

**ATHLETICS AUSTRALIA**  
**AUSTRALIAN OUTDOOR RECORDS AS AT 31st December 2018.**

**MEN - OUTDOOR**

EVENT	PERF.	DATE	VENUE	NAME	STATE	D.O.B.
<b>100 METRES</b>						
Aust Allcomers	9.87	23-Sep-00	SYDNEY	MAURICE GREENE	USA	23-Jul-74
Aust National	9.93	5-May-03	MITA JAPAN	PATRICK JOHNSON	ACT	26-Sep-72
Aust U20	10.15	1-Jul-18	FINLAND	JAKE DORAN	QLD	18-Jul-00
Aust U18	10.38	11-Dec-15	PERTH	JACK HALE	TAS	22-May-98
Aust U16	10.67	7-Dec-13	TOWNSVILLE	JORDON SHELLEY	NSW	27-Feb-98
<b>200 METRES</b>						
Aust Allcomers	19.92	25-Feb-99	MELBOURNE	FRANKIE FREDERICKS	NAM	2-Oct-67
Aust National	20.06	16-Oct-68	MEXICO CITY	PETER NORMAN	VIC	15-Jun-42
Aust U20	20.48	3-Feb-85	BRISBANE	FRED MARTIN	NSW	4-Oct-66
Aust U18	20.90	6-Nov-82	SYDNEY	DARREN CLARK	NSW	6-Sep-65
	20.90	19-Aug-89	SAGA	PAUL GREENE	NSW	9-Dec-72
	20.90	24-Sep-17	TOWNSVILLE	ZANE BRANCO	QLD	4-Jan-00
Aust U16	21.44	8-Dec-13	TOWNSVILLE	JORDON SHELLEY	NSW	27-Feb-98
<b>400 METRES</b>						
Aust Allcomers	43.84	25-Sep-00	SYDNEY	MICHAEL JOHNSON	USA	13-Sep-67
Aust National	44.38	26-Sep-88	SEOUL	DARREN CLARK	NSW	6-Sep-65
Aust U20	44.75	8-Aug-84	LOS ANGELES	DARREN CLARK	NSW	6-Sep-65
Aust U18	45.96	19-Aug-89	SAGA	PAUL GREENE	NSW	9-Dec-72
Aust U16	48.12	7-Dec-88	SYDNEY	PAUL GREENE	NSW	9-Dec-72
<b>800 METRES</b>						
Aust Allcomers	1:43.15	4-Mar-10	MELBOURNE	DAVID RUDISHA	KEN	17-Dec-88
Aust National	1:44.21	20-Jul-18	MONACO	JOSEPH DENG	VIC	7-Jul-98
Aust U20	1:45.91	28-Jul-95	LINDAU	PAUL BYRNE	VIC	29-Jan-76
Aust U18	1:47.24	11-Dec-93	CANBERRA	PAUL BYRNE	VIC	29-Jan-76
Aust U16	1:51.41	11-Dec-88	CANBERRA	MARK HOLCOMBE	VIC	21-Aug-73
<b>1000 METRES</b>						
Aust Allcomers	2:17.67	14-Jan-88	MELBOURNE	MICHAEL HILLARDT	QLD	22-Jan-61
Aust National	2:16.09	17-Jun-14	OSTRAVA	JEFFREY RISELEY	VIC	11-Nov-86
Aust U20	2:20.5	6-Jan-94	MELBOURNE	PAUL BYRNE	VIC	29-Jan-76
Aust U18	2:23.1	7-Jan-93	MELBOURNE	MICHAEL POWER	VIC	9-May-76
Aust U16	2:28.7	7-Jan-92	MELBOURNE	MICHAEL POWER	VIC	9-May-76
<b>1500 METRES</b>						
Aust Allcomers	3:31.25	9-Sep-01	MELBOURNE	HICHAM EL GUERROUJ	MAR	14-Sep-74
Aust National	3:31.06	22-Jul-10	MONACO	RYAN GREGSON	NSW	26-Apr-90
Aust U20	3:37.24	28-Feb-09	SYDNEY	RYAN GREGSON	NSW	26-Apr-90
Aust U18	3:43.84	1-Dec-07	SYDNEY	RYAN GREGSON	NSW	26-Apr-90
Aust U16	3:53.7	15-Nov-01	MELBOURNE	TYSON MAHON	VIC	9-Oct-86
<b>1 MILE (= 1609.33 METRES)</b>						
Aust Allcomers	3:51.54	7-Feb-91	MELBOURNE	SIMON DOYLE	QLD	9-Nov-66
Aust National	3:48.98	29-Jul-05	OSLO	CRAIG MOTTRAM	VIC	18-Jun-80
Aust U20	3:56.87	8-Aug-80	BERLIN	MICHAEL HILLARDT	QLD	22-Jan-61
<b>2000 METRES</b>						
Aust Allcomers	4:50.76	9-Mar-06	MELBOURNE	CRAIG MOTTRAM	VIC	18-Jun-80
Aust National	4:50.76	9-Mar-06	MELBOURNE	CRAIG MOTTRAM	VIC	18-Jun-80
Aust U20	5:09.40	15-Jun-16	PERTH	MATTHEW RAMSDEN	WA	23-Jul-97
Aust U18	5:15.5	22-Dec-79	ADELAIDE	MARK ARENS	SA	23-Mar-62
<b>3000 METRES</b>						
Aust Allcomers	7:39.22	20-Feb-99	SYDNEY	LUKE KIPKOSGEI	KEN	27-Nov-75
Aust National	7:32.19	17-Sep-06	ATHENS	CRAIG MOTTRAM	VIC	18-Jun-80
Aust U20	7:57.45	13-Mar-09	CHRISTCHURCH	RYAN GREGSON	NSW	26-Apr-90
Aust U18	8:01.26	10-Nov-07	SYDNEY	RYAN GREGSON	NSW	26-Apr-90
Aust U16	8:25.31	8-Nov-14	SYDNEY	JOSHUA TORLEY	ACT	30-Apr-99
<b>5000 METRES</b>						
Aust Allcomers	12:56.41	20-Mar-06	MELBOURNE MCG	AUGUSTINE CHOGE	KEN	21-Jan-87
Aust National	12:55.76	30-Jul-04	LONDON	CRAIG MOTTRAM	VIC	18-Jun-80
Aust U20	13:25.63	7-Aug-99	HECHTEL	MIZAN MEHARI	ACT	25-Jan-80
Aust U18	14:14.35	24-Nov-07	SYDNEY	RYAN GREGSON	NSW	26-Apr-90
<b>10000 METRES</b>						

Aust Allcomers	27:18.20	25-Sep-00	SYDNEY	HAILE GEBRSELESSIE	ETH	18-Apr-73
Aust National	27:24.95	1-May-11	CALIFORNIA	BEN ST LAWRENCE	NSW	7-Nov-81
Aust U20	28:50.4	16-Dec-76	MELBOURNE	ROB DE CASTELLA	VIC	27-Feb-57
<b>20000 METRES</b>						
Aust Allcomers	59:22.8	27-Oct-65	GEELONG	RON CLARKE	VIC	21-Feb-37
Aust National	58:37.2	17-Apr-82	ROME	ROB DE CASTELLA	VIC	27-Feb-57
Aust U20	70:03.8	5-Oct-68	MELBOURNE	MAX LITTLE	TAS	23-Oct-49
<b>1 HOUR TRACK</b>						
Aust Allcomers	20,232.56m	27-Oct-65	GEELONG	RON CLARKE	VIC	21-Feb-37
Aust National	20,516m	17-Apr-82	ROME	ROB DE CASTELLA	VIC	27-Feb-57
Aust U20	18,678m	29-Aug-73	ADELAIDE	TONY BART	SA	4-Dec-55
<b>25000 METRES</b>						
Aust Allcomers	79:56.4	31-Jul-16	HOBART	JOSHUA HARRIS	TAS	3-Jul-90
Aust National	79:56.4	31-Jul-16	HOBART	JOSHUA HARRIS	TAS	3-Jul-90
Aust U20	84:12.0	3-Nov-74	MELBOURNE	EERO KERANEN	VIC	7-Nov-55
<b>30000 METRES</b>						
Aust Allcomers	96:39.7	31-Jul-16	HOBART	JOSHUA HARRIS	TAS	3-Jul-90
Aust National	96:39.7	31-Jul-16	HOBART	JOSHUA HARRIS	TAS	3-Jul-90
Aust U20	106:53.0	3-Nov-74	MELBOURNE	EERO KERANEN	VIC	7-Nov-55
<b>100M HURDLES</b>						
Aust U16 (.84m)	12.66	3-Dec-16	CANBERRA	SASHA ZHOYA	WA	25-Jun-02
<b>110M HURDLES</b>						
Aust Allcomers	13.00	25-Sep-00	SYDNEY	ANIER GARCIA	CUB	9-Mar-76
Aust National	13.29	11-Aug-95	GOTEBORG	KYLE VANDER-KUYP	VIC	30-May-71
Aust U20 IAAF (1.067m)	13.76	19-May-78	POCATELLO	DON WRIGHT	QLD	26-Apr-59
Aust U20 AA (.99m)	13.27	12-Jul-12	BARCELONA	NICHOLAS HOUGH	NSW	20-Oct-93
Aust U18 (.91m)	13.24	9-Dec-17	ADELAIDE	SASHA ZHOYA	WA	25-Jun-02
<b>200M HURDLES</b>						
Aust Allcomers	22.59	14-Mar-96	BRISBANE	DARRYL WOHLSEN	QLD	6-Mar-73
Aust National	22.59	14-Mar-96	BRISBANE	DARRYL WOHLSEN	QLD	6-Mar-73
Aust U20	23.2	9-Feb-63	BRISBANE	PETER BALTHES	QLD	17-Jun-44
Aust U16 (.76m)	24.54	9-Dec-05	SYDNEY	JARED BEZUIDENHOUT	WA	21-Oct-90
<b>400M HURDLES</b>						
Aust Allcomers	47.50	27-Sep-00	SYDNEY	ANGELO TAYLOR	USA	29-Dec-78
Aust National	48.28	31-Jul-96	ATLANTA	ROHAN ROBINSON	VIC	15-Nov-71
Aust U20	49.73	10-Aug-90	BULGARIA	ROHAN ROBINSON	VIC	15-Nov-71
Aust U18 (.84m)	51.75	5-Dec-08	CANBERRA	SASHA ALEXEENKO	QLD	23-Mar-91
<b>2000M STEEPLECHASE</b>						
Aust U18	5:43.73	5-Dec-88	SYDNEY	AARON HUNT	NSW	10-Mar-72
Aust U16 (.76m)	5:55.06	5-Dec-02	HOBART	JAMES MATTHEWS	NSW	29-Jan-87
<b>3000M STEEPLECHASE</b>						
Aust Allcomers	8:16.14	9-Sep-01	MELBOURNE	BRAHIM BOULAMI	MAR	20-Apr-72
Aust National	8:16.22	2-Jul-93	LILLE	SHAUN CREIGHTON	VIC	14-May-67
Aust U20	8:40.62	20-Sep-92	SEOUL	GLEN STOJANOVIC	NSW	3-Feb-74
<b>3000M TRACK WALK</b>						
Aust U18	11:42.04	21-Feb-98	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
Aust U16	12:09.3	2-Feb-95	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
<b>5000M TRACK WALK</b>						
Aust Allcomers	18:40.11	28-Feb-09	SYDNEY	EDER SANCHEZ	MEX	21-May-86
Aust National	18:38.97	5-Mar-16	MELBOURNE	DANE BIRD-SMITH	QLD	15-Jul-92
Aust U20	19:38.22	19-Feb-00	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
Aust U18	20:06.9	17-Jan-98	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
<b>10000M TRACK WALK</b>						
Aust Allcomers	38:20.9	15-Sep-85	SYDNEY	DAVID SMITH	VIC	24-Jul-55
Aust National	38:20.9	15-Sep-85	SYDNEY	DAVID SMITH	VIC	24-Jul-55
Aust U20	40:49.72	14-Jul-18	FINLAND	DECLAN TINGAY	WA	6-Feb-99
Aust U18	42:40.54	6-Nov-99	SYDNEY	DOUG CONNOLLY	NSW	30-Oct-82
<b>20000M TRACK WALK</b>						
Aust Allcomers	1:19:48.1	4-Sep-01	BRISBANE	NATHAN DEAKES	VIC	17-Aug-77
Aust National	1:19:48.1	4-Sep-01	BRISBANE	NATHAN DEAKES	VIC	17-Aug-77
Aust U20	1:36:39.7	27-Jun-81	MELBOURNE	MICHAEL HARVEY	VIC	5-Dec-62

### 30000M TRACK WALK

Aust Allcomers	2:14:22	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
Aust National	2:14:22	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
<b>50000M TRACK WALK</b>						
Aust Allcomers	3:43:50.0	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
Aust National	3:43:50.0	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
<b>4 X 100M RELAY</b>						
Aust Allcomers	37.61	30-Sep-00	SYDNEY	USA - DRUMMOND, WILLIAMS, LEWIS, GREENE		
Aust National	38.17	12-Aug-95	GOTEBORG	AUS - BRIMACOMBE, HENDERSON, JACKSON, MARSH		
Aust National	38.17	10-Aug-12	LONDON	AUS - ALOZIE, NTIAMOAH, McCABE, ROSS		
Aust State Team	39.06	27-May-13	TAIWAN	NSW - ALOZIE, NTIAMOAH, HOUGH, GEDDES		
Aust U20	39.34	13-Jul-12	BARCELONA	AUS - JAWORSKI, DONOVAN, HOUGH, BERTACCO		
Aust U18	40.85	4-Dec-08	CANBERRA	NSW - PEARCE, HAMMOND, McRAE, FAKIYE		
Aust U16	41.77	12-Mar-88	CANBERRA	NSW - BENSCHER, CAMPS, GREENE, STEPHENSON		
<b>4 X 200M RELAY</b>						
Aust Allcomers	1:23.04	6-Dec-98	SYDNEY	NSW - S.VASSELLA, HOLLANDS, CAPOBIANCO, P.VASSELLA		
Aust National	1:23.04	6-Dec-98	SYDNEY	NSW - S.VASSELLA, HOLLANDS, CAPOBIANCO, P.VASSELLA		
Aust State Team	1:23.04	6-Dec-98	SYDNEY	NSW - S.VASSELLA, HOLLANDS, CAPOBIANCO, P.VASSELLA		
Aust U20	1:25.48	4-Dec-83	SYDNEY	NSW - CHAMPION, KEARNEY, MACE, THEODORE		
Aust U18	1:28.2	17-Dec-83	MELBOURNE	VIC - MILIONIS, PRYOR, LONGMUIR, REED		
Aust U16	1:29.40	9-Dec-00	ADELAIDE	VIC - TONKIN, REMMERS, WROE, LITTLEJOHN		
<b>4 X 400M RELAY</b>						
Aust Allcomers	2:56.35 *	30-Sep-00	SYDNEY	USA - HARRISON, PETTIGREW ,HARRISON, JOHNSON		
Aust National	2:59.70	11-Aug-84	LOS ANGELES	AUS - CLARK, FRAYNE, MINIHAN, MITCHELL		
Aust State Team	3:02.1	26-Feb-84	MELBOURNE	VIC - FRAYNE, MINIHAN, MITCHELL, VAN MILTENBURG		
Aust U20	3:04.74	2-Aug-98	ANNECY	AUS - McFARLANE, BATMAN, THOM, VINCENT		
Aust U18	3:14.39	30-Mar-84	MELBOURNE	VIC - KLABBERS, LONGMUIR, NEVIN, REED		
Aust U16	3:17.56	7-Mar-86	HOBART	NSW - DENNIS, PERRY, SMART, WATERS		
<b>* under review</b>						
<b>4 X 800M RELAY</b>						
Aust Allcomers	7:20.0	6-Mar-82	BRISBANE	QLD - CREW, GOULDING, HAWES, HILLARDT		
Aust National	7:11.48	24-May-14	BAHAMAS	AUS - RALPH, GREGSON, WILLIAMSZ, WEST		
Aust State Team	7:20.0	6-Mar-82	BRISBANE	QLD - CREW, GOULDING, HAWES, HILLARDT		
Aust U20	7:39.5	29-Nov-81	SYDNEY	NSW - EARL, OZOLINS, TRINCA, WHEELER		
Aust U18	7:46.20	17-Dec-00	SYDNEY	NSW - ANDREATTA, FITZGERALD, BROMLEY, HALL		
<b>4 X 1500M RELAY</b>						
Aust Allcomers	15:17.91	17-Nov-07	SYDNEY	NSW - FARRELLY, HUNT, WOODS, ROFF		
Aust National	14:46.04	25-May-14	BAHAMAS	AUS - GREGSON, McENTEE, BIRMINGHAM, WILLIAMSZ		
Aust State Team	15:17.91	17-Nov-07	SYDNEY	NSW - FARRELLY, HUNT, WOODS, ROFF		
Aust U20	15:45.09	28-Mar-92	MELBOURNE	VIC - BOWDEN, GIBBS, SLY, UNTHANK		
Aust U18	16:04.7	17-Dec-89	MELBOURNE	VIC - ELLIS, HOWLEY, MCMAHON, MILLICHAMP		
Aust U16	17:05.35	23-Dec-11	LAUNCESTON	TAS - ROBINSON, HAGOS, NICKLASON, ADAMS		
<b>1000M SPRINT MEDLEY RELAY (SWEDISH)</b>						
Aust U18	1:53.98	7-Dec-14	ADELAIDE	NSW - BROWNING, WOOD, SHELLEY, STENMARK		
Aust U16	1:59.33	4-Dec-11	BRISBANE	QLD - WICKRAMASURIYA, SAILOR, CONSTANTI, ROBINSON		
<b>HIGH JUMP</b>						
Aust Allcomers	2.36	2-Mar-97	MELBOURNE	TIM FORSYTH	VIC	17-Aug-73
	2.36	5-Feb-00	PERTH	KONSTANTIN MATUSEVICH	ISR	25-Feb-71
Aust National	2.36	2-Mar-97	MELBOURNE	TIM FORSYTH	VIC	17-Aug-73
Aust U20	2.34	4-Jul-92	OSLO	TIM FORSYTH	VIC	17-Aug-73
Aust U18	2.29	12-Aug-90	PLOVDIV	TIM FORSYTH	VIC	17-Aug-73
Aust U16	2.14	5-Dec-92	PERTH	MARK SILLS	QLD	24-Dec-76
<b>POLE VAULT</b>						
Aust Allcomers	6.00	26-Feb-05	PERTH	PAUL BURGESS	WA	14-Aug-79
Aust National	6.06	7-Feb-09	BOSTON	STEVEN HOOKER	WA	16-Jul-82
Aust U20	5.70	26-Jun-16	GERMANY	KURTIS MARSCHALL	SA	25-Apr-97
Aust U18	5.35	25-Aug-96	SYDNEY	PAUL BURGESS	WA	14-Aug-79
Aust U16	4.92	27-Mar-17	SYDNEY	SASHA ZHOYA	WA	25-Jun-02
<b>LONG JUMP</b>						
Aust Allcomers	8.55	28-Sep-00	SYDNEY	IVAN PEDROSO	CUB	17-Dec-72
Aust National	8.54	29-Jul-11	STOCKHOLM	MITCHELL WATT	QLD	25-Mar-88
Aust U20	8.12	11-Jul-07	NUORO ITALY	CHRISTOPHER NOFFKE	QLD	6-Jan-88

Aust U18	8.01	16-Jul-15	COLOMBIA	DARCY ROPER	QLD	31-Mar-98
Aust U16	7.38	21-Nov-03	BRISBANE	CHRISTOPHER NOFFKE	QLD	6-Jan-88
<b>TRIPLE JUMP</b>						
Aust Allcomers	17.71	25-Sep-00	SYDNEY	JONATHAN EDWARDS	GBR	10-May-66
Aust National	17.46	7-Aug-82	LONDON	KEN LORRAWAY	ACT	6-Feb-56
Aust U20	16.58	11-Dec-08	MELBOURNE	HENRY FRAYNE	VIC	14-Apr-90
Aust U18	15.60	2-Nov-97	BUNDABERG	JOSHUA FERGUSON	QLD	15-Feb-80
Aust U16	14.55	8-Dec-18	CAIRNS	AIDEN HINSON	VIC	5-Jun-03
<b>SHOT PUT</b>						
Aust Allcomers	22.00	5-Oct-85	CANBERRA	ULF TIMMERMANN	GDR	1-Nov-62
Aust National	21.35	28-Aug-17	CROATIA	DAMIEN BIRKINHEAD	VIC	8-Apr-93
Aust U20 (7.26kg)	19.23	27-Oct-12	GEELONG	DAMIEN BIRKINHEAD	VIC	8-Apr-93
Aust U20 (6kg)	21.14	11-Jul-12	BARCELONA	DAMIEN BIRKINHEAD	VIC	8-Apr-93
Aust U18 (5kg)	21.31	7-Nov-10	MELBOURNE	DAMIEN BIRKINHEAD	VIC	8-Apr-93
Aust U16 (4kg)	20.64	4-Dec-08	CANBERRA	DAMIEN BIRKINHEAD	VIC	8-Apr-93
<b>DISCUS THROW</b>						
Aust Allcomers	69.30	25-Sep-00	SYDNEY	VIRGILIJUS ALEKNA	LIT	13-Feb-72
Aust National	68.20	10-May-13	TOWNSVILLE	BENN HARRADINE	VIC	14-Oct-82
Aust U20 (2kg)	62.37	4-Jun-15	AUSTRIA	MATTHEW DENNY	QLD	2-Jun-96
Aust U20 (1.75kg)	66.81	23-Nov-14	BRISBANE	MATTHEW DENNY	QLD	2-Jun-96
Aust U18 (1.5kg)	68.44	2-Nov-85	MELBOURNE	WERNER REITERER	VIC	27-Jan-68
Aust U16 (1kg)	75.33	10-Dec-99	SYDNEY	TIMOTHY DRIESEN	VIC	27-Mar-84
<b>HAMMER THROW</b>						
Aust Allcomers	82.94	7-Sep-01	BRISBANE	KOJI MUROFUSHI	JPN	8-Oct-74
Aust National	79.29	6-Jul-02	CROATIA	STUART RENDELL	ACT	30-Jun-72
Aust U20 (7.26kg)	70.52	17-May-15	GERMANY	MATTHEW DENNY	QLD	2-Jun-96
Aust U20 (6kg)	80.48	25-Sep-15	TOWNSVILLE	MATTHEW DENNY	QLD	2-Jun-96
Aust U18 (5kg)	81.44	9-Jun-13	BRISBANE	MATTHEW DENNY	QLD	2-Jun-96
Aust U16 (4kg)	75.17	2-Nov-13	GEELONG	NED WEATHERLEY	VIC	12-Jan-98
<b>JAVELIN THROW</b>						
Aust Allcomers	90.17	23-Sep-00	SYDNEY	JAN ZELEZNY	CZE	16-Jun-66
Aust National	89.02	29-Feb-08	BRISBANE	JARROD BANNISTER	QLD	15-Mar-86
Aust U20	76.58	23-Mar-13	BRISBANE	LUKE CANN	VIC	17-Jul-94
Aust U18 (700g)	77.80	6-Dec-15	MELBOURNE	CONOR WARREN	QLD	23-Feb-98
Aust U16 (700g)	73.64	20-May-89	BRISBANE	IAN PEARCE	QLD	30-Aug-73
<b>DECATHLON</b>						
Aust Allcomers	8641	28-Sep-00	SYDNEY	ERKI NOOL	EST	25-Jun-70
Aust National	8490	18-Sep-98	KUALA LUMPUR	JAGAN HAMES	SA	31-Oct-75
Aust U20 (IAAF)	7438	24-Sep-17	TOWNSVILLE	ASHLEY MOLONEY	QLD	13-Mar-00
<b>COMBINED EVENT</b>						
Aust U20 (AA)	8190	11-Jul-18	FINLAND	ASHLEY MOLONEY	QLD	13-Mar-00
Aust U18	7559	30-Mar-17	SYDNEY	ASHLEY MOLONEY	QLD	13-Mar-00
Aust U16	4949	18-Dec-05	CANBERRA	ADAM BEVIS	QLD	19-Mar-90
<b>OCTATHLON (Youth best on record)</b>						
Aust U18	6491	7-Jul-11	FRANCE	JAKE STEIN	NSW	17-Jan-94
<b>MEN - ROAD</b>						
(Note: + = in route to longer distance)						
<b>HALF MARATHON</b>						
Aust Allcomers	61:11	22-May-94	SYDNEY	PAT CARROLL	QLD	17-Aug-61
Aust National	60:02	19-Jan-97	TOKYO	DARREN WILSON	VIC	9-Aug-68
<b>MARATHON</b>						
Aust Allcomers	2:08.42	5-Jul-15	GOLD COAST	KENNETH MBURU MUNGARA	KEN	7-Sep-73
Aust National	2:07:51	22-Apr-86	BOSTON	ROB DE CASTELLA	VIC	27-Feb-57
<b>10 km RR</b>						
Aust National	27.54	23-May-04	MANCHESTER	CRAIG MOTTRAM	VIC	18-Jun-80
<b>100KM ROAD RACE</b>						
Aust Allcomers	6:29:26	23-Apr-95	TASMANIA	TIM SLOANE	TAS	29-Jul-67
Aust National	6:29:26	23-Apr-95	TASMANIA	TIM SLOANE	TAS	29-Jul-67
<b>5KM ROAD WALK</b>						
Aust U16	22:00	11-Dec-11	FAWKNER PARK VIC	NATHAN BRILL	VIC	24-Mar-96
<b>8KM ROAD WALK</b>						
Aust U18	34:21.0	24-May-92	MELBOURNE	DION RUSSELL	VIC	8-May-75
<b>10KM ROAD WALK</b>						
Aust U20	40.54	26-Jun-04	SYDNEY	ADAM RUTTER	NSW	24-Dec-86

Aust U18	42.36	11-Dec-16	MELBOURNE	DECLAN TINGAY	WA	6-Feb-99
<b>20KM ROAD WALK</b>						
Aust Allcomers	1:18:59	22-Sep-00	SYDNEY	ROBERT KORZENIOWSKI	POL	30-Jul-68
Aust National	1:17:33	23-Apr-05	CIXI CITY CHINA	NATHAN DEAKES	VIC	17-Aug-77
Aust U20	1:24:46	6-Mar-05	SYDNEY	ADAM RUTTER	NSW	24-Dec-86
<b>30KM ROAD WALK</b>						
Aust Allcomers	2:05:06	27-Aug-06	HOBART	NATHAN DEAKES	VIC	17-Aug-77
Aust National	2:05:06	27-Aug-06	HOBART	NATHAN DEAKES	VIC	17-Aug-77
<b>50KM ROAD WALK</b>						
Aust Allcomers	3:35:47	2-Dec-06	GEELONG	NATHAN DEAKES	VIC	17-Aug-77
Aust National	3:35:47	2-Dec-06	GEELONG	NATHAN DEAKES	VIC	17-Aug-77
<b>MEN - BEST ON RECORD</b>						
<b>100 YARDS</b>						
Aust Allcomers	9.2	10-Mar-65	SYDNEY	BOB LAY	NSW	20-Mar-44
Aust National	9.2	10-Mar-65	SYDNEY	BOB LAY	NSW	20-Mar-44
<b>12 HOURS 10-MAN TRACK RELAY</b>						
Aust Allcomers	242km477.5n	30-Sep-84	MELBOURNE	VIC TEAM		
Aust National	242km477.5n	30-Sep-84	MELBOURNE	VIC TEAM		

## WOMEN - OUTDOOR

### 100 METRES

Aust Allcomers	10.99	22-Sep-00	SYDNEY	EKATERINI THANOU	GRE	1-Feb-75
Aust National	11.11	9-Feb-14	CANBERRA	MELISSA BREEN	ACT	17-Sep-90
Aust U20	11.20	15-Oct-68	MEXICO CITY	RAELENE BOYLE	VIC	24-Jun-51
Aust U18	11.20	15-Oct-68	MEXICO CITY	RAELENE BOYLE	VIC	24-Jun-51
Aust U16	11.3h	14-Jan-76	SYDNEY	DEBBIE WELLS	NSW	29-May-61

### 200 METRES

Aust Allcomers	21.90	4-Oct-85	CANBERRA	MARITA KOCH	GDR	18-Feb-57
Aust National	22.23	13-Jul-97	STUTTGART	MELINDA GAINSFORD	NSW	1-Oct-71
Aust U20	22.74	18-Oct-68	MEXICO CITY	RAELENE BOYLE	VIC	24-Jun-51
Aust U18	22.74	18-Oct-68	MEXICO CITY	RAELENE BOYLE	VIC	24-Jun-51
Aust U16	22.8h	28-Feb-76	BRISBANE	DEBBIE WELLS	NSW	29-May-61

### 400 METRES

Aust Allcomers	47.60	6-Oct-85	CANBERRA	MARITA KOCH	GDR	18-Feb-57
Aust National	48.63	29-Jul-96	ATLANTA	CATHY FREEMAN	VIC	16-Feb-73
Aust U20	51.14	28-Jun-92	BIRMINGHAM	CATHY FREEMAN	VIC	16-Feb-73
Aust U18	51.80	12-Dec-99	SYDNEY	JANA PITTMAN	NSW	9-Nov-82
Aust U16	52.90	20-Feb-94	MELBOURNE	TAMSYN LEWIS	VIC	20-Jul-78

### 800 METRES

Aust Allcomers	1:56.15	25-Sep-00	SYDNEY	MARIA LURDES MUTOLA	MOZ	27-Oct-72
Aust National	1:59.0	28-Feb-76	MELBOURNE	CHARLENE RENDINA	VIC	18-Dec-47
Aust U20	2:00.81	12-Apr-18	GOLD COAST	KEELY SMALL	ACT	9-Jun-01
Aust U18	2:00.81	12-Apr-18	GOLD COAST	KEELY SMALL	ACT	9-Jun-01
Aust U16	2:02.49	20-Mar-99	MELBOURNE	GEORGIE CLARKE	VIC	17-Jun-84

### 1000 METRES

Aust Allcomers	2:39.4	7-Jan-93	MELBOURNE	SUSIE POWER	VIC	26-Mar-75
Aust National	2:37.80	18-Aug-18	BIRMINGHAM	BRITTANY MCGOWAN	QLD	24-Apr-91
Aust U20	2:39.4	7-Jan-93	MELBOURNE	SUSIE POWER	VIC	26-Mar-75
Aust U18	2:43.72	11-Jun-00	CASTLE ISLAND	GEORGIE CLARKE	VIC	17-Jun-84

### 1500 METRES

Aust Allcomers	4:03.46	9-Sep-01	MELBOURNE	VIOLETA SZEKELY	ROM	26-Mar-65
Aust National	4:00.86	26-May-18	EUGENE	LINDEN HALL	VIC	20-Jun-91
Aust U20	4:06.77	30-Jan-00	HOBART	GEORGIE CLARKE	VIC	17-Jun-84
Aust U18	4:06.77	30-Jan-00	HOBART	GEORGIE CLARKE	VIC	17-Jun-84
Aust U16	4:12.51	6-Dec-99	MELBOURNE	GEORGIE CLARKE	VIC	17-Jun-84

### 1 MILE (= 1609.33 METRES)

Aust Allcomers	4:22.66	2-Mar-07	MELBOURNE	LISA CORRIGAN	ACT	2-Dec-84
Aust National	4:21.40	22-Jul-18	LONDON	LINDEN HALL	VIC	20-Jun-91
Aust U20	4:32.73	17-Dec-92	MELBOURNE	SUSIE POWER	VIC	26-Mar-75

### 2000 METRES

Aust Allcomers	5:56.3	27-Nov-88	BRISBANE	ANGELA RAINES-WHITE	QLD	22-Mar-74
Aust National	5:37.71	13-Jun-03	OSTRAVA	BENITA WILLIS	ACT	6-May-79

Aust U20	5:50.47	4-Sep-94	BIRMINGHAM	SUSIE POWER	VIC	26-Mar-75
Aust U18	5:56.3	27-Nov-88	BRISBANE	ANGELA RAINES-WHITE	QLD	22-Mar-74
Aust U16	5:56.3	27-Nov-88	BRISBANE	ANGELA RAINES-WHITE	QLD	22-Mar-74
<b>3000 METRES</b>						
Aust Allcomers	8:43.14	14-Jan-90	SYDNEY	LIZ MCCOLGAN	SCO	24-Apr-64
Aust National	8:38.06	13-Jul-03	GATESHEAD	BENITA WILLIS	VIC	6-May-79
Aust U20	8:44.1	13-Jul-84	EUGENE	DONNA GOULD	SA	10-Jun-66
Aust U18	9:02.11	20-Feb-99	SYDNEY	ELOISE POPPETT	NSW	9-Nov-82
Aust U16	9:08.93	29-Oct-05	CANBERRA	EMILY BRICHACEK	ACT	7-Jul-90
<b>5000 METRES</b>						
Aust Allcomers	14:40.79	25-Sep-00	SYDNEY	GABRIELA SZABO	ROM	14-Nov-75
Aust National	14:47.60	6-Sep-02	BERLIN	BENITA WILLIS	VIC	6-May-79
Aust U20	15:18.6	16-Oct-99	SYDNEY	ELOISE POPPETT	NSW	9-Nov-82
<b>10000 METRES</b>						
Aust Allcomers	30:17.49	30-Sep-00	SYDNEY	DERARTU TULU	ATH	21-Mar-72
Aust National	30:37.68	23-Aug-03	PARIS	BENITA WILLIS	VIC	6-May-79
Aust U20	34:15.0	18-Dec-85	ADELAIDE	DONNA GOULD	SA	10-Jun-66
<b>1 HOUR TRACK</b>						
Aust Allcomers	not claimed					
Aust National	not claimed					
<b>20000 METRES</b>						
Aust Allcomers	not claimed					
Aust National	not claimed					
<b>25000 METRES</b>						
Aust Allcomers	not claimed					
Aust National	not claimed					
<b>30000 METRES</b>						
Aust Allcomers	not claimed					
Aust National	not claimed					
<b>90M HURDLES</b>						
Aust U16	12.31	3-Dec-16	CANBERRA	SOPHIE WHITE	WA	23-Jan-02
<b>100M HURDLES</b>						
Aust Allcomers	12.49	3-Mar-12	MELBOURNE	SALLY PEARSON	QLD	19-Sep-86
Aust National	12.28	3-Sep-11	DAEGU	SALLY PEARSON	QLD	19-Sep-86
Aust U20	13.01	26-Nov-05	BRISBANE	SALLY McLELLAN	QLD	19-Sep-86
Aust U18 (.76m)	13.14	11-Jul-03	SHERBROOKE	SALLY McLELLAN	QLD	19-Sep-86
Aust U18 (.76m)	13.14	16-Mar-18	SYDNEY	SOPHIE WHITE	WA	23-Jan-02
<b>200M HURDLES</b>						
Aust Allcomers	25.7h ****	25-Nov-71	MELBOURNE	PAM RYAN	VIC	12-Aug-39
Aust National	25.7h ****	25-Nov-71	MELBOURNE	PAM RYAN	VIC	12-Aug-39
Aust Allcomers	25.79	21-Jan-17	CANBERRA	LAUREN WELLS	ACT	3-Aug-88
Aust National	25.79	21-Jan-17	CANBERRA	LAUREN WELLS	ACT	3-Aug-88
	(**** Run over different specifications)					
Aust U16	27.27	5-Dec-09	HOBART	CHLOE JAMIESON	ACT	20-Apr-94
<b>400M HURDLES</b>						
Aust Allcomers	53.02	27-Sep-00	SYDNEY	IRINA PRIVALOVA	RUS	22-Nov-68
Aust National	53.17	28-Sep-88	SEOUL	DEBBIE FLINTOFF-KING	VIC	20-Apr-60
Aust U20	55.20	18-Mar-00	PIETERSBERG	JANA PITTMAN	NSW	9-Nov-82
Aust U18	56.23	18-Dec-99	SYDNEY	JANA PITTMAN	NSW	9-Nov-82
<b>2000M STEEPLECHASE</b>						
Aust U20	6:25.77	1-May-00	SYDNEY	MELISSA ROLLISON	QLD	13-Apr-83
Aust U18	6:25.77	1-May-00	SYDNEY	MELISSA ROLLISON	QLD	13-Apr-83
Aust U16	6:33.54	8-Jun-07	GOLD COAST	JESSICA GILFILLAN	QLD	10-Feb-92
<b>3000M STEEPLECHASE</b>						
Aust Allcomers	9:19.51	22-Mar-06	MELBOURNE	DORCUS INZIKURU	UGA	2-Feb-82
Aust National	9:14.28	27-Aug-16	PARIS	GENEVIEVE LACAZE	VIC	4-Aug-89
Aust U20	9:30.70	4-Sep-01	BRISBANE	MELISSA ROLLISON	QLD	13-Apr-83
<b>3000M TRACK WALK</b>						
Aust U20	12:27.74	25-Feb-93	MELBOURNE	JANE SAVILLE	NSW	5-Nov-74
Aust U18	12:43.0	8-Nov-97	SYDNEY	MICHELLE FRENCH	NSW	1-Apr-82
Aust U16	12:43.0	8-Nov-97	SYDNEY	MICHELLE FRENCH	NSW	1-Apr-82
<b>5000M TRACK WALK</b>						

Aust Allcomers	20:03.0	11-Feb-96	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	20:03.0	11-Feb-96	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	21:34.23	1-Mar-97	MELBOURNE	NATALIE SAVILLE	NSW	7-Sep-78
Aust U18	21:39.03	22-Oct-16	BRISBANE	KATIE HAYWARD	QLD	23-Jul-00
<b>10000M TRACK WALK</b>						
Aust Allcomers	42:46.45	14-Jan-89	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	41:57.22	24-Jul-90	SEATTLE	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	44:44.22	9-Jul-08	POLAND	JESSICA ROTHWELL	VIC	18-Jun-89
<b>20000M TRACK WALK</b>						
Aust Allcomers	1:33:40.2	6-Sep-01	BRISBANE	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	1:33:40.2	6-Sep-01	BRISBANE	KERRY SAXBY-JUNNA	NSW	2-Jun-61
<b>4 X 100M RELAY</b>						
Aust Allcomers	41.37	6-Oct-85	CANBERRA	GDR - AUERSWALD, GLADISCH, GOHR, RIEGER		
Aust National	42.99	18-Mar-00	PIETERSBERG	AUS - MASSEY, BROADRICK, LAMBERT, G-TAYLOR		
Aust State Team	44.00	7-Mar-92	ADELAIDE	NSW - GAINSFORD, HOUGH, LEE, MOORE		
Aust U20	44.78	14-Jul-18	FINLAND	AUS - OWUSU-AFRIYIA, EDWARDS, JOHNSON, GROSS		
Aust U18	45.48	14-Mar-14	SYDNEY	NSW - O'GRADY, THORNTON, GEDDES, KYRIACOU		
Aust U16	46.25	7-Dec-01	MELBOURNE	QLD - BOYD, McLELLAN, CUTMORE, REUTER		
<b>4 X 200M RELAY</b>						
Aust Allcomers	1:32.6	25-Jan-76	BRISBANE	AUS - BOYLE, JOWETT, ROBERTSON, WILSON		
Aust National	1:32.6	25-Jan-76	BRISBANE	AUS - BOYLE, JOWETT, ROBERTSON, WILSON		
Aust State Team	1:36.41	21-Nov-87	SYDNEY	NSW - CAPLES, CLARKE, HOLLAND, SULLIVAN		
Aust U20	1:38.41	9-Dec-07	SYDNEY	NSW - GARDINER, BANNISTER, TURNER, MORTON		
Aust U18	1:38.41	9-Dec-07	SYDNEY	NSW - GARDINER, BANNISTER, TURNER, MORTON		
Aust U16	1:38.41	9-Dec-07	SYDNEY	NSW - GARDINER, BANNISTER, TURNER, MORTON		
<b>4 X 400M RELAY</b>						
Aust Allcomers	3:19.49	4-Oct-85	CANBERRA	GDR - BUSCH, EMMELMANN, KOCH, NEUBAER		
Aust National	3:23.81	30-Sep-00	SYDNEY	AUS - PERIS, LEWIS, GAINSFORD-TAYLOR, FREEMAN		
Aust State Team	3:31.35	16-Mar-86	ADELAIDE	VIC - FLEMMING, FLINTOFF, STEWART, TOMSETT		
Aust U20	3:30.38	12-Aug-90	PLOVDIV	AUS - ANDREWS, HANIGAN, POETSCHKA, SCAMPS		
Aust U18	3:42.47	21-Mar-82	BRISBANE	NSW - ALTON, BABBAGE, HALL, MARONEY		
Aust U16	3:45.47	7-Mar-86	HOBART	NSW - PHILLIPS, SCAMPS, STENBERG, WEST		
<b>4 X 800M RELAY</b>						
Aust Allcomers	8:39.5	19-Dec-92	MELBOURNE	VIC - ANDERSON, PERKINS, ROBINSON, WEBSTER		
Aust National	8:13.26	25-May-14	BAHAMAS	VIC - McGOWAN, BUCKMAN, KAJAN, DUNCAN		
Aust State Team	8:39.5	19-Dec-92	MELBOURNE	VIC - ANDERSON, PERKINS, ROBINSON, WEBSTER		
Aust U20	8:48.5	19-Dec-89	BRISBANE	QLD - DAWSON, LONSDALE, STEPHENS, VAN GORP		
Aust U18	8:57.81	19-Nov-05	SYDNEY	NSW - KAJAN, TAMSETT, NEVILLE, DOYLE		
Aust U16	8:59.40	17-Nov-13	SYDNEY	NSW - EVANS, HARDING-DELOOZE, WILON, HARDING-DELOOZE		
<b>4 X 1500M RELAY</b>						
Aust Allcomers	18:00.92	12-Dec-92	MELBOURNE	VIC - ANDERSON, PERKINS, ROBINSON, WEBSTER		
Aust National	17:08.65	24-May-14	BAHAMAS	AUS - BUCKMAN, DELANY, McGOWAN, DUNCAN		
Aust State Team	17:09.75	25-Jun-00	LONDON	AUS - HARVEY, CLARKE, RICHARDSON, JAMIESON		
Aust U20	18:22.47	15-Nov-15	BLACKTOWN	NSW - L.HARDING-DELOOZE, EVANS, HOPPER, A.HARDING-DELOOZE		
Aust U18	18:22.47	15-Nov-15	BLACKTOWN	NSW - L.HARDING-DELOOZE, EVANS, HOPPER, A.HARDING-DELOOZE		
Aust U16	18:37.21	16-Nov-13	SYDNEY	NSW - WILSON, KING, EVANS, HARDING-DELOOZE		
<b>1000M SPRINT MEDLEY RELAY (SWEDISH)</b>						
Aust U18	2:06.58	17-Jul-05	MARRAKESH	AUS - GULLI, TAURO, HILL, HOEBERGEN		
Aust U16	2:12.98	6-Dec-15	MELBOURNE	VIC - GROSS, MUSKER, ANDREW, BRITO-BABAPULLE		
<b>HIGH JUMP</b>						
Aust Allcomers	2.01	30-Sep-00	SYDNEY	YELENA YELESINA	RUS	4-Apr-70
	2.01	30-Sep-00	SYDNEY	HESTRIE STORBECK-CLOETE	RSA	26-Aug-78
Aust National	1.98	12-Feb-89	PERTH	VANESSA WARD	WA	5-Jan-63
	1.98	17-Jul-94	INGOLSTADT	ALISON INVERARITY	WA	12-Aug-70
Aust U20	1.96	15-Mar-15	SYDNEY	ELEANOR PATTERSON	VIC	22-May-96
Aust U18	1.96	7-Dec-13	TOWNSVILLE	ELEANOR PATTERSON	VIC	22-May-96
Aust U16	1.86	16-Feb-86	BRISBANE	LEAH CRANSTON	QLD	25-Feb-70
	1.86	16-Feb-86	BRISBANE	GAI KAPERINICK	QLD	20-Sep-70
	1.86	9-Dec-89	ADELAIDE	ANDREA HUGHES	TAS	12-Dec-73
<b>POLE VAULT</b>						
Aust Allcomers	4.81	2-Jul-16	SUNSHINE COAST	ALANA BOYD	WA	10-May-84
Aust National	4.81	2-Jul-16	SUNSHINE COAST	ALANA BOYD	WA	10-May-84

Aust U20	4.59	14-Feb-15	PERTH	NINA KENNEDY	WA	5-Apr-97
Aust U18	4.40	30-Jun-07	RHEINLAND-PFALZ	VICKY PARNOV	WA	24-Oct-90
	4.40	18-Apr-10	PERTH	ELIZABETH PARNOV	WA	9-May-94
	4.40	24-Jul-14	OREGON	NINA KENNEDY	WA	5-Apr-97
Aust U16	4.15	5-Jul-05	GOLD COAST	VICKY PARNOV	WA	24-Oct-90

#### LONG JUMP

Aust Allcomers	7.27	6-Oct-85	CANBERRA	HEIKE DRECHSLER	GDR	16-Dec-64
Aust National	7.05	12-Mar-16	PERTH	BROOKE STRATTON	VIC	12-Jul-93
Aust U20	6.60	23-Aug-72	MUNICH	LYN TILLET	NSW	15-Aug-53
	6.60	3-Jul-11	GERMANY	BROOKE STRATTON	VIC	12-Jul-93
Aust U18	6.55	15-Oct-83	SYDNEY	NICOLE BOEGMAN	NSW	5-Mar-67
Aust U16	6.32	28-Mar-99	PERTH	SHERMIN OKSUZ	WA	24-Mar-84

#### TRIPLE JUMP

Aust Allcomers	15.20	24-Sep-00	SYDNEY	TEREZA MARINOVA	BUL	5-Sep-77
Aust National	14.04	9-Mar-02	HOBART	NICOLE MLADENIS	WA	22-Sep-75
Aust National	14.04	7-Dec-03	PERTH	NICOLE MLADENIS	WA	22-Sep-75
Aust U20	13.36	8-Jul-06	GOLD COAST	LINDA ALLEN	QLD	22-Mar-87
Aust U18	13.25	18-Mar-12	SYDNEY	JOSIE NICHOL	NSW	15-Jul-95
Aust U16	13.13	11-Dec-99	SYDNEY	SARAH SYDNEY	QLD	16-Feb-84

#### SHOT PUT

Aust Allcomers	20.69	4-Oct-85	CANBERRA	NATALYA LISOVSKAYA	URS	16-Jul-62
Aust National	19.74	14-Jul-84	BERKELEY	GAEL MARTIN	VIC	27-Aug-56
Aust U20	16.19	6-Feb-07	HOBART	DANI SAMUELS	NSW	26-May-88
Aust U18 (3 kg)	17.18	2-Dec-12	HOBART	TAYLAH SENGUL	NSW	3-Nov-95
Aust U16 (3 kg)	16.17	22-Oct-05	MELBOURNE	MARGARET SATUPAI	VIC	9-Jul-92

#### DISCUS THROW

Aust Allcomers	69.78	6-Oct-85	CANBERRA	MARTINA OPITZ	GDR	12-Dec-60
Aust National	69.64	13-Aug-17	LONDON	DANI STEVENS	NSW	26-May-88
Aust U20	60.63	20-Aug-06	BEIJING	DANI SAMUELS	NSW	26-May-88
Aust U18	58.52	26-Nov-05	BRISBANE	DANI SAMUELS	NSW	26-May-88
Aust U16	53.24	28-Feb-97	MELBOURNE	KATRINA STEELE	NSW	2-Jul-81

#### HAMMER THROW

Aust Allcomers	71.71	9-Sep-01	MELBOURNE	KAMILA SKOLIMOWSKA	POL	4-Nov-82
Aust National	71.12	6-Feb-03	ADELAIDE	BRONWYN EAGLES	NSW	23-Aug-80
Aust U20 (4 kg)	65.75	29-May-16	CAMPBELLTOWN	ALEXANDRA HULLEY	NSW	24-Jul-97
Aust U18 (3 kg)	71.14	6-Dec-14	ADELAIDE	ALEXANDRA HULLEY	NSW	24-Jul-97
Aust U16 (3 kg)	64.27	11-Oct-12	SYDNEY	ALEXANDRA HULLEY	NSW	24-Jul-97

#### JAVELIN THROW

Aust Allcomers	68.92	11-Apr-18	MELBOURNE	KATHRYN MITCHELL	VIC	10-Jul-82
Aust National	68.92	11-Apr-18	MELBOURNE	KATHRYN MITCHELL	VIC	10-Jul-82
Aust U20	57.60	4-Apr-14	MELBOURNE	MACKENZIE LITTLE	NSW	22-Dec-96
Aust U18 (500 gr)	61.47	11-Jul-13	DONETSK	MACKENZIE LITTLE	NSW	22-Dec-96
Aust U16 (500 gr)	51.09	4-Dec-16	CANBERRA	ALEXANDRA ROBERTS	QLD	9-Apr-01

#### HEPTATHLON

Aust Allcomers	6584	24-Sep-00	SYDNEY	DENISE LEWIS	GBR	27-Aug-72
Aust National	6695	28-Jan-90	AUCKLAND	JANE FLEMMING	VIC	14-Apr-65
Aust U20	5915	13-Apr-18	GOLD COAST	CELESTE MUCCI	VIC	11-Aug-99

#### COMBINED EVENT

Aust U18	5650	24-Feb-85	BRISBANE	SHARON JAKLOFSKY	QLD	30-Sep-68
Aust U16	5484	23-Feb-91	SYDNEY	JANE JAMIESON	NSW	23-Jun-75

#### DECATHLON

Aust Allcomers						
Aust National						<i>Records will only be ratified if better than 7000 points</i>
Aust U20						<i>Records will only be ratified if better than 6800 points</i>

#### MIXED 4x400 mts RELAY

Aust National	3:18.55	9-Jul-18	OSTRAVA	AUS-SOLOMON, GOODWIN, RUBIE, CONNOLLY
Aust State Team				<i>Records will only be ratified if better than 3:24.00</i>
Aust U20	3:25.08	23-Jul-17	BAHAMAS	AUS (NSW) THOMAS, OBOYA, MOIR, DORIS
Aust U18	3:25.08	23-Jul-17	BAHAMAS	AUS (NSW) THOMAS, OBOYA, MOIR, DORIS
Aust U16				<i>Records will only be ratified if better than 3:40.00</i>



**WOMEN - ROAD**

(Note: + = in route to loner distance)

**HALF MARATHON**

Aust Allcomers	69:00	4-Jul-10	GOLD COAST	LISA WEIGHTMAN	VIC	16-Jan-79
Aust National	67:48	10-Jan-00	TOKYO	KERRY McCANN	NSW	2-May-67

**MARATHON**

Aust Allcomers	2:23:14	24-Sep-00	SYDNEY	NAOKO TAKAHASHI	JPN	6-May-72
Aust National	2:22:36	22-Oct-06	CHICAGO	BENITA WILLIS	VIC	6-May-79

**10 km RR**

Aust National	31.17	21-Feb-06	MANCHESTER	BENITA WILLIS	VIC	6-May-79
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**100KM ROAD RACE**

Aust Allcomers	7:40:58	18-Nov-95	KUROW	LINDA MEADOWS	VIC	10-Mar-59
Aust National	7:34:25	12-Sep-15	SPAIN	KRISTIN BULL	VIC	2-Aug-81

**5KM RACE WALK**

Aust U18	22:44	30-Jul-17	BRISBANE	KATIE HAYWARD	QLD	23-Jul-00
Aust U16	24:23	19-May-12	ALBERT PARK	JEMIMA MONTAG	VIC	15-Feb-98

**8KM RACE WALK**

Aust U18	39:15	24-May-92	MELBOURNE	JANE SAVILLE	NSW	5-Nov-74
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**10KM RACE WALK**

Aust Allcomers	41:29.71	27-Aug-88	CANBERRA	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	41:29.71	27-Aug-88	CANBERRA	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	45:10.0	27-Feb-97	MELBOURNE	NATALIE SAVILLE	NSW	7-Sep-78

**20KM RACE WALK**

Aust Allcomers	1:29:05	28-Sep-00	SYDNEY	LIPING WANG	CHN	8-Jul-76
Aust National	1:27:44	2-May-04	NAUMBURG	JANE SAVILLE	NSW	5-Nov-74

**50KM RACE WALK**

Aust Allcomers	n/c					
Aust National	4:09.33	5-May-18	TAICANG PRC	CLAIRE TALLENT	SA	6-Jul-81

**ATHLETICS AUSTRALIA****MEN - INDOOR**

EVENT	PERF.	DATE	VENUE	NAME	STATE	D.O.B.
<b>60 METRES</b>						
Aust National	6.52	7-Mar-99	JAPAN	MATTHEW SHIRVINGTON	NSW	25-Oct-78
<b>200 METRES</b>						
Aust National	20.71	12-Mar-93	TORONTO	DAMIEN MARSH	QLD	28-Mar-71
<b>400 METRES</b>						
Aust National	45.44	23-Feb-18	NTH CAROLINA	STEVEN SOLOMON	NSW	16-May-93
<b>800 METRES</b>						
Aust National 880 yds	1:47.9	25-Jan-69	ALBUQUERQUE	RALPH DOUBELL	VIC	11-Feb-45
Aust National 800 mts	1:47.48	30-Jan-10	PENNSYLVANIA	RYAN FOSTER	TAS	26-Aug-88
<b>1000 METRES</b>						
Aust National	2:19.60	16-Jan-10	PENNSYLVANIA	RYAN FOSTER	TAS	26-Aug-88
<b>1500 METRES</b>						
Aust National	3:36.50	18-Feb-17	BIRMINGHAM	RYAN GREGSON	VIC	26-Apr-90
<b>1 MILE</b>						
Aust National	3:54.77	29-Jan-05	BOSTON	MARK FOUNTAIN	VIC	10-Mar-82
<b>3000 METRES</b>						
Aust National	7:34.50	26-Jan-08	BOSTON	CRAIG MOTTRAM	VIC	18-Jun-80
<b>5000 METRES</b>						
Aust National	13:36.41	12-Mar-10	FAYETTEVILLE	DAVID McNEILL	VIC	6-Oct-86
<b>60M HURDLES</b>						
Aust National	7.73	8-Mar-97	PARIS	KYLE VANDER KUYP	VIC	30-May-71

<b>5000M WALK</b>						
Aust National	18:52.20	8-Mar-87	INDIANAPOLIS	DAVID SMITH	VIC	24-Jul-55
<b>4 X 200M RELAY</b>						
Aust National	1:38.52	25-Mar-17	SOUTH KOREA	AUS-GIBBONS, WILCOX, PARKINSON, TELFER		
<b>4 X 400M RELAY</b>						
Aust National	3:08.49	10-Mar-91	SEVILLE	AUS - GARNER, GREENE, PERRY, ROBINSON		
<b>4 X 800M RELAY</b>						
Aust National	N/c					
<b>HIGH JUMP</b>						
Aust National	2.33	16-Feb-97	BALINGEN	TIM FORSYTH	VIC	17-Aug-73
<b>POLE VAULT</b>						
Aust National	6.06	7-Feb-09	BOSTON	STEVEN HOOKER	WA	16-Jul-82
<b>LONG JUMP</b>						
Aust National	8.25	20-Mar-16	PORTLAND USA	FABRICE LAPIERRE	NSW	17-Apr-83
<b>TRIPLE JUMP</b>						
Aust National	17.20	9-Mar-01	LISBON	ANDREW MURPHY	NSW	18-Dec-69
<b>SHOT PUT</b>						
Aust National	20.83	7-Mar-08	VALENCIA	SCOTT MARTIN	VIC	12-Oct-82
<b>HEPTATHLON</b>						
Aust National	4875 pts	8-Feb-15	SWEDEN	CAMERON CROWLEY	QLD	31-Aug-88
<b>WOMEN - INDOOR</b>						
<b>60 METRES</b>						
Aust National	7.30	7-Feb-09	BOSTON	SALLY McLELLAN	QLD	19-Sep-86
<b>200 METRES</b>						
Aust National	22.64	11-Mar-95	BARCELONA	MELINDA GAINSFORD	NSW	1-Oct-71
<b>400 METRES</b>						
Aust National	52.17	4-Mar-89	BUDAPEST	MAREE HOLLAND	NSW	25-Jul-63
<b>800 METRES</b>						
Aust National	2:01.85	7-Mar-08	VALENCIA	TAMSYN LEWIS	VIC	20-Jul-78
<b>1000 METRES</b>						
Aust National	2:39.47	18-Feb-17	BIRMINGHAM	ZOE BUCKMAM	VIC	21-Dec-88
<b>1500 METRES</b>						
Aust National	4:06.93	14-Feb-16	BOSTON	MELISSA DUNCAN	VIC	3-Mar-90
<b>1 MILE</b>						
Aust National	4:28.03	27-Jan-07	BOSTON	SARAH JAMIESON	VIC	24-Mar-75
<b>3000 METRES</b>						
Aust National	8:42.75	10-Mar-01	LISBON	BENITA WILLIS	QLD	6-May-79
<b>5000 METRES</b>						
Aust National	15:34.76	1-Dec-18	BOSTON	JESSICA PASCOE	NSW	26-Feb-97
<b>60M HURDLES</b>						
Aust National	7.73	10-Mar-12	ISTANBUL	SALLY PEARSON	QLD	19-Sep-86
<b>3000M WALK</b>						
Aust National	11:53.82	12-Mar-93	TORONTO	KERRY SAXBY-JUNNA	NSW	2-Jun-61
<b>4 X 200M RELAY</b>						
Aust National	1:42.34	18-Feb-17	IDAHO USA	VIC-MUCCI, ANDRWE, BOYLE, CAIRNS		
<b>4 X 400M RELAY</b>						
Aust National	3:26.87	7-Mar-99	JAPAN	AUS - ANDREWS, VAN HEER, LEWIS, FREEMAN		
<b>4 X 800M RELAY</b>						
Aust National	N/c					
<b>HIGH JUMP</b>						
Aust National	1.97	14-Mar-93	TORONTO	ALISON INVERARITY	WA	12-Aug-70
<b>POLE VAULT</b>						
Aust National	4.72	10-Feb-07	DONETSK	KYM HOWE	WA	12-Jun-80
<b>LONG JUMP</b>						
Aust National	6.81	12-Mar-95	BARCELONA	NICOLE BOEGMAN	NSW	5-Mar-67
<b>TRIPLE JUMP</b>						
Aust National	13.31	5-Mar-04	BUDAPEST	NICOLE MLADENIS	WA	22-Sep-75
<b>SHOT PUT</b>						
Aust National	16.71	Jan-85	PARIS	GAEL MARTIN	VIC	27-Aug-56
<b>PENTATHLON</b>						
Aust National	4490	5-Mar-99	JAPAN	JANE JAMIESON	NSW	23-Jun-75