

DRAFT NSW All Schools - ALL TIME RANKING LIST

Compiled by David Tarbotton with help from Andrew Matthews, Tim McGrath and Gerry Thomas.

@ 1 October 2013. Corrections to david.tarbotton@nswis.com.au or david.tarbotton@hotmail.com. There is on going research to update this list. The first meet was held in 1936, 77 years ago.

77 (half) 78,79, 80, 81 82 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 97, 98, 2000 (junior), 01, 02, 03, 04,
W - 79

FEMALE

100m

11.3		Diane Holden	Peakhurst H	1980
11.4		Kerrie Pearson	Kotara H	73/74
11.5		R Ellis	Kirrawee H	76/77
11.83	-0.1	Mindy Slomka	Hunter Valley Grammar	1997
11.6		Sue Clarke	St George Girls H	1979
11.6		Diane Holden	Peakhurst	1979
11.6		Jenny English	OLMC Epping	73/74
11.85	-0.1	Michelle Dalrymple	Maclean High	1997
11.85	1.0	Catherine Horder	St Ursulas	1993
11.90	0.4	Rachel Massey	Marian College	1993
11.91	-1.0	Alicia Spencer	St Francis Xavier Hamilton	2001
11.93	-0.1	Rosemary Hayward	Corpus Christi	1997
11.93		Anne Caples	Peakhurst H	1983
11.94		Amanda Cooper	Cardiff H	1992
11.86	-2.4	Rondelle Ryan		1996
11.97		Eloise Graf	Port Hacking H	2008
11.97		Prue Robertson	Castle Hill H	1999
11.98		Vormister		1988
12.00	-0.4	Graf		2008
12.00	0.9	Vormister		1991
12.01	1.4	Melissa Moore	PLC	1986
12.02	1.0	Nicole Gale	North Lakes H	1993
12.02	-2.4	Hayward		1996
12.02	0.8	Slomka		1995
12.02	-2.4	Slomka		1996
12.04	1.2	Colinda Farrar	St Clares C	1991
11.8		Sue Clark	St George Girls H	1978
11.8		Katherine Welch	Woodenbong H	1980
11.8		Marie Holland	Castle Hill H	1980
11.8		Kim Thorley	Muirfield	1979
11.8		Leanne Terris	Bankstown H	73/74
11.8		Debbie Biggers	Meriden C	76/77
12.06		Colinda Farrar	St Clare C	1992
12.08	0.5	Laura Verlinden	OLMC Parramatta	2004
12.09	-1.0	Olivia Tauro	Meriden C	2006
12.09	0.7	Sam Geddes	Caringbah H	2012
12.09	1.0	Donna Jones	Colo H	1993
12.09	0.3	Dalrymple		1997
12.09	-0.4			
12.10		Sonia Willis	Mt Erin C	1992
12.11		Jacque Munro	Irrawang H	1999
12.10				

Wind Assisted

11.75	2.6	Rebecca Vormister	Corrimal	1991
11.86	3.1	Eloise Graf	Port Hacking H	2009
11.86	2.6	Fiona Blair	PLC Pymble	1991
11.88	3.1	Larissa Pasternatsky	Abbotsleigh College	2009
11.94	2.6	Blair		1989
11.98	2.2	Vormister		1988

11.98	2.2	Melinda Gainsford	St Vincents	1989
12.00	4.6	Vormister		1988
12.01	2.8	Mindy Slomka	Hunter Valley Grammar	1996

200m

23.4		Diane Holden	Peakhurst H	1980
23.6		Sue Clark	St George Girls H	1979
23.94	0.3	Rosemary Hayward	Corpus Christi	1996
23.9		Debbie Wells	Tamworth H	1977
23.9		Nicole Boegman	South Strathfield Girls H	1983
24.17	0.5	Laura Verlinden	OLMC Parramatta	2004
24.0		Clark		1979
24.20	-1.1	Rebecca Vormister	Corrimal H	1991
24.20	2.0	Olivia Tauro	Meriden C	2006
24.29	1.6	Tauro		2006
24.33	0.2	Karlie Morton	Cromer H	2009
24.1		Maree Holland	Castle Hill H	1979
24.38	0.9	Pittman	Mt St Benedict C	1999
24.39	0.3	Tracey Morton	Cromer H	2007
24.39	0.2	Larissa Pasternatsky	Abbotsleigh College	2009
24.40		Amanda Cooper	Cardiff H	1992
24.40	-1.4	Vormister		1990
24.41	0.1	Olivia Tauro	Kurri Kurri H	2004
24.44	0.6	Ella Nelson	Heathcote H	2008
24.2		Miriam Spittler	Marsden High	1980
24.2		Clark		1978
24.45	0.0	Molly Blakey	Brigidine C	2012
24.45	0.9	T Morton		2007
24.45	1.2	Eloise Graf	Port Hacking H	2008
24.47		Vormister		1988
24.51	-1.3	Jana Pittman	Mt St Benedict C	1998
24.54	0.3	Mindy Slomka	Hunter Valley Grammar	1996
24.3		Michelle Moroney	Hoxton Park	1981
24.3		Anne Caples	Beverly Hills	1980
24.3		Holland		1980
24.56		Alicia Spencer	St Francis Xavier Hamilton	2001
24.56	0.0	Nelson		2009
24.56	0.1	Morton		2008
24.58		Holland		1981
24.60	1.3	K Morton		2007
24.62		Alicia Spencer	St Patricks	1999
24.4		Stacey Atterton	St Scholasticas	1978
24.4		Vormister	Corrimal	1990
24.4		Katherine Welch	Woodenbong H	1980
24.4		R Ellis	Kirrawee H	76/77
24.65	0.3	Graf		2007
24.5		Kerrie Pearson	Kotara H	73/74
24.5		Holland		1979
24.5		J Farrell	Cerdon C	1978
24.5		Glenda Hall	Leumeah H	1980

24.5		Holden		1978	2:11.32	Kate Gozzard	Penrith H	2002
24.68		Sue Alton	Model Farms H	1981	2:11.36	Blundell		2010
24.68	1.3	Jaimee-Lee Hoebergen	Illawarra Grammar	2002	2:11.54	Blundell		2009
24.70		Melinda Gainsford	St Vincents	1989	2:11.57	Sianne Toemoe	LOK	2003
24.70		Colinda Farrer	St Clares C	1992	2:11.7	Sharyn Saxby	Ballina H	1980
24.72	-1.7	Hayward		1995	2:11.80	Lexy Gilmour	Heathcote H	2004
24.73	-1.2	Hannah Jones	Gosford H	2012	2:11.81	Suzie Rhydderch	St Ives H	2001
Wind Assisted					2:11.83	Emma Walsh	Loreto Normanhurst C	2004
24.12	2.7	Rosemary Hayward	Corpus Christi	1997	2:11.84	Hannah Wrigley	Meriden School	2010
24.12	2.7	Mindy Slomka	Hunter Valley Grammar	1997	2:11.87	Lauren Elms	Corrimal H	1997
24.14	2.1	Ella Nelson	Heathcote H	2009	2:11.89	Kajan		2004
24.27	2.7	Michelle Dalrymple	Maclean High	1997				
24.33	3.2	Laura Duncan	Nambucca Head H	2006	1500m			
24.38	0.9	Jana Pittman	Mt St Benedicts	1999	4:22.44	Suzy Walsham	Ravenswood C	1991
24.40	w	Rebecca Vorrnister	Corrimal H	1988	4:25.74	Walsham		1989
400m					4:26.1	Walsham		1990
53.84		Rosemary Hayward	Corpus Christi	1996	4:27.3	Sharon Dalton	Narrabeen Sports H	1982
53.87		Jana Pittman	Mt St Benedicts	1999	4:28.41	Kate Spencer	Turrumurra H	2012
54.24		Hayward	Corpus Christi	1997	4:28.89	Brooke Simpson	St Patricks Sutherland	2002
55.0		Marie Holland	Castle Hill H	1979	4:29.34	Walsham		1987
55.36		Glenda Hall	Leumeah H	1981	4:29.4	Michelle Dillon	Moorefields H	1990
55.44		Georgina Amaral	Gosford H	1996	4:29.51	Anna Laman	MLC Burwood	2011
55.5		Diane Holden	Peakhurst H	1979	4:29.61	Chloe Tighe	St Pats Campbelltown	2007
55.51		Rebecca Irwin	Brigidine College	2001	4:29.91	Simpson		2003
55.56		Natasha Stenberg	Gilroy College	1988	4:30.1	Tania Adams	Cumberland H	1982
55.57		Jaimee-Lee Hoebergen	Illawarra Grammar	2002	4:30.84	Adams		1984
55.58		Hoebergen		2003	4:30.10	Walsham	Ravenswood	1988
55.60		Rebecca Vorrnister	Corrimal H	1991	4:30.1	Adams		1982
55.66		Kristel Ariens	Maroubra H	1982	4:30.56	Bridey Delaney	Endeavour H	2007
55.70		Olivia Tauro	Crestwood H	2005	4:32.62	Eloise Poppett	Kirrawee	1998
55.71		Molly Blakey	Brigidine C	2012	4:32.12	Simpson		2001
55.71		Josephine Fowley	The Entrance H	1995	4:32.15	Hayley Arden	Coolah Central S	2012
55.76		Michelle Lillington	Sylvania H	1990	4:32.42	Anne-Marie Lyons	De La Salle Cronulla	1998
55.7		Holland		1980	4:32.5	Linda Cox	Armidale H	1977
55.86		Kylie Robertson	The Forest H	1990	4:32.91	Laman		2012
55.89		Dalrymple		1997	4:32.91	Laman		2012
55.92		Christie Pearson	Blue Mountains	2009	4:33.31	Jennifer Condor	Burwood Girls H	2006
55.99		Alicia Keir	Aquinas C	2008	4:33.72	Rebecca Lowe	Kincoppal C	2006
56.02		Keir		2007	4:33.90	Marlie Campton	Byron Bay H	2012
56.02		Susan Hartgers	Model Farm H	1982	3000m			
55.9		Stacey Atterton	St Sch	1977	9:29.95	Eloise Poppett	Kirrawee H	1998
56.08		J Farrell	Cerdon C	1978	9:33.43	Suzy Walsham	Ravenswood	1988
56.10		Rachel Hale	Asquith Girls H	1988	9:38.37	Madeline Heiner	Smiths Hill H	2004
56					9:39.00	Tania Adams	Cumberland H	1984
800m					9:41.84	Nicola Corbin	PLC Pymble	1988
2:08.23		Trychelle Kingdom	Moruya H	2007	9:44.1	Sharon Dalton	Narrabeen Sports H	1982
2:08.59		Lisa Corrigan	Canowindra H	1999	9:47.01	Chloe Tighe	St Pats Campbelltown	2007
2:08.80		Brooke Simpson	St Patricks Sutherland	2002	9:48.22	Anna Laman	MLC Burwood	2012
2:09.06		Jenny Blundell	Cherrybrook H	2008	9:48.58	Walsham		1991
2:09.37		Anna Laman	MLC Burwood	2011	9:50.29	Michelle Dillon	Moorefields H	1990
2:09.42		Christie Pearson	Blue Mountains	2009	9:50.47	Kate Spencer	Turrumurra H	2012
2:09.47		Simpson		2003	9:50.74	Laman		2011
2:09.62		Laman		2011	9:51.2	Adams		1982
2:09.78		Selma Kajan	Randwick Girls H	2005	9:52.10	Vicki Coakley	Mosman H	1986
2:09.85		Sally Fitzgibbons	Kiama H	2006	9:52.44	Leshay Wells	Tweed River	2011
2:09.91		Suzy Walsham	Ravenswood	1991	9:52.44	Catherine Lamb	Thomas Reddall H	1999
2:10.35		Alice Goodberg	Katoomba H	1999	9:52.67	Anne-Marie Lyons	De La Salle Cronulla	1998
2:10.69		Helen Pynor	Turrumurra H	1981	9:52.81	Hollie Emery	St Mary's Senior	2007
2:10.89		Lisa Corrigan	Canowindra	2001	9:52.81	Hollie Emery	St Mary's Senior	2007
2:11.08		Walsham	Ravenswood	1988	9:53.91	Spencer		2010
2:11.3		Anna Schaefer	Killara H	1982	9:54.27	Caitlin Delaney	Hunter Sports H	2009
2:11.31		Georgia Wassall	Central Coast Grammar	2012	9:54.90	Bridey Delaney	Endeavour H	2007
					9:55.19	Corbin		1987
					9:55.20	Rebecca Lowe	Kincoppal C	2006

9:55.48		Melinda Vernon	Xavier C	2004	14.66	1.8	Abbie Taddeo	SJP	2010
9:55.81		L Schultz	Moorefield	1984	14.68	0.0	G Rupp	R	1986
9:56.4		Wendy Ticehurst	Yass	1989	14.72	0.4	Lisa Celi	Aquinas C	2009
9:56.82		Claire Doyle	SCEGGS Darlinghurst	2006	14.72	0.0	Celi		2009
9:58.55		Lucy Starrat	Wenona C	2004	14.73	1.2	Gabi Simpson	STN	2008
9:58.62		Julie Beckhaus	Pittwater House H	1990	14.73	1.0	Melissa Logan	Albion Park H	2008
9:59.1		Jenny Ganzevoort	Bulli H	1981	14.77	-1.1	Jessie Shea	Greystanes H	2004
9:59.76		Melinda Vernon	Xavier Colle	2003	14.77	0.1	Maddie Powell	Lisarow H	2007
10:00.56		Mary Fien	Fort St H	1988	14.78	0.5	Amanda Lynch	Hills Sports H	2009
					14.80	1.0	Ellen Maxton	Abbotsleigh	2008

100m Hurdles (84cm)

13.59	-0.1	Jacquie Munro	Irrawang H	1999	13.8	c	J Newman	Pendle Hill H	72/73
14.06	1.9	Michelle Jenneke	Hills Grammar	2011	14.0	c	K Briton	Cheltenham H	72/73
14.09	-0.9	Munro		1998	14.56	2.7	Caryn Brett	Morrisset H	2007
14.15		Jana Pittman	Mt St Benedict C	1999					
14.17	1.9	Talissa Scott	Kiama H	2011	14.60				
14.17		Tara Holt	Endeavour	2004					
14.20		Rachel Links	Engadine H	1993					
14.42		Links		1992	42.88		Josephine Fowley	St Josephs	1995
14.43	-1.9	Hayley Cameron	Westfields Sports H	2001	43.05		Jacquie Munro	Irrawang H	1996
14.48	0.1	Jacquie Munro	Irrawang H	1997	43.82		Alison Di Rosa		1996
14.48	1.0	Bianca Debartolo	TGH	2002	44.19		Jana Pittman	Mt St Benedicts C	1997
14.52	1.4	Susannah Hahn	Alstonville H	2002	44.99		Catherine Horder	St Ursulas C	1992
14.61	-2.2	Debbie Edwards	Leumeah Tech H	1994	45.13		Nicole Gale	North Lakes H	1992
14.62		Nicole Boegman	South Strathfield H	1982	45.21		Nicole Apps	Young Tech	1992
14.64	-0.2	Thalia Amanakis	Tangara Girls	2004	45.27		Gale		1993
14.66		Lesley Wood	PLC	1982	45.39		Fowley		1994
14.69	-3.3	Nicole Gale	North Lakes H	1994	45.41		Gina Nikolic	Emmaus C	1995
14.77		Cameron		1999	45.69		Kristy Tinnion	St Marys H	1997
14.78	1.1	Pittman		1998	45.87		Viola Dilo		1996
14.82	-0.2	Gale		1995	45.91		Skye Richardson	Albion Park H	1995
14.88	0.7	Maddy Powell	Lisarow H	2009	45.95		Kate Cosgrove	Kinross Wolaroi	1995
14.97	-0.2	Erica Harrison	Pennant Hills H	1995	46.09	Mannix		1996
14.97	-0.8	Kimberly Watton	SSS	2008	46.16		Karlee Grubb	Menai H	1994

Wind assisted

14.25	3.0	Nicole Gale	North Lakes H	1994	46.54		Leanne Priestley	Hoxton Park H	1995
14.65	3.2	Annette Cavanagh	Caringbah H	1988	46.55		Keshvar Mirzarazi	Hornsby Girls H	1997
					46.75		Erin Meally	Shoalhaven H	1997
					47.12		Kate Heffernan	Queenwood C	1994
					47.25		Tania Harding	Billabong H	1993
					47.48		J Castle	Engadine H	1993

100m Hurdles (76cm)

13.92	-0.5	Michelle Jenneke	Hills Grammar	2010					
13.94	0.9	Mel-Maree Farrington	Trinity Catholic	2011					
14.02	1.2	Carly Rodger	Kirrawee H	2008					
14.05	-0.1	Hannah Jones	Gosford H	2012	60.50		Sarah Carli	Keira Technology H	2011
14.11	0.0	Jenneke		2009	60.96		Jana Pittman	Mt St Benedicts C	1998
14.17	0.0	Talissa Scott	Kiama H	2009	61.35		Thalia Amanakis	Tangara Girls	2004
14.17		Tara Holt	Endeavour Sports H	2004	61.3		Lyndal Garling	Elderslie H	1979
14.33	-1.9	Holt		2004	61.66		Josephine Fowley	The Entrance H	1995
14.40	-0.3	Jenneke		2009	61.7		Kylie Robertson	The Forest H	1990
14.44	-0.8	Jacinta Doyle	Meriden C	2006	61.8		Nioka Gray	Holy Spirit Belambi	1990
14.48	1.0	Jacqui Fry	Cerdon C	2008	61.97		Pittman		1999
14.50		Candice Morley	Westfields Sports H	2004	61.97		Lisa Celi	Aquinas College	2009
14.50	0.0	Sam Geddes	Caringbah H	2012	62.04		Sara Klein	Hawkesbury H	2012
14.51	-1.3	Geddes		2012	62.0		A Harvey	SCEGGS	1979
14.56	0.5	Gabi Simpson	St Catherines	2009	62.14		Annette Cavanagh	Caringbah H	1987
					62.20		Carli		2010
14.56	-0.1	Liz Clay	Loreto Normanhurst	2012	62.37		Erica Harrison	Pennant Hills H	1995
14.58	-0.8	Kimberly Watton	Westfields Sports H	2006	62.46		Pittman	Mt St Benedicts C	1998
14.58	0.4	Scott		2009	62.77		Cavanagh		1987
14.59	0.6	Lolita Zizek	Sir Joseph Banks H	1986	62.78		Cavanagh		1986
14.60	0.0	K Moore	PLC	1986	62.94		Amanda Morris	Gosford H	2006
14.60	-0.5	Natalie Ferris	Gloucester H	2010	62.99		Chloe Jamieson	Bega H	2010
14.64	0.0	Ferris		2009	63.01		Brittney McGlone	Braidwood H	2006
14.4	c	Debbie Biggers	Meriden C	76/77	62.9		Garling		1979
14.66	-0.8	Brittney McGlone	Braidwood H	2006	63.09		M Carr	St George Girls H	1986

Wind Assisted

300m Hurdles

400m Hurdles (76cm)

63.0	Lesley Richards	Malvina H	1998	14:28.31	Melissa Hayes	Terra Sancta	2004
63.17	Megan Atkinson	St George Girls H	1984	14:34.01	Susan Knapton	EPH	2003
63.61	Emily Johnson	Caroline Chisholm	2006	14:34.7	Tanya Clarke	Pendle Hill H	1981
63.68	Tara Millgate	OLMC Parramatta	2002	14:35.7	Rinnah Tanner	Kingswood H	1997
63.69	Jacquie Munro	Irrawang H	1998	14:35.8	Pauline Langley	MLC Burwood	1981
63.77	Kelly Macintosh	Marion C Kenthurst	2001	14:37.30	Laura Johnson	St Pauls Grammar	1999
63.79	Tara Millgate	OLMC Parramatta	2001	14:38.79	Bianca Sait	St Clares C	1998
63.79	Tarin Nevin	East Hills Grammar	2003	14:39.44	Coffee		1991
63.85	Nicole Apps	Young Tech	1993	14:42.28	Cassandra Staples	Macarthur Anglican S	2006
63.90	Alexandra Batholomew	Ravenswood Girls	2010	14:42.3	Lisa Harrison	Hurlstone Agriculture	1982
63.91	Annie Cahill	Lorento Kirribilli	2001	14:44.7	Harrison		1983
63.96	Kelly Young	Lisarow H	2001				
63.96	Cavanagh		1988	CHECK			
63.99	Amanda Morris	Gosford Christian C	2004	78, 80, , 84, 85, 87, 88, 89, 90, 92, 93, 94			
64.03	Fowley		1996	W - 79			

2000m Steeplechase

6:45.07	Kate Spencer	Turramurra H	2012
6:55.66	Catherine Lamb	Thomas Reddall H	1999
7:05.33	Charlotte Wilson	St Clair H	2009
7:07.91	Shannon Hill	Westfields Sports H	1999
7:11.17	Spencer		2010
7:12.04	Tayla Merrick	Elderslie H	2011
7:13.82	Hill		1998
7:13.90	Hannah Gibson	Mackellar Girls H	2012
7:13.91	Wilson		2008
7:14.98	Lauren McKillop	Randwick Girls H	2007
7:15.68	Caitlin Delaney	Hunter Sports H	2010
7:18.81	Lamb		1998
7:19.36	Carrie Bailey	Lindis Farne Anglican	1999
7:20.92	Hollie Emery	St Mary's Senior	2006
7:22.44	Georgia Winkcup	Cherrybrook Tech H	2012
7:23.24	Holly Pobjie	Mt St Benedicts C	2003
7:24.07	Eliza Barton	Westfields Sports H	2009
7:24.97	Beth Croft	Willoughby Girls H	2012
7:26.67	Paige Single	Southern Cross	2008
7:26.87	Miranda Middleton	PLC Pymble	2010
7:27.15	Jennifer Condor	Burwood Girls H	2007
7:27.66	Jessie O'Brien	SLW	2008
7:27.67	Kathryn Archbold	William Clark	2002
7:28.09	Charlotte Wilson	St Clair H	2006
7:28.46	Spencer		2011
7:31.37	Cathie Lower	Penrith Christian Com C	2001
7:31.55	Julia Laman	MLC Burwood	2011

3000m Walk

13:15.09	Natalie Saville	Randwick Girls H	1985
13:30.11	Michelle French	Cranebrook H	1998
13:36.5	Linda Coffee	Emmaus College	1994
13:36.70	French		1997
13:40.56	Coffee		1995
13:48.7	Jane Saville	Sydney Girls H	1986
13:50.3	Cheryl Webb	Cambridge Park H	1994
13:54.5	N Saville		1989
13:56.04	N Saville		1993
13:57.2	Webb	Cambridge Park H	1992
14:00.82	J Saville		1991
14:03.31	Renee Mcaskill	Blacktown Girls H	1998
14:08.60	McAskill		1999
14:14.97	Alana McIlvenie		1996
14:17.96	Webb		1991
14:18.32	Renee Macaskill	Blacktown Girls H	1995
14:25.87	Lisa Grant	Girraween H	2002
14:32.74	Nicole Fagan	Monte Saint Angelo	2006

5000m Walk

24:51.02	Shannon Jennings	Caroline Chisholm	2008
24:52.18	Kirsty Klein	Hawkesbury H	2012
25:02.87	Kirsty Klein	Hawkesbury H	2011
25:05.10	Melissa Hayes	Terra Sancta	2007
25:05.72	Laura Johnson	St Paul's Cranebrook	2002
25:09.98	Tayla-Paige Billington	Oxford Falls Grammar	2012
25:37.17	Lisa Grant	Girraween H	2003
25:44.13	Klein		2010
25:47.99	Laura Johnson	St Paul's Cranebrook	2001
25:48.34	Nicole Fagan	Monte Saint Angelo	2007
26:04.56	Cassandra Staples	Macarthur Anglican S	2007

High Jump

1.92	Petrina Price	Woonona H	2003
1.86	Amy Pejkovic	St Leos	2009
1.81	Pejkovic	St Leos	2010
1.80	Pejkovic	Bradfield College	2011
1.80	Pejkovic	St Leos	2007
1.80	Price	Woonona H	2001
1.80	Alexcia Papadatos	Randwick Girls H	1996
1.80	Sophia Begg	Bowral	2004
1.80	Sonya Wennekes	Engadine H	1987
1.79	Trudy Thompson	Gorokan H	2007
1.78	Emily Crutcher	Henry Lawson H	2010
1.78	Lauren Hughan	James Sheehan Cath C	1997
1.77	Melissa Harris	Mt St Benedict	1991
1.76	Nicola McDermott	Green Point H	2011
1.76	Crutcher		2009
1.76	Begg		2007
1.76	Mia Mackinnon	Woolooware H	2006
1.76	Kristen Truscott	Westfields Sports H	1999
1.76	Crutcher		2009
1.76	Catherine Martin	St Catherine's	1978
1.76	Kristen Truscott	Westfields Sports H	1999
1.75	Shani Sleeman	Burwood Girls H	2007
1.75	Kristen Pope	Oxley H	1997
1.75	Claire Mallett	Woolooware H	2002
1.74	Sara Amaral	Gosford H	1996
1.74	Wennekes	Engadine H	1989
1.74	Kristy Newton	Kadina College Lismore	1986
1.74	Sharlene Suters	Randwick Girls H	1983
1.74	Catherine Martin	St Catherine's	1977
1.74	McDermott		2012

Pole Vault

3.60	Amanda Bartrim	Henry Kendall H	2008	Wind Assisted				
3.50	Bartrim		2007	5.91	4.2	Erica Harrison	Pennant Hills H	1995
3.40	Bartrim		2009	5.75	3.1	Preya Carey	William Clarke College	1998
3.32	Bartrim		2006	5.71	4.0	Christine Morris	Hornsby Girls H	1998
3.30	Stephanie Langridge	Westfields Sports H	2008	5.70	5.1	Belinda Conry	Warners Bay H	1998
3.30	Langridge		2007	5.70	2.4	Vanessa Comerford	Westfields Sports H	1995
3.10	Marlee Barber	Concord H	2011					
3.10	Lara Huston	Westfields Sports H	2007	Triple Jump				
3.00	Langridge		2009	12.40	1.2	Clare Maloney	Macksville H	2009
3.00	Janina Strauts	East Hills Girls H	2009	12.31	0.0	Alison Ruse	Caroline Chisholm	2012
3.00	Naomi Bligh	Westfields Sports H	2002	12.26	1.6	Amy Pejkoivic	St Leos	2009
3.00	Victoria Head	William Clark	2002	12.25	0.1	Pejkoivic	Bradfield College	2011
3.00	Elizabeth Baral	SCEGGS Darlinghurst	2012	12.15		Kate O'Donnell	Warners Bay	2001
3.00	Bligh		2001	12.13	1.3	Kirsten Bannister	Meriden School	2008
3.00	Belinda Gates	Westfields Sports H	1997	12.11	0.0	Josie Nichol	PLC Sydney	2011
3.00	Abbie Beard	St Scholastics C	1999	12.06		Katrina Tarrant	Cheltenham Girls H	1988
3.00	Huston		2006	11.99	0.3	Pejkoivic	St Leos	2010
3.00	Gabriela Kruger	PLC Sydney	2004	11.99		Karen Charlton	Dunheved H	1988
2.90	Binta Salawu	Caroline Chisholm	2012	11.99		Angela Garden	St Clementine Mayfield	1999
2.90	Madelaine Tyler	SMG	2003	11.98	1.1	Erin Guy	Kiama H	2011
2.90	Zoe Towers	JTC	2003	11.89		Ana Ugov	MacArthur Girls H	1997
2.90	Stephanie Welyczko	PLC Sydney	2006	11.89		Gillian Ting	Loreto Kirribilli	1993
2.90	Renee Costello	SKC	2004	11.88	0.3	Nichol		2012
2.80	Matilda Measday	St Catherines	2012	11.87	0.7	Natalie Fagg	Blaxland H	1995
2.80	Alexis Hurt	Hunter Valley Grammar	1998	11.86	-0.8	Natalie Apikotoa	OLMC Parramatta	2010
2.80	Rosanna Ditton	Wenona College	1997	11.84		Katrina Tarrant	Cheltenham Girls H	1989
2.80	Bartrim		2004	11.82	1.0	Phoebe Kershaw	Pymble Ladies C	2009
2.80	Catherine Ebeling	PLC Sydney	2010	11.81	-0.5	K Bannister		2007
2.80	Barber		2010	11.79	1.6	Mikaela Read	Stella Maris	2006
2.80	Laura Flynn	Meriden College	2010	11.79	1.5	Daisy Ding	Ravenswood Girls S	2012
2.80	Laura Dickerson	Thomas Hassell	2008	11.78	0.0	Pejkoivic		2008
2.75	Beard		2001	11.76		Barbara Nicholas	Balmain H	1993
				11.76		Leanne Richardson	Dubbo H	1993

Long Jump

6.55	Nicole Boegman	South Strathfield Girls H	1983	Wind Assisted				
6.27	0.0 Boegman	South Strathfield Girls H	1982	12.16	2.2	Josie Nichol	PLC Sydney	2012
6.25	Boegman		1983	11.96	3.9	Alyisha House	Mount Erin H	2002
6.08	Cathy Jeon	MLC Burwood	1987	11.92	2.9	Linda Caruana	Mitchell H	1996
6.05	Margaret Hamley	Cheltenham H	1977	Shot Put (4kg)				
6.02	0.0 Talissa Scott	Kiama H	2011	14.92		Dani Samuels	Westfields Sports H	2004
6.01	Boegman	South Strathfield Girls H	1984	14.68		Katrina Steele	Winmalee H	1998
5.98	Jeon		1987	14.59		Michelle Haage	South Strathfield Girls H	1992
5.97	1.7 Naomi Bligh	Westfields Sports H	2003	14.25		Katrina Steele	Winmalee H	1999
5.85	Melissa Auer	Macarthur Girls H	1993	14.17		Belinda Forsyth	Blacktown Girls H	2003
5.82	-0.5 Bligh		2004	14.11		Lomana Fagatuai	John Terry H	2007
5.81	R Ellis	Kirrawee H	76/77	14.05		Fagatuai		2008
5.80	Kim Thorley	Muirfield H	1979	14.00		Bernadette Serone	St Benedicts Randwick	1986
5.81	0.0 Scott		2010	13.88		Forsyth		2004
5.79	Jeon		1986	13.81		Kylie Standing	Bankstown Grammar	1993
5.79	1.5 Caryn Brett	Morrisset H	2008	13.79		Belinda Johnson	Loreto Kirribilli	2002
5.79	L Chuck	OLMC Goulburn	73/74	13.78		Michelle Haage	South Strathfield	1991
5.75	Melissa Auer	MacArthur Girls H	1993	13.77		Fagatuai		2006
5.73	Kim Thorley	Muirfield H	1979	13.76		Katrina Steele	Winmalee H	1997
5.73	Kim Wilson	Lake Illawarra H	1985	13.61		Debra Turnbull	Northlakes H	1996
5.71	Jacqueline Hodges	Rutherford Tech H	1999	13.58		Vika Lolo	Tempe H	2005
5.71	Susannah Hahn	Alstonville H	2000	13.49		Melissa Fattore	St Francis De Sales Reg C	1998
5.71	Hamley		76/77	13.48		Standing		1992
5.71	Virginia Young	Pacific Hills C	1993	13.44		Julie Carlile	Moree H	1980
5.71	Belinda Otto	St George Gris H	1993	13.38		Serone		1985
5.70	0.0 Audrey Kyiacou	OLSH Kensington	2012	13.38		Forsyth		2004
5.70	1.9 Kirsten Bannister	Meriden School	2008	13.37		Krista Janniste	Galston H	1988
5.70	Alexcia Papadatos	Randwick Girls H	1997	13.35		Lolo		2007
5.69	Jeon		1986	13.31		Sengul		2010
5.69	0.0 Natalie Fagg	Blaxland H	1995	13.30		Lolo		2006

13.26	Sharmaine Motuliki	BGR	2003	43.84	Forsyth		2002
13.22	Sengul		2009	43.66	Kali Doublet	Westfields Sports H	1993
13.11	Filoi Aokuso	Clare Catholic	2010	43.54	Denicaucou		2009
13.08	Aokuso		2009	43.48	Samuels	Westfields Sports H	2002
13.06	Kali Doublet	Westfields Sports H	1993	43.38	Deb Sosimenko	Doonside H	1991
13.05	Standing		1991	43.30	Chamberlain		2004
13.04	Lisa Craig	Keira Technology H	2004	43.25	Chamberlain		2006
13.01	Fattore		1999	43.21	Sengul		2009
13.01	Turnbull		1995				
13.01	Jenny Everson	Model Farms S	1991				
12.97	Motukili		2004				
12.95	Samantha Cox	Colo H	1988				
12.93	Johnson	Loreto Kirribilli	2001				

Shot Put (3kg)

15.99	Taylah Sengul	Erskine Park H	2011				
15.69	Tai Denicaucou	Lithgow H	2012				
15.12	Sengul		2012				
14.78	2.7 Nikki Sebelic	Mudgee H	1991				
14.78	2.7 Sharon Clarke	Pendle Hill H	1982				
14.74	Dani Samuels	Westfields Sports H	2002				
14.66	Paletina Lemi	Catherine Mc	2011				
14.61	Krista Janniste	Galston H	1986				
14.60	Katrina Steele	Winmalee H	1995				
14.35	T Gordon	Jamison H	1984				
14.31	Lemi		2012				
14.30	K Fitzgerald		1987				
14.26	Chapman	SGH	1986				
14.22	Erin McGregor	Elderslie H	1995				
14.21	Felicia Entwistle	East Hills Girls H	1995				
14.09	Carolyn Beales	Pennant Hills H	1978				
14.04	2.7 Clarke		1981				

Discus Throw

54.07	Katrina Steele	Winmalee H	1999				
51.72	Samuels	Westfields Sports H	2005				
49.41	Christie Chamberlain	Westfields Sports H	2007				
49.00	Alani Dioli		1996				
48.99	Taylah Sengul	Erskine Park H	2012				
48.70	Steele		1998				
48.66	Lomana Fagatuai	John Terry H	2008				
47.96	Steele		1997				
47.73	Samuels		2004				
46.89	Belinda Forsyth	Blacktown Girls H	2003				
46.63	Tai Denicaucou	Lithgow H	2012				
46.29	Elaine Targett	Lake Anglican Gram	1999				
46.13	Fagatuai		2007				
45.88	Sengul		2010				
45.86	Steele		1996				
45.74	Michelle Haage	South Strathfield	1991				
45.30	Vika Lolo	Tempe H	2007				
45.12	Felicity Johnston	Pennant Hills H	1988				
44.94	Pamela Mountfield	Mackeller Girls H	1981				
44.85	Filoi Aokuso	SWV	2010				
44.83	Alix Kennedy	Caringbah H	2009				
44.82	Kirsty Leigh Williams	Mt St Patricks	2011				
44.69	Lolo		2006				
44.69	Forsyth		2004				
44.62	Mountfield		1982				
44.46	Aokuso		2009				
44.34	Sharmane Motuliki	BGR	2003				
44.14	Debra Turnbull	Northlakes H	1996				
44.08	Mountfield		1980				
43.88	Motuliki		2002				

Javelin Throw (600g)

55.96	Laura Cornford	MLC Burwood	2007				
52.60	Cornford		2006				
51.55	Annie Davies	Pymble Ladies College	2006				
48.43	Cornford		2005				
47.74	Lara Woodbury	Stella Maris Manly	1989				
47.32	Kirsty May	John Terry C	2004				
45.30	Leanne Dennis	Pendle Hill H	1980				
45.28	Dennis		1979				
45.24	Lyndall Kennedy	Cheltenham H	1984				
44.94	Kennedy	Orana	1982				
44.99	May		2003				
44.30	Cornford		2004				
44.17	Karen Clarke	Eden Marine H	2007				
44.05	Clarke		2008				
43.66	Kate Adams	Singleton H	1997				
43.34	A Cash		1987				
43.32	Rebecca Hook	Richmond H	1991				
43.12	Pamela Mountfield	Mackellar Girls H	1981				
43.10	Nadine Heinz	South Grafton H	1991				
42.92	Amy Sadler	RIC	2004				
42.77	Taylah Sengul	Erskine Park H	2010				
42.64	S Middleton	Coomealla H	1989				
42.60	Louise McPaul	Kan	1986				
42.54	Nadia Canu		1996				
42.53	Sengul		2009				
42.30	McPaul		1985				
42.28	Rebecca Noy	Macarthur Girls H	1998				
42.25	Noy		1999				
42.22	Annabel Thomson	Deniliquin H	2002				
42.11	Belinda Johnson	Loreto Kirribilli	2001				
42.04	Martine Boland	PLC Pymble	1983				
42.03	Samantha Pearson	Gilroy C	2001				
42.00	Karen Clarke	Eden Marine H	2006				
41.96	Kennedy	Orana	1982				
41.74	Alison Severino	St Ursula's	2008				
41.73	Johnson	Loreto Kirribilli	2001				
41.54	Antonia Hooke	Tamworth H	1993				
41.28	Kerrie Lyn Reko	Bowral H	1987				
41.24	A Bower	PLC	1985				
41.94	Kate Adams	Singleton H	1997				
41.88	Sharon Clarke	Pendle Hill H	1983				
41.66	Davies		2006				
41.50	Megan Horne	Barker C	2008				
41.46	Pearson		2003				
41.22	Julie Carlile	Moree H	1980				
41.06	Adams		1996				
41.04	K Edwards	Stella Maris Manly	1990				
41.04	Amber Hooper	Mudgee H	1995				
41.02	Johanna L'Estrange	Taree H	1997				
41.00	Vanessa Hagens	Cheltenham H	1988				
40.94	Amanda Prior	Kambala S	1992				

Javelin Throw (500g)

50.87	Mackenzie Little	PLC Pymble	2012				
-------	------------------	------------	------	--	--	--	--

46.40	Little		2011	10.50	-2.1	Scott Richardson	Ulladulla High	1999
42.32	Alysha Burnett	Asquith Girls H	2012	10.3		Peter Gandy	St Paul's Bellambi	1979
				10.59	0.1	Josh Clarke	The Kings S	2012
				10.60	0.9	Shirvington		1997
Hammer Throw (4kg)								
55.56	Nicole Robertson	Elderslie H	2001					
54.93	Maree Ryabovich	Bankstown Grammar	1998	10.60	0.9?	Jacob Groth	McKillop College	2002
54.88	Bronwyn Eagles	Camden H	1997			Shirvington		
54.54	Eagles		1999			2002		
53.74	Eagles		1998	1996				
52.65	Natalie Prior	SKC	2007	10.61	1.9	Jarrod Geddes	Gynea H	2011
51.94	Ryabovich		1997	10.61	0.6	Jake Hammond	Heathcote H	2009
51.00	Karyne Perkins	Westfields Sports H	1995	10.63	0.7	Peter Missingham	Murwillumbah High	1996
50.95	Prior		2006	10.63	0.5	Nick Hough	The Kings School	2010
50.80	Tepa Lemi	Westfields Sports H	2012	10.66	0.7	Shirvington		1996
50.64	Eagles		1996	10.67	-0.4	Clarke		2012
48.80	Robertson	Elderslie H	1999	10.68	0.7	Jason Snell	Waverley C	1996
48.70	Lyndelle Taylor	James Ruse H	1994	10.68	0.0	Groth		2002
48.17	Sally Chapman	Queanbeyan H	2004	10.69	1.5	Jake Hammond	Heathcote H	2008
48.04	Brenda McNaughton	Parramatta H	1993	10.71		Paul Greene	Shoalhaven H	1988
47.36	Perkins		1994	10.72	1.8	Missingham		1996
46.65	Sally Chapman	Queanbeyan H	2003	9.6y	10.5	P. McInnes	SPS	1953
46.46	Robertson		1998	10.5		Fred Martin	Belmore High	1983
46.04	Melissa Hilder	John Terry C	2006	10.75	2.0	Patrick Fakiye	Marist Eastwood	2008
45.90	Eagles		1995	10.75	1.5	John Pearce	Hunters Hill H	2008
45.26	Ryabovich		1996	10.75	0.8	Hammond		2008
45.00	Lisa Craig	Keira Technology H	2004	10.75	0.0	Julian Roussety	St Gregorys Campbelltown	2012
44.90	Kellie Hall		1996	10.77	1.1	Fabrice Lapierre	Westfields Sports H	2001
44.12	Katrina Steele	Winmalee H	1997	10.77	1.2	Stephen Hadfield	Kingswood H	1997
44.12	Rachel Dodoo	Elizabeth Macarthur H	2004					
43.84	Shannon Petrovic	WML	2009	10.78	2.0	Adam Miller	Port Macquarie H	2001
43.64	Petrovic		2008	10.78	0.7	Snell		1996
42.63	Abbie Newson	Westfields Sports H	1998	10.79	-0.4	Geddes		2011
42.56	Steele		1998	10.80	0.8	Fakiye		2008
42.33	Hilder		2006	10.83	0.8	Paul Henderson	St Francis Xavier	1988
42.27	Melissa Prior	SKC	2008	10.83	1.2	Troy Davies	Albion Park H	1997
42.22	Erin Petrovic	WML	2002	10.84	-0.4	Missingham		1995
42.22	Taylor		1993	9.7y	10.6	D Johnson	Wollongong H	1949
42.16	Taylor-Jane Willis	Leumeah Tech H	2010	9.7y	10.6	John Treloar	North Sydney Boys H	1945
42.00	Holly Pedersen	Moss Vale H	1995	10.6		Brad Rees	Wollongong H	1979
				10.6		David Johnston	Knox	1979
				10.85	1.8	David Dworjanyn	Mar	1986
				10.85	-2.4	Daniel Gasparini	Macquarie Boys H	1998
64.27	Alex Hulley	OLMC Parramatta	2012	10.86	0.5	Nick Hough	The Kings School	2009
58.24	Taylor-Jane Willis	Leumeah Tech H	2012	10.86	1.7	Chad Stephenson	Warners Bay H	1988
56.36	Tepa Lemi	Westfields Sports H	2011	10.86	1.1	Paul Greene	Shoalhaven H	1988
53.79	Laura Herbert	Forbes H	2012	10.86	-0.4	Jason Snell	Waverley C	1995
49.44	Jessica Stikovic	Good Samritan	2012	10.86	-0.9	Matt Bouveng	Maitland Grossman	1999
47.85	Tania Fassolis	Picton H	2012	10.86	-0.5	Kurt Mulcahy	Mullumbimby H	2006
46.45	Emily Rotunno	Catherine McAuley	2012	10.86		Frankie Iorfino	Freeman Catholic C	2007
46.41	Palentina Lemi	Catherine McAuley	2012	10.86	0.8	J Pearce		2008
45.69	Taylor Jade Minslow	South Sydney H	2012	10.87		Matt Manns		1999
45.42	2.7 Nicole Robertson	Elderslie H	1996	10.87		David Blandford	Coffs Harbour H	1981
45.20	2.7 Felicity Entwistle	East Hills Girls H	1995	10.88	1.8	M Carter	Marist Brothers North Syd	1986
44.80	Alyssa Vella	Northmead H	1999	10.88	2.0	Kris Neofytou	Condell Park H	2001
				10.89	0.9	Mitch Tysoe	Erina H	2008
45				10.90	0.1	Joshua Jay	St Pauls Cranebrook	2012
44.26	Melissa Prior	SKC	2006	10.90		Jeremy Firth		1999
				10.91	0.8	Joven Clarke	Westfields Sports H	1999
				10.91	1.4	M Williams		1987
				10.92	0.1	Anthony Collum	St Pius X Chatswood	2012
				10.92	1.2	Russell Parker	Barker C	1997
				10.92	0.3	Lukas Chodat	Wollongong H	1997
10.29	1.2 Matt Shirvington	Marist North Syd	1997	10.92	-0.1	Aaron Vanderent	Windam C	2004
10.43	1.3 Shirvington		1997	10.92	0.2	Ruwan Gunasinghe	John Edmondson	2009

MALE

100m

10.92	1.2	Carter		1986	21.70	-1.4	Shirvington		1997
10.93		Robert Henderson	St Patricks Strathfield	1981	21.74		David Taylor	Grammar	1979
10.93	0.6	Tysoe		2008	21.5		Stephen Box	Waverley College	1977
10.93	-0.5	Hammond		2009	21.5		David Taylor	Sydney Grammar	1979
10.94		D Ward	Trinity Grammar	1981	21.76	1.7	Kurt Mulcahy	Mullumbimby H	2006
10.94	1.0	Davies		1997	21.76	-2.4	Groth		2003
10.7		David Taylor	Sydney Grammar	1979	21.76		Chad Stephenson	Warners Bay H	1988
10.7		Steve Box	Waverley C	1978	21.78	-1.6	Ana Abu Granaba	Patrician Brothers	2012
10.7		Box		1978	21.78	1.3	Stephen Hadfield	Kingswood	1997
10.7		Box		1977	21.78	1.7	Nathan McRae	Wrstfields Sports H	2008
10.7		Miles Murphy	Evans H	1983	21.79	-1.1	Josh Clarke	The Kings S	2012
9.8y	10.7	Don Bursill	Scots C	1958	21.81	1.7	Ethan Millward	Merewether H	2008
9.8y	10.7	D Manston	St Pats Strathfield	1944	21.83	-4.0	David Geddes	Forest H	1998
10.95	0.5	Ben Jaworski	Cherrybrook H	2009	21.7y	21.6	John Treloar	North Sydney Boys H	1945
10.96	-1.9	Stephen Hadfield	Kingswood H	1997	21.6		Box		1978
10.96	1.5	Paul Stickler	Westfields Sports H	2001	21.6		Box		1978
10.96	0.8	Nathan McRae	Wrstfields Sports H	2008	21.6		Brad Rees	Wollongong H	1979
10.97	0.0	McRae		2008	21.6		Robert Henderson	St Pats Strathfield	1980
10.97	0.8	Lewis Clark	St Pius X Chatswood	2008	21.86		Martin		1982
10.97	1.2	Rob Knox	Shore S	1997	21.87	1.1	Daniel Arda	Chester Hill H	2007
10.97	0.2	P Loloa		1987	21.87	0.4	Zac Walpole	Morrisset H	2009
10.98	1.4	M Carter		1987	21.88	0.7	Scott Richardson	Ulladulla H	1998
10.98	1.8	M. McDonald	Ben	1989	21.88	1.7	Patrick Fakiye	Marist Eastwood	2008
10.98	0.2	R Short		1987	21.92	1.1	Clinton Sills	Scots C	2007
10.98	1.4	Short		1987	21.93	1.1	Daniel Small	Westfields Sports H	2006
10.98	-0.3	Ana Abu Granaba	Patrician Brothers	2012	21.7		Keiran Tynan	St Josephs	1978
10.98	0.0	Abdel Elkout	Newington C	2012	21.7		Roger Pollett	Newington C	1978
10.99	1.9	Shem Hollands	Dubbo H	1993	21.7		Stuart Miller	Waverley C	1978
10.99	0.9	Gunasinghe		2009	21.7		Miller		1978
10.99	1.6	Williams		1987	21.96	1.8	Daniel Gasparini		1996
11.00		Owen Martin	Central Coast	2002	21.98	-0.6	Ben Jaworski	Cherrybrook H	2009
11.00	1.8	Hadfield		1996	21.98	0.4	Nathan McRae	Westfields Sports H	2009
11.00	1.2	Clinton Tubby	Edmund Rice C	1997	21.98	0.7	Marc Barnett	Westfields Sports H	1998
Wind Assisted					22.00	-1.6	James Kermond	Bankstown G	2012
10.47		Scott Richardson	Ulladulla High	1999	Wind Assisted				
10.60	3.4	Paul Henderson	St Francis Xavier	1988	21.25	3.8	Stephen Perry	Whalan H	1988
10.70	3.3	John Thornell	Westfields Sports H	2001	21.28	2.8	Jacob Groth	McKillop College	2002
10.71	3.7	Paul Greene	Shoalhaven H	1988	21.32	5.9	Paul Greene	Shoalhaven H	1988
10.77	2.2	Adam Miller	Port Macquarie H	2001	21.46	4.2	Greene		1988
10.75	2.6	Ben Jaworski	Cherrybrook H	2009	21.51	5.9	Perry		1988
10.76	3.8	David Thom	Katoomba H	1993	21.58	2.2	Brett Zamudio	Leumeah Technical H	2004
10.79	3.3	Groth		2001	21.63	3.8	Paul Henderson	St Francis Xavier	1988
10.79	2.1	Greene		1988	21.76	2.9	Chad Stephenson	Warners Bay H	1988
10.81	3.3	Paul Stickler	Westfields Sports H	2001	21.84	3.8	Vincent Jason	Cronulla H	1988
10.81	2.5	Fabrice Lapierre	Westfields Sports H	2001	21.85				
200m					400m				
20.97	1.3	Matt Shirvington	Marist North Shore	1997	47.31		Daniel Batman	Scots College	1999
21.07	0.4	Jake Hammond	Heathcote H	2009	47.60		Miles Murphy	Evans H	1984
21.0		Peter Gandy	St Paul's Bellambi	1979	47.5		Murphy	Evans H	1983
21.28	1.4	Jacob Groth	McKillop College	2002	47.68		Steven Solomon	Cranbrook School	2010
21.30	0.4	Ben Jaworski	Cherrybrook H	2011	48.10		Lewis Rangott	The Forest H	1992
21.31	0.9	Shirvington		1996	48.27		Stephen Perry	Whalan H	1988
21.32		Paul Greene	Shoalhaven H	1988	48.28		Joel Milburn	Trinity Grammar	2004
21.2		David Johnston	Knox	1979	48.30		Paul Greene	Shoalhaven H	1988
21.2		Fred Martin	Belmore	1983	48.34		Kieran Reid	St Patrick's Sutherland	1991
21.49	0.9	Daniel Gasparini	Macquarie Boys H	1998	48.37		Kurt Mulcahy	Mullumbimby H	2006
21.50	2.0	Scott Richardson	Ulladulla High	1999	48.39		Solomon		2009
21.52	-4.0	Matt Bouveng	Maitland Grossman H	1998	48.51		Sam Stevens	St Aloysius	2007
21.56		Miles Murphy	Evans H	1984	48.57		Martin Lubrano	Trinity Grammar	1984
21.62	0.4	Shirvington		1996	48.57		Perry	Whalan H	1986
21.63	1.7	Jake Hammond	Heathcote H	2008	48.59		James Thistleton	Westfields Sports H	2009
21.4		Miles Murphy	Evans H	1983	48.63		Martin Lubrano	Trinity Grammar	1984
21.68	1.9	Luke Hamer	Marist Peakhurst	2006	48.63		Andrew Coulter	Moorebank H	1998

48.64	Scott Fraser	Scots College	1997	1:52.24	David Bradney	Lambton H	2006
48.64	Jay Meaney	St Johns C Wo	2012	1:52.75	Blake Vanderwoude	Narrabeen Sports H	2006
48.69	Stevens		2007	1:52.89	Todd Wakefield	St Gregs College	2008
48.71	David Geddes	Forest H	1998	1:52.98	Jared West	Pittwater House	2006
48.77	Cameron Brown	Wagga Wagga H	1998	1:53.16	Craig Honeybrook	St Joseph's	1984
48.78	Peter Wall	Scots College	1994	1:53.31	Lachlan Chisholm	Wagga Wagga H	1999
48.79	Geoff Sayer	Baulkham Hills H	1986	1:53.37	Anthony Campbell	Armidale H	1989
48.82	P Mapstone	BH	1986	1:53.46	Tom Switzer	St Aloysuis	1989
48.82	Peter Amor	Parkes H	2011	1:53.49	Jordan Gusman	Woolgoolga H	2012
48.83	Blake Vanderwoude	Narrabeen Sports H	2006	1:53.5	Liddy	Barker C	1999
48.89	Jordan Gusman	Woolgoolga H	2012	1:53.92	Ryan Gregson	Illawarra Sports H	2007
48.90	John Britton	Concord H	1988	1:54.08	Craig O'Brien	Rooty Hill H	1988
48.90	Lukas Chodat	Wollongong H	1997	1:54.22	Mitchell Ryan	Macarthur Anglican S	2006
48.90	Sean Fitzsimmons	St Pius X Chatswood	2012	1:54.32	Clinton Hill	Chevalier College	1998
48.91	Jim Isler	Cherrybrook H	2002	1:54.56	Jesse Beadman	WSC	2010
48.8	David Taylor	Sydney Grammar	1979	1:54.6	David Owens	Waverley C	1979
48.95	Mark Carter	Marist Col North Shore	1987	1:54.6	Nigel Nunn	Shore	1977
48.98	Andrew Bursill	Scots C	1987	1:54.66	Sam Hall	Kings S	2001
48.98	Tristan Garrett	Waverley C	2004	1:54.66	S Wheeler	Corrimal H	1981
49.02	James Kermond	Bankstown G	2012	1:54.7	Alan Ozolins	Norwa Technology H	1980
49.09	Willie Gordon		1996	1:54.72	Paul Hartgers	Model Farms H	1981
49.13	Michael Noonan		1996	1:54.74	Sean O'Connor	Barker C	1988
49.14	Chris Martin	St Ignatius	2007	1:54.8	B Stevenson	Corrimal H	1978
49.0	Rod Cranston	St Pats Goulburn	1980	1:54.92	Nicholas Barr		1996
49.15	Mark Lisgaris	Doonside H	1986	1:54.92	Daniel Bulmer	Lindisfarne	2009
49.16	Craig O'Brien	Rooty Hill H	1988	1:55.10	Michael Bingham	Shellharbour H	2009
49.20	Gavin Jeffries	Balranald H	2003	1:55.11	Paul Donnadieu	Port Hacking H	2009
49.20	Murphy		1982	1:55.16	Tony Auciello	James Cook H	1993
49.22	Jason Hooker	Miller H	1989	1:55.24	Andrew O'Neill	Koorinal H	1999
49.22	Greg Goode	MEA	2003	1:55.25	Robert Wunder	Killara H	1988
49.23	Cameron Brown	Wagga Wagga H	1997	1:55.28	Jack Stapleton	The Kings S	2012
49.24	Michael Bingham	Shellharbour H	2009	1:55.29	Switzer		1988
49.4y	49.1 J Patterson	Hurlstone Agricultural H	1957	1:55.3	Rod Cranston	St Pats Goulburn	1980
49.25	Coulter		1998	1:55.4	S Wheeler	Corrimal H	1979
49.26	Michael Olsen	Westfields Sports H	1993	1:55.42	Blake Johnson	Westfields Sports H	2009
49.26	Devlin Higgins	Barker C	2012	1:55.50	Sam Martyn	Lumen Christian	2009
49.26	Bryce Collins	SCEGGS Redlands	2012				
49.28	Solomon		2009	1500m			
49.29	Milburn		2001	3:49.34	Ryan Gregson	Illawarra Sports H	2007
49.30	Grant Billingham	Mount Austin	2007	3:49.45	Todd Wakefield	St Gregs College	2008
49.31	Ryan Turton	St Francis Xavier Hamilton	2001	3:51.15	Lachlan Chisholm	Wagga Wagga H	1999
49.32	Ben Connor	Deniliquin H	2006	3:51.48	Grant Cremer	North Sydney Boys	1995
49.32	M Lisgaris	Bel?	1985	3:53.39	David Bradney	Lambton H	2006
49.32	Joel Chevalley		2012	3:53.46	Jack Stapleton	The Kings S	2012
49.3	Alan Ozolins	Norwa Technology H	1980	3:53.5	Andrew Reardon	St Patrick's G'burn	1980
49.40	Olsen		1993	3:53.51	Chisholm		1998
49.41	Kyle Alexis	Westfields Sports H	2012	3:53.52	Clinton Mackevicius	Jesmond H	1995
49.42	Kieran Reid	Newington C	1992	3:53:99	Craig Wood	Oxley High	1995
49.43	T Harris	St Ignatius	1991	3:54.29	Daniel Bulmer	Lindisfarne	2009
49.3	Roger Pollett	Newington C	1978	3:54.55	David Byrne	Colo H	1998
49.3	Pollett		1978	3:55.21	Trent Munson	Trinity Grammar	1995
49.45	Geoff Sayer	Baulkham Hills H	1985	3:55.87	Wakefield		2007
49.45	S Taylor	Canobolas H	1981	3:56.2	Reardon		1979
49.46	Hamer		2007	3:56.77	James Nipperess	Marist Bros Kogarah	2006
49.47	R Waters	EH	1985	3:57.88	Chisholm		1997
49.47	Gary Theodore	Manly Boys H	1982	3:57.18	Sam Hall	The Kings Sc	2001
49.48	Jason Hooker	Miller H	1988	3:57.35	Cameron Page	St Edmonds Gosford	2008
49.50	Ethan Millward	Merewether H	2008	3:57.40	Glenn Harrison	William Clarke C	2001
				3:57.41	Ben Liddy	Barker C	1998
				3:57.76	James Matthews	Concord H	2006
800m				3:57.82	Brad Marland	Woolooware H	1992
1:51.76	Ben Connor	Deniliquin H	2006	3:58.00	M Vassallo	Trinity Grammar	1986
1:52.00	Ben Liddy	Barker C	1998	3:58.2	Michael Thompson	Daramalan C ACT	1978
1:52.11	David Byrne	Colo H	1998	3:58.49	Joshua Johnson	St Ignatius	2008
1:52.23	Lachlan Chisholm	Wagga Wagga H	1998				

3:58.5	David Forbes	Mereweather H	1979	15:20.93	Trent Harlow	O' Connor	1991
3:58.8	S James	Sydney Boys H	1978	15:21.65	Barry Keem	Wollongong H	1998
3:58.86	Trent Wood	Engadine H	1991	15:21.75	Wayne Larden	Birrong Boys H	1986
3:58.92	Vassallo		1985	15:24.00	Aaron Hunt	Sydney Boys H	1989
3:59.27	Saxon Moseley	Barrenjoey H	1992	15:26.91	M Vassallo	Trinity Grammar	1985
3:59.29	Moseley		1991	15:27.85	James Barker	Heathcote H	1994
3:59.28	Craig Honeybrook	St Joseph's C	1984	15:28.99	David Manwaring	Brisbane Waters H	2008
3:59.33	Gregson		2006	15:29.85	Peter Costello	Jamison H	1988
3:59.42	David Byrne	Colo H	1997				
3:59.5	John Thomas	Enmore H	1982				
3:59.08	Sam Bourke	Barker C	1999				
4:00.0	Warwick Andrews	St Pius C Manly	1982				

3000m

8:12.7	Lawrie Whitty	Randwick Boys H	1977	14.08	1.5	Mitch Tysoe	Erina H	2010
8:24.3	Danny Boltz	Marsden H	1980	14.10		Stickler		2002
8:29.6	Andrew Reardon	St Pats Goulburn	1980	14.11	0.8	Nick Hough	The Kings school	2011
8:33.2	Quentin Morley	Normanhurst Boys H	1980	14.36		Jon Micos	Waverley College	1992
8:35.08	Ryan Gregson	Illawarra Sports H	2006	14.41	0.6	Nathan McRae	Westfields Sports H	2009
8:35.8	Morley		1980	14.48		Matt Beckenham	Queanbeyan High	1993
8:36.36	James Nipperess	Marist Bros Kogarah	2006	14.58	-1.5	Clinton Tubby	Edmund Rice	1997
8:37.5	Warren Partland	Orana H	1978	14.63	-1.5	Russell Parker	Barker	1997
8:39.93	David Ricketts	Blaxland H	2008	14.70		Gregory Eyears	Picnic Point H	1999
8:41.85	Cameron Page	St Edmonds Gosford	2008	14.72	-1.5	William Wicks	Westfields Sports H	1997
8:43.3	Murray Halls	Birrong Boys H	1979	14.73	0.6	Ray Smith	St Ignatius Riverview	2009
8:43.49	Hugh Williams	MacIntyre H	2009	14.73	0.9	Scott Winters	Westfields Sports H	1986
8:43.5	Boltz		1979	14.75	0.0	Matthew Thomas	Barker C	1995
8:43.52	Jason Hall	The Scots College	2009	14.80	0.0	Douglas Temmo	Westfields Sports H	1995
8:43.84	Todd Wakefield	St Gregs College	2007	14.82	0.9	M Carter	Marns	1986
8:45.16	Clinton Mackevicius	Jesmond H	1994	14.6	14.7y	J May	CS	1951
8:46.68	Page		2006	14.90	-4.0	Russell Parker	Barker C	1998
8:47.42	Vaughan Lawton	Port Hacking H	1998	14.91	0.0	Greg Newton	Westfields Sports H	1995
8:47.74	Page		2007	14.93	0.9	James Moir	Cranbrook C	1986
8:48.10	Trent Wood	Engadine H	1990	14.7		Brad Rees	Wollongong	1979
8:48.92	Ricketts		2007	14.7		Michael Carroll	Knox	1979
8:49.2	A Law	Pittwater H	1980	14.7		Chris Jackson	Coonabarabran H	1979
8:49.6	Warren Kirkland	Daramalan C ACT	1978	14.7		Tony Annable	Corrimal H	1981
8:49.73	V Casey		1987	14.95		Scott Michelmore	St Josephs Hunters	1999
8:50.2	Craig Wood	Heathcote H	1995	14.97		James Moir	Cranbrook C	1986
8:50.37	Travis Prigg	Robert Townson H	2003	15.03	-1.5	Michael Hawthorne	Oxley H	1997
8:50.57	Kevin Batt	St Edmonds Gosford	2008	14.9		David Fouracre	Fairfield H	1980
8:51.97	John Wall	Marcellin C Randwick	1990	14.9		F White	Armidale H	1980
8:52.13	G Starkey	Wyong H	1990	15.05	1.4	Scott Winters	Westfields Sports H	1987
8:52.20	Aaron Hunt	Sydney Boys H	1988	15.08	-0.6	Brad Figures	Northmead H	1990
8:52.76	Tony Auciello	James Cook H	1991	15.11	0.0	Graham Taylor	Leumeah Technology H	1995
8:53.10	Leigh Tracy	Chevalier C	1988	15.12		Andrew Woodward		1985
8:53.37	S Bennett		1987	15.15		Damien Czinner	St Patricks	1984
8:53.65	A Hawkins		1987	15.15		Richard Matheson	Camden H	1992
8:54.24	Ricketts		2006	15.15	0.6	Anthony Costello	Marist Kogarah C	2009
8:54.25	Lennon Wicks	Nowra Technology H	1998	15.15	-1.5	Luke Gillogly	St Josephs C	1997
8:54.78	Martin Dent	Berkeley Vale H	1994	15.17	-0.5	Daniel Small	Westfields Sports H	2006
8:55.3	Robert Spilling	Normanhurst H	1979	15.18	-0.5	Sam Green	St Ignatius	2006
8:55.33	Dane Austin	James Ruse Agriculture H	1998	15.22		Alex Jacenko	Waverley C	2001
8:55.7	B Sawtell	Pittwater H	1979	15.23	+1.6	Lyle Thornton	Port Macquarie H	1989
8:55.8	Michael Roberts	Castle Hill H	1980	15.23	0.9	P Lola	EW	1986

5000m

15:14.37	Scott Llewellyn	Belmont H	2010	15.23	0.2	Matthew Harris	St Marys Maitland	2007
15:17.5	Warwick Andrews	St Pius	1983	15.24	0.0	Andrew Laverick	Hunter Valley Grammar	1995
15:17.63	Trent Wood	Engadine High	1991	15.24	-2.2	Justin Merlino	St Ignatius	2003
15:18.1	Colin Dalton	Narrabeen	1983	<i>Wind assisted</i>				
15:18.2	David Lavender	Westfields Sports H	1983	14.1	4.5	Steve Saunders	St Patricks	1983
15:19.1	Mark Sewell	Barrenjoey	1983	14.47	6.1	Michael Towns	Waverley College	1988
15:20.91	Warren Casey	Trinity Summer Hill	1988	14.96	2.3	Michael Hawthorne	Oxley H	1996
				15.00	2.3	Clinton Tubby		1996
				14.8	4.5	Robert Sennitt	Knox Grammar	1983
				15.07	6.1	Scott Johanson	Westfields Sports H	1988
				15.10	2.8	Lyle Thornton	Port Macquarie H	1989

110m Hurdles (99cm)

14.08	1.5	Mitch Tysoe	Erina H	2010
14.10		Stickler		2002
14.11	0.8	Nick Hough	The Kings school	2011
14.36		Jon Micos	Waverley College	1992
14.41	0.6	Nathan McRae	Westfields Sports H	2009
14.48		Matt Beckenham	Queanbeyan High	1993
14.58	-1.5	Clinton Tubby	Edmund Rice	1997
14.63	-1.5	Russell Parker	Barker	1997
14.70		Gregory Eyears	Picnic Point H	1999
14.72	-1.5	William Wicks	Westfields Sports H	1997
14.73	0.6	Ray Smith	St Ignatius Riverview	2009
14.73	0.9	Scott Winters	Westfields Sports H	1986
14.75	0.0	Matthew Thomas	Barker C	1995
14.80	0.0	Douglas Temmo	Westfields Sports H	1995
14.82	0.9	M Carter	Marns	1986
14.6	14.7y	J May	CS	1951
14.90	-4.0	Russell Parker	Barker C	1998
14.91	0.0	Greg Newton	Westfields Sports H	1995
14.93	0.9	James Moir	Cranbrook C	1986
14.7		Brad Rees	Wollongong	1979
14.7		Michael Carroll	Knox	1979
14.7		Chris Jackson	Coonabarabran H	1979
14.7		Tony Annable	Corrimal H	1981
14.95		Scott Michelmore	St Josephs Hunters	1999
14.97		James Moir	Cranbrook C	1986
15.03	-1.5	Michael Hawthorne	Oxley H	1997
14.9		David Fouracre	Fairfield H	1980
14.9		F White	Armidale H	1980
15.05	1.4	Scott Winters	Westfields Sports H	1987
15.08	-0.6	Brad Figures	Northmead H	1990
15.11	0.0	Graham Taylor	Leumeah Technology H	1995
15.12		Andrew Woodward		1985
15.15		Damien Czinner	St Patricks	1984
15.15		Richard Matheson	Camden H	1992
15.15	0.6	Anthony Costello	Marist Kogarah C	2009
15.15	-1.5	Luke Gillogly	St Josephs C	1997
15.17	-0.5	Daniel Small	Westfields Sports H	2006
15.18	-0.5	Sam Green	St Ignatius	2006
15.22		Alex Jacenko	Waverley C	2001
15.23	+1.6	Lyle Thornton	Port Macquarie H	1989
15.23	0.9	P Lola	EW	1986
15.23	0.2	Matthew Harris	St Marys Maitland	2007
15.24	0.0	Andrew Laverick	Hunter Valley Grammar	1995
15.24	-2.2	Justin Merlino	St Ignatius	2003

110m Hurdles (91cm)

13.89	1.0	Nick Hough	The Kings School	2010	55.79	Colin Browne	Patrician Bros Blacktown	2001
14.07	-0.3	Mitch Tysoe	Erina H	2008	55.86	Michael Towns	Waverley C	1988
14.08	-2.7	Paul Sticker	Westfields Sports H	2001	55.87	Brian Chappell	Epping Boys H	1997
14.23	0.8	Ivor Metcalf	Sydney Boys H	2012	56.02	Andrew Franklin	Menai H	1993
14.34	0.8	Harrison Andrews	The Kings School	2012	56.03	Jeffery		1989
14.36	0.3	Hough		2009	56.11	Sayer		1986
14.36	-0.3	Ray Smith	St Ignatius	2008	56.0			
14.49	0.8	Greg Eyears	Picnic Point H	1998				
14.49	1.5	P Howell	Mar	1986	56.21	Craig Birdsall	Malvina H	2001
14.51	-0.3	Cameron Hyde	Leumeah Tech H	2008	56.27	Michael Wehrhahn	St Ignatius C	1991
14.53	1.2	Michael Towns	Waverley C	1987	56.35	Geoffrey Morris	Bomaderry H	1995
14.59	0.9	Brendan Madeira	Waverley C	2012	56.42	D Jones		1987
14.61	1.0	Aaron Vanderent	Windam C	2004	56.45	S Dalton		1987
14.62	1.2	S McIntyre		1987	56.45	Blake Reavell	St Gregorys C	1997
14.65	1.0	Myles Engelen	Knox	2004	56.47	P Zonneveld	Kanawooka	1991
14.69	-1.3	Jon Micos	Waverley College	1991	56.41	Aaron de Jager	Moss Vale H	1999
14.73	1.5	R Tonkin	St Josephs	1986				
14.80	1.0	Matthew Walker	St Aloysius	2004				

400M Hurdles (84cm)

14.82	-1.7	Madreira		2012	53.31	Bryce Collins	SCEGGS Redlands	2012
14.83	-0.4	Brett Watton	Westfields Sports H	2004	53.97	Chris Martin	St Ignatius Riverview	2007
14.6	-1.6	R McDonald	Knox Grammar	1991	54.36	Steven Solomon	Cranbrook School	2009
14.6	-1.6	Andrew Franklin	Menai H	1991	54.47	Jack Bangel	Colo H	2011
					54.57	Christian Lozada	Marcellin College	2010
					54.84	Ian Dewhurst	Arndell Anglican C	2008
					55.00			
					55.10	Jack Fouracre	Eaglevale H	2012
					55.43	Daryl Purchases	Westfields Sports H	2006
					55.44	Mark Watts	Knox	2004

Wind Assisted

13.83	2.2	Mitch Tysoe	Erina H	2009				
14.10	4.7	Paul Stickler	Westfields Sports H	2002				
14.52	2.6	Tim Barber	Normanhurst Boyd H	1988				
14.4		Damien Czinner	St Patricks	1983				
14.4		David Mission	Waverley C	1983				
14.80								

300m Hurdles

38.23		Andrew Franklin	Menai H	1992	5:50.59	Martin Dent	Berkeley Vale H	1996
39.12		Andrew Coulter	Moorebank H	1996	5:56.9	Aaron Hunt	Sydney Boys H	1989
39.40		Brian Chappell		1996	6:00.19	Travis Prigg	Robert Townsend H	2001
39.51		Adam Somerville	Moorebank H	1992	6:00.99	Hunt		1988
39.95		Nathan Patchett	St Pius C	1993	6:01.0	Matt Reed	Waverley College	1979
39.98		Patchett		1992	6:01.1	16y Dent		1995
40.04		Eric Baravilala	Canterbury Boys H	1995	6:02.04	Will Devjak	Marist College Eastwood	1999
40.06		Glenn Cuthill	Kirrawee H	1994	6:02.2	Bruce Kentwell	East Hills H	1982
40.24		Andrew Hewitt	Asquith H	1992	6:04.2	Danny Boltz	Marsden H	1980
40.49		Coulter		1	6:04.63	Dylan Dudley	The Scots College	2009
40.61		S Richardson	Macksville H	1994	6:08.29	Chris White	North Sydney Boys H	1985
40.79		Andrew Laverick	Hunter Valley G	1994	6:08.29	Chris Wood		1996
40.95		Stuart Coulter	Moorebank H	1993	6:08.35	David Forster	Marsden H	1988
40.98		Joshua Hardy	Nowra Technology H	1995	6:08.46	Tim McGrath	Christian Brothers	2001
					6:08.73	U17 T Clarsen	SH	1986
					6:09.21	Andrew Hendry	Trinity H	1998
					6:09.3	Kentwell		1981
					6:09.89	David Byrne	Colo H	1997

400M Hurdles (91cm)

54.01		Ian Dewhurst	Arndell Anglican C	2008	6:09.89	David Byrne	Colo H	1997
54.1		David Mission	Waverley C	1983	6:10.08	U17 Hunt		1987
54.24		Geoff Sayers	Baulkham Hills H	1985	6:10.10	U17 C Barter		1987
54.4		David Joyce	Newington C	1980	6:10.37	Luke O'Neill	Chevalier C	1988
54.7		Joyce		1979	6:10.51	Jeremy Roff	Waverley C	2001
54.97		Damien Czinner	St Patrick's	1984	6:10.51	Chris Mills	Epping Boys H	1991
55.24		Andrew Laverick	Hunter Valley Grammar	1995	6:12.09	Jamie Sherson	Homebush Boys H	2007
55.30		Elliott Wood	Narrabeen Sports H	2001	6:12.36	Glenn Stojanovic	Pennant Hills H	1990
55.32		Andrew Coulter	Moorebank H	1998	6:12.47	Matthew Johnsen	Moruya H	2006
55.2		Craig Jeffery	St Ignatius C	1990	6:13.0	Robert Spilling	Normanhurst H	1979
55.36		Andrew Laverick		1996	6:13.30	Ben McKinley	Sydney Boys H	1998
55.41		Matt Beckenham	Queanbeyan H	1993	6:13.58	Sherson		2006
55.3		Glen McLaughlin	Knox Grammar	1979	6:13.69	John-Robert Bowskill	Westfields Sports H	2006
55.52		Benn		1991	6:13.92	David Rundle	MW	1985
55.4		Damien Czinner	St Patricks	1983				
55.65		Todd MacDonald	Springwood H	1993	6:13.8	Simon Hudson	Chatswood H	1989

6:13.8	Grant Cremer	North Sydney Boys H	1995	2.05	Chris Dodd	Erina H	2006
6:14.2	A Spalding	St Leo's College	1979	2.05	John Thornell	Westfields Sports H	2000
6:14.26	Martin Dent	Berkeley Vale H	1994	2.05	P Agnew	Knox Grammar	1984
6:14.45	Daniel Green	Oxley H	1992	2.05	Keith Elliott	South Grafton H	1997
6:14.5	David Sharpe	Marist Brothers Eastwood	1982	2.05	Graham Wilkins	Galston H	1998
6:15.0	P Sullivan	Pennant Hills H	1981	2.05	Mark McShane	Canobolas H	1999
6:15.04	Travis Prigg	Robert Townson H	2003	2.05	Thomson		1990

2000 Steeplechase (84cm)

6:00.19	Travis Prigg	Robert Townson H	2001	2.02	Joshua Lodge	Sydney Boys H	1998
6:02.10	James Matthews	Concord H	2002	2.02	Garrett		1986

3000m Walk

11:59.9	Troy Sundstorm	Oxley College	1997	2.03	Andrew Petrie	Tenterfield H	1999
12:17.10	Douglas Connolly	Rooty Hill H	1998	2.03	Thornell		2001
12:19.23	Connolly		1999	2.03	Theo Kavieris	SG	1986
12:37.77	Sundstorm		1996	2.01	Gavin Thompson	Peel Technology H	1992
12:46.1	Alan Muir	Killara H	1981	2.01	Darrell Muzyczka	Cambridge H	1996
12:46.60	Matthew Golebiowski	Westfields Sports H	1997	2.00	Muzyczka		1997
12:48.2	Douglas Connolly	Rooty Hill H	1997	2.00	Lodge		1999
12:52.3	Warren Russell	Prairiewood	1997	2.00	Samuel Cameron	TAS	2004
12:56.1	Andrew Brown	Sarah Redfern H	1987	2.00	David Partridge	Young Technology H	1998
12:57.4	Michael Woods	St Leo's C	1980	2.00	Daniel Lawton	Forster H	2001
12:59.8	Nick A'Hern	Airds H	1984	2.00	Tim Harwin	Taree H	1997
13:00.61	Simon Robards	Berkeley Vale	1992	2.00	Sean Culkin	Kingsgrove H	1997
13:02.3	Woods		1979	2.00	Nathan Conroy	Riverview C	1997
13:05.28	Scott Hobbs	Grafton H	1995	2.00	Jaie Northey	Catherine McAuley C	1997

5000m walk

21:31.16	Adam Rutter	Pennant Hills H	2003	2.00	Neale Smith	Bega H	1982
21:53.18	Rutter		2003	2.00	R Baker	Gymea H	1981
22:21.30	Ian Rayson	Gosford H	2006	2.00	G Newelle	Dun	1986
22:42.04	Brook Keys	Mitchell H	2007	2.00	Jeff Parker	Billabong H	1980
23:04.87	Kyle Malone	St Dominic's Kingswood	2009	2.00	Mark Thebridge	Benhilde C	1980
23:09.17	Malone		2007	2.00	Andrew Doyle	St Patricks	2007
23:19.92	Rutter		2002	2.00	Robert Currer	Barker C	2007
24:28.17	Jay Felton	Kincumber H	2012	2.00	Monty Richards	Epping Boys H	2008
24:28.93	Derek Mulhearn	Marist East	2007	2.00	Eliott Green	Pittwater House	2009
24:29.49	Aaron Mellor	Westfields Sports H	2002				
24:30.02	Jordan Mulhearn	Marist East	2009				
24:37.50	Malone		2008				
24:58.35	Mellor		2001				
24:59.30	Ian Rayson	Gosford H	2004				

High Jump

2.28	Lochsley Thomson	Colo H	1991				
2.20	Brandon Starc	Hills Sports H	2011				
2.13	James Galimore	Gunnedah H	1994				
2.11	Rhys Murphy	Barker College	2006				
2.10	Keith Elliott	South Grafton H	1998				
2.10	Damien Feehan	St Patrick's Goulburn	1988				
2.10	Warren Lefebvre	Warren Central	1988				
2.10	Luke Russell	St Ignatius H	1998				
2.09	Galimore		1995				
2.09	Lefebvre		1986				
2.08	Simon Robinson	St Joseph's C	1991				
2.08	James Watson	Barker College	2000				
2.08	Nick Moroney	McCarthy Tamworth	1990				
2.08	Starc		2010				
2.08	Glen Morante	Lake Illawarra H	1990				
2.08	Ken Bray	Wallsend H	1980				
2.07	Andrew Davies	Cessnock H	1988				
2.07	Ian Garrett	Cambridge Park H	1988				

Pole Vault

4.75	Blake Lucas	St Gregs Campbelltown	2007
4.60	David Fairclough	Westfields Sports H	1993
4.40	Matthew Fryer	Leumeah Technology H	2004
4.35	Sean Radi	Killara H	1987
4.35	Fryer		2004
4.30	Jack Hicking	Peakhurst H	2012
4.20	Mudith Jayasekara	James Ruse Agriculture H	2012
4.20	Hicking	Georges River College	2011
4.20	Brad McAllister	John Therry H	1995
4.20	Angus Armstrong	Homebush Boys H	2012
4.05	Todd Muller	Westfields Sports H	1996
4.00	McAllister	John Therry H	1994
4.00	Jirra Ware	North Ryde	1985
4.00	Lucas	St Gregs Campbelltown	2006
4.00	Alwyn Mi	Trinity G	2012
3.90	G Cannon	Westfields Sports H	1994
3.90	Radi	Killara H	1986
3.90	Ric Kebblewhite	Erindale C ACT	1995
3.90	James Belcher	Illawarra G	2012
3.85	John Reidy	Shalvey H	1984
3.80	Stuart Coulter	Moorebank H	1994
3.80	Timothy Lewis	Magdalene	2006
3.80	Kebblewhite		1995
3.80	Chris Lewis	Tomaree Education	2002
3.80	Chris Lewis	Tomaree Education	2001
3.80	Cheyne Barnes	Westfields Sports H	1997

3.80	Ben Towers	John Terry Catholic H	2001	14.39	Chris Jackson	Coonabarabran H	1979
3.80	Llewellyn Phillips	Turrumurra H	2012	14.36	Anthony Hough	Richmond H	1981
				14.36	Alex Stewart	Colo H	1999
				14.35	Eddy Van de Jagt	Fairvale H	1982
				14.29	David Scott	Glenn Innes H	1989
				14.26	1.3 Dallan Stanton	Mater-Dei	2008
				14.24	0.6 Kajtek Kielich	North Sydney Boys H	1998
				14.23	1.8 Paddy O'Donoghue	St Johns C	2002
				14.23	Jackson		1977
				14.20	Jackson		1978
				14.20	-0.3 Hart	s	2008
				14.15	1.1 Darren Doublet	CHH	2002
				14.14	1.1 Sean Barnes	Normanhurst H	2008
				14.14	Ian Brindley	Caringbah H	1979
				14.14	Scott		1988
				14.13	2.0 Geoff Davies	Barker C	2001
				14.12	Tim Barnes	Temora H	1984
				14.11	2.0 Alexander Jacenko	Waverley College	2001
				14.10	Peter Parsons	Pennant Hills H	1997
				14.10	1.0 Mark Howard	St Augustine Manly	2002
				14.10	David Rooney	Marist B Parramatta	1977
				14.10	Phillip Rickaby	Winmalee H	1999
				14.07	Stuart Andrews	Wee Waa H	1980
				14.07	0.0 Len Pearce	Hunters Hill H	2008
				14.07	C Willetts	Mt Druitt H	1991
				14.06	0.6 Grant Bransgrove	Warners Bay H	1994
				14.00	Glenn Carroll	Kotara H	1982
				13.99	0.4 Andrew Reid	Lisarow H	1995
				Wind assisted			
				15.05	2.2 Ben Cox	Holly Cross Ryde	2011
				15.01	2.4 Mark Howard	St Augustine	2003
				15.00	2.3 Robert Falchi	St Columbus Springwood	2006
				14.71	3.7 Stephen Foster	Figtree H	1995
				14.61	3.7 Michael Perry	Glendale H	1995
				14.55	2.7 Alexander Jacenko	Waverley College	2001
				14.25	4.5 Andrew Reid	Lisarow H	1995
				14.22	6.1 Geoff Davies	Barker C	2001
				14.15	4.1 Robert Falchi	St Columbus Springwood	2004
				14.40			
				Shot Put (6Kg)			
				18.31	Emanuele Fuamatu	Patrician Bros Fairfield	2008
				17.03	Robert Fuller	Blaxland H	1998
				16.29	Alex Testa	St Ignatius	2004
				16.15	Rohan Edwards	Elderslie H	2002
				15.83	Gareth Care	Carlingford H	2001
				15.69	Solf Anapu	SGC	2004
				15.63	Christian Alexander	Waverley C	2001
				15.56	Robert Murphy	St Ignatius Riverview	1998
				15.49	Jonathon Owen	St Aloysius	2004
				14.99	Philip Benjamin	Barker C	1999
				15.00			
				Shot Put (5Kg)			
				19.65	Emanuele Fuamatu	Patrician Bros Fairfield	2005
				19.39	Fuamatu		2006
				19.10	Tepai Moeroa	Newington College	2011
				18.73	Liam Speers	Newcastle Grammar	2009
				18.65	Jamal Idris	La Salle Catholic	2007
				18.19	Nicholas Kipriotis	Sydney Technical H	2004
				18.00	5.4 Ryan Cross	Waverley College	1997
				17.79	5.4 Peter Elvy	Forest H	1997
				17.72	Nic Bills	The Kings School	2008
Long Jump							
7.54	Robert Hannah	Richmond H	1983				
7.52	Chris Jackson	Coonabarabran H	1979				
7.29	Paul Henderson	St Francis Xavier	1988				
7.27	0.9 Robert Falchi	St Columbus	2007				
7.25	David Scott	Glen Innes H	1990				
7.20	J Testoni	Randwick H	1958				
7.20	Hannah		1982				
7.12	Dale Jenner	Westfields Sports H	2005				
7.10	Jim McCann	St Joseph's College	1956				
7.10	Stephen Kemp	Riverstone H	1988				
7.09	1.4 Kurt Jenner	Westfields Sports H	2010				
7.07	Lachlan Little	Newington C	2012				
7.04	Paul Fitzgerald	Kotara H	1983				
7.04	Glenn Carroll	Kotara H	1989				
7.03	-0.6 K Jenner		2009				
7.02	0.7 Fabrice Lapierre	Westfields Sports H	2001				
7.01	1.4 Ben Cox	Holy Cross Ryde	2011				
7.00	David Scott	Glen Innes H	1989				
6.98	1.3 Tom Soliman	Gilroy C	2009				
6.97	David Rooney	Marist B Parramatta	1977				
6.96	1.0 A Stone	Katoomba H	1994				
6.95	Aaron Kennedy		1996				
6.94	Steve Saunders	St Patricks	1983				
6.93	1.0 Henry Clunies-Ross	Trinity G	2012				
6.93	Sean Hayward	Shoalhaven H	1998				
6.93	0.2 Damian Hart	Warners Bay H	2009				
6.92	Peter Banks	Knox Grammar	1988				
6.92	Greg Quirk	Doonside H	1991				
6.92	0.5 Cameron Shepherd	Barker C	2001				
6.92	Jackson		1977				
6.91	Lapierre		1999				
6.91	Aaron Sermet		1996				
6.91	0.8 Matthew Walker	St Aloysius	2004				
6.90	Steve Kemp	Riverstone H	1978				
6.90	Chris Knight	Peakhurst H	1985				
6.90	1.9 Peter Parsons	Pennant Hills H	1998				
6.90	John Thornell	Westfields Sports H	2000				
6.90	1.0 Andrew Neville	Westfields Sports H	2008				
Wind assisted							
7.31	3.7 Russell Parker	Barker C	1998				
7.21	2.6 Lachlan Little	Newington College	2011				
7.14	3.0 Fabrice Lapierre	Westfields Sports H	2001				
7.12	2.1 Peter Parsons	Pennant Hills H	1998				
7.10	4.2 Chris Atkins	Muswellbrook H	1998				
6.92	2.9 Stephen Jacenko	Waverley C	1998				
Triple Jump							
15.45	-1.4 Robert Falchi	St Columbus Springwood	2007				
14.92	0.9 Ben Cox	Holy Cross Ryde	2011				
14.81	0.3 Damian Hart	Warners Bay H	2009				
14.74	Greg Gorman	Elderslie H	1986				
14.60	1.2 Michael Perry	Glendale H	1995				
14.57	Peter Banks	Knox Grammar	1989				
14.55	2.7 Alexander Jacenko	Waverley College	2001				
14.54	Steven Saunders	St Patrick's	1983				
14.52	0.2 Falchi		2006				
14.47	Russell Wyer	St Gregory's	1989				
14.46	Gorman		1987				
14.42	0.4 Fabrice Lapierre	Westfields Sports H	2001				

17.49		Moeroa		2011	59.36	James Murphy	St Ignatius C	1994
17.34		Solf Anapu	SGC	2003	57.78	Fitzgerald		2011
17.34		Ben Talakai	South Sydney H	2009	57.72	Mitch McGrath	St Patrick's Illawong	1997
17.34		Chris Mastoris	Waverley C	1990	57.33	Jamal Idris	Great Lakes H	2006
17.03		Robert Fuller	Blaxland	1998	57.13	Ben Talakai	South Sydney H	2009
17.00		Anthony Dorrell	Evans H	2004	56.84	Darren Pitchfork	Marsden H	1988
16.97		Robert Murphy	St Ignatius	1998	55.60	Hayden Knowles	Westfields Sports H	1994
16.84		Liam Speers	Newcastle H	2008	55.36	Peter Elvy	The Forest H	1998
16.80		Nicholas Williams	St Josephs Hunters	1999	55.12	Elvy		1996
16.77		Will Sacilotto	The Kings School	2009	55.04	Ben Harradine	Warners Bay H	1999
16.75		Luke White	St Ignatius	2008	54.70	John Ledbrook	Red Bend	1996
16.72		Kipriotis		2003	54.46	S McClean	Colyton	1994
16.62		Connor Sherlock	Oberon H	2010	54.25	Jamal Idris	La Salle Catholic	2007
16.60		Ben Fitzgerald	Hunter Sports H	2012	54.14	Bill Apostilidis	Fort Street H	1981
16.51	5	Jamal Idris	Great Lakes H	2006	54.02	Stephen Dwight	Epping Boys H	1988
16.44	5.4	Michael Childs		1997	53.92	Jaaniste		1990
16.44		Brad Duffy	Colo H	1990	53.86	William Sacilotto	The Kings School	2008
16.43		Michael Buckland	Holy Spirit Lakemba	2008	53.50	D Sullivan	Engadine H	1981
16.28		Greg Koliopoulos	Westfields Sports H	2003	53.10	McNicholas	South Sydney H	1992
16.27		Jim Clifton	Kingscliffe	2011	53.02	Liam Speers	Newcastle H	2008
16.18		Ben Fitzgerald	Hunter Sports H	2011				
16.17		Dorrell		2003	52.94	Mitch McGrath	St Patricks C	1994
16.15	5	Nicholas Andrianakos	Sydney Technical H	2004	52.93	Ben Cranney	The Kings School	2004
16.08		Daniel East	Mullumbimby	1998	52.74	Brad Duffy	Colo H	1990
16.00		William Sacilotto	The Kings School	2008	52.54	Speers		2009

Shot put (5.4Kg/12lb)

19.29	5.4	Clay Cross	Waverley College	1995	52.44	P Kaiserfeld	Lake Illawarra H ?	1985
19.17	5.4	Clay Cross	Waverley College	1987	52.22	Jamie Neale	Hurstville H	1981
17.60		Karl Luscombe	Gorokan H	1987	52.18	Paul McNicholas	South Sydney H	1992
17.34		Chris Mastoris	Waverley College	1980	52.00			
17.21		Scott Odlum	Chatswood H	1991	51.98	Tepai Moeroa	Newington College	2012
16.96	5	Rohan Edwards	Elderslie H	2001	51.94	Dwight		1989
16.77		Matt McCloskey	SGS	1986				
16.72		P Kaiserfeld	Lake Illawarra H ?	1985				
16.66		Cross		1994				
16.62		Scott Luddington	Caringbah H	1980				
16.58		J Lenehan	St Ignatius Riverview	1956				
16.57		Grey Smith O Neil	Kinross Wola	2001				
16.46		Mitch McGrath	St Patrick's Illawong	1994				
16.45	5.4	Jacob Vujcic	Liverpool Boys H	1991				
16.44		Brad Duffy	Colo High	1984				
16.42	5.4	Ben Janniste	Galston H	1991				
16.36		Luscombe		1986				
16.03		Solf Anapu	SGC	2002				
16.04		Stephen Liggins	St L=Ives H	1982				
16.00								

Shot (4.5kg)

17.55	4.5	Luke Stewart	Edmund Rice C	1997	71.25	Matt Outzen	Westfields Sports H	2005
17.43	4.5	Scott Odlum	Chatswood H	1986	68.49	Jamal Idris	La Salle Catholic	2007
17.31		Ryan Cross	Waverley C	1995	67.73	Nick Bennett	Model Farm H	2001
17.07		James Murphy	St Ignatius C	1995	67.44	David Brazenall	Taree H	1995
17.42	4.5	Peter Elvy		1996	66.16	Brazenall		1995
17.06	4.5	Michael Childs		1996	65.86	Martin Saunders	Castle Hill H	1990
17.00					65.50	Andrew Currey	Wee Waa H	1989
					63.70	Andrew Mcllwaine	Fairfield Pats C	1990
					63.61	Ben Kirkby	Waverley College	2001
					62.85	Martin Hesse	Parramatta H	1985

RECHECK 78, 80, 85, 88, 89, 90, 92, 93, 94

W - 79

Discus (1.5Kg)

65.94		Ben Fitzgerald	Hunter Sports H	2012	62.84	Hesse		1986
61.60		Peter Elvy	The Forest High	1997	62.68	Andrew Hawthorne	Oxley H	1994
60.74		Ben Jaaniste	Galston H	1991	62.38	John Crandell	Hills Sports H	2010
					62.25	Lukas Cannon	Xavier Albury	2006
					61.76	Outzen		2004
					61.32	Simon Steyn	Lambton H	1986
					61.21	Crandell		2010
					60.86	Sean Betland	Coffs Harbour H	1996

60.80	Brad Duffy	Colo H	1990	52.40	5.4k	Cameron		1985
60.32	Betland		1996	52.00	5	Emanuele Fuamatu	Patrician Bros Fairfield	2006
60.56	Anthony Hough	Richmond H	1981					
60.16	Currey		1988					
60.12	Martin Saunders	Castle Hill H	1989	76.08		Ross Corner	Westfields Sports H	1995
59.90	Chris Jackson	Coonabarabran H	1979	61.92		Darren Pitchfork	Marsden H	1988
59.60	Sean Betland	Coffs Harbour H	1997	61.84		Matt Dwight	Epping Boys H	1990
				60.40		Ross Corner	Westfields Sports H	1994
59.50	Jeremy Owens	Glendale H	1988	58.64		Hayden Knowles	Westfields Sports H	1993
59.48	Warwick Furey	Windsor H	1993					
59.30	Peter Elvy	Forest H	1996					
58.94	Peter Lamb	Sefton H	1978					

Hammer (4.5Kg)

Javelin (700g)

68.68	Simon Steyn	Lambton H	1985					
68.27	Elliott Lang	The Kings School	2010					
68.52	Jamal Idris	Great Lakes H	2006					
67.99	Lang		2011					
67.72	Martin Hesse	Parramatta H	1983					
66.36	Mark Chapman	Kar	2002					
66.27	Jonathan Wynn	Camden Haven H	2002					
66.12	Martin Hesse	Parramatta H	1984					
64.34	Jeremy Cocks	Westfields Sports H	2003					
64.04	Tyson Davis	Barker C	2012					
63.68	Aaron Cooke	Chevalier C	2001					
63.61	Ben Kirby	Waverley C	2001					
63.50	Brock Bower	Oxley H	2008					
64								

Hammer (6Kg)

51.68	Nicholas Summerville	Singleton H	2005					
51.05	Emanuele Fuamatu	Patrician Bros Fairfield	2008					
49.44	Ben Blanchard	St Mary's Senior H	2002					

Hammer (5.4 & 5Kg)

69.22	5k	Rohan Edwards	Elderslie H	2002				
66.37	5k	Jonathon Wynn	Camden H	2002				
65.90	5.4	Matt Dwight	Epping Boys H	1991				
64.26	5	Costa Kouaparis	St Dominics Kingswood	2012				
64.16	5.4	Jeff Ayres	Westfields Sports H	1994				
63.12	5	Ryan Mormul	Westfields Sports H	2001				
61.44	5.4	Hayden Knowles	Westfields Sports H	1994				
61.14	5	Edwards		2001				
60.64	5.4k	Darren Pitchfork	Marsden H	1988				
60.40		Ross Corner	Westfields Sports H	1994				
59.76		Dwight		1989				
57.98	5k	Hayden Wilton	Leumeah Technology H	2011				
57.60	5.4	Ayres		1993				
56.88		Andrew Cameron	Tumut H	1987				
56.72	5.4	Peter Elvy	The Forest High	1997				
56.24	5.4	Aaron Habgood	Westfields Sports H	1997				
55.58	5	Nicholas Summerville	SIN	2004				
55.44		Martin Hoschke	Castle Hill	1989				
55.53		Mark Dickson	Westfields Sports H	1999				
55.15	5k	Chris Robinson	Elizabeth Macarthur H	2002				
55.15	5k	Michael Ogilvie	Westfields Sports H	1999				
54.73	5k	Bradley Lowe	Westfields Sports H	2002				
54.62		Gregory Walker	Northlakes High	1995				
54.46		Michael Taylor	WCP	2011				
53.66	5.4k	Moise Haque	Chatswood H	1980				
52.90		Walker		1994				
52.74	5.4k	Stephen Dwight	Epping Boys H	1988				
52.46	5.4k	A O'Brien	STP	1985				

Multi

Missing from 2004+

Heptathlon

5160h	Nicole Boegman	South Strathfield Girls H	1983
	[14.6, 1.67, 9.39, 24.8, 6.25, 23.36, 2:34.9]		
4977	Cathy Jeon	MLC Burwood	1987
	[15.41, 1.69, 9.08, 25.26, 6.08, 28.30, 2:29.71]		
4925	Nicole Gale	Northlakes H	1994
	[14.25w(3.0), 1.58, 9.68, 25.44 (1.3), 5.56, 34.10, 2:34.04]		
4917	Melissa Tucker	Orara	1997
	[15.90w, 1.70, 9.68, 25.70, 5.51, 31.88, 2:22.70]		
4834	Amy Sadler	Richmond	2004
4781	Cathy Jeon	MLC Burwood	1986
	[15.36, 1.70, 8.39, 25.44, 5.69, 27.30, 2:31.26]		
4731	Amy Sadler	Richmond H	2003
4706	Alexcia Papadatos	Randwick Girls H	1997
	[15.28w, 1.70, 10.03, 25.45, 5.70, 25.34, 2:47.15]		
4674	Melissa Auer	MacArthur Girls high	1994
	[15.23w, 1.61, 10.13, 25.84, 5.30, 32.34, 2:37.44]		
4662	Jennifer Coogan	WML	2003
4651	Mel-Maree Farrington	Teresa's Catholic	2010
4644	Hayley McPherson	Glendale Tech H	1999
4610	Jacqueline Hodges	Rutherford Tech H	1999
4604	Virginia Young	Pacific Hills H	1991
	(16.00, 1.71, 8.28, 26.75, 5.22, 30.12, 2:23.66)		
4538	Melissa Tucker	Orara	1996
	[16.43, 1.63, 10.38, 26.50, 5.41w, 26.70, 2:28.70]		
4528	Melissa Harris	Mt St Benedicts	1991
	(16.56, 1.77, 9.86, 27.32, 5.07, 32.32, 2:34.65)		
4525	Kerrie Lyn Reko	Bowral H	1987
	[18.27, 1.57, 11.57, 25.80, 5.49, 41.28, 2:44.20]		
4517	Belinda Johnson	Loreto Kirribilli	2001
	[15.85, 1.64, 12.93, 28.01w, 4.98, 41.73, 2:57.01]		
4487	Elizabeth Gray	?	1983
	[15.8, 1.49, 7.25, 26.6, 5.22, 26.32, 2:23.6]		
4480	Suzanne Lawton	?	1983
	[16.8, 1.49, 9.84, 27.5, 4.97, 27.66, 2:23.8]		
4469	Susannah Hahn	Alstonville H	2000
	[15.14, 1.68, 8.56, 25.5, 5.71, 20.92, 2:49.3]		
4389	Claire Hawthorne	Baulkham Hills H	1995
	[15.27, 1.49, 8.74, 26.82, 5.39w, 29.20, 2:31.85]		
4355	Alecia Papadatos		1996
	[15.72, 1.72, 10.31, 26.68, 5.28, 16.86, 2:40.23]		
4358	Louise McPaul	Kanah...	1986
	[16.01, 1.61, 10.31, 28.13, 5.01, 42.60, 2:51.53]		
4332	Belinda Sanders	Kirrawee H	1998
	[16.70, 1.57, 9.98, 27.47, 5.40, 33.82, 2:38.95]		
4325	Janine Ward	Bankstown Grammar	1990
	[16.0, 1.66, 8.77, 26.5, 5.09, 32.66, 4:42.93]		
4322	Jane Brotherton	St Ursulas	2001
	[15.83, 1.58, 10.36, 27.12w, 5.20, 27.49, 2:39.62]		
4304	Natalie Ferris	Gloucester H	2010
4302	Kylie Newton	Kadina H	1989
	[15.54, 1.67, 8.47, 27.22, 4.79, 31.10, 2:38.66]		
4286	K Davoren	Windsor H	1983
	[15.7, 1.31, 11.18, 26.6, 4.93, 27.76, 2:46.3]		
4259	S Middleton	Coomealla H	1991
	(17.17, 1.59, 10.49, 27.27, 4.83, 38.68, 2:42.05)		
4252	Jane Jamieson	St Ives H	1990

[18.3, 1.66, 11.59, 27.6, 5.19, 36.30, 2:44.06]

4250 Hayley McPherson Glendale Tech H 1998

[17.37, 1.57, 10.51, 28.40, 5.24, 33.81, 2:33.02]

4234 Tessa McCarron 1994

[16.20, 1.62, 9.48, 27.92, 4.83, 33.96, 2:38.77]

Heptathlon Under-18 specs

4651 Mel-Maree Farrington Teresa's Catholic 2010

[14.45w, 1.59, 9.21, 25.61w, 5.58, 25.34, 2:38.64]

4304 Natalie Ferris Gloucester H 2010

[14.54w, 1.47, 7.75, 24.72w, 5.18, 13.78, 2:26.78]

4262 Elana Withnal St Clare's H 2010

[15.45, 1.59, 7.48, 26.67, 5.00, 25.07, 2:28.96]

Heptathlon Under-16 specs

4605 Mindy Ware 1983

[14.1, 1.65, 8.00, 27.8, 5.45, 26.88, 2:50.7]

4236 M Lovall ? 1983

[14.2, 1.50, 7.58, 27.3, 5.08, 16.10, 2:38.0]

Decathlon

6615 Tim Harwin Taree H 1997

[11.43, 6.87, 11.40, 2.00, 53.18, 15.59, 34.18, 3.10, 54.59, 4:58.46]

6518 Greg Quirk Doonside H 1991

(11.39w, 6.82, 14.57, 1.76, 50.90, 17.44, 39.66, 2.90, 44.08, 4:26.37)

6491 Harwin 1991

[11.77, 6.50, 13.66, 1.99, 53.72, 16.52, 40.26, 3.40, 47.64, 4:55.09]

6464h Allan Flynn Wallsend H 1983

[11.6, 6.54, 14.49, 1.85, 56.9, 17.3, 42.46, 3.20, 54.70, 5:00.2]

6415 Kyle Cranston Trinity Catholic 2010

6407 Lyle Thornton Port Macquarie H 1989

[11.39, 6.60, 12.15, 1.70, 60.34, 15.23, 40.04, 3.10, 40.92, 4:42.06]

6350 Grant Newey Homebush Boys H 1986

[11.74, 6.31, 12.58, 1.76, 53.31, 15.98, 43.46, 3.70, 46.36, 5:01.84]

6326 Matthew Fotheringham Ingleburn High 1989

[11.25, 6.45, 13.11, 1.79, 51.69, 15.38, 40.18, 2.80, 42.96, 5:04.07]

6284 Andrew Coulter Moorebank H 1997

[11.46, 6.50, 11.79, 1.94, 52.17, 15.97, 38.70, 3.20, 34.88, 4:50.06]

6252 David Fairclough Westfields Sports H 1992

[11.68, 6.25, 11.82, 1.94, 53.38, 16.91, 39.48, 3.60, 44.94, 4:57.12]

6243 James Moir Cranbrook C 1986

[11.30, 6.57, 12.26, 1.91, 51.38, 14.97, 33.74, -, 45.14, 4:32.46]

6206h Andrew Jacobs Oxley H 1990

[12.0, 6.12, 14.78, 1.78, 51.9, ?, 34.08, 3.20, 45.24, 4:43.35]

6104 Steven Richardson Macksville High 1995

[11.30, 6.63, 10.44, 1.70, 50.77, 15.7, 32.44, 2.70, 44.70, 4:37.3]

6084 S McCann Orara H 1989

[11.52, 6.13, 12.06, 1.79, 52.77, 17.42, 41.16, 2.90, 47.04, 4:44.29]

6042 Sean Betland Coffs Harbour H 1996

[12.12, 6.51, 13.26, 1.72, 53.85, 18.32, 34.58, 3.30, 60.32, 4:52.83]

5993 Moir 1985

[12.21, 6.78, 10.86, 1.95, 52.03, 16.67, 29.76, 2.70, 39.38, 4:26.98]

5993 P Radi Killara H 1985

[12.25, 6.23, 11.50, 1.77, 53.84, 16.44, 40.56, 3.40, 38.92, 4:39.16]

5929 Tim Harwin Taree H 1995

[12.00, 6.20, 12.72, 1.91, 53.74, 16.5, 31.90, 2.70, 48.08, 4:49.0]

5924 Anthony France Morisset H 1983

[11.5, 6.40, 12.89, 1.55, 54.8, 15.8, 36.08, 3.00, 44.50, 5:06.3]

5842 John Deery St Gregory's C 1992

[11.48, 6.39, 13.01, 1.91, 53.72, 17.56, 38.42, 3.00, 45.62, 5:53.97]

5826 Jacobs 1989

[11.90, 5.65, 13.38, 1.79, 55.06, 15.85, 34.16, 3.30, 40.80, 5:00.65]

5808 Scott Penrose Ingleburn H 1991

(11.41w, 6.35, 11.10, 1.70, 51.74, 16.38, 35.26, 2.50, 37.68, 4:48.05)

5763	Will Connors [11.88, 6.29, 13.76, 1.85, 55.30,	Henry Kendall H 18.3, 36.08, 3.00, 46.78, 5:08.8]	1995	42.71	(P Stenhouse, S Box, Westfields Sports H (? J Thornell, F Lapierre, P Stickler, A Warburton)	2001
5740	Adam Banister [11.63, 6.18, 12.78, 1.73, 53.98,	Westfields Sports H 17.56, 41.12, 3.00, 42.36, 5:22.06]	1997	43.20	St Josephs C Port Macquarie Open	2003
5734	David Brazenall [11.86, 5.77, 12.25, 1.85, 53.57,	Taree H 19.9, 34.64, 2.60, 67.44, 5:07.8]	1995	43.38	(T James, J Lee, O Plunkett, J Groth) North Shore Marist	1996
5704	Newey [12.45, 6.11, 13.06, 1.74, 54.39,		1985		(M Shirvington, Waverley C	1994
5669	G Carter [11.3, 6.33, 9.85, 1.76, 52.9, 15.4,	Shalvey H 23.16, 3.00, 35.72, 4:58.6]	1983	43.52	North Shore Marist	19967
5622	Ben Towers [11.83w, 5.78, 11.29, 1.67, 51.91,	John Terry Catholic H 16.55, 31.61, 3.80, 30.12, 5:00.19]	2001	43.4	(M Shirvington, Newington College U19	1979
5529	Sean Culkin [6.76, 1.96]	Kingsgrove H	1996	43.4	(P Horsley, D Joyce, C Clinton, St Josephs C	1956
5500				43.7y	(J McCann, G Quinlivan, G McCabe, J Edwards)	
				43.8y	43.5 Sydney Grammar S	1950
				43.9y	(B Pearson, T Barden, B Mendelsohn, J Carrick)	
				43.6	43.6 St Josephs C	1948
				43.6	(R O'Riordan, Waverley C U19	1978
				43.6	Knox U19	1979
				43.7	(D Johnston, M Carroll, G McLaughlin, M Cobb?)	
				43.92	St Ignatius	1980
				44.03	Westfields Sports H 18y	1995
				44.03	[from J Lockrey, A Hokin, G Newton, D Temmo, W Wicks] Westfields Sports H Open	2003
				44.0y	(R Boeteng, J Cocks, I Simon, R Marks)	
				44.0y	43.7 Scots C	1957
				44.0y	(H Brandon, I Welsh, S Griffin, D Bursill)	
				44.0y	43.7 North Sydney Boys H	1945
				44.0y	(J Treloar, R Forsythe, Sydney Grammar S	1946
				44.1y	(E Carr, J Clapin, Christian Brothers Waverley	1953
				44.1y	(B Compton, K Cumming, J Potts, L Hughes)	
				44.02	43.8 Marcellin C	1959
				44.06	(G Williams, Westfields Sports H	2002
				44.1	(Paul Stickler, Adam Stone, St Ignatius C	2001
				44.29	(J Firth, P Burke, St Pats Goulburn	1980
				44.2	Waverley 18y	1995
				44.2	[J Snell, A Thompson, C Fahey Newington C U19	1978
				44.5y	Normanhurst H U19	1979
				44.4	44.2 Scots C	1958
				44.7y	(H Brandon, G Stephenson, D Attwater, D Bursill)	
				44.67	Knox Grammar U17	1978
				44.81	44.4 Sydney Boys H	1961
				44.81	(T Lancaster, C Williams, N Aroney, Waverley C	1993
				44.85	James Ruse Agricultural H	2002
				44.7	Barker C	1996
				45.0y	(Shore	1994
				45.00	Barker C	1980
				45.00	44.7 St Josephs C	1954
					(J Heaney, N Papalin, G Quinlivan, G McCabe)	
					Westfields	1993

RELAYS

Missing 2004 +

4x100m Relay

48.45	Endeavour Sports H 15y (Tara Holt, M Cuenca, J Doyle, E Walshe)		2003	43.6	43.6 Knox U19	1979
49.24	PLC Pymble		1996	43.6	(D Johnston, M Carroll, G McLaughlin, M Cobb?)	
49.48	Westfields Sports H		1995	43.7	St Ignatius	1980
49.49	PLC Pymble (Fiona Blair, Vicki Greenwood, S Bates)		1991	43.92	Westfields Sports H 18y	1995
49.64	Endeavour Sports H (Maricor Cuenca, S McLean)		2002	44.03	[from J Lockrey, A Hokin, G Newton, D Temmo, W Wicks] Westfields Sports H Open	2003
49.84	William Clarke C (P Carey, V Head, N Bligh)		2001	44.0y	(R Boeteng, J Cocks, I Simon, R Marks)	
49.88	Endeavour Sports H (Tara Holt, Maricor Cuenca, Jacinta Doyle,		2001	44.0y	43.7 Scots C	1957
50.10	Warners Bay H (Lisa Wright,		2002	44.0y	(H Brandon, I Welsh, S Griffin, D Bursill)	
50.20	Batemans Bay (Ashlee Cheney,		1997	44.0y	43.7 North Sydney Boys H	1945
50.29	Westfields		2004	44.0y	(J Treloar, R Forsythe, Sydney Grammar S	1946
50.37	Narrabri H		1993	44.1y	(E Carr, J Clapin, Christian Brothers Waverley	1953
50.3	Kadina H		1980	44.1y	(B Compton, K Cumming, J Potts, L Hughes)	
50.50	Monte St Angelo (Carole Harris,		1991	44.1y	43.8 Marcellin C	1959
50.71	Gosford H Open S Wilkes, K Wildman, A Morris, L Spencer)		2003	44.02	(G Williams, Westfields Sports H	2002
50.7	Pennant Hills H (B Down,		73/74	44.06	(Paul Stickler, Adam Stone, St Ignatius C	2001
50.7	MLC Burwood (J Davies, E Nash)		76/77	44.1	(J Firth, P Burke, St Pats Goulburn	1980
50.92	Westfields Sports H (Corrine Archer, Candice Morley,		2002	44.29	Waverley 18y	1995
51.05	PLC [Vanessa Isaacs, Amy Creighton,		1997	44.2	[J Snell, A Thompson, C Fahey Newington C U19	1978
50.9	Beverly Hills H U19		1978	44.2	Normanhurst H U19	1979
51.08	Westfields Sports H Open (R Wynn, C Archer, M Vidigal, N Bligh)		2003	44.5y	44.2 Scots C	1958
51				44.4	(H Brandon, G Stephenson, D Attwater, D Bursill)	
				44.7y	Knox Grammar U17	1978
				44.67	44.4 Sydney Boys H	1961
				44.81	(T Lancaster, C Williams, N Aroney, Waverley C	1993
				44.81	James Ruse Agricultural H	2002
				44.85	Barker C	1996
				44.7	(Shore	1994
				45.0y	Barker C	1980
				45.00	44.7 St Josephs C	1954
					(J Heaney, N Papalin, G Quinlivan, G McCabe)	
					Westfields	1993
42.08	Alstonville H 18y [A Greenwood,		1995			
42.1 ?	Waverley C		1977			