

OPEN WOMEN**CLUB RECORDS as at 18th April 2023 - WOMEN****TRACK**

100m	11.43s	Ashleigh Whittaker	28.3.15
200m	23.26s	Ashleigh Whittaker	29.3.15
	23.26s	Jessica Milat	1.4.23
400m	51.42s	Tamsyn Lewis	20.3.09
800m	1.59.21	Tamsyn Lewis	15.1.00
800m (Indoor)	2.01.85	Tamsyn Lewis (Aust. Record)	7.3.08
1500m	4.25.11	Kate Seibold-Crosbie	26.1.06
1 mile	5.00.49	Kate Seibold-Crosbie	29.9.05
1 Mile (Indoor)	4.59.17	Annabelle Eastman	9.2.19
3000m	9.46.5	Kate Seibold-Crosbie	9.3.06
3000m (Indoor)	9.39.53	Annabelle Eastman	2.2.19
5,000m	16.41.62	Sophie Coughlin	8.3.22
2,000m Steeple	6.59.41	Annabelle Eastman	8.12.17
3,000m Steeple	10.27.66	Kate Seibold-Crosbie	1.12.05
100m Hurdles (84cm)	13.58s	Kim Wilson	6.3.93
400m Hurdles (76.2cm)	56.27s	Tamsyn Lewis	21.3.09
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.00.5	Phillipa Huse	10.12.16
3000m Walk	14.03.19	Phillipa Huse	15.2.18
5000m Walk	22.11.59	Phillipa Huse	23.2.18
10000m Walk (track)	48.52.25	Phillipa Huse	16.3.18
10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	46.34s	Abbey Francis, Lizzie Dingeldei Mietta Russell, Jess Milat	26.1.22
4 x 200m Relay	1.40.25	Emma Knight, Nicole Jones Jeanette Bowles, Tamsyn Lewis	4.2.07
4 x 400m Relay	3.45.57	Laura Whaler, Hannah Lindstrom. Emma Knight & Tamsyn Lewis Manou	12.12.13
4 x 800m Relay	9.35.88	Tea Wittey, Emily Dare. Meg Oakley Kerr & Annabelle Eastman	11.11.17
4 x 1500m Relay	19.10.20	Amy Mills, Tessa Craig, Martine Daniliuc, Kate Seibold Crosbie	3.2.07
Short Medley Relay	3.58.35	Ruby Holten (200) Adelaide Robertson (200m) Rosie Kelly (400) Tamsyn Lewis-Manou (800)	28.11.15
Distance Medley Relay	13.58.40	Sophie Bolmat (1200m), Kundali Powell (400m) Meka Barone (800m, Stella Meagher (1600m)	26.1.22
Marathon (Best Performance)	2h.44.11	Kate Seibold-Crosbie	5.6.05

FIELD

High Jump	1.82m	Cathy Soanes	25.3.79
Long Jump	6.40m	Mietta Russell	14.4.21
Triple Jump	13.37m	Jeanette Bowles	1.12.05
Pole Vault	3.05m	Emma Knight	16.2.13
Discus (1 kg)	57.88m	Kimberley Mulhall	19.3.17
Shot Put(4 kg)	14.79m	Kimberley Mulhall	4.3.16
Javelin (600gr)	46.66m	Siobhan Taylor	3.3.01
Hammer (4 kg)	67.83m	Lauren Bruce	3.3.23
Heptathlon	5887 pts	Clare Thompson	26/27.7.02
		(100mH 14.05 HJ 1.74 SP 13.37 200m 25.32 L.J. 5.85 Jav 44.04 800m 2.19.2)	

UNDER 20**TRACK**

100m	11.51s	Jessica Milat	30.3.23
200m	23.26 s	Jessica Milat	1.4.23
400m	55.27s	Sophia Fighera	27.2.16
800m	2.04.89	Jemima Russell	16.3.17

1500m	4.31.48	Meg Oakley Kerr	16.3.18
1 Mile	5.09.42m	Orla Shackcloth	9.2.22
1 Mile (Indoor)	4.59.17	Annabelle Eastman	9.2.19
3000m	9.54.91	Sarah Fisher	18.3.83
3000m (Indoor)	9.39.53	Annabelle Eastman	2.2.19
5000m	16.57.55	Annabelle Eastman	5.4.19
2000m Steeple (76.2cm)	6.50.41	Annabelle Eastman	8.12.17
3000m Steeple	10.35.13	Annabelle Eastman	29.3.19
100m Hurdles (84cm)	14.03s	Sarah Dosen	13.4.02
400m Hurdles (76.2cm)	62.53s	Amanda Purcell	7.2.91
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.00.5	Phillipa Huse	10.12.16
3000m Walk	14.03.09	Phillipa Huse	15.12.16
5000m Walk	22.11.59	Phillipa Huse	23.2.18
10000m Walk (track)	48.52.25	Phillipa Huse	16.3.18
10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	47.88	Hannah Cote, Kiyani Sydnor, Madison Bodey & Kheoby Holohan	24.11.18
4 x 200m Relay	1.43.43	Kiyani Sydnor, Madison Bodey, Mia Scerri & Mietta Russell	10.2.18
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	9.35.88	Tea Wittey, Emily Dare. Meg Oakley Kerr & Annabelle Eastman	11.11.17
Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemima Russell (400m) & Natalia Vanzo (800)	28.11.15
FIELD			
High Jump	1.80	Molly Gray	24.2.08
Long Jump	6.40m	Mietta Russell	14.4.21
Triple Jump	12.33m	Tierra Exum	21.3.15
Discus (1 kg)	40.09m	Mia Scerri	31.1.21
Shot Put (4 kg)	13.08m	Mia Scerri	1.4.23
Javelin (600gr)	43.55m	Siobhan Taylor	25.11.00
Hammer (4 kg)	38.92m	Karin Fersterer	11.11.00
Heptathlon	5537pts	Mia Scerri (100mH (84cm) 14.61 HJ 1.71 SP (4kg) 13.08 200m 25.56 LJ 5.92 Jav (600g) 35.91m 800m 2.22.28)	2.4.23
UNDER 19			
TRACK			
100m	11.51s	Jessica Milat	30.3.23
200m	23.26s	Jessica Milat	1.4.23
400m	55.27s	Sophia Fighera	27.2.16
800m	2.04.89	Jemima Russell	16.3.17
1 Mile	5.09.42m	Orla Shackcloth	9.2.22
1500m	4.31.48	Meg Oakley Kerr	16.3.18
1 Mile	5.11.2	Meg Oakley Kerr	10.2.17
3000m	9.54.91	Sarah Fisher	18.3.83
5000m	17.26.71	Tessa Craig	26.11.09
2000m Steeple (76.2cm)	6.59.41	Annabelle Eastman	24.2.18
3000m Steeple	10.43.59	Annabelle Eastman	8.3.01
100m Hurdles (84cm)	14.03s	Sarah Dosen	13.4.02
400m Hurdles (76.2cm)	63.19s	Sally Ogilvy	27.2.93
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.00.5	Phillipa Huse	10.12.16
3000m Walk	14.03.19	Phillipa Huse	15.12.16
5000m Walk	22.11.59	Phillipa Huse	23.2.18
10000m Walk (track)	48.52.25	Phillipa Huse	16.3.18

10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	47.88s	Hannah Cote, Kiyani Sydnor, Madison Bodey & Khoeby Holohan	24.11.18
4 x 200m Relay	1.43.43	Kiyani Sydnor, Madison Bodey, Mia Scerri & Mietta Russell	10.2.18
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	9.35.88	Tea Wittey, Emily Dare. Meg Oakley Kerr & Annabelle Eastman	11.11.17
Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemima Russell (400) & Natalia Vanzo (800)	28.11.15
FIELD			
High Jump	1.80	Molly Gray	24.2.08
Long Jump	6.27m	Mia Scerri	23.2.23
Triple Jump	12.05m	Kiyani Sydnor	6.12.19
Discus (1 kg)	40.09m	Mia Scerri	31.1.21
Shot Put (4 kg)	13.08m	Mia Scerri	1.4.23
Javelin (600gr)	41.30m	Joanne Whybrow	30.3.85
Hammer (4 kg)	38.92m	Karin Fersterer	11.11.00
Heptathlon	5537pts	Mia Scerri	1.4.23
		(100mH (84cm) 14.61s HJ 1.71 SP (4kg) 13.09 200m 25.56 LJ 5.92 Jav (600g) 35.91m 800m 2.22.28)	

UNDER 18

TRACK

100m	11.83s	Ashleigh Whittaker	5.12.08
200m	24.19s	Mietta Russell	15.3.18
400m	55.27s	Sophia Fighera	27.2.16
800m	2.04.89	Jemima Russell	16.3.17
1 Mile	5.09.42m	Orla Shackcloth	9.2.22
1500m	4.31.48	Meg Oakley Kerr	16.3.18
1 Mile	5.11.2	Meg Oakley Kerr	10.2.17
3000m	9.54.91	Sarah Fisher	18.3.83
5000m	17.26.71	Tessa Craig	26.11.09
100m Hurdles (76.2cm)	13.93s	Sarah Dosen	10.12.00
400m Hurdles (76.2cm)	63.19s	Sally Ogilvy	27.2.93
2000m Steeple (76.2cm)	6.59.41	Annabelle Eastman	8.12.18
3000m Steeple	10.46.64	Meg Oakley Kerr	24.2.18
1500 Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.00.5	Phillipa Huse	10.12.16
3000m Walk	14.03.19	Phillipa Huse	15.12.16
5000m Walk	23.56.29	Phillipa Huse	24.2.17
10000m Walk (track)	50.58.59	Phillipa Huse	26.3.17
10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	47.88	Hannah Cote, Kiyani Sydnor, Madison Bodey & Khoeby Holohan	24.11.18
4 x 200m Relay	1.43.43	Kiyani Sydnor, Madeline Bodey, Mia Scerri & Mietta Russell	10.2.18
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	9.35.88	Tea Wittey, Emily Dare. Meg Oakley Kerr & Annabelle Eastman	11.11.17
Short Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemima Russell (400) & Natalia Vanzo (800)	28.11.15
Long Medley Relay	13.18.35m	Molly Reiger (1200), Mattie Kremers de Boer (400) Millie Williams (800), Orla Shackcloth (1600)	26.1.22

FIELD

High Jump	1.80	Molly Gray	24.2.08
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Long Jump	6.27m	Mia Scerri	23.2.23
Triple Jump	12.05m	Kiyani Sydnor	6.12.19
Discus (1 kg)	38.98m	Tarryn Miller	23.3.03
Shot Put (4 kg)	12.66m	Mia Scerri	15.1.23
Shot Put (3 kg)	14.56m	Mia Scerri	25.3.21
Javelin(600gr)	41.16m	Joanne Whybrow	5.11.83
Javelin(500gr)	40.85m	Abi Bolmat	11.12.22
Hammer (4 kg)	38.92m	Karin Fersterer	11.11.00
Hammer (3 kg)	29.48m	Isabella Dingli	19.1.19
Heptathlon	4921pts	Amanda Purcell	14/15.3.89
Heptathlon	5553pts	Mia Scerri Victorian Record	24/25.3.21
		100mH (76cm) 14.65s, SP (3kg) 14.56m, Jav. (500gr) 31.87m	
		800m 2.20:86m, 200m 25.76s, LJ 6.08m, HJ 1.67m	

UNDER 17

TRACK

100m	11.83s	Ashleigh Whittaker (Vic. Record)	5.12.08
200m	24.19s	Mietta Russell	15.3.18
400m	55.44s	Jemima Russell	27.2.16
800m	2.14.26	Natalia Vanzo	15.3.13
1500m	4.40.66	Greer Nadenbousch	28.2.88
1 Mile	5.09.42m	Orla Shackcloth	9.2.22
3000m	9.54.91	Sarah Fisher	18.3.83
5000m	17.26.71	Tessa Craig	26.11.09
2000m Steeple (76.2cm)	7.02.61	Tashana Kehoe-Sporton	12.3.10
3000m Steeple	12.08.2	Belinda Hogan	8.3.01
100m Hurdles (76.2cm)	14.23s	Sarah Dosen	2.5.00
400m Hurdles (76.2cm)	64.4s H	Sally Ogilvy	22.3.92
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.46.9	Phillipa Huse	10.10.15
3000m Walk	14.03.09	Yvonne Waters	17.11.81
5000m Walk	25.12.56	Phillipa Huse	11.3.16
4 x 100m Relay	48.87s	Jess Milat, Abbey Francis, Natasha Wood Mia Scerri	30.1.21 28.11.15
4 x 200m Relay	1.43.43	Kiyani Sydnor, Madison Bodey, Mia Scerri & Mietta Russell	10.2.18
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell, Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	9.47.53	Kisarna Berntsen, Amy McKinley, Sophie Bolmat & Mia Scerri	11.11.17
Medley Relay	4.10.32	Laura Dann (200) Sophia Fighera (200) Jemima Russell (400) & Natalia Vanzo (800)	23.11.13

FIELD

High Jump	1.80m	Molly Gray	24.2.08
Long Jump	6.08m	Mia Scerri	13.3.21
Triple Jump	12.05m	Kiyani Sydnor	6.12.19
Discus (1 kg)	40.09m	Mia Scerri	31.1.21
Shot Put (4 kg)	12.58m	Mia Scerri	5.2.22
Shot Put (3 kg)	14.56m	Mia Scerri	25.3.21
Javelin(600gr)	41.16m	Joanne Whybrow	5.11.83
Javelin(500gr)	40.85m	Abi Bolmat	11.12.22
Hammer (4 kg)	38.92m	Karin Festerer	11.11.00
Hammer (3 kg)	25.58m	Nadine Conacher	15.2.15
Heptathlon	4660 pts	Amanda Purcell	9/10.1.88
Heptathlon	5553pts	Mia Scerri Victorian Record	24/25.3.21
		100mH (76cm) 14.65s, SP (3kg) 14.56m, Jav. (500gr) 31.87m	
		800m 2.20:86m, 200m 25.76s, LJ 6.08m, HJ 1.67m	

UNDER 16**TRACK**

100m	11.83s	Ashleigh Whittaker Victorian Record	5.12.08
200m	24.34s	Jessica Milat	8.3.20
400m	55.70s	Jemima Russell	28.2.15
800m	2.14.26	Natalia Vanzo	15.3.13
1500m	4.41.57	Annabelle Eastman	13.3.15
1 Mile	5.17.12	Orla Shackcloth	9.2.21
3000m	10.17.19	Meg Oakley Kerr	11.3.15
5000m	18.14.41	Abbey Hicky	8.3.22
2000m Steeple	7.02.61	Tashana Kehoe-Sporton	12.3.10
3000m Steeple	12.52.3	Stefanie Puszka	8.3.01
90m Hurdles (84cm)	12.97s	Charli Sullivan	15.4.23
200m Hurdles (76.2cm)10 Flgts	29.10s	Charli Sullivan	13.4.23
300m Hurdles (76.2cm)7 Flgts	45.3s H	Amanda Purcell	3.3.87
400m Hurdles (76.2cm)	66.15	Amy McKinley	10.11.18
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	9.50.94	Phillipa Huse	7.3.15
3000m Walk	14.50.3	Yvonne Waters	17.11.81
5000m Walk	33.16	Alannah Dingli	13.2.19
4 x 100m Relay	48.88s	Ines Vandame, Khoeby Holohan Emily Wallace, Mietta Russell,	28.11.15
4 x 200m Relay	1.46.20	Amelia Spenceley, Jessica Milat Zoe Bilsborough & Mia Scerri	19.1.19
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	9.47.53	Kisarna Berntsen. Amy McKinley, Sophie Bolmat & Mia Scerri	11.11.17
Medley Relay	4.10.32	Laura Dann (200) Sophia Fighera (200) Jemima Russell (400) & Natalia Vanzo (800)	23.11.13

FIELD

High Jump	1.80m	Molly Gray	24.2.08
Long Jump	6.08m	Mia Scerri	13.3.21
Triple Jump	11.96m	Amy Fitzgerald	13.4.23
Discus (1 kg)	40.09m	Mia Scerri	31.1.21
Shot Put (4 kg)	10.85m	Karin Fersterer	25.3.00
Shot Put (3 kg)	14.56m	Mia Scerri	25.3.21
Javelin(600gr)	38.02m	Joanne Whybrow	6.11.82
Javelin(500gr)	37.78m	Kisarna Berntsen	4.11.17
Hammer (4 kg)	38.92m	Karin Fersterer	11.11.00
Hammer (3 kg)	25.58m	Nadine Conacher	15.2.15
Pole Vault	2.20m	Isabelle Furber	28.3.22
Heptathlon	5018 pts	Amanda Purcell	26/27.3.87
	(90mH (84cm) 13.85 HJ 1.72 SP (3g)8.98 200 25.99 LJ 5.49 Jav.(600g) 29.12m 800m 2.27.80)		
Heptathlon	5409pts	Mia Scerri	16.2.20
	90m (76.2cm) 13.80 HJ 1.66 SP (3kg) 13.25 200m 25.41 L.J 5.64 Jav.(500g)28.83 800m 2.21.23)		

UNDER 15**TRACK**

100m	12.06s	Hannah Cote	3.3.19
200m	24.82	Hannah Cote	10.3.19
400m	56.60	Daisy Nousis	27.3.22
800m	2.14.26	Natalia Vanzo	15.3.13
1500m	4.45.2	Tessa Craig	1.3.07
1 mile	5.17.12	Orla Shackcloth	9.2.21
3000m	10.17.19	Meg Oakley Kerr	11.3.15
5000m	18.58.5	Tessa Craig	16.12.06

2000m Steeple	7.04.57	Tayla Daly	29.10.06
90m Hurdles (76.2cm)	12.97s	Charli Sullivan	15.4.23
200m Hurdles (76.2cm)5 Flgts	30.37s	Sarah Dosen	3.11.97
200m Hurdles (76.2cm)10Flgts	29.10s	Charli Sullivan	13.4.23
400m Hurdles	67.73s	Amy McKinley	7.10.17
1500m Walk	6.54.1	Rebecca Waters	8.3.86
2000m Walk	12.42.6	Alannah Dingli	10.2.18
3000m Walk	14.50.3	Yvonne Waters	17.11.81
5000m Walk	35.05h	Alannah Dingli	31.1.18
4 x 100m Relay	50.47s	Amelia Spenceley, Mia Scerri Zoe Bilsborough & Jessica Milat	24.11.18
4 x 200m Relay	1.46.20	Amelia Spenceley, Jessica Milat Zoe Bilsborough & Mia Scerri	19.1.19
4 x 400m Relay	4.06.04	Zoe Bilsborough, Amber Van Eede Thanya Vijakumar & Mia Scerri	24.11.18
Medley Relay	4.23.76	Ashleigh Lynch (200) Merryn Collier (200) Sarah Dressler (400) Tessa Craig (800)	24.2.07

FIELD

High Jump	1.70m	Sarah Wiltshire	26.2.94
Long Jump	5.96m	Mia Scerri	6.12.19
Triple Jump	11.81m	Amy Fitzgerald	18.2.22
Discus (1 kg)	38.18m	Mia Scerri	3.4.19
Shot Put (4 kg)	10.06m	Karin Fersterer	17.1.00
Shot Put (3 kg)	14.10m	Mia Scerri	5.1.20
Javelin (600gr)	32.58m	Joanne Whybrow	14.11.81
Javelin(500gr)	29.46m	Mia Scerri	13.1.19
Hammer (4 kg)	27.08m	Karin Festerer	19.2.00
Hammer (3 kg)	25.18m	Louise Cook	27.10.90
Heptathlon	5409pts	Mia Scerri	16.2.20
	90m (76.2cm) 13.80 HJ 1.66 SP (3kg) 13.25 200m 25.41 L.J 5.79 Jav (500g) 28.83 800m 2.21.23		

UNDER 14

TRACK

100m	12.42s	Sienna Fighera	15.2.14
200m	25.24s	Mietta Russell	5.12.15
400m	56.60s	Daisy Nouis	27.3.22
800m	2.16.3	Tayla Daly	2.12.06
1500m	4.45.2	Tessa Craig	1.3.07
1 Miler	5.42.1	Caitlin Woods	19.2.19
3000m	10.21.9	Tessa Craig	10.2.07
5000m	18.58.5	Tessa Craig	16.12.06
2000m Steeple	7.04.57	Tayla Daly	29.10.06
80m Hurdles (76.2cm)	12.67s	Mietta Russell	8.11.15
200m Hurdles (76.2cm)5 Flgts	30.37s	Sarah Dosen	3.11.97
200m Hurdles (76.2cm)10Flgts	30.95s	Ines Vandame	13.3.15
1500m Walk	6.54.1	Rebecca Waters	8.3.86
3000m Walk	14.50.3	Yvonne Waters	17.11.81
4 x 100m Relay	50.47s	Amelia Spenceley, Mia Scerri Zoe Bilsborough & Jessica Milat	24.11.18
4 x 200m Relay	1.57.5	Pam Janko, Sophie Holman, Naomi Wytworknik, Fiona Moir	29.11.88
4 x 400m Relay	4.06.04	Zoe Bilsborough, Amber Van Eede Thanya Vijakumar & Mia Scerri	24.11.18

FIELD

High Jump	1.68m	Molly Gray	11.12.05
Long Jump	5.64m	Mia Scerri	9.3.19
Triple Jump	11.32s	Amy Fitzgerald	25.1.21

Discus (1 kg)	35.91m	Mia Scerri	4.11.18
Shot Put (3 kg)	12.60m	Mia Scerri	6.10.18
Javelin (600gr)	30.04m	Sarah Dosen	8.11.97
Javelin (400gr)	36.64m	Abi Bolmat	6.12.19
Hammer (3 kg)	25.18m	Louise Cook	27.10.90
Multi Event	3394pts	Mia Scerri	4.3.18
	(80mH (76.3cm) 13.67 HJ 1.54 200m 26.77 SP (3kg) 11.88 800m 2.25.73)		

UNDER 13

TRACK

100m	12.83s	Mietta Russell	8.11.14
200m	26.38s	Mia Scerri	18.3.18
400m	58.78s	Ma Scerri	15.3.18
800m	2.18.30	Kelly Hetherington	4.11.01
1500m	4.55.76	Tessa Craig	28.10.06
1 Miler	5.42.1	Caitlin Woods	19.2.19
3000m	10.36.97	Tessa Craig	28.10.06
2000m Steeple	7.39.14	Tashana Kehoe-Sporton	6.12.07
80m Hurdles (76.2cm)	13.1s H	L. Armstrong	1.12.84
200m Hurdles (76.2cm)	32.57s	Amber Van Eede	10.3.19
1500m Walk	7.09.5	Yvonne Waters	6.12.80
3000m Walk	15.13.3	Yvonne Waters	29.11.80
4 x 100m Relay	59.1s H	C. Forster, L. Armstrong, Rebecca Waters, J. Francken	13.10.84
4 x 200m Relay		Vacant	
4 x 400m Relay		Vacant	

FIELD

High Jump	1.55m	Molly Gray	30.11.04
Long Jump	5.13m	Mia Scerri	16.3.18
Triple Jump	10.40m	Simone James	28.2.09
Discus (1 kg)	31.17m	Mia Scerri	4.11.17
Shot Put (2.724kg)	10.25m	R. Kougioumtzis	9.3.86
Shot Put (3kg)	11.88m	Mia Scerri	4.3.18
Javelin(600gr)	22.53m	Leslie Weston	15.11.97
Javelin (400gr)	34.28m	Abi Bolmat	4.4.19
Hammer (3 kg)		Vacant	
Multi Event	3394pts	Mia Scerri	4.3.18
	80mH (76.3cm) 13.67 HJ 1.54 200m 26.77 SP (3kg) 11.88 800m 2.25.73		