UTS Northern Suburbs Athletic Club Track & Field Records as at 27 April 2017

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

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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
100 yards	**10.4**		**Open**	**Jenny Lamy (17)**	**1966**		
60m	**7.52**	**0.0**	**Open**	**Jessica Knox (33)**	**12/03/2011**	**Blacktown**	
60m	7.56	1.9	U23	Gabriella O'Grady (20)	14/1/2017	Beaton Park, Wollongong	#
60m	7.3h	NWI	U20	Laura Verlinden (18)	7/01/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	11/10/2007	SOPAC, Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	11/10/2007	SOPAC, Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks, Kensington	
60m	7.91	0.4	U15	Karlie Morton (14)	11/10/2007	SOPAC, Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks, Kensington	
60m	8.4h	NWI	U13	Morgan Kelaher (12)	10/03/2015	Rotary, Chatswood	
60m	7.52	0.0	W30	Jessica Knox (33)	12/03/2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medlicott (36)	13/11/2004	Mingara	
60m	8.05	-0.1	W40	Monique Perry (42)	18/2/2017	SOPAC, Homebush	#
60m	8.34	0.2	W45	Jacqualine Bezuidenhout (45)	6/04/2012	Melbourne	
60m	8.45	-0.7	W50	Jacqualine Bezuidenhout (50)	14/1/2017	Beaton Park, Wollongong	#
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	24/9/2016	Rotary, Chatswood	#
60m	11.15	0.0	W60	Jillian Senior (60)	26/2/2012	The Crest, Bankstown	
60m	12.28	-0.4	W65	Jillian Senior (65)	5/03/2017	SOPAC, Homebush	#
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	10/09/2016	Rotary, Chatswood	#
100m	**11.20**		**Open**	**Jenny Lamy (18)**	**1967**		
100m	11.84	0.6	U23	Gabriella O'Grady (20)	11/03/2017	AIS, Canberra	#
100m	11.20		U20	Jenny Lamy (18)	1967		
100m	11.60		U18	Melissa Moore (17)/ Fiona Blair (17)	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/2008	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	AIS, Canberra	
100m	11.93		U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7	U14	Alice Dixon (13)	2-4/12/2016	AIS, Canberra	#
100m	13.11	NWI	U13	Kristie Edwards (12)	23/8/2012	SOPAC, Homebush	
100m	11.60	1.7	W30	Jessica Knox (33)	1/07/2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medlicott (36)	13/11/2004	Mingara	
100m	12.73	1.8	W40	Monique Perry (42)	10/12/2016	Bankstown	#
100m	12.82	0.9	W45	Jacqualine Bezuidenhout (47)	18/10/2013	Porto Alegre, Brazil	
100m	12.98	1.7	W50	Jacqualine Bezuidenhout (50)	27/10/2016	Perth	#
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	29/10/2016	Rotary, Chatswood	#
100m	18.04	1.2	W60	Jillian Senior (60)	25/2/2012	The Crest, Bankstown	
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith			

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m	19.30		W75	Ruth Frith			
100m	19.3h		W80	Ruth Frith (81)	1990		*SR*
100m	29.23	-3.2	W85	Laurel Barrett (86)	20-21/2/2016	SOPAC, Homebush	*SR*
150m	19.32		U18	Sophie McGovern (16)	21/11/2015	Rotary, Chatswood	
150m	19.32		U17	Sophie McGovern (16)	21/11/2015	Rotary, Chatswood	
150m	23.25		U16	Kate Watson (14)	21/11/2015	Rotary, Chatswood	
150m	23.25		U15	Kate Watson (14)	21/11/2015	Rotary, Chatswood	
150m	26.39		U14	Rheanna McMahon (12)	17/9/2016	Rotary, Chatswood	*#*
150m	26.39		U13	Rheanna McMahon (12)	17/9/2016	Rotary, Chatswood	*#*
150m	21.85		W40	Alice Bohdan (43)	21/11/2015	Rotary, Chatswood	
150m	21.42		W45	Jacqualine Bezuidenhout (49)	21/11/2015	Rotary, Chatswood	
150m	24.82		W50	Janet Naylon (50)	17/9/2016	Rotary, Chatswood	*#*
150m	23.16		W55	Gabrielle Whelan (55)	17/9/2016	Rotary, Chatswood	*#*
200m	**22.88**	**2.0**	**Open**	**Jenny Lamy (19)**	**18/10/1968**	**Ciudad de México**	
200m	23.93	0.8	U23	Gabriella O'Grady (20)	20/2/2017	AIS, Canberra	*#*
200m	22.88	2.0	U20	Jenny Lamy (19)	18/10/1968	Ciudad de México	
200m	23.93	-0.3	U18	Karlie Morton (17)	3/11/2010	SOPAC, Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	SOPAC, Homebush	
200m	24.40	0.7	U16	Tracey Morton (14)	29/11/2005	Melbourne	
200m	24.40	-0.3	U16	Karlie Morton (14)	12/06/2007	SOPAC, Homebush	
200m	24.40	0.7	U15	Tracey Morton (14)	29/11/2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	12/06/2007	SOPAC, Homebush	
200m	24.99	0.6	U14	Alice Dixon (13)	2-4/12/2016	AIS, Canberra	*#*
200m	26.43	NWI	U13	Alice Dixon (12)	6/12/2015	Woden Park, Canberra	
200m	24.12	0.2	W30	Jessica Knox (33)	17/12/2012	SOPAC, Homebush	
200m	24.64	-1.7	W35	Renee Robson (36)	3/02/2014	SOPAC, Homebush	
200m	26.44	1.2	W40	Jacqualine Bezuidenhout (44)	21/4/2011	Brisbane	
200m	26.21	-3.0	W45	Marie Kay (48)	3/03/2008	SOPAC, Homebush	
200m	26.88	1.6	W50	Jacqualine Bezuidenhout (50)	1/11/2016	Perth	*#*
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	18/12/2016	SOPAC, Homebush	*#*
200m	38.1h	NWI	W60	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	
200m	35.50		W65	Kathleen Cook	2004/05		
200m	50.0h	NWI	W75	Kathleen Cook (79)	8/10/2016	Rotary, Chatswood	*#*
300m	**40.77**		**Open**	**Anneliese Rubie (17)**	**19/12/2009**	**SOPAC, Homebush**	
300m	41.03		U23	Siane Toemoe (20)	19/12/2009	SOPAC, Homebush	
300m	40.77		U20	Anneliese Rubie (17)	19/12/2009	SOPAC, Homebush	
300m	40.77		U18	Anneliese Rubie (17)	19/12/2009	SOPAC, Homebush	
300m	43.97		U17	Nicola Bowtell (16)	21/11/2015	Rotary, Chatswood	
300m	44.95		U16	Edita Grinbergs (14)	21/11/2015	Rotary, Chatswood	
300m	44.95		U15	Edita Grinbergs (14)	21/11/2015	Rotary, Chatswood	
300m	44.49		W40	Jacqualine Bezhhidenhout (41)	20/12/2008	The Crest, Bankstown	
300m	41.76		W45	Marie Kay (49)	19/12/2009	SOPAC, Homebush	
300m	49.79		W55	Gabrielle Whelan (55)	17/9/2016	Rotary, Chatswood	*#*
400m	**51.80**		**Open**	**Annabelle Smith (21)**	**27/2/2004**	**SOPAC, Homebush**	
400m	51.80		U23	Annabelle Smith (21)	27/2/2004	SOPAC, Homebush	
400m	53.88		U20	Anneliese Rubie (18)	3/11/2010	SOPAC, Homebush	
400m	54.33		U18	Carley Thomas (17)	27/3/2017	SOPAC, Homebush	*#*
400m	55.80		U17	Carley Thomas (16)	18/12/2016	SOPAC, Homebush	*#*
400m	56.09		U16	Tracey Morton (14)	12/11/2005	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	56.09		U15	Tracey Morton (14)	12/11/2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	
400m	1.01.44		U13	Anneliese Rubie (12)	2004		
400m	54.83		W30	Renee Robson (34)	30/3/2012	SOPAC, Homebush	
400m	56.74		W35	Renee Robson (35)	21/3/2013	Blacktown	
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	58.79		W45	Marie Kay (48)	3/08/2008	SAF, Nathan QLD	
400m	1:07.15		W50	Robyn Suttor (50)	28/7/2009	Lahti, Finland	
400m	1:08.28		W55	Gabrielle Whelan (55)	5/11/2016	Perth	*#*
400m	1.15.0h		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	1/09/2010	Rotary, Chatswood	*SR*
400m	2:49.3h		W80	Laurel Barrett (84)	11/08/2014	Rotary, Chatswood	
600m	2:01.61		U14	Emma Brown (13)	21/11/2015	Rotary, Chatswood	
600m	2:02.70		W55	Deborah Drennan (57)	17/9/2016	Rotary, Chatswood	*#*
800m	**2.02.88**		**Open**	**Sianne Toemoe (22)**	**4/01/2011**	**Perth**	
800m	2.02.88		U23	Sianne Toemoe (22)	4/01/2011	Perth	
800m	2:05.32		U20	Trychelle Kingdom (18)	16/2/2008	SOPAC, Homebush	
800m	2:05.40		U18	Carley Thomas (16)	12/02/2016	AIS, Canberra	*#*
800m	2:05.40		U17	Carley Thomas (16)	12/02/2016	AIS, Canberra	*#*
800m	2:12.23		U16	Emily Hopper (15)	1/02/2014	SOPAC, Homebush	
800m	2.13.48		U15	Edita Grinbergs (14)	17/10/2015	SOPAC, Homebush	
800m	2:17.29		U14	Ruby Hackett (13)	Dec-05	SOPAC, Homebush	
800m	2.22.62		U13	Ruby Hackett (12)	2004		
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/2011	SOPAC, Homebush	
800m	2.14.1h		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes (44)	13/4/2001		*SR*
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	10/11/2009	SOPAC, Homebush	
800m	2.40.80		W55	Deborah Drennan (55)	1/02/2014	SOPAC, Homebush	
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	*SR*
1000m	3:05.41		U16	Emily Augustine (15)	21/1/2012	Glendale, Newcastle	
1500m	**4:10.83**		**Open**	**Trychelle Kingdom (25)**	**26/3/2015**	**Brisbane**	
1500m	4.23.07		U23	Katie French (21)	17/2/2007	SOPAC, Homebush	
1500m	4.25.37		U20	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U18	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U17	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.25.37		U16	Annabel McDemott (15)	12/05/2014	Santos Stadium, Adelaide	
1500m	4.35.70		U15	Annabel McDemott (14)	12/06/2013	Townsville	
1500m	4.42.97		U14	Ruby Hackett (13)	2005	SOPAC, Homebush	
1500m	4.52.47		U13	Ruby Hackett (12)	2004		
1500m	5.06.19		W30	Rebecca Gibbs (31)	24/2/2012	The Crest, Bankstown	
1500m	4.39.19		W35	Anne Forbes (39)	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	4/02/2010	Perth	
1500m	5:40.55		W55	Deborah Drennan (57)	27/4/2016	Santos Stadium, Adelaide	
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	11/07/2009	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1 mile	**4:35.6h**		**Open**	**Trychelle Kingdom (24)**	**16/12/2014**	**The Crest, Bankstown**	
1 mile	4:56.34		U23	Elise Gallen (21)	17/12/2015	The Crest, Bankstown	
1 mile	4:57.22		U20	Frances Schmiede (18)	13/12/2011	The Crest, Bankstown	
1 mile	5:39.14		U18	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U17	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U16	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:39.14		U15	Jacinta Metcalf (14)	16/1/2016	Beaton Park, Wollongong	
1 mile	5:52.40		U14	Claudie White (13)	18/12/2010	SOPAC	
1 mile	6:09.30		W50	Deborah Drennan (53)	13/12/2011	The Crest, Bankstown	
1mile	6:14.82		W55	Deborah Drennan (57)	16/1/2016	Beaton Park, Wollongong	
3000m	**9:23.81**		**Open**	**Trychelle Kingdom (24)**	**17/10/2015**	**ES Marks, Kensington**	
3000m	9.34.10		U23	Eliza Stewart (21)	17/2/2007	SOPAC, Homebush	
3000m	9:26.12		U20	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9:26.12		U18	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9:26.12		U17	Annabel McDermott (16)	3/11/2015	SOPAC, Homebush	
3000m	9.46.20		U16	Annabel McDermott (15)	41892	SOPAC, Homebush	
3000m	9.52.16		U15	Annabel McDermott (14)	11/09/2013	SOPAC, Homebush	
3000m	10:16.4h		U14	Ruby Hackett (13)	29/10/2005	The Crest, Bankstown	
3000m	10.41.9h		U13	Ashley Mason (12)	2004/05		
3000m	10.28.5h		W30	Mary Fien	2003/2004		
3000m	10.02.5h		W35	Anne Forbes (39)	1995		
3000m	10.10.90		W40	Anne Forbes	1996/97		
3000m	11.03.0h		W45	Diane Aitken	2001/02		
3000m	12.37.17		W50	Deborah Drennan (51)	23/1/2010	SOPAC, Homebush	
3000m	12:38.77		W55	Deborah Drennan (56)	11/08/2014	SOPAC, Homebush	
3000m	12.51.2h		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	12/05/2009	Rotary, Chatswood	
3200m	12:53.48		U14	Emma Brown (13)	21/11/2015	Rotary, Chatswood	
5000m	**15:57.57**		**Open**	**Annabel McDermott (17)**	**19/3/2016**	**SOPAC, Homebush**	
5000m	16.19.00		U23	Eliza Stewart (21)	2/09/2007	Brisbane	
5000m	15:57.57		U20	Annabel McDermott (17)	19/3/2016	SOPAC, Homebush	
5000m	15:57.57		U18	Annabel McDermott (17)	19/3/2016	SOPAC, Homebush	
500m	18.04.75		U17	Bridget Reilly (16)	24/2/2012	AIS, Canberra	
5000m	18.41.95		W30	Mary Fien (34)	6/04/2007	The Domain, Hobart	
5000m	17.26.5h		W35	Anne Forbes (39)	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan (46)	15/4/2001	The Crest, Bankstown	*SR*
5000m	22.35.79		W50	Deborah Drennan (52)	11/12/2010	SOPAC, Homebush	
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
10000m	**34.36.79**		**Open**	**Eliza Stewart (21)**	**14/12/2006**	**Melbourne**	
10000m	34.36.79		U23	Eliza Stewart (21)	14/12/2006	Melbourne	
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5h		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
100m Hurdles - 0.840m	**13.42**		**Open**	**Jenny Laurendet (28)**	**1990**		
100m Hurdles - 0.840m	13.91	-0.2	U23	Gabriella O'Grady (20)	21/1/2017	The Crest, Bankstown	*#*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	22/7/2016	Bydgoszcz, Poland	*#*
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates (17)	2004/05		
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	2/12/2016	AIS, Canberra	*#*
90m Hurdles - 0.762m	12.52	0.7	U16	Mia Hemsworth (14)	2/12/2016	AIS, Canberra	*#*
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	2/12/2016	AIS, Canberra	*#*
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	SOPAC, Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet (31)	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylon (39)	29/8/2005	San Sebastian, Spain	
80m Hurdles - 0.762m	12.93	NWI	W40	Helen Searle (44)	1983	Olympic Park, Melbourne	
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/7/2009	Lahti, Finland	*NR*
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	21/4/2011	Brisbane	
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon (56)	1993		
80m Hurdles - 0.762m	18.78		W65	Judith Knight (67)	1994		
200m Hurdles - 0.762m	**27:52**	**-0.3**	**Open**	**Abigail Stevanovic (14)**	**14/10/2016**	**SOPAC, Homebush Bay**	***#***
200m Hurdles - 0.762m	28.14	NWI	U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii	
200m Hurdles - 0.762m	27:52	-0.3	U20	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	*#*
200m Hurdles - 0.762m	27:52	-0.3	U18	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	*#*
200m Hurdles - 0.762m	27:52	-0.3	U17	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	*#*
200m Hurdles - 0.762m	27:52	-0.3	U16	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	*#*
200m Hurdles - 0.762m	27:52	-0.3	U15	Abigail Stevanovic (14)	14/10/2016	SOPAC, Homebush Bay	*#*
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovich (13)	11/03/2015	SOPAC, Homebush	
200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	22/10/2016	SOPAC Homebush	*#*
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	34.43	1.8	W40	Jacqualine Bezuidenhout (43)	14/11/2009	SOPAC, Homebush	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	4/05/2009	Santos Stadium, Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/1/2010	SOPAC, Homebush	
400m Hurdles - 0.762m	**56.31**		**Open**	**Jenny Laurendet (27)**	**1989**		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	22/3/2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush	
400m Hurdles - 0.762m	1.07.93		U16	Lauryn Walker (15)	10/08/2015	SOPAC, Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	9/10/2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylon (41)	7/07/2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	27/7/2008	Townsville, QLD	
300m Hurdles - 0.762m	52.26		W45	Jacqualine Bezuidenhout (49)	25/9/2016	The Crest, Bankstown	*#*
3000m Steeplechase - 0.762m	**9.34.09**		**Open**	**Charlotte Wilson (20)**	**27/10/2012**	**The Crest, Banktown**	
3000m Steeplechase - 0.762m	9.34.09		U23	Charlotte Wilson (20)	27/10/2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10.46.10		U/20	Miranda Middleton (19)	30/3/2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:05.42		U/18	Kate Hobbs (17)	10/12/2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	13/2/2009	SOPAC, Homebush	
2000m Steeplechase - 0.762m	**6.54.6h**		**Open**	**Mary Fien**	**2004/05**		
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	17/1/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	17/1/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	17/1/2013	The Crest, Banktown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2000m Steeplechase - 0.762m	7.19.31		U16	Beth Croft (15)	22/12/2012	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	10/11/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	1/04/2007	The Domain, Hobart	*SR*
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	3/04/2017	SOPAC, Homebush	*#*
1500m Walk	**7.30.4h**		**Open**	**R Whitehorn (17)**	**1967**		
1500m Walk	7.30.4h		U20	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U18	R Whitehorn (17)	1967		
1500m Walk	7:52.50		U17	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	*#*
1500m Walk	7:52.50		U16	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	*#*
1500m Walk	7:52.50		U15	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	*#*
1500m Walk	7:52.50		U14	Imogen Steele (13)	19/11/2016	ES Marks, Kensington	*#*
1500m Walk	8:05.31		U13	Elise Brennan (12)	29/11/2014	The Crest, Bankstown	
1500m Walk	8.50.9h		W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1h		W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66		W40	Suzanne Brown (44)	24/9/2009	Narrabeen	*SR*
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	15/10/2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	1/11/2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	2/08/2014	Rotary, Chatswood	
1500m Walk	12:43.3h		W65	Roslyn Wolfers (69)	22/11/2014	Rotary, Chatswood	
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	10/09/2016	Rotary, Chatswood	*#*
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	16/1/2016	Rotary, Chatswood	
3000m Walk	**16.27.8h**		**Open**	**Christina Alldis (22)**	**15/10/2005**	**The Crest, Bankstown**	
3000m Walk	16:27.8h		U20	Christina Alldis (22)	15/10/2005	The Crest, Bankstown	
3000m Walk	16.37.71		U18	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	1/12/2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	3/11/2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	27/9/2014	SOPAC, Homebush	
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	31/10/2009	Mingara	*SR*
3000m Walk	19.33.36		W45	Carmel Parker (48)	1/12/2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	9/10/2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	15/2/2014	Rotary, Chatswood	
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	12/10/2013	Rotary, Chatswood	
5000m Walk	**25:34.86**		**Open**	**Fiona Alldis (19)**	**24/11/2007**	**ES Marks, Kensington**	
5000m Walk	29.12.11		U23	Christina Alldis (20)	25/11/2006	ES Marks, Kensington	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	24/11/2007	ES Marks, Kensington	
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	25-28/3/2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	4/10/2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	22/10/2011	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	4/06/2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	4/12/2011	Brisbane	
5000m Walk	34.30.85		W60	Nancy Lloyd (61)	8/3/2014	The Domain, Hobart	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10000m Walk	**1:00:42.27**		**Open**	**Christina Alldis (20)**	**14/1/2006**	**SOPAC, Homebush**	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	14/1/2006	SOPAC, Homebush	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	20/1/2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	1/10/2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	1/05/2008	Campbelltown	*SR*
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	4/12/2011	Brisbane	
High Jump	**1.78m**		**Open**	**Kerry Maurer**	**1985**		
High Jump	1.69m		U23	Romi Arnott (20)	31/1/2009	The Domain, Hobart	
High Jump	1.74m		U20	Virginia Young (17)	1993/1995		
High Jump	1.74m		U18	Virginia Young (17)	1993		
High Jump	1.74m		U18	Karina Brown (17)	10/08/2015	SOPAC, Homebush	
High Jump	1.73m		U17	Virginia Young (16)	1992		
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.65m		U15	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.57m		U13	Wendy Bebbington (12)	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney	*NR*
High Jump	1.51m		W40	Helen Searle (42)	1981		
High Jump	1.60m		W45	Marie Kay (49)	28/7/2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	7/03/2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	25/12/2012	The Crest, Bankstown	
Pole Vault	**3.20m**		**Open**	**Amy Moulden (23)**	**2/04/2012**	**SOPAC, Homebush**	
Pole Vault	3.10m		U23	Amy Moulden (21)	29/2/2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	15/1/2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	15/1/2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/9/2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/9/2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	18/12/2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	18/12/2010	SOPAC, Homebush	
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	**6.33m**		**Open**	**Helen Frith (26)**	**1965**		
Long Jump	5.98m		U23	Helen Frith (21)	31/8/1960	Rome, Italy	
Long Jump	5.99m		U20	Virginia Young (18)	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	19/2/2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	AIS, Canberra	
Long Jump	4.82m		U13	Sjaan Powley (12)	1995		
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott (38)	14/4/2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	3/08/2008	SAF, Nathan QLD	*NR*
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	Perth	*WR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	25/2/2012	The Crest, Bankstown	
Long Jump	2.32m		W75	Ruth Frith (79)	1989		
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	*NR*
Long Jump	2.19m		W85	Ruth Frith (86)	28/3/1995	SOPAC, Homebush	*SR*
Triple Jump	**12.59m**		**Open**	**Gillian Ting (18)**	**1995**		
Triple Jump	11.64m	0.9	U23	Annabelle Parmegiani (20)	26/2/2017	SOPAC, Homebush	*#*
Triple Jump	12.59m		U20	Gillian Ting (18)	1995		
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	31/1/2015	Glendale, Newcastle	
Triple Jump	11.89m		U17	Gillian Ting (15)	1992		
Triple Jump	11.89m		U16	Gillian Ting (15)	1992		
Triple Jump	11.68m		U15	Gillian Ting (14)	1991		
Triple Jump	11.04m		U14	Gillian Ting (13)	1990		
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	5/03/2017	SOPAC, Homebush	*#*
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	4/02/2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	11/07/2015	ES Marks, Kensington	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	SOPAC, Homebush	
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland	*SR*
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	16/3/2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	13/1/1993	Miyazaki, Japan	*NR*
Triple Jump	5.50m		W85	Ruth Frith (86)	25/3/1995	SOPAC, Homebush	*WR*
Shot Put - 4kg	**14.72m**		**Open**	**Lou Torso**	**1977**		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	26/9/2016	Perth	*#*
Shot Put - 4kg	13.10m		U20	J Kennedy (17)	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy (17)	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik (15)	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05		
Shot Put - 3kg	12.71m		U15	Madeleine Neville (14)	13/10/2011	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/9/2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/1/2008	Rotary, Chatswood	
Shot Put - 4kg	8.27m		W30	Danielle Cotterill (32)	9/11/2013	Rotary, Chatswood	
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	14/4/1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	*SR*
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	16/4/2016	Santos Stadium, Adelaide	
Shot Put - 3kg	9.14m		W55	Gloria Seymon (56)	1993		
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	12/11/2016	Rotary, Chatswood	*#*
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	29/11/2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994		*NR*
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney	*NR*
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney	*NR*
Discus - 1kg	**46.94m**		**Open**	**Lou Torso**	**1975**		
Discus - 1kg	41.16m		U23	Larissa O'Dea (20)	26/9/2016	Perth	*#*
Discus - 1kg	42.91m		U20	Larissa O'Dea (19)	9/01/2016	SOPAC, Homebush	
Discus - 1kg	40.04m		U18	Claudia Steiner (17)	17/12/2011	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96		
Discus - 1kg	30.88m		U13	Amber Bennett (12)	1995		
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	15/12/2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	27/2/2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	6/06/2010	Campbelltown	*SR*
Discus -1kg	29.51m		W50	Caroline Layt (50)	17/4/2016	Santos Stadium, Adelaide	
Discus -1kg	22.10m		W55	Gloria Seymon (56)	1993		
Discus -1kg	17.16m		W60	Judith Knight	1994		
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	*SR*
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	*SR*
Discus -1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne	
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	*NR*
Discus -1kg	12.10m		W90	Ruth Frith (91)	21-24/4/2000	The Domani, Hobart	*NR*
Hammer - 4kg	**62.90m**		**Open**	**Odette Palma (31)**	**16/6/2013**	**Rotary, Chatswood**	
Hammer - 4kg	26.59m		U23	Helena Smith (20)	12/01/2008	Rotary, Chatswood	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	9.99m		U14	Bronte Hodson (13)	12/11/2016	Rotary, Chatswood	*#*
Hammer - 4kg	62.90m		W30	Odette Palma (31)	16/6/2013	Rotary, Chatswood	
Hammer - 4kg	36.57m		W35	Melissa Bonser (38)	10/11/2008	Rotary, Chatswood	
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	11/10/2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.44m		W50	Caroline Layt (51)	26/10/2016	Perth	*#*
Hammer - 3kg	26.60m		W55	Gloria Seymon (56)	1993		
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	25/2/2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	3/05/2015	SOPAC, Homebush	*#*
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	*SR*
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney	*NR*
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000		*NR*
Javelin - 600g	**57.60m**		**Open**	**Mackenzie Little (18)**	**4/04/2014**	**Lakeside, Melbourne**	
Javelin - 600g	37.34m		U23	Jordana Cashman (22)	16/9/2006	Rotary, Chatswood	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	4/04/2014	Lakeside, Melbourne	
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	7/11/2013	Donetsk, Ukraine	
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	30/11/2012	The Domain, Hobart	
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	10/08/2011	SOPAC, Homebush	*NR*
Javelin - 500g	40.03m		U15	Annika Mountstephens (14)	2/06/2015	SOPAC, Homebush	
Javelin - 400g	36.16m		U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982		
Javelin - 600g	30.63m		W30	Danielle Cotterill (32)	9/11/2013	Rotary, Chatswood	
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	27/2/2016	Rotary, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	28/7/2009	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	2/04/2010	Perth	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993		
Javelin - 400g	14.63m		W60	Jillian Senior (60)	19/1/2013	Rotary, Chatswood	
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	19/1/2013	Rotary, Chatswood	
Javelin - 500g	11.70m		W70	Roslyn Wolfers (70)	10/09/2016	Rotary, Chatswood	*#*
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney	*NR*
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	*SR*
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998		*SR*
Javelin - 400g	10.51m		W90	Ruth Frith (92)	2002		*NR*
Weight Throw - 9.08kg	**12.11m**		**Open**	**Caroline Layt (39)**	**3/01/2005**	**Brisbane**	
Weight Throw - 9.08kg	7.42m		W30	Melissa Baulman-Jones (33)	20/2/2016	SOPAC, Homebush	
Weight Throw - 9.08kg	12.11m		W35	Caroline Layt (39)	3/01/2005	Brisbane	
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	10/11/2009	SOPAC, Homebush	*SR*
Weight Throw - 9.08kg	11.99m		W45	Caroline Layt (47)	29/3/2013	AIS, Canberra	
Weight Throw - 7.26kg	13.92m		W50	Caroline Layt (51)	16/10/2016	Perth	*#*
Weight Throw - 7.26kg	8.75m		W55	Kerrie Jones (56)	6/03/2010	Campbelltown	
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	3/11/2012	Campbelltown	
Weight Throw - 7.26kg	9.04m		W65	Jillian Senior (65)	3/05/2017	SOPAC, Homebush	*#*
Weight Throw - 7.26kg	7.78m		W85	Ruth Frith (86)	1995		*NR*
Weight Throw - 7.26kg	6.19m		W90	Ruth Frith (92)	2001	Sydney	*NR*
Heavyweight Throw							
Heavyweight Throw - 5.4kg (12lb)	15.14m		W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 7.26kg (16lb)	12.69m		W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 11.34kg (25lb)	8.72m		W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	
Heavyweight Throw - 15.88 kg (35lb)	6.10m		W45	Maria Cimino (46)	3/08/2017	Campbelltown	*#*
Heavyweight Throw -56lb	3.94m		W45	Caroline Layt (48)	9/2/2014	Campbelltown	*SR*
Heavyweight Throw - 100lb	2.14m		W45	Caroline Layt (48)	9/2/2014	Campbelltown	*SR*
Heavyweight Throw -56lb	2.76m		W55	Jill Senior (58)	27/2/2011	Campbelltown	
Heavyweight Throw - 3kg (6.6lb)	11.84m		W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 4kg (8.8lb)	10.23m		W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 5.4kg (12lb)	8.82m		W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 9.08kg (20lb)	5.97m		W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw -56lb	2.86m		W60	Jill Senior (60)	11/3/2012	Campbelltown	*SR*
Heavyweight Throw - 100lb	1.01m		W60	Jill Senior (60)	1/10/2012	Turner, ACT	
Heavyweight Throw - 3kg (6.6lb)	12.12m		W65	Jill Senior (65)	8/03/2017	Campbelltown	*#*
Heavyweight Throw - 4kg (8.8lb)	10.01m		W65	Jill Senior (65)	8/03/2017	Campbelltown	*#*
Heavyweight Throw - 5.4kg (12lb)	8.67m		W65	Jill Senior (65)	8/03/2017	Campbelltown	*#*
Heavyweight Throw - 9.08kg (20lb)	5.91m		W65	Jill Senior (65)	8/03/2017	Campbelltown	*#*
Heptathlon	**5599 Pts**		**Open**	**Lesley Richards (21)**	**1985**		
Heptathlon	5599 Pts		U23	Lesley Richards (21)	1985		
Heptathlon	5134 Pts		U20	Lesley Richards (17)	1981		
Heptathlon	5134 Pts		U18	Lesley Richards (17)	1981		
Heptathlon	4702 Pts		U17	Virginia Young (15)	1991		
Heptathlon	4702 Pts		U16	Virginia Young (15)	1991		
Heptathlon	4259 Pts		U15	Belinda Johnson (14)	1998/99		
Heptathlon	3302 Pts		U14	Eliza Cepak (13)	11-12/10/2008	Lake Mcquarie	
Heptathlon	6185 Pts		W45	Marie Kay (49)	28/7/2009	Lahti, Finland	*WR*
Heptathlon	5832 Pts		W50	Marie Kay (50)	7/03/2010	Tahiti	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Heptathlon (rescored in 2010 from 4461Pts)	4015 Pts		W55	Gloria Seymon (56)	7/10/1993	Miyazaki, Japan	*SR*
Heptathlon	3757 Pts		W60	Gloria Seymon (60)	17/7/1997	Durban, South Africa	*SR*
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m (pre-2009)							
Pentathlon	3587 Pts		W30	Peta Bird	31/3-1/4/1991	AIS, Canberra	
Pentathlon (rescored from 3154 Pts in 2010)	3101 Pts		W35	Peta Bird	3/11/1995		*NR*
Pentathlon	3797 Pts		W40	Helen Searle (44)	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		*SR*
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		*SR*
Pentathlon	2978 Pts		W55	Gloria Seymon (56)	1993		*SR*
Pentathlon	2322 Pts		W60	Gloria Seymon (60)	3/11/1998	SOPAC, Homebush	*SR*
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m (post 2009)							
Pentathlon	1942 Pts		W40	Maria Cimino (43)	3/04/2015	The Crest, Bankstown	
Pentathlon	2873 Pts		W45	Jacqualine Bezuidenhout (48)	1/10/2015	SOPAC, Homebush	
Pentathlon	2198 Pts		W50	Caroline Layt (50)	19/4/2016	Adelaide	
Pentathlon	1792 Pts		W60	Jillian Senior (61)	29/3/2013	AIS, Canberra	*SR*
Outdoor Pentathlon - LJ, JT, 80m hurdles, SP, 800m							
Pentathlon	3217 Pts		W40	Helen Searle (43)	1983	Olympic Park, Melbourne	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2778 Pts		W35	Melissa Bonser (37)	21/3/2008	Blacktown	
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	10/11/2009	SOPAC, Homebush	
Throws Pentathlon	3192 Pts		W45	Caroline Layt (49)	3/04/2015	The Crest, Bankstown	
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	26/10/2016	Perth	*#*
Throws Pentathlon	2949 Pts		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	3/11/2012	Campbelltown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993		*SR*
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	7/03/1998	SOPAC, Homebush	*NR*
Throws Pentathlon (rescored from 4339 Pts in 2010)	3598 Pts		W90	Ruth Frith (91)	24/04/2000	The Domain, Hobart	*NR*
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	3358 Pts		W45	Maria Cimino (45)	3/10/2016	Beaton Park, Wollongong	*#*
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2722 Pts		W60	Jillian Senior (60)	1/10/2012	Turner, ACT	
Relays							
Relay - 4 x 100m	**46.62**		**Open**	**Annette Low (28), Kylie Hanigan (24), Jessie Shepherd (18), Veronica Lee (25)**	**1995**		
Relay - 4 x 100m	**46.62**		**Open**	**Gabriella O'Grady (19), Jasmine Everett (25), Olivia Tauro (26), Karlie Morton (23)**	**17/12/2016**	**SOPAC, Homebush**	***#***
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 100m	48.28		U18	Gabriella O'Grady (17), Nicola Haggerty-Meyers (17), Adriana Rusman (16), Alice Falconer (15)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 100m	48.40		U16	Gabriella O'Grady (14), Nicola Haggerty-Meyers (14), Courtney Boyle (14), Katrina Hunt (15)	19//11/2011	SOPAC, Homebush	*SR*
Relay - 4 x 100m	51.42		U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	26-27/11/2016	Blacktown	*#*
Relay - 4 x 100m	49.45		W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	26-27/11/2016	Blacktown	*#*
Relay - 4 x 100m	50.69		W160+	Janet Naylon (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medlicott (38)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 100m	56.63		W200+	Deborah Drennan (57), Jenny Schell (53),Kylie Strong (49), Jackie Bezuidenhout (49),	14-15/11/2015	Blacktown	*SR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 200m	**1.36.75**		**Open**	**Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)**	**26-27/11/2016**	**Blacktown**	***#***
Relay - 4 x 200m	1:39.90		U20	Elizabeth Clay (18), Maddison Gipson (18), Katerina Hunt (17), Gabriella O'Grady (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1:41.19		U18	Katrina Hunt (17), Gabriella O'Grady (16), Sophie McGovern (14), Alex Prendiville	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1:42.25		U16	Courtney Boyle (14), Katrina Hunt (15), Gabriella O'Grady (14), Kate Bonser (15)	20//11/2011	SOPAC, Homebush	
Relay - 4 x 200m	1.47.68		U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush	
Relay 4 x 200m	1.48.72		W120+	Janet Naylon (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medlicott (37)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	21/11/2009	Blacktown	
Relay 4 x 200m	2.03.27		W200+	Jenny Schell (52), Debra Drennan (56), Gabrielle Whelan (53), Suzanne Brown (49)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 400m	**3.44.82**		**Open**	**Alexandra Bartholomew (22), Emma Hunt (24), Olivia Cason (19), Dominica Jenkins (27)**	**26-27/11/2016**	**Blacktown**	***#***
Relay - 4 x 400m	3.52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown	
Relay - 4 x 400m	3:52.26		U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56		U16	Karlie Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 400m	4.07.65		W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush	
Relay - 4 x 400m	4:33.95		W160+	Deborah Drennan (53), Rebecca Gibbs (31), Jenny Schell (49), Mary Fien (39)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 400m	4:32.34		W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	26-27/11/2016	Blacktown	*# SR*
Relay - 4 x 800m	**8:56.92**		**Open**	**Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)**	**15-16/11/2014**	**SOPAC, Homebush**	
Relay - 4 x 800m	9.29.50		U20	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoyle (12), Nell Breslin (12), Zoe Latham (12)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23		W120+	Rebecca Gibbs (31), Deberoh Drennan (53), Jacqualine Bezuidenhout (45), Mary Fien (39)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	*NR*
Relay - 4 x 800m	13.33.97		W200+	Beck Myors (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	14-15/11/2015	Blacktown	
Relay - 4 x 1500m	**18.46.2**		**Open**	**Trychelle Kingdom (23), Kasey Mumby (21), Emily Hopper (15), Emily Augustine (16)**	**16-17/11/2013**	**SOPAC, Homebush**	
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	20.34.3		U14	Elle-Maree Farrington (13), Katie Furniss (13), Ashley Mason (12), Ruby Hackett (12)	2004		
Relay - 4 x 1500m	21.41.79		W30	Anne Forbes (42), Lisa Fitzpatrick (30), Clara Vucetic (43), Marina Dulhunty (39)	1998	SOPAC, Homebush	
Relay - 4 x 1500m	21.48.89		W160+	Joanne Cowan (48), Evelyn Stevenson (41), Nancy Bodikian (44), Mary Fien (31)	2003	SOPAC, Homebush	
Relay - 4 x 1500m walk	**33.57.1**		**Open**	**Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)**	**14-15/11/2015**	**Blacktown**	
Relay - 4 x 1500m walk	33.57.1		U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	14-15/11/2015	Blacktown	
Relay - Medley (100,100, 200, 400)	**1:53.80**		**Open**	**Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins**	**2003/2004**		
Relay - Medley (200,200,400,800)	**3:52.33**		**Open**	**Carly Thomas (16), Alexandra Bartholomew (22), Olivia Cason (19), Renee Robson (38)**	**26-27/11/2016**	**Blacktown**	***#***
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Rosemary Arnott (17), Dominica Jenkins (17), Rosie Tancred (17)	16/12/2006	SOPAC, Homebush	
Relay - 2x100m	**24.05**		**Open**	**Gabriella O'Grady (18), Katrina Hunt (19)**	**31/1/2015**	**Hunter Sports Centre, Glendale**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x High Jump	**6.30m**		**Open**	**Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)**	**1999**	**SOPAC, Homebush**	
Relay - 4 x High Jump	6.10m		U18	Daisy Ding (16), Grace Maher (17), Liz Osborne (14), Natalie Groeze (15)	19/11/2011	SOPAC, Homebush	
Relay - 4 x High Jump	6.10m		U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Long Jump	**21.44m**		**Open**	**Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)**	**16-17/11/2013**	**SOPAC, Homebush**	
Relay - 4 x Long Jump	19.73m		U18	Sarah Healy (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	SOPAC, Homebush	
Relay - 4 x Shot Put	**44.97m**		**Open**	**Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)**	**18-19/11/2006**	**SOPAC, Homebush**	
Relay - 4 x Shot Put	38.40m		U18	Caroline Hayes (16), Leonie Burnes (15), Amber Bennet (15), Lailanie Burnes (14)	1997		
Relay - 4 x Shot Put	34.91m		U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	26-27/11/2016	Blacktown	*#*
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	*SR*
Relay - 4 x Discus	**144.07m**		**Open**	**Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)**	**1998**		
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes , Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	79.11m		U14	Elise Brennan (11), Brooke East (13), Isobel McCarthy (11), Emily Smelt	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Hammer	**105.48m**		**Open**	**Haruka Murata (19), Caroline Layt (39), Melissa Jones (21), Karen Jones (52)**	**2004**		
Relay - 4 x Hammer	103.92m		U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998		
Relay - 4 x Javelin	**148.39m**		**Open**	**Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)**	**18-19/11/2006**	**SOPAC, Homebush**	***SR***
Relay - 4 x Javelin	135.29m		U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	26-27/11/2016	Blacktown	*#*
Relay - 4 x Javelin	95.10m		W120+	Beck Myors (42), Maria Cimino (44), Alice Bohdan (43), Caroline Layt (50)	26-27/11/2016	Blacktown	*#*
MEN							
100yards	**9.6h**		**Open**	**John Treloar (24)/ Phil Brown**	**1952/1957**		
60m	**6.68**	**1.8**	**Open**	**Joshua Clarke (18)**	**12/07/2013**	**SOPAC, Homebush**	
60m	6.97	0.1	U23	Anthony Collum (20)	17/01/2015	Beaton Park, Wollongong	
60m	6.68	1.8	U20	Joshua Clarke (18)	12/07/2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	12/03/2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	12/03/2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	12/03/2011	Blacktown	
60m	8.30	-1.6	U13	Jordan Gao (12)	27/10/2012	The Crest, Bankstown	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	28/7/2013	Kagoshima, Japan	*SR*
60m	7.25	-1.8	M40	Ashley McMahon (41)	14/1/2017	Beaton Park, Wollongong	*#*
60m	7.72	-1.3	M45	Paul Stinson (45)	5/03/2017	SOPAC, Homebush	*#*
60m	7.70	-0.1	M50	Michael Gedz (50)	21/2/2016	SOPAC, Homebush	
60m	8.27	NWI	M55	David Smith (59)	21/2/2015	SOPAC, Homebush	
60m	8.25	0.1	M60	David Shearsby (60)	3/05/2015	SOPAC, Homebush	*#*
60m	9.44	0.0	M65	Hugh Colburn (65)	25/2/2012	The Crest, Bankstown	
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	*SR*
60m	8.8h	NWI	M75	Nick Bastas (77)	28/11/2015	Rotary Field, Chatswood	
60m	10.33	NWI	M80	Richard Hughes (82)	22/2/2015	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m	**10.24**	**1.8**	**Open**	**Tim Jackson (25)**	**20/7/1994**	Tønsberg, Norway	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	10/02/1989	E S Marks, Kensington	
100m	10.71	1.8	U23	Anthony Collum (20)	1/10/2015	SOPAC, Homebush	
100m	10.34	1.5	U20	Joshua Clarke (19)	15/3/2014	SOPAC, Homebush	
100m	10.53	NWI	U18	Joshua Clarke (16)	9/07/2012	Isle of Man	
100m	10.53	NWI	U17	Joshua Clarke (16)	9/07/2012	Isle of Man	
100m	10.72	0.1	U16	Joshua Clarke (15)	12/04/2010	Melbourne	*NR*
100m	11.30		U15	A Edwards (13)	1995/96		
100m	11.30		U14	A Edwards (13)	1995/96		
100m	12.47		U13	Damien Trimingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	3/02/2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	16/3/2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	28/10/2016	Perth	*#NR*
100m	11.9h	NWI	M45	Paul Stinson (45)	8/10/2016	Rotary Field, Chatswood	*#*
100m	12.10	-0.4	M50	Michael Gedz (50)	20/2/1016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	9/01/2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.70		M65	Reg Austin	20001/02		
100m	14.48	1.8	M70	David Chantrill (73)	6/04/2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	11/10/2014	Rotary Field, Chatswood	
100m	16.2h	NWI	M80	Richard Hughes (82)	17/1/2015	Rotary Field, Chatswood	
100m	17.42	-1.4	M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	*#*
150m	**17.60**		**Open**	**Daniel Nolan (23)**	**17/9/2016**	**Rotary, Chatswood**	***#***
150m	18.36		U23	Simon Cox (20)	17/9/2016	Rotary, Chatswood	*#*
150m	19.51		U20	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U18	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U17	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U16	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
150m	26.58		U14	Elijah McMahon (11)	17/9/2016	Rotary, Chatswood	*#*
150m	26.58		U13	Elijah McMahon (11)	17/9/2016	Rotary, Chatswood	*#*
150m	17.61		M40	Ashley McMahon (41)	17/9/2016	Rotary, Chatswood	*#*
150m	24.37		M65	Leslie Gillies (68)	21/11/2015	Rotary, Chatswood	
150m	25.2		M75	Nick Bastas (77)	21/11/2015	Rotary, Chatswood	
200m	**20.93**	**1.9**	**Open**	**Tim Jackson (20)**	**9/10/1989**	**Barcelona, Spain**	
200m	20.93	1.9	U23	Tim Jackson (20)	9/10/1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	1/02/2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	10/09/2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	22/12/2012	SOPAC, Homebush	
200m	23.62	1.5	U15	William Lloyd (14)	10/11/2013	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	17/12/2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	17/2/2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	26/2/2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	1/11/2016	Perth	*# NR*
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/2012	SOPAC, Homebush	
200m	25.45	1.9	M50	Anthony Crimi (54)	5/03/2016	SOPAC, Homebush	
200m	24.52	2.0	M55	Trevor Young (57)	9/01/2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	25/2/2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	1/11/2014	Gold Coast	
200m	34.28	1.9	M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	
200m	36.93	-2.1	M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	*#*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
300m	**35.14**		**Open**	**James Gurr (26)**	**19/12/2009**	**SOPAC, Homebush**	
300m	35.42		U23	Anthony Collum (20)	21/8/2016	Brisbane	*#*
300m	36.68		U20	Corey Furminger (19)	21/11/2015	SOPAC, Homebush	
300m	38.92		U18	Denford Moore (17)	19/12/2009	SOPAC, Homebush	
300m	41.03		U17	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	41.03		U16	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	41.03		U15	Ryan Lee (14)	21/11/2015	Rotary, Chatswood	
300m	48.29		M30	Kieran Courtney (30)	19/12/2009	SOPAC, Homebush	
300m	40.36		M40	Evan Walsh (41)	19/12/2009	SOPAC, Homebush	
300m	43.35		M45	Anthony Crimi (48)	19/12/2009	SOPAC, Homebush	
300m	46.70		M50	Bradley Sharpe (54)	17/9/2016	Rotary, Chatswood	*#*
300m	55.72		M60	Doug Barrett (63)	17/9/2016	Rotary, Chatswood	*#*
300m	52.75		M65	Les Gillies (68)	21/11/2015	Rotary, Chatswood	
400m	**46.17**		**Open**	**David Johnston (22)**	**1983**		
400m	46.17		U23	David Johnston (22)	1983		
400m	46.29		U20	Louis Stenmark (17)	17/7/2015	Cali, Colombia	
400m	46.29		U18	Louis Stenmark (17)	17/7/2015	Cali, Colombia	
400m	46.9h		U17	David Waller (16)	1978		
400m	50.31		U16	Scott Fraser (15)	1996/97		
400m	51.81h		U15	John Price (14)	1997/98		
400m	53.30		U14	John Price (13)	1996/97		
400m	1.00.3h		U13	Damiem Trimingham	1987		
400m	47.30		M30	James Gurr (31)	20/12/2014	SOPAC, Homebush	
400m	47.83		M35	Antoine Burke (35)	25/3/2011	SOPAC, Homebush	
400m	50.33		M40	Ashley McMahon (41)	18/11/2016	Blacktown	*# SR*
400m	54.07		M45	Antony Guest (47)	30/3/2012	SOPAC, Homebush	
400m	57.76		M50	Antony Guest (51)	26/10/2016	Perth	*#*
400m	54.63		M55	Trevor Young (57)	18/4/2016	Santos Stadium, Adelaide	
400m	1.01.40		M60	Les Gillies (60)	16/3/2007	Santos Stadium, Adelaide	
400m	1.07.31		M65	Geoff Francis (65)	24/3/2007	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	8/03/2008	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)			
400m	1:24.56		M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	
400m	1:30.62		M85	Richard Hughes (85)	18/3/2017	The Crest, Bankstown	*#*
600m	1:59.18		U13	Loane Duncan (12)	17/9/2016	Rotary, Chatswood	*#*
600m	1:54.48		M45	Andy West (49)	17/9/2016	Rotary, Chatswood	*#*
600m	1:47.00		M50	Bradley Sharpe (54)	17/9/2016	Rotary, Chatswood	*#*
600m	2:14.75		M60	Doug Barrett (63)	17/9/2016	Rotary, Chatswood	*#*
800m	**1.46.52**		**Open**	**James Gurr (27)**	**3/03/2011**	**Melbourne**	
800m	1.46.66		U23	Tristan Garrett (22)	3/04/2010	Melbourne	
800m	1.46.65		U20	Grant Cremer (19)	25/2/1998	Melbourne	
800m	1.51.71		U18	Sam Hall (17)	12/09/2000	Adelaide	
800m	1.54.23		U17	Adrian White (16)	1981		
800m	2.00.3h		U16	K Dewar (15)	1974		
800m	2.02.0h		U15	John Vandenberg (14)	1970		
800m	2.08.04		U14	Austin Thomson (13)	9/10/2014	SOPAC, Homebush	
800m	2.18.3h		U13	R Pentecost	1967		
800m	1:48.86		M30	James Gurr (31)	19/12/2015	SOPAC, Homebush	
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	9-13/4/1998	QEII Stadium, Brisbane	
800m	2.05.9h		M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Rickhard Martin (55)	12/11/2010	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
800m	2.22.00		M60	Les Gillies (60)	6/04/2007	The Domain, Hobart	
800m	2.40.33		M65	Geoff Francis (67)	4/10/2009	Santos Stadium, Adelaide	
800m	2.54.66		M70	Ron Wills (70)	3/06/2010	Campbelltown	
800m	3.25.80		M75	Charles Hobden (75)	22/10/2011	Rotary, Chatswood	
800m	3:35.11		M80	Richard Hughes (82)	21/2/2015	SOPAC, Homebush	
800m	3:46.48		M85	Richard Hughes (85)	11/03/2017	SOPAC, Homebush	*#*
1000m	**2:36.30**		**Open**	**Leo Peterson (24)**	**28/1/2017**	**Glendale, Newcastle**	***#***
1500m	**3.37.02**		**Open**	**James Kaan (23)**	**3/09/2013**	**SOPAC, Homebush**	
1500m	3.40.30		U23	James Kaan (22)	21/1/2012	Glendale, Newcastle	
1500m	3.45.34		U20	James Connor (19)	30/3/2012	SOPAC, Homebush	
1500m	3.54.3h		U18	Nick Bromley (17)	2000/2001		
1500m	4.02.1h		U17	Laurie Toogood (16)	1962		
1500m	4.03.2h		U16	John Vandenberg (14)	1970		
1500m	4.03.2h		U15	John Vandenberg (14)	1970		
1500m	4:22.94		U14	Elliott Metcalf (13)	10/11/2013	SOPAC, Homebush	
1500m	4.46.0h		U13	T Gillam	1971		
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/2011	SOPAC, Homebush	
1500m	3.59.66		M35	Stuart Paterson (39)	16/2/1996	SOPAC, Homebush	
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46		M45	Michael Donnelly	2002/03		
1500m	4.31.87		M50	Stuart Paterson (51)	9/10/2007	Riccione, Italy	
1500m	4.48.51		M55	Stephen Ball (56)	28/3/2010	Campbelltown	
1500m	5.16.17		M60	Geoff Francis	2002/03		
1500m	5.37.32		M65	Geoff Francis (67)	10/04/2009	Santos Stadium, Adelaide	
1500m	6.14.10		M70	Ron Wills (71)	9/04/2011	Blacktown	
1 Mile	**4.00.53**		**Open**	**Jack Stapleton (20)**	**17/12/2015**	**The Crest, Bankstown**	
1 Mile	4.00.53		U23	Jack Stapleton (20)	17/12/2015	The Crest, Bankstown	
1 Mile	4:23.84		U20	Fraser Garland-Barnes (19)	10/12/2016	The Crest, Bankstown	***#***
1 Mile	4:29.55		U18	Elliot Metcalf (16)	10/12/2016	The Crest, Bankstown	*#*
1 Mile	4:29.55		U17	Elliot Metcalf (16)	10/12/2016	The Crest, Bankstown	*#*
1 Mile	4:31.51		U16	Elliot Metcalf (15)	17/12/2015	The Crest, Bankstown	
1 Mile	4.58.22		M40	Connor Delahunty (43)	13/12/2011	The Crest, Bankstown	
1 Mile	5.14.85		M50	Bradley Sharpe (50)	13/12/2011	The Crest, Bankstown	
1 Mile	5:28.34		M55	Bradley Sharpe (55)	10/12/2016	The Crest, Bankstown	***#***
2000m	**5:08.40**		**Open**	**Laurie Toogood (21)**	**18/3/1966**		***SR***
3000m	**8.00.79**		**Open**	**Jack Stapleton (21)**	**30/1/2016**	**Glendale, Newcastle**	
3000m	8.00.79		U23	Jack Stapleton (21)	30/1/2016	Glendale, Newcastle	
3000m	8.13.54		U20	Ed Goddard (19)	12/11/2016	SOPAC, Homebush	*#*
3000m	8.29.0h		U18	Joel Fitzgerald (17)	2000/2001		
3000m	8.34.75		U17	Ruairidh MacDonald (16)	3/11/2010	SOPAC, Homebush	
3000m	8.47.2h		U16	John Vandenberg (15)	1970		
3000m	9:28:09		U15	Michael Westhuizen (14)	13/10/2016	SOPAC, Homebush	*#*
3000m	9.52.09		U14	Jared Simmons (12)	23/1/2010	SOPAC, Homebush	
3000m	9.52.09		U13	Jared Simmons (12)	23/1/2010	SOPAC, Homebush	
3000m	8.31.4h		M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7h		M35	Michael Donnelly (38)	1995		
3000m	8.47.10		M40	Michael Donnelly	1999/2000		
3000m	9:34.15		M45	Stuart Paterson (49)	4/02/2006	Adelaide	
3000m	10.21.66		M50	Stuart Paterson (50)	11/11/2006	SOPAC, Homebush	
3000m	10.25.3h		M55	Jim Seymon (58)	1995		
3000m	11.31.8h		M60	Geoff Francis	2002/03		
3000m	12.43.42		M65	Geoff Francis (67)	24/10/2009	Narrabeen	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3000m	14.05.1h		M70	Ron Wills (71)	30/10/2010	Rotary, Chatswood	
3200m	**`11:44.08**		**Open**	**Dominic Bullock (22)**	**17/9/2016**	**Rotary, Chatswood**	*#*
3200m	`11:44.08		U23	Dominic Bullock (22)	17/9/2016	Rotary, Chatswood	*#*
3200m	11:49.05		U13	Loane Duncan (11)	21/11/2015	Rotary, Chatswood	
5000m	**13.59.0h**		**Open**	**John Farrington (25)**	**1970**		
5000m	14.05.27		U23	James Connor (21)	4/06/2013	Melbourne	
5000m	14.28.0h		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U17	G Lawson	1985		
5000m	17.17.95		U16	G Lawson	1985		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors (30)	19/1/2006	SOPAC, Homebush	
5000m	15.07.90		M35	Michael Donnelly (38)	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	19/1/2006	SOPAC, Homebush	
5000m	17:42.13		M50	Jim Seymon (54)	15-20/4/1992	The Domain, Hobart	
5000m	17.21.86		M55	Jim Seymon (55)	1993		
5000m	19.49.5h		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	10/11/2009	SOPAC, Homebush	
10000m	**29.16.2h**		**Open**	**John Farrington (25)**	**1970**		
10000m	31:50.67		U23	Ruairidh MacDonald (21)	28/2/2015	SOPAC, Homebush	
10000m	31:23.96		U20	Ed Goddard (19)	26/9/2016	Perth	*#*
10000m	34:03.57		M30	Ryan Cantrell (30)	31/3/2012	SOPAC, Homebush	
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	35:56.58		M40	Gary Mullins (40)	31/3/2012	SOPAC, Homebush	
10000m	35:27.06		M50	Jim Seymon (54)	15-20/4/1992	The Domain, Hobart	
10000m	35:50.36		M55	Jim Seymon (55)	1993		
10000m	41.10.9h		M60	Jim Seymon	1997/98		
110m Hurdles - 1.067m	**14.21**	**0.6**	**Open**	**Gareth Watkins (20)**	**25/1/1998**	**Sydney**	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	25/1/1998	Sydney	
110m Hurdles - 0.991m	14.18	-0.5	U20	Will Lloyd (18)	28/3/2017	SOPAC, Homebush Bay	*#*
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	10/09/2016	SOPAC, Homebush Bay	*#*
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	12/05/2015	Melbourne	
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	30/11/2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	12/02/2016	AIS, Canberra	*#*
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	15.70		M35	Clay Tompkins (38)	1991		*SR*
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	2/08/2008	Townsville	*SR*
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	15-20/4/1992	The Domain, Hobart	
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	14/7/2001	Brisbane	*SR*
200m Hurdles - 0.762m	**24.60**	**-1.0**	**Open**	**Jacon Holt (20)**	**16/12/2006**	**SOPAC, Homebush**	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacon Holt (20)	16/12/2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacon Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	14/3/2011	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	14/10/2016	SOPAC, Homebush	*#*
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985		
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983		
200m Hurdles - 0.762m	28.98	0.4	M35	Ashley McMahon (36)	4/02/2012	SOPAC, Homebush	
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	4/02/2012	SOPAC, Homebush	
400m Hurdles - 0.914m	**51.42**		**Open**	**Bryce Collins (19)**	**28/2/2015**	**SOPAC, Homebush**	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	28/02/2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	9/11/2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	13/10/2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56:66		U16	Thomas Hunt (15)	17/12/2016	SOPAC, Homebush	*#*
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	1:02.46		M35	Ashley McMahon (39)	18/10/2014	SOPAC, Homebush	
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	25/2/2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	25/2/2012	The Crest, Bankstown	
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	16/3/2007	Adelaide	
3000m Steeplechase 0.914m	**9.09.53**		**Open**	**Dylan Dudley (22)**	**15/2/2014**	**Santos Stadium, Adelaide**	
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	15/2/2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	23/3/2002		
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	25/3/2011	SOPAC, Homebush	
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	15-20/4/1992	The Domain, Hobart	
3000m Steeplechase 0.914m	14:03.30		M45	Andy West (46)	22/2/2014	Glendale, Newcastle	
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	15-20/4/1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993		
2000m Steeplechase - 0.914m	**5:49.97**		**Open**	**Dylan Dudley (22)**	**18/1/2014**	**Glendale, Newcastle**	
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	18/1/2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985		*NR*
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987		
2000m Steeplechase - 0.762m	6:59.62		U14	Elliott Metcalf (13)	14/12/2013	SOPAC, Homebush	
1500m Walk	**5.58.0h**		**Open**	**John Hart**	**1985**		
1500m Walk	5.58.0h		U20	John Hart	1985		
1500m Walk	6.24.7h		U18	John Hart	1980		
1500m Walk	6.24.7h		U17	John Hart	1980		
1500m Walk	6.24.7h		U16	John Hart	1980		
1500m Walk	6.24.7h		U15	John Hart	1980		
1500m Walk	8:14:4h		U14	Martin Leerburg (13)	8/10/2016	Rotary, Chatswood	*#*
1500m Walk	8.38.0h		U13	J Davidson	1975		
1500m Walk	7.31.7h		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1h		M35	Mark Ransom	1998/99		*SR*
1500m Walk	7.57.2h		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5h		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0h		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	16/1/2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	18/10/2014	Rotary, Chatswood	
3000m Walk	**12.45.8h**		**Open**	**John Morison**	**2000/2001**		
3000m Walk	12.45.8h		U20	John Morison	2000/2001		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3000m Walk	12.46.6h		U18	John Hart (17)	1983		
3000m Walk	13.51.5h		U17	John Hart (14)	1980		
3000m Walk	13.51.5h		U16	John Hart (14)	1980		
3000m Walk	13.51.5h		U15	John Hart (14)	1980		
3000m Walk	15:29:79		U14	Martin Leerburg (13)	2016 and 14/10/2	SOPAC, Homebush	*#*
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush	
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96		
3000m Walk	16.53.4		M35	Mark Ransom	1998/99		
3000m Walk	17.16.20		M55	Jim Seymon	1996/97		
3000m Walk	16.48.3h		M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4h		M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h		M70	Jim Seymon (71)	7/03/2009	Rotary, Chatswood	
3000m Walk	18:13.9h		M75	Jim Seymon (78)	23/1/2016	Rotary, Chatswood	
5000m Walk	**21:23.06**		**Open**	**Jay Felton (21)**	**26-28/2/2016**	**SOPAC, Homebush**	
5000m Walk	21:23.06		U23	Jay Felton (21)	26-28/2/2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	29/3/2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	10/04/2009	Santos Stadium, Adelaide	*SR*
5000m Walk	27.13.67		M75	Jim Seymon (76)	8/03/2014	The Domain, Hobart	
10000m Walk	**44:30.04**		**Open**	**Jay Felton (21)**	**31/03/2016**	**SOPAC, Homebush**	
10000m Walk	44:30.04		U23	Jay Felton (21)	31/03/2016	SOPAC, Homebush	
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0h		M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0h		M65	Jim Seymon (67)	2004	The Crrest, Bankstown	*SR*
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	5/01/2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	8/03/2014	The Domain, Hobart	
20000m Walk	**1:46.21.86**		**Open**	**Steve Washburn (22)**	**17/7/2016**	**San Salvador**	*#*
High Jump	**2.23m**		**Open**	**Luke Russell (19)**	**12/12/1998**	**AIS, Canberra**	
High Jump	1.90m		U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD	
High Jump	2.23m		U20	Luke Russell (19)	**12/12/1998**	**AIS, Canberra**	
High Jump	2.11m		U18	Theo Kavieris (17)	1986		
High Jump	1.96m		U17	Gordon Windeyer (16)	1971		
High Jump	1.90m		U16	Matthew Walker (15)	2/06/1905		
High Jump	1.90m		U16	A Urquart (14)	5/06/1905		
High Jump	1.90m		U15	A Urquart (14)	5/06/1905		
High Jump	1.78m		U14	J Delamare (13)	5/06/1905		
High Jump	1.65m		U13	William Richardson (12)	15/11/2008	Blacktown	
High Jump	1.65m		U13	Alex Willett (12)	30/11/2013	SOPAC, Homebush	
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)	22/10/2005	Campbelltown	
High Jump	1.93m		M35	Clay Tompkins (39)	1992		*NR*
High Jump	1.90m		M40	Clay Tompkins (40)	1993		*SR*
High Jump	1.83m		M45	Clay Tompkins	2000/2001		
High Jump	1.75m		M50	Clay Tompkins (50)	9/03/2003	SOPAC, Homebush	*NR*
High Jump	1.68m		M55	Clay Tomkins (55)	22/3/2008	Blacktown	*SR*
High Jump	1.61m		M60	Clay Tomkins (60)	29/3/2013	AIS, Canberra	*NR*
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.10m		M75	Nick Bastas (76)	11/01/2014	Gold Coast	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Pole Vault	**4.63m**		**Open**	**Peter Dyer**	**1984**		
Pole Vault	3.90m		U23	Alec Diamond (20)	31/3/2017	SOPAC, Homebush	*#*
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins (35)	1988		
Pole Vault	3.60m		M40	Clay Tompkins (40)	1993		
Pole Vault	3.60m		M45	Jim McGrath (45)	1976	Sydney	*SR*
Pole Vault	3.60m		M45	Clay Tompkins (46)	13/3/1999	Sydney	*SR*
Pole Vault	3.40m		M50	Tim McGrath (50)	16/3/2013	SOPAC, Homebush	
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.00m		M60	Jim McGrath (60)	20/7/1991	England	*NR*
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Pole Vault	2.40m		M70	Jim McGrath (70)	11/03/2001	Sydney	*SR*
Long Jump	**7.67m**		**Open**	**Peter Banks**	**1996/97**		
Long Jump	6.94m	-0.6	U23	Alec Diamond (20)	30/3/2017	SOPAC, Homebush	*#*
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	31/3/2017	SOPAC, Homebush	*#*
Long Jump	7.22m	0.2	U17	Alex Willett (16)	31/3/2017	SOPAC, Homebush	*#*
Long Jump	7.11m	1.0	U16	Alex Willett (15)	12/02/2016	AIS, Canberra	*#*
Long Jump	6.81m	1.2	U15	Alex Willett (14)	12/06/2015	Lakeside. Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	12/05/2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	12/06/2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	2/04/2012	SOPAC, Homebush	
Long Jump	6.76m		M35	Clay Tompkins (35)	1988		*SR*
Long Jump	6.66m		M40	Clay Tompkins	1995/96		*SR*
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	27/7/2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	7/12/2013	Campbelltown	*SR*
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	29/3/2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	23/1/2016	Rotary, Chatswood	
Long Jump	2.04m	NWI	M85	Ray Frith (88)	15-20/4/1992	The Domain, Hobart	*NR*
Triple Jump	**15.76m**	**NWI**	**Open**	**Emmanuel Fakiye (19)**	**26/9/2016**	**Perth**	***#***
Triple Jump	15.72m	0.7	U23	Emmanuel Fakiye (20)	4/01/2017	SOPAC, Homebush	*#*
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	26/9/2016	Perth	*#*
Triple Jump	14.40m		U18	Peter Cox (16)	1949		
Triple Jump	14.40m		U17	Peter Cox (16)	1949		
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03		
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	8/10/2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	2/11/2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/3/2011	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988		*SR*
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993		*SR*
Triple Jump	13.51m		M45	Clay Tompkins (46)	6/03/1999	Sydney	*NR*
Triple Jump	12.83m		M50	Clay Tompkins (50)	8/03/2003	SOPAC, Homebush	*NR*
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	12/04/2010	The Crest, Bankstown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	11/02/2013	ES Marks, Kensington	*SR*
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	29/3/2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	8/3/2014	The Domain, Hobart	
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	31/3-1/4/1991	AIS, Canberra	*NR*
Shot Put - 7.26kg	**16.82m**		**Open**	**Paul Crowe (32)**	**20/1/2007**	**The Crest, Bankstown**	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	30/9/2014	SOPAC, Homebush	
Shot Put - 6kg	16.05m		U20	Luke White	10/11/2008	The Crest, Bankstown	
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	12/03/2011	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy (15)	1997/98		
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy (14)	1995		
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	12/02/2016	AIS, Canberra	*#*
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	14/9/2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	20/1/2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	10/11/2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	14/1/2012	SOPAC, Homebush	
Shot Put - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m		M60	Jim McGrath (60)	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	11/12/2012	Rotary, Chatswood	
Shot Put - 4kg	9.95m		M70	Robert Archer (70)	5/03/2017	SOPAC, Homebush	*#*
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	25/10/2014	Rotary, Chatswood	
Shot Put - 3kg	7.73m		M80	Michael Johnson (81)	5/03/2017	SOPAC, Homebush	*#*
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	31/3-1/4/1991	AIS, Canberra	*NR*
Discus - 2kg	**60.45m**		**Open**	**Peter Elvy (20)**	**8/12/2000**	**Sydney**	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	8/12/2000	Sydney	
Discus - 2kg*	55.45m		U20	Peter Elvy (19)	1999		
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970		
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995		
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96		
Discus - 1kg	44.38m		U13	Darren Pitchfork (12)	1985		
Discus - 2kg	36.74m		M30	Carl Dubois (32)	1995		
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	25/2/2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	16/3/2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	15/11/2011	Rotary, Chatswood	
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m		M60	Jim McGrath (63)	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	25/2/2012	The Crest, Bankstown	
Discus - 1kg	31.49m		M70	Robert Archer (70)	5/03/2017	SOPAC, Homebush	*#*
Discus - 1kg	22.48m		M75	Nick Bastas (76)	10/04/2014	Rotary, Chatswood	
Discus - 1kg	22.61m		M80	Michael Johnson (81)	5/03/2017	SOPAC, Homebush	*#*
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990		
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		*SR*
Hammer - 7.26kg	**61.51m**		**Open**	**William Brown (20)**	**22/10/2016**	**SOPAC, Homebush**	***#***
Hammer - 7.26kg	61.51m		U23	William Brown (20)	22/10/2016	SOPAC, Homebush	*#*
Hammer - 6kg	63.61m		U20	William Brown (19)	17/10/2015	SOPAC, Homebush	
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988		
Hammer - 5kg	48.83m		U17	Lachlan Antoinette (16)	29/10/2016	Rotary, Chatswood	*#*
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork (15)	1987		
Hammer - 4.536kg*	54.54m		U15	Peter Elvy (14)	1995		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Hammer - 3kg	51.81m		U14	Thomas Shannon (13)	13/10/2016	SOPAC, Homebush	*#*
Hammer - 3kg	34.98m		U13	Thomas Shannon (12)	28/11/2015	Blacktown	
Hammer - 7.26kg	38.39m		M30	Warren Jones (30)	9/10/2010	Rotary, Chatswood	
Hammer - 7.26kg	36.21m		M35	Warren Jones (35)	31/10/2015	The Crest, Bankstown	
Hammer - 7.26kg	33.88m		M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	28/3/2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary, Chatswood	
Hammer - 6kg	26.66m		M55	Jim McGrath (55)	1986	Adelaide	
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	12/01/2012	Rotary, Chatswood	
Hammer - 4kg	15.63m		M65	Bob Jones (65)	21-22/2/2016	SOPAC, Homebush	
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	2/06/2010	Rotary, Chatswood	
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	27/2/2016	Rotary, Chatswood	
Hammer - 3kg	20.98m		M80	Jim McGrath (80)	28/1/2012	Rotary, Chatswood	
Hammer - 3kg	15.98m		M85	Ray Frith (87)	31/3-1/4/1991	AIS, Canberra	*NR*
Javelin - 800g	**63.14m**		**Open**	**Peter Elvy**	**1995/96**		
Javelin - 800g	61.74m		U23	Saxon Ward (20)	27/6/2015	SOPAC, Homebush	
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U18	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U17	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U16	Peter Elvy (15)	1995/98		
Javelin - 700g	60.54m		U15	Peter Elvy (14)	1995		
Javelin - 600g	54.44m		U14	Peter Elvy (13)	1994		
Javelin - 600g	35.02m		U13	Alex Willett (12)	20/10/2013	Barden Ridge, Illawong	
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins (38)	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	18/10/2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991		
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	31/1/2015	Rotary, Chatswood	
Javelin - 400g	17.66m		M80	Jim McGrath (80)	24/9/2011	Rotary, Chatswood	
Javelin - 400g	11.70m		M85	Ray Frith (86)	1990	Olympic Park, Melbourne	
Weight Throw - 15.88kg	**11.99m**		**Open**	**Michael Stark (29)**	**10/01/2011**	**Rotary, Chatswood**	
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	11/12/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m		M35	Ryan Dowling (37)	4/03/2017	SOPAC, Homebush	*#*
Weight Throw - 15.88kg	9.16m		M40	Andrew Watson (43)	3/11/2012	Campbelltown	
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	10/04/2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	20/03/2010	AIS, Canberra	
Weight Throw - 11.34kg	10.35m		M55	Peter Lang (56)	24/1/2015	Rotary, Chatswood	
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	1/11/2014	Rotary, Chatswood	
Weight Throw - 9.080kg	7.31m		M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	8/12/2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	1/11/2014	Gold Coast	
Weight Throw - 5.45kg	7.77m		M80	Jim McGrath (80)	27/2/2011	Campbelltown	
Heavyweight Throw							
Weight Throw - 9.08kg (20lb)	16.49m		M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	13.45m		M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Weight Throw - 45lb	7.96m		M30	Warren Jones (34)	7/02/2015	Beaton Park, Wollongong	
Weight Throw - 56lb	6.39m		M30	Warren Jones (34)	7/02/2015	Beaton Park, Wollongong	
Weight Throw - 100lb	2.50m		M30	Warren Jones (33)	2014		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Weight Throw - 9.08kg (20lb)	14.93m		M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	13.07m		M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 45lb	7.25m		M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 56lb	5.95m		M35	Warren Jones (35)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 100lb	2.37m		M35	Warren Jones (36)	3/10/2016	Beaton Park, Wollongong	*#*
Weight Throw - 56lb	3.86m		M45	Tim McGrath (46)	27/2/2011	Campbelltown	
Weight Throw - 5.45kg (12lb)	7.52m		M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 7.26kg (16lb)	6.77m		M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	5.11m		M60	Bob Jones (64)	7/2/2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.60m		M60	Bob Jones (64)	7/2/2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m		M60	Bob Jones (62)	1/10/2012	Turner, ACT	
Weight Throw - 5.45kg (12lb)	6.26m		M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 7.26kg (16lb)	5.74m		M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	4.93m		M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.84m		M65	Bob Jones (65)	6/02/2016	Beaton Park, Wollongong	
Decathlon	**7915 Pts**		**Open**	**Peter Banks**	**1996/97**		
Decathlon	6829 Pts		U23	Alec Diamond (20)	30-31/3/2017	SOPAC, Homebush	*#*
Decathlon	7271 Pts		U20	Alec Diamond (19)	31/3/2016	SOPAC, Homebush	
Decathlon	6631 Pts		U18	Sean Radi (17)	1987		
Decathlon	5827 Pts		U17	Sean Radi (15)	8/06/1905		
Decathlon	5827 Pts		U16	Sean Radi (15)	1986		
Decathlon	5407 Pts		M35	Ashley McMahon (37)	1/04/2014	Campbelltown	*SR*
Decathlon	5665 Pts		M40	Ashley McMahon (41)	9-10/1/2016	The Crest, Bankstown	*SR*
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	25/10/2014	AIS, Canberra	
Decathlon	4247 Pts		M55	Zoran Novicic (56)	26/10/2016	Perth	*#*
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	18/7/1991	Turku, Finland	*SR*
Heptathlon	**4306 Pts**		**U16**	**Ben Carter (15)**	**26/3/2015**	**Brisbane**	
Heptathlon	2731 Pts		U15	James McFadden (14)	31/3/2012	SOPAC, Homebush	
Heptathlon	2291 Pts		U14	Alex Willett (13)	1/05/2014	Campbelltown	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m							
Pentathlon	1761 Pts		U14	James McFadden (13)	8-9/1/2011	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang		SOPAC, Homebush	
Pentathlon (recored from 3719 Pts in 2010)	3150 Pts		M35	Clay Tompkins (35)	4/04/1988	Brisbane	*SR*
Pentathlon	3292 Pts		M40	Clay Tompkins (40)	1993		
Pentathlon	3719 Pts		M45	Clay Tompkins (45)	1997/98		
Pentathlon	3102 Pts		M50	John Kay (50)	2/04/2010	Perth	
Pentathlon	3034 Pts		M55	Jim McGrath (55)	1986	Adelaide	
Pentathlon	3076 Pts		M60	Jim McGrath (62)	1993		
Pentathlon	3064 Pts		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2090 Pts		M30	Warren Jones (33)	6/10/2013	AIS, Canberra	*SR*
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	18/2/2017	SOPAC, Homebush	*#*
Throws Pentathlon	2487Pts		M40	Andrew Watson (43)	3/11/2012	Campbelltown	
Throws Pentathlon	2354 Pts		M45	Tim McGrath (46)	27/2/2011	Campbelltown	
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	10/11/2009	SOPAC, Homebush	
Throws Pentathlon	2264 Pts		M55	Ian Heazlewood (56)	21/3/2008	Blacktown	
Throws Pentathlon	1096 Pts		M60	Bob Jones (61)	3/11/2012	Campbelltown	
Throws Pentathlon	1125 Pts		M65	Bob Jones (65)	5/03/2016		
Throws Pentathlon	1418 Pts		M75	Nick Bastis (78)	9/11/2016	Gold Coast	*#*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Throws Pentathlon	2196 Pts		M80	Jim McGrath (80)	27/2/2011	Campbelltown	
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2578 Pts		M30	Warren Jones (32)	1/10/2012	Turner, ACT	
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2374 Pts		M35	Warren Jones (35)	6/2/2016	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1213 Pts		M60	Bob Jones (64)	7/02/2015	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1182 Pts		M65	Bob Jones (65)	6/2/2016	Beaton Park, Wollongong	
Relays							
Relay - 4 x 100m	**40.64**		**Open**	**Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)**	**1993**	**ES Marks, Kensington**	
Relay - 4 x 100m	42.18		U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	19/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	17-18/11/2012	SOPAC, Homebush	*SR*
Relay - 4 x 100m	48.50		U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	19/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	46.49		M120+	John Skrivanic (40), Sheldon Cummins (34), Melissa Medlicott (37), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 100m	48.36		M160+	Michael Gedz (49), Athony Guest (50), Anthony Crimi (54), Trevor Young (57)	14-15/11/2015	Blacktown	
Relay - 4 x 100m	49.07		M200+	Trevor Young (57), Gary Clark (51), Anthony Crimi (54), David Smith (60)	14-15/11/2015	Blacktown	
Relay - 4 x 100m	52.91		M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	26-27/11/2016	Blacktown	
Relay - 4 x 200m	**1.25.82**		**Open**	**William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)**	**26-27/11/2016**	**Blacktown**	*#*
Relay - 4 x 200m	1.28.62		U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1.28.62		U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 200m	1.33.44		U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984		
Relay - 4 x 200m	1.45.42		U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 200m	1.37.23		M30	Carl Dubois (31), Don Watt (32), Angus Stewart (33), Roger Crowhurst (31)	1994		
Relay - 4 x 200m	1.44.03		M160+	Tim Austin (34), Andrew Watson (42), Andrew Kohlrusch (46), Antony Guest (46)	20/11/2011	SOPAC, Homebush	
Relay - 4 x 200m	1.41.46		M200+	Trevor Young (58), David Shearsby (59), Ashley McMahon (41), Ronald Ross (57)	26-27/11/2016	Blacktown	*#*
Relay - 4 x 200m	2:00.28		M240+	David Smith (56), Richard Hughes (82), Adam Parsonage (47), Anthony Crimi (53)	15-16/11/2014	SOPAC, Homebush	
Relay - 4 x 400m	**3.12.25**		**Open**	**Luke Packham (18), Blake Vanderwoude (23), Paul Cummings (24), Antoine Burke (36)**	**11/3/2011**	**SOPAC, Homebush**	
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.20.3		U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	16-17/11/2013	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 400m	3.26.21		U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26		U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:59.72		M200+	Les Gillies (59) , Stephen Ball (53), Stuart Paterson (50), John Skrivanic (41)	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 800m	**7:27.95**		**Open**	**Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)**	**22/11/2009**	**Blacktown**	***SR***
Relay - 4 x 800m	7.46.20		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	17/12/2000	SOPAC, Homebush	*SR*
Relay - 4 x 800m	7.46.20		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	17/12/2000	SOPAC, Homebush	*SR*
Relay - 4 x 800m	8.42.57		U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995		
Relay - 4 x 800m	9.28.07		U14	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05		M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	19/12/1993	ES Marks, Kensington	*SR*
Relay - 4 x 800m	8.33.86		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	19/11/1997	SOPAC, Homebush	*SR*
Relay - 4 x 800m	9.22.70		M160+	Brad Sharpe (55), Frazer Dowling (37), Farjaam Atshan (30), Andrew Williams (45)	26-27/11/2016	Blacktown	*#*
Relay - 4 x 800m	9.22.12		M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	14-15/11/2015	Blacktown	
Relay - 4 x 800m	10.45.93		M240+	Kevin Chamberlain (54), Doug Barrett (64), Les Gilles (69), Brad Sharpe (55)	26-27/11/2016	Blacktown	*#*
Relay - 4 x 1500m	**15:50.39**		**Open**	**James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)**	**15-16/11/2014**	**SOPAC, Homebush**	
Relay - 4 x 1500m	16.39.47		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	17/12/2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000/01	SOPAC, Homebush	
Relay - 4 x 1500m	18.03.13		U16	Tom Gleeson (15), Andrew Fahey (15), Josh Wilson (15), Phil De Mestre (15)	2000	SOPAC Homebush	
Relay - 4 x 1500m	19.24.36		U14	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13		M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	17/12/1995	ES Marks, Kensington	*SR*
Relay - 4 x 1500m	17.56.10		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	29/11/1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	SOPAC, Homebush	
Relay -800m Medley (100,100,200,400)	**1:38.10**		**Open**	**Ray Barbat, Mitchell Roberts, Mark Caulfield, Michael Maiers**	**2002/2003**	**SOPAC, Homebush**	
Relay - 1600m Medley (200,200,400,800)	**3.21.38**		**Open**	**James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)**	**17-18/11/2012**	**SOPAC, Homebush**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 1600m Medley (200,200,400,800)	3:58.81		U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	16/12/2006	SOPAC, Homebush	
Relay - 2x100m	**21.45**		**Open**	**Ashley McMahon (41), Elijah Williams (21)**	**28/2/2017**	**Hunter Sports Centre, Glendale**	***#***
Relay - 4 x 1500m Walk	**28:58.01**		**Open**	**Jay Felton (19), Steve Washburn (20), Martin Leerberg (11), Nick Walker (28)**	**15-16/11/2014**	**SOPAC, Homebush**	
Relay - 4 x High Jump	**7.90m**		**Open**	**Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)**	**1996**	**SOPAC, Homebush**	
Relay - 4 x High Jump	7.30m		U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush	
Relay - 4 x Pole Vault	**14.10m**		**Open**	**Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)**	**1996**	**SOPAC, Homebush**	
Relay - 4 x Long Jump	**27.06m**		**Open**	**Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)**	**1996**	**SOPAC, Homebush**	***SR***
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	15-16/11/2015	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	**53.93m**		**Open**	**Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)**	**15-16/11/2008**	**Blacktown**	
Relay - 4 x Shot Put	49.01m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	26-27/11/2016	Blacktown	*#*
Relay - 4 x Shot Put	51.24m		U18	Robert Murphy (17), Warren Jones (17), Peter Elvy (17), Chris Gale (16)	1997	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	19/11/2011	SOPAC, Homebush	
Relay - 4 x Discus	**156.04m**		**Open**	**Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)**	**26-27/11/2016**	**Blacktown**	***#***
Relay - 4 x Discus	167.10m		U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Discus	132.15m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	26-27/11/2016	Blacktown	
Relay - 4 x Hammer	**120.77m**		**Open**	**Peter Lang (45), Warren Jones (23), Michael Stark (21), Ross Douglas (51)**	**2003**	**SOPAC, Homebush**	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	
Relay - 4 x Javelin	**189.12m**		**Open**	**Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)**	**15-16/11/2008**	**Blacktown**	***SR***
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	14-15/11/2015	Blacktown	
Relay - 4 x Javelin	116.95m		M120+	Ryan Dowling (37), Mark Cepak (57), Zoran Novicic (56), Warren Jones (35)	26-27/11/2016	Blacktown	*#*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record

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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	*Record*
WOMEN							
60m	**7.5h**	**Ind**	**Open**	**Thalia Amanakis (22)**	**26/1/2008**	**Manoa, Hawaii, USA**	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/1/2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	25/1/2014	Albuquerque, USA	
60m	8.36	Ind	W40	Jacqualine Bezuidenhout (41)	19/3/2008	Clermont-Ferrand, France	
60m	8.91	Ind	W45	Janet Naylon (45)	3/04/2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylon (50)	17/3/2017	Daegu, South Korea	*#*
200m	**25.68**	**Ind**	**Open**	**Madison Gipson (19)**	**14/2/2014**	**Albuquerque, USA**	
200m	25.68	Ind	U20	Madison Gipson (19)	14/2/2014	Albuquerque, USA	
200m	27.57	Ind	W40	Jacqualine Bezuidenhout (41)	19/3/2008	Clermont-Ferrand, France	
200m	25.85	Ind	W45	Marie Kay (48)	19/3/2008	Clermont-Ferrand, France	*WR*
400m	**56.32**	**Ind**	**Open**	**Madison Gipson (20)**	**13.2.2015**	Albuquerque, USA	
400m	56.99	Ind	W45	Marie Kay (48)	22/3/2008	Clermont-Ferrand, France	*WR*
400m	1.02.96	Ind	W50	Marie Kay (50)	3/06/2010	Kamloops, Canada	
800m	**2:10.07**	**Ind**	**Open**	**Thalia Amanakis (22)**	**3/01/2008**	Albuquerque, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	3/06/2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	19/3/2016	Portland, USA	
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	25/3/2017	Daegu, South Korea	*#*
Mile	**5:11.01**	**Ind**	**Open**	**Charlotte Wilson (21)**	**16/2/2013**	**Norman, USA**	
60m Hurdles - 0.840m	**8.60**	**Ind**	**Open**	**Madison Gipson (20)**	**28/2/2015**	**Boise, USA**	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqualine Bezuidenhout (41)	20/3/2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	*NR*
Long Jump	**5.57m**	**Ind**	**Open**	**Marie Kay (48)**	**20/3/2008**	**Clermont-Ferrand, France**	***NR***
Long Jump	5.48m	Ind	U23	Jacinta Fisher (20)	4/02/2017	College Station, USA	*#*
Long Jump	4.74m	Ind	W40	Jacqualine Bezuidenhout (41)	20/3/2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/3/2008	Clermont-Ferrand, France	*NR*
Long Jump	5.16m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
High Jump	1.51m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
Triple Jump	**11.85m**	**Ind**	**Open**	**Jacinta Fisher (20)**	**11/02/2017**	**Fayetteville, USA**	***#***
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	5/03/2010	Kamloops, Canada	
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	25/03/2014	Budapest, Hungary	
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	5/03/2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	25/03/2014	Budapest, Hungary	
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	3/01/2010	Kamloops, Canada	*WR*

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 200m	**1.49.98**	**Ind**	**Open**	**Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylon (41), Marie Kay (48)**	**22/3/2008**	**Clermont-Ferrand, France**	***NR***
MEN							
60m	**7.04**	**Ind**	**Open**	**Phil Krok (21)**	**27/2/2009**	**Flagstaff, USA**	
60m	7.38	Ind	M35	Ashley McMahon (39)	2/08/2014	Munich, Germany	*NR*
60m	7.38	Ind	M35	Ashley McMahon (39)	19/2/2014	Hamburg, Germany	*NR*
60m	7.21	Ind	M40	Ashley McMahon (41)	21/2/2016	London, United Kingdom	
200m	**22.11**	**Ind**	**Open**	**Phil Krok (21)**	**13/2/2009**	**Bozeman (USA)**	
200m	23.70	Ind	M35	Ashley McMahon (39)	2/08/2014	Munich, Germany	*NR*
200m	23.53	Ind	M40	Ashley McMahon (41)	21/2/2016	London, United Kingdom	
400m	53:32	Ind	M40	Ashley McMahon (41)	3/12/2017	Lee Valley, United Kingdom	*#*
800m	2:16.28	Ind	M50	Stuart Paterson (51)	22/3/2008	Clermont-Ferrand, France	
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	22/3/2017	Daegu, South Korea	*#*
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	22/3/2008	Clermont-Ferrand, France	
1500m	5:16.45	Ind	M55	Stuart Paterson (55)	3/04/2012	Jyvaskyla, Finland	

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance		Athlete/s (age)	Date	Venue
WOMEN					
Cross Country					
1.5km Cross Country	5:20	U12	Hannah Cerezo (11)	8/02/2014	Upjohn Park, Dundas
2km Cross Country	**6:39**	**Open**	**Ashley Mason (12)**	**13/7/2004**	**Miranda Park**
2km Cross Country	6:39	U20	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U18	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U16	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	6:39	U14	Ashley Mason (12)	13/7/2004	Miranda Park
2km Cross Country	7:30	U12	Rebecca Terry (10)	1/06/2013	Miranda Park
2km Cross Country	7:56	W30	Rebecca Gibbs (31)	23/7/2011	Cowells Lane Reserve, Ermington
2km Cross Country	12:39	W50	Jennifer Crockart (53)	21/5/2016	Bella Vista Farm Park
2km Cross Country	8:42	W55	Deborah Drennan (56)	18/4/2015	Scarborough Park, Ramsgate
2km Cross Country	14:29	W60	Dorothy Kass (64)	8/04/2017	Queen Elizabeth Park, Concord *#*
2km Cross Country	10:52	W70	Lesley Eller (70)	13/4/2013	Queen Elizabeth Park, Concord
2.5km Cross Country	8:33	U20	Emily Hopper (16)	2/08/2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:33	U18	Emily Hopper (16)	2/08/2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:51	U16	Annabel McDermott (14)	3/08/2013	Upjohn Park, Rydalmere
2.5km Cross Country	9:22	U14	Emily Augustine (13)	17/7/2010	Upjohn Park, Rydalmere
2.5km Cross Country	10:29	U12	Molly Quoyle (11)	21/5/2011	Upjohn Park, Rydalmere
2.5km Cross Country	23:37	W55	Susan Rilen (55)	26/5/2012	Upjohn Park, Rydalmere
2.5km Cross Country	16:34	W60	Dorothy Kass (60)	3/08/2013	Upjohn Park, Rydalmere
3km Cross Country	9.40	U20	Emily Hopper (16)	31/5/2014	Miranda Park
3km Cross Country	9.40	U18	Emily Hopper (16)	31/5/2014	Miranda Park
3km Cross Country	10:36	U16	Olivia Dooley (13)	17/6/2010	Eastern Creek
3km Cross Country	10:36	U14	Olivia Dooley (13)	17/6/2010	Eastern Creek

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3km Cross Country	11:37		U13	Hannan Cerezo (12)	20/6/2015	Brownsville	
4km Cross Country	**13.06**		**Open**	**Abigail Regan (23)**	**1/06/2013**	**Miranda Park**	
4km Cross Country	13:26		U23	Eliza Sttewart (20)	3/06/2007	Miranda Park	
4km Cross Country	13:25		U20	Lucy Starrat (18)	2/05/2006	Scarborough Park, Ramsgate	
4km Cross Country	13:28		U18	Annabel McDermott (17)	28/5/2016	Miranda Park	
4km Cross Country	14:19		U17	Annabel McDermott (16)	20/6/2015	Brownsville	
4km Cross Country	14:35		U16	Emily Augustine (15)	9/06/2012	George Kendall Reserve, Ermington	
4km Cross Country	15:30		U15	Hannah Cerezo (13)	6/04/2016	George Kendall Reserve, Ermington	
4km Cross Country	15:30		U14	Hannah Cerezo (13)	6/04/2016	George Kendall Reserve, Ermington	
4km Cross Country	18:22		U12	Rebecca Terry (11)	27/5/2014	Bella Vista	
4km Cross Country	14:50		W30	Mary Fien (34)	2/06/2007	Miranda Park	
4km Cross Country	17:19		W40	Mary Fien (41)	31/5/2014	Miranda Park	
4km Cross Country	19:01		W45	Robyn Suttor (48)	2/06/2007	Miranda Park	
4km Cross Country	17:17		W50	Deborah Drennan (54)	9/06/2012	George Kendall Reserve, Ermington	
4km Cross Country	17:40		W55	Deborah Drennan (55)	8/06/2013	George Kendall Reserve, Ermington	
4km Cross Country	20:40		W60	Lesley Eller (63)	30/4/2006	Scarborough Park, Ramsgate	
5km Cross Country	**17.45**		**Open**	**Lucy Starrat (18)**	**15/7/2006**	**The Crest, Bankstown**	
5km Cross Country	18:30		U23	Kasey Mumby (22)	8/02/2014	Upjohn Park, Rydalmere	
5km Cross Country	17.45		U20	Lucy Starrat (18)	15/7/2006	The Crest, Bankstown	
5km Cross Country	19:55		U18	Emily Augustine (15)	4/08/2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55		U16	Emily Augustine (15)	4/08/2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06		U14	Abigail Johnstone (13)	9/5/2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08		W30	Mary Fien (32)	17/7/2004	Mt Penang	
5km Cross Country	20:32		W45	Jo Cowan (48)	17/7/2004	Mt Penang	
5km Cross Country	23:27		W50	Deborah Drennan (54)	1/09/2012	Upjohn Park, Rydalmere	
5km Cross Country	23:45		W55	Deborah Drennan (57)	9/5/2015	River Rd Reserve, Emu Plains	
5km Cross Country	31:29		W60	Nancy Lloyd (61)	9/5/2015	River Rd Reserve, Emu Plains	
6km Cross Country	**21.14**		**Open**	**Lena Yali**	**1992**		
6km Cross Country	23:07		U20	Frances Schmiede (18)	25/6/2011	Willandra, Nowra	
6km Cross Country	28:34		W55	Deborah Drennan (55)	22/6/2013	Willandra, Nowra	
6.2km Cross Country	**22.47**		**Open**	**Eliza Stewart (22)**	**4/06/2008**	**France**	
7km Cross Country	**26:11**		**Open**	**Sarah Marvin (20)**	**22/4/2017**	**Scarborough Park, Ramsgate**	***#***
7km Cross Country	26:11		Open	Sarah Marvin (20)	22/4/2017	Scarborough Park, Ramsgate	*#*
7km Cross Country	31:26		U20	Holly Ratajec (19)	20/4/2013	Scarborough Park, Ramsgate	
7.5km Cross Country	**28:34**		**Open**	**Eliza Stewart (25)**	**21/5/2011**	**Upjohn Park, Rydalmere**	
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	21/5/2011	Upjohn Park, Rydalmere	
8km Cross Country	**27.16**		**Open**	**Eliza Stewart (22)**	**23/8/2008**	**Geelong, Vic**	
8km Cross Country	33:53		W30	Rebecca Gibbs (31)	14/5/2011	George Kendall Reserve, Ermington	
10km Cross Country	**39:44**		**Open**	**Elise Gallen (22)**	**26/6/2016**	**Willandra, Nowra**	
10km Cross Country	39:44		U23	Elise Gallen (22)	26/6/2016	Willandra, Nowra	
10km Cross Country	52:03		U20	Libby Augustine (17)	30/4/2011	Scarborough Park, Ramsgate	
10km Cross Country	52:03		U18	Libby Augustine (17)	30/4/2011	Scarborough Park, Ramsgate	
10km Cross Country	45:12		W30	Rebecca Gibbs (31)	6/11/2011	River Rd Reserve, Emu Plains	
4x2km Cross Country Relay	28:53		U14	Ruby Hackett (12), Elle Farrington (13), Katie Furniss (13), Ashley Mason (12)	13/7/2004	Miranda Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4x2km Cross Country Relay	31:29		U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brennan (11), Ashlie Edwards (11)	1/06/2013	Miranda Park	
4x3km Cross Country Relay	43:59		U20	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	31/5/2014	Miranda Park	
4x3km Cross Country Relay	43:59		U18	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	31/5/2014	Miranda Park	
4x3km Cross Country Relay	45:24		U16	Ruby Hackett (15), Rebekah Cormack (15), Libby Augustine (14), Thea Welsby (15)	2/06/2007	Miranda Park	
4x4km Cross Country Relay	**56:02**		**Open**	**Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (2**	**1/06/2013**	**Miranda Park**	
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	4/06/2005	Miranda Park	
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	2/06/2007	Miranda Park	
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	1/06/2013	Miranda Park	
Mountain Running							
8km Mountain Run	**44.51**		**Open**	**Mary Fien (34)**	**24/2/2007**	**Mt Kembla**	
10km Mountain Run	**1:05:00.0**		**Open**	**Kate Hobbs (19)**	**29/3/2015**	**Mt Canoblas, Orange**	
10km Mountain Run	1:05:48		U23	Kate Hobbs (20)	20/3/2016	Mt Canoblas, Orange	
10km Mountain Run	1:05:00.0		U20	Kate Hobbs (19)	29/3/2015	Mt Canoblas, Orange	
Road							
2km Road Race	**6.34**		**Open**	**Emily Hopper (16)**	**7/12/2014**	**Newcasatle University, Ourimbah**	
2km Road Race	6.34		U20	Emily Hopper (16)	7/12/2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U18	Emily Hopper (16)	7/12/2014	Newcasatle University, Ourimbah	
2km Road Race	6:48		U16	Ruby Hackett (13)	30/7/2005	Flagstaff Point. Wollongong	
2km Road Race	6:48		U14	Ruby Hackett (13)	30/7/2005	Flagstaff Point, Wollongong	
2km Road Race	8:11		U12	Nicola Christou (9)	15/4/2017	Rydalmere	#
2km Road Race	7:29		W30	Rebecca Gibbs (31)	13/8/2011	Rydalmere	
2km Road Race	7:52		W50	Stacey Quitzau (51)	8/11/2012	Rydalmere	
2km Road Race	11:22		W55	Susan Rilen (57)	25/4/2015	Rydalmere	
2km Road Race	11:23		W60	Dorothy Kass (60)	8/10/2013	Rydalmere	
2.5km Road Race	9:15		U14	Hannah Cerezo (12)	2/05/2015	Sydney Olympic Park	
2.5km Road Race	9.58		U12	Molly Quoyle (10)	4/06/2011	Sydney Olympic Park	
3km Road Race	10:40		U16	Ruby Hackett (13)	7/05/2005	Army Base, Holsworthy	
3km Road Race	10:40		U14	Ruby Hackett (13)	7/05/2005	Army Base, Holsworthy	
4km Road Race	**14:03**		**Open**	**Rebekah Smeltzer (22)**	**9/07/2011**	**Flagstaff Point, Wollongong**	
4km Road Race	14:03		U23	Rebekah Smeltzer (22)	9/07/2011	Flagstaff Point, Wollongong	
4km Road Race	14:16		U20	Fran Schmiede (17)	10/07/2010	Flagstaff Point, Wollongong	
4km Road Race	14:16		U18	Fran Schmiede (17)	10/07/2010	Flagstaff Point, Wollongong	
4km Road Race	14:44		U16	Hannah Cerezo (13)	6/08/2016	Prospect Resevoir	
4km Road Race	14:44		U14	Hannah Cerezo (13)	6/08/2016	Prospect Resevoir	
4km Road Race	15:38		W35	Mary Fien (39)	7/07/2012	Newcastle University, Ourimbah	
4km Road Race	17:46		W45	Robyn Suttor (49)	2/08/2008	Flagstaff Point, Wollongong	
4km Road Race	16:36		W50	Stacey Quitzau (51)	7/07/2012	Newcastle University, Ourimbah	
4km Road Race	17:34		W55	Deborah Drennan (56)	11/07/2015	Newcastle University, Ourimbah	
4km Road Race	22:29		W60	Nancy Lloyd (60)	26/4/2014	Rydalmere	
5km Road Race	**17.52**		**Open**	**Frances Schmiede (18)**	**4/06/2011**	**Sydney Olympic Park**	
5km Road Race	**17.52**		**Open**	**Sarah Marvin (19)**	**5/07/2016**	**Sydney Olympic Park**	
5km Road Race	17.52		U20	Sarah Marvin (19)	5/07/2016	Sydney Olympic Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5km Road Race	17.52		U20	Frances Schmiede (18)	4/06/2011	Sydney Olympic Park	
5km Road Race	18:13		U18	Emily Augustine (15)	5/06/2012	Sydney Olympic Park	
5km Road Race	18:13		U16	Emily Augustine (15)	5/06/2012	Sydney Olympic Park	
5km Road Race	25:31		W45	Kim Wilson (47)	2/05/2015	Sydney Olympic Park	
5km Road Race	27:11		W50	Stacey Quitzau (52)	5/06/2012	Sydney Olympic Park	
6km Road Race	25.09		U20	Erin Smithson (18)	5/06/2006	Army Base, Holsworthy	
8km Road Race	**29:09.88**		**Open**	**Kasey Mumby (22)**	**31/8/2014**	**Sydney Olympic Park**	
8km Road Race	32:17		U20	Antonia Howard (19)	9/07/2016	Winston Hills	
8km Road Race	33:47		W30	Rebecca Gibbs (31)	5/05/2011	Rydalmere	
10km Road Race	**34.27**		**Open**	**Eliza Stewart (22)**	**5/3/2008**	**Sydney Olympic Park**	
10km Road Race	**34.27**		**U23**	**Eliza Stewart (22)**	**5/3/2008**	**Sydney Olympic Park**	
10km Road Race	34:29		U20	Annabel McDermott (17)	7/5/2016	Sydney Olympic Park	
10km Road Race	34:29		U18	Annabel McDermott (17)	7/5/2016	Sydney Olympic Park	
10km Road Race	45:23		U16	Emma Brown (14)	7/5/2016	Sydney Olympic Park	
10km Road Race	47:05		W35	Evelyn Goessler (39)	1/15/2010	Sydney Olympic Park	
10km Road Race	48:08		W40	Suzanne Brown (43)	2/5/2009	Sydney Olympic Park	
10km Road Race	49:31		W50	Deborah Drennan (54)	4/5/2013	Sydney Olympic Park	
10km Road Race	49:54		W55	Deborah Drennan (55)	3/5/2014	Sydney Olympic Park	
10km Road Race	58:52		W60	Nancy Lloyd (61)	3/5/2014	Sydney Olympic Park	
14km City to Surf	**1:03.56**		**Open**	**Alice Tancred (17)**	**13/8/2006**	**Sydney**	
15km Road Race	**57.03**		**Open**	**Trychelle Kingdom (24)**	**19/10/2014**	**Fernleigh Track, Newcastle**	
Half Marathon	**1:15.56**		**Open**	**Eliza Stewart (20)**	**6/10/2007**	**Sydney**	
Half Marathon	2:04:01		W40	Beck Myors (43)	28/8/2016	Sydney Olympic Park	
Half Marathon	2:12:44		W45	Susan Rilen (49)	6/10/2007	Sydney	
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	31/12/2006	Sydney	
Marathon	**2:50.00**		**Open**	**Elizabeth Richards**	**1976**		
4x2km Road Relay	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wollett (14), Emily Augustine (17)	12/07/2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	30:17		U14	Ruby Hackett (13), Katrina Panazzolo, Melissa Farrington (10), Ashley Mason (13)	30/7/2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U18	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	30/7/2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U16	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	30/7/2005	Newcastle University, Wollongong	
4x4km Road Relay	**58:01:00**		**Open**	**Rebekah Smeltzer (22), Elizabeth Watson (22), Bridget Reilly (15), Carli Green (22)**	**9/07/2011**	**Flagstaff Point, Wollongong**	
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	10/07/2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	14/7/2014	Flagstaff Point, Wollongong	
Walks							
2km Road Walk	9:40		U14	Eliza DeLaine (13)	16/6/2013	Penrith Lakes	
5km Road Walk	30.21		W40	Suzanne Brown (43)	28/6/2009	Penrith Lakes	
5km Road Walk	34:21		W45	Carmel Parker (49)	22/6/2014	Harrington Park Lake, Narellan	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5km Road Walk	34:49		W50	Carmel Parker (51)	10/07/2016	Penrith Lakes	
5km Road Walk	33:18		W55	Nancy Lloyd (56)	28/6/2009	Penrith Lakes	
10km Road Walk	**50.04**		**Open**	**Fiona Alldis (19)**	**9/02/2007**	**Perth**	
10km Road Walk	50.04		U20	Fiona Alldis (19)	9/02/2007	Perth	
10km Road Walk	1:09.10.0h		W40	Suzanne Brown (42)	2008	Blacktown	
10km Road Walk	1:10:03		W45	Suzanne Brown (47)	26/5/2013	Harrington Park Lake, Narellan	
10km Road Walk	1:05.56		W50	Nancy Lloyd (53)	2006	Hobart	
10km Road Walk	1:12:48		W55	Nancy Lloyd (56)	24/5/2009	Harrington Park Lake, Narellan	
15km Road Walk	1:53:50		W40	Suzanne Brown (44)	1/08/2010	Penrith	
15km Road Walk	1:58:58		W45	Suzanne Brown (49)	26/7/2015	Harrington Park Lake, Narellan	
15km Road Walk	1:39.05		W50	Nancy Lloyd (53)	15/7/2007	Five Dock	
20km Road Walk	**1:46.13**		**Open**	**Fiona Alldis (19)**	**15/7/2007**	**Five Dock**	
10mile Road Walk	**1:29.37**		**Open**	**Fiona Alldis (19)**	**10/06/2007**	**Lake Burley Griffin, ACT**	
MEN							
Cross Country							
1.5km Cross Country	5.39		U12	Trent Morton (10)	16/7/2005	Mt Penang	
2km Cross Country	**6:21**		**Open**	**Nick Walker (21)**	**8/06/2013**	**George Kendall Reserve, Ermington**	
2km Cross Country	6:52		U20	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U18	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U16	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U14	Elliott Metcalf (13)	20/4/2013	Scarborough Park, Ramsgate	
2km Cross Country	7:10		U12	William Maffey (11)	8/06/2013	George Kendall Reserve, Ermington	
2km Cross Country	8:12		M40	Andy West (44)	8/06/2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08		M50	Bradley Sharpe (54)	18/4/2015	Scarborough Park, Ramsgate	
2km Cross Country	7:17		M55	Bradley Sharpe (55)	8/06/2016	Prospect Resevoir Reserve	
2km Cross Country	10:23		M60	Terrence Carter (60)	8/04/2017	Queen Elizabeth Park, Concord	#
2km Cross Country	10:15		M65	David Archbold (65)	14/5/2011	George Kendall Reserve, Ermington	
2km Cross Country	11:49		M75	Charles Hobden (77)	13/4/2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	**7.54**		**Open**	**Ruairidh MacDonald (15)**	**18/7/2009**	**Upjohn Park, Rydalmere**	
2.5km Cross Country	7.54		U20	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U18	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U16	Ruairidh MacDonald (15)	18/7/2009	Upjohn Park, Rydalmere	
2.5km Cross Country	9:26		U14	Will North (13)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:31		U12	Marino Doylie (9)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	8:53		M30	Frazer Dowling (32)	30/7/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	20:06		M40	James Fitzgerald (41)	30/7/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	10:18		M45	Brett Collett (47)	17/7/2010	Upjohn Park, Rydalmere	
2.5km Cross Country	9:27		M50	Bradley Sharpe (51)	1/09/2012	Upjohn Park, Rydalmere	
2.5km Cross Country	9:44		M55	Bradley Sharpe (55)	28/8/2016	Upjohn Park, Rydalmere	
2.5km Cross Country	13:54		M65	David Archbold (66)	21/5/2011	Upjohn Park, Rydalmere	
2.5km Cross Country	15:07		M75	Charles Hobden (75)	21/5/2011	Upjohn Park, Rydalmere	
3km Cross Country	9:38		U18	Elliott Metcalf (13)	1/06/2013	Miranda Park	
3km Cross Country	9:38		U16	Elliott Metcalf (13)	1/06/2013	Miranda Park	
3km Cross Country	9:38		U14	Elliott Metcalf (13)	1/06/2013	Miranda Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3km Cross Country	10:36		U13	Elliott Metcalf (12)	23/6/2012	Willandra, Nowra	
4km Cross Country	**11:17**		**Open**	**James Connor (21)**	**1/06/2013**	**Miranda Park**	
4km Cross Country	11:17		U23	James Connor (21)	1/06/2013	Miranda Park	
4km Cross Country	12:12		U20	Ed Goddard (19)	28/5/2016	Miranda Park	
4km Cross Country	12:46		U18	Xavier Black (17)	29/5/2010	Miranda Park	
4km Cross Country	13:30		U16	Elliot Metcalf (15)	11/04/2015	Queen Elizabeth Park, Concord	
4km Cross Country	14:09		U15	Elliot Metcald (13)	9/06/2012	George Kendall Reserve Ermington	
4km Cross Country	14:09		U14	Elliot Metcald (13)	9/06/2012	George Kendall Reserve Ermington	
4km Cross Country	12:14		M30	Frazer Dowling (33)	1/06/2013	Miranda Park	
4km Cross Country	15:07		M35	Roger Hastie (35)	4/06/2005	Miranda Park	
4km Cross Country	13:40		M40	Connor Delahunty (42)	29/5/2010	Miranda Park	
4km Cross Country	13:58		M45	Stuart Paterson (48)	4/06/2005	Miranda Park	
4km Cross Country	13:53		M50	Stuart Paterson (50)	2/06/2007	Miranda Park	
4km Cross Country	16:00		M55	Stephen Ball (56)	29/5/2010	Miranda Park	
4km Cross Country	16:34		M60	Geoff Francis (62)	13/7/2004	Miranda Park	
4km Cross Country	19:08		M65	Geoff Francis (68)	29/5/2010	Miranda Park	
4km Cross Country	21:00		M70	Ron Wills (71)	16/4/2011	Bella Vista Farm Park	
4km Cross Country	22:55		M75	Charles Hobden (76)	1/06/2013	Miranda Park	
5km Cross Country	**15:13**		**Open**	**Ed Goddard (19)**	**30/07/2016**	**West Dapto**	
5km Cross Country	15:13		U20	Ed Goddard (19)	30/07/2016	West Dapto	
5km Cross Country	16:11		U18	Eliot Metcalf (16)	30/7/2016	West Dapto	
5km Cross Country	21:04		U14	Duncan Loane (12)	28/8/2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41		M40	Andy West (44)	6/11/2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07		M50	Bradley Sharpe (50)	6/11/2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:14		M55	Stephen Ball (57)	17/7/2010	Upjohn Park, Rydalmere	
5km Cross Country	24:09		M60	Doug Barrett (61)	2/08/2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08		M65	Geoff Francis (68)	17/7/2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27		M70	Ron Wills (71)	27/8/2011	Upjohn Park, Rydalmere	
6km Cross Country	18.40		U18	Ruairidh MacDonald (15)	20/8/2011	Canberra	
6km Cross Country	18.40		U17	Ruairidh MacDonald (15)	20/8/2011	Canberra	
6km Cross Country	18.40		U16	Ruairidh MacDonald (15)	20/8/2011	Canberra	
7.5km Cross Country	**23:58**		**Open**	**Matt Cox (25)**	**1/08/2015**	**Upjohn Park, Rydalmere**	
7.5km Cross Country	23:59		U23	Ruairidh MacDonald (22)	30/7/2016	West Dapto	
7.5km Cross Country	27:57		U20	Nicholas Walker (19)	17/7/2004	Mt Penang	
7.5km Cross Country	27:34		M30	Frazer Dowling (31)	17/7/2010	Upjohn Park, Rydalmere	
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	17/7/2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	17/7/2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57		M50	Stephen Ball (50)	17/7/2004	Mt Penang	
7.5km Cross Country	38:50		M55	David Archbold (58)	17/7/2004	Mt Penang	
7.5km Cross Country	33:36		M60	Geoff Francis (62)	17/7/2004	Mt Penang	
8km Cross Country	**24.41**		**Open**	**Alex Pettigrew (18)**	**17/6/2010**	**Eastern Creek**	
8km Cross Country	24.41		U20	Alex Pettigrew (18)	17/6/2010	Eastern Creek	
8km Cross Country	31:05		U18	Elliot Metcalf (14)	19/4/2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05		U16	Elliot Metcalf (14)	19/4/2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58		U14	Elliot Metcalf (13)	13/4/2013	Queen Elizabeth Park, Concord	
8km Cross Country	28:36		M40	Stuart Paterson (44)	4/07/2001	Brisbane	
8km Cross Country	29:49		M45	Stuart Paterson (49)	15/7/2006	The Crest Bankstown	
8km Cross Country	33:23		M55	Stephen Ball (57)	16/4/2011	Bella Vista Farm Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
8km Cross Country	37:08		M60	Doug Barrett (60)	30/6/2012	Prospect Resevoir	
8km Cross Country	42:07		M65	Geoff Francis (67)	20/6/2009	Willandra, Nowra	
8.5km Cross Country	**32.49**		**Open**	**Matthew Rando (20)**	**19/7/2008**	**Western Sydney Regional Park**	
8.5km Cross Country	32.49		U23	Matthew Rando (20)	19/7/2008	Western Sydney Regional Park	
8.5km Cross Country	39:01		M45	Bradley Sharpe (46)	14/7/2007		
8.5km Cross Country	37:26		M50	Stephen Ball (53)	14/7/2007		
10km Cross Country	**30.44**		**Open**	**John Farrington (31)**	**7/07/1973**	**Bundoora, Victoria**	
10km Cross Country	32:34		U23	Ed Goddard (20)	29/1/2017	Stromlo Forest, Canberra	#
10km Cross Country	33:49		U20	Ed Goddard (19)	16/4/2016	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U18	Duncan Loane (13)	22/4/2017	Scarborough Park, Ramsgate	#
10km Cross Country	43:17		U16	Duncan Loane (13)	22/4/2017	Scarborough Park, Ramsgate	#
10km Cross Country	43:17		U14	Duncan Loane (13)	22/4/2017	Scarborough Park, Ramsgate	#
10km Cross Country	30.44		M30	John Farrington (31)	7/07/1973	Bundoora, Victoria	
10km Cross Country	36:43		M35	Gary Mullins (39)	5/06/2012	Scarborough Park, Ramsgate	
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	9-13/4/1998	Brisbane	
10km Cross Country	37:00		M50	Jim Seymon (54)	15-20/4/1992	Hobart	
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	50:43		M60	Geoff Francis (64)	30/4/2006	Scarborough Park, Ramsgate	
12km Cross Country	**37.20**		**Open**	**Connor Delahunty (42)**	**30/4/2011**	**Scarborough Park, Ramsgate**	
12km Cross Country	38:57		U23	James Connor (21)	22/6/2013	Willandra, Nowra	
12km Cross Country	49:57		M35	Roger Hastie (35)	18/6/2005	Willandra, Nowra	
12km Cross Country	37.20		M40	Connor Delahunty (42)	30/4/2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46		M45	Stuart Paterson (49)	18/6/2005	Willandra, Nowra	
12km Cross Country	48:40		M50	Stuart Paterson (51)	23/6/2007	Willandra, Nowra	
12.5km Cross Country	**45.37**		**Open**	**Ryan Cantwell (29)**	**25/6/2011**	**Willandra, Nowra**	
20km Cross Country	**1:01.20**		**Open**	**John Farrington (27)**	**20/6/1970**	**Gosford**	
4x2km Cross Country Relay	29:57		U14	UTS Northern Suburbs	2/06/2012	Miranda Park	
4x2km Cross Country Relay	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	1/06/2013	Miranda Park	
4x3km Cross Country Relay	42:55		U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)	31/5/2014	Miranda Park	
4x3km Cross Country Relay	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	1/06/2013	Miranda Park	
4x4km Cross Country Relay	**47:28**		**Open**	**Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (1**	**28/5/2016**	**Miranda Park**	
4x4km Cross Country Relay	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	2/06/2007	Miranda Park	
4x4km Cross Country Relay	1:06.30		M35	Antony Guest (48), Bradley Sharpe (52), Mary Fien (41), Len Augustine (53)	31/5/2014	Miranda Park	
4x4km Cross Country Relay	1:03:32		M45	Bradley Sharpe (51), Andy West (46), Jim Culhane (47), Antony Guest (47)	1/06/2013	Miranda Park	
4x4km Cross Country Relay	1:14:25		M55	Trevor Young (57), Len Augustine (57), Steve Bradley (60), Doug Barrett (64)	28/5/2016	Miranda Park	
Mountain Running							
8km Mountain Run	**44:00:00**		**Open**	**Ruairidh MacDonald (17)**	**29/4/2012**	**Mt Wellington, Hobart**	
9.5km Mountain Run	**1:00.21**		**Open**	**Stuart Paterson (50)**	**23/9/2006**	**Saillon, Switzerland**	
11km Mountain Run	**46:38.00**		**Open**	**Matthew Cox (25)**	**29/3/2015**	**Mt Canoblas, Orange**	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
11km Mountain Run	50:30		U23	Ruairidh MacDonald (22)	20/3/2016	Mt Canoblas, Orange	
11km Mountain Run	51:09		U20	Ruairidh MacDonald (17)	25/3/2012	Mt Canoblas, Orange	
11km Mountain Run	51:09		U18	Ruairidh MacDonald (17)	25/3/2012	Mt Canoblas, Orange	
12km Mountain Run	**52.26**		**Open**	**Stuart Paterson (49)**	**23/7/2006**	**Woolgoolga**	
Road							
1 Mile	**4.21**		**Open**	**Nick Bromley (26)**	**18/9/2009**	**Newcastle/Gateshead, England**	
2km Road Race	6:15		U20	Jak Bukovinsky (18)	11/08/2012	Rydalmere	
2km Road Race	6:41		U18	Elliot Metcalf (14)	26/4/2014	Rydalmere	
2km Road Race	6:41		U16	Elliot Metcalf (14)	26/4/2014	Rydalmere	
2km Road Race	7:15		U14	WilliamMaffey (12)	26/4/2014	Rydalmere	
2km Road Race	6:55		M50	Bradley Sharpe (51)	12/05/2012	Rydalmere	
2km Road Race	7:03		M55	Bradley Sharpe (55)	23/4/2016	Rydalmere	
2km Road Race	9:48		M60	Terrence Carter (60)	15/4/2017	Rydalmere	#
2km Road Race	10:34		M65	David Archbold (65)	5/05/2011	Rydalmere	
2.5km Road Race	9:11		U14	Hugo Whelan (12)	4/06/2011	Sydney Olympic Park	
3km Road Race	11:37		U14	Ruairidh MacDonald (13)	30/7/2005	Flagstaff Point, Wollongong	
3km Road Race	14:40		M60	David Archbold (60)	17/6/2006	Army Base, Holsworthy	
4km Road Race	**11:38**		**Open**	**Josh Wright (20)**	**7/09/2011**	**Flagstaff Point, Wollongong**	
4km Road Race	11:38		U23	Josh Wright (20)	7/09/2011	Flagstaff Point, Wollongong	
4km Road Race	11:55		U20	Ed Goddard (19)	16/7/2016	Newcastle University, Ourimbah	
4km Road Race	12:23		U18	Xavier Black (17)	7/10/2010	Flagstaff Point, Wollongong	
4km Road Race	13:24		U16	Elliot Metcalf (15)	25/4/2015	Rydalmere	
4km Road Race	15:30		U14	Duncan Loane (12)	23/4/2016	Rydalmere	
4km Road Race	16:11		U12	William Maffey (11)	29/6/2013	Prospect Resevoir	
4km Road Race	12:52		M30	Frazer Dowling (33)	13/7/2013	Newcastle University, Ourimbah	
4km Road Race	15:05		M35	Frazer Dowling (36)	7/11/2015	Newcastle University, Ourimbah	
4km Road Race	14:32		M40	Angus Stewart (43)	30/7/2005	Flagstaff Point, Wollongong	
4km Road Race	13:28		M45	Stuart Paterson (49)	2/08/2008	Flagstaff Point, Wollongong	
4km Road Race	15:03		M50	Bradley Sharpe (50)	7/09/2011	Flagstaff Point, Wollongong	
4km Road Race	16:42		M55	Steve Bradley (56)	14/7/2014	Newcastle University, Ourimbah	
4km Road Race	16:49		M60	Geoff Francis (63)	30/7/2005	Flagstaff Point, Wollongong	
4km Road Race	18:09		M65	Geoff Francis (68)	7/10/2010	Flagstaff Point, Wollongong	
4km Road Race	20:41		M70	Ron Wills (72)	7/02/2011	Prospect Resevoir	
5km Road Race	**14.52**		**Open**	**John Farrington (30)**	**12/03/1972**	**Fukuoka, Japan**	
5km Road Race	16:59		U23	Chris Huang (20)	2/05/2015	Sydney Olympic Park	
5km Road Race	16:30		U20	Jak Bukovinsky (18)	6/05/2012	Sydney Olympic Park	
5km Road Race	16:55		U18	Kieran Briscoe (16)	10/01/2010	Sydney Olympic Park	
5km Road Race	44:45		U16	Sultan Tanfik (14)	6/05/2012	Sydney Olympic Park	
5km Road Race	30:24		M50	Peter Lloyd (53)	2/05/2015	Sydney Olympic Park	
8km Road Race	**27.41**		**Open**	**Matthew Rando (19)**	**5/05/2007**	**Cataract Scout Park**	
8km Road Race	29:33		U23	Ruairidh MacDonald (22)	9/07/2016	Col Sutton Park, Winston Hills	
8km Road Race	27.41		U20	Matthew Rando (19)	5/05/2007	Cataract Scout Park	
8km Road Race	31:39		U18	Elliot Metcalf (14)	26/4/2014	Rydalmere	
8km Road Race	31:39		U16	Elliot Metcalf (14)	26/4/2014	Rydalmere	
8km Road Race	32:01		U14	Elliot Metcalf (12)	12/05/2012	Rydalmere	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
8km Road Race	34:05		M50	Bradley Sharpe (53)	26/4/2014	Rydalmere	
8km Road Race	36:58		M55	Doug Barrett (58)	5/05/2011	Rydalmere	
8km Road Race	35:32		M60	Doug Barrett (60)	29/6/2013	Prospect Resevoir	
10km Road Race	**29.45**		**Open**	**John Farrington (30)**	**12/03/1972**	**Fukuoka, Japan**	
10km Road Race	30:40		U23	Josh Wright (20)	4/06/2011	Sydney Olympic Park	
10km Road Race	31:44		U20	Ed Goddard (19)	5/07/2016	Sydney Olympic Park	
10km Road Race	38:22		U18	Xavier Black (17)	1/05/2010	Sydney Olympic Park	
10km Road Race	29.45		M30	John Farrington (30)	12/03/1972	Fukuoka, Japan	
10km Road Race	37:29		M35	Roger Hastie (35)	7/05/2005	Army Base, Holsworthy	
10km Road Race	35:04		M40	Richard Mullaney (40)	3/05/2014	Sydney Olympic Park	
10km Road Race	36:32		M45	Stuart Paterson (49)	7/05/2005	Army Base, Holsworthy	
10km Road Race	38:52		M50	Stephen Ball (52)	17/6/2006	Army Base, Holsworthy	
10km Road Race	38:38		M55	Stephen Ball (57)	4/06/2011	Sydney Olympic Park	
10km Road Race	45:32		M60	Doug Barrett (60)	4/05/2013	Sydney Olympic Park	
10km Road Race	47:25		M65	Geoff Francis (67)	2/05/2009	Sydney Olympic Park	
14km City to Surf	**44.15**		**Open**	**Nick Bromley (25)**	**10/08/2008**	**Sydney**	
15km Road Race	**43.11**		**Open**	**John Farrington (31)**	**8/12/1973**	**Sydney (original City to Surf)**	
15km Road Race	1:00:42		U23	James Connor (22)	19/10/2014	Fernleigh Track, Newcastle	
15km Road Race	1:15:16		M60	Doug Barrett (61)	10/02/2013	Fernleigh Track, Newcastle	
25km Road Race	**1:15.34**		**Open**	**John Farrington (30)**	**12/03/1972**	**Fukuoka, Japan**	
30km Road Race	**1:31.08**		**Open**	**John Farrington (30)**	**12/03/1972**	**Fukuoka, Japan**	
Half Marathon	**1:03.38**		**Open**	**John Farrington (30)**	**12/03/1972**	**Fukuoka, Japan**	
Half Marathon	1:28:51		U23	Dominic Bullock (22)	28/8/2016	Sydney Olympic Park	
Half Marathon	1:18:49		U20	Gareth Mumby (19)	9/08/2013	The Crest, Bankstown	
Half Marathon	1:21:16		M35	Roger Hastie (37)	6/10/2007	Sydney	
Half Marathon	1:18:53		M40	Sven Fuerst (43)	9/08/2013	The Crest, Bankstown	
Half Marathon	1:28:08		M45	Stuart Paterson (49)	31/12/2006	Sydney	
Half Marathon	1:37:49		M50	Stephen Ball (53)	6/10/2007	Sydney	
Half Marathon	1:53:52		M60	Geoff Francis (64)	31/12/2006	Sydney	
Half Marathon	1:58:31		M65	Geoff Francis (65)	6/10/2007	Sydney	
Marathon	**2:11.13**		**Open**	**John Farrington (31)**	**14/7/1973**	**Budapest, Hungary**	
Marathon	2:52:24		U20	Gareth Mumby (19)	22/9/2013	Sydney	
Marathon	3:22:42		M40	John Kocx (44)	16/9/2012	Sydney	
Marathon	3:49:13		M50	Peter Bromley (53)	16/11/2008	Sydney	
10 miles	**55.38**		**Open**	**Stuart Paterson (37)**	**6/11/1994**	**Parramatta**	
4x3km Road Relay	56:24		U14	Myalls Patrerson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	30/7/2005	Wollongong	
4x4km Road Relay	**47:25**		**Open**	**Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (2**	**16/7/2016**	**Newcastle University, Ourimbah**	
4x4km Road Relay	52:12		U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (1	7/07/2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59		M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	7/11/2015	Newcastle University, Ourimbah	
4x4km Road Relay	1:02:41		M45	Bradley Sharpe (46), Stuart Paterson (49), Stephen Ball (54), Len Augustine (49)	8/02/2008	Flagstaff Point, Wollongong	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4x4km Road Relay	1:11:14		M55	Doug Barrett (62), Trevor Young (58) , Steve Bradley (58), Len Augustine (55)	7/12/2014	Newcastle University, Ourimbah	
Walks							
5km Road Walk	27:53		U18	Cheyne Egelton (16)	24/5/2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29		M60	Robert Connors (62)	27/6/2010	Harrington Park Lake, Narellan	
5km Road Walk	30.09		M70	Jim Seymon (71)	29/6/2008		
5km Road Walk	31:07		M75	Jim Seymon (75)	24/6/2012	Harrington Park Lake, Narellan	
10km Road Walk	**43:40**		**Open**	**Jay Felton (21)**	**20/5/2016**	**Chipping Norton**	
10km Road Walk	57:11		U18	Cheyne Egleton (16)	28/6/2009	Penrith Lakes	
10km Road Walk	58:15		M30	Mark Ransom			*SR*
10km Road Walk	1:13:30		M60	Robert Connors (61)	23/5/2010	Harrington Park Lake, Narellan	
10km Road Walk	59:13		M65	Jim Seymon (67)	26/6/2004		*SR*
10km Road Walk	1:01:00		M70	Jim Seymon (70)	27/5/2007	Tempe	*SR*
10km Road Walk	1:05:47		M75	Jim Seymon (77)	25/5/2014	Joe McAleer Park, Glendenning	*SR*
15km Road Walk	1:32.13		M65	Jim Seymon (68)	27/5/2006	Greystanes	
15km Road Walk	1:39:27		M70	Jim Seymon (73)	24/7/2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27		M75	Jim Seymon (77)	26/7/2015	Harrington Park Lake, Narellan	*SR*
20km Road Walk	**1:31.43**		**Open**	**Jay Felton (20)**	**13/12/2015**	**Fawkner Park, Melbourne**	
20km Road Walk	1:38:15		U20	Jay Felton (19)	27/7/2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59		M65	Jim Syemon (66)	2003		
30km Road Walk	**2:29:49**		**Open**	**Jay Felton (19)**	**26/7/2015**	**Harrington Park Lake, Narellan**	
50km Road Walk	**4:28.20**		**Open**	**Steve Washburn (22)**	**5/08/2016**	**Rome, Italy**	***#***