



UTS NORTHERN SUBURBS ATHLETIC CLUB INC. 87TH ANNUAL REPORT 2014 - 2015

Rotary Athletics Field 2015



THE 2014-2015 SEASON



*The 2015 Treloar Shield
Barbara Day, Peter Higgins, Andy West*



Anthony Collum - in the lead



The girls



Jana!



Jackie B



Madison Gipson



Rohan Bright



Zachary Lanigan



Charlotte Wilson - Focussed



UTS NORTHERN SUBURBS ATHLETIC CLUB INCORPORATED 87th ANNUAL REPORT 2014 – 2015

PRESIDENT

Andy West

VICE PRESIDENT

Jackie Bezoudenhuit

SECRETARY

Peter Douglas

TREASURER

Doug Barrett

CLUB CAPTAINS

James Kaan & Emma Hunt

COMMITTEE

Maria Cimino
Ross Douglas
Frazer Dowling
James Fitzgerald
Peter Higgins
Emma Hunt
James Kaan
Andrew MacDonald
Ashley McMahon
Sally Richardson
Bart Steanes

CLUB HISTORIAN

Peter Higgins

Photographs supplied by Sally Richardson, Matthew Whitbread,

Will Richardson, and David Tarbotton

Cover photo courtesy of Peter Higgins. Over the Rainbow - our hallowed turf.

HONORARY AUDITOR

Peter Bebbington

COACHES

John Atterton	Ron Bendall	Andy Burton	Alan Nolan
Annie Davies	James Fitzgerald	Penny Gillies	Peter Healey
Di Huxley	Bev Jaye	Jim McGrath	Paul Switzer

TECHNICAL OFFICIALS (ACTIVE)

Mary Fien	Peter Higgins	Bev Jaye	Nancy Lloyd
George Toemoe	Ian White		

LIFE MEMBERS

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

Presidents Report



This is my first President's Report for UTS Northern Suburbs Athletic Club, at the conclusion of my first year of President. I would like to thank and acknowledge the ongoing work of the previous presidents. Frazer Dowling who continues outstanding work on the committee and other administrative athletic initiatives, and the previous President Ron Bendall. With your support it has been a smooth transition.

UTS Norths is still one of the biggest amateur athletic clubs in Australia with over 383 members. Whether you are an athlete, coach, official or an associate, it has been a privilege to have represented each and every one of you. The success of the club for 2014/15 is because of you and the ongoing future success is reliant on you and the initiatives we put in place today.

University of Technology Sydney (UTS) Sports Union

University of Technology Sydney and UTS Northern Suburbs Athletic Club have enjoyed a strong relationship over the last 20 years, which continues to grow over the recent years. The ongoing support and work from UTS Sports staff: Ms Liz Brett (CEO), Ms Aimee Purcell (Manager), Fudge Atshan and Alex Godbold. Thank you for your continued support and tireless work to develop sport at UTS. To assist at an elite level, we have entered our second year of the UTS Athletics Elite Athlete Program (EAP). The EAP allows our current and prospective athletes to map out a pathway through tertiary studies to continue their athletic endeavours while achieving a valuable world level higher education at UTS. The funding received allows for scholarships to current UTS students, but also junior development programs and retention at our club. Congratulations to our EAP scholarship holders for firstly being selected to receive the scholarship, and for your many achievements this year.

UTS Northern Suburbs is also about participation in athletics across the community and involvement from all UTS students. To that end UTS Norths will be running athletic carnivals in conjunction with UTS at Rotary Field leading up to the Summer 2015/16 track and field season. Thank you to UTS Sports Union for assistance in making this happen.

UTS Foundation

To assist in the future planning and long term future financial stability of the club, during the last year the UTS Foundation was set up. Thank you to the driving force and work behind

this project Andrew MacDonald and Frazer Dowling. To move beyond the annual received receipts and payments to be made, the UTS Foundation links the long term professional, educational and athlete development with donors and those making gifts to UTS Northern Suburbs Athletics. This facilitates specific sponsorship or scholarship projects, where a benefactor may nominate a specific area of development of interest or need. The Foundation builds more financial resources to help more people, over a longer period of time with the appropriate level of governance to administer. The board is currently constituted with the following member Peter Higgins (Chairman), Doug Barrett (Treasurer), Andrew MacDonald, Frazer Dowling, Andy West.

2014/15 Committee

I am very proud of what the UTS Northern Suburbs Athletic Club committee have achieved this year as we deal with operational issues and steer the club's future. The committee for this year was Jackie Bezuidenhout (VC), Peter Douglas (secretary) Doug Barrett (treasurer) Frazer Dowling, Peter Higgins, Ross Douglas, Emma Hunt, Andrew MacDonald, Ashley McMahon, Bart Steanes, new recruits Maria Cimino, Sally Richardson, James Kaan. Thank you all for the hours of effort you have put into the running of our club over the last year. A special thanks to Peter Higgins for his work on designing, compiling and editing the Annual Report. Peter has also taken on the important role of historian to gather the rich history of our club.

This year, one of the priorities of the committee was to improve the facilities at Rotary Athletic Field. There have been three major improvements which have had many contributors, but were driven and co-ordinated by individual club committee members. The painting of the grand stand was lead by Jackie Bezuidenhout, Bart Steanes and Ashley McMahon organised the upgrade of the gym building and equipment, Sally Richardson co-ordinated the extra space and building works with the Lane Cove River Kayak Club. Thank you all. The next level of upgrades and improvements relies on government and grant funding, which have been applied for and waiting on decisions of others outside the club.

The committee is an excellent hard working team and I thank all of my fellow committee members and many other wonderful club members such as Ron Bendall, Nancy Lloyd, Bev Jaye, Jones Family, Gabi Whelan, Michelle Molloy and Paul Switzer who do so much for the club behind the scenes. I would also like to acknowledge our club captains and leaders on and off the track Emma Hunt and James Kaan. Both top athletes who go beyond just the training and competing, but also put a lot back into the sport of athletics away from the track.

UTS Norths acknowledged three life members this year; Janet Naylor, Min Jenkins and Mary Fein. This is the peak award at the club which recognises over a decade of commitment in competition and also in the many other facets of athletic endeavour. Thank you from all of us at UTS Norths for your commitment, loyalty and leadership to the club.

This year also marked the passing of Paul McCoy. A UTS Norths member and masters athlete whose life was cut short tragically in July 2014, doing what he loved, running with his training partners and friends at Rotary Athletic Field. Paul was heavily involved in the Northern suburbs community. A well respected dentist in Lane Cove, a national level masters sprinter, current holder of UTS Norths men's 55+ 60metre club record, amongst other community involvements. He was a friend to many of us, his gentle and kind spirit touched those who were privileged to know him. In honour of the passing of Paul a new trophy was created Paul McCoy Trophy for best Masters Male Athlete.

Officials

Athletics would not exist without our officials. We have officials who assist on a weekly basis at Northern Zone over summer and West Met cross country over winter. The club also has many experienced officials at the ANSW and national level. Thank you all for your

commitment to athletics in time and effort on a regular basis. Club members who assist at NSW level include Mary Fien, Nancy Lloyd, Gabi Whelan, Bev Jaye, and Peter Higgins who is often Meeting Manager at the many NSW events we attend during the year. At an NSW level we acknowledge club member Peter Higgins serving on the NSW Board of Directors.

Coaches

To have many elite coaches, coaching across all event groups. It is with special thanks to them for the development of talent and encouraging the strong participation across all competitions. In particular, John Atterton, Ron Bendall, Andy Burton, Annie Davies, James Fitzgerald, Penny Gillies, Bev Jaye, Alan Nolan, Paul Switzer all of whom had an athlete or multiple athletes represent NSW and Australia during the 2014/2015 season. To support early career athletics coaching, this was the first season that a partnership grant between UTS Norths, Sydney University and Athletics NSW funded the training and development of Annie Davies. Annie was also recognised as coach of the year at the UTS Norths Annual Dinner.

School Alliance Scheme

The School Alliance Scheme (SAS) continued successfully this year, strengthening the ties between our club and the Northern Region Schools. This is an important program for the club as it forms part of the pathway strategy to allow athletes to transition throughout their athletic competitive years, while maintaining the important academic aspect through to higher education. As part of the NSW the Schools Alliance Scheme (SAS), UTS Norths welcomed back St Ignatius College, Shore and new school Ravenswood. This program is supported by and only occurs due the Masters in Charge and the athletic coaches at the schools. Thank you for your continued commitment to the SAS program.

NSW Treloar Shield (Champions)

Congratulations to all Club members who participated throughout the October to December 2015 as part of the eight rounds of the Treloar shield. For the sixth year in a row UTS Norths won the summer points competition the Treloar Shield. This is a very satisfying result as it is a result of the range of track and field events across the junior (1st), open (2nd) and masters (1st) based on point score results.

NSW State Relay Championships (Champions)

Another year at the NSW state relays and another big year for our club. With 103 teams taking the track and field over the weekend, the number of teams were a bit fewer than recent years, but there was no lack of quality throughout all age groups and across all disciplines.

In summary we won 23 gold medals, 15 silvers and 15 bronze, with 14 club records and 2 state relay records by the Women's Masters 200+ team in the 4 x 200m and 4 x 400m. Highlights were the 3 open gold medals by the men's 4 x 400m (James Gurr, Alex Moore, Matt Crowe, Sean Fitzsimmons), men's medley (Anthony Collum Sean Fitzsimmons James Gurr, Will Austin Cray) and women's medley (Katrina Hunt, Bella O'Grady, Alexandra Bartholomew, Trychelle Kingdom) breaking the club record by a massive 6 seconds and running the third fastest state relay women's medley in NSW history.

Thank you to all the athletes. This is the biggest club team event of the year and it is your outstanding performances that keep it an ongoing success

NSW Summer Competition

For the Summer Premiership we finished a very close second behind Sydney University. This is a combination of the 2014 State Relays, 2015 Club Championships, 2015 various NSW Championships and Junior, Open and Masters level.

NSW Winter Competition

UTS Norths continues to build our winter team which has been shown in the improved results in the 2014 winter season. Congratulations to the Women's 55+ who finished 2nd for the winter season. In the Men's Open we finished 5th, Women's Open 8th, Women's under 12 7th, Women's under 14 12th, Men's Juniors under 14 9th, Women's Under 16 11th, Women's under 18 5th, Men's Junior under 18 11th, 18th in the Men's 35+ and 10th in the Men's 55+.

Athletics NSW Awards

UTS Norths were successful in winning the following awards:

Treloar Shield

Nominated Metropolitan Club of the Year

In addition, congratulations to the following UTS Norths member for winning these awards:

Jim Seymon who won the 2015 Athletics NSW Award for Best Masters Walks Athlete.

Matt Cox: ANSW Distance Runner of the Year

Janet Naylor and Stuart Paterson were awarded life membership of the association for their many years of service to athletics in NSW and at the national level. Congratulations to you both for this well deserved recognition.

International Representation

2014 / 2015 was a great year for our junior athletes at international competition level. At the IAAF World Junior Championships, held in Eugene Oregon USA from 22-27 July 2014 UTS Norths were represented by Anthony Collum, Katrina Hunt, Bryce Collins and Josh Clarke. Ron Bendall who coaches Katrina and Anthony, attended the championships as well. All achieved outstanding results Josh Clarke made the semi finals of the 100m and followed up competing with Anthony Collum in the men's 4 x 100m relay team into seventh place. The time of 40.09s was fourth fastest time by an Australian team at any World Junior Championships and the third fastest ever by an Australian under 20 years men's team. Katrina Hunt ran a pb to finish fifth in her semi final in the women's 100m hurdles. Bryce Collins competing in the 400m hurdles semi-final finished sixth in his race clocking 52.62.

At the IAAF Youth Olympic Games held in Nanjing China from the 16-28 August, 2014 Emily Augustine competed in the 1500 metres finishing eighth in a time of 4:30.51. Emily's fantastic result was recognised at the ANSW dinner with a nomination for best junior middle distance runner.

Congratulations to all these outstanding up and coming athletes.

NSW Open Track and Field Athletic Championships

UTS North athletes were successful in winning ten medals in the NSW Open Championships on the weekend. The stand out performances winning medals include the following.

Bryce Collins continued his excellent season by comfortably winning the 400 metres hurdles in a personal best time of 51.42 seconds. This time not only broke his own u20 and open club records but was only 0.3 outside the state u20 record. The gold medal is an outstanding effort considering that Bryce is still a junior.

New member Liam Speers won gold in the open discus with a throw of 47.07 metres and a silver in the open shot put in 15.69 metres. Liam recently transferred from Macquarie Hunter

to join UTS Norths as he has recently enrolled at UTS and was successful in being awarded an EAP scholarship with UTS.

Rohan Bright ran well to win gold in the 100 metres Para – amb event.

UTS student Ruairidh MacDonald won silver in the 10,000 metres in the good time of 31m 50.67s. Ruairidh is coached by his father and committee member Andrew MacDonald.

Another UTS student and scholarship holder Jay Felton won a silver in the 5,000 metres walk with a time of 21m 48.04s and was only four seconds behind the winner.

William Brown, also still a junior, threw an excellent 51.08 metres to win a bronze in the open hammer throw.

Charlotte Wilson ran well in difficult windy conditions to win gold in the open 3,000 metres steeplechase. Charlotte has recently returned from two years in the States.

Laura Storey grabbed a bronze medal in the open 400 metres hurdles in a personal best time of 59.62 seconds. Laura and her coach Penny Gillies were thrilled with the run and it is the first time that Laura has run under a minute for the event.

Katrina Hunt, coached by Ron Bendall, won a bronze medal in the 100 metres hurdles.

Well done to all who competed at the State Championships.

NSW Junior Championships

There were plenty of red and black uniforms on the victory dais at the NSW Junior and Youth Championships last weekend. UTS Norths athletes won 15 gold, 21 silver and 18 bronze medals over the three days of the championships. A list of the medal winners is below.

Highlights in the track events were as follows:

- Annabel McDermott won the under 17 1500 and 3000 metres double in 4m34.57 and 9m 45.38 respectively. Annabel has had a fantastic season having broken the NSW and Australian U16 record for the 3,000 metres with a time of 9m27.96 at the Zatopek in Melbourne in December. This time qualified her for the World Youth Championships in Columbia in July. Apart from the state and national record, her time also beat the club's u16, u17, u18, u20 and Open records.
- Louis Stenmark won the u18 400 metres in a great time of 48.80 seconds. Louis will also be going to the World Youth Championships in Columbia in July.
- Bryce Collins won the u20 400 metres hurdles in an excellent time of 52.12 with fellow UTS Norths member Matt Crowe finished second in 53.85.
- Katrina Hunt easily won the 100 metres hurdles in a 14.29 seconds;
- Abigail Stevanovic had a sensational weekend by winning gold in the under 14 80 metres hurdles (12.47), 200 metres hurdles (29.72) and 400 metres and a silver in the 200 metres;
- Elliot Metcalf won gold in the under 16 1500 metres (4m15.01) and silver in the 800 metres;

Highlights in the field events were as follows:

- Gold medals to Emma Davies and Annika Mountstephens in the under 20 and under 16 javelin respectively;
- Gold to Sarah Healey in the Under 18 long jump with a jump of 5.36 metres;
- Melissa Fitzsimmons showed her versatility in winning gold in the under 18 200 metres, silver in the 100 metres and bronze in the 400 metres and long jump;

- Alex Willett won a gold medal in the under 15 triple jump (11.94 metres) with very little training as he has been plagued by injuries for much of the season.
- Tim Heyes, son of former national hammer throwing champion Andrew Heyes, showed his versatility in winning gold in the under 20 discus (42.58 metres) and silver in the hammer throw (56.76 metres);
- James McFadden won gold in the under 18 javelin (49.71 metres);
- Ben Carter showed his versatility with a silver in the under 16 100 metres hurdles (14.31), silver in the triple jump (12.25 metres) and bronze in the long jump (5.93 metres).
- Club newcomer Annabelle Gillings threw 34.24m to win the silver in the under 16 women's discus.
- Many of the club's javelin performers are coached by Annie Davies who coaches medal winners Annika Mountstephens, Elise Brennan, James McFadden and Charles Seppelt. Another of her squad, Annie's best javelin thrower is Mackenzie Little who won the World Youth Championships in 2013. Mackenzie has had a break from athletics to concentrate on her HSC. She will be heading off to the USA later in the year to take up a scholarship with Stanford University.

Masters

Masters Not only did our Master's clean-up in their category in the Treloar Shield and Summer Club Premiership but individually our athletes continue their domination at major championships (State & Nationals) our success is impressive with the club having dozens of state & national champions.

The Masters State Championship was held recently at SOPAC with 14 women and 21 men competing across all disciplines. The conditions were not exactly set for record times with the rain bucketing down at times our athletes still hung in there and did their best.

Our women were very successful in bringing home 9 gold, 16 silver and 8 bronze medals. Some ladies like Maria Cimino and Sarah Culhane competed in an incredible 20 events between them. Our most successful ladies were Glenys Whitehead (throws) and Debra Drennan (middle distance) who both won 3 gold medals.

The men brought home 48 medals, 18 gold, 23 silver and 7 bronze. Warren Jones and Tim McGrath competed in 15 events between them. Warren efforts produced 6 medals and Tim 5 medals. Our most successful men and also our oldest was Nick Bastas (75-79) with an amazing 5 gold medals and 1 silver. Richard Hughes (80+) won 5 gold from 5 races.

In conclusion, thank you to all the UTS Northern Suburbs Athletic Club members for all for contributions this year. We are in a very healthy position financially, in membership, facilities and support services, elite coaches, officials, volunteers, elite athletes representation and most importantly participation. I look forward to working with you all in the upcoming 2015/16 athletic season.

Andy West

President

UTS Northern Suburbs Athletic Club.

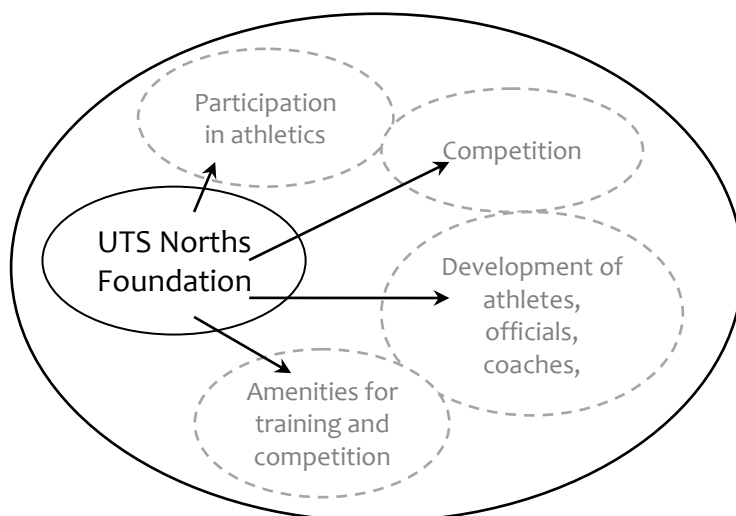
UTS Norths Foundation

UTS Norths Foundation: an overview.

Q1: Where does the UTS Norths Foundation fit in with the Club?

A: It is one of the activities of the Club. Everything to do with the UTS Norths Foundation is for the Club. The objective of the UTS Norths Foundation is to help all non-operational activities of the Club and all members of every age, ability, and interest, including athletes, coaches, officials, and administrators.

UTS Norths (Club) activities



Q2: What *is* the UTS Norths Foundation?

A: The UTS Norths Foundation is the Club's **programme** for arranging more financial and other assistance to athletes, coaches, officials, and administrators.

It is the co-ordinated group of a **number of activities**, not just one or two things. A programme like this does not just pay money out in once-off batches.

- It links with longer-term professional development of coaches and officials, education aspirations of members and athlete development.
- It can oversee specific scholarships or projects that need regular payments, often tied to conditions.
- It ties in with longer-term sponsorship of the Club, particularly if targeted or tied to specific activities and outcomes.
- It demonstrates to those who wish to make gifts (when alive or in their wills) that the Club can properly carry out their wishes.
- It complements the Club's relationship with UTS Union (for sport) and UTS (the University). It does not replace the affiliation– it adds to it.

Q3: How is the UTS Norths Foundation any different from what the Club has always done?

A: There are important differences:

- It aims to be **long term**, not short term.
- It aims to build **financial stability for the Club's support given to many generations** of Club members, not just small annual payouts of nearly all the income we earn every year.
- It is for **building up more financial resources to help more people, over longer periods of time, in many more scenarios**, with appropriate governance.
- It is for **providing for larger, more complex projects that take longer to plan for and fund, especially from alumni and significant sponsors**.
- It needs some different **legal structures** to get the extra sources of income.

Q4: Why change what the Club has always done?

A: There are several reasons:

- The Club is getting bigger but we have **gaps in how we help** existing and new members – athletes, coaches and officials (technical and club administrators).

The UTS Norths Foundation will help attract more money, over longer periods of time, help manage more specific projects for targeting weaknesses in our financial and organisational resources and will better help the Club do the things that take longer.

Examples include longer-term athlete development, longer-term coach professional development; improved amenities at Rotary Athletic Field.

- UTS Norths is **missing out on donations and some kinds of sponsorship** because it does not have a clear, enduring internal governance structure specifically for handling more money, especially if donations or sponsorship have conditions attached.

This is not fixed just by having a written sponsorship policy or putting announcements on the website. It needs a suitable governance structure. It needs some special tax treatment for part of the donations. It needs to comply with reporting and governance duties.

- UTS Norths is **missing out on legacy gifts, regular donations and some kinds of sponsorship** because it does not have a fund which has ATO endorsement for donor gift recipient status, which means the donors can get a tax deduction.

Not only is it missing out, the Club's key competitors are getting the benefits of that status, so the gap widens twice over.

The UTS Norths Foundation can avoid that gap. It can allow the Club, working with UTS, to do even better than the Club's competitors.

- The UTS Norths Foundation helps to **keep a medium- to long term focus on**:
 1. building up the funds from **new sources**;
 2. building up **capital**, not just income;

3. creating and managing **longer term support** for athletes, coaches and officials;
4. medium- to long-term projects, whether physical amenities at Rotary Athletic Field or intangible programmes for developing new grassroots or elite level athletes; and
5. **Keeping within the Club the expertise** about how to manage all of this.

It would be very difficult to achieve those medium- to long-term goals by the normal annual processes.

Q5: What are the legal structures inside the UTS Norths Foundation?

A: The **legal structures** inside the UTS Norths Foundation currently include **three main things**.

Remember, though, that the **entire programme of activities** is more important– the legal structures will help the activities.

- We are starting with **two Scholarship Trusts and a company limited by guarantee**.

These legal structures will help improve governance for handling bigger amounts of money and more complex or longer-term projects.

- The company limited by guarantee is called **UTS Norths Foundation Limited**.
The Club is the sole member of this company. Currently its five directors are Committee members.
- UTS Norths Foundation Limited will seek “**donor gift recipient**” endorsement from the ATO and charitable status registration.
 - If DGR status is granted, **donors may claim a tax deduction** for their gifts to the company.
 - This is a **major attraction** for some private donors, charities, certain funds, and commercial sponsors. They would not donate without this DGR status. Others will only donate if the recipient is a registered charity.
 - DGR and charitable status together is the **key to obtaining large or long-term commitments to build up capital** to benefit many generations in the future, instead of paying out virtually all income each year and never building up capital to do more things.
 - DGR status requires specific conditions for membership of its board. This is one of the main reasons for establishing this company.
- The two **Scholarship Trusts** are useful as part of the entire foundation programme of activities.

They both have high flexibility and high governance. They can make it easier to manage some of grant money conditions already imposed on the Club.

- The **UTS Norths Education Scholarship Trust** could be used now for financial assistance solely directed at *education*, without waiting for DGR status of the company and without complicating the company’s application for DGR status. This Scholarship Trust mirrors the purpose of the company but without the strings attached.

- The **UTS Norths Sports Scholarship Trust** is for every other kind of financial assistance that does not need to satisfy ATO or charity conditions.

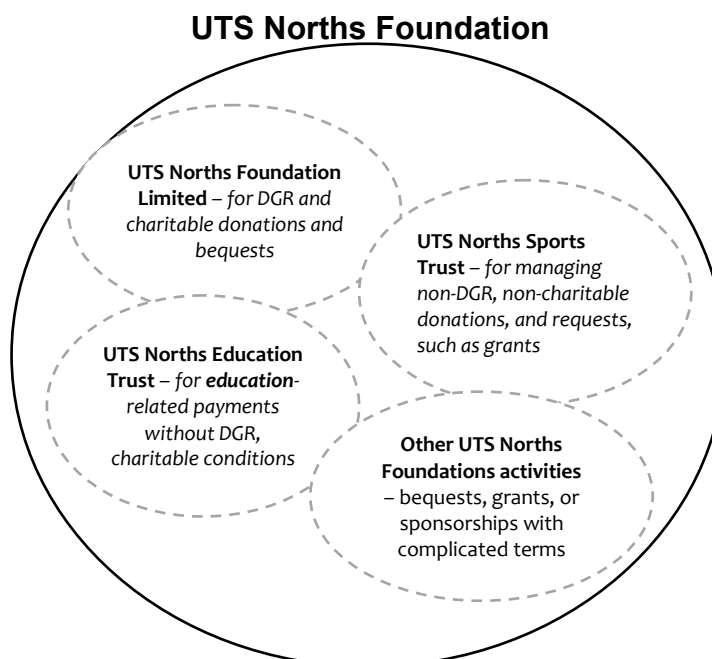
It is a way of having good governance and reporting for all current financial assistance received by the Club and paid out by the Club where there are conditions attached but not DGR or charity conditions.

For example, the UTS Union grant moneys for EAP students would be held in this trust and managed by it. It does not *need* to be done this way. It has been successfully done by the Club without it. However, with more grant moneys coming in and hopefully more to come in, from many sources, it is easier if there is one way for the Club to manage all similar moneys, with their own special conditions and a high governance standard overall.

- Although it is not strictly necessary, the two trusts and the company complement each other. The entire programme benefits from a single governance structure for both of them and the entire Foundation. That improves the Club's processes and hopefully attracts more money to the Club. It is more important to have a Foundation for the entire programme so it can all work together.

Overview of what is inside the UTS Norths Foundation

Here is an overview:



Q5: How is the UTS Norths Foundation governed?

A: The UTS Norths Foundation is **governed** this way:

1. The **Club owns and controls all aspects** of the UTS Norths Foundation.
2. The Club is governed by the Club's **Constitution**.
3. The Club acts through its **Committee**.

4. The Committee has a sub-Committee for the UTS Norths Foundation (**UTS Norths Foundation Sub-Committee**).

This can have anyone on it as decided by the Committee. It can include representative from key partners but, typically, they might not want to be an official member.

5. The Club is the **trustee** of the two **Scholarship Trusts**.

The entire Club Committee is responsible for ensuring the two Scholarship Trusts are properly managed, similar to how the Club's Committee is already responsible for the current Club matters.

The Club has delegated to the **UTS Norths Foundation Sub-Committee the day-to-day running of the Scholarship Trusts**.

6. Its directors must manage the company, UTS Norths Foundation Limited.

The directors must comply with a number of laws which do not apply to the Club's Committee. The company is also legally answerable to the Club, because the Club is the sole shareholder. The inaugural members of the Board of Directors of the UTS Norths Foundation Ltd are Doug Barrett, Frazer Dowling, Peter Higgins, Andrew MacDonald, and Andy West.

7. **Panels** are appointed from Club members and others who are involved in the many activities that occur across all of the legal structures.

For example, the awards panels has coaches, a UTS Union representative and anyone else who should be involved in the actual decisions to award financial assistance.

8. The UTS Norths Foundation Sub-Committee **reports to the Club's** Committee about all of the activities of the entire UTS Norths Foundation (company, two Scholarship Trusts, anything else).

Secretary's Report



The 2014/15 year was another terrific year for UTS Northern Suburbs Athletic Club as we continued to be one of the premier clubs in NSW.

In terms of membership for the year ended 31st March 2015, our membership for the year was 372, which was up on last year's 347 and not far short of our record of 383 which we attained in 2012/13. This figure confirms that we not only have the biggest membership in NSW but also in Australia.

Competition

The Presidents Report will give more details but the highlights were:

- We were the most successful club at the NSW Relay Championships. We won 23 gold, 15 silver and 15 bronze medals for a total of 53 medals. This was from a total of 96 teams. 23 gold medals equalled the club's best performance of 2012;
- For the eighth year in the row, UTS Norths won the Treloar Shield. The places in the different categories were as follows – Open 2nd, Junior 1st and Masters 1st;
- We were not able to match last year's efforts in the NSW Club Championships where the results were disappointing. We were second and third respectively in the Open Men's and Women's divisions but were only fifth in the Junior Male, second in the Junior Female and eight in both the Male and Female Masters divisions;

The NSW Relays Championships were a highlight for the club. We entered 113 teams with ANSW and had 108 teams ready to compete on the weekend. It involved a huge effort from the team managers in organising the teams for the weekend. A big thank you to Frazer Dowling, Paul Switzer, Andy West, Ross Douglas Bart Steanes, Michelle Quoye and of course Ron Bendall who was team manager for some 40 teams! I should not forget Sally Richardson who took over the difficult uniforms role and did a sterling job in the lead up and the actual weekend of the relays satisfying the demand for athletes requiring a uniform.

Cross Country

Whilst the winter competition is not a strong point for the club compared with the summer competition, a number of the club's athletes had success during the winter.

Congratulations to Matthew Cox who won the NSW Distance Runner of the Year having won the open points winter score competition. We also entered a number of teams in the NSW Cross Country Relays and Road Relays Championships.

Northern Zone

Our long running Northern Zone competition continues to operate successfully in the track season with the average attendance rising from 38 to 45. It provides valuable competition for all ages from early teens to masters in a more relaxed atmosphere than the more formal Sydney Olympic Park. The competition is the longest running zone competition in Sydney and has been going since 1972. Apart from Bev Jaye and Nancy Lloyd, we don't have any qualified technical officials to conduct the competition. However, thanks to the many athletes who are able to pitch in and help, we manage to get through the program. Our special thanks to Doug Barrett who stepped in to assist me as joint competition manager. A big thank you to Brian Hamilton who was unable to compete all season due to an injury but still turned up on most Saturdays to be the starter. Thank you also to Bev Jaye, Karen Jones, Ross Douglas, and Jackie Bezuidenhout. I give a special thank you to Nancy Lloyd who did a great job in processing all of the results for the website. We also trialled electronic timing for a couple of days at the end of the season. The equipment belongs to Norths Little A's and we are grateful for their assistance. Hopefully this may become a regular feature for our competition next season.

Committee

Andy West had big shoes to fill in replacing Frazer Dowling as President but did a sterling job in his first year as President. Fortunately for us, Frazer remained on the committee so was still heavily involved in the work of the committee.

Andrew MacDonald had a very busy year in his second year on the committee. He is a lawyer but was able to provide many hours on a pro bono basis in carrying out work in legal/ risk management, setting up the UTS Foundation and working on Club Policy (eg writing the rules for the gym users). He was also able to finally obtain an agreement with Willoughby City Council for a new five year Licence Agreement for the hire of Rotary Athletics Field. Finally, Andrew was responsible for preparing the new constitution and this was approved by the members at last year's AGM. Thank you Andrew for all of your good work.

Congratulations to ex Vice President Peter Higgins for retaining his place on the Board of Athletics NSW and continuing to serve on our committee.

It was pleasing to see that we now have four females on the committee and this is the most female representation that we have had on the committee in my memory. Sally Richardson is a very valuable addition to the committee for many reasons including the fact that her other hat is being secretary of Norths Little A's. We have always tried to maintain a close and friendly association with Norths Little A's so Sally's presence makes that job easier for us. Sally has taken on two important roles on the committee:

- Coaching coordinator – Sally is at training on a regular basis, knows all the coaches so is ideally placed to carry out this role; and
- Uniforms officer – this is a difficult and thankless task especially as we have been in a transition phase where the club has changed its uniform (all members had to have the new uniform by the start of the track season on 1/10/14).

The other new female on the committee is Maria Cimino who was able to use her IT skills to maintain our website. I and some others on the committee wrote a number of articles about club performances and Maria was always able to post this information promptly onto the website and Facebook. She was also able to “tidy up” the website to make it more up to date and user friendly.

Bart Steanes is a new committee member and volunteered to take on the important role of gym and equipment. Bart rolled up his sleeves and has been proactive in organising working bees etc to give the gym a major revamp. One of the walls was knocked down and this gave us much needed space in the gym. A lot of old gym equipment was disposed and this also helped to provide more space. This also enabled room for another weights platform. Bart also organised a major overhaul of “Fort Knox” (the storage shed next to the canteen). The old jumping bags were thrown out, old or out of date equipment was also thrown out and all of the throwing implements, training hurdles etc were transferred from the gym to “Fort Knox.” This also provided more space for the gym. A big thank you to Bart and others involved with this work! I should also give a big thank you to Maria Cimino, Jackie Bezuidenhout and Alice Bohdan for repainting the UTS Norths sign on the grandstand adjacent to the back straight of the track.

James Kaan is another new committee member and he took over the important role as the UTS delegate. James and club member Maddy Powell did an excellent job in being team managers for the UTS athletics team at the AUG (Australian University Games) which this year was held in Sydney. James also assisted with social media.

Social events

Thank you to Andy West, Emma Hunt and the rest of the social committee for organising a successful Annual Dinner and Presentation Night in May. It was decided to return to the UTS Aerial Function Centre at UTS in Broadway and it was a successful and enjoyable night. UTS Norths had a table at the Athletics NSW Annual Dinner and Presentation Night where a number of members received awards. The club was also presented with the Treloar Shield and the Metropolitan Club of the Year Trophy. The Northern Zone competitors had their usual end of season party and presentation day on the last day of the Zone competition.

University of Technology

The club would not be able to function this successfully if it wasn't for the generous partnership that we have with University of Technology Union. We owe them a big vote of thanks for their continued support.

Thank you also to Jackie Bezuidenhout, Janet Naylor, and Ashley McMahon for maintaining the club records and rankings. Finally, thank you to Peter Higgins for performing the important task of compiling the Annual Report.

Thank you to the 2014/15 committee for their hard work during the year. Good luck to all members in the coming year.

Peter Douglas

Secretary

UTS Northern Suburbs Athletic Club Inc.

Treasurers Report



The Financial Reports for the year ending 31 March 2015 follow, and show:

UTS Northern Suburbs Athletic Club (“Club”):
Surplus \$10,439 and Net Assets \$131,774;

UTS Norths Sports Scholarship Trust (“Trust”):
Surplus \$11,499 and Net Assets \$21,499.

The Club is the main operating body for members, while the Trust has been set up to manage separately the funds that have been provided by UTS Union Ltd for the benefit of the athletes in the UTS Elite Athlete Program (EAP).

Points to note in reading the accounts are:

- The Club and the Trust currently share the main Club bank accounts, which results in the Club financial statement showing both an Income and Expense for the EAP Grant of \$20,000. A new bank account for the Trust is being set up to improve the separation of funds and simplify the accounting.
- The 2014/15 is the first full year of operation of the Trust and has resulted in a decrease in the expenses borne by the Club. In particular, subsidised registrations and fare subsidies for EAP athletes that were previously paid by the Club are now paid by the Trust. This is a significant explanation for the favourable Club Surplus this year.
- The comparison of Membership Fees for 2014/15 with the previous year is distorted by a change in accounting practice in the 2013/14 year which resulted in a one off increase of Membership Fees for that year of \$5,501.
- Repairs and Maintenance costs were significantly more than last year (\$3,354 compared to \$278), mainly as a result of work done on upgrading the gym.
- Northern Zone Fees have grown, reflecting its popularity amongst club members and athletes from other clubs.

Both the Club and the Trust are in sound financial conditions, and I believe the committee manages the funds responsibly for the benefit of its members.

The accounts have once again been audited by Peter Bebbington, with no charge to the club. Peter has indicated that this will be his last time as auditor, after being in the role for twenty years. The club owes Peter a great debt of gratitude for the meticulous work he has done over all that time.

Doug Barrett
Treasurer
UTS Northern Suburbs Athletic Club Inc.

UTS-NORTHERN SUBURBS ATHLETICS CLUB INCORPORATED
FINANCIAL REPORT FOR YEAR ENDED 31 MARCH 2015

GENERAL FUNDS TRADING STATEMENT

	2014/2015		2013/2014	
	\$	\$	\$	\$
CANTEEN SALES		316.80		471.45
<u>Less: Cost of Goods Sold</u>				
Opening Stock	29.79		27.30	
Purchases	<u>105.33</u>		<u>222.67</u>	
	135.12		249.97	
Less: Closing Stock	<u>29.75</u>	<u>105.37</u>	<u>29.79</u>	<u>220.18</u>
Profit from Canteen		211.43		251.27
 CLOTHING SALES		6,998.20		3,630.00
<u>Less: Cost of Goods Sold</u>				
Opening Stock	12,557.60		10,808.60	
Purchases	<u>4,726.50</u>		<u>5,841.00</u>	
	17,284.10		16,649.60	
Less: Closing Stock	<u>11,497.20</u>	<u>5786.90</u>	<u>12,557.60</u>	<u>4,092.00</u>
Profit/(Loss) from Clothing		1,211.30		(462.00)
 Profit/(Loss) from Trading		1,422.73		(210.73)

GENERAL FUNDS INCOME STATEMENT

	2014/2015		2013/2014	
	\$	\$	\$	\$
INCOME				
Gross Profit From Trading		1422.73		(210.73)
Membership Fees (Note 1)	8560.98		13,278.78	
Assoc Member Fees	0.00		0.00	
Northern Zone Fees	5,055.10		3,876.00	
ANSW Event Hosting (Note 3)	100.00		150.00	
Donations	2,000.00		600.00	
UTS EAP Grant	20,000.00			
UTS Partnership Grant	<u>25,000.00</u>	<u>60,716.08</u>	<u>0.00</u>	<u>17,904.78</u>
Equipment Hire	1,790.00		850.00	
Interest	4,071.86		4,527.21	
Grants & Subsidies	0.00		0.00	
Fund Raising (Note 3)	707.50		0.00	
Misc. Income	<u>7.20</u>	<u>6,576.56</u>	<u>0.00</u>	<u>5,377.21</u>
		68,715.37		23,071.26
 EXPENDITURE				
Club Affiliation & Insurance Fees	1,858.59		1,734.74	
Event Entry Fees	4,865.00		5,953.00	
Field Hire	11,350.00		10,097.40	
Coaching & Courses	<u>1,000.00</u>	<u>19,073.59</u>	<u>1,000.00</u>	<u>18,785.14</u>
Stationery & Printing	183.68		183.21	
Postage & Telephone	621.31		620.27	
Local Travel	58.68		0.00	
Marketing Expenses	40.00		1,100.00	
Computer Software	0.00		89.00	
Club Website	<u>697.50</u>	<u>1,601.17</u>	<u>1,518.53</u>	<u>3,511.01</u>
Equipment Purchases (Note 2)	3,062.27		4,443.71	
Equipment Hire	458.85		567.55	
Rotary Field Development	0.00		2,040.00	
Repairs & Maintenance	<u>3,354.49</u>	<u>6,875.61</u>	<u>277.80</u>	<u>7,329.06</u>
Trophies & Awards	2,045.35		2,416.80	
Fare Subsidies	5,950.00		8,900.00	
Socials	1,625.12		1,870.65	
AGM Expenses	598.91		546.48	
Misc. Expenses	<u>0.00</u>	<u>10,219.38</u>	<u>35.00</u>	<u>13,768.93</u>
Bank Charges	11.70		20.10	
IMG Admin Fees	442.20		456.60	
Legal Fees	53.00		121.00	
UTS EAP Transfer	<u>20,000.00</u>	<u>20,506.90</u>	<u>0.00</u>	<u>597.70</u>
		58,276.65		43,991.84
 Operating Surplus/(Deficit)		10,438.72		(20,920.58)

UTS-NORTHERN SUBURBS ATHLETICS CLUB INCORPORATED
FINANCIAL REPORT FOR YEAR ENDED 31 MARCH 2015

GENERAL FUNDS RECONCILIATION

	\$	\$
Opening Balance		121,335.72
Surplus/(Deficit)		<u>10,438.72</u>
Closing Balance		131,774.44

This is represented by:

St George Freedom A/c	6,080.91	
Macquarie CMT	30,435.44	
Macquarie Term Deposit	105,730.05	
Cash On Hand	<u>0.00</u>	142,246.40
Canteen Stock	29.75	
Clothing Stock	11,497.20	
Receivables	0.00	
Prepayments	<u>0.00</u>	<u>11,526.95</u>
		153,773.35

Less:

Payables	500.00	
UTS Elite Athletes Program	21,498.91	<u>21,998.91</u>
		131,774.44

NOTES TO THE ACCOUNTS

1. The amount shown for Membership Fees is the net income to the club after payment of registration fees to Athletics NSW and subsidies.
2. As a non-profit organisation, the accounting method used by the Club is cash basis. Equipment purchases are written off in the year of purchase.
3. The amount shown for this account is the net income after deduction of expenses.

AUDITOR'S REPORT

To the members of the UTS-Northern Suburbs Athletic Club Incorporated:

I have audited the financial records of the Club for the year ended 31st March, 2015, in accordance with normal accounting practices and standards. In my opinion the accounts, as presented, give a true and fair view of the income, expenditure, assets and liabilities of the Club for the financial year.



Peter Bebbington, MCom.
21 May 2015

**UTS NORTHS SPORTS SCHOLARSHIP TRUST
FINANCIAL REPORTS FOR YEAR ENDED 31 MARCH 2015**

UTS EAP FUND INCOME STATEMENT

	2014/2015	2013/2014		
INCOME	\$	\$	\$	\$
UTS Elite Athlete Subsidy	20,000.00	10,000.00		
	<u>20,000.00</u>	<u>10,000.00</u>		
EXPENDITURE				
EAP Fare Subsidies	5,017.89	0.00		
EAP Uniform Subsidies	560.00	0.00		
EAP Registration Subsidies	2,923.20	0.00		
	<u>8,501.09</u>	<u>0.00</u>		
Operating Surplus/(Deficit)	<u>11,498.91</u>	<u>10,000.00</u>		

GENERAL FUNDS RECONCILIATION

	\$
Opening Balance	10,000.00
Surplus/(Deficit)	<u>11,498.91</u>
Closing Balance	21,498.91
This is represented by:	<u></u>
Payable from UTS Norths (Note 1)	21,498.91

NOTES TO THE ACCOUNTS

- Currently all UTS Norths Sports Scholarship Trust funds are held in UTS-Northern Suburbs Athletics Club bank accounts. The fund amount is shown as a liability in the Club accounts.

AUDITOR'S REPORT

I have audited the financial records of the UTS Norths Sports Scholarship Trust for the year ended 31st March, 2015, in accordance with normal accounting practices and standards. In my opinion the accounts, as presented, give a true and fair view of the income, expenditure, assets and liabilities of the Foundation for the financial year.



Peter Bebbington, MCom.
21 May 2015



**UTS NORTHERN SUBURBS
ATHLETIC CLUB INCORPORATED
ANNUAL GENERAL MEETING
SUNDAY 28TH JUNE 2015

ROTARY ATHLETICS FIELD
MOWBRAY ROAD, CHATSWOOD
Time: 10:00am**

AGENDA

WELCOME

APOLOGIES

CONFIRM THE MINUTES OF THE 2014 ANNUAL GENERAL MEETING

ANNUAL REPORT

ADOPTION OF THE FINANCIAL ACCOUNTS FOR THE FINANCIAL
YEAR 1 APRIL 2014 TO 31 MARCH 2015

ELECTION OF OFFICE BEARERS

GENERAL BUSINESS





**MINUTES OF ANNUAL GENERAL MEETING
HELD AT ROTARY FIELD
29TH JUNE 2014**

The meeting commenced at 10.02am.

President Frazer Dowling welcomed everyone to the meeting. He thanked all for coming. Andy West took the minutes.

The President thanked Peter Higgins for producing the Annual Report 2013-14. He asked those present to review the Annual Report.

Present: Peter Higgins, Danielle Osiander, Jackie Bezuidenhout, James Fitzgerald, Bob Jones, Bev Jaye, Andrew MacDonald, Ashley McMahon, Janet Naylor, Stuart Paterson, Bart Steanes, Sally Richardson, James Kaan, Doug Barrett, Brian Hamilton, Peter Douglas, Ross Douglas, Ashley McMahon, Maria Cimino.

Apologies: Karen and Warren Jones, Dylan Dudley, Nick Walker, Ron Bendall, James Higgins, Devlin Higgins.

Frazer acknowledged the passing of Ruth Firth. She passed away at 104. He also acknowledged the passing of long serving club patron and Lord Mayor of Willoughby Pat Reilly.

Minutes of the 2013 Annual General Meeting

Business Arising from previous minutes: Amend that Brian Hamilton should be listed as present.

Previous minutes be accepted: Peter Douglas moved, Brian Hamilton seconded. Carried.

Treasurer's Report

Doug Barrett presented the report. The audited accounts are in the Annual Report. They reveal a \$20,000 deficit due to grants being received after 31 March 2014. This is a more appropriate alignment of when the funds are to be used.

Accounts were audited by Peter Bebbington,

Financial Report be accepted. Frazer Dowling moved, Ashley McMahon seconded. Carried.



Elections

President

Peter Higgins nominated Andy West for president, Bev Jaye seconded. Carried.

Vice President

Peter Higgins nominated Jackie Bezuidenhout, Stuart Paterson seconded. Carried.

Secretary

Andy West nominated Peter Douglas, Bev Jaye seconded. Carried

Treasurer

Frazer Dowling nominated Doug Barrett, Bart Steanes seconded. Carried

Election of Committee of other 11 positions

<i>Name</i>	<i>Nominated</i>	<i>Seconded</i>
Frazer Dowling	Peter Higgins	Peter Douglas
Peter Higgins	Frazer Dowling	Peter Douglas
Ross Douglas	Frazer Dowling	Bob Jones
Sally Richardson	Frazer Dowling	Bart Steanes
James Kaan	Frazer Dowling	Bart Steanes
James Fitzgerald	Frazer Dowling	Brian Hamilton
Andrew MacDonald	Frazer Dowling	Jackie Bezuidenhout
Ashley McMahon	Jackie Bezuidenhout	Ross Douglas
Emma Hunt	Frazer Dowling	Andrew
Bart Steanes	Frazer Dowling	Jackie Bezuidenhout
Maria Cimino	Jackie Bezuidenhout	Ashley McMahon
Phil Krok	Janet Naylor	Doug Barrett

As there were 12 nominations for the 11 positions, a vote of present members was required.

After the votes were cast, using a secret ballot, then counted by Andy West and Jackie Bezuidenhout, the following 11 committee members were elected:

Frazer Dowling
 Peter Higgins
 Ross Douglas
 Sally Richardson
 James Kaan
 James Fitzgerald
 Andrew MacDonald



Ashley McMahon
Emma Hunt
Bart Steanes
Maria Cimino

The new President Andy West congratulated all committee members for being nominated and winning a vote. He thinks we have a strong executive and committee to represent the members of UTS Norths and to continue the success of the club into the future.

Peter Higgins thanked Frazer Dowling for his achievement during his presidency. He said Frazer is a strategic thinker. He developed 3 years of initiatives many of which were adopted by ANSW eg the Schools Alliance Scheme (SAS) and the Treloar Shield. He stated that Frazer is a tremendous asset to the club. Peter said the reason we are in such a healthy position today is due to Frazer.

Frazer Dowling thanked Peter Higgins for his kind words. Frazer said that our success is due to all committee members. Sally Richardson is an excellent addition to the committee as she has done a lot of work with schools. All committee members are good operationally. Frazer would like to take a more strategic role being involved with the UTS Norths Foundation. There is a need for him and Peter Higgins to be part of strategic direction of the club. We need to develop further the EAP program, and relationships with schools through the SAS. He believed the club has a bright future. Frazer thanked Ron Bendall for all his work with UTS Norths. He said that Ron is the backbone of the club. He then thanked everyone for their support over his period as President.

Election of Club Captains

Frazer Dowling nominated Emma Hunt as female captain, Bart Steanes seconded. Carried.

Peter Higgins nominated James Kaan as male captain, Andy West seconded. Carried

The club decided to continue the practice of a male and female captain.

Patron

Frazer Dowling nominated Gail Giles-Giddy the Mayor of Willoughby City Council as our patron. She is an alumni of UTS, Jackie Bezuidenhout seconded. Carried.



Auditor

Doug Barrett nominated Peter Bebbington, Peter Douglas seconded. Carried.

General Business

1. Brian Hamilton moved a vote of thanks to Toni Dixon who started the partnership between UTS and Northern Suburbs Athletic Club. This was acknowledged by the meeting.
2. Ross Douglas informed the meeting that the old uniform has 3 months to go before it can be worn in competition. From 1 October all members must have new uniform. This fact needs to be communicated through all available channels
3. Peter Douglas supported Peter Higgins comments about Frazer Dowling
4. Peter Douglas thanked Peter Higgins for his editing and work on the Annual Report.
5. Peter Douglas stated that 4th July is the ANSW AGM. The club needs four delegates for ANSW AGM.
6. Peter Douglas reminded the meeting that road relays were in 2 weeks time.
7. Danielle Osiander stated that there needs to be greater gym access. Sally Richardson raised the solution of a roster to allow access during hiring times. This solution needs a certain number of members to commit for this procedure to work effectively.
8. Andy West reminded the new committee members that the next Committee Meeting was Monday 28th July, 7pm at North Ryde RSL Club.

The meeting was closed at 10:55am.

Andy West

**Secretary, UTS Norths Athletic Club Inc.
2013 - 2014**

Club Trophy Winners 2014 /2015

Ray Frith Trophy
Most Improved U16
Female
Kristie Edwards

John Hanman Trophy
Most Improved U16
Male
Ben Carter

Ruth Frith Trophy
Most Improved U18
Female
Annabel McDermott

Ray Land Trophy
Most Improved U18
Male
Louis Stenmark

John Suters Trophy
Most Improved U20
Female
Olivia Cason

Paul McCoy Trophy
Masters Athlete of the
Year - Male
Ashley McMahon

Mike Poirrier Trophy
Club Person of the
Year
**Alexandra
Bartholomew**

Maccabi Trophy
Out of Stadium Athlete of the Year
Matthew Cox

WJ Treloar Trophy
Most Improved U20 Male
**Matthew Crowe and Zackary
Lanigan**

Margaret Wrigley Trophy
Most Outstanding in Throws
Mackenzie Little

Janet Naylor Trophy
Most Outstanding in Jumps
Sean Barnes

Jennifer Lamy Trophy
Most Outstanding in Sprints
Bryce Collins

Dowling & Fitzgerald Athlete
With Disability Award
Rohan Bright

Gloria Seymon Trophy
Masters Athlete of the Year -
Female
Deborah Drennan

Club Committee Trophy
Best Team Performance
**Open Men's Medley Relay
(Anthony Collum, Sean
Fitzsimmons, James Gurr,
Will Austin-Cray)**

Nancy Lloyd Trophy
Most Outstanding
Distance Athlete
**Annabel McDermott and
Matthew Cox**

Laurie Toogood Trophy
Most Outstanding in
Middle Distance
Trychelle Kingdom

Wayne Lever Trophy
Encouragement Award-
Females
Lora Storey

Wayne Lever Trophy
Encouragement Award-
Males
Louis Stenmark

Jack Pross Award
Athlete Closest to
International Standard
Adrian Plummer

Peter Lucas Trophy
Best performance at
SOPAC
Adrian Plummer

Jennifer Jaye Trophy
Coach of the Year
Annie Davies

Multi Event Athlete Award
Jacinta Fisher

2014/2015 Season Rankings (as at 15 May 2015)



Stadium 2014/2015 Club Rankings

Marks since: 01-Jun-14

	Mark	Convert	Rn		Name	Age/Yr			
<u>FEMALE</u>									
Female 60m Sprint									
1	7.58	+1.5	F	---	Katrina Hunt	18	14/02/2015	NSW 5000m and Alcomers	
2	7.80	+1.5	F	---	Jasmine Everett	23	14/02/2015	NSW 5000m and Alcomers	
3	7.89	-0.9	F	---	Alexandra Bartholomew	20	17/01/2015	Illawarra track classic	
4	8.01	-2.0	F	---	Gabriella O'Grady	17	17/01/2015	Illawarra track classic	
5 *	8.29	+1.2	F	---	Tess Nelson	19	14/02/2015	NSW 5000m and Alcomers	
5 *	8.29	+1.4	F	---	Melissa Fitzsimmons	16	14/02/2015	NSW 5000m and Alcomers	
7	8.1h	NWI	8.34	F	---	Jacqueline Bezuidenhout	48	4/10/2014	Northern Zone W4
8	8.2h	NWI	8.44	F	---	Monique Perry	40	24/01/2015	Northern Zone W16
9	8.6h	NWI	8.84	F	---	Mattise Stringer	11	22/11/2014	Northern Zone W10
10	8.7h	NWI	8.94	F	---	Morgan Kelaher	11	24/01/2015	Northern Zone W16
11	8.87	NWI		F	---	Janet Naylor	48	14/02/2015	Mingara
12	9.09	1.6		F	---	Maria Cimino	43	21/02/2015	NSW Masters Championships
13	9.14	+0.5		F	---	Gabrielle Whelan	53	1/11/2014	2014 Pan Pacific Masters Games
14	8.9h	NWI	9.14	F	---	Jenny Schell	52	22/11/2014	Northern Zone W10
15	9.18	+1.2		F	---	Sarah Mcdermott	14	14/02/2015	NSW 5000m and Alcomers
16	9.50	1.4		F	---	Sarah Culhane	50	21/02/2015	NSW Masters Championships
17	9.8h	NWI	10.04	F	---	Deborah Drennan	56	7/02/2015	Northern Zone W18
18	9.9h	NWI	10.14	F	---	Rheanna McMahon	10	4/10/2014	Northern Zone W4
19	10.2h	NWI	10.44	F	---	Bronwyn Kelaher	49	24/01/2015	Northern Zone W16
20	10.46	-2.7		F	---	Belinda Chapman	34	21/02/2015	NSW Masters Championships
21	11.3h	NWI	11.54	F	---	Jillian Senior	62	18/10/2014	Northern Zone W6
22	12.7h	NWI	12.94	F	---	Roslyn Wolfers	69	4/10/2014	Northern Zone W4
Female 100m Sprint									
1	12.12	+2.4	P	---	Gabriella O'Grady	17	6/02/2015	2015 NSW Junior & Youth Championships	
2	12.13	-0.3	F	---	Kristie Edwards	14	9/10/2014	2014 NSW All Schools	
3	12.15	1.9	F	---	Alexandra Bartholomew	20	13/12/2014	Treloar Shield R7	
4	12.19	1.5	S	---	Jasmine Everett	24	7/02/2015	Canberra Classic	
5	12.22	1.1	S	---	Katrina Hunt	19	28/02/2015	NSW Open, U23 & Para Championships	

6	12.29	0.6		F	---	Nicola Haggerty Mayers	17	9/10/2014	2014 NSW All Schools
7	12.33	+2.4		P	---	Olivia Cason	17	6/02/2015	2015 NSW Junior & Youth Championships
8	12.55	1.2		F	---	Sophie McGovern	15	9/10/2014	2014 NSW All Schools
9	12.64	1.0		P	---	Dominica Jenkins	26	28/02/2015	NSW Open, U23 & Para Championships
10	12.67	2.5		F	---	Alice Falconer	15	20/12/2014	Treloar Shield R8
11	12.74	2.1		F	---	Tracey Morton	24	17/02/2015	2015 Bankstown Invitational
12	12.77	0.6		F	---	Jacinta Fisher	17	9/10/2014	2014 NSW All Schools
13	12.79	+0.3		F	---	Bernalee Viljoen	18	25/10/2014	Treloar Shield R2
14	12.82	+2.3		F	---	Jacqueline Bezuidenhout	48	25/10/2014	Treloar Shield R2
15	12.88	+0.3		F	---	Tess Nelson	19	7/03/2015	Allcomers
16	12.90	0.7		F	---	Melissa Fitzsimmons	16	9/10/2014	2014 NSW All Schools
17	12.97	-1.2		F	---	Emma Hunt	23	10/01/2015	NSW Club & Combined Event Championships
18	13.05	0.6		F	---	Adrianna Rusman	17	9/10/2014	2014 NSW All Schools
19	13.14	2.5		F	---	Abigail Stevanovic	12	1/11/2014	Treloar Shield R3
20	13.19	+2.3		F	---	Kylie Strong	47	25/10/2014	Treloar Shield R2
21	13.39	-2.2		F	---	Gabrielle Ralphs	19	8/11/2014	Treloar Shield R4 + 3km Championships
22	13.52	+0.7		P	---	Nicolette Donofrio	12	6/02/2015	2015 NSW Junior & Youth Championships
23	13.3h	NWI	13.54	F	---	Monique Perry	40	31/01/2015	Northern Zone W17
24	13.83	0.6		F	---	Morgan Kelaher	11	20/12/2014	Treloar Shield R8
25	13.94	-1.2		F	---	Amanda Crowe	14	20/12/2014	Treloar Shield R8
26	13.8h	NWI	14.04	F	---	Mattise Stringer	11	7/03/2015	Northern Zone W20
27	14.32	+0.3		M	---	Janet Naylor	49	10/01/2015	NSW Club & Combined Event Championships
28	14.3h	NWI	14.54	F	---	Gabrielle Whelan	54	11/10/2014	Northern Zone W5
29	14.4h	NWI	14.64	F	---	Joanna Windybank	14	17/01/2015	Northern Zone W15
30	14.70	0.2		F	---	Jenny Schell	52	20/12/2014	Treloar Shield R8
31	14.73	+2.3		F	---	Maria Cimino	43	25/10/2014	Treloar Shield R2
32	14.86	0.3		F	---	Jacinta Metcalf	13	10/01/2015	NSW Club & Combined Event Championships
33	14.87	-0.3		F	---	Elise Brennan	12	8/11/2014	Treloar Shield R4 + 3km Championships
34	15.53	+0.8		F	---	Deborah Drennan	56	25/10/2014	Treloar Shield R2
35	15.3h	NWI	15.54	F	---	Suzanne Brown	49	25/10/2014	Northern Zone W7
36	15.72			F	---	Sarah Culhane	50	21/02/2015	NSW Masters Championships
37	15.84	-1.3		F	---	Belinda Chapman	34	21/02/2015	NSW Masters Championships
38	16.4h	NWI	16.64	F	---	Jessica Culhane	11	8/11/2014	Northern Zone W9
39	17.2h	NWI	17.44	F	---	Bronwyn Kelaher	49	7/03/2015	Northern Zone W20
40	18.8h	NWI	19.04	F	---	Jillian Senior	62	14/02/2015	Northern Zone W19
41	20.6h	NWI	20.84	F	---	Nancy Lloyd	61	11/10/2014	Northern Zone W5
42	21.7h	NWI	21.94	F	---	Roslyn Wolfers	69	8/11/2014	Northern Zone W9

Female 200m Sprint

1	24.35	2.8	F	---	Kristie Edwards	14	29/11/2014	Treloar Shield R5
2	24.41	2.7	F	---	Katrina Hunt	18	20/12/2014	Treloar Shield R8
3	24.64	2.1	F	---	Alexandra Bartholomew	20	29/11/2014	Treloar Shield R5
4	24.90	2.8	F	---	Sophie McGovern	15	29/11/2014	Treloar Shield R5
5	25.03	2.1	F	---	Tracey Morton	23	29/11/2014	Treloar Shield R5
6	25.10	2.7	F	---	Gabriella O'Grady	17	20/12/2014	Treloar Shield R8
7	25.17	+1.6	F	---	Olivia Cason	17	6/02/2015	2015 NSW Junior & Youth Championships
8 *	25.22	-1.5	F	---	Jasmine Everett	23	7/03/2015	Allcomers
8 *	25.22	+1.5	M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Open Nationals
10	25.50	-0.1	F	---	Nicola Haggerty Mayers	17	9/10/2014	2014 NSW All Schools
11	25.60	0.4	F	---	Madison Gipson	19	20/12/2014	Treloar Shield R8
12	25.73	1.5	P	---	Dominica Jenkins	26	28/02/2015	NSW Open, U23 & Para Championships
13	26.05	1.8	F	---	Lora Storey	25	29/11/2014	Treloar Shield R5
14	26.39	-0.2	F	---	Adrianna Rusman	17	4/10/2014	Athletics NSW
15	26.42		F	---	Melissa Fitzsimmons	16	18/10/2014	Treloar Shield R1
16	26.46	+2.2	F	---	Abigail Stevanovic	12	6/02/2015	2015 NSW Junior & Youth Championships
17	26.55	2.6	F	---	Tess Nelson	19	29/11/2014	Treloar Shield R5
18	26.62	5.7	F	---	Gabrielle Ralphs	19	1/11/2014	Treloar Shield R3
19	26.75	1.0	M	---	Elana Withnall	22	29/09/2014	2014 Australian University Games
20	26.88	0.2	P	---	Bernalee Viljoen	19	29/09/2014	2014 Australian University Games
21	26.89	+1.1	M	---	Karina Brown	16	26/03/2015	2015 Australian Combined Events Champs
22	26.91	-0.9	F	---	Alice Falconer	15	20/12/2014	Treloar Shield R8
23	27.13	+2.3	F	---	Jacqueline Bezuidenhout	48	25/10/2014	Treloar Shield R2
24	27.38	2.9	F	---	Amanda Crowe	14	29/11/2014	Treloar Shield R5

25	27.43			F	---	Eliza Woollett	14	18/10/2014	Treloar Shield R1
26	27.48			F	---	Ruby Lucas	17	18/10/2014	Treloar Shield R1
27	27.52	1.9		F	---	Len Augustine	17	1/11/2014	Treloar Shield R3
28	27.53	+2.3		F	---	Kylie Strong	47	25/10/2014	Treloar Shield R2
29	28.08	+1.2		F	---	Emily Augustine	18	25/10/2014	Treloar Shield R2
30	28.10			F	---	Emma Baptist	15	18/10/2014	Treloar Shield R1
31	28.17			F	---	Sarah Healey	16	18/10/2014	Treloar Shield R1
32	28.54	+1.4		M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
33	28.61	+0.4		P	---	Nicolette Donofrio	12	6/02/2015	2015 NSW Junior & Youth Championships
34	28.67	1.0		F	---	Morgan Kelaheer	11	20/12/2014	Treloar Shield R8
35	29.09	-1.8		F	---	Jacinta Metcalf	12	20/12/2014	Treloar Shield R8
36	29.1h	NWI	29.34	F	---	Mattise Stringer	11	1/11/2014	Northern Zone W8
37	29.57	0.4		F	---	Gabrielle Whelan	54	29/11/2014	Treloar Shield R5
38	29.4h	NWI	29.64	F	---	Joanna Windybank	14	24/01/2015	Northern Zone W16
39	29.71	+1.4		M	---	Laurn Walker	14	26/03/2015	2015 Australian Combined Events Champs
40	29.72			F	---	Lauren Brown	12	18/10/2014	Treloar Shield R1
41	29.80	NWI		F	---	Jenny Schell	52	20/12/2014	Treloar Shield R8
42	30.15	-1.4		M	---	Elise Brennan	12	20/09/2014	NSW All Schools Multi Event
43	30.23	+0.0		F	---	Janet Naylor	48	28/02/2015	Brisbane
44	30.24	-3.3		M	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event
45	30.91			F	---	Lara Woollett	12	18/10/2014	Treloar Shield R1
46	31.28	NWI		F	---	Claudia White	18	24/03/2015	ANSW Permit Meet
47	31.35			F	---	Brooke Niccol	12	18/10/2014	Treloar Shield R1
48	31.59	-1.8		F	---	Kate Watson	13	20/12/2014	Treloar Shield R8
49	31.91			F	---	Sarah Culhane	50	21/02/2015	NSW Masters Championships
50	31.92	+1.0		F	---	Maria Cimino	43	7/03/2015	Allcomers
51	32.18	NWI		F	---	Deborah Drennan	56	20/12/2014	Treloar Shield R8
52	36.8h	NWI	37.04	F	---	Rheanna McMahon	10	24/01/2015	Northern Zone W16
53	37.9h	NWI	38.14	F	---	Bronwyn Kelaheer	49	24/01/2015	Northern Zone W16
54	41.4h	NWI	41.64	F	---	Jillian Senior	62	18/10/2014	Northern Zone W6
55	43.6h	NWI	43.84	F	---	Nancy Lloyd	61	18/10/2014	Northern Zone W6
56	46.8h	NWI	47.04	F	---	Carol Goddard	54	4/10/2014	Northern Zone W4
57	1:04.32	0.3		F	---	Belinda Chapman	34	21/02/2015	NSW Masters Championships
Female 400m Sprint									
1	55.19			F	---	Alexandra Bartholomew	20	29/09/2014	2014 Australian University Games
2	56.51			F	---	Olivia Cason	17	11/03/2015	Australian Junior Champs
3	56.91			F	---	Lora Storey	25	20/12/2014	Treloar Shield R8
4	57.13			F	---	Tracey Morton	23	17/01/2015	Illawarra track classic
5	57.63			F	---	Madison Gipson	19	20/12/2014	Treloar Shield R8
1	59.04			F	---	Dominica Jenkins	26	19/03/2015	Allcomers
6	59.09			F	---	Emma Hunt	22	31/01/2015	Hunter Track Classic
7	59.44			F	---	Eliza Woollett	14	27/09/2014	Athletics NSW
8	59.68			F	---	Katrina Lamas	16	8/11/2014	Treloar Shield R4 + 3km Championships
9	59.75			F	---	Abigail Stevanovic	12	6/02/2015	2015 NSW Junior & Youth Championships
10	1:00.01			P	---	Adrianna Rusman	17	6/02/2015	2015 NSW Junior & Youth Championships
12	1:00.32			P	---	Jacinta Fisher	18	28/02/2015	NSW Open, U23 & Para Championships
13	1:01.11			F	---	Emily Augustine	18	25/10/2014	Treloar Shield R2
14	1:01.63			F	---	Melissa Fitzsimmons	16	27/09/2014	Athletics NSW
15	1:01.70			P	---	Sascha Gassmann	13	9/10/2014	2014 NSW All Schools
16	1:02.28			F	---	Laurn Walker	14	20/12/2014	Treloar Shield R8
17	1:03.04			P	---	Jacinta Metcalf	13	11/03/2015	Australian Junior Champs
18	1:03.37			F	---	Isabella Thornton-Bott	17	17/02/2015	2015 Bankstown Invitational
19	1:03.74			F	---	Molly Quoye	15	10/01/2015	NSW Club & Combined Event Championships
2	1:03.97			F	---	Alex Kerr	17	19/03/2015	Allcomers
20	1:04.05			F	---	Emma Baptist	15	20/12/2014	Treloar Shield R8
21	1:04.08			F	---	Claudia Mee	15	27/09/2014	Athletics NSW
22	1:05.60			P	---	Zoe Latham	15	6/02/2015	2015 NSW Junior & Youth Championships
23	1:06.94			F	---	Elise Brennan	12	20/12/2014	Treloar Shield R8
24	1:07.38			F	---	Morgan Kelaheer	11	20/12/2014	Treloar Shield R8
25	1:07.5h		1:07.64	F	---	Hope Rosenberg	15	25/10/2014	Northern Zone W7
26	1:07.78			F	---	Gabrielle Whelan	53	1/11/2014	2014 Pan Pacific Masters Games
27	1:08.2h		1:08.34	F	---	Joanna Windybank	14	17/01/2015	Northern Zone W15
28	1:09.42			F	---	Laura Van den honert	21	8/11/2014	Treloar Shield R4 + 3km Championships

29	1:09.58		F	---	Brooke East	14	6/12/2014	Treloar Shield R6
30	1:10.22		F	---	Deborah Drennan	56	3/04/2015	Australian Masters Champs
31	1:10.29		F	---	Lauren Brown	12	20/12/2014	Treloar Shield R8
32	1:11.07		F	---	Kate Watson	13	20/12/2014	Treloar Shield R8
33	1:14.69		F	---	Sarah Culhane	50	21/02/2015	NSW Masters Championships
34	1:24.8h	1:24.94	F	---	Suzanne Brown	49	25/10/2014	Northern Zone W7
35	1:25.5h	1:25.64	F	---	Jessica Culhane	11	27/09/2014	Northern Zone W3
36	1:34.2h	1:34.34	F	---	Bronwyn Kelaher	49	7/03/2015	Northern Zone W20
37	1:34.6h	1:34.74	F	---	Rheanna McMahon	10	14/02/2015	Northern Zone W19
38	1:42.4h	1:42.54	F	---	Jillian Senior	62	29/11/2014	Northern Zone W11
39	1:43.0h	1:43.14	F	---	Nancy Lloyd	61	11/10/2014	Northern Zone W5
40	2:49.1h	2:49.24	F	---	Laurel Barrett	84	8/11/2014	Northern Zone W9

Female 800m Run

1	2:05.15		F	---	Trychelle Kingdom	24	15/03/2015	Sydney Track Classic
2	2:11.48		F	---	Jemima Mariel Backman	22	29/09/2014	2014 Australian University Games
3	2:13.41		P	---	Bianca Grimaldi	18	11/03/2015	Australian Junior Champs
4	2:14.77		F	---	Eliza Woollett	14	9/10/2014	2014 NSW All Schools
5	2:14.85		F	---	Emily Augustine	18	9/10/2014	2014 NSW All Schools
6	2:16.82		F	---	Len Augustine	17	1/11/2014	Treloar Shield R3
7 *	2:17.32		F	---	Else Gallen	21	19/03/2015	Allcomers
7 *	2:17.32		F	---	Katrina Lamas	16	6/02/2015	2015 NSW Junior & Youth Championships
9	2:21.25		F	---	Isabella Thornton-Bott	16	6/02/2015	2015 NSW Junior & Youth Championships
10	2:21.55		F	---	Hope Rosenberg	15	7/03/2015	Allcomers
11	2:23.77		F	---	Sarah Mcdermott	14	9/10/2014	2014 NSW All Schools
12	2:24.35		F	---	Lora Storey	26	10/01/2015	NSW Club & Combined Event Championships
13	2:26.26		P	---	Sascha Gassmann	13	9/10/2014	2014 NSW All Schools
14	2:26.86		M	---	Elana Withnall	20	29/09/2014	2014 Australian University Games
15	2:27.21		F	---	Jacinta Metcalf	12	6/02/2015	2015 NSW Junior & Youth Championships
16	2:30.10		M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Combined Events Champs
17	2:30.48		P	---	Molly Quoye	14	9/10/2014	2014 NSW All Schools
18	2:34.20		F	---	Holly Eva Ratajec	20	24/03/2015	ANWS Permit Meet
19	2:34.68		F	---	Claudia White	18	24/03/2015	ANWS Permit Meet
20	2:35.71		F	---	Emma Baptist	15	1/11/2014	Treloar Shield R3
21	2:37.53		F	---	Laura Van den honert	21	1/11/2014	Treloar Shield R3
22	2:38.32		P	---	Brooke Niccol	13	9/10/2014	2014 NSW All Schools
23	2:39.60		M	---	Karina Brown	16	26/03/2015	2015 Australian Combined Events Champs
24	2:40.00		M	---	Lauryn Walker	14	26/03/2015	2015 Australian Combined Events Champs
25	2:41.02		M	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event
26	2:41.36		F	---	Daniella Lamas	20	18/10/2014	Treloar Shield R1
27	2:42.73		F	---	Deborah Drennan	56	3/04/2015	Australian Masters Champs
28	2:47.68		F	---	Juliet Grundy	15	9/10/2014	2014 NSW All Schools
29	2:48.51		M	---	Elise Brennan	12	20/09/2014	NSW All Schools Multi Event
30	2:52.55		M	---	Jacqueline Bezuidenhout	49	10/01/2015	NSW Club & Combined Event Championships
31	2:59.20		M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
32	3:01.4h		F	---	Morgan Kelaher	11	22/11/2014	Northern Zone W10
33	3:31.8h		F	---	Carol Goddard	54	4/10/2014	Northern Zone W4
34	3:43.17		M	---	Maria Cimino	43	3/04/2015	Australian Masters Champs
35	3:53.40		M	---	Janet Naylor	49	10/01/2015	NSW Club & Combined Event Championships
36	3:57.66		M	---	Jillian Senior	63	3/04/2015	Australian Masters Champs
37	3:59.3h		F	---	Nancy Lloyd	61	18/10/2014	Northern Zone W6
38	4:05.3h		F	---	Bronwyn Kelaher	49	22/11/2014	Northern Zone W10
39	4:05.7h		F	---	Carmel Parker	49	7/02/2015	Northern Zone W18
40	4:34.57		F	---	Annabel McDermott	16	6/02/2015	2015 NSW Junior & Youth Championships
41	4:58.99		F	---	Eloise Doherty	15	6/02/2015	2015 NSW Junior & Youth Championships

Female 1500m Run

1	4:10.83		F	---	Trychelle Kingdom	24	26/03/2015	Australian Open Champs
2	4:26.65		F	---	Annabel McDermott	16	28/02/2015	NSW Open, U23 & Para Championships
3	4:32.57		F	---	Jemima Mariel Backman	22	29/09/2014	2014 Australian University Games
4	4:34.24		F	---	Else Gallen	20	20/12/2014	Treloar Shield R8
5	4:39.54		F	---	Emily Augustine	18	9/10/2014	2014 NSW All Schools
6	4:54.15		F	---	Hope Rosenberg	15	20/12/2014	Treloar Shield R8
7	4:54.17		F	---	Isabella Thornton-Bott	16	6/02/2015	2015 NSW Junior & Youth Championships
8	4:56.73		F	---	Bianca Grimaldi	18	6/02/2015	2015 NSW Junior & Youth Championships

9	4:58.41	F	---	Eloise Doherty	16	17/02/2015	2015 Bankstown Invitational	
10	5:27.83	F	---	Ariana Delawari	17	27/09/2014	Athletics NSW	
11	5:32.40	F	---	Holly Ratajecz	21	19/03/2015	Allcomers	
12	5:42.23	F	---	Deborah Drennan	56	20/12/2014	Treloar Shield R8	
13	5:43.14	F	---	Brooke Niccol	12	27/09/2014	Athletics NSW	
14	5:44.74	F	---	Holly Eva Ratajecz	20	20/12/2014	Treloar Shield R8	
15	6:58.4h	F	---	Suzanne Brown	49	25/10/2014	Northern Zone W7	
16	7:54.7h	F	---	Nancy Lloyd	61	11/10/2014	Northern Zone W5	
Female 3000m Run								
1	9:31.13	F	---	Trychelle Kingdom	24	8/11/2014	Treloar Shield R4 + 3km Championships	
2	9:36.12	F	---	Annabel McDermott	16	11/03/2015	Australian Junior Champs	
3	9:52.59	F	---	Kasey Mumby	22	18/10/2014	Treloar Shield R1	
4	9:58.44	F	---	Lucy Starrat	26	8/11/2014	Treloar Shield R4 + 3km Championships	
5	10:14.83	F	---	Jemima Mariel Backman	22	8/11/2014	Treloar Shield R4 + 3km Championships	
1	10:54.61	F	---	Eloise Doherty	15	8/11/2014	Treloar Shield R4 + 3km Championships	
6	11:02.21	F	---	Ariana Delawari	17	9/10/2014	2014 NSW All Schools	
8	11:41.70	F	---	Astrid Kingsmill	13	9/10/2014	2014 NSW All Schools	
3	12:06.38	F	---	Claudia White	18	8/11/2014	Treloar Shield R4 + 3km Championships	
1	12:38.77	F	---	Deborah Drennan	56	8/11/2014	Treloar Shield R4 + 3km Championships	
10	15:14.0h	F	---	Suzanne Brown	49	28/02/2015	Northern Zone W20	
11	16:44.8h	F	---	Nancy Lloyd	61	18/10/2014	Northern Zone W6	
Female 5000m Run								
1	16:41.48	F	---	Lucy Starrat	26	14/02/2015	NSW 5000m and Alcomers	
2	17:33.45	F	---	Elese Gallen	20	14/02/2015	NSW 5000m and Alcomers	
3	17:44.65	F	---	Charlotte Wilson	23	14/02/2015	NSW 5000m and Alcomers	
4	29:15.33	F	---	Nancy Lloyd	61	3/04/2015	Australian Masters Champs	
Female 10000m Run OUT OF STADIA								
1	1:05:00.00	F	---	Kate Hobbs	19	29/03/2015	2015 NSW Mountain Running Champs	
Female 1 Mile Run								
1	5:16.13	F	---	Emily Augustine	18	17/01/2015	Illawarra track classic	
Female 1500m Walk								
1	8:05.31	F	---	Elise Brennan	12	29/11/2014	Treloar Shield R5	
2	9:22.64	F	---	Suzanne Brown	49	3/04/2015	Australian Masters Champs	
3	9:23.8h	F	---	Carmel Parker	49	7/02/2015	Northern Zone W18	
4	9:39.75	F	---	Ainslie Brown	13	10/01/2015	NSW Club & Combined Event Championships	
5	9:52.8h	F	---	Nancy Lloyd	61	1/11/2014	Northern Zone W8	
6	12:43.3h	F	---	Roslyn Wolfers	69	22/11/2014	Northern Zone W10	
Female 3000m Walk								
1	17:20.67	F	---	Elise Brennan	13	11/03/2015	Australian Junior Champs	
2	19:49.3h	F	---	Suzanne Brown	49	7/03/2015	Northern Zone W20	
3	20:43.8h	F	---	Carmel Parker	49	31/01/2015	Northern Zone W17	
4	20:44.8h	F	---	Nancy Lloyd	61	25/10/2014	Northern Zone W7	
5	21:20.1h	F	---	Morgan Kelaher	11	7/03/2015	Northern Zone W20	
6	27:10.0h	F	---	Laurel Barrett	84	8/11/2014	Northern Zone W9	
Female 5000m Walk								
1	33:48.18	F	---	Suzanne Brown	49	21/02/2015	NSW Masters Championships	
Female 10000m Walk								
1	1:12:25.59	F	---	Suzanne Brown	50	10/01/2015	NSW Club & Combined Event Championships	
Female 80m Hurdles 0.762m								
1	12.27	+2.1	F	---	Abigail Stevanovic	13	11/03/2015	Australian Junior Champs
2	12.92	+2.1	F	---	Nicolette Donofrio	12	11/03/2015	Australian Junior Champs
3	14.08	0.9	F	---	Jacqualine Bezuidenhout	48	18/10/2014	Treloar Shield R1
4	15.05	-0.3	P	---	Sascha Gassmann	13	9/10/2014	2014 NSW All Schools
5	15.84	-0.2	F	---	Jacinta Metcalf	12	27/09/2014	Athletics NSW
6	15.93		F	---	Elise Brennan	12	8/11/2014	Treloar Shield R4 + 3km Championships
7	16.56	+0.0	F	---	Janet Naylor	48	3/04/2015	Australian Masters Champs
8	19.49	0.9	F	---	Maria Cimino	43	18/10/2014	Treloar Shield R1
Female 90m Hurdles 0.762m								
1	13.23	2.7	F	---	Sophie McGovern	15	9/10/2014	2014 NSW All Schools
2	14.23	1.6	F	---	Abigail Stevanovic	12	20/12/2014	Treloar Shield R8
3	14.37		F	---	Amanda Crowe	14	8/11/2014	Treloar Shield R4 + 3km Championships
4	14.53	+0.0	F	---	Lauryn Walker	14	9/10/2014	2014 NSW All Schools

5	15.10	-0.5	F	---	Brooke East	14	6/02/2015	2015 NSW Junior & Youth Championships
6	15.30	0.3	P	---	Giselle Collins	15	9/10/2014	2014 NSW All Schools
7	16.41	1.3	P	---	Johanna Biddle	15	9/10/2014	2014 NSW All Schools
8	16.71	+0.3	M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
Female 100m Hurdles 0.762m								
1	14.35	+1.1	M	---	Karina Brown	16	26/03/2015	2015 Australian Combined Events Champs
4	14.67	+1.0	M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Open Nationals
2	14.90	-0.3	F	---	Sophie McGovern	15	20/12/2014	Treloar Shield R8
3	15.02	+0.5	F	---	Jacinta Fisher	17	11/03/2015	Australian Junior Champs
4	15.68	1.5	F	---	Sarah Healey	16	8/11/2014	Treloar Shield R4 + 3km Championships
Female 100m Hurdles 0.840m								
1	13.88	4.9	F	---	Katrina Hunt	19	17/02/2015	2015 Bankstown Invitational
2	14.43	1.0	F	---	Tess Nelson	20	28/02/2015	NSW Open, U23 & Para Championships
3	15.36	0.9	F	---	Elana Withnall	20	7/06/2014	Winter Series 1 2014
4	16.25	0.1	F	---	Jenny King	18	9/10/2014	2014 NSW All Schools
Female 200m Hurdles 0.762m								
1	29.16	+0.7	F	---	Abigail Stevanovic	13	11/03/2015	Australian Junior Champs
2	29.59		F	---	Sophie McGovern	15	9/10/2014	2014 NSW All Schools
3	30.18	+1.2	P	---	Amanda Crowe	14	11/03/2015	Australian Junior Champs
4	31.37	-0.5	F	---	Lauryn Walker	14	9/10/2014	2014 NSW All Schools
5	31.55	+2.8	P	---	Nicolette Donofrio	12	11/03/2015	Australian Junior Champs
6	32.70	+1.9	P	---	Gabriella Richmond	13	11/03/2015	Australian Junior Champs
7	36.20	0.4	P	---	Brooke East	14	9/10/2014	2014 NSW All Schools
Female 400m Hurdles 0.762m								
1	59.62		F	---	Lora Storey	26	28/02/2015	NSW Open, U23 & Para Championships
2	1:05.27		F	---	Elana Withnall	22	28/02/2015	NSW Open, U23 & Para Championships
3	1:08.18		F	---	Melissa Fitzsimmons	16	9/10/2014	2014 NSW All Schools
4	1:09.04		F	---	Gabrielle Ralphs	19	29/09/2014	2014 Australian University Games
5	1:09.22		F	---	Emma Baptist	15	18/10/2014	Treloar Shield R1
6	1:16.68		F	---	Jenny King	18	9/10/2014	2014 NSW All Schools
Female 2000m StplCh 0.762m								
1	8:23.22		F	---	Emma Baptist	15	13/12/2014	Treloar Shield R7
2	8:41.82		F	---	Astrid Kingsmill	13	27/09/2014	Athletics NSW
3	8:47.89		F	---	Sarah Mcdermott	14	9/10/2014	2014 NSW All Schools
Female 3000m StplCh 0.762m								
1	10:26.56		F	---	Charlotte Wilson	23	17/02/2015	2015 Bankstown Invitational
2	13:15.91		F	---	Holly Ratajec	21	28/02/2015	NSW Open, U23 & Para Championships
Female High Jump								
1	1.70m		F	---	Karina Brown	16	18/10/2014	Treloar Shield R1
2	1.65m		F	---	Gabrielle Ralphs	19	29/09/2014	2014 Australian University Games
3	1.59m		M	---	Elana Withnall	20	29/09/2014	2014 Australian University Games
4	1.56m		M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Combined Events Champs
5	1.47m		M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
6	1.40m		F	---	Jacqueline Bezuidenhout	48	18/10/2014	Treloar Shield R1
7	1.38m		M	---	Lauryn Walker	14	26/03/2015	2015 Australian Combined Events Champs
8	1.22m		M	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event

Female Long Jump

1	5.81m	-0.7	M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Combined Events Champs
2	5.40m	0.4	F	---	Sarah Healey	16	8/11/2014	Treloar Shield R4 + 3km Championships
3	5.38m	1.7	P	---	Melissa Fitzsimmons	16	7/02/2015	Canberra Track Classic
4	5.27m	1.5	F	---	Gabrielle Ralphs	19	29/09/2014	2014 Australian University Games
5	5.18m	2.4	F	---	Elana Withnall	20	7/06/2014	Winter Series 1 2014
6	5.09m	+0.2	M	---	Karina Brown	16	26/03/2015	2015 Australian Combined Events Champs
7	5.00m	0.3	F	---	Johanna Biddle	15	9/10/2014	2014 NSW All Schools
8	4.49m	+0.0	F	---	Jacqueline Bezuidenhout	48	3/04/2015	Australian Masters Champs
9	4.35m	+0.2	M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
10	4.27m		F	---	Morgan Kelaher	11	25/10/2014	Northern Zone W7
11	4.25m	-1.0	M	---	Janet Naylor	48	3/04/2015	Australian Masters Champs
12	4.09m	-0.9	M	---	Maria Cimino	43	3/04/2015	Australian Masters Champs
13	4.05m	1.0	F	---	Nicolette Donofrio	12	9/10/2014	2014 NSW All Schools
14	3.99m	+1.0	M	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event
15	3.94m		F	---	Sarah Culhane	50	25/10/2014	Northern Zone W7
16	3.88m		F	---	Gabrielle Whelan	54	21/02/2015	NSW Masters Championships
17	3.69m	0.6	F	---	Elise Brennan	12	8/11/2014	Treloar Shield R4 + 3km Championships
18	3.63m	+0.1	M	---	Laurn Walker	14	26/03/2015	2015 Australian Combined Events Champs
19	3.56m		F	---	Jessica Culhane	11	8/11/2014	Northern Zone W9
20	3.08m		F	---	Jillian Senior	62	31/01/2015	Northern Zone W17
21	2.31m		F	---	Bronwyn Kelaher	49	7/03/2015	Northern Zone W20

Female Triple Jump

1	12.56m	+1.8	F	---	Jacinta Fisher	17	31/01/2015	Hunter Track Classic
2	10.81m	0.5	F	---	Karina Brown	16	9/10/2014	2014 NSW All Schools
3	9.38m	+0.0	F	---	Giselle Collins	15	9/10/2014	2014 NSW All Schools
4	8.56m	+3.0	F	---	Maria Cimino	43	14/02/2015	NSW 5000m and Alcomers
5	8.43m		F	---	Sarah Culhane	50	18/10/2014	Northern Zone W6
6	8.42m		F	---	Morgan Kelaher	12	10/01/2015	NSW Club & Combined Event Championships
7	6.59m		F	---	Jillian Senior	62	22/11/2014	Northern Zone W10
8	6.53m		F	---	Rheanna McMahon	10	4/10/2014	Northern Zone W4
9	6.44m		F	---	Jenny Schell	52	22/11/2014	Northern Zone W10
10	5.61m		F	---	Bronwyn Kelaher	49	24/01/2015	Northern Zone W16

Female Shot Put 2kg

1	6.04m		F	---	Jessica Culhane	11	27/09/2014	Northern Zone W3
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Female Shot Put 3kg

1	11.52m		F	---	Brianna Gibson	15	9/10/2014	2014 NSW All Schools
2	10.00m		F	---	Phoebe Carter	16	13/09/2014	Northern Zone W1
3	10.07m		M	---	Karina Brown	16	26/03/2015	2015 Australian Open Nationals
4	10.02m		F	---	Glenys Whitehead	50	3/04/2015	Australian Masters Champs
5	9.19m		M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Open Nationals
6	9.07m		F	---	Elise Brennan	12	14/02/2015	Northern Zone W19
7	8.75m		M	---	Karina Brown	16	20/09/2014	NSW All Schools Multi Event
8	8.62m		M	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event
9	8.28m		M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
10	8.21m		F	---	Sarah Culhane	50	14/02/2015	Northern Zone W19
11	7.75m		F	---	Jenny Schell	52	22/11/2014	Northern Zone W10
12	7.41m		M	---	Laurn Walker	14	26/03/2015	2015 Australian Combined Events Champs
13	7.12m		F	---	Gabrielle Whelan	54	22/11/2014	Northern Zone W10
14	6.73m		F	---	Lauren Brown	13	10/01/2015	NSW Club & Combined Event Championships
15	6.39m		F	---	Jillian Senior	62	17/01/2015	Northern Zone W15
16	6.23m		F	---	Roslyn Wolfers	69	29/11/2014	Northern Zone W11
17	5.42m		F	---	Carol Goddard	54	4/10/2014	Northern Zone W4
18	5.31m		F	---	Karen Jones	62	24/01/2015	Northern Zone W16

Female Shot Put 4kg

1	11.14m		F	---	Gabrielle Ralphs	19	29/09/2014	2014 Australian University Games
2	10.69m		F	---	Caroline Layt	49	3/04/2015	Australian Masters Champs
3	9.97m		M	---	Elana Withnall	20	29/09/2014	2014 Australian University Games
4	8.76m		F	---	Sarah Dobriskey	29	8/11/2014	Northern Zone W9
5	8.41m		F	---	Maria Cimino	43	6/12/2014	Northern Zone W12
6	8.08m		F	---	Daniella Lamas	20	25/10/2014	Treloar Shield R2

7	7.16m	F	---	Suzanne Brown	49	25/10/2014	Northern Zone W7
8	7.09m	M	---	Jacqueline Bezuidenhout	49	10/01/2015	NSW Club & Combined Event Championships
9	6.92m	M	---	Janet Naylor	48	3/04/2015	Australian Masters Champs
Female Discus 1kg							
1	36.37m	F	---	Eliza Cepak	19	29/09/2014	2014 Australian University Games
2	35.19m	F	---	Annabelle Gillings	15	19/03/2015	Allcomers
3	34.36m	F	---	Brianna Gibson	15	9/10/2014	2014 NSW All Schools
4	29.91m	F	---	Caroline Layt	50	19/03/2015	Allcomers
5	28.18m	F	---	Glenys Whitehead	50	28/02/2015	Northern Zone W20
6	27.40m	F	---	Elise Brennan	12	8/11/2014	Treloar Shield R4 + 3km Championships
7	26.56m	F	---	Maria Cimino	44	19/03/2015	Allcomers
8	22.85m	F	---	Brooke East	14	6/12/2014	Treloar Shield R6
9	21.44m	F	---	Sarah Dobriskey	29	1/11/2014	Northern Zone W8
10	21.29m	F	---	Sarah Culhane	50	18/10/2014	Northern Zone W6
11	20.56m	F	---	Jacinta Fisher	17	6/02/2015	2015 NSW Junior & Youth Championships
12	20.12m	F	---	Jenny Schell	52	22/11/2014	Northern Zone W10
13	14.84m	F	---	Deborah Drennan	56	20/09/2014	Northern Zone W2
14	14.65m	F	---	Roslyn Wolfers	69	24/01/2015	Northern Zone W16
15	14.58m	F	---	Jillian Senior	62	20/09/2014	Northern Zone W2
16	13.80m	F	---	Karen Jones	62	28/02/2015	Northern Zone W20
Female Discus 750g							
1	33.54m	F	---	Elise Brennan	12	9/10/2014	2014 NSW All Schools
Female Hammer 3kg							
1	41.27m	F	---	Glenys Whitehead	50	3/04/2015	Australian Masters Champs
2	29.64m	F	---	Phoebe Carter	16	13/09/2014	Northern Zone W1
3	20.72m	F	---	Jillian Senior	62	14/02/2015	Northern Zone W19
4	19.32m	F	---	Karen Jones	62	14/02/2015	Northern Zone W19
5	19.12m	F	---	Sarah Culhane	50	31/01/2015	Northern Zone W17
6	17.14m	F	---	Jenny Schell	52	25/10/2014	Northern Zone W7
7	16.59m	F	---	Roslyn Wolfers	69	17/01/2015	Northern Zone W15
Female Hammer 4kg							
1	61.98m	F	---	Odette Palmer	32	18/04/2015	Chatswood
2	37.95m	F	---	Sarah Dobriskey	29	8/11/2014	Northern Zone W9
3	33.91m	M	---	Caroline Layt	49	3/04/2015	Australian Masters Champs
4	19.74m	F	---	Maria Cimino	43	27/09/2014	Northern Zone W3
5	18.97m	F	---	Daniella Lamas		29/09/2014	2014 Australian University Games
Female Javelin 400g							
1	28.00m	F	---	Elise Brennan	12	14/02/2015	Northern Zone W19
2	17.83m	F	---	Lauren Brown	12	1/11/2014	Treloar Shield R3
3	12.98m	F	---	Ainslie Brown	12	1/11/2014	Treloar Shield R3
4	10.88m	M	---	Jillian Senior	63	3/04/2015	Australian Masters Champs
5	10.13m	M	---	Karen Jones	62	3/04/2015	Australian Masters Champs
6	9.11m	F	---	Jessica Culhane	11	27/09/2014	Northern Zone W3
Female Javelin 500g							
1	40.03m	F	---	Annika Mountstephens	14	6/02/2015	2015 NSW Junior & Youth Championships
2	36.46m	F	---	Brooke East	14	11/03/2015	Australian Junior Champs
3	35.25m	F	---	Brianna Gibson	15	9/10/2014	2014 NSW All Schools
4	32.48m	M	---	Jacinta Fisher	17	26/03/2015	2015 Australian Open Nationals
5	30.33m	F	---	Rosie Bokeyar	16	9/10/2014	2014 NSW All Schools
6	28.40m	F	---	Zoe Baptist	17	9/10/2014	2014 NSW All Schools
7	26.90m	F	---	Phoebe Carter	16	13/09/2014	Northern Zone W1
8	25.78m	M	---	Karina Brown	16	26/03/2015	2015 Australian Open Nationals
9	24.32m	F	---	Glenys Whitehead	50	21/02/2015	NSW Masters Championships
10	24.22m	M	---	Lauryn Walker	14	26/03/2015	2015 Australian Combined Events Champs
11	20.98m	F	---	Sarah Culhane	50	14/02/2015	Northern Zone W19
12	17.81m	M	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
13	14.36m	F	---	Jillian Senior	62	25/10/2014	Northern Zone W7
14	13.79m	F	---	Roslyn Wolfers	69	13/09/2014	Northern Zone W1
15	10.37m	F	---	Karen Jones	62	25/10/2014	Northern Zone W7
Female Javelin 600g							
1	53.17m	F	---	Mackenzie Little	19	26/03/2015	2015 Australian Open Nationals
2	29.72m	F	---	Eliza Cepak	19	29/09/2014	2014 Australian University Games
3	26.26m	F	---	Rochelle Sharpe	18	6/12/2014	Treloar Shield R6
4	24.37m	M	---	Elana Withnall	20	29/09/2014	2014 Australian University Games
5	24.23m	F	---	Maria Cimino	43	14/02/2015	NSW 5000m and Allcomers

6	22.20m	M	---	Jacqueline Bezuidenhout	49	10/01/2015	NSW Club & Combined Event Championships
7	20.44m	M	---	Caroline Layt	49	3/04/2015	Australian Masters Champs
8	20.25m	F	---	Janet Naylon	48	8/11/2014	Northern Zone W9
9	17.34m	F	---	Sarah Dobriskey	29	29/11/2014	Northern Zone W11
10	16.98m	F	---	Suzanne Brown	49	25/10/2014	Northern Zone W7
11	7.99m	F	---	Daniella Lamas	20	29/09/2014	2014 Australian University Games

Female Wght Thr 5.45kg

1	9.00m	F	---	Jillian Senior	62	4/10/2014	Northern Zone W4
2	6.55m	F	---	Roslyn Wolfers	69	4/10/2014	Northern Zone W4
3	6.42m	F	---	Karen Jones	62	3/04/2015	Australian Masters Champs

Female Wght Thr 7.26kg

1	12.42m	F	---	Glenys Whitehead	50	3/04/2015	Australian Masters Champs
2	7.99m	F	---	Jenny Schell	52	18/10/2014	Northern Zone W6
3	7.63m	F	---	Sarah Culhane	50	28/02/2015	Northern Zone W20

Female Wght Thr 9.08kg

1	11.44m	M	---	Caroline Layt	49	3/04/2015	Australian Masters Champs
2	7.40m	F	---	Maria Cimino	43	22/11/2014	Northern Zone W10

Female Heptathlon

1	4926	F	---	Jacinta Fisher	17	26/03/2015	2015 Australian Open Nationals
2	4572	F	---	Karina Brown	16	26/03/2015	2015 Australian Combined Events Champs
3	4413	F	---	Elana Withnall	20	29/09/2014	2014 Australian University Games
4	3487	F	---	Zoe Latham	15	26/03/2015	2015 Australian Combined Events Champs
5	3277	F	---	Brooke East	13	20/09/2014	NSW All Schools Multi Event
6	3200	F	---	Lauryn Walker	14	26/03/2015	2015 Australian Combined Events Champs

Female Out Pent

1	2873	F	---	Jacqueline Bezuidenhout	49	10/01/2015	NSW Club & Combined Event Championships
2	2144	F	---	Janet Naylon	49	10/01/2015	NSW Club & Combined Event Championships
3	1942	F	---	Maria Cimino	43	3/04/2015	Australian Masters Champs
4	1920	F	---	Elise Brennan	12	20/09/2014	NSW All Schools Multi Event
5	1722	F	---	Jillian Senior	63	3/04/2015	Australian Masters Champs

Female Wght Pent

1	3433	F	---	Glenys Whitehead	50	3/04/2015	Australian Masters Champs
2	3192	F	---	Caroline Layt	49	3/04/2015	Australian Masters Champs
3	1839	F	---	Maria Cimino	43	3/04/2015	Australian Masters Champs
4	1638	F	---	Karen Jones	62	3/04/2015	Australian Masters Champs

MALE

Male 60m Sprint

1	6.97	+0.1		F	---	Anthony Collum	19	17/01/2015	Illawarra track classic
2	7.13	+1.9		F	---	Robbie Baskin	25	14/02/2015	NSW 5000m and Alcomers
3	7.31	-1.1		F	---	Ashley McMahon	39	3/04/2015	Australian Masters Champs
4	7.34	+0.6		F	---	Daniel Nolan	21	14/02/2015	NSW 5000m and Alcomers
5	7.1h	NWI	7.34	F	---	Joe Whelan	19	4/10/2014	Northern Zone W4
6	7.37	-3.8		F	---	Elijah Williams	18	17/01/2015	Illawarra track classic
7	7.44	-0.6		F	---	Alexander Fitzpatrick	17	17/01/2015	Illawarra track classic
8	7.4h	NWI	7.64	F	---	Antony Guest	49	4/10/2014	Northern Zone W4
9 *	7.5h	NWI	7.74	F	---	Ryan Dowling	35	10/01/2015	Northern Zone W14
9 *	7.5h	NWI	7.74	F	---	Matthew Gett	29	7/02/2015	Northern Zone W18
11	7.6h	NWI	7.84	F	---	Stefan Lobato	16	22/11/2014	Northern Zone W10
12	7.9h	NWI	8.14	F	---	Bill Blampied	16	1/11/2014	Northern Zone W8
13	8.16	-1.6		P	---	Anthony Crimi	53	3/04/2015	Australian Masters Champs
14	8.23	+2.7		F	---	Tim McGrath	52	14/02/2015	NSW 5000m and Alcomers
15	8.0h	NWI	8.24	F	---	Gary Clark	49	1/11/2014	Northern Zone W8
16	8.27			F	---	David Smith	59	21/02/2015	NSW Masters Championships
17 *	8.4h	NWI	8.64	F	---	George Cover	14	1/11/2014	Northern Zone W8
17 *	8.4h	NWI	8.64	F	---	William Brown	18	22/11/2014	Northern Zone W10
19	8.91	NWI		F	---	Robert Stepanovich	59	28/02/2015	Northern Zone W20
20 *	8.8h	NWI	9.04	F	---	Cameron Short	13	1/11/2014	Northern Zone W8
20 *	8.8h	NWI	9.04	F	---	Nick Bastas	76	22/11/2014	Northern Zone W10
22	8.9h	NWI	9.14	F	---	Zoran Novicic	54	20/09/2014	Northern Zone W2
23	9.0h	NWI	9.24	F	---	Charles Stack	14	1/11/2014	Northern Zone W8
24	9.1h	NWI	9.34	F	---	Sam Bignold	13	1/11/2014	Northern Zone W8
25	9.7h	NWI	9.94	F	---	Hugh Colburn	68	22/11/2014	Northern Zone W10
26 *	9.9h	NWI	10.14	F	---	Oliver Hannan	13	1/11/2014	Northern Zone W8
26 *	9.9h	NWI	10.14	F	---	Doug Barrett	62	10/01/2015	Northern Zone W14

28	10.0h	NWI	10.24	F	---	Richard Hughes	82	10/01/2015	Northern Zone W14
29	10.36	-1.9		F	---	Warren Jones	34	21/02/2015	NSW Masters Championships
30	10.65	NWI		F	---	Michael Johnson	79	21/02/2015	NSW Masters Championships
31	10.5h	NWI	10.74	F	---	Elijah McMahon	9	20/09/2014	Northern Zone W2
32	10.6h	NWI	10.84	F	---	Terrence Carter	57	4/10/2014	Northern Zone W4
33	12.6h	NWI	12.84	F	---	Ron Shoesmith	67	24/01/2015	Northern Zone W16
34	13.3h	NWI	13.54	F	---	Zion McMahon	5	20/09/2014	Northern Zone W2
Male 100m Sprint									
1	10.71	1.8		F	---	Anthony Collum	20	10/01/2015	NSW Club & Combined Event Championships
2	10.83	+0.7		F	---	Matthew Wood	17	25/10/2014	Treloar Shield R2
3	10.87	2.0		P	---	Sean Fitzsimmons	20	29/09/2014	2014 Australian University Games
4	10.96	+2.9		F	---	Ashley McMahon	39	25/10/2014	Treloar Shield R2
5 *	10.99	+1.0		F	---	Robbie Baskin	25	13/12/2014	Treloar Shield R7
5 *	10.99	3.2		F	---	Daniel Nolan	21	6/12/2014	Treloar Shield R6
7	11.20	-0.3		P	---	Elijah Williams	18	6/02/2015	2015 NSW Junior & Youth Championships
8	11.25	3.7		F	---	Tony Wood	18	8/11/2014	Treloar Shield R4 + 3km Championships
9	11.26	0.5		F	---	William Lloyd	15	20/12/2014	Treloar Shield R8
10	11.28	1.6		F	---	Matthew Crowe	17	1/11/2014	Treloar Shield R3
11	11.31	3.9		F	---	Daniel Egan	23	1/11/2014	Treloar Shield R3
12	11.34	-0.1		P	---	Alexander Fitzpatrick	16	9/10/2014	2014 NSW All Schools
13	11.43	1.6		F	---	Alex Moore	17	1/11/2014	Treloar Shield R3
14	11.46	-0.2		F	---	Simon Cox	18	7/03/2015	Allcomers
15	11.47	3.0		F	---	Mitchell Yabsley	20	1/11/2014	Treloar Shield R3
16	11.49	+1.6		M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
17	11.51	-0.1		F	---	Sean Barnes	25	7/03/2015	Allcomers
18	11.53	-0.2		F	---	Joe Whelan	19	7/03/2015	Allcomers
19	11.55	+2.4		F	---	Alec Diamond	17	25/10/2014	Treloar Shield R2
20	11.58	+0.0		F	---	Stefan Lobato	16	17/01/2015	Illawarra track classic
21	11.62	1.4		P	---	Cameron Nicholls	20	29/09/2014	2014 Australian University Games
22	11.69	3.0		F	---	Harry Roberts	17	1/11/2014	Treloar Shield R3
23	11.71	1.2		F	---	Sean Hayashi	18	1/11/2014	Treloar Shield R3
24	11.72	+1.1		P	---	Max Le Ban	17	6/02/2015	2015 NSW Junior & Youth Championships
25	11.5h	0.2	11.74	F	---	David Thebridge	38	6/12/2014	Treloar Shield R6
26	11.83	2.9		F	---	Sam Haber	22	1/11/2014	Treloar Shield R3
27	11.85	+0.7		M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
28	11.87	-1.4		F	---	Sam Richardson	15	20/12/2014	Treloar Shield R8
29	11.93	-0.7		P	---	Clinton Mcewan	23	29/09/2014	2014 Australian University Games
30	12.01	1.2		F	---	Alex Cerroti	18	1/11/2014	Treloar Shield R3
31	12.03	3.0		F	---	Adam Nixon	20	1/11/2014	Treloar Shield R3
32	12.11	+2.5		F	---	James McFadden	16	25/10/2014	Treloar Shield R2
33	12.16	+1.3		P	---	Sachin Shah	15	6/02/2015	2015 NSW Junior & Youth Championships
34	12.24	0.3		F	---	Mike Poulet	33	19/03/2015	Allcomers
35	12.25	1.3		F	---	Antony Guest	49	1/11/2014	Treloar Shield R3
36	12.30	-0.7		F	---	Bill Blampied	16	7/03/2015	Allcomers
37	12.35	3.7		F	---	Aaron Parker	17	8/11/2014	Treloar Shield R4 + 3km Championships
38	12.38	1.2		F	---	Tommy Stubby	18	1/11/2014	Treloar Shield R3
39	12.2h	NWI	12.44	F	---	Ryan Dowling	35	13/12/2014	Northern Zone W13
40	12.45	1.2		F	---	Matt Sullivan	16	1/11/2014	Treloar Shield R3
41	12.47	-2.0		F	---	Dominic Hedley	16	8/11/2014	Treloar Shield R4 + 3km Championships
42 *	12.53	1.4		P	---	Benjamin Woollett	17	9/10/2014	2014 NSW All Schools
42 *	12.53	-2.0		F	---	Matthew Sullivan	15	8/11/2014	Treloar Shield R4 + 3km Championships
44	12.3h	NWI	12.54	F	---	Gary Clark	49	8/11/2014	Northern Zone W9
45	12.54	2.9		F	---	Charles Seppelt	16	20/12/2014	Treloar Shield R8
46	12.79	-1.5		F	---	Trevor Young	57	10/01/2015	NSW Club & Combined Event Championships
47	12.84	+0.8		F	---	Anthony Crimi	52	25/10/2014	Treloar Shield R2
48	13.06	+2.2		M	---	Tim McGrath	52	25/10/2014	ACT Combined Events Champs
49	13.11	0.8		F	---	David Smith	59	21/02/2015	NSW Masters Championships
50	13.30	+0.3		F	---	Jim McGrath	83	13/12/2014	Treloar Shield R7
51	13.3h	NWI	13.54	F	---	Brandon Bowers	28	25/10/2014	Northern Zone W7
52	13.80	+1.8		F	---	Ben Carter	15	11/03/2015	Australian Junior Champs
53	14.04	3.9		F	---	Andy West	47	1/11/2014	Treloar Shield R3
54	13.9h	NWI	14.14	F	---	Hugo Whelan	15	11/10/2014	Northern Zone W5
55	14.0h	NWI	14.24	F	---	Fergus Whelan	15	25/10/2014	Northern Zone W7
56	14.49	-2.0		F	---	Robert Stepanovich	59	8/11/2014	Treloar Shield R4 + 3km Championships
57	14.88	-0.2		F	---	Zoran Novicic	54	20/12/2014	Treloar Shield R8
58	14.8h	NWI	15.04	F	---	Nick Bastas	76	11/10/2014	Northern Zone W5

59	15.64	+1.1		F	---	Brad Sharpe	53	25/10/2014	Treloar Shield R2
60	15.8h	NWI	16.04	F	---	Hugh Colburn	68	25/10/2014	Northern Zone W7
4	15.82	-1.5		F	---	Les Gillies	68	10/01/2015	NSW Club & Combined Event Championships
61	16.26	0.5		F	---	Warren Jones	34	21/02/2015	NSW Masters Championships
62	16.2h	NWI	16.44	F	---	Richard Hughes	82	17/01/2015	Northern Zone W15
63	16.72	+1.1		F	---	Terrence Carter	57	25/10/2014	Treloar Shield R2
64	16.8h	NWI	17.04	F	---	Doug Barrett	62	27/09/2014	Northern Zone W3
65	17.07	-0.2		F	---	Michael Johnson	79	21/02/2015	NSW Masters Championships
66	17.9h	NWI	18.14	F	---	Elijah McMahon	9	14/02/2015	Northern Zone W19
67	19.50	-0.4		F	---	Rohan Bright	17	28/02/2015	NSW Open, U23 & Para Championships
68	20.5h	NWI	20.74	F	---	Ron Shoesmith	67	7/03/2015	Northern Zone W20
69	23.5h	NWI	23.74	F	---	Zion McMahon	5	17/01/2015	Northern Zone W15

Male 200m Sprint

1	21.44	+2.5		F	---	Louis Stenmark	16	14/02/2015	NSW 5000m and Alcomers
2	21.53	+0.0		F	---	Matthew Wood	17	9/10/2014	2014 NSW All Schools
3	21.82	+4.0		F	---	Anthony Collum	19	7/02/2015	Canberra Track Classic
4	21.87	+1.7		F	---	Sean Fitzsimmons	19	24/06/2014	Oceania Area Champs Junior and Senior
5	21.95	1.7		F	---	James Gurr	32	17/02/2015	2015 Bankstown Invitational
6	22.03	1.7		P	---	Daniel Nolan	22	28/02/2015	NSW Open, U23 & Para Championships
7	22.15	+2.5		F	---	Robbie Baskin	25	14/02/2015	NSW 5000m and Alcomers
8	22.21	+2.5		F	---	Alexander Fitzpatrick	17	14/02/2015	NSW 5000m and Alcomers
9	22.25	+0.0		F	---	Matthew Crowe	17	29/11/2014	Treloar Shield R5
10	22.48	-0.1		F	---	Alex Moore	17	6/02/2015	2015 NSW Junior & Youth Championships
11	22.61	-1.3		F	---	Ashley McMahon	39	18/10/2014	Treloar Shield R1
12 *	22.70	+2.5		F	---	Elijah Williams	18	7/03/2015	Allcomers
12 *	22.70	+0.0		F	---	William Lloyd	15	9/10/2014	2014 NSW All Schools
14	22.85	+0.6		F	---	Sam Richardson	15	6/02/2015	2015 NSW Junior & Youth Championships
15	22.87	+0.0		F	---	Paul Salem	17	29/11/2014	Treloar Shield R5
16	23.17	-1.6		P	---	Devlin Higgins	18	6/02/2015	2015 NSW Junior & Youth Championships
17	23.22	+0.0		F	---	Joe Whelan	19	29/11/2014	Treloar Shield R5
18	23.25			F	---	Cameron Nicholls	19	18/10/2014	Treloar Shield R1
19	23.29	1.7		F	---	Mitchell Yabsley	20	1/11/2014	Treloar Shield R3
20	23.32	0.5		P	---	Tony Wood	19	29/09/2014	2014 Australian University Games
21	23.40	4.2		F	---	Fynn Baveystock	18	1/11/2014	Treloar Shield R3
22	23.50	2.5		F	---	Aaron Jeffery	16	1/11/2014	Treloar Shield R3
23	23.51	+0.0		P	---	Max Le Ban	16	9/10/2014	2014 NSW All Schools
24	23.54	1.2		F	---	Sean Hayashi	18	29/11/2014	Treloar Shield R5
25	23.69			F	---	Daniel Egan	23	18/10/2014	Treloar Shield R1
26	23.74	1.2		F	---	Ben Carter	14	29/11/2014	Treloar Shield R5
27	23.85	-2.0		F	---	Alec Diamond	17	13/12/2014	Treloar Shield R7
28	23.87	4.2		F	---	Sam Haber	22	1/11/2014	Treloar Shield R3
29	24.34	0.9		F	---	William Freyer	15	29/11/2014	Treloar Shield R5
30	24.53	0.2		F	---	Mike Poulet	33	17/02/2015	2015 Bankstown Invitational
31 *	24.65	0.8		F	---	Stefan Lobato	16	20/12/2014	Treloar Shield R8
31 *	24.65	+0.3		P	---	Sachin Shah	15	6/02/2015	2015 NSW Junior & Youth Championships
31 *	24.65	-0.5		P	---	Austin Hake	16	6/02/2015	2015 NSW Junior & Youth Championships
34 *	24.6h	NWI	24.84	F	---	Sam Barkley	16	1/11/2014	Northern Zone W8
34 *	24.6h	NWI	24.84	F	---	Matthew Gett	29	7/02/2015	Northern Zone W18
36	24.94	2.6		F	---	Antony Guest	49	1/11/2014	Treloar Shield R3
37	24.96	-0.3		F	---	Will North	17	13/12/2014	Treloar Shield R7
38	25.00	1.6		P	---	Benjamin Woollett	17	9/10/2014	2014 NSW All Schools
39	25.2h	NWI	25.44	F	---	Ryan Dowling	35	24/01/2015	Northern Zone W16
40	25.48	-0.1		F	---	Trevor Young	56	21/02/2015	NSW Masters Championships
41 *	25.75			F	---	Farjaam Atshan	28	18/10/2014	Treloar Shield R1
41 *	25.75	4.2		F	---	Matt Sullivan	16	1/11/2014	Treloar Shield R3
43	25.8h	NWI	26.04	F	---	Bill Blampied	16	1/11/2014	Northern Zone W8
44	26.1h	NWI	26.34	F	---	Lachlan Raper	15	1/11/2014	Northern Zone W8
45	26.52	+0.0		F	---	Anthony Crimi	53	29/11/2014	Treloar Shield R5
46	26.5h	NWI	26.74	F	---	Jasper Goodrich	16	1/11/2014	Northern Zone W8
47	27.12	+0.0		F	---	Tim McGrath	52	29/11/2014	Treloar Shield R5
48 *	27.0h	NWI	27.24	F	---	Max Mills	15	1/11/2014	Northern Zone W8
48 *	27.0h	NWI	27.24	F	---	Gary Clark	49	1/11/2014	Northern Zone W8
50	27.45			F	---	Jeremy Vaz	13	18/10/2014	Treloar Shield R1
51	27.79	0.4		F	---	Victor Ramondetta	60	21/02/2015	NSW Masters Championships
52	27.8h	NWI	28.04	F	---	George Cover	14	1/11/2014	Northern Zone W8
53	28.3h	NWI	28.54	F	---	Fergus Whelan	15	22/11/2014	Northern Zone W10

54	28.92	2.2		F	---	Andy West	47	1/11/2014	Treloar Shield R3
55	28.9h	NWI	29.14	F	---	Hugo Whelan	15	22/11/2014	Northern Zone W10
56	29.1h	NWI	29.34	F	---	Cameron Short	13	1/11/2014	Northern Zone W8
57	29.5h	NWI	29.74	F	---	Charles Stack	14	1/11/2014	Northern Zone W8
58	30.44	1.9		F	---	Len Augustine	54	1/11/2014	Treloar Shield R3
59	30.4h	NWI	30.64	F	---	Sam Bignold	13	1/11/2014	Northern Zone W8
60	30.6h	NWI	30.84	F	---	Zoran Novicic	54	20/09/2014	Northern Zone W2
61	31.10	-0.1		F	---	Les Gillies	68	3/04/2015	Australian Masters Champs
62	31.7h	NWI	31.94	F	---	Robert Stepanovich	59	20/09/2014	Northern Zone W2
63	32.13	NWI		F	---	Nick Bastas	76	1/11/2014	2014 Pan Pacific Masters Games
64	33.12			F	---	Hugh Colburn	68	21/02/2015	NSW Masters Championships
65	33.17	+0.0		F	---	Brad Sharpe	53	29/11/2014	Treloar Shield R5
66	34.28	+1.9		F	---	Richard Hughes	82	25/10/2014	Treloar Shield R2
67	34.2h	NWI	34.44	F	---	Oliver Hannan	13	1/11/2014	Northern Zone W8
68	34.76	1.4		F	---	Terrence Carter	57	18/10/2014	Treloar Shield R1
69	35.5h	NWI	35.74	F	---	Doug Barrett	62	20/09/2014	Northern Zone W2
70	36.76	1.0		F	---	Michael Johnson	79	21/02/2015	NSW Masters Championships
71	37.9h	NWI	38.14	F	---	Elijah McMahon	9	20/09/2014	Northern Zone W2
72	53.36	NWI		F	---	Ron Shoesmith	67	28/02/2015	Northern Zone W20

Male 400m Sprint

1	47.30			F	---	James Gurr	31	20/12/2014	Treloar Shield R8
2	47.61			F	---	Louis Stenmark	16	9/10/2014	2014 NSW All Schools
3	48.14			F	---	Sean Fitzsimmons	19	24/06/2014	Oceania Area Champs Junior and Senior
4	48.56			P	---	Paul Cummings	28	28/02/2015	NSW Open, U23 & Para Championships
5	48.57			F	---	Bryce Collins	18	9/10/2014	2014 NSW All Schools
6	48.93			F	---	Matthew Crowe	17	20/12/2014	Treloar Shield R8
7	49.26			F	---	Alexander Fitzpatrick	17	11/03/2015	Australian Junior Champs
8	49.59			F	---	Zachary Lanigan	18	17/02/2015	2015 Bankstown Invitational
9	49.69			F	---	Alex Moore	17	9/10/2014	2014 NSW All Schools
10	49.80			F	---	Tristan Garrett	27	10/01/2015	NSW Club & Combined Event Championships
11	49.85			F	---	Luke Major	21	10/01/2015	NSW Club & Combined Event Championships
12	50.13			F	---	Ben Mackay	16	6/02/2015	2015 NSW Junior & Youth Championships
13	50.58			P	---	Simon Cox	18	6/02/2015	2015 NSW Junior & Youth Championships
14	51.20			F	---	Daniel Nolan	21	8/11/2014	Treloar Shield R4 + 3km Championships
15	51.33			F	---	Ashley McMahon	39	3/04/2015	Australian Masters Champs
16	51.66			F	---	Mitchell Yabsley	20	8/11/2014	Treloar Shield R4 + 3km Championships
17	51.71			P	---	Cameron Nicholls	20	29/09/2014	2014 Australian University Games
18	51.82			P	---	Devlin Higgins	18	6/02/2015	2015 NSW Junior & Youth Championships
19	51.91			F	---	Austin Hake	15	9/10/2014	2014 NSW All Schools
20	52.09			F	---	Anthony Collum	20	10/01/2015	NSW Club & Combined Event Championships
21	52.19			P	---	William Richardson	19	29/09/2014	2014 Australian University Games
22	52.53			M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
23 *	52.61			P	---	Benjamin Moss	18	6/02/2015	2015 NSW Junior & Youth Championships
23 *	52.61			F	---	Sam Haber	22	8/11/2014	Treloar Shield R4 + 3km Championships
1	52.62			F	---	Elijah Williams	19	19/03/2015	Allcomers
25	52.77			F	---	Mike Poulet	32	14/02/2015	NSW 5000m and Allcomers
26	52.7h	52.84		F	---	Joe Whelan	19	8/11/2014	Northern Zone W9
27	52.84			F	---	James McFadden	16	8/11/2014	Treloar Shield R4 + 3km Championships
28	52.89			P	---	Thomas Glascott	15	11/03/2015	Australian Junior Champs
30	53.71			F	---	Adam Nixon	20	8/11/2014	Treloar Shield R4 + 3km Championships
3	53.89			M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
32	54.40			F	---	David Thebridge	38	8/11/2014	Treloar Shield R4 + 3km Championships
33	55.38			F	---	Sam Richardson	16	11/03/2015	Australian Junior Champs
34	55.40			F	---	Trevor Young	57	10/01/2015	NSW Club & Combined Event Championships
35	55.67			F	---	Robbie Baskin	25	8/11/2014	Treloar Shield R4 + 3km Championships
36	55.93			F	---	Antony Guest	49	6/12/2014	Treloar Shield R6
37	56.04			F	---	Elliot Metcalf	14	20/12/2014	Treloar Shield R8
38	56.09			F	---	Kieran Casey	16	14/02/2015	NSW 5000m and Allcomers
39	56.90			M	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
40	59.77			F	---	Fergus Whelan	14	7/06/2014	Winter Series 1 2013
41	1:02.61			F	---	Guy Watson	52	20/12/2014	Treloar Shield R8
42	1:02.69			F	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
43	1:02.80			F	---	Brad Sharpe	53	6/12/2014	Treloar Shield R6
44	1:02.9h	1:03.04		F	---	Hugo Whelan	15	11/10/2014	Northern Zone W5
45	1:03.92			M	---	Tim McGrath	52	27/02/2015	2015 AMA Multi Events
46	1:04.74			F	---	Andy West	47	21/02/2015	NSW Masters Championships

47	1:05.90		F	---	Hugo Blackley	13	6/02/2015	2015 NSW Junior & Youth Championships
48	1:08.08		F	---	Zoran Novicic	54	20/12/2014	Treloar Shield R8
49	1:10.18		F	---	Len Augustine	54	25/10/2014	Treloar Shield R2
50	1:11.2h	1:11.34	F	---	Les Gillies	67	8/11/2014	Northern Zone W9
51	1:15.6h	1:15.74	F	---	Stuart Paterson	58	8/11/2014	Northern Zone W9
52	1:16.0h	1:16.14	F	---	Doug Barrett	62	25/10/2014	Northern Zone W7
53	1:22.4h	1:22.54	F	---	Terrence Carter	57	11/10/2014	Northern Zone W5
54	1:24.56		F	---	Richard Hughes	82	25/10/2014	Treloar Shield R2
55	1:27.4h	1:27.54	F	---	Michael Johnson	79	25/10/2014	Northern Zone W7
56	1:39.1h	1:39.24	F	---	Elijah McMahon	9	17/01/2015	Northern Zone W15
57	2:12.6h	2:12.74	F	---	Zion McMahon	5	17/01/2015	Northern Zone W15
58	2:55.5h	2:55.64	F	---	Ron Shoesmith	67	13/12/2014	Northern Zone W13

Male 800m Run

1	1:50.12		F	---	Will Austin-Cray	21	7/02/2015	Canberra Track Classic
2	1:49.49		F	---	Adrian Plummer	23	7/02/2015	Canberra Track Classic
3	1:50.80		F	---	Zachary Lanigan	18	28/02/2015	NSW Open, U23 & Para Championships
4	1:56.00		P	---	Jye Perrott	16	11/03/2015	Australian Junior Champs
5	1:58.87		F	---	Simon Cox	18	7/03/2015	Allcomers
6	1:59.33		P	---	Benjamin Moss	18	28/02/2015	NSW Open, U23 & Para Championships
7	2:01.19		P	---	James McFadden	17	11/03/2015	Australian Junior Champs
8	2:01.89		F	---	Adam Nixon	20	13/12/2014	Treloar Shield R7
9	2:01.97		F	---	Elliot Metcalf	14	11/03/2015	Australian Junior Champs
10	2:03.25		F	---	Julien Benmokhtar	28	13/12/2014	Treloar Shield R7
11	2:03.62		P	---	William Richardson	19	29/09/2014	2014 Australian University Games
12	2:05.77		F	---	Dominic Bullock	20	7/03/2015	Allcomers
13	2:06.33		F	---	Thomas Glascott	15	6/02/2015	2015 NSW Junior & Youth Championships
14	2:06.56		F	---	Mitchell Yabsley	20	29/11/2014	Treloar Shield R5
15	2:09.26		F	---	Kieran Casey	16	14/02/2015	NSW 5000m and Alcomers
16	2:10.1h		F	---	Lachlan Raper	15	1/11/2014	Northern Zone W8
17	2:11.19		F	---	Richard Mullaney	41	13/12/2014	Treloar Shield R7
18	2:12.16		P	---	Dylan Dudley	22	29/09/2014	2014 Australian University Games
19	2:12.24		F	---	Tim Palmer	20	18/10/2014	Treloar Shield R1
20	2:13.01		F	---	Aaron Jeffery	17	17/02/2015	2015 Bankstown Invitational
21	2:14.0h		F	---	Alexander Godbold	25	1/11/2014	Northern Zone W8
22	2:14.5h		F	---	Max Mills	15	1/11/2014	Northern Zone W8
23	2:15.6h		F	---	Fergus Whelan	15	22/11/2014	Northern Zone W10
24	2:15.69		F	---	Brad Sharpe	54	14/02/2015	NSW 5000m and Alcomers
25	2:16.78		F	---	Peter Hanley	51	21/02/2015	NSW Masters Championships
26	2:16.9h		F	---	Dom Adamo	16	1/11/2014	Northern Zone W8
27	2:17.16		F	---	Trevor Young	57	10/01/2015	NSW Club & Combined Event Championships
28	2:20.1h		F	---	Sam Barkley	16	1/11/2014	Northern Zone W8
29	2:20.85		P	---	Riley Sloan	15	9/10/2014	2014 NSW All Schools
30	2:21.9h		F	---	Jasper Goodrich	16	1/11/2014	Northern Zone W8
31	2:22.14		F	---	Antony Guest	49	18/10/2014	Treloar Shield R1
32	2:22.6h		F	---	Aaron Parker	17	4/10/2014	Northern Zone W4
33	2:23.3h		F	---	andy williams	39	28/02/2015	Northern Zone W20
34	2:24.27		F	---	Alex Duffy	14	4/10/2014	Athletics NSW
35	2:25.19		F	---	Hayden Fleming	13	4/10/2014	Athletics NSW
36	2:31.05		F	---	Andy West	47	1/11/2014	Treloar Shield R3
37	2:39.25		F	---	Stuart Paterson	58	21/02/2015	NSW Masters Championships
38	2:44.26		F	---	Jamie Fry	13	9/10/2014	2014 NSW All Schools
39	2:45.2h		F	---	Zoran Novicic	54	20/09/2014	Northern Zone W2
40	2:46.01		F	---	Len Augustine	54	1/11/2014	Treloar Shield R3
41	2:48.8h		F	---	Doug Barrett	62	18/10/2014	Northern Zone W6
42	2:54.1h		F	---	Tim McGrath	52	4/10/2014	Northern Zone W4
43	3:01.4h		F	---	Terrence Carter	57	20/09/2014	Northern Zone W2
44	3:03.90		F	---	Les Gillies	67	21/02/2015	NSW Masters Championships
45	3:22.9h		F	---	Robert Stepanovich	59	18/10/2014	Northern Zone W6
46	3:35.11		F	---	Richard Hughes	82	21/02/2015	NSW Masters Championships
47	3:49.38		F	---	Michael Johnson	79	21/02/2015	NSW Masters Championships
48	7:22.0h		F	---	Ron Shoesmith	67	22/11/2014	Northern Zone W10

Male 1500m Run

2	3:47.17		F	---	Will Austin-Cray	21	31/01/2015	Hunter Track Classic
3	3:58.42		F	---	Zachary Lanigan	17	20/12/2014	Treloar Shield R8
4	3:59.01		F	---	Matthew Cox	25	19/03/2015	Allcomers

5	4:05.71	F	---	James Connor	23	10/01/2015	NSW Club & Combined Event Championships
6	4:07.89	F	---	Edward Goddard	18	10/01/2015	NSW Club & Combined Event Championships
7	4:09.13	F	---	Jye Perrott	17	17/02/2015	2015 Bankstown Invitational
8	4:10.95	P	---	James Hansen	21	29/09/2014	2014 Australian University Games
9	4:11.89	F	---	Charles Doherty	15	6/02/2015	2015 NSW Junior & Youth Championships
10	4:12.57	F	---	Oliver Moore	16	9/10/2014	2014 NSW All Schools
11	4:15.01	F	---	Elliot Metcalf	14	6/02/2015	2015 NSW Junior & Youth Championships
12	4:22.12	F	---	William Richardson	19	20/12/2014	Treloar Shield R8
13	4:23.98	F	---	Richard Mullaney	41	6/12/2014	Treloar Shield R6
14	4:25.85	F	---	Julien Benmokhtar	28	20/12/2014	Treloar Shield R8
15	4:29.26	F	---	Dominic Bullock	20	20/12/2014	Treloar Shield R8
16	4:38.95	F	---	Hayden Fleming	13	27/09/2014	Athletics NSW
17	4:41.37	M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
18	4:47.6h	F	---	Fergus Whelan	15	31/01/2015	Northern Zone W17
19	4:55.06	F	---	Alex Duffy	14	9/10/2014	2014 NSW All Schools
20	4:55.3h	F	---	Hugo Whelan	15	31/01/2015	Northern Zone W17
21	4:56.03	F	---	Brad Sharpe	53	20/12/2014	Treloar Shield R8
22	4:58.28	M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
23	4:58.60	F	---	andy williams	39	20/12/2014	Treloar Shield R8
24	4:59.46	F	---	Farjaam Atshan	28	1/11/2014	Treloar Shield R3
25	5:18.0h	F	---	Darcy Penman	14	14/02/2015	Northern Zone W19
26	5:22.58	M	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
27	5:32.32	F	---	Jamie Fry	13	9/10/2014	2014 NSW All Schools
28	5:54.9h	F	---	Doug Barrett	62	11/10/2014	Northern Zone W5
29	6:07.47	M	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
30	6:11.12	F	---	Zoran Novicic	54	20/12/2014	Treloar Shield R8
31	6:14.7h	F	---	Terrence Carter	57	11/10/2014	Northern Zone W5
33	6:33.74	M	---	Tim McGrath	53	10/01/2015	NSW Club & Combined Event Championships
33	7:18.4h	F	---	Elijah McMahon	9	13/12/2014	Northern Zone W13
34	8:40.6h	F	---	Zion McMahon	5	13/12/2014	Northern Zone W13
35	14:35.7h	F	---	Ron Shoesmith	67	11/10/2014	Northern Zone W5

Male 3000m Run

1	8:09.37	F	---	Adrian Plummer	23	8/11/2014	Treloar Shield R4 + 3km Championships
2	8:29.27	F	---	Matthew Cox	24	8/11/2014	Treloar Shield R4 + 3km Championships
3	8:47.37	F	---	Edward Goddard	17	8/11/2014	Treloar Shield R4 + 3km Championships
4	9:00.08	F	---	Charles Doherty	15	11/03/2015	Australian Junior Champs
5	9:00.44	F	---	Edward Goddard	17	9/10/2014	2014 NSW All Schools
6	9:08.25	F	---	Oliver Moore	16	11/03/2015	Australian Junior Champs
7	9:30.72	F	---	Richard Mullaney	41	8/11/2014	Treloar Shield R4 + 3km Championships
8	9:55.35	F	---	Hayden Fleming	13	18/10/2014	Treloar Shield R1
9	10:36.91	F	---	Dominic Bullock	20	8/11/2014	Treloar Shield R4 + 3km Championships
10	10:54.98	F	---	Alex Duffy	15	6/02/2015	2015 NSW Junior & Youth Championships
11	11:03.82	F	---	Brad Sharpe	53	8/11/2014	Treloar Shield R4 + 3km Championships
12	11:14.78	F	---	Farjaam Atshan	28	18/10/2014	Treloar Shield R1
13	14:10.6h	F	---	Doug Barrett	62	20/09/2014	Northern Zone W2
14	14:14.4h	F	---	Terrence Carter	57	20/09/2014	Northern Zone W2
15	15:37.7h	F	---	Elijah McMahon	9	10/01/2015	Northern Zone W14
16	19:12.2h	F	---	Zion McMahon	5	22/11/2014	Northern Zone W10
17	19:15.2h	F	---	Ashley McMahon	39	22/11/2014	Northern Zone W10

Male 5000m Run

1	14:33.65	F	---	Matthew Cox	24	14/02/2015	NSW 5000m and Alcomers
2	14:35.05	F	---	Ruairidh MacDonald	20	14/02/2015	NSW 5000m and Alcomers
3	15:04.68	F	---	Adrian Plummer	23	29/09/2014	2014 Australian University Games
4	15:29.04	F	---	Edward Goddard	17	14/02/2015	NSW 5000m and Alcomers
5	16:57.26	F	---	Kieran Roche	22	29/09/2014	2014 Australian University Games
6	17:09.11	F	---	Nick Walker	28	29/09/2014	2014 Australian University Games
7	18:13.98	F	---	Dominic Bullock	20	7/03/2015	Allcomers

Male 10000m Run

1	31:50.67	F	---	Ruairidh MacDonald	21	28/02/2015	NSW Open, U23 & Para Championships
2	38:12.94	F	---	Kieran Roche	22	29/09/2014	2014 Australian University Games
3	39:23.84	F	---	Nick Walker	28	29/09/2014	2014 Australian University Games

Male 1 Mile Run

1	4:12.60	F	---	Will Austin-Cray	21	17/01/2015	Illawarra track classic
2	4:34.96	F	---	Elliot Metcalf	14	17/01/2015	Illawarra track classic

Male 1500m Walk

1	8:30.7h	F	---	Jim Seymon	77	18/10/2014	Northern Zone W6	
2	9:26.9h	F	---	Doug Barrett	62	20/09/2014	Northern Zone W2	
3	9:41.9h	F	---	Robert Stepanovich	59	22/11/2014	Northern Zone W10	
4	9:43.5h	F	---	Robert Connors	66	22/11/2014	Northern Zone W10	
5	12:48.0h	F	---	Nick Bastas	76	6/12/2014	Northern Zone W12	
6	14:45.8h	F	---	Ron Shoesmith	67	18/10/2014	Northern Zone W6	
Male 3000m Walk								
1	18:25.7h	F	---	Jim Seymon	77	14/02/2015	Northern Zone W19	
2	19:18.0h	F	---	Doug Barrett	62	25/10/2014	Northern Zone W7	
3	20:20.8h	F	---	Robert Connors	66	25/10/2014	Northern Zone W7	
4	20:28.5h	F	---	Robert Stepanovich	59	11/10/2014	Northern Zone W5	
5	30:51.8h	F	---	Ron Shoesmith	67	29/11/2014	Northern Zone W11	
Male 5000m Walk								
1	21:48.04	F	---	Jay Felton	20	28/02/2015	NSW Open, U23 & Para Championships	
2	23:52.06	F	---	Steven Washburn	21	29/09/2014	2014 Australian University Games	
3	34:09.34	F	---	Jim Seymon	77	21/02/2015	NSW Masters Championships	
4	40:28.46	F	---	Robert Connors	67	21/02/2015	NSW Masters Championships	
Male 10000m Walk								
1	55:18.63	F	---	Steven Washburn	21	10/01/2015	NSW Club & Combined Event Championships	
2	1:09:28.53	F	---	Jim Seymon	78	10/01/2015	NSW Club & Combined Event Championships	
Male 90m Hurdles 0.762m								
1	14.38	+0.2	F	---	Lachlan Dalton	12	6/02/2015	2015 NSW Junior & Youth Championships
Male 100m Hurdles 0.840m								
1	13.33	1.8	F	---	William Lloyd	15	9/10/2014	2014 NSW All Schools
2	14.10	0.8	F	---	Sam Richardson	15	29/11/2014	Treloar Shield R5
3	14.31	+0.5	F	---	Ben Carter	15	6/02/2015	2015 NSW Junior & Youth Championships
4	15.66	+0.5	F	---	Jamie Basheer	14	6/02/2015	2015 NSW Junior & Youth Championships
Male 100m Hurdles 0.914m								
1	17.75	NWI	M	---	Tim McGrath	52	25/10/2014	ACT Combined Events Champs
Male 110m Hurdles 0.914m								
1	13.85	-0.7	F	---	Matthew Wood	17	9/10/2014	2014 NSW All Schools
2	14.86	1.4	F	---	William Lloyd	15	20/12/2014	Treloar Shield R8
3	14.88	-0.7	F	---	Paul Salem	17	9/10/2014	2014 NSW All Schools
4	15.11	1.7	F	---	Aaron Jeffery	16	9/10/2014	2014 NSW All Schools
5	15.68	1.4	F	---	Sam Richardson	15	20/12/2014	Treloar Shield R8
6	15.87	-1.7	M	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
7	16.58	NWI	F	---	Sean Hayashi	18	29/11/2014	Treloar Shield R5
8	16.61	1.9	F	---	Will North	17	20/12/2014	Treloar Shield R8
Male 110m Hurdles 0.991m								
1	16.43	NWI	M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
Male 110m Hurdles 1.067m								
1	16.81	2.2	P	---	Mitchell Yabsley	21	29/09/2014	2014 Australian University Games
2	25.26	2.6	P	---	Jay Felton	19	29/09/2014	2014 Australian University Games
Male 200m Hurdles 0.762m								
1	26.59	0.7	F	---	William Lloyd	15	9/10/2014	2014 NSW All Schools
2	28.15	NWI	F	---	Ben Carter	15	6/02/2015	2015 NSW Junior & Youth Championships
3	28.75	0.2	F	---	Jamie Basheer	14	9/10/2014	2014 NSW All Schools
4	30.82	+1.0	F	---	Ben Pollack	14	6/02/2015	2015 NSW Junior & Youth Championships
Male 400m Hurdles 0.840m								
1	53.37		F	---	Matthew Crowe	17	9/10/2014	2014 NSW All Schools
2	54.11		F	---	Paul Salem	17	11/03/2015	Australian Junior Champs
3	55.29		F	---	Ben Mackay	16	6/02/2015	2015 NSW Junior & Youth Championships
4	56.78		F	---	Sam Richardson	15	6/02/2015	2015 NSW Junior & Youth Championships
5	58.31		F	---	Aaron Jeffery	16	4/10/2014	Athletics NSW
Male 400m Hurdles 0.914m								
1	51.42		F	---	Bryce Collins	19	28/02/2015	NSW Open, U23 & Para Championships
2	53.44		F	---	Matthew Crowe	18	11/03/2015	Australian Junior Champs
3	55.14		F	---	Simon Cox	18	11/03/2015	Australian Junior Champs
4	55.28		F	---	William Richardson	20	26/03/2015	Australian Open Champs
5	56.33		F	---	Mitchell Yabsley	21	29/09/2014	2014 Australian University Games
6	59.15		F	---	Will North	18	20/01/2015	Athletics NSW Permit
7	59.56		F	---	Sam Haber	22	29/09/2014	2014 Australian University Games
8	1:00.60		F	---	Adam Nixon	21	10/01/2015	NSW Club & Combined Event Championships
9	1:02.46		F	---	Ashley McMahon	39	18/10/2014	Treloar Shield R1

10	1:11.05		F	---	Farjaam Atshan	28	18/10/2014	Treloar Shield R1
Male 2000m StplCh 0.762m								
1	6:50.81		F	---	Fergus Whelan	15	27/09/2014	Athletics NSW
2	6:55.75		F	---	Elliot Metcalf	14	27/09/2014	Athletics NSW
3	7:36.03		F	---	Hayden Fleming		27/09/2014	Athletics NSW
Male 2000m StplCh 0.914m								
1	6:27.65		F	---	Oliver Moore	16	11/03/2015	Australian Junior Champs
2	7:54.38		F	---	Hugo Whelan	15	6/02/2015	2015 NSW Junior & Youth Championships
3	7:58.57		F	---	Fergus Whelan	15	6/02/2015	2015 NSW Junior & Youth Championships
Male 3000m StplCh 0.914m								
1	10:52.98		F	---	Dylan Dudley	22	29/09/2014	2014 Australian University Games
2	11:01.93		F	---	Richard Mullaney	41	29/11/2014	Treloar Shield R5
3	11:17.31		F	---	Adam Nixon	20	13/12/2014	Treloar Shield R7
Male High Jump								
1	1.85m		F	---	Michael Northey	19	29/09/2014	2014 Australian University Games
2	1.82m		F	---	Max Le Ban	17	11/03/2015	Australian Junior Champs
3	1.80m		F	---	William Richardson	19	29/09/2014	2014 Australian University Games
4 *	1.75m		F	---	Daniel Egan	23	1/11/2014	Treloar Shield R3
4 *	1.75m		F	---	Alex Cerroti	19	7/03/2015	Allcomers
4 *	1.75m		F	---	Will North	18	7/03/2015	Allcomers
7	1.73m		F	---	Alex Willett	13	9/10/2014	2014 NSW All Schools
8	1.71m		M	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
9	1.60m		F	---	Ashley McMahon	39	18/10/2014	Treloar Shield R1
10	1.57m		M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
11	1.50m		F	---	Clay Tompkins	62	21/02/2015	NSW Masters Championships
12	1.40m		F	---	Lachlan Dalton	12	6/02/2015	2015 NSW Junior & Youth Championships
13 *	1.35m		F	---	Zoran Novicic	54	21/02/2015	NSW Masters Championships
13 *	1.35m		M	---	Tim McGrath	52	25/10/2014	ACT Combined Events Champs
15	1.30m		F	---	Terrence Carter	57	18/10/2014	Treloar Shield R1
16	1.10m		F	---	Nick Bastas	76	1/11/2014	2014 Pan Pacific Masters Games
Male Pole Vault								
1	3.80m		M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
2	3.40m		M	---	Tim McGrath	52	27/02/2015	2015 AMA Multi Events
3	2.80m		F	---	Alec Diamond	17	18/10/2014	Treloar Shield R1
4	2.70m		M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
Male Long Jump								
1	6.62m	+1.4	F	---	Daniel Egan	23	8/11/2014	Treloar Shield R4 + 3km Championships
2	6.56m	2.2	F	---	Alec Diamond	17	27/09/2014	Athletics NSW
3	6.46m	+2.3	F	---	Ben Carter	15	11/03/2015	Australian Junior Champs
4	6.41m	+1.7	M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
5	6.32m	+0.0	F	---	Paul Salem	17	27/09/2014	Athletics NSW
6	6.29m	+0.0	F	---	Alex Willett	14	11/03/2015	Australian Junior Champs
7	6.10m	-0.1	P	---	Sean Barnes	25	29/09/2014	2014 Australian University Games
8	6.08m	+1.8	M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
9	6.03m	2.2	F	---	Ashley McMahon	39	6/12/2014	Treloar Shield R6
10	6.02m	2.1	F	---	William Freyer	15	6/12/2014	Treloar Shield R6
11	5.99m	+0.0	P	---	Michael Northey	19	29/09/2014	2014 Australian University Games
12	5.96m	+0.0	F	---	Elijah Williams	19	19/03/2015	Allcomers
13 *	5.83m	1.1	P	---	William Richardson	19	29/09/2014	2014 Australian University Games
13 *	5.83m	+0.0	F	---	David Thebridge	38	8/11/2014	Treloar Shield R4 + 3km Championships
15	5.72m	+0.0	F	---	Max Le Ban	16	8/11/2014	Treloar Shield R4 + 3km Championships
16	5.63m	0.9	P	---	Anthony Collum	19	29/09/2014	2014 Australian University Games
17	5.62m		F	---	Joe Whelan	19	25/10/2014	Northern Zone W7
18	5.55m		F	---	Ryan Dowling	35	13/12/2014	Northern Zone W13
19	5.44m		F	---	Charles Seppelt	16	20/12/2014	Treloar Shield R8
20 *	5.22m	1.0	F	---	Mitchell Yabsley	20	8/11/2014	Treloar Shield R4 + 3km Championships
20 *	5.22m	-0.1	F	---	Antony Guest	49	25/10/2014	Treloar Shield R2
22	5.07m	NWI	M	---	Tim McGrath	52	27/02/2015	2015 AMA Multi Events
23	4.84m		F	---	Clay Tompkins	62	21/02/2015	NSW Masters Championships
24	4.75m	-0.3	F	---	Adam Nixon	20	8/11/2014	Treloar Shield R4 + 3km Championships
25	4.71m		F	---	Brandon Bowers	28	25/10/2014	Northern Zone W7
26	4.41m	+1.3	F	---	Lachlan Khun	12	6/02/2015	2015 NSW Junior & Youth Championships
27	4.32m		F	---	Zoran Novicic	54	21/02/2015	NSW Masters Championships
28	4.14m	+5.7	F	---	Nick Bastas	76	1/11/2014	2014 Pan Pacific Masters Games
29	3.79m	+0.0	F	---	Warren Jones	34	20/12/2014	Treloar Shield R8

30	3.69m		F	---	Terrence Carter	57	13/09/2014	Northern Zone W1
31	3.51m	NWI	M	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
32	3.23m		F	---	Doug Barrett	62	27/09/2014	Northern Zone W3
33	2.68m		F	---	Elijah McMahon	9	14/02/2015	Northern Zone W19
34	1.42m		F	---	Ron Shoesmith	67	7/03/2015	Northern Zone W20
Male Triple Jump								
1	15.61m	0.7	F	---	Sean Barnes	25	26/03/2015	Australian Open Champs
2	13.92m	+0.0	F	---	Daniel Egan	23	18/10/2014	Treloar Shield R1
3	13.12m	+4.5	F	---	Ben Carter	15	11/03/2015	Australian Junior Champs
4	12.70m	+1.5	F	---	Alex Willett	14	11/03/2015	Australian Junior Champs
5	11.92m	1.1	F	---	William Freyer	15	29/11/2014	Treloar Shield R5
6	11.33m	0.4	F	---	Clay Tompkins	62	21/02/2015	NSW Masters Championships
7	11.19m	1.1	F	---	Ashley McMahon	39	29/11/2014	Treloar Shield R5
8	10.79m	1.3	F	---	Mitchell Yabsley	20	1/11/2014	Treloar Shield R3
9	10.67m	1.4	F	---	Antony Guest	49	1/11/2014	Treloar Shield R3
10	10.04m		F	---	Joe Whelan	19	4/10/2014	Northern Zone W4
11	9.85m	-1.5	F	---	Jeremy Vaz	13	18/10/2014	Treloar Shield R1
12	8.90m	1.0	F	---	Zoran Novicic	54	21/02/2015	NSW Masters Championships
13	8.54m	0.4	F	---	Terrence Carter	57	1/11/2014	Treloar Shield R3
14	8.31m	-1.0	F	---	Nick Bastas	76	3/04/2015	Australian Masters Champs
15	7.52m		F	---	Doug Barrett	62	18/10/2014	Northern Zone W6
16	6.16m		F	---	Elijah McMahon	9	22/11/2014	Northern Zone W10
Male Shot Put 2kg								
1	4.60m		F	---	Elijah McMahon	9	10/01/2015	Northern Zone W14
Male Shot Put 3kg								
1	8.19m		F	---	Oliver Hannan	13	1/11/2014	Northern Zone W8
Male Shot Put 4kg								
1	12.39m		F	---	Jaden Clark	14	28/02/2015	Northern Zone W20
2	12.04m		F	---	Tyler Monaghan	15	9/10/2014	2014 NSW All Schools
3	8.29m		F	---	Nick Bastas	76	25/10/2014	Northern Zone W7
Male Shot Put 5kg								
1	16.56m		F	---	Alec Diamond	17	9/10/2014	2014 NSW All Schools
2	13.37m		F	---	James McFadden	16	1/11/2014	Treloar Shield R3
3	12.17m		F	---	Charles Seppelt	16	20/12/2014	Treloar Shield R8
3	11.30m		M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
4	7.48m		F	---	Doug Barrett	62	27/09/2014	Northern Zone W3
5	6.41m		F	---	Ross Douglas	60	7/03/2015	Northern Zone W20
6	5.39m		F	---	Robert Jones	64	22/11/2014	Northern Zone W10
7	4.81m		F	---	Ron Shoesmith	67	14/02/2015	Northern Zone W19
Male Shot Put 6kg								
1	13.96m		F	---	William Brown	18	27/09/2014	Athletics NSW
2	11.34m		F	---	Will North	18	19/03/2015	Allcomers
3	11.20m		F	---	Tim McGrath	52	4/10/2014	Northern Zone W4
4	9.60m		F	---	Tony Wood	19	29/09/2014	2014 Australian University Games
5	8.86m		F	---	Peter Lang	56	13/12/2014	Northern Zone W13
6	8.71m		F	---	Bart Steanes	50	20/12/2014	Treloar Shield R8
7	7.55m		F	---	Zoran Novicic	54	20/12/2014	Treloar Shield R8
8	7.17m		F	---	Doug Barrett	62	1/11/2014	Treloar Shield R3
9	7.08m		F	---	Terrence Carter	57	4/10/2014	Northern Zone W4
Male Shot Put 7.26kg								
1	12.13m		F	---	Clinton Mcewan	23	29/09/2014	2014 Australian University Games
2	11.79m		F	---	William Brown	18	13/12/2014	Treloar Shield R7
3	11.12m		F	---	Daniel Egan	23	25/10/2014	Treloar Shield R2
4	11.05m		F	---	Ashley McMahon	39	29/11/2014	Treloar Shield R5
5	9.72m		F	---	Warren Jones	34	17/01/2015	Northern Zone W15
6	9.59m		F	---	Gary Clark	49	10/01/2015	Northern Zone W14
7	8.49m		F	---	Farjaam Atshan	28	1/11/2014	Treloar Shield R3
8	7.13m		F	---	Adam Nixon	20	29/09/2014	2014 Australian University Games
Male Discus								
1	18.17m		F	---	Rohan Bright	17	28/02/2015	NSW Open, U23 & Para Championships
Male Discus 1kg								
1	32.02m		F	---	Jaden Clark	14	10/01/2015	Northern Zone W14
2	29.24m		F	---	Peter Douglas	60	20/12/2014	Treloar Shield R8
3	25.36m		F	---	Doug Barrett	62	7/02/2015	Northern Zone W18

4	23.63m	F	---	Ross Douglas	60	4/10/2014	Northern Zone W4
5	22.48m	F	---	Nick Bastas	76	4/10/2014	Northern Zone W4
6	15.34m	F	---	Robert Jones	64	22/11/2014	Northern Zone W10
7	13.70m	M	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
8	11.26m	F	---	Ron Shoesmith	67	7/02/2015	Northern Zone W18
Male Discus 1.5kg							
1	54.64m	F	---	Alec Diamond	17	4/10/2014	Athletics NSW
2	46.71m	F	---	Tim Heyes	17	9/10/2014	2014 NSW All Schools
3	44.70m	F	---	Ellington Steanes	16	9/10/2014	2014 NSW All Schools
4	38.63m	F	---	Will North	17	20/12/2014	Treloar Shield R8
5	36.80m	F	---	James McFadden	16	25/10/2014	Treloar Shield R2
6	36.71m	M	---	Tim McGrath	52	25/10/2014	ACT Combined Events Champs
7	35.05m	M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
8	31.21m	F	---	Charles Seppelt	16	20/12/2014	Treloar Shield R8
9	30.35m	F	---	Bart Steanes	50	20/12/2014	Treloar Shield R8
10	29.79m	F	---	Peter Lang	56	18/10/2014	Northern Zone W6
11	28.00m	F	---	Zoran Novicic	54	20/12/2014	Treloar Shield R8
12	21.76m	F	---	Terrence Carter	57	20/12/2014	Treloar Shield R8
Male Discus 1.75kg							
1	43.68m	F	---	Tim Heyes	18	10/01/2015	NSW Club & Combined Event Championships
2	45.80m	F	---	William Brown	18	4/10/2014	Athletics NSW
Male Discus 2kg							
1	28.37m	F	---	William Richardson	19	29/09/2014	2014 Australian University Games
2	27.61m	F	---	Warren Jones	34	22/11/2014	Northern Zone W10
3	22.33m	F	---	Michael Northey	19	29/09/2014	2014 Australian University Games
Male Discus 500g							
1	16.81m	F	---	Elijah McMahon	9	10/01/2015	Northern Zone W14
Male Hammer 4kg							
1	14.03m	F	---	Nick Bastas	76	1/11/2014	2014 Pan Pacific Masters Games
Male Hammer 5kg							
1	61.05m	F	---	Tim Heyes	17	11/03/2015	Australian Junior Champs
2	48.51m	F	---	Ellington Steanes	17	11/03/2015	Australian Junior Champs
3	23.65m	F	---	Ross Douglas	60	7/03/2015	Northern Zone W20
4	18.12m	F	---	Doug Barrett	62	25/10/2014	Northern Zone W7
5	15.29m	F	---	Robert Jones	64	31/01/2015	Northern Zone W17
Male Hammer 6kg							
1	58.54m	F	---	William Brown	18	9/10/2014	2014 NSW All Schools
2	30.55m	F	---	Peter Lang	56	13/12/2014	Northern Zone W13
3	26.31m	F	---	Tim McGrath	52	29/11/2014	Treloar Shield R5
4	19.26m	F	---	Ross Douglas	60	8/11/2014	Treloar Shield R4 + 3km Championships
5	19.25m	F	---	Tony Wood	19	29/09/2014	2014 Australian University Games
6	18.32m	F	---	Terrence Carter	57	8/11/2014	Treloar Shield R4 + 3km Championships
Male Hammer 7.26kg							
1	35.73m	F	---	Warren Jones	34	11/10/2014	Northern Zone W5
2	19.44m	F	---	Adam Nixon	20	8/11/2014	Treloar Shield R4 + 3km Championships
3	18.17m	F	---	Bart Steanes	50	13/12/2014	Treloar Shield R7
4	X15.98m	F	---	Mitchell Yabsley	20	8/11/2014	Treloar Shield R4 + 3km Championships
5	13.59m	F	---	Adrian Plummer	23	29/09/2014	2014 Australian University Games
6	11.90m	F	---	Dylan Dudley	22	29/09/2014	2014 Australian University Games
Male Javelin 500g							
1	25.65m	F	---	Nick Bastas	76	31/01/2015	Northern Zone W17
Male Javelin 600g							
1	23.50m	F	---	Doug Barrett	62	17/01/2015	Northern Zone W15
2	14.40m	M	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
3	12.15m	F	---	Robert Jones	64	31/01/2015	Northern Zone W17
4	9.97m	F	---	Ron Shoesmith	67	31/01/2015	Northern Zone W17
Male Javelin 700g							
1	51.85m	F	---	James McFadden	16	9/10/2014	2014 NSW All Schools
2	48.07m	F	---	Charles Seppelt	17	6/02/2015	2015 NSW Junior & Youth Championships
3	47.96m	P	---	James McFadden	17	11/03/2015	Australian Junior Champs
4	44.78m	F	---	Alec Diamond	17	7/03/2015	Allcomers
5	43.02m	F	---	Tyler Monaghan	16	10/01/2015	NSW Club & Combined Event Championships
6	42.85m	M	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
7	38.04m	F	---	Tim McGrath	52	3/04/2015	Australian Masters Champs

8	31.80m	M	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
9	30.84m	F	---	Peter Lang	56	25/10/2014	Northern Zone W7
10	29.98m	F	---	Zoran Novicic	54	21/02/2015	NSW Masters Championships
11	20.60m	F	---	Terrence Carter	57	11/10/2014	Northern Zone W5
12	19.60m	F	---	Doug Barrett	62	1/11/2014	Treloar Shield R3
13	23.41m	F	---	Bill Blampied	16	25/10/2014	Northern Zone W7
Male Javelin 800g							
1	59.50m	F	---	Saxon Ward	20	28/02/2015	NSW Open, U23 & Para Championships
2	53.89m	F	---	Steven Washburn	20	29/09/2014	2014 Australian University Games
3	47.28m	M	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
4	46.26m	F	---	Daniel Egan	23	1/11/2014	Treloar Shield R3
5	36.17m	F	---	Farjaam Atshan	28	1/11/2014	Treloar Shield R3
6	34.55m	M	---	Tim McGrath	53	10/01/2015	NSW Club & Combined Event Championships
7	31.85m	F	---	Mitchell Yabsley	20	1/11/2014	Treloar Shield R3
8	31.42m	F	---	William Brown	18	7/03/2015	Northern Zone W20
9	28.42m	F	---	Warren Jones	34	11/10/2014	Northern Zone W5
10	27.84m	F	---	Gary Clark	49	29/11/2014	Northern Zone W11
Male Wght Thr 15.88kg							
1	10.73m	F	---	Warren Jones	34	22/11/2014	Northern Zone W10
Male Wght Thr 11.34kg							
1	10.35m	F	---	Peter Lang	56	24/01/2015	Northern Zone W16
2	9.13m	F	---	Tim McGrath	52	4/10/2014	Northern Zone W4
3	6.89m	F	---	Terrence Carter	57	4/10/2014	Northern Zone W4
Male Wght Thr 9.08kg							
1	8.42m	F	---	Peter Douglas	60	1/11/2014	Northern Zone W8
2	7.70m	F	---	Doug Barrett	62	24/01/2015	Northern Zone W16
3	6.38m	F	---	Robert Jones	64	21/02/2015	NSW Masters Championships
Male Wght Thr 7.26kg							
1	8.01m	F	---	Nick Bastas	76	1/11/2014	2014 Pan Pacific Masters Games
Male Decathlon							
1	6014	F	---	Will North	18	26/03/2015	2015 Australian Combined Events Champs
2	6006	F	---	Alec Diamond	17	20/09/2014	NSW All Schools Multi Event
3	5623	F	---	Aaron Jeffery	16	26/03/2015	2015 Australian Combined Events Champs
4	5603	F	---	Tim McGrath	52	25/10/2014	ACT Combined Events Champs
Male Out Pent							
1	2498	F	---	Tim McGrath	53	10/01/2015	NSW Club & Combined Event Championships
2	2075	F	---	Victor Ramondetta	60	3/04/2015	Australian Masters Champs
3	1252	F	---	Terrence Carter	58	10/01/2015	NSW Club & Combined Event Championships
Male Wght Pent							
	2055	F	---	Warren Jones	35	3/04/2015	Australian Masters Champs

Out of Stadium 2014/2015 Club Rankings

Marks since: 25-Apr-14

	Mark	Avg Mile	Rn	Name	Age/Yr		
<u>FEMALE</u>							
Female 1,5K Run CC							
1	5:30		F	Rebecca Terry	11	2/08/2014	NSW Short Course Champs
Female 2.5K Run CC							
1	8:33		F	Emily Hopper	15	2/08/2014	NSW Short Course Champs
2	9:57		F	Eloise Doherty	15	2/08/2014	NSW Short Course Champs
Female 3K Run CC							
1	12:46	4:15.33	F	Jacinta Metcalf	12	21/06/2014	2014 Cross Country Champs
Female 4K Run CC							

1	14:40		F	---	Emily Hopper	15	21/06/2014	2014 Cross Country Champs
2	16:55		F	---	Abigail Johnstone	14	18/04/2015	NSW Novice Cross Country Champs
3	17:10		F	---	Joanna Windybank	15	18/04/2015	NSW Novice Cross Country Champs
4	17:48		F	---	Molly Quoye	13	21/06/2014	2014 Cross Country Champs
5	17:52		F	---	Jacinta Metcalf	12	18/04/2015	NSW Novice Cross Country Champs
6	21:53		F	---	Eloise Doherty	15	21/06/2014	2014 Cross Country Champs
Female 5K Run CC								
1	18:30	3:42.00	F	---	Kasey Mumby	21	2/08/2014	NSW Short Course Champs
2	20:06	4:01.20	F	---	Kate Hobbs	19	2/08/2014	NSW Short Course Champs
3	23:16	4:39.20	F	---	Claudia White	17	2/08/2014	NSW Short Course Champs
Female 6K Run CC								
1	25:11	4:11.83	F	---	Kate Hobbs	19	21/06/2014	2014 Cross Country Champs
2	25:55	4:19.17	F	---	Annabel Hickey	17	21/06/2014	2014 Cross Country Champs
3	26:41	4:26.83	F	---	Claudia White	17	21/06/2014	2014 Cross Country Champs
4	29:59	4:59.83	F	---	Deborah Drennan	56	21/06/2014	2014 Cross Country Champs
Female 8K Run CC								
1	30:21	3:47.62	F	---	Kasey Mumby	21	21/06/2014	2014 Cross Country Champs
Female 10K Run Mountain Running								
1	1:05:00		F	---	Kate Hobbs	19	29/03/2015	2015 NSW Mountain Running Champs
Female 10K Run CC								
1	36:43		F	---	Charlette Wilson	23	2/05/2015	Sydney 10K
2	36:53		F	---	Lucy Starrat	27	2/05/2015	Sydney 10K
3	38:01		F	---	Else Gallen	21	2/05/2015	Sydney 10K
4	57:34		F	---	Deirdre	32	2/05/2015	Sydney 10K
5	1:00.03		F	---	Nancy Lloyd	62	2/05/2015	Sydney 10K
Female 5K Walk CC								
1	34:21		F	---	Carmel Parker	48	22/06/2014	Short Walks Champs
<u>MALE</u>								
Male 2,5K Run CC								
1	8:35		F	---	Charles Doherty	15	2/08/2014	NSW Short Course Champs
Male 4K Run CC								
1	13:37		F	---	Charles Doherty	15	21/06/2014	2014 Cross Country Champs
2	14:35		F	---	Elliot Metcalf	14	21/06/2014	2014 Cross Country Champs

Male 5K Run CC

1	17:30	F	---	Chris Stork	19	2/08/2014	NSW Short Course Champs
2	24:09	F	---	Doug Barrett	61	2/08/2014	NSW Short Course Champs

Male 6K Run CC

1	20:07	F	---	Edward Goddard	16	21/06/2014	2014 Cross Country Champs
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Male 7,5K Run CC

1	24:17	F	---	Ruairidh MacDonald	20	2/08/2014	NSW Short Course Champs
2	24:43	F	---	Matthew Cox	24	2/08/2014	NSW Short Course Champs
3	27:41	F	---	Nick Walker	28	2/08/2014	NSW Short Course Champs

Male 10K Run CC

1	30:12	F	---	Matthew Cox	24	2/05/2015	Sydney 10K
2	30:55	F	---	James Connor	23	2/05/2015	Sydney 10K Sydney 10K Sydney 10K
3	34:26	F	---	Nick Walker	28	2/05/2015	Sydney 10K
4	34:26	F	---	Richard Mullaney	42	2/05/2015	Sydney 10K
5	37:56	F	---	Atshan Farjaam	29	2/05/2015	Sydney 10K
6	37:56	F	---	Domonic Bullock	29	2/05/2015	Sydney 10K
7	41:10	F	---	Brad Sharpe	54	2/05/2015	Sydney 10K
8	42:22	F	---	Tim Aldham	54	2/05/2015	Sydney 10K
9	48:01	F	---	Barry Carter	42	2/05/2015	Sydney 10K
10	1:01:04	F	---	Roger Cox	68	2/05/2015	Sydney 10K

Male 10K Run Mountain Run

1	46:38	F	---	Matthew Cox	24	29/03/2015	2015 NSW Mountain Running Champs
2	57:07	F	---	Nick Walker	28	29/03/2015	2015 NSW Mountain Running Champs

Male 12K Run CC

1	37.38	F	---	Matthew Cox	24	8/02/2015	World Cross Country Trials
2	39.18	F	---	Ruairidh MacDonald	20	8/02/2015	World Cross Country Trials
3	54:54	F	---	Brad Sharpe	53	21/06/2014	2014 Cross Country Champs

Male 5K Walk CC

1	32:36.00	F	---	Jim Seymon	76	22/06/2014	Short Walks Champs
2	37:50.00	F	---	Robert Connors	66	22/06/2014	Short Walks Champs

Male 10K Walk CC

1	46:51	F	---	Steven Washburn	19	25/05/2014	NSW Team Walks Champs
2	1:05.55	F	---	Jim Seymon	76	25/05/2014	NSW Team Walks Champs

Male 15K Walk CC

1	1:44.59	F	---	Jim Seymon	76	27/07/2014	Long Walks Champs
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Male 20K Walk CC

1	1:43.56	F	---	Jay Felton	18	27/07/2014	Long Walks Champs
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Club Track & Field Records (as at 30th April 2015)



Every endeavour is made to accurately update the Club Records each year from available results. Please accept our apologies if we 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 via info@utsnorthsaths.com.au.

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, and 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	10.4		Open	Jenny Lamy	1966		
60m	7.3h	NWI	Open	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/2008	Manoa, Hawaii, USA	
60m	7.3h	NWI	U20	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/2007	SOPAC, Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/2007	SOPAC, 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	SOPAC, 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	SOPAC, Homebush	
60m	7.52	0.0	W30	Jessica Knox (33)	3/12/2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medlicott	13/11/2004	Mingara	
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/2011	Blacktown	
60m	8.34	0.2	W45	Jackie Bezuidenhout (45)	6/04/2012	Melbourne	
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/2009	Adelaide	
60m	9.6h	NWI	W55	Debra Drennan (55)	11/01/2014	Rotary, Chatswood	
60m	11.1h	NWI	W60	Jillian Senior (60)	11/01/2014	Rotary, Chatswood	
60m	12.7h	NWI	W65	Roslyn Wolfers (68)	8/02/2014	Rotary, Chatswood	
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	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	AIS, 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	SOPAC, 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	Rotary, Chatswood	
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	SOPAC, Homebush	
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/2010	SOPAC, Homebush	
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/2010	SOPAC, Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	SOPAC, Homebush	
200m	24.40	0.7	U16	Tracey Morton	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	SOPAC, 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	SOPAC, Homebush	
200m	25.17		W35	Melissa Medlicott	25/02/2006	SOPAC, 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	SOPAC, Homebush	
200m	27.62	1.5	W50	Marie Kay (50)	2/04/2010	Perth	
200m	31.60		W55	Gloria Seymon	1993		
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/2009	Rotary, Chatswood	
200m	35.50		W65	Kathleen Cook	2004/05		
400m	51.80		Open	Annabelle Smith	2003/2004		
400m	55.19		U23	Alexandra Bartholomew (20)	29/09/2014	SOPAC, Homebush	#
400m	53.88		U20	Anneliese Rubie (18)	11/03/2010	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	54.78		U18	Kylie Robertson	1992		
400m	56.09		U17	Tracey Morton	12/11/2005	SOPAC, Homebush	
400m	56.09		U16	Tracey Morton	12/11/2005	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton	12/11/2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie	Dec-05	SOPAC, Homebush	
400m	1.01.44		U13	Anneliese Rubie	2004/05		
400m	54.83		W30	Renee Robson (33)	30/03/2012	SOPAC, 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	1:10.22		W55	Debra Drennan (56)	3/04/2015	The Crest, Bankstown	#
400m	1.15.0		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	9/01/2010	Rotary, Chatswood	SR
400m	2:49.3h		W80	Laurel Barrett (84)	8/11/2014	Rotary, Chatswood	#
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	SOPAC, Homebush	
800m	2.09.10		U18	Emily Hopper (16)	1/02/2014	SOPAC, Homebush	
800m	2.09.10		U17	Emily Hopper (16)	1/02/2014	SOPAC, 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	SOPAC, Homebush	
800m	2.22.62		U13	Ruby Hackett	2004/05		
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/2011	SOPAC, 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	SOPAC, Homebush	
800m	2.40.80		W55	Debra Drennan (55)	1/02/2014	SOPAC, Homebush	
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	5/12/2009	Rotary, Chatswood	SR
1500m	4:10.83		Open	Trychelle Kingdom (25)	26/03/2015	Brisbane	#
1500m	4.23.07		U23	Katie French (21)	17/02/2007	SOPAC, Homebush	
1500m	4.26.02		U20	Emily Augustine (18)	28/02/2014	SOPAC, Homebush	
1500m	4.26.65		U18	Annabel McDermott (16)	28/02/2015	SOPAC, Homebush	#
1500m	4.26.65		U17	Annabel McDermott (16)	28/02/2015	SOPAC, Homebush	#
1500m	4.34.98		U16	Emily Hopper (15)	8/02/2013	SOPAC, Homebush	
1500m	4.35.70		U15	Annabel McDermott (14)	6/12/2013	Townsville	
1500m	4.42.97		U14	Ruby Hackett	15/02/2006	SOPAC, Homebush	
1500m	4.52.47		U13	Ruby Hackett	15/02/2006		
1500m	5.06.19		W30	Rebecca Gibbs (31)	25/02/2012	Bankstown	
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	5:42.23		W55	Deborah Drennan (56)	20/12/2014	SOPAC, Homebush	#
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	7/11/2009	Rotary, Chatswood	
1 mile	5:16.13		Open	Emily Augustine (18)	17/01/2015	Beaton Park, Wollongong	#
3000m	9:31.13		Open	Trychelle Kingdom (24)	8/11/2014	SOPAC, Homebush	#
3000m	9.34.10		U23	Eliza Stewart (21)	17/02/2007	SOPAC, Homebush	
3000m	9.35.04		U20	Lucy Starrat (18)	8/07/2006	Narrabeen	
3000m	9:26.12		U18	Annabel McDermott (16)	11/03/2015	SOPAC, Homebush	#
3000m	9:26.12		U17	Annabel McDermott (16)	11/03/2015	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	The Crest, 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	SOPAC, Homebush	
3000m	12:38.77		W55	Deborah Drennan (56)	8/11/2014	SOPAC, Homebush	#
3000m	12.51.2		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	5/12/2009	Rotary, Chatswood	
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	AIS, Canberra	
5000m	18.04.75		U18	Bridget Reilly (16)	24/02/2012	AIS, Canberra	
500m	18.04.75		U17	Bridget Reilly (16)	24/02/2012	AIS, Canberra	
5000m	18.41.95		W30	Mary Fien (34)	6/04/2007	Hobart	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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	The Crest, Bankstown	SR
5000m	22.35.79		W50	Deborah Drennan (52)	11/12//2010	SOPAC, Homebush	
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
10000m	34.36.79		Open	Eliza Stewart (21)	14/12/2006	Melbourne	
10000m	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	Katrina Hunt (17)	11/11/2013	SOPAC, Homebush	
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates	2004/05		
100m Hurdles - 0.762m	14.58		U17	Keshvar Mirazarazi	1997/98		
90m Hurdles - 0.762m	13.04	-1.2	U16	Gabriella O'Grady	12/10/2012	SOPAC, Homebush	
90m Hurdles - 0.762m	13.15		U15	Marissa Ward	2002/03		
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	SOPAC, Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet	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	29.01	0.9	U16	Sophie McGovern (15)	5/12/2014	Adelaide	#
200m Hurdles - 0.762m	29.16	0.7	U15	Abigail Stevanovich (13)	11/03/2015	SOPAC, Homebush	#
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovich (13)	11/03/2015	SOPAC, Homebush	#
200m Hurdles - 0.762m	34.90		U13	M Love	1984		
200m Hurdles - 0.762m	34.00		W30	M Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/2009	SOPAC, 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	SOPAC, 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	SOPAC, 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, Bankstown	
3000m Steeplechase - 0.762m	10.54.14		U/23	Charlotte Wilson (20)	30/03/2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	10.46.10		U/20	Miranda Middleton (19)	30/03/2012	SOPAC, Homebush	
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	8:05.31		U14	Elise Brennan (12)	29/11/2014	The Crest, Bankstown	#
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	9:22.64		W45	Suzanne Brown (49)	30/04/2015	The Crest, Bankstown	#
1500m Walk	9.06.6		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3		W55	Nancy Lloyd (55)	1/11/2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	8/02/2014	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1500m Walk	12:43.3h		W65	Roslyn Wolfers (69)	22/11/2014	Rotary, Chatswood	#
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	The Crest, Bankstown	
3000m Walk	16:37.71		U15	Eliza Delaine (13)	12/01/2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	11/03/2015	SOPAC, Homebush	#
3000m Walk	19.04.6		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	31/10/2009	Mingara	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, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	15/02/2014	Rotary, Chatswood	
3000m Walk	27:10.0h		W80	Laurel Barrett (84)	8/11/2014	Rotary, Chatswood	
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	SOPAC, Homebush	
10000m Walk	1:02:08.74		U23	Christina Alldis (21)	6/01/2007	SOPAC, Homebush	
10000m Walk	1:00:42.27		U20	Christina Alldis	14/01/2006	SOPAC, Homebush	
10000m Walk	1:18.23.0		W30	Sharon Dunk	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	20/01/2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	10/01/2015	SOPAC, 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	SOPAC, 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	The Crest, Bankstown	
Pole Vault	3.20m		Open	Amy Moulden (23)	4/02/2012	SOPAC, Homebush	
Pole Vault	3.10m		U23	Amy Moulden (21)	19/02/2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden	15/01/2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden	15/01/2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/09/2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/09/2006	SOPAC, Homebush	
Pole Vault	2.30m		U15	Alexandra Gall (14)	7/03/2009	SOPAC, Homebush	
Pole Vault	2.30m		U14	Alexandra Gall (13)	22/11/2008	SOPAC, 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	AIS, Canberra	
Long Jump	4.82m		U13	Sijaan Powley	1995		
Long Jump	5.21m		W30	Jenny Laurendet	1994		
Long Jump	5.36m	NWI	W35	Melissa Medicott	14/04/2006	AIS, 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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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	SOPAC, Homebush	SR
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	25/02/2012	The Crest, Bankstown	
Triple Jump	12.59m		Open	Gillian Ting	1995		
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/2006	SOPAC, Homebush	
Triple Jump	12.59m		U20	Gillian Ting	1995		
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	31/01/2015	Glendale, Newcastle	#
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 Medicott	2/04/2006	The Crest, Bankstown	
Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/2009	Rotary, Chatswood	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	SOPAC, Homebush	
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam	SR
Triple Jump	8.51m		W55	Gloria Seymon	1993		
Triple Jump	6.59m	NWI	W60	Jillian Senior (62)	22/11/2014	Rotary, Chatswood	#
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	SOPAC, 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	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/09/2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/01/2008	Rotary, Chatswood	
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, Chatswood	
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	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	15/12/2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	27/02/2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	6/06/2010	Campbelltown	SR
Discus -1kg	28.18m		W50	Glenys Whitehead (50)	28/02/2015	Rotary, Chatswood	#
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	SOPAC, 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, Chatswood	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		

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Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 4kg	36.57m		W35	Melissa Bonser (38)	11/10/2008	Rotary, Chatswood	
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	10/11/2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle	1983		
Hammer - 3kg	41.27m		W50	Glenys Whitehead (50)	3/04/2015	The Crest, Bankstown	#
Hammer - 3kg	26.60m		W55	Gloria Seymon	1993		
Hammer - 3kg	22.15m		W60	Jillian Senior (60)	13/10/2012	Rotary, Chatswood	
Hammer - 3kg	16.59m		W65	Roslyn Wolfers (69)	17/01/2015	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, Chatswood	
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	40.03m		U15	Annika Mountstephens (14)	6/02/2015	SOPAC, Homebush	#
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, Chatswood	
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, Chatswood	
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	SOPAC, Homebush	SR
Weight Throw - 9.08kg	11.99m		W45	Caroline Layt (47)	29/03/2013	AIS, Canberra	
Weight Throw - 7.26kg	12.42m		W50	Glenys Whitehead (50)	3/04/2015	The Crest, Bankstown	#
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, Chatswood	
Weight Throw - 7.26kg	6.55m		W65	Roslyn Wolfers (69)	4/10/2014	Rotary, Chatswood	#
Weight Throw - 7.26kg	7.78m		W85	Ruth Frith	1995		SR
Weight Throw - 7.26kg	6.19m		W90	Ruth Frith	2001	Sydney	SR
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		
Multiple Events	1920 Pts		U14	Elise Brennan (12)	20/09/2014	Glendale, Newcastle	#
Heptathlon	6185 Pts		W45	Marie Kay (49)	28/07/2009	Lahti, Finland	WR
Heptathlon	5832 Pts		W50	Marie Kay (50)	3/07/2010	Tahiti	
Heptathlon	4461 Pts		W55	Gloria Seymon	1993		SR
Heptathlon	3757 Pts		W60	Gloria Seymon	17/07/1997	Durban, RSA	SR
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts		W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	WR
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m							
Pentathlon	1658 Pts		W35	Caroline Layt	2004/05	AIS, Canberra	
Pentathlon	3797 Pts		W40	Helen Searle	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		SR
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		SR
Pentathlon	2322 Pts		W55	Gloria Seymon	11/03/1998	SOPAC, Homebush	SR
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m							
Pentathlon	1942 Pts		W40	Maria Cimino (43)	3/04/2015	The Crest, Bankstown	#
Pentathlon	2873 Pts		W45	Jackie Bezuidenhout (48)	10/01/2015	SOPAC, Homebush	#
Pentathlon	1722 Pts		W60	Jillian Senior (62)	3/04/2015	The Crest, Bankstown	#
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	SOPAC, Homebush	
Throws Pentathlon	3192 Pts		W45	Caroline Layt (49)	3/04/2015	The Crest, Bankstown	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Throws Pentathlon	3433 Pts		W50	Glenys Whitehead (50)	3/04/2015	The Crest, Bankstown	#, SR
Throws Pentathlon	2234 Pts		W55	Kerrie Jones (58)	11/03/2012	Banktown	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	11/03/2012	Banktown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith	1993		SR
Throws Pentathlon	4424 Pts		W85	Ruth Frith	7/03/1998	SOPAC, Homebush	SR
Throws Pentathlon	5394 Pts		W90	Ruth Frith	24/04/2000	Hobart	SR
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	48.28		U18	Gabriella O'Grady (17), Nicola Haggerty-Meyers (17), Adriana Rusman 16), Alice Falconer (15)	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 100m	48.40		U16	Gabriella O'Grady, Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt	19//11/2011	SOPAC, Homebush	
Relay - 4 x 100m	51.54		U14	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	18/11/2007	SOPAC, 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	SOPAC, 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	SOPAC, 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	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	21/11/2009	Blacktown	
Relay 4 x 200m	2.03.27		W200+	Jenny Schell (52), Debra Drennan (56), Gabby Whelan (53), Suzanne Brown (49)	15-16/11/2014	SOPAC, Homebush	#
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	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56		U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 400m	4.07.65		W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	SOPAC, Homebush	
Relay - 4 x 400m	4:33.95		W160+	Deborah Drennan, Rebecca Gibbs, Jenny Schell, Mary Fien	20//11/2011	SOPAC, Homebush	
Relay - 4 x 400m	4:40.30		W200+	Maria Cimino (43), Debra Drennan (56), Jackie Bezuidenhout (48), Gabby Whelan (53)	15-16/11/2014	SOPAC, Homebush	#, SR

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 800m	8:56.92		Open	Trychelle Kingdom, Jemima Backman, Bianca Grimaldi, Emily Augustine	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 800m	9.29.50		U20	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoye (12), Nell Breslin (12), Zoe Latham (12)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23		W120+	Rebecca Gibbs, Deberoh Drennan, Jackie Bezuidenhout, Mary Fien	20//11/2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	<i>NR</i>
Relay - 4 x 1500m	18.46.2		Open	Trychelle Kingdom, Kasey Mumby, Emily Hopper, Emily Augustine	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m	20.34.3		U14	Elle-Maree Farrington, Katie Furniss, Ashley Mason, Ruby Hackett	2004/05		
Relay - 4 x 1500m	21.41.79		W30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhunty	1998/99	SOPAC, Homebush	
Relay - 4 x 1500m	21.48.89		W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	SOPAC, Homebush	
Relay - Medley (200,200,400,800)	3:53.90		Open	Katrina Hunt, Gabriella O'Grady, Alexandra Bartholomew (20), Trychelle Kingdom (24)	15-16/11/2014	SOPAC, Homebush	#
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancered	18-19/11/2006	SOPAC, 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	SOPAC, Homebush	
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	SOPAC, 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	<i>SR</i>

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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	SOPAC, 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							
100yards	9.6		Open	John Treloar / Phil Brown	1952/1957		
60m	6.68	1.8	Open	Joshua Clarke (18)	7/12/2013	Homebush	
60m	6.97	0.1	U23	Anthony Collum (20)	17/01/2015	Beaton Park, Wollongong	#
60m	6.68	1.8	U20	Joshua Clarke (18)	7/12/2013	SOPAC, 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	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick	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	SR
60m	7.6h	NWI	M40	Antony Guest (43)	18/10/2008	Rotary, Chatswood	
60m	8.07	-1.9	M45	Antony Guest (49)	21/02/2014	Glendale, Newcastle	#
60m	8.12	0.3	M50	Anthony Crimi (50)	25/02/2012	The Crest, Bankstown	
60m	8.27	NWI	M55	David Smith (59)	21/02/2015	SOPAC, Homebush	#
60m	8.37	0.0	M60	David Smith (60)	3/04/2015	The Crest, Bankstown	#
60m	9.44	0.0	M65	Hugh Colburn (65)	25/02/2012	The Crest, Bankstown	
60m	9.01	0.0	M70	David Chantrill (72)	9/04/2011	Blacktown	
60m	9.16	0.6	M75	Nick Bastas (76)	21/01/2015	SOPAC, Homebush	#
60m	10.37	0.7	M80	Richard Hughes (82)	3/04/2015	The Crest, Bankstown	#
100m	10.24		Open	Tim Jackson	1994/95		
100m	10.71	1.8	U23	Anthony Collum (20)	10/01/2015	SOPAC, Homebush	#
100m	10.34	1.5	U20	Joshua Clarke (19)	15/03/2014	Homebush	
100m	10.53	NWI	U18	Joshua Clarke (16)	7/09/2012	Isle of Man	
100m	10.53	NWI	U17	Joshua Clarke (16)	8/09/2012	Isle of Man	
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/2010	Melbourne	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	AIS, 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	12.25	1.3	M45	Anthony Guest (49)	1/11/2014	ES Marks	#
100m	12.65	0.9	M50	Tony Crimi	16/03/2013	SOPAC, Homebush	
100m	12.5h	NWI	M55	Clay Tompkins (55)	10/01/2009	Rotary, Chatswood	
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	15.52	-0.2	M75	Nick Bastas (76)	21/02/2015	SOPAC, Homebush	#
100m	16.55	-0.2	M80	Richard Hughes (82)	21/02/2015	SOPAC, Homebush	#
100m	21.90		M85	Ray Frith	31/03/1991	AIS, Canberra	SR
200m	20.93		Open	Tim Jackson	1989		
200m	21.85	-1.4	U23	Anthony Collum (20)	28/02/2015	SOPAC, Homebush	#
200m	21.24	-0.3	U20	Joshua Clarke (18)	1/02/2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/2012	The Crest, Bankstown	
200m	21.83	0.0	U17	Matthew Wood	10/10/2013	SOPAC, Homebush	
200m	21.93	0.0	U16	Matthew Wood	10/10/2013	SOPAC, Homebush	
200m	24.34		U15	Jordan Idiare (13)	17/12/2011	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	17/12/2011	SOPAC, Homebush	
200m	26.2		U13	B Harrison / M White	1971/1975		
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/2007	SOPAC, Homebush	
200m	22.40	1.2	M35	Ashley McMahon (37)	2/11/2013	SOPAC, Homebush	
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/2011	SOPAC, Homebush	
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/2012	SOPAC, Homebush	
200m	26.05	0.9	M50	Anthony Crimi (52)	17/03/2013	SOPAC, Homebush	
200m	26.3		M55	Frank Scurr	1995/96		
200m	24.93		M60	Reg Austin	1998/99		

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200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	25/02/2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	1/11/2014	Gold Coast	#
200m	34.28	1.9	M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	#
400m	46.17		Open	David Johnston	1983		
400m	46.49		U23	David Burke (21)	25/03/2011	SOPAC, 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	SOPAC, Homebush	
400m	54.69		M40	John Skrivanic	17/04/2006	AIS, Canberra	
400m	54.07		M45	Antony Guest (47)	30/03/2012	SOPAC, Homebush	
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	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)			
400m	1:24.56		M80	Richard Hughes (82)	25/10/2014	Barden Ridge, Illawong	#
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	The Crest, Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Rick Martin (55)	11/12/2010	SOPAC, 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, Chatswood	
800m	3:35.11		M80	Richard Hughes (82)	21/02/2015	SOPAC, Homebush	#
1500m	3.37.02		Open	James Kaan (23)	9/03/2013	SOPAC, Homebush	
1500m	3.40.30		U23	James Kaan (22)	21/01/2012	Newcastle	
1500m	3.45.34		U20	James Connor	30/03/2012	SOPAC, Homebush	
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	SOPAC, Homebush	
1500m	3.59.66		M35	Stuart Paterson (39)	16/02/1996	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)	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	4:12.60		U23	Will Austin-Cray (22)	17/01/2015	Beaton Park, Wollongong	#
1 Mile	4.24.35		U20	Will Austin-Cray (18)	13/12/2011	The Crest, Bankstown	
1 Mile	4.36.29		U18	Ruairidh MacDonald (17)	13/12/2011	The Crest, Bankstown	
1 Mile	4:34.96		U16	Elliot Metcalf (14)	17/01/2015	Beaton Park, Wollongong	#
1 Mile	4.58.22		M40	Connor Delahunty	13/12/2011	The Crest, Bankstown	
1 Mile	5.14.85		M50	Bradley Sharpe	13/12/2011	The Crest, 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	SOPAC, Homebush	
3000m	8.29.0		U18	Joel Fitzgerald	2000/2001		
3000m	8.34.75		U17	Ruairidh MacDonald (16)	11/03/2010	SOPAC, 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	SOPAC, Homebush	
3000m	9.52.09		U13	Jared Simmons (12)	23/01/2010	SOPAC, Homebush	
3000m	8.31.4		M30	Sean Fitzpatrick	1999/2000		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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	SOPAC, 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	SOPAC, 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	SOPAC, Homebush	
5000m	18:14.33		M50	Stephen Ball	19/01/2006	SOPAC, 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	SOPAC, Homebush	
10000m	29.16.2		Open	John Farrington	1970		
10000m	31:50.67		U23	Ruairidh MacDonald (21)	28/02/2015	SOPAC, Homebush	#
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	SOPAC, 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, Illawong	
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	SOPAC, Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/2006	SOPAC, 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	51.42		Open	Bryce Collins (19)	28/02/2015	SOPAC, Homebush	#
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		Open	Bryce Collins (19)	28/02/2015	SOPAC, Homebush	#
400m Hurdles - 0.840m	53.19		U18	Bryce Collins (17)	Jan-13	SOPAC, Homebush	
400m Hurdles - 0.840m	53.60		U17	Bryce Collins (16)	14/03/2012	SOPAC, Homebush	
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	1:02.46		M35	Ashley McMahon (39)	18/10/2014	SOPAC, Homebush	#
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	25/02/2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	25/02/2012	The Crest, 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		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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	7.31.7		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1		M35	Mark Ransom	1998/99		
1500m Walk	7.57.2		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	16/01/2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	18/10/2014	Rotary, Chatswood	#
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, Chatswood	
3000m Walk	18:25.7h		M75	Jim Seymon (78)	14/02/2015	Rotary, Chatswood	#
5000m Walk	21:47.84		Open	Steven Washburn (20)	28/02/2014	SOPAC, Homebush	
5000m Walk	21:47.84		U23	Steven Washburn (20)	28/02/2014	SOPAC, 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	55:18.63		Open	Steven Washburn (21)	10/01/2015	SOPAC, Homebush	#
10000m Walk	55:18.63		U23	Steven Washburn (21)	10/01/2015	SOPAC, Homebush	#
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	
10000m Walk	1:09:28.53		M75	Jim Seymon (78)	10/01/2015	SOPAC, Homebush	#
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 Kaveris	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	SOPAC, 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	SR
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.10m		M75	Nick Bastas (76)	1/11/2014	Gold Coast	#
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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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, Homebush	
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	5.25m		M60	Clay Tompkins (60)	7/12/2013	Campbelltown	SR
Long Jump	4.29m		M65	Jim McGrath	1996/97		
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	29/03/2013	AIS, Canberra	
Long Jump	3.84m	NWI	M75	Nick Bastas (76)	25/10/2014	Rotary, Chatswood	#
Triple Jump	15.71m	1.9	Open	Tomas Cholensky (33)	25/03/2011	SOPAC, 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	SOPAC, 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	NWI	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	11.77m	0.9	M60	Clay Tompkins (60)	2/11/2013	ES Marks, Sydney	SR
Triple Jump	8.46m	-0.3	M70	Nick Bastas (73)	25/02/2012	The Crest, Bankstown	
Triple Jump	8.31m	-1.0	M75	Nick Bastas (76)	3/04/2015	The Crest, Bankstown	#
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/01/2007	The Crest, 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	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	11/10/2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	14/01/2012	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	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	12/11/2011	Rotary, Chatswood	
Shot Put - 4kg	8.76m		M70	Jim McGrath	2001/02		
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	25/10/2014	Rotary, Chatswood	#
Shot Put - 3kg	7.37m		M80	Jim McGrath (80)	24/09/2011	Rotary, Chatswood	
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	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins	16/03/2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	15/11/11	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	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	25/02/2012	The Crest, Bankstown	
Discus - 1kg	26.75m		M70	Jim McGrath	2001/02		
Discus - 1kg	22.48m		M75	Nick Bastas (76)	4/10/2014	Rotary, Chatswood	#
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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Hammer - 7.26kg	56.10m		Open	Jon Harwood (26)	13/02/2009	SOAC, Homebush	
Hammer - 7.26kg	19.44m		U23	Adam Nixon (20)	8/11/2014	SOPAC, Homebush	
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, Chatswood	
Hammer - 7.26kg	33.88m		M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	28/03/2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary, Chatswood	
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, Chatswood	
Hammer - 4kg	21.05m		M75	Jim McGrath (79)	5/02/2011	Rotary, Chatswood	
Hammer - 3kg	20.98m		M80	Jim McGrath (80)	28/01/2012	Rotary, Chatswood	
Javelin - 800g	63.14m		Open	Peter Elvy	1995/96		
Javelin - 800g	59.50m		U23	Saxon Ward (20)	28/02/2015	SOPAC, 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	35.02m		U13	Alex Willett (12)	20/10/2013	Barden Ridge, Illawong	#
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	18/10/2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath	1991		
Javelin - 600g	29.54m		M65	Jim McGrath	1996/97		
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	31/01/2015	Rotary, Chatswood	#
Javelin - 400g	17.66m		M80	Jim McGrath (80)	24/09/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.99m		Open	Michael Stark (29)	1/10/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	12/11/2011	Rotary, Chatswood	
Weight Throw - 15.88kg	9.98m		M35	Warren Jones (35)	3/04/2015	The Crest, Bankstown	#
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	AIS, Canberra	
Weight Throw - 11.34kg	10.35m		M55	Peter Lang (56)	24/01/2015	Rotary, Chatswood	#
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	1/11/2014	Rotary, Chatswood	#
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	8/12/2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	1/11/2014	Gold Coast	#
Weight Throw - 5.45kg	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		
Heptathlon	4184 Pts		U16	Martin Stonis (15)	6/01/2007	SOPAC, Homebush	
Heptathlon	2731 Pts		U15	James McFadden (14)	31/03/2012	SOPAC, Homebush	
Decathlon	5407 Pts		M35	Ashley McMahon (37)	4/01/2014	Campbelltown	SR
Decathlon	3279 Pts		M40	Tony Nash (43)	3/03/2007	Brisbane	
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	7/01/2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	25/10/2014	AIS, Canberra	#
Decathlon	6450 Pts		M60	Jim McGrath	18/07/1991	Turku, Finland	SR
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	2055 Pts		M35	Warren Jones (35)	3/04/2015	The Crest, Bankstown	#
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	SOPAC, 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	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 100m	40.64		Open	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	1993	ES Marks	
Relay - 4 x 100m	42.18		U20	Matt Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 100m	42.84		U18	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	119/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 100m	48.50		U14	Dominic Mete, Jack McGregor, Samuel Barkley, Connor Hurley	19/11/2011	SOPAC, Homebush	
Relay - 4 x 100m	46.49		M120+	John Skrivanic, Sheldon Cummins, Melissa Medicott, Anthony Benn	Nov-05	SOPAC, 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	49.81		M200+	David Thebridge, Gary Clark, Anthony Crimi, David Smith	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 100m	53.96		M240+	Anthony Crimi, Richard Hughes, Nick Bastas, Jeremy Firth	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 200m	1.27.33		Open	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1995	SOPAC, 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, Homebush	
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, Homebush	
Relay - 4 x 200m	1:52.64		M200+	Anthony Crimi, Jeremy Firth, Les Gillies, David Smith	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 200m	2:00.28		M240+	David Smith, Richard Hughes, Adam Parsonage, Anthony Crimi	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 400m	3.12.25		Open	Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke	Mar-11	SOPAC, Homebush	
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	SOPAC, 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, Homebush	
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling, Antony Guest, Mark Taylor, Andy West	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:59.72		M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 800m	7:27.95		Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	22/11/2009	Blacktown	
Relay - 4 x 800m	7.46.20		U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	SOPAC, Homebush	SR

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 800m	7.46.20		U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	SOPAC, 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, Homebush	
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	SOPAC, Homebush	SR
Relay - 4 x 800m	9.28.19		M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	SOPAC, 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	15:50.39		Open	James Hansen, Adrian Plummer, Matthew Cox, James Connor	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x 1500m	16.39.47		U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	SOPAC, 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, Homebush	
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	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	SOPAC, Homebush	
Relay - Medley (200,200,400,800)	3.21.38		Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	17-18/11/2012	SOPAC, Homebush	
Relay - 4 x 1500m Walk	28:58.01		Open	Jay Felton (19), Steve Washburn (20), Martin Leemberg, Nick Walker (28)	15-16/11/2014	SOPAC, Homebush	#
Relay - 4 x High Jump	7.90m		Open	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	1996/97	SOPAC, Homebush	
Relay - 4 x High Jump	7.30m		U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	SOPAC, Homebush	
Relay - 4 x Pole Vault	14.10m		Open	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	1996/97	SOPAC, Homebush	
Relay - 4 x Long Jump	27.06m		Open	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	1996	SOPAC, Homebush	SR
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond, Matt Crowe, Aaron Jeffrey, Paul Salem	15-16/11/2015	SOPAC, Homebush	#
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	53.93m		Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Shot	51.24m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson, Andrew Kohlrusch, James Fitzgerald, Warren Jones	19/11/2011	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
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 Hammer	120.77m		Open	Peter Lang, Warren Jones, Michael Stark, Ross Douglas	2003/2004	SOPAC, Homebush	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy, Warren Jones, Andrew Lukas, Chris Gale	1996/97	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	155.35m		U18	Charlie Sepplet, Will North, Tyler Monaghan, James McFadden	15-16/11/2015	SOPAC, Homebush	#

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record as at 30 April 2015

This listing of 'Best on Record' for Out of Stadium events was established in 2007 (open age only) and will be updated each year from results of Athletics NSW, Athletics Australia, and Australian Masters Athletics competitions. If a member knows of any better performances than those listed below please contact the Records Officer with details. Notes - Age as at 31 December except masters which is age on the day. # Indicates new 'best on record' performance this season. Every endeavour is made to accurately update the Club 'Best performance on record' 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 of records, first names and ages of athletes, currently listed please also contact the Records Officer on info@utsnorthsath.com.au.

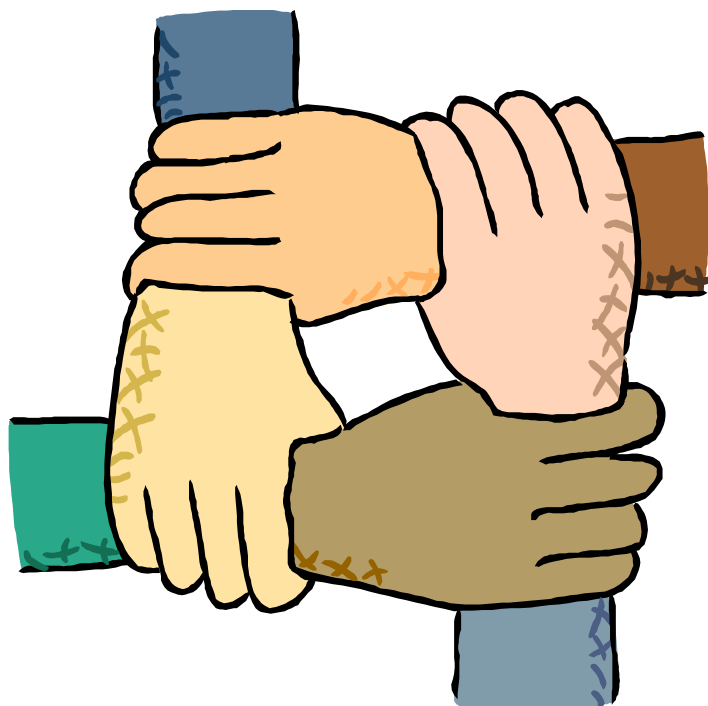
Event	Performance	Athlete/s (age)	Date	Venue
MEN				
Cross Country				
1.5km Cross Country	5.52	Edward Trippas (10)	19/07/2008	Western Sydney Regional Park
2km Cross Country	7.21	Trent Morton	31/05/2008	Miranda Park
2.5km Cross Country	7.54	Ruairidh MacDonald (15)	18/07/2009	Upjohn Park, Rydalmere
3km Cross Country	9.50	Kieran Briscoe (16)	29/05/2010	Miranda Park
4km Cross Country	12.21	Nick Bromley (26)	30/05/2009	Miranda Park
5km Cross Country	16.20	James Connor (18)	30/07/2011	Upjohn Park, Rydalmere
6km Cross Country	18.40	Ruairidh MacDonald (15)	20/08/2011	Canberra
7.5km Cross Country	24.07	Josh Wright (20)	30/07/2011	Upjohn Park, Rydalmere
8km Cross Country	24.41	Alex Pettigrew (18)	17/06/2010	Eastern Creek
8.5km Cross Country	32.49	Matthew Rando (20)	19/07/2008	Western Sydney Regional Park
10km Cross Country	30.44	John Farrington (31)	7/07/1973	Bundoora, Victoria
12km Cross Country	37.20	Connor Delahunty (42)	30/04/2011	Scarborough Park, Ramsgate
12.5km Cross Country	45.37	Ryan Cantwell (29)	25/06/2011	Nowra
20km Cross Country	1:01.20	John Farrington (27)	20/06/1970	Gosford
Mountain Running				
8km Mountain Run	44:00:00	Ruairidh MacDonald (17)	29/04/2012	Mt Wellington, Hobart
9.5km Mountain Run	1:00.21	Stuart Paterson (50)	23/09/2006	Saillon, SUI
11km Mountain Run	46:58.00	Matthew Cox (23)	30/03/2014	Mt Canoblas, Orange
12km Mountain Run	52.26	Stuart Paterson (49)	23/07/2006	Woolgoolga
Road				
1 Mile	4.21	Nick Bromley (26)	18/09/2009	Newcastle/Gateshead, England
2.5km Road Race	11.42	Calvin Goessler (12)	3/05/2008	Homebush
3km Road Race	14.02	Tristan Paterson (12)	6/05/2006	Holsworthy
4km Road Race	12.23	Xavier Black (17)	10/07/2010	Wollongong
5km Road Race	14.52	John Farrington (30)	3/12/1972	Fukuoka, Japan
8km Road Race	27.41	Matthew Rando (19)	5/05/2007	Cataract Scout Park
10km Road Race	29.45	John Farrington (30)	3/12/1972	Fukuoka, Japan
14km City to Surf	44.15	Nick Bromley (25)	10/08/2008	Sydney
15km Road Race	43.11	John Farrington (31)	12/08/1973	Sydney (original City to Surf)
10 miles	55.38	Stuart Paterson (37)	11/06/1994	Parramatta
Half Marathon	1:03.38	John Farrington (30)	3/12/1972	Fukuoka, Japan
25km Road Race	1:15.34	John Farrington (30)	3/12/1972	Fukuoka, Japan
30km Road Race	1:31.08	John Farrington (30)	3/12/1972	Fukuoka, Japan
Marathon	2:11.13	John Farrington (31)	14/07/1973	Richmond
Walks				
5km Road Walk	30.09	Jim Seymon (71)	29/06/2008	
10km Road Walk	1:01.0	Jim Seymon (70)	27/05/2007	Tempe
15km Road Walk	1:32.13	Jim Seymon (68)	27/05/2006	Greystanes
20km Road Walk	2:04.59	Jim Seymon	2003/2004	

WOMEN

Cross Country				
1.5km Cross Country	5:43.54	Molly Quoye (10)	30/07/2011	Upjohn Park, Rydalmere
2km Cross Country	7.30	Jessica Campbell (13)	2/06/2007	Miranda Park

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2.5km Cross Country	8.56			Ruby Hackett (17)	18/07/2009	Upjohn Park, Rydalmere	
3km Cross Country	10.36			Olivia Dooley (13)	17/06/2010	Eastern Creek	
4km Cross Country	13.25			Lucy Starrat (18)	3/06/2006	Scarborough Park	
5km Cross Country	17.45			Lucy Starrat (18)	15/07/2006	The Crest, Bankstown	
6km Cross Country	21.14			C Yali	1992		
6.2km Cross Country	22.47			Eliza Stewart (22)	6/04/2008	France	
8km Cross Country	27.16			Eliza Stewart (22)	23/08/2008	Geelong, VIC	
10km Cross Country	52:03.00			Libby Augustine (17)	30/04/2011	Ramsgate	
Mountain Running							
8km Mountain Run	44.51			Mary Fien (34)	24/02/2007	Mt Kembla	
10km Mountain Run	1:05:00.0			Kate Hobbs (19)	29/03/2015	Mt Canoblas, Orange	#
Road							
2km Road Race	6.57			Emily Augustine (12)	10/07/2010	Wollongong	
2.5km Road Race	9.58			Molly Quoye (10)	4/06/2011	Homebush	
3km Road Race	11.08			Thea Welsby (14)	5/08/2006	Wollongong	
5km Road Race	17.52			Frances Schmiede (17)	4/06/2011	Homebush	
4km Road Race	14.16			Fran Schmeide (17)	10/07/2010	Wollongong	
6km Road Race	25.09			Erin Smithson (18)	6/05/2006	Holsworthy	
10km Road Race	34.27			Eliza Stewart (22)	3/5/2008	Homebush	
14km City to Surf	1:03.56			Alice Tancred (17)	13/08/2006	Sydney	
Half Marathon	1:16.16			Eliza Stewart (22)	18/05/2008	Sydney	
Marathon	2:50.00			Elizabeth Richards	1976		
Walks							
5km Road Walk	30.21			Suzanne Brown (43)	28/06/2009	Harrington Park Lake	
10km Road Walk	50.04			Fiona Alldis (19)	2/09/2007	Perth, WA	
15km Road Walk	1:39.05			Nancy Lloyd (53)	15/07/2007	Five Dock	
20km Road Walk	1:46.13			Fiona Alldis (19)	15/07/2007	Five Dock	
10mile Road Walk	1:29.37			Fiona Alldis (19)	10/06/2007	Lake Burley Griffin, ACT	

Club Members 2014/2015



Abrahams	Dominique	Beckett	Antonia	Brown	Emma
Adamo	Dom	Bedwell	Imogen	Brunton	Geordie
Ambat	Marc	Bendall	Ronald	Bullock	Dominic
Andrew	Annabelle	Benmokhtar	Julien	Burke	Sam
Atshan	Farjaam	Berte	Sienna	Butler	Matthew
Atterton	John	Bezuidenhout	Jacqueline	Carmody	Olivia
Atterton	Nancy	Bicknell	Courtney	Carter	Terrence
Augustine	Emily	Biddle	Johanna	Carter	Ben
Augustine	Len	Bignold	Sam	Casey	Kieran
Augustine	Libby	Blackley	Hugo	Casey	Michaela
Austin-Cray	Will	Blampied	Bill	Cason	Olivia
Backman	Jemima	Blundell	Erin	Cepak	Mark
Baptist	Emma	Bokeyar	Rosie	Cepak	Eliza
Baptist	Zoe	Bowers	Brandon	Cerroti	Alex
Barkley	Samuel	Bratton	Gemma	Chapman	Belinda
Barkley	Rory	Brennan	April	Cimino	Maria
Barnes	Sean	Brennan	Elise	Clark	Gary
Barrett	Laurel	Broad	Caitlin	Clark	Jaden
Barrett	Doug	Brown	William	Clarke	Lola
Bartholomew	Alexandra	Brown	Karina	Colburn	Hugh
Basheer	Jamie	Brown	Ainslie	Collins	Bryce
Baskin	Robbie	Brown	Lauren	Collins	Giselle
Bastas	Nicholas	Brown	Jatali	Collum	Anthony
Baveystock	Fynn	Brown	Suzanne	Connor	James
Connors	Robert	Falconer	Alice	Haggerty	Nikki
Cotterill	Danielle	Fane	Tara	Hake	Austin
Courtney	Kieran	Farrow	John	Hamilton	Brian
Cover	George	Felton	Jay	Hampton	Darcy
Cox	Matthew	Fien	Mary	Hanley	Peter
Cox	Simon	Firth	Jeremy	Hann	Emma

Crimi	Anthony	Fisher	Jacinta	Hannan	Oliver
Crowe	Matthew	Fisher	Kyle	Hansen	James
Crowe	Amanda	Fitzgerald	James	Hansen	Bobbie
Culhane	Jim	Fitzpatrick	Alexander	Harvey	Judith
Culhane	Jessica	Fitzsimmons	Sean	Hayashi	Sean
Culhane	Nathan	Fitzsimmons	Melissa	Headley	Dom
Culhane	Sarah	Fitzsimons	Sebastian	Healey	Sarah
Cummings	Paul	Fitzsimons	Frank	Hewitt	Simon
Dalton	Lachlan	Forner	James	Heyes	Tim
Dawes	Emma	Freyer	William	Higgins	Devlin
Delawari	Ariana	Fry	Jamie	Higgins	James
Diamond	Alec	Fusca	Olivia	Higgins	Peter
Dobriskey	Sarah	Gallen	Elese	Hoare	Zara
Doherty	Eloise	Gardiner	Imogen	Hobbs	Kate
Doherty	Charlie	Garrett	Tristan	Hope	Rhys
Don	Lachlan	Gassmann	Sascha	Hopper	Emily
Donnelley	David	Gassmann	Laca	Huang	Chris
Donofrio	Nicolette	Gett	Matthew	Hughes	Richard
Douglas	Ross	Gillies	Penelope	Hunt	Emma
Douglas	Peter	Gillies	Leslie	Hunt	Katrina
Dowling	Frazer	Gillings	Annabelle	Hunt	Thomas
Dowling	Ryan	Gipson	Madison	Hunter	Tash
Drennan	Deborah	Glascott	Thomas	Hurley	Conor
Dudley	Dylan	Godbold	Alexander	Ingram	Nicholas
Duffy	Alexander	Goddard	Edward	Jaye	Bev
Duggan	Mia	Goodrich	Jasper	Jeffery	Aaron
East	Brooke	Grimaldi	Bianca	Jenkins	Dominica
East	Charlie	Grinbergs	Edita	Johnston	Ben
Eatough	Jasmine	Grundy	Juliet	Johnstone	Abigail
Edwards	Kristie	Guest	Antony	Johnstone	Hamish
Edwards	Ashlie	Guest	Gabriella	Jones	Warren
Egan	Daniel	Gurr	James	Jones	Robert
Everett	Jasmine	Guthrie	Sally	Jones	Karen
Fakiye	Emmanuel	Haber	Sam	Jones-Baulman	Melissa
Kaan	James	Mee	Claudia	Phelps	Harriet
Kass	Dorothy	Menzies	Rory	Philipson	Sarah
Kelagher	Bronwyn	Metcalf	Elliot	Pittman	Jana
Kelagher	Morgan	Metcalf	Jacinta	Plummer	Adrian
Kerr	Alex	Mete	Dominic	Pollack	Ben
Kerry	Nat	Mills	Max	Poulet	Mike
Keshishian	Hovik	Mitchell	Olivia	Powell	Madeleine
Khun	Lachlan	Monaghan	Tyler	Pryde	Angus
King	Jennifer	Moore	Oliver	Puflett	Oliver
Kingdom	Trychelle	Moore	Nicholas	Quinn	Alexandra
Lamas	Daniella	Moore	Alex	Quoyale	Ruby
Lamas	Katrina	Morton	Tracev	Quoyale	Molly
Lang	Peter	Moss	Benjamin	Ralphs	Gabrielle
Lanigan	Zachary	Mountstephens	Annika	Ramondetta	Victor
Latham	Zoe	Mullaney	Richard	Raper	Lachlan

Layt	Caroline	Mumby	Kasey	Rasines Mazo	Juan
Le Ban	Max	Naylon	Janet	Ratajec	Holly Eva
Leerberg	Martin	Nelson	Tess	Reddy	Meghana
Little	Mackenzie	Niccol	Brooke	Reynolds	Hayley
Lloyd	Nancy	Nicholls	Cameron	Richardson	William
Lloyd	William	Nixon	Adam	Richardson	Sam
Lobato	Stefan	Nolan	Alan	Richmond	Gabriella
Lucas	Ruby	Nolan	Daniel	Rilen	Sue
Mac Donald	Andrew	Nona	Malu	Roberts	Harry
MacDonald	Ruairidh	North	Will	Rooney	Olivia
Mackay	Benjamin	Northey	Michael	Roseby	Pierce
MacLennan-Pike	Sophie	Novicic	Zoran	Rosenberg	Hope
Major	Luke	O'Donohue	Nicholas	Rothery	Mark
Marshall	Sara	O'Grady	Gabriella	Rusman	Adrianna
McDermott	Annabel	O'Laughlin	Sally	Russell	Celeste
McDermott	Sarah	Palma	Odette	Salem	Paul
McEwan	Clinton	Palmer	Tim	Samuels	Tamara
McFadden	James	Parker	Carmel	Schell	Jenny
McGovern	Sophie	Parker	Aaron	Schell	Georgina
McGrath	James	Parsonage	Adam	Senior	Jillian
Mcgrath	Tim	Paterson	Stuart	Seppelt	Charles
McMahon	Ashley	Pegum	Xavier	Seymon	Jim
McMahon	Rheanna	Penman	Darcy	Shah	Sachin
McMahon	Elijah	Perrott	Jye	Shannon	Thomas
McMahon	Yukari	Perry	Monique	Shannon	James
Sharpe	Brad	Switzer	Paul	Whelan	Joseph
Sharpe	Rochelle	Tarbotton	David	White	Claudia
Sharpe	Bradley	Terry	Rebecca	White	Tully
Shoesmith	Ronald	Thebridge	David	Whitehead	Glenys
Short	Cameron	Thomas	Margaret	Willett	Alex
Sloan	Riley	Thornton-Bott	Isabella	Williams	Elijha
Smelt	Emily	Toemoe	George	Williams	Andrew
Smith	David	Tompkins	Clay	Willis	Kate
Smith	Helena	Treacy	Anthony	Wilson	Charlotte
Snushall	Courtney	Uzunovski	Mia	Windybank	Heidi
Speers	Liam	van den Honert	Tammi	Windybank	Joanna
Spencer	Lesley	van den Honert	laura	Withnall	Elana
Spiller	Jasper	Vaz	Jeremy	Wolfers	Roslyn
Stack	Charles	Viljoen	Bernalee	Wood	Matthew
Starrat	Lucy	Walker	Nick	Wood	Anthony
Steanes	Bart	Walker	Lauryn	Woollett	Eliza
Steanes	Ellington	Walker-Charles	Ava	Woollett	Lara
Stenmark	Louis	Walsh	Cathalina	Woollett	Benjamin
Stepanovich	Robert	Ward	Saxon	Wright	Jennifer
Stevanovic	Abigail	Warrell	Natasha	Wright	Ella
Stewart	Angus	Washburn	Steven	Yabsley	Mitchell

Storey	Lora	Watkins	Laura	Young	Trevor
Stringer	Mattise	Watson	Guy	Zenari	Isabelle
Strong	Kylie	Weidenhofer	Jessica		
Stubley	Tommy	West	Andy		
Sullivan	Benjamin	Whelan	Fergus		
Sullivan	Matthew	Whelan	Gabrielle		

THE 2014-2015 SEASON



I'm the man



Jimbo



The Brains Trust



*Maria Cimino
- Duelling photographers*



She flies through the air...



Will - Ready for action



Tony Wood



Aaron Jeffrey



*Jim Seymon
- ANSW Masters Walker of the Year*

THE 2014-2015 SEASON



*Bronze in the 2015 NSW Cross Country
Relay Championships - Good job!*



Annabel McDermott



SUAC eat my dust



Louis Stenmark - In full flight



Nice change! Go Bella!!



Bryce Collins in action



Kat Hunt - No 1



Coxy!!!



*Richardson on the move
- and in front*