

Long Jump**Last updated 1/6/19****Top 50**

1	Chris	SHARP	1989	6.33m
2	Linda	ALLEN	2012	6.32m
3	Elizabeth	WEBSTER	1965	5.93m
4	Ellia	GREEN	2011	5.91m
5=	Maxine	TRESIZE	1974	5.70m
	Kym	BELL	1984	5.70m
7	Alana	PORTER	2018	5.67m
8=	M	ADAMS	1979	5.61m
	Kym	BELL	1984	5.61m
10	Jessica	GALLAGHER	2011	5.59m
11	Diane	GROVES	1984	5.58m
12	Alana	PORTER	2018	5.56m
13	Grace	COTTON	2010	5.46m
14=	Karen	LYNE	2001	5.43m
	Carmen	MILLER	2000	5.43m
16	Evelyn	VANDERA	1970	5.41m
17	Isabella	HARPER	2018	5.34m
18=	Sonia	CRABTREE	1989	5.26m
	Karen	AARSMAN	1978	5.26m
20	Sarah	FORSTER	2000	5.23m
21	Kerri	HOCKING	1982	5.19m
22	Tahli	GREENWOOD	2009	5.14m
23=	Rebecca	WEISZ	2001	5.13m
	Kathy	HIRST	1982	5.13m
25	Natalie	FRANCIS	1987	5.12m
26	Lenka	MAREK	1979	5.10m
27=	Winnie	GEORGE	1932	5.08m
	Pauline	BOWLER	1983	5.08m
	Ellia	GREEN	2007	5.08m
30=	Elizabeth	DUNBAR	1982	5.07m
	Janice	WATT	1981	5.07m
	Kate	TRIDGELL	2003	5.07m
33=	Tahli	GREENWOOD	2001	5.05m
	Chynea	LANG	2010	5.05m
35	Larissa	WILSON	1997	5.04m
36	Natalie	SIEBEL	1993	5.03m
37	Aisling	O'CONNOR BUCKLEY	2018	5.01m
38	Marcia	MILL	1965	5.00m
39	Alison	ROBINSON	1988	4.94m
40=	Melanie	DYBALL	1987	4.93m
	Lauren	WOODMAN	2002	4.93m
	Louise	BUCKLEY	1978	4.93m
	Elise	BINNINGTON	2005	4.93m
44=	Jenny	VINE	2001	4.91m
	Sarah	POORE	2004	4.91m

46	Bronwyn	BULLIVANT	1975	4.90m
47=	Daisy	KING	1964	4.89m
	Elizabeth	OWEN	1956	4.89m
49=	Claudia	WHITFORD	2016	4.88m
	Amy	LIU	2018	4.88m

Triple Jump		Last updated		>10.00m
		31/6/2019		
1	Linda	ALLEN	2012	13.70m
2	Carmen	MILLER	2000	12.74m
3	Karen	LYNE	2001	12.52m
4	Melanie	DYBALL	1987	12.09m
5	Alana	PORTER	2018	11.91m
6	Isabella	HARPER	2019	11.63m
7	Aisling	O'CONNOR BUCKLEY	2017	11.29m
8	Sarah	POORE	2004	11.25m
9	Ellia	GREEN	2012	11.16m
10	Tahli	GREENWOOD	2001	11.15m
11	Elise	BINNINGTON	2002	11.08m
12	Claudia	WHITFORD	2016	11.02m
13	Brooke	GORDON	2018	10.94m
14	Isabella	HARPER	2018	10.67m
15=	Larissa	WILSON	1997	10.65m
	Chynea	LANG	2010	10.65m
17	Jordyne	ORB	2018	10.62m
18	Romanie	BARNES	2017	10.58m
19=	Zandi	BAKER	1994	10.53m
	Natalie	FRANCIS	1988	10.53m
21	Sarah	FORSTER	2000	10.48m
22	Jane	RAMSAY	2005	10.45m
23	Amy	LIU	2019	10.38m
24	Jodi	BIRD	1998	10.36m
25	Julienne	MOORE	1991	10.35m
26=	Lauren	WOODMAN	2002	10.26m
	Marita	IRWIN	2003	10.26m
	Jane	RAMSAY	2004	10.26m
29	Zoe	COOK	1994	10.25m
30	Natalie	GNED	1998	10.17m
31	Camilla	BURROWS	2017	10.15m
32	Jenny	VINE	2001	10.11m
33	Sage	GREENWOOD	2004	10.10m
34	Emily	MCLEAN	2015	10.04m

High Jump		Last updated		>1.50m
		1/6/2019		
1	Molly	GRAU	2012	1.80m

2	Sage	GREENWOOD	2006	1.70m
3=	Debbie	FLINTOFF	1980	1.69m
	Noa	KINO	2019	1.69m
5=	Maxine	TRESIZE	1974	1.68m
	Polly	DEAN_JOHNS	2019	1.68m
7	Kayla	DE BONDY	2009	1.67m
8	Heather	JARVIS	1978	1.66m
9=	Julienne	MOORE	1989	1.65m
	Nicole	COUGHLIN	1985	1.65m
	Sophie	O'SULLIVAN	2018	1.65m
12	Rebecca	WEISZ	1998	1.63m
13=	Annette	ALLEN	1959	1.62m
	Sarah	CLEARY	2012	1.62m
15	Natashia	BIGGS	1995	1.61m
16	Amy-Rose	ROBERTS	2012	1.60m
17=	Jenny	VINE	2001	1.57m
	Jacqui	SMITH	1979	1.57m
	M	ADAMS	1979	1.57m
20=	Raylene	PARKE	1965	1.55m
	Lauren	STRAUSS	2002	1.55m
	Katie	CHIVERS	2002	1.55m
	Tahli	GREENWOOD	2001	1.55m
	Jodi	BIRD	1999	1.55m
	Kym	BELL	1987	1.55m
26=	Karen	AARSMAN	1070	1.51m
	Andrea	HUDSON	1981	1.51m
	Carole	LANG	1956	1.51m
29=	Larissa	WILSON	1997	1.50m
	Katie	SALMON	1999	1.50m
	Kim	HENDERSON	1978	1.50m
	Evelyn	VANDERAA	1971	1.50m
	Kerry	O'DOWD	1971	1.50m
	Sonia	VANDERAA	1970	1.50m
	Jessie	CONNICK	2004	1.50m
	Jayde	DEBONDY	2007	1.50m
	Kate	MUNRO	2007	1.50m
	Kayla	DEBONDY	2007	1.50m
	Casey	LEE	2012	1.50m
	Chynea	LANG	2012	1.50m
	Noa	KINO	2018	1.50m
	Polly	DEAN-JOHN	2018	1.50m
	Haylee	REES	2018	1.50m

Pole Vault

	Last updated			>2.00m
	1/6/2019			
1	Sophie	LICHOUDARIS	2010	3.60m

2	Rebecca	WEISZ	2001	3.45m
3	Jacqui	ROBBINS	2001	3.45m
4	Chynea	LANG	2011	2.55m
5	Fiona	STOTT	1998	2.45m
6	Juliet	AUSTIN	2007	2.40m
7	Lauren	STRAUSS	2002	2.15m
8	Keshia	ABEYSEKERA	2002	2.10m
9	Hannah	LLEWELYN	2011	2.10m
10	Jenny	KING	2019	2.05m

Javelin (600gm) **Last updated 1/6/2019** **>25.00m**

1	Kathryn	WOROTNICKI	2004	43.74m
2	Jessica	KAUFMAN	2010	43.01m
3	Rosie	HOOPER	1996	
4	Nicki	ASPRIS	2004	41.75m
5	Kimberley	MULHALL	2005	41.21m
6	Jessica	KAUFMAN	2017	39.65m
7	Andrea	ASPRIS	1997	39.60m
8	Sophie	LICHOUDARIS	2010	39.21m
9	Jessica	GALLAGHER	2012	38.17m
10	Samantha	MILLER	2019	37.71m
11	Francesca	ALVES	2011	37.42m
12	Grace	MAGLIO	1986	35.18m
13	Jodi	BIRD	1998	34.66m
14	Kylie	MACKELLIN	2004	34.41m
15	Juliet	AUSTIN	2004	32.80m
16	Roula	KOUIOUMTZIS	1990	32.40m
17	Leilani	CLARKEN	2009	32.24m
18	Keely	ZENNER	2006	30.78m
19	Sally	WHITEHEAD	1989	30.08m
20	Larissa	WILSON	1998	30.02m
21	Lucy	PHILLIPS	2007	29.98m
22	Margaret	SATUPAI	2006	27.09m
23	Kath	MCGRATH	1991	27.00m
23	Denise	PASSMORE	1989	25.82m
23	Bernadette	MCGRATH	1986	25.80m
24	Dee	HANEK	2003	25.54m
25	Rebecca	WEISZ	1998	25.17m

Pre-1985 **>25.00**

1	Jodi	PINSENT	1981	42.04m
2	Kerryn	BELL	1985	35.24m
3	Joanne	ROWAN	1985	31.78m
4	N	PEARSON	1981	29.68m
5	Annette	RUFFLE	1979	29.60m

6	Donna	WILLIAMS	1975	29.46m
7	Wendy	EMBLETON	1980	28.76m
8	Heather	JARVIS	1982	28.18m
9	Lorraine	MORGAN	1979	28.08m
10	M	PERRY	1980	26.68m
11	Melina	DEFTEROS	1981	26.62m
12	J	LYON	1971	26.40m
13	Brenda	CARR	1970	25.87m
14	Jane	PARSONS	1975	25.76m

Shot Put (4kg) **Last updated 1/6/2019** **>10.00m**

1	Margaret	SATUPAI	2011	16.43m
2	Denise	PASSMORE	1994	14.22m
3	Kate	FRENEY-MILLS	1983	13.88m
4	Jessica	KAUFMAN	2018	12.99m
5	Kimberley	MULHALL	2005	12.28m
6	Leilani	CLARKEN	2011	11.97m
7	Zipporah	LEE-SANG	2000	11.66m
8	Grace	MAGLIO	1982	11.18m
9	Jodi	BIRD	1998	11.16m
10	Maria	NOMIKOUDIS	2012	11.06m
11	Jessica	GALLAGHER	2010	10.98m
12	Helga	KLAUSGRABER	1982	10.77m
13	Kelly	ARNOLD	1983	10.65m
14	Maxine	TRESIZE	1978	10.60m
15	Vicki	KING	1974	10.56m
16	Kylie	MACKELLIN	2005	10.55m
17	Chynea	LANG	2010	10.55m
18	Grace	MAGLIO	1986	10.40m
19	Keely	ZENNER	2005	10.38m
20	Kathryn	WOROTNICKI	2006	10.31m
21	Roula	KOUIOUMTZIS	1990	10.30m
22	Heather	JARVIS	1981	10.30m
23	Larissa	WILSON	1998	10.10m
24	Jonni	KING	1975	10.08m
25	Georgia	TIMEWELL	1996	10.05m
26	Marie	POTTS	1972	10.01m

Discus (1kg) **Last updated 1/6/2019** **>28.00m**

1	Margaret	SATUPAI	2011	51.92m
2	Jessica	KAUFMAN	2009	42.49m
3	Kimberley	MULHALL	2005	40.61m
4	Kylie	MACKELLIN	2004	40.11m
5	Isobel	DENEFE	1987	38.80m

6	Denise	PASSMORE	1990	38.58m
7	Jessica	GALLAGHER	2009	38.21m
8	Keely	ZENNER	2005	36.94m
9	Grace	MAGLIO	1987	36.14m
10	Phoebe	SLOANE	2009	35.85m
11	Leilani	CLARKEN	2010	34.74m
12	Kathryn	WOROTNICKI	2006	33.69m
13	Eva	MAYER	1982	33.64m
14	Kelly	ARNOLD	1983	33.60m
15	Monica	MCGRATH	1987	33.20m
16	Jessica	STEFANOVIC	2018	33.04m
17	Roula	KOUIOUMTZIS	1990	32.38m
18	Vicki	KING	1970	32.21m
19	Rebecca	WELLS	1994	32.04m
20	Georgia	TIMEWELL	1996	30.66m
21	Karen	AARSMAN	1979	30.46m
22	Juliet	AUSTIN	2002	29.76m
23	Donna	TURNER	1994	29.58m
24	Helga	KLAUSGRABER	1982	28.96m
25	Nicki	ASPRIS	2002	28.79m
26	Kath	MCGRATH	1991	28.74m
27	Lyn	VARLEY	1974	28.49m
28	Toni	MATTERS	2018	28.28m
29	Margaret	DUNBAR	1988	28.12m
30	Joanne	ROWAN	1985	28.00m

Hammer Throw (4kg)

Last Updated
1/6/2019

>20.00m

1	Denise	PASSMORE	1994	55.12m
2	Margaret	SATUPAI	2011	47.41m
3	Leilani	CLARKEN	2011	42.89m
4	Kimberley	MULHALL	2005	40.58m
5	Keely	ZENNER	2005	39.75m
6	Donna	TURNER	1994	36.50m
7	Kylie	MACKELLIN	2004	36.42m
8	Olivia	BIRKETT	2001	35.66m
9	Rebecca	WELLS	1998	33.00m
10	Monica	MCGRATH	1988	30.96m
11	Brooke	CHAPMAN	1988	30.40m
12	Roula	KOUIOUMTZIS	1989	29.64m
13	Elizabeth	BOX	1994	29.04m
14	Bernadette	MCGRATH	1995	28.78m
15	Kathryn	WOROTNICKI	2005	24.59m
16	Juliet	AUSTIN	2003	22.90m