

SENIOR CURRENT RECORDS

Whilst every effort is made to ensure that all records are correct, we rely heavily on Athletes to inform the Club if they have broken a record. Records may be broken at Club level, at major LA's Championship event and at any verifiable NSW, Australian or International meet, consideration will be given to records achieved at major school events such as CCC, CHS and CIS. If a record has been missed please notify the club.

Records for the U14 and U16 Age Groups are only awarded for events, which have the same senior competition specifications, this means that some LA's State results may not be used as records eg 200m hurdles and some throw events. Records for these two Age Groups cannot be achieved at club level

UNDER 14 MALE

Records for the Under 14 Age Group were introduced in the 2010 – 2011 season

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.87s	Oliver Jacquot	2012-2013
100m Run	11.43s	Jordan Shelley	2011-2012
200m Run	23.32s	Jordan Shelley	2011-2012
400m Run	53.62s	Donovan Bradshaw	2016-2017
800m Run	2.11.15	Ben Bishop	2013-2014
1500m Run	4.32.36	Ben Bishop	2013-2014
3000m Run	10.01.76	Ben Bishop	2013-2014
90m Hurdles (76cm)	12.64s	Lewis Clabburn	2013-2014
100m Hurdles (76cm)	18.85s	Matthew Nelson	2011-2012
100m Hurdles (84cm)	14.94s	Nicolas Dang	2014-2015
10 x 200m Hurdles	34.17s	Jack McFadden	2013-2014
2000m Stple (76cm)	8.07.95	Ryan Jones	2012-2013
High Jump	1.60m	DeclanPluim&VishadPrasad	2011-2012
Long Jump	6.05m	Donovan Bradshaw	2016-2017
Triple Jump	11.52m	Devan Senasinghe	2016-2017
Pole Vault	2.70m	Konrad Cuevas	2013-2014
3kg Hammer Throw	24.69m	Bayden Little	2016-2017
3kg Shot Put	16.28m	Kevin Yang	2014-2015
1kg Discus	47.47m	Clayton Anstee	2011-2012
600g Javelin	39.85m	Clayton Anstee	2011-2012
700g Javelin	35.85m	Morgan Little	2015-2016

UNDER 14 FEMALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	8.28s	Courtney Cattell	2012-2013
100m Run	12.64s	Mia Hemsworth	2015-2016
200m Run	26.18s	Courtney Cattell	2012-2013
400m Run	1.02.51	Courtney Cattell	2012-2013
800m Run	2.27.02	Beth Croft	2010-2011
1500m Run	5.18.29	Beth Croft	2010-2011
3000m Run	11.24.30	Georgia Winkcup	2010-2011
80m Hurdles	12.13s	Imogen Breslin	2014-2015

90m Hurdles	12.89s	Mia Hemsworth	2015-2016
100m Hurdles (76.2cm)	14.18s	Mia Hemsworth	2015-2016
10 x 200m Hurdles	31.17s	Mia Hemsworth	2013-2014
2000m Stple	8.45.92	Courtney Cattell	2011-2012
High Jump	1.65m	Alysha Burnett	2010-2011
Long Jump	5.29m	Sarah Paek	2010-2011
Triple Jump	11.08m	Danielle Osifo	2016-2017
3kg Shot Put	11.57m	Kate Collett	2014-2015
1kg Discus	34.85m	Kate Collett	2014-2015
400g Javelin	39.53m	Alysha Burnett	2010-2011
500g Javelin	24.75m	Kristina Moore	2012-2013
3kg Hammer Throw	41.97m	Lauren Clark	2013-2014
4kg Hammer Throw	31.70m	Lauren Clark	2013-2014

UNDER 16 MALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.87s	Alex Nguyen Ha	2012-2013
100m Run	10.67s	Jordan Shelley	2013-2014
200m Run	21.44s	Jordan Shelley	2013-2014
400m Run	50.44s	Stephen Eaton	2011-2012
800m Run	2.02.81	Sam Coburn	2013-2014
1500m Run	4.19.40	Maine Vidler	2010-2011
3000m Run	9.15.83	Maine Vidler	2010-2011
100m Hurdles (84cm)	12.81s	Nick Dang	2016-2017
110m Hurdles(91.4cm)	15.15s	Tom Gammie	2014-2015
10 x 200m Hurdles	28.51s	Matthew Nelson	2012-2013
2000m Stple (76cm)	7.25.46	Ryan Jones	2014-2015
High Jump	2.07m	Declan Pluim	2013-2014
Long Jump	6.38m	Alex Nguyen-Ha	2013-2014
Triple Jump	12.99m	Alex Nguyen Ha	2013-2014
Pole Vault	3.40m	Konrad Cuevas	2015-2016
4kg Shot Put	15.21m	Kevin Yang	2015-2016
5kg Shot Put	11.58m	Lachlan Antoinette	2015-2016
1kg Discus	58.04m	Kyle Ekstrom	2015-2016
1.5kg Discus	41.88m	Kyle Ekstrom	2015-2016

700g Javelin	58.18m	Scott Chapman	2016-2017
4kg Hammer Throw	26.04m	Max Perry	2016-2017
Heptathlon	2340pts	Lachlan Antoinette	2014-2015

UNDER 16 FEMALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	8.14s	Chloe Antal	2013-2014
100m Run	12.17s	Katie Devitt	2014-2015
200m Run	24.82s	Katie Devitt	2014-2015
400m Run	58.33s	Courtney Chamberlain	2009-2010
800m Run	2.14.25	Courtney Chamberlain	2009-2010
1500m Run	4.52.90	Courtney Chamberlain	2009-2010
3000m Run	10.43.09	Georgia Winkcup	2011-2012
90m Hurdles	12.35s	Rachel Pace	2013-2014
100m Hurdles (76cm)	14.68s	Natalie Setiadji	2012-2013
10 x 200m Hurdles	27.83s	Rachel Pace	2012-2013
400m Hurdles	1.15.42	Emily Jones	2013-2014
2000m Stple (76cm)	7.17.42	Georgia Winkcup	2011-2012
High Jump	1.75m	Alysha Burnett	2011-2012
Long Jump	5.63m	Alysha Burnett	2012-2013
Triple Jump	11.66m	Becky Clark	2011-2012
3kg Shot Put	13.82m	Kristina Moore	2014-2015
4kg Shot Put	10.72m	Gabrielle Ralphs	2009-2010
1kg Discus	43.93m	Kristina Moore	2014-2015
500g Javelin	46.16m	Alysha Burnett	2012-2013
600g Javelin	36.62m	Alysha Burnett	2010-2011
3kg Hammer Throw	45.55m	Lauren Clark	2015-2016
4kg Hammer Throw	34.94m	Lauren Clark	2014-2015
Heptathlon	5207pts	Alysha Burnett	2011-2012

UNDER 18 MALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	6.90s	Ben Jaworski	2009-2010
70m Run	8.50s	Jo'van Taylor	2001-2002
100m Run	10.44s	Jordan Shelley	2014-2015
200m Run	21.29s	Jordan Shelley	2014-2015
400m Run	48.65s	Alex Moore	2013-2014
800m Run	1.57.78	Adam Nixon	2010-2011
1500m Run	4.04.39	Toby Menday	2011-2012
3000m Run	8.53.46	Toby Menday	2011-2012
5000m Run	18.20.16	Tom Vanderlaan	2012-2013
110mHurdles (91.4cm)	13.45s	Nick Andrews	2014-2015
5 x 200m Hurdles	25.91s	Eugene Kruger	2008-2009

10 x 200m Hurdles	28.94s	Sam Matthews	2003-2004
400m Hurdles	55.94s	Eugene Kruger	2008-2009
2000m Stple (91.4cm)	6.51.31	Adam Nixon	2009-2010
3000mStplec (91.4cm)	10.33.02	Adam Nixon	2011-2012
1500m Walk	7.51.00	Fraser Nixon	2008-2009
3000m Walk	15.19.00	Fraser Nixon	2007-2008
5000m Walk	26.51.92	Fraser Nixon	2008-2009
High Jump	2.08m	Declan Pluim	2013-2014
Long Jump	6.89m	Alex Nguyen-Ha & Adam Ayad	2015-2016 & 2016-2017
Triple Jump	14.22m	Joshua Baddock	2015-2016
Pole Vault	3.50m	Konrad Cuevas	2015-2016
5kg Shot Put	13.50m	Christopher Bassett	2006-2007
7.26kg Shot Put	8.85m	Jonathan Scotney	2010-2011
1.5kg Discus	51.60m	Christopher Bassett	2004-2005
1.75kg Discus	44.94m	Ian Hutchinson	2011-2012
2kg Discus	34.23m	Ian Hutchinson	2011-2012
700g Javelin	57.15m	Zac Sfiligoi	2011-2012
5kg Hammer Throw	38.23m	Lachlan Antoinette	2015-2016
Decathlon	3710pts	Lachlan Antoinette	2015-2016

UNDER 18 FEMALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.69s	Michelle Jenneke	2009-2010
70m Run	8.81s	Julia New-Tolley	2004-2005
100m Run	11.62s	Katie Devitt	2016-2017
200m Run	24.73s	Hannah Jones	2012-2013
400m Run	57.78s	Jenny Blundell	2008-2009
800m Run	2.06.57	Jenny Blundell	2009-2010
1500m Run	4.18.27	Jenny Blundell	2011-2012
3000m Run	10.06.83	Hannah Menday	2008-2009
100m Hurdles (76cm)	13.46s	Michelle Jenneke & Rachel Pace	2010-2011 & 2015-2016
100m Hurdles (84cm)	13.89s	Michelle Jenneke	2008-2009
5 x 200m Hurdles	28.20s	Michelle Jenneke	2008-2009
10 x 200m Hurdles	28.44s	Michelle Jenneke	2008-2009
400m Hurdles	1.06.26	Genevieve Cowie	2011-2012
2000m Stple (76cm)	7.35.00	Hannah Menday	2008-2009
High Jump	1.86m	Amy Pejkoivic	2009-2010
Long Jump	6.34m	Alysha Burnett	2013-2014
Triple Jump	12.26m	Amy Pejkoivic	2009-2010
3kg Shot Put	14.91m	Kristina Moore	2015-2016
4kg Shot Put	11.96m	Alysha Burnett	2013-2014

3kg Hammer Throw	53.47m	Lauren Clark	2016-2017
4kg Hammer Throw	44.44m	Lauren Clark	2016-2017
1kg Discus	51.53m	Kristina Moore	2016-2017
500g Javelin	46.98m	Alysha Burnett	2013-2014
600g Javelin	41.48m	Alysha Burnett	2013-2014
Heptathlon	5505pts	Alysha Burnett	2013-2014

UNDER 20 MALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	6.88s	Nick Andrews	2015-2016
100m Run	10.39s	Nick Andrews	2015-2016
200m Run	21.17s	Ben Jaworski	2011-2012
400m Run	48.95s	Ben Jaworski	2011-2012
800m Run	1.57.01	Oliver Clarke	2016-2017
1500m Run	3.57.88	Toby Menday	2012-2013
3000m Run	8.40.66	Toby Menday	2012-2013
5000m Run	15.56.98	Toby Menday	2012-2013
3000m Walk	17.19.99	Fraser Nixon	2010-2011
100m Hurdles (76cm)	15.40s	Glyn Bickford	2003-2004
110mHurdles (99.1cm)	13.33s	Nick Andrews	2016-2017
5 x 200m Hurdles	28.10s	Gary Mead	2003-2004
10x200mHurdles(76cm)	26.77s	Eugene Kruger	2009-2010
400m Hurdles	54.33s	Eugene Kruger	2009-2010
3000m Stple (91.4cm)	10.16.18	Adam Nixon	2011-2012
High Jump	2.15m	Declan Pluim	2016-2017
Long Jump	7.17m	Josh Baddock	2015-2016
Triple Jump	14.28m	Josh Baddock	2015-2016
7.26kg Shot Put	8.39m	Jonathan Scotney	2012-2013
1.75kg Discus	45.23m	Ian Hutchinson	2012-2013
2kg Discus	23.67m	Jonathan Scotney	2011-2012
800g Javelin	52.20m	Ryan Webster	2007-2008

UNDER 20 FEMALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.50s	Michelle Jenneke	2010-2011
100m Run	12.24s	Michelle Jenneke	2010-2011
200m Run	24.68s	Emily Duve	2012-2013
400m Run	57.08s	Emma Hunt	2009-2010
800m Run	2.07.89	Jenny Blundell	2012-2013
1500m Run	4.17.96	Jenny Blundell	2012-2013
3000m Run	10.18.51	Courtney Chamberlain	2014-2015
3000m Walk	21.25.44	Genevieve Cowie	2012-2013

100m Hurdles (84cm)	13.47s	Michelle Jenneke	2012-2013
5 x 200m Hurdles	32.69s	Elaine Taylor	2001-2002
10 x 200m Hurdles	28.41s	Michelle Jenneke	2011-2012
400m Hurdles	1.03.27	Genevieve Cowie	2013-2014
High Jump	1.84m	Amy Pejko vic	2010-2011
Long Jump	6.00m	Alysha Burnett	2015-2016
Triple Jump	12.92m	Amy Pejko vic	2011-2012
4kg Shot Put	12.93m	Alysha Burnett	2015-2016
1kg Discus	48.18m	Kristina Moore	2016-2017
600g Javelin	48.71m	Alysha Burnett	2015-2016
Heptathlon	5547pts	Alysha Burnett	2015-2016

OPEN MALE (20-34)

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	6.92s	Ben Jaworksi	2013-2014
100m Run	10.34s	Ben Jaworksi	2014-2015
200m Run	20.85s	Ben Jaworski	2014-2015
400m Run	48.39s	Evan Clothier	2014-2015
800m Run	1.59.64	Matthew Joyce	2010-2011
1500m Run	4.17.56	Matthew Joyce	2010-2011
3000m Run	10.03.83	Matthew Joyce	2009-2010
5000m Run	18.08.19	Matthew Joyce	2010-2011
100m Hurdles (76cm)	16.29s	Henry Whittle	2008-2009
110mHurdles(106.7cm)	14.19s	Jacob McCorry	2016-2017
10x200mHurdles(76cm)	30.64s	Fraser Nixon	2011-2012
400m Hurdles	55.06s	Evan Clothier	2014-2015
3000m Stple (91.4cm)	10.59.35	Matthew Joyce	2015-2016
High Jump	1.90m	Chris Beattie	2008-2009
Long Jump	7.06m	Evan Clothier	2016-2017
Triple Jump	11.87m	Henry Whittle	2008-2009
7.26 kg Shot Put	8.41m	Jack Whittle	2008-2009
2kg Discus	30.71m	Julian Fulton-Boote	2004-2005
800g Javelin	33.66m	Fraser Nixon	2012-2013

OPEN FEMALE (20-34)

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	8.34s	Catherine Pearce	2014-2015
70m Run	9.31s	Michelle Jenneke	2012-2013
100m Run	12.19s	Michelle Jenneke	2013-2014
200m Run	26.20s	Alysha Burnett	2016-2017
400m Run	1.02.24	Rachel Attenborough	2013-2014
800m Run	2.20.51	Rachel Attenborough	2013-2014

1500m Run	5.18.00	Rebecca Gibbs	2005-2006
3000m Run	10.03.99	Hannah Menday	2012-2013
5000m Run	17.05.21	Hannah Menday	2012-2013
100m Hurdles (76cm)	14.27s	Alysha Burnett	2016-2017
100m Hurdles (84cm)	14.75s	Michelle Jenneke	2012-2013
5 x 200m Hurdles	29.95s	Michelle Jenneke	2012-2013
400m Hurdles (76cm)	1.07.31	Natalie Setiadji	2016-2017
High Jump	1.78m	Alysha Burnett	2016-2017
Long Jump	6.12m	Alysha Burnett	2016-2017
Triple Jump	10.65m	Michelle Jenneke	2012-2013
4kg Shot Put	13.43m	Alysha Burnett	2016-2017
1kg Discus	27.61m	Michelle Jenneke	2012-2013
600g Javelin	47.92m	Alysha Burnett	2016-2017
Heptathlon	5817	Alysha Burnett	2016-2017

MASTERS MALE 35+

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.91s	Caerl Murray	2014-2015
100m Run	12.66s	Caerl Murray	2012-2013
200m Run	25.45s	Evan Walsh	2012-2013
400m Run	57.88s	Michael Barrett	2010-2011
800m Run	2.35.12	Caerl Murray	2013-2014
1500m Run	4.28.72	Ray Wareham	2002-2003
3000m Run	9.56.19	Ray Wareham	2001-2002
5000m Run	23.06.44	Robert Clark	2014-2015
5 x 200m Hurdles	30.90s	Ray Wareham	2001-2002
Long Jump	5.34m	Steven Dalton	2011-2012
Triple Jump	8.94m	Martin Bradshaw	2015-2016
6kg Shot Put	10.25m	Robert Clark	2016-2017
7.26kg Shot Put	8.95m	Evan Walsh	2012-2013
1.5kg Discus	31.59m	Robert Clark	2016-2017
2kg Discus	28.33m	Steven Dalton	2011-2012
500g Javelin	22.59m	Don McArthur	2012-2013
700g Javelin	32.55m	Robert Clark	2014-2015
6kg Hammer Throw	36.79m	Robert Clark	2016-2017
7.26kg Weight Throw	17.61m	Robert Clark	2016-2017
9.08kg Weight Throw	16.25m	Robert Clark	2016-2017
11.34kg Weight Throw	13.96m	Robert Clark	2016-2017
15.88kg Weight Throw	11.35m	Robert Clark	2016-2017
20kg Weight Throw	8.72m	Robert Clark	2016-2017
Heavy Weight Pentath	3778pts	Robert Clark	2016-2017
Throws Pentathlon	2708pts	Robert Clark	2016-2017

Outdoor Pentathlon	1851pts	Robert Clark	2015-2016
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MASTERS FEMALE 35+

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	8.65s	Kirsty Curnow	2008-2009
100m Run	13.50s	Jen Bishop	2014-2015
200m Run	28.26s	Kirsty Curnow	2008-2009
400m Run	1.08.08	Kirsty Curnow	2008-2009
800m	2.55.62	Elizabeth Jones	2011-2012
1500m	6.06.21	Elizabeth Jones	2012-2013
3000m	13.03.22	Elizabeth Jones	2014-2015
60m Hurdles (indoor)	9.66s	Sally Stagles	2013-2014
80m Hurdles	12.86s	Sally Stagles	2010-2011
80m Hurdles (8.5m)	14.47s	Elizabeth Jones	2010-2011
200m Hurdles	34.01s	Jenny Bishop	2015-2016
300m Hurdles	51.81s	Sally Stagles	2015-2016
400m Hurdles	1.21.94	Elizabeth Jones	2010-2011
2000m Stple (76cm)	12.04.70	Margaret Walker	2009-2010
High Jump	1.40m	Elizabeth Jones	2010-2011
Long Jump	4.65m	Jen Bishop	2016-2017
Triple Jump	9.45m	Jen Bishop	2015-2016
3kg Shot Put	10.22m	Sally Stagles	2012-2013
4kg Shot Put	9.85m	Jen Bishop	2015-2016
1kg Discus	29.47m	Jen Bishop	2015-2016
400g Javelin	31.55m	Glynis Marks	2009-2010
500g Javelin	20.17m	Jill Taylor	2014-2015
600g Javelin	21.03m	Jenny Bishop	2016-2017
3kg Hammer Throw	39.40m	Jill Taylor	2013-2014
4kg Hammer Throw	21.65m	Jenny Bishop	2016-2017
3kg Weight Throw	17.51m	Jill Taylor	2015-2016
4kg Weight Throw	15.29m	Jill Taylor	2015-2016
5.45kg Weight Throw	14.22m	Jill Taylor	2010-2011
7.26kg Weight Throw	13.41m	Jill Taylor	2015-2016
9.08kg Weight Throw	9.45m	Jill Taylor	2010-2011
11.34kg Weight Throw	7.71m	Jill Taylor	2010-2011
25.40kg Weight Throw	2.98m	Jill Taylor	2012-2013
45.36kg Weight Throw	1.62m	Jill Taylor	2011-2012
Heavy Weight Pentath	3998pts	Jill Taylor	2015-2016
Throws Pentathlon	3634pts	Jill Taylor	2015-2016