

FLINDERS AC ALL-TIME RANKING LIST**As at 31st December 2016****Compiled by Paul Sutcliffe**

PERFORM	WIND	NAME	DOB	PLACE	VENUE	DATE
WOMEN						
60 METRES						
7.74		Emma Freer	F			
8.11		Jenni McAllister	F	030179		08 Nov 97
8.14	-0.5	Amie Mittiga	F	120492	3h1	Adelaide
8.18		Belinda Laird	F	240677		08 Nov 97
8.29		Abbey Freer	F	281092		Adelaide
8.31		Cloe Neophytou	F	251090		Adelaide
8.34		Lynette Viney	F	100781		15 Jan 99
8.40		Jenna Burbridge	F	130478		07 Nov 98
8.56	nwi	Kathryn Sara	F		3h2	Adelaide
8.62		Daniel Potts	F	290190		Adelaide
8.66	nwi	Bethany Jones	F	010996	8h1	Adelaide
8.68	3.2	Grace Howe	F		6h2	Adelaide
8.74		Jennifer Stefenac	F	200483		30 Jan 98
8.73		Emily Cullen	F	181282		28 Feb 98
8.76	-1.8	Taylah Stallan	F	300701	2h5	Adelaide
8.79		Allyson O'Brien	F			05 Dec 98
8.86	-1.8	Lakara Stallan	F	291103	3h5	Adelaide
8.95	-1.8	Caitlin Stallan	F	300701	4h5	Adelaide
9.22		Amanda Viney	F	041178		06 Dec 97
9.28	-0.8	Imogen Schubert	F	151001	4h6	Adelaide
100 METRES						
12.03	+1.5	Belinda Laird	F	240677	6s	Canberra
12.04	+1.1	Kelly Perkins		300874		Jakarta, Indonesia
12.11	+2.0	Kylie Matheson	F	130873	1	Adelaide
12.16	+1.0	Natalie Dillon	F	280568	4	Hobart
12.18		Emma Freer		070989		Adelaide
12.19		Tash Wright		011191		Adelaide
12.25		Linda (Crisp) Radford	F	201168	3	Adelaide
12.3m		Tracey Roberts				07 Jun 05
12.34		Amie Mittiga	F	120492		Adelaide
12.36		Anne Hopkins				04 Jun 05
12.4m		Helen Nolan				03 Jun 05
12.42		Jenni McAllister	F	030179	2	Adelaide
12.50		Carreen Parkinson	F			Adelaide
12.53		Anne Hopkins	F	070865	3	Adelaide
12.6m		Loren (Lauren) Su				1988
12.6m		Raelene Tregenza				1986
12.61		Amanda Viney	F	041178		10 Jan 98
12.64		Lynette Viney	F	100781	7h	Canberra
12.69		Sue Abbott	F		3	Adelaide
12.71		Emma Baudinette		080487		Adelaide
12.77		Abbey Freer	F	281092		Adelaide
12.82		Sam Osborne	F	120277	2	Adelaide
12.84		Amanda Viney	F	041178	7	Adelaide
12.88		Samantha Osborn	F	120377		30 Nov 96
13.0m		Tracey Dawes	F			1986-87
13.0m		Joanne Kerlogue	F			1986-87
13.01		Kathryn Sara	F	170294		Adelaide
13.02		Belinda Laird	F	240677		01 Nov 97
13.02		Rhiannon Smith	F	240986		Adelaide

all-time women

13.04		Cloe Neophytou	F	251090		Adelaide	01 Mar 14
13.05		Kathryn Sara	F	170294		Adelaide	27 Oct 07
13.1m		Bronwyn Ackland	F				1986-87
13.16		Claire Ashman	F	180187		Adelaide	19 Dec 07
13.20		Esther Pearson	F	060591		Adelaide	03 Dec 05
13.2m		Melba Hutchins	F				1986-87
13.22		Kimberley Wilkin	F	070993		Adelaide	26 Oct 08
13.22		Tayce Fry	F	131294		Adelaide	26 Oct 08
13.22		Rhiannon Smith	F	290486		Adelaide	21 Feb 04
13.23		Jodie Monteodorisio	F	290189		Adelaide	16 Nov 02
13.25		Kim Laird	F	020180			14 Dec 96
13.26	+0.7	Ruby Buchanan	F	100100	6	Adelaide	13 Feb 16
13.26	-0.6	Emma Hejka	F	230104	2h4	Adelaide	26 Nov 16
13.29		Mallory Hughes	F	260288		Adelaide	30 Oct 04
13.3m		Barbara Burgemeister	F				1986-87
13.4m		Tania White	F				1986-87
13.44		Samantha Mills	F	230392		Adelaide	27 Oct 07
13.45		Emily Cullen	F	181282			06 Feb 98
13.45		Laura Sharley	F	230492		Adelaide	27 Oct 07
13.46		Danielle Potts	F	290190		Adelaide	27 Oct 07
13.5m		Teagan Kustermann	F	080396		Adelaide	22 Jan 11
13.5m		Jeanette Hill	F				1986-87
13.53	-1.5	Courtney Evans	F	170990		Adelaide	21 Jan 09
13.56		Julie Lewis	F	010190		Adelaide	04 Nov 06
13.56		Rebecca Sara	F	170294		Adelaide	19 Dec 07
13.59		Paula Lodge	F	100177		Adelaide	23 Jan 10
13.63		Grace Howe	F	160895		Adelaide	16 Jan 10
13.67		Jenna Burbridge	F	130478			21 Feb 98
13.69	-0.5	Rebecca Hyde	F	290495		Adelaide	01 Nov 08
13.7m		Rebecca Parker	F				1986-87
13.7m		Sheryl Wadmore	F				1986-87
13.71		Hannah Paul	F	101090		Adelaide	30 Oct 04
13.75	1.9	Bethany Jones	F	010996	1h8	Adelaide	12 Nov 16
13.78		K Taffs	F		3	Adelaide	19 Feb 89
13.78		Laura Sharley	F	230492		Adelaide	03 Feb 07
13.81		Jennifer Stefenac	F	200483			17 Jan 98
13.81		Allyson O'Brien	F				28 Nov 98
13.83	+1.2	Kellie Symons	F	190193		Adelaide	10 Jan 09
13.84		Jenna Burbridge	F	130478		Adelaide	02 Nov 02
13.9m		Carolyn Krieg	F				1986-87
13.98		Emily Hyde	F	181286		Adelaide	22 Oct 05
14.02	-1.7	Caitlin Stallan	F	300701	6h2	Adelaide	22 Oct 16
14.16		Neoma Linley	F				14 Nov 98
14.18	-2.1	Lakara Stallan	F	291103	4h1	Adelaide	22 Oct 16
14.21		Jeanette Ryan	F	100681			18 Jan 97
14.23		Jodi Bean	F	100783			10 Jan 98
14.3m		Tiffany Symons	F				1986-87
14.35		Celeste Knowles	F	240286		Adelaide	22 Oct 05
14.35	2.4	Sunshine Hurst	F	130903	5h3	Adelaide	15 Oct 16
14.36	-2.0	Taylah Stallan	F	300701	6h3	Adelaide	22 Oct 16
14.40		Tayla O'Keefe	F	040492		Adelaide	03 Nov 07
14.5m		Virginia Hare	F				1986-87
14.55		Imogen Schubert	F	151001	14	Adelaide	07 Nov 15
14.60	-0.9	Hayley Stuart	F				19 Dec 98
14.82		Rosanne Cruickshanks	F	270269		Adelaide	26 Mar 11
14.86		Emma Hill	F	130684		Adelaide	16 Nov 02
14.93		Claire Xian	F	070891		Adelaide	12 Mar 11
14.98		Marielle Burns	C	120905	5h1	Adelaide	27 Sep 16
15.0m		Brenda Parkinson	F				1986-87

all-time women

15.12		Meredith Ryan	F	231273	Adelaide	14 Dec 02
15.3m		Glenys Burgemeister	F			1986-87
15.33		Gloria Holliday	F	021160	Adelaide	14 Feb 09

Wind Assisted

12.02	+2.4	Natalie Dillon		280568	Hobart	1984
12.34	wa	Jenni McAllister	F	030179		10 Jan 98
12.52	+2.3	Hayley Orman		180194	Adelaide	26 Oct 08
13.10	4.9	Taylah Stallan	F	300701	1h4	Adelaide 29 Oct 16
13.19	4.9	Lakara Stallan	F	291103	2h4	Adelaide 29 Oct 16
13.55	3.1	Bethany Jones	F	010996	2h5	Adelaide 29 Oct 16
13.56	3.6	Caitlin Stallan	F	300701	9h3	Adelaide 29 Oct 16

200 METRES

24.56	-0.7	Kylie Matheson	F	050373	4	Adelaide	26 Jan 96
24.59	+0.9	Kelly Perkins	F	300874	3	Jakarta	09 Sep 94
24.62	+0.1	Natalie Dillon	F	280568	1h	Brisbane	17 Mar 85
24.8m	+0.7	Anne Hopkins	F	070865	1	Adelaide	20 Feb 83
24.8m		Lynda (Crisp) Radford	F	201168	3	Adelaide	1990/91
24.8m		Belinda Laird	F	240677	1	Adelaide	19 Nov 94
24.84		Mandy Heath	F	141180	hep	Osaka	25 May 01
24.82		Tash Wright	F	011191		Adelaide	08 Mar 08
25.05	+0.0	Jenny McAllister	F	030179	5h	Melbourne	20 Mar 99
25.06	+1.4	Amie Mittiga	F	120492	1	Adelaide	30 Jan 16
25.4m	+0.2	Katherine Guymer	F	270163	4h	Adelaide	24 Feb 79
25.45		Hayley Orman	F	180194		Adelaide	01 Dec 08
25.54	+1.4	Amanda Viney	F	041178	2	Adelaide	17 Jan 98
25.55		Belinda Laird	F	240677	1	Adelaide	28 Oct 95
25.6m		Helen Nolan	F				1981
25.63		Emma Freer	F	070989		Adelaide	09 Feb 08
25.75		Hayley Orman	F	180194		Adelaide	01 Dec 08
25.9m		Loren Su	F				1988
25.9m		Patrice Scott	F	280478	1	Adelaide	19 Nov 94
25.99		Dana Allen	F		1	Adelaide	18 Feb 00
26.0m		Melinda Oxley	F				1989
26.0m		Samantha Osborne	F		1	Adelaide	10 Feb 96
26.05	+1.3	Lynette Viney	F	1981	5h	Canberra	12 Dec 98
26.1m		Karen Moyle	F				1984
26.1m		Sue Abbott	F				1987
26.12	+0.6	Tracey Roberts	F	261067	2h	Adelaide	04 Mar 84
26.39		Abbey Freer	F	281092		Adelaide	01 Dec 08
26.4m		Jo Newmarch	F				1985
26.4m		Kathy Taffs	F				1988
26.50		Sue Abbott	F		7	Adelaide	05 Dec 87
26.56		Kim Ellwood	F	250674	4	Adelaide	13 Mar 93
26.56		Claire Ashman	F	180187		Adelaide	04 Jan 09
26.59		Karen Wood	F	280767	1	Adelaide	01 Feb 92
26.71		Saraid Kustermann	F	130697	2	Adelaide	23 Feb 16
26.93		K Perkins	F		3	Adelaide	19 Feb 89
27.03	-0.2	Tegan Kustermann	F	080396	2h2	Adelaide	13 Feb 16
27.10		Cloe Neophytou	F	251190		Adelaide	11 Jan 14
27.24	-0.5	Ruby Buchanan	F	100100	7	Adelaide	14 Feb 16
27.42		Jessica Oates	F	110497	2	Adelaide	41930
27.54		Kim Laird	F	020180			09 Feb 97
27.64	1.0	Taylah Stallan	F	300701	6	Adelaide	23 Oct 16
27.76		Alinta Horseling	F				21 Nov 98
27.77	+0.6	Rebecca Hyde	F		2	Adelaide	13 Feb 09
28.00		Paige White	F	141087		Adelaide	08 Dec 07

all-time women

28.04		Jennifer Stefenac	F	200483			09 Feb 97
28.14	-2.4	Caitlin Stallan	F	300701	3h2	Adelaide	23 Oct 16
28.31		Danielle Potts	F	290190		Adelaide	27 Oct 07
28.42		Jodi Bean	F	100783			26 Feb 99
28.66	-0.7	Kathryn Sara	F		2h2	Adelaide	09 Mar 13
28.81		Jenna Burbridge	F	130478			21 Nov 98
28.73		Emily Cullen	F	181282			30 Jan 98
29.10		Jeanette Ryan	F	100681			11 Jan 97
29.14	-1.2	Grace Howe	F		5h3	Adelaide	19 Jan 13
29.15		Rebecca Sara	F		5h4	Adelaide	09 Dec 11
29.27		Allyson O'Brien	F				26 Feb 99
29.38	-2.0	Lakara Stallan	F	291103	4h6	Adelaide	19 Nov 16
29.70		Celeste Knowles	F	240286		Adelaide	11 Nov 06
30.10		Neoma Linley	F				21 Nov 98
30.35	2.3	Sunshine Hurst	F	130903	5h3	Adelaide	15 Oct 16
30.38	nwi	Keeley Kustermann	C		4h2	Adelaide	
30.49	+1.1	Imogen Schubert	F	151001	13	Adelaide	30 Jan 16
30.61	-1.2	Gemma Plummer	F		9h3	Adelaide	19 Jan 13
31.47		Claire Xian	F	070891		Adelaide	22 Jan 11
33.03		Chantelle Nicolaide	F	221099		Adelaide	01 Mar 14

400 METRES

56.68		Karen Moyle	F	281266	4	Adelaide	18 Dec 82
57.2m		Erica Reeves	F	180664		Adelaide	12 Feb 80
57.30		Paige Graham	F			Adelaide	05 Feb 05
57.67		Lucy Buckley	F	071186		Adelaide	07 Feb 15
58.0m		Natalie Dillon	F	280568	1	Adelaide	14 Dec 85
58.30		Saraid Kustermann	F	130697	3	Adelaide	14 Feb 16
58.3m		Helen Nolan	F				1981
58.5m		Mandy Heath	F	1980	2	Adelaide	21 Jan 00
58.6m		Kerran Oates	F				1986
58.63		Melina Oxley	F		5	Adelaide	12 Dec 88
58.72		Tayla O'Keefe	F	040492		Adelaide	10 Oct 09
58.78		Loren Su	F				1988
58.8m		Lynda Radford	F				1989
59.01		Teagan Kustermann	F	080396		Adelaide	14 Nov 12
59.1m		Carolyn Harkness	F				1980
59.12		Claire Ashman	F	180187		Adelaide	26 Mar 11
59.2m		Tracey Roberts	F				1984
59.2m		Robyn Woodley	F				1982
59.34		Courtney Evans	F	170990		Adelaide	16 Jan 08
59.40		Kylie Matheson	F	050373			30 Nov 96
59.42		Amanda Viney	F	041178			08 Dec 96
59.7m		Jo Newmarch	F				1984
59.73		Jessica Oates	F	041197		Adelaide	12 Mar 14
59.74		Rebecca Hyde	F	290495		Adelaide	01 Dec 08
59.80		Cloe Neophytou	F	251090		Adelaide	09 Feb 14
59.83		Lucy Buckley	F	071186	2	Adelaide	14 Nov 15
60.28		Jessica Oates	F	110497		Adelaide	25 Oct 14
60.96		Paige White	F	141087		Adelaide	01 Nov 08
61.32		Gemma Plummer	F	041098		Adelaide	12 Oct 13
61.33		Ruby Buchanan	F	100100	3	Adelaide	13 Feb 16
61.65		Emily Drew	F	161076			31 Oct 98
61.66		Jenni McAllister	F	030179			31 Oct 98
61.82		Kim Laird	F	020180			08 Feb 97
62.59		Jennifer Stefenac	F	200483			23 Jan 99
63.76		Megan Lampre	F	1983		Adelaide	03 Mar 00
64.00		Jodi Bean	F	100783			15 Nov 97
65.31		Amie Mittiga	F	120492		Adelaide	14 Oct 06

all-time women

65.72	Fern Davies	F		2	Adelaide	09 Feb 13
65.96	Ava Harris	F	290401		Adelaide	01 Mar 14
66.04	Keeley Kustermann	F	170404	5	Adelaide	22 Oct 16
66.25	Claire Xian	F	070891		Adelaide	12 Mar 11
66.32	Celeste Knowles	F	240286		Adelaide	14 Oct 06
66.70	Jessica Kemp	F	1986		Adelaide	03 Mar 00
66.79	Taylah Stallan	F	300701	2h3	Adelaide	29 Oct 16
67.81	Alanna Heintke	F	300192		Adelaide	14 Oct 06
69.84	Clare Oakes	F				23 Jan 99
75.23	Lakara Stallan	F	291103	7h2	Adelaide	29 Oct 16
84.96	Chantelle Nicolaide	F	221099		Adelaide	01 Mar 14

800 METRES

2.09.69	Paige Graham	F	080889	2h	Sydney	12 Dec 04
2.09.9m	Kerran Oates	F	111266	2	Adelaide	14 Feb 87
2.11.05	Lucy Buckley	F	110786		Adelaide	28 Feb 15
2.11.8m	Lisa Tregenza	F	281067	3	Adelaide	15 Nov 86
2.12.52	Gemma Plummer	F	041098		Adelaide	28 Feb 15
2.12.6m	Yoland Budich	F	280969	5	Adelaide	23 Feb 86
2.13.74	Emily Hyde	F	181286		Adelaide	17 Feb 06
2.14.2	Courtney Evans	F	170990		Adelaide	09 Mar 07
2.14.77	Emily Drew	F	161076		Adelaide	07 Dec 96
2.14.93	Saraid Kustermann	F	130697	1h1	Adelaide	10 Dec 16
2.15.2m	Karen Moyle	F	281266	4	Adelaide	20 Feb 82
2.15.38	Emma Keynes	F	020770	2	Adelaide	10 Dec 83
2.15.52	Georgia Kaidonis	F	250487		Adelaide	17 Feb 06
2.15.84	Teagan Kustermann	F	080396		Adelaide	16 Nov 12
2.16.4m	Erica Reeves	F	180664			01 Mar 80
2.16.53	Emma Gloyn	F	090980	4h	Adelaide	24 Mar 94
2.16.82	Melissa Lloyd	F	200586		Adelaide	17 Feb 06
2.17.20	Sharon O'Sullivan	F	190571	4	Adelaide	07 Dec 96
2.17.6m	Robyn Woodley	F	260568	3	Adelaide	27 Nov 82
2.17.6m	Jenny Shaw	F	150868	4	Adelaide	26 Nov 83
2.17.99	Tara Palm	F	280785		Adelaide	08 Dec 07
2.18.1m	Carolyn Harkness	F		4	Adelaide	27 Nov 82
2.18.55	Tasmin McMahon	F	060393		Adelaide	17 Mar 10
2.18.6m	Marie Bleakley				Adelaide	1987
2.19.19	Rhea Danner	F	120891		Adelaide	28 Nov 07
2.19.24	Mandy Heath	F	141180	hep	Osaka, Japan	26 May 01
2.19.5m	Rachel Parker	F		2	Adelaide	23 Nov 85
2.19.62	Tayla O'Keefe	F	040492		Adelaide	17 Oct 09
2.19.88	Jessica Oates	F	041197		Adelaide	01 Mar 14
2.19.99	Jodi Bean	F	100783			13 Feb 99
2.20.69	Fern Davies	F	120399	6	Adelaide	06 Feb 16
2.21.05	Paige White	F	141087		Adelaide	21 Nov 09
2.22.03	Emma Gloyn	F	191279			07 Dec 96
2.24.17	Lucy Harris	F		4	Adelaide	19 Feb 89
2.26.40	Claire Xian	F	070891		Adelaide	26 Mar 11
2.26.41	Celeste Knowles	F	240286		Adelaide	08 Mar 08
2.26.66	Melanie Lovejoy	F		5	Adelaide	19 Feb 89
2.26.66	Claire Ashman	F	180187		Adelaide	18 Oct 08
2.27.82	Ava Harris	F	290401		Adelaide	01 Mar 14
2.31.65	Kym Handley	F		6	Adelaide	19 Feb 89
2.32.25	Keeley Kustermann	F	170404	4	Adelaide	23 Oct 16
2.33.14	Kayla Higgins	F		2	Adelaide	09 Feb 13
2.36.42	Clare Oakes	F				13 Feb 99
2.37.58	Sonia Zahirski	F		8	Adelaide	19 Feb 89
2.39.52	Kayla Higgins	F		6h1	Adelaide	11 Jan 13
2.39.89	Zoe Davidson-Scott	F	200182			22 Nov 97

all-time women

2.44.52	Alanna Heintke	F	300192		Adelaide	21 Oct 96
2.54.14	Lisa Slabbert	F	120905	3h2	Adelaide	03 Dec 16
3.01.74	Lara Higgins	C		6	Adelaide	
3.10.89	Ashlee Wyatt	C		9	Adelaide	

1,000 METRES

2.55.3m	Kerran Oates	F	111266	1	Adelaide	21 Oct 83
3.05.1m	Karen Moyle	F	281266	2	Adelaide	07 Aug 82
3.10.8m	Robyn Woodley	F	260568	7	Adelaide	05 Feb 83
3.11.0m	Jenny Shaw	F	150868	3	Adelaide	21 Oct 83

1,500 METRES

4.25.10	Paige Graham	F	080889		Adelaide	19 Feb 05
4.25.8m	Yoland Budich	F	280969	2	Canberra	26 Jan 88
4.26.8m	Lisa Tregenza	F	281067			1986
4.29.10	Tasmin McMahon	F	060493		Adelaide	02 Mar 13
4.30.86	Tara Palm	F	280785		Adelaide	15 Nov 08
4.32.44	Gemma Plummer	F	100498		Adelaide	16 Jan 14
4.32.89	Georgia Kaidonis	F	250487		Adelaide	14 Jan 06
4.35.9m	Kerran Oates	F	111266	1	Sydney	12 May 87
4.35.91	Emily Hyde	F	181286		Adelaide	16 Jan 08
4.39.28	Charlotte Derbyshire	F	140101	1	Adelaide	13 Feb 16
4.40.0m	Heather Ashcroft	F				1984
4.40.59	Melissa Lloyd	F	200596			04 Feb 12
4.42.0m	Meredith Ryan	F	231273	2	Adelaide	11 Nov 89
4.42.6m	Marie Bleakley	F		3	Adelaide	07 Feb 87
4.43.50	Courtney Evans	F	170990		Adelaide	24 Jan 09
4.43.83	Emily Drew	F				1991/92
4.45.0m	Emma Keynes	F	020770	1	Adelaide	03 Dec 83
4.45.5m	Karen Moyle	F	281266		Adelaide	01 Nov 80
4:48.03	Melissa Lloyd	F	200596		Adelaide	22 Jan 05
4.48.26	Jodie Dubsky	F	040690		Adelaide	05 Feb 05
4.48.8m	Sharon O'Sullivan	F	190571	1	Adelaide	03 Feb 96
4.48.9m	Heather Ashcroft	F	070866	5	Adelaide	02 Mar 85
4.49.0m	Jenny Shaw	F				1986
4.49.0m	Robyn Woodley	F				1985
4:49.30	Sophia Kaidonis	F	170788		Adelaide	25 Jan 08
4.50.64	Fern Davies	F	031299		Adelaide	22 Nov 14
4.50.7m	Robyn Woodley	F		5	Adelaide	04 Jan 85
4.51.63	Hannah Blinkhorn	F	041287		Adelaide	13 Mar 05
4.52.0m	Jenny Shaw	F		2	Adelaide	03 Dec 83
4.52.66	Rhea Danner	F	120891		Adelaide	16 Jan 08
4.54.0m	Rachel Parker	F		2	Adelaide	23 Feb 86
4:54.10	Renae Kovacevic	F	100289		Adelaide	12 Feb 05
4:54.47	Courtney Evans	F	170990		Adelaide	03 Mar 07
4.54.6m	Melanie Lovejoy	F				1988
4.55.4m	Karen Wood	F		5	Adelaide	23 Feb 86
4.55.48	Jessica Bowman	F	1980	4	Adelaide	02 Dec 00
4.56.1m	Sonia Zahirski	F				1986
4.56.4m	Sally Perkins	F		2	Adelaide	31 Oct 82
4.56.8m	Sonia Zahirski	F		3	Adelaide	23 Feb 86
4.57.0m	Susan Segreaves	F				1986
4:57.24	Tayla O'Keefe	F	040492		Adelaide	16 Jan 10
4.57.84	Teagan Kustermann	F	080396		Adelaide	09 Nov 12
4.58.46	Jodi Bean	F	100783			06 Feb 99
5.00.40	Claire Xian	F	070891		Adelaide	26 Mar 11
5.02.63	Emily Drew	F	161076			06 Feb 99
5.02.74	Renae Kovacevic	F	100289		Adelaide	08 Jan 05
5.05.53	Celeste Knowles	F	240286		Adelaide	25 Jan 08

all-time women

5.05.92	Kayla Higgins	F	070398		Adelaide	22 Nov 12
5.06.47	K Handley	F		3	Adelaide	18 Feb 89
5.07.94	Emma Gloyn	F	191279			18 Jan 97
5.10.31	Lisa Wetherell	F	161078		Adelaide	11 Feb 06
5.12.10	Jessicca Eccleston	F	101289		Adelaide	13 Mar 05
5.12.40	Katina Koukourau	F	220874			10 Jan 98
5.12.79	Sophie Evans	F	170990		Adelaide	19 Dec 07
5.12.8m	Jessica Oates	F	041197		Adelaide	20 Nov 10
5.14.42	Kelly Moss	F	200896		Adelaide	16 Jan 10
5.14.66	Ava Harris	F	290401		Adelaide	01 Mar 14
5.16.48	Rhea Danner	F	120991		Adelaide	01 Mar 14
5.18.76	Keeley Kustermann	F	170404	3	Adelaide	
5.19.38	Jessica Oates	F	041197		Adelaide	11 Feb 11
5.22.34	Fiona Hobbs	F	220989		Adelaide	29 Oct 85
5.23.13	Fleur Wellings	F	021297	5	Adelaide	26 Nov 16
5.23.89	Rebecca Venus	F	181296		Adelaide	06 Mar 10
5.29.37	Vanessa Alvaro	F	130391	4	Adelaide	15 Oct 16
5.35.10	Johanna Matthews	F	260980		Adelaide	16 Nov 02
5.41.99	Edith Van Loon	F	040583			30 Nov 96
5.44.6m	Alanna Heintke	F	301192		Adelaide	04 Nov 06
6.00.9m	Erin Dallimore	F	280198		Adelaide	20 Nov 10
6.12.10	Staci McCudden	F	010801		Adelaide	17 Jan 15
6.12.49	Clare Oakes	F				23 Jan 99
6.39.49	Siobhan Doran	F	020201	13	Adelaide	29 Oct 16

1 MILE

4.49.35	Lisa Tregenza	F	281067	3	Adelaide	26 Jan 87
4.59.7m	Kerran Oates	F	111266		Melbourne	15 Dec 83
5.04.7m	Yoland Budich	F	280969		Adelaide	03 Jan 86
5.11.0m	Karen Moyle	F				1983
5.34.0m	Jenny Shaw	F				1986
5.47.0m	Karen Wood	F				1981
5.39.0m	Roslyn Douglas	F				1981
5.40.0m	Denise Bedford	F				1983
5.44.0m	Susan Gaze	F				

2,000 METRES

3,000 METRES

9.18.75	Tara Palm	F	280785	mixed	Adelaide	21 Jan 09
9.24.51	Tara Palm	F	280785		Adelaide	06 Dec 08
9.28.0m	Yolanda Budich	F	280969	mixed	Adelaide	18 Jul 89
9.28.9m	Lisa Tregenza	F	281067		Adelaide	10 Dec 86
9.38.03	Paige Graham	F	080889	5	Sydney	10 Nov 12
9.48.08	Tasman McMahon	F	060493	1	Adelaide	16 Jan 13
9.49.81	Charlotte Derbyshire	F	140101	2	Perth	08 Mar 16
9.52.5m	Heather Ashcroft	F	070866	2	Adelaide	13 Feb 85
9.56.27	Georgia Kaidonis	F	250487		Adelaide	14 Jan 06
10.09.49	Jodie Dubsky	F	040690		Adelaide	10 Dec 04
10.12.0m	Meredith Ryan	F	231273		Adelaide	18 Apr 89
10.15.9m	Susan Segraves	F	070252		Adelaide	17 Dec 86
10.21m	Karen Moyle	F				1982
10.24m	Kerran Oates	F				1985
10.26.4	Sophia Kaidonis	F	010788	1	Adelaide	20 Nov 04
10.29.0m	Julie Cummings	F	1960	4	Adelaide	01 Mar 89
10.29.09	Fern Davies	F	120399	1	Adelaide	21 Jan 16
10.30.0m	Kerran Oates	F	111266		Adelaide	10 Nov 82
10.32m	Claire Bradley	F	220461		Adelaide	28 Jan 87
10.32m	Jenny Shaw	F				1985

all-time women

10.32.9m	Karen Moyle	F	281266	3	Adelaide	28 Jan 82
10.34m	Susan Gaze	F			Adelaide	10 Nov 82
10.35.2	Gemma Plummer	F	041098		Adelaide	23 Nov 11
10.36m	Alison Cartwright	F				1985
10.37.2m	Sharon O'Sullivan	F	090571	5	Adelaide	24 Jan 96
10.38m	Rachel Parker	F				1985
10.41.37	Melissa Lloyd	F	200586		Adelaide	10 Feb 07
10.42.0m	Rachel Parker	F		3	Adelaide	29 Oct 83
10.42.0m	Rhea Danner	F	120891		Adelaide	26 Nov 05
10.43.0m	Alison Cartwright	F	050771	3	Adelaide	04 Jul 84
10.43.1m	Hannah Blinkhorn	F	041287		Adelaide	13 Mar 05
10.44.0m	Jenny Shaw	F	150868	4	Adelaide	04 Jul 84
10.45.0m	Karen Wood	F	280767		Adelaide	18 Apr 89
10.48.0m	Emma Keynes	F	020770	5	Adelaide	18 Jul 84
10.54.19	Maria Bleakley	F		4	Sydney	14 May 87
10.55.0m	Renee Smith	F		4	Adelaide	10 Aug 88
10.56.0m	Nicole Footer	F		3	Adelaide	02 Dec 87
10.57.0m	L Bennett	F		7	Adelaide	01 Mar 89
11.12.58	Fleur Wellings	F	021297	4	Adelaide	10 Dec 16
11.14.4m	Lisa Wetherell	F			Adelaide	26 Nov 05
11.16.93	Fiona Hobbs	F	220989		Adelaide	29 Oct 05
11.17.61	Renae Kovacevic	F	100289		Adelaide	06 Nov 04
11.19.60	Katina Koukourau	F	220874			20 Mar 98
11.22.02	Millie Allcroft	F	230992		Adelaide	11 Jan 08
11.28.66	Claire Xian	F	070891		Adelaide	18 Nov 08
11.31.1m	Johanna Matthews	F	260980		Adelaide	13 Nov 02
11.36.8m	Jessicca Eccleston	F	101289		Adelaide	20 Nov 04
11.37.82	Celeste Knowles	F	240286		Adelaide	24 Nov 07
11.42.82	Vanessa Alvaro	F	130391		Adelaide	19 Nov 16
11.55.03	Alexis Gillham	F	300582		Adelaide	19 Nov 16
12.05.30	Rebecca Venus	F	111296		Adelaide	06 Feb 10
13.56.54	Siobhan Doran	F	020201	3	Adelaide	05 Nov 16

5,000 METRES

15.52.36	Tara Palm	F	280785	3	Perth	15 Apr 10
16.36.67	Tasman McMahon	F	060493		Adelaide	11 Jan 13
17.10.0m	Heather Ashcroft	F	070866		Adelaide	04 Jul 84
17.12.0m	Yolanda Budich	F	280969		Adelaide	15 Jul 87
17.27m	Susan Segraves	F				1986
17.39.0m	Susan Segraves	F	070252		Adelaide	15 Jul 87
17.43m	Meredith Ryan	F				1989
17.46.9m	Lisa Tregenza	F	281067		Adelaide	30 Jan 85
17.59m	Claire Bradley	F				1986
18.11.52	Fern Davies	F	120399	1	Adelaide	02 Mar 16
18.17.0m	Claire Bradley	F			Adelaide	15 Jul 87
18.19.9m	Sharon O'Sullivan	F			Adelaide	07 Feb 96
18.26.0m	Julie Cummings	F	240560		Adelaide	08 Feb 89
18.32.53	Claire Xian	F	070891		Adelaide	26 Mar 11
18.47.59	Claire Ashworth	F	211185		Adelaide	20 Nov 04
18.55.70	Vanessa Alvaro	F	130391	4	Adelaide	30 Nov 16
19.08.0m	Meredith Ryan	F	23127?		Adelaide	25 Jan 89
19.21.0m	Emma Keynes	F	020770		Adelaide	06 Jun 84
19.24.18	Fleur Wellings	F	021297	2	Adelaide	30 Nov 16
20.14.60	Chantel Peacock	F		2	Adelaide	30 Nov 16

10,000 METRES

35.49.40	Tara Palm		280785		Melbourne	13 Dec 07
35.50.8m	Yolanda Budich	F	280969		Adelaide	20 Feb 88
36.23.21	Jodie Dubsky		040690		Adelaide	29 Jan 05

all-time women

36.26m	Susan Segraves					1986
37.20.9m	Heather Ashcroft	F	070866	3	Adelaide	11 Mar 84
38.23.0m	Susan Segraves	F	070252		Adelaide	18 Dec 85
40.24.00	Claire Ashworth	F	211185		Adelaide	07 Nov 02

HALF MARATHON

1.18.35	Heather Ashcroft	F		1	Adelaide, Greenbelt	1990
1.22.37	Lizel Mass	F	290670	3	Tanunda	30 May 93
1.25.14	Susan Seagraves	F			Adelaide, Greenbelt	25 May 86

MARATHON

3.07.41	Julie Cummings			1	Adelaide	19 Jul 87
3.08.30	Anne Crawford					1987
3.09.22	Julie Cummings					1988
3.09.25	Anne Crawford			2	Torrens Valley	30 Aug 87
3.09.53	Liz White					1984
3.15.38	Chantel Peacock	F		3	Barossa Valley	29 May 16

90 METRES HURDLES

15.14	Emily Cullen	F	181282			15 Nov 97
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100 METRES HURDLES

14.65	Claire Xian	F	070891		Adelaide	15 Jan 11
14.76	+0.0 Mandy Heath		141180	hep	Osaka	25 May 01
15.20	-1.0 Mandy Heath	F	141180	hep	Sydney	17 Aug 00
15.5m	Leanne Kellas	F	020469	1	Adelaide	21 Oct 84
15.88	Jenni McAllister	F	030179			30 Nov 96
15.9m	Natalie Dillon	F	280568	1	Adelaide	23 Oct 85
16.0m	Tanya White	F	220472			20 Jan 05
16.00	Jodie Monteodorisio	F	290189		Adelaide	18 Jan 84
16.16	Tamsin Chai	F		7h	Melbourne	23 Mar 96
16.3m	Barbara Burgemeister	F	170271	1	Adelaide	13 Apr 87
16.4m	Jeanette Hill	F		1	Adelaide	15 Apr 88
16.45	Nicola Lipscombe					06 Jan 05
16.9m	Sherry Wadmore					1988
18.51	Kim Laird	F	020180			18 Jan 97
18.61	Claire Ashman	F	180187		Adelaide	04 Jan 09
19.17	Mallory Hughes	F	260288		Adelaide	04 Mar 06
20.98	Luana Kidney	F	091098	2	Adelaide	28 Feb 15
22.90	0.6 Luana Kidney	F	091098	4	Adelaide	09 Jan 16

200 METRES HURDLES

31.27	Claire Ashman	F	180187		Adelaide	24 Nov 07
34.91	Alinta Horseling	F				07 Nov 98

300 METRES HURDLES

48.82	Jennifer Stefenac	F	200483			29 Mar 98
49.03	Emily Cullen	F	181282			15 Feb 98

400 METRES HURDLES

64.35	Tracey Roberts	F	261067	3	Adelaide	15 Jan 84
65.0m	Erica Reeve	F	180664	4	Adelaide	22 Dec 79
65.84	Lynda Radford	F	201168	3	Adelaide	04 Mar 90
66.69	Claire Ashman		180187		Gold Coast	15 Mar 08
67.58	Jenni McAllister	F	020179	2	Adelaide	11 Nov 95
67.6m	Alison Daniel	F		2	Adelaide	Feb 83
67.6m	Karen Moyle	F		1	Adelaide	06 Mar 83

all-time women

67.96	Raelene Tregenza	F	040146	4	Adelaide	10 Dec 88
68.1m	Louise Grote					
68.7m	Barbara Burgemeister					1987
69.46	Jenifer Stefanac	F	1983	5h	Canberra	11 Dec 98
70.06	Kim Laird	F	020180			09 Nov 96

2,000 METRES STEEPLECHASE

6.52.9	Georgia Kaidonis		250487	mix		01 Feb 06
7.00.20	Georgia Kaidonis	S	250487	1	Hobart	6 Dec 02
7.02.29	Tara Palm	S	280785	mix	Adelaide	16 Jan 10
7.10.43	Sophia Kaidonis		010788		Sydney	
7.18.79	Melissa Lloyd		200586		Adelaide	
7.26.48	Tara Palm	F	280785	2	Adelaide	08 Dec 00
7.30.89	Jodie Dubsky		040690		Adelaide	24 Oct 04
7.35.0	Mallory Hughes		260288		Adelaide	04 Feb 04
7.50.90	Jodi Bean	F	100783		Adelaide	19 Feb 99

3,000 METRES STEEPLECHASE

10.26.42	Tara Palm		280785	1	Adelaide	13 Feb 09
10.40.71	Georgia Kaidonis	F	250487	2	Adelaide	15 Jan 06
11.05.21	Georgia Kaidonis		250487		Adelaide	10 Jan 04
11.33.31	Claire Xian	F	070891		Adelaide	16 Apr 11
12.03.20	Melissa Lloyd		200586		Perth	30 Sep 04
12.11.70	Sophia Kaidonis		010788		Adelaide	10 Jan 04
13.26.38	Meredith Ryan		231273		Adelaide	02 Mar 03

4x100 METRES RELAY

48.93	Flinders (U/20)	F		1	Adelaide	1986/87
	(Susan Abbott, Bronwyn Ackland, Lynda Radford, Natille Dillon)					
49.4m	Flinders (U/20)	F			Adelaide	1983/84
	(N. Dillon, T. Roberts, K. Moyle, A. Hopkins)					
50.36	Flinders 'A'	F		3	Adelaide	18 Feb 89
	(...)					
50.61	Flinders (U/16)				Adelaide	05 Mar 88
	(Loren Su, Sherry Wadmore, Joanne Kerlogue, Sonia Zahirski)					
50.7	Flinders 'A'	F				1991/92
	(...)					
51.4	Flinders 'A'	F				1990/91
	(...)					
52.0m	Flinders (U/20)	F		1	Adelaide	1984/85
	(...)					
52.57	Flinders (Open)	F		2	Adelaide	17 Dec 11
	(Kathryn Sara, Rebecca Sara, Claire Ashman, Amie Mittiga)					
52.66	Flinders (U/16)	F		1	Adelaide	1989
	(...)					
53.11	Flinders (U/20)	F		1	Adelaide	18 Feb 89
	(...)					

4x200 METRES RELAY

1.50.98	Flinders 'A' (U/18)	F		2	Adelaide	17 Dec 16
	(Caitlin Stallan, Lakara Stallan, Taylah Stallan, Ruby Buchanan)					
1.50.99	Flinders 'A'	F		4	Adelaide	27 Feb 16
	(Tegan Kustermann, Ruby Buchanan, Charlotte Derbyshire, Lucy Buckley)					

4x400 METRES RELAY

3.57.9m	Flinders (U/18)	F		1	Adelaide	1984/85
	(...)					
4.01.26	Flinders 'A'	F		1	Adelaide	17 Dec 16
	(Ruby Buchanan, Tegan Kustermann, Lucy Buckley, Saraid Kustermann)					

all-time women

4.01.8m	Flinders (U/20) (Marie Bleakley, Susan Abbott, Lynda Radford, Natalie Dillon)			Adelaide	1986/87
4.03.8m	Flinders (U/20) (...)	F	1	Adelaide	1985/86
4.06.91	Flinders 'A' (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley)	F	1	Adelaide	27 Feb 16
4.07.7m	Flinders (U/20) (...)	F	1	Adelaide	1984/85
4.08.85	Flinders (Open) (Melissa Lloyd, Jessica Oates, Teagan Kustermann, Claire Ashman)	F	1	Adelaide	17 Dec 11
4.09.11	Flinders (U/16) (Samantha, Hutchins, Loren Su, Melba Hutchins, Kym Handley)	F	1	Adelaide	06 Mar 88
4.13.60	Flinders (U/18) (Carolyn Krieg, Melanie Lovejoy, Sonia Zahirski, Rebecca Parker)	F	1	Adelaide	06 Mar 88
4.18.0m	Flinders (U/16) (Loren Su, Barbara Burgemeister, Sherry Wadmore, Carolyn Kreig)			Adelaide	1986/87
4.21.97	Flinders (Open) (Kathryn Sara, Rebecca Sara, Claire Ashman, Tasmin McMahon)	F	1	Adelaide	17 Dec 11
4.29.39	Flinders (U/16) (Tayla Oates, Gemma Plummer, Kayla Higgins, Saraid Kustermann)	F	1	Adelaide	17 Dec 11

4x800 METRES RELAY

	Flinders (U/...) (.....)			Adelaide	
9.35.02	Flinders 'A' (Lucy Buckley, Keeley Kustermann, Tegan Kustermann, Saraid Kustermann)	F	1	Adelaide	17 Dec 16
9.37.69	Flinders (Open) (Teagan Kustermann, Melissa Lloyd, Tasmin McMahon, Jessica Oates)	F	2	Adelaide	17 Dec 11
10.12.09	Flinders (U/16) (Saraid Kustermann, Gemma Plummer, Tayla Oates, Kayla Higgins)	F	1	Adelaide	17 Dec 11
10.51.80	Flinders 'B' (Alexis Gillham, Chantel Peacock, Fleur Wellings, Vanessa Alvaro)	F	3	Adelaide	17 Dec 16

DISTANCE MEDLEY RELAY

4.17.45	Flinders 'A' (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley)	F	3	Adelaide	27 Feb 16
5.27.3m	Flinders (U/18) (...)	F	1	Adelaide	1985/86
5.29.7m	Flinders (U/20) (...)	F	1	Adelaide	1985/86
5.57.03	Flinders (U/16) (Loren Su, +3?)			Adelaide	1986/87

SPRINT MEDLEY RELAY

2.32.60	Flinders (Lakara Stallan, Taylah Stallan, Caitlin Stallan, Saraid Kustermann)	F	2	Adelaide	19 Nov 16
2.47.38	Flinders (U/16) (Tayla Oates, Gemma Plummer, Teagan Kustermann, Saraid Kustermann)	F	1	Adelaide	17 Dec 11

1,500 METRES WALK

7.07.17	Stephanie Stigwood	F	211090	Adelaide	05 Nov 05
7.25.31	Claire Xian	F	070891	Adelaide	25 Feb 11
7.49.05	Anika Holliday	F	070681	Adelaide	29 Nov 05
8.52	Gloria Holliday	F	021160	Adelaide	17 Feb 16
8.58.18	Barbara Cain	F	011248	Adelaide	03 Mar 07
10.02.64	Lucy Dunn	F	200694	Adelaide	06 May 06

all-time women

3,000 METRES WALK

12.27.73	Tanya Holliday	F	210988	mix	Adelaide	19 Jan 13
12.56.6	Jane (Lewry) Barbour	S	270766	mix	Adelaide	5 Mar 94
14.52.9	Nicole Footer					1989/90
14.57.03	Claire Xian	F	070891		Adelaide	10 Oct 09
15.03.25	Stephanie Stigwood	F	211090		Adelaide	29 Oct 05
15.36m	Jane Lewry					04 Jun 05
16.33.41	Anika Holliday	F	070681		Adelaide	23 Oct 04
18.11	Gloria Holliday	F	021160		Adelaide	17 Feb 16
18.44.00	Barbara Cain	F	011248		Adelaide	02 Dec 06

5,000 METRES WALK

21.21.25	Tanya Holliday	F	210988	mix	Sydney	18 Feb 12
22.15.5	Jane (Lewry) Barbour	S	270766	1	Adelaide	16 Feb 94
25.03.86	Claire Xian	F	070891		Adelaide	06 Mar 10
27.48m	Nikky Footer					1987
27.39.74	Stephanie Stigwood	F	211090		Adelaide	14 Jan 06
30.52.00	Gloria Holliday	F	021160		Adelaide	03 Feb 16
31.25.00	Barbara Cain	F	011248		Adelaide	04 Nov 06

10,000 METRES WALK

44.40.37	Tanya Holliday	F	210988	1	Canberra	26 Nov 15
67.00.96	Gloria Holliday	F	021160	1	Adelaide	29 Nov 15
71.16.19	Barbara Cain	F	011248		Adelaide	04 Nov 08

10KM.WALK (ROAD)

43.58.0	Tanya Holliday	F	210988	1	Adelaide	28 Jul 12
45.51.0	Jane (Lewry) Barbour	SALS	090561	2	Melbourne	21 Jan 96
47.41.0h	Road Tanya Holliday		210988		Sydney	04 Feb 06
54.10.39	Tanya Holliday		210988		Sydney	
53.47.00	Nicole Footer	F	040471	2	Melbourne	20 Aug 89
58.03	Claire Xian	F	070891		Adelaide	04 Nov 08

20KM.WALK

1.29.56	Tanya Holliday	F	210988	15	Roma (ITA)	07 May 16
1:39.02.0	Jane (Lewry) Barbour	SALS	270766	3	Hawkesbury	10 Jul 93
2.09.35	Nicole Footer	F	040471	1	Adelaide	15 Jul 89

HIGH JUMP

1.80	Mandy Heath		141180	hep	Osaka, Japan	25 May 01
1.79	Bindy Laird					
1.76	Mandy Heath		141180	hep	Sydney	17 Aug 00
1.65	Barbara Burgemeister					1987
1.65	Danielle Rippin	F	300474	1	Adelaide	29 Feb 90
1.63	Leanne Kellas	F	020469	4	Adelaide	21 Oct 84
1.60	Bianca Reddy	F		1	Adelaide	01 Apr 98
1.55	Natalie Dillon					1984
1.55	Kerran Oates					1983
1.54	Alison Daniel					1979
1.50	Megan Van Dyck					1987
1.40	Claire Ashman	F	180187		Adelaide	04 Jan 09
1.35	Lynette Viney	F	100781			01 Mar 97
1.25	Brooke Trengove	F	061094		Adelaide	17 Jan 09

POLE VAULT

3.50	Belinda Barnes	F	220977	2	Adelaide	06 Feb 99
3.50	Alice Hawryszkiewicz		010983		Adelaide	08 Mar 00

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LONG JUMP

5.97	+0.0	Mandy Heath	141180	hep	Osaka, Japan	26 May 01
5.94		Paula Lodge	100177		Adelaide	01 Nov 97
5.60		Tracey Roberts				1983
5.54		Danielle Rippin	F 1974	2	Adelaide	24 Feb 90
5.49		Natalie Dillon	F	2	Adelaide	07 Apr 84
5.42	-0.4	Tracey Roberts	F	3	Adelaide	18 Dec 83
5.37		Kylie Gower				1983
5.34		Abbey Freer	F 281092		Adelaide	26 Oct 08
5.17		Kylie Matheson				1988
5.14		Tracey Dawes				1988
5.13		Melinda Oxley				1989
5.03		Kim Laird	F 020180			08 Feb 97
4.98		Kelly Perkins				1989
4.96		Leanne Kellas				1989
4.93		Melba Hutchins				1986
4.91		Joanne Kelly				1980
4.76		Amie Mittiga	F 120492		Adelaide	14 Jan 10
4.75		Alinta Horseling	F			11 Dec 98
4.65		Jodi Bean	F 100783			19 Feb 99
4.43	3.7	Bethany Jones	F 010996	5	Adelaide	29 Oct 16
4.38		Allyson O'Brien	F			12 Dec 98
4.07		Claire Ashman	F 180187		Adelaide	04 Jan 09
3.63		Chantelle Nicolaide	F 221099		Adelaide	01 Mar 14

TRIPLE JUMP

11.98	+2.0	Natalie Dillon	F	1	Hobart	08 Mar 86
11.60	+1.2	Danielle Rippin	F 300474	2	Adelaide	08 Dec 89
11.44		Melinda Oxley				1989
11.44		Paula Lodge				
11.30		Allyson O'Brien	F 1977		Adelaide	24 Nov 00
11.25		Melinda Oxley	F	1	Adelaide	30 Oct 88
10.93		Kylie Matheson	F	1	Adelaide	31 Oct 87
10.78		Raelene Tregenza		2	Adelaide	10 Jan 86
10.77		Tracey Dawes	F	2	Adelaide	10 Dec 88
10.77		Abbey Freer	F 281092		Adelaide	21 Feb 09
10.53		Leanne Kellas				1984
10.50		Melba Hutchins	F	3	Adelaide	31 Oct 87
10.22	0.0	Bethany Jones	F 010996	3	Adelaide	05 Nov 16
9.85		Brooke Trengove	F 061094		Adelaide	17 Jan 09
7.65		Chantelle Nicolaide	F 221099		Adelaide	01 Mar 14

SHOT PUT

13.07		Mandy Heath	F 141180	hep	Melbourne	15 Dec 01
13.01		Elspeth Laing	F 171261	3	Canberra	21 Dec 80
12.96		Mandy Heath	F 141180	5	Sydney	22 Mar 03
12.01		Mandy Heath	F 141180	2	Sydney	17 Aug 00
10.40		Joanne Kerlogue				1988
9.99		Tanya White				1988
9.50		Lynda Radford				1988
9.21		Kylie Matheson				1988
8.90		Melinda Oxley				1988
8.77		Megan Van Dyck				1987
8.75		Barbara Burgemeister				1988
8.69		Luana Kidney	F 091098	16	Melbourne	05 Dec 15
7.5		Luana Kidney	F 091098	4	Adelaide	13 Feb 16
6.63		Claire Ashman	F 180187		Adelaide	04 Jan 09
6.01		Amie Mittiga	F 120492		Adelaide	18 Nov 08

all-time women

DISCUS THROW

36.80	Elspeth Laing	F	171261	Adelaide	06 Dec 80
35.08	Tanya White				1989
34.76	Tanya White	F	1	Adelaide	01 Apr 89
30.98	Katrina Hann				1981
30.24	Rebecca Morgan				
26.90	Megan Van Dyck				1988

DISCUS THROW (1kg)

28.85	Luana Kidney	F	091098	2	Adelaide	07 Feb 15
26.47	Abbey Freer	F	281092		Adelaide	25 Jan 08
14.98	Chantelle Nicolaide	F	221099		Adelaide	01 Mar 14
11.98	Claire Xian	F	070891		Adelaide	15 Jan 11
11.27	Celeste Knowles	F	240286		Adelaide	24 Oct 06

HAMMER THROW

26.59m	Jane Monteodorisio					
23.54	4kg Kim Laird	F	020180			09 Nov 96

JAVELIN THROW - (pre 1999 model)

37.18	Jeanette Boyce					1987
30.3	Fiona Tregenza					1983
29.02	Carolyn Laslett					1985
28.78	Katrina Hann					1982
26.84	600gr Kim Laird	F	020180			08 Feb 97
21.08	Ashleigh Peplow-Ball	F	201093		Adelaide	17 Dec 05
17.71	Claire Ashman	F	180187		Adelaide	04 Jan 09
16.81	Chantelle Nicolaide	F	221099		Adelaide	01 Mar 14
12.54	Celeste Knowles	F	240286		Adelaide	11 Feb 06

JAVELIN THROW - (new model)

45.57	Mandy Heath		141180	hep	Melbourne	16 Dec 01
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HEPTATHLON

5,877	Mandy Heath	S	141180	2	Osaka,Japan	26-May-01
	(14.76,1.80m,12.63m,24.84,5.97m,44.07m,2.19.24)					
5,672	Mandy Heath	F	141180	2	Brisbane	23 Mar 01
	(14.80(+1.8), 1.75m, 12.20m, 24.94(+0.8), 5.87m(+0.6), 42.59m, 2:22.12)					
5,370	Mandy Heath	F	141180	3	Sydney	18 Aug 00
3,769	Kim Laird	S	020180			12 Jan 97
3,697	Kylie Matheson					1987
3,626	Belinda Laird	F	240677	2	Adelaide	09 Apr 95
3,544	Barabara Burgemeister					1987
3,435	Joanne Kerlogue					1987
3,328	Tanya White					1987
3,129	Jeanette Hill					1987
3,055	Lynda Radford					1987
2,776	Kim Laird	F	020180	2	Adelaide	22 Oct 95
2,455	Jennifer Stefenac	F	200483			10 Jan 98