

FLINDERS ATHLETICS CLUB RANKINGS 2016-17
As at 10th April 2017
Compiled by Paul Sutcliffe - Flinders AC Statistician

PERFORM	WIND	NAME	ASS	DOB	PLACE	VENUE	DATE	COMMENTS	AGE-GRP
MEN									
60 METRES									
7.37	-0.5	Moses Milsom	F	100999	1h5	Adelaide	19 Nov 16	Interclub 4B	U/20
7.49	1.9	Ossi Tyler-Dowd	F	301199	7h2	Adelaide	04 Feb 17	Interclub 10B	U/20
7.53	1.9	Cailen Hejka	F	060501	10h2	Adelaide	04 Feb 17	Interclub 10B	U/18
7.74	1.9	Daniel Claridge	F	200396	2h4	Adelaide	25 Feb 17	Interclub 12B	Open
8.01	-0.8	Austin Thannickan	F	060902	5h4	Adelaide	14 Jan 17	Interclub 8B	U/16
8.02	nwi	Ben O'Reilly	F	291200	4h7	Adelaide	05 Nov 16	Interclub 2B	U/18
100 METRES									
11.54	-0.2	Moses Milsom	F	100999	1h3	Adelaide	26 Nov 16	Interclub 5A	U/20
11.72	-0.5	Damian Tohl	F	161085	4	Adelaide	04 Mar 17	Club Cup Final	Open
11.78	-0.2	Cailen Hejka	F	060501	2h3	Adelaide	26 Nov 16	Interclub 5A	U/18
11.84	nwi	Ossi Tyler-Dowd	F	301199	1	Adelaide	19 Mar 17	SALAA Individual Championships	U/20
12.24	-0.3	Daniel Claridge	F	200396	2h4	Adelaide	03 Dec 16	ASA Club Day 2	Open
12.35	1.4	Ben O'Reilly	F	291200	6	Adelaide	18 Feb 17	State Championships	U/18
12.48	nwi	Austin Thannickan	F	060902	1	Adelaide	06 Apr 17	SSSSA Athletic Championships E Grade	U/16
13.42	0.3	Xavier Poole	F	080904	7h7	Adelaide	26 Nov 16	Interclub 5A	U/14
wind assisted									
11.25	4.0	Moses Milsom	F	100999	1h3	Adelaide	29 Oct 16	Interclub 1A	U/20
11.56	3.1	Cailen Hejka	F	060501	3h2	Adelaide	11 Feb 17	Interclub 11A	U/18
11.76	2.1	Ossi Tyler-Dowd	F	301199	7	Adelaide	18 Feb 17	State Championships	U/20
12.62	4.0	Austin Thannickan	F	060902	3h5	Adelaide	29 Oct 16	Interclub 1A	U/16
13.25	2.2	Xavier Poole	F	080904	6h7	Adelaide	12 Nov 16	Interclub 3A	U/14
200 METRES									
23.28	1.7	Damian Tohl	F	161085	4	Adelaide	04 Mar 17	Club Cup Final	Open
23.40	0.7	Moses Milsom	F	100999	3h2	Adelaide	10 Dec 16	Interclub 6B	U/20
23.52	1.7	Ossi Tyler-Dowd	F	301199	5	Adelaide	04 Mar 17	Club Cup Final	U/20
24.20	1.1	Cailen Hejka	F	060501	6	Adelaide	19 Feb 17	State Championships	U/18
24.28	0.9	Jack Faulkner	F	040900	1h3	Adelaide	04 Feb 17	Interclub 10B	U/18
24.36	0.0	Gerry Doyle	F	140677	2h4	Adelaide	10 Dec 16	Interclub 6B	O/35
25.25	0.7	Ben O'Reilly	F	291200	6	Adelaide	19 Feb 17	State Championships	U/18
26.18	0.9	Tom Lancaster	F	280597	6h4	Adelaide	05 Nov 16	Interclub 2B	Open
27.00	1.0	Patrick Goodwin	F	031100	7h5	Adelaide	05 Nov 16	Interclub 2B	U/18
27.48	-0.1	Austin Thannickan	F	060902	9h5	Adelaide	14 Jan 17	Interclub 8B	U/16
28.80	-1.0	Xavier Poole	F	080904	5h2	Adelaide	23 Oct 16	SA Schools Championships	U/14
28.97	nwi	Richard McMahon	F	080162	1	Clare	25 Mar 17	Clare Masters Games	M55
Wind Assisted									
23.94	2.4	Ossi Tyler-Dowd	F	301199	4	Adelaide	19 Feb 17	State Championships	U/20
24.88	3.8	Jack Faulkner	F	040900	6h2	Adelaide	15 Oct 16	ASA Club Day 1	U/18
28.53	3.3	Neal Slabbert	F	080702	8h1	Adelaide	15 Oct 16	ASA Club Day 1	U/16
400 METRES									
51.10		Dominic Sutton	F	160390	3	Adelaide	04 Mar 17	Club Cup Final	Open
52.31		Nicholas Dallimore	F	200300	1h2	Adelaide	11 Mar 17	Club Day 3	U/18
52.71		Casey Buchanan	F	210201	1h2	Adelaide	11 Feb 17	Interclub 11A	U/18
53.62		Tom Lancaster	F	280597	3h3	Adelaide	11 Feb 17	Interclub 11A	Open
54.10		Gerry Doyle	F	140677	3h3	Adelaide	28 Jan 17	Interclub 9A	O/35
55.93		Ossi Tyler-Dowd	F	301199	1h3	Adelaide	11 Mar 17	Club Day 3	U/20
57.69		Liam Markham	F	260702	2h3	Adelaide	11 Mar 17	Club Day 3	U/16
58.08		Jack Faulkner	F	040900	7h1	Adelaide	15 Oct 16	ASA Club Day 1	U/18
61.06		Richard McMahon	F	080162	9h4	Adelaide	28 Jan 17	Interclub 9A	O/50
63.64		Aidan Ross	F	090703	8h6	Adelaide	28 Jan 17	Interclub 9A	U/16
64.49		Mitchell Wyatt	F	120804	6h4	Adelaide	29 Oct 16	Interclub 1A	U/14
70.33		Tom Esser	F	130703	7	Adelaide	22 Oct 16	SA Schools Championships	U/16
800 METRES									
1.53.44		Casey Buchanan	F	210201	5	Adelaide	17 Mar 17	Invitational #2	U/18
1.54.20		Dominic Sutton	F	160390	5	Adelaide	17 Mar 17	Invitational #2	Open
1.56.20		Tom Lancaster	F	280597	8	Adelaide	17 Mar 17	Invitational #2	Open
1.57.30		Cameron Clohesy	F	150599	7h1	Adelaide	10 Dec 16	Interclub 6B	U/20
1.58.63		Lachlan Scott	F	210296	7h1	Adelaide	05 Nov 16	Interclub 2B	Open
1.59.70		Patrick Goodwin	F	031100	2	Adelaide	19 Feb 17	State Championships	U/18
2.01.51		Nicholas Dallimore	F	200300	3	Adelaide	19 Feb 17	State Championships	U/18
2.06.76		Nicholas Brook-Anderson	F	070793	4h2	Adelaide	10 Dec 16	Interclub 6B	Open
2.07.26		Aidan Ross	F	090703	1	Adelaide	19 Feb 17	State Championships	U/16
2.08.38		Bailey Dyer	F	140100	5	Adelaide	19 Feb 17	State Championships	U/18
2.11.10		Darcy Joseph	F	181201	2h2	Adelaide	25 Feb 17	Interclub 12B	U/18
2.11.31		Liam Markham	F	260702	2	Adelaide	04 Mar 17	Club Cup Final	U/16
2.14.71		Scott Goodwin	F	301001	3h4	Adelaide	05 Nov 16	Interclub 2B	U/18

2.14.90	Blake Higgins	F	210102	1	Adelaide	11 Apr 17 SSSSA Athletic Championships B Grade	
2.17.13	Richard McMahon	F	080162	8h2	Adelaide	25 Feb 17 Interclub 12B	O/50
2.25.99	Mitchell Wyatt	F	120804	2	Adelaide	29 Oct 16 Interclub 1A	U/14
2.26.71	Neal Slabbert	F	080702	7h2	Adelaide	03 Dec 16 ASA Club Day 2	U/16
2.27.91	Paul Sutcliffe	F	220360	3	Adelaide	19 Feb 17 State Championships	O/50
2.29.06	Tom Esser	F	130703	3h6	Adelaide	19 Nov 16 Interclub 4B	U/16
2.32.72	Michael McAuliffe	F	290965	9h4	Adelaide	10 Dec 16 Interclub 6B	O/50

1,000 METRES

3.13.00	Richard McMahon	F	080162		Adelaide	25 Jan 17 SAMA	O/50
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1,500 METRES

3.54.80	Lachlan Scott	F	210296	9h2	Adelaide	31 Mar 17 AA National Championships	Open
3.55.64	Jacob Cocks	F	190594	3	Adelaide	28 Jan 17 Interclub 9A	Open
3.56.50	Riley Cocks	F	271295	2	Adelaide	04 Mar 17 Club Cup Final	Open
4.04.16	Tom Lancaster	F	280597	4	Adelaide	19 Feb 17 State Championships	Open
4.07.85	Patrick Goodwin	F	031100	1	Adelaide	22 Oct 16 SA Schools Championships	U/18
4.10.54	Cameron Clohesy	F	150599	3	Adelaide	12 Nov 16 Interclub 3A	U/20
4.12.71	Aidan Ross	F	090703	1	Adelaide	17 Mar 17 Invitational #2	U/16
4.14.73	Casey Buchanan	F	210201	9	Adelaide	28 Jan 17 Interclub 9A	U/18
4.15.41	Shane Thiele	F	140876	8	Perth	05 Nov 16 World Masters Championships	M40
4.22.49	Nicholas Dallimore	F	200300	2h2	Adelaide	28 Jan 17 Interclub 9A	U/18
4.22.93	Bailey Dyer	F	140100	6	Adelaide	26 Nov 16 Interclub 5A	U/18
4.27.99	Dominic Sutton	F	160390	8	Adelaide	11 Feb 17 Interclub 11A	Open
4.33.77	Blake Higgins	F	210102	1	Adelaide	04 Mar 17 SSSSA Athletic Championships B Grade	U/16
4.45.85	Scott Goodwin	F	301001	7	Adelaide	15 Oct 16 ASA Club Day 1	U/16
4.47.99	Richard McMahon	F	080162	4h3	Adelaide	28 Jan 17 Interclub 9A	O/50
4.58.76	Mitchell Wyatt	F	120804	9	Adelaide	29 Oct 16 Interclub 1A	U/14
5.03.78	Tom Esser	F	130703	6	Adelaide	18 Feb 17 State Championships	U/16
5.05.05	Michael McAuliffe	F	290965	13h2	Adelaide	12 Nov 16 Interclub 3A	O/50

MILE

2,000 METRES

3,000 METRES

8.29.39	Jacob Cocks	F	190594	4	Adelaide	18 Jan 17 State Championships	Open
8.29.52	Lachlan Scott	F	210296	5	Adelaide	18 Jan 17 State Championships	Open
8.59.00	Patrick Goodwin	F	031100	2	Adelaide	18 Jan 17 State Championships (U/18)	U/18
9.10.91	Cameron Clohesy	F	150599	1	Adelaide	05 Nov 16 Interclub 2B	U/20
9.11.14	Aidan Ross	F	090703	1	Adelaide	25 Feb 17 Interclub 12B	U/16
9.23.76	Bailey Dyer	F	140100	3	Adelaide	18 Jan 17 State Championships (U/18)	U/18
9.33.00	Jordan Harvey	F	250484	1	Adelaide	18 Jan 17 SAMA	Open
9.51.41	Steven Evanson	F	040294	2	Adelaide	03 Dec 16 ASA Club Day 2	Open
9.57.51	Nicholas Dallimore	F	200300	2	Adelaide	14 Jan 17 Interclub 8B	U/18
10.07.01	Michael Cocks	F	200264	2	Adelaide	18 Jan 17 State Championships (O/50)	O/50
10.08.82	Mitchell Wyatt	F	120804	2	Adelaide	05 Nov 16 Interclub 2B	U/14
10.16.94	Darcy Joseph	F	181201	3	Adelaide	11 Mar 17 Club Day 3	U/18
10.22.79	Blake Higgins	F	210102	7	Adelaide	18 Jan 17 State Championships (U/16)	U/16
10.55.32	Féaron Kelly	F	111068	8h2	Adelaide	19 Nov 16 Interclub 4B	O/35
11.05.24	Immanuel Irra	F	250394	9h2	Adelaide	19 Nov 16 Interclub 4B	Open
11.12.00	Richard McMahon	F	080162	1	Clare	25 Mar 17 Clare Masters Games	M55
11.16.87	Tom Esser	F	130703	11h2	Adelaide	19 Nov 16 Interclub 4B	U/16
11.43.00	Paul Sutcliffe	F	220360	1	Adelaide	29 Mar 17 SAMA Championships	O/50

5,000 METRES

14.15.26	Riley Cocks	F	271295	8	Canberra	11 Mar 17 National Championships (Open)	Open
14.32.85	Jacob Cocks	F	190594	8rA	Melbourne	17 Nov 16 Victorian 5000m Championships	Open
15.47.12	Patrick Goodwin	F	031100	1	Adelaide	30 Nov 16 State Championships (U/20)	U/18
15.53.64	Shane Thiele	F	140876	2rD	Melbourne	17 Nov 16 Victorian 5000m Championships	M40
16.03.64	Cameron Clohesy	F	150599	3	Adelaide	30 Nov 16 State Championships (U/20)	U/20
16.10.13	Bailey Dyer	F	140100	5	Adelaide	30 Nov 16 State Championships (U/20)	U/18
17.10.00	Steven Evanson	F	040294	7	Adelaide	30 Nov 16 State Championships (Open)	Open
17.43.00	Michael Cocks	F	200264		Adelaide	22 Feb 17 SAMA	O/50
18.29.84	Michael McAuliffe	F	290965	4	Adelaide	05 Nov 16 Interclub 2B	O/50

10,000 METRES

37.11.85	Steven Maxwell	F	11288	2	Adelaide	17 Mar 17 State Championships	Open
42.22.20	Paul Sutcliffe	F	220360	2	Adelaide	17 Mar 17 State Championships	O/50

90 METRES HURDLES (76.2cm)

15.70	-1.7	Xavier Poole	F	080904	2	Adelaide	23 Oct 16 SA Schools Championships	U/14
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Wind Assisted

14.99		Xavier Poole	F	080904	1	Adelaide	29 Oct 16 Interclub 1A	U/14
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110 METRES HURDLES

400 METRES HURDLES**2,000 METRES STEEPLECHASE (0.762m)****2,000 METRES STEEPLECHASE (0.914m)**

6.36.85	Bailey Dyer	F	140100	2	Adelaide	17 Feb 17 State Championships	U/18
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3,000 METRES STEEPLECHASE

9.11.25	Jacob Cocks	F	190594	2	Adelaide	17 Feb 17 State Championships	Open
10.04.37	Shane Thiele	F	140876	3	Perth	06 Nov 16 World Masters Championships	M40

4x100 METRES RELAY

46.91	Flinders 'A' (U/18) (Ossi Tyler-Dowd, Austin Thannickan, Cailen Hejka, Moses Milsom)	F		1	Adelaide	17 Dec 16 State Relay Championships U/18	
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4x200 METRES RELAY

1.39.00	Flinders 'A' (U/18) (Ossi Tyler-Dowd, Cailen Hejka, Nicholas Dallimore, Moses Milsom)	F		3	Adelaide	17 Dec 16 State Relay Championships U/18	
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4x400 METRES RELAY

3.41.25	Flinders 'A' (U/18) (Ossi Tyler-Dowd, Cameron Clohesy, Moses Milsom, Nicholas Dallimore)	F		2	Adelaide	17 Dec 16 State Relay Championships U/18	
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4x800 METRES RELAY

8.05.92	Flinders 'A' (Cameron Clohesy, Nicholas Dallimore, Tom Lancaster, Jacob Cocks)	F		3	Adelaide	17 Dec 16 State Relay Championships Open	
9.05.94	Flinders 'B' (Nicholas Brook-Anderson, Bailey Dyer, Jake Giannini, Neal Slabbert)	F		6	Adelaide	17 Dec 16 State Relay Championships Open	
9.38.52	Flinders 'A' (U/16) (Aidan Ross, Mitchell Wyatt, Liam Markham, Blake Higgins)	F		2	Adelaide	17 Dec 16 State Relay Championships U/16	
10.30.65	Flinders 'A' (Mike McAuliffe, Richard McMahon, Colin Wellings, Paul Sutcliffe)	F		1	Adelaide	17 Dec 16 State Relay Championships O/50	

DISTANCE MEDLEY RELAY**SWEDISH RELAY**

2.11.86	Flinders 'A' (U/18) (Neal Slabbert, Ossi Tyler-Dowd, Cailen Hejka, Nicholas Dallimore)	F		3	Adelaide	17 Dec 16 State Relay Championships U/18	
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1,000 METRES WALK**1,500 METRES WALK****2,000 METRES WALK****3,000 METRES WALK****5,000 METRES WALK****10,000 METRES WALK****HIGH JUMP**

1.20	Richard McMahon	F	080162	1	Clare	25 Mar 17 Clare Masters Games	M55
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POLE VAULT**LONG JUMP**

4.59	Tom Esser	F	130703	4	Adelaide	11 Apr 17 SSSSA Athletic Championships B Grade	
3.86	Jye Lemmers	C	200205	7	Adelaide	27 Sep 16 SAPSASA Metro State Day	

TRIPLE JUMP

9.86	Austin Thannickan	F	060902	2	Adelaide	06 Apr 17 SSSSA Athletic Championships E Grade	
9.76	Tom Esser	F	130703	2	Adelaide	11 Apr 17 SSSSA Athletic Championships B Grade	

SHOT PUT**DISCUS THROW****HAMMER THROW****JAVELIN THROW**

44.81	800g Daniel Claridge	F	200396	2	Adelaide	03 Dec 16 ASA Club Day 2	Open
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DECATHLON**WOMEN****60 METRES**

8.10	-0.7 Amie Mittiga	F	120492	3h1	Adelaide	14 Jan 17 Interclub 8B	Open
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8.59	1.3	Bethany Jones	F	010996	5h3	Adelaide	25 Feb 17 Interclub 12B	Open
8.76	-1.8	Taylah Stallan	F	300701	2h5	Adelaide	19 Nov 16 Interclub 4B	U/18
8.86	-1.8	Lakara Stallan	F	291103	3h5	Adelaide	19 Nov 16 Interclub 4B	U/16
8.95	-1.8	Caitlin Stallan	F	300701	4h5	Adelaide	19 Nov 16 Interclub 4B	U/18
9.12	1.7	Imogen Schubert	F	151001	4h5	Adelaide	25 Feb 17 Interclub 12B	U/18
100 METRES								
12.13	0.6	Amie Mittiga	F	120492	2h1	Adelaide	28 Jan 17 Interclub 9A	Open
13.03	-0.4	Ruby Buchanan	F	100100	3h3	Adelaide	28 Jan 17 Interclub 9A	U/18
13.26	-0.6	Emma Hejka	F	230104	2h4	Adelaide	26 Nov 16 Interclub 5A	U/14
13.49	0.9	Lakara Stallan	F	291103	4	Adelaide	18 Feb 17 State Championships	U/16
13.75	1.9	Bethany Jones	F	010996	1h8	Adelaide	12 Nov 16 Interclub 3A	Open
14.02	-1.7	Caitlin Stallan	F	300701	6h2	Adelaide	22 Oct 16 SA Schools Championships	U/18
14.12	1.4	Taylah Stallan	F	300701	4h2	Adelaide	18 Feb 17 State Championships	U/18
14.60	-0.4	Imogen Schubert	F	151001	3h3	Adelaide	03 Dec 16 ASA Club Day 2	U/18
14.98		Marielle Burns	C	120905	5h1	Adelaide	27 Sep 16 SAPSASA Metro State Day	U/14
Wind Assisted								
12.04	2.6	Amie Mittiga	F	120492	1	Adelaide	19 Feb 17 State Championships	Open
13.10	4.9	Taylah Stallan	F	300701	1h4	Adelaide	29 Oct 16 Interclub 1A	U/18
13.19	4.9	Lakara Stallan	F	291103	2h4	Adelaide	29 Oct 16 Interclub 1A	U/16
13.55	3.1	Bethany Jones	F	010996	2h5	Adelaide	29 Oct 16 Interclub 1A	Open
13.56	3.6	Caitlin Stallan	F	300701	9h3	Adelaide	29 Oct 16 Interclub 1A	U/18
14.35	2.4	Sunshine Hurst	F	130903	5h3	Adelaide	15 Oct 16 ASA Club Day #1	U/16
200 METRES								
25.28	-1.4	Amie Mittiga	F	120492	1h1	Adelaide	14 Jan 17 Interclub 8B	Open
26.99		nwi Ruby Buchanan	F	100100	6	Adelaide	18 Jan 17 Invitational	U/18
26.73	0.3	Saraid Kustermann	F	130697	2h2	Adelaide	04 Feb 17 Interclub 10B	Open
27.47	-0.5	Teagan Kustermann	F	080396	3h2	Adelaide	19 Nov 16 Interclub 4B	Open
27.64	1.0	Taylah Stallan	F	300701	6	Adelaide	23 Oct 16 SA Schools Championships	U/18
28.14	-2.4	Caitlin Stallan	F	300701	3h2	Adelaide	23 Oct 16 SA Schools Championships	U/18
29.38	-2.0	Lakara Stallan	F	291103	4h6	Adelaide	19 Nov 16 Interclub 4B	U/16
30.32	0.5	Keeley Kustermann	F	170404	2h6	Adelaide	04 Feb 17 Interclub 10B	U/14
30.70	-1.1	Imogen Schubert	F	151001	5h4	Adelaide	10 Dec 16 Interclub 6B	U/18
Wind Assisted								
26.57	2.9	Ruby Buchanan	F	100100	4	Adelaide	19 Feb 17 State Championships	U/18
30.35	2.3	Sunshine Hurst	F	130903	5h3	Adelaide	15 Oct 16 ASA Club Day 1	U/16
30.63	2.4	Imogen Schubert	F	151001	1h7	Adelaide	25 Feb 17 Interclub 12B	U/18
400 METRES								
58.76		Saraid Kustermann	F	130697	3	Adelaide	11 Feb 17 Interclub 11A	Open
59.11		Teagan Kustermann	F	080396	2h1	Adelaide	28 Jan 17 Interclub 9A	Open
59.72		Ruby Buchanan	F	100100	1h2	Adelaide	28 Jan 17 Interclub 9A	U/18
66.04		Keeley Kustermann	F	170404	5	Adelaide	22 Oct 16 SA Schools Championships	U/14
66.79		Taylah Stallan	F	300701	2h3	Adelaide	29 Oct 16 Interclub 1A	U/18
74.10		Imogen Schubert	F	151001	3h5	Adelaide	28 Jan 17 Interclub 9A	U/18
75.23		Lakara Stallan	F	291103	7h2	Adelaide	29 Oct 16 Interclub 1A	U/16
800 METRES								
2.09.54		Lucy Buckley	F	071186	5s1	Melbourne	03 Mar 17 Victorian State Championships	Open
2.12.95		Saraid Kustermann	F	130697	1 (mix)	Adelaide	11 Mar 17 Club Day 3	Open
2.15.29		Teagan Kustermann	F	080396	5	Adelaide	18 Jan 17 Invitational	Open
2.29.33		Keeley Kustermann	F	170404	2	Adelaide	04 Mar 17 Club Cup Final	U/14
2.33.19		Talitha Montgomery	F		5	Adelaide	04 Mar 17 Club Cup Final	U/14
2.54.14		Lisa Slabbert	F	120905	3h2	Adelaide	03 Dec 16 ASA Club Day 2	U/14
1,500 METRES								
4.30.95		Lucy Buckley	F	071186	2	Adelaide	19 Feb 17 State Championships	Open
4.44.20		Charlotte Derbyshire	F	140101	3	Adelaide	17 Mar 17 Invitational #2	U/18
4.51.84		Saraid Kustermann	F	130697	5	Adelaide	28 Jan 17 Interclub 9A	Open
4.56.33		Fern Davies	F	190404	1	Adelaide	18 Feb 17 State Championships	U/20
5.07.20		Fleur Wellings	F	021297	2	Adelaide	11 Mar 17 Club Day 3	Open
5.14.10		Keeley Kustermann	F	170404	2	Adelaide	19 Feb 17 State Championships	U/14
5.29.37		Vanessa Alvaro	F	130391	4	Adelaide	15 Oct 16 ASA Club Day 1	Open
6.39.49		Siobhan Doran	F	020201	13	Adelaide	29 Oct 16 Interclub 1A	U/18
7.14.01		Bethany Jones	F	010996	5	Adelaide	04 Mar 17 Club Cup Final	Open
3,000 METRES								
10.06.06		Charlotte Derbyshire	F	140101	3	Adelaide	18 Jan 17 State Championships (Open)	U/18
10.57.53		Fleur Wellings	F	021297	3	Adelaide	04 Mar 17 Club Cup Final	Open
11.42.82		Vanessa Alvaro	F	130391		Adelaide	19 Nov 16 Interclub 4B	Open
11.55.03		Alexis Gillham	F	300582		Adelaide	19 Nov 16 Interclub 4B	Open
13.56.54		Siobhan Doran	F	020201	3	Adelaide	05 Nov 16 Interclub 2B	U/18
5,000 METRES								
18.55.70		Vanessa Alvaro	F	130391	4	Adelaide	30 Nov 16 State Championships (Open)	Open

19.24.18	Fleur Wellings	F	021297	2	Adelaide	30 Nov 16	State Championships (U/20)	Open
20.14.60	Chantel Peacock	F	070975	2	Adelaide	30 Nov 16	State Championships (O/35)	O/35
10,000 METRES								
38.52.96	Fleur Wellings	F	021297	2	Adelaide	17 Mar 17	State Championships	Open
60 METRES HURDLES (..cm)								
10.80	Marielle Burns	C	120995	1	Adelaide	19 Mar 17	SALAA Individual Championships	U/12
100 METRES HURDLES (76cm)								
100 METRES HURDLES (84cm)								
400 METRES HURDLES								
2,000 METRES STEEPLECHASE								
3,000 METRES STEEPLECHASE								
4x100 METRES RELAY								
4x200 METRES RELAY								
1.50.98	Flinders 'A' (U/18) (Caitlin Stallan, Lakara Stallan, Taylah Stallan, Ruby Buchanan)	F		2	Adelaide	17 Dec 16	State Relay Championships U/18	
4x400 METRES RELAY								
4.01.26	Flinders 'A' (Ruby Buchanan, Tegan Kustermann, Lucy Buckley, Saraid Kustermann)	F		1	Adelaide	17 Dec 16	State Relay Championships Open	
4x800 METRES RELAY								
9.35.02	Flinders 'A' (Lucy Buckley, Keeley Kustermann, Tegan Kustermann, Saraid Kustermann)	F		1	Adelaide	17 Dec 16	State Relay Championships Open	
10.51.80	Flinders 'B' (Alexis Gillham, Chantel Peacock, Fleur Wellings, Vanessa Alvaro)	F		3	Adelaide	17 Dec 16	State Relay Championships Open	
DISTANCE MEDLEY RELAY								
SWEDISH RELAY								
2.32.60	Flinders (Lakara Stallan, Taylah Stallan, Caitlin Stallan, Saraid Kustermann)	F		2	Adelaide	19 Nov 16	Interclub 4B	Open
800 METRES WALK								
4.38.0	Gloria Holliday	F	021160		Adelaide	09 Nov 16	SAMA Program A2 Handicap	O/50
1,000 METRES WALK								
5.53.0	Gloria Holliday	F	021160	3	Adelaide	16 Nov 16	SAMA Program B1 Scratch	O/50
1,500 METRES WALK								
2,000 METRES WALK								
3,000 METRES WALK								
18.57.0	Gloria Holliday	F	021160	2	Adelaide	16 Nov 16	SAMA Program B1 Scratch	O/50
5,000 METRES WALK								
31.23	Gloria Holliday	F	021160		Adelaide	09 Nov 16	SAMA Program A2 Handicap	O/50
10,000 METRES WALK								
20km WALK (Road)								
HIGH JUMP								
POLE VAULT								
LONG JUMP								
4.43	3.7 Bethany Jones	F	010996	5	Adelaide	29 Oct 16	Interclub 1A	Open
TRIPLE JUMP								
10.22	0.0 Bethany Jones	F	010996	3	Adelaide	05 Nov 16	Interclub 2B	Open
SHOT PUT (3kg)								
SHOT PUT (4kg)								
DISCUS THROW (1kg)								

HAMMER THROW

JAVELIN THROW

HEPTATHLON