisa has enforced the standards that govern conduct on the track, the field and for out-of-stadia competitions both at state and national level, including at the AMA Championships in Hobart.

Lisa officiated during the 2023 SAMA Winter and 2023/24 Summer programs. As part of her duties, she was the starter for all track events, and operated timing and recording systems for the winter run and walk events.

Lisa was the key administrator in ASA responsible for the overall athletics component of the 2023 Australian Masters Games.

Lisa was awarded the AMA Official of the Year for 2023.



Official