

# STATE RECORDS - WOMEN

Age determined as at age of competition

as at 17/05/2017

EVENT	RECORD	RECORD HOLDER	DOB	VENUE	DATE
<b>100M</b>					
Open	11.29	Tania Van Heer	30/12/1970	Kuala Lumpur	17-Sep-98
U/20	11.67	Tania Van Heer	30/12/1970	Adelaide	11-Feb-89
U/18	11.68	Margaret Gayen	10/07/1994	Brisbane	03-Jun-12
U/16	11.97	Carolyn Byles	24/02/1966	Brisbane	12-Dec-81
U/14	12.43	Emma Baudinette	08/04/1987	Adelaide	10-Dec-00
<b>200M</b>					
Open	22.42	Tania Van Heer	30/12/1970	Canberra	06-Feb-99
U/20	23.77	Tania Van Heer	30/12/1970	Adelaide	06-Mar-88
U/18	23.77	Tania Van Heer	30/12/1970	Adelaide	06-Mar-88
U/16	24.16	Carolyn Byles	24/02/1966	Brisbane	13-Dec-81
U/14	25.91	Alice Hansen	05/07/1979	Sydney	20-Mar-93
<b>400M</b>					
Open	51.28	Tania Van Heer	30/12/1970	Melbourne	20-Mar-99
U/20	51.71	Verna Burnard	19/08/1956	Montreal	28-Jul-76
U/18	52.84	Tania Van Heer	30/12/1970	Perth	27-Mar-88
U/16	54.21	Carolyn Byles	24/02/1966	Adelaide	20-Feb-82
U/14	56.48	Kim Nankivell		Adelaide	10-Dec-89
<b>800M</b>					
Open	2.00.68	Wendy Old	24/06/1960	Adelaide	01-Apr-90
U/20	2.05.95	Vicki Freeborn	03/05/1975	Bedford, UK	03-Jul-94
U/18	2.07.35	Vicki Freeborn	03/05/1975	Adelaide	16-Feb-92
U/16	2.07.7h	Vicki Freeborn	03/05/1975	Adelaide	21-Jan-91
U/14	2.13.55	Paige Graham	08/08/1989	Adelaide	22-Feb-03
<b>1500M</b>					
Open	4.09.54	Donna Gould	10/06/1966	Burnaby	16-Jul-84
U/20	4.09.54	Donna Gould	10/06/1966	Burnaby	16-Jul-84
U/18	4.25.05	Paige Graham	08/08/1989	Adelaide	19-Feb-05
U/16	4.25.05	Paige Graham	08/08/1989	Adelaide	19-Feb-05
U/14	4.33.33	Tessa Potezny	18/05/1994	Sydney	09-Dec-07
<b>MILE</b>					
Open	4.47.1h	Wendy Old	24/06/1960	Adelaide	03-Jan-86
U/20	4.49.35	Lisa Tregenza	28/10/1967	Adelaide	26-Jan-87
U/18	4.52.9h	Lisa Tregenza	28/10/1967	Melbourne	15-Dec-83
<b>3000M</b>					
Open	8.44.1h	Donna Gould	10/06/1966	Eugene, USA	13-Jul-84
U/20	8.44.1h	Donna Gould	10/06/1966	Eugene, USA	13-Jul-84
U/18	8.53.7h	Donna Gould	10/06/1966	Adelaide	30-May-84
U/16	9.41.21	Tessa Potezny	18/05/1994	Adelaide	31-Mar-10
U/14	9.54.50	Tessa Potezny	18/05/1994	Adelaide	11-Jan-08
<b>5000M</b>					
Open	15.27.3h	Donna Gould	10/06/1966	Adelaide	06-Jun-84
U/20	15.27.3h	Donna Gould	10/06/1966	Adelaide	06-Jun-84
U/18	15.27.3h	Donna Gould	10/06/1966	Adelaide	06-Jun-84
U/16	17.08.22	Stacy McMahon	08/02/1980	Auckland	20-Jan-96
<b>10000M</b>					
Open	31.11.72	Lisa Ondieki	12/05/1960	Helsinki	30-Jun-92
U/20	34.15.0h	Donna Gould	10/06/1966	Adelaide	18-Dec-85
<b>2000M Steeple</b>					
U/18	6:53.83	Eleanor Wardleworth	05/08/1993	Sydney	12-Mar-10
U/16	6:54.14	Leila Johnson	24/03/1994	Sydney	12-Mar-10
<b>3000M Steeple</b>					
Open	10.02.00	Isobel Batt-Doyle	14/09/1995	Eugene	09-Apr-16
U/20	10.20.18	Eleanor Wardleworth	05/08/1993	Melbourne	15-Apr-11
<b>80M Hurdles</b>					
U/14 (76.2cm)	12.98	Laura Isaac	23/03/1996	Hobart	04-Dec-09

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<b>90M Hurdles</b>					
U/16 (76.2cm)	12.97	Tayla Philis	18/01/1997	Hobart	01-Dec-12
<b>100M Hurdles</b>					
Open (84cm)	13.02	Glynis Nunn	04/12/1960	Los Angeles	03-Aug-84
U/20 (84cm)	13.90	Margaret Gayen	10/07/1994	Sydney	16-Mar-12
U/18 (76.2cm)	13.78	Margaret Gayen	10/07/1994	Brisbane	03-Dec-11
<b>200M Hurdles</b>					
U/16	29.27	Tayla Philis	18/01/1997	Hobart	02-Dec-12
<b>400M Hurdles</b>					
Open (76.2cm)	57.23	Glynis Nunn	04/12/1960	Melbourne	20-Mar-83
U/20 (76.2cm)	60.57	Kristy Watson	24/11/1981	Adelaide	23-Feb-01
U/18 (76.2cm)	61.17	Rosie Lloyd	22/05/1968	Canberra	30-Mar-85
<b>1500M Walk</b>					
U/18	6.19.33	Paige Hooper	01/09/1992	Adelaide	09-Dec-05
U/16	6.19.33	Paige Hooper	01/09/1992	Adelaide	09-Dec-05
U/14	6.19.33	Paige Hooper	01/09/1992	Adelaide	09-Dec-05
<b>3000m Walk</b>					
Open	12.27.73	Tanya Holliday	21/09/1988	Adelaide	19-Jan-13
U/20	12.48.4	Tanya Holliday	21/09/1988	Adelaide	29-Nov-05
U/18	12.48.4	Tanya Holliday	21/09/1988	Adelaide	29-Nov-05
U/16	13.33.63	Paige Hooper	01/09/1992	Adelaide	11-Nov-06
U/14	14.03.77	Paige Hooper	01/09/1992	Sydney	11-Dec-04
<b>5000M Walk</b>					
Open	21.21.25	Tanya Holliday	21/09/1988	Sydney	18-Feb-12
U/20	22.07.43	Tanya Holliday	21/09/1988	Adelaide	26-Nov-05
U/18	22.07.43	Tanya Holliday	21/09/1988	Adelaide	26-Nov-05
U/16	22.57.67	Paige Hooper	01/09/1992	Ostrava (CZR)	12-Jul-07
<b>10000M Walk</b>					
Open	44.33.87	Tanya Holliday	21/09/1988	Melbourne	01-Apr-16
U/20	48.42.15	Tanya Holliday	21/09/1988	Adelaide	31-Mar-06
U/18	48.42.15	Tanya Holliday	21/09/1988	Adelaide	31-Mar-06
<b>High Jump</b>					
Open	1.90m	Sharon Barber	29/08/1965	Perth	27-Mar-88
U/20	1.85m	Sharon Barber	29/08/1965	Canberra	29-Mar-85
U/18	1.83m	Alison Inverarity	12/08/1970	Adelaide	20-Oct-87
U/16	1.81m	Debbie Boyce		Adelaide	22-Nov-80
	1.81m	Cheryl Hurst		Brisbane	09-Dec-84
U/14	1.70m	Karina Turner	12/08/1972	Adelaide	13-Jan-86
<b>Pole Vault</b>					
Open	4.55m	Tatiana Grigorieva	08/10/1975	Sydney	25-Sep-00
U/20	4.20m	Wendy Young	18/03/1984	Adelaide	13-Mar-04
U/18	4.00m	Wendy Young	18/03/1984	Perth	16-Mar-02
U/16	3.85m	Jana Tankosic	10/04/1986	Adelaide	24-Mar-02
U/14	3.59m	Jenny Lovell	15/02/1983	Adelaide	30-Nov-96
<b>Long Jump</b>					
Open	6.66m	Glynis Nunn	04/12/1960	Los Angeles	04-Aug-84
U/20	6.62m	Margaret Gayen	10/07/1994	Adelaide	18-Jan-14
U/18	6.28m	Margaret Gayen	10/07/1994	Adelaide	01-Apr-12
U/16	6.06m	Julia Halliday		Adelaide	04-Mar-90
U/14	5.41m	Chelsea Jaensch	06/01/1985	Canberra	11-Dec-98

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<b>Triple Jump</b>					
Open	13.19m	Michelle Apostolou	03/12/1979	Adelaide	23-Mar-02
U/20	12.97m	Meggan O'Riley	18/03/1989	Adelaide	23-Feb-07
U/18	12.97m	Meggan O'Riley	18/03/1989	Melbourne	23-Feb-07
U/16	12.22m	Danielle Collins		Adelaide	10-Dec-89
U/14	11.53m	Emilaya Ellis	14/06/2002	Melbourne	06-Dec-15
<b>Shot Put</b>					
Open (4kg)	15.74m	Alifatou Djibril	13/02/1980	Adelaide	19-Feb-05
U/20 (4kg)	13.11m	Brooke Krueger	09/07/1980	Adelaide	26-Jan-98
U/18 (3kg)	15.14m	Nikki Thompson	22/11/1999	Adelaide	22-Oct-16
U/16 (3kg)	13.91m	Nikki Thompson	22/11/1999	Adelaide	24-Jan-15
U/14 (3kg)	13.20m	Nikki Thompson	22/11/1999	Adelaide	22-Feb-13
<b>Discus</b>					
Open (1kg)	56.16m	Alifatou Djibril	13/02/1980	Sydney	28-Feb-04
U/20 (1kg)	49.24m	Claire Mills	29/01/1967	Adelaide	01-Mar-86
U/18 (1kg)	45.70m	Claire Mills	29/01/1967	Adelaide	14-Mar-84
U/16 (1kg)	43.78m	Claire Mills	29/01/1967	Hobart	11-Dec-82
U/14 (1kg)	39.62m	Zahlie Davies	18/01/1994	Adelaide	13-Oct-07
<b>Javelin</b>					
Open (600g)	50.68m	Kate Shierlaw	28/02/1989	Adelaide	01-Jun-08
U/20 (600g)	49.90m	Kate Shierlaw	28/02/1989	Adelaide	17-Nov-07
U/18 (500g)	45.39m	Jessica Bell	13/01/2000	Adelaide	30-Jan-16
U/16 (500g)	43.21	Nikki Thompson	24/11/1999	Sydney	15-Mar-14
U/14 (500g)	39.58m	Sara Jaric	23/06/1990	Brisbane	12-Dec-03
<b>Hammer</b>					
Open (4kg)	70.72m	Brooke Billett	09/07/1980	Sydney	05-Feb-06
U/20 (4kg)	61.89m	Brooke Krueger	09/07/1980	Sydney	27-Feb-00
U/18 (3kg)	49.39m	Nikki Thompson	24/11/1999	Adelaide	23-Oct-16
U/16 (3kg)	47.42m	Jessica Mills	24/02/2001	Adelaide	04-Feb-17
U/14 (3kg)	42.31m	Lauren Smith	14/02/2004	Sydney	29-Mar-17
<b>Heptathlon</b>					
Open	6387	Glynis Nunn	04/12/1960	Los Angeles	04-Aug-84
U/20	5392	Lauren Foote	27/04/1984	Brisbane	26-May-02
<b>Multi Event</b>					
U/18	5085	Christine Randall		Adelaide	27-Jan-85
U/16	4757	Christine Frewin		Sydney	27-Mar-87
<b>4X100M</b>					
Open	45.43	S. Ruxton, C. Byles, G. Nunn, L. Lynch			
U/20	46.62	Squad Unknown			
U/18	46.6h	B. Marshall, R. Seccafin, J. Reid, L. Lynch			
U/16	48.05	B. Fleet, A. Hansen, A. Groening, R. Huiskamp			
U/14	50.23	K. Sara, J. Orman, M. Gayen, G Sleep		Sydney	08-Dec-07
<b>4X400M</b>					
Open	3.37.82	R. Harris, W. Old, R. Miller, D. Causby			
U/20	3.47.78	Squad Unknown			
U/18	3.47.78	Squad Unknown			
U/16	3.49.0h	Squad Unknown			

## BEST ON RECORD - ROAD

Half Marathon	1.08.33	Lisa Ondieki	12/05/1960	Tokyo	26-Jan-92
Marathon	2.23.51	Lisa Ondieki	12/05/1960	Osaka	31-Jan-88
10km Walk	44.34	Tanya Holliday	21/09/1988	Rome, Italy	07-May-16
20km Walk	1.28.53	Claire (Woods) Tallent	06/07/1981	Taicang (CHN)	30-Mar-16