

UTS Northern Suburbs Athletic Club Track & Field Records as at 30 April 2014

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

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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
100 yards	10.40		Open	Jenny Lamy	1966		
60m	7.52	0.0	Open	Jessica Knox (33)	3/12/2011	Blacktown	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/2008	Manoa, Hawaii, USA	
60m	7.30	NWI	U20	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/2007	Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/2007	Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks	
60m	7.91	0.4	U15	Karlie Morton (14)	10/11/2007	Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks	
60m	8.87	-0.4	U13	Eliza Cepak (12)	10/11/2007	Homebush	
60m	7.52	0.0	W30	Jessica Knox (33)	3/12/2011	Blacktown	
60m	7.40	NWI	W35	Melissa Medlicott	13/11/2004	Mingara	
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/2011	Blacktown	
60m	8.0h	NWI	W45	Jackie Bezuidenhout (47)	8/02/2014	Northern Zone	#
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/2009	Adelaide	
60m	9.6h	NWI	W55	Debra Drennan (55)	11/01/2014	Northern Zone	#
60m	11.1h	NWI	W60	Jillian Senior (60)	11/01/2014	Northern Zone	#
60m	12.70	NWI	W65	Roslyn Wolfers (68)	8/02/2014	Northern Zone	#
100m	11.20		Open	Jenny Lamy	1967		
100m	11.89	-0.1	U23	Laura Verlinden (20)	19/03/2009	Brisbane	
100m	11.20		U20	Jenny Lamy	1967		
100m	11.60		U18	Melissa Moore / Fiona Blair	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/2008	Canberra	

100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	Canberra	
100m	11.93		U15	Alice Wilson	2004/05		
100m	12.70		U14	Catherine Kennedy	1990		
100m	13.21		U13	Keshvar Mirarazi	1995		
100m	11.60	1.7	W30	Jessica Knox	7/01/2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medlicott	13/11/2004	Mingara	
100m	12.75	0.4	W40	Jacqueline Bezuidenhout (44)	5/02/2011	Homebush	
100m	12.82	0.9	W45	Jackie Bezuidenhout (47)	18/10/2013	Porto Alegre, Brazil	#
100m	13.50		W50	Kaye Smythe	1998/99		
100m	14.98		W55	Gloria Seymon	1993		
100m	18.6h	NWI	W60	Jillian Senior (60)	9/11/2013	Northern Zone	#
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith	1991		
100m	19.30		W75	Ruth Frith	1990		
200m	22.88		Open	Jenny Lamy	1968		
200m	24.21	1.4	U23	Laura Verlinden (20)	7/03/2009	Homebush	
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/2010	Homebush	
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/2010	Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	Homebush	
200m	24.40	0.7	U16	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	0.7	U15	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	6/12/2007	Homebush	
200m	25.62		U14	Stephanie Parker	1997/98		
200m	27.66		U13	Anneliese Rubie	2004/05		
200m	24.12	0.2	W30	Jessica Knox (33)	17/12/2012	Homebush	
200m	25.17		W35	Melissa Medlicott	25/02/2006	Homebush	SR
200m	26.44	1.2	W40	Jackie Bezuidenhout (44)	21/04/2011	Brisbane	
200m	25.85	Ind	W45	Marie Kay (48)	19/03/2008	Clermont-Ferrand, FRA	WR
200m	26.21	-3.0	W45	Marie Kay (48)	3/03/2008	Homebush	update
200m	27.62	1.5	W50	Marie Kay (50)	2/04/2010	Perth	
200m	31.60		W55	Gloria Seymon	1993		
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/2009	Rotary	
200m	35.50		W65	Kathleen Cook	2004/05		
400m	51.80		Open	Annabelle Smith	2003/2004		
400m	55.59		U23	Alexandra Bartholomew (20)	28/02/2014	Homebush	#
400m	53.88		U20	Anneliese Rubie (18)	11/03/2010	Homebush	
400m	54.78		U18	Kylie Robertson	1992		
400m	56.09		U17	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U16	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U15	Tracey Morton	12/11/2005	Homebush	
400m	57.80		U14	Anneliese Rubie	Dec-05	Homebush	

400m	1.01.44		U13	Anneliese Rubie	2004/05		
400m	54.83		W30	Renee Robson (33)	30/03/2012	Homebush	
400m	58.40		W35	Stacey Quitzau	1997/98		
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	56.99	Ind	W45	Marie Kay (48)	22/03/2008	Clermont-Ferrand, FRA	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	6/03/2010	Kamloops, CAN	
400m	1.10.37		W55	Debra Drennan (55)	8/03/2014	Hobart	#
400m	1.15.0		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	9/01/2010	Rotary	SR
800m	2.02.88		Open	Sianne Toemoe (22)	31/03/2011	Perth	
800m	2.02.88		U23	Sianne Toemoe (22)	31/03/2011	Perth	
800m	2:05.32		U20	Trychelle Kingdom (17)	16/02/2008	Homebush	
800m	2.09.10		U18	Emily Hopper (16)	1/02/2014	Homebush	#
800m	2.09.10		U17	Emily Hopper (16)	1/02/2014	Homebush	#
800m	2.12.23		U16	Emily Hopper (15)	12/03/2013	Perth	#
800m	2.17.2		U15	Renee Vandenberg	2000/2001		
800m	2:17.29		U14	Ruby Hackett	Dec-05	Homebush	
800m	2.22.62		U13	Ruby Hackett	2004/05		
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/2011	Homebush	
800m	2.14.1		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes	13/04/2001		SR
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	11/10/2009	Homebush	
800m	2.40.80		W55	Debra Drennan (55)	1/02/2014	Homebush	#
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	5/12/2009	Rotary	SR
1500m	4.19.70		Open	Lara Nicod (25)	15/08/2010	Kessel Lo, Belgium	
1500m	4.23.07		U23	Katie French (21)	17/02/2007	Homebush	
1500m	4.26.02		U20	Emily Augustine (18)	28/02/2014	Homebush	#
1500m	4.28.53		U18	Emily Augustine (16)	1/03/2013	SOPAC, Homebush	#
1500m	4.27.48		U17	Emily Hopper (15)	28/02/2014	Homebush	#
1500m	4.34.98		U16	Emily Hopper (15)	8/02/2013	SOPAC, Homebush	#
1500m	4.35.70		U15	Annabel McDemott (14)	6/12/2013	Townsville	#
1500m	4.42.97		U14	Ruby Hackett	15/02/2006	Homebush	
1500m	4.52.47		U13	Ruby Hackett	15/02/2006		
1500m	5.06.19		W30	Rebecca Gibbs (31)	25/02/2012	Blanktown	
1500m	4.39.19		W35	Anne Forbes	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	2/04/2010	Perth	
1500m	5.45.00		W55	Debra Drennan (55)	8/03/2014	Hobart	#

1500m	5.56.33	W60	Maureen Cadogan	2002/03		
1500m	6.54.6h	W65	Lesley Eller (66)	7/11/2009	Rotary, Chatswood	
1 mile	5:30.41	Open	Mary Fien (34)	21/07/2007	Narrabeen	
3000m	9.31.4	Open	Elizabeth Richards	1976		
3000m	9.34.10	U23	Eliza Stewart (21)	17/02/2007	Homebush	
3000m	9.35.04	U20	Lucy Starrat (18)	8/07/2006	Narrabeen	
3000m	9.52.16	U18	Annabel McDermott (14)	9/11/2013	SOPAC, Homebush	#
3000m	9.52.16	U17	Annabel McDermott (14)	9/11/2013	SOPAC, Homebush	#
3000m	9.52.16	U16	Annabel McDermott (14)	9/11/2013	SOPAC, Homebush	#
3000m	9.52.16	U15	Annabel McDermott (14)	9/11/2013	SOPAC, Homebush	#
3000m	10:16.4	U14	Ruby Hackett	29/10/2005	Bankstown	
3000m	10.41.9	U13	Ashley Mason	2004/05		
3000m	10.28.5	W30	Mary Fien	2003/2004		
3000m	10.02.5	W35	Anne Forbes	1995		
3000m	10.10.90	W40	Anne Forbes	1996/97		
3000m	11.03.0	W45	Diane Aitken	2001/02		
3000m	12.37.17	W50	Deborah Drennan (51)	23/01/2010	Homebush	
3000m	13.19.2h	W55	Debra Drennan (55)	25/01/2014	Rotary, Chatswood	#
3000m	12.51.2	W60	Maureen Cadogan	2002/03		
3000m	15.34.5h	W65	Lesley Eller (66)	5/12/2009	Rotary	
5000m	16.19.00	Open	Eliza Stewart (21)	9/02/2007	Brisbane	
5000m	16.19.00	U23	Eliza Stewart (21)	9/02/2007	Brisbane	
5000m	18.04.75	U20	Bridget Reilly (16)	24/02/2012	ACT	
5000m	18.04.75	U18	Bridget Reilly (16)	24/02/2012	ACT	
500m	18.04.75	U17	Bridget Reilly (16)	24/02/2012	ACT	
5000m	18.41.95	W30	Mary Fien (34)	6/04/2007	Hobart	
5000m	17.26.5	W35	Anne Forbes	1995		
5000m	17.48.60	W40	Anne Forbes	1996/97		
5000m	18.16.57	W45	Joanne Cowan	15/04/2001	Bankstown	SR
5000m	22.35.79	W50	Deborah Drennan (52)	11/12//2010	Homebush	
5000m	23.06.13	W60	Maureen Cadogan	2002/03		
10000m	34.36.79	Open	Eliza Stewart (21)	14/12/2006	Melbourne	
10000m	44.29.68	U23	Fiona Alldis (21)	29/09/2009	Brisbane	
10000m	45.21.55	W30	Marika Hemming	2004/05		
10000m	39.23.30	W35	Marina Dulhunty	1996/97		
10000m	42.24.5	W40	Marina Dulhunty	1999/2000		
10000m	39.27.43	W45	Joanne Cowan	2003/2004		
100m Hurdles - 0.840m	13.42	Open	Jenny Laurendet	1990		

100m Hurdles - 0.840m	13.95	1.1	U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
100m Hurdles - 0.840m	13.69	0.3	U20	Katerina Hunt (17)	11/11/2013	SOPAC, Homebush	2013
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates	2004/05		
100m Hurdles - 0.762m	14.58		U17	Keshvar Mirazarazi	1997/98		
90m Hurdles - 0.762m	13.04	-1.2	U16	Gabriella O'Grady	12/10/2012	SOPAC, Homebush	
90m Hurdles - 0.762m	13.15		U15	Marissa Ward	2002/03		
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylor (39)	29/08/2005	San Sebastian, ESP	
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	NR
80m Hurdles - 0.762m	13.13	1.8	W50	Marie Kay (50)	3/07/2010	Tahiti	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	NR
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon	1993		
80m Hurdles - 0.762m	18.78		W65	J Night	1994		
200m Hurdles - 0.762m	28.14	NWI	Open	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii, USA	
200m Hurdles - 0.762m	28.14		U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii, USA	
200m Hurdles - 0.762m	28.85	-2.5	U20	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart	
200m Hurdles - 0.762m	28.85	-2.5	U18	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart	
200m Hurdles - 0.762m	28.85	-2.5	U17	Gabriella O'Grady (15)	30/11/2012	The Domain, Hobart	
200m Hurdles - 0.762m	30.17	NWI	U16	Gabriella O'Grady (15)	14/03/2012	SOPAC	
200m Hurdles - 0.762m	31.12	-0.3	U15	Katrina Hunt (14)	8/10/2011	SOPAC	
200m Hurdles - 0.762m	34.90		U13	M Love	1984		
200m Hurdles - 0.762m	34.00		W30	M Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitau	1997/98		
200m Hurdles - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/2009	Homebush	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	5/04/2009	Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/01/2010	Homebush	
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet	1989		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson	1990		
400m Hurdles - 0.762m	1:03.90		U17	Alexandra Bartholomew (15)	7/10/2010	Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	10/09/2007	Riccione, ITA	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	7/07/2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	27/07/2008	Townsville, QLD	
3000m Steeplechase - 0.762m	9.34.09		Open	Charlotte Wilson (20)	27/10/2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10.54.14		U/23	Charlotte Wilson (20)	30/03/2012	SOPAC	
3000m Steeplechase - 0.762m	10.46.10		U/20	Miranda Middleton (19)	30/03/2012	SOPAC	

2000m Steeplechase - 0.762m	7.12.69	U20	Beth Croft (16)	17/01/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69	U18	Beth Croft (16)	17/01/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69	U17	Beth Croft (16)	17/01/2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.19.31	U16	Beth Croft (15)	22/12/2012	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6	W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:26.72	W35	Mary Fien (35)	15/09/2007	Riccione, ITA	
1500m Walk	7.30.4	Open	R Whitehorn	20/05/1905		
1500m Walk	7.30.4	U20	R Whitehorn	1967		
1500m Walk	7.30.4	U18	R Whitehorn	1967		
1500m Walk	8.32.4	U16	Lesley Richards	1978		
1500m Walk	8.32.4	U15	Lesley Richards	1978		
1500m Walk	8:41.38	U14	Elise Brennan (11)	30/11/2013	Homebush	#
1500m Walk	8.50.9	W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1	W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66	W40	Suzanne Brown (44)	24/09/2009	Narrabeen	SR
1500m Walk	9.23.99	W45	Suzanne Brown (47)	29/03/2013	AIS, Canberra	#
1500m Walk	9.06.6	W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3	W55	Nancy Lloyd (55)	1/11/2008	Rotary	
1500m Walk	9.34.3h	W60	Nancy Lloyd (60)	8/02/2014	Rotary	#
3000m Walk	16.27.8	Open	Christina Alldis (22)	15/10/2005	The Crest, Bankstown	
3000m Walk	16:27.8	U20	Christina Alldis	15/10/2005	Bankstown	
3000m Walk	16.37.71	U15	Eliza Delaine (13)	12/01/2013	SOPAC, Homebush	<i>new record</i>
3000m walk	18:19.41	U14	Elise Brennan (12)	8/02/2014	Homebush	#
3000m Walk	19.04.6	W30	Fran Dorey	2002/03		
3000m Walk	20.13.6	W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75	W40	Suzanne Brown (44)	31/10/2009	Mingara	SR
3000m Walk	19.33.36	W45	Carmel Parker (48)	12/01/2013	SOPAC, Homebush	#
3000m Walk	18.51.3	W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h	W55	Nancy Lloyd (57)	9/10/2010	Rotary	
3000m Walk	20.27.7h	W60	Nancy Lloyd (61)	15/02/2014	Rotary	#
5000m Walk	25:34.86	Open	Fiona Alldis (19)	24/11/2007	ES Marks	
5000m Walk	29.12.11	U23	Christina Alldis (20)	25/11/2006	ES Marks	
5000m Walk	25:34.86	U20	Fiona Alldis (19)	24/11/2007	ES Marks	
5000m Walk	34.15.50	W30	Sharon Dunk	1995/96		
5000m Walk	33.02.99	W35	Suzanne Brown	2004/05		
5000m Walk	30.20.43	W40	Suzanne Brown (43)	10/04/2009	Adelaide	
5000m Walk	31.10.49	W45	Suzanne Brown (46)	22/10/2011	Narrabeen	
5000m Walk	31.24.77	W50	Nancy Lloyd (53)	6/04/2007	Hobart	
5000m Walk	32.59.45	W55	Nancy Lloyd (57)	21/04/2011	Brisbane	
5000m Walk	34.30.85	W60	Nancy Lloyd (61)	08/0/2014	Hobart	#

10000m Walk	1:00:42.27	Open	Christina Alldis	14/01/2006	Homebush	
10000m Walk	1:02:08.74	U23	Christina Alldis (21)	6/01/2007	Homebush	
10000m Walk	1:00:42.27	U20	Christina Alldis	14/01/2006	Homebush	
10000m Walk	1:18.23.0	W30	Sharon Dunk	1995		
10000m Walk	1:08.40.84	W40	Suzanne Brown (44)	20/01/2010	Homebush	
10000m Walk	1:09.25.31	W50	Nancy Lloyd	5/01/2008	Campbelltown	SR
High Jump	1.78m	Open	K Maurer	1985		
High Jump	1.69m	U23	Romi Arnott (20)	31/01/2009	Hobart	
High Jump	1.74m	U20	Virginia Young	1993/1995		
High Jump	1.74m	U18	Virginia Young	1993		
High Jump	1.73m	U17	Virginia Young	1992		
High Jump	1.73m	U16	Virginia Young	1992		
High Jump	1.65m	U15	Wendy Bebbington	1987		
High Jump	1.65m	U14	Wendy Bebbington / Virginia Young	1987 / 1989		
High Jump	1.57m	U13	Wendy Bebbington	1987		
High Jump	1.40m	W30	Lucette Meekins	2004/05		
High Jump	1.35m	W35	Jackie Bezuidenhout	4/12/2004	Homebush	
High Jump	1.51m	W40	Helen Searle	1981		
High Jump	1.60m	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	
High Jump	1.48m	W50	Marie Kay (50)	3/07/2011	Tahiti	
High Jump	1.19m	W55	Gloria Seymon	1993		
High Jump	1.06	W60	Jillian Senior (60)	25/12/2012	Bankstown	
Pole Vault	3.20m	Open	Amy Moulden (23)	4/02/2012	Homebush	
Pole Vault	3.10m	U23	Amy Moulden (21)	19/02/2011	Homebush	
Pole Vault	3.00m	U20	Amy Moulden	15/01/2006	Homebush	
Pole Vault	3.00m	U18	Amy Moulden	15/01/2006	Homebush	
Pole Vault	2.70m	U17	Dimity Norton (16)	13/10/2007	Homebush	
Pole Vault	2.70m	U17	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.70m	U16	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.30m	U15	Alexandra Gall (14)	7/03/2009	Homebush	
Pole Vault	2.30m	U14	Alexandra Gall (13)	22/11/2008	Homebush	
Pole Vault	2.75m	W35	Wendy McColl	2002/03		
Pole Vault	2.65m	W30	Wendy McColl	2001/02		
Pole Vault	2.45m	W45	Jann Livingston	1995/96		
Long Jump	6.33m	Open	Helen Frith	1965		
Long Jump	5.20m	NWI U23	Romi Arnott (20)	3/01/2009	Campbelltown	
Long Jump	5.99m	U20	Virginia Young	1995		
Long Jump	5.88m	NWI U18	Katrina Hunt (15)	19/02/2012	Narrabeen	

Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	19/02/2012	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	19/02/2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	Canberra	
Long Jump	4.82m		U13	Sijaan Powley	1995		
Long Jump	5.21m		W30	Jenny Laurendet	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott	14/04/2006	Canberra	
Long Jump	5.76m		W40	Helen Searle	1984		
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/03/2008	Clermont-Ferrand, FRA	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon	1995/96		
Long Jump	2.32m		W75	Ruth Frith	1989		
Long Jump	2.40m		W80	Ruth Frith	1990		SR
Long Jump	2.19m		W85	Ruth Frith	28/03/1995	Homebush	SR
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	25/02/2012	Bankstown	
Triple Jump	12.59m		Open	Gillian Ting	1995		
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/2006	Homebush	
Triple Jump	12.59m		U20	Gillian Ting	1995		
Triple Jump	12.09m		U18	Gillian Ting	1995		
Triple Jump	11.89m		U17	Gillian Ting	1992		
Triple Jump	11.89m		U16	Gillian Ting	1992		
Triple Jump	11.68m		U15	Gillian Ting	1992		
Triple Jump	11.04m		U14	Gillian Ting	1990		
Triple Jump	10.55m		U13	Greta Beale	2002/03		
Triple Jump	9.04m		W30	Peta Bird	1990		
Triple Jump	10.00m	NWI	W35	Melissa Medlicott	2/04/2006	Bankstown	
Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/2009	Rotary	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	Homebush	
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam	SR
Triple Jump	8.51m		W55	Gloria Seymon	1993		
Triple Jump	7.24m		W65	J Knight	1994		
Triple Jump	5.65m		W80	Ruth Frith	13/01/1993	Miyazaki, JPN	SR
Triple Jump	5.50m		W85	Ruth Frith	25/03/1995	Homebush	SR
WOMEN							
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.45m		U23	Jordana Cashman (22)	25/11/2006	ES Marks	
Shot Put - 4kg	13.10m		U20	J Kennedy	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik	2004/05		
Shot Put - 3kg	11.85m		U15	Madeleine Neville (14)	14/03/2011	Homebush	

Shot Put - 3kg	10.61m	U14	Eliza Cepak (13)	13/09/2008	Rotary	
Shot Put - 3kg	10.12m	U13	Eliza Cepak (12)	26/01/2008	Rotary	
Shot Put - 4kg	7.83m	W30	Danielle Cotterill (31)	3/11/2012	Narrabeen	
Shot Put - 4kg	11.18m	W35	Caroline Layt	Mar-05	Brisbane	SR
Shot Put - 4kg	11.59m	W40	Helen Searle	1980		
Shot Put - 4kg	11.76m	W45	Helen Searle	1983		
Shot Put - 3kg	12.30m	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	
Shot Put - 3kg	9.14m	W55	Gloria Seymon	1993		
Shot Put - 3kg	6.39m	W60	Jillian Senior (60)	8/12/2012	Rotary, Chatswood	
Shot Put - 3kg	5.94m	W65	Roslyn Wolfers (67)	24/11/2012	Rotary, Chatswood	
Shot Put - 3kg	6.28m	W70	Ruth Frith	1983		
Shot Put - 3kg*	6.70m	W75	Ruth Frith	1986		
Shot Put - 3kg*	6.93m	W80	Ruth Frith	1994		SR
Shot Put - 3kg*	5.31m	W85	Ruth Frith	1997/98		SR
Shot Put - 3kg*	5.37m	W90	Ruth Frith	2000/2001	Sydney	SR
Discus - 1kg	46.94m	Open	Lou Torso	1975		
Discus - 1kg	27.67m	U23	Helena Smith (20)	2/02/2008	Rotary	
Discus - 1kg	36.40m	U20	Pamela Thomson	1994		
Discus - 1kg	38.50m	U18	Pamela Thomson	1995		
Discus - 1kg	44.38m	U17	Amber Bennett	1997/98		
Discus - 1kg	44.38m	U16	Amber Bennett	1997/98		
Discus - 1kg	38.70m	U15	Amber Bennett	1996/97		
Discus - 1kg	35.42m	U14	Amber Bennett	1995/96		
Discus - 1kg	30.88m	U13	Amber Bennett	1995		
Discus -1kg	31.49m	W30	Joanne Munn	Nov-05	Homebush	
Discus -1kg	34.59m	W35	Clair Taylor (36)	15/12/2007	Homebush	
Discus -1kg	37.60m	W40	Pam Mountfield (44)	27/02/2010	Rotary	
Discus -1kg	35.71m	W45	Pam Mountfield (45)	6/06/2010	Campbelltown	SR
Discus -1kg	26.97m	W50	Marie Kay (50)	2/04/2010	Perth	
Discus -1kg	22.10m	W55	Gloria Seymon	1993		
Discus -1kg	17.16m	W60	J Night	1994		
Discus -1kg	18.00m	W65	Ruth Frith	1986		
Discus -1kg	14.48m	W70	Ruth Frith	1990		SR
Discus -1kg	12.10m	W75	Ruth Frith	1999/2000		SR
Discus -1kg	13.92m	W85	Ruth Frith	1998	Homebush	SR
Discus -1kg	12.10m	W90	Ruth Frith	2000		SR
Hammer - 4kg	62.90m	Open	Odette Palma	16/06/2013	Rotary, Chatswood	#
Hammer - 4kg	26.59m	U23	Helena Smith (20)	12/01/2008	Rotary	
Hammer - 4kg	40.64m	U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m	U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m	U17	Leonie Burnes	1997/98		

Hammer - 4kg	40.64m	U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m	U15	Lailanie Burnes	1998/99		
Hammer - 4kg	36.57m	W35	Melissa Bonser (38)	11/10/2008	Rotary	
Hammer - 4kg	36.52m	W40	Caroline Layt (42)	10/11/2007	Homebush	
Hammer - 4kg	43.80m	W45	Helen Searle	1983		
Hammer - 3kg	28.37m	W50	Cathleen Osborne	2004/05		
Hammer - 3kg	26.60m	W55	Gloria Seymon	1993		
Hammer - 3kg	22.15m	W60	Jillian Senior (60)	13/10/2012	Rotary, Chatswood	
Hammer - 3kg	15.13m	W65	Roslyn Wolfers	19/01/2013	Rotary, Chatswood	#
Hammer - 3kg (2kg)	18.22m	W80	Ruth Frith	1994		SR
Hammer - 3kg (2kg)	14.58m	W85	Ruth Frith	1997/98		SR
Hammer - 3kg (2kg)	13.57m	W90	Ruth Frith	1999/2000		
Javelin - 600g	57.60m	Open	Mackenzie Little (18)	4/04/2014	Melbourne	#
Javelin - 600g	37.34m	U23	Jordana Cashman (22)	16/09/2006	Rotary	
Javelin - 600g	57.60m	U20	Mackenzie Little (18)	4/04/2014	Melbourne	#
Javelin - 500g	61.47m	U18	Mackenzie Little (16)	11/07/2013	Donetsk	#
Javelin - 500g	56.68m	U17	Mackenzie Little (16)	30/11/2012	The Domain, Hobart	
Javelin - 500g	47.13m	U16	Mackenzie Little (15)	8/11/2011	SOPAC, Homebush	NR
Javelin - 500g	35.80m	U15	Amber Bennett	1996/97		
Javelin *now 400g	36.16m	U14	V Hooper	1984		
Javelin - 400g	36.00m	U13	V Hooper	1982		
Javelin - 600g	29.98m	W30	Fran Dorey	2002/03		
Javelin - 600g	25.62m	W35	Nanise Burnes	1996/97		
Javelin - 600g	24.39m	W40	Shannon Kavanagh (40)	7/11/2009	Rotary	
Javelin - 600g	32.30m	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	
Javelin - 500g	31.56m	W50	Marie Kay (50)	2/04/2010	Perth	
Javelin - 600g*	28.14m	W55	Gloria Seymon	1993		
Javelin - 400g	14.63m	W60	Jillian Senior (60)	19/01/2013	Rotary, Chatswood	#
Javelin - 400g	15.07m	W65	Roslyn Wolfers (67)	19/01/2013	Rotary, Chatswood	#
Javelin - 500g	11.10m	W70	Ruth Frith	1984		
Javelin - 500g	12.40m	W75	Ruth Frith	1989		
Javelin - 500g	11.88m	W80	Ruth Frith	1990		SR
Javelin - 500g	11.11m	W85	Ruth Frith	1998		SR
Javelin - 400g	9.80m	W90	Ruth Frith	2001/02		SR
Weight Throw - 9.08kg	5.84m	W30	Danielle Cotterill	24/09/2011	Rotary	
Weight Throw - 9.08kg	12.11m	W35	Caroline Layt	1/03/2005	Brisbane	
Weight Throw - 9.08kg	12.08m	W40	Caroline Layt (44)	11/10/2009	Homebush	SR
Weight Throw - 9.08kg	11.99m	W45	Caroline Layt (47)	29/03/2013	AIS, Canberra	#
Weight Throw - 7.26kg	8.33m	W50	Jenny Schell (50)	22/09/2012	Rotary, Chatswood	
Weight Throw - 7.26kg	8.75m	W55	Kerrie Jones (56)	6/03/2010	Campbelltown	
Weight Throw - 7.26kg	9.79m	W60	Jillian Senior (61)	19/10/2013	Rotary	#

Weight Throw - 7.26kg	5.30m	W65	Roslyn Wolfers (67)	24/11/2012	Rotary, Chatswood	
Weight Throw - 7.26kg	7.78m	W85	Ruth Frith	1995		<i>SR</i>
Weight Throw - 7.26kg	6.19m	W90	Ruth Frith	2001	Sydney	<i>SR</i>
Heptathlon	5599 Pts	Open	Lesley Richards	1985		
Heptathlon	4509 Pts	U23	Romi Arnott (20)	31/01/2009	Hobart	
Heptathlon	5134 Pts	U20	Lesley Richards	1981		
Heptathlon	5134 Pts	U18	Lesley Richards	1981		
Heptathlon	4702 Pts	U17	Virginia Young	1991		
Heptathlon	4702 Pts	U16	Virginia Young	1991		
Multiple Events	4259 Pts	U15	Belinda Johnson	1998/99		
Heptathlon	6185 Pts	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	<i>WR</i>
Heptathlon	5832 Pts	W50	Marie Kay (50)	3/07/2010	Tahiti	
Heptathlon	4461 Pts	W55	Gloria Seymon	1993		<i>SR</i>
Heptathlon	3757 Pts	W60	Gloria Seymon	17/07/1997	Durban, RSA	<i>SR</i>
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m						
Indoor Pentathlon	4906 Pts	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	<i>WR</i>
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m						
Pentathlon	1658 Pts	W35	Caroline Layt	2004/05	Canberra	
Pentathlon	3797 Pts	W40	Helen Searle	1983		
Pentathlon	3444 Pts	W45	Kaye Smythe	1997/98		<i>SR</i>
Pentathlon	3800 Pts	W50	Kaye Smythe	1998/99		<i>SR</i>
Pentathlon	2322 Pts	W55	Gloria Seymon	11/03/1998	Homebush	<i>SR</i>
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m						
Pentathlon	2104 Pts	W45	Janet Naylor	8/01/2012	Blacktown	
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	2778 Pts	W35	Melissa Bonser (37)	21/03/2008	Blacktown	
Throws Pentathlon	2938 Pts	W40	Caroline Layt (44)	11/10/2009	Homebush	
Throws Pentathlon	3029 Pts	W45	Glenys Whitehead (47)	6/04/2012	Melbourne	
Throws Pentathlon	2378 Pts	W50	Kerrie Jones	11/10/2009	Homebush	
Throws Pentathlon	2234 Pts	W55	Kerrie Jones (58)	11/03/2012	Banktown	
Throws Pentathlon	2273 Pts	W60	Jullian Senior (60)	11/03/2012	Banktown	
Throws Pentathlon	3852 Pts	W80	Ruth Frith	1993		<i>SR</i>
Throws Pentathlon	4424 Pts	W85	Ruth Frith	7/03/1998	Homebush	<i>SR</i>
Throws Pentathlon	5394 Pts	W90	Ruth Frith	24/04/2000	Hobart	<i>SR</i>

Relay - 4 x 100m	46.62	Open	Annette Low, Kylie Hanigan, Jessie Shepherd, Veronica Lee	1995			
Relay - 4 x 100m	47.35	U20	Maddison Gipson, Katrina Hunt, Ali Bartholomew, Bella O'Grady	16-17/11/2013	SOPAC, Homebush	#	
Relay - 4 x 100m	48.40	U18	Gabriella O'Grady, Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt	19//11/2011	SOPAC		
Relay - 4 x 100m	48.40	U16	Gabriella O'Grady, Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt	19//11/2011	SOPAC		
Relay - 4 x 100m	51.54	U14	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	18/11/2007	Homebush		
Relay 4 x 100m	50.25	W30	Kaye Smythe, Glenda Douglass, Sally Fleming, Georgina Hale	1995/96			
Relay 4 x 100m	50.69	W160+	Janet Naylor (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medlicott	18-19/11/2006	Homebush		
Relay 4 x 100m	4.44.67	W200+	Jenny Schell (51), Gabby Whelan (52), Debra Drennan (55), Mandy McCartney (50)	16/11/2013	SOPAC, Homebush	SR	
Relay - 4 x 200m	1.38.49	Open	Jenny Laurendet, Veronica Lee, Catherine Kennedy, Jessie Shepherd	1993			
Relay - 4 x 200m - Indoor	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	22/03/2008	Clermont-Ferrand, FRA	NR
Relay - 4 x 200m	1:39.90	U20	Elizabeth Clay, Maddison Gipson, Katerina Hunt, Bella O'Grady	16-17/11/2013	SOPAC, Homebush		
Relay - 4 x 200m	1:41.19	U18	Katrina Hunt, Bella O'Grady, Sophie McGovern, Alex Prendiville	16-17/11/2013	SOPAC, Homebush	#	
Relay - 4 x 200m	1:42.25	U16	Courtney Boyle, Katrina Hunt, Gabriella O'Grady, Kate Bonser	20//11/2011	Homebush		
Relay - 4 x 200m	1.47.68	U14	Elle-Maree Farrington, Tracey Morton, Karlie Morton, Niketa Patterson	2004/05			
Relay 4 x 200m	1.48.72	W120+	Janet Naylor (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medlicott (37)	2004/05	Homebush		
Relay 4 x 200m	1:47.61	W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	21/11/2009	Blacktown		
Relay - 4 x 400m	3.47.46	Open	Ali Bartholomew (18), Dominica Jenkins (23), Renee Robson (35), Emma Hunt (20)	17-18/11/2012	SOPAC, Homebush		
Relay - 4 x 400m	3.52.10	U20	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown		

Relay - 4 x 400m	3:52.26	U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	Homebush	
Relay - 4 x 400m	3:59.56	U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	Homebush	
Relay - 4 x 400m	4.07.65	W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	Homebush	
Relay - 4 x 400m	4:33.95	W160+	Deborah Drennan, Rebecca Gibbs, Jenny Schell,, Mary Fien	20//11/2011	Homebush	
Relay - 4 x 400m	4.44.67	W200+	Deborah Drennan, Mandy McCarthy, Jenny Schell,Gabby Whelan	16-17/11/2013	SOPAC, Homebush	SR
Relay - 4 x 800m	9:06.73	Open	Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)	17/11/2007	Homebush	
Relay - 4 x 800m	9.29.50	U20	Emily Hopper (15), Emily Augustine (16), Anabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 800m	9.29.50	U18	Emily Hopper (15), Emily Augustine (16), Anabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 800m	9.34.32	U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37	U14	Annabel McDermott (13), Mollie Quoyale (12), Nell Breslin (12), Zoe Latham (12)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23	W120+	Rebecca Gibbs, Deberoh Drennan, Jackie Bezuidenhout, Mary Fien	20//11/2011	Homebush	
Relay - 4 x 800m	10:20.74	W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	NR
Relay - 4 x 1500m	18.46.2	Open	Trychelle Kingdom, Kasey Mumby, Emily Hopper, Emily Augustine	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98	U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98	U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98	U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	

Relay - 4 x 1500m	20.34.3	U14	Elle-Maree Farrington, Katie Furniss, Ashley Mason, Ruby Hackett	2004/05		
Relay - 4 x 1500m	21.41.79	W30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhanty	1998/99	Homebush	
Relay - 4 x 1500m	21.48.89	W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	Homebush	
Relay - Medley (200,200,400,800)	3.59.35	Open	Fran Schmiede, Dominica Jenkins, Laura Verlinden, Jessica Knox	19//11/2011	Homebush	
Relay - Medley (200,200,400,800)	4:30.99	U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	18-19/11/2006	Homebush	
Relay - 4 x High Jump	6.30m	Open	Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson	1999/2000		
Relay - 4 x High Jump	6.10m	U18	Daisy Ding, Grace Maher, Liz Osborne, Natalie Groeze	19//11/2011	SOPAC	
Relay - 4 x High Jump	6.10m	U18	Karina Brown, Alex Prendiville, Sarah healy, Georgina Terry	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x Long Jump	21.44m	Open	Maren Schuermann, Elana Withnall, Elizabeth Clay, Sarah Healy	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x Long Jump	19.73m	U18	Sarah Healy (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x Long Jump	17.42m	U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	Homebush	
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	Homebush	
Relay - 4 x Shot Put	38.40m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Shot Put	33.34m	U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	39.82m	W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	SR
Relay - 4 x Discus	144.07m	Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99		
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	79.11m	U14	Elise Brennan, Brooke East, Isobel McCarthy, Emily Smelt	16-17/11/2013	SOPAC, Homebush	#

Relay - 4 x Hammer	105.48m	Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		
Relay - 4 x Javelin	148.39m	Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	Homebush	SR
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown	
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	Homebush	
Relay - 4 x Shot Put	38.40m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Shot Put	33.34m	U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	39.82m	W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	SR
Relay - 4 x Discus	144.07m	Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99		
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	70.82m	U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18-19/11/2006	Homebush	
Relay - 4 x Hammer	105.48m	Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		
Relay - 4 x Javelin	148.39m	Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	Homebush	SR
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown	

Men

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
MEN							
100yards	9.6		Open	John Treloar / Phil Brown	1952/1957		
60m	6.68	1.8	Open	Joshua Clarke (18)	7/12/2013	Homebush	#
60m	7.07	0.4	U23	Stephen Andreadza (20)	27/10/2007	Bankstown	
60m	6.68	1.8	U20	Joshua Clarke (18)	7/12/2013	Homebush	#
60m	6.83	1.3	U18	Joshua Clarke (16)	3/12/2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	3/12/2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick	3/12/2011	Blacktown	
60m	9.38	-2.4	U13	Jackson Diamond (12)	24/10/2009	Narrabeen	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks	
60m	7.23	-0.1	M35	Ashley McMahon (37)	28/07/2013	Kagoshima, Japan	
60m	7.6h	NW I	M40	Antony Guest (43)	18/10/2008	Rotary	
60m	7.5h	NW I	M45	Gary Clark	7/12/2013	Rotary	#
60m	8.12	0.3	M50	Anthony Crimi (50)	25/02/2012	Bankstown	
60m	8.32	2.0	M55	Paul McCoy (55)	9/04/2011	Blacktown	
60m	9.0	NW I	M60	Geoff Francis	2003/2004		
60m	9.44	0.0	M65	Hugh Colburn (65)	25/02/2012	Bankstown	
60m	9.01	0.0	M70	David Chantrill (72)	9/04/2011	Blacktown	
60m	9.0h	NW I	M75	Nick Bastas (75)	21/09/2013	Rotary	#
100m	10.24		Open	Tim Jackson	1994/95		
100m	10.86	-1.0	U23	Stephen Andreadza (22)	29/09/2009	Brisbane	
100m	10.34	1.5	U20	Joshua Clarke (19)	15/03/2014	Homebush	#
100m	10.53	NW I	U18	Joshua Clarke (16)	7/09/2012	Isle of Man	
100m	10.53	NW I	U17	Joshua Clarke (16)	8/09/2012	Isle of Man	
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/2010	Melbourne	NR
100m	11.30		U15	A Edwards	1995/96		
100m	11.30		U14	A Edwards	1995/96		
100m	12.47		U13	D Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	2/03/2007	Canberra	

100m	10.90	1.6	M35	Ashley McMahon (37)	16/03/2013	SOPAC, Homebush	
100m	11.44	1.3	M40	Sheldon Cummins (40)	9/04/2011	Blacktown	
100m	12.27	1.4	M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown	
100m	12.65	0.9	M50	Tony Crimi	16/03/2013	SOPAC, Homebush	
100m	12.5h	NW I	M55	Clay Tompkins (55)	10/01/2009	Rotary	
100m	12.3		M60	Reg Austin	1998/99		
100m	12.70		M65	Reg Austin	20001/02		
100m	15.14	1.1	M70	Reg Austin	28/03/2009	NSW State Masters	
100m	15.4h	NW I	M75	Nick Bastas (75)	14/09/2013	Rotary	#
100m	21.90		M85	Ray Frith	31/03/1991	Canberra	SR
200m	20.93		Open	Tim Jackson	1989		
200m	21.98	NW I	U23	Evan O'Hanlon (20)	6/09/2008	Beijing, China (Paralympic Games)	
200m	21.24	-0.3	U20	Joshua Clarke (18)	1/02/2014	Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown	
200m	21.83	0.0	U17	Matthew Wood	10/10/2013	SOPAC, Homebush	#
200m	21.83	0.0	U16	Matthew Wood	10/10/2013	SOPAC, Homebush	#
200m	24.34		U15	Jordan Idiare (13)	17/12/2011	SOPAC	
200m	24.34		U14	Jordan Idiare (13)	17/12/2011	SOPAC	
200m	26.2		U13	B Harrison / M White	1971/1975		
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/2007	Homebush	
200m	22.40	1.2	M35	Ashley McMahon (37)	2/11/2013	Homebush	#
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/2011	Homebush	
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/2012	SOPAC	
200m	26.05	0.9	M50	Anthony Crimi (52)	17/03/2013	SOPAC	
200m	26.3		M55	Frank Scurr	1995/96		
200m	24.93		M60	Reg Austin	1998/99		
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	25/02/2012	NSW Masters Champs	
200m	32.94	NW I	M75	Nick Bastas (75)	8/03/2014	Hobart	#
400m	46.17		Open	David Johnston	1983		
400m	46.49		U23	David Burke (21)	25/03/2011	Homebush	
400m	46.9		U20	David Waller	1978		
400m	46.9		U18	David Waller	1978		
400m	46.9		U17	David Waller	1978		
400m	50.31		U16	Scott Fraser	1996/97		
400m	51.8		U15	John Price	1997/98		
400m	53.30		U14	John Price	1996/97		
400m	1.00.3		U13	D Trimmingham	1987		
400m	50.49		M30	Darren Pearce	2000/2001		

400m	47.83	M35	Antoine Burke (35)	25/03/2011	Homebush
400m	54.69	M40	John Skrivanic	17/04/2006	Canberra
400m	54.07	M45	Antony Guest (47)	30/03/2012	SOPAC
400m	58.32	M50	Les Gillies	2001/02	
400m	59.15	M55	Rick Martin	6/11/2011	Blacktown
400m	1.01.40	M60	Les Gillies (60)	16/03/2007	Adelaide
400m	1.07.31	M65	Geoff Francis (65)	24/03/2007	Campbelltown
400m	1.16.75	M70	Charles Hobden (71)	8/03/2008	Homebush
400m	1.23.5h	m75	Charles Hobden (75)		
800m	1.46.52	Open	James Gurr (27)	3/03/2011	Melbourne
800m	1.46.66	U23	Tristan Garrett (22)	4/03/2010	Melbourne
800m	1.46.65	U20	Grant Cremer	1997/98	
800m	1.51.71	U18	Sam Hall	2000/2001	
800m	1.54.23	U17	Adrian White	1981	
800m	2.00.3	U16	K Dewar	1974	
800m	2.02.0	U15	John Vandenberg	1970	
800m	2.11.88	U14	Andrew Needham	1996/97	
800m	2.18.3	U13	R Pentecost	1967	
800m	1.54.64	M30	Sean Fitzpatrick	1997/98	
800m	1.56.10	M35	Greg Nielson	1990	
800m	1.59.98	M40	Stuart Paterson (41)	1997/98	Brisbane
800m	2.05.9	M45	Stuart Paterson (46)	2002/03	Bankstown
800m	2.11.59	M50	Les Gillies	2001/02	
800m	2.13.32	M55	Rick Martin (55)	11/12/2010	Homebush
800m	2.22.00	M60	Les Gillies (60)	6/04/2007	Hobart
800m	2.40.33	M65	Geoff Francis (67)	10/04/2009	Adelaide
800m	2.54.66	M70	Ron Wills (70)	6/03/2010	Campbelltown
800m	3.25.80	M75	Charles Hobden (75)	22/10/2011	Rotary
1500m	3.37.02	Open	James Kaan (23)	9/03/2013	Homebush
1500m	3.40.30	U23	James Kaan (22)	21/01/2012	Newcastle
1500m	3.45.34	U20	James Connor	30/03/2012	SOPAC
1500m	3.54.3	U18	Nick Bromley	2000/2001	
1500m	4.02.1	U17	Laurie Toogood	1962	
1500m	4.03.2	U16	John Vandenberg	1970	
1500m	4.03.2	U15	John Vandenberg	1970	
1500m	4.28.8	U14	G Daly	1969	
1500m	4.46.0	U13	T Gillam	1971	
1500m	3.47.29	M30	Frazer Dowling (30)	2/04/2011	Homebush
1500m	3.59.66	M35	Stuart Paterson (39)	16/02/1996	Homebush
1500m	4.04.49	M40	Stuart Paterson (42)	Jul-99	Gateshead, England
1500m	4.17.46	M45	Michael Donnelly	2002/03	
1500m	4.31.87	M50	Stuart Paterson (51)	10/09/2007	Riccione, ITA
1500m	4.48.51	M55	Stephen Ball (56)	28/03/2010	Campbelltown

1500m	5.16.17	M60	Geoff Francis	2002/03	
1500m	5.37.32	M65	Geoff Francis (67)	10/04/2009	Adelaide
1500m	6.14.10	M70	Ron Wills (71)	9/04/2011	Blacktown
1 Mile	4.04.54	Open	Nick Bromley (24)	17/03/2007	Wanganui, NZL
1 Mile	4.24.35	U/20	Will Austin-Cray	13/12/2011	Bankstown
1 Mile	4.36.29	U/18	Ruairidh MacDonald	13/12/2011	Bankstown
1 Mile	4.58.22	M40	Connor Delahunty	13/12/2011	Bankstown
1 Mile	5.14.85	M50	Bradley Sharpe	13/12/2011	Bankstown
3000m	8.04.85	Open	Nick Bromley (25)	8/11/2008	Homebush
3000m	8.04.89	U23	James Kaan (22)	10/11/2012	SOPAC, Homebush
3000m	8.18.42	U20	James Connor (19)	12/11/2011	Homebush
3000m	8.29.0	U18	Joel Fitzgerald	2000/2001	
3000m	8.34.75	U17	Ruairidh MacDonald (16)	11/03/2010	Homebush
3000m	8.47.2	U16	John Vandenberg	1970	
3000m	9.30.12	U15	S Hudson	1987	
3000m	9.52.09	U14	Jared Simmons (12)	23/01/2010	Homebush
3000m	9.52.09	U13	Jared Simmons (12)	23/01/2010	Homebush
3000m	8.31.4	M30	Sean Fitzpatrick	1999/2000	
3000m	8.37.7	M35	Michael Donnelly	1995	
3000m	8.47.10	M40	Michael Donnelly	1999/2000	
3000m	9:34.15	M45	Stuart Paterson (49)	2/04/2006	Adelaide
3000m	10.21.66	M50	Stuart Paterson (50)	11/11/2006	Homebush
3000m	10.25.3	M55	Jim Seymon	1995	
3000m	11.31.8	M60	Geoff Francis	2002/03	
3000m	12.43.42	M65	Geoff Francis (67)	24/10/2009	Narrabeen
3000m	14.05.1h	M70	Ron Wills (71)	30/10/2010	Rotary
5000m	13.59.0	Open	John Farrington	1970	
5000m	14.05.27	U23	James Connor (21)	6/04/2013	Melbourne
5000m	14.28.0	U20	Bruce Adams	1969	
5000m	15.17.4	U18	Joel Fitzgerald	2000/2001	
5000m	17.17.95	U15	G Lawson	1985	
5000m	16.10.29	M30	Tim Connors	19/01/2006	Homebush
5000m	15.07.90	M35	Michael Donnelly	1995	
5000m	16.26.40	M40	Bruce Hansard	1997/98	
5000m	17:33.30	M45	Stuart Paterson (49)	19/01/2006	Homebush
5000m	18:14.33	M50	Stephen Ball	19/01/2006	Homebush
5000m	17.49.00	M55	Jim Seymon	1995	
5000m	19.49.5	M60	Jim Seymon	1998/99	
5000m	22.08.4h	M65	Geoff Francis (67)	11/10/2009	Homebush
10000m	29.16.2	Open	John Farrington	1970	
10000m	33.26.16	M35	Ray Wareham	2003/2004	

10000m	39.04.03		M50	Stephen Ball	2004/05		
10000m	36.15.4		M55	Jim Seymon	1995		
10000m	41.10.9		M60	Jim Seymon	1997/98		
110m Hurdles - 1.067m	14.21		Open	Gareth Watkins	1998/99		
110m Hurdles - 1.067m	14.37	0.9	U23	Jacob Holt (22)	23/02/2008	Homebush	
110m Hurdles - 0.991m	14.20	1.1	U20	Harrison Andrews (18)	12/03/2013	Perth	
110m Hurdles - 0.914m	13.91	1.1	U18	Mathew Wood (16)	6/12/2013	Townsville	#
110m Hurdles - 0.914m	13.91	1.1	U17	Mathew Wood (16)	6/12/2013	Townsville	#
100m Hurdles - 0.840m	13.0		U16	Matthew Walker	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	30/11/2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.73	-0.3	U14	Jordan Idiare (13)	3/12/2011	UQ, Brisbane	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	15.70		M35	Clay Tompkins	1991		SR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.23		M55	Clay Tompkins	21/03/2008	Blacktown	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath	1992		
100m Hurdles - 0.840m	20.30		M65	Jim McGrath	1996/97		
80m Hurdles - 0.762m	17.10		M70	Jim McGrath	14/07/2001	Brisbane	SR
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	16/12/2006	Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/2006	Homebush	
200m Hurdles - 0.762m	24.96		U20	Jacob Holt	2004/05		
200m Hurdles - 0.762m	25.8		U18	Bryce Collins (15)	3/12/2011	UQ, Brisbane	
200m Hurdles - 0.762m	25.8		U17	Bryce Collins (15)	3/12/2011	UQ, Brisbane	
200m Hurdles - 0.762m	25.8		U16	Bryce Collins (15)	3/12/2011	UQ, Brisbane	
200m Hurdles - 0.762m	27.13		U15	Sean Radi	1985		
200m Hurdles - 0.762m	29.94		U14	S Hailstone	1985		
200m Hurdles - 0.762m	32.0		U13	Sean Radi	1983		
200m Hurdles - 0.762m	29.1		M35	Clay Tompkins	1989		
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	4/02/2012	SOPAC	
400m Hurdles - 0.914m	51.83		Open	Bryce Collins (18)	9/12/2014	Homebush	#
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	Canberra	
400m Hurdles - 0.914m	51.83		U20	Bryce Collins (18)	9/12/2014	Homebush	#
400m Hurdles - 0.840m	53.19		U18	Bryce Collins (17)	Jan-13	Homebush	
400m Hurdles - 0.840m	53.60		U17	Bryce Collins (16)	14/03/2012	SOPAC	
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	1.06.3		M35	Peter Hampshire	1991		
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	25/02/2012	Bankstown	

400m Hurdles - 0.914m	1.09.07	M45	Andrew Kohlrusch (46)	25/02/2012	Bankstown	
300m Hurdles - 0.762m	53.00	M60	Les Gillies (60)	16/03/2007	Adelaide	
3000m Steeplechase 0.914m	9.20.63	Open	Nick Bromley (19)	23/03/2002		
3000m Steeplechase 0.914m	9.20.63	U20	Nick Bromley (19)	23/03/2002		
2000m Steeplechase - 0.914m	6.00.58	U20	Chris White	1986		
2000m Steeplechase - 0.914m	6.00.58	U18	Chris White	1986		
2000m Steeplechase - 0.914m	6.00.58	U17	Chris White	1986		
2000m Steeplechase - 0.914m*	6.04.27	U16	Chris White	1985		NR
2000m Steeplechase - 0.762m	6.31.73	U15	S Hudson	1987		
1500m Walk	5.58.0	Open	J Hart	1985		
1500m Walk	5.58.0	U20	J Hart	1985		
1500m Walk	6.27.7	U17	J Hart	1980		
1500m Walk	6.24.7	U16	J Hart	1980		
1500m Walk	6.24.7	U15	J Hart	1980		
1500m Walk	8.38.0	U13	J Davidson	1975		
1500m Walk - M30	7.31.7	M30	Mark Ransom	1995/96		
1500m Walk - M35	7.45.1	M35	Mark Ransom	1998/99		
1500m Walk - M45	7.57.2	M45	Robert Osborne	2004/05		
1500m Walk - M50	9.34.5	M50	Doug Barrett	2004/05		
1500m Walk - M55	8.25.70	M55	Jim Seymon	1996/97		
1500m Walk - M60	8.26.0	M60	Jim Seymon	1998/99		
1500m Walk - M65	8.04.08	M65	Jim Seymon	2003/2004		
1500m Walk - M70	8.01.4h	M70	Jim Seymon (72)	16/01/2010	Rotary	
1500m Walk - M75	8:43.8h	M75	Jim Seymon (77)	25/01/2014	Rotary	#
3000m Walk	12.46.6	Open	J Hart	1983		
3000m Walk	12.45.8	U20	John Morison	2000/2001		
3000m Walk	12.46.6	U18	J Hart	1983		
3000m Walk	13.51.5	U16	J Hart	1980		
3000m Walk	13.51.5	U15	J Hart	1980		
3000m Walk	15.44.7	M30	Mark Ransom	1995/96		
3000m Walk	16.53.4	M35	Mark Ransom	1998/99		
3000m Walk	17.16.20	M55	Jim Seymon	1996/97		
3000m Walk	16.48.3	M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4	M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h	M70	Jim Seymon (71)	7/03/2009	Rotary	
3000m Walk	18.58.2h	M75	Jim Seymon (77)	1/02/2014	Homebush	#
5000m Walk	21:47.84	Open	Steven Washburn	28/02/2014	Homebush	#
5000m Walk	28.02.0	M30	Mark Ransom	1995/96		
5000m Walk	26.58.8	M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40	M55	Jim Seymon	1996/97		
5000m Walk	28.39.1	M60	Jim Seymon	2003/2004		

5000m Walk	28.42.84	M65	Jim Seymon	2002/03		
5000m Walk	29.54.84	M70	Jim Seymon (71)	10/04/2009	Adelaide	SR
5000m Walk	27.13.67	M75	Jim Seymon (76)	8/03/2014	Hobart	#
10000m Walk	58.15.0	M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0	M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0	M65	Jim Seymon	2004	Bankstown	SR
10000m Walk	1:03.11.53	M70	Jim Seymon (71)	5/01/2008	Campbelltown	
High Jump	2.23m	Open	Luke Russell	1998/99		
High Jump	1.90m	U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD	
High Jump	2.23m	U20	Luke Russell	1998/99		
High Jump	2.11m	U18	Theo Kavieris	1986		
High Jump	1.96m	U17	Gordon Windeyer	1971		
High Jump	1.90m	U16	Matthew Walker	1980		
High Jump	1.90m	U15	A Urquart	1983		
High Jump	1.78m	U14	J Delamare	1983		
High Jump	1.65m	U13	William Richardson (12)	15/11/2008	Blacktown	
High Jump	1.70m	M30	Carl Dubois / Tony Nash	1995 - 1996/97		
High Jump	1.70m	M30	Ashley McMahon	22/10/2005	Campbelltown	
High Jump	1.93m	M35	Clay Tompkins	1992		SR
High Jump	1.90m	M40	Clay Tompkins	1993		SR
High Jump	1.83m	M45	Clay Tompkins	2000/2001		
High Jump	1.75m	M50	Clay Tompkins	9/03/2003	Homebush	SR
High Jump	1.68m	M55	Clay Tomkins (55)	22/03/2008	Blacktown	SR
High Jump	1.61m	M60	Clay Tomkins (60)	29/03/2013	AIS, Canberra	#
High Jump	1.20m	M65	Jim McGrath	1996/97		
High Jump	1.07m	M70	Jim McGrath	2001/02		
Pole Vault	4.63m	Open	Peter Dyer	1984		
Pole Vault	3.50m	U23	Oliver Holland (20)	3/01/2009	Campbelltown	
Pole Vault	4.40m	U20	Sean Radi	1988		
Pole Vault	4.40m	U18	Sean Radi	1988		
Pole Vault	3.95m	U17	Sean Radi	1986		
Pole Vault	3.95m	U16	Sean Radi	1986		
Pole Vault	3.90m	U15	Sean Radi	1985		
Pole Vault	3.25m	U14	Sean Radi	1984		
Pole Vault	3.00m	U13	Sean Radi	1983		
Pole Vault	3.80m	M30	Tim McGrath	1995/96		
Pole Vault	3.65m	M35	Clay Tompkins	1988		
Pole Vault	3.60m	M40	Clay Tompkins	1993		
Pole Vault	3.60m	M45	Jim McGrath / Clay Tompkins	1976 & 1998/99	Sydney	SR
Pole Vault	3.40m	M50	Tim McGrath (50)	16/03/2013	SOPAC, Homebush	
Pole Vault	3.20m	M55	Jim McGrath	1987		
Pole Vault	3.00m	M60	Jim McGrath	20/07/1991	England	SR

Pole Vault	2.60m		M65	Jim McGrath	1996/97		
Pole Vault	2.40m		M70	Jim McGrath	3/11/2001	Sydney	SR
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	6.26m	1.6	U23	Oliver Holland (20)	4/01/2009	Campbelltown	
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	6.90m		U18	Peter Elvy	1996/97		
Long Jump	6.85m		U17	Clay Tompkins	1969		
Long Jump	6.53m		U16	Matthew Walker	2002/03		
Long Jump	6.48m		U15	Sean Radi	1985		
Long Jump	5.98m		U14	Peter Elvy	1994		
Long Jump	5.30m		U13	G Bayman	1980		
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	4/02/2012	SOPAC	
Long Jump	6.56m		M35	Clay Tompkins	1988		
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	27/07/2008	Townsville	
Long Jump	4.99m		M60	Jim McGrath	18/07/1981	Turku, Finland	SR
Long Jump	4.29m		M65	Jim McGrath	1996/97		
Long Jump	4.20m	NW I	M70	Nick Bastas (74)	29/03/2013	AIS Canberra	#
Triple Jump	15.71m	1.9	Open	Tomas Cholensky (33)	25/03/2011	Homebush	
Triple Jump	11.16m	0.4	U23	Jacob Holt (20)	26/09/2006		
Triple Jump	15.00m		U20	Peter Cox	1951		
Triple Jump	14.40m		U18	Peter Cox	1949		
Triple Jump	14.40m		U17	Peter Cox	1949		
Triple Jump	13.56m		U16	Matthew Walker	2002/03		
Triple Jump	12.82m		U15	Sean Radi	1985		
Triple Jump	12.27m		U14	Peter Radi	1981		
Triple Jump	10.78m		U13	D Trimmingham	1987		
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/03/2011	Homebush	
Triple Jump	14.77m		M35	Clay Tompkins	1988		
Triple Jump	13.92m		M40	Clay Tompkins	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins	6/03/1999	Sydney	SR
Triple Jump	12.23m	NW I	M50	Clay Tompkins (54)	24/03/2007	Campbelltown	NR
Triple Jump	12.19m	2.0	M55	Clay Tompkins (57)	2/04/2010	Perth	
Triple Jump	11.75m	0.9	M60	Clay Tompkins (60)	29/03/2013	AIS Canberra	#
Triple Jump	8.46m	-0.3	M70	Nick Bastas (73)	25/02/2012	Bankstown	
Triple Jump	5.40m	NW I	M75	Charles Hobden	3/12/2011	Rotary	
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/01/2007	Bankstown	

Shot Put - 7.26kg	9.19m	U23	Oliver Holland (20)	31/01/2009	Hobart	
Shot Put - 7.26kg*	15.94m	U20	Stuart Gyngell	1983		
Shot Put - 5kg	18.34m	U18	Peter Elvy	1996/97		
Shot Put - 5kg	14.62m	U17	Tyson Davis	3/12/2011	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m	U16	Robert Murphy	1997/98		
Shot Put - 4.536kg*	17.13m	U15	Peter Elvy	1995		
Shot Put - 3.632kg*	16.45m	U14	Peter Elvy	1994		
Shot Put - 2.724kg*	14.25m	U13	G Bayman	1966		
Shot Put - 7.26kg	16.82m	M30	Paul Crowe (32)	20/01/2007	Bankstown	
Shot Put - 7.26kg	16.67m	M35	Paul Crowe (35)	11/10/2009	Homebush	
Shot Put - 7.26kg	12.29m	M40	Andrew Watson (43)	14/01/2012	SOPAC	
Shot Put - 7.26kg	12.61m	M45	M (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m	M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m	M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m	M60	Jim McGrath	1991		
Shot Put - 5kg	9.79m	M65	Robert Archer (65)	12/11/2011	Rotary	
Shot Put - 4kg	8.76m	M70	Jim McGrath	2001/02		
Shot Put - 4kg	7.55m	M75	Jim McGrath (79)	8/01/2011	Rotary	
Shot Put - 3kg	7.37m	M80	Jim McGrath (80)	24/09/2011	Rotary	
Discus - 2kg	60.45m	Open	Peter Elvy	2000/01		
Discus - 2kg	26.02m	U23	Oliver Holland (20)	31/01/2009	Hobart	
Discus - 2kg*	55.45m	U20	Peter Elvy	1999/2000		
Discus - 1.5kg	61.60m	U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m	U17	G Bayman	1970		
Discus - 1kg	64.68m	U16	Peter Elvy	1995/96		
Discus - 1kg	59.84m	U15	Peter Elvy	1995		
Discus - 1kg	54.24m	U14	Robert Murphy	1995/96		
Discus - 1kg	44.38m	U13	Darren Pitchfork	1985		
Discus - 2kg	36.74m	M30	Carl Dubois	1995		
Discus - 2kg	37.18m	M35	Ashley McMahon (37)	25/02/2012	Bankstown	
Discus - 2kg	39.18m	M40	Clay Tompkins	16/03/2013	SOPAC, Homebush	#
Discus - 2kg	36.05m	M45	Andrew Kohlrusch (46)	15.10.2011	Rotary	
Discus - 1.5kg	41.86m	M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m	M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m	M60	Jim McGrath	1994		
Discus - 1.0kg	33.77m	M65	Robert Archer (65)	25/02/2012	Bankstown	
Discus - 1kg	26.75m	M70	Jim McGrath	2001/02		
Discus - 1kg	18.24m	M80	Ray Frith	1987		
Discus - 1kg	15.92m	M85	Ray Frith	1990		
Discus - 1kg	12.84m	M90	Ray Frith	1995		SR
Hammer - 7.26kg	56.10m	Open	Jon Harwood (26)	13/02/2009	Homebush	
Hammer - 7.26kg		U23	vacant			
Hammer - 7.26kg*	53.34m	U20	Darren Pitchfork	1989		

Hammer - 5kg	62.90m	U18	Darren Pitchfork	1988	
Hammer - 4.536kg*	56.04m	U17	Moise Haque	1979	
Hammer - 4.536kg*	60.00m	U16	Darren Pitchfork	1987	
Hammer - 4.536kg*	54.54m	U15	Peter Elvy	1995	
Hammer - 7.26kg	38.39m	M30	Warren Jones	9/10/2010	Rotary
Hammer - 7.26kg	33.88m	M40	Ross Douglas	1999/2000	
Hammer - 7.26kg	31.11m	M45	Mark Cepak (49)	28/03/2009	Bankstown
Hammer - 6kg	38.38m	M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary
Hammer - 6kg	22.19m	M55	Ross Douglas (59)	9/11/2013	SOPAC, homebush
Hammer - 5kg	44.70m	M60	Peter Farmer (60)	1/12/2012	Rotary, Chatswood
Hammer - 4kg	26.73m	M70	Brian Hamilton (72)	6/02/2010	Rotary
Hammer - 4kg	21.05m	M75	Jim McGrath (79)	5/02/2011	Rotary
Hammer - 3kg	20.98m	M80	Jim McGrath (80)	28/01/2012	Rotary
Javelin - 800g	63.14m	Open	Peter Elvy	1995/96	
Javelin - 800g	44.17m	U23	Nik Vosper (22)	18/11/2006	Homebush
Javelin - 800g	63.14m	U20	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U18	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U17	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U16	Peter Elvy	1995/98	
Javelin - 700g	60.54m	U15	Peter Elvy	1995	
Javelin - 600g	54.44m	U14	Peter Elvy	1994	
Javelin - 600g	31.50m	U13	Darren Pitchfork	1984	
Javelin - 800g	47.34m	M30	Tony Nash	1996/97	
Javelin - 800g	46.90m	M35	Clay Tompkins	1991	
Javelin - 800g	47.36m	M40	Clay Tompkins	1995/96	
Javelin - 800g	46.89m	M45	John Kay (49)	Nov-08	Blacktown
Javelin - 700g	54.37m	M50	John Kay (50)	18/10/2009	Homebush
Javelin - 800g*	40.04m	M55	Rocky Wijesinghe	1993	
Javelin - 600g	33.76m	M60	Jim McGrath	1991	
Javelin - 600g	29.54m	M65	Jim McGrath	1996/97	
Javelin - 500g	25.37m	M70	Jim McGrath	2001/02	
Javelin - 500g	20.23m	M75	Jim McGrath (76)	6/04/2007	Hobart
Javelin - 400g	17.66m	M80	Jim McGrath (80)	24/09/2011	Rotary
Weight Throw - 15.88kg	11.99m	Open	Michael Stark (29)	1/10/2011	Rotary
Weight Throw - 15.88kg	11.11m	M30	Warren Jones (31)	12/11/2011	Rotary
Weight Throw - 15.88kg	9.16mm	M40	Andrew Watson (43)	11/03/2012	Campbelltown
Weight Throw - 15.88kg	10.71m	M45	Mark Cepak (49)	10/04/2009	Adelaide
Weight Throw - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	20/03/2010	Canberra
Weight Throw - 11.34kg	8.06m	M55	Ian Heazlewood (55)	6/04/2007	Hobart
Weight Throw - 11.34kg	6.13m	M60	Bill Swiney (61)	25/02/2012	Bankstown
Weight Throw - 7.26kg	8.95m	M70	Charles Hobden (71)	8/12/2007	Rotary
Weight Throw - 5.45kg	6.37m	M80	Jim McGrath (80)	22/09/2012	Rotary, Chatswood

Decathlon	7915 Pts	Open	Peter Banks	1996/97		
Decathlon	5478 Pts	U23	Oliver Holland (20)	31/01/2009	Hobart	
Decathlon	6425 Pts	U20	James Moir	1987		
Decathlon	6631 Pts	U18	Sean Radi	1987		
Decathlon	5827 Pts	U16	Sean Radi	1986		
Decathlon	5407 Pts	M35	Ashley McMahon (37)	4/01/2014	Campbelltown	AR
Decathlon	3279 Pts	M40	Tony Nash (43)	3/03/2007	Brisbane	
Decathlon	3654 Pts	M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown	
Decathlon	5249 Pts	M50	Tim McGrath (50)	4/01/2014	Bendigo	#
Decathlon	6450 Pts	M60	Jim McGrath	18/07/1991	Turku, Finland	SR
Heptathlon	4184 Pts	U16	Martin Stonis (15)	6/01/2007	Homebush	
Heptathlon	2731 Pts	U15	James McFadden (14)	31/03/2012	SOPAC	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m						
Pentathlon	1358 Pts	U14	Sam Richardson (13)	7/01/2012	Campbelltown	
Pentathlon	1498 Pts	M30	Peter Lang	12/02/2006	Homebush	
Pentathlon	3243 Pts	M35	Clay Tompkins	4/04/1988	Brisbane	SR
Pentathlon	1749 Pts	M40	Tony Nash (43)	6/04/2007	Hobart	
Pentathlon	3719 Pts	M45	Clay Tompkins	1997/98		
Pentathlon	3102 Pts	M50	John Kay (50)	2/04/2010	Perth	
Pentathlon	1877 Pts	M55	Doug Barrett (59)	6/04/2012	Melbourne	
Pentathlon	2618 Pts	M60	Les Gillies (60)	6/04/2007	Hobart	
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	2076 Pts	M30	Warren Jones (33)	29/03/2013	AIS canberra	#
Throws Pentathlon	2487 Pts	M40	Andrew Watson (43)	11/03/2012	Campbelltown	
Throws Pentathlon	2342 Pts	M45	Mark Cepak (49)	10/04/2009	Adelaide	
Throws Pentathlon	2896 Pts	M50	Robert Hanbury-Brown (53)	11/10/2009	Homebush	
Throws Pentathlon	2264 Pts	M55	Ian Heazlewood (56)	21/03/2008	Blacktown	
Throws Pentathlon	2196 Pts	M80	Jim McGrath (80)	27/02/2011	Campbelltown	
Relay - 4 x 100m	40.64	Open	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	1993	ES Marks	
Relay - 4 x 100m	42.84	U20	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	119/11/2011	SOPAC	
Relay - 4 x 100m	42.84	U18	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	119/11/2011	SOPAC	
Relay - 4 x 100m	43.98	U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), JordonIdaire (14)	17-18/11/2012	SOPAC	
Relay - 4 x 100m	48.50	U14	Dominic Mete, Jack McGregor, Samuel Barkley, Connor Hurley	19/11/2011	SOPAC	
Relay - 4 x 100m	46.49	M120+	John Skrivanic, Sheldon Cummins, Melissa Medlicott, Anthony Benn	Nov-05	Homebush	

Relay - 4 x 100m	48.38	M160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	21/11/2009	Blacktown	
Relay - 4 x 100m	50.54	M200+	Chris Norris (51), David Smith (55), Robert Stepanovich (55), Sheldon Cummins (39)	21/11/2010	Homebush	
Relay - 4 x 100m	57.04	M240+	Anthony Crimi (52), Richard Wood (46), Les Gilles (66), Hugh Colburn (67)	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 200m	1.27.33	Open	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1995	Homebush	
Relay - 4 x 200m	1.28.62	U20	Matthew Wood, Anthony Collum, Tony Wood, Bryce Collins	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 200m	1.29.38	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 200m	1.33.44	U16	Matthew Reede, J Kwan, Tim Jackson, M Carter	1984		
Relay - 4 x 200m	1.45.42	U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	17-18/11/2012	SOPAC	
Relay - 4 x 200m	1.37.23	M30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1994		
Relay - 4 x 200m	1.44.03	M160+	Tim Austin, Andrew Watson, Andrew Kohlrusch, Antony Guest	20/11/2011	SOPAC	
Relay - 4 x 200m	1:52.96	M200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	18-19/11/2006	Homebush	
Relay - 4 x 200m	2.06.82	M240+	Zoran Novicic (53), Doug Barrett (61), Les Gilles (66), Robert Connors (65)	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 400m	3.12.25	Open	Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke	Mar-11	Homebush	
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	Homebush	
Relay - 4 x 400m	3.20.3	U18	Matthew Wood, Daniel Ding Bryce Collins, Matthew Crowe	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 400m	3.26.21	U17	R Pittorino, Adrain White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26	U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	17-18/11/2012	SOPAC	
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	Homebush	
Relay - 4 x 400m	3.46.92	M160+	Frazer Dowling, Antony Guest, Mark Taylor, Andy West	Nov-11	Homebush	
Relay - 4 x 400m	3:59.72	M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	18-19/11/2006	Homebush	

Relay - 4 x 800m	7:27.95	Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	22/11/2009	Blacktown	
Relay - 4 x 800m	7.46.20	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	7.46.20	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	8.42.57	U16	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	1995/96		
Relay - 4 x 800m	9.28.07	U14	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC	
Relay - 4 x 800m	8.14.05	M30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	19/12/1993	ES Marks	SR
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	19/11/1997	Homebush	SR
Relay - 4 x 800m	9.28.19	M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	Homebush	
Relay - 4 x 800m	11.53.50	M240+	Terrance Carter (56), Doug Barrett (61), Les Gilles (66), Robert Connors (65)	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x 1500m	15.55.30	Open	Dylan Dudley (20), Alex Godbold (23), Josh Olsen (22), James Kaan (22)	17-18/11/2012	SOPAC	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/2000	Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	Homebush	
Relay - 4 x 1500m	18.03.13	U16	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	2000/01		
Relay - 4 x 1500m	19.24.36	U14	Gus Whelen (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	17/12/1995	ES Marks	
Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	29/11/1997	Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	Homebush	
Relay - Medley (200,200,400,800)	3.21.38	Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	17-18/11/2012	SOPAC	
Relay - 4 x 1500m Walk	35.56.70	Open	Jim Seymon (77), Robert Connors (65), Steve Washburn, Doug Barrett (61)	16-17/11/2013	SOPAC	#
Relay - 4 x High Jump	7.90m	Open	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	1996/97	Homebush	

Relay - 4 x High Jump	7.30m	U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	Homebush	
Relay - 4 x Pole Vault	14.10m	Open	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	1996/97	Homebush	
Relay - 4 x Long Jump	27.06m	Open	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	1996	Homebush	SR
Relay - 4 x Long Jump	22.97m	U18	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	1996/97	Homebush	
Relay - 4 x Long Jump	17.92m	U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	53.93m	Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Shot	51.24m	U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush	
Relay - 4 x Shot Put	41.65m	M120+	Andrew Watson, Andrew Kohlrusch, James Fitzgerald, Warren Jones	19/11/2011	SOPAC	
Relay - 4 x Discus	143.96m	Open	Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	15-16/11/2008	Blacktown	
Relay - 4 x Discus	167.10m	U18	Will Brown, Jack Mcguire, Ellington Steanes, Tim Heyes	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x Discus	92.49m	U14	Darcy Hampton, Jaden Clark, Ben Cater, Ben Pollack	16-17/11/2013	SOPAC, Homebush	#
Relay - 4 x Javelin	189.12m	Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	15-16/11/2008	Blacktown	SR
Relay - 4 x Javelin	154.11	U18	Will North (15), Saxon Ward (17), Max Le Ban (14), Tyler Monaghan (13)	17-18/11/2012	SOPAC	
Relay - 4 x Shot Put	53.93m		Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Discus	143.96m		Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	15-16/11/2008	Blacktown	
Relay - 4 x Hammer Throw	120.77m	Open	Peter Lang, Warren Jones, Michael Stark, Ross Douglas	2003/2004	Homebush	
Relay - 4 x Hammer	123.42m	U18	Robert Murphy, Warren Jones, Andrew Lukas, Chris Gale	1996/97	Homebush	

Out of Stadia Records

Cross Country

1.5km Cross Country	Edward Trippas (10)	5.52	19/07/2008	Western Sydney Regional Park
2km Cross Country	Trent Morton	7.21	31/05/2008	Miranda Park
2.5km Cross Country	Ruairidh MacDonald (15)	7.54	18/07/2009	Upjohn Park, Rydalmere
3km Cross Country	Kieran Briscoe (16)	9.50	29/05/2010	Miranda Park
4km Cross Country	Nick Bromley (26)	12.21	30/05/2009	Miranda Park
5km Cross Country	James Connor (18)	16.20	30/07/2011	Upjohn Park, Rydalmere
6km Cross Country	Ruairidh MacDonald (15)	18.40	20/08/2011	Canberra
7.5km Cross Country	Josh Wright (20)	24.07	30/07/2011	Upjohn Park, Rydalmere
8km Cross Country	Alex Pettigrew (18)	24.41	17/06/2010	Eastern Creek
8.5km Cross Country	Matthew Rando (20)	32.49	19/07/2008	Western Sydney Regional Park
10km Cross Country	John Farrington (31)	30.44	7/07/1973	Bundoora, Victoria
12km Cross Country	Connor Delahunty (42)	37.20	30/04/2011	Scarborough Park, Ramsgate
12.5km Cross Country	Ryan Cantwell (29)	45.37	25/06/2011	Nowra
20km Cross Country	John Farrington (27)	1:01.20	20/06/1970	Gosford

Mountain Running

8Km Mountain Run	Ruairidh MacDonald (17)	44:00:00	29/04/2012	Mt Wellington, Hobart
9.5km Mountain Run (rise 1000m)	Stuart Paterson (50)	1:00.21	23/09/2006	Saillon, SUI
11km Mountain Run	Matthew Cox (23)	46:58.00	30/03/2014	Mt Canoblas, Orange #
12km Mountain Run (rise 450m)	Stuart Paterson (49)	52.26	23/07/2006	Woolgoolga
11km Mountain Run	Kate Hobbs (18)	68:22.00	30/03/2014	Mt Canoblas, Orange #

Road

1 Mile	Nick Bromley (26)	4.21	18/09/2009	Newcastle/Gateshead, England
2.5km Road Race	Calvin Goessler (12)	11.42	3/05/2008	Homebush
3km Road Race	Tristan Paterson (12)	14.02	6/05/2006	Holsworthy
4km Road Race	Xavier Black (17)	12.23	10/07/2010	Wollongong
5km Road Race	John Farrington (30)	14.52	3/12/1972	Fukuoka, Japan
8km Road Race	Matthew Rando (19)	27.41	5/05/2007	Cataract Scout Park
10km Road Race	John Farrington (30)	29.45	3/12/1972	Fukuoka, Japan
14km City to Surf	Nick Bromley (25)	44.15	10/08/2008	Sydney
15km Road Race	John Farrington (31)	43.11	12/08/1973	Sydney (original City to Surf)
10 miles	Stuart Paterson (37)	55.38	11/06/1994	Parramatta
Half Marathon	John Farrington (30)	1:03.38	3/12/1972	Fukuoka, Japan
25km Road Race	John Farrington (30)	1:15.34	3/12/1972	Fukuoka, Japan

30km Road Race	John Farrington (30)	1:31.08	3/12/1972	Fukuoka, Japan
Marathon	John Farrington (31)	2:11.13	14/07/1973	Richmond
Walks				
5km Road Walk	Jim Seymon (71)	30.09	29/06/2008	Tempe Greystanes
10km Road Walk	Jim Seymon (70)	1:01.0	27/05/2007	
15km Road Walk	Jim Seymon (68)	1:32.13	27/05/2006	
20km Road Walk	Jim Seymon	2:04.59	2003/2004	
WOMEN				
Cross Country				
1.5km Cross Country	Molly Quoyale (10)	5:43.54	30/07/2011	Upjohn Park, Rydalmere
2km Cross Country	Jessica Campbell (13)	7.30	2/06/2007	Miranda Park
2.5km Cross Country	Ruby Hackett (17)	8.56	18/07/2009	Upjohn Park, Rydalmere
3km Cross Country	Olivia Dooley (13)	10.36	17/06/2010	Eastern Creek
4km Cross Country	Lucy Starrat (18)	13.25	3/06/2006	Scarborough Park
5km Cross Country	Lucy Starrat (18)	17.45	15/07/2006	The Crest, Bankstown
6km Cross Country	C Yali	21.14	1992	
6.2km Cross Country	Eliza Stewart (22)	22.47	6/04/2008	France
8km Cross Country	Eliza Stewart (22)	27.16	23/08/2008	Geelong, VIC
10km Cross Country	Libby Augustine (17)	52:03.00	30/04/2011	Ramsgate
Mountain Running				
8km Mountain Run (up & down)	Mary Fien (34)	44.51	24/02/2007	Mt Kembla
Road				
2km Road Race	Emily Augustine (12)	6.57	10/07/2010	Wollongong
2.5km Road Race	Molly Quoyale (10)	9.58	4/06/2011	Homebush
3km Road Race	Thea Welsby (14)	11.08	5/08/2006	Wollongong
5km Road Race	Frances Schmiede (17)	17.52	4/06/2011	Homebush
4km Road Race	Fran Schmeide (17)	14.16	10/07/2010	Wollongong
6km Road Race	Erin Smithson (18)	25.09	6/05/2006	Holsworthy
10km Road Race	Eliza Stewart (22)	34.27	3/5/2008	Homebush
14km City to Surf	Alice Tancred (17)	1:03.56	13/08/2006	Sydney
Half Marathon	Eliza Stewart (22)	1:16.16	18/05/2008	Sydney
Marathon	Elizabeth Richards	2:50.00	1976	
Walks				
5km Road Walk	Suzanne Brown (43)	30.21	28/06/2009	Harrington Park Lake
10km Road Walk	Fiona Alldis (19)	50.04	2/09/2007	Perth, WA

15km Road Walk	Nancy Lloyd (53)	1:39.05	15/07/2007	Five Dock
20km Road Walk	Fiona Alldis (19)	1:46.13	15/07/2007	Five Dock
10mile Road Walk	Fiona Alldis (19)	1:29.37	10/06/2007	Lake Burley Griffin, ACT