

Rankings 2020/2021

Marks since: 1-May-20
UTS Northern Suburbs Athletic [UTN]

Female 60m Sprint

1	7.51	+1.3		F	---	Kristie Edwards	20	27/01/2021	QA Sheild Series: Joanna Stone Shield
2	7.57	+1.5		F	---	Stephanie Power	27	9/01/2021	Illawong High Velocity Meet 3
3	7.62	+1.5		F	---	Bendere Oboya	20	24/10/2020	Illawong High Velocity Meet 1
4	7.67	+0.0		F	---	Georgia Fichardt	16	3/11/2020	Campbelltown Track and Field
5	7.78	+0.0		F	---	Morgan Kelaher	17	16/01/2021	Illawarra Track Challenge
6	7.85	+1.3		F	---	Nicolette Donofrio	18	24/10/2020	Illawong High Velocity Meet 1
7	7.97	+1.3		F	---	Jasmin Guthrie	17	24/10/2020	Illawong High Velocity Meet 1
8	7.98	NWI		F	---	Monique Perry	46	13/12/2020	Elzy Wellings 1000 Meet
9	8.03	+1.4		F	---	Jessica Maciver	17	24/10/2020	Illawong High Velocity Meet 1
10	7.8h	NWI	8.04	F	---	Rowena Craker	20	13/03/2021	Northern Zone Week 21
11	7.9h	NWI	8.14	F	---	Charlotte Greatrex	15	3/10/2020	Northern Zone Week 2
12	8.19	+1.4		F	---	Isabella Guthrie	17	24/10/2020	Illawong High Velocity Meet 1
13	8.0h	NWI	8.24	F	---	Eliza Da Silva	16	27/02/2021	Northern Zone Week 19
14	8.1h	NWI	8.34	F	---	Xin Min Tan	14	27/02/2021	Northern Zone Week 19
15	8.44	+2.2		F	---	Kylie Strong	53	16/01/2021	Illawarra Track Challenge
16	8.45	+1.0		F	---	Inge Ackland	15	9/01/2021	Illawong High Velocity Meet 3
17 *	8.3h	NWI	8.54	F	---	Alicia MacMillan	16	9/01/2021	Northern Zone Week 13
17 *	8.3h	NWI	8.54	F	---	Joanna Davis	43	25/07/2020	Northern Zone Winter Series 1
19	8.55	NWI		F	---	Davina Strauss	42	10/04/2021	Grass Games 2021
20	8.56	NWI		P	---	Sarah Ding	21	10/04/2021	Grass Games 2021
21	8.4h	NWI	8.64	F	---	Chloe Davis	20	27/02/2021	Northern Zone Week 19
22	8.70	-0.1		F	---	Cora Patriarca	30	13/02/2021	NSW Masters Championships 2021
23	8.5h	NWI	8.74	F	---	Eva Bates	14	25/07/2020	Northern Zone Winter Series 1
24	8.84	+1.8		F	---	Alyssa Philip	21	9/01/2021	Illawong High Velocity Meet 3
25	8.93	+1.9		F	---	Maria Cimino	49	10/10/2020	AACT Summer Series No 1
26	8.7h	NWI	8.94	F	---	Jasmine Rintel	12	13/03/2021	Northern Zone Week 21
27	9.16	-2.7		F	---	Elizabeth Morison	36	13/02/2021	NSW Masters Championships 2021
28	9.3h	NWI	9.54	F	---	Hooi Hooi Teh	46	3/10/2020	Northern Zone Week 2
29	9.72	+0.0		F	---	Jenny Schell	58	13/02/2021	NSW Masters Championships 2021
30	9.5h	NWI	9.74	F	---	Janet Naylor	54	17/10/2020	Northern Zone Week 4
31	9.8h	NWI	10.04	F	---	Helena Smith	33	17/10/2020	Northern Zone Week 4
32	10.2h	NWI	10.44	F	---	Emily Davis	13	15/08/2020	Northern Zone Winter Series 2
33	10.3h	NWI	10.54	F	---	Bronwyn Kelaher	54	25/07/2020	Northern Zone Winter Series 1
34 *	10.5h	NWI	10.74	F	---	Mali Lovell	16	15/08/2020	Northern Zone Winter Series 2
34 *	10.5h	NWI	10.74	F	---	Deborah Drennan	62	15/08/2020	Northern Zone Winter Series 2
36	10.8h	NWI	11.04	F	---	Wendy Fleming	51	12/12/2020	Northern Zone Week 12

37	10.9h	NWI	11.14	F	---	Antoinette Woodward	64	13/03/2021	Northern Zone Week 21
38	12.0h	NWI	12.24	F	---	Jillian Senior	68	12/12/2020	Northern Zone Week 12
39	12.4h	NWI	12.64	F	---	Kathleen Cook	83	25/07/2020	Northern Zone Winter Series 1
40	12.5h	NWI	12.74	F	---	Nancy Lloyd	66	14/11/2020	Northern Zone Week 8
41	12.8h	NWI	13.04	F	---	Dorothy Kass	67	3/10/2020	Northern Zone Week 2
42	14.2h	NWI	14.44	F	---	Jenna Ryan	55	12/12/2020	Northern Zone Week 12

Female 100m Sprint

1	11.62	+3.1		P	---	Kristie Edwards	21	27/03/2021	Queensland Track Classic
2	11.74	+3.8		F	---	Stephanie Power	27	15/11/2020	Illawarra Blue Stars Interclub
3	11.89	+2.2		F	---	Olivia Rose Inkster	15	3/12/2020	ACPE NSW All Schools 2020
4	11.94	+1.4		F	---	Morgan Kelaher	17	12/03/2021	NSW Junior Championships 2021
5	11.98	+2.6		F	---	Nicole Berridge	32	3/04/2021	Illawong High Velocity Meet 4
6	12.07	+3.1		F	---	Nicolette Donofrio	18	15/11/2020	Illawarra Blue Stars Interclub
7	11.9h	NWI	12.14	F	---	Georgia Fichardt	16	26/09/2020	Northern Zone Week 1
8	12.20	+0.3		F	---	Bendere Oboya	20	24/10/2020	Illawong High Velocity Meet 1
9	12.24	+3.0		F	---	Bronte Pickering	19	3/04/2021	Illawong High Velocity Meet 4
10 *	12.33	-0.4		F	---	Gabriella Taylor	15	17/10/2020	Nepean Interclub 2020
10 *	12.33	+0.1		F	---	Jasmin Guthrie	17	17/10/2020	Nepean Interclub 2020
12	12.36	+2.3		P	---	Carla Takchi	23	12/02/2021	Athletics ACT Championships 2021
13 *	12.40	+1.3		F	---	Eliza Da Silva	16	3/04/2021	Illawong High Velocity Meet 4
13 *	12.40	-0.7		P	---	Jessica Maciver	17	3/12/2020	ACPE NSW All Schools 2020
15	12.49	+1.5		P	---	Monique Perry	46	12/02/2021	Athletics ACT Championships 2021
16	12.53	NWI		F	---	Greta Andrews	16	3/12/2020	ACPE NSW All Schools 2020
17	12.59	+1.5		F	---	Rowena Craker	20	27/03/2021	Bankstown Invitational
18	12.4h	NWI	12.64	F	---	Isabella Guthrie	17	26/09/2020	Northern Zone Week 1
19 *	12.65	+3.3		F	---	Jessie Wong	16	15/11/2020	Illawarra Blue Stars Interclub
19 *	12.65	+0.0		F	---	Sienna Bond	15	21/11/2020	Sydney Uni Interclub
21 *	12.75	+1.4		P	---	Matilda Vial	13	12/03/2021	NSW Junior Championships 2021
21 *	12.75	+1.0		F	---	Samra Bond	13	3/12/2020	ACPE NSW All Schools 2020
23	12.76	+1.6		P	---	Alicia MacMillan	16	12/03/2021	NSW Junior Championships 2021
24	12.78	+1.0		F	---	Charlotte Banks	19	30/01/2021	Mingara Interclub
25	12.81	+3.0		F	---	Cora Patriarca	30	15/11/2020	Illawarra Blue Stars Interclub
26	12.85	+1.2		F	---	Xin Min Tan	14	30/01/2021	Mingara Interclub
27	12.90	+3.6		P	---	Pascale La Hei	18	24/01/2021	Sutherland Summer Series
28	12.91	+0.8		P	---	Phoebe Berglund	14	12/03/2021	NSW Junior Championships 2021
29	12.7h	NWI	12.94	F	---	Gemma Eggleton	15	21/11/2020	Northern Zone Week 9
30	12.97	+1.0		F	---	Cayla Phillips	15	30/01/2021	Mingara Interclub
31	13.04	+0.3		P	---	Annabelle Parmegiani	23	21/04/2021	UniSport Nationals Athletics 2021
32	13.08	+0.0		F	---	Charlotte Greatrex	15	20/02/2021	Illawong Revesby Workers Track Challenge
33	13.10	+0.5		F	---	Chloe Davis	21	3/04/2021	Illawong High Velocity Meet 4
34	13.12	+3.6		F	---	Chloe Dunne	13	15/11/2020	Illawarra Blue Stars Interclub

35 *	13.20	+4.2		F	---	Renee Briffa	46	24/03/2021	Summer Series No 12
35 *	13.20	+0.3		P	---	Matidla Harrison	11	12/03/2021	NSW Junior Championships 2021
37	13.24	+1.9		F	---	Kylie Strong	53	16/01/2021	Illawarra Track Challenge
38	13.51	-2.3		F	---	Yael Reed	37	7/11/2020	Club Championships 2020
39	13.58	+1.7		F	---	Inge Ackland	15	9/01/2021	Illawong High Velocity Meet 3
40 *	13.4h	NWI	13.64	F	---	Joanna Davis	43	26/09/2020	Northern Zone Week 1
40 *	13.4h	NWI	13.64	F	---	Eva Bates	14	25/07/2020	Northern Zone Winter Series 1
42	13.84	+0.1		F	---	Catherine Mikan	12	28/11/2020	Illawong High Velocity Meet 2
43	14.15	+2.4		F	---	Alyssa Philip	21	16/01/2021	Illawarra Track Challenge
44	14.55	-2.3		F	---	Elizabeth Morison	35	7/11/2020	Club Championships 2020
45	14.64	+0.8		F	---	Maria Cimino	49	1/12/2020	Campbelltown Track and Field
46	15.37	+0.0		F	---	Hooi Hooi Teh	47	30/01/2021	Mingara Interclub
47	15.55	+2.4		F	---	Mali Lovell	16	15/11/2020	Illawarra Blue Stars Interclub
48	15.73	-2.5		F	---	Sybella Warton	13	12/04/2021	Australian Athletics Championships 2021
49	15.76	-1.5		F	---	Jenny Schell	58	13/02/2021	NSW Masters Championships 2021
50	15.7h	NWI	15.94	F	---	Janet Naylor	54	21/11/2020	Northern Zone Week 9
51	16.58	-2.3		F	---	Bronwyn Kelaher	55	7/11/2020	Club Championships 2020
52	16.5h	NWI	16.74	F	---	Lara Hamlyn	15	16/01/2021	Northern Zone Week 14
53	17.8h	NWI	18.04	F	---	Wendy Fleming	52	20/02/2021	Northern Zone Week 18
54	18.6h	NWI	18.84	F	---	Antoinette Woodward	64	20/02/2021	Northern Zone Week 18
55	19.61	+0.4		F	---	Isla Gillespie	14	3/12/2020	ACPE NSW All Schools 2020
56	20.5h	NWI	20.74	F	---	Jillian Senior	68	21/11/2020	Northern Zone Week 9
57	20.96	-2.1		F	---	Kathleen Cook	83	13/02/2021	NSW Masters Championships 2021
58	21.2h	NWI	21.44	F	---	Nancy Lloyd	66	24/10/2020	Northern Zone Week 5
59	21.3h	NWI	21.54	F	---	Dorothy Kass	67	24/10/2020	Northern Zone Week 5

Female 120m Sprint

1	14.66	NWI		F	---	Georgia Fichardt	16	3/11/2020	Campbelltown Track and Field
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Female 150m Sprint

1	19.5h	NWI	19.74	F	---	Nicolette Donofrio	18	15/08/2020	Northern Zone Winter Series 2
2	19.94	NWI		F	---	Rowena Craker	20	10/04/2021	Grass Games 2021
3	20.47	NWI		F	---	Charlotte Greatrex	15	10/04/2021	Grass Games 2021
4	20.4h	NWI	20.64	F	---	Morgan Kelaher	17	15/08/2020	Northern Zone Winter Series 2
5	21.57	NWI		F	---	Renee Briffa	46	10/04/2021	Grass Games 2021
6	21.8h	NWI	22.04	F	---	Joanna Davis	43	15/08/2020	Northern Zone Winter Series 2
7	23.89	NWI		F	---	Hooi Hooi Teh	47	10/04/2021	Grass Games 2021
8	24.5h	NWI	24.74	F	---	Jenny Schell	58	15/08/2020	Northern Zone Winter Series 2
9	25.3h	NWI	25.54	F	---	Mali Lovell	16	15/08/2020	Northern Zone Winter Series 2
10	28.0h	NWI	28.24	F	---	Deborah Drennan	62	15/08/2020	Northern Zone Winter Series 2
11	33.8h	NWI	34.04	F	---	Kathleen Cook	83	15/08/2020	Northern Zone Winter Series 2

Female 200m Sprint

1	23.81	+2.0		F	---	Kristie Edwards	21	13/03/2021	Sydney Track Classic 2021
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2	23.82	+1.9	F	---	Olivia Rose Inkster	16	12/04/2021	Australian Athletics Championships 2021	
3	24.04	+2.6	F	---	Stephanie Power	27	15/11/2020	Illawarra Blue Stars Interclub	
4	24.40	+0.0	F	---	Bendere Oboya	20	24/10/2020	Illawong High Velocity Meet 1	
5	24.88	+0.0	F	---	Jasmin Guthrie	17	30/01/2021	Mingara Interclub	
6	25.02	+1.6	P	---	Morgan Kelaher	17	5/03/2021	NSW Open, U23 & Para Championships	
7	25.07	+0.5	F	---	Kate Wahby	19	3/04/2021	Illawong High Velocity Meet 4	
8	25.09	+0.8	F	---	Georgia Fichardt	16	3/12/2020	ACPE NSW All Schools 2020	
9	25.29	-0.1	F	---	Bridget Oakley	31	28/11/2020	Illawong High Velocity Meet 2	
10	25.33	-1.1	F	---	Gabriella Taylor	15	17/10/2020	Nepean Interclub 2020	
11	25.35	+2.2	P	---	Bronte Pickering	19	5/03/2021	NSW Open, U23 & Para Championships	
12	25.37	+0.0	F	---	Nicolette Donofrio	18	24/10/2020	Illawong High Velocity Meet 1	
13	25.38	+0.3	F	---	Jessica Maciver	17	3/04/2021	Illawong High Velocity Meet 4	
14	25.52	+0.7	P	---	Rowena Craker	20	21/04/2021	UniSport Nationals Athletics 2021	
15	25.62	+0.0	F	---	Isabella Guthrie	17	24/10/2020	Illawong High Velocity Meet 1	
16 *	25.82	+0.6	F	---	Samra Bond	13	12/04/2021	Australian Athletics Championships 2021	
16 *	25.82	+0.3	P	---	Greta Andrews	17	12/02/2021	Athletics ACT Championships 2021	
18	25.85	+1.2	P	---	Olivia Cason	23	5/03/2021	NSW Open, U23 & Para Championships	
19	25.90	-0.7	F	---	Eliza Da Silva	16	17/10/2020	Nepean Interclub 2020	
20	25.95	-4.4	P	---	Alice Dixon	17	12/03/2021	NSW Junior Championships 2021	
21	26.14	+1.0	F	---	Annika Lynch	16	28/11/2020	Illawong High Velocity Meet 2	
22	26.33	+0.1	F	---	Cayla Phillips	15	30/01/2021	Mingara Interclub	
23	26.51	+2.6	F	---	Chloe Davis	21	3/04/2021	Illawong High Velocity Meet 4	
24	26.56	+3.0	F	---	Destiny Peris	18	15/11/2020	Illawarra Blue Stars Interclub	
25 *	26.58	+2.6	F	---	Monique Perry	46	3/04/2021	Illawong High Velocity Meet 4	
25 *	26.58	+0.3	F	---	Ella Koster	17	23/01/2021	NSW Combined Events Championships 2021	
27	26.64	+2.8	F	---	Carla Takchi	23	15/11/2020	Illawarra Blue Stars Interclub	
28	26.76	+2.6	F	---	Cora Patriarca	30	15/11/2020	Illawarra Blue Stars Interclub	
29	26.86	+1.7	F	---	Renee Briffa	46	3/04/2021	Illawong High Velocity Meet 4	
30	26.91	+0.1	P	---	Matilda Vial	14	12/04/2021	Australian Athletics Championships 2021	
31	27.16	-1.3	F	---	Charlotte Banks	19	20/02/2021	llawong Revesby Workers Track Challenge	
32	27.19	-2.7	F	---	Xin Min Tan	14	12/02/2021	Athletics ACT Championships 2021	
33	27.35	+0.3	F	---	Phoebe Berglund	14	9/01/2021	Hunter Pure Performance Track Challenge	
34	27.48	-2.2	P	---	Alicia MacMillan	16	12/03/2021	NSW Junior Championships 2021	
35	27.57	+1.1	F	---	Kylie Strong	53	28/11/2020	Illawong High Velocity Meet 2	
36	27.6h	NW1	27.84	F	---	Charlotte Greatrex	15	3/10/2020	Northern Zone Week 2
37	28.31	-1.9	F	---	Eva Bates	15	12/12/2020	Campbelltown Interclub	
38	28.47	-2.5	P	---	Eve Simpson	14	12/03/2021	NSW Junior Championships 2021	
39	28.55	+0.5	F	---	Catherine Mikan	12	28/11/2020	Illawong High Velocity Meet 2	
40 *	28.90	-2.5	P	---	Grace Townsend	13	12/03/2021	NSW Junior Championships 2021	
40 *	28.90	+0.4	P	---	Annika Boys	12	3/12/2020	ACPE NSW All Schools 2020	
42	29.09	+2.6	F	---	Alyssa Philip	20	15/11/2020	Illawarra Blue Stars Interclub	

43	29.1h	NWI	29.34	F	---	Jasmine Rintel	12	13/03/2021	Northern Zone Week 21
44	29.35	-0.2		P	---	Matidla Harrison	11	12/03/2021	NSW Junior Championships 2021
45	30.01	-1.7		F	---	Joanna Davis	44	13/02/2021	NSW Masters Championships 2021
46	30.5h	NWI	30.74	F	---	Elizabeth Morison	36	12/12/2020	Northern Zone Week 12
47	31.87	+0.8		P	---	Mali Lovell	16	12/04/2021	Australian Athletics Championships 2021
48	31.92	-0.1		P	---	Sybella Warton	13	12/04/2021	Australian Athletics Championships 2021
49	31.7h	NWI	31.94	F	---	Hooi Hooi Teh	46	27/02/2021	Northern Zone Week 19
50	32.4h	NWI	32.64	F	---	Jenny Schell	58	27/02/2021	Northern Zone Week 19
51	33.29	+3.1		F	---	Deborah Drennan	62	15/11/2020	Illawarra Blue Stars Interclub
52	33.65	+3.1		F	---	Bronwyn Kelaher	55	15/11/2020	Illawarra Blue Stars Interclub
53	34.1h	NWI	34.34	F	---	Janet Naylor	54	14/11/2020	Northern Zone Week 8
54	45.5h	NWI	45.74	F	---	Nancy Lloyd	66	14/11/2020	Northern Zone Week 8
55	45.8h	NWI	46.04	F	---	Kathleen Cook	83	17/10/2020	Northern Zone Week 4
56	46.0h	NWI	46.24	F	---	Jillian Senior	68	14/11/2020	Northern Zone Week 8
57	50.7h	NWI	50.94	F	---	Dorothy Kass	67	3/10/2020	Northern Zone Week 2
58	1:06.2h	NWI	1:06.44	F	---	Jenna Ryan	55	12/12/2020	Northern Zone Week 12

Female 300m Sprint

1	36.71		F	---	Bendere Oboya	20	13/03/2021	Sydney Track Classic 2021
2	41.74		F	---	Rowena Craker	20	10/04/2021	Grass Games 2021
3	42.67		F	---	Morgan Kelaher	17	13/12/2020	Elzy Wellings 1000 Meet
4	42.97		F	---	Renee Briffa	45	13/12/2020	Elzy Wellings 1000 Meet
5	43.14		F	---	Monique Perry	46	13/12/2020	Elzy Wellings 1000 Meet
6	43.55		F	---	Charlotte Greatrex	15	10/04/2021	Grass Games 2021
7	45.87		F	---	Eva Bates	15	10/04/2021	Grass Games 2021
8	56.10		F	---	Jenny Schell	58	10/04/2021	Grass Games 2021
9	1:27.01		F	---	Kathleen Cook	84	10/04/2021	Grass Games 2021

Female 400m Sprint

1	51.61		F	---	Bendere Oboya	20	5/03/2021	NSW Open, U23 & Para Championships
2	53.36		P	---	Gabriella O'Grady	24	12/04/2021	Australian Athletics Championships 2021
3	54.21		F	---	Jasmin Guthrie	17	12/04/2021	Australian Athletics Championships 2021
4	55.90		F	---	Emily Smith	16	7/11/2020	Club Championships 2020
5	56.27		F	---	Matilda Ryan	18	16/01/2021	Illawarra Track Challenge
6	56.35		F	---	Olivia Rose Inkster	16	12/03/2021	NSW Junior Championships 2021
7	56.47		F	---	Bridget Oakley	31	19/12/2020	Albie Thomas Mile
8 *	56.82		F	---	Isabella Guthrie	17	27/03/2021	Bankstown Invitational
8 *	56.82		P	---	Rowena Craker	20	21/04/2021	UniSport Nationals Athletics 2021
10	57.31		P	---	Olivia Cason	23	5/03/2021	NSW Open, U23 & Para Championships
11	57.60		F	---	Samra Bond	13	12/03/2021	NSW Junior Championships 2021
12	58.70		F	---	Greta Andrews	17	12/02/2021	Athletics ACT Championships 2021
13	58.73		F	---	Cayla Phillips	16	12/03/2021	NSW Junior Championships 2021
14	59.73		F	---	Emma Merlino	28	19/12/2020	Albie Thomas Mile

15	1:00.27		P	---	Eve Simpson	14	12/03/2021	NSW Junior Championships 2021
16	1:00.69		P	---	Alicia MacMillan	16	12/03/2021	NSW Junior Championships 2021
17	1:00.83		P	---	Renee Briffa	46	5/03/2021	NSW Open, U23 & Para Championships
18	1:01.05		F	---	Morgan Kelaher	17	19/12/2020	Albie Thomas Mile
19	1:01.38		P	---	Mallory Bassett	20	3/12/2020	ACPE NSW All Schools 2020
20	1:01.50		F	---	Pascale La Hei	18	24/01/2021	Sutherland Summer Series
21	1:01.52		F	---	Grace Townsend	12	3/12/2020	ACPE NSW All Schools 2020
22	1:01.72		P	---	Charlotte Greatrex	15	3/12/2020	ACPE NSW All Schools 2020
23	1:02.22		F	---	Ella Koster	17	21/11/2020	Sydney Uni Interclub
24	1:03.34		F	---	Eva Bates	15	20/02/2021	Ilwong Revesby Workers Track Challenge
25	1:04.55		P	---	Annika Boys	12	3/12/2020	ACPE NSW All Schools 2020
26	1:06.1h	1:06.24	F	---	Georgia Fichardt	16	26/09/2020	Northern Zone Week 1
27	1:06.2h	1:06.34	F	---	Jessica Maciver	16	26/09/2020	Northern Zone Week 1
28	1:08.79		F	---	Catherine Mikan	12	21/11/2020	Sydney Uni Interclub
29	1:14.08		F	---	Mali Lovell	16	31/10/2020	Sutherland Intclub
30	1:15.34		F	---	Sybella Warton	13	12/04/2021	Australian Athletics Championships 2021
31	1:16.44		F	---	Deborah Drennan	62	13/02/2021	NSW Masters Championships 2021
32	1:16.94		F	---	Hooi Hooi Teh	46	7/11/2020	Club Championships 2020
33	1:20.26		F	---	Jenny Schell	58	13/02/2021	NSW Masters Championships 2021
34	1:29.6h	1:29.74	F	---	Janet Naylor	54	5/12/2020	Northern Zone Week 11
35	1:53.3h	1:53.44	F	---	Nancy Lloyd	66	21/11/2020	Northern Zone Week 9
36	2:00.9h	2:01.04	F	---	Dorothy Kass	67	6/03/2021	Northern Zone Week 20
37	2:19.86		F	---	Charlotte O'Dowd	12	12/03/2021	NSW Junior Championships 2021

Female 800m Run

1	2:03.30		F	---	Isabella Thornton-Bott	22	25/02/2021	Cole Summer Super Series
2	2:05.07		F	---	Matilda Ryan	18	27/03/2021	Queensland Track Classic
3	2:06.79		F	---	Nicola Hogg	17	12/04/2021	Australian Athletics Championships 2021
4	2:12.25		F	---	Georgia Winkcup	23	24/10/2020	Bankstown Interclub & 10,000m Championships
5	2:14.08		F	---	Ali Thomson	21	12/02/2021	Athletics ACT Championships 2021
6	2:15.04		P	---	Sally Guthrie	19	12/04/2021	Australian Athletics Championships 2021
7	2:16.50		F	---	Sarah Baker	14	6/02/2021	NSW 5000m Championships
8	2:20.55		F	---	Mia Fry	15	12/03/2021	NSW Junior Championships 2021
9	2:23.07		F	---	Charlotte O'Dowd	12	21/11/2020	Sydney Uni Interclub
10	2:23.17		F	---	Zoe Banks	14	12/03/2021	NSW Junior Championships 2021
11	2:27.30		F	---	Chloe Davis	21	27/03/2021	Bankstown Invitational
12	2:28.44		P	---	Ella Koster	17	5/03/2021	NSW Open, U23 & Para Championships
13	2:34.42		F	---	Zara McCaughey	13	12/03/2021	NSW Junior Championships 2021
14	2:35.58		F	---	Eloise Boys	14	12/03/2021	NSW Junior Championships 2021
15	2:45.8h	2:45.80	F	---	Emily Davis	13	25/07/2020	Northern Zone Winter Series 1
16	2:46.85		F	---	Catherine Mikan	13	23/01/2021	NSW Combined Events Championships 2021
17	2:47.9h	2:47.90	F	---	Abby Lander	18	15/08/2020	Northern Zone Winter Series 2

18	2:51.51		F	---	Deborah Drennan	62	13/02/2021	NSW Masters Championships 2021
19	2:52.26		F	---	Mali Lovell	16	3/12/2020	ACPE NSW All Schools 2020
20	2:58.37		F	---	Joanna Davis	44	23/01/2021	NSW Combined Events Championships 2021
21	3:01.48		F	---	Cora Patriarca	30	23/01/2021	NSW Combined Events Championships 2021
22	3:01.96		F	---	Sybella Warton	13	3/12/2020	ACPE NSW All Schools 2020
23	4:04.63		F	---	Janet Naylor	54	23/01/2021	NSW Combined Events Championships 2021
24	4:27.1h	4:27.10	F	---	Dorothy Kass	67	17/10/2020	Northern Zone Week 4
25	4:28.3h	4:28.30	F	---	Nancy Lloyd	66	14/11/2020	Northern Zone Week 8

Female 1500m Run

1	4:17.33		F	---	Isabella Thornton-Bott	22	5/03/2021	NSW Open, U23 & Para Championships
2	4:18.85		F	---	Nicola Hogg	17	5/03/2021	NSW Open, U23 & Para Championships
3	4:19.28		F	---	Kate Spencer	25	5/03/2021	NSW Open, U23 & Para Championships
4	4:20.50		F	---	Imogen Gardiner	18	12/02/2021	Athletics ACT Championships 2021
5	4:29.85		F	---	Georgia Winkcup	23	7/11/2020	Club Championships 2020
6	4:36.23		F	---	Abbey Rockliff	19	12/02/2021	Athletics ACT Championships 2021
7	4:37.20		P	---	Rosie Fordham	18	5/03/2021	NSW Open, U23 & Para Championships
8	4:37.27		F	---	Sarah Baker	14	12/03/2021	NSW Junior Championships 2021
9	4:41.37		F	---	Mia Fry	15	12/03/2021	NSW Junior Championships 2021
10	4:51.93		F	---	Eloise Doherty	21	6/02/2021	NSW 5000m Championships
11	4:53.49		F	---	Charlotte O'Dowd	13	12/04/2021	Australian Athletics Championships 2021
12	5:08.46		F	---	Zoe Banks	14	12/03/2021	NSW Junior Championships 2021
13	5:20.63		F	---	Eloise Boys	14	3/12/2020	ACPE NSW All Schools 2020
14	5:30.31		F	---	Emily Davis	13	7/11/2020	Club Championships 2020
15	5:56.25		F	---	Deborah Drennan	62	7/11/2020	Club Championships 2020
16	7:20.42		F	---	Antoinette Woodward	64	7/11/2020	Club Championships 2020
17	7:29.64		F	---	Margaret Thomas	64	7/11/2020	Club Championships 2020
18	8:59.3h	8:59.30	F	---	Nancy Lloyd	66	21/11/2020	Northern Zone Week 9
19	9:01.3h	9:01.30	F	---	Dorothy Kass	67	24/10/2020	Northern Zone Week 5

Female 3000m Run

1	9:15.81	3:05.27	F	---	Kate Spencer	25	21/11/2020	NSW 3000m Championships
2	9:23.30	3:07.77	F	---	Abbey Rockliff	19	21/11/2020	NSW 3000m Championships
3	9:36.36	3:12.12	F	---	Imogen Gardiner	18	12/04/2021	Australian Athletics Championships 2021
4	9:53.98	3:17.99	F	---	Rosie Fordham	18	12/03/2021	NSW Junior Championships 2021
5	9:57.56	3:19.19	F	---	Sarah Baker	13	21/11/2020	NSW 3000m Championships
6	10:24.14	3:28.05	F	---	Eloise Doherty	21	21/11/2020	NSW 3000m Championships
7	11:06.32	3:42.11	F	---	Olivia Gorman	14	21/11/2020	NSW 3000m Championships
8	11:09.38	3:43.13	F	---	Caitlyn Tan	15	12/03/2021	NSW Junior Championships 2021
9	12:55.49	4:18.50	F	---	Deborah Drennan	62	21/11/2020	NSW 3000m Championships
10	15:35.9h	5:11.97	F	---	Alicia MacMillan	16	23/01/2021	Northern Zone Week 15
11	19:56.3h	6:38.77	F	---	Dorothy Kass	67	14/11/2020	Northern Zone Week 8
12	20:12.9h	6:44.30	F	---	Nancy Lloyd	66	17/10/2020	Northern Zone Week 4

Female 5000m Run

1	16:30.30	3:18.06	F	---	Kate Spencer	25	6/02/2021	NSW 5000m Championships
2	16:38.44	3:19.69	F	---	Imogen Gardiner	18	12/04/2021	Australian Athletics Championships 2021
3	17:22.55	3:28.51	F	---	Abbey Rockliff	19	6/02/2021	NSW 5000m Championships
4	17:23.44	3:28.69	F	---	Rosie Fordham	18	12/04/2021	Australian Athletics Championships 2021
5	17:39.57	3:31.91	F	---	Emma Mahon	17	12/04/2021	Australian Athletics Championships 2021

Female 1 Mile Run

1	4:35.90		F	---	Kate Spencer	25	16/01/2021	Illawarra Track Challenge
2	4:37.89		F	---	Isabella Thornton-Bott	22	16/01/2021	Illawarra Track Challenge
3	4:39.23		F	---	Imogen Gardiner	18	19/12/2020	Albie Thomas Mile
4	5:02.83		F	---	Rosie Fordham	18	19/12/2020	Albie Thomas Mile
5	6:47.53		F	---	Deborah Drennan	62	10/04/2021	Grass Games 2021

Female 1500m Walk

1	10:08.7h	10:08.70	F	---	Antoinette Woodward	63	17/10/2020	Northern Zone Week 4
2	10:30.7h	10:30.70	F	---	Nancy Lloyd	66	14/11/2020	Northern Zone Week 8
3	11:10.6h	11:10.60	F	---	Jenny Schell	58	31/10/2020	Northern Zone Week 6
4	12:30.6h	12:30.60	F	---	Jenna Ryan	55	31/10/2020	Northern Zone Week 6
5	12:56.0h	12:56.00	F	---	Dorothy Kass	67	12/12/2020	Northern Zone Week 12
6	13:26.0h	13:26.00	F	---	Roslyn Wolfers	75	27/02/2021	Northern Zone Week 19

Female 3000m Walk

1	20:46.3h	20:46.30	F	---	Antoinette Woodward	63	10/10/2020	Northern Zone Week 3
2	23:27.3h	23:27.30	F	---	Nancy Lloyd	66	21/11/2020	Northern Zone Week 9
3	23:56.0h	23:56.00	F	---	Jenny Schell	58	26/09/2020	Northern Zone Week 1

Female 5000m Walk

1	35:51.48		F	---	Antoinette Woodward	64	13/02/2021	NSW Masters Championships 2021
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Female 80m Hurdles 0.762m

1	12.58	+0.7	F	---	Grace Townsend	13	12/04/2021	Australian Athletics Championships 2021
2	12.74	+0.7	P	---	Erin Blayney	11	12/03/2021	NSW Junior Championships 2021
3	13.66	-1.8	F	---	Catherine Mikan	13	20/02/2021	Illawong Revesby Workers Track Challenge
4	14.37	+0.2	P	---	Annika Boys	13	12/03/2021	NSW Junior Championships 2021
5	18.54	-1.1	F	---	Janet Naylor	54	13/02/2021	NSW Masters Championships 2021

Female 90m Hurdles 0.762m

1	13.78	+4.4	F	---	Chloe Dunne	14	3/12/2020	ACPE NSW All Schools 2020
2	14.23	+0.3	F	---	Eva Bates	15	3/12/2020	ACPE NSW All Schools 2020
3	14.24	+0.3	F	---	Charlotte Greatrex	15	3/12/2020	ACPE NSW All Schools 2020

Female 100m Hurdles 0.762m

1	13.86	+1.8	F	---	Georgia Fichardt	16	3/12/2020	ACPE NSW All Schools 2020
2	14.17	+2.0	F	---	Sienna Bond	16	12/03/2021	NSW Junior Championships 2021
3	14.37	+1.4	F	---	Annika Lynch	16	28/11/2020	Illawong High Velocity Meet 2
4	14.55	+1.8	F	---	Jessie Wong	16	3/12/2020	ACPE NSW All Schools 2020

5	14.97	+1.4	F	---	Jessica Maciver	17	28/11/2020	Illawong High Velocity Meet 2
6	15.44	+2.0	F	---	Charlotte Greatrex	15	12/03/2021	NSW Junior Championships 2021
7	15.65	-2.8	F	---	Ella Koster	17	3/12/2020	ACPE NSW All Schools 2020
8	16.28	+1.7	P	---	Eva Bates	15	12/03/2021	NSW Junior Championships 2021
Female 100m Hurdles 0.840m								
1	13.84	+1.3	F	---	Carla Takchi	23	13/03/2021	Sydney Track Classic 2021
2	13.96	+2.4	F	---	Nicolette Donofrio	19	12/04/2021	Australian Athletics Championships 2021
3	15.22	+1.8	P	---	Annika Lynch	17	12/04/2021	Australian Athletics Championships 2021
4	15.33	+1.6	P	---	Jessica Maciver	17	12/03/2021	NSW Junior Championships 2021
5	15.58	+0.6	F	---	Ella Koster	18	12/04/2021	Australian Athletics Championships 2021
6	17.12	-0.3	F	---	Chloe Davis	21	12/04/2021	Australian Athletics Championships 2021
Female 200m Hurdles 0.762m								
1	30.22	+1.6	F	---	Eva Bates	15	3/12/2020	ACPE NSW All Schools 2020
2	30.51	+1.6	F	---	Charlotte Greatrex	15	3/12/2020	ACPE NSW All Schools 2020
3	31.15	+2.5	F	---	Jessica Maciver	17	23/01/2021	NSW Combined Events Championships 2021
4	39.86	-3.6	F	---	Annika Boys	13	12/03/2021	NSW Junior Championships 2021
Female 300m Hurdles 0.762m								
1	48.84		F	---	Jessie Wong	16	23/01/2021	NSW Combined Events Championships 2021
2	1:10.32		F	---	Janet Naylor	54	13/02/2021	NSW Masters Championships 2021
Female 400m Hurdles 0.762m								
1	1:00.13		F	---	Isabella Guthrie	17	12/04/2021	Australian Athletics Championships 2021
2	1:00.20		F	---	Emily Smith	16	21/11/2020	Sydney Uni Interclub
3	1:03.99		F	---	Annika Lynch	16	3/12/2020	ACPE NSW All Schools 2020
4	1:04.80		F	---	Eva Bates	15	12/04/2021	Australian Athletics Championships 2021
5	1:06.95		F	---	Charlotte Greatrex	15	12/03/2021	NSW Junior Championships 2021
6	1:07.39		F	---	Jessie Wong	16	12/04/2021	Australian Athletics Championships 2021
7	1:11.86		F	---	Alicia MacMillan	16	12/03/2021	NSW Junior Championships 2021
8	1:13.89		F	---	Sascha Gassmann	20	21/04/2021	UniSport Nationals Athletics 2021
Female 3000m StplCh 0.762m								
1	9:58.97		F	---	Georgia Winkcup	23	12/04/2021	Australian Athletics Championships 2021
2	13:14.67		F	---	Holly Eva Ratajecz	26	5/03/2021	NSW Open, U23 & Para Championships
Female High Jump								
1	1.82m		F	---	Erin Shaw	16	12/04/2021	Australian Athletics Championships 2021
2	1.68m		F	---	Sophie Anderson	16	21/11/2020	Sydney Uni Interclub
3	1.65m		F	---	Annika Lynch	16	28/11/2020	Illawong High Velocity Meet 2
4	1.60m		P	---	Ella Koster	17	5/03/2021	NSW Open, U23 & Para Championships
5	1.55m		F	---	Caitlin Davis	19	12/12/2020	Campbelltown Interclub
6	1.54m		F	---	Grace Townsend	13	12/04/2021	Australian Athletics Championships 2021
7	1.52m		F	---	Chloe Davis	21	12/04/2021	Australian Athletics Championships 2021
8	1.45m		F	---	Annika Boys	12	3/12/2020	ACPE NSW All Schools 2020

9	1.36m		F	---	Catherine Mikan	13	23/01/2021	NSW Combined Events Championships 2021
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Female Long Jump

1	5.91m	-0.2	F	---	Sienna Bond	16	12/04/2021	Australian Athletics Championships 2021
2	5.75m	NWI	F	---	Charlotte Banks	19	5/03/2021	NSW Open, U23 & Para Championships
3	5.19m	NWI	F	---	Ella Koster	18	12/04/2021	Australian Athletics Championships 2021
4	5.14m	+2.9	F	---	Chloe Davis	20	21/11/2020	Sydney Uni Interclub
5	5.04m	+0.2	F	---	Annika Lynch	16	7/11/2020	Club Championships 2020
6	5.01m	+2.4	F	---	Cora Patriarca	30	21/11/2020	Sydney Uni Interclub
7	4.96m	+0.3	F	---	Chloe Dunne	13	7/11/2020	Club Championships 2020
8	4.91m	+0.4	F	---	Alyssa Philip	21	12/02/2021	Athletics ACT Championships 2021
9	4.89m	+0.2	F	---	Samra Bond	13	21/11/2020	Sydney Uni Interclub
10	4.85m		F	---	Alicia MacMillan	16	21/11/2020	Northern Zone Week 9
11	4.83m	+1.8	F	---	Grace Townsend	12	3/12/2020	ACPE NSW All Schools 2020
12	4.82m	+2.0	F	---	Catherine Mikan	13	12/04/2021	Australian Athletics Championships 2021
13	4.66m	NWI	F	---	Luana Da Rocha	13	5/03/2021	NSW Open, U23 & Para Championships
14	4.37m	+0.8	F	---	Morgan Kelaher	17	7/11/2020	Club Championships 2020
15	4.34m		F	---	Alice Bohdan	48	25/07/2020	Northern Zone Winter Series 1
16	4.06m	+1.5	F	---	Joanna Davis	44	13/02/2021	NSW Masters Championships 2021
17	3.91m	+1.1	F	---	Janet Naylor	54	7/11/2020	Club Championships 2020
18	3.41m	+0.6	F	---	Zara Perry	15	12/03/2021	NSW Junior Championships 2021
19	3.02m		F	---	Jenny Schell	58	20/02/2021	Northern Zone Week 18
20	2.58m	+0.4	F	---	Isla Gillespie	15	12/03/2021	NSW Junior Championships 2021
21	2.18m		F	---	Bronwyn Kelaher	55	10/10/2020	Northern Zone Week 3
22	2.14m		F	---	Dorothy Kass	67	6/03/2021	Northern Zone Week 20

Female Triple Jump

1	13.16m	-0.1	F	---	Desleigh Owusu	19	12/04/2021	Australian Athletics Championships 2021
2	12.52m	+0.6	F	---	Annabelle Parmegiani	23	12/04/2021	Australian Athletics Championships 2021
3	12.04m	+0.7	F	---	Sienna Bond	16	12/04/2021	Australian Athletics Championships 2021
4	11.74m	+0.3	F	---	Annika Lynch	17	12/03/2021	NSW Junior Championships 2021
5	11.27m	+1.4	F	---	Alyssa Philip	21	12/02/2021	Athletics ACT Championships 2021
6	10.63m	+0.6	F	---	Alicia MacMillan	16	12/03/2021	NSW Junior Championships 2021
7	10.59m	+0.5	F	---	Catherine Mikan	13	12/04/2021	Australian Athletics Championships 2021
8	9.47m		F	---	Alice Bohdan	48	15/08/2020	Northern Zone Winter Series 2
9	8.53m	+3.6	F	---	Maria Cimino	49	13/02/2021	NSW Masters Championships 2021
10	8.13m	+1.6	F	---	Annika Boys	12	3/12/2020	ACPE NSW All Schools 2020
11	6.91m		F	---	Janet Naylor	54	6/02/2021	Northern Zone Week 17
12	4.28m		F	---	Bronwyn Kelaher	55	3/10/2020	Northern Zone Week 2

Female Shot Put 2kg

1	6.12m		F	---	Roslyn Wolfers	75	21/11/2020	Northern Zone Week 9
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Female Shot Put 3kg

1	11.50m		F	---	Jessica Maciver	17	7/11/2020	Club Championships 2020
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2	11.11m	F	---	Bronte Hodson	17	3/12/2020	ACPE NSW All Schools 2020
3	11.05m	F	---	Caroline Layt	55	20/02/2021	Northern Zone Week 18
4	10.70m	F	---	Emily Govers	12	6/02/2021	Northern Zone Week 17
5	10.65m	F	---	Georgia Spanswick	15	12/03/2021	NSW Junior Championships 2021
6	10.57m	F	---	Ella Koster	17	7/11/2020	Northern Zone Week 7
7	10.11m	F	---	Rebecca Moore	16	3/10/2020	Northern Zone Week 2
8	9.95m	F	---	Scarlett O'Connor	14	30/01/2021	Northern Zone Week 16
9	9.05m	P	---	Nicole Robertson	19	12/04/2021	Australian Athletics Championships 2021
10	8.75m	F	---	Janet Naylor	54	3/10/2020	Northern Zone Week 2
11	7.38m	F	---	Jessie Wong	16	7/11/2020	Club Championships 2020
12	7.37m	F	---	Jenny Schell	58	26/09/2020	Northern Zone Week 1
13	7.25m	F	---	Zara Perry	14	3/12/2020	ACPE NSW All Schools 2020
14	6.84m	F	---	Isla Gillespie	14	3/12/2020	ACPE NSW All Schools 2020
15	6.44m	F	---	Catherine Mikan	13	23/01/2021	NSW Combined Events Championships 2021
16	6.05m	F	---	Wendy Fleming	52	16/01/2021	Northern Zone Week 14
17	5.98m	F	---	Jillian Senior	68	28/11/2020	Northern Zone Week 10
18	5.39m	F	---	Jenna Ryan	55	30/01/2021	Northern Zone Week 16
19	4.55m	F	---	Mali Lovell	16	7/11/2020	Club Championships 2020

Female Shot Put 4kg

1	11.61m	F	---	Cora Patriarca	30	31/10/2020	Sutherland Intecub
2	10.53m	F	---	Caroline Layt	55	7/11/2020	Club Championships 2020
3	10.18m	F	---	Chloe Davis	21	12/04/2021	Australian Athletics Championships 2021
4	10.01m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
5	9.80m	F	---	Ella Koster	18	12/04/2021	Australian Athletics Championships 2021
6	9.65m	F	---	Bronte Hodson	17	12/03/2021	NSW Junior Championships 2021
7	8.99m	F	---	Alice Bohdan	48	25/07/2020	Northern Zone Winter Series 1
8	8.89m	F	---	Maria Cimino	49	26/09/2020	Northern Zone Week 1
9	8.42m	F	---	Nicole Robertson	19	21/04/2021	UniSport Nationals Athletics 2021
10	8.38m	F	---	Rebecca Moore	17	30/01/2021	Northern Zone Week 16
11	8.34m	F	---	Nicolette Donofrio	18	7/11/2020	Club Championships 2020
12	8.18m	F	---	Helena Smith	33	17/10/2020	Northern Zone Week 4
13	8.07m	F	---	Elizabeth Morison	35	7/11/2020	Club Championships 2020
14	7.43m	F	---	Joanna Davis	44	31/10/2020	Northern Zone Week 6

Female Discus 1kg

1	40.83m	F	---	Larissa Sadul	24	18/02/2021	Throwers Night Permit Meet
2	34.78m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
3	33.42m	F	---	Bronte Hodson	16	14/11/2020	Northern Zone Week 8
4	30.00m	F	---	Rhedyn Wong	15	3/12/2020	ACPE NSW All Schools 2020
5	28.97m	F	---	Fiorella Collins	11	14/02/2021	Throwers Club of NSW Meet
6	27.16m	F	---	Maria Cimino	49	14/11/2020	Northern Zone Week 8
7	27.15m	F	---	Scarlett O'Connor	15	10/04/2021	Grass Games 2021

8	27.03m	F	---	Rebecca Moore	16	3/10/2020	Northern Zone Week 2
9	26.56m	F	---	Cora Patriarca	30	21/11/2020	Sydney Uni Interclub
10	26.33m	F	---	Helena Smith	33	14/11/2020	Northern Zone Week 8
11	24.20m	F	---	Nicole Robertson	19	12/04/2021	Australian Athletics Championships 2021
12	23.82m	F	---	Caroline Layt	55	13/02/2021	NSW Masters Championships 2021
13	23.49m	F	---	Jenny Schell	58	23/01/2021	Northern Zone Week 15
14	23.43m	F	---	Emily Govers	12	6/02/2021	Northern Zone Week 17
15	20.41m	F	---	Janet Naylor	54	13/03/2021	Northern Zone Week 21
16	20.09m	F	---	Zara Perry	14	3/12/2020	ACPE NSW All Schools 2020
17	18.70m	F	---	Isla Gillespie	15	12/03/2021	NSW Junior Championships 2021
18	14.40m	F	---	Deborah Drennan	62	15/08/2020	Northern Zone Winter Series 2
19	12.82m	F	---	Jenna Ryan	55	23/01/2021	Northern Zone Week 15
20	12.40m	F	---	Jillian Senior	68	14/11/2020	Northern Zone Week 8

Female Discus 750g

1	13.70m	F	---	Roslyn Wolfers	75	14/11/2020	Northern Zone Week 8
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Female Hammer 2kg

1	17.87m	F	---	Roslyn Wolfers	75	26/09/2020	Northern Zone Week 1
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Female Hammer 3kg

1	40.94m	F	---	Rebecca Moore	17	3/12/2020	ACPE NSW All Schools 2020
2	39.71m	F	---	Caroline Layt	55	13/02/2021	NSW Masters Championships 2021
3	27.25m	F	---	Emily Govers	13	12/03/2021	NSW Junior Championships 2021
4	24.96m	F	---	Jenny Schell	58	7/11/2020	Northern Zone Week 7
5	18.33m	F	---	Jillian Senior	68	6/03/2021	Northern Zone Week 20

Female Hammer 4kg

1	57.03m	F	---	Odette Palma	38	15/11/2020	Throwers Club of NSW Meet
2	42.34m	F	---	Maria Cimino	49	27/09/2020	Throwers Club of NSW Meet
3	39.54m	F	---	Rebecca Moore	17	12/03/2021	NSW Junior Championships 2021
4	38.11m	F	---	Siena Reynolds	22	20/02/2021	Northern Zone Week 18
5	29.33m	F	---	Rebekah Rose	19	12/03/2021	NSW Junior Championships 2021
6	24.29m	F	---	Helena Smith	33	13/02/2021	NSW Masters Championships 2021

Female Javelin 400g

1	22.16m	F	---	Gabriela Marczyk	12	20/02/2021	Northern Zone Week 18
2	10.30m	F	---	Roslyn Wolfers	75	10/10/2020	Northern Zone Week 3

Female Javelin 500g

1	37.51m	F	---	Rhedyn Wong	15	3/12/2020	ACPE NSW All Schools 2020
2	34.55m	F	---	Ella Koster	17	7/11/2020	Northern Zone Week 7
3	31.76m	F	---	Bronte Hodson	17	3/12/2020	ACPE NSW All Schools 2020
4	27.55m	F	---	Georgia Spanswick	15	3/12/2020	ACPE NSW All Schools 2020
5	26.31m	F	---	Scarlett O'Connor	14	12/03/2021	NSW Junior Championships 2021
6	21.32m	F	---	Janet Naylor	54	9/01/2021	Northern Zone Week 13

7	19.99m	F	---	Emily Govers	13	12/03/2021	NSW Junior Championships 2021
8	19.16m	F	---	Caroline Layt	55	20/02/2021	Northern Zone Week 18
9	18.09m	F	---	Zara Perry	15	12/03/2021	NSW Junior Championships 2021
10	17.21m	F	---	Catherine Mikan	13	23/01/2021	NSW Combined Events Championships 2021
11	16.56m	F	---	Alicia MacMillan	16	21/11/2020	Northern Zone Week 9
12	15.08m	F	---	Isla Gillespie	15	5/03/2021	NSW Open, U23 & Para Championships
13	14.90m	F	---	Jenny Schell	58	20/02/2021	Northern Zone Week 18
14	12.48m	F	---	Wendy Fleming	51	24/10/2020	Northern Zone Week 5
15	11.47m	F	---	Jillian Senior	68	21/11/2020	Northern Zone Week 9
16 *	10.65m	F	---	Jenna Ryan	55	16/01/2021	Northern Zone Week 14
16 *	10.65m	F	---	Deborah Drennan	62	25/07/2020	Northern Zone Winter Series 1

Female Javelin 600g

1	39.50m	F	---	Cora Patriarca	30	5/03/2021	NSW Open, U23 & Para Championships
2	37.64m	F	---	Chloe Davis	20	28/11/2020	Mingara Summer Track Program
3	36.58m	F	---	Rebekah Rose	19	12/03/2021	NSW Junior Championships 2021
4	31.50m	F	---	Bronte Hodson	17	12/03/2021	NSW Junior Championships 2021
5	31.32m	F	---	Ella Koster	18	12/04/2021	Australian Athletics Championships 2021
6	28.39m	F	---	Alice Bohdan	48	25/07/2020	Northern Zone Winter Series 1
7	25.96m	F	---	Maria Cimino	49	5/12/2020	Northern Zone Week 11
8	19.98m	F	---	Helena Smith	33	13/02/2021	NSW Masters Championships 2021
9 *	19.45m	P	---	Nicole Robertson	19	12/04/2021	Australian Athletics Championships 2021
9 *	19.45m	F	---	Rebecca Moore	17	30/01/2021	Northern Zone Week 16
11	18.69m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
12	16.14m	F	---	Joanna Davis	44	12/12/2020	Northern Zone Week 12

Female Wght Thr 100lb

1	2.02m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
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Female Wght Thr 11.34kg

1	12.24m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	9.60m	F	---	Maria Cimino	49	3/10/2020	AMA Winter Throws Championships
3	8.19m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021

Female Wght Thr 15.88kg

1	6.28m	F	---	Maria Cimino	49	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
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Female Wght Thr 4kg

1	15.25m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
2	6.76m	F	---	Roslyn Wolfers	75	31/10/2020	Northern Zone Week 6

Female Wght Thr 5.45kg

1	20.30m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	16.36m	F	---	Maria Cimino	49	3/10/2020	AMA Winter Throws Championships
3	14.09m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
4	8.52m	F	---	Jillian Senior	68	27/02/2021	Northern Zone Week 19

Female Wght Thr 56lb

1	3.59m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
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Female Wght Thr 7.26kg

1	16.81m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	13.71m	F	---	Maria Cimino	49	3/10/2020	AMA Winter Throws Championships
3	12.24m	F	---	Caroline Layt	55	1/11/2020	NSWMA Indoors Throws Championships
4	9.36m	F	---	Jenny Schell	58	14/11/2020	Northern Zone Week 8
5	5.47m	F	---	Jenna Ryan	55	14/11/2020	Northern Zone Week 8

Female Wght Thr 9.08kg

1	15.41m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	12.94m	F	---	Maria Cimino	49	27/02/2021	Northern Zone Week 19
3	10.14m	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
4	7.59m	F	---	Helena Smith	33	13/02/2021	NSW Masters Championships 2021

Female Heptathlon

1	4408	F	---	Ella Koster	17	23/01/2021	NSW Combined Events Championships 2021
2	4287	F	---	Chloe Davis	20	23/01/2021	NSW Combined Events Championships 2021

Female Out Pent

1	2793	F	---	Cora Patriarca	30	23/01/2021	NSW Combined Events Championships 2021
2	2201	F	---	Joanna Davis	44	23/01/2021	NSW Combined Events Championships 2021
3	2007	F	---	Janet Naylor	54	23/01/2021	NSW Combined Events Championships 2021
4	2072	F	---	Catherine Mikan	13	23/01/2021	NSW Combined Events Championships 2021

Female Wght Pent

1	3461	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	3275	F	---	Maria Cimino	48	15/08/2020	Northern Zone Winter Series 2
3	2054	F	---	Jenny Schell	58	25/07/2020	Northern Zone Winter Series 1

Female Wght Pent Heavy

1	4067	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	4009	F	---	Caroline Layt	55	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
3	3701	F	---	Maria Cimino	49	3/10/2020	AMA Winter Throws Championships

Female Super Wght 25lb

1	8.63m	F	---	Caroline Layt	55	1/11/2020	NSWMA Indoors Throws Championships
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Female Super Wght 35lb

1	8.87m	F	---	Odette Palma	38	3/10/2020	AMA Winter Throws Championships
2	7.24m	F	---	Maria Cimino	49	1/11/2020	NSWMA Indoors Throws Championships

Male 60m Sprint

1	6.75	+2.4	P	---	Christopher Ius	20	16/01/2021	Illawarra Track Challenge
2	6.82	+2.8	P	---	Lewis Clabburn	21	16/01/2021	Illawarra Track Challenge
3	7.05	+0.5	F	---	Jack Edwards	26	24/10/2020	Illawong High Velocity Meet 1
4	7.08	NWI	F	---	Ashlyn Ndlovu	22	12/12/2020	Hunter Summer Series 3
5	7.15	+1.6	F	---	Taboka Tshuma	20	9/01/2021	Illawong High Velocity Meet 3

6	7.24	+1.2		F	---	Aidan Jones	15	16/01/2021	Illawarra Track Challenge
7	7.25	+3.3		P	---	Daniel Nolan	27	16/01/2021	Illawarra Track Challenge
8	7.31	+0.5		F	---	Anthony Collum	25	24/10/2020	Illawong High Velocity Meet 1
9	7.32	+0.6		F	---	Ethan Quintana	16	12/12/2020	Campbelltown Interclub
10	7.34	-2.1		F	---	Louis Stenmark	22	12/12/2020	Campbelltown Interclub
11 *	7.1h	NWI	7.34	F	---	Joseph Dennis	17	3/10/2020	Northern Zone Week 2
11 *	7.1h	NWI	7.34	F	---	Thomas Pitts	19	25/07/2020	Northern Zone Winter Series 1
11 *	7.1h	NWI	7.34	F	---	Koray Kirk	21	25/07/2020	Northern Zone Winter Series 1
14	7.35	+0.3		F	---	Ashley McMahon	45	9/01/2021	Illawong High Velocity Meet 3
15	7.37	+0.5		F	---	Albert Swan	20	24/10/2020	Illawong High Velocity Meet 1
16	7.39	+3.3		P	---	Lewis Ehrlich	34	16/01/2021	Illawarra Track Challenge
17	7.41	+0.2		F	---	Ryan Dowling	41	24/10/2020	Illawong High Velocity Meet 1
18	7.2h	NWI	7.44	F	---	David Turner	44	25/07/2020	Northern Zone Winter Series 1
19	7.44	+1.1		F	---	Connor Mawer	19	24/10/2020	Illawong High Velocity Meet 1
20	7.49	-1.0		F	---	Clinton Mcewan	29	19/12/2020	AACT Summer Series No 8
21 *	7.3h	NWI	7.54	F	---	Joey Ryu	21	25/07/2020	Northern Zone Winter Series 1
21 *	7.3h	NWI	7.54	F	---	Ashton Gleeson	15	25/07/2020	Northern Zone Winter Series 1
23 *	7.4h	NWI	7.64	F	---	Nicholas Dowling	17	25/07/2020	Northern Zone Winter Series 1
23 *	7.4h	NWI	7.64	F	---	Ken Elias	34	12/12/2020	Northern Zone Week 12
25	7.5h	NWI	7.74	F	---	Matthew Otten	30	31/10/2020	Northern Zone Week 6
26 *	7.6h	NWI	7.84	F	---	Michael Gedz	54	17/10/2020	Northern Zone Week 4
26 *	7.6h	NWI	7.84	F	---	William Guthrie	18	23/01/2021	Northern Zone Week 15
28	7.91	+0.0		F	---	Lars Ackland	13	9/01/2021	Illawong High Velocity Meet 3
29 *	7.7h	NWI	7.94	F	---	Nenad Protic	39	23/01/2021	Northern Zone Week 15
29 *	7.7h	NWI	7.94	F	---	John Hunter	18	23/01/2021	Northern Zone Week 15
31	7.99	+0.5		F	---	Choo Huat Tan	46	19/12/2020	AACT Summer Series No 8
32	8.03	NWI		P	---	Jamie Terley	41	10/04/2021	Grass Games 2021
33	8.07	NWI		P	---	Julian Lee	15	10/04/2021	Grass Games 2021
34 *	7.9h	NWI	8.14	F	---	Caerl Murray	44	25/07/2020	Northern Zone Winter Series 1
34 *	7.9h	NWI	8.14	F	---	Daniel White	14	27/02/2021	Northern Zone Week 19
36	8.2h	NWI	8.44	F	---	Trevor Young	62	3/10/2020	Northern Zone Week 2
37	8.49	+0.8		F	---	Max Holmes	15	9/01/2021	Illawong High Velocity Meet 3
38	8.61	NWI		F	---	Victor Ramondetta	66	13/12/2020	Elzy Wellings 1000 Meet
39 *	8.4h	NWI	8.64	F	---	Max Holmes	17	15/08/2020	Northern Zone Winter Series 2
39 *	8.4h	NWI	8.64	F	---	Tim McGrath	58	3/10/2020	Northern Zone Week 2
41	8.6h	NWI	8.84	F	---	Andrew Williams	49	15/08/2020	Northern Zone Winter Series 2
42	8.95	-2.0		F	---	Ronald Ross	62	13/02/2021	NSW Masters Championships 2021
43	9.00	+0.6		F	---	Kai Zhe Tan	11	24/10/2020	Illawong High Velocity Meet 1
44	9.02	+0.6		F	---	Elijah McMahon	14	24/10/2020	Illawong High Velocity Meet 1
45	9.03	+0.6		F	---	Sam Holmes	12	24/10/2020	Illawong High Velocity Meet 1
46	8.8h	NWI	9.04	F	---	Simon Hewitt	56	17/10/2020	Northern Zone Week 4

47	9.1h	NWI	9.34	F	---	Zion McMahon	11	14/11/2020	Northern Zone Week 8
48 *	9.2h	NWI	9.44	F	---	Zoran Novicic	60	17/10/2020	Northern Zone Week 4
48 *	9.2h	NWI	9.44	F	---	Takeru Terley	12	14/11/2020	Northern Zone Week 8
50	9.46	NWI		P	---	Jude Lumley	12	10/04/2021	Grass Games 2021
51	9.71	NWI		P	---	Zak Evans	11	10/04/2021	Grass Games 2021
52	9.7h	NWI	9.94	F	---	Kevin Chamberlain	58	3/10/2020	Northern Zone Week 2
53	9.8h	NWI	10.04	F	---	Nicholas Bastas	82	3/10/2020	Northern Zone Week 2
54	10.2h	NWI	10.44	F	---	David Donnelley	77	23/01/2021	Northern Zone Week 15
55	10.8h	NWI	11.04	F	---	Hugh Colburn	74	25/07/2020	Northern Zone Winter Series 1
56	10.9h	NWI	11.14	F	---	Doug Barrett	68	3/10/2020	Northern Zone Week 2
57	11.37	NWI		P	---	Kaishu Terley	07	10/04/2021	Grass Games 2021
58	15.13	NWI		P	---	Ron Shoesmith	73	10/04/2021	Grass Games 2021

Male 100m Sprint

1	10.24	+1.9	F	---	Christopher Ius	20	28/11/2020	Illawong High Velocity Meet 2
2	10.45	+0.2	F	---	Ismail Dudu Kamara	24	5/03/2021	NSW Open, U23 & Para Championships
3	10.47	+3.3	F	---	Jordan Sarmiento	24	15/11/2020	Illawarra Blue Stars Interclub
4	10.51	+2.4	F	---	Abdoulie Asim	28	3/04/2021	Illawong High Velocity Meet 4
5	10.66	+2.1	F	---	Nicholas Bate	26	3/04/2021	Illawong High Velocity Meet 4
6	10.69	+2.9	P	---	Zen Clark	19	12/02/2021	Athletics ACT Championships 2021
7	10.70	+2.1	F	---	Hugo Whitehead	21	28/11/2020	Illawong High Velocity Meet 2
8	10.79	+3.4	P	---	Matthew Wood	23	12/02/2021	Athletics ACT Championships 2021
9	10.82	+2.5	F	---	Lewis Claburn	21	16/01/2021	Illawarra Track Challenge
10 *	10.85	+0.4	P	---	Michael Konomanyi	24	12/02/2021	Athletics ACT Championships 2021
10 *	10.85	+1.8	F	---	Munashe Hove	26	30/01/2021	Mingara Interclub
12	10.86	+3.7	F	---	Oscar Pintaric	19	16/01/2021	Illawarra Track Challenge
13 *	10.90	+1.2	F	---	Connor Bond	17	3/12/2020	ACPE NSW All Schools 2020
13 *	10.90	+3.5	F	---	Ashlyn Ndlovu	23	16/01/2021	Illawarra Track Challenge
13 *	10.90	+3.7	P	---	Jack Edwards	26	24/01/2021	Sutherland Summer Series
16	10.91	+3.5	F	---	Aaron Jeffery	22	16/01/2021	Illawarra Track Challenge
17	10.94	+1.1	F	---	Alec Diamond	23	12/04/2021	Australian Athletics Championships 2021
18	10.99	+1.5	F	---	Isaac Sharwood	19	16/01/2021	Illawarra Track Challenge
19	11.06	+0.0	F	---	Louis Stenmark	22	30/01/2021	Mingara Interclub
20	11.08	+0.6	P	---	Ethan Quintana	16	12/03/2021	NSW Junior Championships 2021
21	11.09	+3.4	F	---	Taboka Tshuma	20	24/03/2021	Summer Series No 12
22	11.12	+1.3	F	---	Joseph Ayoade	16	3/12/2020	ACPE NSW All Schools 2020
23	11.13	+2.5	P	---	Daniel Lloyd Jones	17	5/03/2021	NSW Open, U23 & Para Championships
24	11.14	+1.2	F	---	Keegan Bell	20	30/01/2021	Mingara Interclub
25	11.16	+0.9	F	---	Dominic Panozzo	17	27/03/2021	Bankstown Invitational
26	11.20	+3.4	P	---	Daniel Nolan	27	24/01/2021	Sutherland Summer Series
27 *	11.22	+1.1	F	---	Matthew Crowe	23	30/01/2021	Mingara Interclub
27 *	11.22	+2.8	F	---	Aidan Jones	15	15/11/2020	Illawarra Blue Stars Interclub

27 *	11.22	+1.5		F	---	Albert Swan	20	28/11/2020	Illawong High Velocity Meet 2
30	11.23	+3.8		F	---	Ashley McMahon	45	15/11/2020	Illawarra Blue Stars Interclub
31	11.28	-0.5		F	---	Thomas Pitts	20	21/11/2020	Sydney Uni Interclub
32	11.33	+1.1		P	---	Joseph Dennis	17	3/12/2020	ACPE NSW All Schools 2020
33	11.37	+1.1		P	---	Jason Ho	17	3/12/2020	ACPE NSW All Schools 2020
34	11.39	+2.9		P	---	Connor Mawer	19	12/02/2021	Athletics ACT Championships 2021
35	11.40	+1.3		F	---	Thomas Hunt	19	3/04/2021	Illawong High Velocity Meet 4
36 *	11.46	+1.3		F	---	Anthony Collum	25	24/10/2020	Illawong High Velocity Meet 1
36 *	11.46	+0.0		F	---	Scott Wong	17	17/10/2020	Nepean Interclub 2020
38	11.50	+0.9		F	---	Lewis Ehrlich	34	27/03/2021	Bankstown Invitational
39 *	11.61	+3.5		F	---	Ryan Dowling	41	16/01/2021	Illawarra Track Challenge
39 *	11.61	-1.8		F	---	Koray Kirk	21	21/11/2020	Sydney Uni Interclub
41	11.63	-1.5		F	---	Corey Furminger	23	17/10/2020	Nepean Interclub 2020
42	11.66	+0.2		P	---	Emmanuel Fakiye	24	21/04/2021	UniSport Nationals Athletics 2021
43	11.71	+2.5		P	---	Clinton Mcewan	29	5/03/2021	NSW Open, U23 & Para Championships
44	11.75	+1.1		F	---	James Hunt	17	3/04/2021	Illawong High Velocity Meet 4
45	11.85	-2.0		F	---	Dylan Charlier	16	7/11/2020	Club Championships 2020
46	11.7h	NWI	11.94	F	---	Nicholas Dowling	17	25/07/2020	Northern Zone Winter Series 1
47	11.98	-2.0		F	---	Joel Neasmith	16	7/11/2020	Club Championships 2020
48	12.02	+0.5		P	---	Lars Ackland	13	12/03/2021	NSW Junior Championships 2021
49	12.04	+3.4		F	---	David Thebridge	44	15/11/2020	Illawarra Blue Stars Interclub
50	12.11	+1.6		F	---	Ken Elias	34	1/12/2020	Campbelltown Track and Field
51	11.9h	NWI	12.14	F	---	Ashton Gleeson	15	25/07/2020	Northern Zone Winter Series 1
52	12.19	-0.7		F	---	Zeth Söderlund	23	17/10/2020	Nepean Interclub 2020
53	12.0h	NWI	12.24	F	---	Matthew Otten	30	6/03/2021	Northern Zone Week 20
54	12.32	+1.0		F	---	Andres Hampel	12	12/03/2021	NSW Junior Championships 2021
55	12.1h	NWI	12.34	F	---	David Turner	44	5/12/2020	Northern Zone Week 11
56	12.35	+0.5		P	---	Llewyn Morrison	13	12/03/2021	NSW Junior Championships 2021
57	12.36	+2.5		F	---	Choo Huat Tan	46	16/01/2021	Illawarra Track Challenge
58	12.2h	NWI	12.44	F	---	Nenad Protic	39	5/12/2020	Northern Zone Week 11
59	12.46	+1.3		P	---	Julian Lee	15	3/12/2020	ACPE NSW All Schools 2020
60	12.3h	NWI	12.54	F	---	Joey Ryu	21	25/07/2020	Northern Zone Winter Series 1
61	12.6h	NWI	12.84	F	---	Caerl Murray	45	26/09/2020	Northern Zone Week 1
62	13.07	+1.2		F	---	Matthew Hunt	14	3/04/2021	Illawong High Velocity Meet 4
63	13.22	+0.6		P	---	Max Holmes	17	3/12/2020	ACPE NSW All Schools 2020
64	13.24	+2.5		F	---	Max Holmes	15	16/01/2021	Illawarra Track Challenge
65	13.25	-4.6		F	---	Jamie Terley	41	13/02/2021	NSW Masters Championships 2021
66	13.1h	NWI	13.34	F	---	Trevor Young	62	10/10/2020	Northern Zone Week 3
67	13.72	+2.2		F	---	Jimmy Thebridge	11	15/11/2020	Illawarra Blue Stars Interclub
68	13.73	+1.2		F	---	Victor Ramondetta	66	3/04/2021	Illawong High Velocity Meet 4
69	13.90	+2.9		P	---	Kai Zhe Tan	11	24/01/2021	Sutherland Summer Series

70	13.7h	NWI	13.94	F	---	Tim McGrath	57	26/09/2020	Northern Zone Week 1
71	14.12	+1.6		F	---	Sam Holmes	12	16/01/2021	Illawarra Track Challenge
72	14.17	+1.2		F	---	Elijah McMahon	15	3/04/2021	Illawong High Velocity Meet 4
73	14.3h	NWI	14.54	F	---	Ronald Ross	61	20/02/2021	Northern Zone Week 18
74	14.73	-0.5		F	---	Ashton Briffa	11	17/10/2020	Nepean Interclub 2020
75	15.11	+0.6		F	---	Zion McMahon	11	30/01/2021	Mingara Interclub
76	15.1h	NWI	15.34	F	---	Kevin Chamberlain	58	24/10/2020	Northern Zone Week 5
77	15.6h	NWI	15.84	F	---	Zoran Novicic	60	26/09/2020	Northern Zone Week 1
78	16.2h	NWI	16.44	F	---	Takeru Terley	12	30/01/2021	Northern Zone Week 16
79	16.4h	NWI	16.64	F	---	David Donnelley	77	16/01/2021	Northern Zone Week 14
80	16.7h	NWI	16.94	F	---	Nicholas Bastas	82	26/09/2020	Northern Zone Week 1
81	18.3h	NWI	18.54	F	---	Doug Barrett	68	5/12/2020	Northern Zone Week 11
82	20.1h	NWI	20.34	F	---	Kaishu Terley	07	30/01/2021	Northern Zone Week 16
83	26.0h	NWI	26.24	F	---	Ron Shoesmith	73	6/03/2021	Northern Zone Week 20

Male 150m Sprint

1	16.20	NWI		F	---	Louis Stenmark	22	13/12/2020	Elzy Wellings 1000 Meet
2	17.0h	NWI	17.24	F	---	Joseph Dennis	16	15/08/2020	Northern Zone Winter Series 2
3	17.5h	NWI	17.74	F	---	Dylan Charlier	16	15/08/2020	Northern Zone Winter Series 2
4	17.7h	NWI	17.94	F	---	Ashley McMahon	44	15/08/2020	Northern Zone Winter Series 2
5	18.0h	NWI	18.24	F	---	Ashton Gleeson	15	15/08/2020	Northern Zone Winter Series 2
6	18.7h	NWI	18.94	F	---	David Turner	44	15/08/2020	Northern Zone Winter Series 2
7	19.05	NWI		F	---	Ken Elias	34	10/04/2021	Grass Games 2021
8	20.65	NWI		F	---	Victor Ramondetta	66	13/12/2020	Elzy Wellings 1000 Meet
9	20.5h	NWI	20.74	F	---	Caerl Murray	45	15/08/2020	Northern Zone Winter Series 2
10	22.4h	NWI	22.64	F	---	Elijah McMahon	14	15/08/2020	Northern Zone Winter Series 2
11	22.5h	NWI	22.74	F	---	Sam Holmes	12	15/08/2020	Northern Zone Winter Series 2
12	23.60	NWI		F	---	Kai Zhe Tan	11	10/04/2021	Grass Games 2021
13	24.35	NWI		F	---	Jude Lumley	12	10/04/2021	Grass Games 2021
14	24.3h	NWI	24.54	F	---	Trevor Young	62	15/08/2020	Northern Zone Winter Series 2
15	25.23	NWI		F	---	Takeru Terley	12	10/04/2021	Grass Games 2021
16	26.8h	NWI	27.04	F	---	Nicholas Bastas	82	15/08/2020	Northern Zone Winter Series 2
17	32.43	NWI		F	---	Kaishu Terley	07	10/04/2021	Grass Games 2021
18	42.00	NWI		F	---	Ron Shoesmith	73	10/04/2021	Grass Games 2021

Male 200m Sprint

1	20.81	+1.4		F	---	Abdoulie Asim	28	3/04/2021	Illawong High Velocity Meet 4
2	20.86	+1.4		F	---	Jordan Sarmento	25	3/04/2021	Illawong High Velocity Meet 4
3	21.23	+3.3		F	---	Anthony Gale	20	15/11/2020	Illawarra Blue Stars Interclub
4	21.38	+0.6		F	---	Hugo Whitehead	21	28/11/2020	Illawong High Velocity Meet 2
5	21.56	-0.2		F	---	Christopher Ius	20	17/10/2020	Nepean Interclub 2020
6	21.62	+0.6		F	---	Louis Stenmark	22	30/01/2021	Mingara Interclub
7	21.68	+0.0		F	---	Mark Fokas	19	12/12/2020	Campbelltown Interclub

8 *	21.69	+0.4		F	---	Keegan Bell	20	12/02/2021	Athletics ACT Championships 2021
8 *	21.69	+1.7		P	---	Nicholas Bate	25	5/03/2021	NSW Open, U23 & Para Championships
10	21.72	NWI		F	---	Ismail Dudu Kamara	24	25/03/2021	Melbourne Track Classic
11	21.79	+0.8		F	---	Munashe Hove	26	30/01/2021	Mingara Interclub
12	21.87	+0.3		F	---	Connor Bond	17	3/12/2020	ACPE NSW All Schools 2020
13	22.04	+2.4		F	---	Ashlyn Ndlovu	23	3/04/2021	Illawong High Velocity Meet 4
14	22.05	+2.9		F	---	Matthew Wood	23	15/11/2020	Illawarra Blue Stars Interclub
15	22.12	+1.3		F	---	Matthew Crowe	23	30/01/2021	Mingara Interclub
16 *	22.26	-2.3		P	---	Thomas Glascott	21	5/03/2021	NSW Open, U23 & Para Championships
16 *	22.26	-1.1		P	---	Zen Clark	19	12/02/2021	Athletics ACT Championships 2021
16 *	22.26	+1.7		F	---	Isaac Sharwood	19	5/03/2021	NSW Open, U23 & Para Championships
19	22.28	-0.1		F	---	Ethan Quintana	16	3/12/2020	ACPE NSW All Schools 2020
20	22.34	+1.7		P	---	Oscar Pintaric	19	5/03/2021	NSW Open, U23 & Para Championships
21	22.35	+1.9		F	---	Thomas Hunt	19	3/04/2021	Illawong High Velocity Meet 4
22	22.37	+2.9		F	---	Michael Konomanyi	24	15/11/2020	Illawarra Blue Stars Interclub
23 *	22.47	+1.7		P	---	Joseph Dennis	17	5/03/2021	NSW Open, U23 & Para Championships
23 *	22.47	+1.6		P	---	Aaron Jeffery	22	5/03/2021	NSW Open, U23 & Para Championships
25	22.54	-0.1		F	---	Jack McFadden	18	17/10/2020	Nepean Interclub 2020
26	22.67	-0.5		F	---	Jack Edwards	26	17/10/2020	Nepean Interclub 2020
27	22.69	+1.3		F	---	Ben Carter	21	30/01/2021	Mingara Interclub
28	22.74	-2.3		P	---	Taboka Tshuma	20	5/03/2021	NSW Open, U23 & Para Championships
29	22.76	-0.2		F	---	Daniel Nolan	27	19/12/2020	AACT Summer Series No 8
30	22.80	+1.7		P	---	Daniel Lloyd Jones	17	5/03/2021	NSW Open, U23 & Para Championships
31	22.87	+1.4		P	---	Scott Wong	17	3/12/2020	ACPE NSW All Schools 2020
32	22.97	+0.1		P	---	Joseph Ayoade	16	12/04/2021	Australian Athletics Championships 2021
33	23.04	+0.0		F	---	Corey Furminger	23	17/10/2020	Nepean Interclub 2020
34	23.11	+2.4		F	---	Connor Mawer	19	15/11/2020	Illawarra Blue Stars Interclub
35	23.24	+0.0		F	---	Dominic Panozzo	17	17/10/2020	Nepean Interclub 2020
36	23.31	NWI		F	---	Ryan Dowling	41	31/10/2020	Mingara Summer Track Program
37	23.34	-1.7		P	---	Xavier Jeffery	19	12/02/2021	Athletics ACT Championships 2021
38	23.55	+0.0		F	---	Dylan Charlier	16	17/10/2020	Nepean Interclub 2020
39	23.59	-1.9		P	---	Aidan Jones	15	3/12/2020	ACPE NSW All Schools 2020
40	23.60	+2.0		F	---	James Hunt	17	3/04/2021	Illawong High Velocity Meet 4
41	23.67	+0.0		P	---	Clinton Mcewan	29	5/03/2021	NSW Open, U23 & Para Championships
42	23.84	+0.0		F	---	Anthony Collum	25	17/10/2020	Nepean Interclub 2020
43	23.86	-0.1		F	---	Ashley McMahon	45	17/10/2020	Nepean Interclub 2020
44	24.0h	NWI	24.24	F	---	Ashton Gleeson	15	12/12/2020	Northern Zone Week 12
45	24.47	-0.5		F	---	Riley Sloan	21	20/02/2021	llawong Revesby Workers Track Challenge
46 *	24.60	NWI		F	---	Zeth Söderlund	23	17/10/2020	Nepean Interclub 2020
46 *	24.60	NWI		F	---	Jason Ho	16	17/10/2020	Nepean Interclub 2020
48	24.4h	NWI	24.64	F	---	Max Milani	15	14/11/2020	Northern Zone Week 8

49	24.73	+0.0		F	---	Ken Elias	34	30/01/2021	Mingara Interclub
50	24.83	-0.7		P	---	Lars Ackland	13	3/12/2020	ACPE NSW All Schools 2020
51	25.0h	NWI	25.24	F	---	Nicholas Dowling	17	9/01/2021	Northern Zone Week 13
52	25.2h	NWI	25.44	F	---	Matthew Otten	30	12/12/2020	Northern Zone Week 12
53	25.45	-0.5		F	---	Choo Huat Tan	46	19/12/2020	AACT Summer Series No 8
54	25.46	+0.8		F	---	David Turner	44	30/01/2021	Mingara Interclub
55	25.3h	NWI	25.54	F	---	William Guthrie	18	23/01/2021	Northern Zone Week 15
56	25.9h	NWI	26.14	F	---	Michael Gedz	55	23/01/2021	Northern Zone Week 15
57	26.33	+1.5		F	---	Andres Hampel	12	9/01/2021	Hunter Pure Performance Track Challenge
58	26.3h	NWI	26.54	F	---	Julian Lee	15	12/12/2020	Northern Zone Week 12
59	26.4h	NWI	26.64	F	---	Trevor Young	62	23/01/2021	Northern Zone Week 15
60	26.65	+0.0		F	---	Matthew Hunt	14	30/01/2021	Mingara Interclub
61	26.9h	NWI	27.14	F	---	Nenad Protic	39	9/01/2021	Northern Zone Week 13
62	28.0h	NWI	28.24	F	---	Caerl Murray	45	31/10/2020	Northern Zone Week 6
63	28.37	+2.2		F	---	Jimmy Thebridge	11	15/11/2020	Illawarra Blue Stars Interclub
64	28.66	+2.8		F	---	Tim McGrath	58	23/01/2021	NSW Combined Events Championships 2021
65	28.69	-1.3		F	---	Victor Ramondetta	66	13/02/2021	NSW Masters Championships 2021
66	29.34	+2.8		F	---	Elijah McMahon	15	3/04/2021	Illawong High Velocity Meet 4
67	30.60	-1.3		P	---	Kai Zhe Tan	11	12/03/2021	NSW Junior Championships 2021
68	31.44	+2.8		F	---	Zion McMahon	11	3/04/2021	Illawong High Velocity Meet 4
69	31.56	+1.5		F	---	Oskar Berglund	11	9/01/2021	Hunter Pure Performance Track Challenge
70	32.18	+1.3		F	---	Zoran Novicic	60	23/01/2021	NSW Combined Events Championships 2021
71	32.4h	NWI	32.64	F	---	Sam Holmes	12	6/02/2021	Northern Zone Week 17
72	37.33	-1.1		F	---	Nicholas Bastas	82	13/02/2021	NSW Masters Championships 2021
73	37.6h	NWI	37.84	F	---	Doug Barrett	68	9/01/2021	Northern Zone Week 13
74	47.9h	NWI	48.14	F	---	Zak Evans	11	31/10/2020	Northern Zone Week 6
75	1:05.0h	NWI	1:05.24	F	---	Ron Shoesmith	73	23/01/2021	Northern Zone Week 15

Male 300m Sprint

1	34.90		F	---	Jackson Collett	23	26/07/2020	Bankstown Winter Distance
2	34.96		F	---	Ben Carter	20	1/12/2020	Campbelltown Track and Field
3	35.50		F	---	Thomas Hunt	18	26/07/2020	Bankstown Winter Distance
4	37.12		F	---	Ashley McMahon	45	13/12/2020	Elzy Wellings 1000 Meet
5	45.06		F	---	Caerl Murray	45	13/12/2020	Elzy Wellings 1000 Meet
6	45.28		F	---	Trevor Young	63	10/04/2021	Grass Games 2021
7	45.51		F	---	Victor Ramondetta	66	13/12/2020	Elzy Wellings 1000 Meet
8	46.71		F	---	Paul Trainor	56	10/04/2021	Grass Games 2021
9	56.61		F	---	Jude Lumley	12	10/04/2021	Grass Games 2021
10	1:44.34		F	---	Ron Shoesmith	73	10/04/2021	Grass Games 2021

Male 400m Sprint

1	46.80		F	---	Louis Stenmark	22	12/02/2021	Athletics ACT Championships 2021
2	47.20		F	---	Jordan Sarmento	24	11/03/2021	Canberra Track Classic

3	47.32		F	---	Keegan Bell	20	12/02/2021	Athletics ACT Championships 2021
4	47.47		F	---	Luke Van Ratingen	19	5/03/2021	NSW Open, U23 & Para Championships
5	47.51		F	---	Mason Cohen	24	12/02/2021	Athletics ACT Championships 2021
6	47.56		F	---	Matthew Crowe	23	12/02/2021	Athletics ACT Championships 2021
7	48.37		F	---	Dominic Panozzo	17	5/03/2021	NSW Open, U23 & Para Championships
8	48.48		F	---	Thomas Hunt	19	12/02/2021	Athletics ACT Championships 2021
9	48.49		F	---	Mark Fokas	19	3/04/2021	Illawong High Velocity Meet 4
10	48.97		F	---	Thomas Glascott	21	5/03/2021	NSW Open, U23 & Para Championships
11	49.07		F	---	Corey Furringer	24	12/02/2021	Athletics ACT Championships 2021
12	49.47		F	---	Jack McFadden	19	20/02/2021	Illawong Revesby Workers Track Challenge
13	49.96		M	---	Alec Diamond	23	11/12/2020	QA Shield Series: Glynis Nunn Shield
14	50.21		F	---	Oscar Pintaric	19	5/03/2021	NSW Open, U23 & Para Championships
15	50.32		F	---	Dylan Charlier	17	12/03/2021	NSW Junior Championships 2021
16	50.72		F	---	Aaron Jeffery	22	21/11/2020	Sydney Uni Interclub
17	51.32		F	---	Joseph Dennis	17	21/11/2020	Sydney Uni Interclub
18	51.86		P	---	Max Holmes	18	12/04/2021	Australian Athletics Championships 2021
19	52.24		F	---	Ryan Dowling	41	21/11/2020	Sydney Uni Interclub
20	52.44		F	---	Ashley McMahon	45	19/12/2020	Albie Thomas Mile
21	53.03		P	---	Christopher Zilifian	16	12/03/2021	NSW Junior Championships 2021
22	53.39		F	---	James Hunt	17	20/02/2021	Illawong Revesby Workers Track Challenge
23	53.56		F	---	Zeth Söderlund	23	12/02/2021	Athletics ACT Championships 2021
24	53.76		P	---	Timothy Sanki	18	12/03/2021	NSW Junior Championships 2021
25	53.86		P	---	Ashton Gleeson	15	3/12/2020	ACPE NSW All Schools 2020
26	55.43		F	---	Choo Huat Tan	46	13/02/2021	NSW Masters Championships 2021
27	55.65		F	---	Riley Sloan	21	19/12/2020	AACT Summer Series No 8
28	57.55		F	---	Ken Elias	34	19/12/2020	Albie Thomas Mile
29	57.6h	57.74	F	---	Matthew Otten	30	6/03/2021	Northern Zone Week 20
30	58.55		F	---	Matthew Hunt	14	20/02/2021	Illawong Revesby Workers Track Challenge
31	58.5h	58.64	F	---	Anthony Collum	24	10/10/2020	Northern Zone Week 3
32	58.89		F	---	Trevor Young	62	7/11/2020	Club Championships 2020
33	1:00.0h	1:00.14	F	---	Nenad Protic	39	5/12/2020	Northern Zone Week 11
34	1:03.5h	1:03.64	F	---	Antony Guest	55	21/11/2020	Northern Zone Week 9
35	1:04.7h	1:04.84	F	---	Paul Trainor	55	30/01/2021	Northern Zone Week 16
36	1:06.52		F	---	Victor Ramondetta	66	3/04/2021	Illawong High Velocity Meet 4
37	1:06.6h	1:06.74	F	---	Brad Sharpe	59	26/09/2020	Northern Zone Week 1
38	1:07.34		F	---	Ronald Ross	62	13/02/2021	NSW Masters Championships 2021
39	1:07.4h	1:07.54	F	---	Andy West	53	5/12/2020	Northern Zone Week 11
40	1:09.5h	1:09.64	F	---	Nathan Shute	47	16/01/2021	Northern Zone Week 14
41	1:12.7h	1:12.84	F	---	Kevin Chamberlain	58	24/10/2020	Northern Zone Week 5
42	1:14.4h	1:14.54	F	---	Sam Holmes	12	15/08/2020	Northern Zone Winter Series 2
43	1:19.5h	1:19.64	F	---	Doug Barrett	68	5/12/2020	Northern Zone Week 11

44	1:24.7h	1:24.84	F	---	Darren Motum	52	30/01/2021	Northern Zone Week 16
45	1:30.9h	1:31.04	F	---	David Donnelley	77	16/01/2021	Northern Zone Week 14
46	2:44.8h	2:44.94	F	---	Ron Shoesmith	73	6/03/2021	Northern Zone Week 20

Male 500m Run

1	1:02.63		F	---	Louis Stenmark	22	1/12/2020	Campbelltown Track and Field
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Male 600m Run

1	1:39.90		F	---	Choo Huat Tan	46	10/04/2021	Grass Games 2021
2	1:41.44		F	---	Paul Trainor	56	10/04/2021	Grass Games 2021
3	1:47.56		F	---	Brad Sharpe	60	10/04/2021	Grass Games 2021
4	2:04.17		F	---	Trevor Young	63	10/04/2021	Grass Games 2021
5	4:11.25		F	---	Ron Shoesmith	73	10/04/2021	Grass Games 2021

Male 800m Run

1	1:48.29		F	---	Mason Cohen	24	25/02/2021	Cole Summer Super Series
2	1:49.90		F	---	Jye Perrott	22	12/02/2021	Athletics ACT Championships 2021
3	1:50.69		F	---	Taylor John	23	19/12/2020	Albie Thomas Mile
4	1:53.16		F	---	Corey Furminger	24	6/02/2021	NSW 5000m Championships
5	1:53.87		F	---	Zachary Johnson	20	25/02/2021	Bankstown Milers
6	1:55.29		F	---	Benjamin Thomson	23	21/11/2020	Sydney Uni Interclub
7	1:58.19		F	---	Dominic Panozzo	17	6/02/2021	NSW 5000m Championships
8	2:00.35		F	---	Zeth Söderlund	23	12/02/2021	Athletics ACT Championships 2021
9	2:01.66		F	---	Thomas Hunt	19	24/10/2020	Bankstown Interclub & 10,000m Championships
10	2:03.47		F	---	Matt North	17	27/03/2021	Bankstown Invitational
11	2:06.67		F	---	Kalan McEvoy	17	12/03/2021	NSW Junior Championships 2021
12	2:13.19		F	---	Choo Huat Tan	46	30/01/2021	Mingara Interclub
13	2:18.54		F	---	Paul Trainor	55	30/01/2021	Mingara Interclub
14	2:28.16		F	---	Brad Sharpe	60	27/03/2021	Bankstown Invitational
15	2:30.0h	2:30.00	F	---	Trevor Young	62	12/12/2020	Northern Zone Week 12
16	2:33.3h	2:33.30	F	---	Nathan Shute	47	9/01/2021	Northern Zone Week 13
17	2:35.3h	2:35.30	F	---	Charlie Roughan	14	9/01/2021	Northern Zone Week 13
18	2:36.8h	2:36.80	F	---	Kevin Chamberlain	58	13/03/2021	Northern Zone Week 21
19	2:41.00		F	---	Ronald Ross	62	13/02/2021	NSW Masters Championships 2021
20	2:41.02		F	---	Andy West	53	13/02/2021	NSW Masters Championships 2021
21	2:41.4h	2:41.40	F	---	Andrew Williams	49	15/08/2020	Northern Zone Winter Series 2
22	2:49.5h	2:49.50	F	---	Norman Holmes	55	13/03/2021	Northern Zone Week 21
23	2:57.7h	2:57.70	F	---	Doug Barrett	68	12/12/2020	Northern Zone Week 12
24	2:58.3h	2:58.30	F	---	Darren Motum	52	9/01/2021	Northern Zone Week 13
25	3:12.1h	3:12.10	F	---	Stephen Ball	67	23/01/2021	Northern Zone Week 15
26	3:13.5h	3:13.50	F	---	Tim McGrath	58	14/11/2020	Northern Zone Week 8
27	6:57.9h	6:57.90	F	---	Ron Shoesmith	73	13/03/2021	Northern Zone Week 21

Male 1500m Run

1	3:51.79		P	---	Max Mahon	20	5/03/2021	NSW Open, U23 & Para Championships
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2	3:58.25		F	---	Taylor John	23	7/11/2020	Club Championships 2020
3	4:02.35		F	---	Zachary Johnson	20	20/02/2021	Ilawong Revesby Workers Track Challenge
4	4:02.88		F	---	Will Keir	21	27/03/2021	Bankstown Invitational
5	4:03.55		F	---	Benjamin Thomson	23	7/11/2020	Club Championships 2020
6	4:05.27		F	---	Charlie Doherty	21	25/02/2021	Bankstown Milers
7	4:06.71		F	---	Liam Gorman	21	21/04/2021	UniSport Nationals Athletics 2021
8	4:07.35		F	---	Leo Peterson	29	7/11/2020	Club Championships 2020
9	4:09.20		F	---	Simon Magner	16	12/03/2021	NSW Junior Championships 2021
10	4:12.80		P	---	Matt North	17	5/03/2021	NSW Open, U23 & Para Championships
11	4:14.43		F	---	Ethan McKenzie	15	12/03/2021	NSW Junior Championships 2021
12	4:17.16		F	---	Kalan McEvoy	17	7/11/2020	Club Championships 2020
13	4:21.82		F	---	Jacob Magner	14	6/02/2021	NSW 5000m Championships
14	4:25.26		F	---	William Coleman	17	7/11/2020	Club Championships 2020
15	4:26.87		P	---	Cooper Phillips	13	5/03/2021	NSW Open, U23 & Para Championships
16	4:47.55		F	---	Paul Trainor	55	6/02/2021	NSW 5000m Championships
17	4:59.89		F	---	Alec Diamond	23	12/04/2021	Australian Athletics Championships 2021
18	5:12.80		F	---	Brad Sharpe	59	7/11/2020	Club Championships 2020
19	5:21.7h	5:21.70	F	---	Nathan Shute	47	16/01/2021	Northern Zone Week 14
20	5:27.3h	5:27.30	F	---	Kevin Chamberlain	58	21/11/2020	Northern Zone Week 9
21	5:43.9h	5:43.90	F	---	Matthew Otten	30	20/02/2021	Northern Zone Week 18
22	5:45.70		F	---	Andy West	53	13/02/2021	NSW Masters Championships 2021
23	5:54.0h	5:54.00	F	---	Darren Motum	52	30/01/2021	Northern Zone Week 16
24	6:06.9h	6:06.90	F	---	Norman Holmes	55	5/12/2020	Northern Zone Week 11
25	6:08.0h	6:08.00	F	---	Doug Barrett	68	5/12/2020	Northern Zone Week 11
26	6:18.7h	6:18.70	F	---	Trevor Young	62	24/10/2020	Northern Zone Week 5
27	6:23.2h	6:23.20	F	---	Zoran Novicic	60	26/09/2020	Northern Zone Week 1
28	7:35.98		F	---	Tim McGrath	58	23/01/2021	NSW Combined Events Championships 2021
29	14:30.1h	14:30.10	F	---	Ron Shoesmith	73	6/03/2021	Northern Zone Week 20

Male 3000m Run

1	8:17.50	2:45.83	F	---	Max Mahon	20	21/11/2020	NSW 3000m Championships
2	8:18.39	2:46.13	F	---	Josh Ferris	19	21/11/2020	NSW 3000m Championships
3	8:29.57	2:49.86	F	---	Kieran Gorman	18	21/11/2020	NSW 3000m Championships
4	8:34.34	2:51.45	F	---	Mitchell Westhuizen	18	21/11/2020	NSW 3000m Championships
5	8:35.36	2:51.79	F	---	Zachary Johnson	20	21/11/2020	NSW 3000m Championships
6	8:37.94	2:52.65	F	---	Leo Peterson	29	21/11/2020	NSW 3000m Championships
7	8:51.90	2:57.30	F	---	Will Atkinson	21	11/02/2021	Sydney Milers
8	8:55.64	2:58.55	F	---	Will Keir	21	21/11/2020	NSW 3000m Championships
9	8:57.09	2:59.03	F	---	Simon Magner	16	12/03/2021	NSW Junior Championships 2021
10	9:06.30	3:02.10	F	---	Ethan McKenzie	15	12/03/2021	NSW Junior Championships 2021
11	9:18.90	3:06.30	F	---	William Coleman	17	21/11/2020	NSW 3000m Championships
12	9:18.93	3:06.31	F	---	Liam Gorman	21	21/04/2021	UniSport Nationals Athletics 2021

13	9:20.03	3:06.68	F	---	Matt North	17	21/11/2020	NSW 3000m Championships
14	9:32.50	3:10.83	F	---	Cooper Phillips	13	12/03/2021	NSW Junior Championships 2021
15	9:41.57	3:13.86	F	---	Jacob Magner	14	12/03/2021	NSW Junior Championships 2021
16	10:17.08	3:25.69	F	---	Paul Trainor	55	21/11/2020	NSW 3000m Championships
17	11:56.8h	3:58.93	F	---	Brad Sharpe	59	31/10/2020	Northern Zone Week 6
18	12:11.2h	4:03.73	F	---	Nathan Shute	47	12/12/2020	Northern Zone Week 12
19	12:37.4h	4:12.47	F	---	Antony Guest	55	14/11/2020	Northern Zone Week 8
20	13:12.2h	4:24.07	F	---	Darren Motum	52	27/02/2021	Northern Zone Week 19
21	15:19.8h	5:06.60	F	---	Doug Barrett	68	3/10/2020	Northern Zone Week 2
22	15:33.2h	5:11.07	F	---	Brodie Dixon	43	17/10/2020	Northern Zone Week 4
23	16:51.8h	5:37.27	F	---	Trevor Young	62	3/10/2020	Northern Zone Week 2

Male 5000m Run

1	14:13.30	2:50.66	F	---	Edward Goddard	22	26/07/2020	Bankstown Winter Distance
2	14:24.41	2:52.88	F	---	Max Mahon	20	6/02/2021	NSW 5000m Championships
3	14:34.89	2:54.98	F	---	Charlie Doherty	21	13/03/2021	Sydney Track Classic 2021
4	14:41.66	2:56.33	F	---	Leo Peterson	30	6/02/2021	NSW 5000m Championships
5	14:47.99	2:57.60	F	---	Liam Gorman	21	21/04/2021	UniSport Nationals Athletics 2021
6	14:50.70	2:58.14	F	---	Will Atkinson	21	26/07/2020	Bankstown Winter Distance
7	15:48.29	3:09.66	F	---	Will Keir	21	6/02/2021	NSW 5000m Championships
8	16:02.60	3:12.52	F	---	Simon Magner	16	6/02/2021	NSW 5000m Championships
9	16:13.04	3:14.61	F	---	Nick Walker	34	6/02/2021	NSW 5000m Championships
10	16:22.80	3:16.56	F	---	Ethan McKenzie	14	26/07/2020	Bankstown Winter Distance
11	16:28.86	3:17.77	F	---	Cooper Phillips	13	6/02/2021	NSW 5000m Championships
12	17:13.40	3:26.68	F	---	William Coleman	17	6/02/2021	NSW 5000m Championships
13	17:23.30	3:28.66	F	---	Jacob Magner	14	26/07/2020	Bankstown Winter Distance

Male 10000m Run

1	28:23.94	2:50.39	F	---	Edward Goddard	23	26/01/2021	Zatopek 10
2	30:36.67	3:03.67	F	---	Charlie Doherty	21	24/10/2020	Bankstown Interclub & 10,000m Championships
3	30:50.96	3:05.10	F	---	Leo Peterson	29	24/10/2020	Bankstown Interclub & 10,000m Championships
4	31:12.98	3:07.30	F	---	Max Mahon	20	21/04/2021	UniSport Nationals Athletics 2021
5	34:13.21	3:25.32	F	---	Cooper Phillips	12	24/10/2020	Bankstown Interclub & 10,000m Championships
6	34:22.42	3:26.24	F	---	Nick Walker	34	24/10/2020	Bankstown Interclub & 10,000m Championships

Male 1 Mile Run

1	4:17.47		F	---	Leo Peterson	29	19/12/2020	Albie Thomas Mile
2	4:40.84		F	---	Matt North	17	19/12/2020	Albie Thomas Mile
3	5:07.09		F	---	Paul Trainor	55	19/12/2020	Albie Thomas Mile
4	5:35.83		F	---	Nathan Shute	47	19/12/2020	Albie Thomas Mile
5	5:39.29		F	---	Brad Sharpe	59	16/01/2021	Illawarra Track Challenge

Male 1500m Walk

1	9:41.5h	9:41.50	F	---	Jim Seymon	83	31/10/2020	Northern Zone Week 6
2	10:07.1h	10:07.10	F	---	Doug Barrett	68	9/01/2021	Northern Zone Week 13

3	14:17.5h	14:17.50	F	---	Ron Shoesmith	73	9/01/2021	Northern Zone Week 13
Male 3000m Walk								
1	20:03.7h	20:03.70	F	---	Jim Seymon	83	5/12/2020	Northern Zone Week 11
2	20:38.0h	20:38.00	F	---	Doug Barrett	67	26/09/2020	Northern Zone Week 1
Male 5000m Walk								
1	38:21.40		F	---	Jim Seymon	83	13/02/2021	NSW Masters Championships 2021
Male 80m Hurdles 0.762m								
1	13.61	+2.1	F	---	Dominic Lee	12	3/12/2020	ACPE NSW All Schools 2020
Male 90m Hurdles 0.762m								
1	13.21	+1.8	F	---	Andres Hampel	12	12/04/2021	Australian Athletics Championships 2021
2	16.08	+0.1	F	---	Zac Evans	11	12/03/2021	NSW Junior Championships 2021
3	16.17	-0.8	P	---	Zak Evans	11	12/04/2021	Australian Athletics Championships 2021
4	16.31	-1.2	F	---	Dominic Lee	12	20/02/2021	llawong Revesby Workers Track Challenge
Male 100m Hurdles 0.840m								
1	13.51	+1.9	F	---	Max Milani	15	3/12/2020	ACPE NSW All Schools 2020
2	14.68	+0.1	F	---	Daniel White	15	12/03/2021	NSW Junior Championships 2021
3	14.91	+2.2	F	---	Llewyn Morrison	13	12/04/2021	Australian Athletics Championships 2021
4	14.92	+0.1	F	---	Evan Venning	14	12/03/2021	NSW Junior Championships 2021
5	15.24	+2.1	P	---	Julian Lee	15	3/12/2020	ACPE NSW All Schools 2020
6	23.71	-2.9	F	---	Zoran Novicic	60	13/02/2021	NSW Masters Championships 2021
Male 110m Hurdles 0.914m								
1	14.56	+0.4	F	---	Henry Murray	16	12/03/2021	NSW Junior Championships 2021
2	14.59	+3.0	F	---	Joel Neasmith	16	3/12/2020	ACPE NSW All Schools 2020
3	14.62	+0.9	P	---	Max Milani	16	12/04/2021	Australian Athletics Championships 2021
4	16.93	+1.2	F	---	Julian Lee	15	12/03/2021	NSW Junior Championships 2021
5	18.76	+1.2	P	---	Luke Fisher	16	3/12/2020	ACPE NSW All Schools 2020
Male 110m Hurdles 0.991m								
1	15.03	+0.4	F	---	Austin Little	17	12/04/2021	Australian Athletics Championships 2021
2	15.26	+0.3	F	---	Ryan Dowling	41	23/01/2021	NSW Combined Events Championships 2021
Male 110m Hurdles 1.067m								
1	14.58	+1.0	F	---	Alec Diamond	23	13/03/2021	Sydney Track Classic 2021
2	18.71	-0.3	F	---	Joshua Coppolelli	19	21/04/2021	UniSport Nationals Athletics 2021
Male 200m Hurdles 0.762m								
1	26.33	+0.3	F	---	Max Milani	15	3/12/2020	ACPE NSW All Schools 2020
2	28.75	-1.4	F	---	Llewyn Morrison	13	12/03/2021	NSW Junior Championships 2021
3	28.82	-1.2	F	---	Matthew Hunt	14	12/03/2021	NSW Junior Championships 2021
4	30.70	+0.9	P	---	Julian Lee	15	3/12/2020	ACPE NSW All Schools 2020
5	35.24	+1.6	P	---	Elijah McMahon	15	3/12/2020	ACPE NSW All Schools 2020
Male 300m Hurdles 0.762m								
1	54.25		F	---	Victor Ramondetta	66	13/02/2021	NSW Masters Championships 2021

Male 400m Hurdles 0.840m

1	53.06	F	---	Dominic Panozzo	17	3/12/2020	ACPE NSW All Schools 2020
2	56.56	F	---	Dylan Charlier	16	17/10/2020	Nepean Interclub 2020
3	58.75	F	---	James Hunt	17	3/12/2020	ACPE NSW All Schools 2020
4	1:00.29	F	---	Ashton Gleeson	15	3/12/2020	ACPE NSW All Schools 2020
5	1:04.14	F	---	Julian Lee	15	12/03/2021	NSW Junior Championships 2021

Male 400m Hurdles 0.914m

1	51.53	F	---	Mark Fokas	19	12/04/2021	Australian Athletics Championships 2021
2	52.22	F	---	Thomas Hunt	19	25/03/2021	Melbourne Track Classic
3	52.71	F	---	Matthew Crowe	23	17/10/2020	Nepean Interclub 2020
4	52.77	F	---	Dominic Panozzo	17	5/03/2021	NSW Open, U23 & Para Championships
5	53.16	F	---	Jack McFadden	19	12/02/2021	Athletics ACT Championships 2021
6	58.73	F	---	James Hunt	17	12/04/2021	Australian Athletics Championships 2021

Male 2000m StplCh 0.762m

1	8:08.55	F	---	Brad Sharpe	60	25/02/2021	Bankstown Milers
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Male 2000m StplCh 0.840m

1	6:41.45	F	---	Cameron Gorman	16	12/03/2021	NSW Junior Championships 2021
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Male 3000m StplCh 0.914m

1	9.11	F	---	Will Atkinson	22	21/04/2021	UniSport Nationals Athletics 2021
2	10:32.96	F	---	William Coleman	17	12/03/2021	NSW Junior Championships 2021

Male High Jump

1	2.10m	F	---	Darcy Holmes	17	5/03/2021	NSW Open, U23 & Para Championships
2	2.00m	F	---	Alec Diamond	23	28/11/2020	Illawong High Velocity Meet 2
3	1.85m	F	---	Campbell Duff	17	12/03/2021	NSW Junior Championships 2021
4	1.68m	F	---	Cadel Holmes	12	3/12/2020	ACPE NSW All Schools 2020
5 *	1.50m	F	---	Nenad Protic	39	5/12/2020	Northern Zone Week 11
5 *	1.50m	F	---	Ashley McMahon	45	26/09/2020	Northern Zone Week 1
7	1.40m	F	---	Ken Elias	34	5/12/2020	Northern Zone Week 11
8	1.30m	F	---	Kai Zhe Tan	11	30/01/2021	Mingara Interclub
9	1.25m	F	---	Tim McGrath	57	26/09/2020	Northern Zone Week 1
10 *	1.20m	F	---	Zak Evans	11	7/11/2020	Northern Zone Week 7
10 *	1.20m	F	---	Zoran Novicic	60	13/02/2021	NSW Masters Championships 2021
10 *	1.20m	F	---	Matthew Otten	30	5/12/2020	Northern Zone Week 11
13	1.15m	F	---	Sam Holmes	12	15/08/2020	Northern Zone Winter Series 2
14	1.10m	F	---	Zion McMahon	11	15/08/2020	Northern Zone Winter Series 2
15	1.05m	F	---	Nicholas Bastas	82	13/02/2021	NSW Masters Championships 2021

Male Pole Vault

1	4.70m	F	---	Nickoli Simmons	20	5/03/2021	NSW Open, U23 & Para Championships
2	4.60m	M	---	Alec Diamond	23	11/12/2020	QA Shield Series: Glynis Nunn Shield
3	2.80m	F	---	Tim McGrath	58	24/10/2020	Bankstown Interclub & 10,000m Championships

4	2.70m	F	---	Daniel White	15	12/04/2021	Australian Athletics Championships 2021
5	1.80m	F	---	Zoran Novicic	60	13/02/2021	NSW Masters Championships 2021

Male Long Jump

1	7.74m	+2.0	F	---	Alec Diamond	23	11/03/2021	Canberra Track Classic
2	7.66m	-0.2	F	---	William Freyer	21	12/04/2021	Australian Athletics Championships 2021
3	7.17m	+1.6	F	---	Thomas Pitts	20	9/01/2021	Hunter Pure Performance Track Challenge
4	6.74m	+0.3	F	---	Connor Bond	17	21/11/2020	Sydney Uni Interclub
5	6.40m	+2.2	F	---	Joel Neasmith	16	7/11/2020	Club Championships 2020
6	6.23m	+0.8	F	---	Joshua Coppolelli	19	21/04/2021	UniSport Nationals Athletics 2021
7	5.81m	-0.3	F	---	Joey Ryu	21	17/10/2020	Nepean Interclub 2020
8	5.46m		F	---	Matthew Otten	30	5/12/2020	Northern Zone Week 11
9	5.36m	+0.0	F	---	Ashley McMahon	45	7/11/2020	Club Championships 2020
10	5.31m	+1.5	F	---	Nicholas Dowling	17	7/11/2020	Club Championships 2020
11	5.26m		F	---	Daniel White	14	15/08/2020	Northern Zone Winter Series 2
12	5.12m	+0.0	F	---	Isaac Sharwood	18	7/11/2020	Club Championships 2020
13	5.11m	NWI	F	---	Ken Elias	34	13/02/2021	NSW Masters Championships 2021
14	5.02m	+0.2	F	---	Cadel Holmes	12	3/12/2020	ACPE NSW All Schools 2020
15	5.00m		F	---	Nenad Protic	39	5/12/2020	Northern Zone Week 11
16	4.86m	+0.3	F	---	Jamie Terley	41	7/11/2020	Club Championships 2020
17	4.79m	+0.9	F	---	Tim McGrath	58	21/11/2020	Sydney Uni Interclub
18	4.49m	+4.7	F	---	Kai Zhe Tan	11	7/11/2020	Club Championships 2020
19	4.32m	+2.2	F	---	Zoran Novicic	60	23/01/2021	NSW Combined Events Championships 2021
20	3.60m		F	---	Nicholas Bastas	82	21/11/2020	Northern Zone Week 9
21	3.41m		F	---	Takeru Terley	12	30/01/2021	Northern Zone Week 16
22	3.36m	+1.2	F	---	Victor Ramondetta	66	13/02/2021	NSW Masters Championships 2021
23	3.31m	-3.1	F	---	Warren Jones	40	13/02/2021	NSW Masters Championships 2021
24	3.05m		F	---	Doug Barrett	68	5/12/2020	Northern Zone Week 11
25	2.95m		F	---	Andrew Wilson	57	10/10/2020	Northern Zone Week 3
26	2.19m		F	---	Kaishu Terley	07	30/01/2021	Northern Zone Week 16

Male Triple Jump

1	15.84m	+1.1	F	---	Emmanuel Fakiye	24	21/04/2021	UniSport Nationals Athletics 2021
2	14.08m	+0.0	F	---	Thomas Pitts	20	25/02/2021	Bankstown Milers
3	12.70m	+0.3	F	---	Joshua Coppolelli	19	21/04/2021	UniSport Nationals Athletics 2021
4	11.18m		F	---	Matthew Otten	30	31/10/2020	Northern Zone Week 6
5	11.04m		F	---	Nenad Protic	39	23/01/2021	Northern Zone Week 15
6	9.97m	+2.4	F	---	Cadel Holmes	12	3/12/2020	ACPE NSW All Schools 2020
7	9.88m	+0.0	F	---	Jude Lumley	12	12/03/2021	NSW Junior Championships 2021
8	9.78m	+3.4	F	---	Jimmy Thebridge	11	15/11/2020	Illawarra Blue Stars Interclub
9	8.72m	+0.8	F	---	Zoran Novicic	60	13/02/2021	NSW Masters Championships 2021
10	7.74m		F	---	Nicholas Bastas	82	14/11/2020	Northern Zone Week 8
11	7.10m		F	---	Doug Barrett	68	12/12/2020	Northern Zone Week 12

Male Shot Put 2kg

1	9.83m	F	---	Zak Evans	11	7/11/2020	Northern Zone Week 7
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Male Shot Put 3kg

1	8.25m	F	---	Nicholas Bastas	82	3/10/2020	Northern Zone Week 2
2	7.98m	F	---	Sam Holmes	12	3/12/2020	ACPE NSW All Schools 2020

Male Shot Put 4kg

1	12.36m	F	---	Taj Mailei	14	12/03/2021	NSW Junior Championships 2021
2	10.12m	F	---	Daniel White	14	25/07/2020	Northern Zone Winter Series 1
3	9.15m	F	---	Robert Archer	74	1/11/2020	NSWMA Indoors Throws Championships
4	8.72m	F	---	Jaiden Yu	13	6/03/2021	Northern Zone Week 20
5	7.50m	F	---	Max Holmes	17	15/08/2020	Northern Zone Winter Series 2
6	4.47m	F	---	Robert Jones	70	5/12/2020	Northern Zone Week 11

Male Shot Put 5kg

1	9.72m	F	---	Joseph Dennis	17	7/11/2020	Club Championships 2020
2	9.29m	F	---	James Hunt	17	7/11/2020	Club Championships 2020
3	8.25m	F	---	Trevor Young	63	10/04/2021	Grass Games 2021
4	8.15m	F	---	Ashton Gleeson	15	7/11/2020	Club Championships 2020
5	7.76m	F	---	Zoran Novicic	60	13/02/2021	NSW Masters Championships 2021
6	6.96m	F	---	Doug Barrett	68	9/01/2021	Northern Zone Week 13

Male Shot Put 6kg

1	10.92m	F	---	Tim McGrath	58	17/10/2020	Northern Zone Week 4
2	9.05m	F	---	Andrew Wilson	57	10/10/2020	Northern Zone Week 3
3	8.87m	F	---	Mark Fokas	19	31/10/2020	Sutherland Intecclub
4	6.08m	F	---	Darren Motum	52	16/01/2021	Northern Zone Week 14

Male Shot Put 7.26kg

1	15.32m	F	---	Alec Diamond	23	12/04/2021	Australian Athletics Championships 2021
2	14.77m	F	---	Lachlan Antoinette	20	14/11/2020	Northern Zone Week 8
3	12.65m	F	---	Clinton Mcewan	29	10/04/2021	Grass Games 2021
4	12.28m	F	---	William Brown	24	6/02/2021	Northern Zone Week 17
5	11.00m	F	---	John Hunter	19	21/04/2021	UniSport Nationals Athletics 2021
6	10.87m	F	---	Matthew Mcvey	20	21/04/2021	UniSport Nationals Athletics 2021
7	10.18m	F	---	William Guthrie	18	6/02/2021	Northern Zone Week 17
8	10.03m	F	---	Ryan Dowling	41	7/11/2020	Club Championships 2020
9	9.72m	F	---	Tim Heyes	22	7/11/2020	Club Championships 2020
10	9.24m	F	---	Emmanuel Fakiye	24	21/04/2021	UniSport Nationals Athletics 2021
11	9.21m	F	---	Jamie Terley	41	10/04/2021	Grass Games 2021
12	9.20m	F	---	Stuart Downie	17	27/02/2021	Northern Zone Week 19
13	8.96m	F	---	Max Perry	18	21/04/2021	UniSport Nationals Athletics 2021
14	8.61m	F	---	Warren Jones	40	31/10/2020	Sutherland Intecclub
15	8.11m	F	---	Caerl Murray	45	10/10/2020	Northern Zone Week 3
16	7.53m	F	---	Hugo Whitehead	21	5/03/2021	NSW Open, U23 & Para Championships

Male Discus

1	35.13m	F	---	Daniel White	14	14/11/2020	Hunter Summer Series 2
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Male Discus 0.750kg

1	27.49m	F	---	Zak Evans	11	10/04/2021	Grass Games 2021
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Male Discus 1.5kg

1	41.86m	F	---	Stuart Downie	17	3/12/2020	ACPE NSW All Schools 2020
2	35.55m	F	---	Tim McGrath	58	17/10/2020	Northern Zone Week 4
3	25.96m	F	---	Brad Sharpe	59	15/08/2020	Northern Zone Winter Series 2
4	24.09m	F	---	Andrew Wilson	57	14/11/2020	Northern Zone Week 8

Male Discus 1.75kg

1	48.48m	F	---	John Hunter	18	12/02/2021	Athletics ACT Championships 2021
2	40.80m	F	---	William Guthrie	17	3/12/2020	ACPE NSW All Schools 2020
3	40.29m	F	---	Stuart Downie	18	12/03/2021	NSW Junior Championships 2021
4	38.70m	F	---	Max Perry	18	10/04/2021	Grass Games 2021

Male Discus 1.75lg

1	41.07m	F	---	Stuart Downie	18	12/04/2021	Australian Athletics Championships 2021
2	40.35m	F	---	Max Perry	18	12/04/2021	Australian Athletics Championships 2021
3	40.14m	F	---	William Guthrie	18	12/04/2021	Australian Athletics Championships 2021

Male Discus 1kg

1	42.81m	F	---	Daniel White	14	15/08/2020	Northern Zone Winter Series 2
2	33.57m	F	---	Jaiden Yu	13	27/02/2021	Northern Zone Week 19
3	29.15m	F	---	Zoran Novicic	60	17/10/2020	Northern Zone Week 4
4	28.60m	F	---	Doug Barrett	68	31/10/2020	Northern Zone Week 6
5	28.14m	F	---	Robert Archer	74	13/02/2021	NSW Masters Championships 2021
6	27.77m	F	---	Trevor Young	62	23/01/2021	Northern Zone Week 15
7	26.95m	F	---	Max Holmes	17	15/08/2020	Northern Zone Winter Series 2
8	26.49m	F	---	Max Holmes	15	3/12/2020	ACPE NSW All Schools 2020
9	24.21m	F	---	Peter Douglas	66	14/11/2020	Northern Zone Week 8
10	20.95m	F	---	Ross Douglas	66	3/10/2020	Northern Zone Week 2
11	20.76m	F	---	Nicholas Bastas	82	28/11/2020	Northern Zone Week 10
12	10.75m	F	---	Robert Jones	70	13/02/2021	NSW Masters Championships 2021

Male Discus 2kg

1	46.40m	F	---	John Hunter	19	12/04/2021	Australian Athletics Championships 2021
2	45.63m	F	---	Alec Diamond	23	13/03/2021	Sydney Track Classic 2021
3	35.97m	F	---	Stuart Downie	17	27/02/2021	Northern Zone Week 19
4	33.49m	F	---	Max Perry	18	5/03/2021	NSW Open, U23 & Para Championships
5	31.99m	F	---	Matthew Mcvey	20	21/04/2021	UniSport Nationals Athletics 2021
6	25.31m	F	---	Jamie Terley	41	14/11/2020	Northern Zone Week 8
7	24.89m	F	---	Warren Jones	40	21/11/2020	Sydney Uni Interclub

Male Discus 750g

1	28.02m	F	---	Zak Evans	11	31/10/2020	Northern Zone Week 6
2	21.68m	F	---	Sam Holmes	12	3/12/2020	ACPE NSW All Schools 2020
3	15.46m	F	---	Takeru Terley	12	14/11/2020	Northern Zone Week 8
Male Hammer 3kg							
1	36.26m	F	---	Jaiden Yu	13	3/12/2020	ACPE NSW All Schools 2020
2	21.79m	F	---	Nicholas Bastas	82	6/03/2021	Northern Zone Week 20
Male Hammer 4kg							
1	36.48m	F	---	Jaiden Yu	13	6/03/2021	Northern Zone Week 20
2	17.35m	F	---	Max Holmes	15	16/01/2021	Illawarra Track Challenge
3	15.92m	F	---	Sam Holmes	12	16/01/2021	Illawarra Track Challenge
4	13.53m	F	---	Robert Jones	70	13/02/2021	NSW Masters Championships 2021
Male Hammer 5kg							
1	41.14m	F	---	Stuart Downie	17	3/12/2020	ACPE NSW All Schools 2020
2	18.90m	F	---	Zoran Novicic	60	7/11/2020	Northern Zone Week 7
3	11.19m	F	---	Sam Holmes	12	16/01/2021	Illawarra Track Challenge
Male Hammer 6kg							
1	48.88m	F	---	William Guthrie	18	12/04/2021	Australian Athletics Championships 2021
2	45.56m	F	---	John Hunter	18	10/10/2020	Northern Zone Week 3
3	40.05m	F	---	Stuart Downie	18	12/03/2021	NSW Junior Championships 2021
4	20.34m	F	---	Andrew Wilson	58	16/01/2021	Northern Zone Week 14
Male Hammer 7.26kg							
1	66.31m	F	---	William Brown	24	12/04/2021	Australian Athletics Championships 2021
2	65.45m	F	---	Tim Heyes	23	5/03/2021	NSW Open, U23 & Para Championships
3	43.95m	F	---	John Hunter	19	21/04/2021	UniSport Nationals Athletics 2021
4	38.86m	F	---	Warren Jones	40	16/01/2021	Illawarra Track Challenge
5	37.45m	F	---	Ellington Steanes	22	25/07/2020	Northern Zone Winter Series 1
6	30.79m	F	---	Stuart Downie	18	21/04/2021	UniSport Nationals Athletics 2021
Male Javelin 400g							
1	23.60m	F	---	Nicholas Bastas	82	6/03/2021	Northern Zone Week 20
2	22.37m	F	---	Zak Evans	11	7/11/2020	Northern Zone Week 7
Male Javelin 500g							
1	9.25m	F	---	Robert Jones	70	18/04/2021	NSWMA Throws Pentathlon Championships 2021
Male Javelin 600g							
1	28.56m	F	---	Trevor Young	62	5/12/2020	Northern Zone Week 11
2	27.31m	F	---	Zoran Novicic	60	7/11/2020	Northern Zone Week 7
3	26.78m	F	---	Cadel Holmes	12	12/03/2021	NSW Junior Championships 2021
4	21.87m	F	---	Doug Barrett	68	24/10/2020	Northern Zone Week 5
5	20.30m	F	---	Jaiden Yu	13	20/02/2021	Northern Zone Week 18
Male Javelin 700g							
1	45.68m	F	---	Stuart Downie	17	3/12/2020	ACPE NSW All Schools 2020

2	35.07m	F	---	Tim McGrath	58	6/03/2021	Northern Zone Week 20
3	29.23m	F	---	Charlie Roughan	14	3/12/2020	ACPE NSW All Schools 2020
4	26.48m	F	---	Daniel White	14	9/01/2021	Northern Zone Week 13
5	23.32m	F	---	Andrew Wilson	58	16/01/2021	Northern Zone Week 14
6	19.90m	F	---	Brad Sharpe	59	25/07/2020	Northern Zone Winter Series 1
7	19.23m	F	---	Jaiden Yu	13	6/03/2021	Northern Zone Week 20
Male Javelin 800g							
1	50.44m	F	---	Alec Diamond	23	12/04/2021	Australian Athletics Championships 2021
2	43.36m	F	---	Stuart Downie	18	21/04/2021	UniSport Nationals Athletics 2021
3	40.21m	F	---	Matthew Mcvey	20	21/04/2021	UniSport Nationals Athletics 2021
4	33.04m	F	---	Abdoulie Asim	28	5/03/2021	NSW Open, U23 & Para Championships
5	32.38m	F	---	Matthew Otten	30	6/03/2021	Northern Zone Week 20
6	24.92m	F	---	Warren Jones	40	15/11/2020	Illawarra Blue Stars Interclub
7	16.10m	F	---	Mark Fokas	19	15/11/2020	Illawarra Blue Stars Interclub
Male Wght Thr 11.34kg							
1	14.25m	F	---	William Guthrie	18	23/01/2021	Northern Zone Week 15
2	11.24m	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
3	9.51m	F	---	Andrew Wilson	57	14/11/2020	Northern Zone Week 8
4	3.88m	F	---	Robert Jones	70	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 15.88kg							
1	18.27m	F	---	Tim Heyes	22	31/10/2020	Northern Zone Week 6
2	18.14m	F	---	William Brown	23	25/07/2020	Northern Zone Winter Series 1
3	8.97m	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 20kg							
1	5.96m	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 25.4kg							
1	4.79m	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 4kg							
1	6.65m	F	---	Robert Jones	70	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 5.45kg							
1	8.53m	F	---	Nicholas Bastas	82	13/03/2021	Northern Zone Week 21
2	5.67m	F	---	Robert Jones	70	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Wght Thr 7.26kg							
1	4.94m	F	---	Robert Jones	70	18/04/2021	NSWMA Throws Pentathlon Championships 2021
Male Wght Thr 9.08kg							
1	13.94m	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
2	7.43m	F	---	Doug Barrett	68	28/11/2020	Northern Zone Week 10
3	4.26m	F	---	Robert Jones	70	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
Male Decathlon							
1	7665	F	---	Alec Diamond	23	11/12/2020	QA Shield Series: Glynis Nunn Shield

Male Out Pent

1	2419	F	---	Zoran Novicic	60	23/01/2021	NSW Combined Events Championships 2021
2	2373	F	---	Tim McGrath	58	23/01/2021	NSW Combined Events Championships 2021

Male Wght Pent

1	1885	F	---	Warren Jones	41	18/04/2021	NSWMA Throws Pentathlon Championships 2021
2	883	F	---	Robert Jones	70	18/04/2021	NSWMA Throws Pentathlon Championships 2021

Male Wght Pent Heavy

1	2158	F	---	Warren Jones	41	14/03/2021	NSWMA Heavy Weight Pentathlon 2021
2	1029	F	---	Robert Jones	70	14/03/2021	NSWMA Heavy Weight Pentathlon 2021

Male Super Wght 56lb

1	4.26m	F	---	Andrew Wilson	57	1/11/2020	NSWMA Indoors Throws Championships
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