

ACT 13 & Over Records - Post 2023 Championships

Girls Records

13 Years

100 Metre Sprint	12.93	3/11/2016	Tarcia Whitesands	
100 Metre Sprint Multi Class	16.89	25/09/2018	Amalie Leslie	(01)
200 Metre Sprint	25.98	14/09/2017	Abbie Bailey	
400 Metre Sprint	1:00.54	6/11/2014	Eloise Millington	
800 Metre Run	2:16.72	6/11/2014	Keely Small	
800 Metre Sprint Multi Class	3:14.21	25/09/2018	Amalie Leslie	(01)
1500 Metre Run	4:50.73	25/09/2018	Stephanie Torley	
Long Jump	5.21m	6/11/2014	Caitlin Hanna	
Long Jump Multi Class	3.42m	25/09/2018	Amalie Leslie	(01)
Triple Jump	10.91m	3/11/2016	Claire Roberts	
High Jump	1.58m	19/09/2023	Rebecca Howarth	
Shot Put 3kg	11.50m	19/09/2023	Rebecca Howarth	
Discus Throw 1kg	30.20m	3/11/2016	Charlotte Rauraa	
Discus Throw Multi Class	15.81m	25/09/2018	Amalie Leslie	(01)
Javelin Throw 400gm	33.26m	17/09/2019	Zoe Butler	
Javelin Throw Multi Class	13.61m	25/09/2018	Amalie Leslie	(01)

14 Years

100 Metre Sprint	12.12	19/09/2023	Aisha Shave	
100 Metre Sprint Multi Class	19.62	3/11/2016	Bonnie Sutton	(35)
200 Metre Sprint	25.09	19/09/2023	Aisha Shave	
200 Metre Sprint Multi Class	40.12	3/11/2016	Bonnie Sutton	(35)
400 Metre Sprint	58.08	5/11/2015	Eloise Millington	
800 Metre Run	2:14.36	5/11/2015	Keely Small	
1500 Metre Run	4:45.66	3/11/2016	Eliza Rixon	
Long Jump	5.44m	19/09/2023	Aisha Shave	
Long Jump Multi Class	2.75m	3/11/2016	Bonnie Sutton	(35)
Triple Jump	11.46m	5/11/2015	Eloise Millington	
High Jump	1.55m	5/11/2015	Caitlin Hanna	
Shot Put 3kg	11.52m	14/09/2017	Alex Krope	
Shot Put Multi Class	7.21m	3/11/2016	Bonnie Sutton	(35)
Discus Throw 1kg	29.89m	14/09/2017	Alex Krope	
Discus Throw Multi Class	16.89m	3/11/2016	Bonnie Sutton	(35)
Javelin Throw 500gm	34.82m	3/11/2016	Emily Pease	
Javelin Throw Multi Class	16.56m	3/11/2016	Bonnie Sutton	(35)

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15 Years

100 Metre Sprint	12.68	3/11/2016	Eloise Millington
200 Metre Sprint	25.59	3/11/2016	Eloise Millington
400 Metre Sprint	59.29	3/11/2016	Eloise Millington
800 Metre Run	2:17.04	25/09/2018	Hannah Cadden
1500 Metre Run	4:43.47	3/11/2016	Keely Small
Long Jump	5.46m	6/11/2014	Grace Brennan
Triple Jump	11.54m	3/11/2016	Eloise Millington
High Jump	1.65m	6/11/2014	Shannon Nutt
Shot Put 3kg	11.26m	14/09/2017	Emily Pease
Discus Throw 1kg	38.13m	6/11/2014	Laura Pease
Javelin Throw 500gm	44.60m	14/09/2017	Emily Pease

16 Years

100 Metre Sprint	12.44	19/09/2023	Sierra Jacques	
100 Metre Sprint Multi Class	18.29	25/09/2018	Bonnie Sutton	(38)
200 Metre Sprint	25.73	19/09/2023	Sierra Jacques	
200 Metre Sprint Multi Class	38.70	25/09/2018	Bonnie Sutton	(38)
400 Metre Sprint	59.76	19/09/2023	Zoe Honeybrook	
800 Metre Run	2:17.30	3/11/2016	Olivia O'Donnell	
1500 Metre Run	4:42.97	3/11/2016	Olivia O'Donnell	
Long Jump	5.44m	3/11/2016	Imogen Laing	
Long Jump Multi Class	2.66m	25/09/2018	Bonnie Sutton	(38)
Triple Jump	11.38m	17/09/2019	Tara Wyllie	
High Jump	1.68m	25/09/2018	Jenny Alley	
Shot Put 3kg	11.56m	25/09/2018	Emily Pease	
Shot Put Multi Class	7.22m	25/09/2018	Bonnie Sutton	(38)
Discus Throw 1kg	36.99m	25/09/2018	Emily Pease	
Discus Throw Multi Class	17.56m	25/09/2018	Bonnie Sutton	(38)
Javelin Throw 500gm	39.38m	25/09/2018	Emily Pease	
Javelin Throw Multi Class	17.31m	25/09/2018	Bonnie Sutton	(38)

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17 Years

100 Metre Sprint	12.53	14/09/2017	Grace Brennan	
100 Metre Sprint Multi Class	17.41	13/09/2022	Amalie Leslie	(01)
200 Metre Sprint	25.11	13/09/2022	Alesha Bennetts	
200 Metre Sprint Multi Class	36.89	13/09/2022	Amalie Leslie	(01)
400 Metre Sprint	57.96	13/09/2022	Alesha Bennetts	
800 Metre Run	2:21.10	3/11/2016	Kaitlyn Golding	
1500 Metre Run	4:55.83	17/09/2019	Zoe Melhuish	
Long Jump	5.63m	3/11/2016	Grace Brennan	
Triple Jump	12.15m	25/09/2018	Eloise Millington	
High Jump	1.65m	17/09/2019	Jenny Alley	
Shot Put 3kg	12.45m	3/11/2016	Claire Yung	
Shot Put Multi Class	3.48m	25/09/2018	Sophia Sangster	(20)
Discus Throw 1kg	35.08m	5/11/2015	Kara Baker	
Discus Throw Multi Class	7.74m	25/09/2018	Sophia Sangster	(20)
Javelin Throw 500gm	37.95m	19/09/2023	Hannah Leitch	
Javelin Throw Multi Class	7.43m	25/09/2018	Sophia Sangster	(20)

18-19 Years

100 Metre Sprint	12.61	25/09/2018	Clare De Salis	
100 Metre Sprint Multi Class	19.22	13/09/2022	Indygo Prebble	(42)
200 Metre Sprint	25.39	19/09/2023	Alesha Bennetts	
400 Metre Sprint	1:00.10	6/11/2014	Maddison McGarry	
800 Metre Run	2:26.06	6/11/2014	Bridget O'Reilly	
1500 Metre Run	5:08.74	6/11/2014	Bridget Reilly	
Long Jump	5.37m	14/09/2017	Grace Brennan	
Long Jump Multi Class	3.89m	19/09/2023	Amalie Leslie	(01)
Triple Jump	10.72m	6/11/2014	Jordan McGarry	
High Jump	1.70m	14/09/2017	Olivia Jones	
Shot Put 4kg	10.20m	5/11/2015	Mia Hodges	
Shot Put Multi Class	5.71m	13/09/2022	Indygo Prebble	(42)
Discus Throw 1kg	34.36m	14/09/2017	Claire Yung	
Discus Throw Multi Class	17.57m	13/09/2022	Indygo Prebble	(42)
Javelin Throw 600gm	32.68m	14/09/2017	Claire Yung	
Javelin Throw Multi Class	18.63m	13/09/2022	Indygo Prebble	(42)

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Boys Records

13 Years

100 Metre Sprint	11.99	17/09/2019	Maxwell Berry	
100 Metre Sprint Multi Class	16.28	25/09/2018	Michael Pei	(20)
200 Metre Sprint	24.38	6/11/2014	Edward Osei Nketia	
200 Metre Sprint Multi Class	33.69	25/09/2018	Michael Pei	(20)
400 Metre Sprint	56.07	25/09/2018	Hayden Todd	
400 Metre Sprint Multi Class	2:00.10	25/09/2018	Benjamin Kalenjuk	(20)
800 Metre Run	2:08.78	3/11/2016	Jacob Davill	
800 Metre Sprint Multi Class	4:35.82	25/09/2018	Benjamin Kalenjuk	(20)
1500 Metre Run	4:33.32	17/09/2019	Cameron Myers	
Discus Throw 1kg	43.11m	6/11/2014	Jacob Church	
Discus Throw Multi Class	18.80m	25/09/2018	Michael Pei	(20)
High Jump	1.64m	13/09/2022	Kieran Shepherd	
Javelin Throw 600gm	44.84m	13/09/2022	Richard Yu	
Javelin Throw Multi Class	7.00m	25/09/2018	Benjamin Kalenjuk	(20)
Long Jump	5.50m	5/11/2015	Ben Allen	
Long Jump Multi Class	2.91m	25/09/2018	Michael Pei	(20)
Shot Put 3kg	15.24m	6/11/2014	Jacob Church	
Shot Put Multi Class	8.11m	25/09/2018	Michael Pei	(20)
Triple Jump	11.56m	25/09/2018	Phoenix Bateman	

14 Years

100 Metre Sprint	11.33	5/11/2015	Edward Osei Nketia	
100 Metre Sprint Multi Class	13.16	25/09/2018	Nate Halpin	(01)
200 Metre Sprint	23.31	5/11/2015	Edward Osei Nketia	
200 Metre Sprint Multi Class	26.88	25/09/2018	Nate Halpin	(01)
400 Metre Sprint	53.95	5/11/2015	Matthew McGrory	
400 Metre Sprint Multi Class	1:02.49	25/09/2018	Nate Halpin	(01)
800 Metre Run	1:59.80	14/09/2017	Tomas Palfrey	
800 Metre Sprint Multi Class	2:33.64	3/11/2016	Sam Torley	(20)
1500 Metre Run	4:08.30	14/09/2017	Tomas Palfrey	
Discus Throw 1kg	48.24m	5/11/2015	Jacob Church	
Discus Throw Multi Class	30.33m	25/09/2018	Nate Halpin	(01)
High Jump	1.80m	13/09/2022	Blake Deery	
Javelin Throw 700gm	48.71m	19/09/2023	Richard Yu	
Long Jump	6.63m	13/09/2022	Blake Deery	
Long Jump Multi Class	4.88m	25/09/2018	Nate Halpin	(01)
Shot Put 4kg	15.71m	5/11/2015	Jacob Church	
Shot Put Multi Class	8.06m	25/09/2018	Nate Halpin	(01)
Triple Jump	12.53m	5/11/2015	Jacob Church	

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15 Years

100 Metre Sprint	11.06	3/11/2016	Edward Osei Nketia
200 Metre Sprint	22.40	3/11/2016	Edward Osei Nketia
400 Metre Sprint	52.12	13/09/2022	Max Juric
800 Metre Run	1:57.62	3/11/2016	Matt McGrory
1500 Metre Run	4:15.43	6/11/2014	Josh Torley
Discus Throw 1kg	54.05m	6/11/2014	Deion Pryor
High Jump	1.93m	6/11/2014	Kane Allen
Javelin Throw 700gm	47.55m	6/11/2014	Nicholas Ashmore
Long Jump	6.19m	14/09/2017	Jeremy Maranan
Long Jump Multi Class	5.47m	3/11/2016	Ari Gesini (38)
Shot Put 4kg	14.03m	13/09/2022	Elijah Wilson
Triple Jump	12.83m	25/09/2018	Daniel Bartholomaeus

16 Years

100 Metre Sprint	10.88	14/09/2017	Edward Osei Nketia
100 Metre Sprint Multi Class	14.08	13/09/2022	Marc D'Souza (20)
200 Metre Sprint	22.47	14/09/2017	Edward Osei Nketia
200 Metre Sprint Multi Class	30.20	25/09/2018	Eden Thomas (01)
400 Metre Sprint	51.07	5/11/2015	Matt Walters
400 Metre Sprint Multi Class	1:07.73	25/09/2018	Eden Thomas (01)
800 Metre Run	1:58.95	3/11/2016	Duncan Miller
800 Metre Sprint Multi Class	2:10.72	19/09/2023	Zac Barwell (20)
1500 Metre Run	4:03.53	5/11/2015	Joshua Torley
Discus Throw 1.5kg	52.05m	5/11/2015	Deion Pryor
Discus Throw Multi Class	19.95m	25/09/2018	Eden Thomas (01)
High Jump	1.91m	17/09/2019	Fin Hegyi
Javelin Throw 700gm	48.18m	3/11/2016	Zamir Bulbul
Long Jump	6.90m	13/09/2022	Kiefer Brennan
Long Jump Multi Class	4.24m	13/09/2022	Marc D'Souza (20)
Shot Put 5kg	14.98m	19/09/2023	Elijah Wilson
Shot Put Multi Class	6.50m	25/09/2018	Eden Thomas (01)
Triple Jump	13.02m	14/09/2017	Erek Lukowski

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17 Years

100 Metre Sprint	11.00	19/09/2023	Maxwell Berry	
100 Metre Sprint Multi Class	15.51	13/09/2022	Benjamin Kalenjuk	(20)
200 Metre Sprint	22.31	19/09/2023	Maxwell Berry	
200 Metre Sprint Multi Class	32.37	13/09/2022	Benjamin Kalenjuk	(20)
400 Metre Sprint	51.45	5/11/2015	Adrian Plummer	
800 Metre Run	1:54.90	5/11/2015	Yosef Gemechu	
1500 Metre Run	3:59.74	3/11/2016	Josh Torley	
Discus Throw 1.5kg	48.10m	13/09/2022	Ethan Ayodele	
High Jump	1.98m	17/09/2019	Colby Eddowes	
Javelin Throw 700gm	52.36m	14/09/2017	Oscar Curtis	
Javelin Throw Multi Class	8.56m	13/09/2022	Benjamin Kalenjuk	(20)
Long Jump	6.73m	3/11/2016	Jamie Gosney	
Long Jump Multi Class	3.76m	13/09/2022	Benjamin Kalenjuk	(20)
Shot Put 5kg	16.98m	5/11/2015	Angus White	
Triple Jump	13.73m	25/09/2018	Erek Lukowski	

18-19 Years

100 Metre Sprint	11.08	14/09/2017	Thomas Agnew	
100 Metre Sprint Multi Class	12.70	13/09/2022	Nate Halpin	(01)
200 Metre Sprint	22.79	19/09/2023	Rory Forbes	
200 Metre Sprint Multi Class	26.34	13/09/2022	Nate Halpin	(01)
400 Metre Sprint	49.54	19/09/2023	Hayden Todd	
800 Metre Run	1:57.77	3/11/2016	Hugh McKenzie	
1500 Metre Run	4:11.57	25/09/2018	Callum Burns	
Discus Throw 1.75kg	34.59m	25/09/2018	Oscar Curtis	
Discus Throw Multi Class	25.97m	13/09/2022	Nate Halpin	(01)
High Jump	1.85m	3/11/2016	Sam Hinwood	
Javelin Throw 800gm	50.72m	25/09/2018	Oscar Curtis	
Javelin Throw Multi Class	8.21m	19/09/2023	Ben Kalenjuk	(20)
Long Jump	6.35m	17/09/2019	Erek Lukowski	
Long Jump Multi Class	4.92m	13/09/2022	Nate Halpin	(01)
Shot Put 6kg	14.31m	13/09/2022	David White	
Shot Put Multi Class	8.37m	13/09/2022	Nate Halpin	(01)
Triple Jump	14.11m	6/11/2014	Anthony Choto	

Daramalan
Canberra
St Francis X
Alfred Deaki
St Clare's
Canberra
Wanniassa
Merici
Canberra
Canberra High
Canberra Hig
Canberra Hig
St Francis X
Canberra
Canberra High
Canberra

Telopea Park
Radford
Telopea Park
Radford
Alfred Deaki
St Clare's
Burgmann
Telopea Park
Radford
Alfred Deaki
Merici
Girls Grammar
Radford
Girls Grammar
Radford
Lyneham High
Radford

Alfred Deakin
Alfred Deakin
Alfred Deakin
Burgmann
St Clare's
St Clare's
Alfred Deakin
Radford Coll
Lyneham High
Canberra
Lyneham High

Lyneham High
Radford
Lyneham High
Radford
Grammar
St Clare's
St Clare's
Girls Grammar
Radford
Mary Mackillop
Canberra Col
Lyneham High
Radford
Lyneham High
Radford
Lyneham High
Radford

St Clare's
Hawker Colle
Daramalan
Hawker Colle
Daramalan
St Francis X
Girls Grammar
St Clare's
Canberra Col
Canberra
Narrabundah
Grammar
St Clare's
Grammar
Lake Ginnind
Grammar

Narrabundah
Gungahlin Coll
Daramalan
Merici
St Clare's
St Clare's
St Clare's
Hawker Colle
Merici
Girls Grammar
Girls Grammar
Gungahlin Coll
Narrabundah
Gungahlin Coll
Narrabundah
Gungahlin Coll

Daramalan
Amaroo High
St Edmunds
Amaroo High
Lyneham High
Grammar
Belconnen
Grammar
Canberra High
St Edmunds
Amaroo High
Marist
Brindabella
Grammar
Canberra Gra
Amaroo High
St Edmunds
Amaroo High
Harrison

St Edmunds
Canberra
St Edmunds
Canberra
Burgmann Col
Canberra
Lyneham High
Wanniassa
Lyneham High
St Edmunds
Canberra
Burgmann
Burgmann
Burgmann
Canberra
St Edmunds
Canberra
St Edmunds

St Edmunds
St Edmunds
Grammar
Burgmann
Melrose High
Boys Grammar
St Edmunds
St Francis X
St Francis X
Alfred Deakin
Daramalan
Melrose

St Edmunds
Grammar
St Edmunds
Melba Copland
Melba Copland
Melba Copland
Grammar
Lyneham High
Melrose High
Canberra Gra
Melba Copland
Campbell
John Paul
Marist
Grammar
Daramalan
Melba Copland
St Edmunds

Daramalan
Grammar
Daramalan
Grammar
Trinity
UC College
Erindale Col
Gungahlin Coll
Canberra
St Edmunds
Grammar
Grammar
Grammar
UC College
St Edmunds

Grammar
Hawker Colle
St Edmunds
Hawker Colle
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Narrabundah Coll