

ACT ATHLETICS RECORDS

5 May 2018

Application for Record

In the event of a record being equalled or broken, it is the responsibility of the athlete to apply to the AACT Records Officer for such a record claim.

Application for a record must be lodged with the Association within six months of the date of the performance. Such applications must be on the prescribed form and be supported by such additional documentation that may be required to validate the application. The application will lapse if any additional documentation requested is not received within six months of the date of the performance considered, or with seven days of the request if the six month period has lapsed.

Record Types

ACT All Comers records may be set by any registered athlete worldwide while competing in the ACT.

ACT Resident records can only be set by ACT registered athletes whilst competing at any accredited meet worldwide.

OPEN MEN	ACT All Comers				ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW
100m	10.04	Yoshihide Kiryu	JPN	11/12 Mar 2017	9.93	Patrick Johnson	CU	5 May 2003	Mita, Japan	
200m	20.19	John Dinan	VIC	6 Mar 1986	20.35	Patrick Johnson	QBN	22 Aug 2006	Malmo	
400m	44.47	Michael Franks	USA	5 Oct 1985	46.57	Paul Grigg	CCH	14 Mar 1986	Adelaide	
800m	1:45.14	Silvio Koskei	KEN	4 Oct 1985	1:47.41	Dean Kenneally	ANU	26 Jan 1991		
1500m	3:39.03	Pat Carroll	QLD	10 Jan 1990	3:38.42	Corey Tucker	WH	17 Feb 2005	Melbourne	
1 mile	3:59.8	Shaun Creighton	NC	15 Mar 2000	3:59.46	Shaun Creighton	NC	24 Jun 1995	Cork	
3000m	7:45.94	Andrew Lloyd	WC	1 Dec 1990	7:41.60	Shaun Creighton	NC	21 Jul 1995	Oslo	
5000m	13:32.0	Andrew Lloyd	NSW	3 Dec 1987	13:17.76	Shaun Creighton	NC	5 Jul 1995	Lausanne	
10000m	28:15.0	Gerard Barrett	QLD	6 Mar 1982	27:31.92	Shaun Creighton	NC	25 Nov 1996	Melbourne	
1 hr track	18,400m	Gary Lee	CCH	2 Nov 1983	18,400m	Gary Lee	CCH	2 Nov 1983		
110m Hurdles	13.35	Tony Campbell	USA	6 Oct 1985	13.72	Don Wright	ACT	16 Mar 1986		
400m Hurdles	48.42	Andre Phillips	USA	4 Oct 1985	49.24	Brendan Cole	QBN	3 Aug 2012	London	
3000m Steeple	8:30.12	David Chemweno	KEN	18 Feb 2001	8:24.54	Martin Dent	WC	17 Mar 2007	Sydney	
1500m Walk	5:43.3	Andrew Jachno	VIC	10 Nov 1990	5:45.3	Garry Vogler	NC	22 Jan 1992		
3000m Walk	11:09.1	Andrew Jachno	WH	2 Jan 1991	11:09.1	Andrew Jachno	WH	2 Jan 1991	Canberra	
5000m Walk	18:52.87	David Smith	VIC	21 Feb 1986	20:19.70	Brendon Reading	NCG	19 Mar 2011	Sydney	
4 x 100m R	38.1		USA	5 Oct 1985	40.88		ACT	15 Nov 2008	Blacktown	
4 x 200m R	1:25.9		E-EMH	30 Jan 1982	1:27.6		WC	6 Dec 1986		
4 x 400m R	3:00.71		USA	6 Oct 1985	3:15.78		ACT	15 Nov 2008	Blacktown	
4 x 800m R	7:33.4		ES	27 Jan 1980	7:48.9		WV	23 Nov 1985		
4 x 1500m R	16:27.00		CCH	4 Feb 1978	16:27.0		CCH	4 Feb 1978		
High Jump	2.35 m	Tim Forsyth	VIC	25 Jan 1993	2.15 m	Joe Fishburn	WH	5 Mar 1995		
Pole Vault	5.85 m	Sergey Bubka	USSR	5 Oct 1985	4.9 m	Aidan Dziubinski	SCT	1 Feb 2005	Canberra	
Long Jump	8.2 m	Mike Conley	USA	5 Oct 1985	7.96 m	Scott Crowe	NCG	1 Dec 2008	Canberra	
Triple Jump	17.58 m	Willi Banks	USA	5 Oct 1985	17.46 m	Ken Lorroway	STW	7 Aug 1982	London	
Shot Put 7.26kg	22 m	Ulf Timmerman	GDR	5 Oct 1985	18.42 m	Rhys Jones	CU	12 Apr 2003	Runaway Bay	
Discus Throw 2kg	69.08 m	Georgy Kolnootchenko	USSR	4-Oct-85	62.48 m	Paul Nandapi	BS	3 Mar 1989	Canberra	
Hammer Throw 7.26kg	82.12 m	Yuri Tamm	USSR	5-Oct-85	78.93 m	Stuart Rendell	CU	15 Jul 2001	Szombathely	
Javelin Throw 800g #	85.69 m	Andrew Currey	NSW	8 Feb 2002	71.76 m	Nick Batty	CU	30 Jan 1991	Canberra	
Decathlon	7,814	Simon Shirley	QLD	11/12Ma 88	7,234	Jon Morrison	QBN	1-2 Feb 1992	Canberra	

(New) javelin model introduced April 1986

*Historical records as new weights have been implemented

OPEN WOMEN	ACT All Comers				ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW
100m	11.1	Marlies Gohr	GDR	5 Oct 1985	11.11	Melissa Breen	WH	9 Feb 2014	Canberra	
200m	21.9	Marita Koch	GDR	4 Oct 1985	23.12	Melissa Breen	WH	9 Mar 2013	Sydney	
400m	47.6	Marita Koch	GDR	6 Oct 1985	52.76	Sally Fleming	WV	4 Aug 1987	Sydney	
800m	1:59.21	Tamsyn Lewis	VIC	15 Jan 2000	2:00.81	Keely Small	WC	12 Apr 2018	Gold Coast	NEW
1500m	4:08.59	Benita Willis	QBN	15 Jan 2000	4:05.25	Lisa Corrigan	WC	17 Feb 2007	Sydney	
1 mile	4:31.2m	Krishna Wood	ACT	15 Nov 1986	4:22.66	Lisa Corrigan	WC	2 Mar 2007	Melbourne	
3000m	8:44.9	Liz McCoglan	SCO	16 Jan 1990	8:48.57	Benita Johnson	CU	22 Feb 2003	Canberra	
5000m	15:10.98	Sonia O'Sullivan	IRL	11 Jan 1997	15:21.55	Benita Johnson	CU	1 Mar 2003	Melbourne	
10000m	32:07.50	Aurora Cunha	POR	5 Oct 1985	31:54.57	Susan Hobson	NC	6 May 1996	Mito	
100m Hurdles	12.72	Cornelia Oschkenat	GDR	5 Oct 1985	14.2	Kathryn Lee	SCT	9 Jan 1982		
200m Hurdles	25.79	Lauren Wells	NCG	21 Jan 2017	25.79	Lauren Wells	NCG	21 Jan 2017	Canberra	
400m Hurdles	54.44	Sabine Busch	GDR	4 Oct 1985	55.08	Lauren Boden	NCG	6 Jul 2013	Ooregerm, Belgium	
3000m Steeple	10:03.66	Marnie Ponton	WH	2 Dec 2006	10:03.66	Marnie Ponton	WH	2 Dec 2006	Canberra	
1500m Walk	6:10.8	Sue Cook	ACT	21 Jan 1984	6:10.8	Sue Cook	ACT	21 Jan 1984		
3000m Walk	12:42.1	Sue Cook	ACT	10 Mar 1984	12:42.1	Sue Cook	ACT	10 Mar 1984	Canberra	
5000m Walk	21:15.3	Kerry Saxby	NSW	5 Mar 1988	22:04.42	Sue Cook	ACT	1 Apr 1984	Melbourne	
4 x 100m Relay	41.37		GDR	6 Oct 1985	46.74		ACT	16 Nov 2008	Blacktown	
4 x 200m Relay	1:39.4		RYD	27 Jan 1980	1:38.04		ACT	15 Nov 2008	Blacktown	
4 x 400m Relay	3:19.49		GDR	4 Oct 1985	3:50.55		ACT	14 Dec 2003	Brisbane	
4 x 800m Relay	9:04.2		RYD	27 Jan 1980	9:35.0		WV	27 Jan 1980		
4 x 1500m Relay	19:17.2		RYD	26 Jan 1980	20:02.4		SCT	26 Jan 1980		
High Jump	2.00 m	Stefka Kostadinova	BUL	4 Oct 1985	1.78 m	Robyn Sluyters	SCT	5 Dec 1981		
Pole Vault	4.40 m	Tatiana Grigorieva	SA	8 Feb 2002	3.30 m	Dhana Crozier	CU	11 Mar 2000	Canberra	
Long Jump	7.27 m	Heike Dreschler	GDR	6 Oct 1985	6.86 m	Robyn Lorroway	BS	23 Feb 1986	Canberra	
Triple Jump	13.24m	Meggan O'Riley	VIC	11/12 Mar 17	12.57 m	Elizabeth Dalton	QBN	22 Mar 2003	Sydney	
Shot Put 4kg	20.69 m	Natalya Lisovskaya	USSR	4 Oct 1985	18.69 m	Gael Martin	SCT	15 Mar 1986		
Discus Throw 1kg	69.78 m	Martina Opitz	GDR	6 Oct 1985	62.44 m	Gael Martin	SCT	23 Feb 1986		
Hammer Throw 4kg	68.73 m	Bronwyn Eagles	NSW	18 Feb 2001	51.51 m	Sally Chapman	QBN	11 Dec 2004	Sydney	
Javelin Throw 600g #	63.92 m	Kelsey-Lee Roberts	SCT	8 Feb 2014	64.57 m	Kelsey-Lee Roberts	SCT	28 Mar 2018	Brisbane	NEW
Javelin Throw 600g *	66.80 m	Olga Gavrilova	URS	4 Oct 1985	64.58 m	Sue Howland	BS	1 Mar 1986		
Heptathlon	6,166	Jane Flemming	VIC	11/12 Mar 88	5,766	Clare Thompson	QBN	9/10 Jul 99	Palma de Majorca	

New javelin model introduced from April 99

*Historical records as new weights have been implemented

U 20 MEN		ACT All Comers				ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW	
100m	10.54	Phillip Chiodo	VIC	14-Mar-92	10.59	Brandan Galic	NCG	20-Nov-04	Canberra		
200m	20.88	Peter Gandy	NSW	21-Dec-80	21.40	Edward Osei-Nketia	NCG	10 Dec 2017	Adelaide	NEW	
400m	45.66	Daniel Batman	NSW	15-Jan-00	47.57	Jonathon Bessell	WV	9-Mar-86	Hobart		
800m	1:46.57	Benson Koech	KEN	11-Dec-93	1:50.00	Joshua Johnson	WC	21-Oct-11			
1500m	3:45.0	Michael Hilliardt	VIC	20-Dec-80	3:45.54	Joshua Torley	WC	2 Feb 2017	Sydney	NEW	
1 mile	4:14.4	Michael Trushell	WV	5-Dec-81	4:07.90	Joshua Torley	WC	17 Dec 2015	Bankstown		
3000m	8:25.20	Jason Dunn	SCT	11-Jan-89	8:06.55	Joshua Torley	ACT	30 Mar 2016	Newcastle		
5000m	13:58.30	Daniel Komen	KEN	10-Dec-93	14:16.74	Joshua Torley	WC	11 Mar 2017	Canberra	NEW	
110m Hurdles (AA 0.991m) a	14.96	Angus Proudfoot	WH	19 Nov 16	14.96	Angus Proudfoot	WH	19 Nov 16	Canberra		
110m Hurdles (IAAF 1.067m)	15.03	Hamish Halley	NSW	30-Mar-85	15.72	Peter Doherty	NC	30-Mar-85			
400m Hurdles	50.54	Peter Bate	NSW	1-Dec-98	52.09	Matt Beckenham	QBN	11-Dec-93	Canberra		
3000m Steeple	9.09.18	Scott McTaggart	NC	11-Jan-97	9.09.18	Scott McTaggart	NC	11-Jan-97	Canberra		
1500m Walk	5.45.3	Garry Vogler	NC	22-Jan-92	5.45.3	Garry Vogler	NC	22-Jan-92			
3000m Walk	12.12.5m	Daniel Andrikis	WH	30-Nov-91	12.12.5m	Daniel Andrikis	WH	30-Nov-91	Canberra		
5000m Walk	21.18.6m	Daniel Andrikis	WH	28-Feb-92	21.18.6m	Daniel Andrikis	WH	28-Feb-92	Canberra		
4 x 100m R	40.93		NSW	11-Dec-98	42.50		ACT	10-Dec-04	Sydney		
4 x 200m R	1.27.9		SCT	19-Mar-95	1.27.9		SCT	19-Mar-95			
4 x 400m R	3.14.01		KEN	12-Dec-93	3.18.75		ACT	17-Mar-85			
4 x 800m R	7.52.5		WV	30-Jan-82	7.52.5		WV	30-Jan-82			
4 x 1500m R	17.12.5		MAL	26-Jan-80	17.44.8		WV	25-Jan-81			
High Jump	2.35	Tim Forsyth	VIC	25-Jan-93	2.15	Joe Fishburn	WH	5-Mar-95			
Pole Vault	5.20	James Miller	WA	14-Mar-92	4.55	Scott Dziubinski	SCT	1-Dec-01			
Long Jump	7.69	John Thornell	NSW	8-Feb-02	7.71	Angus Gould	NCG	22-June-13	Karlsruhe		
Triple Jump	15.49	Matt Sweeney	VIC	29-Mar-85	15.41	John Howell	NC	1-Mar-70			
Shot Put 6kg		not claimed				not claimed					
Shot Put 7.26kg*	16.31	Scott Martin	VIC	4-Dec-99	15.74	Greg Mace	CU	3-July-94	Bedford		
Discus Throw 1.75kg		not claimed				not claimed					
Discus Throw 2kg*	51.18	Werner Reiterer	VIC	29-Mar-85	54.98	Terry Martin	SCT	7-Dec-96	Perth		
Hammer Throw 6kg	63.15	Paul Peulich	VIC	16-Mar-02		not claimed					
Hammer Throw 7.26kg*	62.44	Aaron Fish	QLD	15-Jan-00	53.54	Rohan Nelson	CCH	6-Jan-88	Canberra		
Javelin Throw 800g	69.26	Andrew Martin	VIC	11-Dec-98	59.92m	Kolya Cook	ACT	13 Mar 2016	Perth		
Decathlon	7,322	Paul Jeffrey	WA	30-31-Jan-93	7,088	Lachlan Calvert	NCG	25-26-Oct-14	Canberra		

• from 1-October-99

*Historical records as new weights have been implemented

U20 WOMEN		ACT All Comers				ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW	
100m	11.79	Megan Clarken	NZ	31-Mar-85	11.33	Melissa Breen	WH	8-Nov-08			
200m	23.20	Dianne Holden	NSW	16-Nov-80	23.51	Melissa Breen	WH	28-Feb-09			
400m	51.53	Catherine Freeman	VIC	22-Feb-92	54.03	Angeline Blackburn	SCT	16-Aug-06	Beijing		
800m	2:01.46	Keely Small	WC	11 Mar 2017	2:00.81	Keely Small	WC	12 Apr 2018	Gold Coast	NEW	
1500m	4.19.89	Emily Brichacek	SCT	22-Oct-05	4.18.54	Keely Small	ACT	4 Feb 2017	Sydney		
1 mile	4.44.85	Emily Brichacek	SCT	17-Jan-06	4.44.85	Emily Brichacek	SCT	17-Jan-06	Canberra		
3000m	9.08.93	Emily Brichacek	SCT	29-Oct-05	9.06.41	Emily Brichacek	SCT	11-Nov-06	Sydney		
5000m	16.58.18	Meagan Underhill	RBK	1-Mar-96	16.29.93	Natalie Archer	WH	12-Mar-14	Sydney		
100m Hurdles	13.90	Jane Flemming	VIC	30-Mar-85	14.30	Andrea Thompson	QBN	11 Nov 2017	Woden	NEW	
400m Hurdles	57.45	Lauren Boden	NCG	26-Jan-06	57.45	Lauren Boden	NCG	26-Jan-06	Canberra		
2000m Steeple	6.37.50	Mellisa Rollison	QLD	12-Dec-98	6.57.22	Marnie Ponton	WB	6-Feb-01	Canberra		
1500m Walk	6.20.85	Jillian Hosking	SCT	4-Dec-04	6.20.85	Jillian Hosking	SCT	4-Dec-04	Canberra		
3000m Walk	13.31.2m	Josephine Strangman	WH	17-Jan-95	13.31.2m	Josephine Strangman	WH	17-Jan-95	Canberra		
5000m Walk	22.34.30	Josephine Strangman	WH	17-Feb-95	22.34.30	Josephine Strangman	WH	17-Feb-95	Canberra		
4 x 100m R	46.38		NSW	30-Mar-85	47.1		ACT	13-Dec-85			
4 x 200m R	1.42.6		RYD	27-Jan-80	1.47.0		STW	29-Jan-83			
4 x 400m R	3.42.83		QLD	31-Mar-85	3.48.46		ACT	12-Dec-04	Sydney		
4 x 800m R	9.21.0		RYD	24-Jan-81	9.35.9		WV	28-Jan-84			
4 x 1500m R	20.29.3		RYD	25-Jan-81	21.20.9		SCT	26-Jan-80			
High Jump	1.86	Leah Alexander	VIC	13-Dec-98	1.78	Robyn Sluyters	SCT	5-Dec-81			
Pole Vault	3.90	Vicky Parnov	WA	28-Mar-04	2.90 m	Lucie Beahan	WH	24 Feb 2018	Canberra	NEW	
Long Jump	6.33	Nicole Boegman	NSW	20-Jan-87	6.41	Shermin Oksuz	CU	12-Apr-03	Runaway Bay		
	6.33	Shermin Oksuz	CU	13-Dec-98							
Triple Jump	13.03	Alyisha House	NSW	27-Mar-04	12.57	Elizabeth Dalton	QBN	22-Mar-03	Sydney		
Shot Put 4kg	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	Canberra		
Discus Throw 1kg	56.26	Lisa-Marie Vizaniari	NC	25-Feb-89	60.44	Lisa-Marie Vizaniari	NC	12-Aug-90	Plovdiv		
Hammer Throw 4kg	58.46	Bronwyn Eagles	NSW	10-Dec-98	51.51	Sally Chapman	QBN	11-Dec-04	Sydney		
Javelin Throw 600g	51.55	Annabel Thomson	NSW	27-Mar-04	49.29	Kelsey-Lee Roberts	SCT	14 Aug 10	Gold Coast		
Heptathlon	5,276	Lauren Boden	NCG	16-17-Dec-06	5,366	Andrea Thompson	QBN	3 Dec 2017	Sydney	NEW	

• from 1-October-99

*Historical records as new weights have been implemented

U18 MEN	ACT All Comers				ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW
100m	10.54	Phillip Chiodo	VIC	14-Mar-92	10.51	Edward Osei-Nketia	NCG	9 Dec 2017	Adelaide	NEW
200m	21.44	Matthew Bouveng	NSW	12-Dec-98	21.40	Edward Osei-Nketia	NCG	10 Dec 2017	Adelaide	NEW
400m	46.94	Stephen Perry	NSW	23-Mar-88	47.57	Jonathon Bessell	WV	9-Mar-86	Hobart	
800m	1.50.95	Michael Joubert	QLD	12-Mar-88	1.51.7	Corey Tucker	SCT	23-Jan-96		
1500m	3.46.35	Joshua Torley	WC	6 Feb 2016	3:46.35	Joshua Torley	WC	6 Feb 2016	Canberra	
1 mile	4:18.94	Joshua Torley	WC	14 Jan 2016	4:04.41	Joshua Torley	WC	10 Dec 2016	Sydney	
3000m	8.26.88	Jason Dunn	SCT	26-Jan-88	8:06.55	Joshua Torley	WC	30 Mar 16	Newcastle	
110m Hurdles	13.71	Adam Slezak	NSW	28-Mar-04	14.48	Jordan Reis	WB	11-Mar-05	Canberra	
400m Hurdles	52.09	Matt Beckenham	QBN	11-Dec-93	52.09	Matt Beckenham	QBN	11-Dec-93	Canberra	
2000m Steeple	5.54.0	Stuart Mee	SCT	12-Feb-83	5.50.7	Stuart Mee	SCT	21-Dec-83		
1500m Walk	5.45.3	Garry Vogler	NC	22-Jan-92	5.45.3	Garry Vogler	NC	22-Jan-92		
3000m Walk	12.12.5m	Daniel Andrikis	WH	30-Nov-91	12.12.5m	Daniel Andrikis	WH	30-Nov-91	Canberra	
4 x 100m R	40.93		NSW	11-Dec-98	43.00		ACT	14-Mar-92		
4 x 200m R	1.27.9m		SCT	19-Mar-95	1.27.9m		SCT	19-Mar-95		
4 x 400m R	3.17.69		VIC	15-Mar-92	3.18.75		ACT	17-Mar-85		
4 x 800m R	8.15.2		WC	22-Oct-89	8.15.2		WC	22-Oct-89		
4 x 1500m R	17.47.4		WV	26-Jan-80	17.47.4		WV	26-Jan-80		
High Jump	2.18	Jagan Hames	SA	14-Mar-92	2.11	Joe Fishburn	WH	27-Mar-94	Hobart	
Pole Vault	4.80	Tom Lovell	SA	12-Dec-98	4.20	Aidan Dziubinski	SCT	14-Jan-97	Canberra	
						Rohan Walker	NC	15-Feb-97	Canberra	
Long Jump	7.69	John Thornell	NSW	8-Feb-02	7.27	Angus Gould	NCG	14-Aug-11		
Triple Jump	15.23	Jason Wright	WA	14-Mar-92	14.66	John Howell	NC	22-Mar-69		
Shot Put 5kg	20.77	Rhys Jones	QLD	13-Dec-98	18.04	Greg Mace	NC	13-Mar-93	Sydney	
Discus Throw 1.5kg	56.26	Stuart Rendell	ANUBS	4-Nov-89	57.96	Terry Martin	SCT	7-Dec-96	Perth	
Hammer Throw 5kg	72.16	Christian Codila	VIC	14-Mar-92	65.11	Angus White	ACT	24 Oct 15	Canberra	
Javelin Throw 700g	71.23	Matthew Outzen	NSW	27-Mar-04	66.36	Mark Chapman	QBN	12-Oct-02	Sydney	
Decathlon	6,713	Rohan Walker	NC	21-22-Mar-97	6,713	Rohan Walker	NC	21-22-Mar-97	Brisbane	

U18 WOMEN	ACT All Comers				ACT Resident					
	Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue
100m	11.81	Colindar Farrar	NSW	14-Mar-92	11.74	Melissa Breen	WH	9-Dec-07	Sydney	
200m	23.20	Dianne Holden	NSW	16-Nov-80	24.03	Anne Minns	WC	5-Mar-89	Canberra	
400m	52.90	Michelle Baumgartner	VIC	20-Dec-80	54.03	Angeline Blackburn	SCT	16-Aug-06	Beijing	
800m	2:01.46	Keely Small	WC	11 Mar 2017	2:00.81	Keely Small	WC	12 Apr 2018	Gold Coast	NEW
1500m	4.19.89	Emily Brichacek	SCT	22-Oct-05	4.18.54	Keely Small	WC	4 Feb 2017	Sydney	
1 mile	4.44.85	Emily Brichacek	SCT	17-Jan-06	4.44.85	Emily Brichacek	SCT	17-Jan-06	Canberra	
3000m	9.08.93	Emily Brichacek	SCT	29-Oct-05	9.06.41	Emily Brichacek	SCT	11-Nov-06	Sydney	
100m Hurd 76.2cm(a)	13.69	Jess Gulli	VIC	12-Mar-05	14.47	Lauren Boden	NCG	12-Mar-05	Canberra	
400m Hurdles	59.75	Jana Pittman	NSW	12-Dec-98	58.19	Lauren Boden	NCG	14-Jul-05	Marrakech	
2000m Steeple	6.37.50	Mellisa Rollison	QLD	12-Dec-98	6.53.31	Marnie Ponton	WB	8-Dec-01	Melbourne	
1500m Walk	6.20.85	Jillian Hosking	SCT	4-Dec-04	6.20.85	Jillian Hosking	SCT	4-Dec-04	Canberra	
3000m Walk	13.27.0	Jane Saville	NSW	14-Mar-92	13.42.50	Jillian Hosking	SCT	12-Mar-04	Canberra	
4 x 100m R	46.51		VIC	14-Mar-92	47.1		ACT	13-Dec-85		
4 x 200m R	1.40.65		QLD	12-Dec-98	1.47.0		STW	29-Jan-83		
4 x 400m R	3.45.47		NSW	7-Mar-86	3.50.08		ACT	11-Dec-05	Sydney	
4 x 800m R	9.21.0		RYD	24-Jan-81	10.13.6		WC	29-Jan-83		
4 x 1500m R	20.29.3		RYD	25-Jan-81	21.20.9		SCT	26-Jan-80		
High Jump	1.86	Leah Alexander	VIC	13-Dec-98	1.78	Robyn Sluyters	SCT	5-Dec-81		
Pole Vault	3.90	Vicky Parnov	WA	28-Mar-04	2.70	Lizanne van Scheppingen	NCG	10 Feb 2018	Canberra	NEW
					2.70	Lucie Beahan	WAC	10 Dec 2017	Adelaide	NEW
Long Jump	6.31	Shermin Oksuz	WA	13-Dec-98	6.24	Lauren Boden	NCG	9-Dec-05	Canberra	
Triple Jump	13.03	Alyisha House	NSW	27-Mar-04	12.57	Elizabeth Dalton	QBN	22-Mar-03	Sydney	
Shot Put 3kg	15.06	Brianna Bortolanza	QLD	02-Feb-14	12.69	Kris Britt	CU	16-Feb-88	Barcelona	
Shot Put 4kg*	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	Canberra	
Discus Throw 1kg	56.26	Lisa-Marie Vizaniari	NC	25-Feb-89	57.92	Lisa-Marie Vizaniari	NC	10-Sep-89	Barcelona	
Hammer Throw 3kg	65.75	Alexandra Hulley	NSW	09-Feb-14	54.07	Kara Baker	WC	March 2015	Canberra	
Hammer Throw 4kg*	48.59	Michelle Schlechter	QLD	26-Mar-04	51.51	Sally Chapman	QBN	11-Dec-04	Sydney	
Javelin Throw 500g	33.94	Erika Vredenbregt	NCG	2-Sep-12	33.94	Erika Vredenbregt	NCG	2-Sep-12	Canberra	
Javelin Throw 600g*	51.55	Annabel Thomson	NSW	27-Mar-04	47.24	Amanda Butler	SCT	10-Mar-90	Canberra	
Heptathlon	5,188	Amy Sadler	NSW	15-16-Jan-05	5,106	Lauren Boden	NCG	15-16-Jan-05	Canberra	

• 76.2 cm from 1-October-99

*Historical records as new weights have been implemented

U16 MEN	ACT All Comers					ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW	
100m	10.63	Edward Osei-Nketia	NCGA	3 Dec 2016	10.63	Edward Osei-Nketia	NCGA	3 Dec 2016	AIS		
200m	21.68	Edward Osei-Nketia	NCGA	4 Dec 2016	21.68	Edward Osei-Nketia	NCGA	4 Dec 2016	AIS		
400m	48.46	Brendan Watt	NCG	29-Nov-03	48.46	Brendan Watt	NCG	29-Nov-03	Canberra		
800m	1.51.41	Mark Holcombe	VIC	11-Dec-88	1:54.79	Matthew McGrory	NCG	4 Dec 16	Canberra		
1500m	4.00.39	Matthew McGrory	NCG	3 Dec 16	4:00.39	Matthew McGrory	NCG	3 Dec 16	Canberra		
1 mile	4.26.01	Liam Dwyer	SCT	13-Dec-08	4.26.01	Liam Dwyer	SCT	13-Dec-08	Canberra		
3000m	8.48.14	Joshua Torley	WC	21-Feb-14	8.25.31	Joshua Torley	WC	8-Nov-14	Sydney		
100m Hurdles	13.26	Matthew Beckenham	QBN	14-Mar-92	13.26	Matthew Beckenham	QBN	14-Mar-92	Canberra		
200m Hurdles ^	24.66	Ryan Purcell	WA	10-Dec-98	26.25	Jordan Reis	WB	21-Mar-03	Sydney		
2000m Steeple	6.12.83	Mitchell Lamb	NCG	13-Mar-05	6.00.10	Mitchell Lamb	WH	8-Dec-05	Sydney		
1500m Walk	5.47.70	Wayne McEwen	WH	27-Mar-94	5.47.70	Wayne McEwen	WH	27-Mar-94	Hobart		
3000m Walk	13.28.30	Brendon Reading	WB	13-Nov-04	13.28.30	Brendon Reading	WB	13-Nov-04	Canberra		
4 x 100m R	41.77		NSW	12-Mar-88	44.7		BW	3-Dec-85			
4 x 200m R	1.34.7		STG	28-Jan-84	1.34.7		BW	23-Nov-85			
4 x 400m R	3.25.33		NSW	13-Mar-81	3.33.04		ACT	27-Mar-94			
4 x 800m R	8.51.8		WC	28-Nov-87	8.51.8		WC	28-Nov-87			
4 x 1500m R	17.56.4		NC	31-Jan-93	17.56.4		NC	31-Jan-93			
High Jump	2.05	Warren Lefebvre	NSW	1-Mar-86	1.95	Joe Fishburn	ACT	14-Mar-92	Canberra		
Pole Vault	4.20	Matei Tzvetanov	WA	28-Mar-04	4.00	Simon Yung	NCG	19 Nov 16	Canberra		
Long Jump	6.91	Matthew Beckenham	QBN	27-Jan-92	6.91	Matthew Beckenham	QBN	27-Jan-92			
Triple Jump	14.15	Fabrice Lapierre	NSW	13-Dec-98	13.74	Shane Castlereagh	WH	26-Mar-94	Hobart		
Shot Put 4kg	19.24	Emanuele Fuamatu	NSW	27-Mar-04	18.25	Gregory Mace	NC	7-Dec-91			
Discus Throw 1kg	69.78	Terry Martin	SCT	3-Mar-96	69.78	Terry Martin	SCT	3-Mar-96			
Hammer Throw 4kg	68.05	Timothy Driesen	VIC	10-Dec-98	53.40	Stuart Rendell	BS	7-Mar-88			
Javelin Throw 700g	67.42	Shane Wylie	QLD	15-Mar-92	62.39	Tim Curran	SCT	12-Dec-99	Sydney		
Heptathlon	5,116	Matthew Beckenham	QBN	16-17-Mar-92	5,116	Matthew Beckenham	QBN	16-17-Mar-92	Canberra		

^ 10 hurdles (from 1-April-98)

U16 WOMEN	ACT All Comers				ACT Resident					
	Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue
100m	11.81	Colindar Farrar	NSW	14-Mar-92	11.88	Melissa Breen	WH	30-Nov-05	Melbourne	
200m	24.35	Anne Minns	WC	6-Mar-88	24.35	Anne Minns	WC	6-Mar-88		
400m	54.60	Carly Feben	VIC	26-Mar-04	55.37	Zoe Buckman	QBN	29-Nov-03	Canberra	
800m	2.06.05	Georgie Clarke	VIC	13-Dec-98	2:08.17	Keely Small	WC	6 Dec 15	Melbourne	
1500m	4.19.89	Emily Brichacek	SCT	22-Oct-05	4.19.89	Emily Brichacek	SCT	22-Oct-05	Canberra	
1 mile	4:55.48	Keely Small	WC	14-Jan-16	4:54.46	Keely Small	WC	17-Dec-15	Bankstown	
3000m	9.08.93	Emily Brichacek	SCT	29-Oct-05	9.08.93	Emily Brichacek	SCT	29-Oct-05	Canberra	
90m Hurdles(76.2cm)a	13.27	Jemma McDowell	VIC	26-Mar-04	13.15	Annabel Laing	QBN	15-Mar-13	Perth	
200m Hurdles ^	28.83	Rachel Delphin	TAS	10-Dec-98	28.84	Chelsea Hosking	NCG	21-Mar-03	Sydney	
2000m Steeple	7.08.11	Melissa Murrihy	NZL	28-Mar-04	7.18.02	Nicola Torley	WC	16-Dec-11	Canberra	
1500m Walk	6.23.43	Cheryl Webb	NSW	15-Feb-92	6.31.67	Jillian Hosking	SCT	8-Dec-02	Hobart	
3000m Walk	14.56.6	Jessica Rothwell	VIC	26-Mar-04	13:49.92	Gabby Hunt	NCG	6 Dec 2015	Albert Park	
4 x 100m R	47.27		NSW	14-Mar-92	50.13		NCG	8-Dec-03	Hobart	
4 x 200m R	1.40.65		QLD	12-Dec-98	1.46.07		ACT	17-Mar-13	Perth	
4 x 400m R	3.45.47		NSW	7-Mar-86	4.00.0		WV	13-Feb-83		
4 x 800m R	10.13.6		WC	29-Jan-83	10.13.6		WC	29-Jan-83		
4 x 1500m R	21.51.6		SCT	26-Jan-80	21.51.6		SCT	26-Jan-80		
High Jump	1.82	Melissa Harris	NSW	15-Mar-92	1.75	Shannon Nutt	NCG	26-Oct-14	Canberra	
Pole Vault	3.90	Vicky Parnov	WA	28-Mar-04	2.55m	Lizanne van Scheppingen	NCG	9 Dec 2017	Adelaide	NEW
Long Jump	6.31	Shermin Oksuz	WA	13-Dec-98	5.93	Andrea Thompson	QBN	2-Nov-13	Canberra	
Triple Jump	12.50	Sarah Sydney	QLD	12-Dec-98	12.16m	Eloise Millington	ACT	3 Dec 2016	AIS	
Shot Put 3kg	13.21	Kesaia Pohiva	NSW	13-Dec-98	12.69	Kris Britt	CU	16-Feb-97		
Shot Put 4kg*	13.93	Vika Lolo	NSW	26-Mar-04	14.92	Lisa-Marie Vizaniari	NC	5-Jul-87	Vancouver	
Discus Throw 1kg	48.06	Lisa-Marie Vizaniari	NC	7-Nov-87	48.56	Lisa-Marie Vizaniari	NCG	12-Dec-87	Brisbane	
Hammer Throw 3kg	45.01	Dominique Holland	NSW	10-Aug-14	43.63	Kara Baker	WC	16-Mar-13	Perth	
Hammer Throw 4kg*	45.98	Deborah Lovely	QLD	10-Dec-98	42.60	Sally Chapman	QBN	16-Nov-02	Canberra	
Javelin Throw 500g	39.73	Kiarna Woolley-Blain	NSW	18 Feb 17	40.07m	Emily Pease	NCG	28 Mar 2017	Sydney	
Javelin Throw 600g*	44.54	Amanda Butler	SCT	12-Dec-88	44.54	Amanda Butler	SCT	12-Dec-88	Canberra	
Heptathlon	5,044	Nicole Muir	NC	29-30-Jan-94	5,044	Nicole Muir	NCG	29-30-Jan-94		

• 76.2 cm from 1-October-99
^10 hurdles (from 1-April-98)

*Historical records as new weights have been implemented

U 14 MEN	ACT All Comers					ACT Resident					
Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue	NEW	
100m	11.4	Kris Stottard	COO	10-Jan-95	11.53	Byron Hollingworth-Dessent	GM	08-Dec-13	Townsville		
200m	23.57	Matthew Beckenham	QBN	24-Feb-90	23.40	Brandan Galic	NC	9-Dec-00	Adelaide		
400m	51.11	Zane Palmer	QLD	13-Dec-98	51.60	Matthew Beckenham	QBN	25-Feb-90			
800m	2.02.84	Brys Glasson	WB	16-Nov-02	2.02.32	Geoff Davidson	WC	22-Mar-97	Brisbane		
1500m	4:13.52	Tomas Palfrey	NCG	4 Dec 2016	4:13.52	Tomas Palfrey	NCG	4 Dec 2016	AIS		
1 mile	4.46.08	Joshua Torley	WC	12-Jan-12	4.46.08	Joshua Torley	WC	12-Jan-12	Canberra		
90m Hurdles	12.96	Jordan Reis	WB	24-Nov-01	12.42	Byron Hollingworth-Dessent	GM	07-Dec-13	Townsville		
200m Hurdles ^	29.92	Angus Gould	NCG	17-Nov-07	29.92	Angus Gould	NCG	17-Nov-07	Canberra		
1500m Walk	6.40.40	James Plested	WH	29-Feb-92	6.40.40	James Plested	WH	29-Feb-92			
3000m Walk	14:36.88	Tom Hunt	NCG	9 Nov 2017	14:10.19	Tom Hunt	NCG	8 Dec 2017	Adelaide	NEW	
4 x 100m R	47.00		QLD	11-Dec-98	50.1		SCT	2-Mar-96			
4 x 200m R	1.44.7		WC	6-Dec-86	1.44.7		WC	6-Dec-86			
4 x 400m R	4.03.5		WV	5-Nov-83	4.03.5		WV	5-Nov-83			
4 x 800m R	9.37.2		WC	6-Dec-86	9.37.2		WC	6-Dec-86			
High Jump	1.91	James Watson	NSW	13-Dec-98	1.80	Chris Butler	NC	19-Mar-94			
Pole Vault	2.80	Itamar Oren	NCG	19 Feb 17	3.00 m	Itamar Oren	NCG	8 Dec 2017	Adelaide	NEW	
Long Jump	6.29	Matthew Beckenham	QBN	25-Feb-90	6.29	Matthew Beckenham	QBN	25-Feb-90			
Triple Jump	13.16	Jonathon Whiting	NSW	12-Dec-98	12.77	Matthew Beckenham	QBN	24-Feb-90			
Shot Put 3kg	19.70	Gregory Mace	NC	3-Jan-90	19.70	Gregory Mace	NC	3-Jan-90			
Discus Throw 1kg	55.68	Terry Martin	SCT	19-Mar-94	55.68	Terry Martin	SCT	19-Mar-94			
Hammer Throw 3kg	35.38 m	Ruan Ferdinand Hennig	ACT	24 Feb 2018	35.38 m	Ruan Ferdinand Hennig	ACT	24 Feb 2018	Canberra	NEW	
	32.16 m	Danny Riley	SCT	18 Nov 2017	32.97 m	Danny Riley	SCT	9 Dec 2017	Adelaide	NEW	
Javelin Throw 600g	52.18	Josh Robinson	QLD	13-Dec-98	46.66	Terry Martin	SCT	20-Mar-94			

^ 10 hurdles (from 1-April-98)

U14 WOMEN	ACT All Comers				ACT Resident					
	Event	Perf	Name	Club	Date	Perf	Name	Club	Date	Venue
100m	12.28	Stephanie Pollard	QBN	18-Oct-08	12.28	Stephanie Pollard	QBN	18-Oct-08	Canberra	
200m	25.46	Anne Minns	WC	23-Feb-86	25.46	Anne Minns	WC	23-Feb-86		
400m	56.83	T. Siemonow	NSW	29-Feb-92	57.22	Anne Minns	WC	22-Feb-86		
800m	2:13.49	Keely Small	WC	15-Nov-14	2:10.01	Keely Small	WC	5-Dec-14	Adelaide	
1500m	4:34.78	Keely Small	WC	21-Nov-14	4:25.78	Keely Small	WC	7-Dec-14	Adelaide	
1 mile	5:24.6	Anna Thompson	SCT	2-Dec-86	5:24.6	Anna Thompson	SCT	20-Dec-86		
80m Hurdles	12.37	Jessica Fry	NSW	12-Dec-98	12.89	Annie Leszczynska	NCG	07-Dec-13	Townsville	
200m Hurdles (a)	30.55	Erika Vredendregt	NCG	23-Aug-08	30.55	Erika Vredendregt	NCG	23-Aug-08	Canberra	
1500m Walk	6:49.19	Belinda Cole	SCT	25-Mar-95	6:49.19	Belinda Cole	SCT	25-Mar-95	Adelaide	
3000m Walk	15:26.00	Laura Catherine Burns	NCGA	4 Mar 2017	15:07.31	Laura Catherine Burns	NCGA	2 Apr 2017	Sydney	
4 x 100m R	53.7		SCT	26-Oct-96	53.7		SCT	26-Oct-96		
4 x 200m R	1:54.6		SCT	2-Nov-96	1:54.6		SCT	2-Nov-96		
4 x 400m R	4:25.1		NC	7-Mar-87	4:25.1		NC	7-Mar-87		
4 x 800m R	10:55.6		NC	2-Nov-87	10:55.6		NC	2-Nov-87		
High Jump	1.69	Erika Vredendregt	NCG	2-Dec-08	1.70	Erika Vredendregt	NCG	5-Dec-09	Hobart	
Pole Vault	2.00	Claire Kennedy-Spencer	WC	31-Aug-14	2.00	Claire Kennedy-Spencer	WC	31-Aug-14	Canberra	
Long Jump	5.41	Chelsea Jaensch	SA	11-Dec-98	5.33	Erika Vredendregt	NCG	28-Nov-08	Canberra	
Triple Jump	11.45	Claire Roberts	NCGA	17 Dec 2016	11.45	Claire Roberts	NCGA	17 Dec 2016	Woden	
Shot Put 3kg	13.21	Kesaia Pohiva	NSW	13-Dec-98	12.69	Kris Britt	CU	16-Feb-97		
Discus Throw 1kg	36.26	Susan Read	NC	18-Jan-89	36.26	Susan Read	NC	18-Jan-89		
Hammer Throw 3kg	31.71	Hayley Jones	COO	29-June-14	31.71	Hayley Jones	COO	29-June-14	Canberra	
Javelin Throw 400g	40.08	Carlee Van Dyk	VIC	11-Dec-98	35.89	Karen Clarke	BEG	29-Nov-03	Canberra	

(a) 10 hurdles (from 1-April-98)

Please note it is the responsibility of the athlete to apply to the Association records officer to claim records.

If you have any additions, errors etc. please contact Executive Office. eo.act@athletics.org.au