

U/14 Women

as of 17/01/2024

Event	Name	Time/ Distance	Year
60m	Mikayla Talbot	8.61	2019/20
100m	Cecile Gray	12.80	1990/91
200m	Cecile Gray	26.20	1990/91
400m	Samantha Little	1.02.11	2009/10
800m	Caitlyn O'Dwyer	2.27.14	2001/02
1500m	Callista Race-Stelling	5.11.32	2017/18
3000m	Nicole Scanlon	10.35.03	1988/89
5000m	Callista Race-Stelling	19.05.53	2017/18
10000m	Callista Race-Stelling	41.07.20	2018/19
3000m Walk	Sarah Meads	24.21.00	2000/01
2000m Steeplechase	Callista Race-Stelling	7.49.35	2017/18
80m Hurdles	Mikayla Talbot	13.99	2019/20
200m Hurdles	Lara Friesen	36.49	2002/03
Pentathlon	Gemma Fenn	2256	2017/18
Long jump	Tabitha Dudley	5.11	1998/99
Triple Jump	Gemma Fenn	10.32	2015/16
High Jump	Michelle Richmond	1.70	1981/82
Pole Vault	Gemma Fenn	1.90	2015/16
Shot Put - 3kg	Kiahna Evans	12.83	2014/15
Discus - 1kg	Kiahna Evans	32.61	2013/14
Javelin - 400g	Isabella Slabbert	31.02m	2018/2019
Hammer - 3kg	Kiahna Evans	37.83	2013/14

U/16 Women

as of 17/01/2024

Event	Name	Time/ Distance	Year
60m	Brianna Pullen	8.45	2018/19
100m	Marlo Blissett	12.48	1988/89
200m	Marlo Blisset	26.18	1988/89
400m	Melissa Baker	57.80	1988/89
800m	Wenona Nettleback	2.19.00	1992/93
1500m	Shannon O'Dwyer	4.49.36	1997/98
3000m	Caitlin O'Dwyer	10.31.75	2002/03
5000m	Melissa Baker	20.05.65	1988/89
10,000m	Callista Race-Stelling	42:00.58	2018/19
3000m Walk	Sarah Meads	22.06.00	2001/02
2000m Steeplechase	Callista Race-Stelling	7:33.77	2018/19
90m Hurdles	Gemma Fenn	13.70	2016/17
200m Hurdles	Lara Friesen	35.55	2004/05
Pentathlon	Gemma Fenn	2291	2017/18
Heptathlon	Gemma Fenn	4897	2017/18
Long Jump	Rachel Kothe	5.75	1984/85
Triple Jump	Stephanie Lockhart	11.70	1997/98
High Jump	Jemma Power	1.69	2010/11
Pole Vault	Abbie Little	2.60	2012/13
Shot Put - 3kg	Kiahna Evans	12.83m	2015/16
Discus - 1kg	Kiahna Evans	34.74	2014/15
Javelin - 500g	Clare McCormack	34.00	2016/17
Hammer - 3kg	Kiahna Evans	41.84	2014/15

U/18 Women

as of 17/01/2024

Event	Name	Time/ Distance	Year
60m	Sarah Egan	8.72	2018/19
100m	Gayle Parrott	12.23	1991/92
200m	Gayle Parrott	25.60	1990/91
400m	Melissa Baker	57.29	1989/90
800m	Melissa Baker	2.08.03	1989/90
1500m	Shannon O'Dwyer	4.54.38	1998/99
3000m	Haylie Maddison	10.44.00	1995/96
5000m	Heidi Nettlebeck	19.39.93	1995/96
10,000m	Nicole Fitzpatrick	42.09.00	1994/95
2000m Steeplechase	Siobhan Wilson	8.29.21	2013/14
100m Hurdles	Gemma Fenn	14.73	2017/18
400m Hurdles	Alison Pritchard	1.04.14	1997/98
Pentathlon	Sarah Egan	2030	2018/19
Heptathlon	Allison Williams	4328	2016/17
Long Jump	Deborah McLaughlin	6.09	1991/92
Triple Jump	Gemma Fenn	11.26	2017/18
High Jump	Gemma Fenn	1.65	2017/18
Pole Vault	Sarah Maclure	2.10	2008/09
Pole Vault	Jacqui Star	2.10	2010/11
Shot Put - 3kg	Laura Collins	12.01	2012/13
Discus - 1kg	Calista Lyon	46.52	2002/03
Javelin - 500g	Clare McCormack	34.88	2017/18
Hammer Throw - 3kg	Clare McCormack	40.49	2018/19

U/20 Women

as of 17/01/2024

Event	Name	Time/ Distance	Year
60m	Zoë Smith	8.34	2018/19
100m	Sally Wood	12.69	1998/99
100m	Alison Pritchard	12.69	1998/99
200m	Sally Wood	26.01	1998/99
400m	Alison Pritchard	1.01.35	1999/00
800m	Melissa Baker	2.08.90	1990/90
1500m	Melissa Baker	4.30.60	1990/91
3000m	Haylie Maddison	10.28.74	1997/98
5000m	Kerryn Chatam	20.41.72	2002/03
10,000m	Heidi Nettlebeck	42.15.56	1995/96
3000m Steeplechase	Siobhan Wilson	14.27.92	2016/17
100m Hurdles	Gemma Fenn	14.73	2018/19
400m Hurdles	Alison Pritchard	1.05.12	1999/00
Pentathlon	Anthea Knight	1828	2018/19
Heptathlon	Tessa Densley	4421	2001/02
Long Jump	Marlo Blissett	5.51	1992/93
Triple Jump	Stephanie Lockhart	11.87	2000/01
High Jump	Jenny Mongan	1.70	1990/91
Pole Vault	Miranda Williams	1.90	2015/16
Shot Put - 4kg	Clare McCormack	10.11	2019/20
Discus - 1kg	Calista Lyon	44.52	2002/03
Javelin - 600g	Helen Mahoney	41.36	1997/98
Hammer Throw	Clare McCormack	36.98	2018/19

Open Women

as of 17/01/2024

Event	Name	Time/ Distance	Year
60m	Talia Patterson	8.66	2018/19
100m	Fiona Hore	11.80	1989/90
200m	Fiona Hore	25.00	1989/90
400m	Tabitha West	54.39	2010/11
800m	Melissa Baker	2.08.06	1995/96
1500m	Melissa Baker	4.31.00	1995/96
3000m	Sharon McEvoy	10.41.88	1994/95
5000m	Martine Daniliuc	16.20.19	1999/00
10,000m	Sharon McEvoy	39.56.00	1994/95
5000m Walk	Belinda Hutman	29.54.70	1994/95
3000m Steeplechase	Lisa Ryan	13.16.69	2008/09
100m Hurdles	Michelle Crocos	17.28	2005/06
400m Hurdles	Michelle Crocos	1.05.17	2007/08
Pentathlon	Michelle Crocos	2190	2005/06
Long Jump	Deborah McLaughlin	5.87	1991/92
Triple Jump	Stephanie Lockhart	11.52	1999/00
High Jump	Jenny Morgan	1.75	1991/92
Shot Put - 4kg	Clare McCormack	10.03	2023/24
Discus - 1kg	Gabby Knight	29.22	2017/18
Javelin - 600g	Helen Mahoney	39.27	1997/98
Hammer - 4kg	Gabby Knight	32.77	2017/18

40+ Women

as of 10/03/2024

Event	Name	Time/ Distance	Year
60m	Karen Hill	9.56	2018/19
100m	Rachel Little	13.53	2012/13
200m	Rachel Little	27.04	2012/13
400m	Rachel Little	1.00.12	2011/12
800m	Rachel Little	2.27.85	2011/12
1500m	Rachel Little	5.34.07	2010/11
3000m	Rachel Little	12.13.04	2012/13
5000m	Rachel Little	21.21.15	2012/13
10,000m	Kate Sewell	51.29.32	2011/12
Walk			
2000m Steeplechase	Karen Hill	0.01	2018/2019
80m Hurdles	Rachel Little	16.85	2012/13
Pentathlon	Rachel Little	3065	2011/12
Long Jump	Rachel Little	4.53	2012/13
Triple Jump	Rachel Little	9.47	2011/12
High Jump	Rachel Little	1.35	2010/11
Shot Put - 4kg	Rachel Little	8.89	2011/12
Discus 1kg	Donna Burgess	26.87	2011/12
Javelin - 600g	Donna Burgess	24.51	2010/11
Hammer - 4kg	Debbie Jones	18.15	2013/14

50+ Women

as of 10/03/2024

Event	Name	Time/ Distance	Year
60m	Wendy Wise	10.05	2016/17
100m	Donna Burgess	14.29	2012/13
200m	Donna Burgess	29.63	2012/13
400m	Donna Burgess	1.04.20	2012/13
800m	Donna Burgess	2.29.10	2012/13
1500m	Donna Burgess	5.28.32	2012/13
3000m	Wendy Wise	13.22.75	2016/17
5000m	Christine Simmons	22.54.88	2010/11
10,000m	Wendy Wise	48.25.33	2016/17
3000m Walk			
2000m Steeplechase	Christine Wilson	9.58.69	2007/08
80m Hurdles	Janet Crocos	17.35	2006/07
Pentathlon	Janet Crocos	722	2015/16
Long Jump	Donna Burgess	4.31	2012/13
Triple Jump	Janet Crocos	7.38	2010/11
High Jump	Janet Crocos	1.25	2006/07
Shot Put - 3kg	Donna Burgess	10.54	2012/13
Discus - 1kg	Donna Burgess	27.76	2012/13
Javelin - 500g	Donna Burgess	22.23	2012/13
Hammer - 3kg	Glenys Whitehead	37.52m	2016/17

60+ Women

as of 10/03/2024

Event	Name	Time/ Distance	Year
60m	Janet Crocos	10.05	2018/19
100m	Janet Crocos	16.35	2018/19
200m	Janet Crocos	35.27	2018/19
400m	Janet Crocos	1.27.20	2018/19
800m	Nadia Mellor	3.22.16	2017/18
1500m	Fay Pearce	7.14.09	2011/12
3000m	Nadia Mellor	14.39.39	2017/18
5000m	Fay Pearce	27.31.70	2015/16
10,000m	Nadia Mellor	53.04.48	2017/18
Walk			
2000m Steeplechase	Nadia Mellor	10.36.78	2017/18
300m Hurdles	Janet Crocos	01:09.0	2018/19
80m Hurdles	Janet Crocos	19.97	2018/19
Pentathlon	Janet Crocos	701	2017/18
Long jump	Janet Crocos	3.57m	2017/18
Triple Jump	Janet Crocos	7.38m	2016/17
High Jump	Janet Crocos	1.15	2016/17
Shot Put - 3kg	Janet Crocos	7.49	2017/18
Discus - 1kg	Janet Crocos	18.61	2016/17
Javelin - 500g	Janet Crocos	19.10m	2017/18
Hammer - 3kg	Janet Crocos	24.22	2018/2019

70+ Women

as of 10/03/2024

Event	Name	Time/ Distance	Year
60m			
100m	Fay Pearce	21.43	2019/2020
200m	Fay Pearce	52.24	2019/2020
400m	Fay Pearce	1:52.28	2019/2020
800m	Fay Pearce	4:15.39	2019/2020
1500m	Fay Pearce	8:36.90	2019/2020
3000m	Fay Pearce	18:01.05	2019/2020
5000m	Fay Pearce	31:51.15	2019/2020
10,000m			
2000m Steeplechase			
Pentathlon			
Long jump	Fay Pearce	2.13	2019/2020
Triple Jump			
High Jump			
Shot Put - 3kg	Fay Pearce	4.09	2019/2020
Discus - 1kg	Fay Pearce	9.79	2019/2020
Javelin - 500g	Fay Pearce	9.92	2019/2020
Hammer - 3kg			