

IPSWICH & DISTRICT ATHLETIC CLUB INC.

BEST ON RECORD RESULTS 1978 – 31/3/2001

Note: Results of Schools Competitions not included

GIRLS/WOMEN

AGE/EVENT	NAME	RESULT	DATE
7 Years			
80 Metres	Stephanie Hollis	14.25	27/2/99
100 Metres	Stephanie Hollis	17.72	20/8/98
145 Metres	Stephanie Hollis	27.14	28/11/98
200 Metres	Andrea Newton	40.70	29/3/86
600 Metres	Stephanie Hollis	2.17.26	27/2/99
400 M Walk	Stephanie Hollis	2.39.20	14/11/98
Long Jump	Stephanie Hollis	2.77	5/12/98
High Jump	Stephanie Hollis	0.86	28/11/98
Shot Put 2kg	Stephanie Hollis	3.94	28/11/98
Discus 500g	Stephanie Hollis	9.88	27/2/99
8 Years			
60 Metres	Theresa Van Dyk	9.60	22/1/80
80 Metres	Patricia Barclay	12.20	11/12/82
100 Metres	Tracey Dixon	15.29	7/4/79
145 Metres	Reina Kuypers	27.37	12/11/94
200 Metres	Kellie Jesberg	36.24	27/8/00
300 Metres	Theresa Van Dyk	51.00	22/1/80
800 Metres	Reina Kuypers	3.39.16	12/11/94
1500 Metres	Erin White	6.00.80	20/11/88
400 M Walk	Erin White	2.39.80	4/2/89
800 M Walk	Sheree Newton	5.43.70	-/2/82
Long Jump	Patricia Barclay	3.95	11/12/82
High Jump	Erin White	0.90	20/11/88
Shot Put 2kg	Kellie Jesberg	4.14	27/8/00
Discus 500g	Reina Kuypers	12.34	19/11/94
9 Years			
60 Metres	Tracey Dixon	8.30	19/1/80
80 Metres	Tracey Dixon	12.10	2/3/80
100 Metres	Tracey Dixon	15.00	16/2/80
200 Metres	Tricia Williams	32.10	10/7/82
400 Metres	Stephanie Hollis	79.55	4/2/01
800 Metres	Stephanie Hollis	2.57.57	4/2/01
400 M Walk	Reina Kuypers	2.52.90	1/10/95
800 M Walk	Anne Dwyer	5.29.20	10/2/79
Long Jump	Anne Dwyer	4.04	27/1/79
High Jump	Rosemary Thompson	1.15	9/2/85
Shot Put 2kg	Timisha Wenck	5.76	29/8/99
Discus 500g	Reina Kuypers	12.38	21/1/95
10 Years			
100 Metres	Lynelle Edwards	13.90	10/7/82
200 Metres	Belinda Hoonhout	29.40	17/2/79
400 Metres	Belinda Hoonhout	66.80	17/2/79
800 Metres	Belinda Pitkin	2.45.70	8/12/85
1500 Metres	Leona Goltz	6.22.66	13/11/93
400 M Walk	Lynda Stubbs	2.09.70	27/1/79
800 M Walk	Lynda Stubbs	4.21.80	7/4/79
Long Jump	Rosemary Thompson	4.17	14/12/85
High Jump	Rosemary Thompson	1.26	14/12/85
Shot Put 1.814kg	Kerryn Rowe	8.08	26/8/84
Shot Put 2kg	Rebekah Lovely	8.53	27/8/00
Discus 750g	Rebekah Lovely	21.23	22/4/00
Javelin 400g	Belinda Pitkin	13.78	8/12/85

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	DATE
11 Years			
80 Metres	Tania Van Dyk	15.60	19/1/80
100 Metres	Belinda Hoonhout	13.60	19/1/80
145 Metres	Julie Carney	22.00	3/2/90
200 Metres	Belinda Hoonhout	27.60	8/12/79
400 Metres	Belinda Hoonhout	66.30	5/1/80
800 Metres	Michelle Bolton	2.26.70	11/12/82
1000 Metres	Julie Carney	3.08.80	6/10/90
1500 Metres	Michelle Bolton	5.06.10	11/12/82
400 M Walk	Jacqui Clowes	2.57.70	15/10/89
800 M Walk	Sheree Newton	4.28.30	19/1/85
1500 M Walk	Sheree Newton	8.51.60	9/12/85
80mH (9 x .76)	Lisa Williams	18.20	19/3/84
Long Jump	Narelle Ruhl	4.55	10/7/82
High Jump	Tracey Brown	1.45	27/11/88
Shot Put 1.814kg	Denise Thompson	9.29	9/2/85
Shot Put 2kg	Samantha Fraser	9.73	22/10/95
Discus 1kg	Samantha Fraser	19.14	27/8/95
Discus 750g	Samantha Fraser	24.46	2/12/95
Javelin 400g	Donna Schoenfisch	24.60	15/12/84
12 Years			
60 Metres	Becky Stower	9.65	27/11/99
100 Metres	Amy Chalmers	13.10	28/8/88
145 Metres	Tracey Brown	21.50	3/2/90
200 Metres	Denise Thompson	27.30	8/12/85
400 Metres	Denise Thompson	62.70	29/3/86
800 Metres	Nicole Stevenson	2.27.01	25/10/92
1500 Metres	Julie Carney	5.02.90	23/2/91
3000 Metres	Michelle Bolton	11.13.00	19/11/83
800 M Walk	Sheree Newton	4.19.30	8/12/85
1500 M Walk	Katrina Attard	8.30.70	27/8/95
3000 M Walk	Donna Schoenfisch	16.45.70	29/3/86
80mH (9 x .76)	Belinda Hoonhout	14.20	2/3/80
100mH (10 x .84)	Tania Steinmuller	19.40	3/11/79
Long Jump	Belinda Hoonhout	4.66	1/3/80
Triple Jump	Tamara Grant	9.60	27/8/00
High Jump	Tracey Brown	1.65	3/2/90
Shot Put 2.724kg	Hannah Zwisler	11.83	13/10/96
Shot Put 3kg	Samantha Fraser	10.01	9/2/97
Shot Put 4kg	Samantha Fraser	9.53	2/2/97
Discus 1kg	Samantha Fraser	29.94	9/2/97
Javelin 400g	Anita Brown	26.87	7/11/98
Javelin 600g	Patricia Barclay	32.64	14/12/85
Pentathlon	Theresa Martin	2399 pts	23/2/85
13 Years			
60 Metres	Kym Daddow	8.50	19/1/80
100 Yards	Samantha Fraser	13.60	19/12/97
100 Metres	Helen Tooth	12.30	4/11/79
145 Metres	Katy Thompson	20.00	3/2/90
200 Metres	Helen Tooth	25.90	2/3/80
300 Metres	Helen Tooth	43.30	2/2/80
400 Metres	Belinda Hoonhout	56.89	12/12/81
800 Metres	Jacqui Clowes	2.21.00	23/11/91
1200 Metres	Julie Carney	3.53.40	4/12/92

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	DATE
13 Years (contd)			
1500 Metres	Julie Carney	4.44.00	14/11/92
3000 Metres	Joanne Carney	10.59.06	10/11/90
2000 M St .84	Jacqui Clowes	9.48.51	9/11/91
800 M Walk	Sheree Newton	3.55.90	29/3/86
1500 M Walk	Tammy Zabel	7.58.50	17/4/82
3000 M Walk	Tammy Zabel	16.42.00	19/4/82
80mH (9 x .76)	Gay-Leigh Schoenfisch	13.20	14/12/85
90mH (9 x .76)	Cheryn Sennitt	13.90	14/11/81
90mH (9 x .84)	Shannon Brunjes	18.26	9/1/99
100mH (10 x .84)	Kym Daddow	19.30	19/1/80
Long Jump	Kassy Hill	5.01	4/2/01
Triple Jump	Hayley Cervetto	10.34	27/8/00
High Jump	Tracey Brown	1.65	1/12/90
Shot Put 2.724kg	Rebecca McCamley	13.01	1/10/95
Shot Put 3kg	Samantha Fraser	11.05	17/8/97
Shot Put 4kg	Samantha Fraser	10.06	24/1/98
Discus 1kg	Samantha Fraser	35.88	13/2/98
Javelin 400g	Emily Hingst	24.43	27/8/00
Javelin 600g	Samantha Fraser	33.90	19/12/97
Hammer 4kg	Samantha Fraser	22.55	1/2/98
Heptathlon	Nicole Jones	3554 pts	29/1/83
Multiple Events	Denise Thompson	3167 pts	26/2/87

14 Years

60 Metres	Melody Catling	8.40	12/11/88
100 Yards	Melody Catling	12.40	14/1/89
100 Metres	Helen Tooth	12.20	-/4/81
145 Metres	Belinda Pitkin	20.50	10/2/90
200 Metres	Kym Pope	25.30	28/11/87
300 Metres	Belinda Pitkin	45.90	10/2/90
400 Metres	Lynelle Edwards	57.00	30/1/85
600 Metres	Rachel Nolan	1.51.10	27/11/88
800 Metres	Gay-Leigh Schoenfisch	2.17.53	22/11/86
1500 Metres	Julie Carney	4.44.65	20/3/93
3000 Metres	Julie Carney	10.24.57	21/3/93
2000 M St .84	Theresa Martin	8.44.50	1/11/86
800 M Walk	Gay-Leigh Schoenfisch	4.04.70	29/3/86
1500 M Walk	Tammy Zabel	8.09.98	11/12/82
3000 M Walk	Joanne Carney	20.02.66	16/2/91
80mH (9 x .76)	Nicole Jones	13.90	19/11/83
90mH (9 x .76)	Kym Pope	13.50	13/2/88
90mH (9 x .84)	Madeline Brown	15.61	16/1/98
200mH (10 x .76)	Samantha Fraser	36.65	18/10/98
300mH (7 x .76)	Kym Pope	44.98	26/2/88
Long Jump	Kym Pope	5.72	26/2/88
Triple Jump	Theresa Martin	10.52	22/11/86
High Jump	Belinda Hoonhout	1.70	29/1/83
Shot Put 2.724kg	Deborah Lovely	14.10	10/4/98
Shot Put 4kg	Deborah Lovely	12.27	10/4/98
Discus 1kg	Deborah Lovely	44.03	13/2/98
Javelin 600g	Samantha Fraser	37.88	30/8/98
Hammer 4kg	Deborah Lovely	40.00	26/3/98
Heptathlon	Belinda Hoonhout	5086 pts	29/1/83
Multiple Events	Melody Catling	3635 pts	4/2/89

Under 16

60 Metres	Kym Pope	7.70	5/11/88
70 Metres	Kym Pope	9.30	7/1/89

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	DATE
100 Yards	Kerri Kinnane	11.70	26/1/85
150 Yards	Nicole Jones	21.10	5/1/85
100 Metres	Kym Pope	12.30	5/11/88
145 Metres	Sarah Oxlade	19.80	27/11/88
200 Metres	Jan Roberts	24.90	21/10/79
	=Kerri Kinnane	24.90	3/11/84
300 Metres	Elizabeth Hand	44.30	20/11/88
400 Metres	Belinda Hoonhout	55.80	12/11/83
800 Metres	Cornelia Brouwer	2.15.53	10/2/96
1500 Metres	Julie Carney	4.43.00	28/3/94
3000 Metres	Julie Carney	10.27.00	28/3/94
2000 M St .84	Theresa Martin	9.42.50	21/11/87
800 M Walk	Donna Schoenfisch	4.42.00	2/4/88
1500 M Walk	Lauren Treacy	7.08.78	26/11/99
3000 M Walk	Donna Schoenfisch	25.26.00	2/4/88
90mH (9 x .84)	Kym Pope	13.30	27/1/89
100mH (10 x .84)	Belinda Hoonhout	14.80	11/2/84
200mH (10 x .76)	Alexandra Perry	35.60	7/1/00
300mH (7 x .76)	Melody Catling	47.84	11/3/89
400mH 10 x .76)	Kym Daddow	72.90	23/1/82
Long Jump	Kym Pope	5.38	5/11/88
Triple Jump	Lisa Armstrong	11.06	7/11/87
High Jump	Deanne Kirwan	1.68	19/11/83
Shot Put 4kg	Deborah Lovely	13.10	3/4/99
Discus 1kg	Deborah Lovely	48.29	3/4/99
Javelin 600g	Samantha Fraser	39.65	4/2/00
Hammer 4kg	Deborah Lovely	44.50	25/3/99
Heptathlon	Alison Buchanan	4431 pts	9/3/92

Under 18

60 Metres	Kym Pope	7.70	10/2/90
70 Metres	Patricia Barclay	9.50	7/1/89
100 Yards	Belinda Hoonhout	11.60	26/1/85
150 Yards	Belinda Hoonhout	18.20	5/1/85
100 Metres	Kerri Kinnane	11.70	1/3/86
145 Metres	Kym Pope	18.50	28/1/90
200 Metres	Kerri Kinnane	24.01	8/11/86
300 Metres	Belinda Hoonhout	41.00	5/1/85
400 Metres	Kerri Kinnane	56.22	1/11/86
600 Metres	Michelle Bolton	1.39.60	27/11/88
800 Metres	Karen Dobbie	2.14.24	15/2/86
1500 Metres	Julie Carney	4.41.02	26/3/95
3000 Metres	Suzanne Ross	10.02.14	7/3/86
2000 M St .76	Kylie Vanderhaar	8.04.30	4/11/00
2000 M St .84	Pamela Ross	8.20.30	16/11/86
1500 M Walk	Angela Duckworth	7.44.25	12/1/96
3000 M Walk	Tammy Zabel	16.10.32	15/2/86
100m H (10 x .84)	Kym Pope	14.30	17/2/90
300mH (7 x .76)	Cheryn Sennitt	52.30	5/1/85
400mH (10 x .76)	Belinda Hoonhout	61.90	30/3/85
Long Jump	Belinda Hoonhout	5.96	16/2/85
Triple Jump	Natalie Brown	11.34	25/11/95
High Jump	Megan Hayne	1.79	14/11/87
Shot Put 4kg	Deborah Lovely	13.24	23/3/00
Discus 1kg	Deborah Lovely	52.64	8/3/00
Javelin 600g	Helen Price	42.34	15/2/86
Hammer 4kg	Deborah Lovely	53.11	17/10/00
Heptathlon	Belinda Hoonhout	5086 pts	13/4/85

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	DATE
Under 20			
60 Metres	Kerri Kinnane	7.60	3/12/88
80 Metres	Tracy Johnson	8.00	10/2/90
100 Yards	Kerri Kinnane	11.00	31/10/87
100 Metres	Kerri Kinnane	11.90	28/8/88
145 Metres	Kerri Kinnane	18.00	27/11/88
200 Metres	Kerri Kinnane	24.10	19/12/87
300 Metres	Kerri Kinnane	39.70	20/11/88
400 Metres	Karen Dobbie	55.01	17/3/89
600 Metres	Karen Dobbie	1.35.20	5/11/88
800 Metres	Karen Dobbie	2.07.04	17/3/89
1500 Metres	Karen Dobbie	4.50.20	5/11/88
3000 Metres	Suzanne Ross	10.17.00	14/11/87
2000 M Steeple .84	Theresa Martin	9.34.10	16/2/91
2000 M Steeple .76	Camilla Williams	8.00.28	6/11/99
3000 M Steeple .76	Camilla Williams	12.35.92	12/2/99
1500 M Walk	Tammy Zabel	8.00.00	31/8/86
3000 M Walk	Tammy Zabel	15.43.80	22/11/86
5000 M Walk	Tammy Zabel	28.47.60	20/12/86
100mH (10 x .84)	Theresa Martin	14.83	22/3/91
400mH (10 x .76)	Belinda Hoonhout	61.79	26/3/87
Long Jump	Theresa Martin	5.83	6/3/92
Triple Jump	Theresa Martin	11.30	9/1/91
High Jump	Theresa Martin	1.78	6/3/92
Pole Vault	Tracey Brown	2.00	2/2/97
Shot Put 4kg	Alison Buchanan	11.43	12/2/95
Discus 1kg	Tracey Brown	38.82	15/4/95
Javelin 600g	Tracey Brown	44.62	24/2/96
Heptathlon	Theresa Martin	5140 pts	9/3/92

Open

60 Metres	Kerri Kinnane	7.80	27/10/89
100 Yards	Theresa Martin	11.40	19/11/93
100 Metres	Kerri Kinnane	11.50	17/2/90
145 Metres	Kerri Kinnane	17.70	10/2/90
200 Metres	Kerri Kinnane	24.35	27/8/89
300 Metres	Kerri Kinnane	39.30	10/2/90
400 Metres	Karen Dobbie	55.91	18/11/89
600 Metres	Belinda Hoonhout	1.38.80	27/11/88
800 Metres	Karen Dobbie	2.08.00	19/1/92
1000 Metres	Karen Dobbie	2.57.80	17/11/90
1200 Metres	Lynette Harris	4.38.80	4/12/92
1500 Metres	Karen Dobbie	4.41.79	4/11/89
3000 Metres	Lynette Harris	12.37.30	18/4/92
2000 M St .84	Nicole Jones	9.54.50	16/2/91
60 M Hurdles	Theresa Martin	8.26	6/2/93
100mH (10 x .84)	Theresa Martin	14.10	27/2/93
400mH (10 x .76)	Theresa Martin	63.62	5/2/94
Long Jump	Theresa Martin	6.16	7/3/93
Long Jump (Indoor)	Theresa Martin	5.35	6/12/94
Triple Jump	Megan Hayne	11.37	12/12/92
High Jump	Theresa Martin	1.80	25/1/92
Pole Vault	Theresa Martin	2.40	30/3/97
Shot Put 4kg	Tracey Brown	10.60	1/2/98
Discus 1kg	Tracey Brown	39.28	30/8/98
Javelin 600g	Tracey Brown	45.91	10/1/98
Hammer 4kg	Tracey Brown	23.07	1/2/98
Heptathlon	Theresa Martin	5355 pts	9/3/93

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	DATE
30-34 Years			
100 Metres	Leann Davis	15.40	29/8/93
200 Metres	Suellen Fraser	47.60	15/4/95
800 Metres	Suellen Fraser	6.11.01	15/4/95
800 M Walk	Suellen Fraser	7.46.10	6/4/96
3000 M Walk	Suellen Fraser	28.43.74	28/9/96
Long Jump	Suellen Fraser	3.46	15/10/95
Triple Jump	Suellen Fraser	7.31	28/9/96
High Jump	Suellen Fraser	1.20	28/9/96
Pole Vault	Suellen Fraser	1.60	28/9/96
Shot Put 4kg	Suellen Fraser	9.26	15/4/95
Discus 1kg	Suellen Fraser	30.80	15/4/95
Javelin 600g	Suellen Fraser	27.46	28/9/96
Hammer 4kg	Suellen Fraser	29.81	28/3/98
Weight 9.072kg	Suellen Fraser	10.17	28/3/98
Pentathlon	Suellen Fraser	2247 pts	28/3/98
Weight Pentathlon	Suellen Fraser	2192 pts	6/4/98

35-39 Years

100 Metres	Carmel Garry	16.10	7/10/89
200 Metres	Carmel Garry	33.80	15/10/89
400 Metres	Carmel Garry	78.70	7/10/89
800 Metres	Carmel Garry	3.12.30	15/10/89
3000 Metres	Carmel Garry	16.20.30	7/10/89

40-44 Years

100 Metres	Patti Argaet	13.41	8/4/98
200 Metres	Patti Argaet	27.84	8/6/98
Long Jump	Patti Argaet	4.58	8/4/98

45-49 Years

100 Metres	Marie Howie	14.79	19/9/98
200 Metres	Marie Howie	31.24	19/9/98
High Jump	Marie Howie	1.00	3/4/99
Shot Put 4kg	Marie Howie	5.40	22/4/00
Discus 1kg	Marie Howie	13.44	22/4/00
Javelin 600g	Marie Howie	14.68	22/4/00

BOYS/MEN

AGE/EVENT	NAME	RESULT	DATE
8 Years			
80 Metres	Matthew Woods	13.20	29/8/93
100 Metres	Matthew Woods	13.61	15/1/94
145 Metres	Matthew Woods	23.30	7/11/93
200 Metres	Mark Sills	29.30	14/12/85
400 Metres	Paul Ellis	74.00	2/12/78
800 Metres	Andrew Reeves	2.49.90	30/10/94
400 M Walk	Matthew Woods	2.23.15	7/11/93
Long Jump	Mark Sills	3.79	14/12/85
High Jump	Mark Sills	1.26	14/12/85
Shot Put 2kg	Matthew Woods	6.69	17/10/93

9 Years

80 Metres	Mark Sills	10.80	13/12/86
100 Metres	Brett Bennett	13.70	28/8/88
145 Metres	Brett Bennett	21.50	27/11/88

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
9 Years (contd)			
200 Metres	Brett Bennett	28.90	27/11/88
400 Metres	Paul Ellis	75.00	3/11/79
800 Metres	Christopher Reeves	2.39.80	15/1/94
400 M Walk	Matthew Woods	1.53.00	16/10/94
800 M Walk	Scott Rowe	5.00.90	14/2/85
Long Jump	Mark Sills	4.40	13/12/86
Triple Jump	Paul Ellis	6.35	10/11/79
High Jump	Mark Sills	1.31	13/12/86
Shot Put 1.814kg	Scott Rowe	7.61	14/2/85
Shot Put 2kg	Matthew Woods	9.07	3/4/94
Discus 500g	Matthew Woods	24.72	19/11/94

10 Years

60 Metres	Craig Gillece	11.40	19/1/80
100 Metres	Brett Bennett	13.50	25/3/89
200 Metres	Ryan Kathage	29.10	9/11/91
	=Brett Bennett	29.10	25/3/89
400 Metres	Mark Sills	72.99	30/8/87
800 Metres	Nicholas Stevenson	2.32.30	30/8/98
1500 Metres	Andrew Reeves	5.14.12	17/1/97
800 M Walk	Matthew Woods	4.21.04	15/4/95
Long Jump	Brett Bennett	4.39	25/3/89
Triple Jump	Craig Gillece	6.68	26/1/80
High Jump	Mark Sills	1.44	30/8/87
Shot Put 1.814kg	Scott Rowe	8.73	29/3/86
Shot Put 2kg	Brendan Markey	10.10	27/8/95
Discus 750g	Matthew Woods	24.70	2/12/95

11 Years

100 Metres	Benjamin Mastmann	13.06	27/8/00
145 Metres	Brett Bennett	19.50	3/2/90
200 Metres	Mark Sills	27.10	2/4/88
400 Metres	Michael Clowes	73.69	27/8/89
800 Metres	Paul Statham	2.22.70	-/4/82
1000 Metres	Michael Clowes	3.25.90	4/11/89
1500 Metres	Michael Reeves	5.02.30	8/1/94
400 M Walk	Michael Clowes	2.14.30	15/10/89
800 M Walk	Matthew Woods	4.23.94	3/1/97
1500 M Walk	Trent Rogers	8.22.11	15/1/00
80mH (9 x .76)	Paul Keats	18.50	8/12/85
90mH (9 x .76)	Wade Colefax	20.12	30/11/91
Long Jump	Mark Sills	4.68	28/8/88
High Jump	Mark Sills	1.53	20/11/88
Shot Put 1.814kg	Paul Keats	7.67	18/11/85
Shot Put 2.724kg	Scott Rowe	8.59	30/8/87
Shot Put 2kg	Jason Williams	12.36	15/4/95
Discus 1kg	Benjamin Mastmann	27.07	27/8/00
Discus 750g	Jason Williams	34.00	15/4/95
Javelin 400g	Paul Keats	21.84	8/12/85

12 Years

60 Metres	Michael Gabriel	9.17	28/1/00
100 Metres	Benjamin Mastmann	13.00	4/2/01
200 Metres	Andrew Reeves	27.17	30/8/98
400 Metres	Andrew Reeves	57.50	12/2/99
800 Metres	Andrew Reeves	2.14.29	12/2/99
1500 Metres	Paul Statham	4.40.20	28/8/83
3000 Metres	Paul Statham	9.58.00	28/8/83

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
12 Years (contd)			
800 M Walk	Matthew Woods	4.36.32	24/1/98
1500 M Walk	Matthew Woods	10.12.52	31/8/97
90mH (9 x .76)	Trent Kathage	17.22	30/11/91
Long Jump	Adam Connelly	5.26	25/8/91
Triple Jump	Adam Connelly	10.32	15/2/92
High Jump	Mark Sills	1.59	27/8/89
Shot Put 2.724kg	Jason Williams	11.04	16/2/96
Discus 1kg	Benjamin Mastmann	32.38	4/2/01
Javelin 600g	Stephen Johnson	29.98	10/11/84

13 Years

60 Metres	Damian Brown	7.90	10/1/80
100 Yards	Chad McKenzie	12.50	18/12/92
100 Metres	Lynten Johnson	11.40	18/2/84
200 Metres	Lynten Johnson	23.01	19/2/84
300 Metres	Joseph Hargreaves	53.45	21/11/98
400 Metres	Karl Weber	54.80	18/2/84
600 Metres	Joseph Hargreaves	1.39.57	21/11/98
800 Metres	Andrew Reeves	2.05.73	29/10/99
1500 Metres	Andrew Reeves	4.10.41	12/11/99
3000 Metres	Andrew Reeves	8.58.47	20/11/99
2000 M St .84	Christian Stacey	8.36.50	5/12/87
800 M Walk	Matthew Woods	4.14.50	14/11/98
1500 M Walk	Matthew Woods	9.36.18	30/8/98
80mH (9 x .76)	Michael Clowes	19.40	30/11/91
90mH (9 x .76)	Michael Berlin	14.20	13/12/86
Long Jump	Lynten Johnson	6.45	19/2/84
Triple Jump	Lynten Johnson	11.79	18/2/84
High Jump	Jason Williams	1.91	23/3/97
Shot Put 2.724kg	Jason Williams	14.83	30/3/97
Shot Put 3kg	Matthew Woods	10.54	23/1/99
Shot Put 3.632kg	Christian Stacey	11.03	7/11/87
Discus 1kg	Jason Williams	41.24	9/2/97
Javelin 600g	Christian Stacey	38.92	13/2/88

Wheelchair

100 Metres	Matthew White	18.00	5/11/88
200 Metres	Matthew White	53.50	27/11/88
400 Metres	Matthew White	1.46.60	20/11/88
800 Metres	Matthew White	4.45.60	27/11/88
Discus	Matthew White	7.56	20/11/88
Shot Put	Matthew White	2.62	28/8/88

14 Years

60 Metres	Jody Dale	7.70	27/11/88
100 Metres	Lynten Johnson	11.00	3/11/84
145 Metres	Jody Dale	18.10	27/11/88
200 Metres	Lynten Johnson	22.60	26/8/84
300 Metres	Joshua Williams	47.10	20/11/88
400 Metres	Andrew Reeves	51.63	20/1/01
600 Metres	Geoffrey Baldwin	1.31.30	2/2/80
800 Metres	Michael Reeves	2.03.83	22/11/96
1500 Metres	John Rich	4.17.73	30/11/96
2000 Metres	Jacyn Colefax	6.44.50	17/11/90
3000 Metres	Michael Reeves	9.13.95	23/2/97
2000 M St .76	Christopher Reeves	6.38.61	12/2/99
800 M Walk	Chad McKenzie	4.09.50	10/4/93
1500 M Walk	Matthew Woods	7.47.89	8/12/99

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
14 Years (contd)			
90mH (9 x .76)	Scott Harvey	17.30	9/11/85
100mH (10 x .84)	Anthony Wilson	14.60	14/11/87
Long Jump	Adam Connelly	6.28	29/8/93
	=Rodney Zuyderwyk	6.28	15/2/86
Triple Jump	Mark Sills	12.56	25/8/91
High Jump	Mark Sills	2.00	30/11/91
Shot Put 3.632kg	Ray Edwards	15.01	10/7/82
Shot Put 4.535kg	Tim Kilminster	13.87	10/4/98
Discus 1kg	Ray Edwards	42.46	-/2/82
Javelin 600g	Rodney Wheeler	51.84	17/2/79
Javelin 700g	Scott Rowe	45.78	9/9/90
Multiple Events	Jacyn Colefax	2453 pts	15/12/90

Under 16

60 Metres	Jason Knack	7.27	31/8/86
70 Metres	Chris Ingram	9.40	7/1/89
100 Yards	Chris Ingram	12.10	14/1/89
100 Metres	Lynten Johnson	11.00	20/11/85
145 Metres	Rex Breed	18.20	17/11/90
200 Metres	Mark Sills	21.99	21/11/92
300 Metres	Rodney Wheeler	41.60	2/2/80
400 Metres	Jason Knack	50.22	7/3/86
600 Metres	Mark Raatz	1.29.90	10/2/90
800 Metres	Michael Reeves	2.00.41	15/11/97
1500 Metres	Alastair Stevenson	4.04.24	25/3/95
3000 Metres	Alastair Stevenson	8.51.59	26/3/95
5000 Metres	Christopher Reeves	16.15.12	21/1/00
2000 M St .76	Joseph Hargreaves	6.23.22	18/11/00
2000 M St .91	Joseph Hargreaves	6.57.92	4/2/01
800 M Walk	Richard Wood	6.00.00	2/4/88
1500 M Walk	Matthew Woods	7.19.70	5/1/01
3000 M Walk	Matthew Woods	17.29.40	13/1/01
100mH (10 x .91)	Rodney Zuyderwyk	13.34	26/3/87
110mH (10 x .91)	Chris Ingram	15.90	12/11/88
300mH (7 x .76)	Rodney Zuyderwyk	37.77	15/3/87
300mH (7 x .84)	Craig Sadler	43.80	1/10/93
400mH (10 x .91)	Harold Shelton	66.40	2/12/89
Long Jump	Lynten Johnson	7.27	9/3/86
Triple Jump	Adam Connelly	14.01	25/3/95
High Jump	Mark Sills	2.05	28/11/92
Pole Vault	Michael Broadhead	2.30	16/10/94
Shot Put 3.632kg	Stephen Johnson	10.95	31/1/87
Shot Put 4.535 kg	Paul Edwards	15.33	2/11/85
Shot Put 5.449kg	Ray Edwards	13.41	28/8/83
Discus 1kg	George Wilson	45.50	25/1/91
Discus 1.5kg	Ray Edwards	35.82	28/8/83
Discus 2kg	Darin Coombs	30.32	22/11/86
Javelin 600g	Daniel Draheim	58.70	17/2/85
Javelin 700g	David Maxey-Fisher	56.26	11/1/86
Hammer 4.535kg	Paul Edwards	29.76	15/2/86
Multiple Events	Rodney Zuyderwyk	5085 pts	26/3/87

Under 18

60 Metres	Jason Jackson	7.20	31/3/86
60M Indoor	Mark Sills	7.21	6/12/94
100 Yards	Lynten Johnson	9.70	31/10/87
100 Metres	Lynten Johnson	10.50	21/11/87
145 Metres	Chris Ingram	16.70	10/2/90

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
Under 18 (contd)			
200 Metres	Lynten Johnson	21.30	28/11/87
300 Metres	Tye Johnson	37.19	17/12/00
400 Metres	Michael Joubert	48.18	26/2/88
600 Metres	Richard Wood	1.32.10	27/11/88
800 Metres	Michael Joubert	1.49.51	13/3/88
1000 Metres	Richard Wood	2.58.60	20/11/88
1500 Metres	Alastair Stevenson	3.47.14	28/2/97
3000 Metres	Christopher Reeves	8.50.97	13/1/01
5000 Metres	Christopher Reeves	15.29.90	5/1/01
10000 Metres	Andrew Handyside	38.56.36	8/1/00
2000 M St .91	Tim Aubert	6.44.40	4/11/00
2000 M St .84	Matthew Casos	6.17.18	11/2/95
3000 M St .91	Tim Aubert	9.23.31	2/12/00
3000 M St .84	Matthew Casos	10.10.54	13/11/93
1500 M Walk	Kurt Rose	6.45.63	2/12/95
3000 M Walk	Kurt Rose	15.44.80	25/1/96
110mH (10 x .91)	Chris Ingram	15.10	7/10/89
110mH (10 x .99)	Rodney Zuyderwyk	14.10	28/11/87
400mH (10 x .91)	Rodney Zuyderwyk	55.00	7/11/87
Long Jump	Rodney Zuyderwyk	7.60	5/12/87
Triple Jump	Andrew McLean	14.31	5/2/94
High Jump	Brett Barram	2.15	23/3/97
Pole Vault	Andrew Wheeler	3.20	2/12/78
Shot Put 4.535kg	Ray Edwards	16.31	12/11/83
Shot Put 5kg	Greg Holmes	17.77	27/8/00
Shot Put 5.449kg	Ray Edwards	15.78	3/11/84
Shot Put 7.260kg	Greg Holmes	14.66	27/8/00
Discus 1.5kg	Greg Holmes	54.94	23/3/00
Discus 2kg	Greg Holmes	46.10	21/1/00
Javelin 700g	David Maxey-Fisher	63.68	8/3/87
Javelin 800g	David Maxey-Fisher	54.50	31/1/87
Hammer 4.535kg	Darin Coombs	38.92	14/11/87
Hammer 5kg	Greg Holmes	56.00	23/3/00
Hammer 5.449kg	Ray Edwards	42.74	8/12/85
Hammer 7.260kg	Greg Holmes	44.65	21/1/00
Decathlon	Chris Van Eynde	5059 pts	6/11/93

Under 20

60 Metres	Bevan Brooks	7.10	20/11/88
100 Metres	Bevan Brooks	11.10	25/3/89
145 Metres	Bevan Brooks	16.70	27/11/88
200 Metres	Gary Pickwell	22.46	22/11/86
300 Metres	Darren Barendrecht	42.20	28/1/93
400 Metres	Gary Pickwell	48.66	16/11/86
600 Metres	David Vanstan	1.38.50	27/11/88
800 Metres	Alastair Stevenson	1.51.62	6/12/97
1500 Metres	Alastair Stevenson	3.41.92	21/3/98
1 Mile	Andrew Wheeler	4.27.00	19/1/80
3000 Metres	Alastair Stevenson	8.13.25	15/11/97
5000 Metres	Michael Reeves	15.30.42	23/2/01
10000 Metres	Chris Silvester	36.10.00	3/4/94
2000 M St .84	Michael Riley	7.00.17	7/12/91
3000 M St .84	Chris Silvester	9.37.55	19/2/94
1500 M Walk	Jeremy Hollis	7.44.30	22/4/00
5000 M Walk	Jeremy Hollis	31.08.70	11/3/01
110mH (10 x 106.7)	Chris Ingram	14.50	10/1/93
400mH (10 x .91)	Todd Rohl	59.22	17/2/89
Long Jump	Mark Sills	7.57	16/2/96

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
Under 20 (contd)			
Triple Jump	Mark Sills	13.84	27/10/96
High Jump	Damian Mednis	2.18	8/11/86
Pole Vault	Andrew Wheeler	3.32	June 79
Shot Put 7.260kg	Ray Edwards	14.70	31/10/87
Discus 2kg	Ray Edwards	45.18	15/2/86
Javelin 800g	Ray Edwards	55.18	8/3/87
Hammer 5.449kg	Ray Edwards	42.74	8/12/85
Hammer 7.260kg	Ray Edwards	37.40	8/3/87
Decathlon	Michael Riley	4104 pts	21/12/91

Wheelchair

Javelin	Matthew White	9.64	29/8/93
Shot Put	Matthew White	5.06	29/8/93

Open

60 Metres	Bevan Brooks	7.00	17/11/90
100 Yards	Bevan Brooks	10.10	30/10/90
100 Metres	Bevan Brooks	10.90	18/12/92
	= Paul Hayward	10.90	26/1/86
145 Metres	Bevan Brooks	16.40	17/11/90
200 Metres	Paul Hayward	22.10	8/12/85
300 Metres	Gary Pickwell	36.30	20/11/88
400 Metres	Gary Pickwell	50.10	28/1/90
600 Metres	Darren Lawrance	1.37.50	27/11/88
800 Metres	Alastair Stevenson	1.51.26	2/2/00
1000 Metres	Andrew Wheeler	2.59.00	17/11/90
1500 Metres	Alastair Stevenson	3.38.96	11/2/00
1 Mile	Alastair Stevenson	3.58.40	23/1/00
3000 Metres	Alastair Stevenson	8.12.40	16/10/99
5000 Metres	John Martin	16.52.50	7/12/86
10000 Metres	Brad Smith	31.01.12	18/11/95
2000 M St .91	Steve Faulks	7.54.17	18/11/00
2000 M St .84	John Martin	7.32.20	16/11/86
3000 M St .84	Kevin Grace	10.25.40	5/11/94
60mH (Indoor)	Chris Ingram	8.47	6/12/94
110mH (10 x 106.7)	Chris Ingram	14.42	19/1/96
400mH (10 x .91)	Fabian Gatfield	59.10	27/10/96
1500 M Walk	Darrin Norwood	8.00.41	28/1/01
3000 M Walk	Grant Davis	16.27.90	12/11/88
Long Jump	Mark Sills	7.27	10/1/97
Triple Jump	Chris Van Eynde	12.58	25/8/96
High Jump	Damian Mednis	2.15	13/12/86
Pole Vault	Andrew Wheeler	3.60	7/2/92
Shot Put 7.260kg	Ray Edwards	14.92	23/1/88
Discus 2kg	Ray Edwards	46.82	25/3/89
Javelin 800g	Ray Edwards	58.72	17/2/89
Hammer 7.260kg	Ray Edwards	41.54	26/2/88
Decathlon	Stan Davis	5236 pts	6/11/93

30-34 Years

100 Metres	Paul Hayward	11.56	5/11/94
200 Metres	Paul Hayward	23.76	26/11/94
400 Metres	Vic Pascoe	52.40	10/7/82
800 Metres	Sam Fragomeni	1.54.14	29/10/99
1500 Metres	Sam Fragomeni	3.46.28	11/2/00
3000 Metres	Sam Fragomeni	8.13.79	2/7/99
1500 M Walk	Grant Davis	7.56.00	9/9/90
3000 M Walk	Grant Davis	16.34.09	6/10/90
110mH (10 x 106.7)	Andrew Wheeler	19.97	7/11/93

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
30-34 Years (contd)			
400mH (10 x .91)	Grant Davis	65.08	6/2/93
Long Jump	Andrew Wheeler	5.99	24/2/96
Triple Jump	Andrew Wheeler	11.76	4/12/93
High Jump	Andrew Wheeler	1.65	7/11/93
Pole Vault	Andrew Wheeler	3.65	28/1/93
Shot Put 7.260kg	Brad Monk	12.32	30/8/98
Discus 2kg	Brad Monk	41.89	30/8/98
Javelin 800g	Andrew Wheeler	48.26	19/1/92
Hammer 7.260kg	Andrew Wheeler	19.04	15/1/94
Decathlon	Andrew Wheeler	4826 pts	6/11/93

35-39 Years

60 Metres	Vic Pascoe	7.70	20/11/88
100 Metres	Vic Pascoe	11.50	26/8/84
200 Metres	Vic Pascoe	23.40	20/11/84
300 Metres	Vic Pascoe	44.80	20/11/88
400 Metres	Vic Pascoe	53.40	16/1/85
800 Metres	Vic Pascoe	2.06.60	16/2/85
1500 Metres	Grant Davis	4.58.29	19/9/99
3000 Metres	Paul Mason	10.49.30	10/7/82
3000 M St .84	Grant Davis	11.54.62	8/4/98
800 M Walk	Grant Davis	4.01.00	6/4/96
1500 M Walk	Grant Davis	7.50.55	19/10/97
3000 M Walk	Grant Davis	17.13.44	28/9/96
5000 M Walk	Grant Davis	32.22.00	28/3/98
400mH (10 x .91)	Vic Pascoe	61.30	9/2/85
Long Jump	Grant Davis	5.58	24/2/96
High Jump	Andrew Wheeler	1.00	3/4/99
Triple Jump	Andrew Wheeler	10.33	3/4/99
Pole Vault	Andrew Wheeler	3.20	30/3/97
Shot Put 7.260kg	Brad Monk	12.05	3/4/99
Discus 2kg	Brad Monk	40.90	3/4/99
Javelin 800g	Andrew Wheeler	47.80	27/3/99
Hammer 7.260kg	Brad Monk	52.34	10/2/99
Weight 15.88kg	Andrew Wheeler	8.56	19/9/98
Pentathlon	Andrew Wheeler	2247 pts	8/4/98
Weight Pentathlon	Andrew Wheeler	2076 pts	8/4/98

40-44 Years

60 Metres	Arthur Rowe	7.40	31/8/86
100 Metres	Arthur Rowe	11.80	25/8/85
145 Metres	Vic Pascoe	17.80	10/2/90
200 Metres	Arthur Rowe	23.70	8/12/85
400 Metres	Arthur Rowe	53.80	9/12/85
800 Metres	Vic Pascoe	2.35.12	12/12/92
1500 Metres	Vic Pascoe	5.29.69	30/11/91
400mH (10 x .91)	Vic Pascoe	70.30	7/12/91
800 M Walk	John Musters	4.39.30	30/3/97
1500 M Walk	John Musters	8.19.44	31/8/97
Long Jump	Vic Pascoe	5.13	14/4/90
High Jump	John Musters	1.50	9/11/96
Shot Put 7.260kg	John Musters	8.89	25/8/96
Javelin 800g	John Musters	26.28	28/9/96

45-49 Years

60 Metres	John Musters	8.48	14/11/99
100 Metres	Arthur Rowe	12.10	25/3/89
200 Metres	Arthur Rowe	25.05	27/8/89
400 Metres	Arthur Rowe	57.70	25/3/89

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
45-49 Years (contd)			
800 Metres	Geoff Jones	2.24.13	30/8/87
3000 Metres	Roy Stubbs	9.58.10	10/7/82
1500 M Walk	John Musters	8.17.80	3/4/99
3000 M Walk	Roy Stubbs	14.70.00	12/11/83
5000 M Walk	Roy Stubbs	24.40.00	19/11/83
Long Jump	Vic Pascoe	4.21	15/4/95
High Jump	John Musters	1.60	23/1/99
Shot Put 7.260kg	John Musters	9.03	3/4/99
Javelin 800g	John Musters	26.79	28/3/98
Pentathlon	John Musters	1955 pts	8/4/98

BEST ON RECORD - FEMALE

Open Age Weights and Hurdle Specifications
Age is Age when performance set

AGE	EVENT	NAME	RESULT	DATE
U20	60 Metres	Kerri Kinnane	7.60	3/2/88
U20	100 Yards	Kerri Kinnane	11.00	31/10/87
Open	100 Metres	Kerri Kinnane	11.50	17/2/90
Open	145 Metres	Kerri Kinnane	17.70	10/2/90
U20	200 Metres	Kerri Kinnane	24.01	8/11/86
Open	300 Metres	Kerri Kinnane	39.30	10/2/90
U20	400 Metres	Karen Dobbie	55.01	17/3/89
U20	600 Metres	Karen Dobbie	1.35.20	5/11/88
U20	800 Metres	Karen Dobbie	2.07.04	17/3/89
Open	1000 Metres	Karen Dobbie	2.57.80	17/11/90
13yrs	1200 Metres	Julie Carney	3.53.40	4/12/92
U18	1500 Metres	Julie Carney	4.41.02	26/3/95
U18	3000 Metres	Suzanne Ross	10.02.14	7/3/86
U18	2000 M St .84	Pamela Ross	8.20.30	16/11/86
U20	2000 M St .76	Camilla Williams	8.00.28	6/11/99
U20	3000 M St .76	Camilla Williams	12.35.92	12/2/99
U16	1500 M Walk	Lauren Treacy	7.08.78	26/11/99
U20	3000 M Walk	Tammy Zabel	15.43.80	22/11/86
U20	5000 M Walk	Tammy Zabel	28.47.60	20/12/86
Open	100mH (10 x .84)	Theresa Martin	14.10	27/2/93
U20	400mH (10 x .76)	Belinda Hoonhout	61.79	26/3/87
Open	Long Jump	Theresa Martin	6.16	7/3/93
Open	Triple Jump	Megan Hayne	11.37	12/12/92
Open	High Jump	Megan Hayne	1.80	25/1/92
Open	Pole Vault	Theresa Martin	2.40	30/3/97
U18	Shot Put 4kg	Deborah Lovely	13.24	23/3/00
U18	Discus 1kg	Deborah Lovely	52.64	8/3/00
Open	Javelin 600g	Tracey Brown	45.91	10/1/98
U18	Hammer 4kg	Deborah Lovely	53.11	17/10/00
Open	Heptathlon	Theresa Martin	5355 pts	9/3/93

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	DATE
50-54 Years			
100 Metres	Waitaire Gnarnayarrahe	12.70	3/12/94
200 Metres	Waitaire Gnarnayarrahe	26.33	26/11/94
800 M Walk	John Oliver	5.47.70	6/4/96
Long Jump	John Oliver	4.13	10/4/93

BEST ON RECORD - MALE

Open Age Weights and Hurdle Specifications
Age is Age when performance set

AGE	EVENT	NAME	RESULT	DATE
Open	60 Metres	Bevan Brooks	7.00	17/11/90
U18	100 Yards	Lynten Johnson	9.70	31/10/87
Open	100 Metres	Bevan Brooks	10.90	18/12/92
		= Paul Hayward	10.90	26/1/86
Open	145 Metres	Bevan Brooks	16.40	17/11/90
U18	200 Metres	Lynten Johnson	21.30	28/11/87
Open	300 Metres	Gary Pickwell	36.30	20/11/88
U18	400 Metres	Michael Joubert	48.18	26/2/88
U18	600 Metres	Mark Raatz	1.29.90	10/2/90
U18	800 Metres	Michael Joubert	1.49.51	13/3/88
U18	1000 Metres	Richard Wood	2.58.60	20/11/88
Open	1500 Metres	Alastair Stevenson	3.38.96	11/2/00
Open	1 Mile	Alastair Stevenson	3.58.40	23/1/00
Open	3000 Metres	Alastair Stevenson	8.12.40	16/10/99
U18	5000 Metres	Christopher Reeves	15.29.90	5/1/01
Open	10000 Metres	Brad Smith	31.01.12	18/11/95
U18	2000 M St .91	Tim Aubert	6.44.40	4/11/00
U18	2000 M St .84	Matthew Casos	6.17.18	11/2/95
U18	3000 M St .91	Tim Aubert	9.23.31	2/12/00
U20	3000 M St .84	Chris Silvester	9.37.55	19/2/94
Open	110mH 10x106.7	Chris Ingram	14.42	19/1/96
U18	400mH (10 x .91)	Rodney Zuykerwyk	55.00	7/11/87
U18	1500 M Walk	Kurt Rose	6.45.63	2/12/95
U18	3000 M Walk	Kurt Rose	15.44.80	25/1/96
45-49	5000 M Walk	Roy Stubbs	24.40.00	19/11/83
U18	Long Jump	Rodney Zuykerwyk	7.60	5/12/87
U18	Triple Jump	Andrew McLean	14.31	5/2/94
U20	High Jump	Damian Mednis	2.18	8/11/86
Open	Pole Vault	Andrew Wheeler	3.60	7/2/92
Open	Shot Put 7.260kg	Ray Edwards	14.92	23/1/88
Open	Discus 2kg	Ray Edwards	46.82	25/3/89
Open	Javelin 800g	Ray Edwards	58.72	17/2/89
U18	Hammer 7.260kg	Greg Holmes	44.65	22/1/00
Open	Decathlon	Stan Davis	5236 pts	6/11/93