

ATHLETICS AUSTRALIA
AUSTRALIAN RECORDS AS AT 24th November 2020.

MEN

EVENT	PERF.	DATE	VENUE	NAME	STATE	D.O.B.
100 METRES						
Aust Allcomers	9.87	23-Sep-00	Sydney	Maurice Greene	USA	23-Jul-74
Aust National	9.93	5-May-03	Mita, JPN	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
200 METRES						
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
	21.44	8-Dec-13	Townsville	Jordon Shelley	NSW	27-Feb-98
400 METRES						
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	47.99	13-Dec-19	Brisbane	Jack Boulton	VIC	15-Jun-04
800 METRES						
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
1000 METRES						
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	2:25.70	24-Oct-20	Canberra	Hayden Todd	ACT	29-Jun-05
1500 METRES						
Aust Allcomers	3:31.25	9-Sep-01	Melbourne	Hicham El Guerrouj	MAR	14-Sep-74
Aust National	3:30.51	25-Sep-20	Doha	Stewart Mcsweyn	TAS	1-Jun-95
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
1 MILE (= 1609.33 METRES)						
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
2000 METRES						
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
3000 METRES						
Aust Allcomers	7:39.22	20-Feb-99	Sydney	Luke Kipkosgei	KEN	27-Nov-75
Aust National	7:28.02	17-Sep-20	Rome	Stewart Mcsweyn	TAS	1-Jun-95
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
5000 METRES						
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	14:07.92	14-Nov-19	Box Hill	Samuel Clifford	TAS	11-May-02
10000 METRES						
Aust Allcomers	27:18.20	25-Sep-00	Sydney	Haile Gebrselassie	ETH	18-Apr-73
Aust National	27:23.80	14-Dec-19	Box Hill	Stewart Mcsweyn	TAS	1-Jun-95
Aust U20	28:50.4	16-Dec-76	Melbourne	Rob de Castella	VIC	27-Feb-57
1 HOUR TRACK						
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
100M HURDLES						
Aust U16 (.84m)	12.66	3-Dec-16	Canberra	Sasha Zhoya	WA	25-Jun-02
110M HURDLES						
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 (1.067m)	13.76	19-May-78	Pocatello	Don Wright	QLD	26-Apr-59
Aust U20 (.99m)	13.27	12-Jul-12	Barcelona	Nicholas Hough	NSW	20-Oct-93
Aust U18 (.91m)	12.87	5-Jul-19	France	Sasha Zhoya	WA	25-Jun-02
200M HURDLES						
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
400M HURDLES						
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
2000M STEEPLECHASE						
Aust U18 (.84m)	n/c					
Aust U18 (.91m)	5:43.73	5-Dec-88	Sydney	Aaron Hunt	NSW	10-Mar-72
Vic. U18 (new height 84cm)	n/c					
Aust U16 (.76m)	5:55.06	5-Dec-02	Hobart	James Matthews	NSW	29-Jan-87
3000M STEEPLECHASE						
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
3000m RACE WALK						
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
5000m RACE WALK						
Aust Allcomers	18:32.56	8-Mar-19	Melbourne	Perseus Karlstrom	SWE	1-May-90
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
10000m RACE WALK						
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
20000m RACE WALK						
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 RACE 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
50000m RACE WALK						
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
4 X 100M RELAY						
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		
4 X 200M RELAY						
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		
4 X 400M RELAY						
Aust Allcomers	2:58.68	30-Sep-00	Sydney	NIG - Chukwa, Monye, Bada, Udo-Obong		
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		
4 X 800M RELAY						
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		
4 X 1500M RELAY						
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		
1000M SPRINT MEDLEY RELAY (SWEDISH)						
Aust U18	1:53.98	7-Dec-14	Adelaide	NSW - Browning, Wood, Shelley, Stenmark		
Aust U16	1:58.56	8-Dec-19	Perth	NSW - Ghisso, Cattana, Szymanski, Jeffreson		
HIGH JUMP						
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 National	2.36	26-Aug-18	Germany	Brandon Starc	NSW	24-Nov-93
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
POLE VAULT						
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	5.56	1-Apr-19	Sydney	Sasha Zhoya	WA	25-Jun-02
Aust U16	4.92	27-Mar-17	Sydney	Sasha Zhoya	WA	25-Jun-02
LONG JUMP						
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
TRIPLE JUMP						
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	16.62	7-Jul-09	Serbia	Henry Frayne	VIC	14-Apr-90
Aust U18	15.84	23-Nov-19	Perth	Dylan James	WA	1-Mar-02
Aust U16	14.55	8-Dec-18	Cairns	Aiden Hinson	VIC	5-Jun-03
SHOT PUT						
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
DISCUS THROW						
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
HAMMER THROW						
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
JAVELIN THROW						
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
DECATHLON						
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 (Open Implements)	8038	26-May-19	Austria	Ashley Moloney	QLD	13-Mar-00
Aust U20 (IAAF)	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
OCTATHLON (Youth best on record)						
Aust U18	6491	7-Jul-11	France	Jake Stein	NSW	17-Jan-94
(Note: + = in route to longer di						
MEN - ROAD						
HALF MARATHON						
Aust Allcomers	61:11	22-May-94	Sydney	Pat Carroll	QLD	17-Aug-61
Aust National	59:57	2-Feb-20	Marugame Japan	Brett Robinson	VIC	8-May-91
MARATHON						
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
5 km ROAD RACE						
Aust National	13:20	3rd Apr-05	Carlsbad USA	Craig Mottram	VIC	18-Jun-80
10 km ROAD RACE						
Aust National	27:54	23-May-04	Manchester	Craig Mottram	VIC	18-Jun-80
100KM ROAD RACE						
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
5KM ROAD WALK						
Aust U16	21:58.00	1-Dec-19	Fawknor Park, Vic	Will Thompson	VIC	8-Nov-02
8KM ROAD WALK						

Aust U18	34:21.0	24-May-92	Melbourne	Dion Russell	VIC	8-May-75
10KM ROAD WALK						
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
20KM ROAD WALK						
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, CHN	Nathan Deakes	VIC	17-Aug-77
Aust U20	1:24:46	6-Mar-05	Sydney	Adam Rutter	NSW	24-Dec-86
30KM ROAD WALK						
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
50KM ROAD WALK						
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
MEN - BEST ON RECORD						
100 YARDS						
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
12 HOURS 10-MAN TRACK RELAY						
Aust Allcomers	242km477.5r	30-Sep-84	Melbourne	Victoria		
Aust National	242km477.5r	30-Sep-84	Melbourne	Victoria		

WOMEN

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
Aust U16	11.57	24-Oct-20	Brisbane	Torrie Lewis	QLD	8-Jan-05

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	1:58.78	21-Jul-19	London	Catrina Bisset	VIC	1-Mar-94
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	2:43.08	9-Dec-19	Perth	Kayla Van der Linden	WA	28-May-04

1500 METRES

Aust Allcomers	4:03.46	9-Sep-01	Melbourne	Violeta Szekely	ROM	26-Mar-65
Aust National	4:00.42	13-Sep-20	Berlin	Jessica Hull	NSW	22-Oct-96
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

3000 METRES

Aust Allcomers	8:43.14	14-Jan-90	Sydney	Liz Mccolgan	SCO	24-Apr-64
Aust National	8:36.03	25-Sep-20	Doha	Jessica Hull	NSW	22-Oct-96
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

5000 METRES

Aust Allcomers	14:40.79	25-Sep-00	Sydney	Gabriela Szabo	ROM	14-Nov-75
Aust National	14:43.80	14-Aug-20	Monaco	Jessica Hull	NSW	22-Oct-96
Aust U20	15:18.6	16-Oct-99	Sydney	Eloise Poppett	NSW	9-Nov-82

10000 METRES

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

1 HOUR TRACK

Aust Allcomers	not claimed
Aust National	not claimed

90M HURDLES

Aust U16	12.31	3-Dec-16	Canberra	Sophie White	WA	23-Jan-02
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100M HURDLES

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

200M HURDLES

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
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400M HURDLES

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

2000M STEEPLECHASE

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

3000M STEEPLECHASE

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

3000m RACE WALK

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

5000m RACE WALK

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

10000m RACE WALK

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	43:20.65	5-Apr-19	Sydney	Katie Hayward	QLD	23-Jul-00

20000m RACE WALK

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

4 X 100M RELAY

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-Afryia, 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

4 X 200M RELAY

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

4 X 400M RELAY

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

4 X 800M RELAY

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

4 X 1500M RELAY

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

1000M SPRINT MEDLEY RELAY (SWEDISH)

Aust U18	2:06.58	17-Jul-05	Marrakesh	AUS - Gulli, Tauro, Hill, Hoebergen
Aust U16	2:11.43	8-Dec-19	Perth	NSW - Stoilova, Wright, Inkster, Monk

HIGH JUMP

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	1.99	28-Feb-20	Wellington NZ	Eleanor Patterson	VIC	22-May-96
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 Kapernick	QLD	20-Sep-70
	1.86	9-Dec-89	Adelaide	Andrea Hughes	TAS	12-Dec-73

POLE VAULT

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 Tillett	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		
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Aust State Team	Records will only be ratified if better than 3:24.00					
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	Records will only be ratified if better than 3:40.00					

WOMEN - ROAD

(Note: + = in route to longer distance)

HALF MARATHON

Aust Allcomers	68.48	4-Aug-19	Sunshine Coast	Lisa Weightman	VIC	16-Jan-79
Aust National	67:48	10-Jan-00	Tokyo	Kerryn 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

5 km ROAD RACE

Aust National	14:59	1st Sep-02	London	Benita Willis	QLD	6-May-79
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10 km ROAD RACE

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	Taichang Prc	Claire Tallent	SA	6-Jul-81

ATHLETICS AUSTRALIA

MEN - INDOOR

EVENT	PERF.	DATE	VENUE	NAME	STATE	D.O.B.
60 METRES						
Aust National	6.52	7-Mar-99	Japan	Matthew Shirvington	NSW	25-Oct-78
200 METRES						
Aust National	20.71	12-Mar-93	Toronto	Damien Marsh	QLD	28-Mar-71
400 METRES						
Aust National	45.44	23-Feb-18	Nth Carolina	Steven Solomon	NSW	16-May-93
800 METRES						
Aust National 880 yds	1:47.9	25-Jan-69	Albuquerque	Ralph Doubell	VIC	11-Feb-45
Aust National 800 mts	1:47.27	16-Feb-19	Birmingham	Joseph Deng	VIC	7-Jul-98
1000 METRES						

Aust National 1500 METRES	2:19.60	16-Jan-10	Pennsylvania	Ryan Foster	TAS	26-Aug-88
Aust National 1 MILE	3:35.10	16-Feb-19	Birmingham	Stewart McSweyn	TAS	1-Jun-95
Aust National 3000 METRES	3:54.77	29-Jan-05	Boston	Mark Fountain	VIC	10-Mar-82
Aust National 5000 METRES	7:34.50	26-Jan-08	Boston	Craig Mottram	VIC	18-Jun-80
Aust National 60M HURDLES	13:36.41	12-Mar-10	Fayetteville	David Mcneill	VIC	6-Oct-86
Aust National 5000M WALK	7.73	8-Mar-97	Paris	Kyle Vander Kuyp	VIC	30-May-71
Aust National 4 X 200M RELAY	18:52.20	8-Mar-87	Indianapolis	David Smith	VIC	24-Jul-55
Aust National 4 X 400M RELAY	1:33.25	30-Mar-19	Poland	AUS-Farlow,Little,McMahon,Stone		
Aust National 4 X 800M RELAY	3:08.49	10-Mar-91	Seville	AUS-Garner,Green,Perry,Robinson		
Aust National HIGH JUMP	N/c					
Aust National POLE VAULT	2.33	16-Feb-97	Balingen	Tim Forsyth	VIC	17-Aug-73
Aust National LONG JUMP	6.06	7-Feb-09	Boston	Steven Hooker	WA	16-Jul-82
Aust National TRIPLE JUMP	8.25	20-Mar-16	Portland, USA	Fabrice Lapierre	NSW	17-Apr-83
Aust National SHOT PUT	17.20	9-Mar-01	Lisbon	Andrew Murphy	NSW	18-Dec-69
Aust National HEPTATHLON	20.83	7-Mar-08	Valencia	Scott Martin	VIC	12-Oct-82
Aust National WOMEN - INDOOR	5949 pts	26-Jan-19	Houston, USA	Gary Haasbroek	VIC	14-Mar-99
60 METRES						
Aust National 200 METRES	7.30	7-Feb-09	Boston	Sally Mclellan	QLD	19-Sep-86
Aust National 400 METRES	22.64	11-Mar-95	Barcelona	Melinda Gainsford	NSW	1-Oct-71
Aust National 800 METRES	52.17	4-Mar-89	Budapest	Maree Holland	NSW	25-Jul-63
Aust National 1000 METRES	2:01.85	7-Mar-08	Valencia	Tamsyn Lewis	VIC	20-Jul-78
Aust National 1500 METRES	2:39.47	18-Feb-17	Birmingham	Zoe Buckmam	VIC	21-Dec-88
Aust National 1 MILE	4:04.14	25-Jan-20	Boston	Jessica Hull	NSW	22-Oct-96
Aust National 3000 METRES	4:28.03	27-Jan-07	Boston	Sarah Jamieson	VIC	24-Mar-75
Aust National 5000 METRES	8:42.75	10-Mar-01	Lisbon	Benita Willis	QLD	6-May-79
Aust National 60M HURDLES	15:25.59	27-Feb-20	Boston	Heidi See	NSW	9-Aug-89
Aust National 3000M WALK	7.73	10-Mar-12	Istanbul	Sally Pearson	QLD	19-Sep-86
Aust National 4 X 200M RELAY	11:53.82	12-Mar-93	Toronto	Kerry Saxby-Junna	NSW	2-Jun-61
Aust National 4 X 400M RELAY	1.42.34	18-Feb-17	Idaho, USA	VIC-Mucci,Andrwe,Boyle,Cairns		
Aust National 4 X 800M RELAY	3:26.87	7-Mar-99	Japan	AUS-Andrews,van Heer,Lewis,Freeman		
Aust National	N/c					

HIGH JUMP

Aust National	1.97	14-Mar-93	Toronto	Alison Inverarity	WA	12-Aug-70
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POLE VAULT

Aust National	4.72	10-Feb-07	Donetsk	Kym Howe	WA	12-Jun-80
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LONG JUMP

Aust National	6.81	12-Mar-95	Barcelona	Nicole Boegman	NSW	5-Mar-67
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TRIPLE JUMP

Aust National	13.31	5-Mar-04	Budapest	Nicole Mladenis	WA	22-Sep-75
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SHOT PUT

Aust National	16.71	Jan-85	Paris	Gael Martin	VIC	27-Aug-56
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PENTATHLON

Aust National	4490	5-Mar-99	Japan	Jane Jamieson	NSW	23-Jun-75
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