



Ginninderra Athletics Club – All Time Records

Little Athletics

| Under 6 | <u>GIRLS</u> | | | <u>BOYS</u> | | |
|-------------------|---------------------|----------------|--------------|----------------------|----------------|--------------|
| 50m | ST. Rauraa | 9.38 | 15/16 | J. Rudd | 9.34 | 90/91 |
| 70m | ST. Rauraa | 12.81 | 15/16 | M. Ikoro | 13.20 | 01/02 |
| 100m | N. Weise | 16.24 | 80/81 | K. Fischetti | 16.04 | 01/02 |
| 200m | ST. Rauraa | 38.86 | 15/16 | J. Rudd | 37.74 | 90/91 |
| 300m | C. Smith | 1:09.40 | 11/12 | J. Smith | 1:08.75 | 15/16 |
| 60mH | ST. Rauraa | 11.70 | 15/16 | M. Agbonzikilo | 14.12 | 15/16 |
| Long Jump | ST. Rauraa | 2.90 | 15/16 | W. Armour | 2.85 | 76/77 |
| Discus | ST. Rauraa | 18.65 | 15/16 | N. Devenport | 16.31 | 89/90 |
| Shot Put | ST. Rauraa | 7.76 | 15/16 | B. Withers | 5.66 | 02/03 |
| Vortex | ST. Rauraa | 20.71 | 15/16 | C. Leighton | 16.25 | 15/16 |
| Under 7 | | | | | | |
| 50m | J. Hynes | 8.80 | 12/13 | M. Ikoro | 8.50 | 12/13 |
| 70m | J. Hynes | 11.87 | 12/13 | A. King | 11.00 | 86/87 |
| 100m | J. Hynes | 15.64 | 12/13 | M. Ikoro | 16.59 | 12/13 |
| 200m | J. Hynes | 36.00 | 12/13 | D. Lalor | 33.64 | 85/86 |
| 300m | ST. Rauraa | 1:05.33 | 16/17 | L. Baker | 1:01.35 | 15/16 |
| 400m | C. Smith | 1:25.86 | 12/13 | M. Ikoro | 1:23.76 | 12/13 |
| 500m | P. Smith | 2:01.51 | 16/17 | C. Turnbull | 1:55.00 | 16/17 |
| 60mH | H. Carson | 14.75 | 15/16 | N. Porter | 12.41 | 17/18 |
| Long Jump | J. Prime | 3.67 | 87/88 | S. McEachin | 3.51 | 88/89 |
| Discus | ST. Rauraa | 19.24 | 16/17 | L. Baker | 17.88 | 15/16 |
| Shot Put | ST. Rauraa | 8.76 | 16/17 | A. McIntosh | 8.13 | 85/86 |
| <i>Turbo Jav*</i> | <i>H. MacDonald</i> | <i>8.78</i> | <i>10/11</i> | <i>S. Rowe</i> | <i>12.83</i> | <i>99/00</i> |
| Vortex | ST. Rauraa | 20.40 | 16/17 | L. Baker | 24.76 | 15/16 |
| Under 8 | | | | | | |
| 50m | J. Hynes | 8.27 | 13/14 | J. Pilliner | 8.14 | 90/91 |
| 70m | E. Van Den Heuvel | 11.25 | 15/16 | P. Strangman | 10.24 | 86/87 |
| 100m | J.Hynes | 15.55 | 13/14 | D. Rogers | 15.24 | 84/85 |
| 200m | K. Austen | 32.34 | 87/88 | S. Cummins | 15.24 | 01/02 |
| 400m | K. Austen | 1:17.14 | 87/88 | M. Ikoro | 34.33 | 13/14 |
| 700m | P. Smith | 2:49.90 | 17/18 | S. Foxhill | 1:16.04 | 85/86 |
| <i>800m*</i> | <i>M. Machin</i> | <i>2:59.50</i> | <i>88/89</i> | <i>S. Yogeswaran</i> | <i>2:40.20</i> | <i>17/18</i> |
| 60mH | M.Jenkins | 11.74 | 05/06 | <i>S. Munce</i> | <i>2:47.70</i> | <i>79/80</i> |
| 300mW | E. Van Den Heuvel | 1:51.96 | 15/16 | R. Turnbull | 11.54 | 96/97 |
| High Jump S | ST. Rauraa | 1.05 | 17/18 | B. Cosier | 1:48.92 | 17/18 |
| Long Jump | E. Van Den Heuvel | 3.71 | 15/16 | C. Turnbull | 1.03 | 17/18 |
| Discus | ST. Rauraa | 24.42 | 17/18 | W. Armour | 3.90 | 78/79 |
| Shot Put | ST. Rauraa | 8.85 | 17/18 | N. Devenport | 19.05 | 91/92 |
| Turbo Jav | ST. Rauraa | 14.51 | 17/18 | Z. Patterson | 8.24 | 08/09 |
| Vortex* | S. Rauraa | 15.58 | 15/16 | L. Baker | 24.18 | 17/18 |
| | | | | J. Larkin | 23.50 | 15/16 |

Events / Records denoted with an **Asterix (*)** indicate a change to the rules for Standard Events by LAA or AA. This normally indicates a change to distance, height, weight or retirement of an event altogether. For completeness the current record before the change has been kept however due to clarity and consistency with the peak body (LAA/AA) the old record may in time no longer remain in the Records Registry.





Ginninderra Athletics Club – All Time Records

Under 9

| | <u>GIRLS</u> | | | <u>BOYS</u> | | |
|---------------------|---------------------|-------------|--------------|--------------------|-------------|--------------|
| 70m | J. Hynes | 10.90 | 90/91 | R. Higginbotham | 10.44 | 91/92 |
| 100m | J. Hynes | 14.76 | 14/15 | P. Hamilton | 14.44 | 79/80 |
| 200m | K. Austen | 30.34 | 88/89 | O. Brearley | 29.64 | 02/03 |
| | | | | D. Marakas | 29.64 | 02/03 |
| 400m | H. Davis | 1:11.44 | 97/98 | S. Foxhill | 1:08.24 | 86/87 |
| 800m | E. Van Den Heuvel | 2:46.19 | 16/17 | C. Atkinson | 2:37.10 | 77/78 |
| 60mH | E. Van Den Heuvel | 10.52 | 16/17 | R. Turnbull | 10.59 | 97/98 |
| 700mW | L. Cooper | 3:53.30 | 91/92 | B. Pilliner | 3:58.60 | 90/91 |
| Long Jump | E. Van Den Heuvel | 4.09 | 16/17 | R. Turnbull | 4.13 | 97/98 |
| High Jump S | E. Van Den Heuvel | 1.18 | 16/17 | B. Cover | 1.12 | 16/17 |
| <i>High Jump F*</i> | <i>H. Davis</i> | <i>1.16</i> | <i>97/98</i> | <i>P. Gooday</i> | <i>1.29</i> | <i>77/78</i> |
| | | | | <i>B. Coutts</i> | | <i>87/88</i> |
| Discus | K. Britt | 20.68 | 91/92 | P. Strangman | 27.06 | 87/88 |
| Shot | K. Manenica | 7.20 | 97/98 | K. Ontong | 8.21 | 97/98 |
| Turbo Jav | S. Rauraa | 18.94 | 16/17 | H. Francis | 19.95 | 12/13 |

Under 10

| | | | | | | |
|---------------------|-------------------|-------------|--------------|-------------------|-------------|--------------|
| 70m | J. Hynes | 10.07 | 15/16 | M. Ikoro | 10.01 | 15/16 |
| 100m | J. Hynes | 13.98 | 15/16 | S. Foxhill | 13.24 | 87/88 |
| 200m | J. Hynes | 29.30 | 15/16 | M. Hind | 28.64 | 90/91 |
| 400m | N. Divett | 1:08.24 | 81/82 | N. Bahnsen | 1:06.84 | 96/97 |
| 800m | H. Davis | 2:39.00 | 98/99 | S. Foxhill | 2:36.00 | 87/88 |
| 1500m* | C. Smith | 5:38.86 | 15/16 | S. Foxhill | 5:12.20 | 87/88 |
| 60mH | E. Van Den Heuvel | 10.53 | 17/18 | R. Turnbull | 10.50 | 98/99 |
| 1100mW | C. Phillips | 6:00.40 | 93/94 | O. Toyne | 6:04.81 | 16/17 |
| Long Jump | E. Van Den Heuvel | 4.40 | 17/18 | B. French | 4.56 | 89/90 |
| High Jump S | J. Henderson | 1.24 | 16/17 | B. Cover | 1.19 | 17/18 |
| <i>High Jump F*</i> | <i>J. Sanders</i> | <i>1.25</i> | <i>88/89</i> | <i>N. Bahnsen</i> | <i>1.43</i> | <i>96/97</i> |
| Discus | K. Britt | 27.62 | 92/93 | P. Strangman | 31.52 | 88/89 |
| Shot | L. Cooper | 8.00 | 92/93 | Z. Patterson | 9.61 | 10/11 |
| Turbo Jav | S. Rauraa | 15.23 | 17/18 | B. King | 21.00 | 08/09 |

Under 11

| | | | | | | |
|-------------|------------------|--------------|--------------|---------------------|--------------|--------------|
| 100m | C. Tobin | 13.84 | 13/14 | M. Ikoro | 13.26 | 16/17 |
| 200m | C. Smith | 28.20 | 16/17 | M. Ikoro | 26.49 | 16/17 |
| 400m | C. Smith | 1:07.48 | 16/17 | A. Tetteh | 1:02.81 | 97/98 |
| 800m | H. Davis | 2:34.22 | 99/00 | R. Cuzner | 2:26.02 | 16/17 |
| 1500m | A. Southgate | 5:17.44 | 00/01 | J. Lemon | 5:02.12 | 14/15 |
| 60 hurd | C. Fowler | 11.03 | 17/18 | S. Baird | 10.38 | 16/17 |
| 1100mW | A. Dudderidge | 6:01.20 | 02/03 | J. Lemon | 5:40.63 | 14/15 |
| Long Jump | C. Reeves | 4.70 | 99/00 | B. Mitchell | 4.80 | 12/13 |
| High Jump | N. Harrison | 1.32 | 79/80 | N. Bahnsen | 1.56 | 97/98 |
| Triple Jump | L. Robards | 9.25 | 11/12 | R. Higginbotham | 9.80 | 93/94 |
| Discus* | <i>L. Cooper</i> | <i>26.02</i> | <i>93/94</i> | <i>P. Strangman</i> | <i>28.46</i> | <i>89/90</i> |
| Shot | R. Maggs | 9.32 | 01/02 | N. Bahnsen | 10.07 | 97/98 |
| Javelin | L. Cooper | 23.39 | 93/94 | B. Robins | 24.10 | 97/98 |





Ginninderra Athletics Club – All Time Records

Red Track Athletics

Under 12 – Little Athletics

| | | | | | | |
|-------------|--------------|---------|-------|---------------|---------|-------|
| 100m | C. Smith | 13.15 | 17/18 | S. Sheppard | 12.73 | 99/00 |
| 200m | C. Smith | 26.52 | 17/18 | J. Tobin | 25.84 | 86/87 |
| 400m | A. Southgate | 1:02.64 | 01/02 | A. Tetteh | 1:00.49 | 15/16 |
| 800m | N. Muir | 2:26.00 | 89/90 | R. Cuzner | 2:20.39 | 17/18 |
| 1500m | R. Guest | 5:17.06 | 15/16 | J. Lemon | 4:54.01 | 15/16 |
| 200mH | C. Tobin | 33.89 | 14/15 | A. Tetteh | 32.41 | 15/16 |
| 60mH | L. Paull | 11.15 | 17/18 | N. Steinacker | 9.96 | 16/17 |
| 1500w | K Thompson | 7:37.40 | 80/81 | G. Vogler | 7:04.50 | 86/87 |
| Long Jump | K. Johnston | 4.66 | 80/81 | S. Chesterton | 4.88 | 84/85 |
| | M. Sturgiss | 4.66 | 13/14 | | | |
| High Jump | L. Toohey | 1.40 | 81/82 | N. Bahnsen | 1.60 | 98/99 |
| Triple Jump | S. Taylor | 9.42 | 91/92 | A. Tetteh | 11.24 | 15/16 |
| Discus | C. Rauraa | 31.26 | 14/15 | G. Mace | 35.84 | 87/88 |
| Shot | C. Rauraa | 11.00 | 14/15 | G. Mace* | 12.19 | 87/88 |
| Javelin | L. Robards | 27.30 | 12/13 | J. Rogers | 30.84 | 98/99 |

Under 13

GIRLS

| | | | |
|-------------|--------------|---------|-------|
| 100m | C. Tobin | 12.83 | 15/16 |
| 200m | C. Tobin | 26.36 | 15/16 |
| 400m | A. Southgate | 1:00.72 | 02/03 |
| 800m | A. Southgate | 2:24.45 | 02/03 |
| 1500m | H. Cadden | 4:59.50 | 15/16 |
| 80mH | A. Jackson | 13.14 | 06/07 |
| 200mH | A. Theron | 31.65 | 15/16 |
| | T. Sweeting | | 17/18 |
| 1500w | J. Strangman | 7:21.40 | 88/89 |
| Long Jump | C. Reeves | 4.79 | 01/02 |
| High Jump | L. Toohey | 1.50 | 82/83 |
| Triple Jump | C. Keszei | 10.96 | 17/18 |
| Discus | K. Britt | 36.86 | 95/96 |
| Shot | K. Britt | 11.05 | 95/96 |
| Javelin | K. Britt | 32.78 | 95/96 |

BOYS

| | | |
|---------------|---------|-------|
| M. Greenhalgh | 11.78 | 95/96 |
| S. Sheppard | 23.92 | 00/01 |
| K. Robinson | 58.24 | 87/88 |
| H. Todd | 2:06.61 | 2018 |
| J. Southgate | 4:31.20 | 00/01 |
| J. Reis | 12.74 | 00/01 |
| A. Tetteh | 29.43 | 16/17 |
| | | |
| G. Vogler | 7:01.60 | 87/88 |
| J. Maranan | 5.48 | 15/16 |
| R. Waterford | 1.56 | 97/98 |
| J. Maranan | 11.17 | 15/16 |
| G. Mace* | 43.30 | 88/89 |
| G. Mace | 17.02 | 88/89 |
| S. Sheppard | 34.31 | 00/01 |

11 – 13 Athletics ACT

| | | | | | | |
|---------------|------------------------|----------|-------|---------------|----------|-------|
| 60m | | | | E. Thomas | 9.65 | 14/15 |
| 100m | C. Tobin | 12.83 | 16/17 | M. Greenhalgh | 11.44 | 95/96 |
| 200m | M. Sherd | 26.24 | 97/98 | J. Maranan | 25.46 | 14/15 |
| 400m | N. Muir | 59.84 | 91/92 | A. Leane | 56.14 | 87/88 |
| 800m | S. Greig | 2:20.16 | 06/07 | B. Glasson | 2:02.84 | 11/02 |
| 1500m | M. Ponton | 4:55.30 | 97/98 | J. Davill | 04:19.21 | 15/16 |
| 3000m | H. Cadden | 10:53.46 | 16/17 | J. Lemon | 10:09.11 | 17/18 |
| 3000m XC | H. Cadden | 11:08:00 | 14/15 | J. Davill | 10:18.00 | 14/15 |
| 2000m SC | | | | B. Marsh | 7:56.85 | 03/04 |
| 1500m W | J. Strangman | 7:09.64 | 89/90 | W. McEwan | 6:46.74 | 91/92 |
| 3000m W | S. Shaw | 17:37.10 | 17/18 | | | |
| 3000m W Rd | S. Shaw | 19:18.00 | 15/16 | | | |
| 80m H / 90m H | A. Jackson | 13.14 | 06/07 | J. Reis | 12.96 | 11/01 |
| 200m H | M. Dodt | 33.19 | 03/14 | B. Roycroft | 33.10 | 02/03 |
| Long Jump | M. Sherd | 5.11 | 97/98 | M. Greenhalgh | 5.67 | 95/96 |
| Triple Jump | C. Keszei | 10.96 | 17/18 | A. Tetteh | 11.29 | 15/16 |
| High Jump | L. Toohey & K. Gold | 1.5 | 82/83 | M. Greenhalgh | 1.85 | 95/96 |
| Shot Put | K. Britt | 12.69 | 97/98 | G. Mace | 17.02 | 89/90 |
| Discus | K. Britt | 36.86 | 95/96 | G. Mace | 48.46 | 89/90 |
| Javelin | K. Britt | 33.96 | 95/96 | G. Mace | 41.08 | 89/90 |





Ginninderra Athletics Club – All Time Records

Under 14 – Little Athletics

| | | | | | | |
|-------------|--------------|---------|-------|---------------|---------|-------|
| 100m | N. Muir | 13.04 | 91/92 | J. Maranan | 11.39 | 16/17 |
| | A. Jackson | 13.04 | 07/08 | | | |
| 200m | M. Sherd | 26.24 | 97/98 | S. Sheppard | 22.82 | 01/02 |
| 400m | N. Muir | 59.84 | 91/92 | A. Leane | 56.14 | 87/88 |
| 800m | H. Cadden | 2:19.80 | 16/17 | J. Davill | 2:05.49 | 16/17 |
| 1500m | M. Ponton | 4:55.30 | 97/98 | J. Davill | 4:19.21 | 16/17 |
| 80mH | A. Jackson | 13.32 | 07/08 | J. Reis* | 13.04 | 01/02 |
| 90mH | | | | J. Maranan | 13.44 | 16/17 |
| 200mH | M. Sturgiss | 30.23 | 15/16 | J. Maranan | 26.41 | 16/17 |
| 1500mW | J. Strangman | 7:09.64 | 89/90 | W. McEwen | 6:46.74 | 91/92 |
| Long Jump | M. Sherd | 5.11 | 97/98 | J. Maranan | 5.81 | 16/17 |
| High Jump | K. Gold | 1.50 | 00/01 | M. Greenhalgh | 1.85 | 95/96 |
| | L. Sinclair | 1.50 | 10/11 | | | |
| Triple Jump | K. Gold | 10.58 | 00/01 | J. Maranan | 11.46 | 16/17 |
| Discus | C. Newman | 33.64 | 98/99 | G. Mace | 48.46 | 89/90 |
| Shot | C. Rauraa | 11.08 | 16/17 | G. Mace | 16.03 | 89/90 |
| Javelin | A. Kirkman | 28.93 | 93/94 | N. Ashmore | 42.37 | 13/14 |

Under 15

GIRLS

| | | | |
|-------------|--------------|---------|-------|
| 100m | D. Deklin | 12.52 | 13/14 |
| 200m | D. Deklin | 26.15 | 13/14 |
| 400m | L. Sinclair | 57.56 | 11/12 |
| 800m | S. Greig | 2:18.00 | 07/08 |
| 1500m | S. Greig | 4:44.00 | 07/08 |
| 90/100mH | K. Lawler | 14.26 | 12/13 |
| 200mH | K. Lawler | 30.08 | 12/13 |
| 300mH | M. Sturgiss | 55.64 | 16/17 |
| 1500mW | J. Strangman | 7:12.20 | 90/91 |
| Long Jump | N. Muir | 5.25 | 92/93 |
| High Jump | F. Daly | 1.55 | 97/98 |
| Triple Jump | L. Sinclair | 10.27 | 11/12 |
| Discus | C. Newman | 32.28 | 99/00 |
| Shot | C. Newman | 12.35 | 99/00 |
| Javelin | C. Rauraa | 29.12 | 17/18 |

BOYS

| | | |
|--------------|---------|-------|
| J. Maranan | 11.29 | 17/18 |
| J. Maranan | 23.53 | 17/18 |
| J. Davidson | 54.41 | 12/13 |
| J. Davill | 1:59.55 | 17/18 |
| R. Noor | 4:22.61 | 16/17 |
| J. Maranan | 13.88 | 17/18 |
| M. Walters | 26.88 | 13/14 |
| M. Foster | 48.43 | 16/17 |
| M. Baker | 6:26.82 | 15/16 |
| J. Maranan | 6.19 | 17/18 |
| R. Waterford | 1.78 | 99/00 |
| J. Smith | | 17/18 |
| J. Reis | 11.38 | 02/03 |
| G. Mace | 53.45 | 90/91 |
| G. Mace | 16.60 | 90/91 |
| B. Hayes | 38.10 | 91/92 |

14 – 15 Athletics ACT

| | | | | | | |
|-------------|--------------|----------|-------|--------------|----------|-------|
| 60m | M. Dodt | 9.58 | 14/15 | | | |
| 100m | D. Deklin | 12.52 | 13/14 | S. Sheppard | 11.25 | 03/02 |
| 200m | E. Michel | 25.79 | 96/97 | S. Sheppard | 22.82 | 03/02 |
| 400m | M. Freeman | 1:01.74 | 17/18 | B. Glasson | 52.13 | 03/04 |
| 800m | C. Short | 2:17.3 | 93/94 | B. Glasson | 2:01.37 | 03/04 |
| 1500m | S. Greig | 4:44.00 | 07/08 | B. Glasson | 4:17.09 | 03/04 |
| 3000m | A. Wise | 11:00.49 | 17/18 | J. Southgate | 9:35.79 | 01/02 |
| 4000m XC | A. Wise | 15:33:00 | 15/16 | J. King | 14:12:00 | 15/16 |
| 2000m SC | A. Southgate | 8:02.32 | 01/02 | | | |
| 1500m W | J. Strangman | 7:03.55 | 90/91 | B. Reading | 6:36.08 | 03/04 |
| 3000m W | | | | B. Reading | 13:28:30 | 03/04 |
| 3000m W Rd | J. Strangman | 15:36.00 | 89/90 | | | |
| 100m H | K. Duck | 20.00 | 03/04 | J. Reis | 13.30 | 03/04 |
| 200m H | R. Carson | 32.78 | 16/17 | J. Reis | 26.25 | 03/03 |
| Long Jump | T. Edwards | 5.28 | 95/96 | J. Maranan | 6.19 | 97/98 |
| Triple Jump | T. Edwards | 10.29 | 95/96 | M. Anderson | 12.30 | 2017 |
| High Jump | A. Bott | 1.51 | 95/96 | R. Waterford | 1.78 | 99/00 |
| Shot Put | C. Newman | 12.35m | 99/00 | G. Mace | 16.60 | 90/91 |
| Discus | K. Britt | 32.42 | 97/98 | G. Mace | 53.45 | 90/91 |
| Javelin | K. Britt | 33.96 | 95/96 | M. Harris | 39.11 | 12/13 |
| Hammer | C. Rauraa | 30.77 | 2018 | | | |





Ginninderra Athletics Club – All Time Records

Under 16 – Little Athletics

| | | | | | | |
|-------------|-------------|---------|-------|--------------|---------|-------|
| 100m | M. Sturgiss | 12.60 | 17/18 | S. Sheppard | 11.60 | 01/02 |
| 200m | M. Sturgiss | 26.89 | 17/18 | S. Sheppard | 23.45 | 01/02 |
| 400m | M. Sturgiss | 1:01.16 | 17/18 | M. Walters | 52.29 | 14/15 |
| 800m | H. Smith | 2:22.17 | 00/01 | R. Noor | 1:59.39 | 17/18 |
| 1500m | H. Smith | 4:58.60 | 00/01 | J. Southgate | 4:22.12 | 01/02 |
| 90mH | R. Carter | 18.80 | 17/18 | | | |
| 100mH | L. Sinclair | 15.75 | 12/13 | M. Walters | 13.76 | 14/15 |
| 300mH | M. Sturgiss | 46.33 | 17/18 | J. Todd | 47.67 | 17/18 |
| 1500mW | U. McDonald | 9:24.71 | 15/16 | M. Baker | 6:13.73 | 16/17 |
| Long Jump | M. Sturgiss | 5.27 | 17/18 | R. Vergano | 5.67 | 10/11 |
| High Jump | L. Sinclair | 1.60 | 12/13 | R. Vergano | 1.75 | 10/11 |
| Triple Jump | M. Sturgiss | 10.62 | 17/18 | T. Vergano | 11.90 | 15/16 |
| Discus | M. Sturgiss | 21.18 | 17/18 | S. Fraser | 46.81 | 16/17 |
| Shot | M. Sturgiss | 9.69 | 17/18 | S. Fraser | 14.30 | 16/17 |
| Javelin | M. Smith | 19.50 | 01/02 | Z. Bulbul | 51.38 | 16/17 |

Under 17

WOMEN

MEN

| | | | | | | |
|-------------|---------------|---------|-------|------------|---------|-------|
| 100m | N. Cerritelli | 12.55 | 14/15 | M. Walters | 11.53 | 15/16 |
| | | | | D. Power | 11.53 | 14/15 |
| 200m | N. Cerritelli | 26.46 | 14/15 | M. Walters | 22.94 | 15/16 |
| 400m | L. Ferry | 1:02.23 | 14/15 | M. Walters | 51.43 | 15/16 |
| 800m | R. Jarvis | 2:30.75 | 15/16 | J. Baker | 2:18.54 | 09/10 |
| 1500m | R. Jarvis | 5:17.09 | 15/16 | M. Baker | 4:27.23 | 17/18 |
| 100mH | N. Cerritelli | 16.96 | 14/15 | T. Clark | 14.08 | 15/16 |
| | | | | M. Walters | 14.08 | 15/16 |
| 300mH | A. Riach | 56.30 | 16/17 | J. Taylor | 55.02 | 16/17 |
| 1500w | S. Duck | 9:58.53 | 04/05 | M. Baker | 5:52.80 | 17/18 |
| Long Jump | L. Ferry | 5.02 | 14/15 | R. Vergano | 6.04 | 11/12 |
| High Jump | L. Ferry | 1.45 | 14/15 | R. Vergano | 1.94 | 11/12 |
| Triple Jump | L. Ferry | 10.22 | 14/15 | R. Vergano | 12.70 | 11/12 |
| Discus | V. Hopkins | 25.36 | 16/17 | S. Fraser | 45.70 | 17/18 |
| Shot | V. Hopkins | 9.43 | 16/17 | S. Fraser | 14.35 | 17/18 |
| Javelin | V. Hopkins | 19.89 | 16/17 | Z. Bulbul | 56.36 | 17/18 |

16 – 17 Athletics ACT

| | | | | | | |
|-------------|---------------|----------|-------|--------------|----------|-------|
| 60m | | | | | | |
| 100m | M. Nikias | 12.61 | 94/95 | S. Shepard | 11.07 | 03/04 |
| 200m | E. Michel | 25.79 | 96/97 | S. Shepard | 22.34 | 03/04 |
| 400m | C. Short | 59.37 | 95/96 | J. Ries | 52.56 | 03/04 |
| 800m | H. Smith | 2:15.90 | 02/03 | R. Matheson | 1:56.91 | 03/04 |
| 1500m | M. Ponton | 4:47.16 | 00/01 | R. Walter | 4.05.5 | 95/96 |
| 3000m | M. Ponton | 10:13.98 | 00/01 | R. Walter | 8.54.1 | 95/96 |
| 5000m | | | | M. Chapman | 16:54.23 | 03/04 |
| 4000m XC | R. Jarvis | 15:48:00 | 15/16 | | | |
| 2000m SC | M. Ponton | 6:57.22 | 00/01 | S. Tomlinson | 6:25.16 | 03/04 |
| 3000m W | J. Strangman | 14:19.10 | 90/91 | | | |
| 5000m W Rd | S. Shaw | 30:02.00 | 2018 | | | |
| 8000m W Rd | J. Strangman | 42:17.00 | 90/91 | | | |
| 100mH/110mH | N. Cerritelli | 17.59 | 03/15 | J. Reis | 14.62 | 03/04 |
| 400m H | N. Short | 1:06.24 | 94/95 | J. Reis | 59.50 | 03/04 |
| Long Jump | T. Edwards | 5.28 | 95/96 | R. Waterford | 5.80m | 01/02 |
| Triple Jump | B. Wake | 10.55 | 95/96 | M. Anderson | 12.99 | 2018 |
| High Jump | A. Bott | 1.51 | 95/96 | R. Waterford | 1.9 | 01/02 |
| Shot Put | K. Britt | 12.69 | 98/99 | S. Fraser | 14.70 | 2018 |
| Discus | K. Britt | 32.42 | 97/98 | S. Fraser | 46.81 | 15/16 |
| Javelin | K. Britt | 33.96 | 95/96 | Z. Bulbul | 56.36 | 17/18 |
| Hammer | C. Newman | 23.66 | 01/02 | S. Fraser | 41.22 | 2018 |





Ginninderra Athletics Club – All Time Records

18 – 19 Athletics ACT

| | | | | | | |
|--------------|--------------|----------|-------|--------------|----------|-------|
| 60m | | | | | | |
| 100m | J. Thomas | 12.37 | 96/97 | M. Walters | 11.13 | 2017 |
| 200m | N. O'Hara | 25.62 | 96/97 | M. Walters | 22.43 | 2018 |
| 400m | M. Bradley | 57.60 | 95/96 | M. Walters | 49.81 | 2017 |
| 800m | M. Harding | 2:11.2 | 96/97 | P. Quirk | 1:54.9 | 91/92 |
| 1500m | M. Ponton | 4:36.66 | 03/04 | P. Quirk | 3:59.4 | 92/93 |
| 3000m | M. Ponton | 10:04.60 | 01/02 | J. Wicks | 8:38.59 | 95/96 |
| 5000m | | | | M. Chapman | 16:58.09 | 03/04 |
| 4000m XC | | | | | | |
| 2km/3000m SC | M. Ponton | 6:50.58 | 01/02 | J. Wicks | 9:25.77 | 97/98 |
| 3000m W | J. Strangman | 25:58.35 | 93/94 | P. Strangman | 14:04.12 | 93/94 |
| 10000m W Rd | J. Strangman | 59:39.00 | 89/90 | K. Strangman | 53:22.00 | 95/96 |
| 100mH/110mH | T. Harding | 16.85 | 95/96 | R. Waterford | 15.59 | 02/03 |
| 400m H | T. Harding | 64.30 | 95/96 | M. Walters | 54.10 | 2018 |
| Long Jump | S. Oksuz | 6.93 | 97/98 | A. Sterland | 6.87 | 95/96 |
| Triple Jump | A. Rutter | 11.21 | 94/95 | A. Reid | 14.25 | 97/98 |
| High Jump | J. Rose | 1.70 | 92/93 | R. Waterford | 1.95 | 02/03 |
| Pole Vault | J. Thomas | 2.40 | 94/95 | | | |
| Shot Put | J. Thomas | 9.08 | 94/95 | G. Mace | 15.74 | 94/95 |
| Discus | K. Britt | 32.42 | 97/98 | G. Mace | 34.86 | 93/94 |
| Javelin | K. Britt | 33.96 | 95/96 | G. Mace | 50.10 | 93/94 |
| Hammer | B. Wake | 19.26 | 96/97 | G. Mace | 44.34 | 94/95 |

Open – Athletics ACT

| <u>WOMEN</u> | | | | <u>MEN</u> | | |
|----------------|---------------|----------|------|-------------|----------|------|
| 60m | | | | M. Rossiter | 7.4 | 2016 |
| 100m | M. Breen | 11.33 | 2017 | P. Johnson | 9.93 | 2003 |
| 200m | M. Breen | 23.59 | 2017 | P. Johnson | 20.54 | 1997 |
| 400m | K. Hiatt | 55.70 | 1997 | P. Johnson | 48.3 | 1997 |
| 800m | M. Chisholm | 2:06.8 | 1995 | P. Quirk | 1:54.1 | 1995 |
| 1500m | M. Chisholm | 4:35.8 | 1994 | J. Gusman | 03:43.05 | 2017 |
| 3000m | B. Johnson | 8:48.57 | 2003 | J. Johnson | 07:57.99 | 2016 |
| 5000m | B. Johnson | 15:21.55 | 2003 | J. Gusman | 13:48.56 | 2017 |
| 5000m Rd | | | | C. Hamer | 14:23.00 | 2016 |
| 10000m | I. Woo | 36:04.3 | 1993 | C. Hamer | 29:02.00 | 2017 |
| 10000m XC | L. Anderson | 39:00.00 | 2017 | C. Hamer | 30:09.00 | 2017 |
| Half Marathon | L. Anderson | 1:23:04 | 2018 | C. Hamer | 1:02:29 | 2018 |
| Marathon | | | | C. Hamer | 2:13:30 | 2017 |
| 2km/3000m SC | C. Stynes | 7:40.5 | 1996 | G. Bluett | 9:24.89 | 1995 |
| 5000m W | J. Strangeman | 22:34.30 | 1995 | | | |
| 10000m W Rd | J. Strangeman | 48:59:00 | 1995 | | | |
| 100mH/110mH | F. Young | 15.0 | 1994 | S. Todd | 16.2 | 1992 |
| 400m H | T. Harding | 1:04.30 | 1996 | S. Todd | 52.4 | 1992 |
| Long Jump | J. Penney | 6.37 | 2017 | A. Gould | 7.71 | 2017 |
| Triple Jump | A. Rutter | 11.21 | 1995 | K. Lorroway | 14.36 | 1995 |
| High Jump | J. Rose | 1.70 | 1993 | A. Sterland | 1.90 | 1995 |
| Pole Vault | J. Thomas | 2.40 | 1995 | A. New | 4.20 | 1997 |
| Shot Put | K. Russell | 9.36 | 1995 | R. Jones | 18.42 | 2003 |
| Discus | K. Britt | 32.42 | 1997 | S. Rendell | 44.18 | 1993 |
| Javelin | K. Britt | 33.96 | 1996 | N. Batty | 71.76 | 1991 |
| Hammer | A. Norden | 27.14 | 1995 | S. Rendell | 78.93 | 2001 |
| Hept/Decathlon | T. Harding | 4350 | 1996 | | | |





Ginninderra Athletics Club – All Time Records

Masters – Men

| | M30 | | M35 | | M40 | | M45 | | M50 | |
|-------------|--------------|----------|---------------|-------|---------------|----------|---------------|----------|------------|-------|
| 60m | Luke Allard | 8.06 | Mark Rossiter | 7.40 | Spencer Cox | 7.47 | Ken Telfer | 7.75 | Ken Telfer | 8.01 |
| 100m | Luke Allard | 12.34 | Mark Rossiter | 11.56 | Spencer Cox | 11.77 | Ken Telfer | 12.41 | Ken Telfer | 12.25 |
| 200m | Luke Allard | 25.38 | Mark Rossiter | 23.45 | Spencer Cox | 23.74 | Ken Telfer | 25.39 | Ken Telfer | 25.82 |
| 400m | Luke Allard | 58.34 | Steve Hocking | 51.58 | Caleb Joliffe | 1:01.72 | Neil Thomas | 1:09.31 | Ken Telfer | 58.37 |
| 800m | | | | | Matt Cuzner | 2:35.71 | | | | |
| 1500m | | | | | Matt Cuzner | 5:43.81 | | | | |
| 3000m | Luke Allard | 16:06.41 | | | Steve Dodt | 15:36.14 | Kelvin Martin | 11:31.07 | | |
| 5000m | Michael Daly | 15:35.74 | | | | | | | | |
| 5000m Rd | | | | | | | | | | |
| 10000m | | | | | | | | | | |
| Long Jump | Luke Allard | 4.45 | | | Steve Dodt | 5.04 | Neil Thomas | 4.29 | | |
| Triple Jump | | | | | Steve Dodt | 9.86 | | | | |
| High Jump | Luke Allard | 1.25 | | | Caleb Joliffe | 1.40 | Neil Thomas | 1.30 | | |
| Pole Vault | | | | | | | | | | |
| Shot Put | Luke Allard | 8.10 | Tim Liddiard | 8.12 | Steve Dodt | 8.15 | Paul Fowler | 9.92 | John Hynes | 7.84 |
| Discus | Luke Allard | 18.98 | Tim Liddiard | 20.13 | Matt Cuzner | 23.42 | Neil Thomas | 19.78 | John Hynes | 20.75 |
| Javelin | Luke Allard | 22.09 | Mark Rossiter | 45.40 | Matt Cuzner | 30.61 | Neil Thomas | 36.22 | John Hynes | 16.34 |
| Hammer | | | | | Steve Dodt | 13.89 | | | | |

| | M55 | | M60 | |
|-------------|----------------|-------|----------------|-------|
| 60m | | | | |
| 100m | Richard Bailey | 14.77 | Stephen Hunter | 17.17 |
| 200m | | | Stephen Hunter | 37.58 |
| 400m | | | | |
| 800m | | | | |
| 1500m | | | | |
| 3000m | | | | |
| 5000m | | | | |
| 5000m Rd | | | | |
| 10000m | | | | |
| Long Jump | | | | |
| Triple Jump | | | | |
| High Jump | | | | |
| Pole Vault | | | | |
| Shot Put | | | | |
| Discus | | | | |
| Javelin | | | | |
| Hammer | | | | |

Masters – Women – results yet to be compiled.

