

100m

Open **Christine Byrne** **11.80**

Set in 2017

Juniors		Set	Performance
Under 13	Claire Cuttler	2005	12.94 (12.7h)
Under 14	Kathy Hirst	1980	12.54 (12.3h)
Under 15	Claire Cuttler	2006	12.34
Under 16	Ellia Green	2009	11.84 (11.6h)
Under 17	Ellia Green	2009	11.84 (11.6h)
Under 18	Christine Byrne	2017	11.69 (w/a)
Under 20	Christine Byrne	2017	11.69 (w/a)
Masters			
35-39	Margaret Dunbar	1976	13.14 (12.9h)
40-44	Margaret Dunbar	1978	12.74 (12.5h)
45-49	Margaret Dunbar	1983	13.44 (13.2h)
50-54	Margaret Dunbar	1988	13.94 (13.7h)
55-59	Margaret Dunbar	1993	14.40
60-64	Marlene Gourlay	2016	18.11
65-69	Marlene Gourlay	2017	19.84
70-74	Heather Carr	2020	21.61

Christine Byrne also has a wind assisted time of 11.69.

200m

Open Debbie Flintoff-King 23.71

Set in 1986

Juniors		Set	Performance
Under 13	Bronwyn Bullivant	1974	27.04 (26.8h)
Under 14	Julia Zaitseva	2022	25.57
Under 15	Katie Chivers	2001	25.64 (25.4h)
Under 16	Ellia Green	2009	25.13
Under 17	Claire Cuttler	2009	24.65
Under 18	Katie Chivers	2004	24.12
Under 20	Katie Chivers	2004	24.12
Masters			
35-39	Daisy Irwin	1983	27.52
40-44	Margaret Dunbar	1978	27.64
45-49	Margaret Dunbar	1983	29.74
50-54	Margaret Dunbar	1988	29.74
55-59	Louise McLean	2022	32.05
60-64	Victoria Haritos	2022	37.29
65-69	Marlene Gourlay	2017	37.71
70-74	Heather Carr	2020	45.79
75-79	Gwen Steed	2020	67.03

Open: Sandi Richards, Jamaican Olympian, competed for the Bayside Combine, representing Glenhuntly, but did not compete on more than 5 occasions.

400m

Open *Debbie Flintoff-King* **50.78**

Set in 1986

<i>Juniors</i>		Set	Performance
Under 13	Jazmin Firth	2021	60.60
Under 14	Jazmin Firth	2022	57.95
Under 15	Keana Tour-May	2008	56.50
Under 16	Susie Knight	2005	56.12
Under 17	Susie Knight	2005	56.12
Under 18	Susie Knight	2006	55.47
Under 20	Michelle Baumgartner	1981	53.84 (53.7h)

<i>Masters</i>			
35-39	Daisy Irwin	1983	61.56
40-44	Delwyn Hewitt	2006	64.99
45-49	Kellie Macknamara	2022	75.25
50-54	Kara Gilbert	2022	74.79
55-59	Roz Walker	2022	82.6
60-64	Lisa Deramond	2022	88.39
65-69	Marlene Gourlay	2017	84.47
70-74	Heather Carr	2020	101.67
75-79	Not Claimed		

600m

Open **Claudia Carter** **1:35.7**

Set in 2019

Juniors		Set	Performance
Under 13	Jazmin Firth	2020	01:56.5
Under 14	Tanasha Santosh	2020	01:40.9
Under 15	Not Claimed		
Under 16	Not Claimed		
Under 17	Sophie Lawson	2020	02:12.6
Under 18	Not Claimed		
Under 20	Not Claimed		
Masters			
35-39	Not Claimed		
40-44	Aggie Byers	2020	02:09.7
45-49	Helen Rainey	2020	02:20.3
50-54	Kara Gilbert	2020	02:18.3
55-59	Roz Walker	2019	2:14.9
60-64	Not Claimed		
65-69	Not Claimed		
70+	Heather Carr	2019	2:40.4

This event is very irregular and was only introduced into Nitro interclub in 2019.

800m

Open Michelle Baumgartner 02:01.1h

Set in 1982

Kelly Hetherington 02:01.22

Set in 2014

Juniors

Set Performance

Under 13	Sophie O'Sullivan	2014	02:18.02
Under 14	Keana Tour-May	2007	02:13.71
Under 15	Keana Tour-May	2008	02:12.29
Under 16	Sophie O'Sullivan	2017	02:08.39
Under 17	Sophie O'Sullivan	2018	02:06.05
Under 18	Sophie O'Sullivan	2018	02:06.05
Under 20	Michelle Baumgartner	1982	02:01.1h

Masters

35-39	Brenda Carr	1976	02:15.2
40-44	Delwyn Hewitt	2008	02:22.7
45-49	Delwyn Hewitt	2010	02:32.51
50-54	Kara Gilbert	2022	02:51.0
55-59	Roz Walker	2022	03:05.3
60-64	Lisa Deramond	2022	03:20.4
65-69	Marlene Gourlay	2017	03:21.0
70-74	Heather Carr	2020	03:45.2
75-79	Not Claimed		

1,500m

Open Sonia O'Sullivan

04:06.5h

Set in 2001

Juniors		Set	Performance
Under 13	Sophie O'Sullivan	2014	04:47.37
Under 14	Keana Tour-May	2007	04:39.20
Under 15	Sophie O'Sullivan	2016	04:36.76
Under 16	Sophie O'Sullivan	2017	04:28.91
Under 17	Sophie O'Sullivan	2018	04:22.22
Under 18	Sophie O'Sullivan	2018	04:22.22
Under 20	Sophie O'Sullivan	2018	04:22.22

Masters

35-39	Brenda Carr	1976	04:34.4
40-44	Delwyn Hewitt	2009	04:47.6
45-49	Delwyn Hewitt	2010	04:47.56
50-54	Kim Nanscawen	2021	05:55.0
55-59	Kim Nanscawen	2021	05:54.58
60-64	Marlene Gourlay	2016	06:27.28
65-69	Marlene Gourlay	2017	06:19.57
70+	Heather Carr	2021	07:31.29

3,000m

Open *Sonia O'Sullivan.*

8:43.5h

Set in 2001

Juniors

Set Performance

Under 13	Not claimed		
Under 14	Madison King	2021	10:30.0
Under 15	Indica Cohen	2014	10:45.71
Under 16	Kerry Milne	1991	10:29.0h
Under 17	Sophie O'Sullivan	2019	9:45.36
Under 18	Sophie O'Sullivan	2019	9:45.36
Under 20	Sophie O'Sullivan	2019	9:45.36

Masters

35-39	Brenda Carr	1976	10:11.6
40-44	Delwyn Hewitt	2009	10:37.8
45-49	Delwyn Hewitt	2010	10:28.4
50-54	Kara Gilbert	2022	13:49.8
55-59	Rozlyn Walker	2022	13:56.2
60-64	Lisa Deramond	2022	13:58.5
65-69	Not Claimed		
70+	Heather Carr	2020	15:49.7

5,000m

Open Sonia O’Sullivan

14:41.0h

Set in 2001

Juniors

Set Performance

Under 18	Juliet McBurney	2019	17:05.38
Under 20	Juliet McBurney	2019	17:05.38

Masters

35-39	Vanessa Wilson	2019	17:31.50
40-44	Sinead Diver	2021	15:41.26
45-49	Delwyn Hewitt	2010	18:39.8
50-54	Sonia O’Sullivan	2021	19:40.0
55-59	Kim Nanscawen	2021	21:59.19
60-64	Marlene Gourlay	2015	23:23.6
65-69	Marlene Gourlay	2016	24:23.0
70+	Heather Carr	2021	27:53.9

10,000m

Open Sonia O’Sullivan.

30:53.4

Set in 2000

Juniors

Set Performance

Under 13 Not claimed
Under 14 Not claimed
Under 15 Not claimed
Under 16 Not claimed
Under 17 Not claimed
Under 18 Not claimed
Under 20 Not claimed

Masters

35-39	Not claimed		
40-44	Sinead Diver	2019	31:25.49
45-49	Not claimed		
50-54	Not claimed		
55-59	Not claimed		
60-64	Lisa Deramond	2022	53:05.9
65-69	Not Claimed		
70+	Not claimed		

2,000m Steeplechase

Open Juliet McBurney 7:16.92

Set in 2019

Juniors

Set Performance

Under 13	Kaori Nakase	2009	8:10.22
Under 14	Kaori Nakase	2010	8:03.48
Under 15	Madeleine Wilson	2020	7:30.19
Under 16	Chynea Lang	2010	7:37.69
Under 17	Juliet McBurney	2018	7:29.97
Under 18	Juliet McBurney	2019	7:16.92
Under 20	Juliet McBurney	2019	7:16.92

Masters

35-39	Julia Edwards	2011	7:27.50
40-44	Delwyn Hewitt	2009	7:38.7h
45-49	Not Claimed		
50-54	Vicki Charles	2017	12:22.6
55-59	Not Claimed		
60-64	Victoria Haritos	2021	12:32.2
65-69	Marlene Gourlay	2017	9:41.2
70-74	Not Claimed		
75-79	Heather Carr	2020	11:38.8

1,500m Walk

Open *Simone McInnes*

6:53.15

Set in 2015

Juniors

		Set	Performance
Under 13	Lynette Hughan	1977	7:51.6
Under 14	Lynette Hughan	1977	7:51.6
Under 15	Deanne Hutton	1993	7:36.9
Under 16	Teresa Buckingham	1982	7:16.9
Under 17	Teresa Buckingham	1982	7:16.9
Under 18	Teresa Buckingham	1982	7:16.9
Under 20	Teresa Buckingham	1982	7:16.9

Masters

35-39	Not Claimed		
40-44	Janet Holmes	1998	7:56.0
45-49	Janet Holmes	2000	7:47.0
50-54	Janet Holmes	2005	7:49.8
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Heather Carr	2016	7:52.72
70-74	Heather Carr	2020	8:37.2
75-79	Gwen Steed	2021	10:11.0

2,000m Walk

Open Simone McInnes

8:41.6h

Set in 2017

Juniors

		Set	Performance
Under 15	Chloe Kaufman	2020	12:21.20
Under 17	Deanne Hutton	1996	9:35.7
Under 18	Deanne Hutton	1996	9:35.7
Under 20	Deanne Hutton	1996	9:35.7

Masters

35-39	Cassie Little	2020	12:33.90
40-44	Janet Holmes	1998	11:03.0
45-49	Janet Holmes	2001	10:23.5
50-54	Janet Holmes	2004	10:34.5
55-59	Roz Walker	2020	12:00.3
60-64	Not Claimed		
65-69	Heather Carr	2016	10:52.2
70-74	Heather Carr	2019	11:47.0
75-79	Gwen Steed	2020	13:34.9

3,000m Walk

Open Simone McInnes

13:11.0h

Set in 2018

Juniors		Set	Performance
Under 13	Lynette Hughan	1978	17:14.2
Under 14	Teresa Buckingham	1980	16:31.5
Under 15	Teresa Buckingham	1981	15:28.8
Under 16	Teresa Buckingham	1981	15:28.8
Under 17	Deanne Hutton	1996	14:34.9
Under 18	Deanne Hutton	1996	14:34.9
Under 20	Deanne Hutton	1996	14:34.9

Masters

35-39	Not Claimed		
40-44	Janet Holmes	1998	17:11.0
45-49	Janet Holmes	2001	16:51.0
50-54	Janet Holmes	2005	16:41.72
55-59	Roz Walker	2021	21:57.4h
60-64	Marlene Gourlay	2016	17:44.6
65-69	Heather Carr	2016	16:55.8
70-74	Heather Carr	2020	17:50.6
75-79	Gwen Steed	2020	20:48.6

5,000m Walk

Club record Kylie Irshad

30:45.69

Set in 2022

Open

Not claimed

Juniors

Set

Performance

Under 13 Not claimed
Under 14 Not claimed
Under 15 Not claimed
Under 16 Not claimed
Under 17 Not claimed
Under 18 Not claimed
Under 20 Not claimed

Masters

35-39	Not Claimed		
40-44	Not Claimed		
45-49	Not Claimed		
50-54	Kylie Irshad	2022	30:45.69
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Not Claimed		
70-74	Heather Carr	2022	33:22.23
75-79	Not Claimed		

10,000m Walk

Club record Heather Carr

1:15:45

Set in 2022

Open

Not claimed

Juniors

Set

Performance

Under 13 Not claimed
Under 14 Not claimed
Under 15 Not claimed
Under 16 Not claimed
Under 17 Not claimed
Under 18 Not claimed
Under 20 Not claimed

Masters

35-39 Not Claimed
40-44 Not Claimed
45-49 Not Claimed
50-54 Not Claimed
55-59 Not Claimed
60-64 Not Claimed
65-69 Not Claimed
70-74 Heather Carr
75-79 Not Claimed

2022

1:15:45

Heptathlon

Open Jessica Kaufman

4160 points

Set in 2009

Juniors		Set	Performance
Under 13	Jazmin Firth	2021	3363 points
Under 14	Jazmin Firth	2022	4359 points
Under 15	Not Claimed		
Under 16	Jessica Kaufman	2008	4425 points
Under 17	Gemma Craddock	2021	3849 points
Under 18	Jessica Kaufman	2009	4160 points
Under 20	Jessica Kaufman	2009	4160 points
Masters			
40-44	Aggie Byers	2021	2087 points

Sprint Hurdles (100m 10ft 84.0cm)

Open Jemma Stapleton 14.97

Set in 2019

Juniors		Set	Performance
80m 8ft 76.2cm			
Under 13	Laura Wong	2021	13.02
Under 14	Laura Wong	2022	12.3
90m 9ft 76.2cm			
Under 15	Aisling O'Connor-Buckley	2017	13.89
Under 16	Aisling O'Connor-Buckley	2017	13.43
100m 10ft 76.2cm			
Under 17	Aisling O'Connor-Buckley	2019	14.17
Under 18	Aisling O'Connor-Buckley	2019	14.17
100m 10ft 84.0cm			
Under 20	Jemma Stapleton	2019	14.97
	Elise Binnington	2004	15.14 (14.9h)
	Sue McIntosh	1985	15.14 (14.9h)

Masters

100m (84.0cm)

35-39

90m (76.2cm)

40-44

45-49

Kylie Hodges

2017

18.89

80m (76.2cm)

40-44

Aggie Byers

2021

17.91

45-49

Not claimed

50-54

Louise McLean

2017

17.78

55-59

80m (68.6cm)

60-64

65-69

High Jump

Open **Molly Grau** **1.80m**

Set in 2012

Juniors		Set	Performance
Under 13	Tracey Smith	1979	1.57m
Under 14	Natasha Biggs	1995	1.61m
Under 15	Polly Dean-Johns	2019	1.68m
Under 16	Polly Dean-Johns	2019	1.68m
Under 17	Polly Dean-Johns	2021	1.75m
Under 18	Sage Greenwood	2007	1.70m
	Polly Dean-Johns	2020	1.70m
Under 20	Sage Greenwood	2007	1.70m
	Polly Dean-Johns	2020	1.70m

Masters

35-39	Not Claimed		
40-44	Aggie Byers	2021	1.11m
45-49	Lyn Scarff	1982	1.16m
50-54	Toni Matters	2020	1.15m
55-59	Lydia Widera	1983	1.00m
60-64	Victoria Haritos	2021	1.15m
65-69	Not Claimed		
70+	Not Claimed		

Long Jump

Open

Chris Sharp**6.33m**

Set in 1989

Juniors

		Set	Performance
Under 13	Louise Buckley	1978	4.93m
Under 14	Kym Bell	1983	5.24m
Under 15	Kym Bell	1984	5.70m
Under 16	Kym Bell	1984	5.70m
Under 17	Ellia Green	2010	5.87m
Under 18	Ellia Green	2010	5.87m
Under 20	Ellia Green	2010	5.87m

Masters

35-39	Shirley Kelly	1983	3.40m
40-44	Kylie Hodges	2016	3.97m
45-49	Margaret Dunbar	1983	4.00m
50-54	Margaret Dunbar	1988	3.90m
55-59	Margaret Dunbar	1993	3.72m
60-64	Victoria Haritos	2022	2.68m
65-69	Lydia Widera	1991	3.35m
70-74	Heather Carr	2020	1.70m

Triple Jump

Open **Linda Allen** **13.16m**

Set in 2012

Juniors **Set** **Performance**

Under 13	Chynea Lang	2008	9.92m
Under 14	Tahli Greenwood	2000	10.75m
Under 15	Tahli Greenwood	2001	11.15m
Under 16	Melanie Dyball	1987	12.05m
Under 17	Melanie Dyball	1987	12.05m
Under 18	Melanie Dyball	1987	12.05m
Under 20	Melanie Dyball	1987	12.05m

Masters

35-39	Anshua Kankanamage	2020	5.58m
40-44	Anita Seuntjens	2002	8.42m
45-49	Kylie Hodges	2018	7.78m
50-54	Louise McLean	2018	7.70m
55-59	Not Claimed		
60-64	Marlene Gourlay	2016	5.55m
65-69	Not Claimed		
70+	Not Claimed		

Pole Vault

Open Sophie Lichoudaris 3.60m

Set in 2010

<i>Juniors</i>		<i>Set</i>	<i>Performance</i>
Under 13	Jacqui Robbins	1996	3.05m
Under 14	Jacqui Robbins	1996	3.05m
Under 15	Rebecca Weisz	1996	3.10m
Under 16	Sophie Lichoudaris	2009	3.40m
Under 17	Sophie Lichoudaris	2010	3.60m
Under 18	Sophie Lichoudaris	2010	3.60m
Under 20	Sophie Lichoudaris	2010	3.60m

Masters

35-39	Not Claimed		
40-44	Not Claimed		
45-49	Not Claimed		
50-54	Vicki Charles	2016	1.95m
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Not Claimed		
70+	Not Claimed		

Shot Put

Open 4.0kg Margaret Satupai 16.43m

Set in 2010

Juniors

3.0kg

Under 13	Kimberley Mulhall	2004	12.51m
Under 14	Margaret Satupai	2006	16.17m

4.0kg

Under 15	Margaret Satupai	2007	14.44m
Under 16	Margaret Satupai	2008	14.62m
Under 17	Margaret Satupai	2009	15.02m
Under 18	Margaret Satupai	2011	15.94m
Under 20	Margaret Satupai	2010	16.43m

Masters

4.0kg

35-39	Margaret Dunbar	1976	7.90m
40-44	Bernadette McGrath	1985	7.92m
45-49	Isobelle DeNeefe	1980	10.23m

3.0kg

50-54	Toni Matters	2019	10.25m
55-59	Margaret Dunbar	1993	8.35m
60-64	Lydia Widera	1986	8.78m
65-69	Lydia Widera	1991	8.63m

2.0kg

70+	Margaret Dunbar	2008	6.63m
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Discus

Open 1.0kg Margaret Satupai 2011 52.67m
Set in 2011

Juniors **Set** **Performance**

1.0kg

Under 13	Phoebe Sloane	2007	36.00m
Under 14	Margaret Satupai	2005	44.32m
Under 15	Margaret Satupai	2006	46.94m
Under 16	Margaret Satupai	2006	46.94m
Under 17	Margaret Satupai	2008	48.35m
Under 18	Margaret Satupai	2010	50.94m
Under 20	Margaret Satupai	2011	52.67m

Masters

1.0kg

35-39	Margaret Dunbar	1976	24.90m
40-44	Bernadette McGrath	1985	27.08m
45-49	Margaret Dunbar	1983	29.06m
50-54	Isobelle DeNeefe	1987	38.80m
55-59	Louise McLean	2021	22.98m
60-64	Lydia Widera	1986	25.62m
65-69	Lydia Widera	1991	24.78m
70-74	Heather Carr	2021	11.46m
75-79	Gwen Steed	2020	8.52m

750gm

70-74	Margaret Dunbar	2008	18.09m
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Hammer Throw

Open 4.0kg Denise Passmore 55.12m

Set in 1994

Junior **Set** **Performance**

4.0kg

Under 13	Denise Passmore	1987	20.56m
Under 14	Kimberley Mulhall	2005	39.34m
Under 15	Denise Passmore	1989	41.64m
Under 16	Denise Passmore	1990	42.54m
Under 17	Denise Passmore	1991	48.78m
Under 18	Denise Passmore	1992	49.56m
Under 20	Denise Passmore	1994	55.12m

Masters

4.0kg

35-39	Not Claimed		
40-44	Bernadette McGrath	1986	25.28m
45-49	Jan Davies	1990	35.08m

3.0kg

50-54	Jan Davies	1992	41.56m
55-59	Sandra Howarth	2018	31.45m
60-64	Lydia Widera	1986	30.46m
65-69	Lydia Widera	1991	33.00m

2.0kg

70+	Not Claimed		
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Javelin

Open 600gm Katherine Worotnicki 43.74m

Set in 2004

<i>Junior</i>		<i>Set</i>	<i>Performance</i>
400gm			
Under 13	Kimberley Mulhall	2004	34.56m
Under 14	Kimberley Mulhall	2005	41.21m
500gm			
Under 16	Gemma Craddock	2020	41.46m
Under 17	Gemma Craddock	2020	41.87m
600gm			
Under 15	Andrea Aspris	1997	40.44m
Under 16	Jessica Kaufman	2009	41.13m
Under 17	Niki Aspris	1998	41.49m
Under 18	Katherine Worotnicki	2004	43.74m
Under 20	Katherine Worotnicki	2004	43.74m
Masters			
600gm			
35-39	Karen Wise	1988	22.38m
40-44	Bernadette McGrath	1984	26.40m
45-49	Bernadette McGrath	1987	24.66m
500gm			
50-54	Toni Matters	2019	29.29m
55-59	Lesley Foley	1983	16.07m
400gm			
60-64	Victoria Haritos	2022	14.77m
65-69	Lydia Widera	1993	21.18m
70+	Heather Carr	2021	12.29m

Marathon

Open Benita Willis

2:22:36

Set in 2006

Juniors

Set Performance

Under 13 Not claimed
Under 14 Not claimed
Under 15 Not claimed
Under 16 Not claimed
Under 17 Not claimed
Under 18 Not claimed
Under 20 Not claimed

Masters

35-39 Not claimed
40-44 Sinead Diver 2019 2:24:11
45-49 Not claimed
50-54 Not claimed
55-59 Not claimed
60-64 Not Claimed
65-69 Not Claimed
70+ Not claimed

Half Marathon

Open Benita Willis 1:08:28

Set in 2007

Open Susie Power 1:07:56*

Set in 2002

Open Benita Willis 1:07:55*

Set in 2004

Juniors

Set Performance

Under 13 Not claimed
Under 14 Not claimed
Under 15 Not claimed
Under 16 Not claimed
Under 17 Not claimed
Under 18 Not claimed
Under 20 Not claimed

Masters

35-39	Cassie Little	2022	1:20:59
40-44	Sinead Diver	2020	1:08:50
45-49	Nat Esparon	2022	1:50:35
50-54	Robyn Fletcher	2022	2:27:44
55-59	Kim Nanscawen	2022	1:42:07
60-64	Not Claimed		
65-69	Not Claimed		
70+	Not claimed		

* Not regarded as legal.