

NSW Records

Records @ 12 July 2019

Compiled by and amendments to Athletics NSW records Officer davidtarbotton@nswathletics.org.au

*original performance. The other performance is the equivalent.

FEMALE

AGE	PERF	NAME	DOB	CLUB	DATE
100 METRES					
Open	11.12	Melinda Gainsford	71	CRH	1/07/1994
U20	11.42	Diane Holden	63	RYD	29/11/1980
U18	11.42	Diane Holden	63	RYD	29/11/1980
U16	11.3	Debbie Wells	61	NGL	14/01/1976
200 METRES					
Open	22.23	Melinda Gainsford	71	CRH	13/07/1997
U20	22.8	Debbie Wells	61	NGL	28/02/1976
U18	22.8	Debbie Wells	61	NGL	28/02/1976
U16	22.8	Debbie Wells	61	NGL	28/02/1976
400 METRES					
Open	50.24	Maree Holland	63	ASW	25/09/1988
U20	51.76	Jana Pittman	82	HIL	13/03/2000
U18	51.80	Jana Pittman	82	HIL	12/12/1999
U16	53.90	Jessica Thornton	98	SOS	7/12/2013
800 METRES					
Open	2:00.57	Kaylene Coster	61	RBH	14/03/1984
U20	2:01.13	Carley Thomas	00	UTN	12/7/2018
U18	2:03.37	Georgia Wassall	96	ASW	14/4/2013
U16	2:06.46	Sophie Scamps	71	RVW	6/07/1986

1000 METRES

Open	2:40.74	Selma Kajan	91	RBH	22/08/2014
U20	2:45.68	Jenny Blundell	94	CHE	12/03/2010
U18	2:45.68	Jenny Blundell	94	CHE	12/03/2010
U16	Researching				

1500 METRES

Open	4:04.62	Jenny Blundell	94	SYU	18/05/2016
U20	4:11.04	Suzy Walsham	73	ASW	14/01/1990
U18	4:11.04	Suzy Walsham	73	ASW	14/01/1990
U16	4:20.24	Catherine Miller	00	ASW	8/10/2015

MILE

Open	4:29.28	Penny Just	57	BAN	28/07/1985
U20	4:33.13	Suzy Walsham	73	REE	7/01/1990
U18	4:33.13	Suzy Walsham	73	REE	7/01/1990
U16	4:42.52	Catherine Miller	00	ASW	17/01/2015

2000 METRES

Open	5:43.82 <i>indoors</i>	Heidi See	89	HIL	7/02/2015
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3000 METRES

Open	8:41.78	Eloise Wellings	82	SUT	16/09/2006
U20	9:02.11	Eloise Wellings	82	SUT	20/02/1999
U18	9:02.11	Eloise Wellings	82	SUT	20/02/1999
U16	9:14.90	Catherine Miller	00	ASW	7/11/2015

5000 METRES

Open	14:54.11	Eloise Wellings	82	SUT	11/08/2006
U20	15:18.60	Eloise Wellings	82	SUT	16/10/1999
U18	15:18.60	Eloise Wellings	82	SUT	16/10/1999

10000 METRES

Open	31:14.94	Eloise Wellings	82	SUT	12/8/2016
U20	35:18.67	Hollie Emery	90	BMA	8/02/2008

1 hour run (H/T)

Open	14.573m	Julie White		BAN	20/11/2006
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HALF MARATHON

Open	1:07:48	Kerryn McCann	67	WSF	10/12/2000
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MARATHON

Open	2:25:59	Kerryn McCann	67	WSF	16/04/2000
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1500 METRES WALK

U16	5:59.15	Renee McAskill	82	NEP	25/02/1996
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3000 METRES WALK

Open	11:51.26	Kerry Junna-Saxby	61	BAL	7/02/1991
U20	12:27.74	Jane Saville	74	RBH	25/02/1993
U18	12:36.21	Natalie Saville	78	RBH	9/12/1995
U16	12:43.00	Michelle French	82	NEP	8/11/1997

5000 METRES WALK

Open	20:03.00	Kerry Junna-Saxby	61	BAL	11/02/1996
U20	21:34.23	Natalie Saville	78	RBH	1/03/1997
U18	22:11.33	Natalie Saville	78	RBH	2/03/1995

10000 METRES WALK

Open	41:57.22	Kerry Saxby	61	BAL	24/07/1990
U20	48:04.78	Laura Johnson	84	ASW	18/07/2002
U18	Researching				

20KM ROAD WALK

Open	1:27:33	Jane Saville	74	RBH	2/05/2004
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100 METRES HURDLES (0.840m)

Open	12.82	Michelle Jenneke	93	SYU	29/03/2015
U20	13.12	Jacquie Munro	81	RAY	14/07/2000

100 METRES HURDLES (0.762m)

U18	13.46	Michelle Jenneke	93	CHE	21/08/2010
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90 METRES HURDLES (0.762m)

U16	12.35	Rachel Pace	98	CHE	8/12/2013
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400 METRES HURDLES (0.762m)

Open	53.22	Jana Pittman	82	HIL	28/08/2003
U20	55.20	Jana Pittman	82	HIL	18/03/2000
U18	56.23	Jana Pittman	82	HIL	18/12/1999

200 METRES HURDLES (10 Hurdles 0.762m)

U16	28.05	Carly Rodger	92	ILL	13/10/2007
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2000 METRES STEEPLECHASE (0.762m)

U18	6:40.92	Kate Spencer	95	RYD	10/03/2011
U16	6:57.66	Rosie-May Davidson	98	IBS	28/09/2013

3000 METRES STEEPLECHASE (0.762m)

Open	9:21.56	Madeline Heiner	87	KEJ	4/06/2015
U20	9:53.16	Kate Spencer	95	RYD	2/03/2014

4x100 METRES RELAY

Open	44.0	NSW			7/03/1992
U20	45.61	NSW			3/03/1995
U18	45.48	NSW			14/3/2014
		(Gabriella O'Grady, Jess Thornton, Sam Geddes, Audrey Kyriacou)			
U16	47.16	NSW			26/03/1995

4x200 METRES RELAY

Open	1:36.40	Illawong (Taddeo, Thornton, Healey, Graf)	14/11/2015
U20	1:38.41	NSW (Gardiner, Bannister, Turner, K. Morton)	9/12/2007
U18	1:38.41	NSW (Gardiner, Bannister, Turner, K. Morton)	9/12/2007
U16	1:38.41	NSW (Gardiner, Bannister, Turner, K. Morton)	9/12/2007

4x400 METRES RELAY

Open	3:34.65	NSW	8/03/1992
U20	3:41.20	NSW	8/03/1992
U18	3:42.47	NSW	21/03/1982
U16	3:45.47	NSW	27/11/1988

4x800 METRES RELAY

Open	8:45.54	Eastern Suburbs	7/12/1985
U20	8:57.62	Randwick-Botany Harriers (Kajan, Tamsett, Neville, Doyle)	21/11/2005
U18	8:57.62	Randwick-Botany Harriers (Kajan, Tamsett, Neville, Doyle)	21/11/2005
U16	8:59.40	Randwick Botany (Manon Wilson, Georgia Evans, Amy Harding-Delooze, Lily Harding-Delooze)	17/11/2013

4x1500 METRES RELAY

Open	18:03.97	Sydney University (Milly Clark, Kelly Young, Nat Archer, Jenny Blundell)	16/11/2013
U20	18:22.47	Randwick-Botany Harriers (Lilly & Amy Harding-Delooze, Georgia Evans, Emily Hopper)	15/11/2015
U18	18:22.47	Randwick-Botany Harriers (Lilly & Amy Harding-Delooze, Georgia Evans, Emily Hopper)	15/11/2015
U16	18:37.12	Randwick Botany (Manon Wilson, Samantha King, Georgia Evans, Amy Harding-Delooze)	16/11/2013

MEDLEY RELAY

Open	3:50.38	Sydney University (Jenny Blundell, Anneliese Rubie, Ella Nelson, Liz Jenkins)	16/11/2013
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HIGH JUMP

Open	1.96m	Nicola McDermott	96	SYU	20/06/2019
U20	1.93m	Katrina Gibbs	59	DUB	11/08/1978
	1.93m	Petrina Price	84	WOL	15/11/2003
U18	1.90m	Petrina Price	84	WOL	7/12/2001
U16	1.85m	Melissa Harris	77	CRH	27/02/1992

POLE VAULT

Open	4.10m	Rosanna Ditton	79	SYU	10/02/2002
U20	4.00m	Amanda Bartrim	91	GOS	11/07/2010
U18	3.81m	Amanda Bartrim	91	GOS	5/12/2008
U16	3.56m	Elizabeth Baral	98	ASW	12/03/2013

LONG JUMP

Open	6.87m	Nicole Boegman	67	RVW	14/08/1988
U20	6.60m	Lyn Tillett	53	SUT	23/08/1972
U18	6.55m	Nicole Boegman	67	RVW	16/10/1983
U16	6.45m	Nicole Boegman	67	RVW	3/10/1982

TRIPLE JUMP

Open	13.28m	Nicole Boegman	67	RVW	26/01/1995
U20	13.26m	Tay-Leiha Clark	98	ILL	01/04/2017
U18	13.25m	Josie Nichol	95	TRI	18/03/2012
U16	12.62m	Jasmine Fountas	99	SOS	6/12/2014

SHOT PUT (4kg)

Open	17.05m	Dani Samuels	88	WES	2/03/2014
U20	16.19m	Dani Samuels	88	WES	11/02/2007
U18	14.95m	Katrina Steele	81	BAN	28/02/1998
U16	16.05m	Grace Robinson	98	STG	10/02/2013

SHOT PUT (3kg)

U18	17.18m	Taylah Sengul	95	HIL	2/12/2012
U16	16.05m	Grace Robinson	98	STG	10/2/2013

DISCUS (1kg)

Open	69.64m	Dani Samuels	88	WES	13/08/2017
U20	60.63m	Dani Samuels	88	WES	20/08/2006
U18	58.52m	Dani Samuels	88	WES	26/11/2005
U16	53.24m	Katrina Steele	81	BAN	28/02/1997

JAVELIN (600g)

Open	66.80m	Louise McPaul	69	IBS	5/08/2000
U20	57.60m	Mackenzie Little	96	UTN	3/04/2014
U18	<i>researching</i>				
U16	45.38m	Samantha Pearson	85	CBT	10/12/2000

JAVELIN (500g)

U18	61.47m	Mackenzie Little	96	UTN	11/07/2013
U16	47.13m	Mackenzie Little	96	UTN	8/10/2011

HAMMER THROW (4kg)

Open	71.12m	Bronwyn Eagles	80	CBT	6/02/2003
U20	65.75m	Alexandra Hulley	97	HIL	29/05/2016
U18	60.80m	Alexandra Hulley	97	HIL	13/12/2014

HAMMER THROW (3kg)

U18	71.14m	Alexandra Hulley	97	HIL	6/12/2014
U16	64.27m	Alexandra Hulley	97	HIL	11/10/2012

HEPTATHLON

Open	6354 points	Jane Jamieson	75	ASW	17/09/1998
U20	5547 points	Alysha Burnett	97	CHE	1/04/2016

HEPTATHLON (0.762m Hurdles)

U18	5505 points	Alysha Burnett	97	CHE	14/07/2013
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HEPTATHLON

U16	5484 points	Jane Jamieson	75	ASW	23/03/1991
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MALE

AGE	PERF	NAME	DOB	CLUB	DATE
100 METRES					
Open	10.03	Matt Shirvington	78	ASW	17/09/1998
U20	10.29	Matt Shirvington	78	ASW	11/10/1997
U18	10.47	Rohan Browning	97	TRI	1/11/2014
U16	10.72	Josh Clarke	95	UTS	04/12/2010
200 METRES					
Open	20.45	Matt Shirvington	78	ASW	10/09/1998
U20	20.48	Fred Martin	66	ASW	3/02/1985
U18	20.90	Paul Greene	72	NOW	19/08/1989
U16	21.44	Jordan Shelley	98	CHE	8/12/2013
400 METRES					
Open	44.38	Darren Clark	65	RBH	26/09/1988
U20	44.75	Darren Clark	65	RBH	8/08/1984
U18	45.96	Paul Greene	72	NOW	19/08/1989
U16	48.12	Paul Greene	72	NOW	9/12/1972
800 METRES					
Open	1:45.21	Grant Cremer	78	CRH	26/08/1999
U20	1:47.00	Lachlan Renshaw	87	SYU	15/08/2006
U18	1:48.50	Craig Wood	79	SUT	4/08/1996
U16	1:54.50	Joshua Atkinson	03	HIL	10/11/2018
1000 METRES					
Open	2:16.51	Grant Cremer	78	CRH	1/08/2000
U20	2:22.60	Glenn Stojanovic	74	CRH	23/01/1993
U18	2:26.68	Craig Wood	79	SUT	3/12/1995
1500 METRES					
Open	3:31.06	Ryan Gregson	90	KEJ	22/07/2010
U20	3:37.24	Ryan Gregson	90	KEJ	28/02/2009
U18	3:43.84	Ryan Gregson	90	KEJ	1/12/2007
U16	3:57.10	David Byrne	81	BAN	9/12/1996
MILE					
Open	3:52.54	Ryan Gregson	90	KEJ	14/08/2010

U20	3:58.90	Ryan Gregson	90	KEJ	25/07/2009
U18	4:09.22	James Kaan	90	HIL	4/05/2007
U16	Researching				

2000 METRES

Open	5:08.40	Laurie Toogood	45	NS	18/03/1966
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3000 METRES

Open	7:40.48	Ben St Lawrence	81	STG	08/09/2013
U20	7:57.45	Ryan Gregson	90	KEJ	13/03/2009
U18	8:01.26	Ryan Gregson	90	KEJ	10/11/2007
U16	8:35.57	Lorcan Redmond	00	HUN	7/11/2015

5000 METRES

Open	13:10.08	Ben St Lawrence	81	STG	03/03/2011
U20	13:56.83	Ryan Gregson	90	KEJ	8/03/2009
U18	14:14.35	Ryan Gregson	90	KEJ	24/11/2007

10000 METRES

Open	27:24.95	Ben St Lawrence	81	STG	01/05/2011
U20	29:30.40	Lawrie Whitty	60	SGD	13/03/1977

1 HOUR RUN

Open	19,277m	Danny Boltz	62	ASW	14/09/1983
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HALF MARATHON

Open	1:01:37	John Andrews	58	SGD	3/10/1993
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MARATHON

Open	2:11.00	Jeffrey Hunt	82	RBH	7/02/2010
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1500 METRES WALK

Open	5:47.50	Troy Sundstrom	81	IBS	23/03/1997
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3000M WALK

Open	11:17.10	Nick A'Hern	69	NEP	3/11/1990
U20	11:30.94	Troy Sundstrom	81	IBS	23/01/2000

U18	11:35.20	Douglas Connolly	82	NEP	23/10/1999
U16	12:09.30	Troy Sundstrom	81	IBS	2/02/1995

5000 METRES WALK

Open	18:51.39	Nick A'Hern	69	NEP	13/01/1991
U20	19:38.22	Troy Sundstrom	81	IBS	19/02/1999
U18	19:58.64	Douglas Connolly	82	NEP	12/12/1999

10000 METRES WALK

Open	39:10.10	Nick A'Hern	69	NEP	13/01/1991
U20	40:54.00	Adam Rutter	86	SYP	26/06/2004
U18	42:40.54	Douglas Connolly	82	NEP	6/11/1999

20KM ROAD WALK

Open	1:19:19	Luke Adams	76	BAN	23/04/2005
U20	1:24:46	Adam Rutter	86	SYP	6/03/2005

50KM ROAD WALK

Open	3:43.39	Luke Adams	76	BAN	21/08/2009
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110 METRES HURDLES (1.067m)

Open	13.38	Nicholas Hough	93	SYU	10/04/2018
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110 METRES HURDLES (0.991m)

U20	13.27	Nicholas Hough	93	HIL	12/07/2012
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110 METRES HURDLES (0.914m)

U18	13.37	Nicholas Hough	93	HIL	21/08/2010
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100 METRES HURDLES (0.840m)

U16	12.89	Byron Hollingworth-Dessent	00	TRI	5/12/2015
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400 METRES HURDLES (0.914m)

Open	48.84	Zid Abou Hamed	70	BAN	20/02/1999
U20	51.11	Andrew Franklin	76	ILL	11/03/1995

400 METRES HURDLES (0.840m)

U18	52.09	Matt Beckenham	76	QUE	11/12/1993
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200 METRE HURDLES (10 Hurdles 0.762m)

U16	24.73	Paul Stickler	85	WES	7/12/2000
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2000 METRES STEEPLECHASE (0.762m)

U16	5:55.06	James Matthews	87	ILL	5/12/2002
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2000 METRES STEEPLECHASE (0.914m)

U18	5:43.73	Aaron Hunt	71	SOS	5/12/1988
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3000 METRES STEEPLECHASE (0.914m)

Open	8:16.36	Youcef Abdi	77	BAN	18/08/2008
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U20	8:40.62	Glenn Stojanovic	74	CRH	20/09/1992
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4x100 METRES RELAY

Open	39.06	NSW/AUS			27/5/2013
		(Anthony Alozie, Isacc Ntiamoah, Nick Hough, Jarrod Geddes)			

U20	40.1	NSW			9/01/1985
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U18	40.85	NSW			4/12/2008
		(J.Pearce, Hammond, McRae, Fakiye)			

U16	41.77	NSW			12/03/1988
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4x200 METRES RELAY

Open	1:23.04	Homebush Track Club			6/12/1998
		(S.Vassella, S Hollands, D Capobianco, P.Vassella)			

U20	1:25.48	Manly Warringah			4/12/1983
		(Champion, Kearney, Mace, Theodore)			

U18	1:28.41	Newcastle Hunter Branch			23/11/1987
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U16	1:29.87	NSW			8/12/2001
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4x400 METRES RELAY

Open	3:02.49	Australia			1/10/1988
		(R Ballard, M Garner, M Murphy, D Clark)			

U20	3:13.37	NSW			28/02/2004
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U18	3:15.69	NSW			7/12/1988
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U16	3:17.56	NSW			7/04/1986
		(Dennis, Perry, Smart, Waters)			

4x800 METRES RELAY

Open	7:24.23	Sydney University			4/12/1999
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U20	7:39.31	Mingara			20/11/2011
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(J Beadman, R Dredge, A Baldwin, C Cameron)

U18	7:46.20	UTS Northern Suburbs			17/12/2000
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(Andreatta, Fitzgerald, Bromley, Hall)

U16	8:08.55	South Coast Branch			7/12/1985
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4x1500 METRES RELAY

Open	15:17.91	Randwick-Botany Harriers			17/11/2007
		(Farrelly, Hunt, Woods, Roff)			

U20	16:01.70	Manly Warringah			4/12/1983
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U18	16:27.80	Cumberland Ryde Hornsby			4/12/1994
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U16	17:08.08	South Sydney			22/11/1987
		(Amante, Hunt, Tracey, Vonwiller)			

MEDLEY RELAY (800m, 400m, 200, 200m)

Open	3:18.76	Sydney University			18/11/2012
		(Lachlan Renshaw, Josh Ralph, Henry Mitchell, Nicholas Hough)			

HIGH JUMP

Open	2.36m	Brandon Starc	93	PAR	26/08/2018
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U20	2.31m	Lochsley Thompson	73	SEC	8/03/1992
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U18	2.21m	James Watson	85	SYP	14/07/2001
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U16	2.11m	James Watson	85	SYP	8/12/2000
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POLE VAULT

Open	5.52m	Angus Armstrong	97	SYU	06/01/2018
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U20	5.43m	Angus Armstrong	97	ASW	12/12/2015
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U18	5.05m	Angus Armstrong	97	ASW	6/04/2014
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U16	4.45m	Aiden Princena-White	04	BAN	02/04/2019
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LONG JUMP

Open	8.35m	Fabrice Lapierre	83	WES	4/07/2009
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U20	7.97m	John Thornell	85	WES	24/01/2004
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U18	7.78m	John Thornell	85	WES	7/03/2002
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U16	7.11m	Alex Willett	01	UTN	4/12/2016
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TRIPLE JUMP

Open	17.32m	Andrew Murphy	69	SYP	25/08/1999
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U20	15.65m	Tim Barnes	68	HIL	15/03/1985
U18	15.23m	Ken Lorroway	56	NtCan	4/02/1973
U16	14.15m	Fabrice Lapierre	83	WES	13/12/1998

SHOT PUT (7.26kg)

Open	19.46m	Emanuele Fuamatu	89	BAN	3/3/2012
U20	19.85m	Aiden Harvey	99	SYU	10/7/2018
U18	20.69m	Alexander Kolesnikoff	00	TRI	14/10/2017
U16	20.05m	Emanuele Fuamatu	89	BAN	10/12/2004

DISCUS THROW (2kg)

Open	65.06m	Wayne Martin	55	DUD	3/01/1979
U20	57.79m	Ben Fitzgerald	95	MQH	8/03/2014
U18	65.94m	Ben Fitzgerald	95	MQH	14/10/2012
U16	67.28m	Andrew Cameron	71	TUM	2/02/1986

JAVELIN (800g)

Open	85.75m	Andrew Currey	71	IBS	26/01/1998
U20	75.45m	Rhys Stein	96	ASW	28/02/2015

JAVELIN (700g)

U18	74.40m	Andrew Hawthorne	77	TAM	5/11/1994
U16	67.72m	Martin Hesse	68	HIL	16/10/1983

HAMMER THROW (7.26kg)

Open	75.90m	Peter Farmer	52	RBH	14/8/79
U20	69.08m	Costa Kousparis	96	HIL	14/03/2015
U18	71.35m	Costa Kousparis	96	HIL	26/1/2013
U16	76.08m**	Ross Corner	79	WES	24/09/1995

DECATHLON

Open	7915 points	Peter Banks	71	UTN	16/02/1997
DECATHLON (0.991m Hurdles, 1.75kg Discus, 6kg Shot)					
U20	7955 points	Jake Stein	94	ASW	11/7/2012
DECATHLON (0.914m Hurdles, 1.5kg Discus, 700g Javelin, 5kg Shot)					
U18	7427 points	Jake Stein	94	ASW	01/04/2011
OCATHLON (8 events)					
U18	6491 points	Jake Stein	94	ASW	07/07/2011
COMBINED EVENT (7 events)					
U16	4631 points	Rhys Stein	96	ASW	01/04/2011

** Record set with heavier implement but not surpassed using current weight.