

UTS Northern Suburbs Athletic Club Track & Field Records as at 30 April 2011

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

Notes - Age as at 31 December except masters which is age on the day. # Indicates new record this season. Records in italics are updated from the last published list and were set in previous years but information has only just been located to verify the record. WR = World Record, NR = National Record, SR = State Record. Ind = Indoor performance. Events and age groups recognised are those currently recognised by Athletics Australia, Athletics NSW and the Masters governing bodies. Under 23 age group is for athletes aged 20, 21, 22
Janet Naylor

Event	Performance	Wind	Age	Athlete/s (age)	Date	Venue	Record
MEN							
100yards	9.6		Open	John Treloar / Phil Brown	1952/1957		
60m	7.07	-0.4	Open	Stephen Andrezza (20)	27/10/2007	Bankstown	
60m	7.07	-0.4	U23	Stephen Andrezza (20)	27/10/2007	Bankstown	
60m	7.05	NWI	U20	Russell Parker	1999/2000		
60m	6.9h	NWI	U18	Robbie Baskin (17)	17/06/2006	Narrabeen	
60m	7.38	-3.0	U17	Matthew Hulme (16)	24/10/2009	Narrabeen	
60m	7.09	0.7	U16	Joshua Clarke (15)	30/10/2010	Bankstown	#
60m	7.64	0.1	U15	Phil Biggins (14)	30/10/2010	Bankstown	#
60m	9.38	-2.4	U14	Jackson Diamond (12)	24/10/2009	Narrabeen	
60m	9.38	-2.4	U13	Jackson Diamond (12)	24/10/2009	Narrabeen	
60m	7.26	1.6	M30	Ashley McMahon (33)	25/10/2008	ES Marks	
60m	7.3h	NWI	M35	Sheldon Cummins (36)	27/01/2007	Rotary	
60m	7.6h	NWI	M40	Antony Guest (43)	18/10/2008	Rotary	
60m	7.8h	NWI	M45	Antony Guest (45)	18/09/2010	Rotary	#
60m	8.1h	NWI	M50	Ron Bendall	13/11/2004	Mingara	
60m	8.32	2.0	M55	Paul McCoy (55)	9/04/2011	Blacktown	#
60m	9.0	NWI	M60	Geoff Francis	2003/2004		
60m	8.7	NWI	M65	Brian Hamilton	2002/03		
60m	9.01	0.0	M70	David Chantrill (M72)	9/04/2011	Blacktown	#
100m	10.24		Open	Tim Jackson	1994/95		
100m	10.00	WA	Open	Tim Jackson	1989		
100m	10.86	-1.0	U23	Stephen Andrezza (22)	29/09/2009	Brisbane	
100m	10.41		U20	Tim Jackson	1988		
100m	10.70		U18	Tim Jackson	1987		
100m	10.72	0.1	U17	Joshua Clarke (15)	4/12/2010	Melbourne	#
100m	10.72	0.1	U16	Joshua Clarke (15)	4/12/2010	Melbourne	NR #
100m	11.3		U15	A Clay	1980		
100m	11.30		U14	A Edwards	1995/96		
100m	12.47		U13	D Trimmingham	1987		
100m	10.95	0.8	M30	Ashley McMahon (31)	2/03/2007	Canberra	
100m	11.43		M35	Clay Tompkins	1988		
100m	11.44	1.3	M40	Sheldon Cummins (40)	9/04/2011	Blacktown	#
100m	12.2h	NWI	M45	Antony Guest (45)	5/03/2011	Rotary	#
100m	12.8		M50	Jim McGrath	1981		
100m	12.5h	NWI	M55	Clay Tompkins (55)	10/01/2009	Rotary	
100m	12.3		M60	Reg Austin	1998/99		
100m	12.70		M65	Reg Austin	2000/02		
100m	14.0h	NWI	M70	David Chantrill (72)	22/01/2011	Rotary	#
100m	21.90		M85	Ray Frith	31/03/1991	Canberra	SR
200m	20.93		Open	Tim Jackson	1989		
200m	21.98	NWI	U23	Evan O'Hanlon (20)	6/09/2008	Beijing,ParaG	
200m	21.46		U20	Tim Jackson	1989		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
200m	21.97		U18	Tim Jackson	1987		
200m	22.3		U17	David Waller	1977		
200m	22.01		U16	Scott Fraser	1996/97		
200m	22.47		U15	Ben Hogan	1995/96		
200m	24.47		U14	Peter Radi	1981		
200m	26.2		U13	B Harrison / M White	1971/1975		
200m	22.4h	0.9	M30	Ashley McMahon (31)	17/03/2007	Homebush	
200m	22.83	0.6	M35	Sheldon Cummins (36)	8/03/2008	Homebush	
200m	23.43	-2.0	M40	Sheldon Cummins (40)	2/02/2011	Homebush	#
200m	24.5h	NWI	M45	Antony Guest (45)	26/02/2011	Blacktown	#
200m	26.75		M50	James Slattery	1995		
200m	26.3		M55	Frank Scurr	1995/96		
200m	24.93		M60	Reg Austin	1998/99		
200m	26.07		M65	Reg Austin	2001/02		
200m	29.5h	NWI	M70	David Chantrill (72)	15/01/2011	Rotary	#
400m	46.17		Open	David Johnston	1983		
400m	46.49		U23	David Burke (21)	25/03/2011	Homebush	#
400m	46.9		U20	David Waller	1978		
400m	46.9		U18	David Waller	1978		
400m	46.9		U17	David Waller	1978		
400m	50.31		U16	Scott Fraser	1996/97		
400m	51.8		U15	John Price	1997/98		
400m	53.30		U14	John Price	1996/97		
400m	1.00.3		U13	D Trimmingham	1987		
400m	50.49		M30	Darren Pearce	2000/2001		
400m	47.83		M35	Antoine Burke (35)	25/03/2011	Homebush	#
400m	54.69		M40	John Skrivanic	17/04/2006	Canberra	
400m	56.02		M45	Antony Guest (45)	9/04/2011	Blacktown	#
400m	58.32		M50	Les Gillies	2001/02		
400m	59.15		M55	Rick Martin	6/11/2011	Blacktown	#
400m	1.01.40		M60	Les Gillies (60)	16/03/2007	Adelaide	
400m	1.07.31		M65	Geoff Francis (65)	24/03/2007	Campbelltown	
400m	1.16.75		M70	Charles Hobden (71)	8/03/2008	Homebush	
800m	1.46.52		Open	James Gurr (27)	3/03/2011	Melbourne	#
800m	1.46.66		U23	Tristan Garrett (22)	4/03/2010	Melbourne	
800m	1.46.65		U20	Grant Cremer	1997/98		
800m	1.51.71		U18	Sam Hall	2000/2001		
800m	1.54.23		U17	Adrian White	1981		
800m	2.00.3		U16	K Dewar	1974		
800m	2.02.0		U15	John Vandenberg	1970		
800m	2.11.88		U14	Andrew Needham	1996/97		
800m	2.18.3		U13	R Pentecost	1967		
800m	1.54.64		M30	Sean Fitzpatrick	1997/98		
800m	1.56.10		M35	Greg Nielson	1990		
800m	1.59.98		M40	Stuart Paterson (41)	1997/98	Brisbane	
800m	2.05.9		M45	Stuart Paterson (46)	2002/03	Bankstown	
800m	2.11.59		M50	Les Gillies	2001/02		
800m	2.13.32		M55	Rick Martin (55)	11/12/2010	Homebush	#
800m	2.22.00		M60	Les Gillies (60)	6/04/2007	Hobart	
800m	2.40.33		M65	Geoff Francis (67)	10/04/2009	Adelaide	
800m	2.54.66		M70	Ron Wills (70)	6/03/2010	Campbelltown	
1500m	3.39.12		Open	Nick Bromley (25)	16/02/2008	Homebush	
1500m	3.45.13		U23	Josh Wright (20)	2/02/2011	Homebush	#
1500m	3.49.01		U20	Adrian White	1984		
1500m	3.54.3		U18	Nick Bromley	2000/2001		
1500m	4.02.1		U17	Laurie Toogood	1962		
1500m	4.03.2		U16	John Vandenberg	1970		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
1500m	4.03.2		U15	John Vandenberg	1970		
1500m	4.28.8		U14	G Daly	1969		
1500m	4.46.0		U13	T Gillam	1971		
1500m	3.47.29		M30	Frazer Dowling (30)	2/04/2011	Homebush	#
1500m	3.59.66		M35	Stuart Paterson (39)	16/02/1996	Homebush	
1500m	4.04.49		M40	Stuart Paterson (42)	Jul-99	Gateshead, England	
1500m	4.17.46		M45	Michael Donnelly	2002/03		
1500m	4.31.87		M50	Stuart Paterson (51)	10/09/2007	Riccione, ITA	
1500m	4.48.51		M55	Stephen Ball (56)	28/03/2010	Campbelltown	
1500m	5.16.17		M60	Geoff Francis	2002/03		
1500m	5.37.32		M65	Geoff Francis (67)	10/04/2009	Adelaide	
1500m	6.14.10		M70	Ron Wills (71)	9/04/2011	Blacktown	#
1 Mile	4.04.54		Open	Nick Bromley (24)	17/03/2007	Wanganui, NZL	
3000m	8.04.85		Open	Nick Bromley (25)	8/11/2008	Homebush	
3000m	8.44.54		U23	Matthew Rando (21)	5/04/2009	Adelaide	
3000m	8.20.14		U20	Josh Wright (19)	13/11/2010	Homebush	#
3000m	8.29.0		U18	Joel Fitzgerald	2000/2001		
3000m	8.43.75		U17	Ruairidh MacDonald (16)	11/03/2010	Homebush	
3000m	8.47.2		U16	John Vandenberg	1970		
3000m	9.30.12		U15	S Hudson	1987		
3000m	10.17.4		U14	Nick Walker	1999/2000		
3000m	9.52.09		U13	Jared Simmons (12)	23/01/2010	Homebush	
3000m	8.31.4		M30	Sean Fitzpatrick	1999/2000		
3000m	8.37.7		M35	Michael Donnelly	1995		
3000m	8.47.10		M40	Michael Donnelly	1999/2000		
3000m	9:34.15		M45	Stuart Paterson (49)	2/04/2006	Adelaide	
3000m	10.21.66		M50	Stuart Paterson (50)	11/11/2006	Homebush	
3000m	10.25.3		M55	Jim Seymon	1995		
3000m	11.31.8		M60	Geoff Francis	2002/03		
3000m	12.43.42		M65	Geoff Francis (67)	24/10/2009	Narrabeen	
3000m	14.05.1h		M70	Ron Wills (71)	30/10/2010	Rotary	#
5000m	13.59.0		Open	John Farrington	1970		
5000m			U23	vacant			
5000m	14.28.0		U20	Bruce Adams	1969		
5000m	15.17.4		U18	Joel Fitzgerald	2000/2001		
5000m	17.17.95		U15	G Lawson	1985		
5000m	16.10.29		M30	Tim Connors	19/01/2006	Homebush	
5000m	15.07.90		M35	Michael Donnelly	1995		
5000m	16.26.40		M40	Bruce Hansard	1997/98		
5000m	17:33.30		M45	Stuart Paterson (49)	19/01/2006	Homebush	
5000m	18:14.33		M50	Stephen Ball	19/01/2006	Homebush	
5000m	17.49.00		M55	Jim Seymon	1995		
5000m	19.49.5		M60	Jim Seymon	1998/99		
5000m	22.08.4h		M65	Geoff Francis (67)	11/10/2009	Homebush	
10000m	29.16.2		Open	John Farrington	1970		
10000m	33.26.16		M35	Ray Wareham	2003/2004		
10000m	39.04.03		M50	Stephen Ball	2004/05		
10000m	36.15.4		M55	Jim Seymon	1995		
10000m	41.10.9		M60	Jim Seymon	1997/98		
110m H - 1.067m	14.21		Open	Gareth Watkins	1998/99		
110m H - 1.067m	14.37	0.9	U23	Jacob Holt (22)	23/02/2008	Homebush	
110m H - 0.991m	14.92	-0.1	U20	James Dooley (18)	31/01/2009	Homebush	
110m H - 0.914m	14.01	0.4	U18	James Dooley (17)	Nov-08	Canberra	
110m H - 0.914m	14.85	1.5	U17	James Dooley (16)	2/12/2007	Homebush	
100m H - 0.840m	13.0		U16	Matthew Walker	2002/03		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
100m H - 0.840m	14.09		U15	Patrick Jones	1998/99		
90m H - 0.762m	13.14		U14	Ian Winnick	1995/96		
90m H - 0.762m	13.41	-1.6	U13	Jackson Diamond (12)	31/10/2009	Barden Ridge	
110m H - 0.991m	23.90		M30	Roger Crowhurst	1996/97		
110m H - 0.991m	15.70		M35	Clay Tompkins	1991		SR
110m H - 0.991m	16.24		M40	Clay Tompkins	1993		
110m H - 0.991m	17.47		M45	Clay Tompkins	2002/03		
100m H - 0.914m	15.86		M50	Clay Tompkins	2002/03		
100m H - 0.914m	16.23		M55	Clay Tompkins	21/03/2008	Blacktown	SR
100m H - 0.840m	18.16		M60	Jim McGrath	1992		
100m H - 0.840m	20.30		M65	Jim McGrath	1996/97		
80m H - 0.762m	17.10		M70	Jim McGrath	14/07/2001	Brisbane	SR
200m H - 0.762m	24.60	-1.0	Open	Jacob Holt (20)	16/12/2006	Homebush	
200m H - 0.762m	24.60	-1.0	U23	Jacob Holt (20)	16/12/2006	Homebush	
200m H - 0.762m	24.96		U20	Jacob Holt	2004/05		
200m H - 0.762m	26.07		U18	Kiel Mannix	2004/05		
200m H - 0.762m	27.3		U17	Peter Cunliffe-Jones / I Adair	1966/1969		
200m H - 0.762m	24.3		U16	Matthew Walker	2002/03		
200m H - 0.762m	27.13		U15	Sean Radi	1985		
200m H - 0.762m	29.94		U14	S Hailstone	1985		
200m H - 0.762m	32.0		U13	Sean Radi	1983		
200m H - 0.762m	29.1		M35	Clay Tompkins	1989		
200m H - 0.762m	35.23	0.5	M45	Mark Cepak (48)	15/12/2007	Homebush	
400m H - 0.914m	52.77		Open	James Roff	2004/05		
400m H - 0.914m	53.17		U23	James Roff (21)	27/01/2007	Canberra	
400m H - 0.914m	52.77		U20	James Roff	2004/05		
400m H - 0.840m	53.31		U18	Mark Watts	Dec-05	Homebush	
400m H - 0.840m	57.31		U17	Raymond Smith (15)	30/11/2008	Canberra	
400m H - 0.762m	1.03.7		U16	Peter Radi	1986		no longer an event for U16
400m H - 0.840m	1.18.16		M50	Stephen Ball	2004/05		
400m H - 0.914m	1.17.10		M30	Roger Crowhurst	1996/97		
400m H - 0.914m	1.06.3		M35	Peter Hampshire	1991		
400m H - 0.914m	1.15.00		M40	Peter Hampshire	1996/97		
400m H - 0.914m	1.12.90		M45	Stephen Ball	2001/02		
300m H - 0.762m	53.00		M60	Les Gillies (60)	16/03/2007	Adelaide	
3000m Steeple 0.914m	9.20.63		Open	Nick Bromley (19)	23/03/2002		
3000m Steeple 0.914m	9.20.63		U20	Nick Bromley (19)	23/03/2002		
2000m Steeple - 0.914m	6.00.58		U18	Chris White	1986		
2000m Steeple - 0.914m	6.00.58		U17	Chris White	1986		
2000m Steeple - 0.914m*	6.04.27		U16	Chris White	1985		NR
2000m Steeple - 0.762m	6.31.73		U15	S Hudson	1987		
1500m Walk	5.58.0		Open	J Hart	1985		
1500m Walk	5.58.0		U20	J Hart	1985		
1500m Walk	6.27.7		U17	J Hart	1980		
1500m Walk	6.24.7		U16	J Hart	1980		
1500m Walk	6.24.7		U15	J Hart	1980		
1500m Walk	8.38.0		U13	J Davidson	1975		
1500m Walk	7.31.7		M30	Mark Ransom	1995/96		
1500m Walk	7.45.1		M35	Mark Ransom	1998/99		
1500m Walk	7.57.2		M45	Robert Osborne	2004/05		
1500m Walk	9.34.5		M50	Doug Barrett	2004/05		
1500m Walk	8.25.70		M55	Jim Seymon	1996/97		
1500m Walk	8.26.0		M60	Jim Seymon	1998/99		
1500m Walk	8.04.08		M65	Jim Seymon	2003/2004		
1500m Walk	8.01.4h		M70	Jim Seymon (72)	16/01/2010	Rotary	

Event	Performance	Wind Age	Athlete	Date	Venue	Record
3000m Walk	12.46.6	Open	J Hart	1983		
3000m Walk	12.45.8	U20	John Morison	2000/2001		
3000m Walk	12.46.6	U18	J Hart	1983		
3000m Walk	13.51.5	U16	J Hart	1980		
3000m Walk	13.51.5	U15	J Hart	1980		
3000m Walk	15.44.7	M30	Mark Ransom	1995/96		
3000m Walk	16.53.4	M35	Mark Ransom	1998/99		
3000m Walk	17.16.20	M55	Jim Seymon	1996/97		
3000m Walk	16.48.3	M60	Jim Seymon	2003/2004		
3000m Walk	16.58.4	M65	Jim Seymon	2002/03		
3000m Walk	17.34.0h	M70	Jim Seymon (71)	7/03/2009	Rotary	
5000m Walk	22.26.68	Open	John Morison	2001/02		
5000m Walk	28.02.0	M30	Mark Ransom	1995/96		
5000m Walk	26.58.8	M35	Mark Ransom	1999/2000		
5000m Walk	30.25.40	M55	Jim Seymon	1996/97		
5000m Walk	28.39.1	M60	Jim Seymon	2003/2004		
5000m Walk	28.42.84	M65	Jim Seymon	2002/03		
5000m Walk	29.54.84	M70	Jim Seymon (71)	10/04/2009	Adelaide	SR
10000m Walk	58.15.0	M30	Mark Ransom	1995/96		
10000m Walk	1.02.32.0	M35	Mark Ransom	1998/99		
10000m Walk	1.00.00.0	M65	Jim Seymon	2004	Bankstown	SR
10000m Walk	1:03.11.53	M70	Jim Seymon (71)	5/01/2008	Campbelltown	
High Jump	2.23m	Open	Luke Russell	1998/99		
High Jump	1.90m	U23	Michael Treloar (20)	25/09/2007	Griffith Uni, QLD	
High Jump	2.23m	U20	Luke Russell	1998/99		
High Jump	2.11m	U18	Theo Kavieris	1986		
High Jump	1.96m	U17	Gordon Windeyer	1971		
High Jump	1.90m	U16	Matthew Walker	1980		
High Jump	1.90m	U15	A Urquart	1983		
High Jump	1.78m	U14	J Delamare	1983		
High Jump	1.65m	U13	William Richardson (12)	15/11/2008	Blacktown	
High Jump	1.70m	M30	Carl Dubois / Tony Nash	1995 - 1996/97		
High Jump	1.70m	M30	Ashley McMahon	22/10/2005	Campbelltown	
High Jump	1.93m	M35	Clay Tompkins	1992		SR
High Jump	1.90m	M40	Clay Tompkins	1993		SR
High Jump	1.83m	M45	Clay Tompkins	2000/2001		
High Jump	1.75m	M50	Clay Tompkins	9/03/2003	Homebush	SR
High Jump	1.68m	M55	Clay Tomkins (55)	22/03/2008	Blacktown	SR
High Jump	1.36m	M60	Jim McGrath	1991		
High Jump	1.20m	M65	Jim McGrath	1996/97		
High Jump	1.07m	M70	Jim McGrath	2001/02		
Pole Vault	4.63m	Open	Peter Dyer	1984		
Pole Vault	3.50m	U23	Oliver Holland (20)	3/01/2009	Campbelltown	
Pole Vault	4.40m	U20	Sean Radi	1988		
Pole Vault	4.40m	U18	Sean Radi	1988		
Pole Vault	3.95m	U17	Sean Radi	1986		
Pole Vault	3.95m	U16	Sean Radi	1986		
Pole Vault	3.90m	U15	Sean Radi	1985		
Pole Vault	3.25m	U14	Sean Radi	1984		
Pole Vault	3.00m	U13	Sean Radi	1983		
Pole Vault	3.80m	M30	Tim McGrath	1995/96		
Pole Vault	3.65m	M35	Clay Tompkins	1988		
Pole Vault	3.60m	M40	Clay Tompkins	1993		
Pole Vault	3.60m	M45	Jim McGrath / Clay Tompkins	1976 & 1998/99	Sydney	SR
Pole Vault	3.20m	M50	Jim McGrath / Clay Tompkins	1981 & 2002/03		
Pole Vault	3.20m	M55	Jim McGrath	1987		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
Pole Vault	3.00m		M60	Jim McGrath	20/07/1991	England	<i>SR</i>
Pole Vault	2.60m		M65	Jim McGrath	1996/97		
Pole Vault	2.40m		M70	Jim McGrath	3/11/2001	Sydney	<i>SR</i>
Long Jump	7.67m		Open	Peter Banks	1996/97		
Long Jump	6.26m	1.6	U23	Oliver Holland (20)	4/01/2009	Campbelltown	
Long Jump	7.31m		U20	Russell Parker	1998/99		
Long Jump	6.90m		U18	Peter Elvy	1996/97		
Long Jump	6.85m		U17	Clay Tompkins	1969		
Long Jump	6.53m		U16	Matthew Walker	2002/03		
Long Jump	6.48m		U15	Sean Radi	1985		
Long Jump	5.98m		U14	Peter Elvy	1994		
Long Jump	5.30m		U13	G Bayman	1980		
Long Jump	6.15m	NWI	M30	Ashley McMahon	11/03/2006	Campbelltown	
Long Jump	6.56m		M35	Clay Tompkins	1988		
Long Jump	6.66m		M40	Clay Tompkins	1995/96		<i>SR</i>
Long Jump	6.25m		M45	Clay Tompkins	1998/99		
Long Jump	5.78m		M50	Clay Tompkins	2002/03		
Long Jump	5.61m	0.4	M55	Clay Tompkins (55)	27/07/2008	Townsville	
Long Jump	4.99m		M60	Jim McGrath	18/07/1981	Turku, Finland	<i>SR</i>
Long Jump	4.29m		M65	Jim McGrath	1996/97		
Long Jump	3.92m		M70	Jim McGrath	2001/02		
Triple Jump	15.71m	1.9	Open	Tomas Cholensky (33)	25/03/2011	Homebush	#
Triple Jump	11.16m	0.4	U23	Jacob Holt (20)	26/09/2006		
Triple Jump	15.00m		U20	Peter Cox	1951		
Triple Jump	14.40m		U18	Peter Cox	1949		
Triple Jump	14.40m		U17	Peter Cox	1949		
Triple Jump	13.56m		U16	Matthew Walker	2002/03		
Triple Jump	12.82m		U15	Sean Radi	1985		
Triple Jump	12.27m		U14	Peter Radi	1981		
Triple Jump	10.78m		U13	D Trimmingham	1987		
Triple Jump	15.71m	1.9	M30	Tomas Cholensky (32)	25/03/2011	Homebush	#
Triple Jump	14.77m		M35	Clay Tompkins	1988		
Triple Jump	13.92m		M40	Clay Tompkins	1993		<i>SR</i>
Triple Jump	13.51m		M45	Clay Tompkins	6/03/1999	Sydney	<i>SR</i>
Triple Jump	12.23m	NWI	M50	Clay Tompkins (54)	24/03/2007	Campbelltown	<i>NR</i>
Triple Jump	12.19m	2.0	M55	Clay Tompkins (57)	2/04/2010	Perth	
Triple Jump	9.40m		M60	Jim McGrath	1995		
Triple Jump	8.24m	NWI	M70	Nick Bastas	9/04/2011	Blacktown	#
Shot Put - 7.26kg	16.82m		Open	Paul Crowe (32)	20/01/2007	Bankstown	
Shot Put - 7.26kg	9.19m		U23	Oliver Holland (20)	31/01/2009	Hobart	
Shot Put - 7.26kg*	15.94m		U20	Stuart Gyngell	1983		
Shot Put - 5kg	18.34m		U18	Peter Elvy	1996/97		
Shot Put - 4.536kg*	17.33m		U17	G Bayman	1970		
Shot Put - 4.536kg*	17.44m		U16	Robert Murphy	1997/98		
Shot Put - 4.536kg*	17.13m		U15	Peter Elvy	1995		
Shot Put - 3.632kg*	16.45m		U14	Peter Elvy	1994		
Shot Put - 2.724kg*	14.25m		U13	G Bayman	1966		
Shot Put - 7.26kg	16.82m		M30	Paul Crowe (32)	20/01/2007	Bankstown	
Shot Put - 7.26kg	16.67m		M35	Paul Crowe (35)	11/10/2009	Homebush	
Shot Put - 7.26kg	11.41m		M40	Clay Tompkins	1996/97		
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	1991		
Shot Put - 5kg	9.34m		M65	Jim McGrath	1996/97		
Shot Put - 4kg	8.76m		M70	Jim McGrath	2001/02		
Shot Put - 4kg	7.55m		M75	Jim McGrath (79)	8/01/2011	Rotary	#

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Shot Put - 4kg*	7.27m	M80	Ray Frith	1987		
Shot Put - 4kg*	6.35m	M85	Ray Frith	1988		
Discus - 2kg	60.45m	Open	Peter Elvy	2000/01		
Discus - 2kg	26.02m	U23	Oliver Holland (20)	31/01/2009	Hobart	
Discus - 2kg*	55.45m	U20	Peter Elvy	1999/2000		
Discus - 1.5kg	61.60m	U18	Peter Elvy	1997/98		
Discus - 1.5kg	46.98m	U17	G Bayman	1970		
Discus - 1kg	64.68m	U16	Peter Elvy	1995/96		
Discus - 1kg	59.84m	U15	Peter Elvy	1995		
Discus - 1kg	54.24m	U14	Robert Murphy	1995/96		
Discus - 1kg	44.38m	U13	Darren Pitchfork	1985		
Discus - 2kg	36.74m	M30	Carl Dubois	1995		
Discus - 2kg	33.72m	M35	Clay Tompkins	1995		
Discus - 2kg	39.18m	M40	Clay Tompkins	1999/2000		
Discus - 2kg	34.11m	M45	John Kay (49)	Nov-08	Blacktown	
Discus - 1.5kg	41.86m	M50	Rocky Wijesinghe	1987		
Discus - 1.5kg	39.56m	M55	Rocky Wijesinghe	1992		
Discus - 1kg	37.06m	M60	Jim McGrath	1994		
Discus - 1kg	30.72m	M65	Jim McGrath	1996/97		
Discus - 1kg	26.75m	M70	Jim McGrath	2001/02		
Discus - 1kg	18.24m	M80	Ray Frith	1987		
Discus - 1kg	15.92m	M85	Ray Frith	1990		
Discus - 1kg	12.84m	M90	Ray Frith	1995		SR
Hammer - 7.26kg	56.10m	Open	Jon Harwood (26)	13/02/2009	Homebush	
Hammer - 7.26kg		U23	vacant			
Hammer - 7.26kg*	53.34m	U20	Darren Pitchfork	1989		
Hammer - 5kg	62.90m	U18	Darren Pitchfork	1988		
Hammer - 4.536kg*	56.04m	U17	Moise Haque	1979		
Hammer - 4.536kg*	60.00m	U16	Darren Pitchfork	1987		
Hammer - 4.536kg*	54.54m	U15	Peter Elvy	1995		
Hammer - 7.26kg	35.65m	M30	Peter Lang	2000/2001		
Hammer - 7.26kg	33.88m	M40	Ross Douglas	1999/2000		
Hammer - 7.26kg	31.11m	M45	Mark Cepak (49)	28/03/2009	Bankstown	
Hammer - 6kg	38.38m	M50	Robert Hanbury-Brown (53)	28/11/2010	Rotary	
Hammer - 6kg	21.72m	M55	Ian Heazlewood (56)	21/03/2008	Blacktown	
Hammer - 5kg	27.66m	M60	Jim McGrath	1995		
Hammer - 4kg	26.73m	M70	Brian Hamilton (72)	6/02/2010	Rotary	
Hammer - 4kg	21.05m	M75	Jim McGrath (79)	5/02/2011	Rotary	#
Hammer - 3kg	20.05m	M80	Jim McGrath (80)	9/04/2011	Blacktown	#
Javelin - 800g	63.14m	Open	Peter Elvy	1995/96		
Javelin - 800g	44.17m	U23	Nik Vosper (22)	18/11/2006	Homebush	
Javelin - 800g	63.14m	U20	Peter Elvy	1995/96		
Javelin - 700g	66.16m	U18	Peter Elvy	1995/96		
Javelin - 700g	66.16m	U17	Peter Elvy	1995/96		
Javelin - 700g	66.16m	U16	Peter Elvy	1995/98		
Javelin - 700g	60.54m	U15	Peter Elvy	1995		
Javelin - 600g	54.44m	U14	Peter Elvy	1994		
Javelin - 600g	31.50m	U13	Darren Pitchfork	1984		
Javelin - 800g	47.34m	M30	Tony Nash	1996/97		
Javelin - 800g	46.90m	M35	Clay Tompkins	1991		
Javelin - 800g	47.36m	M40	Clay Tompkins	1995/96		
Javelin - 800g	46.89m	M45	John Kay (49)	Nov-08	Blacktown	
Javelin - 700g	54.37m	M50	John Kay (50)	18/10/2009	Homebush	
Javelin - 800g*	40.04m	M55	Rocky Wijesinghe	1993		
Javelin - 600g	33.76m	M60	Jim McGrath	1991		
Javelin - 600g	29.54m	M65	Jim McGrath	1996/97		
Javelin - 500g	25.37m	M70	Jim McGrath	2001/02		

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Javelin - 500g	20.23m	M75	Jim McGrath (76)	6/04/2007	Hobart	
Javelin - 400g	15.93m	M80	Jim McGrath (80)	9/04/2011	Blacktown	#
Weight Throw - 15.88kg	7.44m	M40	Tony Nash (43)	24/03/2007	Campbelltown	
Weight Throw - 15.88kg	10.71m	M45	Mark Cepak (49)	10/04/2009	Adelaide	
Weight Throw - 11.34kg	13.83m	M50	Robert Hanbury-Brown (54)	20/03/2010	Canberra	
Weight Throw - 11.34kg	8.06m	M55	Ian Heazlewood (55)	6/04/2007	Hobart	
Weight Throw - 9.08kg	6.01m	M60	Robert Jones (60)	15/01/2011	Rotary	#
Weight Throw - 7.26kg	8.95m	M70	Charles Hobden (71)	8/12/2007	Rotary	
Decathlon	7915 Pts	Open	Peter Banks	1996/97		
Decathlon	5478 Pts	U23	Oliver Holland (20)	31/01/2009	Hobart	
Decathlon	6425 Pts	U20	James Moir	1987		
Decathlon	6631 Pts	U18	Sean Radi	1987		
Decathlon	5827 Pts	U16	Sean Radi	1986		
Decathlon	3279 Pts	M40	Tony Nash (43)	3/03/2007	Brisbane	
Decathlon	3112 Pts	M45	Mark Cepak (48)	5/09/2007	Riccione, ITA	
Decathlon	6450 Pts	M60	Jim McGrath	18/07/1991	Turku, Finland	SR
Heptathlon	4184 Pts	U16	Martin Stonis (15)	6/01/2007	Homebush	
Outdoor Pentathlon - LJ, JT, 200m, DT, 1500m						
Pentathlon	1498 Pts	M30	Peter Lang	12/02/2006	Homebush	
Pentathlon	3243 Pts	M35	Clay Tompkins	4/04/1988	Brisbane	SR
Pentathlon	1749 Pts	M40	Tony Nash (43)	6/04/2007	Hobart	
Pentathlon	3719 Pts	M45	Clay Tompkins	1997/98		
Pentathlon	3102 Pts	M50	John Kay (50)	2/04/2010	Perth	
Pentathlon	726 Pts	M55	Doug Barrett (57)	26/03/2010	Homebush	
Pentathlon	2618 Pts	M60	Les Gillies (60)	6/04/2007	Hobart	
Throws Pentathlon - HT, SP, DT, JT, WT						
Throws Pentathlon	1987 Pts	M30	Warren Jones (30)	27/02/2011	Campbelltown	#
Throws Pentathlon	1310 Pts	M40	Tony Nash (43)	6/04/2007	Hobart	
Throws Pentathlon	2354 Pts	M45	Tim McGrath (48)	27/02/2011	Campbelltown	#
Throws Pentathlon	2896 Pts	M50	Robert Hanbury-Brown (53)	11/10/2009	Homebush	
Throws Pentathlon	2264 Pts	M55	Ian Heazlewood (56)	21/03/2008	Blacktown	
Throws Pentathlon	2196 Pts	M80	Jim McGrath (80)	27/02/2011	Campbelltown	#
Relay - 4 x 100m	40.64	Open	Martin Byron, Tim Jackson, Eric McCoy, Matthew Reede	1993	ES Marks	
Relay - 4 x 100m	43.18	U20	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 100m	43.18	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 100m	44.84	U16	Anthony Collum, Joshua Clarke (15), Devlin Higgins, Phil Biggins (14)	21/11/2010	Homebush	#
Relay - 4 x 100m	51.41	U14	M Horman, Marek Cholinski, R Kameron, P Ching	1992		
Relay - 4 x 100m	49.22	M40	Ross Douglas, Clay Tompkins, Tim Heazlewood, David Hardyman	1995		
Relay - 4 x 100m	46.49	M120+	John Skrivanic, Sheldon Cummins, Melissa Medicott, Anthony Benn	Nov-05	Homebush	
Relay - 4 x 100m	48.38	M160+	Evan Walsh (41), Adam Parsonage (42), Anthony Crimi (49), Anthony Guest (45)	21/11/2009	Blacktown	
Relay - 4 x 100m	50.54	M200+	Chris Norris (51), David Smith (55), Robert Stepanovich (55), Sheldon Cummins (39)	21/11/2010	Homebush	#

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Relay - 4 x 100m	58.56	M240+	David Smith (54), Mark Cepak (50), Geoff Francis (67), Charles Hobden (74)	21/11/2009	Blacktown	
Relay - 4 x 200m	1.27.33	Open	Daniel Hawkins, Tim Jackson, Martin Byron, Ray Younis	1995	Homebush	
Relay - 4 x 200m	1:29.24	U20	Tristan Garrett, James Roff, Kiel Mannix, Steve Andreatta	Nov-05	Homebush	
Relay - 4 x 200m	1.29.38	U18	Matthew Reede, Matthew Todd, M Carter, Tim Jackson	1985	ES Marks	
Relay - 4 x 200m	1.36.0	U17	V Carnovale, M Cobb, R Cross, A Pearce	1979		
Relay - 4 x 200m	1.33.44	U16	Matthew Reede, J Kwan, Tim Jackson, M Carter	1984		
Relay - 4 x 200m	1.41.88	U15	Graham Wright, P Joseph, S Harris, Robert Waller	1981		
Relay - 4 x 200m	1.47.53	U14	M Horman, Marek Cholinski, R Kameron, P Ching	1992		
Relay - 4 x 200m	1.37.23	M30	Carl Dubois, Don Watt, Angus Stewart, Roger Crowhurst	1994		
Relay - 4 x 200m	1.45.10	M40	James Slattery, Clay Tompkins, John Petre, Alan Nolan	1995		
Relay - 4 x 200m	1.45.46	M160+	Tony Crimi (49), Adam Parsonage (43), David Smith (55), Richard Martin (55)	21/11/2010	Homebush	#
Relay - 4 x 200m	1:52.96	M200+	John Skrivanic, Les Gillies, Geoff Francis, Roger Hastie	18-19/11/2006	Homebush	
Relay - 4 x 400m	3.12.25	Open	Luke Packham, Blake Vanderwoude, Paul Cummings, Antoine Burke	Mar-11	Homebush	#
Relay - 4 x 400m	3:19.91	U20	Tristan Garrett, James Roff, Kiel Mannix, Mark Watts	Nov-05	Homebush	
Relay - 4 x 400m	3.22.65	U18	Will Austin-Cray, Luke Packham, Joel Norton, Cheyne Egelton	20/11/2010	Homebush	#
Relay - 4 x 400m	3.26.21	U17	R Pittorino, Adrain White, Anthony Dempsey, Chris Carley	1981		
Relay - 4 x 400m	3:38.26	U16	Andrew Brazier, Jack Richardson, Dean Asonitis, Matthew Skilbeck	18-19/11/2006	Homebush	
Relay - 4 x 400m	3:40.97	M120+	John Skrivanic, Sheldon Cummins, Roger Hastie, Anthony Benn	Nov-05	Homebush	
Relay - 4 x 400m	3.49.13	M160+	Anthony Guest (45), Adam Parsonage (43), Frazer Dowling (30), Conor Delahunty (42)	Nov-10	Homebush	#
Relay - 4 x 400m	3:59.72	M200+	Les Gillies, Stephen Ball, Stuart Paterson, John Skrivanic	18-19/11/2006	Homebush	
Relay - 4 x 800m	7:27.95	Open	Frazer Dowling (29), James Gurr (26), Nick Bromley (26), Tristan Garrett (21)	22/11/2009	Blacktown	
Relay - 4 x 800m	7.46.20	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	8.27.2	U17	P Bingham-Hall, H Coombes, K Dewar, B Preston	1975		
Relay - 4 x 800m	8.42.57	U16	Ben McKinley, Luke McSpeerin, Scott Leece, James Rushton	1995/96		
Relay - 4 x 800m	7.46.20	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Anthony Andreatta	17/12/2000	Homebush	SR
Relay - 4 x 800m	9.58.56	U14	Matthew Brougham, Scott Leece, Sam Kennedy, T Lamvohee	1995		

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Relay - 4 x 800m	8.14.05	M30	Angus Stewart, Stuart Paterson, Paul Laurendet, Peter Hampshire	19/12/1993	ES Marks	<i>SR</i>
Relay - 4 x 800m	8.33.86	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	19/11/1997	Homebush	<i>SR</i>
Relay - 4 x 800m	8.53.11	M160+	Greg Lyons, Michael Donnelly, Les Gillies, Stuart Paterson	14/12/2002	Homebush	
Relay - 4 x 800m	9.28.19	M200+	Stephen Ball, Les Gillies, John Vandenberg, Peter Hampshire	2003/2004	Homebush	
Relay - 4 x 1500m	16.08.9	Open	Michael Maiers, Sean Fitzpatrick, Robert Spurrs, Adrian McGarva	1999/2000	Homebush	
Relay - 4 x 1500m	16.39.47	U20	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	17/12/2000	Homebush	
Relay - 4 x 1500m	18.03.13	U16	Tom Gleeson, Andrew Fahey, Josh Wilson, Phil De Mestre	2000/01		
Relay - 4 x 1500m	20:41.72	U14	Josh Hall, Chris Cepak, Trent Morton, Joel, Norton	18-19/11/2006	Homebush	
Relay - 4 x 1500m	16.39.47	U18	Sam Hall, Joel Fitzgerald, Nick Bromley, Tom Gleeson	2000/01	Homebush	
Relay - 4 x 1500m	16.50.13	M30	Stuart Paterson, Angus Stewart, Stuart Aikman, Matthew Todd	17/12/1995	ES Marks	
Relay - 4 x 1500m	17.56.10	M40	Michael Donnelly, Peter Hampshire, David Hardyman, Stuart Paterson	29/11/1997	Homebush	
Relay - 4 x 1500m	18.02.76	M160+	Michael Donnelly, Stuart Paterson, Angus Stewart, Greg Lyons	14/12/2002	Homebush	
Relay - 4 x 1500m	19.55.82	M200+	Richard Martin (55), Stuart Paterson (54), Conor Delahunty (42), Len Augustine (50)	21/11/2010	Homebush	<i>#</i>
Relay - Medley (100,100,200,400)	1.38.1	Open	Michael Maiers, Mark Caulfield, Mitchell Roberts, Ray Barbat	2002/2003	Homebush	
Relay - Medley (200,200,400,800)	3.22.06	Open	Ben Colless, Chris Pitman, Antoine Burke, James Gurr	Nov-10	Homebush	<i>#</i>
Relay - Medley (200,200,400,800)	3:58.81	U18	Nicholas Bell, Joe Craft, Ben Noone, Dean Asonitis	16/12/2006	Homebush	
Relay - 4 x High Jump	7.90m	Open	Peter Banks, Ian Garrett, Michael Hamlyn-Harris, Adrian Basche	1996/97	Homebush	
Relay - 4 x High Jump	7.30m	U18	Chris Gale, Luke Russell, Luke McSpeerin, Robert Murphy	1996/97	Homebush	
Relay - 4 x Pole Vault	14.10m	Open	Ian Garrett, Peter Banks, Clay Tompkins, Adrian Basche	1996/97	Homebush	
Relay - 4 x Long Jump	27.06m	Open	Peter Banks, Ian Garrett, Tim Gledhill, Antonio Seremet	1996	Homebush	<i>SR</i>
Relay - 4 x Long Jump	22.97m	U18	Kajtek Kielich, Paul Ryan, Chris Gale, Ben Hogan	1996/97	Homebush	
Relay - 4 x Long Jump	17.92m	U14	Matthew Crowe (11), Will Richardson (12), Edward Trippas (10), Calvin Goesler (12)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	53.93m	Open	Paul Crowe (33), Pavel Pankuch (33), Jon Harwood (26), Warren Jones (28)	15-16/11/2008	Blacktown	
Relay - 4 x Shot	51.24m	U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush	
Relay - 4 x Shot Put	39.80m	M120+	Robert Hanbury-Brown (53), Mark Cepak (50), Kieran Courtney (30), John Kay (50)	22/11/2009	Blacktown	
Relay - 4 x Discus	143.96m	Open	Paul Crowe (33), Jon Harwood (26), John Kay (49), Anthony Camilleri (23)	15-16/11/2008	Blacktown	

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
Relay - 4 x Discus	157.62m		U18	Robert Murphy, Warren Jones, Peter Elvy, Chris Gale	1997/98	Homebush	
Relay - 4 x Hammer Throw	120.77m		Open	Peter Lang, Warren Jones, Michael Stark, Ross Douglas	2003/2004	Homebush	
Relay - 4 x Hammer	123.42m		U18	Robert Murphy, Warren Jones, Andrew Lukas, Chris Gale	1996/97	Homebush	
Relay - 4 x Javelin	189.12m		Open	Anthony Camilleri (23), Chris Dyce (20), John Kay (49), Oliver Holland (19)	15-16/11/2008	Blacktown	SR
Relay - 4 x Javelin	145.11m		U18	James Dooley, Robin Gladstone, Andrew Cepak, Chris Cepak	18-19/11/2006	Homebush	
WOMEN							
100 yards	10.4		Open	Jenny Lamy	1966		
60m	7.3	NWI	Open	Melissa Medicott (38)	10/06/2006	Narrabeen	
60m	7.3	NWI	Open	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.5h	Ind	U23	Thalia Amanakis (22)	26/01/2008	Manoa, Hawaii, USA	
60m	7.3	NWI	U20	Laura Verlinden (18)	1/07/2006	Narrabeen	
60m	7.79	0.1	U18	Sarah Thompson (17)	10/11/2007	Homebush	
60m	7.83	0.1	U17	Tracey Morton (16)	10/11/2007	Homebush	
60m	7.85	0.6	U16	Karlie Morton (15)	25/10/2008	ES Marks	
60m	7.91	0.4	U15	Karlie Morton (14)	10/11/2007	Homebush	
60m	8.32	-0.1	U14	Molly Tredinnick (13)	25/10/2008	ES Marks	
60m	8.87	-0.4	U13	Eliza Cepak (12)	10/11/2007	Homebush	
60m	7.63	1.4	W30	Jess Knox (31)	19/12/2009	Bankstown	
60m	7.4	NWI	W35	Melissa Medicott	13/11/2004	Mingara	
60m	8.08	1.9	W40	Jackie Bezuidenhout (44)	9/04/2011	Blacktown	#
60m	8.41	-0.8	W45	Marie Kay (48)	27/07/2008	Townsville	NR
60m	8.97	-0.6	W50	Robyn Suttor (50)	10/04/2009	Adelaide	SR
60m	10.0	NWI	W55	Anne Dorey	2003/2004		
100m	11.2		Open	Jenny Lamy	1967		
100m	11.89	-0.1	U23	Laura Verlinden (20)	19/03/2009	Brisbane	
100m	11.2		U20	Jenny Lamy	1967		
100m	11.6		U18	Melissa Moore / Fiona Blair	1986/1991		
100m	11.87	1.9	U17	Karlie Morton (15)	30/11/2008	Canberra	
100m	11.87	1.9	U16	Karlie Morton (15)	30/11/2008	Canberra	
100m	11.93		U15	Alice Wilson	2004/05		
100m	12.70		U14	Catherine Kennedy	1990		
100m	13.21		U13	Keshvar Mirarazi	1995		
100m	11.65		W30	Jenny Laurendet	1994		
100m	11.8h	NWI	W35	Melissa Medicott	13/11/2004	Mingara	
100m	12.75	0.4	W40	Jacqueline Bezuidenhout (44)	5/02/2011	Homebush	#
100m	13.1h	-0.4	W45	Marie Kay (47)	24/11/2007	Bankstown	
100m	13.5		W50	Kaye Smythe	1998/99		
100m	14.98		W55	Gloria Seymon	1993		
100m	16.7		W65	Kathleen Cook	2004/05		
100m	19.9		W70	Ruth Frith	1991		
100m	19.3		W75	Ruth Frith	1990		
200m	22.88		Open	Jenny Lamy	1968		
200m	24.21	1.4	U23	Laura Verlinden (20)	7/03/2009	Homebush	
200m	23.93	-0.3	U20	Karlie Morton (17)	11/03/2010	Homebush	
200m	23.93	-0.3	U18	Karlie Morton (17)	11/03/2010	Homebush	
200m	24.39	0.3	U17	Tracey Morton (16)	13/10/2007	Homebush	
200m	24.40	0.7	U16	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	0.7	U15	Tracey Morton	29/11/2005	Melbourne	
200m	24.40	-0.3	U15	Karlie Morton (14)	6/12/2007	Homebush	
200m	25.62		U14	Stephanie Parker	1997/98		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
200m	27.66		U13	Anneliese Rubie	2004/05		
200m	24.79		W30	Glenda Douglass	1995/96		
200m	25.17		W35	Melissa Medlicott	25/02/2006	Homebush	SR
200m	26.44	1.2	W40	Jackie Bezuidenhout (44)	21/04/2011	Brisbane	#
200m	25.85	Ind	W45	Marie Kay (48)	19/03/2008	Clermont-Ferrand, FR.	WR
200m	27.6	1.5	W50	Marie Kay (50)	2/04/2010	Perth	
200m	31.6		W55	Gloria Seymon	1993		
200m	38.1h	NWI	W60	Lesley Eller (66)	5/12/2009	Rotary	
200m	35.5		W65	Kathleen Cook	2004/05		
400m	51.80		Open	Annabelle Smith	2003/2004		
400m	55.64	Ind	U23	Thalia Amanakis (22)	1/03/2008	Nampa, ID, USA	
400m	53.88		U20	Anneliese Rubie (18)	11/03/2010	Homebush	
400m	54.78		U18	Kylie Robertson	1992		
400m	56.09		U17	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U16	Tracey Morton	12/11/2005	Homebush	
400m	56.09		U15	Tracey Morton	12/11/2005	Homebush	
400m	57.80		U14	Anneliese Rubie	Dec-05	Homebush	
400m	1.01.44		U13	Anneliese Rubie	2004/05		
400m	55.50		W30	Glenda Douglass	5/04/1996	Perth	SR
400m	58.40		W35	Stacey Quitzau	1997/98		
400m	1.05.59		W40	Stacey Quitzau	2004/05		
400m	56.99	Ind	W45	Marie Kay (48)	22/03/2008	Clermont-Ferrand, FR.	WR
400m	1.02.96	Ind	W50	Marie Kay (50)	6/03/2010	Kamloops, CAN	
400m	1.30.9		W55	Anne Dorey	2002/03		
400m	1.15.0		W60	Maureen Cadogan	2002/03		
400m	1.25.7h		W65	Lesley Eller (66)	9/01/2010	Rotary	SR
800m	2.02.88		Open	Sianne Toemoe (22)	31/03/2011	Perth	#
800m	2.02.88		U23	Sianne Toemoe (22)	31/03/2011	Perth	#
800m	2:05.32		U20	Trychelle Kingdom (17)	16/02/2008	Homebush	
800m	2.10.85		U18	Sianne Toemoe (17)	11/11/2006	Homebush	
800m	2.15.22		U17	Renee Vandenberg	2000/2001		
800m	2.15.22		U16	Renee Vandenberg	2000/2001		
800m	2.17.2		U15	Renee Vandenberg	2000/2001		
800m	2:17.29		U14	Ruby Hackett	Dec-05	Homebush	
800m	2.22.62		U13	Ruby Hackett	2004/05		
800m	2.22.61		W30	Mary Fein	2002/03		
800m	2.14.1		W35	Stacey Quitzau	1997/98		
800m	2.15.39		W40	Anne Forbes	13/04/2001		SR
800m	2.31.34		W45	Kaye Smythe	1997/98		
800m	2.34.94		W50	Robyn Suttor (50)	11/10/2009	Homebush	
800m			W55	Gloria Seymon			
800m	2.53.01		W60	Maureen Cadogan	2002/03		
800m	3.18.4h		W65	Lesley Eller (66)	5/12/2009	Rotary	SR
1500m	4.19.70		Open	Lara Nicod (25)	15/08/2010	Kessel Lo, Belgium	#
1500m	4.23.07		U23	Katie French (21)	17/02/2007	Homebush	
1500m	4.27.98		U20	Lucy Starrat (18)	6/08/2006	Gold Coast	
1500m	4:30.45		U18	Greta McNiven	2003/2004		
1500m	4:41.0		U17	Carly Green	1991		
1500m	4:41.0		U16	Carly Green	1991		
1500m	4:42.97		U15	Ruby Hackett	15/02/2006	Homebush	
1500m	4:42.97		U14	Ruby Hackett	15/02/2006	Homebush	
1500m	4.52.47		U13	Ruby Hackett	2004/05		
1500m	5.28.0		W30	Fran Dorey	4/02/2006	Rotary	
1500m	4.39.19		W35	Anne Forbes	1995		
1500m	4.40.30		W40	Anne Forbes	1996/97		
1500m	5.15.18		W45	Diane Aitken	2001/02		
1500m	5.37.22		W50	Deborah Drennan (51)	2/04/2010	Perth	

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
1500m	8.02.0h		W55	Nancy Lloyd (57)	9/10/2010	Rotary	#
1500m	5.56.33		W60	Maureen Cadogan	2002/03		
1500m	6.54.6h		W65	Lesley Eller (66)	7/11/2009	Rotary	
1 mile	5:30.41		Open	Mary Fien (34)	21/07/2007	Narrabeen	
3000m	9.31.4		Open	Elizabeth Richards	1976		
3000m	9.34.10		U23	Eliza Stewart (21)	17/02/2007	Homebush	
3000m	9.35.04		U20	Lucy Starrat (18)	8/07/2006	Narrabeen	
3000m	10.12.07		U18	Greta McNiven	2003/2004		
3000m	10:16.4		U17	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4		U16	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4		U15	Ruby Hackett	29/10/2005	Bankstown	
3000m	10:16.4		U14	Ruby Hackett	29/10/2005	Bankstown	
3000m	10.41.9		U13	Ashley Mason	2004/05		
3000m	10.28.5		W30	Mary Fien	2003/2004		
3000m	10.02.5		W35	Anne Forbes	1995		
3000m	10.10.90		W40	Anne Forbes	1996/97		
3000m	11.03.0		W45	Diane Aitken	2001/02		
3000m	12.37.17		W50	Deborah Drennan (51)	23/01/2010	Homebush	
3000m	16.21.2		W55	Nancy Lloyd (55)	18/10/2008	Rotary	
3000m	12.51.2		W60	Maureen Cadogan	2002/03		
3000m	15.34.5h		W65	Lesley Eller (66)	5/12/2009	Rotary	
5000m	16.19.00		Open	Eliza Stewart (21)	9/02/2007	Brisbane	
5000m	16.19.00		U23	Eliza Stewart (21)	9/02/2007	Brisbane	
5000m	19.29.40		U20	Erin Smithson (18)	4/11/2006	Mingara	
5000m	18.45.07		U18	M Lawson	1985		
5000m	18.41.95		W30	Mary Fien (34)	6/04/2007	Hobart	
5000m	17.26.5		W35	Anne Forbes	1995		
5000m	17.48.60		W40	Anne Forbes	1996/97		
5000m	18.16.57		W45	Joanne Cowan	15/04/2001	Bankstown	SR
5000m	22.35.79		W50	Deborah Drennan (52)	11/12/2010	Homebush	#
5000m	23.06.13		W60	Maureen Cadogan	2002/03		
10000m	34.36.79		Open	Eliza Stewart (21)	14/12/2006	Melbourne	
10000m	44.29.68		U23	Fiona Alldis (21)	29/09/2009	Brisbane	
10000m			U18	M Lawson	1985		
10000m	45.21.55		W30	Marika Hemming	2004/05		
10000m	39.23.30		W35	Marina Dulhunty	1996/97		
10000m	42.24.5		W40	Marina Dulhunty	1999/2000		
10000m	39.27.43		W45	Joanne Cowan	2003/2004		
100m H - 0.840m	13.42		Open	Jenny Laurendet	1990		
100m H - 0.840m	13.95	1.1	U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
100m H - 0.840m	14.06		U20	Catherine Kennedy	1993		
100m H - 0.762m	13.6		U18	Charlotte Yeates	2004/05		
100m H - 0.762m	14.58		U17	Keshvar Mirazarazi	1997/98		
90m H - 0.762m	13.20		U16	Marissa Ward	2003/2004		
90m H - 0.762m	13.15		U15	Marissa Ward	2002/03		
80m H - 0.762m	12.20	1.9	U14	Melissa Farrington (13)	30/11/2008	Canberra	
80m H - 0.762m	13.07	1.0	U13	Melissa Farrington (12)	20/10/2007	Homebush	
100m H - 0.840m	13.46		W30	Jenny Laurendet	1993		
100m H - 0.840m	17.55	0.9	W35	Janet Naylon (39)	29/08/2005	San Sebastian, SP	
80m H - 0.762m	12.32	-1.1	W45	Marie Kay (49)	28/07/2009	Lahti, Finland	NR
80m H - 0.762m	13.1	1.8	W50	Marie Kay (50)	3/07/2010	Tahiti	#
60m H - 0.762m	9.55	Ind	W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	NR
80m H - 0.762m	16.26		W55	Gloria Seymon	1993		
80m H - 0.762m	18.78		W65	J Night	1994		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
200m H - 0.762m	28.14	NWI	Open	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii	
200m H - 0.762m	28.14		U23	Thalia Amanakis (21)	5/05/2007	Manoa, Hawaii	
200m H - 0.762m	29.6		U20	Alison Ross-Edwards	1969		
200m H - 0.762m	28.3		U17	Alexandra Shorter	2003/2004		
200m H - 0.762m	28.3		U16	Alexandra Shorter	2003/2004		
200m H - 0.762m	28.55		U15	Keshvar Mirzarazi	1996/97		
200m H - 0.762m	29.96		U14	Niketa Patterson	2004/05		
200m H - 0.762m	34.9		U13	M Love	1984		
200m H - 0.762m	29.6		U18	Alison Ross-Edwards	1969		
200m H - 0.762m	34.0		W30	M Harlock	1984		
200m H - 0.762m	30.5		W35	Stacey Quitzau	1997/98		
200m H - 0.762m	34.43	1.8	W40	Jackie Bezuidenhout (43)	14/11/2009	Homebush	
200m H - 0.762m	30.92	-0.7	W45	Marie Kay (49)	5/04/2009	Adelaide	
200m H - 0.762m	30.57	NWI	W50	Marie Kay (50)	23/01/2010	Homebush	
400m H - 0.762m	56.31		Open	Jenny Laurendet	1989		
400m H - 0.762m	58.52		U23	Thalia Amanakis (22)	22/03/2008	Sacramento, USA	
400m H - 0.762m	59.20		U20	Kylie Robertson	1990		
400m H - 0.762m	59.2		U18	Kylie Robertson	1990		
400m H - 0.762m	1:03.90		U17	Alexandra Bartholomew (15)	7/10/2010	Homebush	#
400m H - 0.762m	59.6		W30	Cathy Collopy	1988		
400m H - 0.762m	1:09.99		W35	Mary Fien (35)	10/09/2007	Riccione, ITA	
400m H - 0.762m	1:21.89		W40	Janet Naylon (41)	7/07/2007	Griffith Uni	
400m H - 0.762m	1:04.72		W45	Marie Kay (48)	27/07/2008	Townsville	
3000m Steeple - 0.762m	10.28.03		Open	Lara Nicod (25)	8/08/2010	Ninov, Belgium	#
2000m Steeple - 0.762m	7:27.85		U20	Charlotte Wilson (19)	15/01/2011	Homebush	#
2000m Steeple - 0.762m	8:14.79		U18	Laura Van Den Honert (17)	4/12/2011	Homebush	#
2000m Steeple - 0.762m	7:36.14		U17	Greta McNiven	2002/03		
2000m Steeple - 0.762m	7:36.14		U16	Greta McNiven	2002/03		
2000m Steeple - 0.762m	6:54.6		W30	Mary Fien	2004/05		
2000m Steeple - 0.762m	7:26.72		W35	Mary Fien (35)	15/09/2007	Riccione, ITA	
1500m Walk	10.09.0		Open	Sharon Dunk	1991		
1500m Walk	7:30.4		U20	R Whitehorn	1967		
1500m Walk	7:30.4		U18	R Whitehorn	1967		
1500m Walk	8:32.4		U16	Lesley Richards	1978		
1500m Walk	8:32.4		U15	Lesley Richards	1978		
1500m Walk	10:14.23		U14	Anna Pavlakis (13)	1/08/2008	Homebush	
1500m Walk	8:50.9		W30	Fran Dorey	2003/2004		
1500m Walk	9:01.1		W35	Suzanne Brown	2004/05		
1500m Walk	8:36.66		W40	Suzanne Brown (44)	24/09/2009	Narrabeen	SR
1500m Walk	9:27.6		W45	Nancy Lloyd	2002/03		
1500m Walk	9:06.6		W50	Nancy Lloyd	2004/05		
1500m Walk	9:08.3		W55	Nancy Lloyd (55)	1/11/2008	Rotary	
3000m Walk	17.04.25		Open	Christina Alldis (22)	31/01/2009	Homebush	
3000m Walk	16:27.8		U20	Christina Alldis	15/10/2005	Bankstown	
3000m Walk	20:31.0		U15	M Travers	1977		
3000m Walk	19:04.6		W30	Fran Dorey	2002/03		
3000m Walk	20:13.6		W35	Suzanne Brown	2004/05		
3000m Walk	18:01.75		W40	Suzanne Brown (44)	31/10/2009	Mingara	SR
3000m Walk	19:50.02		W45	Nancy Lloyd	2002/03		
3000m Walk	18:51.3		W50	Nancy Lloyd	2004/05		
3000m Walk	20:28.3h		W55	Nancy Lloyd (57)	9/10/2010	Rotary	#
5000m Walk	25:34.86		Open	Fiona Alldis (19)	24/11/2007	ES Marks	
5000m Walk	29:12.11		U23	Christina Alldis (20)	25/11/2006	ES Marks	
5000m Walk	25:34.86		U20	Fiona Alldis (19)	24/11/2007	ES Marks	
5000m Walk	34:15.50		W30	Sharon Dunk	1995/96		

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
5000m Walk	33.02.99		W35	Suzanne Brown	2004/05		
5000m Walk	30.20.43		W40	Suzanne Brown (43)	10/04/2009	Adelaide	
5000m Walk	34.46.0		W45	Nancy Lloyd	2002/03		
5000m Walk	31.24.77		W50	Nancy Lloyd (53)	6/04/2007	Hobart	
5000m Walk	32.59.45		W55	Nancy Lloyd (57)	21/04/2011	Brisbane	#
10000m Walk	1:00:42.27		Open	Christina Alldis	14/01/2006	Homebush	
10000m Walk	1:02:08.74		U23	Christina Alldis (21)	6/01/2007	Homebush	
10000m Walk	1:00:42.27		U20	Christina Alldis	14/01/2006	Homebush	
10000m Walk	1:18.23.0		W30	Sharon Dunk	1995		
10000m Walk	1:08.40.84		W40	Suzanne Brown (44)	20/01/2010	Homebush	
10000m Walk	1:09.25.31		W50	Nancy Lloyd	5/01/2008	Campbelltown	SR
High Jump	1.78m		Open	K Maurer	1985		
High Jump	1.69m		U23	Romi Arnott (20)	31/01/2009	Hobart	
High Jump	1.74m		U20	Virginia Young	1993/1995		
High Jump	1.74m		U18	Virginia Young	1993		
High Jump	1.73m		U17	Virginia Young	1992		
High Jump	1.73m		U16	Virginia Young	1992		
High Jump	1.65m		U15	Wendy Bebbington	1987		
High Jump	1.65m		U14	Wendy Bebbington / Virginia Young	1987 / 1989		
High Jump	1.57m		U13	Wendy Bebbington	1987		
High Jump	1.40m		W30	Lucette Meekins	2004/05		
High Jump	1.35m		W35	Jackie Bezuidenhout	4/12/2004	Homebush	
High Jump	1.51m		W40	Helen Searle	1981		
High Jump	1.60m		W45	Marie Kay (49)	28/07/2009	Lahti, Finland	
High Jump	1.48m		W50	Marie Kay (50)	3/07/2011	Tahiti	#
High Jump	1.19m		W55	Gloria Seymon	1993		
Pole Vault	3.10m		Open	Amy Moulden (21)	19/02/2011	Homebush	#
Pole Vault	3.10m		U23	Amy Moulden (21)	19/02/2011	Homebush	
Pole Vault	3.00m		U20	Amy Moulden	15/01/2006	Homebush	
Pole Vault	3.00m		U18	Amy Moulden	15/01/2006	Homebush	
Pole Vault	2.70m		U17	Dimity Norton (16)	13/10/2007	Homebush	
Pole Vault	2.70m		U17	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.70m		U16	Dimity Norton (15)	23/09/2006	Homebush	
Pole Vault	2.30m		U15	Alexandra Gall (14)	7/03/2009	Homebush	
Pole Vault	2.30m		U14	Alexandra Gall (13)	22/11/2008	Homebush	
Pole Vault	2.75m		W35	Wendy McColl	2002/03		
Pole Vault	2.65m		W30	Wendy McColl	2001/02		
Pole Vault	2.45m		W45	Jann Livingston	1995/96		
Long Jump	6.33m		Open	Helen Frith	1965		
Long Jump	5.20m	NWI	U23	Romi Arnott (20)	3/01/2009	Campbelltown	
Long Jump	5.99m		U20	Virginia Young	1995		
Long Jump	5.83m		U18	Jenny Lamy	1966		
Long Jump	5.57m		U17	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.57m		U16	Sue Dove / Catherine Kennedy	1986/1990		
Long Jump	5.57m		U15	Sue Dove / Catherine Kennedy	1986 / 1990		
Long Jump	5.33m	0.0	U14	Melissa Farrington (13)	30/11/2008	Canberra	
Long Jump	4.82m		U13	Sijaan Powley	1995		
Long Jump	5.21m		W30	Jenny Laurendet	1994		
Long Jump	5.36m	NWI	W35	Melissa Medlicott	14/04/2006	Canberra	
Long Jump	5.76m		W40	Helen Searle	1984		
Long Jump	5.57m	Ind	W45	Marie Kay (48)	20/03/2008	Clermont-Ferrand	NR
Long Jump	5.41m	1.5	W50	Marie Kay (50)	2/04/2010	Perth	WR
Long Jump	3.84m		W55	Gloria Seymon	1995/96		
Long Jump	2.32m		W75	Ruth Frith	1989		
Long Jump	2.40m		W80	Ruth Frith	1990		SR
Long Jump	2.19m		W85	Ruth Frith	28/03/1995	Homebush	SR

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
Triple Jump	12.59m		Open	Gillian Ting	1995		
Triple Jump	10.32m		U23	Alexandra Moulos (22)	16/12/2006	Homebush	
Triple Jump	12.59		U20	Gillian Ting	1995		
Triple Jump	12.09m		U18	Gillian Ting	1995		
Triple Jump	11.89m		U17	Gillian Ting	1992		
Triple Jump	11.89m		U16	Gillian Ting	1992		
Triple Jump	11.68m		U15	Gillian Ting	1992		
Triple Jump	11.04m		U14	Gillian Ting	1990		
Triple Jump	10.55m		U13	Greta Beale	2002/03		
Triple Jump	9.04m		W30	Peta Bird	1990		
Triple Jump	10.00m	NWI	W35	Melissa Medlicott	2/04/2006	Bankstown	
Triple Jump	8.78m	NWI	W40	Shannon Kavanagh (40)	5/12/2009	Rotary	
Triple Jump	10.17m	NWI	W45	Marie Kay (48)	22/11/2008	Homebush	
Triple Jump	9.95m		W50	Helen Searle	1980	Rotterdam	SR
Triple Jump	8.51m		W55	Gloria Seymon	1993		
Triple Jump	7.24m		W65	J Knight	1994		
Triple Jump	5.65m		W80	Ruth Frith	13/01/1993	Miyazaki, JPN	SR
Triple Jump	5.50m		W85	Ruth Frith	25/03/1995	Homebush	SR
WOMEN							
Shot Put - 4kg	14.72m		Open	Lou Torso	1977		
Shot Put - 4kg	10.45m		U23	Jordana Cashman (22)	25/11/2006	ES Marks	
Shot Put - 4kg	13.10m		U20	J Kennedy	1970		
Shot Put - 4kg	13.10m		U18	J Kennedy	1970		
Shot Put - 4kg	12.82m		U17	Kristina Hekeik	2004/05		
Shot Put - 4kg	12.82m		U16	Kristina Hekeik	2004/05		
Shot Put - 4kg	11.04m		U15	Eliza Cepak (14)	3/09/2009	Homebush	
Shot Put - 3kg	10.61m		U14	Eliza Cepak (13)	13/09/2008	Rotary	
Shot Put - 3kg	10.12m		U13	Eliza Cepak (12)	26/01/2008	Rotary	
Shot Put - 4kg	7.15m		W30	M Harlock	1985		
Shot Put - 4kg	11.18m		W35	Caroline Layt	Mar-05	Brisbane	SR
Shot Put - 4kg	11.59m		W40	Helen Searle	1980		
Shot Put - 4kg	11.76m		W45	Helen Searle	1983		
Shot Put - 3kg	12.30m		W50	Marie Kay (50)	1/03/2010	Kamloops, CAN	
Shot Put - 3kg	9.14m		W55	Gloria Seymon	1993		
Shot Put - 3kg	6.28m		W70	Ruth Frith	1983		
Shot Put - 3kg*	6.70m		W75	Ruth Frith	1986		
Shot Put - 3kg*	6.93m		W80	Ruth Frith	1994		SR
Shot Put - 3kg*	5.31m		W85	Ruth Frith	1997/98		SR
Shot Put - 3kg*	5.37m		W90	Ruth Frith	2000/2001	Sydney	SR
Discus - 1kg	46.94m		Open	Lou Torso	1975		
Discus - 1kg	27.67m		U23	Helena Smith (20)	2/02/2008	Rotary	
Discus - 1kg	36.40m		U20	Pamela Thomson	1994		
Discus - 1kg	38.50m		U18	Pamela Thomson	1995		
Discus - 1kg	44.38m		U17	Amber Bennett	1997/98		
Discus - 1kg	44.38m		U16	Amber Bennett	1997/98		
Discus - 1kg	38.70m		U15	Amber Bennett	1996/97		
Discus - 1kg	35.42m		U14	Amber Bennett	1995/96		
Discus - 1kg	30.88m		U13	Amber Bennett	1995		
Discus -1kg	31.49m		W30	Joanne Munn	Nov-05	Homebush	
Discus -1kg	34.59m		W35	Clair Taylor (36)	15/12/2007	Homebush	
Discus -1kg	37.60m		W40	Pam Mountfield (44)	27/02/2010	Rotary	
Discus -1kg	35.71m		W45	Pam Mountfield (45)	6/06/2010	Campbelltown	SR
Discus -1kg	26.97m		W50	Marie Kay (50)	2/04/2010	Perth	
Discus -1kg	22.10m		W55	Gloria Seymon	1993		
Discus -1kg	17.16m		W60	J Night	1994		
Discus -1kg	18.00m		W65	Ruth Frith	1986		
Discus -1kg	14.48m		W70	Ruth Frith	1990		SR

Event	Performance	Wind	Age	Athlete	Date	Venue	Record
Discus -1kg	12.10m	W75		Ruth Frith	1999/2000		SR
Discus -1kg	13.92m	W85		Ruth Frith	1998	Homebush	SR
Discus -1kg	12.10m	W90		Ruth Frith	2000		SR
Hammer - 4kg	37.45m	Open		Annabel Davies (17)	30/09/2006	Homebush	
Hammer - 4kg	26.59m	U23		Helena Smith (20)	12/01/2008	Rotary	
Hammer - 4kg	37.45m	U20		Annabel Davies (17)	30/09/2006	Homebush	
Hammer - 4kg	37.45m	U18		Annabel Davies (17)	30/09/2006	Homebush	
Hammer - 4kg	40.64m	U17		Leonie Burnes	1997/98		
Hammer - 4kg	40.64m	U16		Leonie Burnes	1997/98		
Hammer - 4kg	34.52m	U15		Lailanie Burnes	1998/99		
Hammer - 4kg	36.57m	W35		Melissa Bonser (38)	11/10/2008	Rotary	
Hammer - 4kg	36.52m	W40		Caroline Layt (42)	10/11/2007	Homebush	
Hammer - 4kg	43.80m	W45		Helen Searle	1983		
Hammer - 3kg	28.37m	W50		Cathleen Osborne	2004/05		
Hammer - 3kg	26.60m	W55		Gloria Seymon	1993		
Hammer - 3kg (2kg)	18.22m	W80		Ruth Frith	1994		SR
Hammer - 3kg (2kg)	14.58m	W85		Ruth Frith	1997/98		SR
Hammer - 3kg (2kg)	13.57m	W90		Ruth Frith	1999/2000		
Javelin - 600g	52.30m	Open		J Wojdanowski	1975		
Javelin - 600g	37.34m	U23		Jordana Cashman (22)	16/09/2006	Rotary	
Javelin - 600g	51.53m	U20		Annabel Davies (18)	2/02/2007	Homebush	
Javelin - 600g	51.16m	U18		Annabel Davies (17)	7/12/2006	Homebush	
Javelin - 600g	41.76m	U17		Mackenzie Little (15)	11/02/2011	Homebush	#
Javelin - 600g	41.76m	U16		Mackenzie Little (15)	11/02/2011	Homebush	#
Javelin - 600g	35.80m	U15		Amber Bennett	1996/97		
Javelin *now 400g	36.16m	U14		V Hooper	1984		
Javelin - 400g	36.00m	U13		V Hooper	1982		
Javelin - 600g	29.98m	W30		Fran Dorey	2002/03		
Javelin - 600g	25.62m	W35		Nanise Burnes	1996/97		
Javelin - 600g	24.39m	W40		Shannon Kavanagh (40)	7/11/2009	Rotary	
Javelin - 600g	32.30m	W45		Marie Kay (49)	28/07/2009	Lahti, Finland	
Javelin - 500g	31.56m	W50		Marie Kay (50)	2/04/2010	Perth	
Javelin - 600g*	28.14m	W55		Gloria Seymon	1993		
Javelin - 400g	12.80m	W60		Maureen Cadogan	2002/03		
Javelin - 500g	11.10m	W70		Ruth Frith	1984		
Javelin - 500g	12.40m	W75		Ruth Frith	1989		
Javelin - 500g	11.88m	W80		Ruth Frith	1990		SR
Javelin - 500g	11.11m	W85		Ruth Frith	1998		SR
Javelin - 400g	9.80m	W90		Ruth Frith	2001/02		SR
Weight Throw - 9.08kg	12.11m	W35		Caroline Layt	1/03/2005	Brisbane	
Weight Throw - 9.08kg	12.08m	W40		Caroline Layt (44)	11/10/2009	Homebush	SR
Weight Throw - 9.08kg	11.31m	W45		Caroline Layt (45)	21/04/2011	Brisbane	SR #
Weight Throw - 7.26kg	7.82m	W50		Kerrie Jones	1/04/2006	Bankstown	
Weight Throw - 7.26kg	8.75m	W55		Kerrie Jones (56)	6/03/2010	Campbelltown	
Weight Throw - 7.26kg	7.78m	W85		Ruth Frith	1995		SR
Weight Throw - 7.26kg	6.19m	W90		Ruth Frith	2001	Sydney	SR
Heptathlon	5599 Pts	Open		Lesley Richards	1985		
Heptathlon	4509 Pts	U23		Romi Arnott (20)	31/01/2009	Hobart	
Heptathlon	5134 Pts	U20		Lesley Richards	1981		
Pentathlon	4098 Pts	U18		P Smith	1967		
Heptathlon	5134 Pts	U18		Lesley Richards	1981		
Heptathlon	4702 Pts	U17		Virginia Young	1991		
Heptathlon	4702 Pts	U16		Virginia Young	1991		
Multiple Events	4259 Pts	U15		Belinda Johnson	1998/99		
Heptathlon	6185 Pts	W45		Marie Kay (49)	28/07/2009	Lahti, Finland	WR
Heptathlon	5832 Pts	W50		Marie Kay (50)	3/07/2010	Tahiti	#

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

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Relay - 4 x 400m	3.52.10	U20	Phoebe Davies (16), Anneliese Rubie (17), Ali Bartholomew (15), Tracey Morton (18)	21/11/2009	Blacktown	
Relay - 4 x 400m	3:52.26	U18	Karlie Morton (14), Anneliese Rubie (16), Elle Farrington (16), Tracey Morton (16)	18/11/2007	Homebush	
Relay - 4 x 400m	3:59.56	U16	Karlie Morton, Anneliese Rubie, Elle Farrington, Phoebe Kershaw	18-19/11/2006	Homebush	
Relay - 4 x 400m	4.03.52	U14	Elle-Maree Farrington, Tracey Morton, Niketa Patterson, Anneliese Rubie	2004/05		
Relay - 4 x 400m	4.07.65	W30	Kaye Smythe, Marina Dulhunty, Georgina Hale, Glenda Douglass	1996/97	Homebush	
Relay - 4 x 400m	4:46.51	W160+	Louise Kershaw, Janet Naylor (40), Mary Fien (34), Marie Kay (46)	18-19/11/2006	Homebush	
Relay - 4 x 800m	9:06.73	Open	Alicia Watkins (26), Trychelle Kingdom (17), Elle Farrington (16), Sianne Toemoe (18)	17/11/2007	Homebush	
Relay - 4 x 800m	9:41.94	U20	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	18-19/11/2006	Homebush	
Relay - 4 x 800m	9.37.18	U18	Libby Augustine, Grace Maher, Alexandra Bartholomew, Fran Schmeide	20/10/2010	Homebush	#
Relay - 4 x 800m	9:41.94	U16	Elle Farrington, Thea Welsby, Katie Furniss, Ruby Hackett	18-19/11/2006	Homebush	
Relay - 4 x 800m	9.52.77	U14	Elle-Maree Farrington, Tracey Morton, Katie Furniss, Ruby Hackett	2004/05		
Relay - 4 x 800m	10:52.75	W120+	Jo Cowan, Susan Rilen, Stacey Quitzau, Mary Fien	Nov-04	Homebush	
Relay - 4 x 800m	10:20.74	W160+	Deborah Drennan (51), Robyn Suttor (50), Mary Fien (37), Marie Kay (49)	21/11/2009	Blacktown	NR
Relay - 4 x 1500m	19:14.16	Open	Thea Welsby, Katie French, Ruby Hackett, Lucy Starrat	18-19/11/2006	Homebush	
Relay - 4 x 1500m	21:02.41	U20	Jessica Boyd, Alice Tancred, Rosie Tancred, Sara Rathbourne	Nov-05	Homebush	
Relay - 4 x 1500m	20.36.77	U18	Fiona Cross, Rosie Tancred, Alice Tancred, Sara Rathborne	2003/2004		
Relay - 4 x 1500m	20:21.14	U16	Rebecca Cormack, Thea Welsby, Katie Furniss, Ruby Hackett	18-19/11/2006	Homebush	
Relay - 4 x 1500m	20.34.3	U14	Elle-Maree Farrington, Katie Furniss, Ashley Mason, Ruby Hackett	2004/05		
Relay - 4 x 1500m	21.41.79	W30	Anne Forbes, Lisa Fitzpatrick, Clara Vucetic, Marina Dulhunty	1998/99	Homebush	
Relay - 4 x 1500m	21.48.89	W160+	Joanne Cowan, Evelyn Stevenson, Nancy Bodikian, Mary Fien	2003/2004	Homebush	
Relay - Medley (100,100,200,400)	1.53.80	Open	Thalia Amanakis, Danielle Senior, Madeline Ryan, Elizabeth Jenkins	2003/2004		
Relay - Medley (200,200,400,800)	4:30.99	U18	Harriet Burns, Romi Arnott, Dominica Jenkins, Rosie Tancred	18-19/11/2006	Homebush	
Relay - Medley (200,200,400,800)	4:00.67	Open	Katie French, Elizabeth Jenkins, Melissa Medlicott, Jessica Knox	Nov-05	Homebush	
Relay - 4 x High Jump	6.30m	Open	Gabrielle Conroy, Carrie Mortleman, Alex Moulos, Belinda Johnson	1999/2000		
Relay - 4 x High Jump	5.99m	U18	Freya Sombroek, Phoebe Kershaw, Elle Farrington, Melissa Farrington	15-16/11/2008	Blacktown	
Relay - 4 x Long Jump	20.46m	Open	Danielle Senior, Alex Moulos, Ellen Kershaw, Phoebe Kershaw	18-19/11/2006	Homebush	

Event	Performance	Wind Age	Athlete	Date	Venue	Record
Relay - 4 x Long Jump	19.36m	U18	Phoebe Kershaw, Melissa Farrington, Olivia Caprarelli, Pippa Kensit	15-16/11/2008	Blacktown	
Relay - 4 x Long Jump	17.42m	U14	Melissa Farrington (12), Katie Healey (13), Eliza Cepak (12), Alex Book (13)	17/11/2007	Homebush	
Relay - 4 x Shot Put	44.97m	Open	Danielle Senior, Belinda Johnson, Caroline Layt, Kristina Hekeik	18-19/11/2006	Homebush	
Relay - 4 x Shot Put	38.40m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Shot Put	33.34m	U14	Eliza Cepak (13), Melissa Farrington (13), Rochelle Sharpe (12), Katie Hobbs (13)	15-16/11/2008	Blacktown	
Relay - 4 x Shot Put	39.82m	W120+	Melissa Bonser (39), Caroline Layt (44), Marie Kay (49), Pam Mountfield (44)	21/11/2009	Blacktown	<i>SR</i>
Relay - 4 x Discus	144.07m	Open	Pamela Thomson, Leonie Burnes, Amber Bennett, Lailanie Burnes	1998/99		
Relay - 4 x Discus	131.50m	U18	Caroline Hayes, Leonie Burnes, Amber Bennett, Lailanie Burnes	1997/98		
Relay - 4 x Discus	70.82m	U14	Eliza Cepak, Melissa Farrington, Holly Cormack, Katie Hobbs	18-19/11/2006	Homebush	
Relay - 4 x Hammer	105.48m	Open	Haruka Murata, Caroline Layt, Melissa Jones, Karen Jones	2004/05		
Relay - 4 x Hammer	103.92m	U18	Melissa Jones, Leonie Burnes, Michelle Sheekey, Lailanie Burnes	1998/99		
Relay - 4 x Javelin	148.39m	Open	Danielle Senior, Belinda Johnson, Annabel Davies, Jordana Cashman	18-19/11/2006	Homebush	<i>SR</i>
Relay - 4 x Javelin	107.60m	U18	Eliza Cepak (14), Christina Grun (16), Jessica Bonser (17), Rochelle Sharpe (13)	21/11/2009	Blacktown	