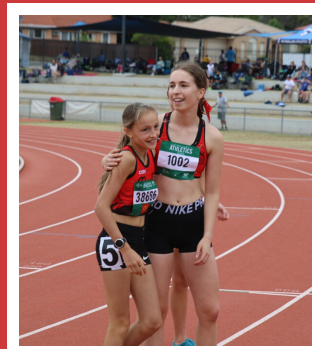
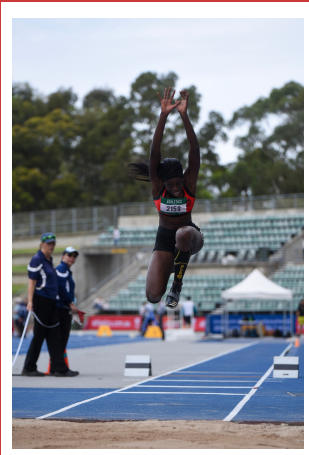


UTS NORTHERN SUBURBS ATHLETIC CLUB INC.



92ND ANNUAL REPORT 2019-2020

THE 2019-20
SEASON
Athletes in Action



THE 2019-20 SEASON

Grass Games and at Rotary



UTS NORTHERN SUBURBS ATHLETIC CLUB INCORPORATED

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UTS NORTHERN SUBURBS ATHLETICS CLUB INC.
92ND ANNUAL 2019-2020 REPORT
Organisation Chart

PATRON

Gail Giles-Gidney (Mayor of Willoughby City Council)

PRESIDENT

Ashley McMahon

VICE-PRESIDENT

Maria Cimino

SECRETARY

Sally Richardson

TREASURER

Douglas Barrett

COMMITTEE

Sam Colless

Peter Douglas

Ross Douglas

Susie Douglas (until Nov. 2019)

Peter Higgins

Amanda Johnstone

Clinton McEwan

Rose Moore

Bart Steanes

Izzy Thornton-Bott

Andy West

COACHES

Ron Bendall
Maria Cimino
Ryan Dowling
Jack Edwards
Penny Gilles
Bart Steanes

Paul Switzer
Ben Liddy
Renee Liddy
John Quinn
Mike Hurst
Sam Richardson

TECHNICAL OFFICIALS

Maria Cimino, Bronwyn Kelaher, Peter Higgins, Nancy Lloyd, Sally Richardson,
Janet Naylor, Stuart Paterson

LIFE MEMBERS

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

COVER PHOTO

Eliza Harvey, Chloe Davis, Rowena Craker, Bridget Oakley, Emma Merlino, Maddie
Powell, Holly Ratajecz and Stef Power at the State Relay Championships,
Campbelltown, 2019.

PRESIDENT'S REPORT

As I write this, all competition in our sport has been suspended because of the COVID-19 pandemic.

Our Junior National Championships and National Masters Championships have been cancelled, the Under 20 years and Open National Championships, our winter cross country competition and our annual presentation dinner have all been postponed. The World Masters Championships have been cancelled. The World Under 20 years Championships and even the Olympic Games have been postponed one year. For our athletes, and there are several in our club, who have set these events as their goals, this is devastating.

In the theatre there is a tradition. Whenever the theatre is empty, one light – the ghost light – is always left on, typically on a stand in the centre of the stage. The meaning is unmistakable – although the theatre is empty, we will return. So here's to us, the athletes, the coaches, the officials, the administrators, the parents and the supporters.

While for many of us this has taken a huge emotional toll, our passion and our drive will have those ghost lights unplugged in no time. We will return.

Vale Georgia Healey – It is with great regret that I record the death of one of our junior athletes Georgia Healey. She was a talented hurdler, sprinter and long jumper. Georgia, who last competed in the National Championships in April last year, died in March, aged just 16. Her death greatly affected several of our junior athletes who were close to her. To Georgia's family, UTS Northern Suburbs extends our sincerest condolences. May she rest in peace.

Hard working committee

The unsung heroes in athletics are the club administrators who work long and hard behind the scenes to ensure the success of a club such as UTS Northern Suburbs. Special thanks must go to **Peter and Ross Douglas** who, amongst other things, continue to run our weekly Northern Zone competition. They have been the go-to men at UTS Norths for almost half a century. Men like the Douglas brothers are the backbone of voluntary organisations such as UTS Norths.

Thanks to vice-president **Maria Cimino** who makes my life so much easier. Apart from taking care of our rankings, website and many other jobs behind the scenes, Maria has developed into an exceptional hammer thrower, all round athlete and very good throws coach. **Sally Richardson** who does more than her fair share and most of my share. We are a great team with the same focus, working so every athlete has every chance to reach their goals.

PRESIDENT'S REPORT

Sally's organisational skills and many years of experience with Athletics have made her a highly respected, appreciated and vital member of our team.

Thanks to our treasurer **Doug Barrett** who keeps us on the straight and narrow and is our club conscience. Doug is the reason we remain in a good financial position. He keeps everyone calm and also helps run our weekly Northern Zone Competition.

Thanks also to the talented **Izzy Thornton-Bott** for publishing this report in the absence of Peter Higgins who recently moved overseas for a year. Izzy is an elite middle distance runner and great photographer for the club.

There is not enough I can say about **Andy West** and the extraordinary job he is doing working on the 'Master Plan' and securing government grants. The work he does for the clubs current and future development is second to none.

Sam Colless is always positive, a joy to work with, and has really stepped up taking our relationship with UTS to a new level.

Lastly, I want to express my sincere gratitude for the work of **Clinton, Rose, Bart and Amanda** who just work quietly in the shadows getting things done on the ground with the athletes. Their efforts are often unseen, but they provide an enormous benefit to the club.

Thank you Coaches

One of the keys to UTS Norths' success on the track and in the field is the ability of the coaches. Thank you to **Penny Gillies, John Quinn, Paul Switzer, Andy Burton, Ben Liddy, Renee Liddy, Mike Hurst, Bart Steanes, Melinda Gainsford-Taylor, Jack Edwards, Sam Richardson, Nick Bromley, Ryan Dowling, Maria Cimino and Ron Bendall** for their efforts especially over the past 12 months.

I would also like to acknowledge the parents and carers who are coaching their own kids, building the foundations for their future as athletes.

As a club, UTS Norths supplies more than its fair share of technical officials. Special thanks to those members of the thin blue line: **Peter Higgins** (who has left for a year in the UK), **Stuart Paterson, Janet Naylor, Maria Cimino, Nancy Lloyd, Bronwyn Keleher** and our newest official **Sally Richardson**.

PRESIDENT'S REPORT

Final Thanks

Thanks to **Willoughby Council** for its maintenance of Rotary Field which is still the best grass track in Australia.

My final thanks is for our **Mayor Gail Giles-Gidney**. She has always supported and had time for UTS Norths and is just a phone call away. Her support, especially during this recently challenging period, is very much appreciated

Ashley McMahon

President UTS Northern Suburbs Athletic Club Inc.

SECRETARY'S REPORT

The 2018/19 season closed on a high with an end of season celebratory awards presentation dinner like no other! For the first time we held the event at Chatswood RSL Club, which proved to be a popular venue with easy transport access and great facilities. Our live band – “RockBox” – had everyone on their feet dancing, even the most reluctant. It was great to see Brian joining in, walking frame and all! Our sincere thanks to everyone who contributed to the success of the event, and congratulations to all the 2018/19 award winners, who are listed later in this book.

The season 2019/20 started very well ... who could foresee what was to come...

Taking over as Secretary of this great club was somewhat daunting with very big shoes to fill. Thank you to my predecessors, Peter Douglas, Andy West and Peter Higgins, for their support and guidance along the way in the early days.

While the successes of our athletes are well documented throughout this report, behind the scenes, our administrative success is less obvious but equally critical.

ANSW rolled out a new entirely online Registration System, which, while a few tweaks are still needed, has overall been a great success and makes the job of the club administrators much easier. Registration numbers are assigned automatically and distributed by ANSW at their events, saving hours of work and huge postage bills for the club. We look forward to ongoing improvements making everything even easier in the future.

Our relationship with Willoughby City Council continues to be strong and working closely with their officers, myself and Andy West were able to reach agreement on a “Master Plan” for some significant improvements to Rotary Athletics Field which has recently received the Councillors stamp of approval, and we look forward to staged commencement of the works in the very near future.

In the meantime, the Council have already commenced work on the upgrade to the lights at the facility, which will provide competition standard lighting for night-time events. We would like to thank all the Council officers, staff and in particular our Club Patron, Mayor Gail Giles-Gidney, for their ongoing support of our club and improvements to our facilities.

In June 2018 we were deeply saddened by the passing of dedicated UTS Norths throws coach and committed athletics official Beverly (Bev) Jaye. On 23 June 2019, one year to the day after his passing, we were delighted to honour Bev’s memory by dedicating our wonderful new Thor throw cage to him.

SECRETARY'S REPORT

We were very pleased that Mayor Gail Giles-Gidney was able to join us to officially unveil the commemorative plaque.

RIP Bev Jaye 10.9.1931 – 23.6.2018.

We are also saddened to report that Bev's son, Mal, lost his battle with ongoing health issues and passed away on 6 March 2020. Vale Mal Jaye.

The Saturday afternoon Winter 2019 meets at Rotary Field were a popular addition to the calendar and will hopefully become a regular annual occurrence. As mentioned in last year's report, we also trialled Friday night Northern Zone competition at Rotary Field early in the season to avoid clashing with NSW Saturday afternoon competition. This did not prove to be so popular – attendance was very small, and this initiative will probably not continue.

In the latter part of 2019, NSW suffered horrific bush fires, and many events were severely compromised by the resulting poor air quality and some road closures. We were however fortunate to again be able to host a very successful Grass Games competition in December. While athlete attendance was slightly reduced this year, probably due in part at least to poor air quality, those that came provided keen competition and a great day was enjoyed by everyone. For the first time, we offered a small incentive payment and attracted some very high calibre NSW Officials, who we thank for their assistance in the successful running of the event. We also thank Club Patron, Mayor Gail Giles-Gidney for joining us again to present the medals and awards. As Ashley has mentioned, we look forward to growing this event in the future.

Towards the end of the season, NSW introduced a Club Volunteer system, calling on clubs to provide a small number of people to assist with running the competition events. I would like to thank Antoinette Woodward, Peter Douglas and Ross Douglas who were our first volunteers at the NSW Opens Championship at SOPAC in early March.

Volunteering is a wonderful way to see all the action of a competition 'up close and personal' and it's lots of fun too – we look forward to engaging many of our members in this way in the future.

Little did we know then what was about to come.....We just managed to squeeze in the final Northern Zone competition and Presentation Day on March 21 before Coronavirus hit the country, indeed the world, in a big way and everything came to a grinding halt.

SECRETARY'S REPORT

The cancellation of all competition events, including the Tokyo Olympics, has impacted our athletes of all ages and abilities severely, as has the closure of the Gym at Rotary Field and the cessation of any formal training arrangements, due to stringent social distancing requirements and restrictions.

At the time of writing this report, these restrictions are also preventing us from holding our normal end of season Awards Presentation Dinner and our Annual General Meeting.

The committee is currently considering options, but sadly the dinner will not be held in its usual format this season. Hopefully an alternative social event of some kind for members can be arranged before too long.

Our Constitution requires The Annual General Meeting be held within 15 months of the previous AGM, so the current target is to hold the 2020 Annual General meeting before 23 September 2020, in the hope public gathering limitations will have been eased by then.

However, of course, the health and safety of everyone is the priority at this time, and we must all play our part in assisting to halt the spread of this horrible disease. We will, therefore, keep all our members advised as and when we are able to make some plans later in the year.

In the meantime, you can still find out who our 2019/20 Award winners are, and read the Minutes of the 2019 AGM on page 14 of this report.

We look forward to everything “returning to normal” as soon as possible and we are hopeful that we will return, bigger, better, and stronger for the 2020/21 Season – and that we will see you then!

In conclusion, I would like to acknowledge and thank all my fellow Committee Members for their very hard work on behalf of the club, and in particular their support of me personally. I look forward to continuing to work together in the future.

Sally Richardson
Secretary

MEMBERSHIP REPORT

Our membership for the year was 412, which is a slight fall on the previous year number of 446 but still a very solid number.

An encouraging observation to be made is that 246 members or 60 percent of our members are aged under 20.

A break-up of membership according to age groupings is as follows

Age group	Number
80+	6
60 – 80 yrs	29
40 – 60 yrs	48
30 – 40 yrs	13
20 – 30 yrs	70
Under 20	52
Under 18	77
Under 16	49
Under 14	65
Under 12	3
TOTAL	412

Some other details regarding our members:

- Our oldest registered member is 88 years old
- Our youngest registered members are just 10 years old
- Total dual registrations- 156 (included in the above table)
- Gender- 231 males and 181 females

Ross Douglas
Registrar

TREASURER'S REPORT

The Financial Reports for the year ending 31 March 2020 follow, and show:

- UTS Northern Suburbs Athletic Club ("**Club**"): Operating Deficit for the year (\$3,856) and Net Assets at the end of the year \$109,920;
- UTS Norths Sports Scholarship Trust ("**Trust**"): Operating Surplus for the year \$188 and Net Assets at the end of the year \$45,364.

The Club is the main operating body for members, while the Trust is a separate entity to contain donations and subsidies for specific athletic purposes. Other than \$600 donated for other purposes, all of the Trust funds have been provided by ActivateUTS for the benefit of the athletes in the UTS Elite Athlete Program.

During the year the Club received a grant of \$15,000 from the Australian Government to be used towards the construction of a slab under the throws cage at Rotary Athletics Field. This grant is accounted as a Sundry Creditor in the balance sheet, and has no effect on the Profit & Loss statement.

Despite the Club continuing to run at a deficit this year, both the Club and the Trust are in sound financial positions, with substantial net assets. I believe the committee manages the funds responsibly for the benefit of its members. Careful financial management will be required to ensure the club operates within its financial capacities over the medium to long term.

Douglas Barrett
Treasurer

UTS Norths Sports Scholarship Trust

Balance Sheet As of 31 March 2020	
Assets	
St George Bank Account	\$ 45,363.59
Total Assets	\$45,363.59
Total Liabilities	\$0.00
Net Assets	\$45,363.59
Equity	
Opening Balance	\$45,175.86
Current Earnings	\$187.73
Total Equity	\$45,363.59

UTS Northern Suburbs Athletic Club

Balance Sheet	
As of 31 March 2020	
Assets	
St George Bank Account	\$ 22,306.84
Macquarie Cash Management	\$ 20,692.53
Macquarie Term Deposit	\$ 75,665.75
Cash On Hand	\$ 40.00
Uniforms Stock	\$ 6,215.00
Total Assets	\$124,920.12
Liabilities	
Sundry Creditors	\$15,000.00
Total Liabilities	\$15,000.00
Net Assets	\$109,920.12
Equity	
Opening Balance	\$ 113,776.05
Operating Surplus / (Deficit)	\$ (3,855.93)
Total Equity	\$ 109,920.12

Notes to the accounts

1. The amount shown as Annual Registrations is the net income to the Club after payment of registration fees to Athletics NSW.
2. As a non profit organisation the accounting method used by the Club is a cash basis. Equipment purchases are written off in the year of purchase.
3. In previous years the administration fee paid by members when they register has been shown as an Expense called IMG Admin Fees, and the Income item Annual Registrations has been increased by the same amount. For 2019/2020 the Annual Registrations do not include the administration fee, and as a result the Expense item IMG Admin Fees has been removed. The year 2018/2019 has been restated above to be on the same basis.

UTS Norths Sports Scholarship Trust

Profit & Loss		
	2019/2020	2018/2019
Income		
UTS Elite Athlete Subsidy	\$20,000.00	\$20,000.00
Interest Received	\$39.60	\$48.88
Total Income	\$20,039.60	\$20,048.88
Expenses		
Reward and Recognition UTS EAP	\$7,212.45	\$3,795.00
Fare subsidy	\$600.00	
Uniforms EAP Subsidised	\$200.00	\$320.00
Registrations EAP Subsidised	\$4,574.42	\$6,090.00
International Bonus	\$6,250.00	\$1,250.00
Computer Software	\$105.00	
Social	\$910.00	\$123.02
Total Expenses	\$19,851.87	\$11,578.02
Surplus / (Deficit)	\$187.73	\$8,470.86

UTS Northern Suburbs Athletic Club

Profit & Loss		
	2019/2020	2018/2019
Income		
Annual Registrations (Note 1)	\$10,990.00	\$9,489.60
Northern Zone Fees	\$4,710.70	\$4,071.15
Grass Games	\$600.00	\$785.00
Uniform Sales	\$3,385.00	\$2,240.00
Donations Received	\$0.00	\$369.00
Fund Raising Income	\$0.00	\$339.10
UTS Partnership Grant	\$25,000.00	\$25,000.00
Interest Received	\$1,188.86	\$2,219.94
Grants & Subsidies	\$0.00	\$45,587.00
Misc Income	\$0.00	\$900.00
Canteen	\$90.60	\$0.00
Annual Dinner	\$5,381.56	\$4,694.02
ANSW Dinner	\$230.00	\$0.00
Total Income	\$51,576.72	\$95,694.81
Expenses		
ANSW Club Subsidised Regos	\$3,637.01	\$1,869.24
ANSW Affiliation & Insurance	\$1,723.70	\$1,649.00
Event Entry Fees	\$3,830.00	\$4,180.00
Field Hire	\$21,780.83	\$25,443.85
Uniform Purchases	\$2,547.60	\$1,755.60
Canteen Purchases	\$0.00	\$0.00
Printing & Stationery	\$25.17	\$26.87
Postage & Telephone	\$646.00	\$286.95
Club Website	\$0.00	\$539.41
Marketing Expenses	\$0.00	\$689.15
Computer Software	\$0.00	\$445.69
Equipment Purchases (Note 2)	\$4,588.94	\$57,398.71
Equipment Hire	\$131.09	\$1,260.86
Repairs & Maintenance	\$1,181.71	\$636.90
Trophies	\$3,089.45	\$2,460.15
Awards	\$500.00	\$500.00
Fare Subsidies	\$500.00	\$1,750.00
Coaching	\$0.00	\$300.00
Social - Annual Dinner	\$6,383.30	\$8,098.34
Social - Other	\$1,815.31	\$1,300.46
AGM Expenses	\$2,123.00	\$2,267.40
Misc Membership Expenses	\$406.84	\$0.00
Bank Charges	\$0.00	\$5.00
Legal Fees	\$75.00	\$0.00
Donations Paid	\$0.00	\$250.00
Grass Games Expense	\$447.70	\$0.00
Total Expenses	\$55,432.65	\$113,113.58
Surplus / (Deficit)	\$ (3,855.93)	\$ (17,418.77)

UTS Norths Foundation Report

2020 was the 5th year for the UTS Norths Foundation Limited (the Foundation). The Foundation met twice in 2019/20 since the last annual report to discuss and progress projects, plan for the future of the Foundation and the UTS Norths club.

UTS Norths club committee appoints the UTS Foundation sub-committee, which is currently constituted by Andy West (Foundation Chair), Andrew MacDonald (Foundation Secretary), Ashley McMahon (also UTS Norths Club President), Douglas Barrett (also UTS Norths Club Treasurer), Peter Higgins and Frazer Dowling.

The main objectives of the Foundation continue to be:

1. To improve the Club's activities by helping existing and new athletes, coaches, volunteers and officials,
2. To improve the long term financial security of the Club,
3. To plan and co-ordinate long term planning for major projects
4. including facilities, athlete development, coach development and club administration development.

UTS Northern Suburbs Athletic Club is fortunate to have the Mayor of Willoughby Gail Giles-Gidney as the patron of the club. We appreciate the Mayor's commitment to UTS Norths, attending the Grass Games, Northern Zone, opening of the Bev Jaye Throw Cage and other events as well as thank her for her ongoing support of the athletics club. During this year the Foundation has continued a consultative role with the Willoughby City Council (WCC) to be involved in the development and progression of the Rotary Athletic Field Master Plan. This also included a detailed submission during the public display and consultation period to the WCC Sports Facilities Plan of Management (<https://www.haveyoursaywilloughby.com.au/36003/widgets/201708/documents/78288>)

This was to ensure the best outcome for UTS Norths members as an athletics facility, other clubs use of RAF, as well as the general public for recreational and non-organised sport use of the field and surrounds. The WCC Sports Facilities Plan of Management was passed by the WCC Councillors at their March 2020 meeting. The RAF Master Plan was approved for public display and submission at the 11th May 2020 Willoughby General Council meeting. The RAF Master Plan is due to go on public display after June 2020.

Thank you to Willoughby City Council for the approval and funding of the field lights at RAF. The lights upgrade at RAF commenced in April 2020 with completion expected in May 2020. This will result in 6 new light towers with 100 lux lamps to improve the quality of lighting on the field.

UTS Norths Foundation Report

The Foundation has continued its funding efforts. A total of \$33,000 funds have been received for the throw cage in the current financial year. This is from the Federal Government Department of Industry, innovation and Science 'Stronger Communities Program' for \$15,000. The Foundation wishes to thank the Federal Member for North Sydney Mr Trent Zimmerman MP for his support of this funding. The other \$18,000 was recently received as part of the State Government Community Building Partnership. Thank you for support by NSW Premier the Honourable Gladys Berejiklian as the local state member for Willoughby ensuring the success of this grant. We thank the Premier for her ongoing commitment to improve the facilities in the Willoughby area.

Other grant funding and deliver of projects this year include:

- Sport Development projects up to \$2,000, 2 x Sensei software, 2 x iPads and weights.
- Sport Access projects up to \$5,000, Refugee Athlete Program
- Community Sport Events up to \$5,000 (Grass Games)

The Foundation wishes to thank the NSW Premier the Honourable Gladys Berejiklian as the local state member for Willoughby in her support of this project.

The ongoing success of the Foundation is dependent on our relationships with our strategic partners. The Foundation would like to thank all our strategic partners including UTS Sports, Northern Suburbs Little Athletics Club, Lane Cove River Kayak Club, Willoughby City Council staff members, Rotary Chatswood, Chatswood RSL (Club Grants), State Government Local Members, State Government Department of Sport and Recreation, Federal Government Local Members, Athletics NSW and Athletics Australia. It is through these relationships the Foundation can identify and secure funding opportunities, provide input into the government and sporting body decision making as well provide a full range of service delivery for the many initiatives and projects conducted at UTS Norths.

I would like to thank Andrew MacDonald as secretary of the Foundation for the application of his expertise in the legal and regulatory structures required of the Foundation. I would also like to thank the other members of the committee that give their support, input and guidance at meetings for the betterment of the Foundation, UTS Norths and the sport of athletics.

Chairman of the UTS Norths Foundation

Dr Andy West

20th May, 2020



**MINUTES OF ANNUAL GENERAL MEETING
HELD AT ROTARY FIELD
23rd June 2019**

The meeting commenced at 10.01am.

PRESENT: Ashley McMahon (President), Maria Cimino (Vice President), Peter Higgins (Secretary), Doug Barrett (Treasurer), David Archbold, Peter Douglas, Ross Douglas, Brian Hamilton, Bob Jones, Karen Jones, Warren Jones, Bronwyn Kelaher, Rose Moore, Sally Richardson, Ron Shoesmith, Bart Steanes, and Andy West.

APOLOGIES: Samuel Colless, Amanda Johnstone, Andrew MacDonald, Janet Naylor, Stuart Paterson, and Izzy Thornton-Bott.

WELCOME

President Ashley McMahon welcomed everyone to the 91st Annual General Meeting and thanked them for their attendance. Ashley thanked Secretary Peter Higgins for taking the minutes.

MINUTES OF 2018 ANNUAL GENERAL MEETING:

The minutes are included in the 2018/19 Annual Report.

There were no matters arising and the President asked for the minutes to be endorsed as a true and correct summary of the meeting.

Moved Warren Jones. Seconded Bronwyn Kelaher. Motion carried.

ANNUAL REPORT

Ashley thanked Peter Higgins for compiling and editing the Annual Report. The meeting also acknowledged Peter for his work. It was noted and acknowledged that Peter has produced and edited many of the previous annual reports.

PRESIDENTS REPORT

The President read his report which was contained in full in the Annual Report.



SECRETARYS REPORT

The Secretary read his report which was contained in full in the Annual Report.

Peter added that he was reluctantly stepping down in his role of Secretary but would like to stay on as a general committee member. He fully supported Sally Richardson's nomination as our new Secretary. The meeting thanked Peter for the work that he has done and acknowledged him by acclamation.

ADOPTION OF FINANCIAL ACCOUNTS

TREASURERS REPORT

Treasurer Doug Barrett presented this year's financial statements which were contained in detail in the Annual Report. He reinforced that the club is in a good financial position which has been built up over several years. This year we made a \$17,400 loss but that was substantively due to the cost of the new throws cage which was used at the Gold Coast Commonwealth Games. Doug assured the membership that the committee's objective was to spend monies on the development of athletics and athletes and so in some years the club will make a loss.

The President asked that the Annual Report be received in full and that the financial accounts be adopted and endorsed by the meeting.

Moved Bart Steanes, seconded Peter Douglas. Motion carried.

ELECTIONS:

Name	Nominated	Seconded
• President: Ashley McMahon	Peter Higgins	Andy West
• Vice President: Maria Cimino	Ashley McMahon	Bart Steanes
• Secretary: Sally Richardson	Peter Higgins	Maria Cimino
• Treasurer: Doug Barrett	Peter Douglas	Ross Douglas

Committee Positions

Name	Nominated	Seconded
• Samuel Colless	Izzy Thornton-Bott	Ross Douglas
• Peter Douglas	Peter Higgins	Doug Barrett
• Ross Douglas	Ashley McMahon	Sally Richardson
• Susie Douglas	Ashley McMahon	Peter Higgins
• Peter Higgins	Doug Barrett	Peter Douglas



- | | | |
|----------------------|------------------|------------------|
| • Amanda Johnstone | Sally Richardson | Ashley McMahon |
| • Clinton McEwen | Ashley McMahon | Bart Steanes |
| • Rose Moore | Peter Higgins | Andy West |
| • Bart Steanes | Ross Douglas | Ashley McMahon |
| • Izzy Thornton-Bott | Peter Higgins | Ashley McMahon |
| • Andy West | Doug Barrett | Sally Richardson |

There being no further nominations the above members were declared elected to their positions.

The President thanked the outgoing committee for their work and also thanked the new committee for their commitment to administering the direction of the club.

There being no further business the President invited members to a small morning tea and closed the meeting at 10.27am.

UTS Norths Athletes at ANSW Treloar Shield Competitions

UTS Norths retained the Treloar Shield in 2019/20, our third win in as many years.

In the age groups, UTS Norths won the masters division, Asics Wests the Open and UTS North the juniors.

Our juniors and masters athletes dominated their division however our open competitors were notable by their absence, finishing second in this category. It is a somewhat disappointing result considering the quality of open athletes within our club.

Our Treloar Shield point score winners were:

Men:

Open Bart Steanes

U/14 Kai Zhe Tan

U/16 Julian Lee

U/18 Dominic Panozzo

U/20 Jacob Orr

30+ Warren Jones

40+ Ashley McMahon

50+ Zoran Novicic

60+ Trevor Young

Women:

Open Maria Cimino

U/14 Xin Min Tan

U/16 Gabriella Taylor

U/18 Morgan Kelaher

U/20 Chloe Davies

30+ Yael Reed

40+ Monique Perry

50+ Bronwyn Kelaher

60+ Deborah Drennan



Top Right, Natasha Milakovic

Bottom Right, Maria Cimino

UTS Northern Zone Weekly Competitions

UTS Norths continued to hold its summer competition Northern Zone at Rotary Field on Saturday afternoons. The season consisted of 22 Saturday meets and two Friday night meets. The Friday night meets were held on a trial basis but were not well supported so will not be held in the future. The final two Saturday meets in April were cancelled due to Covid-19.

This competition fills an important place in community athletics allowing our masters athletes and younger members to compete under less stressful conditions. Northern Zone is the longest running zone competition in Sydney and has been going since 1972.

It was also very pleasing to see some private schools attending on some occasions including Riverview and Scots College. The average attendance showed a small increase to 45 compared with 42 last season (not including the two Friday night meets).



The trophy presentation day was held on 21st March just before the Covid-19 restrictions were imposed. The main trophy (a perpetual one) was the Casa Williams trophy for best service to the Northern Zone competition. It was awarded to Graham Allomes. Graham, from the Sydney Pacific Athletics Club, hardly missed a competition. He was one of the first to arrive to help get the equipment out onto the field. He was also one of the last to leave and assisted in putting all of the equipment away.

This trophy dates back to the 1980's and was donated by Heather and Brian Williams who were ground managers for Northern Zone for over a decade. Thank you to David Archbold who attended the presentation and gave everyone a very insightful background into the significance of the Casa Williams Award.

Other trophy winners for 2019-2020 were:

Women 50+: **Jenny Schell** 1, Suzanne Gore (Ryde) 2
Women 60+: **Margaret Thomas** 1, **Jillian Senior** 2,
Nancy Lloyd 3



*Top Left, Graham Allomes and Maria Cimino,
Bottom Left, Peter Douglas and David Archbold timing at Northern Zone*

UTS Northern Zone Weekly Competitions

Open Men: **Matthew Otten**

Men 40+ EJ Davie (Sydney Striders) 1, **David Turner** 2, **Caerl Murray** 3;

Men 50+ **Brad Sharpe**

Men 60+ **Doug Barrett** 1, Simon Butler-White (Ryde) 2, **Vic Ramondetta** 3

Men 70+ Graham Allomes (Sydney Pacific) 1, **Ron Shoesmith** 2, Noel Wright (Hills) 3

Men 80+ **Nick Bastas** 1, Ron Wills (Ryde) 2, Lloyd Gledhill (Sydney Pacific) 3.

The Committee would also like to thank **Nancy Lloyd** for her good work at Northern Zone and in particular, the processing of all the results each week for uploading onto the club's website.



Grass Games

Once again UTS Norths staged the Grass Games. While it was a success, we need to attract more athletes, particularly from other clubs. Providing electronic timing is one measure which could encourage more runners to compete. Once again **Ron Bendall's** squad were strong supporters of this club event. Of the 63 athletes who took part, 15 were from that squad.

Winter Northern Zone

A subcommittee of 5 people met during the autumn of 2019 to consider:
Friday night meets; and
Winter competition.

It was decided to hold two trial Friday night meets in October/ November and three meets in the winter on Saturday afternoons. As mentioned earlier, the two Friday night meets were not well supported but the winter meets were successful and some athletes asked whether additional meets could be held in the winter of 2020.

The winter meets were held in June, July and August. The program consisted mainly of field events (throws and jumps) and some track events (sprints). There were no distance events held as it was considered that middle and long distance runners are well catered for in the winter via Westmet, ANSW cross country and road events, fun runs etc.

The throwers were particularly keen to support the winter meets. In fact the August meet was a Permit meet for the throws and a total of 43 turned up on that day. Depending on the Covid-19 restrictions, it is intended to hold more similar winter meets in 2020.

World University Games

Northern Suburbs partnership with the University of Technology Sydney is an extraordinarily successful one. In the beginning the benefits were not tangible as the early seeds were sown, but in later years it has blossomed. Today it is the example of what a combined university/community club should be. It offers UTS students all the benefits of training and competing with the most successful club in Australia; has allowed the university to offer scholarships to elite athletes; and has attracted many new athletes of a variety of standards to our club.

To this end athletes from our club have enjoyed our most successful World University Games ever.

Alec Diamond was the outstanding competitor, claiming the silver medal in the men's decathlon at the Games held at Naples, Italy, in July. On his way to setting a personal best points tally, Alec also broke the UTS Norths' open men's pole vault record, jumping 4.80m.

Other UTS Norths athletes also performed exceedingly well. **Ed Goddard** just missed a medal, finishing fourth in the men's half marathon.

Bella O'Grady ran an incredibly fast 51.87 in her women's 400m semi final to qualify for the final in which she finished seventh. Later in the championships Bella won bronze in the women's 4x400m. Both **Mason Cohen** and **Jye Perrott** made the semi finals of the men's 800m.

Our partnership with UTS has also allowed us to greatly upgrade our equipment and offer fares assistance to athletes travelling to interstate and international competition. Special thanks must go to the university's **Liz Brett, Aimee Purcell, Fudge Atshan and Sam Colless.**

Our athletes also performed well at the IAAF World Championships and the Oceania Games as well as in national and state championships.



Left, Ed Goddard at the FISU World University Games. Right, Georgia Winkcup at the Doha World Championships

Doha World Championships

Carley Thomas was fifth in her heat of the 800m, just failing to progress to the next round.

Bella O'Grady was eighth in her heat of the 400m, pulling up with an injury which ruled her out of 4x400m contention.

Georgia Winkcup came 36th in the Women's Steeplechase.

Oceania Games

UTS Norths was well represented at the 2019 Oceania Games in Townsville in June.

Mason Cohen was involved in one of the most exciting races of the championships, going down to Josh Ralph in a tactical battle in the open men's 800m.

Gold medalists were: **Imogen Gardiner** under 18 years girls 1500m, **Nicolette Donofrio** under 18 years 100m hurdles (games record and personal best), **Kristie Edwards** under 20 years women's 100m, open women's 4x100m.

Silver medalists were: **Abbey Rockliff** under 20 years women's 5000m, **Mason Cohen** open men's 800m.

National Cross Country Championships

UTS Norths men excelled in the National Cross Country Championships held at Dapto in August.

Ed Goddard led the UTSN team home, finishing third in club record time – his third successive podium finish in this event.

Charlie Doherty was third in the under 23 years category and 12th home overall. **Kieran Tall** finished 17th to help UTS Norths claim the club teams trophy. **Leo Peterson** finished 25th.

Goddard, Doherty and Tall were all members of the NSW team which finished third behind Victoria and South Australia.

Abbey Rockliff finished fourth in the under 20 years women's championship in club record time and **Rosie Fordham** helped NSW win the teams trophy in the under 18 years girls category.



Right, Leo Peterson (34) and Will Atkinson (11)

Australian All Schools

UTS Norths' **Olivia Inkster** demonstrated she is a high quality athlete with an outstanding win in the under-16 200m at the Australian All Schools championship in Perth in December.

Olivia won in 24.25, a UTS Norths club record, just ahead of Queensland's Monique Hanlon (24.31) with UTS Norths team mate **Gabriella Taylor** close in third in 24.35.

Once again **Mali Lovell** was outstanding, winning the under 16 years Para 800m in fine style.

Annika Lynch was another gold medalist, taking out the 16 years girls 400m hurdles.

Imogen Gardiner again ran the fastest 3000m of the championships, taking gold in the under 18 years race. She also ran a personal best to claim the 1500m title.

In the under 16 years high jump, **Darcy Holmes** won gold, clearing the fabulous height of 2.05m on his third attempt, an 8cm personal best.

Alice Dixon and Olivia Inkster also took home relay gold medals for NSW.

NSW One Mile and 60m Championships



Will Austin-Cray claimed his second NSW open men's One Mile Championship in three years at Wollongong in January. **Izzy Thornton-Bott** ran a personal best time to claim the bronze and a UTS Norths Under 23 years record in the women's championship.

On the same day **Stef Power** was second in the NSW open women's 60m championship and **Ismail Dudu Kamara** was runner-up in the open men's sprint.

NSW Open Championships

UTS Norths won the triple jump double at this year's NSW Open Championships at SOPAC. **Emmanuel Fakiye** won the men's title while club newcomer **Desleigh Owusu** took out the women's event in emphatic fashion. She smashed her own club record and became the first UTS Norths woman to jump over 13 metres. Her winning effort was 13.05m.

Another club newcomer **Benedere Oboya** showed her class with a convincing win in the women's 400m at the NSW Open Championships. She beat a former UTS Norths member Rebecca Bennett with another UTS Norths runner **Alexandra Bartholomew** third.

UTS Norths hit the trifecta in the men's 400m hurdles, taking home all the medals. **Matt Crowe** was first, from **Tom Hunt** and **Jack McFadden**.

Alec Diamond won the open men's long jump. Alec also was second in the pole vault, fourth in the shot put and fifth in the discus.

Mali Lovell, at just 16 years of age, won the women's Para 200m to be the club's sixth gold medalist at the championships. Special mention must go to **Steph Power** who was runner-up in both the women's 100m and 200m. A mighty effort, and in the men's 200m, **Ismail Dudu Kamar and Hugo Whitehead** filled the minor places.

UTS Norths finished second, third and fourth in the women's 1500m with **Georgia Winkcup, Kate Spencer and Imogen Gardiner** coming home in that order.

Tim Heyes became just the second UTS Norths man to throw over 65m when he finished third in the men's hammer throw. He claimed the bronze medal with a throw of 65.15m, edging out club mate **Will Brown** who was the club's first man to break the 65m barrier.



Above, Chris Ius (1635) and Hugo Whitehead (hip #5),
Below, Gabby Taylor (39290) and Yael Reed ' (1667)



NSW Endurance Championships

UTS Norths distance athletes performed well in NSW Championships this season. **Leo Peterson** started the track season in good form, finishing fourth in the open men's 10,000m championship.

In the 3000m championships UTS Norths newcomer **Georgia Winkcup** was second in the open women's race in a UTS Norths open club record and **Kieran Tall** was third in the open men's with **Will Austin-Cray** fourth. Winkcup continued her strong 2019 year, hitting the line in a 14 seconds PB time of 9:19.72, to comfortably claim silver. Tall, 21, was in a battle for silver with Luke Young with both hitting the line at 8:17. Young took silver in 8:17.11 to Tall's 8:17.52. Both were rewarded with PBs.

Tall smashed his previous best by 10 seconds and will certainly be one to watch over summer. Austin-Cray with 8:19.01 took 21 seconds from his PB. In the 5000m championships, Tall went one better to take the silver medal and **Kate Spencer** was fourth in the open women's race.

NSW Junior Championships

Club newcomer **Desleigh Owusu** was the star for UTS Norths at the NSW Junior Championships. Desleigh won the under 20 years women's triple jump with a mighty leap of 12.81m which broke the open and under 20 years records. The previous record was set 25 years ago by World Junior championships representative **Gillian Ting**.

Another club newcomer **Erin Shaw** won the under 17 girls high jump, equalling her personal best jump of 1.77m and setting club records in the under 17, under 18 and under 20 years age groups. Erin's best is now just 1cm behind the UTS Norths open record set in 1985. **Sarah Baker**, 13, jumped up an age group to take out the under 15 years girls 3000m. **Isla Gillespie** won incredible four gold medals in the parra javelin, long jump, discus and shot put. **Gabriella Taylor** was brilliant in winning in the under 16 years girls 100m. **Olivia Inkster** didn't win a gold medal but ran extremely fast times to be runner-up in both the under 16 years girls 200m and 400m.

Mali Lovell won the Para 200m in a time just outside the Australian qualifying standard for the Paralympics in Tokyo later this year.

Other gold medalists were: **Sienna Bond**, under 16 years girls long jump; **Joel Neasmith**, under 17 years boys triple jump; **Sybella Warton**, Para 800m; **Jack McFadden**, under 20 years 400m hurdles; **Dominic Panozzo**, under 18 boys 400m hurdles; **Dylan Charlier**, under 17 boys 400m hurdles; **Isabella Guthrie**, under 18 girls 400m hurdles; **Emily Smith**, under 17 girls 400m hurdles; **Max Milani**, under 16 boys 200m hurdles; and **John Hunter**, under 20 men's discus.

NSW Masters Championships



Matthew Woodhouse re-wrote the UTS Norths record book in the men's 45+ years sprints and hurdles at the NSW Masters Championships at SOPAC. Woodhouse broke records in the 110m hurdles and 400m hurdles in which he won gold and in the 60m sprint. He was only denied the 200m record by a 2.2m tailwind.

Vic Ramondetta was also in a record-breaking mood, setting new marks in the men's 65+ years 300m hurdles in which he won gold and the triple jump. Vic also won the 100m, 400m, 60m and 200m to take his gold medal tally to five.

Nick Bastas won an incredible 10 gold medals in the 80+ years men's age group, taking out the hammer throw, long jump, shot put, 100m, 60m, 200m, high jump, weight throw, triple jump and javelin.

Charlotte Galea, formerly Yates, made a comeback to athletics in the championships, taking out the women's 30+ years 100m. Charlotte was a champion schoolgirl hurdler, representing Australia at the World Youth (u/18 years) Championships, making the final in the 100m hurdles. She still holds the under 18 years club record in that event, 13.60, which she set in 2005.

Other gold medal winners were: **Warren Jones** (5), 35+ years men's hammer throw, shot put, long jump, discus, weight throw; **Richard Hughes** (5), men's 85+ years 100m, 400m, 60m, 200m, 800m; **Tim McGrath** (4), men's 55+ years shot put, long jump, 100m hurdles, pole vault; **Caroline Layt** (3), 50+ years women's shot put, hammer throw, discus; **Robert Archer** (2) men's 70+ years discus, shot put; **Kylie Strong** (3), women's 50+ years 100m, 60m, 200m; **Kathleen Cook** (3), women's 80+ years 100m, 60m, 200m; **Ken Elias** (3), men's 30+ years long jump, 400m, 200m; **Helena Smith** (3), women's 30+ years hammer throw, weight throw, discus; **Dave Donnelly** (3), men's 75+ years 100m, 400m, 200m; **Maria Cimino** (2), 45+ years women's hammer throw, weight throw; **Deborah Drennan** (2), women's 60+ years 1500m, 800m; **Ashley McMahon** (2), men's 40+ years 100m, 60m; **Michael Gedz** (2), men's 50+ years 100m, 60m; **Monique Perry** (2), women's 45+ years 100m, 60m; **Renee Briffa** (2), women's 45+ years 400m, 200m;

Andy West (1), men's 50+ years 3000m steeplechase; **Yael Reid** (1), women's 35+ years 60m; **Zoran Novicic** (1), men's 55+ years high jump; **Brad Sharpe** (1), men's 55+ years 800m; **Nick Walker** (1), men's 30+ years 5000m; **Mike Johnson** (1), men's 80+ years discus; **Jim Seymon** (1), men's 80+ years 5000m walk

NSW Cross Country Relays

Abbey Rockliff (851), Kate Spencer (1339, singlet), Annabel McDermott (625) and Izzy Thornton-Bott (632) combined to win the open women's 4x4km title at the NSW Cross Country Relays Championships at Miranda in May.

It is the first time UTS Norths has won this championship. **Kieran Tall, Ed Goddard, Will Austin-Cray and Charlie Doherty** finished third in the open men's race. Our other gold medal came in the 60+ years women's race with **Deborah Drennan, Margaret Thomas, Jan Swinhoe and Ann Swinbourne** first across the line.



On the Road and Cross Country

Ed Goddard claimed the cross country double, taking out the open men's NSW Championship over 10km and later in the season winning the NSW Short Course Championship over 6km.

Goddard, **Charlie Doherty** (3rd under 23 years), **Leo Peterson** and **Will Keir** combined to take silver in the teams competition.

At the Short Course Championships **Kate Spencer** and **Izzy Thornton-Bott** finished second and third in the open women's event while **Grace Kells** won the under 16 years 4km race.

UTS Norths cross country point score champions for the 2019 season were:

Women:

Open **Izzy Thornton-Bott**; U/20 **Abby Rockliffe**; U/18 **Rosie Fordham**; u/16 **Mia Fry**; 60+ years **Deborah Drennan**; 65+ years **Dorothy Kass**.

Men: Open **Ed Goddard**; U/20 **Will Keir**; u/18 **Kieran Gorman**; U/16 **Cam Gorman**; u/14 **Jacob Magner**; 55+ years **Brad Sharpe**; 65+ years **Doug Barrett**.

On the road **Kieran Tall** finished third in the Sydney 10.

NSW All Schools Championships

Mali Lovell was the best performing UTS Norths athlete at the NSW All Schools championships, taking home three gold medals. She won the Para 100m, 200m and 800m in a sustained display of excellence over three days.

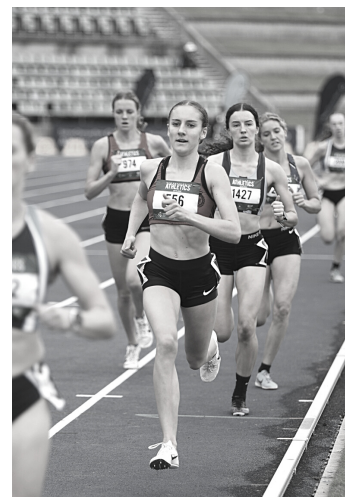
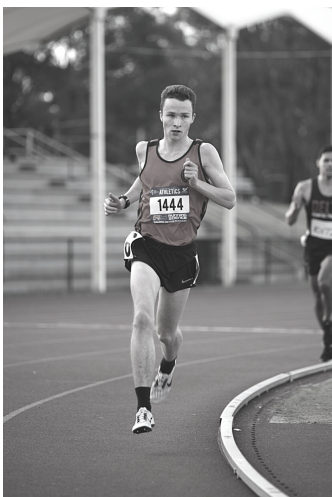
Other UTS Norths gold medalists included: **Georgia Fichardt** (15 years girls 90m hurdles and 200m hurdles), **Greta Andrews** (16 years girls 100m), **Alice Dixon** (16 years girls 200m), **Jasmin Guthrie** (16 years girls 400m), **Hannah Cerezo** (2000m steeplechase), **Annika Lynch** (16 years girls triple jump), **Imogen Gardiner** (17 years girls 1500m, 3000m), **Olivia Inkster** (14 years 400m), **Sienna Bond** (14 years girls long and triple jumps), **Darcy Holmes** (15 years boys high jump), **Dominic Panozzo** (16 years boys 400m hurdles), **Stuart Downie** (16 years boys hammer throw) and **Kieran Gorman** (17 years boys 3000m).

Sienna Bond fell just 4cm short of the 14-years triple jump meet record bounding out to 11.92m. Sienna was also impressive in her long jump win with 5.55m.

NSW has a strong group emerging in the 16 years girls 400m hurdles with UTS Norths pair **Isabella Guthrie** (64.30) and **Annika Lynch** (64.83) finishing second and third behind the outstanding **Tianna Skelton**. In a high quality 14 years girls 200m second placed **Olivia Inkster** dipped under the meet record running 24.33. Third was another UTS Norths runner **Gabriella Taylor** in 24.69. **Alice Dixon** was equally as impressive in taking out her 200m in 24.56.

One of the most exciting races of the championships was **Georgia Fichardt's** 90m hurdles. In a tight finish Georgia came through to snatch victory in 12.91. **Imogen Gardiner** clocked the fastest 1500m and 3000m times of the championships marks of 4:27.80 and 9:43.89 – both just outside the meet records. **Annika Lynch** claimed a club record of 12.30m in winning her triple jump.

Left, Will Keir (1444), Middle, Erin Shaw (2830), Right, Imogen Gardiner (556)



NSW State Relays

A heroic final leg by **Mason Cohen** secured UTS Norths the gold medal in the prestigious open men's 4x800m at the NSW Relay Championships at Campbelltown on the weekend. The thrilling race in which UTS Norths edged a star laden Bankstown team was the highlight of a great weekend for our club. It was one of 31 gold medals which UTS Norths won, including four in the open division with our open women's 4x1500m and long jump teams tasting victory along with the open men's discus team.

As if inspired by Cohen's brilliance on Day 1, 13-year-old **Sarah Baker**, competing in the under 20 years women's 4x800m, produced a withering finish on her final lap to grab victory for her team in the shadows of the post.

Our masters dominated in the field and on the track, winning almost every event they contested. Masters teams set at least three State records including in the men's 240+ years 4x800m with our treasurer dashing **Doug Barrett** scooting around the track like an ever ready bunny to set up his team's victory.

Our junior women sprinters were brilliant, winning the under 18 years 4x100m and 4x200m and the under 20 years 4x200m and 4x400m. The under 18 years girls 4x200m team was so good with **Alice Dixon** running a cracking last leg that they broke the club record for both the under 18 and under 20 age groups.

In the under 18 years 4x100m, **Jess McIver** was very courageous in the final leg, grimly holding off the fast finishing Campbelltown runner. And in the under 20 years 4x200m, the A and B teams staged a brilliant one-two finish. Overall UTS Norths set 18 club records and won 31 gold medals, 19 silver and 15 bronze.

NSW Club Championships

UTS Norths entered 11 teams in the NSW Club Championships, winning six gold medals and three silver and one bronze. The gold medal winning teams were the under 17 girls, under 20 women, 40+ years women, under 11 boys, under 17 boys and 50 + years men while the open women, 50+ years women and open men were runners-up. The 40+ years men were third. Congratulations and thanks to **Ryan Dowling and Sam Colless** who spent many hours putting the teams together.

In the under 17 years it was a comfortable victory for UTS Norths with three wins from **Morgan Kelaher** (100m/200m 12.52/25.75) and **Hannah Cerezo** (3000m 11:04.82). In the under 20 the women's best performance of the day was a 5.53m long jump from **Sienna Bond**. UTS Norths also won the 800m (**Pascale La Hei 2:23.66**) and 3000m (**Abby Lander 11:43.16**). In the 40+ years women's championship, the battle between UTS Norths, Mingara and The Hills came down to the last event.

NSW Club Championships

Leaders UTS Norths needed a top-2 finish to claim the team title, which they achieved by one point with second place in the relay. They had been strong on the track all day, with Monique Perry taking the sprint double in times of 12.83/26.33.

In the women's 50+ years event best performances on the day were **Kylie Strong's** 13.21 100m and **Maria Cimino's** 30.66 in the 200m. Star of the under 11 boys competition was **Jimmy Thebridge** with wins in the 100m (13.63), 200m (28.61) and long jump (4.44m). In the under 17 boys UTS Norths had a comfortable win with fine individual wins by **Scott Wong** (100m/200m 11.55/22.82), **Kalan McEvoy** (800m 2:07.15) and **Stuart Downie** (shot 12.21m). In the men's 40+ years competition, third placed UTS Norths were served well by jumper **David Thebridge** with wins in the high jump (1.65m) and long jump (5.96m). In the 50+ years men's competition UTS Norths were untroubled. **David Turner and Antony Guest** were strong with dual wins, David in the sprints (12.82/26.07) and Antony in the jumps (long jump 4.91m/high jump 1.40m). Of the 63 athletes who represented UTS Norths in the Club Championships, 21 were from **Ron Bendall's** squad.

Other outstanding performances

Chloe Davis won the open women's heptathlon at the NSW Combined Events Championships.

Will Freyer jumped a wind assisted 7.71m (+2.1) in long jump at ACT. His legal 7.66m was a UTN u23 record and just 1cm behind Commonwealth Games rep Peter Banks' open UTN record. **Carley Thomas** set a UTN open women's record of 2m1.01s in London's Diamond League meet.

In America **Mackenzie Little** successfully defended her NCCA Women's Javelin Championship with third longest throw of her career 59.40m. **Kieran Tall** was 12th in an incredibly fast Zatopek 10,000 in which he broke Olympian John Farrington's UTN open men's record. **Monique Perry** finished 2019 as the fastest women in the world over 100m and 200m in the 45+ years age group.

Ashley McMahon won the inaugural Peter Crombie Award at the NSW Masters presentation lunch. The award is for the athlete whose performance at a State Championship is the closest percentage to the world record in that age group. Ashley's time in the men's 40+ years 100m was 95% of the world record. He was also named male sprinter of the year and was a member of the 35+ years men's 4x200m team which won the silver medal at the World Masters Indoor Championships, setting an Australian open record. They were named relay team of the year.

Major Award Winners

On 1 June 2019 we acknowledged our 2018/19 season award winners at our presentation dinner at Chatswood RSL. Their names were not published in the previous annual report in order to maintain surprise on the night, so we are very pleased to list and recognise them again here. Well done to all of them.

This year we were looking forward to gathering again at the RSL to recognize our current season winners. Sadly Covid-19 restrictions have prevented us from doing that this year, however we are still excited to announce our winners listed below. We look forward to the opportunity to celebrate these winners and their achievements once restrictions are lifted but in the meantime CONGRATULATIONS one and all!

	2018/19 SEASON WINNER	2019/20 SEASON WINNER
The Ray Frith Trophy Most Improved Under 16 Female	Olivia Inkster	Olivia Inkster
The John Hanman Trophy Most Improved Under 16 Male	Max Milani	Max Milani
The Ruth Frith Trophy Most Improved Under 18 Female	Imogen Gardiner, Annika Lynch	Annika Lynch
The Ray Land Trophy Most Improved Under 18 Male	Lachlan Dalton	Darcy Holmes
The John Suters Memorial Trophy Most Improved Under 20 Female	Kristie Edwards	Desleigh Owusu
The Treloar Trophy Most Improved Under 20 Male	Hugo Whitehead	Thomas Hunt
The Gloria Seymon Trophy Female Masters Athlete of the Year	Deborah Drennan	Maria Cimino, Monique Perry
The Paul McCoy Trophy	Trevor Young	Matthew Woodhouse
The Janet Naylor Trophy Most Outstanding in Jumps	Emmanuel Fakiye	Will Freyer
The Margaret Wrigley Trophy Most Outstanding in Throws	William Brown	Tim Heyes

Major Award Winners

The Danielle Senior Trophy the Best Multi Event Athlete	Alec Diamond	Alec Diamond
The Dowling and Fitzgerald Trophy Athlete with a Disability of the Year	Mali Lovell	Isla Gillespie
The Laurie Toogood Trophy Middle Distance Runner of the Year	Jye Perrott	Mason Cohen
The Nancy Lloyd Trophy Most Outstanding Distance Athlete	Abbey Rockcliff	Georgia Winkcup
NSW Maccabi Amateur Athletics Club Trophy Cross Country Runner of the Year	Ed Goddard	Leo Peterson
The Peter Lucas Memorial Trophy for the Best Performance at Sydney Olympic Park Athletics Centre	Mason Cohen	Bendere Oboya
The Mike Poirrier Trophy Best Club Person	Warren Jones, Nancy Lloyd	Steph Power, Amanda Johnstone
The Jennifer Jay Memorial Trophy Coach of the Year	Ben Liddy, Penny Gilles	Ron Bendall
The Wayne Lever Female Athlete Encouragement Award	Susie Douglas	Chloe Davis
The Wayne Lever Male Athlete Encouragement Award	William Freyer	Christopher Ius
The Jack Pross Award for the UTS Northern Suburbs Athlete Closest to International Standard	Carley Thomas	Carley Thomas
UTS Northern Suburb Athletic Club Best Team Performance	Womens Medley Relay Kristie Edwards, Stephanie Power, Bella O'Grady, Carley Thomas	Women's XC Relay Abbey Rockcliff, Annabel McDermott, Kate Spencer, Isabella Thornton-Bott
Grass Games Eliminator Winners	Leo Peterson, Joanna Cubis	Lewis Horenko, Lora Roff

CLUB MEMBERS 2019/2020

Abdoulie, Asim
Ackland, Lars
Adams, Ryan
Ambat, Marcisus
Amy-Wilson, Portia
Anderson, Hannah
Anderson, Sophie
Andrews, Greta
Archer, James
Archer, Robert
Archer, Sophia
Arko, Sebastian
Armstrong, Amelie
Ashton, Caleb
Asikin, Angela
Asikin, Rebecca
Austin-Cray, Will
Bailey, Elizabeth
Baker, Sarah
Ball, Stephen
Banks, Zoe
Bannister, Emily
Bannister, Zach
Barclay, Charles
Barrett, Douglas
Barron, Ellis
Bartholomew, Alexandra
Baskin, Robbie
Bastas, Nicholas
Bates, Eva
Bates, Sam
Baulman, Melissa
Bealby, Nellie
Bennett, Mackenzie
innekamp, Lachlan
Bond, Samara
Bond, Sienna
Boston, Chloe
Bowtell, Nicola
Boys, Annika
Boys, Eloise
Bradshaw, Joseph

Brennan, Elise
Briffa, Renee
Brown, Ainslie
Brown, Lauren
Brown, Suzanne
Brown, William
Burke, Edie
Burke, Melinda
Butler, Matthew
Carter, Ben
Carter, Terrence
Cepak, Mark
Cerezo, Hannah
Chamberlain, Grace
Chamberlain, Kevin
Chapman, John
Charlier, Dylan
Cimino, Maria
Cogan, Xanthe
Cohen, Mason
Colburn, Hugh
Colless, Samuel
Collett, Jackson
Colman, Myles
Colman, William
Conti, Bianca
Cook, Evie
Cook, Kathleen
Cooper, Fleur
Costello, David
Craker, Rowena
Crimi, Anthony
Crowe, Matt
Culhane, Jim
Davis, Chloe
Davis, Joanna
Davis, Samantha
Dennett, Max
Dennett, Tomas
Dennis, Joseph
Dennison, Louis
Devine, Stephanie

CLUB MEMBERS 2019/2020

Diamond, Alec
Dixon, Alice
Doak, Hugo
Doherty, Charlie
Doherty, Eloise
Doney, Sebastian
Donnelley, David
D'onofrio, Nicolette
Douglas, Peter
Douglas, Ross
Dowling, Nicholas
Dowling, Ryan
Downie, Stuart
Drennan, Deborah
Eagland, Jacob
Edwards, Ashlie
Edwards, Jack
Edwards, Kristie
Edwards, Oliver
Eggleton, Xavier
Elias, Ken
Elias, Suzy
Elkins, Cooper
Ellery, Jasmine
Elvy, Cameron
Esteban, Tomas
Faddy, Jack
Fakiye, Emmanuel
Feldman, Cody
Feldman, Curtis
Feldman, Kennedy
Fichardt, Georgia
Fisher, Kyle
Fisher, Luke
Fisher, Max
Fitzsimmons, Sean
Fleming, Wendy
Fokas, Mark
Fordham, Rosie
Freyer, William
Fry, Mia
Furminger, Corey

Galea, Charlotte
Galligan, Charles
Gardiner, Imogen
Gardiner, Michael
Gassmann, Sascha
Gedz, Joshua
Gedz, Michael
Gillespie, Isla
Gillies, Leslie
Glascott, Thomas
lascott, Tom
Godbold, Alexander
Goddard, Edward (Ed)
Gorman, Cameron
Gorman, Kieran
Gorman, Liam
Gorman, Olivia
Greatrex, Charlotte
Grinbergs, Edita
Grinbergs, Orlando
Grubisic, Sophia
Guest, Antony
Gurry, Cameron
Guthrie, Isabella
Guthrie, Jasmin
Guthrie, Sally
Hall, Lachlan
Hall, Stella
Hamilton, Brian
Hammond, Kyle
Hampel, Andres
Hanmer, Lauren
Hanna, Sarah
Harkin, Grace
Harvey, Daniel
Harvey, Eliza
Hatch, Annabelle
Hatch, Daniel
Healy, Georgia
Healy, Mitchell
Hemsworth, Mia
Hewitt, Simon

CLUB MEMBERS 2019/2020

Heyes, Timothy
Heytman, Benjamin
Higgins, Peter
Higson, Jacinta
Ho, Jason
Hodson, Bronte
Holmes, Cadel
Holmes, Darcy
Holmes, Norman
Holmes, Sam
Hughes, Richard
Hunt, Angus
Hunt, James
Hunt, Matthew
Hunt, Thomas
Hunter, John
Huyskens, Madeleine
Ingram, Nicholas
Inkster, Olivia
Ius, Christopher
John, Taylor
Johnson, Michael
Johnstone, Abigail
Jones, Aidan
Jones, Bob
Jones, KarenJ
ones, Lola
Jones, Teagan
Jones, Warren
Joseph, John
Kamara, Ismail Dudu
Kass, Dorothy
Kefford, William
Kelahe, Bronwyn
Kelahe, Morgan
Kells, Grace
Kendrick-Little, Hugo
Kingsmill, Curtis
Kirk, Koray
Konomanyi, Michael
Koster, Ella
La Hei, Genevieve

La Hei, Pascale
Lambert, Marc
Land, Andrew
Lander, Abby
Layt, Caroline
Lee, Dominic
Lee, Julian
Lenehan, Kalani
Leslie, Oliver
Little, Austin
Liu, Bensen
Livingstone, Emma
Lloyd, Nancy
Lo Cascio, Sebastien
Loane, Kim
Longley, Isabella
Lovell - T/F36, Mali
Lukauskis, Mathias
Lynch, Annika
Mac Donald, Andrew
MacDonnell, Samuel
MacDonnell, Thomas
Maciver, Jessica
Macpherson, Katie
Madgwick, Matthew
Magner, Jacob
Magner, Simon
Mahmud, Daanish
Mahon, Max
Maloy, Zackary
Maple-Brown, Annabel
Maybury, Ben
Mayo, Jared
McCaughey, Zara
McEvoy, Kalan
McFadden, Jack
McGrath, Tim
McKenzie, Ethan
McMahon, Ashley
McMahon, Zion
Mcvey, Matthew
Merlino, Emma

CLUB MEMBERS 2019/2020

Metelovski, Sean
Middleton, Toby
Mikan, Catherine
Milakovic, Natasha
Milani, Max
Miman, Elie
Mitchell, Stacy
Moore, Rebecca
Moore, Rose
Morphett, Melissa
Morrison, Aela
Morrison, Cormac
Morrison, Llewyn
Mufford, Toby
Murray, Caerleon
Murray, Henry
Myrizas, Jonathan
Naylon, Janet
Ndlovu, Ashlyn
Neasmith, Joel
Nemeth, Daniel
Nicholson, Henry
Nolan, Daniel
Norquay, Elena
Norris, Alexander
Novicic, Zoran
O'Grady, Gabriella
O'Regan, Estelle
Oakley, Bridget
Oboya, Bendere
O'Brien, Tahlia
O'Dowd, Bella
ODowd, Charlotte
O'Dowd, Charlotte
O'Dowd, Georgia
O'Regan, Estelle
Orr, Jacob
Otten, Matthew
Owusu, Desleigh
Panozzo, Dominic
Panozzo, Giuliana
Parker, Carmel

Partridge, Eleanor
Patel, Dylan
Patel, Kieren
Paterson, Stuart
Pattas, Luke
Patterson, Robert
Perry, Monique
Perry, Zara
Petersen, Jack
Peterson, Leo
Philip, Alyssa
Phillips, Andrew
Phillips, Cayla
Pitts, Thomas
Pollack, Ben
Potter, Stephanie
Powell, Jada
Powell, Madeleine
Power, Stephanie
Priest, Sally
Puckeridge, David
Quinnell, Sophie
Ramondetta, Victor
Ratajec, Holly
Reed, Yael
Reilly, Vincent
Reynolds, Siena
Richardson, Sally
Richardson, Sam
Richmond, Gabriella
Riddell, Philippa
Rockliff, Abbey
Rose, Rebekah
Ross, Ron
Roughan, Charlie
Russell, Andrew
Ryan, Charlotte
Ryan, Connor
Ryu, Joey
Sacco, Hannah
Saravanja, Lucija
Sarmiento, Jordan

CLUB MEMBERS 2019/2020

Saroukos, Sofia
Schell, Jenny
Scholle, Saskia
Schultz, Sophie
Senior, Jillian
Seymon, Jim
Sharpe, Brad
Shaw, Erin
Shinfield, Lauren
Shoesmith, Ronald
Shute, Nathan
Sim, Kyle
Smith, Bronte
Smith, Emily
Smith, Helena
Smith, Julien
Smith, Matthew
Soderlund, Zeth
Spanswick, Georgia
Spencer, Kate
Steanes, Bart
Steanes, Ellington
Stenberg, Prada
Stenmark, Louis
Stevanovic, Abigail
Stokeld, Oliver
Strong, Kylie
Swann, Albert
Swinhoe, Jan
Takchi, Carla
Tall, Kieren
Tan, Kai Zhe
Tan, Xin Min
Tate, Harrison
Taylor, Gabriella
Taylor-Thorne, Imogen
Thebridge, David
Thebridge, Jimmy
Thomas, Carley
Thomas, Margaret
Thomson, Ali
Thornton-Bott, Isabella

Trainor, Ciara
Trainor, Paul
Tse, Eric
Tshuma, Taboka
Turner, David
Twells, Jackson
Vasquez, Marco
Venning, Evan
Villa, Kora
Wahby, Kate
Waldock, Brodie
Walker, Nicholas
Warton, Sybella
Wayne, Tarsha
Wenzel, Patrick
West, Andy
White, Daniel
Whitehead, Hugo
Whiteman, Darren
Williams, Elijah
Williams, Heidi
Williams, Lara
Wilson, Miles
Winkcup, Georgia
Withnall, Elana
Wolfers, Roslyn
Wong, Rhedyn
Wong, Scott
Woodhouse, Mathew
Woodward, Antoinette
Wright, Jenni
Young, Trevor
Yu, Jaiden
Zihlmann, Maxi

UTS Northern Suburbs Athletic Club Track & Field Records as at March 31, 2020

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	Athlete/s (age)	Date	Venue	Record
WOMEN							
60m	7.52	0.0	Open	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.56	1.9	U23	Gabriella O'Grady (20)	Jan 14 2017	Beaton Park, Wollongong	
60m	7.3h	NWI	U20	Laura Verlinden (18)	July 1 2006	Narrabeen	
60m	7.72	1.6	U18	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	#
60m	7.72	1.6	U17	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	#
60m	7.72	1.6	U16	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	#
60m	7.72	1.6	U15	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown	#
60m	7.88	0.2	U14	Gabriella Taylor (13)	Dec 10 2018	Cairns	
60m	8.30	-0.1	U13	Gabriella Taylor (12)	Nov 18 2017	Blacktown	
60m	7.52	0.0	W30	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medicott (36)	Nov 13 2004	Mingara	
60m	7.91	-1.1	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush	
60m	7.98	1.6	W45	Monique Perry (45)	Oct 26 2019	The Crest, Bankstown	#
60m	8.23	1.8	W50	Kylie Strong (50)	Apr 26 2018	Perth	
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	Sep 24 2016	Rotary, Chatswood	
60m	10.1h	NWI	W60	Deborah Drennan (61)	Sep 21 2019	Rotary, Chatswood	#
60m	11.7h	NWI	W65	Jillian Senior (65)	Feb 17 2018	Rotary, Chatswood	
60m	11.7h	NWI	W65	Jillian Senior (66)	Feb 16 2019	Rotary, Chatswood	
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
60m	12.63	-1.1	W80	Kathleen Cook (80)	March 4 2018	Blacktown	
100 yards	10.4h		Open	Jenny Lamy (17)	1966		
100m	11.20		Open	Jenny Lamy (18)	1967		
100m	11.84	0.6	U23	Gabriella O'Grady (20)	Mar 11 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	Karlle Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.87	1.9	U16	Karlle Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.93		U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
100m	13.11	NWI	U13	Kristie Edwards (12)	Aug 23 2012	SOPAC, Homebush	
100m	11.60	1.7	W30	Jessica Knox (33)	Jan 7 2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medicott (36)	Nov 13 2004	Mingara	
100m	12.3h	NWI	W40	Monique Perry (43)	Apr 7 2018	Rotary, Chatswood	
100m	12.62	0.0	W45	Monique Perry (45)	Dec 21 2019	The Crest, Bankstown	#
100m	12.90	2.0	W50	Kylie Strong (50)	Apr 27 2018	Perth	
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	Oct 29 2016	Rotary, Chatswood	
100m	17.33	1.1	W60	Margaret Thomas (61)	Mar 3 2018	Blacktown	
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith			
100m	19.30		W75	Ruth Frith			
100m	19.3h		W80	Ruth Frith (81)	1990		SR
100m	29.23	-3.2	W85	Laurel Barrett (86)	Feb 20-22 2016	SOPAC, Homebush	SR
150m	18.84		Open	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U20	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U18	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U17	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U16	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U15	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	18.84		U14	Gabriella Taylor (13)	Dec 10 2018	Cairns	
150m	26.39	NWI	U13	Rheanna McMahon (12)	Sep 17 2016	Rotary, Chatswood	
150m	21.43	NWI	W35	Yael Reed (35)	Jan 27 2018	Rotary, Chatswood	
150m	18.7h	NWI	W40	Monique Perry (44)	Dec 8 2018	Rotary, Chatswood	
150m	19.2h	NWI	W45	Monique Perry (45)	Dec 7 2019	Rotary, Chatswood	#
150m	23.72	NWI	W50	Bronwyn Kelaher (52)	May 27 2018	Campbelltown	
150m	23.16		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
150m	27.70	NWI	W60	Margaret Thomas (63)	Dec 7 2019	Rotary, Chatswood	#
200m	22.88	2.0	Open	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.93	0.8	U23	Gabriella O'Grady (20)	Feb 20 2017	AIS, Canberra	
200m	22.88	2.0	U20	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.93	-0.3	U18	Karlle Morton (17)	Mar 11 2010	SOPAC, Homebush	
200m	24.25	0.4	U17	Olivia Inkster (14)	Dec 6 2019	Perth	#
200m	24.25	0.4	U16	Olivia Inkster (14)	Dec 6 2019	Perth	#
200m	24.25	0.4	U15	Olivia Inkster (14)	Dec 6 2019	Perth	#
200m	24.99	0.6	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
200m	26.43	NWI	U13	Alice Dixon (12)	Dec 6 2015	Woden Park, Canberra	
200m	24.12	0.2	W30	Jessica Knox (33)	Dec 17 2012	SOPAC, Homebush	
200m	24.64	-1.7	W35	Renee Robson (36)	Mar 2 2014	SOPAC, Homebush	
200m	26.01	0.4	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush	
200m	26.12	0.0	W45	Monique Perry (45)	Dec 21 2019	The Crest, Bankstown	#
200m	26.39	0.0	W50	Kylie Strong (50)	Mar 24 2018	The Crest, Bankstown	
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	Dec 18 2016	SOPAC, Homebush	
200m	34.45	-0.1	W60	Deborah Drennan (60)	Jan 19 2019	SOPAC, Homebush	
200m	35.50		W65	Kathleen Cook	2004/05		
200m	50.0h	NWI	W75	Kathleen Cook (79)	Oct 8 2016	Rotary, Chatswood	
200m	44.80	2.0	W80	Kathleen Cook (81)	Nov 10 2018	Gold Coast	
300m	39.52		Open	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	40.41		U23	Annabelle Smith (20)	Feb 15 2003	Campbelltown	
300m	39.52		U20	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	41.36		U18	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	
300m	41.36		U17	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	
300m	41.36		U16	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	
300m	44.95		U15	Edita Grinbergs (14)	Nov 21 2015	Rotary, Chatswood	
300m	45.62		U14	Olivia Inkster (13)	Jan 27 2018	Rotary, Chatswood	
300m	56.99		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	
300m	44.49		W40	Jacqueline Bezhiddenhout (41)	Dec 20 2008	The Crest, Bankstown	
300m	41.76		W45	Marie Kay (49)	Dec 19 2009	SOPAC, Homebush	
300m	54.3h		W50	Stephanie Markos (52)/Sarah Culhane (54)	Dec 8 2018	Rotary, Chatswood	
300m	49.79		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
300m	55.1h		W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood	#
400m	51.80		Open	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush	
400m	51.80		U23	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush	
400m	53.88		U20	Anneliese Rubie (18)	Mar 11 2010	SOPAC, Homebush	
400m	54.12		U18	Carley Thomas (17)	Dec 3 2017	SOPAC, Homebush	
400m	55.80		U17	Carley Thomas (16)	Dec 18 2016	SOPAC, Homebush	
400m	56.09		U16	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	
400m	1:00.72'		U13	Cayla Phillips (12)	Oct 14 2017	SOPAC, Homebush	
400m	54.83		W30	Renee Robson (34)	Mar 30 2012	SOPAC, Homebush	
400m	56.74		W35	Renee Robson (35)	Mar 21 2013	Blacktown	
400m	1:01.87		W40	Renee Briffa (44)	Nov 2 2019	The Crest, Bankstown	#
400m	58.79		W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	
400m	1:05.94'		W50	Kylie Strong (50)	Oct 28 2017	The Crest, Bankstown	
400m	1:08.28		W55	Gabrielle Whelan (55)	Nov 5 2016	Perth	
400m	1:14.62		W60	Deborah Drennan (60)	Sep 12 2018	Malaga, Spain	
400m	1:25.7h		W65	Lesley Eller (66)	Jan 9 2010	Rotary, Chatswood	SR
400m	2:49.3h		W80	Laurel Barrett (84)	Nov 8 2014	Rotary, Chatswood	
600m	1:39.6h		Open	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood	
600m	1:39.6h		U20	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood	
600m	1:39.6h		U18	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood	
600m	1:58.5h		U17	Abby Lander (16)	Dec 8 2018	Rotary, Chatswood	
600m	2:01.61		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:06.97		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	
600m	2:12.47		W40	Joanna Davis (41)	Jan 27 2018	Rotary, Chatswood	
600m	2:02.70		W55	Deborah Drennan (57)	Sep 17 2016	Rotary, Chatswood	

600m	2:06.5h	W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood	#
800m	2:01.01	Open	Carley Thomas (19)	Jul 21 2019	London	#
800m	2:02.88	U23	Sianne Toemoe (22)	Apr 1 2011	Perth	
800m	2:01.01	U20	Carley Thomas (19)	Jul 21 2019	London	#
800m	2:03.66	U18	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	
800m	2:05.40	U17	Carley Thomas (16)	Dec 2 2016	AIS, Canberra	
800m	2:09.08	U16	Imogen Gardiner (15)	Dec 12 2017	Adelaide	
800m	2:13.48	U15	Edita Grinbergs (14)	Oct 17 2015	SOPAC, Homebush	
800m	2:17.21	U14	Lara Williams (13)	Mar 14 2018	SOPAC, Homebush	
800m	2:22.62	U13	Ruby Hackett (12)	2004		
800m	2:21.98	W30	Rebecca Gibbs (31)	Dec 17 2011	SOPAC, Homebush	
800m	2:14.1h	W35	Stacey Quitzau	1997/98		
800m	2:15.39	W40	Anne Forbes (44)	Apr 13 2001		SR
800m	2:31.34	W45	Kaye Smythe	1997/98		
800m	2:34.94	W50	Robyn Suttor (50)	Oct 11 2009	SOPAC, Homebush	
800m	2:40.80	W55	Deborah Drennan (55)	Feb 1 2014	SOPAC, Homebush	
800m	2:42.58	W60	Deborah Drennan (60)	Sep 11 2018	Malaga, Spain	
800m	3:18.4h	W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	SR
1000m	2:48.41	Open	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	2:48.41	U20	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	2:48.41	U18	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	3:05.41	U17	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	
1000m	3:05.41	U16	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	
1500m	4:10.83	Open	Trychelle Kingdom (25)	Mar 26 2015	Brisbane	
1500m	4:21.13	U23	Isabella Thornton-Bott (21)	Feb 24 2019	SOPAC, Homebush	
1500m	4:21.87	U20	Sara McDermott (18)	Mar 14 2018	SOPAC, Homebush	
1500m	4:23.32	U18	Sara McDermott (17)	Nov 23 2017	The Crest, Bankstown	
1500m	4:23.97	U17	Abbey Rockliff (16)	Nov 23 2017	The Crest, Bankstown	
1500m	4:25.37	U16	Annabel McDermott (15)	Dec 5 2014	Santos Stadium, Adelaide	
1500m	4:35.70	U15	Annabel McDermott (14)	Dec 6 2013	Townsville	
1500m	4:42.97	U14	Ruby Hackett (13)	2005	SOPAC, Homebush	
1500m	4:46.39	U13	Sarah Baker (12)	Oct 5 2019	The Crest, Bankstown	#
1500m	5:06.19	W30	Rebecca Gibbs (31)	Feb 24 2012	The Crest, Bankstown	
1500m	4:39.19	W35	Anne Forbes (39)	1995		
1500m	4:40.30	W40	Anne Forbes	1996/97		
1500m	5:15.18	W45	Diane Aitken	2001/02		
1500m	5:37.22	W50	Deborah Drennan (51)	Apr 2 2010	Perth	
1500m	5:40.55	W55	Deborah Drennan (57)	Apr 27 2016	Santos Stadium, Adelaide	
1500m	5:47.04	W60	Deborah Drennan (60)	Sep 16 2018	Malaga, Spain	
1500m	6:54.6h	W65	Lesley Eller (66)	Nov 7 2009	Rotary, Chatswood	
1 mile	4:35.6h	Open	Trychelle Kingdom (24)	Dec 16 2014	The Crest, Bankstown	
1 mile	4:44.79	U23	Isabella Thornton-Bott (22)	Jan 11 2020	Beaton Park, Wollongong	#
1 mile	4:45.03	U20	Abbey Rockliff (17)	Dec 22 2018	The Crest, Bankstown	
1 mile	4:45.03	U18	Abbey Rockliff (17)	Dec 22 2018	The Crest, Bankstown	
1 mile	5:05.00	U17	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:39.14	U16	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:39.14	U15	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:52.40	U14	Claudie White (13)	Dec 18 2010	SOPAC	
1 mile	5:55.25	U13	Nicola Christou (12)	Dec 22 2018	The Crest, Bankstown	
1 mile	6:09.30	W50	Deborah Drennan (53)	Dec 13 2011	The Crest, Bankstown	
1mile	6:14.82	W55	Deborah Drennan (57)	Jan 16 2016	Beaton Park, Wollongong	
3000m	9:19:72	Open	Georgia Winckup (22)	Nov 9 2019	SOPAC, Homebush	#
3000m	9:19:72	U23	Georgia Winckup (22)	Nov 9 2019	SOPAC, Homebush	#
3000m	9:22.66	U20	Sarah McDermott (18)	Nov 10 2018	SOPAC, Homebush	
3000m	9:24.23	U18	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	
3000m	9:24.23	U17	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	
3000m	9:27.98	U16	Annabel McDermott (15)	Dec 11 2014	SOPAC, Homebush	
3000m	9:52.16	U15	Annabel McDermott (14)	Nov 9 2013	SOPAC, Homebush	
3000m	10:16.4h	U14	Ruby Hackett (13)	Oct 29 2005	The Crest, Bankstown	
3000m	10:34.85	U13	Sarah Baker (12)	Oct 12 2019	SOPAC, Homebush	#
3000m	10:28.5h	W30	Mary Fien	2003/2004		
3000m	10:02.5h	W35	Anne Forbes (39)	1995		
3000m	10:10.90	W40	Anne Forbes	1996/97		
3000m	11:03.0h	W45	Diane Aitken	2001/02		
3000m	12:37.17	W50	Deborah Drennan (51)	Jan 23 2010	SOPAC, Homebush	
3000m	12:38.77	W55	Deborah Drennan (56)	Nov 8 2014	SOPAC, Homebush	
3000m	12:51.2h	W60	Maureen Cadogan	2002/03		
3000m	15:34.5h	W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
3200m	12:53.48	Open	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48	U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
5000m	15:57.57	Open	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	16:19.00	U23	Eliza Stewart (20)	Feb 9 2007	Brisbane	
5000m	15:57.57	U20	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	15:57.57	U18	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	18:04.75	U17	Bridget Reilly (16)	Feb 24 2012	AIS, Canberra	
5000m	20:14.46	U16	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:14.46	U15	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:14.46	U14	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown	
5000m	20:30.03	U13	Nicola Christou (12)	Oct 20 2018	SOPAC, Homebush	
5000m	17:35.42	W30	Mary Fien (34)	May 15 2007	Darwin	
5000m	17:26.5h	W35	Anne Forbes (39)	1995		
5000m	17:48.60	W40	Anne Forbes	1996/97		
5000m	18:16.57	W45	Joanne Cowan (46)	Apr 15 2001	The Crest, Bankstown	SR
5000m	22:35.79	W50	Deborah Drennan (52)	Dec 11 2010	SOPAC, Homebush	
5000m	22:33.24	W60	Deborah Drennan (61)	Nov 30 2019	SOPAC, Homebush	#
10000m	34:36.79	Open	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	35:13.85	U23	Eliza Stewart (20)	Feb 3 2007	SOPAC, Homebush	
10000m	34:36.79	U20	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	43:37.79	U18	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79	U17	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79	U16	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79	U15	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79	U14	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	43:37.79	U13	Nicola Christou (12)	Oct 6 2018	Bankstown	
10000m	45:21.55	W30	Marika Hemming	2004/05		
10000m	39:23.30	W35	Marina Dulhunty	1996/97		
10000m	42:24.5h	W40	Marina Dulhunty	1999/2000		
10000m	39:27.43	W45	Joanne Cowan	2003/2004		
100m Hurdles - 0.840m	13.42	Open	Jenny Laurendet (28)	1990		
100m Hurdles - 0.840m	13.91	-0.2	Gabriella O'Grady (20)	Jan 21 2017	The Crest, Bankstown	
100m Hurdles - 0.840m	13.91	0.9	Carla Takchi (22)	Mar 10 2019	SOPAC, Homebush	
100m Hurdles - 0.840m	13.53	1.3	Gabriella O'Grady (19)	Jul 22 2016	Bydgoszcz, Poland	
100m Hurdles - 0.762m	13.60		Charlotte Yeates (17)	2004/05		
100m Hurdles - 0.762m	13.61	1.5	Tiana Death (16)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
80m Hurdles - 0.762m	12.20	1.9	Melissa Farrington (13)	Dec 2 2016	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	Melissa Farrington (12)	Nov 30 2008	AIS, Canberra	
100m Hurdles - 0.840m	13.46	W30	Jenny Laurendet (31)	Nov 20 2007	SOPAC, Homebush	
100m Hurdles - 0.840m	17.55	0.9	Janet Naylor (39)	1993		
80m Hurdles - 0.762m	12.93	NWI	Helen Searle (44)	Aug 29 2005	San Sebastian, Spain	
80m Hurdles - 0.762m	12.32	-1.1	Marie Kay (49)	1983	Olympic Park, Melbourne	
80m Hurdles - 0.762m	12.96	-0.1	Marie Kay (51)	Jul 28 2009	Lahti, Finland	NR
80m Hurdles - 0.762m	16.26	W55	Gloria Seymon (56)	Apr 21 2011	Brisbane	
80m Hurdles - 0.762m	18.78	W65	Judith Knight (67)	1993		
				1994		
200m Hurdles - 0.762m	27:46	1.6	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	28.14	NWI	Thalia Amanakis (21)	May 5 2007	Manoa, Hawaii	
200m Hurdles - 0.762m	27:46	1.6	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:46	1.6	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	27:52	-0.3	Abigail Stevanovic (14)	Oct 14 2006	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	29.16	0.7	Abigail Stevanovic (13)	Mar 11 2015	SOPAC, Homebush	

200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	Oct 22 2016	SOPAC Homebush	
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	33.87	1.2	W40	Alice Bohdan (44)	May 7 2017	AIS, Canberra	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	Apr 5 2009	Santos Stadium, Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	Jan 23 2010	SOPAC, Homebush	
300m Hurdles - 0.762m	50.79		W45	Alice Bohdan (46)	Aug 19 2018	Campbelltown	
300m Hurdles - 0.762m	49.92		W50	Jacqualine Bezuidenhout (51)	Sep 7 2018	Malaga, Spain	SR
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet (27)	1989		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	Mar 22 2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush	
400m Hurdles - 0.762m	1.04.77		U16	Emily Smith (15)	Oct 26 2019	The Crest, Bankstown	#
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	Sep 10 2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	Jul 7 2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	Jul 27 2008	Townsville, QLD	
3000m Steeplechase - 0.762m	9.34.09		Open	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	9.34.09		U23	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10:45.05		U20	Antonia Howard (19)	May 7 2016	Jamaica, USA	
3000m Steeplechase - 0.762m	11:05.42		U18	Kate Hobbs (17)	Oct 12 2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:26.69		U17	Hannah Cerezo (16)	Mar 10 2019	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	Feb 13 2009	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		Open	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	Jan 17 2013	The Crest, Banktown	
2000m Steeplechase - 0.762m	7:17.61		U16	Hannah Cerezo (15)	Sep 27 2018	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	Oct 11 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	Apr 1 2007	The Domain, Hobart	SR
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	Mar 4 2017	SOPAC, Homebush	
1500m Walk	7.30.4h		Open	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U20	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U18	R Whitehorn (17)	1967		
1500m Walk	7:52.50		U17	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U16	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U15	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U14	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	8:05.31		U13	Elise Brennan (12)	Nov 29 2014	The Crest, Bankstown	
1500m Walk	8.50.9h		W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1h		W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66		W40	Suzanne Brown (44)	Sep 24 2009	Narrabeen	SR
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	Oct 15 2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	Nov 1 2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	Feb 8 2014	Rotary, Chatswood	
1500m Walk	11:46.6h		W65	Nancy Lloyd (65)	Jan 11 2020	Rotary Field, Chatswood	#
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	Jan 16 2016	Rotary, Chatswood	
2000m Walk	10:30.56		Open	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	
2000m Walk	10:30.56		U20	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	
2000m Walk	10:30.56		U18	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	
2000m Walk	10:30.56		U17	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	
3000m Walk	16.24.08		Open	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown	
3000m Walk	16:27.8h		U23	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown	
3000m Walk	16.24.08		U20	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown	
3000m Walk	16.24.08		U18	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	Mar 11 2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	Sep 27 2014	SOPAC, Homebush	
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	Oct 31 2009	Mingara	SR
3000m Walk	19.33.36		W45	Carmel Parker (48)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	Oct 9 2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	Feb 15 2014	Rotary, Chatswood	
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	Oct 12 2013	Rotary, Chatswood	
5000m Walk	25:34.86		Open	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	29.12.11		U23	Christina Alldis (20)	Nov 25 2006	ES Marks, Kensington	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	28:31.03		U18	Elise Brennan (17)	Mar 9 2019	SOPAC, Homebush	
5000m Walk	29:32.00		U17	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	
5000m Walk	32:14.84		U16	Elise Brennan (15)	Dec 16 2017	SOPAC, Homebush	
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	Mar 25-28 2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	Apr 10 2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	Oct 22 2011	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	Apr 6 2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
5000m Walk	33:56.19		W60	Antoinette Woodward (62)	Apr 26 2019	Lakeside, Melbourne	
10000m Walk	50:03		Open	Fiuona Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	Jan 14 2006	SOPAC, Homebush	
10000m Walk	50:03		U20	Fiuona Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	Jan 20 2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	Jan 10 2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	Jan 5 2008	Campbelltown	SR
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
High Jump	1.78m		Open	Kerry Maurer	1985		
High Jump	1.69m		U23	Romi Amott (20)	Jan 31 2009	The Domain, Hobart	
High Jump	1.77m		U20	Erin Shaw (16)	Feb 23 2020	SOPAC, Homebush	#
High Jump	1.77m		U18	Erin Shaw (16)	Feb 23 2020	SOPAC, Homebush	#
High Jump	1.77m		U17	Erin Shaw (16)	Feb 23 2020	SOPAC, Homebush	#
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.68m		U15	Annika Lynch (14)	Oct 13 2017	SOPAC, Homebush	
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.57m		U13	Wendy Bebbington (12)	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney	NR
High Jump	1.51m		W40	Helen Searle (42)	1981		
High Jump	1.60m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	Jul 3 2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	Dec 25 2012	The Crest, Bankstown	
Pole Vault	3.20m		Open	Amy Moulden (23)	Feb 4 2012	SOPAC, Homebush	
Pole Vault	3.10m		U23	Amy Moulden (21)	Feb 29 2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	Oct 13 2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	6.33m		Open	Helen Frith (26)	1965		
Long Jump	5.61m	0.1	U23	Jacinta Fisher (20)	Mar 17 2018	Fort Worth, Texas, USA	
Long Jump	5.99m		U20	Virginia Young (18)	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	Feb 19 2012	Narrabeen	

Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.35m	0.1	U14	Sienna Bond (13)	Sep 30 2018	SOPAC, Homebush	
Long Jump	4.95m	1.2	U13	Sienna Bond (12)	Dec 2 2017	SOPAC, Homebush	
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medicott (38)	Apr 14 2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	Apr 2 2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Long Jump	2.80m	NWI	W65	Jillian Senior (66)	Sep 29 2018	Rotary Field, Chatswood	
Long Jump	2.32m		W75	Ruth Frith (79)	1989		
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	NR
Long Jump	2.19m		W85	Ruth Frith (86)	Mar 28 1995	SOPAC, Homebush	SR
Triple Jump	13.05m		Open	Desleigh Owusu (19)	Mar 7 2020	SOPAC, Homebush	#
Triple Jump	11.89m	1.0	U23	Annabelle Parmegiani (20)	Sep 26 2017	Griffith University, Gold Coast	
Triple Jump	13.05m		Open	Desleigh Owusu (19)	Mar 7 2020	SOPAC, Homebush	#
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	Jan 31 2015	Glendale, Newcastle	
Triple Jump	12.30m	2.0	U17	Annika Lynch (16)	Dec 7 2019	Perth	#
Triple Jump	11.92m	0.8	U16	Sienna Bond (14)	Sep 26 2019	SOPAC, Homebush	#
Triple Jump	11.92m	0.8	U15	Sienna Bond (14)	Sep 26 2019	SOPAC, Homebush	#
Triple Jump	11.06m	1.2	U14	Sienna Bond (13)	Sept 27 2018	SOPAC, Homebush	
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	Mar 3 2017	SOPAC, Homebush	
Triple Jump	10.00m	NWI	W35	Melissa Medicott (38)	Feb 4 2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	Nov 7 2015	ES Marks, Kensington	
Triple Jump	10.41m	NWI	W45	Alice Bohdan (45)	Feb 17 2018	Rotary Field, Chatswood	
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland	SR
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	Mar 16 2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	Jan 13 1993	Miyazaki, Japan	NR
Triple Jump	5.50m		W85	Ruth Frith (86)	Mar 25 1995	SOPAC, Homebush	WR
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	Sep 26 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)	Oct 13 2011	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	Sep 13 2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	Jan 26 2008	Rotary, Chatswood	
Shot Put - 4kg	8.27m		W30	Danielle Cotterill (32)	Nov 8 2013	Rotary, Chatswood	
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	Apr 14 1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	SR
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	Apr 16 2016	Santos Stadium, Adelaide	
Shot Put - 3kg	9.14m		W55	Gloria Seymon (56)	1993		
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	Nov 12 2016	Rotary, Chatswood	
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	Nov 29 2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		
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	43.28m		U23	Larissa O'Dea (22)	May 9-11 2018	Port Vila, Vanuatu	
Discus - 1kg	44.38m		U20	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U18	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96		
Discus - 750g	33.54m		U13	Elise Brennan (12)	Oct 10 2014	SOPAC, Homebush	
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	Dec 15 2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	Feb 27 2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	Jun 6 2010	Campbelltown	SR
Discus -1kg	30.29m		W50	Caroline Layt (51)	Nov2016	Perth	
Discus -1kg	22.81m		W55	Jenny Schell (57)	Feb 15 2020	Rotary, Chatswood	#
Discus -1kg	18.06m		W60	Margaret Thomas (63)	Jan 11 2020	Rotary, Chatswood	#
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	SR
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	SR
Discus - 1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne	
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	NR
Discus -1kg	12.10m		W90	Ruth Frith (91)	Apr 21-24 2000	The Domani, Hobart	NR
Hammer - 4kg	62.90m		Open	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	41.48m		U23	Larissa O'Dea (21)	Sep 25 2017	Griffith University, Gold Coast	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 3kg	50.48m		U18	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood	#
Hammer - 3kg	50.48m		U17	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood	#
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	17.07m		U14	Emily Bannister (13)	Oct 12 2017	SOPAC, Homebush	
Hammer - 4kg	62.90m		W30	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	51.45m		W35	Odette Palma (35)	Sep 3 2017	Greystanes	
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	Nov 10 2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.69m		W50	Caroline Layt (52)	Mar 4 2018	Blacktown	
Hammer - 3kg	26.60m		W55	Gloria Seymon (56)	1993		
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	Mar 5 2015	SOPAC, Homebush	
Hammer - 3kg	15.08m		W70	Roslyn Wolfers (72)	Jan 20 2018	Rotary, Chatswood	
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	60.36m		Open	Mackenzie Little (22)	Jun 7 2018	Eugene, Oregon, USA	
Javelin - 600g	60.36m		U23	Mackenzie Little (22)	Jun 7 2018	Eugene, Oregon, USA	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne	
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	Jul 11 2013	Donetsk, Ukraine	
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	Nov 30 2012	The Domain, Hobart	
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	Oct 8 2011	SOPAC, Homebush	NR
Javelin - 500g	35.80m		U15	Amber Bennett (14)	1996/97		
Javelin - 400g	36.16m		U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982		
Javelin - 600g	30.63m		W30	Danielle Cotterill (32)	Nov 9 2013	Rotary, Chatswood	
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	Feb 27 2016	Rotary, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	Apr 2 2010	Perth	
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993		
Javelin - 400g	16.01m		W60	Margaret Thomas (61)	Feb 3 2018	Rotary, Chatswood	
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	Jan 19 2013	Rotary, Chatswood	
Javelin - 500g	12.11m		W70	Roslyn Wolfers (72)	Feb 3 2018	Rotary, Chatswood	
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney	NR
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	SR
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998		SR
Javelin - 400g	10.51m		W90	Ruth Frith (92)	2002		NR
Weight Throw - 9.08kg	12.28m		Open	Maria Cimino (47)	Feb 15 2020	Rotary Field, Chatswood	#
Weight Throw - 9.08kg	9.08m		W30	Helena Smith (31)	Oct 21 2018	Rotary	
Weight Throw - 9.08kg	12.11m		W35	Caroline Layt (39)	Mar 1 2005	Brisbane	
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	SR
Weight Throw - 9.08kg	12.28m		W45	Maria Cimino (47)	Feb 15 2020	Rotary Field, Chatswood	#
Weight Throw - 7.26kg	14.90m		W50	Caroline Layt (51)	Nov 2016	Perth	
Weight Throw - 7.26kg	8.75m		W55	Kerrie Jones (56)	Mar 6 2010	Campbelltown	
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	Mar 11 2012	Campbelltown	
Weight Throw - 7.26kg	9.06m		W65	Jillian Senior (67)	Nov 2 2019	Rotary Field, Chatswood	#
Weight Throw - 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)	16.99m	W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw - 7.26kg (16lb)	13.94m	W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw - 11.34kg (25lb)	9.83m	W45	Maria Cimino (48)	Oct 7 2019	Beaton Park, Wollongong
Heavyweight Throw - 15.88 kg (35lb)	6.96m	W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw -56lb	3.94m	W45	Caroline Layt (48)	Feb 9 2014	Campbelltown
Heavyweight Throw - 100lb	2.14m	W45	Caroline Layt (48)	Feb 9 2014	Campbelltown
Heavyweight Throw -56lb	2.76m	W55	Jill Senior (58)	Feb 27 2011	Campbelltown
Heavyweight Throw - 3kg (6.6lb)	11.84m	W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 4kg (8.8lb)	10.23m	W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 5.4kg (12lb)	8.82m	W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 9.08kg (20lb)	5.97m	W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw -56lb	2.86m	W60	Jill Senior (60)	Nov 3 2012	Campbelltown
Heavyweight Throw - 100lb	1.01m	W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 3kg (6.6lb)	12.51m	W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heavyweight Throw - 4kg (8.8lb)	10.45m	W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heavyweight Throw - 5.4kg (12lb)	8.67m	W65	Jill Senior (65)	Mar 8 2017	Campbelltown
Heavyweight Throw - 9.08kg (20lb)	6.28m	W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heptathlon	5599 Pts	Open	Lesley Richards (21)	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)	Oct 11-12 2008	Lake Mcquarie
Heptathlon	6185 Pts	W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland
Heptathlon	5832 Pts	W50	Marie Kay (50)	Jul 3 2010	Tahiti
Heptathlon (rescored in 2010 from 4461Pts)	4015 Pts	W55	Gloria Seymon (56)	Jul 10 1993	Miyazaki, Japan
Heptathlon	3757 Pts	W60	Gloria Seymon (60)	Jul 17 1997	Durban, South Africa
Outdoor Pentathlon - L.J, JT, 200m, DT, 800m (pre-2009)					
Pentathlon	3587 Pts	W30	Peta Bird	Mar 31-Apr 1 1991	AIS, Canberra
Pentathlon (rescored from 3154 Pts in 2010)	3101 Pts	W35	Peta Bird	Mar 11 1995	
Pentathlon	3797 Pts	W40	Helen Searle (44)	1983	
Pentathlon	3444 Pts	W45	Kaye Smythe	1997/98	
Pentathlon	3800 Pts	W50	Kaye Smythe	1998/99	
Pentathlon	2978 Pts	W55	Gloria Seymon (56)	1993	
Pentathlon	2322 Pts	W60	Gloria Seymon (60)	Mar 11 1998	SOPAC, Homebush
Outdoor Pentathlon - L.J, JT, 100m, SP, 800m (post 2009)					
Pentathlon	1942 Pts	W40	Maria Cimino (43)	Apr 3 2015	The Crest, Bankstown
Pentathlon	3285 Pts	W45	Alice Bohdan (46)	Feb 3 2019	The Crest, Banktown
Pentathlon	2198 Pts	W50	Caroline Layt (50)	Apr 19 2016	Adelaide
Pentathlon	2294 Pts	W60	Margaret Thomas (61)	Apr 29 2019	Lakeside, Melbourne
Outdoor Pentathlon - L.J, 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)	Mar 21 2008	Blacktown
Throws Pentathlon	2938 Pts	W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush
Throws Pentathlon	3192 Pts	W45	Caroline Layt (49)	Apr 3 2015	The Crest, Bankstown
Throws Pentathlon	3873 Pts	W50	Caroline Layt (51)	Oct 26 2016	Perth
Throws Pentathlon	2949 Pts	W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth
Throws Pentathlon	2273 Pts	W60	Jillian Senior (60)	Nov 3 2012	Campbelltown
Throws Pentathlon	3852 Pts	W80	Ruth Frith (84)	1993	
Throws Pentathlon	4424 Pts	W85	Ruth Frith (89)	Mar 7 1998	SOPAC, Homebush
Throws Pentathlon (rescored from 4339 Pts in 2010)	3598 Pts	W90	Ruth Frith (91)	Apr 24 2000	The Domain, Hobart
Heavyweight Throws Pentathlon					
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb)	3882 Pts	W45	Maria Cimino (45)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb)	2722 Pts	W60	Jillian Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb)	2838 Pts	W65	Jillian Senior (65)	Mar 8 2017	Campbelltown
Relays					
Relay - 4 x 100m	45.42	Open	Gabriella O'Grady (21), Kristie Edwards (18), Stephanie Power (25), Nicolette Donofrio (16)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 100m	47.35	U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 100m	48.02	U18	Mia Hemsworth (17), Georgia Fichardt (15), Morgan Kelaher (16), Jessica McIver (16)	Nov 24 2019	Campbelltown
Relay - 4 x 100m	48.34	U16	Annika Lynch (15), Jessica MacIver (14), Morgan Kelaher (15), Gweorgia Fichardt (14)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 100m	51.42	U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	Nov 26-27 2016	Blacktown
Relay - 4 x 100m	49.45	W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	Nov 26-27 2016	Blacktown
Relay - 4 x 100m	49.76	W160+	Kylie Strong (50), Monique Perry (43), Yael Reed (35), Alice Bohdan (46)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 100m	54.00	W200+	Janet Naylor (53), Monique Perry (45), Kylie Strong (52), Jenny Schell (50)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1.36.75	Open	Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)	Nov 27-27 2016	Blacktown
Relay - 4 x 200m	1:39.42	U20	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1:39.42	U18	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1:40.80	U16	Greta Andrews (15), Georgia Fichardt (14), Annika Lynch (15), Alice Dixon (15)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 200m	1.47.68	U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush
Relay 4 x 200m	1:47.61	W120+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown
Relay 4 x 200m	1:47.61	W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown
Relay 4 x 200m	2.03.22	W200+	Monique Perry (44), Kylie Strong (51), Bronwyn Kelleher (53), Stephanie Markos (52)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 400m	3.44.71	Open	Gabriella O'Grady (21), Carley Thomas (18), Nicola Bowtell (19), Dominica Jenkins (29)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 400m	3.52.10	U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	Nov 21 2009	Blacktown
Relay - 4 x 400m	3:52.26	U18	Karlle Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	Nov 18 2007	SOPAC, Homebush
Relay - 4 x 400m	3:59.56	U16	Karlle Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	Nov 18-19 2006	SOPAC, Homebush
Relay - 4 x 400m	4.07.65	W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush
Relay - 4 x 400m	4:32.34	W160+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown
Relay - 4 x 400m	4:32.34	W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown
Relay - 4 x 800m	8:56.92	Open	Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)	Nov 15-16 2014	SOPAC, Homebush
Relay - 4 x 800m	9.22.04	U20	Imogen Gardiner (15), Ali Thomson (18), Edita Grinbergs (16), Isabella Thornton-Bott (19)	Nov 5 2017	SOPAC, Homebush
Relay - 4 x 800m	9.29.50	U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 800m	9.34.32	U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 800m	9.50.37	U14	Annabel McDermott (13), Mollie Quoyle (12), Nell Breslin (12), Zoe Latham (12)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 800m	10:20.74	W120+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown
Relay - 4 x 800m	10:20.74	W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown
Relay - 4 x 800m	13.33.97	W200+	Beck Myers (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	Nov 14-15 2015	Blacktown
Relay - 4 x 1500m	18.31.88	Open	Kate Spencer (23), Sarah McDermott (18), Annabel McDermott (19), Elise Gallen (24)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98	U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98	U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98	U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	20.34.3	U14	Elle-Maree Farrington (13), Katie Fumiss (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	27:56.02	W200+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 1500m	27:56.02	W240+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 1500m walk	33.57.1	Open	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown
Relay - 4 x 1500m walk	33.57.1	U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown
Relay - Medley (100,100, 200, 400)	1:53.80	Open	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	2003/2004	
Relay Medley (100, 300, 200, 400)	2:15.52	Open	Carla Takchi (22), Emma Merlino (27), Rowena Craker (19), Alexandra Bartholomew (25)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87	U20	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87	U18	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87	U17	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:39.96	W120+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan (61)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:39.96	W160+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan (61)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:42.20	U14	Hannah Anderson (12), Xin Min Tan (12), Mia Marshall (12), Sophia Archer (12)	Dec 15 2018	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:30.59	W160+	Maria Cimino (47), Monique Perry (44), Alice Bohdan (46), Yael Reid (35)	Dec 15 2018	SOPAC Homebush
Relay - Medley (200,200,400,800)	3:45.87	Open	Stephanie Power (25), Kristie Edwards (18), Gabriella O'Grady (21), Carley Thomas (18)	Nov 19 2018	SOPAC, Homebush
Relay - Medley (200,200,400,800)	4:30.99	U18	Harriet Burns, Rosemary Amott (17), Dominica Jenkins (17), Rosie Tancred (17)	Dec 16 2006	SOPAC, Homebush
Relay - 2x2x400	4'26:46	Open	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	4'26:46	U20	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	4'26:46	U18	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	4'26:46	U17	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	6:17.80	W80+	Antoinette Woodward (66), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush

Relay - 2x2x400	6:17.80	W100+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush	#	
Relay - 2x2x400	6:17.80	W120+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush	#	
Relay - 2x100m	24.05	Open	Gabriella O'Grady (18), Katrina Hunt (19)	Jan 31 2015	Hunter Sports Centre, Glendale		
Relay - 4 x High Jump	6.30m	Open	Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)	1999	SOPAC, Homebush		
Relay - 4 x High Jump	6.10m	U18	Daisy Ding (16), Grace Maher (17), Liz Osborne (14), Natalie Groeze (15)	Nov 19 2011	SOPAC, Homebush		
Relay - 4 x High Jump	6.10m	U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	Nov 16-17 2013	SOPAC, Homebush		
Relay - 4 x Long Jump	21.44m	Open	Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)	Nov 16-17 2013	SOPAC, Homebush		
Relay - 4 x Long Jump	20.90m	U18	Sienna Bond (14), Annika Lynch (16), Jessica McIver (16), Amy Portia-Wilson (16)	Nov 24 2019	Campbelltown	#	
Relay - 4 x Long Jump	17.42m	U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	Nov 17 2007	SOPAC, Homebush		
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)	Nov 18-19 2006	SOPAC, Homebush		
Relay - 4 x Shot Put	42.47m	U18	Jessica MacIver (15), Bronte Hodson (15), Scarlett Brett (14), Lauren Brown (16)	Nov 18 2018	SOPAC, Homebush		
Relay - 4 x Shot Put	34.91m	U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	Nov 26-27 2016	Blacktown		
Relay - 4 x Shot Put	39.82m	W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown	SR	
Relay - 4 x Shot Put	39.82m	W160+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown	SR	
Relay - 4 x Shot Put	34.35m	W200+	Caroline Layt (54), Kylie Strong (52), Rose Moore (53), Jenny Schell (57)	Nov 23 2019	Campbelltown	#	
Relay - 4 x Discus	144.07m	Open	Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)	1998			
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes , Amber Bennett, Lailanie Burnes	1997/98			
Relay - 4 x Discus	79.11m	U14	Elise Brennan (11), Brooke East (13), Isobel McCarthy (11), Emily Smelt	Nov 16-17 2013	SOPAC, Homebush		
Relay - 4 x Hammer	115.83m	Open	Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)	Nov 19 2018	SOPAC, Homebush		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998			
Relay - 4 x Hammer	115.83m	120+	Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)	Nov 19 2018	SOPAC, Homebush	SR	
Relay - 4 x Hammer	60.43m	160+	Caroline Layt (54), Helena Smith (32), Maria Cimino (48), Melissa Baulman (36)	Nov 24 2019	Campbelltown	#	
Relay - 4 x Javelin	148.39m	Open	Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)	Nov 18-19 2006	SOPAC, Homebush	SR	
Relay - 4 x Javelin	135.29m	U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	Nov 26-27 2016	Blacktown		
Relay - 4 x Javelin	100.04m	W120+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush		
Relay - 4 x Javelin	100.04m	W160+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush		
MEN							
100yards	9.6h	Open	John Treloar (24)/ Phil Brown	1952/1957			
60m	6.68	1.8	Open	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.97	0.1	U23	Anthony Collum (20)	Jan 17 2015	Beaton Park, Wollongong	
60m	6.68	1.8	U20	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	Oct 30 2010	The Crest, Bankstown	
60m	7.60	-0.1	U15	Archie Saunders (14)	Oct 21 2018	SOPAC, Homebush	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	Dec 3 2011	Blacktown	
60m	8.4h	NWI	U13	Kai Zhe Tan (10)	Dec 7 2019	Rotary Field, Chatswood	#
60m	7.26	1.6	M30	Ashley McMahon (33)	Oct 25 2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	Jul 28 2013	Kagoshima, Japan	SR
60m	7.14	1.2	M40	Ashley McMahon (43)	Jan 12 2019	Beaton Park, Wollongong	NR
60m	7.14	0.2	M40	Ashley McMahon (43)	Jan 22 2019	Campbelltown	NR
60m	7.62	-1.1	M45	Mathew Woodhouse (45)	Mar 7 2020	SOPAC, Homebush	#
60m	7.70	-0.1	M50	Michael Gedz (50)	Feb 21 2016	SOPAC, Homebush	
60m	8.27	NWI	M55	David Smith (59)	Feb 21 2016	SOPAC, Homebush	
60m	8.25	0.1	M60	David Shearsby (60)	Mar 5 2017	SOPAC, Homebush	
60m	8.2h	NWI	M65	Victor Ramondetta (65)	Nov 2 2019	Rotary Field, Chatswood	#
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	SR
60m	8.8h	NWI	M75	Nick Bastas (77)	Nov 28 2015	Rotary Field, Chatswood	
60m	9.52	1.1	M80	Nick Bastas (80)	Feb 10 2019	SOPAC, Homebush	
60m	10.17	1.1	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	NR
100m	10.24	1.8	Open	Tim Jackson (25)	Jul 20 1994	Tønsberg, Norway	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	Feb 10 1989	E S Marks, Kensington	
100m	10.31	NWI	U23	Tim Jackson (20)	Apr 8 1989	Azusa USA	
100m	10.34	1.5	U20	Joshua Clarke (19)	Mar 15 2014	SOPAC, Homebush	
100m	10.51	1.6	U18	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.51	1.6	U17	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.72	0.1	U16	Joshua Clarke (15)	Dec 4 2010	Doncaster, Melbourne	NR
100m	11.30		U15	A Edwards (13)	1995/96		
100m	11.30		U14	A Edwards (13)	1995/96		
100m	12.47		U13	Damien Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	Feb 3 2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	Mar 16 2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	Oct 28 2016	Perth	NR
100m	11.9h	NWI	M45	Paul Stinson (45)	Oct 8 2016	Rotary Field, Chatswood	
100m	12.10	-0.4	M50	Michael Gedz (50)	Feb 20 2016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.70		M65	Reg Austin	20001/02		
100m	14.48	1.8	M70	David Chantrill (73)	Apr 6 2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	Oct 11 2014	Rotary Field, Chatswood	
100m	15.7h	NWI	M80	Nick Bastas (80)	Jan 12 2018	Rotary Field, Chatswood	
100m	15.65	-0.7	M85	Richard Hughes (85)	Jul 23 2017	Wollongong	NR
150m	16.1h		Open	Ashlyn Ndlovu (20)	Dec 8 2018	Rotary, Chatswood	
150m	16.1h		U23	Ashlyn Ndlovu (20)	Dec 8 2018	Rotary, Chatswood	
150m	17.5h		U20	Nicholas Dowling (16)	Dec 7 2018	Rotary, Chatswood	#
150m	17.5h		U18	Nicholas Dowling (16)	Dec 7 2018	Rotary, Chatswood	#
150m	17.5h		U17	Nicholas Dowling (16)	Dec 7 2018	Rotary, Chatswood	#
150m	17.8h		U16	Nicholas Dowling (15)	Dec 8 2018	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	21.0h		U14	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood	
150m	21.0h		U13	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood	
150m	17.9h		M30	Kenneth Elias (33)	Dec 7 2019	Rotary, Chatswood	#
150m	17.07		M35	Ryan Dowling (39)	May 27 2018	Campbelltown	
150m	17.1h		M40	Ashley McMahon (44)	Dec 7 2019	Rotary, Chatswood	#
150m	20.0h		M55	Anthony Crimi (57)	Dec 8 2018	Rotary, Chatswood	
150m	19.8h		M60	Trevor Young (61)	Dec 7 2018	Rotary, Chatswood	#
150m	24.37		M65	Leslie Gillies (68)	Nov 21 2015	Rotary, Chatswood	
150m	40.2h		M70	Ronald Shoesmith (72)	Dec 7 2019	Rotary, Chatswood	#
150m	25.20		M75	Nick Bastas (77)	Nov 21 2015	Rotary, Chatswood	
200m	20.76	1.7	Open	Abdoulie Asim (27)	Mar 7 2019	SOPAC, Homebush	
200m	20.93	1.9	U23	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	Feb 1 2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	Oct 27 2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	Oct 9 2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	Dec 22 2012	SOPAC, Homebush	
200m	23.24	1.6	U15	Archie Saunders (14)	Sep 28 2018	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	Dec 17 2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	Feb 17 2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	Feb 26 2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	Nov 1 2016	Perth	NR
200m	24.66	-0.1	M45	Antony Guest (47)	Feb 4 2012	SOPAC, Homebush	
200m	25.06	-0.8	M50	Michael Gedz (52)	Oct 21 2017	SOPAC, Homebush	
200m	24.52	2.0	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	Feb 25 2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	</

400m	50.31	U16	Scott Fraser (15)	1996/97		
400m	51.81h	U15	John Price (14)	1997/98		
400m	53.30	U14	John Price (13)	1996/97		
400m	1.00.3h	U13	Damien Trimmingham	1987		
400m	47.30	M30	James Gurr (31)	Dec 20 2014	SOPAC, Homebush	
400m	47.83	M35	Antoine Burke (35)	Mar 25 2011	SOPAC, Homebush	
400m	50.33	M40	Ashley McMahon (41)	Nov 18 2016	Blacktown	SR
400m	54.07	M45	Antony Guest (47)	Mar 30 2012	SOPAC, Homebush	
400m	57.09	M50	Antony Guest (53)	Mar 8 2018	SOPAC, Homebush	
400m	54.63	M55	Trevor Young (57)	Apr 18 2016	Santos Stadium, Adelaide	
400m	55.42	M60	Trevor Young (60)	Apr 28 2018	Perth	NR
400m	1.07.31	M65	Geoff Francis (65)	Mar 24 2007	Campbelltown	
400m	1.16.75	M70	Charles Hobden (71)	Mar 8 2008	SOPAC, Homebush	
400m	1.23.5h	M75	Charles Hobden (75)			
400m	1:24.56	M80	Richard Hughes (82)			
400m	1:25.63	M85	Richard Hughes (85)	Oct 25 2014	Barden Ridge, Illawong	
				Jun 11 2017	Arafura Stadium, Darwin	NR
600m	1:15.86	Open	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:15.86	U23	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:59.18	U20	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U18	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U17	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U16	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U15	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U14	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U13	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:33.4h	M35	Ryan Dowling (39)	Dec 8 2018	Rotary, Chatswood	
600m	1:31.2h	M40	Ryan Dowling (40)	Dec 7 2019	Rotary, Chatswood	#
600m	1:42.2h	M45	Nathan Shute (46)	Dec 7 2019	Rotary, Chatswood	#
600m	1:47.00	M50	Bradley Sharpe (54)	Sep 17 2016	Rotary, Chatswood	
600m	1:43.1h	M55	Bradley Sharpe (56)	Jan 27 2018	Rotary, Chatswood	
600m	2:14.75	M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood	
600m	2:10.43	M65	Doug Barrett (65)	Jan 27 2018	Rotary, Chatswood	
600m	4:17.4h	M70	Ronald Shoesmith (72)	Dec 7 2019	Rotary, Chatswood	#
800m	1.46.45	Open	James Gurr (28)	Mar 3 2012	Melbourne	
800m	1.46.66	U23	Tristan Garrett (22)	Mar 4 2010	Melbourne	
800m	1.46.65	U20	Grant Cremer (19)	Feb 25 1998	Melbourne	
800m	1.51.71	U18	Sam Hall (17)	Dec 9 2000	Adelaide	
800m	1.54.23	U17	Adrian White (16)	1981		
800m	2.00.3h	U16	K Dewar (15)	1974		
800m	2.02.0h	U15	John Vandenberg (14)	1970		
800m	2.08.04	U14	Austin Thomson (13)	Oct 9 2014	SOPAC, Homebush	
800m	2.18.3h	U13	R Pentecost	1967		
800m	1:48.29	M30	James Gurr (33)	Jan 13 2018	Perth	
800m	1.56.10	M35	Greg Nielson	1990		
800m	1.59.98	M40	Stuart Paterson (41)	Apr 9-13 1998	QEII Stadium, Brisbane	
800m	2.05.9h	M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2.11.59	M50	Les Gillies	2001/02		
800m	2.13.32	M55	Richard Martin (55)	Dec 11 2010	SOPAC, Homebush	
800m	2.22.00	M60	Les Gillies (60)	Apr 6 2007	The Domain, Hobart	
800m	2.40.33	M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
800m	2.54.66	M70	Ron Wills (70)	Mar 6 2010	Campbelltown	
800m	3.25.80	M75	Charles Hobden (75)	Oct 22 2011	Rotary, Chatswood	
800m	3:35.11	M80	Richard Hughes (82)	Feb 21 2015	SOPAC, Homebush	
800m	3:46.48	M85	Richard Hughes (85)	Mar 11 2017	SOPAC, Homebush	SR
1000m	2:21.36	Open	Nick Bromley (26)	Jul 23 2009	Karlstad, Sweden	
1500m	3.37.02	Open	James Kaan (23)	Mar 9 2013	SOPAC, Homebush	
1500m	3.40.30	U23	James Kaan (22)	Jan 21 2012	Glendale, Newcastle	
1500m	3.45.34	U20	James Connor (19)	Mar 30 2012	SOPAC, Homebush	
1500m	3.52.95	U18	Elliot Metcalf (17)	Nov 23 2017	Bankstown	
1500m	4.02.1h	U17	Laurie Toogood (16)	1962		
1500m	4.03.2h	U16	John Vandenberg (14)	1970		
1500m	4.03.2h	U15	John Vandenberg (14)	1970		
1500m	4:22.94	U14	Elliot Metcalf (13)	Oct 11 2013	SOPAC, Homebush	
1500m	4.46.0h	U13	T Gillam	1971		
1500m	3.47.29	M30	Frazer Dowling (30)	2/04/2011	SOPAC, Homebush	
1500m	3.59.66	M35	Stuart Paterson (39)	16/2/1996	SOPAC, Homebush	
1500m	4.04.49	M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46	M45	Michael Donnelly	2002/03		
1500m	4.31.87	M50	Stuart Paterson (51)	Sep 10 2007	Riccione, Italy	
1500m	4.48.51	M55	Stephen Ball (56)	Mar 28 2010	Campbelltown	
1500m	5.16.17	M60	Geoff Francis	2002/03		
1500m	5.37.32	M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
1500m	6.14.10	M70	Ron Wills (71)	Apr 9 2011	Blacktown	
1500m	8:07.91	M85	Richard Hughes (85)	Sep 30 2017	SOPAC, Homebush	
1 Mile	4.00.53	Open	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4.00.53	U23	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:08.71	U20	Elliot Metcalf (18)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4:16.13	U18	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	
1 Mile	4:29.55	U17	Elliot Metcalf (16)	Dec 12 2016	The Crest, Bankstown	
1 Mile	4:31.51	U16	Elliot Metcalf (15)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:32.93	U15	Kieran Gorman (14)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4:42.63	M35	David Costello (38)	Dec 22 2018	The Crest, Bankstown	
1 Mile	4.58.22	M40	Connor Delahunty (43)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5.14.85	M50	Bradley Sharpe (50)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:28.34	M55	Bradley Sharpe (55)	Dec 12 2016	The Crest, Bankstown	
2000m	5:08.40	Open	Laurie Toogood (21)	Mar 18 1966		SR
3000m	8.00.79	Open	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8.00.79	U23	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8.13.54	U20	Ed Goddard (19)	Nov 12 2016	SOPAC, Homebush	
3000m	8.29.0h	U18	Joel Fitzgerald (17)	2000/2001		
3000m	8.34.75	U17	Ruairidh MacDonald (16)	Mar 11 2010	SOPAC, Homebush	
3000m	8.47.2h	U16	John Vandenberg (15)	1970		
3000m	9:28:09	U15	Michael Westhuizen (14)	Oct 13 2016	SOPAC, Homebush	
3000m	9.52.09	U14	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	9.52.09	U13	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	8.31.4h	M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7h	M35	Michael Donnelly (38)	1995		
3000m	8.47.10	M40	Michael Donnelly	1999/2000		
3000m	9:34.15	M45	Stuart Paterson (49)	Apr 2 2006	Adelaide	
3000m	10.21.66	M50	Stuart Paterson (50)	Nov 11 2006	SOPAC, Homebush	
3000m	10.25.3h	M55	Jim Seymon (58)	1995		
3000m	11.31.8h	M60	Geoff Francis	2002/03		
3000m	12.43.42	M65	Geoff Francis (67)	Oct 24 2009	Narrabeen	
3000m	14.05.1h	M70	Ron Wills (71)	Oct 30 2010	Rotary, Chatswood	
3200m	11:44.08	Open	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	11:44.08	U23	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	11:49.05	U20	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U18	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U17	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U16	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U15	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U14	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U13	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood	
3200m	13:45.2h	M45	Nathan Shute (45)	Dec 8 2018	Rotary, Chatswood	
3200m	13:28.8h	M55	Kim Loane (56)	Dec 8 2018	Rotary, Chatswood	
5000m	13.59.0h	Open	John Farrington (25)	1970		
5000m	14.05.27	U23	James Connor (21)	Apr 6 2013	Melbourne	
5000m	14.28.0h	U20	Bruce Adams	1969		
5000m	15.17.4	U18	Joel Fitzgerald	2000/2001		
5000m	17:01.66	U17	Martin Leerberg (15)	Nov 3 2018	Campbelltown	
5000m	17:01.66	U16	Martin Leerberg (15)	Nov 3 2018	Campbelltown	
5000m	17.17.95	U15	G Lawson	1985		
5000m	18:05.64	U14	Jacob Magner (13)	Feb 2 2019	The Crest, Bankstown	
5000m	16.10.29	M30	Tim Connors (30)	Jan 19 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)	Jan 19 2006	SOPAC, Homebush	
5000m	17:42.13	M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
5000m	17.21.86	M55	Jim Seymon (55)	1993		
5000m	19.49.5h	M60	Jim Seymon	1998/99		
5000m	22.08.4h	M65	Geoff Francis (67)	Oct 11 2009	SOPAC, Homebush	
10000m	28:52.27	Open	Kieran Tall (21)	Dec 14 2019	Box Hill, Victoria	#
10000m	28:52.27	U23	Kieran Tall (21)	Dec 14 2019	Box Hill, Victoria	#
10000m	31:23.96	U20	Ed Goddard (19)	Sep 26 2016	Perth	
10000m	34:03.57	M30	Ryan Cantrell (30)	Mar 31 2012	SOPAC, Homebush	
10000m	33.26.16	M35	Ray Wareham	2003/2004		
10000m	35:56.58	M40	Gary Mullins (40)	Mar 31 2012	SOPAC, Homebush	
10000m	35:27.06	M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
10000m	35:50.36	M55	Jim Seymon (55)	1993		
10000m	41.10.9h	M60	Jim Seymon	1997/98		

110m Hurdles - 1.067m	14.21	0.6	Open	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 0.991m	14.16	-2.0	U20	Will Lloyd (18)	Sep 14 2017	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	Oct 9 2016	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	Dec 5 2015	Melbourne	
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	Nov 30 2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	Oct 31 2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	14.77	-1.6	M35	Ryan Dowling (38)	Dec 3 2017	SOPAC, Homebush Bay	NR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993		
110m Hurdles - 0.991m	16.79	-0.3	M45	Mathew Woodhouse (45)	Feb 8 2020	SOPAC, Homebush Bay	#
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	Aug 2 2008	Townsville	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	Ape 15-20 1992	The Domain, Hobart	
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	Jul 14 2001	Brisbane	SR
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacob Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	Oct 14 2016	SOPAC, Homebush	
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985		
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983		
200m Hurdles - 0.762m	28.50	NWI	M35	Ryan Dowling (38)	Jun 16 2017	Glendale, Newcastle	
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	Feb 4 2012	SOPAC, Homebush	
400m Hurdles - 0.914m	51.42		Open	Brvce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	Jan 27 2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	Nov 9 2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	Oct 13 2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56.66		U16	Thomas Hunt (15)	Dec 17 2016	SOPAC, Homebush	
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	57.40		M35	Ryan Dowling (38)	Apr 26 2018	Perth	
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.00.01		M45	Mathew Woodhouse (45)	Feb 7 2020	SOPAC, Homebush	#
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	Mar 16 2007	Adelaide	
300m Hurdles - 0.762m	55.27		M65	Victor Ramondetta (65)	Feb 7 2020	SOPAC, Homebush	#
3000m Steeplechase 0.914m	9.09.53		Open	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	Mar 23 2002		
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	Mar 25 2011	SOPAC, Homebush	
3000m Steeplechase 0.914m	10:53.52		M30	Frazer Dowling (34)	Jan 11 2014	Sydney	
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	13:38.15		M45	Andy West (45)	2013	AIS, Canberra	
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993		
2000m Steeplechase - 0.914m	5:49.97		Open	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985		NR
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987		
2000m Steeplechase - 0.762m	6:59.62		U14	Elliot Metcalf (13)	Dec 14 2013	SOPAC, Homebush	
1500m Walk	5.58.0h		Open	John Hart	1985		
1500m Walk	5.58.0h		U20	John Hart	1985		
1500m Walk	6.24.7h		U18	John Hart	1980		
1500m Walk	6.24.7h		U17	John Hart	1980		
1500m Walk	6.24.7h		U16	John Hart	1980		
1500m Walk	6.24.7h		U15	John Hart	1980		
1500m Walk	8:14:4h		U14	Martin Leerburg (13)	Oct 8 2016	Rotary, Chatswood	
1500m Walk	8.38.0h		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)	Jan 16 2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	Oct 18 2014	Rotary, Chatswood	
1500m Walk	8:58.0h		M80	Jim Seymon (80)	Mar 10 2018	Rotary, Chatswood	NR
2000m Walk	13:21.5h		Open	Doug Barrett (66)	Dec 8 2018	Rotary, Chatswood	
2000m Walk	13:21.5h		M65	Doug Barrett (66)	Dec 8 2018	Rotary, Chatswood	
3000m Walk	12.45.8h		Open	John Morison	2000/2001		
3000m Walk	12.45.8h		U20	John Morison	2000/2001		
3000m Walk	12.46.6h		U18	John Hart (17)	1983		
3000m Walk	13.51.5h		U17	John Hart (14)	1980		
3000m Walk	13.51.5h		U16	John Hart (14)	1980		
3000m Walk	13.51.5h		U15	John Hart (14)	1980		
3000m Walk	15:29:79		U14	Martin Leerburg (13)	Feb 5 and Oct 14 2016	SOPAC, Homebush	
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush	
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96		
3000m Walk	16.53.4		M35	Mark Ransom	1998/99		
3000m Walk	17.16.20		M55	Jim Seymon	1996/97		
3000m Walk	16.48.3h		M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4h		M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h		M70	Jim Seymon (71)	Mar 7 2009	Rotary, Chatswood	
3000m Walk	18:13.9h		M75	Jim Seymon (78)	Jan 23 2016	Rotary, Chatswood	
3000m Walk	19:01.3h		M80	Jim Seymon (81)	Mar 12 2019	Rotary, Chatswood	
5000m Walk	21:23.06		Open	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	21:23.06		U23	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	Mar 29 2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	Apr 10 2009	Santos Stadium, Adelaide	SR
5000m Walk	27.13.67		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
5000m Walk	33:40.54		M80	Jim Seymon (80)	Apr 27 2018	Perth	SR
10000m Walk	44:30.04		Open	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	44:30.04		U23	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	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 Crrrest, Bankstown	SR
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	Jan 5 2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
10000m Walk	1:10.07h		M80	Jim Seymon (80)	Apr 29 2018	Perth	SR
20000m Walk	1:46.21.86		Open	Steve Washburn (22)	Jul 17 2016	San Salvador	
High Jump	2.23m		Open	Luke Russell (19)	Dec 12 1998	AIS, Canberra	
High Jump	1.94m		U23	Alec Diamond (21)	Jan 13 2018	AIS, Canberra	
High Jump	2.23m		U20	Luke Russell (19)	Dec 12 1998	AIS, Canberra	
High Jump	2.11m		U18	Theo Kaveris (17)	1986		
High Jump	2.05m		U17	Darcy Holmes (15)	Dec 7 2019	Perth	#
High Jump	2.05m		U16	Darcy Holmes (15)	Dec 7 2019	Perth	#
High Jump	1.90m		U15	A Urquart (14)	1983		
High Jump	1.78m		U14	J Delamare (13)	1983		
High Jump	1.65m		U13	William Richardson (12)	Nov 15 2008	Blacktown	
High Jump	1.65m		U13	Alex Willett (12)	Nov 30 2013	SOPAC, Homebush	
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)			
High Jump	1.93m		M35	Clay Tompkins (39)	Oct 22 2005	Campbelltown	NR
High Jump	1.90m		M40	Clay Tompkins (40)	1992		SR
High Jump	1.83m		M45	Clay Tompkins	1993		
High Jump	1.75m		M50	Clay Tompkins (50)	2000/2001		
High Jump	1.68m		M55	Clay Tomkins (55)	Mar 9 2003	SOPAC, Homebush	NR
High Jump	1.61m		M60	Clay Tomkins (60)	Mar 22 2008	Blacktown	SR
High Jump	1.20m		M65	Jim McGrath	Mar 29 2013	AIS, Canberra	NR
High Jump	1.07m		M70	Jim McGrath	1996/97		
High Jump	1.14m		M75	Nick Bastas (79)	2001/02		
High Jump	1.11m		M80	Nick Bastas (80)	Jun 10 2017	Arafura Stadium, Darwin	
Pole Vault	4.80m		Open	Alec Diamond (22)	Jul 10 2019	Naples, Italy	#
Pole Vault	4.80m		U23	Alec Diamond (22)	Jul 10 2019	Naples, Italy	#

Pole Vault	4.40m		U20	Sean Radi	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)	Mar 13 1999	Sydney	SR
Pole Vault	3.40m		M50	Tim McGrath (50)	Mar 16 2013	SOPAC, Homebush	
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.30m		M55	Tim McGrath (56)	Mar 23 2019	SOPAC, Homebush	
Pole Vault	3.00m		M60	Jim McGrath (60)	Jul 20 1991	England	NR
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Pole Vault	2.40m		M70	Jim McGrath (70)	Nov 3 2001	Sydney	SR
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	7.66m	0.7	U23	William Freyer (21)	Jan 25 2020	AIS, Canberra	#
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.22m	0.2	U17	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.11m	1.0	U16	Alex Willett (15)	Dec 2 2016	AIS, Canberra	
Long Jump	6.81m	1.2	U15	Alex Willett (14)	Dec 6 2015	Lakeside, Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	Dec 5 2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	Dec 6 2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	Feb 4 2012	SOPAC, Homebush	
Long Jump	6.76m		M35	Clay Tompkins (35)	1988		SR
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	Jul 27 2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	Dec 7 2013	Campbelltown	SR
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	Jan 23 2016	Rotary, Chatswood	
Long Jump	3.97m	NWI	M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood	
Long Jump	2.04m	NWI	M85	Ray Frith (88)	Apr 15-20 1992	The Domain, Hobart	NR
Triple Jump	16.26m	0.0	Open	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	
Triple Jump	16.26m		U23	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	Sep 26 2016	Perth	
Triple Jump	14.40m		U18	Peter Cox (16)	1949		
Triple Jump	14.40m		U17	Peter Cox (16)	1949		
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03		
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	Oct 8 2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	Nov 2 2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	Mar 24 2011	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988		SR
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins (46)	Mar 6 1999	Sydney	NR
Triple Jump	12.83m		M50	Clay Tompkins (50)	Mar 8 2003	SOPAC, Homebush	NR
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	Dec 4 2010	The Crest, Bankstown	
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	Nov 2 2013	ES Marks, Kensington	SR
Triple Jump	7.53m	NWI	M65	Victor Ramondetta (65)	Mar 8 2020	SOPAC, Homebush	#
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	Mar 8 2014	The Domain, Hobart	
Triple Jump	8.34m	1.8	M80	Nick Bastas (80)	Nov 11 2018	Gold Coast	NR
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	Sep 30 2014	SOPAC, Homebush	
Shot Put - 6kg	16.05m		U20	Luke White	Oct 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)	Dec 3 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)	Dec 2 2016	AIS, Canberra	
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	Sep 14 2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	Oct 11 2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	Jan 14 2012	SOPAC, Homebush	
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)	Nov 12 2012	Rotary, Chatswood	
Shot Put - 4kg	11.47m		M70	Robert Archer (70)	Jun 9 2017	Arafura Stadium, Darwin	
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	Oct 25 2014	Rotary, Chatswood	
Shot Put - 3kg	8.94m		M80	Nick Bastas (80)	Apr 13 2019	Rotary, Chatswood	
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Discus - 2kg	60.45m		Open	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg*	56.21m		U20	Peter Elvy (19)	Jul 10 1999	Sydney	
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970		
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995		
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96		
Discus - 1kg	44.38m		U13	Darren Pritchfork (12)	1985		
Discus - 2kg	45.72m		M30	Paul Crowe (32)	Nov 18 2007	Sydney	
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	Feb 25 2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	Mar 16 2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	Nov 15 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)	Feb 25 2012	The Crest, Bankstown	
Discus - 1kg	33.04m		M70	Robert Archer (70)	Jun 10 2017	Arafura Stadium, Darwin	
Discus - 1kg	22.48m		M75	Nick Bastas (76)	Oct 4 2014	Rotary, Chatswood	
Discus - 1kg	25.10m		M80	Michael Johnson (82)	Jan 26 2019	Rotary, Chatswood	
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990		
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		SR
Hammer - 7.26kg	65.79m		Open	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast	
Hammer - 7.26kg	65.79m		U23	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast	
Hammer - 6kg	63.61m		U20	William Brown (19)	Oct 17 2015	SOPAC, Homebush	
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988		
Hammer - 5kg	48.83m		U17	Lachlan Antoinette (16)	Oct 29 2016	Rotary, Chatswood	
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork (15)	1987		
Hammer - 4.536kg*	54.54m		U15	Peter Elvy (14)	1995		
Hammer - 3kg	51.81m		U14	Thomas Shannon (13)	Oct 13 2016	SOPAC, Homebush	
Hammer - 3kg	34.98m		U13	Thomas Shannon (12)	Nov 28 2015	Blacktown	
Hammer - 7.26kg	38.39m		M30	Warren Jones (30)	Oct 9 2010	Rotary, Chatswood	
Hammer - 7.26kg	36.21m		M35	Warren Jones (35)	Oct 31 2015	The Crest, Bankstown	
Hammer - 7.26kg	43.41m		M40	Grzegorz Urbanowicz (40)	Oct 27 2018	Rotary, Chatswood	
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	Mar 28 2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	Nov 28 2010	Rotary, Chatswood	
Hammer - 6kg	26.97m		M55	Tim McGrath (55)	Oct 21 2017	SOPAC, Homebush	
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	Dec 1 2012	Rotary, Chatswood	
Hammer - 4kg	19.05m		M65	Ross Douglas (65)	Nov 9 2019	SOPAC, Homebush	#
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	Feb 6 2010	Rotary, Chatswood	
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	Feb 27 2016	Rotary, Chatswood	
Hammer - 3kg	22.48m		M80	Nick Bastas (80)	Nov 10 2018	Gold Coast	
Hammer - 3kg	15.98m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Javelin - 800g	63.14m		Open	Peter Elvy	1995/96		
Javelin - 800g	61.74m		U23	Saxon Ward (20)	Jun 27 2015	SOPAC, Homebush	
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U18	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U17	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U16	Peter Elvy (15)	1995/98		
Javelin - 700g	60.54m		U15	Peter Elvy (14)	1995		
Javelin - 600g	54.44m		U14	Peter Elvy (13)	1994		
Javelin - 600g	35.02m		U13	Alex Willett (12)	Oct 20 2013	Barden Ridge, Illawong	
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins (38)	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	Oct 18 2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991		
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	Jan 31 2015	Rotary, Chatswood	
Javelin - 400g	25.23m		M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood	
Javelin - 400g	11.70m		M85	Ray Frith (86)	1990	Olympic Park, Melbourne	

Weight Throw - 15.88kg	18.11m	Open	Will Brown (23)	Jan 25 2020	Rotary, Chatswood	#
Weight Throw - 15.88kg	17.08m	U23	Will Brown (21)	Nov 17 2018	Rotary, Chatswood	
Weight Throw - 9.080kg	17.35m	U18	John Hunter (17)	Nov 16 2019	Rotary, Chatswood	#
Weight Throw - 15.88kg	11.11m	M30	Warren Jones (31)	Nov 12 2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m	M35	Ryan Dowling (37)	Mar 4 2017	SOPAC, Homebush	
Weight Throw - 15.88kg	13.01m	M40	Grzegorz Urbanowicz (40)	Feb 16 2019	Rotary, Chatswood	
Weight Throw - 15.88kg	10.71m	M45	Mark Cepak (49)	Apr 10 2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	Mar 20 2010	AIS, Canberra	
Weight Throw - 11.34kg	10.80m	M55	Tim McGrath (56)	Jan 25 2020	Rotary, Chatswood	#
Weight Throw - 11.34kg	8.42m	M60	Peter Douglas (60)	Nov 1 2014	Rotary, Chatswood	
Weight Throw - 9.080kg	8.03m	M65	Peter Douglas (65)	Apr 15 2019	Rotary, Chatswood	
Weight Throw - 7.26kg	8.95m	M70	Charles Hobden (71)	Dec 8 2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
Weight Throw - 5.45kg	10.87m	M80	Nick Bastas (80)	Nov 9 2018	Gold Coast	
Heavyweight Throw						
Weight Throw - 20kg (44lb)	11.91m	Open	Tim Heyes (22)	Aug 10 2019	Rotary Field, Chatswood	#
Weight Throw - 20kg (44lb)	11.91m	U23	Tim Heyes (22)	Aug 10 2019	Rotary Field, Chatswood	#
Heavyweight Throw						
Weight Throw - 9.08kg (20lb)	16.49m	M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	13.45m	M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Weight Throw - 20kg (44lb)	7.96m	M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	6.39m	M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 100lb	2.50m	M30	Warren Jones (33)	2014		
Weight Throw - 9.08kg (20lb)	14.93m	M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	14.09m	M35	Ryan Dowling (37)	Mar 17 2018	Beaton Park, Wollongong	
Weight Throw - 20kg (44lb)	7.25m	M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	5.96m	M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	5.96m	M35	Warren Jones (39)	Oct 2 2019	Beaton Park, Wollongong	#
Weight Throw - 100lb	2.37m	M35	Warren Jones (36)	Oct 3 2016	Beaton Park, Wollongong	
Weight Throw - 56lb	3.86m	M45	Tim McGrath (46)	Feb 27 2011	Campbelltown	
Weight Throw - 5.45kg (12lb)	7.52m	M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 7.26kg (16lb)	6.77m	M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	5.11m	M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.60m	M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m	M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 5.45kg (12lb)	6.73m	M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	
Weight Throw - 7.26kg (16lb)	5.82m	M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 11.34kg (25lb)	5.54m	M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong	#
Weight Throw - 15.88kg (35lb)	4.91m	M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong	#
Decathlon	7915 Pts	Open	Peter Banks	1996/97		
Decathlon	7593 Pts	U23	Alec Diamond (22)	Jul 9-10 2019	Naples, Italy	#
Decathlon	7271 Pts	U20	Alec Diamond (19)	Mar 31 2016	SOPAC, Homebush	
Decathlon	6631 Pts	U18	Sean Radi (17)	1987		
Decathlon	5827 Pts	U17	Sean Radi (15)	1986		
Decathlon	5827 Pts	U16	Sean Radi (15)	1986		
Decathlon	5407 Pts	M35	Ashley McMahon (37)	Jan 4-5 2014	Campbelltown	SR
Decathlon	5665 Pts	M40	Ashley McMahon (41)	Jan 9-10 2016	The Crest, Bankstown	SR
Decathlon	3654 Pts	M45	Andrew Kohlrusch (47)	Jan 7-8 2012	Campbelltown	
Decathlon	5603 Pts	M50	Tim McGrath (52)	Oct 25 2014	AIS, Canberra	
Decathlon	5424 Pts	M55	Tim McGrath (56)	Sep 6-7 2018	Malaga, Spain	
Decathlon (rescored 2010)	6172 Pts	M60	Jim McGrath (60)	Jul 18 1991	Turku, Finland	SR
Heptathlon	4306 Pts	U16	Ben Carter (15)	Mar 26 2015	Brisbane	
Heptathlon	2731 Pts	U15	James McFadden (14)	Mar 31 2012	SOPAC, Homebush	
Heptathlon	2291 Pts	U14	Alex Willett (13)	Jan 4-5 2014	Campbelltown	
Outdoor Pentathlon - L.J, JT, 200m, DT, 1500m						
Pentathlon	1761 Pts	U14	James McFadden (13)	Jan 8-9 2011	Campbelltown	
Pentathlon	1498 Pts	M30	Peter Lang	Feb 12 2006	SOPAC, Homebush	
Pentathlon (recored from 3719 Pts in 2010)	3150 Pts	M35	Clay Tompkins (35)	Apr 4 1988	Brisbane	SR
Pentathlon	3292 Pts	M40	Clay Tompkins (40)	1993		
Pentathlon	3719 Pts	M45	Clay Tompkins (45)	1997/98		
Pentathlon	3102 Pts	M50	John Kay (50)	Apr 2 2010	Perth	
Pentathlon	2845 Pts	M55	Tim McGrath (56)	Feb 3 2019	SOPAC, Homebush	
Pentathlon	3076 Pts	M60	Jim McGrath (62)	1993		
Pentathlon	3064 Pts	M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	2090 Pts	M30	Warren Jones (33)	Oct 6 2013	AIS, Canberra	SR
Throws Pentathlon	2080 Pts	M35	Ryan Dowling (37)	Feb 18 2017	SOPAC, Homebush	
Throws Pentathlon	2487Pts	M40	Andrew Watson (43)	Mar 11 2012	Campbelltown	
Throws Pentathlon	2354 Pts	M45	Tim McGrath (46)	Mar 21 2008	Blacktown	
Throws Pentathlon	2896 Pts	M50	Robert Hanbury-Brown (53)	Oct 11 2009	SOPAC, Homebush	
Throws Pentathlon	2820 Pts	M55	Tim McGrath (55)	Oct 1 2017	Beaton Park, Wollongong	
Throws Pentathlon	1096 Pts	M60	Bob Jones (61)	Mar 11 2012	Campbelltown	
Throws Pentathlon	1125 Pts	M65	Bob Jones (65)	Mar 5 2016		
Throws Pentathlon	1418 Pts	M75	Nick Bastas (78)	Nov 9 2016	Gold Coast	
Throws Pentathlon	2954 Pts	M80	Nick Bastas (80)	Nov 11 2018	Gold Coast	
Heavyweight Throws Pentathlon						
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2578 Pts	M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2850 Pts	M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1213 Pts	M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1182 Pts	M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
Relays						
Relay - 4 x 100m	40.64	Open	Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)	1993	ES Marks, Kensington	
Relay - 4 x 100m	42.18	U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84	U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98	U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	Nov 17-18 2012	SOPAC, Homebush	SR
Relay - 4 x 100m	48.50	U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	44.25	M120+	Ashley McMahon (42), Jeremy Firth (33), David Thebridge (42), Ryan Dowling (38)	Nov 5 2017	SOPAC, Homebush	SR
Relay - 4 x 100m	45.22	M160+	Michael Gedz (52), Nathan Mackay (41), David Thebridge (42), Ryan Dowling (38)	Nov 4 2017	SOPAC, Homebush	SR
Relay - 4 x 100m	48.21	M200+	Michael Gedz (52), Jim Culhane (52), Anthony Crimi (57), Ashley McMahon (43)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 100m	52.91	M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	1.25.82	Open	William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	1.28.62	U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.28.62	U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.33.44	U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984		
Relay - 4 x 200m	1.45.42	U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 200m	1:34.27	M120+	Ashley McMahon (42), Nathan Mackay (41), Ryan Dowling (38), David Thebridge (42)	Nov 4 2017	SOPAC, Homebush	
Relay - 4 x 200m	1.39.59	M160+	David Turner (43), Ken Elias (33), Ashley McMahon (44), Michael Gedz (53)	Nov 23 2019	Campbelltown	#
Relay - 4 x 200m	1.41.44	M200+	Trevor Young (61), Jim Culhane (53), Ashley McMahon (44), Andrew Phillips (47)	Nov 24 2019	Campbelltown	#
Relay - 4 x 200m	1:55.86	M240+	Les Gillies (71), Jim Culhane (52), Anthony Crimi (57), Trevor Young (60)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 400m	3.11.78	Open	Keegan Bell (16), Matthew Crowe (21), Sean Zitzsimmons (23), Jye Perrott (20)	Nov 18 2018	SOPAC, Homebush	
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.20.3	U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 400m	3.26.21	U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26	U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92	M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush	

Relay - 4 x 400m	3:55.53	M200+	Ashley McMahon (43), Jim Culhane (52), Michael Stavrianos (45), Trevor Young (60)	Nov 19 2018	SOPAC, Homebush	
Relay - 4 x 800m	7:27.95	Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	Nov 22 2009	Blacktown	SR
Relay - 4 x 800m	7.46.20	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	7.46.20	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	8.42.57	U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995		
Relay - 4 x 800m	9.28.07	U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05	M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	Dec 12 1993	ES Marks, Kensington	SR
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 19 1997	SOPAC, Homebush	SR
Relay - 4 x 800m	9.22.12	M160+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown	
Relay - 4 x 800m	9.22.12	M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown	
Relay - 4 x 800m	10.45.93	M240+	Trevor Young (61), Doug Barrett (67), Paul Trainor (54), Brad Sharpe (58)	Nov 23 2019	Campbelltown	SR#
Relay - 4 x 1500m	15:50.39	Open	James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	Dec 17 2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000/01	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	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	Dec 17 1995	ES Marks, Kensington	SR
	17.56.10	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 29 1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	Nov 21 2010	SOPAC, Homebush	
Relav -800m Medlev (100.100.200.400)	1:38.10	Onen	Rav Barbat. Mitchell Roberts. Mark Caulfield. Michael Maiers	2002/2003	SOPAC. Homebush	
Relav - 1000m Medlev (100. 300. 200. 400)	1:59.42	Open	Korav Kirk (20), Tom Hunt (18), Hugo Whitehead (20), Ben Carter (19)	Dec 14 2018	SOPAC. Homebush	#
Relav - 1000m Medlev (100. 300. 200. 400)	2:07.80	U20	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC. Homebush	#
Relav - 1000m Medlev (100. 300. 200. 400)	2:07.80	U18	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC. Homebush	#
Relav - 1000m Medlev (100. 300. 200. 400)	2:18.07	U14	Henry Butler (11), Aidan Jones (13), Max Milani (13), Cormac Morrison (13)	Dec 15 2018		
Relav - 1000m Medlev (100. 300. 200. 400)	2:09.82	M120+	Lewis Ehrlich (4), Rvan Dowling (39), David Thebridge (42), Ashley McMahon (43)	Dec 15 2018	SOPAC. Homebush	
Relav - 1000m Medlev (100. 300. 200. 400)	2:26.67	M160+	Tim McGrath (57), Antonv Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC. Homebush	#
Relav - 1000m Medlev (100. 300. 200. 400)	2:26.67	M200+	Tim McGrath (57), Antonv Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC. Homebush	#
Relay - 1600m Medley (200,200,400,800)	3.21.38	Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 1600m Medley (200,200,400,800)	3:58.81	U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	Dec 16 2006	SOPAC, Homebush	
Relay - 2x2x400m	3:31.60	Open	Louis Stenmark (21), Mason Cohen (23)	Dec 14 2019	SOPAC, Homebush	#
Relay - 2x2x400m	4:08.04	U20	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush	#
Relay - 2x2x400m	4:08.04	U18	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush	#
Relay 2x2x400m	4:34.09	M80+	Miles Wilson (45), David Thebridge (43)	Dec 14 2019	SOPAC, Homebush	#
Relay 2x2x400m	4:45.16	M100+	Brad Sharpe (58), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush	#
Relay - 2x100m	21.45	Open	Ashley McMahon (41), Elijah Williams (21)	Feb 28 2017	Hunter Sports Centre, Glendale	
Relay - 4 x 1500m Walk	28:55.76	Open	Jay Felton (22), Steve Washburn (23), Martin Leerberg (14), Stephanie Grujoski (20)	Nov 4 2017	SOPAC, Homebush	
Relay - 4 x High Jump	7.90m	Open	Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)	1996	SOPAC, Homebush	
Relay - 4 x High Jump	7.30m	U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush	
Relay - 4 x Pole Vault	14.10m	Open	Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)	1996	SOPAC, Homebush	
Relay - 4 x Long Jump	27.06m	Open	Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)	1996	SOPAC, Homebush	SR
Relay - 4 x Long Jump	24.78m	U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	Nov 14-15 2015	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m	U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	Nov 15-16 2008	Blacktown	
Relay - 4 x Shot Put	53.93m	Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	Nov 15-16 2008	Blacktown	
Relay - 4 x Shot Put	49.01m	U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	Nov 26-27 2016	Blacktown	
Relay - 4 x Shot Put	51.24m	U18	Robert Murphy (17), Warren Jones (17), Peter Elvy (17), Chris Gale (16)	1997	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m	M120+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m	M160+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x Shot Put	31.00m	M200+	Bart Steanes (55), Warren Jones (39), Douglas Barrett (66), Peter Douglas (65)	Nov 23 2019	Campbelltown	SR#
Relay - 4 x Shot Put	29.81m	M240+	Nick Bastas (80), Michael Johnson (82), Zoran Novicic (58), Terrance Carter (61)	Nov 18 2018	SOPAC, Homebush	
Relay - 4 x Discus	156.04m	Open	Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)	Nov 26-27 2016	Blacktown	
Relay - 4 x Discus	167.10m	U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Discus	132.15m	U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	Nov 25-26 2016	Blacktown	
Relay - 4 x Hammer	198.12m	Open	William Brown (22), Timothy Heyes (21), Lachlan Antoinette (18), Tylor Hunn (22)	Nov 19 2018	SOPAC, Homebush	SR
Relay - 4 x Hammer	123.42m	U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	
Relay - 4 x Hammer	107.12m	120+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	#
Relay - 4 x Hammer	107.12m	160+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	#
Relay - 4 x Hammer	107.12m	200+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown	#
Relay - 4 x Javdin	189.12m	Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	Nov 15-16 2008	Blacktown	SR
Relay - 4 x Javelin	168.56m	U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	Nov 14-15 2015	Blacktown	
Relay - 4 x Javelin	122.82m	M120+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush	
Relay - 4 x Javelin	122.82m	M160+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush	
Relay - 4 x Javelin	86.12m	M200+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown	#
Relay - 4 x Javelin	86.12m	M240+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown	#

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

Event	Performance	Wind	Age	Athlete/s (age)	Date	Venue	Record
WOMEN							
60m	7.5h	Ind	Open	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	Jan 25 2014	Albuquerque, USA	
60m	7.94	Ind	W40	Monique Perry (44)	Mar 26 2019	Torun, Poland	NR #
60m	8.91	Ind	W45	Janet Naylor (45)	Mar 4 2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylor (50)	Mar 17 2017	Daegu, South Korea	
200m	25.68	Ind	Open	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	
200m	25.68	Ind	U20	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	

200m	26.68	Ind	W40	Monique Perry (44)	Mar 29 2019	Torun, Poland	<i>NR</i> #
200m	25.85	Ind	W45	Marie Kay (48)	Mar 19 2008	Clermont-Ferrand, France	<i>WR</i>
400m	56.32	Ind	Open	Madison Gipson (20)	Feb 13 2015	Albuquerque, USA	
400m	56.32	Ind	U23	Madison Gipson (20)	Feb 13 2015	Albuquerque, USA	
400m	56.99	Ind	W45	Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	<i>WR</i>
400m	1.02.96	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:10.07	Ind	Open	Thalia Amanakis (22)	Mar 1 2008	Albuquerque, USA	
800m	2:10.07	Ind	U23	Thalia Amanakis (22)	Mar 1 2008	Albuquerque, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	Mar 19 2016	Portland, USA	
800m	2:48.23	Ind	W60	Deborah Drennan (60)	Mar 28 2019	Torun, Poland	#
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	Mar 25 2017	Daegu, South Korea	
1500m	5:49.57	Ind	W60	Deborah Drennan (60)	Mar 30 2019	Tirun, Poland	#
Mile	5:07.58	Ind	Open	Antonia Howard (19)	Dec 8 2016	South Hunington, USA	
Mile	5:11.01	Ind	U23	Charlotte Wilson (21)	Feb 16 2013	Norman, USA	
Mile	5:07.58	Ind	U20	Antonia Howard (19)	Dec 8 2016	South Hunington, USA	
3000m	9:53.06	Ind	Open	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA	
3000m	9:53.06	Ind	U23	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA	
3000m	10:12.68	Ind	U20	Sarah Marvin (19)	Dec 3 2016	Boston, USA	
5000m	17:06.11	Ind	Open	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
5000m	17:06.11	Ind	U23	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	<i>NR</i>
Long Jump	5.57m	Ind	Open	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	<i>NR</i>
Long Jump	5.50m	Ind	U23	Jacinta Fisher (21)	Feb 9 2018	Fayetteville USA	
Long Jump	4.74m	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	<i>NR</i>
Long Jump	5.16m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
High Jump	1.51m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Triple Jump	11.85m	Ind	Open	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
Triple Jump	11.85m	Ind	U23	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
Shot Put 4kg	10.93m	Ind	Open	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Heavy Weight Throw - 35lb	6.41m	Ind	W45	Maria Cimino (46)	May 12 2019	Somersby	#
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	<i>WR</i>
Relay - 4 x 200m	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	<i>NR</i>
MEN							
60m	7.04	Ind	Open	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.04	Ind	U23	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 8 2014	Munich, Germany	<i>NR</i>
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 19 2014	Hamburg, Germany	<i>NR</i>
60m	7.08	Ind	M40	Ashley McMahon (43)	Mar 26 and 27 2019	Torun, Poland	<i>NR#</i>
60m	8.73	Ind	M60	Victor Ramondetta (62)	Mar 20 2017	Daegu, South Korea	
200m	22.11	Ind	Open	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	22.11	Ind	U23	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	23.70	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	<i>NR</i>
200m	23.53	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
200m	28.76	Ind	M60	Victor Ramondetta (62)	Mar 21 2017	Daegu, South Korea	
400m	47.78	Ind	Open	Louis Stenmark (21)	Feb 9 2019	Albuquerque	#
400m	47.78	Ind	U23	Louis Stenmark (21)	Feb 9 2019	Albuquerque	#
400m	53:32	Ind	M40	Ashley McMahon (41)	Mar 12 2013	Lee Valley, United Kingdom	
400m	1:05.96	Ind	M60	Victor Ramondetta (62)	Mar 24 2017	Daegu, South Korea	
800m	2:16.28	Ind	Open	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France	
800m	2:16.28	Ind	M50	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France	
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	Mar 22 2017	Daegu, South Korea	
1500m	4:41.99	Ind	Open	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:56.21	Ind	M55	Bradley Sharpe (56)	Mar 25 2017	Daegu, South Korea	
Shot Put - 7.26kg	10.89m	Ind	M35	Ryan Dowling (39)	May 12 2019	Somersby	#
Shot Put - 5kg	4.75m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	#
Weight Throw	9.90m	Ind	M35	Warren Jones (38)	May 12 2019	Somersby	#
Weight Throw	5.23m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	#
Heavy Weight Throw - 56lb	5.98m	Ind	M35	Warren Jones (38)	May 12 2019	Somersby	#
Heavy Weight Throw - 45lb	2.48m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby	#

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance		Athlete/s (age)	Date	Venue	
WOMEN						
Cross Country						
1.5km Cross Country	5:20	U12	Hannah Cerezo (11)	Aug 2 2014	Upjohn Park, Dundas	
2km Cross Country	6:39	Open	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39	U20	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39	U18	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39	U16	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39	U14	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	7:30	U12	Rebecca Terry (10)	Jun 1 2013	Miranda Park	
2km Cross Country	7:56	W30	Rebecca Gibbs (31)	Jul 23 2011	Cowells Lane Reserve, Ermington	
2km Cross Country	9:05	W40	Joanna Davis (41)	Mar 31 2018	George Kendall Reserve, Emington	
2km Cross Country	12:39	W50	Jennifer Crockart (53)	May 21 2016	Bella Vista Farm Park	
2km Cross Country	8:42	W55	Deborah Drennan (57)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	8:56	W60	Deborah Drennan (60)	Aug 4 2018	Upjohn Park Rydalmere	
2km Cross Country	12:51	W65	Dorothy Kass (66)	Jun 1 2019	Prospect Reserve	#
2km Cross Country	10:52	W70	Lesley Eller (70)	Apr 13 2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	8:33	Open	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:33	U20	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:33	U18	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:51	U16	Annabel McDermott (14)	Aug 3 2013	Upjohn Park, Rydalmere	
2.5km Cross Country	9:22	U14	Emily Augustine (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:29	U12	Molly Quoyle (11)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	13:37	W55	Susan Rilen (55)	May 26 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	16:34	W60	Dorothy Kass (60)	Aug 3 2013	Upjohn Park, Rydalmere	
2.5km Cross Country	18:11	W65	Dorothy Kass (65)	Jul 20 2019	Prospect Reserve	#
3km Cross Country	9.40	U20	Emily Hopper (16)	May 13 2014	Miranda Park	
3km Cross Country	9.40	U18	Emily Hopper (16)	May 31 2014	Miranda Park	
3km Cross Country	10:21	U16	Hannan Cerezo (14)	May 27 2017	Miranda Park	
3km Cross Country	10:36	U14	Olivia Dooley (13)	Jun 17 2010	Eastern Creek	
3km Cross Country	11:37	U13	Hannan Cerezo (12)	Jun 20 2015	Brownsville	
3km Cross Country	12:25	U12	Nicola Christou (11)	May 27 2017	Miranda Park	
4km Cross Country	13.06	Open	Abigail Regan (23)	Jun 1 2013	Miranda Park	
4km Cross Country	13:26	U23	Eliza Sttewart (20)	Jun 2 2007	Miranda Park	
4km Cross Country	13:25	U20	Lucy Starrat (18)	May 2 2006	Scarborough Park, Ramsgate	
4km Cross Country	13:28	U18	Annabel McDermott (17)	May 28 2016	Miranda Park	
4km Cross Country	14:19	U17	Annabel McDermott (16)	Jun 20 2015	Brownsville	
4km Cross Country	14:24	U16	Hannah Cerezo (14)	Aug 26 2017	Kembla	

4km Cross Country	14:24	U15	Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	15:30	U14	Hannah Cerezo (13)	Jun 4 2016	George Kendall Reserve, Emmington	
4km Cross Country	18:22	U12	Rebecca Terry (11)	May 17 2014	Bella Vista	
4km Cross Country	14:50	W30	Mary Fien (34)	Jun 2 2007	Miranda Park	
4km Cross Country	17:19	W40	Mary Fien (41)	May 31 2014	Miranda Park	
4km Cross Country	19:01	W45	Robyn Suttor (48)	Jun 2 2007	Miranda Park	
4km Cross Country	17:17	W50	Deborah Drennan (54)	Jun 9 2012	George Kendall Reserve, Emmington	
4km Cross Country	17:40	W55	Deborah Drennan (55)	Jun 8 2013	George Kendall Reserve, Emmington	
4km Cross Country	17:55	W60	Deborah Drennan (60)	Jul 14 2018	Prospect Reserve	
5km Cross Country	17.45	Open	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	18:30	U23	Kasey Mumby (22)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	17:45	U20	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	19:55	U18	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55	U16	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06	U14	Abigail Johnstone (13)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08	W30	Mary Fien (32)	Jul 17 2004	Mt Penang	
5km Cross Country	20:32	W45	Jo Cowan (48)	Jul 17 2004	Mt Penang	
5km Cross Country	23:27	W50	Deborah Drennan (54)	Sep 1 2012	Upjohn Park, Rydalmere	
5km Cross Country	23:45	W55	Deborah Drennan (57)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	23:05	W60	Deborah Drennan (60)	Jul 8 2018	West Dapto	
6km Cross Country	21.14	Open	Lena Yali	1992		
6km Cross Country	22:30	U23	Isabella Thornton-Bott (21)	Aug 3 2019	Upjohn Park, Rydalmere	#
6km Cross Country	21:37	U20	Abbey Rockliff (18)	Aug 24 2019	Kembla	#
6km Cross Country	22:24	U18	Imogen Gardiner (17)	Jan 27 2019	Mt Stromlo, Canberra	
6km Cross Country	28:34	W55	Deborah Drennan (55)	Jun 22 2013	Willandra, Nowra	
6km Cross Country	29:48	W60	Deborah Drennan (61)	Jun 22 2019	Willandra, Nowra	#
6.2km Cross Country	22.47	Open	Eliza Stewart (22)	Apr 6 2008	France	
6.2km Cross Country	22.47	U23	Eliza Stewart (22)	Apr 6 2008	France	
7km Cross Country	26:11	Open	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	26:11	U23	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	31:26	U20	Holly Ratajce (19)	Apr 20 2013	Scarborough Park, Ramsgate	
7km Cross Country	32:23	U18	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	#
7km Cross Country	32:23	U17	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	#
7km Cross Country	32:23	U16	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	#
7km Cross Country	32:23	U15	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	#
7km Cross Country	32:23	U14	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate	#
7.5km Cross Country	28:34	Open	Eliza Stewart (25)	May 21 2011	Upjohn Park, Rydalmere	
7.5km Cross Country	33:01	U23	Claudia White (22)	Jul 8 2018	West Dapto	
7.5km Cross Country	33:42	W30	Rebecca Gibbs (31)	May 21 2011	Upjohn Park, Rydalmere	
8km Cross Country	26.21	Open	Emily Heskelow (19)	Jul 14 2018	Prospect Reserve	
8km Cross Country	27:16	U23	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic	
8km Cross Country	26:21	U20	Emily Heskelow (19)	Jul 14 2018	Prospect Reserve	
8km Cross Country	33:53	W30	Rebecca Gibbs (31)	May 14 2011	George Kendall Reserve, Emmington	
8km Cross Country	26:15	W60	Ann Swinbourn (61)	May 19 2018	George Kendall Reserve, Emmington	
10km Cross Country	36:18	Open	Elise Gallen (23)	Aug 26 2017	Kembla	
10km Cross Country	39:44	U23	Elise Gallen (22)	Jun 26 2016	Willandra, Nowra	
10km Cross Country	52:03	U20	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	52:03	U18	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	45:12	W30	Rebecca Gibbs (31)	Jun 11 2011	River Rd Reserve, Emu Plains	
4x2km Cross Country Relay	28:53	U14	Ruby Hackett (12), Elle Farrington (13), Katie Furniss (13), Ashley Mason (12)	Jul 13 2004	Miranda Park	
4x2km Cross Country Relay	31:29	U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brennan (11), Ashlie Edwards (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	41:00	U20	Isabella Thornton-Bott (19), Sarah Reece (17) , Emma Baptiste (18), Sarah McDermott (17)	May 27 2017	Miranda Park	
4x3km Cross Country Relay	43:59	U18	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	May 31 2014	Miranda Park	
4x3km Cross Country Relay	44:38	U16	Abigail Johnstone (15), Hannah Cerezo (14), Nicola Christou (11), Rosie Fordham	May 27 2017	Miranda Park	
4x4km Cross Country Relay	56:02	Open	Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (25)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:04:47	U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:04:47	U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:10:04	U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:23:43	W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:29:05	W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:34:39	W60	Deborah Drennan (61), Maragret Thomas (63), Jan Swinhoe (62), Ann Swinbourne (62)	May 25 2019	Miranda Park	#
Mountain Running						
8km Mountain Run	44.51	Open	Mary Fien (34)	Feb 24 2007	Mt Kembla	
8km Mountain Run	44.51	W30	Mary Fien (34)	Feb 24 2007	Mt Kembla	
10km Mountain Run	1:05:00.0	Open	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange	
10km Mountain Run	1:05:48	U23	Kate Hobbs (20)	Mar 20 2016	Mt Canoblas, Orange	
10km Mountain Run	1:05:00.0	U20	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange	
Road						
2km Road Race	6.34	Open	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6.34	U20	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6.34	U18	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6:48	U16	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	6:48	U14	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	7:28	U12	Charlotte O'Dowd (11)	Apr 6 2019	Rydalmere	#
2km Road Race	7:29	W30	Rebecca Gibbs (31)	Aug 13 2011	Rydalmere	
2km Road Race	7:52	W50	Stacey Quitzau (51)	Aug 11 2012	Rydalmere	
2km Road Race	9:00	W55	Deborah Drennan (58)	Aug 13 2017	Rydalmere	
2km Road Race	11:23	W60	Dorothy Kass (60)	Aug 10 2013	Rydalmere	
2.5km Road Race	9:15	U14	Hannah Cerezo (12)	May 2 2015	Sydney Olympic Park	
2.5km Road Race	9.58	U12	Molly Quoyale (10)	Jun 4 2011	Sydney Olympic Park	
3km Road Race	10:40	U16	Ruby Hackett (13)	May 7 2005	Amy Base, Holsworthy	
3km Road Race	10:40	U14	Ruby Hackett (13)	May 7 2005	Amy Base, Holsworthy	
4km Road Race	13:41	Open	Elise Gallen (23)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:52	U23	Isabella Thornton-Bott (21)	Jul 13 2019	Newcastle University, Ourimbah	#
4km Road Race	13:44	U20	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	13:44	U18	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	14:44	U16	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	14:44	U14	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	15:38	W35	Mary Fien (39)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:46	W45	Robyn Suttor (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	16:36	W50	Stacey Quitzau (51)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:34	W55	Deborah Drennan (56)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	17:50	W60	Deborah Drennan (60)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	26:37	W65	Dorothy Kass (66)	Aug 10 2019	Rydalmere	#
5km Road Race	15:59	Open	Trychelle Kingdom (25)	Oct 31 2015	Noosa, Qld	
5km Road Race	17:07	U20	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	17:07	U18	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	18:13	U16	Emily Augustine (15)	May 6 2012	Sydney Olympic Park	
5km Road Race	20:56	U14	Nicola Christou (13)	May 4 2019	Sydney Olympic Park	#
5km Road Race	21:45	U14	Lara Chamberlain (13)	May 6 2017	Sydney Olympic Park	
5km Road Race	25:31	W45	Kim Wilson (47)	May 2 2015	Sydney Olympic Park	
5km Road Race	27:11	W50	Stacey Quitzau (52)	May 6 2012	Sydney Olympic Park	
5km Road Race	26:19	W60	Margaret Thomas (60)	May 6 2017	Sydney Olympic Park	
6km Road Race	25.09	U20	Erin Smithson (18)	May 6 2006	Amy Base, Holsworthy	
7km Road Race	31:52	U18	Abby Lander (17)	Aug 25 2019	Sydney Olympic Park	#
8km Road Race	29:09.88	Open	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park	
8km Road Race	29:09.88	U23	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park	
8km Road Race	32:17h	U20	Emily Heskelow (19)	Apr 28 2018	Rydalmere	
8km Road Race	33:47h	W30	Rebecca Gibbs (31)	May 5 2011	Rydalmere	
8km Road Race	35:01h	W60	Ann Swinbourne (61)	Apr 28 2018	Rydalmere	
10km Road Race	33.14	Open	Mary Fien (35)	May 30 2009	Springvale	
10km Road Race	34.27	U23	Eliza Stewart (22)	May 3 2008	Sydney Olympic Park	
10km Road Race	34:29	U20	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	34:29	U18	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	45:18	U17	Abby Lander (16)	Sep 16 2018	Sydney	
10km Road Race	45:23	U16	Emma Brown (14)	May 7 2016	Sydney Olympic Park	
10km Road Race	45:23	U15	Emma Brown (14)	May 7 2016	Sydney Olympic Park	
10km Road Race	46:33.99	U14	Nicola Christou (12)	May 5 2018	Sydney Olympic Park	

10km Road Race	46:33.99	U13	Nicola Christou (12)	May 5 2018	Sydney Olympic Park	
10km Road Race	33.14	W35	Mary Fien (35)	May 30 2009	Springvale	
10km Road Race	48:08	W40	Suzanne Brown (43)	May 2 2009	Sydney Olympic Park	
10km Road Race	50:42	W45	Louise McAlister (49)	May 6 2017	Sydney Olympic Park	
10km Road Race	49:31	W50	Deborah Drennan (54)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:45:00	W55	Deborah Drennan (58)	May 6 2017	Sydney Olympic Park	
10km Road Race	50:09	W60	Deborah Drennan (61)	May 4 2019	Sydney Olympic Park	#
14km City to Surf	51:05	Open	Elese Gallen (23)	Aug 13 2017	Sydney	
15km Road Race	57.03	Open	Trychelle Kingdom (24)	Oct 19 2014	Fernleigh Track, Newcastle	
Half Marathon	1:15.56	Open	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:15.56	U23	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:17.51	W30	Mary Fien (34)	Aug 19 2007	Noosa	
Half Marathon	2:04:01	W40	Beck Myors (43)	Aug 28 2016	Sydney Olympic Park	
Half Marathon	2:12:44	W45	Susan Rilen (49)	Jun 10 2007	Sydney	
Half Marathon	2:15:39	W50	Nancy Lloyd (53)	Dec 31 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)	Jul 12 2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	30:17	U14	Ruby Hackett (13), Katrina Panazzolo, Melissa Farrington (10), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09	U18	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09	U16	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Newcastle University, Wollongong	
4x4km Road Relay	55:42	Open	Elese Gallen (24), Abbey Rockliff (17), Sara McDermott (18), Isabella Thornton-Bott (20)	Jul 21 2018	Newcastle University, Ourimbah	
4x4km Road Relay	1:01:38	W20	Sarah McDermott (17), Eloise Doherty (18), Nicola Bowtell (18), Isabella Thornton-Bott (19)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:17:39	W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	Jul 10 2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43	W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	Jul 14 2014	Flagstaff Point, Wollongong	
4x4km Road Relay	1:26:27	W60	Deborah Drennan (61), Margaret Thomas (63), Jan Swinhoe (52), Dorothy Kass (65)	Jul 13 2019	Newcastle University, Ourimbah	#
Walks						
2km Road Walk	9:40	U14	Eliza DeLaine (13)	Jun 16 2013	Penrith Lakes	
5km Road Walk	30.21	W40	Suzanne Brown (43)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:21	W45	Carmel Parker (49)	Jun 22 2014	Harrington Park Lake, Narellan	
5km Road Walk	32:40	W50	Carmel Parker (52)	Jun 17 2018	Penrith Lakes	
5km Road Walk	33:18	W55	Nancy Lloyd (56)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:05	W60	Antoinette Woodward (63)	Jun 23 2019	Chipping Norton	#
10km Road Walk	50.04	Open	Fiona Alldis (19)	Sep 2 2007	Perth	
10km Road Walk	50.04	U20	Fiona Alldis (19)	Sep 2 2007	Perth	
10km Road Walk	1:09.10.0h	W40	Suzanne Brown (42)	2008	Blacktown	
10km Road Walk	1:10:03	W45	Suzanne Brown (47)	May 26 2013	Harrington Park Lake, Narellan	
10km Road Walk	1:05.56	W50	Nancy Lloyd (53)	2006	Hobart	
10km Road Walk	1:12:48	W55	Nancy Lloyd (56)	May 24 2009	Harrington Park Lake, Narellan	
10km Road Walk	1:10:39	W60	Antoinette Woodward (62)	Apr 27 2019	Melbourne	#
15km Road Walk	1:53:50	W40	Suzanne Brown (44)	Aug 1 2010	Penrith	
15km Road Walk	1:58:58	W45	Suzanne Brown (49)	Jul 26 2015	Harrington Park Lake, Narellan	
15km Road Walk	1:39.05	W50	Nancy Lloyd (53)	Jul 15 2007	Five Dock	
10mile Road Walk	1:29.37	Open	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	
10mile Road Walk	1:29.37	U20	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	
20km Road Walk	1:46.13	Open	Fiona Alldis (19)	Jul 15 2007	Five Dock	
20km Road Walk	1:46.13	U20	Fiona Alldis (19)	Jul 15 2007	Five Dock	
MEN						
Cross Country						
1km Cross Country	3:11	M55	Brad Sharpe (55)	Aug 4 2018	Upjohn Park, Rydalmere	
1.5km Cross Country	5.39	U12	Trent Morton (10)	Jul 16 2005	Mt Penang	
2km Cross Country	6:19	Open	Leo Peterson (26)	May 20 2017	Bella Vista	
2km Cross Country	6:21	U23	Nick Walker (21)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	6:52	U20	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U18	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U16	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52	U14	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	7:10	U12	William Maffey (11)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	11:06	M10	Benjamin Chamberlain	Jun 3 2017	George Kendall Reserve, Ermington	
2km Cross Country	8:16	M35	Ryan Dowling (38)	8/07/2017	Bella Vista Farm, Bella Vista	
2km Cross Country	8:12	M40	Andy West (44)	Aug 6 2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08	M50	Bradley Sharpe (54)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	7:11	M55	Bradley Sharpe (56)	Apr 22 2017	Scarborough Park, Ramsgate	
2km Cross Country	9:18	M60	Terrence Carter (60)	Jul 29 2017	Gipps Rd, Greystanes	
2km Cross Country	10:15	M65	David Archbold (65)	May 14 2011	George Kendall Reserve, Ermington	
2km Cross Country	14:59	M70	Leslie Gillies (72)	Apr 27 2019	Bella Vista Farm, Bella Vista	#
2km Cross Country	11:49	M75	Charles Hobden (77)	May 13 2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	7.54	Open	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54	U20	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54	U18	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54	U16	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	9:26	U14	Will North (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:31	U12	Marino Doylie (9)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	8:53	M30	Frazer Dowling (32)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	20:06	M40	James Fitzgerald (41)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	10:18	M45	Brett Collett (47)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	9:27	M50	Bradley Sharpe (51)	Sep 1 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	9:44	M55	Bradley Sharpe (55)	Aug 28 2016	Upjohn Park, Rydalmere	
2.5km Cross Country	12:58	M60	Terrence Carter (60)	Aug 26 2017	Upjohn Park, Rydalmere	
2.5km Cross Country	13:54	M65	David Archbold (66)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	15:07	M75	Charles Hobden (75)	May 21 2011	Upjohn Park, Rydalmere	
3km Cross Country	9:38	U18	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38	U16	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38	U14	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	10:36	U13	Elliott Metcalf (12)	Jun 23 2012	Willandra, Nowra	
4km Cross Country	11:17	Open	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	11:17	U23	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	12:12	U20	Ed Goddard (19)	May 28 2016	Miranda Park	
4km Cross Country	12:46	U18	Xavier Black (17)	May 29 2010	Miranda Park	
4km Cross Country	13:30	U16	Elliot Metcalf (15)	Apr 11 2015	Queen Elizabeth Park, Concord	
4km Cross Country	14:09	U15	Elliot Metcald (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	14:09	U14	Elliot Metcald (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	16:01	U13	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington	
4km Cross Country	16:01	U12	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington	
4km Cross Country	12:14	M30	Frazer Dowling (33)	Jun 1 2013	Miranda Park	
4km Cross Country	15:07	M35	Roger Hastie (35)	Jun 4 2005	Miranda Park	
4km Cross Country	13:40	M40	Connor Delahunty (42)	May 29 2010	Miranda Park	
4km Cross Country	13:58	M45	Stuart Paterson (48)	Jun 4 2005	Miranda Park	
4km Cross Country	13:53	M50	Stuart Paterson (50)	Jun 2 2007	Miranda Park	
4km Cross Country	16:00	M55	Stephen Ball (56)	May 29 2010	Miranda Park	
4km Cross Country	16:34	M60	Geoff Francis (62)	Jul 13 2004	Miranda Park	
4km Cross Country	19:08	M65	Geoff Francis (68)	May 29 2010	Miranda Park	
4km Cross Country	21:00	M70	Ron Wills (71)	Apr 16 2011	Bella Vista Farm Park	
4km Cross Country	22:55	M75	Charles Hobden (76)	Jun 1 2013	Miranda Park	
5km Cross Country	15:13	Open	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	15:13	U20	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	16:11	U18	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	16:11	U17	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	21:04	U16	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04	U15	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04	U14	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04	U13	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41	M40	Andy West (44)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07	M50	Bradley Sharpe (50)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:14	M55	Stephen Ball (57)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	24:09	M60	Doug Barrett (61)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08	M65	Geoff Francis (68)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27	M70	Ron Wills (71)	Aug 27 2011	Upjohn Park, Rydalmere	

6km Cross Country	18:40	U18	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18:40	U17	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18:40	U16	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6lm Cross Country	31:15	M65	Doug Barrett (65)	Aug 31 2019	Upjohn Park, Rydalmere	
7.5km Cross Country	23:04	Open	Ed Goddard (21)	Jul 8 2018	West Dapto	
7.5km Cross Country	23:04	U23	Ed Goddard (21)	Jul 8 2018	West Dapto	
7.5km Cross Country	27:57	U20	Nicholas Walker (19)	Jul 17 2004	Mt Penang	
7.5km Cross Country	27:34	M30	Frazer Dowling (31)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	26:47	M35	David Costello (38)	Jul 8 2018	West Dapto	
7.5km Cross Country	29:11	M40	Connor Delahunty (42)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26	M45	Bradley Sharpe (49)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57	M50	Stephen Ball (50)	Jul 17 2004	Mt Penang	
7.5km Cross Country	38:50	M55	David Archbold (58)	Jul 17 2004	Mt Penang	
7.5km Cross Country	33:36	M60	Geoff Francis (62)	Jul 17 2004	Mt Penang	
7.5km Cross Country	40:26	M65	Doug Barrett (66)	Jul 20 2019	Prospect Reserve	#
8km Cross Country	24.41	Open	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	26:37	U23	Ed Goddard (20)	Jun 26 2017	Willandra, Nowra	
8km Cross Country	24:41	U20	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	31:05	U18	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05	U16	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58	U14	Elliot Metcalf (13)	Apr 13 2013	Queen Elizabeth Park, Concord	
8km Cross Country	38:03	M35	Peter Davis (39)	Apr 27 2019	Bella Vista Farm Park	#
8km Cross Country	28:36	M40	Stuart Paterson (44)	Jul 4 2001	Brisbane	
8km Cross Country	29:49	M45	Stuart Paterson (49)	Jul 15 2006	The Crest Bankstown	
8km Cross Country	33:23	M55	Stephen Ball (57)	Apr 16 2011	Bella Vista Farn Park	
8km Cross Country	37:08	M60	Doug Barrett (60)	Jun 30 2012	Prospect Reservoir	
8km Cross Country	32:37	M65	Doug Barrett (66)	Jul 27 2019	Upjohn Park, Dundas	#
8.5km Cross Country	32.49	Open	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park	
8.5km Cross Country	32:49	U23	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park	
8.5km Cross Country	39:01	M45	Bradley Sharpe (46)	Jul 14 2007		
8.5km Cross Country	37:26	M50	Stephen Ball (53)	Jul 14 2007		
10km Cross Country	30.31	Open	Ed Goddard (21)	Aug 24 2019	Kembla	#
10km Cross Country	30.31	U23	Ed Goddard (21)	Aug 24 2019	Kembla	#
10km Cross Country	32:54	U20	Will Keir (19)	Apr 13 2019	Scarborough Park, Ramsgate	#
10km Cross Country	39:44	U18	Kyle Walsh (17)	Apr 13 2019	Scarborough Park, Ramsgate	#
10km Cross Country	43:17	U16	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17	U14	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	30:44	M30	John Farrington (31)	Jul 7 1973	Bundoora, Victoria	
10km Cross Country	36:29	M35	David Costello (37)	April 21 2018	Scarborough Park, Ramsgate	
10km Cross Country	36:10.6	M40	Stuart Paterson (41)	Apr 9-13 1998	Brisbane	
10km Cross Country	37:00	M50	Jim Seymon (54)	Apr 15-20 1992	Hobart	
10km Cross Country	33:17	M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	50:43	M60	Geoff Francis (64)	Apr 30 2006	Scarborough Park, Ramsgate	
12km Cross Country	37.20	Open	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	38:57	U23	James Connor (21)	Jun 22 2013	Willandra, Nowra	
12km Cross Country	49:57	M35	Roger Hastie (35)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	37:20	M40	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46	M45	Stuart Paterson (49)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	48:40	M50	Stuart Paterson (51)	Jun 23 2007	Willandra, Nowra	
12.5km Cross Country	45.37	Open	Ryan Cantwell (29)	Jun 25 2011	Willandra, Nowra	
20km Cross Country	1:01.20	Open	John Farrington (27)	Jun 20 1970	Gosford	
4x2km Cross Country Relay	29:57	U14	UTS Northern Suburbs	Jun 2 2012	Miranda Park	
4x2km Cross Country Relay	30:30	U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	42:39	U20	Max Mahon (19), Simon Magner (15), Jacod Magner (13), Martin Leerberg (16)	May 25 2019	Miranda Park	#
4x3km Cross Country Relay	42:55	U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)	May 31 2014	Miranda Park	
4x3km Cross Country Relay	44:40	U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	47:28	Open	Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (19)	May 28 2016	Miranda Park	
4x4km Cross Country Relay	57:09	U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:06.30	M35	Antony Guest (48), Bradley Sharpe (52), Mary Fien (41), Len Augustine (53)	May 31 2014	Miranda Park	
4x4km Cross Country Relay	1:03:32	M45	Bradley Sharpe (51), Andy West (46), Jim Culhane (47), Antony Guest (47)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:11.10	M55	Kim Loane (56), Bradley Sharpe (56), Kevin Chamberlain (56), Trevor Young (60)	May 26 2018	Miranda Park	
Mountain Running						
8km Mountain Run	44:00:00	Open	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
8km Mountain Run	44:00:00	U20	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
8km Mountain Run	44:00:00	U18	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
9.5km Mountain Run	1:00.21	Open	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
9.5km Mountain Run	1:00.21	M50	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
10km Mountain Run	1:06.15	Open	Leo Peterson (27)	April 8 2018	Mt Wellington, Hobart	
11km Mountain Run	46:38.00	Open	Matthew Cox (25)	Mar 29 2015	Mt Canoblas, Orange	
11km Mountain Run	50:30	U23	Ruairidh MacDonald (22)	Mar 20 2016	Mt Canoblas, Orange	
11km Mountain Run	51:09	U20	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
11km Mountain Run	51:09	U18	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
12km Mountain Run	52.26	Open	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
12km Mountain Run	52.26	M45	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
14km Mountain Run	1:02.01	Open	Will Atkinson (20)	Sep 15 2019	Enoggera Reserve, Brisbane	#
14km Mountain Run	1:02.01	U23	Will Atkinson (20)	Sep 15 2019	Enoggera Reserve, Brisbane	#
Road						
1 Mile Road Race	4.21	Open	Nick Bromley (26)	Sep 18 2009	Newcastle/Gateshead, England	
1 Mile Road Race	5.40	M55	Bradley Sharpe (57)	Sep 22 2018	Bowral	
2km Road Race	6:15	Open	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere	
2km Road Race	6:15	U20	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere	
2km Road Race	6:41	U18	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	6:41	U16	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	7:15	U14	William Maffey (12)	May 26 2014	Rydalmere	
2km Road Race	10:20	U12	Benjamin Chamberlain (9)	Aug 13 2017	Rydalmere	
2km Road Race	6:55	M50	Bradley Sharpe (51)	May 12 2012	Rydalmere	
2km Road Race	7:03	M55	Bradley Sharpe (55)	May 23 2016	Rydalmere	
2km Road Race	10:01	M60	Terrence Carter (60)	Jul 22 2017	Col Sutton Reserve, Winston Hills	
2km Road Race	10:34	M65	David Archbold (65)	May 5 2011	Rydalmere	
2.5km Road Race	9:10	Open	Duncan Loane (13)	May 6 2017	Sydney Olympic Park	
2.5km Road Race	9:10	U14	Duncan Loane (13)	May 6 2017	Sydney Olympic Park	
3km Road Race	11:37	Open	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U20	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U18	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U17	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U16	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U15	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	11:37	U14	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	14:40	M60	David Archbold (60)	Jun 17 2006	Amy Base, Holsworthy	
4km Road Race	11:30	Open	Ed Goddard (21)	21/07/2018	Newcastle University, Ourimbah	
4km Road Race	11:30	U23	Ed Goddard (21)	21/07/2018	Newcastle University, Ourimbah	
4km Road Race	11:55	U20	Ed Goddard (19)	Jul 16 2016	Newcastle University, Ourimbah	
4km Road Race	12:21	U18	Elliot Metcalf (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:24	U16	Elliot Metcalf (15)	Apr 25 2015	Rydalmere	
4km Road Race	15:30	U14	Duncan Loane (12)	Apr 23 2016	Rydalmere	
4km Road Race	16:11	U12	William Maffey (11)	Jun 29 2013	Prospect Reservoir	
4km Road Race	12:52	M30	Frazer Dowling (33)	Jul 13 2013	Newcastle University, Ourimbah	
4km Road Race	15:05	M35	Frazer Dowling (36)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	14:32	M40	Angus Stewart (43)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	13:28	M45	Stuart Paterson (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	15:03	M50	Bradley Sharpe (50)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	15:38	M55	Bradley Sharpe (57)	Jul 21 2018	Newcastle University, Ourimbah	
4km Road Race	16:49	M60	Geoff Francis (63)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	18:09	M65	Geoff Francis (68)	Jul 10 2010	Flagstaff Point, Wollongong	
4km Road Race	20:41	M70	Ron Wills (72)	Jul 1 2011	Prospect Reservoir	

5km Road Race	14:45	Open	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	14:45	Open	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45	U23	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45	U20	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	16:55	U18	Kieran Briscoe (16)	Oct 1 2010	Sydney Olympic Park	
5km Road Race	44:45	U16	Sultan Tanfik (14)	May 6 2012	Sydney Olympic Park	
5km Road Race	23.13	M50	Andy West (53)	May 4 2019	Sydney Olympic Park	#
5km Road Race	19:50	M55	Bradley Sharpe (56)	May 6 2017	Sydney Olympic Park	
7km Road Race	25:40	Open	David Costello (38)	Aug 25 2019	Sydney Olympic Park	#
7km Road Race	25:40	M35	David Costello (38)	Aug 25 2019	Sydney Olympic Park	#
7km Road Race	28:45	M55	Bradley Sharpe (56)	Sept 3 2017	Sydney Olympic Park	
8km Road Race	26:20h	Open	Leo Peterson (27)	Apr 28 2018	Rydalmere	
8km Road Race	29:33	U23	Ruairidh MacDonald (22)	Jul 9 2016	Col Sutton Park, Winston Hills	
8km Road Race	27.41	U20	Matthew Rando (19)	May 5 2007	Catacraft Scout Park	
8km Road Race	31:39	U18	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	31:39	U16	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	32:01	U14	Elliot Metcalf (12)	May 12 2012	Rydalmere	
8km Road Race	34:05	M50	Bradley Sharpe (53)	Apr 26 2014	Rydalmere	
8km Road Race	36:58	M55	Doug Barrett (58)	May 5 2011	Rydalmere	
8km Road Race	35:32	M60	Doug Barrett (60)	Jun 29 2013	Prospect Reservoir	
10km Road Race	29.45	Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	29:54.68	U23	Ed Goddard (21)	May 5 2018	Sydney Olympic Park	
10km Road Race	31:44	U20	Ed Goddard (19)	May 7 2016	Sydney Olympic Park	
10km Road Race	38:22	U18	Xavier Black (17)	May 1 2010	Sydney Olympic Park	
10km Road Race	29.45	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	34:31.31	M35	David Costello (37)	May 5 2018	Sydney Olympic Park	
10km Road Race	35:04	M40	Richard Mullaney (40)	May 3 2014	Sydney Olympic Park	
10km Road Race	36:32	M45	Stuart Paterson (49)	May 7 2015	Amy Base, Holsworthy	
10km Road Race	38:52	M50	Stephen Ball (52)	Jun 17 2006	Amy Base, Holsworthy	
10km Road Race	38:38	M55	Stephen Ball (57)	Jun 4 2011	Sydney Olympic Park	
10km Road Race	45:32	M60	Doug Barrett (60)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:25	M65	Geoff Francis (67)	May 2 2009	Sydney Olympic Park	
14km City to Surf	41:51	Open	Ed Goddard (22)	Aug 11 2019	Sydney	
15km Road Race	43.11	Open	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	1:00:42	U23	James Connor (22)	Oct 19 2014	Femleigh Track, Newcastle	
15km Road Race	43.11	M30	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	1:15:16	M60	Doug Barrett (61)	Oct 2 2013	Femleigh Track, Newcastle	
10 miles	55.38	Open	Stuart Paterson (37)	Jun 11 1994	Parramatta	
10 miles	55.38	M35	Stuart Paterson (37)	Jun 11 1994	Parramatta	
25km Road Race	1:15.34	Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
25km Road Race	1:15.34	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
30km Road Race	1:31.08	Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
30km Road Race	1:31.08	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:03.38	Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:04.06	U23	Ed Goddard (21)	July 1 2018	Gold Coast	
Half Marathon	1:18:49	U20	Gareth Mumby (19)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:03.38	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:21:16	M35	Roger Hastie (37)	Jun 10 2007	Sydney	
Half Marathon	1:18:53	M40	Sven Fuerst (43)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:28:08	M45	Stuart Paterson (49)	Dec 31 2006	Sydney	
Half Marathon	1:37:49	M50	Stephen Ball (53)	Jun 10 2007	Sydney	
Half Marathon	1:53:52	M60	Geoff Francis (64)	Dec 31 2006	Sydney	
Half Marathon	1:58:31	M65	Geoff Francis (65)	Jun 10 2007	Sydney	
Marathon	2:11.13	Open	John Farrington (31)	Jul 14 1973	Budapest, Hungary	
Marathon	2:52:24	U20	Gareth Mumby (19)	Sep 22 2013	Sydney	
Marathon	2:11.13	M30	John Farrington (31)	Jul 14 1973	Budapest, Hungary	
Marathon	3:22:42	M40	John Kocx (44)	Sep 16 2012	Sydney	
Marathon	3:49:13	M50	Peter Bromley (53)	Nov 16 2008	Sydney	
4x3km Road Relay	56:24	U14	Myalls Paterson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	Jul 30 3005	Flagstaff Point, Wollongong	
4x4km Road Relay	47:25	Open	Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (25)	Jul 16 2016	Newcastle University, Ourimbah	
4x4km Road Relay	52:12	U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (18)	Jul 7 2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59	M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	Jul 11 2015	Newcastle University, Ourimbah	
4x4km Road Relay	1:02:18	M45	Andrew Williams (45), Bradley Sharpe (56), Paul Trainor (52), Kim Loan (55)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:04:44	M50	Bradley Sharpe (58), Antony Guest (53), Paul Trainor (54), Kim Loane (57)	Jul 13 2019	Newcastle University, Ourimbah	#
4x4km Road Relay	1:11:14	M55	Doug Barrett (62), Trevor Young (58) , Steve Bradley (58), Len Augustine (55)	Jul 12 2014	Newcastle University, Ourimbah	
Walks						
5km Road Walk	27:53	Open	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	27:53	U20	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	27:53	U18	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29	M60	Robert Connors (62)	Jun 27 2010	Harrington Park Lake, Narellan	
5km Road Walk	30.09	M70	Jim Seymon (71)	Jun 29 2008		
5km Road Walk	31:07	M75	Jim Seymon (75)	Jun 24 2012	Harrington Park Lake, Narellan	
5km Road Walk	36:29	M80	Jim Seymon (81)	Jun 23 2019	Chipping Norton	#
10km Road Walk	43:40	Open	Jay Felton (21)	May 20 2016	Chipping Norton	
10km Road Walk	43:40	U23	Jay Felton (21)	May 20 2016	Chipping Norton	
10km Road Walk	57:11	U18	Cheyne Egleton (16)	Jun 28 2009	Penrith Lakes	
10km Road Walk	58:15	M30	Mark Ransom			
10km Road Walk	1:13:30	M60	Robert Connors (61)	May 23 2010	Harrington Park Lake, Narellan	
10km Road Walk	59:13	M65	Jim Seymon (67)	Jun 26 2004		
10km Road Walk	1:01:00	M70	Jim Seymon (70)	May 27 2007	Tempe	
10km Road Walk	1:05:47	M75	Jim Seymon (77)	May 25 2014	Joe McAleer Park, Glendenning	
10km Road Walk	1:11:42	M80	Jim Seymon (81)	Apr 27 2019	Albert Park, Melbourne	#
15km Road Walk	1:32.13	Open	Jim Seymon (68)	May 27 2006	Greystanes	
15km Road Walk	1:32.13	M65	Jim Seymon (68)	May 27 2006	Greystanes	
15km Road Walk	1:39:27	M70	Jim Seymon (73)	Jul 25 2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27	M75	Jim Seymon (77)	Jul 26 2015	Harrington Park Lake, Narellan	
20km Road Walk	1:31.43	Open	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:31.43	U23	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:38:15	U20	Jay Felton (19)	Jul 27 2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59	M65	Jim Syemon (66)	2003		
20km Road Walk	2:27:54	M75	Jim Seymon (78)	Aug 28 2016		
20km Road Walk	2:47:45	M80	Jim Seymon (80)	14-Sep-18	Malaga, Spain	
	2:25:35	Open	Jay Felton (22)	Jul 23 2017	Chipping Norton	
30km Road Walk	2:25:35	U23	Jay Felton (22)	Jul 23 2017	Chipping Norton	
50km Road Walk	4:28.20	Open	Steve Washburn (22)	May 8 2016	Rome, Italy	
50km Road Walk	4:28.20	U23	Steve Washburn (22)	May 8 2016	Rome, Italy	

Track and Field Rankings 2019/2020

Marks since: 1-May-19
UTS Northern Suburbs Athletic [UTN]

Female 60m Sprint

1	7.55	+0.0	F	---	Stephanie Power	26	11/01/2020	Illawarra Track Challenge	
2	7.72	+1.6	F	---	Gabriella Taylor	14	26/10/2019	Treloar Shield Round 3	
3	7.74	+0.0	F	---	Carla Takchi	22	11/01/2020	Illawarra Track Challenge	
4	7.83	+1.1	F	---	Georgia Fichardt	15	11/01/2020	Illawarra Track Challenge	
5	7.90	+1.5	F	---	Jasmin Guthrie	16	26/10/2019	Treloar Shield Round 3	
6	7.98	+1.6	F	---	Monique Perry	45	26/10/2019	Treloar Shield Round 3	
7	8.00	-3.6	F	---	Olivia Rose Inkster	14	9/11/2019	Treloar Shield Round 5	
8	8.03	+1.6	F	---	Mia Hemsworth	17	11/01/2020	Illawarra Track Challenge	
9	7.8h	NWI	8.04	F	---	Morgan Kelaher	16	7/12/2019	Grass Games 2019
10	8.04	+1.1	F	---	Jessica Maciver	16	11/01/2020	Illawarra Track Challenge	
11	8.06	-2.1	F	---	Greta Andrews	15	9/11/2019	Treloar Shield Round 5	
12	8.22	+3.5	F	---	Alice Dixon	16	26/10/2019	Treloar Shield Round 3	
13	8.30	+0.0	F	---	Xin Min Tan	13	26/10/2019	Treloar Shield Round 3	
14	8.39	-1.0	F	---	Yael Reed	37	7/02/2020	NSW Masters Championships 2020	
15	8.45	+0.0	F	---	Kylie Strong	52	11/01/2020	Illawarra Track Challenge	
16 *	8.3h	NWI	8.54	F	---	Eva Bates	14	7/12/2019	Grass Games 2019
16 *	8.3h	NWI	8.54	F	---	Charlotte Greatrex	14	7/12/2019	Grass Games 2019
18	8.6h	NWI	8.84	F	---	Joanna Davis	43	2/11/2019	Northern Zone Week 8
19	8.97	+0.0	F	---	Maria Cimino	48	11/01/2020	Illawarra Track Challenge	
20	9.39	-4.2	F	---	Catherine Mikan	11	12/10/2019	Treloar Shield Round 1	
21	9.72	-0.7	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships	
22	9.6h	NWI	9.84	F	---	Jenny Schell	57	5/10/2019	Northern Zone Week 4
23	10.06	+0.0	F	---	Bronwyn Kelaher	54	26/10/2019	Treloar Shield Round 3	
24	9.9h	NWI	10.14	F	---	Rose Moore	54	7/12/2019	Grass Games 2019
25 *	10.1h	NWI	10.34	F	---	Emily Davis	12	29/02/2020	Northern Zone Week 19
25 *	10.1h	NWI	10.34	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
25 *	10.1h	NWI	10.34	F	---	Deborah Drennan	61	21/09/2019	Northern Zone Week 2
28	10.42	+0.5	F	---	Mali Lovell	15	9/11/2019	Treloar Shield Round 5	
29	10.2h	NWI	10.44	F	---	Suzy Elias	36	7/12/2019	Grass Games 2019
30	10.7h	NWI	10.94	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019
31	11.7h	NWI	11.94	F	---	Jillian Senior	67	14/12/2019	Northern Zone Week 12
32	12.4h	NWI	12.64	F	---	Kathleen Cook	82	14/12/2019	Northern Zone Week 12
33	12.5h	NWI	12.74	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8
34	12.9h	NWI	13.14	F	---	Dorothy Kass	66	11/01/2020	Northern Zone Week 14
35	13.6h	NWI	13.84	F	---	Thea Davis	10	29/02/2020	Northern Zone Week 19
36	16.5h	NWI	16.74	F	---	Roslyn Wolfers	74	2/11/2019	Northern Zone Week 8

Female 100m Sprint

1	11.68	+5.1	F	---	Stephanie Power	27	23/02/2020	Sir Graeme Douglas International Continental
2	11.75	+2.2	P	---	Kristie Edwards	19	25/06/2019	Oceania Athletics Championships
3	11.97	+1.6	P	---	Gabriella Taylor	14	6/12/2019	Australian All Schools Championships 2019
4	12.21	+1.5	P	---	Nicolette Donofrio	17	6/03/2020	NSW Open, U23 and Para Championships 2020
5	12.27	+1.4	F	---	Carla Takchi	22	29/02/2020	All-comers 29 February 2020
6	12.32	+2.9	P	---	Georgia Fichardt	15	24/01/2020	Athletics ACT Championships 2020
7	12.33	+1.0	F	---	Greta Andrews	15	2/11/2019	Treloar Shield Round 4
8	12.40	-2.5	F	---	Olivia Rose Inkster	14	26/09/2019	NSW All Schools Championships
9	12.45	+2.9	P	---	Jessica Maciver	16	24/01/2020	Athletics ACT Championships 2020
10	12.52	+1.5	F	---	Morgan Kelaher	16	14/12/2019	Club Championships 2019
11	12.56	+3.7	F	---	Annika Lynch	15	2/11/2019	Treloar Shield Round 4
12	12.61	+2.6	F	---	Jasmin Guthrie	16	15/02/2020	Allcomers 16 February
13 *	12.62	+0.0	F	---	Monique Perry	45	21/12/2019	All-comers 21 December 2019
13 *	12.62	+4.5	P	---	Mia Hemsworth	17	24/01/2020	Athletics ACT Championships 2020
15	12.72	+2.0	F	---	Abigail Stevanovic	17	1/02/2020	Treloar Shield Round 7
16	12.74	-1.8	F	---	Alice Dixon	16	30/11/2019	Treloar Shield Round 6
17	12.76	NWI	F	---	Rowena Craker	19	19/10/2019	Treloar Shield Round 2
18	12.79	+0.0	F	---	Sienna Bond	14	2/11/2019	Treloar Shield Round 4
19	12.80	+1.1	F	---	Emma Merlino	27	29/02/2020	All-comers 29 February 2020
20	12.89	-0.8	P	---	Isabella Guthrie	16	21/02/2020	NSW Junior Championships 2020
21	12.95	+2.1	F	---	Emily Bannister	15	2/11/2019	Treloar Shield Round 4
22	12.98	+1.5	F	---	Xin Min Tan	13	14/12/2019	Club Championships 2019
23	13.01	+3.6	P	---	Yael Reed	37	6/03/2020	NSW Open, U23 and Para Championships 2020
24	13.02	+0.7	F	---	Pascale La Hei	17	15/02/2020	Allcomers 16 February
25	13.10	-1.7	F	---	Stephanie Potter	17	26/09/2019	NSW All Schools Championships
26	13.12	+3.5	F	---	Chloe Davis	19	2/11/2019	Treloar Shield Round 4
27	13.13	+0.2	F	---	Kylie Strong	52	29/02/2020	All-comers 29 February 2020
28	13.14	+1.5	F	---	Samra Bond	12	21/02/2020	NSW Junior Championships 2020
29	13.41	+0.0	F	---	Melinda Burke	18	19/10/2019	Treloar Shield Round 2
30	13.43	+1.6	F	---	Renee Briffa	45	15/02/2020	Allcomers 16 February
31	13.45	+2.0	F	---	Prada Stenberg	16	1/02/2020	Treloar Shield Round 7
32	13.53	-0.8	P	---	Eleanor Partridge	17	21/02/2020	NSW Junior Championships 2020

33	13.63	+3.5		F	---	Emma Livingstone	14	2/11/2019	Treloar Shield Round 4
34	13.69	+0.0		F	---	Cayla Phillips	14	5/10/2019	All Comers & 10,00m Championships
35	13.75	+0.8		F	---	Edita Grinbergs	18	15/02/2020	Allcomers 16 February
36	14.35	+0.9		F	---	Maria Cimino	48	2/11/2019	Treloar Shield Round 4
37	14.53	+0.5		F	---	Alyssa Philip	20	21/12/2019	All-comers 21 December 2019
38	14.60	-2.2		F	---	Charlotte Galea	31	7/02/2020	NSW Masters Championships 2020
39	14.5h	NWI	14.74	F	---	Joanna Davis	42	15/06/2019	Winter Northern Zone Series 1
40	14.90	NWI		F	---	Hannah Anderson	13	14/12/2019	Club Championships 2019
41	15.69	-0.6		F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships
42	15.78	+1.4		F	---	Mali Lovell	15	6/12/2019	Australian All Schools Championships 2019
43	16.12	+0.2		F	---	Sybella Warton	12	21/02/2020	NSW Junior Championships 2020
44	16.14	+1.8		F	---	Bronwyn Kelaher	54	21/12/2019	All-comers 21 December 2019
45	16.65	-2.2		F	---	Helena Smith	32	7/02/2020	NSW Masters Championships 2020
46	16.72	-0.6		F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
47	16.79	-3.1		F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships
48	16.6h	NWI	16.84	F	---	Rose Moore	54	30/11/2019	Northern Zone Week 11
49	17.3h	NWI	17.54	F	---	Suzy Elias	36	8/11/2019	Northern Zone Week 9
50	17.8h	NWI	18.04	F	---	Sarah Hanna	39	28/09/2019	Northern Zone Week 3
51	18.0h	NWI	18.24	F	---	Deborah Drennan	61	28/09/2019	Northern Zone Week 3
52	20.51	NWI		F	---	Kathleen Cook	82	25/05/2019	Great Barrier Reef Masters Games
53	20.5h	NWI	20.74	F	---	Jillian Senior	67	21/03/2020	Northern Zone Week 22
54	21.2h	NWI	21.44	F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
55	21.8h	NWI	22.04	F	---	Nancy Lloyd	66	7/03/2020	Northern Zone Week 20
56	22.5h	NWI	22.74	F	---	Dorothy Kass	66	7/03/2020	Northern Zone Week 20
Female 150m Sprint									
1	19.1h	NWI	19.34	F	---	Morgan Kelaher	16	7/12/2019	Grass Games 2019
2	19.2h	NWI	19.44	F	---	Monique Perry	45	7/12/2019	Grass Games 2019
3	20.0h	NWI	20.24	F	---	Pascale La Hei	17	7/12/2019	Grass Games 2019
4	20.7h	NWI	20.94	F	---	Charlotte Greatrex	14	7/12/2019	Grass Games 2019
5	25.7h	NWI	25.94	F	---	Rose Moore	54	7/12/2019	Grass Games 2019
6	26.1h	NWI	26.34	F	---	Suzy Elias	36	7/12/2019	Grass Games 2019
7	27.7h	NWI	27.94	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019
Female 200m Sprint									
1	23.92	+0.4		F	---	Kristie Edwards	19	25/06/2019	Oceania Athletics Championships
2	23.96	+1.5		P	---	Stephanie Power	26	24/01/2020	Athletics ACT Championships 2020
3	24.25	+0.4		F	---	Olivia Rose Inkster	14	6/12/2019	Australian All Schools Championships 2019
4	24.54	+0.7		P	---	Alice Dixon	15	26/09/2019	NSW All Schools Championships
5	24.69	+2.1		F	---	Gabriella Taylor	14	26/09/2019	NSW All Schools Championships
6	24.71	+1.4		F	---	Greta Andrews	15	26/09/2019	NSW All Schools Championships
7	24.84	-0.9		P	---	Nicolette Donofrio	17	26/09/2019	NSW All Schools Championships
8	24.86	+1.4		F	---	Jasmin Guthrie	16	26/09/2019	NSW All Schools Championships
9	25.17	+0.0		F	---	Bridget Oakley	30	21/12/2019	All-comers 21 December 2019
10	25.30	-1.7		P	---	Alexandra Bartholomew	25	6/03/2020	NSW Open, U23 and Para Championships 2020
11	25.34	+2.0		F	---	Georgia Fichardt	15	26/09/2019	NSW All Schools Championships
12	25.42	+1.5		P	---	Kate Wahby	18	21/02/2020	NSW Junior Championships 2020
13	25.69	+0.1		F	---	Rowena Craker	19	9/11/2019	Treloar Shield Round 5
14	25.75	+1.3		F	---	Morgan Kelaher	16	14/12/2019	Club Championships 2019
15	25.98	-1.7		P	---	Emma Merlino	27	6/03/2020	NSW Open, U23 and Para Championships 2020
16	26.03	+0.2		P	---	Jessica Maciver	16	21/02/2020	NSW Junior Championships 2020
17	26.12	+0.0		F	---	Monique Perry	45	21/12/2019	All-comers 21 December 2019
18 *	26.14	+0.1		F	---	Isabella Guthrie	16	9/11/2019	Treloar Shield Round 5
18 *	26.14	+0.0		P	---	Pascale La Hei	17	6/03/2020	NSW Open, U23 and Para Championships 2020
20 *	26.23	+0.4		F	---	Sienna Bond	14	14/12/2019	Club Championships 2019
20 *	26.23	-2.5		F	---	Sally Guthrie	17	9/11/2019	Treloar Shield Round 5
22	26.67	+0.0		F	---	Kylie Strong	52	14/12/2019	Club Championships 2019
23	26.79	+0.8		M	---	Chloe Davis	19	25/01/2020	NSW Combined Events Championships 2020
24	26.89	+0.9		M	---	Ella Koster	16	15/02/2020	Australian Age Combined Events Championships
25	26.96	+0.2		F	---	Samra Bond	12	21/02/2020	NSW Junior Championships 2020
26	26.8h	NWI	27.04	F	---	Mia Hemsworth	17	16/11/2019	Northern Zone Week 10
27	27.13	-2.3		F	---	Yael Reed	37	7/02/2020	NSW Masters Championships 2020
28	27.38	+0.0		F	---	Xin Min Tan	13	21/12/2019	All-comers 21 December 2019
29	27.42	-1.7		F	---	Renee Briffa	45	7/02/2020	NSW Masters Championships 2020
30	27.48	+1.3		F	---	Eva Bates	14	14/12/2019	Club Championships 2019
31	27.51	+0.8		M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
32	27.52	-1.3		P	---	Eleanor Partridge	17	21/02/2020	NSW Junior Championships 2020
33	27.53	-1.2		F	---	Cayla Phillips	14	12/10/2019	Treloar Shield Round 1
34	27.76	-1.3		P	---	Prada Stenberg	16	21/02/2020	NSW Junior Championships 2020
35	28.22	+1.2		F	---	Saskia Newman	17	9/11/2019	Treloar Shield Round 5
36	28.71	+0.3		P	---	Catherine Mikan	12	21/02/2020	NSW Junior Championships 2020
37	29.33	-3.5		F	---	Emma Livingstone	14	26/10/2019	Treloar Shield Round 3
38	29.67	+1.8		F	---	Joanna Davis	43	9/11/2019	Treloar Shield Round 5
39	29.79	+1.5		P	---	Alyssa Philip	20	24/01/2020	Athletics ACT Championships 2020
40	30.94	-0.7		F	---	Maria Cimino	48	14/12/2019	Club Championships 2019
41	31.5h	NWI	31.74	F	---	Alice Bohdan	47	25/01/2020	Northern Zone Week 15

42	32.15	+0.2		F	---	Mali Lovell	15	21/02/2020	NSW Junior Championships 2020
43	32.0h	NWI	32.24	F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8
44	33.26	+0.3		F	---	Sybella Warton	12	21/02/2020	NSW Junior Championships 2020
45	34.48	-0.6		F	---	Deborah Drennan	61	9/11/2019	Treloar Shield Round 5
46	34.93	-0.7		F	---	Bronwyn Kelaher	54	14/12/2019	Club Championships 2019
47	37.3h	NWI	37.54	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
48	38.4h	NWI	38.64	F	---	Suzy Elias	36	25/01/2020	Northern Zone Week 15
49	46.4h	NWI	46.64	F	---	Jillian Senior	67	29/02/2020	Northern Zone Week 19
50	46.9h	NWI	47.14	F	---	Nancy Lloyd	66	25/01/2020	Northern Zone Week 15
51	47.22	+1.5		F	---	Kathleen Cook	82	7/02/2020	NSW Masters Championships 2020
52	47.8h	NWI	48.04	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6

Female 300m Sprint

1	44.9h		45.04	F	---	Eva Bates	14	7/12/2019	Grass Games 2019
2	46.57			F	---	Morgan Kelaher	16	9/06/2019	Bankstown Winter Track and Field
3	46.9h		47.04	F	---	Charlotte Greatrex	14	7/12/2019	Grass Games 2019
4	49.1h		49.24	F	---	Abby Lander	17	7/12/2019	Grass Games 2019
5	55.1h		55.24	F	---	Deborah Drennan	61	7/12/2019	Grass Games 2019
6	1:09.9h		1:10.04	F	---	Janet Naylor	53	13/07/2019	Winter Northern Zone Series 2

Female 400m Sprint

1	51.87			P	---	Gabriella O'Grady	22	8/07/2019	World University Games 2019
2	52.06			F	---	Bendere Oboya	19	6/02/2020	Melbourne Track Classic
3	54.91			F	---	Alexandra Bartholomew	25	6/03/2020	NSW Open, U23 and Para Championships 2020
4	55.54			F	---	Jasmin Guthrie	16	6/03/2020	NSW Open, U23 and Para Championships 2020
5	55.89			F	---	Rowena Craker	19	21/12/2019	Albie Thomas 2019
6	56.16			F	---	Sally Guthrie	17	26/09/2019	NSW All Schools Championships
7	56.42			F	---	Stephanie Power	26	30/11/2019	Treloar Shield Round 6
8	56.77			F	---	Olivia Rose Inkster	14	26/09/2019	NSW All Schools Championships
9	57.41			F	---	Alice Dixon	16	2/11/2019	Treloar Shield Round 4
10	57.57			F	---	Isabella Guthrie	16	26/09/2019	NSW All Schools Championships
11	57.74			P	---	Pascale La Hei	17	21/02/2020	NSW Junior Championships 2020
12	59.07			F	---	Emma Merlino	27	29/02/2020	All-comers 29 February 2020
13	59.30			P	---	Lara Williams	13	26/09/2019	NSW All Schools Championships
14	59.47			F	---	Bridget Oakley	30	11/01/2020	Illawarra Track Challenge
15	59.67			F	---	Kate Wahby	18	29/02/2020	All-comers 29 February 2020
16	1:01.03			F	---	Eliza Harvey	18	30/11/2019	Treloar Shield Round 6
17	1:01.34			F	---	Renee Briffa	45	22/02/2020	AACT Summer Series 9
18	1:01.45			P	---	Cayla Phillips	14	26/09/2019	NSW All Schools Championships
19	1:02.37			F	---	Samra Bond	12	29/02/2020	All-comers 29 February 2020
20	1:02.47			F	---	Ella Koster	16	19/10/2019	Treloar Shield Round 2
21	1:02.73			F	---	Chloe Davis	20	29/02/2020	All-comers 29 February 2020
22	1:02.75			F	---	Edita Grinbergs	18	11/01/2020	Illawarra Track Challenge
23	1:02.92			F	---	Sascha Gassmann	18	26/09/2019	NSW All Schools Championships
24	1:04.87			P	---	Charlotte Greatrex	14	21/02/2020	NSW Junior Championships 2020
25	1:05.69			F	---	Melinda Burke	18	19/10/2019	Treloar Shield Round 2
26	1:06.67			F	---	Charlotte O'Dowd	11	19/10/2019	Treloar Shield Round 2
27	1:09.4h		1:09.54	F	---	Xin Min Tan	13	28/09/2019	Northern Zone Week 3
28	1:16.69			F	---	Deborah Drennan	61	2/11/2019	Treloar Shield Round 4
29	1:20.72			F	---	Charlotte Galea	31	7/02/2020	NSW Masters Championships 2020
30	1:22.1h		1:22.24	F	---	Jenny Schell	57	30/11/2019	Northern Zone Week 11
31	1:32.3h		1:32.44	F	---	Sarah Hanna	39	28/09/2019	Northern Zone Week 3
32	1:38.5h		1:38.64	F	---	Suzy Elias	36	8/11/2019	Northern Zone Week 9
33	2:04.65			P	---	Carley Thomas	18	27/09/2019	IAAF World Athletics Championships

Female 600m Sprint

1	1:39.6h		1:39.60	F	---	Pascale La Hei	17	7/12/2019	Grass Games 2019
2	1:52.7h		1:52.70	F	---	Abby Lander	17	7/12/2019	Grass Games 2019
3	2:06.5h		2:06.50	F	---	Deborah Drennan	61	7/12/2019	Grass Games 2019
4	2:31.3h		2:31.30	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019

Female 800m Run

1	2:01.01			F	---	Carley Thomas	18	20/07/2019	London Diamond League 2019
2	2:11.23			F	---	Imogen Gardiner	17	21/12/2019	Albie Thomas 2019
3	2:12.94			F	---	Ali Thomson	20	24/01/2020	Athletics ACT Championships 2020
4	2:13.93			F	---	Sally Guthrie	18	21/02/2020	NSW Junior Championships 2020
5	2:14.13			F	---	Abbey Rockliff	18	9/11/2019	Treloar Shield Round 5
6	2:19.20			F	---	Sarah Baker	13	21/02/2020	NSW Junior Championships 2020
7	2:21.88			F	---	Mia Fry	14	21/02/2020	NSW Junior Championships 2020
8	2:22.62			F	---	Jasmin Guthrie	16	9/11/2019	Treloar Shield Round 5
9	2:23.66			F	---	Pascale La Hei	17	14/12/2019	Club Championships 2019
10	2:24.94			F	---	Sophie Schultz	12	21/02/2020	NSW Junior Championships 2020
11	2:25.35			P	---	Zoe Banks	13	26/09/2019	NSW All Schools Championships
12	2:26.87			F	---	Eliza Harvey	18	9/11/2019	Treloar Shield Round 5
13	2:27.46			F	---	Rowena Craker	19	12/10/2019	Treloar Shield Round 1
14	2:27.93			M	---	Ella Koster	16	15/02/2020	Australian Age Combined Events Championships
15	2:27.97			F	---	Madeleine Huyskens	15	26/09/2019	NSW All Schools Championships
16	2:28.23			F	---	Chloe Davis	19	14/12/2019	Club Championships 2019

17	2:34.7h	2:34.70	F	---	Renee Briffa	44	19/10/2019	Northern Zone Week 6
18	2:35.41		F	---	Charlotte O'Dowd	11	12/10/2019	Treloar Shield Round 1
19	2:35.93		F	---	Abby Lander	17	26/09/2019	NSW All Schools Championships
20	2:36.53		F	---	Eloise Boys	13	14/12/2019	Club Championships 2019
21	2:37.08		F	---	Lara Williams	14	21/02/2020	NSW Junior Championships 2020
22	2:39.34		F	---	Emily Davis	12	9/11/2019	Treloar Shield Round 5
23	2:51.88		F	---	Deborah Drennan	61	9/11/2019	Treloar Shield Round 5
24	2:52.67		F	---	Annika Boys	11	14/12/2019	Club Championships 2019
25	2:55.56		M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
26	2:59.4h	2:59.40	F	---	Joanna Davis	42	21/09/2019	Northern Zone Week 2
27	3:00.54		F	---	Mali Lovell	15	26/09/2019	NSW All Schools Championships
28	3:00.85		F	---	Sybella Warton	12	21/02/2020	NSW Junior Championships 2020
29	3:13.38		F	---	Margaret Thomas	63	14/12/2019	Club Championships 2019
30	3:20.41		F	---	Antoinette Woodward	63	14/12/2019	Club Championships 2019
31	3:31.52		F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships
32	3:40.67		F	---	Suzy Elias	36	14/12/2019	Club Championships 2019
33	3:41.5h	3:41.50	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
34	4:08.73		F	---	Janet Naylon	53	31/08/2019	Oceania Masters Athletics Championships
35	4:08.9h	4:08.90	F	---	Carmel Parker	54	5/10/2019	Northern Zone Week 4
36	4:21.2h	4:21.20	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6

Female 1500m Run

1	4:19.40		F	---	Kate Spencer	24	22/02/2020	Sydney Track Classic 2020
2	4:20.34		F	---	Imogen Gardiner	17	22/02/2020	Sydney Track Classic 2020
3	4:23.05		F	---	Georgia Winkcup	22	6/03/2020	NSW Open, U23 and Para Championships 2020
4	4:41.29		F	---	Abbey Rockliff	17	25/06/2019	Oceania Athletics Championships
5	4:46.39		F	---	Sarah Baker	12	5/10/2019	All Comers & 10,000m Championships
6	4:46.82		F	---	Mia Fry	14	21/02/2020	NSW Junior Championships 2020
7	4:49.27		F	---	Ada Rand	14	2/11/2019	Treloar Shield Round 4
8	4:56.76		F	---	Madeleine Huyskens	15	21/02/2020	NSW Junior Championships 2020
9	5:06.53		F	---	Zoe Banks	13	21/02/2020	NSW Junior Championships 2020
10	5:11.30		F	---	Abby Lander	17	5/10/2019	All Comers & 10,000m Championships
11	5:11.48		F	---	Sophie Schultz	12	19/10/2019	Treloar Shield Round 2
12	5:13.19		F	---	Holly Eva Ratajiec	25	29/02/2020	All-comers 29 February 2020
13	5:25.3h	5:25.30	F	---	Emily Davis	12	15/06/2019	Winter Northern Zone Series 1
14	5:57.49		F	---	Deborah Drennan	61	7/02/2020	NSW Masters Championships 2020
15	8:40.5h	8:40.50	F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
16	9:16.0h	9:16.00	F	---	Dorothy Kass	66	14/09/2019	Northern Zone Week 1
17	10:28.7h	10:28.70	F	---	Nancy Lloyd	66	7/03/2020	Northern Zone Week 20

Female 3000m Run

1	9:19.72	3:06.57	F	---	Georgia Winkcup	22	9/11/2019	NSW 3000m Championships
2	9:33.01	3:11.00	F	---	Kate Spencer	24	9/11/2019	NSW 3000m Championships
3	9:43.89	3:14.63	F	---	Imogen Gardiner	17	26/09/2019	NSW All Schools Championships
4	10:16.15	3:25.38	F	---	Rosie Fordham	17	9/11/2019	NSW 3000m Championships
5	10:26.04	3:28.68	F	---	Sarah Baker	13	21/02/2020	NSW Junior Championships 2020
6	10:49.58	3:36.53	F	---	Annabel Maple-Brown	15	21/02/2020	NSW Junior Championships 2020
7	10:52.12	3:37.37	F	---	Sophie Schultz	12	21/02/2020	NSW Junior Championships 2020
8	11:04.82	3:41.61	F	---	Hannah Cerezo	16	14/12/2019	Club Championships 2019
9	11:17.64	3:45.88	F	---	Olivia Gorman	13	9/11/2019	NSW 3000m Championships
10	11:22.14	3:47.38	F	---	Holly Eva Ratajiec	25	9/11/2019	NSW 3000m Championships
11	11:25.61	3:48.54	F	---	Melissa Morphet	31	9/11/2019	NSW 3000m Championships
12	11:43.16	3:54.39	F	---	Abby Lander	17	14/12/2019	Club Championships 2019
13	13:34.3h	4:31.43	F	---	Deborah Drennan	61	11/01/2020	Northern Zone Week 14
14	13:51.3h	4:37.10	F	---	Emily Davis	12	29/02/2020	Northern Zone Week 19
15	20:19.8h	6:46.60	F	---	Thea Davis	10	29/02/2020	Northern Zone Week 19
16	21:40.9h	7:13.63	F	---	Dorothy Kass	66	11/01/2020	Northern Zone Week 14

Female 5000m Run

1	16:13.03	3:14.61	F	---	Kate Spencer	24	6/02/2020	Melbourne Track Classic
2	17:25.85	3:29.17	F	---	Abbey Rockliff	17	25/06/2019	Oceania Athletics Championships
3	22:33.24	4:30.65	F	---	Deborah Drennan	61	30/11/2019	Treloar Shield Round 6
4	23:45.45	4:45.09	F	---	Abby Lander	17	11/01/2020	AAC Combined Events Championships

Female 1 Mile Run

1	4:44.79		F	---	Isabella Thornton-Bott	21	11/01/2020	Illawarra Track Challenge
2	4:48.39		F	---	Kate Spencer	24	21/12/2019	Albie Thomas 2019
3	4:54.95		F	---	Imogen Gardiner	17	11/01/2020	Illawarra Track Challenge
4	5:39.95		F	---	Abby Lander	17	21/12/2019	Albie Thomas 2019

Female 1500m Walk

1	9:31.9h	9:31.90	F	---	Carmel Parker	54	19/10/2019	Northern Zone Week 6
2	10:02.6h	10:02.60	F	---	Antoinette Woodward	63	16/11/2019	Northern Zone Week 10
3	11:46.6h	11:46.60	F	---	Nancy Lloyd	66	11/01/2020	Northern Zone Week 14
4	12:25.0h	12:25.00	F	---	Emily Davis	12	29/02/2020	Northern Zone Week 19
5	12:29.9h	12:29.90	F	---	Thea Davis	10	29/02/2020	Northern Zone Week 19
6	13:11.0h	13:11.00	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6
7	13:57.7h	13:57.70	F	---	Roslyn Wolfers	74	19/10/2019	Northern Zone Week 6

Female 3000m Walk

1	20:29.0h	20:29.00	F	---	Carmel Parker	53	14/09/2019	Northern Zone Week 1
2	24:06.7h	24:06.70	F	---	Jenny Schell	57	30/11/2019	Northern Zone Week 11
Female 80m Hurdles 0.762m								
1	16.48	+1.6	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
Female 90m Hurdles 0.762m								
1	12.89	-0.8	P	---	Georgia Fichardt	15	6/12/2019	Australian All Schools Championships 2019
2	13.20	+1.0	F	---	Sienna Bond	14	6/12/2019	Australian All Schools Championships 2019
3	13.77	-2.6	F	---	Eva Bates	13	26/09/2019	NSW All Schools Championships
4	14.77	-0.5	F	---	Angela Asikin	15	19/10/2019	Treloar Shield Round 2
5	15.23	-1.0	F	---	Charlotte Greatrex	14	21/02/2020	NSW Junior Championships 2020
Female 100m Hurdles 0.762m								
1	13.90	+0.6	F	---	Nicolette Donofrio	17	25/06/2019	Oceania Athletics Championships
2	14.25	+0.4	F	---	Georgia Fichardt	16	21/02/2020	NSW Junior Championships 2020
3 *	14.52	+1.4	F	---	Jessica Maciver	15	26/09/2019	NSW All Schools Championships
3 *	14.52	+1.4	F	---	Annika Lynch	15	26/09/2019	NSW All Schools Championships
5	15.28	+1.1	M	---	Ella Koster	16	15/02/2020	Australian Age Combined Events Championships
6	15.44	+0.3	F	---	Emily Smith	14	19/10/2019	Treloar Shield Round 2
Female 100m Hurdles 0.840m								
1	13.88	+1.2	F	---	Carla Takchi	22	24/01/2020	Athletics ACT Championships 2020
2	14.41	+0.9	F	---	Nicolette Donofrio	17	6/03/2020	NSW Open, U23 and Para Championships 2020
3	14.86	-0.2	F	---	Mia Hemsworth	17	29/02/2020	All-comers 29 February 2020
4	14.87	+1.9	P	---	Abigail Stevanovic	18	6/03/2020	NSW Open, U23 and Para Championships 2020
5	17.05	-1.2	M	---	Chloe Davis	19	25/01/2020	NSW Combined Events Championships 2020
6	17.71	-1.2	M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
Female 200m Hurdles 0.762m								
1	28.25	-0.8	F	---	Georgia Fichardt	15	6/12/2019	Australian All Schools Championships 2019
2	29.74	+1.2	F	---	Eva Bates	13	26/09/2019	NSW All Schools Championships
3	29.92	-0.9	F	---	Emily Smith	15	9/11/2019	Treloar Shield Round 5
4	31.92	-2.9	F	---	Charlotte Greatrex	14	21/02/2020	NSW Junior Championships 2020
Female 300m Hurdles 0.762m								
1	1:10.96		F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
Female 400m Hurdles 0.762m								
1	1:02.48		F	---	Isabella Guthrie	16	6/03/2020	NSW Open, U23 and Para Championships 2020
2	1:02.90		F	---	Annika Lynch	16	11/01/2020	Illawarra Track Challenge
3	1:03.93		F	---	Emily Smith	15	21/02/2020	NSW Junior Championships 2020
4	1:08.75		F	---	Gabriella Richmond	17	26/09/2019	NSW All Schools Championships
Female 2000m StplCh 0.762m								
1	7:27.53		F	---	Hannah Cerezo	16	26/09/2019	NSW All Schools Championships
2	8:16.97		F	---	Abby Lander	17	26/09/2019	NSW All Schools Championships
Female 3000m StplCh 0.762m								
1	12:18.53		F	---	Abby Lander	17	29/02/2020	All-comers 29 February 2020
2	12:23.53		F	---	Holly Eva Ratajecz	25	6/03/2020	NSW Open, U23 and Para Championships 2020
Female High Jump								
1	1.77m		F	---	Erin Shaw	15	21/02/2020	NSW Junior Championships 2020
2	1.74m		F	---	Sophie Anderson	16	21/02/2020	NSW Junior Championships 2020
3	1.70m		F	---	Annika Lynch	15	26/09/2019	NSW All Schools Championships
4	1.60m		F	---	Emily Smith	14	26/09/2019	NSW All Schools Championships
5	1.51m		F	---	Chloe Davis	19	11/01/2020	2019-20 AACT Combined Events Championships
6	1.45m		F	---	Ella Koster	16	21/02/2020	NSW Junior Championships 2020
7	1.42m		M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
8	1.40m		F	---	Morgan Kelaher	16	21/09/2019	Northern Zone Week 2
9	1.35m		F	---	Brooke East	18	9/06/2019	Bankstown Winter Track and Field
10	1.28m		F	---	Alicia Jordaan	12	15/06/2019	Winter Northern Zone Series 1
11	1.26m		F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
12	1.15m		F	---	Joanna Davis	42	10/08/2019	Winter Northern Zone Series 3
13 *	1.10m		F	---	Bronwyn Kelaher	54	14/12/2019	Club Championships 2019
13 *	1.10m		F	---	Maria Cimino	48	14/12/2019	Club Championships 2019
15	.85m		F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
Female Long Jump								
1	5.93m	+3.5	F	---	Sienna Bond	14	6/12/2019	Australian All Schools Championships 2019
2	5.34m	NWI	F	---	Carla Takchi	22	14/12/2019	Club Championships 2019
3	5.25m	NWI	F	---	Jessica Maciver	16	23/11/2019	NSW State Relay Championships 2019
4	5.21m	+1.2	F	---	Chloe Davis	19	11/01/2020	2019-20 AACT Combined Events Championships
5	5.20m	NWI	F	---	Annika Lynch	15	23/11/2019	NSW State Relay Championships 2019
6	5.18m	NWI	F	---	Sally Guthrie	17	9/11/2019	Treloar Shield Round 5
7	5.11m	+1.4	F	---	Ella Koster	16	21/02/2020	NSW Junior Championships 2020
8	5.06m	NWI	P	---	Portia Amy-Wilson	16	23/11/2019	NSW State Relay Championships 2019
9	4.84m	+0.6	F	---	Alyssa Philip	20	24/01/2020	Athletics ACT Championships 2020
10	4.70m		F	---	Alice Bohdan	47	22/02/2020	Northern Zone Week 18
11	4.69m	+2.5	F	---	Catherine Mikan	11	12/10/2019	Treloar Shield Round 1
12	4.51m	NWI	F	---	Saskia Newman	17	9/11/2019	Treloar Shield Round 5
13	4.34m	NWI	F	---	Morgan Kelaher	16	9/11/2019	Treloar Shield Round 5
14	4.14m	-1.0	F	---	Melinda Burke	18	26/10/2019	Treloar Shield Round 3

15	4.08m	NWI	F	---	Maria Cimino	48	14/12/2019	Club Championships 2019
16	3.99m	NWI	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
17	3.98m		F	---	Joanna Davis	43	22/02/2020	Northern Zone Week 18
18	3.82m	-1.0	F	---	Hannah Anderson	13	26/09/2019	NSW All Schools Championships
19	3.29m	+1.1	F	---	Zara Perry	14	21/02/2020	NSW Junior Championships 2020
20	3.21m	NWI	F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships
21	2.75m	NWI	F	---	Bronwyn Kelaher	54	9/11/2019	Treloar Shield Round 5
22	2.38m	+1.1	F	---	Isla Gillespie	14	21/02/2020	NSW Junior Championships 2020
23	2.30m		F	---	Rose Moore	54	26/10/2019	Northern Zone Week 7
24	2.15m		F	---	Dorothy Kass	66	14/09/2019	Northern Zone Week 1
25	2.02m		F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
Female Long Jump Aggregate								
1	14.39m	NWI	F	---	Morgan Kelaher	16	7/12/2019	Grass Games 2019
2	11.16m	NWI	F	---	Janet Naylor	53	7/12/2019	Grass Games 2019
3	10.79m	NWI	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019
Female Triple Jump								
1	13.05m	+1.8	F	---	Desleigh Owusu	18	6/03/2020	NSW Open, U23 and Para Championships 2020
2	12.30m	+2.0	F	---	Annika Lynch	15	6/12/2019	Australian All Schools Championships 2019
3	11.92m	+0.8	F	---	Sienna Bond	14	26/09/2019	NSW All Schools Championships
4	11.09m	+1.6	F	---	Elana Withnall	26	6/03/2020	NSW Open, U23 and Para Championships 2020
5	11.04m	+2.6	F	---	Alyssa Philip	20	24/01/2020	Athletics ACT Championships 2020
6	8.87m	+0.0	F	---	Hannah Anderson	13	21/02/2020	NSW Junior Championships 2020
7	8.77m	+1.7	F	---	Maria Cimino	48	7/02/2020	NSW Masters Championships 2020
8	8.63m	NWI	F	---	Morgan Kelaher	16	30/11/2019	Treloar Shield Round 6
9	4.80m		F	---	Dorothy Kass	66	14/12/2019	Northern Zone Week 12
Female Shot Put 3kg								
1	11.59m		F	---	Jessica Maciver	15	26/09/2019	NSW All Schools Championships
2	11.58m		F	---	Jada Powell	16	12/10/2019	Treloar Shield Round 1
3	11.56m		F	---	Bronte Hodson	16	14/12/2019	Club Championships 2019
4	11.19m		F	---	Georgia Spanswick	14	26/09/2019	NSW All Schools Championships
5	10.94m		F	---	Caroline Layt	54	7/02/2020	NSW Masters Championships 2020
6	10.91m		F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
7	10.74m		M	---	Ella Koster	16	15/02/2020	Australian Age Combined Events Championships
8	10.19m		F	---	Lauren Brown	17	14/09/2019	Northern Zone Week 1
9	10.11m		F	---	Rebecca Moore	15	21/09/2019	Northern Zone Week 2
10	9.03m		P	---	Kylie Strong	52	23/11/2019	NSW State Relay Championships 2019
11	8.67m		F	---	Janet Naylor	53	29/02/2020	Northern Zone Week 19
12	7.78m		F	---	Rose Moore	54	30/11/2019	Northern Zone Week 11
13	7.58m		F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8
14	7.05m		F	---	Zara Perry	14	21/02/2020	NSW Junior Championships 2020
15	6.82m		F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
16	6.23m		F	---	Roslyn Wolfers	74	2/11/2019	Northern Zone Week 8
17	6.18m		F	---	Jillian Senior	67	21/03/2020	Northern Zone Week 22
18	6.12m		F	---	Wendy Fleming	50	26/10/2019	Northern Zone Week 7
19	6.10m		F	---	Isla Gillespie	14	21/02/2020	NSW Junior Championships 2020
20	4.18m		F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8
21	4.12m		F	---	Dorothy Kass	66	14/12/2019	Northern Zone Week 12
Female Shot Put 4kg								
1	9.89m		F	---	Chloe Davis	19	11/01/2020	2019-20 AACT Combined Events Championships
2	9.13m		F	---	Maria Cimino	48	21/09/2019	Northern Zone Week 2
3	8.87m		F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
4	8.14m		M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
5	7.55m		F	---	Helena Smith	32	14/12/2019	Club Championships 2019
6 *	7.50m		F	---	Nicola Bowtell	20	9/11/2019	Treloar Shield Round 5
6 *	7.50m		F	---	Edita Grinbergs	18	9/11/2019	Treloar Shield Round 5
8	6.39m		F	---	Joanna Davis	42	19/10/2019	Northern Zone Week 6
9	5.95m		F	---	Rose Moore	54	9/11/2019	Treloar Shield Round 5
Female Discus 1kg								
1	36.18m		F	---	Bronte Hodson	16	14/12/2019	Club Championships 2019
2	32.88m		F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
3	31.19m		F	---	Rhedyn Wong	14	30/11/2019	Treloar Shield Round 6
4	31.05m		F	---	Rebecca Moore	15	15/06/2019	Winter Northern Zone Series 1
5	28.39m		F	---	Maria Cimino	48	15/02/2020	Northern Zone Week 17
6	25.64m		F	---	Helena Smith	32	7/02/2020	NSW Masters Championships 2020
7	24.33m		F	---	Georgia Spanswick	14	19/10/2019	Treloar Shield Round 2
8	22.87m		F	---	Alice Bohdan	47	25/01/2020	Northern Zone Week 15
9	22.81m		F	---	Jenny Schell	57	15/02/2020	Northern Zone Week 17
10	22.73m		F	---	Caroline Layt	54	7/02/2020	NSW Masters Championships 2020
11	22.10m		F	---	Natasha Milakovic	19	19/10/2019	Treloar Shield Round 2
12	20.07m		F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships
13	19.52m		F	---	Rose Moore	53	15/06/2019	Winter Northern Zone Series 1
14	18.32m		F	---	Melissa Baulman	36	7/02/2020	NSW Masters Championships 2020
15	18.12m		F	---	Joanna Davis	42	19/10/2019	Northern Zone Week 6
16	17.79m		F	---	Isla Gillespie	14	21/02/2020	NSW Junior Championships 2020

17	13.98m	F	---	Gabriella O'Grady	22	30/11/2019	Treloar Shield Round 6
18	12.60m	F	---	Jillian Senior	67	11/01/2020	Northern Zone Week 14
19	12.10m	F	---	Roslyn Wolfers	74	5/10/2019	Northern Zone Week 4
20	10.57m	F	---	Dorothy Kass	66	14/03/2020	Northern Zone Week 21
21	9.24m	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8
Female Discus 750g							
1	11.32m	F	---	Kathleen Cook	82	25/05/2019	Great Barrier Reef Masters Games
Female Hammer 3kg							
1	50.48m	F	---	Rebecca Moore	15	10/08/2019	Winter Northern Zone Series 3
2	35.86m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
3	20.28m	F	---	Jenny Schell	57	14/09/2019	Northern Zone Week 1
4	19.76m	F	---	Rose Moore	54	26/10/2019	Northern Zone Week 7
5	19.63m	F	---	Jillian Senior	67	28/09/2019	Northern Zone Week 3
6	12.70m	F	---	Roslyn Wolfers	74	26/10/2019	Northern Zone Week 7
Female Hammer 4kg							
1	41.91m	F	---	Maria Cimino	48	22/02/2020	AACT Summer Series 9
2	32.29m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
3	28.93m	F	---	Rebekah Rose	18	21/02/2020	NSW Junior Championships 2020
4	28.72m	F	---	Siena Reynolds	21	21/03/2020	Northern Zone Week 22
5	25.36m	F	---	Melissa Baulman	36	23/11/2019	NSW State Relay Championships 2019
6	24.57m	F	---	Helena Smith	32	23/11/2019	NSW State Relay Championships 2019
7	14.55m	F	---	Rose Moore	54	9/11/2019	Treloar Shield Round 5
Female Javelin 500g							
1	35.87m	F	---	Ashlie Edwards	17	23/11/2019	NSW State Relay Championships 2019
2	32.92m	F	---	Bronte Hodson	16	21/02/2020	NSW Junior Championships 2020
3	32.84m	F	---	Rhedyn Wong	14	30/11/2019	Treloar Shield Round 6
4	31.41m	F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
5	30.94m	F	---	Georgia Spanswick	14	26/09/2019	NSW All Schools Championships
6	29.62m	F	---	Ella Koster	16	23/11/2019	NSW State Relay Championships 2019
7	28.94m	F	---	Lauren Brown	17	14/09/2019	Northern Zone Week 1
8	28.90m	F	---	Emily Bannister	15	26/09/2019	NSW All Schools Championships
9	25.22m	F	---	Portia Amy-Wilson	16	23/11/2019	NSW State Relay Championships 2019
10	24.17m	F	---	Tarsha Wayne	16	23/11/2019	NSW State Relay Championships 2019
11	20.78m	F	---	Janet Naylor	53	10/08/2019	Winter Northern Zone Series 3
12	18.42m	F	---	Rose Moore	54	19/10/2019	Treloar Shield Round 2
13	17.72m	F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships
14	14.40m	F	---	Jenny Schell	57	15/06/2019	Winter Northern Zone Series 1
15	13.74m	F	---	Isla Gillespie	14	6/03/2020	NSW Open, U23 and Para Championships 2020
16	13.55m	F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
17	11.54m	F	---	Jillian Senior	67	28/09/2019	Northern Zone Week 3
18	11.50m	F	---	Wendy Fleming	50	26/10/2019	Northern Zone Week 7
19	9.09m	F	---	Roslyn Wolfers	74	28/09/2019	Northern Zone Week 3
Female Javelin 600g							
1	38.80m	F	---	Chloe Davis	19	23/11/2019	NSW State Relay Championships 2019
2	34.40m	F	---	Natasha Milakovic	19	19/10/2019	Treloar Shield Round 2
3	33.95m	F	---	Ashlie Edwards	17	23/11/2019	NSW State Relay Championships 2019
4	32.88m	F	---	Rebekah Rose	18	21/02/2020	NSW Junior Championships 2020
5	29.53m	F	---	Bronte Hodson	16	23/11/2019	NSW State Relay Championships 2019
6	28.34m	F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
7	27.10m	F	---	Maria Cimino	48	23/11/2019	NSW State Relay Championships 2019
8	26.33m	F	---	Kristie Edwards	19	2/11/2019	Treloar Shield Round 4
9	23.26m	F	---	Helena Smith	32	23/11/2019	NSW State Relay Championships 2019
10	19.30m	F	---	Rebecca Moore	15	2/11/2019	Treloar Shield Round 4
11	15.66m	P	---	Melissa Baulman	36	23/11/2019	NSW State Relay Championships 2019
12	15.35m	F	---	Joanna Davis	43	22/02/2020	Northern Zone Week 18
13	15.31m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
14	15.22m	F	---	Rose Moore	54	2/11/2019	Treloar Shield Round 4
15	14.53m	M	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020
Female Wght Thr 11.34kg							
1	9.83m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
Female Wght Thr 5.45kg							
1	15.57m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
2	9.06m	F	---	Jillian Senior	67	2/11/2019	Northern Zone Week 8
Female Wght Thr 7.26kg							
1	13.77m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
2	8.47m	F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8
Female Wght Thr 9.08kg							
1	12.28m	F	---	Maria Cimino	48	15/02/2020	Northern Zone Week 17
2	7.80m	F	---	Helena Smith	32	7/02/2020	NSW Masters Championships 2020
3	5.96m	F	---	Melissa Baulman	36	7/02/2020	NSW Masters Championships 2020
4	5.55m	F	---	Suzy Elias	36	5/10/2019	Northern Zone Week 4
5	4.37m	F	---	Joanna Davis	43	2/11/2019	Northern Zone Week 8
Female Heptathlon							
1	4330	F	---	Ella Koster	16	15/02/2020	Australian Age Combined Events Championships

2	4310	F	---	Chloe Davis	19	15/02/2020	Australian Combined Event Championship		
3	3012	F	---	Melinda Burke	18	25/01/2020	NSW Combined Events Championships 2020		
Female Wght Pent									
1	3145	F	---	Maria Cimino	47	10/08/2019	Winter Northern Zone Series 3		
Female Wght Pent Heavy									
1	3405	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships		
Female Super Wght 15.88kg									
1	6.47m	F	---	Maria Cimino	47	13/07/2019	Winter Northern Zone Series 2		
Female Super Wght 35lb									
1	6.92m	F	---	Maria Cimino	47	10/08/2019	Winter Northern Zone Series 3		
Female Super Wght 56lb									
1	3.24m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships		
Male 60m Sprint									
1	6.83	+1.2	F	---	Ismail Dudu Kamara	22	11/01/2020	Illawarra Track Challenge	
2	6.92	+1.2	F	---	Michael Konomanyi	23	11/01/2020	Illawarra Track Challenge	
3	7.02	+1.4	F	---	Mathias Lukauskis	26	26/10/2019	Treloar Shield Round 3	
4	7.03	+1.5	F	---	Christopher Ius	19	11/01/2020	Illawarra Track Challenge	
5	7.06	+0.0	F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5	
6	7.09	+1.2	F	---	Elijah Williams	23	11/01/2020	Illawarra Track Challenge	
7	7.22	+0.6	F	---	Ashlyn Ndlovu	22	22/02/2020	AACT Summer Series 9	
8	7.0h	NWI	7.24	F	---	Ashley McMahon	44	16/11/2019	Northern Zone Week 10
9	7.25	+0.0	F	---	Ben Carter	19	9/11/2019	Treloar Shield Round 5	
10	7.32	+0.0	F	---	Alec Diamond	22	9/11/2019	Treloar Shield Round 5	
11	7.1h	NWI	7.34	F	---	Koray Kirk	20	16/11/2019	Northern Zone Week 10
12	7.42	+0.2	F	---	Nicholas Dowling	16	11/01/2020	Illawarra Track Challenge	
13	7.2h	NWI	7.44	F	---	Ryan Dowling	40	29/02/2020	Northern Zone Week 19
14	7.50	-1.6	F	---	Scott Wong	16	9/11/2019	Treloar Shield Round 5	
15	7.51	-1.2	F	---	Jason Ho	15	12/10/2019	Treloar Shield Round 1	
16 *	7.3h	NWI	7.54	F	---	Joseph Dennis	16	7/12/2019	Grass Games 2019
16 *	7.3h	NWI	7.54	F	---	Ken Elias	33	25/01/2020	Northern Zone Week 15
16 *	7.3h	NWI	7.54	F	---	Matthew Otten	29	16/11/2019	Northern Zone Week 10
19	7.62	-1.1	F	---	Mathew Woodhouse	45	7/02/2020	NSW Masters Championships 2020	
20	7.66	+0.2	F	---	Oliver Leslie	17	11/01/2020	Illawarra Track Challenge	
21	7.70	-1.2	F	---	Jacob Orr	19	12/10/2019	Treloar Shield Round 1	
22 *	7.5h	NWI	7.74	F	---	Joey Ryu	21	25/01/2020	Northern Zone Week 15
22 *	7.5h	NWI	7.74	F	---	Michael Gedz	54	15/02/2020	Northern Zone Week 17
22 *	7.5h	NWI	7.74	F	---	David Turner	43	25/01/2020	Northern Zone Week 15
25	7.79	NWI	F	---	Lachlan Dalton	17	23/06/2019	Campbelltown Winter Track & Field	
26	7.7h	NWI	7.94	F	---	Sebastian Arko	15	2/11/2019	Northern Zone Week 8
27	7.8h	NWI	8.04	F	---	Clinton Mcewan	28	13/07/2019	Winter Northern Zone Series 2
28 *	7.9h	NWI	8.14	F	---	Caerl Murray	44	25/01/2020	Northern Zone Week 15
28 *	7.9h	NWI	8.14	F	---	Trevor Young	61	13/07/2019	Winter Northern Zone Series 2
30	8.2h	NWI	8.44	F	---	Julian Lee	14	16/11/2019	Northern Zone Week 10
31	8.3h	NWI	8.54	F	---	Anthony Crimi	58	7/12/2019	Grass Games 2019
32	8.4h	NWI	8.64	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
33	8.64	-2.5	F	---	Tim McGrath	57	7/02/2020	NSW Masters Championships 2020	
34	8.81	-0.7	F	---	Victor Ramondetta	65	7/02/2020	NSW Masters Championships 2020	
35 *	8.6h	NWI	8.84	F	---	Ronald Ross	60	2/11/2019	Northern Zone Week 8
35 *	8.6h	NWI	8.84	F	---	Jim Culhane	53	16/11/2019	Northern Zone Week 10
37	8.8h	NWI	9.04	F	---	Nathan Shute	46	2/11/2019	Northern Zone Week 8
38	8.9h	NWI	9.14	F	---	Max Holmes	16	25/01/2020	Northern Zone Week 15
39	9.15	-1.4	F	---	Matthew Hunt	12	12/10/2019	Treloar Shield Round 1	
40	9.0h	NWI	9.24	F	---	Sam Holmes	11	25/01/2020	Northern Zone Week 15
41	9.37	NWI	F	---	Angus Hunt	11	12/10/2019	Treloar Shield Round 1	
42	9.44	-3.3	F	---	Dominic Lee	11	12/10/2019	Treloar Shield Round 1	
43	9.2h	NWI	9.44	F	---	Zoran Novicic	59	2/11/2019	Northern Zone Week 8
44	9.74	+0.6	F	---	Zion McMahon	10	26/10/2019	Treloar Shield Round 3	
45	9.6h	NWI	9.84	F	---	Nicholas Bastas	80	13/07/2019	Winter Northern Zone Series 2
46	9.8h	NWI	10.04	F	---	Stephen Ball	66	14/12/2019	Northern Zone Week 12
47	10.33	-0.6	F	---	Warren Jones	39	7/02/2020	NSW Masters Championships 2020	
48	10.1h	NWI	10.34	F	---	David Donnelley	76	29/02/2020	Northern Zone Week 19
49	10.5h	NWI	10.74	F	---	Hugh Colburn	73	25/01/2020	Northern Zone Week 15
50	11.42	-1.5	F	---	Richard Hughes	87	7/02/2020	NSW Masters Championships 2020	
51	11.2h	NWI	11.44	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
52	11.3h	NWI	11.54	F	---	Michael Johnson	84	25/01/2020	Northern Zone Week 15
53	13.7h	NWI	13.94	F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019
Male 100m Sprint									
1	10.45	+3.3	F	---	Christopher Ius	19	24/01/2020	Athletics ACT Championships 2020	
2	10.60	+2.1	P	---	Ismail Dudu Kamara	22	24/01/2020	Athletics ACT Championships 2020	
3	10.66	+3.0	F	---	Hugo Whitehead	20	15/02/2020	Allcomers 16 February	
4	10.71	+0.6	F	---	Sean Fitzsimmons	24	14/12/2019	Club Championships 2019	
5	10.73	+0.3	F	---	Michael Konomanyi	23	11/01/2020	Illawarra Track Challenge	
6	10.90	+2.1	P	---	Jack Edwards	25	6/03/2020	NSW Open, U23 and Para Championships 2020	
7	10.93	+3.8	F	---	Charles Barclay	18	15/02/2020	Allcomers 16 February	

8	11.06	+3.1	F	---	Ben Carter	20	15/02/2020	Allcomers 16 February	
9	11.17	+1.1	M	---	Alec Diamond	22	15/02/2020	Australian Combined Event Championship	
10	11.19	+1.0	F	---	Mathias Lukauskis	26	29/02/2020	All-comers 29 February 2020	
11	11.21	+2.7	F	---	Albert Swan	19	1/02/2020	Treloar Shield Round 7	
12	11.22	+4.4	F	---	Robert Patterson	17	15/02/2020	Allcomers 16 February	
13	11.23	+2.7	F	---	Scott Wong	17	1/02/2020	Treloar Shield Round 7	
14	11.24	+0.0	F	---	Taboka Tshuma	19	11/01/2020	Illawarra Track Challenge	
15	11.25	+1.8	P	---	Ashlyn Ndlovu	22	6/03/2020	NSW Open, U23 and Para Championships 2020	
16	11.31	+0.2	F	---	Jack Faddy	17	29/02/2020	All-comers 29 February 2020	
17	11.37	NWI	F	---	Ashley McMahon	44	14/12/2019	Club Championships 2019	
18	11.43	+1.5	F	---	Koray Kirk	20	2/11/2019	Treloar Shield Round 4	
19	11.45	+0.3	P	---	Ryan Dowling	40	6/03/2020	NSW Open, U23 and Para Championships 2020	
20	11.46	+1.8	F	---	Jason Ho	16	29/02/2020	All-comers 29 February 2020	
21	11.54	+2.8	F	---	Thomas Hunt	18	21/12/2019	All-comers 21 December 2019	
22	11.55	+1.8	F	---	Corey Furminger	23	29/02/2020	All-comers 29 February 2020	
23	11.56	+1.3	F	---	Joseph Bradshaw	23	21/12/2019	All-comers 21 December 2019	
24	11.63	+1.2	F	---	Thomas Pitts	19	14/12/2019	Club Championships 2019	
25	11.66	+1.4	F	---	Aiden Jones	14	2/11/2019	Treloar Shield Round 4	
26	11.73	+0.0	F	---	Jacob Orr	19	19/10/2019	Treloar Shield Round 2	
27	11.5h	NWI	11.74	F	---	Joseph Dennis	16	21/03/2020	Northern Zone Week 22
28	11.74	-0.2	F	---	Oliver Leslie	17	29/02/2020	All-comers 29 February 2020	
29	11.75	-3.8	P	---	Sebastien Lo Cascio	16	26/09/2019	NSW All Schools Championships	
30	11.82	-1.8	P	---	Joseph Ayode	15	26/09/2019	NSW All Schools Championships	
31	11.87	-0.2	F	---	Matthew Madgwick	18	29/02/2020	All-comers 29 February 2020	
32	11.88	-3.8	P	---	Gabriel Wood	16	26/09/2019	NSW All Schools Championships	
33 *	11.92	+2.8	F	---	David Thebridge	43	21/12/2019	All-comers 21 December 2019	
33 *	11.92	-2.3	P	---	Archie Saunders	15	26/09/2019	NSW All Schools Championships	
35	11.93	-0.5	P	---	Nicholas Dowling	16	21/02/2020	NSW Junior Championships 2020	
36	11.94	+1.7	P	---	Joey Ryu	21	24/01/2020	Athletics ACT Championships 2020	
37	11.7h	NWI	11.94	F	---	Mathew Woodhouse	45	22/02/2020	Northern Zone Week 18
38	11.98	+0.6	P	---	Ben Maybury	17	21/02/2020	NSW Junior Championships 2020	
39	12.00	-1.5	F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6	
40	12.02	+1.6	F	---	Ken Elias	33	15/02/2020	Allcomers 16 February	
41	11.8h	NWI	12.04	F	---	Matthew Otten	29	22/02/2020	Northern Zone Week 18
42	12.09	NWI	F	---	Matthew Crowe	22	11/01/2020	All-comers 11 January 2020	
43	12.16	+1.4	F	---	Marco Vasquez-Manzanares	26	29/02/2020	All-comers 29 February 2020	
44	12.27	+2.7	F	---	David Turner	43	1/02/2020	Treloar Shield Round 7	
45	12.41	-1.1	F	---	Jared Mayo	19	29/02/2020	All-comers 29 February 2020	
46	12.46	+1.0	F	---	Daanish Mahmud	18	29/02/2020	All-comers 29 February 2020	
47	12.52	+0.6	F	---	Michael Gedz	54	7/02/2020	NSW Masters Championships 2020	
48	12.56	+0.8	F	---	John Joseph	16	29/02/2020	All-comers 29 February 2020	
49	12.5h	NWI	12.74	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
50	12.96	+0.6	F	---	Caerl Murray	44	29/02/2020	All-comers 29 February 2020	
51 *	12.8h	NWI	13.04	F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
51 *	12.8h	NWI	13.04	F	---	Matthew Smith	16	26/10/2019	Northern Zone Week 7
53 *	13.05	+1.0	F	---	Daniel White	13	14/12/2019	Club Championships 2019	
53 *	13.05	-1.1	F	---	Lars Ackland	12	29/02/2020	All-comers 29 February 2020	
55	13.19	+0.0	P	---	Brodie Waldock	14	21/02/2020	NSW Junior Championships 2020	
56	13.52	+0.0	F	---	Anthony Crimi	58	14/12/2019	Club Championships 2019	
57	13.63	+1.4	F	---	Jimmy Thebridge	10	14/12/2019	Club Championships 2019	
58	13.4h	NWI	13.64	F	---	Julian Lee	14	21/03/2020	Northern Zone Week 22
59	13.67	-0.5	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships	
60	14.00	+0.0	F	---	Matthew Hunt	12	5/10/2019	All Comers & 10,000m Championships	
61	13.8h	NWI	14.04	F	---	Ronald Ross	60	8/11/2019	Northern Zone Week 9
62	14.08	-0.7	F	---	Victor Ramondetta	65	7/02/2020	NSW Masters Championships 2020	
63	14.0h	NWI	14.24	F	---	Nathan Shute	46	8/11/2019	Northern Zone Week 9
64	14.1h	NWI	14.34	F	---	Jim Culhane	53	30/11/2019	Northern Zone Week 11
65	14.40	+0.4	F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019	
66	15.02	+0.0	F	---	Angus Hunt	11	5/10/2019	All Comers & 10,000m Championships	
67	15.16	+0.0	F	---	Sam Holmes	11	21/12/2019	All-comers 21 December 2019	
68	15.44	+0.0	F	---	Zion McMahon	10	21/12/2019	All-comers 21 December 2019	
69 *	15.4h	NWI	15.64	F	---	Zoran Novicic	58	10/08/2019	Winter Northern Zone Series 3
69 *	15.4h	NWI	15.64	F	---	Kevin Chamberlain	57	28/09/2019	Northern Zone Week 3
71	15.5h	NWI	15.74	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
72	16.36	+0.4	F	---	Warren Jones	39	7/02/2020	NSW Masters Championships 2020	
73	16.6h	NWI	16.84	F	---	Nicholas Bastas	81	21/12/2019	Northern Zone Week 13
74	17.7h	NWI	17.94	F	---	Hugh Colburn	73	22/02/2020	Northern Zone Week 18
75	17.8h	NWI	18.04	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
76	18.16	+0.1	F	---	Richard Hughes	87	7/02/2020	NSW Masters Championships 2020	
77	19.45	+0.1	F	---	Michael Johnson	84	7/02/2020	NSW Masters Championships 2020	
78	23.2h	NWI	23.44	F	---	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

Male 150m Sprint

1	17.1h	NWI	17.34	F	---	Ashley McMahon	44	7/12/2019	Grass Games 2019
2	17.2h	NWI	17.44	F	---	Koray Kirk	20	7/12/2019	Grass Games 2019

3	17.5h	NWI	17.74	F	---	Nicholas Dowling	16	7/12/2019	Grass Games 2019
4 *	17.6h	NWI	17.84	F	---	Ryan Dowling	40	7/12/2019	Grass Games 2019
4 *	17.6h	NWI	17.84	F	---	Joseph Dennis	16	7/12/2019	Grass Games 2019
6	17.9h	NWI	18.14	F	---	Ken Elias	33	7/12/2019	Grass Games 2019
7	19.1h	NWI	19.34	F	---	David Turner	43	7/12/2019	Grass Games 2019
8	19.8h	NWI	20.04	F	---	Trevor Young	61	7/12/2019	Grass Games 2019
9	20.4h	NWI	20.64	F	---	Anthony Crimi	58	7/12/2019	Grass Games 2019
10	23.6h	NWI	23.84	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
11	24.0h	NWI	24.24	F	---	Kevin Chamberlain	57	7/12/2019	Grass Games 2019
12	25.5h	NWI	25.74	F	---	Zion McMahon	10	7/12/2019	Grass Games 2019
13	30.0h	NWI	30.24	F	---	Michael Johnson	84	7/12/2019	Grass Games 2019
14	40.2h	NWI	40.44	F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019

Male 200m Sprint

1	21.00	+3.4		P	---	Asim Abdouli	27	24/01/2020	Athletics ACT Championships 2020
2	21.31	+2.7		P	---	Hugo Whitehead	20	24/01/2020	Athletics ACT Championships 2020
3 *	21.38	+3.4		P	---	Sean Fitzsimmons	24	24/01/2020	Athletics ACT Championships 2020
3 *	21.38	NWI		F	---	Jordan Sarmento	23	6/02/2020	Melbourne Track Classic
5	21.69	-1.1		F	---	Ismail Dudu Kamara	23	6/03/2020	NSW Open, U23 and Para Championships 2020
6	22.03	+0.0		F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5
7	22.22	+0.0		F	---	Ben Carter	19	21/12/2019	All-comers 21 December 2019
8	22.48	+1.3		F	---	Jack McFadden	17	26/09/2019	NSW All Schools Championships
9	22.62	+0.0		F	---	Mason Cohen	23	9/11/2019	Treloar Shield Round 5
10	22.70	-2.0		F	---	Matthew Crowe	22	11/01/2020	All-comers 11 January 2020
11 *	22.78	+0.5		P	---	Scott Wong	17	21/02/2020	NSW Junior Championships 2020
11 *	22.78	+1.5		F	---	Gabriel Wood	16	26/09/2019	NSW All Schools Championships
13	22.87	+0.0		F	---	Thomas Hunt	18	21/12/2019	All-comers 21 December 2019
14 *	22.88	+4.2		P	---	Corey Furminger	23	24/01/2020	Athletics ACT Championships 2020
14 *	22.88	+4.2		P	---	Ashlyn Ndlovu	22	24/01/2020	Athletics ACT Championships 2020
16	22.7h	NWI	22.94	F	---	Ashley McMahon	44	21/09/2019	Northern Zone Week 2
17	22.96	+0.3		F	---	Alec Diamond	22	21/12/2019	All-comers 21 December 2019
18	23.01	+3.4		P	---	Max Holmes	17	24/01/2020	Athletics ACT Championships 2020
19	23.04	+0.0		P	---	Thomas Glascott	20	6/03/2020	NSW Open, U23 and Para Championships 2020
20	23.18	+1.5		F	---	Archie Saunders	15	26/09/2019	NSW All Schools Championships
21	23.27	+0.0		F	---	Joseph Bradshaw	23	21/12/2019	All-comers 21 December 2019
22	23.35	+0.0		F	---	Jacob Orr	19	9/11/2019	Treloar Shield Round 5
23	23.36	+2.2		P	---	Sebastien Lo Cascio	16	26/09/2019	NSW All Schools Championships
24	23.39	-1.5		F	---	Dylan Charlier	16	21/02/2020	NSW Junior Championships 2020
25 *	23.42	+1.5		P	---	Nicholas Dowling	16	21/02/2020	NSW Junior Championships 2020
25 *	23.42	+1.8		F	---	Koray Kirk	20	9/11/2019	Treloar Shield Round 5
27	23.62	+0.5		P	---	Joseph Dennis	16	21/02/2020	NSW Junior Championships 2020
28	23.4h	NWI	23.64	F	---	Ryan Dowling	40	21/09/2019	Northern Zone Week 2
29	23.65	+0.0		F	---	Robert Patterson	17	21/12/2019	All-comers 21 December 2019
30	23.71	+2.3		F	---	Mathew Woodhouse	45	7/02/2020	NSW Masters Championships 2020
31	24.04	+2.2		P	---	Joseph Ayoade	15	26/09/2019	NSW All Schools Championships
32	24.12	+1.5		P	---	Jason Ho	16	21/02/2020	NSW Junior Championships 2020
33	24.39	+0.7		F	---	Ken Elias	33	14/12/2019	Club Championships 2019
34	24.62	-0.1		P	---	Sebastian Arko	15	26/09/2019	NSW All Schools Championships
35	24.69	+1.1		F	---	Marco Vasquez-Manzanares	26	21/12/2019	All-comers 21 December 2019
36	24.81	+1.4		P	---	Aiden Jones	14	21/02/2020	NSW Junior Championships 2020
37	24.8h	NWI	25.04	F	---	Matthew Otten	29	16/11/2019	Northern Zone Week 10
38	24.9h	NWI	25.14	F	---	David Turner	43	21/09/2019	Northern Zone Week 2
39	25.15	NWI		F	---	Lachlan Dalton	17	23/06/2019	Campbelltown Winter Track & Field
40	25.65	+0.2		F	---	Michael Gedz	53	9/11/2019	Treloar Shield Round 5
41	26.1h	NWI	26.34	F	---	Trevor Young	61	11/01/2020	Northern Zone Week 14
42	26.95	+0.8		P	---	Antony Guest	54	6/03/2020	NSW Open, U23 and Para Championships 2020
43	27.52	-0.3		F	---	Daniel White	13	14/12/2019	Club Championships 2019
44	27.56	-2.2		F	---	Anthony Crimi	58	14/12/2019	Club Championships 2019
45	27.57	-2.1		F	---	Caerl Murray	44	7/02/2020	NSW Masters Championships 2020
46	28.23	+0.0		F	---	Jimmy Thebridge	10	21/12/2019	All-comers 21 December 2019
47	28.81	-0.6		F	---	Victor Ramondetta	65	7/02/2020	NSW Masters Championships 2020
48	28.6h	NWI	28.84	F	---	Nathan Shute	46	2/11/2019	Northern Zone Week 8
49	29.0h	NWI	29.24	F	---	Jim Culhane	53	19/10/2019	Northern Zone Week 6
50	30.33	-0.2		F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019
51	31.2h	NWI	31.44	F	---	Sam Holmes	11	25/01/2020	Northern Zone Week 15
52	32.0h	NWI	32.24	F	---	Zion McMahon	10	21/09/2019	Northern Zone Week 2
53	32.61	+1.2		F	---	Zoran Novicic	59	25/01/2020	NSW Combined Events Championships 2020
54	34.47	-0.4		F	---	Brad Sharpe	58	12/10/2019	Treloar Shield Round 1
55	34.58	-0.9		F	---	David Donnelley	76	7/02/2020	NSW Masters Championships 2020
56	36.85	-0.9		F	---	Nicholas Bastas	81	7/02/2020	NSW Masters Championships 2020
57	37.2h	NWI	37.44	F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
58	37.3h	NWI	37.54	F	---	Hugh Colburn	73	25/01/2020	Northern Zone Week 15
59	38.7h	NWI	38.94	F	---	Ron Shoesmith	72	14/12/2019	Northern Zone Week 12
60	39.20	-0.9		F	---	Richard Hughes	87	7/02/2020	NSW Masters Championships 2020
61	42.2h	NWI	42.44	F	---	Michael Johnson	84	25/01/2020	Northern Zone Week 15

Male 300m Sprint

1	35.03	F	---	Matthew Crowe	22	21/07/2019	Bankstown Winter Track & Field 2
2	35.76	F	---	Keegan Bell	18	21/07/2019	Bankstown Winter Track & Field 2
3	35.92	F	---	Elijah Williams	22	23/06/2019	Campbelltown Winter Track & Field
4	36.85	F	---	Thomas Hunt	17	21/07/2019	Bankstown Winter Track & Field 2
5	38.2h	38.34 F	---	Nicholas Dowling	16	7/12/2019	Grass Games 2019
6	39.4h	39.54 F	---	Ken Elias	33	7/12/2019	Grass Games 2019
7	42.1h	42.24 F	---	Trevor Young	61	7/12/2019	Grass Games 2019
8	45.5h	45.64 F	---	Nathan Shute	46	7/12/2019	Grass Games 2019
9	47.1h	47.24 F	---	Anthony Crimi	58	7/12/2019	Grass Games 2019
10	48.0h	48.14 F	---	Kevin Chamberlain	57	7/12/2019	Grass Games 2019
11	1:13.2h	1:13.34 F	---	Michael Johnson	84	7/12/2019	Grass Games 2019
12	1:39.1h	1:39.24 F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019

Male 400m Sprint

1	47.68	F	---	Jordan Sarmento	23	6/03/2020	NSW Open, U23 and Para Championships 2020
2	47.73	F	---	Louis Stenmark	21	6/03/2020	NSW Open, U23 and Para Championships 2020
3	47.74	F	---	Matthew Crowe	22	24/01/2020	Athletics ACT Championships 2020
4	47.92	F	---	Mason Cohen	23	30/11/2019	Treloar Shield Round 6
5	48.08	F	---	Sean Fitzsimmons	24	13/02/2020	Canberra Track Classic
6	48.77	F	---	Jack McFadden	17	30/11/2019	Treloar Shield Round 6
7	49.00	P	---	Thomas Hunt	18	21/02/2020	NSW Junior Championships 2020
8	49.05	P	---	Corey Furminger	23	6/03/2020	NSW Open, U23 and Para Championships 2020
9	49.06	P	---	Ben Carter	20	6/03/2020	NSW Open, U23 and Para Championships 2020
10	49.07	F	---	Max Holmes	16	26/09/2019	NSW All Schools Championships
11	50.01	F	---	Thomas Glascott	19	21/12/2019	Albie Thomas 2019
12	50.22	F	---	Dominic Panozzo	16	30/11/2019	Treloar Shield Round 6
13	51.01	M	---	Alec Diamond	22	15/02/2020	Australian Combined Event Championship
14	51.39	F	---	Dylan Charlier	16	21/02/2020	NSW Junior Championships 2020
15	51.81	F	---	Jacob Orr	19	19/10/2019	Treloar Shield Round 2
16	53.23	F	---	Nicholas Dowling	16	11/01/2020	Illawarra Track Challenge
17	53.4h	53.54 F	---	Joseph Bradshaw	22	28/09/2019	Northern Zone Week 3
18	54.01	F	---	Zeth Söderlund	22	24/01/2020	Athletics ACT Championships 2020
19	54.62	P	---	Andrew Land	17	21/02/2020	NSW Junior Championships 2020
20	55.23	P	---	Ellis Barron	17	21/02/2020	NSW Junior Championships 2020
21	55.3h	55.44 F	---	Ryan Dowling	40	13/07/2019	Winter Northern Zone Series 2
22	55.63	P	---	Hugo Kendrick-Little	17	21/02/2020	NSW Junior Championships 2020
23	56.28	F	---	Ken Elias	33	7/02/2020	NSW Masters Championships 2020
24	56.6h	56.74 F	---	Matthew Otten	29	30/11/2019	Northern Zone Week 11
25	57.8h	57.94 F	---	Matthew Smith	16	26/10/2019	Northern Zone Week 7
26	58.0h	58.14 F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
27	1:01.7h	1:01.84 F	---	Julian Lee	14	21/03/2020	Northern Zone Week 22
28	1:02.87	F	---	Nathan Shute	47	29/02/2020	All-comers 29 February 2020
29	1:05.0h	1:05.14 F	---	Brad Sharpe	58	22/02/2020	Northern Zone Week 18
30	1:06.0h	1:06.14 F	---	Ronald Ross	60	30/11/2019	Northern Zone Week 11
31	1:06.9h	1:07.04 F	---	Jim Culhane	53	30/11/2019	Northern Zone Week 11
32	1:07.0h	1:07.14 F	---	Caerl Murray	44	26/10/2019	Northern Zone Week 7
33	1:07.54	F	---	Matthew Hunt	12	2/11/2019	Treloar Shield Round 4
34	1:10.0h	1:10.14 F	---	Darren Whiteman	44	28/09/2019	Northern Zone Week 3
35	1:11.96	F	---	Angus Hunt	11	2/11/2019	Treloar Shield Round 4
36	1:12.73	F	---	Zoran Novicic	59	19/10/2019	Treloar Shield Round 2
37	1:13.3h	1:13.44 F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
38	1:13.86	F	---	Andrew MacDonald	56	19/10/2019	Treloar Shield Round 2
39	1:16.8h	1:16.94 F	---	Daanish Mahmud	18	28/09/2019	Northern Zone Week 3
40	1:17.9h	1:18.04 F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
41	1:20.0h	1:20.14 F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
42	1:23.9h	1:24.04 F	---	Jared Mayo	18	28/09/2019	Northern Zone Week 3
43	1:26.64	F	---	David Donnelley	76	7/02/2020	NSW Masters Championships 2020
44	1:34.99	F	---	Richard Hughes	87	7/02/2020	NSW Masters Championships 2020
45	1:46.33	F	---	Michael Johnson	84	7/02/2020	NSW Masters Championships 2020
46	2:28.7h	2:28.84 F	---	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

Male 600m Sprint

1	1:30.3h	1:30.30 F	---	Zeth Söderlund	22	7/12/2019	Grass Games 2019
2	1:31.2h	1:31.20 F	---	Ryan Dowling	40	7/12/2019	Grass Games 2019
3	1:42.2h	1:42.20 F	---	Nathan Shute	46	7/12/2019	Grass Games 2019
4	1:45.6h	1:45.60 F	---	Brad Sharpe	58	7/12/2019	Grass Games 2019
5	1:48.1h	1:48.10 F	---	Kevin Chamberlain	57	7/12/2019	Grass Games 2019
6	2:05.4h	2:05.40 F	---	Zion McMahon	10	7/12/2019	Grass Games 2019
7	2:12.7h	2:12.70 F	---	Doug Barrett	67	7/12/2019	Grass Games 2019
8	4:17.4h	4:17.40 F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019

Male 800m Run

1	1:48.24	F	---	Mason Cohen	23	22/02/2020	Sydney Track Classic 2020
2	1:49.49	F	---	Jye Perrott	20	8/07/2019	World University Games 2019
3	1:50.02	F	---	Taylor John	22	24/01/2020	Athletics ACT Championships 2020
4	1:52.39	F	---	Will Austin-Cray	26	6/03/2020	NSW Open, U23 and Para Championships 2020

5	1:57.43	F	---	Corey Furminger	23	15/02/2020	Allcomers 16 February
6	1:58.45	F	---	Dominic Panozzo	16	26/09/2019	NSW All Schools Championships
7	2:01.95	P	---	Zeth Söderlund	22	6/03/2020	NSW Open, U23 and Para Championships 2020
8	2:02.79	F	---	Ben Carter	19	9/11/2019	Treloar Shield Round 5
9	2:03.13	F	---	Thomas Hunt	17	21/07/2019	Bankstown Winter Track & Field 2
10	2:03.20	P	---	Curtis Kingsmill	17	6/03/2020	NSW Open, U23 and Para Championships 2020
11	2:05.02	F	---	Max Mahon	18	21/07/2019	Bankstown Winter Track & Field 2
12	2:07.15	F	---	Kalan McEvoy	16	14/12/2019	Club Championships 2019
13	2:08.08	F	---	Kyle Walsh	17	9/06/2019	Bankstown Winter Track and Field
14	2:08.69	F	---	Toby Mufford	17	21/02/2020	NSW Junior Championships 2020
15	2:09.06	F	---	Hugo Kendrick-Little	17	21/02/2020	NSW Junior Championships 2020
16	2:10.00	F	---	Matthew Crowe	22	21/07/2019	Bankstown Winter Track & Field 2
17	2:11.52	P	---	Colm Walsh	16	26/09/2019	NSW All Schools Championships
18	2:12.52	F	---	John Joseph	16	21/02/2020	NSW Junior Championships 2020
19	2:18.39	F	---	Ryan Dowling	40	9/11/2019	Treloar Shield Round 5
20	2:23.81	F	---	Paul Trainor	54	12/10/2019	Treloar Shield Round 1
21	2:24.42	F	---	Brad Sharpe	58	7/02/2020	NSW Masters Championships 2020
22	2:25.23	F	---	Nathan Shute	46	14/12/2019	Club Championships 2019
23	2:27.9h	2:27.90	F	Trevor Young	61	25/01/2020	Northern Zone Week 15
24	2:28.4h	2:28.40	F	Ken Elias	33	19/10/2019	Northern Zone Week 6
25	2:30.88	F	---	Kevin Chamberlain	57	14/12/2019	Club Championships 2019
26	2:31.2h	2:31.20	F	Matthew Otten	29	16/11/2019	Northern Zone Week 10
27	2:37.5h	2:37.50	F	Darren Whiteman	44	5/10/2019	Northern Zone Week 4
28	2:44.20	F	---	Max Dennett	11	14/12/2019	Club Championships 2019
29	2:45.2h	2:45.20	F	Jim Culhane	53	16/11/2019	Northern Zone Week 10
30	2:49.96	F	---	Andrew MacDonald	56	26/10/2019	Treloar Shield Round 3
31	2:50.59	F	---	Zion McMahon	10	14/12/2019	Club Championships 2019
32	2:51.9h	2:51.90	F	Sebastian Arko	15	21/09/2019	Northern Zone Week 2
33	2:56.41	F	---	Doug Barrett	67	9/11/2019	Treloar Shield Round 5
34	2:59.91	F	---	Zoran Novicic	59	12/10/2019	Treloar Shield Round 1
35	3:29.3h	3:29.30	F	Stuart Paterson	63	16/11/2019	Northern Zone Week 10
36	4:18.94	F	---	Richard Hughes	87	7/02/2020	NSW Masters Championships 2020
37	4:37.4h	4:37.40	F	Michael Johnson	84	29/02/2020	Northern Zone Week 19
38	5:44.0h	5:44.00	F	Ron Shoesmith	72	29/02/2020	Northern Zone Week 19

Male 1500m Run

1	3:45.31	F	---	Will Austin-Cray	26	23/02/2020	Sir Graeme Douglas International Continental
2	3:54.05	F	---	Taylor John	22	24/01/2020	Athletics ACT Championships 2020
3	3:54.53	F	---	Charlie Doherty	20	24/01/2020	Athletics ACT Championships 2020
4	4:01.84	P	---	Leo Peterson	29	6/03/2020	NSW Open, U23 and Para Championships 2020
5	4:02.20	F	---	Kieran Gorman	18	21/02/2020	NSW Junior Championships 2020
6	4:12.73	F	---	Mitchell Westhuizen	17	26/09/2019	NSW All Schools Championships
7	4:20.85	P	---	Kalan McEvoy	16	6/03/2020	NSW Open, U23 and Para Championships 2020
8	4:21.93	F	---	Simon Magner	15	21/02/2020	NSW Junior Championships 2020
9	4:40.52	F	---	Jacob Magner	13	21/02/2020	NSW Junior Championships 2020
10	4:54.76	F	---	Paul Trainor	54	19/10/2019	Treloar Shield Round 2
11	4:55.59	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
12	4:57.67	F	---	Brad Sharpe	58	7/02/2020	NSW Masters Championships 2020
13	5:13.73	F	---	Nathan Shute	47	29/02/2020	All-comers 29 February 2020
14	5:23.24	F	---	Kevin Chamberlain	57	30/11/2019	Treloar Shield Round 6
15	5:34.4h	5:34.40	F	Mathew Woodhouse	45	22/02/2020	Northern Zone Week 18
16	5:38.3h	5:38.30	F	Darren Whiteman	44	28/09/2019	Northern Zone Week 3
17	6:07.2h	6:07.20	F	Matthew Otten	29	26/10/2019	Northern Zone Week 7
18	6:08.6h	6:08.60	F	Jim Culhane	53	30/11/2019	Northern Zone Week 11
19	6:10.0h	6:10.00	F	Zoran Novicic	59	28/09/2019	Northern Zone Week 3
20	6:19.0h	6:19.00	F	Doug Barrett	67	28/09/2019	Northern Zone Week 3
21	6:47.3h	6:47.30	F	Stephen Ball	66	7/03/2020	Northern Zone Week 20
22	6:52.93	F	---	Andrew MacDonald	56	19/10/2019	Treloar Shield Round 2
23	11:58.6h	11:58.60	F	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

Male 3000m Run

1	8:17.52	2:45.84	F	---	Kieran Tall	21	9/11/2019	NSW 3000m Championships
2	8:19.01	2:46.34	F	---	Will Austin-Cray	26	9/11/2019	NSW 3000m Championships
3	8:23.93	2:47.98	F	---	Charlie Doherty	20	9/11/2019	NSW 3000m Championships
4	8:38.10	2:52.70	F	---	Kieran Gorman	17	26/09/2019	NSW All Schools Championships
5	8:40.30	2:53.43	F	---	Mitchell Westhuizen	17	6/12/2019	Australian All Schools Championships 2019
6	8:58.04	2:59.35	F	---	Julien Smith	21	9/11/2019	NSW 3000m Championships
7	9:11.59	3:03.86	F	---	Max Mahon	19	9/11/2019	NSW 3000m Championships
8	9:15.21	3:05.07	F	---	Simon Magner	15	9/11/2019	NSW 3000m Championships
9	9:16.24	3:05.41	F	---	David Costello	19	11/01/2020	Illawarra Track Challenge
10	9:20.98	3:06.99	F	---	Cameron Gorman	15	21/02/2020	NSW Junior Championships 2020
11	9:27.87	3:09.29	F	---	Nick Walker	33	21/12/2019	Albie Thomas 2019
12	9:39.68	3:13.23	F	---	William Coleman	16	21/02/2020	NSW Junior Championships 2020
13	9:43.24	3:14.41	F	---	Jacob Magner	13	21/02/2020	NSW Junior Championships 2020
14	10:33.50	3:31.17	F	---	Paul Trainor	54	9/11/2019	NSW 3000m Championships
15	11:48.0h	3:56.00	F	---	Brad Sharpe	58	15/02/2020	Northern Zone Week 17

16	12:48.4h	4:16.13	F	---	Darren Whiteman	44	5/10/2019	Northern Zone Week 4
17	13:47.7h	4:35.90	F	---	Jim Culhane	53	19/10/2019	Northern Zone Week 6
18	14:29.8h	4:49.93	F	---	Nathan Shute	46	25/01/2020	Northern Zone Week 15
19	14:54.27	4:58.09	F	---	Andrew MacDonald	56	12/10/2019	Treloar Shield Round 1
20	15:03.2h	5:01.07	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
21	19:41.5h	6:33.83	F	---	Trevor Young	61	5/10/2019	Northern Zone Week 4
Male 5000m Run								
1	14:15.91	2:51.18	F	---	Kieren Tall	21	6/02/2020	Melbourne Track Classic
2	14:51.36	2:58.27	F	---	Will Austin-Cray	26	30/11/2019	Treloar Shield Round 6
3	15:01.28	3:00.26	F	---	Leo Peterson	29	11/01/2020	AACT Combined Events Championships
4	15:07.60	3:01.52	F	---	Liam Gorman	19	11/01/2020	AACT Combined Events Championships
5	15:14.59	3:02.92	F	---	Will Atkinson	20	8/02/2020	AACT Summer Series 8
6	15:17.27	3:03.45	F	---	Will Keir	19	9/06/2019	Bankstown Winter Track and Field
7	15:22.62	3:04.52	F	---	Kieran Gorman	17	11/01/2020	AACT Combined Events Championships
8	16:13.71	3:14.74	F	---	David Costello	19	7/02/2020	NSW Masters Championships 2020
9	16:15.04	3:15.01	F	---	Nick Walker	33	7/02/2020	NSW Masters Championships 2020
10	18:23.34	3:40.67	F	---	Paul Trainor	54	11/01/2020	AACT Combined Events Championships
11	21:10.61	4:14.12	F	---	Brad Sharpe	58	30/11/2019	Treloar Shield Round 6
Male 10000m Run								
1	28:52.27	2:53.23	F	---	Kieren Tall	21	14/12/2019	Zatopek 10 2019
2	31:00.81	3:06.08	F	---	Leo Peterson	28	5/10/2019	All Comers & 10,000m Championships
Male 1 Mile Run								
1	4:18.01		F	---	Will Austin-Cray	26	11/01/2020	Illawarra Track Challenge
2	4:20.15		F	---	Charlie Doherty	20	21/12/2019	Albie Thomas 2019
3	5:00.84		F	---	Ethan McKenzie	14	21/12/2019	Albie Thomas 2019
Male 1500m Walk								
1	9:16.3h	9:16.30	F	---	Jim Seymon	82	14/12/2019	Northern Zone Week 12
2	9:20.7h	9:20.70	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
3	13:33.0h	13:33.00	F	---	Nicholas Bastas	81	14/12/2019	Northern Zone Week 12
4	13:49.1h	13:49.10	F	---	Ron Shoesmith	72	16/11/2019	Northern Zone Week 10
Male 3000m Walk								
1	19:43.1h	19:43.10	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
2	20:32.5h	20:32.50	F	---	Jim Seymon	82	30/11/2019	Northern Zone Week 11
3	31:27.8h	31:27.80	F	---	Ron Shoesmith	72	22/02/2020	Northern Zone Week 18
Male 5000m Walk								
1	37:54.24		F	---	Jim Seymon	82	7/02/2020	NSW Masters Championships 2020
Male 80m Hurdles 0.762m								
1	13.50	-0.5	F	---	Angus Hunt	11	26/09/2019	NSW All Schools Championships
Male 90m Hurdles 0.762m								
1	14.30	+0.6	F	---	Matthew Hunt	12	26/09/2019	NSW All Schools Championships
2	14.80	+3.8	F	---	Angus Hunt	12	24/01/2020	Athletics ACT Championships 2020
3	14.88	-1.2	F	---	Jonathon Myrizas	13	30/11/2019	Treloar Shield Round 6
Male 100m Hurdles 0.840m								
1	13.89	-2.0	F	---	Max Milani	15	21/02/2020	NSW Junior Championships 2020
2	13.95	-0.2	P	---	Joel Neasmith	15	26/09/2019	NSW All Schools Championships
3	15.14	+1.2	F	---	Julian Lee	14	29/02/2020	All-comers 29 February 2020
4	15.61	+0.2	F	---	Daniel White	14	21/02/2020	NSW Junior Championships 2020
5	15.87	+1.2	F	---	Evan Venning	13	29/02/2020	All-comers 29 February 2020
6	16.03	+0.8	F	---	Matthew Hunt	13	24/01/2020	Athletics ACT Championships 2020
Male 100m Hurdles 0.914m								
1	19.20	-0.1	F	---	Tim McGrath	57	7/02/2020	NSW Masters Championships 2020
Male 110m Hurdles 0.914m								
1	14.44	+1.4	F	---	Lachlan Dalton	17	26/09/2019	NSW All Schools Championships
2	14.94	-0.9	F	---	Henry Murray	15	21/02/2020	NSW Junior Championships 2020
3	15.57	NWI	F	---	Dominic Panozzo	16	30/11/2019	Treloar Shield Round 6
4	15.77	-0.8	F	---	Austin Little	16	21/02/2020	NSW Junior Championships 2020
5	18.74	-0.9	F	---	Luke Fisher	16	21/02/2020	NSW Junior Championships 2020
Male 110m Hurdles 0.991m								
1	14.69	NWI	F	---	Albert Swan	19	30/11/2019	Treloar Shield Round 6
2	16.79	-0.3	F	---	Mathew Woodhouse	45	7/02/2020	NSW Masters Championships 2020
Male 110m Hurdles 1.067m								
1	15.07	NWI	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	15.15	+1.0	P	---	Albert Swan	19	6/03/2020	NSW Open, U23 and Para Championships 2020
3	16.01	+1.1	P	---	Ryan Dowling	40	6/03/2020	NSW Open, U23 and Para Championships 2020
Male 200m Hurdles 0.762m								
1	26.05	-0.3	F	---	Max Milani	15	21/02/2020	NSW Junior Championships 2020
2	26.38	-1.2	F	---	Dylan Charlier	15	6/12/2019	Australian All Schools Championships 2019
3	29.49	-0.3	F	---	Julian Lee	14	21/02/2020	NSW Junior Championships 2020
4	30.43	+1.4	F	---	Matthew Hunt	13	21/02/2020	NSW Junior Championships 2020
5	30.89	+0.6	F	---	Jonathon Myrizas	13	21/02/2020	NSW Junior Championships 2020
6	32.44	+1.8	F	---	Angus Hunt	12	24/01/2020	Athletics ACT Championships 2020
Male 300m Hurdles 0.762m								
1	55.27		F	---	Victor Ramondetta	65	7/02/2020	NSW Masters Championships 2020

Male 400m Hurdles 0.840m

1	53.05	F	---	Matthew Crowe	22	15/02/2020	Allcomers 16 February
2	54.11	F	---	Jack McFadden	18	15/02/2020	Allcomers 16 February
3	55.22	F	---	Thomas Hunt	18	15/02/2020	Allcomers 16 February
4	55.63	F	---	Max Holmes	16	25/06/2019	Oceania Athletics Championships
5	55.84	F	---	Dominic Panozzo	16	21/02/2020	NSW Junior Championships 2020
6	55.91	F	---	Lachlan Dalton	17	26/09/2019	NSW All Schools Championships
7	57.10	F	---	Dylan Charlier	15	24/01/2020	Athletics ACT Championships 2020
8	58.37	F	---	James Hunt	16	21/02/2020	NSW Junior Championships 2020

Male 400m Hurdles 0.914m

1	52.45	F	---	Matthew Crowe	22	6/03/2020	NSW Open, U23 and Para Championships 2020
2	52.98	F	---	Thomas Hunt	18	6/03/2020	NSW Open, U23 and Para Championships 2020
3	53.10	F	---	Jack McFadden	18	6/03/2020	NSW Open, U23 and Para Championships 2020
4	53.66	F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5
5	1:00.01	F	---	Mathew Woodhouse	45	7/02/2020	NSW Masters Championships 2020

Male 2000m StplCh 0.762m

1	7:20.19	F	---	Jacob Magner	13	21/02/2020	NSW Junior Championships 2020
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Male 2000m StplCh 0.840m

1	6:38.53	F	---	Cameron Gorman	15	21/02/2020	NSW Junior Championships 2020
2	6:42.34	F	---	William Coleman	16	21/02/2020	NSW Junior Championships 2020

Male 3000m StplCh 0.914m

1	9:36.09	F	---	Kieren Tall	20	21/07/2019	Bankstown Winter Track & Field 2
2	9:38.58	F	---	Kieran Gorman	18	21/02/2020	NSW Junior Championships 2020
3	9:39.62	F	---	Will Atkinson	20	21/07/2019	Bankstown Winter Track & Field 2
4	10:40.56	F	---	Will Keir	19	21/07/2019	Bankstown Winter Track & Field 2
5	15:15.96	F	---	Andy West	52	7/02/2020	NSW Masters Championships 2020

Male High Jump

1	2.05m	F	---	Darcy Holmes	15	6/12/2019	Australian All Schools Championships 2019
2 *	1.93m	F	---	Alec Diamond	22	11/01/2020	2019-20 AACT Combined Events Championships
2 *	1.93m	F	---	Kyle Fisher	16	26/09/2019	NSW All Schools Championships
4	1.90m	F	---	Harrison Tate	17	29/02/2020	All-comers 29 February 2020
5 *	1.75m	F	---	Sam Richardson	20	23/11/2019	NSW State Relay Championships 2019
5 *	1.75m	F	---	Kalani Lenehan	17	23/11/2019	NSW State Relay Championships 2019
7	1.70m	F	---	Dylan Charlier	15	23/11/2019	NSW State Relay Championships 2019
8 *	1.65m	F	---	David Thebridge	43	14/12/2019	Club Championships 2019
8 *	1.65m	F	---	Sebastian Arko	15	14/12/2019	Club Championships 2019
10	1.61m	F	---	Cadel Holmes	11	19/09/2019	Australian Primary School Championships
11	1.60m	F	---	Ryan Dowling	40	21/09/2019	Northern Zone Week 2
12	1.55m	F	---	Matthew Otten	29	26/10/2019	Northern Zone Week 7
13	1.40m	F	---	Antony Guest	54	14/12/2019	Club Championships 2019
14 *	1.35m	F	---	Zoran Novicic	59	7/02/2020	NSW Masters Championships 2020
14 *	1.35m	F	---	Trevor Young	61	14/09/2019	Northern Zone Week 1
16	1.31m	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
17 *	1.15m	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
17 *	1.15m	F	---	Zion McMahon	10	14/09/2019	Northern Zone Week 1
19	1.02m	F	---	Nicholas Bastas	81	7/02/2020	NSW Masters Championships 2020

Male Half Marthn

1	1:06:20.00	F	---	Edward Goddard	21	8/07/2019	World University Games 2019
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Male Pole Vault

1	4.80m	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	2.91m	F	---	Tim McGrath	57	7/02/2020	NSW Masters Championships 2020
3	2.20m	F	---	Zoran Novicic	59	7/02/2020	NSW Masters Championships 2020

Male Long Jump

1	7.71m	+2.1	F	---	William Freyer	20	24/01/2020	Athletics ACT Championships 2020
2	7.52m	NWI	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
3	7.15m	+0.1	F	---	Thomas Pitts	19	6/03/2020	NSW Open, U23 and Para Championships 2020
4	6.02m	+0.7	F	---	Kalani Lenehan	18	6/03/2020	NSW Open, U23 and Para Championships 2020
5	5.96m	NWI	F	---	David Thebridge	43	14/12/2019	Club Championships 2019
6	5.63m	+3.4	F	---	Cameron Elvy	16	29/02/2020	All-comers 29 February 2020
7	5.57m		F	---	Matthew Otten	29	22/02/2020	Northern Zone Week 18
8	5.55m	+0.0	F	---	Joey Ryu	21	6/03/2020	NSW Open, U23 and Para Championships 2020
9	5.47m	NWI	F	---	Ken Elias	33	12/10/2019	Treloar Shield Round 1
10	5.37m	NWI	F	---	Koray Kirk	20	14/12/2019	Club Championships 2019
11	5.36m	+0.2	F	---	Darcy Holmes	15	26/09/2019	NSW All Schools Championships
12	5.07m	NWI	F	---	Mathias Lukauskis	26	9/11/2019	Treloar Shield Round 5
13	5.06m		F	---	Daanish Mahmud	18	28/09/2019	Northern Zone Week 3
14	5.02m	+1.0	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
15 *	4.96m	+0.4	F	---	Evan Venning	13	29/02/2020	All-comers 29 February 2020
15 *	4.96m	+1.4	F	---	Jared Mayo	19	29/02/2020	All-comers 29 February 2020
17	4.91m	NWI	F	---	Antony Guest	54	14/12/2019	Club Championships 2019
18	4.88m	NWI	F	---	Stuart Downie	16	14/12/2019	Club Championships 2019
19	4.82m	+0.2	F	---	Daniel White	13	26/09/2019	NSW All Schools Championships
20	4.60m		F	---	David Turner	43	7/03/2020	Northern Zone Week 20
21	4.58m		F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3

22	4.46m	NWI	F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
23	4.44m	NWI	F	---	Jimmy Thebridge	10	14/12/2019	Club Championships 2019
24	4.41m	NWI	F	---	Cadel Holmes	11	14/12/2019	Club Championships 2019
25	4.25m	+0.6	F	---	Zoran Novicic	59	25/01/2020	NSW Combined Events Championships 2020
26	4.06m	NWI	F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019
27	3.83m	NWI	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
28	3.78m	NWI	F	---	Trevor Young	61	9/11/2019	Treloar Shield Round 5
29	3.73m		F	---	Nicholas Bastas	81	28/09/2019	Northern Zone Week 3
30	3.68m	-0.3	F	---	Zion McMahon	10	26/10/2019	Treloar Shield Round 3
31	3.54m	+0.7	F	---	Warren Jones	39	26/10/2019	Treloar Shield Round 3
32	3.08m		F	---	Doug Barrett	67	30/11/2019	Northern Zone Week 11
Male Long Jump Aggregate								
1	18.31m	NWI	F	---	Koray Kirk	20	7/12/2019	Grass Games 2019
2	16.13m	NWI	F	---	Ken Elias	33	7/12/2019	Grass Games 2019
3	12.75m	NWI	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
4	11.61m	NWI	F	---	Zion McMahon	10	7/12/2019	Grass Games 2019
Male Triple Jump								
1	15.75m	+1.8	F	---	Emmanuel Fakiye	23	6/03/2020	NSW Open, U23 and Para Championships 2020
2	13.04m	NWI	F	---	Joel Neasmith	15	21/02/2020	NSW Junior Championships 2020
3	11.56m	NWI	F	---	David Thebridge	43	21/12/2019	All-comers 21 December 2019
4	11.29m		F	---	Matthew Otten	29	25/01/2020	Northern Zone Week 15
5	10.44m	NWI	F	---	Daniel White	13	2/11/2019	Treloar Shield Round 4
6	10.38m	NWI	F	---	Samuel Colless	28	30/11/2019	Treloar Shield Round 6
7	9.98m	NWI	F	---	Julian Lee	13	26/09/2019	NSW All Schools Championships
8	9.64m	NWI	F	---	Jimmy Thebridge	10	21/12/2019	All-comers 21 December 2019
9	8.92m	+2.3	F	---	Zoran Novicic	59	19/10/2019	Treloar Shield Round 2
10	8.29m		F	---	Nicholas Bastas	81	25/01/2020	Northern Zone Week 15
11	7.53m	NWI	F	---	Victor Ramondetta	65	7/02/2020	NSW Masters Championships 2020
12	7.20m		F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
Male Shot Put 2kg								
1	8.84m		F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
2	5.20m		F	---	Zion McMahon	10	14/03/2020	Northern Zone Week 21
Male Shot Put 3kg								
1	13.34m		F	---	Brodie Waldock	13	14/12/2019	Club Championships 2019
2	10.97m		F	---	Daniel White	13	26/09/2019	NSW All Schools Championships
3	8.49m		F	---	Nicholas Bastas	80	15/06/2019	Winter Northern Zone Series 1
4	7.80m		F	---	Michael Johnson	84	1/02/2020	Northern Zone Week 16
5	4.53m		F	---	Zion McMahon	10	14/09/2019	Northern Zone Week 1
Male Shot Put 4kg								
1	15.15m		F	---	Maxi Zihlmann	15	26/09/2019	NSW All Schools Championships
2	12.32m		F	---	Brodie Waldock	14	21/02/2020	NSW Junior Championships 2020
3	9.41m		F	---	Robert Archer	72	15/06/2019	Winter Northern Zone Series 1
4	6.12m		F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
5	4.26m		F	---	Ron Shoesmith	72	11/01/2020	Northern Zone Week 14
Male Shot Put 5kg								
1	12.21m		F	---	Stuart Downie	16	14/12/2019	Club Championships 2019
2	9.01m		F	---	Mark Cepak	60	23/11/2019	NSW State Relay Championships 2019
3	7.00m		F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
4	6.60m		F	---	Peter Douglas	65	23/11/2019	NSW State Relay Championships 2019
5	6.27m		F	---	Ross Douglas	65	2/11/2019	Northern Zone Week 8
6	4.75m		F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet
Male Shot Put 6kg								
1	10.68m		F	---	Tim McGrath	57	25/01/2020	Northern Zone Week 15
2	9.58m		F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
3	7.62m		F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
Male Shot Put 7.26kg								
1	14.91m		M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	12.13m		F	---	William Brown	22	14/09/2019	Northern Zone Week 1
3	11.89m		F	---	Ryan Dowling	40	10/08/2019	Winter Northern Zone Series 3
4	11.88m		F	---	Ashley McMahon	44	23/11/2019	NSW State Relay Championships 2019
5	11.39m		F	---	Clinton Mcewan	28	13/07/2019	Winter Northern Zone Series 2
6	10.70m		F	---	Matthew Mcvey	19	9/11/2019	Treloar Shield Round 5
7	10.34m		F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
8	10.20m		F	---	Robbie Baskin	30	23/11/2019	NSW State Relay Championships 2019
9	9.83m		F	---	Mathew Woodhouse	45	22/02/2020	Northern Zone Week 18
10	8.92m		F	---	Warren Jones	39	21/12/2019	Northern Zone Week 13
11	8.90m		F	---	Emmanuel Fakiye	22	9/11/2019	Treloar Shield Round 5
12	8.75m		F	---	Ken Elias	33	23/11/2019	NSW State Relay Championships 2019
13	8.47m		F	---	David Turner	43	26/10/2019	Northern Zone Week 7
14	8.46m		F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
15	8.44m		F	---	Sam Richardson	20	23/11/2019	NSW State Relay Championships 2019
16	8.43m		F	---	Caerl Murray	44	21/12/2019	Northern Zone Week 13
17	7.80m		F	---	Bart Steanes	55	26/10/2019	Treloar Shield Round 3
18	7.45m		F	---	Albert Swan	19	9/11/2019	Treloar Shield Round 5

19	7.32m	F	---	Christopher lus	19	9/11/2019	Treloar Shield Round 5
Male Discus 1.5kg							
1	51.61m	F	---	John Hunter	17	16/11/2019	Northern Zone Week 10
2	47.60m	F	---	Stuart Downie	17	21/02/2020	NSW Junior Championships 2020
3	35.61m	F	---	Tim McGrath	57	25/01/2020	Northern Zone Week 15
4	26.31m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
5	21.89m	F	---	Brad Sharpe	58	14/03/2020	Northern Zone Week 21
Male Discus 1.75kg							
1	44.90m	F	---	John Hunter	17	21/02/2020	NSW Junior Championships 2020
2	38.46m	F	---	Vincent Reilly	19	21/02/2020	NSW Junior Championships 2020
Male Discus 1kg							
1	47.00m	F	---	Brodie Waldock	13	11/01/2020	All-comers 11 January 2020
2	30.98m	F	---	Robert Archer	73	7/02/2020	NSW Masters Championships 2020
3	29.85m	F	---	Trevor Young	61	2/11/2019	Northern Zone Week 8
4	25.58m	F	---	Jaiden Yu	12	21/02/2020	NSW Junior Championships 2020
5	25.10m	F	---	Peter Douglas	65	29/02/2020	Northern Zone Week 19
6	23.71m	F	---	Doug Barrett	67	14/03/2020	Northern Zone Week 21
7	21.53m	F	---	Michael Johnson	84	29/02/2020	Northern Zone Week 19
8	20.31m	F	---	Nicholas Bastas	81	21/09/2019	Northern Zone Week 2
9	19.27m	F	---	Ross Douglas	65	2/11/2019	Northern Zone Week 8
10	12.13m	F	---	Robert Jones	69	11/01/2020	Northern Zone Week 14
11	12.10m	F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
12	7.50m	F	---	Ron Shoesmith	72	5/10/2019	Northern Zone Week 4
Male Discus 2kg							
1	46.52m	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	41.66m	F	---	John Hunter	17	23/11/2019	NSW State Relay Championships 2019
3	38.33m	F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6
4	36.71m	F	---	Tim Heyes	21	23/11/2019	NSW State Relay Championships 2019
5	35.69m	F	---	Vincent Reilly	19	6/03/2020	NSW Open, U23 and Para Championships 2020
6	31.46m	F	---	Ryan Dowling	40	25/01/2020	Northern Zone Week 15
7	29.49m	F	---	Ellington Steanes	21	23/11/2019	NSW State Relay Championships 2019
8	26.93m	F	---	Warren Jones	39	23/11/2019	NSW State Relay Championships 2019
9	26.08m	F	---	Stuart Downie	16	23/11/2019	NSW State Relay Championships 2019
10	24.31m	F	---	Tim McGrath	57	23/11/2019	NSW State Relay Championships 2019
11	22.58m	F	---	Bart Steanes	55	19/10/2019	Treloar Shield Round 2
12	21.91m	F	---	Emmanuel Fakiye	22	30/11/2019	Treloar Shield Round 6
13	20.58m	F	---	Samuel Colless	28	30/11/2019	Treloar Shield Round 6
Male Discus 750g							
1	12.92m	F	---	Zion McMahon	10	21/09/2019	Northern Zone Week 2
Male Hammer 3kg							
1	30.98m	F	---	Jaiden Yu	12	21/02/2020	NSW Junior Championships 2020
2	21.56m	F	---	Nicholas Bastas	81	8/11/2019	Northern Zone Week 9
Male Hammer 5kg							
1	54.88m	F	---	John Hunter	17	6/12/2019	Australian All Schools Championships 2019
2	42.81m	F	---	Stuart Downie	17	21/02/2020	NSW Junior Championships 2020
3	19.05m	F	---	Ross Douglas	65	9/11/2019	Treloar Shield Round 5
4	17.84m	F	---	Peter Douglas	65	8/11/2019	Northern Zone Week 9
5	13.66m	F	---	Robert Jones	69	21/12/2019	Northern Zone Week 13
Male Hammer 6kg							
1	45.38m	F	---	John Hunter	17	21/02/2020	NSW Junior Championships 2020
2	26.88m	F	---	Tim McGrath	56	13/07/2019	Winter Northern Zone Series 2
3	25.79m	F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
4	17.44m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
Male Hammer 7.26kg							
1	65.41m	F	---	William Brown	23	21/03/2020	Northern Zone Week 22
2	65.16m	F	---	Tim Heyes	22	6/03/2020	NSW Open, U23 and Para Championships 2020
3	38.39m	F	---	Ellington Steanes	22	6/03/2020	NSW Open, U23 and Para Championships 2020
4	36.57m	F	---	John Hunter	17	29/02/2020	All-comers 29 February 2020
5	35.95m	F	---	Warren Jones	39	9/11/2019	Treloar Shield Round 5
6	25.48m	F	---	Ryan Dowling	40	23/11/2019	NSW State Relay Championships 2019
7	21.50m	F	---	Bart Steanes	55	26/10/2019	Treloar Shield Round 3
8	18.36m	F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
9	13.55m	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
Male Javelin 400g							
1	24.63m	F	---	Nicholas Bastas	81	21/12/2019	Northern Zone Week 13
2	12.15m	F	---	Michael Johnson	84	1/02/2020	Northern Zone Week 16
Male Javelin 500g							
1	17.18m	F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
2	6.86m	F	---	Ron Shoesmith	72	21/12/2019	Northern Zone Week 13
Male Javelin 600g							
1	26.52m	F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
2	24.69m	F	---	Mark Cepak	60	23/11/2019	NSW State Relay Championships 2019
3	21.49m	F	---	Doug Barrett	67	21/12/2019	Northern Zone Week 13

4	10.37m	F	---	Robert Jones	69	28/09/2019	Northern Zone Week 3
Male Javelin 700g							
1	50.90m	F	---	Stuart Downie	17	21/02/2020	NSW Junior Championships 2020
2	34.50m	F	---	Tim McGrath	56	15/06/2019	Winter Northern Zone Series 1
3	30.40m	F	---	Brodie Waldock	14	21/02/2020	NSW Junior Championships 2020
4	27.38m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
5	24.25m	F	---	Warren Jones	39	23/11/2019	NSW State Relay Championships 2019
6	16.15m	F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
Male Javelin 800g							
1	50.13m	F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6
2	49.03m	F	---	Alec Diamond	22	28/09/2019	Northern Zone Week 3
3	34.85m	F	---	Andrew Phillips	47	23/11/2019	NSW State Relay Championships 2019
4	31.59m	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
5	30.16m	F	---	Matthew Otten	29	7/03/2020	Northern Zone Week 20
6	28.89m	F	---	David Turner	43	26/10/2019	Northern Zone Week 7
7	27.94m	F	---	William Brown	22	14/09/2019	Northern Zone Week 1
8	27.33m	F	---	Warren Jones	39	21/12/2019	Northern Zone Week 13
9	23.17m	F	---	Ken Elias	33	8/11/2019	Northern Zone Week 9
10	20.56m	F	---	Bart Steanes	55	30/11/2019	Treloar Shield Round 6
Male Wght Thr 11.34kg							
1	12.68m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
2	10.80m	F	---	Tim McGrath	57	25/01/2020	Northern Zone Week 15
3	6.36m	F	---	Zoran Novicic	58	10/08/2019	Winter Northern Zone Series 3
4	4.34m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 15.88kg							
1	18.11m	F	---	William Brown	23	25/01/2020	Northern Zone Week 15
2	16.99m	F	---	Tim Heyes	21	15/06/2019	Winter Northern Zone Series 1
3	10.27m	F	---	Warren Jones	39	11/01/2020	Northern Zone Week 14
4	9.18m	F	---	Ryan Dowling	39	12/05/2019	NSW Masters Athletics Indoor Meet
5	6.97m	F	---	Bart Steanes	55	5/10/2019	Northern Zone Week 4
6	3.03m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 20kg							
1	6.64m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 25.4kg							
1	5.43m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 5.45kg							
1	8.18m	F	---	Nicholas Bastas	81	7/02/2020	NSW Masters Championships 2020
2	6.27m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 7.26kg							
1	5.54m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
Male Wght Thr 9.08kg							
1	17.35m	F	---	John Hunter	17	16/11/2019	Northern Zone Week 10
2	14.45m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
3	7.18m	F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
4	5.23m	F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet
Male Decathlon							
1	7593	F	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	5018	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
Male Out Pent							
1	1916	F	---	Zoran Novicic	59	25/01/2020	NSW Combined Events Championships 2020
Male Wght Pent							
1	2158	F	---	Tim McGrath	56	13/07/2019	Winter Northern Zone Series 2
2	1850	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
3	845	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
Male Wght Pent Heavy							
1	2224	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
Male Super Wght 45lb							
1	11.91m	F	---	Tim Heyes	21	10/08/2019	Winter Northern Zone Series 3
2	2.48m	F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet
Male Super Wght 56lb							
1	5.98m	F	---	Warren Jones	39	12/05/2019	NSW Masters Athletics Indoor Meet

Road Race Rankings 2019/2020

Marks since: 1-May-19
UTS Northern Suburbs Athletic [UTN]

Female 420m Run

1	1:50.00	F	---	Isabella Thornton-Bott	21	26/05/2019	Balmoral Burn 2019
2	1:57.00	F	---	Abbey Rockliff	17	26/05/2019	Balmoral Burn 2019
3	2:12.00	F	---	Holly Eva Ratajec	25	26/05/2019	Balmoral Burn 2019
4	2:22.00	F	---	Abby Lander	16	26/05/2019	Balmoral Burn 2019

Female 4000m Run

1	13:52.00	3:28.00	F	---	Isabella Thornton-Bott	21	13/07/2019	NSW Road Relay Championships
2	16:00.00	4:00.00	F	---	Grace Kells	15	13/07/2019	NSW Road Relay Championships
3	18:08.00	4:32.00	F	---	Deborah Drennan	61	13/07/2019	NSW Road Relay Championships
4	19:42.00	4:55.50	F	---	Margaret Thomas	63	13/07/2019	NSW Road Relay Championships
5	21:54.00	5:28.50	F	---	Jan Swinhoe	62	13/07/2019	NSW Road Relay Championships
6	26:43.00	6:40.75	F	---	Dorothy Kass	66	13/07/2019	NSW Road Relay Championships

Female 5000m Run

1	16:40.00	3:20.00	F	---	Isabella Thornton-Bott	21	6/10/2019	Fall Classic 2019
2	19:59.00	3:59.80	F	---	Abby Lander	16	4/05/2019	Sydney 10

Female 10000m Run

1	35:42.00	3:34.20	F	---	Abbey Rockliff	17	15/09/2019	Sydney Running Festival 2019
2	39:50.00	3:59.00	F	---	Isabella Thornton-Bott	21	4/05/2019	Sydney 10
3	45:07.00	4:30.70	F	---	Abby Lander	17	15/09/2019	Sydney Running Festival 2019
4	50:09.00	5:00.90	F	---	Deborah Drennan	60	4/05/2019	Sydney 10

Female 5000m Walk

1	33:38.00	F	---	Carmel Parker	53	23/06/2019	Short Walks Championships 2019
2	34:05.00	F	---	Antoinette Woodward	62	23/06/2019	Short Walks Championships 2019

Female 10000m Walk

1	1:10:25.00	F	---	Antoinette Woodward	62	19/05/2019	Team Walks 2019
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Male 420m Run

1	1:21.00	F	---	Mason Cohen	22	26/05/2019	Balmoral Burn 2019
2	1:32.00	F	---	William Richardson	23	26/05/2019	Balmoral Burn 2019

Male 4000m Run

1	12:01.00	3:00.25	F	---	Leo Peterson	28	13/07/2019	NSW Road Relay Championships
2	12:36.00	3:09.00	F	---	Kieran Gorman	17	13/07/2019	NSW Road Relay Championships
3	13:25.00	3:21.25	F	---	Cameron Gorman	15	13/07/2019	NSW Road Relay Championships
4	15:23.00	3:50.75	F	---	Paul Trainor	54	13/07/2019	NSW Road Relay Championships
5	16:12.00	4:03.00	P	---	Brad Sharpe	58	13/07/2019	NSW Road Relay Championships
6	16:33.00	4:08.25	F	---	Kim Loane	57	13/07/2019	NSW Road Relay Championships
7	16:36.00	4:09.00	F	---	Antony Guest	53	13/07/2019	NSW Road Relay Championships
8	19:06.00	4:46.50	F	---	Terrence Carter	62	13/07/2019	NSW Road Relay Championships
9	20:22.00	5:05.50	F	---	Doug Barrett	66	13/07/2019	NSW Road Relay Championships
10	27:34.00	6:53.50	F	---	Leslie Gillies	72	13/07/2019	NSW Road Relay Championships

Male 5000m Run

1	19:55.00	3:59.00	F	---	Brad Sharpe	58	28/07/2019	Sydney Harbour 10K 5K
2	23:13.00	4:38.60	F	---	Andy West	52	4/05/2019	Sydney 10

Male 10000m Run

1	29:40.00	2:58.00	F	---	Kieren Tall	20	4/05/2019	Sydney 10
2	30:14.00	3:01.40	F	---	Edward Goddard	21	4/05/2019	Sydney 10
3	30:47.00	3:04.70	F	---	Charlie Doherty	19	4/05/2019	Sydney 10
4	32:09.00	3:12.90	F	---	Will Austin-Cray	26	4/05/2019	Sydney 10
5	32:16.00	3:13.60	F	---	Will Keir	19	4/05/2019	Sydney 10
6	32:27.00	3:14.70	F	---	Leo Peterson	28	4/05/2019	Sydney 10
7	33:43.00	3:22.30	F	---	Will Atkinson	20	6/07/2019	Gold Coast Marathon 2019
8	35:40.00	3:34.00	F	---	William Richardson	23	28/07/2019	Sydney Harbour 10K 5K
9	39:29.00	3:56.90	F	---	Duncan Loane	15	28/07/2019	Sydney Harbour 10K 5K
10	41:13.00	4:07.30	F	---	Kim Loane	57	4/05/2019	Sydney 10
11	42:31.00	4:15.10	F	---	David Costello	18	6/07/2019	Gold Coast Marathon 2019
12	55:53.00	5:35.30	F	---	Doug Barrett	66	4/05/2019	Sydney 10

Male 14000m Run

1	55:34.00	3:58.14	F	---	Duncan Loane	15	11/08/2019	City2Surf
2	1:00:5.00	4:17.50	F	---	Kim Loane	57	11/08/2019	City2Surf

Male 5000m Walk

1	36:29.00	F	---	Jim Seymon	81	23/06/2019	Short Walks Championships 2019
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Male 10000m Walk

1	1:15:53.00	F	---	Jim Seymon	81	19/05/2019	Team Walks 2019
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Cross Country Rankings 2019/2020

Marks since: 1-May-19
UTS Northern Suburbs Athletic [UTN]

Female 2000m Run

1	9:35.00	F	---	Sybella Warton	12	24/08/2019	Australian Cross Country Championships
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Female 3000m Run

1	11:44.00	3:54.67	F	---	Xanthe Cogan	13	22/06/2019	XCC Challenge 2019
2	11:48.00	3:56.00	F	---	Olivia Gorman	12	22/06/2019	XCC Challenge 2019

Female 4000m Run

1	14:31.00	3:37.75	F	---	Rosie Fordham	17	24/08/2019	Australian Cross Country Championships
2	14:50.00	3:42.50	F	---	Hannah Cerezo	16	24/08/2019	Australian Cross Country Championships
3	16:02.00	4:00.50	F	---	Grace Kells	15	3/08/2019	Short Course Cross Country Championships
4	16:35.00	4:08.75	F	---	Madeleine Huyskens	15	22/06/2019	XCC Challenge 2019
5	17:00.00	4:15.00	F	---	Abby Lander	16	22/06/2019	XCC Challenge 2019
6	19:03.00	4:45.75	F	---	Deborah Drennan	61	3/08/2019	Short Course Cross Country Championships
7	21:18.00	5:19.50	F	---	Margaret Thomas	63	3/08/2019	Short Course Cross Country Championships
8	31:41.00	7:55.25	F	---	Dorothy Kass	66	3/08/2019	Short Course Cross Country Championships

Female 6000m Run

1	21:37.00	3:36.17	F	---	Abbey Rockliff	17	24/08/2019	Australian Cross Country Championships
2	22:12.30	3:42.05	F	---	Isabella Thornton-Bott	21	13/09/2019	Uni at Buffalo Stampede Cross Country Invitat
3	22:20.00	3:43.33	F	---	Kate Spencer	24	3/08/2019	Short Course Cross Country Championships
4	29:48.00	4:58.00	F	---	Deborah Drennan	61	22/06/2019	XCC Challenge 2019
5	37:25.00	6:14.17	F	---	Jan Swinhoe	62	22/06/2019	XCC Challenge 2019

Female 7000m Run

1	31:52.00	4:33.14	F	---	Abby Lander	17	25/08/2019	Sydney Half Marathon 2019
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Female 8000m Run

1	28:26.10	3:33.26	F	---	Isabella Thornton-Bott	21	26/10/2019	OUA XC Championships 2019
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Male 3000m Run

1	11:08.00	3:42.67	F	---	Jacob Magner	13	22/06/2019	XCC Challenge 2019
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Male 4000m Run

1	13:34.00	3:23.50	F	---	Simon Magner	15	24/08/2019	Australian Cross Country Championships
2	14:35.00	3:38.75	F	---	Cameron Gorman	15	22/06/2019	XCC Challenge 2019
3	16:50.00	4:12.50	F	---	Brad Sharpe	58	3/08/2019	Short Course Cross Country Championships
4	17:34.00	4:23.50	F	---	Kim Loane	57	3/08/2019	Short Course Cross Country Championships
5	17:55.00	4:28.75	F	---	Kevin Chamberlain	57	3/08/2019	Short Course Cross Country Championships
6	20:10.00	5:02.50	F	---	Trevor Young	61	3/08/2019	Short Course Cross Country Championships
7	20:23.00	5:05.75	F	---	Doug Barrett	66	3/08/2019	Short Course Cross Country Championships

Male 6000m Run

1	19:05.00	3:10.83	F	---	Edward Goddard	21	3/08/2019	Short Course Cross Country Championships
2	19:50.00	3:18.33	F	---	Leo Peterson	28	3/08/2019	Short Course Cross Country Championships
3	20:03.00	3:20.50	F	---	Kieran Gorman	17	22/06/2019	XCC Challenge 2019

Male 8000m Run

1	27:32.00	3:26.50	F	---	Max Mahon	18	22/06/2019	XCC Challenge 2019
2	37:38.00	4:42.25	F	---	Brad Sharpe	58	22/06/2019	XCC Challenge 2019

Male 10000m Run

1	30:31.00	3:03.10	F	---	Edward Goddard	21	24/08/2019	Australian Cross Country Championships
2	31:40.00	3:10.00	F	---	Charlie Doherty	20	24/08/2019	Australian Cross Country Championships
3	32:09.00	3:12.90	F	---	Kieren Tall	20	24/08/2019	Australian Cross Country Championships
4	33:37.00	3:21.70	F	---	Leo Peterson	28	24/08/2019	Australian Cross Country Championships
5	34:10.00	3:25.00	F	---	Will Atkinson	20	24/08/2019	Australian Cross Country Championships
6	34:35.00	3:27.50	F	---	Will Keir	19	22/06/2019	XCC Challenge 2019

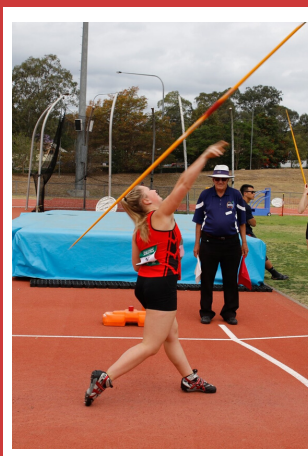
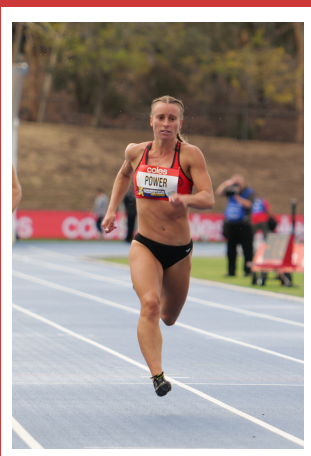
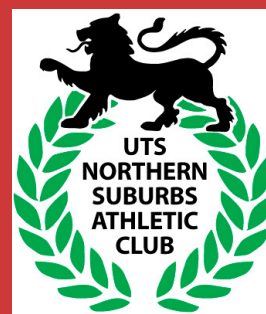
Male 11000m Run

1	59:02.00	5:22.00	F	---	Will Atkinson	20	16/05/2019	Ultra Trail Australia 2019
2	1:04:21.00	5:51.00	F	---	Nick Walker	32	16/05/2019	Ultra Trail Australia 2019

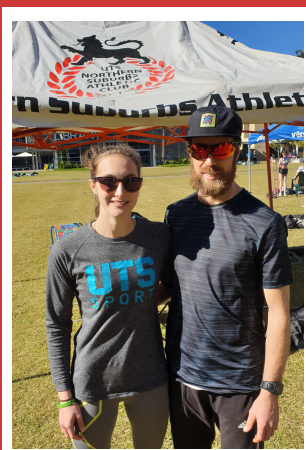
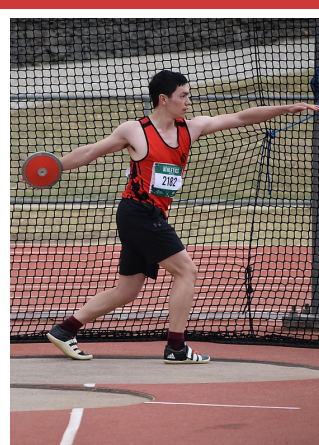
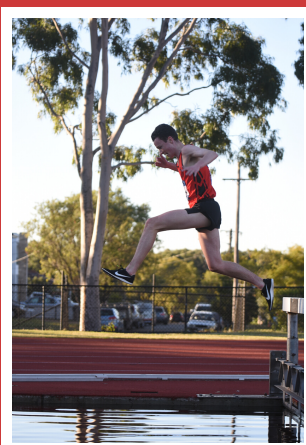
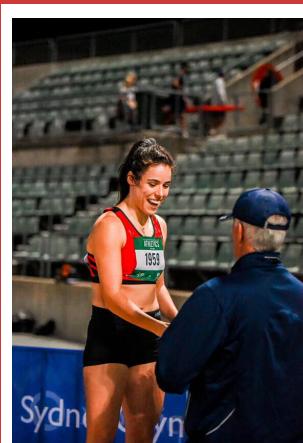
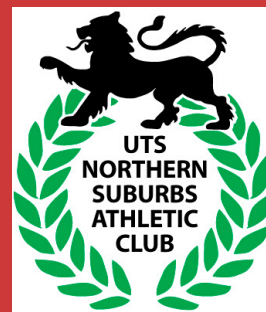
Male 22000m Run

1	2:40:43.00	7:18.32	F	---	Peter Davis	39	16/05/2019	Ultra Trail Australia 2019
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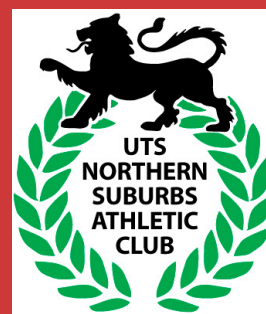
THE 2019-20
SEASON
In competition and at Rotary



THE 2019-20
SEASON
Norths in competition



THE 2019-20
SEASON
The Grass Games and other
competitions



THE 2019-20
SEASON
On the world stage

