

### NSW State Records

MALE						FEMALE				
<b>100m</b>						<b>100m</b>				
10.03	Matt Shirvington	78	ASW	17/09/1998	<b>Open</b>	11.12	Melinda Gainsford	71	CRH	1/07/1994
10.29	Matt Shirvington	78	ASW	11/10/1997	<b>U20</b>	11.42	Diane Holden	63	RYD	29/11/1980
10.63	Chad Stephenson	72	ASW	26/01/1989	<b>U18</b>	11.42	Diane Holden	63	RYD	29/11/1980
Not claimed					<b>U16</b>	(11.54) / 11.3 *	Debbie Wells	61	NGL	14/01/1976
<b>200m</b>						<b>200m</b>				
20.45	Matt Shirvington	78	ASW	10/08/1998	<b>Open</b>	22.23	Melinda Gainsford	71	CRH	13/07/1997
20.48	Fred Martin	66	ASW	3/02/1985	<b>U20</b>	(23.04) / 22.8 *	Debbie Wells	61	NGL	28/02/1976
20.90	Paul Greene	72	NOW	19/08/1989	<b>U18</b>	(23.04) / 22.8 *	Debbie Wells	61	NGL	28/02/1976
Not claimed					<b>U16</b>	(23.04) / 22.8 *	Debbie Wells	61	NGL	28/02/1976
<b>400m</b>						<b>400m</b>				
44.38	Darren Clark	65	RBH	26/09/1988	<b>Open</b>	50.24	Maree Holland	63	ASW	25/09/1988
44.75	Darren Clark	65	RBH	8/08/1984	<b>U20</b>	51.76	Jana Pittman	82	HIL	13/03/2000
45.96	Paul Greene	72	NOW	19/08/1989	<b>U18</b>	51.80	Jana Pittman	82	HIL	12/12/1999
Not claimed					<b>U16</b>	54.31	Rosemary Hayward	80	TOU	23/03/1995
<b>800m</b>						<b>800m</b>				
1:45.21	Grant Cremer	78	CRH	26/08/1999	<b>Open</b>	2:00.57	Kaylene Coster	61	RBH	14/03/1984
1:47.00	Lachlan Renshaw	87	SYU	15/08/2006	<b>U20</b>	2:04.7	Cheryl Peasley	51	CUM	27/09/1969
1:49.96	Andrew O'Neill	83	KOO	9/12/2000	<b>U18</b>	2:05.44	Brooke Simpson	87	SUT	12/02/2004
1:54.80	Andrew O'Neill	83	KOO	13/12/1998	<b>U16</b>	2:06.46	Sophie Scamps	71	RVW	6/07/1986
<b>1000m</b>						<b>1000m</b>				
2:16.51	Grant Cremer	78	CRH	1/08/2000	<b>Open</b>	2:42.07	Penny Just	57	BAN	17/07/1986
2:22.6	Glen Stojanovic	74	CRH	23/01/1993	<b>U20</b>	2:48.99	Suzy Walsham	73	REE	25/02/1989
2:26.68	Craig Wood	79	SUT	3/12/1995	<b>U18</b>	2:48.99	Suzy Walsham	73	REE	25/02/1989
Not claimed					<b>U16</b>	Not claimed				
<b>1500m</b>						<b>1500m</b>				
3:36.25	Youcef Abdi	77	RBH	8/09/2002	<b>Open</b>	4:07.78	Suzy Walsham	73	ASW	24/05/2003
3:44.5	David Byrne	81	PEN	13/11/1999	<b>U20</b>	4:11.04	Suzy Walsham	73	ASW	14/01/1990
3:46.34	Andrew O'Neill	83	KOO	2/03/2000	<b>U18</b>	4:11.04	Suzy Walsham	73	ASW	14/01/1990
3:57.10	David Byrne	81	BAN	9/12/1996	<b>U16</b>	4:22.33	Nicola Corbin	73	REE	7/12/1988
<b>* Handtimed. The electronic equivalent is in brackets.</b>										

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MALE						FEMALE				
<b>Mile</b>						<b>Mile</b>				
3:56.23	Youcef Abdi	77	RBH	25/05/2003	<b>Open</b>	4:29.28	Penny Just	57	BAN	28/07/1985
Not claimed					<b>U20</b>	4:33.13	Suzy Walsham	73	REE	7/01/1990
Not claimed					<b>U18</b>	4:33.13	Suzy Walsham	73	REE	7/01/1990
Not claimed					<b>U16</b>	Not claimed				
<b>2000m</b>						<b>2000m</b>				
5:08.4	Laurie Toogood	45	NS	18/03/1966	<b>Open</b>	5:52.55	Elizabeth Miller	63	SEC	10/07/1992
Not claimed					<b>U20</b>	Not claimed				
Not claimed					<b>U18</b>	Not claimed				
Not claimed					<b>U16</b>	Not claimed				
<b>3000m</b>						<b>3000m</b>				
7:45.94	Andrew Lloyd	59	REE	1/12/1990	<b>Open</b>	8:41.78	Eloise Wellings	82	SUT	16/09/2006
8:11.0	Colin Dalton	66		5/12/1984	<b>U20</b>	9:02.11	Eloise Wellings	82	SUT	20/02/1999
8:15.22	Ryan Gregson	90	KEJ	17/02/2007	<b>U18</b>	9:02.11	Eloise Wellings	82	SUT	20/02/1999
8:36.81	Cameron Page	91	GOS	11/11/2006	<b>U16</b>	9:34.0	Nicola Corbin	73	REE	7/11/1987
<b>5000m</b>						<b>5000m</b>				
13:24.63	Andrew Lloyd	59	REE	25/02/1992	<b>Open</b>	14:54.11	Eloise Wellings	82	SUT	11/08/2006
14:09.69	Martin Dent	79	BAN	17/01/1998	<b>U20</b>	15:18.6	Eloise Wellings	82	SUT	16/10/1999
14:30.63	Ryan Gregson	90	KEJ	13/01/2007	<b>U18</b>	15:18.6	Eloise Wellings	82	SUT	16/10/1999
<b>10000m</b>						<b>10000m</b>				
27:57.34	Andrew Lloyd	59	REE	12/12/1987	<b>Open</b>	31:55.94	Kerryn McCann	67	WSF	6/12/1999
29:30.4	Lawrie Whitty	60	SGD	13/03/1977	<b>U20</b>	36:04.0	Lalia Shultz	69	RBH	12/11/1986
<b>1 hour run (H/T)</b>						<b>1 hour run (H/T)</b>				
19,277m	Danny Boltz	62	ASW	14/09/1983	<b>Open</b>	Not claimed				
Not claimed					<b>U20</b>	Not claimed				
<b>Half-Marathon</b>						<b>Half-Marathon</b>				
1:01:37	John Andrews	58	SGD	3/10/1993	<b>Open</b>	1:07:48	Kerryn McCann	67	WSF	10/12/2000
<b>Marathon</b>						<b>Marathon</b>				
2:11:10	Danny Boltz	62	ASW	3/03/1991	<b>Open</b>	2:25:59	Kerryn McCann	67	WSF	16/04/2000
<b>1500m Walk</b>						<b>1500m Walk</b>				
5:47.50	Troy Sundstrom	81	IBS	23/03/1997	<b>U16</b>	5:59.15	Renee McAskill	82	NEP	25/02/1996

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<b>3000m Walk</b>						<b>3000m Walk</b>				
11:17.1	Nick A'Hern	69	NEP	3/11/1990	Open	11:51.26	Kerry Junna-Saxby	61	BAL	7/02/1991
11:30.94	Troy Sundstrom	81	IBS	23/01/2000	U20	12:27.74	Jane Saville	74	RBH	25/02/1993
11:35.2	Douglas Connolly	82	NEP	23/10/1999	U18	12:36.21	Natalie Saville	78	RBH	9/12/1995
Not claimed					U16	12:43.0	Michelle French	82	NEP	8/11/1997
<b>5000m Walk</b>						<b>5000m Walk</b>				
18:51.39	Nick A'Hern	69	NEP	13/01/1991	Open	20:03.0	Kerry Junna-Saxby	61	BAL	11/02/1996
19:38.22	Troy Sundstrom	81	IBS	19/02/1999	U20	21:34.23	Natalie Saville	78	RBH	1/03/1997
19:58.64	Douglas Connolly	82	NEP	12/12/1999	U18	21:46.64	Natalie Saville	78	RBH	6/01/1996
<b>10000m Walk</b>						<b>10000m Walk</b>				
39:10.10	Nick A'Hern	69	NEP	13/01/1991	Open	41:57.22	Kerry Saxby	61	BAL	24/07/1990
40:54.00	Adam Rutter	86	SYP	24/12/??	U20	48:04.78	Laura Johnson	84	ASW	18/07/2002
42:40.54	Douglas Connolly	82	NEP	6/11/1999	U18	Not claimed				
<b>20km Road Walk</b>						<b>20km Road Walk</b>				
1:19:19	Luke Adams	76	BAN	23/04/2005	Open	1:27:33	Jane Saville	74	RBH	2/05/2004
<b>50km Road Walk</b>						<b>50km Road Walk</b>				
4:04:03	Luke Adams	76	BAN	5/05/2002	Open					
<b>110m Hurdles (1.067m)</b>						<b>110m Hurdles (1.067m)</b>				
13.55	Justin Merlino	85	SYU	11/03/2007	Open					
<b>110m Hurdles (0.991m)</b>						<b>110m Hurdles (0.991m)</b>				
14.23	Paul Stickler	85	WES	7/12/2002	U20					
<b>110m Hurdles (0.914m)</b>						<b>110m Hurdles (0.914m)</b>				
13.71	Adam Slezak	87		28/03/2004	U18					
<b>100m Hurdles (0.840m)</b>						<b>100m Hurdles (0.840m)</b>				
					Open	13.09	Jacque Munro	81	RAY	22/06/2002
					U20	13.12	Jacque Munro	81	RAY	14/07/2000
13.09	Paul Sticker	85	WES	10/12/2000	U16					
<b>100m Hurdles (0.762m)</b>						<b>100m Hurdles (0.762m)</b>				
					U18	13.65	Jacinta Doyle	90	SUT	14/07/2007
<b>90m Hurdles (0.762m)</b>						<b>90m Hurdles (0.762m)</b>				
					U16	12.58	Carly Rodger	92	ILL	30/09/2006
<b>400m Hurdles (0.914m)</b>						<b>400m Hurdles (0.914m)</b>				
48.84	Zid Abou Hamed	70	BAN	20/02/1999	Open					
51.11	Andrew Franklin	76	ILL	11/03/1995	U20					

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MALE						FEMALE				
<b>400m Hurdles (0.840m)</b>										
52.09	Matt Beckenham	76	QUE	11/12/1993	<b>U18</b>					
						<b>400m Hurdles (0.762m)</b>				
					<b>Open</b>	53.22	Jana Pittman	82	HIL	28/08/2003
					<b>U20</b>	55.20	Jana Pittman	82	HIL	18/03/2000
					<b>U18</b>	56.23	Jana Pittman	82	HIL	18/12/1999
<b>200m Hurdles (10 Hurdles 0.762m)</b>						<b>200m Hurdles (10 Hurdles 0.762m)</b>				
24.73	Paul Stickler	85	WES	7/12/2000	<b>U16</b>	28.32	Carly Rodger	92	ILL	16/12/2006
<b>2000m Steeplechase (0.762m)</b>						<b>2000m Steeplechase (0.762m)</b>				
					<b>U18</b>	6:42.7	Catherine Lamb	82	CBT	19/12/1998
5:55.06	James Matthews	87	ILL	5/12/2002	<b>U16</b>	7:09.5	Shannon Hill	83	WES	19/12/1998
<b>2000m Steeplechase (0.914m)</b>										
5:43.73	Aaron Hunt	71	SOS	5/12/1988	<b>U18</b>					
						<b>3000m Steeplechase (0.762m)</b>				
					<b>Open</b>	9:56.54	Madeleine Heiner	87	SYU	19/01/2006
					<b>U20</b>	9:56.54	Madeleine Heiner	87	SYU	19/01/2006
<b>3000m Steeplechase (0.914m)</b>										
8:18.34	Youcef Abdi	77	BAN	28/07/2007	<b>Open</b>					
8:40.62	Glen Stojanovic	74	CRH	20/09/1992	<b>U20</b>					
<b>4x100m Relay</b>						<b>4x100m Relay</b>				
39.55	NSW			6/03/1993	<b>Open</b>	44.14 / 44.0 *	NSW			7/03/1992
40.24 / 40.1 *	NSW			9/01/1985	<b>U20</b>	45.61	NSW			3/03/1995
40.93	NSW			11/12/98	<b>U18</b>	46.24	(Costello, Turner, Doyle, Graf)			10/03/2007
41.77	NSW			12/03/1988	<b>U16</b>	47.16	NSW			26/03/1995
<b>4x200m Relay</b>						<b>4x200m Relay</b>				
1:23.04	Homebush Track Club			6/12/1998	<b>Open</b>	1:36.41	Tigers Wests			21/11/1987
1:25.48	Manly Warringah			4/12/1983	<b>U20</b>	1:39.24	Illawarra Blue Stars			14/01/1989
1:28.41	Newcastle Hunter Branch			23/11/1987	<b>U18</b>	1:39.5	NSW			30/11/1981
1:29.87	NSW			8/12/2001	<b>U16</b>	1:40.11	(Graf, Tauro, Hunt, Keir)			10/12/2005

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MALE						FEMALE				
<b>4x400m Relay</b>						<b>4x400m Relay</b>				
3:02.49	Australia (Ballard, Garner, Murphy, Clark)			1/10/1988	<b>Open</b>	3:34.65	NSW			8/03/1992
3:13.37	NSW			28/02/2004	<b>U20</b>	3:41.20	NSW			8/03/1992
3:15.69	NSW			7/12/1988	<b>U18</b>	3:42.47	NSW			21/03/1982
3:17.56	NSW			7/03/1986	<b>U16</b>	3:45.47	NSW			27/11/1988
<b>4x800m Relay</b>						<b>4x800m Relay</b>				
7:24.23	Sydney University			4/12/1999	<b>Open</b>	8:45.54	Eastern Suburbs			7/12/1985
7:39.5	South Coast Branch			29/11/1981	<b>U20</b>	8:57.62	Randwick-Botany Harriers (Kajan, Tamsett, Neville, Doyle)			21/11/2005
7:46.20	Sydney Pacific (Andreatta, Fitzgerald, Bromley, Hall)			17/12/2000	<b>U18</b>	8:57.62	Randwick-Botany Harriers (Kajan, Tamsett, Neville, Doyle)			21/11/2005
8:08.55	South Coast Branch			7/12/85	<b>U16</b>	9:03.96	Reebok			27/11/1988
<b>4x1500m Relay</b>						<b>4x1500m Relay</b>				
15:29.92	Randwick-Botany Harriers (Farrelly, Hunt, Woods, Roff)			18/11/06	<b>Open</b>	18:23.98	Cumberland Ryde Hornsby			4/12/1990
16:01.70	Manly Warringah			4/12/1983	<b>U20</b>	18:23.98	Cumberland Ryde Hornsby			4/12/1990
16:27.80	Cumberland Ryde Hornsby			4/12/1994	<b>U18</b>	18:35.29	Randwick-Botany Harriers (Neville, McKillop, Kajan, Doyle)			19/11/2006
17:08.08	South Sydney			22/11/1987	<b>U16</b>	18:43.26	Reebok			26/11/1988
<b>Medley Relay</b>						<b>Medley Relay</b>				
3:19.27	Sydney Pacific			22/12/1999	<b>Open</b>	3:56.02	Ryde			15/12/2001
<b>High Jump</b>						<b>High Jump</b>				
2.31m	Lochsley Thompson	73	SEC	8/03/1992	<b>Open</b>	1.93m	Katrina Gibbs	59	DUB	11/08/1978
						1.93m	Petrina Price	84	WOL	15/11/2003
2.31m	Lochsley Thompson	73	SEC	8/03/1992	<b>U20</b>	1.93m	Katrina Gibbs	59	DUB	11/08/1978
						1.93m	Petrina Price	84	WOL	15/11/2003
2.21m	James Watson	85	SYP	14/07/2001	<b>U18</b>	1.90m	Petrina Price	84	WOL	7/12/2001
2.11m	James Watson	85	SYP	8/12/2000	<b>U16</b>	1.85m	Melissa Harris	77	CRH	27/02/1992
<b>Pole Vault</b>						<b>Pole Vault</b>				
5.25m	Craig Schulstad	75	ASW	7/12/1994	<b>Open</b>	4.10m	Rosanna Ditton	79	SYU	10/02/2002
5.25m	Craig Schulstad	75	ASW	7/12/1994	<b>U20</b>	3.70m	Amanda Bartrim	91	GOS	19/01/2007
4.90m	Matt Fryer	88	CBT	5/07/2005	<b>U18</b>	3.70m	Amanda Bartrim	91	GOS	19/01/2007
4.20m	Blake Lucas	90	CBT	11/12/2005	<b>U16</b>	3.55m	Amanda Bartrim	91	GOS	25/11/2006





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MALE						FEMALE				
						<b>Heptathlon</b>				
					<b>Open</b>	6354 points	Jane Jamieson	75	ASW	17/09/1998
					<b>U20</b>	5445 points	Jane Jamieson	75	ASW	23/03/1993
						<b>Heptathlon (0.762m Hurdles)</b>				
					<b>U18</b>	5258 points	Cathy Jeon	70	RBH	13/12/1987
						<b>Combined Event (7 events)</b>				
					<b>U16</b>	5484 points	Jane Jamieson	75	ASW	23/03/1991

\* Handtimed. The electronic equivalent is in brackets.

\*\* Record set with heavier implement but not surpassed using current weight.