UTS Northern Suburbs Athletic Club Track & Field Records as at April 30, 2021

Every endeavour is made to accurately update the Club Records each year from available results. Please accept our apologies if any have been missed. Please contact the Records Officer with details of any records broken. If any members can assist with dates, venues, wind readings of records, first names and ages of athletes, currently listed please also contact the Records Officer via info@utsnorthsath.com.au.

Notes - Age as at 31 December except masters which is age on the day. # Indicates record this season. Records in italics are updated from the last published list and were set in previous years but information has only just been located to verify the record. WR = World Record, NR = National Record, SR = State Record, GR = Games Record (at the time of the performance). Ind = Indoor performance. Events and age groups recognised are those recognised by Athletics Australia, Athletics NSW and the Masters governing bodies at the times the records were set. Under 23 age group is for athletes aged 20, 21, 22. Where specifications have changed, eg to a lower hurdle height or lighter implement, the record stands until an athlete beats the performance with the new specifications.

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
60m	**7.52**	**0.0**	**Open**	**Jessica Knox (33)**	**Dec 3 2011**	**Blacktown**	
60m	7.56	1.9	U23	Gabriella O'Grady (20)	Jan 14 2017	Beaton Park, Wollongong	
60m	7.3h	NWI	U20	Laura Verlinden (18)	July 1 2006	Narrabeen	
60m	7.67	0.0	U18	Georgia Fichardt (16)	Nov 3 2020	Campbelltown	#
60m	7.67	0.0	U17	Georgia Fichardt (16)	Nov 3 2020	Campbelltown	#
60m	7.72	1.6	U16	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	
60m	7.72	1.6	U15	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	
60m	7.88	0.2	U14	Gabriella Taylor (13)	Dec 10 2018	Cairns	
60m	8.30	-0.1	U13	Gabriella Taylor (12)	Nov 18 2017	Blacktown	
60m	7.52	0.0	W30	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medlicott (36)	Nov 13 2004	Mingara	
60m	7.91	-1.1	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush	
60m	7.98	1.6	W45	Monique Perry (45)	Oct 26 2019	The Crest, Bankstown	
60m	8.23	1.8	W50	Kylie Strong (50)	Apr 26 2018	Perth	
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	Sep 24 2016	Rotary, Chatswood	
60m	10.1h	NWI	W60	Deborah Drennan (61)	Sep 21 2019	Rotary, Chatswood	
60m	11.7h	NWI	W65	Jillian Senior (65)	Feb 17 2018	Rotary, Chatswood	
60m	11.7h	NWI	W65	Jillian Senior (66)	Feb 16 2019	Rotary, Chatswood	
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
60m	12.63	-1.1	W80	Kathleen Cook (80)	March 4 2018	Blacktown	
100 yards	**10.4h**		**Open**	**Jenny Lamy (17)**	**1966**		
100m	**11.20**		**Open**	**Jenny Lamy (18)**	**1967**		
100m	11.1h		U23	Jenny Lamy (20)	22/05/1905	Brisbane	
100m	11.20		U20	Jenny Lamy (18)	1967		
100m	11.60		U18	Melissa Moore (17)/ Fiona Blair (17)	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.93		U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
100m	13.11	NWI	U13	Kristie Edwards (12)	Aug 23 2012	SOPAC, Homebush	
100m	11.60	1.7	W30	Jessica Knox (33)	Jan 7 2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medlicott (36)	Nov 13 2004	Mingara	
100m	12.3h	NWI	W40	Monique Perry (43)	Apr 7 2018	Rotary, Chatswood	
100m	12.49	1.9	W45	Monique Perry (45)	Feb 13 2021	AIS, Canberra	#
100m	12.90	2.0	W50	Kylie Strong (50)	Apr 27 2018	Perth	
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	Oct 29 2016	Rotary, Chatswood	
100m	17.33	1.1	W60	Margaret Thomas (61)	Mar 3 2018	Blacktown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith			
100m	19.30		W75	Ruth Frith			*SR*
100m	19.3h		W80	Ruth Frith (81)	1990		*SR*
100m	29.23	-3.2	W85	Laurel Barrett (86)	Feb 20-22 2016	SOPAC, Homebush	*SR*
120m	**14.66**	**NWI**	**Open**	**Georgia Fichardt (16)**	**Nov 3 2020**	**Campbelltown**	**#**
120m	17.45	NWI	U23	Alyssa Philip (21)	Nov 3 2020	Campbelltown	#
120m	14.66	NWI	U18	Georgia Fichardt (16)	Nov 3 2020	Campbelltown	#
120m	14.66	NWI	U17	Georgia Fichardt (16)	Nov 3 2020	Campbelltown	#
120m	14.66	NWI	U16	Georgia Fichardt (16)	Nov 3 2020	Campbelltown	#
150m	**18.63**	**-1.6**	**Open**	**Stephanie Power (28)**	**Feb 2 2021**	**Campbelltown**	**#**
150m	18.84		U20	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U18	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U17	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U16	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U15	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U14	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	26.39	NWI	U13	Rheanna McMahon (12)	Sep 17 2016	Rotary, Chatswood	
150m	21.43	NWI	W35	Yael Reed (35)	Jan 27 2018	Rotary, Chatswood	
150m	18.7h	NWI	W40	Monique Perry (44)	Dec 8 2018	Rotary, Chatswood	
150m	19.2h	NWI	W45	Monique Perry (45)	Dec 7 2019	Rotary, Chatswood	
150m	23.72	NWI	W50	Bronwyn Kelaher (52)	May 27 2018	Campbelltown	
150m	23.16		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
150m	27.70	NWI	W60	Margaret Thomas (63)	Dec 7 2019	Rotary, Chatswood	
150m	33.8h	NWI	W80	Kathleen Cook (83)	Aug 15 2020	Rotary, Chatswood	
200m	**22.88**	**2.0**	**Open**	**Jenny Lamy (19)**	**Oct 18 1968**	**Ciudad de México**	
200m	23.1h	0.8	U23	Jenny Lamy (20)	22/05/1905	Brisbane	
200m	22.88	2.0	U20	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.82	1.9	U18	Olivia Inkster (16)	Apr 19 2021	SOPAC, Homebush	#
200m	23.82	1.9	U17	Olivia Inkster (16)	Apr 19 2021	SOPAC, Homebush	#
200m	24.25	0.4	U16	Olivia Inkster (14)	Dec 6 2019	Perth	
200m	24.25	0.4	U15	Olivia Inkster (14)	Dec 6 2019	Perth	
200m	24.99	0.6	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
200m	26.43	NWI	U13	Alice Dixon (12)	Dec 6 2015	Woden Park, Canberra	
200m	24.12	0.2	W30	Jessica Knox (33)	Dec 17 2012	SOPAC, Homebush	
200m	24.64	-1.7	W35	Renee Robson (36)	Mar 2 2014	SOPAC, Homebush	
200m	26.01	0.4	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush	
200m	26.12	0.0	W45	Monique Perry (45)	Dec 21 2019	The Crest, Bankstown	
200m	26.39	0.0	W50	Kylie Strong (50)	Mar 24 2018	The Crest, Bankstown	
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	Dec 18 2016	SOPAC, Homebush	
200m	34.45	-0.1	W60	Deborah Drennan (60)	Jan 19 2019	SOPAC, Homebush	
200m	35.50		W65	Kathleen Cook	2004/05		
200m	50.0h	NWI	W75	Kathleen Cook (79)	Oct 8 2016	Rotary, Chatswood	
200m	44.80	2.0	W80	Kathleen Cook (81)	Nov 10 2018	Gold Coast	
300m	**36.71**		**Open**	**Bendere Oboya (20)**	**Mar 13 2021**	**SOPAC, Homebush**	**#**
300m	36.71		U23	Bendere Oboya (20)	Mar 13 2021	SOPAC, Homebush	#
300m	39.52		U20	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	41.36		U18	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	
300m	41.36		U17	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
300m	41.36		U16	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	
300m	44.95		U15	Edita Grinbergs (14)	Nov 21 2015	Rotary, Chatswood	
300m	45.62		U14	Olivia Inkster (13)	Jan 27 2018	Rotary, Chatswood	
300m	56.99		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	
300m	44.49		W40	Jacqualine Bezhhidenhout (41)	Dec 20 2008	The Crest, Bankstown	
300m	41.76		W45	Marie Kay (49)	Dec 19 2009	SOPAC, Homebush	
300m	54.3h		W50	Stephanie Markos (52)/Sarah Culhane (54)	Dec 8 2018	Rotary, Chatswood	
300m	49.79		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
300m	55.1h		W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood	
300m	1:27.01		W80	Kathleen Cook (84)	Apr 10 2021	Rotary, Chatswood	#
400m	**51.21**		**Open**	**Bendere Oboya (19)**	**Sep 30 2019**	Khalifa International Stadium, Doha	
400m	51.61		U23	Bendere Oboya (20)	Mar 7 2021	SOPAC, Homebush	#
400m	51.21		U20	Bendere Oboya (19)	Sep 30 2019	Khalifa International Stadium, Doha	
400m	54.12		U18	Carley Thomas (17)	Dec 3 2017	SOPAC, Homebush	
400m	55.80		U17	Carley Thomas (16)	Dec 18 2016	SOPAC, Homebush	
400m	56.09		U16	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	
400m	1.00.72'		U13	Cayla Phillips (12)	Oct 14 2017	SOPAC, Homebush	
400m	54.83		W30	Renee Robson (34)	Mar 30 2012	SOPAC, Homebush	
400m	56.74		W35	Renee Robson (35)	Mar 21 2013	Blacktown	
400m	1.01.87		W40	Renee Briffa (44)	Nov 2 2019	The Crest, Bankstown	
400m	58.79		W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	
400m	1:05.94'		W50	Kylie Strong (50)	Oct 28 2017	The Crest, Bankstown	
400m	1:08.28		W55	Gabrielle Whelan (55)	Nov 5 2016	Perth	
400m	1:14.62		W60	Deborah Drennan (60)	Sep 12 2018	Malaga, Spain	
400m	1.25.7h		W65	Lesley Eller (66)	Jan 9 2010	Rotary, Chatswood	*SR*
400m	2:49.3h		W80	Laurel Barrett (84)	Nov 8 2014	Rotary, Chatswood	
600m	**1:39.6h**		**Open**	**Pascale La Hei (17)**	**Dec 8 2018**	**Rotary, Chatswood**	
600m	1:39.6h		U20	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood	
600m	1:39.6h		U18	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood	
600m	1:58.5h		U17	Abby Lander (16)	Dec 8 2018	Rotary, Chatswood	
600m	2:01.61		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:06.97		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	
600m	2:12.47		W40	Joanna Davis (41)	Jan 27 2018	Rotary, Chatswood	
600m	2:02.70		W55	Deborah Drennan (57)	Sep 17 2016	Rotary, Chatswood	
600m	2:06.5h		W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood	
800m	**2.01.01**		**Open**	**Carley Thomas (19)**	**Jul 21 2019**	**Olympic Stadium, London**	
800m	2.02.88		U23	Sianne Toemoe (22)	Apr 1 2011	Perth	
800m	2.01.01		U20	Carley Thomas (19)	Jul 21 2019	Olympic Stadium, London	
800m	2:03.66		U18	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	
800m	2:05.40		U17	Carley Thomas (16)	Dec 2 2016	AIS, Canberra	
800m	2:09.08		U16	Imogen Gardiner (15)	Dec 12 2017	Adelaide	
800m	2.13.48		U15	Edita Grinbergs (14)	Oct 17 2015	SOPAC, Homebush	
800m	2:16.75		U14	Sarah Baker (13)	Dec 19 2020	The Crest, Bankstown	#
800m	2.22.62		U13	Ruby Hackett (12)	2004		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
800m	2.21.98		W30	Rebecca Gibbs (31)	Dec 17 2011	SOPAC, Homebush	
800m	2.14.1h		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes (44)	Apr 13 2001		*SR*
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	Oct 11 2009	SOPAC, Homebush	
800m	2.40.80		W55	Deborah Drennan (55)	Feb 1 2014	SOPAC, Homebush	
800m	2.42.58		W60	Deborah Drennan (60)	Sep 11 2018	Malaga, Spain	
800m	3.18.4h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	*SR*
1000m	**2:48.41**		**Open**	**Trychelle Kingdom (17)**	**Nov 10 2007**	**AIS, Canberra**	
1000m	2:48.41		U20	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	2:48.41		U18	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	3:05.41		U17	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	
1000m	3:05.41		U16	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	
1500m	**4:10.83**		**Open**	**Trychelle Kingdom (25)**	**Mar 26 2015**	**Brisbane**	
1500m	4.21.13		U23	Isabella Thornton-Bott (21)	Feb 24 2019	SOPAC, Homebush	
1500m	4:18.85		U20	Nicola Hogg (18)	Mar 6 2021	SOPAC, Homebush	*#*
1500m	4:23.32		U18	Sara McDemott (17)	Nov 23 2017	The Crest, Bankstown	
1500m	4.23.97		U17	Abbey Rockliff (16)	Nov 23 2017	The Crest, Bankstown	
1500m	4.25.37		U16	Annabel McDemott (15)	Dec 5 2014	Santos Stadium, Adelaide	
1500m	4.35.70		U15	Annabel McDemott (14)	Dec 6 2013	Townsville	
1500m	4.42.51		U14	Sarah Baker (13)	Nov 7 2020	SOPAC, Homebush	*#*
1500m	4.46.39		U13	Sarah Baker (12)	Oct 5 2019	The Crest, Bankstown	
1500m	5.06.19		W30	Rebecca Gibbs (31)	Feb 24 2012	The Crest, Bankstown	
1500m	4.39.19		W35	Anne Forbes (39)	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	Apr 2 2010	Perth	
1500m	5:40.55		W55	Deborah Drennan (57)	Apr 27 2016	Santos Stadium, Adelaide	
1500m	5:47.04		W60	Deborah Drennan (60)	Sep 16 2018	Malaga, Spain	
1500m	6.54.6h		W65	Lesley Eller (66)	Nov 7 2009	Rotary, Chatswood	
1 mile	**4:35.6h**		**Open**	**Trychelle Kingdom (24)**	**Dec 16 2014**	**The Crest, Bankstown**	
1 mile	4:40.47		U23	Isabella Thornton-Bott (22)	Dec 19 2020	The Crest, Bankstown	#
1 mile	4:39.23		U20	Imogen Gardiner (18)	Dec 19 2020	The Crest, Bankstown	#
1 mile	4:45.03		U18	Abbey Rockliff (17)	Dec 22 2018	The Crest, Bankstown	
1 mile	5:05.00		U17	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:39.14		U16	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:39.14		U15	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:52.40		U14	Claudie White (13)	Dec 18 2010	SOPAC	
1 mile	5:55.25		U13	Nicola Christou (12)	Dec 22 2018	The Crest, Bankstown	
1 mile	6:09.30		W50	Deborah Drennan (53)	Dec 13 2011	The Crest, Bankstown	
1mile	6:14.82		W55	Deborah Drennan (57)	Jan 16 2016	Beaton Park, Wollongong	
3000m	**9:15:81**		**Open**	**Kate Spencer (25)**	**Nov 21 2020**	**SOPAC, Homebush**	***#***
3000m	9:19:72		U23	Georgia Winckup (22)	Nov 9 2019	SOPAC, Homebush	
3000m	9:22.66		U20	Sarah McDermott (18)	Nov 10 2018	SOPAC, Homebush	
3000m	9:24.23		U18	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	
3000m	9:24.23		U17	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	
3000m	9:27.98		U16	Annabel McDermott (15)	Dec 11 2014	SOPAC, Homebush	
3000m	9.52.16		U15	Annabel McDermott (14)	Nov 9 2013	SOPAC, Homebush	
3000m	9:57.56		U14	Sarah Baker (13)	Nov 21 2020	SOPAC, Homebush	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3000m	10.34.85		U13	Sarah Baker (12)	Oct 12 2019	SOPAC, Homebush	
3000m	10.28.5h		W30	Mary Fien	2003/2004		
3000m	10.02.5h		W35	Anne Forbes (39)	1995		
3000m	10.10.90		W40	Anne Forbes	1996/97		
3000m	11.03.0h		W45	Diane Aitken	2001/02		
3000m	12.37.17		W50	Deborah Drennan (51)	Jan 23 2010	SOPAC, Homebush	
3000m	12:38.77		W55	Deborah Drennan (56)	Nov 8 2014	SOPAC, Homebush	
3000m	12.51.2h		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
3200m	**12:53.48**		**Open**	**Emma Brown (13)**	**Nov 21 2015**	**Rotary, Chatswood**	
3200m	12:53.48		U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
5000m	**15:57.57**		**Opens**	Annabel McDermott (17)	**Mar 19 2016**	**SOPAC, Homebush**	
5000m	16.19.00		U23	Eliza Stewart (20)	Feb 9 2007	Brisbane	
5000m	15:57.57		U20	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	15:57.57		U18	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	18.04.75		U17	Bridget Reilly (16)	Feb 24 2012	AIS, Canberra	
5000m	20:14.46		U16	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:14.46		U15	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:14.46		U14	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:30.03		U13	Nicola Christou (12)	Oct 20 2018	SOPAC, Homebush	
5000m	17:35.42		W30	Mary Fien (34)	May 15 2007	Darwin	
5000m	17.26.5h		W35	Anne Forbes (39)	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan (46)	Apr 15 2001	The Crest, Bankstown	*SR*
5000m	22.35.79		W50	Deborah Drennan (52)	Dec 11 2010	SOPAC, Homebush	
5000m	22':33.24		W60	Deborah Drennan (61)	Nov 30 2019	SOPAC, Homebush	
10000m	**34.36.79**		**Open**	**Eliza Stewart (19)**	**Dec 14 2006**	**Melbourne**	
10000m	35:13.85		U23	Eliza Stewart (20)	Feb 3 2007	SOPAC, Homebush	
10000m	34.36.79		U20	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	43:37.79		U18	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79		U17	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79		U16	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79		U15	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79		U14	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79		U13	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5h		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
100m Hurdles - 0.840m	**13.42**		**Open**	**Jenny Laurendet (28)**	**1990**		
100m Hurdles - 0.840m	13.91	-0.2	U23	Gabriella O'Grady (20)	Jan 21 2017	The Crest, Bankstown	
100m Hurdles - 0.840m	13.91	0.9	U23	Carla Takchi (22)	Mar 10 2019	SOPAC, Homebush	
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	Jul 22 2016	Bydgoszcz, Poland	
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates (17)	2004/05		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	U16	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	Nov 30 2008	AIS, Canberra	
80m Hurdles - 0.762m	12.74	0.7	U13	Erin Blayney (12)	Mar 12 2021	SOPAC, Homebush	*#*
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet (31)	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylon (39)	Aug 29 2005	San Sebastian, Spain	
80m Hurdles - 0.762m	12.93	NWI	W40	Helen Searle (44)	1983	Olympic Park, Melbourne	
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	*NR*
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	Apr 21 2011	Brisbane	
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon (56)	1993		
80m Hurdles - 0.762m	18.78		W65	Judith Knight (67)	1994		
200m Hurdles - 0.762m	**27:46**	**1.6**	**Open**	**Abigail Stevanovic (15)**	**Oct 13 2017**	**SOPAC, Homebush Bay**	
200m Hurdles - 0.762m	28.14	NWI	U23	Thalia Amanakis (21)	May 5 2007	Manoa, Hawaii	
200m Hurdles - 0.762m	27:46	1.6	U20	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	U18	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	U17	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	U16	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:52	-0.3	U15	Abigail Stevanovic (14)	Oct 14 2006	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovic (13)	Mar 11 2015	SOPAC, Homebush	
200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	Oct 22 2016	SOPAC Homebush	
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	33.87	1.2	W40	Alice Bohdan (44)	May 7 2017	AIS, Canberra	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	Apr 5 2009	Santos Stadium, Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	Jan 23 2010	SOPAC, Homebush	
300m Hurdles - 0.762m	**48.84**		**U18**	**Jessie Wong (17)**	**Jan 23 2021**	**Campbelltown**	*#*
300m Hurdles - 0.762m	50.79		W45	Alice Bohdan (46)	Aug 19 2018	Campbelltown	
300m Hurdles - 0.762m	49.92		W50	Jacqualine Bezuidenhout (51)	Sep 7 2018	Malaga, Spain	*SR*
400m Hurdles - 0.762m	**56.31**		**Open**	**Jenny Laurendet (27)**	**1989**		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	Mar 22 2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush	
400m Hurdles - 0.762m	1.04.77		U16	Emily Smith (15)	Oct 26 2019	The Crest, Bankstown	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	Sep 10 2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylon (41)	Jul 7 2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	Jul 27 2008	Townsville, QLD	
3000m Steeplechase - 0.762m	**9.34.09**		**Open**	**Charlotte Wilson (20)**	**Oct 27 2012**	**The Crest, Banktown**	
3000m Steeplechase - 0.762m	9.34.09		U23	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10:45.05		U20	Antonia Howard (19)	May 7 2016	Jamaica, USA	
3000m Steeplechase - 0.762m	11:05.42		U18	Kate Hobbs (17)	Oct 12 2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:26.69		U17	Hannah Cerezo (16)	Mar 10 2019	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	Feb 13 2009	SOPAC, Homebush	
2000m Steeplechase - 0.762m	**6.54.6h**		**Open**	**Mary Fien**	**2004/05**		
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	Jan 17 2013	The Crest, Banktown	
2000m Steeplechase - 0.762m	7:17.61		U16	Hannah Cerezo (15)	Sep 27 2018	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	Oct 11 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	Apr 1 2007	The Domain, Hobart	*SR*
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	Mar 4 2017	SOPAC, Homebush	
1500m Walk	**7.30.4h**		**Open**	**R Whitehorn (17)**	**1967**		
1500m Walk	7.30.4h		U20	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U18	R Whitehorn (17)	1967		
1500m Walk	7:52.50		U17	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U16	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U15	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U14	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	8:05.31		U13	Elise Brennan (12)	Nov 29 2014	The Crest, Bankstown	
1500m Walk	8.50.9h		W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1h		W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66		W40	Suzanne Brown (44)	Sep 24 2009	Narrabeen	*SR*
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	Oct 15 2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	Nov 1 2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	Feb 8 2014	Rotary, Chatswood	
1500m Walk	10:30.7h		W65	Nancy Lloyd (66)	Nov 14 2020	Rotary Field, Chatswood	*#*
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
1500m Walk	13.26.0h		W75	Roslyn Wolfers (75)	Feb 27 2021	Rotary Field, Chatswood	*#*
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	Jan 16 2016	Rotary, Chatswood	
2000m Walk	**10:30.56**		**Open**	**Elise Brennan (16)**	**Feb 24 2018**	**The Crest, |Bankstown**	
2000m Walk	10:30.56		U20	Elise Brennan (16)	Feb 24 2018	The Crest, |Bankstown	
2000m Walk	10:30.56		U18	Elise Brennan (16)	Feb 24 2018	The Crest, |Bankstown	
2000m Walk	10:30.56		U17	Elise Brennan (16)	Feb 24 2018	The Crest, |Bankstown	
3000m Walk	**16.24.08**		**Open**	**Elise Brennan (17)**	**Feb 2 2019**	**The Crest, Bankstown**	
3000m Walk	16:27.8h		U23	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown	
3000m Walk	16.24.08		U20	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown	
3000m Walk	16.24.08		U18	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	Mar 11 2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	Sep 27 2014	SOPAC, Homebush	
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	Oct 31 2009	Mingara	*SR*
3000m Walk	19.33.36		W45	Carmel Parker (48)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	Oct 9 2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	Feb 15 2014	Rotary, Chatswood	
3000m Walk	'23:27.3h		W65	Nancy Lloyd (66)	Nov 21 2020	Rotary, Chatswood	*#*
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	Oct 12 2013	Rotary, Chatswood	
5000m Walk	**25:34.86**		**Open**	**Fiona Alldis (19)**	**Nov 24 2007**	**ES Marks, Kensington**	
5000m Walk	29.12.11		U23	Christina Alldis (20)	Nov 25 2006	ES Marks, Kensington	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m Walk	25:34.86		U20	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	28:31.03		U18	Elise Brennan (17)	Mar 9 2019	SOPAC, Homebush	
5000m Walk	29:32.00		U17	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	
5000m Walk	32:14:84		U16	Elise Brennan (15)	Dec 16 2017	SOPAC, Homebush	
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	Mar 25-28 2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	Apr 10 2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	Oct 22 2011	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	Apr 6 2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
5000m Walk	33:56.19		W60	Antoinette Woodward (62)	Apr 26 2019	Lakeside, Melbourne	
10000m Walk	**50:03**		**Open**	**Fiona Alldis (19)**	**Sep 2 2007**	**Perth**	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	Jan 14 2006	SOPAC, Homebush	
10000m Walk	50:03		U20	Fiona Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	Jan 20 2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	Jan 10 2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	Jan 5 2008	Campbelltown	*SR*
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
High Jump	**1.84m**		**Open**	**Erin Shaw (17)**	**Feb 13 2021**	**AIS, Canberra**	*#*
High Jump	1.69m		U23	Romi Arnott (20)	Jan 31 2009	The Domain, Hobart	
High Jump	1.84m		U20	Erin Shaw (17)	Feb 13 2021	AIS, Canberra	*#*
High Jump	1.80m		U17	Erin Shaw (16)	Dec 4 2020	SOPAC, Homebush	*#*
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.68m		U15	Annika Lynch (14)	Oct 13 2017	SOPAC, Homebush	
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.57m		U13	Wendy Bebbington (12)	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney	*NR*
High Jump	1.51m		W40	Helen Searle (42)	1981		
High Jump	1.60m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	Jul 3 2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	Dec 25 2012	The Crest, Bankstown	
Pole Vault	**3.20m**		**Open**	**Amy Moulden (23)**	**Feb 4 2012**	**SOPAC, Homebush**	
Pole Vault	3.10m		U23	Amy Moulden (21)	Feb 29 2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	Oct 13 2007	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	**6.33m**		**Open**	**Helen Frith (26)**	**1965**		
Long Jump	5.75m	NWI	U23	Charlotte Banks (20)	Mar 7 2021	SOPAC, Homebush	*#*
Long Jump	5.99m		U20	Virginia Young (18)	1995		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Long Jump	5.91m	-0.2	U18	Sienna Bond (16)	Apr 16 2021	SOPAC, Homebush	*#*
Long Jump	5.91m	-0.2	U17	Sienna Bond (16)	Apr 16 2021	SOPAC, Homebush	*#*
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.35m	0.1	U14	Sienna Bond (13)	Sep 30 2018	SOPAC, Homebush	
Long Jump	4.95m	1.2	U13	Sienna Bond (12)	Dec 2 2017	SOPAC, Homebush	
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott (38)	Apr 14 2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	*NR*
Long Jump	5.41m	1.5	W50	Marie Kay (50)	Apr 2 2010	Perth	*WR*
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Long Jump	2.80m	NWI	W65	Jillian Senior (66)	Sep 29 2018	Rotary Field, Chatswood	
Long Jump	2.32m		W75	Ruth Frith (79)	1989		
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	*NR*
Long Jump	2.19m		W85	Ruth Frith (86)	Mar 28 1995	SOPAC, Homebush	*SR*
Triple Jump	**13.16m**	**-0.1**	**Open**	**Desleigh Owusu (20)**	**Apr 17 2021**	**SOPAC, Homebush**	***#***
Triple Jump	13.16m	-0.1	U23	Desleigh Owusu (20)	Apr 17 2021	SOPAC, Homebush	*#*
Triple Jump	13.05m	1.8	U20	Desleigh Owusu (19)	Mar 7 2020	SOPAC, Homebush	
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	Jan 31 2015	Glendale, Newcastle	
Triple Jump	12.30m	2.0	U17	Annika Lynch (16)	Dec 7 2019	Perth	
Triple Jump	11.93m	1.3	U16	Sienna Bond (15)	Dec 4 2020	SOPAC, Homebush	*#*
Triple Jump	11.92m	0.8	U15	Sienna Bond (14)	Sep 26 2019	SOPAC, Homebush	
Triple Jump	11.06m	1.2	U14	Sienna Bond (13)	Sept 27 2018	SOPAC, Homebush	
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	Mar 3 2017	SOPAC, Homebush	
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	Feb 4 2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	Nov 7 2015	ES Marks, Kensington	
Triple Jump	10.41m	NWI	W45	Alice Bohdan (45)	Feb 17 2018	Rotary Field, Chatswood	
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland	*SR*
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	Mar 16 2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	Jan 13 1993	Miyazaki, Japan	*NR*
Triple Jump	5.50m		W85	Ruth Frith (86)	Mar 25 1995	SOPAC, Homebush	*WR*
Shot Put - 4kg	**14.72m**		**Open**	**Luiginia Torso**	**1977**		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	Sep 26 2016	Perth	
Shot Put - 4kg	13.42m		U20	Belinda Johnson (16)	Áug 2000	Scotland	
Shot Put - 4kg	13.42m		U18	Belinda Johnson (16)	Áug 2000	Scotland	
Shot Put - 4kg	13.42m		U17	Belinda Johnson (16)	Áug 2000	Scotland	
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05		
Shot Put - 3kg	12.90m		U15	Belinda Johnson (13)	March 26-29 1998	Adelaide	
Shot Put - 3kg	12.90m		U14	Belinda Johnson (13)	March 26-29 1998	Adelaide	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	Jan 26 2008	Rotary, Chatswood	
Shot Put - 4kg	11.61m		W30	Cora Patriarcha (30)	Oct 31 2020	Sylvania Waters	*#*
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	Apr 14 1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	*SR*
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	Apr 16 2016	Santos Stadium, Adelaide	
Shot Put - 3kg	11.75m		W55	Helen Searle (58)	March 28-29 1998	Sydney	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	Nov 12 2016	Rotary, Chatswood	
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	Nov 29 2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		*SR*
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994		*NR*
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney	*NR*
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney	*NR*
Discus - 1kg	**46.94m**		**Open**	**Luigina Torso**	**1975**		
Discus - 1kg	43.28m		U23	Larissa O'Dea (22)	May 9-11 2018	Port Vila, Vanuatu	
Discus - 1kg	44.38m		U20	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U18	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96		
Discus - 750g	33.54m		U13	Elise Brennan (12)	Oct 10 2014	SOPAC, Homebush	
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.78m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Discus -1kg	37.60m		W40	Pam Mountfield (44)	Feb 27 2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	Jun 6 2010	Campbelltown	*SR*
Discus -1kg	30.29m		W50	Caroline Layt (51)	Nov 2016	Perth	
Discus -1kg	30.26m		W55	Helen Searle (58)	April 9-13 1998	QEII Stadium, Brisbane	
Discus -1kg	18.06m		W60	Margaret Thomas (63)	Jan 11 2020	Rotary, Chatswood	*#*
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	*SR*
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	*SR*
Discus - 1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne	*SR*
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	*WR*
Discus -1kg	12.10m		W90	Ruth Frith (91)	Apr 21-24 2000	The Domani, Hobart	*NR*
Hammer - 4kg	**62.90m**		**Open**	**Odette Palma (31)**	**Jun 16 2013**	**Rotary, Chatswood**	
Hammer - 4kg	41.48m		U23	Larissa O'Dea (21)	Sep 25 2017	Griffith University, Gold Coast	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 3kg	50.48m		U18	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood	
Hammer - 3kg	50.48m		U17	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood	
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	27.25m		U14	Emily Govers (13)	Mar 13 2021	SOPAC, Homebush	*#*
Hammer - 3kg	22.65m		U13	Emily Govers (12)	Dec 4 2020	SOPAC, Homebush	*#*
Hammer - 4kg	62.90m		W30	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	57.03m		W35	Odette Palma (38)	Nov 15 2020	Greystanes	*#SR*
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	Nov 10 2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.69m		W50	Caroline Layt (52)	Mar 4 2018	Blacktown	
Hammer - 3kg	41.63m		W55	Helen Searle (58)	March 28-29 1998	Sydney	
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	Mar 5 2015	SOPAC, Homebush	
Hammer - 3kg	15.08m		W70	Roslyn Wolfers (72)	Jan 20 2018	Rotary, Chatswood	*SR*
Hammer - 2kg	17.87m		W75	Roslyn Wolfers (75)	Sep 26 2020	Rotary, Chatswood	*#*
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	*SR*
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney	*NR*
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000		*NR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 600g	**60.36m**		**Open**	**Mackenzie Little (22)**	**Jun 7 2018**	**Eugene, Oregan, USA**	
Javelin - 600g	60.36m		U23	Mackenzie Little (22)	Jun 7 2018	Eugene, Oregan, USA	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne	*SR*
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	Jul 11 2013	Donetsk, Ukraine	*SR*
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	Nov 30 2012	The Domain, Hobart	
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	Oct 8 2011	SOPAC, Homebush	*NR*
Javelin - 500g	35.80m		U15	Amber Bennett (14)	1996/97		
Javelin - 400g	36.16m		U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982		
Javelin - 600g	39.50m		W30	Cora Patriarca (30)	Mar 6 2021	SOPAC, Homebush	*#*
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	Feb 27 2016	Rotary, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	Apr 2 2010	Perth	
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993		
Javelin - 400g	16.01m		W60	Margaret Thomas (61)	Feb 3 2018	Rotary, Chatswood	
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	Jan 19 2013	Rotary, Chatswood	
Javelin - 500g	12.11m		W70	Roslyn Wolfers (72)	Feb 3 2018	Rotary, Chatswood	
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney	*NR*
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	*SR*
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998		*SR*
Javelin - 400g	10.52m		W90	Ruth Frith (92)	2002	Geelong	*WR*
Weight Throw - 9.08kg	**15.41m**		**Open**	**Odette Palma (38)**	**Oct 3 2020**	**Beaton Park, Wollongong**	***#***
Weight Throw - 9.08kg	9.73 m		U20	Huruka Murata (19)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 7.26kg	10.66m		U18	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 7.26kg	10.66m		U17	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 7.26kg	10.66m		U16	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 5.45kg	8.50m		U15	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 5.45kg	8.50m		U14	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 5.45kg	8.50m		U13	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood	
Weight Throw - 9.08kg	9.08m		W30	Helena Smith (31)	Oct 21 2018	Rotary Field Chatswood	
Weight Throw - 9.08kg	15.41m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	*SR*
Weight Throw - 9.08kg	12.94m		W45	Maria Cimino (49)	Feb 27 2021	Rotary Field, Chatswood	*#*
Weight Throw - 7.26kg	14.90m		W50	Caroline Layt (51)	Nov 2016	Perth	
Weight Throw - 7.26kg	12.89m		W55	Helen Searle (58)	March 28-29 1998	Sydney	
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	Mar 11 2012	Campbelltown	
Weight Throw - 7.26kg	9.06m		W65	Jillian Senior (67)	Nov 2 2019	Rotary Field, Chatswood	
Weight Throw - 5.45kg	6.76m		W75	Roslyn Wolfers (75)	Nov 1 2020	Rotary Field, Chatswood	*#*
Weight Throw - 5.45kg	7.78m		W85	Ruth Frith (86)	1995		*NR*
Weight Throw - 5.45kg	6.19m		W90	Ruth Frith (92)	2001	Sydney	*NR*
Heavyweight Throw							
Heavyweight Throw - 5.4kg (12lb)	20.30m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Heavyweight Throw - 7.26kg (16lb)	16.81m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Heavyweight Throw - 11.34kg (25lb)	12.24m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Heavyweight Throw - 15.88 kg (35lb)	8.87m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#NR*
Heavyweight Throw							
Heavyweight Throw - 5.4kg (12lb)	16.99m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong	
Heavyweight Throw - 7.26kg (16lb)	13.94m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Heavyweight Throw - 11.34kg (25lb)	9.83m		W45	Maria Cimino (48)	Oct 7 2019	Beaton Park, Wollongong	*#*
Heavyweight Throw - 15.88 kg (35lb)	6.96m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong	*SR*
Heavyweight Throw -56lb	3.94m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	*SR*
Heavyweight Throw - 100lb	2.14m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	*SR*
Heavyweight Throw - 4kg (8.08lb)	15.25m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#*
Heavyweight Throw - 5.45kg (12lb)	14.09m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#*
Heavyweight Throw - 9.08kg (20lb)	10.14m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#*
Heavyweight Throw - 11.36kg (25lb)	8.19m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#*
Heavyweight Throw -56lb	3.59m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#SR*
Heavyweight Throw - 100lb	2.02m		W55	Carloine Layt (55)	Mar 14 2021	Wollongong	*#NR*
Heavyweight Throw - 3kg (6.6lb)	11.84m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 4kg (8.8lb)	10.23m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 5.4kg (12lb)	8.82m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 9.08kg (20lb)	5.97m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw -56lb	2.86m		W60	Jill Senior (60)	Nov 3 2012	Campbelltown	*SR*
Heavyweight Throw - 100lb	1.01m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 3kg (6.6lb)	12.51m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	
Heavyweight Throw - 4kg (8.8lb)	10.45m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	
Heavyweight Throw - 5.4kg (12lb)	8.67m		W65	Jill Senior (65)	Mar 8 2017	Campbelltown	
Heavyweight Throw - 9.08kg (20lb)	6.28m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	
Heptathlon	**5599 Pts**		**Open**	**Lesley Richards (21)**	**1984**	**AIS, Canberra**	
Heptathlon	5599 Pts		U23	Lesley Richards (21)	1984	AIS Canberra	
Heptathlon	5134 Pts		U20	Lesley Richards (17)	1981		
Heptathlon	5134 Pts		U18	Lesley Richards (17)	1981		
Heptathlon	4702 Pts		U17	Virginia Young (15)	1991		
Heptathlon	4702 Pts		U16	Virginia Young (15)	1991		
Heptathlon	4259 Pts		U15	Belinda Johnson (14)	1998/99		
Heptathlon	3302 Pts		U14	Eliza Cepak (13)	Oct 11-12 2008	Lake Macquarie	
Heptathlon	6185 Pts		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	*WR*
Heptathlon	5832 Pts		W50	Marie Kay (50)	Jul 3 2010	Tahiti	
Heptathlon (rescored in 2010 from 4461Pts)	4015 Pts		W55	Gloria Seymon (56)	Jul 10 1993	Miyazaki, Japan	*SR*
Heptathlon	3757 Pts		W60	Gloria Seymon (60)	Jul 17 1997	Durban, South Africa	*SR*
Outdoor Pentathlon - HJ, SP, 200m, JT, 800m							
Pentathlon	2072 Pts		U14	Catherine Mikan (13)	Jan 23 2021	Campbelltown	*#*
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m (pre-2009)							
Pentathlon	3587 Pts		W30	Peta Bird	Mar 31-Apr 1 1991	AIS, Canberra	
Pentathlon (rescored from 3154 Pts in 2010)	3101 Pts		W35	Peta Bird	Mar 11 1995		*NR*
Pentathlon	3797 Pts		W40	Helen Searle (44)	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		*SR*
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		*SR*
Pentathlon	2978 Pts		W55	Gloria Seymon (56)	1993		*SR*
Pentathlon	2322 Pts		W60	Gloria Seymon (60)	Mar 11 1998	SOPAC, Homebush	*SR*
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m (post 2009)							
Pentathlon	2793 Pts		W30	Cora Patriarca (30)	Jan 23 2021	Campbelltown	*#*
Pentathlon	2201 Pts		W40	Joanna Davis (44)	Jan 23 2021	Campbelltown	*#*
Pentathlon	3285 Pts		W45	Alice Bohdan (46)	Feb 3 2019	The Crest, Banktown	*SR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Pentathlon	2198 Pts		W50	Caroline Layt (50)	Apr 19 2016	Adelaide	
Pentathlon	2294 Pts		W60	Margaret Thomas (61)	Apr 29 2019	Lakeside, Melbourne	
Outdoor Pentathlon - LJ, JT, 80m hurdles, SP, 800m							
Pentathlon	3217 Pts		W40	Helen Searle (43)	1983	Olympic Park, Melbourne	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	3461 Pts		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong	*#*
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	
Throws Pentathlon	3275 Pts		W45	Maria Cimino (49)	Aug 15 2020	Rotary Field, Chatswood	*#*
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	Oct 26 2016	Perth	
Throws Pentathlon	4337 Pts		W55	Helen Searle (58)	April 9-13 1998	QEII Stadium, Brisbane	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	Nov 3 2012	Campbelltown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993		*SR*
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	Mar 7 1998	SOPAC, Homebush	*NR*
Throws Pentathlon (rescored from 4339 Pts in 2010)	3598 Pts		W90	Ruth Frith (91)	Apr 24 2000	The Domain, Hobart	*WR*
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	**4067 Pts**		**W35**	**Odette Palma (38)**	**Oct 3 2020**	**Beaton Park, Wollongong**	**#SR**
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	3882 Pts		W45	Maria Cimino (45)	Sep 30 2018	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	4009 Pts		W55	Caroline Layt (55)	Mar 14 2021	Beaton Park, Wollongong	*#*
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2722 Pts		W60	Jillian Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2838 Pts		W65	Jillian Senior (65)	Mar 8 2017	Campbelltown	
Relays							
Relay - 4 x 100m	**45.42**		**Open**	**Gabriella O'Grady (21), Kristie Edwards (18), Stephanie Power (25), Nicolette Donofrio (16)**	**Nov 18 2018**	**SOPAC, Homebush**	***SR***
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 100m	48.02		U18	Mia Hemsworth (17), Georgia Fichardt (15), Morgan Kelaher (16), Jessica McIver (16)	Nov 24 2019	Campbelltown	
Relay - 4 x 100m	48.34		U16	Annika Lynch (15), Jessica MacIver (14), Morgan Kelaher (15), Georgia Fichardt (14)	Nov 19 2018	SOPAC, Homebush	*SR*
Relay - 4 x 100m	51.42		U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	49.45		W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	49.76		W160+	Kylie Strong (50), Monique Perry (43), Yael Reed (35), Alice Bohdan (46)	Nov 18 2018	SOPAC, Homebush	
Relay - 4 x 100m	54.00		W200+	Janet Naylon (53), Monique Perry (45), Kylie Strong (52), Jenny Schell (50)	Nov 23 2019	Campbelltown	*SR*
Relay - 4 x 200m	**1.36.75**		**Open**	**Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)**	**Nov 27-27 2016**	**Blacktown**	
Relay - 4 x 200m	1:39:42		U20	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown	
Relay - 4 x 200m	1:39:42		U18	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown	
Relay - 4 x 200m	1:40.80		U16	Greta Andrews (15), Georgia Fichardt (14), Annika Lynch (15), Alice Dixon (15)	Nov 18 2018	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 200m	1.47.68		U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W120+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown	
Relay 4 x 200m	2.03.22		W200+	Monique Perry (44), Kylie Strong (51), Bronwyn Kelleher (53), Stephanie Markos (52)	Nov 18 2018	SOPAC, Homebush	*SR*
Relay - 4 x 400m	**3.44.71**		**Open**	**Gabriella O'Grady (21), Carley Thomas (18), Nicola Bowtell (19), Dominica Jenkins (29)**	**Nov 18 2018**	**SOPAC, Homebush**	
Relay - 4 x 400m	3.52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	Nov 21 2009	Blacktown	
Relay - 4 x 400m	3:52.26		U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	Nov 18 2007	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56		U16	Karlie Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	Nov 18-19 2006	SOPAC, Homebush	
Relay - 4 x 400m	4.07.65		W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush	
Relay - 4 x 400m	4:32.34		W160+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown	*SR*
Relay - 4 x 400m	4:32.34		W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown	*SR*
Relay - 4 x 800m	**8:56.92**		**Open**	**Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)**	**Nov 15-16 2014**	**SOPAC, Homebush**	
Relay - 4 x 800m	9.22.04		U20	Imogen Gardiner (15), Ali Thomson (18), Edita Grinbergs (16), Isabella Thornton-Bott (19)	Nov 5 2017	SOPAC, Homebush	
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoyle (12), Nell Breslin (12), Zoe Latham (12)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W120+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown	*NR*
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown	*NR*
Relay - 4 x 800m	13.33.97		W200+	Beck Myors (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	Nov 14-15 2015	Blacktown	
Relay - 4 x 1500m	**18.31.88**		**Open**	**Kate Spencer (23), Sarah McDermott (18), Annabel McDermott (19), Elese Gallen (24)**	**Nov 18 2018**	**SOPAC, Homebush**	
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	20.34.3		U14	Elle-Maree Farrington (13), Katie Furniss (13), Ashley Mason (12), Ruby Hackett (12)	2004		
Relay - 4 x 1500m	21.41.79		W30	Anne Forbes (42), Lisa Fitzpatrick (30), Clara Vucetic (43), Marina Dulhunty (39)	1998	SOPAC, Homebush	
Relay - 4 x 1500m	21.48.89		W160+	Joanne Cowan (48), Evelyn Stevenson (41), Nancy Bodikian (44), Mary Fien (31)	2003	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 1500m	27:56.02		W200+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush	*SR*
Relay - 4 x 1500m	27:56.02		W240+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush	*SR*
Relay - 4 x 1500m walk	**33.57.1**		**Open**	**Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)**	**Nov 14-15 2015**	**Blacktown**	
Relay - 4 x 1500m walk	33.57.1		U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown	
Relay - Medley (100,100, 200, 400)	**1:53.80**		**Open**	**Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins**	**2003/2004**		
Relay Medley (100, 300, 200, 400)	**2:15.52**		**Open**	**Carla Takchi (22), Emma Merlino (27), Rowena Craker (19), Alexandra Bartholomew (25)**	**Dec 14 2019**	**SOPAC Homebush**	
Relay Medley (100, 300, 200, 400)	2:15.87		U20	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:15.87		U18	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:15.87		U17	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:39.96		W120+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan	Dec 14 2019	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:39.96		W160+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan	Dec 14 2019	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:42.20		U14	Hannah Anderson (12), Xin Min Tan (12), Mia Marshall (12), Sophia Archer (12)	Dec 15 2018	SOPAC Homebush	
Relay Medley (100, 300, 200, 400)	2:30.59		W160+	Maria Cimino (47), Monique Perry (44), Alice Bohdan (46), Yael Reid (35)	Dec 15 2018	SOPAC Homebush	
Relay - Medley (200,200,400,800)	**3:45.87**		**Open**	**Stephanie Power (25), Kristie Edwards (18), Gabriella O'Grady (21), Carley Thomas (18)**	**Nov 19 2018**	**SOPAC, Homebush**	***SR***
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Rosemary Arnott (17), Dominica Jenkins (17), Rosie Tancred (17)	Dec 16 2006	SOPAC, Homebush	
Relay - 2x2x400	**4'26:46**		**Open**	**Isabella Guthrie (16), Jasmin Guthrie (16)**	**Dec 14 2019**	**SOPAC Homebush**	
Relay - 2x2x400	4'26:46		U20	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay - 2x2x400	4'26:46		U18	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay - 2x2x400	4'26:46		U17	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush	
Relay - 2x2x400	6:17.80		W80+	Antoinette Woodward (66), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush	
Relay - 2x2x400	6:17.80		W100+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush	
Relay - 2x2x400	6:17.80		W120+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush	
Relay - 2x100m	**24.05**		**Open**	**Gabriella O'Grady (18), Katrina Hunt (19)**	**Jan 31 2015**	**Hunter Sports Centre, Glendale**	
Relay - 4 x High Jump	**6.30m**		**Open**	**Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)**	**1999**	**SOPAC, Homebush**	
Relay - 4 x High Jump	6.10m		U18	Daisy Ding (16), Grace Maher (17), Liz Osborne (14), Natalie Groeze (15)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x High Jump	6.10m		U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Long Jump	**21.44m**		**Open**	**Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)**	**Nov 16-17 2013**	**SOPAC, Homebush**	
Relay - 4 x Long Jump	20.90m		U18	Sienna Bond (14), Annika Lynch (16), Jessica Maciver (16), Amy Portia-Wilson (16)	Nov 24 2019	Campbelltown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book	Nov 17 2007	SOPAC, Homebush	
Relay - 4 x Shot Put	**44.97m**		**Open**	**Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)**	**Nov 18-19 2006**	**SOPAC, Homebush**	
Relay - 4 x Shot Put	42.47m		U18	Jessica MacIver (15), Bronte Hodson (15), Scarlett Brett (14), Lauren Brown (16)	Nov 18 2018	SOPAC, Homebush	
Relay - 4 x Shot Put	34.91m		U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	Nov 26-27 2016	Blacktown	
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown	*SR*
Relay - 4 x Shot Put	39.82m		W160+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown	*SR*
Relay - 4 x Shot Put	34.35m		W200+	Caroline Layt (54), Kylie Strong (52), Rose Moore (53), Jenny Schell (57)	Nov 23 2019	Campbelltown	
Relay - 4 x Discus	**144.07m**		**Open**	**Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)**	**1998**		
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes , Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	79.11m		U14	Elise Brennan (11), Brooke East (13), Isobel McCarthy (11), Emily Smelt	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Hammer	**115.83m**		**Open**	**Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)**	**Nov 19 2018**	**SOPAC, Homebush**	
Relay - 4 x Hammer	103.92m		U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998		
Relay - 4 x Hammer	115.83m		120+	Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)	Nov 19 2018	SOPAC, Homebush	*SR*
Relay - 4 x Hammer	60.43m		160+	Caroline Layt (54), Helena Smith (32), Maria Cimino (48), Melissa Baulman (36)	Nov 24 2019	Campbelltown	
Relay - 4 x Javelin	**148.39m**		**Open**	**Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)**	**Nov 18-19 2006**	**SOPAC, Homebush**	***SR***
Relay - 4 x Javelin	135.29m		U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	Nov 26-27 2016	Blacktown	
Relay - 4 x Javelin	100.04m		W120+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush	
Relay - 4 x Javelin	100.04m		W160+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush	
MEN							
100yards	**9.6h**		**Open**	**John Treloar (24)/ Phil Brown**	**1952/1957**		
60m	**6.68**	**1.8**	**Open**	**Joshua Clarke (18)**	**Dec 7 2013**	**SOPAC, Homebush**	
60m	6.92	0.1	U23	Lewis Clabburn (21)	Jan 16 2021	Beaton Park, Wollongong	*#*
60m	6.68	1.8	U20	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	Oct 30 2010	The Crest, Bankstown	
60m	7.60	-0.1	U15	Archie Saunders (14)	Oct 21 2018	SOPAC, Homebush	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	Dec 3 2011	Blacktown	
60m	8.4h	NWI	U13	Kai Zhe Tan (10)	Dec 7 2019	Rotary Field, Chatswood	
60m	7.26	1.6	M30	Ashley McMahon (33)	Oct 25 2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	Jul 28 2013	Kagoshima, Japan	*SR*
60m	7.14	1.2	M40	Ashley McMahon (43)	Jan 12 2019	Beaton Park, Wollongong	*NR*
60m	7.14	0.2	M40	Ashley McMahon (43)	Jan 22 2019	Campbelltown	*NR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
60m	7.35	0.3	M45	Ashley McMahon (45)	Jan 9 2021	The Ridge	#
60m	7.70	-0.1	M50	Michael Gedz (50)	Feb 21 2016	SOPAC, Homebush	
60m	7.6h	NWI	M55	Michael Gedz (55)	Jan 23 2021	Rotary Field, Chatswood	#
60m	8.25	0.1	M60	David Shearsby (60)	Mar 5 2017	SOPAC, Homebush	
60m	8.2h	NWI	M65	Victor Ramondetta (65)	Nov 2 2019	Rotary Field, Chatswood	
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	*SR*
60m	8.8h	NWI	M75	Nick Bastas (77)	Nov 28 2015	Rotary Field, Chatswood	
60m	9.52	1.1	M80	Nick Bastas (80)	Feb 10 2019	SOPAC, Homebush	
60m	10.17	1.1	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	*NR*
100m	**10.24**	**1.8**	**Open**	**Tim Jackson (25)**	**Jul 20 1994**	Tønsberg, Norway	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	Feb 10 1989	E S Marks, Kensington	
100m	**10.24**	**1.9**	**Open**	**Christopher Ius (20)**	**Nov 28 2020**	**The Ridge**	**#**
100m	10.24	1.9	U23	Christopher Ius (20)	Nov 28 2020	The Ridge	#
100m	10.31		U20	Tim Jackson (19)	1988	USA	*NR*
100m	10.51	1.6	U18	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.51	1.6	U17	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.72	0.1	U16	Joshua Clarke (15)	Dec 4 2010	Doncaster, Melbourne	*NR*
100m	11.30		U15	A Edwards (13)	1995/96		
100m	11.30		U14	A Edwards (13)	1995/96		
100m	12.47		U13	Damien Trimingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	Feb 3 2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	Mar 16 2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	Oct 28 2016	Perth	*NR*
100m	11.40	0.8	M45	Ashley McMahon (45)	Nov 28 2020	The Ridge	#
100m	12.10	-0.4	M50	Michael Gedz (50)	Feb 20 2016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.47		M65	Reg Austin (65)	2002	Geelong	
100m	14.48	1.8	M70	David Chantrill (73)	Apr 6 2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	Oct 11 2014	Rotary Field, Chatswood	
100m	15.7h	NWI	M80	Nick Bastas (80)	Jan 12 2018	Rotary Field, Chatswood	
100m	15.65	-0.7	M85	Richard Hughes (85)	Jul 23 2017	Wollongong	*NR*
150m	**16.1h**		**Open**	**Ashlyn Ndlovu (20)**	**Dec 8 2018**	**Rotary, Chatswood**	
150m	16.1h		U23	Ashlyn Ndlovu (20)	Dec 8 2018	Rotary, Chatswood	
150m	17.5h		U20	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood	
150m	17.5h		U18	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood	
150m	17.5h		U17	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood	
150m	17.8h		U16	Nicholas Dowling (15)	Dec 8 2018	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	21.0h		U14	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood	
150m	21.0h		U13	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood	
150m	17.9h		M30	Kenneth Elias (33)	Dec 7 2019	Rotary, Chatswood	
150m	17.07		M35	Ryan Dowling (39)	May 27 2018	Campbelltown	
150m	17.1h		M40	Ashley McMahon (44)	Dec 7 2019	Rotary, Chatswood	
150m	20.5h		M45	Caerl Murray (45)	Aug 15 2020	Rotary, Chatswood	#
150m	20.0h		M55	Anthony Crimi (57)	Dec 8 2018	Rotary, Chatswood	
150m	19.8h		M60	Trevor Young (61)	Dec 7 2018	Rotary, Chatswood	
150m	20.65		M65	Victor Ramondetta (66)	Dec 13 2020	Sylvania Waters	#
150m	40.2h		M70	Ronald Shoesmith (72)	Dec 7 2019	Rotary, Chatswood	
150m	25.20		M75	Nick Bastas (77)	Nov 21 2015	Rotary, Chatswood	
150m	26.8h		M80	Nick Bastas (82)	Aug 15 2020	Rotary, Chatswood	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
200m	**20.76**	**1.7**	**Open**	**Abdoulie Asim (27)**	**Mar 7 2019**	**SOPAC, Homebush**	
200m	20.93	1.9	U23	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	Feb 1 2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	Oct 27 2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	Oct 9 2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	Dec 22 2012	SOPAC, Homebush	
200m	23.24	1.6	U15	Archie Saunders (14)	Sep 28 2018	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	Dec 17 2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	Feb 17 2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	Feb 26 2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	Nov 1 2016	Perth	*NR*
200m	23.86	-0.1	M45	Ashley McMahon (45)	Oct 17 2020	Blacktown	#
200m	25.06	-0.8	M50	Michael Gedz (52)	Oct 21 2017	SOPAC, Homebush	
200m	24.52	2.0	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	Feb 25 2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
200m	33.91	1.5	M80	Nick Bastas (80)	Feb 10 2019	SOPAC, Homebush	
200m	34.37	-0.5	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	*NR*
300m	**34.70**		**Open**	**Keegan Bell (18)**	**Jun 9 2019**	**The Crest, Bankstown**	
300m	34.72		U23	Matthew Crowe (20)	Nov 2 2017	The Crest, Bankstown	
300m	34.70		U20	Keegan Bell (18)	Jun 9 2019	The Crest, Bankstown	
300m	38.2h		U18	Nicholas Dowling (16)	Dec 7 2019	Rotary, Chatswood	
300m	38.2h		U17	Nicholas Dowling (16)	Dec 7 2019	Rotary, Chatswood	
300m	38.9h		U16	Nicholas Dowling (15)	Dec 8 2018	Rotary, Chatswood	
300m	41.03		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	46.47		U14	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	
300m	46.47		U13	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	
300m	39.4h		M30	Kenneth Elias (33)	Dec 7 2019	Rotary, Chatswood	
300m	36.32		M35	Ryan Dowling (39)	May 27 2018	Campbelltown	
300m	36.47		M40	Ashley McMahon (42)	May 27 2018	Campbelltown	
300m	37.12		M45	Ashley McMahon (45)	Dec 13 2020	Sylvania Waters	#
300m	45.92		M50	Jim Culhane (51)	Jan 27 2018	Rotary, Chatswood	
300m	45.2h		M55	Anthony Crimi (57)	Dec 8 2018	Rotary, Chatswood	
300m	42.1h		M60	Trevor Young (61)	Dec 7 2019	Rotary, Chatswood	
300m	45.51		M65	Victor Ramondetta (66)	Dec 13 2020	Sylvania Waters	#
300m	59.0h		M70	Les Gillies (71)	Dec 8 2018	Rotary, Chatswood	
300m	1:13.2h		M80	Michael Johnson (83)	Dec 7 2019	Rotary, Chatswood	
400m	**46.17**		**Open**	**David Johnston (23)**	**Feb 11 1984**	**ES Marks Field, Kensington**	
400m	46.49		U23	David Burke (21)	Mar 25 2011	SOPAC, Homebush	
400m	46.29		U20	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia	
400m	46.29		U18	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia	
400m	46.9h		U17	David Waller (16)	1978		
400m	50.31		U16	Scott Fraser (15)	1996/97		
400m	51.81h		U15	John Price (14)	1997/98		
400m	53.30		U14	John Price (13)	1996/97		
400m	1.00.3h		U13	Damiem Trimingham	1987		
400m	47.30		M30	James Gurr (31)	Dec 20 2014	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	47.83		M35	Antoine Burke (35)	Mar 25 2011	SOPAC, Homebush	
400m	50.33		M40	Ashley McMahon (41)	Nov 18 2016	Blacktown	*SR*
400m	52.44		M45	Ashley McMahon (45)	Dec 19 2020	The Crest, Bankstown	*#*
400m	57.09		M50	Antony Guest (53)	Mar 8 2018	SOPAC, Homebush	
400m	54.63		M55	Trevor Young (57)	Apr 18 2016	Santos Stadium, Adelaide	
400m	55.42		M60	Trevor Young (60)	Apr 28 2018	Perth	*NR*
400m	1.05.7h		M65	Victor Ramondetta (66)	Jan 16 2021	Rotary Field, Chatswood	*#*
400m	1.16.75		M70	Charles Hobden (71)	Mar 8 2008	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)			
400m	1:24.56		M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong	
400m	1:25.63		M85	Richard Hughes (85)	Jun 11 2017	Arafura Stadium, Darwin	*NR*
600m	**1:15.86**		**Open**	**Tristan Garrett (22)**	**Feb 2 2010**	**Sydney**	
600m	1:15.86		U23	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:59.18		U20	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U18	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U17	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U16	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U15	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U14	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U13	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:33.4h		M35	Ryan Dowling (39)	Dec 8 2018	Rotary, Chatswood	
600m	1:31.2h		M40	Ryan Dowling (40)	Dec 7 2019	Rotary, Chatswood	
600m	1:42.2h		M45	Nathan Shute (46)	Dec 7 2019	Rotary, Chatswood	
600m	1:47.00		M50	Bradley Sharpe (54)	Sep 17 2016	Rotary, Chatswood	
600m	1:41.44		M55	Paul Trainor |(55)	Apr 10 2021	Rotary, Chatswood	*#*
600m	1:47.56		M60	Bradley Sharpe (60)	Apr 10 2021	Rotary, Chatswood	*#*
600m	2:10.43		M65	Doug Barrett (65)	Jan 27 2018	Rotary, Chatswood	
600m	4:11.25		M70	Ronald Shoesmith (74)	Apr 10 2021	Rotary, Chatswood	*#*
800m	**1.46.45**		**Open**	**James Gurr (28)**	**Mar 3 2012**	**Melbourne**	
800m	1.46.66		U23	Tristan Garrett (22)	Mar 4 2010	Melbourne	
800m	1.46.65		U20	Grant Cremer (19)	Feb 25 1998	Melbourne	
800m	1.51.71		U18	Sam Hall (17)	Dec 9 2000	Adelaide	
800m	1.54.23		U17	Adrian White (16)	1981		
800m	2.00.3h		U16	K Dewar (15)	1974		
800m	2.02.0h		U15	John Vandenberg (14)	1970		
800m	2.08.04		U14	Austin Thomson (13)	Oct 9 2014	SOPAC, Homebush	
800m	2.18.3h		U13	R Pentecost	1967		
800m	1:48.29		M30	James Gurr (33)	Jan 13 2018	Perth	
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	Apr 9-13 1998	QEII Stadium, Brisbane	*SR*
800m	2.05.9h		M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Richard Martin (55)	Dec 11 2010	SOPAC, Homebush	
800m	2.22.00		M60	Les Gillies (60)	Apr 6 2007	The Domain, Hobart	
800m	2.40.33		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
800m	2.54.66		M70	Ron Wills (70)	Mar 6 2010	Campbelltown	
800m	3.25.80		M75	Charles Hobden (75)	Oct 22 2011	Rotary, Chatswood	
800m	3:35.11		M80	Richard Hughes (82)	Feb 21 2015	SOPAC, Homebush	
800m	3:46.48		M85	Richard Hughes (85)	Mar 11 2017	SOPAC, Homebush	*SR*
1000m	**2:21.36**		**Open**	**Nick Bromley (26)**	**Jul 23 2009**	**Karlstad, Sweden**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1500m	**3.37.02**		**Open**	**James Kaan (23)**	**Mar 9 2013**	**SOPAC, Homebush**	
1500m	3.40.30		U23	James Kaan (22)	Jan 21 2012	Glendale, Newcastle	
1500m	3.45.34		U20	James Connor (19)	Mar 30 2012	SOPAC, Homebush	
1500m	3.52.95		U18	Elliot Metcalf (17)	Nov 23 2017	Bankstown	
1500m	4.02.1h		U17	Laurie Toogood (16)	1962		
1500m	4.03.2h		U16	John Vandenberg (14)	1970		
1500m	4.03.2h		U15	John Vandenberg (14)	1970		
1500m	4:22.94		U14	Elliot Metcalf (13)	Oct 11 2013	SOPAC, Homebush	
1500m	4.46.0h		U13	T Gillam	1971		
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/2011	SOPAC, Homebush	
1500m	3.59.66		M35	Stuart Paterson (39)	16/2/1996	SOPAC, Homebush	
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46		M45	Michael Donnelly	2002/03		
1500m	4.31.87		M50	Stuart Paterson (51)	Sep 10 2007	Riccione, Italy	
1500m	4.47.55		M55	Paul Trainor (55)	Feb 6 2021	SOPAC, Homebush	#
1500m	5.16.17		M60	Geoff Francis	2002/03		
1500m	5.37.32		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
1500m	6.14.10		M70	Ron Wills (71)	Apr 9 2011	Blacktown	
1500m	8:07.91		M85	Richard Hughes (85)	Sep 30 2017	SOPAC, Homebush	
1 Mile	**4.00.53**		**Open**	**Jack Stapleton (20)**	**Dec 17 2015**	**The Crest, Bankstown**	
1 Mile	4.00.53		U23	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:08.71		U20	Elliot Metcalf (18)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4:16.13		U18	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	
1 Mile	4:29.55		U17	Elliot Metcalf (16)	Dec 12 2016	The Crest, Bankstown	
1 Mile	4:31.51		U16	Elliot Metcalf (15)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:32.93		U15	Kieran Gorman (14)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4:42.63		M35	David Costello (38)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4.58.22		M40	Connor Delahunty (43)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:35.83		M45	Nathan Shute (47)	Dec 19 2020	The Crest, Bankstown	*#*
1 Mile	5.14.85		M50	Bradley Sharpe (50)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:07.09		M55	Paul Trainor (55)	Dec 19 2020	The Crest, Bankstown	*#*
2000m	**5:08.40**		**Open**	**Laurie Toogood (21)**	**Mar 18 1966**		***SR***
3000m	**8.00.79**		**Open**	**Jack Stapleton (21)**	**Jan 30 2016**	**Glendale, Newcastle**	
3000m	8.00.79		U23	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8.13.54		U20	Ed Goddard (19)	Nov 12 2016	SOPAC, Homebush	
3000m	8.29.0h		U18	Joel Fitzgerald (17)	2000/2001		
3000m	8.34.75		U17	Ruairidh MacDonald (16)	Mar 11 2010	SOPAC, Homebush	
3000m	8.47.2h		U16	John Vandenberg (15)	1970		
3000m	9:28:09		U15	Michael Westhuizen (14)	Oct 13 2016	SOPAC, Homebush	
3000m	9.52.09		U14	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	9.52.09		U13	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	8.31.4h		M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7h		M35	Michael Donnelly (38)	1995		
3000m	8.47.10		M40	Michael Donnelly	1999/2000		
3000m	9:34.15		M45	Stuart Paterson (49)	Apr 2 2006	Adelaide	
3000m	10.21.66		M50	Stuart Paterson (50)	Nov 11 2006	SOPAC, Homebush	
3000m	10.17.08		M55	Paul Trainor (55)	Noc 21 2020	SOPAC, Homebush	
3000m	11.31.8h		M60	Geoff Francis	2002/03		
3000m	12.43.42		M65	Geoff Francis (67)	Oct 24 2009	Narrabeen	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3000m	14.05.1h		M70	Ron Wills (71)	Oct 30 2010	Rotary, Chatswood	
3200m	**`11:44.08**		**Open**	**Dominic Bullock (22)**	**Sep 17 2016**	**Rotary, Chatswood**	
3200m	`11:44.08		U23	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	11:49.05		U20	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U18	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U17	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U16	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U15	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U14	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U13	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	13:45.2h		M45	Nathan Shute (45)	Dec 8 2018	Rotary, Chatswood	
3200m	13:28.8h		M55	Kim Loane (56)	Dec 8 2018	Rotary, Chatswood	
5000m	**13.59.0h**		**Open**	**John Farrington (25)**	**1970**		
5000m	14.05.27		U23	James Connor (21)	Apr 6 2013	Melbourne	
5000m	14.28.0h		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	16:22:80		U17	Ethan McKenzie (15)	Jul 26 2020	The Crest, Bankstown	#
5000m	16:22:80		U16	Ethan McKenzie (15)	Jul 26 2020	The Crest, Bankstown	#
5000m	16:28.86		U15	Cooper Phillips (14)	Feb 6 2021	SOPAC, Homebush	#
5000m	16:47.40		U14	Cooper Phillips (13)	Jul 26 2020	The Crest, Bankstown	#
5000m	14.41.66		M30	Leo Peterson (30)	Feb 6 2021	SOPAC, Homebush	#
5000m	15.07.90		M35	Michael Donnelly (38)	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	Jan 19 2006	SOPAC, Homebush	
5000m	17:42.13		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
5000m	17.21.86		M55	Jim Seymon (55)	1993		
5000m	19.49.5h		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	Oct 11 2009	SOPAC, Homebush	
10000m	**28:23.94**		**Open**	**Ed Goddard (24)**	**Jan 26 2021**	**Box Hill, Victoria**	**#**
10000m	28:52.27		U23	Kieran Tall (21)	Dec 14 2019	Box Hill, Victoria	
10000m	31:23.96		U20	Ed Goddard (19)	Sep 26 2016	Perth	
10000m	34:13.21		U18	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown	#
10000m	34:13.21		U17	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown	#
10000m	34:13.21		U16	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown	#
10000m	34:13.21		U15	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown	#
10000m	34:13.21		U14	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown	#
10000m	34:03.57		M30	Ryan Cantrell (30)	Mar 31 2012	SOPAC, Homebush	
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	35:56.58		M40	Gary Mullins (40)	Mar 31 2012	SOPAC, Homebush	
10000m	35:27.06		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
10000m	35:50.36		M55	Jim Seymon (55)	1993		
10000m	41.10.9h		M60	Jim Seymon	1997/98		
110m Hurdles - 1.067m	**14.21**	**0.6**	**Open**	**Gareth Watkins (20)**	**Jan 25 1998**	**Sydney**	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 0.991m	14.16	-2.0	U20	Will Lloyd (18)	Sep 14 2017	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	Oct 9 2016	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	Dec 5 2015	Melbourne	
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	Nov 30 2012	The Domain, Hobart	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	Oct 31 2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	14.77	-1.6	M35	Ryan Dowling (38)	Dec 3 2017	SOPAC, Homebush Bay	*NR*
110m Hurdles - 0.991m	15.26	0.3	M40	Ryan Dowling (41)	Jan 24 2021	Campbelltown	*NR #*
110m Hurdles - 0.991m	16.79	-0.3	M45	Mathew Woodhouse (45)	Feb 8 2020	SOPAC, Homebush Bay	
100m Hurdles - 0.914m	15.40		M50	Clay Tompkins (50)	2003	Newcastle	
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	Aug 2 2008	Townsville	*SR*
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	Ape 15-20 1992	The Domain, Hobart	*SR*
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	Jul 14 2001	Brisbane	*SR*
200m Hurdles - 0.762m	**24.60**	**-1.0**	**Open**	**Jacob Holt (20)**	**Dec 16 2006**	**SOPAC, Homebush**	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacob Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	Oct 14 2016	SOPAC, Homebush	
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985		
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983		
200m Hurdles - 0.762m	28.50	NWI	M35	Ryan Dowling (38)	Jun 16 2017	Glendale, Newcastle	
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	Feb 4 2012	SOPAC, Homebush	
400m Hurdles - 0.914m	**51.42**		**Open**	**Bryce Collins (19)**	**Feb 28 2015**	**SOPAC, Homebush**	
400m Hurdles - 0.914m	51.53		U23	Mark Fokas (20)	Apr 18 2021	SOPAC, Homebush	*#*
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	Nov 9 2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	Oct 13 2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56:66		U16	Thomas Hunt (15)	Dec 17 2016	SOPAC, Homebush	
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	57.40		M35	Ryan Dowling (38)	Apr 26 2018	Perth	
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.00.01		M45	Mathew Woodhouse (45)	Feb 7 2020	SOPAC, Homebush	*#*
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
300m Hurdles - 0.762m	**40.99**		**U16**	**Jonathan Nichols**	**1998**		
300m Hurdles - 0.762m	49.9h		M50	Andy Burton	March 28-29 1998		
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	Mar 16 2007	Adelaide	
300m Hurdles - 0.762m	54.25		M65	Victor Ramondetta (66)	Feb 14 2021	SOPAC, Homebush	*#*
3000m Steeplechase 0.914m	**9.09.53**		**Open**	**Dylan Dudley (22)**	**Feb 15 2014**	**Santos Stadium, Adelaide**	
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	Mar 23 2002		
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	Mar 25 2011	SOPAC, Homebush	
3000m Steeplechase 0.914m	10:53.52		M30	Frazer Dowling (34)	Jan 11 2014	Sydney	
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:19.1h		M40	Peter Hampshire	March 28-29	Sydney	
3000m Steeplechase 0.914m	13:38.15		M45	Andy West (45)	2013	AIS. Canberra	
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993		*SR*
2000m Steeplechase - 0.914m	**5:49.97**		**Open**	**Dylan Dudley (22)**	**Jan 18 2014**	**Glendale, Newcastle**	
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985		*NR*
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987		
2000m Steeplechase - 0.762m	6:59.62		U14	Elliot Metcalf (13)	Dec 14 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:08.60		M55	Brad Sharpe (59)	Oct 24 2020	The Crest, Bankstown	*#*
2000m Steeplechase - 0.762m	08:08.6		M60	Brad Sharpe (60)	Feb 25 2021	The Crest, Bankstown	*#*
1500m Walk	**5.58.0h**		**Open**	**John Hart**	**1985**		
1500m Walk	5.58.0h		U20	John Hart	1985		
1500m Walk	6.24.7h		U18	John Hart	1980		
1500m Walk	6.24.7h		U17	John Hart	1980		
1500m Walk	6.24.7h		U16	John Hart	1980		
1500m Walk	6.24.7h		U15	John Hart	1980		
1500m Walk	8:14:4h		U14	Martin Leerburg (13)	Oct 8 2016	Rotary, Chatswood	
1500m Walk	8.20.48		U13	G R Hart	1972		
1500m Walk	7.31.7h		M30	Mark Ransom	1995/96		*SR*
1500m Walk	7.45.1h		M35	Mark Ransom	1998/99		*SR*
1500m Walk	7.57.2h		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5h		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0h		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	Jan 16 2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	Oct 18 2014	Rotary, Chatswood	
1500m Walk	8:58.0h		M80	Jim Seymon (80)	Mar 10 2018	Rotary, Chatswood	*NR*
2000m Walk	**13:21.5h**		**Open**	**Doug Barrett (66)**	**Dec 8 2018**	**Rotary, Chatswood**	
2000m Walk	13:21.5h		M65	Doug Barrett (66)	Dec 8 2018	Rotary, Chatswood	
3000m Walk	**12.45.8h**		**Open**	**John Morison**	**2000/2001**		
3000m Walk	12.45.8h		U20	John Morison	2000/2001		
3000m Walk	12.46.6h		U18	John Hart (17)	1983		
3000m Walk	13.51.5h		U17	John Hart (14)	1980		
3000m Walk	13.51.5h		U16	John Hart (14)	1980		
3000m Walk	13.51.5h		U15	John Hart (14)	1980		
3000m Walk	15:29:79		U14	Martin Leerburg (13)	Feb 5 and Oct 14 2016	SOPAC, Homebush	
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush	
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96		*SR*
3000m Walk	16.53.4		M35	Mark Ransom	1998/99		
3000m Walk	17.16.20		M55	Jim Seymon	1996/97		
3000m Walk	16.48.3h		M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4h		M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h		M70	Jim Seymon (71)	Mar 7 2009	Rotary, Chatswood	
3000m Walk	18:13.9h		M75	Jim Seymon (78)	Jan 23 2016	Rotary, Chatswood	
3000m Walk	19:01.3h		M80	Jim Seymon (81)	Mar 12 2019	Rotary, Chatswood	
5000m Walk	**21:23.06**		**Open**	**Jay Felton (21)**	**Feb 26-28 2016**	**SOPAC, Homebush**	
5000m Walk	21:23.06		U23	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	Mar 29 2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	Apr 10 2009	Santos Stadium, Adelaide	*SR*
5000m Walk	27.13.67		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
5000m Walk	33:40.54		M80	Jim Seymon (80)	Apr 27 2018	Perth	*SR*
10000m Walk	**44:30.04**		**Open**	**Jay Felton (21)**	**Mar 31 2016**	**SOPAC, Homebush**	
10000m Walk	44:30.04		U23	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	46:44.8h		U20	John Morison (19)	`2000		
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96		*SR*
10000m Walk	58:28.0h		M35	Mark Ransom	March 28-29 1998		
10000m Walk	1.00.00.0h		M65	Jim Seymon (67)	2004	The Crrest, Bankstown	*SR*
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	Jan 5 2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
10000m Walk	1:10.07h		M80	Jim Seymon (80)	Apr 29 2018	Perth	*SR*
20000m Walk	**1:34.30.0h**		**Open**	**John Morison (20)**	**2001**		
High Jump	**2.23m**		**Open**	**Luke Russell (19)**	**Dec 12 1998**	**AIS, Canberra**	
High Jump	2.20m		U23	Luke Russell (20)	Feb 20 1999	Sydney	
High Jump	2.23m		U20	Luke Russell (19)	**Dec 12 1998**	**AIS, Canberra**	
High Jump	2.11m		U18	Theo Kavieris (17)	1986		
High Jump	2.08m		U17	Darcy Holmes (16)	Nov 21 2020/Dec 5 2020	SOPAC, Homebush Bay	*#*
High Jump	2.05m		U16	Darcy Holmes (15)	Dec 7 2019	Perth	
High Jump	1.90m		U15	A Urquart (14)	1983		
High Jump	1.78m		U14	J Delamare (13)	1983		
High Jump	1.68m		U13	Cadel Holmes (12)	Dec 4 2020	SOPAC, Homebush Bay	*#*
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)	Oct 22 2005	Campbelltown	
High Jump	1.70m		M30	Jim McGrath (33)	`1964	E S Marks, Kensington	
High Jump	1.93m		M35	Clay Tompkins (39)	1992		*NR*
High Jump	1.90m		M40	Clay Tompkins (40)	1993		*SR*
High Jump	1.83m		M45	Clay Tompkins	2000/2001		*SR*
High Jump	1.75m		M50	Clay Tompkins (50)	Mar 9 2003	SOPAC, Homebush	*NR*
High Jump	1.68m		M55	Clay Tomkins (55)	Mar 22 2008	Blacktown	*SR*
High Jump	1.61m		M60	Clay Tomkins (60)	Mar 29 2013	AIS, Canberra	*NR*
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.14m		M75	Nick Bastas (79)	Jun 10 2017	Arafura Stadium, Darwin	
High Jump	1.11m		M80	Nick Bastas (80)	Nov 11 2018	Gold Coast	
Pole Vault	**4.80m**		**Open**	**Alec Diamond (22)**	**Jul 10 2019**	**Naples, Italy**	
Pole Vault	4.80m		U23	Alec Diamond (22)	Jul 10 2019	Naples, Italy	
Pole Vault	4.40m		U20	Sean Radi (17)	1988		
Pole Vault	4.40m		U20	Nickolai Simmons (19)	Dec 19 2020	The Crest, Banktown	*#*
Pole Vault	4.40m		U18	Sean Radi (17)	1988		
Pole Vault	3.95m		U17	Sean Radi (15)	1986		
Pole Vault	3.95m		U16	Sean Radi (15)	1986		*NR*
Pole Vault	3.90m		U15	Sean Radi (14)	1985		*NR*
Pole Vault	3.25m		U14	Sean Radi (13)	1984		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Pole Vault	3.00m		U13	Sean Radi (12)	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins (35)	1988		
Pole Vault	3.60m		M40	Clay Tompkins (40)	1993		
Pole Vault	3.60m		M45	Jim McGrath (45)	1976	Sydney	*SR*
Pole Vault	3.60m		M45	Clay Tompkins (46)	Mar 13 1999	Sydney	*SR*
Pole Vault	3.43m		M50	Rob Barclay	Oct 14 1989	Rotary Field, Chatswood	*SR*
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.30m		M55	Tim McGrath (56)	Mar 23 2019	SOPAC, Homebush	
Pole Vault	3.00m		M60	Jim McGrath (60)	Jul 20 1991	England	*NR*
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	*SR*
Pole Vault	2.40m		M70	Jim McGrath (70)	Nov 3 2001	Sydney	*SR*
Long Jump	**7.74m**	**0.2**	**Open**	**Alec Duiamond (24)**	**Mar 11 2021**	**AIS, Canberra**	***#***
Long Jump	7.66m	0.7	U23	William Freyer (21)	Jan 25 2020	AIS, Canberra	
Long Jump	7.66m	-0.2	U23	William Freyer (22)	Apr 18 2021	SOPAC, Homebush	*#*
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.22m	0.2	U17	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.11m	1.0	U16	Alex Willett (15)	Dec 2 2016	AIS, Canberra	*SR*
Long Jump	6.81m	1.2	U15	Alex Willett (14)	Dec 6 2015	Lakeside. Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	Dec 5 2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	Dec 6 2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	Feb 4 2012	SOPAC, Homebush	
Long Jump	6.76m		M35	Clay Tompkins (35)	1988		*SR*
Long Jump	6.66m		M40	Clay Tompkins	1995/96		*SR*
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	Jul 27 2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	Dec 7 2013	Campbelltown	*SR*
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	Jan 23 2016	Rotary, Chatswood	
Long Jump	3.97m	NWI	M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood	
Long Jump	2.04m	NWI	M85	Ray Frith (88)	Apr 15-20 1992	The Domain, Hobart	*NR*
Triple Jump	**16.26m**	**0.0**	**Open**	**Emmanuel Fakiye (21)**	**Jan 27 1018**	**AIS, Canberra**	
Triple Jump	16.26m	0.0	U23	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	Sep 26 2016	Perth	
Triple Jump	14.40m		U18	Peter Cox (16)	1949		
Triple Jump	14.40m		U17	Peter Cox (16)	1949		
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03		
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	Oct 8 2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	Nov 2 2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	Mar 24 2011	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988		*SR*
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993		*SR*
Triple Jump	13.51m		M45	Clay Tompkins (46)	Mar 6 1999	Sydney	*NR*
Triple Jump	12.83m		M50	Clay Tompkins (50)	Mar 8 2003	SOPAC, Homebush	*NR*
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	Dec 4 2010	The Crest, Bankstown	
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	Nov 2 2013	ES Marks, Kensington	*SR*
Triple Jump	7.83m	NWI	M65	Victor Ramondetta (65)	Nov 1 2020	Rotary Field, Chatswood	*#*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	Mar 8 2014	The Domain, Hobart	
Triple Jump	8.34m	1.8	M80	Nick Bastas (80)	Nov 11 2018	Gold Coast	*NR*
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	*NR*
Shot Put - 7.26kg	**16.82m**		**Open**	**Paul Crowe (32)**	**Jan 20 2007**	**The Crest, Bankstown**	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	Sep 30 2014	SOPAC, Homebush	
Shot Put - 6kg	16.47m		U20	Stuart Gyngell		ES Marks, Kensington	*NR*
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	Dec 3 2011	UQ, Brisbane	
Shot Put - 4.536kg*	18.11m		U16	Peter Elvy (14)	Oct-94	SOPAC, Homebush	
Shot Put - 4.536kg*	18.11m		U15	Peter Elvy (14)	Oct-94	SOPAC, Homebush	
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	Dec 2 2016	AIS, Canberra	
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	Sep 14 2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	Oct 11 2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	Jan 14 2012	SOPAC, Homebush	*NR*
Shot Put - 7.26kg	12.61m		M45	Moisant (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m		M60	Jim McGrath (60)	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	Nov 12 2012	Rotary, Chatswood	
Shot Put - 4kg	11.47m		M70	Robert Archer (70)	Jun 9 2017	Arafura Stadium, Darwin	
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	Oct 25 2014	Rotary, Chatswood	
Shot Put - 3kg	8.94m		M80	Nick Bastas (80)	Apr 13 2019	Rotary, Chatswood	
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	*NR*
Shot Put - 3kg	5.04m		M90	Ray Frith			*SR*
Discus - 2kg	**60.45m**		**Open**	**Peter Elvy (20)**	**Aug 12 2000**	**Narrabeen**	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg*	56.21m		U20	Peter Elvy (19)	Jul 10 1999	Sydney	
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970		
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995		
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96		
Discus - 1kg	44.38m		U13	Darren Pitchfork (12)	1985		
Discus - 2kg	45.72m		M30	Paul Crowe (32)	Nov 18 2007	Sydney	
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	Feb 25 2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	Mar 16 2013	SOPAC, Homebush	
Discus - 2kg	37.80m		M45	Moisant (Sonny) Bennett	1981	Brisbane	
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m		M60	Jim McGrath (63)	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	Feb 25 2012	The Crest, Bankstown	
Discus - 1kg	33.04m		M70	Robert Archer (70)	Jun 10 2017	Arafura Stadium, Darwin	
Discus - 1kg	22.48m		M75	Nick Bastas (76)	Oct 4 2014	Rotary, Chatswood	
Discus - 1kg	25.10m		M80	Michael Johnson (82)	Jan 26 2019	Rotary, Chatswood	
Discus - 1kg	18.44m		M85	Michael Johnson (85)	Feb 14 2021	SOPAC, Homebush	*#*
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		*SR*
Hammer - 7.26kg	**66.31m**		**Open**	**William Brown (25)**	**Apr 16 2021**	**SOPAC, Homebush**	***#***
Hammer - 7.26kg	65.79m		U23	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Hammer - 6kg	63.61m		U20	William Brown (19)	Oct 17 2015	SOPAC, Homebush	
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988		
Hammer - 5kg	48.83m		U17	Lachlan Antoinette (16)	Oct 29 2016	Rotary, Chatswood	
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork (15)	1987		
Hammer - 4.536kg*	54.54m		U15	Peter Elvy (14)	1995		
Hammer - 3kg	51.81m		U14	Thomas Shannon (13)	Oct 13 2016	SOPAC, Homebush	
Hammer - 3kg	34.98m		U13	Thomas Shannon (12)	Nov 28 2015	Blacktown	
Hammer - 7.26kg	38.39m		M30	Warren Jones (30)	Oct 9 2010	Rotary, Chatswood	
Hammer - 7.26kg	36.21m		M35	Warren Jones (35)	Oct 31 2015	The Crest, Bankstown	
Hammer - 7.26kg	43.41m		M40	Grzegorz Urbanowicz (40)	Oct 27 2018	Rotary, Chatswood	
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	Mar 28 2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	Nov 28 2010	Rotary, Chatswood	
Hammer - 6kg	26.97m		M55	Tim McGrath (55)	Oct 21 2017	SOPAC, Homebush	
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	Dec 1 2012	Rotary, Chatswood	
Hammer - 4kg	19.05m		M65	Ross Douglas (65)	Nov 9 2019	SOPAC, Homebush	
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	Feb 6 2010	Rotary, Chatswood	
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	Feb 27 2016	Rotary, Chatswood	
Hammer - 3kg	22.48m		M80	Nick Bastas (80)	Nov 10 2018	Gold Coast	
Hammer - 3kg	15.98m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	*NR*
Hammer - 3kg	12.84m		M90	Ray Frith			*SR*
Javelin - 800g	**63.14m**		**Open**	**Peter Elvy**	**1995/96**		
Javelin - 800g	61.74m		U23	Saxon Ward (20)	Jun 27 2015	SOPAC, Homebush	
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U18	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U17	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U16	Peter Elvy (15)	1995/98		
Javelin - 700g	60.54m		U15	Peter Elvy (14)	1995		
Javelin - 600g	54.44m		U14	Peter Elvy (13)	1994		
Javelin - 600g	35.02m		U13	Alex Willett (12)	Oct 20 2013	Barden Ridge, Illawong	
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins (38)	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	Oct 18 2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991		
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	Jan 31 2015	Rotary, Chatswood	
Javelin - 400g	25.23m		M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood	
Javelin - 400g	12.90m		M85	Ray Frith			*SR*
Weight Throw - 15.88kg	**18.27m**		**Open**	**Tim Heyes (23)**	**Nov 1 2020**	**Rotary, Chatswood**	***#***
Weight Throw - 15.88kg	17.97m		U23	Tim Heyes (22)	Aug 15 2020	Rotary, Chatswood	*#*
Weight Throw - 9.080kg	17.35m		U20	John Hunter (17)	Nov 16 2019	Rotary, Chatswood	
Weight Throw - 9.080kg	17.35m		U18	John Hunter (17)	Nov 16 2019	Rotary, Chatswood	
Weight Throw - 9.080kg	13,05m		U17	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood	
Weight Throw - 9.080kg	13,05m		U16	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood	
Weight Throw - 9.080kg	13,05m		U15	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood	
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	Nov 12 2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m		M35	Ryan Dowling (37)	Mar 4 2017	SOPAC, Homebush	
Weight Throw - 15.88kg	13.01m		M40	Grzegorz Urbanowicz (40)	Feb 16 2019	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	Apr 10 2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	Mar 20 2010	AIS, Canberra	
Weight Throw - 11.34kg	10.80m		M55	Tim McGrath (56)	Jan 25 2020	Rotary, Chatswood	#
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	Nov 1 2014	Rotary, Chatswood	
Weight Throw - 9.080kg	8.03m		M65	Peter Douglas (65)	Apr 15 2019	Rotary, Chatswood	
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	Dec 8 2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
Weight Throw - 5.45kg	10.87m		M80	Nick Bastas (80)	Nov 9 2018	Gold Coast	
Heavyweight Throw							
Weight Throw - 20kg (44lb)	**11.91m**		**Open**	**Tim Heyes (22)**	**Aug 10 2019**	**Rotary Field, Chatswood**	
Weight Throw - 20kg (44lb)	11.91m		U23	Tim Heyes (22)	Aug 10 2019	Rotary Field, Chatswood	
Heavyweight Throw							
Weight Throw - 9.08kg (20lb)	16.49m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	13.45m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Weight Throw - 20kg (44lb)	7.96m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	6.39m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 100lb	2.50m		M30	Warren Jones (33)	2014		
Weight Throw - 9.08kg (20lb)	14.93m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	14.09m		M35	Ryan Dowling (37)	Mar 17 2018	Beaton Park, Wollongong	
Weight Throw - 20kg (44lb)	7.25m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	5.96m		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	5.96m		M35	Warren Jones (39)	Oct 7 2019	Beaton Park, Wollongong	
Weight Throw - 100lb	2.37m		M35	Warren Jones (36)	Oct 3 2016	Beaton Park, Wollongong	
Weight Throw - 9.08kg (20lb)	13.94m		M40	Warren Jones (40)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 11.34kg (25lb)	11.24m		M40	Warren Jones (40)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 20kg (44lb)	5.96m		M40	Warren Jones (40)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 25.4kg (56lb)	6.42m		M40	Warren Jones (40)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 56lb	3.86m		M45	Tim McGrath (46)	Feb 27 2011	Campbelltown	
Weight Throw - 7.26kg (16lb)	12.47m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
Weight Throw - 9.08kg (20lb)	8.02m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
Weight Throw - 20kg (44lb)	6.45m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
weight Throw - 15.88kg (35lb)	4.58m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
Weight Throw - 56lb	4.29m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
Weight Throw - 100lb	2.24m		M55	Andrew Wilson (58)	Mar 14 2021	Wollongong	#
Weight Throw - 5.45kg (12lb)	7.52m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 7.26kg (16lb)	6.77m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	5.11m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.60m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 5.45kg (12lb)	6.73m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	
Weight Throw - 7.26kg (16lb)	5.82m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	5.54m		M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	4.91m		M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong	
Weight Throw - 4kg (8.8lb)	6.65m		M70	Bob Jones (70)	Mar 14 2021	Beaton Park, Wollongong	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Weight Throw - 5.45kg (12lb)	5.67m		M70	Bob Jones (70)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 9.08kg (20lb)	4.26m		M70	Bob Jones (70)	Mar 14 2021	Beaton Park, Wollongong	#
Weight Throw - 11.34kb (25lb)	3.88m		M70	Bob Jones (70)	Mar 14 2021	Beaton Park, Wollongong	#
Decathlon	**7915 Pts**		**Open**	**Peter Banks**	**1996/97**		***SR***
Decathlon	7593 Pts		U23	Alec Diamond (22)	Jul 9-10 2019	Naples, Italy	
Decathlon	7271 Pts		U20	Alec Diamond (19)	Mar 31 2016	SOPAC, Homebush	
Decathlon	6631 Pts		U18	Sean Radi (17)	1987		
Decathlon	5827 Pts		U17	Sean Radi (15)	1986		
Decathlon	5827 Pts		U16	Sean Radi (15)	1986		
Decathlon	5407 Pts		M35	Ashley McMahon (37)	Jan 4-5 2014	Campbelltown	*SR*
Decathlon	5665 Pts		M40	Ashley McMahon (41)	Jan 9-10 2016	The Crest, Bankstown	*SR*
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	Jan 7-8 2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	Oct 25 2014	AIS, Canberra	
Decathlon	5424 Pts		M55	Tim McGrath (56)	Sep 6-7 2018	Malaga, Spain	
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	Jul 18 1991	Turku, Finland	*SR*
Heptathlon	**4306 Pts**		**U16**	**Ben Carter (15)**	**Mar 26 2015**	**Brisbane**	
Heptathlon	2731 Pts		U15	James McFadden (14)	Mar 31 2012	SOPAC, Homebush	
Heptathlon	2291 Pts		U14	Alex Willett (13)	Jan 4-5 2014	Campbelltown	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m							
Pentathlon	1761 Pts		U14	James McFadden (13)	Jan 8-9 2011	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang	Feb 12 2006	SOPAC, Homebush	
Pentathlon (recored from 3719 Pts in 2010)	3150 Pts		M35	Clay Tompkins (35)	Apr 4 1988	Brisbane	*SR*
Pentathlon	3292 Pts		M40	Clay Tompkins (40)	1993		
Pentathlon	3719 Pts		M45	Clay Tompkins (45)	1997/98		
Pentathlon	3102 Pts		M50	John Kay (50)	Apr 2 2010	Perth	
Pentathlon	2845 Pts		M55	Tim McGrath (56)	Feb 3 2019	SOPAC, Homebush	
Pentathlon	3076 Pts		M60	Jim McGrath (62)	1993		
Pentathlon	3064 Pts		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2090 Pts		M30	Warren Jones (33)	Oct 6 2013	AIS, Canberra	*SR*
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	Feb 18 2017	SOPAC, Homebush	
Throws Pentathlon	2487Pts		M40	Andrew Watson (43)	Mar 11 2012	Campbelltown	
Throws Pentathlon	2354 Pts		M45	Tim McGrath (46)	Mar 21 2008	Blacktown	
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	Oct 11 2009	SOPAC, Homebush	
Throws Pentathlon	2820 Pts		M55	Tim McGrath (55)	Oct 1 2017	Beaton Park, Wollongong	
Throws Pentathlon	1096 Pts		M60	Bob Jones (61)	Mar 11 2012	Campbelltown	
Throws Pentathlon	2583 Pts		M65	Jim McGrath (67)	March 28-29	Sydney	
Throws Pentathlon	883 Pts		M70	Bob Jones (70)	Apr 18 2021	Beaton Park, Wollongong	#
Throws Pentathlon	1418 Pts		M75	Nick Bastas (78)	Nov 9 2016	Gold Coast	
Throws Pentathlon	2954 Pts		M80	Nick Bastas (80)	Nov 11 2018	Gold Coast	
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2578 Pts		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2850 Pts		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2158 Pts		M40	Warren Jones (40)	Mar 14 2021	Beaton Park, Wollongong	#
Heavyweight Throws Pentathlon - 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb) 20kg (44lb)	1957 Pts		M55	Andrew Wilson (58)	Mar 14 2021	Beaton Park, Wollongong	#
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1213 Pts		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1182 Pts		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Heavyweight Throws Pentathlon -4kg (8.8lb) 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb)	1029 Pts		M70	Bob Jones (70)	Mar 14 2021	Beaton Park, Wollongong	#
Relays							
Relay - 4 x 100m	**40.64**		**Open**	**Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)**	**1993**	**ES Marks, Kensington**	
Relay - 4 x 100m	42.18		U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	Nov 17-18 2012	SOPAC, Homebush	*SR*
Relay - 4 x 100m	48.50		U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	44.25		M120+	Ashley McMahon (42), Jeremy Firth (33), David Thebridge (42), Ryan Dowling (38)	Nov 5 2017	SOPAC, Homebush	*SR*
Relay - 4 x 100m	45.22		M160+	Michael Gedz (52), Nathan Mackay (41), David Thebridge (42), Ryan Dowling (38)	Nov 4 2017	SOPAC, Homebush	*SR*
Relay - 4 x 100m	48.21		M200+	Michael Gedz (52), Jim Culhane (52), Anthony Crimi (57), Ashley McMahon (43)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 100m	52.91		M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	**1.25.82**		**Open**	**William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)**	**Nov 26-27 2016**	**Blacktown**	
Relay - 4 x 200m	1.28.62		U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.33.44		U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984		
Relay - 4 x 200m	1.45.42		U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 200m	1:34.27		M120+	Ashley McMahon (42), Nathan Mackay (41), Ryan Dowling (38), David Thebridge (42)	Nov 4 2017	SOPAC, Homebush	
Relay - 4 x 200m	1.39.59		M160+	David Turner (43), Ken Elias (33), Ashley McMahon (44), Michael Gedz (53)	Nov 23 2019	Campbelltown	
Relay - 4 x 200m	1.41.44		M200+	Trevor Young (61), Jim Culhane (53), Ashley McMahon (44), Andrew Phillips (47)	Nov 24 2019	Campbelltown	
Relay - 4 x 200m	1:55.86		M240+	Les Gillies (71), Jim Culhane (52), Anthony Crimi (57), Trevor Young (60)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 400m	**3.11.78**		**Open**	**Keegan Bell (16), Matthew Crowe (21), Sean Zitzsimmons (23), Jye Perrott (20)**	**Nov 18 2018**	**SOPAC, Homebush**	
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.20.3		U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 400m	3.26.21		U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26		U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:55.53		M200+	Ashley McMahon (43), Jim Culhane (52), Michael Stavrianos (45), Trevor |Young (60)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 800m	**7:27.95**		**Open**	**Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)**	**Nov 22 2009**	**Blacktown**	***SR***

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 800m	7.46.20		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	*SR*
Relay - 4 x 800m	7.46.20		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	*SR*
Relay - 4 x 800m	8.42.57		U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995		
Relay - 4 x 800m	9.28.07		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05		M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	Dec 12 1993	ES Marks, Kensington	*SR*
Relay - 4 x 800m	8.33.86		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 19 1997	SOPAC, Homebush	*SR*
Relay - 4 x 800m	9.22.12		M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown	
Relay - 4 x 800m	10.45.93		M240+	Trevor Young (61), Doug Barrett (67), Paul Trainor (54), Brad Sharpe (58)	Nov 23 2019	Campbelltown	*SR*
Relay - 4 x 1500m	**15:50.39**		**Open**	**James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)**	**Nov 15-16 2014**	**SOPAC, Homebush**	
Relay - 4 x 1500m	16.39.47		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	Dec 17 2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000	SOPAC, Homebush	
Relay - 4 x 1500m	18.03.13		U16	Tom Gleeson (15), Andrew Fahey (15), Josh Wilson (15), Phil De Mestre (15)	2000	SOPAC Homebush	
Relay - 4 x 1500m	19.24.36		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13		M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	Dec 17 1995	ES Marks, Kensington	*SR*
	17.56.10		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 29 1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	Nov 21 2010	SOPAC, Homebush	
Relay -800m Medley (100,100,200,400)	**1:38.10**		**Open**	**Ray Barbat, Mitchell Roberts, Mark Caulfield, Michael Maiers**	**2002/2003**	**SOPAC, Homebush**	
Relay - 1000m Medley (100, 300, 200, 400)	**1:59.42**		**Open**	**Koray Kirk (20), Tom Hunt (18), Hugo Whitehead (20), Ben Carter (19)**	**Dec 14 2018**	**SOPAC, Homebush**	
Relay - 1000m Medley (100, 300, 200, 400)	2:07.80		U20	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC, Homebush	
Relay - 1000m Medley (100, 300, 200, 400)	2:07.80		U18	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC, Homebush	
Relay - 1000m Medley (100, 300, 200, 400)	2:18.07		U14	Henry Butler (11), Aidan Jones (13), Max Milani (13), Cormac Morrison	Dec 15 2018		
Relay - 1000m Medley (100, 300, 200, 400)	2:09.82		M120+	Lewis Ehrlich (4), Ryan Dowling (39), David Thebridge (42), Ashley McMahon (43)	Dec 15 2018	SOPAC, Homebush	
Relay - 1000m Medley (100, 300, 200, 400)	2:26.67		M160+	Tim McGrath (57), Antony Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush	
Relay - 1000m Medley (100, 300, 200, 400)	2:26.67		M200+	Tim McGrath (57), Antony Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush	
Relay - 1600m Medley (200,200,400,800)	**3.21.38**		**Open**	**James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)**	**Nov 17-18 2012**	**SOPAC, Homebush**	
Relay - 1600m Medley (200,200,400,800)	3:58.81		U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	Dec 16 2006	SOPAC, Homebush	
Relay - 2x2x400m	**3:31.60**		**Open**	**Louis Stenmark (21), Mason Cohen (23)**	**Dec 14 2019**	**SOPAC, Homebush**	
Relay - 2x2x400m	4:08.04		U20	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush	
Relay - 2x2x400m	4:08.04		U18	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay 2x2x400m	4:34.09		M80+	Miles Wilson (45), David Thebridge (43)	Dec 14 2019	SOPAC, Homebush	
Relay 2x2x400m	4:45.16		M100+	Brad Sharpe (58), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush	
Relay - 2x100m	**21.45**		**Open**	**Ashley McMahon (41), Elijah Williams (21)**	**Feb 28 2017**	**Hunter Sports Centre, Glendale**	
Mixed 24 hour relay	**390.4km**		**Open**	**Michael Lyons, James Swadling, James Spink, Marty Doak, Evelyn Stevenson (40), Mitchell Lloyd, Vanessa Rathborne, Tom Gleeson (17), Jane Miles (20), Cameron Peterson, Caleb Wegener (21), Mick Donnelly (45), Les Gillies (55), Angus Stewart (41), Renee Vandenberg (17)**	**2002**	**Rotary Field**	
Relay - 4 x 1500m Walk	**28:55.76**		**Open**	**Jay Felton (22), Steve Washburn (23), Martin Leerberg (14), Stephanie Grujoski (20)**	**Nov 4 2017**	**SOPAC, Homebush**	
Relay - 4 x High Jump	**7.90m**		**Open**	**Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)**	**1996**	**SOPAC, Homebush**	
Relay - 4 x High Jump	7.30m		U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush	
Relay - 4 x Pole Vault	**14.10m**		**Open**	**Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)**	**1996**	**SOPAC, Homebush**	
Relay - 4 x Long Jump	**27.06m**		**Open**	**Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)**	**1996**	**SOPAC, Homebush**	***SR***
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	Nov 14-15 2015	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	Nov 15-16 2008	Blacktown	
Relay - 4 x Shot Put	**53.93m**		**Open**	**Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)**	**Nov 15-16 2008**	**Blacktown**	
Relay - 4 x Shot Put	49.01m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	Nov 26-27 2016	Blacktown	
Relay - 4 x Shot Put	51.24m		U18	Robert Murphy (17), Warren Jones (17), Peter Elvy (17), Chris Gale (16)	1997	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M160+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x Shot Put	31.00m		M200+	Bart Steanes (55), Warren Jones (39), Douglas Barrett (66), Peter Douglas (65)	Nov 23 2019	Campbelltown	*SR#*
Relay - 4 x Shot Put	29.81m		M240+	Nick Bastas (80), Michael Johnson (82), Zoran Novicic (58), Terrance Carter (61)	Nov 18 2018	SOPAC, Homebush	
Relay - 4 x Discus	**156.04m**		**Open**	**Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)**	**Nov 26-27 2016**	**Blacktown**	
Relay - 4 x Discus	167.10m		U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Discus	132.15m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	Nov 25-26 2016	Blacktown	
Relay - 4 x Hammer	**198.12m**		**Open**	**William Brown (22), Timothy Heyes (21), Lachlan Antoinette (18), Tylor Hunn (22)**	**Nov 19 2018**	**SOPAC, Homebush**	***SR***
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Hammer	107.12m		120+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	
Relay - 4 x Hammer	107.12m		160+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	
Relay - 4 x Hammer	107.12m		200+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	
Relay - 4 x Javelin	**189.12m**		**Open**	**Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)**	**Nov 15-16 2008**	**Blacktown**	***SR***
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	Nov 14-15 2015	Blacktown	
Relay - 4 x Javelin	122.82m		M120+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush	
Relay - 4 x Javelin	122.82m		M160+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush	
Relay - 4 x Javelin	86.12m		M200+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown	
Relay - 4 x Javelin	86.12m		M240+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown	

UTS Northern Suburbs Athletic Club Track & Field Indoor Records as at 3 August 2016

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	*Record*
WOMEN							
60m	**7.5h**	**Ind**	**Open**	**Thalia Amanakis (22)**	**Jan 26 2008**	**Manoa, Hawaii, USA**	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	Jan 25 2014	Albuquerque, USA	
60m	7.94	Ind	W40	Monique Perry (44)	Mar 26 2019	Torun, Poland	*NR*
60m	8.91	Ind	W45	Janet Naylon (45)	Mar 4 2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylon (50)	Mar 17 2017	Daegu, South Korea	
200m	**25.68**	**Ind**	**Open**	**Madison Gipson (19)**	**Feb 14 2014**	**Albuquerque, USA**	
200m	25.68	Ind	U20	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	
200m	26.68	Ind	W40	Monique Perry (44)	Mar 29 2019	Torun, Poland	*NR*
200m	25.85	Ind	W45	Marie Kay (48)	Mar 19 2008	Clermont-Ferrand, France	*WR*
400m	**54.54**	**Ind**	**Open**	**Carley Thomas (20)**	**Feb 15 2020**	**Seattle, USA**	
400m	54.54	Ind	U23	Carley Thomas (20)	Feb 15 2020	Seattle, USA	
400m	56.99	Ind	W45	Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	*WR*
400m	1.02.96	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	**2:02.05**	**Ind**	**Open**	**Carley Thomas (20)**	**Feb 28 2020**	**Boston, USA**	
800m	2:02.05	Ind	U23	Carley Thomas (20)	Feb 28 2020	Boston, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	Mar 19 2016	Portland, USA	
800m	2:48.23	Ind	W60	Deborah Drennan (60)	Mar 28 2019	Torun, Poland	
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	Mar 25 2017	Daegu, South Korea	
1500m	5:49.57	Ind	W60	Deborah Drennan (60)	Mar 30 2019	Tirun, Poland	
Mile	**5:07.58**	**Ind**	**Open**	**Antonia Howard (19)**	**Dec 8 2016**	**South Hunington, USA**	
Mile	5:11.01	Ind	U23	Charlotte Wilson (21)	Feb 16 2013	Norman, USA	
Mile	5:07.58	Ind	U20	Antonia Howard (19)	Dec 8 2016	South Hunington, USA	
3000m	**9:53.06**	**Ind**	**Open**	**Charlotte Wilson (22)**	**Mar 1 2014**	**Birmingham, USA**	
3000m	9:53.06	Ind	U23	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA	
3000m	10:12.68	Ind	U20	Sarah Marvin (19)	Dec 3 2016	Boston, USA	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m	**17:06.11**	**Ind**	**Open**	**Charlotte Wilson (22)**	**Feb 28 2014**	**Birmingham USA**	
5000m	17:06.11	Ind	U23	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
60m Hurdles - 0.840m	**8.60**	**Ind**	**Open**	**Madison Gipson (20)**	**Feb 28 2015**	**Boise, USA**	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqualine Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	*NR*
Long Jump	**5.57m**	**Ind**	**Open**	**Marie Kay (48)**	**Mar 20 2008**	**Clermont-Ferrand, France**	***NR***
Long Jump	5.50m	Ind	U23	Jacinta Fisher (21)	Feb 9 2018	Fayetteville USA	
Long Jump	4.74m	Ind	W40	Jacqualine Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	*NR*
Long Jump	5.16m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
High Jump	1.51m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Triple Jump	**11.85m**	**Ind**	**Open**	**Jacinta Fisher (20)**	**Feb 11 2017**	**Fayetteville, USA**	
Triple Jump	11.85m	Ind	U23	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
Shot Put 4kg	**10.93m**	**Ind**	**Open**	**Caroline Layt (48)**	**Mar 25 2014**	**Budapest, Hungary**	
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Shot Put - 3kg	10.79m	Ind	W55	Caroline Layt (55)	Nov 1 2020	Somersby	*NR*
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Weight Throw - 7.26kg	12.24m	Ind	W55	Caroline Layt (55)	Nov 1 2020	Somersby	*NR*
Heavy Weight Throw - 35lb	**7.24m**	**Ind**	**W45**	**Maria Cimino (48)**	**Nov 1 2020**	**Somersby**	***NR***
Heavy Weight Throw - 25lb	**8.63m**	**Ind**	**W55**	**Caroline Layt (55)**	**Nov 1 2020**	**Somersby**	***SR***
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	*WR*
Relay - 4 x 200m	**1.49.98**	**Ind**	**Open**	**Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylon (41), Marie Kay (48)**	**Mar 22 2008**	**Clermont-Ferrand, France**	***NR***
MEN							
60m	**7.04**	**Ind**	**Open**	**Phil Krok (21)**	**Feb 27 2009**	**Flagstaff, USA**	
60m	7.04	Ind	U23	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 8 2014	Munich, Germany	*NR*
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 19 2014	Hamburg, Germany	*NR*
60m	7.08	Ind	M40	Ashley McMahon (43)	Mar 26 and 27	Torun, Poland	*NR*
60m	8.73	Ind	M60	Victor Ramondetta (62)	Mar 20 2017	Daegu, South Korea	
200m	**22.11**	**Ind**	**Open**	**Phil Krok (21)**	**Feb 13 2009**	**Bozeman (USA)**	
200m	22.11	Ind	U23	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	23.70	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	*NR*
200m	23.53	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
200m	28.76	Ind	M60	Victor Ramondetta (62)	Mar 21 2017	Daegu, South Korea	
400m	**47.78**	**Ind**	**Open**	**Louis Stenmark (21)**	**Feb 9 2019**	**Albuquerque**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	47.78	Ind	U23	Louis Stenmark (21)	Feb 9 2019	Albuquerque	
400m	53:32	Ind	M40	Ashley McMahon (41)	Mar 12 2013	Lee Valley, United Kingdom	
400m	1:05.96	Ind	M60	Victor Ramondetta (62)	Mar 24 2017	Daegu, South Korea	
600m	**1:17.59**	**Ind**	**Open**	**Louis Stenmark (21)**	**Jan 12 2019**	**Seattle, Washington, USA**	
800m	**1:56.83**	**Ind**	**Open**	**Will Austin-Cray (20)**	**Feb 16 2013**	**Moscow, Idaho, USA**	
800m	1:56.83	Ind	U23	Will Austin-Cray (20)	Feb 16 2013	Moscow, Idaho, USA	
800m	2:16.28	Ind	M50	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France	
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	Mar 22 2017	Daegu, South Korea	
1500m	**4:41.99**	**Ind**	**Open**	**Stuart Paterson (53)**	**Mar 22 2008**	**Clermont-Ferrand, France**	
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:56.21	Ind	M55	Bradley Sharpe (56)	Mar 25 2017	Daegu, South Korea	
Shot Put - 7.26kg	**10.89m**	**Ind**	**M35**	**Ryan Dowling (39)**	**May 12 2019**	**Somersby**	
Shot Put - 6kg	8.51m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby	*#*
Shot Put - 5kg	4.75m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	
Shot Put - 4kg	9.15m	Ind	M70	Robert Archer (73)	Nov 1 2020	Somersby	*SR #*
Weight Throw - 15.88kg	**9.90m**	**Ind**	**M35**	**Warren Jones (38)**	**May 12 2019**	**Somersby**	
Weight Throw - 11.34kg	8.38m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby	*#*
Weight Throw - 9.08kg	5.23m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	
Heavy Weight Throw - 56lb	**5.98m**	**Ind**	**M35**	**Warren Jones (38)**	**May 12 2019**	**Somersby**	
Heavy Weight Throw - 56lb	4.26m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby	#
Heavy Weight Throw - 45lb	2.48m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance		Athlete/s (age)	Date	Venue
WOMEN					
Cross Country					
1.5km Cross Country	5:20	U12	Hannah Cerezo (11)	Aug 2 2014	Upjohn Park, Dundas
2km Cross Country	**6:39**	**Open**	**Ashley Mason (12)**	**Jul 13 2004**	**Miranda Park**
2km Cross Country	6:39	U20	Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U18	Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U16	Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U14	Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U13	Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	7:30	U12	Rebecca Terry (10)	Jun 1 2013	Miranda Park
2km Cross Country	7:56	W30	Rebecca Gibbs (31)	Jul 23 2011	Cowells Lane Reserve, Ermington
2km Cross Country	9:05	W40	Joanna Davis (41)	Mar 31 2018	George Kendall Reserve, Ermington
2km Cross Country	9:59	W45	Nancy Lloyd (49)	Mar 29 2003	
2km Cross Country	12:39	W50	Jennifer Crockart (53)	May 21 2016	Bella Vista Farm Park
2km Cross Country	8:42	W55	Deborah Drennan (57)	Apr 18 2015	Scarborough Park, Ramsgate
2km Cross Country	8:56	W60	Deborah Drennan (60)	Aug 4 2018	Upjohn Park Rydalmere
2km Cross Country	12:51	W65	Dorothy Kass (66)	Jun 1 2019	Prospect Reserve
2km Cross Country	10:52	W70	Lesley Eller (70)	Apr 13 2013	Queen Elizabeth Park, Concord
2.5km Cross Country	**8:33**	**Open**	**Emily Hopper (16)**	**Aug 2 2014**	**Upjohn Park, Rydalmere**

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2.5km Cross Country	8:33		U20	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:33		U18	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:51		U16	Annabel McDermott (14)	Aug 3 2013	Upjohn Park, Rydalmere	
2.5km Cross Country	9:22		U14	Emily Augustine (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:29		U12	Molly Quoyle (11)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	13:37		W55	Susan Rilen (55)	May 26 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	16:34		W60	Dorothy Kass (60)	Aug 3 2013	Upjohn Park, Rydalmere	
2.5km Cross Country	18:11		W65	Dorothy Kass (65)	Jul 20 2019	Prospect Reserve	
3km Cross Country	**9.40**		**Open**	**Emily Hopper (16)**	**May 13 2014**	**Miranda Park**	
3km Cross Country	9.40		U20	Emily Hopper (16)	May 13 2014	Miranda Park	
3km Cross Country	9.40		U18	Emily Hopper (16)	May 31 2014	Miranda Park	
3km Cross Country	10:21		U16	Hannan Cerezo (14)	May 27 2017	Miranda Park	
3km Cross Country	10:36		U14	Olivia Dooley (13)	Jun 17 2010	Eastern Creek	
3km Cross Country	11:05		U13	Ruby Hackett (12)	2004	Eastern Creek	
3km Cross Country	12:25		U12	Nicola Christou (11)	May 27 2017	Miranda Park	
3km Cross Country	16:57		W45	Dorothey Kass (49)	Mar 29 2003		
3km Cross Country	21:11		W55	Anne Dorey	Jul 26 2003		
4km Cross Country	**13.06**		**Open**	**Abigail Regan (23)**	**Jun 1 2013**	**Miranda Park**	
4km Cross Country	13:26		U23	Eliza Sttewart (20)	Jun 2 2007	Miranda Park	
4km Cross Country	13:25		U20	Lucy Starrat (18)	May 2 2006	Scarborough Park, Ramsgate	
4km Cross Country	13:28		U18	Annabel McDermott (17)	May 28 2016	Miranda Park	
4km Cross Country	14:19		U17	Annabel McDermott (16)	Jun 20 2015	Brownsville	
4km Cross Country	14:24		U16	Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	14:24		U15	Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	15:30		U14	Hannah Cerezo (13)	Jun 4 2016	George Kendall Reserve, Ermington	
4km Cross Country	18:22		U13	Rebecca Terry (11)	May 17 2014	Bella Vista	
4km Cross Country	18:22		U12	Rebecca Terry (11)	May 17 2014	Bella Vista	
4km Cross Country	14:50		W30	Mary Fien (34)	Jun 2 2007	Miranda Park	
4km Cross Country	14:23		W35	Stacey Quitzau (38)	May 15 1999	Scarborough Park, Ramsgate	
4km Cross Country	15:45		W40	Anne Forbes (40)	Áug 1996	Fairfield	
4km Cross Country	15:15		W45	Joanne Cowan (47)	2003	Miranda Park	
4km Cross Country	17:17		W50	Deborah Drennan (54)	Jun 9 2012	George Kendall Reserve, Ermington	
4km Cross Country	17:40		W55	Deborah Drennan (55)	Jun 8 2013	George Kendall Reserve, Ermington	
4km Cross Country	17:55		W60	Deborah Drennan (60)	Jul 14 2018	Prospect Reserve	
4km Cross Country	26:54		W65	Dorothy Kass (66)	Aug 15 2020	George Kendall Reserve, Ermington	#
5km Cross Country	**17.45**		**Open**	**Lucy Starrat (18)**	**Jul 15 2006**	**The Crest, Bankstown**	
5km Cross Country	18:30		U23	Kasey Mumby (22)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	17.45		U20	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	19:55		U18	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55		U16	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06		U14	Abigail Johnstone (13)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08		W30	Mary Fien (32)	Jul 17 2004	Mt Penang	
5km Cross Country	18:58		W35	Stacey Quitzau (35)	Áug 1996	Centennial Park	
5km Cross Country	18:54		W40	Anne Forbes (40)	Áug 1996	Centennial Park	
5km Cross Country	20:32		W45	Jo Cowan (48)	Jul 17 2004	Mt Penang	
5km Cross Country	23:27		W50	Deborah Drennan (54)	Sep 1 2012	Upjohn Park, Rydalmere	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5km Cross Country	23:45		W55	Deborah Drennan (57)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	23:05		W60	Deborah Drennan (60)	Jul 8 2018	West Dapto	
6km Cross Country	**21.14**		**Open**	**Lena Yali**	**1992**		
6km Cross Country	22:30		U23	Isabella Thornton-Bott (21)	Aug 3 2019	Upjohn Park, Rydalmere	
6km Cross Country	21:37		U20	Abbey Rockliff (18)	Aug 24 2019	Dapto	
6km Cross Country	22:24		U18	Imogen Gardiner (17)	Jan 27 2019	Mt Stromlo, Canberra	
6km Cross Country	22:20		W40	Anne Forbes (40)	1996	Bendigo	
6km Cross Country	28:34		W55	Deborah Drennan (55)	Jun 22 2013	Willandra, Nowra	
6km Cross Country	29:01		W60	Deborah Drennan (62)	Oct 10 2020	Dapto	#
6.2km Cross Country	**22.47**		**Open**	**Eliza Stewart (22)**	**Apr 6 2008**	**France**	
6.2km Cross Country	22.47		U23	Eliza Stewart (22)	Apr 6 2008	France	
7km Cross Country	**26:11**		**Open**	**Sarah Marvin (20)**	**Apr 22 2017**	**Scarborough Park, Ramsgate**	
7km Cross Country	26:11		U23	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	31:26		U20	Holly Ratajec (19)	Apr 20 2013	Scarborough Park, Ramsgate	
7km Cross Country	32:23		U18	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	
7km Cross Country	32:23		U17	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	
7km Cross Country	32:23		U16	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	
7km Cross Country	32:23		U15	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	
7km Cross Country	32:23		U14	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	
7.5km Cross Country	**28:34**		**Open**	**Eliza Stewart (25)**	**May 21 2011**	**Upjohn Park, Rydalmere**	
7.5km Cross Country	33:01		U23	Claudia White (22)	Jul 8 2018	West Dapto	
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	May 21 2011	Upjohn Park, Rydalmere	
8km Cross Country	**26.21**		**Open**	**Emily Heskelow (19)**	**Jul 14 2018**	**Prospect Reserve**	
8km Cross Country	27.16		U23	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic	
8km Cross Country	26.21		U20	Emily Heskelow (19)	Jul 14 2018	Prospect Reserve	
8km Cross Country	34:24		U18	Greta McNiven (16)	2003	Willandra, Nowra	
8km Cross Country	32:30		W30	Stacey Quitzau (38)	Jun 5 1999	The Crest, Bankstown	
8km Cross Country	31:02		W40	Anne Forbes (41)	Jun 7 1997	Bankstown	
8km Cross Country	33:29		W45	Jo Cowan (48)	2003	Willandra, Nowra	
8km Cross Country	26:15		W60	Ann Swinbourn (61)	May 19 2018	George Kendall Reserve, Ermington	
10km Cross Country	**36:18**		**Open**	**Elise Gallen (23)**	**Aug 26 2017**	**Kembla**	
10km Cross Country	39:44		U23	Elise Gallen (22)	Jun 26 2016	Willandra, Nowra	
10km Cross Country	52:03		U20	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	52:03		U18	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	45:12		W30	Rebecca Gibbs (31)	Jun 11 2011	River Rd Reserve, Emu Plains	
4x2km Cross Country Relay	28:53		U14	Ruby Hackett (12), Elle Farrington (13), Katie Furniss (13), Ashley Mason (12)	Jul 13 2004	Miranda Park	
4x2km Cross Country Relay	31:29		U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brennan (11), Ashlie Edwards (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	41:00		U20	Isabella Thornton-Bott (19), Sarah Reece (17) , Emma Baptiste (18), Sarah McDermott (17)	May 27 2017	Miranda Park	
4x3km Cross Country Relay	43:59		U18	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	May 31 2014	Miranda Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4x3km Cross Country Relay	44:38		U16	Abigail Johnstone (15), Hannah Cerezo (14), Nicola Christou (11), Rosie Fordham	May 27 2017	Miranda Park	
4x4km Cross Country Relay	**56:02**		**Open**	**Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (25)**	**Jun 1 2013**	**Miranda Park**	
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:34.39		W60	Deborah Drennan (61), Maragret Thomas (63), Jan Swinhoe (62), Ann Swinbourne (62)	May 25 2019	Miranda Park	
3x4km Cross Country Relay	**46:13**		**Open**	**Jo Cowan (49), Jane Miles (21), Phillipa Boss**	**2003**	**Miranda Park**	
3x4km Cross Country Relay	49:44		W20	Greta McNiven (16), Renee Vandenberg (1), Rebecca Sindell	2003	Miranda Park	
3x4km Cross Country Relay	49:13		W35	Evelyn Stevenson (41), Nancy Bodikian (44), Jo Cowan (48)	2003	Miranda Park	
3x4km Cross Country Relay	1:17.08		W45	Anne Dorey, Dorothy Kass (49), Nancy Lloyd (49)	2003	Miranda Park	
3x4km Cross Country Relay	1:06.10		W55	Maureen Cadogen, Carol Taylor, Dawn Shaw	2002	Miranda Park	
Mountain Running							
8km Mountain Run	**44.51**		**Open**	**Mary Fien (34)**	**Feb 24 2007**	**Mt Kembla**	
8km Mountain Run	44.51		W30	Mary Fien (34)	Feb 24 2007	Mt Kembla	
10km Mountain Run	**1:05:00.0**		**Open**	**Kate Hobbs (19)**	**Mar 29 2015**	**Mt Canoblas, Orange**	
10km Mountain Run	1:05:48		U23	Kate Hobbs (20)	Mar 20 2016	Mt Canoblas, Orange	
10km Mountain Run	1:05:00.0		U20	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange	
Road							
2km Road Race	**6.34**		**Open**	**Emily Hopper (16)**	**Jul 12 2014**	**Newcasatle University, Ourimbah**	
2km Road Race	6.34		U20	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U18	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6:48		U16	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point. Wollongong	
2km Road Race	6:48		U14	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	7:28		U12	Charlotte O'Dowd (11)	Apr 6 2019	Rydalmere	
2km Road Race	7:29		W30	Rebecca Gibbs (31)	Aug 13 2011	Rydalmere	
2km Road Race	7:52		W50	Stacey Quitzau (51)	Aug 11 2012	Rydalmere	
2km Road Race	9:00		W55	Deborah Drennan (58)	Aug 13 2017	Rydalmere	
2km Road Race	11:23		W60	Dorothy Kass (60)	Aug 10 2013	Rydalmere	
2km Road Race	15:44		W65	Nancy Lloyd (67)	Aug 8 2020	Rydalmere	#
2.5km Road Race	9:15		U14	Hannah Cerezo (12)	May 2 2015	Sydney Olympic Park	
2.5km Road Race	9.58		U12	Molly Quoyle (10)	Jun 4 2011	Sydney Olympic Park	
3km Road Race	10:40		U16	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy	
3km Road Race	10:40		U14	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy	
4km Road Race	**13:41**		**Open**	**Elese Gallen (23)**	**Jul 15 2017**	**Newcastle University, Ourimbah**	
4km Road Race	13:52		U23	Isabella Thornton-Bott (21)	Jul 13 2019	Newcastle University, Ourimbah	
4km Road Race	13:44		U20	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	13:44		U18	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	14:44		U16	Hannah Cerezo (13)	Aug 6 2016	Prospect Resevoir	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4km Road Race	14:44		U14	Hannah Cerezo (13)	Aug 6 2016	Prospect Resevoir	
4km Road Race	15:38		W35	Mary Fien (39)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	15:18		W40	Evelyn Stevenson (41)	Jun 15 2003	The Crest, Bankstown	
4km Road Race	14:51		W45	Jo Cowan (47)	Jun 15 2003	The Crest, Bankstown	
4km Road Race	16:36		W50	Stacey Quitzau (51)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:34		W55	Deborah Drennan (56)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	17:50		W60	Deborah Drennan (60)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	26:37		W65	Dorothy Kass (66)	Aug 10 2019	Rydalmere	
5km Road Race	**15:59**		**Open**	**Trychelle Kingdom (25)**	**Oct 31 2015**	**Noosa, Qld**	
5km Road Race	17:06		U20	Imogen Gardiner (18)	2020	Sydney	#
5km Road Race	17:07		U18	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	17:29		U16	Sarah Baker (15)	May 2 2021	Sydney Olympic Park	#
5km Road Race	19.48		U14	Sara Rathborne (13)	2002	Sydney Olympic Park	
5km Road Race	17:59		W35	Anne Forbes (39)	Jun 17 1995	Sydney Olympic Park	
5km Road Race	18:08		W40	Anne Forbes (42)	May 3 1998	Sydney Domain	
5km Road Race	25:31		W45	Kim Wilson (47)	May 2 2015	Sydney Olympic Park	
5km Road Race	27:11		W50	Stacey Quitzau (52)	May 6 2012	Sydney Olympic Park	
5km Road Race	23:38		W60	Maureen Cadogen	2002	Sydney Olympic Park	
6km Road Race	22:37		U20	Jessica Boyd (18)	2004	Army Base, Holsworthy	
7km Road Race	**28:07**		**W30**	**Marina Delahunty**	**Sept 1997**	**Cowra**	
7km Road Race	31:52		U18	Abby Lander (17)	Aug 25 2019	Sydney Olympic Park	
8km Road Race	**29:09.88**		**Open**	**Kasey Mumby (22)**	**Aug 31 2014**	**Sydney Olympic Park**	
8km Road Race	29:09.88		U23	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park	
8km Road Race	32:17h		U20	Emily Heskelow (19)	Apr 28 2018	Rydalmere	
8km Road Race	33:47h		W30	Rebecca Gibbs (31)	May 5 2011	Rydalmere	
8km Road Race	35:01h		W60	Ann Swinbourne (61)	Apr 28 2018	Rydalmere	
10km Road Race	**33.14**		**Open**	**Mary Fien (35)**	**May 30 2009**	**Springvale**	
10km Road Race	34.27		U23	Eliza Stewart (22)	May 3 2008	Sydney Olympic Park	
10km Road Race	34:29		U20	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	34:29		U18	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	44:02		U17	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park	
10km Road Race	44:02		U16	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park	
10km Road Race	44:02		U15	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park	
10km Road Race	46:33.99		U14	Nicola Christou (12)	May 5 2018	Sydney Olympic Park	
10km Road Race	46:33.99		U13	Nicola Christou (12)	May 5 2018	Sydney Olympic Park	
10km Road Race	33.14		W35	Mary Fien (35)	May 30 2009	Springvale	
10km Road Race	36:40		W40	Anne Forbes (42)	May 1998	Army Base, Holsworthy	
10km Road Race	40:44		W45	Jo Cowan (48)	September 2004	Sydney	
10km Road Race	49:31		W50	Deborah Drennan (54)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:45:00		W55	Deborah Drennan (58)	May 6 2017	Sydney Olympic Park	
10km Road Race	50:09		W60	Deborah Drennan (61)	May 4 2019	Sydney Olympic Park	
14km City to Surf	**51:05**		**Open**	**Elese Gallen (23)**	**Aug 13 2017**	**Sydney**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
15km Road Race	**57.03**		**Open**	**Trychelle Kingdom (24)**	**Oct 19 2014**	**Fernleigh Track, Newcastle**	
15km Road Race	59:10s		U23	Jane Miles (20)	2002	Sydney Olympic Park	
Half Marathon	**1:15.56**		**Open**	**Eliza Stewart (20)**	**Jun 10 2007**	**Sydney**	
Half Marathon	1:15.56		U23	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:17.51		W30	Mary Fien (34)	Aug 19 2007	Noosa	
Half Marathon	1:37.58		W35	Clara Vucetic	May 23 1999	Sydney	
Half Marathon	1:32.22		W40	Evelyn Stevenson (40)	2002	Sydney	
Half Marathon	1:27.22		W45	Dianne Aitken (47)	September 2004	Sydney	
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	Dec 31 2006	Sydney	
Marathon	**2:50.00**		**Open**	**Elizabeth Richards**	**1976**		
Marathon	3:11.42		W40	Diane Aitken (44)	2002	Gold Coast	
Marathon	3:25.15		W45	Diane Aitken (45)	2003	Sydney	
4x2km Road Relay	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wollett (14), Emily Augustine (17)	Jul 12 2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	28:46		U14	Ruby Hackett (13), Katie Furniss (13), Elle Farrington (13), Ashley Mason (13)	Jul 3-4 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U18	Elle Farrington (12), Katrina Panazzola, Ruby Hackett (12), Ashley Mason (12)	Jul 30 2004	Flagstaff Point, Wollongong	
4x4km Road Relay	**55:42**		**Open**	**Elese Gallen (24), Abbey Rockliff (17), Sara McDermott (18), Isabella Thornton-Bott (20)**	**Jul 21 2018**	**Newcastle University, Ourimbah**	
4x4km Road Relay	1:01:25		W20	Jessica Boyd (19), Penny Burdekin, Elle Farrington (13), Ruby Hackett (13)	Jul 3-4 2005	Flagstaff Point, Wollongong	
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	Jul 10 2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	Jul 14 2014	Flagstaff Point, Wollongong	
4x4km Road Relay	1:26:27		W60	Deborah Drennan (61), Margaret Thomas (63), Jan Swinhoe (52), Dorothy Kass (65)	Jul 13 2019	Newcastle University, Ourimbah	
3x4km Road Relay	**46:14**		**Open**	**Jo Cowan (47), Jane Miles (21), Phillipa Boss**	**2003**	**The Crest, Bankstown**	
3x4km Road Relay	46:36		W20	Edwina McDonald, Renee Vandenberg (18), Greta McNiven (16)	2003	The Crest, Bankstown	
3x4km Road Relay	46:58		W45	Evelyn Stevenson (41), Nancy Bodikan (44), Jo Cowan (48)	2003	The Crest, Bankstown	
4x5km Road Relay	**1:15.46**		**Open**	**Lena Yali, Brooke Caruana, Ruth Darling, Belinda Fry**	**1993**	**Parramatta Park**	
50km Road Relay	**3:23.21**		**Open**	**Alice Tancred (5km), Sara Rathborne (10km), Rosie Tancred (5km), Jane Miles (15km), Greta McNiven (5km), Evelyn Stevenson (10km)**	**Aug 31 2003**	**Sydney Olympic Park**	
Walks							
2km Road Walk	9:40		U14	Eliza DeLaine (13)	Jun 16 2013	Penrith Lakes	
5km Road Walk	30.21		W40	Suzanne Brown (43)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:21		W45	Carmel Parker (49)	Jun 22 2014	Harrington Park Lake, Narellan	
5km Road Walk	32:40		W50	Carmel Parker (52)	Jun 17 2018	Penrith Lakes	
5km Road Walk	33:18		W55	Nancy Lloyd (56)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:05		W60	Antoinette Woodward (63)	Jun 23 2019	Chipping Norton	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10km Road Walk	**50.04**		**Open**	**Fiona Alldis (19)**	**Sep 2 2007**	**Perth**	
10km Road Walk	50.04		U20	Fiona Alldis (19)	Sep 2 2007	Perth	
10km Road Walk	1:09.10.0h		W40	Suzanne Brown (42)	2008	Blacktown	
10km Road Walk	1:10:03		W45	Suzanne Brown (47)	May 26 2013	Harrington Park Lake, Narellan	
10km Road Walk	1:05.56		W50	Nancy Lloyd (53)	2006	Hobart	
10km Road Walk	1:12:48		W55	Nancy Lloyd (56)	May 24 2009	Harrington Park Lake, Narellan	
10km Road Walk	1:10:39		W60	Antoinette Woodward (62)	Apr 27 2019	Melbourne	
15km Road Walk	1:53:50		W40	Suzanne Brown (44)	Aug 1 2010	Penrith	
15km Road Walk	1:44:30		W45	Nancy Lloyd (49)	July 2003	Chipping Norton	
15km Road Walk	1:39.05		W50	Nancy Lloyd (53)	Jul 15 2007	Five Dock	
10mile Road Walk	**1:29.37**		**Open**	**Fiona Alldis (19)**	**Jun 10 2007**	**Lake Burley Griffin, ACT**	
10mile Road Walk	1:29.37		U20	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	
20km Road Walk	**1:46.13**		**Open**	**Fiona Alldis (19)**	**Jul 15 2007**	**Five Dock**	
20km Road Walk	1:46.13		U20	Fiona Alldis (19)	Jul 15 2007	Five Dock	
20km Road Walk	2:25.23		W40	Suzanne Brown (40)	Nov 26 2005	Tempe	
20km Road Walk	2:26.23		W50	Nancy Lloyd (52)	Nov 26 2005	Tempe	
MEN							
Cross Country							
1km Cross Country	**3:11**		**M55**	**Brad Sharpe (55)**	**Aug 4 2018**	**Upjohn Park, Rydalmere**	
1.5km Cross Country	**5.39**		**U12**	**Trent Morton (10)**	**Jul 16 2005**	**Mt Penang**	
2km Cross Country	**6:19**		**Open**	**Leo Peterson (26)**	**May 20 2017**	**Bella Vista**	
2km Cross Country	6:21		U23	Nick Walker (21)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	6:30		U20	Cooper Phillips (13)	July 19 2020	Dapto	
2km Cross Country	6:30		U18	Cooper Phillips (13)	July 19 2020	Dapto	
2km Cross Country	6:30		U16	Cooper Phillips (13)	July 19 2020	Dapto	
2km Cross Country	6:30		U14	Cooper Phillips (13)	July 19 2020	Dapto	
2km Cross Country	7:10		U12	William Maffey (11)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	11:06		M10	Benjamin Chamberlain	Jun 3 2017	George Kendall Reserve, Ermington	
2km Cross Country	8:16		M35	Ryan Dowling (38)	8/07/2017	Bella Vista Farm, Bella Vista	
2km Cross Country	8:12		M40	Andy West (44)	Aug 6 2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08		M50	Bradley Sharpe (54)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	7:00		M55	Leslie Gillies (56)	Aug 30 2003		
2km Cross Country	7:11		M60	Bradley Sharpe (60)	Apr 17 2021	Queen Elizabeth Park, Concord	#
2km Cross Country	10:15		M65	David Archbold (65)	May 14 2011	George Kendall Reserve, Ermington	
2km Cross Country	14.59		M70	Leslie Gillies (72)	Apr 27 2019	Bella Vista Farm, Bella Vista	
2km Cross Country	11:49		M75	Charles Hobden (77)	May 13 2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	**7.54**		**Open**	**Ruairidh MacDonald (15)**	**Jul 18 2009**	**Upjohn Park, Rydalmere**	
2.5km Cross Country	7.54		U20	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U18	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2.5km Cross Country	7.54		U16	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	9:26		U14	Will North (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:31		U12	Marino Doyle (9)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	8:53		M30	Frazer Dowling (32)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	20:06		M40	James Fitzgerald (41)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	10:18		M45	Brett Collett (47)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	9:27		M50	Bradley Sharpe (51)	Sep 1 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	9:44		M55	Bradley Sharpe (55)	Aug 28 2016	Upjohn Park, Rydalmere	
2.5km Cross Country	12:58		M60	Terrence Carter (60)	Aug 26 2017	Upjohn Park, Rydalmere	
2.5km Cross Country	13:54		M65	David Archbold (66)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	15:07		M75	Charles Hobden (75)	May 21 2011	Upjohn Park, Rydalmere	
3km Cross Country	9:38		U18	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38		U16	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38		U14	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	10:36		U13	Elliott Metcalf (12)	Jun 23 2012	Willandra, Nowra	
3km Cross Country	13:45		M55	David Archbold (58)	Mar 29 2003		
4km Cross Country	**11:17**		**Open**	**James Connor (21)**	**Jun 1 2013**	**Miranda Park**	
4km Cross Country	11:17		U23	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	12:12		U20	Ed Goddard (19)	May 28 2016	Miranda Park	
4km Cross Country	12:46		U18	Xavier Black (17)	May 29 2010	Miranda Park	
4km Cross Country	13:06		U17	Ethan McKenzie (15)	Oct 11 2020	Dapto	#
4km Cross Country	13:06		U16	Ethan McKenzie (15)	Oct 11 2020	Dapto	#
4km Cross Country	14:00		U15	Jacob Magner (14)	Oct 11 2020	Dapto	#
4km Cross Country	14:09		U14	Elliot Metcalf (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	16:01		U13	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington	
4km Cross Country	16:01		U12	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington	
4km Cross Country	12:14		M30	Frazer Dowling (33)	Jun 1 2013	Miranda Park	
4km Cross Country	12:40.88		M35	Mick Donnelly (38)	Jul 8 1995	The Crest, Bankstown	
4km Cross Country	13:40		M40	Connor Delahunty (42)	May 29 2010	Miranda Park	
4km Cross Country	13:58		M45	Stuart Paterson (48)	Jun 4 2005	Miranda Park	
4km Cross Country	13:53		M50	Stuart Paterson (50)	Jun 2 2007	Miranda Park	
4km Cross Country	15:15		M55	Paul Trainor (56)	Apr 17 2021	Queen Elizabeth Park, Concord	#
4km Cross Country	16:25		M60	Geoff Francis (61)	2003	Miranda Park	
4km Cross Country	18:46		M65	Stephen Ball (67)	Apr 17 2021	Queen Elizabeth Park, Concord	#
4km Cross Country	21:00		M70	Ron Wills (71)	Apr 16 2011	Bella Vista Farm Park	
4km Cross Country	22:55		M75	Charles Hobden (76)	Jun 1 2013	Miranda Park	
5km Cross Country	**14:57**		**Open**	**Ed Goddard (23)**	**July 19 2020**	**West Dapto**	**#**
5km Cross Country	15:07		U23	Charlie Doherty (21)	July 19 2020	West Dapto	#
5km Cross Country	15:13		U20	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	16:11		U18	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	16:11		U17	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	21:04		U16	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04		U15	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04		U14	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04		U13	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41		M40	Andy West (44)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07		M50	Bradley Sharpe (50)	Jun 11 2011	River Rd Reserve, Emu Plains	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5km Cross Country	19:56		M55	Paul Trainor (55)	Aug 15 2020	George Kendall Reserve, Ermington	#
5km Cross Country	24:09		M60	Doug Barrett (61)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08		M65	Geoff Francis (68)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27		M70	Ron Wills (71)	Aug 27 2011	Upjohn Park, Rydalmere	
6km Cross Country	18.40		U18	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18.40		U17	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18.40		U16	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6lm Cross Country	31:15		M65	Doug Barrett (65)	Aug 31 2019	Upjohn Park, Rydalmere	
7km Cross Country	**22:56**		**Open**	**Chad Fowler (28)**	**2002**	**Campbelltown**	
7km Cross Country	24:16		M20	Nick Bromley (19)	2002	Campbelltown	
7km Cross Country	25:54		M35	Ray Wareham	2003	Campbelltown	
7km Cross Country	29.59		M40	Angus Stewart (40)	2002	Campbelltown	
7km Cross Country	26:41		M45	Stuart Paterson (45)	2002	Campbelltown	
7km Cross Country	29:18		M55	Les Gillies (55)	2002	Campbelltown	
7km Cross Country	30:57		M60	Geoff Francis (60)	2002	Campbelltown	
7.5km Cross Country	**23:04**		**Open**	**Ed Goddard (21)**	**Jul 8 2018**	**West Dapto**	
7.5km Cross Country	23:04		U23	Ed Goddard (21)	Jul 8 2018	West Dapto	
7.5km Cross Country	27:57		U20	Nicholas Walker (19)	Jul 17 2004	Mt Penang	
7.5km Cross Country	27:34		M30	Frazer Dowling (31)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	26:47		M35	David Costello (38)	Jul 8 2018	West Dapto	
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57		M50	Stephen Ball (50)	Jul 17 2004	Mt Penang	
7.5km Cross Country	38:50		M55	David Archbold (58)	Jul 17 2004	Mt Penang	
7.5km Cross Country	33:36		M60	Geoff Francis (62)	Jul 17 2004	Mt Penang	
7.5km Cross Country	40:26		M65	Doug Barrett (66)	Jul 20 2019	Prospect Reserve	
8km Cross Country	**24.41**		**Open**	**Alex Pettigrew (18)**	**Jun 17 2010**	**Eastern Creek**	
8km Cross Country	26:37		U23	Ed Goddard (20)	Jun 26 2017	Willandra, Nowra	
8km Cross Country	24.41		U20	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	31:05		U18	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05		U16	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58		U14	Elliot Metcalf (13)	Apr 13 2013	Queen Elizabeth Park, Concord	
8km Cross Country	30:06		M30	Angus Stewart (34)	Áug 1996	Centennial Park	
8km Cross Country	27:00		M35	Stuart Paterson (39)	Áug 1996	Centennial Park	
8km Cross Country	28:36		M40	Stuart Paterson (44)	Jul 4 2001	Brisbane	
8km Cross Country	29:49		M45	Stuart Paterson (49)	Jul 15 2006	The Crest Bankstown	
8km Cross Country	30:12		M50	Stephen Ball (50)	Jul 12 2003		
8km Cross Country	33:23		M55	Stephen Ball (58)	Apr 16 2011	Bella Vista Farm Park	
8km Cross Country	36:07		M60	Geoff Francis (61)	2003	Willandra, Nowra	
8km Cross Country	'42:07		M65	Geoff Francis (67)	Jun 20, 2009	Willandra, Nowra	
5 miles Cross Country	**25:23**		**Open**	**Laurie Toogood (19)**	**May 30 1964**	**Shepparton, Victoria**	
8.5km Cross Country	**32.49**		**Open**	**Matthew Rando (20)**	**Jul 19 2008**	**Western Sydney Regional Park**	
8.5km Cross Country	32.49		U23	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park	
8.5km Cross Country	39:01		M45	Bradley Sharpe (46)	Jul 14 2007		
8.5km Cross Country	37:26		M50	Stephen Ball (54)	Jul 14 2007		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
9km Cross Country	35:34		M50	Stephen Ball (50)	Jul 26 2003		
10km Cross Country	**29:29**		**Open**	**Laurie Toogood (22)**	**May 27, 1967**	**Quakers Hill**	
10km Cross Country	29:29		U23	Laurie Toogood (22)	May 27, 1967	Quakers Hill	
10km Cross Country	32:54		U20	Will Keir (19)	Apr 13 2019	Scarborough Park, Ramsgate	
10km Cross Country	39:44		U18	Kyle Walsh (17)	Apr 13 2019	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U16	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U14	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	30.44		M30	John Farrington (31)	Jul 7 1973	Bundoora, Victoria	
10km Cross Country	36:29		M35	David Costello (37)	April 21 2018	Scarborough Park, Ramsgate	
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	Apr 9-13 1998	Brisbane	
10km Cross Country	37:00		M50	Jim Seymon (54)	Apr 15-20 1992	Hobart	
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	41:26		M60	Jim Seymon (60)	May 2 1998	Scarborough Park, Ramsgate	
12km Cross Country	**37.20**		**Open**	**Connor Delahunty (42)**	**May 30 2011**	**Scarborough Park, Ramsgate**	
12km Cross Country	38:57		U23	James Connor (21)	Jun 22 2013	Willandra, Nowra	
12km Cross Country	46:44		M30	Martin Doak (30)	26/06/1905	Willandra, Nowra	
12km Cross Country	48:00		M35	Angus Stewart (35)	Jun 7 1997	Bankstown	
12km Cross Country	37.20		M40	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46		M45	Stuart Paterson (49)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	48:40		M50	Stuart Paterson (51)	Jun 23 2007	Willandra, Nowra	
12km Cross Country	49:15		M55	Jim Seymon (59)	Jun 7 1997	Bankstown	
12.5km Cross Country	**45.37**		**Open**	**Ryan Cantwell (29)**	**Jun 25 2011**	**Willandra, Nowra**	
10 miles Cross Country	**50:24**		**Open**	**Laurie Toogood (20)**	**Aug 15 1965**	**Randwick Racecourse**	
10 miles Cross country	51:24		U23	Laurie Toogood (22)	Jul 1 1967	Canterbury Racecourse	
20km Cross Country	**1:01.20**		**Open**	**John Farrington (27)**	**Jun 20 1970**	**Gosford**	
4x2km Cross Country Relay	29:57		U14	UTS Northern Suburbs	Jun 2 2012	Miranda Park	
4x2km Cross Country Relay	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	42:39		U20	Max Mahon (19), Simon Magner (15), Jacod Magner (13), Martin Leerberg (16)	May 25 2019	Miranda Park	
4x3km Cross Country Relay	42:55		U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)	May 31 2014	Miranda Park	
4x3km Cross Country Relay	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	**47:28**		**Open**	**Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (19)**	**May 28 2016**	**Miranda Park**	
4x4km Cross Country Relay	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:03.48		M35	Angus Stewart (41), James Zhang, Bernard Kellerman, Peter Hampshire (47)	2003	Miranda Park	
4x4km Cross Country Relay	59:13		M45	Steve Ball (48), Velko Gavran, Stuart Paterson (46), Mick Donnelly (46)	2003	Miranda Park	
4x4km Cross Country Relay	1:09.18		M55	Les Gillies (55), David Archbold (56), Liam Cadogen, Geoff Francis (60)	2002	Miranda Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Mountain Running							
8km Mountain Run	**44:00:00**		**Open**	**Ruairidh MacDonald (17)**	**May 29 2012**	**Mt Wellington, Hobart**	
8km Mountain Run	44:00:00		U20	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
8km Mountain Run	44:00:00		U18	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
9.5km Mountain Run	**1:00.21**		**Open**	**Stuart Paterson (50)**	**Sep 23 2006**	**Saillon, Switzerland**	
9.5km Mountain Run	1:00.21		M50	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
10km Mountain Run	**1:06.15**		**Open**	**Leo Peterson (27)**	**April 8 2018**	**Mt Wellington, Hobart**	
11km Mountain Run	**46:38.00**		**Open**	**Matthew Cox (25)**	**Mar 29 2015**	**Mt Canoblas, Orange**	
11km Mountain Run	50:30		U23	Ruairidh MacDonald (22)	Mar 20 2016	Mt Canoblas, Orange	
11km Mountain Run	51:09		U20	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
11km Mountain Run	51:09		U18	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
12km Mountain Run	**52.26**		**Open**	**Stuart Paterson (49)**	**Jul 23 2006**	**Woolgoolga**	
12km Mountain Run	52.26		M45	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
14km Mountain Run	**1:02.01**		**Open**	**Will Atkinson (20)**	**Sep 15 2019**	**Enoggera Reserve, Brisbane**	
14km Mountain Run	1:02.01		U23	Will Atkinson (20)	Sep 15 2019	Enoggera Reserve, Brisbane	
Road							
1 Mile Road Race	**4.21**		**Open**	**Nick Bromley (26)**	**Sep 18 2009**	**Newcastle/Gateshead, England**	
1 Mile Road Race	5.40		M55	Bradley Sharpe (57)	Sep 22 2018	Bowral	
2km Road Race	**6:15**		**Open**	**Jak Bukovinsky (18)**	**Aug 11 2012**	**Rydalmere**	
2km Road Race	6:15		U20	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere	
2km Road Race	6:41		U18	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	6:41		U16	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	7:15		U14	WilliamMaffey (12)	May 26 2014	Rydalmere	
2km Road Race	10:20		U12	Benjamin Chamberlain (9)	Aug 13 2017	Rydalmere	
2km Road Race	6:55		M50	Bradley Sharpe (51)	May 12 2012	Rydalmere	
2km Road Race	7:03		M55	Bradley Sharpe (55)	May 23 2016	Rydalmere	
2km Road Race	7:39		M60	Bradley Sharpe (60)	Apr 4 2021	Rydalmere	#
2km Road Race	10:34		M65	David Archbold (65)	May 5 2011	Rydalmere	
2.5km Road Race	**9:10**		**Open**	**Duncan Loane (13)**	**May 6 2017**	**Sydney Olympic Park**	
2.5km Road Race	9:10		U14	Duncan Loane (13)	May 6 2017	Sydney Olympic Park	
2 miles Road Race	**8:35.8**		**Open**	**Laurie Toogood (21)**	**Jan 26 1966**	**Sydney**	
3km Road Race	**11:37**		**Open**	**Ruairidh MacDonald (13)**	**Jul 30 2005**	**Flagstaff Point, Wollongong**	
3km Road Race	**11:37**		**Open**	**Ben McKinley (13)**	**1993**	**Army Base, Holsworthy**	
3km Road Race	11:37		U20	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37		U20	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	11:37		U18	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37		U18	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	11:37		U17	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37		U17	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	11:37		U16	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3km Road Race	11:37		U16	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	11:37		U15	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37		U15	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	11:37		U14	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37		U14	Ben McKinley (13)	1993	Army Base, Holsworthy	
3km Road Race	13:07		M55	David Archbold (56)	2002	Kurnell	
3km Road Race	14:40		M60	David Archbold (60)	Jun 17 2006	Army Base, Holsworthy	
4km Road Race	**11:30**		**Open**	**Ed Goddard (21)**	**21/07/2018**	**Newcastle University, Ourimbah**	
4km Road Race	11:30		U23	Ed Goddard (21)	21/07/2018	Newcastle University, Ourimbah	
4km Road Race	11:55		U20	Ed Goddard (19)	Jul 16 2016	Newcastle University, Ourimbah	
4km Road Race	12:21		U18	Elliot Metcalf (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:24		U16	Elliot Metcalf (15)	Apr 25 2015	Rydalmere	
4km Road Race	15:30		U14	Duncan Loane (12)	Apr 23 2016	Rydalmere	
4km Road Race	16:11		U12	William Maffey (11)	Jun 29 2013	Prospect Resevoir	
4km Road Race	12:52		M30	Frazer Dowling (33)	Jul 13 2013	Newcastle University, Ourimbah	
4km Road Race	12:44		M35	Raymond Wareham	Jun 15 2003	The Crest, Bankstown	
4km Road Race	14:32		M40	Angus Stewart (43)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	12:39		M45	Michael Donnelly (45)	Áugust 2002	Flagstaff Point, Wollongong	
4km Road Race	14:40		M50	Stephen Ball (50)	Jun 15 2003	The Crest, Bankstown	
4km Road Race	15:38		M55	Bradley Sharpe (57)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	15:28		M60	Geoff Francis (60)	Áugust 2002	Flagstaff Point, Wollongong	
4km Road Race	18:09		M65	Geoff Francis (68)	Jul 10 2010	Flagstaff Point, Wollongong	
4km Road Race	20:41		M70	Ron Wills (72)	Jul 1 2011	Prospect Resevoir	
5km Road Race	**14:09**		**Open**	**Ed Goddard (23)**	**2020**	**Sydney**	**#**
5km Road Race	14:45		U23	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45		U20	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	15:12		U18	Simon Magner (17)	May 2, 2021	Sydney Olympic Park	#
5km Road Race	15:32		U17	Ethan McKenzie (16)	May 2 2021	Sydney Olympic Park	#
5km Road Race	15:33		U16	Jacob Magner (15)	May 2 2021	Sydney Olympic Park	#
5km Road Race	15:47		U15	Cooper Phillips (14)	May 2 2021	Sydney Olympic Park	#
5km Road Race	16:30		M30	Angus Stewart (31)	1993	Parramatta Park	
5km Road Race	15:13.76		M35	Michael Donnelly (38)	Jun 17 1995	Sydney Olympic Park	
5km Road Race	14:36		M40	Stuart Paterson (40)	1996	India	
5km Road Race	17:52		M45	Stuart Paterson (46)	2002	Sydney Olympic Park	
5km Road Race	23.13		M50	Andy West (53)	May 4 2019	Sydney Olympic Park	
5km Road Race	16:53		M55	Jim Seymon (55)	1993	Parramatta Park	
5km Road Race	18:25		M60	Russell Dorey	May 10 2003		
7km Road Race	**25:40**		**Open**	**David Costello (38)**	**Aug 25 2019**	**Sydney Olympic Park**	
7km Road Race	25:40		M35	David Costello (38)	Aug 25 2019	Sydney Olympic Park	
7km Road Race	28:45		M55	Bradley Sharpe (56)	Sept 3 2017	Sydney Olympic Park	
8km Road Race	**26:20h**		**Open**	**Leo Peterson (27)**	**Apr 28 2018**	**Rydalmere**	
8km Road Race	29:33		U23	Ruairidh MacDonald (22)	Jul 9 2016	Col Sutton Park, Winston Hills	
8km Road Race	27.41		U20	Matthew Rando (19)	May 5 2007	Cataract Scout Park	
8km Road Race	29:52		U18	Luke McSpeerin (17)	Jul 5 1997	Parramatta Park	
8km Road Race	31:39		U16	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	32:01		U14	Elliot Metcalf (12)	May 12 2012	Rydalmere	
8km Road Race	30:03		M35	Angus Stewart (35)	Jul 5 1997	Parramatta Park	
8km Road Race	34:05		M50	Bradley Sharpe (53)	Apr 26 2014	Rydalmere	
8km Road Race	36:58		M55	Doug Barrett (58)	May 5 2011	Rydalmere	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
8km Road Race	35:32		M60	Doug Barrett (60)	Jun 29 2013	Prospect Resevoir	
8km Road Race	49:22		M65	Doug Barrett (67)	Aug 8 2020	Rydalmere	#
10km Road Race	**29.45**		**Open**	**John Farrington (30)**	**Dec 3 1972**	**Fukuoka, Japan**	
10km Road Race	29:54.68		U23	Ed Goddard (21)	May 5 2018	Sydney Olympic Park	
10km Road Race	31:44		U20	Ed Goddard (19)	May 7 2016	Sydney Olympic Park	
10km Road Race	35:29		U18	Nick Walker	Aug 31 2003	Sydney Olympic Park	
10km Road Race	29.45		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	34:31.31		M35	David Costello (37)	May 5 2018	Sydney Olympic Park	
10km Road Race	32:31		M40	Michael Donnelly (40)	May 10 1997	Army Base, Holsworthy	
10km Road Race	36:32		M45	Stuart Paterson (49)	May 7 2007	Army Base, Holsworthy	
10km Road Race	38:52		M50	Stephen Ball (52)	Jun 17 2006	Army Base, Holsworthy	
10km Road Race	38:00		M55	Jim Seymon (59)	May 10 1997	Army Base, Holsworthy	
10km Road Race	42:52		M60	Geoff Francis (61)	Sep 14 2003	Sydney	
10km Road Race	45:43		M65	Doug Barrett (67)	July 22 2020	Rydalmere	#
14km City to Surf	**41:51**		**Open**	**Ed Goddard (22)**	**Aug 11 2019**	**Sydney**	
15km Road Race	**43.11**		**Open**	**John Farrington (31)**	**Aug 12 1973**	**Sydney (original City to Surf)**	
15km Road Race	53:47		U23	Caleb Wegener (21)	2002	Sydney Olympic Park	
15km Road Race	43.11		M30	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	56:14		M45	Michael Donnelly (45)	2002	Sydney Olympic Park	
15km Road Race	1:15:16		M60	Doug Barrett (61)	Oct 2 2013	Fernleigh Track, Newcastle	
10 miles	**55.38**		**Open**	**Stuart Paterson (37)**	**Jun 11 1994**	**Parramatta**	
10 miles	55.38		M35	Stuart Paterson (37)	Jun 11 1994	Parramatta	
10 miles	63:24		M55	Jim Seymon (59)	Jul 5 1997	Parramatta	
25km Road Race	**1:15.34**		**Open**	**John Farrington (30)**	**Dec 3 1972**	**Fukuoka, Japan**	
25km Road Race	1:15.34		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
30km Road Race	**1:31.08**		**Open**	**John Farrington (30)**	**Dec 3 1972**	**Fukuoka, Japan**	
30km Road Race	1:31.08		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	**1:02.16**		**Open**	**Ed Goddord (23)**	**Dec 3 2020**	**Launceston**	**#**
Half Marathon	1:04.06		U23	Ed Goddard (21)	July 1 2018	Gold Coast	
Half Marathon	1:18:49		U20	Gareth Mumby (19)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:03.38		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:14:40		M35	Raymond Wareham	May 26 2003	Sydney	
Half Marathon	1:11:47		M40	Michael Donnelly (40)	Jul 13 1997	Gold Coast	
Half Marathon	1:28:08		M45	Stuart Paterson (49)	Dec 31 2006	Sydney	
Half Marathon	1:37:49		M50	Stephen Ball (53)	Jun 10 2007	Sydney	
Half Marathon	1:24.48		M55	Jim Seymon (59)	May 25 1997	Sydney	
Half Marathon	1:23.37		M60	Geoff Francis (61)	May 26 2003	Sydney	
Half Marathon	1:58:31		M65	Geoff Francis (65)	Jun 10 2007	Sydney	
Marathon	**2:11.12.6**		**Open**	**John Farrington (31)**	**1973**	**Sydney**	
Marathon	2:52:24		U20	Gareth Mumby (19)	Sep 22 2013	Sydney	
Marathon	2:11.12.6		M30	John Farrington (31)	1973	Sydney	
Marathon	2:50.45		M35	Raymond Wareham	Sep 14 2003	Sydney	
Marathon	3:22:42		M40	John Kocx (44)	Sep 16 2012	Sydney	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Marathon	3:38.04		M45	Velko Gavran	Sep 14 2003	Sydney	
Marathon	3:49:13		M50	Peter Bromley (53)	Nov 16 2008	Sydney	
4x3km Road Relay	56:24		U14	Myalls Patrerson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	Jul 30 3005	Flagstaff Point, Wollongong	
4x4km Road Relay	**47:25**		**Open**	**Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (25)**	**Jul 16 2016**	**Newcastle University, Ourimbah**	
4x4km Road Relay	52:12		U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (18)	Jul 7 2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59		M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	Jul 11 2015	Newcastle University, Ourimbah	
4x4km Road Relay	55:42		M45	Michael Donnelly (45), Steve Ball (47), Stuart Paterson (46), Geoff Francis (60)	Áugust 2002	Flagstaff Point, Wollongong	
4x4km Road Relay	1:04:44		M50	Bradley Sharpe (58), Antony Guest (53), Paul Trainor (54), Kim Loane (57)	Jul 13 2019	Newcastle University, Ourimbah	
4x4km Road Relay	1:08.21		M55	Geoffrey Francis (61), Lesley Gillies (56), David Archbold (57), Russell Dorey	2003	The Crest Bankstown	
4x5km Road Relay	**1:03.59.69**		**Open**	**Michael Donnelly (38), Martin Byron (26), Angus Stewart (33), Stuart Paterson (39)**	**Jun 17 1995**	**Sydney Olympic Park**	
4x5km Road Relay	**1:27.05**		**M35**	**Jim Seymon (55), David Archbold (47), Alan Nolan (47) Ross Douglas (49)**	**1993**	**Parramatta Park**	
100km Road Relay	**6:09:08**		**Open**	**Martin Doak (10km), Caleb Wegener (15km), Vlad shatrov (10km), Chad Fowler (15km), Stuart Paterson (5km), Mitchell Lloyd (10km), Michael Donnelly (5km), Rhys Hart (15km), Michael Maiers (5km), Nick Walker (10km)**	**2002**	**Sydney Olympic Park**	
90 mile Road Relay	**8:56.42**		**Open**	**David Morris, Chris McLain, John Madox, Nick Walker**; **Tony Green, Doug Edwards, Brian Preston, James Johnston, Mark Coleman**; **Peter Hourigan, Colin Dun, Graham Monge, Bob Davidson**.	**April 22 1973**	**Sydney-Lithgow**	
107.5 mile Walk Relay	**18h:24m**		**Open**	**Jack Hanman, Ray Reilly, Bill Kirby**	**1961**	**Sydney-Newcastle**	
Walks							
5km Road Walk	**27:53**		**Open**	**Cheyne Egelton (16)**	**May 24 2009**	**Harrington Park Lake, Narellan**	
5km Road Walk	27:53		U20	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	27:53		U18	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29		M60	Robert Connors (62)	Jun 27 2010	Harrington Park Lake, Narellan	
5km Road Walk	30.09		M70	Jim Seymon (71)	Jun 29 2008		
5km Road Walk	31:07		M75	Jim Seymon (75)	Jun 24 2012	Harrington Park Lake, Narellan	
5km Road Walk	36:29		M80	Jim Seymon (81)	Jun 23 2019	Chipping Norton	
10km Road Walk	**43:40**		**Open**	**Jay Felton (21)**	**May 20 2016**	**Chipping Norton**	
10km Road Walk	43:40		U23	Jay Felton (21)	May 20 2016	Chipping Norton	
10km Road Walk	57:11		U18	Cheyne Egleton (16)	Jun 28 2009	Penrith Lakes	
10km Road Walk	58:15		M30	Mark Ransom			
10km Road Walk	1:13:30		M60	Robert Connors (61)	May 23 2010	Harrington Park Lake, Narellan	
10km Road Walk	59:13		M65	Jim Seymon (67)	Jun 26 2004		
10km Road Walk	1:01:00		M70	Jim Seymon (70)	May 27 2007	Tempe	
10km Road Walk	1:05:47		M75	Jim Seymon (77)	May 25 2014	Joe McAleer Park, Glendenning	
10km Road Walk	1:11:42		M80	Jim Seymon (81)	Apr 27 2019	Albert Park, Melbourne	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
15km Road Walk	**1:31.43**		**Open**	**Jim Seymon (67)**	**Jul-04**	Chipping Norton	
15km Road Walk	1:31.43		M65	Jim Seymon (67)	Jul-04	Chipping Norton	
15km Road Walk	1:39:27		M70	Jim Seymon (73)	Jul 25 2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27		M75	Jim Seymon (77)	Jul 26 2015	Harrington Park Lake, Narellan	
20km Road Walk	**1:31.43**		**Open**	**Jay Felton (20)**	**Dec 13 2015**	**Fawkner Park, Melbourne**	
20km Road Walk	1:31.43		U23	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:38:15		U20	Jay Felton (19)	Jul 27 2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59		M65	Jim Syemon (66)	2003		
20km Road Walk	2:27.54		M75	Jim Seymon (78)	Aug 28 2016		
20km Road Walk	2:47.45		M80	Jim Seymon (80)	14-Sep-18	Malaga, Spain	
30km Road Walk	**2:25:35**		**Open**	**Jay Felton (22)**	**Jul 23 2017**	**Chipping Norton**	
30km Road Walk	2:25:35		U23	Jay Felton (22)	Jul 23 2017	Chipping Norton	
50km Road Walk	**4:28.20**		**Open**	**Steve Washburn (22)**	**May 8 2016**	**Rome, Italy**	
50km Road Walk	4:28.20		U23	Steve Washburn (22)	May 8 2016	Rome, Italy	