

3km Female Age Group (SA Masters)

Year	Age Group	1st	2nd	3rd
2012	18-24			
2013		Georgy Falster (SMR)		
2014				
2015				
2016				
2017				
2018				
2019				
2020		Rhiannon Aldridge (SMR)	Rhiannon Aldridge (SMR)	
2021		Emily Lewis (SAT)		
2022				
2023				
2024		Pia Deluca (SHB)		
2012	25-29	Jodie Sumner (SAT)		
2013				
2014		Annalise Nicholls (SAM)		
2015		Georgy Falster (SMR)		
2016		Georgy Falster (SMR)		
2017		Dhara Amin (SMR)		
2018		Lauren Christian (SAM)	Dhara Amin (SMR)	Bethany Smith (SAO)
2019				
2020		Colleen Szeto (SAT)		
2021		Colleen Szeto (SAT)		
2022				
2023				
2024				
2012	30-34	Sarah Crossman (SAM)	Tracey Tolari (SHB)	
2013		Leila Nazimi (SHB)	Jodie Sumner (SAT)	
2014		Leila Nazimi (SHB)		
2015		Leila Nazimi (SHB)	Sonya Battersby (SAT)	
2016		Jodie Sumner (SAT)		
2017				
2018				
2019		Lauren Christian (SGS)		
2020				
2021				
2022				
2023		Mardi Brain (SUS)		
2024		Mardi Brain (SUS)		
2012	35-39	Meredith Ryan (SMR)	Serena Murphy (SMR)	Lisa McGlade (SAT)
2013		Serena Murphy (SMR)	Mika Peace (SAT)	
2014		Jen Sturm (SMR)	Rachael Therpe (STT)	
2015		Rebecca O'Loughlin (SMR)	Sarah Goodwin (SHB)	Jen Sturm (SMR)
2016		Rebecca O'Loughlin (SMR)	Jen Sturm (SMR)	
2017		Ahlanna Hayes (SAT)	Rebecca O'Loughlin (SMR)	
2018		Leila Nazimi (SHB)		
2019		Erin Brown (SAM)	Jessica Frost (SMR)	
2020		Leila Nazimi (SHB)		
2021		Leila Nazimi (SHB)		
2022		Leila Nazimi (SHB)	Kate Johnson (SMR)	Jane Thiele (SAM)
2023		Kate Johnson (SMR)	Rebecca O'Loughlin (SAT)	
2024		Kate Johnson (SMR)	Tess Lang (SHB)	
2012	40-44	Kelly Watson (SMR)	Meredith Ryan (SMR)	Amanda Carne (SNO)
2013		Lindsay Cassie (SAT)	Vanessa Tricker (STT)	Vanessa Lawrence (SMR)
2014		Serena Murphy (SMR)	Serena Murphy (SMR)	Vanessa Tricker (STT)
2015		Meredith Ryan (SMR)	Serena Murphy (SMR)	
2016		Vanessa Tricker (STT)	Serena Murphy (SMR)	
2017		Serena Murphy (SMR)	Jen Sturm (SMR)	
2018		Rebecca O'Loughlin (SMR)	Serena Murphy (SMR)	Jen Sturm (SMR)
2019		Jen Sturm (SMR)		
2020		Erin Brown (SAM)	Jen Sturm (SMR)	Jo Knolder (SMR)
2021		Erin Brown (SAM)	Rebecca O'Loughlin (SAT)	Rosalind Gumbys (STT)
2022		Erin Brown (SAM)	Rebecca O'Loughlin (SAT)	Jo Knolder (SPM)
2023		Leila Nazimi (SHB)	Bernadette Williams (STT)	
2024		Leila Nazimi (SHB)	Tarita Furlan (SHB)	Tess Lang (SHB)
2012	45-49	Steph Palmer-White (SAM)	Sharon Beaver (SHB)	Meryl Churchill (SMR)
2013		Steph Palmer-White (SAM)	Sharon Beaver (SHB)	Leanne Marley (SNO)
2014		Lindsay Cassie (STT)	Julie Astley (SAM)	Sharon Beaver (SHB)
2015		Amanda Hayes (SAM)	Melinda Luton (SNO)	
2016		Lindsay Cassie (STT)	Rosalind Gumbys (STT)	Shelly Mik (SAO)
2017		Lindsay Cassie (STT)	Sam McKinley (SHB)	Rosalind Gumbys (STT)
2018		Josephine Varney (SAM)	Sam McKinley (SHB)	Vanessa Tricker (STT)
2019		Serena Murphy (SMR)	Joanne Maher (SMR)	
2020		Serena Murphy (SMR)	Vanessa Tricker (STT)	
2021		Serena Murphy (SPM)	Meredith Ryan (SMR)	Vanessa Tricker (STT)
2022		Brigetta Palmer (SAO)	Meredith Ryan (SMR)	Serena Murphy (SPM)
2023		Brigetta Palmer (SAO)	Joanne Hodges (SPM)	Serena Murphy (SPM)
2024		Rebecca O'Loughlin (SAT)	Joanne Hodges (SPM)	Jen Mulligan (SMR)
2012	50-54	Joanne Sutcliffe (SHB)	Rosemary White (SHB)	Helen Walsh (SMR)
2013		Joanne Sutcliffe (SHB)	Rosemary White (SHB)	Helen Haberfield (STT)
2014		Joanne Sutcliffe (SHB)	Leanne Markey (SNO)	Antia Blackmore (STT)
2015		Steph Palmer-White (SAM)	Leanne Markey (SNO)	Maggie Dowling (SHB)
2016		Steph Palmer-White (SAM)	Helen Haberfield (STT)	Anita Blackmore (STT)
2017		Steph Palmer-White (SAM)	Julie Astley (SAM)	Lindsay Martin (SMR)
2018		Steph Palmer-White (SAM)	Sharon Beaver (SAM)	Natalie Hann (SAT)
2019		Cassie Lindsay (SAO)	Sam McKinley (SHB)	Rosalind Gumbys (STT)
2020		Sharon Beaver (SAM)	Gaye Kittel (SAT)	
2021		Cassie Lindsay (SAO)	Sharon Beaver (SAM)	Gaye Kittel (SAT)
2022		Sam McKinley (SPM)	Gaye Kittel (SAT)	Kirsty Amos (SAO)
2023		Josephine Varney (SHB)	Amanda Carne (SPM)	Sam McKinley (SPM)
2024		Josephine Varney (SHB)	Meredith Ryan (SMR)	Serena Murphy (SPM)
2012	55-59	Lee O'Connell (SAM)	Maryanne Heffernan (SMR)	Pamela Gunn (SAM)
2013		Maryanne Heffernan (SMR)	Lee O'Connell (SAM)	Heather Carbone (SMR)
2014		Lee O'Connell (SAM)	Maryanne Heffernan (SMR)	Belinda Balfour (SNO)
2015		Lee O'Connell (SAM)	Maryanne Heffernan (SMR)	Helen Walsh (SMR)
2016		Joanne Sutcliffe (SHB)	Helen Walsh (SMR)	Helen Haberfield (STT)
2017		Rosemary White (SHB)	Helen Walsh (SMR)	
2018		Joanne Sutcliffe (SHB)	Mathea Malcolm (SHB)	Mathea Malcolm (SHB)
2019		Steph Palmer-White (SAM)	Rosemary White (SHB)	Mathea Malcolm (SHB)
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)	
2024		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)	Gaye Kittel (SAT)	
2019		Deborah Wareing (SMR)	Rosemary White (SHB)	Bernadette Shears (STT)
2020		Deborah Wareing (SMR)	Bernadette Shears (STT)	
2021		Mathea Malcolm (SPM)		
2022		Rosemary White (SHB)	Eimear Muir-Cochrane (SWD)	Mathea Malcolm (SPM)
2023		Steph Palmer-White (SAM)	Helen Haberfield (STT)	Bernadette Shears (STT)
2024		Steph Palmer-White (SAM)	Rosemary White (SHB)	Helen Haberfield (STT)
2012	65-69	Maureen Starrs (SMR)	Jan Simons (SAT)	
2013		Maureen Starrs (SMR)		
2014		Maureen Starrs (SMR)		
2015		Eithne Mayton (STT)		
2016		Eithne Mayton (STT)		
2017		Eithne Mayton (STT)		
2018		Terry Carter (SAT)		
2019		Deborah Wareing (SMR)		
2020		Deborah Wareing (SMR)	Pamela Gunn (SAM)	
2021		Deborah Wareing (SMR)		
2022		Deborah Wareing (SMR)		
2023		Deborah Wareing (SMR)		
2024		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				
2024				

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

3 km Male Age Group (SA Masters)

Year	Age Group	1st	2nd	3rd
2012	18-24			
2013		Jonathan Plattan (SAT)	Zak Johnson (SAT)	
2014		Michael Carter (SAM)		
2015		Michael Carter (SAM)	Tom Currie (SAM)	
2016				
2017				
2018				
2019				
2020				
2021				
2022				
2023				
2024		Liam Slunjski (SHB)	Samuel Sztolec (SUS)	Darren Nguyen (SHB)
2012	25-29	Adam Spratt (SMR)		
2013		Adam Spratt (SMR)		
2014				
2015		Adam Spratt (SMR)		
2016		Adam Spratt (SMR)		
2017		Kieran Blair (SAM)		
2018				
2019				
2020				
2021				
2022		Liam McHugh (SUS)		
2023		Liam McHugh (SUS)		
2024		Liam McHugh (SUS)		
2012	30-34	Karsten Oelkers (SAM)	Robert Suggate (SMR)	
2013		Ryan Cox (SAM)		
2014				
2015		Ryan Cox (SAM)	Michael Raymond (STT)	
2016		Craig Zubrinich (SAO)		
2017		Craig Zubrinich (SAO)		
2018				
2019				
2020				
2021				
2022				
2023				
2024		Owen Evans (SHB)		
2012	35-39	Sebastian Carboncini (SAM)	Darrell Staigh (SAM)	Paul Bogacki (SMR)
2013		Christopher Vellaris (SWD)	Darrell Staigh (SAM)	John Baranoff (SAM)
2014		Christopher Vellaris (SWD)	Paul Bogacki (SMR)	Ian Wright (SAM)
2015				
2016				
2017				
2018		Alistair Walsh (SHB)		
2019		Alistair Walsh (SHB)		
2020		Duncan Elliott (SHB)	Craig Zubrinich (SAO)	
2021		Brian McManus (SAM)		
2022		Gerard Gassol (SHB)		
2023		Gerard Gassol (SHB)		
2024		Julian Shanks (SAO)		
2012	40-44	Layton Walters (SAM)	Michael Hughes (STT)	
2013		Michael Hughes (STT)	Andrew Cranley (SNO)	Rick Stephaniak (SST)
2014		Damon Burrage (SAM)	Michael Hughes (STT)	Troy Williams (STT)
2015		Christopher Vellaris (SWD)	Darren Pollock (SAM)	Simon Mulligan (SMR)
2016		Tristan Herbert (STT)	Jack Belfer (SHB)	Andrew Cranley (SNO)
2017		Christopher Vellaris (SWD)	Jack Belfer (SHB)	
2018		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	Michael Galbinger (SMR)
2019		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	
2020		Michael Galbinger (SMR)	Evan Hayes (SAT)	Iain Wright (SAM)
2021		Evan Hayes (SAT)		
2022		Evan Hayes (SAT)		
2023				
2024		Justin Clark (Swimming SA)	Justin Spence (SPM)	Mathew Smith (SPM)
2012	45-49	Scott Jones (SNO)	Michael Perkins (SMR)	Roman Zaika (SAM)
2013		Brian Nelson (SAM)	Kent Nelson (SAM)	Scott Jones (SNO)
2014		Garth Tierney (SHB)	Kent Nelson (SAM)	Roman Zaika (SAM)
2015		Michael Hughes (STT)	Barry Clarke (SMR)	Rodney French (SAO)
2016		Simon Mulligan (SMR)	Scott Healy (SOP)	
2017		Simon Mulligan (SMR)	Tristan Herbert (STT)	Darren Giersch (SAO)
2018		Simon Mulligan (SMR)	Michael Hughes (STT)	Jack Belfer (SHB)
2019		Mark Preiss (SAO)	Simon Mulligan (SMR)	Jack Belfer (SHB)
2020		Simon Mulligan (SMR)	Christopher Vellaris (SWD)	Mathew Cranley (SNO)
2021		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	Andrew Cranley (SNO)
2022		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	John Baranoff (SPM)
2023		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	Michael Galbinger (SMR)
2024		Christopher Vellaris (SWD)	Mathew Cranley (SNO)	Benjamin Lewis (STT)
2012	50-54	Mark Smedley (SAM)	Mark Drew (SAM)	Neil Clarke (SAT)
2013		Craig Jones (STT)	Mark Smedley (SAM)	Alistair Baird (SHB)
2014		Alistair Baird (SHB)	Marin Slunjski (SHB)	Scott Jones (SNO)
2015		Garth Tierney (SHB)	Paul White (SAT)	Mark Morelli (SAT)
2016		Garth Tierney (SHB)	Paul White (SAT)	Stephen Strachan (SAT)
2017		Tim Burfield (SAT)	Charles Roberts (SMR)	Stephan Lind (SAO)
2018		Scott Jones (SNO)	Charles Roberts (SMR)	Roman Zaika (SAM)
2019		Darren Giersch (SAO)	Roman Zaika (SAM)	
2020		Scott Goldie (SAM)	Charles Robert (SMR)	
2021		Scott Goldie (SAM)	Charles Robert (SMR)	Michael Hughes (SAT)
2022		Scott Goldie (SAM)		
2023		Scott Goldie (SAM)	Andrew Cranley (SNO)	Radic Sztolec (SUS)
2024		Scott Goldie (SAM)	Simon Mulligan (SMR)	
2012	55-59	Grant Simpson (SHB)	Tony Fowler (SMR)	Greg Specht (SMR)
2013		Grant Simpson (SHB)	Chris Wendelborn (SAO)	Tony Fowler (SMR)
2014		Grant Simpson (SHB)	O'Connell (SAM)	Brian Morris (SAM)
2015		Grant Simpson (SHB)	Alistair Baird (SHB)	Neil Theis (SNO)
2016		Mark Morelli (SAT)	Alistair Baird (SHB)	James Smyth (SWD)
2017		Paul White (SAT)	Alistair Baird (SHB)	James Smyth (SWD)
2018		Paul White (SAT)	Tim Burfield (SAT)	Marin Slunjski (SHB)
2019		Alistair Baird (SHB)	Marin Slunjski (SHB)	Tim Burfield (SAT)
2020		Mark Morelli (SAT)	Stephen Strachan (SAT)	Marin Slunjski (SHB)
2021		Tim Burfield (SAT)	Paul White (SAT)	Martin Lewis (SAT)
2022		Charles Roberts (SMR)	Charles Robert (SMR)	Peter Holley (SAM)
2023		Charles Roberts (SMR)	Mathew Kerrish (SAM)	
2024		Kent Nelson (SAM)	Charles Robert (SMR)	Marc Loader (SMR)
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 (SMR)	
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)
2024		Marin Slunjski (SHB)	Paul White (SAT)	Mark Morelli (SAT)
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)	Russel 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 Hammond (SMR)		
2022		Grant Simpson (SPM)		
2023				
2024		Barry Payne (SHB)		
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)		