

UTS Northern Suburbs Athletic Club Track & Field Records as at December 31, 2020

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

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

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
WOMEN						
60m	7.52	0.0	Open	Jessica Knox (33)	Dec 3 2011	Blacktown
60m	7.56	1.9	U23	Gabriella O'Grady (20)	Jan 14 2017	Beaton Park, Wollongong
60m	7.3h	NWI	U20	Laura Verlinden (18)	July 1 2006	Narrabeen
60m	7.67	0.0	U18	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
60m	7.67	0.0	U17	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
60m	7.72	1.6	U16	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown
60m	7.72	1.6	U15	Gabriella Taylor (14)	Oct 26 2019	The Crest, Bankstown
60m	7.88	0.2	U14	Gabriella Taylor (13)	Dec 10 2018	Cairns
60m	8.30	-0.1	U13	Gabriella Taylor (12)	Nov 18 2017	Blacktown
60m	7.52	0.0	W30	Jessica Knox (33)	Dec 3 2011	Blacktown
60m	7.4h	NWI	W35	Melissa Medlicott (36)	Nov 13 2004	Mingara
60m	7.91	-1.1	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush
60m	7.98	1.6	W45	Monique Perry (45)	Oct 26 2019	The Crest, Bankstown
60m	8.23	1.8	W50	Kylie Strong (50)	Apr 26 2018	Perth
60m	9.0h	NWI	W55	Gabrielle Whelan (55)	Sep 24 2016	Rotary, Chatswood
60m	10.1h	NWI	W60	Deborah Drennan (61)	Sep 21 2019	Rotary, Chatswood
60m	11.7h	NWI	W65	Jillian Senior (65)	Feb 17 2018	Rotary, Chatswood
60m	11.7h	NWI	W65	Jillian Senior (66)	Feb 16 2019	Rotary, Chatswood
60m	15.4h	NWI	W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood
60m	12.63	-1.1	W80	Kathleen Cook (80)	March 4 2018	Blacktown
100 yards	10.4h		Open	Jenny Lamy (17)	1966	
100m	11.20		Open	Jenny Lamy (18)	1967	
100m	11.1h		U23	Jenny Lamy (20)	22/05/1905	Brisbane
100m	11.20		U20	Jenny Lamy (18)	1967	
100m	11.60		U18	Melissa Moore (17)/ Fiona Blair (17)	1986/1991	
100m	11.87	1.9	U17	Karlie Morton (15)	Nov 30 2008	AIS, Canberra
100m	11.87	1.9	U16	Karlie Morton (15)	Nov 30 2008	AIS, Canberra
100m	11.93		U15	Alice Wilson (14)	2004/05	
100m	12.49	1.7	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra
100m	13.11	NWI	U13	Kristie Edwards (12)	Aug 23 2012	SOPAC, Homebush
100m	11.60	1.7	W30	Jessica Knox (33)	Jan 7 2012	Blacktown
100m	11.8h	NWI	W35	Melissa Medlicott (36)	Nov 13 2004	Mingara
100m	12.3h	NWI	W40	Monique Perry (43)	Apr 7 2018	Rotary, Chatswood
100m	12.62	0.0	W45	Monique Perry (45)	Dec 21 2019	The Crest, Bankstown
100m	12.90	2.0	W50	Kylie Strong (50)	Apr 27 2018	Perth
100m	14.5h	NWI	W55	Gabrielle Whelan (55)	Oct 29 2016	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
100m	17.33	1.1	W60	Margaret Thomas (61)	Mar 3 2018	Blacktown
100m	16.70		W65	Kathleen Cook	2004/05	
100m	19.90		W70	Ruth Frith		
100m	19.30		W75	Ruth Frith		
100m	19.3h		W80	Ruth Frith (81)	1990	
100m	29.23	-3.2	W85	Laurel Barrett (86)	Feb 20-22 2016	SOPAC, Homebush
120m	14.66	NWI	Open	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
120m	17.45	NWI	U23	Alyssa Philip (21)	Nov 3 2020	Campbelltown
120m	14.66	NWI	U18	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
120m	14.66	NWI	U17	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
120m	14.66	NWI	U16	Georgia Fichardt (16)	Nov 3 2020	Campbelltown
150m	18.84		Open	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U20	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U18	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U17	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U16	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U15	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	18.84		U14	Gabriella Taylor (13)	Dec 10 2018	Cairns
150m	26.39	NWI	U13	Rheanna McMahon (12)	Sep 17 2016	Rotary, Chatswood
150m	21.43	NWI	W35	Yael Reed (35)	Jan 27 2018	Rotary, Chatswood
150m	18.7h	NWI	W40	Monique Perry (44)	Dec 8 2018	Rotary, Chatswood
150m	19.2h	NWI	W45	Monique Perry (45)	Dec 7 2019	Rotary, Chatswood
150m	23.72	NWI	W50	Bronwyn Kelaher (52)	May 27 2018	Campbelltown
150m	23.16		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood
150m	27.70	NWI	W60	Margaret Thomas (63)	Dec 7 2019	Rotary, Chatswood
150m	33.8h	NWI	W80	Kathleen Cook (83)	Aug 15 2020	Rotary, Chatswood
200m	22.88	2.0	Open	Jenny Lamy (19)	Oct 18 1968	Ciudad de México
200m	23.1h	0.8	U23	Jenny Lamy (20)	22/05/1905	Brisbane
200m	22.88	2.0	U20	Jenny Lamy (19)	Oct 18 1968	Ciudad de México
200m	23.93	-0.3	U18	Karlie Morton (17)	Mar 11 2010	SOPAC, Homebush
200m	24.25	0.4	U17	Olivia Inkster (14)	Dec 6 2019	Perth
200m	24.25	0.4	U16	Olivia Inkster (14)	Dec 6 2019	Perth
200m	24.25	0.4	U15	Olivia Inkster (14)	Dec 6 2019	Perth
200m	24.99	0.6	U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra
200m	26.43	NWI	U13	Alice Dixon (12)	Dec 6 2015	Woden Park, Canberra
200m	24.12	0.2	W30	Jessica Knox (33)	Dec 17 2012	SOPAC, Homebush
200m	24.64	-1.7	W35	Renee Robson (36)	Mar 2 2014	SOPAC, Homebush
200m	26.01	0.4	W40	Monique Perry (44)	Nov 10 2018	SOPAC, Homebush
200m	26.12	0.0	W45	Monique Perry (45)	Dec 21 2019	The Crest, Bankstown
200m	26.39	0.0	W50	Kylie Strong (50)	Mar 24 2018	The Crest, Bankstown
200m	29.92	-0.5	W55	Gabrielle Whelan (55)	Dec 18 2016	SOPAC, Homebush
200m	34.45	-0.1	W60	Deborah Drennan (60)	Jan 19 2019	SOPAC, Homebush
200m	35.50		W65	Kathleen Cook	2004/05	
200m	50.0h	NWI	W75	Kathleen Cook (79)	Oct 8 2016	Rotary, Chatswood
200m	44.80	2.0	W80	Kathleen Cook (81)	Nov 10 2018	Gold Coast
300m	39.52		Open	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush
300m	40.41		U23	Annabelle Smith (20)	Feb 15 2003	Campbelltown
300m	39.52		U20	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
300m	41.36		U18	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown
300m	41.36		U17	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown
300m	41.36		U16	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown
300m	44.95		U15	Edita Grinbergs (14)	Nov 21 2015	Rotary, Chatswood
300m	45.62		U14	Olivia Inkster (13)	Jan 27 2018	Rotary, Chatswood
300m	56.99		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood
300m	44.49		W40	Jacqualine Bezhhiddenhout (41)	Dec 20 2008	The Crest, Bankstown
300m	41.76		W45	Marie Kay (49)	Dec 19 2009	SOPAC, Homebush
300m	54.3h		W50	Stephanie Markos (52)/Sarah Culhane (54)	Dec 8 2018	Rotary, Chatswood
300m	49.79		W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood
300m	55.1h		W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood
400m	51.21		Open	Bendere Oboya (19)	Sep 30 2019	Khalifa International Stadium, Doha
400m	51.80		U23	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush
400m	51.21		U20	Bendere Oboya (19)	Sep 30 2019	Khalifa International Stadium, Doha
400m	54.12		U18	Carley Thomas (17)	Dec 3 2017	SOPAC, Homebush
400m	55.80		U17	Carley Thomas (16)	Dec 18 2016	SOPAC, Homebush
400m	56.09		U16	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush
400m	56.09		U15	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush
400m	57.80		U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush
400m	1.00.72'		U13	Cayla Phillips (12)	Oct 14 2017	SOPAC, Homebush
400m	54.83		W30	Renee Robson (34)	Mar 30 2012	SOPAC, Homebush
400m	56.74		W35	Renee Robson (35)	Mar 21 2013	Blacktown
400m	1.01.87		W40	Renee Briffa (44)	Nov 2 2019	The Crest, Bankstown
400m	58.79		W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD
400m	1:05.94'		W50	Kylie Strong (50)	Oct 28 2017	The Crest, Bankstown
400m	1:08.28		W55	Gabrielle Whelan (55)	Nov 5 2016	Perth
400m	1:14.62		W60	Deborah Drennan (60)	Sep 12 2018	Malaga, Spain
400m	1.25.7h		W65	Lesley Eller (66)	Jan 9 2010	Rotary, Chatswood
400m	2:49.3h		W80	Laurel Barrett (84)	Nov 8 2014	Rotary, Chatswood
600m	1:39.6h		Open	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood
600m	1:39.6h		U20	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood
600m	1:39.6h		U18	Pascale La Hei (17)	Dec 8 2018	Rotary, Chatswood
600m	1:58.5h		U17	Abby Lander (16)	Dec 8 2018	Rotary, Chatswood
600m	2:01.61		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
600m	2:01.61		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
600m	2:01.61		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
600m	2:06.97		U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood
600m	2:12.47		W40	Joanna Davis (41)	Jan 27 2018	Rotary, Chatswood
600m	2:02.70		W55	Deborah Drennan (57)	Sep 17 2016	Rotary, Chatswood
600m	2:06.5h		W60	Deborah Drennan (61)	Dec 7 2019	Rotary, Chatswood
800m	2.01.01		Open	Carley Thomas (19)	Jul 21 2019	Olympic Stadium, London
800m	2.02.88		U23	Sianne Toemoe (22)	Apr 1 2011	Perth
800m	2.01.01		U20	Carley Thomas (19)	Jul 21 2019	Olympic Stadium, London
800m	2:03.66		U18	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne
800m	2:05.40		U17	Carley Thomas (16)	Dec 2 2016	AIS, Canberra
800m	2:09.08		U16	Imogen Gardiner (15)	Dec 12 2017	Adelaide
800m	2.13.48		U15	Edita Grinbergs (14)	Oct 17 2015	SOPAC, Homebush
800m	2:16.75		U14	Sarah Baker (13)	Dec 19 2020	The Crest, Bankstown
800m	2.22.62		U13	Ruby Hackett (12)	2004	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
800m	2.21.98		W30	Rebecca Gibbs (31)	Dec 17 2011	SOPAC, Homebush
800m	2.14.1h		W35	Stacey Quitzau	1997/98	
800m	2.15.39		W40	Anne Forbes (44)	Apr 13 2001	
800m	2.31.34		W45	Kaye Smythe	1997/98	
800m	2.34.94		W50	Robyn Suttor (50)	Oct 11 2009	SOPAC, Homebush
800m	2.40.80		W55	Deborah Drennan (55)	Feb 1 2014	SOPAC, Homebush
800m	2.42.58		W60	Deborah Drennan (60)	Sep 11 2018	Malaga, Spain
800m	3.18.4h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood
1000m	2:48.41		Open	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra
1000m	2:48.41		U20	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra
1000m	2:48.41		U18	Trychelle Kingdom (17)	Nov 10 2007	AIS, Canberra
1000m	3:05.41		U17	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle
1000m	3:05.41		U16	Emily Augustine (15)	Jan 21 2012	Glendale, Newcastle
1500m	4:10.83		Open	Trychelle Kingdom (25)	Mar 26 2015	Brisbane
1500m	4.21.13		U23	Isabella Thornton-Bott (21)	Feb 24 2019	SOPAC, Homebush
1500m	4:21.87		U20	Sara McDemott (18)	Mar 14 2018	SOPAC, Homebush
1500m	4:23.32		U18	Sara McDemott (17)	Nov 23 2017	The Crest, Bankstown
1500m	4.23.97		U17	Abbey Rockliff (16)	Nov 23 2017	The Crest, Bankstown
1500m	4.25.37		U16	Annabel McDemott (15)	Dec 5 2014	Santos Stadium, Adelaide
1500m	4.35.70		U15	Annabel McDemott (14)	Dec 6 2013	Townsville
1500m	4.42.51		U14	Sarah Baker (13)	Nov 7 2020	SOPAC, Homebush
1500m	4.46.39		U13	Sarah Baker (12)	Oct 5 2019	The Crest, Bankstown
1500m	5.06.19		W30	Rebecca Gibbs (31)	Feb 24 2012	The Crest, Bankstown
1500m	4.39.19		W35	Anne Forbes (39)	1995	
1500m	4.40.30		W40	Anne Forbes	1996/97	
1500m	5.15.18		W45	Diane Aitken	2001/02	
1500m	5.37.22		W50	Deborah Drennan (51)	Apr 2 2010	Perth
1500m	5:40.55		W55	Deborah Drennan (57)	Apr 27 2016	Santos Stadium, Adelaide
1500m	5:47.04		W60	Deborah Drennan (60)	Sep 16 2018	Malaga, Spain
1500m	6.54.6h		W65	Lesley Eller (66)	Nov 7 2009	Rotary, Chatswood
1 mile	4:35.6h		Open	Trychelle Kingdom (24)	Dec 16 2014	The Crest, Bankstown
1 mile	4:40.47		U23	Isabella Thornton-Bott (22)	Dec 19 2020	The Crest, Bankstown
1 mile	4:39.23		U20	Imogen Gardiner (18)	Dec 19 2020	The Crest, Bankstown
1 mile	4:45.03		U18	Abbey Rockliff (17)	Dec 22 2018	The Crest, Bankstown
1 mile	5:05.00		U17	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown
1 mile	5:39.14		U16	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong
1 mile	5:39.14		U15	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong
1 mile	5:52.40		U14	Claudie White (13)	Dec 18 2010	SOPAC
1 mile	5:55.25		U13	Nicola Christou (12)	Dec 22 2018	The Crest, Bankstown
1 mile	6:09.30		W50	Deborah Drennan (53)	Dec 13 2011	The Crest, Bankstown
1mile	6:14.82		W55	Deborah Drennan (57)	Jan 16 2016	Beaton Park, Wollongong
3000m	9:15:81		Open	Kate Spencer (25)	Nov 21 2020	SOPAC, Homebush
3000m	9:19:72		U23	Georgia Winckup (22)	Nov 9 2019	SOPAC, Homebush
3000m	9:22.66		U20	Sarah McDermott (18)	Nov 10 2018	SOPAC, Homebush
3000m	9:24.23		U18	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush
3000m	9:24.23		U17	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush
3000m	9:27.98		U16	Annabel McDermott (15)	Dec 11 2014	SOPAC, Homebush
3000m	9.52.16		U15	Annabel McDermott (14)	Nov 9 2013	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
3000m	9:57.56		U14	Sarah Baker (13)	Nov 21 2020	SOPAC, Homebush
3000m	10.34.85		U13	Sarah Baker (12)	Oct 12 2019	SOPAC, Homebush
3000m	10.28.5h		W30	Mary Fien	2003/2004	
3000m	10.02.5h		W35	Anne Forbes (39)	1995	
3000m	10.10.90		W40	Anne Forbes	1996/97	
3000m	11.03.0h		W45	Diane Aitken	2001/02	
3000m	12.37.17		W50	Deborah Drennan (51)	Jan 23 2010	SOPAC, Homebush
3000m	12:38.77		W55	Deborah Drennan (56)	Nov 8 2014	SOPAC, Homebush
3000m	12.51.2h		W60	Maureen Cadogan	2002/03	
3000m	15.34.5h		W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood
3200m	12:53.48		Open	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
3200m	12:53.48		U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood
5000m	15:57.57		Opens	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush
5000m	16.19.00		U23	Eliza Stewart (20)	Feb 9 2007	Brisbane
5000m	15:57.57		U20	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush
5000m	15:57.57		U18	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush
5000m	18.04.75		U17	Bridget Reilly (16)	Feb 24 2012	AIS, Canberra
5000m	20:14.46		U16	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown
5000m	20:14.46		U15	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown
5000m	20:14.46		U14	Nicola Christou (13)	Feb 2 2019	The Crest, Bankstown
5000m	20:30.03		U13	Nicola Christou (12)	Oct 20 2018	SOPAC, Homebush
5000m	17:35.42		W30	Mary Fien (34)	May 15 2007	Darwin
5000m	17.26.5h		W35	Anne Forbes (39)	1995	
5000m	17.48.60		W40	Anne Forbes	1996/97	
5000m	18.16.57		W45	Joanne Cowan (46)	Apr 15 2001	The Crest, Bankstown
5000m	22.35.79		W50	Deborah Drennan (52)	Dec 11 2010	SOPAC, Homebush
5000m	22':33.24		W60	Deborah Drennan (61)	Nov 30 2019	SOPAC, Homebush
10000m	34.36.79		Open	Eliza Stewart (19)	Dec 14 2006	Melbourne
10000m	35:13.85		U23	Eliza Stewart (20)	Feb 3 2007	SOPAC, Homebush
10000m	34.36.79		U20	Eliza Stewart (19)	Dec 14 2006	Melbourne
10000m	43:37.79		U18	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	43:37.79		U17	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	43:37.79		U16	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	43:37.79		U15	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	43:37.79		U14	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	43:37.79		U13	Nicola Christou (12)	Oct 6 2018	Bankstown
10000m	45.21.55		W30	Marika Hemming	2004/05	
10000m	39.23.30		W35	Marina Dulhunty	1996/97	
10000m	42.24.5h		W40	Marina Dulhunty	1999/2000	
10000m	39.27.43		W45	Joanne Cowan	2003/2004	
100m Hurdles - 0.840m	13.42		Open	Jenny Laurendet (28)	1990	
100m Hurdles - 0.840m	13.91	-0.2	U23	Gabriella O'Grady (20)	Jan 21 2017	The Crest, Bankstown
100m Hurdles - 0.840m	13.91	0.9	U23	Carla Takchi (22)	Mar 10 2019	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	Jul 22 2016	Bydgoszcz, Poland
100m Hurdles - 0.762m	13.60		U18	Charlotte Yeates (17)	2004/05	
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	Dec 2 2016	AIS, Canberra
90m Hurdles - 0.762m	12.52	0.7	U16	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra
80m Hurdles - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	Nov 30 2008	AIS, Canberra
80m Hurdles - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	Nov 20 2007	SOPAC, Homebush
100m Hurdles - 0.840m	13.46		W30	Jenny Laurendet (31)	1993	
100m Hurdles - 0.840m	17.55	0.9	W35	Janet Naylor (39)	Aug 29 2005	San Sebastian, Spain
80m Hurdles - 0.762m	12.93	NWI	W40	Helen Searle (44)	1983	Olympic Park, Melbourne
80m Hurdles - 0.762m	12.32	-1.1	W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	Apr 21 2011	Brisbane
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon (56)	1993	
80m Hurdles - 0.762m	18.78		W65	Judith Knight (67)	1994	
200m Hurdles - 0.762m	27:46	1.6	Open	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay
200m Hurdles - 0.762m	28.14	NWI	U23	Thalia Amanakis (21)	May 5 2007	Manoa, Hawaii
200m Hurdles - 0.762m	27:46	1.6	U20	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay
200m Hurdles - 0.762m	27:46	1.6	U18	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay
200m Hurdles - 0.762m	27:46	1.6	U17	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay
200m Hurdles - 0.762m	27:46	1.6	U16	Abigail Stevanovic (15)	Oct 13 2017	SOPAC, Homebush Bay
200m Hurdles - 0.762m	27:52	-0.3	U15	Abigail Stevanovic (14)	Oct 14 2006	SOPAC, Homebush Bay
200m Hurdles - 0.762m	29.16	0.7	U14	Abigail Stevanovic (13)	Mar 11 2015	SOPAC, Homebush
200m Hurdles - 0.762m	34.26	-1.7	U13	Georgia Fichardt (12)	Oct 22 2016	SOPAC Homebush
200m Hurdles - 0.762m	34.00		W30	Maureen Harlock	1984	
200m Hurdles - 0.762m	30.50		W35	Stacey Quitzau	1997/98	
200m Hurdles - 0.762m	33.87	1.2	W40	Alice Bohdan (44)	May 7 2017	AIS, Canberra
200m Hurdles - 0.762m	30.92	-0.7	W45	Marie Kay (49)	Apr 5 2009	Santos Stadium, Adelaide
200m Hurdles - 0.762m	30.57	NWI	W50	Marie Kay (50)	Jan 23 2010	SOPAC, Homebush
300m Hurdles - 0.762m	50.79		W45	Alice Bohdan (46)	Aug 19 2018	Campbelltown
300m Hurdles - 0.762m	49.92		W50	Jacqueline Bezuidenhout (51)	Sep 7 2018	Malaga, Spain
400m Hurdles - 0.762m	56.31		Open	Jenny Laurendet (27)	1989	
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	Mar 22 2008	Sacramento, USA
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990	
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990	
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush
400m Hurdles - 0.762m	1:04.77		U16	Emily Smith (15)	Oct 26 2019	The Crest, Bankstown
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988	
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	Sep 10 2007	Riccione, Italy
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	Jul 7 2007	Griffith Uni, QLD
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	Jul 27 2008	Townsville, QLD
3000m Steeplechase - 0.762m	9:34.09		Open	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown
3000m Steeplechase - 0.762m	9:34.09		U23	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown
3000m Steeplechase - 0.762m	10:45.05		U20	Antonia Howard (19)	May 7 2016	Jamaica, USA
3000m Steeplechase - 0.762m	11:05.42		U18	Kate Hobbs (17)	Oct 12 2012	SOPAC, Homebush
3000m Steeplechase - 0.762m	11:26.69		U17	Hannah Cerezo (16)	Mar 10 2019	SOPAC, Homebush
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	Feb 13 2009	SOPAC, Homebush
2000m Steeplechase - 0.762m	6:54.6h		Open	Mary Fien	2004/05	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
2000m Steeplechase - 0.762m	7:12.69		U20	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	7:12.69		U18	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	7:12.69		U17	Beth Croft (16)	Jan 17 2013	The Crest, Banktown
2000m Steeplechase - 0.762m	7:17.61		U16	Hannah Cerezo (15)	Sep 27 2018	SOPAC, Homebush
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	Oct 11 2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	6:54.6h		W30	Mary Fien	2004/05	
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	Apr 1 2007	The Domain, Hobart
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	Mar 4 2017	SOPAC, Homebush
1500m Walk	7.30.4h		Open	R Whitehorn (17)	1967	
1500m Walk	7.30.4h		U20	R Whitehorn (17)	1967	
1500m Walk	7.30.4h		U18	R Whitehorn (17)	1967	
1500m Walk	7:52.50		U17	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington
1500m Walk	7:52.50		U16	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington
1500m Walk	7:52.50		U15	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington
1500m Walk	7:52.50		U14	Imogen Steele (13)	Nov 19 2016	ES Marks, Kensington
1500m Walk	8:05.31		U13	Elise Brennan (12)	Nov 29 2014	The Crest, Bankstown
1500m Walk	8.50.9h		W30	Fran Dorey	2003/2004	
1500m Walk	9.01.1h		W35	Suzanne Brown	2004/05	
1500m Walk	8.36.66		W40	Suzanne Brown (44)	Sep 24 2009	Narrabeen
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	Oct 15 2013	Rotary, Chatswood
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05	
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	Nov 1 2008	Rotary, Chatswood
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	Feb 8 2014	Rotary, Chatswood
1500m Walk	10:30.7h		W65	Nancy Lloyd (66)	Nov 14 2020	Rotary Field, Chatswood
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood
1500m Walk	13.27.2h		W75	Roslyn Wolfers (75)	Nov 14 2020	Rotary Field, Chatswood
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	Jan 16 2016	Rotary, Chatswood
2000m Walk	10:30.56		Open	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown
2000m Walk	10:30.56		U20	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown
2000m Walk	10:30.56		U18	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown
2000m Walk	10:30.56		U17	Elise Brennan (16)	Feb 24 2018	The Crest, Bankstown
3000m Walk	16.24.08		Open	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown
3000m Walk	16:27.8h		U23	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown
3000m Walk	16.24.08		U20	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown
3000m Walk	16.24.08		U18	Elise Brennan (17)	Feb 2 2019	The Crest, Bankstown
3000m Walk	16.37.71		U17	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush
3000m Walk	16.37.71		U16	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush
3000m Walk	16.37.71		U15	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush
3000m walk	17:20.67		U14	Elise Brennan (13)	Mar 11 2015	SOPAC, Homebush
3000m Walk	17:24.21		U13	Elise Brennan (12)	Sep 27 2014	SOPAC, Homebush
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03	
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05	
3000m Walk	18.01.75		W40	Suzanne Brown (44)	Oct 31 2009	Mingara
3000m Walk	19.33.36		W45	Carmel Parker (48)	Jan 12 2013	SOPAC, Homebush
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05	
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	Oct 9 2010	Rotary, Chatswood
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	Feb 15 2014	Rotary, Chatswood
3000m Walk	'23:27.3h		W65	Nancy Lloyd (66)	Nov 21 2020	Rotary, Chatswood
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	Oct 12 2013	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5000m Walk	25:34.86		Open	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington
5000m Walk	29:12.11		U23	Christina Alldis (20)	Nov 25 2006	ES Marks, Kensington
5000m Walk	25:34.86		U20	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington
5000m Walk	28:31.03		U18	Elise Brennan (17)	Mar 9 2019	SOPAC, Homebush
5000m Walk	29:32.00		U17	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush
5000m Walk	32:14:84		U16	Elise Brennan (15)	Dec 16 2017	SOPAC, Homebush
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96	
5000m Walk	32:42.48		W35	Suzanne Brown (39)	Mar 25-28 2005	Brisbane
5000m Walk	30.20.43		W40	Suzanne Brown (43)	Apr 10 2009	Santos Stadium, Adelaide
5000m Walk	31.10.49		W45	Suzanne Brown (46)	Oct 22 2011	Narrabeen
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	Apr 6 2007	The Domain, Hobart
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane
5000m Walk	33:56.19		W60	Antoinette Woodward (62)	Apr 26 2019	Lakeside, Melbourne
10000m Walk	50:03		Open	Fiuona Alldis (19)	Sep 2 2007	Perth
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	Jan 14 2006	SOPAC, Homebush
10000m Walk	50:03		U20	Fiuona Alldis (19)	Sep 2 2007	Perth
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995	
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	Jan 20 2010	SOPAC, Homebush
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	Jan 10 2015	SOPAC, Homebush
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	Jan 5 2008	Campbelltown
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane
High Jump	1.80m		Open	Erin Shaw (16)	Dec 4 2020	SOPAC, Homebush
High Jump	1.69m		U23	Romi Arnott (20)	Jan 31 2009	The Domain, Hobart
High Jump	1.80m		U20	Erin Shaw (16)	Dec 4 2020	SOPAC, Homebush
High Jump	1.80m		U18	Erin Shaw (16)	Dec 4 2020	SOPAC, Homebush
High Jump	1.80m		U17	Erin Shaw (16)	Dec 4 2020	SOPAC, Homebush
High Jump	1.73m		U16	Virginia Young (15)	1991	
High Jump	1.68m		U15	Annika Lynch (14)	Oct 13 2017	SOPAC, Homebush
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989	
High Jump	1.57m		U13	Wendy Bebbington (12)	1987	
High Jump	1.40m		W30	Lucette Meekins	2004/05	
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney
High Jump	1.51m		W40	Helen Searle (42)	1981	
High Jump	1.60m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland
High Jump	1.48m		W50	Marie Kay (50)	Jul 3 2011	Tahiti
High Jump	1.19m		W55	Gloria Seymon	1993	
High Jump	1.06m		W60	Jillian Senior (60)	Dec 25 2012	The Crest, Bankstown
Pole Vault	3.20m		Open	Amy Moulden (23)	Feb 4 2012	SOPAC, Homebush
Pole Vault	3.10m		U23	Amy Moulden (21)	Feb 29 2011	SOPAC, Homebush
Pole Vault	3.00m		U20	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush
Pole Vault	3.00m		U18	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush
Pole Vault	2.70m		U17	Dimity Norton (16)	Oct 13 2007	SOPAC, Homebush
Pole Vault	2.70m		U17	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush
Pole Vault	2.70m		U16	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush
Pole Vault	2.35m		U15	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush
Pole Vault	2.35m		U14	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush
Pole Vault	2.65m		W30	Wendy McColl	2001/02	
Pole Vault	2.75m		W35	Wendy McColl	2002/03	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Pole Vault	2.45m		W45	Jann Livingston	1995/96	
Long Jump	6.33m		Open	Helen Frith (26)	1965	
Long Jump	5.61m	0.1	U23	Jacinta Fisher (20)	Mar 17 2018	Fort Worth, Texas, USA
Long Jump	5.99m		U20	Virginia Young (18)	1995	
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	Feb 19 2012	Narrabeen
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	Feb 19 2012	Narrabeen
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	Feb 19 2012	Narrabeen
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990	
Long Jump	5.35m	0.1	U14	Sienna Bond (13)	Sep 30 2018	SOPAC, Homebush
Long Jump	4.95m	1.2	U13	Sienna Bond (12)	Dec 2 2017	SOPAC, Homebush
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994	
Long Jump	5.36m	NWI	W35	Melissa Medlicott (38)	Apr 14 2006	AIS, Canberra
Long Jump	5.76m		W40	Helen Searle (44)	1984	
Long Jump	5.52m	2.0	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD
Long Jump	5.41m	1.5	W50	Marie Kay (50)	Apr 2 2010	Perth
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown
Long Jump	2.80m	NWI	W65	Jillian Senior (66)	Sep 29 2018	Rotary Field, Chatswood
Long Jump	2.32m		W75	Ruth Frith (79)	1989	
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne
Long Jump	2.19m		W85	Ruth Frith (86)	Mar 28 1995	SOPAC, Homebush
Triple Jump	13.05m		Open	Desleigh Owusu (19)	Mar 7 2020	SOPAC, Homebush
Triple Jump	11.89m	1.0	U23	Annabelle Parmegiani (20)	Sep 26 2017	Griffith University, Gold Coast
Triple Jump	13.05m		U20	Desleigh Owusu (19)	Mar 7 2020	SOPAC, Homebush
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	Jan 31 2015	Glendale, Newcastle
Triple Jump	12.30m	2.0	U17	Annika Lynch (16)	Dec 7 2019	Perth
Triple Jump	11.93m	1.3	U16	Sienna Bond (15)	Dec 4 2020	SOPAC, Homebush
Triple Jump	11.92m	0.8	U15	Sienna Bond (14)	Sep 26 2019	SOPAC, Homebush
Triple Jump	11.06m	1.2	U14	Sienna Bond (13)	Sept 27 2018	SOPAC, Homebush
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03	
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	Mar 3 2017	SOPAC, Homebush
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	Feb 4 2006	The Crest, Bankstown
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	Nov 7 2015	ES Marks, Kensington
Triple Jump	10.41m	NWI	W45	Alice Bohdan (45)	Feb 17 2018	Rotary Field, Chatswood
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993	
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	Mar 16 2013	SOPAC, Homebush
Triple Jump	7.24m		W65	Judith Knight (67)	1994	
Triple Jump	5.65m		W80	Ruth Frith (84)	Jan 13 1993	Miyazaki, Japan
Triple Jump	5.50m		W85	Ruth Frith (86)	Mar 25 1995	SOPAC, Homebush
Shot Put - 4kg	14.72m		Open	Luiginia Torso	1977	
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	Sep 26 2016	Perth
Shot Put - 4kg	13.42m		U20	Belinda Johnson (16)	Aug 2000	Scotland
Shot Put - 4kg	13.42m		U18	Belinda Johnson (16)	Aug 2000	Scotland
Shot Put - 4kg	13.42m		U17	Belinda Johnson (16)	Aug 2000	Scotland
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05	
Shot Put - 3kg	12.90m		U15	Belinda Johnson (13)	March 26-29 1998	Adelaide
Shot Put - 3kg	12.90m		U14	Belinda Johnson (13)	March 26-29 1998	Adelaide
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	Jan 26 2008	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Shot Put - 4kg	11.61m		W30	Cora Patriarcha (30)	Oct 31 2020	Sylvania Waters
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	Apr 14 1979	Sydney
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983	
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	Apr 16 2016	Santos Stadium, Adelaide
Shot Put - 3kg	11.75m		W55	Helen Searle (58)	March 28-29 1998	Sydney
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	Nov 12 2016	Rotary, Chatswood
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	Nov 29 2014	Rotary, Chatswood
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983	
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986	
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994	
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney
Discus - 1kg	46.94m		Open	Luigina Torso	1975	
Discus - 1kg	43.28m		U23	Larissa O'Dea (22)	May 9-11 2018	Port Vila, Vanuatu
Discus - 1kg	44.38m		U20	Amber Bennett (15)	1997/98	
Discus - 1kg	44.38m		U18	Amber Bennett (15)	1997/98	
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98	
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98	
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97	
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96	
Discus - 750g	33.54m		U13	Elise Brennan (12)	Oct 10 2014	SOPAC, Homebush
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush
Discus -1kg	34.78m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Discus -1kg	37.60m		W40	Pam Mountfield (44)	Feb 27 2010	Rotary, Chatswood
Discus -1kg	35.71m		W45	Pam Mountfield (45)	Jun 6 2010	Campbelltown
Discus -1kg	30.29m		W50	Caroline Layt (51)	Nov 2016	Perth
Discus -1kg	30.26m		W55	Helen Searle (58)	April 9-13 1998	QEII Stadium, Brisbane
Discus -1kg	18.06m		W60	Margaret Thomas (63)	Jan 11 2020	Rotary, Chatswood
Discus -1kg	18.00m		W65	Ruth Frith		
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney
Discus - 1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush
Discus -1kg	12.10m		W90	Ruth Frith (91)	Apr 21-24 2000	The Domani, Hobart
Hammer - 4kg	62.90m		Open	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood
Hammer - 4kg	41.48m		U23	Larissa O'Dea (21)	Sep 25 2017	Griffith University, Gold Coast
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98	
Hammer - 3kg	50.48m		U18	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood
Hammer - 3kg	50.48m		U17	Rebecca Moore (16)	Aug 10 2019	Rotary, Chatswood
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98	
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99	
Hammer - 3kg	22.65m		U14	Emily Govers (12)	Dec 4 2020	SOPAC, Homebush
Hammer - 3kg	22.65m		U13	Emily Govers (12)	Dec 4 2020	SOPAC, Homebush
Hammer - 4kg	62.90m		W30	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood
Hammer - 4kg	57.03m		W35	Odette Palma (38)	Nov 15 2020	Greystanes
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	Nov 10 2007	SOPAC, Homebush
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983	
Hammer - 3kg	42.69m		W50	Caroline Layt (52)	Mar 4 2018	Blacktown
Hammer - 3kg	41.63m		W55	Helen Searle (58)	March 28-29 1998	Sydney

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	Mar 5 2015	SOPAC, Homebush
Hammer - 3kg	15.08m		W70	Roslyn Wolfers (72)	Jan 20 2018	Rotary, Chatswood
Hammer - 2kg	17.87m		W75	Roslyn Wolfers (75)	Sep 26 2020	Rotary, Chatswood
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000	
Javelin - 600g	60.36m		Open	Mackenzie Little (22)	Jun 7 2018	Eugene, Oregon, USA
Javelin - 600g	60.36m		U23	Mackenzie Little (22)	Jun 7 2018	Eugene, Oregon, USA
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	Jul 11 2013	Donetsk, Ukraine
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	Nov 30 2012	The Domain, Hobart
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	Oct 8 2011	SOPAC, Homebush
Javelin - 500g	35.80m		U15	Amber Bennett (14)	1996/97	
Javelin - 400g	36.16m		U14	V Hooper (13)	1984	
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982	
Javelin - 600g	38.52m		W30	Cora Patriarca (30)	Nov 17 2020	Beaton Park, Wollongong
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	Feb 27 2016	Rotary, Chatswood
Javelin - 600g	32.30m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland
Javelin - 500g	31.56m		W50	Marie Kay (50)	Apr 2 2010	Perth
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993	
Javelin - 400g	16.01m		W60	Margaret Thomas (61)	Feb 3 2018	Rotary, Chatswood
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	Jan 19 2013	Rotary, Chatswood
Javelin - 500g	12.11m		W70	Roslyn Wolfers (72)	Feb 3 2018	Rotary, Chatswood
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998	
Javelin - 400g	10.52m		W90	Ruth Frith (92)	2002	Geelong
Weight Throw - 9.08kg	15.41m		Open	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Weight Throw - 9.08kg	9.08m		W30	Helena Smith (31)	Oct 21 2018	Rotary Field Chatswood
Weight Throw - 9.08kg	14.15m		Open	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Weight Throw - 9.08kg	9.73 m		U20	Huruka Murata (19)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 7.26kg	10.66m		U18	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 7.26kg	10.66m		U17	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 7.26kg	10.66m		U16	Rebecca Evans (15)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 5.45kg	8.50m		U15	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 5.45kg	8.50m		U14	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 5.45kg	8.50m		U13	Jessica Bonser (12)	Nov 6 2004	Rotary Field, Chatswood
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush
Weight Throw - 9.08kg	12.28m		W45	Maria Cimino (48)	Feb 15 2020	Rotary Field, Chatswood
Weight Throw - 7.26kg	14.90m		W50	Caroline Layt (51)	Nov 2016	Perth
Weight Throw - 7.26kg	12.89m		W55	Helen Searle (58)	March 28-29 1998	Sydney
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	Mar 11 2012	Campbelltown
Weight Throw - 7.26kg	9.06m		W65	Jillian Senior (67)	Nov 2 2019	Rotary Field, Chatswood
Weight Throw - 5.45kg	6.76m		W75	Roslyn Wolfers (75)	Nov 1 2020	Rotary Field, Chatswood
Weight Throw - 5.45kg	7.78m		W85	Ruth Frith (86)	1995	
Weight Throw - 5.45kg	6.19m		W90	Ruth Frith (92)	2001	Sydney
Heavyweight Throw						

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Heavyweight Throw - 5.4kg (12lb)	20.30m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Heavyweight Throw - 7.26kg (16lb)	16.81m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Heavyweight Throw - 11.34kg (25lb)	12.24m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Heavyweight Throw - 15.88 kg (35lb)	8.87m		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Heavyweight Throw						
Heavyweight Throw - 5.4kg (12lb)	16.99m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw - 7.26kg (16lb)	13.94m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw - 11.34kg (25lb)	9.83m		W45	Maria Cimino (48)	Oct 7 2019	Beaton Park, Wollongong
Heavyweight Throw - 15.88 kg (35lb)	6.96m		W45	Maria Cimino (47)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throw -56lb	3.94m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown
Heavyweight Throw - 100lb	2.14m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown
Heavyweight Throw -56lb	2.76m		W55	Jill Senior (58)	Feb 27 2011	Campbelltown
Heavyweight Throw - 3kg (6.6lb)	11.84m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 4kg (8.8lb)	10.23m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 5.4kg (12lb)	8.82m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 9.08kg (20lb)	5.97m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw -56lb	2.86m		W60	Jill Senior (60)	Nov 3 2012	Campbelltown
Heavyweight Throw - 100lb	1.01m		W60	Jill Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throw - 3kg (6.6lb)	12.51m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heavyweight Throw - 4kg (8.8lb)	10.45m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heavyweight Throw - 5.4kg (12lb)	8.67m		W65	Jill Senior (65)	Mar 8 2017	Campbelltown
Heavyweight Throw - 9.08kg (20lb)	6.28m		W65	Jill Senior (66)	Mar 17 2018	Beaton Park, Wollongong
Heptathlon	5599 Pts		Open	Lesley Richards (21)	1985	
Heptathlon	5599 Pts		U23	Lesley Richards (21)	1985	
Heptathlon	5134 Pts		U20	Lesley Richards (17)	1981	
Heptathlon	5134 Pts		U18	Lesley Richards (17)	1981	
Heptathlon	4702 Pts		U17	Virginia Young (15)	1991	
Heptathlon	4702 Pts		U16	Virginia Young (15)	1991	
Heptathlon	4259 Pts		U15	Belinda Johnson (14)	1998/99	
Heptathlon	3302 Pts		U14	Eliza Cepak (13)	Oct 11-12 2008	Lake Mcquarie
Heptathlon	6185 Pts		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland
Heptathlon	5832 Pts		W50	Marie Kay (50)	Jul 3 2010	Tahiti
Heptathlon (rescored in 2010 from 4461Pts)	4015 Pts		W55	Gloria Seymon (56)	Jul 10 1993	Miyazaki, Japan
Heptathlon	3757 Pts		W60	Gloria Seymon (60)	Jul 17 1997	Durban, South Africa
Outdoor Pentathlon - LJ, JT, 200m, DT, 800m (pre-2009)						
Pentathlon	3587 Pts		W30	Peta Bird	Mar 31-Apr 1 1991	AIS, Canberra
Pentathlon (rescored from 3154 Pts in 2010)	3101 Pts		W35	Peta Bird	Mar 11 1995	
Pentathlon	3797 Pts		W40	Helen Searle (44)	1983	
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98	
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99	
Pentathlon	2978 Pts		W55	Gloria Seymon (56)	1993	
Pentathlon	2322 Pts		W60	Gloria Seymon (60)	Mar 11 1998	SOPAC, Homebush
Outdoor Pentathlon - LJ, JT, 100m, SP, 800m (post 2009)						
Pentathlon	1942 Pts		W40	Maria Cimino (43)	Apr 3 2015	The Crest, Bankstown
Pentathlon	3285 Pts		W45	Alice Bohdan (46)	Feb 3 2019	The Crest, Banktown

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Pentathlon	2198 Pts		W50	Caroline Layt (50)	Apr 19 2016	Adelaide
Pentathlon	2294 Pts		W60	Margaret Thomas (61)	Apr 29 2019	Lakeside, Melbourne
Outdoor Pentathlon - LJ, JT, 80m hurdles, SP, 800m						
Pentathlon	3217 Pts		W40	Helen Searle (43)	1983	Olympic Park, Melbourne
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	3461 Pts		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush
Throws Pentathlon	3275 Pts		W45	Maria Cimino (49)	Aug 15 2020	Rotary Field, Chatswood
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	Oct 26 2016	Perth
Throws Pentathlon	4337 Pts		W55	Helen Searle (58)	April 9-13 1998	QEII Stadium, Brisbane
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	Nov 3 2012	Campbelltown
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993	
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	Mar 7 1998	SOPAC, Homebush
Throws Pentathlon (rescored from 4339 Pts in 2010)	3598 Pts		W90	Ruth Frith (91)	Apr 24 2000	The Domain, Hobart
Heavyweight Throws Pentathlon						
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	4067 Pts		W35	Odette Palma (38)	Oct 3 2020	Beaton Park, Wollongong
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	3882 Pts		W45	Maria Cimino (45)	Sep 30 2018	Beaton Park, Wollongong
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2722 Pts		W60	Jillian Senior (60)	Oct 1 2012	Turner, ACT
Heavyweight Throws Pentathlon - 5.45kg (12lb) 7.26kg (16lb) 9.08kg (20lb) 11.34kg (25lb) 15.88kg (35lb)	2838 Pts		W65	Jillian Senior (65)	Mar 8 2017	Campbelltown
Relays						
Relay - 4 x 100m	45.42		Open	Gabriella O'Grady (21), Kristie Edwards (18), Stephanie Power (25), Nicolette Donofrio (16)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 100m	48.02		U18	Mia Hemsworth (17), Georgia Fichardt (15), Morgan Kelaher (16), Jessica McIver (16)	Nov 24 2019	Campbelltown
Relay - 4 x 100m	48.34		U16	Annika Lynch (15), Jessica MacIver (14), Morgan Kelaher (15), Gweorgia Fichardt (14)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 100m	51.42		U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	Nov 26-27 2016	Blacktown
Relay - 4 x 100m	49.45		W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	Nov 26-27 2016	Blacktown
Relay - 4 x 100m	49.76		W160+	Kylie Strong (50), Monique Perry (43), Yael Reed (35), Alice Bohdan (46)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 100m	54.00		W200+	Janet Naylor (53), Monique Perry (45), Kylie Strong (52), Jenny Schell (50)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1.36.75		Open	Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)	Nov 27-27 2016	Blacktown
Relay - 4 x 200m	1:39:42		U20	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1:39:42		U18	Jessica McIver (16), Georgia Fichardt (15), Annika Lynch (16), Alice Dixon (16)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1:40.80		U16	Greta Andrews (15), Georgia Fichardt (14), Annika Lynch (15), Alice Dixon (15)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 200m	1.47.68		U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush
Relay 4 x 200m	1:47.61		W120+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown
Relay 4 x 200m	1:47.61		W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	Nov 21 2009	Blacktown
Relay 4 x 200m	2.03.22		W200+	Monique Perry (44), Kylie Strong (51), Bronwyn Kelleher (53), Stephanie Markos (52)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 400m	3.44.71		Open	Gabriella O'Grady (21), Carley Thomas (18), Nicola Bowtell (19), Dominica Jenkins (29)	Nov 18 2018	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 4 x 400m	3.52.10		U20	Phoebe Davies (16), Anneliese Rubie (17), Alexandra Bartholomew (15), Tracey Morton (18)	Nov 21 2009	Blacktown
Relay - 4 x 400m	3:52.26		U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	Nov 18 2007	SOPAC, Homebush
Relay - 4 x 400m	3:59.56		U16	Karlie Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	Nov 18-19 2006	SOPAC, Homebush
Relay - 4 x 400m	4.07.65		W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush
Relay - 4 x 400m	4:32.34		W160+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown
Relay - 4 x 400m	4:32.34		W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown
Relay - 4 x 800m	8:56.92		Open	Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)	Nov 15-16 2014	SOPAC, Homebush
Relay - 4 x 800m	9.22.04		U20	Imogen Gardiner (15), Ali Thomson (18), Edita Grinbergs (16), Isabella Thornton-Bott (19)	Nov 5 2017	SOPAC, Homebush
Relay - 4 x 800m	9.29.50		U18	Emily Hopper (15), Emily Augustine (16), Annabel McDermott (14), Louise Hill (17)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 800m	9.34.32		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Juliet Grundy (13)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 800m	9.50.37		U14	Annabel McDermott (13), Mollie Quoyale (12), Nell Breslin (12), Zoe Latham (12)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 800m	10:20.74		W120+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown
Relay - 4 x 800m	10:20.74		W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown
Relay - 4 x 800m	13.33.97		W200+	Beck Myers (42) Margaret Thomas (59), Debora Drennan (57), Mary Fein (43)	Nov 14-15 2015	Blacktown
Relay - 4 x 1500m	18.31.88		Open	Kate Spencer (23), Sarah McDermott (18), Annabel McDermott (19), Elese Gallen (24)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98		U20	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98		U18	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	19.42.98		U16	Emily Hopper (14), Emily Augustine (15), Antonia Howard (15), Beth Croft (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	20.34.3		U14	Elle-Maree Farrington (13), Katie Furniss (13), Ashley Mason (12), Ruby Hackett (12)	2004	
Relay - 4 x 1500m	21.41.79		W30	Anne Forbes (42), Lisa Fitzpatrick (30), Clara Vucetic (43), Marina Dulhunty (39)	1998	SOPAC, Homebush
Relay - 4 x 1500m	21.48.89		W160+	Joanne Cowan (48), Evelyn Stevenson (41), Nancy Bodikian (44), Mary Fien (31)	2003	SOPAC, Homebush
Relay - 4 x 1500m	27:56.02		W200+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 1500m	27:56.02		W240+	Deborah Drennan (61), Jan Swinbourne (62), Margaret Thomas (63), Antoinette Woodward (63)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 1500m walk	33.57.1		Open	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown
Relay - 4 x 1500m walk	33.57.1		U14	Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)	Nov 14-15 2015	Blacktown
Relay - Medley (100,100, 200, 400)	1:53.80		Open	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	2003/2004	
Relay Medley (100, 300, 200, 400)	2:15.52		Open	Carla Takchi (22), Emma Merlino (27), Rowena Craker (19), Alexandra Bartholomew (25)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87		U20	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87		U18	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:15.87		U17	Zin Min Tan (13), Isabella Guthrie (16), Morgan Kelleher (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:39.96		W120+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan (61)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:39.96		W160+	Maria Cimino (47), Yael Reid (36), Kylie Strong (52), Deborah Drennan (61)	Dec 14 2019	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:42.20		U14	Hannah Anderson (12), Xin Min Tan (12), Mia Marshall (12), Sophia Archer (12)	Dec 15 2018	SOPAC Homebush
Relay Medley (100, 300, 200, 400)	2:30.59		W160+	Maria Cimino (47), Monique Perry (44), Alice Bohdan (46), Yael Reid (35)	Dec 15 2018	SOPAC Homebush
Relay - Medley (200,200,400,800)	3:45.87		Open	Stephanie Power (25), Kristie Edwards (18), Gabriella O'Grady (21), Carley Thomas (18)	Nov 19 2018	SOPAC, Homebush
Relay - Medley (200,200,400,800)	4:30.99		U18	Harriet Burns, Rosemary Arnott (17), Dominica Jenkins (17), Rosie Tancred (17)	Dec 16 2006	SOPAC, Homebush
Relay - 2x2x400	4'26:46		Open	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 2x2x400	4'26:46		U20	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	4'26:46		U18	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	4'26:46		U17	Isabella Guthrie (16), Jasmin Guthrie (16)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	6:17.80		W80+	Antoinette Woodward (66), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	6:17.80		W100+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush
Relay - 2x2x400	6:17.80		W120+	Antoinette Woodward (62), Margaret Thomas (63)	Dec 14 2019	SOPAC Homebush
Relay - 2x100m	24.05		Open	Gabriella O'Grady (18), Katrina Hunt (19)	Jan 31 2015	Hunter Sports Centre, Glendale
Relay - 4 x High Jump	6.30m		Open	Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)	1999	SOPAC, Homebush
Relay - 4 x High Jump	6.10m		U18	Daisy Ding (16), Grace Maher (17), Liz Osborne (14), Natalie Groeze (15)	Nov 19 2011	SOPAC, Homebush
Relay - 4 x High Jump	6.10m		U18	Karina Brown (15), Alex Prendiville (17), Sarah Healy (15), Georgina Terry (12)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x Long Jump	21.44m		Open	Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x Long Jump	20.90m		U18	Sienna Bond (14), Annika Lynch (16), Jessica Maciver (16), Amy Portia-Wilson (16)	Nov 24 2019	Campbelltown
Relay - 4 x Long Jump	17.42m		U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	Nov 17 2007	SOPAC, Homebush
Relay - 4 x Shot Put	44.97m		Open	Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)	Nov 18-19 2006	SOPAC, Homebush
Relay - 4 x Shot Put	42.47m		U18	Jessica MacIver (15), Bronte Hodson (15), Scarlett Brett (14), Lauren Brown (16)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x Shot Put	34.91m		U14	Hannah Morgan (13), Bronte Hodson (13), Rebecca Moore (13), Rheanna McMahon (12)	Nov 26-27 2016	Blacktown
Relay - 4 x Shot Put	39.82m		W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown
Relay - 4 x Shot Put	39.82m		W160+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	Nov 21 2009	Blacktown
Relay - 4 x Shot Put	34.35m		W200+	Caroline Layt (54), Kylie Strong (52), Rose Moore (53), Jenny Schell (57)	Nov 23 2019	Campbelltown
Relay - 4 x Discus	144.07m		Open	Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)	1998	
Relay - 4 x Discus	131.50m		U18	Caroline Hayes, Leonie Burnes , Amber Bennett, Lailanie Burnes	1997/98	
Relay - 4 x Discus	79.11m		U14	Elise Brennan (11), Brooke East (13), Isobel McCarthy (11), Emily Smelt	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x Hammer	115.83m		Open	Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x Hammer	103.92m		U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998	
Relay - 4 x Hammer	115.83m		120+	Maria Cimino (47), Helena Smith (31), Alice Bohdan (46), Melissa Baulman (35)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x Hammer	60.43m		160+	Caroline Layt (54), Helena Smith (32), Maria Cimino (48), Melissa Baulman (36)	Nov 24 2019	Campbelltown
Relay - 4 x Javelin	148.39m		Open	Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)	Nov 18-19 2006	SOPAC, Homebush
Relay - 4 x Javelin	135.29m		U18	Annika Mountstephens (16), Brooke East (16), Ashlie Edwards (14), Tamara Kowcz Rosinke (15)	Nov 26-27 2016	Blacktown
Relay - 4 x Javelin	100.04m		W120+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush
Relay - 4 x Javelin	100.04m		W160+	Beck Myors (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush
MEN						
100yards	9.6h		Open	John Treloar (24)/ Phil Brown	1952/1957	
60m	6.68	1.8	Open	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush
60m	6.97	0.1	U23	Anthony Collum (20)	Jan 17 2015	Beaton Park, Wollongong
60m	6.68	1.8	U20	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush
60m	6.83	1.3	U18	Joshua Clarke (16)	Dec 3 2011	Blacktown
60m	6.83	1.3	U17	Joshua Clarke (16)	Dec 3 2011	Blacktown
60m	7.09	0.7	U16	Joshua Clarke (15)	Oct 30 2010	The Crest, Bankstown
60m	7.60	-0.1	U15	Archie Saunders (14)	Oct 21 2018	SOPAC, Homebush
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	Dec 3 2011	Blacktown
60m	8.4h	NWI	U13	Kai Zhe Tan (10)	Dec 7 2019	Rotary Field, Chatswood
60m	7.26	1.6	M30	Ashley McMahon (33)	Oct 25 2008	ES Marks, Kensington
60m	7.23	-0.1	M35	Ashley McMahon (37)	Jul 28 2013	Kagoshima, Japan

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
60m	7.14	1.2	M40	Ashley McMahon (43)	Jan 12 2019	Beaton Park, Wollongong
60m	7.14	0.2	M40	Ashley McMahon (43)	Jan 22 2019	Campbelltown
60m	7.42	NWI	M45	Ashley McMahon (45)	Dec 13 2020	Sylvania Waters
60m	7.70	-0.1	M50	Michael Gedz (50)	Feb 21 2016	SOPAC, Homebush
60m	8.27	NWI	M55	David Smith (59)	Feb 21 2016	SOPAC, Homebush
60m	8.25	0.1	M60	David Shearsby (60)	Mar 5 2017	SOPAC, Homebush
60m	8.2h	NWI	M65	Victor Ramondetta (65)	Nov 2 2019	Rotary Field, Chatswood
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane
60m	8.8h	NWI	M75	Nick Bastas (77)	Nov 28 2015	Rotary Field, Chatswood
60m	9.52	1.1	M80	Nick Bastas (80)	Feb 10 2019	SOPAC, Homebush
60m	10.17	1.1	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush
100m	10.24	1.8	Open	Tim Jackson (25)	Jul 20 1994	Tønsberg, Norway
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	Feb 10 1989	E S Marks, Kensington
100m	10.24	1.9	Open	Christopher Ius (20)	Nov 28 2020	The Ridge
100m	10.24	1.9	U23	Christopher Ius (20)	Nov 28 2020	The Ridge
100m	10.34	1.5	U20	Joshua Clarke (19)	Mar 15 2014	SOPAC, Homebush
100m	10.51	1.6	U18	Joshua Clarke (16)	Dec 17 2011	Gold Coast
100m	10.51	1.6	U17	Joshua Clarke (16)	Dec 17 2011	Gold Coast
100m	10.72	0.1	U16	Joshua Clarke (15)	Dec 4 2010	Doncaster, Melbourne
100m	11.30		U15	A Edwards (13)	1995/96	
100m	11.30		U14	A Edwards (13)	1995/96	
100m	12.47		U13	Damien Trimingham	1987	
100m	10.95	0.8	M30	Ashley McMahon (31)	Feb 3 2007	AIS, Canberra
100m	10.90	1.6	M35	Ashley McMahon (37)	Mar 16 2013	SOPAC, Homebush
100m	10.80	NWI	M40	Ashley McMahon (41)	Oct 28 2016	Perth
100m	11.40	0.8	M45	Ashley McMahon (45)	Nov 28 2020	The Ridge
100m	12.10	-0.4	M50	Michael Gedz (50)	Feb 20 2016	SOPAC, Homebush
100m	12.40	1.7	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra
100m	12.47		M65	Reg Austin (65)	2002	Geelong
100m	14.48	1.8	M70	David Chantrill (73)	Apr 6 2012	Melbourne
100m	14.8h	NWI	M75	Nick Bastas (76)	Oct 11 2014	Rotary Field, Chatswood
100m	15.7h	NWI	M80	Nick Bastas (80)	Jan 12 2018	Rotary Field, Chatswood
100m	15.65	-0.7	M85	Richard Hughes (85)	Jul 23 2017	Wollongong
150m	16.1h		Open	Ashlyn Ndlovu (20)	Dec 8 2018	Rotary, Chatswood
150m	16.1h		U23	Ashlyn Ndlovu (20)	Dec 8 2018	Rotary, Chatswood
150m	17.5h		U20	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood
150m	17.5h		U18	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood
150m	17.5h		U17	Nick Dowling (16)	Dec 8 2018	Rotary, Chatswood
150m	17.8h		U16	Nicholas Dowling (15)	Dec 8 2018	Rotary, Chatswood
150m	19.51		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood
150m	21.0h		U14	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood
150m	21.0h		U13	Ashton Gleeson (9)	Dec 8 2018	Rotary, Chatswood
150m	17.9h		M30	Kenneth Elias (33)	Dec 7 2019	Rotary, Chatswood
150m	17.07		M35	Ryan Dowling (39)	May 27 2018	Campbelltown
150m	17.1h		M40	Ashley McMahon (44)	Dec 7 2019	Rotary, Chatswood
150m	20.5h		M45	Caerl Murray (45)	Aug 15 2020	Rotary, Chatswood
150m	20.0h		M55	Anthony Crimi (57)	Dec 8 2018	Rotary, Chatswood
150m	19.8h		M60	Trevor Young (61)	Dec 7 2018	Rotary, Chatswood
150m	20.65		M65	Victor Ramondetta (66)	Dec 13 2020	Sylvania Waters
150m	40.2h		M70	Ronald Shoesmith (72)	Dec 7 2019	Rotary, Chatswood
150m	25.20		M75	Nick Bastas (77)	Nov 21 2015	Rotary, Chatswood
150m	26.8h		M80	Nick Bastas (82)	Aug 15 2020	Rotary, Chatswood
200m	20.76	1.7	Open	Abdoulie Asim (27)	Mar 7 2019	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
200m	20.93	1.9	U23	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain
200m	21.24	-0.3	U20	Joshua Clarke (18)	Feb 1 2014	SOPAC, Homebush
200m	21.30	0.4	U18	Joshua Clarke (17)	Oct 27 2012	The Crest, Bankstown
200m	21.79	1.5	U17	Louis Stenmark (16)	Oct 9 2014	SOPAC, Homebush
200m	21.93	0.4	U16	Matthew Wood (15)	Dec 22 2012	SOPAC, Homebush
200m	23.24	1.6	U15	Archie Saunders (14)	Sep 28 2018	SOPAC, Homebush
200m	24.34		U14	Jordan Idiare (13)	Dec 17 2011	SOPAC, Homebush
200m	26.2h		U13	Bruce Harrison / M White	1971/1975	
200m	21.95	1.7	M30	James Gurr (31)	Feb 17 2015	The Crest, Bankstown
200m	22.37	1.8	M35	Antoine Burke (35)	Feb 26 2011	SOPAC, Homebush
200m	22.03	2.0	M40	Ashley McMahon (41)	Nov 1 2016	Perth
200m	23.86	-0.1	M45	Ashley McMahon (45)	Oct 17 2020	Blacktown
200m	25.06	-0.8	M50	Michael Gedz (52)	Oct 21 2017	SOPAC, Homebush
200m	24.52	2.0	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra
200m	26.07		M65	Reg Austin	2001/02	
200m	29.35	1.1	M70	David Chantrill (73)	Feb 25 2012	The Crest, Bankstown
200m	32.13	NWI	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast
200m	33.91	1.5	M80	Nick Bastas (80)	Feb 10 2019	SOPAC, Homebush
200m	34.37	-0.5	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush
300m	34.70		Open	Keegan Bell (18)	Jun 9 2019	The Crest, Bankstown
300m	34.72		U23	Matthew Crowe (20)	Nov 2 2017	The Crest, Bankstown
300m	34.70		U20	Keegan Bell (18)	Jun 9 2019	The Crest, Bankstown
300m	38.2h		U18	Nicholas Dowling (16)	Dec 7 2019	Rotary, Chatswood
300m	38.2h		U17	Nicholas Dowling (16)	Dec 7 2019	Rotary, Chatswood
300m	38.9h		U16	Nicholas Dowling (15)	Dec 8 2018	Rotary, Chatswood
300m	41.03		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood
300m	46.47		U14	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown
300m	46.47		U13	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown
300m	39.4h		M30	Kenneth Elias (33)	Dec 7 2019	Rotary, Chatswood
300m	36.32		M35	Ryan Dowling (39)	May 27 2018	Campbelltown
300m	36.47		M40	Ashley McMahon (42)	May 27 2018	Campbelltown
300m	37.12		M45	Ashley McMahon (45)	Dec 13 2020	Sylvania Waters
300m	45.92		M50	Jim Culhane (51)	Jan 27 2018	Rotary, Chatswood
300m	45.2h		M55	Anthony Crimi (57)	Dec 8 2018	Rotary, Chatswood
300m	42.1h		M60	Trevor Young (61)	Dec 7 2019	Rotary, Chatswood
300m	45.51		M65	Victor Ramondetta (66)	Dec 13 2020	Sylvania Waters
300m	59.0h		M70	Les Gillies (71)	Dec 8 2018	Rotary, Chatswood
300m	1:13.2h		M80	Michael Johnson (83)	Dec 7 2019	Rotary, Chatswood
400m	46.17		Open	David Johnston (22)	1983	
400m	46.17		U23	David Johnston (22)	1983	
400m	46.29		U20	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia
400m	46.29		U18	Louis Stenmark (17)	Jul 17 2015	Cali, Colombia
400m	46.9h		U17	David Waller (16)	1978	
400m	50.31		U16	Scott Fraser (15)	1996/97	
400m	51.81h		U15	John Price (14)	1997/98	
400m	53.30		U14	John Price (13)	1996/97	
400m	1:00.3h		U13	Damien Trimmingham	1987	
400m	47.30		M30	James Gurr (31)	Dec 20 2014	SOPAC, Homebush
400m	47.83		M35	Antoine Burke (35)	Mar 25 2011	SOPAC, Homebush
400m	50.33		M40	Ashley McMahon (41)	Nov 18 2016	Blacktown
400m	52.44		M45	Ashley McMahon (45)	Dec 19 2020	The Crest, Bankstown
400m	57.09		M50	Antony Guest (53)	Mar 8 2018	SOPAC, Homebush
400m	54.63		M55	Trevor Young (57)	Apr 18 2016	Santos Stadium, Adelaide
400m	55.42		M60	Trevor Young (60)	Apr 28 2018	Perth

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
400m	1.06.7h		M65	Victor Ramondetta (66)	Dec 5 2020	Rotary Field, Chatswood
400m	1.16.75		M70	Charles Hobden (71)	Mar 8 2008	SOPAC, Homebush
400m	1.23.5h		M75	Charles Hobden (75)		
400m	1:24.56		M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong
400m	1:25.63		M85	Richard Hughes (85)	Jun 11 2017	Arafura Stadium, Darwin
600m	1:15.86		Open	Tristan Garrett (22)	Feb 2 2010	Sydney
600m	1:15.86		U23	Tristan Garrett (22)	Feb 2 2010	Sydney
600m	1:59.18		U20	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U18	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U17	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U16	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U15	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U14	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:59.18		U13	Duncan Loane (12)	Sep 17 2016	Rotary, Chatswood
600m	1:33.4h		M35	Ryan Dowling (39)	Dec 8 2018	Rotary, Chatswood
600m	1:31.2h		M40	Ryan Dowling (40)	Dec 7 2019	Rotary, Chatswood
600m	1:42.2h		M45	Nathan Shute (46)	Dec 7 2019	Rotary, Chatswood
600m	1:47.00		M50	Bradley Sharpe (54)	Sep 17 2016	Rotary, Chatswood
600m	1:43.1h		M55	Bradley Sharpe (56)	Jan 27 2018	Rotary, Chatswood
600m	2:14.75		M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood
600m	2:10.43		M65	Doug Barrett (65)	Jan 27 2018	Rotary, Chatswood
600m	4:17.4h		M70	Ronald Shoesmith (72)	Dec 7 2019	Rotary, Chatswood
800m	1.46.45		Open	James Gurr (28)	Mar 3 2012	Melbourne
800m	1.46.66		U23	Tristan Garrett (22)	Mar 4 2010	Melbourne
800m	1.46.65		U20	Grant Cremer (19)	Feb 25 1998	Melbourne
800m	1.51.71		U18	Sam Hall (17)	Dec 9 2000	Adelaide
800m	1.54.23		U17	Adrian White (16)	1981	
800m	2.00.3h		U16	K Dewar (15)	1974	
800m	2.02.0h		U15	John Vandenberg (14)	1970	
800m	2.08.04		U14	Austin Thomson (13)	Oct 9 2014	SOPAC, Homebush
800m	2.18.3h		U13	R Pentecost	1967	
800m	1:48.29		M30	James Gurr (33)	Jan 13 2018	Perth
800m	1.56.10		M35	Greg Nielson	1990	
800m	1.59.98		M40	Stuart Paterson (41)	Apr 9-13 1998	QEII Stadium, Brisbane
800m	2.05.9h		M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown
800m	2.11.59		M50	Les Gillies	2001/02	
800m	2.13.32		M55	Richard Martin (55)	Dec 11 2010	SOPAC, Homebush
800m	2.22.00		M60	Les Gillies (60)	Apr 6 2007	The Domain, Hobart
800m	2.40.33		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide
800m	2.54.66		M70	Ron Wills (70)	Mar 6 2010	Campbelltown
800m	3.25.80		M75	Charles Hobden (75)	Oct 22 2011	Rotary, Chatswood
800m	3:35.11		M80	Richard Hughes (82)	Feb 21 2015	SOPAC, Homebush
800m	3:46.48		M85	Richard Hughes (85)	Mar 11 2017	SOPAC, Homebush
1000m	2:21.36		Open	Nick Bromley (26)	Jul 23 2009	Karlstad, Sweden
1500m	3.37.02		Open	James Kaan (23)	Mar 9 2013	SOPAC, Homebush
1500m	3.40.30		U23	James Kaan (22)	Jan 21 2012	Glendale, Newcastle
1500m	3.45.34		U20	James Connor (19)	Mar 30 2012	SOPAC, Homebush
1500m	3.52.95		U18	Elliot Metcalf (17)	Nov 23 2017	Bankstown
1500m	4.02.1h		U17	Laurie Toogood (16)	1962	
1500m	4.03.2h		U16	John Vandenberg (14)	1970	
1500m	4.03.2h		U15	John Vandenberg (14)	1970	
1500m	4:22.94		U14	Elliot Metcalf (13)	Oct 11 2013	SOPAC, Homebush
1500m	4.46.0h		U13	T Gillam	1971	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/2011	SOPAC, Homebush
1500m	3.59.66		M35	Stuart Paterson (39)	16/2/1996	SOPAC, Homebush
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England
1500m	4.17.46		M45	Michael Donnelly	2002/03	
1500m	4.31.87		M50	Stuart Paterson (51)	Sep 10 2007	Riccione, Italy
1500m	4.48.51		M55	Stephen Ball (56)	Mar 28 2010	Campbelltown
1500m	5.16.17		M60	Geoff Francis	2002/03	
1500m	5.37.32		M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide
1500m	6.14.10		M70	Ron Wills (71)	Apr 9 2011	Blacktown
1500m	8:07.91		M85	Richard Hughes (85)	Sep 30 2017	SOPAC, Homebush
1 Mile	4.00.53		Open	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown
1 Mile	4.00.53		U23	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown
1 Mile	4:08.71		U20	Elliot Metcalf (18)	Dec 22 2018	The Crest, Bankstown
1 Mile	4:16.13		U18	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown
1 Mile	4:29.55		U17	Elliot Metcalf (16)	Dec 12 2016	The Crest, Bankstown
1 Mile	4:31.51		U16	Elliot Metcalf (15)	Dec 17 2015	The Crest, Bankstown
1 Mile	4:32.93		U15	Kieran Gorman (14)	Dec 22 2018	The Crest, Bankstown
1 Mile	4:42.63		M35	David Costello (38)	Dec 22 2018	The Crest, Bankstown
1 Mile	4.58.22		M40	Connor Delahunty (43)	Dec 13 2011	The Crest, Bankstown
1 Mile	5:35.83		M45	Nathan Shute (47)	Dec 19 2020	The Crest, Bankstown
1 Mile	5.14.85		M50	Bradley Sharpe (50)	Dec 13 2011	The Crest, Bankstown
1 Mile	5:28.34		M55	Bradley Sharpe (55)	Dec 12 2016	The Crest, Bankstown
2000m	5:08.40		Open	Laurie Toogood (21)	Mar 18 1966	
3000m	8.00.79		Open	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle
3000m	8.00.79		U23	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle
3000m	8.13.54		U20	Ed Goddard (19)	Nov 12 2016	SOPAC, Homebush
3000m	8.29.0h		U18	Joel Fitzgerald (17)	2000/2001	
3000m	8.34.75		U17	Ruairidh MacDonald (16)	Mar 11 2010	SOPAC, Homebush
3000m	8.47.2h		U16	John Vandenberg (15)	1970	
3000m	9:28:09		U15	Michael Westhuizen (14)	Oct 13 2016	SOPAC, Homebush
3000m	9.52.09		U14	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush
3000m	9.52.09		U13	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush
3000m	8.31.4h		M30	Sean Fitzpatrick	1999/2000	
3000m	8.37.7h		M35	Michael Donnelly (38)	1995	
3000m	8.47.10		M40	Michael Donnelly	1999/2000	
3000m	9:34.15		M45	Stuart Paterson (49)	Apr 2 2006	Adelaide
3000m	10.21.66		M50	Stuart Paterson (50)	Nov 11 2006	SOPAC, Homebush
3000m	10.17.08		M55	Paul Trainor (55)	Noc 21 2020	SOPAC, Homebush
3000m	11.31.8h		M60	Geoff Francis	2002/03	
3000m	12.43.42		M65	Geoff Francis (67)	Oct 24 2009	Narrabeen
3000m	14.05.1h		M70	Ron Wills (71)	Oct 30 2010	Rotary, Chatswood
3200m	`11:44.08		Open	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood
3200m	`11:44.08		U23	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood
3200m	11:49.05		U20	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U18	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U17	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U16	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U15	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U14	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	11:49.05		U13	Duncan Loane (11)	Nov 21 2015	Rotary, Chatswood
3200m	13:45.2h		M45	Nathan Shute (45)	Dec 8 2018	Rotary, Chatswood
3200m	13:28.8h		M55	Kim Loane (56)	Dec 8 2018	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5000m	13.59.0h		Open	John Farrington (25)	1970	
5000m	14.05.27		U23	James Connor (21)	Apr 6 2013	Melbourne
5000m	14.28.0h		U20	Bruce Adams	1969	
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001	
5000m	16:22:80		U17	Ethan McKenzie (15)	Jul 26 2020	The Crest, Bankstown
5000m	16:22:80		U16	Ethan McKenzie (15)	Jul 26 2020	The Crest, Bankstown
5000m	16:47.40		U15	Cooper Phillips (13)	Jul 26 2020	The Crest, Bankstown
5000m	16:47.40		U14	Cooper Phillips (13)	Jul 26 2020	The Crest, Bankstown
5000m	16.10.29		M30	Tim Connors (30)	Jan 19 2006	SOPAC, Homebush
5000m	15.07.90		M35	Michael Donnelly (38)	1995	
5000m	16.26.40		M40	Bruce Hansard	1997/98	
5000m	17:33.30		M45	Stuart Paterson (49)	Jan 19 2006	SOPAC, Homebush
5000m	17:42.13		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart
5000m	17.21.86		M55	Jim Seymon (55)	1993	
5000m	19.49.5h		M60	Jim Seymon	1998/99	
5000m	22.08.4h		M65	Geoff Francis (67)	Oct 11 2009	SOPAC, Homebush
10000m	28:45.84		Open	Ed Goddard (23)	Oct 24 2020	The Crest, Bankstown
10000m	28:52.27		U23	Kieran Tall (21)	Dec 14 2019	Box Hill, Victoria
10000m	31:23.96		U20	Ed Goddard (19)	Sep 26 2016	Perth
10000m	34:13.21		U18	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown
10000m	34:13.21		U17	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown
10000m	34:13.21		U16	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown
10000m	34:13.21		U15	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown
10000m	34:13.21		U14	Cooper Phillips (13)	Oct 24 2020	The Crest, Bankstown
10000m	34:03.57		M30	Ryan Cantrell (30)	Mar 31 2012	SOPAC, Homebush
10000m	33.26.16		M35	Ray Wareham	2003/2004	
10000m	35:56.58		M40	Gary Mullins (40)	Mar 31 2012	SOPAC, Homebush
10000m	35:27.06		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart
10000m	35:50.36		M55	Jim Seymon (55)	1993	
10000m	41.10.9h		M60	Jim Seymon	1997/98	
110m Hurdles - 1.067m	14.21	0.6	Open	Gareth Watkins (20)	Jan 25 1998	Sydney
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	Jan 25 1998	Sydney
110m Hurdles - 0.991m	14.16	-2.0	U20	Will Lloyd (18)	Sep 14 2017	SOPAC, Homebush Bay
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	Oct 9 2016	SOPAC, Homebush Bay
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	Dec 5 2015	Melbourne
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03	
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	Nov 30 2012	The Domain, Hobart
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	Dec 2 2016	AIS, Canberra
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	Oct 31 2009	Barden Ridge, Illawong
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97	
110m Hurdles - 0.991m	14.77	-1.6	M35	Ryan Dowling (38)	Dec 3 2017	SOPAC, Homebush Bay
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993	
110m Hurdles - 0.991m	16.79	-0.3	M45	Mathew Woodhouse (45)	Feb 8 2020	SOPAC, Homebush Bay
100m Hurdles - 0.914m	15.40		M50	Clay Tompkins (50)	2003	Newcastle
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	Aug 2 2008	Townsville
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	Ape 15-20 1992	The Domain, Hobart
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	Jul 14 2001	Brisbane
200m Hurdles - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush
200m Hurdles - 0.762m	24.95		U20	Jacob Holt	2004/5	
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	Oct 14 2016	SOPAC, Homebush
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985	
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983	
200m Hurdles - 0.762m	28.50	NWI	M35	Ryan Dowling (38)	Jun 16 2017	Glendale, Newcastle
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	Feb 4 2012	SOPAC, Homebush
400m Hurdles - 0.914m	51.42		Open	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	Jan 27 2007	AIS, Canberra
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	Nov 9 2013	SOPAC, Homebush
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	Oct 13 2012	SOPAC, Homebush
400m Hurdles - 0.840m	56:66		U16	Thomas Hunt (15)	Dec 17 2016	SOPAC, Homebush
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97	
400m Hurdles - 0.914m	57.40		M35	Ryan Dowling (38)	Apr 26 2018	Perth
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	Feb 25 2012	The Crest, Bankstown
400m Hurdles - 0.914m	1.00.01		M45	Mathew Woodhouse (45)	Feb 7 2020	SOPAC, Homebush
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05	
300m Hurdles - 0.762m	40.99		U16	Jonathan Nichols	1998	
300m Hurdles - 0.762m	49.9h		M50	Andy Burton	March 28-29 1998	
300m Hurdles - 0.762m	53.00		M60	Les Gillies (60)	Mar 16 2007	Adelaide
300m Hurdles - 0.762m	55.27		M65	Victor Ramondetta (65)	Feb 7 2020	SOPAC, Homebush
3000m Steeplechase 0.914m	9.09.53		Open	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	Mar 23 2002	
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	Mar 25 2011	SOPAC, Homebush
3000m Steeplechase 0.914m	10:53.52		M30	Frazer Dowling (34)	Jan 11 2014	Sydney
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	Apr 15-20 1992	The Domain, Hobart
3000m Steeplechase 0.914m	11:19.1h		M40	Peter Hampshire	March 28-29	Sydney
3000m Steeplechase 0.914m	13:38.15		M45	Andy West (45)	2013	AIS. Canberra
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993	
2000m Steeplechase - 0.914m	5:49.97		Open	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986	
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986	
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986	
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985	
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987	
2000m Steeplechase - 0.762m	6:59.62		U14	Elliot Metcalf (13)	Dec 14 2013	SOPAC, Homebush
2000m Steeplechase - 0.762m	8:08.60		M55	Brad Sharpe (59)	Oct 24 2020	The Crest, Bankstown
2000m Steeplechase - 0.762m	8:21.7h		M60	Jim Seymon (60)	March 28-29	Sydney
1500m Walk	5.58.0h		Open	John Hart	1985	
1500m Walk	5.58.0h		U20	John Hart	1985	
1500m Walk	6.24.7h		U18	John Hart	1980	
1500m Walk	6.24.7h		U17	John Hart	1980	
1500m Walk	6.24.7h		U16	John Hart	1980	
1500m Walk	6.24.7h		U15	John Hart	1980	
1500m Walk	8:14:4h		U14	Martin Leerburg (13)	Oct 8 2016	Rotary, Chatswood
1500m Walk	8.20.48		U13	G R Hart	1972	
1500m Walk	7.31.7h		M30	Mark Ransom	1995/96	
1500m Walk	7.45.1h		M35	Mark Ransom	1998/99	
1500m Walk	7.57.2h		M45	Robert Osborne	2004/05	
1500m Walk	9.34.5h		M50	Doug Barrett	2004/05	
1500m Walk	8.25.70		M55	Jim Seymon	1996/97	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
1500m Walk	8.26.0h		M60	Jim Seymon	1998/99	
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004	
1500m Walk	8.01.4h		M70	Jim Seymon (72)	Jan 16 2010	Rotary, Chatswood
1500m Walk	8:30.7h		M75	Jim Seymon (78)	Oct 18 2014	Rotary, Chatswood
1500m Walk	8:58.0h		M80	Jim Seymon (80)	Mar 10 2018	Rotary, Chatswood
2000m Walk	13:21.5h		Open	Doug Barrett (66)	Dec 8 2018	Rotary, Chatswood
2000m Walk	13:21.5h		M65	Doug Barrett (66)	Dec 8 2018	Rotary, Chatswood
3000m Walk	12.45.8h		Open	John Morison	2000/2001	
3000m Walk	12.45.8h		U20	John Morison	2000/2001	
3000m Walk	12.46.6h		U18	John Hart (17)	1983	
3000m Walk	13.51.5h		U17	John Hart (14)	1980	
3000m Walk	13.51.5h		U16	John Hart (14)	1980	
3000m Walk	13.51.5h		U15	John Hart (14)	1980	
3000m Walk	15:29:79		U14	Martin Leerburg (13)	Feb 5 and Oct 14 2016	SOPAC, Homebush
3000m Walk	17:21.39h		U13	Martin Leerburg (12)		SOPAC, Homebush
3000m Walk	15.44.7h		M30	Mark Ransom	1995/96	
3000m Walk	16.53.4		M35	Mark Ransom	1998/99	
3000m Walk	17.16.20		M55	Jim Seymon	1996/97	
3000m Walk	16.48.3h		M60	Jim Seymon	2003/2004	
3000m Walk	16.58.4h		M65	Jim Seymon	2002/03	
3000m Walk	17.34.0h		M70	Jim Seymon (71)	Mar 7 2009	Rotary, Chatswood
3000m Walk	18:13.9h		M75	Jim Seymon (78)	Jan 23 2016	Rotary, Chatswood
3000m Walk	19:01.3h		M80	Jim Seymon (81)	Mar 12 2019	Rotary, Chatswood
5000m Walk	21:23.06		Open	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush
5000m Walk	21:23.06		U23	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush
5000m Walk	22:17.26		U20	Jay Felton (19)	Mar 29 2014	ES Marks, Kensington
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96	
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000	
5000m Walk	30.25.40		M55	Jim Seymon	1996/97	
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004	
5000m Walk	28.42.84		M65	Jim Seymon	2002/03	
5000m Walk	29.54.84		M70	Jim Seymon (71)	Apr 10 2009	Santos Stadium, Adelaide
5000m Walk	27.13.67		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart
5000m Walk	33:40.54		M80	Jim Seymon (80)	Apr 27 2018	Perth
10000m Walk	44:30.04		Open	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush
10000m Walk	44:30.04		U23	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush
10000m Walk	46:44.8h		U20	John Morison (19)	`2000	
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96	
10000m Walk	58:28.0h		M35	Mark Ransom	March 28-29 1998	
10000m Walk	1.00.00.0h		M65	Jim Seymon (67)	2004	The Crrest, Bankstown
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	Jan 5 2008	Campbelltown
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart
10000m Walk	1:10.07h		M80	Jim Seymon (80)	Apr 29 2018	Perth
20000m Walk	1:34.30.0h		Open	John Morison (20)	2001	
High Jump	2.23m		Open	Luke Russell (19)	Dec 12 1998	AIS, Canberra
High Jump	2.20m		U23	Luke Russell (20)	Feb 20 1999	Sydney
High Jump	2.23m		U20	Luke Russell (19)	Dec 12 1998	AIS, Canberra
High Jump	2.11m		U18	Theo Kavieris (17)	1986	
High Jump	2.08m		U17	Darcy Holmes (16)	Nov 21 2020/Dec 5 2020	SOPAC, Homebush Bay
High Jump	2.05m		U16	Darcy Holmes (15)	Dec 7 2019	Perth
High Jump	1.90m		U15	A Urquart (14)	1983	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
High Jump	1.78m		U14	J Delamare (13)	1983	
High Jump	1.68m		U13	Cadel Holmes (12)	Dec 4 2020	SOPAC, Homebush Bay
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97	
High Jump	1.70m		M30	Ashley McMahon (30)	Oct 22 2005	Campbelltown
High Jump	1.70m		M30	Jim McGrath (33)	`1964	E S Marks, Kensington
High Jump	1.93m		M35	Clay Tompkins (39)	1992	
High Jump	1.90m		M40	Clay Tompkins (40)	1993	
High Jump	1.83m		M45	Clay Tompkins	2000/2001	
High Jump	1.75m		M50	Clay Tompkins (50)	Mar 9 2003	SOPAC, Homebush
High Jump	1.68m		M55	Clay Tomkins (55)	Mar 22 2008	Blacktown
High Jump	1.61m		M60	Clay Tomkins (60)	Mar 29 2013	AIS, Canberra
High Jump	1.20m		M65	Jim McGrath	1996/97	
High Jump	1.07m		M70	Jim McGrath	2001/02	
High Jump	1.14m		M75	Nick Bastas (79)	Jun 10 2017	Arafura Stadium, Darwin
High Jump	1.11m		M80	Nick Bastas (80)	Nov 11 2018	Gold Coast
Pole Vault	4.80m		Open	Alec Diamond (22)	Jul 10 2019	Naples, Italy
Pole Vault	4.80m		U23	Alec Diamond (22)	Jul 10 2019	Naples, Italy
Pole Vault	4.40m		U20	Sean Radi (17)	1988	
Pole Vault	4.40m		U20	Nickolai Simmons (19)	Dec 19 2020	The Crest, Banktown
Pole Vault	4.40m		U18	Sean Radi (17)	1988	
Pole Vault	3.95m		U17	Sean Radi (15)	1986	
Pole Vault	3.95m		U16	Sean Radi (15)	1986	
Pole Vault	3.90m		U15	Sean Radi (14)	1985	
Pole Vault	3.25m		U14	Sean Radi (13)	1984	
Pole Vault	3.00m		U13	Sean Radi (12)	1983	
Pole Vault	3.80m		M30	Tim McGrath	1995/96	
Pole Vault	3.65m		M35	Clay Tompkins (35)	1988	
Pole Vault	3.60m		M40	Clay Tompkins (40)	1993	
Pole Vault	3.60m		M45	Jim McGrath (45)	1976	Sydney
Pole Vault	3.60m		M45	Clay Tompkins (46)	Mar 13 1999	Sydney
Pole Vault	3.43m		M50	Rob Barclay	Oct 14 1989	Rotary Field, Chatswood
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide
Pole Vault	3.30m		M55	Tim McGrath (56)	Mar 23 2019	SOPAC, Homebush
Pole Vault	3.00m		M60	Jim McGrath (60)	Jul 20 1991	England
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth
Pole Vault	2.40m		M70	Jim McGrath (70)	Nov 3 2001	Sydney
Long Jump	7.67m		Open	Peter Banks	1996/97	
Long Jump	7.66m	0.7	U23	William Freyer (21)	Jan 25 2020	AIS, Canberra
Long Jump	7.31m		U20	Russell Parker	1998/99	
Long Jump	7.22m	0.2	U18	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush
Long Jump	7.22m	0.2	U17	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush
Long Jump	7.11m	1.0	U16	Alex Willett (15)	Dec 2 2016	AIS, Canberra
Long Jump	6.81m	1.2	U15	Alex Willett (14)	Dec 6 2015	Lakeside. Melbourne
Long Jump	6.29m	1.2	U14	Alex Willett (13)	Dec 5 2014	Santos Stadium, Adelaide
Long Jump	5.31m	0.6	U13	Alex Willett (12)	Dec 6 2013	Campbelltown
Long Jump	6.63m	-1.0	M30	Tomas Cholensky (33)	Feb 4 2012	SOPAC, Homebush
Long Jump	6.76m		M35	Clay Tompkins (35)	1988	
Long Jump	6.66m		M40	Clay Tompkins	1995/96	
Long Jump	6.25m		M45	Clay Tompkins	1998/99	
Long Jump	5.78m		M50	Clay Tompkins	2002/03	
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	Jul 27 2008	Townsville
Long Jump	5.25m		M60	Clay Tompkins (60)	Dec 7 2013	Campbelltown
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	Jan 23 2016	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Long Jump	3.97m	NWI	M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood
Long Jump	2.04m	NWI	M85	Ray Frith (88)	Apr 15-20 1992	The Domain, Hobart
Triple Jump	16.26m	0.0	Open	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra
Triple Jump	16.26m	0.0	U23	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	Sep 26 2016	Perth
Triple Jump	14.40m		U18	Peter Cox (16)	1949	
Triple Jump	14.40m		U17	Peter Cox (16)	1949	
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03	
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	Oct 8 2015	SOPAC, Homebush
Triple Jump	12.27m		U14	Peter Radi (13)	1981	
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	Nov 2 2013	ES Marks, Kensington
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	Mar 24 2011	SOPAC, Homebush
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988	
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993	
Triple Jump	13.51m		M45	Clay Tompkins (46)	Mar 6 1999	Sydney
Triple Jump	12.83m		M50	Clay Tompkins (50)	Mar 8 2003	SOPAC, Homebush
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	Dec 4 2010	The Crest, Bankstown
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	Nov 2 2013	ES Marks, Kensington
Triple Jump	7.83m	NWI	M65	Victor Ramondetta (65)	Nov 1 2020	Rotary Field, Chatswood
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	Mar 8 2014	The Domain, Hobart
Triple Jump	8.34m	1.8	M80	Nick Bastas (80)	Nov 11 2018	Gold Coast
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	Sep 30 2014	SOPAC, Homebush
Shot Put - 6kg	16.47m		U20	Stuart Gyngell		ES Marks, Kensington
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97	
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	Dec 3 2011	UQ, Brisbane
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy (15)	1997/98	
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy (14)	1995	
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	Dec 2 2016	AIS, Canberra
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	Sep 14 2013	Rotary, Chatswood
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	Oct 11 2009	SOPAC, Homebush
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	Jan 14 2012	SOPAC, Homebush
Shot Put - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984	
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987	
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992	
Shot Put - 5kg	9.60m		M60	Jim McGrath (60)	1991	
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	Nov 12 2012	Rotary, Chatswood
Shot Put - 4kg	11.47m		M70	Robert Archer (70)	Jun 9 2017	Arafura Stadium, Darwin
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	Oct 25 2014	Rotary, Chatswood
Shot Put - 3kg	8.94m		M80	Nick Bastas (80)	Apr 13 2019	Rotary, Chatswood
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra
Shot Put - 3kg	5.04m		M90	Ray Frith		
Discus - 2kg	60.45m		Open	Peter Elvy (20)	Aug 12 2000	Narrabeen
Discus - 2kg	60.45m		U23	Peter Elvy (20)	Aug 12 2000	Sydney
Discus - 2kg*	56.21m		U20	Peter Elvy (19)	Jul 10 1999	Sydney
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98	
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970	
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96	
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995	
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96	
Discus - 1kg	44.38m		U13	Darren Pitchfork (12)	1985	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Discus - 2kg	45.72m		M30	Paul Crowe (32)	Nov 18 2007	Sydney
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	Feb 25 2012	The Crest, Bankstown
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	Mar 16 2013	SOPAC, Homebush
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	Nov 15 2011	Rotary, Chatswood
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987	
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992	
Discus - 1.0kg	37.06m		M60	Jim McGrath (63)	1994	
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	Feb 25 2012	The Crest, Bankstown
Discus - 1kg	33.04m		M70	Robert Archer (70)	Jun 10 2017	Arafura Stadium, Darwin
Discus - 1kg	22.48m		M75	Nick Bastas (76)	Oct 4 2014	Rotary, Chatswood
Discus - 1kg	25.10m		M80	Michael Johnson (82)	Jan 26 2019	Rotary, Chatswood
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990	
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995	
Hammer - 7.26kg	65.79m		Open	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast
Hammer - 7.26kg	65.79m		U23	William Brown (21)	Sep 25 2017	Griffith University, Gold Coast
Hammer - 6kg	63.61m		U20	William Brown (19)	Oct 17 2015	SOPAC, Homebush
Hammer - 5kg	62.90m		U18	Darren Pitchfork (17)	1988	
Hammer - 5kg	48.83m		U17	Lachlan Antoinette (16)	Oct 29 2016	Rotary, Chatswood
Hammer - 4.536kg*	60.00m		U16	Darren Pitchfork (15)	1987	
Hammer - 4.536kg*	54.54m		U15	Peter Elvy (14)	1995	
Hammer - 3kg	51.81m		U14	Thomas Shannon (13)	Oct 13 2016	SOPAC, Homebush
Hammer - 3kg	34.98m		U13	Thomas Shannon (12)	Nov 28 2015	Blacktown
Hammer - 7.26kg	38.39m		M30	Warren Jones (30)	Oct 9 2010	Rotary, Chatswood
Hammer - 7.26kg	36.21m		M35	Warren Jones (35)	Oct 31 2015	The Crest, Bankstown
Hammer - 7.26kg	43.41m		M40	Grzegorz Urbanowicz (40)	Oct 27 2018	Rotary, Chatswood
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	Mar 28 2009	The Crest, Bankstown
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	Nov 28 2010	Rotary, Chatswood
Hammer - 6kg	26.97m		M55	Tim McGrath (55)	Oct 21 2017	SOPAC, Homebush
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	Dec 1 2012	Rotary, Chatswood
Hammer - 4kg	19.05m		M65	Ross Douglas (65)	Nov 9 2019	SOPAC, Homebush
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	Feb 6 2010	Rotary, Chatswood
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	Feb 27 2016	Rotary, Chatswood
Hammer - 3kg	22.48m		M80	Nick Bastas (80)	Nov 10 2018	Gold Coast
Hammer - 3kg	15.98m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra
Hammer - 3kg	12.84m		M90	Ray Frith		
Javelin - 800g	63.14m		Open	Peter Elvy	1995/96	
Javelin - 800g	61.74m		U23	Saxon Ward (20)	Jun 27 2015	SOPAC, Homebush
Javelin - 800g	63.14m		U20	Peter Elvy	1995/96	
Javelin - 700g	66.16m		U18	Peter Elvy (15)	1995/96	
Javelin - 700g	66.16m		U17	Peter Elvy (15)	1995/96	
Javelin - 700g	66.16m		U16	Peter Elvy (15)	1995/98	
Javelin - 700g	60.54m		U15	Peter Elvy (14)	1995	
Javelin - 600g	54.44m		U14	Peter Elvy (13)	1994	
Javelin - 600g	35.02m		U13	Alex Willett (12)	Oct 20 2013	Barden Ridge, Illawong
Javelin - 800g	47.34m		M30	Tony Nash	1996/97	
Javelin - 800g	46.90m		M35	Clay Tompkins (38)	1991	
Javelin - 800g	47.36m		M40	Clay Tompkins	1995/96	
Javelin - 800g	46.89m		M45	John Kay (49)	Nov-08	Blacktown
Javelin - 700g	54.37m		M50	John Kay (50)	Oct 18 2009	SOPAC, Homebush
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993	
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991	
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02	
Javelin - 500g	25.65m		M75	Nick Bastas (76)	Jan 31 2015	Rotary, Chatswood
Javelin - 400g	25.23m		M80	Nick Bastas (80)	Dec 22 2018	Rotary, Chatswood

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Javelin - 400g	12.90m		M85	Ray Frith		
Weight Throw - 15.88kg	18.27m		Open	Tim Heyes (23)	Nov 1 2020	Rotary, Chatswood
Weight Throw - 15.88kg	17.97m		U23	Tim Heyes (22)	Aug 15 2020	Rotary, Chatswood
Weight Throw - 9.080kg	17.35m		U20	John Hunter (17)	Nov 16 2019	Rotary, Chatswood
Weight Throw - 9.080kg	17.35m		U18	John Hunter (17)	Nov 16 2019	Rotary, Chatswood
Weight Throw - 9.080kg	13.05m		U17	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood
Weight Throw - 9.080kg	13.05m		U16	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood
Weight Throw - 9.080kg	13.05m		U15	Simon Osborne (14)	Oct 9 2004	Rotary, Chatswood
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	Nov 12 2011	Rotary, Chatswood
Weight Throw - 15.88kg	11.08m		M35	Ryan Dowling (37)	Mar 4 2017	SOPAC, Homebush
Weight Throw - 15.88kg	13.01m		M40	Grzegorz Urbanowicz (40)	Feb 16 2019	Rotary, Chatswood
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	Apr 10 2009	Santos Stadium, Adelaide
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	Mar 20 2010	AIS, Canberra
Weight Throw - 11.34kg	10.80m		M55	Tim McGrath (56)	Jan 25 2020	Rotary, Chatswood
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	Nov 1 2014	Rotary, Chatswood
Weight Throw - 9.080kg	8.03m		M65	Peter Douglas (65)	Apr 15 2019	Rotary, Chatswood
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	Dec 8 2007	Rotary, Chatswood
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	Nov 1 2014	Gold Coast
Weight Throw - 5.45kg	10.87m		M80	Nick Bastas (80)	Nov 9 2018	Gold Coast
Heavyweight Throw						
Weight Throw - 20kg (44lb)	11.91m		Open	Tim Heyes (22)	Aug 10 2019	Rotary Field, Chatswood
Weight Throw - 20kg (44lb)	11.91m		U23	Tim Heyes (22)	Aug 10 2019	Rotary Field, Chatswood
Heavyweight Throw						
Weight Throw - 9.08kg (20lb)	16.49m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT
Weight Throw - 11.34kg (25lb)	13.45m		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT
Weight Throw - 20kg (44lb)	7.96m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong
Weight Throw - 25.4kg (56lb)	6.39m		M30	Warren Jones (34)	Feb 7 2015	Beaton Park, Wollongong
Weight Throw - 100lb	2.50m		M30	Warren Jones (33)	2014	
Weight Throw - 9.08kg (20lb)	14.93m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong
Weight Throw - 11.34kg (25lb)	14.09m		M35	Ryan Dowling (37)	Mar 17 2018	Beaton Park, Wollongong
Weight Throw - 20kg (44lb)	7.25m		M35	Warren Jones (35)	Feb 6 2016	Beaton Park, Wollongong
Weight Throw - 25.4kg (56lb)	5.96m		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong
Weight Throw - 25.4kg (56lb)	5.96m		M35	Warren Jones (39)	Oct 7 2019	Beaton Park, Wollongong
Weight Throw - 100lb	2.37m		M35	Warren Jones (36)	Oct 3 2016	Beaton Park, Wollongong
Weight Throw - 56lb	3.86m		M45	Tim McGrath (46)	Feb 27 2011	Campbelltown
Weight Throw - 5.45kg (12lb)	7.52m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT
Weight Throw - 7.26kg (16lb)	6.77m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT
Weight Throw - 11.34kg (25lb)	5.11m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong
Weight Throw - 15.88kg (35lb)	3.60m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong
Weight Throw - 56lb	2.21m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT
Weight Throw - 5.45kg (12lb)	6.73m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong
Weight Throw - 7.26kg (16lb)	5.82m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong
Weight Throw - 11.34kg (25lb)	5.54m		M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong
Weight Throw - 15.88kg (35lb)	4.91m		M65	Bob Jones (69)	Oct 7 2019	Beaton Park, Wollongong
Decathlon	7915 Pts		Open	Peter Banks	1996/97	
Decathlon	7593 Pts		U23	Alec Diamond (22)	Jul 9-10 2019	Naples, Italy
Decathlon	7271 Pts		U20	Alec Diamond (19)	Mar 31 2016	SOPAC, Homebush
Decathlon	6631 Pts		U18	Sean Radi (17)	1987	
Decathlon	5827 Pts		U17	Sean Radi (15)	1986	

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Decathlon	5827 Pts		U16	Sean Radi (15)	1986	
Decathlon	5407 Pts		M35	Ashley McMahon (37)	Jan 4-5 2014	Campbelltown
Decathlon	5665 Pts		M40	Ashley McMahon (41)	Jan 9-10 2016	The Crest, Bankstown
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	Jan 7-8 2012	Campbelltown
Decathlon	5603 Pts		M50	Tim McGrath (52)	Oct 25 2014	AIS, Canberra
Decathlon	5424 Pts		M55	Tim McGrath (56)	Sep 6-7 2018	Malaga, Spain
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	Jul 18 1991	Turku, Finland
Heptathlon	4306 Pts		U16	Ben Carter (15)	Mar 26 2015	Brisbane
Heptathlon	2731 Pts		U15	James McFadden (14)	Mar 31 2012	SOPAC, Homebush
Heptathlon	2291 Pts		U14	Alex Willett (13)	Jan 4-5 2014	Campbelltown
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m						
Pentathlon	1761 Pts		U14	James McFadden (13)	Jan 8-9 2011	Campbelltown
Pentathlon	1498 Pts		M30	Peter Lang	Feb 12 2006	SOPAC, Homebush
Pentathlon (recored from 3719 Pts in 2010)	3150 Pts		M35	Clay Tompkins (35)	Apr 4 1988	Brisbane
Pentathlon	3292 Pts		M40	Clay Tompkins (40)	1993	
Pentathlon	3719 Pts		M45	Clay Tompkins (45)	1997/98	
Pentathlon	3102 Pts		M50	John Kay (50)	Apr 2 2010	Perth
Pentathlon	2845 Pts		M55	Tim McGrath (56)	Feb 3 2019	SOPAC, Homebush
Pentathlon	3076 Pts		M60	Jim McGrath (62)	1993	
Pentathlon	3064 Pts		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	2090 Pts		M30	Warren Jones (33)	Oct 6 2013	AIS, Canberra
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	Feb 18 2017	SOPAC, Homebush
Throws Pentathlon	2487Pts		M40	Andrew Watson (43)	Mar 11 2012	Campbelltown
Throws Pentathlon	2354 Pts		M45	Tim McGrath (46)	Mar 21 2008	Blacktown
Throws Pentathlon	2896 Pts		M50	Robert Hanbury-Brown (53)	Oct 11 2009	SOPAC, Homebush
Throws Pentathlon	2820 Pts		M55	Tim McGrath (55)	Oct 1 2017	Beaton Park, Wollongong
Throws Pentathlon	1096 Pts		M60	Bob Jones (61)	Mar 11 2012	Campbelltown
Throws Pentathlon	2583 Pts		M65	Jim McGrath (67)	March 28-29	Sydney
Throws Pentathlon	1418 Pts		M75	Nick Bastas (78)	Nov 9 2016	Gold Coast
Throws Pentathlon	2954 Pts		M80	Nick Bastas (80)	Nov 11 2018	Gold Coast
Heavyweight Throws Pentathlon						
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2578 Pts		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT
Heavyweight Throws Pentathlon - 20lb, 25lb, 35lb 45lb, 56lb	2850 Pts		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1213 Pts		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong
Heavyweight Throws Pentathlon - 12lb, 16lb, 20lb 25lb, 35lb	1182 Pts		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong
Relays						
Relay - 4 x 100m	40.64		Open	Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)	1993	ES Marks, Kensington
Relay - 4 x 100m	42.18		U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	Nov 15-16 2014	SOPAC, Homebush
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	Nov 19 2011	SOPAC, Homebush
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 100m	48.50		U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	Nov 19 2011	SOPAC, Homebush
Relay - 4 x 100m	44.25		M120+	Ashley McMahon (42), Jeremy Firth (33), David Thebridge (42), Ryan Dowling (38)	Nov 5 2017	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 4 x 100m	45.22		M160+	Michael Gedz (52), Nathan Mackay (41), David Thebridge (42), Ryan Dowling (38)	Nov 4 2017	SOPAC, Homebush
Relay - 4 x 100m	48.21		M200+	Michael Gedz (52), Jim Culhane (52), Anthony Crimi (57), Ashley McMahon (43)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 100m	52.91		M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	Nov 26-27 2016	Blacktown
Relay - 4 x 200m	1.25.82		Open	William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)	Nov 26-27 2016	Blacktown
Relay - 4 x 200m	1.28.62		U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 200m	1.28.62		U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 200m	1.33.44		U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984	
Relay - 4 x 200m	1.45.42		U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 200m	1:34.27		M120+	Ashley McMahon (42), Nathan Mackay (41), Ryan Dowling (38), David Thebridge (42)	Nov 4 2017	SOPAC, Homebush
Relay - 4 x 200m	1.39.59		M160+	David Turner (43), Ken Elias (33), Ashley McMahon (44), Michael Gedz (53)	Nov 23 2019	Campbelltown
Relay - 4 x 200m	1.41.44		M200+	Trevor Young (61), Jim Culhane (53), Ashley McMahon (44), Andrew Phillips (47)	Nov 24 2019	Campbelltown
Relay - 4 x 200m	1:55.86		M240+	Les Gillies (71), Jim Culhane (52), Anthony Crimi (57), Trevor Young (60)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 400m	3.11.78		Open	Keegan Bell (16), Matthew Crowe (21), Sean Zitzsimmons (23), Jye Perrott (20)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x 400m	3:19.91		U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush
Relay - 4 x 400m	3.20.3		U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x 400m	3.26.21		U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981	
Relay - 4 x 400m	3.31.26		U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 400m	3:40.97		M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush
Relay - 4 x 400m	3.46.92		M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush
Relay - 4 x 400m	3:55.53		M200+	Ashley McMahon (43), Jim Culhane (52), Michael Stavrianos (45), Trevor Young (60)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x 800m	7:27.95		Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	Nov 22 2009	Blacktown
Relay - 4 x 800m	7.46.20		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush
Relay - 4 x 800m	7.46.20		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush
Relay - 4 x 800m	8.42.57		U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995	
Relay - 4 x 800m	9.28.07		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 800m	8.14.05		M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	Dec 12 1993	ES Marks, Kensington

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 4 x 800m	8.33.86		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 19 1997	SOPAC, Homebush
Relay - 4 x 800m	9.22.12		M160+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown
Relay - 4 x 800m	9.22.12		M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown
Relay - 4 x 800m	10.45.93		M240+	Trevor Young (61), Doug Barrett (67), Paul Trainor (54), Brad Sharpe (58)	Nov 23 2019	Campbelltown
Relay - 4 x 1500m	15:50.39		Open	James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)	Nov 15-16 2014	SOPAC, Homebush
Relay - 4 x 1500m	16.39.47		U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	Dec 17 2000	SOPAC, Homebush
Relay - 4 x 1500m	16.39.47		U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000	SOPAC, Homebush
Relay - 4 x 1500m	18.03.13		U16	Tom Gleeson (15), Andrew Fahey (15), Josh Wilson (15), Phil De Mestre (15)	2000	SOPAC Homebush
Relay - 4 x 1500m	19.24.36		U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush
Relay - 4 x 1500m	16.50.13		M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	Dec 17 1995	ES Marks, Kensington
	17.56.10		M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 29 1997	SOPAC, Homebush
Relay - 4 x 1500m	19.55.82		M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	Nov 21 2010	SOPAC, Homebush
Relay -800m Medley (100,100,200,400)	1:38.10		Open	Ray Barbat, Mitchell Roberts, Mark Caulfield, Michael Maiers	2002/2003	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	1:59.42		Open	Koray Kirk (20), Tom Hunt (18), Hugo Whitehead (20), Ben Carter (19)	Dec 14 2018	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	2:07.80		U20	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	2:07.80		U18	Sebastian Arko (15), Curtis Kingsmill (17), Joseph Dennis (16), Nicholas Dowling (16)	Dec 14 2019	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	2:18.07		U14	Henry Butler (11), Aidan Jones (13), Max Milani (13), Cormac Morrison (13)	Dec 15 2018	
Relay - 1000m Medley (100, 300, 200, 400)	2:09.82		M120+	Lewis Ehrlich (4), Ryan Dowling (39), David Thebridge (42), Ashley McMahon (43)	Dec 15 2018	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	2:26.67		M160+	Tim McGrath (57), Antony Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush
Relay - 1000m Medley (100, 300, 200, 400)	2:26.67		M200+	Tim McGrath (57), Antony Guest (54), David Turner (43), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush
Relay - 1600m Medley (200,200,400,800)	3:21.38		Open	James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)	Nov 17-18 2012	SOPAC, Homebush
Relay - 1600m Medley (200,200,400,800)	3:58.81		U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	Dec 16 2006	SOPAC, Homebush
Relay - 2x2x400m	3:31.60		Open	Louis Stenmark (21), Mason Cohen (23)	Dec 14 2019	SOPAC, Homebush
Relay - 2x2x400m	4:08.04		U20	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush
Relay - 2x2x400m	4:08.04		U18	Kalan McEvoy (16), Curthis Kingsmill (17)	Dec 14 2019	SOPAC, Homebush
Relay 2x2x400m	4:34.09		M80+	Miles Wilson (45), David Thebridge (43)	Dec 14 2019	SOPAC, Homebush
Relay 2x2x400m	4:45.16		M100+	Brad Sharpe (58), Nathan Shute (46)	Dec 14 2019	SOPAC, Homebush

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 2x100m	21.45		Open	Ashley McMahon (41), Elijah Williams (21)	Feb 28 2017	Hunter Sports Centre, Glendale
Mixed 24 hour relay	390.4km		Open	Michael Lyons, James Swadling, James Spink, Marty Doak, Evelyn Stevenson (40), Mitchell Lloyd, Vanessa Rathborne, Tom Gleeson (17), Jane Miles (20), Cameron Peterson, Caleb Wegener (21), Mick Donnelly (45), Les Gillies (55), Angus Stewart (41), Renee Vandenberg (17)	2002	Rotary Field
Relay - 4 x 1500m Walk	28:55.76		Open	Jay Felton (22), Steve Washburn (23), Martin Leerberg (14), Stephanie Grujoski (20)	Nov 4 2017	SOPAC, Homebush
Relay - 4 x High Jump	7.90m		Open	Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)	1996	SOPAC, Homebush
Relay - 4 x High Jump	7.30m		U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush
Relay - 4 x Pole Vault	14.10m		Open	Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)	1996	SOPAC, Homebush
Relay - 4 x Long Jump	27.06m		Open	Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)	1996	SOPAC, Homebush
Relay - 4 x Long Jump	24.78m		U18	Alec Diamond (17), Matthew Crowe (17), Aaron Jeffrey (17), Paul Salem (17)	Nov 14-15 2015	SOPAC, Homebush
Relay - 4 x Long Jump	17.92m		U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	Nov 15-16 2008	Blacktown
Relay - 4 x Shot Put	53.93m		Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	Nov 15-16 2008	Blacktown
Relay - 4 x Shot Put	49.01m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Maxi Zihlmann (12)	Nov 26-27 2016	Blacktown
Relay - 4 x Shot Put	51.24m		U18	Robert Murphy (17), Warren Jones (17), Peter Elvy (17), Chris Gale (16)	1997	SOPAC, Homebush
Relay - 4 x Shot Put	41.65m		M120+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush
Relay - 4 x Shot Put	41.65m		M160+	Andrew Watson (42), Andrew Kohlrusch (46), James Fitzgerald (41), Warren Jones (31)	Nov 19 2011	SOPAC, Homebush
Relay - 4 x Shot Put	31.00m		M200+	Bart Steanes (55), Warren Jones (39), Douglas Barrett (66), Peter Douglas (65)	Nov 23 2019	Campbelltown
Relay - 4 x Shot Put	29.81m		M240+	Nick Bastas (80), Michael Johnson (82), Zoran Novicic (58), Terrance Carter (61)	Nov 18 2018	SOPAC, Homebush
Relay - 4 x Discus	156.04m		Open	Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)	Nov 26-27 2016	Blacktown
Relay - 4 x Discus	167.10m		U18	Will Brown (17), Jack Maguire (15), Ellington Steanes (15), Tim Heyes (16)	Nov 16-17 2013	SOPAC, Homebush
Relay - 4 x Discus	132.15m		U14	Matthew Butler (13), Stuart Downie (13), Riley Hemsworth (13), Kyle Fisher (13)	Nov 25-26 2016	Blacktown
Relay - 4 x Hammer	198.12m		Open	William Brown (22), Timothy Heyes (21), Lachlan Antoinette (18), Tylor Hunn (22)	Nov 19 2018	SOPAC, Homebush
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush
Relay - 4 x Hammer	107.12m		120+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Relay - 4 x Hammer	107.12m		160+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown
Relay - 4 x Hammer	107.12m		200+	Warren Jones (39). Ryan Dowling (40), Bart Steanes (55), Nick Bastas (81)	Nov 24 2019	Campbelltown
Relay - 4 x Javelin	189.12m		Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	Nov 15-16 2008	Blacktown
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	Nov 14-15 2015	Blacktown
Relay - 4 x Javelin	122.82m		M120+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush
Relay - 4 x Javelin	122.82m		M160+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	Nov 4 2017	SOPAC Homebush
Relay - 4 x Javelin	86.12m		M200+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown
Relay - 4 x Javelin	86.12m		M240+	Nick Bastas (81), Mark Cepak (60), Bart Steanes (54), Trevor Young (61)	Nov 24 2019	Campbelltown

UTS Northern Suburbs Athletic Club Track & Field Indoor Records as at 3 August 2016

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
WOMEN						
60m	7.5h	Ind	Open	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA
60m	7.5h	Ind	U23	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA
60m	8.06	Ind	U20	Madison Gipson (19)	Jan 25 2014	Albuquerque, USA
60m	7.94	Ind	W40	Monique Perry (44)	Mar 26 2019	Torun, Poland
60m	8.91	Ind	W45	Janet Naylon (45)	Mar 4 2012	Jyvaskyla, Finland
60m	9.53	Ind	W50	Janet Naylon (50)	Mar 17 2017	Daegu, South Korea
200m	25.68	Ind	Open	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA
200m	25.68	Ind	U20	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA
200m	26.68	Ind	W40	Monique Perry (44)	Mar 29 2019	Torun, Poland
200m	25.85	Ind	W45	Marie Kay (48)	Mar 19 2008	Clermont-Ferrand, France
400m	54.54	Ind	Open	Carley Thomas (20)	Feb 15 2020	Seattle, USA
400m	54.54	Ind	U23	Carley Thomas (20)	Feb 15 2020	Seattle, USA
400m	56.99	Ind	W45	Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France
400m	1.02.96	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada
800m	2:02.05	Ind	Open	Carley Thomas (20)	Feb 28 2020	Boston, USA
800m	2:02.05	Ind	U23	Carley Thomas (20)	Feb 28 2020	Boston, USA
800m	2:46.78	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada
800m	2:42.69	Ind	W55	Deborah Drennan (57)	Mar 19 2016	Portland, USA
800m	2:48.23	Ind	W60	Deborah Drennan (60)	Mar 28 2019	Torun, Poland
1500m	5:44.38	Ind	W55	Deborah Drennan (58)	Mar 25 2017	Daegu, South Korea
1500m	5:49.57	Ind	W60	Deborah Drennan (60)	Mar 30 2019	Tirun, Poland
Mile	5:07.58	Ind	Open	Antonia Howard (19)	Dec 8 2016	South Hunington, USA
Mile	5:11.01	Ind	U23	Charlotte Wilson (21)	Feb 16 2013	Norman, USA
Mile	5:07.58	Ind	U20	Antonia Howard (19)	Dec 8 2016	South Hunington, USA

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
3000m	9:53.06	Ind	Open	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA
3000m	9:53.06	Ind	U23	Charlotte Wilson (22)	Mar 1 2014	Birmingham, USA
3000m	10:12.68	Ind	U20	Sarah Marvin (19)	Dec 3 2016	Boston, USA
5000m	17:06.11	Ind	Open	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA
5000m	17:06.11	Ind	U23	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada
Long Jump	5.57m	Ind	Open	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France
Long Jump	5.50m	Ind	U23	Jacinta Fisher (21)	Feb 9 2018	Fayetteville USA
Long Jump	4.74m	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France
Long Jump	5.57m	Ind	W45	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France
Long Jump	5.16m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada
High Jump	1.51m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada
Triple Jump	11.85m	Ind	Open	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA
Triple Jump	11.85m	Ind	U23	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA
Shot Put 4kg	10.93m	Ind	Open	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary
Shot Put 4kg	9.72m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada
Shot Put 4kg	10.93m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary
Shot Put 3kg	12.30m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada
Shot Put - 3kg	10.79m	Ind	W55	Caroline Layt (55)	Nov 1 2020	Somersby
Weight Throw - 9.08kg	11.29m	Ind	W40	Caroline Layt (44)	Mar 5 2010	Kamloops, Canada
Weight Throw - 9.08kg	11.67m	Ind	W45	Caroline Layt (48)	Mar 25 2014	Budapest, Hungary
Weight Throw - 7.26kg	12.24m	Ind	W55	Caroline Layt (55)	Nov 1 2020	Somersby
Heavy Weight Throw - 35lb	7.24m	Ind	W45	Maria Cimino (48)	Nov 1 2020	Somersby
Heavy Weight Throw - 25lb	8.63m	Ind	W55	Caroline Layt (55)	Nov 1 2020	Somersby
Indoor Pentathlon - 60H, HJ, SP, LJ, 800m						
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada
Relay - 4 x 200m	1.49.98	Ind	Open	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylon (41), Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France
MEN						
60m	7.04	Ind	Open	Phil Krok (21)	Feb 27 2009	Flagstaff, USA
60m	7.04	Ind	U23	Phil Krok (21)	Feb 27 2009	Flagstaff, USA
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 8 2014	Munich, Germany
60m	7.38	Ind	M35	Ashley McMahon (38)	Feb 19 2014	Hamburg, Germany
60m	7.08	Ind	M40	Ashley McMahon (43)	Mar 26 and 27 2019	Torun, Poland
60m	8.73	Ind	M60	Victor Ramondetta (62)	Mar 20 2017	Daegu, South Korea
200m	22.11	Ind	Open	Phil Krok (21)	Feb 13 2009	Bozeman (USA)
200m	22.11	Ind	U23	Phil Krok (21)	Feb 13 2009	Bozeman (USA)
200m	23.70	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany
200m	23.53	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
200m	28.76	Ind	M60	Victor Ramondetta (62)	Mar 21 2017	Daegu, South Korea
400m	47.78	Ind	Open	Louis Stenmark (21)	Feb 9 2019	Albuquerque
400m	47.78	Ind	U23	Louis Stenmark (21)	Feb 9 2019	Albuquerque
400m	53:32	Ind	M40	Ashley McMahon (41)	Mar 12 2013	Lee Valley, United Kingdom
400m	1:05.96	Ind	M60	Victor Ramondetta (62)	Mar 24 2017	Daegu, South Korea
600m	1:17.59	Ind	Open	Louis Stenmark (21)	Jan 12 2019	Seattle, Washington, USA
800m	1:56.83	Ind	Open	Will Austin-Cray (20)	Feb 16 2013	Moscow, Idaho, USA
800m	1:56.83	Ind	U23	Will Austin-Cray (20)	Feb 16 2013	Moscow, Idaho, USA
800m	2:16.28	Ind	M50	Stuart Paterson (51)	Mar 22 2008	Clermont-Ferrand, France
800m	2:22.03	Ind	M55	Bradley Sharpe (56)	Mar 22 2017	Daegu, South Korea
1500m	4:41.99	Ind	Open	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France
1500m	4:56.21	Ind	M55	Bradley Sharpe (56)	Mar 25 2017	Daegu, South Korea
Shot Put - 7.26kg	10.89m	Ind	M35	Ryan Dowling (39)	May 12 2019	Somersby
Shot Put - 6kg	8.51m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby
Shot Put - 5kg	4.75m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby
Shot Put - 4kg	9.15m	Ind	M70	Robert Archer (73)	Nov 1 2020	Somersby
Weight Throw - 15.88kg	9.90m	Ind	M35	Warren Jones (38)	May 12 2019	Somersby
Weight Throw - 11.34kg	8.38m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby
Weight Throw - 9.08kg	5.23m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby
Heavy Weight Throw - 56lb	5.98m	Ind	M35	Warren Jones (38)	May 12 2019	Somersby
Heavy Weight Throw - 56lb	4.26m	Ind	M55	Andrew Wilson (57)	Nov 1 2020	Somersby
Heavy Weight Throw - 45lb	2.48m	Ind	M65	Bob Jones (68)	May 12 2019	Somersby

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance	Athlete/s (age)	Date	Venue
WOMEN				
Cross Country				
1.5km Cross Country	5:20	U12 Hannah Cerezo (11)	Aug 2 2014	Upjohn Park, Dundas
2km Cross Country	6:39	Open Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U20 Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U18 Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U16 Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U14 Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	6:39	U13 Ashley Mason (12)	Jul 13 2004	Miranda Park
2km Cross Country	7:30	U12 Rebecca Terry (10)	Jun 1 2013	Miranda Park
2km Cross Country	7:56	W30 Rebecca Gibbs (31)	Jul 23 2011	Cowells Lane Reserve, Ermington
2km Cross Country	9:05	W40 Joanna Davis (41)	Mar 31 2018	George Kendall Reserve, Ermington
2km Cross Country	9:59	W45 Nancy Lloyd (49)	Mar 29 2003	
2km Cross Country	12:39	W50 Jennifer Crockart (53)	May 21 2016	Bella Vista Farm Park
2km Cross Country	8:42	W55 Deborah Drennan (57)	Apr 18 2015	Scarborough Park, Ramsgate
2km Cross Country	8:56	W60 Deborah Drennan (60)	Aug 4 2018	Upjohn Park Rydalmere
2km Cross Country	12:51	W65 Dorothy Kass (66)	Jun 1 2019	Prospect Reserve

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
2km Cross Country	10:52		W70	Lesley Eller (70)	Apr 13 2013	Queen Elizabeth Park, Concord
2.5km Cross Country	8:33		Open	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:33		U20	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:33		U18	Emily Hopper (16)	Aug 2 2014	Upjohn Park, Rydalmere
2.5km Cross Country	8:51		U16	Annabel McDermott (14)	Aug 3 2013	Upjohn Park, Rydalmere
2.5km Cross Country	9:22		U14	Emily Augustine (13)	Jul 17 2010	Upjohn Park, Rydalmere
2.5km Cross Country	10:29		U12	Molly Quoyale (11)	May 21 2011	Upjohn Park, Rydalmere
2.5km Cross Country	13:37		W55	Susan Rilen (55)	May 26 2012	Upjohn Park, Rydalmere
2.5km Cross Country	16:34		W60	Dorothy Kass (60)	Aug 3 2013	Upjohn Park, Rydalmere
2.5km Cross Country	18:11		W65	Dorothy Kass (65)	Jul 20 2019	Prospect Reserve
3km Cross Country	9.40		Open	Emily Hopper (16)	May 13 2014	Miranda Park
3km Cross Country	9.40		U20	Emily Hopper (16)	May 13 2014	Miranda Park
3km Cross Country	9.40		U18	Emily Hopper (16)	May 31 2014	Miranda Park
3km Cross Country	10:21		U16	Hannan Cerezo (14)	May 27 2017	Miranda Park
3km Cross Country	10:36		U14	Olivia Dooley (13)	Jun 17 2010	Eastern Creek
3km Cross Country	11:05		U13	Ruby Hackett (12)	2004	Eastern Creek
3km Cross Country	12:25		U12	Nicola Christou (11)	May 27 2017	Miranda Park
3km Cross Country	16:57		W45	Dorothey Kass (49)	Mar 29 2003	
3km Cross Country	21:11		W55	Anne Dorey	Jul 26 2003	
4km Cross Country	13.06		Open	Abigail Regan (23)	Jun 1 2013	Miranda Park
4km Cross Country	13:26		U23	Eliza Sttewart (20)	Jun 2 2007	Miranda Park
4km Cross Country	13:25		U20	Lucy Starrat (18)	May 2 2006	Scarborough Park, Ramsgate
4km Cross Country	13:28		U18	Annabel McDermott (17)	May 28 2016	Miranda Park
4km Cross Country	14:19		U17	Annabel McDermott (16)	Jun 20 2015	Brownsville
4km Cross Country	14:24		U16	Hannah Cerezo (14)	Aug 26 2017	Kembla
4km Cross Country	14:24		U15	Hannah Cerezo (14)	Aug 26 2017	Kembla
4km Cross Country	15:30		U14	Hannah Cerezo (13)	Jun 4 2016	George Kendall Reserve, Ermington
4km Cross Country	18:22		U13	Rebecca Terry (11)	May 17 2014	Bella Vista
4km Cross Country	18:22		U12	Rebecca Terry (11)	May 17 2014	Bella Vista
4km Cross Country	14:50		W30	Mary Fien (34)	Jun 2 2007	Miranda Park
4km Cross Country	14:23		W35	Stacey Quitzau (38)	May 15 1999	Scarborough Park, Ramsgate
4km Cross Country	15:45		W40	Anne Forbes (40)	Aug 1996	Fairfield
4km Cross Country	15:15		W45	Joanne Cowan (47)	2003	Miranda Park
4km Cross Country	17:17		W50	Deborah Drennan (54)	Jun 9 2012	George Kendall Reserve, Ermington
4km Cross Country	17:40		W55	Deborah Drennan (55)	Jun 8 2013	George Kendall Reserve, Ermington
4km Cross Country	17:55		W60	Deborah Drennan (60)	Jul 14 2018	Prospect Reserve
4km Cross Country	26:54		W65	Dorothy Kass (66)	Aug 15 2020	Winston Hills
5km Cross Country	17.45		Open	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown
5km Cross Country	18:30		U23	Kasey Mumby (22)	Aug 2 2014	Upjohn Park, Rydalmere
5km Cross Country	17.45		U20	Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown
5km Cross Country	19:55		U18	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains
5km Cross Country	19:55		U16	Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains
5km Cross Country	22:06		U14	Abigail Johnstone (13)	May 9 2015	River Rd Reserve, Emu Plains
5km Cross Country	20:08		W30	Mary Fien (32)	Jul 17 2004	Mt Penang
5km Cross Country	18:58		W35	Stacey Quitzau (35)	Aug 1996	Centennial Park
5km Cross Country	18:54		W40	Anne Forbes (40)	Aug 1996	Centennial Park
5km Cross Country	20:32		W45	Jo Cowan (48)	Jul 17 2004	Mt Penang
5km Cross Country	23:27		W50	Deborah Drennan (54)	Sep 1 2012	Upjohn Park, Rydalmere

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5km Cross Country	23:45		W55	Deborah Drennan (57)	May 9 2015	River Rd Reserve, Emu Plains
5km Cross Country	23:05		W60	Deborah Drennan (60)	Jul 8 2018	West Dapto
6km Cross Country	21:14		Open	Lena Yali	1992	
6km Cross Country	22:30		U23	Isabella Thornton-Bott (21)	Aug 3 2019	Upjohn Park, Rydalmere
6km Cross Country	21:37		U20	Abbey Rockcliff (18)	Aug 24 2019	Dapto
6km Cross Country	22:24		U18	Imogen Gardiner (17)	Jan 27 2019	Mt Stromlo, Canberra
6km Cross Country	22:20		W40	Anne Forbes (40)	1996	Bendigo
6km Cross Country	28:34		W55	Deborah Drennan (55)	Jun 22 2013	Willandra, Nowra
6km Cross Country	29:01		W60	Deborah Drennan (62)	Oct 10 2020	Dapto
6.2km Cross Country	22:47		Open	Eliza Stewart (22)	Apr 6 2008	France
6.2km Cross Country	22:47		U23	Eliza Stewart (22)	Apr 6 2008	France
7km Cross Country	26:11		Open	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate
7km Cross Country	26:11		U23	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate
7km Cross Country	31:26		U20	Holly Ratajec (19)	Apr 20 2013	Scarborough Park, Ramsgate
7km Cross Country	32:23		U18	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate
7km Cross Country	32:23		U17	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate
7km Cross Country	32:23		U16	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate
7km Cross Country	32:23		U15	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate
7km Cross Country	32:23		U14	Nicola Christou (13)	Apr 13 2019	Scarborough Park, Ramsgate
7.5km Cross Country	28:34		Open	Eliza Stewart (25)	May 21 2011	Upjohn Park, Rydalmere
7.5km Cross Country	33:01		U23	Claudia White (22)	Jul 8 2018	West Dapto
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	May 21 2011	Upjohn Park, Rydalmere
8km Cross Country	26:21		Open	Emily Heskelow (19)	Jul 14 2018	Prospect Reserve
8km Cross Country	27:16		U23	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic
8km Cross Country	26:21		U20	Emily Heskelow (19)	Jul 14 2018	Prospect Reserve
8km Cross Country	34:24		U18	Greta McNiven (16)	2003	Willandra, Nowra
8km Cross Country	32:30		W30	Stacey Quitzau (38)	Jun 5 1999	The Crest, Bankstown
8km Cross Country	31:02		W40	Anne Forbes (41)	Jun 7 1997	Bankstown
8km Cross Country	33:29		W45	Jo Cowan (48)	2003	Willandra, Nowra
8km Cross Country	26:15		W60	Ann Swinbourn (61)	May 19 2018	George Kendall Reserve, Ermington
10km Cross Country	36:18		Open	Elise Gallen (23)	Aug 26 2017	Kembla
10km Cross Country	39:44		U23	Elise Gallen (22)	Jun 26 2016	Willandra, Nowra
10km Cross Country	52:03		U20	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate
10km Cross Country	52:03		U18	Libby Augustine (17)	Apr 30 2011	Scarborough Park, Ramsgate
10km Cross Country	45:12		W30	Rebecca Gibbs (31)	Jun 11 2011	River Rd Reserve, Emu Plains
4x2km Cross Country Relay	28:53		U14	Ruby Hackett (12), Elle Farrington (13), Katie Furniss (13), Ashley Mason (12)	Jul 13 2004	Miranda Park
4x2km Cross Country Relay	31:29		U12	Rebecca Terry (10), Jacinta Metcalf (11), Elise Brennan (11), Ashlie Edwards (11)	Jun 1 2013	Miranda Park
4x3km Cross Country Relay	41:00		U20	Isabella Thornton-Bott (19), Sarah Reece (17) , Emma Baptiste (18), Sarah McDermott (17)	May 27 2017	Miranda Park
4x3km Cross Country Relay	43:59		U18	Annabel McDermott (15), Natalie Norris (14), Emily Hopper (16), Emily Augustine (17)	May 31 2014	Miranda Park
4x3km Cross Country Relay	44:38		U16	Abigail Johnstone (15), Hannah Cerezo (14), Nicola Christou (11), Rosie Fordham	May 27 2017	Miranda Park
4x4km Cross Country Relay	56:02		Open	Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (25)	Jun 1 2013	Miranda Park
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	Jun 4 2005	Miranda Park
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	Jun 2 2007	Miranda Park
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	Jun 1 2013	Miranda Park
4x4km Cross Country Relay	1:34.39		W60	Deborah Drennan (61), Maragret Thomas (63), Jan Swinhoe (62), Ann Swinbourne (62)	May 25 2019	Miranda Park
3x4km Cross Country Relay	46:13		Open	Jo Cowan (49), Jane Miles (21), Phillipa Boss	2003	Miranda Park
3x4km Cross Country Relay	49:44		W20	Greta McNiven (16), Renee Vandenberg (1), Rebecca Sindell	2003	Miranda Park
3x4km Cross Country Relay	49:13		W35	Evelyn Stevenson (41), Nancy Bodikian (44), Jo Cowan (48)	2003	Miranda Park
3x4km Cross Country Relay	1:17.08		W45	Anne Dorey, Dorothy Kass (49), Nancy Lloyd (49)	2003	Miranda Park
3x4km Cross Country Relay	1:06.10		W55	Maureen Cadogen, Carol Taylor, Dawn Shaw	2002	Miranda Park
Mountain Running						
8km Mountain Run	44.51		Open	Mary Fien (34)	Feb 24 2007	Mt Kembla
8km Mountain Run	44.51		W30	Mary Fien (34)	Feb 24 2007	Mt Kembla
10km Mountain Run	1:05:00.0		Open	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange
10km Mountain Run	1:05:48		U23	Kate Hobbs (20)	Mar 20 2016	Mt Canoblas, Orange
10km Mountain Run	1:05:00.0		U20	Kate Hobbs (19)	Mar 29 2015	Mt Canoblas, Orange
Road						
2km Road Race	6.34		Open	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah
2km Road Race	6.34		U20	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah
2km Road Race	6.34		U18	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah
2km Road Race	6:48		U16	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point. Wollongong
2km Road Race	6:48		U14	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong
2km Road Race	7:28		U12	Charlotte O'Dowd (11)	Apr 6 2019	Rydalmere
2km Road Race	7:29		W30	Rebecca Gibbs (31)	Aug 13 2011	Rydalmere
2km Road Race	7:52		W50	Stacey Quitzau (51)	Aug 11 2012	Rydalmere
2km Road Race	9:00		W55	Deborah Drennan (58)	Aug 13 2017	Rydalmere
2km Road Race	11:23		W60	Dorothy Kass (60)	Aug 10 2013	Rydalmere
2km Road Race	15:44		W65	Nancy Lloyd (67)	Aug 8 2020	Rydalmere
2.5km Road Race	9:15		U14	Hannah Cerezo (12)	May 2 2015	Sydney Olympic Park
2.5km Road Race	9.58		U12	Molly Quoyle (10)	Jun 4 2011	Sydney Olympic Park
3km Road Race	10:40		U16	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy
3km Road Race	10:40		U14	Ruby Hackett (13)	May 7 2005	Army Base, Holsworthy
4km Road Race	13:41		Open	Elese Gallen (23)	Jul 15 2017	Newcastle University, Ourimbah
4km Road Race	13:52		U23	Isabella Thornton-Bott (21)	Jul 13 2019	Newcastle University, Ourimbah
4km Road Race	13:44		U20	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah
4km Road Race	13:44		U18	Abbey Rockliff (17)	Jul 21 2018	Newcastle University, Ourimbah
4km Road Race	14:44		U16	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir
4km Road Race	14:44		U14	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir
4km Road Race	15:38		W35	Mary Fien (39)	Jul 7 2012	Newcastle University, Ourimbah
4km Road Race	15:18		W40	Evelyn Stevenson (41)	Jun 15 2003	The Crest, Bankstown
4km Road Race	14:51		W45	Jo Cowan (47)	Jun 15 2003	The Crest, Bankstown
4km Road Race	16:36		W50	Stacey Quitzau (51)	Jul 7 2012	Newcastle University, Ourimbah
4km Road Race	17:34		W55	Deborah Drennan (56)	Jul 11 2015	Newcastle University, Ourimbah
4km Road Race	17:50		W60	Deborah Drennan (60)	Jul 21 2018	Newcastle University, Ourimbah
4km Road Race	26:37		W65	Dorothy Kass (66)	Aug 10 2019	Rydalmere

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5km Road Race	15:59		Open	Trychelle Kingdom (25)	Oct 31 2015	Noosa, Qld
5km Road Race	17:06		U20	Imogen Gardiner (18)	2020	Sydney
5km Road Race	17:07		U18	Sarah Reece (17)	May 6 2017	Sydney Olympic Park
5km Road Race	18:13		U16	Emily Augustine (15)	May 6 2012	Sydney Olympic Park
5km Road Race	19.48		U14	Sara Rathborne (13)	2002	Sydney Olympic Park
5km Road Race	17:59		W35	Anne Forbes (39)	Jun 17 1995	Sydney Olympic Park
5km Road Race	18:08		W40	Anne Forbes (42)	May 3 1998	Sydney Domain
5km Road Race	25:31		W45	Kim Wilson (47)	May 2 2015	Sydney Olympic Park
5km Road Race	27:11		W50	Stacey Quitzau (52)	May 6 2012	Sydney Olympic Park
5km Road Race	23:38		W60	Maureen Cadogen	2002	Sydney Olympic Park
6km Road Race	22:37		U20	Jessica Boyd (18)	2004	Army Base, Holsworthy
7km Road Race	28:07		W30	Marina Delahunty	Sept 1997	Cowra
7km Road Race	31:52		U18	Abby Lander (17)	Aug 25 2019	Sydney Olympic Park
8km Road Race	29:09.88		Open	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park
8km Road Race	29:09.88		U23	Kasey Mumby (22)	Aug 31 2014	Sydney Olympic Park
8km Road Race	32:17h		U20	Emily Heskelow (19)	Apr 28 2018	Rydalmere
8km Road Race	33:47h		W30	Rebecca Gibbs (31)	May 5 2011	Rydalmere
8km Road Race	35:01h		W60	Ann Swinbourne (61)	Apr 28 2018	Rydalmere
10km Road Race	33.14		Open	Mary Fien (35)	May 30 2009	Springvale
10km Road Race	34.27		U23	Eliza Stewart (22)	May 3 2008	Sydney Olympic Park
10km Road Race	34:29		U20	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park
10km Road Race	34:29		U18	Annabel McDermott (17)	May 7 2016	Sydney Olympic Park
10km Road Race	44:02		U17	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park
10km Road Race	44:02		U16	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park
10km Road Race	44:02		U15	Sara Rathborne (14)	Aug 31 2003	Sydney Olympic Park
10km Road Race	46:33.99		U14	Nicola Christou (12)	May 5 2018	Sydney Olympic Park
10km Road Race	46:33.99		U13	Nicola Christou (12)	May 5 2018	Sydney Olympic Park
10km Road Race	33.14		W35	Mary Fien (35)	May 30 2009	Springvale
10km Road Race	36:40		W40	Anne Forbes (42)	May 1998	Army Base, Holsworthy
10km Road Race	40:44		W45	Jo Cowan (48)	September 2004	Sydney
10km Road Race	49:31		W50	Deborah Drennan (54)	May 4 2013	Sydney Olympic Park
10km Road Race	47:45:00		W55	Deborah Drennan (58)	May 6 2017	Sydney Olympic Park
10km Road Race	50:09		W60	Deborah Drennan (61)	May 4 2019	Sydney Olympic Park
14km City to Surf	51:05		Open	Elese Gallen (23)	Aug 13 2017	Sydney
15km Road Race	57.03		Open	Trychelle Kingdom (24)	Oct 19 2014	Fernleigh Track, Newcastle
15km Road Race	59:10s		U23	Jane Miles (20)	2002	Sydney Olympic Park
Half Marathon	1:15.56		Open	Eliza Stewart (20)	Jun 10 2007	Sydney
Half Marathon	1:15.56		U23	Eliza Stewart (20)	Jun 10 2007	Sydney
Half Marathon	1:17.51		W30	Mary Fien (34)	Aug 19 2007	Noosa
Half Marathon	1:37.58		W35	Clara Vucetic	May 23 1999	Sydney
Half Marathon	1:32.22		W40	Evelyn Stevenson (40)	2002	Sydney
Half Marathon	1:27.22		W45	Dianne Aitken (47)	September 2004	Sydney

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	Dec 31 2006	Sydney
Marathon	2:50.00		Open	Elizabeth Richards	1976	
Marathon	3:11.42		W40	Diane Aitken (44)	2002	Gold Coast
Marathon	3:25.15		W45	Diane Aitken (45)	2003	Sydney
4x2km Road Relay	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wollett (14), Emily Augustine (17)	Jul 12 2014	Newcastle Univesity, Ourimbah
4x2km Road Relay	28:46		U14	Ruby Hackett (13), Katie Furniss (13), Elle Farrington (13), Ashley Mason (13)	Jul 3-4 2005	Flagstaff Point, Wollongong
4x3km Road Relay	47:09		U18	Elle Farrington (12), Katrina Panazzola, Ruby Hackett (12), Ashley Mason (12)	Jul 30 2004	Flagstaff Point, Wollongong
4x3km Road Relay	47:09		U16	Elle Farrington (12), Katrina Panazzola, Ruby Hackett (12), Ashley Mason (12)	Jul 30 2004	Newcastle University, Wollongong
4x4km Road Relay	55:42		Open	Elese Gallen (24), Abbey Rockliff (17), Sara McDermott (18), Isabella Thornton-Bott (20)	Jul 21 2018	Newcastle University, Ourimbah
4x4km Road Relay	1:01:25		W20	Jessica Boyd (19), Penny Burdekin, Elle Farrington (13), Ruby Hackett (13)	Jul 3-4 2005	Flagstaff Point, Wollongong
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	Jul 10 2010	Flagstaff Point, Wollongong
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	Jul 14 2014	Flagstaff Point, Wollongong
4x4km Road Relay	1:26:27		W60	Deborah Drennan (61), Margaret Thomas (63), Jan Swinhoe (52), Dorothy Kass (65)	Jul 13 2019	Newcastle University, Ourimbah
3x4km Road Relay	46:14		Open	Jo Cowan (47), Jane Miles (21), Phillipa Boss	2003	The Crest, Bankstown
3x4km Road Relay	46:36		W20	Edwina McDonald, Renee Vandenberg (18), Greta McNiven (16)	2003	The Crest, Bankstown
3x4km Road Relay	46:58		W45	Evelyn Stevenson (41), Nancy Bodikan (44), Jo Cowan (48)	2003	The Crest, Bankstown
4x5km Road Relay	1:15.46		Open	Lena Yali, Brooke Caruana, Ruth Darling, Belinda Fry	1993	Parramatta Park
50km Road Relay	3:23.21		Open	Alice Tancred (5km), Sara Rathborne (10km), Rosie Tancred (5km), Jane Miles (15km), Greta McNiven (5km), Evelyn Stevenson (10km)	Aug 31 2003	Sydney Olympic Park
Walks						
2km Road Walk	9:40		U14	Eliza DeLaine (13)	Jun 16 2013	Penrith Lakes
5km Road Walk	30.21		W40	Suzanne Brown (43)	Jun 28 2009	Penrith Lakes
5km Road Walk	34:21		W45	Carmel Parker (49)	Jun 22 2014	Harrington Park Lake, Narellan
5km Road Walk	32:40		W50	Carmel Parker (52)	Jun 17 2018	Penrith Lakes
5km Road Walk	33:18		W55	Nancy Lloyd (56)	Jun 28 2009	Penrith Lakes
5km Road Walk	34:05		W60	Antoinette Woodward (63)	Jun 23 2019	Chipping Norton
10km Road Walk	50.04		Open	Fiona Alldis (19)	Sep 2 2007	Perth
10km Road Walk	50.04		U20	Fiona Alldis (19)	Sep 2 2007	Perth
10km Road Walk	1:09.10.0h		W40	Suzanne Brown (42)	2008	Blacktown
10km Road Walk	1:10:03		W45	Suzanne Brown (47)	May 26 2013	Harrington Park Lake, Narellan
10km Road Walk	1:05.56		W50	Nancy Lloyd (53)	2006	Hobart
10km Road Walk	1:12:48		W55	Nancy Lloyd (56)	May 24 2009	Harrington Park Lake, Narellan
10km Road Walk	1:10:39		W60	Antoinette Woodward (62)	Apr 27 2019	Melbourne
15km Road Walk	1:53:50		W40	Suzanne Brown (44)	Aug 1 2010	Penrith
15km Road Walk	1:44:30		W45	Nancy Lloyd (49)	July 2003	Chipping Norton
15km Road Walk	1:39.05		W50	Nancy Lloyd (53)	Jul 15 2007	Five Dock
10mile Road Walk	1:29.37		Open	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT
10mile Road Walk	1:29.37		U20	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT
20km Road Walk	1:46.13		Open	Fiona Alldis (19)	Jul 15 2007	Five Dock

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
20km Road Walk	1:46.13		U20	Fiona Alldis (19)	Jul 15 2007	Five Dock
20km Road Walk	2:25.23		W40	Suzanne Brown (40)	Nov 26 2005	Tempe
20km Road Walk	2:26.23		W50	Nancy Lloyd (52)	Nov 26 2005	Tempe
MEN						
Cross Country						
1km Cross Country	3:11		M55	Brad Sharpe (55)	Aug 4 2018	Upjohn Park, Rydalmere
1.5km Cross Country	5.39		U12	Trent Morton (10)	Jul 16 2005	Mt Penang
2km Cross Country	6:19		Open	Leo Peterson (26)	May 20 2017	Bella Vista
2km Cross Country	6:21		U23	Nick Walker (21)	Jun 8 2013	George Kendall Reserve, Ermington
2km Cross Country	6:30		U20	Cooper Phillips (13)	July 19 2020	Dapto
2km Cross Country	6:30		U18	Cooper Phillips (13)	July 19 2020	Dapto
2km Cross Country	6:30		U16	Cooper Phillips (13)	July 19 2020	Dapto
2km Cross Country	6:30		U14	Cooper Phillips (13)	July 19 2020	Dapto
2km Cross Country	7:10		U12	William Maffey (11)	Jun 8 2013	George Kendall Reserve, Ermington
2km Cross Country	11:06		M10	Benjamin Chamberlain	Jun 3 2017	George Kendall Reserve, Ermington
2km Cross Country	8:16		M35	Ryan Dowling (38)	8/07/2017	Bella Vista Farm, Bella Vista
2km Cross Country	8:12		M40	Andy West (44)	Aug 6 2011	Col Sutton Reserve, Baulkham Hills
2km Cross Country	7:08		M50	Bradley Sharpe (54)	Apr 18 2015	Scarborough Park, Ramsgate
2km Cross Country	7:00		M55	Leslie Gillies (56)	Aug 30 2003	
2km Cross Country	9:18		M60	Terrence Carter (60)	Jul 29 2017	Gipps Rd, Greystanes
2km Cross Country	10:15		M65	David Archbold (65)	May 14 2011	George Kendall Reserve, Ermington
2km Cross Country	14.59		M70	Leslie Gillies (72)	Apr 27 2019	Bella Vista Farm, Bella Vista
2km Cross Country	11:49		M75	Charles Hobden (77)	May 13 2013	Queen Elizabeth Park, Concord
2.5km Cross Country	7.54		Open	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere
2.5km Cross Country	7.54		U20	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere
2.5km Cross Country	7.54		U18	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere
2.5km Cross Country	7.54		U16	Ruairidh MacDonald (15)	Jul 18 2009	Upjohn Park, Rydalmere
2.5km Cross Country	9:26		U14	Will North (13)	Jul 17 2010	Upjohn Park, Rydalmere
2.5km Cross Country	10:31		U12	Marino Doyle (9)	Jul 17 2010	Upjohn Park, Rydalmere
2.5km Cross Country	8:53		M30	Frazer Dowling (32)	Jul 30 2011	Upjohn Park, Rydalmere
2.5km Cross Country	20:06		M40	James Fitzgerald (41)	Jul 30 2011	Upjohn Park, Rydalmere
2.5km Cross Country	10:18		M45	Brett Collett (47)	Jul 17 2010	Upjohn Park, Rydalmere
2.5km Cross Country	9:27		M50	Bradley Sharpe (51)	Sep 1 2012	Upjohn Park, Rydalmere
2.5km Cross Country	9:44		M55	Bradley Sharpe (55)	Aug 28 2016	Upjohn Park, Rydalmere
2.5km Cross Country	12:58		M60	Terrence Carter (60)	Aug 26 2017	Upjohn Park, Rydalmere
2.5km Cross Country	13:54		M65	David Archbold (66)	May 21 2011	Upjohn Park, Rydalmere
2.5km Cross Country	15:07		M75	Charles Hobden (75)	May 21 2011	Upjohn Park, Rydalmere
3km Cross Country	9:38		U18	Elliott Metcalf (13)	Jun 1 2013	Miranda Park
3km Cross Country	9:38		U16	Elliott Metcalf (13)	Jun 1 2013	Miranda Park
3km Cross Country	9:38		U14	Elliott Metcalf (13)	Jun 1 2013	Miranda Park
3km Cross Country	10:36		U13	Elliott Metcalf (12)	Jun 23 2012	Willandra, Nowra
3km Cross Country	13:45		M55	David Archbold (58)	Mar 29 2003	
4km Cross Country	11:17		Open	James Connor (21)	Jun 1 2013	Miranda Park
4km Cross Country	11:17		U23	James Connor (21)	Jun 1 2013	Miranda Park
4km Cross Country	12:12		U20	Ed Goddard (19)	May 28 2016	Miranda Park

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
4km Cross Country	12:46		U18	Xavier Black (17)	May 29 2010	Miranda Park
4km Cross Country	13:06		U17	Ethan McKenzie (15)	Oct 11 2020	Dapto
4km Cross Country	13:06		U16	Ethan McKenzie (15)	Oct 11 2020	Dapto
4km Cross Country	14:00		U15	Jacob Magnier (14)	Oct 11 2020	Dapto
4km Cross Country	14:09		U14	Elliot Metcalf (13)	Jun 9 2012	George Kendall Reserve Ermington
4km Cross Country	16:01		U13	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington
4km Cross Country	16:01		U12	Xavier Anderson (11)	May 192018	George Kendall Reserve Ermington
4km Cross Country	12:14		M30	Frazer Dowling (33)	Jun 1 2013	Miranda Park
4km Cross Country	12:40.88		M35	Mick Donnelly (38)	Jul 8 1995	The Crest, Bankstown
4km Cross Country	13:40		M40	Connor Delahunty (42)	May 29 2010	Miranda Park
4km Cross Country	13:58		M45	Stuart Paterson (48)	Jun 4 2005	Miranda Park
4km Cross Country	13:53		M50	Stuart Paterson (50)	Jun 2 2007	Miranda Park
4km Cross Country	15:18		M55	Paul Trainor (55)	Aug 15 2020	Winston Hills
4km Cross Country	16:25		M60	Geoff Francis (61)	2003	Miranda Park
4km Cross Country	19:08		M65	Geoff Francis (68)	May 29 2010	Miranda Park
4km Cross Country	21:00		M70	Ron Wills (71)	Apr 16 2011	Bella Vista Farm Park
4km Cross Country	22:55		M75	Charles Hobden (76)	Jun 1 2013	Miranda Park
5km Cross Country	14:57		Open	Ed Goddard (23)	July 19 2020	West Dapto
5km Cross Country	15:07		U23	Charlie Doherty (21)	July 19 2020	West Dapto
5km Cross Country	15:13		U20	Ed Goddard (19)	Jul 30 2016	West Dapto
5km Cross Country	16:11		U18	Eliot Metcalf (16)	Jul 30 2016	West Dapto
5km Cross Country	16:11		U17	Eliot Metcalf (16)	Jul 30 2016	West Dapto
5km Cross Country	21:04		U16	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere
5km Cross Country	21:04		U15	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere
5km Cross Country	21:04		U14	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere
5km Cross Country	21:04		U13	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere
5km Cross Country	22:41		M40	Andy West (44)	Jun 11 2011	River Rd Reserve, Emu Plains
5km Cross Country	20:07		M50	Bradley Sharpe (50)	Jun 11 2011	River Rd Reserve, Emu Plains
5km Cross Country	19:56		M55	Paul Trainor (55)	Aug 15 2020	George Kendall Reserve, Ermington
5km Cross Country	24:09		M60	Doug Barrett (61)	Aug 2 2014	Upjohn Park, Rydalmere
5km Cross Country	24:08		M65	Geoff Francis (68)	Jul 17 2010	Upjohn Park, Rydalmere
5km Cross Country	27:27		M70	Ron Wills (71)	Aug 27 2011	Upjohn Park, Rydalmere
6km Cross Country	18.40		U18	Ruairidh MacDonald (15)	Aug 20 2011	Canberra
6km Cross Country	18.40		U17	Ruairidh MacDonald (15)	Aug 20 2011	Canberra
6km Cross Country	18.40		U16	Ruairidh MacDonald (15)	Aug 20 2011	Canberra
6lm Cross Country	31:15		M65	Doug Barrett (65)	Aug 31 2019	Upjohn Park, Rydalmere
7km Cross Country	22:56		Open	Chad Fowler (28)	2002	Campbelltown
7km Cross Country	24:16		M20	Nick Bromley (19)	2002	Campbelltown
7km Cross Country	25:54		M35	Ray Wareham	2003	Campbelltown
7km Cross Country	29.59		M40	Angus Stewart (40)	2002	Campbelltown
7km Cross Country	26:41		M45	Stuart Paterson (45)	2002	Campbelltown
7km Cross Country	29:18		M55	Les Gillies (55)	2002	Campbelltown
7km Cross Country	30:57		M60	Geoff Francis (60)	2002	Campbelltown
7.5km Cross Country	23:04		Open	Ed Goddard (21)	Jul 8 2018	West Dapto
7.5km Cross Country	23:04		U23	Ed Goddard (21)	Jul 8 2018	West Dapto
7.5km Cross Country	27:57		U20	Nicholas Walker (19)	Jul 17 2004	Mt Penang
7.5km Cross Country	27:34		M30	Frazer Dowling (31)	Jul 17 2010	Upjohn Park, Rydalmere

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
7.5km Cross Country	26:47		M35	David Costello (38)	Jul 8 2018	West Dapto
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	Jul 17 2010	Upjohn Park, Rydalmere
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	Jul 17 2010	Upjohn Park, Rydalmere
7.5km Cross Country	30:57		M50	Stephen Ball (50)	Jul 17 2004	Mt Penang
7.5km Cross Country	38:50		M55	David Archbold (58)	Jul 17 2004	Mt Penang
7.5km Cross Country	33:36		M60	Geoff Francis (62)	Jul 17 2004	Mt Penang
7.5km Cross Country	40:26		M65	Doug Barrett (66)	Jul 20 2019	Prospect Reserve
8km Cross Country	24.41		Open	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek
8km Cross Country	26:37		U23	Ed Goddard (20)	Jun 26 2017	Willandra, Nowra
8km Cross Country	24.41		U20	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek
8km Cross Country	31:05		U18	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord
8km Cross Country	31:05		U16	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord
8km Cross Country	33:58		U14	Elliot Metcalf (13)	Apr 13 2013	Queen Elizabeth Park, Concord
8km Cross Country	30:06		M30	Angus Stewart (34)	Áug 1996	Centennial Park
8km Cross Country	27:00		M35	Stuart Paterson (39)	Áug 1996	Centennial Park
8km Cross Country	28:36		M40	Stuart Paterson (44)	Jul 4 2001	Brisbane
8km Cross Country	29:49		M45	Stuart Paterson (49)	Jul 15 2006	The Crest Bankstown
8km Cross Country	30:12		M50	Stephen Ball (50)	Jul 12 2003	
8km Cross Country	33:23		M55	Stephen Ball (58)	Apr 16 2011	Bella Vista Farm Park
8km Cross Country	36:07		M60	Geoff Francis (61)	2003	Willandra, Nowra
8km Cross Country	'42:07		M65	Geoff Francis (67)	Jun 20, 2009	Willandra, Nowra
5 miles Cross Country	25:23		Open	Laurie Toogood (19)	May 30 1964	Shepparton, Victoria
8.5km Cross Country	32.49		Open	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park
8.5km Cross Country	32.49		U23	Matthew Rando (20)	Jul 19 2008	Western Sydney Regional Park
8.5km Cross Country	39:01		M45	Bradley Sharpe (46)	Jul 14 2007	
8.5km Cross Country	37:26		M50	Stephen Ball (54)	Jul 14 2007	
9km Cross Country	35:34		M50	Stephen Ball (50)	Jul 26 2003	
10km Cross Country	29:29		Open	Laurie Toogood (22)	May 27, 1967	Quakers Hill
10km Cross Country	29:29		U23	Laurie Toogood (22)	May 27, 1967	Quakers Hill
10km Cross Country	32:54		U20	Will Keir (19)	Apr 13 2019	Scarborough Park, Ramsgate
10km Cross Country	39:44		U18	Kyle Walsh (17)	Apr 13 2019	Scarborough Park, Ramsgate
10km Cross Country	43:17		U16	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate
10km Cross Country	43:17		U14	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate
10km Cross Country	30.44		M30	John Farrington (31)	Jul 7 1973	Bundoora, Victoria
10km Cross Country	36:29		M35	David Costello (37)	April 21 2018	Scarborough Park, Ramsgate
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	Apr 9-13 1998	Brisbane
10km Cross Country	37:00		M50	Jim Seymon (54)	Apr 15-20 1992	Hobart
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville
10km Cross Country	41:26		M60	Jim Seymon (60)	May 2 1998	Scarborough Park, Ramsgate
12km Cross Country	37.20		Open	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate
12km Cross Country	38:57		U23	James Connor (21)	Jun 22 2013	Willandra, Nowra
12km Cross Country	46:44		M30	Martin Doak (30)	26/06/1905	Willandra, Nowra
12km Cross Country	48:00		M35	Angus Stewart (35)	Jun 7 1997	Bankstown
12km Cross Country	37.20		M40	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate
12km Cross Country	45:46		M45	Stuart Paterson (49)	Jun 18 2005	Willandra, Nowra

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
12km Cross Country	48:40		M50	Stuart Paterson (51)	Jun 23 2007	Willandra, Nowra
12km Cross Country	49:15		M55	Jim Seymon (59)	Jun 7 1997	Bankstown
12.5km Cross Country	45.37		Open	Ryan Cantwell (29)	Jun 25 2011	Willandra, Nowra
10 miles Cross Country	50:24		Open	Laurie Toogood (20)	Aug 15 1965	Randwick Racecourse
10 miles Cross country	51:24		U23	Laurie Toogood (22)	Jul 1 1967	Canterbury Racecourse
20km Cross Country	1:01.20		Open	John Farrington (27)	Jun 20 1970	Gosford
4x2km Cross Country Relay	29:57		U14	UTS Northern Suburbs	Jun 2 2012	Miranda Park
4x2km Cross Country Relay	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	Jun 1 2013	Miranda Park
4x3km Cross Country Relay	42:39		U20	Max Mahon (19), Simon Magner (15), Jacod Magner (13), Martin Leerberg (16)	May 25 2019	Miranda Park
4x3km Cross Country Relay	42:55		U18	Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)	May 31 2014	Miranda Park
4x3km Cross Country Relay	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	Jun 1 2013	Miranda Park
4x4km Cross Country Relay	47:28		Open	Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (19)	May 28 2016	Miranda Park
4x4km Cross Country Relay	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	Jun 2 2007	Miranda Park
4x4km Cross Country Relay	1:03.48		M35	Angus Stewart (41), James Zhang, Bernard Kellerman, Peter Hampshire (47)	2003	Miranda Park
4x4km Cross Country Relay	59:13		M45	Steve Ball (48), Velko Gavran, Stuart Paterson (46), Mick Donnelly (46)	2003	Miranda Park
4x4km Cross Country Relay	1:09.18		M55	Les Gillies (55), David Archbold (56), Liam Cadogen, Geoff Francis (60)	2002	Miranda Park
Mountain Running						
8km Mountain Run	44:00:00		Open	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart
8km Mountain Run	44:00:00		U20	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart
8km Mountain Run	44:00:00		U18	Ruairidh MacDonald (17)	May 29 2012	Mt Wellington, Hobart
9.5km Mountain Run	1:00.21		Open	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland
9.5km Mountain Run	1:00.21		M50	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland
10km Mountain Run	1:06.15		Open	Leo Peterson (27)	April 8 2018	Mt Wellington, Hobart
11km Mountain Run	46:38.00		Open	Matthew Cox (25)	Mar 29 2015	Mt Canoblas, Orange
11km Mountain Run	50:30		U23	Ruairidh MacDonald (22)	Mar 20 2016	Mt Canoblas, Orange
11km Mountain Run	51:09		U20	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange
11km Mountain Run	51:09		U18	Ruairidh MacDonald (17)	Mar 25 2012	Mt Canoblas, Orange
12km Mountain Run	52.26		Open	Stuart Paterson (49)	Jul 23 2006	Woolgoolga
12km Mountain Run	52.26		M45	Stuart Paterson (49)	Jul 23 2006	Woolgoolga
14km Mountain Run	1:02.01		Open	Will Atkinson (20)	Sep 15 2019	Enoggera Reserve, Brisbane
14km Mountain Run	1:02.01		U23	Will Atkinson (20)	Sep 15 2019	Enoggera Reserve, Brisbane
Road						
1 Mile Road Race	4.21		Open	Nick Bromley (26)	Sep 18 2009	Newcastle/Gateshead, England
1 Mile Road Race	5.40		M55	Bradley Sharpe (57)	Sep 22 2018	Bowral
2km Road Race	6:15		Open	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
2km Road Race	6:15		U20	Jak Bukovinsky (18)	Aug 11 2012	Rydalmere
2km Road Race	6:41		U18	Elliot Metcalf (14)	May 26 2014	Rydalmere
2km Road Race	6:41		U16	Elliot Metcalf (14)	May 26 2014	Rydalmere
2km Road Race	7:15		U14	WilliamMaffey (12)	May 26 2014	Rydalmere
2km Road Race	10:20		U12	Benjamin Chamberlain (9)	Aug 13 2017	Rydalmere
2km Road Race	6:55		M50	Bradley Sharpe (51)	May 12 2012	Rydalmere
2km Road Race	7:03		M55	Bradley Sharpe (55)	May 23 2016	Rydalmere
2km Road Race	10:01		M60	Terrence Carter (60)	Jul 22 2017	Col Sutton Reserve, Winston Hills
2km Road Race	10:34		M65	David Archbold (65)	May 5 2011	Rydalmere
2.5km Road Race	9:10		Open	Duncan Loane (13)	May 6 2017	Sydney Olympic Park
2.5km Road Race	9:10		U14	Duncan Loane (13)	May 6 2017	Sydney Olympic Park
2 miles Road Race	8:35.8		Open	Laurie Toogood (21)	Jan 26 1966	Sydney
3km Road Race	11:37		Open	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		Open	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U20	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U20	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U18	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U18	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U17	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U17	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U16	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U16	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U15	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U15	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	11:37		U14	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong
3km Road Race	11:37		U14	Ben McKinley (13)	1993	Army Base, Holsworthy
3km Road Race	13:07		M55	David Archbold (56)	2002	Kurnell
3km Road Race	14:40		M60	David Archbold (60)	Jun 17 2006	Army Base, Holsworthy
4km Road Race	11:30		Open	Ed Goddard (21)	21/07/2018	Newcastle University, Ourimbah
4km Road Race	11:30		U23	Ed Goddard (21)	21/07/2018	Newcastle University, Ourimbah
4km Road Race	11:55		U20	Ed Goddard (19)	Jul 16 2016	Newcastle University, Ourimbah
4km Road Race	12:21		U18	Elliot Metcalf (17)	Jul 15 2017	Newcastle University, Ourimbah
4km Road Race	13:24		U16	Elliot Metcalf (15)	Apr 25 2015	Rydalmere
4km Road Race	15:30		U14	Duncan Loane (12)	Apr 23 2016	Rydalmere
4km Road Race	16:11		U12	William Maffey (11)	Jun 29 2013	Prospect Reservoir
4km Road Race	12:52		M30	Frazer Dowling (33)	Jul 13 2013	Newcastle University, Ourimbah
4km Road Race	12:44		M35	Raymond Wareham	Jun 15 2003	The Crest, Bankstown
4km Road Race	14:32		M40	Angus Stewart (43)	Jul 30 2005	Flagstaff Point, Wollongong
4km Road Race	12:39		M45	Michael Donnelly (45)	Áugust 2002	Flagstaff Point, Wollongong
4km Road Race	14:40		M50	Stephen Ball (50)	Jun 15 2003	The Crest, Bankstown
4km Road Race	15:38		M55	Bradley Sharpe (57)	Jul 21 2018	Newcastle University, Ourimbah
4km Road Race	15:28		M60	Geoff Francis (60)	Áugust 2002	Flagstaff Point, Wollongong
4km Road Race	18:09		M65	Geoff Francis (68)	Jul 10 2010	Flagstaff Point, Wollongong
4km Road Race	20:41		M70	Ron Wills (72)	Jul 1 2011	Prospect Reservoir
5km Road Race	14:09		Open	Ed Goddard (23)	2020	Sydney
5km Road Race	14:45		U23	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld
5km Road Race	14:45		U20	Ed Goddard (18)	Jun 20 2015	Sydney

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5km Road Race	16:30		U18	Nick Walker (16)	2002	Kurnell
5km Road Race	44:45		U16	Sultan Tanfik (14)	May 6 2012	Sydney Olympic Park
5km Road Race	16:30		M30	Angus Stewart (31)	1993	Parramatta Park
5km Road Race	15:13.76		M35	Michael Donnelly (38)	Jun 17 1995	Sydney Olympic Park
5km Road Race	14:36		M40	Stuart Paterson (40)	1996	India
5km Road Race	17:52		M45	Stuart Paterson (46)	2002	Sydney Olympic Park
5km Road Race	23.13		M50	Andy West (53)	May 4 2019	Sydney Olympic Park
5km Road Race	16:53		M55	Jim Seymon (55)	1993	Parramatta Park
5km Road Race	18:25		M60	Russell Dorey	May 10 2003	
7km Road Race	25:40		Open	David Costello (38)	Aug 25 2019	Sydney Olympic Park
7km Road Race	25:40		M35	David Costello (38)	Aug 25 2019	Sydney Olympic Park
7km Road Race	28:45		M55	Bradley Sharpe (56)	Sept 3 2017	Sydney Olympic Park
8km Road Race	26:20h		Open	Leo Peterson (27)	Apr 28 2018	Rydalmere
8km Road Race	29:33		U23	Ruairidh MacDonald (22)	Jul 9 2016	Col Sutton Park, Winston Hills
8km Road Race	27.41		U20	Matthew Rando (19)	May 5 2007	Cataract Scout Park
8km Road Race	29:52		U18	Luke McSpeerin (17)	Jul 5 1997	Parramatta Park
8km Road Race	31:39		U16	Elliot Metcalf (14)	Apr 26 2014	Rydalmere
8km Road Race	32:01		U14	Elliot Metcalf (12)	May 12 2012	Rydalmere
8km Road Race	30:03		M35	Angus Stewart (35)	Jul 5 1997	Parramatta Park
8km Road Race	34:05		M50	Bradley Sharpe (53)	Apr 26 2014	Rydalmere
8km Road Race	36:58		M55	Doug Barrett (58)	May 5 2011	Rydalmere
8km Road Race	35:32		M60	Doug Barrett (60)	Jun 29 2013	Prospect Reservoir
8km Road Race	49:22		M65	Doug Barrett (67)	Aug 8 2020	Rydalmere
10km Road Race	29.45		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
10km Road Race	29:54.68		U23	Ed Goddard (21)	May 5 2018	Sydney Olympic Park
10km Road Race	31:44		U20	Ed Goddard (19)	May 7 2016	Sydney Olympic Park
10km Road Race	35:29		U18	Nick Walker	Aug 31 2003	Sydney Olympic Park
10km Road Race	29.45		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
10km Road Race	34:31.31		M35	David Costello (37)	May 5 2018	Sydney Olympic Park
10km Road Race	32:31		M40	Michael Donnelly (40)	May 10 1997	Army Base, Holsworthy
10km Road Race	36:32		M45	Stuart Paterson (49)	May 7 2007	Army Base, Holsworthy
10km Road Race	38:52		M50	Stephen Ball (52)	Jun 17 2006	Army Base, Holsworthy
10km Road Race	38:00		M55	Jim Seymon (59)	May 10 1997	Army Base, Holsworthy
10km Road Race	42:52		M60	Geoff Francis (61)	Sep 14 2003	Sydney
10km Road Race	45:43		M65	Doug Barrett (67)	July 22 2020	Rydalmere
14km City to Surf	41:51		Open	Ed Goddard (22)	Aug 11 2019	Sydney
15km Road Race	43.11		Open	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)
15km Road Race	53:47		U23	Caleb Wegener (21)	2002	Sydney Olympic Park
15km Road Race	43.11		M30	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)
15km Road Race	56:14		M45	Michael Donnelly (45)	2002	Sydney Olympic Park
15km Road Race	1:15:16		M60	Doug Barrett (61)	Oct 2 2013	Fernleigh Track, Newcastle
10 miles	55.38		Open	Stuart Paterson (37)	Jun 11 1994	Parramatta
10 miles	55.38		M35	Stuart Paterson (37)	Jun 11 1994	Parramatta
10 miles	63:24		M55	Jim Seymon (59)	Jul 5 1997	Parramatta

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
25km Road Race	1:15.34		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
25km Road Race	1:15.34		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
30km Road Race	1:31.08		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
30km Road Race	1:31.08		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
Half Marathon	1:03.38		Open	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
Half Marathon	1:04.06		U23	Ed Goddard (21)	July 1 2018	Gold Coast
Half Marathon	1:18:49		U20	Gareth Mumby (19)	Aug 9 2013	The Crest, Bankstown
Half Marathon	1:03.38		M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan
Half Marathon	1:14:40		M35	Raymond Wareham	May 26 2003	Sydney
Half Marathon	1:11:47		M40	Michael Donnelly (40)	Jul 13 1997	Gold Coast
Half Marathon	1:28:08		M45	Stuart Paterson (49)	Dec 31 2006	Sydney
Half Marathon	1:37:49		M50	Stephen Ball (53)	Jun 10 2007	Sydney
Half Marathon	1:24.48		M55	Jim Seymon (59)	May 25 1997	Sydney
Half Marathon	1:23.37		M60	Geoff Francis (61)	May 26 2003	Sydney
Half Marathon	1:58:31		M65	Geoff Francis (65)	Jun 10 2007	Sydney
Marathon	2:11.12.6		Open	John Farrington (31)	1973	Sydney
Marathon	2:52:24		U20	Gareth Mumby (19)	Sep 22 2013	Sydney
Marathon	2:11.12.6		M30	John Farrington (31)	1973	Sydney
Marathon	2:50.45		M35	Raymond Wareham	Sep 14 2003	Sydney
Marathon	3:22:42		M40	John Kocx (44)	Sep 16 2012	Sydney
Marathon	3:38.04		M45	Velko Gavran	Sep 14 2003	Sydney
Marathon	3:49:13		M50	Peter Bromley (53)	Nov 16 2008	Sydney
4x3km Road Relay	56:24		U14	Myalls Patrerson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	Jul 30 3005	Flagstaff Point, Wollongong
4x4km Road Relay	47:25		Open	Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (25)	Jul 16 2016	Newcastle University, Ourimbah
4x4km Road Relay	52:12		U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (18)	Jul 7 2012	Newcastle University, Ourimbah
4x4km Road Relay	1:00:59		M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	Jul 11 2015	Newcastle University, Ourimbah
4x4km Road Relay	55:42		M45	Michael Donnelly (45), Steve Ball (47), Stuart Paterson (46), Geoff Francis (60)	August 2002	Flagstaff Point, Wollongong
4x4km Road Relay	1:04:44		M50	Bradley Sharpe (58), Antony Guest (53), Paul Trainor (54), Kim Loane (57)	Jul 13 2019	Newcastle University, Ourimbah
4x4km Road Relay	1:08.21		M55	Geoffrey Francis (61), Lesley Gillies (56), David Archbold (57), Russell Dorey	2003	The Crest Bankstown
4x5km Road Relay	1:03.59.69		Open	Michael Donnelly (38), Martin Byron (26), Angus Stewart (33), Stuart Paterson (39)	Jun 17 1995	Sydney Olympic Park
4x5km Road Relay	1:27.05		M35	Jim Seymon (55), David Archbold (47), Alan Nolan (47) Ross Douglas (49)	1993	Parramatta Park
100km Road Relay	6:09:08		Open	Martin Doak (10km), Caleb Wegener (15km), Vlad shatrov (10km), Chad Fowler (15km), Stuart Paterson (5km), Mitchell Lloyd (10km), Michael Donnelly (5km), Rhys Hart (15km), Michael Maiers (5km), Nick Walker (10km)	2002	Sydney Olympic Park
90 mile Road Relay	8:56.42		Open	David Morris, Chris McLain, John Madox, Nick Walker; Tony Green, Doug Edwards, Brian Preston, James Johnston, Mark Coleman; Peter Hourigan, Colin Dun, Graham Monge, Bob Davidson.	April 22 1973	Sydney-Lithgow
Walks						
5km Road Walk	27:53		Open	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan
5km Road Walk	27:53		U20	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan
5km Road Walk	27:53		U18	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan

Event	Performance	Wind	Age Group	Athlete/s (age)	Date	Venue
5km Road Walk	34:29		M60	Robert Connors (62)	Jun 27 2010	Harrington Park Lake, Narellan
5km Road Walk	30:09		M70	Jim Seymon (71)	Jun 29 2008	
5km Road Walk	31:07		M75	Jim Seymon (75)	Jun 24 2012	Harrington Park Lake, Narellan
5km Road Walk	36:29		M80	Jim Seymon (81)	Jun 23 2019	Chipping Norton
10km Road Walk	43:40		Open	Jay Felton (21)	May 20 2016	Chipping Norton
10km Road Walk	43:40		U23	Jay Felton (21)	May 20 2016	Chipping Norton
10km Road Walk	57:11		U18	Cheyne Egleton (16)	Jun 28 2009	Penrith Lakes
10km Road Walk	58:15		M30	Mark Ransom		
10km Road Walk	1:13:30		M60	Robert Connors (61)	May 23 2010	Harrington Park Lake, Narellan
10km Road Walk	59:13		M65	Jim Seymon (67)	Jun 26 2004	
10km Road Walk	1:01:00		M70	Jim Seymon (70)	May 27 2007	Tempe
10km Road Walk	1:05:47		M75	Jim Seymon (77)	May 25 2014	Joe McAleer Park, Glendenning
10km Road Walk	1:11:42		M80	Jim Seymon (81)	Apr 27 2019	Albert Park, Melbourne
15km Road Walk	1:31.43		Open	Jim Seymon (67)	Jul-04	Chipping Norton
15km Road Walk	1:31.43		M65	Jim Seymon (67)	Jul-04	Chipping Norton
15km Road Walk	1:39:27		M70	Jim Seymon (73)	Jul 25 2011	Harrington Park Lake, Narellan
15km Road Walk	1:44:27		M75	Jim Seymon (77)	Jul 26 2015	Harrington Park Lake, Narellan
20km Road Walk	1:31.43		Open	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne
20km Road Walk	1:31.43		U23	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne
20km Road Walk	1:38:15		U20	Jay Felton (19)	Jul 27 2014	Harrington Park Lake, Narellan
20km Road Walk	2:04:59		M65	Jim Syemon (66)	2003	
20km Road Walk	2:27.54		M75	Jim Seymon (78)	Aug 28 2016	
20km Road Walk	2:47.45		M80	Jim Seymon (80)	14-Sep-18	Malaga, Spain
30km Road Walk	2:25:35		Open	Jay Felton (22)	Jul 23 2017	Chipping Norton
30km Road Walk	2:25:35		U23	Jay Felton (22)	Jul 23 2017	Chipping Norton
50km Road Walk	4:28.20		Open	Steve Washburn (22)	May 8 2016	Rome, Italy
50km Road Walk	4:28.20		U23	Steve Washburn (22)	May 8 2016	Rome, Italy

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