

UTS Northern Suburbs Athletic Club Track & Field Records as at April 30, 2018

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

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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
60m	7.52	0.0	Open	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.56	1.9	U23	Gabriella O'Grady (20)	Jan 14 2017	Beaton Park, Wollongong	
60m	7.3h	NWI	U20	Laura Verlinden (18)	July 1 2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	Nov 10 2007	SOPAC, Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	Nov 10 2007	SOPAC, Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	Oct 25 2008	ES Marks, Kensington	
60m	7.91	0.4	U15	Karlie Morton (14)	Nov 10 2007	SOPAC, Homebush	
60m	8.30	-0.1	U14	Gabriella Taylor (12)	Nov 18 2017	Blacktown	#
60m	8.30	-0.1	U13	Gabriella Taylor (12)	Nov 18 2017	Blacktown	#
60m	7.52	0.0	W30	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.4h	NWI	W35	Melissa Medicott (36)	Nov 13 2004	Mingara	
60m	7.95	2.0	W40	Monique Perry (43)	Jan 13 2018	Beaton Park, Wollongong	#
60m	8.34	0.2	W45	Jacqueline Bezuidenhout (45)	Apr 6 2012	Melbourne	
60m	8.28	0.1	W50	Kylie Strong (50)	Apr 26 2018	Perth	#
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	Sep 24 2016	Rotary, Chatswood	
60m	11.15	0.0	W60	Jillian Senior (60)	Feb 26 2012	The Crest, Bankstown	
60m	11.7h	NWI	W65	Jillian Senior (65)	Feb 17 2018	Rotary, Chatswood	#
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
100 yards	10.4h		Open	Jenny Lamy (17)	1966		
100m	11.20		Open	Jenny Lamy (18)	1967		
100m	11.84	0.6	U23	Gabriella O'Grady (20)	Mar 11 2017	AIS, Canberra	
100m	11.20		U20	Jenny Lamy (18)	1967		
100m	11.60		U18	Melissa Moore (17)/ Fiona Blair (17)	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.93		U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
100m	13.11	NWI	U13	Kristie Edwards (12)	Aug 23 2012	SOPAC, Homebush	
100m	11.60	1.7	W30	Jessica Knox (33)	Jan 7 2012	Blacktown	
100m	11.8h	NWI	W35	Melissa Medicott (36)	Nov 13 2004	Mingara	
100m	12.3h	NWI	W40	Monique Perry (43)	Apr 7 2018	Rotary, Chatswood	#
100m	12.82	0.9	W45	Jacqueline Bezuidenhout (47)	Oct 18 2013	Porto Alegre, Brazil	
100m	12.90	2.0	W50	Kylie Strong (50)	Apr 27 2018	Perth	#
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	Oct 29 2016	Rotary, Chatswood	
100m	17.33	1.1	W60	Margaret Thomas (61)	Mar 3 2018	Blacktown	#
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith			

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
100m	19.30		W75	Ruth Frith			
100m	19.3h		W80	Ruth Frith (81)	1990		SR
100m	29.23	-3.2	W85	Laurel Barrett (86)	Feb 20-22 2016	SOPAC, Homebush	SR
150m	19.32		Open	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.32		U20	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.32		U18	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.32		U17	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.82		U16	Alice Dixon (15)	Jan 27 2018	Rotary, Chatswood	#
150m	20.81		U15	Gabriella Taylor (13)	Jan 27 2018	Rotary, Chatswood	#
150m	20.81		U14	Gabriella Taylor (13)	Jan 27 2018	Rotary, Chatswood	#
150m	26.39		U13	Rheanna McMahon (12)	Sep 17 2016	Rotary, Chatswood	
150m	21.43		W35	Yael Reed (35)	Jan 27 2018	Rotary, Chatswood	#
150m	20.25		W40	Monique Perry (43)	Jan 27 2018	Rotary, Chatswood	#
150m	21.42		W45	Jacqueline Bezuidenhout (49)	Nov 21 2015	Rotary, Chatswood	
150m	24.82		W50	Janet Naylor (50)	Sep 17 2016	Rotary, Chatswood	
150m	23.16		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
200m	22.88	2.0	Open	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.93	0.8	U23	Gabriella O'Grady (20)	Feb 20 2017	AIS, Canberra	
200m	22.88	2.0	U20	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.93	-0.3	U18	Karlie Morton (17)	Mar 11 2010	SOPAC, Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	Oct 13 2007	SOPAC, Homebush	
200m	24.40	0.7	U16	Tracey Morton (14)	Nov 29 2005	Melbourne	
200m	24.40	-0.3	U16	Karlie Morton (14)	Dec 6 2007	SOPAC, Homebush	
200m	24.40	0.7	U15	Tracey Morton (14)	Nov 29 2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	Dec 6 2007	SOPAC, Homebush	
200m	24.99	0.6	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
200m	26.43	NWI	U13	Alice Dixon (12)	Dec 6 2015	Woden Park, Canberra	
200m	24.12	0.2	W30	Jessica Knox (33)	Dec 17 2012	SOPAC, Homebush	
200m	24.64	-1.7	W35	Renee Robson (36)	Mar 2 2014	SOPAC, Homebush	
200m	26.23	1.1	W40	Monique Perry (43)	Dec 23 2017	The Crest, Bankstown	#
200m	26.21	-3.0	W45	Marie Kay (48)	Mar 3 2008	SOPAC, Homebush	
200m	26.39	0.0	W50	Kylie Strong (50)	Mar 24 2018	The Crest, Bankstown	#
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	Dec 18 2016	SOPAC, Homebush	
200m	38.1h	NWI	W60	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
200m	35.50		W65	Kathleen Cook	2004/05		
200m	50.0h	NWI	W75	Kathleen Cook (79)	Oct 8 2016	Rotary, Chatswood	
300m	39.52		Open	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	40.41		U23	Annabelle Smith (20)	Feb 15 2003	Campbelltown	
300m	39.52		U20	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	40.77		U18	Anneliese Rubie (17)	Dec 19 2009	SOPAC, Homebush	
300m	41.36		U17	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	#
300m	41.36		U16	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	#
300m	44.95		U15	Edita Grinbergs (14)	Nov 21 2015	Rotary, Chatswood	
300m	45.62		U14	Olivia Inkster (13)	Jan 27 2018	Rotary, Chatswood	#
300m	56.99		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	#
300m	44.49		W40	Jacqueline Bezhidenhout (41)	Dec 20 2008	The Crest, Bankstown	
300m	41.76		W45	Marie Kay (49)	Dec 19 2009	SOPAC, Homebush	
300m	49.79		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
300m	1:03.47		W60	Margaret Thomas (61)	Jan 27 2018	Rotary, Chatswood	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	51.80		Open	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush	
400m	51.80		U23	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush	
400m	53.88		U20	Anneliese Rubie (18)	Mar 11 2010	SOPAC, Homebush	
400m	54.12		U18	Carley Thomas (17)	Dec 3 2017	SOPAC, Homebush	#
400m	55.80		U17	Carley Thomas (16)	Dec 18 2016	SOPAC, Homebush	
400m	56.09		U16	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	
400m	1.00.72'		U13	Cayla Phillips (12)	Oct 14 2017	SOPAC, Homebush	#
400m	54.83		W30	Renee Robson (34)	Mar 30 2012	SOPAC, Homebush	
400m	56.74		W35	Renee Robson (35)	Mar 21 2013	Blacktown	
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	58.79		W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	
400m	1:05.94'		W50	Kylie Strong (50)	Oct 28 2017	The Crest, Bankstown	#
400m	1:08.28		W55	Gabrielle Whelan (55)	Nov 5 2016	Perth	
400m	1.15.0h		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	Jan 9 2010	Rotary, Chatswood	SR
400m	2:49.3h		W80	Laurel Barrett (84)	Nov 8 2014	Rotary, Chatswood	
600m	2:01.61		Open	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:06.97		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	#
600m	2:12.47		W40	Joanna Davis (41)	Jan 27 2018	Rotary, Chatswood	#
600m	2:02.70		W55	Deborah Drennan (57)	Sep 17 2016	Rotary, Chatswood	
600m	2:23.00		W60	Margaret Thomas (61)	Jan 27 2018	Rotary, Chatswood	#
800m	2:02.88		Open	Sianne Toemoe (22)	Apr 1 2011	Perth	
800m	2:02.88		U23	Sianne Toemoe (22)	Apr 1 2011	Perth	
800m	2:03.66		U20	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	#
800m	2:03.66		U18	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	#
800m	2:05.40		U17	Carley Thomas (16)	Dec 2 2016	AIS, Canberra	
800m	2:09.08		U16	Imogen Gardiner (15)	Dec 12 2017	Adelaide	#
800m	2:13.48		U15	Edita Grinbergs (14)	Oct 17 2015	SOPAC, Homebush	
800m	2:17.29		U14	Ruby Hackett (13)	Dec-05	SOPAC, Homebush	
800m	2:22.62		U13	Ruby Hackett (12)	2004		
800m	2:21.98		W30	Rebecca Gibbs (31)	Dec 17 2011	SOPAC, Homebush	
800m	2:14.1h		W35	Stacey Quitzau	1997/98		
800m	2:15.39		W40	Anne Forbes (44)	Apr 13 2001		SR
800m	2:31.34		W45	Kaye Smythe	1997/98		
800m	2:34.94		W50	Robyn Suttor (50)	Oct 11 2009	SOPAC, Homebush	
800m	2:40.80		W55	Deborah Drennan (55)	Feb 1 2014	SOPAC, Homebush	
800m	2:53.01		W60	Maureen Cadogan	2002/03		
800m	3:18.4h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	SR
1000m	2:48.41		Open	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	2:48.41		U20	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	2:48.41		U18	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra	
1000m	3:05.41		U17	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1000m	3:05.41		U16	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle	
1500m	4:10.83		Open	Trychelle Kingdom (25)	Mar 26 2015	Brisbane	
1500m	4.23.07		U23	Katie French (21)	Feb 17 2007	SOPAC, Homebush	
1500m	4:21.87		U20	Sara McDemott (18)	Mar 14 2018	SOPAC, Homebush	#
1500m	4:23.32		U18	Sara McDemott (17)	Nov 23 2017	The Crest, Bankstown	#
1500m	4.23.97		U17	Abbey Rockliff (16)	Nov 23 2017	The Crest, Bankstown	#
1500m	4.25.37		U16	Annabel McDemott (15)	Dec 5 2014	Santos Stadium, Adelaide	
1500m	4.35.70		U15	Annabel McDemott (14)	Dec 6 2013	Townsville	
1500m	4.42.97		U14	Ruby Hackett (13)	2005	SOPAC, Homebush	
1500m	4.52.47		U13	Ruby Hackett (12)	2004		
1500m	5.06.19		W30	Rebecca Gibbs (31)	Feb 24 2012	The Crest, Bankstown	
1500m	4.39.19		W35	Anne Forbes (39)	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	Apr 2 2010	Perth	
1500m	5:40.55		W55	Deborah Drennan (57)	Apr 27 2016	Santos Stadium, Adelaide	
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	Nov 7 2009	Rotary, Chatswood	
1 mile	4:35.6h		Open	Trychelle Kingdom (24)	Dec 16 2014	The Crest, Bankstown	
1 mile	4:56.34		U23	Elise Gallen (21)	Dec 17 2015	The Crest, Bankstown	
1 mile	4:57.22		U20	Frances Schmiede (18)	Dec 13 2011	The Crest, Bankstown	
1 mile	5:05.00		U18	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:05.00		U17	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:39.14		U16	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:39.14		U15	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:52.40		U14	Claudie White (13)	Dec 18 2010	SOPAC	
1 mile	6:09.30		W50	Deborah Drennan (53)	Dec 13 2011	The Crest, Bankstown	
1mile	6:14.82		W55	Deborah Drennan (57)	Jan 16 2016	Beaton Park, Wollongong	
3000m	9:23.81		Open	Trychelle Kingdom (24)	Oct 17 2015	ES Marks, Kensington	
3000m	9.34.10		U23	Eliza Stewart (20)	Feb 17 2007	SOPAC, Homebush	
3000m	9:24.23		U20	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:24.23		U18	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:24.23		U17	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:27.98		U16	Annabel McDermott (15)	Dec 11 2014	SOPAC, Homebush	
3000m	9.52.16		U15	Annabel McDermott (14)	Nov 9 2013	SOPAC, Homebush	
3000m	10:16.4h		U14	Ruby Hackett (13)	Oct 29 2005	The Crest, Bankstown	
3000m	10.41.9h		U13	Ashley Mason (12)	2004/05		
3000m	10.28.5h		W30	Mary Fien	2003/2004		
3000m	10.02.5h		W35	Anne Forbes (39)	1995		
3000m	10.10.90		W40	Anne Forbes	1996/97		
3000m	11.03.0h		W45	Diane Aitken	2001/02		
3000m	12.37.17		W50	Deborah Drennan (51)	Jan 23 2010	SOPAC, Homebush	
3000m	12:38.77		W55	Deborah Drennan (56)	Nov 8 2014	SOPAC, Homebush	
3000m	12.51.2h		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
3200m	12:53.48		Open	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3200m	12:53.48		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
3200m	12:53.48		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
5000m	15:57.57		Open	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	16.19.00		U23	Eliza Stewart (20)	Feb 9 2007	Brisbane	
5000m	15:57.57		U20	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	15:57.57		U18	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
500m	18.04.75		U17	Bridget Reilly (16)	Feb 24 2012	AIS, Canberra	
5000m	17:35.42		W30	Mary Fien (34)	May 15 2007	Darwin	
5000m	17.26.5h		W35	Anne Forbes (39)	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan (46)	Apr 15 2001	The Crest, Bankstown	SR
5000m	22.35.79		W50	Deborah Drennan (52)	Dec 11 2010	SOPAC, Homebush	
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
10000m	34.36.79		Open	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	35:13.85		U23	Eliza Stewart (20)	Feb 3 2007	SOPAC, Homebush	
10000m	34.36.79		U20	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5h		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
100m Hurdles - 0.840m	13.42		Open	Jenny Laurendet (28)	1990		
100m Hurdles - 0.840m	13.91	-0.2	U23	Gabriella O'Grady (20)	Jan 21 2017	The Crest, Bankstown	
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	Jul 22 2016	Bydgoszcz, Poland	
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates (17)	2004/05		
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	U16	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	Nov 30 2008	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	Nov 20 2007	SOPAC, Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet (31)	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Nylon (39)	Aug 29 2005	San Sebastian, Spain	
80m Hurdles - 0.762m	12.93	NWI	W40	Helen Searle (44)	1983	Olympic Park, Melbourne	
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	NR
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	Apr 21 2011	Brisbane	
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon (56)	1993		
80m Hurdles - 0.762m	18.78		W65	Judith Knight (67)	1994		
200m Hurdles - 0.762m	27:46	1.6	Open	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	28.14	NWI	U23	Thalia Amanakis (21)	May 5 2007	Manoa, Hawaii	
200m Hurdles - 0.762m	27:46	1.6	U20	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:46	1.6	U18	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:46	1.6	U17	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:46	1.6	U16	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay	#
200m Hurdles - 0.762m	27:52	-0.3	U15	Abigail Stevanovic (14)	Oct 14 2006	SOPAC, Homebush Bay	
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovic (13)	Mar 11 2015	SOPAC, Homebush	
200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	Oct 22 2016	SOPAC Homebush	
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	33.87	1.2	W40	Alice Bohdan (44)	May 7 2017	AIS, Canberra	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	Apr 5 2009	Santos Stadium, Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	Jan 23 2010	SOPAC, Homebush	
300m Hurdles - 0.762m	52.26		W45	Jacqueline Bezuidenhout (49)	Sep 25 2016	The Crest, Bankstown	
300m Hurdles - 0.762m	50.34		W50	Jacqueline Bezuidenhout (51)	Apr 26 2018	Perth	SR #
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet (27)	1989		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	Mar 22 2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush	
400m Hurdles - 0.762m	1.07.93		U16	Laurn Walker (15)	Oct 8 2015	SOPAC, Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	Sep 10 2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylon (41)	Jul 7 2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	Jul 27 2008	Townsville, QLD	
3000m Steeplechase - 0.762m	9.34.09		Open	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	9.34.09		U23	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10:45.05		U/20	Antonia Howard (19)	May 7 2016	Jamaica, USA	
3000m Steeplechase - 0.762m	11:05.42		U/18	Kate Hobbs (17)	Oct 12 2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	Feb 13 2009	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		Open	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	Jan 17 2013	The Crest, Banktown	
2000m Steeplechase - 0.762m	7.19.31		U16	Beth Croft (15)	Dec 22 2012	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	Oct 11 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	Apr 1 2007	The Domain, Hobart	SR
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	Mar 4 2017	SOPAC, Homebush	
1500m Walk	7.30.4h		Open	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U20	R Whitehorn (17)	1967		
1500m Walk	7.30.4h		U18	R Whitehorn (17)	1967		
1500m Walk	7:52.50		U17	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U16	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U15	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	7:52.50		U14	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington	
1500m Walk	8:05.31		U13	Elise Brennan (12)	Nov 29 2014	The Crest, Bankstown	
1500m Walk	8.50.9h		W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1h		W35	Suzanne Brown	2004/05		
1500m Walk	8.36.6h		W40	Suzanne Brown (44)	Sep 24 2009	Narrabeen	SR
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	Oct 15 2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	Nov 1 2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	Feb 8 2014	Rotary, Chatswood	
1500m Walk	12:43.3h		W65	Roslyn Wolfers (69)	Nov 22 2014	Rotary, Chatswood	
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	Jan 16 2016	Rotary, Chatswood	
2000m Walk	10:30.56		Open	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2000m Walk	10:30.56		U20	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	#
2000m Walk	10:30.56		U18	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	#
2000m Walk	10:30.56		U17	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown	#
3000m Walk	16:27.8h		Open	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown	
3000m Walk	16:27.8h		U23	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown	
3000m Walk	16.37.71		U20	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U18	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	Mar 11 2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	Sep 27 2014	SOPAC, Homebush	
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	Oct 31 2009	Mingara	SR
3000m Walk	19.33.36		W45	Carmel Parker (48)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	Oct 9 2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	Feb 15 2014	Rotary, Chatswood	
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	Oct 12 2013	Rotary, Chatswood	
5000m Walk	25:34.86		Open	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	29.12.11		U23	Christina Alldis (20)	Nov 25 2006	ES Marks, Kensington	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	29:32.00		U18	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	#
5000m Walk	29:32.00		U17	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	#
5000m Walk	32:14:84		U16	Elise Brennan (15)	Dec 16 2017	SOPAC, Homebush	#
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	Mar 25-28 2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	Apr 10 2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	Oct 22 2011	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	Apr 6 2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
5000m Walk	34.30.85		W60	Nancy Lloyd (61)	Mar 8 2014	The Domain, Hobart	
10000m Walk	50:03		Open	Fiuna Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	Jan 14 2006	SOPAC, Homebush	
10000m Walk	50:03		U20	Fiuna Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	Jan 20 2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	Jan 10 2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	Jan 5 2008	Campbelltown	SR
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
High Jump	1.78m		Open	Kerry Maurer	1985		
High Jump	1.69m		U23	Romi Arnott (20)	Jan 31 2009	The Domain, Hobart	
High Jump	1.74m		U20	Virginia Young (17)	1993/1995		
High Jump	1.74m		U18	Virginia Young (17)	1993		
High Jump	1.74m		U18	Karina Brown (17)	Oct 8 2015	SOPAC, Homebush	
High Jump	1.73m		U17	Virginia Young (16)	1992		
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.65m		U15	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.57m		U13	Wendy Bebbington (12)	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney	NR
High Jump	1.51m		W40	Helen Searle (42)	1981		
High Jump	1.60m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	Jul 3 2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	Dec 25 2012	The Crest, Bankstown	
Pole Vault	3.20m		Open	Amy Moulden (23)	Feb 4 2012	SOPAC, Homebush	
Pole Vault	3.10m		U23	Amy Moulden (21)	Feb 29 2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	Oct 13 2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	6.33m		Open	Helen Frith (26)	1965		
Long Jump	5.61m	0.1	U23	Jacinta Fisher (20)	Mar 17 2018	Fort Worth, Texas, USA	#
Long Jump	5.99m		U20	Virginia Young (18)	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	Nov 30 2008	AIS, Canberra	
Long Jump	4.95m	1.2	U13	Sienna Bond (12)	Dec 2 2017	SOPAC, Homebush	#
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott (38)	Apr 14 2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	Apr 2 2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Long Jump	2.62m	NWI	W65	Jillian Senior (66)	Jan 20 2018	Rotary Field, Chatswood	#
Long Jump	2.32m		W75	Ruth Frith (79)	1989		
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	NR
Long Jump	2.19m		W85	Ruth Frith (86)	Mar 28 1995	SOPAC, Homebush	SR
Triple Jump	12.59m		Open	Gillian Ting (18)	1995		
Triple Jump	11.89m	1.0	U23	Annabelle Parmegiani (20)	Sep 26 2017	Griffith University, Gold Coast	#
Triple Jump	12.59m		U20	Gillian Ting (18)	1995		
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	Jan 31 2015	Glendale, Newcastle	
Triple Jump	11.89m		U17	Gillian Ting (15)	1992		
Triple Jump	11.89m		U16	Gillian Ting (15)	1992		
Triple Jump	11.68m		U15	Gillian Ting (14)	1991		
Triple Jump	11.04m		U14	Gillian Ting (13)	1990		
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	Mar 3 2017	SOPAC, Homebush	
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	Feb 4 2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	Nov 7 2015	ES Marks, Kensington	
Triple Jump	10.41m	NWI	W45	Alice Bohdan (45)	Feb 17 2018	Rotary field, Chatswood	#
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland	SR
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	Mar 16 2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	Jan 13 1993	Miyazaki, Japan	NR
Triple Jump	5.50m		W85	Ruth Frith (86)	Mar 25 1995	SOPAC, Homebush	WR
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	Sep 26 2016	Perth	#
Shot Put - 4kg	13.10m		U20	J Kennedy (17)	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy (17)	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik (15)	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05		
Shot Put - 3kg	12.71m		U15	Madeleine Neville (14)	Oct 13 2011	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	Sep 13 2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	Jan 26 2008	Rotary, Chatswood	
Shot Put - 4kg	8.27m		W30	Danielle Cotterill (32)	Nov 8 2013	Rotary, Chatswood	
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	Apr 14 1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	SR
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	Apr 16 2016	Santos Stadium, Adelaide	
Shot Put - 3kg	9.14m		W55	Gloria Seymon (56)	1993		
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	Nov 12 2016	Rotary, Chatswood	
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	Nov 29 2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994		NR
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney	NR
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney	NR
Discus - 1kg	46.94m		Open	Lou Torso	1975		
Discus - 1kg	41.58m		U23	Larissa O'Dea (21)	Oct 28 2017	Greystanes	#
Discus - 1kg	44.38m		U20	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U18	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96		
Discus - 750g	33.54m		U13	Elise Brennan (12)	Oct 10 2014	SOPAC, Homebush	#
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	Dec 15 2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	Feb 27 2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	Jun 6 2010	Campbelltown	SR
Discus -1kg	30.29m		W50	Caroline Layt (51)	Nov2016	Perth	
Discus -1kg	22.10m		W55	Gloria Seymon (56)	1993		
Discus -1kg	17.16m		W60	Judith Knight	1994		
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	SR
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	SR

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Discus -1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne	
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	NR
Discus -1kg	12.10m		W90	Ruth Frith (91)	Apr 21-24 2000	The Domani, Hobart	NR
Hammer - 4kg	62.90m		Open	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	41.48m		U23	Larissa O'Dea (21)	Sep 25 2017	Griffith University, Gold Coast	#
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	17.07m		U14	Emily Bannister (13)	Oct 12 2017	SOPAC, Homebush	#
Hammer - 4kg	62.90m		W30	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	51.45m		W35	Odette Palma (35)	Sep 3 2017	Greystanes	#
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	Nov 10 2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.69m		W50	Caroline Layt (52)	Mar 4 2018	Blacktown	#
Hammer - 3kg	26.60m		W55	Gloria Seymon (56)	1993		
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	Mar 5 2015	SOPAC, Homebush	
Hammer - 3kg	15.08m		W70	Roslyn Wolfers (72)	Jan 20 2018	Rotary, Chatswood	#
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	SR
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney	NR
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000		NR
Javelin - 600g	57.60m		Open	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne	
Javelin - 600g	37.34m		U23	Jordana Cashman (22)	Sep 16 2006	Rotary, Chatswood	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne	
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	Jul 11 2013	Donetsk, Ukraine	
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	Nov 30 2012	The Domain, Hobart	
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	Oct 8 2011	SOPAC, Homebush	NR
Javelin - 500g	35.80m		U15	Amber Bennett (14)	1996/97		
Javelin - 400g	36.16m		U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982		
Javelin - 600g	30.63m		W30	Danielle Cotterill (32)	Nov 9 2013	Rotary, Chatswood	
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	Feb 27 2016	Rotary, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	Apr 2 2010	Perth	
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993		
Javelin - 400g	16.01m		W60	Margaret Thomas (61)	Feb 3 2018	Rotary, Chatswood	#
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	Jan 19 2013	Rotary, Chatswood	
Javelin - 500g	12.11m		W70	Roslyn Wolfers (72)	Feb 3 2018	Rotary, Chatswood	#
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney	NR
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	SR
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998		SR
Javelin - 400g	10.51m		W90	Ruth Frith (92)	2002		NR
Weight Throw - 9.08kg	12.11m		Open	Caroline Layt (39)	Mar 1 2005	Brisbane	
Weight Throw - 9.08kg	7.42m		W30	Melissa Baulman-Jones (33)	Feb 20 2016	SOPAC, Homebush	
Weight Throw - 9.08kg	12.11m		W35	Caroline Layt (39)	Mar 1 2005	Brisbane	
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	SR
Weight Throw - 9.08kg	11.99m		W45	Caroline Layt (47)	Mar 29 2013	AIS, Canberra	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Weight Throw - 7.26kg	14.90m		W50	Caroline Layt (51)	Nov 2016	Perth	
Weight Throw - 7.26kg	8.75m		W55	Kerrie Jones (56)	Mar 6 2010	Campbelltown	
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	Mar 11 2012	Campbelltown	
Weight Throw - 7.26kg	9.04m		W65	Jillian Senior (65)	Mar 5 2017	SOPAC, Homebush	
Weight Throw - 7.26kg	7.78m		W85	Ruth Frith (86)	1995		<i>NR</i>
Weight Throw - 7.26kg	6.19m		W90	Ruth Frith (92)	2001	Sydney	<i>NR</i>
Heavyweight Throw							
Heavyweight Throw - 5.4kg (12lb)	15.14m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 7.26kg (16lb)	12.69m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 11.34kg (25lb)	8.72m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 15.88 kg (35lb)	6.10m		W45	Maria Cimino (46)	Mar 8 2017	Campbelltown	
Heavyweight Throw -56lb	3.94m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	<i>SR</i>
Heavyweight Throw - 100lb	2.14m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	<i>SR</i>
Heavyweight Throw -56lb	2.76m		W55	Jill Senior (58)	Feb 27 2011	Campbelltown	
Heavyweight Throw - 3kg (6.6lb)	11.84m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 4kg (8.8lb)	10.23m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 5.4kg (12lb)	8.82m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 9.08kg (20lb)	5.97m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw -56lb	2.86m		W60	Jill Senior (60)	Nov 3 2012	Campbelltown	<i>SR</i>
Heavyweight Throw - 100lb	1.01m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throw - 3kg (6.6lb)	12.51m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	<i>#</i>
Heavyweight Throw - 4kg (8.8lb)	10.45m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	<i>#</i>
Heavyweight Throw - 5.4kg (12lb)	8.67m		W65	Jill Senior (65)	Mar 8 2017	Campbelltown	
Heavyweight Throw - 9.08kg (20lb)	6.28m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong	<i>#</i>
Heptathlon							
	5599 Pts		Open	Lesley Richards (21)	1985		
Heptathlon	5599 Pts		U23	Lesley Richards (21)	1985		
Heptathlon	5134 Pts		U20	Lesley Richards (17)	1981		
Heptathlon	5134 Pts		U18	Lesley Richards (17)	1981		
Heptathlon	4702 Pts		U17	Virginia Young (15)	1991		
Heptathlon	4702 Pts		U16	Virginia Young (15)	1991		
Heptathlon	4259 Pts		U15	Belinda Johnson (14)	1998/99		
Heptathlon	3302 Pts		U14	Eliza Cepak (13)	Oct 11-12 2008	Lake Mcquarie	
Heptathlon	6185 Pts		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	<i>WR</i>
Heptathlon	5832 Pts		W50	Marie Kay (50)	Jul 3 2010	Tahiti	
Heptathlon (rescored in 2010 from 4461Pts)	4015 Pts		W55	Gloria Seymon (56)	Jul 10 1993	Miyazaki, Japan	<i>SR</i>
Heptathlon	3757 Pts		W60	Gloria Seymon (60)	Jul 17 1997	Durban, South Africa	<i>SR</i>
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m (pre-2009)							
Pentathlon	3587 Pts		W30	Peta Bird	Mar 31-Apr 1 1991	AIS, Canberra	
Pentathlon (rescored from 3154 Pts in 2010)	3101 Pts		W35	Peta Bird	Mar 11 1995		<i>NR</i>
Pentathlon	3797 Pts		W40	Helen Searle (44)	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		<i>SR</i>
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		<i>SR</i>
Pentathlon	2978 Pts		W55	Gloria Seymon (56)	1993		<i>SR</i>
Pentathlon	2322 Pts		W60	Gloria Seymon (60)	Mar 11 1998	SOPAC, Homebush	<i>SR</i>
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m (post 2009)							
Pentathlon	1942 Pts		W40	Maria Cimino (43)	Apr 3 2015	The Crest, Bankstown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Pentathlon	2873 Pts		W45	Jacqueline Bezuidenhout (48)	Jan 10 2015	SOPAC, Homebush	
Pentathlon	2198 Pts		W50	Caroline Layt (50)	Apr 19 2016	Adelaide	
Pentathlon	1792 Pts		W60	Jillian Senior (61)	Mar 29 2013	AIS, Canberra	SR
Outdoor Pentathlon - LJ, JT, 80m hurdles, SP, 800m							
Pentathlon	3217 Pts		W40	Helen Searle (43)	1983	Olympic Park, Melbourne	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2778 Pts		W35	Melissa Bonser (37)	Mar 21 2008	Blacktown	
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	
Throws Pentathlon	3192 Pts		W45	Caroline Layt (49)	Apr 3 2015	The Crest, Bankstown	
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	Oct 26 2016	Perth	
Throws Pentathlon	2949 Pts		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	Nov 3 2012	Campbelltown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993		SR
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	Mar 7 1998	SOPAC, Homebush	NR
Throws Pentathlon (rescored from 4339 Pts in 2010)	3598 Pts		W90	Ruth Frith (91)	Apr 24 2000	The Domain, Hobart	NR
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	3358 Pts		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2722 Pts		W60	Jillian Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2838 Pts		W65	Jillian Senior (65)	Mar 8 2017	Campbelltown	
Relays							
Relay - 4 x 100m	46.62		Open	Annette Low (28), Kylie Hanigan (24), Jessie Shepherd (18), Veronica Lee (25)	1995		
Relay - 4 x 100m	46.62		Open	Gabriella O'Grady (19), Jasmine Everett (25), Olivia Tauro (26), Karlie Morton (23)	Dec 17 2016	SOPAC, Homebush	
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 100m	48.28		U18	Gabriella O'Grady (17), Nicola Haggerty-Meyers (17), Adriana Rusman (16), Alice Falconer (15)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 100m	48.40		U16	Gabriella O'Grady (14), Nicola Haggerty-Meyers (14), Courtney Boyle (14), Katrina Hunt (15)	Nov 19 2011	SOPAC, Homebush	SR
Relay - 4 x 100m	51.42		U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	49.45		W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	50.64		W160+	Kylie Strong (50), Monique Perry (43), Yael Reed (35), Jacqueline Bezuidenhout (51)	Apr 29 2018	Perth	#
Relay - 4 x 100m	56.29		W200+	Stephanie Markos (51), Kylie Strong (50), Janet Naylon (51), Jackie Bezuidenhout (51)	Nov 4 2017	SOPAC, Homebush	#SR
Relay - 4 x 200m	1.36.75		Open	Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)	Nov 27-27 2016	Blacktown	
Relay - 4 x 200m	1:39.90		U20	Elizabeth Clay (18), Maddison Gipson (18), Katerina Hunt (17), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1:41.19		U18	Katrina Hunt (17), Gabriella O'Grady (16), Sophie McGovern (14), Alex Prendiville (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1:42.25		U16	Courtney Boyle (14), Katrina Hunt (15), Gabriella O'Grady (14), Kate Bonser (15)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 200m	1:47.68		U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:48.72		W120+	Janet Naylon (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medicott (37)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medicott (41)	Nov 21 2009	Blacktown	
Relay 4 x 200m	2.03.27		W200+	Jenny Schell (52), Debra Drennan (56), Gabrielle Whelan (53), Suzanne Brown (49)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 400m	3.44.82		Open	Alexandra Bartholomew (22), Emma Hunt (24), Olivia Cason (19), Dominica Jenkins (27)	Nov 26-27 2016	Blacktown	
Relay - 4 x 400m	3.52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	Nov 21 2009	Blacktown	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 400m	3:52.26		U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	Nov 18 2007	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56		U16	Karlie Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	Nov 18-19 2006	SOPAC, Homebush	
Relay - 4 x 400m	4.07.65		W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush	
Relay - 4 x 400m	4:33.95		W160+	Deborah Drennan (53), Rebecca Gibbs (31), Jenny Schell (49), Mary Fien (39)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 400m	4:32.34		W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown	SR
Relay - 4 x 800m	8:56.92		Open	Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 800m	9.22.04		U20	Imogen Gardiner (15), Ali Thomson (18), Edita Grinbergs (16), Isabella Thornton-Bott (19)	Nov 5 2017	SOPAC, Homebush	#
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoye (12), Nell Breslin (12), Zoe Latham (12)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23		W120+	Rebecca Gibbs (31), Deberoh Drennan (53), Jacqualine Bezuidenhout (45), Mary Fien (39)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown	NR
Relay - 4 x 800m	13.33.97		W200+	Beck Myors (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	Nov 14-15 2015	Blacktown	
Relay - 4 x 1500m	18.46.2		Open	Trychelle Kingdom (23), Kasey Mumby (21), Emily Hopper (15), Emily Augustine (16)	16-17/11/2013	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	20.34.3		U14	Elle-Maree Farrington (13), Katie Furniss (13), Ashley Mason (12), Ruby Hackett (12)	2004		
Relay - 4 x 1500m	21.41.79		W30	Anne Forbes (42), Lisa Fitzpatrick (30), Clara Vucetic (43), Marina Dulhunty (39)	1998	SOPAC, Homebush	
Relay - 4 x 1500m	21.48.89		W160+	Joanne Cowan (48), Evelyn Stevenson (41), Nancy Bodikian (44), Mary Fien (31)	2003	SOPAC, Homebush	
Relay - 4 x 1500m walk	33.57.1		Open	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown	
Relay - 4 x 1500m walk	33.57.1		U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown	
Relay - Medley (100,100, 200, 400)	1:53.80		Open	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	2003/2004		
Relay - Medley (200,200,400,800)	3:52.33		Open	Carly Thomas (16), Alexandra Bartholomew (22), Olivia Cason (19), Renee Robson (38)	Nov 26-27 2016	Blacktown	
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Rosemary Arnott (17), Dominica Jenkins (17), Rosie Tancred (17)	Dec 16 2006	SOPAC, Homebush	
Relay - 2x100m	24.05		Open	Gabriella O'Grady (18), Katrina Hunt (19)	Jan 31 2015	Hunter Sports Centre, Glendale	
Relay - 4 x High Jump	6.30m		Open	Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)	1999	SOPAC, Homebush	
Relay - 4 x High Jump	6.10m		U18	Daisy Ding (16), Grace Maher (17), Liz Osborne (14), Natalie Groeze (15)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x High Jump	6.10m		U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Long Jump	21.44m		Open	Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Long Jump	19.73m		U18	Sarah Healy (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	Nov 17 2007	SOPAC, Homebush	
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)	Nov 18-19 2006	SOPAC, Homebush	
Relay - 4 x Shot Put	41.57m		U18	Mallory Bassett (17), Hannah Morgan (14), Jess McIver (14), Bronte Hodson (14)	Nov 5 2017	SOPAC, Homebush	#
Relay - 4 x Shot Put	34.91m		U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	Nov 26-27 2016	Blacktown	
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown	SR
Relay - 4 x Discus	144.07m		Open	Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)	1998		
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes , Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	79.11m		U14	Elise Brennan (11), Brooke East (13), Isobel McCarthy (11), Emily Smelt	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Hammer	105.48m		Open	Haruka Murata (19), Caroline Layt (39), Melissa Jones (21), Karen Jones (52)	2004		
Relay - 4 x Hammer	103.92m		U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Javelin	148.39m		Open	Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)	Nov 18-19 2006	SOPAC, Homebush	SR
Relay - 4 x Javelin	135.29m		U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	Nov 26-27 2016	Blacktown	
Relay - 4 x Javelin	100.04m		W120+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush	#
MEN							
100yards	9.6h		Open	John Treloar (24)/ Phil Brown	1952/1957		
60m	6.68	1.8	Open	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.97	0.1	U23	Anthony Collum (20)	Jan 17 2015	Beaton Park, Wollongong	
60m	6.68	1.8	U20	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	Oct 30 2010	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	Oct 30 2010	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	Dec 3 2011	Blacktown	
60m	8.83	-1.6	U13	Cedric Danso-Boame (12)	Oct 27 2012	The Crest, Bankstown	
60m	7.26	1.6	M30	Ashley McMahon (33)	Oct 25 2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	Jul 28 2013	Kagoshima, Japan	SR
60m	7.21	-1.2	M40	Ashley McMahon (41)	Jun 9 2017	Arafura Stadium, Darwin	
60m	7.72	-1.3	M45	Paul Stinson (45)	Mar 5 2017	SOPAC, Homebush	
60m	7.70	-0.1	M50	Michael Gedz (50)	Feb 21 2016	SOPAC, Homebush	
60m	8.27	NWI	M55	David Smith (59)	Feb 21 2016	SOPAC, Homebush	
60m	8.25	0.1	M60	David Shearsby (60)	Mar 5 2017	SOPAC, Homebush	
60m	9.44	0.0	M65	Hugh Colburn (65)	Feb 25 2012	The Crest, Bankstown	
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	SR
60m	8.8h	NWI	M75	Nick Bastas (77)	Nov 28 2015	Rotary Field, Chatswood	
60m	10.33	NWI	M80	Richard Hughes (82)	Feb 22 2015	SOPAC, Homebush	
60m	10.17	1.1	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	# NR
100m	10.24	1.8	Open	Tim Jackson (25)	Jul 20 1994	Tønsberg, Norway	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	Feb 10 1989	E S Marks, Kensington	
100m	10.31	NWI	U23	Tim Jackson (20)	Apr 8 1989	Azusa USA	
100m	10.34	1.5	U20	Joshua Clarke (19)	Mar 15 2014	SOPAC, Homebush	
100m	10.51	1.6	U18	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.51	1.6	U17	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.72	0.1	U16	Joshua Clarke (15)	Dec 4 2010	Doncaster, Melbourne	NR
100m	11.30		U15	A Edwards (13)	1995/96		
100m	11.30		U14	A Edwards (13)	1995/96		
100m	12.47		U13	Damien Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	Feb 3 2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	Mar 16 2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	Oct 28 2016	Perth	NR
100m	11.9h	NWI	M45	Paul Stinson (45)	Oct 8 2016	Rotary Field, Chatswood	#
100m	12.10	-0.4	M50	Michael Gedz (50)	Feb 20 2016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.70		M65	Reg Austin	2000/02		
100m	14.48	1.8	M70	David Chantrill (73)	Apr 6 2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	Oct 11 2014	Rotary Field, Chatswood	
100m	16.2h	NWI	M80	Richard Hughes (82)	Jan 17 2015	Rotary Field, Chatswood	
100m	15.65	-0.7	M85	Richard Hughes (85)	Jul 23 2007	Wollongong	# NR
150m	16.8		Open	Elijah Williams (22)	Jan 27 2018	Rotary, Chatswood	#
150m	16.8		U23	Elijah Williams (22)	Jan 27 2018	Rotary, Chatswood	#
150m	19.51		U20	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
150m	19.51		U18	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U17	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U16	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	23.0h		U14	Julian Lee (13)	Jan 27 2018	Rotary, Chatswood	#
150m	26.58		U13	Elijah McMahon (11)	Sep 17 2016	Rotary, Chatswood	
150m	17.54		M35	Ryan Dowling (38)	Jan 27 2018	Rotary, Chatswood	#
150m	17.61		M40	Ashley McMahon (41)	Sep 17 2016	Rotary, Chatswood	
150m	24.37		M65	Leslie Gillies (68)	Nov 21 2015	Rotary, Chatswood	
150m	25.2		M75	Nick Bastas (77)	Nov 21 2015	Rotary, Chatswood	
200m	20.93	1.9	Open	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain	
200m	20.93	1.9	U23	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	Feb 1 2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	Oct 27 2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	Oct 9 2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	Dec 22 2012	SOPAC, Homebush	
200m	23.41	2.0	U15	Sebastien Lo Cascio (14)	12/10/2017	SOPAC, Homebush	#
200m	24.34		U14	Jordan Idiare (13)	Dec 17 2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	Feb 17 2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	Feb 26 2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	Nov 1 2016	Perth	NR
200m	24.66	-0.1	M45	Antony Guest (47)	Feb 4 2012	SOPAC, Homebush	
200m	25.06	-0.8	M50	Michael Gedz (52)	Oct 21 2017	SOPAC, Homebush	#
200m	24.52	2.0	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	Feb 25 2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
200m	34.28	1.9	M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong	
200m	34.37	-0.5	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	#NR
300m	34.72		Open	Matthew Crowe (20)	Nov 2 2017	The Crest, Bankstown	#
300m	34.72		U23	Matthew Crowe (20)	Nov 2 2017	The Crest, Bankstown	#
300m	36.68		U20	Corey Furminger (19)	Nov 21 2015	SOPAC, Homebush	
300m	38.92		U18	Denford Moore (17)	Dec 19 2009	SOPAC, Homebush	
300m	41.03		U17	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	41.03		U16	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	41.03		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	46.47		U14	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	#
300m	46.47		U13	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	#
300m	48.29		M30	Kieran Courtney (30)	Dec 19 2009	SOPAC, Homebush	
300m	37.84		M35	Ryan Dowling (38)	Nov 2 2017	The Crest, Bankstown	#
300m	37.75		M40	Ashley McMahon (42)	Jan 27 2018	Rotary, Chatswood	#
300m	43.35		M45	Anthony Crimi (48)	Dec 19 2009	SOPAC, Homebush	
300m	45.92		M50	Jim Culhane (51)	Jan 27 2018	Rotary, Chatswood	#
300m	55.72		M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood	
300m	52.75		M65	Les Gillies (68)	Nov 21 2015	Rotary, Chatswood	
400m	46.17		Open	David Johnston (22)	1983		
400m	46.17		U23	David Johnston (22)	1983		
400m	46.29		U20	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia	
400m	46.29		U18	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia	
400m	46.9h		U17	David Waller (16)	1978		
400m	50.31		U16	Scott Fraser (15)	1996/97		
400m	51.81h		U15	John Price (14)	1997/98		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	53.30		U14	John Price (13)	1996/97		
400m	1.00.3h		U13	Damien Trimmingham	1987		
400m	47.30		M30	James Gurr (31)	Dec 20 2014	SOPAC, Homebush	
400m	47.83		M35	Antoine Burke (35)	Mar 25 2011	SOPAC, Homebush	
400m	50.33		M40	Ashley McMahon (41)	Nov 18 2016	Blacktown	SR
400m	54.07		M45	Antony Guest (47)	Mar 30 2012	SOPAC, Homebush	
400m	57.76		M50	Antony Guest (51)	Oct 26 2016	Perth	
400m	54.63		M55	Trevor Young (57)	Apr 18 2016	Santos Stadium, Adelaide	
400m	55.42		M60	Trevor Young (60)	Apr 28 2018	Perth	#
400m	1.07.31		M65	Geoff Francis (65)	Mar 24 2007	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	Mar 8 2008	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)			
400m	1:24.56		M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong	
400m	1:25.63		M85	Richard Hughes (85)	Jun 11 2017	Arafura Stadium, Darwin	NR#
600m	1:15.86		Open	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:15.86		U23	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:59.18		U20	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U18	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U17	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U16	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U15	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U14	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18		U13	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:54.48		M45	Andy West (49)	Sep 17 2016	Rotary, Chatswood	
600m	1:47.00		M50	Bradley Sharpe (54)	Sep 17 2016	Rotary, Chatswood	
600m	1:46.93		M55	Bradley Sharpe (56)	Jan 27 2018	Rotary, Chatswood	#
600m	2:14.75		M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood	
600m	2:10.43		M65	Doug Barrett (65)	Jan 27 2018	Rotary, Chatswood	#
800m	1.46.45		Open	James Gurr (28)	Mar 3 2012	Melbourne	
800m	1.46.66		U23	Tristan Garrett (22)	Mar 4 2010	Melbourne	
800m	1.46.65		U20	Grant Cremer (19)	Feb 25 1998	Melbourne	
800m	1.51.71		U18	Sam Hall (17)	Dec 9 2000	Adelaide	
800m	1.54.23		U17	Adrian White (16)	1981		
800m	2.00.3h		U16	K Dewar (15)	1974		
800m	2.02.0h		U15	John Vandenberg (14)	1970		
800m	2.08.04		U14	Austin Thomson (13)	Oct 9 2014	SOPAC, Homebush	
800m	2.18.3h		U13	R Pentecost	1967		
800m	1:48.29		M30	James Gurr (33)	Jan 13 2018	Perth	#
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	Apr 9-13 1998	QEII Stadium, Brisbane	
800m	2.05.9h		M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Rickhard Martin (55)	Dec 11 2010	SOPAC, Homebush	
800m	2.22.00		M60	Les Gillies (60)	Apr 6 2007	The Domain, Hobart	
800m	2.40.33		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
800m	2.54.66		M70	Ron Wills (70)	Mar 6 2010	Campbelltown	
800m	3.25.80		M75	Charles Hobden (75)	Oct 22 2011	Rotary, Chatswood	
800m	3:35.11		M80	Richard Hughes (82)	Feb 21 2015	SOPAC, Homebush	
800m	3:46.48		M85	Richard Hughes (85)	Mar 11 2017	SOPAC, Homebush	SR
1000m	2:21.36		Open	Nick Bromley (26)	Jul 23 2009	Karlstad, Sweden	
1500m	3.37.02		Open	James Kaan (23)	Mar 9 2013	SOPAC, Homebush	
1500m	3.40.30		U23	James Kaan (22)	Jan 21 2012	Glendale, Newcastle	
1500m	3.45.34		U20	James Connor (19)	Mar 30 2012	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1500m	3.52.95		U18	Elliot Metcalf (17)	Nov 23 2017	Bankstown	#
1500m	4.02.1h		U17	Laurie Toogood (16)	1962		
1500m	4.03.2h		U16	John Vandenberg (14)	1970		
1500m	4.03.2h		U15	John Vandenberg (14)	1970		
1500m	4:22.94		U14	Elliot Metcalf (13)	Oct 11 2013	SOPAC, Homebush	
1500m	4.46.0h		U13	T Gillam	1971		
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/2011	SOPAC, Homebush	
1500m	3.59.66		M35	Stuart Paterson (39)	16/2/1996	SOPAC, Homebush	
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46		M45	Michael Donnelly	2002/03		
1500m	4.31.87		M50	Stuart Paterson (51)	Sep 10 2007	Riccione, Italy	
1500m	4.48.51		M55	Stephen Ball (56)	Mar 28 2010	Campbelltown	
1500m	5.16.17		M60	Geoff Francis	2002/03		
1500m	5.37.32		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
1500m	6.14.10		M70	Ron Wills (71)	Apr 9 2011	Blacktown	
1500m	8:07.91		M85	Richard Hughes (85)	Sep 30 2017	SOPAC, Homebush	#
1 Mile	4.00.53		Open	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4.00.53		U23	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:16.13		U20	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	#
1 Mile	4:16.13		U18	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	#
1 Mile	4:29.55		U17	Elliot Metcalf (16)	Dec 12 2016	The Crest, Bankstown	
1 Mile	4:31.51		U16	Elliot Metcalf (15)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4.58.22		M40	Connor Delahunty (43)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5.14.85		M50	Bradley Sharpe (50)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:28.34		M55	Bradley Sharpe (55)	Dec 12 2016	The Crest, Bankstown	
2000m	5:08.40		Open	Laurie Toogood (21)	Mar 18 1966		SR
3000m	8.00.79		Open	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8.00.79		U23	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8.13.54		U20	Ed Goddard (19)	Nov 12 2016	SOPAC, Homebush	
3000m	8.29.0h		U18	Joel Fitzgerald (17)	2000/2001		
3000m	8.34.75		U17	Ruairidh MacDonald (16)	Mar 11 2010	SOPAC, Homebush	
3000m	8.47.2h		U16	John Vandenberg (15)	1970		
3000m	9:28:09		U15	Michael Westhuizen (14)	Oct 13 2016	SOPAC, Homebush	
3000m	9.52.09		U14	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	9.52.09		U13	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	8.31.4h		M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7h		M35	Michael Donnelly (38)	1995		
3000m	8.47.10		M40	Michael Donnelly	1999/2000		
3000m	9:34.15		M45	Stuart Paterson (49)	Apr 2 2006	Adelaide	
3000m	10.21.66		M50	Stuart Paterson (50)	Nov 11 2006	SOPAC, Homebush	
3000m	10.25.3h		M55	Jim Seymon (58)	1995		
3000m	11.31.8h		M60	Geoff Francis	2002/03		
3000m	12.43.42		M65	Geoff Francis (67)	Oct 24 2009	Narrabeen	
3000m	14.05.1h		M70	Ron Wills (71)	Oct 30 2010	Rotary, Chatswood	
3200m	`11:44.08		Open	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	`11:44.08		U23	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	11:49.05		U20	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U18	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U17	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U16	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U15	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U14	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U13	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m	13.59.0h		Open	John Farrington (25)	1970		
5000m	14.05.27		U23	James Connor (21)	Apr 6 2013	Melbourne	
5000m	14.28.0h		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U17	G Lawson	1985		
5000m	17.17.95		U16	G Lawson	1985		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors (30)	Jan 19 2006	SOPAC, Homebush	
5000m	15.07.90		M35	Michael Donnelly (38)	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	Jan 19 2006	SOPAC, Homebush	
5000m	17:42.13		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
5000m	17.21.86		M55	Jim Seymon (55)	1993		
5000m	19.49.5h		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	Oct 11 2009	SOPAC, Homebush	
10000m	29.04.42		Open	Ed Goddard (20)	Dec 14 2017	Lakeside, Melbourne	#
10000m	29.04.42		U23	Ed Goddard (20)	Dec 14 2017	Lakeside, Melbourne	#
10000m	31:23.96		U20	Ed Goddard (19)	Sep 26 2016	Perth	
10000m	34:03.57		M30	Ryan Cantrell (30)	Mar 31 2012	SOPAC, Homebush	
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	35:56.58		M40	Gary Mullins (40)	Mar 31 2012	SOPAC, Homebush	
10000m	35:27.06		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
10000m	35:50.36		M55	Jim Seymon (55)	1993		
10000m	41.10.9h		M60	Jim Seymon	1997/98		
110m Hurdles - 1.067m	14.21	0.6	Open	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 0.991m	14.16	-2.0	U20	Will Lloyd (18)	Sep 14 2017	SOPAC, Homebush Bay	#
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	Oct 9 2016	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	Dec 5 2015	Melbourne	
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	Nov 30 2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	Oct 31 2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	14.77	-1.6	M35	Ryan Dowling (38)	Dec 3 2017	SOPAC, Homebush Bay	# NR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	Aug 2 2008	Townsville	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	Ape 15-20 1992	The Domain, Hobart	
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	Jul 14 2001	Brisbane	SR
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacob Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	Oct 14 2016	SOPAC, Homebush	
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985		
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983		
200m Hurdles - 0.762m	28.50	NWI	M35	Ryan Dowling (38)	Jun 16 2017	Glendale, Newcastle	#
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	Feb 4 2012	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m Hurdles - 0.914m	51.42		Open	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	Jan 27 2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	Nov 9 2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	Oct 13 2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56:66		U16	Thomas Hunt (15)	Dec 17 2016	SOPAC, Homebush	
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	57.40		M35	Ryan Dowling (38)	Apr 26 2018	Perth	#
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	Mar 16 2007	Adelaide	
3000m Steeplechase 0.914m	9.09.53		Open	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	Mar 23 2002		
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	Mar 25 2011	SOPAC, Homebush	
3000m Steeplechase 0.914m	10:53.52		M30	Frazer Dowling (34)	Jan 11 2014	Sydney	
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	14:03.30		M45	Andy West (46)	Feb 22 2014	Glendale, Newcastle	
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993		
2000m Steeplechase - 0.914m	5:49.97		Open	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985		NR
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987		
2000m Steeplechase - 0.762m	6:59.62		U14	Elliot Metcalf (13)	Dec 14 2013	SOPAC, Homebush	
1500m Walk	5.58.0h		Open	John Hart	1985		
1500m Walk	5.58.0h		U20	John Hart	1985		
1500m Walk	6.24.7h		U18	John Hart	1980		
1500m Walk	6.24.7h		U17	John Hart	1980		
1500m Walk	6.24.7h		U16	John Hart	1980		
1500m Walk	6.24.7h		U15	John Hart	1980		
1500m Walk	8:14:4h		U14	Martin Leerburg (13)	Oct 8 2016	Rotary, Chatswood	
1500m Walk	8.38.0h		U13	J Davidson	1975		
1500m Walk	7.31.7h		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1h		M35	Mark Ransom	1998/99		SR
1500m Walk	7.57.2h		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5h		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0h		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	Jan 16 2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	Oct 18 2014	Rotary, Chatswood	
1500m Walk	8:58.0h		M80	Jim Seymon (80)	Mar 10 2018	Rotary, Chatswood	#
3000m Walk	12.45.8h		Open	John Morison	2000/2001		
3000m Walk	12.45.8h		U20	John Morison	2000/2001		
3000m Walk	12.46.6h		U18	John Hart (17)	1983		
3000m Walk	13.51.5h		U17	John Hart (14)	1980		
3000m Walk	13.51.5h		U16	John Hart (14)	1980		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3000m Walk	13.51.5h		U15	John Hart (14)	1980		
3000m Walk	15:29:79		U14	Martin Leerburg (13)	Feb 5 and Oct 14 2016	SOPAC, Homebush	
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush	
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96		
3000m Walk	16.53.4		M35	Mark Ransom	1998/99		
3000m Walk	17.16.20		M55	Jim Seymon	1996/97		
3000m Walk	16.48.3h		M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4h		M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h		M70	Jim Seymon (71)	Mar 7 2009	Rotary, Chatswood	
3000m Walk	18:13.9h		M75	Jim Seymon (78)	Jan 23 2016	Rotary, Chatswood	
3000m Walk	19:53.7h		M80	Jim Seymon (80)	Feb 10 2018	Rotary, Chatswood	#
5000m Walk	21:23.06		Open	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	21:23.06		U23	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	Mar 29 2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	Apr 10 2009	Santos Stadium, Adelaide	SR
5000m Walk	27.13.67		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
5000m Walk	33:40.54		M80	Jim Seymon (80)	Apr 27 2018	Perth	#
10000m Walk	44:30.04		Open	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	44:30.04		U23	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0h		M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0h		M65	Jim Seymon (67)	2004	The Crrrest, Bankstown	SR
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	Jan 5 2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
10000m Walk	1:10.07h		M80	Jim Seymon (80)	Apr 29 2018	Perth	#
20000m Walk	1:46.21.86		Open	Steve Washburn (22)	Jul 17 2016	San Salvador	
High Jump	2.23m		Open	Luke Russell (19)	Dec 12 1998	AIS, Canberra	
High Jump	1.94m		U23	Alec Diamond (21)	Jan 13 2018	AIS, Canberra	#
High Jump	2.23m		U20	Luke Russell (19)	Dec 12 1998	AIS, Canberra	
High Jump	2.11m		U18	Theo Kavieris (17)	1986		
High Jump	1.96m		U17	Gordon Windeyer (16)	1971		
High Jump	1.90m		U16	Matthew Walker (15)	1980		
High Jump	1.90m		U16	A Urquart (14)	1983		
High Jump	1.90m		U15	A Urquart (14)	1983		
High Jump	1.78m		U14	J Delamare (13)	1983		
High Jump	1.65m		U13	William Richardson (12)	Nov 15 2008	Blacktown	
High Jump	1.65m		U13	Alex Willett (12)	Nov 30 2013	SOPAC, Homebush	
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)	Oct 22 2005	Campbelltown	
High Jump	1.93m		M35	Clay Tompkins (39)	1992		NR
High Jump	1.90m		M40	Clay Tompkins (40)	1993		SR
High Jump	1.83m		M45	Clay Tompkins	2000/2001		
High Jump	1.75m		M50	Clay Tompkins (50)	Mar 9 2003	SOPAC, Homebush	NR
High Jump	1.68m		M55	Clay Tomkins (55)	Mar 22 2008	Blacktown	SR
High Jump	1.61m		M60	Clay Tomkins (60)	Mar 29 2013	AIS, Canberra	NR
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.14m		M75	Nick Bastas (79)	Jun 10 2017	Arafura Stadium, Darwin	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Pole Vault	4.70m		Open	Alec Diamond (20)	Dec 23 2017	SOPAC, Homebush	#
Pole Vault	4.70m		U23	Alec Diamond (20)	Dec 23 2017	SOPAC, Homebush	#
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins (35)	1988		
Pole Vault	3.60m		M40	Clay Tompkins (40)	1993		
Pole Vault	3.60m		M45	Jim McGrath (45)	1976	Sydney	SR
Pole Vault	3.60m		M45	Clay Tompkins (46)	Mar 13 1999	Sydney	SR
Pole Vault	3.40m		M50	Tim McGrath (50)	Mar 16 2013	SOPAC, Homebush	
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.00m		M60	Jim McGrath (60)	Jul 20 1991	England	NR
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Pole Vault	2.40m		M70	Jim McGrath (70)	Nov 3 2001	Sydney	SR
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	7.65m	0.7	U23	Alec Diamond (21)	Feb 16 2018	Carrara Stadium, Gold Coast	#
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.22m	0.2	U17	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.11m	1.0	U16	Alex Willett (15)	Dec 2 2016	AIS, Canberra	
Long Jump	6.81m	1.2	U15	Alex Willett (14)	Dec 6 2015	Lakeside, Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	Dec 5 2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	Dec 6 2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	Feb 4 2012	SOPAC, Homebush	
Long Jump	6.76m		M35	Clay Tompkins (35)	1988		SR
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	Jul 27 2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	Dec 7 2013	Campbelltown	SR
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	Jan 23 2016	Rotary, Chatswood	
Long Jump	2.67m	NWI	M80	Michael Johnson (82)	Jun 9 2017	Arafura Stadium, Darwin	#
Long Jump	2.04m	NWI	M85	Ray Frith (88)	Apr 15-20 1992	The Domain, Hobart	NR
Triple Jump	16.26m	0.0	Open	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	#
Triple Jump	16.26m	0.0	U23	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	#
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	Sep 26 2016	Perth	
Triple Jump	14.40m		U18	Peter Cox (16)	1949		
Triple Jump	14.40m		U17	Peter Cox (16)	1949		
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03		
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	Oct 8 2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	Nov 2 2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	Mar 24 2011	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988		SR
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins (46)	Mar 6 1999	Sydney	NR
Triple Jump	12.83m		M50	Clay Tompkins (50)	Mar 8 2003	SOPAC, Homebush	NR

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	Dec 4 2010	The Crest, Bankstown	
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	Nov 2 2013	ES Marks, Kensington	SR
Triple Jump	6.69m	NWI	M65	Doug Barrett (65)	Mar 14 2018	Rotary Field, Chatswood	#
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	Mar 8 2014	The Domain, Hobart	
Triple Jump	5.97m	NWI	M80	Michael Johnson (82)	Mar 14 2018	Rotary Field, Chatswood	#
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	Sep 30 2014	SOPAC, Homebush	
Shot Put - 6kg	16.05m		U20	Luke White	Oct 11 2008	The Crest, Bankstown	
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	Dec 3 2011	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy (15)	1997/98		
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy (14)	1995		
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	Dec 2 2016	AIS, Canberra	
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	Sep 14 2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	Oct 11 2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	Jan 14 2012	SOPAC, Homebush	
Shot Put - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m		M60	Jim McGrath (60)	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	Nov 12 2012	Rotary, Chatswood	
Shot Put - 4kg	11.47m		M70	Robert Archer (70)	Jun 9 2017	Arafura Stadium, Darwin	
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	Oct 25 2014	Rotary, Chatswood	
Shot Put - 3kg	8.31m		M80	Michael Johnson (82)	Mar 14 2018	Rotary, Chatswood	#
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Discus - 2kg	60.45m		Open	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg*	56.21m		U20	Peter Elvy (19)	Jul 10 1999	Sydney	
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970		
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995		
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96		
Discus - 1kg	44.38m		U13	Darren Pitchfork (12)	1985		
Discus - 2kg	45.72m		M30	Paul Crowe (32)	Nov 18 2007	Sydney	
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	Feb 25 2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	Mar 16 2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	Nov 15 2011	Rotary, Chatswood	
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m		M60	Jim McGrath (63)	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	Feb 25 2012	The Crest, Bankstown	
Discus - 1kg	33.04m		M70	Robert Archer (70)	Jun 10 2017	Arafura Stadium, Darwin	#
Discus - 1kg	22.48m		M75	Nick Bastas (76)	Oct 4 2014	Rotary, Chatswood	
Discus - 1kg	23.45m		M80	Michael Johnson (81)	Jun 10 2017	Arafura Stadium, Darwin	#
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990		
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		SR
Hammer - 7.26kg	65.79m		Open	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast	#
Hammer - 7.26kg	65.79m		U23	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast	#
Hammer - 6kg	63.61m		U20	William Brown (19)	Oct 17 2015	SOPAC, Homebush	
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Hammer - 5kg	48.83m		U17	Lachlan Antoinette (16)	Oct 29 2016	Rotary, Chatswood	
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork (15)	1987		
Hammer - 4.536kg*	54.54m		U15	Peter Elvy (14)	1995		
Hammer - 3kg	51.81m		U14	Thomas Shannon (13)	Oct 13 2016	SOPAC, Homebush	
Hammer - 3kg	34.98m		U13	Thomas Shannon (12)	Nov 28 2015	Blacktown	
Hammer - 7.26kg	38.39m		M30	Warren Jones (30)	Oct 9 2010	Rotary, Chatswood	
Hammer - 7.26kg	36.21m		M35	Warren Jones (35)	Oct 31 2015	The Crest, Bankstown	
Hammer - 7.26kg	33.88m		M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	Mar 28 2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	Nov 28 2010	Rotary, Chatswood	
Hammer - 6kg	26.97m		M55	Tim McGrath (55)	Oct 21 2017	SOPAC, Homebush	#
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	Dec 1 2012	Rotary, Chatswood	
Hammer - 4kg	15.63m		M65	Bob Jones (65)	Feb 21-22 2016	SOPAC, Homebush	
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	Feb 6 2010	Rotary, Chatswood	
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	Feb 27 2016	Rotary, Chatswood	
Hammer - 3kg	20.98m		M80	Jim McGrath (80)	Jan 28 2012	Rotary, Chatswood	
Hammer - 3kg	15.98m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
Javelin - 800g	63.14m		Open	Peter Elvy	1995/96		
Javelin - 800g	61.74m		U23	Saxon Ward (20)	Jun 27 2015	SOPAC, Homebush	
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U18	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U17	Peter Elvy (15)	1995/96		
Javelin - 700g	66.16m		U16	Peter Elvy (15)	1995/98		
Javelin - 700g	60.54m		U15	Peter Elvy (14)	1995		
Javelin - 600g	54.44m		U14	Peter Elvy (13)	1994		
Javelin - 600g	35.02m		U13	Alex Willett (12)	Oct 20 2013	Barden Ridge, Illawong	
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins (38)	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	Oct 18 2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991		
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	Jan 31 2015	Rotary, Chatswood	
Javelin - 400g	17.66m		M80	Jim McGrath (80)	Sep 24 2011	Rotary, Chatswood	
Javelin - 400g	11.70m		M85	Ray Frith (86)	1990	Olympic Park, Melbourne	
Weight Throw - 15.88kg	11.99m		Open	Will Brown (21)	Mar 10 2018	Rotary, Chatswood	#
Weight Throw - 15.88kg	11.99m		U23	Will Brown (21)	Mar 10 2018	Rotary, Chatswood	#
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	Nov 12 2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m		M35	Ryan Dowling (37)	Mar 4 2017	SOPAC, Homebush	
Weight Throw - 15.88kg	9.16m		M40	Andrew Watson (43)	Nov 3 2012	Campbelltown	
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	Apr 10 2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	Mar 20 2010	AIS, Canberra	
Weight Throw - 11.34kg	10.48m		M55	Tim McGrath (55)	Mar 4 2018	Blacktown	#
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	Nov 1 2014	Rotary, Chatswood	
Weight Throw - 9.080kg	7.53m		M65	Doug Barrett (65)	Jan 15 2018	Rotary, Chatswood	#
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	Dec 8 2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
Weight Throw - 5.45kg	7.77m		M80	Jim McGrath (80)	Feb 27 2011	Campbelltown	
Heavyweight Throw							
Weight Throw - 9.08kg (20lb)	16.49m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	13.45m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Weight Throw - 20kg (44lb)	7.96m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	6.39m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 100lb	2.50m		M30	Warren Jones (33)	2014		
Weight Throw - 9.08kg (20lb)	14.93m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 11.34kg (25lb)	14.09m		M35	Ryan Dowling (37)	Mar 17 2018	Beaton Park, Wollongong	#
Weight Throw - 20kg (44lb)	7.25m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 25.4kg (56lb)	5.96m		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 100lb	2.37m		M35	Warren Jones (36)	Oct 3 2016	Beaton Park, Wollongong	#
Weight Throw - 56lb	3.86m		M45	Tim McGrath (46)	Feb 27 2011	Campbelltown	
Weight Throw - 5.45kg (12lb)	7.52m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 7.26kg (16lb)	6.77m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	5.11m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.60m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 5.45kg (12lb)	6.73m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 7.26kg (16lb)	5.82m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 11.34kg (25lb)	4.93m		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.84m		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
Decathlon	7915 Pts		Open	Peter Banks	1996/97		
Decathlon	7592 Pts		U23	Alec Diamond (20)	Dec 2-3 2017	SOPAC, Homebush	#
Decathlon	7271 Pts		U20	Alec Diamond (19)	Mar 31 2016	SOPAC, Homebush	
Decathlon	6631 Pts		U18	Sean Radi (17)	1987		
Decathlon	5827 Pts		U17	Sean Radi (15)	1986		
Decathlon	5827 Pts		U16	Sean Radi (15)	1986		
Decathlon	5407 Pts		M35	Ashley McMahon (37)	Jan 4-5 2014	Campbelltown	SR
Decathlon	5665 Pts		M40	Ashley McMahon (41)	Jan 9-10 2016	The Crest, Bankstown	SR
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	Jan 7-8 2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	Oct 25 2014	AIS, Canberra	
Decathlon	4247 Pts		M55	Zoran Novicic (56)	Oct 26 2016	Perth	
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	Jul 18 1991	Turku, Finland	SR
Heptathlon	4306 Pts		U16	Ben Carter (15)	Mar 26 2015	Brisbane	
Heptathlon	2731 Pts		U15	James McFadden (14)	Mar 31 2012	SOPAC, Homebush	
Heptathlon	2291 Pts		U14	Alex Willett (13)	Jan 4-5 2014	Campbelltown	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m							
Pentathlon	1761 Pts		U14	James McFadden (13)	Jan 8-9 2011	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang	Feb 12 2006	SOPAC, Homebush	
Pentathlon (recored from 3719 Pts in 2010)	3150 Pts		M35	Clay Tompkins (35)	Apr 4 1988	Brisbane	SR
Pentathlon	3292 Pts		M40	Clay Tompkins (40)	1993		
Pentathlon	3719 Pts		M45	Clay Tompkins (45)	1997/98		
Pentathlon	3102 Pts		M50	John Kay (50)	Apr 2 2010	Perth	
Pentathlon	3034 Pts		M55	Jim McGrath (55)	1986	Adelaide	
Pentathlon	3076 Pts		M60	Jim McGrath (62)	1993		
Pentathlon	3064 Pts		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2090 Pts		M30	Warren Jones (33)	Oct 6 2013	AIS, Canberra	SR
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	Feb 18 2017	SOPAC, Homebush	
Throws Pentathlon	2487 Pts		M40	Andrew Watson (43)	Mar 11 2012	Campbelltown	
Throws Pentathlon	2354 Pts		M45	Tim McGrath (46)	Mar 21 2008	Blacktown	
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	Oct 11 2009	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Throws Pentathlon	2820 Pts		M55	Tim McGrath (55)	Oct 1 2017	Beaton Park, Wollongong	#
Throws Pentathlon	1096 Pts		M60	Bob Jones (61)	Mar 11 2012	Campbelltown	
Throws Pentathlon	1125 Pts		M65	Bob Jones (65)	Mar 5 2016		
Throws Pentathlon	1418 Pts		M75	Nick Bastis (78)	Nov 9 2016	Gold Coast	
Throws Pentathlon	2196 Pts		M80	Jim McGrath (80)	Feb 27 2011	Campbelltown	
Heavyweight Throws Pentathlon							
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2578 Pts		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	#
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2850 Pts		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1213 Pts		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1182 Pts		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
Relays							
Relay - 4 x 100m	40.64		Open	Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)	1993	ES Marks, Kensington	
Relay - 4 x 100m	42.18		U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	Nov 17-18 2012	SOPAC, Homebush	SR
Relay - 4 x 100m	48.50		U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	44.25		M120+	Ashley McMahon (42), Jeremy Firth (33), David Thebridge (42), Ryan Dowling (38)	Nov 5 2017	SOPAC, Homebush	SR#
Relay - 4 x 100m	45.22		M160+	Michael Gedz (52), Nathan Mackay (41), David Thebridge (42), Ryan Dowling (38)	Nov 4 2017	SOPAC, Homebush	SR#
Relay - 4 x 100m	49.07		M200+	Trevor Young (57), Gary Clark (51), Anthony Crimi (54), David Smith (60)	Nov 14-15 2015	Blacktown	
Relay - 4 x 100m	52.91		M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	1.25.82		Open	William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	1.28.62		U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.28.62		U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.33.44		U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984		
Relay - 4 x 200m	1.45.42		U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 200m	1:34.27		M120+	Ashley McMahon (42), Nathan Mackay (41), Ryan Dowling (38), David Thebridge (42)	Nov 4 2017	SOPAC, Homebush	#
Relay - 4 x 200m	1.44.03		M160+	Tim Austin (34), Andrew Watson (42), Andrew Kohlrusch (46), Antony Guest (46)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 200m	1.41.46		M200+	Trevor Young (58), David Shearsby (59), Ashley McMahon (41), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	2:00.28		M240+	David Smith (56), Richard Hughes (82), Adam Parsonage (47), Anthony Crimi (53)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 400m	3.12.25		Open	Luke Packham (18), Blake Vanderwoude (23), Paul Cummings (24), Antoine Burke (36)	Mar 11 2011	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.20.3		U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 400m	3.26.21		U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26		U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:59.72		M200+	Les Gillies (59) , Stephen Ball (53), Stuart Paterson (50), John Skrivanic (41)	Nov 18-19 2006	SOPAC, Homebush	
Relay - 4 x 800m	7:27.95		Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	Nov 22 2009	Blacktown	SR
Relay - 4 x 800m	7.46.20		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	7.46.20		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	8.42.57		U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995		
Relay - 4 x 800m	9.28.07		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05		M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	Dec 12 1993	ES Marks, Kensington	SR
Relay - 4 x 800m	8.33.86		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 19 1997	SOPAC, Homebush	SR
Relay - 4 x 800m	9.22.70		M160+	Brad Sharpe (55), Frazer Dowling (37), Farjaam Atshan (30), Andrew Williams (45)	Nov 26-27 2016	Blacktown	#
Relay - 4 x 800m	9.22.12		M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown	
Relay - 4 x 800m	10.45.93		M240+	Kevin Chamberlain (54), Doug Barrett (64), Les Gilles (69), Brad Sharpe (55)	Nov 26-27 2016	Blacktown	#
Relay - 4 x 1500m	15:50.39		Open	James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	Dec 17 2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000/01	SOPAC, Homebush	
Relay - 4 x 1500m	18.03.13		U16	Tom Gleeson (15), Andrew Fahey (15), Josh Wilson (15), Phil De Mestre (15)	2000	SOPAC Homebush	
Relay - 4 x 1500m	19.24.36		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13		M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	Dec 17 1995	ES Marks, Kensington	SR
Relay - 4 x 1500m	17.56.10		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 29 1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	Nov 21 2010	SOPAC, Homebush	
Relay -800m Medley (100,100,200,400)	1:38.10		Open	Ray Barbat, Mitchell Roberts, Mark Caulfield, Michael Maiers	2002/2003	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 1600m Medley (200,200,400,800)	3.21.38		Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 1600m Medley (200,200,400,800)	3:58.81		U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	Dec 16 2006	SOPAC, Homebush	
Relay - 2x100m	21.45		Open	Ashley McMahon (41), Elijah Williams (21)	Feb 28 2017	Hunter Sports Centre, Glendale	
Relay - 4 x 1500m Walk	28:55.76		Open	Jay Felton (22), Steve Washburn (23), Martin Leerberg (14), Stephanie Grujoski (20)	Nov 4 2017	SOPAC, Homebush	#
Relay - 4 x High Jump	7.90m		Open	Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)	1996	SOPAC, Homebush	
Relay - 4 x High Jump	7.30m		U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush	
Relay - 4 x Pole Vault	14.10m		Open	Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)	1996	SOPAC, Homebush	
Relay - 4 x Long Jump	27.06m		Open	Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)	1996	SOPAC, Homebush	SR
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	Nov 14-15 2015	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	Nov 15-16 2008	Blacktown	
Relay - 4 x Shot Put	53.93m		Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	Nov 15-16 2008	Blacktown	
Relay - 4 x Shot Put	49.01m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	Nov 26-27 2016	Blacktown	
Relay - 4 x Shot Put	51.24m		U18	Robert Murphy (17), Warren Jones (17), Peter Elvy (17), Chris Gale (16)	1997	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x Discus	156.04m		Open	Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)	Nov 26-27 2016	Blacktown	
Relay - 4 x Discus	167.10m		U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x Discus	132.15m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	Nov 25-26 2016	Blacktown	
Relay - 4 x Hammer	120.77m		Open	Peter Lang (45), Warren Jones (23), Michael Stark (21), Ross Douglas (51)	2003	SOPAC, Homebush	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	
Relay - 4 x Javelin	189.12m		Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	Nov 15-16 2008	Blacktown	SR
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	Nov 14-15 2015	Blacktown	
Relay - 4 x Javelin	122.82m		M120+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	4/11/2017	SOPAV Homebush	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
UTS Northern Suburbs Athletic Club Track & Field Indoor Records as at 3 August 2016							
Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
60m	7.5h	Ind	Open	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	Jan 25 2014	Albuquerque, USA	
60m	8.36	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 19 2008	Clermont-Ferrand, France	
60m	8.91	Ind	W45	Janet Naylor (45)	Mar 4 2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylor (50)	Mar 17 2017	Daegu, South Korea	#
200m	25.68	Ind	Open	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	
200m	25.68	Ind	U20	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	
200m	27.57	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 19 2008	Clermont-Ferrand, France	
200m	25.85	Ind	W45	Marie Kay (48)	Mar 19 2008	Clermont-Ferrand, France	WR
400m	56.32	Ind	Open	Madison Gipson (20)	Feb 13 2015	Albuquerque, USA	
400m	56.32	Ind	U23	Madison Gipson (20)	Feb 13 2015	Albuquerque, USA	
400m	56.99	Ind	W45	Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:10.07	Ind	Open	Thalia Amanakis (22)	Mar 1 2008	Albuquerque, USA	
800m	2:10.07	Ind	U23	Thalia Amanakis (22)	Mar 1 2008	Albuquerque, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	Mar 19 2016	Portland, USA	
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	Mar 25 2017	Daegu, South Korea	
Mile	5:07.58	Ind	Open	Antonia Howard (19)	Dec 8 2016	South Hunington, USA	
Mile	5:11.01	Ind	U23	Charlotte Wilson (21)	Feb 16 2013	Norman, USA	
Mile	5:07.58	Ind	U20	Antonia Howard (19)	Dec 8 2016	South Hunington, USA	
3000m	9:53.06	Ind	Open	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA	
3000m	9:53.06	Ind	U23	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA	
3000m	10:12.68	Ind	U20	Sarah Marvin (19)	Dec 3 2016	Boston, USA	
5000m	17:06.11	Ind	Open	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
5000m	17:06.11	Ind	U23	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	NR
Long Jump	5.57m	Ind	Open	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	NR
Long Jump	5.50m	Ind	U23	Jacinta Fisher (21)	Feb 9 2018	Fayetteville USA	#
Long Jump	4.74m	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	NR
Long Jump	5.16m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
High Jump	1.51m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Triple Jump	11.85m	Ind	Open	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
Triple Jump	11.85m	Ind	U23	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
Shot Put 4kg	10.93m	Ind	Open	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada	
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary	
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	<i>WR</i>
Relay - 4 x 200m	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	<i>NR</i>
MEN							
60m	7.04	Ind	Open	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.04	Ind	U23	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.38	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	<i>NR</i>
60m	7.38	Ind	M35	Ashley McMahon (39)	Feb 19 2014	Hamburg, Germany	<i>NR</i>
60m	7.21	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
60m	8.73	Ind	M60	Victor Ramondetta (62)	Mar 20 2017	Daegu, South Korea	
200m	22.11	Ind	Open	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	22.11	Ind	U23	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	23.70	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	<i>NR</i>
200m	23.53	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
200m	28.76	Ind	M60	Victor Ramondetta (62)	Mar 21 2017	Daegu, South Korea	
400m	48.37	Ind	Open	Louis Stenmark (20)	Feb 9 2018	Albuquerque	<i>#</i>
400m	48.37	Ind	U23	Louis Stenmark (20)	Feb 9 2018	Albuquerque	<i>#</i>
400m	53:32	Ind	M40	Ashley McMahon (41)	Mar 12 2013	Lee Valley, United Kingdom	
400m	1:05.96	Ind	M60	Victor Ramondetta (62)	Mar 24 2017	Daegu, South Korea	
800m	2:16.28	Ind	Open	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France	
800m	2:16.28	Ind	M50	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France	
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	Mar 22 2017	Daegu, South Korea	
1500m	4:41.99	Ind	Open	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:56.21	Ind	M55	Bradley Sharpe (56)	Mar 25 2017	Daegu, South Korea	

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance		Athlete/s (age)	Date	Venue
WOMEN					
Cross Country					
1.5km Cross Country	5:20	U12	Hannah Cerezo (11)	Aug 2 2014	Upjohn Park, Dundas

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2km Cross Country	6:39		Open	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U20	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U18	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U16	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U14	Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	7:30		U12	Rebecca Terry (10)	Jun 1 2013	Miranda Park	
2km Cross Country	7:56		W30	Rebecca Gibbs (31)	Jul 23 2011	Cowells Lane Reserve, Ermington	
2km Cross Country	9:05		W40	Joanna Davis (41)	Mar 31 2018	George Kendall Reserve, Ermington	#
2km Cross Country	12:39		W50	Jennifer Crockett (53)	May 21 2016	Bella Vista Farm Park	
2km Cross Country	8:42		W55	Deborah Drennan (56)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	12:41		W60	Dorothy Kass (64)	Jul 29 2017	Gipps Rd, Greystanes	
2km Cross Country	10:52		W70	Lesley Eller (70)	Apr 13 2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	8:33		Open	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:33		U20	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:33		U18	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere	
2.5km Cross Country	8:51		U16	Annabel McDermott (14)	Aug 3 2013	Upjohn Park, Rydalmere	
2.5km Cross Country	9:22		U14	Emily Augustine (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:29		U12	Molly Quoye (11)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	13:37		W55	Susan Rilen (55)	May 26 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	16:34		W60	Dorothy Kass (60)	Aug 3 2013	Upjohn Park, Rydalmere	
3km Cross Country	9:40		U20	Emily Hopper (16)	May 13 2014	Miranda Park	
3km Cross Country	9:40		U18	Emily Hopper (16)	May 31 2014	Miranda Park	
3km Cross Country	10:21		U16	Hannan Cerezo (14)	May 27 2017	Miranda Park	
3km Cross Country	10:36		U14	Olivia Dooley (13)	Jun 17 2010	Eastern Creek	
3km Cross Country	11:37		U13	Hannan Cerezo (12)	Jun 20 2015	Brownsville	
3km Cross Country	12:25		U12	Nicola Christou (11)	May 27 2017	Miranda Park	
4km Cross Country	13:06		Open	Abigail Regan (23)	Jun 1 2013	Miranda Park	
4km Cross Country	13:26		U23	Eliza Sttewart (20)	Jun 2 2007	Miranda Park	
4km Cross Country	13:25		U20	Lucy Starrat (18)	May 2 2006	Scarborough Park, Ramsgate	
4km Cross Country	13:28		U18	Annabel McDermott (17)	May 28 2016	Miranda Park	
4km Cross Country	14:19		U17	Annabel McDermott (16)	Jun 20 2015	Brownsville	
4km Cross Country	14:24		U16	Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	14:24		U15	Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	15:30		U14	Hannah Cerezo (13)	Jun 4 2016	George Kendall Reserve, Ermington	
4km Cross Country	18:22		U12	Rebecca Terry (11)	May 17 2014	Bella Vista	
4km Cross Country	14:50		W30	Mary Fien (34)	Jun 2 2007	Miranda Park	
4km Cross Country	17:19		W40	Mary Fien (41)	May 31 2014	Miranda Park	
4km Cross Country	19:01		W45	Robyn Suttor (48)	Jun 2 2007	Miranda Park	
4km Cross Country	17:17		W50	Deborah Drennan (54)	Jun 9 2012	George Kendall Reserve, Ermington	
4km Cross Country	17:40		W55	Deborah Drennan (55)	Jun 8 2013	George Kendall Reserve, Ermington	
4km Cross Country	20:23		W60	Margaret Thomas (60)	Jun 3 2017	George Kendall Reserve, Ermington	
5km Cross Country	17:45		Open	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	18:30		U23	Kasey Mumby (22)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	17:45		U20	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	19:55		U18	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55		U16	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06		U14	Abigail Johnstone (13)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08		W30	Mary Fien (32)	Jul 17 2004	Mt Penang	
5km Cross Country	20:32		W45	Jo Cowan (48)	Jul 17 2004	Mt Penang	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5km Cross Country	23:27		W50	Deborah Drennan (54)	Sep 1 2012	Upjohn Park, Rydalmere	
5km Cross Country	23:45		W55	Deborah Drennan (57)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	27:59		W60	Margaret Thomas (61)	Jun 24 2017	Upjohn Park, Rydalmere	
6km Cross Country	21.14		Open	Lena Yali	1992		
6km Cross Country	23:07		U20	Frances Schmiede (18)	Jun 25 2011	Willandra, Nowra	
6km Cross Country	28:34		W55	Deborah Drennan (55)	Jun 22 2013	Willandra, Nowra	
6.2km Cross Country	22.47		Open	Eliza Stewart (22)	Apr 6 2008	France	
6.2km Cross Country	22.47		U23	Eliza Stewart (22)	Apr 6 2008	France	
7km Cross Country	26:11		Open	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	26:11		U23	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	31:26		U20	Holly Ratajec (19)	Apr 20 2013	Scarborough Park, Ramsgate	
7.5km Cross Country	28:34		Open	Eliza Stewart (25)	May 21 2011	Upjohn Park, Rydalmere	
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	May 21 2011	Upjohn Park, Rydalmere	
8km Cross Country	27.16		Open	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic	
8km Cross Country	27.16		U23	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic	
8km Cross Country	28:12		U20	Emily Heskelow (19)	Mar 31 2018	George Kendall Reserve, Ermington	#
8km Cross Country	33:53		W30	Rebecca Gibbs (31)	May 14 2011	George Kendall Reserve, Ermington	
10km Cross Country	36:18		Open	Elise Gallen (23)	Aug 26 2017	Kembla	
10km Cross Country	39:44		U23	Elise Gallen (22)	Jun 26 2016	Willandra, Nowra	
10km Cross Country	52:03		U20	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	52:03		U18	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate	
10km Cross Country	45:12		W30	Rebecca Gibbs (31)	Jun 11 2011	River Rd Reserve, Emu Plains	
4x2km Cross Country Relay	28:53		U14	Ruby Hackett (12), Elle Farrington (13), Katie Furniss (13), Ashley Mason (12)	Jul 13 2004	Miranda Park	
4x2km Cross Country Relay	31:29		U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brennan (11), Ashlie Edwards (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	41:00		U20	Isabella Thornton-Bott (19), Sarah Reece (17) , Emma Baptiste (18), Sarah McDermott (17)	May 27 2017	Miranda Park	
4x3km Cross Country Relay	43:59		U18	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	May 31 2014	Miranda Park	
4x3km Cross Country Relay	44:38		U16	Abigail Johnstone (15), Hannah Cerezo (14), Nicola Christou (11), Rosie Fordham	May 27 2017	Miranda Park	
4x4km Cross Country Relay	56:02		Open	Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (25)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	Jun 1 2013	Miranda Park	
Mountain Running							
8km Mountain Run	44.51		Open	Mary Fien (34)	Feb 24 2007	Mt Kembla	
8km Mountain Run	44.51		W30	Mary Fien (34)	Feb 24 2007	Mt Kembla	
10km Mountain Run	1:05:00.0		Open	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange	
10km Mountain Run	1:05:48		U23	Kate Hobbs (20)	Mar 20 2016	Mt Canoblas, Orange	
10km Mountain Run	1:05:00.0		U20	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange	

Road

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
2km Road Race	6.34		Open	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U20	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6.34		U18	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6:48		U16	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	6:48		U14	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	8:05		U12	Nicola Christou (11)	Jul 22 2017	Col Sutton Park, Winston Hills	
2km Road Race	7:29		W30	Rebecca Gibbs (31)	Aug 13 2011	Rydalmere	
2km Road Race	7:52		W50	Stacey Quitzau (51)	Aug 11 2012	Rydalmere	
2km Road Race	9:00		W55	Deborah Drennan (58)	Aug 13 2017	Rydalmere	
2km Road Race	11:23		W60	Dorothy Kass (60)	Aug 10 2013	Rydalmere	
2.5km Road Race	9:15		U14	Hannah Cerezo (12)	May 2 2015	Sydney Olympic Park	
2.5km Road Race	9.58		U12	Molly Quoyale (10)	Jun 4 2011	Sydney Olympic Park	
3km Road Race	10:40		U16	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy	
3km Road Race	10:40		U14	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy	
4km Road Race	13:41		Open	Else Gallen (23)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	14:03		U23	Rebekah Smeltzer (22)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	13:46		U20	Sarah McDermott (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:46		U18	Sarah McDermott (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	14:44		U16	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	14:44		U14	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	15:38		W35	Mary Fien (39)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:46		W45	Robyn Suttor (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	16:36		W50	Stacey Quitzau (51)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:34		W55	Deborah Drennan (56)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	19:56		W60	Margaret Thomas (61)	Jul 15 2017	Newcastle University, Ourimbah	
5km Road Race	15:59		Open	Trychelle Kingdom (25)	Oct 31 2015	Noosa, Qld	
5km Road Race	17:07		U20	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	17:07		U18	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	18:13		U16	Emily Augustine (15)	May 6 2012	Sydney Olympic Park	
5km Road Race	21:45		U14	Lara Chamberlain (13)	May 6 2017	Sydney Olympic Park	
5km Road Race	25:31		W45	Kim Wilson (47)	May 2 2015	Sydney Olympic Park	
5km Road Race	27:11		W50	Stacey Quitzau (52)	May 6 2012	Sydney Olympic Park	
5km Road Race	26:19		W60	Margaret Thomas (60)	May 6 2017	Sydney Olympic Park	
6km Road Race	25.09		U20	Erin Smithson (18)	May 6 2006	Army Base, Holsworthy	
8km Road Race	29:09.88		Open	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park	
8km Road Race	29:09.88		U23	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park	
8km Road Race	32:17h		U20	Emily Heskelow (19)	Apr 28 2018	Rydalmere	#
8km Road Race	33:47h		W30	Rebecca Gibbs (31)	May 5 2011	Rydalmere	
8km Road Race	35:01h		W60	Ann Swinbourne (61)	Apr 28 2018	Rydalmere	#
10km Road Race	33.14		Open	Mary Fien (35)	May 30 2009	Springvale	
10km Road Race	34.27		U23	Eliza Stewart (22)	May 3 2008	Sydney Olympic Park	
10km Road Race	34:29		U20	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	34:29		U18	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park	
10km Road Race	45:23		U16	Emma Brown (14)	May 7 2016	Sydney Olympic Park	
10km Road Race	33.14		W35	Mary Fien (35)	May 30 2009	Springvale	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10km Road Race	48:08		W40	Suzanne Brown (43)	May 2 2009	Sydney Olympic Park	
10km Road Race	50:42		W45	Louise McAlister (49)	May 6 2017	Sydney Olympic Park	
10km Road Race	49:31		W50	Deborah Drennan (54)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:45:00		W55	Deborah Drennan (58)	May 6 2017	Sydney Olympic Park	
10km Road Race	58:52		W60	Nancy Lloyd (61)	May 3 2014	Sydney Olympic Park	
14km City to Surf	51:05		Open	Else Gallen (23)	Aug 13 2017	Sydney	
15km Road Race	57.03		Open	Trychelle Kingdom (24)	Oct 19 2014	Fernleigh Track, Newcastle	
Half Marathon	1:15.56		Open	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:15.56		U23	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:17.51		W30	Mary Fien (34)	Aug 19 2007	Noosa	
Half Marathon	2:04:01		W40	Beck Myors (43)	Aug 28 2016	Sydney Olympic Park	
Half Marathon	2:12:44		W45	Susan Rilen (49)	Jun 10 2007	Sydney	
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	Dec 31 2006	Sydney	
Marathon	2:50.00		Open	Elizabeth Richards	1976		
4x2km Road Relay	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wollett (14), Emily Augustine (17)	Jul 12 2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	30:17		U14	Ruby Hackett (13), Katrina Panazzolo, Melissa Farrington (10), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U18	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U16	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Newcastle University, Wollongong	
4x4km Road Relay	58:01:00		Open	Rebekah Smeltzer (22), Elizabeth Watson (22), Bridget Reilly (15), Carli Green (22)	Jul 9 2011	Flagstaff Point, Wollongong	
4x4km Road Relay	1:01:38		W20	Sarah McDermott (17), Eloise Doherty (18), Nicola Bowtell (18), Isabella Thornton-Bott (19)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	Jul 10 2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	Jul 14 2014	Flagstaff Point, Wollongong	
Walks							
2km Road Walk	9:40		U14	Eliza DeLaine (13)	Jun 16 2013	Penrith Lakes	
5km Road Walk	30.21		W40	Suzanne Brown (43)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:21		W45	Carmel Parker (49)	Jun 22 2014	Harrington Park Lake, Narellan	
5km Road Walk	34:02		W50	Carmel Parker (51)	Hun 18 2017	Penrith Lakes	
5km Road Walk	33:18		W55	Nancy Lloyd (56)	Jun 28 2009	Penrith Lakes	
10km Road Walk	50.04		Open	Fiona Alldis (19)	Sep 2 2007	Perth	
10km Road Walk	50.04		U20	Fiona Alldis (19)	Sep 2 2007	Perth	
10km Road Walk	1:09.10.0h		W40	Suzanne Brown (42)	2008	Blacktown	
10km Road Walk	1:10:03		W45	Suzanne Brown (47)	May 26 2013	Harrington Park Lake, Narellan	
10km Road Walk	1:05.56		W50	Nancy Lloyd (53)	2006	Hobart	
10km Road Walk	1:12:48		W55	Nancy Lloyd (56)	May 24 2009	Harrington Park Lake, Narellan	
15km Road Walk	1:53:50		W40	Suzanne Brown (44)	Aug 1 2010	Penrith	
15km Road Walk	1:58:58		W45	Suzanne Brown (49)	Jul 26 2015	Harrington Park Lake, Narellan	
15km Road Walk	1:39.05		W50	Nancy Lloyd (53)	Jul 15 2007	Five Dock	
10mile Road Walk	1:29.37		Open	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10mile Road Walk	1:29.37		U20	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	
20km Road Walk	1:46.13		Open	Fiona Alldis (19)	Jul 15 2007	Five Dock	
20km Road Walk	1:46.13		U20	Fiona Alldis (19)	Jul 15 2007	Five Dock	
MEN							
Cross Country							
1.5km Cross Country	5.39		U12	Trent Morton (10)	Jul 16 2005	Mt Penang	
2km Cross Country	6:19		Open	Leo Peterson (26)	May 20 2017	Bella Vista	
2km Cross Country	6:21		U23	Nick Walker (21)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	6:52		U20	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U18	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U16	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U14	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	7:10		U12	William Maffey (11)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	11:06		M10	Benjamin Chamberlain	Jun 3 2017	George Kendall Reserve, Ermington	
2km Cross Country	8:16		M35	Ryan Dowling (38)	8/07/2017	Bella Vista Farm, Bella Vista	
2km Cross Country	8:12		M40	Andy West (44)	Aug 6 2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08		M50	Bradley Sharpe (54)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	7:11		M55	Bradley Sharpe (56)	Apr 22 2017	Scarborough Park, Ramsgate	
2km Cross Country	9:18		M60	Terrence Carter (60)	Jul 29 2017	Gipps Rd, Greystanes	
2km Cross Country	10:15		M65	David Archbold (65)	May 14 2011	George Kendall Reserve, Ermington	
2km Cross Country	11:49		M75	Charles Hobden (77)	May 13 2013	Queen Elizabeth Park, Concord	
2.5km Cross Country	7.54		Open	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U20	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U18	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	7.54		U16	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere	
2.5km Cross Country	9:26		U14	Will North (13)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	10:31		U12	Marino Doylie (9)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	8:53		M30	Frazer Dowling (32)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	20:06		M40	James Fitzgerald (41)	Jul 30 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	10:18		M45	Brett Collett (47)	Jul 17 2010	Upjohn Park, Rydalmere	
2.5km Cross Country	9:27		M50	Bradley Sharpe (51)	Sep 1 2012	Upjohn Park, Rydalmere	
2.5km Cross Country	9:44		M55	Bradley Sharpe (55)	Aug 28 2016	Upjohn Park, Rydalmere	
2.5km Cross Country	12:58		M60	Terrence Carter (60)	Aug 26 2017	Upjohn Park, Rydalmere	
2.5km Cross Country	13:54		M65	David Archbold (66)	May 21 2011	Upjohn Park, Rydalmere	
2.5km Cross Country	15:07		M75	Charles Hobden (75)	May 21 2011	Upjohn Park, Rydalmere	
3km Cross Country	9:38		U18	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38		U16	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	9:38		U14	Elliott Metcalf (13)	Jun 1 2013	Miranda Park	
3km Cross Country	10:36		U13	Elliott Metcalf (12)	Jun 23 2012	Willandra, Nowra	
4km Cross Country	11:17		Open	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	11:17		U23	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	12:12		U20	Ed Goddard (19)	May 28 2016	Miranda Park	
4km Cross Country	12:46		U18	Xavier Black (17)	May 29 2010	Miranda Park	
4km Cross Country	13:30		U16	Elliot Metcalf (15)	Apr 11 2015	Queen Elizabeth Park, Concord	
4km Cross Country	14:09		U15	Elliot Metcalf (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	14:09		U14	Elliot Metcalf (13)	Jun 9 2012	George Kendall Reserve Ermington	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4km Cross Country	16:17		U13	Xavier Anderson (11)	Apr 19 2018	Queen Elizabeth Park, Concord	#
4km Cross Country	16:17		U12	Xavier Anderson (11)	Apr 19 2018	Queen Elizabeth Park, Concord	#
4km Cross Country	12:14		M30	Frazer Dowling (33)	Jun 1 2013	Miranda Park	
4km Cross Country	15:07		M35	Roger Hastie (35)	Jun 4 2005	Miranda Park	
4km Cross Country	13:40		M40	Connor Delahunty (42)	May 29 2010	Miranda Park	
4km Cross Country	13:58		M45	Stuart Paterson (48)	Jun 4 2005	Miranda Park	
4km Cross Country	13:53		M50	Stuart Paterson (50)	Jun 2 2007	Miranda Park	
4km Cross Country	16:00		M55	Stephen Ball (56)	May 29 2010	Miranda Park	
4km Cross Country	16:34		M60	Geoff Francis (62)	Jul 13 2004	Miranda Park	
4km Cross Country	19:08		M65	Geoff Francis (68)	May 29 2010	Miranda Park	
4km Cross Country	21:00		M70	Ron Wills (71)	Apr 16 2011	Bella Vista Farm Park	
4km Cross Country	22:55		M75	Charles Hobden (76)	Jun 1 2013	Miranda Park	
5km Cross Country	15:13		Open	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	15:13		U20	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	16:11		U18	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	21:04		U16	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04		U14	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41		M40	Andy West (44)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07		M50	Bradley Sharpe (50)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:14		M55	Stephen Ball (57)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	24:09		M60	Doug Barrett (61)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08		M65	Geoff Francis (68)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27		M70	Ron Wills (71)	Aug 27 2011	Upjohn Park, Rydalmere	
6km Cross Country	18.40		U18	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18.40		U17	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
6km Cross Country	18.40		U16	Ruairidh MacDonald (15)	Aug 20 2011	Canberra	
7.5km Cross Country	23:41		Open	Ed Goddard (20)	Jul 2 2017	Upjohn Park, Rydalmere	
7.5km Cross Country	23:41		U23	Ed Goddard (20)	Jul 2 2017	Upjohn Park, Rydalmere	
7.5km Cross Country	27:57		U20	Nicholas Walker (19)	Jul 17 2004	Mt Penang	
7.5km Cross Country	27:34		M30	Frazer Dowling (31)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57		M50	Stephen Ball (50)	Jul 17 2004	Mt Penang	
7.5km Cross Country	38:50		M55	David Archbold (58)	Jul 17 2004	Mt Penang	
7.5km Cross Country	33:36		M60	Geoff Francis (62)	Jul 17 2004	Mt Penang	
8km Cross Country	24.41		Open	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	26:37		U23	Ed Goddard (20)	Jun 26 2017	Willandra, Nowra	
8km Cross Country	24.41		U20	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	31:05		U18	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05		U16	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58		U14	Elliot Metcalf (13)	Apr 13 2013	Queen Elizabeth Park, Concord	
8km Cross Country	28:36		M40	Stuart Paterson (44)	Jul 4 2001	Brisbane	
8km Cross Country	29:49		M45	Stuart Paterson (49)	Jul 15 2006	The Crest Bankstown	
8km Cross Country	33:23		M55	Stephen Ball (57)	Apr 16 2011	Bella Vista Farm Park	
8km Cross Country	37:08		M60	Doug Barrett (60)	Jun 30 2012	Prospect Reservoir	
8km Cross Country	42:07		M65	Geoff Francis (67)	Jun 20 2009	Willandra, Nowra	
8.5km Cross Country	32.49		Open	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park	
8.5km Cross Country	32.49		U23	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
8.5km Cross Country	39:01		M45	Bradley Sharpe (46)	Jul 14 2007		
8.5km Cross Country	37:26		M50	Stephen Ball (53)	Jul 14 2007		
10km Cross Country	30.44		Open	John Farrington (31)	Jul 7 1973	Bundoora, Victoria	
10km Cross Country	30:45		U23	Ed Goddard (20)	Aug 26 2017	Kembla	
10km Cross Country	33:49		U20	Ed Goddard (19)	Apr 16 2016	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U18	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U16	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U14	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	30.44		M30	John Farrington (31)	Jul 7 1973	Bundoora, Victoria	
10km Cross Country	36:29		M35	David Costello (37)	April 21 2018	Scarborough Park, Ramsgate	#
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	Apr 9-13 1998	Brisbane	
10km Cross Country	37:00		M50	Jim Seymon (54)	Apr 15-20 1992	Hobart	
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	50:43		M60	Geoff Francis (64)	Apr 30 2006	Scarborough Park, Ramsgate	
12km Cross Country	37.20		Open	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	38:57		U23	James Connor (21)	Jun 22 2013	Willandra, Nowra	
12km Cross Country	49:57		M35	Roger Hastie (35)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	37.20		M40	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46		M45	Stuart Paterson (49)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	48:40		M50	Stuart Paterson (51)	Jun 23 2007	Willandra, Nowra	
12.5km Cross Country	45.37		Open	Ryan Cantwell (29)	Jun 25 2011	Willandra, Nowra	
20km Cross Country	1:01.20		Open	John Farrington (27)	Jun 20 1970	Gosford	
4x2km Cross Country Relay	29:57		U14	UTS Northern Suburbs	Jun 2 2012	Miranda Park	
4x2km Cross Country Relay	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	Jun 1 2013	Miranda Park	
4x3km Cross Country Relay	42:55		U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)	May 31 2014	Miranda Park	
4x3km Cross Country Relay	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	47:28		Open	Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (19)	May 28 2016	Miranda Park	
4x4km Cross Country Relay	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:06.30		M35	Antony Guest (48), Bradley Sharpe (52), Mary Fien (41), Len Augustine (53)	May 31 2014	Miranda Park	
4x4km Cross Country Relay	1:03:32		M45	Bradley Sharpe (51), Andy West (46), Jim Culhane (47), Antony Guest (47)	Jun 1 2013	Miranda Park	
4x4km Cross Country Relay	1:14:25		M55	Trevor Young (57), Len Augustine (57), Steve Bradley (60), Doug Barrett (64)	May 28 2016	Miranda Park	
Mountain Running							
8km Mountain Run	44:00:00		Open	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
8km Mountain Run	44:00:00		U20	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
8km Mountain Run	44:00:00		U18	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart	
9.5km Mountain Run	1:00.21		Open	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
9.5km Mountain Run	1:00.21		M50	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
10km Mountain Run	1:06.15		Open	Leo Peterson (27)	April 8 2018	Mt Wellington, Hobart	#
11km Mountain Run	46:38.00		Open	Matthew Cox (25)	Mar 29 2015	Mt Canoblas, Orange	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
11km Mountain Run	50:30		U23	Ruairidh MacDonald (22)	Mar 20 2016	Mt Canoblas, Orange	
11km Mountain Run	51:09		U20	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
11km Mountain Run	51:09		U18	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange	
12km Mountain Run	52.26		Open	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
12km Mountain Run	52.26		M45	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
Road							
1 Mile	4.21		Open	Nick Bromley (26)	Sep 18 2009	Newcastle/Gateshead, England	
1 Mile	5.42		M55	Bradley Sharpe (56)	Sep 16 2017	Bowral	
2km Road Race	6:15		Open	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere	
2km Road Race	6:15		U20	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere	
2km Road Race	6:41		U18	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	6:41		U16	Elliot Metcalf (14)	May 26 2014	Rydalmere	
2km Road Race	7:15		U14	WilliamMaffey (12)	May 26 2014	Rydalmere	
2km Road Race	10:20		U12	Benjamin Chamberlain (9)	Aug 13 2017	Rydalmere	
2km Road Race	6:55		M50	Bradley Sharpe (51)	May 12 2012	Rydalmere	
2km Road Race	7:03		M55	Bradley Sharpe (55)	May 23 2016	Rydalmere	
2km Road Race	10:01		M60	Terrence Carter (60)	Jul 22 2017	Col Sutton Reserve, Winston Hills	
2km Road Race	10:34		M65	David Archbold (65)	May 5 2011	Rydalmere	
2.5km Road Race	9:10		U14	Duncan Loane (13)	May 6 2017	Sydney Olympic Park	
3km Road Race	11:37		U14	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	14:40		M60	David Archbold (60)	Jun 17 2006	Army Base, Holsworthy	
4km Road Race	11:38		Open	Josh Wright (20)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	11:38		U23	Josh Wright (20)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	11:55		U20	Ed Goddard (19)	Jul 16 2016	Newcastle University, Ourimbah	
4km Road Race	12:21		U18	Elliot Metcalf (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:24		U16	Elliot Metcalf (15)	Apr 25 2015	Rydalmere	
4km Road Race	15:30		U14	Duncan Loane (12)	Apr 23 2016	Rydalmere	
4km Road Race	16:11		U12	William Maffey (11)	Jun 29 2013	Prospect Reservoir	
4km Road Race	12:52		M30	Frazer Dowling (33)	Jul 13 2013	Newcastle University, Ourimbah	
4km Road Race	15:05		M35	Frazer Dowling (36)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	14:32		M40	Angus Stewart (43)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	13:28		M45	Stuart Paterson (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	15:03		M50	Bradley Sharpe (50)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	15:49		M55	Bradley Sharpe (56)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	16:49		M60	Geoff Francis (63)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	18:09		M65	Geoff Francis (68)	Jul 10 2010	Flagstaff Point, Wollongong	
4km Road Race	20:41		M70	Ron Wills (72)	Jul 1 2011	Prospect Reservoir	
5km Road Race	14:45		Open	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	14:45		Open	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45		U23	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45		U20	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	16:55		U18	Kieran Briscoe (16)	Oct 1 2010	Sydney Olympic Park	
5km Road Race	44:45		U16	Sultan Tanfik (14)	May 6 2012	Sydney Olympic Park	
5km Road Race	30:24		M50	Peter Lloyd (53)	May 2 2015	Sydney Olympic Park	
5km Road Race	19:50		M55	Bradley Sharpe (56)	May 6 2017	Sydney Olympic Park	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
7km Road Race	28:45		Open	Bradley Sharpe (56)	Sept 3 2017	Sydney Olympic Park	
8km Road Race	26:20h		Open	Leo Peterson (27)	Apr 28 2018	Rydalmere	#
8km Road Race	29:33		U23	Ruairidh MacDonald (22)	Jul 9 2016	Col Sutton Park, Winston Hills	
8km Road Race	27:41		U20	Matthew Rando (19)	May 5 2007	Cataract Scout Park	
8km Road Race	31:39		U18	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	31:39		U16	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	32:01		U14	Elliot Metcalf (12)	May 12 2012	Rydalmere	
8km Road Race	34:05		M50	Bradley Sharpe (53)	Apr 26 2014	Rydalmere	
8km Road Race	36:58		M55	Doug Barrett (58)	May 5 2011	Rydalmere	
8km Road Race	35:32		M60	Doug Barrett (60)	Jun 29 2013	Prospect Reservoir	
10km Road Race	29.45		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	30:17		U23	Ed Goddard (20)	Jul 1 2017	Gold Coast, Qld	
10km Road Race	31:44		U20	Ed Goddard (19)	May 7 2016	Sydney Olympic Park	
10km Road Race	38:22		U18	Xavier Black (17)	May 1 2010	Sydney Olympic Park	
10km Road Race	29.45		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	37:29		M35	Roger Hastie (35)	May 7 2005	Army Base, Holsworthy	
10km Road Race	35:04		M40	Richard Mullaney (40)	May 3 2014	Sydney Olympic Park	
10km Road Race	36:32		M45	Stuart Paterson (49)	May 7 2015	Army Base, Holsworthy	
10km Road Race	38:52		M50	Stephen Ball (52)	Jun 17 2006	Army Base, Holsworthy	
10km Road Race	38:38		M55	Stephen Ball (57)	Jun 4 2011	Sydney Olympic Park	
10km Road Race	45:32		M60	Doug Barrett (60)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:25		M65	Geoff Francis (67)	May 2 2009	Sydney Olympic Park	
14km City to Surf	44.01		Open	Ed Goddard (20)	Aug 13 2017	Sydney	
15km Road Race	43.11		Open	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	1:00:42		U23	James Connor (22)	Oct 19 2014	Fernleigh Track, Newcastle	
15km Road Race	43.11		M30	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	1:15:16		M60	Doug Barrett (61)	Oct 2 2013	Fernleigh Track, Newcastle	
10 miles	55.38		Open	Stuart Paterson (37)	Jun 11 1994	Parramatta	
10 miles	55.38		M35	Stuart Paterson (37)	Jun 11 1994	Parramatta	
25km Road Race	1:15.34		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
25km Road Race	1:15.34		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
30km Road Race	1:31.08		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
30km Road Race	1:31.08		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:03.38		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:08.47		U23	James Connor (21)	May 19 2013	Sydney	
Half Marathon	1:18:49		U20	Gareth Mumby (19)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:03.38		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:21:16		M35	Roger Hastie (37)	Jun 10 2007	Sydney	
Half Marathon	1:18:53		M40	Sven Fuerst (43)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:28:08		M45	Stuart Paterson (49)	Dec 31 2006	Sydney	
Half Marathon	1:37:49		M50	Stephen Ball (53)	Jun 10 2007	Sydney	
Half Marathon	1:53:52		M60	Geoff Francis (64)	Dec 31 2006	Sydney	
Half Marathon	1:58:31		M65	Geoff Francis (65)	Jun 10 2007	Sydney	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Marathon	2:11.13		Open	John Farrington (31)	Jul 14 1973	Budapest, Hungary	
Marathon	2:52:24		U20	Gareth Mumby (19)	Sep 22 2013	Sydney	
Marathon	2:11.13		M30	John Farrington (31)	Jul 14 1973	Budapest, Hungary	
Marathon	3:22:42		M40	John Kocx (44)	Sep 16 2012	Sydney	
Marathon	3:49:13		M50	Peter Bromley (53)	Nov 16 2008	Sydney	
4x3km Road Relay	56:24		U14	Myalls Paterson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	Jul 30 3005	Flagstaff Point, Wollongong	
4x4km Road Relay	47:25		Open	Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (25)	Jul 16 2016	Newcastle University, Ourimbah	
4x4km Road Relay	52:12		U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (18)	Jul 7 2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59		M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	Jul 11 2015	Newcastle University, Ourimbah	
4x4km Road Relay	1:02:18		M45	Andrew Williams (45), Bradley Sharpe (56), Paul Trainor (52), Kim Loan (55)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:11:14		M55	Doug Barrett (62), Trevor Young (58) , Steve Bradley (58), Len Augustine (55)	Jul 12 2014	Newcastle University, Ourimbah	
Walks							
5km Road Walk	27:53		U18	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29		M60	Robert Connors (62)	Jun 27 2010	Harrington Park Lake, Narellan	
5km Road Walk	30:09		M70	Jim Seymon (71)	Jun 29 2008		
5km Road Walk	31:07		M75	Jim Seymon (75)	Jun 24 2012	Harrington Park Lake, Narellan	
10km Road Walk	43:40		Open	Jay Felton (21)	May 20 2016	Chipping Norton	
10km Road Walk	43:40		U23	Jay Felton (21)	May 20 2016	Chipping Norton	
10km Road Walk	57:11		U18	Cheyne Egleton (16)	Jun 28 2009	Penrith Lakes	
10km Road Walk	58:15		M30	Mark Ransom			
10km Road Walk	1:13:30		M60	Robert Connors (61)	May 23 2010	Harrington Park Lake, Narellan	
10km Road Walk	59:13		M65	Jim Seymon (67)	Jun 26 2004		
10km Road Walk	1:01:00		M70	Jim Seymon (70)	May 27 2007	Tempe	
10km Road Walk	1:05:47		M75	Jim Seymon (77)	May 25 2014	Joe McAleer Park, Glendenning	
15km Road Walk	1:32.13		M65	Jim Seymon (68)	May 27 2006	Greystanes	
15km Road Walk	1:39:27		M70	Jim Seymon (73)	Jul 25 2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27		M75	Jim Seymon (77)	Jul 26 2015	Harrington Park Lake, Narellan	
20km Road Walk	1:31.43		Open	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:31.43		U23	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:38:15		U20	Jay Felton (19)	Jul 27 2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59		M65	Jim Syemon (66)	2003		
2000m Road Walk	2:27.54		M75	Jim Seymon (78)	Aug 28 2016		
30km Road Walk	2:25:35		Open	Jay Felton (22)	Jul 23 2017	Chipping Norton	
30km Road Walk	2:25:35		U23	Jay Felton (22)	Jul 23 2017	Chipping Norton	
50km Road Walk	4:28.20		Open	Steve Washburn (22)	May 8 2016	Rome, Italy	
50km Road Walk	4:28.20		U23	Steve Washburn (22)	May 8 2016	Rome, Italy	

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