



# 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	27:45.01	02/05/2015
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	Calum Dean	58.75m	28/02/2016
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	<b>12.24</b>	26/02/2016
200 metres	Lizzie Hedding	<b>25.02</b>	20/02/2016
400 metres	Grace Goldsworthy	<b>57.27</b>	14/03/2015
800 metres	Heidi Riordan	<b>2:17.1</b>	18/12/2009
	Georgina Ryan	<b>2:17.1</b>	23/02/2016
1500 metres	Isabella de Castella	<b>4:34.</b>	200?
3000 metres	Alex Paterson	<b>9:47.06</b>	11/12/2014
5000 metres	Abi Bayley	<b>16:12.71</b>	5/3/2011
10000 metres	Isabella de Castella	<b>34:21.38</b>	17/8/2000
Marathon	Isabella de Castella	<b>2:42.25</b>	30/4/2000
100m Hurdles (84cm)	Lizzie Hedding	<b>14.08</b>	28/02/2016
400m Hurdles	Monica Clarke	<b>66.46</b>	12/03/2015
3000m Steeplechase	Cate Gifford	<b>12:10.17</b>	28/02/2016
5000m walk			
Long Jump	Lizzie Hedding	<b>5.83m</b>	21/02/2016
Triple Jump	Georgia Bertrand	<b>11.70m</b>	06/11/2015
High Jump	Caitlin Davis	<b>1.63m</b>	13/02/2016
Pole Vault			
Shot Put (4kg)	Lizzie Hedding	<b>9.13m</b>	20/02/2016
Discus (1kgs)	Nicole Johansen	<b>29.22m</b>	10/01/2015
Javelin (600g)	Lizzie Hedding	<b>31.00m</b>	21/02/2016
Hammer (4kg)	Nicole Johansen	<b>34.40m</b>	23/11/2014
Heptahlon	Lizzie Hedding	<b>5032</b>	21/02/2016
4 x 100 metres	Lizzie Hedding	<b>50.17</b>	23/11/2013
	Olivia Owen		
	Bridget Neideck		
	Alex August-Leifi		
4 x 400 metres	Georgina Ryan	<b>4:01.04</b>	28/11/2015
	Monica Clarke		
	Savannah Noack		
	Lizzie Hedding		
4 x 800 metres	Georgina Ryan	<b>9:40.38</b>	29/11/2014
	Holly Hart		
	Alex Paterson		
	Emme Richardson		
4 x 1500 metres	Heidi Riordan	<b>20:34.04</b>	26/2/2010
	Sarah Heard		
	Shannon Smith		
	Nat Geddes		
Medley Relay (200, 200, 400, 800)	Alex August Leifi	<b>4:23.90</b>	23/11/2013
	Lizzie Hedding		
	Emily Phillips		
	Alex Paterson		



## U20 MEN TRACK & FIELD RECORDS

100 metres	T.Mason	<b>10.5h</b>	26/11/1983
200 metres	M.Coglin	<b>21.9h</b>	16/11/1968
400 metres	Michael Beltrame	<b>48.36</b>	9/12/2010
800 metres	Matt Gibney	<b>1:49.61</b>	2/3/2007
1500 metres	Matt Gibney	<b>3:45.19</b>	21/1/2008
3000 metres	Robert DeCastella	<b>8:13.00</b>	1975
5000 metres	David McNeill	<b>14:26.46</b>	11/2/2005
110m Hurdles (107cm)	Grant McKenzie	<b>14.7h</b>	15/3/1998
110m Hurdles (99cm)	Adrian Sanfilippo	<b>14.54</b>	16/02/2014
400m Hurdles	Nicholas Wall	<b>52.89</b>	20/4/1998
3000m Steeplechase	Daniel Zinni	<b>10:28.89</b>	26/2/2012
2000m walk	Campbell McKay	<b>13:18.40</b>	
Long Jump	Chris Mathai	<b>7.07m</b>	8/12/1988
Triple Jump	Nathan Ryan	<b>13.95m</b>	7/11/2010
High Jump	Jono Lightfoot	<b>2.08m</b>	24/10/2015
Pole Vault	Oliver Kalac	<b>3.20m</b>	27/2/2012
Shot Put (7.26kg)	Nick Meehan	<b>10.38m</b>	11/12/2010
Shot Put (6kgs)			
Discus (2kgs)	Justin Mariani	<b>30.20m</b>	6/3/1991
Discus (1.75kg)	Justin Mariani	<b>30.20m</b>	6/3/1991
Javelin (800g)	Calum Dean	<b>58.75m</b>	28/02/2016
Hammer (6kg)	Toby Plant	<b>24.36m</b>	11/2/2012
4 x 100 metres	Nicholas Wall Chris Cheung Michael Dobson		
	Frank Nigro	<b>43.07</b>	12/2/1998
4 x 400 metres	P.Schwarz C.Nunan S.Peters		
	S.Goldsworthy	<b>3:24.4</b>	19/12/1982
4 x 800 metres	S.Nunan M.O'Bryan C.Nunan		
	S.Goldsworthy	<b>7:49.1</b>	18/12/1982
4 x 1500 metres	M.O'Bryan Mark Worsnop Sam Nunan		
	Stefan Kasarik	<b>16:24.2</b>	19/12/1992
Medley Relay (200, 200, 400, 800)	Rory Plant Tom Frawley Ted Middleditch Daniel Zinni		
		<b>3:37.35</b>	28/11/2011



## U20 WOMEN TRACK & FIELD RECORDS

100 metres	Lizzie Hedding	<b>12.24</b>	26/02/2016
200 metres	Lizzie Hedding	<b>25.02</b>	20/02/2016
400 metres	Grace Goldsworthy	<b>57.27</b>	14/03/2015
800 metres	Georgina Ryan	<b>2:17.1</b>	23/02/2016
1500 metres	Alex Paterson	<b>4:41.96</b>	07/03/2015
3000 metres	Alex Paterson	<b>9:47.06</b>	11/12/2014
5000 metres	Alex Paterson	<b>17:26.7</b>	24/02/2015
100m Hurdles (84cm)	Lizzie Hedding	<b>14.08</b>	28/02/2016
400m Hurdles	Monica Clarke	<b>66.46</b>	12/03/2015
3000m Steeplechase	Cate Gifford	<b>12:10.17</b>	28/02/2016
3000m walk	Monica Clarke	<b>19:43.6</b>	12/4/2014
Long Jump	Lizzie Hedding	<b>5.83m</b>	21/02/2016
Triple Jump	Georgia Bertrand	<b>11.70m</b>	06/11/2015
High Jump	Caitlin Davis	<b>1.63m</b>	13/02/2016
Pole Vault			
Shot Put (4kg)	Lizzie Hedding	<b>9.13m</b>	19/02/2016
Discus (1kgs)	Marlo Zambelli	<b>19.05m</b>	15/12/2012
Javelin (600g)	Lizzie Hedding	<b>31.00m</b>	21/02/2016
Hammer (4kg)			
Heptathlon	Lizzie Hedding	<b>5032</b>	21/02/2016
4 x 100 metres	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	<b>50.17</b>	23/11/2013
4 x 400 metres	Georgina Ryan Monica Clarke Savannah Noack	<b>4:01.04</b>	28/11/2015
4 x 800 metres	Lizzie Hedding Georgina Ryan Holly Hart Alex Paterson Emme Richardson	<b>9:40.38</b>	29/11/2014
Medley Relay (200, 200, 400, 800)	Alex August Leifi Lizzie Hedding Emily Phillips Alex Paterson	<b>4:23.90</b>	23/11/2013



# UNDER 18 MEN TRACK & FIELD RECORDS

<b>100 metres</b>	Nicholas Wall	<b>11.06</b>	23/10/1996
	Chris Cheung	<b>11.06</b>	13/2/1999
	Sajeeva Perera	<b>11.06</b>	7/5/2000
<b>200 metres</b>	Tom Frawley	<b>22.18</b>	7/11/2010
<b>400 metres</b>	Ted Middleditch	<b>50.01</b>	27/10/2012
<b>800 metres</b>	Daniel Zinni	<b>1:53.9</b>	29/10/2011
<b>1500 metres</b>	David McNeill	<b>3:57.29</b>	9/10/2004
<b>3000 metres</b>	David McNeill	<b>8:37.06</b>	7/3/2004
<b>5000 metres</b>	David McNeill	<b>15:07.20</b>	10/10/2004
<b>110m Hurdles (91cms)</b>	Grant McKenzie	<b>14.1h</b>	14/11/1997
<b>400m Hurdles</b>	Nicholas Wall	<b>54.95</b>	24/02/1996
<b>2000m Steeplechase (91cms)</b>	Aidan Biggar	<b>6:50.68</b>	9/2/2013
<b>3000m Steeplechase (91cms)</b>	Daniel Zinni	<b>10:28.89</b>	26/2/2012
<b>Long Jump</b>	Daniel Cussen	<b>6.58m</b>	31/01/2015
<b>Triple Jump</b>	Nathan Ryan	<b>13.95m</b>	7/11/2010
<b>High Jump</b>	Jono Lightfoot	<b>2.08m</b>	24/10/2015
<b>Pole Vault</b>	Oliver Kalac	<b>3.20m</b>	27/2/2012
<b>Shot Put (5kgs)</b>	Calum Dean	<b>16.15m</b>	07/11/2015
<b>Discus (1.5kg)</b>	Calum Dean	<b>40.69m</b>	09/11/2014
<b>Javelin (700g)</b>	Calum Dean	<b>63.08m</b>	14/02/2015
<b>Hammer (5kgs)</b>	Calum Dean	<b>28.65m</b>	2/2/2013
<b>4 x 100 metres</b>	Derrick Tugiono		
	Nathan Ryan		
	Toby Plant		
	Tom Frawley	<b>44.29</b>	28/11/2010
<b>4 x 400 metres</b>	Tom Frawley		
	Daniel Zinni		
	Campbell McKay		
	Ater Kong	<b>3:31.89</b>	28/11/2010
<b>4 x 800 metres</b>	Matthew Clarke		
	Charles Stratford		
	Nicholas Seymour		
	David Nash	<b>8:22.95</b>	27/11/2011
<b>Medley Relay (200, 200, 400, 800)</b>	Rory Plant		
	Tom Frawley		
	Ted Middleditch		
	Daniel Zinni	<b>3:37.35</b>	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	5.78m	13/12/2015
Triple Jump	Georgia Bertrand	11.70m	06/11/2015
High Jump	Caitlin Davis	1.63m	13/02/2016
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	4207	21/02/2016
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	<b>11.13</b>	11/12/1999
200 metres	Matt O'Connell	<b>22.76</b>	25/10/2014
400 metres	Tim Golds	<b>50.06</b>	6/12/2006
800 metres	Daniel Zinni	<b>1:59.37</b>	7/11/2009
1500 metres	Daniel Zinni	<b>4:01.15</b>	12/3/2010
3000 metres	Daniel Zinni	<b>8:48.99</b>	14/3/2010
100m Hurdles (91cms)	Nicholas Wall	<b>14.10</b>	25/3/1995
100m Hurdles (84cms)	Nicholas Grimshaw	<b>13.93</b>	16/10/2013
200m Hurdles (76cms)	Nick Moylan	<b>27.37</b>	5/5/2000
300 m Hurdles (84cms)	Nicholas Wall	<b>38.98</b>	24/3/1995
2000m Steeplechase (76cms)	James Stanley	<b>6:52.8</b>	1/12/2012
Long Jump	Matt O'Connell	<b>6.38m</b>	16/3/2013
Triple Jump	Daniel Hermans	<b>12.60m</b>	28/2/2009
High Jump	Jono Lightfoot	<b>2.08m</b>	24/10/2015
Pole Vault			
Shot Put (4kgs)	Jono Lightfoot	<b>15.42m</b>	08/11/2015
Discus (1kg)	Calum Dean	<b>44.66m</b>	25/10/2013
Javelin (700g)	Calum Dean	<b>48.80m</b>	26/10/2013
Hammer (4kgs)	Calum Dean	<b>35.19m</b>	3/11/2012
4 x 100 metres	Dili De Silva Zac Hart Gabriel Zabotto		
	Luke Dais	<b>45.69</b>	28/11/2015
4 x 400 metres	Dili De Silva Luke Dais Zac Hart Gabriel Zabotto		
	Nick Grimshaw	<b>3:35.38</b>	28/11/2015
Medley Relay (200, 200, 400, 800)	Anthony Taouk Hamish Brennan James Stanley		
		<b>3:48.23</b>	23/11/2013



# UNDER 16 WOMEN TRACK & FIELD RECORDS

100 metres	Bridget Neideck	<b>12.97</b>	12/2/2014
200 metres	Grace Goldsworthy	<b>25.84</b>	13/03/2015
400 metres	Grace Goldsworthy	<b>57.27</b>	14/03/2015
800 metres	Holly Hart	<b>2:19.5</b>	20/1/2015
1500 metres	Sacha Bennett	<b>5:14.09</b>	06/11/2015
3000 metres	Sacha Bennett	<b>11:45.00</b>	07/02/2016
90m Hurdles (76cms)	Gerorgia Bertrand	<b>13.99</b>	07/11/2016
200m Hurdles (76cm)	Georgia Bertrand	<b>31.06</b>	06/11/2016
300 m Hurdles (76cms)			
2000m Steeplechase	Sacha Bennett	<b>7:45.47</b>	06/11/2015
1500m walk	Monica Clarke	<b>9:12.7</b>	3/11/12
Long Jump	Bridget Neideck	<b>5.35m</b>	8/03/2014
Triple Jump	Georgia Bertrand	<b>11.70m</b>	06/11/2015
High Jump	Caitlin Davis	<b>1.63m</b>	13/02/2016
Pole Vault			
Shot Put (3kgs)	Georgia Bertrand	<b>10.61m</b>	14/11/2015
Discus (1kg)	Gemma Johansen	<b>22.91m</b>	14/11/2015
Javelin (500g)	Isobel McFarlane	<b>34.77m</b>	14/03/2015
Hammer (3kgs)	Gemma Johansen	<b>18.22m</b>	16/01/2015
Heptathlon	Georgia Bertrand		27/09/2015
4 x 100 metres	Georgia Bertrand		
	Grace Goldsworthy		
	Eliza O'Donnell		
	Isis Holt	<b>51.41</b>	28/11/2015
4 x 400 metres	Annelise Cody		
	Celia Cody		
	Eliza Mills		
	Grace Goldsworthy	<b>4:23.61</b>	29/11/2014
Medley Relay (200, 200, 400, 800)	Ellie McLinden		
	Bridget Neideck		
	Olivia Owen		
	Lily Razuki	<b>4:43.12</b>	23/11/2013





## UNDER 14 MEN TRACK & FIELD RECORDS

100 metres	Matt O'Connell	<b>11.82</b>	27/10/2012
200 metres	Matt O'Connell	<b>24.47</b>	7/11/2012
400 metres	Matt O'Connell	<b>52.08</b>	15/03/2013
800 metres	James Stanley	<b>2:09.9</b>	1/12/2012
1500 metres	James Stanley	<b>4:21.98</b>	19/01/2013
3000 metres	James Stanley	<b>9:39.34</b>	10/2/2013
90m Hurdles (76cms)	Oscar Hunter	<b>13.74</b>	07/11/2015
200m Hurdles (76cms)	Oscar Hunter	<b>29.86</b>	13/02/2016
2000m Steeplechase (76cms)	James Stanley	<b>6:52.8</b>	1/12/2012
Long Jump	Matt O'Connell	<b>6.38m</b>	16/3/2013
Triple Jump	Tom O'Connor	<b>9.86m</b>	7/12/2011
High Jump	Matt O'Connell	<b>1.74m</b>	27/10/2012
Pole Vault			
Shot Put (3kgs)	Calum Dean	<b>11.33m</b>	2011
Discus (1kg)	Calum Dean	<b>25.41m</b>	2011
Javelin (600g)	Calum Dean	<b>31.80m</b>	27/2/2012
Hammer	Matthew Dean	<b>17.24m</b>	2/11/2012
4 x 100 metres	Christo Hart Matt O'Connell Sam Iacono		
	James Taouk	<b>50.88</b>	25/11/2012
4 x 400 metres	Christo Hart James Stanley Sam Iacono		
	Matt O'Connell	<b>3:53.95</b>	25/11/2012



## UNDER 14 WOMEN TRACK & FIELD RECORDS

<b>100 metres</b>	Grace Goldsworthy	<b>13.34</b>	25/10/2014
<b>200 metres</b>	Grace Goldsworthy	<b>25.84</b>	13/03/2015
<b>400 metres</b>	Grace Goldsworthy	<b>57.27</b>	14/03/2015
<b>800 metres</b>			
<b>1500 metres</b>			
<b>3000 metres</b>			
<b>80m Hurdles (76cms)</b>			
<b>200m Hurdles (76cms)</b>	Olivia Yacono	<b>31.47</b>	13/02/2016
<b>2000m Steeplechase (76cms)</b>			
<b>Long Jump</b>	Olivia Yacono	<b>5.05m</b>	13/03/2016
<b>Triple Jump</b>	Sophie O'Connell	<b>8.61m</b>	22/11/2015
<b>High Jump</b>	Eleanor McFarlane	<b>1.60m</b>	13/02/2016
<b>Pole Vault</b>			
<b>Shot Put</b>	Gemma Johansen	<b>7.18m</b>	31/01/2016
<b>Discus</b>	Gemma Johansen	<b>24.00m</b>	13/02/2016
<b>Javelin</b>	Gemma Johansen	<b>18.05m</b>	24/01/2016
<b>Hammer</b>	Gemma Johansen	<b>27.16m</b>	14/03/2016
<b>4 x 100 metres</b>	Eliza Mills Annelise Cody Celia Cody		
	Grace Goldsworthy	<b>52.04</b>	29/11/2014
<b>4 x 400 metres</b>	Annelise Cody Celia Cody Eliza Mills		
	Grace Goldsworthy	<b>4:23.61</b>	29/11/2014