

UTS Northern Suburbs Athletic Club Out of Stadium Best on Record as at 31 March 2010

This listing of 'Best on Record' for Out of Stadium events was established in 2007 (open age only) and will be updated each year from results of Athletics NSW, Athletics Australia, and Australian Masters Athletics competitions. If a member knows of any better performances than those listed below please contact the Records Officer with details. Notes - Age as at 31 December except masters which is age on the day. # Indicates new 'best on record' performance this season.

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

Janet Nylon

janet.nylon@bigpond.com

Event	Athlete/s (age)	Performance	Date	Venue	
MEN					
Cross Country					
1.5km Cross Country	Edward Trippas (10)	5.52	19/07/2008	Western Sydney Regional Park	
2km Cross Country	Trent Morton	7.21	31/05/2008	Miranda Park	
2.5km Cross Country	Ruairidh MacDonald (15)	7.54	18/07/2009	Upjohn Park, Rydalmere	#
3km Cross Country	Ruairidh MacDonald (14)	10.17	19/07/2008	Western Sydney Regional Park	
4km Cross Country	Nick Bromley (26)	12.21	30/05/2009	Miranda Park	#
5km Cross Country	Matthew Rando (19)	17.03	14/07/2007	Western Sydney Regional Park	
7.5km Cross Country	Frazer Dowling (30)	27.08	18/07/2009	Upjohn Park, Rydalmere	#
8km Cross Country	Stuart Paterson (39)	24.43	19/08/1995	Fagan Park, Galston	
8.5km Cross Country	Matthew Rando (20)	32.49	19/07/2008	Western Sydney Regional Park	
10km Cross Country	John Farrington	32.08	1971		
12km Cross Country	Stuart Paterson (39)	42.17	8/06/1996	Nowra	
Mountain Running					
9.5km Mountain Run (rise 1000m)	Stuart Paterson (50)	1:00.21	23/09/2006	Saillon, SUI	
12km Mountain Run (rise 450m)	Stuart Paterson (49)	52.26	23/07/2006	Woolgoolga	
Road					
1 Mile	Nick Bromley (26)	4.21	18/09/2009	Newcastle/Gateshead, England	#
2.5km Road Race	Calvin Goessler (12)	11.42	3/05/2008	Homebush	
3km Road Race	Tristan Paterson (12)	14.02	6/05/2006	Holsworthy	
4km Road Race	Peter Schokman (25)	12.26	5/08/2006	Wollongong	
5km Road Race	Stuart Paterson (39)	15.41	6/07/1996	Holsworthy	
8km Road Race	Matthew Rando (19)	27.41	5/05/2007	Cataract Scout Park	
10km Road Race	Nick Bromley (26)	32.23	2/05/2009	Homebush	#
14km City to Surf	Nick Bromley (25)	44.15	10/08/2008	Sydney	
10 miles	Stuart Paterson (37)	55.38	11/06/1994	Parramatta	
Half Marathon	Stuart Paterson (39)	1:12.59	26/05/1996	Sydney	
25km	John Farrington	1:15.55	1971		
Marathon	John Farrington	2:11.13	1973		
Walks					
5km Road Walk	Jim Seymon (71)	30.09	29/06/2008		
10km Road Walk	Jim Seymon (70)	1:01.0	27/05/2007	Tempe	
15km Road Walk	Jim Seymon (68)	1:32.13	27/05/2006	Greystanes	
20km Road Walk	Jim Seymon	2:04.59	2003/2004		
WOMEN					
Cross Country					
1.5km Cross Country	Emily Augustine (10)	5.50	19/07/2008	Western Sydney Regional Park	
2km Cross Country	Jessica Campbell (13)	7.30	2/06/2007	Miranda Park	
2.5km Cross Country	Ruby Hackett (17)	8.56	18/07/2009	Upjohn Park, Rydalmere	#
3km Cross Country	Thea Welsby (15)	10.49	2/06/2007	Miranda Park	
4km Cross Country	Lucy Starrat (18)	13.25	3/06/2006	Scarborough Park	
5km Cross Country	Lucy Starrat (18)	17.45	15/07/2006	The Crest, Bankstown	
6km Cross Country	C Yali	21.14	1992		
6.2km Cross Country	Eliza Stewart (22)	22.47	6/04/2008	France	
8km Cross Country	Eliza Stewart (22)	27.16	23/08/2008	Geelong, VIC	
Mountain Running					
8km Mountain Run (up & down)	Mary Fien (34)	44.51	24/02/2007	Mt Kembla	
Road					
2km Road Race	Georgia Edis (13)	7.32	5/08/2006	Wollongong	
3km Road Race	Thea Welsby (14)	11.08	5/08/2006	Wollongong	
5km Road Race	Ruby Hackett (16)	18.45	3/05/2008	Homebush	
4km Road Race	Thea Welsby (15)	14.51	5/05/2007	Cataract Scout Park	
6km Road Race	Erin Smithson (18)	25.09	6/05/2006	Holsworthy	
10km Road Race	Eliza Stewart (22)	34.27	3/5/2008	Homebush	
14km City to Surf	Alice Tancred (17)	1:03.56	13/08/2006	Sydney	
Half Marathon	Eliza Stewart (22)	1:16.16	18/05/2008	Sydney	
Marathon	Elizabeth Richards	2:50.00	1976		
Walks					
5km Road Walk	Suzanne Brown (43)	30.21	28/06/2009	Harrington Park Lake	#
10km Road Walk	Fiona Alldis (19)	50.04	2/09/2007	Perth, WA	
15km Road Walk	Nancy Lloyd (53)	1:39.05	15/07/2007	Five Dock	
20km Road Walk	Fiona Alldis (19)	1:46.13	15/07/2007	Five Dock	
10mile Road Walk	Fiona Alldis (19)	1:29.37	10/06/2007	Lake Burley Griffin, ACT	