

SAMA ATHLETIC AWARDS 2019

Report prepared by Marie Maxted (Awards Officer)

These awards for the **calendar year 2019**, mirror awards established by AMA and serve as part of the process in nominating SAMA members for these awards.

In determining the winners of the sprints, runs, walks, jumps and throws awards the following events are considered:

SAMA T&F Championships
Summer scratch days
SAMA winter Championships

National Championships
Oceania Championships
W.M.A. Championships

Greenbelt ½ marathon
Barossa ½ marathon
Adelaide ½ and marathon

Times and distances are assessed for age group percentages at each of the events to determine the most outstanding athlete in each category. Any other notable performances will also be considered. The Most Outstanding Individual Performance category can be awarded for an individual event, for multiple successes on a single day or in a single competition, or for multiple successes in a particular style of event over the year. The last two “Most Outstanding” categories are less regimented and while they may go to an outstanding athlete in one of the above categories, or one that performs well across more than one category, they are also subject to the discretion of the committee.



Sprints – Winner Sue Turner W55

During 2019, Sue Turner recorded 15 x 1st and 4 x 2nd places when ranked over age grade % for SAMA, AMA and Oceania sprint events for both male and female athletes. The average performance for those 19 was 92.15%.

Runner-up: Miriam Cudmore

Middle Distance – Winner Allan Mayfield M70

In 2019, Alan Mayfield finished 1st or 2nd in 9 SAMA middle distance events when ranked by age grade % over male and female athletes. Over these events he averaged an age grade % of 85.075 and a maximum % of 88.84. At the world indoor masters championships in Torun, Poland he won two gold medals achieving an Australian indoor record in both. At the Australian national masters championships in Melbourne, he also claimed two gold medals as well as two state records.

Runner-up: Paul Greenwood





Distance – Winner Ros Lowe W70

During 2019, Ros Lowe competed in SAMA competitions and local half marathons. She was first in five and second in three of these distance events when ranked by age grade % over both male and female athletes. This was the most firsts by any athlete. Ros' average age grade % was 78.6 over her winning events.

Runner-up: Patricia Laird

Jumps - Winner Miriam Cudmore W80

During 2019, Miriam Cudmore received 13 x 1st places when ranked by age grade % over SAMA, AMA and Oceania jumps events for both male and female athletes. Miriam added three golds to her collection this year.

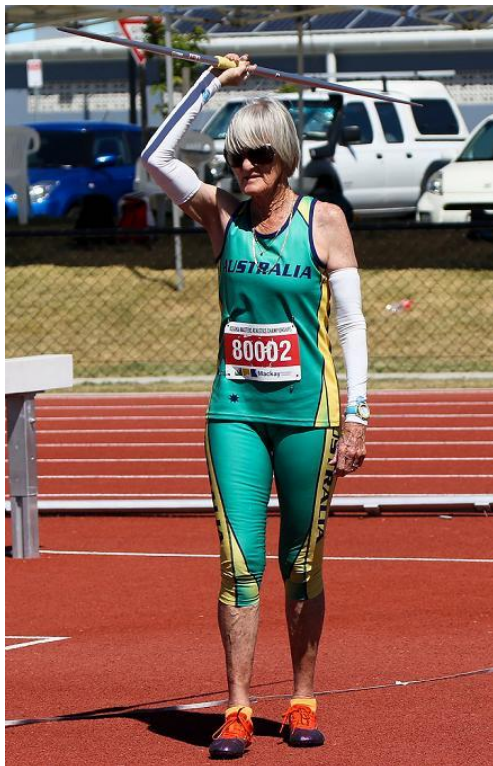
Runner-up: Jenni Cotter



Throws – Winner Miriam Cudmore W80

During 2019, Miriam Cudmore received 16 x 1st places when ranked by age grade % for SAMA throw events over both male and female athletes. Her best performance was 96.01% with the average performance of those 16 being 83.7%.

Runner-up: Ann Jefferies





Walks – Winner George White M70

During 2019, George White received 30 x 1st and 4 x 2nd places when ranked by age grade % for SAMA walk events over both male and female athletes. This includes a best performance of 89.32% with the average performance of those 34 events being 83.5%. George's times also improved over his 2018 results

Runner-up: Richard Everson

Most Outstanding Administrator/Official - Winner Lisa Attenborough

At SAMA weekly competitions, Lisa has been a key member of the officiating team, in particular taking on starting duties during the summer track & field season, and regularly coming out to officiate during the winter season as part of the timing and recording team. SAMA has also benefited from the many years of experience Lisa has acquired in athletics administration during her various terms of employment with Athletics SA.

Lisa joined the SAMA Committee in 2015, took on the role of Treasurer in 2017, and then in an unprecedented move also combined this role with that of Registrar in early 2019. In these dual executive positions she has subsequently streamlined the administrative processes of the club, for example by introducing an on-line registration and subscription facility.

For the last 5 years Lisa has also been the organiser and coordinator of the SAMA 800m event at the prestigious Bay Sheffield carnival held in December each year. Lisa is currently completing her Level 3 Sprints coaching accreditation with Athletics Australia, and has officiated both at Athletics SA competitions, and at Athletics Australia National Championships.

For Lisa, athletics has always been a big part of her life, and her dedication as an official and administrator at the club level has always been paramount. Since 2018 she has also served as a Director on the Board of Australian Masters Athletics.

Runner up: Helen Suridge





Most Outstanding Individual Performance - Karen Pienaar W40

Karen Pienaar completed the famous Comrades Ultra Marathon in South Africa. In a race with 25,000 entries over a distance of 87km Karen excelled - finishing in 7 hr 47 min 13 secs.

She finished in 796th position overall (top 5%), was 40th woman (top 2%) and 13th in her age group (top 1%).

Runner up: Colin Brooks

Most Outstanding Female Athlete and winner of the Pat and Geoff Peters Trophy - Winner - Miriam Cudmore W80

During 2019, Miriam Cudmore was winner of the SAMA Jumps Award, winner SAMA Throws Award and runner up in the SAMA Sprints Category.

She received one Silver and six Gold medals and three Championship records in the Oceania Championships as well as three Golds in Melbourne AMA Championships.

Runner Up: Anne Lang for results in throws, sprints and middle distance



**Most Outstanding Male Athlete and winner of the Ruth and Jack Weber Trophy -
Winner – Allan Mayfield M70**

During 2019, Allan Mayfield won the SAMA Mid Distance Award. He obtained two Australian Indoor records in WMA – Indoor Poland Championships where he received two gold medals. Allan created eight new State records, twice breaking a record he set earlier in the year. At the AMA Championships he received four gold medals.

Runner Up: Paul Greenwood for results in both middle and long distance

