

UTS Northern Suburbs Athletic Club Track & Field Records as at 19th January 2014

Every endeavour is made to accurately update the Club Records each year from available results. Please accept my apologies if I 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 - Age as at 31 December except masters which is age on the day. # Indicates new record this season. Records in italics are updated from the last published list and were set in previous years but information has only just been located to verify the record. WR = World Record, NR = National Record, SR = State Record. Ind = Indoor performance. Events and age groups recognised are those current recognised by Athletics Australia, Athletics NSW and the Masters governing bodies. Under 23 age group is for athletes aged 20, 21, 22 since the introduction of this age group by Athletics Australia. Where specifications have changed, eg to a lower hurdle height or lighter implement, the record stands until an athlete beats the performance with the new specifications.

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
WOMEN						
100 yards	10.40		Open	Jenny Lamy	1966	
60m	7.52	0.0	Open	Jessica Knox (33)	3/12/2011	Blacktown
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/2008	Manoa, Hawaii, USA
60m	7.30	NWI	U20	Laura Verlinden (18)	1/07/2006	Narrabeen
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/2007	Homebush
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/2007	Homebush
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks
60m	7.91	0.4	U15	Karlie Morton (14)	10/11/2007	Homebush
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks
60m	8.87	-0.4	U13	Eliza Cepak (12)	10/11/2007	Homebush
60m	7.52	0.0	W30	Jessica Knox (33)	3/12/2011	Blacktown
60m	7.40	NWI	W35	Melissa Medlicott	13/11/2004	Mingara
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/2011	Blacktown
60m	8.34	0.2	W45	Jackie Bezuidenhout (45)	4/04/2012	Bankstown
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/2009	Adelaide
60m	10.00	NWI	W55	Anne Dorey	2003/2004	
100m	11.20		Open	Jenny Lamy	1967	
100m	11.89	-0.1	U23	Laura Verlinden (20)	19/03/2009	Brisbane
100m	11.20		U20	Jenny Lamy	1967	
100m	11.60		U18	Melissa Moore / Fiona Blair	1986/1991	
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/2008	Canberra
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	Canberra
100m	11.93		U15	Alice Wilson	2004/05	
100m	12.70		U14	Catherine Kennedy	1990	

100m	13.21		U13	Keshvar Mirarazi	1995	
100m	11.60	1.7	W30	Jessica Knox	7/01/2012	Blacktown
100m	11.8h	NWI	W35	Melissa Medlicott	13/11/2004	Mingara
100m	12.75	0.4	W40	Jacqueline Bezuidenhout (44)	5/02/2011	Homebush
100m	12.82	0.9	W45	Jackie Bezuidenhout (47)	18/10/2013	Porto Alegre, Brazil
100m	13.50		W50	Kaye Smythe	1998/99	
100m	14.98		W55	Gloria Seymon	1993	
100m	16.70		W65	Kathleen Cook	2004/05	
100m	19.90		W70	Ruth Frith	1991	
100m	19.30		W75	Ruth Frith	1990	
200m	22.88		Open	Jenny Lamy	1968	
200m	24.21	1.4	U23	Laura Verlinden (20)	7/03/2009	Homebush
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/2010	Homebush
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/2010	Homebush
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	Homebush
200m	24.40	0.7	U16	Tracey Morton	29/11/2005	Melbourne
200m	24.40	0.7	U15	Tracey Morton	29/11/2005	Melbourne
200m	24.40	-0.3	U15	Karlie Morton (14)	6/12/2007	Homebush
200m	25.62		U14	Stephanie Parker	1997/98	
200m	27.66		U13	Anneliese Rubie	2004/05	
200m	24.12	0.2	W30	Jessica Knox (33)	17/12/2012	Homebush
200m	25.17		W35	Melissa Medlicott	25/02/2006	Homebush
200m	26.44	1.2	W40	Jackie Bezuidenhout (44)	21/04/2011	Brisbane
200m	25.85	Ind	W45	Marie Kay (48)	19/03/2008	Clermont-Ferrand, FRA
200m	26.21	-3.0	W45	Marie Kay (48)	3/03/2008	Homebush
200m	27.62	1.5	W50	Marie Kay (50)	2/04/2010	Perth
200m	31.60		W55	Gloria Seymon	1993	
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/2009	Rotary
200m	35.50		W65	Kathleen Cook	2004/05	
400m	51.80		Open	Annabelle Smith	2003/2004	
400m	55.64	Ind	U23	Thalia Amanakis (22)	1/03/2008	Nampa, ID, USA
400m	53.88		U20	Anneliese Rubie (18)	11/03/2010	Homebush
400m	54.78		U18	Kylie Robertson	1992	
400m	56.09		U17	Tracey Morton	12/11/2005	Homebush
400m	56.09		U16	Tracey Morton	12/11/2005	Homebush
400m	56.09		U15	Tracey Morton	12/11/2005	Homebush
400m	57.80		U14	Anneliese Rubie	Dec-05	Homebush
400m	1.01.44		U13	Anneliese Rubie	2004/05	
400m	54.83		W30	Renee Robson (33)	30/03/2012	Homebush
400m	58.40		W35	Stacey Quitzau	1997/98	
400m	1.05.59		W40	Stacey Quitzau	2004/05	

400m	56.99	Ind	W45	Marie Kay (48)	22/03/2008	Clermont-Ferrand, FRA
400m	1.02.96	Ind	W50	Marie Kay (50)	6/03/2010	Kamloops, CAN
400m	1.24.76		W55	Margaret Thomas (56)	16/03/2013	SOPAC, Homebush
400m	1.15.0		W60	Maureen Cadogan	2002/03	
400m	1.25.7h		W65	Lesley Eller (66)	9/01/2010	Rotary
800m	2.02.88		Open	Sianne Toemoe (22)	31/03/2011	Perth
800m	2.02.88		U23	Sianne Toemoe (22)	31/03/2011	Perth
800m	2:05.32		U20	Trychelle Kingdom (17)	16/02/2008	Homebush
800m	2.10.85		U18	Sianne Toemoe (17)	11/11/2006	Homebush
800m	2.12.23		U17	Emily Hopper (15)	12/03/2013	Perth
800m	2.12.23		U16	Emily Hopper (15)	12/03/2013	Perth
800m	2.17.2		U15	Renee Vandenberg	2000/2001	
800m	2:17.29		U14	Ruby Hackett	Dec-05	Homebush
800m	2.22.62		U13	Ruby Hackett	2004/05	
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/2011	Homebush
800m	2.14.1		W35	Stacey Quitzau	1997/98	
800m	2.15.39		W40	Anne Forbes	13/04/2001	
800m	2.31.34		W45	Kaye Smythe	1997/98	
800m	2.34.94		W50	Robyn Suttor (50)	11/10/2009	Homebush
800m	3.35.85		W55	Gloria Seymon	1993/1994	
800m	2.53.01		W60	Maureen Cadogan	2002/03	
800m	3.18.4h		W65	Lesley Eller (66)	5/12/2009	Rotary
1500m	4.19.70		Open	Lara Nicod (25)	15/08/2010	Kessel Lo, Belgium
1500m	4.23.07		U23	Katie French (21)	17/02/2007	Homebush
1500m	4.27.98		U20	Lucy Starrat (18)	6/08/2006	Gold Coast
1500m	4.28.53		U18	Emily Augustine (16)	1/03/2013	SOPAC, Homebush
1500m	4.28.53		U17	Emily Augustine (16)	1/03/2013	SOPAC, Homebush
1500m	4.34.98		U16	Emily Hopper (15)	8/02/2013	SOPAC, Homebush
1500m	4.36.95		U15	Emily Augustine	14/03/2012	SOPAC, Homebush
1500m	4.42.97		U14	Ruby Hackett	15/02/2006	Homebush
1500m	4.52.47		U13	Ruby Hackett	15/02/2006	
1500m	5.06.19		W30	Rebecca Gibbs (31)	25/02/2012	Blanktown
1500m	4.39.19		W35	Anne Forbes	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)	2/04/2010	Perth
1500m	7.49.8h		W55	Margaret Thomas (56)	19/01/2013	Rotary, Chatswood
1500m	5.56.33		W60	Maureen Cadogan	2002/03	
1500m	6.54.6h		W65	Lesley Eller (66)	7/11/2009	Rotary, Chatswood
1 mile	5:30.41		Open	Mary Fien (34)	21/07/2007	Narrabeen

3000m	9.31.4		Open	Elizabeth Richards	1976	
3000m	9.34.10		U23	Eliza Stewart (21)	17/02/2007	Homebush
3000m	9.35.04		U20	Lucy Starrat (18)	8/07/2006	Narrabeen
3000m	9.54.34		U18	Emily Augustine (15)	8/11/2012	SOPAC, Homebush
3000m	9.54.35		U17	Emily Augustine (15)	9/11/2012	SOPAC, Homebush
3000m	9.54.36		U16	Emily Augustine (15)	10/11/2012	SOPAC, Homebush
3000m	9.59.61		U15	Emily Augustine 14)	3/12/2011	UQ, Brisbane
3000m	10:16.4		U14	Ruby Hackett	29/10/2005	Bankstown
3000m	10.41.9		U13	Ashley Mason	2004/05	
3000m	10.28.5		W30	Mary Fien	2003/2004	
3000m	10.02.5		W35	Anne Forbes	1995	
3000m	10.10.90		W40	Anne Forbes	1996/97	
3000m	11.03.0		W45	Diane Aitken	2001/02	
3000m	12.37.17		W50	Deborah Drennan (51)	23/01/2010	Homebush
3000m	16.21.2		W55	Nancy Lloyd (55)	18/10/2008	Rotary, Chatswood
3000m	12.51.2		W60	Maureen Cadogan	2002/03	
3000m	15.34.5h		W65	Lesley Eller (66)	5/12/2009	Rotary
5000m	16.19.00		Open	Eliza Stewart (21)	9/02/2007	Brisbane
5000m	16.19.00		U23	Eliza Stewart (21)	9/02/2007	Brisbane
5000m	18.04.75		U20	Bridget Reilly (16)	24/02/2012	ACT
5000m	18.04.75		U18	Bridget Reilly (16)	24/02/2012	ACT
500m	18.04.75		U17	Bridget Reilly (16)	24/02/2012	ACT
5000m	18.41.95		W30	Mary Fien (34)	6/04/2007	Hobart
5000m	17.26.5		W35	Anne Forbes	1995	
5000m	17.48.60		W40	Anne Forbes	1996/97	
5000m	18.16.57		W45	Joanne Cowan	15/04/2001	Bankstown
5000m	22.35.79		W50	Deborah Drennan (52)	11/12/2010	Homebush
5000m	23.06.13		W60	Maureen Cadogan	2002/03	
10000m	34.36.79		Open	Eliza Stewart (21)	14/12/2006	Melbourne
10000m	44.29.68		U23	Fiona Alldis (21)	29/09/2009	Brisbane
10000m	45.21.55		W30	Marika Hemming	2004/05	
10000m	39.23.30		W35	Marina Dulhunty	1996/97	
10000m	42.24.5		W40	Marina Dulhunty	1999/2000	
10000m	39.27.43		W45	Joanne Cowan	2003/2004	
100m Hurdles - 0.840m	13.42		Open	Jenny Laurendet	1990	
100m Hurdles - 0.840m	13.95	1.1	U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA
100m Hurdles - 0.840m	13.69	0.3	U20	Katerina Hunt (17)	11/11/2013	SOPAC, Homebush
100m Hurdles - 0.762m	13..60		U18	Charlotte Yeates	2004/05	
100m Hurdles - 0.762m	14.58		U17	Keshvar Mirazarazi	1997/98	

90m Hurdles - 0.762m	13.04	-1.2	U16	Gabriella O'Grady	12/10/2012	SOPAC, Homebush
90m Hurdles - 0.762m	13.15		U15	Marissa Ward	2002/03	
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	Canberra
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	Homebush
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet	1993	
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylor (39)	29/08/2005	San Sebastian, ESP
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/07/2009	Lahti, Finland
80m Hurdles - 0.762m	13.13	1.8	W50	Marie Kay (50)	3/07/2010	Tahiti
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon	1993	
80m Hurdles - 0.762m	18.78		W65	J Night	1994	
200m Hurdles - 0.762m	28.14	NWI	Open	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii, USA
200m Hurdles - 0.762m	28.14		U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii, USA
200m Hurdles - 0.762m	28.85	-2.5	U20	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart
200m Hurdles - 0.762m	28.85	-2.5	U18	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart
200m Hurdles - 0.762m	28.85	-2.5	U17	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart
200m Hurdles - 0.762m	30.17	NWI	U16	Gabriella O'Grady (15)	14/03/2012	SOPAC
200m Hurdles - 0.762m	31.12	-0.3	U15	Katrina Hunt (14)	8/10/2011	SOPAC
200m Hurdles - 0.762m	34.90		U13	M Love	1984	
200m Hurdles - 0.762m	34.00		W30	M Harlock	1984	
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98	
200m Hurdles - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/2009	Homebush
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	5/04/2009	Adelaide
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/01/2010	Homebush
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet	1989	
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson	1990	
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson	1990	
400m Hurdles - 0.762m	1.03.90		U17	Alexandra Bartholomew (15)	7/10/2010	Homebush
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988	
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	10/09/2007	Riccione, ITA
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	7/07/2007	Griffith Uni, QLD
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	27/07/2008	Townsville, QLD
3000m Steeplechase - 0.762m	9.34.09		Open	Charlotte Wilson (20)	27/10/2012	The Crest, Banktown
3000m Steeplechase - 0.762m	10.54.14		U/23	Charlotte Wilson (20)	30/03/2012	SOPAC
3000m Steeplechase - 0.762m	10.46.10		U/20	Miranda Middleton (19)	30/03/2012	SOPAC
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	17/01/2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	17/01/2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	17/01/2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	7.19.31		U16	Beth Croft (15)	22/12/2012	SOPAC, Homebush

2000m Steeplechase - 0.762m	6.54.6	W30	Mary Fien	2004/05	
2000m Steeplechase - 0.762m	7:26.72	W35	Mary Fien (35)	15/09/2007	Riccione, ITA
1500m Walk	7.30.4	Open	R Whitehorn	20/05/1905	
1500m Walk	7.30.4	U20	R Whitehorn	1967	
1500m Walk	7.30.4	U18	R Whitehorn	1967	
1500m Walk	8.32.4	U16	Lesley Richards	1978	
1500m Walk	8.32.4	U15	Lesley Richards	1978	
1500m Walk	10:14.23	U14	Anna Pavlakis (13)	1/08/2008	Homebush
1500m Walk	8.50.9	W30	Fran Dorey	2003/2004	
1500m Walk	9.01.1	W35	Suzanne Brown	2004/05	
1500m Walk	8.36.66	W40	Suzanne Brown (44)	24/09/2009	Narrabeen
1500m Walk	9.23.99	W45	Suzanne Brown (47)	29/03/2013	AIS, Canberra
1500m Walk	9.06.6	W50	Nancy Lloyd	2004/05	
1500m Walk	9.08.3	W55	Nancy Lloyd (55)	1/11/2008	Rotary
3000m Walk	16.27.8	Open	Christina Alldis (22)	15/10/2005	The Crest, Bankstown
3000m Walk	16:27.8	U20	Christina Alldis	15/10/2005	Bankstown
3000m Walk	16.37.71	U15	Eliza Delaine (13)	12/01/2013	SOPAC, Homebush
3000m Walk	19.04.6	W30	Fran Dorey	2002/03	
3000m Walk	20.13.6	W35	Suzanne Brown	2004/05	
3000m Walk	18.01.75	W40	Suzanne Brown (44)	31/10/2009	Mingara
3000m Walk	19.33.36	W45	Carmel Parker (48)	12/01/2013	SOPAC, Homebush
3000m Walk	18.51.3	W50	Nancy Lloyd	2004/05	
3000m Walk	20.28.3h	W55	Nancy Lloyd (57)	9/10/2010	Rotary
5000m Walk	25:34.86	Open	Fiona Alldis (19)	24/11/2007	ES Marks
5000m Walk	29.12.11	U23	Christina Alldis (20)	25/11/2006	ES Marks
5000m Walk	25:34.86	U20	Fiona Alldis (19)	24/11/2007	ES Marks
5000m Walk	34.15.50	W30	Sharon Dunk	1995/96	
5000m Walk	33.02.99	W35	Suzanne Brown	2004/05	
5000m Walk	30.20.43	W40	Suzanne Brown (43)	10/04/2009	Adelaide
5000m Walk	31.10.49	W45	Suzanne Brown (46)	22/10/2011	Narrabeen
5000m Walk	31.24.77	W50	Nancy Lloyd (53)	6/04/2007	Hobart
5000m Walk	32.59.45	W55	Nancy Lloyd (57)	21/04/2011	Brisbane
10000m Walk	1:00:42.27	Open	Christina Alldis	14/01/2006	Homebush
10000m Walk	1:02:08.74	U23	Christina Alldis (21)	6/01/2007	Homebush
10000m Walk	1:00:42.27	U20	Christina Alldis	14/01/2006	Homebush
10000m Walk	1:18.23.0	W30	Sharon Dunk	1995	
10000m Walk	1:08.40.84	W40	Suzanne Brown (44)	20/01/2010	Homebush
10000m Walk	1:09.25.31	W50	Nancy Lloyd	5/01/2008	Campbelltown

High Jump	1.78m		Open	K Maurer	1985	
High Jump	1.69m		U23	Romi Arnott (20)	31/01/2009	Hobart
High Jump	1.74m		U20	Virginia Young	1993/1995	
High Jump	1.74m		U18	Virginia Young	1993	
High Jump	1.73m		U17	Virginia Young	1992	
High Jump	1.73m		U16	Virginia Young	1992	
High Jump	1.65m		U15	Wendy Bebbington	1987	
High Jump	1.65m		U14	Wendy Bebbington / Virginia Young	1987 / 1989	
High Jump	1.57m		U13	Wendy Bebbington	1987	
High Jump	1.40m		W30	Lucette Meekins	2004/05	
High Jump	1.35m		W35	Jackie Bezuidenhout	4/12/2004	Homebush
High Jump	1.51m		W40	Helen Searle	1981	
High Jump	1.60m		W45	Marie Kay (49)	28/07/2009	Lahti, Finland
High Jump	1.48m		W50	Marie Kay (50)	3/07/2011	Tahiti
High Jump	1.19m		W55	Gloria Seymon	1993	
High Jump	1.06		W60	Jillian Senior (60)	25/12/2012	Bankstown
Pole Vault	3.20m		Open	Amy Moulden (23)	4/02/2012	Homebush
Pole Vault	3.10m		U23	Amy Moulden (21)	19/02/2011	Homebush
Pole Vault	3.00m		U20	Amy Moulden	15/01/2006	Homebush
Pole Vault	3.00m		U18	Amy Moulden	15/01/2006	Homebush
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	Homebush
Pole Vault	2.70m		U17	Dimity Norton (15)	23/09/2006	Homebush
Pole Vault	2.70m		U16	Dimity Norton (15)	23/09/2006	Homebush
Pole Vault	2.30m		U15	Alexandra Gall (14)	7/03/2009	Homebush
Pole Vault	2.30m		U14	Alexandra Gall (13)	22/11/2008	Homebush
Pole Vault	2.75m		W35	Wendy McColl	2002/03	
Pole Vault	2.65m		W30	Wendy McColl	2001/02	
Pole Vault	2.45m		W45	Jann Livingston	1995/96	
Long Jump	6.33m		Open	Helen Frith	1965	
Long Jump	5.20m	NWI	U23	Romi Arnott (20)	3/01/2009	Campbelltown
Long Jump	5.99m		U20	Virginia Young	1995	
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	19/02/2012	Narrabeen
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	19/02/2012	Narrabeen
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	19/02/2012	Narrabeen
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy	1986 / 1990	
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	Canberra
Long Jump	4.82m		U13	Sijaan Powley	1995	
Long Jump	5.21m		W30	Jenny Laurendet	1994	
Long Jump	5.36m	NWI	W35	Melissa Medlicott	14/04/2006	Canberra
Long Jump	5.76m		W40	Helen Searle	1984	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/03/2008	Clermont-Ferrand, FRA

Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	Perth
Long Jump	3.84m		W55	Gloria Seymon	1995/96	
Long Jump	2.32m		W75	Ruth Frith	1989	
Long Jump	2.40m		W80	Ruth Frith	1990	
Long Jump	2.19m		W85	Ruth Frith	28/03/1995	Homebush
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	25/02/2012	Bankstown

Triple Jump	12.59m		Open	Gillian Ting	1995	
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/2006	Homebush
Triple Jump	12.59m		U20	Gillian Ting	1995	
Triple Jump	12.09m		U18	Gillian Ting	1995	
Triple Jump	11.89m		U17	Gillian Ting	1992	
Triple Jump	11.89m		U16	Gillian Ting	1992	
Triple Jump	11.68m		U15	Gillian Ting	1992	
Triple Jump	11.04m		U14	Gillian Ting	1990	
Triple Jump	10.55m		U13	Greta Beale	2002/03	
Triple Jump	9.04m		W30	Peta Bird	1990	
Triple Jump	10.00m	NWI	W35	Melissa Medlicott	2/04/2006	Bankstown
Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/2009	Rotary
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	Homebush
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam
Triple Jump	8.51m		W55	Gloria Seymon	1993	
Triple Jump	7.24m		W65	J Knight	1994	
Triple Jump	5.65m		W80	Ruth Frith	13/01/1993	Miyazaki, JPN
Triple Jump	5.50m		W85	Ruth Frith	25/03/1995	Homebush

WOMEN

Shot Put - 4kg	14.72m		Open	Lou Torso	1977	
Shot Put - 4kg	10.45m		U23	Jordana Cashman (22)	25/11/2006	ES Marks
Shot Put - 4kg	13.10m		U20	J Kennedy	1970	
Shot Put - 4kg	13.10m		U18	J Kennedy	1970	
Shot Put - 4kg	12.82m		U17	Kristina Hekeik	2004/05	
Shot Put - 4kg	12.82m		U16	Kristina Hekeik	2004/05	
Shot Put - 3kg	11.85m		U15	Madeleine Neville (14)	14/03/2011	Homebush
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/09/2008	Rotary
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/01/2008	Rotary
Shot Put - 4kg	7.83m		W30	Danielle Cotterill (31)	3/11/2012	Narrabeen
Shot Put - 4kg	11.18m		W35	Caroline Layt	Mar-05	Brisbane
Shot Put - 4kg	11.59m		W40	Helen Searle	1980	
Shot Put - 4kg	11.76m		W45	Helen Searle	1983	
Shot Put - 3kg	12.30m		W50	Marie Kay (50)	1/03/2010	Kamloops, CAN
Shot Put - 3kg	9.14m		W55	Gloria Seymon	1993	
Shot Put - 3kg	6.39m		W60	Jillian Senior (60)	8/12/2012	Rotary, Chatswood

Shot Put - 3kg	5.94m	W65	Roslyn Wolfers (67)	24/11/2012	Rotary, Chatswood
Shot Put - 3kg	6.28m	W70	Ruth Frith	1983	
Shot Put - 3kg*	6.70m	W75	Ruth Frith	1986	
Shot Put - 3kg*	6.93m	W80	Ruth Frith	1994	
Shot Put - 3kg*	5.31m	W85	Ruth Frith	1997/98	
Shot Put - 3kg*	5.37m	W90	Ruth Frith	2000/2001	Sydney
Discus - 1kg	46.94m	Open	Lou Torso	1975	
Discus - 1kg	27.67m	U23	Helena Smith (20)	2/02/2008	Rotary
Discus - 1kg	36.40m	U20	Pamela Thomson	1994	
Discus - 1kg	38.50m	U18	Pamela Thomson	1995	
Discus - 1kg	44.38m	U17	Amber Bennett	1997/98	
Discus - 1kg	44.38m	U16	Amber Bennett	1997/98	
Discus - 1kg	38.70m	U15	Amber Bennett	1996/97	
Discus - 1kg	35.42m	U14	Amber Bennett	1995/96	
Discus - 1kg	30.88m	U13	Amber Bennett	1995	
Discus -1kg	31.49m	W30	Joanne Munn	Nov-05	Homebush
Discus -1kg	34.59m	W35	Clair Taylor (36)	15/12/2007	Homebush
Discus -1kg	37.60m	W40	Pam Mountfield (44)	27/02/2010	Rotary
Discus -1kg	35.71m	W45	Pam Mountfield (45)	6/06/2010	Campbelltown
Discus -1kg	26.97m	W50	Marie Kay (50)	2/04/2010	Perth
Discus -1kg	22.10m	W55	Gloria Seymon	1993	
Discus -1kg	17.16m	W60	J Night	1994	
Discus -1kg	18.00m	W65	Ruth Frith	1986	
Discus -1kg	14.48m	W70	Ruth Frith	1990	
Discus -1kg	12.10m	W75	Ruth Frith	1999/2000	
Discus -1kg	13.92m	W85	Ruth Frith	1998	Homebush
Discus -1kg	12.10m	W90	Ruth Frith	2000	
Hammer - 4kg	62.90m	Open	Odette Palma	16/06/2013	Rotary, Chatswood
Hammer - 4kg	26.59m	U23	Helena Smith (20)	12/01/2008	Rotary
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 - 4kg	36.57m	W35	Melissa Bonser (38)	11/10/2008	Rotary
Hammer - 4kg	36.52m	W40	Caroline Layt (42)	10/11/2007	Homebush
Hammer - 4kg	43.80m	W45	Helen Searle	1983	
Hammer - 3kg	28.37m	W50	Cathleen Osborne	2004/05	
Hammer - 3kg	26.60m	W55	Gloria Seymon	1993	
Hammer - 3kg	22.15m	W60	Jillian Senior (60)	13/10/2012	Rotary, Chatswood
Hammer - 3kg	15.13m	W65	Roslyn Wolfers	19/01/2013	Rotary, Chatswood

Hammer - 3kg (2kg)	18.22m	W80	Ruth Frith	1994	
Hammer - 3kg (2kg)	14.58m	W85	Ruth Frith	1997/98	
Hammer - 3kg (2kg)	13.57m	W90	Ruth Frith	1999/2000	
Javelin - 600g	52.30m	Open	J Wojdanowski	1975	
Javelin - 600g	37.34m	U23	Jordana Cashman (22)	16/09/2006	Rotary
Javelin - 600g	51.53m	U20	Annabel Davies (18)	2/02/2007	Homebush
Javelin - 500g	56.68m	U18	Mackenzie Little (16)	30/11/2012	The Domain, Hobart
Javelin - 500g	56.68m	U17	Mackenzie Little (16)	30/11/2012	The Domain, Hobart
Javelin - 500g	47.13m	U16	Mackenzie Little (15)	8/11/2011	SOPAC, Homebush
Javelin - 500g	35.80m	U15	Amber Bennett	1996/97	
Javelin *now 400g	36.16m	U14	V Hooper	1984	
Javelin - 400g	36.00m	U13	V Hooper	1982	
Javelin - 600g	29.98m	W30	Fran Dorey	2002/03	
Javelin - 600g	25.62m	W35	Nanise Burnes	1996/97	
Javelin - 600g	24.39m	W40	Shannon Kavanagh (40)	7/11/2009	Rotary
Javelin - 600g	32.30m	W45	Marie Kay (49)	28/07/2009	Lahti, Finland
Javelin - 500g	31.56m	W50	Marie Kay (50)	2/04/2010	Perth
Javelin - 600g*	28.14m	W55	Gloria Seymon	1993	
Javelin - 400g	14.63m	W60	Jillian Senior (60)	19/01/2013	Rotary, Chatswood
Javelin - 400g	15.07m	W65	Roslyn Wolfers (67)	19/01/2013	Rotary, Chatswood
Javelin - 500g	11.10m	W70	Ruth Frith	1984	
Javelin - 500g	12.40m	W75	Ruth Frith	1989	
Javelin - 500g	11.88m	W80	Ruth Frith	1990	
Javelin - 500g	11.11m	W85	Ruth Frith	1998	
Javelin - 400g	9.80m	W90	Ruth Frith	2001/02	
Weight Throw - 9.08kg	5.84m	W30	Danielle Cotterill	24/09/2011	Rotary
Weight Throw - 9.08kg	12.11m	W35	Caroline Layt	1/03/2005	Brisbane
Weight Throw - 9.08kg	12.08m	W40	Caroline Layt (44)	11/10/2009	Homebush
Weight Throw - 9.08kg	11.99m	W45	Caroline Layt (47)	29/03/2013	AIS, Canberra
Weight Throw - 7.26kg	8.33m	W50	Jenny Schell (50)	22/09/2012	Rotary, Chatswood
Weight Throw - 7.26kg	8.75m	W55	Kerrie Jones (56)	6/03/2010	Campbelltown
Weight Throw - 7.26kg	9.77m	W60	Jillian Senior (60)	16/03/2013	SOPAC, Homebush
Weight Throw - 7.26kg	5.30m	W65	Roslyn Wolfers (67)	24/11/2012	Rotary, Chatswood
Weight Throw - 7.26kg	7.78m	W85	Ruth Frith	1995	
Weight Throw - 7.26kg	6.19m	W90	Ruth Frith	2001	Sydney
Heptathlon	5599 Pts	Open	Lesley Richards	1985	
Heptathlon	4509 Pts	U23	Romi Arnott (20)	31/01/2009	Hobart
Heptathlon	5134 Pts	U20	Lesley Richards	1981	
Heptathlon	5134 Pts	U18	Lesley Richards	1981	
Heptathlon	4702 Pts	U17	Virginia Young	1991	

Heptathlon	4702 Pts	U16	Virginia Young	1991	
Multiple Events	4259 Pts	U15	Belinda Johnson	1998/99	
Heptathlon	6185 Pts	W45	Marie Kay (49)	28/07/2009	Lahti, Finland
Heptathlon	5832 Pts	W50	Marie Kay (50)	3/07/2010	Tahiti
Heptathlon	4461 Pts	W55	Gloria Seymon	1993	
Heptathlon	3757 Pts	W60	Gloria Seymon	17/07/1997	Durban, RSA
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m					
Indoor Pentathlon	4906 Pts	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m					
Pentathlon	1658 Pts	W35	Caroline Layt	2004/05	Canberra
Pentathlon	3797 Pts	W40	Helen Searle	1983	
Pentathlon	3444 Pts	W45	Kaye Smythe	1997/98	
Pentathlon	3800 Pts	W50	Kaye Smythe	1998/99	
Pentathlon	2322 Pts	W55	Gloria Seymon	11/03/1998	Homebush
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m					
Pentathlon	2104 Pts	W45	Janet Naylor	8/01/2012	Blacktown
Throws Pentathlon - HT, SP, DT, JT, WT					
Throws Pentathlon	2778 Pts	W35	Melissa Bonser (37)	21/03/2008	Blacktown
Throws Pentathlon	2938 Pts	W40	Caroline Layt (44)	11/10/2009	Homebush
Throws Pentathlon	3029 Pts	W45	Glenys Whitehead (47)	6/04/2012	Melbourne
Throws Pentathlon	2378 Pts	W50	Kerrie Jones	11/10/2009	Homebush
Throws Pentathlon	2234 Pts	W55	Kerrie Jones (58)	11/03/2012	Banktown
Throws Pentathlon	2273 Pts	W60	Jullian Senior (60)	11/03/2012	Banktown
Throws Pentathlon	3852 Pts	W80	Ruth Frith	1993	
Throws Pentathlon	4424 Pts	W85	Ruth Frith	7/03/1998	Homebush
Throws Pentathlon	5394 Pts	W90	Ruth Frith	24/04/2000	Hobart
Relay - 4 x 100m	46.62	Open	Annette Low, Kylie Hanigan, Jessie Shepherd, Veronica Lee	1995	
Relay - 4 x 100m	47.35	U20	Maddison Gipson, Katrina Hunt, Ali Bartholomew, Bella O'Grady	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 100m	48.40	U18	Gabriella O'Grady, Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt	19/11/2011	SOPAC
Relay - 4 x 100m	48.40	U16	Gabriella O'Grady, Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt	19/11/2011	SOPAC
Relay - 4 x 100m	51.54	U14	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	18/11/2007	Homebush

Relay 4 x 100m	50.25	W30	Kaye Smythe, Glenda Douglass, Sally Fleming, Georgina Hale	1995/96	
Relay 4 x 100m	50.69	W160+	Janet Naylor (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medlicott	18-19/11/2006	Homebush
Relay 4 x 100m	4.44.67	W200+	Jenny Schell (51), Gabby Whelan (52), Debra Drennan (55), Mandy McCartney (50)	16/11/2013	SOPAC, Homebush
Relay - 4 x 200m	1.38.49	Open	Jenny Laurendet, Veronica Lee, Catherine Kennedy, Jessie Shepherd	1993	
Relay - 4 x 200m - Indoor	1.49.98	Ind	Open Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	22/03/2008	Clermont-Ferrand, FRA
Relay - 4 x 200m	1:39.90	U20	Elizabeth Clay, Maddison Gipson, Katerina Hunt, Bella O'Grady	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 200m	1:41.19	U18	Katrina Hunt, Bella O'Grady, Sophie McGovern, Alex Prendiville	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 200m	1:42.25	U16	Courtney Boyle, Katrina Hunt, Gabriella O'Grady, Kate Bonser	20//11/2011	Homebush
Relay - 4 x 200m	1.47.68	U14	Elle-Maree Farrington, Tracey Morton, Karlie Morton, Niketa Patterson	2004/05	
Relay 4 x 200m	1.48.72	W120+	Janet Naylor (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medlicott (37)	2004/05	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 400m	3.47.46	Open	Ali Bartholomew (18), Dominica Jenkins (23), Renee Robson (35), Emma Hunt (20)	17-18/11/2012	SOPAC, Homebush
Relay - 4 x 400m	3.52.10	U20	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown
Relay - 4 x 400m	3:52.26	U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	Homebush
Relay - 4 x 400m	3:59.56	U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	Homebush
Relay - 4 x 400m	4.07.65	W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	Homebush
Relay - 4 x 400m	4:33.95	W160+	Deborah Drennan, Rebecca Gibbs, Jenny Schell,, Mary Fien	20//11/2011	Homebush
Relay - 4 x 400m	4.44.67	W200+	Deborah Drennan, Rebecca Gibbs, Jenny Schell,, Mary Fien	20//11/2011	Homebush

Relay - 4 x 800m	9:06.73	Open	Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)	17/11/2007	Homebush
Relay - 4 x 800m	9.34.32	U20	Emily Hopper (15), Emily Augustine (16), Anabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 800m	9.34.32	U18	Emily Hopper (15), Emily Augustine (16), Anabel 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, Deberoh Drennan, Jackie Bezuidenhout, Mary Fien	20//11/2011	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
Relay - 4 x 1500m	18.46.2	Open	Trychelle Kingdom, Kasey Mumby, Emily Hopper, Emily Augustine	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, Katie Furniss, Ashley Mason, Ruby Hackett	2004/05	
Relay - 4 x 1500m	21.41.79	W30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhunty	1998/99	Homebush
Relay - 4 x 1500m	21.48.89	W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	Homebush
Relay - Medley (200,200,400,800)	3.59.35	Open	Fran Schmiede, Dominica Jenkins, Laura Verlinden, Jessica Knox	19//11/2011	Homebush
Relay - Medley (200,200,400,800)	4:30.99	U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	18-19/11/2006	Homebush
Relay - 4 x High Jump	6.30m	Open	Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson	1999/2000	
Relay - 4 x High Jump	6.10m	U18	Daisy Ding, Grace Maher, Liz Osborne, Natalie Groeze	19//11/2011	SOPAC

Relay - 4 x High Jump	6.10m	U18	Karina Brown, Alex Prendiville, Sarah healy, Georgina Terry	16-17/11/2013	SOPAC, Homebush
Relay - 4 x Long Jump	21.44m	Open	Maren Schuermann, Elana Withnall, Elizabeth Clay, Sarah Healy	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	Homebush
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	Homebush
Relay - 4 x Shot Put	38.40m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98	
Relay - 4 x Shot Put	33.34m	U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	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
Relay - 4 x Discus	144.07m	Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99	
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, Brooke East, Isobel McCarthy, Emily Smelt	16-17/11/2013	SOPAC, Homebush
Relay - 4 x Hammer	105.48m	Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05	
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99	
Relay - 4 x Javelin	148.39m	Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	Homebush
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	Homebush
Relay - 4 x Shot Put	38.40m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98	
Relay - 4 x Shot Put	33.34m	U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	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
Relay - 4 x Discus	144.07m	Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99	
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98	
Relay - 4 x Discus	70.82m	U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18-19/11/2006	Homebush
Relay - 4 x Hammer	105.48m	Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05	
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99	
Relay - 4 x Javelin	148.39m	Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	Homebush
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
MEN						
100yards	9.6		Open	John Treloar / Phil Brown	1952/1957	
60m	6.83	1.3	Open	Joshua Clarke (16)	3/12/2011	Blacktown
60m	7.07	0.4	U23	Stephen Andreazza (20)	27/10/2007	Bankstown
60m	6.83	1.3	U20	Joshua Clarke (16)	3/12/2011	Blacktown
60m	6.83	1.3	U18	Joshua Clarke (16)	3/12/2011	Blacktown
60m	6.83	1.3	U17	Joshua Clarke (16)	3/12/2011	Blacktown
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	Bankstown
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	Bankstown
60m	7.68	-0.3	U14	Alexander Fitzpatrick	3/12/2011	Blacktown
60m	9.38	-2.4	U13	Jackson Diamond (12)	24/10/2009	Narrabeen
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks
60m	7.23	-0.1	M35	Ashley McMahon (37)	28/07/2013	Kagoshima, Japan
60m	7.6h	NWI	M40	Antony Guest (43)	18/10/2008	Rotary
60m	8.07	0.0	M45	Andrew Kohlrusch	3/12/2011	Blacktown

60m	8.12	0.3	M50	Anthony Crimi (50)	25/02/2012	Bankstown
60m	8.32	2.0	M55	Paul McCoy (55)	9/04/2011	Blacktown
60m	9.0	NWI	M60	Geoff Francis	2003/2004	
60m	9.44	0.0	M65	Hugh Colburn (65)	25/02/2012	Bankstown
60m	9.01	0.0	M70	David Chantrill (72)	9/04/2011	Blacktown
100m	10.24		Open	Tim Jackson	1994/95	
100m	10.86	-1.0	U23	Stephen Andreazza (22)	29/09/2009	Brisbane
100m	10.41		U20	Tim Jackson	1988	
100m	10.53	NWI	U18	Joshua Clarke (16)	7/09/2012	Isle of Man
100m	10.53	NWI	U17	Joshua Clarke (16)	8/09/2012	Isle of Man
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/2010	Melbourne
100m	11.30		U15	A Edwards	1995/96	
100m	11.30		U14	A Edwards	1995/96	
100m	12.47		U13	D Trimingham	1987	
100m	10.95	0.8	M30	Ashley McMahon (31)	2/03/2007	Canberra
100m	10.90	1.6	M35	Ashley McMahon (37)	16/03/2013	SOPAC, Homebush
100m	11.44	1.3	M40	Sheldon Cummins (40)	9/04/2011	Blacktown
100m	12.27	1.4	M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown
100m	12.65	0.9	M50	Tony Crimi	16/03/2013	SOPAC, Homebush
100m	12.5h	NWI	M55	Clay Tompkins (55)	10/01/2009	Rotary
100m	12.3		M60	Reg Austin	1998/99	
100m	12.70		M65	Reg Austin	20001/02	
100m	15.14	1.1	M70	Reg Austin	28/03/2009	NSW State Masters
100m	21.90		M85	Ray Frith	31/03/1991	Canberra
200m	20.93		Open	Tim Jackson	1989	
200m	21.98	NWI	U23	Evan O'Hanlon (20)	6/09/2008	Beijing, China (Paralympic Games)
200m	21.30	0.4	U20	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown
200m	22.01		U17	Scott Fraser	1996/96	
200m	21.93		U16	Matthew Wood	22/12/2012	SOPAC, Homebush
200m	24.34		U15	Jordan Idiare (13)	17/12/2011	SOPAC
200m	24.34		U14	Jordan Idiare (13)	17/12/2011	SOPAC

200m	26.2		U13	B Harrison / M White	1971/1975	
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/2007	Homebush
200m	22.56	-1.2	M35	Ashley McMahon (37)	16/02/2013	Homebush
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/2011	Homebush
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/2012	SOPAC
200m	26.05	0.9	M50	Anthony Crimi (52)	17/03/2013	SOPAC
200m	26.3		M55	Frank Scurr	1995/96	
200m	24.93		M60	Reg Austin	1998/99	
200m	26.07		M65	Reg Austin	2001/02	
200m	29.35	1.1	M70	David Chantrill (73)	25/02/2012	NSW Masters Champs
400m	46.17		Open	David Johnston	1983	
400m	46.49		U23	David Burke (21)	25/03/2011	Homebush
400m	46.9		U20	David Waller	1978	
400m	46.9		U18	David Waller	1978	
400m	46.9		U17	David Waller	1978	
400m	50.31		U16	Scott Fraser	1996/97	
400m	51.8		U15	John Price	1997/98	
400m	53.30		U14	John Price	1996/97	
400m	1.00.3		U13	D Trimmingham	1987	
400m	50.49		M30	Darren Pearce	2000/2001	
400m	47.83		M35	Antoine Burke (35)	25/03/2011	Homebush
400m	54.69		M40	John Skrivanic	17/04/2006	Canberra
400m	54.07		M45	Antony Gust (47)	30/03/2012	SOPAC
400m	58.32		M50	Les Gillies	2001/02	
400m	59.15		M55	Rick Martin	6/11/2011	Blacktown
400m	1.01.40		M60	Les Gillies (60)	16/03/2007	Adelaide
400m	1.07.31		M65	Geoff Francis (65)	24/03/2007	Campbelltown
400m	1.16.75		M70	Charles Hobden (71)	8/03/2008	Homebush
400m	1.23.5h		m75	Charles Hobden (75)		
800m	1.46.52		Open	James Gurr (27)	3/03/2011	Melbourne
800m	1.46.66		U23	Tristan Garrett (22)	4/03/2010	Melbourne
800m	1.46.65		U20	Grant Cremer	1997/98	

800m	1.51.71	U18	Sam Hall	2000/2001	
800m	1.54.23	U17	Adrian White	1981	
800m	2.00.3	U16	K Dewar	1974	
800m	2.02.0	U15	John Vandenberg	1970	
800m	2.11.88	U14	Andrew Needham	1996/97	
800m	2.18.3	U13	R Pentecost	1967	
800m	1.54.64	M30	Sean Fitzpatrick	1997/98	
800m	1.56.10	M35	Greg Nielson	1990	
800m	1.59.98	M40	Stuart Paterson (41)	1997/98	Brisbane
800m	2.05.9	M45	Stuart Paterson (46)	2002/03	Bankstown
800m	2.11.59	M50	Les Gillies	2001/02	
800m	2.13.32	M55	Rick Martin (55)	11/12/2010	Homebush
800m	2.22.00	M60	Les Gillies (60)	6/04/2007	Hobart
800m	2.40.33	M65	Geoff Francis (67)	10/04/2009	Adelaide
800m	2.54.66	M70	Ron Wills (70)	6/03/2010	Campbelltown
800m	3.25.80	M75	Charles Hobden (75)	22/10/2011	Rotary
1500m	3.37.02	Open	James Kaan (23)	9/03/2013	Homebush
1500m	3.40.30	U23	James Kaan (22)	21/01/2012	Newcastle
1500m	3.45.34	U20	James Connor	30/03/2012	SOPAC
1500m	3.54.3	U18	Nick Bromley	2000/2001	
1500m	4.02.1	U17	Laurie Toogood	1962	
1500m	4.03.2	U16	John Vandenberg	1970	
1500m	4.03.2	U15	John Vandenberg	1970	
1500m	4.28.8	U14	G Daly	1969	
1500m	4.46.0	U13	T Gillam	1971	
1500m	3.47.29	M30	Frazer Dowling (30)	2/04/2011	Homebush
1500m	3.59.66	M35	Stuart Paterson (39)	16/02/1996	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)	10/09/2007	Riccione, ITA
1500m	4.48.51	M55	Stephen Ball (56)	28/03/2010	Campbelltown
1500m	5.16.17	M60	Geoff Francis	2002/03	
1500m	5.37.32	M65	Geoff Francis (67)	10/04/2009	Adelaide

1500m	6.14.10	M70	Ron Wills (71)	9/04/2011	Blacktown
1 Mile	4.04.54	Open	Nick Bromley (24)	17/03/2007	Wanganui, NZL
1 Mile	4.24.35	U/20	Will Austin-Cray	13/12/2011	Bankstown
1 Mile	4.36.29	U/18	Ruairidh MacDonald	13/12/2011	Bankstown
1 Mile	4.58.22	M40	Connor Delahunty	13/12/2011	Bankstown
1 Mile	5.14.85	M50	Bradley Sharpe	13/12/2011	Bankstown
3000m	8.04.85	Open	Nick Bromley (25)	8/11/2008	Homebush
3000m	8.04.89	U23	James Kaan (22)	10/11/2012	SOPAC, Homebush
3000m	8.18.42	U20	James Connor (19)	12/11/2011	Homebush
3000m	8.29.0	U18	Joel Fitzgerald	2000/2001	
3000m	8.34.75	U17	Ruairidh MacDonald (16)	11/03/2010	Homebush
3000m	8.47.2	U16	John Vandenberg	1970	
3000m	9.30.12	U15	S Hudson	1987	
3000m	9.52.09	U14	Jared Simmons (12)	23/01/2010	Homebush
3000m	9.52.09	U13	Jared Simmons (12)	23/01/2010	Homebush
3000m	8.31.4	M30	Sean Fitzpatrick	1999/2000	
3000m	8.37.7	M35	Michael Donnelly	1995	
3000m	8.47.10	M40	Michael Donnelly	1999/2000	
3000m	9:34.15	M45	Stuart Paterson (49)	2/04/2006	Adelaide
3000m	10.21.66	M50	Stuart Paterson (50)	11/11/2006	Homebush
3000m	10.25.3	M55	Jim Seymon	1995	
3000m	11.31.8	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
5000m	13.59.0	Open	John Farrington	1970	
5000m	14.05.27	U23	James Connor (21)	6/04/2013	Melbourne
5000m	14.28.0	U20	Bruce Adams	1969	
5000m	15.17.4	U18	Joel Fitzgerald	2000/2001	
5000m	17.17.95	U15	G Lawson	1985	
5000m	16.10.29	M30	Tim Connors	19/01/2006	Homebush
5000m	15.07.90	M35	Michael Donnelly	1995	

5000m	16.26.40		M40	Bruce Hansard	1997/98	
5000m	17:33.30		M45	Stuart Paterson (49)	19/01/2006	Homebush
5000m	18:14.33		M50	Stephen Ball	19/01/2006	Homebush
5000m	17.49.00		M55	Jim Seymon	1995	
5000m	19.49.5		M60	Jim Seymon	1998/99	
5000m	22.08.4h		M65	Geoff Francis (67)	11/10/2009	Homebush
10000m	29.16.2		Open	John Farrington	1970	
10000m	33.26.16		M35	Ray Wareham	2003/2004	
10000m	39.04.03		M50	Stephen Ball	2004/05	
10000m	36.15.4		M55	Jim Seymon	1995	
10000m	41.10.9		M60	Jim Seymon	1997/98	
110m Hurdles - 1.067m	14.21		Open	Gareth Watkins	1998/99	
110m Hurdles - 1.067m	14.37	0.9	U23	Jacob Holt (22)	23/02/2008	Homebush
110m Hurdles - 0.991m	14.20	1.1	U20	Harrison Andrews (18)	12/03/2013	Perth
110m Hurdles - 0.914m	13.91	1.1	U18	Mathew Wood (16)	6/12/2013	Townsville
110m Hurdles - 0.914m	13.91	1.1	U17	Mathew Wood (16)	6/12/2013	Townsville
100m Hurdles - 0.840m	13.0		U16	Matthew Walker	2002/03	
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	30/11/2012	The Domain, Hobart
90m Hurdles - 0.762m	12.73	-0.3	U14	Jordan Idiare (13)	3/12/2011	UQ, Brisbane
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97	
110m Hurdles - 0.991m	15.70		M35	Clay Tompkins	1991	
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins	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	16.23		M55	Clay Tompkins	21/03/2008	Blacktown
100m Hurdles - 0.840m	18.16		M60	Jim McGrath	1992	
100m Hurdles - 0.840m	20.30		M65	Jim McGrath	1996/97	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath	14/07/2001	Brisbane
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	16/12/2006	Homebush
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/2006	Homebush

200m Hurdles - 0.762m	24.96		U20	Jacob Holt	2004/05	
200m Hurdles - 0.762m	25.8		U18	Bryce Collins (15)	3/12/2011	UQ, Brisbane
200m Hurdles - 0.762m	25.8		U17	Bryce Collins (15)	3/12/2011	UQ, Brisbane
200m Hurdles - 0.762m	25.8		U16	Bryce Collins (15)	3/12/2011	UQ, Brisbane
200m Hurdles - 0.762m	27.13		U15	Sean Radi	1985	
200m Hurdles - 0.762m	29.94		U14	S Hailstone	1985	
200m Hurdles - 0.762m	32.0		U13	Sean Radi	1983	
200m Hurdles - 0.762m	29.1		M35	Clay Tompkins	1989	
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	4/02/2012	SOPAC

400m Hurdles - 0.914m	52.77		Open	James Roff	2004/05	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	Canberra
400m Hurdles - 0.914m	52.77		U20	James Roff	2004/05	
400m Hurdles - 0.840m	53.19		U18	Bryce Collins (17)	Jan-13	Homebush
400m Hurdles - 0.840m	53.60		U17	Bryce Collins (16)	14/03/2012	SOPAC
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05	
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97	
400m Hurdles - 0.914m	1.06.3		M35	Peter Hampshire	1991	
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	25/02/2012	Bankstown
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	25/02/2012	Bankstown
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	16/03/2007	Adelaide

3000m Steeplechase 0.914m	9.20.63		Open	Nick Bromley (19)	23/03/2002	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	23/03/2002	
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White	1986	
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White	1986	
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White	1986	
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White	1985	
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson	1987	

1500m Walk	5.58.0		Open	J Hart	1985	
1500m Walk	5.58.0		U20	J Hart	1985	
1500m Walk	6.27.7		U17	J Hart	1980	

1500m Walk	6.24.7	U16	J Hart	1980	
1500m Walk	6.24.7	U15	J Hart	1980	
1500m Walk	8.38.0	U13	J Davidson	1975	
1500m Walk - M30	7.31.7	M30	Mark Ransom	1995/96	
1500m Walk - M35	7.45.1	M35	Mark Ransom	1998/99	
1500m Walk - M45	7.57.2	M45	Robert Osborne	2004/05	
1500m Walk - M50	9.34.5	M50	Doug Barrett	2004/05	
1500m Walk - M55	8.25.70	M55	Jim Seymon	1996/97	
1500m Walk - M60	8.26.0	M60	Jim Seymon	1998/99	
1500m Walk - M65	8.04.08	M65	Jim Seymon	2003/2004	
1500m Walk - M70	8.01.4h	M70	Jim Seymon (72)	16/01/2010	Rotary
3000m Walk	12.46.6	Open	J Hart	1983	
3000m Walk	12.45.8	U20	John Morison	2000/2001	
3000m Walk	12.46.6	U18	J Hart	1983	
3000m Walk	13.51.5	U16	J Hart	1980	
3000m Walk	13.51.5	U15	J Hart	1980	
3000m Walk	15.44.7	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	16.48.3	M60	Jim Seymon	2003/2004	
3000m Walk	16.58.4	M65	Jim Seymon	2002/03	
3000m Walk	17.34.0h	M70	Jim Seymon (71)	7/03/2009	Rotary
5000m Walk	22.26.68	Open	John Morison	2001/02	
5000m Walk	28.02.0	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	28.39.1	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	Adelaide
10000m Walk	58.15.0	M30	Mark Ransom	1995/96	
10000m Walk	1.02.32.0	M35	Mark Ransom	1998/99	

10000m Walk	1.00.00.0	M65	Jim Seymon	2004	Bankstown
10000m Walk	1:03.11.53	M70	Jim Seymon (71)	5/01/2008	Campbelltown
High Jump	2.23m	Open	Luke Russell	1998/99	
High Jump	1.90m	U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD
High Jump	2.23m	U20	Luke Russell	1998/99	
High Jump	2.11m	U18	Theo Kavieris	1986	
High Jump	1.96m	U17	Gordon Windeyer	1971	
High Jump	1.90m	U16	Matthew Walker	1980	
High Jump	1.90m	U15	A Urquart	1983	
High Jump	1.78m	U14	J Delamare	1983	
High Jump	1.65m	U13	William Richardson (12)	15/11/2008	Blacktown
High Jump	1.70m	M30	Carl Dubois / Tony Nash	1995 - 1996/97	
High Jump	1.70m	M30	Ashley McMahon	22/10/2005	Campbelltown
High Jump	1.93m	M35	Clay Tompkins	1992	
High Jump	1.90m	M40	Clay Tompkins	1993	
High Jump	1.83m	M45	Clay Tompkins	2000/2001	
High Jump	1.75m	M50	Clay Tompkins	9/03/2003	Homebush
High Jump	1.68m	M55	Clay Tomkins (55)	22/03/2008	Blacktown
High Jump	1.61m	M60	Clay Tomkins (60)	29/03/2013	AIS, Canberra
High Jump	1.20m	M65	Jim McGrath	1996/97	
High Jump	1.07m	M70	Jim McGrath	2001/02	
Pole Vault	4.63m	Open	Peter Dyer	1984	
Pole Vault	3.50m	U23	Oliver Holland (20)	3/01/2009	Campbelltown
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	1988	

Pole Vault	3.60m		M40	Clay Tompkins	1993	
Pole Vault	3.60m		M45	Jim McGrath / Clay Tompkins	1976 & 1998/99	Sydney
Pole Vault	3.40m		M50	Tim McGrath (50)	16/03/2013	SOPAC, Homebush
Pole Vault	3.20m		M55	Jim McGrath	1987	
Pole Vault	3.00m		M60	Jim McGrath	20/07/1991	England
Pole Vault	2.60m		M65	Jim McGrath	1996/97	
Pole Vault	2.40m		M70	Jim McGrath	3/11/2001	Sydney

Long Jump	7.67m		Open	Peter Banks	1996/97	
Long Jump	6.26m	1.6	U23	Oliver Holland (20)	4/01/2009	Campbelltown
Long Jump	7.31m		U20	Russell Parker	1998/99	
Long Jump	6.90m		U18	Peter Elvy	1996/97	
Long Jump	6.85m		U17	Clay Tompkins	1969	
Long Jump	6.53m		U16	Matthew Walker	2002/03	
Long Jump	6.48m		U15	Sean Radi	1985	
Long Jump	5.98m		U14	Peter Elvy	1994	
Long Jump	5.30m		U13	G Bayman	1980	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	4/02/2012	SOPAC
Long Jump	6.56m		M35	Clay Tompkins	1988	
Long Jump	6.66m		M40	Clay Tompkins	1995/96	
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)	27/07/2008	Townsville
Long Jump	4.99m		M60	Jim McGrath	18/07/1981	Turku, Finland
Long Jump	4.29m		M65	Jim McGrath	1996/97	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	29/03/2013	AIS Canberra

Triple Jump	15.71m	1.9	Open	Tomas Cholensky (33)	25/03/2011	Homebush
Triple Jump	11.16m	0.4	U23	Jacob Holt (20)	26/09/2006	
Triple Jump	15.00m		U20	Peter Cox	1951	
Triple Jump	14.40m		U18	Peter Cox	1949	
Triple Jump	14.40m		U17	Peter Cox	1949	
Triple Jump	13.56m		U16	Matthew Walker	2002/03	
Triple Jump	12.82m		U15	Sean Radi	1985	

Triple Jump	12.27m		U14	Peter Radi	1981	
Triple Jump	10.78m		U13	D Trimmingham	1987	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/03/2011	Homebush
Triple Jump	14.77m		M35	Clay Tompkins	1988	
Triple Jump	13.92m		M40	Clay Tompkins	1993	
Triple Jump	13.51m		M45	Clay Tompkins	6/03/1999	Sydney
Triple Jump	12.23m	NWI	M50	Clay Tompkins (54)	24/03/2007	Campbelltown
Triple Jump	12.19m	2.0	M55	Clay Tompkins (57)	2/04/2010	Perth
Triple Jump	11.75m	0.9	M60	Clay Tompkins (60)	29/03/2013	AIS Canberra
Triple Jump	8.46m	-0.3	M70	Nick Bastas (73)	25/02/2012	Bankstown
Triple Jump	5.40m	NWI	M75	Charles Hobden	3/12/2011	Rotary

Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/01/2007	Bankstown
Shot Put - 7.26kg	9.19m		U23	Oliver Holland (20)	31/01/2009	Hobart
Shot Put - 7.26kg*	15.94m		U20	Stuart Gyngell	1983	
Shot Put - 5kg	18.34m		U18	Peter Elvy	1996/97	
Shot Put - 5kg	14.62m		U17	Tyson Davis	3/12/2011	UQ, Brisbane
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy	1997/98	
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy	1995	
Shot Put - 3.632kg*	16.45m		U14	Peter Elvy	1994	
Shot Put - 2.724kg*	14.25m		U13	G Bayman	1966	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	20/01/2007	Bankstown
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	11/10/2009	Homebush
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	14/01/2012	SOPAC
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	1991	
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	12/11/2011	Rotary
Shot Put - 4kg	8.76m		M70	Jim McGrath	2001/02	
Shot Put - 4kg	7.55m		M75	Jim McGrath (79)	8/01/2011	Rotary
Shot Put - 3kg	7.37m		M80	Jim McGrath (80)	24/09/2011	Rotary

Discus - 2kg	60.45m		Open	Peter Elvy	2000/01	
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Discus - 2kg	26.02m	U23	Oliver Holland (20)	31/01/2009	Hobart
Discus - 2kg*	55.45m	U20	Peter Elvy	1999/2000	
Discus - 1.5kg	61.60m	U18	Peter Elvy	1997/98	
Discus - 1.5kg	46.98m	U17	G Bayman	1970	
Discus - 1kg	64.68m	U16	Peter Elvy	1995/96	
Discus - 1kg	59.84m	U15	Peter Elvy	1995	
Discus - 1kg	54.24m	U14	Robert Murphy	1995/96	
Discus - 1kg	44.38m	U13	Darren Pitchfork	1985	
Discus - 2kg	36.74m	M30	Carl Dubois	1995	
Discus - 2kg	37.18m	M35	Ashley McMahon (37)	25/02/2012	Bankstown
Discus - 2kg	39.18m	M40	Clay Tompkins	16/03/2013	SOPAC, Homebush
Discus - 2kg	36.05m	M45	Andrew Kohlrusch (46)	15.10.2011	Rotary
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	1994	
Discus - 1.0kg	33.77m	M65	Robert Archer (65)	25/02/2012	Bankstown
Discus - 1kg	26.75m	M70	Jim McGrath	2001/02	
Discus - 1kg	18.24m	M80	Ray Frith	1987	
Discus - 1kg	15.92m	M85	Ray Frith	1990	
Discus - 1kg	12.84m	M90	Ray Frith	1995	
Hammer - 7.26kg	56.10m	Open	Jon Harwood (26)	13/02/2009	Homebush
Hammer - 7.26kg		U23	vacant		
Hammer - 7.26kg*	53.34m	U20	Darren Pitchfork	1989	
Hammer - 5kg	62.90m	U18	Darren Pitchfork	1988	
Hammer - 4.536kg*	56.04m	U17	Moise Haque	1979	
Hammer - 4.536kg*	60.00m	U16	Darren Pitchfork	1987	
Hammer - 4.536kg*	54.54m	U15	Peter Elvy	1995	
Hammer - 7.26kg	38.39m	M30	Warren Jones	9/10/2010	Rotary
Hammer - 7.26kg	33.88m	M40	Ross Douglas	1999/2000	
Hammer - 7.26kg	31.11m	M45	Mark Cepak (49)	28/03/2009	Bankstown
Hammer - 6kg	38.38m	M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary
Hammer - 6kg	22.19m	M55	Ross Douglas (59)	9/11/2013	SOPAC, homebush
Hammer - 5kg	44.70m	M60	Peter Farmer (60)	1/12/2012	Rotary, Chatswood

Hammer - 4kg	26.73m	M70	Brian Hamilton (72)	6/02/2010	Rotary
Hammer - 4kg	21.05m	M75	Jim McGrath (79)	5/02/2011	Rotary
Hammer - 3kg	20.98m	M80	Jim McGrath (80)	28/01/2012	Rotary
Javelin - 800g	63.14m	Open	Peter Elvy	1995/96	
Javelin - 800g	44.17m	U23	Nik Vosper (22)	18/11/2006	Homebush
Javelin - 800g	63.14m	U20	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U18	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U17	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U16	Peter Elvy	1995/98	
Javelin - 700g	60.54m	U15	Peter Elvy	1995	
Javelin - 600g	54.44m	U14	Peter Elvy	1994	
Javelin - 600g	31.50m	U13	Darren Pitchfork	1984	
Javelin - 800g	47.34m	M30	Tony Nash	1996/97	
Javelin - 800g	46.90m	M35	Clay Tompkins	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	Homebush
Javelin - 800g*	40.04m	M55	Rocky Wijesinghe	1993	
Javelin - 600g	33.76m	M60	Jim McGrath	1991	
Javelin - 600g	29.54m	M65	Jim McGrath	1996/97	
Javelin - 500g	25.37m	M70	Jim McGrath	2001/02	
Javelin - 500g	20.23m	M75	Jim McGrath (76)	6/04/2007	Hobart
Javelin - 400g	17.66m	M80	Jim McGrath (80)	24/09/2011	Rotary
Weight Throw - 15.88kg	11.99m	Open	Michael Stark (29)	1/10/2011	Rotary
Weight Throw - 15.88kg	11.11m	M30	Warren Jones (31)	12/11/2011	Rotary
Weight Throw - 15.88kg	9.16mm	M40	Andrew Watson (43)	11/03/2012	Campbelltown
Weight Throw - 15.88kg	10.71m	M45	Mark Cepak (49)	10/04/2009	Adelaide
Weight Throw - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	20/03/2010	Canberra
Weight Throw - 11.34kg	8.06m	M55	Ian Heazlewood (55)	6/04/2007	Hobart
Weight Throw - 11.34kg	6.13m	M60	Bill Swiney (61)	25/02/2012	Bankstown
Weight Throw - 7.26kg	8.95m	M70	Charles Hobden (71)	8/12/2007	Rotary
Weight Throw - 5.45kg	6.37m	M80	Jim McGrath (80)	22/09/2012	Rotary, Chatswood

Decathlon	7915 Pts	Open	Peter Banks	1996/97	
Decathlon	5478 Pts	U23	Oliver Holland (20)	31/01/2009	Hobart
Decathlon	6425 Pts	U20	James Moir	1987	
Decathlon	6631 Pts	U18	Sean Radi	1987	
Decathlon	5827 Pts	U16	Sean Radi	1986	
Decathlon	5112 Pts	M35	Ashley McMahon (37)	5/01/2013	Campbelltown
Decathlon	3279 Pts	M40	Tony Nash (43)	3/03/2007	Brisbane
Decathlon	3654 Pts	M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown
Decathlon	5249 Pts	M50	Tim McGrath (50)	4/01/2014	Bendigo
Decathlon	6450 Pts	M60	Jim McGrath	18/07/1991	Turku, Finland
Heptathlon	4184 Pts	U16	Martin Stonis (15)	6/01/2007	Homebush
Heptathlon	2731 Pts	U15	James McFadden (14)	31/03/2012	SOPAC
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m					
Pentathlon	1358 Pts	U14	Sam Richardson (13)	7/01/2012	Campbelltown
Pentathlon	1498 Pts	M30	Peter Lang	12/02/2006	Homebush
Pentathlon	3243 Pts	M35	Clay Tompkins	4/04/1988	Brisbane
Pentathlon	1749 Pts	M40	Tony Nash (43)	6/04/2007	Hobart
Pentathlon	3719 Pts	M45	Clay Tompkins	1997/98	
Pentathlon	3102 Pts	M50	John Kay (50)	2/04/2010	Perth
Pentathlon	1877 Pts	M55	Doug Barrett (59)	6/04/2012	Melbourne
Pentathlon	2618 Pts	M60	Les Gillies (60)	6/04/2007	Hobart
Throws Pentathlon - HT, SP, DT, JT, WT					
Throws Pentathlon	2076 Pts	M30	Warren Jones (33)	29/03/2013	AIS canberra
Throws Pentathlon	2487 Pts	M40	Andrew Watson (43)	11/03/2012	Campbelltown
Throws Pentathlon	2342 Pts	M45	Mark Cepak (49)	10/04/2009	Adelaide
Throws Pentathlon	2896 Pts	M50	Robert Hanbury-Brown (53)	11/10/2009	Homebush
Throws Pentathlon	2264 Pts	M55	Ian Heazlewood (56)	21/03/2008	Blacktown
Throws Pentathlon	2196 Pts	M80	Jim McGrath (80)	27/02/2011	Campbelltown
Relay - 4 x 100m	40.64	Open	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	1993	ES Marks

Relay - 4 x 100m	42.84	U20	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	119/11/2011	SOPAC
Relay - 4 x 100m	42.84	U18	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	119/11/2011	SOPAC
Relay - 4 x 100m	43.98	U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), JordonIdaire (14)	17-18/11/2012	SOPAC
Relay - 4 x 100m	48.50	U14	Dominic Mete, Jack McGregor, Samuel Barkley, Connor Hurley	19/11/2011	SOPAC
Relay - 4 x 100m	46.49	M120+	John Skrivanic, Sheldon Cummins, Melissa Medlicott, Anthony Benn	Nov-05	Homebush
Relay - 4 x 100m	48.38	M160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	21/11/2009	Blacktown
Relay - 4 x 100m	50.54	M200+	Chris Norris (51), David Smith (55), Robert Stepanovich (55), Sheldon Cummins (39)	21/11/2010	Homebush
Relay - 4 x 100m	57.04	M240+	Anthony Crimi (52), Richard Wood (46), Les Gilles (66), Hugh Colburn (67)	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 200m	1.27.33	Open	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1995	Homebush
Relay - 4 x 200m	1.28.6	U20	Matthew Wood, Anthony Collum, Tony Wood, Bryce Collins	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 200m	1.29.38	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks
Relay - 4 x 200m	1.33.44	U16	Matthew Reede, J Kwan, Tim Jackson, M 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
Relay - 4 x 200m	1.37.23	M30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1994	
Relay - 4 x 200m	1.44.03	M160+	Tim Austin, Andrew Watson, Andrew Kohlrusch, Antony Guest	20/11/2011	SOPAC
Relay - 4 x 200m	1:52.96	M200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	18-19/11/2006	Homebush
Relay - 4 x 200m	2.06.82	M240+	Zoran Novicic (53), Doug Barrett (61), Les Gilles (66), Robert Connors (65)	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 400m	3.12.25	Open	Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke	Mar-11	Homebush
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	Homebush
Relay - 4 x 400m	3.20.3	U18	Matthew Wood, Daniel Ding Bruce Collins, Matthew Crowe	16-17/11/2013	SOPAC, Homebush

Relay - 4 x 400m	3.26.21	U17	R Pittorino, Adrain 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
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	Homebush
Relay - 4 x 400m	3.46.92	M160+	Frazer Dowling, Antony Guest, Mark Taylor, Andy West	Nov-11	Homebush
Relay - 4 x 400m	3:59.72	M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	18-19/11/2006	Homebush
Relay - 4 x 800m	7:27.95	Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	22/11/2009	Blacktown
Relay - 4 x 800m	7.46.20	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush
Relay - 4 x 800m	7.46.20	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush
Relay - 4 x 800m	8.42.57	U16	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	1995/96	
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
Relay - 4 x 800m	8.14.05	M30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	19/12/1993	ES Marks
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	19/11/1997	Homebush
Relay - 4 x 800m	9.28.19	M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	Homebush
Relay - 4 x 800m	11.53.50	M240+	Terrance Carter (56), Doug Barrett (61), Les Gilles (66), Robert Connors (65)	16-17/11/2013	SOPAC, Homebush
Relay - 4 x 1500m	15.55.30	Open	Dylan Dudley (20), Alex Godbold (23), Josh Olsen (22), James Kaan (22)	17-18/11/2012	SOPAC
Relay - 4 x 1500m	16.39.47	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/2000	Homebush
Relay - 4 x 1500m	16.39.47	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	Homebush
Relay - 4 x 1500m	18.03.13	U16	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	2000/01	
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
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	17/12/1995	ES Marks

Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	29/11/1997	Homebush
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	Homebush
Relay - 4 x 1500m Walk	35.56.70	Open	Jim Seymon (77), Robert Connors (65), Steve Washburn, Doug Barrett (61)	16-17/11/2013	SOPAC
Relay - 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
Relay - 4 x High Jump	7.90m	Open	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	1996/97	Homebush
Relay - 4 x High Jump	7.30m	U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	Homebush
Relay - 4 x Pole Vault	14.10m	Open	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	1996/97	Homebush
Relay - 4 x Long Jump	27.06m	Open	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	1996	Homebush
Relay - 4 x Long Jump	22.97m	U18	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	1996/97	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	51.24m	U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush
Relay - 4 x Shot Put	41.65m	M120+	Andrew Watson, Andrew Kohlrusch, James Fitzgerald, Warren Jones	19/11/2011	SOPAC
Relay - 4 x Discus	143.96m	Open	Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	15-16/11/2008	Blacktown
Relay - 4 x Discus	167.10m	U18	Will Brown, Jack McGuire, Ellington Steanes, Tim Heyes	16-17/11/2013	SOPAC, Homebush
Relay - 4 x Discus	92.49m	U14	Darcy Hampton, Jaden Clark, Ben Cater, Ben Pollack	16-17/11/2013	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
Relay - 4 x Javelin	154.11	U18	Will North (15), Saxon Ward (17), Max Le Ban (14), Tyler Monaghan (13)	17-18/11/2012	SOPAC