



**OLD XAVERIANS' ATHLETICS CLUB
TRACK & FIELD RECORDS**

CONTENTS

Following is record of best performances by Old Xaverians' athletes for Track & Field and out of Stadia competition for both Men and Women, Underage and Ambulant athletes.

Ambulant Athlete Classifications

T20 – incl. people who have intellectual disabilities and significant limitations in adaptive behaviour (conceptual, social, or practical adaptive skills such as communication, self-care, social skills, home living, health and safety difficulties. Athletes with an intellectual impairment, who may find more difficult to plan event tactics.

T35 – incl. people who have coordination impairments such as hypertonia, ataxia and athetosis. Incl. people with cerebral palsy. Athletes who compete standing and have moderate coordination impairment in both legs. These athletes usually have short running strides and decreased leg power in the throws.

T36 – incl. people who have coordination impairments such as hypertonia, ataxia and athetosis. Incl. people with cerebral palsy. Athletes who compete standing and have coordination problems affecting their whole body. Athletes might find it difficult to balance at the start line in track or keep within the throws sector due to poor balance.

T37 – incl. people who have coordination impairments such as hypertonia, ataxia and athetosis. Incl. people with cerebral palsy. Athletes who compete standing who have a coordination impairment down one side of their body. They have an asymmetry of running stride and arm and leg power in the throws.



100m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	T. Mason	10.5h	26/11/1983
	Brendan Mahar	10.74	09/12/2006
U20	T. Mason	10.5h	26/11/1983
U18	Nick Wall	11.06	23/10/1996
	Chris Cheung	11.06	13/02/1999
	Sajeeva Perera	11.06	07/05/2000
U16	Sajeeva Peera	11.13	11/12/1999
U14	Matt O'Connell	11.82	27/10/2012
AMB (T20)	James Brown	12.70	19/02/2021 (Vic Champs)
P20 (T20)	Laurence Tod	13.38	24/02/2024 (Vic Champs)
P18 (T20)	Laurence Tod	13.38	24/02/2024 (Vic Champs)
P16 (T20)	Laurence Tod	13.38	24/02/2024 (Vic Champs)
AMB (T35)	Cameron Taylor	15.80	12/01/2018 (AV R11)

Women

Category	Athlete	Record	Date & Location
Open Women	Lizzie Hedding	11.99	07/01/2018 (AV R10)
U20	Lizzie Holding	12.24h	26/02/2016
U18	Anneliese Bush	12.2h	2016 (AV R4)

U16	Natasha Wood	12.69	01/03/2019 (Vic Champs)
U14	Grace Goldsworthy	13.34	25/11/2014
AMB (T20)	Clara Campillos	14.47	21/10/2023 (AV R3)
P20 (T20)	Clara Campillos	14.47	21/10/2023 (AV R3)
P18 (T20)	Clara Campillos	15.63	06/12/2020 (AV R12)
AMB (T35)	Isis Holt	13.36	17/03/2018 (Sydney)
P20 (T35)	Isis Holt	13.36	17/03/2018 (Sydney)
P18 (T35)	Isis Holt	13.36	17/03/2018 (Sydney)
P16 (T35)	Isis Holt	13.57	01/04/2016 (Sydney)
AMB (T36)	Erin Garbler	16.33	01/03/2019 (Vic Champs)
P20 (T36)	Erin Garbler	16.33	01/03/2019 (Vic Champs)
P18 (T36)	Erin Garbler	16.83	01/11/2017 (AV R4)



200m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Michael Beltrame	21.66	24/11/2006
U20	M. Coglin	21.9h	16/11/1968
U18	Dilina De Silva	22.07	20/10/2017 (AV R1)
U16	Matt O'Connell	22.76	25/10/2014
U14	Matt O'Connell	24.47	07/11/2012
AMB (T20)	James Brown	25.88	26/02/2021 (Vic Champs)
P20 (T20)	Laurence Tod	26.32	02/03/2024 (Vic Champs)
P18 (T20)	Laurence Tod	26.32	02/03/2024 (Vic Champs)
P16 (T20)	Laurence Tod	26.32	02/03/2024 (Vic Champs)
AMB (T35)	Cameron Taylor	32.14	16/12/2017 (AV R9)

Women

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding	25.02	20/02/2016
U20	Lizzie Hedding	25.02	20/02/2016
U18	Grace Goldsworthy	25.51	20/01/2018 (AV R12)
U16	Grace Goldsworthy	25.84	13/03/2015
U14	Grace Goldsworthy	25.84	13/03/2015

AMB (T20)	Clara Campillos	30.69	03/03/2023 (AV Champs)
P20 (T20)	Clara Campillos	30.69	03/03/2023 (AV Champs)
P18 (T20)	Clara Campillos	34.20	06/02/2021 (AV R6)
AMB (T35)	Isis Holt	28.30	03/04/2016 (Sydney)
P20 (T35)	Isis Holt	28.30	03/04/2016 (Sydney)
P18 (T35)	Isis Holt	28.30	03/04/2016 (Sydney)
P16 (T35)	Isis Holt	28.30	03/04/2016 (Sydney)
P14 (T35)	Isis Holt	29.49	29/03/2015 (Brisbane)
AMB (T36)	Erin Garbler	34.15	05/10/2019 (AV R1)
P20 (T36)	Erin Garbler	34.15	05/10/2019 (AV R1)
P18 (T36)	Erin Garbler	35.53	16/12/2017 (AV R9)



400m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Ken Roche	46.6h	21/3/1964
U20	Tom Willems	48.32	11/01/2020 (AV R9)
U18	Ted Middleditch	50.01	27/10/2012
U16	Tim Golds	50.06	06/12/2006
U14	Matt O'Connell	52.08	15/03/2013
AMB (T20)	Laurence Tod	59.07	16/04/2024 (Australian National Junior Champs - Adelaide)
P20 (T20)	Laurence Tod	59.07	16/04/2024 (Australian National Junior Champs - Adelaide)
P18 (T20)	Laurence Tod	59.07	16/04/2024 (Australian National Junior Champs - Adelaide)
P16 (T20)	Laurence Tod	59.07	16/04/2024 (Australian National Junior Champs - Adelaide)

Women

Category	Athlete	Record	Date & Location
Open	Grace Goldsworthy	55.82	01/03/2019 (AV Vic Champs)
U20	Grace Goldsworthy	55.82	01/03/2019 (AV Vic Champs)
U18	Grace Goldsworthy	57.27	14/03/2015

U16	Grace Goldsworthy	57.27	14/03/2015
U14	Grace Goldsworthy	57.27	14/03/2015
AMB (T20)	Annabelle Colman	66.22	03/03/2023 (Vic Champs)
P20 (T20)	Annabelle Colman	66.22	03/03/2023 (Vic Champs)
P18 (T20)	Annabelle Colman	72.50	19/02/2021 (Vic Champs)
AMB (T36)	Erin Garbler	1:23.03	28/11/2019 (Whitehorse Twilight)
P20 (T36)	Erin Garbler	1:23.03	28/11/2019 (Whitehorse Twilight)
P18 (T36)	Erin Garbler	1:35.03	20/11/2016 (AV R6)



600m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Laurence Tod	1:46.42	01/12/2023 (AV R6)
AMB (T20)	Laurence Tod	1:46.42	01/12/2023 (AV R6)
P20 (T20)	Laurence Tod	1:46.42	01/12/2023 (AV R6)
P18 (T20)	Laurence Tod	1:46.42	01/12/2023 (AV R6)
P16 (T20)	Laurence Tod	1:46.42	01/12/2023 (AV R6)

Women

Category	Athlete	Record	Date & Location
Open	Clara Campillos	2:00.02	01/12/2023 (AV R6)
AMB (T20)	Clara Campillos	2:00.02	01/12/2023 (AV R6)
P20 (T20)	Clara Campillos	2:00.02	01/12/2023 (AV R6)



800m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Matt Gibney	1:48.66	08/05/2011
U20	Matt Gibney	1:49.61	02/03/2007
U18	Daniel Zinni	1:53.9	29/10/2011
U16	Daniel Zinni	1:59.37	07/11/2009
U14	James Stanley	2:09.9	01/12/2012
AMB (T20)	Laurence Tod	2:13.06	15/04/2024 (Australia National Junior Champs - Adelaide)
P20 (T20)	Laurence Tod	2:13.06	15/04/2024 (Australian National Junior Champs - Adelaide)
P18 (T20)	Laurence Tod	2:13.06	15/04/2024 (Australian National Junior Champs - Adelaide)
P16 (T20)	Laurence Tod	2:13.06	15/04/2024 (Australian National Junior Champs - Adelaide)

Women

Category	Athlete	Record	Date & Location
Open	Holly Hart	2:12.6	10/02/2018 (AV Finals)
U20	Holly Hart	2:12.6	10/02/2018 (AV Finals)
U18	Holly Hart	2:12.6	10/02/2018 (AV Finals)

U16	Holly Hart	2:19.5	20/01/2015
AMB (T20)	Annabelle Colman	2:21.41	13/04/2024 (Australian National Champs - Adelaide)
P20 (T20)	Annabelle Colman	2:22.65	01/03/2024 (Vic Champs)
P18 (T20)	Annabelle Colman	2:36.70	26/02/2021 (Vic Champs)



1,500m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	David McNeill	3:37.4	03/07/2021 (Italy)
U20	Matt Gibney	3:45.19	21/01/2008
U18	David McNeill	3:47.29	09/10/2004
U16	Daniel Zinni	4:01.15	12/03/2010
U14	James Stanley	4:21.98	19/01/2013
AMB (T20)	Cameron Marshall	4:37.02	22/12/2022 (Vic Milers Meet 2)
P20 (T20)	Laurence Tod	4:38.42	23/02/2024 (Vic Champs)
P18 (T20)	Laurence Tod	4:38.43	23/02/2024 (Vic Champs)
P16 (T20)	Laurence Tod	4:38.43	23/02/2024 (Vic Champs)

Women

Category	Athlete	Record	Date & Location
Open	Isabella de Castella	4:34	200?
U20	Alex Paterson	4:41.96	07/03/2015
U18	Alex Paterson	4:53.79	17/11/2012
U16	Sacha Bennett	5:14.09	06/11/2015
AMB (T20)	Annabelle Colman	4:40.58	14/03/2024 (Australian National Championships - Adelaide)

P20 (T20)	Annabelle Colman	4:42.4	13/01/2024 (AV R8)
P18 (T20)	Annabelle Colman	5:03.8	05/02/2022 (AV R9)



Mile – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Julian Marsh	4:00.09	05/03/1998
Open (Indoor)	Matt Gibney	3:58.12i	12/02/2011
U16	Jenson Scarff	5:26.18	21/11/2023 (Doncaster Mile)
U14	Max Sukdara	6:03.32	01/12/2023 (AV R6)
AMB (T20)	Cameron Marshall	5:09.46	08/02/2022 (Vic Milers Meet 4)
P20 (T20)	Laurence Tod	5:34.89	01/12/2023 (AV R6)
P18 (T20)	Laurence Tod	5:34.89	01/12/2023 (AV R6)
P16 (T20)	Laurence Tod	5:34.89	01/12/2023 (AV R6)

Women

Category	Athlete	Record	Date & Location
Open	Annabelle Colman	5:12.89	01/12/2023 (AV R6)
AMB (T20)	Annabelle Colman	5:12.89	01/12/2023 (AV R6)
P20 (T20)	Annabelle Colman	5:12.89	01/12/2023 (AV R6)



3,000m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	David McNeill	7:39.43	01/07/2021 (Oslo)
Open (Indoor)	David McNeill	7:47.52i	13/10/2010
U20	Robert de Castella	8:13.00	1975
U18	David McNeill	8:37.06	07/03/2004
U16	Daniel Zinni	8:48.99	14/03/2010
U14	James Stanley	9:39.34	10/02/2013
AMB (T20)	Cameron Marshall	10:07.24	24/03/2022 (Box Hill Classic)
P20 (T20)	Harry Mezger	10:43.22	11/08/2018 (Vic Milers Meet 1)
P18 (T20)	Laurence Tod	11:00.0	03/02/2024 (AV R10)
P18 (T20)	Laurence Tod	11:00.0	03/02/2024 (AV R10)

Women

Category	Athlete	Record	Date & Location
Open	Alex Paterson	9:47.06	11/12/2014
U20	Alex Paterson	9:47.06	11/12/2014
U18	Alex Paterson	10:24.41	06/12/2012
U16	Charlotte Hoskins	11:39.9	01/11/2017 (AV R4)
AMB (T20)	Annabelle Colman	10:17.5	07/10/2023 (AV R1)

P20 (T20)	Annabelle Colman	10:17.5	07/10/2023 (AV R1)
P18 (T20)	Annabelle Colman	11:32.5	06/03/2021 (AV R8)



5,000m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	David McNeill	13:12.82	11/05/2021 (Perth)
U20	David McNeill	14:26.46	11/02/2005
U18	David McNeill	15.07.2	10/10/2004
AMB (T20)	Cameron Marshall	16:59.1	01/12/2022 (Collingwood Classic)

Women

Category	Athlete	Record	Date & Location
Open	Abi Bayley	16:12.71	05/03/2011
U20	Alex Paterson	17:26.7	24/02/2015
U18	Charlotte Hoskins	19:21.5	21/12/2019 (AV R8)
AMB (T20)	Annabelle Colman	17:44.07	16/11/2023 (Vic 5000m Champs)
P20 (T20)	Annabelle Colman	17:44.07	16/11/2023 (Vic 5000m Champs)
P18 (T20)	Annabelle Colman	18:53.59	07/12/2021 (Vic 5000m Champs)



10,000m – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	David McNeill	27:45.01	02/05/2015

Women

Category	Athlete	Record	Date & Location
Open	Isabella de Castella	34:21.38	17/08/2000



MARATHON – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Nick de Castella	2:15.03	20/11/1983

Women

Category	Athlete	Record	Date & Location
Open	Sophie Ryan	2:42.48	02/12/2018 (Valencia Marathon - Valencia Spain)
AMB (T20)	Montana Whiteley	3:55.20	18/02/2024 (Port Fairy Marathon – Port Fairy)



HURDLES – TRACK & FIELD RECORDS

Men (110m)

Category	Athlete	Record	Date & Location
Open	Grant McKenzie	14.7h	15/03/1998
U20	Grant McKenzie Adrian Sanfilippo	14.7h (107cm) 14.54 (99cm)	15/03/1998 16/02/2014
U18	Grant McKenzie	14.1h (91cm)	14/11/1997

Men (100m)

Category	Athlete	Record	Date & Location
U16	Nick Wall Dili De Silva	14.10 (91cm) 13.9h (84cm)	25/03/1995 2016 (AV R3)
U20	Grant McKenzie Adrian Sanfilippo	14.7h (107cm) 14.54 (99cm)	15/03/1998 16/02/2014
U18	Grant McKenzie	14.1h (91cm)	14/11/1997

Men (90m)

Category	Athlete	Record	Date & Location
U14	Oscar Hunter	13.74 (76cm)	07/11/2015

Women (100m)

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding	14.08 (84cm)	28/02/2016
U20	Lizzie Hedding	14.08 (84cm)	28/02/2016
U18	Annaliese Bush	14.55 (76cm)	08/11/2015
U16	Neve O'Callaghan	18.97	04/12/2021 (AV R4)

Women (90m)

Category	Athlete	Record	Date & Location
U16	Georgia Bertrand	13.99 (76cm)	07/11/2016
U14	Elodie Ferrali	15.29	04/12/2017 (AV R6)



200m/300m HURDLES – TRACK & FIELD RECORDS

Men (200m)

Category	Athlete	Record	Date & Location
U16	Nick Moylan	27.37 (76cm)	05/05/2000
U14	Oscar Hunter	29.86 (76cm)	13/02/2016

Men (300m)

Category	Athlete	Record	Date & Location
U16	Nick Wall	38.98 (84cm)	24/03/1995

Women (200m)

Category	Athlete	Record	Date & Location
U16	Georgia Bertrand	31.06 (76cm)	06/11/2016
U14	Olivia Yacono	31.47	13/02/2016



400m HURDLES – TRACK & FIELD RECORDS

Men

Event	Athlete	Record	Date & Location
Open	Ken Roche	50.9h	21/03/1964
U20	Nicholas Wall	52.89	20/04/1998
U18	Nick Wall	54.95	24/02/1996
U16	Dili De Silva	58.17	AV 2016/17 R11
AMB (T20)	Harry Mezger	1:42.38	17/12/2022 (AV R7)

Women

Event	Athlete	Record	Date & Location
Open	Olivia Yacono	63.63	26.02/2021 (AV Vic Champs)
U20	Olivia Yacono	64.53	16/11/2019 (AV R5)
U18	Olivia Yacono	64.53	16/11/2019 (AV R5)



STEEPLECHASE – TRACK & FIELD RECORDS

Men (3,000m)

Category	Athlete	Record	Date & Location
Open	S.K Brennan	8:58.0	21/01/1984
U20	Daniel Zinni	10:28.89	26/02/2012
U18	Daniel Zinni	10:28.89	26/02/2012

Men (2,000m)

Category	Athlete	Record	Date & Location
Open	C. Van Asche	6:13.7	31/01/1998
U18	Aiden Biggar	6:50.68 (91cm)	09/02/2013
U16	James Stanley	6:52.8 (76cm)	01/12/2012
U14	James Stanley	6:52.8 (76cm)	01/12/2012

Women (3,000m)

Category	Athlete	Record	Date & Location
Open	Cate Gifford	11:47.1	12/02/2017 (AV Finals)
U20	Cate Gifford	11:47.1	12/02/2017 (AV Finals)

Women (2,000m)

Category	Athlete	Record	Date & Location
U20	Sacha Bennett	7:40.0 (76cm)	20/01/2018 (AV R12)
U18	Sacha Bennett	7:45.47	06/11/2015
U16	Sacha Bennett	7:45.47 (76cm)	06/11/2015



RACE WALK – TRACK & FIELD RECORDS

Men (1,500m)

Category	Athlete	Record	Date & Location
Open	S.T Burke	5:52.7	24/03/1981

Men (2,000m)

Category	Athlete	Record	Date & Location
Open	S.T Burke	8:05.5	08/12/1992
U20	Campell McKay	13:18.40	?

Men (3,000m)

Category	Athlete	Record	Date & Location
Open	S.T Burke	12:38.4	04/02/1993

Men (10,000m)

Category	Athlete	Record	Date & Location
Open	S.T Burke	46:38.0	10/01/1993
Open (Road)	S.T Burke	45:03.0	1992

Men (20km)

Category	Athlete	Record	Date & Location
Open (Road)	Christopher Worsnop	2:18.07	12/10/2002 (Albert Park – World Masters Games)

Men (50km)

Category	Athlete	Record	Date & Location
Open (Road)	J.M Collins	5:41.0	27/02/1993

Women (3,000m)

Category	Athlete	Record	Date & Location
Open	Monia Clarke	19:43.6	12/04/2014
U20	Monia Clarke	19:43.6	12/04/2014
U18	Monia Clarke	19:43.6	12/04/2014

Women (1,500m)

Category	Athlete	Record	Date & Location
U16	Monica Clarke	9:12.7	03/11/2015



LONG JUMP – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Chris Mathai	7.15m	12/02/1995
U20	Chris Mathai	7.07m	08/12/1988
U18	Daniel Cussen	6.58m	31/01/2015
U16	Matt O'Connell	6.38m	16/03/2013
U14	Matt O'Connell	6.38m	16/03/2013
AMB (T20)	James Brown	5.04m	26/02/2021 (Vic Champs)
P20 (T20)	Laurence Tod	5.00m	15/04/2024 (Australian National Junior Champs - Adelaide)
P18 (T20)	Laurence Tod	5.00m	15/04/2024 (Australian National Junior Champs - Adelaide)
P16 (T20)	Laurence Tod	5.00m	15/04/2024 (Australian National Junior Champs - Adelaide)

Women

Category	Athlete	Record	Date & Location
Open	Olivia Yacono	6.00m	13/03/2021 (AV R9)
U20	Olivia Yacono	6.00m	13/03/2021 (AV R9)
U18	Annaliese Bush	5.78m	13/12/2015
U16	Bridget Neideck	5.35m	08/03/2014

U14	Olivia Yacono	5.05m	13/03/2016
AMB (T20)	C Haag-Witherden	2.45m	08/03/2019 (Vic Champs)
P20 (T20)	C Haag-Witherden	2.45m	08/03/2019 (Vic Champs)



TRIPLE JUMP – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	P. Hamilton	14.25m	18/12/1965
U20	Nathan Ryan	13.95m	07/11/2010
U18	Nathan Ryan	13.95m	07/11/2010
U16	Daniel Hermans	12.60m	28/02/2009
U14	Tom O'Connell	9.86m	07/12/2011

Women

Category	Athlete	Record	Date & Location
Open	Georgia Bertrand	11.70m	06/11/2015
U20	Georgia Bertrand	11.70m	06/11/2015
U18	Georgia Bertrand	11.70m	06/11/2015
U16	Georgia Bertrand	11.70m	06/11/2015
U14	Millie Hinckfuss	8.66m	11/11/2023 (AV R4)



HIGH JUMP – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Jono Lighfoot	2.08m	24/10/2015
U20	Jono Lighfoot	2.08m	24/10/2015
U18	Jono Lighfoot	2.08m	24/10/2015
U16	Jono Lighfoot	2.08m	24/10/2015
U14	Matt O'Connell	1.74m	27/10/2012

Women

Category	Athlete	Record	Date & Location
Open	Annaliese Bush Olivia Yacono Catlin Davis	1.65m 1.65m 1.65m	04/12/2017 (AV R6) 01/12/2018 (AV R7) 11/01/2018 (AV R9)
U20	Annaliese Bush Catlin Davis	1.65m 1.65m	04/12/2017 (AV R6) 11/01/2018 (AV R9)
U18	Catlin Davis	1.65m	11/01/2018 (AV R9)
U16	Catlin Davis	1.63m	13/02/2016
U14	Eleanor McFarlane	1.60m	13/02/2016



POLE VAULT – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Oen	J. Adamopoulos	4.20m	1990
U20	Oliver Kalac	3.20m	27/02/2012
U18	Oliver Lalac	3.20m	27/02/2012



SHOT PUT – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	N. Connell	13.90m	14/11/1992
U20	Nick Meehan	10.38m (7.26kg)	11/12/2010
U18	Calum Dean	16.15m (5kg)	07/11/2015
U16	Jono Lighfoot	15.42m (4kg)	08/11/2015
U14	Calum Dean	11.33 (3kg)	2011
AMB (T20)	Laurence Tod	8.20m	03/02/2024 (AV R10)
P20 (T20)	Laurence Tod	8.20m	03/02/2024 (AV R10)
P18 (T20)	Laurence Tod	8.20m	03/02/2024 (AV R10)
P16 (T20)	Laurence Tod	8.20m	03/02/2024 (AV R10)
AMB (T37)	Nelson Gray	8.39m (5kg)	19/10/2019 (AV R3)
P20 (T37)	Nelson Gray	8.39m (5kg)	19/10/2019 (AV R3)
P18 (T37)	Nelson Gray	7.88m (4kg)	20/10/2017 (AV R1)

Women

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding	9.13m (4kg)	20/02/2016
U20	Annaliese Bush	10.09m (4kg)	20/10/2017 (AV R1)
U18	Georgia Bertrand	11.22m (3kg)	10/02/2018 (AV Finals)

U16	Georgia Bertrand	10.61m (3kg)	14/11/2015
U14	Millie Hinckfuss	8.31m	14/10/2023 (AV R2)
AMB (T20)	C Haag-Witherden	5.74m	08/03/2019 (Vic Champs)
P20 (T20)	C Haag-Witherden	5.74m	08/03/2019 (Vic Champs)
P18 (T20)	Annabelle Colman	4.22m	06/12/2020 (AV R2)



DISCUSS – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	N. Connell	44.16m	08/12/1992
U20	Justin Mariani	30.20m (2kg)	06/03/1991
U18	Calum Dean	40.69 (1.5kg)	09/11//2014
U16	Calum Dean	44.66m (1kg)	25/10/2013
U14	Calum Dean	25.41m (1kg)	2011
AMB (T20)	Carlo Manolitsas	12.54m	13/12/2020 (AV R3)
AMB (T37)	Nelson Gray	19.87m (1.5kg)	12/01/2018 (AV R11)
P20 (T37)	Nelson Gray	19.87m (1.5kg)	12/01/2018 (AV R11)

Women

Category	Athlete	Record	Date & Location
Open	Nicole Johansen	29.22m (1kg)	10/01/2015
U20	Marlo Zambelli	19.05m (1kg)	15/12/2012
U18	Marlo Zambelli	19.05m (1kg)	15/12/2012
U16	Gemma Johansen	24.00m	13/02/2016
U14	Gemma Johansen	24.00m	13/02/2016
AMB (T20)	C. Haag-Witherden	14.06m	01/03/2019 (Vic Champs)
P20 (T20)	C. Haag-Witherden	14.06m	01/03/2019 (Vic Champs)



JAVELIN – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Calum Dean	64.49m (800g)	30/11/2019 (AV R6)
U20	Calum Dean	63.27m (800g)	12/02/2017 (AV Finals)
U18	Calum Dean	63.08m (700g)	14/02/2015
U16	Calum Dean	48.80m (700g)	26/10/2013
U14	Calum Dean	31.80m (600g)	27/02/2012

Women

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding	31.00m (600g)	21/02/2016
U20	Isobel McFarlane	36.54 (500g)	2016 (AV R8)
U18	Isobel McFarlane	34.77m (500g)	14/03/2015
U16	Isobel McFarlane	34.77m (500g)	14/03/2015
U14	Millie Hinckfuss	19.67m	07/10/2023 (AV R1)



HAMMER – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	N. Connell	40.12m	08/12/1992
U20	Toby Plant	24.36m (6kg)	11/02/2012
U18	Calum Dean	28.65m (5kg)	02/02/2013
U16	Calum Dean	35.19m (4kg)	03/11/2012
U14	Matthew Dean	17.24m	02/11/2012

Women

Category	Athlete	Record	Date & Location
Open	Nicole Johansen	34.40m (4kg)	23/11/2014
U20	Marlo Zambelli	20.86m (3kg)	02/02/2013
U18	Marlo Zambelli	20.86m (3kg)	02/02/2013
U16	Gemma Johansen	18.22m (3kg)	16/01/2015
U14	Gemma Johansen	27.16m	14/03/2016



HEPTATHLON – TRACK & FIELD RECORDS

Women

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding	5032 points	21/02/2016
U20	Lizzie Hedding	5032 points	21/02/2016
U18	Annaliese Bush	4207 points	21/02/2016
U16	Georgia Bertrand	??? points	27/09/2015



4x100m RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	D. Tugiono M. Beltrame L. Knight D. Maher	42.85	24/11/2012
U20	Nick Wall Chris Cheung Michael Dobson Frank Nigro	43.07	12/02/1998
U18	Derrick Tugiono Nathan Ryan Toby Plant Tom Frawley	44.29	28/11/2010
U16	Dili De Silva Zac Hart Gabriel Zabotto Luke Dais	45.69	28/11/2015
U14	Christo Hart Matt O'Connell Sam Iacono James Taouk	50.88	25/11/2012

Women

Category	Athlete	Record	Date & Location
Open	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	50.17	23/11/2013
U20	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	50.17	23/11/2013
U18	Lizzie Hedding Olivia Owen Bridget Neideck Alex August-Leifi	50.17	23/11/2013
U16	Georgia Bertrand Grace Goldsworthy Eliza O'Donnell Isis Holt	51.41	28/11/2015

U14	Eliza Mills Annelise Cody Celia Cody Grace Goldsworthy	52.04	29/11/2014
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4x200m RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	J.Dooley A. Ryan J.Sullivan D. McGlade	1:30.3h	07/02/1980

Women

Category	Athlete	Record	Date & Location
Open	Georgia Bertrand Eliza O'Donnell Sylvie Bischof Annaliese Bush	1:52.4h	13/11/2016 (AV R1)
U20	Georgia Bertrand Eliza O'Donnell Sylvie Bischof Annaliese Bush	1:52.4h	13/11/2016 (AV R1)
U18	Georgia Bertrand Eliza O'Donnell Sylvie Bischof Annaliese Bush	1:52.4h	13/11/2016 (AV R1)



4x220yrd RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	PH Johnson MA Bowden KJ Roche WJ Athorn	1:30.3	18/11/1961



4x400m RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Ted Middleditch Tony Plant Lloyd Knight Michael Beltrame	3:18.52	08/12/2012
U20	P. Schwarz C. Ninan S. Peters S. Goldsworthy	3:24.4	19/12/1982
U18	Tom Frawley Daniel Zinni Campbell McKay Ater Kong	3:31.89	28/11/2010
U16	Dili De Silva Luke Dais Zac Hart Gabriel Zabotto	3:35.38	28/11/2015
U14	Christo Hart James Stanley Sam Iacono Matt O'Connell	3:53.95	25/11/2012

Women

Category	Athlete	Record	Date & Location
Open	Savannah Noack Olivia Yacono Maghan Deane Monica Clarke	3:56.78	30/01/2021 (Vic Relay Champs)
U20	Georgia Ryan Monica Clarke Savannah Noack Lizzie Hedding	4:01.04	28/11/2015
U18	Grace Goldsworthy Holly Hart Olivia Yacono Annaliese Bush	4:01.23	28/11/2015
U16	Annelise Cody Celia Cody Elza Mills Grace Goldsworthy	4:23.61	29/11/2014

U14	Annelise Cody Celia Cody Eliza Mills Grace Goldsworthy	4:23.61	29/11/2014
AMB (T20)	Annabelle Colman Clara Campillos Amelie Lague Lexi Guiney	5:56.31	03/02/2024 (AV R10)



4x800m RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	E. O'Callaghan Peter Curtis Drew Cole Andrei Alexeyeff	7:38.30	18/12/1990
U20	S. Nunan M. O'Bryan C. Nunan S. Goldsworthy	7:49.1	18/12/1982
U18	Matthew Clarke Charles Stratford Nicholas Seymor David Nash	8:22.95	27/11/2011

Women

Category	Athlete	Record	Date & Location
Open	Georgia Ryan Holly Hart Alex Paterson Emme Richardson	9:40.38	29/11/2014
U20	Georgia Ryan Holly Hart Alex Paterson Emme Richardson	9:40.38	29/11/2014
U18	Holly Hart Sacha Bennett Olivia Vesely Tess Menzies	10:09.43	28/11/2015
AMB (T20)	Annabelle Colman Amelie Lague Lexi Guiney Clara Campillos	12:37.16	25/11/2023 (Vic Relay Champs)
P20 (T20)	Annabelle Colman Amelie Lague Lexi Guiney Clara Campillos	12:37.16	25/11/2023 (Vic Relay Champs)



4x1,500m RELAY – TRACK & FIELD RECORDS

Men

Category	Athlete	Record	Date & Location
Open	Drew Cole Mark Worsnop Stefan Kasarik Eamon O'Callaghan	15:49.0	16/12/1990
U20	M. O'Bryan Mark Worsnop Sam Numan Stefan Kasarik	16:24.2	19/12/1992

Women

Category	Athlete	Record	Date & Location
Open	Heidi Rioden Saraf Heard Shannon Smith Nat Geddes	20:34.04	26/02/2010



MEDLEY RELAY – TRACK & FIELD RECORDS (200, 200, 400, 800)

Men

Category	Athlete	Record	Date & Location
Open	Derrick Tugiono Lloyd Knight Michael Beltrame Daniel Zinni	3:31.76	25/11/2012
U20	Rory Plant Tom Frawley Ted Middleditch Daniel Zinni	3:37.35	28/11/2011
U18	Rory Plant Tom Frawley Ted Middleditch Daniel Zinni	3:37.35	27/11/2010
U16	Nick Grimshaw Anthong Taouk Hamish Brenan James Stanley	3:48.23	23/11/2013

Women

Category	Athlete	Record	Date & Location
Open	Olivia Yacono Savannah Noack Monica Clarke Meaghan Deane	4:15.64	30/01/2021 (Vic Relay Champs)
U20	Alex August-Leifi Lizzie Hedding Emily Phillips Alex Paterson	4:23.90	23/11/2013
U18	Annabelle Turner Tahryn Mant Nikki Allen Alex Paterson	4:30.90	25/11/2012
U16	Ellie McLinden Bridget Neideck Olivia Owen Lily Razuki	4:43.12	23/11/2013