

## ACTLAA BEST PERFORMANCE RECORDS

Note: Due to the use of Electronic Timing at ACTLAA carnivals held at Bruce Stadium, the following Track Event Records have been standardised. This means that where only a Hand Held record performance is available, this result is standardised to Electronic Timing by adding 0.24 seconds up to 300metres and .14 for 400m (ie 10 seconds Hand Held is equivalent to 10.24 seconds Standardised - "10.24s/S").

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/7 BOYS</b>				
Long Jump	M.Beckenham	3.70m	Qbn	1983
Shot Put (1kg)	K.Kouparitsas	8.85m	Cor	Mar-94
<b>U/8 BOYS</b>				
50 Metres	J.Pilliner	8.04s/S	Gin	Mar-91
70 Metres	T.Harper	10.34s/S	Wes	1978
100 Metres	T.Harper	14.24s/S	Wes	1978
200 Metres	D.Toohy	30.64s/S	Wes	Mar-87
60 M Hurdles	J. Tsekenis	11.52s/E	Wes	Apr-05
Long Jump	M.Beckenham	4.05m	Qbn	1984
Shot Put (1.5kg)	K.Kouparitsas	9.77m	Cor	Feb-95
Discus (500g)	A.King	25.56m	Cor	<85

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/7 GIRLS</b>				
Long Jump	M.Kelly	3.38m	Qbn	Feb-95
Shot Put (1kg)	L.Cooper	6.31m	Gin	Feb-90
<b>U/8 GIRLS</b>				
50 Metres	G. O'Rourke	8.10s/E	Wod	Mar-03
70 Metres	K.McDonald	11.04s/S	Bel	Mar-90
100 Metres	G. O'Rourke	15.59s/E	Wod	Mar-03
200 Metres	K.Smith	31.64s/S	Wod	1980
60 M Hurdles	V. Chard	11.45s/E	Qbn	Mar-03
Long Jump	M.Kelly	4.07m	Qbn	Mar-96
Shot Put (1.5kg)	N. Hamson	6.92m	Cal	Mar-00
Discus (500g)	S.Read	21.62m	Cor	1983

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EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/9 BOYS</b>				
70 Metres	M. Sloan	10.34s/S	Nar	Feb-93
	R. Williams	10.34s/S	Wes	Mar-93
100 Metres	C.Newman	13.74s/S	Qbn	1977
200 Metres	T.Harper	29.14s/S	Wes	1979
400 Metres	N.Brown	1:06.04s/S	Bel	1981
800 Metres	N.Brown	2:30.24s/S	Bel	1981
700 M Walk	J.Wagstaff	3:45.44s/S	Bel	Mar-95
60 M Hurdles	R.Turnbull	10.59s/E	Gin	Mar-98
Long Jump	R.Kenworthy	4.48m	Qbn	<85
High Jump	P.Gooday	1.29m	Gin	77-78
	B.Coutts	1.29m	Gin	Mar-88
Shot Put (2kg)	T.Martin	9.59m	Tug	Feb-89
Discus (500g)	S.Dickie	28.90m	Tug	1983
<b>U/10 BOYS</b>				
70 Metres	R. McLean	10.03s/E	Qbn	Mar-01
100 Metres	D.Kite	13.54s/S	Qbn	Feb-86
200 Metres	C.Newman	26.94s/S	Qbn	1978
400 Metres	C.Newman	1:04.14s/S	Qbn	1978
800 Metres	S.Hayes	2:23.44s/S	Tug	Mar-91
1500 Metres	N.Brown	4:52.54s/S	Bel	1982
1100 M Walk	M.Hoskings	5:50.64s/S	Tug	Mar-96
60 M Hurdles	M. Bailes	10.44s/S	Wod	Mar-99
Long Jump	T.Harper	4.94m	Wes	1980
High Jump	N.Bahnsen	1.43m	Gin	Mar-97
Shot Put (2kg)	K. Kouparitsas	10.71m	Tug	Feb-97
Discus (500g)	K. Reilly	33.78m	Cal	Mar-10

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/9 GIRLS</b>				
70 Metres	A.Coddington	10.64s/S	Bel	Mar-98
100 Metres	G. O'Rourke	14.45s/E	Wod	Apr-04
200 Metres	M.Kelly	30.04s/S	Qbn	Mar-97
400 Metres	M.Prebble	1:07.94s/S	Bel	Mar-92
800 Metres	A.Ellwood	2:44.64s/S	Wes	Mar-87
700 M Walk	N.Wagstaff	3:29.94s/S	Wes	Mar-92
60 M Hurdles	V. Chard	10.58s/E	Qbn	Apr-04
Long Jump	M.Kelly	4.19m	Qbn	Mar-97
High Jump	M.Still	1.23m	Qbn	1982
Shot Put (2kg)	S.Read	7.62m	Cor	1984
Discus (500g)	S.Read	27.82m	Cor	1984
<b>U/10 GIRLS</b>				
70 Metres	J. LeFloy Schrooder	10.06s/E	Wod	Mar-00
100 Metres	J.Cowie	14.04s/S	Cor	<85
200 Metres	M.Prebble	29.54s/S	Bel	Mar-93
400 Metres	E.Jagger	1:06.34s/S	Wes	79/80
800 Metres	A.Ellwood	2:34.64s/S	Wes	Mar-88
1500 Metres	A.Ellwood	5:18.54s/S	Wes	Feb-88
1100 M Walk	J.Hosking	5:53.34s/S	Tug	Mar-98
60 M Hurdles	C. Jamieson	10.41s/E	Beg	Mar-99
Long Jump	H.Kennedy	4.40m	Cor	Mar-90
High Jump	C. Jamieson	1.32m	Beg	Apr-04
Shot Put (2kg)	G.Price	8.40m	Coo	Mar-89
Discus (500g)	S.Read	29.20m	Cor	1985

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EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/11 BOYS</b>				
100 Metres	D.Kite	13.14s/S	Qbn	Mar-87
200 Metres	C.Newman	27.14s/S	Qbn	1979
400 Metres	C.Newman	57.74s/S	Qbn	1979
800 Metres	D.Adams	2:20.14s/S	Wod	<85
1500 Metres	N.Brown	4:46.84s/S	Bel	1983
1100 M Walk	S. Burns	5:26.42s/E	Bel	Mar-13
60 M Hurdles	D. Unger	10.00s/S	Bel	Feb-11
Long Jump	S.Clarke	5.20m	Wes	82-83
Triple Jump	S.Clarke	10.38m	Wes	82-83
High Jump	R.Higginbotham	1.54m	Gin	Feb-94
Shot Put (2kg)	K.Kouparitsas	12.69m	Tug	Feb-98
Discus (750g)	T.Martin	37.46m	Tug	Mar-91
Javelin (400g)	H.Schofield	32.84m	Cor	Mar-98
<b>U/12 BOYS</b>				
100 Metres	S. Sheppard	12.73s/E	Gin	Mar-00
200 Metres	S. Sheppard	26.07s/E	Gin	Mar-00
400 Metres	C.Newman	57.94s/S	Qbn	1980
800 Metres	D.Adams	2:19.24s/S	Wod	<85
1500 Metres	N.Brown	4:33.34s/S	Bel	1984
1500 M Walk	J.Plested	6:49.44s/S	Bel	Apr-91
60 M Hurdles	C. Stevens	9.86s/E	Tug	Mar-00
Long Jump	S.Clarke	5.56m	Wes	83-84
Triple Jump	S.Clarke	11.15m	Wes	83-84
High Jump	S.Crowe	1.57m	Bel	Mar-96
Shot Put (3kg)	G.Mace	12.19m	Gin	Mar-88
Discus (750g)	T.Martin	42.22m	Tug	Feb-92
Javelin (400g)	T.Martin	39.90m	Tug	Mar-92

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/11 GIRLS</b>				
100 Metres	A.Fowawa	13.04s/S	Wod	<85
200 Metres	M.Mackie	28.04s/S	Wod	1983
400 Metres	H. Wortley	1:02.74s/E	Coo	Apr-04
800 Metres	B. Reilly	2:26.45s/E	Cal	Mar-08
1500 Metres	N. Torley	5:102.11s/E	Wes	Mar-08
1100 M Walk	T.Smith	5:32.34s/S	Bel	Mar-95
60 M Hurdles	A. Coddington	10.13s/E	Bel	Mar-00
Long Jump	M.Mackie	4.83m	Wod	1983
Triple Jump	A. Thompson	9.73m	Qbn	Mar-10
High Jump	S. Davis	1.43m	Bel	Mar-06
Shot Put (2kg)	M. Fleming	10.55m	Cal	Mar-02
Discus (750g)	A.Butler	32.90m	Tug	1984
Javelin (400g)	E. Vredembregt	26.68m	Qbn	Mar-07
<b>U/12 GIRLS</b>				
100 Metres	A. Coddington	13.09s/E	Bel	Mar-01
200 Metres	A.Minns	26.54s/S	Wes	83-84
400 Metres	Z. Buckmann	1:00.36s/E	Qbn	Mar-01
800 Metres	L.Molony	2:18.64s/S	Bel	80-81
1500 Metres	L.Molony	4:52.54s/S	Bel	80-81
1500 M Walk	T.Smith	7:26.94s/S	Bel	Mar-96
60 M Hurdles	A. Flanagan	10.14s/E	Cor	Apr-04
Long Jump	M.Mackie	5.00m	Wod	1984
	M.Still	5.00m	Qbn	1985
Triple Jump	A.Minns	10.63m	Wes	83-84
High Jump	E. Vredengregt	1.56m	Que	Mar-08
Shot Put (2kg)	S.Read	12.17m	Cor	Mar-87
Discus (750g)	G.Price	36.06m	Coo	Apr-91
Javelin (400g)	K. Clarke	30.55m	Beg	Mar-02

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<b>U/13 BOYS</b>				
100 Metres	S. Sheppard	11.74s/S	Gin	Apr-01
200 Metres	S. Sheppard	23.92s/E	Gin	Mar-01
400 Metres	M.Beckenham	55.24s/S	Qbn	Mar-89
800 Metres	K. Reilly	2:09.09s/E	Cal	Apr-13
1500 Metres	G.Davidson	4:20.44s/S	Wes	Apr-96
1500 M Walk	J.Plested	6:39.84s/S	Bel	Mar-92
80 M Hurdles	B. Hollingworth-Dessent	12.15s/E	Gou	Apr-13
Long Jump	M.Beckenham	5.82m	Qbn	Mar-89
Triple Jump	M.Beckenham	11.79m	Qbn	Mar-89
High Jump	A.Read	1.67m	Cor	1983
	B.White	1.67m	Cal	Apr-97
Shot Put (3kg)	G.Mace	17.02m	Gin	Mar-89
Discus (1kg)	T.Martin	44.92m	Tug	Mar-93
Javelin (600g)	K. Kouparitsas	44.10m	Tug	Apr-00

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/14 BOYS</b>				
100 Metres	S. Sheppard	11.59s/E	Bel	Mar-02
	W. McNamara	11.59s/E	Mul	Mar-07
200 Metres	S. Sheppard	22.82s/E	Bel	Mar-02
400 Metres	W. McNamara	53.50s/E	Mul	Mar-07
800 Metres	B. McPherson	2:07.44s/E	Beg	Apr-05
1500 Metres	B. McPherson	4:25.55s/E	Beg	Apr-05
1500 M Walk	W.McEwen	6:46.74s/S	Gin	Mar-92
90 M Hurdles	J. Reis	12.78s/E	Gin	Mar-02
Long Jump	S.Spinks	5.93m	Tug	Mar-98
Triple Jump	R. Gray-Kaumbuthu	12.31m	Bel	Mar-10
High Jump	B.Halliday	1.80m	Cal	Mar-95
Shot Put (3kg)	R. Askew	12.58m	Gun	Mar-13
Shot Put (4kg)	G. Mace	16.03m	Gin	Feb-90
Discus (1kg)	T. Martin	52.44m	Tug	Mar-94
Javelin (600g)	T. Martin	47.88m	Tug	Mar-94

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/13 GIRLS</b>				
100 Metres	A. Coddington	12.74s/E	Bel	Mar-02
200 Metres	A. Leszczynska	26.18s/E	Gun	Apr-13
400 Metres	Z. Buckmann	57.54s/S	ACT	Apr-02
800 Metres	A. Neumaier	2:17.83s/E	Wod	Mar-00
1500 Metres	A. Neumaier	4:43.04s/S	ACT	Apr-00
1500 M Walk	Z. Hunt	6:50.07s/E	Bel	Mar-11
80 M Hurdles	A. Leszczynska	12.76s/E	Gun	Apr-13
Long Jump	E. Prince	5.16m	Wod	Mar-08
Triple Jump	A. Thompson	11.64m	Que	Apr-12
High Jump	J. Ringland	1.61m	ACT	Apr-99
Shot Put (3kg)	M. Fleming	11.47m	Cal	Apr-04
Discus (750g)	S.Riley	37.30m	Lan	Feb-97
Javelin (400g)	K. Clarke	35.41m	Beg	Mar-03

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/14 GIRLS</b>				
100 Metres	S. Pollard	12.26s/E	Qbn	Nov-08
200 Metres	S. Pollard	25.84s/E	Qbn	Feb-09
400 Metres	B. Reilly	59.65s/E	Cal	Mar-11
800 Metres	E. Pluck	2:17.65s/E	Tug	Apr-04
1500 Metres	B. Reilly	4:52.72s/E	Cal	Mar-11
1500 M Walk	J.Strangman	7:09.64s/S	Gin	Mar-90
80 M Hurdles	C. Jamieson	12.69s/E	Beg	Mar-08
Long Jump	A. Thompson	5.79m	Qbn	Mar-13
Triple Jump	A. Thompson	11.58m	Qbn	Mar-13
High Jump	C. Jamieson	1.70m	Beg	Mar-08
Shot Put (3kg)	A.Butler	11.99m	Tug	Mar-87
Discus (1kg)	A.Butler	37.42m	Tug	Mar-87
Javelin (400g)	K. Barsley	30.47m	Wod	Mar-13
Javelin (600g)	K. Clarke	33.33m	Beg	Apr-04

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<b>U/15 BOYS</b>				
100 Metres	W. McNamara	11.35/E	Mulw	Nov-07
200 Metres	W. McNamara	23.62s/E	Mulw	Mar-08
400 Metres	M. Fahey	52.39s/E	Lan	Mar-00
800 Metres	C.Tucker	1:58.84s/S	Tug	Apr-94
1500 Metres	B. McPherson	4:17.63s/E	Beg	Mar-06
1500 M Walk	B. Reading	6:41.70s/E	Qbn	Apr-04
100 M Hurdles	J. Reis	13.34s/S	ACT	Apr-03
200 M Hurdles	Not Contested			
Long Jump	M.Beckenham	6.72m	Qbn	Apr-91
Triple Jump	R. Allen	12.77m	Gun	Mar-12
High Jump	C.Thompson	1.87m	Qbn	Mar-96
Shot Put (4kg)	G.Mace	16.58m	Gin	Jan-91
Discus (1kg)	T.Martin	59.32m	Tug	Feb-95
Javelin (600g)	T. Woods	53.77m	Qbn	Mar-00
Javelin (700g)	H. Smith	28.17m	Wod	Mar-13
<b>U/16 BOYS</b>				
100 Metres	J. Parrello	11.45s/E	Gun	Mar 13
200 Metres	J. Smith	23.09s/E	Wod	Mar 13
400 Metres	L. Koroma	53.38s/E	Gin	Mar 13
800 Metres	NOT CONTESTED			
1500 Metres	NOT CONTESTED			
1500 M Walk	NOT CONTESTED			
100 M Hurdles	L. Koroma	16.96s/S	Gin	Mar 13
200 M Hurdles	J. Smith	26.36s/E	Wod	Mar 13
Long Jump	J. Smith	6.17m	Wod	Mar 13
Triple Jump	J. Smith	12.05m	Wod	Mar 13
High Jump	J. Smith	1.75m	Wod	Mar 13
Shot Put (4kg)	P. Zucchetto	11.75m	Gou	Mar 13
Discus (1kg)	P. Zucchetto	44.88m	Gou	Mar 13
Javelin (700g)	R. Norval	39.50m	Gun	Mar 13

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
<b>U/15 GIRLS</b>				
100 Metres	M. Breen	12.46s/E	Tug	Nov-04
200 Metres	M. Breen	25.64s/E	Tug	Apr-05
400 Metres	A. Blackburn	56.61s/E	Boo	Apr-04
800 Metres	A. Neumaier	2:15.02s/E	Wod	Mar-02
1500 Metres	E.Sutcliffe	4:48.78s/E	Cal	Mar-98
1500 M Walk	E. Hosking	6:49.97s/E	Wod	Mar-10
90 M Hurdles	A. Laing	13.20s/E	Qbn	Apr-13
200m Hurdles	E. Vredenburg	31.12s/E	Gun	Mar-11
Long Jump	N. Burgess	5.52m	Coo	Mar-07
Triple Jump	N. Burgess	11.33m	Coo	Mar-07
High Jump	J.Rose	1.68m	Bel	Mar-90
Shot Put (3kg)	P.Holland	12.17m	Wes	Feb-96
Discus (1kg)	C.Blyton	35.84m	Coo	Mar-91
Javelin (500g)	T. Grady	32.13m	Cal	Mar-13
Javelin (600g)	K. Clarke	37.01m	Beg	Apr-05
<b>U/16 GIRLS</b>				
100 Metres	A. McKinlay	13.11s/E	Cal	Mar-13
200 Metres	A. McKinlay	26.77s/E	Cal	Mar-13
400 Metres	A. Phair	1:07.09s/E	Tug	Mar-13
800 Metres	A. Phair	2:41.87s	Tug	Mar-13
1500 Metres	NOT CONTESTED			
1500 M Walk	A. Resch	7:08.82s/E	Wod	Mar-13
100 M Hurdles	L. Sinclair	15.75s/E	Gin	Mar-13
200 M Hurdles	L. Sinclair	29.39s/E	Gin	Mar-13
Long Jump	L. Sinclair	5.00m	Gin	Mar-13
Triple Jump	A. McKinlay	9.81m	Cal	Mar-13
High Jump	A. McKinlay	1.55m	Cal	Mar-13
Shot Put (3kg)	A. McKinlay	8.52m	Cal	Mar-13
Discus (1kg)	L. Basic	22.79m	Wod	Mar-13
Javelin (500g)	A. Ciszek	25.32m	Cal	Mar-13

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<b>U/17 BOYS</b>					<b>U/17 GIRLS</b>				
100 Metres	R. Langdon	11.91s/E	Gou	Mar 13	100 Metres	E. O'Brien	13.10s/E	Gin	Mar-13
200 Metres	R. Langdon	24.29s/E	Gou	Mar 13	200 Metres	E. O'Brien	27.40s/E	Gin	Mar-13
400 Metres	R. Langdon	53.50s/E	Gou	Mar 13	400 Metres	NOT CONTESTED			
800 Metres	J. Gibbs	2.39.94s	Cal	Mar 13	800 Metres	NOT CONTESTED			
1500 Metres	E. Nunn	4.58.50s	Gin	Mar 13	1500 Metres	NOT CONTESTED			
1500 M Walk	R. Ashton	9.35.46s/E	Qbn	Mar 13	1500 M Walk	NOT CONTESTED			
100 M Hurdles	E. Nunn	16.92s/S	Gin	Mar 13	100 M Hurdles	A. Hoshovsky	17.69s/E	Wes	Mar-13
200 M Hurdles	R. Ashton	35.07s/E	Qbn	Mar 13	200 M Hurdles	NOT CONTESTED			
Long Jump	R. Langdon	4.28m	Gou	Mar 13	Long Jump	A. Hoshovsky	4.67m	Wes	Mar-13
Triple Jump	E. Nunn	10.46m	Gin	Mar 13	Triple Jump	A. Hoshovsky	9.75m	Wes	Mar-13
High Jump	E. Nunn	1.70m	Gin	Mar 13	High Jump	NOT CONTESTED			
Shot Put (5kg)	J. Gibbs	9.00m	Cal	Mar 13	Shot Put (3kg)	A. Mayom	8.50m	Gin	Mar-13
Discus (1.5kg)	E. Nunn	24.72m	Gin	Mar 13	Discus (1kg)	A. Mayom	22.82m	Gin	Mar-13
Javelin (700g)	A. Pope	28.43m	Gun	Mar 13	Javelin (500g)	J. McPherson	18.85m	Qbn	Mar-13
<b>U/16/17 BOYS</b>					<b>U/16/17 GIRLS</b>				
100 Metres	N. Vecchi	11.04s/S	Gun	Nov 11	100 Metres	E. Prince	12.74s/S	Wod	Nov-11
200 Metres	A. Gould	23.44s/E	Bel	Mar 10	200 Metres	E. Budnick	26.65s/E	Qbn	Mar-03
400 Metres	L. Calvert	51.98s/E	Bel	Mar 11	400 Metres	N. Tanks	59.10s/E	Lan	Mar-11
800 Metres	L. Calvert	2.06.45s/E	Bel	Mar 11	800 Metres	L. Winterflood	2.27.40s/E	Beg	Mar-07
1500 Metres	M. Johnsen	4.26.85s/E	Mor	Apr 04	1500 Metres	L. Winterflood	5.06.78s/E	Beg	Mar-07
1500 M Walk	H. Bates	6.32.30s/E	Cal	Mar-11	1500 M Walk	E. Hosking	6.47.16s/E	Wod	Mar-11
100 M Hurdles	A. Gould	13.38s/E	Bel	Mar 10	100 M Hurdles	N. Burgess	16.03s/E	Coo	Nov-08
200 M Hurdles	A. Gould	24.70s/E	Bel	Mar 11	200 M Hurdles	R. Gillard	29.50s/E	Mul	Mar-11
Long Jump	A. Gould	6.72m	Bel	Mar 11	Long Jump	E. Vredembregt	5.37m	Gun	Nov-11
Triple Jump	J. Walters	12.98m	Bel	Mar 11	Triple Jump	E. Prince	5.37m	Wod	Mar-12
High Jump	T. Madsen	1.90m	Cor	Dec 08	High Jump	R. Byrne	10.79m	Coo	Mar-03
Shot Put (5kg)	W. Ganzerla	13.78m	Qbn	Feb 10	Shot Put (4kg)	R. Gillard	1.57m	Mul	Mar-11
Discus (1.5kg)	T. Preece	42.06m	Tug	Mar 09	Shot Put (3kg)	J. Wozniak	9.63m	Wod	Mar-06
Javelin (700g)	K. Cranston	52.95m	Mul	Mar 08	Shot Put (1kg)	E. Prince	11.05m	Wod	Mar-12
					Discus (1kg)	E. Prince	39.03m	Wod	Nov-11
					Javelin (600g)	N. Tanks	31.74m	Lan	Mar-11
					Javelin (500g)	M. Griffin	29.85m	Tug	Mar-12