SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

	MEN						WOMEN		
TIME/DIST.	**NAME**	**DATE**	**LOCATION**	**AGE**	**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**
100m					**100m**			
10.16	Clayton Kearney	29.10.88	SAF	**OPEN**	11.78	Nicole Vassella	27.11.93	SAF
10.73	Micheal Wiener	27.11.93	SAF	**U/20**	12.19	Charlotte Van Veenendaal	11.02.06	SOPAC
10.90	Rob Biet	15.12.90	SAF	**U/18**	12.20	Charlotte Van Veenendaal	13.11.04	SOPAC
11.29	Sean Oikawa	21.12.19	Bankstown	**U/17**	12.38	Rowena Craker	18.11.16	Blacktown
11.10	Damien Connell	14.03.92	Canberra	**U/16**	12.31	Elysha Cramer	18.03.18	SOPAC
11.45	Clayton Jones	27.11.93	SAF	**U/15**	12.42	Elysha Cramer	08.12.17	Adelaide
10.80	Scott Frazer	19.11.94	Homebush	**U/14**	12.40	Samantha Hume	09.12.07	SOPAC
200m					**200m**			
20.64	Clayton Kearney	14.09.85	Seoul	**OPEN**	24.11	Melissa Moore	26.11.94	Homebush
21.20	Lewis Rangott	24.10.92	SAF	**U/20**	24.34	Elona Reinalda	14.01.95	Homebush
21.92	Lewis Rangott	08.02.92	SAF	**U/18**	24.29	Elona Reinalda	05.02.94	SAF
22.74	John Economides	03.12.16	Campbelltown	**U/17**	24.88	Rowena Craker	12.11.16	SOPAC
22.32	Damien Connell	14.03.92	Canberra	**U/16**	24.86	Stephanie Hunt	30.09.06	SOPAC
23.25	Andrew Hewitt	22.02.92	SAF	**U/15**	25.18	Elysha Cramer	18.11.17	Blacktown
23.14	Scott Frazer	26.11.94	Homebush	**U/14**	25.78	Elysha Cramer	03.12.16	Campbelltown
400m					**400m**			
46.34	Robert Ballard	07.02.91	Melbourne	**OPEN**	54.85	Bethany Halmy	23.03.19	SOPAC
47.77	Lachlan Renshaw	25.02.06	SOPAC	**U/20**	54.56	Rowena Craker	02.04.19	SOPAC
48.36	Robert McIntyre	09.12.07	SOPAC	**U/18**	55.75	Sophie Wickham	08.12.18	Cairns
49.92	Ewan Burns	28.01.19	Canberra	**U/17**	55.49	Rowena Craker	06.02.16	SOPAC
50.87	Wesley Freier	27.03.93	SAF	**U/16**	55.58	Jasmin Guthrie	16.03.18	SOPAC
51.46	Ewan Burns	10.12.17	Adelaide	**U/15**	57.79	Jasmin Guthrie	01.04.17	SOPAC
52.44	Ewan Burns	04.12.16	Canberra	**U/14**	58.68	Jasmin Guthrie	04.12.16	Canberra
800m					**800m**			
1.46.90	Jared West	07.02.15	Canberra	**OPEN**	2:05.08	Cathy Van Veenendaal	19.02.94	SAF
1.47.97	Lachlan Renshaw	19.01.06	SOPAC	**U/20**	2:14.18	Janelle Smith	08.02.92	SAF
1:52.60	Tom Switzer	19.11.88	SAF	**U/18**	2:05:46	Sianne Toemoe	17.02.05	Melbourne
1.58.74	Lachlan Nairn	09.11.19	SOPAC	**U/17**				
1:56.02	Wesley Freier	20.02.93	SAF	**U/16**	2.07.76	Sianne Toemoe	14.02.04	SAF
1.59.51	Lachlan Cooper	09.10.14	SOPAC	**U/15**	2:07.80	Suzy Walsham	19.11.88	SAF
2:16.80	David Ma	25.09.93	Rotary	**U/14**	2:08.79	Sharon Dalton	05.02.83	SAF
1500m					**1500m**			
3:50.22	David Forbes	18.11.89	SAF	**OPEN**	4:29.30	Cathy Van Veenendaal	11.12.93	SAF
3:57.10	Robert Spurs	19.11.94	Homebush	**U/20**	4.29.11	Lucy Starrat	03.02.06	SOPAC
3:57.29	Saxon Moseley	14.03.92	Canberra	**U/18**	4:11.04	Suzy Walsham	14.01.90	SAF
4.19.10	Lachlan Nairn	01.02.20	SOPAC	**U/17**				

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

	MEN							WOMEN			
TIME/DIST.	**NAME**	**DATE**	**LOCATION**		**AGE**		**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**	
4:05.5	John Weingarth	04.11.89	SAF		**U/16**		4:14.03	Suzy Walsham	04.11.89		
4:22.50	Gregory Hamilton	03.11.90	SAF		**U/15**		4:21.70	Suzy Walsham	12.11.88	SAF	
4.28.16	Oliver White	05.10.19	Bankstown		**U/14**		4:47.80	Megan Underhill	19.01.91	SAF	
3000m							**3000m**				
7.45.94	Andrew Lloyd	01.12.90			**OPEN**		9:34.85	Joanne Cowan	19.02.94	SAF	
8:45.8	Robert Spurrs	29.10.94	Homebush		**U/20**		9.42.82	Lucy Starrat	11.02.06	SOPAC	
8:49.97	Saxon Moseley	08.02.92	SAF		**U/18**		9:03.89	Nicola Corbin	89		
9.25.67	Kai Johnson	09.11.19	SOPAC		**U/17**						
9:10.92	John Weingarth	10.02.90	SAF		**U/16**		9:06.53	Sharon Dalton	23.06.85	Berkeley	
9.35.29	Lachlan Nairn	11.11.17	SOPAC		**U/15**		9:41.1	Suzy Walsham	05.11.88	SAF	
9.52.66	Oliver White	22.02.19	SOPAC		**U/14**		10:20.8	Debbie Walsham	22.10.88	SAF	
5000m							**5000m**				
13.24.63	Andrew Lloyd	25.02.92			**OPEN**		16.44.16	Lauren Hamilton	18.12.16	SOPAC	
16:19.14	Scott Sewell	18.02.89	SAF		**U/20**		18.00.19	Alex McGain	26.02.11	SOPAC	
16:45.90	Sam Williams	28.10.89	SAF		**U/18**		17:47.6	Tarma Pearce	29.10.94	Homebush	
					U/16		16:20.90	Sharon Dalton	24.12.84	SAF	
					U/15						
17.14.08	Oliver White	02.02.19	Bankstown		**U/14**						
10,000m							**10,000m**				
27:57.34	Andrew Lloyd	12.12.87			**OPEN**		33.54.51	Tani Ruckle	1991		
30:21.00	Andrew Lloyd	30.12.77	SAF		**U/20**						
					U/18						
Marathon							**Marathon**				
2.35:23	Ken Raupach	09.06.85	Sydney		**OPEN**		2.33.15.0	Tani Ruckle	1990	Auckland	
2km Steeple Chase							**2km Steeple Chase**				
5:59.60	Andrew Calvin	10.12.94	Homebush	0.914m	**OPEN**		8.38.10	Cherry Cummins	16.12.17	SOPAC	0.762m
6:02.50	Colin Hamilton	23.02.85	SAF	0.914m	**U/20**						0.762m
6:08.98	Simon Hudson	24.03.90	Melbourne	0.914m	**U/18**		7.46.60	Jessie Raupach	13.03.14	SOPAC	0.762m
7.29.65	Joshua Silver	05.11.16	Bankstown	0.762m	**U/17**		8.45.8	Lynne Clarke	07.01.95	Homebush	0.762m
6.25.46	Jordan Smith	08.12.05	SOPAC	0.762m	**U/16**		8:17.3	Debbie Walsham	04.11.89	SAF	0.762m
7:37.70	Michael Lally	19.11.94	Homebush	0.762m	**U/15**						
3km Steeple Chase											
9:11.44	Ken Raupach	08.03.87	Canberra	0.914m	**OPEN**						
9:45.40	Grant Bluett	04.01.92	SAF	0.914m	**U/20**						

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

MEN					WOMEN				
TIME/DIST.	**NAME**	**DATE**	**LOCATION**	**AGE**	**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**	
1500m Walk					**1500m Walk**				
6:10.6	Dean Nipperess	05.10.91	SAF	**OPEN**	7.39.0	Jillian Rutter	24.02.07	Mingara	
				U/20	10:38.0	Frances Dorey	03.11.90	Rotary	
5:54.7	Adam Rutter	16.11.02	Giraween	**U/18**	6:52.14	Jessica Heazlewood	25.09.04	SOPAC	
6:21.9	Adam Rutter	13.09.01	SOPAC	**U/16**	6.49.52	Jessica Heazlewood	08.12.02	Hobart	
6.23.25	Adam Rutter	08.12.00	Adelaide	**U/15**	7.07.56	Fiona Alldis	08.12.02	Hobart	
7:14.55	Adam Rutter	09.10.99	SOPAC	**U/14**	7.03.33	Elizabeth McMillen	11.03.17	SOPAC	
3000m Walk					**3000m Walk**				
11.21.86	Adam Rutter	28.02.09	SOPAC	**OPEN**	13.38.30	Nicole Fagan	10.11.10	Blacktown	
11.38.00	Adam Rutter	23.10.04	Bankstown	**U/20**	14.16.63	Nicole Fagan	01.03.08	Campbelltown	
12:12.20	Adam Rutter	05.12.02	Hobart	**U/18**	14.15.76	Jessica Heazlewood	11.12.03	Brisbane	
13:10.68	Adam Rutter	08.12.01	Melbourne	**U/16**	14.18.59	Elizabeth McMillen	06.12.19	Perth	
15 31.00	Aidan Kerr	24.06.12	Narellan	**U/15**	14.54.26	Fiona Aldis	05.12.02	Hobart	
15 51.93	Harrison Mavin	Mar-14	SOPAC	**U/14**	14.40.24	Elizabeth McMillen	08.12.17	Adelaide	
5000m Walk					**5000m Walk**				
18.54.65	Adam Rutter	07.02.09	Brisbane	**OPEN**	22.32.76	Nicole Fagan	14.01.12	SOPAC	
19:55.35	Adam Rutter	03.05.04	Manchester	**U/20**	24.43.83	Nicole Fagan	09.02.08	SOPAC	
21:11.03	Adam Rutter	08.02.03	SOPAC	**U/18**	24.10.73	Amy Bettiol	12.03.11	SOPAC	
28:35.2	Hayden Millican	11.03.16	Perth	**U/17**	25.41.66	Elizabeth McMillen	24.01.20	Canberra	
				U/16	26.01.06	Fiona Aldis	11.12.03	Brisbane	
25 1.04	Aidan Kerr	Feb-14	SOPAC	**U/15**	25.47.48	Fiona Aldis	07.12.02	Hobart	
30:29.0	Hayden Millican	29.07.12	Jamiston	**U/14**	26.11.00	Lucy Francis	29.07.12	Jamiston	
10,000m Walk					**10,000m Walk**				
41.29.10	Adam Rutter	07.01.12	Blacktown	**OPEN**	49.02.69	Nicole Fagan	07.01.12	Blacktown	
41.47.44	Adam Rutter	19.02.05	Adelaide	**U/20**	50.44.01	Nicole Fagan	14.03.08	Gold Coast	
44 20.00	Adam Rutter	05.11.02	SOPAC	**U/18**	55.17.71	Fiona Alldis	01.11.03	SOPAC	
10km Road Walk					**10km Road Walk**				
39.2	Adam Rutter	18.09.10	Beijing	**OPEN**	46.38	Nicole Fagan	24.07.10	Tempe	
40:54	Adam Rutter	26.06.04	Chippingnorton	**U/20**	49.38	Nicole Fagan	May '08	Cheboksary Russia	
44:56	Adam Rutter	08.06.03	Canberra	**U/18**	51.23.0	Jessica Heazlewood	31.01.04	Canberra	
20km Road Walk					**20km Road Walk**				
1.21.23	Adam Rutter	30.03.12	Taicang China	**OPEN**	1.35.55	Nicole Fagan	19.02.11	Hobart	
1.24.46	Adam Rutter	06.03.05	SOPAC	**U/20**					
				U/18	2.08.50.24	Christina Alldis	21.06.03	Chipping Norton	

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

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50km Road Walk										
3:52:49	Adam Rutter	16.12.07	Melbourne		**OPEN**					
80m Hurdles						**80m Hurdles**				
					U/14	12.67	Samantha Hulme	20.10.07	SOPAC	0.762m
90m Hurdles						**90m Hurdles**				
					U/16	13.44	Ellie Maxton	11.12.06	SOPAC	0.762m
					U/15	14.08	Kate Heffernan	27.02.93	SAF	0.762m
13.29	Sylvan Dorney	07.10.89	SAF	0.762m	**U/14**	16.6	Hollie Fallowfield	21.10.89	Rotary	
100m Hurdles						**100m Hurdles**				
					OPEN	14.27	Wendy De Vroom	1985		0.840m
					U/20	15.37	Elizabeth Scott	01.12.18	SOPAC	0.840m
					U/18	14.74	Annaliese Gardner	Dec-08	Canberra	0.762m
					U/17	16.29	Tea Lisle	11.11.17	SOPAC	0.762m
13.24	Matthew Hulme	Dec-08	Canberra	0.840m	**U/16**	15.14	Kate Heffernan	19.11.94	Homebush	
13.62	Matthew Hulme	09.12.07	SOPAC	0.840m	**U/15**	17.53	Alison Hayes	18.11.89	SAF	
110m Hurdles										
14.37	Duncan Harvey	10.03.07	Brisbane	1.067m	**OPEN**					
14.72	Jack McArdle	Nov-14	SOPAC	0.991m	**U/20**					
14.19	Jack McArdle	06.12.13	Townsville	0.914m	**U/18**					
18.09	John Economides	06.02.16	SOPAC	0.914m	**U/17**					
15.18	Andrew Hewitt	20.02.93	SAF		**U/16**					
15.92	Christopher Shute	03.03.90	SAF		**U/15**					
200m Hurdles						**200m Hurdles**				
23.61	Danny Brandwood	23.01.10	SOPAC	0.762m	**OPEN**	35.60	Elizabeth Wulff	12.11.88	Rotary	0.762m
				0.762m	**U/20**	38.10	Catherine Dorey	30.09.89	Rotary	0.762m
27.9	Paul Harris	29.10.88	Rotary	0.762m	**U/18**	31.30	Lara Woodbury	16.09.89	Rotary	0.762m
25.82	Robert McIntyre	07.12.06	SOPAC	0.762m	**U/16**	28.14	Annaliese Gardner	07.12.07	SOPAC	0.762m
27.9	John Allas	29.10.94	Rotary	0.762m	**U/15**	28.63	Annaliese Gardner	11.12.06	SOPAC	0.762m
26.4	Joshua Camlett	17.12.94	Rotary	0.762m	**U/14**	33.48	Isabella Guthrie	07.02.15	SOPAC	0.762m
400m Hurdles						**400m Hurdles**				
50.83	Danny Brandwood	04.03.10	Melbourne	0.914m	**OPEN**	59.84	Wendy DeVroom	1985		0.762m
53.16	James Crennan	14.02.05	SOPAC	0.914m	**U/20**	65.65	Olivia Fusca	09.02.14	SOPAC	0.762m
57.18	Michael Plunkett	02.03.91	SAF	0.840m	**U/18**	66.83	Annaliese Gardiner	27.02.09	Illawong	0.762m
58.15	John Economides	11.03.16	Perth	0.840m	**U/17**					

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

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TIME/DIST.	**NAME**	**DATE**	**LOCATION**		**AGE**	**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**	
58.12	Nathan Patchett	21.11.92	SAF		**U/16**	62.68	Isabella Guthrie	17.03.18	SOPAC	0.762m
					U/15	66.86	Isabella Guthrie	28.10.17	Bankstown	0.762m
					U/14	71.40	Kate Gear	01.10.94	Rotary	
High Jump						**High Jump**				
2.10	Matthew Tilley	24.11.18	SOPAC		**OPEN**	1.60	Mikaela Read	30.09.09	Gold Coast	
					OPEN	1.60	Jitka Hiscox	20.05.17	Campbelltown	
2.04	Andrew Higgs	19.01.91	SAF		**U/20**	1.73	Nicole Freestone	24.02.19	SOPAC	
2.21	James Watson	14.07.01			**U/18**	1.70	Nicole Freestone	03.02.18	SOPAC	
1.75	Zachery Fernley	Oct-16	SOPAC		**U/17**	1.70	Nicole Freestone	14.10.17	SOPAC	
1.75	Ryan Marshall	06.01.18	SOPAC		**U/17**					
2.11	James Watson	08.12.00			**U/16**	1.68	Mikaela Quinlan	15.10.17	SOPAC	
1.68	Andrew Hewitt	19.10.91	SAF		**U/15**	1.60	Kate Heffernan	27.02.93	SAF	
1.60	Sylvan Dorney	07.10.89	SAF		**U/14**	1.55	Virginia Young	14.01.89	Rotary	
1.60	Aaron Bird	19.12.94	Homebush							
Pole Vault						**Pole Vault**				
4.00	Mark Spivey	1989	SAF		**OPEN**					
3.20	Andrew Watson	05.11.88	SAF		**U/20**					
3.20	Carl Silvestro	15.02.92	SAF		**U/20**					
3.60	Angus McEntyre	Dec-08	AIS Canberra		**U/18**	2.70	Abbey Waterworth	14.03.18	SOPAC	
					U/17	2.90	Abbey Waterworth	21.01.17	Bankstown	
2.80	Bradley Jones	12.01.91	SAF		**U/16**	2.85	Abbey Waterworth	13.03.16	Perth	
					U/15					
Long Jump						**Long Jump**				
8.30	Peter Burge	02.03.00			**OPEN**	5.54	Melissa Fitzsimmons	28.01.19	Canberra	
7.03	Nick Wiles	06.11.04	Beaton Park		**U/20**	5.48	Mikaela Read	15.01.06	SOPAC	
7.37	Greg Quirk	23.03.91	Perth		**U/18**	5.45	Annaliese Gardner	28.09.08	SOPAC	
6.30	Jacob Winston	Oct-16	SOPAC		**U/17**	5.15	Brienna Mathieson	03.02.17	SOPAC	
6.70	Matthew Hulme	Dec-08	Canberra		**U/16**	5.46	Annaliese Gardner	13.10.07	SOPAC	
6.35	John Economides	Mar-14	SOPAC		**U/15**	5.47	Alison Hayes	18.11.89	SAF	
5.59	Sylvan Dorney	07.10.89	SAF		**U/14**	4.82	Donna Jones	29.02.92	SAF	
Triple Jump						**Triple Jump**				
17:32	Andrew Murphy	25.08.99			**OPEN**	12.09	Mikaela Read	01.10.09	Gold Coast	
22:33	Ryan Marshall	26.01.20	Canberra		**U/20**	12.60	Bettina Raiss	10.02.90	SAF	
14.96	Ryan Marshall	30.11.19	SOPAC		**U/18**	11.70	Mikaela Read	10.12.05	SOPAC	
12:28	Ryan Marshall	08.12.18	Cairns		**U/17**	11.45	Kate Sumpton	05.03.94	SAF	
13.79	Ryan Marshall	15.10.17	SOPAC		**U/16**	11.29	Alison Hayes	07.10.89	SAF	
12.05	Sylvan Dorney	16.03.91	SAF		**U/15**	9.41	Isabella Guthrie	24.10.15	Narrabeen	
11.66	Sylvan Dorney	07.10.89	SAF		**U/14**	9.83	Chloe Dunne	15.12.18	SOPAC	

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

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Hammer							**Hammer**				
44.96	Mark Spivey	25.02.89	SAF	7.26	**OPEN**		47.86	Lara Woodbury	07.01.95	Homebush	4kg
24.98	Justin Woodcock	22.10.88	Rotary	6kg	**U/20**		48.26	Lara Woodbury	28.11.92	SAF	4kg
41.08	Samuel Benjamin	30.10.93	Rotary	5kg	**U/18**		42.57	Phoebe Carter	04.12.15	Melbourne	4kg
33.5	Shah Garcia	1.03.14	SOPAC	5kg	**U/17**						
39.21	Nick Chatters	08.11.14	SOPAC	4kg	**U/16**		20.86	Lara Woodbury	24.09.88	Rotary	4kg
41.86	John Hunter	02.12.16	Canberra	4kg	**U/15**		19.92	Kirsty Edwards	04.11.89	SAF	3kg
42.83	John Hunter	04.12.15	Melbourne	3kg	**U/14**						
Discus							**Discus**				
13:40	Lachlan McEntyre	25.01.20	Canberra	2kg	**OPEN**		47.26	Lara Woodbury	14.01.95	Homebush	1kg
43.43	Ben Basten	09.01.16	Bankstown	1.75kg	**U/20**		44.46	Lara Woodbury	09.02.91	SAF	1kg
48.4	Daniel Hall	14.03.18	SOPAC	1.5kg	**U/18**		44.36	Christy Mara	23.03.91	Perth	1kg
40.82	Daniel Hall	03.02.17	SOPAC	1.5kg	**U/17**		22.54	Jada Powell	11.02.18	SOPAC	1kg
56.55	Daniel Hall	01.10.16	SOPAC	1kg	**U/16**		44.94	Debra Turnbull	14.01.95	SOPAC	1kg
51.85	Tyrese Vidal	04.12.16	AIS Canberra	1kg	**U/15**		41.64	Debra Turnbull	05.02.94	SAF	1kg
48.84	Tyrese Vidal	04.12.15	Melbourne	1kg	**U/14**		26.58	Jeanette Turk	04.12.93	Rotary	1kg
Shot Put							**Shot Put**				
13.01	John Bennett	30.09.88	Rotary	7.26	**OPEN**		12.00	Jitka Hiscox	12.12.15	Bankstown	4kg
12.81	Peter Thiel	05.12.90	SAF	6kg	**U/20**		11.02	Lara Woodbury	05.12.92	SAF	4kg
15.38	Matthew Mikhael	23.02.19	SOPAC	5kg	**U/18**		13.19	Christy Mara	23.03.91	Perth	4kg
15	Matthew Mikhael	27.09.18	SOPAC	5kg	**U/17**		10.68	Jada Powell	01.12.18	SOPAC	3kg
15.33	Matthew Mikhael	12.10.17	SOPAC	4kg	**U/16**		13.39	Debra Turnbull	17.12.94	SOPAC	4kg
14.42	Sylvan Dorney	16.03.91	SAF	4kg	**U/15**		12.07	Christy Mara	22.10.88	Rotary	4kg
15.38	Sylvan Dorney	07.10.89	SAF	3kg	**U/14**		10.18	Jeanette Turk	12.02.94	Rotary	3kg
Javelin							**Javelin**				
78.75	Cameron McEntyre	21.12.19	Bankstown	800g	**OPEN**		53.88	Lara Woodbury	05.10.94	SOPAC	600g
70.8	Cameron McEntyre	09.06.18	Townsville	800g	**U/20**		51.70	Lara Woodbury	17.10.92	SAF	600g
73.39	Cameron McEntyre	07.03.15	SOPAC	700g	**U/18**		48.20	Kirsty Edwards	13.02.93	SAF	600g
63.28	Harrison Lucas	05.04.19	SOPAC	700g	**U/17**						
59.74	Cameron McEntyre	Feb-14	SOPAC	700g	**U/16**		43.08	Kirsty Edwards	19.01.91	SAF	600g
58.71	Cameron McEntyre	09.12.13	Townsville	700g	**U/15**		38.94	Kirsty Edwards	10.02.90	SAF	600g
48.11	Cameron McEntyre	12.03.12	SOPAC	600g	**U/14**		33.95	Laura Yates	13.03.04	SOPAC	400g
Decathlon							**Heptathlon**				
5453 pts	Steven Hooppell	Mar-86	SAF		**OPEN**		4582 pts	Jitka Hiscox	10.01.16	Bankstown	
5937	Carl Silvestro	05.03.92	Adelaide		**U/20**		3930	Lara Woodbury	12.01.91	SAF	
6820	Greg Quirk	22.02.91	SAF		**U/18**		4056	Lara Woodbury	20.01.90	SAF	

SYDNEY PACIFIC ATHLETIC CLUB RECORDS

Updated 2 February 2020

	MEN						WOMEN			
TIME/DIST.	**NAME**	**DATE**	**LOCATION**		**AGE**	**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**	
4854	Bradley Jones	12.01.91	SAF		**U/16**	4054	Kate Heffernan	29.01.94	SAF	
					U/15	4208	Kate Heffernan	09.01.93	SAF	
TIME/DIST.	**NAME**	**DATE**	**LOCATION**		**AGE**	**TIME/DIST.**	**NAME**	**DATE**	**LOCATION**	
	MEN						**WOMEN**			

Conditions and Process for claiming/establishing Club Records:

1. An Athlete at the time of claiming/establishing a new Club Record will be a member of the Sydney Pacific Athletic Club
2. The Club Results & Records Officer will ensure that all Club Records are kept up to date by monitoring the results from competitions and championships
3. If an Athlete considers that he/she has broken a Club Record then the athlete should contact the Club Results & Records Officer with the relevant information
4. If an Athlete considers that a new category of record should be created then the athlete should contact the Club Results & Records Officer and Club President
5. The following Competitions and Championships and their associated events will be considered relevant for establishing Sydney Pacific Athletic Club Records
   - IAAF sanctioned competitions
   - Athletics Australia sanctioned competitions
   - Athletics NSW (or equivalent other states) sanctioned competitions
   - NSW All Schools Championships and Australian All Schools Championships