



OPEN MEN TRACK & FIELD RECORDS

100 metres	T.Mason	10.5h	26/11/1983
	Brendan Maher	10.74	9/12/2006
200 metres	Michael Beltrame	21.66	24/11/2012
400 metres	Ken Roche	46.6h	21/3/1964
800 metres	Matt Gibney	1:48.66	8/5/2011
1500 metres	Matt Gibney	3:38.34	1/7/2011
Mile	Julian Marsh	4:00.09	5/3/1998
Mile (indoors)	Matt Gibney	3:58.12i	12/2/2011
3000 metres	David McNeill	7:53.41	13/7/2011
3000 metres (indoors)	David McNeill	7:47.52i	13/10/2010
5000 metres	David McNeill	13:18.60	07/07/2012
10000 metres	David McNeill	28:03.02	11/12/2008
Marathon	Nick DeCastella	2:15.03	20/11/1983
110m Hurdles	Grant McKenzie	14.7h	15/3/1998
400m Hurdles	Ken Roche	50.9h	21/3/1964
3000m Steeplechase	S.K. Brennan	8:58.0	21/1/1984
3000m walk	S.T. Burke	12:38.4	4/2/1993
5000m walk	S.T. Burke	21:24.2	27/2/1993
50km walk	J.M.Collins	5:41.0	27/2/1993
Long Jump	Chris Mathai	7.15m	12/2/1995
Triple Jump	P.Hamilton	14.25m	18/12/1965
High Jump	Jono Lightfoot	2.08m	24/10/2015
Pole Vault	J Adamopoulos	4.20m	1990
Shot Put	N Connell	13.90m	14/11/1992
Discus	N Connell	44.16m	8/12/1992
Javelin	Justin Mariani	57.30m	1993
Hammer	N Connell	40.12m	8/12/1992
4 x 100 metres	D.Tugiono		
	M.Beltrame		
	L.Knight		
	B.Maher	42.85	24/11/2012
4 x 200 metres	J.Dooley		
	A.Ryan		
	J.Sullivan		
	D.McGlade	1:30.3h	7/2/1980
4 x 400 metres	Ted Middleditch		
	Toby Plant		
	Lloyd Knight		
	Michael Beltrame	3:18.52	8/12/2012
4 x 800 metres	E.O'Callaghan		
	Peter Curtis		
	Drew Cole		
	Andrei Alexeyeff	7:38.30	18/12/90
4 x 1500 metres	Drew Cole		
	Mark Worsnop		
	Stefan Kasarik		
	Eamon O'Callaghan	15:49.0	16/12/90
Medley Relay (200, 200, 400, 800)	Derrick Tugiono		
	Lloyd Knight		
	Michael Beltrame		
	Daniel Zinni	3:31.76	25/11/2012



OPEN WOMEN TRACK & FIELD RECORDS

100 metres	Lizzie Hedding	12.36	14/02/2015
200 metres	Lizzie Hedding	25.56	27/03/2015
400 metres	Grace Goldsworthy	57.27	14/03/2015
800 metres	Heidi Riordan	2:17.01	18/12/09
1500 metres	Isabella de Castella	4:34.	200?
3000 metres	Alex Paterson	9:47.06	11/12/2014
5000 metres	Abi Bayley	16:12.71	5/3/2011
10000 metres	Isabella de Castella	34:21.38	17/8/2000
Marathon	Isabella de Castella	2:42.25	30/4/2000
100m Hurdles (84cm)	Lizzie Hedding	14.46	27/03/2015
400m Hurdles	Monica Clarke	66.46	12/03/2015
3000m Steeplechase	Cate Gifford	12:25.01	06/11/2015
5000m walk			
Long Jump	Annaliese Bush	5.63m	22/11/2015
Triple Jump	Georgia Bertrand	11.70m	06/11/2015
High Jump	Alex August-Leifi	1.60m	7/12/2013
Pole Vault			
Shot Put (4kg)	Lizzie Hedding	9.08m	29/09/2015
Discus (1kgs)	Nicole Johansen	29.22m	10/01/2015
Javelin (600g)	Emily Phillips	30.87m	16/11/2013
Hammer (4kg)	Nicole Johansen	34.40m	23/11/2014
Heptahlon	Lizzie Hedding	4600	30/09/2015
4 x 100 metres	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	50.17	23/11/2013
4 x 400 metres	Georgina Ryan Monica Clarke Savannah Noack Lizzie Hedding	4:01.04	28/11/2015
4 x 800 metres	Georgina Ryan Holly Hart Alex Paterson	9:40.38	29/11/2014
4 x 1500 metres	Emme Richardson Heidi Riordan Sarah Heard Shannon Smith Nat Geddes	20:34.04	26/2/2010
Medley Relay (200, 200, 400, 800)	Alex August Leifi Lizzie Hedding Emily Phillips Alex Paterson	4:23.90	23/11/2013



U20 MEN TRACK & FIELD RECORDS

100 metres	T.Mason	10.5h	26/11/1983
200 metres	M.Coglin	21.9h	16/11/1968
400 metres	Michael Beltrame	48.36	9/12/2010
800 metres	Matt Gibney	1:49.61	2/3/2007
1500 metres	Matt Gibney	3:45.19	21/1/2008
3000 metres	Robert DeCastella	8:13.00	1975
5000 metres	David McNeill	14:26.46	11/2/2005
110m Hurdles (107cm)	Grant McKenzie	14.7h	15/3/1998
110m Hurdles (99cm)	Adrian Sanfilippo	14.54	16/02/2014
400m Hurdles	Nicholas Wall	52.89	20/4/1998
3000m Steeplechase	Daniel Zinni	10:28.89	26/2/2012
2000m walk	Campbell McKay	13:18.40	
Long Jump	Chris Mathai	7.07m	8/12/1988
Triple Jump	Nathan Ryan	13.95m	7/11/2010
High Jump	Jono Lightfoot	2.08m	24/10/2015
Pole Vault	Oliver Kalac	3.20m	27/2/2012
Shot Put (7.26kg)	Nick Meehan	10.38m	11/12/2010
Shot Put (6kgs)			
Discus (2kgs)	Justin Mariani	30.20m	6/3/1991
Discus (1.75kg)	Justin Mariani	30.20m	6/3/1991
Javelin (800g)	Justin Mariani	51.30m	17/10/1993
Hammer (6kg)	Toby Plant	24.36m	11/2/2012
4 x 100 metres	Nicholas Wall Chris Cheung Michael Dobson		
	Frank Nigro	43.07	12/2/1998
4 x 400 metres	P.Schwarz C.Nunan S.Peters		
	S.Goldsworthy	3:24.4	19/12/1982
4 x 800 metres	S.Nunan M.O'Bryan C.Nunan		
	S.Goldsworthy	7:49.1	18/12/1982
4 x 1500 metres	M.O'Bryan Mark Worsnop Sam Nunan		
	Stefan Kasarik	16:24.2	19/12/1992
Medley Relay (200, 200, 400, 800)	Rory Plant Tom Frawley Ted Middleditch Daniel Zinni		
		3:37.35	28/11/2011



U20 WOMEN TRACK & FIELD RECORDS

100 metres	Lizzie Hedding	12.36	14/02/2015
200 metres	Lizzie Hedding	25.56	27/03/2015
400 metres	Grace Goldsworthy	57.27	14/03/2015
800 metres	Georgina Ryan	2:17.7	17/02/2015
1500 metres	Alex Paterson	4:41.96	07/03/2015
3000 metres	Alex Paterson	9:47.06	11/12/2014
5000 metres	Alex Paterson	17:26.7	24/02/2015
100m Hurdles (84cm)	Lizzie Hedding	14.46	27/03/2015
400m Hurdles	Monica Clarke	66.46	12/03/2015
3000m Steeplechase	Cate Gifford	12:25.01	06/11/2015
3000m walk	Monica Clarke	19:43.6	12/4/2014
Long Jump	Annaliese Bush	5.63m	22/11/2015
Triple Jump	Georgia Bertrand	11.70m	06/11/2015
High Jump	Alex August-Leifi	1.60m	7/12/2013
Pole Vault			
Shot Put (4kg)	Lizzie Hedding	9.08m	29/09/2015
Discus (1kgs)	Marlo Zambelli	19.05m	15/12/2012
Javelin (600g)	Emily Phillips	30.87m	16/11/2013
Hammer (4kg)			
Heptathlon	Lizzie Hedding	4600	30/09/2015
4 x 100 metres	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	50.17	23/11/2013
4 x 400 metres	Georgina Ryan Monica Clarke Savannah Noack	4:01.04	28/11/2015
4 x 800 metres	Lizzie Hedding Georgina Ryan Holly Hart Alex Paterson Emme Richardson	9:40.38	29/11/2014
Medley Relay (200, 200, 400, 800)	Alex August Leifi Lizzie Hedding Emily Phillips Alex Paterson	4:23.90	23/11/2013



UNDER 18 MEN TRACK & FIELD RECORDS

100 metres	Nicholas Wall	11.06	23/10/1996
	Chris Cheung	11.06	13/2/1999
	Sajeeva Perera	11.06	7/5/2000
200 metres	Tom Frawley	22.18	7/11/2010
400 metres	Ted Middleditch	50.01	27/10/2012
800 metres	Daniel Zinni	1:53.9	29/10/2011
1500 metres	David McNeill	3:57.29	9/10/2004
3000 metres	David McNeill	8:37.06	7/3/2004
5000 metres	David McNeill	15:07.20	10/10/2004
110m Hurdles (91cms)	Grant McKenzie	14.1h	14/11/1997
400 m Hurdles (91cms)	Nicholas Wall	54.95	24/2/1996
400m Hurdles (84cms)	Matthew Elsley	55.97	6/5/2000
2000m Steeplechase (91cms)	Aidan Biggar	6:50.68	9/2/2013
3000m Steeplechase (91cms)	Daniel Zinni	10:28.89	26/2/2012
Long Jump	Daniel Cussen	6.58m	31/01/2015
Triple Jump	Nathan Ryan	13.95m	7/11/2010
High Jump	Jono Lightfoot	2.08m	24/10/2015
Pole Vault	Oliver Kalac	3.20m	27/2/2012
Shot Put (5kgs)	Calum Dean	16.15m	07/11/2015
Discus (1.5kg)	Calum Dean	40.69m	09/11/2014
Javelin (700g)	Calum Dean	63.08m	14/02/2015
Hammer (5kgs)	Calum Dean	28.65m	2/2/2013
4 x 100 metres	Derrick Tugiono		
	Nathan Ryan		
	Toby Plant		
	Tom Frawley	44.29	28/11/2010
4 x 400 metres	Tom Frawley		
	Daniel Zinni		
	Campbell McKay		
	Ater Kong	3:31.89	28/11/2010
4 x 800 metres	Matthew Clarke		
	Charles Stratford		
	Nicholas Seymour		
	David Nash	8:22.95	27/11/2011
	Rory Plant		
	Tom Frawley		
	Ted Middleditch		
Medley Relay (200, 200, 400, 800)	Daniel Zinni	3:37.35	27/11/2010



UNDER 18 WOMEN TRACK & FIELD RECORDS

100 metres	Sarah Fitt	12.60	08/11/2014
200 metres	Grace Goldsworthy	25.84	13/03/2015
400 metres	Grace Goldsworthy	57.27	14/03/2015
800 metres	Holly Hart	2:19.5	20/1/2015
1500 metres	Alex Paterson	4:53.79	17/11/2012
3000 metres	Alex Paterson	10:24.41	06/12/2012
5000 metres			
100m Hurdles (76cms)	Annaliese Bush	14.55	08/11/2015
400m Hurdles	Monica Clarke	68.73	14/03/2014
2000m Steeplechase	Sacha Bennett	7:45.47	06/11/2015
3000m walk	Monica Clarke	19:43.6	12/4/2014
Long Jump	Annaliese Bush	5.63m	22/11/2015
Triple Jump	Georgia Bertrand	11.70m	06/11/2015
High Jump	Alex August-Leifi	1.60m	7/12/2013
Pole Vault			
Shot Put (3kgs)	Georgia Bertrand	10.61m	14/11/2015
Discus (1kg)	Marlo Zambelli	19.05m	15/12/2012
Javelin (500g)	Isobel McFarlane	34.77m	14/03/2015
Hammer (3kgs)	Marlo Zambelli	20.86m	2/2/2013
Heptathlon	Annaliese Bush		27/09/2015
4 x 100 metres	Lizzie Hedding	50.17	23/11/2013
	Olivia Owen		
	Bridget Neideck		
	Alex August-Leifi		
4 x 400 metres	Grace Goldsworthy	4:01.23	28/11/2015
	Holly Hart		
	Olivia Yacono		
	Annaliese Bush		
4 x 800 metres	Holly Hart	10:09.43	28/11/2015
	Sacha Bennett		
	Olivia Vesely		
	Tess Menzies		
Medley Relay (200, 200, 400, 800)	Annabelle Turner	4:30.80	25/11/2012
	Tahryn Mant		
	Nikki Allen		
	Alex Paterson		



UNDER 16 MEN TRACK & FIELD RECORDS

100 metres	Sajeeva Perera	11.13	11/12/1999
200 metres	Matt O'Connell	22.76	25/10/2014
400 metres	Tim Golds	50.06	6/12/2006
800 metres	Daniel Zinni	1:59.37	7/11/2009
1500 metres	Daniel Zinni	4:01.15	12/3/2010
3000 metres	Daniel Zinni	8:48.99	14/3/2010
100m Hurdles (91cms)	Nicholas Wall	14.10	25/3/1995
100m Hurdles (84cms)	Nicholas Grimshaw	13.93	16/10/2013
200m Hurdles (76cms)	Nick Moylan	27.37	5/5/2000
300 m Hurdles (84cms)	Nicholas Wall	38.98	24/3/1995
2000m Steeplechase (76cms)	James Stanley	6:52.8	1/12/2012
Long Jump	Matt O'Connell	6.38m	16/3/2013
Triple Jump	Daniel Hermans	12.60m	28/2/2009
High Jump	Jono Lightfoot	2.08m	24/10/2015
Pole Vault			
Shot Put (4kgs)	Jono Lightfoot	15.42m	08/11/2015
Discus (1kg)	Calum Dean	44.66m	25/10/2013
Javelin (700g)	Calum Dean	48.80m	26/10/2013
Hammer (4kgs)	Calum Dean	35.19m	3/11/2012
4 x 100 metres	Dili De Silva Zac Hart Gabriel Zabotto		
	Luke Dais	45.69	28/11/2015
4 x 400 metres	Dili De Silva Luke Dais Zac Hart Gabriel Zabotto		
	Nick Grimshaw	3:35.38	28/11/2015
Medley Relay (200, 200, 400, 800)	Anthony Taouk Hamish Brennan James Stanley		
		3:48.23	23/11/2013



UNDER 16 WOMEN TRACK & FIELD RECORDS

100 metres	Bridget Neideck	12.97	12/2/2014
200 metres	Grace Goldsworthy	25.84	13/03/2015
400 metres	Grace Goldsworthy	57.27	14/03/2015
800 metres	Holly Hart	2:19.5	20/1/2015
1500 metres	Sacha Bennett	5:14.09	06/11/2015
3000 metres	Hannah Clarke	12:05.98	6/12/2012
90m Hurdles (76cms)	Georgia Bertrand	13.99	07/11/2016
200m Hurdles (76cm)	Georgia Bertrand	31.06	06/11/2016
300 m Hurdles (76cms)			
2000m Steeplechase	Sacha Bennett	7:45.47	06/11/2015
1500m walk	Monica Clarke	9:12.7	3/11/12
Long Jump	Bridget Neideck	5.35m	8/03/2014
Triple Jump	Georgia Bertrand	11.70m	06/11/2015
High Jump	Eleanor McFarlane	1.55m	06/11/2015
Pole Vault			
Shot Put (3kgs)	Georgia Bertrand	10.61m	14/11/2015
Discus (1kg)	Gemma Johansen	22.91m	14/11/2015
Javelin (500g)	Isobel McFarlane	34.77m	14/03/2015
Hammer (3kgs)	Gemma Johansen	18.22m	16/01/2015
Heptathlon	Georgia Bertrand		27/09/2015
4 x 100 metres	Georgia Bertrand		
	Grace Goldsworthy		
	Eliza O'Donnell		
	Isis Holt	51.41	28/11/2015
4 x 400 metres	Annelise Cody		
	Celia Cody		
	Eliza Mills		
	Grace Goldsworthy	4:23.61	29/11/2014
Medley Relay (200, 200, 400, 800)	Ellie McLinden		
	Bridget Neideck		
	Olivia Owen		
	Lily Razuki	4:43.12	23/11/2013



UNDER 14 MEN TRACK & FIELD RECORDS

100 metres	Matt O'Connell	11.82	27/10/2012
200 metres	Matt O'Connell	24.47	7/11/2012
400 metres	Matt O'Connell	52.08	15/03/2013
800 metres	James Stanley	2:09.9	1/12/2012
1500 metres	James Stanley	4:21.98	19/01/2013
3000 metres	James Stanley	9:39.34	10/2/2013
90m Hurdles (76cms)	Oscar Hunter	13.74	07/11/2015
200m Hurdles (76cms)	Oscar Hunter	30.00	06/11/2015
2000m Steeplechase (76cms)	James Stanley	6:52.8	1/12/2012
Long Jump	Matt O'Connell	6.38m	16/3/2013
Triple Jump	Tom O'Connor	9.86m	7/12/2011
High Jump	Matt O'Connell	1.74m	27/10/2012
Pole Vault			
Shot Put (3kgs)	Calum Dean	11.33m	2011
Discus (1kg)	Calum Dean	25.41m	2011
Javelin (600g)	Calum Dean	31.80m	27/2/2012
Hammer	Matthew Dean	17.24m	2/11/2012
4 x 100 metres	Christo Hart Matt O'Connell Sam Iacono		
	James Taouk	50.88	25/11/2012
4 x 400 metres	Christo Hart James Stanley Sam Iacono Matt O'Connell		
		3:53.95	25/11/2012



UNDER 14 WOMEN TRACK & FIELD RECORDS

100 metres	Grace Goldsworthy	13.34	25/10/2014
200 metres	Grace Goldsworthy	25.84	13/03/2015
400 metres	Grace Goldsworthy	57.27	14/03/2015
800 metres			
1500 metres			
3000 metres			
80m Hurdles (76cms)			
200m Hurdles (76cms)	Olivia Yacono	32.08	14/11/2015
2000m Steeplechase (76cms)			
Long Jump	Olivia Yacono	4.82m	29/03/2015
Triple Jump	Sophie O'Connell	8.61m	22/11/2015
High Jump	Eleanor McFarlane	1.55m	06/11/2015
Pole Vault			
Shot Put	Gemma Johansen	6.44m	19/12/2014
Discus	Gemma Johansen	22.91m	14/11/2015
Javelin	Gemma Johansen	17.09m	14/11/2015
Hammer	Gemma Johansen	18.22m	16/01/2015
4 x 100 metres	Eliza Mills Annelise Cody Celia Cody		
	Grace Goldsworthy	52.04	29/11/2014
4 x 400 metres	Annelise Cody Celia Cody Eliza Mills		
	Grace Goldsworthy	4:23.61	29/11/2014