

North Canberra-Gungahlin Athletic Club

Club Records

@ 3 December 2022

RECORDS ARE FOR CURRENT STANDARD EVENTS. (Non Standard events and events no longer contested are shown at the end of the records page).

Note: New records for the 2022/23 season are identified in red font.

OPEN MEN

Event	Perf	Name	Date	Venue
100m	10.43 (+0.9)	Brandan Galic	07/09/08	Canberra
200m	21.24 (+1.7)	John Woods	10/01/09	Brisbane
400m	48.23	Brendan Matthews	06/12/08	Canberra
		Lachlan Calvert	12/01/19	Canberra
800m	1:49.27	Riley McGown	12/03/22	Sydney
1000m	2:25.60	Tomas Palfrey	02/08/20	Woden
1500m	3:41.85	Shaun Creighton	17/06/95	
1 mile	3:59.46	Shaun Creighton	24/06/95	Cork, Ireland
3000m	7:41.60	Shaun Creighton	21/07/95	Oslo
5000m	13:17.76	Shaun Creighton	05/07/95	Lausanne
10000m	27:31.92	Shaun Creighton	25/11/96	Melbourne
Marathon	2:10:22.0	Shaun Creighton	28/09/97	Berlin
110m Hur (10 x 106.7)	15.26 (-1.5)	Matthew Wecker	26/01/20	Canberra
400m Hur (10 x 91.4)	54.81#	Bryn McFadden	27/03/98	Adelaide
3000m Steeple (91.4)	8:45.20	Gary Briggs	31/03/84	
5000m Walk	20:09.5	Simon Baker	circa 1991	
10km Walk	42:29.04	Mitchell Baker	16/04/21	Sydney
20km Walk	1:24.51	Brendon Reading	22/04/2011	Taicang, China
50km Walk	<i>unclaimed</i>			
High Jump	2.14	Michael Dick	24/03/79	Perth
Pole Vault	4.80	Scott Dziubinski	05/02/06	Sydney
Long Jump	7.96 (+0.5)	Scott Crowe	01/12/07	Canberra
Triple Jump	15.41	John Howell	01/03/70	
Shot Put (7.26kg)	13.33 ^	Stacey Taurima	29/11/03	Canberra
Discus Throw (2kg)	46.26 ^	Merv Kemp	28/01/87	Canberra
Hammer Throw (7.26kg)	52.22	Damien Wells	31/03/22	Sydney
Javelin Throw (800g)	57.22	Andrew Newton	27/11/07	Canberra
Decathlon	7186	Lachlan Calvert	12-13/01/19	Canberra

^ set when the sector was 40 degrees (now 34.92)

Open Men Para Records

100m Wheelchair(T54)	13.93 (+1.4)	Sam Carter	20/01/19	Canberra
200m Wheelchair(T54)	24.54 (+1.4)	Sam Carter	21/01/19	Canberra
400m Wheelchair(T54)	46.84	Jake Lappin	20/01/19	Canberra
800m Wheelchair(T54)	1:34.60	Jake Lappin	20/01/19	Canberra
1500m Wheelchair(T54)	3:00.75	Jake Lappin	05/03/22	Canberra
5000m Wheelchair(T54)	11:02.80	Jake Lappin	20/01/19	Canberra
1 mile Wheelchair(T54)	3:40.32	Richard Nicholson	10/01/13	Canberra
Marathon (T54)	1:37:34	Jake Lappin	15/04/18	Gold Coast

U20 MEN

Event	Perf	Name	Date	Venue
100m	10.51	Edward Osei-Nketia	09/12/17	Adelaide
200m	21.40	Edward Osei-Nketia	10/12/17	Adelaide
400m	48.23	Brendan Matthews	06/12/08	Canberra
800m	1:52.9	Michael Thomson	15/12/77	Melbourne
1000m	2:25.60	Tomas Palfrey	02/08/20	Woden
1500m	3:45.70	Tomas Palfrey	13/02/21	Canberra
1 mile	4:18.90	Reilly Shaw	16/03/13	Perth
3000m	8:23.2	Michael Thomson	15/12/77	Melbourne
5000m	14:45.5	Greg Webster	28/01/87	
110m Hur (10 x 99.1)	15.3h*	Peter Doherty	29/03/84	
400m Hur (10 x 91.4)	54.81#	Bryn McFadden	27/03/98	Adelaide
3000m Steeple (91.4)	9:09.18	Scott McTaggart	11/01/97	Canberra
5000m Walk	21:52.84	Garry Vogler	1990-91	
10km Walk	43:47.00	Mitchell Baker	02/12/19	Melbourne
20km Walk	1:33.07.0	Brendon Reading	14/12/08	Melbourne
High Jump	2.14	Michael Dick	24/03/79	Perth
Pole Vault	4.25	Simon Young	17/11/18	Canberra
Long Jump	7.71	Angus Gould	22/06/13	Karlsruhe
Triple Jump	15.41	John Howell	01/03/70	
Shot Put (6kg)	TBC	TBC	TBC	
Discus Throw (1.75kg)	42.89	Ethan Ayodele	26/11/22	Canberra
Hammer Throw (6kg)	64.94	Damian Wells	04/09/22	Canberra
Javelin Throw (800g)	52.06	Nicholas Ashmore	27/01/18	Canberra
Decathlon	7088	Lachlan Calvert	25-26/10/14	Canberra

* set as an U18 athlete at a time when the age group had a hurdle height of 99.1

set as an U18 athlete at a time when the age group had a hurdle height of 91.4

^ set when the sector was 40 degrees (now 34.92)

U18 BOYS

Event	Perf	Name	Date	Venue
100m	10.51	Edward Osei-Nketia	09/12/17	Adelaide
200m	21.40	Edward Osei-Nketia	10/12/17	Adelaide
400m	48.23	Brendan Matthews	06/12/08	Canberra
800m	1:52.9	Michael Thomson	15/12/77	Melbourne
1000m	2:25.60	Tomas Palfrey	02/08/20	Woden
1500m	3:54.33	Cameron Myers	31/03/21	Canberra
1 mile	4:28.69	Tomas Palfrey	13/01/18	Canberra
3000m	8:23.2	Michael Thomson	15/12/77	Melbourne
110m Hur (10 x 91.4)	15.33	Simon Yung	02/09/18	
400m Hur (10 x 84)	56.81	Lachlan Calvert	10/02/12	
2000m Steeple (91.4)	5:59.83	Reilly Shaw	15/03/12	Sydney
3000m Walk	13:24.36	Brendon Reading	04-05/02/06	Sydney
5000m Walk	21:59.69	Garry Vogler	1990-91	
High Jump	2.02	Damien Feehan	11/03/88	Canberra
		Thomas Madsen	PSG/12/08	Canberra
Pole Vault	4.25	Simon Yung	17/11/18	Canberra
Long Jump	7.27 (+1.8)	Angus Gould	14/08/11	Canberra
Triple Jump	14.66	John Howell	22/03/69	
Shot Put (5kg)	TBC	TBC	TBC	
Discus Throw (1.5kg)	57.46	Ethan Ayodele	31/03/22	Sydney
Hammer Throw (5kg)	57.74	Ethan Ayodele	30/05/21	Canberra
Javelin Throw (700g)	65.88	Adam Read	15/10/88	
Decathlon	6713	Rohan Walker	21-22/3/97	Brisbane
Heptathlon	4307	Ethan Laver	24-25/03/19	

^ set when the sector was 40 degrees (now 34.92)

U16 BOYS

Event	Perf	Name	Date	Venue
100m	10.63	Edward Osei-Nketia	03/12/16	Canberra
200m	21.68 (+2.7)	Edward Osei-Nketia	04/12/16	Canberra
400m	48.46	Brendan Watt	29/11/03	Canberra
800m	1:54.79	Matthew McGrory	04/12/16	Canberra
1000m	2:40.68	Jett Barker	04/12/21	Woden
1500m	3:54.33	Cameron Myers	31/03/21	Canberra
1 mile	4:28.69	Tomas Palfrey	13/01/18	Canberra
3000m	8:45.58	Tomas Palfrey	03/11/18	Woden
100m Hur (10 x 84)	14.05 (+0.3)	Harry Anderson	22/11/20	Canberra
200m Hur (10 x 76.2)	25.89 (+0.0)	Cooper Jenner	29/03/22	Sydney
2000m Steeple (76.2)	6:10.75	Mitchell Lamb	11/03/05	Canberra
1500m Walk	6:18.45	Gary Vogler	24/03/90	Melbourne
3000m Walk	13:28.80	Brendon Reading	9-12/12/04	Sydney
High Jump	1.91	Kane Allen	07/12/14	Adelaide
Pole Vault	4.00	Simon Yung	03/12/16	Canberra
Long Jump	6.56 (+0.6)	Ethan Gould	07/12/06	Sydney
Triple Jump	13.48	Keegan Ontong	21/03/03	Sydney
Shot Put (4kg)	TBC	TBC	TBC	
Discus Throw (1kg)	52.77	Ethan Ayodele	05/12/20	Canberra
Hammer Throw (4kg)	60.65	Ruan Hennig	14/11/20	Woden
Javelin Throw (700g)	52.62	Gregory Mace	23/02/91	
Heptathlon	2746	Blake Deery	16/01/22	Woden

^ set when the sector was 40 degrees (now 34.92)

U14 BOYS

Event	Perf	Name	Date	Venue
100m	11.58 (+0.6)	Brandan Galic	07/12/00	Bendigo
200m	23.31	Brandan Galic	07/12/00	Bendigo
400m	55.28	Augustine Nketia	04/12/16	Canberra
800m	2:04.63	Matthew McGrory	06/12/14	Adelaide
1000m	3:10.54	Oliver Barker	05/12/20	Canberra
1500m	4:04.54	Cameron Myers	18/03/18	Sydney
1 mile	5:19.35	Oliver Barker	16/01/21	Woden
90m Hur (9 x 76.2)	12.97 (+1.8)	Blake Deery	13/04/21	Sydney
200m Hur (10 x 76.2)	29.92	Angus Gould	17/11/07	Canberra
3000 Walk	14:10.19	Tom Hunt	08/12/17	Adelaide
High Jump	1.80	Chris Butler	19/03/94	
Pole Vault	2.80	Oren Itamar	18/02/17	Canberra
Long Jump	6.33 (+0.0)	Blake Deery	18/12/21	Woden
Triple Jump	12.37	Bryn McFadden	24/03/94	Hobart
Shot Put (3kg)	15.72	Richard Yu	02/12/22	Canberra
Discus Throw (1kg)	46.06	Richard Yu	26/11/22	Canberra
Hammer Throw (3kg)	55.18	Ruan Hennig	7-9/12/18	Cairns
Javelin Throw (600g)	48.80	Richard Yu	02/12/22	Canberra
Pentathlon	1779	Blake Deery	17/01/21	Woden

^ set when the sector was 40 degrees (now 34.92)

OPEN WOMEN

Event	Perf	Name	Date	Venue
100m	11.54	Melissa Breen	25/11/17	Woden
200m	23.64	Melissa Breen	02/12/17	Sydney
400m	52.56	Lauren Wells	09/03/19	Canberra
800m	2:10.73	Sophie Greig	06/12/09	Hobart
1000m	2:53.84	Jaime Brennan	24/10/20	Woden
1500m	4:17.66	Sue Hobson	01/03/92	Canberra
1 mile	5:04.6	Sue Hobson	1990-91	
3000m	8:56.48	Sue Hobson	27/01/92	Canberra
5000m	15:33.29	Sue Hobson	18/01/92	Wellington
10000m	31:54.57	Sue Hobson	06/05/96	Milo?
Marathon	2:32.37.0	Sue Hobson	30/01/00	Osaka
100m Hur (10 x 76.2)	14.33 (+1.4)	Lauren Boden	16/12/06	Canberra (hep)
400m Hur (10 x 76.2)	54.87	Lauren Wells	07/04/19	Sydney
3000m Steeple (76.2)	11:29.14	Elena Koudasheva	26/01/20	Canberra
5000m Walk	22:04.42	Sue Cook	01/04/84	Melbourne
10k Walk	45:19.0	Sue Cook	28/06/87	Brisbane
20k Walk	1:36:23.0	Sue Cook	07/07/84	Canberra
High Jump	1.75	Sian Macdonald	14/03/03	Canberra
	1.75	Shannon Nutt	26/10/14	Canberra
Pole Vault	3.40	Olivia Carah	29/01/22	Canberra
Long Jump	6.60 (+1.7)	Jessica Penney	03/04/16	Sydney
Triple Jump	11.73 (+0.0)	Lauren Boden	29/11/04	Canberra
Shot Put (4kg)	16.14 ^	Lisa-Marie Vizaniari	29/10/88	Canberra
Discus Throw (1kg)	60.44 ^	Lisa-Marie Vizaniari	12/08/90	Plovdiv
Hammer Throw (4kg)	42.40 ^	Kirran Moss	01/03/92	
Javelin Throw (600g)	45.60	Susan Read	13/12/91	Melbourne
Heptathlon	5276	Lauren Boden	17/02/06	Canberra

^ set when the sector was 40 degrees (now 34.92)

Open Women Para Records

Seated Discus (F32)	18.33	Katherine Proudfoot	30/03/17	Sydney
Seated Shot (F32)	7.04	Katherine Proudfoot	01/04/17	Sydney
Seated Club (F32)	15.81	Louise Ellery	24/02/12	
Discus Throw (F36)	26.81	Katherine Proudfoot	21/01/12	Canberra (WR)
Shot Put (F36)	10.02	Katherine Proudfoot	03/10/15	Canberra
100M (AWD-36)	15.96	Katherine Proudfoot	04/11/11	Canberra
200M (AWD-36)	45.93 (-0.2)	Mikeala Dingley	28/10/11	Canberra
400M (AWD-36)	1:30.56	Mikeala Dingley	10-11/11/12	Canberra
800M (AWD-36)	2:55.48	Mikeala Dingley	21/10/11	Canberra
1500M (AWD-36)	5:13.45	Mikeala Dingley	28/10/11	Canberra
100m Wheelchair (T53)	16.94	Angela Ballard	10/02/19	Canberra
400m Wheelchair (T53)	55.24	Angela Ballard	20/01/19	Canberra
800m Wheelchair (T53)	1:52.48	Angela Ballard	20/01/19	Canberra
1500m Wheelchair (T53)	3:31.70	Angela Ballard	20/01/19	Canberra
5000m Wheelchair (T53)	13:29.18	Angela Ballard	19/12/20	Canberra
100m Wheelchair (T54)	20.92 (+1.8)	Emily Tapp	19/12/20	Canberra
200m Wheelchair (T54)	40.86 (-1.3)	Mikeala Dingley	30/01/22	Canberra
400m Wheelchair (T54)	59.90	Jemima Moore	12-13/01/19	Canberra
800m Wheelchair (T54)	1:56.54	Jemima Moore	21/01/20	Canberra
1500m Wheelchair (T54)	3:32.60	Jemima Moore	20/01/19	Canberra
5000m Wheelchair (T54)	12:32.36	Jemima Moore	20/01/19	Canberra

U20 WOMEN

Event	Perf	Name	Date	Venue
100m	12.10 (+1.3)	Lauren Boden	03/11/07	Canberra
200m	24.66 (+0.2)	Lauren Boden	06/01/07	Sydney (Hep)
400m	55.89	Lauren Boden	11/03/05	Canberra
800m	2:08.43	Katie Golding	20-21/01/16	Canberra
1000m	2:53.84	Jaime Brennan	24/10/20	Woden
1500m	4:25.51	Ruby White	16/03/18	Sydney
1 mile	5:11.57	Eliza Rixon	20/02/16	Canberra
3000m	9:33.59	Ruby White	03/09/17	Canberra
5000m	16:12.91	Ruby White	29/02/20	Canberra
100m Hur (10 x 76.2)	14.33 (+1.4)	Lauren Boden	16/12/06	Canberra (Hep)
400m Hur (10 x 76.2)	57.45	Lauren Boden	31/03/06	Adelaide
2000m Steeple (76.2)	7:17.42	Layla Rowntree	14/03/18	Sydney
3000m Steeple (76.2)	11:29.14	Elena Koudasheva	26/01/20	
5000m Walk	23:15.25	Jantien Saltet	12/08/90	Plovdiv
10000m Walk	48:20.73	Zoe Hunt	09/03/16	Perth
High Jump	1.75	Sian Macdonald	14/03/03	Canberra
	1.75	Shannon Nutt	26/10/14	Canberra
Pole Vault	3.20	Olivia Carah	17/11/18	Woden
Long Jump	6.40 (+0.0)	Lauren Boden	10/08/07	Bangkok
Triple Jump	11.73 (+0.0)	Lauren Boden	29/11/04	Canberra
Shot Put (4kg)	16.14 ^	Lisa-Marie Vizaniari	29/10/88	Canberra
Discus Throw (1kg)	60.44 ^	Lisa-Marie Vizaniari	12/08/90	Plovdiv
Hammer Throw (4kg)	42.40 ^	Kirran Moss	01/03/92	Canberra
Javelin Throw (600g)	45.60	Susan Read	13/12/91	Melbourne
Heptathlon	5276	Lauren Boden	17/02/06	Canberra

^ set when the sector was 40 degrees (now 34.92)

U20 Women Para Records

100m (T36)	23.99 (-0.2)	Mikeala Dingley	28/10/11	Canberra
200m (T36)	45.93 (-0.2)	Mikeala Dingley	28/10/11	Canberra
400m (T36)	1:30.56	Mikeala Dingley	10-11/11/12	Canberra
800m (T36)	2:55.48	Mikeala Dingley	21/10/11	Canberra
1500m (T36)	5:13.45	Mikeala Dingley	28/10/11	Canberra
100m Wheelchair (T54)	20.92 (+1.8)	Emily Tapp	19/12/20	Canberra
400m Wheelchair (T54)	1:07.18	Emily Tapp	19/12/20	Canberra
1500m Wheelchair (T54)	3:58.84	Emily Tapp	19/12/20	Canberra
5000m Wheelchair (T54)	13:29.93	Emily Tapp	19/12/20	Canberra

U18 GIRLS

Event	Perf	Name	Date	Venue
100m	12.47	Tarcia Collins	01/04/17	Sydney
200m	25.06 (+1.1)	Lauren Boden	11/03/05	Canberra
400m	54.75	Alesha Bennetts	03/12/22	Sydney
800m	2:08.43	Katie Golding	20-21/01/16	Canberra
1000m	2:53.84	Jaime Brennan	24/10/20	Woden
1500m	4:25.51	Ruby White	16/03/18	Sydney
1 mile	5:11.57	Eliza Rixon	12/01/19	Canberra
3000m	9:33.59	Ruby White	03/09/17	Canberra
100m Hur (10 x 76.2)	14.47 (+0.0)	Lauren Boden	11/03/05	Canberra
400m Hur (10 x 76.2)	58.59	Lauren Boden	06/03/05	Sydney
2000m Steeple (76.2)	7:17.42	Layla Rowntree	14/03/18	Sydney
3000m Walk	14:09.46	Jantien Saltet	17/03/89	Brisbane
5000m Walk	24:58.82	Gabby Hunt	11/03/16	Perth
High Jump	1.75	Shannon Nutt	26/10/14	Canberra
Pole Vault	2.70	Lizanne vanScheppingen	10/02/18	Canberra
Long Jump	6.24 (+0.8)	Lauren Boden	09/12/05	Sydney
Triple Jump	11.73 (+0.0)	Lauren Boden	29/11/04	Canberra
Shot Put (3kg)	12.10	Alexandra Krope	02/09/18	Canberra
Discus Throw (1kg)	57.92 ^!	Lisa-Marie Vizaniari	10/09/89	Barcelona
Hammer Throw (3kg)	40.78	Mia Kluth	05/03/22	Canberra
Javelin Throw (500g)	42.82	Emily Pease	01/12/18	Woden
Heptathlon	5106	Lauren Boden	15-16/1/05	Canberra

^ set when the sector was 40 degrees (now 34.92)

! set when age was date of competition not 31st December

U18 Girls Para Records

100M (T36)	23.99 (-0.2)	Mikeala Dingley	28/10/11	Canberra
200M (T36)	45.93 (-0.2)	Mikeala Dingley	28/10/11	Canberra
400M (T36)	1:32.82	Mikeala Dingley	16/12/11	Canberra
800M (T36)	2:55.48	Mikeala Dingley	21/10/11	Canberra
1500M(T36)	5:13.45	Mikeala Dingley	28/10/11	Canberra

U16 GIRLS

Event	Perf	Name	Date	Venue
100m	12.47	Tarcia Collins	01/04/17	Sydney
200m	25.63	Sierra Jacques	26/11/22	Canberra
400m	57.28	Annamaria Leszczynska	05/12/15	Melbourne
800m	2:09.67	Marie Celie Warneke	04/04/19	Sydney
1000m	2:53.84	Jaime Brennan	24/10/20	Woden
1500m	4:31.40	Eliza Rixon	31/03/17	Canberra
1 mile	4:59.31	Darcey Roberts	03/12/22	Sydney
3000m	9:51.94	Eliza Rixon	28/03/17	Sydney
90m Hur (9 x 76.2)	13.51	Annamaria Leszczynska	26/04/15	Perth
200m Hur (10 x 76.2)	28.84 (+0.8)	Chelsea Hosking	21/03/03	Sydney
2000m Steeple (76.2)	7:19.78	Hannah Cadden	12/10/17	Sydney
3000m Walk	13:49.92	Gabby Hunt	06/12/15	Melbourne
High Jump	1.75	Shannon Nutt	26/10/14	Canberra
Pole Vault	2.55	Lizanne vanScheppingen	09/12/17	Adelaide
Long Jump	5.67	Claire Roberts	16/12/18	Woden
Triple Jump	11.73 (+0.0)	Lauren Boden	29/11/04	Canberra
Shot Put (3kg)	12.10	Alexandra Krope	02/09/18	Canberra
Discus Throw (1kg)	48.56 ^	Lisa-Marie Vizaniari	12/12/87	Brisbane
Hammer Throw (3kg)	40.78	Mia Kluth	05/03/22	Canberra
Javelin Throw (500g)	41.06	Emily Pease	28/10/17	Woden
Heptathlon	4471	Alexandra Krope	11/03/18	Melbourne
Multi Event	5044	Nicole Muir	29-30/1/94	

^ set when the sector was 40 degrees (now 34.92)

U14 GIRLS

Event	Perf	Name	Date	Venue
100m	12.84 (+2.1)	Chloe Smith	30/11/19	Woden
200m	25.80 (+2.3)	Chloe Smith	22/09/19	Canberra
400m	58.41	Marie Celie Warneke	16/03/18	Sydney
800m	2:12.44	Marie Celie Warneke	17/03/18	Sydney
1500m	4:38.44	Eliza Rixon	24/10/15	Canberra
1 mile	5:23.89	Eliza Rixon	14/01/15	Canberra
80m Hur (9 x 76.2)	12.89	Annamaria Leszczynska	07/12/13	Townsville
200m Hur (10 x 76.2)	31.00 (-0.3)	Erika Vredembregt	21/11/09	Canberra
3000m Walk	15:07.31	Laura Burns	02/04/17	Sydney
High Jump	1.70	Erika Vredembregt	06/12/09	Hobart
Pole Vault	2.20	Piper Rowntree	02/04/19	Sydney
Long Jump	5.33 (+2.0)	Erika Vredembregt	28/11/09	Canberra
Triple Jump	11.45 (NWI)	Claire Roberts	17/12/16	Woden
Shot Put (3kg)	12.40 ^	Susan Read	01/02/89	
Discus Throw (1kg)	36.26 ^	Susan Read	18/01/89	
Hammer Throw (3kg)	32.56	Zoe Butler	09/11/19	Woden
Javelin Throw (400g)	36.14	Emily Pease	05/12/15	Melbourne
Pentathlon	1266	Lilly Paull	12-13/01/19	Canberra

^ set when the sector was 40 degrees (now 34.92)

Open Men

1500m Walk	5.45.3	Garry Vogler	22/01/92	
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U20 Men

1500m Walk	5.45.3	Garry Vogler	22/01/92	
Shot Put (6kg??)	15.74 ^	Greg Mace	03/07/94	Bedford, UK

U18 Men

100m Hurdles	14.49	Joshua Parsons	9/12/06	
200m Hurdles	26.58	Ethan Gould	7/12/06	
1500m Walk	5.45.3	Garry Vogler	22/01/92	
110m Hur (10 x 99.1)	15.3h*	Peter Doherty	29/03/84	
400m Hur (10 x 91.4)	54.81#	Bryn McFadden	27/03/98	Adelaide
Shot Put (5kg??)	18.04 ^	Greg Mace	13/03/93	Sydney

U14 Men

3000m	9:53.54	Joel Findlay	04/11/11	Canberra
5000m	19:44.65	Callum Burns	28/01/13	Canberra
1500m Walk*	6:47.0	Greg Yeo	10/12/85	
5000m Walk	33:14.71	Callum Burns	13/12/12	Canberra
2000m Steeple (76.2)	6.55.01	Joel Findlay	16/12/11	Canberra
2000m Steeple (91.4)	7:19.1#	Chris Butler	19/01/93	Canberra
Shot Put (2.722kg)	19.70	Gregory Mace	03/01/90	
Hammer Throw (4kg)	17.29	Tom Shafron	13/11/04	Canberra

set when hurdle height for all age groups was 91.4

Open Women

1500m Walk	6:10.8	Sue Cook	21/01/84	
3000m Walk	12{42.1	Sue Cook	10/03/84	Canberra

U20 Women

1500m Walk	7:06.9	Debbie Colman	10/12/78	
3000m Walk	13:46.97	Jantien Saltet	1989-90 Aust Jnr T&F Champs	

U18 Women

1500m Walk	7:06.9	Debbie Colman	10/12/78	
Shot Put (4kg)	16.14 ^	Lisa-Marie Vizaniari	29/10/88	Canberra
Hammer Throw (4kg)	42.40 ^	Kirran Moss	01/03/92	Canberra
Javelin Throw (600g)	45.94	Susan Read	13/12/91	Melbourne

U16 Women

1500m Walk	6.50	Zoe Hunt	??	??
Shot Put (4kg)	14.92 ^!	Lisa-Marie Vizaniari	05/07/87	Vancouver
Javelin Throw (600g)	37.92	Atika Kirkman	16/12/95	Canberra

U14 Women

1500m Walk	7:22.99	Gabby Hunt	09/02/12	Canberra
200m Hur (5 x 76.2)	31.39	Kate Jones	02/03/96	Canberra
2000m Steeple (76.2)	8:25.41#	Dior Foxhill	27/11/93	Canberra

Notes

The discus, hammer and shot put sectors were 40 degrees until 2003. The sectors are now 34.92 degrees. This means that some of the records set prior to 2003 may no longer be considered legal throws - however, there is no way of verifying this.

Historical information - Linda Butler's Notes 2008.

Some years ago, Patrick Mossop and Linda Butler went back over old ACT handbooks, AA handbooks, and other ancient material to draw up a preliminary list of records for the club. Over subsequent years these have been amended and updated.

In 2008 Linda Butler undertook a major review of the records to fix up problems with hurdles events where the number of flights and heights of hurdles had changed (due to a major revision by AA before the start of the 1998-99 seasons). At that time any performances for events no longer contested at national titles were placed at the bottom of the lists, along with former records for events where the technical specifications have changed (in case they ever change back again!).

A few records are still unclaimed. However, the source material used only goes back to the early 1980's, so if anyone can remember the names of some of our earlier athletes, it may be possible to delve into some of the "all time" rankings lists we have to come up with some updates to the listed performances.