

BEST on RECORD' PERFORMANCES at NSW COUNTRY CHAMPIONSHIPS**MEN***Updated after 2016 Championships.***10yrs**

100m	Brock Scrivener	Wollongong	14.14	2010
200m	Ashley Burns	Coffs Harbour	28.92	2001
800m	Cameron Page	Gosford	2.32.00	2001
1500m	Cameron Page	Gosford	5.04.30	2001
80m Hurdles	Nathan Smith	Wollongong SF	17.28	1999
Long Jump	Jai Macpherson	Macquarie Shores	4.37	2013
High Jump	Michael Cox /James Davison	Lithgow / Forster	1.30	2000/14
Shot Put 2kg	Max Winter	Forster	8.97	2008
Discus 0.50kg	Kayne Gilmore	Eastlakes	35.11	2014

11yrs

100m	Adam Hall	Kotara South	13.40	1983
200m	Bailey Antrobus	Wollongong	28.12	2011
800m	Andrew O'Neill	Koorinal	2.22.98	1994
1500m	Andrew O'Neill	Koorinal	4.54.90	1994
80m Hurdles	Rhys Whitehead	Walsend RSL	15.4 h	2003
Long Jump	Dylan Bennet	Independant	4.69	2008
High Jump	Bradley Glover	Woodberry	1.46	1987
Shot Put 2kg	Nicholas Hay	Wagga Wagga	10.38	2009
Discus 0.75kg	Trey Barlow	Illawarra Blue Stars	30.56	2014

12yrs

100m	Chad Stephenson	Macquarie Shores	12.90	1984
200m	Chad Stephenson	Macquarie Shores	25.40	1984
800m	Cameron Page	Gosford	2.22.5 h	2003
1500m	Cameron Page	Gosford	4.44.6 h	2003
80m Hurdles	Chad Stephenson	Macquarie Shores	14.20	1984
Long Jump	Chad Stephenson	Macquarie Shores	4.91	1984
High Jump	Kayne Happ	Wollongong SF	1.57	1987
Triple Jump	James Sampson	Leeton L.A.	10.26	2000
Shot Put 3kg	Chad Stephenson	Macquarie Shores	13.56	1984
Discus 0.75kg	Trey Barlow	Illawarra Blue Stars	41.29	2015
Javelin 600g	Michael Cox	Emu Plains	29.07	2002

13yrs

100m	John Fish	South Coast	12.1 h	1975
100m	Travis Roche	Dubbo RSL	12.1 h	2003
100m	Jai Howard	Illawarra Blue Stars	12.1 h	2004
200m	Cameron Gulliford	Port Macquarie	24.20	2002
400m	Jordan Doris	Kembla Joggers	56.93	2013
800m	T. Donges	Blue Mountains	2.02.1	1975
1500m	Justin Smith	Nowra	4.35.79	1988
90m Hurdles	Matt Beckenham	Queanbeyan	13.39	1989
200m Hdles	Ross Roberts	Gosford	30.48	2000
Long Jump	Peter Holmes	Wallsend	5.63	1979
High Jump	Mineo Bonetig	Warilla	1.70	1983
Triple Jump	Aaron Crump	Wyong	11.44	2000
Shot Put 3kg	Jeffrey Hill	Woodberry	14.47	1996
Discus 1kg	Craig Nettlebeck	Leeton	43.12	1985
Javelin 600g	Brock Bower	Tamworth	39.96	2004
4x100m Relay	(13yrs & under)	Western Plains Region	55.00	2002

14yrs

100m	Jai Howard	Illawarra Blue Stars	11.69	2005
200m	Darrin. Dennis	Dubbo	23.50	1985
400m	Jordan Doris	Kembla Joggers	52.16	2014
800m	Andrew O'Neill	Koorinal	2.07.24	1997
1500m	Luke Young	Macquarie Hunter	4.20.13	2015
100m Hurdles	Jarrold Twigg	Athletics Wollongong	14.27	2013
200m Hurdles	Jeremy Wilson	Coffs Harbour	27.47	1998

Long Jump	Chad Stephenson	Macquarie Shores	5.81	1983
High Jump	Aaron Crump	Wyong	1.81	2000
Triple Jump	Darren Coombs	Finlay	12.15	1984
Shot Put 4kg	Jeffrey Hill	Woodberry	17.51	1997
Discus 1kg	Aiden Butcher	Independant	47.05	2015
Javelin 700g	Aaron Hamstra	Woy Woy LA	47.53	1999

15yrs

100m	Jaynayah Freeman	Young & Districts	10.8	2010
200m	Peter Lindner	Tamworth	22.60	1973
400m	Mitchell Hibbins	Tumut LA	51.80	2002
800m	Jackson Collett	Mingara	2.02.17	2012
1500m	Martin Dent	Gosford	4.15.19	1995
3000m	Lorcan Redmond	Adamstown N.L.	8.47.66	2015
100m Hurdles	River Pentecost	Macquarie Hunter	13.21	2016
200m Hurdles	Joel Bazley	Springwood	25.7 h	2003
2km Steeple	Liam Hendrson	Kembla Joggers	6.46.60	2013
1500m Wlk	Tyler Jones	Wyong	6.12.77	2013
3000m Walk	Jack Dhu	Blue Mountains	17.40.53	2010
Long Jump	River Pentecost	Macquarie Hunter	6.28	2016
High Jump	Jeff Parker	Riverina	1.92	1980
Triple Jump	Dallan Stanton	Koorinal	13.13	2006
Pole Vault	Scott Melton	Wyong	3.50	2004
Shot Put 4kg	Jeffrey Hill	Woodberry	17.77	1998
Discus 1kg	Liam Speers	Hunter Track & Field	59.28	2007
Javelin 700g	Darren Coombs	Finlay	60.15	1985
Hammer 4kg	Nicholas Hay	Wagga Wagga	50.01	2013
4x100m Relay	(15yrs & under)	Forster	47.99	2008

16/17yrs

100m	Jacob Groth	Port Macquarie	10.6 h	2002
200m	Jacob Groth	Port Macquarie	22.3 h	2002
"	Leigh Bennett	East Lakes	22.3 h	2003
400m	Gavin Jeffries	Wagga Wagga	50.3 h	2002
800m	Jesse Beadman	Blue Mountains	1.53.4	2010
1500m	Bradley Woods	Dubbo	4.05.9 h	2003
3000m	Martin Dent	Coastal Athletics	8.57.50	1995
110m Hurdles	Mitchel Tysoe	Gosford	13.93	2009
400m Hurdles	Drew Langford	East Lakes	56.93	2000
2km Steeple	Jeff Farrelly	Westlakes	6.22.36	1999
1500m walk	Troy Sundstrom	Illawarra Blue Stars	6.03.86	1997
3000m Walk	Tyler Jones	Mingara	13.03.89	2015
Long Jump	Jonathon Whiting	Macquarie Shores	6.98	2001
High Jump	Daniel Lawton	Forbes	2.03	2002
Triple Jump	Paddy O'Donoghue	Dubbo	14.24	2003
Pole Vault	Phillip Tracey	Wallsend	3.80	2002
Shot Put - 5kg	Aiden Harvey	Westlakes	18.69	2016
Discus 1.5kg	Andrew Cameron	Tumut	66.22	1986
Javelin 700g	Aaron Cooke	Wollongong	65.97	2001
Hammer - 5kg	Andrew Cameron	Tumut	57.50	1986
4x100m Relay	(17yrs & under)	Lake Macquarie	44.80	2013

18/19yrs

100m	R. Salarski	South Coast	10.6 h	1975
200m	Christian Foster	Athletics Wollongong	21.58	2015
400m	Leo Holesteele	Lithgow	47.5 h	1973
800m	Scott Anthony	Coastal Athletics	1.54.60	1995
1500m	Anthony Campbell	Armidale	3.37.15	1989
5000m	Ben Guest	Gosford	14.58.47	2007
110m Hurdles	Mitchell Tysoe	Mingara	14.25	2010
400m Hurdles	Leigh Bennett	East Lakes	56.2 h	2004
3k Steeple	Ben Guest	Gosford	9.44.48	2007
Long Jump	Paul Henderson	Macquarie Shores	6.96	1988

High Jump	Neal Smith	Bega	2.10	1983
Triple Jump	Grant Bransgrove	Macquarie Shores	14.12	1995
"	Josh Gallimore	Wallsend	14.12	2002
Pole Vault	James Belcher	Athletics Wollongong	3.85	2012
Shot Put - 6kg	Liam Speers	Hunter Track & Field	17.35	2011
Discus - 1.75	Andrew Cameron	Tumut	54.66	1988
Javelin 800g	Sean Betland	Coffs Harbour	66.94	1996
Hammer 6kg	James Hay	Koorinal Wagga	57.61	2014

OPEN

100m	Liam Gander	Macquarie Shores	10.59	2011
200m	Leo Hollesteele	Lithgow	20.9 h	1973
400m	Alan Ozolins	Nowra	46.70	1985
800m	Ian Gaudry	Wollongong SF	1.48.18	1987
1500m	David Forbes	Myers Park Novos	3.47.20	1983
5000m	David Forbes	Myers Park Novos	14.07.50	1984
110m Hurdles	Mitchell Tysoe	Mingara	14.67	2012
400m Hurdles	Leigh Bennett	Macquarie Hunter	51.92	2016
3000m Steeple	Peter Hutton	Bathurst	9.09.60	1985
3000m Walk	Troy Sundstrom	Illawarra Blue Stars	11.30.94	2000
Long Jump	Nick Moroney	Tamworth	7.53	2002
High Jump	Nick Moroney	Tamworth	2.21	2005
Triple Jump	Michael Perry	Wallsend	15.65	2007
Pole Vault	Graeme Smith	Wallsend	4.20	1973
Shot Put	Stuart Gyngell	Gosford	17.99	2007
Discus	Wayne Martin	Dudley	58.96	1980
Javelin	Andrew Currey	Tamworth	76.40	1993
Hammer	Ricard Meiring	Independant	62.15	2014
4x100m Relay		Illawarra Blue Stars	43.06	2011

30 - 39 Years From 2003 (Previously 35 - 44yrs)

100m	Jay Stone	Armidale	11.00	2010
200m	Jay Stone	Armidale	22.24	2011
400m	Jay Stone	Armidale	49.07	2011
800m	Jay Stone	Armidale	2.01.18	2014
1500m	Darren Mewett	NSW Veterans	4.14.4	2002
5000m	Paul Micale	Kembla Joggers	15.23.0	2004
110m Hdls	Craig Wallace	Emu Plains	20.30	2002
400m Hdls	Craig Wallace	Blue Mountains	1.09.74	2007
3000m Steeple	Darren Mewett	Newcastle Veterans	10.12.4	2003
3000m Walk	Brett Kingston	Blue Mountains	19.09.91	2012
Long Jump	Jay Stone	Armidale	6.45	2010
High Jump	Jay Stone	Armidale	1.73	2010
Triple Jump	Michael Laws	Blue Mountains	12.65	2016
Shot Put	Allan Flynn	Wallsend	13.07	2002
Discus	Allan Flynn	Wallsend	41.87	2002
Javelin	John Kay	Wollongong	64.44	2001
Hammer	Ricard Meiring	Independant	57.79	2013
4x100m Relay	(30yrs & over)	Cessnock	47.90	2008

40 - 49 Years From 2003 (Previously 45 - 49yrs)

100m	John Van Stappen	Maitland	11.63	1996
200m	Ernest Leseberg	Mingara	23.49	2014
400m	Stuart Hayward	Wyong	52.85	1991
800m	John Humphreys	Maitland	2.01.56	1993
1500m	John Humphreys	Maitland	4.14.55	1993
5000m	Paul Arthur	Mingara	15.39.17	2008
110Hdls	Peter Wright	East Lakes	19.80	2001
400m Hdls	George Papalexion	Mingara	1.12.77	2015
2000m Steeple	Robert Spilling	Springwood	6.47.4 h	2003
3000m Steeple	Geoffrey Hynoski	Illawarra Blue Stars	12.38.32	2013
3000m Walk	Mark Dredge	Mingara	15.46.72	2010
Long Jump	Edward Van der Jagt	NSW Masters	6.25	2012

High Jump	Bruce Roberts	Scone	1.65	1993
Triple Jump	Graeme Mell	Springwood	11.71	2003
Shot Put	Stuart Gyngell	Mingara	18.14	2008
Discus	Stuart Gyngell	Mingara	49.57	2008
Javelin	Anthony France	Wallsend	48.54	2012
Hammer	Peter Lawler	Tamworth	47.04	1996

50 - 59Years From 2003 (Previously 50 +yrs)

100m	John Van Stappen	Illawarra Blue Stars	11.8 h	2003
200m	John Van Stappen	Illawarra Blue Stars	24.70	2002
400m	Stuart Hayward	Toukley	55.33	2000
800m	Greg Neilson	Mingara	2.07.73	2005
1500m	Wayne Montefiore	Kembla Joggers	4.25.0	2004
5000m	Barry Willis	Mingara	17.21.66	2008
100m Hdls	Paul Carr	Mingara	16.25	2010
400m Hdls	Todd Devery	Blue Mountains	1.02.04	2011
2000m Steeple	Peter Dooley	Nowra	7.34.68	2008
3000m Steeple	Bruce Steele	Illawarra Blue Stars	15.48.40	2012
3000m Walk	Mark Dredge	Mingara	17.06.16	2012
Long Jump	Graeme Mell	Blue Mountains	5.33	2010
High Jump	Mark Middleton	Wallsend	1.60	2005
Triple Jump	Neville McIntyre	Athletics Glen Innes	11.04	1996
Shot Put 6kg	Stuart Gyngell	Wollongong	18.63	2014
Discus 1.5kg	Stuart Gyngell	Wollongong	50.65	2014
Javelin 700g	Hayden Steele	Wallsend	43.56	2000
Hammer 6kg	Stuart Gyngell	Athletics Wollongong	45.49	2015

60 - 69yrs. (60yrs & over from 2003 - 2009)

100m	Neville McIntyre	Athletics Glen Innes	12.4 h	2003
200m	John Wall	Mingara	25.79	2007
400m	Stuart Hayward	NSW Masters	1.00.17	2012
800m	Martin Auster	Armidale	2.22.48	2007
1500m	Christopher Foster	Illawarra Blue Stars	5.09.17	2007
3000m	Kevyn Davis	Nowra	12.39.87	2013
5000m	Christopher Foster	Illawarra Blue Stars	20.10.31	2006
3000m Wlk	John Smith	Mingara	19.55.56	2009
100m Hdls	Neil Fowler	Mingara	18.72	2012
2000m Steeple	Mark Conyers	Kooringal Wagga	8.33.50	2016
Long Jump	Neville McIntyre	Athletics Glen Innes	4.84	2003
High Jump	David Kennedy	Woolgoolga	1.47	2016
Triple Jump	Curtis Morgan	Armidale	9.50	2004
Shot Put 5kg	Gavin Murray	NSW Masters	12.22	2015
Discus 1kg	Gavin Murray	NSW Masters	44.06	2015
Javelin 600g	Hayden Steele	Wallsend	42.28	2006
Hammer 5kg	Gavin Murray	NSW Masters	40.25	2016

70yrs & over (From 2010)

100m	Neville McIntyre	Athletics Glen Innes	14.09	2013
200m	Neville McIntyre	Athletics Glen Innes	28.14	2013
400m	Neville McIntyre	Athletics Glen Innes	1.08.84	2016
800m	Ronald Perry	Athletics Wollongong	3.26.85	2011
1500m	John Spinney	Blue Mountains	6.07.20	2010
3000m	John Spinney	Blue Mountains	14.17.34	2014
5000m	John Spinney	Blue Mountains	22.34.04	2010
3000m Wlk	John Smith	Mingara	19.22.79	2010
100m Hdls	Noel Donohoe	Illawarra Blue Stars	29.81	2011
2000m Steeple	Ronald Perry	Athletics Wollongong	11.28.51	2011
Long Jump	Bernie Condon	Nowra	3.48	2010
High Jump	Greg Mamalis	NSW Masters	1.25	2011
" "	Ron Simcock	Athletics Wollongong	1.25	2011
Triple Jump	Ron Bragg	Athletics Wollongong	6.53	2010
Shot Put 4kg	Ron Simcock	Athletics Wollongong	10.84	2010
Discus 1kg	Ron Simcock	Athletics Wollongong	31.63	2010

Javelin 500g	Ron Simcock	Athletics Wollongong	32.95	2010
Hammer 4kg	Ron Simcock	Athletics Wollongong	38.41	2011

WOMEN

10yrs

100m	Debbie Wells	Independant	13.8 h	1971
200m	Tarli Black	Forster	29.73	2016
800m	Mariane Mihellis	Mingara	2.40.3	2014
1500m	Mariane Mihellis	Mingara	5.24.78	2014
Long Jump	Delta Amidzovski	Kembla Joggers	4.26	2016
High Jump	Sophia Begg	Bowral LA	1.35	1998
Shot Put 2kg	Annette Peace	Nowra	7.88	2011
Discus 0.50kg	Annette Peace	Nowra	25.95	2011

11yrs

100m	Helen Godsell	Dudley	13.5 h	1975
200m	Leesa Lord	Wagga Police Boys	28.10	1981
800m	Montana Monk	Macquarie Hunter	2.27.38	2015
1500m	Montana Monk	Macquarie Hunter	5.08.79	2015
Long Jump	Mardi Watts	Bathurst	4.52	2002
High Jump	Sophia Begg	Illawarra Blue Stars	1.40	1999
" "	Chelsea Egginton	Macquarie Hunter	1.40	2012
Shot Put 2kg	Ashlyn Blackstock	Eastlakes	10.46	2015
Discus 0.75kg	Imogen Petrie	Macquarie Hunter	32.72	2015

12yrs

100m	C.Mullen	Goulburn	12.8 h	1975
200m	Tierney Dunne	Athletics Wollongong	27.39	2014
800m	Alison Zucca	Wyong	2.24.34	1991
1500m	Mauhgan Wellham	Wallsend	4.42.65	2010
80m Hurdles	Alexander Parker	Illawarra Blue Stars	14.61	2010
Long Jump	R.Poulton	Dubbo	4.78	1973
Triple Jump	Shara Simpson	Kurrajong Bilpin LA	9.39	2000
High Jump	Emma-Sue Greentree	West Lakes	1.50	2011
Shot Put 3kg	Ashlyn Blackstock	Eastlakes	11.23	2016
Discus 0.75kg	Ashlyn Blackstock	Eastlakes	37.70	2016
Javelin 400g	Ashlyn Blackstock	Eastlakes	23.88	2016

13yrs

100m	Hayley Mathieson	Wollongong	12.77	1996
200m	Rebecca Vormister	Illawarra Blue Stars	25.65	1987
400m	Elizabeth Chippendale	Mingara	1.01.04	2013
800m	Jessica Raimond	Wollongong S. Flame	2.20.35	1981
1500m	Jessica Raimond	Wollongong S. Flame	4.49.00	1981
80m Hurdles	Shellie Wilkes	Gosford	13.4 h	2003
200m Hurdles	Kylie Wildman	Woy Woy LA	32.29	1999
Long Jump	Lily Cains	Woodberry & District	5.10	2013
High Jump	Emma Sue Greentree	Westlakes	1.61	2012
Triple Jump	Melissa Smith	Kurrajong Bilpin LA	10.67	2000
Shot Put 3kg	Yasenaca Denicaucou	Independant	12.79	2009
Discus 1kg	Yasenaca Denicaucou	Independant	39.14	2009
Javelin 400g	Katie Parker	Lismore	32.49	1999
4x100m Relay	(13yrs & under)	Newcastle Hunter	54.32	2000

14yrs

100m	Olivia Tauro	Maitland	12.2 h	2004
200m	Kylie Hanigan	Illawarra Blue Stars	25.40	1985
400m	Rebecca Vormister	Wollongong S. Flame	56.63	1987
800m	Lauren Elms	Wollongong S. Flame	2.16.51	1994
1500m	Lauren Elms	Wollongong S. Flame	4.38.00	1994
90m Hurdles	Teghan Barklay	Athletics Wollongong	14.48	2013
200m Hurdles	Brie Martin	Gosford	30.06	1994
Long Jump	Katie Jones	West Lakes	5.26	2001
High Jump	Chelsea Egginton	Macquarie Hunter	1.73	2015

Triple Jump	Susannah Hahn	Lismore	11.33	1998
Shot Put 4kg	Yasenaca Denicaucou	Blue Mountains	13.70	2010
Shot Put 3kg	Jessica Aldridge	Independant	12.94	2013
Discus 1kg	Yasenaca Denicaucou	Independant	40.17	2009
Javelin 600g	Nadia Canu	Tamworth	36.78	1995
Javelin 500g	Jessica Aldridge	Independant	39.20	2013

15yrs

100m	Olivia Tauro	Maitland	12.2 h	2004
200m	Lyn.Snowie	South Canberra	25.0 h	1974
400m	Rosemary Hayward	Toukley	56.66	1995
800m	Christie Pearson	Blue Mountains	2.12.12	2009
1500m	Michaela Quinn	Nowra	4.41.20	2010
3000m	Michaela Quinn	Nowra	10.04.99	2010
90m Hurdles	Abbie Taddeo	Illawarra Blue Stars	13.57	2009
200m Hurdles	Skye Richardson	Illawarra Blue Stars	29.09	1995
1500m Wlk	Allanah Pitcher	Mingara	7.07.98	2016
Long Jump	Janet Knee	Novocastrian	5.67	1960
High Jump	Tracie Shackleton	Coastal Athletics	1.71	1995
Triple Jump	Susannah Hahn	Lismore	11.63	1999
Shot Put 4kg	Debra Turnbull	Tuggerah - LA	14.09	1994
Shot Put 3kg	Stephanie Scigala	Wallsend	13.42	2015
Discus 1kg	Yasenaca Denicaucou	Blue Mountains	43.63	2011
Javelin 600g	Nadia Canu	Tamworth	46.06	1996
Javelin 500g	Jessica Aldridge	Independant	34.29	2014
Hammer 4kg	Yasenaca Denicaucou	Blue Mountains	39.57	2011
Hammer 3kg	Tayla Garratt	Independant	43.73	2014
4x100m Relay	(15yrs & under)	Gosford	51.17	2009

16/17yrs

100m	Talissa Scott	Illawarra Blue Stars	12.20	2010
200m	Kylie Hanigan	Illawarra Blue Stars	24.42	1987
400m	Nioka Gray	Illawarra Blue Stars	56.69	1989
800m	Madeline Heiner	Kembla Joggers	2.13.3 h	2003
1500m	Angella Luchetti	Yass	4.21.10	1985
3000m	Jessica Hull	Kembla Joggers	9.41.84	2013
100m Hdls	Talissa Scott	Illawarra Blue Stars	14.14	2010
400m Hurdles	Erin Dally	Athletics Wollongong	1.07.51	2016
3000m Walk	Chelsea Goodhew	Westlakes	15.03.11	2015
Long Jump	Brianna Tisdell	Macquarie Hunter	5.75	2009
High Jump	Sophie Begg	Illawarra Blue Stars	1.80	2005
Triple Jump	Alyisha Maree House	Koorringal	12.01	2004
Shot Put 4kg	Melissa Fattore	Griffith	12.83	1999
Shot Put 3kg	Stephanie Scigala 16yrs.	Wallsend	14.06	2016
Shot Put 3kg	Jessica Aldridge 17yrs.	Independant	15.51	2016
Discus 1kg	Samantha Peace	Nowra	46.82	2015
Javelin 600g	Nadia Canu	Tamworth	44.00	1996
Javelin 500g	Jessica Aldridge 17yrs.	Independant	42.94	2016
Hammer 4kg	Megan Kendall	Wagga	41.68	2002
Hammer 3kg	Brigitta Holland	Independant	37.68	2013
4x100m Relay	(17yrs & under)	North Coast Region	50.14	1986

18/19yrs Women

100m	Lyn.Snowie	South Canberra	11.6 h	1975
200m	Kerrie Pearson	Wallsend	24.2 h	1973
400m	Kylie Hanigan	Illawarra Blue Stars	56.20	1989
800m	Jessica Hull	Kembla Joggers	2.09.95	2014
1500m	Hollie Emery	Blue Mountains	4.29.58	2008
3000m	Melinda Vernon	Glenbrook	9.51.9 h	2003
100m Hurdles	Jacque Munro	Raymond Terrace	14.70	1997
400m Hurdles	Nicole Apps	Yass	1.03.60	1993
2k Steeple	Rosie May Davidson	Illawarra Blue Stars	7.05.42	2014
Long Jump	Leanne Richardson	Dubbo	5.75	1995

High Jump	Petrina Price	Wollongong S Flame	1.88	2002
Triple Jump	Alyisha Maree House	Koorinal	12.33	2006
Shot Put 4kg	Melissa Fattore	Griffith	13.72	2001
Discus 1kg	Sue Culley	Illawarra Blue Stars	45.02	1980
Javelin 600g	Nadia Canu	Tamworth	44.76	1996
Hammer 4kg	Erin Petrovic	Springwood	53.44	2004

OPEN

100m	Linda Parr	Novocastrian	11.3 h	1975
200m	Debbie Canning	Cowra	24.00	1981
400m	Pirrenee Steinert	Macquarie Hunter	52.70	2012
800m	Lauren Elms	Wollongong S Flame	2.09.03	1998
1500m	Angela Sheean	Hunter Track & Field	4.29.5	2001
5000m	Angela Sheean	Hunter Track & Field	16.45.6	2002
100m Hurdles	Jacquie Munro	Raymond Terrace	13.85	2001
400m Hurdles	Nioka Gray	Illawarra Blue Stars	1.01.82	1994
3k Steeple	Paige Campbell	Independant	11.56.22	2015
3000m Walk	Lauren Bourke	Mingara	13.38.60	2014
Long Jump	Kerrie Perkins	Lismore	6.23	1999
High Jump	Katrina Gibbs	Dubbo	1.85	1982
" "	Petrina Price	Wollongong	1.85	2010
Triple Jump	Petrina Price	Wollongong	12.39	2010
Pole Vault	Amanda Bartrim	Gosford	3.60	2008
Shot Put 4kg	Chelsea Lenarduzzi	Illawarra Blue Stars	14.71	2016
Discus 1kg	Sue Culley	Illawarra Blue Stars	47.90	1970
Javelin 600g	Louise McPaul	Illawarra Blue Stars	55.40	1996
Hammer 4kg	Erin Petrovic	Springwood	51.23	2004
4x100m Relay		Hunter Track & Field	48.70	2008

30 - 39 Years

From 2003 - (Previously 35 - 44yrs)

100m	Gaye Wallace	Wollongong S. Flame	12.43	1996
200m	Lynda Pagett	Toukley	25.45	2007
400m	Gaye Wallace	Wollongong S.Flame	57.47	1997
800m	Kimberley Fletcher	Maitland	2.15.36	2013
1500m	Karen Blay	Kembla Joggers	4.52.52	2000
3000m	Cassie Dege	Blue Mountains	10.47.00	2016
3000m Walk	Barbara Keelan	Athletics Glen Innes	17.36.30	1996
100m Hdls	Ranell Hobson	Illawarra Blue Stars	16.80	2006
400m Hurdles	Kimberley Fletcher	Maitland	1.04.39	2010
2k Steeple	Penelope Nash	Blue Mountains	9.31.92	2016
Long Jump	Marie Kay	Wollongong	5.60	2001
High Jump	Kimberley Fletcher	Maitland	1.55	2009
Triple Jump	Gianna Mogentale	Illawarra Blue Stars	10.68	2003
Shot Put 4kg	Melissa Holahan	Wallsend RSL	10.96	2014
Discus 1kg	Kelly Hunter	Gosford	36.94	2016
Javelin 600g	Mary Thomas	Illawarra Blue Stars	38.86	1994
Hammer 4kg	Melissa Holahan	Wallsend RSL	47.31	2015
4x100m Relay	(30yrs & over)	Mingara	53.03	2016

40 - 49 Years

From 2003 - (Previously 45 - 49yrs)

100m	Gianna Mogentale	Illawarra Blue Stars	12.60	2010
200m	Gianna Mogentale	Illawarra Blue Stars	26.09	2006
400m	Marie Kay	Athletics Wollongong	58.9 h	2003
800m	Nicky Kelly	Mingara	2.23.94	2015
1500m	Nicolle Western	Scone	5.05.47	2015
3000m	Nicolle Western	Scone	10.48.96	2013
3000m Walk	Maryanne Shaw	Blue Mountains	17.33.93	2008
80m Hdls	Marie Kay	Athletics Wollongong	13.5 h	2004
400m Hdls	Marie Kay	Athletics Wollongong	68.8 h	2003
2k Steeple	Kim Dobson	Nowra	8.53.29	2016
Long Jump	Marie Kay	Athletics Wollongong	5.14	2004
High Jump	Cathy Connell	Athletics Wollongong	1.47	2012
Triple Jump	Julie Smith	Glenbrook	10.53	2002

" "	Gianna Mogentale	Illawarra Blue Stars	10.53	2004
Shot Put 4kg	Mary Thomas	Illawarra Blue Stars	10.79	1999
Discus 1kg	Mary Thomas	Illawarra Blue Stars	31.18	1999
Javelin 600g	Mary Thomas	Illawarra Blue Stars	36.98	1996
Hammer 4kg	Margaret Holahan	Wallsend	30.73	2001

50 - 59 Years From 2003 - (Previously 50 + yrs)

100m	Gianna Mogentale	Illawarra Blue Stars	13.28	2014
200m	Gianna Mogentale	Illawarra Blue Stars	26.64	2014
400m	Gianna Mogentale	Illawarra Blue Stars	1.02.49	2014
800m	Gianna Mogentale	Illawarra Blue Stars	2.34.50	2014
1500m	Margaret Beardslee	Mingara	5.36.08	2009
80m Hdls	Julie Smith	Springwood	15.00	2003
3000m	Margaret Beardslee	Mingara	12.05.07	2010
2k Steeple	Julie Steele	Illawarra Blue Stars	9.34.53	2014
3000m Walk	Judy Kenyon	BMA Katoomba	19.47.02	2000
Long Jump	Gianna Mogentale	Illawarra Blue Stars	4.53	2016
High Jump	Christine Shaw	Wollongong	1.35	2013
Triple Jump	Gianna Mogentale	Illawarra Blue Stars	9.68	2014
Shot Put 3kg	Lisa Watson	NSW Masters	11.27	2016
Discus 1kg	Vicki Townsend	Mingara	30.47	2016
Javelin 500g	Mary Thomas	Illawarra Blue Stars	33.65	2001
Hammer 3kg	Denise Palmer	Athletics Wollongong	37.78	2003

60 - 69yrs. (60yrs & over from 2003 - 2009)

100m	Noreen Parish	Athletics Wollongong	15.45	2005
200m	June Lowe	Illawarra Blue Stars	34.34	2016
400m	Noreen Parish	Athletics Wollongong	1.17.32	2005
800m	Rosalind Perry	Athletics Wollongong	3.50.12	2013
1500m	Rosalind Perry	Athletics Wollongong	7.29.01	2014
3000m	Janice Davis	Newcastle Veterans	14.36.30	2011
2k Steeple	Rosalind Perry	Athletics Wollongong	12.05.21	2013
80m Hdls	June Lowe	Illawarra Blue Stars	18.14	2016
3000m Walk	Judy Kenyon	NSW Masters	21.51.48	2008
Long Jump	June Lowe	Illawarra Blue Stars	3.32	2016
High Jump	June Lowe	Illawarra Blue Stars	1.10	2015
Triple Jump	Janice Beckett	Athletics Wollongong	7.23	2003
Shot Put 3kg	June Lowe	Illawarra Blue Stars	9.38	2015
Discus 1kg	Mary Thomas	Illawarra Blue Stars	25.27	2007
Javelin 400g	Mary Thomas	Illawarra Blue Stars	31.89	2005
Hammer 3kg	June Lowe	Illawarra Blue Stars	36.80	2016

70yrs & over (From 2010)

100m	Kathleen Cook	Mingara	18.81	2013
200m	Kathleen Cook	Mingara	40.55	2013
400m	Elvire Asprey	Illawarra Blue Stars	1.52.90	2010
800m	Elvire Asprey	Illawarra Blue Stars	4.34.76	2010
Shot Put	Mary Thomas	Illawarra Blue Stars	8.18	2015
Discus 1kg	Mary Thomas	Illawarra Blue Stars	21.58	2015
Javelin 400g	Mary Thomas	Illawarra Blue Stars	20.84	2015
Hammer 3kg	Mary Thomas	Illawarra Blue Stars	26.53	2015

PLEASE NOTE: .

Anyone aware of errors or omissions in the list of "Best on Record" Performances please contact the Championship Manager or ANSW so corrections can be made. Your input is appreciated.