

18 Boys	DISCUS 1.5KG	MARTY SINCLAIR	45.65m	3-Oct-05
	HIGH JUMP	MICHAEL PERRY	1.97m	21-Nov-94
	HAMMER THROW 5KG	SEAN FLANAGAN	44.30m	28-Jan-02
	TRIPLE JUMP	ALLAN FLYNN	14.56m	19-Nov-83
	JAVELIN 700G	PHILIP TRACEY	59.84m	11-Feb-02
	SHOT PUT 5KG	THOMAS PHILLIPS	10.76m	10-Oct-16
	LONG JUMP	ALLAN FLYNN	6.67m	7-Jan-84
	POLE VAULT	CHRIS LEWIS	4.20m	10-Dec-01
	200 METRE HURDLES (LA)	DAVID LERCH	24.20 sec	7-Mar-16
	110 METRE HURDLES	CORY VIZINTIN	16.26 sec	14-Feb-22
	100 METRES	ANDREW WARING	11.20 sec	8-Oct-90
	1500 METRES	MARK STANBOROUGH	4 min 19.10 sec	23-Nov-92
	200 METRES	LEE CLARK	22.40 sec	2-Oct-89
	800 METRES	MARK STANBOROUGH	2 min 5.60 sec	2-Nov-92
	400 METRE	CLAY OLSEN	51.56 sec	13-Oct-14
	3000 METRES	MARK STANBOROUGH	9 min 20.70 sec	16-Nov-92
	1500 METRE WALK	CORY VIZINTIN	9 min 44.66 sec	21-Feb-22
	60 METRES	CORY VIZINTIN	7.65 sec	31-Jan-22
18 Girls	DISCUS 1KG	NAMOI SEFO	39.54m	20-Jan-97
	HIGHJUMP	JULIE GYSELHART	1.55m	24-Sep-90
	HAMMER THROW 3KG	HEATHER SCOTT	41.39m	14-Nov-22
	TRIPLE JUMP	LAUREN JACKSON	11.40m	4-Mar-02
	JAVELIN 500G	EMILY GRANT	28.45m	28-Nov-16
	SHOT PUT 3KG	WENDY NEAL	11.49m	1-Feb-86
	LONGJUMP	TIAHNA SKELTON	5.82m	22-Feb-21
	POLE VAULT	ALEXIS HURT	2.50m	13-Dec-99
	200 METRE HURDLES (LA)	TIAHNA SKELTON	26.57 sec	11-Jan-21
	100 METRE HURDLES	TIAHNA SKELTON	14.56 sec	8-Feb-21
	400 METRE HURDLES	LAUREN JACKSON	1 min 12.70 sec	1-Oct-01
	100 METRES	TIAHNA SKELTON	12.53 sec	1-Mar-21
	1500 METRES	REBECCA HART	6 min 0.70 sec	18-Jan-99
	200 METRES	TIAHNA SKELTON	25.47 sec	7-Dec-20
	800 METRES	JUDY PARTRIDGE	2 min 31.50 sec	17-Feb-68
	400 METRES	JUDY PARTRIDGE	1 min 0.30 sec	29-Oct-66
	3000 METRES	TYNAN JACKSON	12 min 59.50 sec	9-Feb-04
	1500 METRE WALK	AMY PHILLIPS	9 min 51.45 sec	30-Sep-19
	60 METRES	TIAHNA SKELTON	8.09 sec	22-Feb-21
	DISCUS 1.75KG	MARTY SINCLAIR	40.20m	9-Mar-09
	HIGH JUMP	ANTHONY RYAN	2.00m	3-Mar-84
	HAMMER THROW 6KG	ADAM HUARD	35.52m	26-Nov-01
	TRIPLE JUMP	ALLAN FLYNN	14.77m	19-Jan-85
	JAVELIN 800G	ALLAN FLYNN	58.16m	19-Jan-85
	SHOT PUT 6KG	ADAM HUARD	11.39m	26-Nov-01
	LONG JUMP	ALLAN FLYNN	6.80m	20-Oct-84
	POLE VAULT	DREW MADDISON	3.80m	12-Feb-96

20 Boys	POLE VAULT	CHRIS MEEHAN	3.80m	16-Mar-00
	200 METRE HURDLES (LA)	DAVID LERCH	26.27 sec	25-Sep-17
	110 METRE HURDLES	CORY VIZINTIN	15.83 sec	9-Jan-23
	400 METRE HURDLES	GLEN LIVERMORE	1 min 3.00 sec	11-Nov-96
	100 METRES	TIM BOWMAN	11.02 sec	9-Sep-13
	1500 METRES	MARK STANBOROUGH	4 min 11.80 sec	21-Nov-94
	200 METRES	RUSSELL MCGAUGHEY	22.70 sec	11-Mar-78
	800 METRES	DAVID NEWHAM	2 min 2.30 sec	21-Feb-94
	400 METRES	DAVID NEWHAM	52.20 sec	14-Mar-94
	3000 METRES	MARK STANBOROUGH	9 min 5.00 sec	28-Nov-94
	1500 METRE WALK	HAYDEN PERRETT	9 min 34.59 sec	15-Jan-24
	60 METRES	CORY VIZINTIN	7.03 sec	13-Feb-23
20 Girls	DISCUS 1KG	MORGAN VOSILLA	36.98m	1-Oct-07
	HIGH JUMP	JULIE GYSELHART	1.60m	2-Mar-92
	HAMMER THROW 4KG	MELISSA HOLAHAN	42.77m	7-Oct-02
	TRIPLE JUMP	JULIE GYSELHART	11.57m	27-Jan-92
	JAVELIN 500G	KRISTY NEWTON	39.92m	3-Feb-97
	SHOT PUT 4KG	MELISSA HOLAHAN	11.93m	26-Nov-01
	LONG JUMP	SHARON GYSELHART	5.71m	21-Mar-94
	200 METRE HURDLES (LA)	TIAHNA SKELTON	28.10 sec	25-Oct-21
	100 METRE HURDLES	TIAHNA SKELTON	15.94 sec	1-Nov-21
	400 METRE HURDLES	LAUREN JACKSON	1 min 30.50 sec	31-Jan-00
	100 METRES	SHARON GYSELHART	12.30 sec	25-Oct-93
	100 METRES	TIAHNA SKELTON	12.30 sec	25-Oct-21
	1500 METRES	LINDA NEAL	5 min 58.70 sec	1-Dec-97
	200 METRES	TIAHNA SKELTON	25.86 sec	1-Nov-21
	800 METRES	CLAUDIA HUGHES	2 min 37.45 sec	14-Oct-19
	400 METRES	KRISTY PRICE	1 min 1.30 sec	20-Sep-11
	3000 METRES	LINDA NEAL	12 min 31.30 sec	24-Nov-97
	1500 METRE WALK	AMY PHILLIPS	10 min 16.57 sec	2-Nov-20
	60 METRES	TIAHNA SKELTON	8.54 sec	31-Jan-22
Senior Men	DISCUS 2KG	ALLAN FLYNN	40.35m	9-Feb-98
	HIGH JUMP	MICHAEL PERRY	1.96m	31-Jan-00
	HAMMER THROW 7.26KG	ALLAN FLYNN	38.54m	15-Dec-97
	TRIPLE JUMP	MICHAEL PERRY	15.10m	11-Nov-99
	JAVELIN 800G	SEAN BETLAND	59.43m	11-Feb-02
	SHOT PUT 7.26KG	MICHAEL CHILDS	15.00m	15-Oct-01
	LONG JUMP	JOSH ROSS	7.00m	24-Sep-01
	POLE VAULT	PETER HERD	4.20m	2-Nov-85
	POLE VAULT	JON FLEMING	4.20m	18-Dec-85
	200 METRE HURDLES (LA)	LIAM BOWMAN	25.86 sec	4-Sep-17
	110 METRE HURDLES	MICHAEL PERRY	16.00 sec	22-Nov-99
	400 METRE HURDLES	DAVID NEWHAM	1 min 0.40 sec	20-Jan-97
	100 METRES	RUSSELL MCGAUGHEY	11.10 sec	16-Dec-78
	60 METRES	BEN IRVINE	7.16 sec	15-Jan-24
	1500 METRES	DAVID NEWHAM	4 min 17.00 sec	18-Dec-00

	200 METRES	JOSH ROSS	22.60 sec	10-Dec-02
	800 METRES	DAVID NEWHAM	1 min 59.30 sec	6-Jan-97
	400 METRES	PHIL JENKINS	51.10 sec	12-Feb-77
	3000 METRES	DAVID NEWHAM	9 min 16.80 sec	24-Nov-97
	1500 METRE WALK	HAYDEN PERRETT	9 min 18.88 sec	11-Nov-24
Senior Women	DISCUS 1KG	MORGAN VOSILLA	44.60m	5-Nov-12
	HIGH JUMP	JULIE GYSELHART	1.60m	15-Nov-93
	HAMMER THROW KKG	MELISSA HOLAHAN	55.31m	19-Mar-07
	TRIPLE JUMP	JULIE GYSELHART	11.26m	11-Jan-93
	JAVELIN 600G	KRISTY NEWTON	42.12m	15-Feb-99
	SHOT PUT 4KG	MELISSA HOLAHAN	12.11m	16-Jan-06
	LONG JUMP	JULIE GYSELHART	5.37m	3-Mar-94
	POLE VAULT	RENEE PARSONS	2.30m	21-Jan-02
	200 METRE HURDLES (LA)	APRIL CASLICK	34.13 sec	7-Sep-15
	100 METRE HURDLES	CHRISTINE BOOTH	15.40 sec	2-Feb-74
	400 METRE HURDLES	KAREN WHITE	1 min 12.90 sec	31-Jan-00
	100 METRES	TIAHNA SKELTON	12.26 sec	09-Dec-24
	60 METRES	TIAHNA SKELTON	7.56 sec	13-Jan-25
	1500 METRES	SIMONE LEWIS	5 min 4.00 sec	28-Sep-09
	200 METRES	JENNA HEATH	27.29 sec	16-Dec-19
	800 METRES	JUDY COUSINS	2 min 26.40 sec	12-Mar-77
	400 METRES	CHRISTINE BOOTH	1 min 0.40 sec	9-Mar-74
	3000 METRES	SIMONE LEWIS	10 min 33.40 sec	21-Sep-09
	1500 METRE WALK	ALEXANDRA LYNCH	9 min 11.17 sec	27-Feb-17
30-34 Men	DISCUS 2KG	DAVID WALLER	33.04m	10-Feb-25
	HIGH JUMP	MATT PERRY	1.45m	28-Sep-15
	HAMMER THROW 7.26KG	DAVID WALLER	32.85m	27-Jan-25
	TRIPLE JUMP	DAVID WALLER	7.97m	26-Feb-24
	JAVELIN 800G	BEN IRVINE	38.34m	24-Feb-25
	SHOT PUT 7.26KG	BEN IRVINE	11.80m	13-Jan-25
	LONG JUMP	MATT PERRY	5.10m	18-Jan-16
	100 METRES	MATT PERRY	11.78 sec	7-Mar-16
	200 METRE HURDLES (LA)	MATT WRIGHT	30.82 sec	23-Jan-17
	1500 METRES	SIMON DAVIDSON	4 min 46.80 sec	20-Nov-23
	110 METRE HURDLES	MATT WRIGHT	19.53 sec	30-Jan-17
	200 METRES	MATT PERRY	24.88 sec	14-Mar-16
	800 METRES	SIMON DAVIDSON	2 min 24.79 sec	16-Oct-23
	400 METRES	SIMON DAVIDSON	1 min 2.32 sec	2-Oct-23
	3000 METRES	SIMON DAVIDSON	10 min 35.30 sec	2-Oct-23
	1500 METRE WALK	DAVID WALLER	13 min 10.08 sec	4-Mar-24
	60 METRES	MATT PERRY	7.54 sec	21-Sep-15
	DISCUS 1KG	MORGAN VOSILLA	31.23m	20-Nov-23
	HIGH JUMP	MELISSA HOLAHAN	1.25m	27-Oct-14
	HIGH JUMP	MELISSA HOLAHAN	1.25m	19-Oct-15
	HIGH JUMP	MELISSA HOLAHAN	1.25m	14-Dec-15

30-34 Women	HAMMER THROW 4KG	MELISSA HOLAHAN	50.22m	14-Mar-16
	TRIPLE JUMP	MELISSA HOLAHAN	8.43m	30-Nov-15
	JAVELIN 600G	MORGAN VOSILLA	26.73m	13-Nov-23
	SHOT PUT 4KG	MORGAN VOSILLA	11.85m	13-Nov-23
	LONG JUMP	MELISSA HOLAHAN	3.98m	7-Dec-15
	100 METRES	MELISSA HOLAHAN	14.65 sec	29-Sep-14
	200 METRE HURDLES (LA)	MELISSA HOLAHAN	39.80 sec	17-Nov-14
	1500 METRES	HELEN GYSELHART	7 min 18.02 sec	19-Oct-15
	100 METRE HURDLES	MELISSA HOLAHAN	25.58 sec	14-Sep-15
	200 METRES	MELISSA HOLAHAN	32.70 sec	1-Dec-14
	800 METRES	HELEN GYSELHART	3 min 23.40 sec	5-Oct-15
	400 METRES	HELEN GYSELHART	1 min 20.05 sec	16-Nov-15
	3000 METRES	HELEN GYSELHART	15 min 50.60 sec	29-Feb-16
	1500 METRE WALK	MELISSA HOLAHAN	11 min 28.15 sec	8-Dec-14
	60 METRES	MELISSA HOLAHAN	9.25 sec	12-Oct-15
35-39 Men	DISCUS 2KG	ANDREW GYSELHART	26.92m	12-Dec-16
	HIGH JUMP	ADAM GRABDA	1.55m	12-Feb-24
	HAMMER THROW 7.26KG	LEE WILLIAMS	23.44m	11-Sep-17
	TRIPLE JUMP	ADAM MORRISON	10.84m	7-Dec-20
	JAVELIN 800G	ROB BROWNE	35.36m	13-Feb-23
	SHOT PUT 7.26KG	ANDREW GYSELHART	9.99m	19-Sep-16
	LONG JUMP	ADAM GRABDA	4.71m	16-Jan-23
	100 METRES	LEE WILLIAMS	12.74 sec	4-Sep-17
	200 METRE HURDLES (LA)	LEE WILLIAMS	30.55 sec	12-Mar-18
	1500 METRES	LEE WILLIAMS	4 min 28.06 sec	30-Nov-20
	110 METRE HURDLES	ADAM MORRISON	19.33 sec	7-Dec-20
	200 METRES	LEE WILLIAMS	25.93 sec	11-Dec-17
	800 METRES	LEE WILLIAMS	2 min 9.24 sec	18-Jan-21
	400 METRES	LEE WILLIAMS	59.09 sec	15-Jan-18
	3000 METRES	LEE WILLIAMS	9 min 39.71 sec	25-Jan-21
	1500 METRE WALK	SIMON DAVIDSON	9 min 51.01 sec	24-Feb-25
	60 METRES	ADAM GRABDA	7.68 sec	15-Jan-24
35-39 Women	DISCUS 1KG	MELISSA HOLAHAN	27.39m	12-Mar-18
	HIGH JUMP	ALEXIA MATTHEWS	1.37m	16-Oct-17
	HAMMER THROW 4KG	MELISSA HOLAHAN	46.33m	19-Mar-18
	TRIPLE JUMP	ALEXIA MATTHEWS	8.70m	23-Oct-17
	JAVELIN 600G	ALEXIA MATTHEWS	22.48m	27-Nov-17
	SHOT PUT 4KG	MELISSA HOLAHAN	10.34m	5-Mar-18
	LONG JUMP	ALEXIA MATTHEWS	3.94m	9-Oct-17
	100 METRES	ALEXIA MATTHEWS	14.14 sec	7-Sep-15
	200 METRE HURDLES (LA)	ALEXIA MATTHEWS	33.92 sec	23-Nov-15
	1500 METRES	ALEXIA MATTHEWS	6 min 33.94 sec	5-Sep-16
	100 METRE HURDLES	ALEXIA MATTHEWS	19.99 sec	23-Oct-17
	200 METRES	ALEXIA MATTHEWS	29.24 sec	23-Oct-17
	800 METRES	ALEXIA MATTHEWS	3 min 0.41 sec	23-Oct-17
	400 METRES	ALEXIA MATTHEWS	1 min 12.07 sec	9-Oct-17

	3000 METRES	ALEXIA MATTHEWS	14 min 46.38 sec	18-Sep-17
	1500 METRE WALK	ALEXIA MATTHEWS	11 min 3.51 sec	30-Oct-17
	60 METRES	ALEXIA MATTHEWS	8.03 sec	9-Oct-17
40-44 Men	DISCUS 2KG	BEN PETERSEN	28.09m	30-Oct-23
	HIGH JUMP	BEN PETERSEN	1.65m	18-Sep-23
	HAMMER THROW 7.26KG	STEPHEN KIME	24.48m	11-Sep-17
	TRIPLE JUMP	BEN PETERSEN	11.58m	6-Nov-23
	JAVELIN 800G	BEN PETERSEN	42.20m	15-Jan-24
	SHOT PUT 7.26KG	BEN PETERSEN	9.59m	4-Dec-23
	LONG JUMP	BEN PETERSEN	5.67m	4-Dec-23
	100 METRES	STEPHEN KIME	12.47 sec	26-Sep-16
	200 METRE HURDLES (LA)	BEN PETERSEN	27.80 sec	20-Nov-23
	1500 METRES	LEE WILLIAMS	4 min 35.67 sec	17-Jan-22
	110 METRE HURDLES	BEN PETERSEN	17.57 sec	6-Mar-23
	200 METRES	BEN PETERSEN	25.21 sec	27-Nov-23
	800 METRES	LEE WILLIAMS	2 min 11.47 sec	13-Dec-21
	400 METRES	BEN PETERSEN	57.13 sec	31-Jan-22
	3000 METRES	LEE WILLIAMS	10 min 8.70 sec	31-Jan-22
	1500 METRE WALK	LUKE CAMPBELL	9 min 40.57 sec	18-Nov-19
	60 METRES	BEN PETERSEN	7.32 sec	13-Nov-23
40-44 Women	DISCUS 1KG	AILEEN LIVINGSTON	24.90m	28-Oct-19
	HIGH JUMP	ALEXIA MATTHEWS	1.35m	5-Nov-18
	HAMMER THROW 4KG	MELLISSA HOLAHAN	40.86m	6-Nov-23
	TRIPLE JUMP	ALEXIA MATTHEWS	8.81m	21-Jan-19
	JAVELIN 600G	ALEXIA MATTHEWS	20.52m	28-Jan-19
	SHOT PUT 4KG	JULIE LERCH	9.15m	12-Oct-15
	LONG JUMP	EMMA TONKINSON	4.31m	21-Nov-22
	100 METRES	ALEXIA MATTHEWS	14.00 sec	26-Nov-18
	200 METRE HURDLES (LA)	ALEXIA MATTHEWS	32.98 sec	26-Nov-18
	1500 METRES	MEGAN KING	6 min 26.54 sec	14-Jan-19
	100 METRE HURDLES	ALEXIA MATTHEWS	19.20 sec	12-Nov-18
	200 METRES	ALEXIA MATTHEWS	28.65 sec	21-Jan-19
	800 METRES	ALEXIA MATTHEWS	2 min 50.56 sec	21-Jan-19
	400 METRES	ALEXIA MATTHEWS	1 min 10.93 sec	28-Jan-19
	3000 METRES	MEGAN KING	13 min 22.31 sec	1-Oct-18
	1500 METRE WALK	MEGAN KING	9 min 30.00 sec	10-Dec-18
	60 METRES	ALEXIA MATTHEWS	8.53 sec	28-Jan-19
	DISCUS 2KG	STEPHEN KIME	25.62m	15-Oct-18
	HIGH JUMP	STEPHEN KIME	1.45m	7-Oct-19
	HAMMER THROW 7.26KG	STEPHEN KIME	21.54m	22-Oct-18
	TRIPLE JUMP	DAVID ROSS	9.29m	21-Nov-16
	JAVELIN 800G	PAUL GOELDNER	31.41m	4-Mar-24
	SHOT PUT 7.26KG	SEAN SCANLON	8.52m	21-Sep-15
	LONG JUMP	PAUL GOLEDNER	4.64m	14-Dec-20
	100 METRES	STEPHEN KIME	12.76 sec	10-Sep-18

45-49 Men	200 METRE HURDLES (LA)	BRENDAN VARDY	31.27 sec	5-Nov-18
	1500 METRES	PAUL GOLEDNER	4 min 42.04 sec	24-Feb-20
	110 METRE HURDLES	STEPHEN KIME	19.67 sec	22-Oct-18
	200 METRES	STEPHEN KIME	26.06 sec	17-Sep-18
	800 METRES	BRENDAN VARDY	2 min 36.13 sec	12-Nov-18
	400 METRES	DAVID ROSS	1 min 3.22 sec	28-Nov-16
	3000 METRES	PAUL GOELDNER	12 min 25.36 sec	18-Nov-19
	1500 METRE WALK	DAVID ROSS	11 min 41.13 sec	6-Feb-17
	60 METRES	DAVID ROSS	7.81 sec	31-Oct-16
45-49 Women	DISCUS 1KG	SHARON FEENAN	22.25m	28-Oct-19
	HIGH JUMP	AILEEN LIVINGSTON	1.16m	30-Oct-23
	HAMMER THROW 4KG	JULIE LERCH	24.26m	19-Feb-18
	TRIPLE JUMP	AILEEN LIVINGSTON	7.04m	27-Nov-23
	JAVELIN 600G	AILEEN LIVINGSTON	18.52m	13-Feb-23
	SHOT PUT 4KG	SHARON FEENAN	8.57m	21-Oct-19
	LONG JUMP	AILEEN LIVINGSTON	3.32m	13-Feb-23
	100 METRES	APRIL CARLIN (Name NFP)	15.78 sec	8-Sep-14
	200 METRE HURDLES (LA)	MEGAN KING	45.91 sec	16-Sep-19
	1500 METRES	MEGAN KING	7 min 22.91 sec	7-Feb-22
	100 METRE HURDLES	LINDA DUFFY	33.66 sec	30-Jan-17
	200 METRES	APRIL CARLIN (Name NFP)	34.52 sec	15-Sep-14
	800 METRES	MEGAN KING	3 min 42.41 sec	14-Feb-22
	400 METRES	LINDA DUFFY	1 min 33.37 sec	27-Feb-17
	3000 METRES	LINDA DUFFY	16 min 25.36 sec	28-Nov-16
	1500 METRE WALK	LINDA DUFFY	11 min 18.25 sec	27-Nov-17
	60 METRES	APRIL CARLIN (Name NFP)	9.67 sec	2-Mar-15
50-54 Men	DISCUS 1.5KG	ALAN PROVENZANO	32.94m	22-Jan-18
	HIGH JUMP	ALAN PROVENZANO	1.40m	22-Jan-18
	HAMMER THROW 6KG	PETER HERD	24.13m	22-Feb-16
	TRIPLE JUMP	ALAN PROVENZANO	9.57m	30-Jan-17
	JAVELIN 700G	ALAN PROVENZANO	39.97m	9-Oct-17
	SHOT PUT 6KG	ALAN PROVENZANO	9.89m	5-Feb-18
	LONG JUMP	ALAN PROVENZANO	5.06m	5-Feb-18
	100 METRES	ALAN PROVENZANO	12.38 sec	12-Feb-18
	200 METRE HURDLES (LA)	ALAN PROVENZANO	30.29 sec	16-Oct-17
	1500 METRES	RENATO D'ANDREA	5 min 20.00 sec	27-Oct-14
	100 METRE HURDLES	ALAN PROVENZANO	17.43 sec	3-Oct-16
	200 METRES	ALAN PROVENZANO	26.05 sec	3-Oct-16
	800 METRES	RENATO D'ANDREA	2 min 45.11 sec	12-Sep-16
	400 METRES	ALAN PROVENZANO	1 min 7.46 sec	27-Feb-17
	3000 METRES	RENATO D'ANDREA	11 min 10.00 sec	10-Nov-14
	1500 METRE WALK	RODNEY GIBSON	10 min 07.68 sec	03-Feb-25
	60 METRES	ALAN PROVENZANO	7.74 sec	9-Oct-17
	DISCUS 1KG	SHARON DERWIN	20.51m	16-Feb-15
	HIGH JUMP	JULIE LERCH	1.05m	19-Dec-22

50-54 Women	HAMMER THROW 3KG	JULIE LERCH	29.24m	27-Nov-23
	TRIPLE JUMP	SHARON DERWIN	5.93m	2-Feb-15
	JAVELIN 500G	JULIE LERCH	19.37m	13-Nov-23
	SHOT PUT 3KG	JULIE LERCH	9.09m	13-Mar-23
	LONG JUMP	LINDA DUFFY	3.04m	5-Mar-18
	100 METRES	LINDA DUFFY	17.56 sec	12-Feb-18
	200 METRE HURDLES (LA)	LINDA DUFFY	47.80 sec	12-Feb-18
	1500 METRES	SUSAN HARTWIG	6 min 9.02 sec	14-Sep-15
	80 METRE HURDLES	LINDA DUFFY	25.63 sec	19-Mar-18
	200 METRES	LINDA DUFFY	37.17 sec	19-Feb-18
	800 METRES	LINDA DUFFY	3 min 57.91 sec	29-Jan-18
	400 METRES	LINDA DUFFY	1 min 38.64 sec	5-Feb-18
	3000 METRES	LINDA DUFFY	18 min 25.00 sec	12-Mar-18
	1500 METRE WALK	LINDA DUFFY	11 min 29.31 sec	5-Mar-18
	60 METRES	LINDA DUFFY	10.68 sec	15-Jan-18
55-59 Men	DISCUS 1.5KG	ALAN PROVENZANO	31.26m	15-Oct-18
	HIGH JUMP	ALAN PROVENZANO	1.35m	26-Nov-18
	HAMMER THROW 6KG	PETER HERD	23.76m	12-Sep-16
	HAMMER THROW 6KG	DAVID MITCHELL	23.76m	15-Sep-14
	TRIPLE JUMP	DAVID MITCHELL	9.89m	3-Nov-14
	JAVELIN 700G	ALAN PROVENZANO	40.45m	18-Nov-19
	SHOT PUT 6KG	ALAN PROVENZANO	10.27m	18-Nov-19
	LONG JUMP	ALAN PROVENZANO	4.99m	25-Jan-21
	100 METRES	ALAN PROVENZANO	13.11 sec	26-Nov-18
	200 METRE HURDLES (LA)	ALAN PROVENZANO	30.83 sec	15-Oct-18
	1500 METRES	ALAN PROVENZANO	7 min 2.92 sec	26-Nov-18
	100 METRE HURDLES	ALAN PROVENZANO	18.32 sec	17-Sep-18
	200 METRES	ALAN PROVENZANO	27.52 sec	22-Oct-18
	800 METRES	ALAN PROVENZANO	3 min 11.50 sec	23-Sep-19
	400 METRES	DAVID MITCHELL	1 min 6.04 sec	13-Oct-14
	3000 METRES	DAVID MITCHELL	11 min 22.51 sec	22-Sep-14
	60 METRES	ALAN PROVENZANO	7.92 sec	10-Dec-18
55-59 Women	DISCUS 1KG	TRISH STALLARD	15.62m	4-Sep-17
	HIGH JUMP	MARGARET HOLAHAN	1.05m	16-Feb-15
	HAMMER THROW 3KG	MARGARET HOLAHAN	27.35m	23-Feb-15
	TRIPLE JUMP	TRISH STALLARD	6.24m	1-Dec-14
	JAVELIN 500G	TRISH STALLARD	14.86m	9-Feb-15
	SHOT PUT 3KG	TRISH STALLARD	6.56m	10-Nov-14
	LONG JUMP	TRISH STALLARD	2.60m	9-Feb-15
	100 METRES	TRISH STALLARD	18.76 sec	27-Oct-14
	1500 METRES	TRISH STALLARD	8 min 39.28 sec	16-Feb-15
	200 METRES	TRISH STALLARD	39.36 sec	1-Dec-14
	800 METRES	TRISH STALLARD	4 min 6.66 sec	15-Sep-14
	400 METRES	TRISH STALLARD	1 min 43.46 sec	13-Oct-14
	3000 METRES	TRISH STALLARD	16 min 56.71 sec	5-Feb-18
	1500 METRE WALK	TRISH STALLARD	10 min 45.30 sec	27-Feb-17

	60 METRES	TRISH STALLARD	11.20 sec	9-Oct-17
60-64 Men	DISCUS 1KG	ALAN PROVENZANO	33.83m	18-Sep-23
	HIGH JUMP	MARK MIDDLETON	1.45m	7-Mar-16
	HAMMER THROW 5KG	DAVID MITCHELL	27.03m	3-Oct-16
	TRIPLE JUMP	DAVID MITCHELL	9.61m	13-Mar-17
	JAVELIN 600G	ALAN PROVENZANO	37.12m	13-Nov-23
	SHOT PUT 5KG	ALAN PROVENZANO	10.13m	4-Dec-23
	LONG JUMP	ALAN PROVENZANO	4.55m	4-Dec-23
	100 METRES	ALAN PROVENZANO	13.60 sec	18-Sep-23
	1500 METRES	DAVID MITCHELL	7 min 24.20 sec	13-Feb-17
	100 METRE HURDLES	DAVID MITCHELL	19.48 sec	20-Feb-17
	200 METRES	DAVID MITCHELL	27.78 sec	5-Oct-15
	800 METRES	DAVID MITCHELL	2 min 59.85 sec	14-Mar-16
	400 METRES	DAVID MITCHELL	1 min 8.10 sec	29-Feb-16
	60 METRES	DAVID MITCHELL	8.03 sec	21-Sep-15
	200 METRE HURDLES (LA)	DAVID MITCHELL	32.47 sec	14-Nov-16
60-64 Women	DISCUS 1KG	JULIE WALLER	17.97m	23-Jan-23
	HIGH JUMP	TRISH STALLARD	1.05m	12-Feb-18
	HIGH JUMP	TRISH STALLARD	1.05m	5-Nov-18
	HAMMER THROW 3KG	MARGARET HOLAHAN	27.40m	9-Nov-15
	TRIPLE JUMP	TRISH STALLARD	5.62m	1-Nov-21
	JAVELIN 400G	TRISH STALLARD	14.14m	31-Jan-22
	SHOT PUT 3KG	JULIE WALLER	6.80m	13-Mar-23
	LONG JUMP	TRISH STALLARD	2.64m	10-Dec-18
	100 METRES	TRISH STALLARD	18.21 sec	5-Nov-18
	1500 METRES	TRISH STALLARD	8 min 20.31 sec	28-Nov-22
	200 METRES	TRISH STALLARD	40.31 sec	17-Sep-18
	800 METRES	TRISH STALLARD	3 min 50.11 sec	21-Jan-19
	400 METRES	TRISH STALLARD	1 min 51.83 sec	15-Nov-21
	3000 METRES	TRISH STALLARD	18 min 10.62 sec	10-Dec-18
	1500 METRE WALK	TRISH STALLARD	10 min 9.61 sec	10-Jan-22
	60 METRES	TRISH STALLARD	10.54 sec	28-Jan-19
65-69 Men	HAMMER	PETER HERD	19.53m	18-Nov-24
65-69 Women	DISCUS 1KG	JULIE WALLER	15.51m	10-Mar-25
	HIGH JUMP	TRISH STALLARD	1.00m	9-Oct-23
	HIGH JUMP	TRISH STALLARD	1.00m	11-Dec-23
	HAMMER THROW 3KG	JULIE WALLER	18.49m	25-Nov-24
	TRIPLE JUMP	TRISH STALLARD	5.22m	27-Nov-23
	JAVELIN 400G	TRISH STALLARD	10.47m	15-Jan-24
	Check weight 400 or 500	JULIE WALLER	12.12m	02-Dec-24
	SHOT PUT 3KG	JULIE WALLER	6.27m	17-Feb-25
	LONG JUMP	TRISH STALLARD	2.94m	03-Feb-25
	100 METRES	TRISH STALLARD	19.43 sec	22-Jan-24
	1500 METRES	TRISH STALLARD	8 min 17.87 sec	12-Feb-24

	200 METRES	TRISH STALLARD	42.08 sec	27-Nov-23
	800 METRES	TRISH STALLARD	4 min 13.90 sec	29-Sep-23
	400 METRES	TRISH STALLARD	1 min 50.36 sec	4-Dec-23
	3000 METRES	TRISH STALLARD	17 min 20.60 sec	5-Feb-24
	1500 METRE WALK	TRISH STALLARD	9 min 41.67 sec	13-Nov-23
	60 METRES	TRISH STALLARD	11.75 sec	13-Feb-23
70-74 women	DISCUS 1KG	TERI SHORT	10.99m	20-Nov-23
	HAMMER THROW 3KG	TERI SHORT	5.61m	17-Feb-25
	TRIPLE JUMP	TERI SHORT	4.94m	25-Sep-23
	JAVELIN 400G	TERI SHORT	8.33m	23-Oct-23
	SHOT PUT	TERI SHORT	4.79m	13-Nov-23
	100 METRES	TERI SHORT	31.00 sec	21-Oct-24
	60 METRES	TERI SHORT	18.36 sec	13-Nov-23
75-79 Men	DISCUS 1KG	HAYDEN STEELE	19.06m	20-Jan-25
	JAVELIN 500G	HAYDEN STEELE	23.11m	4-Dec-23
	SHOT PUT 4KG	HAYDEN STEELE	8.22m	16-Jan-23

