

# UTS NORTHERN SUBURBS

## ATHLETIC CLUB

## INCORPORATED

### 83<sup>rd</sup> ANNUAL REPORT

2010 - 2011



#### PATRON

Pat Reilly, Mayor of Willoughby

#### PRESIDENT

Ron Bendall

#### VICE PRESIDENT

Frazer Dowling

#### SECRETARY

Peter Douglas

#### TREASURER

Nancy Lloyd

#### CLUB CAPTAINS

Danielle Senior & Alex Godbold

#### COMMITTEE

Ross Douglas

James Fitzgerald

Janet Naylor

Angus Stewart

Bev Jaye

Mchael Stark

Kieran Courtney

Alex Godbold

David Archbold

Dominica Jenkins

Peter Higgins

#### HONORARY AUDITOR

Peter Bebbington

#### COACHES

Alan Nolan

Peter Healey

Ron Bendall

Bev Jaye

James Fitzgerald

John Atterton

Jim McGrath

Peter Switzer

Di Huxley

Penny Gillies

Rob Medicott

#### LIFE MEMBERS

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N Beresford

Ross Douglas

Ruth Frith

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Alan Nolan

Jack Pross

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W Suhan

John Treloar

Ian White

David Archbold

Kieran Courtney

F Beresford

R Fredericks

Peter Hampshire

Bev Jaye

Warren Jones

Nancy Lloyd

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Helen Searle

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Reg Taylor

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Col Wright

P Ballard

Toni Dickson

Jennifer Frank(nee Lamy)

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E Hassell

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E McGrosey

Stuart Paterson

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Kaye Smythe

Clay Tompkins

Jeff Walkley

Margaret Wrigley

Ron Bendall

Peter Douglas

Ray Frith

Brian Hamilton

N Hill

Karen Jones

S Lamy

George Lyne

Laurie Moore

Michael Poirrier

Michael Stark

Angus Stewart

S Travers

John Waller



## PRESIDENT'S REPORT

UTS Norths 83<sup>rd</sup> season was highlighted by a host of achievements.

\*We won the ANSW Club Premiership for the third successive year, taking our number of titles to four.

\* **Sianne Toemoe** and **David Burke** were selected in the Australian team to contest the World University Games.

\***Evan O'Hanlon** won gold at the Paralympic World Championships.

\***Josh Clarke** (Australia) and **Maddison Gipson** (New Zealand) were selected to represent their countries at the Youth Commonwealth Games.

\*The IAAF voted **Marie Kay** the best Masters Women's Athlete in the World.

\*At the Sports NSW Awards, **Ian White** was honoured for his distinguished long service

\***Bev Jaye** was made a life member of Athletics NSW

\*We had a record 311 members making us the largest senior athletics club in Australia

\*And our talented young sprinter **Josh Clarke** set an Australian record in winning the under 16 boys 100m in 10.72 at the Australian All Schools Championships.

### Third successive Club Premiership

UTS Norths took its number of Club Premierships to four with its third successive win in the competition. Once again it was a clean sweep with UTS Norths taking out all eight rounds, including the State Relays pointscore. In fact UTS Norths has not been beaten in the competition since Round 2 in 2008. It is a proud record we should strive to uphold next season. Newcomers **Chris Norris** (672 points) and **Annita Cunningham** (586) made big contributions to UTS Norths' success as did the ``usual suspects'' **Jackie Bezuidenhout** (638 pts), father and daughter **Mark** (556 pts) and **Eliza Cepak** (390 pts), brothers **Myalls** (450 pts) and **Tristan Paterson** (339 pts), **Deborah Drennan** (447 pts), **Tim McGrath** (391 pts), **Danielle Cotterill** (386 pts), **Michael Stark** (342 pts) and **Robyn Suttor** (316 pts).

### Fourth successive NSW Club Championship

UTS Norths won the women's NSW Club Championship for the fourth successive time, with the title decided by the last event, the shot put with **Kristy Dingwell** and **Eliza Cepak** too strong for the Sydney University duo. UTS Norths was first with 224.5 points, Sydney Uni was second with 209.5 points and Cherrybrook was third with 190 points. Our point scorers were **Jessica Knox** (100m, medley relay), **Briony Kannard** (100m, medley relay), **Sianne Toemoe** (400m, medley relay), **Phoebe Davies** (400m), **Ruby Hackett** (1500m), **Charlotte Wilson** (1500m), **Liz Clay** (200m hurdles), **Romi Arnott** (200m hurdles, long jump), **Min Jenkins** (medley relay), **Gabby Hendry** (long jump), **Kristy Dingwell** (shot), **Eliza Cepak** (shot, discus) and **Claudia Steiner** (discus).

Our men's team (192 pts) was second to Sydney University (220 points) with Illawong (184.5 pts). Youngster **Josh Clarke**, 15, ran right up to his best to clock 10.72s (2.2m wind) as he slugged it out with the big boys. Having his first run for the season, former Victorian **David Burke** blitzed the 400m field in the smart time of 47.96s. His clubmate and training partner **James Gurr** was next best with a time of 48.47s.

### State Relays

UTS Norths won more medals at the State Relays Championships than any other club, 45 comprising 12 gold, 16 silver and 17 bronze. Highlights included victories in the open men's 4x400m and medley relays both of which included impressive efforts by **James Gurr**. It was UTS Norths' fourth successive victory in the medley with **Ben Colless** (200), **Chris Pitman** (200) and **Antoine Burke** (400) running the first

three legs before handing the baton to Gurr (800) who took the team to an emphatic victory in a club record time of 3:22.06s. Gurr, Burke and Pitman were joined by **Paul Cummings** in the 4x400m, also claiming victory in club record time (3:13.62). Our under 16 4x100m boys team of **Josh Clarke, Anthony Collum, Dev Higgins** and **Phil Biggins** broke a 26-year-old club record to claim gold in 44.84s. The same team also backed up to win gold in the 4x200m. The u/18 boys 4x400m team of **Will Austin Cray, Luke Packham, Joel Norton** and **Cheyne Egelton** also broke a long standing record (1995) to take gold in 3:22.65. Once again our u/20 women sprinters were outstanding. They went first and second in the 4x100, and also won the 4x200m and 4x400m with **Tracey** and **Karlie Morton, Sam Hulme, Phoebe Davies, Grace Maher** and **Ali Bartholomew** all contributing. In the male ranks, our young distance runners also excelled winning the u/18 4x800m and u/20 4x800m and 4x1500m. **Joel Norton, Andrew Selosse, Will Austin-Cray, Cheyne Egelton, Josh Wright, Xavier Black** and **Myalls Paterson** all played their part.

### Bev gets life

During the season several UTS Norths members received a number of well deserved awards. At a special function in Monaco, the IAAF honoured **Marie Kay** as the World's Best Women's Masters Athlete. Marie was also named Masters Athlete of the Year at the NSW Sports Awards dinner. Marie's achievements were highlighted in last year's annual report. At the same dinner former vice-president **Ian White** was honoured for his distinguished long service. One of UTS Norths' veteran members **Bev Jaye** was awarded life membership of ANSW at the association's annual dinner in May. Bev joined UTS Norths 36 years ago after six years with Warringah Athletic Club. As a technical official he has officiated at international level including the 2000 Paralympic Games. As a throwing coach he mentored World Masters record holders Helen Searl and Ruth Frith, World Juniors rep Peter Elvy and World Blind Games representative Kieran Courtney. Bev has been a stalwart of the Northern Zone competition since 1975, he has been a UTS Norths committee member since 1989 and a life member since 2001. Also at the dinner **Clay Tompkins** was named Masters Jumper of the Year, **Peter Higgins** was honoured for officiating at more than 25 ANSW meetings and **Ron Bendall** received a Service Merit Award.

### Sianne our bronzed Aussie at National titles

**Sianne Toemoe** was our lone medalist at the Open National Championships in Melbourne in April. She finished third in the women's 800m in 2:03.59s. Three other UTS Norths athletes had top-eight finishes. **James Gurr** was fourth in the open men's 800m in 1:48.39s, **David Burke** was sixth in the open men's 400m in 47.03s and **Lara Nicod** was sixth in the 3000m steeplechase in 10:29.68s.

**Josh Clarke** continued his impressive form at the National Junior Championships in Sydney in March, winning the under 17 years 100m in 10.90s. **Luke Packham** also won gold in the under 20 4x400m relay as well as finishing fourth in the individual race. **Bella O'Grady** was second in the under 15 years 200m hurdles (29.53) and sixth in the 90m hurdles. **Mackenzie Little** was second in the under 16 years javelin (41.40m) with **Lucina Martin** sixth in the same event. **Madison Gipson** was second in the under 17 years 100m hurdles in 14.14s with **Liz Clay** sixth in the same race. **Phoebe Davies** won a silver medal in the under 20 years 4x400m relay after finishing fifth in the individual race. **Sam Hulme** won a silver in the under 18 years 4x100m relay and was eighth in her individual event. **Emily Augustine** was third in both the under 15 years 1500m and 3000m and **Will Richardson** was third in the under 17 years 400m hurdles. **Henry Hutchinson** was third in the under 15 years long jump and eighth in the 100m. **Ruby Hackett** was third in the under 20 1500m in 4:28.82 and **Charlotte Wilson** was third in the under 20 years 3000m steeplechase in 11:18.72. **Emma Nash** was third in the under 16 years pole vault with a leap of 2.60m. **Madison Gipson** was fourth in the under 17 years 200m and **Eliza Cepak** was fourth in the under 17 years discus. **Katrina Hunt** was fifth in the under 16 years 90m hurdles and **Will North** was fifth in the under 15 years 2000m steeplechase. **Fran Schmiede** was fifth in the under 20 years 800m and **Ruby Hackett** was sixth in the same race. **Vikram Ramrakha** was sixth in the under 18 years 2000m steeplechase. **Joel Norton** was eighth in the under 20 years 800m.

### UTS Norths youngsters help NSW to victory

Eight UTS Norths athletes were selected in the victorious NSW team to contest the Australian All Schools Championships in Melbourne. NSW won the competition with 762 points to Victoria's 717 and Queensland's 624. All UTS Norths athletes made finals contributing greatly to NSW's points tally. **Josh Clarke** won the under 16 boys 100m in the Australian record time of 10.72s. He and **Will Richardson**

were both members of the victorious NSW team in the Swiss Relay and the silver-medal winning team in the 4x100m relay. Will also won bronze in the 100m hurdles. **Liz Clay** took silver in the under 16 years 90m hurdles, was fourth in the 200m hurdles and was a member of the NSW 4x100m team which took bronze. **Bella O'Grady** was third in the under 14 years 200m and was a member of the fifth placed 4x100m relay team. **Ali Bartholomew** was fourth in the under 18 years 400m hurdles and **Emily Augustine** was fifth in the under 14 years 1500m. **Kristy Dingwell** was sixth in the under 18 years shot put and **Thomas West** was seventh in the under 16 years javelin.

### Old and bold win gold in Brisbane

UTS Norths athletes won two gold, six silver and nine bronze medals at the Australian Masters Athletics Championships in Brisbane. **Jackie Bezuidenhout** won the gold medal in the 40+ years 60m, silver in the 100m and 200m and bronze in the long jump. **Deborah Drennan** won gold in the 50+ years 800m, silver in the 1500m and bronze in the 400m. **Nancy Lloyd** was second in the 55+ 1500m and 5000m walks on the track and the 10km road walk. **Robyn Suttor** won bronze in the 50+ years 60m, 100m and 200m. **Caroline Layt** was third in the 45+ years weight throw. **Jim Seymon** was third in the 70+ years 1500m and 5000m walks on the track and the 10km road walk. **Robyn Suttor** and **Brian Hamilton** also won gold medals in relays. For Brian it was his first national medal of any colour in 59 years of athletics, proving that all good things come to those who wait.

### Two open State titles

UTS Norths won two gold medals at the NSW Open Championships. **Sianne Toemoe** won the open women's 800m in 2.05.86 and **Tomas Cholensky** won the open men's triple jump with a leap of 15.71m. UTS Norths boasted four of the eight finalists in the open men's 400m. **David Burke** was second, **Paul Cummings** fourth, **James Gurr** fifth and **Antoine Burke** seventh. **Lara Nicod** was second in the 3000m steeplechase and **Amy Moulden** was second in the women's pole vault. **Romi Arnott** was third in the 100m hurdles.

### Six of the best

UTS Norths athletes won six gold at the State Youth Championships, **Will Austin-Cray** won the under 20 years 3000m steeplechase with **Jules Heath** third in the same event. **Josh Clarke** won the under 18 years 100m while **Emma Nash** won the under 16 years pole vault and **Mackenzie Little** won the under 16 years javelin. **Charlotte Wilson** won the under 20 years 3000m steeplechase with **Alexandra Gorman** winning the under 14 years 400m. **Joel Norton** was second in the under 20 years 800m in the most exciting race of the championships, just failing to catch the Blue Mountains' Jesse Beadman. **James McFadden** was second in the under years 400m and third in the 200m and javelin. **Scott McLennan** was second in the under 18 years javelin and **Karlie Morton** was second in the under 20 100m. **Phoebe Davies** was second in the under 20 years 400m and **Libby Augustine** was third in the same event. **Fran Schmiede** was second in the under 20 years 800m and **Luke Packham** was second in the under 20 years 400m. **Xavier Black** was second in the under 20 years 5000m. **Katrina Hunt** was third in the under 16 years 90m hurdles and her sister **Steph** was third in the under 20 years high jump. **Ruby Hackett** was third in the under 20 years 1500m. **Sam Hulme** was third in the under 18 years girls 100m and **Sarah Healey** was third in the under 14 years long jump.

In the under 23 years State Championships **Amy Moulden** won the women's pole vault and **John-Robert Bowskill** won the 800m.

### Veterans do us proud

Our masters athletes won an incredible 43 gold medals at their State Championships. **Clay Tompkins**, **Robyn Suttor**, **Jill Senior** and **Warren Jones** led the way, winning four each. Clay won the men's 55+ 100m hurdles, high jump, long jump and triple jump. Warren won the 30+ years hammer, javelin, discus, shot put and weight throw. Robyn won the 50+ 60m, 200m, 100m, 400. And Jill won the 55+ 60m, high jump, long jump and triple jump. **David Chantrill** and **Sheldon Cummins** both won three. David took out the 70+ sprint treble, winning the 60m, 100m and 200m while Sheldon won the same three races in the 40+ age group. **Deborah Drennan**, vice-president **Frazer Dowling**, **Paul McCoy**, **Andrew Watson** and **Nick Bastas** all took out doubles. Deborah won the 50+ 800m, 1500m while Frazer also won the middle distance double in the 30+ age group. Paul won the 55+ 60m and 100m while Nick won the 70+ long jump and triple jump. Andrew won the 40+ discus and shot put. Other gold medalists were: **Jim**

**McGrath** 80+ javelin; **Nancy Lloyd** 55+ 5000m walk; **Jim Seymon** 70+ 5000 walk; **Brad Sharpe** 50+ 800m; **Ron Wills** 70+ 800m; **Glenys Whitehead** 45+ javelin; **Adam Parsonage** 40+ triple jump; **Zoran Nivocic** 50+ triple jump; **Antoine Burke** 35+ 200m; **Tim McGrath** 45+ pole vault; and **Andrew Kohlrusch** 45+ javelin.

### Cross Country

UTS Norths athletes put in some fine individual efforts during the cross country season. **Eliza Stewart** won the NSW Open women's Cross Country Championship over 8km at Nowra. She backed it with a silver medal at the Short Course Championships at Dundas over 5km. **Ruairidh MacDonald** won the under 18 years male championship double, winning the NSW Cross Country title over 6km and the 5km Short Course event. His club mate **Xavier Black** chased him home into second place in the short course championship. **Ruby Hackett** was second in the under 20 women's 6km NSW Cross Championship and was third in the 5km Short Course event.

In the winter roads walks championship series, **Suzanne Brown**, **Nancy Lloyd** and **Jim Seymon** all put in medal winning performances.

### Our partnership with UTS

Special thanks must go to **Liz Brett**, **Aimee Purcell** and **Tom O'Sullivan** of the University of Technology, Sydney. Our partnership with UTS has been extremely successful for all concerned. It offers UTS students all the benefits of training and competing with the most successful club in Australia; has allowed the university to offer scholarships to elite athletes; and has attracted many new athletes of a variety of standards to our club. It also has allowed us to greatly upgrade our equipment and offer fares assistance to athletes travelling to interstate and international competition. Thanks also to **Alex Godbold**, our liaison between the university and the club. Alex is a UTS student and a UTS Norths committee members and has excelled in this role, helping to make us a truly university/community club.

### Hard working committee

The unsung heroes in athletics are the club administrators who work long and hard behind the scenes to ensure the success of a club such as UTS Northern Suburbs. Special thanks to vice-president **Frazer Dowling** who did an outstanding job as acting president for the three months I was out of Australia. A big thanks also to **Janet Naylor** who assumed extra responsibilities during this period. And a special thanks to **Kieran Courtney** who has announced he is stepping down at the end of this season after eight years on the committee.

### Future plans

We are slowly but surely proceeding with plans to upgrade our home ground Rotary Field. We are negotiating with Willoughby Council over the upgrading of our clubhouse and ambitiously we are seeking partners in a project that would involve a new grandstand, synthetic track, and steeplechase and pole vault facilities. It is definitely a long term project but it is something at which the new committee will keep chipping away.

### Thanks

One of the keys to UTS Norths' success on the track and in the field is the ability of our club coaches. Thank you to **Penny Gillies**, **John Atterton**, **Rob Medicott**, **James Fitzgerald**, **Alan Nolan**, **Di Huxley**, **Peter Healey**, **Mal Lavender** **Bev Jaye**, **Paul Switzer** and **Andrew MacDonald** for their efforts. As a club, UTS Norths supplies more than its fair share of technical officials. Special thanks to those members of the thin blue line: **Ian White**, **Peter Higgins**, **Bev Jaye**, **Stuart Paterson**, **Mary Fien**, **George Toemoe**, **Janet Naylor**, **Myalls Paterson**, **James Higgins** and **Maren Schuermann**. Thanks also to webmaster **Ron Wills** who also compiled this Annual Report. Thanks also to **Willoughby Council** for its maintenance of Rotary Field which is still the best grass track in Australia

**Ron Bendall**  
President



## SECRETARY'S REPORT

The 2010/11 year was another successful one for UTS Northern Suburbs Athletic Club and maintained its position as the number one club in NSW.

In terms of membership for the year ended 31<sup>st</sup> March 2011, we had a record year – 311. This is very pleasing and we have the largest membership of any club in NSW.

### Competition

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

- We were the most successful club at the NSW Relay Championships. We won 16 gold, 18 silver and 6 bronze medals for a total of 40 medals. We also beat our record for gold medals – 16 compared with our previous best of 13;
- For the third year in the row, UTS Norths won the Club Premiership! Our leading point scorers won well deserved skins garments;
- Finally, the UTS North's women's team won the Club Championships. Our men's team finished in 5<sup>th</sup> place;

### Cross Country

The highlight was UTS Norths hosting its second NSW Short Course Country Championships. This was again held at Upjohn Park, Ermington. This involved many hours of planning by the committee. It was a very successful day and the club received positive feedback from ANSW and the competitors for the way this event was conducted. There were many volunteers from the club who helped out on the day but particular thanks should go to David Archbold and Ian White for the many hours that they devoted to organising event. For the first time, we ran the BBQ and canteen – this worked well and resulted in a profit of \$1,449.

Whilst on cross country, West Metropolitan continues to be a very popular winter competition. David Archbold deserves to be congratulated for the successful running of this long running fixture as record numbers of runners continue to turn up for a run.

### Northern Zone

Our successful and long running Northern Zone competition continues to operate successfully. It provides valuable competition for all ages from early teens to masters in a more relaxed atmosphere than the more formal Sydney Olympic Park. The competition does suffer due to lack of qualified officials however thanks to the many athletes who are able to pitch in and help, we manage to get through the program. Our special thanks to David Archbold, Bev Jaye, Michael Stark, Kieran Courtney and Karen Jones for their support.

### Awards

Congratulations to Bev Jaye who was presented with the well deserved award of Life Membership of Athletics NSW. He has given many distinguished years of service to track and field. He has been involved as a technical official for Athletics NSW for many years. When not required at Athletics NSW events, Bev officiates at our Northern Zone competition where he has been the Ground Manager and the Northern Zone committee delegate since the 1980's. Furthermore, he was involved in officiating at a range of disability athletics events including the 2000 Paralympic Games in Sydney.

Bev is also a qualified coach with his main expertise being the throwing events. He has coached at Manly Warringah Little Athletics Club and more recently at UTS Norths for many years. He also coaches at

schools such as Loreto College. The Life Membership Award was presented to Bev at the Athletics NSW Annual Presentation Dinner.

Congratulations to Ron Bendall who was awarded a Merit Award by Athletics NSW. Ron has contributed to athletics in many ways:

- Coaching – Ron has coached many state and national representatives since joining the club in 1999. He coaches athletes of all ages and standards as well as working with some private schools on a regular basis;
- Administration - Ron was previously president of Northern Suburbs Little A's, joined the committee of UTS Norths in 2000 and has been president since 2005. Ron was awarded Club Administrator of the Year by Athletics NSW in 2009. Ron has been behind the ascendancy of the club to become the biggest club in Australia with over 300 members;
- Team Manager – Ron has played a key role in managing UTS Norths teams. The club has won National Club Championships, NSW Club Championships, ANSW Club Premierships and has been the leading club in the NSW Relay Championships over the past few years. In addition, we were the ANSW Club of the Year in 2007;

Congratulations also to others who were presented awards on this night:

- Clay Tompkins – Best master's athlete in the jumps;
- UTS Norths – Winner of the club premiership;

### **Committee**

It is good to see the younger members on the committee taking on more duties and responsibilities. Firstly Frazer Dowling did a great job as acting president whilst Ron Bendall was overseas for 4 months. Alex Godbold continues his excellent work as the UTS delegate and has received well deserved praise from Liz Brett at UTS. We welcomed Min Jenkins onto the committee and she found herself “thrown into the deep end” by agreeing to take over as uniforms officer. Thanks Min and well done in your first year on the committee. Finally thank you to Michael Stark for his role as purchasing officer and occasionally helping out in taking the minutes at committee meetings in my absence.

### **Social events**

Thank you to Alex Godbold, Janet Naylon and Min Jenkins and the rest of the social committee for organising a successful Annual Dinner and Presentation Night in May. We had an enjoyable Club Christmas Party at Rotary Field. David Archbold also organised the usual Christmas Party on the last day of Northern Zone before the Christmas break.

### **University of Technology**

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

Thank you also to Janet Naylon and Jackie Bezuidenhout for maintaining the club records and rankings. Janet has also been very busy creating the club's Operation's Manual. Each committee member has provided Janet with details as to their respective duties. It gives good information for the benefit of future committee members in the years to come. We are also grateful for Andrew Wu for taking over the e North Star and keeping us up to date with regular bulletins. Finally, thank you to Ron Wills for his professional management of the club's website and for compiling the Annual Report.

Thank you to the 2010/11 committee for their hard work during the year. Good luck to all members in the coming year.

**Peter Douglas**  
**Secretary**



## **TREASURER'S REPORT**

I would like to report that the financial year ended 31 March 2011 resulted in a surplus of \$8,888 compared to a surplus of \$17,199 for the previous year.

Income for the year went up slightly from \$46,910 to \$47,692, made up of increase in membership income of \$2,268, increase in interest income of \$2,478 and increase in ANSW event hosting fees of \$2,220 but offset by the absence of Club Premiership cash prize and the Volunteer Grant that we received in the previous financial year.

The prize for Club Premiership this year was in the form of Skins product which we awarded to our leading point scorers. We would be looking for opportunity for the next round of Volunteer Grant.

To satisfy the conditions of the Volunteer Grant that we received in the previous year, we were required to expend the whole grant of \$3,999 on purchase of eligible small equipment item(s) and/or fuel cost reimbursement. The committee decided on the purchase of a defibrillator for \$3,586 and \$500 worth of petrol vouchers for use by committee members on club business.

Following the recommendation of our auditor, we wrote off the cost of the defibrillator as well as the timing display device that we purchased in September 2009, resulting in the reduction of surplus by \$7,761.

We adhered to the policy of providing fares assistance to athletes as well as coaches to compete overseas or interstate when the laid down criteria are met. For this financial year, the total outlay for fares assistance was \$9,250 summarised as follows:

- 1 athlete to World University Cross Country in Canada
- 13 athletes and 1 coach to Australian National Championships in Perth
- 1 athlete to World Junior Championships in Canada
- 4 athletes to National Cross Country Championships in Brisbane
- 4 athletes to the Australian University Games in Perth
- 6 athletes and 1 coach to the Australian All Schools Championships in Melbourne

In conclusion, we acknowledge the generosity of The UTS Union in their continuing financial support in the form of partnership grant of \$25,000. The Club is in a healthy financial position with accumulated funds of \$138,216. The committee will continue to manage the funds responsibly for the benefit of our members. I would also like to once again thank Peter Bebbington for doing the audit.

**Nancy Lloyd**  
**Treasurer**



**UTS-NORTHERN SUBURBS ATHLETICS CLUB INCORPORATED  
FINANCIAL REPORT FOR YEAR ENDED 31 MARCH 2011**

**GENERAL FUNDS RECONCILIATION**

	\$	\$
Opening Balance		129,328.18
Surplus/(Deficit)		8,888.41
<b>Closing Balance</b>		<b>138,216.59</b>
 <b>This is represented by:</b>		
St George Freedom A/c	4,984.17	
Macquarie CMT 1918	38,263.11	
Macquarie Term Deposit	87,724.48	
St George West Metro A/c	6,151.53	
Cash On Hand	505.00	137,628.29
<hr/>		
Canteen Stock	0.00	
Clothing Stock	5,287.30	
Receivables	100.00	
Prepayments	0.00	5,387.30
		<b>143,015.59</b>
 <b>Less:</b>		
Payables	0.00	
Advanced Registrations	4,799.00	4,799.00
		<b>138,216.59</b>

**NOTES TO THE ACCOUNTS**

1. The amount shown for Membership Fees is the net income to the club after payment of registration fees to Athletics NSW and subsidies.
2. Generally, the accounting method adopted by the Club is cash basis. Equipment purchases are normally written off in the year of purchase. In the 2009/2010 financial year, a high value piece of equipment was purchased, to be depreciated over the next five years. Depreciation confers not financial advantage to the club and also distorts the surplus figure, so in view of the surpluses over the last two years, we have reverted to the cash basis of accounting for equipment purchases. On a cash basis the surplus for 2009/2010 would have been \$12,761.33 and for 2010/2011 would have been \$10,474.41.
3. The amount shown for these accounts is the net income after deduction of expenses

**AUDITOR'S REPORT**

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

I have audited the financial records of the Club for the year ended 31st March, 2011, in accordance with normal accounting practices and standards. In my opinion the accounts, as presented, give a true and fair view of the income, expenditure, assets and liabilities of the Club for the financial year.



Peter Bebbington, [M.Com.](#) 30  
April 2011

**UTS NORTHERN SUBURBS  
ATHLETIC CLUB INCORPORATED  
ANNUAL GENERAL MEETING**

**SUNDAY 19th JUNE 2011**

**AGENDA**

WELCOME:

APOLOGIES:

MINUTES OF 2010 ANNUAL GENERAL MEETING:

ANNUAL REPORT:

ELECTIONS:           PRESIDENT  
                              VICE PRESIDENT  
                              SECRETARY  
                              TREASURER  
                              COMMITTEE  
                              CLUB CAPTAINS  
                              PATRON  
                              AUDITOR

GENERAL BUSINESS:



Medals for the Under 12 Girls at the 2010 Short Course XC



## MINUTES OF ANNUAL GENERAL MEETING

Held at ROTARY FIELD, 20<sup>st</sup> June 2010

The meeting commenced at 9.15am.

**PRESENT:** Ron Bendall, David Archbold, Peter Douglas, Nancy Lloyd, Ross Douglas, Bev Jaye, Kieran Courtney, Ian White, Frazer Dowling, Robert Jones, Alex Godbold and James Fitzgerald.

**APOLOGIES:** Angus Stewart, Janet Naylon, Stuart Paterson, Warren Jones, Karen Jones, Jackie Bezuidenhout and Ron Wills

President Ron Bendall welcomed everyone to the meeting.

### MINUTES OF 2009 ANNUAL GENERAL MEETING:

Delete Caroline Layt from the list of committee members and add in Kieran Courtney. Correct spelling of our Patron is Pat "Reilly". Moved Bev Jaye/ Bob Jones they be accepted. Carried.

### ANNUAL REPORT:

**President.** Ron Bendall made reference to his President's report as printed in the Annual Report.

Moved Peter Douglas/ seconded Bev Jaye, report accepted.

**Secretary:** Peter commented:

- The club had another excellent year in terms of record membership numbers and outstanding competition results;

Moved David Archbold/ seconded Ross Douglas, report accepted.

**Treasurer:** Ron thanked Nancy for her excellent Treasurer's Report. He said that the club is fortunate that we have someone who can carry out the role of Treasurer in such a professional manner.

Nancy noted a fall in membership income, interest income and West Metropolitan fees but this was offset by the introduction of the Wattle Winter Series, the Club Premiership prize and the Department of Families & Housing equipment grant.

Total expenditure decreased mainly due to there being no Australian Club Championships. The Club Premiership prize was utilised to purchase a new timing clock and this has proved to be a very good acquisition.

The club is in good financial health. Refer to the Treasurer's Report for further details.

Moved Nancy Lloyd/ seconded David Archbold, report accepted.

**Registrar:** Ross said:

- We had another record year for membership – 285 as at 31<sup>st</sup> March and currently 307 – an all time record.

Report accepted. Ross Douglas/ Nancy Lloyd

### **ELECTIONS:**

David Archbold took the chair.

- **PRESIDENT**

Ron Bendall nominated. Elected.

Ron Bendall resumed the Chair. Ron commented that he agreed to carry out the President's position for one more year. He said that the club needs a succession plan for the major positions on the committee. There has been a huge increase in the membership over the past 5-6 years so the committee needs people who are willing to work. We need to get smarter and we need to set up sub committees to spread the workload of those on the committee.

- **VICE PRESIDENT**

Frazer Dowling nominated. Elected.

Ron Bendall noted that David Archbold is stepping down as Vice President and thanked him for his huge contribution to the club. Ron said that among other duties, David was responsible for getting a number of top coaches into the club and is the reason why the club is so successful.

- **SECRETARY**

Peter Douglas nominated. Elected.

- **TREASURER**

Nancy Lloyd nominated. Elected.

- **COMMITTEE**

1. Ross Douglas nominated.
2. Bev Jaye nominated.
3. Kieran Courtney nominated.
4. Angus Stewart nominated.
5. Janet Naylon nominated.
6. Michael Stark nominated.
7. David Archbold nominated.
8. Alex Godbold nominated.
9. Dominica Jenkins nominated.
10. Peter Higgins nominated.
11. James Fitzgerald nominated.

There being no further nominations, the above 11 nominees were duly elected.

Ian White did not accept a nomination for the committee. Ron Bendall thanked Ian for his many years of service on the committee. He noted the value of Ian's years of experience in athletics particularly when the committee needed advice on matters pertaining to Athletics NSW. David Archbold made similar comments about Ian.

- **CLUB CAPTAIN**

Danielle Cotterill. Elected.  
Alex Godbold nominated. Elected.

- **PATRON**

Pat Reilly nominated. Elected.

- **AUDITOR**

Peter Bebbington nominated. Elected.

**GENERAL BUSINESS:**

1. Delegates to Athletics NSW – nominations for Kieran Courtney, Ross Douglas, David Archbold and Janet Naylon. Moved Bev/ seconded Ian, carried.
2. Bev Jaye congratulated Ron Wills for the compilation of the Annual Report. David Archbold also thanked Ron for the Annual Report. He also thanked Janet Naylon and Jackie Bezuidenhout for maintaining the rankings and club records.
3. Committee meetings – Ron Bendall asked if there would be any problems with the committee if the monthly meetings were held on Monday nights instead of Tuesday nights. It was agreed to do this, the next committee meeting to be held on 26<sup>th</sup> July.
4. Peter Douglas reported on the ill health of committee member Angus Stewart. Angus is currently receiving treatment in Royal North Shore Hospital and it is hoped that he will make a full recovery.
5. Ross Douglas said that the City to Surf this year will be held on 8<sup>th</sup> August and will start at the earlier time of 8.30am. Ross said that he will not be involved with organising volunteers this year. Kieran Courtney said that he will be the coordinator and is arranging for volunteers from the club and also from UTS to help out on the day.

There being no further business the meeting closed at 9.58 am.



Sue Rilen



Deb Drennan



Jane Godbold

## TROPHY & AWARD WINNERS 2010 – 11

TROPHY	AWARD TITLE	WINNER
Margaret Wrigley	Most Improved Throws	Scott MacLennan
Janet Naylor	Most Improved Jumps	Tomas Cholensky
Jennifer Lamy	Most Improved Sprints	David Burke
Laurie Toogood	Most Improved Middle Distance	Sianne Toemoe
Nancy Lloyd	Most Improved Distance	Lara Nicod
WJ Treloar	Most Improved U20 Male	Joel Norton
Ray Land	Most Improved U18 Male	Joshua Clarke
John Hanman	Most Improved U16 Male	Will North
John Suters	Most Improved U20 Female	Libby Augustine
Ruth Frith	Most Improved U18 Female	Madison Gipson
Ray Frith	Most Improved U16 Female	Emily Augustine
Wayne Lever	Encouragement	Eliza Cepak
Peter Lucas	SOPAC Best Performance	James Gurr
Maccabi	Out of Stadium Runner of Year	Ruairidh MacDonald
Gloria Seymon	Masters Athlete of the Year	Jacqueline Bezuidenhout
Mike Poirrier	Best Club Person	Dominica Jenkins
Jennifer Jaye	Coach of the Year	James Fitzgerald
Jack Pross	Athlete Closest to International Standard	Sianne Toemoe

### TRACK & FIELD and OUT OF STADIUM POINTS SCORE

AWARD	WINNER	AWARD	WINNER
<b>Club Premiership</b>		<b>Out of Stadium</b>	
Under 17 Female	Eliza Cepak	Open Female	Eliza Stewart
Under 20 Female	Tracey Morton	Under 14 Female	Emily Augustine
Open Female	Danielle Cotterill	Under 18 Female	Fran Schmiede
35+ Female	Jacqueline Bezuidenhout	(joint)	Libby Augustine
50+ Female	Deborah Drennan	Under 20 Female	Ruby Hackett
Under 17 Male	Tristan Paterson	45+ Female	Jane Godbold
Under 20 Male	Myalls Paterson	50+ Female	Deborah Drennan
Open Male	Michael Stark	Open Male	Alex Godbold
35+ Male	Tim McGrath	Under 18 Male	Ruairidh MacDonald
50+ Male	Chris Norris	(joint)	Xavier Black
<b>West Metropolitan</b>		40+ Male	Connor Delahunty
<b>Short Distance</b>		45+ Male	Brad Sharpe
Under 12 Female	Molly Quoye	50+ Male	Stuart Paterson
Under 14 Female	Lauren Briscoe	65+ Male	Geoff Francis
30+ Female	Tracy Grozdanis	<b>Northern Zone</b>	
65+ Male	David Archbold	Under 14 Female	Claire Ingram
<b>Middle Distance</b>		Under 18 Female	Rochelle Sharpe
Under 14 Female	Emily Augustine	Open Female	Melissa Jones
50+ Female	Deborah Drennan	45+ Female	Glenys Whitehead
55+ Femal	Dorothy Kass	50+ Female	Jill Senior
Under 20 Male	Kieran Briscoe	Open Male	Michael Stark
50+ Male	Chris Norris	30+ Male	Warren Jones
65+ Male	Ron Wills	45+ Male	Brad Sharpe
<b>Long Distance</b>		50+ Male	Mark Cepak
Under 20 Female	Rebecca Cormack	60+ Male	Ron Shoesmith
30+ Female	Rebecca Gibbs	70+ Male	Nick Bastas
40+ Female	Anita Cunningham	40+ Female	Anita Cunningham

Club Rankings  
 Rank Mark Wind Convert/Rnd Name Age Date Meet



## 2010-11 Rankings

### Women Open 60m Sprint

1	7.69	-2.0	F	---	Jessica Knox	32	18/12/2010	Skins Meet
2	7.78	4.9	F	---	Dominica Jenkins	21	16/10/2010	Club Premiership R1 NARA
3	7.79	3.2	F	---	Samantha Hulme	16	30/10/2010	Club Premiership R3 BANK
4	7.85	4.9	F	---	Tracey Morton	19	16/10/2010	Club Premiership R1 NARA
5	7.91	+0.1	P	---	Karlie Morton	17	18/12/2010	Skins Meet
6	8.08	+1.9	F	---	Jacqualine Bezuidenhout	44	9/04/2011	NSW State Masters & U23 Champs
7	8.24	2.3	F	---	Maren Schuermann	25	16/10/2010	Club Premiership R1 NARA
8	8.46	+0.0	F	---	Rosemary Arnott	21	30/10/2010	Club Premiership R3 BANK
9	8.59	1.5	F	---	Alexandra Book	16	30/10/2010	Club Premiership R3 BANK
10	8.80	1.0	F	---	Danielle Cotterill	29	30/10/2010	Club Premiership R3 BANK
11	8.85	+3.2	F	---	Robyn Suttor	52	9/04/2011	NSW State Masters & U23 Champs
12	8.7h	NWI	8.94	F	Eliza Cepak	15	29/01/2011	Northern Zone R17
13	8.95	-1.5	F	---	Gabrielle Hendry	16	30/10/2010	Club Premiership R3 BANK
14	9.03	2.9	F	---	Kristy Lee Dingwall	16	30/10/2010	Club Premiership R3 BANK
15	8.9h	NWI	9.14	F	Janet Naylon	44	26/02/2011	Northern Zone R21
16	9.32	2.1	F	---	Anita Cunningham	42	30/10/2010	Club Premiership R3 BANK
17	9.1h	NWI	9.34	F	Jenny Schell	48	18/09/2010	Northern Zone R2
18	9.50	+1.0	F	---	Caroline Layt	45	21/04/2011	Australian Masters Championships
19	9.51	1.4	F	---	Suzanne Brown	45	16/10/2010	Club Premiership R1 NARA
20	9.4h	NWI	9.64	F	Sarah Culhane	46	18/09/2010	Northern Zone R2
21	10.3h	NWI	10.54	F	Melissa Jones	27	29/01/2011	Northern Zone R17
22	10.66	2.1	F	---	Jillian Senior	58	30/10/2010	Club Premiership R3 BANK
23*	11.1h	NWI	11.34	F	Glenys Whitehead	46	29/01/2011	Northern Zone R17
23*	11.1h	NWI	11.34	F	Margaret Thomas	54	26/02/2011	Northern Zone R21
25	11.7h	NWI	11.94	F	Dorothy Kass	57	13/11/2010	Northern Zone R9
26	12.61	1.0	F	---	Jennifer Ruzic	30	30/10/2010	Club Premiership R3 BANK
27	15.2h	NWI	15.44	F	Kerrie Jones	57	12/02/2011	Northern Zone R19

### Women Open 100m Sprint

1	11.89	+3.5	F	---	Jessica Knox	32	5/02/2011	Club Championships
2	12.27	+3.3	F	---	Briony Kanard	22	19/02/2011	Allcomers
3	12.33	+1.0	F	---	Samantha Hulme	26	6/12/2010	2010 Schools KO National Final
4	12.35	-1.3	P	---	Karlie Morton	18	15/04/2011	Australian Athletics Championships
5	12.45	-0.9	P	---	Tracey Morton	20	15/04/2011	Australian Athletics Championships
6	12.50	+1.3	F	---	Dominica Jenkins	21	11/12/2010	Club Premiership R7 SOPAC
7	12.62	+4.6	F	---	Jacqualine Bezuidenhout	44	19/02/2011	Allcomers
8	12.69	+0.4	F	---	Katrina Hunt	23	6/12/2010	2010 Schools KO National Final
9	12.72	-0.1	F	---	Madison Gipson	18	2/04/2011	Waratah Series
10	12.86	+3.5	F	---	Alexandra Bartholomew	16	11/12/2010	Club Premiership R7 SOPAC
11	12.95	+4.0	F	---	Phoebe Davies	17	5/02/2011	Club Championships
12	13.07	+1.6	F	---	Courtney Boyle	23	6/12/2010	2010 Schools KO National Final
13	13.10	+0.3	F	---	Maren Schuermann	25	11/12/2010	Club Premiership R7 SOPAC
14	13.15	-1.4	P	---	Gabriella O'Grady	13	7/10/2010	NSW Secondary Schools T&F
15	13.20	+0.5	F	---	Yvonne Lindsay	16	27/11/2010	Club Premiership R5 BLACK
16	13.40	-1.0	F	---	Bernalee Viljoen	15	6/11/2010	Club Premiership R4 BLACK
17	13.45	NWI	F	---	Grace Maher	16	4/12/2010	Club Premiership R6 BANK
18	13.51	-3.2	F	---	Rosemary Arnott	21	6/11/2010	Club Premiership R4 BLACK
19	13.58	+2.1	F	---	Elizabeth Clay	15	19/02/2011	Allcomers
20	13.69	NWI	F	---	Gabrielle Hendry	16	11/12/2010	Club Premiership R7 SOPAC
21	13.79	-0.4	F	---	Alexandra Book	16	27/01/2011	Allcomers
22	13.80	+1.0	F	---	Robyn Suttor	52	21/04/2011	Australian Masters Championships
23	13.91	-2.7	F	---	Phoebe Kershaw	28	6/12/2010	2010 Schools KO National Final
24	14.00	-1.8	P	---	Sarah Healey	12	11/02/2011	NSW Junior & Youth Champs
25	14.05	+1.9	F	---	Danielle Cotterill	29	27/11/2010	Club Premiership R5 BLACK
26	14.10	NWI	F	---	Marie Kay	50	3/07/2010	Oceania Masters Games
27	14.26	-0.4	F	---	Katie Healey	17	27/01/2011	Allcomers
28	14.46	+2.1	F	---	Kristy Lee Dingwall	17	19/02/2011	Allcomers
29	14.3h	NWI	14.54	F	Alexandra Gorman	12	5/02/2011	Northern Zone R18
30	14.66	+0.8	F	---	Anita Cunningham	42	27/11/2010	Club Premiership R5 BLACK
31	14.67	-1.2	F	---	Rebecca Gibbs	30	23/10/2010	Club Premiership R2 MING
32	14.85	+0.3	F	---	Janet Naylon	44	9/04/2011	NSW State Masters & U23 Champs
33	14.93	NWI	F	---	Sophia Nurse	15	27/01/2011	Allcomers

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
34	15.09	+1.5	F	---	Sarah Culhane	46	15/01/2011	Allcomers
35	15.15	+1.7	F	---	Christina Carr	19	15/01/2011	Allcomers
36	15.33	+2.6	F	---	Charlotte Wilson	18	27/11/2010	Club Premiership R5 BLACK
37	15.3h	NWI	15.54	F	Rochelle Sharpe	14	22/01/2011	Northern Zone R16
38	15.4h	NWI	15.64	F	Deborah Drennan	52	9/10/2010	Northern Zone R5
39	17.0h	NWI	17.24	F	Melissa Jones	27	19/03/2011	Northern Zone R23
40	18.05	+3.0	F	---	Jillian Senior	59	9/04/2011	NSW State Masters & U23 Champs
41	18.4h	NWI	18.64	F	Margaret Thomas	54	22/01/2011	Northern Zone R16
42	20.03	+0.3	F	---	Jennifer Ruzic	30	11/12/2010	Club Premiership R7 SOPAC
43	19.8h	NWI	20.04	F	Dorothy Kass	57	11/12/2010	Northern Zone R12
44	24.6h	NWI	24.84	F	Kerrie Jones	57	19/03/2011	Northern Zone R23
45	26.1h	NWI	26.34	F	Karen Jones	58	19/03/2011	Northern Zone R23
<b>Women Open 100y Sprint</b>								
1	11.35	+0.2	F	---	Jessica Knox	32	18/12/2010	Skins Meet
2	11.86	+0.2	F	---	Dominica Jenkins	21	18/12/2010	Skins Meet
<b>Women Open 200m Sprint</b>								
1	24.79	+2.1	F	---	Jessica Knox	32	8/01/2011	Allcomers
2	24.94	-1.6	P	---	Karlie Morton	18	15/04/2011	Australian Athletics Championships
3	25.11	-0.5	F	---	Tracey Morton	20	25/03/2011	NSW Track and Field Champs
4	25.19	+3.3	F	---	Dominica Jenkins	21	11/12/2010	Club Premiership R7 SOPAC
5	25.24	2.2	F	---	Briony Kanard	22	26/02/2011	Waratah Series 1
6	25.32	-0.4	F	---	Madison Gipson	18	10/03/2011	Australian Junior Champs
7	25.95	+4.0	F	---	Alexandra Bartholomew	16	11/12/2010	Club Premiership R7 SOPAC
8	26.01	1.8	F	---	Samantha Hulme	16	30/10/2010	Club Premiership R3 BANK
9	26.03	0.4	F	---	Phoebe Davies	17	26/02/2011	Waratah Series 1
10	26.18	2.2	F	---	Sianne Toemoe	21	26/02/2011	Waratah Series 1
11	26.24	-1.7	P	---	Gabriella O'Grady	13	4/12/2010	Australian All Schools Champs
12	26.44	+1.2	F	---	Jacqueline Bezuidenhout	44	21/04/2011	Australian Masters Championships
13	26.60	+0.8	F	---	Courtney Boyle	23	6/12/2010	2010 Schools KO National Final
14	26.61	5.3	F	---	Maren Schuermann	25	16/10/2010	Club Premiership R1 NARA
15	26.66	NWI	P	---	Libby Augustine	16	7/10/2010	NSW Secondary Schools T&F
16	26.69	2.7	F	---	Rosemary Arnott	21	30/10/2010	Club Premiership R3 BANK
17	27.10	2.9	F	---	Bernalee Viljoen	15	16/10/2010	Club Premiership R1 NARA
18	27.30	-2.8	P	---	Gabrielle Hendry	16	11/02/2011	NSW Junior & Youth Champs
19	27.33	+1.0	P	---	Emilie Nelson	15	7/10/2010	NSW Secondary Schools T&F
20	27.54	-3.9	P	---	Katrina Hunt	14	11/02/2011	NSW Junior & Youth Champs
21	27.60	+1.1	F	---	Yvonne Lindsay	16	27/11/2010	Club Premiership R5 BLACK
22	27.90	-2.5	F	---	Alexandra Book	16	3/02/2011	Allcomer and 5000m Champs
23	28.22	+1.6	M	---	Marie Kay	50	3/07/2010	Oceania Masters Games
24	29.34	3.1	F	---	Kristy Lee Dingwall	16	30/10/2010	Club Premiership R3 BANK
25	29.72	2.9	F	---	Jacinta Fisher	13	16/10/2010	Club Premiership R1 NARA
26	29.79	+1.1	P	---	Robyn Suttor	52	21/04/2011	Australian Masters Championships
27	29.6h	NWI	29.84	F	Rebecca Gibbs	30	13/11/2010	Northern Zone R9
28	30.04	2.0	F	---	Claudia White	14	30/10/2010	Club Premiership R3 BANK
29	29.9h	NWI	30.14	F	Eliza Cepak	15	29/01/2011	Northern Zone R17
30	30.20	+2.0	F	---	Anita Cunningham	42	27/11/2010	Club Premiership R5 BLACK
31	30.4h	NWI	30.64	F	Jenny Schell	48	18/09/2010	Northern Zone R2
32	30.97	2.5	F	---	Deborah Drennan	52	30/10/2010	Club Premiership R3 BANK
33	31.48	-4.2	F	---	Sophia Nurse	15	3/02/2011	Allcomer and 5000m Champs
34	31.54	3.0	F	---	Suzanne Brown	45	16/10/2010	Club Premiership R1 NARA
35	31.4h	NWI	31.64	F	Rochelle Sharpe	14	15/01/2011	Northern Zone R15
36	31.6h	NWI	31.84	F	Sarah Culhane	46	18/09/2010	Northern Zone R2
37	35.5h	NWI	35.74	F	Melissa Jones	27	26/02/2011	Northern Zone R21
38	37.62	2.5	F	---	Jillian Senior	58	30/10/2010	Club Premiership R3 BANK
39	39.2h	NWI	39.44	F	Margaret Thomas	54	26/02/2011	Northern Zone R21
40	39.8h	NWI	40.04	F	Glenys Whitehead	46	16/10/2010	Northern Zone R6
41	42.74	+2.4	F	---	Jennifer Ruzic	30	27/11/2010	Club Premiership R5 BLACK
<b>Women Open 400m Sprint</b>								
1	55.80		F	---	Sianne Toemoe	21	5/03/2011	Waratah Series 2
2	56.59		P	---	Phoebe Davies	17	10/03/2011	Australian Junior Champs
3	57.49		F	---	Tracey Morton	19	4/12/2010	Club Premiership R6 BANK
4	57.76		F	---	Dominica Jenkins	21	4/12/2010	Club Premiership R6 BANK
5	58.46		F	---	Libby Augustine	17	11/02/2011	NSW Junior & Youth Champs
6	58.64		F	---	Alexandra Bartholomew	16	18/12/2010	Skins Meet
7	59.65		F	---	Briony Kanard	22	4/12/2010	Club Premiership R6 BANK
8	1:00.17		F	---	Frances Schmiede	17	27/01/2011	Allcomers
9	1:00.47		F	---	Emilie Nelson	15	7/10/2010	NSW Secondary Schools T&F
10	1:00.92		F	---	Madison Gipson	18	5/02/2011	Club Championships
11	1:01.06		F	---	Karlie Morton	17	15/01/2011	Allcomers
12	1:01.25		F	---	Alexandra Gorman	12	10/03/2011	Australian Junior Champs
13	1:03.22		F	---	Rosemary Arnott	21	6/11/2010	Club Premiership R4 BLACK
14	1:03.32		P	---	Bernalee Viljoen	14	7/10/2010	NSW Secondary Schools T&F
15	1:03.44		F	---	Rebecca Gibbs	30	19/02/2011	Allcomers
16	1:04.40		F	---	Grace Maher	16	6/11/2010	Club Premiership R4 BLACK
17	1:04.56		F	---	Alexandra Book	17	5/02/2011	Club Championships
18	1:05.50		F	---	Marie Kay	50	3/07/2010	Oceania Masters Games
19	1:05.94		F	---	Jacqueline Bezuidenhout	44	6/11/2010	Club Premiership R4 BLACK

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
20	1:06.30		F ---		Claudia White	14	6/11/2010	Club Premiership R4 BLACK
21	1:06.50		F ---		Gabrielle Hendry	16	18/12/2010	Skins Meet
22	1:07.92		F ---		Isabella Pockl-Deen	14	18/12/2010	Skins Meet
23	1:08.03		F ---		Jenny Schell	48	15/01/2011	Allcomers
24	1:08.08		F ---		Emily Augustine	13	23/10/2010	Club Premiership R2 MING
25	1:08.81		F ---		Deborah Drennan	52	21/04/2011	Australian Masters Championships
26	1:09.53		F ---		Robyn Suttor	52	9/04/2011	NSW State Masters & U23 Champs
27	1:10.05		F ---		Laura Van den Honert	17	23/10/2010	Club Premiership R2 CAMP
28	1:10.34		F ---		Sophia Nurse	15	15/01/2011	Allcomers
29	1:11.23		F ---		Sarah Culhane	46	15/01/2011	Allcomers
30	1:11.39		F ---		Anita Cunningham	42	4/12/2010	Club Premiership R6 BANK
31	1:12.11		F ---		Jeanne Birouste	16	15/01/2011	Allcomers
32	1:13.60		F ---		Amelia Love	14	6/11/2010	Club Premiership R4 BLACK
4	1:19.4h		1:19.54 F		Melissa Jones	27	5/03/2011	Northern Zone R22
34	1:33.51		F ---		Jillian Senior	58	6/11/2010	Club Premiership R4 BLACK
35	1:36.0h		1:36.14 F		Margaret Thomas	54	9/10/2010	Northern Zone R5
36	1:42.0h		1:42.14 F		Dorothy Kass	57	25/09/2010	Northern Zone R3
<b>Women Open 800m Run</b>								
1	2:02.88		F ---		Sianne Toemoe	21	31/03/2011	Perth Track Classic
2	2:12.81		F ---		Frances Schmiede	17	11/12/2010	Club Premiership R7 SOPAC
3	2:14.77		P ---		Ruby Hackett	18	10/03/2011	Australian Junior Champs
4	2:15.56		F ---		Lara Nicod	25	26/02/2011	Waratah Series 1
5	2:24.52		F ---		Charlotte Wilson	18	27/11/2010	Club Premiership R5 BLACK
6	2:26.51		F ---		Rebecca Gibbs	30	27/11/2010	Club Premiership R5 BLACK
7	2:27.95		F ---		Alexandra Gorman	12	7/10/2010	NSW Secondary Schools T&F
8	2:28.07		F ---		Julia Cook	21	21/01/2011	Allcomers
9	2:32.57		F ---		Libby Augustine	17	16/10/2010	Club Premiership R1 NARA
10	2:34.01		F ---		Emily Augustine	13	16/10/2010	Club Premiership R1 NARA
11	2:35.63		F ---		Alexandra Book	16	11/12/2010	Club Premiership R7 SOPAC
12	2:35.92		F ---		Isabella Pockl-Deen	14	27/11/2010	Club Premiership R5 BLACK
13	2:36.10		F ---		Olivia Dooley	13	7/10/2010	NSW Secondary Schools TT&F
14	2:36.11		F ---		Claudia White	14	30/10/2010	Club Premiership R3 BANK
15	2:37.82		F ---		Gabrielle Sattout-Day	16	11/12/2010	Club Premiership R7 SOPAC
16	2:38.51		F ---		Laura Van den Honert	17	30/10/2010	Club Premiership R3 BANK
17	2:40.69		F ---		Deborah Drennan	52	9/04/2011	NSW State Masters & U23 Champs
18	2:48.72		F ---		Amelia Love	14	27/11/2010	Club Premiership R5 BLACK
19	2:51.35		F ---		Anita Cunningham	42	27/11/2010	Club Premiership R5 BLACK
20	2:52.47		M ---		Marie Kay	50	3/07/2010	Oceania Masters Games
21	2:52.7h		2:52.70 F		Claire Ingram	12	15/01/2011	Northern Zone R15
22	2:53.87		F ---		Robyn Suttor	51	3/07/2010	Oceania Masters Games
23	2:59.2h		2:59.20 F		Sarah Culhane	46	12/02/2011	Northern Zone R19
24	2:59.48		F ---		Suzanne Brown	45	16/10/2010	Club Premiership R1 NARA
25	3:00.1h		3:00.10 F		Jenny Schell	48	29/01/2011	Northern Zone R17
26	3:05.2h		3:05.20 F		Melissa Jones	27	26/02/2011	Northern Zone R21
27	3:41.5h		3:41.50 F		Margaret Thomas	54	12/02/2011	Northern Zone R19
28	3:52.4h		3:52.40 F		Jillian Senior	58	18/09/2010	Northern Zone R2
29	4:13.1h		4:13.10 F		Dorothy Kass	57	30/10/2010	Northern Zone R7
<b>Women Open 1500m Run</b>								
1	4:19.70		F ---		Lara Nicod	25	15/08/2010	Kessel Lo BEL
2	4:27.42		F ---		Sianne Toemoe	21	15/01/2011	Allcomers
3	4:28.82		F ---		Ruby Hackett	18	10/03/2011	Australian Junior Champs
4	4:40.04		F ---		Frances Schmiede	17	27/01/2011	Allcomers
5	4:46.68		F ---		Libby Augustine	17	10/03/2011	Australian Junior Champs
6	4:49.57		F ---		Emily Augustine	13	4/12/2010	Australian All Schools Champs
7	5:02.88		F ---		Charlotte Wilson	19	5/02/2011	Club Championships
8	5:16.96		F ---		Claudia White	14	4/12/2010	Club Premiership R6 BANK
9	5:18.29		F ---		Rebecca Gibbs	30	5/02/2011	Club Championships
10	5:19.57		F ---		Laura Van den Honert	17	23/10/2010	Club Premiership R2 CAMP
11	5:19.78		F ---		Grace Maher	16	7/10/2010	NSW Secondary Schools T&F
12	5:20.56		F ---		Isabella Pockl-Deen	24	6/12/2010	2010 Schools KO National Final
13	5:25.33		F ---		Olivia Dooley	13	7/10/2010	NSW Secondary Schools T&F
14	5:33.36		F ---		Lauren Briscoe	12	7/10/2010	NSW Secondary Schools T&F
15	5:37.52		F ---		Deborah Drennan	52	9/04/2011	NSW State Masters & U23 Champs
16	5:52.66		F ---		Amelia Love	14	6/11/2010	Club Premiership R4 BLACK
17	5:53.8h		5:53.80 F		Claire Ingram	12	22/01/2011	Northern Zone R16
18	6:06.64		F ---		Anita Cunningham	42	6/11/2010	Club Premiership R4 BLACK
19	7:48.7h		7:48.70 F		Margaret Thomas	54	23/10/2010	Northern Zone R7
20	8:02.0h		8:02.00 F		Nancy Lloyd	57	9/10/2010	Northern Zone R5
21	8:24.7h		8:24.70 F		Dorothy Kass	57	25/09/2010	Northern Zone R3
<b>Women Open 1 Mile Run</b>								
1	5:52.40		NWI F		Claudia White	14	18/12/2010	Skins Meet
2	6:03.83		NWI F		Gabrielle Sattout-Day	16	18/12/2010	Skins Meet
<b>Women Open 3000m Run</b>								
1	10:12.67		F ---		Frances Schmiede	17	13/11/2010	NSW 3000m Track Champs
2	10:15.30		F ---		Libby Augustine	17	10/03/2011	Australian Junior Champs
3	10:31.05		F ---		Emily Augustine	13	13/11/2010	NSW 3000m Track Champs
4	10:52.67		F ---		Charlotte Wilson	18	21/01/2011	Allcomers

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
5	11:41.22		F ---		Lauren Briscoe	12	7/10/2010	NSW Secondary Schools T&F
6	11:53.10		F ---		Claudia White	14	11/02/2011	NSW Junior & Youth Champs
7	12:45.17		F ---		Amelia Love	14	7/10/2010	NSW Secondary Schools T&F
8	12:45.6h		12:45.6 F		Deborah Drennan	52	2/10/2010	Northern Zone R4
9	14:23.8h		14:23.8 F		Jenny Schell	48	18/09/2010	Northern Zone R2
10	16:46.0h		16:46.0 F		Nancy Lloyd	57	12/02/2011	Northern Zone R19
11	19:21.7h		19:21.7 F		Dorothy Kass	57	4/12/2010	Northern Zone R11
<b>Women Open 5000m Run</b>								
1	22:35.79		F ---		Deborah Drennan	52	11/12/2010	Club Premiership R7 SOPAC
<b>Women Open 1500m Walk</b>								
1	9:40.3h		9:40.30 F		Nancy Lloyd	57	12/02/2011	Northern Zone R19
2	12:11.3h		12:11.3 F		Dorothy Kass	57	4/12/2010	Northern Zone R11
<b>Women Open 3000m Walk</b>								
1	20:28.3h		20:28.3 F		Nancy Lloyd	57	9/10/2010	Northern Zone R5
2	24:37.7h		24:37.7 F		Dorothy Kass	57	27/11/2010	Northern Zone R10
<b>Women Open 5000m Walk</b>								
1	32:59.45		F ---		Nancy Lloyd	57	21/04/2011	Australian Masters Championships
2	35:11.59		F ---		Suzanne Brown	45	9/04/2011	NSW State Masters & U23 Champs
<b>Women Open 1500m Run CC</b>								
1	6:29.00		F ---		Molly Quoyle	9	17/07/2010	NSW Short Course Cross Country
<b>Women Open 2000m Run CC</b>								
1	7:31.00		F ---		Emily Augustine	12	29/05/2010	Athletics NSW Cross Country Relays
2	7:34.00		F ---		Olivia Dooley	13	29/05/2010	Athletics NSW Cross Country Relays
3	7:40.00		F ---		Lauren Briscoe	12	29/05/2010	Athletics NSW Cross Country Relays
4	7:55.00		F ---		Raukura Doyle	11	29/05/2010	Athletics NSW Cross Country Relays
<b>Women Open 2000m Run RR</b>								
1	6:57.00		F ---		Emily Augustine	12	10/07/2010	ANSW Road Relays
2	7:37.00		F ---		Raukura Doyle	11	10/07/2010	ANSW Road Relays
3	7:48.00		F ---		Molly Quoyle	9	10/07/2010	ANSW Road Relays
4	7:57.00		F ---		Lauren Briscoe	12	10/07/2010	ANSW Road Relays
<b>Women Open 2500m Run CC</b>								
1	9:18.00		F ---		Frances Schmiede	17	17/07/2010	NSW Short Course Cross Country
2	9:22.00		F ---		Emily Augustine	12	17/07/2010	NSW Short Course Cross Country
3	9:59.00		F ---		Lauren Briscoe	12	17/07/2010	NSW Short Course Cross Country
4	10:12.00		F ---		Olivia Dooley	13	17/07/2010	NSW Short Course Cross Country
5	10:36.00		F ---		Libby Augustine	16	17/07/2010	NSW Short Course Cross Country
6	10:37.00		F ---		Raukura Doyle	11	17/07/2010	NSW Short Course Cross Country
7	10:55.00		F ---		Claudia White	13	17/07/2010	NSW Short Course Cross Country
<b>Women Open 2500m Run RR</b>								
1	11:07.00		F ---		Emily Augustine	12	1/05/2010	Athletics NSW 10km Road Champs
2	11:37.00		F ---		Lauren Briscoe	12	1/05/2010	Athletics NSW 10km Road Champs
<b>Women Open 3000m Run CC</b>								
1	10:35.80		F ---		Olivia Dooley	13	17/06/2010	NSWCIS Cross Country
2	10:36.67		F ---		Emily Augustine	12	17/06/2010	NSWCIS Cross Country
3	11:51.00		F ---		Lauren Briscoe	12	19/06/2010	Athletics NSW Cross Country Champs
4	12:02.00		F ---		Kate Hobbs	15	29/05/2010	Athletics NSW Cross Country Relays
5	12:56.00		F ---		Amelia Love	13	29/05/2010	Athletics NSW Cross Country Relays
6	13:01.00		F ---		Alexandra Bartholomew	15	29/05/2010	Athletics NSW Cross Country Relays
7	15:31.00		F ---		Claudia White	13	29/05/2010	Athletics NSW Cross Country Relays
<b>Women Open 4000m Run CC</b>								
1	13:33.67		F ---		Frances Schmiede	17	17/06/2010	NSWCIS Cross Country
2	13:38.00		F ---		Eliza Stewart	23	29/05/2010	Athletics NSW Cross Country Relays
3	14:15.00		F ---		Lucy Starrat	22	29/05/2010	Athletics NSW Cross Country Relays
4	14:47.00		F ---		Ruby Hackett	18	29/05/2010	Athletics NSW Cross Country Relays
5	15:27.31		F ---		Holly Cormack	15	17/06/2010	NSWCIS Cross Country
6	15:42.00		F ---		Emily Augustine	12	24/04/2010	Athletics NSW Novice Champs
7	15:44.00		F ---		Philippa Boss	27	24/04/2010	Athletics NSW Novice Champs
8	16:06.00		F ---		Kate Hobbs	14	24/04/2010	Athletics NSW Novice Champs
9	16:26.00		F ---		Lauren Briscoe	12	24/04/2010	Athletics NSW Novice Champs
10	17:13.00		F ---		Libby Augustine	16	29/05/2010	Athletics NSW Cross Country Relays
11	17:53.00		F ---		Jane Godbold	52	24/04/2010	Athletics NSW Novice Champs
12	17:56.00		F ---		Kate Perrin	27	29/05/2010	Athletics NSW Cross Country Relays
13	17:57.00		F ---		Deborah Drennan	52	29/05/2010	Athletics NSW Cross Country Relays
14	17:59.00		F ---		Eliza Dulson	22	29/05/2010	Athletics NSW Cross Country Relays
15	18:11.00		F ---		Anita Cunningham	42	29/05/2010	Athletics NSW Cross Country Relays
16	21:36.00		F ---		Susan Rilen	52	29/05/2010	Athletics NSW Cross Country Relays
17	22:23.00		F ---		Suzanne Kemp	51	29/05/2010	Athletics NSW Cross Country Relays
18	27:42.00		F ---		Dorothy Kass	56	29/05/2010	Athletics NSW Cross Country Relays
<b>Women Open 4000m Run RR</b>								
1	14:16.00		F ---		Frances Schmiede	17	10/07/2010	ANSW Road Relays
2	15:14.00		F ---		Ruby Hackett	18	10/07/2010	ANSW Road Relays
3	17:07.00		F ---		Libby Augustine	16	10/07/2010	ANSW Road Relays
4	17:16.00		F ---		Deborah Drennan	52	10/07/2010	ANSW Road Relays
5	17:17.00		F ---		Jane Godbold	52	10/07/2010	ANSW Road Relays
6	20:17.00		F ---		Susan Rilen	53	10/07/2010	ANSW Road Relays
7	21:46.00		F ---		Suzanne Kemp	51	10/07/2010	ANSW Road Relays

Rank	Mark	Wind	Convert/Rnd		Club rRankings Name	Age	Date	Meet
<b>Women Open 5000m Run CC</b>								
1	18:23.00		F	---	Eliza Stewart	23	17/07/2010	NSW Short Course Cross Country
2	19:37.00		F	---	Ruby Hackett	18	17/07/2010	NSW Short Course Cross Country
3	19:56.00		F	---	Abigial Regan	19	17/07/2010	NSW Short Course Cross Country
4	23:48.00		F	---	Deborah Drennan	52	17/07/2010	NSW Short Course Cross Country
<b>Women Open 5000m Run RR</b>								
1	21:39.00		F	---	Libby Augustine	16	1/05/2010	Athletics NSW 10km Road Champs
<b>Women Open 6000m Run CC</b>								
1	22:59.00		F	---	Ruby Hackett	18	19/06/2010	Athletics NSW Cross CountryChamps
<b>Women Open 8000m Run CC</b>								
1	30:47.00		F	---	Eliza Stewart	23	19/06/2010	Athletics NSW Cross CountryChamps
2	42:27.00		F	---	Jane Godbold	52	19/06/2010	Athletics NSW Cross CountryChamps
<b>Women Open 10000m Run RR</b>								
1	42:04.00		F	---	Rebecca Gibbs	29	1/05/2010	Athletics NSW 10km Road Champs
2	47:05.00		F	---	Evelyn Goessler	39	1/05/2010	Athletics NSW 10km Road Champs
3	55:14.00		F	---	Suzanne Kemp	51	1/05/2010	Athletics NSW 10km Road Champs
4	55:27.00		F	---	Susan Rilen	52	1/05/2010	Athletics NSW 10km Road Champs
5	1:00:12.0		F	---	Nancy Lloyd	56	1/05/2010	Athletics NSW 10km Road Champs
<b>Women Open 5000m Walk RR</b>								
1	31:03.00		F	---	Suzanne Brown	44	27/06/2010	NSW Short Walks Champs
<b>Women Open 10000m Walk RR</b>								
1	1:13.53		F	---	Nancy Lloyd	57	21/04/2011	Australian Masters Championships
<b>Women Open 80m Hurdles 0.762m</b>								
1	13.11	+1.0		P	Gabriella O'Grady	13	7/10/2010	NSW Secondary Schools T&F
2	13.13	+1.8		M	Marie Kay	50	3/07/2010	Oceania Masters Games
3	13.39	NWI		F	Elizabeth Osborn	13	7/10/2010	NSW Secondary Schools T&F
4	14.00	-1.9		F	Jacqualine Bezuidenhout	44	23/10/2010	Club Premiership R2 CAMP
5	18.45	+3.8		F	Anita Cunningham	42	11/12/2010	Club Premiership R7 SOPAC
<b>Women Open 90m Hurdles 0.762m</b>								
1	12.86	+2.7		F	Elizabeth Clay	15	4/12/2010	Australian All Schools Champs
2	13.29	+1.0		F	Katrina Hunt	14	10/03/2011	Australian Junior Champs
3	13.91	+1.3		P	Gabriella O'Grady	14	10/03/2011	Australian Junior Champs
<b>Women Open 100m Hurdles 0.762m</b>								
1	14.40	-1.5		F	Madison Gipson	18	2/04/2011	Waratah Series
2	14.70	+1.9		F	Elizabeth Clay	15	19/02/2011	Allcomers
3	15.95	+3.7		F	Yvonne Lindsay	16	27/11/2010	Club Premiership R5 BLACK
4	16.11	-0.5		F	Alexandra Bartholomew	15	7/10/2010	NSW Secondary Schools T&F
<b>Women Open 100m Hurdles 0.840m</b>								
1	15.23	NWI		F	Rosemary Arnott	21	6/11/2010	Club Premiership R4 BLACK
2	16.53	+0.4		F	Alexandra Bartholomew	25	6/12/2010	2010 Schools KO National Final
3	18.02	+2.3		F	Danielle Cotterill	29	11/12/2010	Club Premiership R7 SOPAC
<b>Women Open 200m Hurdles 0.762m</b>								
1	29.53	-0.2		F	Gabriella O'Grady	14	10/03/2011	Australian Junior Champs
2	29.80	-0.1		F	Elizabeth Clay	15	4/12/2010	Australian All Schools Champs
3	31.37	+4.4		F	Rosemary Arnott	22	5/02/2011	Club Championships
4	31.38	+2.3		F	Alexandra Bartholomew	16	5/02/2011	Club Championships
5	31.61	-1.6		P	Courtney Boyle	14	10/03/2011	Australian Junior Champs
6	32.39	-1.2		F	Bernalee Viljoen	14	7/10/2010	NSW Secondary Schools T&F
7	32.55	+2.3		F	Alexandra Book	17	5/02/2011	Club Championships
<b>Women Open 400m Hurdles 0.762m</b>								
1	1:03.90		F	---	Alexandra Bartholomew	15	7/10/2010	NSW Secondary Schools T&F
2	1:10.84		F	---	Christina McPhee	18	7/10/2010	NSW Secondary Schools T&F
3	1:10.85		P	---	Alexandra Book	16	11/02/2011	NSW Junior & Youth Champs
4	1:16.51		F	---	Kate Hobbs	15	10/03/2011	Australian Junior Champs
<b>Women Open 2000m StplCh 0.762m</b>								
1	7:27.85		F	---	Charlotte Wilson	18	15/01/2011	Allcomers
2	7:50.61		F	---	Mary Fien	38	6/11/2010	Club Premiership R4 CAMP
3	8:14.79		F	---	Laura Van den Honert	17	4/12/2010	Club Premiership R6 BANK
4	8:21.08		F	---	Kate Hobbs	15	10/03/2011	Australian Junior Champs
5	8:24.24		F	---	Amelia Love	14	4/12/2010	Club Premiership R6 BANK
6	8:40.97		F	---	Grace Maher	16	7/10/2010	NSW Secondary Schools T&F
<b>Women Open 3000m StplCh 0.762m</b>								
1	10:28.03		F	---	Lara Nicod	25	8/08/2010	Ninov BEL
2	11:15.09		F	---	Charlotte Wilson	19	11/02/2011	NSW Junior & Youth Champs
3	12:50.4h	12:50.4	F	---	Laura Van den Honert	17	5/03/2011	Waratah Series 2
<b>Women Open High Jump</b>								
1	1.66m		F	---	Daisy Ding	25	6/12/2010	2010 Schools KO National Final
2	1.65m		F	---	Danielle Cotterill	29	27/11/2010	Club Premiership R5 BLACK
3	1.60m		F	---	Rosemary Arnott	21	21/11/2010	NSW State Relays
4	1.59m		F	---	Alana Macrow-Cain	15	11/02/2011	NSW Junior & Youth Champs
5*	1.55m		F	---	Stephanie Hunt	17	11/02/2011	NSW Junior & Youth Champs
5*	1.55m		F	---	Hannah Ascroft	18	7/10/2010	NSW Secondary Schools T&F
7	1.48m		M	---	Marie Kay	50	3/07/2010	Oceania Masters Games
8*	1.45m		F	---	Eleanor Agnew	16	11/02/2011	NSW Junior & Youth Champs
8*	1.45m		F	---	Sarah Healey	11	21/11/2010	NSW State Relays
8*	1.45m		F	---	Katie Healey	17	3/02/2011	Allcomer and 5000m Champs
11	1.40m		F	---	Gabrielle Hendry	16	21/11/2010	NSW State Relays

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
12	1.35m		F ---		Jacqualine Bezuidenhout	44	27/11/2010	Club Premiership R5 BLACK
13	1.30m		F ---		Eliza Cepak	15	21/11/2010	NSW State Relays
14	1.20m		F ---		Anita Cunningham	42	27/11/2010	Club Premiership R5 BLACK
15	1.10m		F ---		Jillian Senior	59	9/04/2011	NSW State Masters & U23 Champs
<b>Women Open Half Marthn</b>								
1	2:14:22		F ---		Nancy Lloyd	56	19/09/2010	Sydney Half Marathon
<b>Women Open Marathon</b>								
1	5:19:35		F ---		Nancy Lloyd	56	17/10/2010	Detroit Marathon
<b>Women Open Pole Vault</b>								
1	3.10m		F ---		Amy Moulden	21	19/02/2011	Allcomers
2	2.60m		F ---		Emma Nash	14	11/02/2011	NSW Junior & Youth Champs
3	1.90m		F ---		Alexandra Bartholomew	15	7/10/2010	NSW Secondary Schools T&F
<b>Women Open Long Jump</b>								
1	5.70m		+2.1 F		Maren Schuermann	26	2/04/2011	Waratah Series
2	5.48m		+1.9 F		Phoebe Kershaw	28	6/12/2010	2010 Schools KO National Final
3	5.04m		+0.5 F		Gabrielle Hendry	26	6/12/2010	2010 Schools KO National Final
4	4.94m		NWI F		Sarah Healey	11	29/11/2010	School Sport Australia
5	4.89m		-0.1 F		Daisy Ding	15	21/11/2010	NSW State Relays
6	4.77m		-1.5 F		Danielle Cotterill	29	11/12/2010	Club Premiership R7 SOPAC
7	4.75m		+2.2 F		Christina McPhee	18	7/10/2010	NSW Secondary Schools T&F
8	4.69m		-0.4 M		Marie Kay	50	3/07/2010	Oceania Masters Games
9	4.63m		+1.1 F		Katrina Hunt	13	7/10/2010	NSW Secondary Schools T&F
10	4.60m		-1.3 F		Jacqualine Bezuidenhout	44	9/04/2011	NSW State Masters & U23 Champs
11*	4.41m		NWI F		Rosemary Arnott	22	5/02/2011	Club Championships
11*	4.41m		NWI F		Elizabeth Clay	15	5/02/2011	Club Championships
13	4.19m		F ---		Eliza Cepak	15	23/10/2010	Club Premiership R2 CAMP
14	4.01m		F ---		Rochelle Sharpe	14	8/01/2011	Northern Zone R14
15	3.75m		NWI F		Anita Cunningham	42	6/11/2010	Club Premiership R4 BLACK
16	3.32m		F ---		Jillian Senior	58	25/09/2010	Northern Zone R3
17	3.18m		F ---		Sarah Culhane	46	5/03/2011	Northern Zone R22
18	3.07m		F ---		Melissa Jones	27	5/03/2011	Northern Zone R22
19	2.85m		F ---		Glenys Whitehead	46	11/12/2010	Northern Zone R12
20	2.25m		F ---		Kerrie Jones	57	5/03/2011	Northern Zone R22
21	1.55m		NWI F		Stephanie Hunt	17	10/03/2011	Australian Junior Champs
22	1.52m		F ---		Karen Jones	58	19/03/2011	Northern Zone R23
<b>Women Open Triple Jump</b>								
1	11.61m		-0.3 F		Phoebe Kershaw	18	7/10/2010	NSW Secondary Schools T&F
2	11.05m		-0.5 F		Stephanie Hunt	17	11/02/2011	NSW Junior & Youth Champs
3	10.94m		-0.2 F		Daisy Ding	15	11/02/2011	NSW Junior & Youth Champs
4	10.57m		+3.2 F		Eleanor Agnew	16	10/03/2011	Australian Junior Champs
5	9.84m		F ---		Danielle Cotterill	29	30/10/2010	Club Premiership R3 BANK
6	9.81m		-1.7 F		Gabrielle Hendry	16	11/02/2011	NSW Junior & Youth Champs
7	8.89m		+1.6 F		Rochelle Sharpe	14	4/12/2010	Club Premiership R6 BANK
8	7.93m		F ---		Eliza Cepak	15	29/01/2011	Northern Zone R17
9	7.78m		F ---		Anita Cunningham	42	30/10/2010	Club Premiership R3 BANK
10	7.51m		F ---		Sarah Culhane	46	18/09/2010	Northern Zone R2
11	7.18m		F ---		Jillian Senior	58	4/12/2010	Northern Zone R11
12	7.06m		F ---		Melissa Jones	27	12/02/2011	Northern Zone R19
13	6.25m		F ---		Glenys Whitehead	46	18/09/2010	Northern Zone R2
<b>Women Open Shot Put 3.0Kg</b>								
1	11.19m		M ---		Marie Kay	50	3/07/2010	Oceania Masters Games
2	7.77m		F ---		Jillian Senior	58	6/11/2010	Club Premiership R4 BLACK
3	7.22m		F ---		Robyn Suttor	51	30/10/2010	Club Premiership R3 BANK
4	7.19m		F ---		Kerrie Jones	57	9/04/2011	NSW State Masters & U23 Champs
5	6.53m		F ---		Karen Jones	58	9/10/2010	Northern Zone R5
6	5.79m		F ---		Margaret Thomas	54	5/02/2011	Northern Zone R18
7	5.23m		F ---		Dorothy Kass	57	30/10/2010	Northern Zone R7
<b>Women Open Shot Put 4.0Kg</b>								
1	11.68m		F ---		Kristy Lee Dingwall	16	7/10/2010	NSW Secondary Schools T&F
2	10.18m		F ---		Eliza Cepak	15	30/10/2010	Club Premiership R3 WOLL
3	9.80m		F ---		Caroline Layt	45	6/11/2010	Club Premiership R4 BLACK
4	9.13m		F ---		Danielle Cotterill	29	18/09/2010	Northern Zone R2
5	8.40m		F ---		Glenys Whitehead	46	29/01/2011	Northern Zone R17
6	8.10m		F ---		Rochelle Sharpe	14	8/01/2011	Northern Zone R14
7	8.08m		F ---		Christina Grun	27	6/12/2010	2010 Schools KO National Final
8	7.66m		F ---		Suzanne Brown	45	16/10/2010	Club Premiership R1 NARA
9	7.17m		F ---		Janet Naylon	44	21/11/2010	NSW State Relays
10	6.94m		F ---		Melissa Jones	27	23/10/2010	Northern Zone R7
11*	6.91m		F ---		Kerrie Jones	57	25/09/2010	Northern Zone R3
11*	6.91m		F ---		Jacqualine Bezuidenhout	44	30/10/2010	Club Premiership R3 BANK
13	6.64m		F ---		Anita Cunningham	42	11/09/2010	Northern Zone R1
14	6.56m		F ---		Jillian Senior	58	25/09/2010	Northern Zone R3
15	6.32m		F ---		Sarah Culhane	46	25/09/2010	Northern Zone R3
16	6.07m		F ---		Mary Fien	38	21/11/2010	NSW State Relays
17	5.57m		F ---		Karen Jones	58	25/09/2010	Northern Zone R3

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
<b>Women Open Discus 1.0Kg</b>								
1	39.54m		F	---	Eliza Cepak	15	29/01/2011	Northern Zone R17
2	36.31m		F	---	Kristy Lee Dingwall	16	7/10/2010	NSW Secondary Schools T&F
3	35.31m		F	---	Claudia Steiner	16	7/10/2010	NSW Secondary Schools T&F
4	29.91m		F	---	Caroline Layt	45	15/01/2011	Allcomers
5	27.64m		F	---	Christina Grun	17	21/11/2010	NSW State Relays
6	27.01m		F	---	Rochelle Sharpe	14	7/10/2010	NSW Secondary Schools T&F
7	26.59m		F	---	Glenys Whitehead	46	9/04/2011	NSW State Masters & U23 Champs
8	25.40m		F	---	Lucina Martin	15	11/02/2011	NSW Junior & Youth Champs
9	21.43m		F	---	Melissa Jones	27	13/11/2010	Northern Zone R9
10	20.97m		F	---	Danielle Cotterill	29	18/09/2010	Northern Zone R2
11	19.46m		F	---	Jenny Schell	48	18/09/2010	Northern Zone R2
12	19.11m		F	---	Janet Naylon	44	11/12/2010	Club Premiership R7 SOPAC
13	19.08m		F	---	Kerrie Jones	57	4/12/2010	Northern Zone R11
14	18.83m		F	---	Margaret Thomas	54	18/09/2010	Northern Zone R2
15	17.80m		F	---	Sarah Culhane	46	18/09/2010	Northern Zone R2
16	17.41m		F	---	Anita Cunningham	42	11/12/2010	Club Premiership R7 SOPAC
17	16.49m		F	---	Jacqueline Bezuidenhout	44	11/12/2010	Club Premiership R7 SOPAC
18	15.86m		F	---	Karen Jones	58	2/10/2010	Northern Zone R4
19	15.70m		F	---	Deborah Drennan	52	15/01/2011	Northern Zone R15
20	15.59m		F	---	Jillian Senior	58	4/12/2010	Northern Zone R11
21	12.81m		F	---	Dorothy Kass	57	4/12/2010	Northern Zone R11
<b>Women Open Hammer 3.0Kg</b>								
1	24.12m		F	---	Kerrie Jones	57	11/09/2010	Northern Zone R1
2	22.79m		F	---	Jillian Senior	58	8/01/2011	Northern Zone R14
3	20.53m		F	---	Karen Jones	58	22/01/2011	Northern Zone R16
4	19.10m		F	---	Margaret Thomas	54	22/01/2011	Northern Zone R16
<b>Women Open Hammer 4.0Kg</b>								
1	33.54m		F	---	Caroline Layt	45	19/02/2011	Allcomers
2	33.11m		F	---	Glenys Whitehead	46	21/04/2011	Australian Masters Championships
3	32.98m		F	---	Eliza Cepak	15	10/03/2011	Australian Junior Champs
4	27.40m		F	---	Melissa Jones	27	25/09/2010	Northern Zone R3
5	16.39m		F	---	Anita Cunningham	42	9/10/2010	Northern Zone R5
6	14.92m		F	---	Rochelle Sharpe	14	25/09/2010	Northern Zone R3
7	12.00m		F	---	Sarah Culhane	46	25/09/2010	Northern Zone R3
<b>Women Open Javelin 500g</b>								
1	30.33m		M	---	Marie Kay	50	3/07/2010	Oceania Masters Games
2	16.10m		F	---	Kerrie Jones	57	27/11/2010	Northern Zone R10
3	14.59m		F	---	Margaret Thomas	54	25/09/2010	Northern Zone R3
4	14.51m		F	---	Jillian Senior	58	27/11/2010	Northern Zone R10
5	10.03m		F	---	Karen Jones	58	9/10/2010	Northern Zone R5
<b>Women Open Javelin 600g</b>								
1	41.76m		F	---	Mackenzie Little	15	11/02/2011	NSW Junior & Youth Champs
2	36.45m		F	---	Christina Grun	17	7/10/2010	NSW Secondary Schools T&F
3	35.36m		F	---	Lucina Martin	15	10/03/2011	Australian Junior Champs
4	34.07m		F	---	Eliza Cepak	15	30/10/2010	Club Premiership R3 WOLL
5	32.73m		F	---	Ashleigh Knight	19	11/09/2010	Northern Zone R1
6	30.61m		F	---	Kristy Lee Dingwall	26	6/12/2010	2010 Schools KO National Final
7	29.29m		F	---	Danielle Cotterill	29	27/11/2010	Club Premiership R5 BLACK
8	26.67m		F	---	Rochelle Sharpe	14	25/09/2010	Northern Zone R3
9	24.47m		F	---	Glenys Whitehead	46	21/04/2011	Australian Masters Championships
10	18.06m		F	---	Suzanne Brown	45	16/10/2010	Club Premiership R1 NARA
11	17.76m		F	---	Jacqueline Bezuidenhout	44	11/12/2010	Club Premiership R7 SOPAC
12	16.74m		F	---	Melissa Jones	27	25/09/2010	Northern Zone R3
13	16.04m		F	---	Caroline Layt	45	21/04/2011	Australian Masters Championships
14	14.15m		F	---	Anita Cunningham	42	25/09/2010	Northern Zone R3
15	13.05m		F	---	Sarah Culhane	46	25/09/2010	Northern Zone R3
<b>Women Open Wght Thr 7.26Kg</b>								
1	8.66m		F	---	Kerrie Jones	57	9/04/2011	NSW State Masters & U23 Champs
2	7.84m		M	---	Jillian Senior	59	27/02/2011	NSW Masters Throws Pent Champs
3	6.11m		F	---	Karen Jones	58	26/02/2011	Northern Zone R21
<b>Women Open Wght Thr 9.08Kg</b>								
1	11.31m		F	---	Caroline Layt	45	21/04/2011	Australian Masters Championships
2	10.85m		F	---	Glenys Whitehead	46	21/04/2011	Australian Masters Championships
3	9.28m		F	---	Eliza Cepak	15	29/01/2011	Northern Zone R17
4	6.86m		F	---	Melissa Jones	27	18/09/2010	Northern Zone R2
5	6.62m		F	---	Danielle Cotterill	29	18/09/2010	Northern Zone R2
6	5.76m		F	---	Anita Cunningham	42	18/09/2010	Northern Zone R2
7	5.68m		F	---	Sarah Culhane	46	18/09/2010	Northern Zone R2
<b>Women Open Heptathlon</b>								
1	5832		F	---	Marie Kay	50	3/07/2010	Oceania Masters Games
<b>Women Open Throws Pent</b>								
1	2015		F	---	Kerrie Jones	57	27/02/2011	NSW Masters Throws Pent Champs
2	1945		F	---	Jillian Senior	59	27/02/2011	NSW Masters Throws Pent Champs
3	1508		F	---	Karen Jones	58	27/02/2011	NSW Masters Throws Pent Champs

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
<b>Women Open Wght Pent</b>								
1	2883		F	---	Glenys Whitehead	46	21/04/2011	Australian Masters Championships
2	2739		F	---	Caroline Layt	45	21/04/2011	Australian Masters Championships
<b>Men Open 60m Sprint</b>								
1	6.99	6.0	F	---	Joshua Clarke	15	16/10/2010	Club Premiership R1 NARA
2	7.19	1.8	F	---	Alexander Northam	17	30/10/2010	Club Premiership R3 BANK
3	7.25	2.1	F	---	William Owen	17	30/10/2010	Club Premiership R3 BANK
4	7.32	+3.0	F	---	Sheldon Cummins	40	9/04/2011	NSW State Masters & U23 Champs
5*	7.49	+0.0	F	---	Thomas Slood	18	16/10/2010	Club Premiership R1 NARA
5*	7.49	1.8	F	---	Michael Scott	23	16/10/2010	Club Premiership R1 NARA
7	7.51	6.0	F	---	Philip Biggins	14	16/10/2010	Club Premiership R1 NARA
8	7.3h	NWI	7.54	F	Morgan Harris-Bushell	21	30/10/2010	Northern Zone R7
9	7.61	1.8	F	---	Oliver Holland	21	16/10/2010	Club Premiership R1 NARA
10	7.4h	NWI	7.64	F	Daniel Spiric	33	30/10/2010	Northern Zone R7
11	7.65	+0.0	F	---	Chris Pittman	31	16/10/2010	Club Premiership R1 NARA
12	7.72	5.8	F	---	Antony Guest	45	16/10/2010	Club Premiership R1 NARA
13	7.81	3.2	F	---	Myalls Paterson	17	16/10/2010	Club Premiership R1 NARA
14	7.89	1.8	F	---	Alex To	30	16/10/2010	Club Premiership R1 NARA
15	7.93	2.1	F	---	Matthew Rutledge	16	30/10/2010	Club Premiership R3 BANK
16	7.99	+2.1	F	---	Anthony Crimi	49	18/12/2010	Skins Meet
17	8.08	3.2	F	---	William Austin-Cray	17	16/10/2010	Club Premiership R1 NARA
18	8.09	5.0	F	---	Tim McGrath	48	16/10/2010	Club Premiership R1 NARA
19	8.13	-0.6	F	---	Declan Bryant	16	18/12/2010	Skins Meet
20*	8.22	+3.0	F	---	Adam Parsonage	44	9/04/2011	NSW State Masters & U23 Champs
20*	8.22	+2.1	F	---	David Smith	56	9/04/2011	NSW State Masters & U23 Champs
22	8.32	+2.0	F	---	Paul McCoy	55	9/04/2011	NSW State Masters & U23 Champs
23	8.35	2.2	F	---	Chris Norris	51	30/10/2010	Club Premiership R3 BANK
24	8.3h	NWI	8.54	F	Michael Stark	28	29/01/2011	Northern Zone R17
25	8.56	-2.5	F	---	Jeff Sagar	56	9/04/2011	NSW State Masters & U23 Champs
26	8.4h	NWI	8.64	F	Robert Stepanovich	55	26/02/2011	Northern Zone R21
27	9.01	NWI	F	---	David Chantrill	72	9/04/2011	NSW State Masters & U23 Champs
28*	8.8h	NWI	9.04	F	Zoran Novicic	50	26/02/2011	Northern Zone R21
28*	8.8h	NWI	9.04	F	Andy West	43	29/01/2011	Northern Zone R17
30	8.9h	NWI	9.14	F	Mark Cepak	51	29/01/2011	Northern Zone R17
31	9.19	6.0	F	---	Tristan Paterson	16	16/10/2010	Club Premiership R1 NARA
32	9.22	3.2	F	---	Ronald Bendall	58	30/10/2010	Club Premiership R3 WOLL
33	9.0h	NWI	9.24	F	Nicholas Bastas	72	4/12/2010	Northern Zone R11
35	9.4h	NWI	9.64	F	Hugh Colburn	64	26/02/2011	Northern Zone R21
36	9.5h	NWI	9.74	F	Warren Jones	30	2/10/2010	Northern Zone R4
37*	9.85	2.2	F	---	Doug Barrett	58	30/10/2010	Club Premiership R3 BANK
37*	9.85	2.2	F	---	Stuart Paterson	54	30/10/2010	Club Premiership R3 BANK
39	10.1h	NWI	10.34	F	Charles Hobden	74	29/01/2011	Northern Zone R17
40	10.3h	NWI	10.54	F	Gregory Duggan	52	16/10/2010	Northern Zone R6
41	10.78	+1.2	F	---	Brian Hamilton	72	21/04/2011	Australian Masters Championships
42	11.6h	NWI	11.84	F	Ronald Shoemsmith	63	13/11/2010	Northern Zone R9
<b>Men Open 100m Sprint</b>								
1	10.72	+0.1	F	---	Joshua Clarke	15	4/12/2010	Australian All Schools Champs
2	11.14	-0.4	F	---	Evan O'Hanlon	22	22/01/2011	IPC Athletics World Champs
3	11.32	+0.5	P	---	William Owen	17	7/10/2010	NSW Secondary Schools T&F
4	11.43	NWI	F	---	Alexander Northam	17	4/12/2010	Club Premiership R6 BANK
5	11.44	+1.3	F	---	Sheldon Cummins	40	9/04/2011	NSW State Masters & U23 Champs
6	11.45	+2.9	F	---	Anthony Collum	15	19/02/2011	Allcomers
7*	11.67	NWI	F	---	Michael Scott	23	4/12/2010	Club Premiership R6 BANK
7*	11.67	-3.4	P	---	Jack Sullivan	19	11/02/2011	NSW Junior & Youth Champs
9	11.68	0.4	F	---	Chris Pittman	31	23/10/2010	Club Premiership R2 MING
10	11.72	-1.0	F	---	Antoine Burke	35	27/01/2011	Allcomers
11	11.75	+1.4	F	---	Joel Norton	17	4/12/2010	Club Premiership R6 BANK
12*	11.82	+2.4	F	---	William Richardson	15	5/02/2011	Club Championships
12*	11.82	-0.9	F	---	Thomas Slood	18	11/12/2010	Club Premiership R7 SOPAC
14	11.85	+2.9	F	---	Henry Hutchison	13	19/02/2011	Allcomers
15	11.94	NWI	F	---	Devlin Higgins	13	16/09/2010	CAS
16	12.00	+0.8	F	---	Oliver Holland	21	11/12/2010	Club Premiership R7 SOPAC
17*	12.0h	NWI	12.24	F	Nathan Kumar	15	23/10/2010	Northern Zone R7
17*	12.0h	NWI	12.24	F	Daniel Spiric	33	9/10/2010	Northern Zone R5
19*	12.29	-2.5	F	---	Philip Biggins	14	23/10/2010	Club Premiership R2 MING
19*	12.29	+0.1	F	---	Harrison Andrews	15	7/10/2010	NSW Secondary Schools T&F
20	12.40	+3.6	F	---	Antony Guest	45	19/02/2011	Allcomers
21	12.2h	NWI	12.44	F	Morgan Harris-Bushell	21	23/10/2010	Northern Zone R7
22	12.58	+3.0	F	---	Anthony Crimi	49	27/11/2010	Club Premiership R5 BLACK
23	12.62	-1.4	F	---	Myalls Paterson	17	6/11/2010	Club Premiership R4 BLACK
24	12.69	+1.6	F	---	Matthew Mountfort	17	27/11/2010	Club Premiership R5 BLACK
25	12.5h	NWI	12.74	F	Christopher Dyce	22	11/09/2010	Northern Zone R1
26	12.80	-3.4	P	---	Morgan Patterson	15	11/02/2011	NSW Junior & Youth Champs
27	12.88	+1.7	F	---	Oscar McKay	14	19/02/2011	Allcomers

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
28	12.90	+1.1	F ---		Paul McCoy	55	9/04/2011	NSW State Masters & U23 Champs
29	12.91	+1.0	P ---		Adam Parsonage	44	9/04/2011	NSW State Masters & U23 Champs
30	12.98	+1.1	F ---		David Smith	56	9/04/2011	NSW State Masters & U23 Champs
31	13.23	+0.6	F ---		Tim McGrath	48	4/12/2010	Club Premiership R6 BANK
32	13.0h	NWI	13.24 F		Joel Cheung	14	23/10/2010	Northern Zone R7
33	13.45	+2.1	F ---		Michael Stark	28	27/11/2010	Club Premiership R5 BLACK
34	13.56	+1.7	F ---		Chris Norris	51	4/12/2010	Club Premiership R6 BANK
35	13.4h	NWI	13.64 F		Jeff Sagar	55	9/10/2010	Northern Zone R5
36*	13.5h	NWI	13.74 F		Andrew Cepak	19	22/01/2011	Northern Zone R16
36*	13.5h	NWI	13.74 F		Andrew Wu	22	23/10/2010	Northern Zone R7
38	13.90	+1.4	F ---		Robert Stepanovich	55	27/11/2010	Club Premiership R5 BLACK
39	14.06	+1.2	F ---		Tristan Paterson	16	4/12/2010	Club Premiership R6 BANK
41	14.12	-3.1	F ---		Will North	13	27/01/2011	Allcomers
42	14.17	+2.6	P ---		David Chantrill	72	9/04/2011	NSW State Masters & U23 Champs
43	14.70	+1.7	F ---		Zoran Novicic	50	4/12/2010	Club Premiership R6 BANK
44	14.83	+1.4	F ---		Mark Cepak	51	27/11/2010	Club Premiership R5 BLACK
45	15.06	NWI	P ---		Hugh Colburn	64	9/04/2011	NSW State Masters & U23 Champs
46*	15.1h	NWI	15.34 F		Dane Lafou	17	11/09/2010	Northern Zone R1
46*	15.1h	NWI	15.34 F		Nicholas Bastas	72	27/11/2010	Northern Zone R10
48	15.52	-0.9	F ---		Ronald Bendall	58	6/11/2010	Club Premiership R4 BLACK
50	15.4h	NWI	15.64 F		Gregory Duggan	52	27/11/2010	Northern Zone R10
51	15.84	-0.9	F ---		Stuart Paterson	54	6/11/2010	Club Premiership R4 BLACK
52	15.7h	NWI	15.94 F		Warren Jones	30	22/01/2011	Northern Zone R16
53	15.8h	NWI	16.04 F		Doug Barrett	58	22/01/2011	Northern Zone R16
54	16.0h	NWI	16.24 F		David Archbold	65	9/10/2010	Northern Zone R5
55	16.8h	NWI	17.04 F		Charles Hobden	74	23/10/2010	Northern Zone R7
56	17.38	+2.6	P ---		Brian Hamilton	72	9/04/2011	NSW State Masters & U23 Champs
57	19.3h	NWI	19.54 F		Ronald Shoesmith	63	27/11/2010	Northern Zone R10
<b>Men Open 100y Sprint</b>								
1	12.10	-1.7	F ---		Declan Bryant	16	18/12/2010	Skins Meet
<b>Men Open 200m Sprint</b>								
1	22.31	-0.4	F ---		Evan O'Hanlon	22	22/01/2011	IPC Athletics World Champs
2	22.37	1.8	F ---		Antoine Burke	35	26/02/2011	Waratah Series 1
3	22.40	+0.6	F ---		Paul Cummings	23	5/03/2011	Waratah Series 2
4	22.60	1.9	F ---		Chris Pittman	31	30/10/2010	Club Premiership R3 BANK
5	22.61	-0.1	F ---		Ciaan Perera	16	7/10/2010	NSW Secondary Schools T&F
6	22.87	2.1	F ---		Alexander Northam	17	30/10/2010	Club Premiership R3 BANK
7	22.92	0.2	F ---		Joshua Clarke	15	16/10/2010	Club Premiership R1 NARA
8	23.15	1.9	F ---		Blake Vanderwoude	22	30/10/2010	Club Premiership R3 BANK
9	23.17	1.8	F ---		Thomas Slood	18	16/10/2010	Club Premiership R1 NARA
10	23.0h	NWI	23.24 F		Sheldon Cummins	40	26/02/2011	Blacktown Permit Meeting
11*	23.38	1.9	F ---		Michael Scott	22	30/10/2010	Club Premiership R3 BANK
11*	23.38	-2.3	P ---		Jack Sullivan	19	11/02/2011	NSW Junior & Youth Champs
13	23.39	1.9	F ---		Blake Johnson	19	30/10/2010	Club Premiership R3 BANK
14	23.81	-2.3	P ---		Anthony Collum	15	11/02/2011	NSW Junior & Youth Champs
15	24.22	NWI	F ---		Devlin Higgins	13	16/09/2010	CAS
16	24.24	1.8	F ---		Philip Biggins	14	30/10/2010	Club Premiership R3 BANK
17	24.33	2.6	F ---		Oliver Holland	21	16/10/2010	Club Premiership R1 NARA
18	24.41	1.9	F ---		Josh Wright	19	30/10/2010	Club Premiership R3 BANK
19	24.47	2.7	F ---		Myalls Paterson	17	30/10/2010	Club Premiership R3 BANK
20	24.4h	NWI	24.64 F		Daniel Spiric	33	30/10/2010	Northern Zone R7
21	24.64	1.8	F ---		William Austin-Cray	17	16/10/2010	Club Premiership R1 NARA
22	24.70	1.9	F ---		Cheyne Egelton	17	30/10/2010	Club Premiership R3 BANK
23*	24.5h	NWI	24.74 F		Morgan Harris-Bushell	21	30/10/2010	Northern Zone R7
23*	24.5h	NWI	24.74 F		Antony Guest	45	26/02/2011	Blacktown Permit Meeting
25	25.20	+1.9	F ---		Alastair Hughes	26	27/11/2010	Club Premiership R5 BLACK
26	25.48	1.8	F ---		Alex To	30	16/10/2010	Club Premiership R1 NARA
27	25.50	+2.8	F ---		Anthony Crimi	49	27/11/2010	Club Premiership R5 BLACK
28	25.66	-1.3	F ---		Daniel Mellish	32	29/12/2010	Illawong Permit Meet
29	25.8h	NWI	26.04 F		Andrew Kohlrusch	45	13/11/2010	Northern Zone R9
30	26.1h	NWI	26.34 F		Adam Parsonage	43	12/02/2011	Northern Zone R19
31	27.17	1.8	F ---		Tim McGrath	48	16/10/2010	Club Premiership R1 NARA
32	27.4h	NWI	27.64 F		Michael Stark	28	29/01/2011	Northern Zone R17
33	27.66	-1.1	F ---		Paul McCoy	55	9/04/2011	NSW State Masters & U23 Champs
34	27.67	+0.6	F ---		David Smith	55	11/12/2010	Club Premiership R7 SOPAC
35	27.90	-1.8	F ---		James McFadden	13	11/02/2011	NSW Junior & Youth Champs
36	27.8h	NWI	28.04 F		Andrew Cepak	19	29/01/2011	Northern Zone R17
37	28.21	2.8	F ---		Chris Norris	51	16/10/2010	Club Premiership R1 NARA
38	28.1h	NWI	28.34 F		Tristan Paterson	16	5/03/2011	Mingara
39	28.67	NWI	M ---		John Kay	51	3/07/2010	Oceania Masters Games
40	28.81	+0.5	F ---		Andy West	43	11/12/2010	Club Premiership R7 SOPAC
41	28.9h	NWI	29.14 F		Robert Stepanovich	55	30/10/2010	Northern Zone R7
42	29.17	-4.4	F ---		Jeff Sagar	56	3/02/2011	Allcomer and 5000m Champs
43	29.5h	NWI	29.74 F		David Chantrill	72	15/01/2011	Northern Zone R15
44	29.92	+0.3	F ---		Stuart Paterson	54	11/12/2010	Club Premiership R7 SOPAC
45	30.19	+1.1	M ---		Zoran Novicic	40	8/01/2011	NSW Combined Events Champs
46	31.42	+0.3	F ---		Mark Cepak	51	11/12/2010	Club Premiership R7 SOPAC

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
47	32.0h	NWI	32.24	F	Gregory Duggan	52	13/11/2010	Northern Zone R9
48	32.9h	NWI	33.14	F	Doug Barrett	58	15/01/2011	Northern Zone R15
49	33.29	1.2	F	---	Ronald Bendall	58	30/10/2010	Club Premiership R3 WOLL
50	33.6h	NWI	33.84	F	David Archbold	65	13/11/2010	Northern Zone R9
51	34.5h	NWI	34.74	F	Charles Hobden	74	29/01/2011	Northern Zone R17
52	34.6h	NWI	34.84	F	Ron Wills	71	30/10/2010	Northern Zone R7
53	36.0h	NWI	36.24	F	Warren Jones	30	18/09/2010	Northern Zone R2
54	40.03	-1.7	F	---	Brian Hamilton	72	21/04/2011	Australian Masters Championships
55	43.1h	NWI	43.34	F	Ronald Shoesmith	63	29/01/2011	Northern Zone R17
<b>Men Open 400m Sprint</b>								
1	46.49		F	---	David Burke	21	25/03/2011	NSW Track and Field Champs
2	46.74		F	---	Paul Cummings	23	25/03/2011	NSW Track and Field Champs
3	47.03		F	---	James Gurr	27	25/03/2011	NSW Track and Field Champs
4	47.83		F	---	Antoine Burke	35	25/03/2011	NSW Track and Field Champs
5	48.90		F	---	Luke Packham	17	10/03/2011	Australian Junior Champs
6	49.55		F	---	Chris Pittman	31	6/11/2010	Club Premiership R4 BLACK
7	49.72		F	---	Evan O'Hanlon	22	22/01/2011	IPC Athletics World Champs
8	49.99		F	---	Blake Vanderwoude	22	6/11/2010	Club Premiership R4 BLACK
9	50.25		F	---	Joel Norton	17	19/02/2011	Allcomers
10	50.82		F	---	Lachlan Bosi	20	5/03/2011	Waratah Series 2
11	50.94		F	---	Brett Watton	22	6/11/2010	Club Premiership R4 BLACK
12	51.06		F	---	Blake Johnson	19	23/10/2010	Club Premiership R2 CAMP
13	51.20		F	---	Thomas Slood	18	18/12/2010	Skins Meet
14	52.06		P	---	William Richardson	15	11/02/2011	NSW Junior & Youth Champs
15	52.47		F	---	John-Robert Bowskill	19	23/10/2010	Club Premiership R2 CAMP
16	52.71		F	---	Cheyne Egelton	17	6/11/2010	Club Premiership R4 BLACK
17	52.74		F	---	William Austin-Cray	17	27/01/2011	Allcomers
18	53.02		F	---	Josh Wright	19	23/10/2010	Club Premiership R2 MING
19	53.10		F	---	Myalls Paterson	17	4/12/2010	Club Premiership R6 BANK
20	53.33		F	---	Andrew Brazier	20	15/01/2011	Allcomers
21	53.56		F	---	Devlin Higgins	13	16/09/2010	CAS
22	54.32		F	---	Darcy Long	23	18/12/2010	Skins Meet
23	54.56		F	---	Daniel Mellish	32	29/12/2010	Illawong Permit Meet
24	55.16		F	---	Sheldon Cummins	39	18/12/2010	Skins Meet
25	55.44		F	---	Alastair Hughes	26	6/11/2010	Club Premiership R4 BLACK
26	55.70		P	---	Declan Bryant	16	11/02/2011	NSW Junior & Youth Champs
27	56.02		F	---	Antony Guest	45	9/04/2011	NSW State Masters & U23 Champs
28	56.4h	56.54	F	---	Daniel Spiric	33	9/10/2010	Northern Zone R5
29	56.93		F	---	Henry Hutchison	13	19/02/2011	Allcomers
30	58.11		F	---	Evan Walsh	42	15/01/2011	Allcomers
31	59.15		F	---	Richard Martin	55	6/11/2010	Club Premiership R4 BLACK
32	59.44		F	---	James McFadden	13	11/02/2011	NSW Junior & Youth Champs
33	59.46		F	---	Oscar McKay	14	19/02/2011	Allcomers
34	1:00.10		F	---	Ryan Boot	13	11/02/2011	NSW Junior & Youth Champs
35	1:00.60		F	---	Adam Parsonage	44	9/04/2011	NSW State Masters & U23 Champs
36	1:01.36		F	---	Will North	13	6/11/2010	Club Premiership R4 BLACK
37	1:01.8h	1:01.94	F	---	Christopher Dyce	22	11/09/2010	Northern Zone R1
38	1:03.0h	1:03.14	F	---	Bradley Sharpe	49	25/09/2010	Northern Zone R3
39	1:03.16		F	---	Len Augustine	50	6/11/2010	Club Premiership R4 BLACK
40	1:05.71		F	---	Stuart Paterson	54	4/12/2010	Club Premiership R6 BANK
41*	1:06.0h	1:06.14	F	---	Stephen Ball	57	27/11/2010	Northern Zone R10
41*	1:06.0h	1:06.14	F	---	Andrew Cepak	19	22/01/2011	Northern Zone R16
43	1:06.41		F	---	Chris Norris	51	4/12/2010	Club Premiership R6 BANK
44	1:07.79		F	---	Michael Stark	28	6/11/2010	Club Premiership R4 BLACK
45	1:08.88		F	---	Tristan Paterson	16	4/12/2010	Club Premiership R6 BANK
46	1:09.17		F	---	Zoran Novicic	50	9/04/2011	NSW State Masters & U23 Champs
47	1:15.1h	1:15.24	F	---	Doug Barrett	58	19/03/2011	Northern Zone R23
48	1:16.5h	1:16.64	F	---	Gregory Duggan	52	27/11/2010	Northern Zone R10
49	1:17.9h	1:18.04	F	---	Ron Wills	71	22/01/2011	Northern Zone R16
50	1:18.6h	1:18.74	F	---	Mark Cepak	51	5/03/2011	Northern Zone R22
51	1:24.0h	1:24.14	F	---	David Archbold	65	11/09/2010	Northern Zone R1
52	2:06.5h	2:06.64	F	---	Ronald Shoesmith	63	11/09/2010	Northern Zone R1
<b>Men Open 800m Run</b>								
1	1:46.52		F	---	James Gurr	27	3/03/2011	2011 IAAF Melbourne Track Classic
2	1:48.16		F	---	Tristan Garrett	22	3/03/2011	2011 IAAF Melbourne Track Classic
3	1:50.05		P	---	Blake Johnson	19	15/04/2011	Australian Athletics Championships
4	1:50.96		F	---	Blake Vanderwoude	22	3/02/2011	Allcomer and 5000m Champs
5	1:52.31		F	---	Josh Wright	19	26/02/2011	Waratah Series 1
6	1:53.10		F	---	Joel Norton	17	11/02/2011	NSW Junior & Youth Champs
7	1:54.15		P	---	Andrew Mackenzie	23	25/03/2011	NSW Track and Field Champs
8	1:55.67		F	---	Frazer Dowling	31	9/04/2011	NSW State Masters & U23 Champs
9	1:56.26		P	---	Cheyne Egelton	17	25/03/2011	NSW Track and Field Champs
10	1:56.89		F	---	John-Robert Bowskill	20	11/12/2010	Club Premiership R7 SOPAC
11	1:57.37		P	---	Daryl Purches	21	25/03/2011	NSW Track and Field Champs
12	1:57.97		F	---	Alexander Godbold	21	30/10/2010	Club Premiership R3 BANK
13	1:58.77		P	---	Myalls Paterson	17	25/03/2011	NSW Track and Field Champs
14	1:59.13		F	---	Antoine Burke	35	11/12/2010	Club Premiership R7 SOPAC

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
15	2:00.54		F	---	Andrew Selosse	17	7/10/2010	NSW Secondary Schools T&F
16	2:01.58		F	---	Andrew Brazier	20	8/03/2011	Campbelltown Permit Meet
17	2:02.00		F	---	Chris Pittman	31	30/10/2010	Club Premiership R3 BANK
18	2:02.89		F	---	William Austin-Cray	17	16/10/2010	Club Premiership R1 NARA
19	2:05.46		F	---	Alastair Hughes	26	30/10/2010	Club Premiership R3 BANK
20	2:06.72		F	---	William Richardson	14	13/11/2010	NSW 3000m Track Champs
21	2:10.34		F	---	Declan Bryant	26	6/12/2010	2010 Schools KO National Final
22	2:10.42		F	---	Nick Walker	24	3/02/2011	Allcomer and 5000m Champs
23	2:11.47		F	---	Matthew Rutledge	16	30/10/2010	Club Premiership R3 BANK
24	2:12.00		F	---	Vikram Ramrakha	16	30/10/2010	Club Premiership R3 BANK
25	2:13.32		F	---	Richard Martin	55	11/12/2010	Club Premiership R7 SOPAC
26	2:15.69		F	---	Kieran Briscoe	16	7/10/2010	NSW Secondary Schools T&F
27	2:16.83		F	---	Isaac Hall	14	7/10/2010	NSW Secondary Schools T&F
28	2:16.92		F	---	Will North	13	8/01/2011	Allcomers
29	2:17.0h	2:17.00	F	---	Daniel Spiric	33	30/10/2010	Northern Zone R7
30	2:18.32		F	---	Bradley Sharpe	49	30/10/2010	Club Premiership R3 BANK
31	2:20.0h	2:20.00	F	---	Conor Delahunty	42	13/11/2010	Northern Zone R9
32	2:21.28		F	---	Stuart Paterson	54	11/12/2010	Club Premiership R7 SOPAC
33	2:24.46		F	---	Andy West	43	11/12/2010	Club Premiership R7 SOPAC
34	2:25.96		F	---	Stephen Ball	57	11/12/2010	Club Premiership R7 SOPAC
35	2:29.61		M	---	James McFadden	13	8/01/2011	NSW Combined Events Champs
36	2:34.53		F	---	Len Augustine	50	16/10/2010	Club Premiership R1 NARA
37	2:36.8h	2:36.80	F	---	Oliver Holland	21	2/10/2010	Northern Zone R4
38	2:40.0h	2:40.00	F	---	Nicholas Ingram	43	12/02/2011	Northern Zone R19
39	2:40.19		F	---	Tristan Paterson	16	11/12/2010	Club Premiership R7 SOPAC
40	2:42.65		F	---	Doug Barrett	58	30/10/2010	Club Premiership R3 BANK
41	2:44.21		F	---	Peter Bromley	56	9/04/2011	NSW State Masters & U23 Champs
42	2:46.16		F	---	Zoran Novicic	50	9/04/2011	NSW State Masters & U23 Champs
43	2:46.22		F	---	Chris Norris	51	27/11/2010	Club Premiership R5 BLACK
44	2:49.3h	2:49.30	F	---	Andrew Cepak	19	29/01/2011	Northern Zone R17
45	2:58.8h	2:58.80	F	---	Ron Wills	71	29/01/2011	Northern Zone R17
46	3:04.5h	3:04.50	F	---	Michael Stark	28	18/09/2010	Northern Zone R2
47	3:16.1h	3:16.10	F	---	Gregory Duggan	52	16/10/2010	Northern Zone R6
48	3:18.7h	3:18.70	F	---	David Archbold	65	18/09/2010	Northern Zone R2
49	3:23.81		F	---	Mark Cepak	51	27/11/2010	Club Premiership R5 BLACK
50	3:26.9h	3:26.90	F	---	Charles Hobden	74	18/09/2010	Northern Zone R2
51	3:33.3h	3:33.30	F	---	Richard Urqhart	55	18/09/2010	Northern Zone R2
52	5:21.5h	5:21.50	F	---	Ronald Shoesmith	63	2/10/2010	Northern Zone R4
<b>Men Open 1500m Run</b>								
1	3:45.13		F	---	Josh Wright	19	2/04/2011	Waratah Series
2	3:47.29		F	---	Frazer Dowling	31	2/04/2011	Waratah Series
3	3:54.88		F	---	Andrew Mackenzie	23	2/04/2011	Waratah Series
4	3:56.8h	3:56.80	F	---	Blake Vanderwoude	22	5/03/2011	Waratah Series 2
5	3:57.1h	3:57.10	F	---	F	19	5/03/2011	Waratah Series 2
6	3:59.2h	3:59.20	F	---	William Austin-Cray	17	5/03/2011	Waratah Series 2
7	4:05.78		P	---	John-Robert Bowskill	20	25/03/2011	NSW Track and Field Champs
8	4:05.95		F	---	Caleb Wegener	29	27/01/2011	Allcomers
9	4:06.35		F	---	Daryl Purches	21	23/10/2010	Club Premiership R2 CAMP
10	4:12.24		F	---	Xavier Black	17	19/02/2011	Allcomers
11	4:14.20		F	---	Andrew Selosse	17	7/10/2010	NSW Secondary Schools T&F
12	4:16.28		F	---	Myalls Paterson	17	23/10/2010	Club Premiership R2 MING
13	4:22.83		F	---	Nick Walker	24	15/01/2011	Allcomers
14	4:22.98		M	---	William Richardson	15	8/01/2011	NSW Combined Events Champs
15	4:26.72		F	---	Vikram Ramrakha	16	6/11/2010	Club Premiership R4 BLACK
16	4:34.96		F	---	Cheyne Egelton	17	4/12/2010	Club Premiership R6 BANK
17	4:37.3h	4:37.30	F	---	Andrew Brazier	20	26/02/2011	Blacktown Permit Meeting
18	4:37.86		F	---	Isaac Hall	14	7/10/2010	NSW Secondary Schools T&F
19	4:39.18		F	---	Conor Delahunty	42	9/04/2011	NSW State Masters & U23 Champs
20	4:47.70		F	---	Stuart Paterson	54	9/04/2011	NSW State Masters & U23 Champs
21	4:51.74		F	---	Bradley Sharpe	49	6/11/2010	Club Premiership R4 BLACK
22	4:52.01		F	---	Will North	13	16/09/2010	CAS
23	4:58.10		F	---	Stephen Ball	57	23/10/2010	Club Premiership R2 MING
24	4:59.3h	4:59.30	F	---	Declan Bryant	16	23/10/2010	Northern Zone R7
25	4:59.9h	4:59.90	F	---	Steve Ball	57	19/03/2011	Northern Zone R23
26	5:00.99		F	---	Edward Trippas	12	4/12/2010	Club Premiership R6 BANK
27	5:01.5h	5:01.50	F	---	Daniel Spiric	33	11/09/2010	Northern Zone R1
28	5:20.66		F	---	Len Augustine	50	23/10/2010	Club Premiership R2 MING
29	5:46.3h	5:46.30	F	---	Nicholas Ingram	43	19/02/2011	Northern Zone R20
30	5:56.18		M	---	Chris Norris	41	8/01/2011	NSW Combined Events Champs
31	5:58.4h	5:58.40	F	---	Doug Barrett	58	22/01/2011	Northern Zone R16
32	6:03.01		F	---	Peter Bromley	56	9/04/2011	NSW State Masters & U23 Champs
33	6:03.89		M	---	Zoran Novicic	40	8/01/2011	NSW Combined Events Champs
34	6:06.34		F	---	Tristan Paterson	16	4/12/2010	Club Premiership R6 BANK
35	6:14.10		F	---	Ron Wills	71	9/04/2011	NSW State Masters & U23 Champs
36	6:20.1h	6:20.10	F	---	Andrew Cepak	19	22/01/2011	Northern Zone R16
37	6:30.3h	6:30.30	F	---	Gregory Duggan	52	27/11/2010	Northern Zone R10
38	6:54.2h	6:54.20	F	---	David Archbold	65	9/10/2010	Northern Zone R5

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
39	7:52.1h	7:52.10	F		Mark Cepak	51	22/01/2011	Northern Zone R16
40	8:07.91		M	---	John Kay	51	3/07/2010	Oceania Masters Games
41	12:07.0h	12:07.0	F		Ronald Shoesmith	63	6/11/2010	Northern Zone R8
<b>Men Open 1 Mile Run</b>								
1	4:24.66	NWI	F		Blake Johnson	19	18/12/2010	Skins Meet
2	4:32.25	NWI	F		Andrew Mackenzie	22	18/12/2010	Skins Meet
<b>Men Open 5000m Run</b>								
1	15:26.33		F	---	Xavier Black	17	10/03/2011	Australian Junior Champs
2	15:27.39		F	---	Caleb Wegener	29	3/02/2011	Allcomer and 5000m Champs
3	19:43.37		F	---	Bradley Sharpe	50	21/04/2011	Australian Masters Championships
<b>Men Open 10000m Run</b>								
1	31:48.79		P	---	Caleb Wegener	29	25/03/2011	NSW Track and Field Champs
2	39:17.11		P	---	Stephen Ball	57	25/03/2011	NSW Track and Field Champs
<b>Men Open 1500m Walk</b>								
1	8:50.4h	8:50.40	F		Doug Barrett	58	13/11/2010	Northern Zone R9
2	9:00.9h	9:00.90	F		Jim Seymon	73	18/09/2010	Northern Zone R2
3	9:20.6h	9:20.60	F		Robert Connors	62	30/10/2010	Northern Zone R7
4	9:34.5h	9:34.50	F		Mark Cepak	51	26/02/2011	Northern Zone R21
5	13:01.2h	13:01.20	F		Ronald Shoesmith	63	2/10/2010	Northern Zone R4
<b>Men Open 3000m Walk</b>								
1	18:22.0h	18:22.00	F		Jim Seymon	73	25/09/2010	Northern Zone R3
2	18:28.68		F	---	Doug Barrett	58	23/10/2010	Club Premiership R2 MING
3	19:28.2h	19:28.20	F		Robert Connors	62	23/10/2010	Northern Zone R7
4	22:27.9h	22:27.90	F		Mark Cepak	51	9/10/2010	Northern Zone R5
5	27:32.7h	27:32.70	F		Ronald Shoesmith	63	6/11/2010	Northern Zone R8
<b>Men Open 5000m Walk</b>								
1	32:02.28		F	---	Jim Seymon	73	9/04/2011	NSW State Masters & U23 Champs
2	37:11.34		F	---	Robert Connors	63	9/04/2011	NSW State Masters & U23 Champs
<b>Men Open 2500m Run CC</b>								
1	9:26.00		F	---	Will North	13	17/07/2010	NSW Short Course Cross Country
2	9:42.00		F	---	Edward Trippas	11	17/07/2010	NSW Short Course Cross Country
3	57:17.20		F	---	David Kass	18	17/07/2010	NSW Short Course Cross Country
<b>Men Open 3000m Run</b>								
1	8:20.14		F	---	Josh Wright	19	13/11/2010	NSW 3000m Track Champs
2	8:35.69		F	---	Daniel MacDonald	26	13/11/2010	NSW 3000m Track Champs
3	9:05.55		F	---	William Austin-Cray	17	7/10/2010	NSW Secondary Schools T&F
4	9:06.10		F	---	Xavier Black	17	13/11/2010	NSW 3000m Track Champs
5	9:14.98		F	---	Blake Johnson	19	13/11/2010	NSW 3000m Track Champs
6	9:41.12		F	---	Jules Heath	17	26/02/2011	Waratah Series 1
7	9:44.62		F	---	Vikram Ramrakha	16	7/10/2010	NSW Secondary Schools T&F
8	9:51.03		F	---	Nick Walker	24	11/12/2010	Club Premiership R7 SOPAC
9	10:06.15		F	---	Will North	14	10/03/2011	Australian Junior Champs
10	10:42.06		F	---	Bradley Sharpe	49	16/10/2010	Club Premiership R1 NARA
11	10:52.89		F	---	Stephen Ball	57	13/11/2010	NSW 3000m Track Champs
12	11:52.46		F	---	Len Augustine	50	30/10/2010	Club Premiership R3 BANK
13	14:05.1h	14:05.10	F		Ron Wills	71	30/10/2010	Northern Zone R7
14	14:32.5h	14:32.50	F		Doug Barrett	58	18/09/2010	Northern Zone R2
15	14:56.5h	14:56.50	F		David Archbold	65	18/09/2010	Northern Zone R2
16	18:19.7h	18:19.70	F		Mark Cepak	51	29/01/2011	Northern Zone R17
17	22:00.0h	22:00.00	F		Ronald Shoesmith	63	2/10/2010	Northern Zone R4
<b>Men Open 3000m Run CC</b>								
1	9:50.00		F	---	Kieran Briscoe	15	29/05/2010	Athletics NSW Cross Country Relays
2	9:55.97		F	---	Will North	13	17/06/2010	NSWCIS Cross Country
3	10:11.99		F	---	Edward Trippas	11	17/06/2010	NSWCIS Cross Country
<b>Men Open 4000m Run CC</b>								
1	12:46.00		F	---	Xavier Black	17	29/05/2010	Athletics NSW Cross Country Relays
2	13:03.00		F	---	Daniel Mellish	32	29/05/2010	Athletics NSW Cross Country Relays
3	13:08.00		F	---	Sam Walker	28	29/05/2010	Athletics NSW Cross Country Relays
4	13:37.00		F	---	Alexander Godbold	20	29/05/2010	Athletics NSW Cross Country Relays
5	13:40.00		F	---	Conor Delahunty	41	29/05/2010	Athletics NSW Cross Country Relays
6	14:10.00		F	---	Matthew Rando	22	29/05/2010	Athletics NSW Cross Country Relays
7	14:19.00		F	---	Jordan Smith	19	29/05/2010	Athletics NSW Cross Country Relays
8*	15:23.00		F	---	Christian Leibenatus	16	29/05/2010	Athletics NSW Cross Country Relays
8*	15:23.00		F	---	Bradley Sharpe	49	29/05/2010	Athletics NSW Cross Country Relays
10	15:53.00		F	---	Stuart Paterson	53	29/05/2010	Athletics NSW Cross Country Relays
11	16:00.00		F	---	Stephen Ball	56	29/05/2010	Athletics NSW Cross Country Relays
12	16:08.00		F	---	Tobias Douglas	19	29/05/2010	Athletics NSW Cross Country Relays
13	17:30.00		F	---	Len Augustine	49	29/05/2010	Athletics NSW Cross Country Relays
14	18:04.00		F	---	Chris Norris	50	29/05/2010	Athletics NSW Cross Country Relays
15	19:08.00		F	---	Geoffrey Francis	68	29/05/2010	Athletics NSW Cross Country Relays
16	19:30.00		F	---	Tony Kemp	55	29/05/2010	Athletics NSW Cross Country Relays
17	20:36.00		F	---	Ron Wills	70	29/05/2010	Athletics NSW Cross Country Relays
18	20:45.00		F	---	David Archbold	64	29/05/2010	Athletics NSW Cross Country Relays
<b>Men Open 4000m Run RR</b>								
1	12:23.00		F	---	Xavier Black	17	10/07/2010	ANWS Road Relays
2	12:26.00		F	---	Sam Walker	28	10/07/2010	ANWS Road Relays
3	13:16.00		F	---	Kieran Briscoe	15	10/07/2010	ANWS Road Relays

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
4*	13:17.00		F	---	Frazer Dowling	30	10/07/2010	ANSW Road Relays
4*	13:17.00		F	---	Daniel Mellish	32	10/07/2010	ANSW Road Relays
6	13:23.00		F	---	Daryl Purches	20	10/07/2010	ANSW Road Relays
7	13:24.00		F	---	Conor Delahunty	41	10/07/2010	ANSW Road Relays
8	13:26.00		F	---	Alexander Godbold	21	10/07/2010	ANSW Road Relays
9	15:05.00		F	---	Bradley Sharpe	49	10/07/2010	ANSW Road Relays
10	15:33.00		F	---	Stephen Ball	56	10/07/2010	ANSW Road Relays
11	15:51.00		F	---	Stuart Paterson	53	10/07/2010	ANSW Road Relays
12	16:12.00		F	---	Len Augustine	50	10/07/2010	ANSW Road Relays
13	18:09.00		F	---	Geoffrey Francis	68	10/07/2010	ANSW Road Relays
14	18:55.00		F	---	Tony Kemp	55	10/07/2010	ANSW Road Relays
15	19:39.00		F	---	David Archbold	64	10/07/2010	ANSW Road Relays
16	19:49.00		F	---	Ron Wills	70	10/07/2010	ANSW Road Relays
<b>Men Open 5000m Run CC</b>								
1	16:09.00		F	---	Ruairidh MacDonald	16	17/07/2010	NSW Short Course Cross Country
2	16:48.00		F	---	Xavier Black	17	17/07/2010	NSW Short Course Cross Country
3	17:46.00		F	---	Kieran Briscoe	15	17/07/2010	NSW Short Course Cross Country
4	18:57.00		F	---	Myalls Paterson	16	17/07/2010	NSW Short Course Cross Country
5	20:14.00		F	---	Stephen Ball	56	17/07/2010	NSW Short Course Cross Country
6	24:08.00		F	---	Geoffrey Francis	68	17/07/2010	NSW Short Course Cross Country
<b>Men Open 5000m Run RR</b>								
1	16:55.00		F	---	Kieran Briscoe	15	1/05/2010	Athletics NSW 10km Road Champs
<b>Men Open 6000m Run CC</b>								
1	16:43.57		F	---	Ruairidh MacDonald	16	17/06/2010	NSWCIS Cross Country
2	17:46.64		F	---	Kieran Briscoe	15	17/06/2010	NSWCIS Cross Country
3	18:16.22		F	---	Joshua Hall	17	17/06/2010	NSWCIS Cross Country
4	18:39.52		F	---	Andrew Selosse	17	17/06/2010	NSWCIS Cross Country
5	20:13.00		F	---	Xavier Black	17	19/06/2010	Athletics NSW Cross CountryChamps
6	22:37.00		F	---	Myalls Paterson	16	19/06/2010	Athletics NSW Cross CountryChamps
<b>Men Open 7500m Run CC</b>								
1	29:11.00		F	---	Conor Delahunty	41	17/07/2010	NSW Short Course Cross Country
2	31:26.00		F	---	Bradley Sharpe	49	17/07/2010	NSW Short Course Cross Country
3	32:42.00		F	---	Stuart Paterson	53	17/07/2010	NSW Short Course Cross Country
<b>Men Open 8000m Run CC</b>								
1	24:40.43		F	---	Alex Pettigrew	17	17/06/2010	NSWCIS Cross Country
<b>Men Open 10000m Run CC</b>								
1	40:03.00		F	---	Kieran Briscoe	15	24/04/2010	Athletics NSW Novice Champs
2	40:52.00		F	---	Bradley Sharpe	49	24/04/2010	Athletics NSW Novice Champs
3	45:57.00		F	---	Len Augustine	49	24/04/2010	Athletics NSW Novice Champs
4	53:02.00		F	---	Doug Barrett	57	24/04/2010	Athletics NSW Novice Champs
<b>Men Open 10000m Run RR</b>								
1	34:05.00		F	---	Jack Colreavy	20	1/05/2010	Athletics NSW 10km Road Champs
2	34:55.00		F	---	Daniel Mellish	32	1/05/2010	Athletics NSW 10km Road Champs
3	35:56.00		F	---	Conor Delahunty	41	1/05/2010	Athletics NSW 10km Road Champs
4	38:22.00		F	---	Xavier Black	17	1/05/2010	Athletics NSW 10km Road Champs
5	38:32.00		F	---	Sven Fuerst	39	1/05/2010	Athletics NSW 10km Road Champs
6	39:15.00		F	---	Bradley Sharpe	49	1/05/2010	Athletics NSW 10km Road Champs
7	40:26.00		F	---	Stephen Ball	56	1/05/2010	Athletics NSW 10km Road Champs
8	48:45.00		F	---	Doug Barrett	57	1/05/2010	Athletics NSW 10km Road Champs
9	49:50.00		F	---	Tony Kemp	55	1/05/2010	Athletics NSW 10km Road Champs
<b>Men Open 12000m Run CC</b>								
1	56:04.00		F	---	Stuart Paterson	53	19/06/2010	Athletics NSW Cross CountryChamps
<b>Men Open 5000m Walk RR</b>								
1	34:29.00		F	---	Robert Connors	62	27/06/2010	NSW Short Walks Champs
<b>Men Open 10000m Walk RR</b>								
1	1:11.41		F	---	Jim Seymon	73	21/04/2011	Australian Masters Championships
2	1:13:30		F	---	Robert Connors	62	23/05/2010	Athletics NSW Team Road Walks
<b>Men Open 100m Hurdles 0.840m</b>								
1	13.50	-0.5	P		William Richardson	14	4/12/2010	Australian All Schools Champs
2	14.31	+2.2	P		Jack McArdle	14	10/03/2011	Australian Junior Champs
3	14.34	-1.8	F		Harrison Andrews	15	7/10/2010	NSW Secondary Schools T&F
<b>Men Open 100m Hurdles 0.914m</b>								
1	16.21	+2.4	F		Clay Tompkins	58	9/04/2011	NSW State Masters & U23 Champs
<b>Men Open 110m Hurdles 0.914m</b>								
1	16.33	+0.1	F		William Richardson	15	15/01/2011	Allcomers
2	16.86	-2.9	F		Morgan Patterson	15	11/02/2011	NSW Junior & Youth Champs
<b>Men Open 110m Hurdles 1.067m</b>								
1	16.72	NWI	F		Oliver Holland	21	11/12/2010	Club Premiership R7 SOPAC
2	25.79	NWI	M		Chris Norris	41	8/01/2011	NSW Combined Events Champs
<b>Men Open 200m Hurdles 0.762m</b>								
1	24.44	+2.5	F		Jacob Holt	25	5/02/2011	Club Championships
2	27.00	+3.1	F		William Richardson	15	5/02/2011	Club Championships
3	28.06	+2.5	F		Oliver Holland	21	5/02/2011	Club Championships
4	30.58	-2.5	F		Jack McArdle	14	11/02/2011	NSW Junior & Youth Champs
5	31.24	+0.5	F		Ryan Boot	13	10/03/2011	Australian Junior Champs

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
<b>Men Open 400m Hurdles 0.840m</b>								
1	56.98		F	---	William Richardson	15	11/02/2011	NSW Junior & Youth Champs
2	1:12.99		F	---	Tristan Paterson	16	4/12/2010	Club Premiership R6 BANK
<b>Men Open 400m Hurdles 0.914m</b>								
1	52.82		F	---	Jacob Holt	25	25/03/2011	NSW Track and Field Champs
2	58.79		F	---	Brett Watton	22	13/11/2010	NSW 3000m Track Champs
3	1:05.98		F	---	Oliver Holland	21	30/10/2010	Club Premiership R3 BANK
<b>Men Open 2000m StplCh 0.762m</b>								
1	7:07.86		F	---	Will North	14	10/03/2011	Australian Junior Champs
<b>Men Open 2000m StplCh 0.914m</b>								
1	6:13.51		F	---	Andrew Selosse	17	7/10/2010	NSW Secondary Schools T&F
2	6:14.18		F	---	William Austin-Cray	17	7/10/2010	NSW Secondary Schools T&F
3	6:34.34		F	---	Vikram Ramrakha	16	10/03/2011	Australian Junior Champs
<b>Men Open 3000m StplCh 0.914m</b>								
1	10:08.85		F	---	William Austin-Cray	17	11/02/2011	NSW Junior & Youth Champs
2	10:38.93		F	---	Jules Heath	17	11/02/2011	NSW Junior & Youth Champs
3	10:48.19		F	---	Vikram Ramrakha	16	25/03/2011	NSW Track and Field Champs
<b>Men Open High Jump</b>								
1	1.78m		M	---	William Richardson	15	8/01/2011	NSW Combined Events Champs
2	1.75m		F	---	Oliver Holland	21	30/10/2010	Club Premiership R3 BANK
3	1.70m		F	---	Andrew Selosse	17	21/11/2010	NSW State Relays
4	1.65m		F	---	Thomas Cheel	13	7/10/2010	NSW Secondary Schools T&F
5*	1.60m		F	---	Christopher Dwyer	13	7/10/2010	NSW Secondary Schools T&F
5*	1.60m		F	---	Clay Tompkins	58	9/04/2011	NSW State Masters & U23 Champs
7	1.50m		F	---	Myalls Paterson	17	21/11/2010	NSW State Relays
8	1.35m		F	---	Tim McGrath	48	27/11/2010	Club Premiership R5 BLACK
9*	1.30m		F	---	Zoran Novicic	50	9/04/2011	NSW State Masters & U23 Champs
9*	1.30m		F	---	Michael Stark	28	30/10/2010	Club Premiership R3 WOLL
9*	1.30m		F	---	Chris Norris	51	30/10/2010	Club Premiership R3 BANK
12*	1.25m		F	---	Tristan Paterson	16	27/11/2010	Club Premiership R5 BLACK
12*	1.25m		F	---	Mark Cepak	51	27/11/2010	Club Premiership R5 BLACK
<b>Men Open Pole Vault</b>								
1	3.50m		F	---	Tim McGrath	48	9/04/2011	NSW State Masters & U23 Champs
2	3.20m		F	---	Andrew Kohlrusch	45	9/04/2011	NSW State Masters & U23 Champs
3	2.90m		F	---	Chris Norris	51	9/04/2011	NSW State Masters & U23 Champs
4	2.80m		M	---	William Richardson	15	8/01/2011	NSW Combined Events Champs
5	2.10m		F	---	Mark Cepak	52	21/04/2011	Australian Masters Championships
<b>Men Open Long Jump</b>								
1	6.03m	NWI	F	---	Alexander Northam	17	21/11/2010	NSW State Relays
2	6.01m	0.0	F	---	Evan O'Hanlon	22	22/01/2011	IPC Athletics World Champs
3	5.98m	+1.6	F	---	Oliver Holland	21	5/02/2011	Club Championships
4	5.78m	+2.8	F	---	William Richardson	15	5/02/2011	Club Championships
5	5.77m	NWI	F	---	Henry Hutchison	13	19/02/2011	Allcomers
6	5.62m		F	---	Daniel Spiric	33	25/09/2010	Northern Zone R3
7	5.43m	NWI	F	---	Anthony Collum	15	21/11/2010	NSW State Relays
8	5.39m		F	---	Antony Guest	45	11/09/2010	Northern Zone R1
9	5.18m		F	---	Christopher Dyce	22	11/09/2010	Northern Zone R1
10	5.14m	NWI	F	---	Clay Tompkins	57	27/11/2010	Club Premiership R5 BLACK
11	5.09m		F	---	Myalls Paterson	17	23/10/2010	Club Premiership R2 MING
12	5.03m	+0.8	P	---	Tim McGrath	48	21/04/2011	Australian Masters Championships
13	4.70m	NWI	F	---	Adam Parsonage	44	9/04/2011	NSW State Masters & U23 Champs
14	4.52m		F	---	Michael Stark	28	19/02/2011	Northern Zone R20
15	4.51m	+1.1	M	---	James McFadden	13	8/01/2011	NSW Combined Events Champs
16	4.27m	NWI	M	---	John Kay	51	3/07/2010	Oceania Masters Games
17	4.16m	+1.1	M	---	Chris Norris	41	8/01/2011	NSW Combined Events Champs
18	4.14m	-0.5	F	---	Zoran Novicic	50	9/04/2011	NSW State Masters & U23 Champs
19	4.00m		F	---	Andrew Wu	22	6/11/2010	Northern Zone R8
20	3.98m		F	---	Nicholas Bastas	72	27/11/2010	Northern Zone R10
21	3.94m	NWI	F	---	Tristan Paterson	16	27/11/2010	Club Premiership R5 BLACK
22	3.90m	NWI	F	---	Mark Cepak	51	6/11/2010	Club Premiership R4 BLACK
23	3.89m	+1.4	F	---	Nick Bastas	72	9/04/2011	NSW State Masters & U23 Champs
24	3.73m		F	---	Gregory Duggan	52	27/11/2010	Northern Zone R10
25	3.54m		F	---	Stuart Paterson	54	23/10/2010	Club Premiership R2 MING
26	3.51m	NWI	F	---	Warren Jones	30	11/12/2010	Club Premiership R7 SOPAC
27	3.27m		F	---	Doug Barrett	58	8/01/2011	Northern Zone R14
28	2.75m		F	---	Brian Hamilton	72	8/01/2011	Northern Zone R14
<b>Men Open Triple Jump</b>								
1	15.83m	3.6	F	---	Tomas Cholensky	32	26/02/2011	Waratah Series 1
2*	12.21m	NWI	F	---	Clay Tompkins	57	4/12/2010	Club Premiership R6 BANK
2*	12.21m		F	---	Oliver Holland	21	30/10/2010	Club Premiership R3 BANK
4	10.54m		F	---	Antony Guest	45	13/11/2010	Northern Zone R9
5	10.21m	NWI	F	---	Edward Trippas	12	4/12/2010	Club Premiership R6 BANK
6	9.80m		F	---	Michael Stark	28	12/02/2011	Northern Zone R19
7	9.73m		F	---	Adam Parsonage	43	12/02/2011	Northern Zone R19
8	9.28m	NWI	F	---	Chris Norris	51	4/12/2010	Club Premiership R6 BANK
9*	8.99m	+1.2	F	---	Zoran Novicic	50	9/04/2011	NSW State Masters & U23 Champs

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
9*	8.99m	+1.1	F		Tristan Paterson	16	4/12/2010	Club Premiership R6 BANK
11	8.66m		F	---	Tim McGrath	48	18/09/2010	Northern Zone R2
12	8.33m		F	---	Mark Cepak	51	15/01/2011	Northern Zone R15
13	8.24m	NWI	F		Nick Bastas	72	9/04/2011	NSW State Masters & U23 Champs
14	7.39m		F	---	Nicholas Bastas	72	4/12/2010	Northern Zone R11
15	7.32m		F	---	Doug Barrett	58	15/01/2011	Northern Zone R15
<b>Men Open Shot Put 3.0Kg</b>								
1	7.21m		M	---	Jim McGrath	80	27/02/2011	NSW Masters Throws Pent Champs
<b>Men Open Shot Put 4.0Kg</b>								
1	11.35m		F	---	Jackson Diamond	15	11/02/2011	NSW Junior & Youth Champs
2	10.02m		F	---	Thomas West	15	30/10/2010	Club Premiership R3 WOLL
3	9.46m		M	---	William Richardson	15	8/01/2011	NSW Combined Events Champs
4	9.26m		F	---	Alec Diamond	13	11/02/2011	NSW Junior & Youth Champs
5	8.76m		F	---	Will North	13	6/11/2010	Club Premiership R4 BLACK
6	8.43m		F	---	Nick Bastas	72	26/02/2011	Northern Zone R21
7	8.31m		F	---	Nicholas Bastas	72	11/12/2010	Northern Zone R12
8	7.55m		F	---	Jim McGrath	79	8/01/2011	Northern Zone R14
9	7.11m		F	---	Brian Hamilton	72	9/10/2010	Northern Zone R5
<b>Men Open Shot Put 5.0Kg</b>								
1	13.63m		F	---	Matthew Mountfort	17	7/10/2010	NSW Secondary Schools T&F
2	8.16m		F	---	Matthew Rutledge	16	30/10/2010	Club Premiership R3 BANK
3	7.38m		F	---	Myalls Paterson	17	30/10/2010	Club Premiership R3 BANK
4	7.26m		F	---	Dane Lafou	17	11/09/2010	Northern Zone R1
5	5.99m		F	---	Robert Jones	60	26/02/2011	Northern Zone R21
<b>Men Open Shot Put 6.0Kg</b>								
1	12.79m		F	---	Matthew Mountfort	17	10/03/2011	Australian Junior Champs
2	11.68m		F	---	Andrew Cepak	19	29/01/2011	Northern Zone R17
3	9.85m		F	---	Clay Tompkins	58	9/04/2011	NSW State Masters & U23 Champs
4	9.82m		F	---	Mark Cepak	51	9/10/2010	Northern Zone R5
5	8.13m		F	---	Chris Norris	51	30/10/2010	Club Premiership R3 BANK
6	7.98m		F	---	Ronald Bendall	58	30/10/2010	Club Premiership R3 WOLL
7	7.94m		F	---	Zoran Novicic	50	26/02/2011	Northern Zone R21
8	7.48m		F	---	Gregory Duggan	52	16/10/2010	Northern Zone R6
9	6.94m		F	---	Doug Barrett	58	15/01/2011	Northern Zone R15
10	6.74m		F	---	Peter Douglas	56	25/09/2010	Northern Zone R3
<b>Men Open Shot Put 7.26Kg</b>								
1	12.12m		F	---	Andrew Kohlrusch	45	13/11/2010	Northern Zone R9
2	11.46m		F	---	Andrew Watson	41	19/02/2011	Northern Zone R20
3	10.51m		F	---	Michael Stark	28	19/02/2011	Northern Zone R20
4	10.37m		F	---	Christopher Dyce	22	23/10/2010	Northern Zone R7
5	10.22m		F	---	Tim McGrath	48	5/02/2011	Northern Zone R18
6	10.05m		F	---	Warren Jones	30	13/11/2010	Northern Zone R9
7	9.81m		F	---	Oliver Holland	21	16/10/2010	Club Premiership R1 NARA
9	9.78m		F	---	Daniel Spiric	33	2/10/2010	Northern Zone R4
10	8.61m		F	---	Adam Parsonage	43	26/02/2011	Northern Zone R21
<b>Men Open Discus 1.0Kg</b>								
1	41.63m		F	---	Will North	13	15/01/2011	Allcomers
2	37.67m		F	---	Alec Diamond	13	11/02/2011	NSW Junior & Youth Champs
3	34.41m		F	---	Jackson Diamond	15	11/02/2011	NSW Junior & Youth Champs
4	30.14m		F	---	William Richardson	14	21/11/2010	NSW State Relays
5	28.51m		F	---	Thomas West	15	21/11/2010	NSW State Relays
6	22.00m		M	---	James McFadden	13	8/01/2011	NSW Combined Events Champs
7	19.57m		F	---	Tristan Paterson	16	11/12/2010	Club Premiership R7 SOPAC
8	16.61m		F	---	Robert Jones	60	13/11/2010	Northern Zone R9
9	16.41m		F	---	Brian Hamilton	72	16/10/2010	Northern Zone R6
10	14.64m		M	---	Jim McGrath	80	27/02/2011	NSW Masters Throws Pent Champs
<b>Men Open Discus 1.5Kg</b>								
1	44.68m		F	---	Scott MacLennan	16	10/03/2011	Australian Junior Champs
2	39.24m		F	---	John Kay	51	3/07/2010	Oceania Masters Games
3	39.16m		F	---	Matthew Mountfort	17	7/10/2010	NSW Secondary Schools T&F
4	32.31m		F	---	Clay Tompkins	57	27/11/2010	Club Premiership R5 BLACK
5	29.58m		F	---	Mark Cepak	51	9/04/2011	NSW State Masters & U23 Champs
6	24.83m		F	---	Zoran Novicic	50	27/11/2010	Club Premiership R5 BLACK
7	24.04m		F	---	Chris Norris	51	2/10/2010	Northern Zone R4
8	23.94m		F	---	Peter Douglas	56	4/12/2010	Northern Zone R11
9	22.21m		F	---	Myalls Paterson	17	23/10/2010	Club Premiership R2 MING
10	22.09m		F	---	Doug Barrett	58	15/01/2011	Northern Zone R15
11	21.42m		F	---	Ross Douglas	56	11/12/2010	Club Premiership R7 SOPAC
12	21.25m		F	---	Gregory Duggan	52	16/10/2010	Northern Zone R6
13	19.95m		F	---	William Austin-Cray	17	23/10/2010	Club Premiership R2 MING
<b>Men Open Discus 2.0Kg</b>								
1	35.65m		F	---	Andrew Watson	41	13/11/2010	Northern Zone R9
2	35.47m		F	---	Andrew Kohlrusch	45	15/01/2011	Northern Zone R15
3	33.94m		F	---	Andrew Cepak	18	29/01/2011	Northern Zone R17
4	33.00m		F	---	Michael Stark	28	26/02/2011	Northern Zone R21
5	30.74m		F	---	Warren Jones	30	13/11/2010	Northern Zone R9
6	30.59m		F	---	Daniel Spiric	33	30/10/2010	Northern Zone R7

Rank	Mark	Wind	Convert/Rnd	Club rRankings	Name	Age	Date	Meet
7	30.46m		F	---	Tim McGrath	48	11/12/2010	Club Premiership R7 SOPAC
8	29.95m		F	---	John Skrivanic	45	26/02/2011	Northern Zone R21
9	25.22m		F	---	Oliver Holland	21	2/10/2010	Northern Zone R4
10	22.60m		F	---	Andrew Wu	22	30/10/2010	Northern Zone R7
11	21.75m		M	---	Zoran Novicic	40	8/01/2011	NSW Combined Events Champs
12	20.34m		F	---	Adam Parsonage	43	12/02/2011	Northern Zone R19
13	18.07m		M	---	Chris Norris	41	8/01/2011	NSW Combined Events Champs
<b>Men Open Hammer 3.0Kg</b>								
1	20.26m		M	---	Jim McGrath	80	27/02/2011	NSW Masters Throws Pent Champs
<b>Men Open Hammer 4.0Kg</b>								
1	22.04m		F	---	Brian Hamilton	72	9/10/2010	Northern Zone R5
2	21.05m		F	---	Jim McGrath	79	5/02/2011	Northern Zone R18
<b>Men Open Hammer 5.0Kg</b>								
1	18.09m		F	---	Robert Jones	60	8/01/2011	Northern Zone R14
<b>Men Open Hammer 6.0Kg</b>								
1	31.34m		F	---	Mark Cepak	51	9/10/2010	Northern Zone R5
2	19.96m		F	---	Ross Douglas	56	23/10/2010	Club Premiership R2 CAMP
3	16.40m		F	---	Chris Norris	51	25/09/2010	Northern Zone R3
4	15.96m		F	---	Doug Barrett	58	19/03/2011	Northern Zone R23
<b>Men Open Hammer 7.26Kg</b>								
1	38.39m		F	---	Warren Jones	30	9/10/2010	Northern Zone R5
2	37.68m		F	---	Michael Stark	28	5/03/2011	Northern Zone R22
3	22.73m		F	---	Tim McGrath	48	27/02/2011	NSW Masters Throws Pent Champs
4	20.36m		F	---	Daniel Spiric	33	9/10/2010	Northern Zone R5
5	19.67m		F	---	Andrew Watson	41	19/02/2011	Northern Zone R20
<b>Men Open Javelin 400g</b>								
1	15.93m		F	---	Jim McGrath	80	9/04/2011	NSW State Masters & U23 Champs
<b>Men Open Javelin 500g</b>								
1	20.77m		F	---	Nick Bastas	72	22/01/2011	Northern Zone R16
2	16.97m		F	---	Jim McGrath	79	19/02/2011	Northern Zone R20
3	15.79m		F	---	Jim Seymon	73	11/12/2010	Northern Zone R12
4	13.62m		F	---	Brian Hamilton	72	9/10/2010	Northern Zone R5
<b>Men Open Javelin 600g</b>								
1	36.03m		F	---	James McFadden	13	10/03/2011	Australian Junior Champs
2	33.44m		F	---	Will North	13	16/09/2010	CAS
3	14.68m		F	---	Robert Jones	60	8/01/2011	Northern Zone R14
<b>Men Open Javelin 700g</b>								
1	61.72m		F	---	Scott MacLennan	16	10/03/2011	Australian Junior Champs
2	51.07m		F	---	John Kay	51	3/07/2010	Oceania Masters Games
3	47.79m		F	---	Thomas West	15	4/12/2010	Australian All Schools Champs
4	31.50m		F	---	Mark Cepak	51	27/11/2010	Club Premiership R5 BLACK
5	29.60m		F	---	Myalls Paterson	17	21/11/2010	NSW State Relays
6	28.67m		F	---	Chris Norris	51	11/12/2010	Club Premiership R7 SOPAC
7	27.10m		M	---	William Richardson	15	8/01/2011	NSW Combined Events Champs
8	25.52m		F	---	Matthew Mountfort	17	27/11/2010	Club Premiership R5 BLACK
9	23.87m		F	---	Zoran Novicic	50	27/11/2010	Club Premiership R5 BLACK
10	23.79m		F	---	Gregory Duggan	52	23/10/2010	Northern Zone R7
11	23.08m		F	---	Tristan Paterson	16	27/11/2010	Club Premiership R5 BLACK
12	23.04m		F	---	Doug Barrett	58	19/02/2011	Northern Zone R20
13	22.13m		F	---	William Austin-Cray	17	21/11/2010	NSW State Relays
14	18.81m		F	---	Ronald Bendall	58	30/10/2010	Club Premiership R3 WOLL
15	15.01m		F	---	Dane Lafou	17	11/09/2010	Northern Zone R1
<b>Men Open Javelin 800g</b>								
1	46.76m		F	---	Christopher Dyce	22	9/10/2010	Northern Zone R5
2	46.50m		F	---	Andrew Cepak	19	22/01/2011	Northern Zone R16
3	43.15m		F	---	Andrew Kohlrusch	45	9/04/2011	NSW State Masters & U23 Champs
4	39.89m		F	---	Tim McGrath	48	11/12/2010	Club Premiership R7 SOPAC
5	39.35m		F	---	Oliver Holland	21	16/10/2010	Club Premiership R1 NARA
6	38.55m		F	---	Andrew Watson	41	19/02/2011	Northern Zone R20
7	36.16m		F	---	Morgan Harris-Bushell	21	23/10/2010	Northern Zone R7
8	35.73m		F	---	Daniel Spiric	33	25/09/2010	Northern Zone R3
9	34.69m		F	---	Michael Stark	28	11/12/2010	Club Premiership R7 SOPAC
10	31.91m		F	---	James Fitzgerald	40	21/11/2010	NSW State Relays
11	31.17m		F	---	Adam Parsonage	43	5/02/2011	Northern Zone R18
12	28.80m		F	---	Warren Jones	30	27/11/2010	Club Premiership R5 BLACK
13	28.74m		F	---	Andrew Wu	22	23/10/2010	Northern Zone R7
14	25.62m		M	---	Chris Norris	41	8/01/2011	NSW Combined Events Champs
15	22.47m		M	---	Zoran Novicic	40	8/01/2011	NSW Combined Events Champs
<b>Men Open Wght Thr 11.34Kg</b>								
1	12.73m		F	---	Mark Cepak	51	29/01/2011	Northern Zone R17
2	6.98m		F	---	Chris Norris	51	18/09/2010	Northern Zone R2
3	6.89m		F	---	Gregory Duggan	52	16/10/2010	Northern Zone R6
4	6.70m		F	---	Doug Barrett	58	15/01/2011	Northern Zone R15
5	6.36m		F	---	Zoran Novicic	50	12/02/2011	Northern Zone R19
<b>Men Open Wght Thr 15.88Kg</b>								
1	11.49m		F	---	Michael Stark	28	29/01/2011	Northern Zone R17
2	11.28m		F	---	Warren Jones	30	13/11/2010	Northern Zone R9

Rank	Mark	Wind	Convert/Rnd	Club rRankings Name	Age	Date	Meet
3	10.75m		F ---	Andrew Kohlrusch	45	30/10/2010	Northern Zone R7
4	8.73m		F ---	Andrew Watson	41	30/10/2010	Northern Zone R7
5	7.99m		F ---	Tim McGrath	48	18/09/2010	Northern Zone R2
<b>Men Open Wght Thr 4.45Kg</b>							
1	7.77m		M ---	Jim McGrath	80	27/02/2011	NSW Masters Throws Pent Champs
<b>Men Open Wght Thr 7.26Kg</b>							
1	7.83m		F ---	Brian Hamilton	72	2/10/2010	Northern Zone R4
<b>Men Open Wght Thr 9.08Kg</b>							
1	7.89m		M ---	Tim McGrath	48	27/02/2011	NSW Masters Throws Pent Champs
2	6.01m		F ---	Robert Jones	60	15/01/2011	Northern Zone R15
<b>Men Open Decathlon</b>							
1	5267		F ---	William Richardson	15	8/01/2011	NSW Combined Events Champs
2	2313		F ---	Chris Norris	41	8/01/2011	NSW Combined Events Champs
<b>Men Open Pentathlon</b>							
1	2377		F ---	John Kay	51	3/07/2010	Oceania Masters Games
2	1992		F ---	Chris Norris	51	21/04/2011	Australian Masters Championships
3	1880		F ---	Zoran Novicic	40	8/01/2011	NSW Combined Events Champs
4	1761		F ---	James McFadden	13	8/01/2011	NSW Combined Events Champs
<b>Men Open Throws Pent</b>							
1	2354		F ---	Tim McGrath	48	27/02/2011	NSW Masters Throws Pent Champs
2	2196		F ---	Jim McGrath	80	27/02/2011	NSW Masters Throws Pent Champs
3	1987		F ---	Warren Jones	30	27/02/2011	NSW Masters Throws Pent Champs
<b>Men Open Wght Pent</b>							
1	2332		F ---	Mark Cepak	52	21/04/2011	Australian Masters Championships



UTS dominance of the 1500m



Josh Clarke

# CLUB TRACK & FIELD RECORDS

as at 30 April 2011

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. *Janet Naylor*

Event	Performmc	Wind	Age	Athlete/s (age)	Date	Venue	New
<b>MEN</b>							
<b>100yards</b>	<b>9.6</b>		<b>Open</b>	<b>John Treloar / Phil Brown</b>	<b>1952/1957</b>		
<b>60m</b>	<b>7.07</b>	<b>-0.4</b>	<b>Open</b>	<b>Stephen Andrezza (20)</b>	<b>27/10/2007</b>	<b>Bankstown</b>	
60m	7.07	-0.4	U23	Stephen Andrezza (20)	27/10/2007	Bankstown	
60m	7.05	NWI	U20	Russell Parker	1999/2000		
60m	6.9h	NWI	U18	Robbie Baskin (17)	17/06/2006	Narrabeen	
60m	7.38	-3.0	U17	Matthew Hulme (16)	24/10/2009	Narrabeen	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	Bankstown	#
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	Bankstown	#
60m	9.38	-2.4	U14	Jackson Diamond (12)	24/10/2009	Narrabeen	
60m	9.38	-2.4	U13	Jackson Diamond (12)	24/10/2009	Narrabeen	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks	
60m	7.3h	NWI	M35	Sheldon Cummins (36)	27/01/2007	Rotary	
60m	7.6h	NWI	M40	Antony Guest (43)	18/10/2008	Rotary	
60m	7.8h	NWI	M45	Antony Guest (45)	18/09/2010	Rotary	#
60m	8.1h	NWI	M50	Ron Bendall	13/11/2004	Mingara	
60m	8.32	2.0	M55	Paul McCoy (55)	9/04/2011	Blacktown	#
60m	9.0	NWI	M60	Geoff Francis	2003/2004		
60m	8.7	NWI	M65	Brian Hamilton	2002/03		
60m	9.01	0.0	M70	David Chantrill (M72)	9/04/2011	Blacktown	#
<b>100m</b>	<b>10.24</b>		<b>Open</b>	<b>Tim Jackson</b>	<b>1994/95</b>		
100m	10.00	WA	Open	Tim Jackson	1989		
100m	10.86	-1.0	U23	Stephen Andrezza (22)	29/09/2009	Brisbane	
100m	10.41		U20	Tim Jackson	1988		
100m	10.70		U18	Tim Jackson	1987		
100m	10.72	0.1	U17	Joshua Clarke (15)	4/12/2010	Melbourne	#
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/2010	Melbourne	NR #
100m	11.3		U15	A Clay	1980		
100m	11.30		U14	A Edwards	1995/96		
100m	12.47		U13	D Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	2/03/2007	Canberra	
100m	11.43		M35	Clay Tompkins	1988		
100m	11.44	1.3	M40	Sheldon Cummins (40)	9/04/2011	Blacktown	#
100m	12.2h	NWI	M45	Antony Guest (45)	5/03/2011	Rotary	#
100m	12.8		M50	Jim McGrath	1981		

100m	12.5h	NWI	M55	Clay Tompkins (55)	10/01/2009	Rotary	
100m	12.3		M60	Reg Austin	1998/99		
100m	12.70		M65	Reg Austin	2000/02		
100m	14.0h	NWI	M70	David Chantrill (72)	22/01/2011	Rotary	#
100m	21.90		M85	Ray Frith	31/03/1991	Canberra	SR
<b>200m</b>	<b>20.93</b>		<b>Open</b>	<b>Tim Jackson</b>	<b>1989</b>		
200m	21.98	NWI	U23	Evan O'Hanlon (20)	6/09/2008	Beijing, Para Games	
200m	21.46		U20	Tim Jackson	1989		
200m	21.97		U18	Tim Jackson	1987		
200m	22.3		U17	David Waller	1977		
200m	22.01		U16	Scott Fraser	1996/97		
200m	22.47		U15	Ben Hogan	1995/96		
200m	24.47		U14	Peter Radi	1981		
200m	26.2		U13	B Harrison / M White	1971/1975		
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/2007	Homebush	
200m	22.83	0.6	M35	Sheldon Cummins (36)	8/03/2008	Homebush	
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/2011	Homebush	#
200m	24.5h	NWI	M45	Antony Guest (45)	26/02/2011	Blacktown	#
200m	26.75		M50	James Slattery	1995		
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	29.5h	NWI	M70	David Chantrill (72)	15/01/2011	Rotary	#
<b>400m</b>	<b>46.17</b>		<b>Open</b>	<b>David Johnston</b>	<b>1983</b>		
400m	46.49		U23	David Burke (21)	25/03/2011	Homebush	#
400m	46.9		U20	David Waller	1978		
400m	46.9		U18	David Waller	1978		
400m	46.9		U17	David Waller	1978		
400m	50.31		U16	Scott Fraser	1996/97		
400m	51.8		U15	John Price	1997/98		
400m	53.30		U14	John Price	1996/97		
400m	1.00.3		U13	D Trimmingham	1987		
400m	50.49		M30	Darren Pearce	2000/2001		
400m	47.83		M35	Antoine Burke (35)	25/03/2011	Homebush	#
400m	54.69		M40	John Skrivanic	17/04/2006	Canberra	
400m	56.02		M45	Antony Guest (45)	9/04/2011	Blacktown	#
400m	58.32		M50	Les Gillies	2001/02		
400m	59.15		M55	Rick Martin	6/11/2011	Blacktown	#
400m	1.01.40		M60	Les Gillies (60)	16/03/2007	Adelaide	
400m	1.07.31		M65	Geoff Francis (65)	24/03/2007	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	8/03/2008	Homebush	
<b>800m</b>	<b>1.46.52</b>		<b>Open</b>	<b>James Gurr (27)</b>	<b>3/03/2011</b>	<b>Melbourne</b>	<b>#</b>
800m	1.46.66		U23	Tristan Garrett (22)	4/03/2010	Melbourne	
800m	1.46.65		U20	Grant Cremer	1997/98		
800m	1.51.71		U18	Sam Hall	2000/2001		
800m	1.54.23		U17	Adrian White	1981		
800m	2.00.3		U16	K Dewar	1974		
800m	2.02.0		U15	John Vandenberg	1970		
800m	2.11.88		U14	Andrew Needham	1996/97		
800m	2.18.3		U13	R Pentecost	1967		

800m	1.54.64	M30	Sean Fitzpatrick	1997/98		
800m	1.56.10	M35	Greg Nielson	1990		
800m	1.59.98	M40	Stuart Paterson (41)	1997/98	Brisbane	
800m	2.05.9	M45	Stuart Paterson (46)	2002/03	Bankstown	
800m	2.11.59	M50	Les Gillies	2001/02		
800m	2.13.32	M55	Rick Martin (55)	11/12/2010	Homebush	#
800m	2.22.00	M60	Les Gillies (60)	6/04/2007	Hobart	
800m	2.40.33	M65	Geoff Francis (67)	10/04/2009	Adelaide	
800m	2.54.66	M70	Ron Wills (70)	6/03/2010	Campbelltown	
<b>1500m</b>	<b>3.39.12</b>	<b>Open</b>	<b>Nick Bromley (25)</b>	<b>16/02/2008</b>	<b>Homebush</b>	
1500m	3.45.13	U23	Josh Wright (20)	2/02/2011	Homebush	#
1500m	3.49.01	U20	Adrian White	1984		
1500m	3.54.3	U18	Nick Bromley	2000/2001		
1500m	4.02.1	U17	Laurie Toogood	1962		
1500m	4.03.2	U16	John Vandenberg	1970		
1500m	4.03.2	U15	John Vandenberg	1970		
1500m	4.28.8	U14	G Daly	1969		
1500m	4.46.0	U13	T Gillam	1971		
1500m	3.47.29	M30	Frazer Dowling (30)	2/04/2011	Homebush	#
1500m	3.59.66	M35	Stuart Paterson (39)	16/02/1996	Homebush	
1500m	4.04.49	M40	Stuart Paterson (42)	Jul-99	Gateshead, UK	
1500m	4.17.46	M45	Michael Donnelly	2002/03		
1500m	4.31.87	M50	Stuart Paterson (51)	10/09/2007	Riccione, ITA	
1500m	4.48.51	M55	Stephen Ball (56)	28/03/2010	Campbelltown	
1500m	5.16.17	M60	Geoff Francis	2002/03		
1500m	5.37.32	M65	Geoff Francis (67)	10/04/2009	Adelaide	
1500m	6.14.10	M70	Ron Wills (71)	9/04/2011	Blacktown	#
<b>1 Mile</b>	<b>4.04.54</b>	<b>Open</b>	<b>Nick Bromley (24)</b>	<b>17/03/2007</b>	<b>Wanganui,NZ</b>	
<b>3000m</b>	<b>8.04.85</b>	<b>Open</b>	<b>Nick Bromley (25)</b>	<b>8/11/2008</b>	<b>Homebush</b>	
3000m	8.44.54	U23	Matthew Rando (21)	5/04/2009	Adelaide	
3000m	8.20.14	U20	Josh Wright (19)	13/11/2010	Homebush	#
3000m	8.29.0	U18	Joel Fitzgerald	2000/2001		
3000m	8.43.75	U17	Ruairidh MacDonald (16)	11/03/2010	Homebush	
3000m	8.47.2	U16	John Vandenberg	1970		
3000m	9.30.12	U15	S Hudson	1987		
3000m	10.17.4	U14	Nick Walker	1999/2000		
3000m	9.52.09	U13	Jared Simmons (12)	23/01/2010	Homebush	
3000m	8.31.4	M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7	M35	Michael Donnelly	1995		
3000m	8.47.10	M40	Michael Donnelly	1999/2000		
3000m	9:34.15	M45	Stuart Paterson (49)	2/04/2006	Adelaide	
3000m	10.21.66	M50	Stuart Paterson (50)	11/11/2006	Homebush	
3000m	10.25.3	M55	Jim Seymon	1995		
3000m	11.31.8	M60	Geoff Francis	2002/03		
3000m	12.43.42	M65	Geoff Francis (67)	24/10/2009	Narrabeen	
3000m	14.05.1h	M70	Ron Wills (71)	30/10/2010	Rotary	#
<b>5000m</b>	<b>13.59.0</b>	<b>Open</b>	<b>John Farrington</b>	<b>1970</b>		
5000m		U23	vacant			
5000m	14.28.0	U20	Bruce Adams	1969		

5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors	19/01/2006	Homebush	
5000m	15.07.90		M35	Michael Donnelly	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	19/01/2006	Homebush	
5000m	18:14.33		M50	Stephen Ball	19/01/2006	Homebush	
5000m	17.49.00		M55	Jim Seymon	1995		
5000m	19.49.5		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	11/10/2009	Homebush	
<b>10000m</b>	<b>29.16.2</b>		<b>Open</b>	<b>John Farrington</b>	<b>1970</b>		
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	39.04.03		M50	Stephen Ball	2004/05		
10000m	36.15.4		M55	Jim Seymon	1995		
10000m	41.10.9		M60	Jim Seymon	1997/98		
<b>110m H - 1.067m</b>	<b>14.21</b>		<b>Open</b>	<b>Gareth Watkins</b>	<b>1998/99</b>		
110m H - 1.067m	14.37	0.9	U23	Jacob Holt (22)	23/02/2008	Homebush	
110m H - 0.991m	14.92	-0.1	U20	James Dooley (18)	31/01/2009	Homebush	
110m H - 0.914m	14.01	0.4	U18	James Dooley (17)	Nov-08	Canberra	
110m H - 0.914m	14.85	1.5	U17	James Dooley (16)	2/12/2007	Homebush	
100m H - 0.840m	13.0		U16	Matthew Walker	2002/03		
100m H- 0.840m	14.09		U15	Patrick Jones	1998/99		
90m H- 0.762m	13.14		U14	Ian Winnick	1995/96		
90m H- 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge	
110m H- 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m H- 0.991m	15.70		M35	Clay Tompkins	1991		SR
110m H - 0.991m	16.24		M40	Clay Tompkins	1993		
110m H - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m H- 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m H - 0.914m	16.23		M55	Clay Tompkins	21/03/2008	Blacktown	SR
100m Hs - 0.840m	18.16		M60	Jim McGrath	1992		
100m H - 0.840m	20.30		M65	Jim McGrath	1996/97		
80m H- 0.762m	17.10		M70	Jim McGrath	14/07/2001	Brisbane	SR
<b>200m H - 0.762m</b>	<b>24.60</b>	<b>-1.0</b>	<b>Open</b>	<b>Jacob Holt (20)</b>	<b>16/12/2006</b>	<b>Homebush</b>	
200m H- 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/2006	Homebush	
200m H - 0.762m	24.96		U20	Jacob Holt	2004/05		
200m H - 0.762m	26.07		U18	Kiel Mannix	2004/05		
200m H - 0.762m	27.3		U17	Peter Cunliffe-Jones / I Adair	1966/1969		
200m H - 0.762m	24.3		U16	Matthew Walker	2002/03		
200m H - 0.762m	27.13		U15	Sean Radi	1985		
200m H 0.762m	29.94		U14	S Hailstone	1985		
200m H- 0.762m	32.0		U13	Sean Radi	1983		
200m H- 0.762m	29.1		M35	Clay Tompkins	1989		
200m H - 0.762m	35.23	0.5	M45	Mark Cepak (48)	15/12/2007	Homebush	
<b>400m H - 0.914m</b>	<b>52.77</b>		<b>Open</b>	<b>James Roff</b>	<b>2004/05</b>		
400m H - 0.914m	53.17		U23	James Roff (21)	27/01/2007	Canberra	
400m H - 0.914m	52.77		U20	James Roff	2004/05		
400m H - 0.840m	53.31		U18	Mark Watts	Dec-05	Homebush	
400m H- 0.840m	57.31		U17	Raymond Smith (15)	30/11/2008	Canberra	

400m H- 0.840m	1.18.16	M50	Stephen Ball	2004/05		
400m H - 0.914m	1.17.10	M30	Roger Crowhurst	1996/97		
400m H - 0.914m	1.06.3	M35	Peter Hampshire	1991		
400m H - 0.914m	1.15.00	M40	Peter Hampshire	1996/97		
400m H - 0.914m	1.12.90	M45	Stephen Ball	2001/02		
300m H - 0.762m	53.00	M60	Les Gillies (60)	16/03/2007	Adelaide	
<b>3000m Steeple 0.914m</b>	<b>9.20.63</b>	<b>Open</b>	<b>Nick Bromley (19)</b>	<b>23/03/2002</b>		
3000m Steeple 0.914m	9.20.63	U20	Nick Bromley (19)	23/03/2002		
2000m Steeple - 0.914m	6.00.58	U18	Chris White	1986		
2000m Steeple - 0.914m	6.00.58	U17	Chris White	1986		
2000m Steeple - 0.914m	6.04.27	U16	Chris White	1985		NR
2000m Steeple - 0.762m	6.31.73	U15	S Hudson	1987		
<b>1500m Walk</b>	<b>5.58.0</b>	<b>Open</b>	<b>J Hart</b>	<b>1985</b>		
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)	16/01/2010	Rotary	
<b>3000m Walk</b>	<b>12.46.6</b>	<b>Open</b>	<b>J Hart</b>	<b>1983</b>		
3000m Walk	12.45.8	U20	John Morison	2000/2001		
3000m Walk	12.46.6	U18	J Hart	1983		
3000m Walk	13.51.5	U16	J Hart	1980		
3000m Walk	13.51.5	U15	J Hart	1980		
3000m Walk	15.44.7	M30	Mark Ransom	1995/96		
3000m Walk	16.53.4	M35	Mark Ransom	1998/99		
3000m Walk	17.16.20	M55	Jim Seymon	1996/97		
3000m Walk	16.48.3	M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4	M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h	M70	Jim Seymon (71)	7/03/2009	Rotary	
<b>5000m Walk</b>	<b>22.26.68</b>	<b>Open</b>	<b>John Morison</b>	<b>2001/02</b>		
5000m Walk	28.02.0	M30	Mark Ransom	1995/96		
5000m Walk	26.58.8	M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40	M55	Jim Seymon	1996/97		
5000m Walk	28.39.1	M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84	M65	Jim Seymon	2002/03		
5000m Walk	29.54.84	M70	Jim Seymon (71)	10/04/2009	Adelaide	SR
<b>10000m Walk</b>	<b>58.15.0</b>	<b>M30</b>	<b>Mark Ransom</b>	<b>1995/96</b>		
10000m Walk	1.02.32.0	M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0	M65	Jim Seymon	2004	Bankstown	SR
10000m Walk	1:03.11.53	M70	Jim Seymon (71)	5/01/2008	Campbelltown	

<b>High Jump</b>	<b>2.23m</b>		<b>Open</b>	<b>Luke Russell</b>	<b>1998/99</b>		
High Jump	1.90m		U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD	
High Jump	2.23m		U20	Luke Russell	1998/99		
High Jump	2.11m		U18	Theo Kavieris	1986		
High Jump	1.96m		U17	Gordon Windeyer	1971		
High Jump	1.90m		U16	Matthew Walker	1980		
High Jump	1.90m		U15	A Urquart	1983		
High Jump	1.78m		U14	J Delamare	1983		
High Jump	1.65m		U13	William Richardson (12)	15/11/2008	Blacktown	
High Jump	1.70m		M30	Carl Dubois / Tony Nash	1995 -96/7		
High Jump	1.70m		M30	Ashley McMahan	22/10/2005	Campbelltown	
High Jump	1.93m		M35	Clay Tompkins	1992		SR
High Jump	1.90m		M40	Clay Tompkins	1993		SR
High Jump	1.83m		M45	Clay Tompkins	2000/2001		
High Jump	1.75m		M50	Clay Tompkins	9/03/2003	Homebush	SR
High Jump	1.68m		M55	Clay Tomkins (55)	22/03/2008	Blacktown	SR
High Jump	1.36m		M60	Jim McGrath	1991		
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
<b>Pole Vault</b>	<b>4.63m</b>		<b>Open</b>	<b>Peter Dyer</b>	<b>1984</b>		
Pole Vault	3.50m		U23	Oliver Holland (20)	3/01/2009	Campbelltown	
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins	1988		
Pole Vault	3.60m		M40	Clay Tompkins	1993		
Pole Vault	3.60m		M45	Jim McGrath / Clay Tompkins	1976&98/9	Sydney	SR
Pole Vault	3.20m		M50	Jim McGrath / Clay Tompkins	1998&02/3		
Pole Vault	3.20m		M55	Jim McGrath	1987		
Pole Vault	3.00m		M60	Jim McGrath	20/07/1991	England	SR
Pole Vault	2.60m		M65	Jim McGrath	1996/97		
Pole Vault	2.40m		M70	Jim McGrath	3/11/2001	Sydney	SR
<b>Long Jump</b>	<b>7.67m</b>		<b>Open</b>	<b>Peter Banks</b>	<b>1996/97</b>		
Long Jump	6.26m	1.6	U23	Oliver Holland (20)	4/01/2009	Campbelltown	
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	6.90m		U18	Peter Elvy	1996/97		
Long Jump	6.85m		U17	Clay Tompkins	1969		
Long Jump	6.53m		U16	Matthew Walker	2002/03		
Long Jump	6.48m		U15	Sean Radi	1985		
Long Jump	5.98m		U14	Peter Elvy	1994		
Long Jump	5.30m		U13	G Bayman	1980		
Long Jump	6.15m	NWI	M30	Ashley McMahan	11/03/2006	Campbelltown	
Long Jump	6.56m		M35	Clay Tompkins	1988		
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		

Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	27/07/2008	Townsville	
Long Jump	4.99m		M60	Jim McGrath	18/07/1981	Turku, Finland	SR
Long Jump	4.29m		M65	Jim McGrath	1996/97		
Long Jump	3.92m		M70	Jim McGrath	2001/02		
<b>Triple Jump</b>	<b>15.71m</b>	<b>1.9</b>	<b>Open</b>	<b>Tomas Cholensky (33)</b>	<b>25/03/2011</b>	<b>Homebush</b>	<b>#</b>
Triple Jump	11.16m	0.4	U23	Jacob Holt (20)	26/09/2006		
Triple Jump	15.00m		U20	Peter Cox	1951		
Triple Jump	14.40m		U18	Peter Cox	1949		
Triple Jump	14.40m		U17	Peter Cox	1949		
Triple Jump	13.56m		U16	Matthew Walker	2002/03		
Triple Jump	12.82m		U15	Sean Radi	1985		
Triple Jump	12.27m		U14	Peter Radi	1981		
Triple Jump	10.78m		U13	D Trimmingham	1987		
Triple Jump	<b>15.71m</b>	<b>1.9</b>	M30	<b>Tomas Cholensky (32)</b>	<b>25/03/2011</b>	<b>Homebush</b>	<b>#</b>
Triple Jump	14.77m		M35	Clay Tompkins	1988		
Triple Jump	13.92m		M40	Clay Tompkins	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins	6/03/1999	Sydney	SR
Triple Jump	12.23m	NWI	M50	Clay Tompkins (54)	24/03/2007	Campbelltown	NR
Triple Jump	12.19m	2.0	M55	Clay Tompkins (57)	2/04/2010	Perth	
Triple Jump	9.40m		M60	Jim McGrath	1995		
Triple Jump	8.24m	NWI	M70	Nick Bastas	9/04/2011	Blacktown	#
<b>Shot - 7.26kg</b>	<b>16.82m</b>		<b>Open</b>	<b>Paul Crowe (32)</b>	<b>20/01/2007</b>	<b>Bankstown</b>	
Shot - 7.26kg	9.19m		U23	Oliver Holland (20)	31/01/2009	Hobart	
Shot - 7.26kg*	15.94m		U20	Stuart Gyngell	1983		
Shot - 5kg	18.34m		U18	Peter Elvy	1996/97		
Shot - 4.536kg*	17.33m		U17	G Bayman	1970		
Shot - 4.536kg*	17.44m		U16	Robert Murphy	1997/98		
Shot - 4.536kg*	17.13m		U15	Peter Elvy	1995		
Shot - 3.632kg*	16.45m		U14	Peter Elvy	1994		
Shot - 2.724kg*	14.25m		U13	G Bayman	1966		
Shot - 7.26kg	16.82m		M30	Paul Crowe (32)	20/01/2007	Bankstown	
Shot - 7.26kg	16.67m		M35	Paul Crowe (35)	11/10/2009	Homebush	
Shot Pu- 7.26kg	11.41m		M40	Clay Tompkins	1996/97		
Shot - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984		
Shot - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot - 5kg	9.60m		M60	Jim McGrath	1991		
Shot - 5kg	9.34m		M65	Jim McGrath	1996/97		
Shot - 4kg	8.76m		M70	Jim McGrath	2001/02		
Shot - 4kg	7.55m		M75	Jim McGrath (79)	8/01/2011	Rotary	#
Shot - 4kg*	7.27m		M80	Ray Frith	1987		
Shot - 4kg*	6.35m		M85	Ray Frith	1988		
<b>Discus - 2kg</b>	<b>60.45m</b>		<b>Open</b>	<b>Peter Elvy</b>	<b>2000/01</b>		
Discus - 2kg	26.02m		U23	Oliver Holland (20)	31/01/2009	Hobart	
Discus - 2kg*	55.45m		U20	Peter Elvy	1999/2000		
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman	1970		
Discus - 1kg	64.68m		U16	Peter Elvy	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy	1995		
Discus - 1kg	54.24m		U14	Robert Murphy	1995/96		

Discus - 1kg	44.38m	U13	Darren Pitchfork	1985	
Discus - 2kg	36.74m	M30	Carl Dubois	1995	
Discus - 2kg	33.72m	M35	Clay Tompkins	1995	
Discus - 2kg	39.18m	M40	Clay Tompkins	1999/2000	
Discus - 2kg	34.11m	M45	John Kay (49)	Nov-08	Blacktown
Discus - 1.5kg	41.86m	M50	Rocky Wijesinghe	1987	
Discus - 1.5kg	39.56m	M55	Rocky Wijesinghe	1992	
Discus - 1kg	37.06m	M60	Jim McGrath	1994	
Discus - 1kg	30.72m	M65	Jim McGrath	1996/97	
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
<b>Hammer - 7.26kg</b>	<b>56.10m</b>	<b>Open</b>	<b>Jon Harwood (26)</b>	<b>13/02/2009</b>	<b>Homebush</b>
Hammer - 7.26kg		U23	vacant		
Hammer - 7.26kg*	53.34m	U20	Darren Pitchfork	1989	
Hammer - 5kg	62.90m	U18	Darren Pitchfork	1988	
Hammer - 4.536kg*	56.04m	U17	Moise Haque	1979	
Hammer - 4.536kg*	60.00m	U16	Darren Pitchfork	1987	
Hammer - 4.536kg*	54.54m	U15	Peter Elvy	1995	
Hammer - 7.26kg	35.65m	M30	Peter Lang	2000/2001	
Hammer - 7.26kg	33.88m	M40	Ross Douglas	1999/2000	
Hammer - 7.26kg	31.11m	M45	Mark Cepak (49)	28/03/2009	Bankstown
Hammer - 6kg	38.38m	M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary
Hammer - 6kg	21.72m	M55	Ian Heazlewood (56)	21/03/2008	Blacktown
Hammer - 5kg	27.66m	M60	Jim McGrath	1995	
Hammer - 4kg	26.73m	M70	Brian Hamilton (72)	6/02/2010	Rotary
Hammer - 4kg	21.05m	M75	Jim McGrath (79)	5/02/2011	Rotary #
Hammer - 3kg	20.05m	M80	Jim McGrath (80)	9/04/2011	Blacktown #
<b>Javelin - 800g</b>	<b>63.14m</b>	<b>Open</b>	<b>Peter Elvy</b>	<b>1995/96</b>	
Javelin - 800g	44.17m	U23	Nik Vosper (22)	18/11/2006	Homebush
Javelin - 800g	63.14m	U20	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U18	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U17	Peter Elvy	1995/96	
Javelin - 700g	66.16m	U16	Peter Elvy	1995/98	
Javelin - 700g	60.54m	U15	Peter Elvy	1995	
Javelin - 600g	54.44m	U14	Peter Elvy	1994	
Javelin - 600g	31.50m	U13	Darren Pitchfork	1984	
Javelin - 800g	47.34m	M30	Tony Nash	1996/97	
Javelin - 800g	46.90m	M35	Clay Tompkins	1991	
Javelin - 800g	47.36m	M40	Clay Tompkins	1995/96	
Javelin - 800g	46.89m	M45	John Kay (49)	Nov-08	Blacktown
Javelin - 700g	54.37m	M50	John Kay (50)	18/10/2009	Homebush
Javelin - 800g*	40.04m	M55	Rocky Wijesinghe	1993	
Javelin - 600g	33.76m	M60	Jim McGrath	1991	
Javelin - 600g	29.54m	M65	Jim McGrath	1996/97	
Javelin - 500g	25.37m	M70	Jim McGrath	2001/02	
Javelin - 500g	20.23m	M75	Jim McGrath (76)	6/04/2007	Hobart
Javelin - 400g	15.93m	M80	Jim McGrath (80)	9/04/2011	Blacktown #
<b>Weight - 15.88kg</b>	<b>7.44m</b>	<b>M40</b>	<b>Tony Nash (43)</b>	<b>24/03/2007</b>	<b>Campbelltown</b>

Weight - 15.88kg	10.71m	M45	Mark Cepak (49)	10/04/2009	Adelaide	
Weight - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	20/03/2010	Canberra	
Weight - 11.34kg	8.06m	M55	Ian Heazlewood (55)	6/04/2007	Hobart	
Weight - 9.08kg	6.01m	M60	Robert Jones (60)	15/01/2011	Rotary	#
Weight - 7.26kg	8.95m	M70	Charles Hobden (71)	8/12/2007	Rotary	
<b>Decathlon</b>	<b>7915 Pts</b>	<b>Open</b>	<b>Peter Banks</b>	<b>1996/97</b>		
Decathlon	5478 Pts	U23	Oliver Holland (20)	31/01/2009	Hobart	
Decathlon	6425 Pts	U20	James Moir	1987		
Decathlon	6631 Pts	U18	Sean Radi	1987		
Decathlon	5827 Pts	U16	Sean Radi	1986		
Decathlon	3279 Pts	M40	Tony Nash (43)	3/03/2007	Brisbane	
Decathlon	3112 Pts	M45	Mark Cepak (48)	5/09/2007	Riccione, ITA	
Decathlon	6450 Pts	M60	Jim McGrath	18/07/1991	Turku, Finland	SR
<b>Heptathlon</b>	4184 Pts	U16	Martin Stonis (15)	6/01/2007	Homebush	
<b>Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m</b>						
Pentathlon	1498 Pts	M30	Peter Lang	12/02/2006	Homebush	
Pentathlon	3243 Pts	M35	Clay Tompkins	4/04/1988	Brisbane	SR
Pentathlon	1749 Pts	M40	Tony Nash (43)	6/04/2007	Hobart	
Pentathlon	3719 Pts	M45	Clay Tompkins	1997/98		
Pentathlon	3102 Pts	M50	John Kay (50)	2/04/2010	Perth	
Pentathlon	726 Pts	M55	Doug Barrett (57)	26/03/2010	Homebush	
Pentathlon	2618 Pts	M60	Les Gillies (60)	6/04/2007	Hobart	
<b>Throws Pentathlon - HT, SP, DT, JT, WT</b>						
Throws Pent	1987 Pts	M30	Warren Jones (30)	27/02/2011	Campbelltown	#
Throws Pentathlon	1310 Pts	M40	Tony Nash (43)	6/04/2007	Hobart	
Throws Pent	2354 Pts	M45	Tim McGrath (48)	27/02/2011	Campbelltown	#
Throws Pent	2896 Pts	M50	Robert Hanbury-Brown (53)	11/10/2009	Homebush	
Throws Pent	2264 Pts	M55	Ian Heazlewood (56)	21/03/2008	Blacktown	
Throws Pent	2196 Pts	M80	Jim McGrath (80)	27/02/2011	Campbelltown	#
<b>Relay - 4 x 100m</b>	<b>40.64</b>	<b>Open</b>	<b>Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede</b>	<b>1993</b>	<b>ES Marks</b>	
Relay - 4 x 100m	43.18	U20	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 100m	43.18	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 100m	44.84	U16	Anthony Collum, Joshua Clarke (15), Devlin Higgins, Phil Biggins (14)	21/11/2010	Homebush	#
Relay - 4 x 100m	51.41	U14	M Horman, Marek Cholinski, R Kameron, P Ching	1992		
Relay - 4 x 100m	49.22	M40	Ross Douglas, Clay Tompkins, Tim Heazlewood, David Hardyman	1995		
Relay - 4 x 100m	46.49	M120+	John Skrivanic, Sheldon Cummins, Melissa Medicott, Anthony Benn	Nov-05	Homebush	
Relay - 4 x 100m	48.38	M160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	21/11/2009	Blacktown	
Relay - 4 x 100m	50.54	M200+	Chris Norris (51), David Smith (55), Robert Stepanovich (55), Sheldon Cummins (39)	21/11/2010	Homebush	#
Relay - 4 x 100m	58.56	M240+	David Smith (54), Mark Cepak (50), Geoff Francis (67), Charles Hobden (74)	21/11/2009	Blacktown	
<b>Relay - 4 x 200m</b>	<b>1.27.33</b>	<b>Open</b>	<b>Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis</b>	<b>1995</b>	<b>Homebush</b>	
Relay - 4 x 200m	1:29.24	U20	Tristan Garrett, James Roff, Kiel Mannix, Steve Andrezza	Nov-05	Homebush	
Relay - 4 x 200m	1:29.38	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 200m	1:36.0	U17	V Carnovale, M Cobb, R Cross, A Pearce	1979		
Relay - 4 x 200m	1:33.44	U16	Matthew Reede, J Kwan, Tim Jackson, M Carter	1984		

Relay - 4 x 200m	1.41.88	U15	Graham Wright, P Joseph, S Harris, Robert Waller	1981		
Relay - 4 x 200m	1.47.53	U14	M Horman, Marek Cholinski, R Kameron, P Ching	1992		
Relay - 4 x 200m	1.37.23	M30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1994		
Relay - 4 x 200m	1.45.10	M40	James Slattery, Clay Tompkins, John Petre, Alan Nolan	1995		
Relay - 4 x 200m	1.45.46	M160+	Tony Crimi (49), Adam Parsonage (43), David Smith (55), Richard Martin (55)	21/11/2010	Homebush	#
Relay - 4 x 200m	1:52.96	M200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	19/11/2006	Homebush	
<b>Relay - 4 x 400m</b>	<b>3.12.25</b>	<b>Open</b>	<b>Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke</b>	<b>Mar-11</b>	<b>Homebush</b>	<b>#</b>
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	Homebush	
Relay - 4 x 400m	3.22.65	U18	Will Austin-Cray, Luke Packham, Joel Norton, Cheyne Egelton	20/11/2010	Homebush	#
Relay - 4 x 400m	3.26.21	U17	R Pittorino, Adrain White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3:38.26	U16	Andrew Brazier, Jack Richardson, Dean Asonitis, Matthew Skilbeck	19/11/2006	Homebush	
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	Homebush	
Relay - 4 x 400m	3.49.13	M160+	Anthony Guest (45), Adam Parsonage (43), Frazer Dowling (30), Conor Delahunty (42)	Nov-10	Homebush	#
Relay - 4 x 400m	3:59.72	M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	19/11/2006	Homebush	
<b>Relay - 4 x 800m</b>	<b>7:27.95</b>	<b>Open</b>	<b>Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)</b>	<b>22/11/2009</b>	<b>Blacktown</b>	
Relay - 4 x 800m	7.46.20	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	8.27.2	U17	P Bingham-Hall, H Coombes, K Dewar, B Preston	1975		
Relay - 4 x 800m	8.42.57	U16	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	1995/96		
Relay - 4 x 800m	7.46.20	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	9.58.56	U14	Matthew Brougham, Scott Leece, Sam Kennedy, T Lamvohee	1995		
Relay - 4 x 800m	8.14.05	M30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	19/12/1993	ES Marks	SR
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	19/11/1997	Homebush	SR
Relay - 4 x 800m	8.53.11	M160+	Greg Lyons, Michael Donnelly, Les Gillies, Stuart Paterson	14/12/2002	Homebush	
Relay - 4 x 800m	9.28.19	M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	Homebush	
<b>Relay - 4 x 1500m</b>	<b>16.08.9</b>	<b>Open</b>	<b>Michael Maiers, Sean Fitzpatrick, Robert Spurrs, Adrian McGarva</b>	<b>1999/2000</b>	<b>Homebush</b>	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/2000	Homebush	
Relay - 4 x 1500m	18.03.13	U16	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	2000/01		
Relay - 4 x 1500m	20:41.72	U14	Josh Hall, Chris Cepak, Trent Morton, Joel Norton	19/11/2006	Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	Homebush	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	17/12/1995	ES Marks	
Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	29/11/1997	Homebush	
Relay - 4 x 1500m	18.02.76	M160+	Michael Donnelly, Stuart Paterson, Angus Stewart, Greg Lyons	14/12/2002	Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	Homebush	#
<b>Relay - Medley (100,100,200,400)</b>	<b>1.38.1</b>	<b>Open</b>	<b>Michael Maiers, Mark Caulfield, Mitchell Roberts, Ray Barbat</b>	<b>2002/2003</b>	<b>Homebush</b>	
<b>Relay - Medley (200,200,400,800)</b>	<b>3.22.06</b>	<b>Open</b>	<b>Ben Colless, Chris Pitman, Antoine Burke, James Gurr</b>	<b>Nov-10</b>	<b>Homebush</b>	<b>#</b>
Relay - Medley (200,200,400,800)	3:58.81	U18	Nicholas Bell, Joe Craft, Ben Noone, Dean Asonitis	16/12/2006	Homebush	
<b>Relay - 4 x High Jump</b>	<b>7.90m</b>	<b>Open</b>	<b>Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche</b>	<b>1996/97</b>	<b>Homebush</b>	
Relay - 4 x High Jump	7.30m	U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	Homebush	

<b>Relay - 4 x Pole Vault</b>	<b>14.10m</b>		<b>Open</b>	<b>Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche</b>	<b>1996/97</b>	<b>Homebush</b>	
<b>Relay - 4 x Long Jump</b>	<b>27.06m</b>		<b>Open</b>	<b>Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet</b>	<b>1996</b>	<b>Homebush</b>	<b>SR</b>
Relay - 4 x Long Jump	22.97m		U18	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	1996/97	Homebush	
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	16/11/2008	Blacktown	
<b>Relay - 4 x Shot Put</b>	<b>53.93m</b>		<b>Open</b>	<b>Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)</b>	<b>16/11/2008</b>	<b>Blacktown</b>	
Relay - 4 x Shot	51.24m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush	
Relay - 4 x Shot Put	39.80m		M120+	Robert Hanbury-Brown (53), Mark Cepak (50), Kieran Courtney (30), John Kay (50)	22/11/2009	Blacktown	
<b>Relay - 4 x Discus</b>	<b>143.96m</b>		<b>Open</b>	<b>Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)</b>	<b>16/11/2008</b>	<b>Blacktown</b>	
Relay - 4 x Discus	157.62m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush	
<b>Relay - 4 x Hammer</b>	<b>120.77m</b>		<b>Open</b>	<b>Peter Lang, Warren Jones, Michael Stark, Ross Douglas</b>	<b>2003/2004</b>	<b>Homebush</b>	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy, Warren Jones, Andrew Lukas, Chris Gale	1996/97	Homebush	
<b>Relay - 4 x Javelin</b>	<b>189.12m</b>		<b>Open</b>	<b>Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)</b>	<b>16/11/2008</b>	<b>Blacktown</b>	<b>SR</b>
Relay - 4 x Javelin	145.11m		U18	James Dooley, Robin Gladstone, Andrew Cepak, Chris Cepak	19/11/2006	Homebush	
<b>WOMEN</b>							
<b>100 yards</b>	<b>10.4</b>		<b>Open</b>	<b>Jenny Lamy</b>	<b>1966</b>		
<b>60m</b>	<b>7.3</b>	<b>NWI</b>	<b>Open</b>	<b>Melissa Medlicott (38)</b>	<b>10/06/2006</b>	<b>Narrabeen</b>	
<b>60m</b>	<b>7.3</b>	<b>NWI</b>	<b>Open</b>	<b>Laura Verlinden (18)</b>	<b>1/07/2006</b>	<b>Narrabeen</b>	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/2008	Manoa, Hawaii	
60m	7.3	NWI	U20	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/2007	Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/2007	Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks	
60m	7.91	0.4	U15	Karlie Morton (14)	10/11/2007	Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks	
60m	8.87	-0.4	U13	Eliza Cepak (12)	10/11/2007	Homebush	
60m	7.63	1.4	W30	Jess Knox (31)	19/12/2009	Bankstown	
60m	7.4	NWI	W35	Melissa Medlicott	13/11/2004	Mingara	
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/2011	Blacktown	#
60m	8.41	-0.8	W45	Marie Kay (48)	27/07/2008	Townsville	NR
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/2009	Adelaide	SR
60m	10.0	NWI	W55	Anne Dorey	2003/2004		
<b>100m</b>	<b>11.2</b>		<b>Open</b>	<b>Jenny Lamy</b>	<b>1967</b>		
100m	11.89	-0.1	U23	Laura Verlinden (20)	19/03/2009	Brisbane	
100m	11.2		U20	Jenny Lamy	1967		
100m	11.6		U18	Melissa Moore / Fiona Blair	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/2008	Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	Canberra	
100m	11.93		U15	Alice Wilson	2004/05		
100m	12.70		U14	Catherine Kennedy	1990		
100m	13.21		U13	Keshvar Mirarazi	1995		
100m	11.65		W30	Jenny Laurendet	1994		
100m	11.8h	NWI	W35	Melissa Medlicott	13/11/2004	Mingara	
100m	12.75	0.4	W40	Jacqueline Bezuidenhout (44)	5/02/2011	Homebush	#
100m	13.1h	-0.4	W45	Marie Kay (47)	24/11/2007	Bankstown	

100m	13.5		W50	Kaye Smythe	1998/99		
100m	14.98		W55	Gloria Seymon	1993		
100m	16.7		W65	Kathleen Cook	2004/05		
100m	19.9		W70	Ruth Frith	1991		
100m	19.3		W75	Ruth Frith	1990		
<b>200m</b>	<b>22.88</b>		<b>Open</b>	<b>Jenny Lamy</b>	<b>1968</b>		
200m	24.21	1.4	U23	Laura Verlinden (20)	7/03/2009	Homebush	
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/2010	Homebush	
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/2010	Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	Homebush	
200m	24.40	0.7	U16	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	0.7	U15	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	6/12/2007	Homebush	
200m	25.62		U14	Stephanie Parker	1997/98		
200m	27.66		U13	Anneliese Rubie	2004/05		
200m	24.79		W30	Glenda Douglass	1995/96		
200m	25.17		W35	Melissa Medlicott	25/02/2006	Homebush	SR
200m	26.44	1.2	W40	Jackie Bezuidenhout (44)	21/04/2011	Brisbane	#
200m	25.85	Ind	W45	Marie Kay (48)	19/03/2008	ClermontFerrand FR	WR
200m	27.6	1.5	W50	Marie Kay (50)	2/04/2010	Perth	
200m	31.6		W55	Gloria Seymon	1993		
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/2009	Rotary	
200m	35.5		W65	Kathleen Cook	2004/05		
<b>400m</b>	<b>51.80</b>		<b>Open</b>	<b>Annabelle Smith</b>	<b>2003/2004</b>		
400m	55.64	Ind	U23	Thalia Amanakis (22)	1/03/2008	Nampa, ID, USA	
400m	53.88		U20	Anneliese Rubie (18)	11/03/2010	Homebush	
400m	54.78		U18	Kylie Robertson	1992		
400m	56.09		U17	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U16	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U15	Tracey Morton	12/11/2005	Homebush	
400m	57.80		U14	Anneliese Rubie	Dec-05	Homebush	
400m	1.01.44		U13	Anneliese Rubie	2004/05		
400m	55.50		W30	Glenda Douglass	5/04/1996	Perth	SR
400m	58.40		W35	Stacey Quitzau	1997/98		
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	56.99	Ind	W45	Marie Kay (48)	22/03/2008	Clermont-Ferrand FR	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	6/03/2010	Kamloops, CAN	
400m	1.30.9		W55	Anne Dorey	2002/03		
400m	1.15.0		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	9/01/2010	Rotary	SR
<b>800m</b>	<b>2.02.88</b>		<b>Open</b>	<b>Sianne Toemoe (22)</b>	<b>31/03/2011</b>	<b>Perth</b>	<b>#</b>
800m	2.02.88		U23	Sianne Toemoe (22)	31/03/2011	Perth	#
800m	2:05.32		U20	Trychelle Kingdom (17)	16/02/2008	Homebush	
800m	2.10.85		U18	Sianne Toemoe (17)	11/11/2006	Homebush	
800m	2.15.22		U17	Renee Vandenberg	2000/2001		
800m	2.15.22		U16	Renee Vandenberg	2000/2001		
800m	2.17.2		U15	Renee Vandenberg	2000/2001		
800m	2:17.29		U14	Ruby Hackett	Dec-05	Homebush	
800m	2.22.62		U13	Ruby Hackett	2004/05		
800m	2.22.61		W30	Mary Fein	2002/03		

800m	2.14.1	W35	Stacey Quitzau	1997/98		
800m	2.15.39	W40	Anne Forbes	13/04/2001		SR
800m	2.31.34	W45	Kaye Smythe	1997/98		
800m	2.34.94	W50	Robyn Suttor (50)	11/10/2009	Homebush	
800m		W55	Gloria Seymon			
800m	2.53.01	W60	Maureen Cadogan	2002/03		
800m	3.18.4h	W65	Lesley Eller (66)	5/12/2009	Rotary	SR
<b>1500m</b>	<b>4.19.70</b>	<b>Open</b>	<b>Lara Nicod (25)</b>	<b>15/08/2010</b>	<b>Kessel Lo, Belgm</b>	<b>#</b>
1500m	4.23.07	U23	Katie French (21)	17/02/2007	Homebush	
1500m	4.27.98	U20	Lucy Starrat (18)	6/08/2006	Gold Coast	
1500m	4:30.45	U18	Greta McNiven	2003/2004		
1500m	4:41.0	U17	Carly Green	1991		
1500m	4:41.0	U16	Carly Green	1991		
1500m	4:42.97	U15	Ruby Hackett	15/02/2006	Homebush	
1500m	4:42.97	U14	Ruby Hackett	15/02/2006	Homebush	
1500m	4.52.47	U13	Ruby Hackett	2004/05		
1500m	5.28.0	W30	Fran Dorey	4/02/2006	Rotary	
1500m	4.39.19	W35	Anne Forbes	1995		
1500m	4.40.30	W40	Anne Forbes	1996/97		
1500m	5.15.18	W45	Diane Aitken	2001/02		
1500m	5.37.22	W50	Deborah Drennan (51)	2/04/2010	Perth	
1500m	8.02.0h	W55	Nancy Lloyd (57)	9/10/2010	Rotary	#
1500m	5.56.33	W60	Maureen Cadogan	2002/03		
1500m	6.54.6h	W65	Lesley Eller (66)	7/11/2009	Rotary	
<b>1 mile</b>	<b>5:30.41</b>	<b>Open</b>	<b>Mary Fien (34)</b>	<b>21/07/2007</b>	<b>Narrabeen</b>	
<b>3000m</b>	<b>9.31.4</b>	<b>Open</b>	<b>Elizabeth Richards</b>	<b>1976</b>		
3000m	9.34.10	U23	Eliza Stewart (21)	17/02/2007	Homebush	
3000m	9.35.04	U20	Lucy Starrat (18)	8/07/2006	Narrabeen	
3000m	10.12.07	U18	Greta McNiven	2003/2004		
3000m	10:16.4	U17	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4	U16	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4	U15	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4	U14	Ruby Hackett	29/10/2005	Bankstown	
3000m	10.41.9	U13	Ashley Mason	2004/05		
3000m	10.28.5	W30	Mary Fien	2003/2004		
3000m	10.02.5	W35	Anne Forbes	1995		
3000m	10.10.90	W40	Anne Forbes	1996/97		
3000m	11.03.0	W45	Diane Aitken	2001/02		
3000m	12.37.17	W50	Deborah Drennan (51)	23/01/2010	Homebush	
3000m	16.21.2	W55	Nancy Lloyd (55)	18/10/2008	Rotary	
3000m	12.51.2	W60	Maureen Cadogan	2002/03		
3000m	15.34.5h	W65	Lesley Eller (66)	5/12/2009	Rotary	
<b>5000m</b>	<b>16.19.00</b>	<b>Open</b>	<b>Eliza Stewart (21)</b>	<b>9/02/2007</b>	<b>Brisbane</b>	
5000m	16.19.00	U23	Eliza Stewart (21)	9/02/2007	Brisbane	
5000m	19.29.40	U20	Erin Smithson (18)	4/11/2006	Mingara	
5000m	18.45.07	U18	M Lawson	1985		
5000m	18.41.95	W30	Mary Fien (34)	6/04/2007	Hobart	
5000m	17.26.5	W35	Anne Forbes	1995		
5000m	17.48.60	W40	Anne Forbes	1996/97		
5000m	18.16.57	W45	Joanne Cowan	15/04/2001	Bankstown	SR

5000m	22.35.79		W50	Deborah Drennan (52)	11/12//2001	Homebush	#
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
<b>10000m</b>	<b>34.36.79</b>		<b>Open</b>	<b>Eliza Stewart (21)</b>	<b>14/12/2006</b>	<b>Melbourne</b>	
10000m	44.29.68		U23	Fiona Alldis (21)	29/09/2009	Brisbane	
10000m			U18	M Lawson	1985		
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
<b>100m H - 0.840m</b>	<b>13.42</b>		<b>Open</b>	<b>Jenny Laurendet</b>	<b>1990</b>		
100m H - 0.840m	13.95	1.1	U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
100m H - 0.840m	14.06		U20	Catherine Kennedy	1993		
100m H - 0.762m	13.6		U18	Charlotte Yeates	2004/05		
100m H - 0.762m	14.58		U17	Keshvar Mirzarazi	1997/98		
90m H - 0.762m	13.20		U16	Marissa Ward	2003/2004		
90m H - 0.762m	13.15		U15	Marissa Ward	2002/03		
80m H - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	Canberra	
80m H - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	Homebush	
100m H - 0.840m	13.46		W30	Jenny Laurendet	1993		
100m H - 0.840m	17.55	0.9	W35	Janet Naylon (39)	29/08/2005	San Sebastian,ESP	
80m H - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	NR
80m H - 0.762m	13.1	1.8	W50	Marie Kay (50)	3/07/2010	Tahiti	#
60m H - 0.762m	9.55	Ind	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	NR
80m H - 0.762m	16.26		W55	Gloria Seymon	1993		
80m H - 0.762m	18.78		W65	J Night	1994		
<b>200m H - 0.762m</b>	<b>28.14</b>	<b>NWI</b>	<b>Open</b>	<b>Thalia Amanakis (21)</b>	<b>5/05/2007</b>	<b>Manoa, Hawaii</b>	
200m H - 0.762m	28.14		U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii	
200m H - 0.762m	29.6		U20	Alison Ross-Edwards	1969		
200m H - 0.762m	28.3		U17	Alexandra Shorter	2003/2004		
200m Hs - 0.762m	28.3		U16	Alexandra Shorter	2003/2004		
200m H - 0.762m	28.55		U15	Keshvar Mirzarazi	1996/97		
200m H - 0.762m	29.96		U14	Niketa Patterson	2004/05		
200m H - 0.762m	34.9		U13	M Love	1984		
200m H - 0.762m	29.6		U18	Alison Ross-Edwards	1969		
200m H - 0.762m	34.0		W30	M Harlock	1984		
200m H - 0.762m	30.5		W35	Stacey Quitzau	1997/98		
200m H - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/2009	Homebush	
200m H - 0.762m	30.92	-0.7	W45	Marie Kay (49)	5/04/2009	Adelaide	
200m H - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/01/2010	Homebush	
<b>400m H - 0.762m</b>	<b>56.31</b>		<b>Open</b>	<b>Jenny Laurendet</b>	<b>1989</b>		
400m H - 0.762m	58.52		U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
400m H - 0.762m	59.20		U20	Kylie Robertson	1990		
400m H - 0.762m	59.2		U18	Kylie Robertson	1990		
400m H - 0.762m	1:03.90		U17	Alexandra Bartholomew (15)	7/10/2010	Homebush	#
400m H - 0.762m	59.6		W30	Cathy Collopy	1988		
400m H - 0.762m	1:09.99		W35	Mary Fien (35)	10/09/2007	Riccione, ITA	
400m H - 0.762m	1:21.89		W40	Janet Naylon (41)	7/07/2007	Griffith Uni, QLD	
400m H - 0.762m	1:04.72		W45	Marie Kay (48)	27/07/2008	Townsville, QLD	
<b>3000m Steeple 0.762m</b>	<b>10.28.03</b>		<b>Open</b>	<b>Lara Nicod (25)</b>	<b>8/08/2010</b>	<b>Ninov, Belgium</b>	<b>#</b>

2000m Steeple - 0.762m	7.27.85	U20	Charlotte Wilson (19)	15/01/2011	Homebush	#
2000m Steeple - 0.762m	8.14.79	U18	Laura Van Den Honert (17)	4/12/2011	Homebush	#
2000m Steeple- 0.762m	7.36.14	U17	Greta McNiven	2002/03		
2000m Steeple - 0.762m	7.36.14	U16	Greta McNiven	2002/03		
2000m Steeple - 0.762m	6.54.6	W30	Mary Fien	2004/05		
2000m Steeple - 0.762m	7:26.72	W35	Mary Fien (35)	15/09/2007	Riccione, ITA	
<b>1500m Walk</b>	<b>10.09.0</b>	<b>Open</b>	<b>Sharon Dunk</b>	<b>1991</b>		
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)	1/08/2008	Homebush	
1500m Walk	8.50.9	W30	Fran Dorey	2003/2004		
1500m Walk	9.01.1	W35	Suzanne Brown	2004/05		
1500m Walk	8.36.66	W40	Suzanne Brown (44)	24/09/2009	Narrabeen	SR
1500m Walk	9.27.6	W45	Nancy Lloyd	2002/03		
1500m Walk	9.06.6	W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3	W55	Nancy Lloyd (55)	1/11/2008	Rotary	
<b>3000m Walk</b>	<b>17.04.25</b>	<b>Open</b>	<b>Christina Alldis (22)</b>	<b>31/01/2009</b>	<b>Homebush</b>	
3000m Walk	16:27.8	U20	Christina Alldis	15/10/2005	Bankstown	
3000m Walk	20.31.0	U15	M Travers	1977		
3000m Walk	19.04.6	W30	Fran Dorey	2002/03		
3000m Walk	20.13.6	W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75	W40	Suzanne Brown (44)	31/10/2009	Mingara	SR
3000m Walk	19.50.02	W45	Nancy Lloyd	2002/03		
3000m Walk	18.51.3	W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h	W55	Nancy Lloyd (57)	9/10/2010	Rotary	#
<b>5000m Walk</b>	<b>25:34.86</b>	<b>Open</b>	<b>Fiona Alldis (19)</b>	<b>24/11/2007</b>	<b>ES Marks</b>	
5000m Walk	29.12.11	U23	Christina Alldis (20)	25/11/2006	ES Marks	
5000m Walk	25:34.86	U20	Fiona Alldis (19)	24/11/2007	ES Marks	
5000m Walk	34.15.50	W30	Sharon Dunk	1995/96		
5000m Walk	33.02.99	W35	Suzanne Brown	2004/05		
5000m Walk	30.20.43	W40	Suzanne Brown (43)	10/04/2009	Adelaide	
5000m Walk	34.46.0	W45	Nancy Lloyd	2002/03		
5000m Walk	31.24.77	W50	Nancy Lloyd (53)	6/04/2007	Hobart	
5000m Walk	32.59.45	W55	Nancy Lloyd (57)	21/04/2011	Brisbane	#
<b>10000m Walk</b>	<b>1:00:42.27</b>	<b>Open</b>	<b>Christina Alldis</b>	<b>14/01/2006</b>	<b>Homebush</b>	
10000m Walk	1:02:08.74	U23	Christina Alldis (21)	6/01/2007	Homebush	
10000m Walk	1:00:42.27	U20	Christina Alldis	14/01/2006	Homebush	
10000m Walk	1:18.23.0	W30	Sharon Dunk	1995		
10000m Walk	1:08.40.84	W40	Suzanne Brown (44)	20/01/2010	Homebush	
10000m Walk	1:09.25.31	W50	Nancy Lloyd	5/01/2008	Campbelltown	SR
<b>High Jump</b>	<b>1.78m</b>	<b>Open</b>	<b>K Maurer</b>	<b>1985</b>		
High Jump	1.69m	U23	Romi Arnott (20)	31/01/2009	Hobart	
High Jump	1.74m	U20	Virginia Young	1993/1995		
High Jump	1.74m	U18	Virginia Young	1993		
High Jump	1.73m	U17	Virginia Young	1992		
High Jump	1.73m	U16	Virginia Young	1992		

High Jump	1.65m		U15	Wendy Bebbington	1987		
High Jump	1.65m		U14	Wendy Bebbington / Virginia Young	1987 / 1989		
High Jump	1.57m		U13	Wendy Bebbington	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.35m		W35	Jackie Bezuidenhout	4/12/2004	Homebush	
High Jump	1.51m		W40	Helen Searle	1981		
High Jump	1.60m		W45	Marie Kay (49)	28/07/2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	3/07/2011	Tahiti	#
High Jump	1.19m		W55	Gloria Seymon	1993		
<b>Pole Vault</b>	<b>3.10m</b>		<b>Open</b>	<b>Amy Moulden (21)</b>	<b>19/02/2011</b>	<b>Homebush</b>	<b>#</b>
Pole Vault	3.10m		U23	Amy Moulden (21)	19/02/2011	Homebush	
Pole Vault	3.00m		U20	Amy Moulden	15/01/2006	Homebush	
Pole Vault	3.00m		U18	Amy Moulden	15/01/2006	Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.30m		U15	Alexandra Gall (14)	7/03/2009	Homebush	
Pole Vault	2.30m		U14	Alexandra Gall (13)	22/11/2008	Homebush	
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
<b>Long Jump</b>	<b>6.33m</b>		<b>Open</b>	<b>Helen Frith</b>	<b>1965</b>		
Long Jump	5.20m	NWI	U23	Romi Arnott (20)	3/01/2009	Campbelltown	
Long Jump	5.99m		U20	Virginia Young	1995		
Long Jump	5.83m		U18	Jenny Lamy	1966		
Long Jump	5.57m		U17	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.57m		U16	Sue Dove / Catherine Kennedy	1986/1990		
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	Canberra	
Long Jump	4.82m		U13	Sijaan Powley	1995		
Long Jump	5.21m		W30	Jenny Laurendet	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott	14/04/2006	Canberra	
Long Jump	5.76m		W40	Helen Searle	1984		
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/03/2008	Clermont-Ferrand, FRA	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon	1995/96		
Long Jump	2.32m		W75	Ruth Frith	1989		
Long Jump	2.40m		W80	Ruth Frith	1990		SR
Long Jump	2.19m		W85	Ruth Frith	28/03/1995	Homebush	SR
<b>Triple Jump</b>	<b>12.59m</b>		<b>Open</b>	<b>Gillian Ting</b>	<b>1995</b>		
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/2006	Homebush	
Triple Jump	12.59		U20	Gillian Ting	1995		
Triple Jump	12.09m		U18	Gillian Ting	1995		
Triple Jump	11.89m		U17	Gillian Ting	1992		
Triple Jump	11.89m		U16	Gillian Ting	1992		
Triple Jump	11.68m		U15	Gillian Ting	1992		
Triple Jump	11.04m		U14	Gillian Ting	1990		
Triple Jump	10.55m		U13	Greta Beale	2002/03		
Triple Jump	9.04m		W30	Peta Bird	1990		
Triple Jump	10.00m	NWI	W35	Melissa Medlicott	2/04/2006	Bankstown	

Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/2009	Rotary	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	Homebush	
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam	SR
Triple Jump	8.51m		W55	Gloria Seymon	1993		
Triple Jump	7.24m		W65	J Knight	1994		
Triple Jump	5.65m		W80	Ruth Frith	13/01/1993	Miyazaki, JPN	SR
Triple Jump	5.50m		W85	Ruth Frith	25/03/1995	Homebush	SR
<b>Shot Put - 4kg</b>	<b>14.72m</b>		<b>Open</b>	<b>Lou Torso</b>	<b>1977</b>		
Shot Put - 4kg	10.45m		U23	Jordana Cashman (22)	25/11/2006	ES Marks	
Shot Put - 4kg	13.10m		U20	J Kennedy	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik	2004/05		
Shot Put - 4kg	11.04m		U15	Eliza Cepak (14)	3/09/2009	Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/09/2008	Rotary	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/01/2008	Rotary	
Shot Put - 4kg	7.15m		W30	M Harlock	1985		
Shot Put - 4kg	11.18m		W35	Caroline Layt	Mar-05	Brisbane	SR
Shot Put - 4kg	11.59m		W40	Helen Searle	1980		
Shot Put - 4kg	11.76m		W45	Helen Searle	1983		
Shot Put - 3kg	12.30m		W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	
Shot Put - 3kg	9.14m		W55	Gloria Seymon	1993		
Shot Put - 3kg	6.28m		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
<b>Discus - 1kg</b>	<b>46.94m</b>		<b>Open</b>	<b>Lou Torso</b>	<b>1975</b>		
Discus - 1kg	27.67m		U23	Helena Smith (20)	2/02/2008	Rotary	
Discus - 1kg	36.40m		U20	Pamela Thomson	1994		
Discus - 1kg	38.50m		U18	Pamela Thomson	1995		
Discus - 1kg	44.38m		U17	Amber Bennett	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett	1995/96		
Discus - 1kg	30.88m		U13	Amber Bennett	1995		
Discus -1kg	31.49m		W30	Joanne Munn	Nov-05	Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	15/12/2007	Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	27/02/2010	Rotary	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	6/06/2010	Campbelltown	SR
Discus -1kg	26.97m		W50	Marie Kay (50)	2/04/2010	Perth	
Discus -1kg	22.10m		W55	Gloria Seymon	1993		
Discus -1kg	17.16m		W60	J Night	1994		
Discus -1kg	18.00m		W65	Ruth Frith	1986		
Discus -1kg	14.48m		W70	Ruth Frith	1990		SR
Discus -1kg	12.10m		W75	Ruth Frith	1999/2000		SR
Discus -1kg	13.92m		W85	Ruth Frith	1998	Homebush	SR
Discus -1kg	12.10m		W90	Ruth Frith	2000		SR
<b>Hammer - 4kg</b>	<b>37.45m</b>		<b>Open</b>	<b>Annabel Davies (17)</b>	<b>30/09/2006</b>	<b>Homebush</b>	
Hammer - 4kg	26.59m		U23	Helena Smith (20)	12/01/2008	Rotary	

Hammer - 4kg	37.45m	U20	Annabel Davies (17)	30/09/2006	Homebush	
Hammer - 4kg	37.45m	U18	Annabel Davies (17)	30/09/2006	Homebush	
Hammer - 4kg	40.64m	U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m	U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m	U15	Lailanie Burnes	1998/99		
Hammer - 4kg	36.57m	W35	Melissa Bonser (38)	11/10/2008	Rotary	
Hammer - 4kg	36.52m	W40	Caroline Layt (42)	10/11/2007	Homebush	
Hammer - 4kg	43.80m	W45	Helen Searle	1983		
Hammer - 3kg	28.37m	W50	Cathleen Osborne	2004/05		
Hammer - 3kg	26.60m	W55	Gloria Seymon	1993		
Hammer - 3kg (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		
<b>Javelin - 600g</b>	<b>52.30m</b>	<b>Open</b>	<b>J Wojdanowski</b>	<b>1975</b>		
Javelin - 600g	37.34m	U23	Jordana Cashman (22)	16/09/2006	Rotary	
Javelin - 600g	51.53m	U20	Annabel Davies (18)	2/02/2007	Homebush	
Javelin - 600g	51.16m	U18	Annabel Davies (17)	7/12/2006	Homebush	
Javelin - 600g	41.76m	U17	Mackenzie Little (15)	11/02/2011	Homebush	#
Javelin - 600g	41.76m	U16	Mackenzie Little (15)	11/02/2011	Homebush	#
Javelin - 600g	35.80m	U15	Amber Bennett	1996/97		
Javelin *now 400g	36.16m	U14	V Hooper	1984		
Javelin - 400g	36.00m	U13	V Hooper	1982		
Javelin - 600g	29.98m	W30	Fran Dorey	2002/03		
Javelin - 600g	25.62m	W35	Nanise Burnes	1996/97		
Javelin - 600g	24.39m	W40	Shannon Kavanagh (40)	7/11/2009	Rotary	
Javelin - 600g	32.30m	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	
Javelin - 500g	31.56m	W50	Marie Kay (50)	2/04/2010	Perth	
Javelin - 600g*	28.14m	W55	Gloria Seymon	1993		
Javelin - 400g	12.80m	W60	Maureen Cadogan	2002/03		
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
<b>Weight - 9.08kg</b>	12.11m	W35	Caroline Layt	1/03/2005	Brisbane	
Weight - 9.08kg	12.08m	W40	Caroline Layt (44)	11/10/2009	Homebush	SR
Weight - 9.08kg	11.31m	W45	Caroline Layt (45)	21/04/2011	Brisbane	SR #
Weight - 7.26kg	7.82m	W50	Kerrie Jones	1/04/2006	Bankstown	
Weight - 7.26kg	8.75m	W55	Kerrie Jones (56)	6/03/2010	Campbelltown	
Weight - 7.26kg	7.78m	W85	Ruth Frith	1995		SR
Weight - 7.26kg	6.19m	W90	Ruth Frith	2001	Sydney	SR
<b>Heptathlon</b>	<b>5599 Pts</b>	<b>Open</b>	<b>Lesley Richards</b>	<b>1985</b>		
Heptathlon	4509 Pts	U23	Romi Arnott (20)	31/01/2009	Hobart	
Heptathlon	5134 Pts	U20	Lesley Richards	1981		
Pentathlon	4098 Pts	U18	P Smith	1967		
Heptathlon	5134 Pts	U18	Lesley Richards	1981		
Heptathlon	4702 Pts	U17	Virginia Young	1991		
Heptathlon	4702 Pts	U16	Virginia Young	1991		
Multiple Events	4259 Pts	U15	Belinda Johnson	1998/99		
Heptathlon	6185 Pts	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	WR

Heptathlon	5832 Pts	W50	Marie Kay (50)	3/07/2010	Tahiti	#
Heptathlon	4461 Pts	W55	Gloria Seymon	1993		SR
Heptathlon	3757 Pts	W60	Gloria Seymon	17/07/1997	Durban, RSA	SR
<b>Indoor Pentathlon - 60H, HJ, SP, LJ, 800m</b>						
Indoor Pentathlon	4906 Pts	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	WR
<b>Outdoor Pentathlon - LJ, JT, 200m, DT, 800m</b>						
Pentathlon	1658 Pts	W35	Caroline Layt	2004/05	Canberra	
Pentathlon	3797 Pts	W40	Helen Searle	1983		
Pentathlon	3444 Pts	W45	Kaye Smythe	1997/98		SR
Pentathlon	3800 Pts	W50	Kaye Smythe	1998/99		SR
Pentathlon	2322 Pts	W55	Gloria Seymon	11/03/1998	Homebush	SR
<b>Throws Pentathlon - HT, SP, DT, JT, WT</b>						
Throws Pentathlon	2778 Pts	W35	Melissa Bonser (37)	21/03/2008	Blacktown	
Throws Pentathlon	2938 Pts	W40	Caroline Layt (44)	11/10/2009	Homebush	
Throws Pentathlon	2883 Pts	W45	Glenys Whitehead (46)	21/04/2011	Brisbane	#
Throws Pentathlon	2378 Pts	W50	Kerrie Jones	11/10/2009	Homebush	
Throws Pentathlon	2015 Pts	W55	Kerrie Jones (57)	27/02/2011	Campbelltown	#
Throws Pentathlon	3852 Pts	W80	Ruth Frith	1993		SR
Throws Pentathlon	4424 Pts	W85	Ruth Frith	7/03/1998	Homebush	SR
Throws Pentathlon	5394 Pts	W90	Ruth Frith	24/04/2000	Hobart	SR
<b>Relay - 4 x 100m</b>						
<b>46.62</b>		<b>Open</b>	<b>Annette Low, Kylie Hanigan, Jessie Shepherd, Veronica Lee</b>	<b>1995</b>		
Relay - 4 x 100m	47.63	U20	Elizabeth Jenkins, Charlotte Yeates, Laura Verlinden, Natasha Finlay	Nov-05	Homebush	
Relay - 4 x 100m	48.47	U18	Phoebe Davies (15), Anneliese Rubie (17), Tracey Morton (17), Karlie Morton (15), Tansy Bracka (15), Rubee King (14), Karlie Morton (15), Phoebe Davies (15)	16/11/2008	Blacktown	
Relay - 4 x 100m	49.27	U16	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	16/11/2008	Blacktown	
Relay - 4 x 100m	51.54	U14	Kaye Smythe, Glenda Douglass, Sally Fleming, Georgina Hale	18/11/2007	Homebush	
Relay 4 x 100m	50.25	W30	Janet Naylon (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medicott	1995/96		
Relay 4 x 100m	50.69	W160+	Jenny Schell (47), Robyn Suttor (50), Jillian Senior (57), Marie Kay (49)	19/11/2006	Homebush	
Relay 4 x 100m	58.50	W200+		21/11/2009	Blacktown	
<b>Relay - 4 x 200m</b>	<b>1.38.49</b>	<b>Open</b>	<b>Jenny Laurendet, Veronica Lee, Catherine Kennedy, Jessie Shepherd</b>	<b>1993</b>		
<b>Relay - 4 x 200m - Indoor</b>	<b>1.49.98</b>	<b>Ind</b>	<b>Open</b> <b>Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylon (41), Marie Kay (48)</b>	<b>22/03/2008</b>	<b>Clermont-Ferrand, FRA</b>	<b>NR</b>
Relay - 4 x 200m	1:41.59	U18	Karlie Morton (14), Anneliese Rubie (16), Tracey Morton (16), Dimity Norton (16)	17/11/2007	Homebush	
Relay - 4 x 200m	1:42.28	U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Larissa Paternatsky	18-19/11/2006	Homebush	
Relay - 4 x 200m	1:47.68	U14	Elle-Maree Farrington, Tracey Morton, Karlie Morton, Niketa Patterson	2004/05		
Relay 4 x 200m	1:48.72	W120+	Janet Naylon (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medicott (37)	2004/05	Homebush	
Relay 4 x 200m	1:47.61	W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medicott (41)	21/11/2009	Blacktown	
<b>Relay - 4 x 400m</b>	<b>3.50.02</b>	<b>Open</b>	<b>Glenda Douglass, Tracey Walsh, Kylie French, Kylie Hanigan</b>	<b>1995/96</b>		
Relay - 4 x 400m	3:52.10	U20	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown	
Relay - 4 x 400m	3:52.26	U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	Homebush	
Relay - 4 x 400m	3:59.56	U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	Homebush	
Relay - 4 x 400m	4.03.52	U14	Elle-Maree Farrington, Tracey Morton, Niketa Patterson, Anneliese Rubie	2004/05		
Relay - 4 x 400m	4.07.65	W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	Homebush	

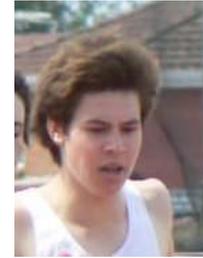
Relay - 4 x 400m	4:46.51	W160+	Louise Kershaw, Janet Naylon (40), Mary Fien (34), Marie Kay (46)	18- 19/11/2006	Homebush	
<b>Relay - 4 x 800m</b>	<b>9:06.73</b>	<b>Open</b>	<b>Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)</b>	<b>17/11/2007</b>	<b>Homebush</b>	
Relay - 4 x 800m	9:41.94	U20	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	18- 19/11/2006	Homebush	
Relay - 4 x 800m	9:37.18	U18	Libby Augustine, Grace Maher, Alexandra Bartholomew, Fran Schmeide	20/10/2010	Homebush	#
Relay - 4 x 800m	9:41.94	U16	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	18- 19/11/2006	Homebush	
Relay - 4 x 800m	9:52.77	U14	Elle-Maree Farrington, Tracey Morton, Katie Furniss, Ruby Hackett	2004/05		
Relay - 4 x 800m	10:52.75	W120+	Jo Cowan, Susan Rilen, Stacey Quitzau, Mary Fien	Nov-04	Homebush	
Relay - 4 x 800m	10:20.74	W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	NR
<b>Relay - 4 x 1500m</b>	<b>19:14.16</b>	<b>Open</b>	<b>Thea Welsby, Katie French, Ruby Hackett, Lucy Starrat</b>	<b>18- 19/11/2006</b>	<b>Homebush</b>	
Relay - 4 x 1500m	21:02.41	U20	Jessica Boyd, Alice Tancred, Rosie Tancred, Sara Rathbourne	Nov-05	Homebush	
Relay - 4 x 1500m	20:36.77	U18	Fiona Cross, Rosie Tancred, Alice Tancred, Sara Rathborne	2003/2004		
Relay - 4 x 1500m	20:21.14	U16	Rebecca Cormack, Thea Welsby, Katie Furniss, Ruby Hackett	18- 19/11/2006	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	Homebush	
Relay - 4 x 1500m	21:48.89	W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	Homebush	
<b>Relay - Medley (100,100,200,400)</b>	<b>1:53.80</b>	<b>Open</b>	<b>Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins</b>	<b>2003/2004</b>		
Relay - Medley (200,200,400,800)	4:30.99	U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	18- 19/11/2006	Homebush	
<b>Relay - Medley (200,200,400,800)</b>	<b>4:00.67</b>	<b>Open</b>	<b>Katie French, Elizabeth Jenkins, Melissa Medicott, Jessica Knox</b>	<b>Nov-05</b>	<b>Homebush</b>	
<b>Relay - 4 x High Jump</b>	<b>6.30m</b>	<b>Open</b>	<b>Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson</b>	<b>1999/2000</b>		
Relay - 4 x High Jump	5.99m	U18	Freya Sombroek, Phoebe Kershaw, Elle Farrington, Melissa Farrington	15- 16/11/2008	Blacktown	
<b>Relay - 4 x Long Jump</b>	<b>20.46m</b>	<b>Open</b>	<b>Danielle Senior, Alex Moulos, Ellen Kershaw, Phoebe Kershaw</b>	<b>18- 19/11/2006</b>	<b>Homebush</b>	
Relay - 4 x Long Jump	19.36m	U18	Phoebe Kershaw, Melissa Farrington, Olivia Caprarelli, Pippa Kensit	15- 16/11/2008	Blacktown	
Relay - 4 x Long Jump	17.42m	U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	Homebush	
<b>Relay - 4 x Shot Put</b>	<b>44.97m</b>	<b>Open</b>	<b>Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik</b>	<b>18- 19/11/2006</b>	<b>Homebush</b>	
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	<b>39.82m</b>	W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	SR
<b>Relay - 4 x Discus</b>	<b>144.07m</b>	<b>Open</b>	<b>Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes</b>	<b>1998/99</b>		
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	70.82m	U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18- 19/11/2006	Homebush	
<b>Relay - 4 x Hammer</b>	<b>105.48m</b>	<b>Open</b>	<b>Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones</b>	<b>2004/05</b>		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		
<b>Relay - 4 x Javelin</b>	<b>148.39m</b>	<b>Open</b>	<b>Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman</b>	<b>18- 19/11/2006</b>	<b>Homebush</b>	SR
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown	

(Out of Stadium records have not been updated for this season and will be uploaded onto the Club website when available)



## CLUB MEMBERS

2010/11



Adey	Louella	Fuerst	Sven	Mountfort	Matthew
Agnew	Eleanor	Gardiner	Matthew	Nash	Emma
Alldis	Fiona	Gardiner	Sarah	Naylon	Janet
Al-Wahabi	Omar	Garrett	Tristan	Nelson	Emilie
Andrews	Harrison	Genev	Michaela	Nevile	Madeleine
Andrici	Anemarie-Iosefina	Gibbs	Rebecca	Nicod	Lara
Archbold	David	Giddy	Jack	Nolan	Alan
Arnott	Rosemary	Gillard	Grace	Nolan	Michael
Ascroft	Hannah	Gillies	Penelope	Norris	Chris
Askey-Doran	Nathan	Gipson	Madison	North	Will
Atshan	Farjaam	Godbold	Alexander	Northam	Alexander
Atterton	John	Godbold	Jane	Norton	Joel
Augustine	Emily	Goessler	Calvin	Novicic	Zoran
Augustine	Kate	Goessler	Evelyn	Nurse	Sophia
Augustine	Len	Goessler	Marvin	O'Grady	Gabriella
Augustine	Libby	Gorman	Alexandra	O'Hanlon	Evan
Austin-Cray	William	Grozdanis	Tracey	Olsson	Tash
Back	William	Grun	Christina	Osborn	Elizabeth
Bailey	Jonathan	Guest	Antony	Owen	William
Ball	Stephen	Gurr	James	Packham	Josh
Ball	Stuart	Hackett	Ruby	Packham	Luke
Ball	Timothy	Hall	Josh	Panchadar	Pranav
Barrett	Doug	Hall	Isaac	Panetta	Janetta
Bartholomew	Alexandra	Hamilton	Brian	Parker	Jack
Bastable	Richard	Hampshire	Peter	Parsonage	Adam
Bastas	Nick	Harris-Bushell	Morgan	Paterson	Stuart
Bebbington	Peter	Hashemi	Layegha	Paterson	Amanda
Bendall	Ronald	Hawthorne	John	Paterson	Morgan
Bezuidenhout	Jacqueline	Hayman	Camilla	Paterson	Myalls
Biggins	Philip	Healey	Peter	Paterson	Tristan
Birouste	Jeanne	Healey	Katie	Patton	Declan
Black	Xavier	Healey	Sarah	Perera	Ciaan
Book	Alexandra	Heeps	Caitlin	Perrin	Katie
Boot	Ryan	Hendry	Gabrielle	Person	Sonya
Bosi	Lachlan	Higgins	Devlin	Peters	Stefanie
Boss	Philippa	Higgins	James	Pettigrew	Alex
Bowskill	John-Robert	Higgins	Peter	Pittman	Chris
Boyle	Courtney	Hobbs	Kate	Pockl-Deen	Isabella
Boyle	Lara	Hobden	Charles	Poirrier	Michael
Bratby	Alana	Holland	Oliver	Powell	Benjamin
Brazier	Andrew	Holt	Jacob	Powell	Michael
Briant	Rafael	Howard	Ashley	Purches	Daryl
Briscoe	Kieran	Howard	Chris	Quance	Tony
Briscoe	Lauren	Hu	Alfred	Quoyle	Molly
Bromley	Nick	Huang	QiuSheng	Ramrakha	Vikram

Bromley	Peter	Hughes	Alastair	Rando	Matthew
Brown	Suzanne	Hulme	Matthew	Regan	Abigail
Bryant	Declan	Hulme	Samantha	Richardson	Jack
Burgess	Peter	Hunt	Katrina	Richardson	William
Burke	Antoine	Hunt	Stephanie	Rilen	Susan
Burke	David	Hutchison	Henry	Roberts	Mitchell
Carlton	Paul	Huxley	Di	Ross	Alister
Carman	Sarah	Hyde	Brendon	Rowe	Nick
Carr	Christina	Ingram	Claire	Rutledge	Matthew
Carter	Terrence	Ingram	Nicholas	Ruzic	Jennifer
Cashman	Greg	James	Evan	Sagar	Jeff
Cepak	Mark	Jaye	Bev	Sattout-Day	Gabrielle
Cepak	Andrew	Jenkins	Dominica	Schell	Jenny
Cepak	Chris	Johnson	Blake	Schmiede	Frances
Cepak	Eliza	Jones	Robert	Schuermann	Maren
Chan	Catherine	Jones	Karen	Scott	Michael
Chan	Val	Jones	Kerrie	Scott	Bon
Chantrill	David	Jones	Warren	Sedowsky	Nicholas
Cheel	Thomas	Jones	Melissa	Selosse	Andrew
Chen	Lia	Kanard	Briony	Senior	Jillian
Cheok	Jamie	Kass	Dorothy	Seymon	Jim
Cheung	Joel	Kavanagh	Shannon	Sharpe	Brad
Cholensky	Tomas	Kay	John	Sharpe	Rochelle
Clark	Geordie	Kay	Marie	Shoesmith	Ronald
Clark	John	Kemp	Suzanne	Shorter	Chris
Clark	Lewis	Kemp	Tony	Skrivanic	John
Clarke	Joshua	Kershaw	Phoebe	Simmons	Jared
Clay	Elizabeth	Kershaw	Louise	Skerritt	Matthew
Clayhills	Freya	Keshishian	Hovik	Sloot	Thomas
Clements	Hannah	Knight	Ashleigh	Smith	David
Colburn	Hugh	Knox	Jessica	Smith	Meghann
Colless	Ben	Kohlrusch	Andrew	Smith	Jordan
Collins	Bryce	Kovacevic	Sasha	Smith	Tahlia
Collum	Anthony	Krok	Phillip	Sombroek	Freya
Colreavy	Jack	Kruger	Eugene	Soon	Jerome
Colreavy	Harry	Kumar	Nathan	Spiric	Daniel
Connors	Robert	Lavender	Malcolm	Stark	Michael
Cook	Julia	Layt	Caroline	Starrat	Lucy
Cormack	Rebekah	Lee	Alan	Steggles	Kate
Cornell	Taylor	Lee	Erin	Steiner	Claudia
Cosma	Morgan	Lee	Alvin	Stepanovich	Robert
Cosma	Celeste	Leibenatus	Christian	Stewart	Angus
Cotterill	Danielle	Lemon	Christopher	Stewart	Eliza
Courtney	Kieran	Lindsay	Yvonne	Stonis	Martin
Cowie	Oscar	Little	MacKenzie	Sullivan	Jack
Crimi	Anthony	Lloyd	Nancy	Suttor	Robyn
Crockart	Jennifer	Lodewijks	Rachel	Switzer	Paul
Crowe	Matthew	Long	Darcy	Tafft	Jessica
Culhane	Sarah	Love	Amelia	Tancred	Alice
Cummings	Paul	Macchia	Catherine	Taylor	Mark
Cummins	Sheldon	MacDonald	Andrew	Thomas	Margaret
Cunningham	Anita	MacDonald	Alasdair	Toemoe	Sianne
Davies	Phoebe	MacDonald	Daniel	Toemoe	George
Davis	Calum	MacDonald	Ruairidh	Tolpigin	Gregory
Davis	Tyson	Mackenzie	Andrew	Tompkins	Clay
Dean	Barry	MacLennan	Scott	Tredinnick	Molly

Delahunty	Conor	Macrow-Cain	Alana	Trippas	Edward
Diamond	Jackson	Maguire	Jack	Tsoi	Melanie
Diamond	Alec	Maher	Grace	Tyszkiewicz	Julia
Ding	Daisy	Maltby	Nicholas	Urquhart	Richard
Dingwall	Kristy Lee	Mannix	Kiel	Vandenberg	Renee
Dooley	Olivia	Marsh	Tracy	Van den Honert	Laura
Dooley	James	Marshall	Sara	Vanderwoude	Blake
Douglas	Ross	Martin	Richard	Van Veenendaal	Charlotte
Douglas	Peter	Martin	Lucina	Verlinden	Laura
Douglas	Tobias	Martin	Oliver	Viljoen	Bernalee
Dowling	Frazer	McArdle	Jack	Walker	Nick
Doyle	Raukura	McCoy	Paul	Walker	Sam
Drennan	Deborah	McCoy	Cameron	Wall	Dean
D'Souza	Samantha	McCoy	Xavier	Walsh	Evan
Duggan	Gregory	McCoy	William	Walsh	Timothy
Dulson	Eliza	McFadden	James	Watson	Andrew
Dunn	Robert	McKay	Oscar	Watton	Brett
Dwyer	Christopher	McPhee	Christina	Webster	Sarah
Dyce	Christopher	McGrath	James	Wegener	Caleb
Dyson	Ainsley	McGrath	Timothy	West	Andy
Egelton	Cheyne	McGregor	Kevin	West	Thomas
Eller	Lesley	Medlicott	Melissa	White	Ian
Ellero	Jacqueline	Medlicott	Robert	White	Claudia
Englebrecht	Richard	Mehanna	Michael	Whitehead	Glenys
Ferguson	James	Mellish	Daniel	Whiting	Liam
Fien	Mary	Mitchell	Henry	Wilkins	Sean
Fisher	Graeme	Moore	Denford	Wills	Ron
Fisher	Jacinta	Morton	Tracey	Wilson	Charlotte
Fitzgerald	James	Morton	Karlie	Wright	Jennifer
Foley	Conor	Moss	Benjamin	Wright	Josh
Fonte	Giuliano	Moulden	Amy	Wu	Andrew
Freeman	Willoe	Mountfield	Pam	Yee	Andrew



Ruairidh MacDonald



Kieran Briscoe

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Sheldon Cummins



Jim Seymon



Suzanne Kemp



David Burke



Will Richardson and Coach



Madison Gipson



Cheyne Egleton