

# ACT ATHLETICS RECORDS

**16 October 2017**

## **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
<b>100m</b>	11.1	Marlies Gohr	GDR	5 Oct 1985	11.11	Melissa Breen	WH	9 Feb 2014	Canberra	
<b>200m</b>	21.9	Marita Koch	GDR	4 Oct 1985	23.12	Melissa Breen	WH	9 Mar 2013	Sydney	
<b>400m</b>	47.6	Marita Koch	GDR	6 Oct 1985	52.76	Sally Fleming	WV	4 Aug 1987	Sydney	
<b>800m</b>	1:59.21	Tamsyn Lewis	VIC	15 Jan 2000	2:01.46	Keely Small	ACT	11 Mar 2017	Canberra	
<b>1500m</b>	4:08.59	Benita Willis	QBN	15 Jan 2000	4:05.25	Lisa Corrigan	WC	17 Feb 2007	Sydney	
<b>1 mile</b>	4:31.2m	Krishna Wood	ACT	15 Nov 1986	4:22.66	Lisa Corrigan	WC	2 Mar 2007	Melbourne	
<b>3000m</b>	8:44.9	Liz McCoglan	SCO	16 Jan 1990	8:48.57	Benita Johnson	CU	22 Feb 2003	Canberra	
<b>5000m</b>	15:10.98	Sonia O'Sullivan	IRL	11 Jan 1997	15:21.55	Benita Johnson	CU	1 Mar 2003	Melbourne	
<b>10000m</b>	32:07.50	Aurora Cunha	POR	5 Oct 1985	31:54.57	Susan Hobson	NC	6 May 1996	Mito	
<b>100m Hurdles</b>	12.72	Cornelia Oschkenat	GDR	5 Oct 1985	14.2	Kathryn Lee	SCT	9 Jan 1982		
<b>200m Hurdles</b>	25.79	Lauren Wells	NCG	21 Jan 2017	25.79	Lauren Wells	NCG	21 Jan 2017	Canberra	
<b>400m Hurdles</b>	54.44	Sabine Busch	GDR	4 Oct 1985	55.08	Lauren Boden	NCG	6 Jul 2013	Ooregerm, Belgium	
<b>3000m Steeple</b>	10:03.66	Marnie Ponton	WH	2 Dec 2006	10:03.66	Marnie Ponton	WH	2 Dec 2006	Canberra	
<b>1500m Walk</b>	6:10.8	Sue Cook	ACT	21 Jan 1984	6:10.8	Sue Cook	ACT	21 Jan 1984		
<b>3000m Walk</b>	12:42.1	Sue Cook	ACT	10 Mar 1984	12:42.1	Sue Cook	ACT	10 Mar 1984	Canberra	
<b>5000m Walk</b>	21:15.3	Kerry Saxby	NSW	5 Mar 1988	22:04.42	Sue Cook	ACT	1 Apr 1984	Melbourne	
<b>4 x 100m Relay</b>	41.37		GDR	6 Oct 1985	46.74		ACT	16 Nov 2008	Blacktown	
<b>4 x 200m Relay</b>	1:39.4		RYD	27 Jan 1980	1:38.04		ACT	15 Nov 2008	Blacktown	
<b>4 x 400m Relay</b>	3:19.49		GDR	4 Oct 1985	3:50.55		ACT	14 Dec 2003	Brisbane	
<b>4 x 800m Relay</b>	9:04.2		RYD	27 Jan 1980	9:35.0		WV	27 Jan 1980		
<b>4 x 1500m Relay</b>	19:17.2		RYD	26 Jan 1980	20:02.4		SCT	26 Jan 1980		
<b>High Jump</b>	2.00 m	Stefka Kostadinova	BUL	4 Oct 1985	1.78 m	Robyn Sluyters	SCT	5 Dec 1981		
<b>Pole Vault</b>	4.40 m	Tatiana Grigorieva	SA	8 Feb 2002	3.30 m	Dhana Crozier	CU	11 Mar 2000	Canberra	
<b>Long Jump</b>	7.27 m	Heike Dreschler	GDR	6 Oct 1985	6.86 m	Robyn Lorroway	BS	23 Feb 1986	Canberra	
<b>Triple Jump</b>				11/12 Mar	12.57 m	Elizabeth Dalton	QBN	22 Mar 2003	Sydney	
	13.24m	Meggan O'Riley	VIC	2017						
<b>Shot Put 4kg</b>	20.69 m	Natalya Lisovskaya	USSR	4 Oct 1985	18.69 m	Gael Martin	SCT	15 Mar 1986		
<b>Discus Throw 1kg</b>	69.78 m	Martina Opitz	GDR	6 Oct 1985	62.44 m	Gael Martin	SCT	23 Feb 1986		
<b>Hammer Throw 4kg</b>	68.73 m	Bronwyn Eagles	NSW	18 Feb 2001	51.51 m	Sally Chapman	QBN	11 Dec 2004	Sydney	
<b>Javelin Throw 600g #</b>	63.92 m	Kelsey-Lee Roberts	SCT	8 Feb 2014	<b>64.53 m</b>	<b>Kelsey-Lee Roberts</b>	<b>SCT</b>	<b>24 Aug 2017</b>	<b>Zurich, Switzerland</b>	<b>NEW</b>
<b>Javelin Throw 600g *</b>	66.80 m	Olga Gavrilova	URS	4 Oct 1985	64.58 m	Sue Howland	BS	1 Mar 1986		
<b>Heptathlon</b>	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	21.54	Brandan Galic	NCG	11-Dec-03	Brisbane	
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	<b>3:45.54</b>	<b>Joshua Torley</b>	<b>WC</b>	<b>2 Feb 2017</b>	<b>Sydney</b>	<b>NEW</b>
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	<b>14:16.74</b>	<b>Joshua Torley</b>	<b>WC</b>	<b>11 Mar 2017</b>	<b>Canberra</b>	<b>NEW</b>
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	

(a) from 1-October-99

\*Historical records as new weights have been implemented

<b>U20 WOMEN</b>	<b>ACT All Comers</b>				<b>ACT Resident</b>					
<b>Event</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Venue</b>	<b>NEW</b>
<b>100m</b>	11.79	Megan Clarcken	NZ	31-Mar-85	11.33	Melissa Breen	WH	8-Nov-08		
<b>200m</b>	23.20	Dianne Holden	NSW	16-Nov-80	23.51	Melissa Breen	WH	28-Feb-09		
<b>400m</b>	51.53	Catherine Freeman	VIC	22-Feb-92	54.03	Angeline Blackburn	SCT	16-Aug-06	Beijing	
<b>800m</b>	2:01.46	Keely Small	WC	11 Mar 2017	2:01.46	Keely Small	WC	11 Mar 2017	Canberra	
<b>1500m</b>	4.19.89	Emily Brichacek	SCT	22-Oct-05	4.18.54	Keely Small	ACT	4 Feb 2017	Sydney	
<b>1 mile</b>	4.44.85	Emily Brichacek	SCT	17-Jan-06	4.44.85	Emily Brichacek	SCT	17-Jan-06	Canberra	
<b>3000m</b>	9.08.93	Emily Brichacek	SCT	29-Oct-05	9.06.41	Emily Brichacek	SCT	11-Nov-06	Sydney	
<b>5000m</b>	16.58.18	Meagan Underhill	RBK	1-Mar-96	16.29.93	Natalie Archer	WH	12-Mar-14	Sydney	
<b>100m Hurdles</b>	13.90	Jane Flemming	VIC	30-Mar-85	14.31	Andrea Thompson	ACT	17 Feb 2017	Canberra	
<b>400m Hurdles</b>	57.45	Lauren Boden	NCG	26-Jan-06	57.45	Lauren Boden	NCG	26-Jan-06	Canberra	
<b>2000m Steeple</b>	6.37.50	Mellisa Rollison	QLD	12-Dec-98	6.57.22	Marnie Ponton	WB	6-Feb-01	Canberra	
<b>1500m Walk</b>	6.20.85	Jillian Hosking	SCT	4-Dec-04	6.20.85	Jillian Hosking	SCT	4-Dec-04	Canberra	
<b>3000m Walk</b>	13.31.2m	Josephine Strangman	WH	17-Jan-95	13.31.2m	Josephine Strangman	WH	17-Jan-95	Canberra	
<b>5000m Walk</b>	22.34.30	Josephine Strangman	WH	17-Feb-95	22.34.30	Josephine Strangman	WH	17-Feb-95	Canberra	
<b>4 x 100m R</b>	46.38		NSW	30-Mar-85	47.1		ACT	13-Dec-85		
<b>4 x 200m R</b>	1.42.6		RYD	27-Jan-80	1.47.0		STW	29-Jan-83		
<b>4 x 400m R</b>	3.42.83		QLD	31-Mar-85	3.48.46		ACT	12-Dec-04	Sydney	
<b>4 x 800m R</b>	9.21.0		RYD	24-Jan-81	9.35.9		WV	28-Jan-84		
<b>4 x 1500m R</b>	20.29.3		RYD	25-Jan-81	21.20.9		SCT	26-Jan-80		
<b>High Jump</b>	1.86	Leah Alexander	VIC	13-Dec-98	1.78	Robyn Sluyters	SCT	5-Dec-81		
<b>Pole Vault</b>	3.90	Vicky Parnov	WA	28-Mar-04	2.50	Sarah Badenoch-Jones	WH	5-Dec-98	Canberra	
<b>Long Jump</b>	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						
<b>Triple Jump</b>	13.03	Alyisha House	NSW	27-Mar-04	12.57	Elizabeth Dalton	QBN	22-Mar-03	Sydney	
<b>Shot Put 4kg</b>	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	Canberra	
<b>Discus Throw 1kg</b>	56.26	Lisa-Marie Vizaniari	NC	25-Feb-89	60.44	Lisa-Marie Vizaniari	NC	12-Aug-90	Plovdiv	
<b>Hammer Throw 4kg</b>	58.46	Bronwyn Eagles	NSW	10-Dec-98	51.51	Sally Chapman	QBN	11-Dec-04	Sydney	
<b>Javelin Throw 600g</b>	51.55	Annabel Thomson	NSW	27-Mar-04	49.29	Kelsey-Lee Roberts	SCT	14 Aug 10	Gold Coast	
<b>Heptathlon</b>	5,276	Lauren Boden	NCG	16-17-Dec-06	5,276	Lauren Boden	NCG	16-17-Dec-06	Canberra	

(a) from 1-October-99

\*Historical records as new weights have been implemented



<b>U18 WOMEN</b>	<b>ACT All Comers</b>				<b>ACT Resident</b>					
<b>Event</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Venue</b>	<b>NEW</b>
<b>100m</b>	11.81	Colindar Farrar	NSW	14-Mar-92	11.74	Melissa Breen	WH	9-Dec-07	Sydney	
<b>200m</b>	23.20	Dianne Holden	NSW	16-Nov-80	24.03	Anne Minns	WC	5-Mar-89	Canberra	
<b>400m</b>	52.90	Michelle Baumgartner	VIC	20-Dec-80	54.03	Angeline Blackburn	SCT	16-Aug-06	Beijing	
<b>800m</b>	2:01.46	Keely Small	WC	11 Mar 2017	2:01.46	Keely Small	WC	11 Mar 2017	Canberra	
<b>1500m</b>	4.19.89	Emily Brichacek	SCT	22-Oct-05	4.18.54	Keely Small	WC	4 Feb 2017	Sydney	
<b>1 mile</b>	4.44.85	Emily Brichacek	SCT	17-Jan-06	4.44.85	Emily Brichacek	SCT	17-Jan-06	Canberra	
<b>3000m</b>	9.08.93	Emily Brichacek	SCT	29-Oct-05	9.06.41	Emily Brichacek	SCT	11-Nov-06	Sydney	
<b>100m Hurd 76.2cm(a)</b>	13.69	Jess Gulli	VIC	12-Mar-05	14.47	Lauren Boden	NCG	12-Mar-05	Canberra	
<b>400m Hurdles</b>	59.75	Jana Pittman	NSW	12-Dec-98	58.19	Lauren Boden	NCG	14-Jul-05	Marrakech	
<b>2000m Steeple</b>	6.37.50	Mellisa Rollison	QLD	12-Dec-98	6.53.31	Marnie Ponton	WB	8-Dec-01	Melbourne	
<b>1500m Walk</b>	6.20.85	Jillian Hosking	SCT	4-Dec-04	6.20.85	Jillian Hosking	SCT	4-Dec-04	Canberra	
<b>3000m Walk</b>	13.27.0	Jane Saville	NSW	14-Mar-92	13.42.50	Jillian Hosking	SCT	12-Mar-04	Canberra	
<b>4 x 100m R</b>	46.51		VIC	14-Mar-92	47.1		ACT	13-Dec-85		
<b>4 x 200m R</b>	1.40.65		QLD	12-Dec-98	1.47.0		STW	29-Jan-83		
<b>4 x 400m R</b>	3.45.47		NSW	7-Mar-86	3.50.08		ACT	11-Dec-05	Sydney	
<b>4 x 800m R</b>	9.21.0		RYD	24-Jan-81	10.13.6		WC	29-Jan-83		
<b>4 x 1500m R</b>	20.29.3		RYD	25-Jan-81	21.20.9		SCT	26-Jan-80		
<b>High Jump</b>	1.86	Leah Alexander	VIC	13-Dec-98	1.78	Robyn Sluyters	SCT	5-Dec-81		
<b>Pole Vault</b>	3.90	Vicky Parnov	WA	28-Mar-04	2.60	Emily Pauline Hopkins	QBN	17 Oct 15	Canberra	
<b>Long Jump</b>	6.31	Shermin Oksuz	WA	13-Dec-98	6.24	Lauren Boden	NCG	9-Dec-05	Canberra	
<b>Triple Jump</b>	13.03	Alyisha House	NSW	27-Mar-04	12.57	Elizabeth Dalton	QBN	22-Mar-03	Sydney	
<b>Shot Put 3kg</b>	15.06	Brianna Bortolanza	QLD	02-Feb-14	12.69	Kris Britt	CU	16-Feb-88	Barcelona	
<b>Shot Put 4kg*</b>	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	16.14	Lisa-Marie Vizaniari	NC	29-Oct-88	Canberra	
<b>Discus Throw1kg</b>	56.26	Lisa-Marie Vizaniari	NC	25-Feb-89	57.92	Lisa-Marie Vizaniari	NC	10-Sep-89	Barcelona	
<b>Hammer Throw 3kg</b>	65.75	Alexandra Hulley	NSW	09-Feb-14	51.44	Kara Baker	WC	18-Oct-14	Canberra	
<b>Hammer Throw 4kg*</b>	48.59	Michelle Schlechter	QLD	26-Mar-04	51.51	Sally Chapman	QBN	11-Dec-04	Sydney	
<b>Javelin Throw 500g</b>	33.94	Erika Vredenbregt	NCG	2-Sep-12	33.94	Erika Vredenbregt	NCG	2-Sep-12	Canberra	
<b>Javelin Throw 600g*</b>	51.55	Annabel Thomson	NSW	27-Mar-04	47.24	Amanda Butler	SCT	10-Mar-90	Canberra	
<b>Heptathlon</b>	5,188	Amy Sadler	NSW	15-16-Jan-05	5,106	Lauren Boden	NCG	15-16-Jan-05	Canberra	

(a) 76.2 cm from 1-October-99

\*Historical records as new weights have been implemented

<b>U16 MEN</b>	<b>ACT All Comers</b>				<b>ACT Resident</b>					
<b>Event</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Venue</b>	<b>NEW</b>
<b>100m</b>	<b>10.63</b>	<b>Edward Osei-Nketia</b>	<b>NCGA</b>	<b>3 Dec 2016</b>	<b>10.63</b>	<b>Edward Osei-Nketia</b>	<b>NCGA</b>	<b>3 Dec 2016</b>	<b>AIS</b>	<b>NEW</b>
<b>200m</b>	<b>21.68</b>	<b>Edward Osei-Nketia</b>	<b>NCGA</b>	<b>4 Dec 2016</b>	<b>21.68</b>	<b>Edward Osei-Nketia</b>	<b>NCGA</b>	<b>4 Dec 2016</b>	<b>AIS</b>	<b>NEW</b>
<b>400m</b>	48.46	Brendan Watt	NCG	29-Nov-03	48.46	Brendan Watt	NCG	29-Nov-03	Canberra	
<b>800m</b>	1.51.41	Mark Holcombe	VIC	11-Dec-88	1:54.79	Matthew McGrory	NCG	4 Dec 16	Canberra	
<b>1500m</b>	4.00.39	Matthew McGrory	NCG	3 Dec 16	4:00.39	Matthew McGrory	NCG	3 Dec 16	Canberra	
<b>1 mile</b>	4.26.01	Liam Dwyer	SCT	13-Dec-08	4.26.01	Liam Dwyer	SCT	13-Dec-08	Canberra	
<b>3000m</b>	8.48.14	Joshua Torley	WC	21-Feb-14	8.25.31	Joshua Torley	WC	8-Nov-14	Sydney	
<b>100m Hurdles</b>	13.26	Matthew Beckenham	QBN	14-Mar-92	13.26	Matthew Beckenham	QBN	14-Mar-92	Canberra	
<b>200m Hurdles ^</b>	24.66	Ryan Purcell	WA	10-Dec-98	26.25	Jordan Reis	WB	21-Mar-03	Sydney	
<b>2000m Steeple</b>	6.12.83	Mitchell Lamb	NCG	13-Mar-05	6.00.10	Mitchell Lamb	WH	8-Dec-05	Sydney	
<b>1500m Walk</b>	5.47.70	Wayne McEwen	WH	27-Mar-94	5.47.70	Wayne McEwen	WH	27-Mar-94	Hobart	
<b>3000m Walk</b>	13.28.30	Brendon Reading	WB	13-Nov-04	13.28.30	Brendon Reading	WB	13-Nov-04	Canberra	
<b>4 x 100m R</b>	41.77		NSW	12-Mar-88	44.7		BW	3-Dec-85		
<b>4 x 200m R</b>	1.34.7		STG	28-Jan-84	1.34.7		BW	23-Nov-85		
<b>4 x 400m R</b>	3.25.33		NSW	13-Mar-81	3.33.04		ACT	27-Mar-94		
<b>4 x 800m R</b>	8.51.8		WC	28-Nov-87	8.51.8		WC	28-Nov-87		
<b>4 x 1500m R</b>	17.56.4		NC	31-Jan-93	17.56.4		NC	31-Jan-93		
<b>High Jump</b>	2.05	Warren Lefebvre	NSW	1-Mar-86	1.95	Joe Fishburn	ACT	14-Mar-92	Canberra	
<b>Pole Vault</b>	4.20	Matei Tzvetanov	WA	28-Mar-04	4.00	Simon Yung	NCG	19 Nov 16	Canberra	
<b>Long Jump</b>	6.91	Matthew Beckenham	QBN	27-Jan-92	6.91	Matthew Beckenham	QBN	27-Jan-92		
<b>Triple Jump</b>	14.15	Fabrice Lapierre	NSW	13-Dec-98	13.74	Shane Castlereagh	WH	26-Mar-94	Hobart	
<b>Shot Put 4kg</b>	19.24	Emanuele Fuamatu	NSW	27-Mar-04	18.25	Gregory Mace	NC	7-Dec-91		
<b>Discus Throw 1kg</b>	69.78	Terry Martin	SCT	3-Mar-96	69.78	Terry Martin	SCT	3-Mar-96		
<b>Hammer Throw 4kg</b>	68.05	Timothy Driesen	VIC	10-Dec-98	53.40	Stuart Rendell	BS	7-Mar-88		
<b>Javelin Throw 700g</b>	67.42	Shane Wylie	QLD	15-Mar-92	62.39	Tim Curran	SCT	12-Dec-99	Sydney	
<b>Heptathlon</b>	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	2.50	Sarah Badenoch-Jones	WH	5-Dec-98	Canberra	
					2.50	Lizanne van Scheppingen	NCG	19 Feb 17	Canberra	
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	<b>12.16m</b>	<b>Eloise Millington</b>	<b>ACT</b>	<b>3 Dec 2016</b>	<b>AIS</b>	<b>NEW</b>
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	NC	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	<b>40.07m</b>	<b>Emily Pease</b>	<b>NCG</b>	<b>28 Mar 2017</b>	<b>Sydney</b>	<b>NEW</b>
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	NC	29-30-Jan-94		

(a) 76.2 cm from 1-October-99

\*Historical records as new weights have been implemented

^10 hurdles (from 1-April-98)

<b>U 14 MEN</b>	<b>ACT All Comers</b>				<b>ACT Resident</b>					
<b>Event</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Perf</b>	<b>Name</b>	<b>Club</b>	<b>Date</b>	<b>Venue</b>	<b>NEW</b>
<b>100m</b>	11.4	Kris Stottard	COO	10-Jan-95	11.53	Byron Hollingworth-Dessent	GM	08-Dec-13	Townsville	
<b>200m</b>	23.57	Matthew Beckenham	QBN	24-Feb-90	23.40	Brandan Galic	NC	9-Dec-00	Adelaide	
<b>400m</b>	51.11	Zane Palmer	QLD	13-Dec-98	51.60	Matthew Beckenham	QBN	25-Feb-90		
<b>800m</b>	2.02.84	Brys Glasson	WB	16-Nov-02	2.02.32	Geoff Davidson	WC	22-Mar-97	Brisbane	
<b>1500m</b>	<b>4:13.52</b>	<b>Tomas Palfrey</b>	<b>NCG</b>	<b>4 Dec 2016</b>	<b>4:13.52</b>	<b>Tomas Palfrey</b>	<b>NCG</b>	<b>4 Dec 2016</b>	<b>AIS</b>	<b>NEW</b>
<b>1 mile</b>	4.46.08	Joshua Torley	WC	12-Jan-12	4.46.08	Joshua Torley	WC	12-Jan-12	Canberra	
<b>90m Hurdles</b>	12.96	Jordan Reis	WB	24-Nov-01	12.42	Byron Hollingworth-Dessent	GM	07-Dec-13	Townsville	
<b>200m Hurdles ^</b>	29.92	Angus Gould	NCG	17-Nov-07	29.92	Angus Gould	NCG	17-Nov-07	Canberra	
<b>1500m Walk</b>	6.40.40	James Plested	WH	29-Feb-92	6.40.40	James Plested	WH	29-Feb-92		
<b>3000m Walk</b>	15.24.22	Callum Burns	NCG	8-Nov-12	14.50.21	Callum Burns	NCG	17-Mar-13	Perth	
<b>4 x 100m R</b>	47.00		QLD	11-Dec-98	50.1		SCT	2-Mar-96		
<b>4 x 200m R</b>	1.44.7		WC	6-Dec-86	1.44.7		WC	6-Dec-86		
<b>4 x 400m R</b>	4.03.5		WV	5-Nov-83	4.03.5		WV	5-Nov-83		
<b>4 x 800m R</b>	9.37.2		WC	6-Dec-86	9.37.2		WC	6-Dec-86		
<b>High Jump</b>	1.91	James Watson	NSW	13-Dec-98	1.80	Chris Butler	NC	19-Mar-94		
<b>Pole Vault</b>	2.80	Itamar Oren	NCG	19 Feb 17	2.80	Itamar Oren	NCG	19 Feb 17	Canberra	
<b>Long Jump</b>	6.29	Matthew Beckenham	QBN	25-Feb-90	6.29	Matthew Beckenham	QBN	25-Feb-90		
<b>Triple Jump</b>	13.16	Jonathon Whiting	NSW	12-Dec-98	12.77	Matthew Beckenham	QBN	24-Feb-90		
<b>Shot Put 3kg</b>	19.70	Gregory Mace	NC	3-Jan-90	19.70	Gregory Mace	NC	3-Jan-90		
<b>Discus Throw 1kg</b>	55.68	Terry Martin	SCT	19-Mar-94	55.68	Terry Martin	SCT	19-Mar-94		
<b>Hammer Throw 3kg</b>	30.35	Jordan Davies	COO	24 Oct 15	23.45	Ben Nugent	NCG	21-Sep-14	Canberra	
<b>Javelin Throw 600g</b>	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	NEW
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 Hur	12.37	Jessica Fry	NSW	12-Dec-98	12.89	Annie Leszczynska	NCG	07-Dec-13	Townsville		
200m Hur (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	Olympic Park		NEW
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		NEW
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 Bev Roberts. [bevjoberts@hotmail.com](mailto:bevjoberts@hotmail.com)