

# UTS NORTHERN SUBURBS ATHLETIC CLUB INC.



*Grass Games 2018*

## 90TH ANNUAL REPORT 2017-2018



# THE 2017-2018 SEASON



*Carley Thomas - Stellar Year!*



*Catch me if you can!!*



*Go Fudge!*



*I'll move it one  
more centimetre*



*Kristie Edwards  
Leading the way*



*Leo Peterson  
Winner of - The Eliminator*



*Mase  
At the Nationals*



*All Red*



# **UTS NORTHERN SUBURBS ATHLETIC CLUB INCORPORATED 90<sup>th</sup> ANNUAL REPORT 2017 – 2018**

## **PATRON**

Gail Giles-Gidney (Mayor of Willoughby City Council)

## **PRESIDENT**

Ashley McMahon

## **VICE PRESIDENT**

Maria Cimino

## **SECRETARY**

Peter Higgins

## **TREASURER**

Doug Barrett

## **CLUB CAPTAINS**

Izzy Thornton-Bott and Jack Edwards

## **COMMITTEE**

Sam Colless	(Since January 2018)
Peter Douglas	
Ross Douglas	
Frazer Dowling	
Ryan Dowling	
Jack Edwards	(Until December 2017)
Amanda Johnstone	
Andrew MacDonald	
Sally Richardson	
Bart Steanes	
Izzy Thornton-Bott	
Andy West	

## **CLUB HISTORIAN**

Peter Higgins

## **Cover photo**

The Grass Games 2018. A permanent fixture in the Athletics NSW and UTS Norths' calendar... at our hallowed turf! (Photo by Peter Higgins).

**COACHES**

Ron Bendall	Andy Burton	Annie Davies	James Fitzgerald
Penny Gillies	Bev Jaye	Ben Liddy	Alan Nolan
Paul Switzer			

**TECHNICAL OFFICIALS (ACTIVE)**

Nancy Lloyd	Peter Higgins	Bev Jaye	Bronwyn Kelaheer
George Toemoe			

**LIFE MEMBERS**

Douglas Adamson	David Archbold	John Atterton (d)	P Ballard
Doug Barrett	Ron Bendall	N Beresford	Jackie Bezoudenhuut
Kieran Courtney	Toni Dickson	Peter Douglas	Ross Douglas
F Beresford	Mary Fien	Jennifer Frank (nee Lamy)	
Ray Frith	Ruth Frith (d)	R Fredericks	Penny Gillies
Brian Hamilton	John H Hanman	Peter Hampshire	E Hassell
N Hill	Clay Holton	Bev Jaye	Jennifer Jaye (d)
Dominica Jenkins	Karen Jones	Melissa Jones	Warren Jones
David Lamy	S Lamy	Ray Land	Nancy Lloyd
Peter Lucas (d)	George Lyne	Andrew MacDonald	Jim McGrath
E McGrosey	Ashley McMahon	Laurie Moore	Janet Naylor
Alan Nolan	Frank O'Brien	Stuart Paterson	Michael Poirrier
Jack Pross (d)	Helen Searle	Jim Seymon	Michael Stark
J Smith	R Smith	Kaye Smythe	Angus Stewart
W Suhan	Reg Taylor	Clay Tompkins	S Travers
John Treloar (d)	W Treloar	Jeff Walkley	John Waller
Ian White	Col Wright	Margaret Wrigley	

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*Photographs supplied by Peter Higgins,  
Peter Douglas, and Izzy Thornton-Bott*

# President's Report

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## Introduction

In my first report as President of this club, I am delighted to announce that **Emmanuel Fakiye** and **Evan O'Hanlon** became the eighth and ninth UTS Northern Suburbs athletes to represent Australia in a Commonwealth Games when they marched into Carrara Stadium at the Gold Coast in April this year.

It was a great way to celebrate our club's 90<sup>th</sup> year of its existence. Emmanuel contested the triple jump capping a stellar season for him. Earlier in the year he had become the first UTS Norths' athlete to jump over 16m, stretching his own club record to a fabulous 16.26m. And O'Hanlon, resplendent with a spectacular moustache, was a convincing winner in the men's AWD 100m. Evan also represented Australia in the World Para-Athletics Championships in London in July, winning his 100m.

They were almost joined at the Games by two other athletes for whom it was a case of so near yet so far. **Alec Diamond** was extremely close to the qualifying mark for the decathlon but unfortunately a less than hoped for pole vault result in the trials ruined his chances. It was ironic that the pole vault let him down as earlier in the year he had broken the UTS Norths' open men's record for the event with a spectacular 4.70m clearance.

**Will Brown** was another who could have been wearing the green and gold with an ounce of luck. He reached the hammer throw qualifying mark in the Australian University Games when he smashed the 65m barrier, extending his UTS Norths record to 65.79m. Unfortunately Athletics Australia did not recognise AUG results and Will wasn't able to repeat the effort later in the season despite finishing third in the national championships.

UTS Norths were also represented at the Commonwealth Games by our club secretary **Peter Higgins** who was appointed the Chief Starter's Assistant, a position that ensured he was regularly spotted in the TV coverage of the Games. And another official working



at the Games was former UTS Norths member **Tracey Grozdanis** (now with Macquarie Hunter Club) who was a track umpire and lap scorer.

Several other UTS Norths athletes represented Australia during the 2017/18 season. **Carley Thomas** won two gold medals at the World Youth (u18 years) Championships in Nassau in the Bahamas. Carley won the individual 800m and helped Australia to victory in the 4x400m relay. Along with UTS Norths teammate and fellow 800m runner **Lachlan Raper** and UTN sprinter **Kristie Edwards**, Carley has been selected to represent Australia in the World Under 20 Years Championships in Finland in July.

Also at the World Youth championships, **Tiana Death** was sixth in the girls' 100m hurdles.

In a splendid performance, **Ed Goddard** finished eighth in the men's event at the World University Cross Country Championships in Switzerland in April.

**Jasmine Everett**, **Bella O'Grady** and **Alexandra Bartholomew** were all selected to represent Australia in relays at the World University Games in Taipei in July.

**Alissa Jordaan** contested the inaugural World Para-Athletics Junior Championships in August in Switzerland in the T47 100m.

And **Steve Washburn** represented the USA in the IAAF World Race Walking Cup in Rome in the 50km event and contested the North America, Central America and Caribbean under 23 years championships in the 20km walk.

### Winter season

**Ed Goddard** became the first UTS Norths athlete since 1970 to win the NSW Short Course Cross Country Championship when he led home clubmates Matthew Cox and Jack Stapleton over the 7.5km course at Kembla in July. The previous month he and **Else Gallen** both claimed silver medals at the NSW Cross Country Championships at Nowra. Goddard capped off his great winter season by finishing second in the Australian Cross Country Championship at Kembla in August.

UTS Norths won its first ever walks teams event when **Jay Felton**, **Steve Washburn** and **Jim Seymon** combined to win the NSW Teams Walks Championship at Chipping Norton in May.

**Izzy Thornton-Bott**, **Sarah Reece**, **Emma Baptist** and **Sarah McDermott** combined to win the under 20 years women's 4x3km event at the NSW Cross Country Relay Championships in club record time. **Jack Stapleton**, **Rhuaridh MacDonald**, **Leo Peterson** and **Ed Goddard** were this in the open men's 4x4km title.

**Jay Felton** won the NSW Short Walks 20km Championship at Penrith Lakes and the 30km Long Walks State Championship at Chipping Norton.

In July **Ed Goddard** teamed up with **Will Austin-Cray**, **Mason Cohen** and **Jack Stapleton** to win the open men's NSW Road Relays 4x4km Championship at Ourimbah while the UTS Norths women came third in their open event.

**Leo Peterson** concluded the year by coming third in the Australian Mountain Running Championship, slogging his way up Mt Wellington in Hobart for 10km.

### **Treloar Shield**

UTS Norths won the 2017-18 Treloar Shield regaining the title we surrendered to Asics West last season. We won the shield primarily on the back of a magnificent performance by our masters athletes who easily topped their pointscore. UTS Norths finished second in both the junior and open pointscores.

### **NSW Relay Championships**

Once again UTS Norths fielded the most teams in the NSW Relays Championships and once again we were the most successful club. We won 22 gold, 27 silver and 17 bronze medals and set nine club and one state record – the men's 120 years 4x100m. We won four of the six NSW pointscores - the open men, the junior girls, the masters men, and the masters women and were second in the other two, the open women, and the junior boys. Thanks to the convenors of the State Relay Championship teams, **Sam Colless, Jack Edwards, Amanda Johnstone, Maria Cimino, Peter and Ross Douglas and Ron Bendall.**

### **Club Championships**

Once again the masters athletes were to the fore in the Club Championships at SOPAC in December. UTS Norths won the masters men's pointscore and the masters women's pointscore and was second in the open men's and open women's and junior girls and seventh in the junior boys.

### **NSW Open Championships**

UTS Norths athletes won four open State championships. **Alec Diamond** won the open men's decathlon while **Ed Goddard** took out the men's 5000m championship. **Emmanuel Fakiye** won the men's triple jump, **Carley Thomas** won the women's 800m.

### **Grass Games**

Once again UTS Norths hosted the Grass Games which attracted more than 100 competitors which was quite satisfactory considering it was held at short notice due to the uncertainty regarding the availability of Rotary Field. The club plans to hold the event again next year and will incorporate some refinements following lessons learned from the staging of this year's event.

### **Hunter Track Classic**

**Ed Goddard** continued his brilliant year, winning the 5000m at the Hunter Track Classic in January. **Carley Thomas** was second in the women's 400m behind Olympian Morgan Mitchell, while **Elliot Metcalf** and **Izzy Thornton-Bott** both won the B 1500m races.

### **NSW Junior Championships**

**Annika Lynch** dominated her age group in the NSW Junior Championships, winning the under 16 years 90m hurdles, 200m hurdles and high jump and was second in the triple jump. In the same age group **Alice Dixon** won the 200m and **Mali Lovell** won the AWD 100m, 200m, 400m, and 800m.

In the under 17 years girls, **Abby Stevanovic** won the 200m hurdles and **Lily Worrall** won the pole vault.

In the under 18 years girls, **Edita Grinbergs** won the 400m/800m double, **Abbey Rockliff** won the 1500m/3000m double and **Susie Douglas** won the 400m hurdles.

In the under 20 women's **Kristie Edwards** won the 100m and **Carley Thomas** took out the 400m/800m double. **Sarah McDermott** won the 1500m after finishing a close second to Thomas in the 800m. **Brooke East** won the javelin.

In the under 16 years boys age group **Ethan Quintana** won the 90m hurdles/200m hurdles double and **Jackson Love** won the AWD long jump.

**Georgia Fichardt** won the under 15 years girls 200m hurdles and **Tom Hunt** won the under 18 years boys 400m hurdles.

### **NSW Masters Championships**

**Tim McGrath** was the outstanding athlete at the NSW Masters Championships at Bankstown, winning five gold medals in the 55 years age group. He took out the 100m hurdles, long jump, javelin, shot put and discus.

Twenty-three UTS Norths athletes won 50 titles.

Four: **David Shearsby**, M60 60m, 100m, 200m, 400m; **Ashley McMahon**, M40 60m, 100m, 200m, long jump; **Jacqueline Bezuidenhout**, W50 60m, 300m hurdles, long jump, high jump.

Three: **Monique Perry**, W40 60m, 100, 200m; **Deborah Drennan**, W55 400m, 800m, 1500m.

Two: **Kylie Strong**, W50 100m, 200m; **Margaret Thomas**, W60 800m, 1500m; **Brad Sharpe**, M55 800m, 1500m; **Trevor Young**, M55 200m, 400m; **Michael Johnson**, M80 discus, shot put; **Maria Cimino**, W45 weight throw, hammer.

One: **David Costello**, M35 5000m; **Kathleen Cook**, W80 100m; **Ryan Dowling**, M35 javelin; **Warren Jones**, M35 weight throw; **Jim Seymon**, M80 5000m walk; **Lewis Ehrlich**, M30 60m; **Melissa Baulman**, W30 400m; **Beck Myers**, W45 javelin; **Caroline Layt**, W50 hammer; **Robert Archer**, M70 shot put.

### **National Junior Championships**

Once again **Carley Thomas** was the star of the show, winning the u20 women's 800m at the National Junior Championships to automatically claim her place in the Australian team for the World U20 Championships. Not to be outdone, **Lachlan Raper** won the u20 men's 800m to claim his green and gold singlet. **Kristie Edwards** won her way into the Australian 4x100m relay team for the World U20 Championships by finishing second in fast time in the U20 women's 100m.

**Imogen Gardner** was outstanding winning the 800m/1500m double against strong opposition in the u18 years age group. **Annika Lynch** took her good form from the NSW Championships into the Australian Championships winning the under 16 years high jump, finishing second in the 200m hurdles and third in the triple jump. **Susie Douglas** fought out a thrilling finish in the u18 years girls 400m hurdles finishing second by just 0.02 seconds. **Tom Hunt** also was second in the u18 boys 400m hurdles. **Darcy Holmes** showed he is a real future prospect, finishing second in the u15 years



high jump while **Ethan Quintana** was third in the u16 boys' 100m hurdles. **Lachlan Dalton** also claimed a bronze medal in the U17 years 400m hurdles.

### National Championships

**Emmanuel Fakiye** claimed the men's triple jump gold medal and automatic selection in the Commonwealth Games team while **Alec Diamond** was third in the decathlon.

### Our partnership with UTS

Special thanks must go to **Liz Brett, Aimee Purcell, Fudge Atshan** and **Sam Colless** of the University of Technology, Sydney. Our partnership with UTS has been extremely successful for all concerned. It offers UTS students all the benefits of training and competing with the most successful club in Australia; has allowed the university to offer scholarships to elite athletes; and has attracted many new athletes of a variety of standards to our club. It also has allowed us to greatly upgrade our equipment and offer fares assistance to athletes travelling to interstate and international competition.



### Hard working committee

The unsung heroes in athletics are the club administrators who work long and hard behind the scenes to ensure the success of a club such as UTS Northern Suburbs. Special thanks must go to the **Peter and Ross Douglas** who have been the go-to men at UTS Norths for almost half a century. Men like the Douglas brothers are the backbone of voluntary organisations such as UTS Norths.

Special mention must also go to one of our youngest committee members **Izzy Thornton-Bott** whose enthusiasm is infectious. Izzy is always running around, taking photos, encouraging her clubmates and just being an all-round good sport.

**Bart Steanes'** work in the gym and at Rotary Field is also to be commended. Thanks also to vice-president **Maria Cimino** who makes my life so much easier, communications expert **Ryan Dowling**, our voice of reason **Andrew McDonald**, the amazing **Sally Richardson** who does too many things to mention, our connection to the young athletes **Amanda Johnstone**, and treasurer **Doug Barrett** who keeps us on the straight and narrow and changes the batteries in the stop watches when needs be.

**Peter Higgins** our tireless and vigilant secretary. Thank you to Peter also for his work on designing, compiling, and editing the Annual Report.

Lastly, a huge thanks to **Andy West**, our former president, who gave me amazing support and continues to take care of the many big issues that allows our club to succeed.

### **Future plans**

The battered old throwing cage at Rotary Field is on its way out and will be replaced a new one that meets IAAF specifications. Former president **Andy West** has secured one of the cages used during the Commonwealth Games and it will be installed at Rotary in the near future.

### **Thanks**

One of the keys to UTS Norths' success on the track and in the field is the ability of our club coaches. Thank you to **Alan Nolan, Bev Jaye, Paul Switzer, Andrew MacDonald, Andy Burton, Ben Liddy, Renee Robson, Annie Davies, Mike Hurst, Cathy Walsh, Melinda Gainsford-Taylor, Du'aine Ladejo** and **Ron Bendall** for their efforts especially over the past 12 months when Rotary Field was out of action and we became the nomads of athletics. As a club, UTS Norths supplies more than its fair share of technical officials.

Special thanks to those members of the thin blue line: **Peter Higgins, Bev Jaye, Stuart Paterson, Mary Fien, Janet Naylor** and **Nancy Lloyd**. And speaking of Peter Higgins, a big congratulations to him on his election as Athletics NSW President. Thanks also to **Willoughby Council** for its maintenance of Rotary Field which is still the best grass track in Australia

### **Ashley McMahon**



**President**  
**UTS Northern Suburbs Athletic Club Inc**

# Secretary's Report

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*Red and Black! Red and Black! Red and Black!* That was the chant heard around the grounds all over NSW. The 2017/2018 season for our club was a stellar year. Not only did the Treloar Shield return 'home' after a one year holiday at the Asics Wests Club (we won the previous 9 Treloar Shields prior to last year), but at the Athletics NSW Annual Dinner we were also awarded The Metropolitan Club of the Year. A fantastic, and rare, double to win and one that we deserved.

This year represented 90 consecutive years of our club's existence. It should be noted, however, that Northern Suburbs Athletics Club was originally formed in 1914 but was forced to close in 1917. The club was later reinvigorated in 1927; so we are actually 93 years old... one for the history buffs. Regardless: we are one of Australia's oldest athletics clubs and we should remember that our achievements have been made possible by the standing on the shoulders of giants of previous years.

It is great to be back on our hallowed turf at Rotary Athletics Field. After many months of frustrations for all of us, the field has had new grass laid down and fully irrigated. We reopened RAF with the 2018 Grass Games – a big success and now definitely part of the athletics calendar.

Whilst speaking of Rotary... we are looking forward to the delivery and installation of the throws cage that was used at the Commonwealth Games. It is almost brand new and will be a welcome addition for our club throwers. We are able to pay for the new cage because of a government grant secured by **Andy West**.

Our President has outlined in detail our achievements during the year so I won't double up on his report, but I will highlight some other features of our season.

My personal view is that there were two performance highlights of the year. The first was the Commonwealth Games performances by **Emmanuel Fakiye** and **Evan O'Hanlon**. These were achieved on one of the biggest world stages that exists but also on home turf. The other achievement that was a highlight was in Out of Stadium, and not our normal strength, but watching **Ed Goddard** winning the NSW Short Course Cross Country Championship when he led home club mates **Matthew Cox** and **Jack Stapleton** was something I will not forget. Ed was the first UTS Norths athlete since 1970 to win this event.

## **Membership**

Our membership for the year was 514, which is a great achievement. This confirms that we not only have the biggest membership in NSW but also Australia.

## **Competition**

We had some phenomenal individual efforts with point scores at both winter and summer events. Our point score high achievers include:

Athletes needed to compete in at least three Athletics NSW events to get a trophy.

### **Out of Stadium - Point Score Winners.**

#### Men

<b>Ed Goddard</b>	Open
<b>Duncan Loane</b>	U14
<b>Darcy Penman</b>	U18
<b>Brad Sharpe</b>	M55
<b>Doug Barrett</b>	M60

#### Women

<b>Else Gallen</b>	Open
<b>Hannah Cerezo</b>	U16
<b>Sarah McDermott</b>	U18
<b>Deborah Drennan</b>	W55
<b>Margaret Thomas</b>	W60

### **Treloar Shield Point Score Winners**

#### Men

<b>Alec Diamond</b>	Open	232
<b>Archie Saunders</b>	U14	48
<b>Sebastien Lo Cascio</b>	U16	136
<b>Thomas Hunt</b>	U18	193
<b>Beau Ingram</b>	U20	112
<b>Warren Jones</b>	30-39	366
<b>Nathan Shute</b>	40-49	174
<b>Tim McGrath</b>	50-59	367
<b>David Shearsby</b>	60+	210

#### Women

<b>Larissa O'Dea</b>	Open	177
<b>Olivia Rose Inkster</b>	U14	82
<b>Morgan Kelaher</b>	U16	172
<b>Susie Douglas</b>	U18	166
<b>Melissa Fitzsimmons</b>	U20	110
<b>Yael Reed</b>	30-39	120
<b>Alice Bohdan</b>	40-49	880
<b>Jackie Bezuidenhout</b>	50-59	596



## Northern Zone

Our long running Northern Zone competition continues to operate successfully although due to the Rotary Field track closure it was a shortened competition as it only recommenced on 6<sup>th</sup> January 2018. Our average attendance is around 40 people but it does provide valuable competition for all ages from early teens to masters in a more relaxed atmosphere than the more formal Sydney Olympic Park. The competition is the longest running zone competition in Sydney and has been going since 1972. Apart from **Bev Jaye**, we don't have any qualified officials to conduct the competition. However, thanks to the many athletes who are able to pitch in and help, we manage to get through the program.

Thank you to **Doug Barrett** who is the joint competition manager with **Peter Douglas**.

Thank you also to **Brian Hamilton**, who turned up on most Saturdays to be the starter. Thanks also to **Nancy Lloyd** who did a great job in processing all of the results for the website. Thanks also to **Ross Douglas**, **Karen Jones**, **Brad Sharpe**, and **Deb Drennan** for their help. **Graeme Allomes** from the Sydney Pacific Club was also a fantastic helper as he was always there early to help bring the equipment onto the field and always stayed late to help put the equipment away. If we didn't have volunteers like these people who help out week in, week out, the competition just wouldn't happen.

Finally, I should mention **Ron Shoesmith** who suffered a heart attack during a Northern Zone competition on 24<sup>th</sup> February. Fortunately, we were able to apply the defibrillator and this helped saved Ron's life. He is now fine. In fact, he was well enough to attend the trophy presentation day on 24<sup>th</sup> March and receive the annual Casa Searle Trophy.



**University of Technology (UTS)**

The club would not be able to function this successfully if it wasn't for the generous partnership that we have with University of Technology Union. We owe them a big vote of thanks for their continued support. For the third time, the UTS Housing Carnival was held at Rotary Field.

**Committee**

Our committee meetings are held on the last Monday of each month at North Ryde RSL Club. We are grateful to them for providing a meeting room free of charge. We have 11 meetings a year and the club is lucky to have a full complement of committee members.

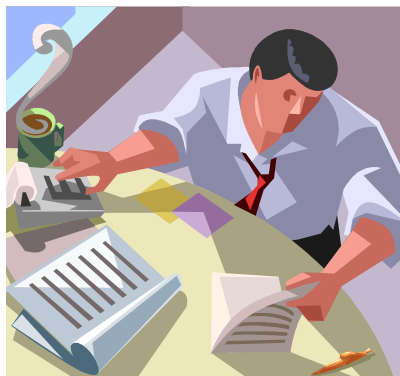
Moreso, our current committee is a cross section of incredible talents, skills, and experience both within the sport of athletics and also outside our sport. There have been many, many hours devoted to the development of our club and the delivery of our initiatives. I would like to thank every single member of our committee for their commitment to our sport and especially the mighty red and black.

**Peter Higgins**

**Secretary**  
**UTS Northern Suburbs Athletic Club Inc.**

# Treasurer's Report

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The Financial Reports for the year ending 31 March 2018 follow, and show:

*UTS Northern Suburbs Athletic Club ("Club")*: Deficit \$6,519 and Net Assets \$131,195;

*UTS Norths Sports Scholarship Trust ("Trust")*: Surplus \$8,307 and Net Assets \$36,705.

The Club is the main operating body for members, while the Trust is a separate legal entity to contain donations and subsidies for specific athletic purposes. Other than \$600 donated for other purposes, all of the Trust funds have been provided by Activate UTS for the benefit of the athletes in the UTS Elite Athlete Program (EAP).

Points to note in reading the Club accounts are:

- The closure of Rotary Athletics field for returfing has resulted in a decrease in the Field Hire expense. Northern Zone Fees are also lower than normal for the same reason.
- Event Entry Fees for the 2017/18 year include \$4,066 for State Relays held in November 2016, but not invoiced and paid until 2017/18. This item has contributed to the deficit in 2017/18.

Despite the deficit this year for the Club, both the Club and the Trust are in sound financial conditions, and I believe the committee manages the funds responsibly for the benefit of its members. Careful financial management will be required to ensure the club operates within its financial capacities over the medium to long term.

**Doug Barrett**



**Treasurer**  
**UTS Northern Suburbs Athletic Club Inc.**

# UTS NORTHERN SUBURBS ATHLETICS CLUB INCORPORATED

## FINANCIAL STATEMENTS FOR YEAR ENDED 31 MARCH 2018

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### UTS Northern Suburbs Athletic Club

#### Balance Sheet

As of 31 March 2018

##### Assets

St George Bank Account	\$1,135.18
Macquarie Cash Management	\$8,382.34
Macquarie Term Deposit	\$114,598.00
Canteen Stock	\$0.00
Cash On Hand	\$80.00
Uniforms Stock	\$6,999.30
<b>Total Assets</b>	<b>\$131,194.82</b>

##### Liabilities

Sundry Creditors	\$0.00
<b>Total Liabilities</b>	<b>\$0.00</b>

**Net Assets** **\$131,194.82**

##### Equity

Opening Balance	\$137,713.94
Operating Surplus / (Deficit)	(\$6,519.12)
<b>Total Equity</b>	<b>\$131,194.82</b>

#### Notes to the accounts

1. The amount shown as Annual Registrations is the net income to the club after payment of registration fees to Athletics NSW.
2. As a non profit organisation the accounting method used by the Club is a cash basis. Equipment purchases are written off in the year of purchase.



## UTS Northern Suburbs Athletic Club

	<b>Profit &amp; Loss</b>	
	<b>2017/2018</b>	<b>2016/2017</b>
<b>Income</b>		
Annual Registrations (Note 1)	\$9,801.51	\$10,884.28
Northern Zone Fees	\$2,057.05	\$2,146.20
Grass Games	\$1,135.00	\$829.00
ANSW Event Hosting	\$0.00	\$50.00
Uniform Sales	\$3,029.00	\$4,490.00
Canteen Sales	\$78.50	\$234.55
Donations Received	\$0.00	\$0.00
Fund Raising Income	\$0.00	\$765.00
UTS Partnership Grant	\$25,000.00	\$25,000.00
Equipment Hire	\$0.00	\$650.00
Interest Received	\$3,104.30	\$3,500.07
Grants & Subsidies	\$250.00	\$300.00
Misc Income	\$0.00	\$0.00
Annual Dinner	\$3,789.82	\$4,350.13
ANSW Dinner	\$355.18	\$100.00
<b>Total Income</b>	<b>\$48,600.36</b>	<b>\$53,299.23</b>
<b>Expenses</b>		
ANSW Club Subsidised Regos	\$3,415.40	\$3,138.10
ANSW Affiliation & Insurance	\$1,908.21	\$1,690.65
Event Entry Fees	\$9,917.00	\$656.00
Field Hire	\$10,796.25	\$18,693.50
Event Hosting Expense	\$0.00	\$79.00
Fund Raising Expenses	\$0.00	\$22.20
Uniform Purchases	\$2,466.40	\$5,575.45
Canteen Purchases	\$42.24	\$76.58
Printing & Stationery	\$199.75	\$8.05
Postage & Telephone	\$11.75	\$406.00
Local Travel	\$0.00	\$0.00
Club Website	\$553.29	\$519.05
Marketing Expenses	\$0.00	\$1,246.92
Computer Software	\$423.76	\$109.00
Equipment Purchases (Note 2)	\$1,176.80	\$1,930.88
Equipment Hire	\$364.44	\$582.18
Repairs & Maintenance	\$1,803.62	\$3,671.61
Trophies	\$1,979.45	\$1,891.45
Awards	\$500.00	\$0.00
Fare Subsidies	\$3,250.00	\$3,300.00
Coaching	\$4,000.00	\$0.00
Social - Annual Dinner	\$8,201.80	\$6,136.50
Social - Other	\$879.05	\$495.57
AGM Expenses	\$1,217.16	\$671.42
Misc Membership Expenses	\$1,409.07	\$15.00
Bank Charges	\$5.00	\$12.45
IMG Admin Fees	\$356.04	\$481.93
Legal Fees	\$48.00	\$54.00
Donations Paid	\$0.00	\$377.60
Training	\$195.00	\$0.00
<b>Total Expenses</b>	<b>\$55,119.48</b>	<b>\$51,841.09</b>
<b>Surplus / (Deficit)</b>	<b>(\$6,519.12)</b>	<b>\$1,458.14</b>

## UTS Norths Sports Scholarship Trust

<b>Profit &amp; Loss</b>		
	<b>2017/2018</b>	<b>2016/2017</b>
<b>Income</b>		
UTS Elite Athlete Subsidy	\$20,000.00	\$20,000.00
Misellaneous Sponsorship	\$300.00	\$200.00
Misc Income	\$0.00	\$100.00
Interest Received	\$73.04	\$29.37
<b>Total Income</b>	<b>\$20,373.04</b>	<b>\$20,329.37</b>
<b>Expenses</b>		
Reward and Recognition UTS EAP	\$6,630.00	\$0.00
Fare subsidy	\$750.00	\$10,130.00
Uniforms EAP Subsidised	\$40.00	\$40.00
Registrations EAP Subsidised	\$4,175.00	\$4,382.00
Entry Fee Refund	\$271.00	\$1,194.00
Medical Expense Refund	\$200.00	\$1,401.00
Coaching Refund	\$0.00	\$850.00
Bank Charges	\$0.00	\$10.00
<b>Total Expenses</b>	<b>\$12,066.00</b>	<b>\$18,007.00</b>
<b>Surplus / (Deficit)</b>	<b>\$8,307.04</b>	<b>\$2,322.37</b>

## UTS Norths Sports Scholarship Trust

<b>Balance Sheet</b>	
<b>As of 31 March 2018</b>	
<b>Assets</b>	
St George Bank Account	\$36,705.00
<b>Total Assets</b>	<b>\$36,705.00</b>
<b>Total Liabilities</b>	<b>\$0.00</b>
<b>Net Assets</b>	<b>\$36,705.00</b>
<b>Equity</b>	
Opening Balance	\$28,397.96
Current Earnings	\$8,307.04
<b>Total Equity</b>	<b>\$36,705.00</b>

# The UTS Norths Foundation

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## ***“Athletics for life, health for life”***

Since its formation in June 2014, the UTS Norths Foundation Limited (the Foundation) has worked towards a range of long term interests of the UTS Northern Suburbs Athletic Club. The Foundation met five times in 2017/18 since the last annual report to discuss and progress these interests. UTS Norths club committee appoints the UTS Foundation sub-committee, which is currently constituted by **Andy West** (Foundation Chair), **Andrew MacDonald** (Foundation Secretary), **Ashley McMahon** (UTS Norths Club President), **Peter Higgins** (UTS Norths Club Secretary & inaugural Foundation Chair), **Douglas Barrett** (UTS Norths Club Treasurer), and **Frazer Dowling**.

The main roles of the Foundation are:

- (1) to improve the Club's activities by helping existing and new athletes, coaches, volunteers and officials,
- (2) to improve the long term financial security of the Club,
- (3) to plan and co-ordinate long term planning for major projects including facilities, athlete development, coach development and club administration development.

The more we control our own long-term finances, the more we can survive and thrive in a changing, competitive world, and do more good things for more people. The Foundation especially supports the Club's high regard for lifetime education and training and its highly valued relationship with UTS. The main long-term goal of the Foundation is to build up long term capital to fund (from the investment returns on the capital) over a variety of activities for the Club's objects.

The activities of the Foundation cover short term and long-term projects, programs, grants, scholarships, bursaries, legacies, gifts, sponsorships, donations and other fund raising of many kinds, investment management, strategic planning and compliance. The reason for the Foundation is to devote long term strategic planning, efforts, expertise to generate and manage long term capital and manage the many fund raising arrangements, to complement the Club's daily and seasonal operations. To enable these roles and activities, the UTS Foundation was able to register as an Australian charity for the purposes of education scholarship as at 1 April, 2018. We applied for charity and deductible gift recipient (DGR) status in April 2018 and was granted DGR status on 17 May 2018. Not even Sydney University has its own DGR fund. *Almost certainly no other athletics or any community sports club in Australia has all of the pieces that make up the UTS Norths Foundation.*

The UTS Foundation recognises the importance of long term relationship with key stakeholders outside the club to achieve its objectives. Since its formation in June 2014, the Foundation has built relationships with a range of related organisations including UTS Sports, Northern Suburbs Little Athletics Club, Lane Cove River Kayak Club, Willoughby City Council, Rotary Chatswood, Chatswood RSL (Club Grants), State Government Local Members, State Government Department of Sport and Recreation,

Federal Government Local Members, Athletics NSW and Athletics Australia. It is through these relationships the Foundation is able to identify and secure funding opportunities, be involved in the planning process and outcomes of Rotary Athletic Field (RAF) and it's surrounds, be involved in the future direction of athletics locally and nationally.



Thor 10 Hammer and Discus Cage used at Gold Coast Commonwealth Games April 2018, to be installed at Rotary Athletic Field in June 2018.

Over the past 12 months, several major facilities upgrades have been achieved through the work of the Foundation, with other projects to be delivered or in planning for the coming medium term. Following is the status of these projects as at 1<sup>st</sup> May, 2018.

Details	Timing	Status
Returfing and new irrigation of Rotary Athletic Field	December 2017	Project completed and fully funded by Willoughby City Council.
Commonwealth Games Throw Cage	May/June 2018 after Commonwealth Games	Equipment from Play Hard the manufacturer, demolition and installation by Court Craft. Funded by State Government grants. Further funding required.
4 pylons and 200 lux lighting at RAF	July 2018 to June 2019	Identified as upgrade project by WCC. To be included in council budget 2018/19.
Exercise stations, picnic and recreational areas surrounding RAF	Planned end of 2018, early 2019	Currently gathering costings and suppliers. Part of facilities master plan. No funding secured.
2km cross country trail and walking track	Planned mid to end of 2019	Completed scoping and plans of the trail, WCC agree in principle. To be included in facilities master plan. No funding secured.
Storage and amenities upgrade	Identified by Committee and Foundation. No set time line.	To be included in facilities master plan. No funding secured.



In the second half of 2018, the Foundation will consult with users of RAF to further develop a facilities master plan for RAF and its environs. This will then be provided to the stakeholders for future planning, funding, and upgrades to RAF for the mutual benefit of all users as a premium grass track and field athletics track, kayak facility, and multi sport use for passive users of the general public.



**Andy West   and   Andrew MacDonald**



**UTS NORTHERN SUBURBS  
ATHLETIC CLUB INCORPORATED  
ANNUAL GENERAL MEETING  
SUNDAY 24<sup>th</sup> JUNE 2018**

**ROTARY ATHLETICS FIELD  
MOWBRAY ROAD, CHATSWOOD**

**Time: 10:00am**

**AGENDA**

WELCOME

APOLOGIES

CONFIRM THE MINUTES OF THE 2017 ANNUAL GENERAL MEETING

ANNUAL REPORT

ADOPTION OF THE FINANCIAL ACCOUNTS FOR THE FINANCIAL  
YEAR 1 APRIL 2017 TO 31 MARCH 2018

ELECTION OF OFFICE BEARERS

- PRESIDENT
- VICE PRESIDENT
- SECRETARY
- TREASURER
- COMMITTEE





**MINUTES OF ANNUAL GENERAL MEETING  
HELD AT ROTARY FIELD  
25<sup>th</sup> June 2017**

The meeting commenced at 10.01am.

**PRESENT:** Andy West, Peter Douglas, Ross Douglas, Bev Jaye, Warren Jones, Bob Jones, Karen Jones, Andrew MacDonald, Amanda Johnstone, Sally Richardson, Maria Cimino, Ashley McMahon, Bart Steanes, Bronwyn Kellaher, Brian Hamilton, Ros Wolfers, Ron Shoesmith, Kathleen Cook and Angus Stewart.

**APOLOGIES:** Doug Barrett, Andy Burton, Frazer Dowling, Peter Higgins, Janet Naylor, and Stuart Paterson.

**WELCOME**

President Andy West welcomed everyone to the meeting and thanked them for their attendance. Andy thanked Secretary Peter Douglas for taking the minutes.

**MINUTES OF 2016 ANNUAL GENERAL MEETING:**

The minutes are included in the 2016/17 Annual Report.

*Moved Peter Douglas/ seconded Brian Hamilton, motion carried.*

**ANNUAL REPORT**

**President.**

Andy thanked Peter Higgins for designing, compiling, and editing the Annual Report.

*Moved Andy West/ seconded Ron Shoesmith, motion carried.*

**ADOPTION OF FINANCIAL ACCOUNTS**

**Treasurer:**

Treasurer Doug Barrett was unable to attend the meeting as he was overseas. Peter Douglas spoke briefly regarding the financial accounts. He said that the club is in a good financial position which has been built up over a number of years. We are indebted to UTS for their continuing sponsorship which has been going since 1994. Without this assistance, the club would struggle to exist.

*Moved Peter Douglas/ seconded Ross Douglas, motion carried that the Financial Accounts be adopted.*

## **ELECTIONS:**

Andy West advised that he would stand down as President after completing 3 years in that position. He advised that he was still available for a nomination to the committee. He made the following points:

- Thanks to the committee for their hard work and support. He was able to build on the good work of previous Presidents – in particular Ron Bendall (6 years) and Frazer Dowling (3 years);
- Thanks to UTS for their great continuing support for the club;
- UTS Norths has gained a reputation for being a “friendly club” and this has helped to attract new athletes into the club;
- Lots of changes are taking place at Rotary Field with the laying of the new grass etc. However there is still more work to be done with improving facilities in the gym, lighting of the track, sponsorship, opportunities for grants etc;
- Thanks to the officials and volunteers who help to keep the club and the sport of athletics going;

Ross Douglas said thank you to Andy for his great work in his 3 years as President. He has worked hard in areas such as liaising with WCC and the track refurbishment, collaboration with UTS, competition, applications for grants etc.

Peter Douglas advised that he is stepping down as Secretary after Peter Higgins offered to accept a nomination for the position.

<b>Name</b>	<b>Nominated</b>	<b>Seconded</b>
• President: Ashley McMahon	Peter Douglas	Amanda Johnstone
• Vice President: Maria Cimino	Ashley McMahon	Andrew MacDonald
• Secretary: Peter Higgins	Ross Douglas	Brian Hamilton
• Treasurer: Doug Barrett	Maria Cimino	Ross Douglas

### **Committee Positions**

<b>Name</b>	<b>Nominated</b>	<b>Seconded</b>
• Andy West	Ross Douglas	Kathleen Cook
• Sally Richardson	Andrew MacDonald	Bart Steanes
• Amanda Johnstone	Peter Douglas	Sally Richardson
• Andrew MacDonald	Maria Cimino	Bart Steanes
• Ross Douglas	Amanda Johnstone	Ron Shoesmith
• Peter Douglas	Andrew MacDonald	Ross Douglas
• Izzy Thornton-Bott	Maria Cimino	Sally Richardson
• Jack Edwards	Andy West	Maria Cimino
• Bart Steanes	Andrew MacDonald	Kathleen Cook
• Frazer Dowling	Peter Douglas	Andy West
• Ryan Dowling	Andrew MacDonald	Bronwyn Kellaher

**GENERAL BUSINESS:**

1. Brian Hamilton asked if a plaque for the late Jack Pross could be built? Andy said yes, this has already been approved by the committee. Brian said that Jack had a lot to do with the design of Rotary Field;
2. Peter Douglas acknowledged the presence of the Jones family at the AGM, in particular Karen Jones who has been in hospital again with her shoulder injury;
3. Kathleen Cook – when is RAF going to open again? Andy replied that the club has been receiving regular updates from WCC regarding the progress of the track. The latest advice is that the track will reopen in October 2017;
4. Kathleen Cook – suggested that the club have more social activities. Possibly food and drinks at the AGM? Andy thanked Kathleen for the suggestion and it will be considered.

There being no further business the meeting closed at 10.47am.



# Club Coaches 2017 /2018

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## Ron Bendall

Level 4 Sprints, Hurdles, Relays, Coaching the Young Athlete

Level 2 Throws, Jumps, Endurance Running

M: 0416 171609 H:9380 8283

email: [ron.bendall@gmail.com](mailto:ron.bendall@gmail.com)

website: [www.ronbendall.com.au](http://www.ronbendall.com.au)



I have been coaching for 20 years and am Athletics NSW Junior High Performance sprints coach.

Four of my squad have been selected to represent Australia at the World Junior Championships and one at the Winter Olympics.

In 2013-14 season I was runner up in Athletics NSW Sprints and Hurdles Coach of the Year Award. I have twice been UTS Norths Coach of the Year.

I have coached numerous junior National and State champions in a range of disciplines. I have coached a bronze medallist at the National Open Championships and the winner of an Open NSW Championship.



## Andy Burton

Sprints, Hurdles

IAAF Level 3 Sprints, Hurdles

M: 0431 550 105

email: [abbt@mac.com](mailto:abbt@mac.com)

IAAF Level 3 sprints and hurdles coach - coaching track and field for about 20 years. The majority of this time has been confined to teaching hurdling and running in Little Athletics. Dozens of those athletes won medals at State Championships and a number of them set NSW and Australian hurdles records, some of which still stand.

Recently a number of those athletes have started competing at ANSW and higher level and the current goal is to help some of the many talented local athletes to reach their full potential at a high level.

In 2013 Bryce Collins and Kat Hunt, both of whom were coached by Andy from a young age, were selected to represent Australia at the Sydney Youth Olympic Festival. They were also included in the Athletics Australia (AA) Youth Development Squad. Both these athletes were subsequently included in the AA Junior Squad. Bryce and Kat were both selected to compete at the World Junior Championships at Eugene Oregon in 400mh and sprint hurdles respectively.

More recently Jacinta Fisher has been included in the AA Youth Development Squad as a Multi-Event Athlete and she together with Matt Crowe were selected as hurdlers in the Australian U20 team to contest the Oceania Championships in Rarotonga in June 2014.

Seven hurdlers coached by Andy from a young age are currently in the AA rankings list.

# Annie Davies

Level 3 Throws

Level 2 Strength & Conditioning

M: 0403 851 852 M: 0407 270 189

email: [16anniedavies@gmail.com](mailto:16anniedavies@gmail.com)



## Coaching accreditation

Level 3 Advanced Event Group Coach - Throws

Level 2 Australian Strength and Conditioning Association

B. Appl. Sc. Nutrition, Exercise and Sports Science, Sydney Uni

Working with children - WWC0116022E

## Coaching profile

- Pymble Ladies College throws coach for the last 6 years
- St Aloysius javelin coach for last 3 years
- Age group state and national medallists in javelin, shot put, discus and hammer throw
- 2014 NSW All Schools squad came 1st 14, 15, 16, 17, 18-19 years girls javelin, 16 years boys javelin and 14 years girls discus
- Coach of Mackenzie Little - Aus u16, u18, u20 record holder and world youth javelin champion
- Conducted throwing and power clinics with cricket NSW and softball NSW



# Penny Gillies

Level 5 Hurdles

Level 4 Sprints & Relays

H: 9876 1275

M: 0439 343 322

email: [pegillies@hotmail.com](mailto:pegillies@hotmail.com)

## Masters of Education - Health- Sydney, Bachelor of education, Diploma of Teaching

Penny is a 5 times Australian Champion in the 100 m hurdles. She was also a silver medallist in the 1969 Pacific Conference Games Tokyo, going on to represent Australia in the 1970 commonwealth games. Was a dual Olympian in 1972 and 1980 and team captain 1980. Penny was also a World cup rep in 1977 1979 and 1981.

Life Member AA, Life Member ANSW, Life Member UTS Norths

5 times Australian Champion in the 100 m hurdles.

Silver medallist in the 1969 Pacific Conference Games Tokyo, going on to represent Australia in the 1970 commonwealth games.

Dual Olympian in 1972 and 1980 and team captain 1980.

World cup rep in 1977 1979 and 1981.

## Credentials as a coach

- Coach of 5 Australian Champions -100m hurdles & 400m
- Australian Team Coach for sprints and relays of these Australian Teams - World Youth Teams, World Juniors - Commonwealth Games 2002 and 2006
- World Championship 2009
- Personal coach of an Olympic semi finalist 400m
- Commonwealth Games gold Medallist men's 4 x400, men's 400m 5th place Delhi
- Bronze Medallist World Youth 2003 400m women

# Mike Hurst

Athletics Australia & ATFCA Level 4 sprints coach.  
Lectured at IAAF L4 sprints coach education course



Coached Australians to qualify for five consecutive Olympic Games.

Coached two athletes into the 400m Finals at the 1988 Seoul Olympic Games where his protégés Maree Holland (50.24sec) and Darren Clark (44.38sec) set the current NSW Open Records. Clark's time remains the national record. Coached Clark to set meet record in winning 400m Gold at 1990 Commonwealth Games, and to set a national record in winning bronze at the 1993 World Indoor Championships.

Managed and coached the NSW men's and women's teams to win both 4x100m and both 4x400m at 1989 Australian Relays Championships in Hobart.

Developed three schoolgirls to compete in IAAF World Junior Championships in Seoul 1992 and Lisbon 1994.

Coached Kylie Hanigan to represent in the 4x100m final and the 4x400m relays at 1996 Atlanta Olympic Games.

Leads the organisation of the highly acclaimed free Athletics NSW 400 Fastrack development program now in 2018 into its 10th year of operations. Has been lead coach and mentor to personal coaches and parent group since 2009 for this ongoing sprints project.

Mike is an Athletics Australia Life Member. His coaching philosophy and practices have received high praise in the form of extensive interviews conducted by the World Speed Summit (10,000 coach membership), the ALTIS world athletics centre, [SpeedEndurance.com](http://SpeedEndurance.com) (world's most popular sprint coaching site with more than 4,000 hits per day) and in the The Sprinter's Compendium book published in late 2017.

Mike is a qualified coach in Olympic Weightlifting and Basketball and is a strength, power, speed consultant with former protégés including a Wimbledon men's singles finalist, a Sydney Kings captain, an Opals squad member and a Lakers NBA draft pick.



# Bev Jaye

Level 3 Throws

H: 9451 9207

M: 0400 804 636

email: [maljaye1@yahoo.com.au](mailto:maljaye1@yahoo.com.au)

Bev was born in South Africa, married an Australian and settled in Sydney. He played rep soccer and rugby at high school and was the schools athletic and rugby captain. Bev also won the state 200m yards title. Bev became a throws coach when there was no one to coach his boys. This led to an officiating role for local competitions. Later Bev became involved in the administration of little athletics. At the 1982 commonwealth games, Bev was the chief fall judge in discus. He was the chief judge at the 2000 para Olympics as well as a coach for one of the competitors. He has coached champions in state primaries, secondary schools, little athletics, senior and masters. Coached Ruth Firth, Helen Searle who are both world masters champions. Bev's first success was his eldest son, who won the state primary shot put and represented his high school at state in discus.

## Coaching Resume

Manly Warringah Little Athletics coach 1970 to 2014

Manly Warringah Seniors coach 1968 to 2003

UTSN Coach 2003 to present

## Coaching Schedule at Rotary Field

Tuesday and Thursday afternoon

Sunday morning

# Du'aine Ladejo

NSW Athletics Target Talent Program Sprints Coach

Ladejo Speed Academy

Fitness, Speed, Power and Agility Coach

M: 61414452310



## CEO

GREATEST ATHLETE PTY LTD

QUIET STORM PRODUCTIONS PTY LTD

400 PRODUCTIONS PTY LTD

## FOUNDER

FIT4SCHOOLS

LADEJO SPEED ACADEMY

LADEJO SPORTS ACADEMY

LADEJO FITNESS

GREATEST ATHLETE

FITTEST ATHLETE

## Athletic Awards

Olympic Games, Silver Medallist, 4x400m 1996

Olympic Games, Bronze medallist, 4 X400m 1992

World Cup, Gold 4x400m, 1994

World Cup, Silver 400m, 1994

World Cup, Bronze 4x400m, 1992  
European Championships, Gold 400m 1994  
European Championships, Gold 4x400m 1994  
Commonwealth Games, Gold/Silver 4x400m, 1994  
Commonwealth Games, Silver 400m 1994  
Goodwill Games Silver 400m 1994  
World indoor Championships, Bronze 4x400m, 2001  
European indoor Championships, Gold 400m, 1996  
European indoor Championships, Gold 400m, 1994

### **Sports and Fitness Training Experience**

NSW Athletics Target Talent Program Sprints coach May 2017- Present  
Ladejo Speed Academy - November 2014 - Present  
Barker College - Manager of Athletic Development and High Performance April 2015- Dec 2017  
Barker College - Head Sprints and Hurdles coach April 2015. Dec 2017  
Speed & Fitness Coach to David Haye World Heavyweight Champion 2008/9  
Health and Fitness - Assistant manager to Pete Marcasciano UTP Systems Ltd (The Third Space and Stoke park Club) 2002-2008.  
Trained under Tony Hadley Head of UK Athletics Speed Coaching 1993-2008  
Trained under Stan Huntsman US Olympic Head Coach 1988-1993  
Training Products  
Du'aine Ladejo's "Shape" Fitness range sold in Matalan 2007-09

### **Training Products**

Du'aine Ladejo's "Shape" Fitness range sold in Matalan 2007-09

### **Television**

Production

#### ***AUSTRALIA'S GREATEST ATHLETE***

Created the concept and production bible to format, the TV concept of the series, including sound gathering, shooting style, camera placement, challenge integration, editing pace and feel, programme structure and segment breakdown.





## Ben Liddy

Level 3 Athletics Australia Middle & Long Distance

M: 0412 243 232

email: [blidds@hotmail.com](mailto:blidds@hotmail.com)

Website: [www.iio.org.au](http://www.iio.org.au)

Level 3 Athletics Australia Middle & Long Distance

Master of Physiotherapist

Bachelor of Applied Science (Exercise & Sports Science)

Ben is the current physiotherapist for the Australian Junior Track and Field Team and coaches a group of middle distance and 400m runners including Mason Cohen, current NSW open 800m Champion (800m PB 1.47.6), Sam Colless (800m PB 1.51.00) and Alexandra Bartholomew (400m PB 55.19).

Former middle and long distance coach at Barker College and Queenwood Girls School

Training a Rotary Field Tuesday & Thursday 5.30 to 7.00 pm year round

Training at Macquarie Hospital and Centennial Park 8.30am Saturday

## Andrew MacDonald

Level 3 Sprints, Relay & Hurdles,

Level 3 Middle & Long Distance

M: 0402041101 O: 9449 4516

email: [ajm@audaxlegal.com](mailto:ajm@audaxlegal.com)

Website: [www.iio.org.au](http://www.iio.org.au)



Current coaching focus is on endurance based running (middle and long distance cross country, mountain running). Have assisted school and Uni athletes to State and National titles and placing. Also assisted local Primary Schools with relay team.

Currently assisting with a limited number of athletes and with Project Echidna, a long term scholarship program for distance running athletes from Horn of Africa heritage.



# Alan Nolan

Sprints, Middle Distance

M: 0408 649 935

H: 9484 1558

email: [elbowsalan@bigpond.com](mailto:elbowsalan@bigpond.com)

**Athletics: Level IV Sprint/middle & long distance/ Cross Country**

**Cycling.: Level 1**

**Strength & Conditioning: Level 1**

**Cert 4 Personal Training**

**Dip. Of Sports Therapies**

**Dip. Of Remedial Massage**

Athletics: Level IV Sprint/middle & long distance/ Cross Country

Currently coaching Emily Augustine - Youth Olympics 2014, Eliza Woollett – 3rd U14 800m 2014.

Group comprises sprinters and distance runners aged from 12-60 years.

Achievements include:-

- Developed programs in sprint and middle distance for athletes in athletics, soccer tennis and cycling
- Coached athletes from school standard to Australian championship level
- Developed conditioning programs for tennis players on the world circuit.
- Middle distance coach for Saint Ignatius college •Northern suburbs Little Athletics coaching coordinator
- In 2003 coached the Australian U20 800m female champion
- In 2003 coached an athlete to qualify for World Youth Cross Country Championships in Paris
- Coached Emily Augustine in 2012 and went on to win the U16 1500m Championship
- Coached athletes to worlds secondary schools cross country championships in 1996 (Sam Hall), 2004 (Geta McNiven), 2008 (Thea Wellsby)
- Coached Jane Miles to the world cross country championships in 2004

In addition, Alan also has a coaching and fitness clinic, with a clientele base of 300. He consults on various conditions including deep tissue therapy as well as running various rehabilitation programs. He manages the life program for Para Quads and is also the sports therapist for The Kings School

# Renee Robson

Level 3 Sprints, Relays and Hurdles Coach

Email: [robsonrenee@hotmail.com](mailto:robsonrenee@hotmail.com)

Phone: 0429 355 413



Renee was an elite 200m (PB 23.6 seconds) and 400m (PB 52.95 seconds) sprinter at National and International level. She has been coached, mentored and learned her coaching skills from some of the best coaches in the Australian modern era: Peter Fortune, Ron Roddan and Robert Medicott.

Renee has coached Athletics sprints/relays in schools for the past 14 years in Melbourne, Sydney and London. Firstly while at university, then as a secondary school PE teacher. Renee's experience in London was as a school sports coordinator where she coached for Westminster Council. She coaches track sessions from 5:30pm on a Tuesday and Thursday.



# Paul Switzer

Level 3 Middle Distance, Sprints, Hurdles, Steeplechase, Cross Country, Jumps

H: 9958 6805

M: 0422 200 982

email: [paulswitzer7@gmail.com](mailto:paulswitzer7@gmail.com)

Paul is a full time professional IAAF level 3 coach of hurdles, middle distance, sprint, and cross country athletes. He is experienced at developing young athletes from beginner level to National level through the design of customised personal development programs and recently completed his international IAAF coaching course in sprints and hurdles to complement his Australian Track & Field Coaches Association qualifications.

His current squad has a number of up and coming 400m and hurdles athletes. It includes Bryce Collins (2014 World Junior Championship semi finalist, NSW Open Champion and four time Australian Junior Champion in the 400hurdles) who Paul has coached for 8 years, Olivia Cason (2016 World Junior Championships 4 x400 relay team, Australian U20 400m bronze medallist and NSW U20 400m Champion), Oliver Moore (NSW U20 3000m Steeplechase Champion), Joseph Whelan (100/200 athlete at NSW Open titles), and several junior gold, silver and bronze medallists in NSW and Australian teams for National Track & Field and Cross Country Championships.

In the past, Paul has coached many other athletes to national and international level competition such including Matt Crowe and Ben Mackay to international competitions such as the Oceania Championships. He coaches at both Rotary Field Chatswood and Narrabeen Track.

Training is provided and available most days of the week.

# Club Trophy Winners 2017 /2018

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*Ray Frith Trophy  
Most Improved U16  
Female*  
**Annika Lynch**

*John Hanman  
Trophy  
Most Improved U16  
Male*  
**Ethan Quintana**

*Ruth Frith Trophy  
Most Improved U18  
Female*  
**Imogen Gardiner**

*Ray Land Trophy  
Most Improved U18  
Male*  
**Thomas Hunt**

*John Suters Trophy  
Most Improved U20  
Female*  
**Carley Thomas**

*Gloria Seymon  
Trophy  
Masters Athlete of  
the Year*  
**Ryan Dowling -  
Male**  
**Monique Perry -  
Female**

*Mike Poirrier Trophy  
Club Person of the  
Year*  
**Andy West**

*Multi Event Athlete Award*  
**Alec Diamond**

*WJ Treloar Trophy  
Most Improved U20 Male*  
**Lachlan Raper**

*Margaret Wrigley Trophy  
Most Outstanding in Throws*  
**William Brown**

*Janet Naylor Trophy  
Most Outstanding in Jumps*  
**Emmanuel Fakiye**

*Jennifer Lamy Trophy  
Most Outstanding in Sprints*  
**Gabriella O'Grady**

*Dowling & Fitzgerald Athlete  
With Disability Award*  
**Alissa Jordaan**

*Maccabi Trophy  
Out of Stadium Athlete of the  
Year*  
**Ed Goddard**

*Club Committee Trophy  
Best Team Performance*  
**Womens Open Medley team at  
ANSW State Relays (Carley  
Thomas, Kristie Edwards,  
Jasmine Everett, Steph Potter)**

*Nancy Lloyd Trophy  
Most Outstanding  
Distance Athlete*  
**Abby Rockliff**

*Laurie Toogood Trophy  
Most Outstanding in  
Middle Distance*  
**Carley Thomas**

*Wayne Lever Trophy  
Encouragement Award-  
Females*  
**Izzy Thornton-Bott**

*Wayne Lever Trophy  
Encouragement Award-  
Males*  
**Jye Perrott**

*Jack Pross Award  
Athlete Closest to  
International Standard*  
**Emmanuel Fakiye**

*Peter Lucas Trophy  
Best performance at  
SOPAC*  
**Carley Thomas**

*Jennifer Jaye Trophy  
Coach of the Year*  
**Ben Liddy**

# 2017/2018 Season Rankings (as at 30 April 2018)

## Female 60m Sprint

1	7.65	+2.4	F	---	Jasmine Everett	26	13/01/2018	Illawarra Track Challenge	
2	7.81	NWI	F	---	Kristie Edwards	17	16/06/2017	Hunter Winter Hit Out	
3	7.95	+2.0	F	---	Monique Perry	43	13/01/2018	Illawarra Track Challenge	
4	8.04	+1.5	F	---	Stephanie Potter	16	13/01/2018	Illawarra Track Challenge	
5	8.10	-0.9	F	---	Nicolette Donofrio	15	21/10/2017	Treloar Shield Round 2	
6	8.15	-2.5	F	---	Steph Zervos	23	21/10/2017	Treloar Shield Round 2	
7	8.23	+1.8	P	---	Kylie Strong	50	26/04/2018	Australian Masters Athletics Championships	
8	8.30	+0.1	F	---	Gabriella Taylor	12	18/11/2017	All-comers 18 November 2017	
9	8.33	-1.2	F	---	Melissa Fitzsimmons	18	21/10/2017	Treloar Shield Round 2	
10	8.38	-2.5	F	---	Morgan Kelaher	14	21/10/2017	Treloar Shield Round 2	
11	8.39	+1.8	P	---	Jacqueline Bezuidenhout	51	26/04/2018	Australian Masters Athletics Championships	
12	8.41	+2.0	F	---	Kiera Simula	16	13/01/2018	Illawarra Track Challenge	
13	8.43	-2.4	F	---	Yael Reed	34	9/06/2017	Australian Masters Championships 2017	
14	8.44	-1.2	F	---	Nicola Bowtell	18	21/10/2017	Treloar Shield Round 2	
15	8.46	NWI	P	---	Alice Dixon	14	27/01/2018	2018 Grass Games	
16	8.55	+0.1	F	---	Olivia Rose Inkster	12	18/11/2017	All-comers 18 November 2017	
17	8.56	NWI	P	---	Georgia Healy	14	27/01/2018	2018 Grass Games	
18	8.57	+2.0	F	---	Alice Bohdan	45	13/01/2018	Illawarra Track Challenge	
19	8.6h	NWI	8.84	F	---	Maria Cimino	46	17/02/2018	Northern Zone Week 6
20	9.1h	NWI	9.34	F	---	Sally Priest	13	13/01/2018	Northern Zone Week 2
21	9.3h	NWI	9.54	F	---	Janet Naylor	51	3/02/2018	Northern Zone Week 4
22	9.8h	NWI	10.04	F	---	Jenny Schell	55	10/03/2018	Northern Zone Week 8
23 *	10.08	-2.9	F	---	Bronwyn Kelaher	52	3/03/2018	NSW Masters Championships	
23 *	10.08	NWI		P	---	Pam Fijan	42	27/01/2018	2018 Grass Games
25	10.2h	NWI	10.44	F	---	Joanna Davis	41	13/01/2018	Northern Zone Week 2
26	10.7h	NWI	10.94	F	---	Emily Davis	10	13/01/2018	Northern Zone Week 2
27	11.1h	NWI	11.34	F	---	Antoinette Woodward	61	17/02/2018	Northern Zone Week 6
28	11.7h	NWI	11.94	F	---	Jillian Senior	65	17/02/2018	Northern Zone Week 6
29	12.32	+0.0	F	---	Melissa Baulman	34	3/03/2018	NSW Masters Championships	
30	12.1h	NWI	12.34	F	---	Nancy Lloyd	64	10/03/2018	Northern Zone Week 8
31	12.63	-1.1	F	---	Kathleen Cook	80	3/03/2018	NSW Masters Championships	

## Female 100m Sprint

1	11.79	-1.0	F	---	Kristie Edwards	17	8/12/2017	2017 Australian All Schools Championships	
2	11.80	-0.4	F	---	Jasmine Everett	26	14/03/2018	2018 Australian Junior Athletics Championship	
3	11.87	+2.9	F	---	Gabriella O'Grady	20	23/07/2017	ANSW Winter Track & Field Series	
4	12.06	-0.3	F	---	Samantha Geddes	20	16/12/2017	Treloar Shield Round 6	
5	12.17	+2.7	F	---	Alice Dixon	14	14/03/2018	2018 Australian Junior Athletics Championship	
6	12.25	+2.5	F	---	Nicolette Donofrio	15	14/03/2018	2018 Australian Junior Athletics Championship	
7	12.26	+1.3	P	---	Stephanie Potter	16	14/03/2018	2018 Australian Junior Athletics Championship	
8	12.47	+2.5	P	---	Carla Takchi	19	25/09/2017	Australian University Games 2017	
9 *	12.53	+0.8	P	---	Morgan Kelaher	14	14/03/2018	2018 Australian Junior Athletics Championship	
9 *	12.53	+2.2	F	---	Steph Zervos	23	23/12/2017	Albie Thomas + Bankstown All-Comers	
11	12.54	+1.5	F	---	Lara Halmarick	15	6/01/2018	Treloar Shield Round 7	
12	12.3h	NWI	12.54	F	---	Monique Perry	43	7/04/2018	Northern Zone Week 11
13	12.54	+3.0	F	---	Abigail Stevanovic	15	11/11/2017	Treloar Shield Round 4	
14	12.68	+0.9	P	---	Georgia Fichardt	14	14/03/2018	2018 Australian Junior Athletics Championship	
15	12.74	+0.4	F	---	Melissa Fitzsimmons	18	2/12/2017	2017 NSW Club and Combined Championships	
16	12.5h	+2.6	12.74	F	---	Dominica Jenkins	28	17/02/2018	All-comers 17 February 2018
17 *	12.75	+1.4	F	---	Susie Douglas	16	25/11/2017	Treloar Shield Round 5	
17 *	12.75	-0.4	F	---	Gabriella Taylor	12	14/03/2018	2018 Australian Junior Athletics Championship	
19 *	12.80	+5.0	F	---	Jessica Maciver	14	13/01/2018	Newcastle All-comers and 10000m Championships	
19 *	12.80	-2.4	F	---	Greta Andrews	14	9/02/2018	NSW Junior Athletics Championships 2018	
21	12.90	+2.0	F	---	Kylie Strong	50	26/04/2018	Australian Masters Athletics Championships	
22	12.98	+2.6	F	---	Yael Reed	35	26/04/2018	Australian Masters Athletics Championships	
23	12.99	+1.0	P	---	Amy Bonthorne	15	9/02/2018	NSW Junior Athletics Championships 2018	
24	13.14	+2.9	F	---	Nicola Bowtell	18	23/07/2017	ANSW Winter Track & Field Series	
25	13.16	+2.0	F	---	Jacqueline Bezuidenhout	51	26/04/2018	Australian Masters Athletics Championships	
26	13.17	+3.3	P	---	Kiera Simula	16	12/10/2017	2017 2XU NSW All Schools Championships	
27	13.24	+1.0	P	---	Maya Challoner	15	9/02/2018	NSW Junior Athletics Championships 2018	
28	13.32	+2.0	F	---	Brooke East	17	24/02/2018	All-Comers & Invitational 24 February 2018	
29	13.33	+2.5	F	---	Kara Selvarajah	14	10/03/2018	All-comers 10 March 2018	
30	13.37	-2.0	F	---	Olivia Rose Inkster	13	10/03/2018	All-comers 10 March 2018	
31	13.46	+0.3	F	---	Grace Livingstone	15	2/12/2017	2017 NSW Club and Combined Championships	
32	13.51	+1.4	F	---	Alice Bohdan	45	25/11/2017	Treloar Shield Round 5	
33	13.54	-2.0	P	---	Emily Bannister	13	12/10/2017	2017 2XU NSW All Schools Championships	
34	13.58	+1.4	F	---	Gabriella Richmond	16	25/11/2017	Treloar Shield Round 5	
35	13.77	+0.7	F	---	Natalie Sawyer	15	6/01/2018	Treloar Shield Round 7	
36	14.01	-2.2	P	---	Annabelle Parmegiani	19	25/09/2017	Australian University Games 2017	
37	14.06	+1.2	F	---	Sally Priest	12	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
38	14.09	-0.6	F	---	Inge Ackland	12	16/12/2017	Treloar Shield Round 6	



39	14.22	+1.8		F	---	Maria Cimino	46	3/03/2018	NSW Masters Championships
40	14.29	-3.1		F	---	Alissa Jordaan	14	9/02/2018	NSW Junior Athletics Championships 2018
41	15.19	+1.1		F	---	Bronwyn Kelaheer	52	3/03/2018	NSW Masters Championships
42	15.22	+2.8		F	---	Joanna Davis	41	24/02/2018	All-Comers & Invitational 24 February 2018
43	15.53	NWI		F	---	Janet Naylor	51	6/01/2018	Dubbo New Year Athletics Carnival
44	15.5h	NWI	15.74	F	---	Jessica Culhane	14	20/01/2018	Northern Zone Week 3
45	15.74	+1.9		F	---	Stephanie Markos	51	25/11/2017	Treloar Shield Round 5
46	15.88	+2.8		F	---	Emily Davis	10	24/02/2018	All-Comers & Invitational 24 February 2018
47	15.91	+0.0		F	---	Jenny Schell	55	24/03/2018	All-comers 24 March 2018
48	16.4h	NWI	16.64	F	---	Sarah Culhane	53	20/01/2018	Northern Zone Week 3
49	17.27	+0.2		F	---	Zara Perry	12	14/03/2018	2018 Australian Junior Athletics Championship
50	17.33	+1.1		F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
51	17.1h	NWI	17.34	F	---	Rose Moore	52	24/02/2018	Northern Zone Week 7
52	17.72	-3.1		F	---	Mali Lovell	13	9/02/2018	NSW Junior Athletics Championships 2018
53	17.6h	NWI	17.84	F	---	Deborah Drennan	59	20/01/2018	Northern Zone Week 3
54	18.34	+1.1		F	---	Antoinette Woodward	61	3/03/2018	NSW Masters Championships
55	19.76	+1.1		F	---	Nancy Lloyd	64	3/03/2018	NSW Masters Championships
56	20.14	+1.1		F	---	Kathleen Cook	80	3/03/2018	NSW Masters Championships
57	20.1h	NWI	20.34	F	---	Jillian Senior	65	24/02/2018	Northern Zone Week 7
58	23.9h	NWI	24.14	F	---	Dorothy Kass	64	21/04/2018	Northern Zone 13
59	25.2h	NWI	25.44	F	---	Ann Swinbourne	60	20/01/2018	Northern Zone Week 3

#### Female 150m Sprint

1	19.82	NWI	F	---	Alice Dixon	14	27/01/2018	2018 Grass Games
2	20.25	NWI	F	---	Monique Perry	43	27/01/2018	2018 Grass Games
3	20.81	NWI	F	---	Gabriella Taylor	12	27/01/2018	2018 Grass Games
4	21.34	NWI	F	---	Georgia Healy	14	27/01/2018	2018 Grass Games
5	21.43	NWI	F	---	Yael Reed	35	27/01/2018	2018 Grass Games
6	28.09	NWI	F	---	Emily Davis	10	27/01/2018	2018 Grass Games

#### Female 200m Sprint

1	24.03	+0.6	F	---	Kristie Edwards	17	8/12/2017	2017 Australian All Schools Championships	
2	24.23	+2.7	F	---	Gabriella O'Grady	20	23/07/2017	ANSW Winter Track & Field Series	
3	24.73	+0.6	F	---	Alice Dixon	14	14/03/2018	2018 Australian Junior Athletics Championship	
4	24.78	-0.6	P	---	Jasmine Everett	26	15/02/2018	Australian Athletics Championships 2018	
5	24.87	+3.1	F	---	Olivia Cason	20	6/01/2018	Treloar Shield Round 7	
6	25.05	+2.6	P	---	Abigail Stevanovic	15	26/01/2018	AACT Track and Field Championships 2018	
7	25.13	+1.3	P	---	Stephanie Potter	16	14/03/2018	2018 Australian Junior Athletics Championship	
8	25.46	+0.1	F	---	Greta Andrews	14	9/02/2018	NSW Junior Athletics Championships 2018	
9	25.49	+1.0	F	---	Nicolette Donofrio	15	23/09/2017	All-comers 23 September 2017	
10	25.55	-0.7	P	---	Samantha Geddes	20	25/09/2017	Australian University Games 2017	
11 *	25.64	+0.1	F	---	Morgan Kelaheer	14	9/02/2018	NSW Junior Athletics Championships 2018	
11 *	25.64	+0.4	F	---	Carley Thomas	16	18/11/2017	All-comers 18 November 2017	
13	25.65	+3.4	F	---	Susie Douglas	17	10/03/2018	All-comers 10 March 2018	
14	25.5h	+3.4	25.74	F	---	Dominica Jenkins	28	17/02/2018	All-comers 17 February 2018
15	25.77	+3.0	F	---	Nicola Bowtell	19	10/03/2018	All-comers 10 March 2018	
16	26.00	+1.7	F	---	Steph Zervos	23	21/10/2017	Treloar Shield Round 2	
17	26.07	+0.2	P	---	Olivia Rose Inkster	13	14/03/2018	2018 Australian Junior Athletics Championship	
18	26.09	+0.7	P	---	Emma Hunt	25	26/01/2018	AACT Track and Field Championships 2018	
19	26.12	+1.5	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships	
20	26.23	+1.1	F	---	Monique Perry	43	23/12/2017	Albie Thomas + Bankstown All-Comers	
21	26.26	+2.6	F	---	Latisha Touma	25	2/12/2017	2017 NSW Club and Combined Championships	
22	26.39	+0.0	F	---	Kylie Strong	50	24/03/2018	All-comers 24 March 2018	
23	26.41	+0.0	P	---	Elana Withnall	24	25/09/2017	Australian University Games 2017	
24	26.48	+0.0	F	---	Cayla Phillips	12	12/10/2017	2017 2XU NSW All Schools Championships	
25	26.61	-0.3	F	---	Gabriella Taylor	12	10/03/2018	All-comers 10 March 2018	
26	26.68	-0.2	F	---	Ruby Ritchie	20	2/12/2017	2017 NSW Club and Combined Championships	
27	26.81	+3.4	F	---	Emma Hislop	24	10/03/2018	All-comers 10 March 2018	
28	26.83	+3.4	F	---	Amy Bonthorne	15	11/11/2017	Treloar Shield Round 4	
29	26.86	+3.1	F	---	Georgia Fichardt	13	2/12/2017	2017 NSW Club and Combined Championships	
30	26.90	+0.2	P	---	Sienna Bond	13	14/03/2018	2018 Australian Junior Athletics Championship	
31	26.92	-2.3	F	---	Yael Reed	35	3/03/2018	NSW Masters Championships	
32	27.02	+1.5	F	---	Sarah Healey	18	2/12/2017	2017 NSW Club and Combined Championships	
33	27.09	-0.5	F	---	Edita Grinbergs	16	10/06/2017	NSW Pre Departure Meet	
34	27.23	+1.8	F	---	Brooke East	17	2/12/2017	2017 NSW Club and Combined Championships	
35	27.43	+1.1	F	---	Sofia Saroukos	13	16/12/2017	Treloar Shield Round 6	
36	27.58	+1.6	F	---	Jacqualine Bezuidenhout	51	17/02/2018	All-comers 17 February 2018	
37	27.70	-0.3	F	---	Kara Selvarajah	14	10/03/2018	All-comers 10 March 2018	
38	27.71	-1.4	F	---	Gabriella Richmond	15	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
39	27.91	+1.0	F	---	Lara Williams	11	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
40	27.98	+1.7	F	---	Alissa Jordaan	14	9/02/2018	NSW Junior Athletics Championships 2018	
41	28.08	-1.8	F	---	Maya Challoner	15	21/10/2017	Treloar Shield Round 2	
42	28.13	+0.8	F	---	Natalie Sawyer	15	16/12/2017	Treloar Shield Round 6	
43	28.25	-1.0	P	---	Sascha Gassmann	16	9/02/2018	NSW Junior Athletics Championships 2018	
44 *	28.26	+2.0	F	---	Tamara Kowcz Rosinke	16	2/12/2017	2017 NSW Club and Combined Championships	
44 *	28.26	-1.5	P	---	Kiera Simula	16	12/10/2017	2017 2XU NSW All Schools Championships	

46	28.53	-1.7	P	---	Lara Woollett	15	9/02/2018	NSW Junior Athletics Championships 2018	
47 *	28.65	+3.3	F	---	Edie Burke	13	10/03/2018	All-comers 10 March 2018	
47 *	28.65	-0.8	F	---	Sally Priest	12	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
49	28.77	+1.4	F	---	Alice Bohdan	45	23/09/2017	All-comers 23 September 2017	
50	29.30	+0.6	F	---	Inge Ackland	12	16/12/2017	Treloar Shield Round 6	
51	29.76	-1.4	P	---	Tanisha Ivanoff	14	12/10/2017	2017 2XU NSW All Schools Championships	
52	30.59	+0.1	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017	
53	30.68	+1.6	F	---	Maria Cimino	46	25/11/2017	Treloar Shield Round 5	
54	30.78	-2.4	F	---	Abby Lander	15	21/10/2017	Treloar Shield Round 2	
55	32.24	+0.4	F	---	Stephanie Markos	51	25/11/2017	Treloar Shield Round 5	
56	32.38	+0.0	F	---	Bronwyn Kelaheer	52	3/03/2018	NSW Masters Championships	
57	32.51	+0.6	F	---	Jenny Schell	55	24/03/2018	All-comers 24 March 2018	
58	32.59	-0.8	F	---	Joanna Davis	41	24/02/2018	All-Comers & Invitational 24 February 2018	
59	33.05	+1.1	F	---	Deborah Drennan	59	11/11/2017	Treloar Shield Round 4	
60	33.51	+0.0	F	---	Mali Lovell	13	14/03/2018	2018 Australian Junior Athletics Championship	
61	34.50	+0.7	F	---	Emily Davis	10	25/11/2017	Treloar Shield Round 5	
62	34.93	NWI	F	---	Janet Naylor	51	6/01/2018	Dubbo New Year Athletics Carnival	
63	39.8h	NWI	40.04	F	---	Antoinette Woodward	61	10/03/2018	Northern Zone Week 8
64	42.2h	NWI	42.44	F	---	Carmel Parker	52	24/03/2018	Northern Zone Week 10
65	44.5h	NWI	44.74	F	---	Nancy Lloyd	64	10/03/2018	Northern Zone Week 8

#### Female 300m Sprint

1	41.36	F	---	Gemma Bratton	14	2/11/2017	Sydney Milers Club 2017
2	42.53	F	---	Dominica Jenkins	28	27/01/2018	2018 Grass Games
3	44.14	F	---	Gabriella Richmond	15	5/10/2017	Sydney Milers Club 2017
4	44.62	F	---	Emily Smith	13	27/01/2018	2018 Grass Games
5	45.62	F	---	Olivia Rose Inkster	12	27/01/2018	2018 Grass Games
6	46.17	F	---	Sally Priest	13	27/01/2018	2018 Grass Games
7	47.45	F	---	Tanisha Ivanoff	14	5/10/2017	Sydney Milers Club 2017
8	53.05	F	---	Joanna Davis	41	27/01/2018	2018 Grass Games
9	53.77	F	---	Deborah Drennan	59	27/01/2018	2018 Grass Games
10	56.99	F	---	Emily Davis	10	27/01/2018	2018 Grass Games
11	1:03.47	F	---	Margaret Thomas	61	27/01/2018	2018 Grass Games

#### Female 400m Sprint

1	53.35		F	---	Gabriella O'Grady	21	15/02/2018	Australian Athletics Championships 2018
2	53.95		F	---	Carley Thomas	17	9/02/2018	NSW Junior Athletics Championships 2018
3	55.53		F	---	Olivia Cason	20	2/02/2018	NSW Open, U23 and Para Athletics Championship
4	56.49		P	---	Nicola Bowtell	19	14/03/2018	2018 Australian Junior Athletics Championship
5	56.74		F	---	Dominica Jenkins	28	2/02/2018	NSW Open, U23 and Para Athletics Championship
6	57.12		F	---	Edita Grinbergs	16	9/02/2018	NSW Junior Athletics Championships 2018
7	57.90		F	---	Sally Guthrie	15	2/12/2017	2017 NSW Club and Combined Championships
8	58.31		P	---	Gemma Bratton	15	14/03/2018	2018 Australian Junior Athletics Championship
9	58.45		P	---	Samantha Guthrie	14	14/03/2018	2018 Australian Junior Athletics Championship
10	59.06		F	---	Emma Hunt	25	24/02/2018	All-Comers & Invitational 24 February 2018
11	1:00.07		F	---	Latisha Touma	25	6/01/2018	Treloar Shield Round 7
12	1:00.12		F	---	Susie Douglas	16	7/10/2017	Treloar Shield Round 1
13	1:00.44		F	---	Lara Williams	12	9/02/2018	NSW Junior Athletics Championships 2018
14	1:00.72		F	---	Emma Hislop	24	24/02/2018	All-Comers & Invitational 24 February 2018
15	1:00.86		P	---	Greta Andrews	13	12/10/2017	2017 2XU NSW All Schools Championships
16	1:01.01		P	---	Gabriella Richmond	15	12/10/2017	2017 2XU NSW All Schools Championships
17	1:01.71		P	---	Cayla Phillips	13	14/03/2018	2018 Australian Junior Athletics Championship
18	1:02.13		P	---	Sally Priest	13	12/10/2017	2017 2XU NSW All Schools Championships
19	1:03.04		F	---	Brooke East	16	12/10/2017	2017 2XU NSW All Schools Championships
20	1:03.34		F	---	Yael Reed	34	2/12/2017	2017 NSW Club and Combined Championships
21	1:03.49		F	---	Sofia Saroukos	13	16/12/2017	Treloar Shield Round 6
22	1:03.98		F	---	Alissa Jordaan	14	14/03/2018	2018 Australian Junior Athletics Championship
23	1:05.85		F	---	Olivia Rose Inkster	12	6/01/2018	Treloar Shield Round 7
24	1:05.94		F	---	Kylie Strong	50	28/10/2017	Treloar Shield Round 3
25	1:06.07		P	---	Abigail Johnstone	15	12/10/2017	2017 2XU NSW All Schools Championships
26	1:06.12		F	---	Abby Lander	15	2/12/2017	2017 NSW Club and Combined Championships
27	1:06.15		F	---	Monique Perry	43	3/03/2018	NSW Masters Championships
28	1:07.59		F	---	Morgan Kelaheer	14	28/10/2017	Treloar Shield Round 3
29	1:07.63		F	---	Jacqualine Bezuidenhout	50	7/10/2017	Treloar Shield Round 1
30	1:14.20		F	---	Deborah Drennan	59	3/03/2018	NSW Masters Championships
31	1:14.28		F	---	Isabella Christou	10	10/06/2017	NSW Pre Departure Meet
32	1:17.4h	1:17.54	F	---	Emily Davis	10	10/02/2018	Northern Zone Week 5
33	1:20.32		F	---	Mali Lovell	13	14/03/2018	2018 Australian Junior Athletics Championship
34	1:20.5h	1:20.64	F	---	Joanna Davis	41	20/01/2018	Northern Zone Week 3
35	1:21.16		F	---	Nicola Christou	11	10/06/2017	NSW Pre Departure Meet
36	1:25.98		F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
37	1:32.79		F	---	Bronwyn Kelaheer	52	28/10/2017	Treloar Shield Round 3
38	1:46.94		F	---	Melissa Baulman	34	3/03/2018	NSW Masters Championships
39	2:06.6h	2:06.74	F	---	Dorothy Kass	64	21/04/2018	Northern Zone 13

#### Female 400m Sprint Eliminator

1	1:28.24	F	---	Deborah Drennan	59	27/01/2018	2018 Grass Games
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## Female 600m Sprint

1	2:05.24	F	---	Deborah Drennan	59	27/01/2018	2018 Grass Games
2	2:06.27	F	---	Emily Davis	10	27/01/2018	2018 Grass Games
3	2:12.47	F	---	Joanna Davis	41	27/01/2018	2018 Grass Games
4	2:23.00	F	---	Margaret Thomas	61	27/01/2018	2018 Grass Games

## Female 800m Run

1	2:03.66	F	---	Carley Thomas	16	19/12/2017	2017/18 Vic Milers
2	2:07.68	F	---	Sarah McDermott	17	8/12/2017	2017 Australian All Schools Championships
3	2:08.24	F	---	Isabella Thornton-Bott	19	10/03/2018	All-comers 10 March 2018
4	2:09.08	F	---	Imogen Gardiner	15	8/12/2017	2017 Australian All Schools Championships
5	2:10.48	P	---	Bianca Grimaldi	21	15/02/2018	Australian Athletics Championships 2018
6	2:12.62	P	---	Elese Gallen	23	2/02/2018	NSW Open, U23 and Para Athletics Championship
7	2:13.11	F	---	Ali Thomson	18	10/03/2018	All-comers 10 March 2018
8	2:13.97	F	---	Edita Grinbergs	16	9/02/2018	NSW Junior Athletics Championships 2018
9	2:15.72	F	---	Sally Guthrie	16	9/02/2018	NSW Junior Athletics Championships 2018
10	2:17.21	F	---	Lara Williams	12	14/03/2018	2018 Australian Junior Athletics Championship
11	2:25.68	F	---	Abigail Johnstone	15	10/03/2018	All-comers 10 March 2018
12	2:28.47	F	---	Georgia Morgan	11	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
13	2:30.52	F	---	Claudia White	21	10/03/2018	All-comers 10 March 2018
14	2:31.08	F	---	Sascha Gassmann	16	12/10/2017	2017 2XU NSW All Schools Championships
15	2:34.3h	2:34.30	F	Sally Priest	13	13/01/2018	Northern Zone Week 2
16	2:36.99	F	---	Tamara Kowcz Rosinke	16	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
17	2:37.29	P	---	Samantha Guthrie	14	12/10/2017	2017 2XU NSW All Schools Championships
18	2:38.24	F	---	Holly Eva Ratajecz	23	23/11/2017	Sydney Milers Club 2017
19	2:38.89	F	---	Nicola Bowtell	18	23/07/2017	ANSW Winter Track & Field Series
20	2:40.78	F	---	Isabella Christou	11	10/03/2018	All-comers 10 March 2018
21	2:40.81	F	---	Abby Lander	15	23/09/2017	All-comers 23 September 2017
22	2:41.25	F	---	Georgia Healy	14	2/12/2017	2017 NSW Club and Combined Championships
23	2:44.23	F	---	Emily Davis	10	24/02/2018	All-Comers & Invitational 24 February 2018
24	2:44.6h	2:44.60	F	Molly Quoyne	17	3/02/2018	Northern Zone Week 4
25	2:46.00	F	---	Deborah Drennan	59	11/11/2017	Treloar Shield Round 4
26	2:48.75	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
27	2:52.35	F	---	Nicola Christou	11	9/02/2018	NSW Junior Athletics Championships 2018
28	3:07.09	F	---	Mali Lovell	13	14/03/2018	2018 Australian Junior Athletics Championship
29	3:12.4h	3:12.40	F	Joanna Davis	41	13/01/2018	Northern Zone Week 2
30	3:13.49	F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
31	3:17.87	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
32	4:06.8h	4:06.80	F	Carmel Parker	52	24/03/2018	Northern Zone Week 10
33	4:22.2h	4:22.20	F	Nancy Lloyd	64	24/03/2018	Northern Zone Week 10
34	5:08.6h	5:08.60	F	Dorothy Kass	64	24/03/2018	Northern Zone Week 10

## Female 1500m Run

1	4:19.44	F	---	Elese Gallen	23	2/02/2018	NSW Open, U23 and Para Athletics Championship
2	4:21.87	F	---	Sarah McDermott	17	14/03/2018	2018 Australian Junior Athletics Championship
3	4:23.97	F	---	Abbey Rockliff	16	23/11/2017	Sydney Milers Club 2017
4	4:28.16	F	---	Imogen Gardiner	15	8/12/2017	2017 Australian All Schools Championships
5	4:33.48	F	---	Isabella Thornton-Bott	19	20/01/2018	Hunter Track Classic 2018
6	4:44.16	P	---	Bianca Grimaldi	21	2/02/2018	NSW Open, U23 and Para Athletics Championship
7	4:44.42	F	---	Emma Mahon	14	23/12/2017	Albie Thomas + Bankstown All-Comers
8	4:51.52	F	---	Hannah Cerezo	14	9/02/2018	NSW Junior Athletics Championships 2018
9	4:56.46	F	---	Rosie Fordham	15	9/02/2018	NSW Junior Athletics Championships 2018
10	5:00.66	F	---	Eloise Doherty	18	9/02/2018	NSW Junior Athletics Championships 2018
11	5:15.09	P	---	Claudia White	21	2/02/2018	NSW Open, U23 and Para Athletics Championship
12	5:21.44	F	---	Isabella Christou	10	9/02/2018	NSW Junior Athletics Championships 2018
13	5:27.74	F	---	Nicola Christou	11	23/12/2017	Albie Thomas + Bankstown All-Comers
14	5:28.18	F	---	Abby Lander	15	2/12/2017	2017 NSW Club and Combined Championships
15	5:40.3h	5:40.30	F	Emily Davis	10	21/04/2018	Northern Zone 13
16	5:46.26	F	---	Deborah Drennan	59	2/12/2017	2017 NSW Club and Combined Championships
17	6:13.3h	6:13.30	F	Joanna Davis	41	21/04/2018	Northern Zone 13
18	6:50.77	F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
19	8:29.4h	8:29.40	F	Ann Swinbourne	60	20/01/2018	Northern Zone Week 3
20	8:53.4h	8:53.40	F	Nancy Lloyd	64	20/01/2018	Northern Zone Week 3
21	9:35.0h	9:35.00	F	Dorothy Kass	64	21/04/2018	Northern Zone 13

## Female 3000m Run

1	9:24.23	3:08.08	F	---	Abbey Rockliff	16	11/11/2017	Treloar Shield Round 4
2	9:27.02	3:09.01	F	---	Sarah McDermott	17	11/11/2017	Treloar Shield Round 4
3	9:28.26	3:09.42	F	---	Elese Gallen	23	11/11/2017	Treloar Shield Round 4
4	9:50.25	3:16.75	F	---	Isabella Thornton-Bott	20	17/03/2018	Sydney Grand Prix
5	10:16.47	3:25.49	F	---	Emma Mahon	14	9/02/2018	NSW Junior Athletics Championships 2018
6	10:22.27	3:27.42	F	---	Hannah Cerezo	14	9/02/2018	NSW Junior Athletics Championships 2018
7	10:27.80	3:29.27	F	---	Rosie Fordham	15	12/10/2017	2017 2XU NSW All Schools Championships
8	11:20.55	3:46.85	F	---	Nicola Christou	11	9/02/2018	NSW Junior Athletics Championships 2018
9	11:39.56	3:53.19	F	---	Samantha Guthrie	14	21/10/2017	Treloar Shield Round 2
10	11:43.88	3:54.63	F	---	Chloe Skewes-Weir	18	2/02/2018	NSW Open, U23 and Para Athletics Championship
11	11:45.73	3:55.24	F	---	Madeleine Huyskens	13	9/02/2018	NSW Junior Athletics Championships 2018

12	11:49.97	3:56.66	F	---	Isabella Christou	10	9/02/2018	NSW Junior Athletics Championships 2018
13	12:06.59	4:02.20	F	---	Claudia White	21	11/11/2017	Treloar Shield Round 4
14	13:41.9h	4:33.97	F	---	Deborah Drennan	59	3/02/2018	Northern Zone Week 4
15	17:23.0h	5:47.67	F	---	Ann Swinbourne	60	3/02/2018	Northern Zone Week 4
16	18:55.2h	6:18.40	F	---	Nancy Lloyd	64	10/03/2018	Northern Zone Week 8
17	19:42.8h	6:34.27	F	---	Carmel Parker	52	24/03/2018	Northern Zone Week 10
<b>Female 3200m Run</b>								
1	13:00.03	4:03.76	F	---	Chloe Skewes-Weir	18	27/01/2018	2018 Grass Games
<b>Female 5000m Run</b>								
1	16:54.51	3:22.90	F	---	Elese Gallen	23	2/12/2017	2017 NSW Club and Combined Championships
2	25:53.53	5:10.71	F	---	Margaret Thomas	61	9/06/2017	Australian Masters Championships 2017
<b>Female 10000m Run</b>								
1	43:59.42	4:23.94	F	---	Chloe Skewes-Weir	18	13/01/2018	Newcastle All-comers and 10000m Championships
<b>Female 1500m Walk</b>								
1	8:49.1h	8:49.10	F	---	Ainslie Brown	15	10/03/2018	Northern Zone Week 8
2	9:41.6h	9:41.60	F	---	Carmel Parker	52	17/02/2018	Northern Zone Week 6
3	10:32.9h	10:32.90	F	---	Antoinette Woodward	61	10/03/2018	Northern Zone Week 8
4	10:44.94		F	---	Suzanne Brown	52	11/11/2017	Treloar Shield Round 4
5	10:46.9h	10:46.90	F	---	Nancy Lloyd	64	24/03/2018	Northern Zone Week 10
6	11:16.7h	11:16.70	F	---	Stephanie Brown	52	10/03/2018	Northern Zone Week 8
7	12:42.6h	12:42.60	F	---	Dorothy Kass	64	24/03/2018	Northern Zone Week 10
8	13:27.5h	13:27.50	F	---	Roslyn Wolfers	72	10/03/2018	Northern Zone Week 8
<b>Female 2000m Walk</b>								
1	10:30.56		F	---	Elise Brennan	15	24/02/2018	All-Comers & Invitational 24 February 2018
<b>Female 3000m Walk</b>								
1	20:16.40		F	---	Carmel Parker	52	2/12/2017	2017 NSW Club and Combined Championships
2	22:44.26		F	---	Suzanne Brown	52	11/11/2017	Treloar Shield Round 4
3	22:47.0h	22:47.00	F	---	Nancy Lloyd	64	17/03/2018	Northern Zone Week 9
<b>Female 5000m Walk</b>								
1	29:32.00		F	---	Elise Brennan	15	9/02/2018	NSW Junior Athletics Championships 2018
2	38:52.60		F	---	Suzanne Brown	51	9/06/2017	Australian Masters Championships 2017
<b>Female 80m Hurdles 0.762m</b>								
1	12.66	+1.3	F	---	Alice Bohdan	45	24/03/2018	All-comers 24 March 2018
2	12.87	+1.1	F	---	Sienna Bond	13	14/03/2018	2018 Australian Junior Athletics Championship
3	13.08	+1.0	F	---	Georgia Fichardt	13	12/10/2017	2017 2XU NSW All Schools Championships
4	15.67	-0.3	P	---	Alexandra Dransfield	12	12/10/2017	2017 2XU NSW All Schools Championships
5	17.79	-0.5	F	---	Janet Naylor	51	9/06/2017	Australian Masters Championships 2017
<b>Female 90m Hurdles 0.762m</b>								
1	12.67	-0.1	P	---	Nicolette Donofrio	15	8/12/2017	2017 Australian All Schools Championships
2	13.34	+0.4	F	---	Annika Lynch	13	12/10/2017	2017 2XU NSW All Schools Championships
3	13.36	+0.6	P	---	Georgia Healy	14	14/03/2018	2018 Australian Junior Athletics Championship
4	13.50	+0.6	P	---	Jessica Maciver	14	14/03/2018	2018 Australian Junior Athletics Championship
5	13.91	-0.6	F	---	Georgia Fichardt	13	9/02/2018	NSW Junior Athletics Championships 2018
6	14.14	+0.4	F	---	Tanisha Ivanoff	14	12/10/2017	2017 2XU NSW All Schools Championships
7	14.88	-0.9	F	---	Isabel McCarthy	15	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
<b>Female 100m Hurdles 0.762m</b>								
1	14.05	+0.0	P	---	Abigail Stevanovic	16	14/03/2018	2018 Australian Junior Athletics Championship
2	14.53	-0.8	F	---	Nicolette Donofrio	15	14/03/2018	2018 Australian Junior Athletics Championship
3	15.15	-0.5	P	---	Susie Douglas	17	14/03/2018	2018 Australian Junior Athletics Championship
4	16.18	+1.4	F	---	Gabriella Richmond	16	25/11/2017	Treloar Shield Round 5
5	16.93	+4.3	M	---	Tamara Kowcz Rosinke	16	13/01/2018	2017-18 AACT Combined Events Championships
6	17.07	+0.4	P	---	Mallory Bassett	17	12/10/2017	2017 2XU NSW All Schools Championships
<b>Female 100m Hurdles 0.840m</b>								
1	14.80	+0.2	P	---	Carla Takchi	19	25/09/2017	Australian University Games 2017
2	18.30	-3.5	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
<b>Female 200m Hurdles 0.762m</b>								
1	27.46	+1.6	F	---	Abigail Stevanovic	15	12/10/2017	2017 2XU NSW All Schools Championships
2	28.93	+1.4	F	---	Annika Lynch	14	14/03/2018	2018 Australian Junior Athletics Championship
3	29.75	+1.4	F	---	Georgia Healy	14	14/03/2018	2018 Australian Junior Athletics Championship
4	29.97	+0.0	P	---	Georgia Fichardt	14	14/03/2018	2018 Australian Junior Athletics Championship
5	31.23	+0.3	P	---	Tanisha Ivanoff	14	12/10/2017	2017 2XU NSW All Schools Championships
6	32.25	-2.9	F	---	Jessica Maciver	14	9/02/2018	NSW Junior Athletics Championships 2018
7	32.94	+0.0	F	---	Emily Smith	13	6/01/2018	Treloar Shield Round 7
8	33.87	+1.2	F	---	Alice Bohdan	44	7/05/2017	AACT 2017 High Noon Series #1
<b>Female 300m Hurdles 0.762m</b>								
1	50.34		F	---	Jacqueline Bezuidenhout	51	26/04/2018	Australian Masters Athletics Championships
2	1:13.38		F	---	Janet Naylor	51	9/06/2017	Australian Masters Championships 2017
<b>Female 400m Hurdles 0.762m</b>								
1	1:02.14		F	---	Susie Douglas	17	14/03/2018	2018 Australian Junior Athletics Championship
2	1:02.52		F	---	Elana Withnall	24	25/09/2017	Australian University Games 2017
3	1:06.62		F	---	Gabriella Richmond	15	12/10/2017	2017 2XU NSW All Schools Championships
4	1:08.78		F	---	Sascha Gassmann	16	12/10/2017	2017 2XU NSW All Schools Championships

**Female High Jump**

1	1.68m	F	---	Annika Lynch	14	9/02/2018	NSW Junior Athletics Championships 2018
2 *	1.55m	F	---	Lily Worrall	15	4/11/2017	2017 NSW State Relay Championships
2 *	1.55m	F	---	Melissa Fitzsimmons	18	4/11/2017	2017 NSW State Relay Championships
2 *	1.55m	F	---	Brooke Laurie	15	25/11/2017	Treloar Shield Round 5
5 *	1.50m	F	---	Annabelle Parmegiani	19	25/09/2017	Australian University Games 2017
5 *	1.50m	F	---	Emily Smith	13	6/01/2018	Treloar Shield Round 7
7	1.47m	M	---	Tamara Kowcz Rosinke	16	13/01/2018	2017-18 AACT Combined Events Championships
8 *	1.45m	F	---	Cayla Phillips	12	12/10/2017	2017 2XU NSW All Schools Championships
8 *	1.45m	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
8 *	1.45m	F	---	Georgia Healy	14	4/11/2017	2017 NSW State Relay Championships
8 *	1.45m	F	---	Anna Chandler	15	4/11/2017	2017 NSW State Relay Championships
12	1.40m	F	---	Alice Bohdan	45	28/10/2017	Treloar Shield Round 3
13	1.37m	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
14 *	1.35m	F	---	Jacqueline Bezuidenhout	51	28/10/2017	Treloar Shield Round 3
14 *	1.35m	F	---	Carla Takchi	20	4/11/2017	2017 NSW State Relay Championships

**Female High Jump Scissors**

1	1.40m	F	---	Georgia Healy	14	27/01/2018	2018 Grass Games
2	1.25m	F	---	Alice Bohdan	45	27/01/2018	2018 Grass Games
3	1.20m	F	---	Pam Fijan	42	27/01/2018	2018 Grass Games

**Female Pole Vault**

1	2.30m	F	---	Lily Worrall	15	10/03/2018	All-comers 10 March 2018
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**Female Long Jump**

1	5.52m	+0.1	F	---	Melissa Fitzsimmons	18	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
2	5.19m	+0.7	F	---	Tamara Kowcz Rosinke	16	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
3	5.17m	+1.8	F	---	Sienna Bond	13	14/03/2018	2018 Australian Junior Athletics Championship
4 *	5.16m	+3.3	F	---	Elana Withnall	24	4/11/2017	2017 NSW State Relay Championships
4 *	5.16m	+1.4	F	---	Kristie Edwards	17	10/06/2017	NSW Pre Departure Meet
4 *	5.16m	+0.8	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
7	5.11m	+0.6	F	---	Georgia Healy	14	2/12/2017	2017 NSW Club and Combined Championships
8	5.09m	NWI	F	---	Annika Lynch	13	4/11/2017	2017 NSW State Relay Championships
9	5.00m	+2.2	F	---	Carla Takchi	20	4/11/2017	2017 NSW State Relay Championships
10	4.97m	+2.5	F	---	Cayla Phillips	12	12/10/2017	2017 2XU NSW All Schools Championships
11	4.93m	+0.2	F	---	Lara Halmarick	15	12/10/2017	2017 2XU NSW All Schools Championships
12	4.90m	NWI	F	---	Alice Bohdan	44	9/06/2017	Australian Masters Championships 2017
13	4.81m	+1.1	F	---	Brooke Laurie	15	11/11/2017	Treloar Shield Round 4
14	4.73m	+1.8	F	---	Gabriella Taylor	12	24/02/2018	All-Comers & Invitational 24 February 2018
15	4.68m	+0.9	F	---	Annabelle Parmegiani	20	2/12/2017	2017 NSW Club and Combined Championships
16	4.67m	+1.3	F	---	Alissa Jordaan	14	14/03/2018	2018 Australian Junior Athletics Championship
17	4.66m	NWI	F	---	Kylie Strong	50	9/06/2017	Australian Masters Championships 2017
18	4.65m	+1.4	F	---	Susie Douglas	16	12/10/2017	2017 2XU NSW All Schools Championships
19	4.62m	-1.7	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
20	4.57m	+0.6	F	---	Lily Worrall	15	4/11/2017	2017 NSW State Relay Championships
21	4.39m	+0.6	F	---	Maya Challoner	15	9/02/2018	NSW Junior Athletics Championships 2018
22	4.36m	+0.0	F	---	Jacqueline Bezuidenhout	51	3/03/2018	NSW Masters Championships
23	4.30m	NWI	F	---	Morgan Kelaher	14	4/11/2017	2017 NSW State Relay Championships
24	4.28m	NWI	F	---	Brooke East	17	4/11/2017	2017 NSW State Relay Championships
25	4.15m	+2.6	F	---	Kiera Simula	16	13/01/2018	Illawarra Track Challenge
26	4.03m	+3.2	F	---	Maria Cimino	46	21/10/2017	Treloar Shield Round 2
27	3.98m	NWI	F	---	Janet Naylor	51	6/01/2018	Dubbo New Year Athletics Carnival
28	3.83m	+2.0	F	---	Monique Perry	43	3/03/2018	NSW Masters Championships
29	3.52m		F	---	Sarah Culhane	53	20/01/2018	Northern Zone Week 3
30	3.33m	NWI	F	---	Imogen Gardiner	14	16/06/2017	Hunter Winter Hit Out
31	3.25m		F	---	Jenny Schell	55	17/03/2018	Northern Zone Week 9
32	3.21m		F	---	Jessica Culhane	14	20/01/2018	Northern Zone Week 3
33	2.95m	+0.4	F	---	Zara Perry	12	14/03/2018	2018 Australian Junior Athletics Championship
34	2.62m		F	---	Jillian Senior	65	20/01/2018	Northern Zone Week 3
35	2.58m	+0.0	F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships

**Female Long Jump Aggregate**

1 *	14.64m	NWI	F	---	Gemma Bratton	15	27/01/2018	2018 Grass Games
1 *	14.64m	NWI	F	---	Alice Bohdan	45	27/01/2018	2018 Grass Games
3	12.87m	NWI	F	---	Gabriella Taylor	12	27/01/2018	2018 Grass Games
4	12.85m	NWI	F	---	Monique Perry	43	27/01/2018	2018 Grass Games
5	12.28m	NWI	F	---	Pam Fijan	42	27/01/2018	2018 Grass Games
6	12.15m	NWI	F	---	Janet Naylor	51	27/01/2018	2018 Grass Games

**Female Triple Jump**

1	11.89m	+1.0	F	---	Annabelle Parmegiani	19	25/09/2017	Australian University Games 2017
2	11.74m	+2.6	F	---	Lily Worrall	15	14/03/2018	2018 Australian Junior Athletics Championship
3	11.60m	-0.6	F	---	Tamara Kowcz Rosinke	16	14/03/2018	2018 Australian Junior Athletics Championship
4	11.55m	-0.7	F	---	Annika Lynch	14	14/03/2018	2018 Australian Junior Athletics Championship
5	11.00m	+1.9	F	---	Lara Halmarick	15	12/10/2017	2017 2XU NSW All Schools Championships
6	10.41m		F	---	Alice Bohdan	45	17/02/2018	Northern Zone Week 6
7	10.32m	+0.4	F	---	Sienna Bond	13	14/03/2018	2018 Australian Junior Athletics Championship
8	10.31m	+0.6	F	---	Susie Douglas	16	12/10/2017	2017 2XU NSW All Schools Championships



9	9.87m	NWI	F	---	Stephanie Potter	15	12/10/2017	2017 2XU NSW All Schools Championships
10	9.09m	NWI	F	---	Kylie Strong	50	9/06/2017	Australian Masters Championships 2017
11	8.91m	-0.8	F	---	Morgan Kelaher	14	20/05/2017	ANSW Pre Departure - Campbelltown
12	8.44m	NWI	F	---	Maria Cimino	46	28/10/2017	Treloar Shield Round 3
13	7.99m		F	---	Sarah Culhane	53	24/03/2018	Northern Zone Week 10
14	6.40m	-0.6	F	---	Bronwyn Kelaher	52	3/03/2018	NSW Masters Championships

#### Female Shot Put 3kg

1	11.64m		F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
2	11.17m		F	---	Caroline Layt	52	3/03/2018	NSW Masters Championships
3	10.93m		F	---	Bronte Hodson	14	9/02/2018	NSW Junior Athletics Championships 2018
4	10.92m		F	---	Mallory Bassett	17	4/11/2017	2017 NSW State Relay Championships
5	10.74m		F	---	Hannah Morgan	14	4/11/2017	2017 NSW State Relay Championships
6	9.79m		F	---	Gemma Lapsley	16	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
7	9.72m		F	---	Isabel McCarthy	15	4/11/2017	2017 NSW State Relay Championships
8	9.58m		F	---	Samantha Hardingham	12	12/10/2017	2017 2XU NSW All Schools Championships
9	9.52m		F	---	Tamara Kowcz Rosinke	16	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
10	9.48m		F	---	Brooke East	17	4/11/2017	2017 NSW State Relay Championships
11	9.29m		F	---	Kylie Strong	50	4/11/2017	2017 NSW State Relay Championships
12	8.66m		F	---	Georgia Spanswick	12	12/10/2017	2017 2XU NSW All Schools Championships
13	8.54m		F	---	Rebecca Moore	14	17/02/2018	Northern Zone Week 6
14	8.29m		F	---	Cayla Phillips	13	9/02/2018	NSW Junior Athletics Championships 2018
15	7.93m		F	---	Georgia Healy	14	2/12/2017	2017 NSW Club and Combined Championships
16	7.81m		F	---	Rose Moore	52	24/02/2018	Northern Zone Week 7
17	7.45m		F	---	Sarah Culhane	53	7/04/2018	Northern Zone Week 11
18	6.99m		F	---	Janet Naylor	51	6/01/2018	Dubbo New Year Athletics Carnival
19	6.71m		F	---	Jenny Schell	55	17/03/2018	Northern Zone Week 9
20	6.68m		F	---	Jessica Culhane	14	20/01/2018	Northern Zone Week 3
21	5.97m		F	---	Jillian Senior	65	24/03/2018	Northern Zone Week 10
22	5.83m		F	---	Ann Swinbourne	60	20/01/2018	Northern Zone Week 3
23	5.38m		F	---	Zara Perry	12	14/03/2018	2018 Australian Junior Athletics Championship
24	5.35m		F	---	Roslyn Wolfers	72	20/01/2018	Northern Zone Week 3
25	4.03m		F	---	Dorothy Kass	64	21/04/2018	Northern Zone 13

#### Female Shot Put 4kg

1	10.34m		F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
2	9.55m		F	---	Elana Withnall	24	4/11/2017	2017 NSW State Relay Championships
3	9.23m		F	---	Alice Bohdan	45	20/01/2018	Northern Zone Week 3
4	8.75m		F	---	Maria Cimino	46	21/04/2018	Northern Zone 13
5	8.48m		F	---	Claudia Steiner	23	4/11/2017	2017 NSW State Relay Championships
6	8.33m		F	---	Rebecca Moore	14	3/02/2018	Northern Zone Week 4
7	7.80m		F	---	Beck Myers	44	4/11/2017	2017 NSW State Relay Championships
8	7.09m		F	---	Kiera Simula	16	13/01/2018	Illawarra Track Challenge
9	6.72m		F	---	Monique Perry	43	3/03/2018	NSW Masters Championships

#### Female Shot Put Overhead

1	13.49m		F	---	Alice Bohdan	45	27/01/2018	2018 Grass Games
2	11.18m		F	---	Monique Perry	43	27/01/2018	2018 Grass Games

#### Female Discus 0.750kg

1	27.36m		F	---	Amelia Sim	12	12/10/2017	2017 2XU NSW All Schools Championships
2	24.46m		F	---	Giuliana Panozzo	12	12/10/2017	2017 2XU NSW All Schools Championships
3	21.18m		F	---	Georgia Spanswick	12	12/10/2017	2017 2XU NSW All Schools Championships

#### Female Discus 1kg

1	41.55m		P	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
2	36.30m		F	---	Mallory Bassett	17	12/10/2017	2017 2XU NSW All Schools Championships
3	34.19m		F	---	Claudia Steiner	23	4/11/2017	2017 NSW State Relay Championships
4	34.01m		F	---	Hannah Morgan	14	4/11/2017	2017 NSW State Relay Championships
5	32.52m		F	---	Brooke East	16	12/10/2017	2017 2XU NSW All Schools Championships
6	32.29m		F	---	Bronte Hodson	14	9/02/2018	NSW Junior Athletics Championships 2018
7	30.09m		F	---	Isabel McCarthy	15	4/11/2017	2017 NSW State Relay Championships
8	28.46m		P	---	Nicola Bowtell	18	25/09/2017	Australian University Games 2017
9	28.12m		F	---	Edita Grinbergs	16	10/06/2017	NSW Pre Departure Meet
10	27.56m		F	---	Caroline Layt	52	3/03/2018	NSW Masters Championships
11	26.18m		F	---	Rebecca Moore	14	9/02/2018	NSW Junior Athletics Championships 2018
12	25.79m		F	---	Maria Cimino	46	3/02/2018	Northern Zone Week 4
13	23.20m		F	---	Alice Bohdan	45	25/11/2017	Treloar Shield Round 5
14	20.73m		F	---	Jenny Schell	55	10/03/2018	Northern Zone Week 8
15	19.57m		F	---	Sarah Culhane	53	24/03/2018	Northern Zone Week 10
16	15.35m		F	---	Rose Moore	52	17/02/2018	Northern Zone Week 6
17	15.16m		F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
18	13.87m		F	---	Zara Perry	12	14/03/2018	2018 Australian Junior Athletics Championship
19	13.55m		F	---	Jillian Senior	65	24/03/2018	Northern Zone Week 10
20	13.03m		F	---	Roslyn Wolfers	72	24/03/2018	Northern Zone Week 10

#### Female Hammer 3kg

1	42.69m		F	---	Caroline Layt	52	3/03/2018	NSW Masters Championships
2	40.00m		F	---	Gemma Lapsley	17	9/02/2018	NSW Junior Athletics Championships 2018
3	31.30m		F	---	Rebecca Moore	14	14/03/2018	2018 Australian Junior Athletics Championship

4	20.30m	F	---	Jillian Senior	65	21/04/2018	Northern Zone 13
5	18.83m	F	---	Jenny Schell	55	17/03/2018	Northern Zone Week 9
6	18.52m	F	---	Sarah Culhane	53	10/02/2018	Northern Zone Week 5
7	15.08m	F	---	Roslyn Wolfers	72	20/01/2018	Northern Zone Week 3
8	14.11m	F	---	Jessica Culhane	14	20/01/2018	Northern Zone Week 3
9	13.10m	F	---	Dorothy Kass	64	21/04/2018	Northern Zone 13
<b>Female Hammer 4kg</b>							
1	41.58m	F	---	Larissa O'Dea	21	28/10/2017	Thrower's Club Permit Meet
2	35.53m	M	---	Maria Cimino	46	7/04/2018	NSW Masters Throws Pentathlon Championships
3	23.36m	F	---	Melissa Baulman	34	3/03/2018	NSW Masters Championships
4	18.72m	F	---	Alice Bohdan	45	20/01/2018	Northern Zone Week 3
<b>Female Javelin 400g</b>							
1	29.81m	F	---	Elizabeth Hogg	16	7/10/2017	Treloar Shield Round 1
2	24.00m	F	---	Amelia Sim	12	12/10/2017	2017 2XU NSW All Schools Championships
3	21.90m	F	---	Georgia Spanswick	12	12/10/2017	2017 2XU NSW All Schools Championships
4	19.97m	F	---	Emily Bannister	13	12/10/2017	2017 2XU NSW All Schools Championships
<b>Female Javelin 500g</b>							
1	45.83m	F	---	Brooke East	16	12/10/2017	2017 2XU NSW All Schools Championships
2	33.24m	F	---	Ashlie Edwards	15	12/10/2017	2017 2XU NSW All Schools Championships
3	30.90m	M	---	Tamara Kowcz Rosinke	16	13/01/2018	2017-18 AACT Combined Events Championships
4	30.48m	F	---	Bronte Hodson	14	9/02/2018	NSW Junior Athletics Championships 2018
5	30.24m	F	---	Gemma Lapsley	17	9/02/2018	NSW Junior Athletics Championships 2018
6	29.74m	F	---	Elizabeth Hogg	16	12/10/2017	2017 2XU NSW All Schools Championships
7	24.49m	F	---	Lauren Brown	15	4/11/2017	2017 NSW State Relay Championships
8	23.70m	F	---	Jacqueline Bezuidenhout	50	9/06/2017	Australian Masters Championships 2017
9	21.10m	F	---	Hannah Morgan	14	12/10/2017	2017 2XU NSW All Schools Championships
10	18.62m	F	---	Sarah Culhane	53	10/02/2018	Northern Zone Week 5
11	18.46m	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
12	15.49m	F	---	Georgia Healy	14	2/12/2017	2017 NSW Club and Combined Championships
13	15.36m	F	---	Jessica Culhane	14	20/01/2018	Northern Zone Week 3
14	14.79m	F	---	Jenny Schell	55	17/03/2018	Northern Zone Week 9
15	14.46m	F	---	Margaret Thomas	61	3/03/2018	NSW Masters Championships
16	14.30m	F	---	Rose Moore	52	24/02/2018	Northern Zone Week 7
17	12.56m	F	---	Jillian Senior	65	20/01/2018	Northern Zone Week 3
18	11.78m	F	---	Roslyn Wolfers	72	20/01/2018	Northern Zone Week 3
<b>Female Javelin 600g</b>							
1	44.37m	F	---	Brooke East	17	14/03/2018	2018 Australian Junior Athletics Championship
2	31.69m	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017
3	30.11m	F	---	Annika Mountstephens	17	9/02/2018	NSW Junior Athletics Championships 2018
4	28.53m	F	---	Beck Myers	44	4/11/2017	2017 NSW State Relay Championships
5	28.13m	F	---	Alice Bohdan	45	25/11/2017	Treloar Shield Round 5
6	26.04m	F	---	Maria Cimino	46	23/09/2017	All-comers 23 September 2017
7	16.57m	F	---	Melissa Baulman	34	3/03/2018	NSW Masters Championships
<b>Female Wght Thr 100lb</b>							
1	1.70m	F	---	Maria Cimino	45	30/09/2017	22nd AMA Winter Throws Championships
<b>Female Wght Thr 11.34kg</b>							
1	8.19m	F	---	Maria Cimino	45	30/09/2017	22nd AMA Winter Throws Championships
<b>Female Wght Thr 15.88kg</b>							
1	5.85m	F	---	Maria Cimino	45	30/09/2017	22nd AMA Winter Throws Championships
<b>Female Wght Thr 3kg</b>							
1	12.51m	F	---	Jillian Senior	66	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Female Wght Thr 4kg</b>							
1	10.45m	F	---	Jillian Senior	66	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Female Wght Thr 5.45kg</b>							
1	14.58m	F	---	Maria Cimino	45	30/09/2017	22nd AMA Winter Throws Championships
2	8.89m	F	---	Jillian Senior	65	10/03/2018	Northern Zone Week 8
<b>Female Wght Thr 56lb</b>							
1	3.23m	F	---	Maria Cimino	45	30/09/2017	22nd AMA Winter Throws Championships
<b>Female Wght Thr 7.26kg</b>							
1	13.19m	F	---	Caroline Layt	52	3/03/2018	NSW Masters Championships
2	7.05m	F	---	Jenny Schell	55	10/03/2018	Northern Zone Week 8
3	6.91m	F	---	Sarah Culhane	53	3/02/2018	Northern Zone Week 4
4	6.59m	F	---	Jillian Senior	66	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Female Wght Thr 9.08kg</b>							
1	11.95m	F	---	Maria Cimino	46	14/04/2018	Northern Zone Week 12
2	6.73m	F	---	Melissa Baulman	34	3/03/2018	NSW Masters Championships
3	6.26m	F	---	Jillian Senior	66	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Female Heptathlon</b>							
1	3763	F	---	Tamara Kowcz Rosinke	16	13/01/2018	2017-18 AACT Combined Events Championships
2	4181	F	---	Jessica Maciver	14	2/12/2017	2017 NSW Club and Combined Championships
3	4012	F	---	Georgia Healy	14	2/12/2017	2017 NSW Club and Combined Championships
4	3247	F	---	Larissa O'Dea	20	25/09/2017	Australian University Games 2017

<b>Female Wght Pent</b>									
1	3012			F	---	Maria Cimino	46	7/04/2018	NSW Masters Throws Pentathlon Championships
<b>Female Wght Pent Heavy</b>									
1	2325			F	---	Jillian Senior	66	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Male 60m Sprint</b>									
1	6.8h	NWI	7.04	F	---	Elijah Williams	21	17/02/2018	Northern Zone Week 6
2	7.13	+0.0		F	---	Matthew Duttalis	17	18/11/2017	All-comers 18 November 2017
3	7.21	-1.2		F	---	Ashley McMahon	41	9/06/2017	Australian Masters Championships 2017
4	7.28	NWI		F	---	Paul Salem	20	21/10/2017	Treloar Shield Round 2
5	7.31	+0.7		F	---	Ryan Dowling	38	26/04/2018	Australian Masters Athletics Championships
6	7.37	+2.2		F	---	Nicholas Van Beek	17	18/11/2017	All-comers 18 November 2017
7	7.50	-2.1		F	---	Lewis Ehrlich	31	3/03/2018	NSW Masters Championships
8	7.4h	NWI	7.64	F	---	Joey Ryu	19	14/04/2018	Northern Zone Week 12
9	7.72	-4.0		F	---	Simon Cox	21	21/10/2017	Treloar Shield Round 2
10	7.73	+1.4		F	---	Michael Gedz	51	21/10/2017	Treloar Shield Round 2
11	7.74	+2.9		F	---	Sebastian Costa	17	18/11/2017	All-comers 18 November 2017
12 *	7.75	+3.1		F	---	Archie Saunders	13	18/11/2017	All-comers 18 November 2017
12 *	7.75	+1.6		F	---	Oliver Johnston	17	18/11/2017	All-comers 18 November 2017
14	7.77	+2.3		F	---	Michael Chan	17	18/11/2017	All-comers 18 November 2017
15	7.78	NWI		P	---	David Thebridge	41	27/01/2018	2018 Grass Games
16	7.79	+1.6		F	---	Cameron Fish	17	18/11/2017	All-comers 18 November 2017
17	7.83	+2.3		F	---	Samuel Johnston	17	18/11/2017	All-comers 18 November 2017
18	7.91	NWI		P	---	Nicholas Dowling	14	27/01/2018	2018 Grass Games
19	7.95	-1.2		F	---	Caerl Murray	41	9/06/2017	Australian Masters Championships 2017
20	7.8h	NWI	8.04	F	---	George Cover	17	17/02/2018	Northern Zone Week 6
21	8.04	NWI		F	---	Connor Dowling	16	16/06/2017	Hunter Winter Hit Out
22	8.13	-0.5		F	---	Tim Heyes	19	21/10/2017	Treloar Shield Round 2
23	8.29	-0.6		F	---	David Shearsby	61	26/04/2018	Australian Masters Athletics Championships
24	8.31	NWI		P	---	Paul Stinson	46	27/01/2018	2018 Grass Games
25	8.1h	NWI	8.34	F	---	Trevor Young	59	17/02/2018	Northern Zone Week 6
26	8.44	+2.9		F	---	Harrison Tate	15	18/11/2017	All-comers 18 November 2017
27	8.51	+2.9		F	---	William McLennan	17	18/11/2017	All-comers 18 November 2017
28	8.54	+2.2		F	---	Nils Gaha	17	18/11/2017	All-comers 18 November 2017
29	8.56	-2.5		F	---	Anthony Crimi	56	3/03/2018	NSW Masters Championships
30	8.58	+2.9		F	---	Junior Schmidt	16	18/11/2017	All-comers 18 November 2017
31	8.4h	NWI	8.64	F	---	Tim McGrath	55	17/02/2018	Northern Zone Week 6
32	8.5h	NWI	8.74	F	---	Ronald Ross	58	17/02/2018	Northern Zone Week 6
33	8.75	-1.9		F	---	Andrew Williams	46	21/10/2017	Treloar Shield Round 2
34	8.88	NWI		P	---	Julian Lee	12	27/01/2018	2018 Grass Games
35	8.91	+2.2		F	---	George Geddes	14	18/11/2017	All-comers 18 November 2017
36	8.97	-4.0		F	---	Adam Parsonage	51	3/03/2018	NSW Masters Championships
37	9.36	+3.1		F	---	Max Blackley	14	18/11/2017	All-comers 18 November 2017
38	9.51	-0.5		F	---	Zoran Novicic	57	21/10/2017	Treloar Shield Round 2
39	9.52	NWI		P	---	Martin Leerberg	14	27/01/2018	2018 Grass Games
40	9.56	-2.0		F	---	Nicholas Bastas	78	9/06/2017	Australian Masters Championships 2017
41	9.86	+1.4		F	---	Sam Holmes	09	18/11/2017	All-comers 18 November 2017
42	10.14	-1.5		F	---	Elijah McMahon	11	21/10/2017	Treloar Shield Round 2
43	10.15	+1.4		F	---	Max Holmes	12	18/11/2017	All-comers 18 November 2017
44	10.17	+1.1		F	---	Richard Hughes	85	21/10/2017	Treloar Shield Round 2
45	10.0h	NWI	10.24	F	---	David Donnelley	74	3/02/2018	Northern Zone Week 4
46 *	10.5h	NWI	10.74	F	---	Zion McMahon	08	17/02/2018	Northern Zone Week 6
46 *	10.5h	NWI	10.74	F	---	Hugh Colburn	71	13/01/2018	Northern Zone Week 2
48	10.7h	NWI	10.94	F	---	Leslie Gillies	70	13/01/2018	Northern Zone Week 2
49	11.12	+0.2		F	---	Michael Johnson	83	26/04/2018	Australian Masters Athletics Championships
50	11.17	-1.1		F	---	Doug Barrett	65	21/10/2017	Treloar Shield Round 2
51	12.8h	NWI	13.04	F	---	Ron Shoesmith	70	3/02/2018	Northern Zone Week 4
<b>Male 100m Sprint</b>									
1	10.78	+2.2		F	---	Elijah Williams	21	24/03/2018	All-comers 24 March 2018
2	10.96	+1.3		F	---	Alec Diamond	20	2/12/2017	2017 NSW Club and Combined Championships
3	11.08	+4.2		F	---	Ashley McMahon	41	7/05/2017	AACT 2017 High Noon Series #1
4	11.09	+0.8		F	---	Evan O'Hanlon	29	8/04/2018	XXI Commonwealth Games
5	11.11	+0.3		F	---	Jack Edwards	23	25/09/2017	Australian University Games 2017
6 *	11.15	+3.2		F	---	Ashlyn Ndlovu	20	2/02/2018	NSW Open, U23 and Para Athletics Championship
6 *	11.15	+1.0		F	---	Emmanuel Fakiye	20	23/12/2017	Albie Thomas + Bankstown All-Comers
8	11.18	+1.9		F	---	Benjamin Allen	20	28/10/2017	Treloar Shield Round 3
9 *	11.24	+1.4		F	---	Daniel White-Alikakos	25	25/11/2017	Treloar Shield Round 5
9 *	11.24	+0.4		P	---	Nicholas Van Beek	18	9/02/2018	NSW Junior Athletics Championships 2018
11	11.26	+4.2		F	---	Anthony Collum	21	25/09/2017	Australian University Games 2017
12 *	11.28	+1.9		F	---	Matthew Crowe	20	28/10/2017	Treloar Shield Round 3
12 *	11.28	+0.9		F	---	Ben Carter	18	24/02/2018	All-Comers & Invitational 24 February 2018
14	11.31	NWI		F	---	Ryan Dowling	38	10/02/2018	Northern Zone Week 5
15	11.34	+1.9		F	---	Matthew Duttalis	17	18/11/2017	All-comers 18 November 2017
16	11.38	+2.7		F	---	Daniel Nolan	23	23/07/2017	ANSW Winter Track & Field Series
17	11.49	+2.2		F	---	Corey Furminger	20	28/10/2017	Treloar Shield Round 3

18	11.50	-1.1		F	---	Louis Stenmark	19	20/05/2017	ANSW Pre Departure - Campbelltown
19	11.53	+1.7		F	---	Sebastien Lo Cascio	14	25/11/2017	Treloar Shield Round 5
20	11.57	+0.9		F	---	Simon Cox	21	24/02/2018	All-Comers & Invitational 24 February 2018
21	11.58	+1.2		F	---	Lewis Ehrlich	31	24/03/2018	All-comers 24 March 2018
22	11.61	+1.4		F	---	Beau Ingram	18	25/11/2017	Treloar Shield Round 5
23	11.69	+2.2		F	---	Hamish Weiss	19	28/10/2017	Treloar Shield Round 3
24	11.85	+2.0		F	---	Thomas Hunt	16	25/11/2017	Treloar Shield Round 5
25	11.90	+2.1		F	---	Clark Donovan	24	28/10/2017	Treloar Shield Round 3
26	11.93	+0.1		F	---	David Thebridge	41	16/12/2017	Treloar Shield Round 6
27	11.8h	NWI	12.04	F	---	Joey Ryu	19	7/04/2018	Northern Zone Week 11
28 *	12.12	+1.9		F	---	Michael Chan	17	18/11/2017	All-comers 18 November 2017
28 *	12.12	+0.1		F	---	Angus Bell	17	18/11/2017	All-comers 18 November 2017
28 *	12.12	+1.7		F	---	Oliver Johnston	17	18/11/2017	All-comers 18 November 2017
31	12.18	-0.2		F	---	Lachlan Albert	16	6/01/2018	Treloar Shield Round 7
32 *	12.19	+2.8		F	---	Michael Gedz	51	28/10/2017	Treloar Shield Round 3
32 *	12.19	+2.1		F	---	Archie Saunders	13	28/10/2017	Treloar Shield Round 3
34	12.21	-3.4		F	---	William Richardson	21	25/09/2017	Australian University Games 2017
35	12.22	-3.0		P	---	Clinton Mcewan	26	25/09/2017	Australian University Games 2017
36	12.0h	NWI	12.24	F	---	Nicholas Dowling	14	7/04/2018	Northern Zone Week 11
37	12.31	-0.3		P	---	Jason Ho	13	12/10/2017	2017 2XU NSW All Schools Championships
38 *	12.33	+2.1		F	---	Sebastian Costa	17	18/11/2017	All-comers 18 November 2017
38 *	12.33	+1.3		F	---	Samuel Johnston	17	18/11/2017	All-comers 18 November 2017
40	12.40	+0.1		F	---	Cameron Fish	17	18/11/2017	All-comers 18 November 2017
41 *	12.47	+2.8		F	---	Trevor Young	60	26/04/2018	Australian Masters Athletics Championships
41 *	12.47	-2.0		F	---	Ruvn Baddevithana	20	16/12/2017	Treloar Shield Round 6
43	12.3h	NWI	12.54	F	---	Oliver Hannan	16	20/01/2018	Northern Zone Week 3
44	12.58	+0.6		P	---	James Connor	25	14/03/2018	2018 Australian Junior Athletics Championship
45	12.63	+1.7		F	---	Dominic Easy	17	18/11/2017	All-comers 18 November 2017
46	12.67	+3.1		F	---	Caerl Murray	42	23/09/2017	All-comers 23 September 2017
47	12.70	+1.7		F	---	Cameron Short	16	18/11/2017	All-comers 18 November 2017
48	12.96	+2.8		F	---	David Shearsby	61	26/04/2018	Australian Masters Athletics Championships
49	12.99	-2.0		F	---	Ethan Quintana	13	9/02/2018	NSW Junior Athletics Championships 2018
50	13.13	-1.6		F	---	Aiden Jones	12	16/12/2017	Treloar Shield Round 6
51	13.15	-0.6		F	---	Antony Guest	52	7/10/2017	Treloar Shield Round 1
52	13.34	-2.9		P	---	Sebastian Doney	13	12/10/2017	2017 2XU NSW All Schools Championships
53 *	13.35	+0.1		F	---	Simon Beck	20	16/12/2017	Treloar Shield Round 6
53 *	13.35	+2.1		F	---	Nils Gaha	17	18/11/2017	All-comers 18 November 2017
55	13.40	+1.3		F	---	William McLennan	17	18/11/2017	All-comers 18 November 2017
56	13.41	+0.1		P	---	Tim McGrath	55	3/03/2018	NSW Masters Championships
57	13.46	+2.5		F	---	Victor Ramondetta	62	28/10/2017	Treloar Shield Round 3
58	13.57	+0.1		P	---	Ronald Ross	59	3/03/2018	NSW Masters Championships
59	13.4h	NWI	13.64	F	---	Jim Culhane	51	20/01/2018	Northern Zone Week 3
60	13.76	+2.8		F	---	Junior Schmidt	16	18/11/2017	All-comers 18 November 2017
61	13.6h	NWI	13.84	F	---	Adam Parsonage	50	20/01/2018	Northern Zone Week 3
62	14.24	+2.8		F	---	George Geddes	14	18/11/2017	All-comers 18 November 2017
63	14.37	-1.8		F	---	James Hunt	14	7/10/2017	Treloar Shield Round 1
64	15.18	+2.2		F	---	Max Blackley	14	18/11/2017	All-comers 18 November 2017
65	15.52	+1.0		F	---	Sam Holmes	10	10/03/2018	All-comers 10 March 2018
66	15.65	-0.7		F	---	Richard Hughes	85	23/07/2017	IBS Winter Track & Field Series 2
67	15.78	+1.2		F	---	Jackson Love	12	14/03/2018	2018 Australian Junior Athletics Championship
68	16.04	+1.0		F	---	Max Holmes	12	10/03/2018	All-comers 10 March 2018
69	16.0h	NWI	16.24	F	---	Nicholas Bastas	79	20/01/2018	Northern Zone Week 3
70	16.40	NWI		F	---	David Donnelley	74	10/02/2018	Northern Zone Week 5
71	16.50	+0.0		F	---	Elijah McMahon	11	20/05/2017	ANSW Pre Departure - Campbelltown
72	17.16	+1.9		F	---	Zion McMahon	08	24/03/2018	All-comers 24 March 2018
73	17.73	+1.6		F	---	Doug Barrett	65	28/10/2017	Treloar Shield Round 3
74	18.17	+0.1		F	---	Michael Johnson	82	3/03/2018	NSW Masters Championships
75	18.1h	NWI	18.34	F	---	Leslie Gillies	70	6/01/2018	Northern Zone Week 1
76	20.70	NWI		F	---	Ron Shoesmith	70	10/02/2018	Northern Zone Week 5

#### Male 150m Sprint

1	16.80	NWI	F	---	Elijah Williams	21	27/01/2018	2018 Grass Games
2	17.54	NWI	F	---	Ryan Dowling	38	27/01/2018	2018 Grass Games
3	18.31	NWI	F	---	Ashley McMahon	42	27/01/2018	2018 Grass Games
4	18.47	NWI	F	---	David Thebridge	41	27/01/2018	2018 Grass Games
5	19.57	NWI	F	---	Nicholas Dowling	14	27/01/2018	2018 Grass Games
6	19.81	NWI	F	---	Archie Saunders	13	27/01/2018	2018 Grass Games
7	22.01	NWI	F	---	Caerl Murray	42	27/01/2018	2018 Grass Games
8	23.00	NWI	F	---	Julian Lee	12	27/01/2018	2018 Grass Games
9	27.66	NWI	F	---	Sam Holmes	09	27/01/2018	2018 Grass Games
10	28.81	NWI	F	---	Zion McMahon	08	27/01/2018	2018 Grass Games
11	29.03	NWI	F	---	Max Holmes	12	27/01/2018	2018 Grass Games

#### Male 200m Sprint

1	21.73	+1.2	F	---	Elijah Williams	20	18/11/2017	All-comers 18 November 2017
2	22.30	+2.2	F	---	Daniel White-Alikakos	25	25/11/2017	Treloar Shield Round 5

3 *	22.35	+1.2	F	---	Matthew Crowe	20	18/11/2017	All-comers 18 November 2017	
3 *	22.35	+0.9	F	---	Louis Stenmark	19	20/05/2017	ANSW Pre Departure - Campbelltown	
5	22.41	+1.2	F	---	Ashlyn Ndlovu	20	6/01/2018	Treloar Shield Round 7	
6	22.46	+1.0	F	---	Matthew Duttalis	17	18/11/2017	All-comers 18 November 2017	
7	22.51	+4.7	F	---	Corey Furminger	21	2/12/2017	2017 NSW Club and Combined Championships	
8	22.66	+1.2	F	---	Benjamin Allen	20	18/11/2017	All-comers 18 November 2017	
9	22.72	-2.4	F	---	Ashley McMahon	41	9/06/2017	Australian Masters Championships 2017	
10	22.89	+1.5	F	---	Ben Carter	17	16/12/2017	Treloar Shield Round 6	
11	23.15	+0.1	F	---	Nicholas Van Beek	17	18/11/2017	All-comers 18 November 2017	
12	23.21	+4.5	F	---	Thomas Hunt	16	2/12/2017	2017 NSW Club and Combined Championships	
13	23.25	-0.9	F	---	Hamish Weiss	20	24/02/2018	All-Comers & Invitational 24 February 2018	
14	23.28	+2.1	F	---	Simon Cox	21	25/11/2017	Treloar Shield Round 5	
15	23.34	+3.9	F	---	Sebastien Lo Cascio	14	2/12/2017	2017 NSW Club and Combined Championships	
16 *	23.37	+2.1	F	---	Beau Ingram	18	25/11/2017	Treloar Shield Round 5	
16 *	23.37	+1.0	F	---	George Cover	17	18/11/2017	All-comers 18 November 2017	
18	23.42	+2.5	F	---	Ryan Dowling	38	2/12/2017	2017 NSW Club and Combined Championships	
19	23.43	+3.2	F	---	Kobe Millard	17	13/01/2018	Newcastle All-comers and 10000m Championships	
20	23.52	-0.4	F	---	Lachlan Dalton	15	12/10/2017	2017 2XU NSW All Schools Championships	
21	23.56	-1.8	F	---	Paul Salem	20	21/10/2017	Treloar Shield Round 2	
22	23.86	+1.5	F	---	David Thebridge	41	16/12/2017	Treloar Shield Round 6	
23	23.95	-1.3	P	---	Anthony Collum	21	25/09/2017	Australian University Games 2017	
24	24.12	+5.0	F	---	Lachlan Albert	16	6/01/2018	Treloar Shield Round 7	
25	24.77	-1.2	F	---	Archie Saunders	14	10/03/2018	All-comers 10 March 2018	
26	24.8h	NWI	25.04	F	---	Joey Ryu	19	14/04/2018	Northern Zone Week 12
27	25.06	-0.8	F	---	Michael Gedz	51	21/10/2017	Treloar Shield Round 2	
28	25.28	+1.3	F	---	Trevor Young	59	23/12/2017	Albie Thomas + Bankstown All-Comers	
29	25.67	NWI		F	---	Connor Dowling	16	16/06/2017	Hunter Winter Hit Out
30	25.5h	NWI	25.74	F	---	Cameron Short	16	17/02/2018	Northern Zone Week 6
31	25.76	+0.0	F	---	Michael Chan	17	18/11/2017	All-comers 18 November 2017	
32	26.25	+1.3	F	---	Nicholas Dowling	14	20/05/2017	ANSW Pre Departure - Campbelltown	
33 *	26.1h	NWI	26.34	F	---	Cameron Fish	17	17/02/2018	Northern Zone Week 6
33 *	26.1h	NWI	26.34	F	---	Oliver Hannan	16	17/02/2018	Northern Zone Week 6
35 *	26.74	+1.5	F	---	Pierce Roseby	15	18/11/2017	All-comers 18 November 2017	
35 *	26.74	+1.7	F	---	Caerl Murray	42	23/09/2017	All-comers 23 September 2017	
37	26.96	+4.0	F	---	David Shearsby	60	2/12/2017	2017 NSW Club and Combined Championships	
38	27.54	-0.2	F	---	Nathan Shute	44	25/11/2017	Treloar Shield Round 5	
39	27.5h	NWI	27.74	F	---	Samuel Johnston	17	17/02/2018	Northern Zone Week 6
40	27.86	-3.4	F	---	Jim Culhane	51	3/03/2018	NSW Masters Championships	
41	28.21	+1.0	F	---	Brad Sharpe	56	21/10/2017	Treloar Shield Round 2	
42	28.73	-1.3	F	---	Tim McGrath	55	7/10/2017	Treloar Shield Round 1	
43	29.06	-1.3	F	---	James Hunt	14	7/10/2017	Treloar Shield Round 1	
44	29.54	-0.9	F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
45	29.5h	NWI	29.74	F	---	Ronald Ross	58	17/02/2018	Northern Zone Week 6
46	31.23	-3.4	F	---	Adam Parsonage	51	3/03/2018	NSW Masters Championships	
47	31.55	+0.5	F	---	Zoran Novicic	57	25/11/2017	Treloar Shield Round 5	
48	33.38	+0.8	F	---	Sam Holmes	10	10/03/2018	All-comers 10 March 2018	
49	33.39	-0.7	F	---	Nicholas Bastas	78	9/06/2017	Australian Masters Championships 2017	
50	33.41	+1.7	F	---	Jackson Love	12	14/03/2018	2018 Australian Junior Athletics Championship	
51	33.47	+5.2	F	---	Elijah McMahon	12	2/12/2017	2017 NSW Club and Combined Championships	
52	34.37	-0.5	F	---	Richard Hughes	85	21/10/2017	Treloar Shield Round 2	
53	35.06	+2.1	F	---	David Donnelley	74	3/03/2018	NSW Masters Championships	
54	36.2h	NWI	36.44	F	---	Hugh Colburn	71	13/01/2018	Northern Zone Week 2
55	36.61	+1.8	F	---	Zion McMahon	08	24/03/2018	All-comers 24 March 2018	
56	36.89	+1.8	F	---	Max Holmes	12	24/03/2018	All-comers 24 March 2018	
57	36.7h	NWI	36.94	F	---	Doug Barrett	65	14/04/2018	Northern Zone Week 12
58	39.35	-2.8	F	---	Michael Johnson	83	26/04/2018	Australian Masters Athletics Championships	
59	40.4h	NWI	40.64	F	---	Leslie Gillies	70	13/01/2018	Northern Zone Week 2
60	55.7h	NWI	55.94	F	---	Ron Shoesmith	70	3/02/2018	Northern Zone Week 4

#### Male 300m Sprint

1	34.72	F	---	Matthew Crowe	20	2/11/2017	Sydney Milers Club 2017
2	35.00	F	---	Benjamin Allen	20	2/11/2017	Sydney Milers Club 2017
3	35.26	F	---	Daniel White-Alikakos	25	5/10/2017	Sydney Milers Club 2017
4	35.53	F	---	Elijah Williams	21	27/01/2018	2018 Grass Games
5	37.75	F	---	Ashley McMahon	42	27/01/2018	2018 Grass Games
6	37.80	F	---	Simon Cox	21	5/10/2017	Sydney Milers Club 2017
7	37.84	F	---	Ryan Dowling	38	2/11/2017	Sydney Milers Club 2017
8	39.90	F	---	David Thebridge	41	27/01/2018	2018 Grass Games
9	45.92	F	---	Jim Culhane	51	27/01/2018	2018 Grass Games
10	46.47	F	---	Julian Lee	11	5/10/2017	Sydney Milers Club 2017
11	51.86	F	---	Martin Leerberg	14	27/01/2018	2018 Grass Games

#### Male 400m Sprint

1	47.81	P	---	Mason Cohen	21	2/02/2018	NSW Open, U23 and Para Athletics Championship
2	48.09	F	---	Louis Stenmark	19	28/06/2017	Oceania Area Championships
3	48.43	F	---	James Gurr	33	18/11/2017	All-comers 18 November 2017

4	48.57	F	---	Matthew Crowe	20	18/11/2017	All-comers 18 November 2017
5	48.75	F	---	Lachlan Raper	18	9/02/2018	NSW Junior Athletics Championships 2018
6	48.83	F	---	Daniel White-Alikakos	25	7/10/2017	Treloar Shield Round 1
7	48.98	F	---	Corey Furminger	20	7/10/2017	Treloar Shield Round 1
8	49.10	F	---	Elijah Williams	20	18/11/2017	All-comers 18 November 2017
9	50.90	M	---	Alec Diamond	20	15/02/2018	Australian Athletics Championships 2018
10	50.93	F	---	Ashley McMahon	41	9/06/2017	Australian Masters Championships 2017
11	51.07	F	---	Thomas Hunt	16	9/02/2018	NSW Junior Athletics Championships 2018
12	51.86	P	---	Hamish Weiss	19	2/02/2018	NSW Open, U23 and Para Athletics Championship
13	52.54	P	---	Saul Richardson	24	25/09/2017	Australian University Games 2017
14 *	52.64	F	---	Simon Cox	21	16/12/2017	Treloar Shield Round 6
14 *	52.64	F	---	Jack McFadden	15	12/10/2017	2017 2XU NSW All Schools Championships
16	52.6h	52.74 F	---	Ryan Dowling	38	7/04/2018	Northern Zone Week 11
17	52.75	F	---	Jack Edwards	23	28/10/2017	Treloar Shield Round 3
18	53.12	F	---	Elliot Metcalf	17	24/03/2018	All-comers 24 March 2018
19	54.35	F	---	Ashlyn Ndlovu	19	7/10/2017	Treloar Shield Round 1
20	54.36	F	---	William Richardson	21	25/09/2017	Australian University Games 2017
21	55.15	F	---	Leo Peterson	26	11/08/2017	ANSW Winter Track & Field Series
22	55.42	F	---	Trevor Young	60	26/04/2018	Australian Masters Athletics Championships
23	56.71	F	---	Dominic Panozzo	14	7/10/2017	Treloar Shield Round 1
24	57.50	F	---	Anthony Collum	22	28/10/2017	Treloar Shield Round 3
25	57.79	F	---	Antony Guest	52	3/03/2018	NSW Masters Championships
26	57.84	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
27	58.21	F	---	Pierce Roseby	15	18/11/2017	All-comers 18 November 2017
28	59.32	F	---	Archie Saunders	13	28/10/2017	Treloar Shield Round 3
29	59.40	F	---	Andrew Williams	46	28/10/2017	Treloar Shield Round 3
30	59.46	F	---	Nathan Shute	44	2/12/2017	2017 NSW Club and Combined Championships
31	59.61	P	---	Colm Walsh	14	12/10/2017	2017 2XU NSW All Schools Championships
32	59.87	F	---	Nicholas Dowling	14	10/06/2017	NSW Pre Departure Meet
33	1:02.55	F	---	Julian Lee	12	9/02/2018	NSW Junior Athletics Championships 2018
34	1:02.83	F	---	Kyle Fisher	14	6/01/2018	Treloar Shield Round 7
35	1:03.01	F	---	Brad Sharpe	56	28/10/2017	Treloar Shield Round 3
36	1:03.11	F	---	Jim Culhane	51	3/03/2018	NSW Masters Championships
37	1:03.20	F	---	James Hunt	14	7/10/2017	Treloar Shield Round 1
38	1:04.67	F	---	Victor Ramondetta	62	28/10/2017	Treloar Shield Round 3
39	1:05.0h	1:05.14 F	---	Adam Parsonage	50	20/01/2018	Northern Zone Week 3
40	1:06.90	F	---	Tim McGrath	55	28/10/2017	Treloar Shield Round 3
41	1:07.49	F	---	Duncan Loane	13	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
42	1:07.57	F	---	David Shearsby	61	3/03/2018	NSW Masters Championships
43	1:07.88	F	---	Andy West	50	7/10/2017	Treloar Shield Round 1
44	1:11.9h	1:12.04 F	---	Ronald Ross	58	24/02/2018	Northern Zone Week 7
45	1:14.3h	1:14.44 F	---	Anthony Vella	51	20/01/2018	Northern Zone Week 3
46	1:21.05	F	---	Doug Barrett	65	7/10/2017	Treloar Shield Round 1
47	1:25.63	F	---	Richard Hughes	85	9/06/2017	Australian Masters Championships 2017
48	1:25.5h	1:25.64 F	---	David Donnelley	74	10/02/2018	Northern Zone Week 5
49	1:36.62	F	---	Michael Johnson	82	3/03/2018	NSW Masters Championships
<b>Male 400m Sprint Eliminator</b>							
1	55.24	F	---	Leo Peterson	27	27/01/2018	2018 Grass Games
2	1:21.16	F	---	Martin Leerberg	14	27/01/2018	2018 Grass Games
<b>Male 600m Sprint</b>							
1	1:28.77	F	---	Julien Smith	19	27/01/2018	2018 Grass Games
2	1:46.93	F	---	Brad Sharpe	56	27/01/2018	2018 Grass Games
3	1:49.05	F	---	Andy West	50	27/01/2018	2018 Grass Games
4	1:52.70	F	---	Jim Culhane	51	27/01/2018	2018 Grass Games
5	2:10.43	F	---	Doug Barrett	65	27/01/2018	2018 Grass Games
<b>Male 800m Run</b>							
1	1:47.45	F	---	Mason Cohen	21	15/02/2018	Australian Athletics Championships 2018
2	1:48.29	F	---	James Gurr	34	13/01/2018	Jandakot Airport Track Classic 2018
3	1:49.03	F	---	Jye Perrott	19	13/01/2018	Jandakot Airport Track Classic 2018
4	1:49.59	F	---	Lachlan Raper	18	10/03/2018	All-comers 10 March 2018
5	1:50.02	F	---	Will Austin-Cray	24	5/10/2017	Sydney Milers Club 2017
6	1:50.43	P	---	Benjamin Thomson	20	2/02/2018	NSW Open, U23 and Para Athletics Championship
7	1:52.10	P	---	Fraser Garland-Barnes	20	15/02/2018	Australian Athletics Championships 2018
8	1:52.41	F	---	Nicholas Woolley	19	2/11/2017	Sydney Milers Club 2017
9	1:52.60	P	---	Matthew Werner	24	15/02/2018	Australian Athletics Championships 2018
10	1:52.85	F	---	Jack Stapleton	21	25/09/2017	Australian University Games 2017
11	1:53.17	F	---	Finbarr Warren	18	9/02/2018	NSW Junior Athletics Championships 2018
12	1:54.74	F	---	Elliot Metcalf	17	9/02/2018	NSW Junior Athletics Championships 2018
13	1:57.72	P	---	Leo Peterson	27	2/02/2018	NSW Open, U23 and Para Athletics Championship
14	1:58.36	P	---	Julien Smith	20	2/02/2018	NSW Open, U23 and Para Athletics Championship
15	1:58.64	F	---	Samuel Colless	26	23/11/2017	Sydney Milers Club 2017
16	1:59.43	F	---	Jake Ring	27	16/12/2017	Treloar Shield Round 6
17	2:01.28	P	---	Tom MacDonnell	16	12/10/2017	2017 2XU NSW All Schools Championships
18	2:01.46	F	---	Fergus Whelan	17	12/10/2017	2017 2XU NSW All Schools Championships



19	2:02.15		F	---	Charlie Doherty	18	16/12/2017	Treloar Shield Round 6
20	2:03.89		F	---	Kyle Walsh	16	9/02/2018	NSW Junior Athletics Championships 2018
21	2:04.53		P	---	Dominic Bullock	23	25/09/2017	Australian University Games 2017
22	2:05.41		F	---	Thomas Hunt	16	21/10/2017	Treloar Shield Round 2
23	2:06.23		F	---	Darcy Penman	17	16/12/2017	Treloar Shield Round 6
24	2:07.80		F	---	Felix Scott	16	3/02/2018	Northern Zone Week 4
25	2:08.24		F	---	Dominic Panozzo	14	12/10/2017	2017 2XU NSW All Schools Championships
26	2:12.47		F	---	Jacob Leon	13	12/10/2017	2017 2XU NSW All Schools Championships
27	2:17.81		F	---	Nathan Shute	44	25/11/2017	Treloar Shield Round 5
28	2:21.55		F	---	Brad Sharpe	56	11/11/2017	Treloar Shield Round 4
29	2:22.18		F	---	Nicholas Kellam	12	20/05/2017	ANSW Pre Departure - Campbelltown
30	2:22.37		P	---	Colm Walsh	14	12/10/2017	2017 2XU NSW All Schools Championships
31	2:22.92		F	---	Antony Guest	52	11/11/2017	Treloar Shield Round 4
32	2:24.20		F	---	Trevor Young	59	10/03/2018	All-comers 10 March 2018
33	2:27.52		F	---	Ryan Dowling	38	16/06/2017	Hunter Winter Hit Out
34	2:35.2h	2:35.20	F	---	Jim Culhane	51	3/02/2018	Northern Zone Week 4
35	2:47.88		F	---	Doug Barrett	65	26/04/2018	Australian Masters Athletics Championships
36	3:48.89		F	---	Richard Hughes	85	9/06/2017	Australian Masters Championships 2017
37	4:24.22		F	---	Michael Johnson	82	3/03/2018	NSW Masters Championships
38	7:22.3h	7:22.30	F	---	Ron Shoesmith	70	3/02/2018	Northern Zone Week 4

#### Male 1500m Run

1	3:45.99	F	---	Jack Stapleton	22	20/01/2018	Hunter Track Classic 2018	
2	3:46.51	F	---	Mason Cohen	21	23/11/2017	Sydney Milers Club 2017	
3	3:49.51	F	---	Elliot Metcalf	17	26/01/2018	AACT Track and Field Championships 2018	
4	3:51.71	F	---	Benjamin Thomson	20	24/02/2018	All-Comers & Invitational 24 February 2018	
5	3:53.21	F	---	Finbarr Warren	18	9/02/2018	NSW Junior Athletics Championships 2018	
6	3:56.57	P	---	Edward Goddard	20	15/02/2018	Australian Athletics Championships 2018	
7	3:58.87	F	---	Charlie Doherty	18	23/11/2017	Sydney Milers Club 2017	
8	4:00.81	F	---	Jake Ring	27	23/11/2017	Sydney Milers Club 2017	
9	4:07.72	F	---	Liam Gorman	17	23/11/2017	Sydney Milers Club 2017	
10	4:08.33	P	---	Leo Peterson	27	2/02/2018	NSW Open, U23 and Para Athletics Championship	
11	4:12.19	F	---	Darcy Penman	17	24/02/2018	All-Comers & Invitational 24 February 2018	
12	4:12.91	F	---	Thomas Davies	16	23/11/2017	Sydney Milers Club 2017	
13	4:14.87	F	---	Kyle Walsh	16	24/02/2018	All-Comers & Invitational 24 February 2018	
14	4:17.01	P	---	Tom MacDonnell	16	12/10/2017	2017 2XU NSW All Schools Championships	
15	4:24.83	P	---	Mitchell Westhuizen	15	12/10/2017	2017 2XU NSW All Schools Championships	
16	4:26.47	F	---	William Richardson	21	25/09/2017	Australian University Games 2017	
17	4:26.84	P	---	Dominic Bullock	23	25/09/2017	Australian University Games 2017	
18	4:43.69	F	---	Martin Leerberg	14	16/12/2017	Treloar Shield Round 6	
19	4:52.73	F	---	Hugo Whelan	17	12/10/2017	2017 2XU NSW All Schools Championships	
20	4:53.58	F	---	Alec Diamond	20	2/12/2017	2017 NSW Club and Combined Championships	
21	4:56.86	F	---	Andrew Williams	46	28/10/2017	Treloar Shield Round 3	
22	4:58.21	F	---	Nathan Shute	44	16/12/2017	Treloar Shield Round 6	
23	5:03.50	F	---	Brad Sharpe	56	7/10/2017	Treloar Shield Round 1	
24	5:05.08	F	---	Duncan Loane	13	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	
25	5:05.37	F	---	Hamish Douglas	12	9/02/2018	NSW Junior Athletics Championships 2018	
26	5:27.96	F	---	Ryan Dowling	38	10/06/2017	NSW Pre Departure Meet	
27	5:34.90	F	---	Angus Plummer	29	20/01/2018	Northern Zone Week 3	
28	5:38.79	F	---	Andy West	50	2/12/2017	2017 NSW Club and Combined Championships	
29	5:58.37	F	---	Doug Barrett	65	28/10/2017	Treloar Shield Round 3	
30	6:00.0h	6:00.00	F	---	Jim Culhane	51	20/01/2018	Northern Zone Week 3
31	6:17.41	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017	
32	6:28.96	F	---	Zoran Novicic	57	2/12/2017	2017 NSW Club and Combined Championships	
33	8:07.91	F	---	Richard Hughes	85	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers	

#### Male 3000m Run

1	8:16.02	2:45.34	F	---	Edward Goddard	19	5/10/2017	Sydney Milers Club 2017
2	8:40.11	2:53.37	F	---	Liam Gorman	17	11/11/2017	Treloar Shield Round 4
3	8:40.62	2:53.54	F	---	Jake Ring	27	11/11/2017	Treloar Shield Round 4
4	8:41.17	2:53.72	F	---	Elliot Metcalf	17	28/06/2017	Oceania Area Championships
5	8:42.19	2:54.06	F	---	Finbarr Warren	18	11/11/2017	Treloar Shield Round 4
6	8:54.52	2:58.17	F	---	Darcy Penman	17	10/03/2018	All-comers 10 March 2018
7	8:57.16	2:59.05	F	---	Leo Peterson	26	11/11/2017	Treloar Shield Round 4
8	8:59.22	2:59.74	F	---	Oliver Moore	19	11/11/2017	Treloar Shield Round 4
9	9:01.99	3:00.66	F	---	Nick Walker	31	11/11/2017	Treloar Shield Round 4
10	9:06.68	3:02.23	F	---	Otto Khoo	17	10/03/2018	All-comers 10 March 2018
11	9:13.80	3:04.60	F	---	Kyle Walsh	16	11/11/2017	Treloar Shield Round 4
12	9:19.74	3:06.58	F	---	David Costello	17	11/11/2017	Treloar Shield Round 4
13	9:22.95	3:07.65	F	---	Kieran Gorman	16	9/02/2018	NSW Junior Athletics Championships 2018
14	9:24.55	3:08.18	F	---	Mitchell Westhuizen	15	14/03/2018	2018 Australian Junior Athletics Championship
15	9:46.81	3:15.60	F	---	Cameron Gorman	13	9/02/2018	NSW Junior Athletics Championships 2018
16	10:13.76	3:24.59	F	---	Farjaam Atshan	30	21/10/2017	Treloar Shield Round 2
17	10:17.69	3:25.90	F	---	Andrew Williams	46	11/11/2017	Treloar Shield Round 4
18	10:48.88	3:36.29	F	---	Duncan Loane	13	12/10/2017	2017 2XU NSW All Schools Championships
19	11:09.83	3:43.28	F	---	Hamish Douglas	12	9/02/2018	NSW Junior Athletics Championships 2018

20	11:31.99	3:50.66	F	---	Kim Loane	55	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
21	11:43.2h	3:54.40	F	---	Brad Sharpe	56	24/03/2018	Northern Zone Week 10
22	13:18.6h	4:26.20	F	---	Jim Culhane	51	17/02/2018	Northern Zone Week 6
23	15:43.4h	5:14.47	F	---	Doug Barrett	65	3/02/2018	Northern Zone Week 4
<b>Male 3200m Run</b>								
1	11:50.06	3:41.89	F	---	Martin Leerberg	14	27/01/2018	2018 Grass Games
<b>Male 5000m Run</b>								
1	14:07.24	2:49.45	F	---	Edward Goddard	20	20/01/2018	Hunter Track Classic 2018
2	14:40.99	2:56.20	F	---	Charlie Doherty	18	20/01/2018	Hunter Track Classic 2018
3	16:16.22	3:15.24	F	---	Jake Ring	26	25/09/2017	Australian University Games 2017
4	16:28.14	3:17.63	F	---	David Costello	17	3/03/2018	NSW Masters Championships
5	16:31.48	3:18.30	F	---	Max Mahon	17	2/12/2017	2017 NSW Club and Combined Championships
6	18:01.03	3:36.21	F	---	Dominic Bullock	23	25/09/2017	Australian University Games 2017
7	18:09.41	3:37.88	F	---	Andrew Williams	46	2/12/2017	2017 NSW Club and Combined Championships
8	20:11.74	4:02.35	F	---	Kim Loane	56	3/03/2018	NSW Masters Championships
<b>Male 10000m Run</b>								
1	30:25.70	3:02.57	F	---	Edward Goddard	19	25/09/2017	Australian University Games 2017
2	33:06.40	3:18.64	F	---	Leo Peterson	27	13/01/2018	Newcastle All-comers and 10000m Championships
<b>Male 1 Mile Run</b>								
1	4:08.69		F	---	Jack Stapleton	22	23/12/2017	Albie Thomas + Bankstown All-Comers
2	4:16.13		F	---	Elliot Metcalf	17	23/12/2017	Albie Thomas + Bankstown All-Comers
3	4:23.28		F	---	Finbarr Warren	18	23/12/2017	Albie Thomas + Bankstown All-Comers
4	4:25.78		F	---	Charlie Doherty	18	23/12/2017	Albie Thomas + Bankstown All-Comers
5	4:33.40		F	---	Darcy Penman	17	23/12/2017	Albie Thomas + Bankstown All-Comers
6	4:35.17		F	---	Leo Peterson	26	23/12/2017	Albie Thomas + Bankstown All-Comers
7	4:38.69		F	---	Max Mahon	17	23/12/2017	Albie Thomas + Bankstown All-Comers
8	4:39.29		F	---	Otto Khoo	17	23/12/2017	Albie Thomas + Bankstown All-Comers
<b>Male 1500m Walk</b>								
1	7:32.38		F	---	Martin Leerberg	14	25/11/2017	Treloar Shield Round 5
2	8:58.0h	8:58.00	F	---	Jim Seymon	80	10/03/2018	Northern Zone Week 8
3	9:19.1h	9:19.10	F	---	Doug Barrett	65	24/03/2018	Northern Zone Week 10
4	14:52.0h	14:52.00	F	---	Ron Shoesmith	70	17/02/2018	Northern Zone Week 6
<b>Male 3000m Walk</b>								
1	15:42.33		F	---	Martin Leerberg	15	14/03/2018	2018 Australian Junior Athletics Championship
2	19:53.7h	19:53.70	F	---	Jim Seymon	80	10/02/2018	Northern Zone Week 5
3	20:28.41		F	---	Doug Barrett	65	7/10/2017	Treloar Shield Round 1
4	31:11.1h	31:11.10	F	---	Ron Shoesmith	70	10/02/2018	Northern Zone Week 5
<b>Male 5000m Walk</b>								
1	24:06.72		F	---	Steven Washburn	23	25/09/2017	Australian University Games 2017
2	33:37.08		F	---	Jim Seymon	79	9/06/2017	Australian Masters Championships 2017
3	37:14.43		F	---	Doug Barrett	65	26/04/2018	Australian Masters Athletics Championships
<b>Male 10000m Walk</b>								
1	1:10.1h	1:10.10	F	---	Jim Seymon	80	26/04/2018	Australian Masters Athletics Championships
<b>Male 90m Hurdles 0.762m</b>								
1	13.95	+0.5	F	---	Ethan Quintana	13	2/12/2017	2017 NSW Club and Combined Championships
2	14.43	+1.9	F	---	Luke Fisher	13	12/10/2017	2017 2XU NSW All Schools Championships
3	14.76	+0.0	F	---	Julian Lee	12	14/03/2018	2018 Australian Junior Athletics Championship
<b>Male 100m Hurdles 0.840m</b>								
1	13.69	-0.1	F	---	Lachlan Dalton	15	12/10/2017	2017 2XU NSW All Schools Championships
2	14.73	-0.6	P	---	Ethan Quintana	13	14/03/2018	2018 Australian Junior Athletics Championship
3	14.88	-0.1	F	---	Jonathan Atkinson	15	12/10/2017	2017 2XU NSW All Schools Championships
4	16.77	+3.1	F	---	James Hunt	14	2/12/2017	2017 NSW Club and Combined Championships
5	16.83	-0.9	P	---	Charlie East	14	12/10/2017	2017 2XU NSW All Schools Championships
6	17.93	-0.8	F	---	Luke Fisher	13	9/02/2018	NSW Junior Athletics Championships 2018
7	20.34	+0.3	F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
<b>Male 100m Hurdles 0.914m</b>								
1	18.82	-2.9	F	---	Tim McGrath	55	3/03/2018	NSW Masters Championships
<b>Male 110m Hurdles 0.914m</b>								
1	14.94	+0.5	F	---	Ben Pollack	16	12/10/2017	2017 2XU NSW All Schools Championships
2	15.30	+0.3	F	---	Thomas Roche	17	25/11/2017	Treloar Shield Round 5
3	15.57	+0.3	F	---	Thomas Hunt	16	25/11/2017	Treloar Shield Round 5
4	15.98	+1.3	F	---	Benjamin Crimp	15	11/11/2017	Treloar Shield Round 4
5	16.24	+0.5	P	---	Jack McFadden	15	12/10/2017	2017 2XU NSW All Schools Championships
6	17.97	-0.9	F	---	Charlie East	15	9/02/2018	NSW Junior Athletics Championships 2018
<b>Male 110m Hurdles 0.991m</b>								
1	14.72	+0.2	F	---	Ben Pollack	17	14/03/2018	2018 Australian Junior Athletics Championship
2	14.77	-1.6	F	---	Ryan Dowling	38	2/12/2017	2017 NSW Club and Combined Championships
3	15.54	+1.0	P	---	Lachlan Dalton	15	14/03/2018	2018 Australian Junior Athletics Championship
<b>Male 110m Hurdles 1.067m</b>								
1	14.95	+4.4	F	---	Alec Diamond	20	25/11/2017	Treloar Shield Round 5
2	15.19	+0.8	P	---	Ryan Dowling	38	15/02/2018	Australian Athletics Championships 2018
3	16.80	+2.5	F	---	William Richardson	21	25/09/2017	Australian University Games 2017

4	18.30	+0.1	F	---	Jack Edwards	23	25/09/2017	Australian University Games 2017
5	21.10	+2.5	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
<b>Male 200m Hurdles 0.762m</b>								
1	25.60	+3.0	F	---	Lachlan Dalton	15	12/10/2017	2017 2XU NSW All Schools Championships
2	28.50	NWI	F	---	Ryan Dowling	38	16/06/2017	Hunter Winter Hit Out
3	28.65	+0.0	F	---	Ethan Quintana	13	14/03/2018	2018 Australian Junior Athletics Championship
4	29.84	+0.1	F	---	Archie Saunders	14	10/03/2018	All-comers 10 March 2018
5	31.00	+4.8	F	---	Thomas Hunt	16	2/12/2017	2017 NSW Club and Combined Championships
6	31.06	NWI	F	---	James Hunt	14	18/11/2017	All-comers 18 November 2017
<b>Male 400m Hurdles 0.762m</b>								
1	54.18		F	---	Thomas Hunt	16	14/03/2018	2018 Australian Junior Athletics Championship
2	57.10		F	---	Lachlan Dalton	15	14/03/2018	2018 Australian Junior Athletics Championship
<b>Male 400m Hurdles 0.840m</b>								
1	54.12		F	---	Thomas Hunt	16	18/11/2017	All-comers 18 November 2017
2	56.74		F	---	Jack McFadden	15	12/10/2017	2017 2XU NSW All Schools Championships
3	58.45		F	---	Lachlan Dalton	15	10/03/2018	All-comers 10 March 2018
4	1:09.84		F	---	Charlie East	15	9/02/2018	NSW Junior Athletics Championships 2018
<b>Male 400m Hurdles 0.914m</b>								
1	53.88		P	---	Paul Salem	20	15/02/2018	Australian Athletics Championships 2018
2	55.15		P	---	Thomas Hunt	16	2/02/2018	NSW Open, U23 and Para Athletics Championship
3	57.14		F	---	Ryan Dowling	38	26/04/2018	Australian Masters Athletics Championships
4	58.35		F	---	Simon Cox	21	2/12/2017	2017 NSW Club and Combined Championships
<b>Male 2000m StplCh 0.762m</b>								
1	6:41.77		F	---	Kieran Gorman	15	2/12/2017	2017 NSW Club and Combined Championships
<b>Male 2000m StplCh 0.914m</b>								
1	6:43.75		F	---	Kieran Gorman	16	9/02/2018	NSW Junior Athletics Championships 2018
2	7:04.85		F	---	Cameron Gorman	13	9/02/2018	NSW Junior Athletics Championships 2018
<b>Male 3000m StplCh 0.914m</b>								
1	10:20.48		F	---	Max Mahon	17	20/01/2018	Hunter Track Classic 2018
2	11:01.33		F	---	Farjaam Atshan	30	28/10/2017	Treloar Shield Round 3
<b>Male High Jump</b>								
1	1.94m		M	---	Alec Diamond	20	13/01/2018	2017-18 AACT Combined Events Championships
2	1.80m		F	---	Harrison Tate	15	18/11/2017	All-comers 18 November 2017
3	1.77m		F	---	William Richardson	21	25/09/2017	Australian University Games 2017
4 *	1.75m		F	---	Darcy Holmes	13	8/12/2017	2017 Australian All Schools Championships
4 *	1.75m		F	---	Kyle Fisher	14	14/03/2018	2018 Australian Junior Athletics Championship
6 *	1.70m		F	---	David Thebridge	41	16/12/2017	Treloar Shield Round 6
6 *	1.70m		F	---	Thomas Roche	17	4/11/2017	2017 NSW State Relay Championships
8	1.53m		F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
9	1.48m		F	---	Duncan Loane	13	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
10 *	1.45m		F	---	Ryan Dowling	38	28/10/2017	Treloar Shield Round 3
10 *	1.45m		F	---	Samuel Colless	26	4/11/2017	2017 NSW State Relay Championships
10 *	1.45m		F	---	Connor Dowling	17	28/10/2017	Treloar Shield Round 3
13	1.42m		F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
14 *	1.40m		F	---	Nils Gaha	17	4/11/2017	2017 NSW State Relay Championships
14 *	1.40m		F	---	Tim McGrath	55	7/10/2017	Treloar Shield Round 1
16	1.20m		F	---	Zoran Novicic	57	25/11/2017	Treloar Shield Round 5
17	1.14m		F	---	Nicholas Bastas	78	9/06/2017	Australian Masters Championships 2017
<b>Male Pole Vault</b>								
1	4.70m		F	---	Alec Diamond	20	23/12/2017	Albie Thomas + Bankstown All-Comers
2	3.10m		F	---	Tim McGrath	55	21/10/2017	Treloar Shield Round 2
3	2.80m		F	---	William Richardson	21	25/09/2017	Australian University Games 2017
4	2.20m		F	---	Zoran Novicic	57	6/01/2018	Treloar Shield Round 7
5	2.10m		F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
6	1.65m		F	---	Darcy Holmes	13	2/12/2017	2017 NSW Club and Combined Championships
<b>Male Long Jump</b>								
1	7.65m	+0.7	M	---	Alec Diamond	20	15/02/2018	Australian Athletics Championships 2018
2	7.25m	+2.6	F	---	Thomas Pitts	17	9/02/2018	NSW Junior Athletics Championships 2018
3	7.03m	+1.6	P	---	Emmanuel Fakiye	20	25/09/2017	Australian University Games 2017
4	6.53m	+0.6	F	---	Ben Carter	17	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
5	6.45m	+3.5	P	---	Jye Perrott	19	25/09/2017	Australian University Games 2017
6	6.32m	+0.8	F	---	Joey Ryu	18	10/06/2017	NSW Pre Departure Meet
7	6.17m	+0.0	F	---	Ashley McMahon	42	26/04/2018	Australian Masters Athletics Championships
8	6.16m	+0.8	P	---	Michael Northey	21	25/09/2017	Australian University Games 2017
9	6.14m	-2.0	F	---	Alex Willett	16	12/10/2017	2017 2XU NSW All Schools Championships
10	6.05m	NWI	F	---	Elijah Williams	20	16/06/2017	Hunter Winter Hit Out
11	5.99m	+3.9	F	---	William Richardson	21	25/09/2017	Australian University Games 2017
12	5.94m	+0.0	F	---	Thomas Roche	17	4/11/2017	2017 NSW State Relay Championships
13	5.90m	+1.0	F	---	Jackson Robinson	18	11/11/2017	Treloar Shield Round 4
14	5.74m	+0.0	F	---	Ryan Dowling	38	11/11/2017	Treloar Shield Round 4
15	5.73m	+0.0	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
16	5.54m	-1.6	F	---	David Thebridge	41	16/12/2017	Treloar Shield Round 6
17	5.46m	+2.4	P	---	Anthony Collum	21	25/09/2017	Australian University Games 2017

18 *	4.90m	+1.2	F	---	Nicholas Dowling	14	21/10/2017	Treloar Shield Round 2
18 *	4.90m	-1.8	F	---	Beau Ingram	18	25/11/2017	Treloar Shield Round 5
20	4.89m	-0.3	F	---	Julian Lee	12	9/02/2018	NSW Junior Athletics Championships 2018
21	4.88m	+2.7	F	---	Archie Saunders	13	4/11/2017	2017 NSW State Relay Championships
22	4.82m	+0.0	F	---	Tim McGrath	55	3/03/2018	NSW Masters Championships
23	4.56m	+0.5	F	---	Liam Hardy	15	4/11/2017	2017 NSW State Relay Championships
24	4.31m	+3.5	F	---	Zoran Novicic	57	25/11/2017	Treloar Shield Round 5
25	3.90m		F	---	Nicholas Bastas	79	21/04/2018	Northern Zone 13
26	3.78m	-1.3	F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
27	3.69m	-0.5	F	---	Marcus Ambat	54	11/11/2017	Treloar Shield Round 4
28	3.26m	+0.1	F	---	Jackson Love	12	9/02/2018	NSW Junior Athletics Championships 2018
29	3.03m		F	---	Doug Barrett	65	21/04/2018	Northern Zone 13
30	2.96m		F	---	Hugh Colburn	71	10/03/2018	Northern Zone Week 8
31	2.67m	NWI	F	---	Michael Johnson	82	9/06/2017	Australian Masters Championships 2017
32	1.75m	NWI	F	---	Kyle Fisher	14	9/02/2018	NSW Junior Athletics Championships 2018
33	1.70m	NWI	F	---	Darcy Holmes	13	9/02/2018	NSW Junior Athletics Championships 2018
<b>Male Long Jump Aggregate</b>								
1	5.68m	NWI	F	---	Caerl Murray	42	27/01/2018	2018 Grass Games
<b>Male Triple Jump</b>								
1	16.26m	+0.0	F	---	Emmanuel Fakiye	20	26/01/2018	AACT Track and Field Championships 2018
2	12.03m	+1.6	F	---	Kyle Fisher	14	9/02/2018	NSW Junior Athletics Championships 2018
3	11.72m	+1.1	F	---	Michael Northey	21	25/09/2017	Australian University Games 2017
4	10.20m	+0.0	F	---	Darcy Holmes	13	9/02/2018	NSW Junior Athletics Championships 2018
5	9.87m	NWI	F	---	Antony Guest	52	7/10/2017	Treloar Shield Round 1
6	8.73m		F	---	Zoran Novicic	57	17/02/2018	Northern Zone Week 6
7	8.23m		F	---	Nicholas Bastas	79	14/04/2018	Northern Zone Week 12
8	7.53m	NWI	F	---	Marcus Ambat	54	28/10/2017	Treloar Shield Round 3
9	6.69m		F	---	Doug Barrett	65	14/04/2018	Northern Zone Week 12
10	5.97m		F	---	Michael Johnson	82	14/04/2018	Northern Zone Week 12
<b>Male Shot Put 3kg</b>								
1	12.26m		F	---	Maxi Zihlmann	13	12/10/2017	2017 2XU NSW All Schools Championships
2	9.69m		F	---	Robert Archer	71	6/01/2018	Northern Zone Week 1
3	8.31m		F	---	Michael Johnson	82	14/04/2018	Northern Zone Week 12
4	7.46m		F	---	Ashton Gleeson	12	4/11/2017	2017 NSW State Relay Championships
5	5.67m		F	---	Max Holmes	12	4/11/2017	2017 NSW State Relay Championships
6	5.11m		F	---	Elijah McMahon	11	4/11/2017	2017 NSW State Relay Championships
7	4.76m		F	---	Sam Holmes	09	4/11/2017	2017 NSW State Relay Championships
<b>Male Shot Put 4kg</b>								
1	14.71m		F	---	Matthew Butler	14	18/11/2017	All-comers 18 November 2017
2	11.47m		F	---	Robert Archer	70	9/06/2017	Australian Masters Championships 2017
3	8.84m		F	---	Sebastien Lo Cascio	14	9/02/2018	NSW Junior Athletics Championships 2018
4	7.80m		F	---	Nicholas Bastas	79	17/03/2018	Northern Zone Week 9
5	7.52m		F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
6	4.53m		F	---	Ron Shoesmith	70	13/01/2018	Northern Zone Week 2
<b>Male Shot Put 5kg</b>								
1	13.07m		F	---	Cameron Fish	17	20/01/2018	Northern Zone Week 3
2	11.80m		F	---	Oliver Johnston	17	18/11/2017	All-comers 18 November 2017
3	11.38m		F	---	Junior Schmidt	16	17/02/2018	Northern Zone Week 6
4	11.28m		F	---	Oliver Hannan	16	17/02/2018	Northern Zone Week 6
5	11.10m		F	---	Sebastian Costa	17	18/11/2017	All-comers 18 November 2017
6	11.05m		F	---	William McLennan	17	4/11/2017	2017 NSW State Relay Championships
7	10.80m		F	---	Dominic Easy	17	4/11/2017	2017 NSW State Relay Championships
8	9.98m		F	---	George Geddes	14	18/11/2017	All-comers 18 November 2017
9	8.56m		F	---	Samuel Johnston	17	4/11/2017	2017 NSW State Relay Championships
10	7.59m		F	---	Doug Barrett	65	7/10/2017	Treloar Shield Round 1
11	6.28m		F	---	Ross Douglas	63	24/02/2018	Northern Zone Week 7
12	5.06m		F	---	Robert Jones	67	24/02/2018	Northern Zone Week 7
<b>Male Shot Put 6kg</b>								
1	11.04m		F	---	Tim McGrath	54	30/09/2017	22nd AMA Winter Throws Championships
2	9.36m		F	---	James Connor	25	14/03/2018	2018 Australian Junior Athletics Championship
3	9.06m		F	---	Mark Cepak	58	4/11/2017	2017 NSW State Relay Championships
4	8.86m		F	---	Samuel Johnston	17	17/02/2018	Northern Zone Week 6
5	7.32m		F	---	Zoran Novicic	57	17/03/2018	Northern Zone Week 9
<b>Male Shot Put 7.26kg</b>								
1	15.84m		F	---	Liam Speers	25	25/09/2017	Australian University Games 2017
2	14.96m		M	---	Alec Diamond	20	13/01/2018	2017-18 AACT Combined Events Championships
3	12.99m		F	---	William Brown	20	25/09/2017	Australian University Games 2017
4	12.76m		P	---	Aaron Kang	21	25/09/2017	Australian University Games 2017
5	12.45m		P	---	Clinton Mcewan	26	25/09/2017	Australian University Games 2017
6	11.31m		F	---	Ryan Dowling	38	28/10/2017	Treloar Shield Round 3
7	11.10m		F	---	Ashley McMahon	42	3/03/2018	NSW Masters Championships
8	10.09m		F	---	Cameron Fish	18	2/02/2018	NSW Open, U23 and Para Athletics Championship
9	9.55m		F	---	William Richardson	21	25/09/2017	Australian University Games 2017
10	9.41m		F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017

11	9.12m	F	---	Sam Richardson	18	25/09/2017	Australian University Games 2017
12	8.94m	P	---	Tim Heyes	19	25/09/2017	Australian University Games 2017
13	8.83m	P	---	Sean Fitzsimmons	22	25/09/2017	Australian University Games 2017
14	8.74m	F	---	Warren Jones	37	4/11/2017	2017 NSW State Relay Championships
15	8.43m	F	---	Farjaam Atshan	30	4/11/2017	2017 NSW State Relay Championships
16	8.39m	F	---	Caerl Murray	42	4/11/2017	2017 NSW State Relay Championships
17	8.23m	P	---	Michael Northey	21	25/09/2017	Australian University Games 2017
18	8.12m	F	---	Keith Santos	34	4/11/2017	2017 NSW State Relay Championships
19	7.74m	P	---	Anthony Collum	21	25/09/2017	Australian University Games 2017
<b>Male Shot Put Overhead</b>							
1	14.76m	F	---	Cameron Fish	17	27/01/2018	2018 Grass Games
2	13.25m	F	---	Ryan Dowling	38	27/01/2018	2018 Grass Games
3	12.98m	F	---	Caerl Murray	42	27/01/2018	2018 Grass Games
4	8.04m	F	---	Max Holmes	12	27/01/2018	2018 Grass Games
5	5.90m	F	---	Sam Holmes	09	27/01/2018	2018 Grass Games
<b>Male Discus 1.5kg</b>							
1	36.79m	F	---	Jack McFadden	16	9/02/2018	NSW Junior Athletics Championships 2018
2	32.89m	F	---	Tim McGrath	55	3/03/2018	NSW Masters Championships
3	27.85m	F	---	Junior Schmidt	16	17/02/2018	Northern Zone Week 6
4	25.97m	F	---	Zoran Novicic	57	25/11/2017	Treloar Shield Round 5
<b>Male Discus 1kg</b>							
1	46.49m	F	---	Stuart Downie	15	14/03/2018	2018 Australian Junior Athletics Championship
2	33.04m	F	---	Robert Archer	70	9/06/2017	Australian Masters Championships 2017
3	24.87m	F	---	Doug Barrett	65	14/04/2018	Northern Zone Week 12
4	23.45m	F	---	Michael Johnson	82	9/06/2017	Australian Masters Championships 2017
5	22.66m	F	---	Peter Douglas	63	13/01/2018	Northern Zone Week 2
6	21.33m	F	---	Nicholas Bastas	79	17/02/2018	Northern Zone Week 6
7	18.62m	F	---	Ross Douglas	63	3/02/2018	Northern Zone Week 4
8	13.69m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Discus 2kg</b>							
1	47.65m	M	---	Alec Diamond	20	13/01/2018	2017-18 AACT Combined Events Championships
2	46.88m	F	---	Liam Speers	26	2/02/2018	NSW Open, U23 and Para Athletics Championship
3	40.71m	F	---	Tim Heyes	19	25/09/2017	Australian University Games 2017
4	39.90m	F	---	William Brown	21	16/12/2017	Treloar Shield Round 6
5	27.73m	F	---	Ryan Dowling	38	10/03/2018	Northern Zone Week 8
6	27.47m	F	---	William Richardson	21	25/09/2017	Australian University Games 2017
7	26.52m	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
8	25.96m	F	---	Tim McGrath	55	4/11/2017	2017 NSW State Relay Championships
9	25.75m	P	---	Aaron Kang	21	25/09/2017	Australian University Games 2017
10	24.78m	F	---	Warren Jones	37	24/03/2018	Northern Zone Week 10
11	23.41m	P	---	Emmanuel Fakiye	20	25/09/2017	Australian University Games 2017
12	22.01m	P	---	Sam Richardson	18	25/09/2017	Australian University Games 2017
<b>Male Hammer 4kg</b>							
1	46.10m	F	---	Matthew Butler	15	14/03/2018	2018 Australian Junior Athletics Championship
2	41.36m	F	---	Stuart Downie	15	14/03/2018	2018 Australian Junior Athletics Championship
<b>Male Hammer 5kg</b>							
1	20.11m	F	---	Ross Douglas	63	10/02/2018	Northern Zone Week 5
2	13.67m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Hammer 6kg</b>							
1	26.97m	F	---	Tim McGrath	55	21/10/2017	Treloar Shield Round 2
<b>Male Hammer 7.26kg</b>							
1	65.79m	F	---	William Brown	20	25/09/2017	Australian University Games 2017
2	57.35m	F	---	Tim Heyes	20	15/02/2018	Australian Athletics Championships 2018
3	34.30m	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
4	12.17m	F	---	Ryan Dowling	38	2/12/2017	2017 NSW Club and Combined Championships
<b>Male Javelin 400g</b>							
1	20.98m	F	---	Leslie Gillies	70	7/10/2017	Treloar Shield Round 1
2	14.79m	F	---	Michael Johnson	82	24/02/2018	Northern Zone Week 7
<b>Male Javelin 500g</b>							
1	25.11m	F	---	Nicholas Bastas	78	9/06/2017	Australian Masters Championships 2017
2	20.71m	F	---	Doug Barrett	65	26/04/2018	Australian Masters Athletics Championships
3	20.12m	F	---	Leslie Gillies	70	6/01/2018	Northern Zone Week 1
<b>Male Javelin 600g</b>							
1	30.79m	F	---	Maxi Zihlmann	13	12/10/2017	2017 2XU NSW All Schools Championships
2	23.15m	F	---	Doug Barrett	65	28/10/2017	Treloar Shield Round 3
3	18.03m	F	---	Leslie Gillies	70	2/12/2017	2017 NSW Club and Combined Championships
4	11.50m	F	---	Robert Jones	67	24/02/2018	Northern Zone Week 7
<b>Male Javelin 700g</b>							
1	42.63m	F	---	Stuart Downie	15	9/02/2018	NSW Junior Athletics Championships 2018
2	40.50m	F	---	Jack McFadden	15	12/10/2017	2017 2XU NSW All Schools Championships
3	37.59m	F	---	Kyle Fisher	14	9/02/2018	NSW Junior Athletics Championships 2018
4	37.39m	F	---	Tim McGrath	55	3/03/2018	NSW Masters Championships
5	29.51m	F	---	Cameron Fish	17	20/01/2018	Northern Zone Week 3

6	26.75m	F	---	Zoran Novicic	57	17/03/2018	Northern Zone Week 9
7	25.92m	F	---	Trevor Young	59	24/02/2018	Northern Zone Week 7
8	25.01m	F	---	Matthew Butler	14	4/11/2017	2017 NSW State Relay Championships
9	24.43m	F	---	Lachlan Dalton	15	4/11/2017	2017 NSW State Relay Championships
10	23.08m	F	---	Oliver Hannan	16	20/01/2018	Northern Zone Week 3
11	21.52m	F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
12	16.73m	F	---	Junior Schmidt	16	20/01/2018	Northern Zone Week 3
13	15.24m	F	---	Nicholas Van Beek	17	20/01/2018	Northern Zone Week 3
<b>Male Javelin 800g</b>							
1	53.38m	M	---	Alec Diamond	20	13/01/2018	2017-18 AACT Combined Events Championships
2	48.56m	F	---	Rob Dickinson	17	2/12/2017	2017 NSW Club and Combined Championships
3	48.32m	F	---	Liam Speers	25	25/09/2017	Australian University Games 2017
4	46.76m	F	---	Charles Seppelt	19	28/10/2017	Treloar Shield Round 3
5	41.82m	F	---	Ryan Dowling	38	2/12/2017	2017 NSW Club and Combined Championships
6	39.70m	F	---	Sean Fitzsimmons	22	4/11/2017	2017 NSW State Relay Championships
7	39.05m	F	---	Clinton Mcewan	26	25/09/2017	Australian University Games 2017
8	38.65m	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
9	36.96m	F	---	Jack McFadden	15	10/06/2017	NSW Pre Departure Meet
10	36.90m	F	---	Ashley McMahon	42	4/11/2017	2017 NSW State Relay Championships
11	32.48m	F	---	William Richardson	21	25/09/2017	Australian University Games 2017
12	28.46m	F	---	William Brown	21	25/11/2017	Treloar Shield Round 5
13	22.82m	F	---	Warren Jones	37	17/03/2018	Northern Zone Week 9
14	19.42m	F	---	Caerl Murray	42	10/02/2018	Northern Zone Week 5
15	15.01m	F	---	Aaron Kang	21	25/09/2017	Australian University Games 2017
<b>Male Wght Thr 11.34kg</b>							
1	14.09m	F	---	Ryan Dowling	38	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
2	12.70m	F	---	Warren Jones	37	13/01/2018	Northern Zone Week 2
3	10.95m	F	---	Tim McGrath	54	30/09/2017	22nd AMA Winter Throws Championships
4	4.20m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Thr 15.88kg</b>							
1	16.66m	F	---	William Brown	21	10/03/2018	Northern Zone Week 8
2	10.58m	F	---	Ryan Dowling	38	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
3	9.62m	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
4	3.39m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Thr 20kg</b>							
1	7.07m	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Thr 25.4kg</b>							
1	5.96m	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
2	5.75m	F	---	Ryan Dowling	38	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Male Wght Thr 5.45kg</b>							
1	6.73m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Thr 7.26kg</b>							
1	5.82m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Thr 9.08g</b>							
1	14.91m	F	---	Ryan Dowling	38	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
<b>Male Wght Thr 9.08kg</b>							
1	13.88m	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
2	7.53m	F	---	Doug Barrett	65	13/01/2018	Northern Zone Week 2
3	6.30m	F	---	Ross Douglas	63	10/03/2018	Northern Zone Week 8
4	5.36m	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Decathlon</b>							
1	7405	F	---	Alec Diamond	20	15/02/2018	Australian Athletics Championships 2018
2	5351	F	---	William Richardson	21	25/09/2017	Australian University Games 2017
3	3936	F	---	Clark Donovan	24	25/09/2017	Australian University Games 2017
<b>Male Heptathlon</b>							
1	2086	F	---	Martin Leerberg	14	30/09/2017	NSW All Schools Multi's, Warmup & Allcomers
<b>Male Out Pent</b>							
1	2063	F	---	Zoran Novicic	57	2/12/2017	2017 NSW Club and Combined Championships
<b>Male Wght Pent</b>							
1	2820	F	---	Tim McGrath	54	30/09/2017	22nd AMA Winter Throws Championships
2	1771	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
3	1041	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships
<b>Male Wght Pent Heavy</b>							
1	2268	F	---	Warren Jones	37	30/09/2017	22nd AMA Winter Throws Championships
2	2002	F	---	Ryan Dowling	38	17/03/2018	NSWMA Heavy Weight Pentathlon Championships
3	1020	F	---	Robert Jones	67	30/09/2017	22nd AMA Winter Throws Championships



# Road Race Rankings 2017 - 2018

Marks since: 1-May-17

## Female 4000m Run

1	13:36.00	3:24.00	F	---	Sarah McDermott	16	15/07/2017	NSW Road Relay Championships
2	13:41.00	3:25.25	F	---	Else Gallen	23	15/07/2017	NSW Road Relay Championships
3	14:45.00	3:41.25	F	---	Eliza Barton	23	15/07/2017	NSW Road Relay Championships
4	14:51.00	3:42.75	F	---	Isabella Thornton-Bott	19	15/07/2017	NSW Road Relay Championships
5	15:02.00	3:45.50	F	---	Annabel McDermott	18	15/07/2017	NSW Road Relay Championships
6	15:47.00	3:56.75	F	---	Eloise Doherty	18	15/07/2017	NSW Road Relay Championships
7	15:54.00	3:58.50	F	---	Abigail Johnstone	15	15/07/2017	NSW Road Relay Championships
8	17:24.00	4:21.00	F	---	Nicola Bowtell	18	15/07/2017	NSW Road Relay Championships
9	17:37.00	4:24.25	F	---	Deborah Drennan	59	15/07/2017	NSW Road Relay Championships
10	19:56.00	4:59.00	F	---	Margaret Thomas	61	15/07/2017	NSW Road Relay Championships
11	25:24.00	6:21.00	F	---	Nancy Lloyd	63	15/07/2017	NSW Road Relay Championships
12	27:50.00	6:57.50	F	---	Dorothy Kass	64	15/07/2017	NSW Road Relay Championships

## Female 5000m Run

1	17:07.00	3:25.40	F	---	Sarah Reece	16	6/05/2017	Greater Sydney 10K
2	18:01.00	3:36.20	F	---	Annabel McDermott	18	6/05/2017	Greater Sydney 10K
3	18:34.00	3:42.80	F	---	Emily Augustine	20	6/05/2017	Greater Sydney 10K
4	19:04.00	3:48.80	F	---	Hannah Cerezo	13	6/05/2017	Greater Sydney 10K
5	21:45.00	4:21.00	F	---	Lara Chamberlain	12	6/05/2017	Greater Sydney 10K

## Female 10000m Run

1	35:36.00	3:33.60	F	---	Else Gallen	22	6/05/2017	Greater Sydney 10K
2	39:33.00	3:57.30	F	---	Ella Wright	19	6/05/2017	Greater Sydney 10K
3	47:45.00	4:46.50	F	---	Deborah Drennan	58	6/05/2017	Greater Sydney 10K
4	50:42.00	5:04.20	F	---	Louise McAllister	49	6/05/2017	Greater Sydney 10K
5	1:03:33.00	6:21.30	F	---	Nancy Lloyd	63	6/05/2017	Greater Sydney 10K

## Female 5000m Walk

1	34:02.00		F	---	Carmel Parker	51	18/06/2017	2017 Short Walks Championships
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## Female Half Marthn

1	1:19:49.00	NWI	F	---	Lucy Starrat	29	20/05/2017	Sydney Morning Herald Half Marathon
2	1:19:57.00	NWI	F	---	Else Gallen	22	20/05/2017	Sydney Morning Herald Half Marathon

## Male 2500m Run

1	9:10.00		F	---	Duncan Loane	12	6/05/2017	Greater Sydney 10K
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## Male 4000m Run

1	11:42.00	2:55.50	F	---	Edward Goddard	19	15/07/2017	NSW Road Relay Championships
2	11:52.00	2:58.00	F	---	Will Austin-Cray	24	15/07/2017	NSW Road Relay Championships
3	11:55.00	2:58.75	F	---	Jack Stapleton	21	15/07/2017	NSW Road Relay Championships
4	12:10.00	3:02.50	F	---	Mason Cohen	20	15/07/2017	NSW Road Relay Championships
5	14:24.00	3:36.00	F	---	Andrew Williams	45	15/07/2017	NSW Road Relay Championships
6	15:49.00	3:57.25	F	---	Brad Sharpe	56	15/07/2017	NSW Road Relay Championships
7	15:55.00	3:58.75	F	---	Paul Trainor	52	15/07/2017	NSW Road Relay Championships
8	16:10.00	4:02.50	F	---	Kim Loane	55	15/07/2017	NSW Road Relay Championships
9	17:45.00	4:26.25	F	---	Steve Bradley	59	15/07/2017	NSW Road Relay Championships
10	18:17.00	4:34.25	F	---	Trevor Young	59	15/07/2017	NSW Road Relay Championships
11	20:06.00	5:01.50	F	---	Terrence Carter	60	15/07/2017	NSW Road Relay Championships
12	21:35.00	5:23.75	F	---	Andrew MacDonald	54	15/07/2017	NSW Road Relay Championships

## Male 5000m Run

1	19:50.00	3:58.00	F	---	Brad Sharpe	56	6/05/2017	Greater Sydney 10K
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## Male 10000m Run

1	30:17.00	3:01.70	F	---	Edward Goddard	19	1/07/2017	Southern Cross University 10km Run
2	33:14.00	3:19.40	F	---	Leo Peterson	26	6/05/2017	Greater Sydney 10K
3	34:42.00	3:28.20	F	---	Sam McAllister	24	6/05/2017	Greater Sydney 10K
4	41:17.00	4:07.70	F	---	Kim Loane	55	6/05/2017	Greater Sydney 10K
5	41:19.00	4:07.90	F	---	Gregory Bayer	21	6/05/2017	Greater Sydney 10K
6	53:52.00	5:23.20	F	---	Terrence Carter	60	6/05/2017	Greater Sydney 10K

## Male 5000m Walk

1	33:49.00		F	---	Jim Seymon	79	18/06/2017	2017 Short Walks Championships
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## Male 10000m Walk

1	48:30.00		F	---	Jay Felton	21	21/05/2017	NSW Team Walks Championships
2	50:53.00		F	---	Steven Washburn	22	21/05/2017	NSW Team Walks Championships
3	1:11:21.00		F	---	Jim Seymon	79	21/05/2017	NSW Team Walks Championships

## Male 20000m Walk

1	1:36:18.00		F	---	Jay Felton	21	18/06/2017	2017 Short Walks Championships
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## Male 30000m Walk

1	2:25:35.00		F	---	Jay Felton	21	23/07/2017	NSW Long Walks Championships
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## Male Half Marthn

1	1:09:56.00	NWI	F	---	Edward Goddard	19	20/05/2017	Sydney Morning Herald Half Marathon
2	1:20:23.00	NWI	F	---	Dominic Bullock	22	20/05/2017	Sydney Morning Herald Half Marathon
3	1:21:07.00	NWI	F	---	Sam McAllister	24	20/05/2017	Sydney Morning Herald Half Marathon
4	1:31:22.00	NWI	F	---	Patrick Bullock	24	20/05/2017	Sydney Morning Herald Half Marathon

## Male Marathon

1	3:43:34.00		F	---	Kim Loane	56	22/04/2018	London Marathon 2018
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# Cross Country Rankings 2017 - 2018

Marks since: 1-May-17

## Female 3000m Run

1	9:44.00	3:14.67	F	---	Sarah McDermott	16	27/05/2017	NSW Cross Country Relay Championships
2	9:51.00	3:17.00	F	---	Sarah Reece	17	27/05/2017	NSW Cross Country Relay Championships
3	10:01.00	3:20.33	F	---	Isabella Thornton-Bott	19	27/05/2017	NSW Cross Country Relay Championships
4	10:21.00	3:27.00	F	---	Hannah Cerezo	13	27/05/2017	NSW Cross Country Relay Championships
5	10:34.00	3:31.33	F	---	Rosie Fordham	15	27/05/2017	NSW Cross Country Relay Championships
6	11:18.00	3:46.00	F	---	Abigail Johnstone	14	27/05/2017	NSW Cross Country Relay Championships
7	11:24.00	3:48.00	F	---	Emma Baptist	18	27/05/2017	NSW Cross Country Relay Championships
8	12:25.00	4:08.33	F	---	Nicola Christou	11	27/05/2017	NSW Cross Country Relay Championships
9	13:37.00	4:32.33	F	---	Alexandra Dransfield	12	2/07/2017	NSW Short Course Cross Country Championships

## Female 4000m Run

1	14:38.00	3:39.50	F	---	Else Gallen	22	27/05/2017	NSW Cross Country Relay Championships
2	14:43.00	3:40.75	F	---	Sarah McDermott	16	17/06/2017	2017 XCC Challenge
3	15:04.00	3:46.00	F	---	Hannah Cerezo	14	2/07/2017	NSW Short Course Cross Country Championships
4	15:33.00	3:53.25	F	---	Rosie Fordham	15	2/07/2017	NSW Short Course Cross Country Championships
5	15:34.00	3:53.50	F	---	Emma Mahon	14	21/04/2018	St George Classic 2018
6	15:52.00	3:58.00	F	---	Eliza Barton	23	27/05/2017	NSW Cross Country Relay Championships
7	16:30.00	4:07.50	F	---	Bianca Grimaldi	20	27/05/2017	NSW Cross Country Relay Championships
8	18:50.00	4:42.50	F	---	Deborah Drennan	59	21/04/2018	St George Classic 2018
9	22:15.00	5:33.75	F	---	Margaret Thomas	61	27/05/2017	NSW Cross Country Relay Championships
10	27:47.00	6:56.75	F	---	Nancy Lloyd	63	27/05/2017	NSW Cross Country Relay Championships
11	32:23.00	8:05.75	F	---	Dorothy Kass	63	27/05/2017	NSW Cross Country Relay Championships

## Female 6000m Run

1	29:56.00	4:59.33	F	---	Deborah Drennan	59	17/06/2017	2017 XCC Challenge
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## Female 10000m Run

1	39:26.00	3:56.60	F	---	Else Gallen	22	17/06/2017	2017 XCC Challenge
2	44:35.00	4:27.50	F	---	Chloe Skewes-Weir	18	21/04/2018	St George Classic 2018

## Male 3000m Run

1	11:05.00	3:41.67	F	---	Duncan Loane	13	17/06/2017	2017 XCC Challenge
2	11:35.00	3:51.67	F	---	Brad Sharpe	57	21/04/2018	St George Classic 2018

## Male 4000m Run

1	12:39.00	3:09.75	F	---	Jack Stapleton	21	27/05/2017	NSW Cross Country Relay Championships
2	12:47.00	3:11.75	F	---	Edward Goddard	19	27/05/2017	NSW Cross Country Relay Championships
3	13:11.00	3:17.75	F	---	Ruairidh MacDonald	23	27/05/2017	NSW Cross Country Relay Championships
4	13:22.00	3:20.50	F	---	Leo Peterson	26	27/05/2017	NSW Cross Country Relay Championships
5	13:26.00	3:21.50	F	---	Kyle Walsh	16	21/04/2018	St George Classic 2018
6	14:23.00	3:35.75	F	---	Cameron Gorman	14	21/04/2018	St George Classic 2018
7	15:33.00	3:53.25	F	---	Frazer Dowling	37	27/05/2017	NSW Cross Country Relay Championships
8	16:45.00	4:11.25	F	---	Kevin Chamberlain	55	27/05/2017	NSW Cross Country Relay Championships
9	17:05.00	4:16.25	F	---	Kim Loane	55	27/05/2017	NSW Cross Country Relay Championships
10	17:15.00	4:18.75	F	---	Brad Sharpe	56	27/05/2017	NSW Cross Country Relay Championships
11	18:15.00	4:33.75	F	---	Jim Culhane	51	27/05/2017	NSW Cross Country Relay Championships
12	19:27.00	4:51.75	F	---	Steve Bradley	59	27/05/2017	NSW Cross Country Relay Championships
13	20:10.00	5:02.50	F	---	Doug Barrett	64	27/05/2017	NSW Cross Country Relay Championships
14	20:55.00	5:13.75	F	---	Ryan Dowling	38	27/05/2017	NSW Cross Country Relay Championships
15	22:24.00	5:36.00	F	---	Terrence Carter	60	27/05/2017	NSW Cross Country Relay Championships
16	23:15.00	5:48.75	F	---	Andrew MacDonald	54	27/05/2017	NSW Cross Country Relay Championships

## Male 5000m Run

1	21:32.00	4:18.40	F	---	Brad Sharpe	56	2/07/2017	NSW Short Course Cross Country Championships
2	22:02.00	4:24.40	F	---	Kim Loane	55	2/07/2017	NSW Short Course Cross Country Championships

## Male 6000m Run

1	19:44.00	3:17.33	F	---	Elliot Metcalf	17	17/06/2017	2017 XCC Challenge
2	20:17.00	3:22.83	F	---	Darcy Penman	16	17/06/2017	2017 XCC Challenge

## Male 7000m Run

1	30:41.00	4:23.00	F	---	Kevin Chamberlain	56	21/04/2018	St George Classic 2018
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## Male 7500m Run

1	23:41.00	3:09.47	F	---	Edward Goddard	19	2/07/2017	NSW Short Course Cross Country Championships
2	24:07.00	3:12.93	F	---	Jack Stapleton	21	2/07/2017	NSW Short Course Cross Country Championships

## Male 8000m Run

1	37:50.00	4:43.75	F	---	Brad Sharpe	56	17/06/2017	2017 XCC Challenge
2	44:23.00	5:32.88	F	---	Doug Barrett	64	17/06/2017	2017 XCC Challenge

## Male 10000m Run

1	31:00.00	3:06.00	F	---	Edward Goddard	20	21/04/2018	St George Classic 2018
2	33:10.00	3:19.00	F	---	Finbarr Warren	18	21/04/2018	St George Classic 2018
3	33:13.00	3:19.30	F	---	Leo Peterson	27	21/04/2018	St George Classic 2018
4	36:29.00	3:38.90	F	---	David Costello	17	21/04/2018	St George Classic 2018

## Male Half Marthn

1	2:12:56.00	NWI	F	---	Nick Walker	30	19/05/2017	Ultra Trail Australia
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# Club Records (as at 30<sup>th</sup> April 2018)

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

## **Notes**

1. Age as at 31 December except Masters, which is age on the day.
2. # Indicates new record this season.
3. 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.
4. WR = World Record.
5. NR = National Record.
6. SR = State Record.
7. Ind = Indoor performance.
8. Events and age groups recognised are those currently recognised by Athletics Australia, Athletics NSW and the Masters governing bodies.
9. Under 23 age group is for athletes aged 20, 21, and 22 since the introduction of this age group by Athletics Australia.
10. 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	Performan		Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>WOMEN</b>								
<b>60m</b>	<b>7.52</b>	<b>0.0</b>		<b>Open</b>	<b>Jessica Knox (33)</b>	<b>Dec 3 2011</b>	<b>Blacktown</b>	
60m	7.56	1.9		U23	Gabriella O'Grady (20)	Jan 14 2017	Beaton Park, Wollongong	
60m	7.3h	NWI		U20	Laura Verlinden (18)	July 1 2006	Narrabeen	
60m	7.79	0.1		U18	Sarah Thompson (17)	Nov 10 2007	SOPAC, Homebush	
60m	7.83	0.1		U17	Tracey Morton (16)	Nov 10 2007	SOPAC, Homebush	
60m	7.85	0.6		U16	Karlie Morton (15)	Oct 25 2008	ES Marks, Kensington	
60m	7.91	0.4		U15	Karlie Morton (14)	Nov 10 2007	SOPAC, Homebush	
60m	8.30	-0.1		U14	Gabriella Taylor (12)	Nov 18 2017	Blacktown	#
60m	8.30	-0.1		U13	Gabriella Taylor (12)	Nov 18 2017	Blacktown	#
60m	7.52	0.0		W30	Jessica Knox (33)	Dec 3 2011	Blacktown	
60m	7.4h	NWI		W35	Melissa Medlicott (36)	Nov 13 2004	Mingara	
60m	7.95	2.0		W40	Monique Perry (43)	Jan 13 2018	Beaton Park, Wollongong	#
60m	8.34	0.2		W45	Jacqualine Bezuidenhout (45)	Apr 6 2012	Melbourne	
60m	8.28	0.1		W50	Kylie Strong (50)	Apr 26 2018	Perth	#
60m	9.0h	NWI		W55	Gabrielle Whelan (55)	Sep 24 2016	Rotary, Chatswood	
60m	11.15	0.0		W60	Jillian Senior (60)	Feb 26 2012	The Crest, Bankstown	
60m	11.7h	NWI		W65	Jillian Senior (65)	Feb 17 2018	Rotary, Chatswood	#
60m	15.4h	NWI		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
<b>100 yards</b>	<b>10.4h</b>			<b>Open</b>	<b>Jenny Lamy (17)</b>	<b>1966</b>		
<b>100m</b>	<b>11.20</b>			<b>Open</b>	<b>Jenny Lamy (18)</b>	<b>1967</b>		
100m	11.84	0.6		U23	Gabriella O'Grady (20)	Mar 11 2017	AIS, Canberra	
100m	11.20			U20	Jenny Lamy (18)	1967		
100m	11.60			U18	Melissa Moore (17)/ Fiona Blair (17)	1986/1991		
100m	11.87	1.9		U17	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.87	1.9		U16	Karlie Morton (15)	Nov 30 2008	AIS, Canberra	
100m	11.93			U15	Alice Wilson (14)	2004/05		
100m	12.49	1.7		U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
100m	13.11	NWI		U13	Kristie Edwards (12)	Aug 23 2012	SOPAC, Homebush	
100m	11.60	1.7		W30	Jessica Knox (33)	Jan 7 2012	Blacktown	
100m	11.8h	NWI		W35	Melissa Medlicott (36)	Nov 13 2004	Mingara	
100m	12.3h	NWI		W40	Monique Perry (43)	Apr 7 2018	Rotary, Chatswood	#
100m	12.82	0.9		W45	Jacqualine Bezuidenhout (47)	Oct 18 2013	Porto Alegre, Brazil	
100m	12.90	2.0		W50	Kylie Strong (50)	Apr 27 2018	Perth	#
100m	14.5h	NWI		W55	Gabrielle Whelan (55)	Oct 29 2016	Rotary, Chatswood	
100m	17.33	1.1		W60	Margaret Thomas (61)	Mar 3 2018	Blacktown	#
100m	16.70			W65	Kathleen Cook	2004/05		
100m	19.90			W70	Ruth Frith	1990		SR
100m	19.30			W75	Ruth Frith	Feb 20-22 2016	SOPAC, Homebush	SR
100m	19.3h			W80	Ruth Frith (81)			
100m	29.23	-3.2		W85	Laurel Barrett (86)			
<b>150m</b>	<b>19.32</b>			<b>Open</b>	<b>Sophie McGovern (16)</b>	<b>Nov 21 2015</b>	<b>Rotary, Chatswood</b>	
150m	19.32			U20	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.32			U18	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.32			U17	Sophie McGovern (16)	Nov 21 2015	Rotary, Chatswood	
150m	19.82			U16	Alice Dixon (15)	Jan 27 2018	Rotary, Chatswood	#
150m	20.81			U15	Gabriella Taylor (13)	Jan 27 2018	Rotary, Chatswood	#
150m	20.81			U14	Gabriella Taylor (13)	Jan 27 2018	Rotary, Chatswood	#
150m	26.39			U13	Rheanna McMahon (12)	Sep 17 2016	Rotary, Chatswood	
150m	21.43			W35	Yael Reed (35)	Jan 27 2018	Rotary, Chatswood	#
150m	20.25			W40	Monique Perry (43)	Jan 27 2018	Rotary, Chatswood	#
150m	21.42			W45	Jacqualine Bezuidenhout (49)	Nov 21 2015	Rotary, Chatswood	
150m	24.82			W50	Janet Naylor (50)	Sep 17 2016	Rotary, Chatswood	
150m	23.16			W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
<b>200m</b>	<b>22.88</b>	<b>2.0</b>		<b>Open</b>	<b>Jenny Lamy (19)</b>	<b>Oct 18 1968</b>	<b>Ciudad de México</b>	
200m	23.93	0.8		U23	Gabriella O'Grady (20)	Feb 20 2017	AIS, Canberra	
200m	22.88	2.0		U20	Jenny Lamy (19)	Oct 18 1968	Ciudad de México	
200m	23.93	-0.3		U18	Karlie Morton (17)	Mar 11 2010	SOPAC, Homebush	
200m	24.39	0.3		U17	Tracey Morton (16)	Oct 13 2007	SOPAC, Homebush	
200m	24.40	0.7		U16	Tracey Morton (14)	Nov 29 2005	Melbourne	
200m	24.40	-0.3		U16	Karlie Morton (14)	Dec 6 2007	SOPAC, Homebush	
200m	24.40	0.7		U15	Tracey Morton (14)	Nov 29 2005	Melbourne	
200m	24.40	-0.3		U15	Karlie Morton (14)	Dec 6 2007	SOPAC, Homebush	
200m	24.99	0.6		U14	Alice Dixon (13)	Dec 2-4 2016	AIS, Canberra	
200m	26.43	NWI		U13	Alice Dixon (12)	Dec 6 2015	Woden Park, Canberra	
200m	24.12	0.2		W30	Jessica Knox (33)	Dec 17 2012	SOPAC, Homebush	
200m	24.64	-1.7		W35	Renee Robson (36)	Mar 2 2014	SOPAC, Homebush	
200m	26.23	1.1		W40	Monique Perry (43)	Dec 23 2017	The Crest, Bankstown	#
200m	26.21	-3.0		W45	Marie Kay (48)	Mar 3 2008	SOPAC, Homebush	
200m	26.39	0.0		W50	Kylie Strong (50)	Mar 24 2018	The Crest, Bankstown	#
200m	29.92	-0.5		W55	Gabrielle Whelan (55)	Dec 18 2016	SOPAC, Homebush	
200m	38.1h	NWI		W60	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
200m	35.50			W65	Kathleen Cook	2004/05		
200m	50.0h	NWI		W75	Kathleen Cook (79)	Oct 8 2016	Rotary, Chatswood	
<b>300m</b>	<b>39.52</b>			<b>Open</b>	<b>Tracey Morton (18)</b>	<b>Dec 19 2009</b>	<b>SOPAC, Homebush</b>	
300m	40.41			U23	Annabelle Smith (20)	Feb 15 2003	Campbelltown	
300m	39.52			U20	Tracey Morton (18)	Dec 19 2009	SOPAC, Homebush	
300m	40.77			U18	Anneliese Rubie (17)	Dec 19 2009	SOPAC, Homebush	
300m	41.36			U17	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	#
300m	41.36			U16	Gemma Bratton (15)	Nov 2 2017	The Crest, Bankstown	#
300m	44.95			U15	Edita Grinbergs (14)	Nov 21 2015	Rotary, Chatswood	
300m	45.62			U14	Olivia Inkster (13)	Jan 27 2018	Rotary, Chatswood	#
300m	56.99			U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	#
300m	44.49			W40	Jacqualine Bezuidenhout (41)	Dec 20 2008	The Crest, Bankstown	
300m	41.76			W45	Marie Kay (49)	Dec 19 2009	SOPAC, Homebush	
300m	49.79			W55	Gabrielle Whelan (55)	Sep 17 2016	Rotary, Chatswood	
300m	1:03.47			W60	Margaret Thomas (61)	Jan 27 2018	Rotary, Chatswood	#
<b>400m</b>	<b>51.80</b>			<b>Open</b>	<b>Annabelle Smith (21)</b>	<b>Feb 27 2004</b>	<b>SOPAC, Homebush</b>	
400m	51.80			U23	Annabelle Smith (21)	Feb 27 2004	SOPAC, Homebush	
400m	53.88			U20	Anneliese Rubie (18)	Mar 11 2010	SOPAC, Homebush	
400m	54.12			U18	Carley Thomas (17)	Dec 3 2017	SOPAC, Homebush	#
400m	55.80			U17	Carley Thomas (16)	Dec 18 2016	SOPAC, Homebush	
400m	56.09			U16	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	56.09			U15	Tracey Morton (14)	Nov 12 2005	SOPAC, Homebush	
400m	57.80			U14	Anneliese Rubie (13)	Dec-05	SOPAC, Homebush	

Event	Performan Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	1.00.72'	U13	Cayla Phillips (12)	Oct 14 2017	SOPAC, Homebush	#
400m	54.83	W30	Renee Robson (34)	Mar 30 2012	SOPAC, Homebush	
400m	56.74	W35	Renee Robson (35)	Mar 21 2013	Blacktown	
400m	1.05.59	W40	Stacey Quitzau	2004/05		
400m	58.79	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	
400m	1:05.94'	W50	Kylie Strong (50)	Oct 28 2017	The Crest, Bankstown	#
400m	1:08.28	W55	Gabrielle Whelan (55)	Nov 5 2016	Perth	
400m	1.15.0h	W60	Maureen Cadogan	2002/03		
400m	1.25.7h	W65	Lesley Eller (66)	Jan 9 2010	Rotary, Chatswood	SR
400m	2:49.3h	W80	Laurel Barrett (84)	Nov 8 2014	Rotary, Chatswood	
<b>600m</b>	<b>2:01.61</b>	<b>Open</b>	<b>Emma Brown (13)</b>	<b>Nov 21 2015</b>	<b>Rotary, Chatswood</b>	
600m	2:01.61	U20	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61	U18	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61	U17	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61	U16	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61	U15	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:01.61	U14	Emma Brown (13)	Nov 21 2015	Rotary, Chatswood	
600m	2:06.97	U13	Emily Davis (11)	Jan 27 2018	Rotary, Chatswood	#
600m	2:12.47	W40	Joanna Davis (41)	Jan 27 2018	Rotary, Chatswood	#
600m	2:02.70	W55	Deborah Drennan (57)	Sep 17 2016	Rotary, Chatswood	
600m	2:23.00	W60	Margaret Thomas (61)	Jan 27 2018	Rotary, Chatswood	#
<b>800m</b>	<b>2:02.88</b>	<b>Open</b>	<b>Sianne Toemoe (22)</b>	<b>Apr 1 2011</b>	<b>Perth</b>	
800m	2:02.88	U23	Sianne Toemoe (22)	Apr 1 2011	Perth	
800m	2:03.66	U20	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	#
800m	2:03.66	U18	Carley Thomas (17)	Dec 19 2017	Lakeside Melbourne	#
800m	2:05.40	U17	Carley Thomas (16)	Dec 2 2016	AIS, Canberra	
800m	2:09.08	U16	Imogen Gardiner (15)	Dec 12 2017	Adelaide	#
800m	2:13.48	U15	Edita Grinbergs (14)	Oct 17 2015	SOPAC, Homebush	
800m	2:17.29	U14	Ruby Hackett (13)	Dec-05	SOPAC, Homebush	
800m	2:22.62	U13	Ruby Hackett (12)	2004		
800m	2:21.98	W30	Rebecca Gibbs (31)	Dec 17 2011	SOPAC, Homebush	
800m	2:14.1h	W35	Stacey Quitzau	1997/98		
800m	2:15.39	W40	Anne Forbes (44)	Apr 13 2001		SR
800m	2:31.34	W45	Kaye Smythe	1997/98		
800m	2:34.94	W50	Robyn Suttor (50)	Oct 11 2009	SOPAC, Homebush	
800m	2:40.80	W55	Deborah Drennan (55)	Feb 1 2014	SOPAC, Homebush	
800m	2:53.01	W60	Maureen Cadogan	2002/03		
800m	3:18.4h	W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	SR
<b>1000m</b>	<b>2:48.41</b>	<b>Open</b>	<b>Trychelle Kingdom (17)</b>	<b>Nov 10 2007</b>	<b>AIS, Canberra</b>	
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	
<b>1500m</b>	<b>4:10.83</b>	<b>Open</b>	<b>Trychelle Kingdom (25)</b>	<b>Mar 26 2015</b>	<b>Brisbane</b>	
1500m	4:23.07	U23	Katie French (21)	Feb 17 2007	SOPAC, Homebush	
1500m	4:21.87	U20	Sara McDermott (18)	Mar 14 2018	SOPAC, Homebush	#
1500m	4:23.32	U18	Sara McDermott (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 McDermott (15)	Dec 5 2014	Santos Stadium, Adelaide	
1500m	4:35.70	U15	Annabel McDermott (14)	Dec 6 2013	Townsville	
1500m	4:42.97	U14	Ruby Hackett (13)	2005	SOPAC, Homebush	
1500m	4:52.47	U13	Ruby Hackett (12)	2004		
1500m	5:06.19	W30	Rebecca Gibbs (31)	Feb 24 2012	The Crest, Bankstown	
1500m	4:39.19	W35	Anne Forbes (39)	1995		
1500m	4:40.30	W40	Anne Forbes	1996/97		
1500m	5:15.18	W45	Diane Aitken	2001/02		
1500m	5:37.22	W50	Deborah Drennan (51)	Apr 2 2010	Perth	
1500m	5:40.55	W55	Deborah Drennan (57)	Apr 27 2016	Santos Stadium, Adelaide	
1500m	5:56.33	W60	Maureen Cadogan	2002/03		
1500m	6:54.6h	W65	Lesley Eller (66)	Nov 7 2009	Rotary, Chatswood	
<b>1 mile</b>	<b>4:35.6h</b>	<b>Open</b>	<b>Trychelle Kingdom (24)</b>	<b>Dec 16 2014</b>	<b>The Crest, Bankstown</b>	
1 mile	4:56.34	U23	Elise Gallen (21)	Dec 17 2015	The Crest, Bankstown	
1 mile	4:57.22	U20	Frances Schmiede (18)	Dec 13 2011	The Crest, Bankstown	
1 mile	5:05.00	U18	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:05.00	U17	Annabel McDermott (16)	Dec 17 2015	The Crest, Bankstown	
1 mile	5:39.14	U16	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:39.14	U15	Jacinta Metcalf (14)	Jan 16 2016	Beaton Park, Wollongong	
1 mile	5:52.40	U14	Claudie White (13)	Dec 18 2010	SOPAC	
1 mile	6:09.30	W50	Deborah Drennan (53)	Dec 13 2011	The Crest, Bankstown	
1mile	6:14.82	W55	Deborah Drennan (57)	Jan 16 2016	Beaton Park, Wollongong	
<b>3000m</b>	<b>9:23.81</b>	<b>Open</b>	<b>Trychelle Kingdom (24)</b>	<b>Oct 17 2015</b>	<b>ES Marks, Kensington</b>	
3000m	9:34.10	U23	Eliza Stewart (20)	Feb 17 2007	SOPAC, Homebush	
3000m	9:24.23	U20	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:24.23	U18	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:24.23	U17	Abbey Rockliff (16)	Nov 11 2017	SOPAC, Homebush	#
3000m	9:27.98	U16	Annabel McDermott (15)	Dec 11 2014	SOPAC, Homebush	
3000m	9:52.16	U15	Annabel McDermott (14)	Nov 9 2013	SOPAC, Homebush	
3000m	10:16.4h	U14	Ruby Hackett (13)	Oct 29 2005	The Crest, Bankstown	
3000m	10:41.9h	U13	Ashley Mason (12)	2004/05		
3000m	10:28.5h	W30	Mary Fien	2003/2004		
3000m	10:02.5h	W35	Anne Forbes (39)	1995		
3000m	10:10.90	W40	Anne Forbes	1996/97		
3000m	11:03.0h	W45	Diane Aitken	2001/02		
3000m	12:37.17	W50	Deborah Drennan (51)	Jan 23 2010	SOPAC, Homebush	
3000m	12:38.77	W55	Deborah Drennan (56)	Nov 8 2014	SOPAC, Homebush	
3000m	12:51.2h	W60	Maureen Cadogan	2002/03		
3000m	15:34.5h	W65	Lesley Eller (66)	Dec 5 2009	Rotary, Chatswood	
<b>3200m</b>	<b>12:53.48</b>	<b>Open</b>	<b>Emma Brown (13)</b>	<b>Nov 21 2015</b>	<b>Rotary, Chatswood</b>	
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	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>5000m</b>	<b>15:57.57</b>		<b>Open</b>	<b>Annabel McDermott (17)</b>	<b>Mar 19 2016</b>	<b>SOPAC, Homebush</b>	
5000m	16.19.00		U23	Eliza Stewart (20)	Feb 9 2007	Brisbane	
5000m	15:57.57		U20	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
5000m	15:57.57		U18	Annabel McDermott (17)	Mar 19 2016	SOPAC, Homebush	
500m	18.04.75		U17	Bridget Reilly (16)	Feb 24 2012	AIS, Canberra	
5000m	17:35.42		W30	Mary Fien (34)	May 15 2007	Darwin	
5000m	17.26.5h		W35	Anne Forbes (39)	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan (46)	Apr 15 2001	The Crest, Bankstown	SR
5000m	22.35.79		W50	Deborah Drennan (52)	Dec 11 2010	SOPAC, Homebush	
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
<b>10000m</b>	<b>34.36.79</b>		<b>Open</b>	<b>Eliza Stewart (19)</b>	<b>Dec 14 2006</b>	<b>Melbourne</b>	
10000m	35:13.85		U23	Eliza Stewart (20)	Feb 3 2007	SOPAC, Homebush	
10000m	34.36.79		U20	Eliza Stewart (19)	Dec 14 2006	Melbourne	
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5h		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
<b>100m Hurdles - 0.840m</b>	<b>13.42</b>		<b>Open</b>	<b>Jenny Laurendet (28)</b>	<b>1990</b>		
100m Hurdles - 0.840m	13.91	-0.2	U23	Gabriella O'Grady (20)	Jan 21 2017	The Crest, Bankstown	
100m Hurdles - 0.840m	13.53	1.3	U20	Gabriella O'Grady (19)	Jul 22 2016	Bydgoszcz, Poland	
<b>100m Hurdles - 0.762m</b>	<b>13.60</b>		<b>U18</b>	<b>Charlotte Yeates (17)</b>	<b>2004/05</b>		
100m Hurdles - 0.762m	13.61	1.5	U17	Tiana Death (16)	Dec 2 2016	AIS, Canberra	
<b>90m Hurdles - 0.762m</b>	<b>12.52</b>	<b>0.7</b>	<b>U16</b>	<b>Mia Hemsworth (14)</b>	<b>Dec 2 2016</b>	<b>AIS, Canberra</b>	
90m Hurdles - 0.762m	12.52	0.7	U15	Mia Hemsworth (14)	Dec 2 2016	AIS, Canberra	
<b>80m Hurdles - 0.762m</b>	<b>12.20</b>	<b>1.9</b>	<b>U14</b>	<b>Melissa Farrington (13)</b>	<b>Nov 30 2008</b>	<b>AIS, Canberra</b>	
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	NR
80m Hurdles - 0.762m	12.96	-0.1	W50	Marie Kay (51)	Apr 21 2011	Brisbane	
80m Hurdles - 0.762m	16.26		W55	Gloria Seymon (56)	1993		
80m Hurdles - 0.762m	18.78		W65	Judith Knight (67)	1994		
<b>200m Hurdles - 0.762m</b>	<b>27:46</b>	<b>1.6</b>	<b>Open</b>	<b>Abigail Stevanovic (15)</b>	<b>Oct 13 2017</b>	<b>SOPAC, Homebush Bay</b>	<b>#</b>
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 Quitau	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	
<b>300m Hurdles - 0.762m</b>	<b>52.26</b>		<b>W45</b>	<b>Jacqueline Bezuidenhout (49)</b>	<b>Sep 25 2016</b>	<b>The Crest, Bankstown</b>	
300m Hurdles - 0.762m	50.34		W50	Jacqueline Bezuidenhout (51)	Apr 26 2018	Perth	SR #
<b>400m Hurdles - 0.762m</b>	<b>56.31</b>		<b>Open</b>	<b>Jenny Laurendet (27)</b>	<b>1989</b>		
400m Hurdles - 0.762m	58.52		U23	Thalia Amanakis (22)	Mar 22 2008	Sacramento, USA	
400m Hurdles - 0.762m	59.20		U20	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U18	Kylie Robertson (16)	1990		
400m Hurdles - 0.762m	59.20		U17	Kylie Robertson (16)	1990	SOPAC, Homebush	
400m Hurdles - 0.762m	1.07.93		U16	Lauryn Walker (15)	Oct 8 2015	SOPAC, Homebush	
400m Hurdles - 0.762m	59.60		W30	Cathy Collopy	1988		
400m Hurdles - 0.762m	1:09.99		W35	Mary Fien (35)	Sep 10 2007	Riccione, Italy	
400m Hurdles - 0.762m	1:21.89		W40	Janet Naylor (41)	Jul 7 2007	Griffith Uni, QLD	
400m Hurdles - 0.762m	1:04.72		W45	Marie Kay (48)	Jul 27 2008	Townsville, QLD	
<b>3000m Steeplechase - 0.762m</b>	<b>9.34.09</b>		<b>Open</b>	<b>Charlotte Wilson (20)</b>	<b>Oct 27 2012</b>	<b>The Crest, Banktown</b>	
3000m Steeplechase - 0.762m	9.34.09		U23	Charlotte Wilson (20)	Oct 27 2012	The Crest, Banktown	
3000m Steeplechase - 0.762m	10:45.05		U/20	Antonia Howard (19)	May 7 2016	Jamaica, USA	
3000m Steeplechase - 0.762m	11:05.42		U/18	Kate Hobbs (17)	Oct 12 2012	SOPAC, Homebush	
3000m Steeplechase - 0.762m	11:53.53		W35	Mary Fien (36)	Feb 13 2009	SOPAC, Homebush	
<b>2000m Steeplechase - 0.762m</b>	<b>6.54.6h</b>		<b>Open</b>	<b>Mary Fien</b>	<b>2004/05</b>		
2000m Steeplechase - 0.762m	7.12.69		U20	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U18	Beth Croft (16)	Jan 17 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	7.12.69		U17	Beth Croft (16)	Jan 17 2013	The Crest, Banktown	
2000m Steeplechase - 0.762m	7.19.31		U16	Beth Croft (15)	Dec 22 2012	SOPAC, Homebush	
2000m Steeplechase - 0.762m	8:02.70		U15	Eloise Doherty (14)	Oct 11 2013	SOPAC, Homebush	
2000m Steeplechase - 0.762m	6.54.6h		W30	Mary Fien	2004/05		
2000m Steeplechase - 0.762m	7:24.74		W35	Mary Fien (35)	Apr 1 2007	The Domain, Hobart	SR
2000m Steeplechase - 0.762m	7:58.57		W40	Mary Fien (44)	Mar 4 2017	SOPAC, Homebush	
<b>1500m Walk</b>	<b>7.30.4h</b>		<b>Open</b>	<b>R Whitehorn (17)</b>	<b>1967</b>		
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	SR
1500m Walk	9:15.6h		W45	Suzanne Brown (48)	Oct 15 2013	Rotary, Chatswood	
1500m Walk	9.06.6h		W50	Nancy Lloyd	2004/05		
1500m Walk	9.08.3h		W55	Nancy Lloyd (55)	Nov 1 2008	Rotary, Chatswood	
1500m Walk	9.34.3h		W60	Nancy Lloyd (60)	Feb 8 2014	Rotary, Chatswood	
1500m Walk	12:43.3h		W65	Roslyn Wolfers (69)	Nov 22 2014	Rotary, Chatswood	
1500m Walk	12:53.1h		W70	Roslyn Wolfers (70)	Sep 10 2016	Rotary, Chatswood	
1500m Walk	13:30.0h		W85	Laurel Barrett (85)	Jan 16 2016	Rotary, Chatswood	



Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>2000m Walk</b>	<b>10:30.56</b>		<b>Open</b>	<b>Elise Brennan (16)</b>	<b>Feb 24 2018</b>	<b>The Crest,  Bankstown</b>	<b>#</b>
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	#
<b>3000m Walk</b>	<b>16.27.8h</b>		<b>Open</b>	<b>Christina Alldis (22)</b>	<b>Oct 15 2005</b>	<b>The Crest, Bankstown</b>	
3000m Walk	16:27.8h		U23	Christina Alldis (22)	Oct 15 2005	The Crest, Bankstown	
3000m Walk	16.37.71		U20	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U18	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U17	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U16	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	16.37.71		U15	Eliza Delaine (14)	Jan 12 2013	SOPAC, Homebush	
3000m walk	17:20.67		U14	Elise Brennan (13)	Mar 11 2015	SOPAC, Homebush	
3000m Walk	17:24.21		U13	Elise Brennan (12)	Sep 27 2014	SOPAC, Homebush	
3000m Walk	19.04.6h		W30	Fran Dorey	2002/03		
3000m Walk	20.13.6h		W35	Suzanne Brown	2004/05		
3000m Walk	18.01.75		W40	Suzanne Brown (44)	Oct 31 2009	Mingara	SR
3000m Walk	19.33.36		W45	Carmel Parker (48)	Jan 12 2013	SOPAC, Homebush	
3000m Walk	18.51.3h		W50	Nancy Lloyd	2004/05		
3000m Walk	20.28.3h		W55	Nancy Lloyd (57)	Oct 9 2010	Rotary, Chatswood	
3000m Walk	20.27.7h		W60	Nancy Lloyd (61)	Feb 15 2014	Rotary, Chatswood	
3000m Walk	26:35.4h		W80	Laurel Barrett (83)	Oct 12 2013	Rotary, Chatswood	
<b>5000m Walk</b>	<b>25:34.86</b>		<b>Open</b>	<b>Fiona Alldis (19)</b>	<b>Nov 24 2007</b>	<b>ES Marks, Kensington</b>	
5000m Walk	29.12.11		U23	Christina Alldis (20)	Nov 25 2006	ES Marks, Kensington	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	Nov 24 2007	ES Marks, Kensington	
5000m Walk	29:32.00		U18	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	#
5000m Walk	29:32.00		U17	Elise Brennan (16)	Feb 11 2018	SOPAC, Homebush	#
5000m Walk	32:14.84		U16	Elise Brennan (15)	Dec 16 2017	SOPAC, Homebush	#
5000m Walk	34.15.50		W30	Sharon Dunk	1995/96		
5000m Walk	32:42.48		W35	Suzanne Brown (39)	Mar 25-28 2005	Brisbane	
5000m Walk	30.20.43		W40	Suzanne Brown (43)	Apr 10 2009	Santos Stadium, Adelaide	
5000m Walk	31.10.49		W45	Suzanne Brown (46)	Oct 22 2011	Narrabeen	
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	Apr 6 2007	The Domain, Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
5000m Walk	34.30.85		W60	Nancy Lloyd (61)	Mar 8 2014	The Domain, Hobart	
<b>10000m Walk</b>	<b>50:03</b>		<b>Open</b>	<b>Fuona Alldis (19)</b>	<b>Sep 2 2007</b>	<b>Perth</b>	
10000m Walk	1:00:42.27		U23	Christina Alldis (20)	Jan 14 2006	SOPAC, Homebush	
10000m Walk	50:03		U20	Fuona Alldis (19)	Sep 2 2007	Perth	
10000m Walk	1:18.23.0h		W30	Sharon Dunk (31)	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	Jan 20 2010	SOPAC, Homebush	
10000m Walk	1:12:25.59		W45	Suzanne Brown (49)	Jan 10 2015	SOPAC, Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd (54)	Jan 5 2008	Campbelltown	SR
10000m Walk	1:13.53.00		W55	Nancy Lloyd (57)	Apr 12 2011	Brisbane	
<b>High Jump</b>	<b>1.78m</b>		<b>Open</b>	<b>Kerry Maurer</b>	<b>1985</b>		
High Jump	1.69m		U23	Romi Arnott (20)	Jan 31 2009	The Domain, Hobart	
High Jump	1.74m		U20	Virginia Young (17)	1993/1995		
High Jump	1.74m		U18	Virginia Young (17)	1993		
High Jump	1.74m		U18	Karina Brown (17)	Oct 8 2015	SOPAC, Homebush	
High Jump	1.73m		U17	Virginia Young (16)	1992		
High Jump	1.73m		U16	Virginia Young (15)	1991		
High Jump	1.65m		U15	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.65m		U14	Wendy Bebbington (13) / Virginia Young (13)	1988/ 1989		
High Jump	1.57m		U13	Wendy Bebbington (12)	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.50m		W35	Helen Searle (39)	1979	Sydney	NR
High Jump	1.51m		W40	Helen Searle (42)	1981		
High Jump	1.60m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	Jul 3 2011	Tahiti	
High Jump	1.19m		W55	Gloria Seymon	1993		
High Jump	1.06m		W60	Jillian Senior (60)	Dec 25 2012	The Crest, Bankstown	
<b>Pole Vault</b>	<b>3.20m</b>		<b>Open</b>	<b>Amy Moulden (23)</b>	<b>Feb 4 2012</b>	<b>SOPAC, Homebush</b>	
Pole Vault	3.10m		U23	Amy Moulden (21)	Feb 29 2011	SOPAC, Homebush	
Pole Vault	3.00m		U20	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	3.00m		U18	Amy Moulden (17)	Jan 15 2006	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	Oct 13 2007	SOPAC, Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	Sep 23 2006	SOPAC, Homebush	
Pole Vault	2.35m		U15	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.35m		U14	Emma Nash (13)	Dec 18 2010	SOPAC, Homebush	
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
<b>Long Jump</b>	<b>6.33m</b>		<b>Open</b>	<b>Helen Frith (26)</b>	<b>1965</b>		
Long Jump	5.61m	0.1	U23	Jacinta Fisher (20)	Mar 17 2018	Fort Worth, Texas, USA	#
Long Jump	5.99m		U20	Virginia Young (18)	1995		
Long Jump	5.88m	NWI	U18	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.88m	NWI	U17	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.88m	NWI	U16	Katrina Hunt (15)	Feb 19 2012	Narrabeen	
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy (14)	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	Nov 30 2008	AIS, Canberra	
Long Jump	4.95m	1.2	U13	Sienna Bond (12)	Dec 2 2017	SOPAC, Homebush	#
Long Jump	5.21m		W30	Jenny Laurendet (32)	1994		
Long Jump	5.36m	NWI	W35	Melissa Medicott (38)	Apr 14 2006	AIS, Canberra	
Long Jump	5.76m		W40	Helen Searle (44)	1984		
Long Jump	5.52m	2.0	W45	Marie Kay (48)	Mar 8 2008	SAF, Nathan QLD	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	Apr 2 2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Long Jump	3.34m	0.1	W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Long Jump	2.62m	NWI	W65	Jillian Senior (66)	Jan 20 2018	Rotary Field, Chatswood	#
Long Jump	2.32m		W75	Ruth Frith (79)	1989		
Long Jump	2.40m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	NR
Long Jump	2.19m		W85	Ruth Frith (86)	Mar 28 1995	SOPAC, Homebush	SR
<b>Triple Jump</b>	<b>12.59m</b>		<b>Open</b>	<b>Gillian Ting (18)</b>	<b>1995</b>		
Triple Jump	11.89m	1.0	U23	Annabelle Parmegiani (20)	Sep 26 2017	Griffith University, Gold Coast	#

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Triple Jump	12.59m		U20	Gillian Ting (18)	1995		
Triple Jump	12.56m	1.8	U18	Jacinta Fisher (17)	Jan 31 2015	Glendale, Newcastle	
Triple Jump	11.89m		U17	Gillian Ting (15)	1992		
Triple Jump	11.89m		U16	Gillian Ting (15)	1992		
Triple Jump	11.68m		U15	Gillian Ting (14)	1991		
Triple Jump	11.04m		U14	Gillian Ting (13)	1990		
Triple Jump	10.55m		U13	Greta Beale (12)	2002/03		
Triple Jump	9.51m	-0.3	W30	Jaime Lovell (32)	Mar 3 2017	SOPAC, Homebush	
Triple Jump	10.00m	NWI	W35	Melissa Medlicott (38)	Feb 4 2006	The Crest, Bankstown	
Triple Jump	10.30m	1.6	W40	Alice Bohdan (43)	Nov 7 2015	ES Marks, Kensington	
Triple Jump	10.41m	NWI	W45	Alice Bohdan (45)	Feb 17 2018	Rotary field, Chatswood	#
Triple Jump	9.95m		W50	Helen Searle (51)	1990	Rotterdam, Holland	SR
Triple Jump	8.51m		W55	Gloria Seymon (56)	1993		
Triple Jump	6.81m	NWI	W60	Jillian Senior (61)	Mar 16 2013	SOPAC, Homebush	
Triple Jump	7.24m		W65	Judith Knight (67)	1994		
Triple Jump	5.65m		W80	Ruth Frith (84)	Jan 13 1993	Miyazaki, Japan	NR
Triple Jump	5.50m		W85	Ruth Frith (86)	Mar 25 1995	SOPAC, Homebush	WR
<b>Shot Put - 4kg</b>	<b>14.72m</b>		<b>Open</b>	<b>Lou Torso</b>	<b>1977</b>		
Shot Put - 4kg	10.49m		U23	Larissa O'Dea (20)	Sep 26 2016	Perth	#
Shot Put - 4kg	13.10m		U20	J Kennedy (17)	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy (17)	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik (15)	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik (15)	2004/05		
Shot Put - 3kg	12.71m		U15	Madeleine Neville (14)	Oct 13 2011	SOPAC, Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	Sep 13 2008	Rotary, Chatswood	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	Jan 26 2008	Rotary, Chatswood	
Shot Put - 4kg	8.27m		W30	Danielle Cotterill (32)	Nov 8 2013	Rotary, Chatswood	
Shot Put - 4kg	11.29m		W35	Helen Searle (39)	Apr 14 1979	Sydney	
Shot Put - 4kg	11.85m		W40	Helen Searle (42)	1981	Brisbane	SR
Shot Put - 4kg	11.76m		W45	Helen Searle (45)	1983		
Shot Put - 3kg	12.58m		W50	Caroline Layt (50)	Apr 16 2016	Santos Stadium, Adelaide	
Shot Put - 3kg	9.14m		W55	Gloria Seymon (56)	1993		
Shot Put - 3kg	6.41m		W60	Jillian Senior (64)	Nov 12 2016	Rotary, Chatswood	
Shot Put - 3kg	6.23m		W65	Roslyn Wolfers (69)	Nov 29 2014	Rotary, Chatswood	
Shot Put - 3kg	6.28m		W70	Ruth Frith (74)	1983		
Shot Put - 3kg	6.70m		W75	Ruth Frith (77)	1986		
Shot Put - 3kg	6.93m		W80	Ruth Frith (84)	1994		NR
Shot Put - 3kg	5.92m		W85	Ruth Frith (85)	1995	Sydney	NR
Shot Put - 3kg	5.37m		W90	Ruth Frith (91)	2001	Sydney	NR
<b>Discus - 1kg</b>	<b>46.94m</b>		<b>Open</b>	<b>Lou Torso</b>	<b>1975</b>		
Discus - 1kg	41.58m		U23	Larissa O'Dea (21)	Oct 28 2017	Greystanes	#
Discus - 1kg	44.38m		U20	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U18	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U17	Amber Bennett (15)	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett (15)	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett (14)	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett (13)	1995/96		
Discus - 750g	33.50m		U13	Samantha Hardingham (12)	Oct 13 2017	SOPAC, Homebush	#
Discus -1kg	31.49m		W30	Joanne Munn (34)	Nov 2005	SOPAC, Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	Dec 15 2007	SOPAC, Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	Feb 27 2010	Rotary, Chatswood	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	Jun 6 2010	Campbelltown	SR
Discus -1kg	30.29m		W50	Caroline Layt (51)	Nov2016	Perth	
Discus -1kg	22.10m		W55	Gloria Seymon (56)	1993		
Discus -1kg	17.16m		W60	Judith Knight	1994		
Discus -1kg	18.00m		W65	Ruth Frith			
Discus -1kg	15.10m		W70	Ruth Frith (74)	1983	AIS, Canberra	SR
Discus -1kg	15.58m		W75	Ruth Frith (77)	1987	Sydney	SR
Discus -1kg	14.48m		W80	Ruth Frith (80)	1990	Olympic Park, Mebourne	
Discus -1kg	13.92m		W85	Ruth Frith (89)	1998	SOPAC, Homebush	NR
Discus -1kg	12.10m		W90	Ruth Frith (91)	Apr 21-24 2000	The Domani, Hobart	NR
<b>Hammer - 4kg</b>	<b>62.90m</b>		<b>Open</b>	<b>Odette Palma (31)</b>	<b>Jun 16 2013</b>	<b>Rotary, Chatswood</b>	
Hammer - 4kg	41.48m		U23	Larissa O'Dea (21)	Sep 25 2017	Griffith University, Gold Coast	#
Hammer - 4kg	40.64m		U20	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U18	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U17	Leonie Burnes	1997/98		
Hammer - 4kg	40.64m		U16	Leonie Burnes	1997/98		
Hammer - 4kg	34.52m		U15	Lailanie Burnes	1998/99		
Hammer - 3kg	17.07m		U14	Emily Bannister (13)	Oct 12 2017	SOPAC, Homebush	#
Hammer - 4kg	62.90m		W30	Odette Palma (31)	Jun 16 2013	Rotary, Chatswood	
Hammer - 4kg	51.45m		W35	Odette Palma (35)	Sep 3 2017	Greystanes	#
Hammer - 4kg	36.52m		W40	Caroline Layt (42)	Nov 10 2007	SOPAC, Homebush	
Hammer - 4kg	43.80m		W45	Helen Searle (45)	1983		
Hammer - 3kg	42.69m		W50	Caroline Layt (52)	Mar 4 2018	Blacktown	#
Hammer - 3kg	26.60m		W55	Gloria Seymon (56)	1993		
Hammer - 3kg	22.37m		W60	Jillian Senior (60)	Feb 25 2012	The Crest, Bankstown	
Hammer - 3kg	20.31m		W65	Jillian Senior (65)	Mar 5 2015	SOPAC, Homebush	
Hammer - 3kg	15.08m		W70	Roslyn Wolfers (72)	Jan 20 2018	Rotary, Chatswood	#
Hammer - 2kg	19.12m		W80	Ruth Frith (80)	1990	Olympic Park, Melbourne	SR
Hammer - 2kg	18.26m		W85	Ruth Frith (85)	1995	Sydney	NR
Hammer - 2kg	13.57m		W90	Ruth Frith (90)	1999/2000		NR
<b>Javelin - 600g</b>	<b>57.60m</b>		<b>Open</b>	<b>Mackenzie Little (18)</b>	<b>Apr 4 2014</b>	<b>Lakeside, Melbourne</b>	
Javelin - 600g	37.34m		U23	Jordana Cashman (22)	Sep 16 2006	Rotary, Chatswood	
Javelin - 600g	57.60m		U20	Mackenzie Little (18)	Apr 4 2014	Lakeside, Melbourne	
Javelin - 500g	61.47m		U18	Mackenzie Little (16)	Jul 11 2013	Donetsk, Ukraine	
Javelin - 500g	56.68m		U17	Mackenzie Little (16)	Nov 30 2012	The Domain, Hobart	
Javelin - 500g	47.13m		U16	Mackenzie Little (15)	Oct 8 2011	SOPAC, Homebush	NR
Javelin - 500g	35.80m		U15	Amber Bennett (14)	1996/97		
Javelin - 400g	36.16m		U14	V Hooper (13)	1984		
Javelin - 400g*	36.00m		U13	V Hooper (11)	1982		
Javelin - 600g	30.63m		W30	Danielle Cotterill (32)	Nov 9 2013	Rotary, Chatswood	
Javelin - 600g	31.88m		W35	Peta Bird	1994	Sydney	
Javelin - 600g	29.37m		W40	Alice Bohdan (43)	Feb 27 2016	Rotary, Chatswood	
Javelin - 600g	32.30m		W45	Marie Kay (49)	Jul 28 2009	Lahti, Finland	
Javelin - 500g	31.56m		W50	Marie Kay (50)	Apr 2 2010	Perth	
Javelin - 600g*	28.14m		W55	Gloria Seymon (56)	1993		
Javelin - 400g	16.01m		W60	Margaret Thomas (61)	Feb 3 2018	Rotary, Chatswood	#

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 400g	15.07m		W65	Roslyn Wolfers (67)	Jan 19 2013	Rotary, Chatswood	
Javelin - 500g	12.11m		W70	Roslyn Wolfers (72)	Feb 3 2018	Rotary, Chatswood	#
Javelin - 500g	12.40m		W75	Ruth Frith (77)	1987	Sydney	NR
Javelin - 500g	11.88m		W80	Ruth Frith (81)	1990	Olympic Park, Melbourne	SR
Javelin - 500g	11.11m		W85	Ruth Frith (88)	1998		SR
Javelin - 400g	10.51m		W90	Ruth Frith (92)	2002		NR
<b>Weight Throw - 9.08kg</b>	<b>12.11m</b>		<b>Open</b>	<b>Caroline Layt (39)</b>	<b>Mar 1 2005</b>	<b>Brisbane</b>	
Weight Throw - 9.08kg	7.42m		W30	Melissa Baulman-Jones (33)	Feb 20 2016	SOPAC, Homebush	
Weight Throw - 9.08kg	12.11m		W35	Caroline Layt (39)	Mar 1 2005	Brisbane	
Weight Throw - 9.08kg	12.08m		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	SR
Weight Throw - 9.08kg	11.99m		W45	Caroline Layt (47)	Mar 29 2013	AIS, Canberra	
Weight Throw - 7.26kg	14.90m		W50	Caroline Layt (51)	Nov 2016	Perth	
Weight Throw - 7.26kg	8.75m		W55	Kerrie Jones (56)	Mar 6 2010	Campbelltown	
Weight Throw - 7.26kg	9.85m		W60	Jillian Senior (60)	Mar 11 2012	Campbelltown	
Weight Throw - 7.26kg	9.04m		W65	Jillian Senior (65)	Mar 5 2017	SOPAC, Homebush	
Weight Throw - 7.26kg	7.78m		W85	Ruth Frith (86)	1995		NR
Weight Throw - 7.26kg	6.19m		W90	Ruth Frith (92)	2001	Sydney	NR
<b>Heavyweight Throw</b>							
Heavyweight Throw - 5.4kg (12lb)	15.14m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 7.26kg (16lb)	12.69m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 11.34kg (25lb)	8.72m		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throw - 15.88 kg (35lb)	6.10m		W45	Maria Cimino (46)	Mar 8 2017	Campbelltown	
Heavyweight Throw -56lb	3.94m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	SR
Heavyweight Throw - 100lb	2.14m		W45	Caroline Layt (48)	Feb 9 2014	Campbelltown	SR
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	SR
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	#
<b>Heptathlon</b>	<b>5599 Pts</b>		<b>Open</b>	<b>Lesley Richards (21)</b>	<b>1985</b>		
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	WR
Heptathlon	5832 Pts		W50	Marie Kay (50)	Jul 3 2010	Tahiti	
Heptathlon (rescored in 2010 from 4461 Pts)	4015 Pts		W55	Gloria Seymon (56)	Jul 10 1993	Miyazaki, Japan	SR
Heptathlon	3757 Pts		W60	Gloria Seymon (60)	Jul 17 1997	Durban, South Africa	SR
<b>Outdoor Pentathlon - L.J, JT, 200m, DT, 800m (pre-2009)</b>							
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		NR
Pentathlon	3797 Pts		W40	Helen Searle (44)	1983		
Pentathlon	3444 Pts		W45	Kaye Smythe	1997/98		SR
Pentathlon	3800 Pts		W50	Kaye Smythe	1998/99		SR
Pentathlon	2978 Pts		W55	Gloria Seymon (56)	1993		SR
Pentathlon	2322 Pts		W60	Gloria Seymon (60)	Mar 11 1998	SOPAC, Homebush	SR
<b>Outdoor Pentathlon - L.J, JT, 100m, SP, 800m (post 2009)</b>							
Pentathlon	1942 Pts		W40	Maria Cimino (43)	Apr 3 2015	The Crest, Bankstown	
Pentathlon	2873 Pts		W45	Jacqueline Bezuidenhout (48)	Jan 10 2015	SOPAC, Homebush	
Pentathlon	2198 Pts		W50	Caroline Layt (50)	Apr 19 2016	Adelaide	
Pentathlon	1792 Pts		W60	Jillian Senior (61)	Mar 29 2013	AIS, Canberra	SR
<b>Outdoor Pentathlon - L.J, JT, 80m hurdles, SP, 800m</b>							
Pentathlon	3217 Pts		W40	Helen Searle (43)	1983	Olympic Park, Melbourne	
<b>Throws Pentathlon - HT, SP, DT, JT, WT</b>							
Throws Pentathlon	2778 Pts		W35	Melissa Bonser (37)	Mar 21 2008	Blacktown	
Throws Pentathlon	2938 Pts		W40	Caroline Layt (44)	Oct 11 2009	SOPAC, Homebush	
Throws Pentathlon	3192 Pts		W45	Caroline Layt (49)	Apr 3 2015	The Crest, Bankstown	
Throws Pentathlon	3873 Pts		W50	Caroline Layt (51)	Oct 26 2016	Perth	
Throws Pentathlon	2949 Pts		W55	Gloria Seymon (59)	1996	Perry Lakes Stadium, Perth	
Throws Pentathlon	2273 Pts		W60	Jillian Senior (60)	Nov 3 2012	Campbelltown	
Throws Pentathlon	3852 Pts		W80	Ruth Frith (84)	1993		SR
Throws Pentathlon	4424 Pts		W85	Ruth Frith (89)	Mar 7 1998	SOPAC, Homebush	NR
Throws Pentathlon (rescored from 4339 Pts)	3598 Pts		W90	Ruth Frith (91)	Apr 24 2000	The Domain, Hobart	NR
<b>Heavyweight Throws Pentathlon</b>							
Heavyweight Throws Pentathlon - 9.08kg (20lb)	7.26kg (16lb) 9.08kg (20lb) 11.34kg		W45	Maria Cimino (45)	Oct 3 2016	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 9.08kg (20lb)	7.26kg (16lb) 9.08kg (20lb) 11.34kg		W60	Jillian Senior (60)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 9.08kg (20lb)	7.26kg (16lb) 9.08kg (20lb) 11.34kg		W65	Jillian Senior (65)	Mar 8 2017	Campbelltown	
<b>Relays</b>							
<b>Relay - 4 x 100m</b>	<b>46.62</b>		<b>Open</b>	<b>Annette Low (28), Kylie Hanigan (24), Jessie Shepherd (18), Veronica Lee (25)</b>	<b>1995</b>		
<b>Relay - 4 x 100m</b>	<b>46.62</b>		<b>Open</b>	<b>Gabriella O'Grady (19), Jasmine Everett (25), Olivia Tauro (26), Karlie Morton (23)</b>	<b>Dec 17 2016</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x 100m	47.35		U20	Maddison Gipson (18), Katrina Hunt (17), Alexandra Bartholomew (19), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 100m	48.28		U18	Gabriella O'Grady (17), Nicola Haggerty-Meyers (17), Adriana Rusman (16), Alice Falconer (15)	Nov 15-16 2014	SOPAC, Homebush	

Event	Performan Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 100m	48.40	U16	Gabriella O'Grady (14), Nicola Haggerty-Meyers (14), Courtney Boyle (14), Katrina Hunt (15)	Nov 19 2011	SOPAC, Homebush	<i>SR</i>
Relay - 4 x 100m	51.42	U14	Georgia Healy (13), Jessica McIver (13), Annika Lynch (13), Greta Andrews (13)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	49.45	W120+	Monique Perry (42), Renee Robson (38), Yael Reed (33), Kylie Strong (49)	Nov 26-27 2016	Blacktown	
Relay - 4 x 100m	50.64	W160+	Kylie Strong (50), Monique Perry (43), Yael Reed (35), Jacqueline Bezuidenhout (51)	Apr 29 2018	Perth	<i>#</i>
Relay - 4 x 100m	56.29	W200+	Stephanie Markos (51), Kylie Strong (50), Janet Naylor (51), Jackie Bezuidenhout (51)	Nov 4 2017	SOPAC, Homebush	<i>#SR</i>
<b>Relay - 4 x 200m</b>	<b>1.36.75</b>	<b>Open</b>	<b>Gabriella O'Grady (19), Kristie Edwards (16) Olivia Tauro (26), Jasmine Everett (25)</b>	<b>Nov 27-27 2016</b>	<b>Blacktown</b>	
Relay - 4 x 200m	1:39.90	U20	Elizabeth Clay (18), Maddison Gipson (18), Katerina Hunt (17), Gabriella O'Grady (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1:41.19	U18	Katrina Hunt (17), Gabriella O'Grady (16), Sophie McGovern (14), Alex Prendiville (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1:42.25	U16	Courtney Boyle (14), Katrina Hunt (15), Gabriella O'Grady (14), Kate Bonser (15)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 200m	1:47.68	U14	Elle-Maree Farrington (13), Tracey Morton (13), Karlie Morton (11), Niketa Patterson (13)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:48.72	W120+	Janet Naylor (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medicott (37)	2004	SOPAC, Homebush	
Relay 4 x 200m	1:47.61	W160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medicott (41)	Nov 21 2009	Blacktown	
Relay 4 x 200m	2.03.27	W200+	Jenny Schell (52), Debra Drennan (56), Gabrielle Whelan (53), Suzanne Brown (49)	Nov 15-16 2014	SOPAC, Homebush	
<b>Relay - 4 x 400m</b>	<b>3.44.82</b>	<b>Open</b>	<b>Alexandra Bartholomew (22), Emma Hunt (24), Olivia Cason (19), Dominica Jenkins (27)</b>	<b>Nov 26-27 2016</b>	<b>Blacktown</b>	
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	Karlle Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	Nov 18 2007	SOPAC, Homebush	
Relay - 4 x 400m	3:59.56	U16	Karlle Morton (13), Anneliese Rubie (14), Elle Farrington (15), Phoebe Kershaw (14)	Nov 18-19 2006	SOPAC, Homebush	
Relay - 4 x 400m	4:07.65	W30	Kaye Smythe (47), Marina Dulhunty (37), Georgina Hale (31), Glenda Douglass (31)	1996	SOPAC, Homebush	
Relay - 4 x 400m	4:33.95	W160+	Deborah Drennan (53), Rebecca Gibbs (31), Jenny Schell (49), Mary Fien (39)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 400m	4:32.34	W200+	Gabrielle Whelan (56), Debra Drennan (58), Alice Bohdan (44), Kylie Strong (49)	Nov 16-17 2016	Blacktown	<i>SR</i>
<b>Relay - 4 x 800m</b>	<b>8:56.92</b>	<b>Open</b>	<b>Trychelle Kingdom (24), Jemima Backman (22), Bianca Grimaldi (18), Emily Augustine (17)</b>	<b>Nov 15-16 2014</b>	<b>SOPAC, Homebush</b>	
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	<i>#</i>
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 Quoyle (12), Nell Breslin (12), Zoe Latham (12)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	10:34.23	W120+	Rebecca Gibbs (31), Deberoh Drennan (53), Jacqueline Bezuidenhout (45), Mary Fien (39)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 800m	10:20.74	W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	Nov 21 2009	Blacktown	<i>NR</i>
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	
<b>Relay - 4 x 1500m</b>	<b>18.46.2</b>	<b>Open</b>	<b>Trychelle Kingdom (23), Kasey Mumby (21), Emily Hopper (15), Emily Augustine (16)</b>	<b>16-17/11/2013</b>	<b>SOPAC, Homebush</b>	
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	
<b>Relay - 4 x 1500m walk</b>	<b>33.57.1</b>	<b>Open</b>	<b>Ainslie Brown (13), Elise Brennan (13), Sofia Saroukos (11), Imogen Steele (12)</b>	<b>Nov 14-15 2015</b>	<b>Blacktown</b>	
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	
<b>Relay - Medley (100,100, 200, 400)</b>	<b>1:53.80</b>	<b>Open</b>	<b>Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins</b>	<b>2003/2004</b>		
<b>Relay - Medley (200,200,400,800)</b>	<b>3:52.33</b>	<b>Open</b>	<b>Carly Thomas (16), Alexandra Bartholomew (22), Olivia Cason (19), Renee Robson (38)</b>	<b>Nov 26-27 2016</b>	<b>Blacktown</b>	
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	
<b>Relay - 2x100m</b>	<b>24.05</b>	<b>Open</b>	<b>Gabriella O'Grady (18), Katrina Hunt (19)</b>	<b>Jan 31 2015</b>	<b>Hunter Sports Centre, Glendale</b>	
<b>Relay - 4 x High Jump</b>	<b>6.30m</b>	<b>Open</b>	<b>Gabrielle Conroy (24), Carrie Mortleman (20), Alex Moulos (15), Belinda Johnson (15)</b>	<b>1999</b>	<b>SOPAC, Homebush</b>	
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	
<b>Relay - 4 x Long Jump</b>	<b>21.44m</b>	<b>Open</b>	<b>Maren Schuermann (28), Elana Withnall (20), Elizabeth Clay (18), Sarah Healy (15)</b>	<b>Nov 16-17 2013</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x Long Jump	19.73m	U18	Sarah Healy (14), Daisy Ding (17), Kate Bonser (16), Sara Marshall (16)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x Long Jump	17.42m	U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	Nov 17 2007	SOPAC, Homebush	
<b>Relay - 4 x Shot Put</b>	<b>44.97m</b>	<b>Open</b>	<b>Danielle Senior (25), Belinda Johnson (22), Caroline Layt (41), Kristina Hekeik (17)</b>	<b>Nov 18-19 2006</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x Shot Put	41.57m	U18	Mallory Bassett (17), Hannah Morgan (14), Jess McIver (14), Bronte Hodson (14)	Nov 5 2017	SOPAC, Homebush	<i>#</i>
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	<i>SR</i>
<b>Relay - 4 x Discus</b>	<b>144.07m</b>	<b>Open</b>	<b>Pamela Thomson , Leonie Burnes (16), Amber Bennett (16), Lailanie Burnes (15)</b>	<b>1998</b>		
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	
<b>Relay - 4 x Hammer</b>	<b>105.48m</b>	<b>Open</b>	<b>Haruka Murata (19), Caroline Layt (39), Melissa Jones (21), Karen Jones (52)</b>	<b>2004</b>		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones (15), Leonie Burnes (16), Michelle Sheekey (16), Lailanie Burnes (15)	1998		
<b>Relay - 4 x Javelin</b>	<b>148.39m</b>	<b>Open</b>	<b>Danielle Senior (25), Belinda Johnson (22), Annabel Davies (17), Jordana Cashman (22)</b>	<b>Nov 18-19 2006</b>	<b>SOPAC, Homebush</b>	<i>SR</i>
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 Myers (43), Maria Cimino (45), Alice Bohdan (44), Jackie Bezuidenhout (51)	Nov 5 2017	SOPAC, Homebush	<i>#</i>
<b>MEN 100yards</b>	<b>9.6h</b>	<b>Open</b>	<b>John Treloar (24)/ Phil Brown</b>	<b>1952/1957</b>		

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>60m</b>	<b>6.68</b>	<b>1.8</b>	<b>Open</b>	<b>Joshua Clarke (18)</b>	<b>Dec 7 2013</b>	<b>SOPAC, Homebush</b>	
60m	6.97	0.1	U23	Anthony Collum (20)	Jan 17 2015	Beaton Park, Wollongong	
60m	6.68	1.8	U20	Joshua Clarke (18)	Dec 7 2013	SOPAC, Homebush	
60m	6.83	1.3	U18	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	6.83	1.3	U17	Joshua Clarke (16)	Dec 3 2011	Blacktown	
60m	7.09	0.7	U16	Joshua Clarke (15)	Oct 30 2010	The Crest, Bankstown	
60m	7.64	0.1	U15	Phil Biggins (14)	Oct 30 2010	The Crest, Bankstown	
60m	7.68	-0.3	U14	Alexander Fitzpatrick (13)	Dec 3 2011	Blacktown	
60m	8.83	-1.6	U13	Cedric Danso-Boame (12)	Oct 27 2012	The Crest, Bankstown	
60m	7.26	1.6	M30	Ashley McMahon (33)	Oct 25 2008	ES Marks, Kensington	
60m	7.23	-0.1	M35	Ashley McMahon (37)	Jul 28 2013	Kagoshima, Japan	SR
60m	7.21	-1.2	M40	Ashley McMahon (41)	Jun 9 2017	Arafura Stadium, Darwin	
60m	7.72	-1.3	M45	Paul Stinson (45)	Mar 5 2017	SOPAC, Homebush	
60m	7.70	-0.1	M50	Michael Gedz (50)	Feb 21 2016	SOPAC, Homebush	
60m	8.27	NWI	M55	David Smith (59)	Feb 21 2016	SOPAC, Homebush	
60m	8.25	0.1	M60	David Shearsby (60)	Mar 5 2017	SOPAC, Homebush	
60m	9.44	0.0	M65	Hugh Colburn (65)	Feb 25 2012	The Crest, Bankstown	
60m	8.42	2.0	M70	David Chantrill (72)	21/4/2011	Brisbane	SR
60m	8.8h	NWI	M75	Nick Bastas (77)	Nov 28 2015	Rotary Field, Chatswood	
60m	10.33	NWI	M80	Richard Hughes (82)	Feb 22 2015	SOPAC, Homebush	
60m	10.17	1.1	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	# NR
<b>100m</b>	<b>10.24</b>	<b>1.8</b>	<b>Open</b>	<b>Tim Jackson (25)</b>	<b>Jul 20 1994</b>	<b>Tonsberg, Norway</b>	
100m (wind assisted)	10.00	4.3	Open	Tim Jackson (20)	Feb 10 1989	E S Marks, Kensington	
100m	10.31	NWI	U23	Tim Jackson (20)	Apr 8 1989	Azusa USA	
100m	10.34	1.5	U20	Joshua Clarke (19)	Mar 15 2014	SOPAC, Homebush	
100m	10.51	1.6	U18	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.51	1.6	U17	Joshua Clarke (16)	Dec 17 2011	Gold Coast	
100m	10.72	0.1	U16	Joshua Clarke (15)	Dec 4 2010	Doncaster, Melbourne	NR
100m	11.30		U15	A Edwards (13)	1995/96		
100m	11.30		U14	A Edwards (13)	1995/96		
100m	12.47		U13	Damien Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	Feb 3 2007	AIS, Canberra	
100m	10.90	1.6	M35	Ashley McMahon (37)	Mar 16 2013	SOPAC, Homebush	
100m	10.80	NWI	M40	Ashley McMahon (41)	Oct 28 2016	Perth	NR
100m	11.9h	NWI	M45	Paul Stinson (45)	Oct 8 2016	Rotary Field, Chatswood	#
100m	12.10	-0.4	M50	Michael Gedz (50)	Feb 20 2016	SOPAC, Homebush	
100m	12.40	1.7	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
100m	12.39	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
100m	12.70		M65	Reg Austin	20001/02		
100m	14.48	1.8	M70	David Chantrill (73)	Apr 6 2012	Melbourne	
100m	14.8h	NWI	M75	Nick Bastas (76)	Oct 11 2014	Rotary Field, Chatswood	
100m	16.2h	NWI	M80	Richard Hughes (82)	Jan 17 2015	Rotary Field, Chatswood	
100m	15.65	-0.7	M85	Richard Hughes (85)	Jul 23 2007	Wollongong	# NR
<b>150m</b>	<b>16.8</b>		<b>Open</b>	<b>Elijah Williams (22)</b>	<b>Jan 27 2018</b>	<b>Rotary, Chatswood</b>	<b>#</b>
150m	16.8		U23	Elijah Williams (22)	Jan 27 2018	Rotary, Chatswood	#
150m	19.51		U20	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U18	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U17	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U16	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	19.51		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
150m	23.0h		U14	Julian Lee (13)	Jan 27 2018	Rotary, Chatswood	#
150m	26.58		U13	Elijah McMahon (11)	Sep 17 2016	Rotary, Chatswood	
150m	17.54		M35	Ryan Dowling (38)	Jan 27 2018	Rotary, Chatswood	#
150m	17.61		M40	Ashley McMahon (41)	Sep 17 2016	Rotary, Chatswood	
150m	24.37		M65	Leslie Gillies (68)	Nov 21 2015	Rotary, Chatswood	
150m	25.2		M75	Nick Bastas (77)	Nov 21 2015	Rotary, Chatswood	
<b>200m</b>	<b>20.93</b>	<b>1.9</b>	<b>Open</b>	<b>Tim Jackson (20)</b>	<b>Sep 10 1989</b>	<b>Barcelona, Spain</b>	
200m	20.93	1.9	U23	Tim Jackson (20)	Sep 10 1989	Barcelona, Spain	
200m	21.24	-0.3	U20	Joshua Clarke (18)	Feb 1 2014	SOPAC, Homebush	
200m	21.30	0.4	U18	Joshua Clarke (17)	Oct 27 2012	The Crest, Bankstown	
200m	21.79	1.5	U17	Louis Stenmark (16)	Oct 9 2014	SOPAC, Homebush	
200m	21.93	0.4	U16	Matthew Wood (15)	Dec 22 2012	SOPAC, Homebush	
200m	23.41	2.0	U15	Sebastien Lo Cascio (14)	12/10/2017	SOPAC, Homebush	#
200m	24.34		U14	Jordan Idiare (13)	Dec 17 2011	SOPAC, Homebush	
200m	26.2h		U13	Bruce Harrison / M White	1971/1975		
200m	21.95	1.7	M30	James Gurr (31)	Feb 17 2015	The Crest, Bankstown	
200m	22.37	1.8	M35	Antoine Burke (35)	Feb 26 2011	SOPAC, Homebush	
200m	22.03	2.0	M40	Ashley McMahon (41)	Nov 1 2016	Perth	NR
200m	24.66	-0.1	M45	Antony Guest (47)	Feb 4 2012	SOPAC, Homebush	
200m	25.06	-0.8	M50	Michael Gedz (52)	Oct 21 2017	SOPAC, Homebush	#
200m	24.52	2.0	M55	Trevor Young (57)	Jan 9 2016	The Crest, Bankstown	
200m	24.93	NWI	M60	Reg Austin (62)	1999	AIS, Canberra	
200m	26.07		M65	Reg Austin	2001/02		
200m	29.35	1.1	M70	David Chantrill (73)	Feb 25 2012	The Crest, Bankstown	
200m	32.13	NWI	M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
200m	34.28	1.9	M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong	
200m	34.37	-0.5	M85	Richard Hughes (85)	Oct 21 2017	SOPAC, Homebush	#NR
<b>300m</b>	<b>34.72</b>		<b>Open</b>	<b>Matthew Crowe (20)</b>	<b>Nov 2 2017</b>	<b>The Crest, Bankstown</b>	<b>#</b>
300m	34.72		U23	Matthew Crowe (20)	Nov 2 2017	The Crest, Bankstown	#
300m	36.68		U20	Corey Fumringer (19)	Nov 21 2015	SOPAC, Homebush	
300m	38.92		U18	Denford Moore (17)	Dec 19 2009	SOPAC, Homebush	
300m	41.03		U17	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	41.03		U16	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	41.03		U15	Ryan Lee (14)	Nov 21 2015	Rotary, Chatswood	
300m	46.47		U14	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	#
300m	46.47		U13	Julian Lee (12)	Oct 5 2017	The Crest, Bankstown	#
300m	48.29		M30	Kieran Courtney (30)	Dec 19 2009	SOPAC, Homebush	
300m	37.84		M35	Ryan Dowling (38)	Nov 2 2017	The Crest, Bankstown	#
300m	37.75		M40	Ashley McMahon (42)	Jan 27 2018	Rotary, Chatswood	#
300m	43.35		M45	Anthony Crimi (48)	Dec 19 2009	SOPAC, Homebush	
300m	45.92		M50	Jim Culhane (51)	Jan 27 2018	Rotary, Chatswood	#
300m	55.72		M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood	
300m	52.75		M65	Les Gillies (68)	Nov 21 2015	Rotary, Chatswood	
<b>400m</b>	<b>46.17</b>		<b>Open</b>	<b>David Johnston (22)</b>	<b>1983</b>		
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		

Event	Performer Wind	Age Group	Athlete/s (age)	Date	Venue	Record
400m	47.30	M30	James Gurr (31)	Dec 20 2014	SOPAC, Homebush	SR
400m	47.83	M35	Antoine Burke (35)	Mar 25 2011	SOPAC, Homebush	
400m	50.33	M40	Ashley McMahon (41)	Nov 18 2016	Blacktown	
400m	54.07	M45	Antony Guest (47)	Mar 30 2012	SOPAC, Homebush	
400m	57.76	M50	Antony Guest (51)	Oct 26 2016	Perth	
400m	54.63	M55	Trevor Young (57)	Apr 18 2016	Santos Stadium, Adelaide	#
400m	55.42	M60	Trevor Young (60)	Apr 28 2018	Perth	
400m	1:07.31	M65	Geoff Francis (65)	Mar 24 2007	Campbelltown	
400m	1:16.75	M70	Charles Hobden (71)	Mar 8 2008	SOPAC, Homebush	
400m	1:23.5h	M75	Charles Hobden (75)			
400m	1:24.56	M80	Richard Hughes (82)	Oct 25 2014	Barden Ridge, Illawong	NR#
400m	1:25.63	M85	Richard Hughes (85)	Jun 11 2017	Arafura Stadium, Darwin	
<b>600m</b>	<b>1:15.86</b>	<b>Open</b>	<b>Tristan Garrett (22)</b>	<b>Feb 2 2010</b>	<b>Sydney</b>	
600m	1:15.86	U23	Tristan Garrett (22)	Feb 2 2010	Sydney	
600m	1:59.18	U20	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U18	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U17	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U16	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U15	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U14	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:59.18	U13	Loane Duncan (12)	Sep 17 2016	Rotary, Chatswood	
600m	1:54.48	M45	Andy West (49)	Sep 17 2016	Rotary, Chatswood	
600m	1:47.00	M50	Bradley Sharpe (54)	Sep 17 2016	Rotary, Chatswood	
600m	1:46.93	M55	Bradley Sharpe (56)	Jan 27 2018	Rotary, Chatswood	#
600m	2:14.75	M60	Doug Barrett (63)	Sep 17 2016	Rotary, Chatswood	
600m	2:10.43	M65	Doug Barrett (65)	Jan 27 2018	Rotary, Chatswood	#
<b>800m</b>	<b>1:46.45</b>	<b>Open</b>	<b>James Gurr (28)</b>	<b>Mar 3 2012</b>	<b>Melbourne</b>	
800m	1:46.66	U23	Tristan Garrett (22)	Mar 4 2010	Melbourne	
800m	1:46.65	U20	Grant Cremer (19)	Feb 25 1998	Melbourne	
800m	1:51.71	U18	Sam Hall (17)	Dec 9 2000	Adelaide	
800m	1:54.23	U17	Adrian White (16)	1981		
800m	2:00.3h	U16	K Dewar (15)	1974		
800m	2:02.0h	U15	John Vandenberg (14)	1970		
800m	2:08.04	U14	Austin Thomson (13)	Oct 9 2014	SOPAC, Homebush	
800m	2:18.3h	U13	R Pentecost	1967		
800m	1:48.29	M30	James Gurr (33)	Jan 13 2018	Perth	#
800m	1:56.10	M35	Greg Nielson	1990		
800m	1:59.98	M40	Stuart Paterson (41)	Apr 9-13 1998	QEII Stadium, Brisbane	
800m	2:05.9h	M45	Stuart Paterson (46)	2002/03	The Crest, Bankstown	
800m	2:11.59	M50	Les Gillies	2001/02		
800m	2:13.32	M55	Rickhard Martin (55)	Dec 11 2010	SOPAC, Homebush	
800m	2:22.00	M60	Les Gillies (60)	Apr 6 2007	The Domain, Hobart	
800m	2:40.33	M65	Geoff Francis (67)	Apr 10 2009	Santos Stadium, Adelaide	
800m	2:54.66	M70	Ron Wills (70)	Mar 6 2010	Campbelltown	
800m	3:25.80	M75	Charles Hobden (75)	Oct 22 2011	Rotary, Chatswood	
800m	3:35.11	M80	Richard Hughes (82)	Feb 21 2015	SOPAC, Homebush	
800m	3:46.48	M85	Richard Hughes (85)	Mar 11 2017	SOPAC, Homebush	SR
<b>1000m</b>	<b>2:21.36</b>	<b>Open</b>	<b>Nick Bromley (26)</b>	<b>Jul 23 2009</b>	<b>Karlstad, Sweden</b>	
<b>1500m</b>	<b>3:37.02</b>	<b>Open</b>	<b>James Kaan (23)</b>	<b>Mar 9 2013</b>	<b>SOPAC, Homebush</b>	
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		
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	#
<b>1 Mile</b>	<b>4:00.53</b>	<b>Open</b>	<b>Jack Stapleton (20)</b>	<b>Dec 17 2015</b>	<b>The Crest, Bankstown</b>	
1 Mile	4:00.53	U23	Jack Stapleton (20)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:16.13	U20	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	#
1 Mile	4:16.13	U18	Elliot Metcalf (17)	Dec 23 2017	The Crest, Bankstown	#
1 Mile	4:29.55	U17	Elliot Metcalf (16)	Dec 12 2016	The Crest, Bankstown	
1 Mile	4:31.51	U16	Elliot Metcalf (15)	Dec 17 2015	The Crest, Bankstown	
1 Mile	4:58.22	M40	Connor Delahunty (43)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:14.85	M50	Bradley Sharpe (50)	Dec 13 2011	The Crest, Bankstown	
1 Mile	5:28.34	M55	Bradley Sharpe (55)	Dec 12 2016	The Crest, Bankstown	
<b>2000m</b>	<b>5:08.40</b>	<b>Open</b>	<b>Laurie Toogood (21)</b>	<b>Mar 18 1966</b>		SR
<b>3000m</b>	<b>8:00.79</b>	<b>Open</b>	<b>Jack Stapleton (21)</b>	<b>Jan 30 2016</b>	<b>Glendale, Newcastle</b>	
3000m	8:00.79	U23	Jack Stapleton (21)	Jan 30 2016	Glendale, Newcastle	
3000m	8:13.54	U20	Ed Goddard (19)	Nov 12 2016	SOPAC, Homebush	
3000m	8:29.0h	U18	Joel Fitzgerald (17)	2000/2001		
3000m	8:34.75	U17	Ruairidh MacDonald (16)	Mar 11 2010	SOPAC, Homebush	
3000m	8:47.2h	U16	John Vandenberg (15)	1970		
3000m	9:28:09	U15	Michael Westhuizen (14)	Oct 13 2016	SOPAC, Homebush	
3000m	9:52:09	U14	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	9:52:09	U13	Jared Simmons (12)	Jan 23 2010	SOPAC, Homebush	
3000m	8:31.4h	M30	Sean Fitzpatrick	1999/2000		
3000m	8:37.7h	M35	Michael Donnelly (38)	1995		
3000m	8:47.10	M40	Michael Donnelly	1999/2000		
3000m	9:34.15	M45	Stuart Paterson (49)	Apr 2 2006	Adelaide	
3000m	10:21.66	M50	Stuart Paterson (50)	Nov 11 2006	SOPAC, Homebush	
3000m	10:25.3h	M55	Jim Seymon (58)	1995		
3000m	11:31.8h	M60	Geoff Francis	2002/03		
3000m	12:43.42	M65	Geoff Francis (67)	Oct 24 2009	Narrabeen	
3000m	14:05.1h	M70	Ron Wills (71)	Oct 30 2010	Rotary, Chatswood	
<b>3200m</b>	<b>11:44.08</b>	<b>Open</b>	<b>Dominic Bullock (22)</b>	<b>Sep 17 2016</b>	<b>Rotary, Chatswood</b>	
3200m	11:44.08	U23	Dominic Bullock (22)	Sep 17 2016	Rotary, Chatswood	
3200m	11:49.05	U20	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05	U18	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	



Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
3200m	11:49.05		U17	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U16	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U15	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U14	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
3200m	11:49.05		U13	Loane Duncan (11)	Nov 21 2015	Rotary, Chatswood	
<b>5000m</b>	<b>13.59.0h</b>		<b>Open</b>	<b>John Farrington (25)</b>	<b>1970</b>		
5000m	14.05.27		U23	James Connor (21)	Apr 6 2013	Melbourne	
5000m	14.28.0h		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U17	G Lawson	1985		
5000m	17.17.95		U16	G Lawson	1985		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors (30)	Jan 19 2006	SOPAC, Homebush	
5000m	15.07.90		M35	Michael Donnelly (38)	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	Jan 19 2006	SOPAC, Homebush	
5000m	17:42.13		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
5000m	17:21.86		M55	Jim Seymon (55)	1993		
5000m	19.49.5h		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	Oct 11 2009	SOPAC, Homebush	
<b>10000m</b>	<b>29.04.42</b>		<b>Open</b>	<b>Ed Goddard (20)</b>	<b>Dec 14 2017</b>	<b>Lakeside, Melbourne</b>	<b>#</b>
10000m	29.04.42		U23	Ed Goddard (20)	Dec 14 2017	Lakeside, Melbourne	#
10000m	31:23.96		U20	Ed Goddard (19)	Sep 26 2016	Perth	
10000m	34:03.57		M30	Ryan Cantrell (30)	Mar 31 2012	SOPAC, Homebush	
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	35:56.58		M40	Gary Mullins (40)	Mar 31 2012	SOPAC, Homebush	
10000m	35:27.06		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
10000m	35:50.36		M55	Jim Seymon (55)	1993		
10000m	41.10.9h		M60	Jim Seymon	1997/98		
<b>110m Hurdles - 1.067m</b>	<b>14.21</b>	<b>0.6</b>	<b>Open</b>	<b>Gareth Watkins (20)</b>	<b>Jan 25 1998</b>	<b>Sydney</b>	
110m Hurdles - 1.067m	14.21	0.6	U23	Gareth Watkins (20)	Jan 25 1998	Sydney	
110m Hurdles - 0.991m	14.16	-2.0	U20	Will Lloyd (18)	Sep 14 2017	SOPAC, Homebush Bay	#
110m Hurdles - 0.914m	13.74	1.9	U18	Will Lloyd (17)	Oct 9 2016	SOPAC, Homebush Bay	
110m Hurdles - 0.914m	13.81	-0.2	U17	Will Lloyd (16)	Dec 5 2015	Melbourne	
100m Hurdles - 0.840m	13.0h		U16	Matthew Walker (15)	2002/03		
100m Hurdles - 0.840m	13.48	-0.9	U15	Jordan Idiare (14)	Nov 30 2012	The Domain, Hobart	
90m Hurdles - 0.762m	12.28	1.0	U14	Riley Hemsworth (13)	Dec 2 2016	AIS, Canberra	
90m Hurdles - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	Oct 31 2009	Barden Ridge, Illawong	
110m Hurdles - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m Hurdles - 0.991m	14.77	-1.6	M35	Ryan Dowling (38)	Dec 3 2017	SOPAC, Homebush Bay	# NR
110m Hurdles - 0.991m	16.24		M40	Clay Tompkins (41)	1993		
110m Hurdles - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m Hurdles - 0.914m	16.14		M55	Clay Tompkins (55)	Aug 2 2008	Townsville	SR
100m Hurdles - 0.840m	18.16		M60	Jim McGrath (61)	Ape 15-20 1992	The Domain, Hobart	
100m Hurdles - 0.840m	18.9h		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
80m Hurdles - 0.762m	17.10		M70	Jim McGrath (70)	Jul 14 2001	Brisbane	SR
<b>200m Hurdles - 0.762m</b>	<b>24.60</b>	<b>-1.0</b>	<b>Open</b>	<b>Jacob Holt (20)</b>	<b>Dec 16 2006</b>	<b>SOPAC, Homebush</b>	
200m Hurdles - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	Dec 16 2006	SOPAC, Homebush	
200m Hurdles - 0.762m	24.95		U20	Jacob Holt	2004/5		
200m Hurdles - 0.762m	25.57	1.7	U18	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U17	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	25.57	1.7	U16	Bryce Collins (15)	Mar 14 2011	SOPAC, Homebush	
200m Hurdles - 0.762m	26.90	-1.3	U15	Lachlan Dalton (14)	Oct 14 2016	SOPAC, Homebush	
200m Hurdles - 0.762m	29.94		U14	S Hailstone (13)	1985		
200m Hurdles - 0.762m	32.0h		U13	Sean Radi (12)	1983		
200m Hurdles - 0.762m	28.50	NWI	M35	Ryan Dowling (38)	Jun 16 2017	Glendale, Newcastle	#
200m Hurdles - 0.762m	33.35	1.3	M45	Tim McGrath (49)	Feb 4 2012	SOPAC, Homebush	
<b>400m Hurdles - 0.914m</b>	<b>51.42</b>		<b>Open</b>	<b>Bryce Collins (19)</b>	<b>Feb 28 2015</b>	<b>SOPAC, Homebush</b>	
400m Hurdles - 0.914m	53.17		U23	James Roff (21)	Jan 27 2007	AIS, Canberra	
400m Hurdles - 0.914m	51.42		U20	Bryce Collins (19)	Feb 28 2015	SOPAC, Homebush	
400m Hurdles - 0.840m	52.64		U18	Bryce Collins (17)	Nov 9 2013	SOPAC, Homebush	
400m Hurdles - 0.840m	53.31		U17	Bryce Collins (16)	Oct 13 2012	SOPAC, Homebush	
400m Hurdles - 0.840m	56.66		U16	Thomas Hunt (15)	Dec 17 2016	SOPAC, Homebush	
400m Hurdles - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m Hurdles - 0.914m	57.40		M35	Ryan Dowling (38)	Apr 26 2018	Perth	#
400m Hurdles - 0.914m	1.09.58		M40	David Murphy (43)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.914m	1.09.07		M45	Andrew Kohlrusch (46)	Feb 25 2012	The Crest, Bankstown	
400m Hurdles - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
<b>300m Hurdles - 0.762m</b>	<b>53.00</b>		<b>M60</b>	<b>Les Gillies (60)</b>	<b>Mar 16 2007</b>	<b>Adelaide</b>	
<b>3000m Steeplechase 0.914m</b>	<b>9.09.53</b>		<b>Open</b>	<b>Dylan Dudley (22)</b>	<b>Feb 15 2014</b>	<b>Santos Stadium, Adelaide</b>	
3000m Steeplechase 0.914m	9.09.53		U23	Dylan Dudley (22)	Feb 15 2014	Santos Stadium, Adelaide	
3000m Steeplechase 0.914m	9.20.63		U20	Nick Bromley (19)	Mar 23 2002		
3000m Steeplechase 0.914m	10:48.19		U18	Vikram Ramrakha (17)	Mar 25 2011	SOPAC, Homebush	
3000m Steeplechase 0.914m	10:53.52		M30	Frazer Dowling (34)	Jan 11 2014	Sydney	
3000m Steeplechase 0.914m	10:59.89		M35	Peter Hampshire	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	14:03.30		M45	Andy West (46)	Feb 22 2014	Glendale, Newcastle	
3000m Steeplechase 0.914m	11:26.00		M50	Jim Seymon (54)	Apr 15-20 1992	The Domain, Hobart	
3000m Steeplechase 0.914m	11:31.86		M55	Jim Seymon (55)	1993		
<b>2000m Steeplechase - 0.914m</b>	<b>5:49.97</b>		<b>Open</b>	<b>Dylan Dudley (22)</b>	<b>Jan 18 2014</b>	<b>Glendale, Newcastle</b>	
2000m Steeplechase - 0.914m	5:49.97		U23	Dylan Dudley (22)	Jan 18 2014	Glendale, Newcastle	
2000m Steeplechase - 0.914m	6.00.58		U20	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U18	Chris White (16)	1986		
2000m Steeplechase - 0.914m	6.00.58		U17	Chris White (16)	1986		
2000m Steeplechase - 0.914m*	6.04.27		U16	Chris White (15)	1985		NR
2000m Steeplechase - 0.762m	6.31.73		U15	S Hudson (14)	1987		
2000m Steeplechase - 0.762m	6:59.62		U14	Elliot Metcalf (13)	Dec 14 2013	SOPAC, Homebush	
<b>1500m Walk</b>	<b>5.58.0h</b>		<b>Open</b>	<b>John Hart</b>	<b>1985</b>		
1500m Walk	5.58.0h		U20	John Hart	1985		
1500m Walk	6.24.7h		U18	John Hart	1980		
1500m Walk	6.24.7h		U17	John Hart	1980		
1500m Walk	6.24.7h		U16	John Hart	1980		
1500m Walk	6.24.7h		U15	John Hart	1980		
1500m Walk	8:14.4h		U14	Martin Leerburg (13)	Oct 8 2016	Rotary, Chatswood	
1500m Walk	8.38.0h		U13	J Davidson	1975		
1500m Walk	7.31.7h		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1h		M35	Mark Ransom	1998/99		SR
1500m Walk	7.57.2h		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5h		M50	Doug Barrett	2004/05		

Event	Performer	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0h		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	Jan 16 2010	Rotary, Chatswood	
1500m Walk	8:30.7h		M75	Jim Seymon (78)	Oct 18 2014	Rotary, Chatswood	
1500m Walk	8:58.0h		M80	Jim Seymon (80)	Mar 10 2018	Rotary, Chatswood	#
<b>3000m Walk</b>	<b>12.45.8h</b>		<b>Open</b>	<b>John Morison</b>	<b>2000/2001</b>		
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	19:53.7h		M80	Jim Seymon (80)	Feb 10 2018	Rotary, Chatswood	#
<b>5000m Walk</b>	<b>21:23.06</b>		<b>Open</b>	<b>Jay Felton (21)</b>	<b>Feb 26-28 2016</b>	<b>SOPAC, Homebush</b>	
5000m Walk	21:23.06		U23	Jay Felton (21)	Feb 26-28 2016	SOPAC, Homebush	
5000m Walk	22:17.26		U20	Jay Felton (19)	Mar 29 2014	ES Marks, Kensington	
5000m Walk	28.02.0h		M30	Mark Ransom	1995/96		
5000m Walk	26.58.8		M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40		M55	Jim Seymon	1996/97		
5000m Walk	28.39.1h		M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84		M65	Jim Seymon	2002/03		
5000m Walk	29.54.84		M70	Jim Seymon (71)	Apr 10 2009	Santos Stadium, Adelaide	SR
5000m Walk	27.13.67		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
5000m Walk	33:40.54		M80	Jim Seymon (80)	Apr 27 2018	Perth	#
<b>10000m Walk</b>	<b>44:30.04</b>		<b>Open</b>	<b>Jay Felton (21)</b>	<b>Mar 31 2016</b>	<b>SOPAC, Homebush</b>	
10000m Walk	44:30.04		U23	Jay Felton (21)	Mar 31 2016	SOPAC, Homebush	
10000m Walk	58.15.0h		M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0h		M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0h		M65	Jim Seymon (67)	2004	The Crrest, Bankstown	SR
10000m Walk	1:03.11.53		M70	Jim Seymon (71)	Jan 5 2008	Campbelltown	
10000m Walk	1:07:49.00		M75	Jim Seymon (76)	Mar 8 2014	The Domain, Hobart	
10000m Walk	1:10.07h		M80	Jim Seymon (80)	Apr 29 2018	Perth	#
<b>20000m Walk</b>	<b>1:46.21.86</b>		<b>Open</b>	<b>Steve Washburn (22)</b>	<b>Jul 17 2016</b>	<b>San Salvador</b>	
<b>High Jump</b>	<b>2.23m</b>		<b>Open</b>	<b>Luke Russell (19)</b>	<b>Dec 12 1998</b>	<b>AIS, Canberra</b>	
High Jump	1.94m		U23	Alec Diamond (21)	Jan 13 2018	AIS, Canberra	#
High Jump	2.23m		U20	Luke Russell (19)	Dec 12 1998	AIS, Canberra	
High Jump	2.11m		U18	Theo Kaveris (17)	1986		
High Jump	1.96m		U17	Gordon Windeyer (16)	1971		
High Jump	1.90m		U16	Matthew Walker (15)	1980		
High Jump	1.90m		U16	A Urquart (14)	1983		
High Jump	1.90m		U15	A Urquart (14)	1983		
High Jump	1.78m		U14	J Delamare (13)	1983		
High Jump	1.65m		U13	William Richardson (12)	Nov 15 2008	Blacktown	
High Jump	1.65m		U13	Alex Willett (12)	Nov 30 2013	SOPAC, Homebush	
High Jump	1.70m		M30	Carl Dubois (32)/ Tony Nash	1995 - 1996/97		
High Jump	1.70m		M30	Ashley McMahon (30)	Oct 22 2005	Campbelltown	
High Jump	1.93m		M35	Clay Tompkins (39)	1992		NR
High Jump	1.90m		M40	Clay Tompkins (40)	1993		SR
High Jump	1.83m		M45	Clay Tompkins	2000/2001		
High Jump	1.75m		M50	Clay Tompkins (50)	Mar 9 2003	SOPAC, Homebush	NR
High Jump	1.68m		M55	Clay Tomkins (55)	Mar 22 2008	Blacktown	SR
High Jump	1.61m		M60	Clay Tomkins (60)	Mar 29 2013	AIS, Canberra	NR
High Jump	1.20m		M65	Jim McGrath	1996/97		
High Jump	1.07m		M70	Jim McGrath	2001/02		
High Jump	1.14m		M75	Nick Bastas (79)	Jun 10 2017	Arafura Stadium, Darwin	#
<b>Pole Vault</b>	<b>4.70m</b>		<b>Open</b>	<b>Alec Diamond (20)</b>	<b>Dec 23 2017</b>	<b>SOPAC, Homebush</b>	<b>#</b>
Pole Vault	4.70m		U23	Alec Diamond (20)	Dec 23 2017	SOPAC, Homebush	#
Pole Vault	4.40m		U20	Sean Radi	1988		
Pole Vault	4.40m		U18	Sean Radi	1988		
Pole Vault	3.95m		U17	Sean Radi	1986		
Pole Vault	3.95m		U16	Sean Radi	1986		
Pole Vault	3.90m		U15	Sean Radi	1985		
Pole Vault	3.25m		U14	Sean Radi	1984		
Pole Vault	3.00m		U13	Sean Radi	1983		
Pole Vault	3.80m		M30	Tim McGrath	1995/96		
Pole Vault	3.65m		M35	Clay Tompkins (35)	1988		
Pole Vault	3.60m		M40	Clay Tompkins (40)	1993		
Pole Vault	3.60m		M45	Jim McGrath (45)	1976	Sydney	SR
Pole Vault	3.60m		M45	Clay Tompkins (46)	Mar 13 1999	Sydney	SR
Pole Vault	3.40m		M50	Tim McGrath (50)	Mar 16 2013	SOPAC, Homebush	
Pole Vault	3.20m		M55	Jim McGrath (55)	1986	Adelaide	
Pole Vault	3.00m		M60	Jim McGrath (60)	Jul 20 1991	England	NR
Pole Vault	2.60m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Pole Vault	2.40m		M70	Jim McGrath (70)	Nov 3 2001	Sydney	SR
<b>Long Jump</b>	<b>7.67m</b>		<b>Open</b>	<b>Peter Banks</b>	<b>1996/97</b>		
Long Jump	7.65m	0.7	U23	Alec Diamond (21)	Feb 16 2018	Carrara Stadium, Gold Coast	#
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	7.22m	0.2	U18	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.22m	0.2	U17	Alex Willett (16)	Mar 31 2017	SOPAC, Homebush	
Long Jump	7.11m	1.0	U16	Alex Willett (15)	Dec 2 2016	AIS, Canberra	
Long Jump	6.81m	1.2	U15	Alex Willett (14)	Dec 6 2015	Lakeside, Melbourne	
Long Jump	6.29m	1.2	U14	Alex Willett (13)	Dec 5 2014	Santos Stadium, Adelaide	
Long Jump	5.31m	0.6	U13	Alex Willett (12)	Dec 6 2013	Campbelltown	
Long Jump	6.63m	-1.0	M30	Tomas Cholemsky (33)	Feb 4 2012	SOPAC, Homebush	
Long Jump	6.76m		M35	Clay Tompkins (35)	1988		SR
Long Jump	6.66m		M40	Clay Tompkins	1995/96		SR
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	Jul 27 2008	Townsville	
Long Jump	5.25m		M60	Clay Tompkins (60)	Dec 7 2013	Campbelltown	SR
Long Jump	4.55m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Long Jump	4.20m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Long Jump	4.10m	NWI	M75	Nick Bastas (76)	Jan 23 2016	Rotary, Chatswood	
Long Jump	2.67m	NWI	M80	Michael Johnson (82)	Jun 9 2017	Arafura Stadium, Darwin	#
Long Jump	2.04m	NWI	M85	Ray Frith (88)	Apr 15-20 1992	The Domain, Hobart	NR
<b>Triple Jump</b>	<b>16.26m</b>	<b>0.0</b>	<b>Open</b>	<b>Emmanuel Fakiye (21)</b>	<b>Jan 27 1018</b>	<b>AIS, Canberra</b>	<b>#</b>
Triple Jump	16.26m	0.0	U23	Emmanuel Fakiye (21)	Jan 27 1018	AIS, Canberra	#
Triple Jump	15.76m	NWI	U20	Emmanuel Fakiye (19)	Sep 26 2016	Perth	
Triple Jump	14.40m		U18	Peter Cox (16)	1949		
Triple Jump	14.40m		U17	Peter Cox (16)	1949		
Triple Jump	13.56m		U16	Matthew Walker (15)	2002/03		
Triple Jump	12.84m	0.0	U15	Alex Willett (14)	Oct 8 2015	SOPAC, Homebush	
Triple Jump	12.27m		U14	Peter Radi (13)	1981		
Triple Jump	11.22m	1.2	U13	Alex Willett (12)	Nov 2 2013	ES Marks, Kensington	
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	Mar 24 2011	SOPAC, Homebush	
Triple Jump	14.77m		M35	Clay Tompkins (35)	1988		SR
Triple Jump	13.92m		M40	Clay Tompkins (40)	1993		SR
Triple Jump	13.51m		M45	Clay Tompkins (46)	Mar 6 1999	Sydney	NR
Triple Jump	12.83m		M50	Clay Tompkins (50)	Mar 8 2003	SOPAC, Homebush	NR
Triple Jump	12.21m	0.0	M55	Clay Tompkins (57)	Dec 4 2010	The Crest, Bankstown	
Triple Jump	11.77m	0.9	M60	Clay Tompkins (60)	Nov 2 2013	ES Marks, Kensington	SR
Triple Jump	6.69m	NWI	M65	Doug Barrett (65)	Mar 14 2018	Rotary Field, Chatswood	#
Triple Jump	8.81m	NWI	M70	Nick Bastas (74)	Mar 29 2013	AIS, Canberra	
Triple Jump	8.69m	1.4	M75	Nick Bastas (75)	Mar 8 2014	The Domain, Hobart	
Triple Jump	5.97m	NWI	M80	Michael Johnson (82)	Mar 14 2018	Rotary Field, Chatswood	#
Triple Jump	5.38m	NWI	M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
<b>Shot Put - 7.26kg</b>	<b>16.82m</b>		<b>Open</b>	<b>Paul Crowe (32)</b>	<b>Jan 20 2007</b>	<b>The Crest, Bankstown</b>	
Shot Put - 7.26kg	16.25m		U23	Liam Speers (22)	Sep 30 2014	SOPAC, Homebush	
Shot Put - 6kg	16.05m		U20	Luke White	Oct 11 2008	The Crest, Bankstown	
Shot Put - 5kg	18.34m		U18	Peter Elvy (17)	1996/97		
Shot Put - 5kg	14.62m		U17	Tyson Davis (16)	Dec 3 2011	UQ, Brisbane	
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy (15)	1997/98		
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy (14)	1995		
Shot Put - 3kg	16.91m		U14	Matthew Butler (13)	Dec 2 2016	AIS, Canberra	
Shot Put - 3kg	10.87m		U13	Alex Willett (12)	Sep 14 2013	Rotary, Chatswood	
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	Jan 20 2007	The Crest, Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	Oct 11 2009	SOPAC, Homebush	
Shot Put - 7.26kg	12.29m		M40	Andrew Watson (43)	Jan 14 2012	SOPAC, Homebush	
Shot Put - 7.26kg	12.61m		M45	M (Sonny) Bennett	1984		
Shot Put - 6kg	13.92m		M50	Rocky Wijesinghe	1987		
Shot Put - 6kg	12.64m		M55	Rocky Wijesinghe	1992		
Shot Put - 5kg	9.60m		M60	Jim McGrath (60)	1991		
Shot Put - 5kg	9.79m		M65	Robert Archer (65)	Nov 12 2012	Rotary, Chatswood	
Shot Put - 4kg	11.47m		M70	Robert Archer (70)	Jun 9 2017	Arafura Stadium, Darwin	
Shot Put - 4kg	8.29m		M75	Nick Bastas (76)	Oct 25 2014	Rotary, Chatswood	
Shot Put - 3kg	8.31m		M80	Michael Johnson (82)	Mar 14 2018	Rotary, Chatswood	#
Shot Put - 3kg	6.14m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
<b>Discus - 2kg</b>	<b>60.45m</b>		<b>Open</b>	<b>Peter Elvy (20)</b>	<b>Aug 12 2000</b>	<b>Sydney</b>	
Discus - 2kg	60.45m		U23	Peter Elvy (20)	Aug 12 2000	Sydney	
Discus - 2kg*	56.21m		U20	Peter Elvy (19)	Jul 10 1999	Sydney	
Discus - 1.5kg	61.60m		U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m		U17	G Bayman (16)	1970		
Discus - 1kg	64.68m		U16	Peter Elvy (15)	1995/96		
Discus - 1kg	59.84m		U15	Peter Elvy (14)	1995		
Discus - 1kg	54.24m		U14	Robert Murphy (13)	1995/96		
Discus - 1kg	44.38m		U13	Darren Pitchfork (12)	1985		
Discus - 2kg	45.72m		M30	Paul Crowe (32)	Nov 18 2007	Sydney	
Discus - 2kg	37.18m		M35	Ashley McMahon (37)	Feb 25 2012	The Crest, Bankstown	
Discus - 2kg	39.18m		M40	Clay Tompkins (40)	Mar 16 2013	SOPAC, Homebush	
Discus - 2kg	36.05m		M45	Andrew Kohlrusch (46)	Nov 15 2011	Rotary, Chatswood	
Discus - 1.5kg	41.86m		M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m		M55	Rocky Wijesinghe	1992		
Discus - 1.0kg	37.06m		M60	Jim McGrath (63)	1994		
Discus - 1.0kg	33.77m		M65	Robert Archer (65)	Feb 25 2012	The Crest, Bankstown	
Discus - 1kg	33.04m		M70	Robert Archer (70)	Jun 10 2017	Arafura Stadium, Darwin	#
Discus - 1kg	22.48m		M75	Nick Bastas (76)	Oct 4 2014	Rotary, Chatswood	
Discus - 1kg	23.45m		M80	Michael Johnson (81)	Jun 10 2017	Arafura Stadium, Darwin	#
Discus - 1kg	15.92m		M85	Ray Frith (86)	1990		
Discus - 1kg	12.84m		M90	Ray Frith (91)	1995		SR
<b>Hammer - 7.26kg</b>	<b>65.79m</b>		<b>Open</b>	<b>William Brown (21)</b>	<b>Sep 25 2017</b>	<b>Griffith University, Gold Coast</b>	<b>#</b>
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	33.88m		M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m		M45	Mark Cepak (49)	Mar 28 2009	The Crest, Bankstown	
Hammer - 6kg	38.38m		M50	Robert Hanbury-Brown (53)	Nov 28 2010	Rotary, Chatswood	
Hammer - 6kg	26.97m		M55	Tim McGrath (55)	Oct 21 2017	SOPAC, Homebush	#
Hammer - 5kg	44.70m		M60	Peter Farmer (60)	Dec 1 2012	Rotary, Chatswood	
Hammer - 4kg	15.63m		M65	Bob Jones (65)	Feb 21-22 2016	SOPAC, Homebush	
Hammer - 4kg	26.73m		M70	Brian Hamilton (72)	Feb 6 2010	Rotary, Chatswood	
Hammer - 4kg	22.85m		M75	Nick Bastas (77)	Feb 27 2016	Rotary, Chatswood	
Hammer - 3kg	20.98m		M80	Jim McGrath (80)	Jan 28 2012	Rotary, Chatswood	
Hammer - 3kg	15.98m		M85	Ray Frith (87)	Mar 31-Apr 1 1991	AIS, Canberra	NR
<b>Javelin - 800g</b>	<b>63.14m</b>		<b>Open</b>	<b>Peter Elvy</b>	<b>1995/96</b>		
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	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Javelin - 700g	54.37m		M50	John Kay (50)	Oct 18 2009	SOPAC, Homebush	
Javelin - 800g*	40.04m		M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m		M60	Jim McGrath (60)	1991		
Javelin - 600g	32.72m		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
Javelin - 500g	25.37m		M70	Jim McGrath	2001/02		
Javelin - 500g	25.65m		M75	Nick Bastas (76)	Jan 31 2015	Rotary, Chatswood	
Javelin - 400g	17.66m		M80	Jim McGrath (80)	Sep 24 2011	Rotary, Chatswood	
Javelin - 400g	11.70m		M85	Ray Frith (86)	1990	Olympic Park, Melbourne	
<b>Weight Throw - 15.88kg</b>	<b>11.99m</b>		<b>Open</b>	<b>Will Brown (21)</b>	<b>Mar 10 2018</b>	<b>Rotary, Chatswood</b>	<b>#</b>
Weight Throw - 15.88kg	11.99m		U23	Will Brown (21)	Mar 10 2018	Rotary, Chatswood	#
Weight Throw - 15.88kg	11.11m		M30	Warren Jones (31)	Nov 12 2011	Rotary, Chatswood	
Weight Throw - 15.88kg	11.08m		M35	Ryan Dowling (37)	Mar 4 2017	SOPAC, Homebush	
Weight Throw - 15.88kg	9.16m		M40	Andrew Watson (43)	Nov 3 2012	Campbelltown	
Weight Throw - 15.88kg	10.71m		M45	Mark Cepak (49)	Apr 10 2009	Santos Stadium, Adelaide	
Weight Throw - 11.34kg	13.83m		M50	Robert Hanbury-Brown (54)	Mar 20 2010	AIS, Canberra	
Weight Throw - 11.34kg	10.48m		M55	Tim McGrath (55)	Mar 4 2018	Blacktown	#
Weight Throw - 11.34kg	8.42m		M60	Peter Douglas (60)	Nov 1 2014	Rotary, Chatswood	
Weight Throw - 9.080kg	7.53m		M65	Doug Barrett (65)	Jan 15 2018	Rotary, Chatswood	#
Weight Throw - 7.26kg	8.95m		M70	Charles Hobden (71)	Dec 8 2007	Rotary, Chatswood	
Weight Throw - 7.26kg	8.01m		M75	Nick Bastas (76)	Nov 1 2014	Gold Coast	
Weight Throw - 5.45kg	7.77m		M80	Jim McGrath (80)	Feb 27 2011	Campbelltown	
<b>Heavyweight Throw</b>							
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 - 100lb	2.37m		M35	Warren Jones (36)	Oct 3 2016	Beaton Park, Wollongong	#
Weight Throw - 56lb	3.86m		M45	Tim McGrath (46)	Feb 27 2011	Campbelltown	
Weight Throw - 5.45kg (12lb)	7.52m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 7.26kg (16lb)	6.77m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 11.34kg (25lb)	5.11m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.60m		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Weight Throw - 56lb	2.21m		M60	Bob Jones (62)	Oct 1 2012	Turner, ACT	
Weight Throw - 5.45kg (12lb)	6.73m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 7.26kg (16lb)	5.82m		M65	Bob Jones (67)	Oct 2 2017	Beaton Park, Wollongong	#
Weight Throw - 11.34kg (25lb)	4.93m		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
Weight Throw - 15.88kg (35lb)	3.84m		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
<b>Decathlon</b>	<b>7915 Pts</b>		<b>Open</b>	<b>Peter Banks</b>	<b>1996/97</b>		
Decathlon	7592 Pts		U23	Alec Diamond (20)	Dec 2-3 2017	SOPAC, Homebush	#
Decathlon	7271 Pts		U20	Alec Diamond (19)	Mar 31 2016	SOPAC, Homebush	
Decathlon	6631 Pts		U18	Sean Radi (17)	1987		
Decathlon	5827 Pts		U17	Sean Radi (15)	1986		
Decathlon	5827 Pts		U16	Sean Radi (15)	1986		
Decathlon	5407 Pts		M35	Ashley McMahon (37)	Jan 4-5 2014	Campbelltown	SR
Decathlon	5665 Pts		M40	Ashley McMahon (41)	Jan 9-10 2016	The Crest, Bankstown	SR
Decathlon	3654 Pts		M45	Andrew Kohlrusch (47)	Jan 7-8 2012	Campbelltown	
Decathlon	5603 Pts		M50	Tim McGrath (52)	Oct 25 2014	AIS, Canberra	
Decathlon	4247 Pts		M55	Zoran Novicic (56)	Oct 26 2016	Perth	
Decathlon (rescored 2010)	6172 Pts		M60	Jim McGrath (60)	Jul 18 1991	Turku, Finland	SR
<b>Heptathlon</b>	<b>4306 Pts</b>		<b>U16</b>	<b>Ben Carter (15)</b>	<b>Mar 26 2015</b>	<b>Brisbane</b>	
Heptathlon	2731 Pts		U15	James McFadden (14)	Mar 31 2012	SOPAC, Homebush	
Heptathlon	2291 Pts		U14	Alex Willett (13)	Jan 4-5 2014	Campbelltown	
<b>Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m</b>							
Pentathlon	1761 Pts		U14	James McFadden (13)	Jan 8-9 2011	Campbelltown	
Pentathlon	1498 Pts		M30	Peter Lang	Feb 12 2006	SOPAC, Homebush	
Pentathlon (rescored from 3719 Pts in 2010)	3150 Pts		M35	Clay Tompkins (35)	Apr 4 1988	Brisbane	SR
Pentathlon	3292 Pts		M40	Clay Tompkins (40)	1993		
Pentathlon	3719 Pts		M45	Clay Tompkins (45)	1997/98		
Pentathlon	3102 Pts		M50	John Kay (50)	Apr 2 2010	Perth	
Pentathlon	3034 Pts		M55	Jim McGrath (55)	1986	Adelaide	
Pentathlon	3076 Pts		M60	Jim McGrath (62)	1993		
Pentathlon	3064 Pts		M65	Jim McGrath (65)	1996	Perry Lakes Stadium, Perth	
<b>Throws Pentathlon - HT, SP, DT, JT, WT</b>							
Throws Pentathlon	2090 Pts		M30	Warren Jones (33)	Oct 6 2013	AIS, Canberra	SR
Throws Pentathlon	2080 Pts		M35	Ryan Dowling (37)	Feb 18 2017	SOPAC, Homebush	
Throws Pentathlon	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	1125 Pts		M65	Bob Jones (65)	Mar 5 2016		
Throws Pentathlon	1418 Pts		M75	Nick Bastis (78)	Nov 9 2016	Gold Coast	
Throws Pentathlon	2196 Pts		M80	Jim McGrath (80)	Feb 27 2011	Campbelltown	
<b>Heavyweight Throws Pentathlon</b>							
Heavyweight Throws Pentathlon - 20lb, 25lb	2578 Pts		M30	Warren Jones (32)	Oct 1 2012	Turner, ACT	
Heavyweight Throws Pentathlon - 20lb, 25lb	2850 Pts		M35	Warren Jones (37)	Oct 2 2017	Beaton Park, Wollongong	#
Heavyweight Throws Pentathlon - 12lb, 16lb	1213 Pts		M60	Bob Jones (64)	Feb 7 2015	Beaton Park, Wollongong	
Heavyweight Throws Pentathlon - 12lb, 16lb	1182 Pts		M65	Bob Jones (65)	Feb 6 2016	Beaton Park, Wollongong	
<b>Relays</b>							
<b>Relay - 4 x 100m</b>	<b>40.64</b>		<b>Open</b>	<b>Martin Byron (24), Tim Jackson (24), Eric McCoy, Matthew Reede (24)</b>	<b>1993</b>	<b>ES Marks, Kensington</b>	
Relay - 4 x 100m	42.18		U20	Matthew Wood (17), Alex Moore (17), Anthony Collum (19), Sean Fitzsimons (19)	Nov 15-16 2014	SOPAC, Homebush	
Relay - 4 x 100m	42.84		U18	Josh Clarke (16), Max Wylie (17), Nick Heath (17), Anthony Collum (16)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	43.98		U16	Andrew Chen (15), Matthew Wood (15), Ruvin Baddevithana (15), Jordon Idaire (14)	Nov 17-18 2012	SOPAC, Homebush	SR

Event	Performan Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x 100m	48.50	U14	Dominic Mete (13), Jack Maguire (13), Samuel Barkley (13), Connor Hurley (13)	Nov 19 2011	SOPAC, Homebush	
Relay - 4 x 100m	44.25	M120+	Ashley McMahon (42), Jeremy Firth (33), David Thebridge (42), Ryan Dowling (38)	Nov 5 2017	SOPAC, Homebush	SR#
Relay - 4 x 100m	45.22	M160+	Michael Gedz (52), Nathan Mackay (41), David Thebridge (42), Ryan Dowling (38)	Nov 4 2017	SOPAC, Homebush	SR#
Relay - 4 x 100m	49.07	M200+	Trevor Young (57), Gary Clark (51), Anthony Crimi (54), David Smith (60)	Nov 14-15 2015	Blacktown	
Relay - 4 x 100m	52.91	M240+	Trevor Young (58), David Shearsby (59), Leslie Gillies (69), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
<b>Relay - 4 x 200m</b>	<b>1.25.82</b>	<b>Open</b>	<b>William Lloyd (17), Elijah Williams (19), Sean Fitzsimmons (21), Ashley McMahon (41)</b>	<b>Nov 26-27 2016</b>	<b>Blacktown</b>	
Relay - 4 x 200m	1.28.62	U20	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.28.62	U18	Matthew Wood (16), Anthony Collum (18), Tony Wood (17), Bryce Collins (17)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 200m	1.33.44	U16	Matthew Reede (15), James Kwan, Tim Jackson (15), Mark Carter	1984		
Relay - 4 x 200m	1.45.42	U14	George Gardner (13), Sachin Shah (13), Will Lloyd (13), Luke Scrivanic (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 200m	1:34.27	M120+	Ashley McMahon (42), Nathan Mackay (41), Ryan Dowling (38), David Thebridge (42)	Nov 4 2017	SOPAC, Homebush	#
Relay - 4 x 200m	1.44.03	M160+	Tim Austin (34), Andrew Watson (42), Andrew Kohlrusch (46), Antony Guest (46)	Nov 20 2011	SOPAC, Homebush	
Relay - 4 x 200m	1.41.46	M200+	Trevor Young (58), David Shearsby (59), Ashley McMahon (41), Ronald Ross (57)	Nov 26-27 2016	Blacktown	
Relay - 4 x 200m	2:00.28	M240+	David Smith (56), Richard Hughes (82), Adam Parsonage (47), Anthony Crimi (53)	Nov 15-16 2014	SOPAC, Homebush	
<b>Relay - 4 x 400m</b>	<b>3.12.25</b>	<b>Open</b>	<b>Luke Packham (18), Blake Vanderwoude (23), Paul Cummings (24), Antoine Burke (36)</b>	<b>Mar 11 2011</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett (17), James Roff (19), Kiel Mannix (18), Mark Watts (17)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.20.3	U18	Matthew Wood (16), Daniel Ling (15), Bryce Collins (17), Matthew Crowe (16)	Nov 16-17 2013	SOPAC, Homebush	
Relay - 4 x 400m	3.26.21	U17	Rod Pittorino, Adrian White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3.31.26	U16	Ben Mackay (14), Matthew Wood (15), Will North (15), Matthew Crowe (15)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic (40), Sheldon Cummins (34), Roger Hastie (35), Anthony Benn (31)	Nov-05	SOPAC, Homebush	
Relay - 4 x 400m	3.46.92	M160+	Frazer Dowling (32), Antony Guest (46), Mark Taylor (45), Andy West (44)	Nov-11	SOPAC, Homebush	
Relay - 4 x 400m	3:59.72	M200+	Les Gillies (59) , Stephen Ball (53), Stuart Paterson (50), John Skrivanic (41)	Nov 18-19 2006	SOPAC, Homebush	
<b>Relay - 4 x 800m</b>	<b>7:27.95</b>	<b>Open</b>	<b>Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)</b>	<b>Nov 22 2009</b>	<b>Blacktown</b>	<b>SR</b>
Relay - 4 x 800m	7.46.20	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	7.46.20	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Anthony Andreatta (17)	Dec 17 2000	SOPAC, Homebush	SR
Relay - 4 x 800m	8.42.57	U16	Ben McKinley (15), Luke McSpeerin (15), Scott Leece (14), James Rushton (13)	1995		
Relay - 4 x 800m	9.28.07	U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 800m	8.14.05	M30	Angus Stewart (32), Stuart Paterson (37), Paul Laurendet (34), Peter Hampshire (37)	Dec 12 1993	ES Marks, Kensington	SR
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 19 1997	SOPAC, Homebush	SR
Relay - 4 x 800m	9.22.70	M160+	Brad Sharpe (55), Frazer Dowling (37), Farjaam Atshan (30), Andrew Williams (45)	Nov 26-27 2016	Blacktown	#
Relay - 4 x 800m	9.22.12	M200+	Trevor Young (57), Brad Sharpe (54), Antony Guest (50), Andy Williams (44)	Nov 14-15 2015	Blacktown	
Relay - 4 x 800m	10.45.93	M240+	Kevin Chamberlain (54), Doug Barrett (64), Les Gilles (69), Brad Sharpe (55)	Nov 26-27 2016	Blacktown	#
<b>Relay - 4 x 1500m</b>	<b>15:50.39</b>	<b>Open</b>	<b>James Hansen (21), Adrian Plummer (23), Matthew Cox (24), James Connor (22)</b>	<b>Nov 15-16 2014</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	Dec 17 2000	SOPAC, Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall (17), Joel Fitzgerald (17), Nick Bromley (17), Tom Gleeson (15)	2000/01	SOPAC, Homebush	
Relay - 4 x 1500m	18.03.13	U16	Tom Gleeson (15), Andrew Fahey (15), Josh Wilson (15), Phil De Mestre (15)	2000	SOPAC Homebush	
Relay - 4 x 1500m	19.24.36	U14	Fergus Whelan (13), Jack Mills (13), Hugo Whelan (13), Finn Ballard McBride (13)	Nov 17-18 2012	SOPAC, Homebush	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson (39), Angus Stewart (34), Stuart Aikman, Matthew Todd	Dec 17 1995	ES Marks, Kensington	SR
Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly (40), Peter Hampshire (41), David Hardyman (45), Stuart Paterson (41)	Nov 29 1997	SOPAC, Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	Nov 21 2010	SOPAC, Homebush	
<b>Relay -800m Medley (100,100,200,400)</b>	<b>1:38.10</b>	<b>Open</b>	<b>Ray Barbat, Mitchell Roberts, Mark Caulfield, Michael Maiers</b>	<b>2002/2003</b>	<b>SOPAC, Homebush</b>	
<b>Relay - 1600m Medley (200,200,400,800)</b>	<b>3.21.38</b>	<b>Open</b>	<b>James Gurr (28), Alex Pettigrew (19), Paul Cummings (25), Greg Boldon (28)</b>	<b>Nov 17-18 2012</b>	<b>SOPAC, Homebush</b>	
Relay - 1600m Medley (200,200,400,800)	3:58.81	U18	Nicholas Bell, Joseph Craft, Ben Noone, Dean Asonitis	Dec 16 2006	SOPAC, Homebush	
<b>Relay - 2x100m</b>	<b>21.45</b>	<b>Open</b>	<b>Ashley McMahon (41), Elijah Williams (21)</b>	<b>Feb 28 2017</b>	<b>Hunter Sports Centre, Glendale</b>	
<b>Relay - 4 x 1500m Walk</b>	<b>28:55.76</b>	<b>Open</b>	<b>Jay Felton (22), Steve Washburn (23), Martin Leerberg (14), Stephanie Grujoski (20)</b>	<b>Nov 4 2017</b>	<b>SOPAC, Homebush</b>	<b>#</b>
<b>Relay - 4 x High Jump</b>	<b>7.90m</b>	<b>Open</b>	<b>Peter Banks (25), Ian Garrett (26), Michael Hamlyn-Harris (20), Adrian Basche (22)</b>	<b>1996</b>	<b>SOPAC, Homebush</b>	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
Relay - 4 x High Jump	7.30m		U18	Chris Gale (15), Luke Russell (17), Luke McSpeerin (16), Robert Murphy (16)	1996	SOPAC, Homebush	
<b>Relay - 4 x Pole Vault</b>	<b>14.10m</b>		<b>Open</b>	<b>Ian Garrett (26), Peter Banks (25), Clay Tompkins (43), Adrian Basche (22)</b>	<b>1996</b>	<b>SOPAC, Homebush</b>	
<b>Relay - 4 x Long Jump</b>	<b>27.06m</b>		<b>Open</b>	<b>Peter Banks (25), Ian Garrett (26), Tim Gledhill (20), Antonio Seremet (18)</b>	<b>1996</b>	<b>SOPAC, Homebush</b>	<b>SR</b>
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	
<b>Relay - 4 x Shot Put</b>	<b>53.93m</b>		<b>Open</b>	<b>Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)</b>	<b>Nov 15-16 2008</b>	<b>Blacktown</b>	
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	
<b>Relay - 4 x Discus</b>	<b>156.04m</b>		<b>Open</b>	<b>Liam Speers (24), Alec Diamond (19), William Brown (20), Tim Heyes (19)</b>	<b>Nov 26-27 2016</b>	<b>Blacktown</b>	
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	
<b>Relay - 4 x Hammer</b>	<b>120.77m</b>		<b>Open</b>	<b>Peter Lang (45), Warren Jones (23), Michael Stark (21), Ross Douglas (51)</b>	<b>2003</b>	<b>SOPAC, Homebush</b>	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy (16), Warren Jones (16), Andrew Lukas (17), Chris Gale (15)	1996	SOPAC, Homebush	
<b>Relay - 4 x Javelin</b>	<b>189.12m</b>		<b>Open</b>	<b>Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)</b>	<b>Nov 15-16 2008</b>	<b>Blacktown</b>	<b>SR</b>
Relay - 4 x Javelin	168.56m		U18	James McFadden (17), Jaden Clark (16), Charles Seppelt (17), Tyler Monaghan (16)	Nov 14-15 2015	Blacktown	
Relay - 4 x Javelin	122.82m		M120+	Ashley McMahon (42), Mark Cepak (58), Ryan Dowling (38) Zoran Novicic (57)	4/11/2017	SOPAV Homebush	#

## UTS Northern Suburbs Athletic Club Track & Field Indoor Records

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>WOMEN</b>							
<b>60m</b>	<b>7.5h</b>	<b>Ind</b>	<b>Open</b>	<b>Thalia Amanakis (22)</b>	<b>Jan 26 2008</b>	<b>Manoa, Hawaii, USA</b>	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	Jan 26 2008	Manoa, Hawaii, USA	
60m	8.06	Ind	U20	Madison Gipson (19)	Jan 25 2014	Albuquerque, USA	
60m	8.36	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 19 2008	Clermont-Ferrand, France	
60m	8.91	Ind	W45	Janet Naylor (45)	Mar 4 2012	Jyvaskyla, Finland	
60m	9.53	Ind	W50	Janet Naylor (50)	Mar 17 2017	Daegu, South Korea	#
<b>200m</b>	<b>25.68</b>	<b>Ind</b>	<b>Open</b>	<b>Madison Gipson (19)</b>	<b>Feb 14 2014</b>	<b>Albuquerque, USA</b>	
200m	25.68	Ind	U20	Madison Gipson (19)	Feb 14 2014	Albuquerque, USA	
200m	27.57	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 19 2008	Clermont-Ferrand, France	
200m	25.85	Ind	W45	Marie Kay (48)	Mar 19 2008	Clermont-Ferrand, France	WR
<b>400m</b>	<b>56.32</b>	<b>Ind</b>	<b>Open</b>	<b>Madison Gipson (20)</b>	<b>Feb 13 2015</b>	<b>Albuquerque, USA</b>	
400m	56.32	Ind	U23	Madison Gipson (20)	Feb 13 2015	Albuquerque, USA	
400m	56.99	Ind	W45	Marie Kay (48)	Mar 22 2008	Clermont-Ferrand, France	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
<b>800m</b>	<b>2:10.07</b>	<b>Ind</b>	<b>Open</b>	<b>Thalia Amanakis (22)</b>	<b>Mar 1 2008</b>	<b>Albuquerque, USA</b>	
800m	2:10.07	Ind	U23	Thalia Amanakis (22)	Mar 1 2008	Albuquerque, USA	
800m	2:46.78	Ind	W50	Marie Kay (50)	Mar 6 2010	Kamloops, Canada	
800m	2:42.69	Ind	W55	Deborah Drennan (57)	Mar 19 2016	Portland, USA	
<b>1500m</b>	<b>5:44.38</b>	<b>Ind</b>	<b>W55</b>	<b>Deborah Drennan (58)</b>	<b>Mar 25 2017</b>	<b>Daegu, South Korea</b>	
<b>Mile</b>	<b>5:07.58</b>	<b>Ind</b>	<b>Open</b>	<b>Antonia Howard (19)</b>	<b>Dec 8 2016</b>	<b>South Hunington, USA</b>	
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	
<b>3000m</b>	<b>9:53.06</b>	<b>Ind</b>	<b>Open</b>	<b>Charlotte Wilson (22)</b>	<b>Mar 1 2014</b>	<b>Birmingham, USA</b>	
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	
<b>5000m</b>	<b>17:06.11</b>	<b>Ind</b>	<b>Open</b>	<b>Charlotte Wilson (22)</b>	<b>Feb 28 2014</b>	<b>Birmingham USA</b>	
5000m	17:06.11	Ind	U23	Charlotte Wilson (22)	Feb 28 2014	Birmingham USA	
<b>60m Hurdles - 0.840m</b>	<b>8.60</b>	<b>Ind</b>	<b>Open</b>	<b>Madison Gipson (20)</b>	<b>Feb 28 2015</b>	<b>Boise, USA</b>	
60m Hurdles - 0.840m	8.60	Ind	Open	Madison Gipson (20)	Feb 28 2015	Boise, USA	
60m Hurdles - 0.762m	10.35	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
60m Hurdles - 0.762m	9.55	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	NR
<b>Long Jump</b>	<b>5.57m</b>	<b>Ind</b>	<b>Open</b>	<b>Marie Kay (48)</b>	<b>Mar 20 2008</b>	<b>Clermont-Ferrand, France</b>	<b>NR</b>
Long Jump	5.50m	Ind	U23	Jacinta Fisher (21)	Feb 9 2018	Fayetteville USA	#
Long Jump	4.74m	Ind	W40	Jacqueline Bezuidenhout (41)	Mar 20 2008	Clermont-Ferrand, France	
Long Jump	5.57m	Ind	W45	Marie Kay (48)	Mar 20 2008	Clermont-Ferrand, France	NR
Long Jump	5.16m	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	
<b>High Jump</b>	<b>1.51m</b>	<b>Ind</b>	<b>W50</b>	<b>Marie Kay (50)</b>	<b>Mar 1 2010</b>	<b>Kamloops, Canada</b>	
<b>Triple Jump</b>	<b>11.85m</b>	<b>Ind</b>	<b>Open</b>	<b>Jacinta Fisher (20)</b>	<b>Feb 11 2017</b>	<b>Fayetteville, USA</b>	
Triple Jump	11.85m	Ind	U23	Jacinta Fisher (20)	Feb 11 2017	Fayetteville, USA	
<b>Shot Put 4kg</b>	<b>10.93m</b>	<b>Ind</b>	<b>Open</b>	<b>Caroline Layt (48)</b>	<b>Mar 25 2014</b>	<b>Budapest, Hungary</b>	
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	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>Weight Throw - 9.08kg</b>	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	
<b>Indoor Pentathlon - 60H, HJ, SP, LJ, 800m</b>							
Indoor Pentathlon	4906 Pts	Ind	W50	Marie Kay (50)	Mar 1 2010	Kamloops, Canada	<i>WR</i>
<b>Relay - 4 x 200m</b>	<b>1.49.98</b>	<b>Ind</b>	<b>Open</b>	<b>Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)</b>	<b>Mar 22 2008</b>	<b>Clermont-Ferrand, France</b>	<b><i>NR</i></b>
<b>MEN</b>							
<b>60m</b>	<b>7.04</b>	<b>Ind</b>	<b>Open</b>	<b>Phil Krok (21)</b>	<b>Feb 27 2009</b>	<b>Flagstaff, USA</b>	
60m	7.04	Ind	U23	Phil Krok (21)	Feb 27 2009	Flagstaff, USA	
60m	7.38	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	<i>NR</i>
60m	7.38	Ind	M35	Ashley McMahon (39)	Feb 19 2014	Hamburg, Germany	<i>NR</i>
60m	7.21	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
60m	8.73	Ind	M60	Victor Ramondetta (62)	Mar 20 2017	Daegu, South Korea	
<b>200m</b>	<b>22.11</b>	<b>Ind</b>	<b>Open</b>	<b>Phil Krok (21)</b>	<b>Feb 13 2009</b>	<b>Bozeman (USA)</b>	
200m	22.11	Ind	U23	Phil Krok (21)	Feb 13 2009	Bozeman (USA)	
200m	23.70	Ind	M35	Ashley McMahon (39)	Feb 8 2014	Munich, Germany	<i>NR</i>
200m	23.53	Ind	M40	Ashley McMahon (41)	Feb 21 2016	London, United Kingdom	
200m	28.76	Ind	M60	Victor Ramondetta (62)	Mar 21 2017	Daegu, South Korea	
<b>400m</b>	<b>48.37</b>	<b>Ind</b>	<b>Open</b>	<b>Louis Stenmark (20)</b>	<b>Feb 9 2018</b>	<b>Albuquerque</b>	<b>#</b>
400m	48.37	Ind	U23	Louis Stenmark (20)	Feb 9 2018	Albuquerque	<b>#</b>
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	
<b>800m</b>	<b>2:16.28</b>	<b>Ind</b>	<b>Open</b>	<b>Stuart Paterson (51)</b>	<b>Mar 22 2008</b>	<b>Clermont-Ferrand, France</b>	
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	
<b>1500m</b>	<b>4:41.99</b>	<b>Ind</b>	<b>Open</b>	<b>Stuart Paterson (53)</b>	<b>Mar 22 2008</b>	<b>Clermont-Ferrand, France</b>	
1500m	4:41.99	Ind	M50	Stuart Paterson (53)	Mar 22 2008	Clermont-Ferrand, France	
1500m	4:56.21	Ind	M55	Bradley Sharpe (56)	Mar 25 2017	Daegu, South Korea	

## UTS Northern Suburbs Athletic Club Out of Stadium Best on Record

Event	Performance		Athlete/s (age)	Date	Venue	
<b>WOMEN</b>						
<b>Cross Country</b>						
1.5km Cross Country	5:20		U12 Hannah Cerezo (11)	Aug 2 2014	Upjohn Park, Dundas	
<b>2km Cross Country</b>	<b>6:39</b>	<b>Open</b>	<b>Ashley Mason (12)</b>	<b>Jul 13 2004</b>	<b>Miranda Park</b>	
2km Cross Country	6:39		U20 Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U18 Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U16 Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	6:39		U14 Ashley Mason (12)	Jul 13 2004	Miranda Park	
2km Cross Country	7:30		U12 Rebecca Terry (10)	Jun 1 2013	Miranda Park	
2km Cross Country	7:56		W30 Rebecca Gibbs (31)	Jul 23 2011	Cowells Lane Reserve, Ermington	
2km Cross Country	9:05		W40 Joanna Davis (41)	Mar 31 2018	George Kendall Reserve, Ermington	<b>#</b>
2km Cross Country	12:39		W50 Jennifer Crockett (53)	May 21 2016	Bella Vista Farm Park	
2km Cross Country	8:42		W55 Deborah Drennan (56)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	12:41		W60 Dorothy Kass (64)	Jul 29 2017	Gipps Rd, Greystanes	
2km Cross Country	10:52		W70 Lesley Eller (70)	Apr 13 2013	Queen Elizabeth Park, Concord	
<b>2.5km Cross Country</b>	<b>8:33</b>	<b>Open</b>	<b>Emily Hopper (16)</b>	<b>Aug 2 2014</b>	<b>Upjohn Park, Rydalmere</b>	
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 Quoyly (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	
<b>3km Cross Country</b>	<b>9:40</b>		<b>Emily Hopper (16)</b>	<b>May 13 2014</b>	<b>Miranda Park</b>	
3km Cross Country	9:40		U18 Emily Hopper (16)	May 31 2014	Miranda Park	
3km Cross Country	10:21		U16 Hannan Cerezo (14)	May 27 2017	Miranda Park	
3km Cross Country	10:36		U14 Olivia Dooley (13)	Jun 17 2010	Eastern Creek	
3km Cross Country	11:37		U13 Hannan Cerezo (12)	Jun 20 2015	Brownsville	
3km Cross Country	12:25		U12 Nicola Christou (11)	May 27 2017	Miranda Park	
<b>4km Cross Country</b>	<b>13:06</b>	<b>Open</b>	<b>Abigail Regan (23)</b>	<b>Jun 1 2013</b>	<b>Miranda Park</b>	
4km Cross Country	13:26		U23 Eliza Steward (20)	Jun 2 2007	Miranda Park	
4km Cross Country	13:25		U20 Lucy Starrat (18)	May 2 2006	Scarborough Park, Ramsgate	
4km Cross Country	13:28		U18 Annabel McDermott (17)	May 28 2016	Miranda Park	
4km Cross Country	14:19		U17 Annabel McDermott (16)	Jun 20 2015	Brownsville	
4km Cross Country	14:24		U16 Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	14:24		U15 Hannah Cerezo (14)	Aug 26 2017	Kembla	
4km Cross Country	15:30		U14 Hannah Cerezo (13)	Jun 4 2016	George Kendall Reserve, Ermington	
4km Cross Country	18:22		U12 Rebecca Terry (11)	May 17 2014	Bella Vista	
4km Cross Country	14:50		W30 Mary Fien (34)	Jun 2 2007	Miranda Park	
4km Cross Country	17:19		W40 Mary Fien (41)	May 31 2014	Miranda Park	
4km Cross Country	19:01		W45 Robyn Suttor (48)	Jun 2 2007	Miranda Park	
4km Cross Country	17:17		W50 Deborah Drennan (54)	Jun 9 2012	George Kendall Reserve, Ermington	
4km Cross Country	17:40		W55 Deborah Drennan (55)	Jun 8 2013	George Kendall Reserve, Ermington	
4km Cross Country	20:23		W60 Margaret Thomas (60)	Jun 3 2017	George Kendall Reserve, Ermington	
<b>5km Cross Country</b>	<b>17:45</b>	<b>Open</b>	<b>Lucy Starrat (18)</b>	<b>Jul 15 2006</b>	<b>The Crest, Bankstown</b>	
5km Cross Country	18:30		U23 Kasey Mumby (22)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	17:45		U20 Lucy Starrat (18)	Jul 15 2006	The Crest, Bankstown	
5km Cross Country	19:55		U18 Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	19:55		U16 Emily Augustine (15)	Aug 4 2012	River Rd Reserve, Emu Plains	
5km Cross Country	22:06		U14 Abigail Johnstone (13)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	20:08		W30 Mary Fien (32)	Jul 17 2004	Mt Penang	
5km Cross Country	20:32		W45 Jo Cowan (48)	Jul 17 2004	Mt Penang	
5km Cross Country	23:27		W50 Deborah Drennan (54)	Sep 1 2012	Upjohn Park, Rydalmere	
5km Cross Country	23:45		W55 Deborah Drennan (57)	May 9 2015	River Rd Reserve, Emu Plains	
5km Cross Country	27:59		W60 Margaret Thomas (61)	Jun 24 2017	Upjohn Park, Rydalmere	



Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>6km Cross Country</b>	<b>21:14</b>		<b>Open</b>	<b>Lena Yali</b>	<b>1992</b>		
6km Cross Country	23:07		U20	Frances Schmiede (18)	Jun 25 2011	Willandra, Nowra	
6km Cross Country	28:34		W55	Deborah Drennan (55)	Jun 22 2013	Willandra, Nowra	
<b>6.2km Cross Country</b>	<b>22:47</b>		<b>Open</b>	<b>Eliza Stewart (22)</b>	<b>Apr 6 2008</b>	<b>France</b>	
6.2km Cross Country	22:47		U23	Eliza Stewart (22)	Apr 6 2008	France	
<b>7km Cross Country</b>	<b>26:11</b>		<b>Open</b>	<b>Sarah Marvin (20)</b>	<b>Apr 22 2017</b>	<b>Scarborough Park, Ramsgate</b>	
7km Cross Country	26:11		U23	Sarah Marvin (20)	Apr 22 2017	Scarborough Park, Ramsgate	
7km Cross Country	31:26		U20	Holly Ratajecz (19)	Apr 20 2013	Scarborough Park, Ramsgate	
<b>7.5km Cross Country</b>	<b>28:34</b>		<b>Open</b>	<b>Eliza Stewart (25)</b>	<b>May 21 2011</b>	<b>Upjohn Park, Rydalmere</b>	
7.5km Cross Country	33:42		W30	Rebecca Gibbs (31)	May 21 2011	Upjohn Park, Rydalmere	
<b>8km Cross Country</b>	<b>27:16</b>		<b>Open</b>	<b>Eliza Stewart (22)</b>	<b>Aug 23 2008</b>	<b>Geelong, Vic</b>	
8km Cross Country	27:16		U23	Eliza Stewart (22)	Aug 23 2008	Geelong, Vic	
8km Cross Country	28:12		U20	Emily Heskelow (19)	Mar 31 2018	George Kendall Reserve, Ermington	#
8km Cross Country	33:53		W30	Rebecca Gibbs (31)	May 14 2011	George Kendall Reserve, Ermington	
<b>10km Cross Country</b>	<b>36:18</b>		<b>Open</b>	<b>Elise Gallen (23)</b>	<b>Aug 26 2017</b>	<b>Kembla</b>	
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	
<b>4x2km Cross Country Relay</b>	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	
<b>4x3km Cross Country Relay</b>	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	
<b>4x4km Cross Country Relay</b>	<b>56:02</b>		<b>Open</b>	<b>Abigail Regan (23), Charlotte Wilson (21), Brittany Pembroke (19), Lucy Starrat (25)</b>	<b>Jun 1 2013</b>	<b>Miranda Park</b>	
4x4km Cross Country Relay	1:04:47		U20	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:04:47		U18	Sara Rathborne, Ruby Hackett (13), Erin Smithson (17), Ashley Mason (13)	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:10:04		U16	Tracy Morton (14), Elle Farrington (14), Katie Furniss (14), Penny Burdikin	Jun 4 2005	Miranda Park	
4x4km Cross Country Relay	1:23:43		W45	Susan Rilen (50), Robyn Suttor (48), Fiona McGregor, Christine Shorter (53)	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:29:05		W55	Susan Rilen (56), Christine Shorter (59), Deborah Drennan (55), Dorothy Kass (59)	Jun 1 2013	Miranda Park	
<b>Mountain Running</b>							
<b>8km Mountain Run</b>	<b>44:51</b>		<b>Open</b>	<b>Mary Fien (34)</b>	<b>Feb 24 2007</b>	<b>Mt Kembla</b>	
8km Mountain Run	44:51		W30	Mary Fien (34)	Feb 24 2007	Mt Kembla	
<b>10km Mountain Run</b>	<b>1:05:00.0</b>		<b>Open</b>	<b>Kate Hobbs (19)</b>	<b>Mar 29 2015</b>	<b>Mt Canoblas, Orange</b>	
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	
<b>Road</b>							
<b>2km Road Race</b>	<b>6:34</b>		<b>Open</b>	<b>Emily Hopper (16)</b>	<b>Jul 12 2014</b>	<b>Newcasatle University, Ourimbah</b>	
2km Road Race	6:34		U20	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6:34		U18	Emily Hopper (16)	Jul 12 2014	Newcasatle University, Ourimbah	
2km Road Race	6:48		U16	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	6:48		U14	Ruby Hackett (13)	Jul 30 2005	Flagstaff Point, Wollongong	
2km Road Race	8:05		U12	Nicola Christou (11)	Jul 22 2017	Col Sutton Park, Winston Hills	
2km Road Race	7:29		W30	Rebecca Gibbs (31)	Aug 13 2011	Rydalmere	
2km Road Race	7:52		W50	Stacey Quitzau (51)	Aug 11 2012	Rydalmere	
2km Road Race	9:00		W55	Deborah Drennan (58)	Aug 13 2017	Rydalmere	
2km Road Race	11:23		W60	Dorothy Kass (60)	Aug 10 2013	Rydalmere	
<b>2.5km Road Race</b>	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	
<b>3km Road Race</b>	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	
<b>4km Road Race</b>	<b>13:41</b>		<b>Open</b>	<b>Else Gallen (23)</b>	<b>Jul 15 2017</b>	<b>Newcastle University, Ourimbah</b>	
4km Road Race	14:03		U23	Rebekah Smeltzer (22)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	13:46		U20	Sarah McDermott (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:46		U18	Sarah McDermott (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	14:44		U16	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	14:44		U14	Hannah Cerezo (13)	Aug 6 2016	Prospect Reservoir	
4km Road Race	15:38		W35	Mary Fien (39)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:46		W45	Robyn Suttor (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	16:36		W50	Stacey Quitzau (51)	Jul 7 2012	Newcastle University, Ourimbah	
4km Road Race	17:34		W55	Deborah Drennan (56)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	19:56		W60	Margaret Thomas (61)	Jul 15 2017	Newcastle University, Ourimbah	
<b>5km Road Race</b>	<b>15:59</b>		<b>Open</b>	<b>Trychelle Kingdom (25)</b>	<b>Oct 31 2015</b>	<b>Noosa, Qld</b>	
5km Road Race	17:07		U20	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	17:07		U18	Sarah Reece (17)	May 6 2017	Sydney Olympic Park	
5km Road Race	18:13		U16	Emily Augustine (15)	May 6 2012	Sydney Olympic Park	
5km Road Race	21:45		U14	Lara Chamberlain (13)	May 6 2017	Sydney Olympic Park	
5km Road Race	25:31		W45	Kim Wilson (47)	May 2 2015	Sydney Olympic Park	
5km Road Race	27:11		W50	Stacey Quitzau (52)	May 6 2012	Sydney Olympic Park	
5km Road Race	26:19		W60	Margaret Thomas (60)	May 6 2017	Sydney Olympic Park	
<b>6km Road Race</b>	25:09		U20	Erin Smithson (18)	May 6 2006	Army Base, Holsworthy	
<b>8km Road Race</b>	<b>29:09.88</b>		<b>Open</b>	<b>Kasey Mumby (22)</b>	<b>Aug 31 2014</b>	<b>Sydney Olympic Park</b>	
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	#
<b>10km Road Race</b>	<b>33:14</b>		<b>Open</b>	<b>Mary Fien (35)</b>	<b>May 30 2009</b>	<b>Springvale</b>	
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	

Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10km Road Race	45:23		U16	Emma Brown (14)	May 7 2016	Sydney Olympic Park	
10km Road Race	33:14		W35	Mary Fien (35)	May 30 2009	Springvale	
10km Road Race	48:08		W40	Suzanne Brown (43)	May 2 2009	Sydney Olympic Park	
10km Road Race	50:42		W45	Louise McAlister (49)	May 6 2017	Sydney Olympic Park	
10km Road Race	49:31		W50	Deborah Drennan (54)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:45:00		W55	Deborah Drennan (58)	May 6 2017	Sydney Olympic Park	
10km Road Race	58:52		W60	Nancy Lloyd (61)	May 3 2014	Sydney Olympic Park	
<b>14km City to Surf</b>	<b>51:05</b>		<b>Open</b>	<b>Else Gallen (23)</b>	<b>Aug 13 2017</b>	<b>Sydney</b>	
<b>15km Road Race</b>	<b>57.03</b>		<b>Open</b>	<b>Trychelle Kingdom (24)</b>	<b>Oct 19 2014</b>	<b>Fernleigh Track, Newcastle</b>	
<b>Half Marathon</b>	<b>1:15.56</b>		<b>Open</b>	<b>Eliza Stewart (20)</b>	<b>Jun 10 2007</b>	<b>Sydney</b>	
Half Marathon	1:15.56		U23	Eliza Stewart (20)	Jun 10 2007	Sydney	
Half Marathon	1:17.51		W30	Mary Fien (34)	Aug 19 2007	Noosa	
Half Marathon	2:04:01		W40	Beck Myers (43)	Aug 28 2016	Sydney Olympic Park	
Half Marathon	2:12:44		W45	Susan Rilen (49)	Jun 10 2007	Sydney	
Half Marathon	2:15:39		W50	Nancy Lloyd (53)	Dec 31 2006	Sydney	
<b>Marathon</b>	<b>2:50.00</b>		<b>Open</b>	<b>Elizabeth Richards</b>	<b>1976</b>		
<b>4x2km Road Relay</b>	28:16		U18	Emily Hopper (16), Emma Baptiste (15), Eliza Wollett (14), Emily Augustine (17)	Jul 12 2014	Newcastle Univesity, Ourimbah	
4x2km Road Relay	30:17		U14	Ruby Hackett (13), Katrina Panazzolo, Melissa Farrington (10), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U18	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Flagstaff Point, Wollongong	
4x3km Road Relay	47:09		U16	Elle Farrington (14), Katrina Panazzola, Ruby Hackett (13), Ashley Mason (13)	Jul 30 2005	Newcastle University, Wollongong	
<b>4x4km Road Relay</b>	<b>58:01:00</b>		<b>Open</b>	<b>Rebekah Smeltzer (22), Elizabeth Watson (22), Bridget Reilly (15), Carli Green (22)</b>	<b>Jul 9 2011</b>	<b>Flagstaff Point, Wollongong</b>	
4x4km Road Relay	1:01:38		W20	Sarah McDermott (17), Eloise Doherty (18), Nicola Bowtell (18), Isabella Thornton-Bott (19)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:17:39		W45	Susan Rilen (52), Suzanne Kemp (52), Jane Godbold (53), Deborah Drennan (51)	Jul 10 2010	Flagstaff Point, Wollongong	
4x4km Road Relay	1:21:43		W55	Deborah Drennan (55), Susan Rilen (56), Christine Shorter (59), Margaret Thomas (57)	Jul 14 2014	Flagstaff Point, Wollongong	
<b>Walks</b>							
<b>2km Road Walk</b>	9:40		U14	Eliza DeLaine (13)	Jun 16 2013	Penrith Lakes	
<b>5km Road Walk</b>	30.21		W40	Suzanne Brown (43)	Jun 28 2009	Penrith Lakes	
5km Road Walk	34:21		W45	Carmel Parker (49)	Jun 22 2014	Harrington Park Lake, Narellan	
5km Road Walk	34:02		W50	Carmel Parker (51)	Hun 18 2017	Penrith Lakes	
5km Road Walk	33:18		W55	Nancy Lloyd (56)	Jun 28 2009	Penrith Lakes	
<b>10km Road Walk</b>	<b>50.04</b>		<b>Open</b>	<b>Fiona Alldis (19)</b>	<b>Sep 2 2007</b>	<b>Perth</b>	
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	
<b>15km Road Walk</b>	1:53:50		W40	Suzanne Brown (44)	Aug 1 2010	Penrith	
15km Road Walk	1:58:58		W45	Suzanne Brown (49)	Jul 26 2015	Harrington Park Lake, Narellan	
15km Road Walk	1:39:05		W50	Nancy Lloyd (53)	Jul 15 2007	Five Dock	
<b>10mile Road Walk</b>	<b>1:29.37</b>		<b>Open</b>	<b>Fiona Alldis (19)</b>	<b>Jun 10 2007</b>	<b>Lake Burley Griffin, ACT</b>	
10mile Road Walk	1:29.37		U20	Fiona Alldis (19)	Jun 10 2007	Lake Burley Griffin, ACT	
<b>20km Road Walk</b>	<b>1:46.13</b>		<b>Open</b>	<b>Fiona Alldis (19)</b>	<b>Jul 15 2007</b>	<b>Five Dock</b>	
20km Road Walk	1:46.13		U20	Fiona Alldis (19)	Jul 15 2007	Five Dock	
<b>MEN</b>							
<b>Cross Country</b>							
<b>1.5km Cross Country</b>	5.39		U12	Trent Morton (10)	Jul 16 2005	Mt Penang	
<b>2km Cross Country</b>	<b>6:19</b>		<b>Open</b>	<b>Leo Peterson (26)</b>	<b>May 20 2017</b>	<b>Bella Vista</b>	
2km Cross Country	6:21		U23	Nick Walker (21)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	6:52		U20	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U18	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U16	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	6:52		U14	Elliott Metcalf (13)	Apr 20 2013	Scarborough Park, Ramsgate	
2km Cross Country	7:10		U12	William Maffey (11)	Jun 8 2013	George Kendall Reserve, Ermington	
2km Cross Country	11:06		M10	Benjamin Chamberlain	Jun 3 2017	George Kendall Reserve, Ermington	
2km Cross Country	8:16		M35	Ryan Dowling (38)	8/07/2017	Bella Vista Farm, Bella Vista	
2km Cross Country	8:12		M40	Andy West (44)	Aug 6 2011	Col Sutton Reserve, Baulkham Hills	
2km Cross Country	7:08		M50	Bradley Sharpe (54)	Apr 18 2015	Scarborough Park, Ramsgate	
2km Cross Country	7:11		M55	Bradley Sharpe (56)	Apr 22 2017	Scarborough Park, Ramsgate	
2km Cross Country	9:18		M60	Terrence Carter (60)	Jul 29 2017	Gipps Rd, Greystanes	
2km Cross Country	10:15		M65	David Archbold (65)	May 14 2011	George Kendall Reserve, Ermington	
2km Cross Country	11:49		M75	Charles Hobden (77)	May 13 2013	Queen Elizabeth Park, Concord	
<b>2.5km Cross Country</b>	<b>7.54</b>		<b>Open</b>	<b>Ruairidh MacDonald (15)</b>	<b>Jul 18 2009</b>	<b>Upjohn Park, Rydalmere</b>	
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	
<b>3km Cross Country</b>	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	

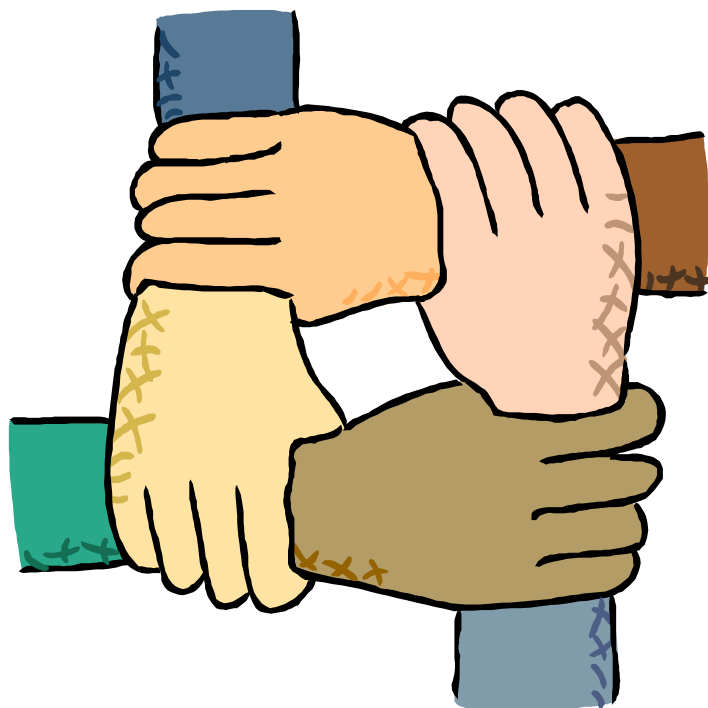
Event	Performan	Wind	Age Group	Athlete/s (age)	Date	Venue	Record
<b>4km Cross Country</b>	<b>11:17</b>		<b>Open</b>	<b>James Connor (21)</b>	<b>Jun 1 2013</b>	<b>Miranda Park</b>	
4km Cross Country	11:17		U23	James Connor (21)	Jun 1 2013	Miranda Park	
4km Cross Country	12:12		U20	Ed Goddard (19)	May 28 2016	Miranda Park	
4km Cross Country	12:46		U18	Xavier Black (17)	May 29 2010	Miranda Park	
4km Cross Country	13:30		U16	Elliot Metcalf (15)	Apr 11 2015	Queen Elizabeth Park, Concord	
4km Cross Country	14:09		U15	Elliot Metcald (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	14:09		U14	Elliot Metcald (13)	Jun 9 2012	George Kendall Reserve Ermington	
4km Cross Country	16:17		U13	Xavier Anderson (11)	Apr 19 2018	Queen Elizabeth Park, Concord	#
4km Cross Country	16:17		U12	Xavier Anderson (11)	Apr 19 2018	Queen Elizabeth Park, Concord	#
4km Cross Country	12:14		M30	Frazer Dowling (33)	Jun 1 2013	Miranda Park	
4km Cross Country	15:07		M35	Roger Hastie (35)	Jun 4 2005	Miranda Park	
4km Cross Country	13:40		M40	Connor Delahunty (42)	May 29 2010	Miranda Park	
4km Cross Country	13:58		M45	Stuart Paterson (48)	Jun 4 2005	Miranda Park	
4km Cross Country	13:53		M50	Stuart Paterson (50)	Jun 2 2007	Miranda Park	
4km Cross Country	16:00		M55	Stephen Ball (56)	May 29 2010	Miranda Park	
4km Cross Country	16:34		M60	Geoff Francis (62)	Jul 13 2004	Miranda Park	
4km Cross Country	19:08		M65	Geoff Francis (68)	May 29 2010	Miranda Park	
4km Cross Country	21:00		M70	Ron Wills (71)	Apr 16 2011	Bella Vista Farm Park	
4km Cross Country	22:55		M75	Charles Hobden (76)	Jun 1 2013	Miranda Park	
<b>5km Cross Country</b>	<b>15:13</b>		<b>Open</b>	<b>Ed Goddard (19)</b>	<b>Jul 30 2016</b>	<b>West Dapto</b>	
5km Cross Country	15:13		U20	Ed Goddard (19)	Jul 30 2016	West Dapto	
5km Cross Country	16:11		U18	Eliot Metcalf (16)	Jul 30 2016	West Dapto	
5km Cross Country	21:04		U16	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	21:04		U14	Duncan Loane (12)	Aug 28 2016	Upjohn Park, Rydalmere	
5km Cross Country	22:41		M40	Andy West (44)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:07		M50	Bradley Sharpe (50)	Jun 11 2011	River Rd Reserve, Emu Plains	
5km Cross Country	20:14		M55	Stephen Ball (57)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	24:09		M60	Doug Barrett (61)	Aug 2 2014	Upjohn Park, Rydalmere	
5km Cross Country	24:08		M65	Geoff Francis (68)	Jul 17 2010	Upjohn Park, Rydalmere	
5km Cross Country	27:27		M70	Ron Wills (71)	Aug 27 2011	Upjohn Park, Rydalmere	
<b>6km Cross Country</b>	<b>18:40</b>		<b>U18</b>	<b>Ruairidh MacDonald (15)</b>	<b>Aug 20 2011</b>	<b>Canberra</b>	
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	
<b>7.5km Cross Country</b>	<b>23:41</b>		<b>Open</b>	<b>Ed Goddard (20)</b>	<b>Jul 2 2017</b>	<b>Upjohn Park, Rydalmere</b>	
7.5km Cross Country	23:41		U23	Ed Goddard (20)	Jul 2 2017	Upjohn Park, Rydalmere	
7.5km Cross Country	27:57		U20	Nicholas Walker (19)	Jul 17 2004	Mt Penang	
7.5km Cross Country	27:34		M30	Frazer Dowling (31)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	29:11		M40	Connor Delahunty (42)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	31:26		M45	Bradley Sharpe (49)	Jul 17 2010	Upjohn Park, Rydalmere	
7.5km Cross Country	30:57		M50	Stephen Ball (50)	Jul 17 2004	Mt Penang	
7.5km Cross Country	38:50		M55	David Archbold (58)	Jul 17 2004	Mt Penang	
7.5km Cross Country	33:36		M60	Geoff Francis (62)	Jul 17 2004	Mt Penang	
<b>8km Cross Country</b>	<b>24:41</b>		<b>Open</b>	<b>Alex Pettigrew (18)</b>	<b>Jun 17 2010</b>	<b>Eastern Creek</b>	
8km Cross Country	26:37		U23	Ed Goddard (20)	Jun 26 2017	Willandra, Nowra	
8km Cross Country	24:41		U20	Alex Pettigrew (18)	Jun 17 2010	Eastern Creek	
8km Cross Country	31:05		U18	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	31:05		U16	Elliot Metcalf (14)	Apr 19 2014	Queen Elizabeth Park, Concord	
8km Cross Country	33:58		U14	Elliot Metcalf (13)	Apr 13 2013	Queen Elizabeth Park, Concord	
8km Cross Country	28:36		M40	Stuart Paterson (44)	Jul 4 2001	Brisbane	
8km Cross Country	29:49		M45	Stuart Paterson (49)	Jul 15 2006	The Crest Bankstown	
8km Cross Country	33:23		M55	Stephen Ball (57)	Apr 16 2011	Bella Vista Farm Park	
8km Cross Country	37:08		M60	Doug Barrett (60)	Jun 30 2012	Prospect Reservoir	
8km Cross Country	42:07		M65	Geoff Francis (67)	Jun 20 2009	Willandra, Nowra	
<b>8.5km Cross Country</b>	<b>32:49</b>		<b>Open</b>	<b>Matthew Rando (20)</b>	<b>Jul 19 2008</b>	<b>Western Sydney Regional Park</b>	
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 (53)	Jul 14 2007		
<b>10km Cross Country</b>	<b>30:44</b>		<b>Open</b>	<b>John Farrington (31)</b>	<b>Jul 7 1973</b>	<b>Bundoora, Victoria</b>	
10km Cross Country	30:45		U23	Ed Goddard (20)	Aug 26 2017	Kembla	
10km Cross Country	33:49		U20	Ed Goddard (19)	Apr 16 2016	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U18	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U16	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	43:17		U14	Duncan Loane (13)	Apr 22 2017	Scarborough Park, Ramsgate	
10km Cross Country	30:44		M30	John Farrington (31)	Jul 7 1973	Bundoora, Victoria	
10km Cross Country	36:29		M35	David Costello (37)	April 21 2018	Scarborough Park, Ramsgate	#
10km Cross Country	36:10.6		M40	Stuart Paterson (41)	Apr 9-13 1998	Brisbane	
10km Cross Country	37:00		M50	Jim Seymon (54)	Apr 15-20 1992	Hobart	
10km Cross Country	33:17		M55	Jim Seymon (56)	1994	Townsville	
10km Cross Country	50:43		M60	Geoff Francis (64)	Apr 30 2006	Scarborough Park, Ramsgate	
<b>12km Cross Country</b>	<b>37:20</b>		<b>Open</b>	<b>Connor Delahunty (42)</b>	<b>May 30 2011</b>	<b>Scarborough Park, Ramsgate</b>	
12km Cross Country	38:57		U23	James Connor (21)	Jun 22 2013	Willandra, Nowra	
12km Cross Country	49:57		M35	Roger Hastie (35)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	37:20		M40	Connor Delahunty (42)	May 30 2011	Scarborough Park, Ramsgate	
12km Cross Country	45:46		M45	Stuart Paterson (49)	Jun 18 2005	Willandra, Nowra	
12km Cross Country	48:40		M50	Stuart Paterson (51)	Jun 23 2007	Willandra, Nowra	
<b>12.5km Cross Country</b>	<b>45.37</b>		<b>Open</b>	<b>Ryan Cantwell (29)</b>	<b>Jun 25 2011</b>	<b>Willandra, Nowra</b>	
<b>20km Cross Country</b>	<b>1:01.20</b>		<b>Open</b>	<b>John Farrington (27)</b>	<b>Jun 20 1970</b>	<b>Gosford</b>	
<b>4x2km Cross Country Relay</b>	<b>29:57</b>		<b>U14</b>	<b>UTS Northern Suburbs</b>	<b>Jun 2 2012</b>	<b>Miranda Park</b>	
4x2km Cross Country Relay	30:30		U12	William Maffey (11), Charlie East (11), Finlay Ekins (10), Robert Moore (11)	Jun 1 2013	Miranda Park	
<b>4x3km Cross Country Relay</b>	<b>42:55</b>		<b>U18</b>	<b>Benjamin Mackay (16), Oliver Moore (16), Elliot Metcalf (14), Fergus Whelan (15)</b>	<b>May 31 2014</b>	<b>Miranda Park</b>	
4x3km Cross Country Relay	44:40		U16	Elliot Metcalf (13), Jack Mills (14), Monte Prendeville (14), April Brennan (13)	Jun 1 2013	Miranda Park	
<b>4x4km Cross Country Relay</b>	<b>47:28</b>		<b>Open</b>	<b>Adrian Plummer (25), Ruairidh MacDonald (22), Matthew Cox (26), Ed Goddard (19)</b>	<b>May 28 2016</b>	<b>Miranda Park</b>	
4x4km Cross Country Relay	57:09		U20	Matthew Rando (19), Andrew Brazier (16), Jordan Smith (17), Alastair Thomson	Jun 2 2007	Miranda Park	
4x4km Cross Country Relay	1:06.30		M35	Antony Guest (48), Bradley Sharpe (52), Mary Fien (41), Len Augustine (53)	May 31 2014	Miranda Park	
4x4km Cross Country Relay	1:03:32		M45	Bradley Sharpe (51), Andy West (46), Jim Culhane (47), Antony Guest (47)	Jun 1 2013	Miranda Park	

Event	Performan Wind	Age Group	Athlete/s (age)	Date	Venue	Record
4x4km Cross Country Relay	1:14:25	M55	Trevor Young (57), Len Augustine (57), Steve Bradley (60), Doug Barrett (64)	May 28 2016	Miranda Park	
<b>Mountain Running</b>						
<b>8km Mountain Run</b>	<b>44:00:00</b>	<b>Open</b>	<b>Ruairidh MacDonald (17)</b>	<b>May 29 2012</b>	<b>Mt Wellington, Hobart</b>	
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	
<b>9.5km Mountain Run</b>	<b>1:00.21</b>	<b>Open</b>	<b>Stuart Paterson (50)</b>	<b>Sep 23 2006</b>	<b>Saillon, Switzerland</b>	
9.5km Mountain Run	1:00.21	M50	Stuart Paterson (50)	Sep 23 2006	Saillon, Switzerland	
<b>10km Mountain Run</b>	<b>1:06.15</b>	<b>Open</b>	<b>Leo Peterson (27)</b>	<b>April 8 2018</b>	<b>Mt Wellington, Hobart</b>	<b>#</b>
<b>11km Mountain Run</b>	<b>46:38.00</b>	<b>Open</b>	<b>Matthew Cox (25)</b>	<b>Mar 29 2015</b>	<b>Mt Canoblas, Orange</b>	
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	
<b>12km Mountain Run</b>	<b>52.26</b>	<b>Open</b>	<b>Stuart Paterson (49)</b>	<b>Jul 23 2006</b>	<b>Woolgoolga</b>	
12km Mountain Run	52.26	M45	Stuart Paterson (49)	Jul 23 2006	Woolgoolga	
<b>Road</b>						
<b>1 Mile</b>	<b>4.21</b>	<b>Open</b>	<b>Nick Bromley (26)</b>	<b>Sep 18 2009</b>	<b>Newcastle/Gateshead, England</b>	
1 Mile	5.42	M55	Bradley Sharpe (56)	Sep 16 2017	Bowral	
<b>2km Road Race</b>	<b>6:15</b>	<b>Open</b>	<b>Jak Bukovinsky (18)</b>	<b>Aug 11 2012</b>	<b>Rydalmere</b>	
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	William Maffey (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	
<b>2.5km Road Race</b>	9:10	U14	Duncan Loane (13)	May 6 2017	Sydney Olympic Park	
<b>3km Road Race</b>	11:37	U14	Ruairidh MacDonald (13)	Jul 30 2005	Flagstaff Point, Wollongong	
3km Road Race	14:40	M60	David Archbold (60)	Jun 17 2006	Army Base, Holsworthy	
<b>4km Road Race</b>	<b>11:38</b>	<b>Open</b>	<b>Josh Wright (20)</b>	<b>Jul 9 2011</b>	<b>Flagstaff Point, Wollongong</b>	
4km Road Race	11:38	U23	Josh Wright (20)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	11:55	U20	Ed Goddard (19)	Jul 16 2016	Newcastle University, Ourimbah	
4km Road Race	12:21	U18	Elliot Metcalf (17)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	13:24	U16	Elliot Metcalf (15)	Apr 25 2015	Rydalmere	
4km Road Race	15:30	U14	Duncan Loane (12)	Apr 23 2016	Rydalmere	
4km Road Race	16:11	U12	William Maffey (11)	Jun 29 2013	Prospect Reservoir	
4km Road Race	12:52	M30	Frazer Dowling (33)	Jul 13 2013	Newcastle University, Ourimbah	
4km Road Race	15:05	M35	Frazer Dowling (36)	Jul 11 2015	Newcastle University, Ourimbah	
4km Road Race	14:32	M40	Angus Stewart (43)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	13:28	M45	Stuart Paterson (49)	Aug 2 2008	Flagstaff Point, Wollongong	
4km Road Race	15:03	M50	Bradley Sharpe (50)	Jul 9 2011	Flagstaff Point, Wollongong	
4km Road Race	15:49	M55	Bradley Sharpe (56)	Jul 15 2017	Newcastle University, Ourimbah	
4km Road Race	16:49	M60	Geoff Francis (63)	Jul 30 2005	Flagstaff Point, Wollongong	
4km Road Race	18:09	M65	Geoff Francis (68)	Jul 10 2010	Flagstaff Point, Wollongong	
4km Road Race	20:41	M70	Ron Wills (72)	Jul 1 2011	Prospect Reservoir	
<b>5km Road Race</b>	<b>14:45</b>	<b>Open</b>	<b>Ed Goddard (18)</b>	<b>Jun 20 2015</b>	<b>Sydney</b>	
<b>5km Road Race</b>	<b>14:45</b>	<b>Open</b>	<b>Jack Stapleton (22)</b>	<b>Nov 4 2017</b>	<b>Noosa, Qld</b>	
5km Road Race	14:45	U23	Jack Stapleton (22)	Nov 4 2017	Noosa, Qld	
5km Road Race	14:45	U20	Ed Goddard (18)	Jun 20 2015	Sydney	
5km Road Race	16:55	U18	Kieran Briscoe (16)	Oct 1 2010	Sydney Olympic Park	
5km Road Race	44:45	U16	Sultan Tanfik (14)	May 6 2012	Sydney Olympic Park	
5km Road Race	30:24	M50	Peter Lloyd (53)	May 2 2015	Sydney Olympic Park	
5km Road Race	19:50	M55	Bradley Sharpe (56)	May 6 2017	Sydney Olympic Park	
<b>7km Road Race</b>	<b>28:45</b>	<b>Open</b>	<b>Bradley Sharpe (56)</b>	<b>Sept 3 2017</b>	<b>Sydney Olympic Park</b>	
<b>8km Road Race</b>	<b>26:20h</b>	<b>Open</b>	<b>Leo Peterson (27)</b>	<b>Apr 28 2018</b>	<b>Rydalmere</b>	<b>#</b>
8km Road Race	29:33	U23	Ruairidh MacDonald (22)	Jul 9 2016	Col Sutton Park, Winston Hills	
8km Road Race	27:41	U20	Matthew Rando (19)	May 5 2007	Cataract Scout Park	
8km Road Race	31:39	U18	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	31:39	U16	Elliot Metcalf (14)	Apr 26 2014	Rydalmere	
8km Road Race	32:01	U14	Elliot Metcalf (12)	May 12 2012	Rydalmere	
8km Road Race	34:05	M50	Bradley Sharpe (53)	Apr 26 2014	Rydalmere	
8km Road Race	36:58	M55	Doug Barrett (58)	May 5 2011	Rydalmere	
8km Road Race	35:32	M60	Doug Barrett (60)	Jun 29 2013	Prospect Reservoir	
<b>10km Road Race</b>	<b>29.45</b>	<b>Open</b>	<b>John Farrington (30)</b>	<b>Dec 3 1972</b>	<b>Fukuoka, Japan</b>	
10km Road Race	30:17	U23	Ed Goddard (20)	Jul 1 2017	Gold Coast, Qld	
10km Road Race	31:44	U20	Ed Goddard (19)	May 7 2016	Sydney Olympic Park	
10km Road Race	38:22	U18	Xavier Black (17)	May 1 2010	Sydney Olympic Park	
10km Road Race	29:45	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
10km Road Race	37:29	M35	Roger Hastie (35)	May 7 2005	Army Base, Holsworthy	
10km Road Race	35:04	M40	Richard Mullaney (40)	May 3 2014	Sydney Olympic Park	
10km Road Race	36:32	M45	Stuart Paterson (49)	May 7 2015	Army Base, Holsworthy	
10km Road Race	38:52	M50	Stephen Ball (52)	Jun 17 2006	Army Base, Holsworthy	
10km Road Race	38:38	M55	Stephen Ball (57)	Jun 4 2011	Sydney Olympic Park	
10km Road Race	45:32	M60	Doug Barrett (60)	May 4 2013	Sydney Olympic Park	
10km Road Race	47:25	M65	Geoff Francis (67)	May 2 2009	Sydney Olympic Park	
<b>14km City to Surf</b>	<b>44.01</b>	<b>Open</b>	<b>Ed Goddard (20)</b>	<b>Aug 13 2017</b>	<b>Sydney</b>	
<b>15km Road Race</b>	<b>43.11</b>	<b>Open</b>	<b>John Farrington (31)</b>	<b>Aug 12 1973</b>	<b>Sydney (original City to Surf)</b>	
15km Road Race	1:00:42	U23	James Connor (22)	Oct 19 2014	Fernleigh Track, Newcastle	
15km Road Race	43.11	M30	John Farrington (31)	Aug 12 1973	Sydney (original City to Surf)	
15km Road Race	1:15:16	M60	Doug Barrett (61)	Oct 2 2013	Fernleigh Track, Newcastle	
<b>10 miles</b>	<b>55.38</b>	<b>Open</b>	<b>Stuart Paterson (37)</b>	<b>Jun 11 1994</b>	<b>Parramatta</b>	

Event	Performan Wind	Age Group	Athlete/s (age)	Date	Venue	Record
10 miles	55:38	M35	Stuart Paterson (37)	Jun 11 1994	Parramatta	
<b>25km Road Race</b>	<b>1:15:34</b>	<b>Open</b>	<b>John Farrington (30)</b>	<b>Dec 3 1972</b>	<b>Fukuoka, Japan</b>	
25km Road Race	1:15:34	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
<b>30km Road Race</b>	<b>1:31:08</b>	<b>Open</b>	<b>John Farrington (30)</b>	<b>Dec 3 1972</b>	<b>Fukuoka, Japan</b>	
30km Road Race	1:31:08	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
<b>Half Marathon</b>	<b>1:03:38</b>	<b>Open</b>	<b>John Farrington (30)</b>	<b>Dec 3 1972</b>	<b>Fukuoka, Japan</b>	
Half Marathon	1:08:47	U23	James Connor (21)	May 19 2013	Sydney	
Half Marathon	1:18:49	U20	Gareth Mumby (19)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:03:38	M30	John Farrington (30)	Dec 3 1972	Fukuoka, Japan	
Half Marathon	1:21:16	M35	Roger Hastie (37)	Jun 10 2007	Sydney	
Half Marathon	1:18:53	M40	Sven Fuerst (43)	Aug 9 2013	The Crest, Bankstown	
Half Marathon	1:28:08	M45	Stuart Paterson (49)	Dec 31 2006	Sydney	
Half Marathon	1:37:49	M50	Stephen Ball (53)	Jun 10 2007	Sydney	
Half Marathon	1:53:52	M60	Geoff Francis (64)	Dec 31 2006	Sydney	
Half Marathon	1:58:31	M65	Geoff Francis (65)	Jun 10 2007	Sydney	
<b>Marathon</b>	<b>2:11:13</b>	<b>Open</b>	<b>John Farrington (31)</b>	<b>Jul 14 1973</b>	<b>Budapest, Hungary</b>	
Marathon	2:52:24	U20	Gareth Mumby (19)	Sep 22 2013	Sydney	
Marathon	2:11:13	M30	John Farrington (31)	Jul 14 1973	Budapest, Hungary	
Marathon	3:22:42	M40	John Kocx (44)	Sep 16 2012	Sydney	
Marathon	3:49:13	M50	Peter Bromley (53)	Nov 16 2008	Sydney	
<b>4x3km Road Relay</b>	56:24	U14	Myalls Paterson (12), Tristan Paterson (11), Ryairidh MacDonald (13), David Kass	Jul 30 3005	Flagstaff Point, Wollongong	
<b>4x4km Road Relay</b>	<b>47:25</b>	<b>Open</b>	<b>Ruairidh MacDonald (22), Ed Goddard (19), Matthew Cox (26), Adrian Plummer (25)</b>	<b>Jul 16 2016</b>	<b>Newcastle University, Ourimbah</b>	
4x4km Road Relay	52:12	U20	Myalls Paterson (17), Cheyne Egelton (19), Jak Bukavinsky (18), Ruairidh MacDonald (18)	Jul 7 2012	Newcastle University, Ourimbah	
4x4km Road Relay	1:00:59	M35	Andrew Williams (43), Antony Guest (49), Frazer Dowling (36), Bradley Sharpe (53)	Jul 11 2015	Newcastle University, Ourimbah	
4x4km Road Relay	1:02:18	M45	Andrew Williams (45), Bradley Sharpe (56), Paul Trainor (52), Kim Loan (55)	Jul 15 2017	Newcastle University, Ourimbah	
4x4km Road Relay	1:11:14	M55	Doug Barrett (62), Trevor Young (58) , Steve Bradley (58), Len Augustine (55)	Jul 12 2014	Newcastle University, Ourimbah	
<b>Walks</b>						
<b>5km Road Walk</b>	27:53	U18	Cheyne Egelton (16)	May 24 2009	Harrington Park Lake, Narellan	
5km Road Walk	34:29	M60	Robert Connors (62)	Jun 27 2010	Harrington Park Lake, Narellan	
5km Road Walk	30:09	M70	Jim Seymon (71)	Jun 29 2008		
5km Road Walk	31:07	M75	Jim Seymon (75)	Jun 24 2012	Harrington Park Lake, Narellan	
<b>10km Road Walk</b>	<b>43:40</b>	<b>Open</b>	<b>Jay Felton (21)</b>	<b>May 20 2016</b>	<b>Chipping Norton</b>	
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	
<b>15km Road Walk</b>	1:32:13	M65	Jim Seymon (68)	May 27 2006	Greystanes	
15km Road Walk	1:39:27	M70	Jim Seymon (73)	Jul 25 2011	Harrington Park Lake, Narellan	
15km Road Walk	1:44:27	M75	Jim Seymon (77)	Jul 26 2015	Harrington Park Lake, Narellan	
<b>20km Road Walk</b>	<b>1:31:43</b>	<b>Open</b>	<b>Jay Felton (20)</b>	<b>Dec 13 2015</b>	<b>Fawkner Park, Melbourne</b>	
20km Road Walk	1:31:43	U23	Jay Felton (20)	Dec 13 2015	Fawkner Park, Melbourne	
20km Road Walk	1:38:15	U20	Jay Felton (19)	Jul 27 2014	Harrington Park Lake, Narellan	
20km Road Walk	2:04:59	M65	Jim Syemon (66)	2003		
2000m Road Walk	2:27:54	M75	Jim Seymon (78)	Aug 28 2016		
<b>30km Road Walk</b>	<b>2:25:35</b>	<b>Open</b>	<b>Jay Felton (22)</b>	<b>Jul 23 2017</b>	<b>Chipping Norton</b>	
30km Road Walk	2:25:35	U23	Jay Felton (22)	Jul 23 2017	Chipping Norton	
<b>50km Road Walk</b>	<b>4:28:20</b>	<b>Open</b>	<b>Steve Washburn (22)</b>	<b>May 8 2016</b>	<b>Rome, Italy</b>	
50km Road Walk	4:28:20	U23	Steve Washburn (22)	May 8 2016	Rome, Italy	

# Club Members 2017/2018

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Inge	Ackland	Emily	Bannister	Lauren	Brown
Raymond	Ahsan	Doug	Barrett	William	Brown
Lachlan	Albert	Alexandra	Bartholomew	Ainslie	Brown
Benjamin	Allen	Eliza	Barton	Stephanie	Brown
Marcisus	Ambat	Mallory	Bassett	Eliza	Brown
Hannah	Anderson	Melissa	Baulman	Dominic	Bullock
Xavier	Anderson	Simon	Beck	Caitlin	Burgess
Greta	Andrews	Angus	Bell	Maya	Burke
Scarlett	Appleyard	Samantha	Berry	Harriette	Burke
Ellie	Archer	Jacqueline	Bezuidenhout	Edie	Burke
Robert	Archer	Lachlan	Binnekamp	Hudson	Burke
Sophia	Archer	Max	Blackley	Charlie	Burt
Noah	Ashton	Hugo	Blackley	Matthew	Butler
Rebecca	Asikin	Alice	Bohdan	Will	Carlaw
Angela	Asikin	Sienna	Bond	Declan	Carroll
William	Asscher	Amy	Bonthorne	Ben	Carter
Melanio	Atkins	Nicola	Bowtell	Terrence	Carter
Farjaam	Atshan	Eloise	Boys	Olivia	Cason
John	Atterton	Steve	Bradley	Mark	Cepak
Will	Austin-Cray	Gemma	Bratton	Hannah	Cerezo
Joseph	Ayoade	Clint	Bratton	Maya	Challoner
Ruin	Baddevithana	Elise	Brennan	Kevin	Chamberlain
Oliver	Baksa	Scarlet	Brett	Lara	Chamberlain
Zoe	Banks	Suzanne	Brown	Jemma	Chamberlain

Grace	Chamberlain	Alec	Diamond	Emmanuel	Fakiye
Michael	Chan	Greta	Dickinson	Thomas	Faulkner
Anna	Chandler	Alice	Dixon	Jay	Felton
Lachlan	Choy	Eloise	Doherty	Georgia	Fichardt
Nicola	Christou	Charlie	Doherty	Pam	Fijan
Isabella	Christou	Lachlan	Don	Jeremy	Firth
Maria	Cimino	Sebastian	Doney	Cameron	Fish
Jasmine	Cochrane	David	Donnelley	Jacinta	Fisher
Jesse	Cochrane	Nicolette	D'onofrio	Kyle	Fisher
Xanthe	Cogan	Clark	Donovan	Max	Fisher
Mason	Cohen	Alana	Doornbos	Luke	Fisher
Hugh	Colburn	Susie	Douglas	Thomas	FitzGerald
Samuel	Colless	Peter	Douglas	Melissa	Fitzsimmons
Jackson	Collett	Ross	Douglas	Sean	Fitzsimmons
Anthony	Collum	Hamish	Douglas	Rosie	Fordham
Myles	Colman	Ryan	Dowling	James	Fraser
William	Colman	Connor	Dowling	Emma	Fryer
Bianca	Conti	Nicholas	Dowling	Corey	Furminger
Kathleen	Cook	Julian	Dowling	Nils	Gaha
Evie	Cook	Stuart	Downie	Elese	Gallen
Kayla	Cook	Alexandra	Dransfield	Thomas	Galligan
Sebastian	Costa	Evan	Dransfield	Michael	Gardiner
David	Costello	Deborah	Drennan	Sascha	Gassmann
George	Cover	Vienna	Durie	Samantha	Geddes
Simon	Cox	Gordon	Durie	Michael	Gedz
Anthony	Crimi	Matthew	Dutallis	Joshua	Gedz
Daniel	Crimp	Brooke	East	Leslie	Gillies
Benjamin	Crimp	Charlie	East	Thomas	Glascott
Matthew	Crowe	Dominic	Easy	Ashton	Gleeson
Darby	Crowley	Stephen	Eaton	Benjamin	Gluskie
Lachlan	Cubbin	Paige	Edmondson	Ed	Goddard
Jim	Culhane	Kristie	Edwards	Olivia	Gorman
Nathan	Culhane	Ashlie	Edwards	Liam	Gorman
Sarah	Culhane	Jonah	Edwards	Kieran	Gorman
Jessica	Culhane	Jack	Edwards	Cameron	Gorman
Mila	Dalle Nogare	Lewis	Ehrlich	Madeleine	Gregg
Lachlan	Dalton	Jasmine	Ellery	Bianca	Grimaldi
Thomas	Davies	Edward	Ellis	Edita	Grinbergs
Emily	Davis	William	Ellis	Stephanie	Grujoski
Joanna	Davis	Jasmine	Everett	Paola	Gualtieri
Tiana	Death	Lucinda	Faddy	Antony	Guest
Tomas	Dennett	Lewis	Fahey	James	Gurr

Cameron	Gurry	Bev	Jaye	Grace	Livingstone
Sally	Guthrie	Xavier	Jeffery	Nancy	Lloyd
Samantha	Guthrie	Dominica	Jenkins	Will	Lloyd
Stella	Hall	Michael	Johnson	Sebastien	Lo Cascio
Lara	Halmarick	Bohan	Johnson	Duncan	Loane
Oliver	Hannan	Samuel	Johnston	Kim	Loane
Samantha	Hardingham	Oliver	Johnston	Jackson	Love
Liam	Hardy	Abigail	Johnstone	Mali	Lovell
Joseph	Harkin	Amanda	Johnstone	Annika	Lynch
Daniel	Harvey	Hamish	Johnstone	Andrew	MacDonald
Georgia	Healy	Karen	Jones	Ruairidh	MacDonald
Mia	Hemsworth	Robert	Jones	Tom	MacDonnell
Emily	Hestelow	Warren	Jones	Anna	MacGregor
Tim	Heyes	Aidan	Jones	Jessica	Maciver
Peter	Higgins	Alissa	Jordaan	Max	Maciver
Luke	Hilzinger	Aaron	Kang	Zoe	MacMillan
Emma	Hislop	Dorothy	Kass	Alicia	MacMillan
Jason	Ho	Lee	Kassis	Jacob	Magner
Aaron	Ho	Morgan	Kelagher	Simon	Magner
Charles	Hobden	Bronwyn	Kelagher	Emma	Mahon
Bronte	Hodson	Christian	Kemp	Max	Mahon
Harry	Hogan	Rory	Kennedy	Stephanie	Markos
Lilly	Hogan	Elijah	Khallouf	Mia	Marshall
Elizabeth	Hogg	Adamo	Kharboutli	Isabel	McCarthy
Max	Holmes	Otto	Khoo	Sarah	McDermott
Sam	Holmes	Tamara	Kowcz Rosinke	Annabel	McDermott
Darcy	Holmes	Sofiia	Lambert	Ava	McDonald
Max	Holmes	Abby	Lander	Jack	McFadden
Monique	Hore	Gemma	Lapsley	Tim	McGrath
Kara	Hoskins	Brooke	Laurie	Nathan	McKay
Clyde	Hossack	Caroline	Layt	William	McLennan
Yi-Ying	Hsieh	James	Leatherbarrow	Ashley	McMahon
Richard	Hughes	Sam	Lee	Rheanna	McMahon
Jeremy	Hughson-Miranda	Julian	Lee	Elijah	McMahon
James	Hunt	Martin	Leerberg	Zion	McMahon
Emma	Hunt	Emma	Leon	Benjamin	McNamara
Thomas	Hunt	Ziggy	Leong	Elliot	Metcalf
Matthew	Hunt	Matthew	Leung	Jacinta	Metcalf
Annabel	Hutcheson	Summer	Lewis	Gemma	Middleton
Madeleine	Huyskens	Mackenzie	Little	Max	Milani
Beau	Ingram	Austin	Little	Kobe	Millard
Olivia	Inkster	Bensen	Liu	Aaron	Mitchell



Anousheh	Moonen	Thomas	Pitts	Natalie	Sawyer
Oliver	Moore	Angus	Plummer	Jenny	Schell
Rebecca	Moore	Ben	Pollack	Junior	Schmidt
Rose	Moore	Stephanie	Potter	Kara	Selvarajah
Max	Moore	Sally	Priest	Jillian	Senior
Emily	Moraitis	Amelia	Priest	Junhee	Seo
Hannah	Morgan	Janis	Priest	Charles	Seppelt
Georgia	Morgan	William	Quilkey	Jim	Seymon
Cormac	Morrison	Ethan	Quintana	Dylan	Shackell
Aela	Morrison	Molly	Quoye	Brad	Sharpe
Sylvie	Moss	Erin	Rajaratnam	David	Shearsby
Annika	Mountstephens	Victor	Ramondetta	Layton	Shlimon
Caerl	Murray	James	Randle	Ronald	Shoesmith
Lachie	Murray	Lachlan	Raper	Cameron	Short
Oliver	Murrie	Daniel	Rasmussen	Nathan	Shute
Beck	Myors	Holly Eva	Ratajec	Thomas	Siame
Mischa	Nalywajko	Yael	Reed	Nutdanuy	Silakhwa
Bevin	Nanayakkara	Sally	Richardson	Amelia	Sim
Ashlyn	Ndlovu	Sam	Richardson	Kiera	Simula
Daniel	Nemeth	William	Richardson	Chloe	Skewes-Weir
Jorge	Nolan	Gabriella	Richmond	Julien	Smith
Alexander	Norris	Zoe	Richmond	Brooke	Smith
Michael	Northey	Emma	Ridley	Emily	Smith
Zoran	Novicic	Jake	Ring	Emma	Smith
Tahlia	O'Brien	Ruby	Ritchie	Georgia	Spanswick
Larissa	O'Dea	Will	Robinson	Liam	Speers
Henry	O'Gara	Thomas	Roche	Brooke	Staats
Gabriella	O'Grady	Abbey	Rockliff	Blaise	Stafford
Evan	O'Hanlon	Anika	Rooney	Jack	Stapleton
Dominic	Panozzo	Joseph	Rooney	Michael	Stavrianos
Giuliana	Panozzo	Henry	Rooney	Imogen	Steele
Carmel	Parker	Sidney	Roseby	Claudia	Steiner
Annabelle	Parmegiani	Pierce	Roseby	Louis	Stenmark
Adam	Parsonage	Ronald	Ross	Abigail	Stevanovic
Hitarth	Patel	Charlie	Roughan	Paul	Stinson
Darcy	Penman	Joey	Ryu	Gabriel	Storgato
Jye	Perrott	Zahra	Safi	Kylie	Strong
Angelina	Perry	Zinat	Safi	Ann	Swinbourne
Monique	Perry	Paul	Salem	Jan	Swinhoe
Jack	Petersen	Keith	Santos	Carla	Takchi
Leo	Peterson	Archie	Saunders	Xin Min	Tan
Cayla	Phillips	Ronan	Savage	Harrison	Tate

Gabriella	Taylor	Luka	Vozella	Alexander	Willett
Ethan	Tegel	Nick	Walker	Andrew	Williams
David	Thebridge	Max	Walker	Elijah	Williams
Margaret	Thomas	Samuel	Wallbank	Lara	Williams
Carley	Thomas	Amy	Wallbank	Swann	Willich
Edward	Thompson	Leo	Walls	Elana	Withnall
Benjamin	Thomson	Owen	Walsh	Roslyn	Wolfers
Ali	Thomson	Colm	Walsh	Elisa	Wong
Miles	Thornton	Kyle	Walsh	Gabriel	Wood
Isabella	Thornton-Bott	Lara	Walters	Antoinette	Woodward
Latisha	Touma	Finbarr	Warren	Lara	Woollett
Manon	Towzell	Steven	Washburn	Nicholas	Woolley
Paul	Trainor	Lilah	Washington	Lily	Worrall
Ciara	Trainor	Xavier	Watkins	Jennifer	Wright
Saoirse	Trainor	Kate	Watson	Peter	Xegas
Andrew	Tse	Hamish	Weiss	Alyssa	Yee
Tom	van Dijk	Sean	Welsh	Trevor	Young
Luke	van Dijk	Matthew	Werner	Gemma	Zantiotis
Jeremy	Vaz	Andy	West	Steph	Zervos
Evan	Venning	Claudia	White	Maxi	Zihlmann
Alissa	Villa	Daniel	White-Alikakos		
Kora	Villa	Dashiel	Wiles		

*Annual Report edited and compiled  
by **Peter Higgins***

# THE 2017-2018 SEASON



*Stapo!*



*Smiles all round -  
and the totem*



*Girl Power!*



# THE 2017-2018 SEASON



*Bendall, Ron Bendall*



*Ed Goddard, and daylight second*



*Jay Felton  
I will walk 500 miles*



*Leading the way  
at ANSW Street Relays*



*Strained faces  
at the Grass Games*



*The flying Izzy*



*60m start GG 2018*



# THE 2017-2018 SEASON



*Evan O'Hanlon  
Comm Games Gold*



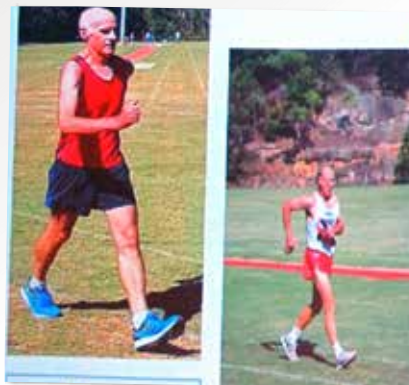
*GOLD at ANSW Street Relays*



*I did it!*



*Mel and Elijah  
at the Grass Games*



*NSWMA Walker of the Year  
is Jim Seymon, followed  
closely by Doug Barrett*



*The Treloar Shield - Peter Higgins,  
Izzy Thornton-Bott, Stuart Ayres*



*YES!!!*



*We won by how much now*