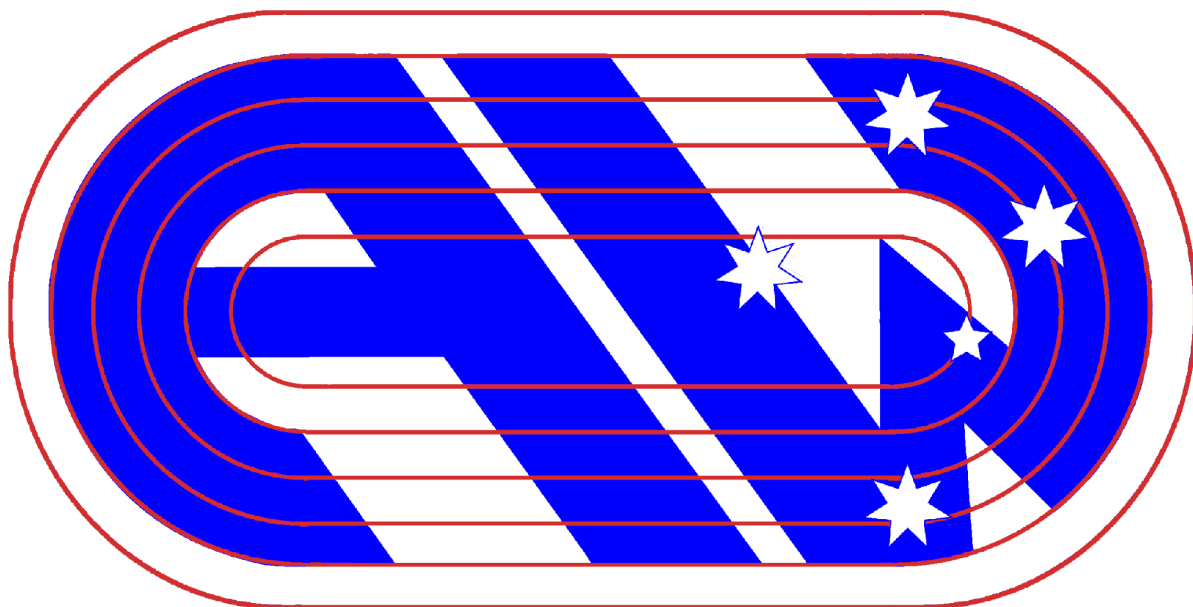




ATHLETICS WOLLONGONG

The Red Book

Membership Guide

2026 – 2027

**Draft version
as at 16/8/2026**

www.athleticswollongong.org.au/home

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Athletics Wollongong Aims

We pride ourselves on supporting athletes to achieve their goals in a friendly, supportive and relaxed atmosphere. We aim:

- to make athletics fun for all ages.
- to help others discover and enjoy a healthy sport.
- to assist athletes in developing their skills.
- to facilitate local, friendly competition.
- to provide a pathway to State, National and International competition.

Membership Benefits

All competitive members (i.e. Community, Concession, Juniors, Open and Multi-Club) **receive:**

- Insurance Cover (see the [NSW Athletics website](#) for more details)
- Eligibility to compete at Athletics Wollongong club meets and win prizes
- Eligibility to compete as Multi-Club athletes (with a maximum of two clubs and only one Little A centre)
- Eligibility to set/break club records
- Eligibility to be considered for club trophies and awards
- A certificate detailing your season best performances at AW meets
- Awards for maintaining your membership for multiple seasons
- Access to meets hosted by other NSW Athletics affiliated Clubs (subject to their entry conditions)
- Club newsletters and other information from NSW Athletics

Concession, Juniors & Open members also receive:

- Access to all NSW Athletics sanctioned meets and Championships (subject to their entry conditions)
- Eligibility for selection in State and National teams
- Discounted entry to some events
- Those under 20 years of age are also eligible for the NSW Target Talent Program

President's Message

Welcome to the 2026/27 season at Athletics Wollongong!

Each new season brings with it a sense of anticipation - new goals to chase, personal bests to achieve, friendships to strengthen, and opportunities to be part of something bigger than ourselves. Whether you're joining us for the first time or returning for another year, I'm delighted to welcome you to another exciting season at AW.

Our club continues to go from strength to strength, built on the enthusiasm of our members, the dedication of our volunteers, and a shared passion for athletics. Every Wednesday evening, athletes of all ages and abilities come together to compete, encourage one another, and enjoy the unique sense of community that has become the hallmark of Athletics Wollongong.

As I write this message, excitement is building as AW prepares to be represented at two of the sport's premier global championships. Delta Amidzovski has been selected for the Commonwealth Games, while Chase Grant, Chelsy Wayne and Maiya Hewitt have been selected for the World Athletics U20 Championships. Their achievements reflect years of hard work and dedication, while also demonstrating that the journey from Wednesday night competition at Beaton Park can lead all the way to the highest levels of international athletics.

While we take enormous pride in these outstanding achievements, they also reflect something at the heart of our club: every athletic journey matters. Not every success is measured by medals or representative selection. Whether it's achieving a personal best, mastering a new event, returning from injury, or simply having the confidence to step onto the track each week, every accomplishment deserves recognition. Creating an environment where everyone feels supported, encouraged and valued remains one of Athletics Wollongong's greatest strengths.

We're pleased to continue strengthening our partnerships with local businesses and organisations whose support helps make our competitions and events even more rewarding. Through their generosity, we are able to offer participation incentives, prizes, improved equipment and enhanced experiences for our members throughout the season. We sincerely thank our sponsors for investing in our club and helping AW continue to thrive.

Thank you for choosing to be part of Athletics Wollongong. Whether your goal is to represent Australia, set a personal best, improve your fitness, or simply enjoy the camaraderie of our athletics community, I hope this season is one you'll remember with pride.

I look forward to seeing you at the track.

Yours in athletics,

Michael McClelland

Athletics Wollongong President

Management Committee 2026 – 2027

<i>President:</i>	Michael McClelland
<i>Vice President:</i>	Tom Schambron
<i>Treasurer:</i>	Ros Perry
<i>Secretary:</i>	Sharyn Grant
<i>Race Secretary:</i>	Ros Perry – Wednesday Meets
<i>Public Officer:</i>	Ronald Perry
<i>Registrar:</i>	Peter Kidd
<i>Athletes Representative:</i>	Anthony Howlett
<i>Winter Season Coordinator:</i>	Ronald Perry
<i>Development Officer:</i>	Olivia Sivills

Support Position Holders

<i>Uniform Coordinator:</i>	Adriana Van Bockel
<i>Junior Athletes' Representative:</i>	Kris Lorkin
<i>Recorder:</i>	Michael McClelland
<i>Publicity Officer:</i>	Dave Ross
<i>Website Administrator:</i>	Ron Perry
<i>Wednesday Competition Organiser:</i>	Simon Harmey
<i>Grants Officer:</i>	Tom Schambron/Anthony Howlett
<i>Wednesday BBQ Coordinator:</i>	Adriana Van Bockel
<i>Equipment Officer:</i>	Keiran Bartle
<i>Fundraising & Sponsorships Officer:</i>	Tom Schambron/Anthony Howlett
<i>External Results Coordinator:</i>	Michael McClelland
<i>Chief Timekeeper</i>	Michael McClelland
<i>Archivist</i>	Ros Perry
<i>Member Protection Information Officer:</i>	Donna Hiscox

Contact Details

<i>Postal Address:</i>	AW Secretary, 35 Kembla St, Wollongong, NSW, 2500
<i>Email:</i>	athleticswollongong@gmail.com
<i>WWW:</i>	https://www.athleticswollongong.org.au/home/
<i>Facebook:</i>	https://www.facebook.com/groups/7603289126
<i>Instagram:</i>	https://www.instagram.com/athleticswollongong/

Committee Meetings

AW Committee Meetings are held at 7pm on the second Tuesday of each month. Every member is entitled to attend and encouraged to get involved. If you have any questions, queries or suggestions, the committee is very willing to take them on board, please just let one of the committee members know.

Club Communication

Newsletters

Club newsletters are written and published monthly. They are sent to the email address that you originally provided to NSW Athletics when you registered for the season. Newsletters are also posted on the website and on Facebook.

Social media

Athletics Wollongong is on Facebook; just search for '[Athletics Wollongong](#)'. We will use this group to post the timetable for the coming Wednesday Meet, as well as news and alerts regarding cancellations or event reminders. We can also be found on Instagram: [@athleticswollongong](#).

Email

We will use this option to send you newsletters and important reminders. We will use the email address you originally provided to NSW ATHLETICS when you registered for the season.

SMS messages

We will very rarely use this option but may do so to send you vital reminders or alerts. We will use the mobile phone number you originally provided to NSW ATHLETICS when you registered for the season.

Newspaper articles

News tips will be submitted to the Illawarra Mercury by the club. We encourage all members to post their results to the Facebook group and/or email athleticswollongong@gmail.com so that your clubmates are aware of your successes.

Volunteering and NSW Athletics Memberships

All those assisting at events are encouraged to take up a (free) Club Volunteer membership to be covered by insurance.

An athlete can upgrade their membership at any time throughout the season for just the difference in pricing. Go to the club portal (<https://www.athleticswollongong.org.au/home/>) and click "Log in" at the very top-right to access the appropriate area and choose the appropriate link to upgrade. For any assistance, talk to our Registrar or email athleticswollongong@gmail.com.

There is the option to take out a Multi-Club membership. Details can be found [here](#).

Those 30 years of age and older can also purchase a NSW Masters membership, gaining eligibility to compete in some Masters-specific events, incl. Nationals, Oceania and World Championships. This membership has to be purchased separately via the [NSW Masters website](#).

Active Kids Vouchers

Athletics Wollongong is an Active Kids provider. The NSW Government offers two \$50 vouchers per year for school children to apply towards sport registration costs. Note that you cannot apply your voucher retrospectively to a membership with AW; it must be applied during the rego process.

Permission to take Photographs

During the season, photos of athletes may be taken for publicity purposes or for inclusion on the club's web pages. If you need to let us know that you can't have your photograph or results published on the AW website, Facebook page or in news tips submitted to the Mercury – please [email us](#).

Privacy Policy

AW will not disclose your personal and contact details to any third party unless legally obligated to do so. Please [contact us](#) if you would like your contact details removed from our register of members.

Sponsors and Supporters

Athletics Wollongong would like to acknowledge these individuals and businesses for their support:

- Loan Wolf
- New Millennium Trophies
- Anthony Howlett?
- Run Havoc
- React? * Activate Events

Fundraising and Community Initiatives

The club organises and participates in a number of fundraising and community activities each year. Funds raised are directed to athlete support, development, and subsidising the Annual Presentation Evening. Athletes and parents who [apply for funding](#) are required to have helped at one or more of the fundraising activities listed below:

- Australia Day Aquathon
- Assistance at Championship events hosted by the club
- Support AW at public/external events
- Other volunteering activity approved by AW Management Committee

Uniforms

Athletics Wollongong club colours are red, white and royal blue.

It is encouraged, but not compulsory, to wear the club uniform on a Wednesday night at our Meets. Uniforms must be worn, however, when representing the club at NSW ATHLETICS competitions - this is a mandatory requirement set down by NSW Athletics. It may also be a requirement for competitions run by other Clubs.

Competition singlets or shirts in men's and women's styles, as well as ladies' crop tops, are available for purchase at our Wednesday Club Meets – or otherwise by arrangement. Royal blue bottoms can be purchased from retail stores (though black will also suffice).

History of Athletics Wollongong

Athletics Wollongong was formed on August 21st, 1958 as Southern Flame Amateur Athletic Club. Our first meets were held at Wollongong Showground on a Saturday afternoon. Once cricket season began, our operations were then moved to Beaton Park, a site formerly occupied by the Federal Coke Works and largely open space at the time. Club officials were able to fashion a reasonably flat 100 yard strip, along with a roughly-circular course and held our first meet there on November 29th, 1958. The track was located on the present-day soccer fields, but was eventually shifted a little further to the south to - more or less - its current position.

The club permanently switched to Wednesday twilight competitive meetings in 1989, following earlier successful trials. Members were found to appreciate having their weekends free for leisure or to allow them to compete at events elsewhere. It also saw club competition held in more comfortable temperatures; important given the lack of facilities at the time.

While calls for a synthetic track had been made for many years, fundraising and planning - with Southern Flame members at the forefront - began in earnest in the early 90s. The hard work resulted in the Illawarra Regional Athletic Centre, officially opening on 23rd September, 1993. Track lighting and the grandstand were further welcome improvements made to the facility over the next few years.

In 2000 our club was incorporated and members voted to change its name to Athletics Wollongong.

Over the years many of our athletes have gained National and International recognition under the club banner. This includes the late Kerryn McCann, in whose honour the Beaton Park athletics facility is now named. The club's [Honour Roll](#), listing our representatives, may be viewed on our website.

Athletics Wollongong Life Members

Wollongong Southern Flame (1958-2000)

Ralph Campbell*	Beryl Gibson*	Jim Smart*
Wally Marstaeller*	Norm Martin	Verna Pinch*
Allan Pinch*	Elsie Rayner*	Ted Rayner*
Norm Robinson*	Roy Slapp*	

Athletics Wollongong (2000+)

2000+

Kevin Mathieson	Barry McClelland	Sue McClelland
Ronald Perry	Rosalind Perry	Michael McClelland
Howard McGarry	Phil Frkovic	Adriana Van Bockel
Peter Kidd	Des Comer	

Training & Coaching

Club Training Sessions

Athletics differs from other sports in that participants choose whether or not they wish to train at all. If they do, then they seek out a coach themselves, based on their interest, and the coach's availability, location, experience, cost, philosophy, squad make-up, etc. The below is not an exhaustive list of coaches associated with the club. Some prefer to advertise themselves outside of the club structure to ensure that athletes from any club feel welcome to attend; others are more selective regarding who to take on. Get in contact with us and AW can assist in suggesting matches.

Athletics Wollongong Coaches

Barry McClelland

Level 3 - Jumps

Mobile: 0434 934 021

Pole vault training sessions held on Sunday mornings from 8:30am to 10:30am.

All club members aged from 12 years are invited to participate.

Brett Barklay

Level 2 - Hurdles, Sprints, Jumps

Mobile: 0412 909 145

Donna Hiscox

Sprints, Relays & Hurdles

AA Level 3 Advanced Coach, World Athletics Coach

Mobile: 0414 767 373 | Email: donnahiscox28@gmail.com

Geoff Stalker

Level 4 - Middle and Long Distance

Mobile: 0409 927 966 | Email: geoffstalker777@gmail.com

Greg Berrell

Level 4 – Sprints, Relays, Middle Distance

ALTIS Foundation Course (USA)

Mobile: 0493 502 114 | Email: vtcoach@gmail.com

Jamie Dawson

Level 3 – Sprints, Relays and Long Jump

Mobile: 0433 582 430 | Email: mtorchp@gmail.com

Tom Schambron

Level 3 - Middle and Long Distance, Certificate IV Personal Training

Mobile: 0403 826 431 | Email: thomas13@gmx.net

Tony Saunders

Level 4 – Sprints, Hurdles, Level 2 Middle Distance and Walks, ALTIS Foundation Course, World Athletics Coach

Mobile: 0424 236 625 | Email: tbsaunders@bigpond.com

Danielle Szakacs

Level 2 – Sprints and Middle Distance

Mobile: 0405 558 019 | Email: danielleszakacs@msn.com

Michael Doodson

Level 2 – Sprints

Mobile: 0408 020 076 | Email: michaeldoodson@hotmail.com

Rebecca Buchanan

Level 2 – Sprints, Middle and Middle Distance

Mobile: 0438 427 963 | Email: b.l.buchanan@hotmail.com

Keiran Bartle

Level 1 – Discus Throw, Hammer Throw, Shot Put

Mobile: 0412 783 890

Keira Rejske

Level 1 Youth Coach – Sprints, Relays, Long Jump

Email: Keira.r@icloud.com

Athletics Wollongong Code of Conduct

Athletics Wollongong upholds and abides by the NSW ATHLETICS Codes of Conduct for officials, coaches and athletes as outlined in the [NSW Athletics Member Protection Policy](#). Full details can be found on the NSW ATHLETICS website.

- Members must abide by the [Club Constitution](#) and rules.
- Athletes must acknowledge and respect the rules of competition
- Athletes must co-operate with other Club Members and Officials
- At our Wednesday Meets:
 - Athletes must NOT cross the grass infield due to the danger posed by throwing events
 - Shoes must be worn at all times
 - Spikes must be removed when you aren't competing in an event
 - A parent or guardian must be present during Wednesday Meets for all athletes in 15's and younger age groups. They must also lend assistance in delivering events
 - Only athletes and event helpers are permitted in the infield – no spectators or young children.

The actions of all Club Members, officials, parents and visitors must also conform with the Risk Assessment policy produced by Beaton Park Leisure Centre relating to the use of an athletics track.

Read also the Beaton Park Leisure Centre Guidelines for track use in the back of this booklet on page 23.

Athletics Wollongong Wednesday Meets Primer

1. Check the weather

Evenings are not cancelled due to wet weather, although some field events may not be held if conditions become unsafe. Lightning *will* affect competition: it will be halted when there is 30s or less between flash and bang, and will not resume until at least 30 minutes after the last audible thunder. Members will be updated via a posting to our [Facebook](#) group.

2. Arrive at Beaton Park at about 5:00pm.

This leaves you plenty of time to warm up and help set up. Pay your entry fee at the Leisure Centre front desk - note that there are multi-visit track passes available to help cut costs.

3. Check your events

Events for the usual rounds can be found in this booklet or on the AW website; the order of events is also posted to [Facebook](#) the Sunday prior. The program is grouped into age divisions, each with typically 5 events per evening. Check the [Facebook](#) page and the noticeboard for any last minute alterations.

4. Listen to announcements (5:30pm)

Club announcements will be made in the home straight, after which athletes should move to their first event. The smooth running of the evening depends on participants' efficiency. When athletes complete one event they go straight to their next one as per program.

5. Lend a hand

Athletics Wollongong relies on the support of its volunteers. Competitors and parents/guardians alike are asked to assist with basic tasks such as recording names, raking sand or returning a discus.

Events do not run themselves; please contribute to the AW club spirit and atmosphere. Our more senior athletes (16's and up) are expected to largely run their field events by themselves. If you are the last group to complete your event, please return the equipment to the shed. If unsure how you can help talk to our friendly president or any other committee member.

Parent Participation

Each Wednesday evening, a great deal of parental and athlete support is required to run all the track and field events. We especially need the help of parents or guardians of athletes in 9's to 17's age groups, as these athletes are not old enough to manage their own events.

In order to comply with Child Protection requirements, all events involving age groups with athletes under 18 years of age have to be conducted under the supervision of at least 2 adults. If we are unable to get the required number, then events for these age groups will not be able to be run.

To this end, we ask that parents work together to ensure there is sufficient help to safely deliver events to their children. As a guide, commit to help **at least** every 3rd week that each of your children competes. If this commitment is not fulfilled, athletes will not be eligible for end of season point score awards and will not be eligible for financial subsidy/reimbursement when offered by the Club.

Parents who compete as athletes themselves are also expected to contribute to the running of their children's events or officiate at track events.

Age groups

For club point score purposes - and to align with the rules in place at other NSW ATHLETICS events - athletes compete in the group determined by their age as at 31st December 2027 (i.e. the latter year of the two that comprise the summer season). Athletes remain in the same age group for the duration of the season. In line with official NSW ATHLETICS rules, Masters athletes (i.e. those 30 years of age or older) will move to the next age group on their birthday.

Weekly Point Score

In each event held on Wednesday evenings, athletes are awarded points for the position they finish in their age groups in each event: 4 for 1st, 3 for 2nd, 2 for 3rd and 1 for participation.

Athletes can compete out of their division but their performances will be compared against those in their own age group. If an event is contested with a different implement weight/hurdles specification than that specified in this guide for an athlete's age group, only 1 participation point will be awarded. Points – along with records and Season Best performances – can only be attained when a contested event is programmed for the relevant age group.

Athletes may compete in an event more than once on the same evening. However, only their first performance in that event will be counted for point score purposes, Club records or Season Bests. In rounds where athletes are given the choice of competing in a technical event or its replacement (e.g. sprint hurdles or 100m) and they contest both, only the former performance counts.

A reasonable number of warm-up attempts are allowed in field events. Aside from vertical jumps, three competitive attempts are permitted for each athlete. Senior athletes may have up to 6 attempts in lieu of contesting their following track event and/or by joining in with (and helping) the next age group that contests the event. Always be mindful of others and be aware of your impact on the running of the program. It's a school night; we endeavour to be walking out the gate before 7:30pm.

Generally, athletes gain no points if they compete in an event which is not scheduled for their age group. However, for distance events, athletes will be awarded 1 point if they compete over a distance different to that which is programmed for their age group.

Handicap Races

Athletics Wollongong occasionally conducts handicapped events for fun and to provide variety to our athletes. Handicaps are determined from athlete performances under the presumption that they were genuine efforts, correctly recorded, with weather conditions having no marked effect. Along with natural performance variance and minimal data: the handicaps won't be perfect. Just enjoy!

End of Season Awards

All athletes who attend our Wednesday meets receive a certificate detailing their Season Bests in each of the events they participated in throughout the season.

Members who have participated in at least 50% of Wednesday Club Meets (and, if they register late, a minimum of 8 Club Meets) are eligible for a club point score award and consideration for the Most Improved Newcomer Award (if in their first season of membership), else Most Improved.

Awards are also given to those who break Club Records, achieve the best Age-graded performances in each event, maintain continuous membership, represent at National Championships, and provide great service to the club or demonstrate fine club spirit. Major trophies are presented for outstanding achievements in Para, Junior, Masters, Track, Jump and Throws categories.

Awards are given to recipients at the Club Presentation Night. Last year's winners can be found later in the Red Book.

Winter Season Awards

Between May and August the club conducts a Winter Season point score based on parkrun participation. The parkrun Age-Graded % is used to score the competition and we conduct both Open and Junior (17's and under) categories. Runners must complete a minimum number of runs and the best results are averaged to determine the winners, who will be awarded the Distance Running Trophy. If possible, we also award a Most Improved winner.

2026 – 2027 Wednesday Meet Calendar

As at 2 August 2026 (subject to change at the discretion of the Athletics Wollongong Management Committee; changes will be announced in the Athletics Wollongong Facebook group)

Date		Week	Program / Round	Distance Event (appr. 7pm start)	Special Events & Notes
2026 September	23rd		Learn the Events – Meet & Greet for new & existing members. Basic introductions to Jumps, Throws and various Track events		
	30th		Come & Try - 1		Sprints & Throws
October	7 th		Come & Try - 2		Jumps & Distance runs
	14 th	1	1	1500m/3000m	The 'Chase Grant 400m'
	21 st	2	2	2000m	
	28 th	3	3	1500m	The 'Delta Amidzovski Long Jump'
November	4 th	4	4	1000m/5000m	
	11 th	5	Relay Night	1000m	
	18	6	1	Steeplechase	The 'Chelsy Wayne Discus'
	25 th	7	2	10000m	The 'Olivia Sivills 10000m'
December	2 nd	8	3	Mile	68 th anniversary of our first competition @ Beaton Park in 1958
	9 th	9	4	1500m	The 'Maiya Hewitt 400m hurdles'
	16 th	10	Christmas Special		AW Gift - Handicapped 100m race 800m Chocolate Santa run Free BBQ
2027 January	6 th	11	1	1000m/5000m	
	13 th	12	2		80m Turkey Run
	20 th	13	3	1500m	
	27 th	14	4	2000m	Handicapped 60m Champion of Champions Skins
February	3 rd	15	1	1000m	
	10 th	16	2	Steeplechase	
	17 th	17	3	1000m/3000m	
	24 th	18	4	1500m	
March	3 rd	19	Catch-Up Night	Mile - Distance Challenge Finals	Program will include events missed during the season
	10 th	20	Summer Pointscore Season Finale		Naomi's run 4 X 400m Chocolate Bunny relay Free BBQ
May	tbc		Annual Presentation & Awards Evening		Location to be announced closer to the day

General Information on Wednesday Meets

- Meets can be cancelled due to lightning, heat or air quality. Cancelled rounds do not get postponed.
- Hurdles events can only be held if athletes and parents assist with the setting up and packing up of the hurdles.
- No records will be recorded for the 800m Steeplechase or 800m Walk.

Summary of Events each Round

As at September 2025 (subject to change at the discretion of the Athletics Wollongong Management Committee). Note that Field events may be altered depending on the number of athletes in each age group. The scheduled order of events will be published each week on [Facebook](#), along with any changes, by the Sunday preceding competition.

Round 1

	Track # 1	Track # 2	Jump	Throw
9s & under	100m	400m	Long Jump	Turbo Jav
10s & 11s	100m	400m	Long/Triple Jump	Javelin
12s & 13s	100m	400m	Long Jump	Discus
14s & 15s	100m	400m	Long Jump	Discus
16s & 17s	100m	400m	Long Jump	Discus
U20	100m	400m	Long Jump	Discus
Open	100m	400m	Long Jump	Discus
Masters	100m	400m	Weight Throw	Shot Put

Round 1 Notes: 10s & 11s can participate in either Javelin or Turbo Jav

Round 2

	Track # 1	Track # 2	Jump	Throw
9s & under	200m	800m	Long Jump	Practice Hammer
10s & 11s	200m	800m	Long Jump	Practice Hammer
12s & 13s	200m	800m	Triple Jump	Shot Put
14s & 15s	200m	800m	Triple Jump	Shot Put
16s & 17s	200m	800m	Triple Jump	Shot Put
U20	200m	800m	Triple Jump	Shot Put
Open	200m	800m	Triple Jump	Shot Put
Masters	200m	800m	High Jump	Discus

Round 3

	Track # 1	Track # 2	Jump	Throw
9s & under	100m	800m walk	High Jump	Discus
10s & 11s	100m	800m walk	High Jump	Discus
12s & 13s	100m or sprint hurdles	800m walk	Long Jump or Pole Vault	Hammer Throw
14s & 15s	100m or sprint hurdles	800m walk	Long Jump or Pole Vault	Hammer Throw
16s & 17s	100m or sprint hurdles	800m walk	Long Jump or Pole Vault	Hammer Throw
U20	100m or sprint hurdles	800m walk	Long Jump or Pole Vault	Hammer Throw
Open	100m or sprint hurdles	800m walk	Long Jump or Pole Vault	Hammer Throw
Masters	100m or sprint hurdles	800m walk	Triple Jump or Pole Vault	Javelin

Round 3 Notes: If athletes contest both the 100m and sprint hurdles, the 100m is considered a warm-up and performances are only recorded for the hurdle event.

The 800m Walk is a 'participation points' only event.

Long Jump and Triple Jump are replacement events for those who don't wish to compete in Pole Vault. The Pole Vault is a competition for experienced athletes only, newcomers are welcome to attend Pole Vault training on Sunday mornings at 8.30am.

Round 4

	Track # 1	Track # 2	Jump	Throw
9s & under	60m	600m	Long Jump	Shot Put
10s & 11s	60m	600m	Long Jump	Shot Put
12s & 13s	60m	600m or Long hurdles	High Jump	Javelin
14s & 15s	60m	600m or Long hurdles	High Jump	Javelin
16s & 17s	60m	600m or Long hurdles	High Jump	Javelin
U20	60m	600m or Long hurdles	High Jump	Javelin
Open	60m	600m or Long hurdles	High Jump	Javelin
Masters	60m	600m or Long hurdles	Long Jump	Hammer Throw

Round 4 Notes: 600m is the replacement event for those who don't wish to participate in the long hurdles. If athletes contest both events, performances are only recorded for the long hurdles.

Summer Track-only Alternate Program

- 100m
- 800m
- 60m
- 200m
- 2000m

This is the default program when either WCC has closed the infield, or the current weather is poor and AW Executive has deemed it is unsafe, or too uncomfortable, to conduct field events.

The program gives athletes a large range of events from which to choose, and potentially, compete in all. As the weather is likely to be poor, the program has been designed to minimise the number of officials required. There will be no time break between events ensuring the evening is completed by 7.30pm.

Summer Distance Challenge Series

Athletes compete in 3 qualifying races, the results of which are used to calculate handicap start times for the final race, a Mile to be held on 3rd March 2027.

Athletes who haven't completed all qualification races can contest a non-handicapped Consolation Mile on the finals evening.

Junior Distance Challenge (JDC) caters for athletes in 9s to 13s age groups. The qualification races are:

800m – 13th January 2027

1500m – 20th January 2027

2000m - 27th January 2027

JDC Final – 3rd March 2027, handicap start based on times in qualifying races.

Open Distance Challenge (ODC) 14s to Masters will contest the:

1500m – 20th January 2027

2000m - 27th January 2027

3000m – 17th February 2027

ODC Final – 3rd March 2027, handicap start based on times in qualifying races. This race will be a 'naked watch' format, and with runners needing to race within 10% of their calculated time to win the title and trophy.

Loan Wolf Awards

Details to follow

Run Havoc Awards

Date	Run Havoc Achievement Voucher	Run Havoc Participation Voucher
------	-------------------------------	---------------------------------

2026 October	21 st	Week 2 800m (age graded)	
	28 th		Weeks 1 – 3
November	18 th	Week 6 400m (age graded)	
	25 th		Weeks 4 – 7
December	16 th	Week 10 100m – AW Gift winner	Weeks 8 – 10
2027 January	13 th	Week 13 1500m (age graded)	
	27 th		Weeks 11 - 14
February	10 th	Week 16 200m (age graded)	Weeks 15 – 18
March	3 rd	Week 19 Mile (age graded)	
	10 th		Weeks 19 - 20

Notes:

Entry to the Participation draw will be based on 1 entry for each official event contested over the designated month.

Vouchers will be presented the Wednesday night following the award announcement, and if present, awardees will be photographed with the voucher, for posting on AW facebook page.

Achievement Award vouchers will generally be awarded to the best 'age-graded' performance of the evening in the designated event. In the case of the 100m, on 16th December, the voucher will be awarded to the 'Gift' winner, which is a handicapped event.

Vouchers should be collected in person before 31st March.

If there are any unclaimed vouchers at the end of the season, they will be used as 'lucky barrel draws' at the Annual Presentation evening.

Club members will be limited to winning 1 voucher each over the Summer Season.

Opportunities for Competition beyond AW Club Nights

AW members that are registered as **Community** athletes can participate in other Club's meets (subject to the entry conditions set by Clubs). There may also be some special 'Community Events' at NSW ATHLETICS meets – for which they'll also be eligible.

Members who registered as **Open**, **Concession** or **Juniors** are able to compete in all NSW ATHLETICS events for the entire season. Community (or Club Volunteer) memberships can be upgraded by logging into your account via the AW website, or by contacting the Club Registrar. Upgrading will only cost you the difference between the two membership prices (plus card processing costs).

As mentioned, full competitive membership can now be held with up to two clubs. Athletes can represent either club at higher-level events (details to be specified on entry). At State relays, they can compete for both clubs, only not in the same event-age group. However, 8's to 12's wishing to compete at Zone/Regional level can only do so through a Little Athletics Centre, Athletics Wollongong can only provide this eligibility for those in 13's and up.

For final details and up to date information on all NSW Athletics events, check the NSW Athletics website <https://www.nswathletics.org.au/events/list>

Below is a description of the types of events typically held during Summer that Open and Junior or Concession-registered members are eligible to participate in. Note also that there is a program of Cross Country events and Walks held during the Winter.

Types of NSW Athletics Events

NSW All Schools Track & Field Championships

For all information see the [event website](#).

Treloar Shield

The NSW Athletics Treloar Shield is a teams-based competition where athletes score points for their club. The emphasis is on participation and enjoyment, while aiming to attract athletes of all abilities (including para-athletes) and standards to compete in an organised track and field competition. Please refer to the NSW Athletics [website](#) for further details.

NSW Relay Championships

State Relays are typically the biggest event on the NSW Athletics calendar, with teams competing in age groups from 8's through to Masters. It is scheduled for 8th November [8's to 12's](#) and 13th-15th November for [13's to Masters](#). Nominations for Athletics Wollongong teams will be called for as the event approaches. Note that you will have more success in forming a team if you are proactive in sourcing team members and ensuring that they nominate.

Track relays include: 4x100m, 4x200m, 4x400m, 4x800m, 4x1500m, 4x1500m walk, 1600m Medley (200,200,400,800).

Field relays include: High Jump, Long Jump, Shot Put, Discus and Javelin (team members' distances are added to get a team total that is compared to that of other teams to determine the winner).

NSW Country Championships

After successful Country Championships in Maitland and Dubbo, this year's event from 15th-17th January 2027 will take place in TBC. It is open for all age groups from 9's through to Masters. For details, see <https://www.nswathletics.org.au/events/303581>

NSW Combined Event Championships

The Combined Event Championships features the decathlon, heptathlon and pentathlon (depending on age/sex). Participants compete in every event with their performances earning points per mathematical formulas/a table that, more or less, equates each event to the others. The competitor that attains the highest total is judged the best overall athlete and takes the title. It is scheduled for 23rd-24th January for 16's to Masters (<https://www.nswathletics.org.au/events/303609>) and 20th to 21st February for 8's to 15's (<https://www.nswathletics.org.au/events/303610>).

NSW State Championships

NSW Athletics is responsible for hosting the State Track and Field Championships in a number of age groups ranging from 8's to Masters. The competition attracts the most outstanding athletes in the state, though there is not a qualifying standard for all age groups. There have been a number of changes introduced for this year. For more information refer the NSW Athletics website events [page](#) or this [information pack](#). These resources also include information on how junior athletes progress through Zone and Region Championships.

Specialist Meets

These meets may offer a range of events or be set around a theme (e.g. Night of Sprints, Milers Meet, etc.). They are for athletes of all capabilities and are a way for participants to experience a more formal competition. They can also have NSW Permit status, meaning that performances there are eligible for qualifying for higher-level events. Participants all compete together and are seeded by their ability (in jumps and flat track events), event specifications (in hurdles/steeplechase) and according to weight division (in throws events). Note that athletes will use the correct weight implement/hurdle specifications for their own age group.

Types of Athletics Australia Events

National Championships

NSW team selection policy can change from year-to-year, so definitely check the [NSW Athletics website](#) if this is a target. Last season, athletes had to contest the State Championships for their age. They then had to be either a Top 3 finisher in their event at All Schools or State Champs; or attain the relevant qualifying standard at a NSW Permit Meet. These standards are on the Athletics Australia [website](#).

Track Classics

The Track Classic series of events are glitzy, invitation-only occasions for high-performing athletes. A large 'non athletics' crowd is in attendance and prizemoney can be up for grabs.

International Competition

Athletics Australia is the selection body for national track and field teams. They set the policy for qualification onto the Australian team for events like the World Championships, Commonwealth Games and Olympics. Detailed guidelines, once available, will be posted on [their website](#).

Programs for officials

If you are interested in volunteering or officiating at NSW ATHLETICS events, go to the Officials [website](#). If you would like to be a regular helper at our Wednesday meets (e.g. become a recorder, age marshal or event assistant) just ask a committee member.

Programs for coaches

If you're interested in obtaining coaching qualifications, check the Coaches [link](#) on the NSW Athletics website.

Events for Masters Athletes

There are two separate bodies which organise events for Masters Athletes in NSW: NSW Masters Athletics (<http://www.nswmastersathletics.org.au>) and NSW ATHLETICS (with Athletics Wollongong under its auspices).

NSW ATHLETICS conducts the NSW Masters Athletics Championships. However, athletes must become a member of NSWMA in order to compete at the Australian Masters Championships, Oceania Masters Championships, World Masters Championships, or to be eligible for a Masters record or ranking.

You can join via <http://www.nswmastersathletics.org.au>. In addition, there are Masters Games which don't have a direct affiliation with any sporting organisation but host events which include a wide range of sports activities.

Financial Assistance

Athletics Wollongong can provide financial assistance to members representing NSW or Australia in Athletics Championships with specified entry standards. To be eligible, athletes must be able to show that they have competed regularly for Athletics Wollongong and have contributed to club fundraising and/or community events during the current season.

To apply for the scheme, submit an [Application for Financial Assistance Form](#) (available from the Competition page on the club website). All payments are made at the discretion of the committee.

NSW ATHLETICS have had a number of financial schemes to assist athletes in the past. For further details consult the NSW ATHLETICS website or contact their office.

Membership Scholarships for Elite Athletes

AW gives financial support to athletes selected in official Australian representative teams and to medallists at Australian Championships as outlined below:

Australian representatives

Olympic & Paralympic Games and World Championships – 4 years membership
Commonwealth Games – 4 years membership
World Junior or World Youth Championships – 2 years membership
Other teams – at the discretion of the AW committee

Individual Medallists at Australian Championships

Open Championships – 1 year membership
Junior Championships – 50% membership discount for 1 year

Current membership scholarship holders

100%

Delta Amidzovski: World Champs (2025); Comm Games (2026); Open National Medallist; Open Oceania Champs

Chase Grant: World U20s (2026); Junior National Medallist
Chelsy Wayne: World U20s (2026); Junior National Medallist
Maiya Hewitt: World U20s (2026); Junior National Medallist
Olivia Sivills: Open Oceania Champs

50% (Additional Junior National Individual Medallists)

Augustus Moore
Mackay Jones
Sidney Bartle
Xavier Wilson

Technical Specifications for Competition

Throwing Implements

	Shot		Discus		Javelin		Hammer		Weight	
Age group	M	W	M	W	M	W	M	W	M	W
9s	2kg	2kg	500g	500g	-	-	-	-	-	-
10s	2kg	2kg	500g	500g	Turbo jav	Turbo jav	-	-	-	-
11s	2kg	2kg	500g	500g	400g	400g	-	-	-	-
12s	2kg	2kg	750g	750g	400g	400g	3kg	3kg	-	-
13s	3kg	3kg	750g	750g	600g	400g	3kg	3kg	-	-
14s & 15s	4kg	3kg	1kg	1kg	700g	500g	4kg	3kg	-	-
16s & 17s	5kg	3kg	1.5kg	1kg	700g	500g	5kg	3kg	-	-
U20	6kg	4kg	1.75kg	1kg	800g	600g	6kg	4kg	-	-
Open	7.26kg	4kg	2kg	1kg	800g	600g	7.26kg	4kg	-	-
30-49	7.26kg	4kg	2kg	1kg	800g	600g	7.26kg	4kg	35lb	20lb
50-59	6kg	3kg	1.5kg	1kg	700g	500g	6kg	3kg	25lb	16lb
60-69	5kg	3kg	1kg	1kg	600g	500g	5kg	3kg	20lb	12lb
70-74	4kg	3kg	1kg	1kg	500g	500g	4kg	3kg	16lb	12lb
75-79	4kg	2kg	1kg	750g	500g	400g	4kg	2kg	16lb	4kg
80+	3kg	2kg	1kg	750g	400g	400g	3kg	2kg	12lb	4kg

Steeplechase Specifications for Competition

Women			Men		
Age	Distance	Height	Age	Distance	Height
U20; Open	3,000m	0.762m	U20; Open; 30-59	3,000m	0.914m

U16; U18; 30+	2,000m	0.762m	U18	2,000m	0.838m
			U16; 60+	2,000m	0.762m

Para-Athletes Specifications for Competition

You can see the para athlete specifications on the NSW ATHLETICS [website](#).

Para athletes can use the appropriate implements at Athletics Wollongong meets but must note it on the recording sheets when it differs from the able-bodied weight.

Hurdle Specifications

At our club meets sprint hurdles are held using the State Direct Entry specifications (which are also used at Nationals). Pathway specifications (held at Zone and Region and which differ in the 14s & 15s Men groups) can be used by request, but will only qualify for participation points. Club records aren't noted for these specifications.

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
Women: Short						
U20; Open; 30-39	100	.840	10	13	8.5	10.5
16s & 17s	100	.762	10	13	8.5	10.5
14s & 15s	90	.762	9	13	8.0	13
13s	80	.762	9	12	7.0	12
40-49	80	.762	8	12	8.0	12
50-59	80	.762	8	12	7.0	19
12s	80	.686	9	12	7.0	12
60+	80	.686	8	12	7.0	19
Women: Long						
Open; 16s; 17s; U20; 30-49	400	.762	10	45	35	40
50-59	300	.762	7	50	35	40
60-69	300	.686	7	50	35	40
14s & 15s	300	.762	7	50	35	40
13s	200	.762	5	20	35	40
70+	200	.686	5	20	35	40

Men: Short						
Open	110	1.067	10	13.72	9.14	14.02
U20; 30-49	110	.991	10	13.72	9.14	14.02
16s & 17s	110	.914	10	13.72	9.14	14.02
50-59	100	.914	10	13	8.5	10.5
14s & 15s	100	.840	10	13	8.5	10.5
60-69	100	.840	10	12	8	16
13s	90	.762	9	13	8.0	13
70-79	80	.762	8	12	7.0	19
12s	80	.686	9	12	7.0	12
80+	80	.686	8	12	7.0	19
Men: Long						
Open; U20; 30-49	400	.914	10	45	35	40
16s & 17s, 50-59	400	.840	10	45	35	40
60-69	300	.762	7	50	35	40
70-79	300	.686	7	50	35	40
14s & 15s	300	.762	7	50	35	40
13s	200	.762	5	20	35	40
80+	200	.686	5	20	35	40

Multi Events Specifications

Decathlon (Men)	Heptathlon (Women)	Pentathlon (Masters)	Throws Pentathlon (Masters)
Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	Women: 100m, Shot Put, Long Jump, Javelin, 800m Men: Long Jump, Javelin, 200m, Discus, 1500m	All Women & Men Hammer, Shot Put, Discus, Javelin, Weight

Beaton Park Leisure Centre Guidelines for Use of the Track at Kerry'n McCann Athletics Centre for Training and/or Competition

GENERAL INFORMATION

- *Patrons using the facility do so without direct supervision from Beaton Park Leisure Centre management. By using this facility, you accept that activities you may enter into may cause injury or death.*
- *All children under the age of 12 years must be accompanied and directly supervised by an adult at all times when undertaking track and field activities. Parents however must remain outside the track compound unless assisting at events or using the facility for their own training.*
- *Spectators should remain behind the spectator fence and **MUST** stay off the synthetic track and infield at all times.*
- *The disabled toilet is available for your convenience. Additional amenities are located within the centre and pool areas.*
- *The track is open during daylight hours and when the lights have been turned on. Do not utilise the track area once the lights have been turned off.*
- *All patrons using this facility must first register at reception. Casual and spectator fees must be paid prior to use.*

COACHING OF ATHLETES

- *All patrons coaching other patrons must hold current coaching qualifications. These must be provided to centre staff prior to coaching. Any patron coaching for a fee must pay the monthly coaches fee as set by Council. Those doing so for free must be endorsed by a local Club.*
- *Due to duty of care, unqualified coaching can only be performed within immediate family groups.*
- *During training sessions, please do not have more than three (3) runners training abreast. Follow the lane usage guidelines as displayed at the rear of the grandstand.*

USE OF SPIKED FOOTWEAR & STARTING BLOCKS

- *It is essential that all users of the athletics track adhere to the recommended spike length in respect to footwear. **The maximum spike length is 7mm.** (NOTE; A spike length of 9mm is allowed for the long and high jump areas only).*
- *Individual starting blocks will **NOT** be able to be used (unless with direct permission from the Centre Management). Starting blocks are only permitted to be used at designated starting areas (NB: Competition blocks are provided at AW's Wednesday Meets).*

STEEPLE CHASE

- *The steeple chase area is located at the railway line end. It contains a large hole, 0.70 metres deep; during competitions this may be filled with water. Please keep clear of this area unless involved in steeple chase training or competition.*

SYNTHETIC TRACK ACTIVITIES

- *The track and infield can be utilised by the public for track & field events only, unless prior arrangements are made with management.*
- *To avoid collisions, please stay in one lane while running on the track. After completing a run, please move off the track (towards the outside) to allow a passage for other runners.*
- *If you hear a runner behind you call out "track", move to the lane on your right. This will allow the runner to pass through on your inside (left side).*
- *On scheduled club competition days (with the exception of Little Athletics and carnivals who have exclusive use), please work in with club activities.*

INFIELD ACTIVITIES

- *Do not enter the infield unless participating in, officiating or coaching specific field events, i.e. shot put, javelin, discus, long jump, high jump, pole vault, hammer throw, or triple jump. (Be aware of these activities at all times).*
- *Throwers should always use the allocated designated throwing areas (shot put, discus, hammer, javelin areas) and ensure the area is clear of people before each throw. Warm ups should only be completed from the designated throwing areas.*
- *If entering the infield **ALWAYS** look out for and check throwing cages and areas.*
- *The infield should not be used to access the far side of the track.*
- *The long/high jump areas are to be used for training and competition only. Under no circumstance should these areas be used for any other purpose (eg. sandpit for playing, high jump mats for sitting on). Jumpers should always check that the areas are free of any debris, obstacles etc. before attempting any jump. A rake should be used during training and competition to ensure that sand levels remain even in the long jump pit.*
- *The long/high jump covers should be properly fixed into position after use.*
- *Use of equipment (shot puts, javelins, hammers, high jump etc) is at the discretion of the Beaton Park Leisure Centre (BPLC). If you are over the age of 18 and a member of one of the local athletic clubs or a qualified athletics coach you can apply to the Club for access to shared equipment, or to store (a very limited amount of) personal equipment.*

Athletics Wollongong Club Records as at 1st Sept, 2025

Records are from weekly Wednesday evening point score competition, since the installation of a synthetic track at Beaton Park. The official records will be updated and maintained on the Athletics Wollongong website throughout the season.

Club Records for events 200m and shorter have been set to those attained via electronic timing. The hand-timed records can still be viewed via the records listed on the Club website, though these will be replaced when beaten by an electronic time.

Records have been recalculated to those attainable under current rules: age as at 31st Dec in the latter half of the season for Junior and Open participants. Age on the day of competition for Masters competitors.

9's & Under Men

60m	Emerson Hill	9.94	13-Nov-24
100m	Kai Levitski	14.89	21-Jan-26
200m	Kai Levitski	29.84	04-Mar-26
400m	Kai Levitski	1'07.15	10-Dec-25
600m	Kai Levitski	1'44.36	29-Jan-25
800m	Carlo Tallarida	2'52.13	15-Mar-23
1000m	Emerson Hill	3'57.88	08-Jan-25
1500m	Kai Levitski	5'08.4	11-Jan-26
Mile	Graeme Smith	7'04.1	09-Dec-98
2000m	Emerson Hill	8'33.29	29-Jan-25
Long Jump	Kai Levitski	3.72	04-Mar-26
High Jump	Lochlan Patterson	1.15	04-Dec-02
	Leroy Veerhuis	1.15	26-Oct-11
Shot (2kg)	Ryan Turner	7.15	19-Nov-03
Discus (500gm)	Lincoln Gorrie	29.63	06-Mar-24
Turbo Jav	Thomas Campbell	22.28	05-Dec-01
Practice Hammer	Tristan Swinbourne	30.60	27-Feb-19

9's & Under Women

60m	Kenzie Hare	10.36	28-Feb-24
100m	Kenzie Hare	16.74	24-Jan-24
200m	Sienna York	36.29	17-Jan-24
400m	Amy Joy	1'18.6	03-Oct-12
600m	Amy Joy	2'11.3	12-Dec-12
800m	Amy Joy	3'07.3	23-Jan-13
1000m	Sienna York	4'05.56	01-Nov-23
1500m	Sienna York	6'27.1	21-Feb-24
Mile	Sienna York	7'15.58	15-Nov-23
2000m	Elyse Bongiorno	9'48.01	25-Oct-23
Long Jump	Anika McLaren	3.56	01-Nov-95
High Jump	Victoria Brown	1.15	04-Dec-13
Shot (2kg)	Allegra Fock	6.17	10-Feb-16
Discus (500gm)	Genevieve Tozer	16.08	26-Oct-16
Turbo Jav	Samantha Tubby	14.00	14-Nov-01
Practice Hammer	Amy Joy	30.71	16-Jan-13

10's & 11's Men

60m	T C	8.71	11-Dec-19
100m	T C	13.44	22-Jan-20
200m	T C	28.45	05-Feb-20
400m	Lucas Gill-Gomes	1'07.86	10-Jan-24
600m	Lincoln Gorrie	1'52.92	25-Feb-26
800m	James Seal	2'34.8	13-Oct-10
1000m	Carlo Tallarida	3'25.81	19-Feb-25
1500m	James Seal	5'13.9	17-Nov-10
Mile	Carlo Tallarida	6'04.54	15-Nov-23
2000m	Lincoln Gorrie	7'41.31	12-Nov-25
Long Jump	Lincoln Gorrie	4.36	15-Oct-25
Triple Jump	Lincoln Gorrie	7.92	04-Feb-26
High Jump	Lincoln Gorrie	1.37	18-Feb-26
Shot (2kg)	Lincoln Gorrie	9.32	12-Nov-25
Discus (500gm)	Lincoln Gorrie	41.20	22-Jan-25
Javelin (400gm)	Lincoln Gorrie	27.71	07-Jan-25
Turbo Jav	Dean Anderson	25.12	04-Nov-98
Practice Hammer	Lincoln Gorrie	38.43	28-Jan-26

10's & 11's Women

60m	Harlow Pate	8.51	13-Dec-23
100m	Harlow Pate	13.77	22-Nov-23
200m	Harlow Pate	26.64	12-Feb-25
400m	Harlow Pate	1'04.88	22-Nov-23
600m	Harlow Pate	1'46.1	13-Dec-23
800m	Harlow Pate	2'28.60	12-Feb-25
1000m	Olivia Sivills	3'20.0	12-Nov-14
1500m	Ayla York	5'23.45	06-Dec-23
Mile	Ayla York	6'00.85	15-Nov-23
2000m	Ayla York	7'59.88	07-Feb-24
Long Jump	Harlow Pate	4.15	22-Nov-23
Triple Jump	Lucy Schofield	8.11	22-Feb-22
High Jump	Jamie Brinkworth	1.28	16-Feb-05
	Amy Joy	1.28	08-Oct-04
Shot (2kg)	Savannah Wiki	9.31	03-Nov-21
Discus (500gm)	Loribeth Allison	15.84	11-Mar-98
Javelin (400gm)	Loribeth Allison	18.60	10-Feb-99
Turbo Jav	Loribeth Allison	22.40	10-Mar-99
Practice Hammer	Abigail Commins	32.54	28-Jan-26

12's & 13's Men

60m	Michael Melfi	7.93	15-Nov-23
80m Hurdles (12's/68cm)			
90m Hurdles (13's/76cm)	Lucas Gill-Gomes	15.41	11-Feb-26
100m	Michael Melfi	12.38	15-Feb-23
200m	Michael Melfi	25.87	15-Feb-23
200m Hurdles (76cm)	Parker Bruce	37.37	26-Feb-25
400m	Michael Melfi	1'00.40	10-Jan-24
600m	Patrice Sivills	1'41.69	25-Jan-17
800m	Thomas Baltyn	2'18.06	28-Jan-26
1000m	Jordan Heywood	3'22.2	21-Nov-12
1500m	Daniel MacDonald	4'54.0	12-Mar-97
Mile	Patrice Sivills	5'22.44	18-Jan-17
2000m	Guy Cuttill	7'07.9	08-Dec-99
2000m Steeplechase (76cm)	Joshua Head	8'35.6	08-Feb-12
3000m	Daniel MacDonald	10'48.8	05-Feb-97
5000m	Daniel MacDonald	20'02.6	06-Dec-95
Long Jump	Jarrah Flack	4.77	03-Dec-26
Triple Jump	Corey Wallace	10.17	10-Mar-99
High Jump	Eric Denhartog	1.55	19-Jan-05
Pole Vault	James Gorham	2.00	04-Mar-15
Shot (12's/2kg)	Daniel MacDonald	10.16	07-Feb-96
Shot (13's/3kg)	Hayden Shaw	11.89	24-Sep-08
Discus (750gm)	Randy O'Brien	32.06	02-Nov-22
Hammer (3kg)	Tristan Swinbourne	26.36	11-Jan-23
Javelin (12's/400gm)	Jackson Cairns	29.09	11-Feb-26
Javelin (13's/600gm)	Brooklan Frkovic	31.00	02-Nov-11

12's & 13's Women

60m	Harlow Pate	7.85	12-Nov-25
80m Hurdles (12's/68cm)			
80m Hurdles (13's/76cm)	Delta Amidzovski	12.67	27-Feb-19
100m	Harlow Pate	12.39	19-Nov-25
200m	Chelsea Ezeoke	25.65	21-Nov-18
200m Hurdles (76cm)			
400m	Harlow Pate	57.83	04-Feb-26
600m	Maddy Eaton	1'44.3	14-Nov-12
800m	Maddy Eaton	2'26.8	10-Oct-12
1000m	Olivia Sivills	3'16.3	21-Oct-15
1500m	Lauren Elms	4'53.0	10-Nov-93
Mile	Katie-Louise Patterson	5'15.3	28-Nov-01
2000m	Katie-Louise Patterson	7'15.9	26-Feb-03
2000m Steeplechase (76cm)	Maeve Bradbury	8'18.77	12-Dec-18
3000m	Teresha Moxham	10'47.0	01-Dec-93
5000m	Susan Weeks	19'25.0	25-Oct-95
Long Jump	Delta Amidzovski	5.79	06-Mar-19
Triple Jump	Delta Amidzovski	10.49	19-Dec-18
High Jump	Delta Amidzovski	1.60	13-Feb-19
Pole Vault	Kate Gorham	2.60	17-Jan-18
Shot (12's/2kg)	Chelsea Ezeoke	12.69	15-Nov-17
Shot (13's/3kg)	Chelsea Ezeoke	10.95	17-Oct-18
Discus (750gm)	Chelsea Ezeoke	34.02	25-Oct-17
Hammer (3kg)	Sidney Bartle	37.11	22-Nov-23
Javelin (400gm)	Susie Seitaridis	28.74	17-Feb-10

14's & 15's Men

60m	Gabriel Bickel	7.76	02-Nov-16
100m	Gabriel Bickel	12.08	01-Feb-17
100m Hurdles (84cm)	Jarrold Twigg	13.54	08-Jan-14
200m	Gabriel Bickel	24.25	08-Feb-17
300m Hurdles (76cm)	Parker Bruce	1'00.13	10-Dec-25
400m	Harry Keats	53.2	10-Jan-24
600m	Cameron Lodge	1'33.6	28-Oct-15
800m	Milo Shepherdson Woodhead	2'08.60	27-Nov-24
1000m	Patrice Sivills	2'56.70	06-Feb-19
1500m	Caleb Stamper	4'31.5	07-Mar-12
Mile	Patrice Sivills	5'03.34	31-Oct-18
2000m	Axel Comer	6'40.24	25-Oct-23
2000m Steeplechase (76cm)	Axel Comer	7'09.35	13-Dec-23
3000m	Axel Comer	10'12.15	18-Oct-23
5000m	Axel Comer	19'02.75	10-Jan-24
Long Jump	Victor Costabile	5.88	24-Nov-93
Triple Jump	Jarrold Twigg	11.09	06-Mar-13
High Jump	Adam Schutz	1.85	22-Nov-00
Pole Vault	James Gorham	3.40	15-Feb-17
Shot (4kg)	Hayden Shaw	13.37	16-Mar-11
Discus (1kg)	William Willis	49.56	02-Feb-22
Hammer (4kg)	Hayden Shaw	42.23	02-Mar-11
Javelin (700gm)	Hayden Shaw	42.49	09-Feb-11

14's & 15's Women

60m	Ivy Foster	8.25	13-Dec-23
90m Hurdles (76cm)	Delta Amidzovski	13.15	26-Feb-20
100m	Delta Amidzovski	12.89	13-Nov-19
200m	Maiya Hewitt	25.89	26-Oct-22
300m Hurdles (76cm)			
400m	Sarah Gomes	58.7	31-Oct-12
600m	Sarah Gomes	1'39.9	14-Nov-12
800m	Tayissa Buchanan	2'14.89	17-Feb-21
1000m	Susie Seitaridis	3'16.0	05-Oct-11
1500m	Lauren Elms	4'42.9	23-Feb-94
Mile	Olivia Sivills	5'36.39	31-Oct-18
2000m	Susie Seitaridis	7'28.8	26-Oct-11
2000m Steeplechase (76cm)	Olivia Sivills	8'26.00	12-Dec-18
3000m	Teresha Moxham	10'41.0	08-Mar-95
5000m	Elivia Comer	19'57.1	06-Dec-95
Long Jump	Delta Amidzovski	5.31	06-Nov-19
Triple Jump	Rachel Shaw	10.89	05-Nov-08
High Jump	Rosie Tozer	1.65	14-Dec-16
Pole Vault	Madelaine Tyler	2.50	20-Feb-02
Shot (3kg)	Chelsy Wayne	12.53	16-Feb-22
Discus (1kg)	Zoe Daniels	42.01	20-Nov-19
Hammer (3kg)	Sidney Bartle	47.96	19-Nov-25
Javelin (500gm)	Susie Seitaridis	32.52	11-Jan-12

16's & 17's Men

60m	Chase Grant	7.09	28-Feb-24
100m	Lucas Campbell	11.18	15-Feb-23
110m Hurdles (91cm)	Blake Barklay	16.49	25-Oct-17
200m	Gabriel Bickel	22.62	06-Feb-19
400m	Chase Grant	50.47	10-Jan-24
400m Hurdles (84cm)	James Belcher	1'00.8	05-Jan-11
600m	Callum Rann	1'21.15	09-Feb-22
800m	Joe Hinds	2'00.58	15-Mar-23
1000m	Patrice Sivills	2'55.78	14-Oct-20
1500m	Joe Hinds	4'18.12	15-Feb-23
Mile	Jordan Heywood	4'52.53	25-Oct-17
2000m	Robert Shannon	6'12.03	07-Feb-24
2000m Steeplechase (84cm)	Seattle Bazley	7'34.99	12-Feb-25
3000m	Stuart Perry	9'35.0	01-Feb-95
5000m	Stuart Perry	17'20.0	25-Oct-95
Long Jump	Andrew Moreton	6.74	01-Nov-00
Triple Jump	Paul Metcalf	12.70	23-Feb-94
High Jump	Harrison Iliffe	1.85	18-Nov-20
Pole Vault	James Belcher	3.60	23-Mar-11
Shot (5kg)	Hayden Shaw	12.42	18-Jan-12
Discus (1.5kg)	William Willis	48.37	14-Feb-24
Hammer (5kg)	William Willis	46.55	06-Mar-24
Javelin (700gm)	Nathan Cowgill	55.65	19-Oct-16

16's & 17's Women

60m	Kailee Moore	8.10	09-Dec-20
100m	Carlie McIver	12.39	09-Dec-15
100m Hurdles (76cm)	Kailee Moore	15.70	28-Oct-20
200m	Tierney Dunne	25.39	15-Nov-17
400m	Tayissa Buchanan	58.52	23-Nov-22
400m Hurdles (76cm)	Susie Seitaridis	1'06.1	09-Jan-13
600m	Susie Seitaridis	1'39.0	17-Oct-12
800m	Olivia Sivills	2'26.34	09-Dec-20
1000m	Susie Seitaridis	3'08.7	09-Jan-13
1500m	Olivia Sivills	4'59.9	20-Jan-21
Mile	Bethany Comer	5'44.0	11-Nov-98
2000m	Olivia Sivills	7'01.61	04-Nov-20
2000m Steeplechase (76cm)	Olivia Sivills	7'37.06	17-Feb-21
3000m	Libby Newton	10'36.8	13-Mar-13
5000m	Olivia Sivills	20'39.02	11-Dec-19
Long Jump	Erin Guy	5.39	12-Nov-08
Triple Jump	Petrina Price	11.07	24-Nov-99
High Jump	Petrina Price	1.70	27-Oct-99
	Rosie Tozer	1.70	07-Mar-18
Pole Vault	Madelaine Tyler	3.00	17-Mar-04
Shot (3kg)	Chelsy Wayne	13.67	09-Nov-22
Discus (1kg)	Chelsy Wayne	50.49	14-Feb-24
Hammer (3kg)	Jackie Lenartowicz	38.14	04-Dec-19
Javelin (500gm)	Lily James	30.82	11-Jan-12

U20 Men

60m	Gabriel Bickel	7.34	09-Dec-20
100m	Gabriel Bickel	11.17	30-Oct-19
110m Hurdles (99cm)	Jacob Thorn	22.41	18-Jan-17
200m	Gabriel Bickel	22.15	23-Oct-19
400m	Jason Invernon	53.9	12-Nov-08
400m Hurdles (91cm)	Joshua McKay	1'04.8	02-Mar-11
600m	Jason Invernon	1'25.9	19-Nov-08
800m	Joe Hinds	1'59.75	25-Oct-23
1000m	Lachlan Cassar	3'10.3	08-Jan-14
1500m	Owen Cox	4'18.0	05-Oct-94
Mile	Joe Hinds	4'29.74	15-Nov-23
2000m	Joe Hinds	5'53.15	07-Feb-24
3000m	Owen Cox	9'06.0	08-Mar-95
3000m Steeplechase (91cm)	Rhys Peters	14'06.0	02-Feb-11
5000m	Owen Cox	17'35.8	16-Dec-95
Long Jump	Andrew Moreton	6.66	12-Dec-01
Triple Jump	Matthew Clark	13.43	12-Mar-97
High Jump	Mackay Jones	2.05	22-Oct-25
Pole Vault	James Belcher	4.00	21-Mar-12
Shot (6kg)	William Willis	13.23	16-Oct-24
Discus (1.75kg)	William Willis	48.46	29-Oct-25
Hammer (6kg)	James Belcher	41.85	04-Jan-12
Javelin (800gm)	Aaron Cooke	53.26	15-Jan-03

U20 Women

60m	Kailee Moore	7.99	03-Nov-21
100m	Tierney Dunne	12.31	13-Nov-19
100m Hurdles (84cm)	Kailee Moore	15.29	02-Nov-22
200m	Tierney Dunne	25.01	03-Feb-21
400m	Tayissa Buchanan	56.87	22-Nov-23
400m Hurdles (76cm)			
600m	Phoebe Callow	1'45.26	02-Nov-16
800m	Olivia Sivills	2'25.02	18-Jan-23
1000m	Olivia Sivills	3'26.69	02-Nov-22
1500m	Olivia Sivills	4'55.49	15-Feb-23
Mile	Olivia Sivills	5'24.74	01-Feb-23
2000m	Emily Cusack	9'04.26	28-Jan-26
3000m	Olivia Sivills	11'01.75	30-Nov-22
3000m Steeplechase (76cm)	Olivia Sivills	11'52.02	16-Feb-22
5000m	Olivia Sivills	19'17.09	14-Dec-22
Long Jump	Lara Check	5.49	02-Feb-22
Triple Jump	Rachel Shaw	10.73	20-Mar-13
High Jump	Petrina Price	1.79	28-Nov-01
Pole Vault	Rosie Tozer	2.00	28-Oct-20
Shot (4kg)	Lara Check	9.93	02-Feb-22
Discus (1kg)	Chelsy Wayne	51.55	03-Dec-25
Hammer (4kg)	Alysia Gardner	26.02	14-Jan-15
Javelin (600gm)	Rachel Shaw	35.01	14-Mar-12

Open Men

60m	Mitchell O'Neill	7.00	04-Nov-20
100m	Mitchell O'Neill	10.51	17-Dec-25
110m Hurdles (106cm)	Nick Horton	17.59	02-Nov-22
200m	Mitchell O'Neill	21.09	15-Feb-23
400m	James Mcpaul	50.24	11-Nov-20
400m Hurdles (91cm)	Joshua Hewitt	55.0	19-Feb-03
600m	James Mcpaul	1'22.81	04-Nov-20
800m	Stuart Evans	1'59.6	15-Dec-93
1000m	James Mcpaul	2'50.40	10-Nov-21
1500m	Ian Kennerley	3'59.1	08-Dec-93
Mile	Stuart Perry	4'32.0	11-Nov-98
2000m	Scott Tierney	7'04.7	17-Oct-12
3000m	Ian Kennerley	9'12.4	15-Dec-93
3000m Steeplechase (91cm)	Luke Thorn	15'21.72	18-Nov-20
5000m	Christopher Thorn	19'34.7	12-Nov-14
10000m	Seattle Bazley	38'32.5	12-Nov-25
Long Jump	Elias Merjan	6.59	28-Jan-09
Triple Jump	Elias Merjan	13.13	05-Nov-08
High Jump	Nick Horton	1.94	26-Oct-22
Pole Vault	James Russell	3.80	23-Feb-05
Shot (7.26kg)	Luke Stewart	15.74	01-Dec-04
Discus (2kg)	Luke Stewart	45.13	09-Nov-05
Hammer (7.26kg)	William Higgins	57.07	5-Jan-11
Javelin (800gm)	Luke Stewart	56.41	02-Nov-05

Open Women

60m	Maya Francis	8.02	08-Mar-23
100m	Maya Francis	12.65	15-Feb-23
100m Hurdles (84cm)	Susie Seitaridis	15.54	21-Feb-24
200m	Tierney Dunne	24.87	15-Feb-23
400m	Rebecca Vormister	57.5	23-Dec-94
400m Hurdles (76cm)	Jane Hewitt	1'09.7	19-Feb-03
600m	Paris Bamford	1'36.30	15-Nov-23
800m	Kelly Fraser	2'26.5	14-Jan-09
1000m	Olivia Sivills	3'11.24	08-Jan-25
1500m	Olivia Sivills	4'50.83	06-Dec-23
Mile	Olivia Sivills	5'18.09	27-Nov-24
2000m	Olivia Sivills	6'51.34	29-Jan-25
3000m	Olivia Sivills	10'15.98	19-Feb-25
3000m Steeplechase (76cm)	Olivia Sivills	11'18.37	12-Feb-25
5000m	Olivia Sivills	17'10.40	21-Jan-26
10000m	Olivia Sivills	37'24.91	13-Nov-24
Long Jump	Rachel Shaw	5.63	20-Nov-13
Triple Jump	Montse Ros	10.51	14-Nov-07
High Jump	Petrina Price	1.88	07-Jan-09
Pole Vault	Melinda Haagensen	3.06	15-Oct-25
Shot (4kg)	Kiahna Soroka	12.36	28-Oct-20
Discus (1kg)	Alysia Gardner	37.07	12-Oct-16
Hammer (4kg)	Kiahna Soroka	41.41	17-Feb-21
Javelin (600gm)	Danielle Pegg	37.62	14-Jan-09

30-39 Men

60m	Justin Miller	7.87	09-Nov-22
100m	Timothy Bradford	11.56	11-Jan-23
110m Hurdles (99cm)	Aaron de Jager	19.56	01-Dec-21
200m	Aaron de Jager	26.85	26-Oct-22
400m	Mathew Howe	54.1	31-Oct-07
400m Hurdles (91cm)	Peter Veerhuis	1'06.1	09-Jan-13
600m	Andrew Hill	1'34.79	29-Jan-25
800m	Bronte Blay	2'02.8	01-Dec-93
1000m	Peter Veerhuis	3'24.0	20-Nov-13
1500m	Bronte Blay	4'13.0	08-Dec-93
Mile	Mark Allen	5'30.4	27-Oct-99
2000m	Mark Allen	6'39.9	20-Oct-99
3000m	Mark Everton	9'09.0	19-Jan-94
3000m Steeplechase (91cm)	Peter Veerhuis	15'08.0	13-Feb-13
5000m	Matthew Pendleton	17'02.98	21-Jan-26
10000m			
Long Jump	Adrian Deck	5.93	23-Oct-13
Triple Jump	Benjamin Shepherd	11.83	18-Jan-12
High Jump	Daniel Dwyer	1.75	02-Dec-15
Pole Vault	Michael McClelland	3.20	17-Feb-16
	Wallace Wheatley	3.20	12-Feb-03
Shot (7.26kg)	Luke Stewart	12.29	25-Oct-17
Discus (2kg)	Luke Stewart	42.30	16-Jan-13
Hammer (7.26kg)	Luke Stewart	46.68	21-Nov-12
Javelin (800gm)	Michael McClelland	42.77	02-Mar-16
Weight Throw (35lb)	Luke Stewart	10.48	25-Oct-17

30-39 Women

60m	Liz Lobb	8.47	02-Nov-16
100m	Liz Lobb	14.01	18-Oct-23
100m Hurdles (84cm)	Katie King	24.30	18-Feb-26
200m	Skye York	29.23	23-Feb-22
400m	Skye York	1'04.97	14-Oct-20
400m Hurdles (76cm)	Katie King	1'31.66	25-Feb-26
600m	Skye York	1'48.09	27-Jan-21
800m	Karen Blay	2'21.6	08-Mar-95
1000m	Skye York	3'42.39	27-Jan-21
1500m	Erin Smillie	6'09.58	21-Feb-26
Mile	Erin Smillie	7'03.29	26-Nov-25
2000m	Edith MacDonald	9'04.3	01-Oct-08
2000m Steeplechase (76cm)	Erin Smillie	10'07.49	19-Nov-25
3000m	Erin Smillie	14'04.21	18-Feb-26
5000m	Skye York	24'23.27	10-Jan-24
10000m			
Long Jump	Montse Ros	4.84	28-Jan-09
Triple Jump	Montse Ros	10.30	18-Feb-09
High Jump	Montse Ros	1.48	11-Feb-09
Pole Vault	Montse Ros	3.01	29-Jan-14
Shot (4kg)	Kristin Mercer	10.70	18-Jan-17
Discus (1kg)	Natalie Heywood	28.87	16-Jan-13
Hammer (4kg)	Kristin Mercer	26.00	24-Oct-18
Javelin (600gm)	Rachel Shaw	32.80	03-Dec-25
Weight Throw (20lb)	Kristin Mercer	9.50	15-Dec-21

40-49 Men

60m	Adrian See	7.69	09-Dec-20
100m	Adrian See	11.99	26-Feb-20
110m Hurdles (99cm)	Aaron de Jager	18.99	21-Feb-24
200m	Adrian See	24.41	17-Feb-21
400m	Adrian See	54.66	11-Nov-20
400m Hurdles (91cm)	Aaron de Jager	1'07.21	26-Feb-25
600m	Adrian See	1'30.72	04-Nov-20
800m	Graeme Bradshaw	2'07.1	15-Dec-93
1000m	Adrian See	3'02.41	14-Oct-20
1500m	Wayne Montefiore	4'25.2	13-Dec-95
Mile	David Comer	5'33.23	6-Nov-19
2000m	David Comer	6'54.84	4-Nov-20
3000m	Wayne Montefiore	10'09.4	10-Jan-96
3000m Steeplechase (91cm)	David Comer	12'41.96	4-Dec-19
5000m	Stuart Perry	18'33.30	22-Jan-25
10000m	Doug Hughes	41'32.28	13-Nov-24
Long Jump	Angelo Ferrandino	5.94	08-Feb-95
Triple Jump	Angelo Ferrandino	12.07	04-Dec-96
High Jump	Adrian See	1.56	19-Feb-20
Pole Vault	William Tyler	3.50	21-Jan-09
Shot (7.26kg)	Stuart Gyngell	16.73	17-Oct-12
Discus (2kg)	Stuart Gyngell	45.80	18-Jan-12
Hammer (7.26kg)	Philip Frkovic	44.92	09-Mar-05
Javelin (800gm)	John Kay	57.81	29-Nov-00
Weight Throw (35lb)	Stuart Gyngell	14.44	17-Oct-12

40-49 Women

60m	Rebekah Power	8.09	12-Nov-25
80m Hurdles (76cm)			
100m	Rebekah Power	12.57	19-Nov-25
200m	Rebekah Power	26.42	11-Feb-26
400m	Marie Kay	59.5	24-Oct-01
400m Hurdles (76cm)			
600m	Emma O'Sullivan	1'45.0	08-Mar-23
800m	Emma O'Sullivan	2'29.70	22-Feb-22
1000m	Emma O'Sullivan	3'14.26	01-Mar-23
1500m	Emma O'Sullivan	5'02.11	15-Feb-23
Mile	Emma O'Sullivan	5'33.55	01-Feb-23
2000m	Emma O'Sullivan	7'25.08	19-Oct-22
2000m Steeplechase (76cm)	Emma O'Sullivan	8'11.98	08-Feb-23
3000m	Emma O'Sullivan	10'42.23	22-Mar-23
5000m	Emma O'Sullivan	18'18.01	10-Jan-24
10000m			
Long Jump	Marie Kay	5.19	14-Nov-01
Triple Jump	Marie Kay	10.41	26-Oct-05
High Jump	Cathy Connell	1.45	02-Nov-11
Pole Vault	Montse Ros	2.80	30-Oct-19
Shot (4kg)	Marie Kay	9.12	19-Oct-05
Discus (1kg)	Marie Kay	25.82	29-Oct-03
Hammer (4kg)	Amanda Lawson	34.80	12-Nov-25
Javelin (600gm)	Natalie Heywood	28.04	12-Feb-20
Weight Throw (20lb)	Amanda Lawson	10.44	15-Oct-25

50-59 Men

60m	Rob Bongiorno	7.85	12-Nov-25
100m	Adrian See	12.03	04-Feb-26
100m Hurdles (91cm)	Anthony Howlett	18.26	18-Feb-26
200m	Adrian See	24.05	11-Feb-26
400m	Rob Bongiorno	54.98	19-Nov-25
400m Hurdles (84cm)	Anthony Howlett	1'10.51	25-Feb-25
600m	Rob Bongiorno	1'34.01	10-Dec-25
800m	Leith Babian	2'15.33	24-Oct-18
1000m	Leith Babian	2'57.62	06-Feb-19
1500m	Leith Babian	4'42.57	08-Nov-23
Mile	Leith Babian	5'05.01	15-Nov-23
2000m	Leith Babian	6'35.19	23-Jan-19
3000m	Leith Babian	10'31.20	28-Feb-24
3000m Steeplechase (91cm)	Peter Kidd	13'31.2	24-Feb-16
5000m	Leith Babian	17'56.04	10-Jan-24
10000m			
Long Jump	Anthony Howlett	4.69	2-Nov-22
Triple Jump	Anthony Howlett	10.15	25-Feb-26
High Jump	Anthony Howlett	1.58	19-Feb-20
Pole Vault	Will Tyler	3.20	09-Dec-09
Shot (6kg)	Stuart Gyngell	18.40	15-Jan-14
Discus (1.5kg)	Martin Harland	53.19	29-Oct-14
Hammer (6kg)	Stuart Gyngell	45.30	5-Feb-14
Javelin (700gm)	Rodney Tebbutt	52.41	2-Nov-22
Weight Throw (25lb)	Stuart Gyngell	17.92	17-Dec-14

50-59 Women

60m	Nicole McHenry	8.80	13-Nov-24
80m Hurdles (76cm)	Caroline Ellis	16.86	19-Feb-25
100m	Nicole McHenry	14.17	16-Oct-24
200m	Nicole McHenry	29.73	27-Nov-24
300m Hurdles (76cm)	Mary-Ann McPherson	1'06.27	06-Nov-19
400m	Christine Shaw	1'13.5	08-Feb-12
600m	Natalie Heywood	2'09.69	26-Feb-25
800m	Natalie Heywood	3'01.42	12-Feb-25
1000m	Cristine Suffolk	4'01.20	01-Nov-23
1500m	Cristine Suffolk	6'10.52	08-Nov-23
Mile	Cristine Suffolk	6'38.70	27-Nov-24
2000m	Rosalind Perry	9'47.337	29-Jan-25
2000m Steeplechase (76cm)	Cristine Suffolk	9'49.31	12-Feb-25
3000m	Cristine Suffolk	13'23.36	28-Feb-24
5000m	Cristine Suffolk	22'01.46	10-Jan-24
10000m			
Long Jump	Christine Shaw	4.47	18-Nov-09
Triple Jump	Christine Shaw	8.63	11-Nov-09
High Jump	Marie Kay	1.35	03-Feb-16
Pole Vault	Christine Shaw	2.30	22-Feb-12
Shot (3kg)	Marie Kay	10.61	13-Nov-13
Discus (1kg)	Christine Shaw	27.14	02-Oct-13
Hammer (3kg)	Christine Shaw	30.33	14-Jan-15
Javelin (500gm)	Christine Shaw	28.22	20-Mar-13
Weight Throw (16lb)	Christine Shaw	10.13	17-Jan-18

60-69 Men

60m	Simon Harmey	9.00	09-Dec-20
100m	Peter Kidd	14.84	11-Jan-23
100m Hurdles (84cm)	Peter Kidd	20.50	21-Feb-24
200m	Peter Kidd	30.59	15-Feb-23
300m Hurdles (76cm)	Peter Kidd	55.61	06-Dec-23
400m	Peter Kidd	1'09.94	11-Jan-23
600m	Peter Kidd	1'56.40	15-Nov-23
800m	Peter Kidd	2'48.54	15-Mar-23
1000m	Peter Kidd	3'43.38	02-Nov-22
1500m	Peter Kidd	5'44.43	09-Nov-22
Mile	Peter Kidd	6'31.61	01-Feb-23
2000m	Peter Kidd	8'19.54	11-Jan-23
2000m Steeplechase (76cm)	Peter Kidd	9'34.38	23-Nov-22
3000m	Peter Kidd	12'51.14	01-Mar-23
5000m	Peter Kidd	22'52.14	14-Dec-22
10000m			
Long Jump	William Tyler	3.79	24-Nov-21
Triple Jump	Peter Kidd	8.32	14-Dec-22
High Jump	Peter Kidd	1.35	26-Oct-22
Pole Vault	William Tyler	2.70	22-Jan-20
Shot (5kg)	Ron Bragg	9.46	03-Dec-08
Discus (1kg)	Dave Ross	36.24	09-Mar-16
Hammer (5kg)	Dave Ross	30.55	25-Jan-17
Javelin (600gm)	Keith Edwards	38.03	25-Nov-09
Weight Throw (20lb)	Dave Ross	12.93	21-Oct-15

60-69 Women

60m	Christine Shaw	9.74	03-Mar-21
80m Hurdles (68cm)			
100m	Christine Shaw	15.40	26-Feb-20
200m	Christine Shaw	32.38	17-Feb-21
300m Hurdles (68cm)			
400m	Rina Flynn	1'21.65	23-Nov-22
600m	Noreen Parrish	2'21.6	26-Oct-05
800m	Rina Flynn	3'33.74	30-Nov-22
1000m	Rosalind Perry	5'00.2	06-Mar-13
1500m	Rosalind Perry	7'28.6	12-Dec-12
Mile	Rosalind Perry	8'12.9	30-Jan-13
2000m	Rosalind Perry	10'25.0	27-Feb-13
2000m Steeplechase (76cm)	Rosalind Perry	11'56.3	13-Feb-13
3000m	Rosalind Perry	15'28.0	24-Feb-21
5000m	Rosalind Perry	28'26.6	31-Oct-12
10000m			
Long Jump	Christine Shaw	4.02	16-Oct-19
Triple Jump	Christine Shaw	7.87	09-Dec-20
High Jump	Christine Shaw	1.25	19-Feb-20
Pole Vault	Christine Shaw	1.95	26-Feb-20
Shot (3kg)	Marie Kay	9.08	08-Nov-23
Discus (1kg)	Christine Shaw	24.83	09-Dec-20
Hammer (3kg)	Christine Shaw	27.80	19-Feb-20
Javelin (500g)	Christine Shaw	26.15	14-Oct-20
Weight Throw (12lb)	Christine Shaw	12.84	30-Oct-19

70-79 Men

60m	Colin Scott	10.15	13-Nov-24
80m Hurdles (76cm)			
100m	Colin Scott	16.59	05-Mar-25
200m	Colin Scott	34.13	27-Nov-24
300m Hurdles (68cm)			
400m	Colin Scott	1'23.24	16-Oct-24
600m	Colin Scott	2'28.88	26-Feb-25
800m	Colin Scott	3'21.68	05-Mar-25
1000m	Ronald Perry	4'42.5	06-Mar-13
1500m	Ronald Perry	6'57.3	17-Nov-10
Mile	Ronald Perry	7'36.4	02-Mar-11
2000m	Ronald Perry	9'49.3	06-Jan-10
2000m Steeplechase (76cm)	Ronald Perry	11'14.9	08-Feb-12
3000m	Ronald Perry	14'57.9	27-Jan-10
5000m	Ronald Perry	25'37.4	03-Nov-10
10000m			
Long Jump	Ron Simcock	3.15	12-Dec-07
Triple Jump	Ron Simcock	7.28	11-Nov-09
High Jump	Ron Simcock	1.25	25-Nov-09
Pole Vault			
Shot (4kg)	Ron Simcock	11.19	21-Sep-05
Discus (1kg)	Ron Simcock	32.66	09-Nov-05
Hammer (4kg)	Ron Simcock	36.16	04-Mar-09
Javelin (500gm)	Ron Simcock	36.65	12-Dec-07
Weight Throw (16lb)	Dave Ross	13.90	16-Feb-22

70-79 Women

60m	Carolyn Hunt	12.39	09-Feb-22
80m Hurdles (68cm)			
100m	Carolyn Hunt	20.22	01-Dec-21
200m	Carolyn Hunt	45.67	02-Feb-22
200m Hurdles (68cm)			
400m	Rosalind Perry	2'00.95	19-Oct-22
600m	Rosalind Perry	3'11.79	09-Mar-22
800m	Rosalind Perry	4'24.38	22-Feb-23
1000m	Rosalind Perry	5'51.02	01-Mar-23
1500m	Rosalind Perry	8'43.89	07-Dec-22
Mile	Rosalind Perry	9'57.51	05-Feb-25
2000m	Rosalind Perry	11'50.62	19-Oct-22
2000m Steeplechase (76cm)	Rosalind Perry	13'08.90	23-Nov-22
3000m	Rosalind Perry	18'27.28	30-Nov-22
5000m	Rosalind Perry	34'01.39	22-Jan-25
10000m			
Long Jump	Carolyn Hunt	2.83	01-Dec-21
Triple Jump	Carolyn Hunt	5.39	09-Feb-22
High Jump	Rosalind Perry	0.95	30-Nov-22
Pole Vault			
Shot (70-74/3kg)	Carolyn Hunt	6.43	02-Feb-22
Shot (74-79/2kg)	Carol McCord	5.32	23-Nov-22
Discus (70-74/1kg)	Adriana Van Bockel	15.43	30-Nov-22
Discus (74-79/750gm)	Carol McCord	12.60	21-Dec-12
Hammer (70-74/3kg)	Adriana Van Bockel	19.22	09-Nov-22
Hammer (74-79/2kg)	Carol McCord	17.41	28-Feb-24
Javelin (70-74/500gm)	Carolyn Hunt	17.33	01-Dec-21
Javelin (74-79/400gm)	Carol McCord	9.16	01-Mar-23
Weight Throw (70-74/12lb)	Adriana Van Bockel	7.15	08-Feb-23
Weight Throw (74-79/4kg)	Carol McCord	7.40	10-Jan-24

80-89 Men

60m	Ronald Perry	15.61	01-Feb-23
80m Hurdles (68cm)			
100m	Ronald Perry	23.35	13-Nov-19
200m	Ronald Perry	49.58	23-Oct-19
200m Hurdles (68cm)			
400m	Ronald Perry	2'01.09	16-Oct-19
600m	Ronald Perry	3'16.91	11-Dec-19
800m	Ronald Perry	4'31.67	23-Oct-19
1000m	Ronald Perry	6'07.34	05-Feb-20
1500m	Ronald Perry	9'20.94	16-Oct-19
Mile	Ronald Perry	9'56.55	06-Nov-19
2000m	Ronald Perry	12'42.19	30-Oct-19
2000m Steeplechase (76cm)	Ronald Perry	15'19.34	04-Dec-19
3000m	Ronald Perry	21'11.17	29-Jan-20
5000m			
10000m			
Long Jump	Ron Simcock	2.62	25-Nov-15
Triple Jump			
High Jump	Ron Simcock	1.10	21-Nov-18
Pole Vault			
Shot (3kg)	Ron Simcock	9.02	24-Feb-21
Discus (1kg)	Ron Simcock	24.70	07-Nov-18
Hammer (3kg)	Ron Simcock	37.57	28-Oct-15
Javelin (400gm)	Ron Simcock	27.51	09-Jan-19
Weight Throw (12lb)	Ron Simcock	12.20	24-Feb-21

2024 – 2025 Season Award Winners

Point Score

Men	Age	Women
	9's & Under	Hannah Curtis
Xavier Curtis	10's & 11's	Elyse Bongiorno
Carlo Tallarida	12's & 13's	Isabelle Olima
Ezekiel Curtis	14's & 15's	Sidney Bartle
Arlo Steffen	16's & 17's	Isabella Clowes
	U20	Emily Cusack
	Open	Naomi Robinson
Rohan Herring	30-39	Katie King
Andrew Herring	40-49	Katrina O'Brien
Anthony Howlett	50-59	Cath Chisholm
Peter Kidd	60-69	Christine Shaw
Colin Scott	70-79	Rosalind Perry
Ronald Perry	80-89	Carol McCord

Age-graded Best Performances at Club Meets

Mens	60m	Mitchell O'Neill	7.07
Mens	100m	Cooper Bradley	11.10
Mens	200m	Cooper Bradley	22.61
Mens	400m	Rob Bongiorno	57.12
Mens	800m	Milo Shepherdson Woodhead	2'08.60
Mens	1500m	Seattle Bazley	4'51.40
Mens	3000m	Seattle Bazley	10'22.19
Mens	Long Jump	Carlo Tallarida	4.04
Mens	Long Jump	Emerson Hill	3.00
Mens	Long Jump	Xavier Curtis	3.00
Mens	Triple Jump	Anthony Howlett	9.74
Mens	High Jump	Mackay Jones	2.00
Mens	Shot	Hunter Rees	11.67
Mens	Discus	Carlo Tallarida	33.49
Mens	Javelin	Rodney Tebbutt	46.08
Womens	60m	Rebekah Power	8.19
Womens	100m	Clara Marshall-Dawson	12.89
Womens	200m	Harlow Pate	26.64
Womens	400m	Drew Cooney	1'02.22
Womens	800m	Harlow Pate	2'28.60
Womens	1500m	Olivia Sivills	5'08.60
Womens	3000m	Olivia Sivills	10'15.98
Womens	Long Jump	Kenzie Hare	3.30
Womens	Triple Jump	Isabella Clowes	9.99
Womens	High Jump	Christine Shaw	1.15
Womens	Shot	Tiffany Tasevski	8.57
Womens	Discus	Sidney Bartle	34.48
Womens	Javelin	Isabella Clowes	23.51

Continuous Membership Awards

5 years: Aaron de Jager, Carlo Tallarida, Ella Power, Emily Benfiel, Grace Costabile, James Tebbutt, Joshua Smith, Kristin Mercer, Rachel Shaw, Scott Bazley, Tom Schambron

10 years: Simon Harmey

20 years: Adriana Van Bockel, Montse Ros

25 years: Family of Will Tyler

35 years: Michael McClelland

National Championships Representatives

Augustus Moore – U16 400m (3rd), Axel Comer – U17 3000m, Benjamin Pittman - Open Decathlon, Chase Grant – U20 200m, 400m (1st), Chelsy Wayne – Open & U20 Discus (2nd), Shot Put, Cheyannah Hall – U17 High Jump, Cheyenne Murray – U20 200m, 400m, Christian Callcutt – U20 High Jump, Delta Amidzovski – Open Long Jump (2nd), Drew Cooney – U16 400m, 800m, Ella Hewitt – U20 400m, Emily Benefiel – U18 100m Hurdles, Emily Perry – U15 90m Hurdles, Ginger Siasat – U15 100m, Joe Hinds – Open 800m, Lexie Garde – U18 400m, 4x400m (1st), Mackay Jones – U20 High Jump (1st), Maiya Hewitt – U20 400m Hurdles (1st), Milo Shepherdson Woodhead – U16 800m, Mitchell O'Neill – Open 200m, Olivia Sivills – Open 5000m, 3000m Steeplechase, Ryder Haines – U17 400m, Savannah Wiki – U16 Shot Put, Sidney Bartle – U16 Discus, Hammer (1st); U18 Hammer, Thomas Carleen – U18 100m, 200m, Tristan Swinbourne – U17 Hammer, William Willis – U20 Discus, Hammer, Xavier Wilson – PA U15: 1st Discus; 2nd 1500m; 3rd 200m, 800m, Long Jump; 400m, Zaynab Darwiche – U20 400m, Mixed 4 x 400m (2nd)

Major Award Winners

60m Skins Champion of Champions	Aliyah Betz
Most Improved Newcomer Male Athlete	Andrew Herring
Most Improved Newcomer Female Athlete	Katrina O'Brien
The Goodman Trophy Most Improved Male Athlete	E.J. McHenry
The Goodwin Trophy Most Improved Female Athlete	Amanda Lawson
Most Outstanding Para Athlete	Xavier Wilson
Most Outstanding Youth Athlete	Chase Grant
Most Outstanding Masters Athlete	Liz Lobb
Most Outstanding Jumps Athlete	Delta Amidzovski
Most Outstanding Throws Athlete	Sidney Bartle
Most Outstanding Track Athlete	Maiya Hewitt
Most Outstanding Out of Stadia Athlete	Olivia Sivills
President's Award	Mackay Jones
Ron Bragg 'Above and beyond' Club Spirit Awards	Megs Melfi Nicole McHenry Rob Bongiorno
Club Person Award	Christine Suffolk

Winter Pointscore Winners

Opens – tbd

Junior Winner – tbd