



ATHLETICS ESSENDON

WOMEN'S CLUB RECORDS

EVENT	RESULT	NAME	YEAR
100m			
Open	11.57	Suzanne Broderick	2000
Under 20	11.60	Tamsyn Lewis	1994
Under 18	11.60	Tamsyn Lewis	1994
Under 17	11.60	Tamsyn Lewis	1994
Under 16	11.90	Nicole Wilson	1998
Under 15	12.41	Maggie-May Quinlan	2007
Under 14	12.44	Ilana Grandine	2004
Under 13	12.65	Ilana Grandine	2004
100m T42			
Open	17.20	Michelle Errichiello	2012
200m			
Open	23.60	Charlotte Van Veenendaal	2012
Under 20	23.90	Laura Humphreyis	1992
Under 18	23.90	Laura Humphreyis	1992
Under 17	23.91	Tamsyn Lewis	1994
Under 16	23.96	Tamsyn Lewis	1994
Under 15	25.0	Nicole Wilson	1996
Under 14	25.6	Laura Humphreyis	1989
Under 13	26.68	Ilana Grandine	2004
200m T42			
Open	37.79	Michelle Errichiello	2009
400m			
Open	52.9	Tamsyn Lewis	1994
Under 20	52.9	Tamsyn Lewis	1994
Under 18	52.9	Tamsyn Lewis	1994
Under 17	52.9	Tamsyn Lewis	1994
Under 16	52.9	Tamsyn Lewis	1994
Under 15	56.23	Nicole Wilson	1996
Under 14	60.20	Erin Rayner	2008
Under 13	61.55	Bethany Rayner	2009

800m

Open	1:59.22	Linden Hall	2021
Under 20	2:07.74	Erin Rayner	2012
Under 18	2:07.74	Erin Rayner	2012
Under 17	2:08.5	Maddison Caulfield	2015
Under 16	2:08.5	Maddison Caulfield	2015
Under 15	2:11.16	Maddison Caulfield	2014
Under 14	2:11.9	Letetia Presser	2015
Under 13	2:20.24	Erin Rayner	2007

1500m

Open	3:59.01	Linden Hall	2021
Under 20	4:20.99	Lauren Ryan	2016
Under 18	4:20.99	Lauren Ryan	2016
Under 17	4:27.33	Maddison Caulfield	2015
Under 16	4:27.33	Maddison Caulfield	2015
Under 15	4:34.31	Maddison Caulfield	2014
Under 14	4:35.85	Erin Rayner	2007
Under 13	4:43.31	Erin Rayner	2007

1 Mile

Open	4:21.1	Linden Hall	2022
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3000m

Open	8:48.81	Sarah Jamieson	2007
Under 20	9:09.19	Amelia Mazza-Downie	2018
Under 18	9:27.77	Lauren Ryan	2016
Under 17	9:28.8	Amelia Mazza-Downie	2014
Under 16	9:28.8	Amelia Mazza-Downie	2014
Under 15			
Under 14	10:31.0	Erin Rayner	2008

5000m

Open	15:02.90	Sarah Jamieson	2016
Under 20	16:19.80	Amelia Mazza-Downie	2017
Under 18	16:27.80	Amelia Mazza-Downie	2015
Under 17	16:27.80	Amelia Mazza-Downie	

10,000m

Open	32:48	Anne Cross	2000
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Half Marathon

Open	1.12.02	Makda Haji Harun	2019
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Marathon

Open	2.44.56	Charlotte Wilson	2019
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80m Hurdles

Under 14	12.59	Jamison Towers	2022
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Under 13	13.84	Jamison Towers	2021
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90m Hurdles

Under 16	13.14	Ruby Pizzo	2016
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Under 15	13.14	Ruby Pizzo	2016
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Under 14	13.59	Jamison Towers	2022
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100m Hurdles

Open	13.73	Kym Burns	1999
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Under 20	13.85	Helen Powlowski	
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Under 18	13.85	Helen Powlowski	
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Under 17	14.48	Zara Keca	2014
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Under 16	14.48	Zara Keca	2014
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200m Hurdles

Under 16	28.99	Lily - Bella Hilli	2022
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Under 15	29.47	Jamison Towers	2022
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Under 14	29.47	Jamison Towers	2022
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400m Hurdles

Open	59.44	Caitlin Hawks	2015
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Under 20	59.44	Caitlin Hawks	2015
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Under 18	61.58	Caitlin Hawks	2014
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Under 17	64.08	Michaela Asciak	2009
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Under 16	64.08	Michaela Asciak	2009
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2000m Steeplechase

Under 18	6:52.31	Allison Rogers	2016
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Under 17	6:52.31	Allison Rogers	2016
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Under 16	6:52.31	Allison Rogers	2016
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Under 15	6:59.95	Jennifer Mendes	2015
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Under 14	7:13.67	Molly Gallagher	2014
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Under 13	7:16.77	Molly Gallagher	2014
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3000m Steeplechase

Open	9:55.53	Charlotte Wilson	2018
Under 20	11:16.65	Alanah Hayes	2011
Under 18	11:16.65	Alanah Hayes	2011
Under 17	11:16.65	Alanah Hayes	2011

1500m Walk

Under 16	7:22.80	Eda Girgin	2005
Under 15	7:22.80	Eda Girgin	2005
Under 14	7:26.1	Eda Girgin	2004
Under 13	7:33.98	Caitlin Campbell	2006

2000m Walk

Open	8:58.39	Carma Watson	2005
Under 20	9:22.05	Erin Adamcewicz	2000
Under 18	9:22.05	Erin Adamcewicz	2000
Under 17	9:34.1	Ela Uzun	2022
Under 16	9:34.1	Ela Uzun	2022
Under 15	9:34.1	Ela Uzun	2022
Under 14	9:34.1	Ela Uzun	2022
Under 13	9:34.1	Ela Uzun	2022

3000m Walk

Open	13.41.76	Carma Watson	2005
Under 20	14.17.25	Erin Adamcewicz	2001
Under 18	14.17.25	Erin Adamcewicz	2001
Under 17	14:19.0	Ela Uzun	2022
Under 16	14:19.0	Ela Uzun	2022
Under 15	14:19.0	Ela Uzun	2022
Under 14	14:19.0	Ela Uzun	2022
Under 13	14:19.0	Ela Uzun	2022

5000m Walk

Open	24.10.0	Carma Watson	2006
Under 20	25.58.0	Vanessa Arcadi	1998
Under 18	26.43.0	Eda Girgin	2006
Under 17	26.43.0	Eda Girgin	2006
Under 16	26.43.0	Eda Girgin	2006
Under 15	28:21.34	Eda Girgin	2005

High Jump

Open	1.86	Belinda Blay	1998
		Leah Alexander	1998
Under 20	1.86	Belinda Blay	
		Leah Alexander	1998
Under 18	1.86	Leah Alexander	1998
Under 17	1.86	Leah Alexander	1998
Under 16	1.82	Leah Alexander	1997
Under 15	1.71	Freya Langston	
		Madison Alexander	2014
Under 14	1.64	Freya Langston	
		Madison Alexander	2013

Pole Vault

Open	4.00	Irene Hill	2019
Under 20	3.40	Tamara Mancuso	2016
		Sukhnoor Rangi	2022
Under 18	3.40	Sukhnoor Rangi	2022
Under 17	3.40	Sukhnoor Rangi	2022
Under 16	3.40	Sukhnoor Rangi	2022
Under 15	3.40	Sukhnoor Rangi	2022
Under 14	3.40	Sukhnoor Rangi	2022

Long Jump

Open	6.49	Kym Burns	1999
Under 20	5.98	Montana Djatchenko	2020
Under 18	5.87	Catherine Mendes	2016
Under 17	5.87	Catherine Mendes	2016
Under 16	5.87	Catherine Mendes	2016
Under 15	5.56	Catherine Mendes	2015
Under 14	5.50m	Jamison Towers	2022

Long Jump T42

Open	3.29m	Michelle Errichiello	2011
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Triple Jump

Open	13.91	Nneka Okpala	2016
Under 20	12.86	Meggan O'Riley	2008
Under 18	12.64	Ashleigh Hayes	2012
Under 17	12.64	Ashleigh Hayes	2012
Under 16	12.64	Ashleigh Hayes	2012
Under 15	11.75	Ashleigh Hayes	2011
Under 14	11.14	Natalie Pavlic	1998

Shot Put

Open	13.64	Alesha Sayner	1998
Under 20	13.64	Alesha Sayner	1998
Under 18	14.83	Louise Mendes	2016
Under 17	14.21	Louise Mendes	2015
Under 16	13.56	Louise Mendes	2014
Under 15	12.90	Faith Vili	2019
Under 14	12.90	Faith Vili	2019

Shot Put F33

Open	6.63m	Maria Strong	2021
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Discus

Open	52.29	Alesha Sayner	1999
Under 20	52.29	Alesha Sayner	1999
Under 18	52.29	Alesha Sayner	1999
Under 17	50.45	Alesha Sayner	1998
Under 16	50.28	Alesha Sayner	1996
Under 15	46.04	Alesha Sayner	1996
Under 14	37.77	Orla McCarthy	2018

Discus F33

Open	16.34m	Maria Strong	2021
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Javelin

Open	69.28*	Petra Rivers	1972
Under 20	61.76*	Petra Rivers	1970
Under 18	61.76*	Petra Rivers	1970
Under 17	48.80*	Petra Rivers	1966
Under 16	48.80*	Petra Rivers	1966
Under 15	48.80*	Petra Rivers	1966
Under 14	42.33	Maree Muscara	2011

Hammer Throw

Open	58.16	Louise Mendes	2018
Under 20	58.16	Louise Mendes	2018
Under 18	58.80	Louise Mendes	2016
Under 17	54.99	Louise Mendes	2015
Under 16	49.29	Louise Mendes	2015
Under 15	43.65	Louise Mendes	2004

Heptathlon

Open	5390	Claire Thompson	2004
Under 20	3311	Kaylee Mangion	2022
Under 18	4261	Ellie Kewish	2021
Under 17			
Under 16	2807	Sukhnoor Rangı	2021
Under 15	2807	Sukhnoor Rangı	2021
Under 14	4462	Jamison Towers	2022

Pentathlon

Under 15	3065	Jamison Towers	2021
Under 14	3065	Jamison Towers	2021

AGE GROUP IMPLEMENT WEIGHTS

	Open	U20	U18	U17	U16	U15	U14	U13
Shot Put	4kg	4kg	3kg	3kg	3kg	3kg	3kg	3kg
Hammer Throw	4kg	4kg	3kg	3kg	3kg	3kg	3kg	3kg
Discus	1kg	1kg	1kg	1.5kg	1kg	1kg	1kg	1kg
Javelin	600g	600	500g	500g	500g	500g	400g	400g

**Distances thrown under old javelin specs.*