

Throws Athlete of the Year

| Date | First name | Surname | Age | State |
|-------------|-------------------|----------------|------------|--------------|
| 1998 | Hanz | Lotz | M50 | VIC |
| 1999 | Chris | Schultz | W45 | VIC |
| 2000 | Marja-Leena | Parviainan | W55 | NSW |
| 2001 | Graeme | Rose | M55 | VIC |
| 2002 | Stuart | Gyngell | M35 | NSW |
| 2003 | Wim | van Weenen | M70 | VIC |
| 2004 | Heather | Doherty | W70 | QLD |
| 2005 | John | Fraser | M65 | VIC |
| 2006 | Stuart | Gyngell | M40 | NSW |
| 2007 | Byrony | Glass | W30 | WA |
| 2008 | Karyne | Di Marco | W30 | NSW |
| 2009 | Stuart | Gyngell | M45 | NSW |
| 2010 | Val | Worrell | W75 | VIC |
| 2011 | Janice | Banens | W65 | ACT |
| 2012 | Jayne | Hardy | W45 | ACT |
| 2013 | Chris | Schultz | W60 | VIC |
| 2014 | Stuart | Gyngell | M50 | NSW |
| 2015 | Mary | Thomas | W70 | NSW |
| 2016 | Todd | Davey | M50 | TAS |
| 2017 | Mary | Thomas | W70 | NSW |
| 2018 | Janice | Banens | W75 | ACT |
| 2019 | Jayne | Hardy | W55 | ACT |
| 2020 | Althea | Mackie | W50 | QLD |
| 2021 | Janice | Banens | W75/W80 | ACT |
| 2022 | Phil | Spivey | M60 | VIC |