

4 * 100m

Open		1984	47.44
	<i>Debbie Flintoff-King Chris Sharp</i>	<i>Nicki Webb Diane Groves</i>	
Under 14		2011	52.63
	<i>Amy Roberts Christine Byrne</i>	<i>Charlotte McKenzie Sophie Fighera</i>	
Under 16		2010	51.07
	<i>Ally Brammer Lucy Hamilton</i>	<i>Isabelle Flook Emily Rainsford</i>	
Under 18		1981	48.4
	<i>Kathy Hurst Joanne Green</i>	<i>Joanne Watt Michelle Baumgarten</i>	
Under 20		2007	50.80
	<i>Josie O'Sullivan Philippa Karoly</i>	<i>Adele Sylvester Sherena Mulgrave</i>	
40+		2017	61.72
	<i>Michelle Ciavarella Kara Gilbert</i>	<i>Kylie Hodges Kellie Macknamara</i>	
50+		2022	63.60
	<i>Rozlyn Walker, Kara Gilbert, Toni Matters, Louise Mclean</i>		

4 * 200m

Open		1985	1:37.3
<i>Debbie Flintoff-King</i>	<i>Nicki Webb</i>		
<i>Chris Sharp</i>	<i>Lindley Longstaff</i>		
Under 14		2004	1:52.95
<i>Kate Scott</i>	<i>Chloe DiFrancesco</i>		
<i>Claire Cuttler</i>	<i>Alex Churchwood</i>		
Under 16		2009	1:49.38
<i>Tamsen Kempster</i>	<i>Kayde DeBondt</i>		
<i>Emily Rainsford</i>	<i>Lucinda Hamilton</i>		
Under 18		2010	1:45.47
<i>Kayla DeBondt</i>	<i>Adelaide Robertson</i>		
<i>Ella Green</i>	<i>Emily McLean</i>		
Under 20		2007	1:45.35
<i>Josephine O'Sullivan</i>	<i>Kelly Hetherington</i>		
<i>Philippa Karoly</i>	<i>Sherena Mulgrave</i>		
40+		2019	2:13.9
<i>Kellie Macknamara</i>	<i>Roz Walker</i>		
<i>Helen Rainey</i>	<i>Heather Carr</i>		

4 * 400m

Open		1984	3:43.3
	<i>Michelle Baumgartner</i>	<i>Debbie Flintoff-King</i>	
	<i>Chris Sharp</i>	<i>Nicki Webb</i>	
Under 14		2013	4:19.03
	<i>Amy Roberts</i>	<i>Jessica Clark</i>	
	<i>Sophie Fighera</i>	<i>Charlotte McKenzie</i>	
Under 16		2021	4:06.43
	<i>Amber Van Eede</i>	<i>Tanasha Santosh</i>	
	<i>Andi Skandalis</i>	<i>Thanya Vijayakumar</i>	
Under 18		1982	3:56.6
	<i>Jeannie Gray</i>	<i>Janice watt</i>	
	<i>Kathy Hirst</i>	<i>Kellie Baumgartner</i>	
Under 20	Not Claimed		
40+		2017	5:20.84
	<i>Michelle Ciavarella</i>	<i>Kara Gilbert</i>	
	<i>Karen Aarsman</i>	<i>Kylie Hodges</i>	
50+		2022	5:37.55
	<i>Victoria Haritos, Rozlyn Walker,</i>		
	<i>Lisa Deramond, Kara Gilbert</i>		

4 * 800m

Open **2011** **9:26.66**

Cara Peake *Georgina Beech*
Anna Ross *Melissa Vanderwater*

Under 14 **Not Claimed**

Under 16 **2009** **10:25.90**

Kaora Nakase *Chauney Douglass*
Olivia Mort *Courtenay Wood*

Under 18 **2018** **9:29.02**

Larissa McBurney *Kaitlin Barr*
Sophie O'Sullivan *Ciary Losty*

Under 20 **2011** **9:47.57**

Kayde DeBondt *Nicola Anthony*
Jayde DeBondt *Keana Tour-May*

Masters **Not Claimed**

4 * 1500m

Open **2010** **18:52.17**

Kellie Macknamara
Sonia O'Sullivan

Benita Willis
Erica Fountain

Under 20 **2004** **22:37.13**

Sarah Lund
Laura Monagle

Kate Monagle
Laura Eades

40+ **2014** **20:59.22**

Julia Edwards
Bridget Wetherall

Sonia O'Sullivan
Gill Highnam

Sprint Medley (800m, 400m, 200m, 200m or 200m, 200m, 400m and 800m)

Open **2010** **3:57.56**

Claire Cuttler
Kellie Hetherington

Ashleigh Horrobin
Erica Fountain

Under 16

2015

4:08.25

Brittany Tran
Ciary Losty

Jasmine Fassoulis
Sophie O'Sullivan

Under 18

2018

4:07.18

Jemma Stapleton
Alana Porter

Romanie Barnes
Sophie O'Sullivan

40+

2021

5:32.50

Toni Matters
Kellie Macknamara

Rozlyn Walker
Kara Gilbert

Distance Medley (1200m, 400m, 800m & 1600m)

Club record

2022 12:57.71

**Madison King, Ameya Sommer-Allie,
Thanya Vijayakumar, Tanasha Santosh**

Open

2022 13:00.58

**Kaitlin Barr, Anna Ross,
Abi Kenny, Sarah Howe**

U18

2022 12:57.71

**Madison King, Ameya Sommer-Allie,
Thanya Vijayakumar, Tanasha Santosh**

40+

2022 16:28.33

**Kylie Irshad, Victoria Haritos,
Lisa Deramond, Fiona Noble**

2 * 800m

Open **2019** **5:24.6**
Dana Dekkers Sharon Firusua

2 * 1500m

Open **2019** **10:09.34**
Emma Hogan Sharon Firusua

40+ **2019** **12:09.42**
Kellie Macknamara Roz Walker