

CAIRNS ATHLETICS BEST PERFORMANCES

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

MEN					WOMEN				
Event	Athlete's Name	Result	Year	Location	Spec.	Athlete's Name	Result	Year	Location
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 Frape	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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Event	Athlete's Name	Result	Year	Location	Spec.	Athlete's Name	Result	Year	Location
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 Monkin	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 Fits 68cm	Theo Watson	29.75	2011	States BNE	68cm	Alexis Turner	29.4	1998	
200m Hurdles - 10 Fits 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	Heather Scott	27.81	2017	TSV
				Regionals Gvale	3 Kg	Gemma Stewart	10.71	2006	TSV
Shot Put - 3 Kg	Theo Watson	12.49	2010		3kg	Mercedes Brennan	34.40	2015	BP
Hammer - 3kg									

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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
Pole Vault	Beau Stroud	2.00	2017	TSV					
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	26.28	2017	Bowen
					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	50.91	2017	QSAC
Hammer - 4kg	Brandon Wood	23.73	2008	TSV	4kg	Alysha Curtis	14.51	2004	BP
Pole Vault	Noah Watson	2.40	2017	QSAC					

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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						12b Mercedes Brennan	16.08	2017	BP	
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 Tuni	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 Tuni	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 Tuni	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	41.12	2017	TSV
Hammer - 7.26kg	Jack Redmond	43.62	2017	TSV				
Weight Throw					20lb Mercedes Brennan	11.12	2017	TSV
Throws Pentathlon					Mercedes Brennan	2527pts	2017	TSV
Decathlon	Aron Tuni	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	Michael Day	36.89	2017	BP	Jessica Day	24.72	2015	BP
Pole Vault	Michael Day	2.80	2015	TSV				
Decathlon	Michael Day	4569	2017	TSV				
Weight Throw (35lb)	Michael Day	11.47	2017	NSW	(20lb) Jessica Day	8.79	2015	TSV
Weight Throw (56lb)	Michael Day	7.90	2017	NSW	(56lb) Jessica Day	3.78	2016	NSW
Weight Throw (100lb)	Michael Day	4.16	2017	NSW	(100lb) Jessica Day	2.13	2016	NSW
Weight For Distance	Michael Day	15.83	2017	NSW	Jessica Day	8.80	2016	NSW
Heavy Weights Pentathlon	Michael Day	2850	2017	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 Czarniecki	11.3	1991		Marina Huggett	12.7	1996	
200m Sprint	Eddie Czarniecki	23.8	1990		Marina Huggett	26.3	1996	
400m Sprint	Eddie Czarniecki	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 Czarniecki	17.1	1989					
400m Hurdles	Eddie Czarniecki	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	

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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									
Long Jump	Eddie Czarniecki	5.79	1990			Carol Graham	4.66	1992	
Triple Jump	Eddie Czarniecki	11.24	1989			Carol Graham	8.83	1992	
High Jump	Eddie Czarniecki	1.65	1990			Heather Vaughan	1.35	2011	
Discus	Eddie Czarniecki	30.53	1993			Carol Graham	24.05	1993	
Shotput	Eddie Czarniecki	11.1	1991			Heather Vaughan	8.51	2009	TSV
Javelin	Eddie Czarniecki	42.12	1991			Carol Graham	28.04	1992	
Hammer						Alana Johnstone	18.86	2006	BP
Pentathlon	Eddie Czarniecki	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 Czarniecki	11.7				Lenore Lambert	13.95	2013	BP
200m Sprint	Eddie Czarniecki	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 Czarniecki	1.03.86							
Long Jump	Eddie Czarniecki	5.9				Carol Graham	4.36		
Triple Jump	Eddie Czarniecki	11.37				Carol Graham	8.96		
High Jump	Eddie Czarniecki	1.63				Heather Vaughan	1.40	2016	BP
Discus	Eddie Czarniecki	30.04				Carol Graham	22.58		
Shotput	Eddie Czarniecki	9.85				Carol Graham	8.24		
Javelin	Eddie Czarniecki	42.92				Carol Graham	26.9		
Hammer						Carol Graham	17.04		
Pentathlon	Eddie Czarniecki	3147				Carol Graham	2130		
45-49 vet 2.									
60m Sprint	Rob Williams	7.76	2011	BP					
70m Sprint	Eddie Czarniecki	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 Czarniecki	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 Czarniecki	9.11	1990						
High Jump	Don Jago	1.60	1990						
Pole Vault	Don Jago	2.90	1995						
Discus	Eddie Czarniecki	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	Aaron Schenk	29.74	2017	TLG					
Weight Throw	Aaron Schenk	10.91	2017	BP					
Throws Pentathlon	Aaron Schenk	2691 pts	2017	TLG					
Pentathlon	Eddie Czarniecki	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
Throws Pentathlon	David Haggith	2571 pts	2014			Gretchen Wong	1449 pts		
Weight Throw	David Haggith	13.12	2015	BP					

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