

## Rankings 2019/2020

Marks since: 1-May-19

UTS Northern Suburbs Athletic [UTN]

### Female 60m Sprint

1	7.55	+0.0		F	---	Stephanie Power	26	11/01/2020	Illawarra Track Challenge
2	7.72	+1.6		F	---	Gabriella Taylor	14	26/10/2019	Treloar Shield Round 3
3	7.74	+0.0		F	---	Carla Takchi	22	11/01/2020	Illawarra Track Challenge
4	7.83	+1.1		F	---	Georgia Fichardt	15	11/01/2020	Illawarra Track Challenge
5	7.90	+1.5		F	---	Jasmin Guthrie	16	26/10/2019	Treloar Shield Round 3
6	7.98	+1.6		F	---	Monique Perry	45	26/10/2019	Treloar Shield Round 3
7	8.00	-3.6		F	---	Olivia Rose Inkster	14	9/11/2019	Treloar Shield Round 5
8	8.03	+1.6		F	---	Mia Hemsworth	17	11/01/2020	Illawarra Track Challenge
9	7.8h	NWI	8.04	F	---	Morgan Kelaher	16	7/12/2019	Grass Games 2019
10	8.04	+1.1		F	---	Jessica Maciver	16	11/01/2020	Illawarra Track Challenge
11	8.06	-2.1		F	---	Greta Andrews	15	9/11/2019	Treloar Shield Round 5
12	8.22	+3.5		F	---	Alice Dixon	16	26/10/2019	Treloar Shield Round 3
13	8.30	+0.0		F	---	Xin Min Tan	13	26/10/2019	Treloar Shield Round 3
14	8.45	+0.0		F	---	Kylie Strong	52	11/01/2020	Illawarra Track Challenge
15 *	8.3h	NWI	8.54	F	---	Eva Bates	14	7/12/2019	Grass Games 2019
15 *	8.3h	NWI	8.54	F	---	Charlotte Greatrex	14	7/12/2019	Grass Games 2019
17	8.6h	NWI	8.84	F	---	Joanna Davis	43	2/11/2019	Northern Zone Week 8
18	8.97	+0.0		F	---	Maria Cimino	48	11/01/2020	Illawarra Track Challenge
19	9.39	-4.2		F	---	Catherine Mikan	11	12/10/2019	Treloar Shield Round 1
20	9.72	-0.7		F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
21	9.6h	NWI	9.84	F	---	Jenny Schell	57	5/10/2019	Northern Zone Week 4
22	10.06	+0.0		F	---	Bronwyn Kelaher	54	26/10/2019	Treloar Shield Round 3
23	9.9h	NWI	10.14	F	---	Rose Moore	54	7/12/2019	Grass Games 2019
24 *	10.1h	NWI	10.34	F	---	Deborah Drennan	61	21/09/2019	Northern Zone Week 2
24 *	10.1h	NWI	10.34	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
26	10.42	+0.5		F	---	Mali Lovell	15	9/11/2019	Treloar Shield Round 5
27	10.2h	NWI	10.44	F	---	Suzy Elias	36	7/12/2019	Grass Games 2019
28	10.7h	NWI	10.94	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019
29	11.7h	NWI	11.94	F	---	Jillian Senior	67	14/12/2019	Northern Zone Week 12
30	12.4h	NWI	12.64	F	---	Kathleen Cook	82	14/12/2019	Northern Zone Week 12
31	12.5h	NWI	12.74	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8
32	13.5h	NWI	13.74	F	---	Dorothy Kass	66	21/09/2019	Northern Zone Week 2
33	16.5h	NWI	16.74	F	---	Roslyn Wolfers	74	2/11/2019	Northern Zone Week 8

### Female 100m Sprint

1	11.75	+2.2		P	---	Kristie Edwards	19	25/06/2019	Oceania Athletics Championships
2	11.85	+1.3		F	---	Stephanie Power	26	11/01/2020	Illawarra Track Challenge

3	11.97	+1.6	P	---	Gabriella Taylor	14	6/12/2019	Australian All Schools Championships 2019	
4	12.31	-0.1	F	---	Carla Takchi	22	14/12/2019	Club Championships 2019	
5	12.33	+1.0	F	---	Greta Andrews	15	2/11/2019	Treloar Shield Round 4	
6	12.35	+1.3	F	---	Georgia Fichardt	15	11/01/2020	Illawarra Track Challenge	
7	12.40	-2.5	F	---	Olivia Rose Inkster	14	26/09/2019	NSW All Schools Championships	
8	12.52	+1.5	F	---	Morgan Kelaher	16	14/12/2019	Club Championships 2019	
9	12.56	+3.7	F	---	Annika Lynch	15	2/11/2019	Treloar Shield Round 4	
10	12.62	+0.0	F	---	Monique Perry	45	21/12/2019	All-comers 21 December 2019	
11	12.65	NWI	F	---	Jasmin Guthrie	16	19/10/2019	Treloar Shield Round 2	
12	12.72	-1.3	F	---	Jessica Maciver	16	11/01/2020	Illawarra Track Challenge	
13	12.74	-1.8	F	---	Alice Dixon	16	30/11/2019	Treloar Shield Round 6	
14	12.76	NWI	F	---	Rowena Craker	19	19/10/2019	Treloar Shield Round 2	
15	12.79	+0.0	F	---	Sienna Bond	14	2/11/2019	Treloar Shield Round 4	
16	12.83	+0.0	F	---	Mia Hemsworth	17	14/12/2019	Club Championships 2019	
17	12.95	+2.1	F	---	Emily Bannister	15	2/11/2019	Treloar Shield Round 4	
18	12.98	+1.5	F	---	Xin Min Tan	13	14/12/2019	Club Championships 2019	
19	13.10	-1.7	F	---	Stephanie Potter	17	26/09/2019	NSW All Schools Championships	
20	13.12	+3.5	F	---	Chloe Davis	19	2/11/2019	Treloar Shield Round 4	
21	13.14	+0.0	F	---	Isabella Guthrie	16	19/10/2019	Treloar Shield Round 2	
22	13.21	+0.0	F	---	Kylie Strong	52	14/12/2019	Club Championships 2019	
23	13.34	+0.0	F	---	Pascale La Hei	17	19/10/2019	Treloar Shield Round 2	
24	13.41	+0.0	F	---	Melinda Burke	18	19/10/2019	Treloar Shield Round 2	
25	13.47	NWI	F	---	Yael Reed	36	14/12/2019	Club Championships 2019	
26	13.63	+3.5	F	---	Emma Livingstone	14	2/11/2019	Treloar Shield Round 4	
27	13.69	+0.0	F	---	Cayla Phillips	14	5/10/2019	All Comers & 10,000m Championships	
28	14.35	+0.9	F	---	Maria Cimino	48	2/11/2019	Treloar Shield Round 4	
29	14.53	+0.5	F	---	Alyssa Philip	20	21/12/2019	All-comers 21 December 2019	
30	14.5h	NWI	14.74	F	---	Joanna Davis	42	15/06/2019	Winter Northern Zone Series 1
31	14.90	NWI	F	---	Hannah Anderson	13	14/12/2019	Club Championships 2019	
32	15.69	-0.6	F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships	
33	15.78	+1.4	F	---	Mali Lovell	15	6/12/2019	Australian All Schools Championships 2019	
34	16.14	+1.8	F	---	Bronwyn Kelaher	54	21/12/2019	All-comers 21 December 2019	
35	16.72	-0.6	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships	
36	16.79	-3.1	F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships	
37	16.6h	NWI	16.84	F	---	Rose Moore	54	30/11/2019	Northern Zone Week 11
38	17.3h	NWI	17.54	F	---	Suzy Elias	36	8/11/2019	Northern Zone Week 9
39	17.8h	NWI	18.04	F	---	Sarah Hanna	39	28/09/2019	Northern Zone Week 3
40	18.0h	NWI	18.24	F	---	Deborah Drennan	61	28/09/2019	Northern Zone Week 3
41	20.51	NWI	F	---	Kathleen Cook	82	25/05/2019	Great Barrier Reef Masters Games	
42	21.2h	NWI	21.44	F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
43	22.2h	NWI	22.44	F	---	Nancy Lloyd	65	28/09/2019	Northern Zone Week 3
44	22.9h	NWI	23.14	F	---	Dorothy Kass	66	14/09/2019	Northern Zone Week 1

**Female 150m Sprint**

1	19.1h	NWI	19.34	F	---	Morgan Kelahe	16	7/12/2019	Grass Games 2019
2	19.2h	NWI	19.44	F	---	Monique Perry	45	7/12/2019	Grass Games 2019
3	20.0h	NWI	20.24	F	---	Pascale La Hei	17	7/12/2019	Grass Games 2019
4	20.7h	NWI	20.94	F	---	Charlotte Greatrex	14	7/12/2019	Grass Games 2019
5	25.7h	NWI	25.94	F	---	Rose Moore	54	7/12/2019	Grass Games 2019
6	26.1h	NWI	26.34	F	---	Suzy Elias	36	7/12/2019	Grass Games 2019
7	27.7h	NWI	27.94	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019

**Female 200m Sprint**

1	23.92	+0.4		F	---	Kristie Edwards	19	25/06/2019	Oceania Athletics Championships
2	24.25	+0.4		F	---	Olivia Rose Inkster	14	6/12/2019	Australian All Schools Championships 2019
3	24.44	-1.6		F	---	Stephanie Power	26	14/12/2019	Club Championships 2019
4	24.54	+0.7		P	---	Alice Dixon	15	26/09/2019	NSW All Schools Championships
5	24.69	+2.1		F	---	Gabriella Taylor	14	26/09/2019	NSW All Schools Championships
6	24.71	+1.4		F	---	Greta Andrews	15	26/09/2019	NSW All Schools Championships
7	24.84	-0.9		P	---	Nicolette Donofrio	17	26/09/2019	NSW All Schools Championships
8	24.86	+1.4		F	---	Jasmin Guthrie	16	26/09/2019	NSW All Schools Championships
9	25.17	+0.0		F	---	Bridget Oakley	30	21/12/2019	All-comers 21 December 2019
10	25.34	+2.0		F	---	Georgia Fichardt	15	26/09/2019	NSW All Schools Championships
11	25.69	+0.1		F	---	Rowena Craker	19	9/11/2019	Treloar Shield Round 5
12	25.75	+1.3		F	---	Morgan Kelahe	16	14/12/2019	Club Championships 2019
13	26.04	-1.3		F	---	Alexandra Bartholomew	25	14/12/2019	Club Championships 2019
14	26.12	+0.0		F	---	Monique Perry	45	21/12/2019	All-comers 21 December 2019
15	26.14	+0.1		F	---	Isabella Guthrie	16	9/11/2019	Treloar Shield Round 5
16 *	26.23	-2.5		F	---	Sally Guthrie	17	9/11/2019	Treloar Shield Round 5
16 *	26.23	+0.4		F	---	Sienna Bond	14	14/12/2019	Club Championships 2019
18	26.33	+0.0		F	---	Emma Merlino	27	21/12/2019	All-comers 21 December 2019
19	26.45	-2.5		F	---	Jessica Maciver	16	9/11/2019	Treloar Shield Round 5
20	26.67	+0.0		F	---	Kylie Strong	52	14/12/2019	Club Championships 2019
21	26.77	-2.5		F	---	Pascale La Hei	17	9/11/2019	Treloar Shield Round 5
22	26.96	+0.4		F	---	Chloe Davis	19	14/12/2019	Club Championships 2019
23	26.8h	NWI	27.04	F	---	Mia Hemsworth	17	16/11/2019	Northern Zone Week 10
24	27.17	+0.0		F	---	Yael Reed	36	21/12/2019	All-comers 21 December 2019
25	27.38	+0.0		F	---	Xin Min Tan	13	21/12/2019	All-comers 21 December 2019
26	27.48	+1.3		F	---	Eva Bates	14	14/12/2019	Club Championships 2019
27	27.53	-1.2		F	---	Cayla Phillips	14	12/10/2019	Treloar Shield Round 1
28	27.73	-2.5		F	---	Melinda Burke	18	9/11/2019	Treloar Shield Round 5
29	28.22	+1.2		F	---	Saskia Newman	17	9/11/2019	Treloar Shield Round 5
30	29.33	-3.5		F	---	Emma Livingstone	14	26/10/2019	Treloar Shield Round 3
31	29.67	+1.8		F	---	Joanna Davis	43	9/11/2019	Treloar Shield Round 5
32	30.06	+1.7		F	---	Alyssa Philip	20	21/12/2019	All-comers 21 December 2019
33	30.94	-0.7		F	---	Maria Cimino	48	14/12/2019	Club Championships 2019

34	32.0h	NWI	32.24	F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8
35	32.41	+0.8		F	---	Mali Lovell	15	26/09/2019	NSW All Schools Championships
36	34.48	-0.6		F	---	Deborah Drennan	61	9/11/2019	Treloar Shield Round 5
37	34.93	-0.7		F	---	Bronwyn Kelaher	54	14/12/2019	Club Championships 2019
38	37.3h	NWI	37.54	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
39	39.6h	NWI	39.84	F	---	Suzy Elias	36	5/10/2019	Northern Zone Week 4
40	47.8h	NWI	48.04	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6
41	48.16	NWI		F	---	Kathleen Cook	82	25/05/2019	Great Barrier Reef Masters Games
42	48.9h	NWI	49.14	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8

#### Female 300m Sprint

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

#### Female 400m Sprint

1	51.87			P	---	Gabriella O'Grady	22	8/07/2019	World University Games 2019
2	53.18			F	---	Bendere Oboya	19	11/01/2020	Illawarra Track Challenge
3	55.89			F	---	Rowena Craker	19	21/12/2019	Albie Thomas 2019
4	56.16			F	---	Sally Guthrie	17	26/09/2019	NSW All Schools Championships
5	56.19			F	---	Jasmin Guthrie	16	26/09/2019	NSW All Schools Championships
6	56.42			F	---	Stephanie Power	26	30/11/2019	Treloar Shield Round 6
7	56.56			F	---	Alexandra Bartholomew	25	11/01/2020	Illawarra Track Challenge
8	56.77			F	---	Olivia Rose Inkster	14	26/09/2019	NSW All Schools Championships
9	57.41			F	---	Alice Dixon	16	2/11/2019	Treloar Shield Round 4
10	57.57			F	---	Isabella Guthrie	16	26/09/2019	NSW All Schools Championships
11	58.45			F	---	Pascale La Hei	17	30/11/2019	Treloar Shield Round 6
12	59.30			P	---	Lara Williams	13	26/09/2019	NSW All Schools Championships
13	59.47			F	---	Bridget Oakley	30	11/01/2020	Illawarra Track Challenge
14	1:01.03			F	---	Eliza Harvey	18	30/11/2019	Treloar Shield Round 6
15	1:01.45			P	---	Cayla Phillips	14	26/09/2019	NSW All Schools Championships
16	1:01.87			F	---	Renee Briffa	44	2/11/2019	Treloar Shield Round 4
17	1:02.47			F	---	Ella Koster	16	19/10/2019	Treloar Shield Round 2
18	1:02.75			F	---	Edita Grinbergs	18	11/01/2020	Illawarra Track Challenge
19	1:02.92			F	---	Sascha Gassmann	18	26/09/2019	NSW All Schools Championships
20	1:03.20			F	---	Chloe Davis	19	2/11/2019	Treloar Shield Round 4
21	1:05.69			F	---	Melinda Burke	18	19/10/2019	Treloar Shield Round 2
22	1:06.67			F	---	Charlotte O'Dowd	11	19/10/2019	Treloar Shield Round 2
23	1:09.4h		1:09.54	F	---	Xin Min Tan	13	28/09/2019	Northern Zone Week 3
24	1:16.69			F	---	Deborah Drennan	61	2/11/2019	Treloar Shield Round 4

25	1:22.1h	1:22.24	F	---	Jenny Schell	57	30/11/2019	Northern Zone Week 11
26	1:32.3h	1:32.44	F	---	Sarah Hanna	39	28/09/2019	Northern Zone Week 3
27	1:38.5h	1:38.64	F	---	Suzy Elias	36	8/11/2019	Northern Zone Week 9
28	2:04.65		P	---	Carley Thomas	18	27/09/2019	IAAF World Athletics Championships

#### Female 600m Sprint

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

#### Female 800m Run

1	2:01.01		F	---	Carley Thomas	18	20/07/2019	London Diamond League 2019
2	2:11.23		F	---	Imogen Gardiner	17	21/12/2019	Albie Thomas 2019
3	2:14.13		F	---	Abbey Rockliff	18	9/11/2019	Treloar Shield Round 5
4	2:15.55		F	---	Ali Thomson	20	21/12/2019	Albie Thomas 2019
5	2:22.62		F	---	Jasmin Guthrie	16	9/11/2019	Treloar Shield Round 5
6	2:23.66		F	---	Pascale La Hei	17	14/12/2019	Club Championships 2019
7	2:25.35		P	---	Zoe Banks	13	26/09/2019	NSW All Schools Championships
8	2:26.87		F	---	Eliza Harvey	18	9/11/2019	Treloar Shield Round 5
9	2:27.46		F	---	Rowena Craker	19	12/10/2019	Treloar Shield Round 1
10	2:27.97		F	---	Madeleine Huyskens	15	26/09/2019	NSW All Schools Championships
11	2:28.23		F	---	Chloe Davis	19	14/12/2019	Club Championships 2019
12	2:28.67		F	---	Sophie Schultz	12	9/11/2019	Treloar Shield Round 5
13	2:34.7h	2:34.70	F	---	Renee Briffa	44	19/10/2019	Northern Zone Week 6
14	2:35.41		F	---	Charlotte O'Dowd	11	12/10/2019	Treloar Shield Round 1
15	2:35.93		F	---	Abby Lander	17	26/09/2019	NSW All Schools Championships
16	2:36.53		F	---	Eloise Boys	13	14/12/2019	Club Championships 2019
17	2:39.34		F	---	Emily Davis	12	9/11/2019	Treloar Shield Round 5
18	2:51.88		F	---	Deborah Drennan	61	9/11/2019	Treloar Shield Round 5
19	2:52.67		F	---	Annika Boys	11	14/12/2019	Club Championships 2019
20	2:59.4h	2:59.40	F	---	Joanna Davis	42	21/09/2019	Northern Zone Week 2
21	3:00.54		F	---	Mali Lovell	15	26/09/2019	NSW All Schools Championships
22	3:13.38		F	---	Margaret Thomas	63	14/12/2019	Club Championships 2019
23	3:20.41		F	---	Antoinette Woodward	63	14/12/2019	Club Championships 2019
24	3:31.52		F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships
25	3:40.67		F	---	Suzy Elias	36	14/12/2019	Club Championships 2019
26	3:41.5h	3:41.50	F	---	Sarah Hanna	39	5/10/2019	Northern Zone Week 4
27	4:08.73		F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
28	4:08.9h	4:08.90	F	---	Carmel Parker	54	5/10/2019	Northern Zone Week 4
29	4:21.2h	4:21.20	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6

#### Female 1500m Run

1	4:24.53		F	---	Imogen Gardiner	17	6/12/2019	Australian All Schools Championships 2019
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2	4:30.09		F	---	Kate Spencer	24	2/11/2019	Treloar Shield Round 4
3	4:41.29		F	---	Abbey Rockliff	17	25/06/2019	Oceania Athletics Championships
4	4:46.39		F	---	Sarah Baker	12	5/10/2019	All Comers & 10,000m Championships
5	4:49.27		F	---	Ada Rand	14	2/11/2019	Treloar Shield Round 4
6	5:11.30		F	---	Abby Lander	17	5/10/2019	All Comers & 10,000m Championships
7	5:11.48		F	---	Sophie Schultz	12	19/10/2019	Treloar Shield Round 2
8	5:16.07		P	---	Zoe Banks	13	26/09/2019	NSW All Schools Championships
9	5:25.3h	5:25.30	F	---	Emily Davis	12	15/06/2019	Winter Northern Zone Series 1
10	6:05.0h	6:05.00	F	---	Deborah Drennan	61	28/09/2019	Northern Zone Week 3
11	8:40.5h	8:40.50	F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
12	9:16.0h	9:16.00	F	---	Dorothy Kass	66	14/09/2019	Northern Zone Week 1
13	10:41.4h	10:41.40	F	---	Nancy Lloyd	66	8/11/2019	Northern Zone Week 9

#### Female 3000m Run

1	9:19.72	3:06.57	F	---	Georgia Winkcup	22	9/11/2019	NSW 3000m Championships
2	9:33.01	3:11.00	F	---	Kate Spencer	24	9/11/2019	NSW 3000m Championships
3	9:43.89	3:14.63	F	---	Imogen Gardiner	17	26/09/2019	NSW All Schools Championships
4	10:16.15	3:25.38	F	---	Rosie Fordham	17	9/11/2019	NSW 3000m Championships
5	10:34.85	3:31.62	F	---	Sarah Baker	12	12/10/2019	Treloar Shield Round 1
6	11:04.82	3:41.61	F	---	Hannah Cerezo	16	14/12/2019	Club Championships 2019
7	11:17.64	3:45.88	F	---	Olivia Gorman	13	9/11/2019	NSW 3000m Championships
8	11:22.14	3:47.38	F	---	Holly Eva Ratajec	25	9/11/2019	NSW 3000m Championships
9	11:25.61	3:48.54	F	---	Melissa Morphet	31	9/11/2019	NSW 3000m Championships
10	11:30.68	3:50.23	F	---	Annabel Maple-Brown	15	11/01/2020	Illawarra Track Challenge
11	11:43.16	3:54.39	F	---	Abby Lander	17	14/12/2019	Club Championships 2019
12	13:34.4h	4:31.47	F	---	Deborah Drennan	61	5/10/2019	Northern Zone Week 4
13	23:43.6h	7:54.53	F	---	Dorothy Kass	66	14/12/2019	Northern Zone Week 12

#### Female 5000m Run

1	17:25.85	3:29.17	F	---	Abbey Rockliff	17	25/06/2019	Oceania Athletics Championships
2	22:33.24	4:30.65	F	---	Deborah Drennan	61	30/11/2019	Treloar Shield Round 6

#### Female 1 Mile Run

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

#### Female 1500m Walk

1	9:31.9h	9:31.90	F	---	Carmel Parker	54	19/10/2019	Northern Zone Week 6
2	10:02.6h	10:02.60	F	---	Antoinette Woodward	63	16/11/2019	Northern Zone Week 10
3	11:47.1h	11:47.10	F	---	Nancy Lloyd	65	16/11/2019	Northern Zone Week 10
4	13:11.0h	13:11.00	F	---	Dorothy Kass	66	19/10/2019	Northern Zone Week 6
5	13:57.7h	13:57.70	F	---	Roslyn Wolfers	74	19/10/2019	Northern Zone Week 6

#### Female 3000m Walk

1	20:29.0h	20:29.00	F	---	Carmel Parker	53	14/09/2019	Northern Zone Week 1
2	24:06.7h	24:06.70	F	---	Jenny Schell	57	30/11/2019	Northern Zone Week 11
<b>Female 80m Hurdles 0.762m</b>								
1	16.48	+1.6	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
<b>Female 90m Hurdles 0.762m</b>								
1	12.89	-0.8	P	---	Georgia Fichardt	15	6/12/2019	Australian All Schools Championships 2019
2	13.20	+1.0	F	---	Sienna Bond	14	6/12/2019	Australian All Schools Championships 2019
3	13.77	-2.6	F	---	Eva Bates	13	26/09/2019	NSW All Schools Championships
4	14.77	-0.5	F	---	Angela Asikin	15	19/10/2019	Treloar Shield Round 2
<b>Female 100m Hurdles 0.762m</b>								
1	13.90	+0.6	F	---	Nicolette Donofrio	17	25/06/2019	Oceania Athletics Championships
2 *	14.52	+1.4	F	---	Annika Lynch	15	26/09/2019	NSW All Schools Championships
2 *	14.52	+1.4	F	---	Jessica Maciver	15	26/09/2019	NSW All Schools Championships
4	15.44	+0.3	F	---	Emily Smith	14	19/10/2019	Treloar Shield Round 2
<b>Female 100m Hurdles 0.840m</b>								
1	17.21	-2.3	F	---	Chloe Davis	19	30/11/2019	Treloar Shield Round 6
<b>Female 200m Hurdles 0.762m</b>								
1	28.25	-0.8	F	---	Georgia Fichardt	15	6/12/2019	Australian All Schools Championships 2019
2	29.74	+1.2	F	---	Eva Bates	13	26/09/2019	NSW All Schools Championships
3	29.92	-0.9	F	---	Emily Smith	15	9/11/2019	Treloar Shield Round 5
<b>Female 300m Hurdles 0.762m</b>								
1	1:10.96		F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
<b>Female 400m Hurdles 0.762m</b>								
1	1:02.90		F	---	Annika Lynch	16	11/01/2020	Illawarra Track Challenge
2	1:02.99		F	---	Isabella Guthrie	16	11/01/2020	Illawarra Track Challenge
3	1:04.77		F	---	Emily Smith	14	26/10/2019	Treloar Shield Round 3
4	1:08.75		F	---	Gabriella Richmond	17	26/09/2019	NSW All Schools Championships
<b>Female 2000m StplCh 0.762m</b>								
1	7:27.53		F	---	Hannah Cerezo	16	26/09/2019	NSW All Schools Championships
2	8:16.97		F	---	Abby Lander	17	26/09/2019	NSW All Schools Championships
<b>Female High Jump</b>								
1	1.70m		F	---	Annika Lynch	15	26/09/2019	NSW All Schools Championships
2	1.60m		F	---	Emily Smith	14	26/09/2019	NSW All Schools Championships
3	1.50m		F	---	Chloe Davis	19	14/12/2019	Club Championships 2019
4	1.40m		F	---	Morgan Kelaher	16	21/09/2019	Northern Zone Week 2
5	1.35m		F	---	Brooke East	18	9/06/2019	Bankstown Winter Track and Field
6	1.28m		F	---	Alicia Jordaan	12	15/06/2019	Winter Northern Zone Series 1
7	1.26m		F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
8	1.15m		F	---	Joanna Davis	42	10/08/2019	Winter Northern Zone Series 3
9 *	1.10m		F	---	Maria Cimino	48	14/12/2019	Club Championships 2019

9 *	1.10m		F	---	Bronwyn Kelaheer	54	14/12/2019	Club Championships 2019
11	.85m		F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
<b>Female Long Jump</b>								
1	5.93m	+3.5	F	---	Sienna Bond	14	6/12/2019	Australian All Schools Championships 2019
2	5.34m	NWI	F	---	Carla Takchi	22	14/12/2019	Club Championships 2019
3	5.25m	NWI	F	---	Jessica Maciver	16	23/11/2019	NSW State Relay Championships 2019
4	5.20m	NWI	F	---	Annika Lynch	15	23/11/2019	NSW State Relay Championships 2019
5	5.18m	NWI	F	---	Sally Guthrie	17	9/11/2019	Treloar Shield Round 5
6	5.17m	NWI	F	---	Chloe Davis	19	23/11/2019	NSW State Relay Championships 2019
7	5.06m	NWI	P	---	Portia Amy-Wilson	16	23/11/2019	NSW State Relay Championships 2019
8	4.69m	+2.5	F	---	Catherine Mikan	11	12/10/2019	Treloar Shield Round 1
9	4.51m	NWI	F	---	Saskia Newman	17	9/11/2019	Treloar Shield Round 5
10	4.34m	NWI	F	---	Morgan Kelaheer	16	9/11/2019	Treloar Shield Round 5
11	4.22m	NWI	F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
12	4.14m	-1.0	F	---	Melinda Burke	18	26/10/2019	Treloar Shield Round 3
13	4.08m	NWI	F	---	Maria Cimino	48	14/12/2019	Club Championships 2019
14	3.99m	NWI	F	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
15	3.82m	-1.0	F	---	Hannah Anderson	13	26/09/2019	NSW All Schools Championships
16	3.21m	NWI	F	---	Jenny Schell	57	31/08/2019	Oceania Masters Athletics Championships
17	2.75m	NWI	F	---	Bronwyn Kelaheer	54	9/11/2019	Treloar Shield Round 5
18	2.30m		F	---	Rose Moore	54	26/10/2019	Northern Zone Week 7
19	2.15m		F	---	Dorothy Kass	66	14/09/2019	Northern Zone Week 1
20	2.02m		F	---	Thea Davis	09	10/08/2019	Winter Northern Zone Series 3
<b>Female Long Jump Aggregate</b>								
1	14.39m	NWI	F	---	Morgan Kelaheer	16	7/12/2019	Grass Games 2019
2	11.16m	NWI	F	---	Janet Naylor	53	7/12/2019	Grass Games 2019
3	10.79m	NWI	F	---	Margaret Thomas	63	7/12/2019	Grass Games 2019
<b>Female Triple Jump</b>								
1	12.44m	NWI	F	---	Desleigh Owusu	18	11/01/2020	All-comers 11 January 2020
2	12.30m	+2.0	F	---	Annika Lynch	15	6/12/2019	Australian All Schools Championships 2019
3	11.92m	+0.8	F	---	Sienna Bond	14	26/09/2019	NSW All Schools Championships
4	10.67m	NWI	F	---	Alyssa Philip	20	21/12/2019	All-comers 21 December 2019
5	8.63m	NWI	F	---	Morgan Kelaheer	16	30/11/2019	Treloar Shield Round 6
6	4.80m		F	---	Dorothy Kass	66	14/12/2019	Northern Zone Week 12
<b>Female Shot Put 3kg</b>								
1	11.59m		F	---	Jessica Maciver	15	26/09/2019	NSW All Schools Championships
2	11.58m		F	---	Jada Powell	16	12/10/2019	Treloar Shield Round 1
3	11.56m		F	---	Bronte Hodson	16	14/12/2019	Club Championships 2019
4	11.19m		F	---	Georgia Spanswick	14	26/09/2019	NSW All Schools Championships
5	10.91m		F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
6	10.90m		F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019



7	10.19m	F	---	Lauren Brown	17	14/09/2019	Northern Zone Week 1
8	10.11m	F	---	Rebecca Moore	15	21/09/2019	Northern Zone Week 2
9	9.03m	P	---	Kylie Strong	52	23/11/2019	NSW State Relay Championships 2019
10	8.26m	P	---	Janet Naylor	53	31/08/2019	Oceania Masters Athletics Championships
11	7.78m	F	---	Rose Moore	54	30/11/2019	Northern Zone Week 11
12	7.58m	F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8
13	6.88m	F	---	Zara Perry	13	6/12/2019	Australian All Schools Championships 2019
14	6.82m	F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
15	6.23m	F	---	Roslyn Wolfers	74	2/11/2019	Northern Zone Week 8
16	6.12m	F	---	Wendy Fleming	50	26/10/2019	Northern Zone Week 7
17	5.94m	F	---	Jillian Senior	67	14/12/2019	Northern Zone Week 12
18	4.18m	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8
19	4.12m	F	---	Dorothy Kass	66	14/12/2019	Northern Zone Week 12

#### Female Shot Put 4kg

1	9.88m	F	---	Chloe Davis	19	14/12/2019	Club Championships 2019
2	9.13m	F	---	Maria Cimino	48	21/09/2019	Northern Zone Week 2
3	8.87m	F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
4	7.55m	F	---	Helena Smith	32	14/12/2019	Club Championships 2019
5 *	7.50m	F	---	Edita Grinbergs	18	9/11/2019	Treloar Shield Round 5
5 *	7.50m	F	---	Nicola Bowtell	20	9/11/2019	Treloar Shield Round 5
7	6.39m	F	---	Joanna Davis	42	19/10/2019	Northern Zone Week 6
8	5.95m	F	---	Rose Moore	54	9/11/2019	Treloar Shield Round 5

#### Female Discus 1kg

1	36.18m	F	---	Bronte Hodson	16	14/12/2019	Club Championships 2019
2	32.88m	F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
3	31.19m	F	---	Rhedyn Wong	14	30/11/2019	Treloar Shield Round 6
4	31.05m	F	---	Rebecca Moore	15	15/06/2019	Winter Northern Zone Series 1
5	28.09m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
6	24.33m	F	---	Georgia Spanswick	14	19/10/2019	Treloar Shield Round 2
7	22.80m	F	---	Helena Smith	32	14/12/2019	Club Championships 2019
8	22.10m	F	---	Natasha Milakovic	19	19/10/2019	Treloar Shield Round 2
9	22.04m	F	---	Jenny Schell	57	5/10/2019	Northern Zone Week 4
10	21.22m	F	---	Alice Bohdan	46	13/07/2019	Winter Northern Zone Series 2
11	20.07m	F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships
12	19.52m	F	---	Rose Moore	53	15/06/2019	Winter Northern Zone Series 1
13	18.12m	F	---	Joanna Davis	42	19/10/2019	Northern Zone Week 6
14	13.98m	F	---	Gabriella O'Grady	22	30/11/2019	Treloar Shield Round 6
15	12.43m	F	---	Jillian Senior	67	14/12/2019	Northern Zone Week 12
16	12.10m	F	---	Roslyn Wolfers	74	5/10/2019	Northern Zone Week 4
17	9.24m	F	---	Nancy Lloyd	65	2/11/2019	Northern Zone Week 8

#### Female Discus 750g

1	11.32m	F	---	Kathleen Cook	82	25/05/2019	Great Barrier Reef Masters Games
<b>Female Hammer 3kg</b>							
1	50.48m	F	---	Rebecca Moore	15	10/08/2019	Winter Northern Zone Series 3
2	35.86m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
3	20.28m	F	---	Jenny Schell	57	14/09/2019	Northern Zone Week 1
4	19.76m	F	---	Rose Moore	54	26/10/2019	Northern Zone Week 7
5	19.63m	F	---	Jillian Senior	67	28/09/2019	Northern Zone Week 3
6	12.70m	F	---	Roslyn Wolfers	74	26/10/2019	Northern Zone Week 7
<b>Female Hammer 4kg</b>							
1	40.78m	F	---	Maria Cimino	48	14/09/2019	Northern Zone Week 1
2	32.29m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
3	25.36m	F	---	Melissa Baulman	36	23/11/2019	NSW State Relay Championships 2019
4	24.57m	F	---	Helena Smith	32	23/11/2019	NSW State Relay Championships 2019
5	14.55m	F	---	Rose Moore	54	9/11/2019	Treloar Shield Round 5
<b>Female Javelin 500g</b>							
1	35.87m	F	---	Ashlie Edwards	17	23/11/2019	NSW State Relay Championships 2019
2	32.84m	F	---	Rhedyn Wong	14	30/11/2019	Treloar Shield Round 6
3	32.01m	F	---	Bronte Hodson	15	26/09/2019	NSW All Schools Championships
4	31.41m	F	---	Hannah Morgan	16	26/09/2019	NSW All Schools Championships
5	30.94m	F	---	Georgia Spanswick	14	26/09/2019	NSW All Schools Championships
6	29.62m	F	---	Ella Koster	16	23/11/2019	NSW State Relay Championships 2019
7	28.94m	F	---	Lauren Brown	17	14/09/2019	Northern Zone Week 1
8	28.90m	F	---	Emily Bannister	15	26/09/2019	NSW All Schools Championships
9	25.22m	F	---	Portia Amy-Wilson	16	23/11/2019	NSW State Relay Championships 2019
10	24.17m	F	---	Tarsha Wayne	16	23/11/2019	NSW State Relay Championships 2019
11	20.78m	F	---	Janet Naylor	53	10/08/2019	Winter Northern Zone Series 3
12	18.42m	F	---	Rose Moore	54	19/10/2019	Treloar Shield Round 2
13	17.72m	F	---	Zara Perry	13	26/09/2019	NSW All Schools Championships
14	14.40m	F	---	Jenny Schell	57	15/06/2019	Winter Northern Zone Series 1
15	13.55m	F	---	Stephanie Devine	54	14/09/2019	Northern Zone Week 1
16	11.54m	F	---	Jillian Senior	67	28/09/2019	Northern Zone Week 3
17	11.50m	F	---	Wendy Fleming	50	26/10/2019	Northern Zone Week 7
18	9.09m	F	---	Roslyn Wolfers	74	28/09/2019	Northern Zone Week 3
<b>Female Javelin 600g</b>							
1	57.91m	P	---	Mackenzie Little	23	8/07/2019	World University Games 2019
2	38.80m	F	---	Chloe Davis	19	23/11/2019	NSW State Relay Championships 2019
3	34.40m	F	---	Natasha Milakovic	19	19/10/2019	Treloar Shield Round 2
4	33.95m	F	---	Ashlie Edwards	17	23/11/2019	NSW State Relay Championships 2019
5	29.53m	F	---	Bronte Hodson	16	23/11/2019	NSW State Relay Championships 2019
6	28.34m	F	---	Alice Bohdan	46	15/06/2019	Winter Northern Zone Series 1
7	27.10m	F	---	Maria Cimino	48	23/11/2019	NSW State Relay Championships 2019

8	26.33m	F	---	Kristie Edwards	19	2/11/2019	Treloar Shield Round 4
9	23.26m	F	---	Helena Smith	32	23/11/2019	NSW State Relay Championships 2019
10	19.30m	F	---	Rebecca Moore	15	2/11/2019	Treloar Shield Round 4
11	15.66m	P	---	Melissa Baulman	36	23/11/2019	NSW State Relay Championships 2019
12	15.31m	F	---	Caroline Layt	54	23/11/2019	NSW State Relay Championships 2019
13	15.22m	F	---	Rose Moore	54	2/11/2019	Treloar Shield Round 4
14	14.23m	F	---	Joanna Davis	42	15/06/2019	Winter Northern Zone Series 1

#### Female Wght Thr 11.34kg

1	9.83m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
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#### Female Wght Thr 5.45kg

1	15.57m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
2	9.06m	F	---	Jillian Senior	67	2/11/2019	Northern Zone Week 8

#### Female Wght Thr 7.26kg

1	13.77m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
2	8.47m	F	---	Jenny Schell	57	2/11/2019	Northern Zone Week 8

#### Female Wght Thr 9.08kg

1	11.91m	F	---	Maria Cimino	48	21/09/2019	Northern Zone Week 2
2	5.55m	F	---	Suzy Elias	36	5/10/2019	Northern Zone Week 4
3	4.37m	F	---	Joanna Davis	43	2/11/2019	Northern Zone Week 8

#### Female Wght Pent

1	3145	F	---	Maria Cimino	47	10/08/2019	Winter Northern Zone Series 3
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#### Female Wght Pent Heavy

1	3405	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
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#### Female Super Wght 15.88kg

1	6.47m	F	---	Maria Cimino	47	13/07/2019	Winter Northern Zone Series 2
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#### Female Super Wght 35lb

1	6.92m	F	---	Maria Cimino	47	10/08/2019	Winter Northern Zone Series 3
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#### Female Super Wght 56lb

1	3.24m	F	---	Maria Cimino	48	5/10/2019	AMA Winter Throws Championships
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#### Male 60m Sprint

1	6.83	+1.2		F	---	Ismail Dudu Kamara	22	11/01/2020	Illawarra Track Challenge
2	6.92	+1.2		F	---	Michael Konomanyi	23	11/01/2020	Illawarra Track Challenge
3	7.02	+1.4		F	---	Mathias Lukauskis	26	26/10/2019	Treloar Shield Round 3
4	7.03	+1.5		F	---	Christopher Ius	19	11/01/2020	Illawarra Track Challenge
5	7.06	+0.0		F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5
6	7.09	+1.2		F	---	Elijah Williams	23	11/01/2020	Illawarra Track Challenge
7	7.0h	NWI	7.24	F	---	Ashley McMahon	44	16/11/2019	Northern Zone Week 10
8	7.25	+0.0		F	---	Ben Carter	19	9/11/2019	Treloar Shield Round 5
9	7.32	+0.0		F	---	Alec Diamond	22	9/11/2019	Treloar Shield Round 5
10	7.1h	NWI	7.34	F	---	Koray Kirk	20	16/11/2019	Northern Zone Week 10

11	7.42	+0.2		F	---	Nicholas Dowling	16	11/01/2020	Illawarra Track Challenge
12	7.50	-1.6		F	---	Scott Wong	16	9/11/2019	Treloar Shield Round 5
13 *	7.51	-2.1		F	---	Ashlyn Ndlovu	21	9/11/2019	Treloar Shield Round 5
13 *	7.51	-1.2		F	---	Jason Ho	15	12/10/2019	Treloar Shield Round 1
15 *	7.3h	NWI	7.54	F	---	Matthew Otten	29	16/11/2019	Northern Zone Week 10
15 *	7.3h	NWI	7.54	F	---	Ryan Dowling	40	13/07/2019	Winter Northern Zone Series 2
15 *	7.3h	NWI	7.54	F	---	Joseph Dennis	16	7/12/2019	Grass Games 2019
18	7.66	+0.2		F	---	Oliver Leslie	17	11/01/2020	Illawarra Track Challenge
19	7.70	-1.2		F	---	Jacob Orr	19	12/10/2019	Treloar Shield Round 1
20 *	7.79	NWI		F	---	Lachlan Dalton	17	23/06/2019	Campbelltown Winter Track & Field
20 *	7.79	+1.5		P	---	Ken Elias	33	11/01/2020	Illawarra Track Challenge
22 *	7.6h	NWI	7.84	F	---	Joey Ryu	20	15/06/2019	Winter Northern Zone Series 1
22 *	7.6h	NWI	7.84	F	---	David Turner	43	16/11/2019	Northern Zone Week 10
24	7.7h	NWI	7.94	F	---	Sebastian Arko	15	2/11/2019	Northern Zone Week 8
25	7.96	-1.6		F	---	Michael Gedz	53	9/11/2019	Treloar Shield Round 5
26	7.8h	NWI	8.04	F	---	Clinton Mcewan	28	13/07/2019	Winter Northern Zone Series 2
27	7.9h	NWI	8.14	F	---	Trevor Young	61	13/07/2019	Winter Northern Zone Series 2
28	8.0h	NWI	8.24	F	---	Caerl Murray	44	16/11/2019	Northern Zone Week 10
29	8.2h	NWI	8.44	F	---	Julian Lee	14	16/11/2019	Northern Zone Week 10
30	8.3h	NWI	8.54	F	---	Anthony Crimi	58	7/12/2019	Grass Games 2019
31	8.4h	NWI	8.64	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
32	8.5h	NWI	8.74	F	---	Tim McGrath	56	10/08/2019	Winter Northern Zone Series 3
33 *	8.6h	NWI	8.84	F	---	Jim Culhane	53	16/11/2019	Northern Zone Week 10
33 *	8.6h	NWI	8.84	F	---	Ronald Ross	60	2/11/2019	Northern Zone Week 8
35	8.8h	NWI	9.04	F	---	Nathan Shute	46	2/11/2019	Northern Zone Week 8
36	9.15	-1.4		F	---	Matthew Hunt	12	12/10/2019	Treloar Shield Round 1
37	9.37	NWI		F	---	Angus Hunt	11	12/10/2019	Treloar Shield Round 1
38	9.2h	NWI	9.44	F	---	Zoran Novicic	59	2/11/2019	Northern Zone Week 8
39	9.44	-3.3		F	---	Dominic Lee	11	12/10/2019	Treloar Shield Round 1
40	9.74	+0.6		F	---	Zion McMahon	10	26/10/2019	Treloar Shield Round 3
41	9.6h	NWI	9.84	F	---	Nicholas Bastas	80	13/07/2019	Winter Northern Zone Series 2
42	9.8h	NWI	10.04	F	---	Stephen Ball	66	14/12/2019	Northern Zone Week 12
43	11.2h	NWI	11.44	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
44	13.7h	NWI	13.94	F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019

#### Male 100m Sprint

1	10.63	+0.0		F	---	Ismail Dudu Kamara	22	11/01/2020	Illawarra Track Challenge
2	10.71	+0.6		F	---	Sean Fitzsimmons	24	14/12/2019	Club Championships 2019
3	10.73	+0.3		F	---	Michael Konomanyi	23	11/01/2020	Illawarra Track Challenge
4	10.76	-0.5		F	---	Christopher Ius	19	25/06/2019	Oceania Athletics Championships
5	10.83	-0.2		F	---	Hugo Whitehead	20	30/11/2019	Treloar Shield Round 6
6 *	11.20	-0.2		F	---	Ben Carter	19	21/12/2019	All-comers 21 December 2019
6 *	11.20	NWI		M	---	Alec Diamond	21	8/07/2019	World University Games 2019

8	11.24	+0.0		F	---	Taboka Tshuma	19	11/01/2020	Illawarra Track Challenge
9	11.37	NWI		F	---	Ashley McMahon	44	14/12/2019	Club Championships 2019
10	11.43	+1.5		F	---	Koray Kirk	20	2/11/2019	Treloar Shield Round 4
11	11.44	+1.1		F	---	Robert Patterson	17	21/12/2019	All-comers 21 December 2019
12	11.52	-0.4		F	---	Scott Wong	16	30/11/2019	Treloar Shield Round 6
13	11.54	+2.8		F	---	Thomas Hunt	18	21/12/2019	All-comers 21 December 2019
14	11.56	+1.3		F	---	Joseph Bradshaw	23	21/12/2019	All-comers 21 December 2019
15	11.63	+1.2		F	---	Thomas Pitts	19	14/12/2019	Club Championships 2019
16	11.66	+1.4		F	---	Aiden Jones	14	2/11/2019	Treloar Shield Round 4
17	11.73	+0.0		F	---	Jacob Orr	19	19/10/2019	Treloar Shield Round 2
18	11.75	-3.8		P	---	Sebastien Lo Cascio	16	26/09/2019	NSW All Schools Championships
19	11.82	-1.8		P	---	Joseph Ayoade	15	26/09/2019	NSW All Schools Championships
20	11.6h	NWI	11.84	F	---	Ryan Dowling	40	10/08/2019	Winter Northern Zone Series 3
21	11.88	-3.8		P	---	Gabriel Wood	16	26/09/2019	NSW All Schools Championships
22	11.91	-2.9		F	---	Jason Ho	16	30/11/2019	Treloar Shield Round 6
23 *	11.92	-2.3		P	---	Archie Saunders	15	26/09/2019	NSW All Schools Championships
23 *	11.92	+2.8		F	---	David Thebridge	43	21/12/2019	All-comers 21 December 2019
25	12.00	-1.5		F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6
26	12.06	-0.7		F	---	Joseph Dennis	16	14/12/2019	Club Championships 2019
27	12.09	NWI		F	---	Matthew Crowe	22	11/01/2020	All-comers 11 January 2020
28	11.9h	NWI	12.14	F	---	Nicholas Dowling	16	10/08/2019	Winter Northern Zone Series 3
29	12.22	+0.0		F	---	Ken Elias	33	14/12/2019	Club Championships 2019
30 *	12.0h	NWI	12.24	F	---	Matthew Otten	29	30/11/2019	Northern Zone Week 11
30 *	12.0h	NWI	12.24	F	---	Joey Ryu	20	15/06/2019	Winter Northern Zone Series 1
32	12.26	-0.9		F	---	Oliver Leslie	17	11/01/2020	Illawarra Track Challenge
33	12.4h	NWI	12.64	F	---	Daanish Mahmud	18	28/09/2019	Northern Zone Week 3
34	12.5h	NWI	12.74	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
35	12.82	+0.0		F	---	David Turner	43	14/12/2019	Club Championships 2019
36	12.6h	NWI	12.84	F	---	Jared Mayo	18	28/09/2019	Northern Zone Week 3
37 *	12.8h	NWI	13.04	F	---	Matthew Smith	16	26/10/2019	Northern Zone Week 7
37 *	12.8h	NWI	13.04	F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
39	13.05	+1.0		F	---	Daniel White	13	14/12/2019	Club Championships 2019
40	13.46	NWI		F	---	Brodie Waldock	13	11/01/2020	All-comers 11 January 2020
41	13.52	+0.0		F	---	Anthony Crimi	58	14/12/2019	Club Championships 2019
42	13.3h	NWI	13.54	F	---	Caerl Murray	44	11/10/2019	Northern Zone Week 5
43	13.63	+1.4		F	---	Jimmy Thebridge	10	14/12/2019	Club Championships 2019
44	13.67	-0.5		F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
45	14.00	+0.0		F	---	Matthew Hunt	12	5/10/2019	All Comers & 10,000m Championships
46	13.8h	NWI	14.04	F	---	Ronald Ross	60	8/11/2019	Northern Zone Week 9
47	14.0h	NWI	14.24	F	---	Nathan Shute	46	8/11/2019	Northern Zone Week 9
48	14.1h	NWI	14.34	F	---	Jim Culhane	53	30/11/2019	Northern Zone Week 11
49	14.40	+0.4		F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019

50	15.02	+0.0		F	---	Angus Hunt	11	5/10/2019	All Comers & 10,000m Championships
51	15.16	+0.0		F	---	Sam Holmes	11	21/12/2019	All-comers 21 December 2019
52	15.44	+0.0		F	---	Zion McMahon	10	21/12/2019	All-comers 21 December 2019
53 *	15.4h	NWI	15.64	F	---	Kevin Chamberlain	57	28/09/2019	Northern Zone Week 3
53 *	15.4h	NWI	15.64	F	---	Zoran Novicic	58	10/08/2019	Winter Northern Zone Series 3
55	15.5h	NWI	15.74	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
56	16.6h	NWI	16.84	F	---	Nicholas Bastas	81	21/12/2019	Northern Zone Week 13
57	17.8h	NWI	18.04	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
58	23.2h	NWI	23.44	F	---	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

#### Male 150m Sprint

1	17.1h	NWI	17.34	F	---	Ashley McMahon	44	7/12/2019	Grass Games 2019
2	17.2h	NWI	17.44	F	---	Koray Kirk	20	7/12/2019	Grass Games 2019
3	17.5h	NWI	17.74	F	---	Nicholas Dowling	16	7/12/2019	Grass Games 2019
4 *	17.6h	NWI	17.84	F	---	Joseph Dennis	16	7/12/2019	Grass Games 2019
4 *	17.6h	NWI	17.84	F	---	Ryan Dowling	40	7/12/2019	Grass Games 2019
6	17.9h	NWI	18.14	F	---	Ken Elias	33	7/12/2019	Grass Games 2019
7	19.1h	NWI	19.34	F	---	David Turner	43	7/12/2019	Grass Games 2019
8	19.8h	NWI	20.04	F	---	Trevor Young	61	7/12/2019	Grass Games 2019
9	20.4h	NWI	20.64	F	---	Anthony Crimi	58	7/12/2019	Grass Games 2019
10	23.6h	NWI	23.84	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
11	24.0h	NWI	24.24	F	---	Kevin Chamberlain	57	7/12/2019	Grass Games 2019
12	25.5h	NWI	25.74	F	---	Zion McMahon	10	7/12/2019	Grass Games 2019
13	30.0h	NWI	30.24	F	---	Michael Johnson	84	7/12/2019	Grass Games 2019
14	40.2h	NWI	40.44	F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019

#### Male 200m Sprint

1	21.51	+0.0		F	---	Sean Fitzsimmons	24	9/11/2019	Treloar Shield Round 5
2	21.64	-1.9		F	---	Hugo Whitehead	20	14/12/2019	Club Championships 2019
3	22.03	+0.0		F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5
4	22.22	+0.0		F	---	Ben Carter	19	21/12/2019	All-comers 21 December 2019
5	22.48	+1.3		P	---	Jack McFadden	17	26/09/2019	NSW All Schools Championships
6	22.62	+0.0		F	---	Mason Cohen	23	9/11/2019	Treloar Shield Round 5
7	22.70	-2.0		F	---	Matthew Crowe	22	11/01/2020	All-comers 11 January 2020
8	22.78	+1.5		F	---	Gabriel Wood	16	26/09/2019	NSW All Schools Championships
9	22.82	+1.2		F	---	Scott Wong	16	14/12/2019	Club Championships 2019
10	22.87	+0.0		F	---	Thomas Hunt	18	21/12/2019	All-comers 21 December 2019
11	22.7h	NWI	22.94	F	---	Ashley McMahon	44	21/09/2019	Northern Zone Week 2
12	22.96	+0.3		F	---	Alec Diamond	22	21/12/2019	All-comers 21 December 2019
13	23.18	+1.5		F	---	Archie Saunders	15	26/09/2019	NSW All Schools Championships
14	23.27	+0.0		F	---	Joseph Bradshaw	23	21/12/2019	All-comers 21 December 2019
15	23.35	+0.0		F	---	Jacob Orr	19	9/11/2019	Treloar Shield Round 5
16	23.36	+2.2		P	---	Sebastien Lo Cascio	16	26/09/2019	NSW All Schools Championships
17	23.42	+1.8		F	---	Koray Kirk	20	9/11/2019	Treloar Shield Round 5

18	23.2h	NWI	23.44	F	---	Nicholas Dowling	16	21/09/2019	Northern Zone Week 2
19	23.4h	NWI	23.64	F	---	Ryan Dowling	40	21/09/2019	Northern Zone Week 2
20	23.65	+0.0		F	---	Robert Patterson	17	21/12/2019	All-comers 21 December 2019
21	24.04	+2.2		P	---	Joseph Ayoade	15	26/09/2019	NSW All Schools Championships
22	24.39	+0.7		F	---	Ken Elias	33	14/12/2019	Club Championships 2019
23	24.62	-0.1		P	---	Sebastian Arko	15	26/09/2019	NSW All Schools Championships
24	24.69	+1.1		F	---	Marco Vasquez-Manzanares	26	21/12/2019	All-comers 21 December 2019
25	24.71	-0.4		F	---	Jason Ho	15	12/10/2019	Treloar Shield Round 1
26	24.8h	NWI	25.04	F	---	Matthew Otten	29	16/11/2019	Northern Zone Week 10
27	24.9h	NWI	25.14	F	---	David Turner	43	21/09/2019	Northern Zone Week 2
28	25.15	NWI		F	---	Lachlan Dalton	17	23/06/2019	Campbelltown Winter Track & Field
29	25.65	+0.2		F	---	Michael Gedz	53	9/11/2019	Treloar Shield Round 5
30	26.65	+0.2		F	---	Trevor Young	61	9/11/2019	Treloar Shield Round 5
31	27.52	-0.3		F	---	Daniel White	13	14/12/2019	Club Championships 2019
32	27.56	-2.2		F	---	Anthony Crimi	58	14/12/2019	Club Championships 2019
33	28.23	+0.0		F	---	Jimmy Thebridge	10	21/12/2019	All-comers 21 December 2019
34	28.0h	NWI	28.24	F	---	Caerl Murray	44	19/10/2019	Northern Zone Week 6
35	28.6h	NWI	28.84	F	---	Nathan Shute	46	2/11/2019	Northern Zone Week 8
36	29.0h	NWI	29.24	F	---	Jim Culhane	53	19/10/2019	Northern Zone Week 6
37	30.33	-0.2		F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019
38	31.46	+1.3		F	---	Sam Holmes	11	21/12/2019	All-comers 21 December 2019
39	32.0h	NWI	32.24	F	---	Zion McMahon	10	21/09/2019	Northern Zone Week 2
40	34.47	-0.4		F	---	Brad Sharpe	58	12/10/2019	Treloar Shield Round 1
41	37.2h	NWI	37.44	F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
42	38.7h	NWI	38.94	F	---	Ron Shoesmith	72	14/12/2019	Northern Zone Week 12

#### Male 300m Sprint

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

#### Male 400m Sprint

1	47.92		F	---	Mason Cohen	23	30/11/2019	Treloar Shield Round 6
2	48.23		F	---	Matthew Crowe	22	30/11/2019	Treloar Shield Round 6

3	48.77		F	---	Jack McFadden	17	30/11/2019	Treloar Shield Round 6
4	49.07		F	---	Max Holmes	16	26/09/2019	NSW All Schools Championships
5	49.78		F	---	Corey Furminger	23	11/01/2020	Illawarra Track Challenge
6	50.01		F	---	Thomas Glascott	19	21/12/2019	Albie Thomas 2019
7	50.22		F	---	Dominic Panozzo	16	30/11/2019	Treloar Shield Round 6
8	50.28		F	---	Ben Carter	19	5/05/2019	High Noon Series
9	50.41		F	---	Thomas Hunt	18	5/10/2019	All Comers & 10,000m Championships
10	51.81		F	---	Jacob Orr	19	19/10/2019	Treloar Shield Round 2
11	52.05		M	---	Alec Diamond	21	8/07/2019	World University Games 2019
12	52.28		F	---	Dylan Charlier	15	26/09/2019	NSW All Schools Championships
13	53.23		F	---	Nicholas Dowling	16	11/01/2020	Illawarra Track Challenge
14	53.4h	53.54	F	---	Joseph Bradshaw	22	28/09/2019	Northern Zone Week 3
15	54.39		F	---	Zeth Söderlund	22	30/11/2019	Treloar Shield Round 6
16	55.3h	55.44	F	---	Ryan Dowling	40	13/07/2019	Winter Northern Zone Series 2
17	56.6h	56.74	F	---	Matthew Otten	29	30/11/2019	Northern Zone Week 11
18	57.8h	57.94	F	---	Matthew Smith	16	26/10/2019	Northern Zone Week 7
19	58.0h	58.14	F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
20	58.2h	58.34	F	---	Ken Elias	33	21/12/2019	Northern Zone Week 13
21	1:05.6h	1:05.74	F	---	Brad Sharpe	58	26/10/2019	Northern Zone Week 7
22	1:06.0h	1:06.14	F	---	Ronald Ross	60	30/11/2019	Northern Zone Week 11
23	1:06.9h	1:07.04	F	---	Jim Culhane	53	30/11/2019	Northern Zone Week 11
24	1:07.0h	1:07.14	F	---	Caerl Murray	44	26/10/2019	Northern Zone Week 7
25	1:07.54		F	---	Matthew Hunt	12	2/11/2019	Treloar Shield Round 4
26	1:07.7h	1:07.84	F	---	Nathan Shute	46	8/11/2019	Northern Zone Week 9
27	1:10.0h	1:10.14	F	---	Darren Whiteman	44	28/09/2019	Northern Zone Week 3
28	1:11.96		F	---	Angus Hunt	11	2/11/2019	Treloar Shield Round 4
29	1:12.73		F	---	Zoran Novicic	59	19/10/2019	Treloar Shield Round 2
30	1:13.3h	1:13.44	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
31	1:13.86		F	---	Andrew MacDonald	56	19/10/2019	Treloar Shield Round 2
32	1:16.8h	1:16.94	F	---	Daanish Mahmud	18	28/09/2019	Northern Zone Week 3
33	1:17.9h	1:18.04	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
34	1:20.0h	1:20.14	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
35	1:23.9h	1:24.04	F	---	Jared Mayo	18	28/09/2019	Northern Zone Week 3
36	2:28.7h	2:28.84	F	---	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

#### Male 600m Sprint

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



8	4:17.4h	4:17.40	F	---	Ron Shoesmith	72	7/12/2019	Grass Games 2019
<b>Male 800m Run</b>								
1	1:49.49		F	---	Jye Perrott	20	8/07/2019	World University Games 2019
2	1:49.58		F	---	Mason Cohen	23	21/12/2019	Albie Thomas 2019
3	1:50.54		F	---	Taylor John	22	21/12/2019	Albie Thomas 2019
4	1:58.45		F	---	Dominic Panozzo	16	26/09/2019	NSW All Schools Championships
5	2:02.79		F	---	Ben Carter	19	9/11/2019	Treloar Shield Round 5
6	2:03.13		F	---	Thomas Hunt	17	21/07/2019	Bankstown Winter Track & Field 2
7	2:04.64		F	---	Curtis Kingsmill	17	9/11/2019	Treloar Shield Round 5
8	2:04.80		F	---	Zeth Söderlund	22	14/12/2019	Club Championships 2019
9	2:05.02		F	---	Max Mahon	18	21/07/2019	Bankstown Winter Track & Field 2
10	2:07.15		F	---	Kalan McEvoy	16	14/12/2019	Club Championships 2019
11	2:08.08		F	---	Kyle Walsh	17	9/06/2019	Bankstown Winter Track and Field
12	2:10.00		F	---	Matthew Crowe	22	21/07/2019	Bankstown Winter Track & Field 2
13	2:11.52		P	---	Colm Walsh	16	26/09/2019	NSW All Schools Championships
14	2:18.39		F	---	Ryan Dowling	40	9/11/2019	Treloar Shield Round 5
15	2:23.81		F	---	Paul Trainor	54	12/10/2019	Treloar Shield Round 1
16	2:25.23		F	---	Nathan Shute	46	14/12/2019	Club Championships 2019
17	2:26.34		F	---	Brad Sharpe	58	9/11/2019	Treloar Shield Round 5
18	2:28.4h	2:28.40	F	---	Ken Elias	33	19/10/2019	Northern Zone Week 6
19	2:30.88		F	---	Kevin Chamberlain	57	14/12/2019	Club Championships 2019
20	2:31.2h	2:31.20	F	---	Matthew Otten	29	16/11/2019	Northern Zone Week 10
21	2:35.9h	2:35.90	F	---	Trevor Young	61	16/11/2019	Northern Zone Week 10
22	2:37.5h	2:37.50	F	---	Darren Whiteman	44	5/10/2019	Northern Zone Week 4
23	2:44.20		F	---	Max Dennett	11	14/12/2019	Club Championships 2019
24	2:45.2h	2:45.20	F	---	Jim Culhane	53	16/11/2019	Northern Zone Week 10
25	2:49.96		F	---	Andrew MacDonald	56	26/10/2019	Treloar Shield Round 3
26	2:50.59		F	---	Zion McMahon	10	14/12/2019	Club Championships 2019
27	2:51.9h	2:51.90	F	---	Sebastian Arko	15	21/09/2019	Northern Zone Week 2
28	2:56.41		F	---	Doug Barrett	67	9/11/2019	Treloar Shield Round 5
29	2:59.91		F	---	Zoran Novicic	59	12/10/2019	Treloar Shield Round 1
30	3:29.3h	3:29.30	F	---	Stuart Paterson	63	16/11/2019	Northern Zone Week 10
31	6:03.2h	6:03.20	F	---	Ron Shoesmith	72	14/12/2019	Northern Zone Week 12
<b>Male 1500m Run</b>								
1	4:10.38		P	---	Kieran Gorman	17	26/09/2019	NSW All Schools Championships
2	4:12.73		F	---	Mitchell Westhuizen	17	26/09/2019	NSW All Schools Championships
3	4:24.36		P	---	Simon Magner	15	26/09/2019	NSW All Schools Championships
4	4:30.48		F	---	Kalan McEvoy	16	2/11/2019	Treloar Shield Round 4
5	4:42.82		F	---	Jacob Magner	13	26/09/2019	NSW All Schools Championships
6	4:54.76		F	---	Paul Trainor	54	19/10/2019	Treloar Shield Round 2
7	4:55.59		M	---	Alec Diamond	21	8/07/2019	World University Games 2019

8	5:14.7h	5:14.70	F	---	Brad Sharpe	58	28/09/2019	Northern Zone Week 3
9	5:23.24		F	---	Kevin Chamberlain	57	30/11/2019	Treloar Shield Round 6
10	5:38.3h	5:38.30	F	---	Darren Whiteman	44	28/09/2019	Northern Zone Week 3
11	6:07.2h	6:07.20	F	---	Matthew Otten	29	26/10/2019	Northern Zone Week 7
12	6:08.6h	6:08.60	F	---	Jim Culhane	53	30/11/2019	Northern Zone Week 11
13	6:10.0h	6:10.00	F	---	Zoran Novicic	59	28/09/2019	Northern Zone Week 3
14	6:19.0h	6:19.00	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
15	6:52.93		F	---	Andrew MacDonald	56	19/10/2019	Treloar Shield Round 2
16	11:58.6h	11:58.60	F	---	Ron Shoesmith	72	30/11/2019	Northern Zone Week 11

#### Male 3000m Run

1	8:17.52	2:45.84	F	---	Kieren Tall	21	9/11/2019	NSW 3000m Championships
2	8:19.01	2:46.34	F	---	Will Austin-Cray	26	9/11/2019	NSW 3000m Championships
3	8:23.93	2:47.98	F	---	Charlie Doherty	20	9/11/2019	NSW 3000m Championships
4	8:38.10	2:52.70	F	---	Kieran Gorman	17	26/09/2019	NSW All Schools Championships
5	8:40.30	2:53.43	F	---	Mitchell Westhuizen	17	6/12/2019	Australian All Schools Championships 2019
6	8:58.04	2:59.35	F	---	Julien Smith	21	9/11/2019	NSW 3000m Championships
7	9:11.59	3:03.86	F	---	Max Mahon	19	9/11/2019	NSW 3000m Championships
8	9:15.21	3:05.07	F	---	Simon Magner	15	9/11/2019	NSW 3000m Championships
9	9:16.24	3:05.41	F	---	David Costello	19	11/01/2020	Illawarra Track Challenge
10	9:24.65	3:08.22	F	---	Cameron Gorman	15	9/11/2019	NSW 3000m Championships
11	9:27.87	3:09.29	F	---	Nick Walker	33	21/12/2019	Albie Thomas 2019
12	9:55.81	3:18.60	F	---	Jacob Magner	13	11/01/2020	Illawarra Track Challenge
13	10:33.50	3:31.17	F	---	Paul Trainor	54	9/11/2019	NSW 3000m Championships
14	11:51.2h	3:57.07	F	---	Brad Sharpe	58	21/09/2019	Northern Zone Week 2
15	12:48.4h	4:16.13	F	---	Darren Whiteman	44	5/10/2019	Northern Zone Week 4
16	13:47.7h	4:35.90	F	---	Jim Culhane	53	19/10/2019	Northern Zone Week 6
17	14:54.27	4:58.09	F	---	Andrew MacDonald	56	12/10/2019	Treloar Shield Round 1
18	15:03.2h	5:01.07	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
19	19:41.5h	6:33.83	F	---	Trevor Young	61	5/10/2019	Northern Zone Week 4

#### Male 5000m Run

1	14:29.21	2:53.84	F	---	Kieren Tall	20	9/06/2019	Bankstown Winter Track and Field
2	14:51.36	2:58.27	F	---	Will Austin-Cray	26	30/11/2019	Treloar Shield Round 6
3	15:17.27	3:03.45	F	---	Will Keir	19	9/06/2019	Bankstown Winter Track and Field
4	15:17.96	3:03.59	F	---	Liam Gorman	19	30/11/2019	Treloar Shield Round 6
5	15:57.73	3:11.55	F	---	Will Atkinson	20	9/06/2019	Bankstown Winter Track and Field
6	16:30.28	3:18.06	F	---	David Costello	19	30/11/2019	Treloar Shield Round 6
7	21:10.61	4:14.12	F	---	Brad Sharpe	58	30/11/2019	Treloar Shield Round 6

#### Male 10000m Run

1	31:00.81	3:06.08	F	---	Leo Peterson	28	5/10/2019	All Comers & 10,000m Championships
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#### Male 1 Mile Run

1	4:18.01		F	---	Will Austin-Cray	26	11/01/2020	Illawarra Track Challenge
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2	4:20.15	F	---	Charlie Doherty	20	21/12/2019	Albie Thomas 2019
3	5:00.84	F	---	Ethan McKenzie	14	21/12/2019	Albie Thomas 2019

#### Male 1500m Walk

1	9:16.3h	9:16.30	F	---	Jim Seymon	82	14/12/2019	Northern Zone Week 12
2	9:20.7h	9:20.70	F	---	Doug Barrett	66	21/09/2019	Northern Zone Week 2
3	13:33.0h	13:33.00	F	---	Nicholas Bastas	81	14/12/2019	Northern Zone Week 12
4	13:49.1h	13:49.10	F	---	Ron Shoesmith	72	16/11/2019	Northern Zone Week 10

#### Male 3000m Walk

1	19:43.1h	19:43.10	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
2	20:32.5h	20:32.50	F	---	Jim Seymon	82	30/11/2019	Northern Zone Week 11

#### Male 80m Hurdles 0.762m

1	13.50	-0.5	F	---	Angus Hunt	11	26/09/2019	NSW All Schools Championships
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#### Male 90m Hurdles 0.762m

1	14.30	+0.6	F	---	Matthew Hunt	12	26/09/2019	NSW All Schools Championships
2	14.83	+2.5	F	---	Angus Hunt	11	2/11/2019	Treloar Shield Round 4
3	14.88	-1.2	F	---	Jonathon Myrizas	13	30/11/2019	Treloar Shield Round 6

#### Male 100m Hurdles 0.840m

1	13.95	-0.2	P	---	Joel Neasmith	15	26/09/2019	NSW All Schools Championships
2	16.84	+1.4	F	---	Matthew Hunt	12	2/11/2019	Treloar Shield Round 4
3	18.50	-1.7	F	---	Julian Lee	14	19/10/2019	Treloar Shield Round 2

#### Male 100m Hurdles 0.914m

1	19.27	+0.7	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
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#### Male 110m Hurdles 0.914m

1	14.44	+1.4	F	---	Lachlan Dalton	17	26/09/2019	NSW All Schools Championships
2	15.57	NWI	F	---	Dominic Panozzo	16	30/11/2019	Treloar Shield Round 6
3	19.37	+0.7	F	---	Luke Fisher	15	19/10/2019	Treloar Shield Round 2

#### Male 110m Hurdles 0.991m

1	14.69	NWI	F	---	Albert Swan	19	30/11/2019	Treloar Shield Round 6
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#### Male 110m Hurdles 1.067m

1	15.07	NWI	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
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#### Male 200m Hurdles 0.762m

1	26.38	-1.2	F	---	Dylan Charlier	15	6/12/2019	Australian All Schools Championships 2019
2	28.15	+2.2	F	---	Max Milani	14	26/09/2019	NSW All Schools Championships
3	29.93	-0.3	F	---	Julian Lee	14	9/11/2019	Treloar Shield Round 5
4	31.46	+1.2	F	---	Matthew Hunt	12	12/10/2019	Treloar Shield Round 1
5	33.79	+1.2	F	---	Angus Hunt	11	12/10/2019	Treloar Shield Round 1

#### Male 400m Hurdles 0.840m

1	55.63	F	---	Max Holmes	16	25/06/2019	Oceania Athletics Championships
2	55.91	F	---	Lachlan Dalton	17	26/09/2019	NSW All Schools Championships
3	57.53	F	---	Dominic Panozzo	16	26/09/2019	NSW All Schools Championships

4	58.32	F	---	Dylan Charlier	15	26/10/2019	Treloar Shield Round 3
5	1:00.31	F	---	James Hunt	16	26/09/2019	NSW All Schools Championships

#### Male 400m Hurdles 0.914m

1	53.66	F	---	Mark Fokas	18	9/11/2019	Treloar Shield Round 5
2	55.82	F	---	Thomas Hunt	17	9/06/2019	Bankstown Winter Track and Field
3	55.96	F	---	Jack McFadden	17	25/06/2019	Oceania Athletics Championships

#### Male 3000m StplCh 0.914m

1	9:36.09	F	---	Kieren Tall	20	21/07/2019	Bankstown Winter Track & Field 2
2	9:39.62	F	---	Will Atkinson	20	21/07/2019	Bankstown Winter Track & Field 2
3	10:40.56	F	---	Will Keir	19	21/07/2019	Bankstown Winter Track & Field 2

#### Male High Jump

1	2.05m	F	---	Darcy Holmes	15	6/12/2019	Australian All Schools Championships 2019
2	1.93m	F	---	Kyle Fisher	16	26/09/2019	NSW All Schools Championships
3 *	1.85m	F	---	Alec Diamond	22	14/12/2019	Club Championships 2019
3 *	1.85m	F	---	Harrison Tate	17	26/09/2019	NSW All Schools Championships
5 *	1.75m	F	---	Sam Richardson	20	23/11/2019	NSW State Relay Championships 2019
5 *	1.75m	F	---	Kalani Lenehan	17	23/11/2019	NSW State Relay Championships 2019
7	1.70m	F	---	Dylan Charlier	15	23/11/2019	NSW State Relay Championships 2019
8 *	1.65m	F	---	David Thebridge	43	14/12/2019	Club Championships 2019
8 *	1.65m	F	---	Sebastian Arko	15	14/12/2019	Club Championships 2019
10	1.61m	F	---	Cadel Holmes	11	19/09/2019	Australian Primary School Championships
11	1.60m	F	---	Ryan Dowling	40	21/09/2019	Northern Zone Week 2
12	1.55m	F	---	Matthew Otten	29	26/10/2019	Northern Zone Week 7
13	1.40m	F	---	Antony Guest	54	14/12/2019	Club Championships 2019
14	1.35m	F	---	Trevor Young	61	14/09/2019	Northern Zone Week 1
15	1.31m	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
16	1.30m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
17 *	1.15m	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
17 *	1.15m	F	---	Zion McMahon	10	14/09/2019	Northern Zone Week 1

#### Male Half Marthn

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

1	4.80m	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	2.70m	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
3	2.00m	F	---	Zoran Novicic	59	12/10/2019	Treloar Shield Round 1

#### Male Long Jump

1	7.52m	NWI	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	7.40m	NWI	F	---	William Freyer	20	9/11/2019	Treloar Shield Round 5
3	6.64m	NWI	F	---	Thomas Pitts	19	14/12/2019	Club Championships 2019
4	5.96m	NWI	F	---	David Thebridge	43	14/12/2019	Club Championships 2019
5	5.47m	NWI	F	---	Ken Elias	33	12/10/2019	Treloar Shield Round 1

6	5.37m	NWI	F	---	Koray Kirk	20	14/12/2019	Club Championships 2019
7	5.36m	+0.2	F	---	Darcy Holmes	15	26/09/2019	NSW All Schools Championships
8	5.07m	NWI	F	---	Mathias Lukauskis	26	9/11/2019	Treloar Shield Round 5
9	5.06m		F	---	Daanish Mahmud	18	28/09/2019	Northern Zone Week 3
10	5.02m	+1.0	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
11	4.91m	NWI	F	---	Antony Guest	54	14/12/2019	Club Championships 2019
12	4.88m	NWI	F	---	Stuart Downie	16	14/12/2019	Club Championships 2019
13	4.82m	+0.2	F	---	Daniel White	13	26/09/2019	NSW All Schools Championships
14	4.76m		F	---	Jared Mayo	18	28/09/2019	Northern Zone Week 3
15	4.58m		F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
16	4.46m	NWI	F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
17	4.44m	NWI	F	---	Jimmy Thebridge	10	14/12/2019	Club Championships 2019
18	4.41m	NWI	F	---	Cadel Holmes	11	14/12/2019	Club Championships 2019
19	4.10m		F	---	Zoran Novicic	59	14/09/2019	Northern Zone Week 1
20	4.06m	NWI	F	---	Kai Zhe Tan	10	14/12/2019	Club Championships 2019
21	3.83m	NWI	F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
22	3.78m	NWI	F	---	Trevor Young	61	9/11/2019	Treloar Shield Round 5
23	3.73m		F	---	Nicholas Bastas	81	28/09/2019	Northern Zone Week 3
24	3.68m	-0.3	F	---	Zion McMahon	10	26/10/2019	Treloar Shield Round 3
25	3.54m	+0.7	F	---	Warren Jones	39	26/10/2019	Treloar Shield Round 3
26	3.08m		F	---	Doug Barrett	67	30/11/2019	Northern Zone Week 11

#### Male Long Jump Aggregate

1	18.31m	NWI	F	---	Koray Kirk	20	7/12/2019	Grass Games 2019
2	16.13m	NWI	F	---	Ken Elias	33	7/12/2019	Grass Games 2019
3	12.75m	NWI	F	---	Kai Zhe Tan	10	7/12/2019	Grass Games 2019
4	11.61m	NWI	F	---	Zion McMahon	10	7/12/2019	Grass Games 2019

#### Male Triple Jump

1	15.11m	-0.1	F	---	Emmanuel Fakiye	22	25/06/2019	Oceania Athletics Championships
2	12.57m	+0.1	F	---	Joel Neasmith	15	26/09/2019	NSW All Schools Championships
3	11.56m	NWI	F	---	David Thebridge	43	21/12/2019	All-comers 21 December 2019
4	11.05m		F	---	Matthew Otten	29	2/11/2019	Northern Zone Week 8
5	10.44m	NWI	F	---	Daniel White	13	2/11/2019	Treloar Shield Round 4
6	10.38m	NWI	F	---	Samuel Colless	28	30/11/2019	Treloar Shield Round 6
7	9.98m	NWI	F	---	Julian Lee	13	26/09/2019	NSW All Schools Championships
8	9.64m	NWI	F	---	Jimmy Thebridge	10	21/12/2019	All-comers 21 December 2019
9	8.92m	+2.3	F	---	Zoran Novicic	59	19/10/2019	Treloar Shield Round 2
10	7.75m		F	---	Nicholas Bastas	81	14/12/2019	Northern Zone Week 12
11	7.20m		F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4

#### Male Shot Put 2kg

1	8.84m		F	---	Zac Evans	09	14/09/2019	Northern Zone Week 1
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#### Male Shot Put 3kg

1	13.34m	F	---	Brodie Waldock	13	14/12/2019	Club Championships 2019
2	10.97m	F	---	Daniel White	13	26/09/2019	NSW All Schools Championships
3	8.49m	F	---	Nicholas Bastas	80	15/06/2019	Winter Northern Zone Series 1
4	4.53m	F	---	Zion McMahon	10	14/09/2019	Northern Zone Week 1

#### Male Shot Put 4kg

1	15.15m	F	---	Maxi Zihlmann	15	26/09/2019	NSW All Schools Championships
2	9.41m	F	---	Robert Archer	72	15/06/2019	Winter Northern Zone Series 1
3	6.12m	F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
4	4.01m	F	---	Ron Shoesmith	72	5/10/2019	Northern Zone Week 4

#### Male Shot Put 5kg

1	12.21m	F	---	Stuart Downie	16	14/12/2019	Club Championships 2019
2	9.01m	F	---	Mark Cepak	60	23/11/2019	NSW State Relay Championships 2019
3	7.00m	F	---	Doug Barrett	67	28/09/2019	Northern Zone Week 3
4	6.60m	F	---	Peter Douglas	65	23/11/2019	NSW State Relay Championships 2019
5	6.27m	F	---	Ross Douglas	65	2/11/2019	Northern Zone Week 8
6	4.75m	F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet

#### Male Shot Put 6kg

1	10.66m	F	---	Tim McGrath	56	15/06/2019	Winter Northern Zone Series 1
2	9.58m	F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
3	7.62m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1

#### Male Shot Put 7.26kg

1	14.91m	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	12.13m	F	---	William Brown	22	14/09/2019	Northern Zone Week 1
3	11.89m	F	---	Ryan Dowling	40	10/08/2019	Winter Northern Zone Series 3
4	11.88m	F	---	Ashley McMahon	44	23/11/2019	NSW State Relay Championships 2019
5	11.39m	F	---	Clinton Mcewan	28	13/07/2019	Winter Northern Zone Series 2
6	10.70m	F	---	Matthew Mcvey	19	9/11/2019	Treloar Shield Round 5
7	10.34m	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
8	10.20m	F	---	Robbie Baskin	30	23/11/2019	NSW State Relay Championships 2019
9	8.92m	F	---	Warren Jones	39	21/12/2019	Northern Zone Week 13
10	8.90m	F	---	Emmanuel Fakiye	22	9/11/2019	Treloar Shield Round 5
11	8.75m	F	---	Ken Elias	33	23/11/2019	NSW State Relay Championships 2019
12	8.47m	F	---	David Turner	43	26/10/2019	Northern Zone Week 7
13	8.46m	F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
14	8.44m	F	---	Sam Richardson	20	23/11/2019	NSW State Relay Championships 2019
15	8.43m	F	---	Caerl Murray	44	21/12/2019	Northern Zone Week 13
16	7.80m	F	---	Bart Steanes	55	26/10/2019	Treloar Shield Round 3
17	7.45m	F	---	Albert Swan	19	9/11/2019	Treloar Shield Round 5
18	7.32m	F	---	Christopher Ius	19	9/11/2019	Treloar Shield Round 5

#### Male Discus 1.5kg

1	51.61m	F	---	John Hunter	17	16/11/2019	Northern Zone Week 10
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2	42.83m	F	---	Stuart Downie	16	14/12/2019	Club Championships 2019
3	33.47m	F	---	Tim McGrath	56	15/06/2019	Winter Northern Zone Series 1
4	26.31m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
<b>Male Discus 1.75kg</b>							
1	44.14m	F	---	John Hunter	17	2/11/2019	Treloar Shield Round 4
<b>Male Discus 1kg</b>							
1	47.00m	F	---	Brodie Waldock	13	11/01/2020	All-comers 11 January 2020
2	29.85m	F	---	Trevor Young	61	2/11/2019	Northern Zone Week 8
3	23.09m	F	---	Peter Douglas	65	2/11/2019	Northern Zone Week 8
4	22.92m	F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
5	20.31m	F	---	Nicholas Bastas	81	21/09/2019	Northern Zone Week 2
6	19.27m	F	---	Ross Douglas	65	2/11/2019	Northern Zone Week 8
7	12.10m	F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
8	11.89m	P	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
9	7.50m	F	---	Ron Shoesmith	72	5/10/2019	Northern Zone Week 4
<b>Male Discus 2kg</b>							
1	46.52m	M	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	41.66m	F	---	John Hunter	17	23/11/2019	NSW State Relay Championships 2019
3	38.33m	F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6
4	36.71m	F	---	Tim Heyes	21	23/11/2019	NSW State Relay Championships 2019
5	34.84m	F	---	Vincent Reilly	18	23/11/2019	NSW State Relay Championships 2019
6	31.05m	F	---	Ryan Dowling	40	21/09/2019	Northern Zone Week 2
7	29.49m	F	---	Ellington Steanes	21	23/11/2019	NSW State Relay Championships 2019
8	26.93m	F	---	Warren Jones	39	23/11/2019	NSW State Relay Championships 2019
9	26.08m	F	---	Stuart Downie	16	23/11/2019	NSW State Relay Championships 2019
10	24.31m	F	---	Tim McGrath	57	23/11/2019	NSW State Relay Championships 2019
11	22.58m	F	---	Bart Steanes	55	19/10/2019	Treloar Shield Round 2
12	21.91m	F	---	Emmanuel Fakiye	22	30/11/2019	Treloar Shield Round 6
13	20.58m	F	---	Samuel Colless	28	30/11/2019	Treloar Shield Round 6
<b>Male Discus 750g</b>							
1	12.92m	F	---	Zion McMahon	10	21/09/2019	Northern Zone Week 2
<b>Male Hammer 3kg</b>							
1	21.56m	F	---	Nicholas Bastas	81	8/11/2019	Northern Zone Week 9
<b>Male Hammer 5kg</b>							
1	54.88m	F	---	John Hunter	17	6/12/2019	Australian All Schools Championships 2019
2	41.86m	F	---	Stuart Downie	16	6/12/2019	Australian All Schools Championships 2019
3	19.05m	F	---	Ross Douglas	65	9/11/2019	Treloar Shield Round 5
4	17.84m	F	---	Peter Douglas	65	8/11/2019	Northern Zone Week 9
5	13.66m	F	---	Robert Jones	69	21/12/2019	Northern Zone Week 13
<b>Male Hammer 6kg</b>							
1	26.88m	F	---	Tim McGrath	56	13/07/2019	Winter Northern Zone Series 2

2	25.79m	F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
3	17.44m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
<b>Male Hammer 7.26kg</b>							
1	64.66m	F	---	Tim Heyes	21	15/06/2019	Winter Northern Zone Series 1
2	62.84m	F	---	William Brown	22	28/09/2019	Northern Zone Week 3
3	35.95m	F	---	Warren Jones	39	9/11/2019	Treloar Shield Round 5
4	35.84m	F	---	John Hunter	17	26/10/2019	Northern Zone Week 7
5	31.77m	F	---	Ellington Steanes	21	23/11/2019	NSW State Relay Championships 2019
6	25.48m	F	---	Ryan Dowling	40	23/11/2019	NSW State Relay Championships 2019
7	21.50m	F	---	Bart Steanes	55	26/10/2019	Treloar Shield Round 3
8	18.36m	F	---	Samuel Colless	28	9/11/2019	Treloar Shield Round 5
9	13.55m	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
<b>Male Javelin 400g</b>							
1	24.63m	F	---	Nicholas Bastas	81	21/12/2019	Northern Zone Week 13
<b>Male Javelin 500g</b>							
1	17.18m	F	---	Leslie Gillies	72	15/06/2019	Winter Northern Zone Series 1
2	6.86m	F	---	Ron Shoesmith	72	21/12/2019	Northern Zone Week 13
<b>Male Javelin 600g</b>							
1	26.52m	F	---	Trevor Young	61	15/06/2019	Winter Northern Zone Series 1
2	24.69m	F	---	Mark Cepak	60	23/11/2019	NSW State Relay Championships 2019
3	21.49m	F	---	Doug Barrett	67	21/12/2019	Northern Zone Week 13
4	10.37m	F	---	Robert Jones	69	28/09/2019	Northern Zone Week 3
<b>Male Javelin 700g</b>							
1	41.79m	F	---	Stuart Downie	16	11/10/2019	Northern Zone Week 5
2	34.50m	F	---	Tim McGrath	56	15/06/2019	Winter Northern Zone Series 1
3	27.38m	F	---	Zoran Novicic	58	15/06/2019	Winter Northern Zone Series 1
4	24.25m	F	---	Warren Jones	39	23/11/2019	NSW State Relay Championships 2019
5	16.15m	F	---	Bart Steanes	55	23/11/2019	NSW State Relay Championships 2019
<b>Male Javelin 800g</b>							
1	50.13m	F	---	Matthew Mcvey	19	30/11/2019	Treloar Shield Round 6
2	49.03m	F	---	Alec Diamond	22	28/09/2019	Northern Zone Week 3
3	34.85m	F	---	Andrew Phillips	47	23/11/2019	NSW State Relay Championships 2019
4	31.59m	F	---	Luke Pattas	36	28/09/2019	Northern Zone Week 3
5	28.89m	F	---	David Turner	43	26/10/2019	Northern Zone Week 7
6	28.15m	F	---	Matthew Otten	29	26/10/2019	Northern Zone Week 7
7	27.94m	F	---	William Brown	22	14/09/2019	Northern Zone Week 1
8	27.33m	F	---	Warren Jones	39	21/12/2019	Northern Zone Week 13
9	23.17m	F	---	Ken Elias	33	8/11/2019	Northern Zone Week 9
10	20.56m	F	---	Bart Steanes	55	30/11/2019	Treloar Shield Round 6
<b>Male Wght Thr 11.34kg</b>							
1	12.68m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships



2	6.36m	F	---	Zoran Novicic	58	10/08/2019	Winter Northern Zone Series 3
3	4.34m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 15.88kg</b>							
1	16.99m	F	---	Tim Heyes	21	15/06/2019	Winter Northern Zone Series 1
2	10.17m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
3	9.18m	F	---	Ryan Dowling	39	12/05/2019	NSW Masters Athletics Indoor Meet
4	6.97m	F	---	Bart Steanes	55	5/10/2019	Northern Zone Week 4
5	3.03m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 20kg</b>							
1	6.64m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 25.4kg</b>							
1	5.43m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 5.45kg</b>							
1	6.27m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 7.26kg</b>							
1	5.54m	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Thr 9.08kg</b>							
1	17.35m	F	---	John Hunter	17	16/11/2019	Northern Zone Week 10
2	14.45m	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
3	7.18m	F	---	Doug Barrett	67	5/10/2019	Northern Zone Week 4
4	5.23m	F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet
<b>Male Decathlon</b>							
1	7593	F	---	Alec Diamond	21	8/07/2019	World University Games 2019
2	5018	F	---	Tim McGrath	56	31/08/2019	Oceania Masters Athletics Championships
<b>Male Wght Pent</b>							
1	2158	F	---	Tim McGrath	56	13/07/2019	Winter Northern Zone Series 2
2	1850	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
3	845	F	---	Robert Jones	69	5/10/2019	AMA Winter Throws Championships
<b>Male Wght Pent Heavy</b>							
1	2224	F	---	Warren Jones	39	5/10/2019	AMA Winter Throws Championships
<b>Male Super Wght 45lb</b>							
1	11.91m	F	---	Tim Heyes	21	10/08/2019	Winter Northern Zone Series 3
2	2.48m	F	---	Robert Jones	68	12/05/2019	NSW Masters Athletics Indoor Meet
<b>Male Super Wght 56lb</b>							
1	5.98m	F	---	Warren Jones	39	12/05/2019	NSW Masters Athletics Indoor Meet