



UTS NORTHERN SUBURBS ATHLETIC CLUB INC. 89TH ANNUAL REPORT 2016 - 2017



THE 2016-2017 SEASON



*Anthony Collum
Showing good form*



Aanika Lynch



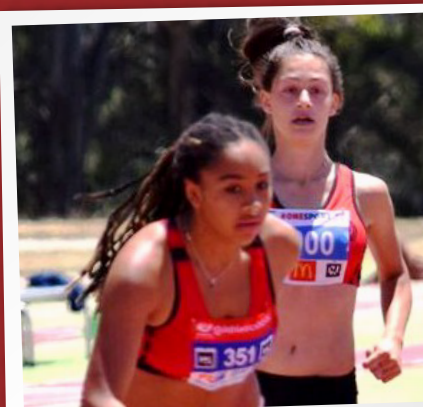
*Aww...
Ashley McMahon*



*Catch me if you can
Bella O'Grady*



*Looking good gentlemen
Doug Barrett, Peter & Ross Douglas
Terrence Carter*



Daylight second...



*Margaret and Dot
enjoying St George*



*Annual Dinner - Trent Zimmerman, Gail Giles-Gidney
Peter Higgins, Andy West*



UTS NORTHERN SUBURBS ATHLETIC CLUB INCORPORATED 89th ANNUAL REPORT 2016 – 2017

PATRON

Gail Giles-Gidney (Mayor of Willoughby City Council)

PRESIDENT

Andy West

VICE PRESIDENT

Ashley McMahon

SECRETARY

Peter Douglas

TREASURER

Doug Barrett

CLUB CAPTAINS

Bella O'Grady and Will Richardson

VICE CAPTAINS

Ali Bartholomew and Liam Speers

COMMITTEE

John Atterton

(until November 2016)

Maria Cimino

Anthony Collum

Ross Douglas

Frazer Dowling

Peter Higgins

Emma Hunt

Amanda Johnstone

Andrew MacDonald

Sally Richardson

Bart Steanes

CLUB HISTORIAN

Peter Higgins

Cover photo

Winter success with the winning under 20 Women's team at the 2017 ANSW Cross Country Relays. GOLD to Izzy Thornton-Bott, Sarah Reece, Sarah McDermott, and Emma Baptist!

COACHES

Ron Bendall
Penny Gillies
Paul Switzer

Andy Burton
Bev Jaye

Annie Davies
Ben Liddy

James Fitzgerald
Alan Nolan

TECHNICAL OFFICIALS (ACTIVE)

Mary Fien
Nancy Lloyd

Peter Higgins
George Toemoe

Bev Jaye

Bronwyn Kelaher

LIFE MEMBERS

Douglas Adamson	David Archbold	John Atterton (d)	P Ballard
Doug Barrett	Ron Bendall	N Beresford	Jackie Bezoudenhuit
Kieran Courtney	Toni Dickson	Peter Douglas	Ross Douglas
F Beresford	Mary Fien	Jennifer Frank (nee Lamy)	
Ray Frith	Ruth Frith (d)	R Fredericks	Penny Gillies
Brian Hamilton	John H Hanman	Peter Hampshire	E Hassell
N Hill	Clay Holton	Bev Jaye	Jennifer Jaye (d)
Dominica Jenkins	Karen Jones	Melissa Jones	Warren Jones
David Lamy	S Lamy	Ray Land	Nancy Lloyd
Peter Lucas (d)	George Lyne	Andrew MacDonald	Jim McGrath
E McGrosey	Ashley McMahon	Laurie Moore	Janet Naylor
Alan Nolan	Frank O'Brien	Stuart Paterson	Michael Poirrier
Jack Pross (d)	Helen Searle	Jim Seymon	Michael Stark
J Smith	R Smith	Kaye Smythe	Angus Stewart
W Suhan	Reg Taylor	Clay Tompkins	S Travers
John Treloar (d)	W Treloar	Jeff Walkley	John Waller
Ian White	Col Wright	Margaret Wrigley	

*Photographs supplied by Peter Higgins,
Sally Richardson, Will Richardson,
Izzy Thorton-Bott, & Matthew Whitbread*

President's Report



INTRODUCTION

As we come to the end of another year at UTS Norths, we can look back proudly of our individual and team achievements. This is my third year as the president of our great club and it will be my last, as I stand down at the Annual General Meeting, but look to remain on the committee. I thank all the many people and organisations who have contributed to the ongoing success of UTS Northern Suburbs Athletic Club (UTN). UTN continues to grow and be successful over various measures, to be one of the premier athletic club's in Australia.

The success of the club follows the four P pillars of our strategic plan, being participation, partnerships, pathways, and performance. The UTS Norths Strategic Plan 2017 -2020 was developed this year by the committee to give a focus for the club for the future. The strategic overview is provided following the President Report.

It was a year of many highlights and some low points, including the passing of long time UTN member and major contributor to Australian athletics, John Atherton on 22nd November, 2016. John was a life member Athletics Australia in 2009, Athletics NSW in 2012 and UTS Norths in recognition of the many roles and influence he had on athletics. His administration contribution included Athletics NSW President and a board member of Athletics Australia. John has made huge contributions to UTS Norths as a coach, administrator, and mentor, to many of us. He was a member of the UTS Norths committee at the time of his passing and has coached many of the club's top athletes include ANSW Board Member Nick Bromley (2006 Commonwealth Games Melbourne) and Olympians Lachlan Renshaw and Anneliese Rubie to name a few of his elite athletes. John's contribution to our club and to the sport of athletics has been immense, coaching and administering to the end. He will be loved and sorely missed by all who knew him. Our thoughts and prayers remain with Nancy, Stacey and the rest of the Atherton family.

PARTICIPATION

UTS Norths continues to be one of the biggest athletic clubs in Australia with 625 members as at 31 March 2017 being the end of the track and field season, with 648 as at 31 May 2017. This compares to 435 for 2015/16 season. The youngest 8 years old and oldest 85 years old with 415 Juniors (under 20), 105 Open, 108 Masters (over 35). Equal gender across all age group. The increase in numbers this year is primarily due to the success of the dual athlete program introduced by ANSW with Little Athletics members automatically receiving senior membership. UTN aims to appeal to a wide range of the community, whether that is across the range of track and field or out of stadium disciplines, age, ability, and level of commitment to athletics.

Other than athletic participation, we are able to operate a large successful club with many assisting administratively, as officials and club coaches. I am very grateful to the efforts of the UTS Northern Suburbs Athletic Club committee and their achievements this year as we deal with operational issues and steer the club's strategic future.

The committee for this year was Ashley McMahon (VP), Peter Douglas (secretary) Doug Barrett (treasurer) Frazer Dowling, Peter Higgins, Ross Douglas (Registrar), Emma Hunt, Andrew MacDonald, Bart Steanes, Maria Cimino, Sally Richardson, Anthony Collum, Amanda Johnstone and John Atterton until 22 November. Thank you all for the hours of effort you have put into the running of our club over the last year.

Thank you to Peter Higgins for his work on designing, compiling, and editing, the Annual Report.

I would also like to acknowledge our club captains and vice captains: Bella O'Grady and Will Richardson (Captains), Liam Speers and Allie Bartholomew (Vice Captains). Thank you also to following members who received service awards for ongoing contributions to the club Bev Jaye, Nancy Lloyd, and Brad Sharpe. The Northern Zone was also well run again this year. Thank you to Peter Douglas, Ross Douglas, and Doug Barrett from the committee for your ongoing work to make the Northern Zone a success. More details on the Northern Zone are in Peter Douglas' Secretary Report.

UTS Norths has the assistance of our ANSW officials and also the many volunteers who help at the Northern Zone summer competition and the West Met winter competition. Thank you all for your commitment to athletics in time and effort on a regular basis. ANSW level include Bron Kelaher, Mary Fien, Nancy Lloyd, Gabi Whelan, Bev Jaye, George Toemoe, Ian White, and Peter Higgins.

UTN had our annual awards dinner on 20th May at Chatswood Golf Club. Congratulations to all the award winners for your achievements during the 2016/17 season. The full list of winners is presented in the annual report. 114 patrons attended, up from 106 last year. We had the privilege and honour to have 400 metre hurdles World Champion Jana Pitman as a VIP guest and to give the dinner speech. Her words were inspirational to us all.

PARTNERSHIPS

Our most fundamental partnership is with UTS to achieve the high levels of membership and performance. UTS Norths would like to thank UTS and the ongoing support and work of Liz Brett, Aimee Purcell, Fudge Atshan, Sam Colless, Anthony Collum, and Jack Edwards from UTS Sports. The relationship grows as the UTS Elite Athletic Program reaches 33 athletes for 2017 up from 28 last year. Congratulations to the following current EAP athletes: Nicola Bowtell, Dominic Bullock, Olivia Cason, Mason Cohen, Anthony Collum, Jack Edwards, Emmanuel Fakiye, Jay Felton, Sean Fitzsimmons, Sam Geddes, Edward Goddard, Bianca Grimaldi, Stephanie Grujoski, Amy Harding-Delooze, Lily Harding-Delooze, Timothy Heyes, Beau Ingram, Aaron Kang, Katrina Lamas, Annabel McDermott, Michael Northey, Larissa O'Dea, Gabriella O'Grady, Annabelle Parmegiani, Jye Perrott, Samuel Richardson, William Richardson, Liam Speers, Jack Stapleton, Carla Takchi, Steven Washburn, Hamish Weiss, and Elana Withnall.

The EAP allows our current and prospective athletes to map out a pathway through tertiary studies to continue their athletic endeavours while achieving a valuable world level higher education at UTS. The \$25,000 funding support of the club and the \$20,000 support of the EAP program greatly assists the financial viability of the club. The funding received allows for scholarships to current UTS students, but also junior development programs and retention at our club. Congratulations to our EAP scholarship holders for firstly being selected to receive the scholarship, and for your many achievements this year.

UTS Norths is very fortunate to have association with and access to so many high quality national level coaches. The major achievements of the current and future athletes depend on this strong partnership with the coaches who develop their squads. Thank you to Ron Bendall, Andy Burton, Annie Davies, Penny Gillies, Bev Jaye, Ben Liddy, Andrew MacDonald, Alan Nolan and Paul Switzer all of whom had an athlete or multiple athletes represent NSW and Australia during the 2016/2017 season.

Since 1967 with the move to Rotary Athletic Field (RAF), Mowbray Road West Chatswood, UTS Norths has worked closely with Willoughby City Council (WCC) to maintain RAF as one of the premier grass athletic tracks in the country. The connection remains a close one with Mayor Gail Giles-Gidney the patron of the club, attending the UTS Norths Grass Games, the annual awards dinner and other events and functions throughout the year.

We acknowledge the ongoing support and assistance from Mayor Gail Giles-Gidney, Councillor Angelo Rozos, Julie Whitfield the Open Space Manager at WCC, and David Puckeridge the Recreation Assets Co-ordinator. This strong connection with WCC has resulted in a major upgrade to the RAF surface with new irrigation, drainage, laser levelling and turf. The grass was laid in May with a view to opening the field for use in Spring 2017. Once the re-turfing is completed, the throw cage will be replaced with an IAAF standard cage to be completed by the end of 2017. An upgrade to the lighting and other more substantial facility works are also planned over the coming years.



UTS Norths also has strong partnerships with the various athletics governing bodies including Athletics Australia and Athletics NSW in the development of athletics in NSW. UTS Norths committee member Peter Higgins is an ongoing ANSW Board member. UTS Norths has worked closely with Athletics NSW to be involved in the running of the Grass Games at Rotary Athletics Field in September 2016. Hosted by the UTS Northern Suburbs Athletics Club, the Grass Games is a meet where athletes compete in non-traditional events on a grass track at Rotary Field in Chatswood. The emphasis of this meet is participation and enjoyment, aiming to give athletes a competitive environment whilst removing the pressure of Olympic distances. The highlight of the day was the 400 metre Eliminator, taken out by 1,500 metres State Champion and 3rd at Nationals, Will Austin-Cray.

PERFORMANCE

At the Club Level, UTS Northern Suburbs Athletics continues to dominate the summer season 2016/17 track and field, while improving in the winter season in 2016. There were many excellent individual and team performances throughout the year.

Team Performance

Cross Country Relays, May 2016

We had a good entry list of 10 teams in the state xc relays. With our Open Men's team of Matt Cox, Ed Goddard, Ruairidh MacDonald, and Adrian Plummer, winning gold, this is the first time that UTS Norths have ever won this event. The Open women's team also won a bronze. Annabel McDermott ran the 2nd fastest time of the day in her leg.

Road Relays, July 2016

UTS Norths won two medals at the NSW Road Relays at Ourimbah. It was the same four runners but this time could not match it with the strong Randwick Botany team, with UTS Norths finishing with a silver. Matt Cox's split of 11:43 was the equal 2nd fastest time of the day. Adrian Plummer's split was the 4th fastest of the day. The second medal was our Men's 45+ team of Brad Sharpe, Paul Trainor, Jim Culhane, and Andy West, to win the bronze medal.

The UTS University achieved outstanding results at the Australian University Games (Best performance at AUG, finishing first overall), with the men's team finishing 1st and the women's team 2nd.

Treloar Shield, October to December 2017

The Final Treloar Shield results have been released with UTS Norths finishing second behind Asics Wests in the Treloar Shield. After the 5 rounds of competition, we finished 1st in the Junior Pennant, 2nd in the Open Pennant and 1st in the Masters Pennant. The strength of our club is shown by our performance across all age categories, track and field, and that we had the highest participation every round of the Treloar Shield. Thank you and congratulations to all who participated in the ANSW Inter Club Track and Field competition.

Track and Field State Relays, November 2016

Congratulations to everyone who participated in the ANSW State Relays, to make this the most successful state relays ever for our club. The numbers are astounding: **98 teams, 31 gold, 22 silver, 11 bronze**. That is a total of **64 medals** from the 134 events on the weekend, with only 2 DQs. Our closest rivals were Illawong with 9 golds, 5 silver and 6 bronze, 20 total and Sydney Uni with 8 gold, 6 silver and 3 bronze, 17 total. We easily won the medal count. Very pleasing is the Men's Open beating SUAC in golds and medal count (our 7 gold to their 3) and the Women's Open were just beaten by SUAC by one gold (our 3 gold to their 4). From the following table, you will see this is across all age divisions and both genders. A further breakdown shows the rising strength in our field events to complement the track. Beyond the medals are also the participation, camaraderie, and enjoyment of each other's success within the club.

ANSW State Relay Results 2016

	1st	2nd	3rd	Other	DQ	Total
Juniors						
Boys	3	3	3	4	1	14
Girls	6	7	1	8	0	22
Sub Total	9	10	4	12	1	36
Open						
Men	7	1	2	9	0	19
Women	3	5	1	7	0	16
Sub Total	10	6	3	16	0	35
Masters						
Men	6	3	2	3	1	15
Women	6	3	2	1	0	12
Sub Total	12	6	4	4	1	27
Total	31	22	11	32	2	98

Thank you to the coaches for training so many talented athletes, thank you to the committee for the behind the scenes preparations and in particular thank you to the conveners who all did a top job getting the best teams on the track.

ANSW Club Championship, 17-18th December, 2016

The ANSW Club Championships was held just before Christmas, the last event of 2016. Once again UTS Norths achieved outstanding results across all age groups. We placed second behind Sydney University in both Male and Female Open, first in Junior Female and fifth in Junior Male and first in both Male and Female masters. Congratulations to all who participated over the two days in this performance based points competition.

Open Female 2nd (269.50 points), Sydney University (527 points)

Open Male 2nd (396 points), Sydney University (774.5 points)

Junior Female 1st (797 points)

Junior Male 5th (390 points)

Masters Female 1st (555 points)

Masters Male 1st (532 points)

Sydney 10 May 2017

The UTS Norths men's team started the 2017 winter season where they left off last year coming second in the Men's Team (Matt Cox, Ed Goddard, Leo Peterson, Sam McAlister) with Matt Cox coming 3rd overall.

NSW Cross Country Relays, May 2017

UTS Norths increased their medal count from 2 to 3 this year in the NSW Cross Country Relay Championships at Miranda. Women's U20 Gold, Men's Open - Bronze, Women's Masters 55+ - Bronze. The highlight was a gold medal effort by our under 20 women's team of Izzy Thornton-Bott, Sarah Reece, Emma Baptist and Sarah McDermott. Sarah McDermott ran the fastest split with a 9m 44s run on the testing Miranda course. Sarah then backed up to run last in the women's open event and run an extra kilometre. The open team Eliza Barton, Elese Gallen, Bianca Grimaldi and Sarah McDermott finished a creditable 4th.

INDIVIDUAL PERFORMANCE

International Representation

2017 IAAF World Relays

As reward for her incredible come back season, Olivia Tauro was selected for the 4 x 400m national team, finishing 5th in the final at the *2017 IAAF World Relays* in Nassau Bahamas. Mason capped off another impressive season with selection in the 4 x 800m national team, competing in the mixed 4 x 400m finishing 5th.

Oceania Athletics Championships 2017

More Australian representation for UTS Norths Athletes at the 2017 Oceania Athletics Championships in Suva (Fiji) in 28th Jun- 1 Jul. Congratulations to all selected for an outstanding season: Open Selection: Jack Collett 400m, Carla Takchi (100m hurdles): Under 20 Selection: Ben Mackay (200m, 400m), Sophie McGovern (100m) Isabella Thornton-Bott (800m and 1500m), Jackson Robinson (110m hurdles), Joey Ryu (Long Jump), Louis Stenmark (400m), Melissa Fitzsimmons (Long Jump) Alex Cerotti (High Jump) Under 18 Elliot Metcalf (1500m and 3000m), Alex Willett (Long Jump) Brooke East (Javelin).

Youth Commonwealth Games, 19-23 July, 2017 in the Bahamas, Carley Thomas selected to run the 800m.

Alissa Jordaan has been selected for the inaugural **World Para-Athletics Junior Championships** to be held on 3-6 August 2017 at the Sport Arena in Nottwil (SUI), Alissa will compete in the T47 100m.

IAAF World Under 20, July 2016

UTS Norths was represented by 5 athletes at the IAAF World Juniors (Under 20s). Their results were:

Alec Diamond – Decathlon, 18th 7111 points, PBs were achieved in the 110m Hurdles, Discus & 1500m

Annabel McDermott – 5000m, 14th 16.08.44

Olivia Cason – 4x400m. 7th Heat 3.37.83, Olivia's official split was 55.6

Sam Geddes – 100m & 4x100m, 7th Heat 11.98 +2.7 (100m), 7th Final 45.15 (4x100m)

Bella O'Grady – 100m Hurdles & 4x100m, 4th Heat 13.53 +1.7 (Hurdles), 7th Final 45.15 (4x100m), PB achieved in the 100m Hurdles.

Winter 2016

Congratulations to all who participated in the ANSW Winter series making it one of the most successful seasons in the club's history. In particular congrats to **Matt Cox** who was **NSW Male Distance Runner of the Year**. The rest of the men's relay team made the top 10 with **Ruairidh MacDonald** 6th, **Ed Goddard** 7th and **Adrian Plummer** 10th. Well done also to **Jay Felton**, who continued his summer form to take out the **NSW Male Distance Walker of the Year** points score.

Open State Championships, 24-26 February 2017

UTS Norths members did very well in the very competitive State Open Titles with 3 gold, 5 silver and 7 bronze medals. Congratulations in particular go to Matt Cox, Jackson Collett and Will Austin Cray who won gold medals.

- Matt Cox easily won the 10,000 metres in 30:29;
- Jackson Collett won an exciting 400 metres in 47.52;
- Will Austin-Cray won an equally exciting 800 metres in 1:50.87

Congratulations also to the minor medallists:

- Will Brown – 2nd Hammer Throw 60.72m;
- Emmanuel Fakiye – 2nd Triple Jump 15.45m;
- Matt Wood was a close 2nd in 47.93;
- Adrian Plummer – 2nd 1,500 metres 3:52.17,
- Jack Stapleton 3rd 1,500 metres 3:52.73;
- Matt Crowe – 3rd 400 metres hurdles 53.52;
- Jasmine Everett – 3rd 100 metres 12.23;
- Bella O'Grady – 2nd 200 metres 24.58;
- Olivia Tauro – 2nd 400 metres 53.54,
- Ali Bartholomew 3rd 400 metres 54.30;
- Carley Thomas – 3rd 800 metres 2:07.71;
- Elese Gallen – 3rd 1,500 metres 4:26.19

National Open Championships April 2017

As the local track and field season came to an end, the amazing results from UTS Norths athletes continued. At the National Open and State Championships, 98 UTS Norths club members participated, winning 40 medals - 12 gold, 10 silver and 18 bronze. Congratulations to the following Open National Medalists:

- Will Austin-Cray 3rd Open 1,500 metres;
- Jackson Collett 2nd Open 400 metres and 2nd Open 4 x 400 metres relay;
- Alec Diamond 2nd Open Decathlon;
- Jasmine Everett 1st 4 x 100 metres
- Scott Reardon 1st Ambulant 100 metres;
- Gabriella O'Grady, 1st 4 x 100 metres
- Olivia Tauro 2nd Open 400 metres, 1st 4 x 400 metres
- Carly Thomas, 1st 4 x 400 metres

NSW Junior Championships 3-5 February 2017

UTS Norths members cleaned up at the NSW Junior Championships at SOPAC on 3rd - 5th February. A total of 58 medals were won, 20 gold, 23 silver and 15 bronze. Congratulations in particular go to Lachlan Dalton, Thomas Shannon, Kristie Edwards and Abigail Stevanovic who each won two gold medals.

- Lachlan Dalton won both the u16 100m hurdles (14.32) and the u16 200m hurdles (27.71);
- Thomas Shannon won both the u15 shot put (14.22m) and the u15 hammer throw (41.83m);
- Kristie Edwards won both the u18 100m (12.02) and the u18 200m (24.79) and
- Abigail Stevanovic won both the u16 90m hurdles (13.03) and u16 200m (28.83).

National Juniors 2017 26 March – 2 April 2017

UTS Norths members also cleaned up at the National Junior Championships at SOPAC with over 100 UTS Norths Juniors competing. Congratulations to all who competed at the National Juniors. Congratulations especially to the following Junior Championship Gold Medallists

- Nicolette Donofrio U16 200 metres;
- Darcy Holmes U14 high jump;
- Will Lloyd U20 110 metres hurdles;
- Max Mandera U15 4 x 100 metres relay and 4 x 200m relay;
- Abigail Stevanovic U16 200 metres hurdles;
- Carly Thomas U18 800 metres and Open 4 x 400 metres relay;

MASTERS

State Masters, 19th March 2017

After wrapping up the Masters Treloar Shield, Masters State Relays, and Masters Club Championships, UTS Norths Masters athletes continued their winning ways at the Masters State Championships. With 42 athletes competing, there were 33 medal winners. Nick Bastas came away from the weekend with an amazing 7 gold medals.

A full list of results is attached. Multiple Gold Medal Winners include:

- Alice Bohdan 40-44, Long Jump, Triple Jump, Discus, Javelin
- Andrew Williams, 45-49, 800m and 1500m
- Ashley McMahon, 40-44, 60m, 100m, 200m, 400m (Championship Record)
- David Shearsby, 60-64, 60m, 100m, 200m
- Jacquie Bezuidenhout, 50-54, 100m and 200m
- Jillian Senior, 65-69, 60m and Weight Throw
- Maria Cimino, 45-49, Weight Throw and Hammer Throw

- Michael Johnson, 80+, Shot Put and Discus
- Monique Perry, 40-44, 60m and 100m
- Nick Bastas, 75-79, 60m, 100m, 200m, High Jump, Long Jump, Triple Jump, Javelin
- Richard Hughes, 80+, 60m, 100m, 200m, 400m, Hammer Throw, Javelin
- Robert Archer, 70-74, Shot Put and Discus.
- Ryan Dowling, 35-39, 60m, Shot Put, Discus, Weight Throw
- Yael Reed, 30-34, 60m and 400m
- Zoran Novicic, 55-59, 100m hurdles, Long Jump

UTS Norths Masters athletes headed off to Daegu, South Korea to compete in the World Indoors Masters Athletics Championships from Sunday 19th to Saturday 25th March. Congratulations to the following UTS Norths members who competed. Results as follows:

- Deborah Drennan W55 - 800m finals 2nd (Silver), 1500m finals 4th, 4 x 200m W55 Relay 2nd (Silver)
- Janet Naylor W50 - 60m heats 4th, Long Jump 8th, 4 x 200m W50 Relay 1st (Gold)
- Victor Ramondetta M60 - 60m semis 7th, 400m semis 5th, 4 x 200m Relay M60 1st (Gold)
- Brad Sharpe 800m finals 7th, 1500m finals 10th
- Stuart Paterson Cross Country 18th, Team Australia 5th

Athletics NSW Awards, 3rd June 2017

On June 3rd 2017 was the ANSW Annual Awards dinner. Congratulations to Annabelle McDermott who was awarded best junior distance athlete. Congratulations to the other 6 club members who were selected for Athletic NSW Annual Awards: Bella O'Grady - Junior Sprints, Ashley McMahon - Masters Sprints, Carley Thomas - Junior Middle Distance, Deborah Drennan - Masters Middle Distance, Jay Felton - Open Walks, Alec Diamond - Junior Multis.

CONCLUSION

Whether you are an athlete, coach, official, or an associate, it has been a privilege to be your club president for this year. The success of the club for 2016/17 is because of you and the ongoing future success is reliant on you and the initiatives we put in place today. Thank you to all the UTS Northern Suburbs Athletic Club members for all for contributions this year. We are in a very healthy position financially, in membership, facilities and support services, elite coaches, officials, volunteers, elite athlete representation and most importantly participation.

Andy West



President
UTS Northern Suburbs Athletic Club Inc.

Secretary's Report



The 2016/17 year was another terrific year for UTS Northern Suburbs Athletic Club as we continued to be one of the premier clubs in NSW.

Our membership for the year was 625 as at 31 March, 2017, and 648 as at 31 May 2017, which is a record and a great achievement. This confirms that we not only have the biggest membership in NSW but also Australia.

Competition

The Presidents Report will give more details but the highlights were:

- We were the most successful club at the NSW Relay Championships. We won 31 gold, 22 silver and 11 bronze medals for a total of 64 medals;
- UTS Norths came 2nd in the Treloar Shield;
- We improved on last year's results in the NSW Club Championships where the results were as follows:
Junior: female 1st, male 5th;
Open: female 2nd, male 2nd;
Masters: female 1st, male 1st.

The NSW Relays Championships was a highlight for the club. We entered 107 teams with ANSW and had over 98 teams ready to compete on the weekend. It involved a huge effort from the team managers in organising the teams for the weekend. A big thank you to Sam Colless, Anthony Collum, Fudge Atshan, Amanda Johnstone, Maria Cimino, Ross Douglas, Andy Burton, Jackie Bezuidenhout, Andy West, Doug Barrett, and Ron Bendall who had a reduced workload this time as he “only” managed the u18 and u20 track teams. Special mention should go to Maria Cimino who did a fantastic job in managing the throw teams – a record of 24 teams just doing the throws! I shouldn't forget Sally Richardson who once again did a sterling job with the uniforms.

Cross Country

Whilst the winter competition is not a strong point for the club compared with the summer competition, a number of the club's athletes had success during the winter. In particular, congratulations to Matt Cox who won the 2016 NSW Distance Runner of the Year Award and won also won the 2016 Open Men's Winter Points Score. Congratulations also to Jay Felton who was the 2016 Distance Walker of the Year.

We also entered a number of teams in the NSW Cross Country Relays and Road Relays Championships. UTS Norths teams won a silver (Open Men's) and a bronze (Men's 45+) in the 2016 Road Relays. In the 2017 Cross Country Relays, we won gold in the women's u20 and bronze in the open men's and 55+ men's events.

UTS Norths had a table at the Annual Athletics NSW Dinner and Awards Night (held on 3rd June). Congratulations to the following nominees:

- Carley Thomas – Junior Middle Distance;
- Annabel McDermott – Junior Distance Runner;
- Alec Diamond – Junior Multi Events Award;
- Jay Felton – Open Walks;
- Ashley McMahon – Masters Sprints/ Hurdles;
- Bella O'Grady – Junior Sprints/ Hurdles;
- Deborah Drennan – Masters Middle Distance;

Grass Games

This meet was held for the second time at Rotary Field on 17th September which was an ideal time at the start of the summer track season. The program was essentially run by Athletics NSW however UTS Norths as the host club, had input as to the program, the prizes and also provided a number of volunteer officials. Once again, the main event "The Eliminator 400 metres" proved to be a very popular event. Entries were up slightly on last year. We were delighted to have the Mayor, and club Patron, Gail Giles-Gidney once again in attendance to present the prizes to the winners (male and female) of the Eliminator.

Rotary Athletic Field

Our track was closed on 4th December 2016 for major works under the direction of Willoughby City Council. The track was originally scheduled to close in early September but the council agreed to defer the works until early December. This allowed for 2-3 months of competition for Norths Little As and Northern Zone before the ground closure.

The work contract for the track is essentially for:

- Install new irrigation;
- Laser level the surface;
- Lay new turf; and
- Replace the synthetic run ups for the javelin and long jump.

Apart from disrupting the summer track competitions, the closure of course caused disruption to members and coaches as regards to training. The committee endeavoured to find alternate training venues but few grounds were available apart from OH Reid Reserve in Lane Cove which was booked from December to the end of March. We are grateful to the Ryde Athletics Club for allowing club members the use of their track at Dunbar Park at Marsfield.

Due to some very wet weather in February/ March, the completion date for the Rotary Field work has unfortunately been delayed. At the time of writing, it is expected to be reopened in the Spring. We will continue to keep members updated via our website as we get more information. On the positive side, it will be terrific to have a "new" grass track for our members to use and I am sure that it will once again be the best grass athletics track in NSW.

Northern Zone

Our long running Northern Zone competition continues to operate successfully although it was cut short with the closure of Rotary Field on 4th December 2016. Our Christmas Party was combined with an early Trophy Presentation Day. Congratulations to Roslyn Wolfers for being awarded the Casa Searle Trophy for the Best Service to Northern Zone, well done Roslyn! The committee was unable to find a suitable alternate venue

for the competition after Christmas. Some members attended the Girraween Zone competition at CV Kelly Park at Greystanes. It was sad to report the passing of Greg Nicol. Greg was not a club member but he was a regular competitor and official at Northern Zone and a former State javelin champion.

Committee

Our committee meetings are held on the last Monday of each month at North Ryde RSL Club. We are grateful to them for providing a meeting room free of charge. Thank you to Anthony Collum who was our main UTS contact on the committee. He together with Frazer Dowling, maintained the UTS EAP scholarship program. Although not on the committee, I should also mention Sam Colless and Fudge Atshan (both club members) who did a lot of work for UTS students in a number of areas including the EAP Scholarship Program, organising teams for the AUG (Australian University Games), City to Surf, Bay Run etc.

Amanda Johnstone was a welcome addition to the committee. Being a parent of a teenage member (Abigail), it was great to have the benefit of her input with regards to her knowledge and background with Norths Little As.

It was with great sadness that I record the passing of committee member John Atterton who was a great stalwart of the club. John was a long-time coach of a number of clubs including Ryde, Athletics Easts and in more recent years UTS Norths. He was regarded as one of the leading distance coaches in Australia and coached a number of present and past state and national runners. He was also a past President of Athletics NSW and was a major sponsor through his company Pulsar.

Social events

Thank you to Andy West and Emma Hunt and the rest of the social committee for organising a successful Annual Dinner and Trophy Presentation Night in May where we had a record number of 114 people in attendance. It was held for the second time at Chatswood Golf Club and it was generally agreed that it was an excellent venue and ideally located on the lower north shore. We were delighted to have Jana Pittman in attendance and she was the guest speaker. The committee also had a Christmas Dinner together at Lane Cove.

University of Technology (UTS)

The club would not be able to function this successfully if it wasn't for the generous partnership that we have with University of Technology Union. We owe them a big vote of thanks for their continued support. For the second time, the UTS Housing Carnival was held at Rotary Field in August.

Thank you to the 2016/17 committee for their hard work during the year. Good luck to all members in the coming year.

Finally, thank you to Peter Higgins for compiling the Annual Report.

Peter Douglas



Secretary
UTS Northern Suburbs Athletic Club Inc.

Treasurer's Report



The Financial Reports for the year ending 31 March 2017 follow, and show:

1. *UTS Northern Suburbs Athletic Club ("Club")*:
Surplus \$1,458 and Net Assets \$137,714;
2. *UTS Norths Sports Scholarship Trust ("Trust")*:
Surplus \$2,322 and Net Assets \$28,398.

The Club is the main operating body for members, while the Trust is a separate entity to contain donations and subsidies for specific athletic purposes. Other than \$300 donated for other purposes, all of the Trust funds have been provided by ActivateUTS for the benefit of the athletes in the UTS Elite Athlete Program (EAP).

Points to note in reading the Club accounts are:

- There has been a significant increase in the hourly rate paid for the hire of Rotary Athletics field. This is evidenced by the increase in the expense for 2016/7 compared to the previous year of \$5,164, but the full extent has been reduced during the months of closure of the field for remedial work, during which no field hire was paid.
- There was a loss on uniforms this year of \$1,085 due mainly to a write off to nil in the stock value of the training shirts which have not proven to be popular with members.
- The Sundry Creditors of \$25,000 in the Balance Sheet is a grant for the purposes of an upgrade to the Rotary Athletic Field throws cage under the Local Sport Grant Program operated by the NSW Government.

Both the Club and the Trust are in sound financial conditions, and I believe the committee manages the funds responsibly for the benefit of its members. In the absence of an increase in revenue or lower expenses, the higher field hire costs will mean reduced levels of surplus in the future compared to previous years.

Doug Barrett



Treasurer
UTS Northern Suburbs Athletic Club Inc.

UTS NORTHERN SUBURBS ATHLETICS CLUB INCORPORATED

FINANCIAL STATEMENTS FOR YEAR ENDED 31 MARCH 2017

UTS Northern Suburbs Athletic Club

Balance Sheet

As of 31 March 2017

Assets

St George Bank Account	\$9,635.81
Macquarie Cash Management	\$34,964.12
Macquarie Term Deposit	\$111,932.01
Canteen Stock	\$10.80
Uniforms Stock	\$6,171.20
Total Assets	\$162,713.94

Liabilities

Sundry Creditors	\$25,000.00
Total Liabilities	\$25,000.00

Net Assets **\$137,713.94**

Equity

Opening Balance	\$136,255.80
Operating Surplus / (Deficit)	\$1,458.14
Total Equity	\$137,713.94

Notes to the accounts

1. The amount shown as Annual Registrations is the net income to the club after payment of registration fees to Athletics NSW.
2. As a non profit organisation the accounting method used by the Club is a cash basis. Equipment purchases are written off in the year of purchase.

UTS Northern Suburbs Athletic Club

Profit & Loss

	2016/2017	2015/2016
Income		
Annual Registrations (Note 1)	\$10,884.28	\$11,606.03
Northern Zone Fees	\$2,146.20	\$3,556.75
Grass Games	\$829.00	\$256.00
ANSW Event Hosting	\$50.00	\$300.00
Uniform Sales	\$4,490.00	\$4,416.50
Canteen Sales	\$234.55	\$281.20
Donations Received	\$0.00	\$250.00
Fund Raising Income	\$765.00	\$544.60
UTS Partnership Grant	\$25,000.00	\$25,000.00
Equipment Hire	\$650.00	\$600.00
Interest Received	\$3,500.07	\$3,791.97
Grants & Subsidies	\$300.00	\$150.00
Misc Income	\$0.00	\$365.00
Annual Dinner	\$4,350.13	\$4,555.00
ANSW Dinner	\$100.00	\$0.00
Total Income	\$53,299.23	\$55,673.05
Expenses		
ANSW Club Subsidised Regos	\$3,138.10	\$741.42
ANSW Affiliation & Insurance	\$1,690.65	\$1,690.65
Event Entry Fees	\$656.00	\$3,982.00
Field Hire	\$18,693.50	\$13,530.00
Event Hosting Expense	\$79.00	\$0.00
Fund Raising Expenses	\$22.20	\$0.00
Uniform Purchases	\$5,575.45	\$5,289.30
Canteen Purchases	\$76.58	\$172.77
Printing & Stationery	\$8.05	\$0.00
Postage & Telephone	\$406.00	\$270.80
Local Travel	\$0.00	\$0.00
Club Website	\$519.05	\$240.15
Marketing Expenses	\$1,246.92	\$30.53
Computer Software	\$109.00	\$190.50
Equipment Purchases (Note 2)	\$1,930.88	\$3,949.89
Equipment Hire	\$582.18	\$313.23
Repairs & Maintenance	\$3,671.61	\$1,309.71
Trophies	\$1,891.45	\$1,754.60
Awards	\$0.00	\$750.00
Fare Subsidies	\$3,300.00	\$4,200.00
Coaching	\$0.00	\$1,500.00
Social - Annual Dinner	\$6,136.50	\$6,768.30
Social - Other	\$495.57	\$1,036.21
AGM Expenses	\$671.42	\$643.10
Misc Membership Expenses	\$15.00	\$1,070.00
Bank Charges	\$12.45	\$104.60
IMG Admin Fees	\$481.93	\$368.96
Legal Fees	\$54.00	\$1,284.97
Donations Paid	\$377.60	\$0.00
Total Expenses	\$51,841.09	\$51,191.69
Surplus / (Deficit)	\$1,458.14	\$4,481.36

UTS Norths Sports Scholarship Trust

Profit & Loss		
	2016/2017	2015/2016
Income		
UTS Elite Athlete Subsidy	\$20,000.00	\$20,000.00
Diabetes Sponsorship	\$200.00	\$0.00
Misc Income	\$100.00	\$100.00
Interest Received	\$29.37	\$0.00
Total Income	\$20,329.37	\$20,100.00
Expenses		
Fare subsidy	\$10,130.00	\$6,400.00
Uniforms EAP Subsidised	\$40.00	\$480.00
Registrations EAP Subsidised	\$4,382.00	\$5,887.82
Entry Fee Refund	\$1,194.00	\$1,150.50
Medical Expense Refund	\$1,401.00	\$600.00
Field Hire	\$0.00	\$25.00
Coaching Refund	\$850.00	\$980.00
Bank Charges	\$10.00	\$0.00
Total Expenses	\$18,007.00	\$15,523.32
Surplus / (Deficit)	\$2,322.37	\$4,576.68

UTS Norths Sports Scholarship Trust

Balance Sheet	
As of 31 March 2017	
Assets	
St George Bank Account	\$28,397.96
Total Assets	\$28,397.96
Total Liabilities	\$0.00
Net Assets	\$28,397.96
Equity	
Opening Balance	\$26,075.59
Current Earnings	\$2,322.37
Total Equity	\$28,397.96

UTS Northern Suburbs Strategic Overview 2017-2020 Incorporating The UTS Norths Foundation

“Athletics for life, health for life”

This strategic plan addresses the time period 2017 to 2020, based on a calendar year. It is a rolling annual strategic plan to be reviewed at the end of each year. This incorporates the 2018 Commonwealth Games on the Gold Coast and the 2020 Olympic Games in Tokyo. There are 4P pillars of the UTN strategy: participation, partnerships, pathways and performance. All interrelated, that come together to ensure the ongoing viability of the club to go from strength to strength.

VALUES

Core values of UTS Northern Suburbs Athletic Club focuses on athlete experience, and include a welcoming, friendly, inclusive, supportive club, ethical, community focussed, positive and respectful athletics environment for all ages, abilities, and athletic disciplines.

MISSION

To be a leader in promoting, developing, and growing athletics broadly, focussing on Sydney Northern Districts and in the UTS community. We provide a well-run club with athletic facilities and support for athletes, coaches, volunteers and officials. We provide a friendly and supportive club for all athletes to reach their potential, developing individuals and squads, through pathways, camaraderie and strong club spirit. The club builds community through strong relationships with other organisations to advance the image of athletics and opportunities as a sport for life of achievement fun and fitness.

OBJECTIVES

1. To provide a local organisation to service the needs of athletes including Little Athletes, Juniors, Opens, Masters, Recreational and Schools across all athletes' disciplines of track, field and out of stadium.
2. To provide professional administration, coaching and facilities for the development of members from beginners to elite.
3. To provide competition directly or linked with other organisations/clubs including but not limited to Athletics NSW, Athletics Australia, and NSW Little Athletics.
4. To provide pathways throughout the club from Little As to juniors, to Open, further higher education with UTS, also for masters and recreational athletes.

5. To provide assistance to club members to assist in development and competition opportunities, including fares assistance, facilities, training squad and coaching.
6. To provide assistance and development for club coaches to cater for a range of ages, abilities and athletics disciplines and to foster the training squad system.
7. To provide officials for local, state, national and international level, to encourage development of officials via appropriate accreditations.
8. To develop relationships and work with a range of other supporting organisations for the benefit of club members. These include Willoughby City Council, UTS Sports, NSW State Government, corporate sponsors, schools, community groups, and other local sporting clubs.
9. To remain financially viable through the pursuit of sponsorship and government grants from relevant organisations for the benefit of club members, while maintaining budgetary restraint, through the growth of the UTS Norths Foundation.
10. To have policies and guidelines that are transparent and have good governance for the mutual benefit of all club members.

VISION

UTS Norths vision is to provide the highest quality facilities, coaching, training and supportive environment to enable all club members to reach their full potential.

- We will provide training squads, coaching and ancillary services to all ages, abilities and disciplines.
- We will work with other organisation partners to create this supportive environment to become an internationally recognised elite athletics club with international athletes.
- We will develop world class facilities of a grass training track at Rotary Athletic Field and a synthetic athletic track in the UTS precinct.
- We will develop relationships with a diverse range of community groups to foster inclusion and engagement in athletics.
- We will develop deeper involvement between athletics and UTS for education and future career pathways for club members in sport science, sports medicine, sports research, sports management and other UTS offered academic disciplines.

PARTICIPATION

Recreation/participation/performance continuum.

Grow membership across three dimensions of ability, age and athletic disciplines.

- Little As
- Juniors
- UTS EAP
- UTS Students
- Community Athletes
- Coach Development: club coach
- Develop inclusion with other community groups (LGBTI, indigenous, refugee, AWD)

KPIs:

- 800 participating members (Not Community Athlete), 450 Juniors, 200 Open, 150 Masters,
- Equal gender across all age divisions.
- ANSW Officials target of 20.
- Full committee of 15, 50/50 gender representation.

To achieve these levels of inclusion and diversity requires UTS Norths to have a series of close relationships and partnerships with other organisations.

Competition

- Average 100 **Northern Zone** participants per week by 2019.
- 150 participants in **Grass Games** by 2018, 200 participants by 2019 single day grass roots competition.
- Develop a single day **winter competition**, to complement existing West Met grass roots cross country competition.

PARTNERSHIPS**Athletic Support**

- **UTS Academic and Research:** education and future career pathways for club members in sport science, sports medicine, sports research, sports management and other UTS offered academic disciplines.
- **Club Coaches:** across ages, disciplines and abilities.
- **Community Groups:** LGBTI, indigenous, refugee, AWD, Echidna, Black Dog.
- **Northern Suburbs Little Athletics:** junior development.
- **Schools:** local schools to use Community Athlete to use RAF facilities and to become club members. Coached by club coaches.
- **Athletic organisations:** ANSW, AA, Special Olympics, Para Olympics.
- **Ancillary support services:** physio, coaches, strength and conditioning trainers, footwear, clothing and equipment suppliers, athletic analysts.
- **Parents and family:** support parents of junior athletes, encourage family participation with juniors and masters.

Facilities

- **UTS:** synthetic track in the UTS precinct, sport research, career development, under graduate and post graduate study.
- **Willoughby City Council:** World class Facilities, grass track for training, RAF building and surrounds development, Facilities, with synthetic for field events, new throw cage, cross country trail loop.
- **State and Federal Government:** continue relationship building with government bodies.

Other Partnerships

- **International Varsity Athletic Club** relationships.
- **Corporate sponsorships,** UTS Norths Foundation, set sponsorship targets.
- **Media and Communication:** see marketing plan.

PERFORMANCE

This incorporates the 2018 Commonwealth Games on the Gold Coast and the 2020 Olympic Games in Tokyo focus for elite performance.

Internationally recognised club and athletes:

TEAM PERFORMANCE 2017 -2020

- Australian University Games: Number 1 in men's and women's.
- NSW Winter Competition, top 5 team performance by 2020.
- ANSW State Relays, Number 1.
- Summer Points Score, number 1
- Club Championships: Top 2 across all age divisions.
- Treloar Shield, Number 1 in Juniors and Masters, Top 2 in Open, Number 1 overall.

INDIVIDUAL PERFORMANCE

The club has had Commonwealth Games and Olympic Games representatives in the past. It is the goal of the club to repeat this within this strategic overview time frame. The club also aims to have National Champions within this strategic overview 4 year period.

FINANCIAL PERFORMANCE

- A cash reserve of \$100,000 in normal circumstances, to act as a safety net to enable the continuing operation of the club in the event of an unexpected decrease in revenue or increase in expenses.
- Create Projections for next 4 years for coach development and fares assistance.
- Develop multiple revenue streams through sponsorship and grant funding linked to specific programs.

PATHWAYS

- **UTS EAP and Open Elite:** Elite pathways to international competition.
- **Junior Pathways:** Little As to Open to UTS EAP.
- **Education and Career Pathways:** We will develop deeper involvement between athletics and UTS for education and future career pathways for club members in sport science, sports medicine, sports research, sports management and other UTS offered academic disciplines.
- **Competition pathway:** recreational to higher performance for junior, open and masters.
- **Retention** in athletics after university to Open and Masters.



**UTS NORTHERN SUBURBS
ATHLETIC CLUB INCORPORATED
ANNUAL GENERAL MEETING
SUNDAY 25th JUNE 2017**

**ROTARY ATHLETICS FIELD
MOWBRAY ROAD, CHATSWOOD
Time: 10:00am**

AGENDA

WELCOME

APOLOGIES

CONFIRM THE MINUTES OF THE 2016 ANNUAL GENERAL MEETING

ANNUAL REPORT

ADOPTION OF THE FINANCIAL ACCOUNTS FOR THE FINANCIAL
YEAR 1 APRIL 2016 TO 31 MARCH 2017

ELECTION OF OFFICE BEARERS

- PRESIDENT
- VICE PRESIDENT
- SECRETARY
- TREASURER
- COMMITTEE

GENERAL BUSINESS

Note: Only matters relevant to the AGM may be raised in General Business. As a courtesy to other attendees, in accordance with normal AGMs please raise any specific operational issues with the Committee or relevant Club officers outside of the AGM.





**MINUTES OF ANNUAL GENERAL MEETING
HELD AT ROTARY ATHLETICS FIELD
10th JULY 2016**

The meeting commenced at 10.02am.

PRESENT: John Atterton, Doug Barrett, Maria Cimino, Anthony Collum, Peter Douglas, Ross Douglas, Brian Hamilton, Andy Heyes, Peter Higgins, Bev Jaye, Amanda Johnstone, Bob Jones, Karen Jones, Warren Jones, Bronwyn Kellaheer, Andrew MacDonald, Ashley McMahon, Sally Richardson, Bart Steanes, and Andy West.

APOLOGIES: Frazer Dowling, Emma Hunt, Carolyn Layt, Janet Naylor, Stuart Paterson, and Paul Switzer.

Welcome

President Andy West welcomed everyone to the meeting and thanked them for their attendance. Andy thanked Secretary Peter Douglas for taking the minutes.

MINUTES OF 2015 ANNUAL GENERAL MEETING:

Thanks to Jackie Bezuidenhout for taking last year's minutes as Peter Douglas was overseas at the time.

Moved Peter Higgins / seconded Brian Hamilton, motion carried.

ANNUAL REPORT

President.

Andy thanked Peter Higgins for compiling the Annual Report.

Moved Maria Cimino / seconded Bart Steanes, motion carried.

ADOPTION OF FINANCIAL ACCOUNTS

Treasurer:

Treasurer Doug Barrett spoke briefly regarding the financial accounts. He said that the club is in a good financial position which has been built up over a number of years. We are indebted to UTS for their continuing sponsorship. They made a grant of \$25,000 during the year. Doug also explained the existence of the UTS Norths Sports Trust which is another form a sponsorship by UTS.

Peter Douglas provided some background to the UTS sponsorship. He said that the sponsorship has been going since 1994. Without this assistance, the club would struggle to exist.

Brian Hamilton and Ross Douglas also commented about the UTS sponsorship. Brian said that the idea first came from a former President and club coach Toni Dickson who had a conversation with the then CEO of the UTS Sports Union (the late Michael Georgeson). It all started from there. We were also fortunate to take possession of some gym equipment from the UTS gym which was about to be disposed of when they were refurbishing the gym.

Andy thanked Doug for his good work as Treasurer and for preparing the financial accounts for the Annual Report. *Moved Andy West / seconded Bob Jones, motion carried that the Financial Accounts be adopted.*

ELECTIONS:

Name	Nominated	Seconded
President: Andy West	Peter Higgins	Bob Jones
Vice President: Ashley McMahon	Andy West	Maria Cimino
Secretary: Peter Douglas	John Atterton	Peter Higgins
Treasurer: Doug Barrett	Andy West	Maria Cimino

Committee Positions

Name	Nominated	Seconded
John Atterton	Brian Hamilton	Bob Jones
Maria Cimino	Ross Douglas	Ashley McMahon
Anthony Collum	Maria Cimino	Peter Higgins
Ross Douglas	Peter Higgins	Andy West
Frazer Dowling	Peter Higgins	Brian Hamilton
Peter Higgins	Andrew MacDonald	Peter Douglas
Emma Hunt	Peter Higgins	Andy West
Amanda Johnstone	Ross Douglas	John Atterton
Andrew MacDonald	Peter Higgins	Peter Douglas
Sally Richardson	Ashley McMahon	Anthony Collum
Bart Steanes	Anthony Collum	Peter Higgins

Club Captains

Male Club Captain - nominations were received as follows:

Name	Nominated	Seconded
Sean Barnes	Ross Douglas	Bob Jones
Emmanuel Faikye	Anthony Collum	Sally Richardson
Will Richardson	Bart Steanes	Anthony Collum
Liam Speers	Anthony Collum	Bev Jaye

None of the nominees were present at the meeting so a ballot by show of hands was conducted. Will Richardson was elected.

Female Club Captain – nominations were received as follows:

Name	Nominated	Seconded
Ali Bartholomew	Karen Jones	Anthony Collum
Olivia Casson	Andy West	Sally Richardson
Sam Geddes	Peter Higgins	Peter Douglas
Bella O'Grady	Anthony Collum	Ross Douglas

None of the nominees were present at the meeting so a ballot was held by a show of hands. Bella O'Grady was elected.

Andy West congratulated the outgoing Male Club Captain Anthony Collum for his excellent work as club captain and also as liaison with UTS.

As the votes for Club Captains was so close, John Atterton suggested the committee appoint Vice Captains. The following were second in the voting:

Male: Liam Speers

Female: Ali Bartholomew

Their appointments as Vice Captains will be ratified at the next committee meeting.

GENERAL BUSINESS:

1. Paul Switzer was unable to attend the meeting but he asked Andy to raise the issue of more keys for the coaches for Rotary Field (mainly the top gate and bottom gates). Andy said that these keys are security keys that cannot be copied. They are issued by Willoughby Council. The committee requested additional keys from the council. Three additional keys were received and the allocation of these keys will be decided by the new committee;
2. Paul commented that Bart Steanes is doing a great job in managing the gym equipment in the gym. Can we please have a platform for the plys and 6 x 10kg dumbbells. Andy said that this request will be considered by Bart and the committee;
3. Brian Hamilton made comments and suggestions regarding the gym equipment. John Atterton said that now that he is on the committee, he will canvass with other coaches for feedback and suggestions for the gym;
4. Instructions for use of gym – Brian suggested that all members over the age of 16 have the right to use the gym. Delete the word "privilege";
5. Andrew MacDonald commented that if you aren't a club member or if you are under age, you cannot use the gym. This has already been agreed to by the committee. Any other issues or suggestions can be considered by the committee;
6. Ross Douglas said that Peter Higgins has done a terrific job in compiling the Annual Report. This is not an easy task. Well done Peter and this was recognised with applause for Peter;
7. John Atterton expressed concern that we are losing many junior members. Andy said that this has been an ongoing concern for the club and is also a problem with other sporting clubs. The committee could consider appointing a membership officer to address these concerns;
8. Andy West made the following points:
 - ANSW will be introducing major changes to membership. Membership will not be compulsory for competitions at events such as Northern Zone. There is a concern that our membership numbers will fall as a result. There will be an Open Forum conducted by ANSW at SOPAC on 20th July 2016. Andy, Ross, and Sally will be representing the committee. Feedback from members is encouraged;

- UTS Norths has had an excellent year. Membership is now at a record level of 442. We will work with the coaches and with UTS to hopefully further increase our membership;
 - We have 5 representatives in the World Junior Championships in Poland – Alec Diamond, Bella O’Grady, Sam Geddes, Olivia Casson and Annabel McDermott;
 - Willoughby City Council (‘WCC’) has approved expenditure of \$520,000 in its budget for a major work including upgrade and drainage work on Rotary Field. This will take 3 – 5 months to complete and will involve the closure of the track whilst the work is carried out. A meeting will be held with WCC on 20th July to discuss this further and to agree on the date for the work. Hopefully the closure of the track will not occur until late March 2017 (at end of track season) but this will be discussed at the meeting on 20th July;
 - We have been successful in obtaining a grant of \$25,000 for a new hammer throws cage. The overall cost of the new cage is \$50-55K;
 - Gym extension – this is still on the agenda for the future;
9. Suggestions were made as to alternative venues for the club to use when Rotary is closed. Venues such as Dunbar Park, Hornsby and Ryde were suggested;
 10. John Atterton said that the main issue with Rotary Field has been the lack of proper maintenance of the track by the council.

There being no further business the meeting closed at 11.25am.

Club Trophy Winners 2016 /2017

*Ray Frith Trophy
Most Improved U16
Female
Nicolette Donofrio*

*John Hanman
Trophy
Most Improved U16
Male
Thomas Shannon*

*Ruth Frith Trophy
Most Improved U18
Female
Carley Thomas*

*Ray Land Trophy
Most Improved U18
Male
Alex Willett*

*John Suters Trophy
Most Improved U20
Female
Izzy Thornton-Bott*

*Gloria Seymon
Trophy
Masters Athlete of
the Year
**Ashley McMahon -
Male
Kylie Strong -
Female***

*Mike Poirrier Trophy
Club Person of the
Year
**Maria Cimino and
Sally Richardson***

*Multi Event Athlete Award
Alec Diamond*

*WJ Treloar Trophy
Most Improved U20 Male
Will Lloyd*

*Margaret Wrigley Trophy
Most Outstanding in Throws
William Brown*

*Janet Naylor Trophy
Most Outstanding in Jumps
Emmanuel Fakiye*

*Jennifer Lamy Trophy
Most Outstanding in Sprints
Olivia Tauro*

*Dowling & Fitzgerald Athlete
With Disability Award
Alissa Jordaan*

*Maccabi Trophy
Out of Stadium Athlete of the
Year
Annabel McDermott*

*Club Committee Trophy
Best Team Performance
**Open Men's Cross Country
Relay Championships
(Matt Cox, Ruairidh
MacDonald, Ed Goddard,
Adrian Plummer)***

*Nancy Lloyd Trophy
Most Outstanding
Distance Athlete
Matthew Cox*

*Laurie Toogood Trophy
Most Outstanding in
Middle Distance
Will Austin-Cray*

*Wayne Lever Trophy
Encouragement Award-
Females
Sarah McDermott*

*Wayne Lever Trophy
Encouragement Award-
Males
Ben McKay*

*Jack Pross Award
Athlete Closest to
International Standard
Jackson Collett*

*Peter Lucas Trophy
Best performance at
SOPAC
Mason Cohen*

*Jennifer Jaye Trophy
Coach of the Year
**Penny Gillies and
Mike Hurst***

2016/2017 Season Rankings (as at 30 May 2017)

Marks since: 18-Apr-16
UTS Northern Suburbs Athletic [UTN]

Female 60m Sprint

1	7.56	+1.9		F	---	Gabriella O'Grady	19	4/01/2017	Illawarra Track Challenge
2	7.86	+1.9		F	---	Nicolette Donofrio	14	4/01/2017	Illawarra Track Challenge
3	8.05	-0.1		F	---	Monique Perry	42	8/02/2017	All-comers and NSW 5km Championships 2017
4	8.10	NWI		F	---	Sophie McGovern	17	7/09/2016	2016 Grass Games
5	8.14	-0.1		F	---	Abigail Stevanovic	14	8/02/2017	All-comers and NSW 5km Championships 2017
6	8.24	+2.0		F	---	Melissa Fitzsimmons	18	4/01/2017	Illawarra Track Challenge
7	8.27	-0.1		F	---	Alice Dixon	13	8/02/2017	All-comers and NSW 5km Championships 2017
8	8.38	+1.4		F	---	Nicola Bowtell	18	8/02/2017	All-comers and NSW 5km Championships 2017
9	8.40	-0.8		F	---	Anna MacGregor	16	8/02/2017	All-comers and NSW 5km Championships 2017
10	8.42	+0.3		F	---	Kylie Strong	49	8/02/2017	All-comers and NSW 5km Championships 2017
11	8.45	-0.7		F	---	Jacqualine Bezuidenhout	50	4/01/2017	Illawarra Track Challenge
12 *	8.48	0.5		F	---	Yael Reed	34	4/03/2017	NSW Masters Championships
12 *	8.48	-0.8		F	---	Morgan Kelaher	13	8/02/2017	All-comers and NSW 5km Championships 2017
14	8.59	-0.1		F	---	Mia Hemsworth	14	8/02/2017	All-comers and NSW 5km Championships 2017
15	8.78	NWI		P	---	Megan Tiong	16	7/09/2016	2016 Grass Games
16	8.85	0.6		F	---	Alice Bohdan	44	4/03/2017	NSW Masters Championships
17	9.09	+0.9		F	---	Maria Cimino	45	9/11/2016	Jupiters Pan Pacific Masters Games 2016
18	9.0h	NWI	9.24	F	---	Gabrielle Whelan	56	4/09/2016	Northern Zone Week 2
19	9.53			P	---	Janet Naylor	50	9/03/2017	World Masters Indoor Championships 2017
20	9.3h	NWI	9.54	F	---	Leanne Griffiths	40	5/11/2016	Northern Zone Week 8
21	9.5h	NWI	9.74	F	---	Jenny Schell	54	5/11/2016	Northern Zone Week 8
22	9.6h	NWI	9.84	F	---	Khali Grimshaw	28	5/11/2016	Northern Zone Week 8
23	10.04	NWI		P	---	Rheanna McMahon	11	7/09/2016	2016 Grass Games
24	10.1h	NWI	10.34	F	---	Sarah Culhane	52	8/10/2016	Northern Zone Week 4
25	10.45	0.3		F	---	Bronwyn Kelaher	51	4/03/2017	NSW Masters Championships
26	10.78	+0.3		F	---	Emily Davis	09	8/02/2017	All-comers and NSW 5km Championships 2017
27	11.64	0.5		F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
28	11.8h	NWI	12.04	F	---	Jillian Senior	64	5/11/2016	Northern Zone Week 8
29 *	12.1h	NWI	12.34	F	---	Dorothy Kass	63	8/10/2016	Northern Zone Week 4
29 *	12.1h	NWI	12.34	F	---	Nancy Lloyd	63	8/10/2016	Northern Zone Week 4
31	15.4h	NWI	15.64	F	---	Roslyn Wolfers	71	8/10/2016	Northern Zone Week 4

Female 100m Sprint

1	11.59	+4.0	F	---	Kristie Edwards	16	2/12/2016	2016 Australian All Schools Championships
2	11.70	+3.8	P	---	Samantha Geddes	18	3/06/2016	ANQ Allcomers
3	11.84	+0.6	F	---	Gabriella O'Grady	20	1/03/2017	SUMMERofATHS Grand Prix
4	12.09	+2.0	F	---	Jasmine Everett	25	4/02/2017	Sydney Invitational 2017
5	12.26	+1.8	F	---	Mia Hemsworth	14	3/10/2016	2016 2XU NSW All Schools Championships
6	12.31	+1.8	P	---	Nicolette Donofrio	14	6/03/2017	2017 Australian Athletics Championships
7	12.32	+1.9	P	---	Karlle Morton	24	7/02/2017	AACT Open State Championships
8	12.33	+2.2	P	---	Sophie McGovern	17	3/10/2016	2016 2XU NSW All Schools Championships
9	12.43	+3.2	P	---	Tiana Death	16	3/10/2016	2016 2XU NSW All Schools Championships
10	12.45	+2.0	F	---	Carla Takchi	19	4/02/2017	Sydney Invitational 2017
11	12.48	+1.1	F	---	Steph Zervos	22	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
12	12.52	+0.6	P	---	Stephanie Potter	15	6/03/2017	2017 Australian Athletics Championships
13	12.58	+1.8	P	---	Lara Halmarick	14	6/03/2017	2017 Australian Athletics Championships
14	12.59	-0.8	P	---	Dominica Jenkins	27	6/03/2017	2017 Australian Athletics Championships
15	12.60	-1.4	F	---	Molly Blakey	19	1/01/2017	All-comers 21 January 2017
16	12.64	+1.7	F	---	Alice Dixon	13	6/03/2017	2017 Australian Athletics Championships
17	12.67	+3.8	F	---	Monique Perry	42	6/10/2016	World Masters Athletics Championships 2016
18	12.71	+1.8	P	---	Melissa Fitzsimmons	18	6/03/2017	2017 Australian Athletics Championships
19	12.75	+3.8	P	---	Emily Britton	14	3/10/2016	2016 2XU NSW All Schools Championships
20	12.76	+2.8	F	---	Sarah Healey	17	3/10/2016	2016 2XU NSW All Schools Championships
21	12.77	+1.0	P	---	Morgan Kelaher	13	3/10/2016	2016 2XU NSW All Schools Championships
22	12.80	-1.0	F	---	Abigail Stevanovic	14	3/02/2017	NSW Junior & Youth Championships 2017
23	12.97	+1.8	P	---	Kylie Strong	49	6/10/2016	World Masters Athletics Championships 2016
24	12.98	+1.7	F	---	Jacqueline Bezuidenhout	50	6/10/2016	World Masters Athletics Championships 2016
25	13.00	+2.1	P	---	Jessica Maciver	13	3/10/2016	2016 2XU NSW All Schools Championships
26	13.06	+2.2	P	---	Ava Walker-Charles	17	3/10/2016	2016 2XU NSW All Schools Championships
27	13.07	+3.8	P	---	Alanna Fisher	15	3/10/2016	2016 2XU NSW All Schools Championships
28	13.10	-0.7	F	---	Tessa Constantine	17	2/10/2016	Treloar Shield Round 2
29	13.20	+1.0	F	---	Annabelle Parmegiani	19	7/12/2016	2016 NSW Club and Combined Championships
30	13.23	+3.2	P	---	Anna MacGregor	16	3/10/2016	2016 2XU NSW All Schools Championships

31	13.30	-1.4		F	---	Karina Brown	18	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
32	13.31	-0.2		F	---	Nicola Bowtell	18	8/02/2017	All-comers and NSW 5km Championships 2017
33	13.32	+1.0		P	---	Greta Andrews	12	3/10/2016	2016 2XU NSW All Schools Championships
34	13.37	-2.0		F	---	Yael Reed	33	7/12/2016	2016 NSW Club and Combined Championships
35	13.43	+3.8		P	---	Megan Tiong	16	3/10/2016	2016 2XU NSW All Schools Championships
36	13.51	+1.5		P	---	Isabel McCarthy	14	3/10/2016	2016 2XU NSW All Schools Championships
37	13.62	-0.9		F	---	Edita Grinbergs	15	2/10/2016	Treloar Shield Round 2
38	13.74	-0.6		F	---	Ruby Mahendran	13	3/02/2017	NSW Junior & Youth Championships 2017
39	13.76	-0.6		F	---	Georgia Fichardt	12	3/02/2017	NSW Junior & Youth Championships 2017
40	13.80	-0.6		F	---	Mattise Stringer	13	9/05/2016	NSW Pre Departure Meet
41	13.6h	NWI	13.84	F	---	Emily Ratcliffe	32	1/10/2016	Northern Zone Week 3
42	13.84	-1.5		F	---	Gabriella Taylor	11	8/01/2017	Hunter Track Classic 2017
43	13.85	NWI		F	---	Sascha Gassmann	15	8/10/2016	Treloar Shield Round 1
44	13.89	+0.0		F	---	Brooke East	16	1/01/2017	All-comers 21 January 2017
45	13.93	-1.6		F	---	Latisha Touma	24	8/02/2017	All-comers and NSW 5km Championships 2017
46	14.07	+0.7		F	---	Alice Bohdan	44	3/11/2016	All-comers 13 November 2016
47	14.13	+1.5		F	---	Alissa Jordaan	13	6/03/2017	2017 Australian Athletics Championships
48	14.17	-0.3		F	---	Jaime Lovell	32	2/10/2016	Treloar Shield Round 2
49	14.36	-1.5		F	---	Olivia Rose Inkster	11	8/01/2017	Hunter Track Classic 2017
50	14.41	+3.4		F	---	Gabrielle Whelan	55	7/12/2016	2016 NSW Club and Combined Championships
51	14.51	+1.2		F	---	Maria Cimino	45	3/12/2016	All-comers 3 December 2016
52	15.12	+0.5		P	---	Janet Naylor	50	6/10/2016	World Masters Athletics Championships 2016
53	15.3h	NWI	15.54	F	---	Leanne Griffiths	40	5/10/2016	Northern Zone Week 5
54	15.87	-0.6		F	---	Rheanna McMahon	11	5/09/2016	Allcomers 25 September 2016
55	15.7h	NWI	15.94	F	---	Sarah Culhane	52	5/10/2016	Northern Zone Week 5
56	16.0h	NWI	16.24	F	---	Bronte Hodson	13	2/11/2016	Northern Zone Week 9
57	16.3h	NWI	16.54	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9
58	17.50	-2.7		F	---	Bronwyn Kelaher	51	4/03/2017	NSW Masters Championships
59	17.6h	NWI	17.84	F	---	Deborah Drennan	58	1/10/2016	Northern Zone Week 3
60	18.3h	NWI	18.54	F	---	Suzanne Brown	51	0/09/2016	Northern Zone Week 1
61	18.80	-1.9		F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
62	19.8h	NWI	20.04	F	---	Jillian Senior	64	5/10/2016	Northern Zone Week 5
63	19.9h	NWI	20.14	F	---	Nancy Lloyd	63	5/10/2016	Northern Zone Week 5
64	20.0h	NWI	20.24	F	---	Dorothy Kass	63	5/10/2016	Northern Zone Week 5
65	20.7h	NWI	20.94	F	---	Roslyn Wolfers	71	5/10/2016	Northern Zone Week 5

Female 150m Sprint

1	19.94	NWI	F	---	Sophie McGovern	17	7/09/2016	2016 Grass Games
2	21.60	NWI	F	---	Jacqueline Bezuidenhout	49	7/09/2016	2016 Grass Games
3	23.16	NWI	F	---	Gabrielle Whelan	55	7/09/2016	2016 Grass Games
4	24.82	NWI	F	---	Janet Naylor	50	7/09/2016	2016 Grass Games
5	26.39	NWI	F	---	Rheanna McMahon	11	7/09/2016	2016 Grass Games

Female 200m Sprint

1	23.93	+0.8	P	---	Gabriella O'Grady	19	7/02/2017	AACT Open State Championships
2	23.94	+3.2	F	---	Kristie Edwards	16	2/12/2016	2016 Australian All Schools Championships
3	24.13	+1.1	F	---	Karlle Morton	24	7/02/2017	AACT Open State Championships
4	24.33	+0.7	F	---	Olivia Tauro	26	3/12/2016	All-comers 3 December 2016
5	24.63	+3.2	F	---	Sophie McGovern	17	2/12/2016	2016 Australian All Schools Championships
6	24.67	-0.4	F	---	Alexandra Bartholomew	22	7/12/2016	2016 NSW Club and Combined Championships
7	24.95	+3.0	F	---	Alice Dixon	13	2/12/2016	2016 Australian All Schools Championships
8	25.08	-0.9	P	---	Nicolette Donofrio	14	6/03/2017	2017 Australian Athletics Championships
9	25.19	+1.7	P	---	Olivia Cason	19	6/09/2016	Australian University Games 2016
10	25.31	+1.1	P	---	Stephanie Potter	15	6/03/2017	2017 Australian Athletics Championships
11	25.33	+2.5	F	---	Jasmine Everett	25	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
12	25.38	-1.1	F	---	Molly Blakey	19	1/01/2017	All-comers 21 January 2017
13	25.39	+2.1	F	---	Tessa Constantine	17	2/11/2016	Treloar Shield Round 3
14	25.58	+0.8	P	---	Abigail Stevanovic	14	3/02/2017	NSW Junior & Youth Championships 2017
15	25.69	-1.3	F	---	Dominica Jenkins	27	8/03/2017	All-comers 18 March 2017
16	25.96	-2.6	F	---	Mia Hemsworth	14	4/03/2017	AACT 2016 Summer Series #13
17	26.03	-0.3	F	---	Emma Hunt	24	1/01/2017	All-comers 21 January 2017
18	26.23	+0.0	P	---	Melissa Fitzsimmons	18	6/03/2017	2017 Australian Athletics Championships
19	26.29	+3.7	F	---	Monique Perry	42	6/10/2016	World Masters Athletics Championships 2016
20	26.42	+0.8	F	---	Carla Takchi	19	1/02/2017	All Comers and NSW 10000m Walks Championships
21	26.48	-0.1	F	---	Elana Withnall	23	7/12/2016	2016 NSW Club and Combined Championships
22	26.49	+1.9	F	---	Kylie Strong	49	6/10/2016	World Masters Athletics Championships 2016
23	26.52	-0.2	F	---	Morgan Kelaher	13	3/02/2017	NSW Junior & Youth Championships 2017
24	26.59	-0.8	P	---	Ava Walker-Charles	17	3/02/2017	NSW Junior & Youth Championships 2017
25	26.75	-1.6	F	---	Edita Grinbergs	15	8/03/2017	All-comers 18 March 2017
26	26.78	+0.9	F	---	Tiana Death	16	5/11/2016	All-comers 5 November 2016

27	26.88	+1.6		F	---	Jacqueline Bezuidenhout	50	6/10/2016	World Masters Athletics Championships 2016
28	27.01	+2.0		P	---	Alanna Fisher	15	3/10/2016	2016 2XU NSW All Schools Championships
29	27.02	-1.6		F	---	Latisha Touma	24	8/03/2017	All-comers 18 March 2017
30	27.06	+0.0		F	---	Jessica Maciver	13	8/11/2016	All-comers 18 November 2016
31	27.26	+1.9		F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships
32	27.32	+0.8		F	---	Anna MacGregor	17	8/03/2017	All-comers 18 March 2017
33	27.33	+0.8		F	---	Yael Reed	34	8/03/2017	All-comers 18 March 2017
34	27.45	+0.1		P	---	Maya Challoner	14	3/02/2017	NSW Junior & Youth Championships 2017
35	27.47	+0.0		F	---	Katrina Lamas	18	5/11/2016	All-comers 5 November 2016
36	27.59	-0.6		F	---	Emma Hislop	23	1/01/2017	All-comers 21 January 2017
37	27.74	+1.9		P	---	Juliet Grundy	17	3/10/2016	2016 2XU NSW All Schools Championships
38	27.78	-0.8		P	---	Karina Brown	18	3/02/2017	NSW Junior & Youth Championships 2017
39	28.60	-2.7		F	---	Courtney Boyle	19	5/11/2016	All-comers 5 November 2016
40	29.09	-1.6		F	---	Mattise Stringer	13	9/05/2016	NSW Pre Departure Meet
41	29.12	-0.7		F	---	Alice Bohdan	44	7/12/2016	2016 NSW Club and Combined Championships
42 *	29.16	+1.2		F	---	Georgia Fichardt	12	2/11/2016	Treloar Shield Round 3
42 *	29.16	-1.5		F	---	Ashlie Edwards	14	7/12/2016	2016 NSW Club and Combined Championships
44 *	29.47	+0.7		F	---	Alissa Jordaan	13	7/12/2016	2016 NSW Club and Combined Championships
44 *	29.47	-1.8		F	---	Kara Selvarajah	12	3/10/2016	2016 2XU NSW All Schools Championships
46	29.53	-1.5		F	---	Ruby Mahendran	12	1/01/2017	All-comers 21 January 2017
47	29.78	+0.8		F	---	Annika Mountstephens	16	8/03/2017	All-comers 18 March 2017
48	29.92	-0.5		F	---	Gabrielle Whelan	55	7/12/2016	2016 NSW Club and Combined Championships
49	30.07	-2.0		F	---	Jaime Lovell	32	4/03/2017	NSW Masters Championships
50	30.16	+2.1		M	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
51	30.29	-2.7		F	---	Isabella Pockl-Deen	20	5/11/2016	All-comers 5 November 2016
52	32.91	NWI		F	---	Deborah Drennan	58	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
53	33.0h	NWI	33.24	F	---	Leanne Griffiths	40	5/11/2016	Northern Zone Week 8
54	33.75	+0.0		F	---	Rheanna McMahon	11	5/09/2016	Allcomers 25 September 2016
55	34.0h	NWI	34.24	F	---	Khali Grimshaw	28	5/11/2016	Northern Zone Week 8
56	34.1h	NWI	34.34	F	---	Sarah Culhane	52	8/10/2016	Northern Zone Week 4
57	38.52	-3.9		F	---	Emily Davis	09	1/01/2017	All-comers 21 January 2017
58	42.77	-2.3		F	---	Nancy Lloyd	63	4/03/2017	NSW Masters Championships
59	45.5h	NWI	45.74	F	---	Dorothy Kass	63	8/10/2016	Northern Zone Week 4
60	45.7h	NWI	45.94	F	---	Jillian Senior	64	8/10/2016	Northern Zone Week 4
61	50.0h	NWI	50.24	F	---	Kathleen Cook	79	8/10/2016	Northern Zone Week 4

Female 300m Sprint

1	43.65	F	---	Sophie McGovern	17	7/09/2016	2016 Grass Games
2	47.18	F	---	Jacqueline Bezuidenhout	49	7/09/2016	2016 Grass Games
3	49.79	F	---	Gabrielle Whelan	55	7/09/2016	2016 Grass Games

Female 400m Sprint

1	53.20	F	---	Olivia Tauro	26	1/03/2017	SUMMERofATHS Grand Prix
2	54.13	F	---	Gabriella O'Grady	19	4/01/2017	Illawarra Track Challenge
3	54.24	P	---	Alexandra Bartholomew	23	4/02/2017	2017 NSW Open, U23 & Para Championships
4	54.33	F	---	Carley Thomas	16	6/03/2017	2017 Australian Athletics Championships
5	55.82	F	---	Olivia Cason	20	4/02/2017	2017 NSW Open, U23 & Para Championships
6	55.91	F	---	Molly Blakey	19	4/01/2017	Illawarra Track Challenge
7	56.62	F	---	Rebecca Bennett	18	6/03/2017	2017 Australian Athletics Championships
8	56.97	F	---	Emma Hunt	24	1/03/2017	AACT 2016 Summer Series #14
9	57.35	F	---	Dominica Jenkins	27	8/03/2017	Bankstown Invitational 2017
10	58.37	F	---	Katrina Lamas	18	1/03/2017	All-comers 11 March 2017
11	58.55	F	---	Tessa Constantine	17	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
12	58.73	F	---	Edita Grinbergs	15	4/02/2017	Sydney Invitational 2017
13	59.06	F	---	Sally Guthrie	14	7/12/2016	2016 NSW Club and Combined Championships
14	59.14	F	---	Sarah Mcdermott	16	3/02/2017	NSW Junior & Youth Championships 2017
15	59.71	F	---	Ali Thomson	17	1/03/2017	All-comers 11 March 2017
16	1:00.07	F	---	Emma Hislop	23	1/02/2017	All Comers and NSW 10000m Walks Championships
17	1:00.35	F	---	Gemma Bratton	14	3/02/2017	NSW Junior & Youth Championships 2017
18	1:00.63	P	---	Ava Walker-Charles	17	3/02/2017	NSW Junior & Youth Championships 2017
19	1:00.75	F	---	Bianca Grimaldi	20	1/03/2017	All-comers 11 March 2017
20	1:00.79	P	---	Sascha Gassmann	15	3/10/2016	2016 2XU NSW All Schools Championships
21	1:00.86	F	---	Latisha Touma	24	1/03/2017	All-comers 11 March 2017
22	1:01.13	F	---	Gabriella Richmond	14	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
23	1:01.45	P	---	Susie Douglas	15	3/10/2016	2016 2XU NSW All Schools Championships
24	1:02.07	F	---	Nicola Bowtell	18	3/02/2017	NSW Junior & Youth Championships 2017
25	1:02.32	P	---	Alanna Fisher	15	3/10/2016	2016 2XU NSW All Schools Championships
26	1:02.56	F	---	Alice Dixon	12	5/09/2016	Allcomers 25 September 2016
27	1:02.85	F	---	Catherine Pearce	27	4/01/2017	Illawarra Track Challenge
28	1:03.61	P	---	Brooke East	15	3/10/2016	2016 2XU NSW All Schools Championships

29	1:04.11		F	---	Yael Reed	34	4/03/2017	NSW Masters Championships
30	1:04.40		P	---	Jacinta Metcalf	14	3/10/2016	2016 2XU NSW All Schools Championships
31	1:04.44		F	---	Jaime Lovell	32	1/02/2017	All Comers and NSW 10000m Walks Championships
32	1:05.29		F	---	Morgan Kelaher	13	9/05/2016	NSW Pre Departure Meet
33	1:06.2h	1:06.34	F	---	Emily Ratcliffe	32	1/10/2016	Northern Zone Week 3
34	1:06.61		P	---	Zoe Latham	16	3/10/2016	2016 2XU NSW All Schools Championships
35	1:08.28		F	---	Gabrielle Whelan	55	6/10/2016	World Masters Athletics Championships 2016
36	1:10.10		F	---	Deborah Drennan	58	6/10/2016	World Masters Athletics Championships 2016
37	1:12.3h	1:12.44	F	---	Alice Bohdan	44	1/10/2016	Northern Zone Week 3
38	1:21.9h	1:22.04	F	---	Leanne Griffiths	40	2/11/2016	Northern Zone Week 9
39	1:25.1h	1:25.24	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9
40	1:34.94		F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
41	1:43.5h	1:43.64	F	---	Nancy Lloyd	63	9/10/2016	Northern Zone Week 7
42	1:47.2h	1:47.34	F	---	Dorothy Kass	63	5/10/2016	Northern Zone Week 5

Female 400m Sprint ELIMINATOR

1	1:07.20		F	---	Imogen Gardiner	14	7/09/2016	2016 Grass Games
2	1:15.26		F	---	Hannah Cerezo	13	7/09/2016	2016 Grass Games

Female 600m Run

1	2:02.70		F	---	Deborah Drennan	58	7/09/2016	2016 Grass Games
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Female 800m Run

1	2:05.40		F	---	Carley Thomas	15	2/12/2016	2016 Australian All Schools Championships
2	2:08.24		F	---	Sarah Mcdermott	16	6/03/2017	2017 Australian Athletics Championships
3	2:08.45		F	---	Isabella Thornton-Bott	19	6/03/2017	2017 Australian Athletics Championships
4	2:10.12		F	---	Alexandra Bartholomew	21	9/11/2016	Treloar Shield Round 4
5	2:11.81		P	---	Bianca Grimaldi	20	6/03/2017	2017 Australian Athletics Championships
6	2:13.12		F	---	Katrina Lamas	18	7/12/2016	2016 NSW Club and Combined Championships
7	2:13.44		F	---	Else Gallen	22	7/12/2016	2016 NSW Club and Combined Championships
8	2:13.49		P	---	Imogen Gardiner	14	6/03/2017	2017 Australian Athletics Championships
9	2:14.63		P	---	Ali Thomson	18	4/02/2017	2017 NSW Open, U23 & Para Championships
10	2:14.72		F	---	Edita Grinbergs	15	8/02/2017	All-comers and NSW 5km Championships 2017
11	2:18.56		F	---	Molly Blakey	18	3/12/2016	All-comers 3 December 2016
12	2:20.71		P	---	Sally Guthrie	15	6/03/2017	2017 Australian Athletics Championships
13	2:23.96		F	---	Sascha Gassmann	15	3/10/2016	2016 2XU NSW All Schools Championships
14	2:27.61		F	---	Ashlie Edwards	14	8/03/2017	All-comers 18 March 2017
15	2:27.68		F	---	Eloise Doherty	17	8/02/2017	All-comers and NSW 5km Championships 2017
16	2:28.06		F	---	Abigail Johnstone	14	1/01/2017	All-comers 21 January 2017
17	2:28.95		F	---	Emma Baptist	17	2/11/2016	Treloar Shield Round 3
18	2:33.22		F	---	Sophie McGovern	17	7/12/2016	2016 NSW Club and Combined Championships
19	2:36.54		F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships
20	2:39.93		F	---	Holly Eva Ratajecz	22	8/02/2017	All-comers and NSW 5km Championships 2017
21	2:41.23		F	---	Jaime Lovell	32	4/03/2017	NSW Masters Championships
22	2:41.72		P	---	Emma Brown	13	3/10/2016	2016 2XU NSW All Schools Championships
23	2:43.00		F	---	Deborah Drennan	58	9/03/2017	World Masters Indoor Championships 2017
24	2:48.35		P	---	Zoe MacMillan	13	3/10/2016	2016 2XU NSW All Schools Championships
25	2:52.16		P	---	Samantha Geddes	19	6/09/2016	Australian University Games 2016
26	3:06.30		F	---	Emily Davis	09	1/01/2017	All-comers 21 January 2017
27	3:24.8h	3:24.80	F	---	Khali Grimshaw	28	5/11/2016	Northern Zone Week 8
28	3:32.39		F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
29	4:04.2h	4:04.20	F	---	Nancy Lloyd	63	8/10/2016	Northern Zone Week 4
30	4:07.04		M	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
31	4:11.8h	4:11.80	F	---	Dorothy Kass	63	8/10/2016	Northern Zone Week 4

Female 1500m Run

1	4:25.93		F	---	Sarah Mcdermott	16	6/03/2017	2017 Australian Athletics Championships
2	4:26.19		F	---	Else Gallen	23	4/02/2017	2017 NSW Open, U23 & Para Championships
3	4:36.05		F	---	Sarah Reece	17	4/02/2017	2017 NSW Open, U23 & Para Championships
4	4:36.44		F	---	Imogen Gardiner	14	6/03/2017	2017 Australian Athletics Championships
5	4:37.21		F	---	Isabella Thornton-Bott	18	7/12/2016	2016 NSW Club and Combined Championships
6	4:37.60		P	---	Emily Augustine	20	6/03/2017	2017 Australian Athletics Championships
7	4:41.18		P	---	Annabel McDermott	18	6/03/2017	2017 Australian Athletics Championships
8	4:44.85		P	---	Bianca Grimaldi	21	4/02/2017	2017 NSW Open, U23 & Para Championships
9	4:55.56		F	---	Eloise Doherty	17	3/02/2017	NSW Junior & Youth Championships 2017
10	5:11.27		P	---	Emma Brown	13	3/10/2016	2016 2XU NSW All Schools Championships
11	5:14.25		F	---	Ella Wright	18	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
12	5:16.39		F	---	Abigail Johnstone	14	1/03/2017	All-comers 11 March 2017
13	5:42.61		F	---	Jaime Lovell	32	2/10/2016	Treloar Shield Round 2
14	5:43.14		F	---	Rosie Fordham	14	3/02/2017	NSW Junior & Youth Championships 2017
15	5:44.28		F	---	Deborah Drennan	58	9/03/2017	World Masters Indoor Championships 2017
16	6:40.62		F	---	Louise McAllister	49	8/10/2016	Treloar Shield Round 1

17	7:21.1h	7:21.10	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9
18	7:51.7h	7:51.70	F	---	Leanne Griffiths	40	1/10/2016	Northern Zone Week 3
19	7:55.6h	7:55.60	F	---	Suzanne Brown	51	0/09/2016	Northern Zone Week 1
20	8:14.7h	8:14.70	F	---	Nancy Lloyd	63	5/10/2016	Northern Zone Week 5
21	8:35.6h	8:35.60	F	---	Dorothy Kass	63	5/10/2016	Northern Zone Week 5
Female 3000m Run								
1	9:30.94	3:10.31	F	---	Annabel McDermott	17	6/06/2016	NSW Pre Departure Meet
2	10:43.27	3:34.42	F	---	Hannah Cerezo	13	6/03/2017	2017 Australian Athletics Championships
3	11:05.81	3:41.94	F	---	Astrid Kingsmill	15	3/10/2016	2016 2XU NSW All Schools Championships
4	11:50.73	3:56.91	F	---	Holly Eva Ratajec	22	8/03/2017	All-comers 18 March 2017
5	13:19.17	4:26.39	F	---	Jacinta Metcalf	14	2/11/2016	Treloar Shield Round 3
6	13:39.4h	4:33.13	F	---	Deborah Drennan	58	4/09/2016	Northern Zone Week 2
7	17:24.3h	5:48.10	F	---	Nancy Lloyd	63	8/10/2016	Northern Zone Week 4
8	19:09.9h	6:23.30	F	---	Dorothy Kass	63	8/10/2016	Northern Zone Week 4
Female 5000m Run								
1	16:08.44	3:13.69	F	---	Annabel McDermott	17	9/07/2016	IAAF World U20 Championships Bydgoszcz
2	16:46.25	3:21.25	F	---	Else Gallen	22	8/02/2017	All-comers and NSW 5km Championships 2017
3	17:52.00	3:34.40	F	---	Sarah Marvin	18	7/05/2016	Greater Sydney 10K
4	19:12.00	3:50.40	F	---	Bianca Grimaldi	19	7/05/2016	Greater Sydney 10K
5	20:09.91	4:01.98	F	---	Ella Wright	18	6/09/2016	Australian University Games 2016
Female 10000m Run								
1	34:29.00	3:26.90	F	---	Annabel McDermott	17	7/05/2016	Greater Sydney 10K
2	45:23.00	4:32.30	F	---	Emma Brown	13	7/05/2016	Greater Sydney 10K
3	1:00:25.00	6:02.50	F	---	Nancy Lloyd	62	7/05/2016	Greater Sydney 10K
4 *	1:11:33.00	7:09.30	F	---	Caroline Layt	50	7/05/2016	Greater Sydney 10K
4 *	1:11:33.00	7:09.30	F	---	Dorothy Kass	62	7/05/2016	Greater Sydney 10K
Female 1500m Walk								
1	7:52.50		F	---	Imogen Steele	13	9/11/2016	Treloar Shield Round 4
2	8:48.45		F	---	Ainslie Brown	14	1/03/2017	All-comers 11 March 2017
3	10:01.8h	10:01.80	F	---	Nancy Lloyd	63	2/10/2016	Northern Zone Week 6
4	10:02.9h	10:02.90	F	---	Carmel Parker	51	4/09/2016	Northern Zone Week 2
5	10:55.2h	10:55.20	F	---	Dorothy Kass	63	8/10/2016	Northern Zone Week 4
6	12:53.1h	12:53.10	F	---	Roslyn Wolfers	71	8/10/2016	Northern Zone Week 4
Female 3000m Walk								
1	17:49.84		F	---	Imogen Steele	13	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
2	17:57.50		F	---	Elise Brennan	14	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
3	21:13.2h	21:13.20	F	---	Ainslie Brown	14	2/11/2016	Northern Zone Week 9
4	21:22.2h	21:22.20	F	---	Nancy Lloyd	63	0/09/2016	Northern Zone Week 1
5	25:24.0h	25:24.00	F	---	Dorothy Kass	63	5/10/2016	Northern Zone Week 5
6	26:31.7h	26:31.70	F	---	Stephanie Brown	51	2/11/2016	Northern Zone Week 9
Female 10000m Walk								
1	1:17:46.00		F	---	Suzanne Brown	51	6/10/2016	World Masters Athletics Championships 2016
Female 80m Hurdles 0.762m								
1	13.00	-1.0	F	---	Jessica Maciver	13	3/10/2016	2016 2XU NSW All Schools Championships
2	13.20	+0.6	F	---	Georgia Fichardt	13	6/03/2017	2017 Australian Athletics Championships
3	13.54	-1.0	F	---	Annika Lynch	12	3/10/2016	2016 2XU NSW All Schools Championships
4	13.55	-1.0	F	---	Georgia Healy	12	3/10/2016	2016 2XU NSW All Schools Championships
5	14.21	+1.2	F	---	Ruby Mahendran	13	3/02/2017	NSW Junior & Youth Championships 2017
6	15.13	-0.1	F	---	Lily Worrall	14	2/11/2016	Treloar Shield Round 3
Female 90m Hurdles 0.762m								
1	12.50	+2.8	F	---	Abigail Stevanovic	14	8/02/2017	All-comers and NSW 5km Championships 2017
2	12.52	+0.7	F	---	Mia Hemsworth	14	2/12/2016	2016 Australian All Schools Championships
3	12.78	+2.4	F	---	Emily Britton	14	3/10/2016	2016 2XU NSW All Schools Championships
4	12.94	+2.8	F	---	Nicolette Donofrio	14	8/02/2017	All-comers and NSW 5km Championships 2017
5	13.51	+0.9	F	---	Annika Lynch	13	6/03/2017	2017 Australian Athletics Championships
6	13.92	NWI	F	---	Susie Douglas	15	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
7	14.67	-0.6	P	---	Jessica Maciver	13	6/03/2017	2017 Australian Athletics Championships
8	14.69	-0.5	F	---	Georgia Healy	13	8/02/2017	All-comers and NSW 5km Championships 2017
9	14.84	+0.3	F	---	Isabel McCarthy	14	3/02/2017	NSW Junior & Youth Championships 2017
10	15.04	NWI	F	---	Gabriella Richmond	14	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
11	16.32	-0.7	F	---	Tanisha Ivanoff	13	3/02/2017	NSW Junior & Youth Championships 2017
12	16.36	-0.2	F	---	Ashlie Edwards	14	7/12/2016	2016 NSW Club and Combined Championships
Female 100m Hurdles 0.762m								
1	13.61	+1.5	P	---	Tiana Death	16	2/12/2016	2016 Australian All Schools Championships
2	14.73	+0.0	P	---	Sophie McGovern	17	2/12/2016	2016 Australian All Schools Championships
3	15.19	-0.5	P	---	Susie Douglas	16	6/03/2017	2017 Australian Athletics Championships
4	15.27	+0.6	F	---	Tessa Constantine	17	2/11/2016	Treloar Shield Round 3

5	15.65	-0.2	P	---	Mallory Bassett	16	6/03/2017	2017 Australian Athletics Championships
6	15.90	+2.2	F	---	Anna MacGregor	16	3/10/2016	2016 2XU NSW All Schools Championships
7	16.06	+2.2	F	---	Brooke East	15	3/10/2016	2016 2XU NSW All Schools Championships
8	17.88	+1.9	P	---	Jessica Weidenhofer	15	3/10/2016	2016 2XU NSW All Schools Championships

Female 100m Hurdles 0.840m

1	13.53	+1.3	P	---	Gabriella O'Grady	19	9/07/2016	IAAF World U20 Championships Bydgoszcz
2	14.41	+1.6	P	---	Carla Takchi	19	6/03/2017	2017 Australian Athletics Championships
3	14.59	+3.0	F	---	Karina Brown	18	3/10/2016	2016 2XU NSW All Schools Championships
4	15.82	+0.5	F	---	Tessa Constantine	17	3/02/2017	NSW Junior & Youth Championships 2017
5	20.06	NWI	F	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016

Female 200m Hurdles 0.762m

1	27.15	+2.2	F	---	Abigail Stevanovic	14	2/12/2016	2016 Australian All Schools Championships
2	28.87	-1.1	F	---	Susie Douglas	15	9/11/2016	Treloar Shield Round 4
3	29.12	-0.3	F	---	Nicolette Donofrio	14	3/10/2016	2016 2XU NSW All Schools Championships
4	29.24	+1.8	F	---	Annika Lynch	13	6/03/2017	2017 Australian Athletics Championships
5	30.38	-0.3	F	---	Stephanie Potter	14	3/10/2016	2016 2XU NSW All Schools Championships
6	31.20	+1.3	F	---	Gabriella Richmond	14	1/10/2016	NSW All Schools Multi Champs + Warm Up Meet
7	31.85	-0.3	F	---	Isabel McCarthy	14	3/10/2016	2016 2XU NSW All Schools Championships
8	33.27	-0.3	F	---	Tamara Kowcz Rosinke	15	3/10/2016	2016 2XU NSW All Schools Championships
9 *	34.26	+0.0	F	---	Georgia Healy	13	3/02/2017	NSW Junior & Youth Championships 2017
9 *	34.26	-1.7	F	---	Georgia Fichardt	12	2/10/2016	Treloar Shield Round 2

Female 300m Hurdles 0.762m

1	52.56		F	---	Jacqueline Bezuidenhout	49	5/09/2016	Allcomers 25 September 2016
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Female 400m Hurdles 0.762m

1	1:01.69		F	---	Tessa Constantine	18	8/03/2017	Bankstown Invitational 2017
2	1:02.73		F	---	Elana Withnall	24	4/02/2017	2017 NSW Open, U23 & Para Championships
3	1:03.07		P	---	Madeleine Powell	25	6/03/2017	2017 Australian Athletics Championships
4	1:03.70		F	---	Susie Douglas	16	6/03/2017	2017 Australian Athletics Championships
5	1:04.86		P	---	Catherine Pearce	28	4/02/2017	2017 NSW Open, U23 & Para Championships
6	1:05.66		F	---	Gabriella Richmond	15	6/03/2017	2017 Australian Athletics Championships
7	1:08.08		F	---	Sascha Gassmann	15	9/11/2016	Treloar Shield Round 4
8	1:08.67		F	---	Emma Baptist	17	2/10/2016	Treloar Shield Round 2
9	1:10.88		F	---	Brooke East	16	3/02/2017	NSW Junior & Youth Championships 2017
10	1:12.11		F	---	Laurn Walker	16	5/09/2016	Allcomers 25 September 2016
11	1:12.78		F	---	Sophie McGovern	17	3/02/2017	NSW Junior & Youth Championships 2017
12	1:15.86		F	---	Jaime Lovell	32	7/12/2016	2016 NSW Club and Combined Championships
13	1:18.15		F	---	Zoe Latham	16	3/10/2016	2016 2XU NSW All Schools Championships
14	4:49.10		F	---	Bianca Grimaldi	20	7/12/2016	2016 NSW Club and Combined Championships

Female 15000m Walk

1	1:55:12.00		F	---	Suzanne Brown	50	4/07/2016	NSW Long Walks Championships
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Female 2000m StplCh 0.762m

1	7:52.24		P	---	Astrid Kingsmill	15	6/03/2017	2017 Australian Athletics Championships
2	7:58.57		F	---	Mary Fien	44	4/03/2017	NSW Masters Championships

Female High Jump

1	1.60m		F	---	Annabelle Parmegiani	18	6/09/2016	Australian University Games 2016
2	1.55m		F	---	Melissa Fitzsimmons	18	7/12/2016	2016 NSW Club and Combined Championships
3	1.50m		F	---	Lily Worrall	14	2/11/2016	Treloar Shield Round 3
4	1.48m		M	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
5	1.45m		F	---	Elana Withnall	23	6/11/2016	2016 NSW Relay Championships
6	1.44m		F	---	Ashlie Edwards	14	7/12/2016	2016 NSW Club and Combined Championships
7	1.40m		F	---	Carla Takchi	19	6/11/2016	2016 NSW Relay Championships
8	1.36m		F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships
9	1.35m		F	---	Georgia Fichardt	12	2/11/2016	Treloar Shield Round 3

Female High Jump Scissors

1	1.30m		F	---	Sophie McGovern	17	7/09/2016	2016 Grass Games
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Female Half Marthn

1	2:04:01.00		F	---	Beck Myers	43	8/08/2016	NSW Half Marathon Championships
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Female Pole Vault

1	2.10m		F	---	Lily Worrall	14	3/02/2017	NSW Junior & Youth Championships 2017
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Female Long Jump

1	5.39m	+1.9	F	---	Melissa Fitzsimmons	18	7/12/2016	2016 NSW Club and Combined Championships
2	5.22m	+1.5	F	---	Kristie Edwards	17	8/03/2017	All-comers 18 March 2017
3	5.15m	+1.8	F	---	Tamara Kowcz Rosinke	15	3/10/2016	2016 2XU NSW All Schools Championships
4	5.09m	NWI	F	---	Carla Takchi	19	6/11/2016	2016 NSW Relay Championships
5 *	5.01m	NWI	F	---	Lara Halmarick	14	3/02/2017	NSW Junior & Youth Championships 2017
5 *	5.01m	+0.8	F	---	Kylie Strong	49	6/10/2016	World Masters Athletics Championships 2016

7	5.00m	+0.1	F	---	Jessica Maciver	13	6/03/2017	2017 Australian Athletics Championships
8	4.96m	NWI	F	---	Greta Andrews	13	3/02/2017	NSW Junior & Youth Championships 2017
9	4.94m	+1.7	F	---	Susie Douglas	15	3/10/2016	2016 2XU NSW All Schools Championships
10	4.85m	+1.5	F	---	Annabelle Parmegiani	19	7/12/2016	2016 NSW Club and Combined Championships
11	4.82m	NWI	F	---	Elana Withnall	23	6/11/2016	2016 NSW Relay Championships
12	4.69m	+2.2	F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships
13	4.67m	-0.9	F	---	Annika Lynch	12	3/10/2016	2016 2XU NSW All Schools Championships
14	4.59m	NWI	F	---	Maya Challoner	14	3/02/2017	NSW Junior & Youth Championships 2017
15	4.54m	+0.0	F	---	Morgan Kelaher	13	3/12/2016	All-comers 3 December 2016
16	4.45m	-0.7	F	---	Jaime Lovell	32	4/03/2017	NSW Masters Championships
17	4.41m	+0.3	F	---	Jessica Weidenhofer	15	3/10/2016	2016 2XU NSW All Schools Championships
18	4.34m	-2.2	F	---	Alice Bohdan	44	4/03/2017	NSW Masters Championships
19 *	4.31m		F	---	Emily Ratcliffe	32	1/10/2016	Northern Zone Week 3
19 *	4.31m	-0.2	F	---	Sophie McGovern	17	7/12/2016	2016 NSW Club and Combined Championships
21	4.28m	-0.1	F	---	Alissa Jordaan	13	1/02/2017	All Comers and NSW 10000m Walks Championships
22	4.26m	NWI	F	---	Nicolette Donofrio	14	6/11/2016	2016 NSW Relay Championships
23	4.25m	+2.9	M	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
24	4.24m		F	---	Maria Cimino	45	0/09/2016	Northern Zone Week 1
25	4.22m	NWI	F	---	Lily Worrall	14	6/11/2016	2016 NSW Relay Championships
26	4.20m	-0.4	F	---	Ashlie Edwards	14	6/03/2017	2017 Australian Athletics Championships
27	4.15m	+2.4	F	---	Ruby Mahendran	12	3/10/2016	2016 2XU NSW All Schools Championships
28	3.88m	+0.6	F	---	Janet Naylor	50	1/02/2017	All Comers and NSW 10000m Walks Championships
29	3.81m	-0.8	F	---	Gabrielle Whelan	56	4/03/2017	NSW Masters Championships
30	3.78m		F	---	Bronte Hodson	13	2/11/2016	Northern Zone Week 9
31 *	3.71m	NWI	F	---	Stephanie Potter	14	6/11/2016	2016 NSW Relay Championships
31 *	3.71m		F	---	Sarah Culhane	52	0/09/2016	Northern Zone Week 1
33	3.24m		F	---	Jemma Chamberlain	10	5/10/2016	Northern Zone Week 5
34	2.99m		F	---	Jillian Senior	64	8/10/2016	Northern Zone Week 4
35	2.47m		F	---	Dorothy Kass	63	9/10/2016	Northern Zone Week 7

Female Long Jump Aggregate

1	14.71m	NWI	F	---	Sophie McGovern	17	7/09/2016	2016 Grass Games
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Female Triple Jump

1	11.83m	+0.2	P	---	Annabelle Parmegiani	18	6/09/2016	Australian University Games 2016
2	10.99m	+2.3	F	---	Tamara Kowcz Rosinke	15	2/12/2016	2016 Australian All Schools Championships
3	10.78m	+2.1	F	---	Greta Andrews	12	3/10/2016	2016 2XU NSW All Schools Championships
4	10.77m	+1.7	F	---	Lara Halmarick	14	1/01/2017	All-comers 21 January 2017
5	10.66m	+1.8	F	---	Lily Worrall	14	1/01/2017	All-comers 21 January 2017
6	10.62m	+1.7	F	---	Annika Lynch	12	3/10/2016	2016 2XU NSW All Schools Championships
7	10.26m	+2.9	F	---	Susie Douglas	15	3/10/2016	2016 2XU NSW All Schools Championships
8	9.77m	+0.0	F	---	Stephanie Potter	14	2/11/2016	Treloar Shield Round 3
9	9.73m	+3.0	F	---	Bianca Jom	13	3/10/2016	2016 2XU NSW All Schools Championships
10	9.51m	-0.3	F	---	Jaime Lovell	32	4/03/2017	NSW Masters Championships
11	9.37m	0.2	F	---	Alice Bohdan	44	4/03/2017	NSW Masters Championships
12	9.21m	+0.0	F	---	Kylie Strong	49	8/02/2017	All-comers and NSW 5km Championships 2017
13	8.66m	+3.1	F	---	Maria Cimino	45	6/10/2016	World Masters Athletics Championships 2016
14	8.15m		F	---	Sarah Culhane	52	8/10/2016	Northern Zone Week 4
15	8.00m		F	---	Khali Grimshaw	28	5/11/2016	Northern Zone Week 8

Female Shot Put 3kg

1	12.55m		F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016
2	10.34m		F	---	Hannah Morgan	13	6/11/2016	2016 NSW Relay Championships
3	10.14m		F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships
4	9.92m		F	---	Isabel McCarthy	14	3/10/2016	2016 2XU NSW All Schools Championships
5	9.75m		F	---	Bronte Hodson	13	3/02/2017	NSW Junior & Youth Championships 2017
6	8.74m		F	---	Annabelle Gillings	16	6/11/2016	2016 NSW Relay Championships
7	8.66m		F	---	Ashlie Edwards	14	7/12/2016	2016 NSW Club and Combined Championships
8	8.61m		F	---	Rebecca Moore	13	6/11/2016	2016 NSW Relay Championships
9	8.29m		F	---	Suzanne Brown	51	0/09/2016	Northern Zone Week 1
10	8.17m		F	---	Annika Mountstephens	16	3/02/2017	NSW Junior & Youth Championships 2017
11	7.69m		F	---	Jenny Schell	54	5/11/2016	Northern Zone Week 8
12	7.59m		F	---	Sarah Culhane	52	9/10/2016	Northern Zone Week 7
13	6.90m		F	---	Rheanna McMahon	12	6/11/2016	2016 NSW Relay Championships
14	6.41m		F	---	Jillian Senior	64	2/11/2016	Northern Zone Week 9
15	6.00m		F	---	Roslyn Wolfers	71	0/09/2016	Northern Zone Week 1
16	4.89m		F	---	Karen Jones	64	1/10/2016	21st AMA Winter Throws Championships

Female Shot Put 4kg

1	10.49m		F	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
2	10.07m		F	---	Caroline Layt	51	6/11/2016	2016 NSW Relay Championships
3	9.97m		F	---	Alice Bohdan	44	6/11/2016	2016 NSW Relay Championships

4	9.95m	F	---	Elana Withnall	23	6/11/2016	2016 NSW Relay Championships
5	9.48m	M	---	Maria Cimino	45	8/02/2017	NSW Masters Throws Pentathlon Championships
6	8.10m	F	---	Kylie Strong	49	6/11/2016	2016 NSW Relay Championships
7	7.89m	F	---	Beck Myers	43	2/11/2016	Northern Zone Week 9
8	7.78m	F	---	Olivia Cason	19	9/11/2016	Treloar Shield Round 4
9	7.48m	P	---	Samantha Geddes	19	6/09/2016	Australian University Games 2016
10	7.03m	F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
11	6.89m	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9
12	6.45m	F	---	Gabrielle Whelan	55	6/11/2016	2016 NSW Relay Championships
13	6.31m	F	---	Belinda Chapman	36	6/11/2016	2016 NSW Relay Championships

Female Shot Put Overhead

1	10.67m	F	---	Maria Cimino	45	7/09/2016	2016 Grass Games
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Female Discus 1kg

1	41.16m	F	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016
2	38.74m	F	---	Claudia Steiner	22	4/11/2016	All-comers 4 November 2016
3	33.29m	F	---	Brooke East	16	3/02/2017	NSW Junior & Youth Championships 2017
4	33.14m	F	---	Annabelle Gillings	16	3/10/2016	2016 2XU NSW All Schools Championships
5	30.29m	F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016
6	29.36m	F	---	Eliza Cepak	21	6/11/2016	2016 NSW Relay Championships
7	28.16m	F	---	Isabel McCarthy	14	3/10/2016	2016 2XU NSW All Schools Championships
8	27.24m	F	---	Khali Grimshaw	28	9/11/2016	Northern Zone Week 10
9	26.36m	F	---	Maria Cimino	45	9/11/2016	Northern Zone Week 10
10	23.97m	F	---	Evelyn McKay	13	6/11/2016	2016 NSW Relay Championships
11	23.07m	F	---	Alice Bohdan	44	4/03/2017	NSW Masters Championships
12	22.69m	F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
13	21.90m	F	---	Tahnee Hodson	16	6/11/2016	2016 NSW Relay Championships
14	21.43m	F	---	Bronte Hodson	12	3/10/2016	2016 2XU NSW All Schools Championships
15	20.50m	F	---	Lauren Brown	14	6/11/2016	2016 NSW Relay Championships
16	20.23m	F	---	Sarah Culhane	52	5/11/2016	Northern Zone Week 8
17	19.81m	F	---	Jenny Schell	54	5/11/2016	Northern Zone Week 8
18	14.71m	P	---	Olivia Cason	19	6/09/2016	Australian University Games 2016
19	13.87m	F	---	Roslyn Wolfers	71	5/11/2016	Northern Zone Week 8
20	13.55m	F	---	Jillian Senior	64	9/11/2016	Northern Zone Week 10
21	12.67m	F	---	Karen Jones	64	4/09/2016	Northern Zone Week 2
22	.28m	F	---	Tamara Kowcz Rosinke	15	6/11/2016	2016 NSW Relay Championships

Female Hammer 3kg

1	42.44m	F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016
2	31.29m	F	---	Gemma Lapsley	16	1/02/2017	All Comers and NSW 10000m Walks Championships
3	29.75m	F	---	Holly Anderson	15	1/02/2017	All Comers and NSW 10000m Walks Championships
4	21.22m	F	---	Jillian Senior	64	2/11/2016	Northern Zone Week 9
5	18.32m	F	---	Sarah Culhane	52	9/10/2016	Northern Zone Week 7
6	15.36m	F	---	Roslyn Wolfers	71	2/11/2016	Northern Zone Week 9
7	13.78m	F	---	Karen Jones	64	1/10/2016	21st AMA Winter Throws Championships
8	9.99m	F	---	Bronte Hodson	13	2/11/2016	Northern Zone Week 9

Female Hammer 4kg

1	33.18m	F	---	Maria Cimino	45	1/02/2017	All Comers and NSW 10000m Walks Championships
2	31.57m	F	---	Gemma Lapsley	16	5/03/2017	Thrower's Club Permit Meet
3	30.25m	F	---	Holly Anderson	15	5/03/2017	Thrower's Club Permit Meet
4	24.82m	F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships
5	13.30m	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9

Female Javelin 400g

1	28.68m	F	---	Poppy Williamson	08	3/10/2016	2016 2XU NSW All Schools Championships
2	23.33m	F	---	Bronte Hodson	13	2/11/2016	Northern Zone Week 9

Female Javelin 500g

1	45.69m	F	---	Brooke East	16	6/03/2017	2017 Australian Athletics Championships
2	37.66m	F	---	Annika Mountstephens	16	2/12/2016	2016 Australian All Schools Championships
3	36.98m	F	---	Kristie Edwards	17	6/03/2017	2017 Australian Athletics Championships
4	35.10m	F	---	Ashlie Edwards	14	1/01/2017	All-comers 21 January 2017
5	32.51m	F	---	Tamara Kowcz Rosinke	15	3/10/2016	2016 2XU NSW All Schools Championships
6	30.82m	F	---	Olivia Hayes	14	6/11/2016	2016 NSW Relay Championships
7	24.38m	F	---	Isabel McCarthy	14	3/10/2016	2016 2XU NSW All Schools Championships
8	22.56m	F	---	Bronte Hodson	13	6/11/2016	2016 NSW Relay Championships
9	21.55m	F	---	Sarah Culhane	52	5/10/2016	Northern Zone Week 5
10	21.29m	F	---	Tahnee Hodson	16	6/11/2016	2016 NSW Relay Championships
11	21.00m	F	---	Jacqueline Bezuidenhout	50	4/03/2017	NSW Masters Championships
12	20.78m	F	---	Hannah Morgan	13	6/11/2016	2016 NSW Relay Championships
13	16.86m	F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016

14	16.07m	F	---	Suzanne Brown	51	0/09/2016	Northern Zone Week 1		
15	12.93m	F	---	Jillian Senior	64	2/11/2016	Northern Zone Week 9		
16	11.70m	F	---	Roslyn Wolfers	71	0/09/2016	Northern Zone Week 1		
Female Javelin 600g									
1	38.40m	F	---	Brooke East	17	4/02/2017	2017 NSW Open, U23 & Para Championships		
2	30.65m	F	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016		
3	27.70m	F	---	Alice Bohdan	44	1/10/2016	Northern Zone Week 3		
4	26.87m	F	---	Beck Myers	43	6/10/2016	World Masters Athletics Championships 2016		
5	24.22m	F	---	Maria Cimino	45	4/03/2017	NSW Masters Championships		
6	21.31m	F	---	Khali Grimshaw	28	2/11/2016	Northern Zone Week 9		
7	19.74m	F	---	Caroline Layt	51	6/11/2016	2016 NSW Relay Championships		
8	18.01m	F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships		
9	9.36m	F	---	Karen Jones	64	1/10/2016	21st AMA Winter Throws Championships		
Female Wght Thr 100lb									
1	1.65m	F	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
Female Wght Thr 11.34kg									
1	8.72m	M	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
Female Wght Thr 15.88kg									
1	6.10m	F	---	Maria Cimino	45	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Female Wght Thr 3kg									
1	12.12m	F	---	Jillian Senior	65	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Female Wght Thr 4kg									
1	10.01m	F	---	Jillian Senior	65	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Female Wght Thr 5.45kg									
1	15.14m	F	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
2	9.05m	F	---	Jillian Senior	64	9/11/2016	Northern Zone Week 10		
3	5.93m	F	---	Karen Jones	64	4/09/2016	Northern Zone Week 2		
4	5.38m	F	---	Dorothy Kass	63	2/10/2016	Northern Zone Week 6		
Female Wght Thr 56lb									
1	3.32m	F	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
Female Wght Thr 7.26kg									
1	13.92m	F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016		
2	12.69m	M	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
3	7.69m	F	---	Sarah Culhane	52	8/10/2016	Northern Zone Week 4		
4	6.86m	F	---	Jillian Senior	65	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Female Wght Thr 9.080kg									
1	10.99m	M	---	Maria Cimino	44	4/08/2016	NSW Masters Winter Throws Series #4		
Female Wght Thr 9.08kg									
1	10.92m	F	---	Maria Cimino	45	9/11/2016	Jupiters Pan Pacific Masters Games 2016		
2	6.39m	F	---	Melissa Baulman	33	4/03/2017	NSW Masters Championships		
3	5.91m	F	---	Jillian Senior	65	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Female Heptathlon									
1	3678	F	---	Ashlie Edwards	14	7/12/2016	2016 NSW Club and Combined Championships		
2	4096	F	---	Brooke East	16	7/12/2016	2016 NSW Club and Combined Championships		
3	2789	F	---	Larissa O'Dea	19	6/09/2016	Australian University Games 2016		
Female Wght Pent									
1	3873	F	---	Caroline Layt	51	6/10/2016	World Masters Athletics Championships 2016		
2	2848	F	---	Maria Cimino	45	9/11/2016	Jupiters Pan Pacific Masters Games 2016		
Female Wght Pent Heavy									
1	3358	F	---	Maria Cimino	45	1/10/2016	21st AMA Winter Throws Championships		
2	2838	F	---	Jillian Senior	65	8/04/2017	NSWMA Heavy Weight Pentathlon Championships		
Male 60m Sprint									
1	7.02	-1.1	F	---	Anthony Collum	21	4/03/2017	AACT 2016 Summer Series #13	
2	7.06	-0.4	F	---	Elijah Williams	20	4/01/2017	Illawarra Track Challenge	
3	7.08	+2.4	F	---	Ashley McMahon	41	4/01/2017	Illawarra Track Challenge	
4	7.18	-0.9	F	---	Jack Edwards	22	8/02/2017	All-comers and NSW 5km Championships 2017	
5	7.29	-0.5	F	---	Ashlyn Ndlovu	19	8/02/2017	All-comers and NSW 5km Championships 2017	
6	7.42	-1.8	F	---	Daniel White-Alikakos	24	8/02/2017	All-comers and NSW 5km Championships 2017	
7	7.2h	NWI	7.44	F	---	Joe Whelan	21	4/09/2016	Northern Zone Week 2
8	7.55	-1.8	F	---	Simon Cox	20	8/02/2017	All-comers and NSW 5km Championships 2017	
9	7.72	-1.3	F	---	Paul Stinson	45	4/03/2017	NSW Masters Championships	
10	7.75	-0.8	F	---	Michael Gedz	51	8/02/2017	All-comers and NSW 5km Championships 2017	
11	7.76	-0.6	F	---	Ryan Dowling	37	4/03/2017	NSW Masters Championships	
12	7.83	-1.8	F	---	Michael Northey	20	8/02/2017	All-comers and NSW 5km Championships 2017	
13	8.15	NWI	F	---	Caerl Murray	41	8/02/2017	All-comers and NSW 5km Championships 2017	
14	8.25	0.1	F	---	David Shearsby	60	4/03/2017	NSW Masters Championships	

15	8.43	1.1		F	---	Tim McGrath	54	4/03/2017	NSW Masters Championships
16	8.2h	NWI	8.44	F	---	Ronald Ross	57	5/11/2016	Northern Zone Week 8
17	8.73			P	---	Victor Ramondetta	62	9/03/2017	World Masters Indoor Championships 2017
18	8.8h	NWI	9.04	F	---	Adam Parsonage	49	8/10/2016	Northern Zone Week 4
19	9.04	1.1		F	---	Simon Hewitt	52	4/03/2017	NSW Masters Championships
20	9.25	+0.5		F	---	James Hunt	13	8/02/2017	All-comers and NSW 5km Championships 2017
21	9.52	0.2		F	---	Zoran Novicic	56	4/03/2017	NSW Masters Championships
22	9.4h	NWI	9.64	F	---	Nicholas Bastas	78	4/09/2016	Northern Zone Week 2
23	9.87	+0.5		F	---	Elijah McMahon	11	8/02/2017	All-comers and NSW 5km Championships 2017
24	10.13	+0.5		F	---	Sam Holmes	08	8/02/2017	All-comers and NSW 5km Championships 2017
25	9.9h	NWI	10.14	F	---	Leslie Gillies	69	4/09/2016	Northern Zone Week 2
26	10.47	-0.3		F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
27	10.51	-1.0		F	---	Max Holmes	11	8/02/2017	All-comers and NSW 5km Championships 2017
28	10.8h	NWI	11.04	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
29	11.17	+0.5		F	---	Zion McMahon	07	8/02/2017	All-comers and NSW 5km Championships 2017
30	11.32	-0.3		F	---	Michael Johnson	81	4/03/2017	NSW Masters Championships
31	12.2h	NWI	12.44	F	---	Ron Shoesmith	69	8/10/2016	Northern Zone Week 4

Male 100m Sprint

1	10.47	+2.4		F	---	William Lloyd	17	3/10/2016	2016 2XU NSW All Schools Championships
2	10.67	+3.4		F	---	Ashley McMahon	41	6/10/2016	World Masters Athletics Championships 2016
3	10.84	-1.7		F	---	Josh Swan	19	9/05/2016	NSW Pre Departure Meet
4	10.91	+2.6		F	---	Anthony Collum	20	6/09/2016	Australian University Games 2016
5	11.01	+1.0		F	---	Elijah Williams	20	4/01/2017	Illawarra Track Challenge
6	11.03	+0.6		F	---	Matthew Wood	19	1/03/2017	All-comers 11 March 2017
7	11.09	+1.7		F	---	Jack Edwards	22	3/02/2017	AACT 2016 Summer Series #10
8	11.35	+0.7		M	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
9	11.38	-1.7		F	---	Emmanuel Fakiye	19	5/11/2016	All-comers 5 November 2016
10	11.43	+0.5		P	---	Ashlyn Ndlovu	19	3/02/2017	NSW Junior & Youth Championships 2017
11	11.48	+1.7		F	---	Daniel White-Alikakos	24	9/10/2016	All-comers 29 October 2016
12	11.63	-1.4		F	---	Joe Whelan	21	2/10/2016	Treloar Shield Round 2
13	11.65	-1.0		F	---	Louis Stenmark	18	8/02/2017	All-comers and NSW 5km Championships 2017
14	11.66	+1.6		F	---	Corey Furminger	20	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
15	11.69	NWI		M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
16	11.70	+1.1		F	---	Simon Cox	20	3/12/2016	All-comers 3 December 2016
17	11.74	+1.3		F	---	Alex Willett	15	3/02/2017	NSW Junior & Youth Championships 2017
18	11.77	+0.0		F	---	Harrison Bennett	16	8/03/2017	All-comers 18 March 2017
19	11.79	-1.3		P	---	Max Mander	13	6/03/2017	2017 Australian Athletics Championships
20	11.80	NWI		M	---	William Richardson	20	6/09/2016	Australian University Games 2016
21	11.86	-1.4		P	---	Jarrod Cowley	20	4/02/2017	2017 NSW Open, U23 & Para Championships
22	11.89	-2.3		F	---	Jackson Robinson	17	8/02/2017	All-comers and NSW 5km Championships 2017
23	11.95	+0.6		F	---	David Tran	25	8/11/2016	All-comers 18 November 2016
24	12.02	-4.0		F	---	Benjamin Allen	19	8/10/2016	Treloar Shield Round 1
25	12.04	+0.0		F	---	Ryan Dowling	37	1/03/2017	All-comers 11 March 2017
26 *	12.05	NWI		P	---	Clinton Mcewan	25	6/09/2016	Australian University Games 2016
26 *	12.05	+0.0		F	---	Lachlan Dalton	14	1/01/2017	All-comers 21 January 2017
28	11.9h	NWI	12.14	F	---	Paul Stinson	45	5/10/2016	Northern Zone Week 5
29	12.18	-1.0		P	---	Jackson Kang	21	4/02/2017	2017 NSW Open, U23 & Para Championships
30	12.22	-1.6		F	---	Gabriel Wood	14	3/02/2017	NSW Junior & Youth Championships 2017
31 *	12.28	+2.0		P	---	Jasper Spiller	16	3/10/2016	2016 2XU NSW All Schools Championships
31 *	12.28	-0.4		F	---	Riley Hemsworth	13	8/02/2017	All-comers and NSW 5km Championships 2017
33	12.30	+0.6		P	---	Jack Lee	15	3/10/2016	2016 2XU NSW All Schools Championships
34	12.42	+0.0		F	---	Thomas Hunt	15	7/12/2016	2016 NSW Club and Combined Championships
35	12.44	+0.0		F	---	Scott Reardon	26	6/03/2017	2017 Australian Athletics Championships
36	12.2h	NWI	12.44	F	---	Michael Gedz	51	5/10/2016	Northern Zone Week 5
37	12.72	+0.4		F	---	Dominic Bullock	22	2/10/2016	Treloar Shield Round 2
38 *	12.5h	NWI	12.74	F	---	Trevor Young	58	5/10/2016	Northern Zone Week 5
38 *	12.5h	NWI	12.74	F	---	Joey Ryu	18	1/10/2016	Northern Zone Week 3
40	12.78	+0.0		F	---	James Leatherbarrow	14	8/03/2017	All-comers 18 March 2017
41	12.95	+0.7		P	---	Dante Vivanco	16	3/02/2017	NSW Junior & Youth Championships 2017
42	13.02	-1.1		F	---	Caerl Murray	41	4/03/2017	NSW Masters Championships
43	13.12	+1.0		F	---	Nicholas Dowling	13	1/03/2017	All-comers 11 March 2017
44	13.17	-1.0		F	---	Jonathan Atkinson	14	1/01/2017	All-comers 21 January 2017
45	13.18	-0.4		M	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
46	13.21	+2.6		F	---	Sebastian Doney	12	3/10/2016	2016 2XU NSW All Schools Championships
47	13.22	-0.2		F	---	David Shearsby	59	7/12/2016	2016 NSW Club and Combined Championships
48	13.74	-2.7		F	---	Aiden Jones	11	3/02/2017	NSW Junior & Youth Championships 2017
49 *	13.6h	NWI	13.84	F	---	Adam Parsonage	49	5/10/2016	Northern Zone Week 5
49 *	13.6h	NWI	13.84	F	---	Ronald Ross	57	2/11/2016	Northern Zone Week 9

51	13.7h	NWI	13.94	F	---	Jim Culhane	50	5/10/2016	Northern Zone Week 5
52	14.07	-1.5		F	---	Sam McAllister	24	2/10/2016	Treloar Shield Round 2
53	14.39	-1.1		F	---	Victor Ramondetta	62	4/03/2017	NSW Masters Championships
54	14.64	NWI		M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
55	14.85	-0.8		F	---	James Hunt	13	5/11/2016	All-comers 5 November 2016
56	14.90	-1.3		F	---	Simon Hewitt	52	4/03/2017	NSW Masters Championships
57	15.59	-2.8		F	---	Ashton Gleeson	11	5/09/2016	Allcomers 25 September 2016
58	15.65	-1.9		F	---	Brad Sharpe	55	2/10/2016	Treloar Shield Round 2
59	15.67	+1.7		F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
60	15.80	-1.6		F	---	Leslie Gillies	69	8/10/2016	Treloar Shield Round 1
61	15.8h	NWI	16.04	F	---	Elijah McMahon	11	5/10/2016	Northern Zone Week 5
62	16.2h	NWI	16.44	F	---	Kevin Chamberlain	54	5/10/2016	Northern Zone Week 5
63	16.86	-1.2		F	---	Sam Holmes	08	1/01/2017	All-comers 21 January 2017
64	17.11	-2.5		F	---	David Donnelley	73	4/03/2017	NSW Masters Championships
65	17.42	-1.4		F	---	Richard Hughes	85	1/03/2017	All-comers 11 March 2017
66	17.43	-1.2		F	---	Max Holmes	11	1/01/2017	All-comers 21 January 2017
67	17.6h	NWI	17.84	F	---	Terrence Carter	59	5/10/2016	Northern Zone Week 5
68	17.9h	NWI	18.14	F	---	Doug Barrett	64	0/09/2016	Northern Zone Week 1
69	18.0h	NWI	18.24	F	---	Michael Johnson	81	2/11/2016	Northern Zone Week 9
70	18.27	-1.9		F	---	Zion McMahon	07	8/02/2017	All-comers and NSW 5km Championships 2017
71	19.54	-2.5		F	---	John Randle	71	4/03/2017	NSW Masters Championships
72	20.7h	NWI	20.94	F	---	Ron Shoesmith	69	5/10/2016	Northern Zone Week 5

Male 150m Sprint

1	17.60	NWI		F	---	Daniel Nolan	23	7/09/2016	2016 Grass Games
2	17.61	NWI		F	---	Ashley McMahon	41	7/09/2016	2016 Grass Games
3	18.36	NWI		F	---	Simon Cox	20	7/09/2016	2016 Grass Games
4	24.93	NWI		F	---	Leslie Gillies	69	7/09/2016	2016 Grass Games
5	26.58	NWI		F	---	Elijah McMahon	10	7/09/2016	2016 Grass Games
6	28.48	NWI		F	---	Sam Holmes	08	7/09/2016	2016 Grass Games
7	28.80	NWI		F	---	Max Holmes	10	7/09/2016	2016 Grass Games
8	31.20	NWI		F	---	Zion McMahon	07	7/09/2016	2016 Grass Games

Male 200m Sprint

1	21.37	+1.3		F	---	William Lloyd	17	3/10/2016	2016 2XU NSW All Schools Championships
2	21.51	+2.7		F	---	Benjamin MacKay	18	7/09/2016	CHS State Championships
3	21.75	+2.6		F	---	Elijah Williams	20	1/02/2017	All Comers and NSW 10000m Walks Championships
4	21.82	-3.6		F	---	Sean Fitzsimmons	21	7/12/2016	2016 NSW Club and Combined Championships
5	22.03	+2.0		P	---	Ashley McMahon	41	6/10/2016	World Masters Athletics Championships 2016
6	22.13	+1.9		F	---	Anthony Collum	21	1/10/2016	All-comers 21 October 2016
7	22.46	+1.4		F	---	Jack Edwards	22	1/02/2017	All Comers and NSW 10000m Walks Championships
8	22.58	-5.0		P	---	Matthew Wood	20	4/02/2017	2017 NSW Open, U23 & Para Championships
9	22.61	+1.4		P	---	Daniel Nolan	23	7/02/2017	AACT Open State Championships
10	22.68	+1.4		F	---	Louis Stenmark	18	1/02/2017	All Comers and NSW 10000m Walks Championships
11	22.74	+0.2		F	---	Benjamin Allen	19	2/11/2016	Treloar Shield Round 3
12	22.83	+0.7		P	---	Adrian Plummer	25	7/02/2017	AACT Open State Championships
13	22.84	-1.1		F	---	Conor Bastow	17	1/03/2017	All-comers 11 March 2017
14	22.94	+1.4		F	---	Simon Cox	20	1/02/2017	All Comers and NSW 10000m Walks Championships
15	22.97	-3.2		F	---	Matthew Crowe	19	5/11/2016	All-comers 5 November 2016
16	23.06	-0.3		P	---	Louis Purcell	16	3/10/2016	2016 2XU NSW All Schools Championships
17	23.08	+0.3		F	---	Joe Whelan	21	2/11/2016	Treloar Shield Round 3
18	23.21	+2.1		F	---	Daniel White-Alikakos	24	9/10/2016	All-comers 29 October 2016
19	23.22	+0.6		F	---	Corey Furminger	20	3/12/2016	All-comers 3 December 2016
20 *	23.36	+0.0		F	---	Ashlyn Ndlovu	18	8/11/2016	All-comers 18 November 2016
20 *	23.36	-0.4		F	---	Jordan Stenmark	24	1/01/2017	All-comers 21 January 2017
22	23.40	+0.0		P	---	Max Mandera	13	6/03/2017	2017 Australian Athletics Championships
23	23.85	+1.4		F	---	Jarrold Cowley	20	1/02/2017	All Comers and NSW 10000m Walks Championships
24	24.25	NWI		P	---	Gabriel Wood	14	3/02/2017	NSW Junior & Youth Championships 2017
25	24.28	-0.7		F	---	Ryan Dowling	37	1/03/2017	All-comers 11 March 2017
26	24.35	-1.5		F	---	Lachlan Dalton	14	1/01/2017	All-comers 21 January 2017
27	24.56	+2.1		P	---	Victor Teo	16	3/10/2016	2016 2XU NSW All Schools Championships
28	24.77	+0.2		F	---	Marco Vasquez-Manzanares	23	5/11/2016	All-comers 5 November 2016
29	24.81	-0.8		F	---	Thomas Hunt	15	7/12/2016	2016 NSW Club and Combined Championships
30	25.09	+1.4		F	---	Trevor Young	58	1/02/2017	All Comers and NSW 10000m Walks Championships
31	25.31	-3.5		F	---	Clark Donovan	23	2/11/2016	Treloar Shield Round 3
32	25.40	-1.8		F	---	Paul Stinson	45	4/03/2017	NSW Masters Championships
33	25.74	-2.5		F	---	Riley Hemsworth	12	3/10/2016	2016 2XU NSW All Schools Championships
34	25.6h	NWI	25.84	F	---	Michael Gedz	51	4/09/2016	Northern Zone Week 2
35	26.14	+0.7		F	---	Jonathan Atkinson	14	1/01/2017	All-comers 21 January 2017
36	26.19	-0.6		F	---	Joey Ryu	17	5/09/2016	Allcomers 25 September 2016

37	26.75	+1.1		F	---	Nicholas Dowling	13	1/03/2017	All-comers 11 March 2017
38	26.85	-0.3		F	---	Caerl Murray	41	1/03/2017	All-comers 11 March 2017
39	26.91	+1.4		F	---	Tim McGrath	54	2/11/2016	Treloar Shield Round 3
40	27.71	-2.6		F	---	David Shearsby	60	4/03/2017	NSW Masters Championships
41	27.92	-1.5		F	---	Jim Culhane	50	7/12/2016	2016 NSW Club and Combined Championships
42	28.57	+3.8		F	---	Brad Sharpe	55	2/11/2016	Treloar Shield Round 3
43	28.8h	NWI	29.04	F	---	Andy Williams	41	5/11/2016	Northern Zone Week 8
44	29.0h	NWI	29.24	F	---	Nathan Shute	43	8/10/2016	Northern Zone Week 4
45	29.28	-1.3		P	---	Adam Parsonage	49	4/03/2017	NSW Masters Championships
46	29.3h	NWI	29.54	F	---	Ronald Ross	57	5/11/2016	Northern Zone Week 8
47	29.70	+1.7		F	---	Anthony Vella	50	1/02/2017	All Comers and NSW 10000m Walks Championships
48	29.86	-2.6		F	---	Victor Ramondetta	62	4/03/2017	NSW Masters Championships
49	30.72	-2.0		F	---	James Hunt	13	7/12/2016	2016 NSW Club and Combined Championships
50	30.83	-1.3		P	---	Simon Hewitt	52	4/03/2017	NSW Masters Championships
51	31.0h	NWI	31.24	F	---	Kevin Chamberlain	54	9/11/2016	Northern Zone Week 10
52	32.01	+0.7		F	---	Leslie Gillies	69	9/10/2016	All-comers 29 October 2016
53	32.93	-1.1		F	---	Ashton Gleeson	11	5/09/2016	Allcomers 25 September 2016
54	33.04	+0.3		F	---	Elijah McMahon	11	1/02/2017	All Comers and NSW 10000m Walks Championships
55	33.73	+0.0		F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
56	33.85	+0.3		F	---	Sam Holmes	08	1/02/2017	All Comers and NSW 10000m Walks Championships
57	33.95	-0.6		F	---	Doug Barrett	64	7/12/2016	2016 NSW Club and Combined Championships
58	35.22	-1.6		F	---	David Donnelley	73	4/03/2017	NSW Masters Championships
59	35.46	-1.0		F	---	Zoran Novicic	56	7/12/2016	2016 NSW Club and Combined Championships
60	36.84	-1.1		F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
61	36.9h	NWI	37.14	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
62	37.41	+0.3		F	---	Max Holmes	11	1/02/2017	All Comers and NSW 10000m Walks Championships
63	38.50	+0.4		F	---	Zion McMahon	07	2/11/2016	Treloar Shield Round 3
64	39.52	-1.1		F	---	Michael Johnson	81	4/03/2017	NSW Masters Championships
65	47.9h	NWI	48.14	F	---	Ron Shoesmith	69	8/10/2016	Northern Zone Week 4

Male 300m Sprint

1	35.42	F	---	Anthony Collum	20	1/08/2016	UQ Sport Spring Series Meet #3
2	37.41	F	---	Daniel Nolan	23	7/09/2016	2016 Grass Games
3	38.88	F	---	Simon Cox	20	7/09/2016	2016 Grass Games
4	46.70	F	---	Brad Sharpe	55	7/09/2016	2016 Grass Games
5	53.51	F	---	Leslie Gillies	69	7/09/2016	2016 Grass Games
6	55.72	F	---	Doug Barrett	63	7/09/2016	2016 Grass Games

Male 400m Sprint

1	46.77	F	---	Jackson Collett	19	6/03/2017	2017 Australian Athletics Championships
2	47.82	F	---	Matthew Crowe	19	7/12/2016	2016 NSW Club and Combined Championships
3	47.85	F	---	Mason Cohen	20	7/02/2017	AACT Open State Championships
4	47.93	F	---	Matthew Wood	20	4/02/2017	2017 NSW Open, U23 & Para Championships
5	48.13	F	---	Louis Stenmark	19	6/03/2017	2017 Australian Athletics Championships
6	48.15	F	---	Sean Fitzsimmons	21	4/02/2017	Sydney Invitational 2017
7	48.59	F	---	Benjamin MacKay	18	6/03/2017	2017 Australian Athletics Championships
8	48.82	P	---	Conor Bastow	18	4/02/2017	2017 NSW Open, U23 & Para Championships
9	48.91	F	---	Daniel White-Alikakos	24	1/02/2017	All Comers and NSW 10000m Walks Championships
10	49.15	F	---	Elijah Williams	19	7/12/2016	2016 NSW Club and Combined Championships
11	49.51	F	---	Lachlan Raper	17	7/02/2017	AACT Open State Championships
12	49.70	F	---	Benjamin Allen	19	8/11/2016	All-comers 18 November 2016
13	49.87	P	---	Corey Fuminger	20	6/03/2017	2017 Australian Athletics Championships
14	50.33	F	---	Ashley McMahon	41	8/11/2016	All-comers 18 November 2016
15	50.62	P	---	Jordan Williams	15	3/10/2016	2016 2XU NSW All Schools Championships
16	50.81	F	---	Andrew Brown	20	2/10/2016	Treloar Shield Round 2
17	50.93	P	---	Daniel Nolan	24	4/02/2017	2017 NSW Open, U23 & Para Championships
18	50.99	F	---	Adrian Plummer	25	7/02/2017	AACT Open State Championships
19	51.40	F	---	Jordan Stenmark	24	4/01/2017	Illawarra Track Challenge
20	51.44	P	---	Thomas Hunt	15	3/02/2017	NSW Junior & Youth Championships 2017
21	52.63	P	---	Austin Thomson	15	3/10/2016	2016 2XU NSW All Schools Championships
22	52.72	F	---	Matthew Werner	23	7/02/2017	AACT Open State Championships
23	52.93	F	---	Louis Purcell	16	3/10/2016	2016 2XU NSW All Schools Championships
24	53.31	F	---	Max Holmes	14	6/03/2017	2017 Australian Athletics Championships
25	53.61	F	---	Jack Edwards	22	4/03/2017	AACT 2016 Summer Series #13
26	53.67	F	---	Dominic Bullock	22	8/03/2017	All-comers 18 March 2017
27	53.69	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
28	53.71	F	---	Anthony Collum	21	4/03/2017	AACT 2016 Summer Series #13
29	54.07	F	---	Alec Diamond	19	6/03/2017	2017 Australian Athletics Championships
30	54.38	F	---	Elliot Metcalf	16	9/10/2016	All-comers 29 October 2016
31	54.68	F	---	Simon Cox	20	8/10/2016	Treloar Shield Round 1

32	54.78		P	---	Paul Salem	19	6/03/2017	2017 Australian Athletics Championships
33	55.04		F	---	Fergus Whelan	17	1/02/2017	All Comers and NSW 10000m Walks Championships
34	55.33		F	---	Trevor Young	58	6/10/2016	World Masters Athletics Championships 2016
35	55.46		P	---	Jasper Spiller	16	3/10/2016	2016 2XU NSW All Schools Championships
36	56.07		F	---	Lachlan Skulander	22	2/10/2016	Treloar Shield Round 2
37	56.63		F	---	Hugo Whelan	17	1/02/2017	All Comers and NSW 10000m Walks Championships
38	56.64		F	---	Marco Vasquez-Manzanares	23	2/10/2016	Treloar Shield Round 2
39	56.68		F	---	Ryan Dowling	37	8/03/2017	All-comers 18 March 2017
40	56.97		F	---	James Leatherbarrow	14	8/03/2017	All-comers 18 March 2017
41	57.23		M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
42	57.66		F	---	Sam McAllister	24	8/10/2016	Treloar Shield Round 1
43	57.76		F	---	Antony Guest	51	6/10/2016	World Masters Athletics Championships 2016
44	58.09		P	---	Xavier Jeffery	15	3/02/2017	NSW Junior & Youth Championships 2017
45	58.33		F	---	Harry McAllister	20	2/10/2016	Treloar Shield Round 2
46	1:00.33		F	---	Nathan Shute	43	4/03/2017	NSW Masters Championships
47	1:00.39		F	---	Nicholas Dowling	14	8/03/2017	All-comers 18 March 2017
48	1:00.62		F	---	Andrew Williams	45	4/03/2017	NSW Masters Championships
49	1:00.78		F	---	Jim Culhane	50	4/03/2017	NSW Masters Championships
50	1:02.3h	1:02.44	F	---	Christopher Dyce	28	0/09/2016	Northern Zone Week 1
51	1:03.69		F	---	Caerl Murray	41	4/03/2017	NSW Masters Championships
52	1:03.81		F	---	James Hunt	13	7/12/2016	2016 NSW Club and Combined Championships
53	1:04.1h	1:04.24	F	---	Brad Sharpe	55	1/10/2016	Northern Zone Week 3
54	1:05.41		M	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
55	1:05.96		P	---	Victor Ramondetta	62	9/03/2017	World Masters Indoor Championships 2017
56	1:06.20		F	---	Darcy Holmes	12	3/02/2017	NSW Junior & Youth Championships 2017
57	1:06.52		F	---	Andy West	49	7/12/2016	2016 NSW Club and Combined Championships
58	1:06.6h	1:06.74	F	---	Adam Parsonage	49	5/10/2016	Northern Zone Week 5
59	1:07.14		F	---	Duncan Loane	11	9/05/2016	NSW Pre Departure Meet
60	1:10.20		M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
61	1:10.73		F	---	Anthony Vella	50	1/02/2017	All Comers and NSW 10000m Walks Championships
62	1:11.00		F	---	Ashton Gleeson	11	5/09/2016	Allcomers 25 September 2016
63	1:11.5h	1:11.64	F	---	Chris Firbank	28	0/09/2016	Northern Zone Week 1
64	1:14.2h	1:14.34	F	---	Andrew MacDonald	53	0/09/2016	Northern Zone Week 1
65	1:15.45		F	---	Leslie Gillies	69	9/10/2016	All-comers 29 October 2016
66	1:15.5h	1:15.64	F	---	Elijah McMahon	11	0/09/2016	Northern Zone Week 1
67	1:18.7h	1:18.84	F	---	Doug Barrett	64	0/09/2016	Northern Zone Week 1
68	1:29.13		F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
69	1:29.2h	1:29.34	F	---	Terrence Carter	59	0/09/2016	Northern Zone Week 1
70	1:33.51		F	---	Zion McMahon	07	8/11/2016	All-comers 18 November 2016
71	1:36.4h	1:36.54	F	---	Michael Johnson	81	2/11/2016	Northern Zone Week 9
72	2:32.2h	2:32.34	F	---	Ron Shoesmith	69	9/10/2016	Northern Zone Week 7

Male 400m Sprint ELIMINATOR

1	53.98		F	---	Will Austin-Cray	23	7/09/2016	2016 Grass Games
2	1:01.33		F	---	Alexander Godbold	27	7/09/2016	2016 Grass Games
3	1:05.43		F	---	Leo Peterson	25	7/09/2016	2016 Grass Games

Male 600m Run

1	1:54.48		F	---	Andy West	49	7/09/2016	2016 Grass Games
2	1:55.81		F	---	Duncan Loane	12	7/09/2016	2016 Grass Games
3	1:58.33		F	---	Brad Sharpe	55	7/09/2016	2016 Grass Games
4	2:14.75		F	---	Doug Barrett	63	7/09/2016	2016 Grass Games

Male 800m Run

1	1:47.75		F	---	Mason Cohen	20	6/03/2017	2017 Australian Athletics Championships
2	1:50.87		F	---	Will Austin-Cray	24	4/02/2017	2017 NSW Open, U23 & Para Championships
3	1:52.61		F	---	Lachlan Raper	18	4/02/2017	2017 NSW Open, U23 & Para Championships
4	1:52.73		F	---	Fraser Garland-Barnes	19	8/03/2017	Bankstown Invitational 2017
5	1:52.96		F	---	Adrian Plummer	25	8/02/2017	All-comers and NSW 5km Championships 2017
6	1:53.88		F	---	Jack Stapleton	20	6/09/2016	Australian University Games 2016
7	1:54.10		F	---	Matthew Werner	23	8/03/2017	Bankstown Invitational 2017
8	1:56.45		F	---	Jake Ring	26	7/12/2016	2016 NSW Club and Combined Championships
9	1:56.81		P	---	Elliot Metcalf	17	4/02/2017	2017 NSW Open, U23 & Para Championships
10	1:57.61		F	---	Edward Goddard	19	9/10/2016	All-comers 29 October 2016
11	1:58.54		P	---	Jye Perrott	18	3/02/2017	NSW Junior & Youth Championships 2017
12	1:59.26		F	---	Dominic Bullock	22	1/03/2017	All-comers 11 March 2017
13	1:59.31		F	---	Charlie Doherty	17	1/03/2017	All-comers 11 March 2017
14	1:59.54		F	---	Thomas Hunt	15	8/02/2017	All-comers and NSW 5km Championships 2017
15	2:01.56		F	---	Leo Peterson	25	9/11/2016	Treloar Shield Round 4
16	2:04.23		F	---	Alexander Godbold	27	1/03/2017	All-comers 11 March 2017
17	2:04.27		F	---	Tom MacDonnell	15	1/03/2017	All-comers 11 March 2017

18	2:07.91		F	---	Kyle Walsh	15	3/12/2016	All-comers 3 December 2016
19	2:11.12		F	---	Fergus Whelan	17	9/11/2016	Treloar Shield Round 4
20	2:14.26		P	---	Antony Guest	51	6/10/2016	World Masters Athletics Championships 2016
21	2:16.00		P	---	Hamish Johnstone	17	3/02/2017	NSW Junior & Youth Championships 2017
22	2:20.69		F	---	Brad Sharpe	55	6/10/2016	World Masters Athletics Championships 2016
23	2:21.28		F	---	Kevin Chamberlain	54	8/02/2017	All-comers and NSW 5km Championships 2017
24	2:22.99		F	---	Andrew Williams	45	2/11/2016	Treloar Shield Round 3
25	2:23.03		F	---	Dominic Panozzo	13	4/02/2017	Sydney Invitational 2017
26	2:23.71		F	---	Nathan Shute	43	7/12/2016	2016 NSW Club and Combined Championships
27	2:29.3h	2:29.30	F	---	Andy Williams	41	5/11/2016	Northern Zone Week 8
28	2:30.75		F	---	Jim Culhane	50	4/03/2017	NSW Masters Championships
29	2:31.38		F	---	Charlie Burt	11	3/02/2017	NSW Junior & Youth Championships 2017
30	2:32.39		F	---	Colm Walsh	13	4/02/2017	Sydney Invitational 2017
31	2:35.10		F	---	Trevor Young	58	7/12/2016	2016 NSW Club and Combined Championships
32	2:39.58		F	---	Kim Loane	54	9/10/2016	All-comers 29 October 2016
33	2:40.58		F	---	James Hunt	13	9/11/2016	Treloar Shield Round 4
34	2:41.51		F	---	Xavier Jeffery	14	2/11/2016	Treloar Shield Round 3
35	2:46.66		F	---	Tim McGrath	54	9/11/2016	Treloar Shield Round 4
36	2:46.8h	2:46.80	F	---	Martin Leerberg	13	8/10/2016	Northern Zone Week 4
37	2:57.8h	2:57.80	F	---	Doug Barrett	64	9/11/2016	Northern Zone Week 10
38	2:59.65		F	---	Zoran Novicic	56	4/03/2017	NSW Masters Championships
39	3:22.0h	3:22.00	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
40	3:46.48		F	---	Richard Hughes	85	1/03/2017	All-comers 11 March 2017
41	4:11.4h	4:11.40	F	---	Leslie Gillies	69	5/11/2016	Northern Zone Week 8
42	7:13.8h	7:13.80	F	---	Ron Shoesmith	69	4/09/2016	Northern Zone Week 2

Male 1000m Run

1	2:36.30		F	---	Leo Peterson	26	8/01/2017	Hunter Track Classic 2017
2	2:41.40		F	---	Dominic Bullock	22	8/01/2017	Hunter Track Classic 2017

Male 1500m Run

1	3:44.40		F	---	Adrian Plummer	25	1/03/2017	SUMMERofATHS Grand Prix
2	3:46.47		F	---	Jack Stapleton	21	8/03/2017	Bankstown Invitational 2017
3	3:46.90		F	---	Will Austin-Cray	23	4/02/2017	Sydney Invitational 2017
4	3:54.89		F	---	Elliot Metcalf	16	6/03/2017	2017 Australian Athletics Championships
5	3:56.41		F	---	Jake Ring	26	8/01/2017	Hunter Track Classic 2017
6	3:56.57		P	---	Edward Goddard	19	6/03/2017	2017 Australian Athletics Championships
7	3:57.35		F	---	Fraser Garland-Barnes	19	1/03/2017	SUMMERofATHS Grand Prix
8	4:00.01		F	---	Alexander Godbold	27	5/11/2016	All-comers 5 November 2016
9	4:03.02		F	---	Oliver Moore	17	2/10/2016	Treloar Shield Round 2
10	4:04.28		F	---	Leo Peterson	26	1/02/2017	All Comers and NSW 10000m Walks Championships
11	4:06.31		P	---	Charlie Doherty	18	4/02/2017	2017 NSW Open, U23 & Para Championships
12	4:19.47		F	---	Tom MacDonnell	15	8/03/2017	All-comers 18 March 2017
13	4:20.16		P	---	Lachlan Cubbin	19	4/02/2017	2017 NSW Open, U23 & Para Championships
14	4:24.12		F	---	Darcy Penman	16	1/01/2017	All-comers 21 January 2017
15	4:24.83		F	---	Dominic Bullock	22	2/10/2016	Treloar Shield Round 2
16	4:25.31		P	---	Mitchell Westhuizen	14	3/10/2016	2016 2XU NSW All Schools Championships
17	4:26.03		F	---	Sam McAllister	24	8/10/2016	Treloar Shield Round 1
18	4:30.56		F	---	Kyle Walsh	15	3/02/2017	NSW Junior & Youth Championships 2017
19	4:35.14		M	---	William Richardson	20	6/09/2016	Australian University Games 2016
20	4:50.92		F	---	Andrew Williams	45	4/03/2017	NSW Masters Championships
21	4:52.90		F	---	Kevin Chamberlain	54	1/02/2017	All Comers and NSW 10000m Walks Championships
22	4:54.77		P	---	Brad Sharpe	55	6/10/2016	World Masters Athletics Championships 2016
23	4:54.78		F	---	Duncan Loane	12	3/02/2017	NSW Junior & Youth Championships 2017
24	4:56.34		F	---	Nathan Shute	43	4/03/2017	NSW Masters Championships
25	4:57.21		M	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
26	5:08.9h	5:08.90	F	---	Andy Williams	41	0/09/2016	Northern Zone Week 1
27	5:52.04		F	---	Andy West	49	2/10/2016	Treloar Shield Round 2
28	5:54.11		F	---	Doug Barrett	64	7/12/2016	2016 NSW Club and Combined Championships
29	5:54.72		M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
30	5:57.17		M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
31	5:57.2h	5:57.20	F	---	Jim Culhane	50	5/10/2016	Northern Zone Week 5
32	6:31.71		M	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
33	6:33.57		F	---	Stuart Paterson	60	4/03/2017	NSW Masters Championships
34	6:51.4h	6:51.40	F	---	Terrence Carter	59	0/09/2016	Northern Zone Week 1

Male 3000m Run

1	8:11.59	2:43.86	F	---	Adrian Plummer	25	2/11/2016	Treloar Shield Round 3
2	8:13.40	2:44.47	F	---	Edward Goddard	19	2/11/2016	Treloar Shield Round 3
3	8:20.55	2:46.85	F	---	Jack Stapleton	21	2/11/2016	Treloar Shield Round 3
4	8:24.95	2:48.32	F	---	Matthew Cox	26	2/11/2016	Treloar Shield Round 3

5	8:34.85	2:51.62	F	---	Charlie Doherty	17	2/11/2016	Treloar Shield Round 3
6	8:40.94	2:53.65	F	---	Will Austin-Cray	23	2/11/2016	Treloar Shield Round 3
7	8:54.83	2:58.28	F	---	Elliot Metcalf	16	2/11/2016	Treloar Shield Round 3
8	8:57.77	2:59.26	F	---	Leo Peterson	25	2/11/2016	Treloar Shield Round 3
9	8:59.46	2:59.82	F	---	Oliver Moore	18	2/11/2016	Treloar Shield Round 3
10	9:17.78	3:05.93	F	---	Darcy Penman	16	3/02/2017	NSW Junior & Youth Championships 2017
11	9:25.04	3:08.35	F	---	Sam McAllister	24	5/09/2016	Allcomers 25 September 2016
12	9:28.09	3:09.36	F	---	Mitchell Westhuizen	14	3/10/2016	2016 2XU NSW All Schools Championships
13	9:30.61	3:10.20	F	---	Tom MacDonnell	15	3/10/2016	2016 2XU NSW All Schools Championships
14	10:06.72	3:22.24	F	---	Kyle Walsh	15	3/02/2017	NSW Junior & Youth Championships 2017
15	10:26.00	3:28.67	F	---	Duncan Loane	12	4/11/2016	All-comers 4 November 2016
16	11:26.3h	3:48.77	F	---	Kim Loane	54	4/09/2016	Northern Zone Week 2
17	13:40.49	4:33.50	F	---	Zoran Novicic	56	5/09/2016	Allcomers 25 September 2016
18	14:13.6h	4:44.53	F	---	Nathan Shute	43	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
19	14:16.7h	4:45.57	F	---	Doug Barrett	64	5/11/2016	Northern Zone Week 8
20	15:06.5h	5:02.17	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
21	15:16.4h	5:05.47	F	---	Zion McMahon	07	9/11/2016	Northern Zone Week 10

Male 3200m Run

1	11:44.08	3:40.02	F	---	Dominic Bullock	22	7/09/2016	2016 Grass Games
2	11:49.69	3:41.78	F	---	Duncan Loane	12	7/09/2016	2016 Grass Games

Male 5000m Run

1	14:22.07	2:52.41	F	---	Matthew Cox	26	8/02/2017	All-comers and NSW 5km Championships 2017
2	14:31.72	2:54.34	F	---	Edward Goddard	19	8/02/2017	All-comers and NSW 5km Championships 2017
3	15:59.14	3:11.83	F	---	Leo Peterson	26	8/02/2017	All-comers and NSW 5km Championships 2017
4	16:00.78	3:12.16	F	---	Will Austin-Cray	23	8/02/2017	All-comers and NSW 5km Championships 2017
5	16:22.92	3:16.58	F	---	Sam McAllister	24	8/02/2017	All-comers and NSW 5km Championships 2017

Male 8000m Run

1	40:54.57	5:06.82	F	---	Stuart Paterson	60	6/10/2016	World Masters Athletics Championships 2016
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Male 10000m Run

1	30:14.00	3:01.40	F	---	Matthew Cox	25	7/05/2016	Greater Sydney 10K
2	31:23.96	3:08.40	P	---	Edward Goddard	18	6/09/2016	Australian University Games 2016
3	31:56.00	3:11.60	F	---	Ruairidh MacDonald	22	7/05/2016	Greater Sydney 10K
4	34:07.00	3:24.70	F	---	Leo Peterson	25	7/05/2016	Greater Sydney 10K

Male 1 Mile Run

1	4:02.61		F	---	Adrian Plummer	25	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
2	4:05.43		F	---	Mason Cohen	20	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
3	4:23.14		F	---	Jake Ring	26	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
4	4:23.84		F	---	Fraser Garland-Barnes	19	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
5	4:29.55		F	---	Elliot Metcalf	16	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
6	4:39.67		F	---	Leo Peterson	25	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
7	4:52.80		F	---	Kyle Walsh	15	4/03/2017	NSW 1 Mile Championships 2017
8	5:28.34		F	---	Brad Sharpe	55	0/12/2016	Treloar Shield 5 and Albie Thomas Mile

Male 1500m Walk

1	8:14.4h	8:14.40	F	---	Martin Leerberg	13	8/10/2016	Northern Zone Week 4
2	8:51.2h	8:51.20	F	---	Jim Seymon	79	8/10/2016	Northern Zone Week 4
3	9:13.8h	9:13.80	F	---	Robert Connors	68	9/11/2016	Northern Zone Week 10
4	9:25.7h	9:25.70	F	---	Doug Barrett	64	5/11/2016	Northern Zone Week 8
5	14:42.4h	14:42.40	F	---	Ron Shoesmith	69	4/09/2016	Northern Zone Week 2

Male 3000m Walk

1	15:29.79		F	---	Martin Leerberg	13	3/10/2016	2016 2XU NSW All Schools Championships
2	19:36.24		F	---	Jim Seymon	79	7/12/2016	2016 NSW Club and Combined Championships
3	20:22.0h	20:22.00	F	---	Robert Connors	68	5/10/2016	Northern Zone Week 5
4	20:48.8h	20:48.80	F	---	Doug Barrett	64	0/09/2016	Northern Zone Week 1

Male 5000m Walk

1	22:09.75		F	---	Jay Felton	21	9/11/2016	Treloar Shield Round 4
2	22:38.34		F	---	Steven Washburn	22	6/09/2016	Australian University Games 2016
3	34:24.78		F	---	Jim Seymon	79	4/03/2017	NSW Masters Championships
4	42:11.16		F	---	Robert Connors	69	4/03/2017	NSW Masters Championships

Male 10000m Walk

1	44:51.84		F	---	Jay Felton	21	6/03/2017	2017 Australian Athletics Championships
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Male 80m Hurdles 0.762m

1	13.49	-0.7	F	---	Luke Fisher	12	3/10/2016	2016 2XU NSW All Schools Championships
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Male 90m Hurdles 0.762m

1	12.28	+1.0	F	---	Riley Hemsworth	13	2/12/2016	2016 Australian All Schools Championships
2	15.28	-0.9	F	---	Luke Fisher	13	6/03/2017	2017 Australian Athletics Championships
3	15.41	+0.0	F	---	James Hunt	13	2/11/2016	Treloar Shield Round 3

4	15.84	-2.7	P	---	Austin Little	12	3/10/2016	2016 2XU NSW All Schools Championships
Male 100m Hurdles 0.840m								
1 *	14.18	-0.2	F	---	Lachlan Dalton	14	3/10/2016	2016 2XU NSW All Schools Championships
1 *	14.18	+1.8	F	---	Riley Hemsworth	13	8/02/2017	All-comers and NSW 5km Championships 2017
3	15.03	+3.0	P	---	Benjamin Crimp	14	3/10/2016	2016 2XU NSW All Schools Championships
4	15.36	+0.8	F	---	Jonathan Atkinson	14	3/02/2017	NSW Junior & Youth Championships 2017
5	16.93	+0.8	F	---	Charlie East	14	3/02/2017	NSW Junior & Youth Championships 2017
6	17.78	+1.8	F	---	James Hunt	13	8/02/2017	All-comers and NSW 5km Championships 2017
Male 100m Hurdles 0.914m								
1	18.16	+0.8	F	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
2	22.48	+3.4	F	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
Male 110m Hurdles 0.914m								
1	13.74	+1.9	F	---	William Lloyd	17	3/10/2016	2016 2XU NSW All Schools Championships
2	14.64	+1.2	F	---	Ben Carter	16	3/10/2016	2016 2XU NSW All Schools Championships
3	14.97	+1.9	F	---	Jackson Robinson	17	3/10/2016	2016 2XU NSW All Schools Championships
4	15.62	-0.9	P	---	Ben Pollack	16	6/03/2017	2017 Australian Athletics Championships
5	16.51	+1.1	F	---	Benjamin Crimp	15	3/02/2017	NSW Junior & Youth Championships 2017
6	17.24	+1.0	F	---	Dante Vivanco	16	3/02/2017	NSW Junior & Youth Championships 2017
7	17.27	+1.2	F	---	Jack Lee	15	3/10/2016	2016 2XU NSW All Schools Championships
Male 110m Hurdles 0.991m								
1	14.18	-0.5	F	---	William Lloyd	17	6/03/2017	2017 Australian Athletics Championships
2	14.87	+0.2	P	---	Jackson Robinson	17	6/03/2017	2017 Australian Athletics Championships
3	15.08	+1.1	M	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
4	21.75	+0.7	F	---	Clark Donovan	23	2/11/2016	Treloar Shield Round 3
Male 110m Hurdles 1.067m								
1	15.20	+0.0	F	---	Jackson Robinson	17	2/11/2016	Treloar Shield Round 3
2	15.80	+0.8	F	---	Alec Diamond	19	3/12/2016	All-comers 3 December 2016
3	17.86	+1.6	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
4	21.92	+1.6	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
Male 200m Hurdles 0.762m								
1	26.27	+2.1	F	---	Lachlan Dalton	14	2/12/2016	2016 Australian All Schools Championships
2	30.47	+0.7	F	---	Xavier Jeffery	15	3/02/2017	NSW Junior & Youth Championships 2017
3	31.57	+0.2	F	---	Dominic Panozzo	13	3/02/2017	NSW Junior & Youth Championships 2017
4	32.91	+0.2	F	---	Austin Little	13	3/02/2017	NSW Junior & Youth Championships 2017
5	33.18	+0.2	F	---	James Hunt	13	3/02/2017	NSW Junior & Youth Championships 2017
6	35.28	+0.7	F	---	Charlie East	14	3/02/2017	NSW Junior & Youth Championships 2017
Male 400m Hurdles 0.840m								
1	55.80		F	---	Thomas Hunt	15	3/02/2017	NSW Junior & Youth Championships 2017
Male 400m Hurdles 0.914m								
1	52.53		F	---	Matthew Crowe	19	6/09/2016	Australian University Games 2016
2	53.94		F	---	Paul Salem	19	8/03/2017	Bankstown Invitational 2017
3	54.79		F	---	Thomas Hunt	15	6/03/2017	2017 Australian Athletics Championships
4	56.88		P	---	Simon Cox	21	4/02/2017	2017 NSW Open, U23 & Para Championships
5	59.92		F	---	William Richardson	21	7/12/2016	2016 NSW Club and Combined Championships
6	1:07.46		P	---	Marco Vazquez-Manzanares	24	4/02/2017	2017 NSW Open, U23 & Para Championships
7	1:09.30		F	---	Ryan Dowling	37	2/10/2016	Treloar Shield Round 2
Male 15000m Walk								
1	1:49:20.00		F	---	Jim Seymon	78	4/07/2016	NSW Long Walks Championships
Male 2000m StplCh 0.762m								
1	7:25.37		F	---	Curtis Kingsmill	14	3/10/2016	2016 2XU NSW All Schools Championships
Male 3000m StplCh 0.914m								
1	9:49.22		F	---	Oliver Moore	18	9/12/2016	All-comers 9 December 2016
2	12:25.60		F	---	Brad Sharpe	55	9/12/2016	All-comers 9 December 2016
Male 30000m Walk								
1	2:39:34.00		F	---	Jay Felton	20	4/07/2016	NSW Long Walks Championships
Male High Jump								
1	2.01m		F	---	Alex Cerroti	20	3/10/2016	2016 2XU NSW All Schools Championships
2 *	1.94m		F	---	Jackson Robinson	18	4/02/2017	2017 NSW Open, U23 & Para Championships
2 *	1.94m		F	---	Alec Diamond	18	9/05/2016	NSW Pre Departure Meet
4	1.85m		F	---	Michael Northey	20	2/11/2016	Treloar Shield Round 3
5	1.83m		M	---	William Richardson	20	6/09/2016	Australian University Games 2016
6	1.80m		F	---	Joey Ryu	17	3/10/2016	2016 2XU NSW All Schools Championships
7 *	1.75m		F	---	Ethan Burgess	14	3/10/2016	2016 2XU NSW All Schools Championships
7 *	1.75m		F	---	Alex Willett	15	3/10/2016	2016 2XU NSW All Schools Championships
9	1.70m		F	---	Latif Rabhi	19	2/11/2016	Treloar Shield Round 3
10	1.65m		F	---	Darcy Holmes	13	6/03/2017	2017 Australian Athletics Championships

11	1.60m	F	---	Kyle Fisher	13	6/03/2017	2017 Australian Athletics Championships
12	1.59m	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
13	1.50m	F	---	Duncan Loane	12	9/10/2016	All-comers 29 October 2016
14	1.40m	F	---	Charlie Sherlock	12	3/10/2016	2016 2XU NSW All Schools Championships
15	1.35m	F	---	Tim McGrath	54	2/11/2016	Treloar Shield Round 3
16	1.27m	M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
17	1.25m	F	---	Cadel Holmes	08	1/03/2017	All-comers 11 March 2017
18	1.05m	F	---	Nicholas Bastas	78	4/03/2017	NSW Masters Championships

Male Half Marthn

1	1:06:26.00	F	---	Matthew Cox	26	8/08/2016	NSW Half Marathon Championships
2	1:28:51.00	F	---	Dominic Bullock	22	8/08/2016	NSW Half Marathon Championships

Male Pole Vault

1	3.90m	F	---	Alec Diamond	19	6/03/2017	2017 Australian Athletics Championships
2	3.20m	F	---	Tim McGrath	54	8/10/2016	Treloar Shield Round 1
3	2.90m	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
4	2.50m	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
5	2.30m	M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016

Male Long Jump

1	7.22m	+0.2	F	---	Alex Willett	16	6/03/2017	2017 Australian Athletics Championships
2	7.08m	+2.2	F	---	Emmanuel Fakiye	20	8/03/2017	All-comers 18 March 2017
3	7.02m	NWI	F	---	Alec Diamond	19	9/12/2016	All-comers 9 December 2016
4	6.64m	+2.1	F	---	Ben Carter	16	3/10/2016	2016 2XU NSW All Schools Championships
5	6.60m	NWI	F	---	Jordan Coleman	19	6/11/2016	2016 NSW Relay Championships
6	6.30m	+2.5	P	---	Michael Northey	20	6/09/2016	Australian University Games 2016
7	6.11m	+0.0	F	---	Joey Ryu	18	6/03/2017	2017 Australian Athletics Championships
8	6.07m	NWI	F	---	Jackson Robinson	17	9/12/2016	All-comers 9 December 2016
9	5.97m	+0.2	F	---	Lachlan Dalton	14	3/02/2017	NSW Junior & Youth Championships 2017
10	5.91m	NWI	F	---	Aethan Chung-Wright	17	3/10/2016	2016 2XU NSW All Schools Championships
11	5.87m	+0.7	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
12	5.73m	+0.5	P	---	Anthony Collum	20	6/09/2016	Australian University Games 2016
13	5.61m	+1.8	P	---	Latif Rabhi	19	6/09/2016	Australian University Games 2016
14	5.49m	+1.4	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
15	5.29m		F	---	Christopher Dyce	28	1/10/2016	Northern Zone Week 3
16	5.22m	+3.0	F	---	James Leatherbarrow	14	8/03/2017	All-comers 18 March 2017
17	5.20m	+1.4	M	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
18	4.90m	+1.4	F	---	Farjaam Atshan	29	2/10/2016	Treloar Shield Round 2
19	4.49m	+2.8	M	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
20	4.00m		F	---	William Brown	20	1/10/2016	Northern Zone Week 3
21	3.89m		F	---	Nicholas Bastas	78	1/10/2016	Northern Zone Week 3
22	3.51m	+1.4	F	---	Terrence Carter	59	8/10/2016	Treloar Shield Round 1
23	3.37m	+0.2	F	---	Elijah McMahon	11	1/02/2017	All Comers and NSW 10000m Walks Championships
24	3.34m	+3.0	F	---	Doug Barrett	64	7/12/2016	2016 NSW Club and Combined Championships
25	3.25m	1.5	F	---	Warren Jones	36	4/03/2017	NSW Masters Championships
26	2.82m	+0.7	F	---	Zion McMahon	07	1/02/2017	All Comers and NSW 10000m Walks Championships

Male Triple Jump

1	15.97m	+3.2	F	---	Emmanuel Fakiye	19	0/12/2016	Treloar Shield 5 and Albie Thomas Mile
2	13.09m	+2.0	F	---	Alex Willett	16	6/03/2017	2017 Australian Athletics Championships
3	11.60m	-2.1	F	---	Joey Ryu	17	5/09/2016	Allcomers 25 September 2016
4	10.97m		F	---	Joe Whelan	21	4/09/2016	Northern Zone Week 2
5	10.29m	+0.7	F	---	Austin Little	13	3/02/2017	NSW Junior & Youth Championships 2017
6	10.17m	+3.0	F	---	Kyle Fisher	13	3/10/2016	2016 2XU NSW All Schools Championships
7	9.51m	+0.3	F	---	Darcy Holmes	13	6/03/2017	2017 Australian Athletics Championships
8	9.27m	+2.3	F	---	Henry Pozzocco	13	3/10/2016	2016 2XU NSW All Schools Championships
9	9.17m	+0.0	F	---	Zoran Novicic	56	4/03/2017	NSW Masters Championships
10	8.33m	NWI	F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
11	8.30m		F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
12	7.48m		F	---	Elijah McMahon	11	9/11/2016	Northern Zone Week 10
13	6.67m		F	---	Doug Barrett	64	5/11/2016	Northern Zone Week 8

Male Shot Put 2kg

1	6.74m		F	---	Elijah McMahon	11	5/11/2016	Northern Zone Week 8
2	6.13m		F	---	Max Holmes	11	5/11/2016	Northern Zone Week 8
3	4.85m		F	---	Sam Holmes	08	5/11/2016	Northern Zone Week 8

Male Shot Put 3kg

1	16.91m		F	---	Matthew Butler	13	2/12/2016	2016 Australian All Schools Championships
2	14.86m		F	---	Thomas Shannon	13	3/10/2016	2016 2XU NSW All Schools Championships
3	12.13m		F	---	Riley Hemsworth	13	6/11/2016	2016 NSW Relay Championships
4	10.99m		F	---	Stuart Downie	13	6/11/2016	2016 NSW Relay Championships

5	9.90m	F	---	Maxi Zihlmann	12	6/11/2016	2016 NSW Relay Championships
6	7.73m	F	---	Michael Johnson	81	2/11/2016	Northern Zone Week 9
7	6.87m	F	---	Peter Douglas	62	6/11/2016	2016 NSW Relay Championships
8	6.77m	F	---	Doug Barrett	64	6/11/2016	2016 NSW Relay Championships
9	6.38m	F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
10	6.37m	F	---	Ross Douglas	62	6/11/2016	2016 NSW Relay Championships
11	6.30m	F	---	Terrence Carter	59	6/11/2016	2016 NSW Relay Championships
12	5.40m	F	---	Elijah McMahon	10	6/11/2016	2016 NSW Relay Championships
13	4.31m	F	---	Max Holmes	11	6/11/2016	2016 NSW Relay Championships
14	3.39m	F	---	Sam Holmes	08	6/11/2016	2016 NSW Relay Championships

Male Shot Put 4kg

1	14.31m	F	---	Thomas Shannon	14	6/03/2017	2017 Australian Athletics Championships
2	14.03m	F	---	Matthew Butler	13	9/11/2016	Treloar Shield Round 4
3	7.58m	F	---	Nicholas Bastas	78	0/09/2016	Northern Zone Week 1

Male Shot Put 5kg

1	13.61m	F	---	Lachlan Antoinette	16	7/12/2016	2016 NSW Club and Combined Championships
2	9.52m	F	---	Ben Carter	17	3/02/2017	NSW Junior & Youth Championships 2017
3	7.07m	F	---	Doug Barrett	64	9/11/2016	Northern Zone Week 10
4	6.48m	F	---	Ross Douglas	62	2/11/2016	Northern Zone Week 9
5	4.89m	F	---	Robert Jones	66	4/09/2016	Northern Zone Week 2
6	4.53m	F	---	Ron Shoesmith	69	2/11/2016	Northern Zone Week 9

Male Shot Put 6kg

1	14.97m	M	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
2	13.00m	F	---	Aaron Kang	21	7/12/2016	2016 NSW Club and Combined Championships
3	12.57m	F	---	James McFadden	19	3/02/2017	NSW Junior & Youth Championships 2017
4	10.97m	F	---	Tim McGrath	54	8/02/2017	NSW Masters Throws Pentathlon Championships
5	7.84m	F	---	Peter Lang	58	2/11/2016	Northern Zone Week 9
6	7.83m	F	---	Zoran Novicic	56	8/10/2016	Treloar Shield Round 1
7	6.67m	F	---	Terrence Carter	59	0/09/2016	Northern Zone Week 1

Male Shot Put 7.26kg

1	16.27m	F	---	Liam Speers	24	9/11/2016	Treloar Shield Round 4
2	13.84m	F	---	Alec Diamond	19	7/12/2016	2016 NSW Club and Combined Championships
3	12.38m	F	---	Aaron Kang	22	4/02/2017	2017 NSW Open, U23 & Para Championships
4	12.20m	F	---	William Brown	20	6/11/2016	2016 NSW Relay Championships
5	11.95m	F	---	Clinton Mcewan	25	6/11/2016	2016 NSW Relay Championships
6	11.09m	F	---	Ashley McMahon	41	6/11/2016	2016 NSW Relay Championships
7	10.86m	F	---	Ryan Dowling	37	2/11/2016	Northern Zone Week 9
8	10.29m	F	---	Lachlan Antoinette	16	8/10/2016	Northern Zone Week 4
9	9.46m	F	---	Christopher Dyce	28	1/10/2016	Northern Zone Week 3
10	9.35m	F	---	Clark Donovan	23	9/11/2016	Treloar Shield Round 4
11	9.23m	F	---	Tim Heyes	18	2/10/2016	Treloar Shield Round 2
12	8.99m	F	---	Warren Jones	36	6/11/2016	2016 NSW Relay Championships
13	8.90m	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
14	8.87m	F	---	Sean Fitzsimmons	21	6/09/2016	Australian University Games 2016
15	8.79m	F	---	Farjaam Atshan	29	2/10/2016	Treloar Shield Round 2
16	8.58m	F	---	Keith Santos	33	5/10/2016	Northern Zone Week 5
17	8.38m	F	---	Jarrold Cowley	19	2/10/2016	Treloar Shield Round 2
18	7.95m	F	---	Anthony Collum	20	6/09/2016	Australian University Games 2016

Male Shot Put Overhead

1	12.75m	F	---	William Richardson	20	7/09/2016	2016 Grass Games
2	8.18m	F	---	Max Holmes	10	7/09/2016	2016 Grass Games

Male Discus 1.5kg

1	42.55m	F	---	Lachlan Antoinette	16	7/12/2016	2016 NSW Club and Combined Championships
2	35.05m	F	---	Tim McGrath	54	2/11/2016	Treloar Shield Round 3
3	28.38m	F	---	Zoran Novicic	56	5/09/2016	Allcomers 25 September 2016
4	24.08m	F	---	Peter Lang	58	9/11/2016	Northern Zone Week 10
5	17.64m	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2

Male Discus 1.75kg

1	51.16m	M	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
2	35.27m	F	---	Tim Heyes	18	6/09/2016	Australian University Games 2016
3	33.96m	F	---	William Brown	19	7/05/2016	Thrower's Club Permit Meet
4	27.00m	F	---	Emmanuel Fakiye	19	6/09/2016	Australian University Games 2016

Male Discus 1kg

1	43.55m	F	---	Jack McFadden	14	3/10/2016	2016 2XU NSW All Schools Championships
2	40.77m	F	---	Stuart Downie	14	6/03/2017	2017 Australian Athletics Championships
3	36.38m	F	---	Matthew Butler	13	6/11/2016	2016 NSW Relay Championships
4	31.29m	F	---	Riley Hemsworth	13	6/11/2016	2016 NSW Relay Championships

5	28.28m	F	---	Peter Douglas	62	4/09/2016	Northern Zone Week 2
6	27.35m	F	---	Kyle Fisher	13	6/11/2016	2016 NSW Relay Championships
7	24.17m	F	---	Doug Barrett	64	9/11/2016	Northern Zone Week 10
8	22.61m	F	---	Michael Johnson	81	4/03/2017	NSW Masters Championships
9	20.52m	F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
10	20.30m	F	---	Ross Douglas	62	5/11/2016	Northern Zone Week 8
11	13.30m	F	---	Robert Jones	66	4/09/2016	Northern Zone Week 2
Male Discus 2kg							
1	51.44m	F	---	Liam Speers	24	7/12/2016	2016 NSW Club and Combined Championships
2	46.35m	F	---	Alec Diamond	19	1/03/2017	SUMMERofATHS Grand Prix
3	38.20m	F	---	William Brown	20	8/10/2016	Northern Zone Week 4
4	33.86m	F	---	Lachlan Antoinette	16	8/10/2016	Northern Zone Week 4
5	32.20m	F	---	Tim Heyes	18	6/11/2016	2016 NSW Relay Championships
6	31.12m	F	---	James McFadden	18	6/11/2016	2016 NSW Relay Championships
7	30.05m	F	---	Ryan Dowling	37	4/03/2017	NSW Masters Championships
8	29.92m	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
9	26.70m	F	---	Aaron Kang	20	6/09/2016	Australian University Games 2016
10	25.95m	F	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
11	23.17m	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
12	22.34m	F	---	Steven Washburn	22	6/09/2016	Australian University Games 2016
13	20.79m	F	---	Keith Santos	33	2/10/2016	Northern Zone Week 6
14	19.40m	F	---	Matthew Wood	19	2/11/2016	Treloar Shield Round 3
15	9.08m	F	---	Andy West	49	7/12/2016	2016 NSW Club and Combined Championships
Male Discus 750g							
1	17.33m	F	---	Elijah McMahon	11	5/11/2016	Northern Zone Week 8
Male Hammer 3kg							
1	51.81m	F	---	Thomas Shannon	13	3/10/2016	2016 2XU NSW All Schools Championships
2	46.17m	F	---	Matthew Butler	13	2/12/2016	2016 Australian All Schools Championships
3	29.94m	F	---	Stuart Downie	13	3/10/2016	2016 2XU NSW All Schools Championships
4	19.41m	F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
Male Hammer 4kg							
1	46.23m	F	---	Thomas Shannon	13	7/12/2016	2016 NSW Club and Combined Championships
2	42.21m	F	---	Matthew Butler	14	6/03/2017	2017 Australian Athletics Championships
3	31.27m	F	---	Stuart Downie	13	3/02/2017	NSW Junior & Youth Championships 2017
4	12.71m	F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
Male Hammer 5kg							
1	49.83m	F	---	Lachlan Antoinette	16	3/02/2017	NSW Junior & Youth Championships 2017
2	19.49m	F	---	Ross Douglas	62	2/11/2016	Northern Zone Week 9
3	13.96m	F	---	Robert Jones	66	1/10/2016	21st AMA Winter Throws Championships
Male Hammer 6kg							
1	57.84m	F	---	William Brown	19	7/05/2016	Thrower's Club Permit Meet
2	50.16m	F	---	Tim Heyes	18	6/09/2016	Australian University Games 2016
3	42.11m	F	---	Lachlan Antoinette	16	6/03/2017	2017 Australian Athletics Championships
4	25.28m	F	---	Tim McGrath	54	5/11/2016	All-comers 5 November 2016
5	22.53m	F	---	Peter Lang	58	1/10/2016	Northern Zone Week 3
6	17.15m	F	---	Terrence Carter	59	5/10/2016	Northern Zone Week 5
Male Hammer 7.26kg							
1	61.51m	F	---	William Brown	20	2/10/2016	Treloar Shield Round 2
2	50.48m	F	---	Tim Heyes	19	5/03/2017	Thrower's Club Permit Meet
3	35.37m	F	---	Warren Jones	36	5/11/2016	All-comers 5 November 2016
4	26.35m	F	---	Ryan Dowling	37	4/03/2017	NSW Masters Championships
5	25.81m	F	---	Christopher Dyce	28	9/10/2016	Northern Zone Week 7
6	19.74m	F	---	Steven Washburn	22	6/09/2016	Australian University Games 2016
Male Javelin 400g							
1	13.55m	F	---	Richard Hughes	84	4/03/2017	NSW Masters Championships
Male Javelin 500g							
1	24.95m	F	---	Nicholas Bastas	78	9/10/2016	Northern Zone Week 7
Male Javelin 600g							
1	22.49m	F	---	Doug Barrett	64	5/10/2016	Northern Zone Week 5
2	19.43m	F	---	Leslie Gillies	69	2/11/2016	Northern Zone Week 9
3	11.08m	F	---	Robert Jones	66	1/10/2016	21st AMA Winter Throws Championships
Male Javelin 700g							
1	46.26m	F	---	Alex Willett	15	3/10/2016	2016 2XU NSW All Schools Championships
2	42.00m	F	---	Jack McFadden	15	3/02/2017	NSW Junior & Youth Championships 2017
3	35.22m	F	---	Tim McGrath	54	9/11/2016	Treloar Shield Round 4
4	31.23m	F	---	Kyle Fisher	13	3/02/2017	NSW Junior & Youth Championships 2017

5	28.91m	F	---	Lachlan Dalton	14	3/02/2017	NSW Junior & Youth Championships 2017
6	28.57m	F	---	Mark Cepak	57	6/11/2016	2016 NSW Relay Championships
7	26.69m	F	---	Zoran Novicic	56	4/03/2017	NSW Masters Championships
8	23.34m	F	---	Peter Lang	58	2/11/2016	Northern Zone Week 9
9	18.46m	F	---	Terrence Carter	59	8/10/2016	Treloar Shield Round 1
10	17.12m	F	---	Brad Sharpe	55	0/12/2016	Treloar Shield 5 and Albie Thomas Mile

Male Javelin 800g

1	56.30m	F	---	James McFadden	18	3/10/2016	2016 2XU NSW All Schools Championships
2	53.30m	F	---	Alec Diamond	19	6/03/2017	2017 Australian Athletics Championships
3	46.49m	F	---	Christopher Dyce	28	1/10/2016	Northern Zone Week 3
4	46.13m	F	---	Steven Washburn	22	6/09/2016	Australian University Games 2016
5	46.01m	F	---	Ryan Dowling	37	9/11/2016	Treloar Shield Round 4
6	44.70m	F	---	Andrew Brown	20	6/11/2016	2016 NSW Relay Championships
7	40.22m	F	---	Matthew Wood	19	6/09/2016	Australian University Games 2016
8	36.13m	M	---	Clark Donovan	23	6/09/2016	Australian University Games 2016
9	35.83m	M	---	William Richardson	20	6/09/2016	Australian University Games 2016
10	33.58m	F	---	Ashley McMahon	41	6/11/2016	2016 NSW Relay Championships
11	27.45m	F	---	William Brown	20	0/09/2016	Northern Zone Week 1
12	25.23m	F	---	Warren Jones	36	6/11/2016	2016 NSW Relay Championships
13	22.52m	P	---	Sean Fitzsimmons	21	6/09/2016	Australian University Games 2016
14	18.50m	F	---	Keith Santos	33	5/10/2016	Northern Zone Week 5

Male Wght Thr 100lb

1	2.37m	F	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
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Male Wght Thr 11.34kg

1	12.09m	M	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
2	10.84m	F	---	Tim McGrath	54	8/02/2017	NSW Masters Throws Pentathlon Championships
3	8.23m	F	---	Terrence Carter	59	4/09/2016	Northern Zone Week 2
4	7.16m	F	---	Peter Lang	58	9/11/2016	Northern Zone Week 10

Male Wght Thr 15.88kg

1	11.08m	F	---	Ryan Dowling	37	4/03/2017	NSW Masters Championships
2	10.02m	M	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
3	6.20m	F	---	Keith Santos	33	2/10/2016	Northern Zone Week 6

Male Wght Thr 20kg

1	6.08m	M	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
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Male Wght Thr 25.4kg

1	5.06m	M	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
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Male Wght Thr 56lb

1	5.30m	F	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
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Male Wght Thr 7.26kg

1	6.50m	F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016
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Male Wght Thr 9.08kg

1	13.82m	F	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
2	7.71m	F	---	Doug Barrett	64	8/10/2016	Northern Zone Week 4
3	5.43m	F	---	Robert Jones	66	1/10/2016	21st AMA Winter Throws Championships

Male Decathlon

1	7111	F	---	Alec Diamond	18	9/07/2016	IAAF World U20 Championships Bydgoszcz
2	5402	F	---	William Richardson	20	6/09/2016	Australian University Games 2016
3	4746	F	---	Tim McGrath	54	6/10/2016	World Masters Athletics Championships 2016
4	4247	F	---	Zoran Novicic	56	6/10/2016	World Masters Athletics Championships 2016
5	4022	F	---	Clark Donovan	23	6/09/2016	Australian University Games 2016

Male Out Pent

1	1805	F	---	Zoran Novicic	56	7/12/2016	2016 NSW Club and Combined Championships
2	1644	F	---	Doug Barrett	64	7/12/2016	2016 NSW Club and Combined Championships

Male Wght Pent

1	2510	F	---	Tim McGrath	54	8/02/2017	NSW Masters Throws Pentathlon Championships
2	2080	F	---	Ryan Dowling	37	8/02/2017	NSW Masters Throws Pentathlon Championships
3	1418	F	---	Nicholas Bastas	78	9/11/2016	Jupiters Pan Pacific Masters Games 2016

Male Wght Pent Heavy

1	2076	F	---	Warren Jones	36	1/10/2016	21st AMA Winter Throws Championships
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ROAD RELAYS Rankings 2016/2017

Marks since: 18-Apr-16
UTS Northern Suburbs Athletic [UTN]

Female 4000m Run

1	14:33.00	3:38.25	F	---	Sarah Reece	16	16/07/2016	NSW Road Relay Championships
2	14:40.00	3:40.00	F	---	Isabella Thornton-Bott	18	16/07/2016	NSW Road Relay Championships
3	15:26.00	3:51.50	F	---	Bianca Grimaldi	19	16/07/2016	NSW Road Relay Championships
4	16:48.00	4:12.00	F	---	Holly Eva Ratajec	22	16/07/2016	NSW Road Relay Championships
5	18:09.00	4:32.25	F	---	Deborah Drennan	58	16/07/2016	NSW Road Relay Championships

Female 5000m Walk

1	34:49.00		F	---	Carmel Parker	50	10/07/2016	NSW Road Walks Championships
2	36:57.00		F	---	Suzanne Brown	50	10/07/2016	NSW Road Walks Championships

Male 4000m Run

1	11:43.00	2:55.75	F	---	Matthew Cox	26	16/07/2016	NSW Road Relay Championships
2	11:44.00	2:56.00	F	---	Adrian Plummer	24	16/07/2016	NSW Road Relay Championships
3	11:55.00	2:58.75	F	---	Edward Goddard	18	16/07/2016	NSW Road Relay Championships
4	12:03.00	3:00.75	F	---	Ruairidh MacDonald	22	16/07/2016	NSW Road Relay Championships
5	12:37.00	3:09.25	F	---	Elliot Metcalf	16	16/07/2016	NSW Road Relay Championships
6	12:48.00	3:12.00	F	---	Jake Ring	25	16/07/2016	NSW Road Relay Championships
7	12:54.00	3:13.50	F	---	Luke Petterson	20	16/07/2016	NSW Road Relay Championships
8	13:01.00	3:15.25	F	---	Fraser Garland-Barnes	18	16/07/2016	NSW Road Relay Championships
9	14:42.00	3:40.50	F	---	Paul Trainor	51	16/07/2016	NSW Road Relay Championships
10	15:24.00	3:51.00	F	---	Brad Sharpe	55	16/07/2016	NSW Road Relay Championships
11	16:44.00	4:11.00	F	---	Jim Culhane	50	16/07/2016	NSW Road Relay Championships
12	17:17.00	4:19.25	F	---	Steve Bradley	58	16/07/2016	NSW Road Relay Championships
13	17:31.00	4:22.75	F	---	Trevor Young	58	16/07/2016	NSW Road Relay Championships
14	18:00.00	4:30.00	F	---	Andy West	49	16/07/2016	NSW Road Relay Championships
15	18:05.00	4:31.25	F	---	Doug Barrett	63	16/07/2016	NSW Road Relay Championships
16	18:21.00	4:35.25	F	---	Len Augustine	56	16/07/2016	NSW Road Relay Championships
17	19:52.00	4:58.00	F	---	Stuart Paterson	59	16/07/2016	NSW Road Relay Championships
18	22:08.00	5:32.00	F	---	Leslie Gillies	69	16/07/2016	NSW Road Relay Championships

Male 5000m Walk

1	33:23.00		F	---	Jim Seymon	78	10/07/2016	NSW Road Walks Championships
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Male 10000m Walk

1	43:40.00		F	---	Jay Felton	20	20/05/2016	NSW Team Walks Championships
2	48:20.00		F	---	Steven Washburn	21	20/05/2016	NSW Team Walks Championships
3	1:12:00.00		F	---	Jim Seymon	78	20/05/2016	NSW Team Walks Championships

Male 20000m Walk

1	1:40:18.00		F	---	Jay Felton	20	10/07/2016	NSW Road Walks Championships
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CROSS COUNTRY Rankings 2016/2017

Marks since: 18-Apr-16
UTS Northern Suburbs Athletic [UTN]

Female 2500m Run

1	8:39.00		F	---	Sarah Mcdermott	15	30/07/2016	NSW Short Course Cross Country Championships
2	11:07.00		F	---	Gabby Mastroianni	17	30/07/2016	NSW Short Course Cross Country Championships

Female 3000m Run

1	10:51.00	3:37.00	F	---	Hannah Cerezo	13	26/06/2016	NSW Cross Country Championships
2	13:18.00	4:26.00	F	---	Lara Chamberlain	11	26/06/2016	NSW Cross Country Championships

Female 4000m Run

1	15:02.00	3:45.50	F	---	Sarah Mcdermott	15	26/06/2016	NSW Cross Country Championships
2	15:30.00	3:52.50	F	---	Sarah Reece	16	26/06/2016	NSW Cross Country Championships
3	17:36.00	4:24.00	F	---	Jacinta Metcalf	14	26/06/2016	NSW Cross Country Championships
4	18:29.00	4:37.25	F	---	Molly Quoye	15	26/06/2016	NSW Cross Country Championships

Female 5000m Run

1	18:45.00	3:45.00	F	---	Antonia Howard	19	30/07/2016	NSW Short Course Cross Country Championships
2	31:48.00	6:21.60	F	---	Nancy Lloyd	62	30/07/2016	NSW Short Course Cross Country Championships

Female 6000m Run

1	23:20.00	3:53.33	F	---	Antonia Howard	19	26/06/2016	NSW Cross Country Championships
2	25:03.00	4:10.50	F	---	Isabella Thornton-Bott	18	26/06/2016	NSW Cross Country Championships
3	30:04.00	5:00.67	F	---	Deborah Drennan	58	26/06/2016	NSW Cross Country Championships

Female 10000m Run

1	39:44.00	3:58.40	F	---	Elese Gallen	21	26/06/2016	NSW Cross Country Championships
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Male 2500m Run

1	8:12.00		F	---	Mitchell Westhuizen	14	30/07/2016	NSW Short Course Cross Country Championships
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Male 5000m Run

1	15:13.00	3:02.60	F	---	Edward Goddard	18	30/07/2016	NSW Short Course Cross Country Championships
2	16:11.00	3:14.20	F	---	Elliot Metcalf	16	30/07/2016	NSW Short Course Cross Country Championships
3	16:48.00	3:21.60	F	---	Fraser Garland-Barnes	18	30/07/2016	NSW Short Course Cross Country Championships
4	20:27.00	4:05.40	F	---	Brad Sharpe	55	30/07/2016	NSW Short Course Cross Country Championships
5	24:30.00	4:54.00	F	---	Doug Barrett	63	30/07/2016	NSW Short Course Cross Country Championships

Male 6000m Run

1	19:45.00	3:17.50	F	---	Charlie Doherty	17	26/06/2016	NSW Cross Country Championships
2	20:59.00	3:29.83	F	---	Elliot Metcalf	16	26/06/2016	NSW Cross Country Championships
3	23:15.00	3:52.50	F	---	Darcy Penman	15	26/06/2016	NSW Cross Country Championships

Male 7500m Run

1	23:59.00	3:11.87	F	---	Ruairidh MacDonald	22	30/07/2016	NSW Short Course Cross Country Championships
2	25:31.00	3:24.13	F	---	Leo Peterson	25	30/07/2016	NSW Short Course Cross Country Championships
3	26:27.00	3:31.60	F	---	Sam McAllister	23	30/07/2016	NSW Short Course Cross Country Championships

Male 8000m Run

1	26:37.00	3:19.62	F	---	Edward Goddard	18	26/06/2016	NSW Cross Country Championships
2	29:10.00	3:38.75	F	---	Fraser Garland-Barnes	18	26/06/2016	NSW Cross Country Championships
3	36:14.00	4:31.75	F	---	Brad Sharpe	55	26/06/2016	NSW Cross Country Championships
4	43:40.00	5:27.50	F	---	Doug Barrett	63	26/06/2016	NSW Cross Country Championships

Male 10000m Run

1	33:36.00	3:21.60	F	---	Ruairidh MacDonald	22	26/06/2016	NSW Cross Country Championships
2	33:53.00	3:23.30	F	---	Adrian Plummer	24	26/06/2016	NSW Cross Country Championships
3	34:21.00	3:26.10	F	---	Leo Peterson	26	22/04/2017	St George Classic 2017
4	38:24.00	3:50.40	F	---	Sam McAllister	23	26/06/2016	NSW Cross Country Championships
5	42:33.00	4:15.30	F	---	Ben Van Steel	17	26/06/2016	NSW Cross Country Championships
6	43:17.00	4:19.70	F	---	Duncan Loane	12	22/04/2017	St George Classic 2017
7	44:03.00	4:24.30	F	---	Kim Loane	55	22/04/2017	St George Classic 2017
8	55:35.00	5:33.50	F	---	Doug Barrett	64	22/04/2017	St George Classic 2017

Male 12000m Run

1	57:32.00	4:47.67	F	---	Nick Walker	30	26/03/2017	NSW Mountain Running Championships 2017
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Club Track & Field Records (as at 30th April 2017)



Every endeavour is made to accurately update the Club Records each year from available results. Please accept our apologies if we have missed any. Please contact the Records Officer with details of any such 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.

Notes

1. *Age as at 31 December except Masters, which is age on the day.*
2. *# Indicates new record this season.*
3. *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.*
4. *WR = World Record.*
5. *NR = National Record.*
6. *SR = State Record.*
7. *Ind = Indoor performance.*
8. *Events and age groups recognised are those currently recognised by Athletics Australia, Athletics NSW and the Masters governing bodies.*
9. *Under 23 age group is for athletes aged 20, 21, and 22 since the introduction of this age group by Athletics Australia.*
10. *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.*

UTS Northern Suburbs Athletic Club Track & Field Records as at 30 April 2017

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
100 yards	10.4		Open	Jenny Lamy (17)	1966		
60m	7.52	0.0	Open	Jessica Knox (33)	12/03/2011	Blacktown	
60m	7.56	1.9	U23	Gabriella O'Grady (20)	14/1/2017	Beaton Park, Wollongong	#
60m	7.3h	NWI	U20	Laura Verlinden (18)	7/01/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	11/10/2007	SOPAC, Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	11/10/2007	SOPAC, Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks, Kensington	
60m	7.91	0.4	U15	Karlie Morton (14)	11/10/2007	SOPAC, Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks, Kensington	
60m	8.4h	NWI	U13	Morgan Kelaher (12)	10/03/2015	Rotary, Chatswood	
60m	7.52	0.0	W30	Jessica Knox (33)	12/03/2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medlicott (36)	13/11/2004	Mingara	
60m	8.05	-0.1	W40	Monique Perry (42)	18/2/2017	SOPAC, Homebush	#
60m	8.34	0.2	W45	Jacqueline Bezuidenhout (45)	6/04/2012	Melbourne	
60m	8.45	-0.7	W50	Jacqueline Bezuidenhout (50)	14/1/2017	Beaton Park, Wollongong	#
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	24/9/2016	Rotary, Chatswood	#
60m	11.15	0.0	W60	Jillian Senior (60)	26/2/2012	The Crest, Bankstown	
60m	12.28	-0.4	W65	Jillian Senior (65)	5/03/2017	SOPAC, Homebush	#
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	10/09/2016	Rotary, Chatswood	#
100m	11.20		Open	Jenny Lamy (18)	1967		
100m	11.84	0.6	U23	Gabriella O'Grady (20)	11/03/2017	AIS, Canberra	#
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)	30/11/2008	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	AIS, Canberra	
100m	11.93		U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7	U14	Alice Dixon (13)	2-4/12/2016	AIS, Canberra	#
100m	13.11	NWI	U13	Kristie Edwards (12)	23/8/2012	SOPAC, Homebush	
100m	11.60	1.7	W30	Jessica Knox (33)	1/07/2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medlicott (36)	13/11/2004	Mingara	
100m	12.73	1.8	W40	Monique Perry (42)	10/12/2016	Bankstown	#
100m	12.82	0.9	W45	Jacqueline Bezuidenhout (47)	18/10/2013	Porto Alegre, Brazil	
100m	12.98	1.7	W50	Jacqueline Bezuidenhout (50)	27/10/2016	Perth	#
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	29/10/2016	Rotary, Chatswood	#
100m	18.04	1.2	W60	Jillian Senior (60)	25/2/2012	The Crest, Bankstown	
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith			
100m	19.30		W75	Ruth Frith			
100m	19.3h		W80	Ruth Frith (81)	1990		SR
100m	29.23	-3.2	W85	Laurel Barrett (86)	20-21/2/2016	SOPAC, Homebush	SR
150m	19.32		U18	Sophie McGovern (16)	21/11/2015	Rotary, Chatswood	
150m	19.32		U17	Sophie McGovern (16)	21/11/2015	Rotary, Chatswood	
150m	23.25		U16	Kate Watson (14)	21/11/2015	Rotary, Chatswood	
150m	23.25		U15	Kate Watson (14)	21/11/2015	Rotary, Chatswood	
150m	26.39		U14	Rheanna McMahon (12)	17/9/2016	Rotary, Chatswood	#
150m	26.39		U13	Rheanna McMahon (12)	17/9/2016	Rotary, Chatswood	#
150m	21.85		W40	Alice Bohdan (43)	21/11/2015	Rotary, Chatswood	
150m	21.42		W45	Jacqueline Bezuidenhout (49)	21/11/2015	Rotary, Chatswood	
150m	24.82		W50	Janet Naylor (50)	17/9/2016	Rotary, Chatswood	#
150m	23.16		W55	Gabrielle Whelan (55)	17/9/2016	Rotary, Chatswood	#
200m	22.88	2.0	Open	Jenny Lamy (19)	18/10/1968	Ciudad de México	
200m	23.93	0.8	U23	Gabriella O'Grady (20)	20/2/2017	AIS, Canberra	#
200m	22.88	2.0	U20	Jenny Lamy (19)	18/10/1968	Ciudad de México	
200m	23.93	-0.3	U18	Karlie Morton (17)	3/11/2010	SOPAC, Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	SOPAC, Homebush	
200m	24.40	0.7	U16	Tracey Morton (14)	29/11/2005	Melbourne	
200m	24.40	-0.3	U16	Karlie Morton (14)	12/06/2007	SOPAC, Homebush	
200m	24.40	0.7	U15	Tracey Morton (14)	29/11/2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	12/06/2007	SOPAC, Homebush	
200m	24.99	0.6	U14	Alice Dixon (13)	2-4/12/2016	AIS, Canberra	#
200m	26.43	NWI	U13	Alice Dixon (12)	6/12/2015	Woden Park, Canberra	
200m	24.12	0.2	W30	Jessica Knox (33)	17/12/2012	SOPAC, Homebush	
200m	24.64	-1.7	W35	Renee Robson (36)	3/02/2014	SOPAC, Homebush	
200m	26.44	1.2	W40	Jacqueline Bezuidenhout (44)	21/4/2011	Brisbane	
200m	26.21	-3.0	W45	Marie Kay (48)	3/03/2008	SOPAC, Homebush	
200m	26.88	1.6	W50	Jacqueline Bezuidenhout (50)	1/11/2016	Perth	#
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	18/12/2016	SOPAC, Homebush	#
200m	38.1h	NWI	W60	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
200m	35.50		W65	Kathleen Cook	2004/05		
200m	50.0h	NWI	W75	Kathleen Cook (79)	8/10/2016	Rotary, Chatswood	#
300m	40.77		Open	Anneliese Rubie (17)	19/12/2009	SOPAC, Homebush	
300m	41.03		U23	Siane Toemoe (20)	19/12/2009	SOPAC, Homebush	
300m	40.77		U20	Anneliese Rubie (17)	19/12/2009	SOPAC, Homebush	
300m	40.77		U18	Anneliese Rubie (17)	19/12/2009	SOPAC, Homebush	
300m	43.97		U17	Nicola Bowtell (16)	21/11/2015	Rotary, Chatswood	
300m	44.95		U16	Edita Grinbergs (14)	21/11/2015	Rotary, Chatswood	
300m	44.95		U15	Edita Grinbergs (14)	21/11/2015	Rotary, Chatswood	
300m	44.49		W40	Jacqueline Bezhhiddenhout (41)	20/12/2008	The Crest, Bankstown	
300m	41.76		W45	Marie Kay (49)	19/12/2009	SOPAC, Homebush	
300m	49.79		W55	Gabrielle Whelan (55)	17/9/2016	Rotary, Chatswood	#
400m	51.80		Open	Annabelle Smith (21)	27/2/2004	SOPAC, Homebush	
400m	51.80		U23	Annabelle Smith (21)	27/2/2004	SOPAC, Homebush	
400m	53.88		U20	Anneliese Rubie (18)	3/11/2010	SOPAC, Homebush	
400m	54.33		U18	Carley Thomas (17)	27/3/2017	SOPAC, Homebush	#
400m	55.80		U17	Carley Thomas (16)	18/12/2016	SOPAC, Homebush	#
400m	56.09		U16	Tracey Morton (14)	12/11/2005	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton (14)	12/11/2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	
400m	1.01.44		U13	Anneliese Rubie (12)	2004		
400m	54.83		W30	Renee Robson (34)	30/3/2012	SOPAC, Homebush	
400m	56.74		W35	Renee Robson (35)	21/3/2013	Blacktown	
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	58.79		W45	Marie Kay (48)	3/08/2008	SAF, Nathan QLD	
400m	1:07.15		W50	Robyn Suttor (50)	28/7/2009	Lahti, Finland	
400m	1:08.28		W55	Gabrielle Whelan (55)	5/11/2016	Perth	#
400m	1.15.0h		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	1/09/2010	Rotary, Chatswood	SR
400m	2:49.3h		W80	Laurel Barrett (84)	11/08/2014	Rotary, Chatswood	
600m	2:01.61		U14	Emma Brown (13)	21/11/2015	Rotary, Chatswood	
600m	2:02.70		W55	Deborah Drennan (57)	17/9/2016	Rotary, Chatswood	#
800m	2.02.88		Open	Sianne Toemoe (22)	4/01/2011	Perth	
800m	2.02.88		U23	Sianne Toemoe (22)	4/01/2011	Perth	
800m	2:05.32		U20	Trychelle Kingdom (18)	16/2/2008	SOPAC, Homebush	
800m	2:05.40		U18	Carley Thomas (16)	12/02/2016	AIS, Canberra	#
800m	2:05.40		U17	Carley Thomas (16)	12/02/2016	AIS, Canberra	#
800m	2:12.23		U16	Emily Hopper (15)	1/02/2014	SOPAC, Homebush	
800m	2.13.48		U15	Edita Grinbergs (14)	17/10/2015	SOPAC, Homebush	
800m	2:17.29		U14	Ruby Hackett (13)	Dec-05	SOPAC, Homebush	
800m	2.22.62		U13	Ruby Hackett (12)	2004		
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/2011	SOPAC, Homebush	
800m	2.14.1h		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes (44)	13/4/2001		SR
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	10/11/2009	SOPAC, Homebush	
800m	2.40.80		W55	Deborah Drennan (55)	1/02/2014	SOPAC, Homebush	
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	SR
1000m	3:05.41		U16	Emily Augustine (15)	21/1/2012	Glendale, Newcastle	
1500m	4:10.83		Open	Trychelle Kingdom (25)	26/3/2015	Brisbane	
1500m	4.23.07		U23	Katie French (21)	17/2/2007	SOPAC, Homebush	
1500m	4.25.37		U20	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U18	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U17	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U16	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.35.70		U15	Annabel McDemott (14)	12/06/2013	Townsville	
1500m	4.42.97		U14	Ruby Hackett (13)	2005	SOPAC, Homebush	
1500m	4.52.47		U13	Ruby Hackett (12)	2004		
1500m	5.06.19		W30	Rebecca Gibbs (31)	24/2/2012	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)	4/02/2010	Perth	
1500m	5:40.55		W55	Deborah Drennan (57)	27/4/2016	Santos Stadium, Adelaide	
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	11/07/2009	Rotary, Chatswood	
1 mile	4:35.6h		Open	Trychelle Kingdom (24)	16/12/2014	The Crest, Bankstown	
1 mile	4:56.34		U23	Elise Gallen (21)	17/12/2015	The Crest, Bankstown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1 mile	4:57.22		U20	Frances Schmiede (18)	13/12/2011	The Crest, Bankstown	
1 mile	5:39.14		U18	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U17	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U16	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U15	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:52.40		U14	Claudie White (13)	18/12/2010	SOPAC	
1 mile	6:09.30		W50	Deborah Drennan (53)	13/12/2011	The Crest, Bankstown	
1mile	6:14.82		W55	Deborah Drennan (57)	16/1/2016	Beaton Park, Wollongong	
3000m	9:23.81		Open	Trychelle Kingdom (24)	17/10/2015	ES Marks, Kensington	
3000m	9:34.10		U23	Eliza Stewart (21)	17/2/2007	SOPAC, Homebush	
3000m	9:26.12		U20	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9:26.12		U18	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9:26.12		U17	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9:46.20		U16	Annabel McDermott (15)	41892	SOPAC, Homebush	
3000m	9:52.16		U15	Annabel McDermott (14)	11/09/2013	SOPAC, Homebush	
3000m	10:16.4h		U14	Ruby Hackett (13)	29/10/2005	The Crest, Bankstown	
3000m	10:41.9h		U13	Ashley Mason (12)	2004/05		
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)	23/1/2010	SOPAC, Homebush	
3000m	12:38.77		W55	Deborah Drennan (56)	11/08/2014	SOPAC, Homebush	
3000m	12:51.2h		W60	Maureen Cadogan	2002/03		
3000m	15:34.5h		W65	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	
3200m	12:53.48		U14	Emma Brown (13)	21/11/2015	Rotary, Chatswood	
5000m	15:57.57		Open	Annabel McDermott (17)	19/3/2016	SOPAC, Homebush	
5000m	16:19.00		U23	Eliza Stewart (21)	2/09/2007	Brisbane	
5000m	15:57.57		U20	Annabel McDermott (17)	19/3/2016	SOPAC, Homebush	
5000m	15:57.57		U18	Annabel McDermott (17)	19/3/2016	SOPAC, Homebush	
500m	18:04.75		U17	Bridget Reilly (16)	24/2/2012	AIS, Canberra	
5000m	18:41.95		W30	Mary Fien (34)	6/04/2007	The Domain, Hobart	
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)	15/4/2001	The Crest, Bankstown	SR
5000m	22:35.79		W50	Deborah Drennan (52)	11/12/2010	SOPAC, Homebush	
5000m	23:06.13		W60	Maureen Cadogan	2002/03		
10000m	34.36.79		Open	Eliza Stewart (21)	14/12/2006	Melbourne	
10000m	34.36.79		U23	Eliza Stewart (21)	14/12/2006	Melbourne	
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)	21/1/2017	The Crest, Bankstown	#
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	22/7/2016	Bydgoszcz, Poland	#
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates (17)	2004/05		
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	2/12/2016	AIS, Canberra	#
90m Hurdles - 0.762m	12.52	0.7	U16	Mia Hemsworth (14)	2/12/2016	AIS, Canberra	#
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	2/12/2016	AIS, Canberra	#
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	SOPAC, Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet (31)	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylor (39)	29/8/2005	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)	28/7/2009	Lahti, Finland	NR
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	21/4/2011	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	27:52	-0.3	Open	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	28.14	NWI	U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii	
200m Hurdles - 0.762m	27:52	-0.3	U20	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:52	-0.3	U18	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:52	-0.3	U17	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:52	-0.3	U16	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:52	-0.3	U15	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovich (13)	11/03/2015	SOPAC, Homebush	
200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	22/10/2016	SOPAC Homebush	#
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
200m Hurdles - 0.762m	34.43	1.8	W40	Jacqualine Bezuidenhout (43)	14/11/2009	SOPAC, Homebush	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	4/05/2009	Santos Stadium, Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/1/2010	SOPAC, Homebush	
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet (27)	1989		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	22/3/2008	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	1.07.93		U16	Laurn Walker (15)	10/08/2015	SOPAC, Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	9/10/2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylon (41)	7/07/2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	27/7/2008	Townsville, QLD	
300m Hurdles - 0.762m	52.26		W45	Jacqualine Bezuidenhout (49)	25/9/2016	The Crest, Bankstown	#
3000m Steeplechase - 0.7	9.34.09		Open	Charlotte Wilson (20)	27/10/2012	The Crest, Banktown	
3000m Steeplechase - 0.7	9.34.09		U23	Charlotte Wilson (20)	27/10/2012	The Crest, Banktown	
3000m Steeplechase - 0.7	10.46.10		U/20	Miranda Middleton (19)	30/3/2012	SOPAC, Homebush	
3000m Steeplechase - 0.7	11:05.42		U/18	Kate Hobbs (17)	10/12/2012	SOPAC, Homebush	
3000m Steeplechase - 0.7	11:53.53		W35	Mary Fien (36)	13/2/2009	SOPAC, Homebush	
2000m Steeplechase - 0.7	6.54.6h		Open	Mary Fien	2004/05		
2000m Steeplechase - 0.7	7.12.69		U20	Beth Croft (16)	17/1/2013	SOPAC, Homebush	
2000m Steeplechase - 0.7	7.12.69		U18	Beth Croft (16)	17/1/2013	SOPAC, Homebush	
2000m Steeplechase - 0.7	7.12.69		U17	Beth Croft (16)	17/1/2013	The Crest, Banktown	
2000m Steeplechase - 0.7	7.19.31		U16	Beth Croft (15)	22/12/2012	SOPAC, Homebush	
2000m Steeplechase - 0.7	8:02.70		U15	Eloise Doherty (14)	10/11/2013	SOPAC, Homebush	
2000m Steeplechase - 0.7	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.7	7:24.74		W35	Mary Fien (35)	1/04/2007	The Domain, Hobart	SR
2000m Steeplechase - 0.7	7:58.57		W40	Mary Fien (44)	3/04/2017	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)	19/11/2016	ES Marks, Kensington	#
1500m Walk	7:52.50		U16	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	#
1500m Walk	7:52.50		U15	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	#
1500m Walk	7:52.50		U14	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	#
1500m Walk	8:05.31		U13	Elise Brennan (12)	29/11/2014	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)	24/9/2009	Narrabeen	SR
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	15/10/2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	1/11/2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	2/08/2014	Rotary, Chatswood	
1500m Walk	12:43.3h		W65	Roslyn Wolfers (69)	22/11/2014	Rotary, Chatswood	
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	10/09/2016	Rotary, Chatswood	#
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	16/1/2016	Rotary, Chatswood	
3000m Walk	16.27.8h		Open	Christina Alldis (22)	15/10/2005	The Crest, Bankstown	
3000m Walk	16:27.8h		U20	Christina Alldis (22)	15/10/2005	The Crest, Bankstown	
3000m Walk	16.37.71		U18	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	3/11/2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	27/9/2014	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)	31/10/2009	Mingara	SR
3000m Walk	19.33.36		W45	Carmel Parker (48)	1/12/2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	9/10/2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	15/2/2014	Rotary, Chatswood	
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	12/10/2013	Rotary, Chatswood	
5000m Walk	25:34.86		Open	Fiona Alldis (19)	24/11/2007	ES Marks, Kensington	
5000m Walk	29.12.11		U23	Christina Alldis (20)	25/11/2006	ES Marks, Kensington	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	24/11/2007	ES Marks, Kensington	
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	25-28/3/2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	4/10/2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	22/10/2011	Narrabeen	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	4/06/2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	4/12/2011	Brisbane	
5000m Walk	34.30.85		W60	Nancy Lloyd (61)	8/3/2014	The Domain, Hobart	
10000m Walk	1:00:42.27		Open	Christina Alldis (20)	14/1/2006	SOPAC, Homebush	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	14/1/2006	SOPAC, Homebush	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	20/1/2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	1/10/2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	1/05/2008	Campbelltown	SR
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	4/12/2011	Brisbane	
High Jump	1.78m		Open	Kerry Maurer	1985		
High Jump	1.69m		U23	Romi Arnott (20)	31/1/2009	The Domain, Hobart	
High Jump	1.74m		U20	Virginia Young (17)	1993/1995		
High Jump	1.74m		U18	Virginia Young (17)	1993		
High Jump	1.74m		U18	Karina Brown (17)	10/08/2015	SOPAC, Homebush	
High Jump	1.73m		U17	Virginia Young (16)	1992		
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.65m		U15	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
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)	28/7/2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	7/03/2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	25/12/2012	The Crest, Bankstown	
Pole Vault	3.20m		Open	Amy Moulden (23)	2/04/2012	SOPAC, Homebush	
Pole Vault	3.10m		U23	Amy Moulden (21)	29/2/2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	15/1/2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	15/1/2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/9/2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/9/2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	18/12/2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	18/12/2010	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	5.98m		U23	Helen Frith (21)	31/8/1960	Rome, Italy	
Long Jump	5.99m		U20	Virginia Young (18)	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	AIS, Canberra	
Long Jump	4.82m		U13	Sjaan Powley (12)	1995		
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott (38)	14/4/2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	3/08/2008	SAF, Nathan QLD	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	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)	25/2/2012	The Crest, Bankstown	
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)	28/3/1995	SOPAC, Homebush	SR
Triple Jump	12.59m		Open	Gillian Ting (18)	1995		
Triple Jump	11.64m	0.9	U23	Annabelle Parmegiani (20)	26/2/2017	SOPAC, Homebush	#
Triple Jump	12.59m		U20	Gillian Ting (18)	1995		
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	31/1/2015	Glendale, Newcastle	
Triple Jump	11.89m		U17	Gillian Ting (15)	1992		
Triple Jump	11.89m		U16	Gillian Ting (15)	1992		
Triple Jump	11.68m		U15	Gillian Ting (14)	1991		
Triple Jump	11.04m		U14	Gillian Ting (13)	1990		
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	5/03/2017	SOPAC, Homebush	#
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	4/02/2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	11/07/2015	ES Marks, Kensington	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	9.95m	NWI	W50	Helen Searle (51)	1990	Rotterdam, Holland	<i>SR</i>
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m		W60	Jillian Senior (61)	16/3/2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	13/1/1993	Miyazaki, Japan	<i>NR</i>
Triple Jump	5.50m		W85	Ruth Frith (86)	25/3/1995	SOPAC, Homebush	<i>WR</i>
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	26/9/2016	Perth	<i>#</i>
Shot Put - 4kg	13.10m		U20	J Kennedy (17)	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy (17)	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik (15)	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05		
Shot Put - 3kg	12.71m		U15	Madeleine Neville (14)	13/10/2011	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/9/2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/1/2008	Rotary, Chatswood	
Shot Put - 4kg	8.27m		W30	Danielle Cotterill (32)	9/11/2013	Rotary, Chatswood	
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	14/4/1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	<i>SR</i>
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	16/4/2016	Santos Stadium, Adelaide	
Shot Put - 3kg	9.14m		W55	Gloria Seymon (56)	1993		
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	12/11/2016	Rotary, Chatswood	<i>#</i>
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	29/11/2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994		<i>NR</i>
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney	<i>NR</i>
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney	<i>NR</i>
Discus - 1kg	46.94m		Open	Lou Torso	1975		
Discus - 1kg	41.16m		U23	Larissa O'Dea (20)	26/9/2016	Perth	<i>#</i>
Discus - 1kg	42.91m		U20	Larissa O'Dea (19)	9/01/2016	SOPAC, Homebush	
Discus - 1kg	40.04m		U18	Claudia Steiner (17)	17/12/2011	SOPAC, Homebush	
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 - 1kg	30.88m		U13	Amber Bennett (12)	1995		
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	15/12/2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	27/2/2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	6/06/2010	Campbelltown	<i>SR</i>
Discus -1kg	29.51m		W50	Caroline Layt (50)	17/4/2016	Santos Stadium, Adelaide	
Discus -1kg	22.10m		W55	Gloria Seymon (56)	1993		
Discus -1kg	17.16m		W60	Judith Knight	1994		
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	<i>SR</i>
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	<i>SR</i>
Discus -1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	<i>NR</i>
Discus -1kg	12.10m		W90	Ruth Frith (91)	21-24/4/2000	The Domani, Hobart	<i>NR</i>
Hammer - 4kg	62.90m		Open	Odette Palma (31)	16/6/2013	Rotary, Chatswood	
Hammer - 4kg	26.59m		U23	Helena Smith (20)	12/01/2008	Rotary, Chatswood	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	9.99m		U14	Bronte Hodson (13)	12/11/2016	Rotary, Chatswood	<i>#</i>
Hammer - 4kg	62.90m		W30	Odette Palma (31)	16/6/2013	Rotary, Chatswood	
Hammer - 4kg	36.57m		W35	Melissa Bonser (38)	10/11/2008	Rotary, Chatswood	
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	11/10/2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.44m		W50	Caroline Layt (51)	26/10/2016	Perth	<i>#</i>
Hammer - 3kg	26.60m		W55	Gloria Seymon (56)	1993		
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	25/2/2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	3/05/2015	SOPAC, Homebush	<i>#</i>
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	<i>SR</i>
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney	<i>NR</i>
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000		<i>NR</i>
Javelin - 600g	57.60m		Open	Mackenzie Little (18)	4/04/2014	Lakeside, Melbourne	
Javelin - 600g	37.34m		U23	Jordana Cashman (22)	16/9/2006	Rotary, Chatswood	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	4/04/2014	Lakeside, Melbourne	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 500g	61.47m	U18	Mackenzie Little (16)	7/11/2013	Donetsk, Ukraine	
Javelin - 500g	56.68m	U17	Mackenzie Little (16)	30/11/2012	The Domain, Hobart	
Javelin - 500g	47.13m	U16	Mackenzie Little (15)	10/08/2011	SOPAC, Homebush	NR
Javelin - 500g	40.03m	U15	Annika Mountstephens (14)	2/06/2015	SOPAC, Homebush	
Javelin - 400g	36.16m	U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m	U13	V Hooper (11)	1982		
Javelin - 600g	30.63m	W30	Danielle Cotterill (32)	9/11/2013	Rotary, Chatswood	
Javelin - 600g	31.88m	W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m	W40	Alice Bohdan (43)	27/2/2016	Rotary, Chatswood	
Javelin - 600g	32.30m	W45	Marie Kay (49)	28/7/2009	Lahti, Finland	
Javelin - 500g	31.56m	W50	Marie Kay (50)	2/04/2010	Perth	
Javelin - 600g*	28.14m	W55	Gloria Seymon (56)	1993		
Javelin - 400g	14.63m	W60	Jillian Senior (60)	19/1/2013	Rotary, Chatswood	
Javelin - 400g	15.07m	W65	Roslyn Wolfers (67)	19/1/2013	Rotary, Chatswood	
Javelin - 500g	11.70m	W70	Roslyn Wolfers (70)	10/09/2016	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	10.51m	W90	Ruth Frith (92)	2002		NR
Weight Throw - 9.08kg	12.11m	Open	Caroline Layt (39)	3/01/2005	Brisbane	
Weight Throw - 9.08kg	7.42m	W30	Melissa Baulman-Jones (33)	20/2/2016	SOPAC, Homebush	
Weight Throw - 9.08kg	12.11m	W35	Caroline Layt (39)	3/01/2005	Brisbane	
Weight Throw - 9.08kg	12.08m	W40	Caroline Layt (44)	10/11/2009	SOPAC, Homebush	SR
Weight Throw - 9.08kg	11.99m	W45	Caroline Layt (47)	29/3/2013	AIS, Canberra	
Weight Throw - 7.26kg	13.92m	W50	Caroline Layt (51)	16/10/2016	Perth	#
Weight Throw - 7.26kg	8.75m	W55	Kerrie Jones (56)	6/03/2010	Campbelltown	
Weight Throw - 7.26kg	9.85m	W60	Jillian Senior (60)	3/11/2012	Campbelltown	
Weight Throw - 7.26kg	9.04m	W65	Jillian Senior (65)	3/05/2017	SOPAC, Homebush	#
Weight Throw - 7.26kg	7.78m	W85	Ruth Frith (86)	1995		NR
Weight Throw - 7.26kg	6.19m	W90	Ruth Frith (92)	2001	Sydney	NR
Heavyweight Throw						
Heavyweight Throw - 5.4k	15.14m	W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 7.2k	12.69m	W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 11.3	8.72m	W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 15.8	6.10m	W45	Maria Cimino (46)	3/08/2017	Campbelltown	#
Heavyweight Throw -56lb	3.94m	W45	Caroline Layt (48)	9/2/2014	Campbelltown	SR
Heavyweight Throw - 100	2.14m	W45	Caroline Layt (48)	9/2/2014	Campbelltown	SR
Heavyweight Throw -56lb	2.76m	W55	Jill Senior (58)	27/2/2011	Campbelltown	
Heavyweight Throw - 3kg	11.84m	W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 4kg	10.23m	W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 5.4k	8.82m	W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 9.0k	5.97m	W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw -56lb	2.86m	W60	Jill Senior (60)	11/3/2012	Campbelltown	SR
Heavyweight Throw - 100	1.01m	W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 3kg	12.12m	W65	Jill Senior (65)	8/03/2017	Campbelltown	#
Heavyweight Throw - 4kg	10.01m	W65	Jill Senior (65)	8/03/2017	Campbelltown	#
Heavyweight Throw - 5.4k	8.67m	W65	Jill Senior (65)	8/03/2017	Campbelltown	#
Heavyweight Throw - 9.0k	5.91m	W65	Jill Senior (65)	8/03/2017	Campbelltown	#
Heptathlon	5599 Pts	Open	Lesley Richards (21)	1985		
Heptathlon	5599 Pts	U23	Lesley Richards (21)	1985		
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)	11-12/10/2008	Lake Mcquarie	
Heptathlon	6185 Pts	W45	Marie Kay (49)	28/7/2009	Lahti, Finland	WR
Heptathlon	5832 Pts	W50	Marie Kay (50)	7/03/2010	Tahiti	
Heptathlon (rescored in 20	4015 Pts	W55	Gloria Seymon (56)	7/10/1993	Miyazaki, Japan	SR
Heptathlon	3757 Pts	W60	Gloria Seymon (60)	17/7/1997	Durban, South Africa	SR
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m (pre-2009)						
Pentathlon	3587 Pts	W30	Peta Bird	31/3-1/4/1991	AIS, Canberra	
Pentathlon (rescored from	3101 Pts	W35	Peta Bird	3/11/1995		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)	3/11/1998	SOPAC, Homebush	SR

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m (post 2009)							
Pentathlon	1942 Pts		W40	Maria Cimino (43)	3/04/2015	The Crest, Bankstown	
Pentathlon	2873 Pts		W45	Jacqueline Bezuidenhout (48)	1/10/2015	SOPAC, Homebush	
Pentathlon	2198 Pts		W50	Caroline Layt (50)	19/4/2016	Adelaide	
Pentathlon	1792 Pts		W60	Jillian Senior (61)	29/3/2013	ALS, Canberra	SR
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	2778 Pts		W35	Melissa Bonser (37)	21/3/2008	Blacktown	
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	10/11/2009	SOPAC, Homebush	
Throws Pentathlon	3192 Pts		W45	Caroline Layt (49)	3/04/2015	The Crest, Bankstown	
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	26/10/2016	Perth	#
Throws Pentathlon	2949 Pts		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	3/11/2012	Campbelltown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993		SR
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	7/03/1998	SOPAC, Homebush	NR
Throws Pentathlon (rescor	3598 Pts		W90	Ruth Frith (91)	24/04/2000	The Domain, Hobart	NR
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	3358 Pts		W45	Maria Cimino (45)	3/10/2016	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)	1/10/2012	Turner, ACT	
Relays							
Relay - 4 x 100m	46.62		Open	Annette Low (28), Kylie Hanigan (24), Jessie Shepherd (18), Veronica Lee (25)	1995		
Relay - 4 x 100m	46.62		Open	Gabriella O'Grady (19), Jasmine Everett (25), Olivia Tauro (26), Karlie Morton (23)	17/12/2016	SOPAC, Homebush	#
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 100m	48.28		U18	Gabriella O'Grady (17), Nicola Haggerty-Meyers (17), Adriana Rusman (16), Alice Falconer (15)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 100m	48.40		U16	Gabriella O'Grady (14), Nicola Haggerty-Meyers (14), Courtney Boyle (14), Katrina Hunt (15)	19//11/2011	SOPAC, Homebush	SR
Relay - 4 x 100m	51.42		U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	26-27/11/2016	Blacktown	#
Relay - 4 x 100m	49.45		W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	26-27/11/2016	Blacktown	#
Relay - 4 x 100m	50.69		W160+	Janet Naylor (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medlicott (38)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 100m	56.63		W200+	Deborah Drennan (57), Jenny Schell (53),Kylie Strong (49), Jackie Bezuidenhout (49),	14-15/11/2015	Blacktown	SR
Relay - 4 x 200m	1.36.75		Open	Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)	26-27/11/2016	Blacktown	#
Relay - 4 x 200m	1:39.90		U20	Elizabeth Clay (18), Maddison Gipson (18), Katerina Hunt (17), Gabriella O'Grady (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1:41.19		U18	Katrina Hunt (17), Gabriella O'Grady (16), Sophie McGovern (14), Alex Prendiville (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1:42.25		U16	Courtney Boyle (14), Katrina Hunt (15), Gabriella O'Grady (14), Kate Bonser (15)	20//11/2011	SOPAC, Homebush	
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	1.48.72		W120+	Janet Naylor (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medlicott (37)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	21/11/2009	Blacktown	
Relay 4 x 200m	2.03.27		W200+	Jenny Schell (52), Debra Drennan (56), Gabrielle Whelan (53), Suzanne Brown (49)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 400m	3.44.82		Open	Alexandra Bartholomew (22), Emma Hunt (24), Olivia Cason (19), Dominica Jenkins (27)	26-27/11/2016	Blacktown	#
Relay - 4 x 400m	3.52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown	
Relay - 4 x 400m	3:52.26		U18	Karlle Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 400m	3:59.56		U16	Karlie Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	18-19/11/2006	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	4:33.95		W160+	Deborah Drennan (53), Rebecca Gibbs (31), Jenny Schell (49), Mary Fien (39)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 400m	4:32.34		W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	26-27/11/2016	Blacktown	# SR
Relay - 4 x 800m	8:56.92		Open	Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 800m	9.29.50		U20	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoye (12), Nell Breslin (12), Zoe Latham (12)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23		W120+	Rebecca Gibbs (31), Deberoh Drennan (53), Jacqueline Bezuidenhout (45), Mary Fien (39)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	NR
Relay - 4 x 800m	13.33.97		W200+	Beck Myors (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	14-15/11/2015	Blacktown	
Relay - 4 x 1500m	18.46.2		Open	Trychelle Kingdom (23), Kasey Mumby (21), Emily Hopper (15), Emily Augustine (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	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	
Relay - 4 x 1500m walk	33.57.1		Open	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	14-15/11/2015	Blacktown	
Relay - 4 x 1500m walk	33.57.1		U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	14-15/11/2015	Blacktown	
Relay - Medley (100,100, 200, 400)	1:53.80		Open	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	2003/2004		
Relay - Medley (200,200,400,800)	3:52.33		Open	Carly Thomas (16), Alexandra Bartholomew (22), Olivia Cason (19), Renee Robson (38)	26-27/11/2016	Blacktown	#
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Rosemary Arnott (17), Dominica Jenkins (17), Rosie Tancred (17)	16/12/2006	SOPAC, Homebush	
Relay - 2x100m	24.05		Open	Gabriella O'Grady (18), Katrina Hunt (19)	31/1/2015	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)	19/11/2011	SOPAC, Homebush	
Relay - 4 x High Jump	6.10m		U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Long Jump	21.44m		Open	Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Long Jump	19.73m		U18	Sarah Healy (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	SOPAC, Homebush	
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x Shot Put	38.40m		U18	Caroline Hayes (16), Leonie Burnes (15), Amber Bennet (15), Lailanie Burnes (14)	1997		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Shot Put	34.91m		U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	26-27/11/2016	Blacktown	#
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	SR
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	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Hammer	105.48m		Open	Haruka Murata (19), Caroline Layt (39), Melissa Jones (21), Karen Jones (52)	2004		
Relay - 4 x Hammer	103.92m		U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998		
Relay - 4 x Javelin	148.39m		Open	Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)	18-19/11/2006	SOPAC, Homebush	SR
Relay - 4 x Javelin	135.29m		U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	26-27/11/2016	Blacktown	#
Relay - 4 x Javelin	95.10m		W120+	Beck Myers (42), Maria Cimino (44), Alice Bohdan (43), Caroline Layt (50)	26-27/11/2016	Blacktown	#
MEN 100yards	9.6h		Open	John Treloar (24)/ Phil Brown	1952/1957		
60m	6.68	1.8	Open	Joshua Clarke (18)	12/07/2013	SOPAC, Homebush	
60m	6.97	0.1	U23	Anthony Collum (20)	17/01/2015	Beaton Park, Wollongong	
60m	6.68	1.8	U20	Joshua Clarke (18)	12/07/2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	12/03/2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	12/03/2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	12/03/2011	Blacktown	
60m	8.30	-1.6	U13	Jordan Gao (12)	27/10/2012	The Crest, Bankstown	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	28/7/2013	Kagoshima, Japan	SR
60m	7.25	-1.8	M40	Ashley McMahon (41)	14/1/2017	Beaton Park, Wollongong	#
60m	7.72	-1.3	M45	Paul Stinson (45)	5/03/2017	SOPAC, Homebush	#
60m	7.70	-0.1	M50	Michael Gedz (50)	21/2/2016	SOPAC, Homebush	
60m	8.27	NWI	M55	David Smith (59)	21/2/2015	SOPAC, Homebush	
60m	8.25	0.1	M60	David Shearsby (60)	3/05/2015	SOPAC, Homebush	#
60m	9.44	0.0	M65	Hugh Colburn (65)	25/2/2012	The Crest, Bankstown	
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	SR
60m	8.8h	NWI	M75	Nick Bastas (77)	28/11/2015	Rotary Field, Chatswood	
60m	10.33	NWI	M80	Richard Hughes (82)	22/2/2015	SOPAC, Homebush	
100m	10.24	1.8	Open	Tim Jackson (25)	20/7/1994	Tønsberg, Norway	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	10/02/1989	E S Marks, Kensington	
100m	10.71	1.8	U23	Anthony Collum (20)	1/10/2015	SOPAC, Homebush	
100m	10.34	1.5	U20	Joshua Clarke (19)	15/3/2014	SOPAC, Homebush	
100m	10.53	NWI	U18	Joshua Clarke (16)	9/07/2012	Isle of Man	
100m	10.53	NWI	U17	Joshua Clarke (16)	9/07/2012	Isle of Man	
100m	10.72	0.1	U16	Joshua Clarke (15)	12/04/2010	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 Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	3/02/2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	16/3/2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	28/10/2016	Perth	#NR
100m	11.9h	NWI	M45	Paul Stinson (45)	8/10/2016	Rotary Field, Chatswood	#
100m	12.10	-0.4	M50	Michael Gedz (50)	20/2/1016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	9/01/2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.70		M65	Reg Austin	20001/02		
100m	14.48	1.8	M70	David Chantrill (73)	6/04/2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	11/10/2014	Rotary Field, Chatswood	
100m	16.2h	NWI	M80	Richard Hughes (82)	17/1/2015	Rotary Field, Chatswood	
100m	17.42	-1.4	M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	#
150m	17.60		Open	Daniel Nolan (23)	17/9/2016	Rotary, Chatswood	#
150m	18.36		U23	Simon Cox (20)	17/9/2016	Rotary, Chatswood	#
150m	19.51		U20	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U18	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U17	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U16	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	26.58		U14	Elijah McMahon (11)	17/9/2016	Rotary, Chatswood	#
150m	26.58		U13	Elijah McMahon (11)	17/9/2016	Rotary, Chatswood	#
150m	17.61		M40	Ashley McMahon (41)	17/9/2016	Rotary, Chatswood	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
150m	24.37		M65	Leslie Gillies (68)	21/11/2015	Rotary, Chatswood	
150m	25.2		M75	Nick Bastas (77)	21/11/2015	Rotary, Chatswood	
200m	20.93	1.9	Open	Tim Jackson (20)	9/10/1989	Barcelona, Spain	
200m	20.93	1.9	U23	Tim Jackson (20)	9/10/1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	1/02/2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	10/09/2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	22/12/2012	SOPAC, Homebush	
200m	23.62	1.5	U15	William Lloyd (14)	10/11/2013	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	17/12/2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	17/2/2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	26/2/2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	1/11/2016	Perth	# NR
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/2012	SOPAC, Homebush	
200m	25.45	1.9	M50	Anthony Crimi (54)	5/03/2016	SOPAC, Homebush	
200m	24.52	2.0	M55	Trevor Young (57)	9/01/2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	ALS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	25/2/2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	1/11/2014	Gold Coast	
200m	34.28	1.9	M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	
200m	36.93	-2.1	M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	#
300m	35.14		Open	James Gurr (26)	19/12/2009	SOPAC, Homebush	
300m	35.42		U23	Anthony Collum (20)	21/8/2016	Brisbane	#
300m	36.68		U20	Corey Furminger (19)	21/11/2015	SOPAC, Homebush	
300m	38.92		U18	Denford Moore (17)	19/12/2009	SOPAC, Homebush	
300m	41.03		U17	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	41.03		U16	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	41.03		U15	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	48.29		M30	Kieran Courtney (30)	19/12/2009	SOPAC, Homebush	
300m	40.36		M40	Evan Walsh (41)	19/12/2009	SOPAC, Homebush	
300m	43.35		M45	Anthony Crimi (48)	19/12/2009	SOPAC, Homebush	
300m	46.70		M50	Bradley Sharpe (54)	17/9/2016	Rotary, Chatswood	#
300m	55.72		M60	Doug Barrett (63)	17/9/2016	Rotary, Chatswood	#
300m	52.75		M65	Les Gillies (68)	21/11/2015	Rotary, Chatswood	
400m	46.17		Open	David Johnston (22)	1983		
400m	46.17		U23	David Johnston (22)	1983		
400m	46.29		U20	Louis Stenmark (17)	17/7/2015	Cali, Colombia	
400m	46.29		U18	Louis Stenmark (17)	17/7/2015	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	Damien Trimmingham	1987		
400m	47.30		M30	James Gurr (31)	20/12/2014	SOPAC, Homebush	
400m	47.83		M35	Antoine Burke (35)	25/3/2011	SOPAC, Homebush	
400m	50.33		M40	Ashley McMahon (41)	18/11/2016	Blacktown	# SR
400m	54.07		M45	Antony Guest (47)	30/3/2012	SOPAC, Homebush	
400m	57.76		M50	Antony Guest (51)	26/10/2016	Perth	#
400m	54.63		M55	Trevor Young (57)	18/4/2016	Santos Stadium, Adelaide	
400m	1.01.40		M60	Les Gillies (60)	16/3/2007	Santos Stadium, Adelaide	
400m	1.07.31		M65	Geoff Francis (65)	24/3/2007	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	8/03/2008	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)			
400m	1:24.56		M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	
400m	1:30.62		M85	Richard Hughes (85)	18/3/2017	The Crest, Bankstown	#
600m	1:59.18		U13	Loane Duncan (12)	17/9/2016	Rotary, Chatswood	#
600m	1:54.48		M45	Andy West (49)	17/9/2016	Rotary, Chatswood	#
600m	1:47.00		M50	Bradley Sharpe (54)	17/9/2016	Rotary, Chatswood	#
600m	2:14.75		M60	Doug Barrett (63)	17/9/2016	Rotary, Chatswood	#
800m	1.46.52		Open	James Gurr (27)	3/03/2011	Melbourne	
800m	1.46.66		U23	Tristan Garrett (22)	3/04/2010	Melbourne	
800m	1.46.65		U20	Grant Cremer (19)	25/2/1998	Melbourne	
800m	1.51.71		U18	Sam Hall (17)	12/09/2000	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)	9/10/2014	SOPAC, Homebush	
800m	2.18.3h		U13	R Pentecost	1967		
800m	1:48.86		M30	James Gurr (31)	19/12/2015	SOPAC, Homebush	
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	9-13/4/1998	QEII Stadium, Brisbane	
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	Rickhard Martin (55)	12/11/2010	SOPAC, Homebush	
800m	2.22.00		M60	Les Gillies (60)	6/04/2007	The Domain, Hobart	
800m	2.40.33		M65	Geoff Francis (67)	4/10/2009	Santos Stadium, Adelaide	
800m	2.54.66		M70	Ron Wills (70)	3/06/2010	Campbelltown	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
800m	3:25.80	M75	Charles Hobden (75)	22/10/2011	Rotary, Chatswood	
800m	3:35.11	M80	Richard Hughes (82)	21/2/2015	SOPAC, Homebush	
800m	3:46.48	M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	#
1000m	2:36.30	Open	Leo Peterson (24)	28/1/2017	Glendale, Newcastle	#
1500m	3:37.02	Open	James Kaan (23)	3/09/2013	SOPAC, Homebush	
1500m	3:40.30	U23	James Kaan (22)	21/1/2012	Glendale, Newcastle	
1500m	3:45.34	U20	James Connor (19)	30/3/2012	SOPAC, Homebush	
1500m	3:54.3h	U18	Nick Bromley (17)	2000/2001		
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	Elliott Metcalf (13)	10/11/2013	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)	9/10/2007	Riccione, Italy	
1500m	4:48.51	M55	Stephen Ball (56)	28/3/2010	Campbelltown	
1500m	5:16.17	M60	Geoff Francis	2002/03		
1500m	5:37.32	M65	Geoff Francis (67)	10/04/2009	Santos Stadium, Adelaide	
1500m	6:14.10	M70	Ron Wills (71)	9/04/2011	Blacktown	
1 Mile	4:00.53	Open	Jack Stapleton (20)	17/12/2015	The Crest, Bankstown	
1 Mile	4:00.53	U23	Jack Stapleton (20)	17/12/2015	The Crest, Bankstown	
1 Mile	4:23.84	U20	Fraser Garland-Barnes (19)	10/12/2016	The Crest, Bankstown	#
1 Mile	4:29.55	U18	Elliot Metcalf (16)	10/12/2016	The Crest, Bankstown	#
1 Mile	4:29.55	U17	Elliot Metcalf (16)	10/12/2016	The Crest, Bankstown	#
1 Mile	4:31.51	U16	Elliot Metcalf (15)	17/12/2015	The Crest, Bankstown	
1 Mile	4:58.22	M40	Connor Delahunty (43)	13/12/2011	The Crest, Bankstown	
1 Mile	5:14.85	M50	Bradley Sharpe (50)	13/12/2011	The Crest, Bankstown	
1 Mile	5:28.34	M55	Bradley Sharpe (55)	10/12/2016	The Crest, Bankstown	#
2000m	5:08.40	Open	Laurie Toogood (21)	18/3/1966		SR
3000m	8:00.79	Open	Jack Stapleton (21)	30/1/2016	Glendale, Newcastle	
3000m	8:00.79	U23	Jack Stapleton (21)	30/1/2016	Glendale, Newcastle	
3000m	8:13.54	U20	Ed Goddard (19)	12/11/2016	SOPAC, Homebush	#
3000m	8:29.0h	U18	Joel Fitzgerald (17)	2000/2001		
3000m	8:34.75	U17	Ruairidh MacDonald (16)	3/11/2010	SOPAC, Homebush	
3000m	8:47.2h	U16	John Vandenberg (15)	1970		
3000m	9:28:09	U15	Michael Westhuizen (14)	13/10/2016	SOPAC, Homebush	#
3000m	9:52.09	U14	Jared Simmons (12)	23/1/2010	SOPAC, Homebush	
3000m	9:52.09	U13	Jared Simmons (12)	23/1/2010	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)	4/02/2006	Adelaide	
3000m	10:21.66	M50	Stuart Paterson (50)	11/11/2006	SOPAC, Homebush	
3000m	10:25.3h	M55	Jim Seymon (58)	1995		
3000m	11:31.8h	M60	Geoff Francis	2002/03		
3000m	12:43.42	M65	Geoff Francis (67)	24/10/2009	Narrabeen	
3000m	14:05.1h	M70	Ron Wills (71)	30/10/2010	Rotary, Chatswood	
3200m	`11:44.08	Open	Dominic Bullock (22)	17/9/2016	Rotary, Chatswood	#
3200m	`11:44.08	U23	Dominic Bullock (22)	17/9/2016	Rotary, Chatswood	#
3200m	11:49.05	U13	Loane Duncan (11)	21/11/2015	Rotary, Chatswood	
5000m	13:59.0h	Open	John Farrington (25)	1970		
5000m	14:05.27	U23	James Connor (21)	4/06/2013	Melbourne	
5000m	14:28.0h	U20	Bruce Adams	1969		
5000m	15:17.4	U18	Joel Fitzgerald	2000/2001		
5000m	17:17.95	U17	G Lawson	1985		
5000m	17:17.95	U16	G Lawson	1985		
5000m	17:17.95	U15	G Lawson	1985		
5000m	16:10.29	M30	Tim Connors (30)	19/1/2006	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)	19/1/2006	SOPAC, Homebush	
5000m	17:42.13	M50	Jim Seymon (54)	15-20/4/1992	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)	10/11/2009	SOPAC, Homebush	
10000m	29:16.2h	Open	John Farrington (25)	1970		
10000m	31:50.67	U23	Ruairidh MacDonald (21)	28/2/2015	SOPAC, Homebush	
10000m	31:23.96	U20	Ed Goddard (19)	26/9/2016	Perth	#
10000m	34:03.57	M30	Ryan Cantrell (30)	31/3/2012	SOPAC, Homebush	
10000m	33:26.16	M35	Ray Wareham	2003/2004		
10000m	35:56.58	M40	Gary Mullins (40)	31/3/2012	SOPAC, Homebush	
10000m	35:27.06	M50	Jim Seymon (54)	15-20/4/1992	The Domain, Hobart	
10000m	35:50.36	M55	Jim Seymon (55)	1993		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10000m	41.10.9h		M60	Jim Seymon	1997/98		
110m Hurdles - 1.067m	14.21	0.6	Open	Gareth Watkins (20)	25/1/1998	Sydney	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	25/1/1998	Sydney	
110m Hurdles - 0.991m	14.18	-0.5	U20	Will Lloyd (18)	28/3/2017	SOPAC, Homebush Bay	#
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	10/09/2016	SOPAC, Homebush Bay	#
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	12/05/2015	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)	30/11/2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	12/02/2016	AIS, Canberra	#
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	15.70		M35	Clay Tompkins (38)	1991		SR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	2/08/2008	Townsville	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	15-20/4/1992	The Domain, Hobart	
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)	14/7/2001	Brisbane	SR
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacon Holt (20)	16/12/2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacon Holt (20)	16/12/2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacon Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	14/10/2016	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	28.98	0.4	M35	Ashley McMahon (36)	4/02/2012	SOPAC, Homebush	
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	4/02/2012	SOPAC, Homebush	
400m Hurdles - 0.914m	51.42		Open	Bryce Collins (19)	28/2/2015	SOPAC, Homebush	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	28/02/2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	9/11/2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	13/10/2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56:66		U16	Thomas Hunt (15)	17/12/2016	SOPAC, Homebush	#
400m Hurdles - 0.914m	1:17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	1:02.46		M35	Ashley McMahon (39)	18/10/2014	SOPAC, Homebush	
400m Hurdles - 0.914m	1:09.58		M40	David Murphy (43)	25/2/2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1:09.07		M45	Andrew Kohlrusch (46)	25/2/2012	The Crest, Bankstown	
400m Hurdles - 0.840m	1:18.16		M50	Stephen Ball	2004/05		
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	16/3/2007	Adelaide	
3000m Steeplechase 0.91 9.09.53			Open	Dylan Dudley (22)	15/2/2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914 9.09.53			U23	Dylan Dudley (22)	15/2/2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914 9.20.63			U20	Nick Bromley (19)	23/3/2002		
3000m Steeplechase 0.914 10:48.19			U18	Vikram Ramrakha (17)	25/3/2011	SOPAC, Homebush	
3000m Steeplechase 0.914 10:59.89			M35	Peter Hampshire	15-20/4/1992	The Domain, Hobart	
3000m Steeplechase 0.914 14:03.30			M45	Andy West (46)	22/2/2014	Glendale, Newcastle	
3000m Steeplechase 0.914 11:26.00			M50	Jim Seymon (54)	15-20/4/1992	The Domain, Hobart	
3000m Steeplechase 0.914 11:31.86			M55	Jim Seymon (55)	1993		
2000m Steeplechase - 0.9 5:49.97			Open	Dylan Dudley (22)	18/1/2014	Glendale, Newcastle	
2000m Steeplechase - 0.91 5:49.97			U23	Dylan Dudley (22)	18/1/2014	Glendale, Newcastle	
2000m Steeplechase - 0.91 6:00.58			U20	Chris White (16)	1986		
2000m Steeplechase - 0.91 6:00.58			U18	Chris White (16)	1986		
2000m Steeplechase - 0.91 6:00.58			U17	Chris White (16)	1986		
2000m Steeplechase - 0.91 6:04.27			U16	Chris White (15)	1985		NR
2000m Steeplechase - 0.76 6:31.73			U15	S Hudson (14)	1987		
2000m Steeplechase - 0.76 6:59.62			U14	Elliott Metcalf (13)	14/12/2013	SOPAC, Homebush	
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)	8/10/2016	Rotary, Chatswood	#
1500m Walk	8:38.0h		U13	J Davidson	1975		
1500m Walk	7:31.7h		M30	Mark Ransom	1995/96		
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)	16/1/2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	18/10/2014	Rotary, Chatswood	
3000m Walk	12:45.8h		Open	John Morison	2000/2001		
3000m Walk	12:45.8h		U20	John Morison	2000/2001		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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)	2016 and 14/10/2	SOPAC, Homebush	#
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush	
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96		
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)	7/03/2009	Rotary, Chatswood	
3000m Walk	18:13.9h		M75	Jim Seymon (78)	23/1/2016	Rotary, Chatswood	
5000m Walk	21:23.06		Open	Jay Felton (21)	26-28/2/2016	SOPAC, Homebush	
5000m Walk	21:23.06		U23	Jay Felton (21)	26-28/2/2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	29/3/2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		
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)	10/04/2009	Santos Stadium, Adelaide	SR
5000m Walk	27.13.67		M75	Jim Seymon (76)	8/03/2014	The Domain, Hobart	
10000m Walk	44:30.04		Open	Jay Felton (21)	31/03/2016	SOPAC, Homebush	
10000m Walk	44:30.04		U23	Jay Felton (21)	31/03/2016	SOPAC, Homebush	
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0h		M35	Mark Ransom	1998/99		
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)	5/01/2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	8/03/2014	The Domain, Hobart	
20000m Walk	1:46.21.86		Open	Steve Washburn (22)	17/7/2016	San Salvador	#
High Jump	2.23m		Open	Luke Russell (19)	12/12/1998	AIS, Canberra	
High Jump	1.90m		U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD	
High Jump	2.23m		U20	Luke Russell (19)	12/12/1998	AIS, Canberra	
High Jump	2.11m		U18	Theo Kaveris (17)	1986		
High Jump	1.96m		U17	Gordon Windeyer (16)	1971		
High Jump	1.90m		U16	Matthew Walker (15)	2/06/1905		
High Jump	1.90m		U16	A Urquart (14)	5/06/1905		
High Jump	1.90m		U15	A Urquart (14)	5/06/1905		
High Jump	1.78m		U14	J Delamare (13)	5/06/1905		
High Jump	1.65m		U13	William Richardson (12)	15/11/2008	Blacktown	
High Jump	1.65m		U13	Alex Willett (12)	30/11/2013	SOPAC, Homebush	
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)	22/10/2005	Campbelltown	
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		
High Jump	1.75m		M50	Clay Tompkins (50)	9/03/2003	SOPAC, Homebush	NR
High Jump	1.68m		M55	Clay Tomkins (55)	22/3/2008	Blacktown	SR
High Jump	1.61m		M60	Clay Tomkins (60)	29/3/2013	AIS, Canberra	NR
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.10m		M75	Nick Bastas (76)	11/01/2014	Gold Coast	
Pole Vault	4.63m		Open	Peter Dyer	1984		
Pole Vault	3.90m		U23	Alec Diamond (20)	31/3/2017	SOPAC, Homebush	#
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	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)	13/3/1999	Sydney	SR
Pole Vault	3.40m		M50	Tim McGrath (50)	16/3/2013	SOPAC, Homebush	
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.00m		M60	Jim McGrath (60)	20/7/1991	England	NR
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Pole Vault	2.40m		M70	Jim McGrath (70)	11/03/2001	Sydney	SR
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	6.94m	-0.6	U23	Alec Diamond (20)	30/3/2017	SOPAC, Homebush	#
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	31/3/2017	SOPAC, Homebush	#
Long Jump	7.22m	0.2	U17	Alex Willett (16)	31/3/2017	SOPAC, Homebush	#
Long Jump	7.11m	1.0	U16	Alex Willett (15)	12/02/2016	AIS, Canberra	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Long Jump	6.81m	1.2	U15	Alex Willett (14)	12/06/2015	Lakeside, Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	12/05/2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	12/06/2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	2/04/2012	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)	27/7/2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	7/12/2013	Campbelltown	SR
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	29/3/2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	23/1/2016	Rotary, Chatswood	
Long Jump	2.04m	NWI	M85	Ray Frith (88)	15-20/4/1992	The Domain, Hobart	NR
Triple Jump	15.76m	NWI	Open	Emmanuel Fakiye (19)	26/9/2016	Perth	#
Triple Jump	15.72m	0.7	U23	Emmanuel Fakiye (20)	4/01/2017	SOPAC, Homebush	#
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	26/9/2016	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)	8/10/2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	2/11/2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/3/2011	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)	6/03/1999	Sydney	NR
Triple Jump	12.83m		M50	Clay Tompkins (50)	8/03/2003	SOPAC, Homebush	NR
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	12/04/2010	The Crest, Bankstown	
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	11/02/2013	ES Marks, Kensington	SR
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	29/3/2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	8/3/2014	The Domain, Hobart	
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	31/3-1/4/1991	AIS, Canberra	NR
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/1/2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	30/9/2014	SOPAC, Homebush	
Shot Put - 6kg	16.05m		U20	Luke White	10/11/2008	The Crest, Bankstown	
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	12/03/2011	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy (15)	1997/98		
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy (14)	1995		
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	12/02/2016	AIS, Canberra	#
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	14/9/2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	20/1/2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	10/11/2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	14/1/2012	SOPAC, Homebush	
Shot Put - 7.26kg	12.61m		M45	M (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)	11/12/2012	Rotary, Chatswood	
Shot Put - 4kg	9.95m		M70	Robert Archer (70)	5/03/2017	SOPAC, Homebush	#
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	25/10/2014	Rotary, Chatswood	
Shot Put - 3kg	7.73m		M80	Michael Johnson (81)	5/03/2017	SOPAC, Homebush	#
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	31/3-1/4/1991	AIS, Canberra	NR
Discus - 2kg	60.45m		Open	Peter Elvy (20)	8/12/2000	Sydney	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	8/12/2000	Sydney	
Discus - 2kg*	55.45m		U20	Peter Elvy (19)	1999		
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	36.74m		M30	Carl Dubois (32)	1995		
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	25/2/2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	16/3/2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	15/11/2011	Rotary, Chatswood	
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)	25/2/2012	The Crest, Bankstown	
Discus - 1kg	31.49m		M70	Robert Archer (70)	5/03/2017	SOPAC, Homebush	#
Discus - 1kg	22.48m		M75	Nick Bastas (76)	10/04/2014	Rotary, Chatswood	
Discus - 1kg	22.61m		M80	Michael Johnson (81)	5/03/2017	SOPAC, Homebush	#
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990		
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		SR
Hammer - 7.26kg	61.51m		Open	William Brown (20)	22/10/2016	SOPAC, Homebush	#
Hammer - 7.26kg	61.51m		U23	William Brown (20)	22/10/2016	SOPAC, Homebush	#
Hammer - 6kg	63.61m		U20	William Brown (19)	17/10/2015	SOPAC, Homebush	
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988		

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Hammer - 5kg	48.83m	U17	Lachlan Antoinette (16)	29/10/2016	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)	13/10/2016	SOPAC, Homebush	#
Hammer - 3kg	34.98m	U13	Thomas Shannon (12)	28/11/2015	Blacktown	
Hammer - 7.26kg	38.39m	M30	Warren Jones (30)	9/10/2010	Rotary, Chatswood	
Hammer - 7.26kg	36.21m	M35	Warren Jones (35)	31/10/2015	The Crest, Bankstown	
Hammer - 7.26kg	33.88m	M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m	M45	Mark Cepak (49)	28/3/2009	The Crest, Bankstown	
Hammer - 6kg	38.38m	M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary, Chatswood	
Hammer - 6kg	26.66m	M55	Jim McGrath (55)	1986	Adelaide	
Hammer - 5kg	44.70m	M60	Peter Farmer (60)	12/01/2012	Rotary, Chatswood	
Hammer - 4kg	15.63m	M65	Bob Jones (65)	21-22/2/2016	SOPAC, Homebush	
Hammer - 4kg	26.73m	M70	Brian Hamilton (72)	2/06/2010	Rotary, Chatswood	
Hammer - 4kg	22.85m	M75	Nick Bastas (77)	27/2/2016	Rotary, Chatswood	
Hammer - 3kg	20.98m	M80	Jim McGrath (80)	28/1/2012	Rotary, Chatswood	
Hammer - 3kg	15.98m	M85	Ray Frith (87)	31/3-1/4/1991	ALS, Canberra	NR
Javelin - 800g	63.14m	Open	Peter Elvy	1995/96		
Javelin - 800g	61.74m	U23	Saxon Ward (20)	27/6/2015	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)	20/10/2013	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)	18/10/2009	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)	31/1/2015	Rotary, Chatswood	
Javelin - 400g	17.66m	M80	Jim McGrath (80)	24/9/2011	Rotary, Chatswood	
Javelin - 400g	11.70m	M85	Ray Frith (86)	1990	Olympic Park, Melbourne	
Weight Throw - 15.88kg	11.99m	Open	Michael Stark (29)	10/01/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.11m	M30	Warren Jones (31)	11/12/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m	M35	Ryan Dowling (37)	4/03/2017	SOPAC, Homebush	#
Weight Throw - 15.88kg	9.16m	M40	Andrew Watson (43)	3/11/2012	Campbelltown	
Weight Throw - 15.88kg	10.71m	M45	Mark Cepak (49)	10/04/2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	20/03/2010	ALS, Canberra	
Weight Throw - 11.34kg	10.35m	M55	Peter Lang (56)	24/1/2015	Rotary, Chatswood	
Weight Throw - 11.34kg	8.42m	M60	Peter Douglas (60)	1/11/2014	Rotary, Chatswood	
Weight Throw - 9.080kg	7.31m	M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 7.26kg	8.95m	M70	Charles Hobden (71)	8/12/2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m	M75	Nick Bastas (76)	1/11/2014	Gold Coast	
Weight Throw - 5.45kg	7.77m	M80	Jim McGrath (80)	27/2/2011	Campbelltown	
Heavyweight Throw						
Weight Throw - 9.08kg (2)	16.49m	M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Weight Throw - 11.34kg (1)	13.45m	M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Weight Throw - 45lb	7.96m	M30	Warren Jones (34)	7/02/2015	Beaton Park, Wollongong	
Weight Throw - 56lb	6.39m	M30	Warren Jones (34)	7/02/2015	Beaton Park, Wollongong	
Weight Throw - 100lb	2.50m	M30	Warren Jones (33)	2014		
Weight Throw - 9.08kg (2)	14.93m	M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (1)	13.07m	M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 45lb	7.25m	M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 56lb	5.95m	M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 100lb	2.37m	M35	Warren Jones (36)	3/10/2016	Beaton Park, Wollongong	#
Weight Throw - 56lb	3.86m	M45	Tim McGrath (46)	27/2/2011	Campbelltown	
Weight Throw - 5.45kg (1)	7.52m	M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 7.26kg (1)	6.77m	M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 11.34kg (1)	5.11m	M60	Bob Jones (64)	7/2/2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (1)	3.60m	M60	Bob Jones (64)	7/2/2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m	M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 5.45kg (1)	6.26m	M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 7.26kg (1)	5.74m	M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (1)	4.93m	M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 15.88kg (1)	3.84m	M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Decathlon	7915 Pts	Open	Peter Banks	1996/97		
Decathlon	6829 Pts	U23	Alec Diamond (20)	30-31/3/2017	SOPAC, Homebush	#
Decathlon	7271 Pts	U20	Alec Diamond (19)	31/3/2016	SOPAC, Homebush	
Decathlon	6631 Pts	U18	Sean Radi (17)	1987		
Decathlon	5827 Pts	U17	Sean Radi (15)	8/06/1905		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Decathlon	5827 Pts		U16	Sean Radi (15)	1986		
Decathlon	5407 Pts		M35	Ashley McMahon (37)	1/04/2014	Campbelltown	SR
Decathlon	5665 Pts		M40	Ashley McMahon (41)	9-10/1/2016	The Crest, Bankstown	SR
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	25/10/2014	AIS, Canberra	
Decathlon	4247 Pts		M55	Zoran Novicic (56)	26/10/2016	Perth	#
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	18/7/1991	Turku, Finland	SR
Heptathlon	4306 Pts		U16	Ben Carter (15)	26/3/2015	Brisbane	
Heptathlon	2731 Pts		U15	James McFadden (14)	31/3/2012	SOPAC, Homebush	
Heptathlon	2291 Pts		U14	Alex Willett (13)	1/05/2014	Campbelltown	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m							
Pentathlon	1761 Pts		U14	James McFadden (13)	8-9/1/2011	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang		SOPAC, Homebush	
Pentathlon (recored from 2010)	3150 Pts		M35	Clay Tompkins (35)	4/04/1988	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)	2/04/2010	Perth	
Pentathlon	3034 Pts		M55	Jim McGrath (55)	1986	Adelaide	
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)	6/10/2013	AIS, Canberra	SR
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	18/2/2017	SOPAC, Homebush	#
Throws Pentathlon	2487 Pts		M40	Andrew Watson (43)	3/11/2012	Campbelltown	
Throws Pentathlon	2354 Pts		M45	Tim McGrath (46)	27/2/2011	Campbelltown	
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	10/11/2009	SOPAC, Homebush	
Throws Pentathlon	2264 Pts		M55	Ian Heazlewood (56)	21/3/2008	Blacktown	
Throws Pentathlon	1096 Pts		M60	Bob Jones (61)	3/11/2012	Campbelltown	
Throws Pentathlon	1125 Pts		M65	Bob Jones (65)	5/03/2016		
Throws Pentathlon	1418 Pts		M75	Nick Bastis (78)	9/11/2016	Gold Coast	#
Throws Pentathlon	2196 Pts		M80	Jim McGrath (80)	27/2/2011	Campbelltown	
Heavyweight Throws Pentathlon							
Heavyweight Throws Pent	2578 Pts		M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Heavyweight Throws Pent	2374 Pts		M35	Warren Jones (35)	6/2/2016	Beaton Park, Wollongong	
Heavyweight Throws Pent	1213 Pts		M60	Bob Jones (64)	7/02/2015	Beaton Park, Wollongong	
Heavyweight Throws Pent	1182 Pts		M65	Bob Jones (65)	6/2/2016	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)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	19/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Ildaire (14)	17-18/11/2012	SOPAC, Homebush	SR
Relay - 4 x 100m	48.50		U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	19/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	46.49		M120+	John Skrivanic (40), Sheldon Cummins (34), Melissa Medicott (37), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 100m	48.36		M160+	Michael Gedz (49), Athony Guest (50), Anthony Crimi (54), Trevor Young (57)	14-15/11/2015	Blacktown	
Relay - 4 x 100m	49.07		M200+	Trevor Young (57), Gary Clark (51), Anthony Crimi (54), David Smith (60)	14-15/11/2015	Blacktown	
Relay - 4 x 100m	52.91		M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	26-27/11/2016	Blacktown	
Relay - 4 x 200m	1.25.82		Open	William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)	26-27/11/2016	Blacktown	#
Relay - 4 x 200m	1.28.62		U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1.28.62		U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	16-17/11/2013	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)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 200m	1.37.23		M30	Carl Dubois (31), Don Watt (32), Angus Stewart (33), Roger Crowhurst (31)	1994		
Relay - 4 x 200m	1.44.03		M160+	Tim Austin (34), Andrew Watson (42), Andrew Kohlrusch (46), Antony Guest (46)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 200m	1.41.46		M200+	Trevor Young (58), David Shearsby (59), Ashley McMahon (41), Ronald Ross (57)	26-27/11/2016	Blacktown	#
Relay - 4 x 200m	2:00.28		M240+	David Smith (56), Richard Hughes (82), Adam Parsonage (47), Anthony Crimi (53)	15-16/11/2014	SOPAC, Homebush	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 400m	3.12.25	Open	Luke Packham (18), Blake Vanderwoude (23), Paul Cummings (24), Antoine Burke (36)	11/3/2011	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)	16-17/11/2013	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)	17-18/11/2012	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	3:59.72	M200+	Les Gillies (59) , Stephen Ball (53), Stuart Paterson (50), John Skrivanic (41)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 800m	7:27.95	Open	Frazer Dowling (29), James Gurr (26), Nick Bromlev (26), Tristan Garrett (21)	22/11/2009	Blacktown	SR
Relay - 4 x 800m	7.46.20	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	17/12/2000	SOPAC, Homebush	SR
Relay - 4 x 800m	7.46.20	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	17/12/2000	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	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05	M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	19/12/1993	ES Marks, Kensington	SR
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	19/11/1997	SOPAC, Homebush	SR
Relay - 4 x 800m	9.22.70	M160+	Brad Sharpe (55), Frazer Dowling (37), Farjaam Atshan (30), Andrew Williams (45)	26-27/11/2016	Blacktown	#
Relay - 4 x 800m	9.22.12	M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	14-15/11/2015	Blacktown	
Relay - 4 x 800m	10.45.93	M240+	Kevin Chamberlain (54), Doug Barrett (64), Les Gilles (69), Brad Sharpe (55)	26-27/11/2016	Blacktown	#
Relay - 4 x 1500m	15:50.39	Open	James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	17/12/2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000/01	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	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	17/12/1995	ES Marks, Kensington	SR
Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	29/11/1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	SOPAC, Homebush	
Relay -800m Medley (10)	1:38.10	Open	Ray Barbat, Mitchell Roberts, Mark Caulfield, M	2002/2003	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)	17-18/11/2012	SOPAC, Homebush	
Relay - 1600m Medley (200,200,400,800)	3:58.81	U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	16/12/2006	SOPAC, Homebush	
Relay - 2x100m	21.45	Open	Ashley McMahon (41), Elijah Williams (21)	28/2/2017	Hunter Sports Centre, Glendale	#
Relay - 4 x 1500m Walk	28:58.01	Open	Jay Felton (19), Steve Washburn (20), Martin Leerberg (11), Nick Walker (28)	15-16/11/2014	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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	15-16/11/2015	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	53.93m		Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	49.01m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	26-27/11/2016	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)	19/11/2011	SOPAC, Homebush	
Relay - 4 x Discus	156.04m		Open	Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)	26-27/11/2016	Blacktown	#
Relay - 4 x Discus	167.10m		U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Discus	132.15m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	26-27/11/2016	Blacktown	
Relay - 4 x Hammer	120.77m		Open	Peter Lang (45), Warren Jones (23), Michael Stark (21), Ross Douglas (51)	2003	SOPAC, Homebush	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	
Relay - 4 x Javelin	189.12m		Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	15-16/11/2008	Blacktown	SR
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	14-15/11/2015	Blacktown	
Relay - 4 x Javelin	116.95m		M120+	Ryan Dowling (37), Mark Cepak (57), Zoran Novicic (56), Warren Jones (35)	26-27/11/2016	Blacktown	#

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)	26/1/2008	Manoa, Hawaii, USA	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/1/2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	25/1/2014	Albuquerque, USA	
60m	8.36	Ind	W40	Jacqueline Bezuidenhout (41)	19/3/2008	Clermont-Ferrand, France	
60m	8.91	Ind	W45	Janet Naylor (45)	3/04/2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylor (50)	17/3/2017	Daegu, South Korea	#
200m	25.68	Ind	Open	Madison Gipson (19)	14/2/2014	Albuquerque, USA	
200m	25.68	Ind	U20	Madison Gipson (19)	14/2/2014	Albuquerque, USA	
200m	27.57	Ind	W40	Jacqueline Bezuidenhout (41)	19/3/2008	Clermont-Ferrand, France	
200m	25.85	Ind	W45	Marie Kay (48)	19/3/2008	Clermont-Ferrand, France	WR
400m	56.32	Ind	Open	Madison Gipson (20)	13.2.2015	Albuquerque, USA	
400m	56.99	Ind	W45	Marie Kay (48)	22/3/2008	Clermont-Ferrand, France	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	3/06/2010	Kamloops, Canada	
800m	2:10.07	Ind	Open	Thalia Amanakis (22)	3/01/2008	Albuquerque, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	3/06/2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	19/3/2016	Portland, USA	
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	25/3/2017	Daegu, South Korea	#
Mile	5:11.01	Ind	Open	Charlotte Wilson (21)	16/2/2013	Norman, USA	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	28/2/2015	Boise, USA	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqueline Bezuidenhout (41)	20/3/2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	NR
Long Jump	5.57m	Ind	Open	Marie Kay (48)	20/3/2008	Clermont-Ferrand, France	NR
Long Jump	5.48m	Ind	U23	Jacinta Fisher (20)	4/02/2017	College Station, USA	#
Long Jump	4.74m	Ind	W40	Jacqueline Bezuidenhout (41)	20/3/2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/3/2008	Clermont-Ferrand, France	NR
Long Jump	5.16m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
High Jump	1.51m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
Triple Jump	11.85m	Ind	Open	Jacinta Fisher (20)	11/02/2017	Fayetteville, USA	#
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	5/03/2010	Kamloops, Canada	
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	25/03/2014	Budapest, Hungary	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	5/03/2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	25/03/2014	Budapest, Hungary	
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	<i>WR</i>
Relay - 4 x 200m	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylon (41), Marie Kay (48)	22/3/2008	Clermont-Ferrand, France	<i>NR</i>
MEN							
60m	7.04	Ind	Open	Phil Krok (21)	27/2/2009	Flagstaff, USA	
60m	7.38	Ind	M35	Ashley McMahon (39)	2/08/2014	Munich, Germany	<i>NR</i>
60m	7.38	Ind	M35	Ashley McMahon (39)	19/2/2014	Hamburg, Germany	<i>NR</i>
60m	7.21	Ind	M40	Ashley McMahon (41)	21/2/2016	London, United Kingdom	
200m	22.11	Ind	Open	Phil Krok (21)	13/2/2009	Bozeman (USA)	
200m	23.70	Ind	M35	Ashley McMahon (39)	2/08/2014	Munich, Germany	<i>NR</i>
200m	23.53	Ind	M40	Ashley McMahon (41)	21/2/2016	London, United Kingdom	
400m	53:32	Ind	M40	Ashley McMahon (41)	3/12/2017	Lee Valley, United Kingdom	#
800m	2:16.28	Ind	M50	Stuart Paterson (51)	22/3/2008	Clermont-Ferrand, France	
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	22/3/2017	Daegu, South Korea	#
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	22/3/2008	Clermont-Ferrand, France	
1500m	5:16.45	Ind	M55	Stuart Paterson (55)	3/04/2012	Jyvaskyla, Finland	

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)	8/02/2014	Upjohn Park, Dundas
2km Cross Country	6:39	Open	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U20	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U18	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U16	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U14	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	7:30	U12	Rebecca Terry (10)	1/06/2013	Miranda Park
2km Cross Country	7:56	W30	Rebecca Gibbs (31)	23/7/2011	Cowells Lane Reserve, Ermington
2km Cross Country	12:39	W50	Jennifer Crockart (53)	21/5/2016	Bella Vista Farm Park
2km Cross Country	8:42	W55	Deborah Drennan (56)	18/4/2015	Scarborough Park, Ramsgate
2km Cross Country	14:35	W60	Nancy Lloyd (62)	9/03/2016	Heritage Park, Castle Hill
2km Cross Country	10:52	W70	Lesley Eller (70)	13/4/2013	Queen Elizabeth Park, Concord
2.5km Cross Country	8:33	U20	Emily Hopper (16)	2/08/2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:33	U18	Emily Hopper (16)	2/08/2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:51	U16	Annabel McDermott (14)	3/08/2013	Upjohn Park, Rydalmere
2.5km Cross Country	9:22	U14	Emily Augustine (13)	17/7/2010	Upjohn Park, Rydalmere
2.5km Cross Country	10:29	U12	Molly Quoyale (11)	21/5/2011	Upjohn Park, Rydalmere
2.5km Cross Country	23:37	W55	Susan Rilen (55)	26/5/2012	Upjohn Park, Rydalmere
2.5km Cross Country	16:34	W60	Dorothy Kass (60)	3/08/2013	Upjohn Park, Rydalmere
3km Cross Country	9:40	U20	Emily Hopper (16)	31/5/2014	Miranda Park
3km Cross Country	9:40	U18	Emily Hopper (16)	31/5/2014	Miranda Park
3km Cross Country	10:36	U16	Olivia Dooley (13)	17/6/2010	Eastern Creek
3km Cross Country	10:36	U14	Olivia Dooley (13)	17/6/2010	Eastern Creek
3km Cross Country	11:37	U13	Hannan Cerezo (12)	20/6/2015	Brownsville
4km Cross Country	13.06	Open	Abigail Regan (23)	1/06/2013	Miranda Park
4km Cross Country	13:26	U23	Eliza Sttewart (20)	3/06/2007	Miranda Park
4km Cross Country	13:25	U20	Lucy Starrat (18)	2/05/2006	Scarborough Park, Ramsgate
4km Cross Country	13:28	U18	Annabel McDermott (17)	28/5/2016	Miranda Park
4km Cross Country	14:19	U17	Annabel McDermott (16)	20/6/2015	Brownsville
4km Cross Country	14:35	U16	Emily Augustine (15)	9/06/2012	George Kendall Reserve, Ermington
4km Cross Country	15:30	U15	Hannah Cerezo (13)	6/04/2016	George Kendall Reserve, Ermington
4km Cross Country	15:30	U14	Hannah Cerezo (13)	6/04/2016	George Kendall Reserve, Ermington
4km Cross Country	18:22	U12	Rebecca Terry (11)	27/5/2014	Bella Vista
4km Cross Country	14:50	W30	Mary Fien (34)	2/06/2007	Miranda Park
4km Cross Country	17:19	W40	Mary Fien (41)	31/5/2014	Miranda Park
4km Cross Country	19:01	W45	Robyn Suttor (48)	2/06/2007	Miranda Park
4km Cross Country	17:17	W50	Deborah Drennan (54)	9/06/2012	George Kendall Reserve, Ermington

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4km Cross Country	17:40		W55	Deborah Drennan (55)	8/06/2013	George Kendall Reserve, Ermington	
4km Cross Country	20:40		W60	Lesley Eller (63)	30/4/2006	Scarborough Park, Ramsgate	
5km Cross Country	17.45		Open	Lucy Starrat (18)	15/7/2006	The Crest, Bankstown	
5km Cross Country	18:30		U23	Kasey Mumby (22)	8/02/2014	Upjohn Park, Rydalmere	
5km Cross Country	17:45		U20	Lucy Starrat (18)	15/7/2006	The Crest, Bankstown	
5km Cross Country	19:55		U18	Emily Augustine (15)	4/08/2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55		U16	Emily Augustine (15)	4/08/2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06		U14	Abigail Johnstone (13)	9/5/2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08		W30	Mary Fien (32)	17/7/2004	Mt Penang	
5km Cross Country	20:32		W45	Jo Cowan (48)	17/7/2004	Mt Penang	
5km Cross Country	23:27		W50	Deborah Drennan (54)	1/09/2012	Upjohn Park, Rydalmere	
5km Cross Country	23:45		W55	Deborah Drennan (57)	9/5/2015	River Rd Reserve, Emu Plains	
5km Cross Country	31:29		W60	Nancy Lloyd (61)	9/5/2015	River Rd Reserve, Emu Plains	
6km Cross Country	21.14		Open	Lena Yali	1992		
6km Cross Country	23:07		U20	Frances Schmiede (18)	25/6/2011	Willandra, Nowra	
6km Cross Country	28:34		W55	Deborah Drennan (55)	22/6/2013	Willandra, Nowra	
6.2km Cross Country	22.47		Open	Eliza Stewart (22)	4/06/2008	France	
7km Cross Country	26:25		Open	Kasey Mumby (21)	20/4/2013	Scarborough Park, Ramsgate	
7km Cross Country	26:25		U23	Kasey Mumby (21)	20/4/2013	Scarborough Park, Ramsgate	
7km Cross Country	31:26		U20	Holly Ratajecz (19)	20/4/2013	Scarborough Park, Ramsgate	
7.5km Cross Country	28:34		Open	Eliza Stewart (25)	21/5/2011	Upjohn Park, Rydalmere	
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	21/5/2011	Upjohn Park, Rydalmere	
8km Cross Country	27.16		Open	Eliza Stewart (22)	23/8/2008	Geelong, Vic	
8km Cross Country	33:53		W30	Rebecca Gibbs (31)	14/5/2011	George Kendall Reserve, Ermington	
10km Cross Country	39:44		Open	Elise Gallen (22)	26/6/2016	Willandra, Nowra	
10km Cross Country	39:44		U23	Elise Gallen (22)	26/6/2016	Willandra, Nowra	
10km Cross Country	52:03		U20	Libby Augustine (17)	30/4/2011	Scarborough Park, Ramsgate	
10km Cross Country	52:03		U18	Libby Augustine (17)	30/4/2011	Scarborough Park, Ramsgate	
10km Cross Country	45:12		W30	Rebecca Gibbs (31)	6/11/2011	River Rd Reserve, Emu Plains	
4x2km Cross Country Relay	28:53		U14	Ruby Hackett (12), Elle Farrington (13), Katie Furnis	13/7/2004	Miranda Park	
4x2km Cross Country Relay	31:29		U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brenn	1/06/2013	Miranda Park	
4x3km Cross Country Relay	43:59		U20	Annabel McDermott (15), Natalie Norris (14), Emily	31/5/2014	Miranda Park	
4x3km Cross Country Relay	43:59		U18	Annabel McDermott (15), Natalie Norris (14), Emily	31/5/2014	Miranda Park	
4x3km Cross Country Relay	45:24		U16	Ruby Hackett (15), Rebekah Cormack (15), Libby Au	2/06/2007	Miranda Park	
4x4km Cross Country Relay	56:02		Open	Abigail Regan (23), Charlotte Wilson (21), Brittan	1/06/2013	Miranda Park	
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (1	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (1	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furnis	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor	2/06/2007	Miranda Park	
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Dr	1/06/2013	Miranda Park	
Mountain Running							
8km Mountain Run	44.51		Open	Mary Fien (34)	24/2/2007	Mt Kembla	
10km Mountain Run	1:05:00.0		Open	Kate Hobbs (19)	29/3/2015	Mt Canoblas, Orange	
10km Mountain Run	1:05:48		U23	Kate Hobbs (20)	20/3/2016	Mt Canoblas, Orange	
10km Mountain Run	1:05:00.0		U20	Kate Hobbs (19)	29/3/2015	Mt Canoblas, Orange	
Road							
2km Road Race	6.34		Open	Emily Hopper (16)	12/07/2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U20	Emily Hopper (16)	12/07/2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U18	Emily Hopper (16)	12/07/2014	Newcasatle University, Ourimbah	
2km Road Race	6:48		U16	Ruby Hackett (13)	30/7/2005	Flagstaff Point, Wollongong	
2km Road Race	6:48		U14	Ruby Hackett (13)	30/7/2005	Flagstaff Point, Wollongong	
2km Road Race	7:29		W30	Rebecca Gibbs (31)	13/8/2011	Rydalmere	
2km Road Race	7:52		W50	Stacey Quitzau (51)	11/08/2012	Rydalmere	
2km Road Race	11:22		W55	Susan Rilen (57)	25/4/2015	Rydalmere	
2km Road Race	11:23		W60	Dorothy Kass (60)	10/08/2013	Rydalmere	
2.5km Road Race	9:15		U14	Hannah Cerezo (12)	2/05/2015	Sydney Olympic Park	
2.5km Road Race	9:58		U12	Molly Quoyle (10)	4/06/2011	Sydney Olympic Park	
3km Road Race	10:40		U16	Ruby Hackett (13)	7/05/2005	Army Base, Holsworthy	
3km Road Race	10:40		U14	Ruby Hackett (13)	7/05/2005	Army Base, Holsworthy	
4km Road Race	14:03		Open	Rebekah Smeltzer (22)	9/07/2011	Flagstaff Point, Wollongong	
4km Road Race	14:03		U23	Rebekah Smeltzer (22)	9/07/2011	Flagstaff Point, Wollongong	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4km Road Race	14:16		U20	Fran Schmiede (17)	10/07/2010	Flagstaff Point, Wollongong	
4km Road Race	14:16		U18	Fran Schmiede (17)	10/07/2010	Flagstaff Point, Wollongong	
4km Road Race	14:44		U16	Hannah Cerezo (13)	6/08/2016	Prospect Reservoir	
4km Road Race	14:44		U14	Hannah Cerezo (13)	6/08/2016	Prospect Reservoir	
4km Road Race	15:38		W35	Mary Fien (39)	7/07/2012	Newcastle University, Ourimbah	
4km Road Race	17:46		W45	Robyn Suttar (49)	2/08/2008	Flagstaff Point, Wollongong	
4km Road Race	16:36		W50	Stacey Quitzau (51)	7/07/2012	Newcastle University, Ourimbah	
4km Road Race	17:34		W55	Deborah Drennan (56)	11/07/2015	Newcastle University, Ourimbah	
4km Road Race	22:29		W60	Nancy Lloyd (60)	26/4/2014	Rydalmere	
5km Road Race	17.52		Open	Frances Schmiede (18)	4/06/2011	Sydney Olympic Park	
5km Road Race	17.52		Open	Sarah Marvin (19)	5/07/2016	Sydney Olympic Park	
5km Road Race	17.52		U20	Sarah Marvin (19)	5/07/2016	Sydney Olympic Park	
5km Road Race	17.52		U20	Frances Schmiede (18)	4/06/2011	Sydney Olympic Park	
5km Road Race	18:13		U18	Emily Augustine (15)	5/06/2012	Sydney Olympic Park	
5km Road Race	18:13		U16	Emily Augustine (15)	5/06/2012	Sydney Olympic Park	
5km Road Race	25:31		W45	Kim Wilson (47)	2/05/2015	Sydney Olympic Park	
5km Road Race	27:11		W50	Stacey Quitzau (52)	5/06/2012	Sydney Olympic Park	
6km Road Race	25.09		U20	Erin Smithson (18)	5/06/2006	Army Base, Holsworthy	
8km Road Race	29:09.88		Open	Kasey Mumby (22)	31/8/2014	Sydney Olympic Park	
8km Road Race	32:17		U20	Antonia Howard (19)	9/07/2016	Winston Hills	
8km Road Race	33:47		W30	Rebecca Gibbs (31)	5/05/2011	Rydalmere	
10km Road Race	34.27		Open	Eliza Stewart (22)	5/3/2008	Sydney Olympic Park	
10km Road Race	34.27		U23	Eliza Stewart (22)	5/3/2008	Sydney Olympic Park	
10km Road Race	34:29		U20	Annabel McDermott (17)	7/5/2016	Sydney Olympic Park	
10km Road Race	34:29		U18	Annabel McDermott (17)	7/5/2016	Sydney Olympic Park	
10km Road Race	45:23		U16	Emma Brown (14)	7/5/2016	Sydney Olympic Park	
10km Road Race	47:05		W35	Evelyn Goessler (39)	1/15/2010	Sydney Olympic Park	
10km Road Race	48:08		W40	Suzanne Brown (43)	2/5/2009	Sydney Olympic Park	
10km Road Race	49:31		W50	Deborah Drennan (54)	4/5/2013	Sydney Olympic Park	
10km Road Race	49:54		W55	Deborah Drennan (55)	3/5/2014	Sydney Olympic Park	
10km Road Race	58:52		W60	Nancy Lloyd (61)	3/5/2014	Sydney Olympic Park	
14km City to Surf	1:03.56		Open	Alice Tancred (17)	13/8/2006	Sydney	
15km Road Race	57.03		Open	Trychelle Kingdom (24)	19/10/2014	Fernleigh Track, Newcastle	
Half Marathon	1:15.56		Open	Eliza Stewart (20)	6/10/2007	Sydney	
Half Marathon	2:04:01		W40	Beck Myors (43)	28/8/2016	Sydney Olympic Park	
Half Marathon	2:12:44		W45	Susan Rilen (49)	6/10/2007	Sydney	
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	31/12/2006	Sydney	
Marathon	2:50.00		Open	Elizabeth Richards	1976		
4x2km Road Relay	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wolle	12/07/2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	30:17		U14	Ruby Hackett (13), Katrina Panazzolo, Melissa Farrin	30/7/2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U18	Elle Farrington (14), Katrina Panazzola, Ruby Hackett	30/7/2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U16	Elle Farrington (14), Katrina Panazzola, Ruby Hackett	30/7/2005	Newcastle University, Wollongong	
4x4km Road Relay	58:01:00		Open	Rebekah Smeltzer (22), Elizabeth Watson (22), Br	9/07/2011	Flagstaff Point, Wollongong	
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold	10/07/2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Sl	14/7/2014	Flagstaff Point, Wollongong	
Walks							
2km Road Walk	9:40		U14	Eliza DeLaine (13)	16/6/2013	Penrith Lakes	
5km Road Walk	30.21		W40	Suzanne Brown (43)	28/6/2009	Penrith Lakes	
5km Road Walk	34:21		W45	Carmel Parker (49)	22/6/2014	Harrington Park Lake, Narellan	
5km Road Walk	34:49		W50	Carmel Parker (51)	10/07/2016	Penrith Lakes	
5km Road Walk	33:18		W55	Nancy Lloyd (56)	28/6/2009	Penrith Lakes	
10km Road Walk	50.04		Open	Fiona Alldis (19)	9/02/2007	Perth	
10km Road Walk	50.04		U20	Fiona Alldis (19)	9/02/2007	Perth	
10km Road Walk	1:09.10.0h		W40	Suzanne Brown (42)	2008	Blacktown	
10km Road Walk	1:10:03		W45	Suzanne Brown (47)	26/5/2013	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)	24/5/2009	Harrington Park Lake, Narellan	
15km Road Walk	1:53:50		W40	Suzanne Brown (44)	1/08/2010	Penrith	
15km Road Walk	1:58:58		W45	Suzanne Brown (49)	26/7/2015	Harrington Park Lake, Narellan	
15km Road Walk	1:39.05		W50	Nancy Lloyd (53)	15/7/2007	Five Dock	
20km Road Walk	1:46.13		Open	Fiona Alldis (19)	15/7/2007	Five Dock	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10mile Road Walk	1:29.37	Open	Fiona Alldis (19)	10/06/2007	Lake Burley Griffin, ACT	
MEN						
Cross Country						
1.5km Cross Country	5:39	U12	Trent Morton (10)	16/7/2005	Mt Penang	
2km Cross Country	6:21	Open	Nick Walker (21)	8/06/2013	George Kendall Reserve, Ermington	
2km Cross Country	6:52	U20	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U18	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U16	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U14	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	7:10	U12	William Maffey (11)	8/06/2013	George Kendall Reserve, Ermington	
2km Cross Country	8:12	M40	Andy West (44)	8/06/2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08	M50	Bradley Sharpe (54)	18/4/2015	Scarborough Park, Ramsgate	
2km Cross Country	7:17	M55	Bradley Sharpe (55)	8/06/2016	Prospect Reservoir Reserve	
2km Cross Country	10:15	M65	David Archbold (65)	14/5/2011	George Kendall Reserve, Ermington	
2km Cross Country	11:49	M75	Charles Hobden (77)	13/4/2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	7:54	Open	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7:54	U20	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7:54	U18	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7:54	U16	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	9:26	U14	Will North (13)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:31	U12	Marino Doyle (9)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	8:53	M30	Frazer Dowling (32)	30/7/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	20:06	M40	James Fitzgerald (41)	30/7/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	10:18	M45	Brett Collett (47)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	9:27	M50	Bradley Sharpe (51)	1/09/2012	Upjohn Park, Rydalmere	
2.5km Cross Country	9:44	M55	Bradley Sharpe (55)	28/8/2016	Upjohn Park, Rydalmere	
2.5km Cross Country	13:54	M65	David Archbold (66)	21/5/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	15:07	M75	Charles Hobden (75)	21/5/2011	Upjohn Park, Rydalmere	
3km Cross Country	9:38	U18	Elliott Metcalf (13)	1/06/2013	Miranda Park	
3km Cross Country	9:38	U16	Elliott Metcalf (13)	1/06/2013	Miranda Park	
3km Cross Country	9:38	U14	Elliott Metcalf (13)	1/06/2013	Miranda Park	
3km Cross Country	10:36	U13	Elliott Metcalf (12)	23/6/2012	Willandra, Nowra	
4km Cross Country	11:17	Open	James Connor (21)	1/06/2013	Miranda Park	
4km Cross Country	11:17	U23	James Connor (21)	1/06/2013	Miranda Park	
4km Cross Country	12:12	U20	Ed Goddard (19)	28/5/2016	Miranda Park	
4km Cross Country	12:46	U18	Xavier Black (17)	29/5/2010	Miranda Park	
4km Cross Country	13:30	U16	Elliot Metcalf (15)	11/04/2015	Queen Elizabeth Park, Concord	
4km Cross Country	14:09	U15	Elliot Metcalf (13)	9/06/2012	George Kendall Reserve Ermington	
4km Cross Country	14:09	U14	Elliot Metcalf (13)	9/06/2012	George Kendall Reserve Ermington	
4km Cross Country	12:14	M30	Frazer Dowling (33)	1/06/2013	Miranda Park	
4km Cross Country	15:07	M35	Roger Hastie (35)	4/06/2005	Miranda Park	
4km Cross Country	13:40	M40	Connor Delahunty (42)	29/5/2010	Miranda Park	
4km Cross Country	13:58	M45	Stuart Paterson (48)	4/06/2005	Miranda Park	
4km Cross Country	13:53	M50	Stuart Paterson (50)	2/06/2007	Miranda Park	
4km Cross Country	16:00	M55	Stephen Ball (56)	29/5/2010	Miranda Park	
4km Cross Country	16:34	M60	Geoff Francis (62)	13/7/2004	Miranda Park	
4km Cross Country	19:08	M65	Geoff Francis (68)	29/5/2010	Miranda Park	
4km Cross Country	21:00	M70	Ron Wills (71)	16/4/2011	Bella Vista Farm Park	
4km Cross Country	22:55	M75	Charles Hobden (76)	1/06/2013	Miranda Park	
5km Cross Country	15:13	Open	Ed Goddard (19)	30/07/2016	West Dapto	
5km Cross Country	15:13	U20	Ed Goddard (19)	30/07/2016	West Dapto	
5km Cross Country	16:11	U18	Eliot Metcalf (16)	30/7/2016	West Dapto	
5km Cross Country	21:04	U14	Duncan Loane (12)	28/8/2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41	M40	Andy West (44)	6/11/2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07	M50	Bradley Sharpe (50)	6/11/2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:14	M55	Stephen Ball (57)	17/7/2010	Upjohn Park, Rydalmere	
5km Cross Country	24:09	M60	Doug Barrett (61)	2/08/2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08	M65	Geoff Francis (68)	17/7/2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27	M70	Ron Wills (71)	27/8/2011	Upjohn Park, Rydalmere	
6km Cross Country	18.40	U18	Ruairidh MacDonald (15)	20/8/2011	Canberra	
6km Cross Country	18.40	U17	Ruairidh MacDonald (15)	20/8/2011	Canberra	
6km Cross Country	18.40	U16	Ruairidh MacDonald (15)	20/8/2011	Canberra	
7.5km Cross Country	23:58	Open	Matt Cox (25)	1/08/2015	Upjohn Park, Rydalmere	
7.5km Cross Country	23:59	U23	Ruairidh MacDonald (22)	30/7/2016	West Dapto	
7.5km Cross Country	27:57	U20	Nicholas Walker (19)	17/7/2004	Mt Penang	
7.5km Cross Country	27:34	M30	Frazer Dowling (31)	17/7/2010	Upjohn Park, Rydalmere	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	17/7/2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	17/7/2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57		M50	Stephen Ball (50)	17/7/2004	Mt Penang	
7.5km Cross Country	38:50		M55	David Archbold (58)	17/7/2004	Mt Penang	
7.5km Cross Country	33:36		M60	Geoff Francis (62)	17/7/2004	Mt Penang	
8km Cross Country	24.41		Open	Alex Pettigrew (18)	17/6/2010	Eastern Creek	
8km Cross Country	24.41		U20	Alex Pettigrew (18)	17/6/2010	Eastern Creek	
8km Cross Country	31:05		U18	Elliot Metcalf (14)	19/4/2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05		U16	Elliot Metcalf (14)	19/4/2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58		U14	Elliot Metcalf (13)	13/4/2013	Queen Elizabeth Park, Concord	
8km Cross Country	28:36		M40	Stuart Paterson (44)	4/07/2001	Brisbane	
8km Cross Country	29:49		M45	Stuart Paterson (49)	15/7/2006	The Crest Bankstown	
8km Cross Country	33:23		M55	Stephen Ball (57)	16/4/2011	Bella Vista Farm Park	
8km Cross Country	37:08		M60	Doug Barrett (60)	30/6/2012	Prospect Reservoir	
8km Cross Country	42:07		M65	Geoff Francis (67)	20/6/2009	Willandra, Nowra	
8.5km Cross Country	32.49		Open	Matthew Rando (20)	19/7/2008	Western Sydney Regional Park	
8.5km Cross Country	32.49		U23	Matthew Rando (20)	19/7/2008	Western Sydney Regional Park	
8.5km Cross Country	39:01		M45	Bradley Sharpe (46)	14/7/2007		
8.5km Cross Country	37:26		M50	Stephen Ball (53)	14/7/2007		
10km Cross Country	30.44		Open	John Farrington (31)	7/07/1973	Bundoora, Victoria	
10km Cross Country	32:34		U23	Ed Goddard (20)	29/1/2017	Stromlo Forest, Canberra	#
10km Cross Country	33:49		U20	Ed Goddard (19)	16/4/2016	Scarborough Park, Ramsgate	
10km Cross Country	30.44		M30	John Farrington (31)	7/07/1973	Bundoora, Victoria	
10km Cross Country	36:43		M35	Gary Mullins (39)	5/06/2012	Scarborough Park, Ramsgate	
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	9-13/4/1998	Brisbane	
10km Cross Country	37:00		M50	Jim Seymon (54)	15-20/4/1992	Hobart	
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	50:43		M60	Geoff Francis (64)	30/4/2006	Scarborough Park, Ramsgate	
12km Cross Country	37.20		Open	Connor Delahunty (42)	30/4/2011	Scarborough Park, Ramsgate	
12km Cross Country	38:57		U23	James Connor (21)	22/6/2013	Willandra, Nowra	
12km Cross Country	49:57		M35	Roger Hastie (35)	18/6/2005	Willandra, Nowra	
12km Cross Country	37.20		M40	Connor Delahunty (42)	30/4/2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46		M45	Stuart Paterson (49)	18/6/2005	Willandra, Nowra	
12km Cross Country	48:40		M50	Stuart Paterson (51)	23/6/2007	Willandra, Nowra	
12.5km Cross Country	45.37		Open	Ryan Cantwell (29)	25/6/2011	Willandra, Nowra	
20km Cross Country	1:01.20		Open	John Farrington (27)	20/6/1970	Gosford	
4x2km Cross Country Relay	29:57		U14	UTS Northern Suburbs	2/06/2012	Miranda Park	
4x2km Cross Country Rel:	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins	1/06/2013	Miranda Park	
4x3km Cross Country Relay	42:55		U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Me	31/5/2014	Miranda Park	
4x3km Cross Country Rel:	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Predevill	1/06/2013	Miranda Park	
4x4km Cross Country Relay	47:28		Open	Adrian Plummer (25), Ruairidh MacDonald (22),	28/5/2016	Miranda Park	
4x4km Cross Country Rel:	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Sr	2/06/2007	Miranda Park	
4x4km Cross Country Rel:	1:06:30		M35	Antony Guest (48), Bradley Sharpe (52), Mary Fien (4	31/5/2014	Miranda Park	
4x4km Cross Country Rel:	1:03:32		M45	Bradley Sharpe (51), Andy West (46), Jim Culhane (4	1/06/2013	Miranda Park	
4x4km Cross Country Rel:	1:14:25		M55	Trevor Young (57), Len Augustine (57), Steve Bradle	28/5/2016	Miranda Park	
Mountain Running							
8km Mountain Run	44:00:00		Open	Ruairidh MacDonald (17)	29/4/2012	Mt Wellington, Hobart	
9.5km Mountain Run	1:00.21		Open	Stuart Paterson (50)	23/9/2006	Saillon, Switzerland	
11km Mountain Run	46:38.00		Open	Matthew Cox (25)	29/3/2015	Mt Canoblas, Orange	
11km Mountain Run	50:30		U23	Ruairidh MacDonald (22)	20/3/2016	Mt Canoblas, Orange	
11km Mountain Run	51:09		U20	Ruairidh MacDonald (17)	25/3/2012	Mt Canoblas, Orange	
11km Mountain Run	51:09		U18	Ruairidh MacDonald (17)	25/3/2012	Mt Canoblas, Orange	
12km Mountain Run	52.26		Open	Stuart Paterson (49)	23/7/2006	Woolgoolga	
Road							
1 Mile	4.21		Open	Nick Bromley (26)	18/9/2009	Newcastle/Gateshead, England	
2km Road Race	6:15		U20	Jak Bukovinsky (18)	11/08/2012	Rydalmere	
2km Road Race	6:41		U18	Elliot Metcalf (14)	26/4/2014	Rydalmere	
2km Road Race	6:41		U16	Elliot Metcalf (14)	26/4/2014	Rydalmere	
2km Road Race	7:15		U14	WilliamMaffey (12)	26/4/2014	Rydalmere	
2km Road Race	6:55		M50	Bradley Sharpe (51)	12/05/2012	Rydalmere	
2km Road Race	7:03		M55	Bradley Sharpe (55)	23/4/2016	Rydalmere	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2km Road Race	10:34	M65	David Archbold (65)	5/05/2011	Rydalmere	
2.5km Road Race	9:11	U14	Hugo Whelan (12)	4/06/2011	Sydney Olympic Park	
3km Road Race	11:37	U14	Ruairidh MacDonald (13)	30/7/2005	Flagstaff Point, Wollongong	
3km Road Race	14:40	M60	David Archbold (60)	17/6/2006	Army Base, Holsworthy	
4km Road Race	11:38	Open	Josh Wright (20)	7/09/2011	Flagstaff Point, Wollongong	
4km Road Race	11:38	U23	Josh Wright (20)	7/09/2011	Flagstaff Point, Wollongong	
4km Road Race	11:55	U20	Ed Goddard (19)	16/7/2016	Newcastle University, Ourimbah	
4km Road Race	12:23	U18	Xavier Black (17)	7/10/2010	Flagstaff Point, Wollongong	
4km Road Race	13:24	U16	Elliot Metcalf (15)	25/4/2015	Rydalmere	
4km Road Race	15:30	U14	Duncan Loane (12)	23/4/2016	Rydalmere	
4km Road Race	16:11	U12	William Maffey (11)	29/6/2013	Prospect Reservoir	
4km Road Race	12:52	M30	Frazer Dowling (33)	13/7/2013	Newcastle University, Ourimbah	
4km Road Race	15:05	M35	Frazer Dowling (36)	7/11/2015	Newcastle University, Ourimbah	
4km Road Race	14:32	M40	Angus Stewart (43)	30/7/2005	Flagstaff Point, Wollongong	
4km Road Race	13:28	M45	Stuart Paterson (49)	2/08/2008	Flagstaff Point, Wollongong	
4km Road Race	15:03	M50	Bradley Sharpe (50)	7/09/2011	Flagstaff Point, Wollongong	
4km Road Race	16:42	M55	Steve Bradley (56)	14/7/2014	Newcastle University, Ourimbah	
4km Road Race	16:49	M60	Geoff Francis (63)	30/7/2005	Flagstaff Point, Wollongong	
4km Road Race	18:09	M65	Geoff Francis (68)	7/10/2010	Flagstaff Point, Wollongong	
4km Road Race	20:41	M70	Ron Wills (72)	7/02/2011	Prospect Reservoir	
5km Road Race	14.52	Open	John Farrington (30)	12/03/1972	Fukuoka, Japan	
5km Road Race	16:59	U23	Chris Huang (20)	2/05/2015	Sydney Olympic Park	
5km Road Race	16:30	U20	Jak Bukovinsky (18)	6/05/2012	Sydney Olympic Park	
5km Road Race	16:55	U18	Kieran Briscoe (16)	10/01/2010	Sydney Olympic Park	
5km Road Race	44:45	U16	Sultan Tanfik (14)	6/05/2012	Sydney Olympic Park	
5km Road Race	30:24	M50	Peter Lloyd (53)	2/05/2015	Sydney Olympic Park	
8km Road Race	27.41	Open	Matthew Rando (19)	5/05/2007	Cataract Scout Park	
8km Road Race	29:33	U23	Ruairidh MacDonald (22)	9/07/2016	Col Sutton Park, Winston Hills	
8km Road Race	27.41	U20	Matthew Rando (19)	5/05/2007	Cataract Scout Park	
8km Road Race	31:39	U18	Elliot Metcalf (14)	26/4/2014	Rydalmere	
8km Road Race	31:39	U16	Elliot Metcalf (14)	26/4/2014	Rydalmere	
8km Road Race	32:01	U14	Elliot Metcalf (12)	12/05/2012	Rydalmere	
8km Road Race	34:05	M50	Bradley Sharpe (53)	26/4/2014	Rydalmere	
8km Road Race	36:58	M55	Doug Barrett (58)	5/05/2011	Rydalmere	
8km Road Race	35:32	M60	Doug Barrett (60)	29/6/2013	Prospect Reservoir	
10km Road Race	29.45	Open	John Farrington (30)	12/03/1972	Fukuoka, Japan	
10km Road Race	30:40	U23	Josh Wright (20)	4/06/2011	Sydney Olympic Park	
10km Road Race	31:44	U20	Ed Goddard (19)	5/07/2016	Sydney Olympic Park	
10km Road Race	38:22	U18	Xavier Black (17)	1/05/2010	Sydney Olympic Park	
10km Road Race	29.45	M30	John Farrington (30)	12/03/1972	Fukuoka, Japan	
10km Road Race	37:29	M35	Roger Hastie (35)	7/05/2005	Army Base, Holsworthy	
10km Road Race	35:04	M40	Richard Mullaney (40)	3/05/2014	Sydney Olympic Park	
10km Road Race	36:32	M45	Stuart Paterson (49)	7/05/2005	Army Base, Holsworthy	
10km Road Race	38:52	M50	Stephen Ball (52)	17/6/2006	Army Base, Holsworthy	
10km Road Race	38:38	M55	Stephen Ball (57)	4/06/2011	Sydney Olympic Park	
10km Road Race	45:32	M60	Doug Barrett (60)	4/05/2013	Sydney Olympic Park	
10km Road Race	47:25	M65	Geoff Francis (67)	2/05/2009	Sydney Olympic Park	
14km City to Surf	44.15	Open	Nick Bromley (25)	10/08/2008	Sydney	
15km Road Race	43.11	Open	John Farrington (31)	8/12/1973	Sydney (original City to Surf)	
15km Road Race	1:00:42	U23	James Connor (22)	19/10/2014	Fernleigh Track, Newcastle	
15km Road Race	1:15:16	M60	Doug Barrett (61)	10/02/2013	Fernleigh Track, Newcastle	
25km Road Race	1:15.34	Open	John Farrington (30)	12/03/1972	Fukuoka, Japan	
30km Road Race	1:31.08	Open	John Farrington (30)	12/03/1972	Fukuoka, Japan	
Half Marathon	1:03.38	Open	John Farrington (30)	12/03/1972	Fukuoka, Japan	
Half Marathon	1:28:51	U23	Dominic Bullock (22)	28/8/2016	Sydney Olympic Park	
Half Marathon	1:18:49	U20	Gareth Mumby (19)	9/08/2013	The Crest, Bankstown	
Half Marathon	1:21:16	M35	Roger Hastie (37)	6/10/2007	Sydney	
Half Marathon	1:18:53	M40	Sven Fuerst (43)	9/08/2013	The Crest, Bankstown	
Half Marathon	1:28:08	M45	Stuart Paterson (49)	31/12/2006	Sydney	
Half Marathon	1:37:49	M50	Stephen Ball (53)	6/10/2007	Sydney	
Half Marathon	1:53:52	M60	Geoff Francis (64)	31/12/2006	Sydney	
Half Marathon	1:58:31	M65	Geoff Francis (65)	6/10/2007	Sydney	
Marathon	2:11.13	Open	John Farrington (31)	14/7/1973	Budapest, Hungary	
Marathon	2:52:24	U20	Gareth Mumby (19)	22/9/2013	Sydney	
Marathon	3:22:42	M40	John Kocx (44)	16/9/2012	Sydney	

Event	Performance Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Marathon	3:49:13	M50	Peter Bromley (53)	16/11/2008	Sydney	
10 miles	55.38	Open	Stuart Paterson (37)	6/11/1994	Parramatta	
4x3km Road Relay	56:24	U14	Myalls Paterson (12), Tristan Paterson (11), Ryairidh	30/7/2005	Wollongong	
4x4km Road Relay	47:25	Open	Ruairidh MacDonald (22), Ed Goddard (19), Matt	16/7/2016	Newcastle University, Ourimbah	
4x4km Road Relay	52:12	U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Buka	7/07/2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59	M35	Andrew Williams (43), Antony Guest (49), Frazer Do	7/11/2015	Newcastle University, Ourimbah	
4x4km Road Relay	1:02:41	M45	Bradley Sharpe (46), Stuart Paterson (49), Stephen Be	8/02/2008	Flagstaff Point, Wollongong	
4x4km Road Relay	1:11:14	M55	Doug Barrett (62), Trevor Young (58) , Steve Bradley	7/12/2014	Newcastle University, Ourimbah	
Walks						
5km Road Walk	27:53	U18	Cheyne Egelton (16)	24/5/2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29	M60	Robert Connors (62)	27/6/2010	Harrington Park Lake, Narellan	
5km Road Walk	30.09	M70	Jim Seymon (71)	29/6/2008		
5km Road Walk	31:07	M75	Jim Seymon (75)	24/6/2012	Harrington Park Lake, Narellan	
10km Road Walk	43:40	Open	Jay Felton (21)	20/5/2016	Chipping Norton	
10km Road Walk	57:11	U18	Cheyne Egleton (16)	28/6/2009	Penrith Lakes	
10km Road Walk	58:15	M30	Mark Ransom			SR
10km Road Walk	1:13:30	M60	Robert Connors (61)	23/5/2010	Harrington Park Lake, Narellan	
10km Road Walk	59:13	M65	Jim Seymon (67)	26/6/2004		SR
10km Road Walk	1:01:00	M70	Jim Seymon (70)	27/5/2007	Tempe	SR
10km Road Walk	1:05:47	M75	Jim Seymon (77)	25/5/2014	Joe McAleer Park, Glendenning	SR
15km Road Walk	1:32.13	M65	Jim Seymon (68)	27/5/2006	Greystanes	
15km Road Walk	1:39:27	M70	Jim Seymon (73)	24/7/2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27	M75	Jim Seymon (77)	26/7/2015	Harrington Park Lake, Narellan	SR
20km Road Walk	1:31.43	Open	Jay Felton (20)	13/12/2015	Fawkner Park, Melbourne	
20km Road Walk	1:38:15	U20	Jay Felton (19)	27/7/2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59	M65	Jim Syemon (66)	2003		
30km Road Walk	2:29:49	Open	Jay Felton (19)	26/7/2015	Harrington Park Lake, Narellan	
50km Road Walk	4:28.20	Open	Steve Washburn (22)	5/08/2016	Rome, Italy	#

Club Members 2016/2017



Ryan	Adams	James	Bamford	Molly	Blakey
Benjamin	Allen	Emma	Baptist	Zachary	Blandford
Carol	Alonso Diaz	Jessica	Barber	Nathan	Blayney
Marcisus	Ambat	Sean	Barnes	Alice	Bohdan
Courtney	Anderson	Eban	Barney	Thomas	Boland
Holly	Anderson	Doug	Barrett	Amy	Bonthorne
Greta	Andrews	Alexandra	Bartholomew	Nicola	Bowtell
Lachlan	Antoinette	Eliza	Barton	Courtney	Boyle
Scarlett	Appleyard	Mallory	Bassett	Ellie	Bradbury
Ellie	Archer	Nicholas	Bastas	Steve	Bradley
Robert	Archer	Conor	Bastow	Gemma	Bratton
Noah	Ashton	Melissa	Baulman	Elise	Brennan
Angela	Asikin	Gregory	Bayer	Scarlet	Brett
Rebecca	Asikin	Simon	Beck	Alice	Bridson
William	Asscher	Charlotte	Beeley	Ainslie	Brown
Bennie	Astridge	Caitlin	Bell	Andrew	Brown
Jonathan	Atkinson	Luke	Bell	Bastian	Brown
Farjaam	Atshan	Ronald	Bendall	Emma	Brown
John	Atterton	Harrison	Bennett	Jatali	Brown
Nora	Aubineau-Schuessler	Rebecca	Bennett	Jatali	Brown
Len	Augustine	Jacqueline	Bezuidenhout	Karina	Brown
Tim	Austin	Lachlan	Binnekamp	Lauren	Brown
Will	Austin-Cray	Kara	Blackley	Stephanie	Brown
Stephen	Ball	Max	Blackley	Suzanne	Brown

William	Brown	Jack	Clement	Emily	Davis
Drew	Bryans	Susannah	Coady	Samantha	Davis
Jack	Bryans	Jasmine	Cochrane	Zara	Dawkins
Jamie	Bugg	Mason	Cohen	Alexandra	de Graaff
Jak	Bukovinsky	Hugh	Colburn	Katya	De Wit
Dominic	Bullock	Jordan	Coleman	Tomas	Dennett
Daniel	Burgess	Jackson	Collett	Alec	Diamond
Ethan	Burgess	Anthony	Collum	Greta	Dickinson
Edie	Burke	Myles	Colman	Alice	Dixon
Harriette	Burke	William	Colman	Charlie	Doherty
Maya	Burke	Robert	Connors	Eloise	Doherty
Charlie	Burt	Tessa	Constantine	Lachlan	Don
Andy	Burton	Ella	Conti	Sebastian	Doney
Matthew	Butler	Evie	Cook	David	Donnelley
William	Cannon	Isabel	Cook	Nicolette	Donofrio
Owen	Capling	Kathleen	Cook	Nicolette	D'onofrio
Benjamin	Carey	Kayla	Cook	Clark	Donovan
Charlie	Carson	Amelia	Cooper	Alana	Doornbos
Kyle	Carson	Sienna	Cornelius	Peter	Douglas
Ben	Carter	Thomas	Cornelius	Ross	Douglas
Terrence	Carter	Kieran	Courtney	Susie	Douglas
Olivia	Cason	Jarrold	Cowley	Orlando	Douglas-Giles
Ella	Cave	Matthew	Cox	Adrian	Dover
Eliza	Cepak	Simon	Cox	Frazer	Dowling
Mark	Cepak	Anthony	Crimi	Nicholas	Dowling
Hannah	Cerezo	Benjamin	Crimp	Ryan	Dowling
Alex	Cerroti	Daniel	Crimp	Yasmine	Downes
Maya	Challoner	Jennifer	Crockart	Stuart	Downie
Benjamin	Chamberlain	Matthew	Crowe	Alexandra	Dransfield
Jemma	Chamberlain	Ellena	Cubban	Deborah	Drennan
Kevin	Chamberlain	Lachlan	Cubbin	Sophia	Duczmal
Lara	Chamberlain	Jessica	Culhane	Sophia	Duczmal
Anna	Chandler	Jim	Culhane	Mia	Duggan
Belinda	Chapman	Nathan	Culhane	Vienna	Durie
John	Chapman	Sarah	Culhane	Holly	Dwyer
Jane	Choi	Daisy	Daddo	Christopher	Dyce
Isabella	Christou	Lachlan	Dalton	Lachlan	Easdown
Nicola	Christou	Matilda	Damian	Brooke	East
Maria	Cimino	Kyna	Das	Charlie	East
Hannah	Claridge	Annie	Davies	Emily	Edler
Jaden	Clark	Daniel	Davis	Ashlie	Edwards

Carla	Edwards	Julia	Fyvie-Neill	Riley	Hemsworth
Jack	Edwards	Else	Gallen	Simon	Hewitt
Kristie	Edwards	Imogen	Gardiner	Tim	Heyes
Scott	Edwards	Michael	Gardiner	James	Higgins
William	Edwards	Ella	Garvey	Peter	Higgins
Zac	Edwards	Sascha	Gassmann	Emma	Hislop
Jasmine	Ellery	Samantha	Geddes	Aaron	Ho
Thomas	Elliott	Michael	Gedz	Jason	Ho
Edward	Ellis	Leslie	Gillies	Kate	Hobbs
Jasmine	Everett	Penelope	Gillies	Bronte	Hodson
Lucinda	Faddy	Annabelle	Gillings	Tahnee	Hodson
Lewis	Fahey	Thomas	Glascott	Raphael	Hoedeman
Emmanuel	Fakiye	Alexander	Godbold	Oliver	Holland
Alice	Falconer	Edward (Ed)	Goddard	Cadel	Holmes
Jonathan	Felice	Liam	Gotley	Darcy	Holmes
Jay	Felton	Hamish	Graham	Max	Holmes
Jessalyn	Fenton	Charlotte	Greatrex	Max	Holmes
Riley	Fenton	Will	Green	Sam	Holmes
Georgia	Fichardt	Emma	Greenup	Monique	Hore
Claire	Field	Leanne	Griffiths	Wanchuan	Huang
Grace	Fielding	Bianca	Grimaldi	Ewan	Hudson
Mary	Fien	Khali	Grimshaw	Richard	Hughes
Isabelle	Fife	Edita	Grinbergs	Jeremy	Hughson-Miranda
Alanna	Fisher	Juliet	Grundy	Emma	Hunt
Bronte	Fisher	Paola	Gualtieri	James	Hunt
Grace	Fisher	Antony	Guest	Thomas	Hunt
Jacinta	Fisher	Sally	Guthrie	Angus	Hutcheson
Kyle	Fisher	Samantha	Guthrie	Annabel	Hutcheson
Luke	Fisher	Austin	Hake	Marica	Huxtable
Max	Fisher	Stella	Hall	Hana	Imamura
Cody	Fisher-Peel	Lara	Halmarick	Olivia	Inkster
Thomas	FitzGerald	Brian	Hamilton	Tanisha	Ivanoff
Alexander	Fitzpatrick	Bronte	Harb	Bethany	Jacka
Melissa	Fitzsimmons	Samantha	Hardingham	Naomi	Jacka
Sean	Fitzsimmons	Olivia	Hayes	Bev	Jaye
Charlotte	FitzSimons	Dillon	Hayford	Aaron	Jeffery
Sunny	Flynn	Hugh	Haynes	Xavier	Jeffery
Rosie	Fordham	Georgia	Healy	Dominica	Jenkins
Alexandra	Fraser	Noah	Heke	Michael	Johnson
Heath	Fulton	Tobey	Heke	Abigail	Johnstone
Corey	Furminger	Mia	Hemsworth	Amanda	Johnstone

Hamish	Johnstone	Matthew	Leung	Sarah	McDermott
Bianca	Jom	Ben	Liddy	Clinton	McEwan
Ryan	Jom	Matteus	Liebenberg	Jack	McFadden
Aidan	Jones	Austin	Little	James	McFadden
Karen	Jones	Mackenzie	Little	Sophie	McGovern
Robert (Bob)	Jones	Bensen	Liu	Tim	McGrath
Warren	Jones	Ziyue	Liu	Elina	McKay
Alissa	Jordaan	Jessica	Lloyd	Evelyn	McKay
Anika	Kane	Nancy	Lloyd	Ashley	McMahon
Aaron	Kang	William	Lloyd	Elijah	McMahon
Jackson	Kang	Duncan	Loane	Rheanna	McMahon
Dorothy	Kass	Kim	Loane	Zion	McMahon
Matthew	Keaney	Lucas	Longley	Lauren	Mercado
Nicholas	Keaney	Beth	Lonie	Elliot	Metcalf
Bronwyn	Kelaher	Jaime	Lovell	Jacinta	Metcalf
Morgan	Kelaher	Annika	Lynch	Max	Milani
Nicholas	Kellam	Andrew	MacDonald	Oliver	Moore
Lara	Kent-Jones	Madeleine	MacDonald	Rebecca	Moore
Hovik	Keshishian	Ruairidh	MacDonald	Emily	Moraitis
Elijah	Khallouf	Tom	MacDonnell	Hannah	Morgan
Adamo	Kharboutli	Anna	MacGregor	Aela	Morrison
Abhijit	Khinda	Jessica	Maciver	Cormac	Morrison
Tushar	Khinda	Max	Maciver	Karlie	Morton
Aiza	Khurram	Benjamin	Mackay	Tracey	Morton
Jenna	Kim	Alicia	MacMillan	Gus	Moses
Sena	Kobayashi	Zoe	MacMillan	Annika	Mountstephens
Tamara	Kowcz Rosinke	Benedict	MacNamara	Cara	Murray
Alexei	Kushak	Jack	Maguire	Beck	Myors
Ashleigh	Kuznetsoff	Ruby	Mahendran	Mischa	Nalywajko
Katrina	Lamas	Annabel	Maple-Brown	Allegra	Nash
Jackson	Lambert	Monique	Marschner	India	Nash
Sofia	Lambert	Tiia	Marsh	Janet	Naylon
Ray	Land	Sara	Marshall	Ashlyn	Ndlovu
Zoe	Latham	Luke	Martin	William	Nicholas
Aidan	Lau	Christian	Martinez	Alan	Nolan
Caroline	Layt	Courtney	Mavin	Daniel	Nolan
James	Leatherbarrow	Harry	McAllister	Jorge	Nolan
Alessandra	Lee	Louise	McAllister	Alexander	Norris
Annabel	Lee	Sam	McAllister	Natalie	Norris
Sam	Lee	Isabel	McCarthy	Michael	Northey
Martin	Leerberg	Annabel	McDermott	Zoran	Novicic

Larissa	O'Dea	John	Randle	Jim	Seymon
Jack	O'Dwyer	Lachlan	Raper	Leyla	Sezgin
Gabriella	O'Grady	Holly	Ratajec	Dylan	Shackell
Isabel	Osborne	Emily	Ratcliffe	Liam	Shackell
Dominic	Panozzo	Scott	Reardon	Kasey	Shanahan
Giuliana	Panozzo	Sarah	Reece	Thomas	Shannon
Ava	Papangelis	Yael	Reed	Brad	Sharpe
Carmel	Parker	William	Richards	William	Shaw
Ela	Parkinson	Sally	Richardson	Jasper	Shearing
Annabelle	Parmegiani	Sam	Richardson	David	Shearsby
Adam	Parsonage	William	Richardson	Catherine	Shen
Brody	Paterson	Gabriella	Richmond	Alexander	Sherlock
Stuart	Paterson	Emma	Ridley	Charlie	Sherlock
Catherine	Pearce	Sue	Rilen	Olivia	Shinfield
Darcy	Penman	Jake	Ring	Ronald	Shoesmith
Eve	Pereira	Ayden	Robinson	Nathan	Shute
Jye	Perrott	Jackson	Robinson	Thomas	Siame
Monique	Perry	Renee	Robson	Nutdanuy	Silakhwa
Flynn	Petersen	Anika	Rooney	Jake	Sinclair
Jack	Petersen	Joseph	Rooney	Prisha	Singh
Leo	Peterson	Olivia	Rooney	Lachlan	Skulander
Adrian	Plummer	Olivia	Rooney	Bridget	Smith
Isabella	Pockl-Deen	Ronald	Ross	Brooke	Smith
Ben	Pollack	Danielle	Rusman	Emily	Smith
Stephanie	Potter	Joey	Ryu	Jessica	Smith
Madeleine	Powell	Zahra	Safi	Thomas	Smith
Henry	Pozzecco	Paul	Salem	Georgia	Spanswick
Sally	Priest	Keith	Santos	Liam	Speers
Louis	Purcell	Nia Nesta	Sayathith	Jasper	Spiller
William	Quilkey	Jenny	Schell	Jack	Stapleton
Ethan	Quintana	Kalan	Scoppetta	James	Stathakis
Curtis	Quirk	Felix	Scott	Bart	Steanes
Latif	Rabhi	Helen	Searle	Imogen	Steele
Oscar	Rahbar	Jillian	Senior	Claudia	Steiner
Victor	Ramondetta	Junhee	Seo	Jordan	Stenmark
Sebastian	Ranasinghe	Oscar	Setchell	Louis	Stenmark

Abigail	Stevanovic	Lachlan	Tse	Ian	White
Angus	Stewart	Sophie	Twyman	Daniel	White-Alikakos
Tom	Stewart	Kayla	Van der Plas	Max	Wilkins
Paul	Stinson	Tiana	Van der Plas	Alexander	Willett
Kaiden	Stone-Herbert	Luke	van Dijk	Andrew	Williams
Mattise	Stringer	Tom	van Dijk	Cooper	Williams
Kylie	Strong	Marco	Vasquez-Manzanares	Elijah	Williams
Sally	Sun	Anthony	Vella	Christina	Wilson
Luke	Swann	Alissa	Villa	Flynn	Winckel
Scarlett	Sweeney	Kora	Villa	Elana	Withnall
Paul	Switzer	Dante	Vivanco	Roslyn	Wolfers
Saffron	Sylvester	Luka	Vozella	Edison	Wong
Martin	Tai	Ellena	Vozzo	Elisa	Wong
Carla	Takchi	Benji	Walker	Jasmin	Wong
David	Tarbotton	Betsy	Walker	Gabriel	Wood
Olivia	Tauro	Lauryn	Walker	Matthew	Wood
Gabriella	Taylor	Martha	Walker	Jonathan	Woodcock
Victor	Teo	Nick	Walker	Eliza	Woollett
Carley	Thomas	Ava	Walker Charles	Lara	Woollett
Margaret	Thomas	Samuel	Wallbank	Lily	Worrall
Ali	Thomson	Colm	Walsh	Ella	Wright
Ruby	Thomson	Kyle	Walsh	Jennifer	Wright
Isabella	Thornton-Bott	Owen	Walsh	Jennifer	Wright
Jordi	Tidor	Steven	Washburn	Di	Wu
Victoria	Tidor	Xavier	Watkins	Peter	Xegas
Megan	Tiong	Kate	Watson	Alvin	Yap Abidin
George	Toemoe	Matthew	Werner	Jade	Yee-Smith
Philip	Tokareff	Andy	West	Trevor	Young
Latisha	Touma	Fergus	Whelan	Joey	Yun
Ciara	Trainor	Gabrielle	Whelan	Gemma	Zantiotis
Paul	Trainor	Hugo	Whelan	Toby	Zerna
David	Tran	Joe	Whelan	Steph	Zervos
Andrew	Tse	Claudia	White	Maxi	Zihlmann

Annual Report edited and compiled
by Peter Higgins

THE 2016-2017 SEASON



*Will Lloyd in NSW blue
instead of Norths red*



Relay success!!!



*Tauro!
Nothing more to say*



*Powerhouse
Women's team!!*

THE 2016-2017 SEASON



*Australian Nationals
Ben Mackay*



Bella and Mason Cohen



*Carley Thomas
Leading into the straight*



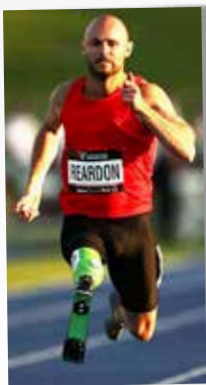
Fudge... and Nancy



Kewl sunnies



*Just Gold
Ron Bendall*



Scott 'Flying' Reardon



*Min Jenkins
Focused*



*Mens XC success - Gold in 2016
and Bronze at the 2017 Relays*

THE 2016-2017 SEASON



*Brooke East
About to release*



*Alec Diamond
More dec success*



*Abi Johnstone with Isabella & Nicola Christou
Fun at the XC*



Coxsy breaking the tape again



*Clubpeople of the Year
Sally Richardson & Maria Cimino...
and of course Jana*



GREAT technique!!



*Jackson Collett
Leading the way in the club's colours*



*Well done ladies
Smiles all round*