



CAPITAL ATHLETICS RECORDS

as of 7th July 2024

OPEN MEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	10.04	Yoshihide Kiryu	JPN	11/12 Mar 17	9.93	Patrick Johnson	CU	5 May 03	Mita, Japan	
200m	20.19	John Dinan	VIC	6 Mar 86	20.35	Patrick Johnson	QBN	22 Aug 06	Malmo	
400m	44.47	Michael Franks	USA	5 Oct 85	45.70	Nicholas Donaldson	WOD	28 Oct 23	Canberra	
800m	1:45.14	Silvio Koskei	KEN	4 Oct 85	1:46.08	Riley McGown	NCG	11 Mar 23	Sydney	
1000m¹	2:23.09	Jaryd Clifford	VIC	24 Oct 20	2:17.44	Cameron Myers	WC	7 Jul 24	Hengelo	✓
1500m	3:39.03	Pat Carroll	QLD	10 Jan 90	3:38.02	Cameron Myers	WC	1 Apr 23	Brisbane	
1 mile	3:59.80	Shaun Creighton	NC	15 Mar 00	3:55.44	Cameron Myers	WC	23 Feb 23	Melbourne	
3000m	7:45.94	Andrew Lloyd	WC	1 Dec 90	7:41.60	Shaun Creighton	NC	21 Jul 95	Oslo	
5000m	13:32.00	Andrew Lloyd	NSW	3 Dec 87	13:17.76	Shaun Creighton	NC	5 Jul 95	Lausanne	
10000m	28:15.00	Gerard Barrett	QLD	6 Mar 82	27:31.92	Shaun Creighton	NC	25 Nov 96	Melbourne	
1 hr track	18.40k	Gary Lee	CCH	2 Nov 83	18.40k	Gary Lee	CCH	2 Nov 83		
110m Hurdles	13.35	Tony Campbell	USA	6 Oct 85	13.72	Don Wright	ACT	16 Mar 86		
400m Hurdles	48.42	Andre Phillips	USA	4 Oct 85	49.24	Brendan Cole	QBN	3 Aug 12	London	
3000m Steeple	8:30.12	David Chemweno	KEN	18 Feb 01	8:24.54	Martin Dent	WC	17 Mar 07	Sydney	
1500m Walk	5:43.30	Andrew Jachno	VIC	10 Nov 90	5:45.30	Garry Vogler	NC	22 Jan 92		
3000m Walk	11:09.10	Andrew Jachno	WH	2 Jan 91	11:09.10	Andrew Jachno	WH	2 Jan 91	Canberra	
5000m Walk	18:52.87	David Smith	VIC	21 Feb 86	20:19.70	Brendon Reading	NCG	19 Mar 11	Sydney	
10000m Walk²	38:23.42	Even Dunfee	CAN	28 Jan 24	39:16.75	Tim Fraser	SCT	28 Jan 24	Canberra	
4x100m Relay	38.10		USA	5 Oct 85	40.88		ACT	15 Nov 08	Blacktown	
4x200m Relay	1:25.90		E-EMH	30 Jan 82	1:27.60		WC	6 Dec 86		
4x400m Relay	3:00.71		USA	6 Oct 85	3:15.78		ACT	15 Nov 08	Blacktown	
4x800m Relay	7:33.40		ES	27 Jan 80	7:48.90		WV	23 Nov 85		
4x1500m Relay	16:27.00		CCH	4 Feb 78	16:27.00		CCH	4 Feb 78		
High Jump	2.35m	Tim Forsyth	VIC	25 Jan 93	2.15m	Joe Fishburn	WH	5 Mar 95		
Pole Vault	5.85m	Sergey Bubka	USSR	5 Oct 85	4.90m	Aidan Dziubinski	SCT	1 Feb 05	Canberra	
					4.90m	Misha Van Scheppingen	COR	17 Mar 24	Sydney	
Long Jump	8.20m	Mike Conley	USA	5 Oct 85	7.96m	Scott Crowe	NCG	1 Dec 08	Canberra	
Triple Jump	17.58m	Willi Banks	USA	5 Oct 85	17.46m	Ken Lorroway	STW	7 Aug 82	London	
Shot Put 7.26kg	22.00m	Ulf Timmerman	GDR	5 Oct 85	18.42m	Rhys Jones	CU	12 Apr 03	Runaway Bay	
Discus Throw 2kg	69.08m	Georgy Kolnootchenko	USSR	4 Oct 85	62.48m	Paul Nandapi	BS	3 Mar 89	Canberra	
Hammer Throw 7.26kg	82.12m	Yuri Tamm	USSR	5 Oct 85	78.93m	Stuart Rendell	CU	15 Jul 01	Szombathely	
Javelin Throw 800g³	85.69m	Andrew Currey	NSW	8 Feb 02	71.76m	Nick Batty	CU	30 Jan 91	Canberra	
Decathlon	7,814	Simon Shirley	QLD	11/12 Mar 88	7,234	Jon Morrison	QBN	1/2 Feb 92	Canberra	

¹ Event added Aug 2020

² Event added Jan 2021

³ New Javelin Apr 1986

OPEN WOMEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	11.10	Marlies Gohr	GDR	5 Oct 85	11.11	Melissa Breen	WH	9 Feb 14	Canberra	
	11.10	Torrie Lewis	QLD	28 Jan 24						
200m	21.90	Marita Koch	GDR	4 Oct 85	23.12	Melissa Breen	WH	9 Mar 13	Sydney	
400m	47.60	Marita Koch	GDR	6 Oct 85	52.56	Lauren Boden	NCG	9 Mar 19	Canberra	
800m	1:58.81	Claudia Hollingsworth	VIC	2 Mar 24	2:00.81	Keely Small	WC	12 Apr 18	Gold Coast	
1000m	2:53.18	Klara Dess	WC	24 Oct 20	2:38.46	Keely Small	WC	2 Mar 21	Melbourne	
1500m	4:08.59	Benita Willis	QBN	15 Jan 00	4:05.25	Lisa Corrigan	WC	17 Feb 07	Sydney	
1 mile	4:31.20	Krishna Wood	ACT	15 Nov 86	4:22.66	Lisa Corrigan	WC	2 Mar 07	Melbourne	
3000m	8:44.90	Liz McCoglan	SCO	16 Jan 90	8:48.57	Benita Johnson	CU	22 Feb 03	Canberra	
5000m	15:10.98	Sonia O'Sullivan	IRL	11 Jan 97	15:21.55	Benita Johnson	CU	1 Mar 03	Melbourne	
10000m	32:07.50	Aurora Cunha	POR	5 Oct 85	31:54.57	Susan Hobson	NC	6 May 96	Mito	
100m Hurdles	12.72	Liz Clay	QLD	13 Feb 21	14.15	Sophie Stanwell	WC	15 Feb 19	Gold Coast	
200m Hurdles	25.79	Lauren Boden	NCG	21 Jan 17	25.79	Lauren Boden	NCG	21 Jan 17	Canberra	
400m Hurdles	54.44	Sabine Busch	GDR	4 Oct 85	54.87	Lauren Boden	NCG	7 Apr 19	Sydney	
3000m Steeple	10:03.66	Marnie Ponton	WH	2 Dec 06	10:03.66	Marnie Ponton	WH	2 Dec 06	Canberra	
1500m Walk	6:10.80	Sue Cook	ACT	21 Jan 84	6:10.80	Sue Cook	ACT	21 Jan 84		
3000m Walk	12:42.10	Sue Cook	ACT	10 Mar 84	12:42.10	Sue Cook	ACT	10 Mar 84	Canberra	
5000m Walk	21:15.30	Kerry Saxby	NSW	5 Mar 88	22:04.42	Sue Cook	ACT	1 Apr 84	Melbourne	
10000m Walk	43:14.78	Jemima Montag	VIC	28 Jan 24	46:29.00	Zoe Hunt	NCG	21 Feb 16	Adelaide	
4x100m Relay	41.37		GDR	6 Oct 85	46.74		ACT	16 Nov 08	Blacktown	
4x200m Relay	1:39.40		RYD	27 Jan 80	1:38.04		ACT	15 Nov 08	Blacktown	
4x400m Relay	3:19.49		GDR	4 Oct 85	3:50.55		ACT	14 Dec 03	Brisbane	
4x800m Relay	9:04.20		RYD	27 Jan 80	9:35.00		WV	27 Jan 80		
4x1500m Relay	19:17.20		RYD	26 Jan 80	20:02.40		SCT	26 Jan 80		
High Jump	2.03m	Nicola Olyslagers	NSW	27 Jan 24	1.78m	Robyn Sluyters	SCT	5 Dec 81		
Pole Vault	4.40m	Tatiana Grigorieva	SA	8 Feb 02	3.41m	Zyanya Holloway	WC	18 Feb 24	Canberra	
Long Jump	7.27m	Heike Dreschler	GDR	6 Oct 85	6.86m	Robyn Lorroway	BS	23 Feb 86	Canberra	
Triple Jump	13.78m	Kayla Cuba	QLD	2 Mar 24	12.59m	Tara Wyllie	WOD	30 Jan 21	Canberra	
Shot Put 4kg	20.69m	Natalya Lisovskaya	USSR	4 Oct 85	18.69m	Gael Martin	SCT	15 Mar 86		
Discus Throw 1kg	69.78m	Martina Opitz	GDR	6 Oct 85	62.44m	Gael Martin	SCT	23 Feb 86		
Hammer Throw 4kg	68.73m	Bronwyn Eagles	NSW	18 Feb 01	53.18m	Kara Baker	WC	112 Apr 24	Adelaide	✓
Javelin Throw 600g ³	63.92m	Kelsey-Lee Roberts	SCT	8 Feb 14	67.70m	Kelsey-Lee Barber	SCT	9 Jul 19	Luzern	
Javelin Throw 600g ⁴	66.80m	Olga Gavrilova	URS	4 Oct 85	64.58m	Sue Howland	BS	1 Mar 86		
Heptathlon	6,166	Jane Flemming	VIC	11/12 Mar 88	5,766	Clare Thompson	QBN	9/10 Jul 99	Palma de Majorca	

Decathlon	3,971	Dash Newington	NSW	16/17 DEC 23						
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U 20 MEN		ACT All-Comers				ACT State				
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	10.14	Sebastian Sultana	NSW	29 Jan 24	10.19	Edward Osei-Nketia	GIN	6 Apr 19	Sydney	
200m	20.76	Edward Osei-Nketia	GIN	28 Jan 19	20.76	Edward Osei-Nketia	GIN	28 Jan 19	Canberra	
400m	45.66	Daniel Batman	NSW	15 Jan 00	47.57	Jonathon Bessell	WV	9 Mar 86	Hobart	
800m	1:45.77	Craig Peyton	QLD	28 Jan 24	1:47.11	Cameron Myers	WC	28 Jan 24	Canberra	
1000m¹	2:30.80	Daniel Dreher	WC	24 Oct 20	2:17.44	Cameron Myers	WC	7 Jul 24	Hengelo	
1500m	3:40.79	Tomas Palfrey	NCG	11 Mar 21	3:38.02	Cameron Myers	WC	1 Apr 23	Brisbane	
1 mile	4:14.40	Michael Trushell	WV	5 Dec 81	3:55.44	Cameron Myers	WC	23 Feb 23	Melbourne	
3000m	8:25.20	Jason Dunn	SCT	11 Jan 89	7:52.06	Cameron Myers	WC	11 Mar 23	Sydney	
5000m	13:58.30	Daniel Komen	KEN	10 Dec 93	14:16.74	Joshua Torley	WC	11 Mar 17	Canberra	
110m Hurdles AA²	14.01	Colby Eddowes	SCT	26 Jan 20	13.71	Colby Eddowes	SCT	13 Apr 21	Sydney	
110m Hurdles IAAF³	15.03	Hamish Halley	NSW	30 Mar 85	14.42	Colby Eddowes	SCT	5 Jun 21	Gold Coast	
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	5:45.30	Garry Vogler	NC	22 Jan 92	5:45.30	Garry Vogler	NC	22 Jan 92		
3000m Walk	12:12.50	Daniel Andrikis	WH	30 Nov 91	12:00.10	Kodi Clarkson	GIN	9 Dec 24	Perth	
5000m Walk	20:39.06	Owen Toyne	GIN	24 Feb 23	20:39.06	Owen Toyne	GIN	24 Feb 23	Canberra	
10000m Walk⁴	41:29.32	Marcus Wakim	VIC	28 Jan 24	42:13.86	Owen Toyne	GIN	28 Jan 24	Canberra	
4x100m Relay	40.93		NSW	11 Dec 98	42.38		ACT	9 Dec 23	Perth	
4x200m Relay	1:27.90		SCT	19 Mar 95	1:27.90		SCT	19 Mar 95		
4x400m Relay	3:14.01		KEN	12 Dec 93	3:18.75		ACT	17 Mar 85		
4x800m Relay	7:52.50		WV	30 Jan 82	7:52.50		WV	30 Jan 82		
4x1500m Relay	17:12.50		MAL	26 Jan 80	17:44.80		WV	25 Jan 81		
High Jump	2.35m	Tim Forsyth	VIC	25 Jan 93	2.15m	Joe Fishburn	WH	5 Mar 95		
Pole Vault	5.20m	James Miller	WA	14 Mar 92	4.90m	Misha van Scheppingen	COR	17 Mar 24	Sydney	
Long Jump	7.69m	John Thornell	NSW	8 Feb 02	7.71m	Angus Gould	NCG	22 Jun 13	Karlsruhe	
Triple Jump	15.49m	Matt Sweeney	VIC	29 Mar 85	15.41m	John Howell	NC	1 Mar 70		
Shot Put 6kg	16.12m	Elijah Wilson	GIN	27 Jan 24	16.56m	Elijah Wilson	GIN	13 Apr 24	Adelaide	
Shot Put 7.26kg⁵	16.31m	Scott Martin	VIC	4 Dec 99	15.74m	Greg Mace	CU	3 Jul 94	Bedford	
Discus Throw 1.75kg	59.50m	Ethan Ayodele	NCG	28 Jan 24	62.92m	Ethan Ayodele	NCG	11 Apr 24	Adelaide	
Discus Throw 2kg⁵	52.65m	Ethan Ayodele	NCG	29 Jan 24	54.98m	Terry Martin	SCT	7 Dec 96	Perth	
Hammer Throw 6kg	65.15m	Benjamin Roberts	QLD	4 Sep 22	64.94m	Damian Wells	NCG	4 Sep 22	Canberra	
Hammer Throw 7.26kg⁵	62.44m	Aaron Fish	QLD	15 Jan 00	53.87m	Damian Wells	NCG	19 Apr 22	Gold Coast	
Javelin Throw 800g	69.26m	Andrew Martin	VIC	11 Dec 98	59.92m	Kolya Cook	ACT	13 Mar 16	Perth	
Decathlon	7,322	Paul Jeffrey	WA	30/31 Jan 93	7,088	Lachlan Calvert	NCG	25/26 Oct 14	Canberra	

¹ Event added Aug 2020

² AA-0.991m

³ IAAF-1.067m

⁴ Event added Jan 2021

⁵ Historical Record(s)

U20 WOMEN		ACT All-Comers				ACT State				
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	11.10	Torrie Lewis	QLD	28 Jan 24	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	1:58.81	Claudia Hollingsworth	VIC	2 Mar 24	2:00.81	Keely Small	WC	12 Apr 18	Gold Coast	
1000m ¹	3:12.71	Layla Rowntree	NCG	24 Oct 20	3:12.71	Layla Rowntree	NCG	24 Oct 20	Canberra	
1500m	4:16.24	Keely Small	WC	5 Dec 20	4:16.24	Keely Small	WC	5 Dec 20	Canberra	
1 mile	4:44.85	Emily Brichacek	SCT	17 Jan 06	4:33.57	Keely Small	WC	19 Dec 20	Sydney	
3000m	9:08.93	Emily Brichacek	SCT	29 Oct 05	9:06.41	Emily Brichacek	SCT	11 Nov 06	Sydney	
5000m	16:00.79	Keely Small	WC	2 Aug 20	16.00.79	Keely Small	WC	2 Aug 20	Canberra	
100m Hurdles	13.90	Jane Flemming	VIC	30 Mar 85	14.30	Andrea Thompson	QBN	11 Nov 17	Woden	
400m Hurdles	57.45	Lauren Boden	NCG	26 Jan 06	57.45	Lauren Boden	NCG	26 Jan 06	Canberra	
2000m Steeple ²	6:37.50	Mellisa Rollison	QLD	12 Dec 98	6:57.22	Marnie Ponton	WB	6 Feb 01	Canberra	
3000m Steeple ³	11:06.98	Mia Toohey	NSW	28 Jan 24	11:33.55	Hannah Cadden	NCG	14 Mar 21	Sydney	
1500m Walk	6:20.85	Jillian Hosking	SCT	4 Dec 04	6:20.85	Jillian Hosking	SCT	4 Dec 04	Canberra	
3000m Walk	13:31.20	Josephine Strangman	WH	17 Jan 95	13.31.20	Josephine Strangman	WH	17 Jan 95	Canberra	
5000m Walk	22:34.30	Josephine Strangman	WH	17 Feb 15	22:34.30	Josephine Strangman	WH	17 Feb 95	Canberra	
10000m Walk	47:12.46	Alexander Griffin	WA	28 Jan 24	48:20.73	Zoe Hunt	NCG	9 Mar 16	Perth	
4x100m Relay	46.38		NSW	30 Mar 15	47.10		ACT	13 Dec 85		
4x200m Relay	1:42.60		RYD	27 Jan 80	1:47.00		STW	29 Jan 83		
4x400m Relay	3:42.83		QLD	31 Mar 85	3:48.46		ACT	12 Dec 04	Sydney	
4x800m Relay	9:21.00		RYD	24 Jan 81	9:35.90		WV	28 Jan 84		
4x1500m Relay	20:29.30		RYD	25 Jan 81	21:20.90		SCT	26 Jan 80		
High Jump	1.86m	Leah Alexander	VIC	13 Dec 98	1.78m	Robyn Sluyters	SCT	5 Dec 81		
Pole Vault	3.90m	Vicky Parnov	WA	28 Mar 04	3.41m	Zyanya Holloway	WC	18 Feb 24	Canberra	
Long Jump	6.33m	Shermin Oksuz Nicole Boegman	CU NSW	13 Dec 98 20 Jan 87	6.41m	Shermin Oksuz	CU	12 Apr 03	Runaway Bay	
Triple Jump	13.03m	Alyisha House	NSW	27 Mar 04	12.59m	Tara Wyllie	WOD	30 Jan 21	Canberra	
Shot Put 4kg	16.14m	Lisa-Marie Vizaniari	NC	29 Oct 88	16.14m	Lisa-Marie Vizaniari	NC	29 Oct 88	Canberra	
Discus Throw 1kg	56.26m	Lisa-Marie Vizaniari	NC	25 Feb 89	60.44m	Lisa-Marie Vizaniari	NC	12 Aug 90	Plovdiv	
Hammer Throw 4kg	58.46m	Bronwyn Eagles	NSW	10 Dec 98	51.51m	Sally Chapman	QBN	11 Dec 04	Sydney	
Javelin Throw 600g	52.63m	Jess Bell	SCT	9 Feb 19	52.96m	Kiarna Woolley-Blain	BV	17 Apr 21	Sydney	
Heptathlon	5,276	Lauren Boden	NCG	16/17 Dec 06	5,366	Andrea Thompson	QBN	3 Dec 17	Sydney	

¹ Event added Aug 2020

² Historical Record

³ Record added Jan 2021

U18 MEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	10.54	Phillip Chiodo	VIC	14 Mar 92	10.51	Edward Osei-Nketia	NCG	9 Dec 17	Adelaide	
200m	21.44	Matthew Bouveng	NSW	12 Dec 98	21.40	Edward Osei-Nketia	NCG	10 Dec 17	Adelaide	
400m	46.94	Stephen Perry	NSW	23 Mar 88	47.57	Jonathon Bessell	WV	9 Mar 86	Hobart	
800m	1:50.40	Hayden Todd	GIN	28 Jan 22	1:50.14	Hayden Todd	GIN	29 Mar 22	Sydney	
1000m ¹	2:25.60	Tomas Palfrey	NCG	2 Aug 20	2:25.60	Tomas Palfrey	NCG	2 Aug 20	Canberra	
1500m	3:46.35	Joshua Torley	WC	6 Feb 16	3:38.02	Cameron Myers	WC	1 Apr 23	Brisbane	
1 mile	4:18.94	Joshua Torley	WC	14 Jan 16	3:55.44	Cameron Myers	WC	23 Feb 23	Melbourne	
3000m	8:26.88	Jason Dunn	SCT	26 Jan 88	7:52.06	Cameron Myers	WC	11 Mar 23	Sydney	
110m Hurdles	13.61	Joshua Kalozi	GM	19 Feb 22	13.36	Joshua Kalozi	GM	9 Jun 22	Mackay	
400m Hurdles	52.09	Matt Beckenham	QBN	11 Dec 93	52.09	Matt Beckenham	QBN	11 Dec 93	Canberra	
2000m Steeple	5:54.00	Stuart Mee	SCT	12 Feb 83	5:50.70	Stuart Mee	SCT	21 Dec 83		
1500m Walk	5:45.30	Garry Vogler	NC	22 Jan 92	5:45.30	Garry Vogler	NC	22 Jan 92		
3000m Walk	12:12.50	Daniel Andrikis	WH	30 Nov 91	12:00.10	Kodi Clarkson	GIN	9 Dec 24	Perth	
5000m Walk ²	20:39.06	Owen Toyne	GIN	24 Feb 23	20:39.06	Owen Toyne	GIN	24 Feb 23	Canberra	
4x100m Relay	40.93		NSW	11 Dec 98	42.38		ACT	9 Dec 23	Perth	
4x200m Relay	1:27.90		SCT	19 Mar 95	1:27.90		SCT	19 Mar 95		
4x400m Relay	3:17.69		VIC	15 Mar 92	3:18.75		ACT	17 Mar 85		
4x800m Relay	8:15.20		WC	22 Oct 89	8:15.20		WC	22 Oct 89		
4x1500m Relay	17:47.40		WV	26 Jan 80	17:47.40		WV	26 Jan 80		
High Jump	2.18m	Jagan Hames	SA	14 Mar 92	2.11m	Joe Fishburn	WH	27 Mar 94	Hobart	
Pole Vault	4.80m	Tom Lovell	SA	12 Dec 98	4.40m	Colby Eddowes	SCT	7 Dec 19	Perth	
Long Jump	7.69m	John Thornell	NSW	8 Feb 02	7.27m	Angus Gould	NCG	14 Aug 11		
Triple Jump	15.23m	Jason Wright	WA	14 Mar 92	14.66m	John Howell	NC	22 Mar 69		
Shot Put 5kg	20.77m	Rhys Jones	QLD	13 Dec 98	18.27m	Elijah Wilson	GIN	16 Apr 24	Adelaide	
Discus Throw 1.5kg	56.26m	Stuart Rendell	ANUB S	4 Nov 89	57.96m	Terry Martin	SCT	7 Dec 96	Perth	
Hammer Throw 5kg	72.16m	Christian Codila	VIC	14 Mar 92	65.11m	Angus White	ACT	24 Oct 15	Canberra	
Javelin Throw 700g	71.23m	Matthew Outzen	NSW	27 Mar 04	66.36m	Mark Chapman	QBN	12 Oct 02	Sydney	
Decathlon	6,713	Rohan Walker	NC	21/22 Mar 97	6,885	Colby Eddowes	SCT	16 Mar 19	Hobart	

¹ Event added Aug 2020

² Event added Jan 2021

U18 WOMEN	ACT All-Comers				ACT State					
	Event	Record	Name	Club	Date	Record	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 17	2:00.81	Keely Small	WC	12 Apr 18	Gold Coast	
1000m ¹	2:53.84	Jaime Brennan	NCG	24 Oct 20	2:53.84	Jaime Brennan	NCG	24 Oct 20	Canberra	
1500m	4:19.89	Emily Brichacek	SCT	22 Oct 05	4:18.54	Keely Small	WC	4 Feb 17	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 ²	13.69	Jess Gulli	VIC	12 Mar 05	14.47	Lauren Boden	NCG	12Mar 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	
5000m Walk	26:30.39	Emma Grocott	SCT	22 Sep 24	24:58.82	Gabby Hunt	NCG	11 Mar 16	Perth	✓
4x200m Relay	1:40.65		QLD	12 Dec 98	1:47.00		STW	29 Jan 83		
4x400m Relay	3:45.47		NSW	7 Mar 86	3:50.08		ACT	11 Dec 05	Sydney	
4x800m Relay	9:21.00		RYD	24 Jan 81	10:13.60		WC	29 Jan 83		
4x1500m Relay	20:29.30		RYD	25 Jan 81	21:20.90		SCT	26 Jan 80		
High Jump	1.86m	Leah Alexander	VIC	13 Dec 98	1.78m	Robyn Sluyters	SCT	5 Dec 81		
Pole Vault	3.90m	Vicky Parnov	WA	28 Mar 04	3.41m	Zyanya Holloway	WC	18 Feb 24	Canberra	
Long Jump	6.31m	Shermin Oksuz	WA	13 Dec 98	6.24m	Lauren Boden	NCG	9 Dec 05	Canberra	
Triple Jump	13.03m	Alyisha House	NSW	27 Mar 04	12.57m	Elizabeth Dalton	QBN	22 Mar 03	Sydney	
Shot Put 3kg	15.06m	Brianna Bortolanza	QLD	02 Feb 14	13.38m	Rebecca Howarth	NCG	16 Feb 24	Canberra	
Shot Put 4kg ⁴	16.14m	Lisa-Marie Vizaniari	NC	29 Oct 88	16.14m	Lisa-Marie Vizaniari	NC	29 Oct 88	Canberra	
Discus Throw1kg	56.26m	Lisa-Marie Vizaniari	NC	25 Feb 89	57.92m	Lisa-Marie Vizaniari	NC	10 Sep-89	Barcelona	
Hammer Throw 3kg	65.75m	Alexandra Hulley	NSW	09 Feb 14	54.07m	Kara Baker	WC	March 15	Canberra	
Hammer Throw 4kg ⁴	48.59m	Michelle Schlechter	QLD	26 Mar 04	51.51m	Sally Chapman	QBN	11 Dec 04	Sydney	
Javelin Throw 500g	49.37m	Kiarna Woolley-Blain	BV	1 Dec 18	49.77m	Kiarna Woolley-Blain	BV	16 Dec 18	Geelong	
Javelin Throw 600g ⁴	51.55m	Annabel Thomson	NSW	27 Mar 04						
Heptathlon	5,188	Amy Sadler	NSW	15/16 Jan 05	5,106	Lauren Boden	NCG	15/16 Jan 05	Canberra	

¹ Event added Aug 2020

² 76.2cm since Oct 1999

³ Event added Jan 2021

⁴ Historical Record(s)

U16 MEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	10.63	Edward Osei-Nketia	NCG	3 Dec 16	10.63	Edward Osei-Nketia	NCG	3Dec 16	Canberra	
200m	21.60	Max Berry	GIN	6 Nov 21	21.60	Max Berry	GIN	6 Nov 21	Canberra	
400m	48.46	Brendan Watt	NCG	29 Nov 03	48.46	Brendan Watt	NCG	29 Nov03	Canberra	
800m	1:51.41	Mark Holcombe	VIC	11 Dec 88	1:52.72	Hayden Todd	GIN	19 Dec 20	Sydney	
1000m¹	2:25.70	Hayden Todd	GIN	24 Oct 20	2:25.70	Hayden Todd	GIN	24 Oct 20	Canberra	
1500m	3:54.33	Cameron Myers	NCG	31 Mar 21	3:54.33	Cameron Myers	NCG	31 Mar 21	Canberra	
1 mile	4:26.01	Liam Dwyer	SCT	13 Dec 08	4:22.54	Tomas Palfrey	NCG	22 Dec 18	Sydney	
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	13.03	Joshua Kalozi	GM	06 Dec 20	Sydney	
200m Hurdles²	24.66	Ryan Purcell	WA	10 Dec 98	25.25	Joshua Kalozi	GM	03 Dec 20	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	12:21.40	Owen Toyne	GIN	4 Sep 22	12:00.10	Kodi Clarkson	GIN	9 Dec 24	Perth	
4x100m Relay	41.77		NSW	12 Mar 88	42.38		ACT	9 Dec 23	Perth	
4x200m Relay	1:34.70		STG	28 Jan 84	1:34.70		BW	23 Nov 85		
4x400m Relay	3:25.33		NSW	13 Mar 81	3:33.04		ACT	27 Mar 94		
4x800m Relay	8:51.80		WC	28 Nov 87	8:51.80		WC	28 Nov 87		
4x1500m Relay	17:56.40		NC	31 Jan 93	17:56.40		NC	31 Jan 93		
High Jump	2.05m	Warren Lefebvre	NSW	1 Mar 86	1.95m	Joe Fishburn	ACT	14 Mar 92	Canberra	
Pole Vault	4.20m	Matei Tzvetanov	WA	28 Mar 04	4.00m	Simon Yung	NCG	19 Nov 16	Canberra	
Long Jump	6.91m	Matthew Beckenham	QBN	27 Jan 92	6.91m	Matthew Beckenham	QBN	27 Jan 92		
Triple Jump	14.15m	Fabrice Lapierre	NSW	13 Dec 98	13.74m	Shane Castlereagh	WH	26 Mar 94	Hobart	
Shot Put 4kg	19.24m	Emanuele Fuamatu	NSW	27 Mar 04	18.25m	Gregory Mace	NC	7 Dec 91		
Discus Throw 1kg	69.78m	Terry Martin	SCT	3 Mar 96	69.78m	Terry Martin	SCT	3 Mar 96		
Hammer Throw 4kg	68.05m	Timothy Driesen	VIC	10 Dec 98	60.65m	Ruan Ferdinand Hennig	NCG	14 Nov 20	Canberra	
Javelin Throw 700g	67.42m	Shane Wylie	QLD	15 Mar 92	62.39m	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	

¹ Event added Aug 2020

² 10 Hurdles since Apr 1998

U16 WOMEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
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	
1000m ¹	2:53.84	Jaime Brennan	NCG	24 Oct 20	2:53.84	Jaime Brennan	NCG	24 Oct 20	Canberra	
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 Hurd 76.2cm ²	13.27	Jemma McDowell	VIC	26 Mar 04	13.09	Aisha Shave	GIN	16 Apr 24	Adelaide	
200m Hurdles ³	28.44	Aisha Shave	GIN	10 Sep 23	28.21	Aisha Shave	GIN	18 Apr 24	Adelaide	
2000m Steeple	7:08.11	Melissa Murrehy	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	14:36.30	Darcey Roberts	NCG	4 Feb 22	13:49.92	Gabby Hunt	NCG	6 Dec 15	Albert Park	
4x100m Relay	47.27		NSW	14 Mar 92	50.13		NCG	8 Dec 03	Hobart	
4x200m Relay	1:40.65		QLD	12 Dec 98	1:46.07		ACT	17 Mar 13	Perth	
4x400m Relay	3.45.47		NSW	7 Mar 86	4:00.00		WV	13 Feb 83		
4x800m Relay	10:13.60		WC	29 Jan 83	10:13.60		WC	29 Jan 83		
4x1500m Relay	21:51.60		SCT	26 Jan 80	21:51.60		SCT	26 Jan 80		
High Jump	1.82m	Melissa Harris	NSW	15 Mar 92	1.75m	Shannon Nutt	NCG	26 Oct 14	Canberra	
Pole Vault	3.90m	Vicky Parnov	WA	28 Mar 04	3.35m	Zyanya Holloway	WC	8 Dec 24	Perth	
Long Jump	6.31m	Shermin Oksuz	WA	13 Dec 98	5.93m	Andrea Thompson	QBN	2 Nov 13	Canberra	
Triple Jump	12.50m	Sarah Sydney	QLD	12 Dec 98	12.16m	Eloise Millington	ACT	3 Dec 16	AIS	
Shot Put 3kg	13.28m	Rebecca Howarth	NCG	16 Feb 24	13.38m	Rebecca Howarth	NCG	16 Feb 24	Canberra	
Shot Put 4kg ⁴	13.93m	Vika Lolo	NSW	26 Mar 04	14.92m	Lisa-Marie Vizaniari	NC	5 Jul 87	Vancouver	
Discus Throw 1kg	48.06m	Lisa-Marie Vizaniari	NC	7 Nov 87	48.56m	Lisa-Marie Vizaniari	NCG	12 Dec 87	Brisbane	
Hammer Throw 3kg	45.78m	Mia Zasiadczyk	NCG	20 Aug 23	45.78m	Mia Zasiadczyk	NCG	20 Aug 23	Canberra	
Hammer Throw 4kg ⁴	45.98m	Deborah Lovely	QLD	10 Dec 98	42.60m	Sally Chapman	QBN	16 Nov 02	Canberra	
Javelin Throw 500g	39.73m	Kiarna Woolley-Blain	NSW	18 Feb 17	40.07m	Emily Pease	NCG	28 Mar 17	Sydney	
Javelin Throw 600g ⁴	44.54m	Amanda Butler	SCT	12 Dec 88	44.54m	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		

¹ Event added Aug 2020

² 76.2cm since Oct 1999

³ 10 Hurdles since Apr 1998

⁴ Historical Record(s)

U 14 MEN	ACT All-Comers				ACT State					
Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue	New
100m	11.40	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	
1000m ¹	2:52.55	Jacob Eaton	GIN	24 Oct 20	2:52.55	Jacob Eaton	GIN	24 Oct 20	Canberra	
1500m	4:13.52	Tomas Palfrey	NCG	4 Dec 16	4:13.52	Tomas Palfrey	NCG	4 Dec 16	Canberra	
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 ²	29.47	Joshua Kalozi	GM	3 Nov 18	29.47	Joshua Kalozi	GM	3 Nov 18	Canberra	
1500m Walk	6:22.00	Kodi Clarkson	GIN	2 Dec 21	6:22.00	Kodi Clarkson	GIN	2 Dec 21	Canberra	
3000m Walk	13:31.54	Kodi Clarkson	GIN	13 Nov 21	13:07.93	Kodi Clarkson	GIN	9 Dec 21	Sydney	
4x100m Relay	47.00		QLD	11 Dec 98	48.80		ACT	14 Apr 21	Sydney	
4x200m Relay	1:44.70		WC	6 Dec 86	1:44.70		WC	6 Dec 86		
4x400m Relay	4:03.50		WV	5 Nov 83	4:03.50		WV	5 Nov 83		
4x800m Relay	9:37.20		WC	6 Dec 86	9:37.20		WC	6 Dec 86		
High Jump	1.91m	James Watson	NSW	13 Dec 98	1.80m	Chris Butler	NC	19 Mar 94		
Pole Vault	2.80m	Itamar Oren	NCG	19 Feb 17	3.00m	Itamar Oren	NCG	8 Dec 17	Adelaide	
Long Jump	6.33m	Blake Deery	NCG	18 Dec 21	6.33m	Blake Deery	NCG	18 Dec 21	Canberra	
Triple Jump	13.16m	Jonathon Whiting	NSW	12 Dec 98	12.77m	Matthew Beckenham	QBN	24 Feb 90		
Shot Put 3kg	19.70m	Gregory Mace	NC	3 Jan 90	19.70m	Gregory Mace	NC	3 Jan 90		
Discus Throw 1kg	55.68m	Terry Martin	SCT	19 Mar 94	55.68m	Terry Martin	SCT	19 Mar 94		
Hammer Throw 3kg	52.05m	Richard Yu	NCG	2 Dec 22	55.18m	Ruan Ferdinand Hennig	NCG	8 Dec 18	Cairns	
Javelin Throw 600g	52.18m	Josh Robinson	QLD	13 Dec 98	48.80m	Richard Yu	NCG	2 Dec 22	Canberra	

¹ Event added Aug 2020

² 10 Hurdles since Apr 1998

U14 WOMEN	ACT All-Comers				ACT State					
	Event	Record	Name	Club	Date	Record	Name	Club	Date	Venue
100m	12.28	Stephanie Pollard	QBN	18 Oct 08	12.28	Stephanie Pollard	QBN	18 Oct 8	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	
1000m ¹	2:55.55	April Lisle	NCG	18 AUG 24	2:55.55	April Lisle	NCG	18 AUG 24	Canberra	✓
1500m	4:34.78	Keely Small	WC	21 Nov 14	4:25.78	Keely Small	WC	7 Dec 14	Adelaide	
1 mile	5:14.57	Olivia Galang	SCT	8 Mar 23	5:14.57	Olivia Galang	SCT	8 Mar 23	Canberra	
80m Hurdles	12.37	Jessica Fry	NSW	12 Dec 98	12.85	Honey Proudfoot	WC	8 Dec 19	Perth	
200m Hurdles ²	30.55	Erika Vredenbregt	NCG	23 Aug 08	29.91	Aisha Shave	GIN	9 Dec 22	Adelaide	
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	NCG	4 Mar 17	15:07.31	Laura Catherine Burns	NCG	2 Apr 17	Sydney	
4x100m Relay	53.70		SCT	26 Oct 96	53.7		SCT	26 Oct 96		
4x200m Relay	1:54.60		SCT	2 Nov 96	1:54.60		SCT	2 Nov 96		
4x400m Relay	4:25.10		NC	7 Mar 87	4:25.10		NC	7 Mar 87		
4x800m Relay	10:55.60		NC	2 Nov 87	10:55.60		NC	2 Nov 87		
High Jump	1.69m	Erika Vredenbregt	NCG	2 Dec 08	1.70m	Erika Vredenbregt	NCG	5 Dec 09	Hobart	
Pole Vault	2.70m	Zyanya Holloway	WC	1 Aug 21	2.70m	Zyanya Holloway	WC	1 Aug 21	Canberra	
Long Jump	5.41m	Chelsea Jaensch	SA	11 Dec 98	5.33m	Erika Vredenbregt	NCG	28 Nov 08	Canberra	
Triple Jump	11.45m	Claire Roberts	NCG	17 Dec 16	11.45m	Claire Roberts	NCG	17 Dec 16	Woden	
Shot Put 3kg	13.21m	Kesaia Pohiva	NSW	13 Dec 98	12.69m	Kris Britt	CU	16 Feb 97		
Discus Throw 1kg	36.26m	Susan Read	NC	18 Jan 89	36.26m	Susan Read	NC	18 Jan 89		
Hammer Throw 3kg	39.77	Sidney Bartle	NSW	18 Feb 24	32.56m	Zoe Butler	NCG	9 Nov 19	Canberra	
Javelin Throw 400g	40.08m	Carlee Van Dyk	VIC	11 Dec 98	35.8m9	Karen Clarke	BEG	29 Nov 03	Canberra	

¹ Event added Aug 2020

² 10 Hurdles since Apr 1998