

**3km Female Age Group (SA Masters)**

Year	Age Group	1st	2nd	3rd
2012	18-24	Georgy Falster (SMR)		
2013				
2014				
2015				
2016				
2017				
2018				
2019				
2020				
2021				
2022		Rhiannon Aldridge (SMR)	Rhainnon Aldridge (SMR)	
2023		Emily Lewis (SAT)		
2012	25-29	Jodie Summer (SAT)	Dhara Amin (SMR)	Betahny Smith (SAO)
2013				
2014		Annalise Nicholls (SAM)		
2015		Georgy Falster (SMR)		
2016		Georgy Falster (SMR)		
2017		Dhara Amin (SMR)		
2018		Lauren Christian (SAM)		
2019				
2020		Colleen Szeto (SAT)		
2021		Colleen Szeto (SAT)		
2022				
2023				
2012	30-34	Sarah Crossman (SAM)	Tracey Tolari (SHB)	
2013		Leila Nazimi (SHB)		
2014		Leila Nazimi (SHB)		
2015		Leila Nazimi (SHB)		
2016		Jodie Summer (SAT)		
2017				
2018				
2019				
2020		Lauren Christian (SGS)		
2021				
2022				
2023		Mardi Brain (SUS)		
2012	35-39	Meredith Ryan (SMR)	Serena Murphy (SMR)	Lisa McGlade (SAT)
2013		Serena Murphy (SMR)		
2014		Jen Sturm (SMR)		
2015		Rebecca O'Loughlin (SMR)		
2016		Rebecca O'Loughlin (SMR)		
2017		Ahlanna Hayes (SAT)		
2018		Leila Nazimi (SHB)		
2019		Erin Brown (SAM)		
2020		Leila Nazimi (SHB)		
2021		Leila Nazimi (SHB)		
2022	Leila Nazimi (SHB)			
2023	Kate Johnson (SMR)	Tess Lang (SHB)	Jane Thiele (SAM)	
2012	40-44	Kelly Watson (SMR)	Meredith Ryan (SMR)	Amanda Carne (SNO)
2013		Lindsay Cassie (SAT)		
2014		Serena Murphy (SMR)		
2015		Meredith Ryan (SMR)		
2016		Vanessa Tricker (STT)		
2017		Serena Murphy (SMR)		
2018		Serena Murphy (SMR)		
2019		Jen Sturm (SMR)		
2020		Rebecca O'Loughlin (SMR)		
2021		Jen Sturm (SMR)		
2022	Erin Brown (SAM)	Jen Sturm (SMR)	Jo Knolder (SMR)	
2023	Erin Brown (SAM)	Rebecca O'Loughlin (SAT)	Jo Knolder (SPM)	
2012	45-49	Steph Palmer-White (SAM)	Sharon Beaver (SHB)	Meryl Churchill (SMR)
2013		Steph Palmer-White (SAM)		
2014		Lindsay Cassie (STT)		
2015		Amanda Hayes (SAM)		
2016		Lindsay Cassie (STT)		
2017		Lindsay Cassie (STT)		
2018		Josephine Varney (SHB)		
2019		Serena Murphy (SMR)		
2020		Serena Murphy (SMR)		
2021		Serena Murphy (SPM)		
2022	Brigetta Palmer (SAO)	Vanessa Tricker (STT)	Serena Murphy (SPM)	
2023	Brigetta Palmer (SAO)	Joanne Knolder (SPM)	Serena Murphy (SPM)	
2012	50-54	Joanne Sutcliffe (SHB)	Rosemary White (SHB)	Helen Walsh (SMR)
2013		Joanne Sutcliffe (SHB)		
2014		Joanne Sutcliffe (SHB)		
2015		Steph Palmer-White (SAM)		
2016		Steph Palmer-White (SAM)		
2017		Steph Palmer-White (SAM)		
2018		Steph Palmer-White (SAM)		
2019		Cassie Lindsay (SAO)		
2020		Sharon Beaver (SAM)		
2021		Cassie Lindsay (SAO)		
2022	Sam McKinley (SPM)	Gaye Kittel (SAT)	Kirsty Amos (SAO)	
2023	Josephine Varney (SHB)	Amanda Carne (SPM)	Sam McKinley (SPM)	
2012	55-59	Lee O'Connell (SAM)	Maryanne Heffernan (SMR)	Pamela Gunn (SAM)
2013		Maryanne Heffernan (SMR)		
2014		Lee O'Connell (SAM)		
2015		Lee O'Connell (SAM)		
2016		Joanne Sutcliffe (SHB)		
2017		Rosemary White (SHB)		
2018		Joanne Sutcliffe (SHB)		
2019		Steph Palmer-White (SAM)		
2020				
2021				
2022				
2023				

**3 km Male Age Group (SA Masters)**

Year	Age Group	1st	2nd	3rd	
2012	18-24	Jonathan Plattan (SAT)	Zak Johnson (SAT)		
2013					
2014					Michael Carter (SAM)
2015					Michael Carter (SAM)
2016					
2017					
2018					
2019					
2020					
2021					
2022					
2023					
2012	25-29	Adam Spratt (SMR)			
2013					
2014		Adam Spratt (SMR)			
2015		Adam Spratt (SMR)			
2016		Adam Spratt (SMR)			
2017		Kieran Blair (SAM)			
2018					
2019					
2020					
2021		Liam McHugh (SUS)			
2022	Liam McHugh (SUS)				
2023					
2012	30-34	Karsten Oelkers (SAM)	Robert Suggate (SMR)		
2013		Ryan Cox (SAM)			
2014					
2015		Ryan Cox (SAM)			
2016		Craig Zubrinich (SAO)			
2017		Craig Zubrinich (SAO)			
2018					
2019		Elliot Duncan (SPS)			
2020					
2021					
2022					
2023					
2012	35-39	Sebastian Carboncini (SAM)	Darrell Staight (SAM)	Paul Bogacki (SMR)	
2013		Christopher Velliariis (SWD)			
2014		Christopher Velliariis (SWD)			
2015					
2016					
2017					
2018		Alistair Walsh (SHB)			
2019		Alistair Walsh (SHB)			
2020		Duncan Elliott (SHB)			
2021		Brian McManus (SAM)			
2022	Gerard Gassol (SHB)				
2023	Gerard Gassol (SHB)	Craig Zubrinich (SAO)	John Baranoff (SAM)		
2012	40-44	Layton Waters (SAM)	Michael Hughes (STT)	Rick Stephaniak (SST)	
2013		Michael Hughes (STT)			
2014		Damon Burrage (SAM)			
2015		Christopher Velliariis (SWD)			
2016		Tristan Herbert (STT)			
2017		Christopher Velliariis (SWD)			
2018		Christopher Velliariis (SWD)			
2019		Christopher Velliariis (SWD)			
2020		Michael Gaibinger (SMR)			
2021		Evan Hayes (SAT)			
2022	Evan Hayes (SAT)				
2023					
2012	45-49	Scott Jones (SNO)	Michael Perkins (SMR)	Roman Zaika (SAM)	
2013		Brian Coppin (SAM)			
2014		Garth Tierney (SHB)			
2015		Michael Hughes (STT)			
2016		Simon Mulligan (SMR)			
2017		Rosalind Gumbys (STT)			
2018		Simon Mulligan (SMR)			
2019		Mark Preiss (SAO)			
2020		Simon Mulligan (SMR)			
2021		Christopher Velliariis (SWD)			
2022	Christopher Velliariis (SWD)				
2023	Christopher Velliariis (SWD)	Mathew Cranley (SNO)	Andrew Cranley (SNO)		
2012	50-54	Mark Smedley (SAM)	Mark Drew (SAM)	Neil Clarke (SAT)	
2013		Craig Jones (STT)			
2014		Alistair Baird (SHB)			
2015		Garth Tierney (SHB)			
2016		Garth Tierney (SHB)			
2017		Tim Burfield (SAT)			
2018		Natalie Hann (SAT)			
2019		Darren Giersch (SAO)			
2020		Scott Goldie (SAM)			
2021		Scott Goldie (SAM)			
2022	Scott Goldie (SAM)				
2023	Scott Goldie (SAM)	Mathew Cranley (SNO)	Andrew Cranley (SNO)		
2012	55-59	Grant Simpson (SHB)	Tony Fowler (SMR)	Greg Specht (SMR)	
2013		Grant Simpson (SHB)			
2014		Grant Simpson (SHB)			
2015		Grant Simpson (SHB)			
2016		Mark Morelli (SAT)			
2017		Paul White (SAT)			
2018		Paul White (SAT)			
2019		Alistair Baird (SHB)			
2020					
2021					
2022					
2023					

2020		Anita Blackmore (STT)	Lindsay Martin (SMR)	
2021		Julie Bowman (SAM)	Helen Haberfield (STT)	Lindsay Martin (SMR)
2022		Julie Bowman (SAM)	Sharon Beaver (SAM)	Lindsay Martin (SMR)
2023		Sharon Beaver (SAM)	Lindsay Martin (SMR)	
2012	60-64	Eithne Mayton (STT)	Jan Simons (SAT)	Maddi Edgley-Smith (STT)
2013		Eithne Mayton (STT)	Robyn Brown (SMR)	Gillian Doyle (SNO)
2014		Eithne Mayton (STT)	Robyn Brown (SMR)	Pamela Gunn (SAM)
2015		Eithne Mayton (STT)	Pamela Gunn (SAM)	Sue Graebner (SAM)
2016		Deborah Wareing (SMR)	Maryanne Heffernan (SMR)	Pamela Gunn (SAM)
2017		Deborah Wareing (SMR)		
2018		Deborah Wareing (SMR)		
2019		Deborah Wareing (SMR)		
2020		Deborah Wareing (SMR)	Rosemary White (SHB)	Bernadette Shears (STT)
2021		Mathea Malcolm (SPM)	Bernadette Shears (STT)	
2022		Karen Candler (SAT)	Eimear Muir-Cochrane (SWD)	Mathea Malcolm (SPM)
2023		Rosemary White (SHB)	Helen Haberfield (STT)	Bernadette Shears (STT)
2012	65-69	Maureen Starrs (SMR)		
2013		Jan Simons (SAT)		
2014		Maureen Starrs (SMR)		
2015				
2016		Eithne Mayton (STT)		
2017		Eithne Mayton (STT)		
2018				
2019		Terry Carter (SAT)		
2020				
2021		Deborah Wareing (SMR)	Pamela Gunn (SAM)	
2022		Deborah Wareing (SMR)		
2023		Deborah Wareing (SMR)		
2012	70-75	Barbara Pearce (SMR)		
2013				
2014		Barbara Pearce (SMR)		
2015				
2016				
2017				
2018		Janette Symons (SAT)		
2019				
2020				
2021		Janette Symons (SAT)		
2022		Janette Symons (SAT)		
2023				

Note: Only SA Masters members who are financial are eligible for placings

2020		Mark Morelli (SAT)	Stephen Strachan (SAT)	Marin Slunjski (SHB)
2021		Marin Slunjski (SHB)	Paul White (SAT)	Martin Lewis (SAT)
2022		Tim Burfield (SAT)	Charles Robert (SMR)	Peter Holley (SAM)
2023		Chales Roberts (SMR)	Mathew Kerrish (SAM)	
2012	60-64	Ian Young (SMR)	Keith Reid (SMR)	John Middleton (SMR)
2013		Ian Young (SMR)	Keith Reid (SMR)	John Middleton (SMR)
2014		Ian Young (SMR)	Keith Reid (SMR)	John Middleton (SMR)
2015		Ian Young (SMR)	Stewart Taylor (SWD)	Geoff Fuller (SWD)
2016		Ian Young (SMR)		
2017		Grant Simpson (SHB)	John Hughes (SPA)	Grant Forrest (SAT)
2018		Grant Simpson (SHB)	Grant Forrest (SMM)	
2019		Max Yates (SMR)	Scott Rowlands (SHB)	Grant Morris (SMA)
2020		John Hughes (SPA)		
2021		Barry Payne (SHB)		
2022		Marin Slunjski (SHB)	Mark Morelli (SAT)	Barry Payne (SHB)
2023		Marin Slunjski (SHB)	Norm Collins (SPM)	Peter Holley (SAM)
2012	65-69	Charlie Richards (SAM)	Stephen Carthew (SMR)	Ron Hardie (SMR)
2013		Stephen Carthew (SMR)	Charlie Richards (SAM)	Trevor Sheehan (SWD)
2014		Charlie Richards (SAM)	Russel Wood (STT)	Trevor Sheehan (SWD)
2015		Keith Reid (SAT)	Charlie Richards (SAM)	John Middleton (SMR)
2016		Keith Reid (SAT)	John Middleton (SMR)	Russell Wood (STT)
2017		Keith Reid (SAT)	Phillip Gray (SWD)	
2018		Phillip Gray (SWD)	Michael Harry (SAM)	
2019		Alec Townsend (SHB)	Keith Reid (SAT)	Glen Hammond (SMR)
2020		Stewart Taylor (SWD)	Geoff Fuller (SHB)	Michael Harry (SAM)
2021		Glen Hannond (SMR)		
2022		Grant Simpson (SPM)		
2023				
2012	70-75	Denys Smith (SHB)		
2013		Denys Smith (SHB)		
2014		Denys Smith (SHB)		
2015				
2016				
2017				
2018		Charlie Richards (SAM)		
2019		Dennis Hay (SMR)		
2020		Phillip Gray (SWD)		
2021		Robert Scammel (SNO)	Keith Reid (SAT)	Geoff Fuller (SWD)
2022		Keith Reid (SAT)	Glen Hammond (SMR)	Phillip Gray (SWD)
2023		Keith Reid (SAT)	Glen Hammond (SMR)	Geoff Fuller (SWD)
2012	75-79			
2013		Darryl Hawkes (SMR)		
2022		Stephen Carthew (SMR)	John Gamlen (STT)	