

CAIRNS ATHLETICS BEST PERFORMANCES

These records encompass both Cairns Little Athletics
and Cairns District Athletics Club
Previous Best Performances

Event	MEN			Location	WOMEN			
	Athlete's Name	Result	Year		Spec.	Athlete's Name	Result	Year
UNDER 7 YEARS (6 Year Olds)								
60m Sprint	Alexander Lynch	11.04	2015	TSV	Josie Ross	11.65	2009	TSV-ET
60m Hurdles	Roger Hastie	12.8	1993		Lauren Spence	16.7	1993	
70m Sprint	Nathan McNally	11.9	1990		Estelle King	12.5	2006	BP
	Andrew Young	11.9	1994					
80m Sprint	Alexander Lynch	14.18	2015	TSV	Josie Ross	15.19	2006	TSV-ET
100m Sprint	Heath Taylor	16.3	1989		Jessica Doyle	18.00	2008	BP
200m Sprint	Nicholas Murchie	36.0	1996		Estelle King	37.4	2006	BP
Long Jump	Isaac Skinner	3.33	1996		Alison Maltby	2.92	1989	
Discus	Boche Satrick	17.42	1991		Estelle King	12.75	2006	BP
Shot Put	Dane Lauriston	6.38	1998		Estelle King	4.93	2006	BP
UNDER 8 YEARS (7 Year Olds)								
60m Sprint	Alexander Lynch	10.45	2016	BP	Estelle King	10.75	2006	TSV
60m Hurdles	Nicholas Murchie	11.4	1997		Estelle King	12.19	2007	MCoast
70m Sprint	Jonathan Alipate	11.0	1996		Estelle King	11.9	2007	BP
	Nicholas Murchie	11.0	1997					
80m Sprint	Ryan Turner	13.3	1994		Estelle King	13.92	2006	TSV
100m Sprint	Bodhi Scilp	15.5	1991		Kate Chamberlain	16.6	1992	BP
145m Sprint	Stuart Fogelis	24.88	2008	BP-ET	Jessica Doyle	26.75	2008	BP-ET
200m Sprint	Bodhi Scilp	32.9	1991		Tarra Cately	35.7	1996	BP
400m Sprint	Danan Scilp	1.22.2	1993		Kellie Reynolds	1.26.3	1993	BP
Long Jump	Kieran Colahan	3.88	2004	BP	Estelle King	3.26	2007	BP
High Jump	Nicholas Murchie	1.02	1997		Ellie Cook-Rogers	1.00	2000	BP
					Estelle King	1.00	2007	BP
Discus	Boche Satrick	17.1	2001	BP	Estelle King	12.95	2007	BP
Shot Put	Nicholas Murchie	6.79	1997		Estelle King	5.43	2007	BP
UNDER 9 YEARS (8 Year Olds)								
60m Hurdles	Gavin Slatcher	10.9	1994		Melissa Lane	11.7	1993	
70m Sprint	Mark McGovern	10.7	1985		Anna Young	10.7	1991	
	Bodhi Scilp	10.7	1992					
80m Sprint	Ryan Turner	12.6	1995		Alexis Turner	12.8	1994	
100m Sprint	Bodhi Scilp	14.8	1992		Anna Young	15.4	1991	
145m Sprint	Stuart Fogelis	23.92	2009	ET-BP	Dakota Peeters	26.79	2008	BP-ET
200m Sprint	Ryan Turner	31.8	1995		Estelle King	32.93	2009	
400m Sprint	Joel Sykes	1.13.3	1997		Cecily Pittard	1.20.3	1996	
800m	Ben Woolf	2.46.4	1988		Jessica Frappe	2.58.93	2013	Bris
300m Walk	Bart Atherinos	1.46.0	1997		Emma Adams	1.52.0	1997	
700m Walk	Bart Atherinos/Joel Sykes	4.47.0	1997		Alison Maltby	4.11.9	1992	
Long Jump	Bodhi Scilp	4.05	1992		Alexis Turner	3.83	1994	
High Jump	Ben Weeks	1.12	1989		Yula Monkland	1.21	2000	BP
	Joel Sykes	1.12	1997					
Discus	Ben Weeks	23.88	1990		Emma Adams	16.88	1997	
Shot Put	Ben Weeks	7.39	1990		Alexis Turner	5.83	1994	
UNDER 10 YEARS (9 Year Olds)								
60m Hurdles	Cameron Graham	11.33	2011	TSV-ET	Kate Chamberlain	11.7	1995	
70m Sprint	R. Williams	10.4	1990		Kate McAndrew	11.7	1996	
	Bodhi Scilp	10.4	1993		Carla Edwards	10.7	1992	
	Gavin Slatcher	10.4	1995		Anna Young	10.7	1992	
80m Sprint	Ryan Turner	11.9	1996		Alice Johnstone	11.01	2005	BP
100m Sprint	Mark McGovern	13.3	1986		Anna Young	14.8	1992	
145m Sprint	Patrick Fordham	24.35	2008	BP-ET	Estelle King	23.77	2008	BP-ET
200m Sprint	Mark McGovern	29.9	1986		Estelle King	30.65	2010	States TSV
400m Sprint	Nicholas Murchie	1.09.8	1999		Alexis Turner	1.12.5	1995	
800m	Ben Woolf	2.35.9	1989		Monique Storch	2.51.6	2006	TSV-ET
400m Walk					Alice Johnstone	2.05.4	2005	BP
700m Walk	Roger Hastie	4.26.7	1996		Alison Maltby	4.16.4	1992	
1100m Walk	Roger Hastie	7.13.9	1996		Mercedes Brennan	6.35.4	2012	BP
					Melissa Lane	7.32.5	1994	
Long Jump	Bodhi Scilp	4.49	1993		Estelle King	4.08	2010	States TSV
Triple Jump	Bodhi Scilp	8.81	1993		Jasmin Eccles	8.14	1991	
High Jump	Nicholas Murchie	1.24	1999		Alexis Turner	1.22	1995	
Discus	Ben Weeks	31.26	1991		Mercedes Brennan	24.71	2012	BP
Shot Put	Ashley Graham	10.4	1994		Stacey Reynolds	6.51	1997	

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UNDER 11 YEARS (10 Year Olds)								
60m Hurdles	Kynan Moore	10.2	1995			Alexis Turner	10.3	1996
70m Sprint	Jamin Mills	9.8	1991			Shilo Monklin	10.3	1999
						Anna Douglas	10.3	1999
100m Sprint	Jamin Mills	13.8	1991			Anna Young	14.4	1993
						Alexis Turner	14.4	1995
200m Sprint	Kynan Moore	28.4	1995			Rhiannon Pietras	29.5	2001 BP
400m Sprint	Ben Geary	1.07.0	1992			Melanie Parker	1.08.93	2007 BNE ET
800m	Kristian Woolf	2.32.0	1986			Jessica Frape	2.43.57	2014 BP
800m Tetrathlon						Jessica Frape	2.39.50	2014
1500m	Lee Pomroy	5.04.8	1991			Jessica Frape	5.44.0	2014
700m Walk	Roger Hastie	4.26.0	1997			Melanie Kelly	4.36.6	1996
800m Walk	Theo Watson	5.40.47	2008	BP-ET		Mercedes Brennan	4.20.52	2013 BP
1100m Walk	M. Christianson	7.24.7	1996			Mercedes Brennan	6.23.53	2013 BP
1500m Walk	Lee Pomroy	9.22.6	1990			Louise Barbour	11.42.8	1989
Long Jump	Gavin Slatcher	4.71	1996			Alexis Turner	4.26	1995
Triple Jump	Jamin Mills	9.81	1991			Sarah Eigl	8.99	2006 TSV
High Jump	Reece O'Dwyer	1.42	1996			Emma Adams	1.31	1999
Javelin - 400g	Oliver Koch	30.31	2010	BP	400g	Sarah Eigl	21.18	2006 TSV
Discus	Ben Weeks	30.98	1992			Mercedes Brennan	22.83	2013 BP
Shot Put	Bart Atherinos	11.09	1999			Sarah Eigl	7.95	2005 BP
UNDER 12 YEARS (11 Year Olds)								
60m Hurdles	Heath McKenzie	9.8	1996			Alexis Turner	10.3	1997
80m Hurdles						Crystal Anderlini	16.86	2005 BP
70m Sprint	Gavin Slatcher	9.7	1997			Alexis Turner	9.9	1996
	Drew Campbell	9.7	1997					
100m Sprint	Drew Campbell	12.9	1997			Angela Raldini	13.6	1990
200m Sprint	Renee Brank	27.0	1989			Angela Raldini	28.8	1991
400m Sprint	Kristian Woolf	1.02.0	1987			Jessica Frape	1.07.04	2015 BP
800m	Kristian Woolf	2.21.5	1987			Jessica Frape	2.36.87	2015 TSV
1500m	Lee Pomroy	5.06.3	1991			Kate Woolf	5.18.2	1994
700m Walk	Lee Pomroy	4.01.4	1991			Alisha Reinhardt	4.19.9	1992
1500m Walk	Lee Pomroy	8.29.7	1991			Mercedes Brennan	9.19.87	2014 tsv
Long Jump	Drew Campbell	5.05	1997			Sarah Eigl	4.64	2006 BP
Triple Jump	Gavin Slatcher	9.86	1997			Alexis Turner	9.92	1996
High Jump	Ben Weeks	1.53	1993			Tahlia Reichardt	1.40	2008 BP
						Tyara Reichardt	1.40	2008 MRD
Javelin - 400g	Theo Watson	36.41	2010	States TSV	400g	Sarah Eigl	26.32	2006
Discus	Ben Weeks	35.78	1993			Mercedes Brennan	27.06	2014 BP
Shot Put	Joshua Lush	9.80	2012	BP		Gemma Stewart	10.81	2004 BP
UNDER 13 YEARS (12 year Olds)								
80m Hurdles - 76.2cm	Heath McKenzie	13.4	1996		76.2cm	Alexis Turner	13.5	1998
90m Hurdles - 76.2cm	Roger Hastie	15.6	1999					
100m Hurdles	Bradley Graham	18.6	1994			Alexis Turner	18.3	1997
200m Hurdles - 5 Flts 68cm	Theo Watson	29.75	2011	States BNE	68cm	Alexis Turner	29.4	1998
200m Hurdles - 10 Flts 76.2cm	Roger Hastie	34.7	1999		76.2cm	Alexis Turner	31.2	1997
70m Sprint	Jarron Colahan	9.4	1990			Angela Raldini	9.8	1991
	Drew Campbell	9.4	1998					
100m Sprint	Drew Campbell	12.9	1998			Deanna Johnson	13.1	1990
200m Sprint	Drew Campbell	26.6	1998			Anna Douglas	27.5	2001 BP
400m Sprint	Jarron Colahan	1.01.1	1991			Clare Lenton	1.01.0	1995
800m	Glenn Pomroy	2.18.3	1991			Zoe Henderson	2:25.65	2010 States - TSV
1500m	Kristian Woolf	4.53.3	1988			Katie Woolf	5.12.5	1996
3000m	Beau Stroud	12:34.84	2016	TSV				
700m Walk	Lee Pomroy	3.57.0	1992			Kristin Taske	4.18.9	1991
1500m Walk	Jonty Brennan	8.13.6	2012	BP		Taylah Graham	9.39.24	2015 BP
Long Jump	Drew Campbell	5.2	1998			Alexis Turner	4.79	1997
Triple Jump	Sam Baker	10.52	2011	BP		Sarah Eigl	10.36	2008 BNE
High Jump	Ben Weeks	1.78	1994			Tyara Reichardt	1.50	2009 BP
Javelin - 600g	Theo Watson	39.29	2011	States BNE	400g	Sarah Eigl	31.96	2008 BNE
Discus - 1.0 kg	Bart Atherinos	40.88	2001	BP	750g	Mercedes Brennan	31.42	2015 MC
					1.0kg	Mercedes Brennan	26.75	2015 TSV
Shot Put - 3 Kg	Theo Watson	12.49	2010	Regionals Gvale	3 Kg	Gemma Stewart	10.71	2006 TSV
Hammer - 3kg					3kg	Mercedes Brennan	34.40	2015 BP

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UNDER 14 YEARS (13 Year Olds)								
80m Hurdles					76.2cm Sarah Eigl	14.43	2008	BP-ET
					Kathryn Lennon	14.66	2008	BP-ET
90m Hurdles - 76.2cm	Heath McKenzie	14.0	1998		76.2cm Teneal Morgan	15	1995	
100m Hurdles - 76.2cm	Bradley Graham	16.5	1995		76.2cm Teneal Morgan	17.1	1995	
200m Hurdles - 5 Flts 76.2cm	Theo Watson	28.0	2011	BP	76.2cm Teneal Morgan	29.7	1995	
200m Hurdles - 10 Flts 76.2cm	Jamin Mills	29.1	1995		76.2cm Teneal Morgan	30	1995	
70m Sprint	Darren Wilson	8.8	1990		Deanne Johnson	9.3	1990	
100m Sprint	Glen Fuller	12.1	1993		Renae Grasso	12.9	1989	
	Chee-Lok Dean	12.09	2005	TSV-ET				
200m Sprint	Darren Wilson	24.6	1990		Teneal Morgan	26.4	1995	
	Chee-Lok Dean	24.43	2005	TSV-ET				
400m Sprint	Jarron Colahan	55.5	1992		Rachel Pederson	59.5	2001	BP
	Chee-Lok Dean	55.81	2005	TSV-ET				
800m	Aidan Menzies	2.09.6	2016	QSAC	Rachel Pederson	2.19.00	2001	BP
1500m	Aidan Menzies	4.27.5	2016	QSAC	Montanna McAvoy	4.45.44	2013	QSAC
3000M					Melanie Parker	13.32.49	2009	BP-ET
700m Walk	Lee Pomroy	4.06.8	1993		Alysha Curtis	4.45.4	2003	BP
1500m Walk	Jonty Brennan	8.44.89	2013	BP	Monique Van Cauwenberghe	9.10.26	1995	
Long Jump	Ishmael Singleton	6.06	2016	AIS	Deanna Johnson	5.11	1991	
Triple Jump	Bradley Graham	12.05			Taaliyah Markos	10.92	2013	QSAC
High Jump	Ben Weeks	1.75	1995		Taaliyah Markos	1.67	2013	
High Jump					Tyara Reichardt	1.58	2010	BP
Javelin - 600g	Theo Watson	45.21	2011	TSV	400g Sarah Eigl	31.17	2008	BP
					600g Alisha Reinhardt	25.52	1995	
Discus	Ben Weeks	42.68	1995		1kg Rhiann Cull	30.42	2012	Bris
Shot Put - 3kg	Glen Fuller	14.53	1993		3kg Gemma Stewart	12.17	2006	BP
Shot Put - 4kg	Ben Weeks	12.25	1995					
Hammer - 3kg					3kg Mercedes Brennan	40.85	2016	TSV
UNDER 15 YEARS (14 Year Olds)								
90m Hurdles					76.2cm Bridget Seymour-Jones	13.99	2013	BP
100m Hurdles - 84cm	Theo Watson	14.31	2012	Bris	76.2cm Tracey Chenoweth	20.9	1994	
200m Hurdles - 5 Flts 76.2cm	Dion Cahill	27.4	1993		76.2cm Teneal Morgan	29.6	1996	
200m Hurdles - 10 Flts 76.2cm	Jamin Mills	27.05	1996		76.2cm Teneal Morgan	28.64	1995	
70m Sprint	Chee-Lok Dean	8.50	2006	BP	Deanna Johnson	9.2	1992	
100m Sprint	Quinton Nicol	11.3	1992		Lacey Marino	12.67	2016	QSAC
200m Sprint	Quinton Nicol	22.7	1992		Lacey Marino	25.98	2016	QSAC
400m Sprint	Jarron Colahan	53.9	1993		Rachel Pederson	59.9	1995	
800m	Jeff Beu	2.07.5	1992		Montanna McAvoy	2.15.77	2014	QSAC
1500m	Jeff Beu	4.37.0	1992		Montanna McAvoy	4.38.70	2014	QSAC
700m Walk	Lee Pomroy	4.02.0	1994		Mandy Dawe	4.11.0	1992	
800m Walk	Lee Pomroy	4.48.9	1994		Deanne Johnson	4.34.8	1992	
1500m Walk	Lee Pomroy	9.09.2	1994		Richelle Accatino	9.29.6	1988	
3000km Walk					Monique Van Cauwenberghe	19.82.17	2009	BP-ET
2000m Steeplechase	Grahame Lendon	10.12.23	2004	BP	Sian Murphy	8.35.14	2004	BP
Long Jump	Quinton Nicol	6.31	1992		Taaliyah Markos	5.49	2014	ADEL
Triple Jump	Aidan Taylor	12.93	2011	BP	Mikaela Bretz	11.82	2013	QSAC
High Jump	Ben Weeks	1.92	1996		Taaliyah Markos	1.74	2014	Grand Prix
Javelin - 600g	Bart Atherinos	47.18	2003		400g Alisha Reinhardt	27.36	1995	
Javelin - 700g	Theo Watson	48.77	2012	BP	500g Mercedes Brennan	24.84	2017	TSV
					600g Diana Webb	27.84	2000	BP
Discus	Bart Atherinos	51.24	2003		1kg Rhiann Cull	33.12	2013	BP
Shot Put - 3kg	Ben Weeks	12.65	1995		3kg Gemma Stewart	10.94	2007	BP
Shot Put - 4kg	Jack Redmond	15.22	2014	BP				
Hammer - 3kg					3kg Mercedes Brennan	48.01	2017	TSV
Hammer - 4kg	Brandon Wood	23.73	2008	TSV	4kg Alysha Curtis	14.51	2004	BP
Pole Vault	Nicholas Cooper	2.30	2009	TSV				

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UNDER 16 (15 year olds)								
70m Sprint	Justin Griffiths	8.15	1996		Rhiannon Dowling	9.43	2013	BP
100m Sprint	Justin Griffiths	10.8	1996		Rebecca Sadler	12.5	1993	
200m Sprint	Quinton Nicol	22.1	1992		Elianna Suluvale	25.8	1996	
400m Sprint	Kris Seivers	50.06	1993		Rachel Pederson	58.2	2002	BP
800m	Jeff Beu	2.03	1993		Rachel Pederson	2.13.8	2002	BP
1500m	George Travis	4.20.9	1991		Montana McAvoy	4.37.58	2015	SYD
3000m	Kim Eales	10.51.6	1996		Megan Mansfield	11.18.0	1997	
90m Hurdles					Crystal Anderlini	15.4	2008	BP -ET
100m Hurdles	Theo Watson	13.77	2013	BP	Ellen Hastie	21.4	1997	
110m Hurdles	Darren Wilson	19.0	1992					
200m Hurdles	Theo Watson	26.00	2013	TSV	Olivia Hindmarsh	32.60	2010	BP ET
400m Hurdles	Michael Casey	1.12.1	1995		Rachelle Accatino	4.23.1	1989	
800m Walk								
3000m Walk	Josh Brown	11.24.28	1999					
2000m Steeplechase	Josh Brown	7.53.20	1999		Rachel Pederson	8.30.00	2002	BP
Long Jump	Justin Griffiths	7.1	1996		Elianna Suluvale	5.64	2002	BP
Triple Jump	Nicholas Murchie	13.83	2005	SYD	Mikaela Bretz	12.04	2014	tsv
High Jump	Nicholas Murchie	1.96	2005	TSV	Tahlia Reichardt	1.64	2012	Bris
Discus - 1 kg	Sandy Dalton	56.85	2012	Hobart	Dianna Webb	37.11	2001	BP
Shot Put	Jack Redmond	16.97	2014	bp	Dianna Webb	10.96	2000	BP
Hammer - 3kg	Sandy Dalton	66.63	2012	Hobart	Zara Cull	41.07	2012	Bris
JAVELIN	Theo Watson	56.81	2013	TSV	Dianna Webb	29.34	2001	BP
Weight Throw					12lb Mercedes Brennan	15.24	2017	TSV
Throws Pentathlon					Mercedes Brennan	3061pts	2017	TSV
HEPTATHLON	Theo Watson	4351pts	2013	TSV				
UNDER 18								
60m Sprint	Drew Campbell	7.2	2002	BP				
100m Sprint	Wagia Anau	10.5	1996		Rebecca Sadler	12.3	1995	
200m Sprint	Wagia Anau	21.55	1996		Kayla Montagner	24.80	2014	TSV
300m Sprint (Dash for Cash)	Ashley Brown	39.37	2009	BP-ET	Rebecca Sadler	58.83	1995	
400m Sprint	Kris Seivers	50.46	1994		Megan Mansfield	2.16.00	1998	
800m	Wade Fitzgerald	1.56.5	1992		Mandy Dawe	5.08.8	1992	
1500m	Rorey Hunter	4.03.50	2009	BNE-ET	Kristy Wong	11.02.7	1992	
3000m	Rorey Hunter	9.12.16	2009	BNE-ET				
5000m	Glenn Pomroy	17.40.6	1993					
100m Hurdles					Crystal Anderlini	16.29	2009	BP-ET
110m Hurdles	Justin Griffiths	15.0	1997					
200m Hurdles					Crystal Anderlini	27.92	2009	TSV-ET
400m Hurdles	Kurt Sayed	1.01.29	1998		Rebecca Sadler	1.14.6	1994	
Long Jump	Justin Griffiths	7.16	1997		Elianna Suluvale	5.64	2002	
Triple Jump	Aidan Taylor	14.16	2013	BP	Mikaela Bretz	12.41	2015	BP
High Jump	Jason Strano	2.06	2013	BP	Teagan Harris	1.75	2010	MEL
DISCUS	Jack Redmond	48.13	2016	QSAC	Leanna Bishop	44.06	2002	
SHOTPUT	Jack Redmond	17.00	2016	AIS	Leanna Bishop	12.06	2002	
HAMMER	Jack Redmond	57.46	2016	QSAC				
JAVELIN	Theo Watson	58.97	2014		Suvi Hyytinen	35.9	1993	
DECATHLON	Theo Watson	6062 pts	2015	BP				
Pole Vault	Theo Watson	3.60	2015	BP				
U20								
100m Sprint	Bryan Skinner	10.8	1992		Leah Bulley	13.2	1994	
200m Sprint	Bryan Skinner	21.8	1992		Leah Bulley	27.5	1994	
400m Sprint	Kristian Woolf	49.0	1992		Leah Bulley	1.05.3	1994	
800m	Kristian Woolf	1.58.13	1995					
1500m	Andrew Messina	4.09.4	1996					
3000m	Andrew Messina	8.45.1	1992					
100m Hurdles								
110m Hurdles	Aaron Tunj	16.0	1993					
400m Hurdles								
Long Jump	Bryan Skinner	7.19	1992		Hayley Strano	5.29	2016	QSAC
Triple Jump	Jason Strano	13.84	2015	SYD	Mikaela Bretz	12.18	2016	Perth
High Jump	David Shapendock	2.1	1998					
Discus	Azi Liaver	50.92	1994					
Hammer					Zara Cull	33.68	2014	Oceania
SHOTPUT	Robert Watkins	17.3	1994		Rebecca Rich	9.49	1994	
JAVELIN	Jason Edmondson	47.58	1994		Rebecca Rich	32.3	1994	

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OPEN										
70m Sprint	Rob Williams	8.73	2011	Hand		Kellie Higgins	9.33	2013	BP	
100m Sprint	Ron Munro	10.5	1988	ET -Bne		Rebecca Sadler	12.3			
	Otis Gowa	10.52	2007	ET -Bne						
200m Sprint	Otis Gowa	21.29	2007	BP-ET		Rebecca Sadler	25.59			
300m Sprint	Peter Tuccandidgee	34.31	2009	ET -TSV		Rachel Pederson	40.2	2002		
400m Sprint	Peter Tuccandidgee	47.68	2007			Nicole Perry	57.43	2014		
800m	Evan Franzke	1.56.09	1991			Nicole Perry	2:11:39	2014		
1500m	Tony Gamer	4.03.3	1992			Montanna McAvoy	4.48.36	2014 NQ Games		
3000m	Andrew Messina	8.45.1	1996			Michelle Portch	12.00.6			
5000m	Lee Assman	15.28.37	1992			Kristy Wong				
10000m	Andrew Messina	33.47.7								
100m Hurdles						Renea Grasso	17.8			
110m Hurdles	Aaron Tunj	15.0	1995	TSV-ET						
400m Hurdles	Andrew Yong	55.02	2009			Rebecca Sadler	1.14.6			
3000m Steeplechase	Lee Assman	9.47.5	1996							
1500m Walk	Lee Pomroy	9.12.0	1994							
3000m Walk						Jill Barrett-Maybir	13.14			
5000m Walk						Jill Barrett-Maybir	22.32			
1000m Walk										
Long Jump	Bryan Skinner	7.8	1991			Deanne Johnson	5.73			
Triple Jump	Aron Tunj	14.09	1995			Mikaela Bretz	12.36	2015	QSAC	
High Jump	Jason Strano	2.15	2015	BP		Taalayah Markos	1.65	2014		
Pole Vault	Theo Watson	3.2	2014							
Discus	Azi Liaver	50.92	1994	BP		Leanna Bishop	44.06			
Shotput	Michael Day	13.97	2012			Leanna Bishop	12.06			
Javelin	Craig Cherry	55.14	1997			Suvi Hyytinen	36.44			
Hammer - 4 kg	Michael Day	33.41	2014			4kg Mercedes Brennan	41.11	2017	TSV	
Weight Throw						20lb Mercedes Brennan	11.12	2017	TSV	
Throws Pentathlon						Mercedes Brennan	2527pts	2017	TSV	
Decathlon	Aron Tunj	6070	1992							
30-34 PV1										
110m Hurdles	Michael Day	19.61	2016	TSV						
400m Hurdles	Michael Day	1:12.18	2016	TSV						
60m Sprint	Michael Day	8.53	2016	TSV						
70m Sprint	Michael Day	8.87	2015	BP		Marina Huggett	9.5			
100m Sprint	Sid Curtis	11.4	1994			Marina Huggett	13.2			
200m Sprint	Sid Curtis	23.3	1995			Marina Huggett	27.2			
400m Sprint	Sid Curtis	51.42	1995			Marina Huggett	1.02.3			
800m	Peter Jones	2.00.3	1992			Marina Huggett	2.45.01			
1500m	Wally Plath	4.25.03	2004							
5000m	Mark O'Brien	16.54.00	1994							
800m Walk						Marina Huggett	4.35.3			
1500m Walk	Michael Day	10:19.36	2016	BP						
Long Jump	Michael Day	5.62	2014			Marina Huggett	4.26			
Triple Jump	Michael Day	11.81	2017	BP						
High Jump	Michael Day	1.60	2014	tsv		Marina Huggett	1.24			
DISCUS	Michael Day	40.13	2016	NSW		Dannette Cleaver	20.44	2006	BP	
SHOTPUT	Michael Day	12.96	2014	BP		Dannette Cleaver	7.26	2006	BP	
JAVELIN	Craig Cherry	55.14	1997			Dannette Cleaver	13.5	2006	BP	
Hammer Throw	Michael Day	36.89	2017	BP		Jessica Day	24.72	2015	BP	
Pole Vault	Michael Day	2.80	2015	TSV						
Decathlon	Michael Day	4528 pts	2014							
Weight Throw (35lb)	Michael Day	11.41	2016	NSW		(20lb) Jessica Day	8.79	2015	TSV	
Weight Throw (56lb)	Michael Day	7.56	2016	NSW		(56lb) Jessica Day	3.78	2016	NSW	
Weight Throw (100lb)	Michael Day	3.28	2016	NSW		(100lb) Jessica Day	2.13	2016	NSW	
Weight For Distance	Michael Day	12.79	2016	NSW		Jessica Day	8.80	2016	NSW	
Heavy Weights Pentathlon	Michael Day	2689	2016	NSW		Jessica Day	1974	2016	NSW	
Throws Pentathlon	Michael Day	2599 pts	2014			Jessica Day	1328 pts	2016	TLG	
35 -39 PV2										
70m Sprint						Marina Huggett	9.3	1996		
100m Sprint	Eddie Czarnecki	11.3	1991			Marina Huggett	12.7	1996		
200m Sprint	Eddie Czarnecki	23.8	1990			Marina Huggett	26.3	1996		
400m Sprint	Eddie Czarnecki	56.3	1990			Marina Huggett	60	1998		
800m	Mark Obrien	2.13.6	1994			Marina Huggett	2.25.55	1998		
1500m	Mark Obrien	4.29.31	1995			Marina Huggett	5.81.10	1997		
5000m	Mark Obrien	16.42.0	1996							
100m Hurdles						Heather Vaughan	16.46	2011	TSV-ET	
110m Hurdles	Eddie Czarnecki	17.1	1989							
400m Hurdles	Eddie Czarnecki	1.05.0	1991			Marina Huggett	1.17.2	1997		
3000m Walk						Jill Barrett - Maybir	13.14	1996		
5000m Walk						Jill Barrett - Maybir	22.32	1996		
Long Jump	Eddie Czarnecki	5.79	1990			Carol Graham	4.66	1992		
Triple Jump	Eddie Czarnecki	11.24	1989			Carol Graham	8.83	1992		
High Jump	Eddie Czarnecki	1.65	1990			Heather Vaughan	1.35	2011		

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CAIRNS ATHLETICS BEST PERFORMANCES

These records encompass both Cairns Little Athletics
and Cairns District Athletics Club
Previous Best Performances

Event	MEN				WOMEN			
	Athlete's Name	Result	Year	Location	Spec. Athlete's Name	Result	Year	Location
35 -39 PV2								
DISCUS	Eddie Czarnecki	30.53	1993		Carol Graham	24.05	1993	
SHOTPUT	Eddie Czarnecki	11.1	1991		Heather Vaughan	8.51	2009	TSV
JAVELIN	Eddie Czarnecki	42.12	1991		Carol Graham	28.04	1992	
HAMMER					Alana Johnstone	18.86	2006	BP
PENT.	Eddie Czarnecki	3113	1992		Marina Huggett	1847	1997	
40- 44 Vet 1.								
60m Sprint					Lenore Lambert	8.73	2013	BP
70m Sprint					Rosemary Omundsen	11.79	2006	BP
100m Sprint	Eddie Czarnecki	11.7			Lenore Lambert	13.95	2013	BP
200m Sprint	Eddie Czarnecki	23.96			Lenore Lambert	28.28	2013	BP
400m Sprint	Don Jago	56.1			Carol Graham	1.1.10.9		
800m	Mpye	2.11.4		BP-ET	Rosemary Omundsen	3.01.96	2006	BP
1500m	Patrick McBride	5.16.74	2010		Rosemary Omundsen	6.26.24	2006	BP-ET
5000m run					Rosemary Omundsen	23.49.99	2006	BP-ET
80m Hurdles					Lenore Lambert	14.42	2013	BP
110m Hurdles	Don Jago	18.0						
400m Hurdles	Eddie Czarnecki	1.03.86						
Long Jump	Eddie Czarnecki	5.9			Carol Graham	4.36		
Triple Jump	Eddie Czarnecki	11.37			Carol Graham	8.96		
High Jump	Eddie Czarnecki	1.63			Heather Vaughan	1.40	2016	BP
DISCUS	Eddie Czarnecki	30.04			Carol Graham	22.58		
SHOTPUT	Eddie Czarnecki	9.85			Carol Graham	8.24		
JAVELIN	Eddie Czarnecki	42.92			Carol Graham	26.9		
HAMMER					Carol Graham	17.04		
PENT	Eddie Czarnecki	3147			Carol Graham	2130		
POLE VAULT.								
45-49 vet 2.								
60m Sprint	Rob Williams	7.76	2011	BP				
70m Sprint	Eddie Czarnecki	8.7	1997	BP				
100m Sprint	Rob Williams	12.04	2011	BP	Carol Graham	14.5		
200m Sprint	Rob Williams	24.74	2011		Carol Graham	30.4		
400m	Graeme Wong	1.04.4	1994	BP	Desley Lenton	1.13.00		
800m	David Taylor	2.27.36	2012		Desley Lenton	3.03.6		
1500m	Don Cox	5.07.2	1996					
400m Hurdles	Eddie Czarnecki	1.09.0	1997		Desley Lenton	6.14		
800m Walk	Don Cox	3.41.6	1996					
Long Jump	Don Jago	5.78	1990		Glennis Ingram	3.58		
Triple Jump	Eddie Czarnecki	9.11	1990					
High Jump	Don Jago	1.60	1990					
POLE VAULT.	Don Jago	2.90	1995					
DISCUS	Eddie Czarnecki	29.82	1997		Carol Graham	19.88		
SHOT PUT	Aaron Schenk	10.67	2017	BP	Carol Graham	7.67		
JAVELIN	Aaron Schenk	38.97	2017	BP	Carol Graham	27.02		
HAMMER THROW	Aaron Schenk	29.74	2017	TLG				
WEIGHT THROW	Aaron Schenk	10.91	2017	BP				
THROWS PENTATHLON	Aaron Schenk	2691 pts	2017	TLG				
PENT	Eddie Czarnecki	2977	1998					
50 & Over								
60m Sprint	Kalevi Hakkinen	8.60	2017 BP		Andrea Collins	9.61	2016	BP
70m Sprint	Kevin Modra	11.22	2001		Christina Hindmarsh	10.65	2010	BP
100m Sprint	Don Jago	13.4	1996		Christina Hindmarsh	14.53	2010	BP
200m Sprint	Jim Vallely	29.1	1994		Christina Hindmarsh	30.80	2010	BP
400m Sprint	Jim Vallely	1.04.6	1994		Andrea Collins	1:12.71	2016	BP
800m	Jim Vallely	2.27.23	1994		Andrea Collins	2:51.11	2016	TSV
1500m	Kevin Modra	8.33.79	2001		Andrea Collins	6:21.82	2016	TSV
Long Jump	Don Jago	5.45	1995		Christina Hindmarsh	3.90	2010	BP
Triple Jump					Christina Hindmarsh	7.85	2010	BP
High Jump	Kevin Modra	1.36	2001					
POLE VAULT	Don Jago	2.9	1995					
DISCUS	Kevin Modra	36.5	1997		Julie Dalton	20.87	2012	BP
SHOT PUT	David Haggith	10.25	2015	BP	Julie Dalton	7.74	2012	BP
JAVELIN	Don Jago	37.86	1995		Gretchen Wong	20.06		
HAMMER	David Haggith	35.81	2014	BP	Julie Dalton	24.49	2012	BP
Weight Pentathlon	David Haggith	2571 pts	2014		Gretchen Wong	1449 pts		
Weight Throw	David Haggith	13.12	2015	BP				

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