

**AMA NATIONAL CHAMPIONSHIPS BEST AGE GRADED PERFORMANCES****"Please note that Hy Tek now uses five age grade percentages."****2018 Winners**

Sprints/Hurdles	Jackie Bezuidenhout	W50	NSW	300H	103.97%
Middle Distance/Steeple	David Carr	M85	WA	Steeple	96.89%
Distance	Louisa Abram	W55	QLD	5000m	94.32%
Walks	Heather Lee	W90	NSW	5K Walk	102.92%
Throws	Dorn Jenkins	W60	VIC	Weight	82.66%
Jumps	Miriam Cudmore	W80	SA	Triple	101.81%

**2017 Winners**

Sprints/Hurdles	Bob Wishart	M75	VIC	60m	96.54%
Middle Distance	Jeanette Flynn	W65	QLD	800m	91.53%
Distance	Lavinia Petrie	W70	VIC	5000m	92.27%
Walks	Heather Carr	W65	VIC	5000m	85.55%
Throws	Helen Searle	W75	QLD	Shot Put	76.52%
Jumps	Miriam Cudmore	W75	SA	Triple	84.55%

**2016 Winners**

Sprints/Hurdles	Gary Ralston	M60	WA	300m Hurdles	99.83%
Middle Distance/Steeple	Donald Mathewson	M71	NSW	1500m	91.84%
Distance	Lavinia Petrie	W72	VIC	5000m	95.01%
Walks	Heather Lee	W89	QLD	10K Road	92.51%
Jumps	Miriam Cudmore	W78	SA	Triple Jump	90.98%
Throws	June Lowe	W61	NSW	Hammer	77.97%

**2015 Winners**

Sprints/Hurdles	Lyn Peake	W65	SA	60m	99.78%
Middle Distance/Steeple	David Carr	M80	WA	2000m Steeple	97.95%
Distance	Lavinia Petrie	W70	VIC	5000m	102.36%
Walks	Andrew Jamieson	M65	VIC	5000m Walk	98.20%
Jumps	Margaret Taylor	W65	ACT	Triple Jump	93.36%
Throws	Helen Searle	W75	QLD	Shot Put	102.49%

**2014 Winners**

Sprints/Hurdles	Gianna Mogentale	W50	NSW	60m	97.92%
Middle Distance/Steeple	David Carr	M80	WA	2000m Steeple	99.15%
Distance	Lavinia Petrie	W70	VIC	5000m	104.09%
Walks	Heather Lee	W85	NSW	10000m	100.21%
Jumps	Miriam Cudmore	W75	SA	Triple Jump	96.75%
Throws	Stuart Gyngell	M50	NSW	Shot Put	89.14%

**2013 Winners**

Sprints/Hurdles	Osmo Millridge	M82	NSW	200m Hurdles	132.54%
Middle Distance/Steeple	Lavinia Petrie	W65	VIC	1500m	99.45%
Distance	Lavinia Petrie	W65	VIC	10000m	102.43%
Walks	Heather Lee	W85	NSW	10000m	102.61%
Jumps	Miriam Cudmore	W75	SA	Triple Jump	95.29%
Throws	Byrony Glass	W35	WA	Weight	95.80%

**2012 Winners**

Sprints/Hurdles	Hugh Coogan	M75	QLD	400m	100.36%
Middle Distance/Steeple	Lorraine Lopes	W70	WA	800m	96.83%
Distance	Lavinia Petrie	W65	VIC	5000m	100.44%
Walks	Robert Gardiner	M75	VIC	10K Road Walk	93.15%
Jumps	Dawn Hartigan	W55	VIC	Pole Vault	96.97%
Throws	Win Van Weenen	M80	VIC	Hammer	94.36%

**2011 Winners**

Sprints/ Hurdles	Julie Brims	W45	QLD	100m	97.94%
Middle Distance/Steeple	David Carr	M75	WA	200m steeple	98.64%
Distance	Lavinia Petrie	W65	VIC	5000m	99.35%
Walks	Andrew Jamieson	W60	VIC	5000m	97.01%
Jumps	Margaret Taylor	W60	VIC	Triple Jump	91.77%
Throws	Chris McCahill	W45	NZL	Weight Throw	96.70%

**AUS Competitors**

Ruth Frith	W100	QLD	Weight Throw	186.52%
Val Worrell	W75	VIC	Weight Throw	92.19%

**2010 Winners**

Sprints Hurdles	Rob McDonald	M65	QLD	60m	99.26%
Middle Distance/Steeple	David Carr	M75	WA	Steeple	95.75%
Distance	Lavinia Petrie	W65	VIC	5000m	99.29%
Walks	Heather Carr	W60	VIC	10K Road Walk	95.55%
Jumps	Dawn Hartigan	W50	VIC	Pole Vault	93.29%
Throws	Ruth Frith	W100	QLD	Weight Throw	205.22%

**2009 Winners**

Sprints Hurdles	Neville McIntyre	M65	NSW	60m	97.69%
Middle Distance/Steeple	David Carr	M75	WA	2000 Steeple	98.75%
Distance	Bronwyn Cardy	W55	VIC	5000m	93.47%
Walks	Andrew Jamieson	M60	VIC	5000m	96.67%
Jumps	David Clive	M70	WA	Long Jump	89.61%
Throws	Ruth Frith	W95	QLD	Shot Put (WT Pent)	121.67%

**2008 Winners**

Sprint Hurdles	David Carr	M75	WA	400m	97.13%
Middle Distance/Steeple	David Carr	M75	WA	Steeple	98.05%
Distance	Bronwyn Cardy	W56	VIC	10K	95.17%
Walks	Lyn Ventris	W50	WA	5000m	91.50%
Jumps	Clay Tompkins	M55	NSW	High Jump	88.89%
Throws	Ruth Frith	W98	QLD	Shot Put	155.27%

**2kg AUS Trial Weight****2007 Winners**

Sprint Hurdles	Anne Cooper	W78	SA	60m	104.69%
Middle Distance	David Carr	M70	WA	800m	95.19%
Distance	Bronwyn Cardy	W55	VIC	10K	96.78%
Walks	Andrew Jamieson	M60	VIC	20K	95.99%
Jumps	Julian Jacotine	M65	VIC	Triple Jump	83.86%

Throws

Ruth Frith

W97 QLD Weight

150.57%