

**UTS Northern Suburbs Athletic Club Track & Field Records as at 18 April 2010**

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

Notes - Age as at 31 December except masters which is age on the day. # Indicates new record this season. Records in italics are updated from the last published list and were set in previous years but information has only just been located to verify the record. WR = World Record, NR = National Record, SR = State Record. Ind = Indoor performance. Events and age groups recognised are those currently recognised by Athletics Australia, Athletics NSW and the Masters governing bodies.

<i>Janet Naylor</i>						
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Event	Athlete/s (age)	Performance	Wind	Date	Venue	
<b>MEN</b>						
<b>Open</b>						
60m	Stephen Andreazza (20)	7.07	-0.4	27/10/2007	Bankstown	
100m	Tim Jackson	10.00	<i>Windy</i>	1989		
100m	Tim Jackson	10.24	<i>Legal</i>	1994/95		
100yards	John Treloar / Phil Brown	9.6		1952/1957		
200m	Tim Jackson	20.93		1989		
400m	David Johnston	46.17		1983		
800m	Grant Cremer	1.46.65		1997/98		
1500m	Nick Bromley (25)	3.39.12		16/02/2008	Homebush	
1 Mile	Nick Bromley (24)	4.04.54		17/03/2007	Wanganui, NZL	
3000m	Nick Bromley (25)	8.04.85		8/11/2008	Homebush	
5000m	John Farrington	13.59.0		1970		
10000m	John Farrington	29.16.2		1970		
110m Hurdles - 1.067m	Gareth Watkins	14.21		1998/99		
200m Hurdles - 0.762m	Jacob Holt (20)	24.60	-1.0	16/12/2006	Homebush	
400m Hurdles - 0.914m	James Roff	52.77		2004/05		
3000m Steeplechase 0.914m	<i>Nick Bromley (19)</i>	9.20.63		23/03/2002		
1500m Walk	J Hart	6.24.7		1980		
3000m Walk	J Hart	12.46.6		1983		
5000m Walk	John Morison	22.26.68		2001/02		
High Jump	Luke Russell	2.23m		1998/99		
Pole Vault	Peter Dyer	4.63m		1984		
Long Jump	Peter Banks	7.67m		1996/97		
Triple Jump	Tomas Cholensky	15.47m		2002/03		
Shot Put - 7.26kg	Paul Crowe (32)	16.82m		20/01/2007	Bankstown	
Discus - 2kg	Peter Elvy	60.45m		2000/01		
Hammer - 7.26kg	Jon Harwood (26)	56.10m		13/02/2009	Homebush	
Javelin - 800g	Peter Elvy	63.14m		1995/96		
Decathlon	Peter Banks	7915 Pts		1996/97		
Relay - 4 x 100m	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	40.64		1993	ES Marks	
Relay - 4 x 200m	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1.27.33		1995	Homebush	
Relay - 4 x 400m	Nick Bromley, Frazer Dowling, Grant Quick, Tristan Garrett	3:15.47		Nov-05	Homebush	
Relay - 4 x 800m	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	7:28.95		22/11/2009	Blacktown	#
Relay - 4 x 1500m	Michael Maiers, Sean Fitzpatrick, Robert Spurrs, Adrian McGarva	16.08.9		1999/2000	Homebush	
Relay - 4 x Shot Put	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	53.93m		15-16/11/2008	Blacktown	
Relay - 4 x Discus	Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	143.96m		15-16/11/2008	Blacktown	
Relay - 4 x Hammer Throw	Peter Lang, Warren Jones, Michael Stark, Ross Douglas	120.77m		2003/2004	Homebush	
Relay - 4 x Javelin	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	189.12m		15-16/11/2008	Blacktown	SR
Relay - 4 x Long Jump	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	27.06m		1996	Homebush	SR
Relay - 4 x High Jump	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	7.90m		1996/97	Homebush	
Relay - 4 x Pole Vault	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	14.10m		1996/97	Homebush	
Relay - Medley (100,100,200,400)	Michael Maiers, Mark Caulfield, Mitchell Roberts, Ray Barbat	1.38.1		2002/2003	Homebush	
Relay - Medley (200,200,400,800)	Stephen Andreazza, Jeremy Firth, Tristan Garrett, Nick Bromley	3:25.43		18-19/11/2006	Homebush	
<b>Under 23</b> (for athletes aged 20, 21, 22 since the introduction of this age group by Athletics Australia)						
60m	Stephen Andreazza (20)	7.07		27/10/2007	Bankstown	
100m	Stephen Andreazza (22)	10.86	-1.0	29/09/2009	Brisbane	#
200m	Evan O'Hanlon (20)	21.98	NWI	6/09/2008	Beijing, China (Paralympic Games)	
400m	<i>Tristan Garrett (20)</i>	47.00		23/02/2008	Homebush	
800m	Tristan Garrett (22)	1.46.66		4/03/2010	Melbourne	#
1500m	Matthew Rando (21)	3.55.82		21/02/2009	Homebush	
3000m	Matthew Rando (21)	8.44.54		5/04/2009	Adelaide	
5000m	<i>vacant</i>					
110m Hurdles - 1.067m	Jacob Holt (22)	14.37	0.9	23/02/2008	Homebush	
200m Hurdles - 0.762m	Jacob Holt (20)	24.60	-1.0	16/12/2006	Homebush	
400m Hurdles - 0.914m	James Roff (21)	53.17		27/01/2007	Canberra	
High Jump	Michael Treloar (20)	1.90m		25/09/2007	Griffith Uni, QLD	
Pole Vault	Oliver Holland (20)	3.50m		3/01/2009	Campbelltown	
Long Jump	Oliver Holland (20)	6.26m	1.6	4/01/2009	Campbelltown	
Triple Jump	Jacob Holt (20)	11.16m	0.4	26/09/2006		
Shot Put - 7.26kg	Oliver Holland (20)	9.19m		31/01/2009	Hobart	

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Discus - 2kg	Oliver Holland (20)	26.02m		31/01/2009	Hobart	
Hammer - 7.26kg	<i>vacant</i>					
Javelin - 800g	Nik Vosper (22)	44.17m		18/11/2006	Homebush	
Decathlon	Oliver Holland (20)	5478 Pts		31/01/2009	Hobart	
<b>Under 20</b>						
60m	Russell Parker	7.05		1999/2000		
100m	Tim Jackson	10.41		1988		
200m	Tim Jackson	21.46		1989		
400m	David Waller	46.9		1978		
800m	Grant Cremer	1.46.65		1997/98		
1500m	Adrian White	3.49.01		1984		
3000m	Bruce Adams	8.25.6		1969		
5000m	Bruce Adams	14.28.0		1969		
110m Hurdles - 0.991m	James Dooley (18)	14.92	-0.1	31/01/2009	Homebush	
200m Hurdles - 0.762m	Jacob Holt	24.96		2004/05		
400m Hurdles - 0.914m	James Roff	52.77		2004/05		
1500m Walk	J Hart	5.58.0		1985		
3000m Walk	John Morison	12.45.8		2000/2001		
3000m Steeplechase 0.914m	Nick Bromley (19)	9.20.63		23/03/2002		
High Jump	Luke Russell	2.23m		1998/99		
Pole Vault	Sean Radi	4.40m		1988		
Long Jump	Russell Parker	7.31m		1998/99		
Triple Jump	Peter Cox	15.00m		1951		
Shot Put - 7.26kg* now 6kg	Stuart Gyngell	15.94m		1983		
Discus - 2kg* now 1.75kg	Peter Elvy	55.45m		1999/2000		
Hammer - 7.26kg* now 6kg	Darren Pitchfork	53.34m		1989		
Javelin - 800g	Peter Elvy	63.14m		1995/96		
Decathlon	James Moir	6425 Pts		1987		
Relay - 4 x 100m	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	43.18		1985	ES Marks	
Relay - 4 x 200m	Tristan Garrett, James Roff, Kiel Mannix, Steve Andreatta	1:29.24		Nov-05	Homebush	
Relay - 4 x 400m	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	3:19.91		Nov-05	Homebush	
Relay - 4 x 800m	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	7.46.20		17/12/2000	Homebush	SR
Relay - 4 x 1500m	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	16.39.47		17/12/2000	Homebush	
<b>Under 18</b>						
60m	Robbie Baskin (17)	6.9h	NWI	17/06/2006	Narrabeen	
100m	Tim Jackson	10.70		1987		
200m	Tim Jackson	21.97		1987		
400m	David Waller	46.9		1978		
800m	Sam Hall	1.51.71		2000/2001		
1500m	Nick Bromley	3.54.3		2000/2001		
3000m	Joel Fitzgerald	8.29.0		2000/2001		
5000m	Joel Fitzgerald	15.17.4		2000/2001		
110m Hurdles - 0.914m	James Dooley (17)	14.01	0.4	Nov-08	Canberra	
200m Hurdles - 0.762m	Kiel Mannix	26.07		2004/05		
400m Hurdles - 0.840m	Mark Watts	53.31		Dec-05	Homebush	
2000m Steeplechase - 0.914m	Chris White	6.00.58		1986		
3000m Walk	J Hart	12.46.6		1983		
High Jump	Theo Kavieris	2.11m		1986		
Pole Vault	Sean Radi	4.40m		1988		
Long Jump	Peter Elvy	6.90m		1996/97		
Triple Jump	Peter Cox	14.40m		1949		
Shot Put - 5kg	Peter Elvy	18.34m		1996/97		
Discus - 1.5kg	Peter Elvy	61.60m		1997/98		
Hammer - 5kg	Darren Pitchfork	62.90m		1988		
Javelin - 700g	Peter Elvy	66.16m		1995/96		
Decathlon	Sean Radi	6631 Pts		1987		
Relay - 4 x 100m	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	43.18		1985	ES Marks	
Relay - 4 x 200m	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1:29.38		1985	ES Marks	
Relay - 4 x 400m	Sean Fazl, Tim Simpson, Andrew Pym, Robert Flynn	3:25.52		1995	Homebush	
Relay - 4 x 800m	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	7.46.20		17/12/2000	Homebush	SR
Relay - 4 x 1500m	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	16.39.47		2000/01	Homebush	
Relay - 4 x Long Jump	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	22.97m		1996/97	Homebush	
Relay - 4 x High Jump	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	7.30m		1996/97	Homebush	
Relay - 4 x Shot	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	51.24m		1997/98	Homebush	
Relay - 4 x Discus	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	157.62m		1997/98	Homebush	
Relay - 4 x Hammer	Robert Murphy, Warren Jones, Andrew Lukas, Chris Gale	123.42m		1996/97	Homebush	
Relay - 4 x Javelin	James Dooley, Robin Gladstone, Andrew Cepak, Chris Cepak	145.11m		18-19/11/2006	Homebush	
Relay - Medley (200,200,400,800)	Nicholas Bell, Joe Craft, Ben Noone, Dean Asonitis	3:58.81		16/12/2006	Homebush	
<b>Under 17</b>						
60m	Matthew Hulme (16)	7.38	-3.0	24/10/2009	Narrabeen	#
100m	Matthew Hulme (16)	11.13	0.8	4/12/2009	Hobart	#
200m	David Waller	22.3		1977		
400m	David Waller	46.9		1978		
800m	Adrian White	1.54.23		1981		
1500m	Laurie Toogood	4.02.1		1962		
3000m	Ruairidh MacDonald (16)	8.43.75		11/03/2010	Homebush	#

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
110m Hurdles - 0.914m	James Dooley (16)	14.85	1.5	2/12/2007	Homebush	
200m Hurdles - 0.762m	Peter Cunliffe-Jones / I Adair	27.3		1966/1969		
400m Hurdles - 0.840m	Raymond Smith (15)	57.31		30/11/2008	Canberra	
2000m Steeplechase - 0.914m	Chris White	6.00.58		1986		
1500m Walk	J Hart	6.27.7		1980		
High Jump	Gordon Windeyer	1.96m		1971		
Pole Vault	Sean Radi	3.95m		1986		
Long Jump	Clay Tompkins	6.85m		1969		
Triple Jump	Peter Cox	14.40m		1949		
Shot Put - 4.536kg* now 5kg	G Bayman	17.33m		1970		
Discus - 1.5kg	G Bayman	46.98m		1970		
Hammer - 4.536kg* now 5kg	Moise Haque	56.04m		1979		
Javelin - 700g	Peter Elvy	66.16m		1995/96		
Relay - 4 x 200m	V Carnovale, M Cobb, R Cross, A Pearce	1.36.0		1979		
Relay - 4 x 400m	R Pittorino, Adrain White, Anthony Dempsey, Chris Carley	3.26.21		1981		
Relay - 4 x 800m	P Bingham-Hall, H Coombes, K Dewar, B Preston	8.27.2		1975		
<b>Under 16</b>						
60m	Ben Noone	7.2		2004/05		
100m	Scott Fraser	11.11		1996/97		
200m	Scott Fraser	22.01		1996/97		
400m	Scott Fraser	50.31		1996/97		
800m	K Dewar	2.00.3		1974		
1500m	John Vandenberg	4.03.2		1970		
3000m	John Vandenberg	8.47.2		1970		
100m Hurdles - 0.840m	Matthew Walker	13.0		2002/03		
200m Hurdles - 0.762m	Matthew Walker	24.3		2002/03		
400m Hurdles - 0.762m	Peter Radi	1.03.7		1986	no longer an event for U16	
2000m Steeplechase - 0.914m* now 0.762m	Chris White	6.04.27		1985		
1500m Walk	J Hart	6.24.7		1980		
3000m Walk	J Hart	13.51.5		1980		
High Jump	Matthew Walker	1.90m		1980		
Pole Vault	Sean Radi	3.95m		1986		
Long Jump	Matthew Walker	6.53m		2002/03		
Triple Jump	Matthew Walker	13.56m		2002/03		
Shot Put - 4.536kg* now 4kg	Robert Murphy	17.44m		1997/98		
Discus - 1kg	Peter Elvy	64.68m		1995/96		
Hammer - 4.536kg* now 4kg	Darren Pitchfork	60.00m		1987		
Javelin - 700g	Peter Elvy	66.16m		1995/98		
Decathlon	Sean Radi	5827 Pts		1986		
Heptathlon	Martin Stonis (15)	4184 Pts		6/01/2007	Homebush	
Relay - 4 x 100m	Matthew Reede, J Kwan, Tim Jackson, M Carter	44.85		1984		
Relay - 4 x 200m	Matthew Reede, J Kwan, Tim Jackson, M Carter	1.33.44		1984		
Relay - 4 x 400m	Andrew Brazier, Jack Richardson, Dean Asonitis, Matthew Skilbeck	3:38.26		18-19/11/2006	Homebush	
Relay - 4 x 800m	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	8.42.57		1995/96		
Relay - 4 x 1500m	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	18.03.13		2000/01		
<b>Under 15</b>						
60m	Lachlan Roberts	7.8		2002/03		
100m	A Clay	11.3		1980		
200m	Ben Hogan	22.47		1995/96		
400m	John Price	51.8		1997/98		
800m	John Vandenberg	2.02.0		1970		
1500m	John Vandenberg	4.03.2		1970		
3000m	S Hudson	9.30.12		1987		
5000m	G Lawson	17.17.95		1985		
100m Hurdles - 0.840m	Patrick Jones	14.09		1998/99		
200m Hurdles - 0.762m	Sean Radi	27.13		1985		
2000m Steeplechase - 0.762m	S Hudson	6.31.73		1987		
1500m Walk	J Hart	6.24.7		1980		
3000m Walk	J Hart	13.51.5		1980		
High Jump	A Urquart	1.90m		1983		
Pole Vault	Sean Radi	3.90m		1985		
Long Jump	Sean Radi	6.48m		1985		
Triple Jump	Sean Radi	12.82m		1985		
Shot Put - 4.535kg* now 4kg	Peter Elvy	17.13m		1995		
Discus - 1kg	Peter Elvy	59.84m		1995		
Hammer - 4.535kg* now 4kg	Peter Elvy	54.54m		1995		
Javelin - 700g	Peter Elvy	60.54m		1995		
Relay - 4 x 200m	Graham Wright, P Joseph, S Harris, Robert Waller	1.41.88		1981		
<b>Under 14</b>						
60m	Jackson Diamond (12)	9.38	-2.4	24/10/2009	Narrabeen	#
100m	A Edwards	11.30		1995/96		
200m	Peter Radi	24.47		1981		
400m	John Price	53.30		1996/97		
800m	Andrew Needham	2.11.88		1996/97		
1500m	G Daly	4.28.8		1969		
3000m	Nick Walker	10.17.4		1999/2000		
90m Hurdles - 0.762m	Ian Winnick	13.14		1995/96		
200m Hurdles - 0.762m	S Hailstone	29.94		1985		
1500m Walk	J Hart	7.06.0		1973		
High Jump	J Delamare	1.78m		1983		
Pole Vault	Sean Radi	3.25m		1984		

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Long Jump	Peter Elvy	5.98m		1994		
Triple Jump	Peter Radi	12.27m		1981		
Shot Put - 3.632kg* now 3kg	Peter Elvy	16.45m		1994		
Discus - 1kg	Robert Murphy	54.24m		1995/96		
Javelin - 600g	Peter Elvy	54.44m		1994		
Relay - 4 x 100m	M Horman, Marek Cholinski, R Kameron, P Ching	51.41		1992		
Relay - 4 x 200m	M Horman, Marek Cholinski, R Kameron, P Ching	1.47.53		1992		
Relay - 4 x 800m	Matthew Brougham, Scott Leece, Sam Kennedy, T Lamvohee	9.58.56		1995		
Relay - 4 x 1500m	Josh Hall, Chris Cepak, Trent Morton, Joel, Norton	20:41.72		18-19/11/2006	Homebush	
Relay - 4 x Long Jump	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	17.92m		15-16/11/2008	Blacktown	
<b>Under 13</b>						
60m	Jackson Diamond (12)	9.38	-2.4	24/10/2009	Narrabeen	#
100m	D Trimmingham	12.47		1987		
200m	B Harrison / M White	26.2		1971/1975		
400m	D Trimmingham	1.00.3		1987		
800m	R Pentecost	2.18.3		1967		
1500m	T Gillam	4.46.0		1971		
3000m	Jared Simmons (12)	9.52.09		23/01/2010	Homebush	#
90m Hurdles - 0.762m	Jackson Diamond (12)	13.41	-1.6	31/10/2009	Barden Ridge	#
200m Hurdles - 0.762m	Sean Radi	32.0		1983		
1500m Walk	J Davidson	8.38.0		1975		
High Jump	William Richardson (12)	1.65m		15/11/2008	Blacktown	
Pole Vault	Sean Radi	3.00m		1983		
Long Jump	G Bayman	5.30m		1980		
Triple Jump	D Trimmingham	10.78m		1987		
Shot Put - 2.724kg* now 3kg	G Bayman	14.25m		1966		
Discus - 1kg	Darren Pitchfork	44.38m		1985		
Javelin - 600g	Darren Pitchfork	31.50m		1984		
<b>Masters</b>						
60m - M30	Ashley McMahon (33)	7.26	1.6	25/10/2008	ES Marks	
60m - M35	Sheldon Cummins (36)	7.3h	NWI	27/01/2007	Rotary	
60m - M40	Antony Guest (43)	7.6h	NWI	18/10/2008	Rotary	
60m - M45	Anthony Crimi (47)	8.28	NWI	28/03/2009	Bankstown	
60m - M50	Ron Bendall	8.1h	NWI	13/11/2004	Mingara	
60m - M55	Ron Bendall (55)	8.9h	NWI	16/02/2008	Rotary	
60m - M60	Geoff Francis	9.0		2003/2004		
60m - M65	Brian Hamilton	8.7		2002/03		
60m - M70	Reg Austin	9.15				
100m - M30	Ashley McMahon (31)	10.95	0.8	2/03/2007	Canberra	
100m - M35	Clay Tompkins	11.43		1988		
100m - M40	Clay Tompkins	11.8		1993		
100m - M45	Jim McGrath	12.3		1977		
100m - M50	Jim McGrath	12.8		1981		
100m - M55	Clay Tompkins (55)	12.5h	NWI	10/01/2009	Rotary	
100m - M60	Reg Austin	12.3		1998/99		
100m - M65	Reg Austin	12.70		2000/02		
100m - M70	Reg Austin (72)	15.14	1.1	28/03/2009	Bankstown	
100m - M85	Ray Frith	21.90		31/03/1991	Canberra	SR
200m - M30	Ashley McMahon (31)	22.4h	0.9	17/03/2007	Homebush	
200m - M35	Sheldon Cummins (36)	22.83	0.6	8/03/2008	Homebush	
200m - M40	John Skrivanic	23.93	1.0	28/01/2006	Homebush	
200m - M45	Clay Tompkins	24.7		1997/98		
200m - M50	James Slattery	26.75		1995		
200m - M55	Frank Scurr	26.3		1995/96		
200m - M60	Reg Austin	24.93		1998/99		
200m - M65	Reg Austin	26.07		2001/02		
200m - M70	Reg Austin (72)	32.40	0.7	28/03/2009	Bankstown	
400m - M30	Darren Pearce	50.49		2000/2001		
400m - M35	Sheldon Cummins	51.35		17/04/2006	Canberra	
400m - M40	John Skrivanic	54.69		17/04/2006	Canberra	
400m - M45	Stuart Paterson (47)	58.66		2003/2004		
400m - M50	Les Gillies	58.32		2001/02		
400m - M55	Frank Scurr	1.00.4		1995/96		
400m - M60	Les Gillies (60)	1.01.40		16/03/2007	Adelaide	
400m - M65	Geoff Francis (65)	1.07.31		24/03/2007	Campbelltown	
400m - M70	Charles Hobden (71)	1.16.75		8/03/2008	Homebush	
800m - M30	Sean Fitzpatrick	1.54.64		1997/98		
800m - M35	Greg Nielson	1.56.10		1990		
800m - M40	Stuart Paterson (41)	1.59.98		1997/98	Brisbane	
800m - M45	Stuart Paterson (46)	2.05.9		2002/03	Bankstown	
800m - M50	Les Gillies	2.11.59		2001/02		
800m - M55	Les Gillies	2.17.0		2002/03		
800m - M60	Les Gillies (60)	2.22.00		6/04/2007	Hobart	
800m - M65	Geoff Francis (67)	2.40.33		10/04/2009	Adelaide	
800m - M70	Ron Wills (70)	2.54.66		6/03/2010	Campbelltown	#
1500m - M30	Sean Fitzpatrick	3.49.60		1997/98		
1500m - M35	Stuart Paterson (39)	3.59.66		16/02/1996	Homebush	
1500m - M40	Stuart Paterson (42)	4.04.49		Jul-99	Gateshead, England	
1500m - M45	Michael Donnelly	4.17.46		2002/03		
1500m - M50	Stuart Paterson (51)	4.31.87		10/09/2007	Riccione, ITA	
1500m - M55	Jim Seymon	4.50.7		1995		
1500m - M60	Geoff Francis	5.16.17		2002/03		
1500m - M65	Geoff Francis (67)	5.37.32		10/04/2009	Adelaide	
1500m - M70	Ron Wills (70)	6.19.1h		7/112009	Rotary	#

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Mile - M55	David Archbold	6.49.9		2004/05		
3000m - M30	Sean Fitzpatrick	8.31.4		1999/2000		
3000m - M35	Michael Donnelly	8.37.7		1995		
3000m - M40	Michael Donnelly	8.47.10		1999/2000		
3000m - M45	Stuart Paterson (49)	9:34.15		2/04/2006	Adelaide	
3000m - M50	Stuart Paterson (50)	10.21.66		11/11/2006	Homebush	
3000m - M55	Jim Seymon	10.25.3		1995		
3000m - M60	Geoff Francis	11.31.8		2002/03		
3000m - M65	Geoff Francis (67)	12.43.42		24/10/2009	Narrabeen	#
3000m - M70	Ron Wills (70)	14.24.2h		27/02/2010	Rotary	#
5000m - M30	Tim Connors	16.10.29		19/01/2006	Homebush	
5000m - M35	Michael Donnelly	15.07.90		1995		
5000m - M40	Bruce Hansard	16.26.40		1997/98		
5000m - M45	Stuart Paterson (49)	17:33.30		19/01/2006	Homebush	
5000m - M50	Stephen Ball	18:14.33		19/01/2006	Homebush	
5000m - M55	Jim Seymon	17.49.00		1995		
5000m - M60	Jim Seymon	19.49.5		1998/99		
5000m - M65	Geoff Francis (67)	22.08.4h		11/10/2009	Homebush	#
10000m - M35	Ray Wareham	33.26.16		2003/2004		
10000m - M50	Stephen Ball	39.04.03		2004/05		
10000m - M55	Jim Seymon	36.15.4		1995		
10000m - M60	Jim Seymon	41.10.9		1997/98		
110m Hurdles - 0.991m - M30	Roger Crowhurst	23.90		1996/97		
110m Hurdles - 0.991m - M35	Clay Tompkins	15.70		1991		SR
110m Hurdles - 0.991m - M40	Clay Tompkins	16.24		1993		
110m Hurdles - 0.991m - M45	Clay Tompkins	17.47		2002/03		
100m Hurdles - 0.914m - M50	Clay Tompkins	15.86		2002/03		
100m Hurdles - 0.914m - M55	Clay Tompkins	16.23		21/03/2008	Blacktown	SR
100m Hurdles - 0.840m - M60	Jim McGrath	18.16		1992		
100m Hurdles - 0.840m - M65	Jim McGrath	20.30		1996/97		
80m Hurdles - 0.762m - M70	Jim McGrath	17.10		14/07/2001	Brisbane	SR
200m Hurdles - 0.762m - M35	Clay Tompkins	29.1		1989		
200m Hurdles - 0.762m - M45	Mark Cepak (48)	35.23	0.5	15/12/2007	Homebush	
400m Hurdles - 0.914m - M30	Roger Crowhurst	1.17.10		1996/97		
400m Hurdles - 0.914m - M35	Peter Hampshire	1.06.3		1991		
400m Hurdles - 0.914m - M40	Peter Hampshire	1.15.00		1996/97		
400m Hurdles - 0.914m - M45	Stephen Ball	1.12.90		2001/02		
400m Hurdles - 0.840m - M50	Stephen Ball	1.18.16		2004/05		
300m Hurdles - 0.762m - M60	Les Gillies (60)	53.00		16/03/2007	Adelaide	
3000m Steeplechase - 0.914m - M30	Roger Crowhurst	11.39.20		1995/96		
3000m Steeplechase - 0.914m - M35	Peter Hampshire	10.49.0		1992		
3000m Steeplechase - 0.914m - M40	Peter Hampshire	11.19.1		1997/98		
3000m Steeplechase - 0.914m - M45	Stephen Ball	11.58.78		2001/02		
3000m Steeplechase - 0.914m - M50	Stephen Ball	12.28.62		2003/2004		
3000m Steeplechase - 0.914m - M55	Jim Seymon	12.01.8		1995		
2000m Steeplechase - 0.762m - M60	Jim Seymon	8.21.7		1997/98		
1500m Walk - M30	Mark Ransom	7.31.7		1995/96		
1500m Walk - M35	Mark Ransom	7.45.1		1998/99		
1500m Walk - M45	Robert Osborne	7.57.2		2004/05		
1500m Walk - M50	Doug Barrett	9.34.5		2004/05		
1500m Walk - M55	Jim Seymon	8.25.70		1996/97		
1500m Walk - M60	Jim Seymon	8.26.0		1998/99		
1500m Walk - M65	Jim Seymon	8.04.08		2003/2004		
1500m Walk - M70	Jim Seymon (72)	8.01.4h		16/01/2010	Rotary	#
3000m Walk - M30	Mark Ransom	15.44.7		1995/96		
3000m Walk - M35	Mark Ransom	16.53.4		1998/99		
3000m Walk - M55	Jim Seymon	17.16.20		1996/97		
3000m Walk - M60	Jim Seymon	16.48.3		2003/2004		
3000m Walk - M65	Jim Seymon	16.58.4		2002/03		
3000m Walk - M70	Jim Seymon (71)	17.34.0h		7/03/2009	Rotary	
5000m Walk - M30	Mark Ransom	28.02.0		1995/96		
5000m Walk - M35	Mark Ransom	26.58.8		1999/2000		
5000m Walk - M55	Jim Seymon	30.25.40		1996/97		
5000m Walk - M60	Jim Seymon	28.39.1		2003/2004		
5000m Walk - M65	Jim Seymon	28.42.84		2002/03		
5000m Walk - M70	Jim Seymon (71)	29.54.84		10/04/2009	Adelaide	SR
10000m Walk - M30	Mark Ransom	58.15.0		1995/96		
10000m Walk - M35	Mark Ransom	1.02.32.0		1998/99		
10000m Walk - M65	Jim Seymon	1.00.00.0		2004	Bankstown	SR
10000m Walk - M70	Jim Seymon (71)	1:03.11.53		5/01/2008	Campbelltown	
High Jump - M30	Carl Dubois / Tony Nash	1.70m		1995 - 1996/97		
High Jump - M30	Ashley McMahon	1.70m		22/10/2005	Campbelltown	
High Jump - M35	Clay Tompkins	1.93m		1992		SR
High Jump - M40	Clay Tompkins	1.90m		1993		SR
High Jump - M45	Clay Tompkins	1.83m		2000/2001		
High Jump - M50	Clay Tompkins	1.75m		9/03/2003	Homebush	SR
High Jump - M55	Clay Tomkins (55)	1.68m		22/03/2008	Blacktown	SR
High Jump - M60	Jim McGrath	1.36m		1991		
High Jump - M65	Jim McGrath	1.20m		1996/97		
Pole Vault - M30	Tim McGrath	3.80m		1995/96		
Pole Vault - M35	Clay Tompkins	3.65m		1988		
Pole Vault - M40	Clay Tompkins	3.60m		1993		
Pole Vault - M45	Jim McGrath / Clay Tompkins	3.60m		1976 & 1998/99	Sydney	SR
Pole Vault - M50	Jim McGrath / Clay Tompkins	3.20m		1981 & 2002/03		
Pole Vault - M55	Jim McGrath	3.20m		1987		
Pole Vault - M60	Jim McGrath	3.00m		20/07/1991	England	SR
Pole Vault - M65	Jim McGrath	2.60m		1996/97		
Pole Vault - M70	Jim McGrath	2.40m		3/11/2001	Sydney	SR

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Long Jump - M30	Ashley McMahon	6.15m	NWI	11/03/2006	Campbelltown	
Long Jump - M35	Clay Tompkins	6.56m		1988		
Long Jump - M40	Clay Tompkins	6.66m		1995/96		SR
Long Jump - M45	Clay Tompkins	6.25m		1998/99		
Long Jump - M50	Clay Tompkins	5.78m		2002/03		
Long Jump - M55	Clay Tompkins (55)	5.61m	0.4	27/07/2008	Townsville	
Long Jump - M60	Jim McGrath	4.99m		18/07/1981	Turku, Finland	SR
Long Jump - M65	Jim McGrath	4.29m		1996/97		
Long Jump - M70	Jim McGrath	3.92m		2001/02		
High Jump - M70	Jim McGrath	1.07m		2001/02		
Triple Jump - M30	Tony Nash	11.23m		1995		
Triple Jump - M35	Clay Tompkins	14.77m		1988		
Triple Jump - M40	Clay Tompkins	13.92m		1993		SR
Triple Jump - M45	Clay Tompkins	13.51m		6/03/1999	Sydney	SR
Triple Jump - M50	Clay Tompkins (54)	12.23m	NWI	24/03/2007	Campbelltown	NR
Triple Jump - M55	Clay Tompkins (57)	12.19m	2.0	2/04/2010	Perth	#
Triple Jump - M60	Jim McGrath	9.40m		1995		
Shot Put - 7.26kg	Paul Crowe (32)	16.82m		20/01/2007	Bankstown	
Shot Put - 7.26kg - M35	Paul Crowe (35)	16.67m		11/10/2009	Homebush	#
Shot Put - 7.26kg - M40	Clay Tompkins	11.41m		1996/97		
Shot Put - 7.26kg - M45	M (Sonny) Bennett	12.61m		1984		
Shot Put - 6kg - M50	Rocky Wijesinghe	13.92m		1987		
Shot Put - 6kg - M55	Rocky Wijesinghe	12.64m		1992		
Shot Put - 5kg - M60	Jim McGrath	9.60m		1991		
Shot Put - 5kg - M65	Jim McGrath	9.34m		1996/97		
Shot Put - 4kg - M70	Jim McGrath	8.76m		2001/02		
Shot Put - 4kg - M75	Jim McGrath (76)	7.45m		1/12/2007	Rotary	
Shot Put - 4kg - M80*	Ray Frith	7.27m		1987		
Shot Put - 4kg - M85*	Ray Frith	6.35m		1988		
<i>* changed to 3kg from 11/2005</i>						
Discus - 2kg - M30	Carl Dubois	36.74m		1995		
Discus - 2kg - M35	Clay Tompkins	33.72m		1995		
Discus - 2kg - M40	Clay Tompkins	39.18m		1999/2000		
Discus - 2kg - M45	John Kay (49)	34.11m		Nov-08	Blacktown	
Discus - 1.5kg - M50	Rocky Wijesinghe	41.86m		1987		
Discus - 1.5kg - M55	Rocky Wijesinghe	39.56m		1992		
Discus - 1kg - M60	Jim McGrath	37.06m		1994		
Discus - 1kg - M65	Jim McGrath	30.72m		1996/97		
Discus - 1kg - M70	Jim McGrath	26.75m		2001/02		
Discus - 1kg - M80	Ray Frith	18.24m		1987		
Discus - 1kg - M85	Ray Frith	15.92m		1990		
Discus - 1kg - M90	Ray Frith	12.84m		1995		SR
Hammer - 7.26kg - M30	Peter Lang	35.65m		2000/2001		
Hammer - 7.26kg - M40	Ross Douglas	33.88m		1999/2000		
Hammer - 7.26kg - M45	Mark Cepak (49)	31.11m		28/03/2009	Bankstown	
Hammer - 6kg - M50	Robert Hanbury-Brown (53)	38.38m		28/11/2010	Rotary	#
Hammer - 6kg - M55	Ian Heazlewood (56)	21.72m		21/03/2008	Blacktown	
Hammer - 5kg - M60	Jim McGrath	27.66m		1995		
Hammer - 4kg - M70	Brian Hamilton (72)	26.73m		6/02/2010	Rotary	#
Javelin - 800g - M30	Tony Nash	47.34m		1996/97		
Javelin - 800g - M35	Clay Tompkins	46.90m		1991		
Javelin - 800g - M40	Clay Tompkins	47.36m		1995/96		
Javelin - 800g - M45	John Kay (49)	46.89m		Nov-08	Blacktown	
Javelin - 700g - M50	John Kay (50)	54.37m		18/10/2009	Homebush	#
Javelin - 800g - M55*	Rocky Wijesinghe	40.04m		1993		
<i>* 700g from 2000</i>						
Javelin - 600g - M60	Jim McGrath	33.76m		1991		
Javelin - 600g - M65	Jim McGrath	29.54m		1996/97		
Javelin - 500g - M70	Jim McGrath	25.37m		2001/02		
Javelin - 500g - M75	Jim McGrath (76)	20.23m		6/04/2007	Hobart	
Weight Throw - 15.88kg - M40	Tony Nash (43)	7.44m		24/03/2007	Campbelltown	
Weight Throw - 15.88kg - M45	Mark Cepak (49)	10.71m		10/04/2009	Adelaide	
Weight Throw - 11.34kg - M50	Robert Hanbury-Brown (54)	13.83m		20/03/2010	Canberra	#
Weight Throw - 11.34kg - M55	Ian Heazlewood (55)	8.06m		6/04/2007	Hobart	
Weight Throw - 7.26kg - M70	Charles Hobden (71)	8.95m		8/12/2007	Rotary	
<i>Pentathlon - LJ, JT, 200m, DT, 1500m</i>						
Pentathlon - M30	Peter Lang	1498 Pts		12/02/2006	Homebush	
Pentathlon - M35	Clay Tompkins	3243 Pts		4/04/1988	Brisbane	SR
Pentathlon - M40	Tony Nash (43)	1749 Pts		6/04/2007	Hobart	
Pentathlon - M45	Clay Tompkins	3719 Pts		1997/98		
Pentathlon - M50	John Kay (50)	3102 Pts		2/04/2010	Perth	#
Pentathlon - M55	Doug Barrett (57)	726 Pts		26/03/2010	Homebush	#
Pentathlon - M60	Les Gillies (60)	2618 Pts		6/04/2007	Hobart	
<i>Weight Pentathlon - HT, SP, DT, JT, WT</i>						
Weight Pentathlon - M40	Tony Nash (43)	1310 Pts		6/04/2007	Hobart	
Weight Pentathlon - M45	Mark Cepak (49)	2342 Pts		10/04/2009	Adelaide	
Weight Pentathlon - M50	Robert Hanbury-Brown (53)	2896 Pts		11/10/2009	Homebush	#
Weight Pentathlon - M55	Ian Heazlewood (56)	2264 Pts		21/03/2008	Blacktown	
Decathlon - M40	Tony Nash (43)	3279 Pts		3/03/2007	Brisbane	
Decathlon - M45	Mark Cepak (48)	3112 Pts		5/09/2007	Riccione, ITA	
Decathlon - M60	Jim McGrath	6450 Pts		18/07/1991	Turku, Finland	SR
Relay - 4 x 100m - > 40	Ross Douglas, Clay Tompkins, Tim Heazlewood, David Hardyman	49.22		1995		
Relay - 4 x 100m - 120+	John Skrivanic, Sheldon Cummins, Melissa Medlicott, Anthony Benn	46.49		Nov-05	Homebush	
Relay - 4 x 100m - 160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	48.38		21/11/2009	Blacktown	#

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Relay - 4 x 100m - 200+	Geoff Francis, Alan Nolan, David Smith, John Skrivanic	54.58		2003/2004		
Relay - 4 x 100m - 240+	David Smith (54), Mark Cepak (50), Geoff Francis (67), Charles Hobden (74)	58.56		21/11/2009	Blacktown	#
Relay - 4 x 200m - >30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1.37.23		1994		
Relay - 4 x 200m - >40	James Slattery, Clay Tompkins, John Petre, Alan Nolan	1.45.10		1995		
Relay - 4 x 200m - 160+	John Skrivanic, Tony Crimi, David Smith, Geoff Francis	1.48.31		2004/05		
Relay - 4 x 200m - 200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	1:52.96		18-19/11/2006	Homebush	
Relay - 4 x 400m - 120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	3:40.97		Nov-05	Homebush	
Relay - 4 x 400m - 160+	John Skrivanic, Steve Ball, Roger Hastie, Sheldon Cummins	3:50.45		18-19/11/2006	Homebush	
Relay - 4 x 400m - 200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	3:59.72		18-19/11/2006	Homebush	
Relay - 4 x 800m - >30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	8.14.05		19/12/1993	ES Marks	SR
Relay - 4 x 800m - >40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	8.33.86		19/11/1997	Homebush	SR
Relay - 4 x 800m - 160+	Greg Lyons, Michael Donnelly, Les Gillies, Stuart Paterson	8.53.11		14/12/2002	Homebush	
Relay - 4 x 800m - 200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	9.28.19		2003/2004	Homebush	
Relay - 4 x 1500m - >30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	16.50.13		17/12/1995	ES Marks	
Relay - 4 x 1500m - >40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	17.56.10		29/11/1997	Homebush	
Relay - 4 x 1500m - 160+	Michael Donnelly, Stuart Paterson, Angus Stewart, Greg Lyons	18.02.76		14/12/2002	Homebush	
Relay - 4 x 1500m - 200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	20.10.32		2003/2004	Homebush	
Relay - 4 x Shot Put - 120+	Robert Hanbury-Brown (53), Mark Cepak (50), Kieran Courtney (30), John Kay (50)	39.80m		22/11/2009	Blacktown	#
<b>WOMEN</b>						
<b>Open</b>						
60m	Melissa Medicott (38)	7.3	NWI	10/06/2006	Narrabeen	
60m	Laura Verlinden (18)	7.3	NWI	1/07/2006	Narrabeen	
100m	Jenny Lamy	11.2		1967		
100 yards	Jenny Lamy	10.4		1966		
200m	Jenny Lamy	22.88		1968		
400m	Annabelle Smith	51.80		2003/2004		
800m	Sianne Toemoe (21)	2.03.94		27/03/2010	Melbourne	#
1500m	Katie French (21)	4.23.07		17/02/2007	Homebush	
1 mile	Mary Fien (34)	5:30.41		21/07/2007	Narrabeen	
3000m	Elizabeth Richards	9.31.4		1976		
5000m	Eliza Stewart (21)	16.19.00		9/02/2007	Brisbane	
10000m	Eliza Stewart (21)	34.36.79		14/12/2006	Melbourne	
100m Hurdles - 0.840m	Jenny Laurendet	13.42		1990		
200m Hurdles - 0.762m	Thalia Amanakis (21)	28.14	NWI	5/05/2007	Manoa, Hawaii, USA	
400m Hurdles - 0.762m	Jenny Laurendet	56.31		1989		
2000m Steeplechase - 0.762m	Mary Fien	6.54.6		2004/05		
3000m Steeplechase - 0.762m	Lara Nicod (25)	10.33.43		16/04/2010	Perth	#
1500m Walk	Sharon Dunk	10.09.0		1991		
3000m Walk	Christina Alldis (22)	17.04.25		31/01/2009	Homebush	
5000m Walk	Fiona Alldis (19)	25:34.86		24/11/2007	ES Marks	
10000m Walk	Christina Alldis	1:00:42.27		14/01/2006	Homebush	
High Jump	K Maurer	1.78m		1985		
Pole Vault	Jackie Berens	3.00m		2002/03		
Pole Vault	Amy Moulden	3.00m		15/01/2006	Homebush	
Long Jump	Helen Frith	6.33m		1965		
Triple Jump	Gillian Ting	12.59m		1995		
Shot Put - 4kg	Lou Torso	14.72m		1977		
Discus - 1kg	Lou Torso	46.94m		1975		
Hammer - 4kg	Annabel Davies (17)	37.45m		30/09/2006	Homebush	
Javelin - 600g	J Wojdanowski	52.30m		1975		
Pentathlon	Helen Frith	4767 Pts		1964		
Heptathlon	Lesley Richards	5599 Pts		1985		
Relay - 4 x 100m	Annette Low, Kylie Hanigan, Jessie Shepherd, Veronica Lee	46.62		1995		
Relay - 4 x 200m	Jenny Laurendet, Veronica Lee, Catherine Kennedy, Jessie Shepherd	1.38.49		1993		
Relay - 4 x 200m - Indoor	Jacqueline Bezuidenhout (41), Caroline Layt (42), Janet Naylor (41), Marie Kay (48)	1.49.98	Ind	22/03/2008	Clermont-Ferrand, FRA	NR
Relay - 4 x 400m	Glenda Douglass, Tracey Walsh, Kylie French, Kylie Hanigan	3.50.02		1995/96		
Relay - 4 x 800m	Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)	9:06.73		17/11/2007	Homebush	
Relay - 4 x 1500m	Thea Welsby, Katie French, Ruby Hackett, Lucy Starrat	19:14.16		18-19/11/2006	Homebush	
Relay - 4 x Long Jump	Danielle Senior, Alex Moulos, Ellen Kershaw, Phoebe Kershaw	20.46m		18-19/11/2006	Homebush	
Relay - 4 x High Jump	Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson	6.30m		1999/2000		

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Relay - 4 x Shot Put	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	44.97m		18-19/11/2006	Homebush	
Relay - 4 x Discus	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	144.07m		1998/99		
Relay - 4 x Hammer	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	105.48m		2004/05		
Relay - 4 x Javelin	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	148.39m		18-19/11/2006	Homebush	SR
Relay - Medley (100,100,200,400)	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	1.53.80		2003/2004		
Relay - Medley (200,200,400,800)	Katie French, Elizabeth Jenkins, Melissa Medicott, Jessica Knox	4:00.67		Nov-05	Homebush	
<b>Under 23</b> (for athletes aged 20, 21, 22 since the introduction of this age group by Athletics Australia)						
60m	Thalia Amanakis (22)	7.5h	Ind	26/01/2008	Manoa, Hawaii, USA	
100m	Laura Verlinden (20)	11.89	-0.1	19/03/2009	Brisbane	
200m	Laura Verlinden (20)	24.21	1.4	7/03/2009	Homebush	
400m	Thalia Amanakis (22)	55.64	Ind	1/03/2008	Nampa, ID, USA	
800m	Sianne Toemoe (21)	2.03.94		27/03/2010	Melbourne	#
1500m	Katie French (21)	4.23.07		17/02/2007	Homebush	
3000m	Eliza Stewart (21)	9.34.10		17/02/2007	Homebush	
5000m	Eliza Stewart (21)	16.19.00		9/02/2007	Brisbane	
10000m	Fiona Alldis (21)	44.29.68		29/09/2009	Brisbane	#
100m Hurdles - 0.840m	Thalia Amanakis (22)	13.95	1.1	22/03/2008	Sacramento, USA	
200m Hurdles - 0.762m	Thalia Amanakis (21)	28.14		5/05/2007	Manoa, Hawaii, USA	
400m Hurdles - 0.762m	Thalia Amanakis (22)	58.52		22/03/2008	Sacramento, USA	
5000m Walk	Christina Alldis (20)	29.12.11		25/11/2006	ES Marks	
10000m Walk	Christina Alldis (21)	1:02:08.74		6/01/2007	Homebush	
High Jump	Romi Arnott (20)	1.69m		31/01/2009	Hobart	
Pole Vault	<i>vacant</i>					
Long Jump	Romi Arnott (20)	5.20m	NW1	3/01/2009	Campbelltown	
Triple Jump	Alexandra Moulos (22)	10.32m		16/12/2006	Homebush	
Shot Put - 4kg	Jordana Cashman (22)	10.45m		25/11/2006	ES Marks	
Discus - 1kg	Helena Smith (20)	27.67m		2/02/2008	Rotary	
Hammer - 4kg	Helena Smith (20)	26.59m		12/01/2008	Rotary	
Javelin - 600g	Jordana Cashman (22)	37.34m		16/09/2006	Rotary	
Heptathlon	Romi Arnott (20)	4509 Pts		31/01/2009	Hobart	
<b>Under 20</b>						
60m	Laura Verlinden (18)	7.3	NW1	1/07/2006	Narrabeen	
100m	Jenny Lamy	11.2		1967		
200m	Karlie Morton (17)	23.93	-0.3	11/03/2010	Homebush	#
400m	Anneliese Rubie (18)	53.88		11/03/2010	Homebush	#
800m	Trychelle Kingdom (17)	2:05.32		16/02/2008	Homebush	
1500m	Lucy Starrat (18)	4.27.98		6/08/2006	Gold Coast	
3000m	Lucy Starrat (18)	9.35.04		8/07/2006	Narrabeen	
5000m	Erin Smithson (18)	19.29.40		4/11/2006	Mingara	
100m Hurdles - 0.840m	Catherine Kennedy	14.06		1993		
200m Hurdles - 0.762m	Alison Ross-Edwards	29.6		1969		
400m Hurdles - 0.762m	Kylie Robertson	59.20		1990		
2000m Steeplechase - 0.762m	Rosie Tancred	8:22.57		29/10/2005	Mingara	
1500m Walk	R Whitehorn	7.30.4		1967		
3000m Walk	Christina Alldis	16:27.8		15/10/2005	Bankstown	
5000m Walk	Fiona Alldis (19)	25:34.86		24/11/2007	ES Marks	
10000m Walk	Christina Alldis	1:00:42.27		14/01/2006	Homebush	
High Jump	Virginia Young	1.74m		1993/1995		
Pole Vault	Amy Moulden	3.00m		15/01/2006	Homebush	
Long Jump	Virginia Young	5.99m		1995		
Triple Jump	Gillian Ting	12.59		1995		
Shot Put - 4kg	J Kennedy	13.10m		1970		
Discus - 1kg	Pamela Thomson	36.40m		1994		
Hammer - 4kg	Annabel Davies (17)	37.45m		30/09/2006	Homebush	
Javelin - 600g	Annabel Davies (18)	51.53m		2/02/2007	Homebush	
Heptathlon	Lesley Richards	5134 Pts		1981		
Relay - 4 x 100m	Elizabeth Jenkins, Charlotte Yeates, Laura Verlinden, Natasha Finlay	47.63		Nov-05	Homebush	
Relay - 4 x 200m	Phoebe Davies (16), Karlie Morton (16), Anneliese Rubie (17), Tracey Morton (18)	1.41.04		21/11/2009	Blacktown	#
Relay - 4 x 400m	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	3.52.10		21/11/2009	Blacktown	#
Relay - 4 x 800m	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	9:41.94		18-19/11/2006	Homebush	
Relay - 4 x 1500m	Jessica Boyd, Alice Tancred, Rosie Tancred, Sara Rathbourne	21:02.41		Nov-05	Homebush	
<b>Under 18</b>						
60m	Sarah Thompson (17)	7.79	0.1	10/11/2007	Homebush	
100m	Melissa Moore / Fiona Blair	11.6		1986/1991		
200m	Karlie Morton (17)	23.93	-0.3	11/03/2010	Homebush	#
400m	Kylie Robertson	54.78		1992		
800m	Sianne Toemoe (17)	2.10.85		11/11/2006	Homebush	
1500m	Greta McNiven	4:30.45		2003/2004		
3000m	Greta McNiven	10.12.07		2003/2004		
5000m	M Lawson	18.45.07		1985		
10000m	M Lawson			1985		
100m Hurdles - 0.762m	Charlotte Yeates	13.6		2004/05		
200m Hurdles 0.762m	Alison Ross-Edwards	29.6		1969		
400m Hurdles - 0.762m	Kylie Robertson	59.2		1990		

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
2000m Steeplechase - 0.762m	Rosie Tancred	8:22.57		29/10/2005	Mingara	
1500m Walk	R Whitehorn	7:30.4		1967		
High Jump	Virginia Young	1.74m		1993		
Pole Vault	Amy Moulden	3.00m		15/01/2006	Homebush	
Long Jump	Jenny Lamy	5.83m		1966		
Triple Jump	Gillian Ting	12.09m		1995		
Shot Put - 4kg	J Kennedy	13.10m		1970		
Discus - 1kg	Pamela Thomson	38.50m		1995		
Hammer - 4kg	Annabel Davies (17)	37.45m		30/09/2006	Homebush	
Javelin - 600g	Annabel Davies (17)	51.16m		7/12/2006	Homebush	
Pentathlon	P Smith	4098 Pts		1967		
Heptathlon	Lesley Richards	5134 Pts		1981		
Relay - 4 x 100m	Phoebe Davies (15), Anneliese Rubie (17), Tracey Morton (17), Karlie Morton (15),	48.47		15-16/11/2008	Blacktown	
Relay - 4 x 200m	Karlie Morton (14), Anneliese Rubie (16), Tracey Morton (16), Dimity Norton (16)	1:41.59		17/11/2007	Homebush	
Relay - 4 x 400m	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	3:52.26		18/11/2007	Homebush	
Relay - 4 x 800m	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	9:41.94		18-19/11/2006	Homebush	
Relay - 4 x 1500m	Fiona Cross, Rosie Tancred, Alice Tancred, Sara Rathborne	20:36.77		2003/2004		
Relay - 4 x Long Jump	Phoebe Kershaw, Melissa Farrington, Olivia Caprarelli, Pippa Kensit	19.36m		15-16/11/2008	Blacktown	
Relay - 4 x High Jump	Freya Sombroek, Phoebe Kershaw, Elle Farrington, Melissa Farrington	5.99m		15-16/11/2008	Blacktown	
Relay - 4 x Shot	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	38.40m		1997/98		
Relay - 4 x Discus	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	131.50m		1997/98		
Relay - 4 x Hammer	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	103.92m		1998/99		
Relay - 4 x Javelin	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	107.60m		21/11/2009	Blacktown	#
Relay - Medley (200,200,400,800)	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	4:30.99		18-19/11/2006	Homebush	
<b>Under 17</b>						
60m	Tracey Morton (16)	7.83	0.1	10/11/2007	Homebush	
100m	Karlie Morton (15)	11.87	1.9	30/11/2008	Canberra	
200m	Tracey Morton (16)	24.39	0.3	13/10/2007	Homebush	
400m	Tracey Morton	56.09		12/11/2005	Homebush	
800m	Renee Vandenberg	2.15.22		2000/2001		
1500m	Carly Green	4:41.0		13/06/1905		
3000m	Ruby Hackett	10:16.4		29/10/2005	Bankstown	
100m Hurdles - 0.762m	Keshvar Mirazarazi	14.58		1997/98		
200m Hurdles - 0.762m	Alexandra Shorter	28.3		2003/2004		
400m Hurdles - 0.762m	Kylie Robertson	1.04.63		1990		
2000m Steeplechase - 0.762m	Greta McNiven	7:36.14		2002/03		
High Jump	Virginia Young	1.73m		1992		
Pole Vault	Dimity Norton (16)	2.70m		13/10/2007	Homebush	
Long Jump	Sue Dove / Catherine Kennedy	5.57m		1986 / 1990		
Triple Jump	Gillian Ting	11.89m		1992		
Shot Put - 4kg	Kristina Hekeik	12.82m		2004/05		
Discus - 1kg	Amber Bennett	44.38m		1997/98		
Hammer - 4kg	Leonie Burnes	40.64m		1997/98		
Javelin - 600g	V Hooper	41.36m		1986		
Pole Vault	Dimity Norton (15)	2.70m		23/09/2006	Homebush	
Heptathlon	Virginia Young	4702 Pts		1991		
<b>Under 16</b>						
60m	Karlie Morton (15)	7.85	0.6	25/10/2008	ES Marks	
100m	Karlie Morton (15)	11.87	1.9	30/11/2008	Canberra	
200m	Tracey Morton	24.40	0.7	29/11/2005	Melbourne	
400m	Tracey Morton	56.09		12/11/2005	Homebush	
800m	Renee Vandenberg	2.15.22		2000/2001		
1500m	Carly Green	4:41.0		13/06/1905		
3000m	Ruby Hackett	10:16.4		29/10/2005	Bankstown	
90m Hurdles - 0.762m	Marissa Ward	13.20		2003/2004		
200m Hurdles - 0.762m	Alexandra Shorter	28.3		2003/2004		
2000m Steeplechase - 0.762m	Greta McNiven	7:36.14		2002/03		
1500m Walk	Lesley Richards	8:32.4		1978		
High Jump	Virginia Young	1.73m		1992		
Pole Vault	Dimity Norton (15)	2.70m		23/09/2006	Homebush	
Long Jump	Sue Dove / Catherine Kennedy	5.57m		1986/1990		
Triple Jump	Gillian Ting	11.89m		1992		
Shot Put - 4kg	Kristina Hekeik	12.82m		2004/05		
Discus - 1kg	Amber Bennett	44.38m		1997/98		
Hammer - 4kg	Leonie Burnes	40.64m		1997/98		
Javelin - 600g	V Hooper	41.36m		1986		
Heptathlon	Virginia Young	4702 Pts		1991		
Relay - 4 x 100m	Tansy Bracka (15), Rubee King (14), Karlie Morton (15), Phoebe Davies (15)	49.27		15-16/11/2008	Blacktown	
Relay - 4 x 200m	Karlie Morton, Anneliese Rubie, Elle Farrington, Larissa Paternatsky	1:42.28		18-19/11/2006	Homebush	
Relay - 4 x 400m	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	3:59.56		18-19/11/2006	Homebush	

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Relay - 4 x 800m	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	9:41.94		18-19/11/2006	Homebush	
Relay - 4 x 1500m	Rebecca Cormack, Thea Welsby, Katie Furniss, Ruby Hackett	20:21.14		18-19/11/2006	Homebush	
<b>Under 15</b>						
60m	Karlie Morton (14)	7.91	0.4	10/11/2007	Homebush	
100m	Alice Wilson	11.93		2004/05		
200m	Tracey Morton	24.40	0.7	29/11/2005	Melbourne	
200m	Karlie Morton (14)	24.40	-0.3	6/12/2007	Homebush	
400m	Tracey Morton	56.09		12/11/2005	Homebush	
800m	Renee Vandenberg	2.17.2		2000/2001		
1500m	Ruby Hackett	4:42.97		15/02/2006	Homebush	
3000m	Ruby Hackett	10:16.4		29/10/2005	Bankstown	
90m Hurdles - 0.762m	Marissa Ward	13.15		2002/03		
200m Hurdles - 0.762m	Keshvar Mirzarazi	28.55		1996/97		
2000m Steeplechase - 0.762m	Gabrielle Sattout-Day (14)	7:57.48		22/11/2008	Homebush	
1500m Walk	Lesley Richards	8:32.4		1978		
3000m Walk	M Travers	20:31.0		1977		
High Jump	Wendy Bebbington	1.65m		1987		
Pole Vault	Alexandra Gall (14)	2.30m		7/03/2009	Homebush	
Long Jump	Sue Dove / Catherine Kennedy	5.57m		1986 / 1990		
Triple Jump	Gillian Ting	11.68m		1992		
Shot Put - 4kg	Eliza Cepak (14)	11.04m		3/09/2009	Homebush	#
Discus - 1kg	Amber Bennett	38.70m		1996/97		
Hammer - 4kg	Lailanie Burnes	34.52m		1998/99		
Javelin - 600g	Amber Bennett	35.80m		1996/97		
Multiple Events	Belinda Johnson	4259 Pts		1998/99		
<b>Under 14</b>						
60m	Molly Tredinnick (13)	8.32	-0.1	25/10/2008	ES Marks	
100m	Catherine Kennedy	12.70		1990		
200m	Stephanie Parker	25.62		1997/98		
400m	Anneliese Rubie	57.80		Dec-05	Homebush	
800m	Ruby Hackett	2:17.29		Dec-05	Homebush	
1500m	Ruby Hackett	4:42.97		15/02/2006	Homebush	
3000m	Ruby Hackett	10:16.4		29/10/2005	Bankstown	
80m Hurdles - 0.762m	Melissa Farrington (13)	12.20	1.9	30/11/2008	Canberra	
200m Hurdles - 0.762m	Niketa Patterson	29.96		2004/05		
1500m Walk	Anna Pavlakis (13)	10:14.23		1/08/2008	Homebush	
High Jump	Wendy Bebbington / Virginia Young	1.65m		1987 / 1989		
Long Jump	Melissa Farrington (13)	5.33m	0.0	30/11/2008	Canberra	
Triple Jump	Gillian Ting	11.04m		1990		
Shot Put - 3kg	Eliza Cepak (13)	10.61m		13/09/2008	Rotary	
Discus - 1kg	Amber Bennett	35.42m		1995/96		
Javelin *now 400g	V Hooper	36.16m		1984		
Pole Vault	Alexandra Gall (13)	2.30m		22/11/2008	Homebush	
Relay - 4 x 100m	Melissa Farrington (12), Alex Book (13), Rubeena King (13), Katie Healey (13)	51.54		18/11/2007	Homebush	
Relay - 4 x 200m	Elle-Maree Farrington, Tracey Morton, Karlie Morton, Niketa Patterson	1.47.68		2004/05		
Relay - 4 x 400m	Elle-Maree Farrington, Tracey Morton, Niketa Patterson, Anneliese Rubie	4.03.52		2004/05		
Relay - 4 x 800m	Elle-Maree Farrington, Tracey Morton, Katie Furniss, Ruby Hackett	9.52.77		2004/05		
Relay - 4 x 1500m	Elle-Maree Farrington, Katie Furniss, Ashley Mason, Ruby Hackett	20.34.3		2004/05		
Relay - 4 x Long Jump	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17.42m		17/11/2007	Homebush	
Relay - 4 x Shot Put	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	33.34m		15-16/11/2008	Blacktown	
Relay - 4 x Discus	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	70.82m		18-19/11/2006	Homebush	
<b>Under 13</b>						
60m	Eliza Cepak (12)	8.87	-0.4	10/11/2007	Homebush	
100m	Keshvar Mirarazi	13.21		1995		
200m	Anneliese Rubie	27.66		2004/05		
400m	Anneliese Rubie	1.01.44		2004/05		
800m	Ruby Hackett	2.22.62		2004/05		
1500m	Ruby Hackett	4.52.47		2004/05		
3000m	Ashley Mason	10.41.9		2004/05		
80m Hurdles - 0.762m	Melissa Farrington (12)	13.07	1.0	20/10/2007	Homebush	
200m Hurdles - 0.762m	M Love	34.9		1984		
High Jump	Wendy Bebbington	1.57m		1987		
Long Jump	Sijaan Powley	4.82m		1995		
Triple Jump	Greta Beale	10.55m		2002/03		
Shot Put - 3kg	Eliza Cepak (12)	10.12m		26/01/2008	Rotary	
Discus - 1kg	Amber Bennett	30.88m		1995		
Javelin - 400g	V Hooper	36.00m		1982		
<b>Masters</b>						
60m - W30	Jess Knox (31)	7.63	1.4	19/12/2009	Bankstown	#
60m - W35	Melissa Medicott	7.4	NWI	13/11/2004	Mingara	
60m - W40	Jackie Bezuidenhout (41)	8.36	Ind	18/03/2008	Clermont-Ferrand, FRA	NR
60m - W45	Marie Kay (48)	8.41	-0.8	27/07/2008	Townsville	NR
60m - W50	Robyn Suttor (50)	8.97	-0.6	10/04/2009	Adelaide	SR
60m - W55	Anne Dorey	10.0		2003/2004		

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
100m - W30	Jenny Laurendet	11.65		1994		
100m - W35	Melissa Medicott	11.8h	NWI	13/11/2004	Mingara	
100m - W40	Jacqueline Bezuidenhout (43)	12.80	0.9	28/07/2009	Lahti, Finland	#
100m - W45	Marie Kay (47)	13.1h	-0.4	24/11/2007	Bankstown	
100m - W50	Kaye Smythe	13.5		1998/99		
100m - W55	Gloria Seymon	14.98		1993		
100m - W65	Kathleen Cook	16.7		2004/05		
100m - W75	Ruth Frith	19.3		1990		
100m - W80	Ruth Frith	19.9		1991		
200m - W30	Glenda Douglass	24.79		1995/96		
200m - W35	Melissa Medicott	25.17		25/02/2006	Homebush	SR
200m - W40	Jackie Bezuidenhout (43)	26.57	1.9	20/02/2010	Homebush	#
200m - W45	Marie Kay (48)	25.85	Ind	19/03/2008	Clermont-Ferrand, FRA	WR
200m - W50	Marie Kay (50)	27.6	1.5	2/04/2010	Perth	#
200m - W55	Gloria Seymon	31.6		1993		
200m - W60	Lesley Eller (66)	38.1h	NWI	5/12/2009	Rotary	#
200m - W65	Kathleen Cook	35.5		2004/05		
400m - W30	Glenda Douglass	55.50		5/04/1996	Perth	SR
400m - W35	Stacey Quitzau	58.40		1997/98		
400m - W40	Stacey Quitzau	1.05.59		2004/05		
400m - W45	Marie Kay (48)	56.99	Ind	22/03/2008	Clermont-Ferrand, FRA	WR
400m - W50	Marie Kay (50)	1.02.96	Ind	6/03/2010	Kamloops, CAN	#
400m - W55	Anne Dorey	1.30.9		2002/03		
400m - W60	Maureen Cadogan	1.15.0		2002/03		
400m - W65	Lesley Eller (66)	1.25.7h		9/01/2010	Rotary	# SR
800m - W30	Mary Fein	2.22.61		2002/03		
800m - W35	Stacey Quitzau	2.14.1		1997/98		
800m - W40	Anne Forbes	2.15.39		13/04/2001		SR
800m - W45	Kaye Smythe	2.31.34		1997/98		
800m - W50	Robyn Suttor (50)	2.34.94		11/10/2009	Homebush	#
800m - W55	Gloria Seymon	TIME missing				
800m - W60	Maureen Cadogan	2.53.01		2002/03		
800m - W65	Lesley Eller (66)	3.18.4h		5/12/2009	Rotary	# SR
1500m - W30	Fran Dorey	5.28.0		4/02/2006	Rotary	
1500m - W35	Anne Forbes	4.39.19		1995		
1500m - W40	Anne Forbes	4.40.30		1996/97		
1500m - W45	Diane Aitken	5.15.18		2001/02		
1500m - W50	Deborah Drennan (51)	5.37.22		2/04/2010	Perth	#
1500m - W55	Anne Dorey	8.03.9		2001/02		
1500m - W60	Maureen Cadogan	5.56.33		2002/03		
1500m - W65	Lesley Eller (66)	6.54.6h		7/11/2009	Rotary	#
3000m - W30	Mary Fien	10.28.5		2003/2004		
3000m - W35	Anne Forbes	10.02.5		1995		
3000m - W40	Anne Forbes	10.10.90		1996/97		
3000m - W45	Diane Aitken	11.03.0		2001/02		
3000m - W50	Deborah Drennan (51)	12.37.17		23/01/2010	Homebush	#
3000m - W55	Nancy Lloyd (55)	16.21.2		18/10/2008	Rotary	
3000m - W60	Maureen Cadogan	12.51.2		2002/03		
3000m - W65	Lesley Eller (66)	15.34.5h		5/12/2009	Rotary	#
5000m - W30	Mary Fien (34)	18.41.95		6/04/2007	Hobart	
5000m - W35	Anne Forbes	17.26.5		1995		
5000m - W40	Anne Forbes	17.48.60		1996/97		
5000m - W45	Joanne Cowan	18.16.57		15/04/2001	Bankstown	SR
5000m - W60	Maureen Cadogan	23.06.13		2002/03		
10000m - W30	Marika Hemming	45.21.55		2004/05		
10000m - W35	Marina Dulhunty	39.23.30		1996/97		
10000m - W40	Marina Dulhunty	42.24.5		1999/2000		
10000m - W45	Joanne Cowan	39.27.43		2003/2004		
60m Hurdles (indoor) - W50	Marie Kay (50)	9.55	Ind	1/03/2010	Kamloops, CAN	# NR
80m Hurdles - W35	M Young	20.6		1995		
80m Hurdles - W40	Helen Searle	12.6		1981		
80m Hurdles - W45	Marie Kay (49)	12.32	-1.1	28/07/2009	Lahti, Finland	# NR
80m Hurdles - W50	Kaye Smythe	14.8		1998/99		
80m Hurdles - W55	Gloria Seymon	16.26		1993		
80m Hurdles - W65	J Night	18.78		1994		
90m Hurdles - W30	Peta Bird	16.4		1990		
100m Hurdles - W30	Jenny Laurendet	13.46		1993		
100m Hurdles - W35	Janet Naylon (39)	17.55	0.9	29/08/2005	San Sebastian, ESP	
200m Hurdles - W30	M Harlock	34.0		1984		
200m Hurdles - W35	Stacey Quitzau	30.5		1997/98		
200m Hurdles - W40	Jackie Bezuidenhout (43)	34.43	1.8	14/11/2009	Homebush	#
200m Hurdles - W45	Marie Kay (49)	30.92	-0.7	5/04/2009	Adelaide	
200m Hurdles - W50	Marie Kay (50)	30.57	NWI	23/01/2010	Homebush	#
400m Hurdles - W30	Cathy Collopy	59.6		1988		
400m Hurdles - W35	Mary Fien (35)	1:09.99		10/09/2007	Riccione, ITA	
400m Hurdles - W40	Janet Naylon (41)	1:21.89		7/07/2007	Griffith Uni, QLD	
400m Hurdles - W45	Marie Kay (48)	1:04.72		27/07/2008	Townsville, QLD	
2000m Steeplechase - W30 - 0.762m	Mary Fien	6.54.6		2004/05		
2000m Steeplechase - W35 - 0.762m	Mary Fien (35)	7:26.72		15/09/2007	Riccione, ITA	
1500m Walk - W30	Fran Dorey	8.50.9		2003/2004		
1500m Walk - W35	Suzanne Brown	9.01.1		2004/05		
1500m Walk - W40	Suzanne Brown (44)	8.36.66		24/09/2009	Narrabeen	# SR
1500m Walk - W45	Nancy Lloyd	9.27.6		2002/03		
1500m Walk - W50	Nancy Lloyd	9.06.6		2004/05		
1500m Walk - W55	Nancy Lloyd (55)	9.08.3		1/11/2008	Rotary	
3000m Walk - W30	Fran Dorey	19.04.6		2002/03		
3000m Walk - W35	Suzanne Brown	20.13.6		2004/05		
3000m Walk - W40	Suzanne Brown (44)	18.01.75		31/10/2009	Mingara	# SR

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
3000m Walk - W45	Nancy Lloyd	19.50.02		2002/03		
3000m Walk - W50	Nancy Lloyd	18.51.3		2004/05		
3000m Walk - W55	Dorothy Kass	24.19.0h		29/11/2008	Rotary	
5000m Walk - W30	Sharon Dunk	34.15.50		1995/96		
5000m Walk - W35	Suzanne Brown	33.02.99		2004/05		
5000m Walk - W40	Suzanne Brown (43)	30.20.43		10/04/2009	Adelaide	
5000m Walk - W45	Nancy Lloyd	34.46.0		2002/03		
5000m Walk - W50	Nancy Lloyd (53)	31.24.77		6/04/2007	Hobart	
5000m Walk - W55	Nancy Lloyd (55)	33.32.07		10/04/2009	Adelaide	
10000m Walk - W30	Sharon Dunk	1:18.23.0		1995		
10000m Walk - W40	Suzanne Brown (44)	1:08.40.84		20/01/2010	Homebush	#
10000m Walk - W50	Nancy Lloyd	1:09.25.31		5/01/2008	Campbelltown	SR
High Jump - W30	Lucette Meekins	1.40m		2004/05		
High Jump - W35	Jackie Bezuidenhout	1.35m		4/12/2004	Homebush	
High Jump - W40	Helen Searle	1.51m		1981		
High Jump - W45	Marie Kay (49)	1.60m		28/07/2009	Lahti, Finland	#
High Jump - W50	Kaye Smythe	1.27m		1998/99		
High Jump - W55	Gloria Seymon	1.19m		1993		
Pole Vault - W30	Wendy McColl	2.65m		2001/02		
Pole Vault - W35	Wendy McColl	2.75m		2002/03		
Pole Vault - W45	Jann Livingston	2.45m		1995/96		
Long Jump - W30	Jenny Laurendet	5.21m		1994		
Long Jump - W35	Melissa Medicott	5.36m	NWI	14/04/2006	Canberra	
Long Jump - W40	Helen Searle	5.76m		1984		
Long Jump - W45	Marie Kay (48)	5.57m	Ind	20/03/2008	Clermont-Ferrand, FRA	NR
Long Jump - W50	Marie Kay (50)	5.41m	1.5	2/04/2010	Perth	# WR
Long Jump - W55	Gloria Seymon	3.84m		1995/96		
Long Jump - W75	Ruth Frith	2.32m		1989		
Long Jump - W80	Ruth Frith	2.40m		1990		SR
Long Jump - W85	Ruth Frith	2.19m		28/03/1995	Homebush	SR
Triple Jump - W30	Peta Bird	9.04m		1990		
Triple Jump - W35	Melissa Medicott	10.00m	NWI	2/04/2006	Bankstown	
Triple Jump - W40	Shannon Kavanagh (40)	8.78m	NWI	5/12/2009	Rotary	#
Triple Jump - W45	Marie Kay (48)	10.17m	NWI	22/11/2008	Homebush	
Triple Jump - W50	Helen Searle	9.95m		1980	Rotterdam	SR
Triple Jump - W55	Gloria Seymon	8.51m		1993		
Triple Jump - W65	J Knight	7.24m		1994		
Triple Jump - W80	Ruth Frith	5.65m		13/01/1993	Miyazaki, JPN	SR
Triple Jump - W85	Ruth Frith	5.50m		25/03/1995	Homebush	SR
Shot Put - 4kg - W30	M Harlock	7.15m		1985		
Shot Put - 4kg - W35	Caroline Layt	11.18m		Mar-05	Brisbane	SR
Shot Put - 4kg - W40	Helen Searle	11.59m		1980		
Shot Put - 4kg - W45	Helen Searle	11.76m		1983		
Shot Put - 3kg - W50	Marie Kay (50)	12.30m		1/03/2010	Kamloops, CAN	#
Shot Put - 3kg - W55	Gloria Seymon	9.14m		1993		
Shot Put - 3kg - W70	Ruth Frith	6.28m		1983		
Shot Put - 3kg - W75*	Ruth Frith	6.70m		1986		
Shot Put - 3kg - W80*	Ruth Frith	6.93m		1994		SR
Shot Put - 3kg - W85*	Ruth Frith	5.31m		1997/98		SR
Shot Put - 3kg - W90*	Ruth Frith	5.37m		2000/2001	Sydney	SR
* 2kg from 11/2005						
Discus - 1kg - W30	Joanne Munn	31.49m		Nov-05	Homebush	
Discus - 1kg - W35	Clair Taylor (36)	34.59m		15/12/2007	Homebush	
Discus - 1kg - W40	Pam Mountfield (44)	37.60m		27/02/2010		#
Discus - 1kg - W45	Pam Mountfield (45)	35.71m		6/06/2010	Campbelltown	# SR
Discus - 1kg - W50	Marie Kay (50)	26.97m		2/04/2010	Perth	#
Discus - 1kg - W55	Gloria Seymon	22.10m		1993		
Discus - 1kg - W60	J Night	17.16m		1994		
Discus - 1kg - W65	Ruth Frith	18.00m		1986		
Discus - 1kg - W70	Ruth Frith	14.48m		1990		SR
Discus - 1kg - W75	Ruth Frith	12.10m		1999/2000		SR
Discus - 1kg - W85	Ruth Frith	13.92m		1998	Homebush	SR
Discus - 1kg - W90	Ruth Frith	12.10m		2000		SR
Hammer - 4kg - W35	Melissa Bonser (38)	36.57m		11/10/2008	Rotary	
Hammer - 4kg - W40	Caroline Layt (42)	36.52m		10/11/2007	Homebush	
Hammer - 4kg - W45	Helen Searle	43.80m		1983		
Hammer - 3kg - W50	Cathleen Osborne	28.37m		2004/05		
Hammer - 3kg - W55	Gloria Seymon	26.60m		1993		
Hammer - 3kg - W80 (2kg)	Ruth Frith	18.22m		1994		SR
Hammer - 3kg - W85 (2kg)	Ruth Frith	14.58m		1997/98		SR
Hammer - 3kg - W90 (2kg)	Ruth Frith	13.57m		1999/2000		
Javelin - 600g - W30	Fran Dorey	29.98m		2002/03		
Javelin - 600g - W35	Nanise Burnes	25.62m		1996/97		
Javelin - 600g - W40	Shannon Kavanagh (40)	24.39m		7/11/2009	Rotary	#
Javelin - 600g - W45	Marie Kay (49)	32.30m		28/07/2009	Lahti, Finland	#
Javelin - 600g - W50*	Marie Kay (50)	31.56m		2/04/2010	Perth	#
Javelin - 600g - W55*	Gloria Seymon	28.14m		1993		
* 500g from 2000						
Javelin - 400g - W60	Maureen Cadogan	12.80m		2002/03		
Javelin - 500g - W70	Ruth Frith	11.10m		1984		
Javelin - 500g - W75	Ruth Frith	12.40m		1989		
Javelin - 500g - W80	Ruth Frith	11.88m		1990		SR
Javelin - 500g - W85	Ruth Frith	11.11m		1998		SR
Javelin - 400g - W90	Ruth Frith	9.80m		2001/02		SR
* 400g from 2000						
Weight Throw - W35 - 9.08kg	Caroline Layt	12.11m		1/03/2005	Brisbane	
Weight Throw - W40 - 9.08kg	Caroline Layt (44)	12.08m		11/10/2009	Homebush	# SR
Weight Throw - W45 - 9.08kg	Pam Mountfield (45)	8.75m		6/03/2010	Campbelltown	#

Event	Athlete/s (age)	Performance	Wind	Date	Venue	
Weight Throw - W50 - 7.26kg	Kerrie Jones	7.82m		1/04/2006	Bankstown	
Weight Throw - W55 - 7.26kg	Kerrie Jones (56)	8.75m		6/03/2010	Campbelltown	#
Weight Throw - W85 - 7.26kg	Ruth Frith	7.78m		1995		SR
Weight Throw - W90 - 7.26kg	Ruth Frith	6.19m		2001	Sydney	SR
<i>Indoor Pentathlon - 60H, HJ, SP, LJ, 800m</i>						
Indoor Pentathlon - W50	Marie Kay (50)	4906 Pts		1/03/2010	Kamloops, CAN	# WR
<i>Pentathlon - LJ, JT, 200m, DT, 800m</i>						
Pentathlon - W35	Caroline Layt	1658 Pts		2004/05	Canberra	
Pentathlon - W40	Helen Searle	3797 Pts		1983		
Pentathlon - W45	Kaye Smythe	3444 Pts		1997/98		SR
Pentathlon - W50	Kaye Smythe	3800 Pts		1998/99		SR
<i>Pentathlon - W55</i>	<i>Gloria Seymon</i>	<i>2322 Pts</i>		<i>11/03/1998</i>	<i>Homebush</i>	<i>SR</i>
<i>Throws Pentathlon - HT, SP, DT, JT, WT</i>						
Throws Pentathlon - W35	Melissa Bonser (37)	2778 Pts		21/03/2008	Blacktown	
Throws Pentathlon - W40	Caroline Layt (44)	2938 Pts		11/10/2009	Homebush	#
Throws Pentathlon - W50	Kerrie Jones	2116 Pts		11/02/2006	Homebush	
Throws Pentathlon - W55	Kerrie Jones (56)	2378 Pts		11/10/2009	Homebush	#
Throws Pentathlon - W80	Ruth Frith	3852 Pts		1993		SR
Throws Pentathlon - W85	Ruth Frith	4424 Pts		7/03/1998	Homebush	SR
Throws Pentathlon - W90	Ruth Frith	5394 Pts		24/04/2000	Hobart	SR
Heptathlon W45	Marie Kay (49)	6185 Pts		28/07/2009	Lahti, Finland	# WR
Heptathlon W50	Kaye Smythe	5222 Pts		1999/2000		SR
Heptathlon W55	Gloria Seymon	4461 Pts		1993		SR
<i>Heptathlon W60</i>	<i>Gloria Seymon</i>	<i>3757</i>		<i>17/07/1997</i>	<i>Durban, RSA</i>	<i>SR</i>
Relay 4 x 100m >30	Kaye Smythe, Glenda Douglass, Sally Fleming, Georgina Hale	50.25		1995/96		
Relay 4 x 100m - 160+	Janet Naylon (40), Marie Kay (46), Jackie Bezuidenhout (40), Melissa Medlicott	50.69		18-19/11/2006	Homebush	
Relay 4 x 100m - 200+	Jenny Schell (47), Robyn Suttor (50), Jillian Senior (57), Marie Kay (49)	58.50		21/11/2009	Blacktown	#
Relay 4 x 200m - 120+	Janet Naylon (38), Jackie Bezuidenhout (38), Caroline Layt (39), Melissa Medlicott (37)	1.48.72		2004/05	Homebush	
Relay 4 x 200m - 160+	Shannon Kavanagh (40), Robyn Suttor (50), Marie Kay (49), Melissa Medlicott (41)	1:47.61		21/11/2009	Blacktown	#
Relay - 4 x 400m >30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	4.07.65		1996/97	Homebush	
Relay - 4 x 400m - 160+	Louise Kershaw, Janet Naylon (40), Mary Fien (34), Marie Kay (46)	4:46.51		18-19/11/2006	Homebush	
Relay - 4 x 800m - 120+	Jo Cowan, Susan Rilen, Stacey Quitzau, Mary Fien	10:52.75		Nov-04	Homebush	
Relay - 4 x 800m - 160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	10:20.74		21/11/2009	Blacktown	# NR
Relay - 4 x 1500m >30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhunty	21.41.79		1998/99	Homebush	
Relay - 4 x 1500m - 160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	21.48.89		2003/2004	Homebush	
Relay - 4 x Shot Put - 120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	<b>39.82m</b>		21/11/2009	Blacktown	# SR