

UTS Northern Suburbs Athletic Club Track & Field Records as at 30 April 2013

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

Notes - Age as at 31 December except masters which is age on the day. # Indicates new record this season. Records in italics are updated from the last published list and were set in previous years but information has only just been located to verify the record. WR = World Record, NR = National Record, SR = State Record. Ind = Indoor performance. Events and age groups recognised are those currently recognised by Athletics Australia, Athletics NSW and the Masters governing bodies. Under 23 age group is for athletes aged 20, 21, 22 since the introduction of this age group by Athletics Australia. Where specifications have changed, eg to a lower hurdle height or lighter implement, the record stands until an athlete beats the performance with the new specifications. For the 60, 100, 200, sprint hurdles, long jump and triple jump events a wind reading of 2m/per second or less is required for the club record to be accepted. We recognise that some historical results do not have this data available.

Janet Naylor

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
WOMEN							
100 yards	10.40		Open	Jenny Lamy	1966		
60m	7.52	0.0	Open	Jessica Knox (33)	3/12/11	Blacktown	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/08	Manoa, Hawaii, USA	
60m	7.3h	NWI	U20	Laura Verlinden (18)	1/07/06	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/07	SOPAC, Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/07	SOPAC, Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/08	ES Marks	
60m	7.91	0.4	U15	Karlie Morton (14)	10/11/07	SOPAC, Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/08	ES Marks	
60m	8.87	-0.4	U13	Eliza Cepak (12)	10/11/07	SOPAC, Homebush	
60m	7.52	0.0	W30	Jessica Knox (33)	3/12/11	Blacktown	
60m	7.40	NWI	W35	Melissa Medicott	13/11/04	Mingara	
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/11	Blacktown	
60m	8.34	1.6	W45	Jackie Bezuidenhout (45)	6/04/12	Melbourne	
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/09	Adelaide	
60m	10.0h	NWI	W55	Anne Dorey	2003/2004	Rotary Athletics Field, Chatswood	
100m	11.20		Open	Jenny Lamy	1967		
100m	11.89	-0.1	U23	Laura Verlinden (20)	19/03/09	Brisbane	
100m	11.20		U20	Jenny Lamy	1967		
100m	11.60		U18	Melissa Moore / Fiona Blair	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/08	AIS, Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/08	AIS, Canberra	
100m	11.93		U15	Alice Wilson	2004/05		
100m	12.70		U14	Catherine Kennedy	1990		
100m	13.21		U13	Keshvar Mirarazi	1995		
100m	11.60	1.7	W30	Jessica Knox	7/01/12	Blacktown	
100m	11.8h	NWI	W35	Melissa Medicott	13/11/04	Mingara	
100m	12.75	0.4	W40	Jacqueline Bezuidenhout (44)	5/02/11	SOPAC, Homebush	
100m	13.06	0.4	W45	Jackie Bezuidenhout (46)	16/03/13	SOPAC, Homebush	#
100m	13.50		W50	Kaye Smythe	1998/99		
100m	14.98		W55	Gloria Seymon	1993		
100m	18.54	0.7	W60	Jillian Senior	16/03/13	SOPAC, Homebush	#
100m	16.70		W65	Kathleen Cook	2004/05		
100m	19.90		W70	Ruth Frith	1991		
100m	19.30		W75	Ruth Frith	1990		
200m	22.88		Open	Jenny Lamy	1968		
200m	24.21	1.4	U23	Laura Verlinden (20)	7/03/09	SOPAC, Homebush	
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/10	SOPAC, Homebush	
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/10	SOPAC, Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/07	SOPAC, Homebush	
200m	24.40	0.7	U16	Tracey Morton	29/11/05	Melbourne	
200m	24.40	0.7	U15	Tracey Morton	29/11/05	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	6/12/07	SOPAC, Homebush	
200m	25.62		U14	Stephanie Parker	1997/98		
200m	27.66		U13	Anneliese Rubie	2004/05		
200m	24.12	0.2	W30	Jessica Knox (33)	17/12/12	SOPAC, Homebush	
200m	25.17		W35	Melissa Medicott	25/02/06	SOPAC, Homebush	SR
200m	26.44	1.2	W40	Jackie Bezuidenhout (44)	21/04/11	Brisbane	
200m	25.85	Ind	W45	Marie Kay (48)	19/03/08	Clermont-Ferrand, FRA	WR
200m	27.62	1.5	W50	Marie Kay (50)	2/04/10	Perth	
200m	31.60		W55	Gloria Seymon	1993		
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/09	Rotary Athletics Field, Chatswood	
200m	35.50		W65	Kathleen Cook	2004/05		
400m	51.80		Open	Annabelle Smith	2003/2004		
400m	55.64	Ind	U23	Thalia Amanakis (22)	1/03/08	Nampa, ID, USA	
400m	53.88		U20	Anneliese Rubie (18)	11/03/10	SOPAC, Homebush	
400m	54.78		U18	Kylie Robertson	1992		
400m	56.09		U17	Tracey Morton	12/11/05	SOPAC, Homebush	
400m	56.09		U16	Tracey Morton	12/11/05	SOPAC, Homebush	
400m	56.09		U15	Tracey Morton	12/11/05	SOPAC, Homebush	
400m	57.80		U14	Anneliese Rubie	Dec-05	SOPAC, Homebush	
400m	1.01.44		U13	Anneliese Rubie	2004/05		
400m	54.83		W30	Renee Robson (33)	30/03/12	SOPAC, Homebush	
400m	58.40		W35	Stacey Quitzau	1997/98		
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	56.99	Ind	W45	Marie Kay (48)	22/03/08	Clermont-Ferrand, FRA	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	6/03/10	Kamloops, CAN	
400m	1.24.76		W55	Margaret Thomas (56)	16/03/13	SOPAC, Homebush	#
400m	1.15.0		W60	Maureen Cadogan	2002/03		
400m	1.25.5h		W65	Lesley Eller (69)	1/12/12	Rotary Athletics Field, Chatswood	#
800m	2.02.88		Open	Sianne Toemoe (22)	31/03/11	Perth	
800m	2.02.88		U23	Sianne Toemoe (22)	31/03/11	Perth	
800m	2.05.32		U20	Trychelle Kingdom (17)	16/02/08	SOPAC, Homebush	
800m	2.10.85		U18	Sianne Toemoe (17)	11/11/06	SOPAC, Homebush	
800m	2.12.23		U17	Emily Hopper (15)	12/03/13	Perth	#
800m	2.12.23		U16	Emily Hopper (15)	12/03/13	Perth	#

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
800m	2.17.2		U15	Renee Vandenberg	2000/2001		
800m	2:17.29		U14	Ruby Hackett	Dec-05	SOPAC, Homebush	
800m	2.22.62		U13	Ruby Hackett	2004/05		
800m	2.21.98		W30	Rebecca Gibbs (31)	17/12/11	SOPAC, Homebush	
800m	2.14.1		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes	13/04/01		SR
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	11/10/09	SOPAC, Homebush	
800m	3.35.85		W55	Gloria Seymon	1993/94		
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	5/12/09	Rotary Athletics Field, Chatswood	SR
1500m	4.19.70		Open	Lara Nicod (25)	15/08/10	Kessel Lo, Belgium	
1500m	4.23.07		U23	Katie French (21)	17/02/07	SOPAC, Homebush	
1500m	4.27.98		U20	Lucy Starrat (18)	6/08/06	Gold Coast	
1500m	4.28.53		U18	Emily Augustine (16)	1/03/13	SOPAC, Homebush	#
1500m	4.28.53		U17	Emily Augustine (16)	1/03/13	SOPAC, Homebush	#
1500m	4.34.98		U16	Emily Hopper (15)	8/02/13	SOPAC, Homebush	#
1500m	4:36.95		U15	Emily Augustine	14/03/12	SOPAC, Homebush	
1500m	4:42.97		U14	Ruby Hackett	15/02/06	SOPAC, Homebush	
1500m	4.52.47		U13	Ruby Hackett	2004/05		
1500m	5.06.19		W30	Rebecca Gibbs (31)	25/02/12	Blacktown	
1500m	4.39.19		W35	Anne Forbes	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	2/04/10	Perth	
1500m	7.49.8h		W55	Margaret Thomas (56)	19/01/13	Rotary Athletics Field, Chatswood	#
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	7/11/09	Rotary Athletics Field, Chatswood	
1 mile	5:30.41		Open	Mary Fien (34)	21/07/07	Narrabeen	
3000m	9.31.4		Open	Elizabeth Richards	1976		
3000m	9.34.10		U23	Eliza Stewart (21)	17/02/07	SOPAC, Homebush	
3000m	9.35.04		U20	Lucy Starrat (18)	8/07/06	Narrabeen	
3000m	9.54.34		U18	Emily Augustine (15)	8/11/12	SOPAC, Homebush	#
3000m	9.54.35		U17	Emily Augustine (15)	9/11/12	SOPAC, Homebush	#
3000m	9.54.36		U16	Emily Augustine (15)	10/11/12	SOPAC, Homebush	#
3000m	9.59.61		U15	Emily Augustine (14)	3/12/11	UQ, Brisbane	
3000m	10.16.4		U14	Ruby Hackett	29/10/05	The Crest, Bankstown	
3000m	10.41.9		U13	Ashley Mason	2004/05		
3000m	10.28.5		W30	Mary Fien	2003/2004		
3000m	10.02.5		W35	Anne Forbes	1995		
3000m	10.10.90		W40	Anne Forbes	1996/97		
3000m	11.03.0		W45	Diane Aitken	2001/02		
3000m	12.37.17		W50	Deborah Drennan (51)	23/01/10	SOPAC, Homebush	
<i>3000m</i>	<i>16.21.2</i>		<i>W55</i>	<i>Nancy Lloyd (55)</i>	<i>18/10/08</i>	<i>Rotary Athletics Field, Chatswood</i>	
3000m	12.51.2		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	5/12/09	Rotary Athletics Field, Chatswood	
5000m	16.19.00		Open	Eliza Stewart (21)	9/02/07	Brisbane	
5000m	16.19.00		U23	Eliza Stewart (21)	9/02/07	Brisbane	
5000m	18.04.75		U20	Bridget Reilly (16)	24/02/12	ACT	
5000m	18.04.75		U18	Bridget Reilly (16)	24/02/12	ACT	
500m	18.04.75		U17	Bridget Reilly (16)	24/02/12	ACT	
5000m	18.41.95		W30	Mary Fien (34)	6/04/07	The Domain, Hobart	
5000m	17.26.5		W35	Anne Forbes	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan	15/04/01	The Crest, Bankstown	SR
5000m	22.35.79		W50	Deborah Drennan (52)	11/12/2010	SOPAC, Homebush	
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
10,000m	34.36.79		Open	Eliza Stewart (21)	14/12/06	Melbourne	
10,000m	44.29.68		U23	Fiona Alldis (21)	29/09/09	Brisbane	
10,000m	45.21.55		W30	Marika Hemming	2004/05		
10,000m	39.23.30		W35	Marina Dulhunty	1996/97		
10,000m	42.24.5		W40	Marina Dulhunty	1999/2000		
10,000m	39.27.43		W45	Joanne Cowan	2003/2004		
1500m Walk	7.30.4		Open	R Whitehorn	1967		
1500m Walk	7.30.4		U20	R Whitehorn	1967		
1500m Walk	7.30.4		U18	R Whitehorn	1967		
1500m Walk	8.32.4		U16	Lesley Richards	1978		
1500m Walk	8.32.4		U15	Lesley Richards	1978		
1500m Walk	10:14.23		U14	Anna Pavlakis (13)	1/08/08	SOPAC, Homebush	
1500m Walk	8.50.9		W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1		W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66		W40	Suzanne Brown (44)	24/09/09	Narrabeen	SR
1500m Walk	9.23.99		W45	Suzanne Brown (47)	29/03/13	AIS, Canberra	#
1500m Walk	9.06.6		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3		W55	Nancy Lloyd (55)	1/11/08	Rotary Athletics Field, Chatswood	
3000m Walk	16:27.8		Open	Christina Alldis	15/10/05	The Crest, Bankstown	
3000m Walk	16:27.8		U20	Christina Alldis	15/10/05	The Crest, Bankstown	
3000m Walk	16.37.71		U15	Eliza DeLaine (13)	12/01/13	SOPAC, Homebush	#
3000m Walk	19.04.6		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	31/10/09	Mingara	SR
3000m Walk	19.33.36		W45	Carmel Parker (48)	12/01/13	SOPAC, Homebush	#
3000m Walk	18.51.3		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	9/10/10	Rotary Athletics Field, Chatswood	
5000m Walk	25:34.86		Open	Fiona Alldis (19)	24/11/07	ES Marks	
5000m Walk	29.12.11		U23	Christina Alldis (20)	25/11/06	ES Marks	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	24/11/07	ES Marks	
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	33.02.99		W35	Suzanne Brown	2004/05		
5000m Walk	30.20.43		W40	Suzanne Brown (43)	10/04/09	Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	22/10/11	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	6/04/07	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	21/04/11	Brisbane	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10,000m Walk	1:00:42.27		Open	Christina Alldis	14/01/06	SOPAC, Homebush	
10,000m Walk	1:02:08.74		U23	Christina Alldis (21)	6/01/07	SOPAC, Homebush	
10,000m Walk	1:00:42.27		U20	Christina Alldis	14/01/06	SOPAC, Homebush	
10,000m Walk	1:18.23.0		W30	Sharon Dunk	1995		
10,000m Walk	1:08.40.84		W40	Suzanne Brown (44)	20/01/10	SOPAC, Homebush	
10,000m Walk	1:09.25.31		W50	Nancy Lloyd	5/01/08	Campbelltown	SR
100m Hurdles - 0.840m	13.42		Open	Jenny Laurendet	1990		
100m Hurdles - 0.840m	13.95	1.1	U23	Thalia Amanakis (22)	22/03/08	Sacramento, USA	
100m Hurdles - 0.840m	13.82	0.8	U20	Madison Gipson (18)	12/03/13	Perth	#
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates	2004/05		
100m Hurdles - 0.762m	14.58		U17	Keshvar Mirazarazi	1997/98		
90m Hurdles - 0.762m	13.04	-1.2	U16	Bella O'Grady	12/10/12	SOPAC, Homebush	#
90m Hurdles - 0.762m	13.15		U15	Marissa Ward	2002/03		
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/08	AIS, Canberra	
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/07	SOPAC, Homebush	
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet	1993		
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylor (39)	29/08/05	San Sebastian, ESP	
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/07/09	Lahti, Finland	NR
80m Hurdles - 0.762m	13.13	1.8	W50	Marie Kay (50)	3/07/10	Tahiti	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	1/03/10	Kamloops, CAN	NR
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon	1993		
80m Hurdles - 0.762m	18.78		W65	J Night	1994		
200m Hurdles - 0.762m	28.14	NWI	Open	Thalia Amanakis (21)	5/05/07	Manoa, Hawaii, USA	
200m Hurdles - 0.762m	28.14		U23	Thalia Amanakis (21)	5/05/07	Manoa, Hawaii, USA	
200m Hurdles - 0.762m	28.85	-2.5	U20	Gabriella O'Grady (15)	30/11/12	The Domain, Hobart	#
200m Hurdles - 0.762m	28.85	-2.5	U18	Gabriella O'Grady (15)	30/11/12	The Domain, Hobart	#
200m Hurdles - 0.762m	28.85	-2.5	U17	Gabriella O'Grady (15)	30/11/12	The Domain, Hobart	#
200m Hurdles - 0.762m	30.17	NWI	U16	Gabriella O'Grady (15)	14/03/12	SOPAC, Homebush	
200m Hurdles - 0.762m	31.12	-0.3	U15	Katrina Hunt (14)	8/10/11	SOPAC, Homebush	
200m Hurdles - 0.762m	34.90		U13	M Love	1984		
200m Hurdles - 0.762m	34.00		W30	M Harlock	1984		
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98		
200m Hurdles - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/09	SOPAC, Homebush	
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	5/04/09	Adelaide	
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/01/10	SOPAC, Homebush	
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet	1989		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	22/03/08	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson	1990		
400m Hurdles - 0.762m	1:03.90		U17	Alexandra Bartholomew (15)	7/10/10	SOPAC, Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	10/09/07	Riccione, ITA	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	7/07/07	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	27/07/08	Townsville, QLD	
3000m Steeplechase - 0.762m	9.34.09		Open	Charlotte Wilson (20)	27/10/12	The Crest, Bankstown	#
3000m Steeplechase - 0.762m	10.54.14		U/23	Charlotte Wilson (20)	30/03/12	SOPAC, Homebush	
3000m Steeplechase - 0.762m	10.46.10		U/20	Miranda Middleton (19)	30/03/12	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	17/01/13	SOPAC, Homebush	#
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	17/01/13	SOPAC, Homebush	#
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	17/01/13	SOPAC, Homebush	#
2000m Steeplechase - 0.762m	7.36.14		U16	Greta McNiven	2002/03		
2000m Steeplechase - 0.762m	6.54.6		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7.26.72		W35	Mary Fien (35)	15/09/07	Riccione, ITA	
High Jump	1.78m		Open	K Maurer	1985		
High Jump	1.69m		U23	Romi Arnott (20)	31/01/09	The Domain, Hobart	
High Jump	1.74m		U20	Virginia Young	1993/1995		
High Jump	1.74m		U18	Virginia Young	1993		
High Jump	1.73m		U17	Virginia Young	1992		
High Jump	1.73m		U16	Virginia Young	1992		
High Jump	1.65m		U15	Wendy Bebbington	1987		
High Jump	1.65m		U14	Wendy Bebbington / Virginia Young	1987 / 1989		
High Jump	1.57m		U13	Wendy Bebbington	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.35m		W35	Jackie Bezuidenhout	4/12/04	SOPAC, Homebush	
High Jump	1.51m		W40	Helen Searle	1981		
High Jump	1.60m		W45	Marie Kay (49)	28/07/09	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	3/07/11	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06		W60	Jillian Senior (60)	25/12/12	The Crest, Bankstown	
Pole Vault	3.20m		Open	Amy Moulden (23)	4/02/12	SOPAC, Homebush	
Pole Vault	3.10m		U23	Amy Moulden (21)	19/02/11	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden	15/01/06	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden	15/01/06	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/07	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/09/06	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/09/06	SOPAC, Homebush	
Pole Vault	2.30m		U15	Alexandra Gall (14)	7/03/09	SOPAC, Homebush	
Pole Vault	2.30m		U14	Alexandra Gall (13)	22/11/08	SOPAC, Homebush	
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	6.33m		Open	Helen Frith	1965		
Long Jump	5.20m	NWI	U23	Romi Arnott (20)	3/01/09	Campbelltown	
Long Jump	5.99m		U20	Virginia Young	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	19/02/12	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	19/02/12	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	19/02/12	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/08	AIS, Canberra	
Long Jump	4.82m		U13	Sijaan Powley	1995		
Long Jump	5.21m		W30	Jenny Laurendet	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott	14/04/06	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle	1984		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/03/08	Clermont-Ferrand, FRA	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/10	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon	1995/96		
Long Jump	2.32m		W75	Ruth Frith	1989		
Long Jump	2.40m		W80	Ruth Frith	1990		SR
Long Jump	2.19m		W85	Ruth Frith	28/03/95	SOPAC, Homebush	SR
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	25/02/12	The Crest, Bankstown	
Triple Jump	12.59m		Open	Gillian Ting	1995		
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/06	SOPAC, Homebush	
Triple Jump	12.59m		U20	Gillian Ting	1995		
Triple Jump	12.09m		U18	Gillian Ting	1995		
Triple Jump	11.89m		U17	Gillian Ting	1992		
Triple Jump	11.89m		U16	Gillian Ting	1992		
Triple Jump	11.68m		U15	Gillian Ting	1992		
Triple Jump	11.04m		U14	Gillian Ting	1990		
Triple Jump	10.55m		U13	Greta Beale	2002/03		
Triple Jump	9.04m		W30	Peta Bird	1990		
Triple Jump	10.00m	NWI	W35	Melissa Medicott	2/04/06	The Crest, Bankstown	
Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/09	Rotary Athletics Field, Chatswood	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/08	SOPAC, Homebush	
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam	SR
Triple Jump	8.51m		W55	Gloria Seymon	1993		
Triple Jump	7.24m		W65	J Knight	1994		
Triple Jump	5.65m		W80	Ruth Frith	13/01/93	Miyazaki, JPN	SR
Triple Jump	5.50m		W85	Ruth Frith	25/03/95	SOPAC, Homebush	SR
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.45m		U23	Jordana Cashman (22)	25/11/06	ES Marks	
Shot Put - 4kg	13.10m		U20	J Kennedy	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik	2004/05		
Shot Put - 3kg	11.85m		U15	Madeleine Neville (14)	14/03/11	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/09/08	Rotary Athletics Field, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/01/08	Rotary Athletics Field, Chatswood	
Shot Put - 4kg	7.83m		W30	Danielle Cotterill (31)	3/11/12	Narrabeen	#
Shot Put - 4kg	11.18m		W35	Caroline Layt	Mar-05	Brisbane	SR
Shot Put - 4kg	11.59m		W40	Helen Searle	1980		
Shot Put - 4kg	11.76m		W45	Helen Searle	1983		
Shot Put - 3kg	12.30m		W50	Marie Kay (50)	1/03/10	Kamloops, CAN	
Shot Put - 3kg	9.14m		W55	Gloria Seymon	1993		
Shot Put - 3kg	6.39m		W60	Jillian Senior (60)	8/12/12	Rotary Athletics Field, Chatswood	#
Shot Put - 3kg	5.94m		W65	Roslyn Wolfers (67)	24/11/12	Rotary Athletics Field, Chatswood	#
Shot Put - 3kg	6.28m		W70	Ruth Frith	1983		
Shot Put - 3kg*	6.70m		W75	Ruth Frith	1986		
Shot Put - 3kg*	6.93m		W80	Ruth Frith	1994		SR
Shot Put - 3kg*	5.31m		W85	Ruth Frith	1997/98		SR
Shot Put - 3kg*	5.37m		W90	Ruth Frith	2000/2001	Sydney	SR
Discus - 1kg	46.94m		Open	Lou Torso	1975		
Discus - 1kg	27.67m		U23	Helena Smith (20)	2/02/08	Rotary Athletics Field, Chatswood	
Discus - 1kg	36.40m		U20	Pamela Thomson	1994		
Discus - 1kg	38.50m		U18	Pamela Thomson	1995		
Discus - 1kg	44.38m		U17	Amber Bennett	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett	1995/96		
Discus - 1kg	30.88m		U13	Amber Bennett	1995		
Discus - 1kg	31.49m		W30	Joanne Munn	Nov-05	SOPAC, Homebush	
Discus - 1kg	34.59m		W35	Clair Taylor (36)	15/12/07	SOPAC, Homebush	
Discus - 1kg	37.60m		W40	Pam Mountfield (44)	27/02/10	Rotary Athletics Field, Chatswood	
Discus - 1kg	35.71m		W45	Pam Mountfield (45)	6/06/10	Campbelltown	SR
Discus - 1kg	26.97m		W50	Marie Kay (50)	2/04/10	Perth	
Discus - 1kg	22.10m		W55	Gloria Seymon	1993		
Discus - 1kg	17.16m		W60	J Night	1994		
Discus - 1kg	18.00m		W65	Ruth Frith	1986		
Discus - 1kg	14.48m		W70	Ruth Frith	1990		SR
Discus - 1kg	12.10m		W75	Ruth Frith	1999/2000		SR
Discus - 1kg	13.92m		W85	Ruth Frith	1998	SOPAC, Homebush	SR
Discus - 1kg	12.10m		W90	Ruth Frith	2000		SR
Hammer - 4kg	62.01m		Open	Odette Palma	1/12/12	Rotary Athletics Field, Chatswood	#
Hammer - 4kg	26.59m		U23	Helena Smith (20)	12/01/08	Rotary Athletics Field, Chatswood	
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 4kg	36.57m		W35	Melissa Bonser (38)	11/10/08	Rotary Athletics Field, Chatswood	
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	10/11/07	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle	1983		
Hammer - 3kg	28.37m		W50	Cathleen Osborne	2004/05		
Hammer - 3kg	26.60m		W55	Gloria Seymon	1993		
Hammer - 3kg	22.15m		W60	Jillian Senior (60)	13/10/12	Rotary Athletics Field, Chatswood	#
Hammer - 3kg	15.13m		W65	Roslyn Wolfers	19/01/13	Rotary Athletics Field, Chatswood	#
Hammer - 3kg (2kg)	18.22m		W80	Ruth Frith	1994		SR
Hammer - 3kg (2kg)	14.58m		W85	Ruth Frith	1997/98		SR
Hammer - 3kg (2kg)	13.57m		W90	Ruth Frith	1999/2000		
Javelin - 600g	52.30m		Open	J Wojdanowski	1975		
Javelin - 600g	37.34m		U23	Jordana Cashman (22)	16/09/06	Rotary Athletics Field, Chatswood	
Javelin - 600g	51.53m		U20	Annabel Davies (18)	2/02/07	SOPAC, Homebush	
Javelin - 500g	56.68m		U18	Mackenzie Little (16)	30/11/12	The Domain, Hobart	#
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	30/11/12	The Domain, Hobart	#
Javelin - 500g	50.81m		U16	Mackenzie Little (15)	14/03/12	SOPAC, Homebush	
Javelin - 600g*	35.80m		U15	Amber Bennett	1996/97		*now 500g
Javelin *now 400g	36.16m		U14	V Hooper	1984		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 600g	29.98m		W30	Fran Dorey	2002/03		
Javelin - 600g	25.62m		W35	Nanise Burnes	1996/97		
Javelin - 600g	24.39m		W40	Shannon Kavanagh (40)	7/11/09	Rotary Athletics Field, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	28/07/09	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	2/04/10	Perth	
Javelin - 600g*	28.14m		W55	Gloria Seymon	1993		<i>* now 500g</i>
Javelin - 400g	14.63m		W60	Jillian Senior (W60)	19/01/13	Rotary Athletics Field, Chatswood	#
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	19/01/13	Rotary Athletics Field, Chatswood	#
Javelin - 500g	11.10m		W70	Ruth Frith	1984		
Javelin - 500g	12.40m		W75	Ruth Frith	1989		
Javelin - 500g	11.88m		W80	Ruth Frith	1990		SR
Javelin - 500g	11.11m		W85	Ruth Frith	1998		SR
Javelin - 400g	9.80m		W90	Ruth Frith	2001/02		SR
Weight Throw - 9.08kg	5.84m		W30	Danielle Cotterill	24/09/11	Rotary Athletics Field, Chatswood	
Weight Throw - 9.08kg	12.11m		W35	Caroline Layt	1/03/05	Brisbane	
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	11/10/09	SOPAC, Homebush	SR
Weight Throw - 9.08kg	11.99m		W45	Caroline Layt (47)	29/03/13	AIS, Canberra	#
Weight Throw - 7.26kg	8.33m		W50	Jenny Schell (50)	22/09/12	Rotary Athletics Field, Chatswood	#
Weight Throw - 7.26kg	8.75m		W55	Kerrie Jones (56)	6/03/10	Campbelltown	
Weight Throw - 5.45kg	9.77m		W60	Jillian Senior (61)	16/03/13	SOPAC, Homebush	#
Weight Throw - 5.45kg	5.30m		W65	Roslyn Wolfers (67)	24/11/12	Rotary Athletics Field, Chatswood	#
Weight Throw - 7.26kg	7.78m		W85	Ruth Frith	1995		SR
Weight Throw - 7.26kg	6.19m		W90	Ruth Frith	2001	Sydney	SR
Heptathlon	5599 Pts		Open	Lesley Richards	1985		
Heptathlon	4509 Pts		U23	Romi Arnott (20)	31/01/09	The Domain, Hobart	
Heptathlon	5134 Pts		U20	Lesley Richards	1981		
Heptathlon	5134 Pts		U18	Lesley Richards	1981		
Heptathlon	4702 Pts		U17	Virginia Young	1991		
Heptathlon	4702 Pts		U16	Virginia Young	1991		
Multiple Events	4259 Pts		U15	Belinda Johnson	1998/99		
Heptathlon	6185 Pts		W45	Marie Kay (49)	28/07/09	Lahti, Finland	WR
Heptathlon	5832 Pts		W50	Marie Kay (50)	3/07/10	Tahiti	
Heptathlon	4461 Pts		W55	Gloria Seymon	1993		SR
Heptathlon	3757 Pts		W60	Gloria Seymon	17/07/97	Durban, RSA	SR
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m							
Indoor Pentathlon	4906 Pts		W50	Marie Kay (50)	1/03/10	Kamloops, CAN	WR
Outdoor Pentathlon - 100m, SP, LJ, JT, 800m							
Pentathlon	2104 Pts		W45	Janet Naylor (45)	8/01/12	Blacktown	
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m							
Pentathlon	1658 Pts		W35	Caroline Layt	2004/05	AIS, Canberra	
Pentathlon	3797 Pts		W40	Helen Searle	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		SR
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		SR
Pentathlon	2322 Pts		W55	Gloria Seymon	11/03/98	SOPAC, Homebush	SR
Weight Pentathlon - HT, SP, DT, JT, WT							
Weight Pentathlon	2778 Pts		W35	Melissa Bonser (37)	21/03/08	Blacktown	
Weight Pentathlon	2938 Pts		W40	Caroline Layt (44)	11/10/09	SOPAC, Homebush	
Weight Pentathlon	3029 Pts		W45	Glenys Whitehead (47)	6/04/12	Melbourne	
Weight Pentathlon	2378 Pts		W50	Kerrie Jones	11/10/09	SOPAC, Homebush	
Weight Pentathlon	2234 Pts		W55	Kerrie Jones (58)	11/03/12	Banktown	
Weight Pentathlon	2273 Pts		W60	Jillian Senior (60)	11/03/12	Banktown	
Weight Pentathlon	3852 Pts		W80	Ruth Frith	1993		SR
Weight Pentathlon	4424 Pts		W85	Ruth Frith	7/03/98	SOPAC, Homebush	SR
Weight Pentathlon	5394 Pts		W90	Ruth Frith	24/04/00	The Domain, Hobart	SR
Relay - 4 x 100m	46.62		Open	Annette Low, Kylie Hanigan, Jessie Shepherd, Veronica Lee	1995		
Relay - 4 x 100m	47.63		U20	Elizabeth Jenkins, Charlotte Yeates, Laura Verlinden, Natasha Finlay	Nov-05	SOPAC, Homebush	
Relay - 4 x 100m	48.40		U18	Gabriella O'Grady (14), Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt (15)	19//11/2011	SOPAC, Homebush	
Relay - 4 x 100m	48.40		U18	Gabriella O'Grady (15), Katrina Hunt (16), Sara Marshall (17), Madison Gipson (17)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 100m	48.40		U16	Gabriella O'Grady (14), Nicola Haggarty-Meyers, Courtney Boyle, Katrina Hunt (15)	19//11/2011	SOPAC, Homebush	
Relay - 4 x 100m	51.54		U14	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	18/11/2007	SOPAC, Homebush	
Relay 4 x 100m	50.25		W30	Kaye Smythe, Glenda Douglass, Sally Fleming, Georgina Hale	1995/96		
Relay 4 x 100m	50.69		W160+	Janet Naylor (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medicott	18-19/11/2006	SOPAC, Homebush	
Relay 4 x 100m	58.50		W200+	Jenny Schell (47), Robyn Suttor (50), Jillian Senior (57), Marie Kay (49)	21/11/09	Blacktown	
Relay - 4 x 200m	1.38.49		Open	Jenny Laurendet, Veronica Lee, Catherine Kennedy, Jessie Shepherd	1993		
Relay - 4 x 200m - Indoor	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	22/03/08	Clermont-Ferrand, FRA	NR
Relay - 4 x 200m	1:41.59		U20	Karlle Morton (14), Anneliese Rubie (16), Tracey Morton (16), Dimity Norton (16)	17/11/2007	SOPAC, Homebush	
Relay - 4 x 200m	1:41.59		U18	Karlle Morton (14), Anneliese Rubie (16), Tracey Morton (16), Dimity Norton (16)	17/11/2007	SOPAC, Homebush	
Relay - 4 x 200m	1:42.25		U16	Courtney Boyle, Katrina Hunt, Gabriella O'Grady, Kate Bonser	20//11/2011	SOPAC, Homebush	
Relay - 4 x 200m	1:47.68		U14	Elle-Maree Farrington, Tracey Morton, Karlle Morton, Niketa Patterson	2004/05		
Relay 4 x 200m	1:48.72		W120+	Janet Naylor (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medicott (37)	2004/05	SOPAC, Homebush	
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medicott (41)	21/11/09	Blacktown	
Relay - 4 x 400m	3.47.46		Open	Ali Bartholomew (18), Dominica Jenkins (23), Renee Robson (35), Emma Hunt (20)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 400m	3:52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	21/11/09	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)	18/11/2007	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56		U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 400m	4:07.65		W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	SOPAC, Homebush	
Relay - 4 x 400m	4:33.95		W160+	Deborah Drennan, Rebecca Gibbs, Jenny Schell, Mary Fien	20//11/2011	SOPAC, Homebush	
Relay - 4 x 400m	4:50.06		W200+	Jackie Bezuidenhout (46), Gabbie Whelan (51), Debra Drennan (54), Stacey Quitzau (52)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	9:06.73		Open	Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)	17/11/2007	SOPAC, Homebush	
Relay - 4 x 800m	9:34.32		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	9:34.32		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	9:34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	9:50.37		U14	Annabel McDermott (13), Mollie Quoyale (12), Nell Breslin (12), Zoe Latham (12)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	10:34.23		W120+	Rebecca Gibbs, Deberoh Drennan, Jackie Bezuidenhout, Mary Fien	20//11/2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/09	Blacktown	NR
Relay - 4 x 1500m	19:14.16		Open	Thea Welsby, Katie French, Ruby Hackett, Lucy Starrat	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 1500m	19:42.98		U20	Beth Croft (15), Emily Hopper (14), Emily Augustine (15), Antonia Howard (15)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 1500m	19:42.98		U18	Beth Croft (15), Emily Hopper (14), Emily Augustine (15), Antonia Howard (15)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 1500m	19:42.98		U16	Beth Croft (15), Emily Hopper (14), Emily Augustine (15), Antonia Howard (15)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 1500m	20:34.3		U14	Elle-Maree Farrington, Katie Furniss, Ashley Mason, Ruby Hackett	2004/05		
Relay - 4 x 1500m	21:41.79		W30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhunty	1998/99	SOPAC, Homebush	
Relay - 4 x 1500m	21:48.89		W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	SOPAC, Homebush	
Relay - Medley (200,200,400,800)	3:59.35		Open	Fran Schmiede, Dominica Jenkins, Laura Verlinden, Jessica Knox	19//11/2011	SOPAC, Homebush	
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x High Jump	6.30m		Open	Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson	1999/2000		
Relay - 4 x High Jump	6.10m		U18	Daisy Ding, Grace Maher, Liz Osborne, Natalie Groeze	19//11/2011	SOPAC, Homebush	
Relay - 4 x Long Jump	20.81m		Open	Maren Schuermann (27), Daisy Ding (17), Elizabeth Clay (17), Mackenzie Little (16)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x Long Jump	19.73m		U18	Sarah Healey (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	SOPAC, Homebush	
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x Shot Put	38.40m		U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Shot Put	33.34m		U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/09	Blacktown	SR
Relay - 4 x Discus	144.07m		Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99		
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	70.82m		U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x Hammer	105.48m		Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05		
Relay - 4 x Hammer	103.92m		U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		
Relay - 4 x Javelin	148.39m		Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	SOPAC, Homebush	SR
Relay - 4 x Javelin	107.60m		U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/09	Blacktown	
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x Shot Put	38.40m		U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Shot Put	33.34m		U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/09	Blacktown	SR
Relay - 4 x Discus	144.07m		Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99		
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	70.82m		U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x Hammer	105.48m		Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05		
Relay - 4 x Hammer	103.92m		U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x Javelin	148.39m		Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	SOPAC, Homebush	SR
Relay - 4 x Javelin	108.70m		U18	Mackenzie Little (16), Sara Marshall (16), Phoebe Carter (14), Elizabeth Clay (17)	17-18/11/2012	SOPAC, Homebush	#
MEN							
100yards	9.6		Open	John Treloar / Phil Brown	1952/1957		
60m	6.83	-1.1	Open	Joshua Clarke (17)	27/10/12	The Crest, Bankstown	#
60m	7.07	0.4	U23	Stephen Andrezza (20)	27/10/07	The Crest, Bankstown	
60m	6.83	-1.1	U20	Joshua Clarke (17)	27/10/12	The Crest, Bankstown	#
60m	6.83	-1.1	U18	Joshua Clarke (17)	27/10/12	The Crest, Bankstown	#
60m	6.83	1.3	U17	Joshua Clarke (16)	3/12/11	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/10	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/10	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick	3/12/11	Blacktown	
60m	9.38	-2.4	U13	Jackson Diamond (12)	24/10/09	Narrabeen	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/08	ES Marks	
60m	7.30	0.6	M35	Ashley McMahon (37)	27/10/12	Barden Ridge/Illawong	#
60m	7.6h	NWI	M40	Antony Guest (43)	18/10/08	Rotary Athletics Field, Chatswood	
60m	8.07	0.0	M45	Andrew Kohlrusch	3/12/11	Blacktown	
60m	8.12	0.3	M50	Anthony Crimi (50)	25/02/12	The Crest, Bankstown	
60m	8.32	2.0	M55	Paul McCoy (55)	9/04/11	Blacktown	
60m	9.0	NWI	M60	Geoff Francis	2003/2004		
60m	9.44	0.0	M65	Hugh Colburn (65)	25/02/12	The Crest, Bankstown	
60m	9.01	0.0	M70	David Chantrell (72)	9/04/11	Blacktown	
100m	10.24		Open	Tim Jackson*	1994/95	* Tim ran a wind assisted 10.00 in 1989	
100m	10.86	-1.0	U23	Stephen Andrezza (22)	29/09/09	Brisbane	
100m	10.41		U20	Tim Jackson	1988		
100m	10.53	NWI	U18	Joshua Clarke (16)	7/09/12	Isle of Man, GBR	
100m	10.53	NWI	U17	Joshua Clarke (16)	8/09/12	Isle of Man, GBR	
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/10	Melbourne	N/R
100m	11.30		U15	A Edwards	1995/96		
100m	11.30		U14	A Edwards	1995/96		
100m	12.47		U13	D Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	2/03/07	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	16/03/13	SOPAC, Homebush	#
100m	11.44	1.3	M40	Sheldon Cummins (40)	9/04/11	Blacktown	
100m	12.27	1.4	M45	Andrew Kohlrusch (47)	7/01/12	Campbelltown	
100m	12.65	0.9	M50	Anthony Crimi (52)	16/03/13	SOPAC, Homebush	#
100m	12.5h	NWI	M55	Clay Tompkins (55)	10/01/09	Rotary Athletics Field, Chatswood	
100m	12.3		M60	Reg Austin	1998/99		
100m	12.70		M65	Reg Austin	20001/02		
100m	15.14	1.1	M70	Reg Austin	28/03/09	The Crest, Bankstown	
100m	21.90		M85	Ray Frith	31/03/91	AIS, Canberra	SR
200m	20.93		Open	Tim Jackson	1989		
200m	21.98	NWI	U23	Evan O'Hanlon (20)	6/09/08	Beijing, China (Paralympic Games)	
200m	21.30	0.4	U20	Joshua Clarke (17)	27/10/12	The Crest, Bankstown	#
200m	21.30	0.4	U18	Joshua Clarke (17)	27/10/12	The Crest, Bankstown	#
200m	22.01		U17	Scott Fraser	1996/96		
200m	22.01		U16	Scott Fraser	1996/97		
200m	24.34		U15	Jordan Idiare (13)	17/12/11	SOPAC, Homebush	
200m	24.34		U14	Jordan Idiare (13)	17/12/11	SOPAC, Homebush	
200m	26.2		U13	B Harrison / M White	1971/1975		
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/07	SOPAC, Homebush	
200m	22.56	-1.2	M35	Ashley McMahon (37)	16/02/13	SOPAC, Homebush	#
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/11	SOPAC, Homebush	
200m	24.66	-0.1	M45	Antony Guest (47)	4/02/12	SOPAC, Homebush	
200m	26.05	0.9	M50	Anthony Crimi (52)	17/03/13	SOPAC, Homebush	#
200m	26.3		M55	Frank Scurr	1995/96		
200m	24.93		M60	Reg Austin	1998/99		
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrell (73)	25/02/12	The Crest, Bankstown	
400m	46.17		Open	David Johnston	1983		
400m	46.49		U23	David Burke (21)	25/03/11	SOPAC, Homebush	
400m	46.9		U20	David Waller	1978		
400m	46.9		U18	David Waller	1978		
400m	46.9		U17	David Waller	1978		
400m	50.31		U16	Scott Fraser	1996/97		
400m	51.8		U15	John Price	1997/98		
400m	53.30		U14	John Price	1996/97		
400m	1.00.3		U13	D Trimmingham	1987		
400m	50.49		M30	Darren Pearce	2000/2001		
400m	47.83		M35	Antoine Burke (35)	25/03/11	SOPAC, Homebush	
400m	54.69		M40	John Skrivanic	17/04/06	AIS, Canberra	
400m	54.07		M45	Antony Guest (47)	30/03/12	SOPAC, Homebush	
400m	58.32		M50	Les Gillies	2001/02		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	59.15		M55	Rick Martin	6/11/11	Blacktown	
400m	1.01.40		M60	Les Gillies (60)	16/03/07	Adelaide	
400m	1.07.31		M65	Geoff Francis (65)	24/03/07	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	8/03/08	SOPAC, Homebush	
400m	1.23.5h		M75	Charles Hobden (75)	28/01/12	Rotary Athletics Field, Chatswood	
800m	1.46.52		Open	James Gurr (27)	3/03/11	Melbourne	
800m	1.46.66		U23	Tristan Garrett (22)	4/03/10	Melbourne	
800m	1.46.65		U20	Grant Cremer	1997/98		
800m	1.51.71		U18	Sam Hall	2000/2001		
800m	1.54.23		U17	Adrian White	1981		
800m	2.00.3		U16	K Dewar	1974		
800m	2.02.0		U15	John Vandenberg	1970		
800m	2.11.88		U14	Andrew Needham	1996/97		
800m	2.18.3		U13	R Pentecost	1967		
800m	1.54.64		M30	Sean Fitzpatrick	1997/98		
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	1997/98	Brisbane	
800m	2.05.9		M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Rick Martin (55)	11/12/10	SOPAC, Homebush	
800m	2.22.00		M60	Les Gillies (60)	6/04/07	The Domain, Hobart	
800m	2.40.33		M65	Geoff Francis (67)	10/04/09	Adelaide	
800m	2.54.66		M70	Ron Wills (70)	6/03/10	Campbelltown	
800m	3.25.80		M75	Charles Hobden (75)	22/10/11	Rotary Athletics Field, Chatswood	
1500m	3.37.02		Open	James Kaan (23)	9/03/13	SOPAC, Homebush	#
1500m	3.40.30		U23	James Kaan (22)	21/01/12	Glendale, Newcastle	
1500m	3.45.34		U20	James Connor	30/03/12	SOPAC, Homebush	
1500m	3.54.3		U18	Nick Bromley	2000/2001		
1500m	4.02.1		U17	Laurie Toogood	1962		
1500m	4.03.2		U16	John Vandenberg	1970		
1500m	4.03.2		U15	John Vandenberg	1970		
1500m	4.28.8		U14	G Daly	1969		
1500m	4.46.0		U13	T Gillam	1971		
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/11	SOPAC, Homebush	
1500m	3.59.66		M35	Stuart Paterson (39)	16/02/96	SOPAC, Homebush	
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46		M45	Michael Donnelly	2002/03		
1500m	4.31.87		M50	Stuart Paterson (51)	10/09/07	Riccione, ITA	
1500m	4.48.51		M55	Stephen Ball (56)	28/03/10	Campbelltown	
1500m	5.16.17		M60	Geoff Francis	2002/03		
1500m	5.37.32		M65	Geoff Francis (67)	10/04/09	Adelaide	
1500m	6.14.10		M70	Ron Wills (71)	9/04/11	Blacktown	
1 Mile	4.04.54		Open	Nick Bromley (24)	17/03/07	Wanganui, NZL	
1 Mile	4.24.35		U/20	Will Austin-Cray	13/12/11	The Crest, Bankstown	
1 Mile	4.36.29		U/18	Ruairidh MacDonald	13/12/11	The Crest, Bankstown	
1 Mile	4.58.22		M40	Connor Delahunty	13/12/11	The Crest, Bankstown	
1 Mile	5.14.85		M50	Bradley Sharpe	13/12/11	The Crest, Bankstown	
3000m	8.04.85		Open	Nick Bromley (25)	8/11/08	SOPAC, Homebush	
3000m	8.04.89		U23	James Kaan (22)	10/11/12	SOPAC, Homebush	#
3000m	8.18.42		U20	James Connor (19)	12/11/11	SOPAC, Homebush	
3000m	8.29.0		U18	Joel Fitzgerald	2000/2001		
3000m	8.34.75		U17	Ruairidh MacDonald (16)	11/03/10	SOPAC, Homebush	
3000m	8.47.2		U16	John Vandenberg	1970		
3000m	9.30.12		U15	S Hudson	1987		
3000m	9.52.09		U14	Jared Simmons (12)	23/01/10	SOPAC, Homebush	
3000m	9.52.09		U13	Jared Simmons (12)	23/01/10	SOPAC, Homebush	
3000m	8.31.4		M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7		M35	Michael Donnelly	1995		
3000m	8.47.10		M40	Michael Donnelly	1999/2000		
3000m	9:34.15		M45	Stuart Paterson (49)	2/04/06	Adelaide	
3000m	10.21.66		M50	Stuart Paterson (50)	11/11/06	SOPAC, Homebush	
3000m	10.25.3		M55	Jim Seymon	1995		
3000m	11.31.8		M60	Geoff Francis	2002/03		
3000m	12.43.42		M65	Geoff Francis (67)	24/10/09	Narrabeen	
3000m	14.05.1h		M70	Ron Wills (71)	30/10/10	Rotary Athletics Field, Chatswood	
5000m	13.59.0		Open	John Farrington	1970		
5000m	14.05.27		U23	James Connor (21)	6/04/13	Melbourne	#
5000m	14.28.0		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors	19/01/06	SOPAC, Homebush	
5000m	15.07.90		M35	Michael Donnelly	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	19/01/06	SOPAC, Homebush	
5000m	18:14.33		M50	Stephen Ball	19/01/06	SOPAC, Homebush	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
5000m	17.49.00		M55	Jim Seymon	1995		
5000m	19.49.5		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	11/10/09	SOPAC, Homebush	
10,000m	29.16.2		Open	John Farrington	1970		
10,000m	33.26.16		M35	Ray Wareham	2003/2004		
10,000m	39.04.03		M50	Stephen Ball	2004/05		
10,000m	36.15.4		M55	Jim Seymon	1995		
10,000m	41.10.9		M60	Jim Seymon	1997/98		
1500m Walk	5.58.0		Open	J Hart	1985		
1500m Walk	5.58.0		U20	J Hart	1985		
1500m Walk	6.27.7		U17	J Hart	1980		
1500m Walk	6.24.7		U16	J Hart	1980		
1500m Walk	6.24.7		U15	J Hart	1980		
1500m Walk	8.38.0		U13	J Davidson	1975		
1500m Walk	7.31.7		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1		M35	Mark Ransom	1998/99		
1500m Walk	7.57.2		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	16/01/10	Rotary Athletics Field, Chatswood	
3000m Walk	12.46.6		Open	J Hart	1983		
3000m Walk	12.45.8		U20	John Morison	2000/2001		
3000m Walk	12.46.6		U18	J Hart	1983		
3000m Walk	13.51.5		U16	J Hart	1980		
3000m Walk	13.51.5		U15	J Hart	1980		
3000m Walk	15.44.7		M30	Mark Ransom	1995/96		
3000m Walk	16.53.4		M35	Mark Ransom	1998/99		
3000m Walk	17.16.20		M55	Jim Seymon	1996/97		
3000m Walk	16.48.3		M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4		M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h		M70	Jim Seymon (71)	7/03/09	Rotary Athletics Field, Chatswood	
5000m Walk	22.26.68		Open	John Morison	2001/02		
5000m Walk	28.02.0		M30	Mark Ransom	1995/96		
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	10/04/09	Adelaide	SR
10,000m Walk	58.15.0		M30	Mark Ransom	1995/96		
10,000m Walk	1.02.32.0		M35	Mark Ransom	1998/99		
10,000m Walk	1.00.00.0		M65	Jim Seymon	2004	The Crest, Bankstown	SR
10,000m Walk	1:03.11.53		M70	Jim Seymon (71)	5/01/08	Campbelltown	
110m Hurdles - 1.067m	14.21		Open	Gareth Watkins	1998/99		
110m Hurdles - 1.067m	14.37	0.9	U23	Jacob Holt (22)	23/02/08	SOPAC, Homebush	
110m Hurdles - 0.991m	14.20	1.1	U20	Harrison Andrews (18)	12/03/13	Perth	#
110m Hurdles - 0.914m	14.01	0.4	U18	James Dooley (17)	Nov, 2008	AIS, Canberra	
110m Hurdles - 0.914m	14.85	1.5	U17	James Dooley (16)	2/12/07	SOPAC, Homebush	
100m Hurdles - 0.840m	13.0		U16	Matthew Walker	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	30/11/12	The Domain, Hobart	#
90m Hurdles - 0.762m	12.73	-0.3	U14	Jordan Idiare (13)	3/12/11	UQ, Brisbane	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/09	Barden Ridge/Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	15.70		M35	Clay Tompkins	1991		SR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.23		M55	Clay Tompkins	21/03/08	Blacktown	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath	1992		
100m Hurdles - 0.840m	20.30		M65	Jim McGrath	1996/97		
80m Hurdles - 0.762m	17.10		M70	Jim McGrath	14/07/01	Brisbane	SR
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	16/12/06	SOPAC, Homebush	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/06	SOPAC, Homebush	
200m Hurdles - 0.762m	24.96		U20	Jacob Holt	2004/05		
200m Hurdles - 0.762m	25.81		U18	Bryce Collins (15)	3/12/11	UQ, Brisbane	
200m Hurdles - 0.762m	25.81		U17	Bryce Collins (15)	3/12/11	UQ, Brisbane	
200m Hurdles - 0.762m	25.81		U16	Bryce Collins (15)	3/12/11	UQ, Brisbane	
200m Hurdles - 0.762m	27.13		U15	Sean Radi	1985		
200m Hurdles - 0.762m	29.94		U14	S Hailstone	1985		
200m Hurdles - 0.762m	32.0		U13	Sean Radi	1983		
200m Hurdles - 0.762m	29.1		M35	Clay Tompkins	1989		
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	4/02/12	SOPAC, Homebush	
400m Hurdles - 0.914m	52.77		Open	James Roff	2004/05		
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	27/01/2007	AIS, Canberra	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m Hurdles - 0.914m	52.77		U20	James Roff	2004/05		
400m Hurdles - 0.840m	53.19		U18	Bryce Collins (17)	20/01/2013	SOPAC, Homebush	#
400m Hurdles - 0.840m	53.60		U17	Bryce Collins (16)	14/03/12	SOPAC, Homebush	
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	1.06.3		M35	Peter Hampshire	1991		
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	25/02/12	The Crest, Bankstown	
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	25/02/12	The Crest, Bankstown	
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	16/03/07	Adelaide	
3000m Steeplechase 0.914m	9.20.63		Open	Nick Bromley (19)	23/03/02		
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	23/03/02		
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White	7/06/05		NR *now 0.762m
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson	1987		
High Jump	2.23m		Open	Luke Russell	1998/99		
High Jump	1.90m		U23	Michael Treloar (20)	25/09/07	Griffith Uni, QLD	
High Jump	2.23m		U20	Luke Russell	1998/99		
High Jump	2.11m		U18	Theo Kaveris	1986		
High Jump	1.96m		U17	Gordon Windeyer	1971		
High Jump	1.90m		U16	Matthew Walker	1980		
High Jump	1.90m		U15	A Urquart	1983		
High Jump	1.78m		U14	J Delamare	1983		
High Jump	1.65m		U13	William Richardson (12)	15/11/08	Blacktown	
High Jump	1.70m		M30	Carl Dubois / Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon	22/10/05	Campbelltown	
High Jump	1.93m		M35	Clay Tompkins	1992		SR
High Jump	1.90m		M40	Clay Tompkins	1993		SR
High Jump	1.83m		M45	Clay Tompkins	2000/2001		
High Jump	1.75m		M50	Clay Tompkins	9/03/03	SOPAC, Homebush	SR
High Jump	1.68m		M55	Clay Tomkins (55)	22/03/08	Blacktown	SR
High Jump	1.61m		M60	Clay Tompkins (60)	29/03/13	AIS, Canberra	#
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
Pole Vault	4.63m		Open	Peter Dyer	1984		
Pole Vault	3.50m		U23	Oliver Holland (20)	3/01/09	Campbelltown	
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins	1988		
Pole Vault	3.60m		M40	Clay Tompkins	1993		
Pole Vault	3.60m		M45	Jim McGrath / Clay Tompkins	1976 & 1998/99	Sydney	SR
Pole Vault	3.40m		M50	Tim McGrath (50)	16/03/13	SOPAC, Homebush	#
Pole Vault	3.20m		M55	Jim McGrath	1987		
Pole Vault	3.00m		M60	Jim McGrath	20/07/91	England	SR
Pole Vault	2.60m		M65	Jim McGrath	1996/97		
Pole Vault	2.40m		M70	Jim McGrath	3/11/01	Sydney	SR
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	6.26m	1.6	U23	Oliver Holland (20)	4/01/09	Campbelltown	
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	6.90m		U18	Peter Elvy	1996/97		
Long Jump	6.85m		U17	Clay Tompkins	1969		
Long Jump	6.53m		U16	Matthew Walker	2002/03		
Long Jump	6.48m		U15	Sean Radi	1985		
Long Jump	5.98m		U14	Peter Elvy	1994		
Long Jump	5.30m		U13	G Bayman	1980		
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	4/02/12	SOPAC, Homebush	
Long Jump	6.56m		M35	Clay Tompkins	1988		
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	27/07/08	Townsville	
Long Jump	5.12m	-0.2	M60	Clay Tompkins (60)	6/04/13	SOPAC, Homebush	#
Long Jump	4.29m		M65	Jim McGrath	1996/97		
Long Jump	4.20m	0.0	M70	Nick Bastas (74)	29/03/13	AIS, Canberra	#
Triple Jump	15.71m	1.9	Open	Tomas Cholensky (33)	25/03/11	SOPAC, Homebush	
Triple Jump	11.16m	0.4	U23	Jacob Holt (20)	26/09/06		
Triple Jump	15.00m		U20	Peter Cox	1951		
Triple Jump	14.40m		U18	Peter Cox	1949		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	14.40m		U17	Peter Cox	1949		
Triple Jump	13.56m		U16	Matthew Walker	2002/03		
Triple Jump	12.82m		U15	Sean Radi	1985		
Triple Jump	12.27m		U14	Peter Radi	1981		
Triple Jump	10.78m		U13	D Trimmingham	1987		
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/03/11	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins	1988		
Triple Jump	13.92m		M40	Clay Tompkins	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins	6/03/99	Sydney	SR
Triple Jump	12.23m	NWI	M50	Clay Tompkins (54)	24/03/07	Campbelltown	NR
Triple Jump	12.19m	2.0	M55	Clay Tompkins (57)	2/04/10	Perth	
Triple Jump	11.75m	0.9	M60	Clay Tompkins (60)	29/03/13	AIS, Canberra	#
Triple Jump	8.46m	-0.3	M70	Nick Bastas (73)	25/02/12	The Crest, Bankstown	
Triple Jump	5.40m	NWI	M75	Charles Hobden	3/12/11	Rotary Athletics Field, Chatswood	
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/01/07	The Crest, Bankstown	
Shot Put - 7.26kg	9.19m		U23	Oliver Holland (20)	31/01/09	The Domain, Hobart	
Shot Put - 7.26kg*	15.94m		U20	Stuart Gyngell	1983		* now 6kg
Shot Put - 5kg	18.34m		U18	Peter Elvy	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis	3/12/11	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy	1997/98		* now 4kg
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy	1995		* now 4kg
Shot Put - 3.632kg*	16.45m		U14	Peter Elvy	1994		* now 3kg
Shot Put - 2.724kg*	14.25m		U13	G Bayman	1966		* now 3kg
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	20/01/07	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	11/10/09	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	14/01/12	SOPAC, Homebush	
Shot Put - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m		M60	Jim McGrath	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	12/11/11	Rotary Athletics Field, Chatswood	
Shot Put - 4kg	8.76m		M70	Jim McGrath	2001/02		
Shot Put - 4kg	7.55m		M75	Jim McGrath (79)	8/01/11	Rotary Athletics Field, Chatswood	
Shot Put - 3kg	7.37m		M80	Jim McGrath (80)	24/09/11	Rotary Athletics Field, Chatswood	
Discus - 2kg	60.45m		Open	Peter Elvy	2000/01		
Discus - 2kg	26.02m		U23	Oliver Holland (20)	31/01/09	The Domain, Hobart	
Discus - 2kg*	55.45m		U20	Peter Elvy	1999/2000		* now 1.75kg
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman	1970		
Discus - 1kg	64.68m		U16	Peter Elvy	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy	1995		
Discus - 1kg	54.24m		U14	Robert Murphy	1995/96		
Discus - 1kg	44.38m		U13	Darren Pitchfork	1985		
Discus - 2kg	36.74m		M30	Carl Dubois	1995		
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	16/03/13	SOPAC, Homebush	#
Discus - 2kg	39.18m		M40	Clay Tompkins	1999/2000		
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	1/15/11	Rotary Athletics Field, Chatswood	
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m		M60	Jim McGrath	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	25/02/12	The Crest, Bankstown	
Discus - 1kg	26.75m		M70	Jim McGrath	2001/02		
Discus - 1kg	18.24m		M80	Ray Frith	1987		
Discus - 1kg	15.92m		M85	Ray Frith	1990		
Discus - 1kg	12.84m		M90	Ray Frith	1995		SR
Hammer - 7.26kg	56.10m		Open	Jon Harwood (26)	13/02/09	SOPAC, Homebush	
Hammer - 7.26kg			U23	vacant			
Hammer - 7.26kg*	53.34m		U20	Darren Pitchfork	1989		*now 6kg
Hammer - 5kg	62.90m		U18	Darren Pitchfork	1988		
Hammer - 4.536kg*	56.04m		U17	Moise Haque	1979		*now 5kg
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork	1987		* now 4kg
Hammer - 4.536kg*	54.54m		U15	Peter Elvy	1995		* now 4kg
Hammer - 7.26kg	38.39m		M30	Warren Jones	9/10/10	Rotary Athletics Field, Chatswood	
Hammer - 7.26kg	33.88m		M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	28/03/09	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	28/11/10	Rotary Athletics Field, Chatswood	
Hammer - 6kg	21.72m		M55	Ian Heazlewood (56)	21/03/08	Blacktown	
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	1/12/12	Rotary Athletics Field, Chatswood	#
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	6/02/10	Rotary Athletics Field, Chatswood	
Hammer - 4kg	21.05m		M75	Jim McGrath (79)	5/02/11	Rotary Athletics Field, Chatswood	
Hammer - 3kg	20.98m		M80	Jim McGrath (80)	28/01/12	Rotary Athletics Field, Chatswood	
Javelin - 800g	63.14m		Open	Peter Elvy	1995/96		
Javelin - 800g	44.17m		U23	Nik Vosper (22)	18/11/06	SOPAC, Homebush	
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U18	Peter Elvy	1995/96		

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Javelin - 700g	66.16m		U17	Peter Elvy	1995/96		
Javelin - 700g	66.16m		U16	Peter Elvy	1995/98		
Javelin - 700g	60.54m		U15	Peter Elvy	1995		
Javelin - 600g	54.44m		U14	Peter Elvy	1994		
Javelin - 600g	31.50m		U13	Darren Pitchfork	1984		
Javelin - 800g	47.34m		M30	Tony Nash	1996/97		
Javelin - 800g	46.90m		M35	Clay Tompkins	1991		
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m		M50	John Kay (50)	18/10/09	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		*now 700g
Javelin - 600g	33.76m		M60	Jim McGrath	1991		
Javelin - 600g	29.54m		M65	Jim McGrath	1996/97		
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	20.23m		M75	Jim McGrath (76)	6/04/07	The Domain, Hobart	
Javelin - 400g	17.66m		M80	Jim McGrath (80)	24/09/11	Rotary Athletics Field, Chatswood	
Weight Throw - 15.88kg	11.99m		Open	Michael Stark (29)	1/10/11	Rotary Athletics Field, Chatswood	
Weight Throw - 15.88kg	11.18m		M30	Warren Jones (32)	22/09/12	Rotary Athletics Field, Chatswood	#
Weight Throw - 15.88kg	9.16mm		M40	Andrew Watson (43)	11/03/12	Campbelltown	
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	10/04/09	Adelaide	
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	20/03/10	AIS, Canberra	
Weight Throw - 11.34kg	8.06m		M55	Ian Heazlewood (55)	6/04/07	The Domain, Hobart	
Weight Throw - 11.34kg	6.13m		M60	Bill Swiney (61)	25/02/12	The Crest, Bankstown	
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	8/12/07	Rotary Athletics Field, Chatswood	
Weight Throw - 5.45kg	6.37m		M80	Jim McGrath (81)	22/09/12	Rotary Athletics Field, Chatswood	#
Decathlon	7915 Pts		Open	Peter Banks	1996/97		
Decathlon	5478 Pts		U23	Oliver Holland (20)	31/01/09	The Domain, Hobart	
Decathlon	6425 Pts		U20	James Moir	1987		
Decathlon	6631 Pts		U18	Sean Radi	1987		
Decathlon	5827 Pts		U16	Sean Radi	1986		
Decathlon	5112 Pts		M35	Ashley McMahon (37)	5/01/13	Campbelltown	#
Decathlon	3279 Pts		M40	Tony Nash (43)	3/03/07	Brisbane	
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	7/01/12	Campbelltown	
Decathlon	4997 Pts		M50	Tim McGrath (50)	6/01/13	Bendigo	#
Decathlon	6450 Pts		M60	Jim McGrath	18/07/91	Turku, Finland	SR
Heptathlon	4184 Pts		U16	Martin Stonis (15)	6/01/07	SOPAC, Homebush	
Heptathlon	2731 Pts		U15	James McFadden (14)	31/03/12	SOPAC, Homebush	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m							
Pentathlon	1358 Pts		U14	Sam Richardson (13)	7/01/12	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang	12/02/06	SOPAC, Homebush	
Pentathlon	3243 Pts		M35	Clay Tompkins	4/04/88	Brisbane	SR
Pentathlon	1749 Pts		M40	Tony Nash (43)	6/04/07	The Domain, Hobart	
Pentathlon	3719 Pts		M45	Clay Tompkins	1997/98		
Pentathlon	3102 Pts		M50	John Kay (50)	2/04/10	Perth	
Pentathlon	1877 Pts		M55	Doug Barrett (59)	6/04/12	Melbourne	
Pentathlon	2618 Pts		M60	Les Gillies (60)	6/04/07	The Domain, Hobart	
Throws Pentathlon - HT, SP, DT, JT, WT							
Throws Pentathlon	2076 Pts		M30	Warren Jones (33)	29/03/13	AIS, Canberra	#
Throws Pentathlon	2487 Pts		M40	Andrew Watson (43)	11/03/12	Campbelltown	
Throws Pentathlon	2342 Pts		M45	Mark Cepak (49)	10/04/09	Adelaide	
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	11/10/09	SOPAC, Homebush	
Throws Pentathlon	2264 Pts		M55	Ian Heazlewood (56)	21/03/08	Blacktown	
Throws Pentathlon	2196 Pts		M80	Jim McGrath (80)	27/02/11	Campbelltown	
Relay - 4 x 100m	40.64		Open	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	1993	ES Marks	
Relay - 4 x 100m	42.84		U20	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	19/11/11	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke, Max Wylie, Nick Heath, Anthony Collum	19/11/11	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 100m	48.50		U14	Dominic Mete, Jack McGregor, Samuel Barkley, Connor Hurley	19/11/11	SOPAC, Homebush	
Relay - 4 x 100m	46.49		M120+	John Skrivanic, Sheldon Cummins, Melissa Medicott, Anthony Benn	Nov-05	SOPAC, Homebush	
Relay - 4 x 100m	48.38		M160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	21/11/09	Blacktown	
Relay - 4 x 100m	50.54		M200+	Chris Norris (51), David Smith (55), Robert Stepanovich (55), Sheldon Cummins (39)	21/11/10	SOPAC, Homebush	
Relay - 4 x 100m	58.56		M240+	David Smith (54), Mark Cepak (50), Geoff Francis (67), Charles Hobden (74)	21/11/09	Blacktown	
Relay - 4 x 200m	1.27.33		Open	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1995	SOPAC, Homebush	
Relay - 4 x 200m	1:29.24		U20	Tristan Garrett, James Roff, Kiel Mannix, Steve Andrazza	Nov-05	SOPAC, Homebush	
Relay - 4 x 200m	1.29.38		U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 200m	1.33.44		U16	Matthew Reede, J Kwan, Tim Jackson, M Carter	1984		

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 200m	1.45.42		U14	George Gardiner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 200m	1.37.23		M30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1994		
Relay - 4 x 200m	1.44.03		M160+	Tim Austin, Andrew Watson, Andrew Kohlrusch, Antony Guest	20/11/11	SOPAC, Homebush	
Relay - 4 x 200m	1:52.96		M200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 400m	3.12.25		Open	Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke	Mar-11	SOPAC, Homebush	
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.22.65		U18	Will Austin-Cray, Luke Packham, Joel Norton, Cheyne Egelton	20/11/10	SOPAC, Homebush	
Relay - 4 x 400m	3.26.21		U17	R Pittorino, Adrain White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26		U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling, Antony Guest, Mark Taylor, Andy West	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:59.72		M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	18-19/11/2006	SOPAC, Homebush	
Relay - 4 x 800m	7:27.95		Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	22/11/09	Blacktown	
Relay - 4 x 800m	7.46.20		U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/00	SOPAC, Homebush	SR
Relay - 4 x 800m	7.46.20		U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/00	SOPAC, Homebush	SR
Relay - 4 x 800m	8.42.57		U16	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	1995/96		
Relay - 4 x 800m	9.28.07		U14	Gus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 800m	8.14.05		M30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	19/12/93	ES Marks	SR
Relay - 4 x 800m	8.33.86		M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	19/11/97	SOPAC, Homebush	SR
Relay - 4 x 800m	9.28.19		M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	SOPAC, Homebush	
Relay - 4 x 1500m	15.55.30		Open	Dylan Dudley (20), Alex Godbold (23), Josh Olsen (22), James Kaan (22)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 1500m	16.39.47		U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/00	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47		U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	SOPAC, Homebush	
Relay - 4 x 1500m	18.03.13		U16	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	2000/01		
Relay - 4 x 1500m	19.24.36		U14	Gus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x 1500m	16.50.13		M30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	17/12/95	ES Marks	
Relay - 4 x 1500m	17.56.10		M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	29/11/97	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/10	SOPAC, Homebush	
Relay - Medley (800,400,200,200)	3.21.38		Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x1500m walk	39.05.58		Open	Jim Seymon (75), Robert Connors (64), Nancy Lloyd (58), Doug Barrett (60)	17-18/11/2012	SOPAC, Homebush	#
Relay - 4 x High Jump	7.90m		Open	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	1996/97	SOPAC, Homebush	
Relay - 4 x High Jump	7.30m		U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	SOPAC, Homebush	
Relay - 4 x Pole Vault	14.10m		Open	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	1996/97	SOPAC, Homebush	
Relay - 4 x Long Jump	27.06m		Open	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	1996	SOPAC, Homebush	SR
Relay - 4 x Long Jump	22.97m		U18	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	1996/97	SOPAC, Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	53.93m		Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Shot	51.24m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	SOPAC, Homebush	
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson, Andrew Kohlrusch, James Fitzgerald, Warren Jones	19/11/11	SOPAC, Homebush	
Relay - 4 x Discus	143.96m		Open	Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	15-16/11/2008	Blacktown	
Relay - 4 x Discus	157.62m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	SOPAC, Homebush	
Relay - 4 x Javelin	189.12m		Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	15-16/11/2008	Blacktown	SR
Relay - 4 x Javelin	154.11		U18	Will North (15), Saxon Ward (17), Max Le Ban (14), Tyler Monaghan (13)	17-18/11/2012	SOPAC, Homebush	#