

FLINDERS ATHLETICS CLUB RANKINGS 2017-18
As at 21st April 2018
Compiled by Paul Sutcliffe - Flinders AC Statistician

PERFORM	WIND	NAME	ASS	DOB	PLACE	VENUE	DATE
MEN							
60 METRES							
7.30	-0.4	Cailen Hejka	F	060501	3h1	Adelaide	10 Feb 18
7.31	+0.3	Moses Milsom	F	100999	3	Adelaide	11 Nov 17
7.38	+0.9	James Bayliss	F	230596	1h2	Adelaide	28 Oct 17
8.32	-0.6	Nathanial Doyle	F	271103	8h2	Adelaide	24 Feb 18
8.83	+0.1	Joshua Bell	F	150103	3h6	Adelaide	10 Feb 18
9.27	+1.4	Joseph Doyle	F	160805	7h7	Adelaide	28 Oct 17
wind assisted							
8.53	+2.2	Lachlan Bellen	F	240702	7h6	Adelaide	13 Jan 18
100 METRES							
11.45	+1.6	Cailen Hejka	F	060501	8h3	Sydney	18 Mar 18
11.47	+1.5	Moses Milsom	F	100999	4	Adelaide	24 Jan 18
11.61	-1.5	James Bayliss	F	230596	1h2	Adelaide	14 Oct 17
11.89	+1.7	Ossi Tyler-Dowd	F	301199	3h2	Adelaide	07 Oct 17
12.05	+1.0	Gerry Doyle	F	140677	1h6	Adelaide	04 Nov 17
12.50	+1.7	Ben O'Reilly	F	291200	8h2	Adelaide	07 Oct 17
12.52	+0.9	Austin Thannickan	F	060902	5h5	Adelaide	18 Nov 17
13.11	nwi	Xavier Poole	F	080904	hex	Adelaide	20 Jan 18
13.17	+0.6	Nathanial Doyle	F	271103	6h1	Adelaide	21 Oct 17
13.97	+1.7	Joshua Bell	F	150103	3h6	Adelaide	24 Jan 18
14.41	+1.7	Joseph Doyle	F	160805	4h6	Adelaide	24 Jan 18
wind assisted							
13.20	+2.0	Xavier Poole	F	080904	8h4	Adelaide	02 Dec 17
14.12	+2.4	Joseph Doyle	F	160805	2	Adelaide	03 Feb 18
200 METRES							
23.05	+1.8	James Bayliss	F	230596	1h3	Adelaide	28 Oct 17
23.43	-0.5	Cailen Hejka	F	060501	4	Adelaide	04 Feb 18
23.44	hw	Moses Milsom	F	100999	4	Adelaide	04 Feb 18
23.88	+1.8	Jack Faulkner	F	040900	2h3	Adelaide	28 Oct 17
24.50	-1.0	Gerry Doyle	F	140677	3h3	Adelaide	11 Nov 17
27.06	-0.3	Nathan Lang	F	170681	pen	Adelaide	21 Jan 18
27.20	+0.8	Xavier Poole	F	080904	8	Adelaide	22 Oct 17
27.33	+1.4	Aidan Ross	F	090703	5h5	Adelaide	25 Nov 17
27.67	+0.9	Nathanial Doyle	F	271103	6h1	Adelaide	22 Oct 17
27.81	+1.6	Lachlan Bellen	F	240702	8h7	Adelaide	25 Nov 17
29.34	+0.9	Joseph Doyle	F	160805	1	Adelaide	04 Feb 18
Wind Assisted							
400 METRES							
50.54		Casey Buchanan	F	210201	1	Adelaide	03 Feb 18
51.51		James Bayliss	F	230596	2h2	Adelaide	02 Dec 17
52.19		Connor McIvor	F	120195	4h2	Adelaide	18 Nov 17
52.69		Nicholas Dallimore	F	200300	3h1	Adelaide	21 Oct 17
53.99		Cameron Clohesy	F	150599	8h2	Adelaide	18 Nov 17
54.27		Gerry Doyle	F	140677	2h2	Adelaide	04 Nov 17

54.38	Tom Lancaster	F	280597	7h1	Adelaide	04 Nov 17
55.16	Jack Faulkner	F	040900	1h4	Adelaide	14 Oct 17
55.57	Hunter Rubino	F	231098	4h3	Adelaide	24 Jan 18
56.37	Patrick Goodwin	F	031100	1h8	Adelaide	18 Nov 17
58.02	Aidan Ross	F	090703	5h5	Adelaide	18 Nov 17
60.00	Blake Higgins	F	210102	8h5	Adelaide	18 Nov 17
60.89	Xavier Poole	F	080904	5	Adelaide	11 Apr 18
61.06	Mitchell Wyatt	F	120804	2h5	Adelaide	14 Oct 17
64.42	Colin Ambrose	F	141167	2h9	Adelaide	18 Nov 17
64.98	Richard McMahon	F	080162		Adelaide	25 Oct 17
67.68	Colin Wellings	F	100864	4h9	Adelaide	18 Nov 17

800 METRES

1.54.69	Casey Buchanan	F	210201	4	Sydney	16 Mar 18
1.56.46	Tom Lancaster	F	280597	5	Adelaide	13 Jan 18
1.57.76	Cameron Clohesy	F	150599	1	Adelaide	04 Feb 18
1.58.85	Lachlan Scott	F	210296	8	Adelaide	25 Nov 17
2.01.61	Connor McIvor	F	120195	9	Adelaide	11 Nov 17
2.01.91	Patrick Goodwin	F	031100	6	Adelaide	22 Oct 17
2.02.07	Nicholas Dallimore	F	200300	1h2	Adelaide	13 Jan 18
2.04.30	Aidan Ross	F	090703	8	Adelaide	10 Feb 18
2.08.26	Hunter Rubino	F	231098	7h2	Adelaide	11 Nov 17
2.11.19	Nicholas Brook-Anderson	F	070793	5h1	Adelaide	07 Oct 17
2.11.30	Darcy Joseph	F	181201	1	Adelaide	05 Apr 18
2.11.71	Blake Higgins	F	210102	7h3	Adelaide	28 Oct 17
2.15.80	Dylan Bosch	F	171200	4	Adelaide	11 Apr 18
2.24.00	Richard McMahon	F	080162		Adelaide	08 Nov 17
2.32.83	Michael McAuliffe	F	290965	3h3	Adelaide	10 Feb 18
2.36.54	Xavier Poole	F	080904	hex	Adelaide	20 Jan 18
2.37.18	Colin Wellings	F	100864	6h2	Adelaide	02 Dec 17
2.38.07	Joshua Bell	F	150103	pen	Adelaide	20 Jan 18

1,000 METRES

3.01.00	Richard McMahon	F	080162		Adelaide	06 Dec 17
3.21.00	Colin Wellings	F	100864		Adelaide	06 Dec 17

1,500 METRES

3.49.81	Jordan Hewitt	F	140297	8	Tempe, USA	23 Mar 18
3.52.78	Lachlan Scott	F	210296	10h1	Gold Coast	16 Feb 18
3.56.52	Jacob Cocks	F	190594	6	Adelaide	06 Jan 18
4.02.95	Patrick Goodwin	F	031100	1	Adelaide	03 Feb 18
4.07.26	Aidan Ross	F	090703	7	Adelaide	08 Dec 17
4.08.34	Cameron Clohesy	F	150599	8	Adelaide	24 Jan 18
4.08.74	Tom Lancaster	F	280597	10	Adelaide	06 Jan 18
4.27.22	Nicholas Dallimore	F	200300	10	Adelaide	04 Nov 17
4.31.72	Darcy Joseph	F	181201	2	Adelaide	03 Feb 18
4.32.92	Blake Higgins	F	210102	6	Adelaide	03 Feb 18
4.36.10	Scott Goodwin	F	301001	5	Adelaide	21 Oct 17
4.38.80	Mitchell Wyatt	F	120804	3h2	Adelaide	14 Oct 17
5.03.00	Richard McMahon	F	080162		Adelaide	13 Dec 17
5.11.25	Nathan Lang	F	170681	pen	Adelaide	21 Jan 18
5.20.02	Colin Wellings	F	100864	9h3	Adelaide	06 Jan 18
5.24.06	Paul Sutcliffe	F	220360	5	Adelaide	03 Mar 18

MILE

4.09.21	ind	Jordan Hewitt	F	140297	Ann Arbor, Michigan, USA	03 Feb 18
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2,000 METRES

7.02.00	Richard McMahon	F	080162		Adelaide	06 Dec 17
7.23.00	Colin Wellings	F	100864		Adelaide	06 Dec 17

3,000 METRES

8.28.56	Jacob Cocks	F	190594	4	Adelaide	17 Jan 18
8.32.02	Lachlan Scott	F	210296	6	Adelaide	17 Jan 18
9.03.45	Aidan Ross	F	090703	2	Sydney	14 Mar 18
9.23.08	Patrick Goodwin	F	031100	8	Adelaide	09 Mar 18
10.01.20	Colin Ambrose	F	141167	2	Adelaide	17 Jan 18
10.17.70	Scott Goodwin	F	301001		Adelaide	25 Nov 17
10.41.64	Michael McAuliffe	F	290965	6	Adelaide	03 Mar 18
10.49.00	Richard McMahon	F	080162		Adelaide	22 Nov 17
11.22.60	Colin Wellings	F	100864	5	Adelaide	17 Jan 18

5,000 METRES

14.05.00	ind Riley Cocks	F	271295	6	Seattle, USA	26 Jan 18
14.50.87	Riley Cocks	F	271295	2	Gold Coast	26 Sep 17
15.08.80	Lachlan Scott	F	210296	4	Adelaide	08 Nov 17
16.34.16	Patrick Goodwin	F	031100	5	Adelaide	08 Nov 17
17.41.06	Colin Ambrose	F	141167	1	Adelaide	08 Nov 17
18.11.28	Dylan Bosch	F	171200	7	Adelaide	08 Nov 17
19.32.50	Paul Sutcliffe	F	220360	1	Adelaide	24 Feb 18
19.36.99	Colin Wellings	F	100864	2	Adelaide	24 Feb 18

10,000 METRES

29.13.01	Riley Cocks	F	271295	9	Melbourne	14 Dec 17
36.10.00	Colin Ambrose	F	141167	1	Adelaide	07 Mar 18
40.05.54	Paul Sutcliffe	F	220360	2	Adelaide	07 Mar 18
40.53.60	Colin Wellings	F	100864	3	Adelaide	07 Mar 18

90 METRES HURDLES (76.2cm)

13.69	nwi Xavier Poole	F	080904	hex	Adelaide	20 Jan 18
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Wind Assisted

13.55	+2.8 Xavier Poole	F	080904	4h1	Adelaide	08 Dec 17
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100 METRES HURDLES (84cm)

16.57	-0.1 Joshua Bell	F	150103	2	Adelaide	17 Feb 18
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110 METRES HURDLES**200 METRES HURDLES (76.2cm)**

32.83	+1.5 Xavier Poole	F	080904	2	Adelaide	07 Oct 17
33.23	-2.0 Nathaniel Doyle	F	271103	2	Adelaide	02 Feb 18
33.96	-2.0 Joshua Bell	F	150103	3	Adelaide	02 Feb 18

400 METRES HURDLES (91.4cm)

73.40	Joshua Bell	F	150103	2	Adelaide	10 Feb 18
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400 METRES HURDLES (76.2cm)

69.95	Lachlan Bellen	F	240702	2	Adelaide	02 Feb 18
74.67	Joshua Bell	F	150103	3	Adelaide	02 Feb 18

2,000 METRES STEEPLECHASE (0.762m)

6.16.67	Aidan Ross	F	090703	1	Sydney	17 Mar 18
7.48.05	Darcy Joseph	F	181201	2	Adelaide	05 Apr 18

2,000 METRES STEEPLECHASE (0.914m)**3,000 METRES STEEPLECHASE**

8.55.85	Jacob Cocks	F	190594	5	Goal Coast	17 Feb 18
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4x100 METRES RELAY

43.23	Flinders 'A'	F		3	Adelaide	16 Dec 17
	(James Bayliss, Luke Houlihan, Jordan Tronnolone, Damien Tohl)					
46.17	Flinders 'A'	F		9	Adelaide	16 Dec 17
	(Cailen Hejka, Patrick Goodwin, Gerry Doyle, Moses Milsom)					
54.33	Flinders 'A'	F		5	Adelaide	16 Dec 17
	(Joseph Doyle, Joshua Bell, Blake Higgins, Nathaniel Doyle)					

4x200 METRES RELAY

1.34.62	Flinders 'A'	F		4	Adelaide	16 Dec 17
	(Nicholas Dallimore, Cailen Hejka, Gerry Doyle, Moses Milsom)					
1.53.61	Flinders 'A'	F		8	Adelaide	16 Dec 17
	(Joseph Doyle, Joshua Bell, Aidan Ross, Nathaniel Doyle)					

4x400 METRES RELAY

3.30.46	Flinders 'A'	F		3	Adelaide	16 Dec 17
	(Connor McIvor, James Bayliss, Gerry Doyle, Tom Lancaster)					
4.39.70	Flinders 'A'	F		1	Adelaide	16 Dec 17
	(Mike McAuliffe, Colin Ambrose, Colin Wellings, Paul Sutcliffe)					

4x800 METRES RELAY

8.08.62	Flinders 'A'	F		2	Adelaide	16 Dec 17
	(Jacob Cocks, Patrick Goodwin, Connor McIvor, Tom Lancaster)					
8.51.48	Flinders 'A'	F		2	Adelaide	16 Dec 17
	(Blake Higgins, Darcy Joseph, Aidan Ross, Nicholas Dallimore)					
10.15.16	Flinders 'A'	F		1	Adelaide	16 Dec 17
	(Mike McAuliffe, Colin Ambrose, Colin Wellings, Paul Sutcliffe)					

DISTANCE MEDLEY RELAY

3.43.29	Flinders 'A'	F		3	Adelaide	16 Dec 17
	(Moses Milsom, Cailen Hejka, Gerry Doyle, Tom Lancaster)					

SWEDISH RELAY

2.26.15	Flinders 'A'	F		5	Adelaide	16 Dec 17
	(Joseph Doyle, Nathaniel Doyle, Joshua Bell, Aidan Ross)					

1,000 METRES WALK

7.29.00	Ross Hill-Brown	C	060155		Adelaide	29 Nov 17
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1,500 METRES WALK

8.07.76	Lachlan Bellen	F	240702		Adelaide	25 Nov 17
11.24	Ross Hill-Brown	C	060155		Adelaide	21 Mar 18

2,000 METRES WALK

15.31.00	Ross Hill-Brown	C	060155		Adelaide	28 Feb 18
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3,000 METRES WALK

17.18.56	Lachlan Bellen	F	240702	12	Adelaide	08 Dec 17
23.40.00	Ross Hill-Brown	C	060155		Adelaide	29 Jan 18

5,000 METRES WALK

40.48.00	Ross Hill-Brown	C	060155		Adelaide	22 Nov 17
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10,000 METRES WALK

HIGH JUMP

2.01	Darcy Norbury	F	101298	2	Sydney	09 Mar 18
1.80	Aaron Lowe	F	080797	3	Adelaide	11 Nov 17
1.50	Lachlan Bellen	F	240702	2	Adelaide	03 Feb 18
1.36	Xavier Poole	F	080904	hex	Adelaide	20 Jan 18
1.36	Joshua Bell	F	150103	pen	Adelaide	20 Jan 18

POLE VAULT**LONG JUMP**

5.33	nwi Nathan Lang	F	170681	pen	Adelaide	21 Jan 18
4.68	+0.6 Xavier Poole	F	080904	8	Adelaide	07 Oct 17
4.36	0.0 Nathaniel Doyle	F	271103	9	Adelaide	22 Oct 17
4.13	nwi Joshua Bell	F	150103	pen	Adelaide	20 Jan 18

Wind Assisted

4.91	+3.0 Nathaniel Doyle	F	271103	7	Adelaide	04 Feb 18
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TRIPLE JUMP

10.82	+0.7 Nathaniel Doyle	F	271103	2	Adelaide	04 Feb 18
10.16	-1.1 Lachlan Bellen	F	240702	2	Adelaide	04 Feb 18

SHOT PUT

8.13	3kg Reece Franz	F	250405	5	Adelaide	28 Oct 17
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DISCUS THROW

25.94	1kg Lachlan Bellen	F	240702	5	Adelaide	25 Nov 17
24.34	2kg Nathan Lang	F	170681	pen	Adelaide	21 Jan 18
24.15	2kg Nicholas Brook-Anderson	F	070793	4	Adelaide	07 Oct 17
23.66	Xavier Poole	F	080904	hex	Adelaide	20 Jan 18
20.74	Lachlan Bellen	F	240702	2	Adelaide	03 Feb 18
19.37	1kg Reece Franz	F	250405	7	Adelaide	28 Oct 17
14.10	Joshua Bell	F	150103	pen	Adelaide	20 Jan 18

HAMMER THROW

11.33	3kg Reece Franz	F	250405	3	Adelaide	04 Nov 17
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JAVELIN THROW

22.04	800g Nathan Lang	F	170681	pen	Adelaide	21 Jan 18
17.94	600g Reece Franz	F	250405	7	Adelaide	04 Nov 17
17.80	700g Lachlan Bellen	F	240702	4	Adelaide	13 Jan 18
13.66	700g Joshua Bell	F	150103	pen	Adelaide	20 Jan 18

DECATHLON**HEPTATHLON**

2097pts	Joshua Bell	F	150103	9	Adelaide	20 Jan 18
(100mH 16.59, DT 14.10, 100m 14.38, LJ 4.13, JT (700g) 13.66, HJ 1.36, 800m 2.38.07)						

HEXATHLON

1888pts	Xavier Poole	F	080904	3	Adelaide	20 Jan 18
(DT 23.66, 90mH (76cm) 13.69, HJ 1.36, LJ 4.63, 100m 13.11, 800m 2.36.54)						

PENTATHLON

1930pts	Nathan Lang	F	170681	2	Adelaide	21 Jan 18
(200m 27.06 (-0.3), LJ 5.33 (-0.5), DT 24.34, JT (800g) 22.04, 1500m 5.11.25)						

WOMEN

60 METRES

7.98	+0.6 Mikalya Round	F	090397	1h4	Adelaide	25 Nov 17
8.03	-0.6 Czenya Cavouras	F	270193	1h2	Adelaide	25 Nov 17
8.06	-0.5 Amie Mittiga	F	120492	5	Adelaide	25 Nov 17
9.14	-2.4 Imogen Schubert	F	151001	6h5	Adelaide	25 Nov 17
9.20	+1.8 Marielle Burns	F	120905	3h7	Adelaide	13 Jan 18
10.33	-0.4 Madelene McNeil (T13)	F	030196	7h4	Adelaide	24 Feb 18

100 METRES

12.30h	+1.5 Amie Mittiga	F	120492	2	Adelaide	17 Jan 18
12.39	+1.5 Amie Mittiga	F	120492	1	Adelaide	02 Dec 17
12.40h	-1.5 Czenya Cavouras	F	270193	3	Adelaide	17 Jan 18
12.66	-0.5 Czenya Cavouras	F	270193	3	Adelaide	06 Jan 18
12.75	+1.2 Mikalya Round	F	090397	1h2	Adelaide	24 Jan 18
13.33	+1.5 Ruby Buchanan	F	100100	8h2	Adelaide	02 Dec 17
14.75	+1.9 Marielle Burns	F	120905	7h5	Adelaide	24 Jan 18
14.73	-0.2 Imogen Schubert	F	151001	7h3	Adelaide	10 Mar 18
15.66	+1.7 Grace Thrussell	F	280606	4h5	Adelaide	07 Oct 17
15.90	nwi Aysha Snell	F	101206	pen	Adelaide	20 Jan 18
16.13	+0.8 Madelene McNeil (T13)	F	030196	4h4	Adelaide	10 Mar 18

Wind Assisted

12.18	+4.4 Amie Mittiga	F	120492	2	Adelaide	03 Feb 18
12.45	+4.4 Mikalya Round	F	090397	3	Adelaide	03 Feb 18
14.48	+2.1 Marielle Burns	F	120905	4h6	Adelaide	04 Nov 17
14.67	+2.2 Imogen Schubert	F	151001	5h5	Adelaide	18 Nov 17

200 METRES

24.84	+0.7 Czenya Cavouras	F	270193	2	Adelaide	25 Nov 17
25.82	-0.5 Mikalya Round	F	090397	2h2	Adelaide	25 Nov 17
26.07	+0.7 Amie Mittiga	F	120492	7	Adelaide	25 Nov 17
28.09	-0.5 Ruby Buchanan	F	100100	8	Adelaide	11 Nov 17
29.26	nwi Keeley Kustermann	F	170404	hex	Adelaide	20 Jan 18
29.64	+1.6 Imogen Schubert	F	151001	1h6	Adelaide	10 Feb 18
30.15	0.0 Marielle Burns	F	120905	6h2	Adelaide	22 Oct 17
30.25	+1.6 Faith Pearson-McKenzie	F	070501	2h6	Adelaide	10 Feb 18
36.30	+0.5 Madelene McNeil (T13)	F	030196	3h6	Adelaide	24 Feb 18

Wind Assisted**400 METRES**

55.01	Czenya Cavouras	F	270193	1	Adelaide	03 Feb 18
62.91	Ruby Buchanan	F	100100	5h2	Adelaide	08 Dec 17
68.44	Imogen Schubert	F	151001	7h2	Adelaide	10 Mar 18
79.40	Grace Thrussell	F	280606	3h5	Adelaide	14 Oct 17
95.75	Madelene McNeil (T13)	F	030196	4h4	Adelaide	17 Feb 18

800 METRES

2.24.15	Faith Pearson-McKenzie	F	070501	10h2	Sydney	15 Mar 18
2.25.92	Keeley Kustermann	F	170404	1	Adelaide	10 Mar 18
2.30.48	Sarah Goodwin	F	090704	4	Adelaide	22 Oct 17
2.57.33	Lara Higgins	F	210206	7	Adelaide	04 Feb 18
3.02.31	Aysha Snell	F	101206	pen	Adelaide	20 Jan 18

1,500 METRES

5.05.17	Keeley Kustermann	F	170404	4	Adelaide	24 Mar 18
5.05.78	Vanessa Alvaro	F	130391	6	Adelaide	03 Feb 18
5.28.23	Sarah Goodwin	F	090704	4	Adelaide	02 Dec 17

5.36.07	Faith Pearson-McKenzie	F	070501	11	Adelaide	14 Oct 17
3,000 METRES						
10.38.56	Vanessa Alvaro	F	130391	6	Adelaide	28 Feb 18
10.57.65	Fern Davies	F	190404	3	Adelaide	17 Jan 18
11.08.07	Amy Cauley	F	131288	4	Adelaide	03 Mar 18
12.19.33	Sarah Goodwin	F	090704	6	Adelaide	03 Mar 18
5,000 METRES						
18.33.39	Vanessa Alvaro	F	130391	4	Adelaide	08 Nov 17
20.17.93	Chantel Peacock	F	070975	2	Adelaide	08 Nov 17
21.38.82	Alison Sorell	F	260276	3	Adelaide	08 Nov 17
10,000 METRES						
37.43.8*	Vanessa Alvaro	F	130391	2	Adelaide	07 Mar 18
41.51.9*	Chantel Peacock	F	070975	1	Adelaide	07 Mar 18
* Lap short						
80 METRES HURDLES (76.2cm)						
14.41 +1.3	Marielle Burns	F	120905	1	Adelaide	04 Nov 17
15.52 nwi	Keeley Kustermann	F	170404	hex	Adelaide	20 Jan 18
100 METRES HURDLES (76cm)						
100 METRES HURDLES (84cm)						
200 METRES HURDLES (.... cm)						
36.70 -1.2	Marielle Burns	F	120905	1	Adelaide	22 Oct 17
400 METRES HURDLES						
2,000 METRES STEEPLECHASE						
3,000 METRES STEEPLECHASE						
4x100 METRES RELAY						
4x200 METRES RELAY						
4x400 METRES RELAY						
4x800 METRES RELAY						
DISTANCE MEDLEY RELAY						
SWEDISH RELAY						
800 METRES WALK						
1,000 METRES WALK						
1,500 METRES WALK						
2,000 METRES WALK						
3,000 METRES WALK						
5,000 METRES WALK						

10,000 METRES WALK

20km WALK (Road)

HIGH JUMP

1.33	Keeley Kustermann	F	170404	hex	Adelaide	20 Jan 18
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POLE VAULT

LONG JUMP

4.06 nwi	Keeley Kustermann	F	170404	hex	Adelaide	20 Jan 18
3.95 0.0	Marielle Burns	F	120905	2	Adelaide	13 Jan 18
3.21 nwi	Aysha Snell	F	101206	pen	Adelaide	20 Jan 18

TRIPLE JUMP

SHOT PUT (3kg)

9.03 3kg	Keeley Kustermann	F	170404	hex	Adelaide	20 Jan 18
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SHOT PUT (4kg)

DISCUS THROW (1kg)

23.66	Aysha Snell	F	101206	pen	Adelaide	20 Jan 18
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HAMMER THROW

JAVELIN THROW

HEPTATHLON

HEXATHLON

1627pts	Keeley Kustermann	F	170404	3	Adelaide	20 Jan 18
(SP (3kg) 9.03, 200m 29.26, HJ 1.33, 80mH (76cm) 15.52, LJ 4.06, 800m 2.28.62)						

PENTATHLON

877pts	Aysha Snell	F	101206	11	Adelaide	20 Jan 18
(800m 3.02.31, 60mH (60cm) 12.14, LJ 3.21, 100m 15.90, DT 23.66)						