

# CAIRNS ATHLETICS BEST PERFORMANCES

These records encompass both Cairns Little Athletics  
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Previous Best Performances

MEN					WOMEN				
Event	Athlete's Name	Result	Year	Location	Spec.	Athlete's Name	Result	Year	Location
<b>UNDER 7 YEARS (6 Year Olds)</b>									
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
<b>UNDER 8 YEARS (7 Year Olds)</b>									
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
<b>UNDER 9 YEARS (8 Year Olds)</b>									
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	
<b>UNDER 10 YEARS (9 Year Olds)</b>									
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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<b>UNDER 11 YEARS (10 Year Olds)</b>									
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
<b>UNDER 12 YEARS (11 Year Olds)</b>									
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
<b>UNDER 13 YEARS (12 year Olds)</b>									
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					
Shot Put - 3 Kg	Theo Watson	12.49	2010		3 Kg	Gemma Stewart	10.71	2006	TSV
Hammer - 3kg					3kg	Mercedes Brennan	34.40	2015	BP

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<b>UNDER 14 YEARS (13 Year Olds)</b>									
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	<b>Beau Stroud</b>	<b>2.00</b>	<b>2017</b>	<b>TSV</b>					
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
<b>UNDER 15 YEARS (14 Year Olds)</b>									
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	<b>Aidan Menzies</b>	<b>2.05.93</b>	<b>2017</b>	<b>QSAC</b>		Montanna McAvoy	2.15.77	2014	QSAC
1500m	<b>Aidan Menzies</b>	<b>4.22.18</b>	<b>2017</b>	<b>QSAC</b>		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	<b>Mercedes Brennan</b>	<b>26.28</b>	<b>2017</b>	<b>Bowen</b>
					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	<b>Mercedes Brennan</b>	<b>50.91</b>	<b>2017</b>	<b>QSAC</b>
Hammer - 4kg	Brandon Wood	23.73	2008	TSV	4kg	Alysha Curtis	14.51	2004	BP
Pole Vault	<b>Noah Watson</b>	<b>2.40</b>	<b>2017</b>	<b>QSAC</b>					

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<b>UNDER 16 (15 year olds)</b>										
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						
<b>UNDER 18</b>										
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						
<b>U20</b>										
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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<b>OPEN</b>										
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						<b>Louise Pearce</b>	<b>17.00</b>	<b>2017</b>	<b>TSV</b>	
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			<b>Louise Pearce</b>	<b>13.13</b>	<b>2017</b>	<b>TSV</b>	
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	<b>Jack Redmond</b>	<b>43.62</b>	<b>2017</b>	<b>TSV</b>						
Weight Throw						20lb Mercedes Brennan	11.12	2017	TSV	
Throws Pentathlon						<b>Mercedes Brennan</b>	<b>2527pts</b>	<b>2017</b>	<b>TSV</b>	
Heptathlon						<b>Louise Pearce</b>	<b>4091 pts</b>	<b>2017</b>	<b>TSV</b>	
Decathlon	Aron Tunj	6070	1992							
<b>30-34 PV1</b>										
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	<b>Michael Day</b>	<b>11.81</b>	<b>2017</b>	<b>BP</b>						
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	<b>Michael Day</b>	<b>36.89</b>	<b>2017</b>	<b>BP</b>		Jessica Day	24.72	2015	BP	
Pole Vault	Michael Day	2.80	2015	TSV						
Decathlon	<b>Michael Day</b>	<b>4569</b>	<b>2017</b>	<b>TSV</b>						
Weight Throw (35lb)	<b>Michael Day</b>	<b>11.47</b>	<b>2017</b>	<b>NSW</b>	(20lb) Jessica Day	8.79	2015	TSV		
Weight Throw (56lb)	<b>Michael Day</b>	<b>7.90</b>	<b>2017</b>	<b>NSW</b>	(56lb) Jessica Day	3.78	2016	NSW		
Weight Throw (100lb)	<b>Michael Day</b>	<b>4.16</b>	<b>2017</b>	<b>NSW</b>	(100lb) Jessica Day	2.13	2016	NSW		
Weight For Distance	<b>Michael Day</b>	<b>15.83</b>	<b>2017</b>	<b>NSW</b>	Jessica Day	8.80	2016	NSW		
Heavy Weights Pentathlon	<b>Michael Day</b>	<b>2850</b>	<b>2017</b>	<b>NSW</b>	Jessica Day	1974	2016	NSW		
Throws Pentathlon	Michael Day	2599 pts	2014		Jessica Day	1328 pts	2016	TLG		
<b>35 -39 PV2</b>										
70m Sprint						Marina Huggett	9.3	1996		
100m Sprint	Eddie Czamecki	11.3	1991			Marina Huggett	12.7	1996		
200m Sprint	Eddie Czamecki	23.8	1990			Marina Huggett	26.3	1996		
400m Sprint	Eddie Czamecki	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 Czamecki	17.1	1989							
400m Hurdles	Eddie Czamecki	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
<b>35 -39 PV2</b>									
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	
<b>40- 44 Vet 1.</b>									
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		
<b>45-49 vet 2.</b>									
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	<b>Aaron Schenk</b>	<b>10.67</b>	<b>2017</b>	<b>BP</b>		Carol Graham	7.67		
Javelin	<b>Aaron Schenk</b>	<b>38.97</b>	<b>2017</b>	<b>BP</b>		Carol Graham	27.02		
Hammer	<b>Aaron Schenk</b>	<b>29.74</b>	<b>2017</b>	<b>TLG</b>					
Weight Throw	<b>Aaron Schenk</b>	<b>10.91</b>	<b>2017</b>	<b>BP</b>					
Throws Pentathlon	<b>Aaron Schenk</b>	<b>2691 pts</b>	<b>2017</b>	<b>TLG</b>					
Pentathlon	Eddie Czarniecki	2977	1998						
<b>50 &amp; Over</b>									
60m Sprint	<b>Kalevi Hakkinen</b>	<b>8.60</b>	<b>2017</b>	<b>BP</b>		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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