

**OPEN WOMEN****CLUB RECORDS as at 16th February, 2018 - WOMEN****TRACK**

100m	11.43	Ashleigh Whittaker	28.3.15
200m	23.26	Ashleigh Whittaker	29.3.15
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
3000m	9.46.5	Kate Seibold-Crosbie	9.3.06
5,000m	16.48.36	Kate Seibold-Crosbie	19.11.05
2,000m Steeple	6.59.61	Annabelle Eastman	26.3.17
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	14.03.16	Phillipa Huse	15.12.16
5000m Walk	23.56.26	Phillipa Huse	24.2.17
10000m Walk (track)	50.58.56	Phillipa Huse	26.3.17
10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	46.68	Emma Knight, Tamsyn Lewis Manou, Laura Whaler & Ashleigh Whittaker	23.11..13
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	9.44.81	Victoria Brown, Juanita Liston, Claire Fritze & Kate Seibold-Crosbie	17.12.05
4 x 1500m Relay	19.10.20	Amy Mills, Tessa Craig, Martine Daniliuc, Kate Seibold Crosbie	3.2.07
Medley Relay	3.58.35	Ruby Holten (200) Adelaide Robertson (200m) Rosie Kelly (400) Tamsyn Lewis-Manou (1000m)	28.11.15
Marathon (Best Performance)	2h.44.11	Kate Seibold-Crosbie	5.6.05

**FIELD**

High Jump	1.82m	Cathy Soanes	25.3.79
Long Jump	6.25m	Lisa Morrison	12.2.04
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)	38.92m	Karin Fersterer	11.11.00
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	11.53s	Ashleigh Whittaker	13.4.13
200m	24.18s	Ashleigh Whittaker	20.1.13
400m	55.27s	Sophia Fighera	27.2.16
800m	2.04.89	Jemima Russell	16.3.17
1500m	4.34.9	Greer Nadenbousch	26.2.89
3000m	9.54.91	Sarah Fisher	18.3.83
5000m	17.26.71	Tessa Craig	26.11.09
2000m Steeple (76.2cm)	6.59.61	Annabelle Eastman	26.3.17
3000m Steeple	12.08.2	Belinda Hogan	8.3.01
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	14.03.1	Phillipa Huse	15.12.16
5000m Walk	23.56.2	Phillipa Huse	24.2.17
10000m Walk (track)	50.58.5	Phillipa Huse	26.3.17
10000m Walk (road)	49.46.0	Phillipa Huse	11.12.16
4 x 100m Relay	48.88s	Ines Vandame, Khoeby Holohan Emily Wallace, Mietta Russell,	28.11.15
4 x 200m Relay	1.45.62	Emily Southward, Vivienne Law Alexandra Kiploks, Georgia Drover	24.2.07
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera	29.11.14
4 x 800m Relay	10.02.8	Sarah Hawe, Eliza Fyans, Stef. Puszka, Belinda Hogan	10.2.01
Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemima Russell (400m) & Natalia Vanzo (	28.11.15

### FIELD

High Jump	1.80	Molly Grau	24.2.08
Long Jump	6.05m	Sarah Dosen	4.12.00
Triple Jump	12.33m	Tierra Exum	21.3.15
Discus (1 kg)	38.98m	Tarryn Miller	23.3.03
Shot Put (4 kg)	11.31m	Amanda Purcell	16.12.89
Javelin (600gr)	43.55m	Siobhan Taylor	25.11.00
Hammer (4 kg)	38.92m	Karin Fersterer	11.11.00
Heptathlon	5092pts	Amanda Purcell (100mH 14.87 HJ 1.67 SP 10.99 200m 25.38 LJ 5.70 Jav 33.20 800m 2.31.60 )	26/27.3.90

**UNDER 19**

<b><u>TRACK</u></b>		
100m	11.78s	Ashleigh Whittaker 25.2.12
200m	24.26s	Sophia Fighera 29.3.15
400m	55.27s	Sophia Fighera 27.2.16
800m	2.04.89	Jemima Russell 16.3.17
1500m	4.34.9	Greer Nadenbousch 26.2.89
3000m	9.54.91	Sarah Fisher 18.3.83
5000m	17.26.71	Tessa Craig 26.11.09
2000m Steeple (76.2cm)	6.59.61	Annabelle Eastman 26.3.17
3000m Steeple	12.08.2	Belinda Hogan 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	14.03.1	Phillipa Huse 15.12.16
5000m Walk	23.56.2	Phillipa Huse 24.2.17
10000m Walk (track)	50.58.5	Phillipa Huse 26.3.17
10000m Walk (road)	49.46.0	Phillipa Huse 11.12.16
4 x 100m Relay	48.88s	Ines Vandame, Khoebay Holohan Emily Wallace, Mietta Russell, 28.11.15
4 x 200m Relay	1.45.62	Emily Southward, Vivienne Law Alexandra Kiploks, Georgia Drover 24.2.07
4 x 400m Relay	4.07.20	Emily Dann, Jemima Russell. Charlotte Simpson & Sienna Fighera 29.11.14
4 x 800m Relay	10.02.8	Sarah Hawe, Eliza Fyans, Stef. Puszka, Belinda Hogan 10.2.01
Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemina Russell (400m) & Natalia Vanzo (8 28.11.15

**FIELD**

High Jump	1.80	Molly Grau 24.2.08
Long Jump	6.05m	Sarah Dosen 4.12.00
Triple Jump	11.89m	Kelby Lauritz 18.2.09
Discus (1 kg)	38.98m	Tarryn Miller 23.3.03
Shot Put (4 kg)	11.31m	Amanda Purcell 16.12.89
Javelin (600gr)	41.30m	Joanne Whybrow 30.3.85
Hammer (4 kg)	38.92m	Karin Fersterer 11.11.00
Heptathlon	5092pts	Amanda Purcell 26/27.3.90 (100mH 14.87 HJ 1.67 SP 10.99 200m 25.38 LJ 5.70 Jav 33.20 800m 2.31.60 )

**U18**

	Track	
100m	11.83s	Ashleigh Whittaker 5.12.08
200m	24.26s	Sophia Fighera 29.3.15
400m	55.27s	Sophia Fighera 27.2.16
800m	2.04.89	Jemima Russell 16.3.17
1500m	4.34.9	Greer Nadenbousch 26.2.89
3000m	9.54.91	Sarah Fisher 18.3.83
5000m	17.26.71	Tessa Craig 26.11.09
2000m Steeple (76.2cm)	6.59.61	Annabelle Eastman 26.3.17
3000m Steeple	12.08.2	Belinda Hogan 8.3.01
100m Hurdles (76.2cm)	13.93s	Sarah Dosen 10.12.00
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	14.03.1	Phillipa Huse 15.12.16
5000m Walk	23.56.2	Phillipa Huse 24.2.17
10000m Walk (track)	50.58.5	Phillipa Huse 26.3.17
10000m Walk (road)	49.46.0	Phillipa Huse 11.12.16
4 x 100m Relay	48.88s	Ines Vandame, Khoeby Holohan Emily Wallace, Mietta Russell, 28.11.15
4 x 200m Relay	1.45.62	Emily Southward, Vivienne Law Alexandra Kiploks, Georgia Drover 24.2.07
4 x 400m Relay	4.07.20	Emily Dann, Jemina Russell. Charlotte Simpson & Sienna Fighera 29.11.14
4 x 800m Relay	10.02.8	Sarah Hawe, Eliza Fyans, Stef. Puszka, Belinda Hogan 10.2.01
Medley Relay	4.06.07	Sophia Fighera (200) Laura Dann (200) Jemima Russell (400m) & Natalia Vanzo (€ 28.11.15

**FIELD**

High Jump	1.80	Molly Grau 24.2.08
Long Jump	6.05m	Sarah Dosen 4.12.00
Triple Jump	11.89m	Kelby Lauritz 18.2.09
Discus (1 kg)	38.98m	Tarryn Miller 23.3.03
Shot Put(3 kg)	12.08m	Sasha Watson 25.2.12
Javelin(600gr)	41.16m	Joanne Whybrow 5.11.83
Javelin(500gr)	31.49m	Sasha Watson 26.2.12
Hammer (4 kg)	38.92m	Karin Fersterer 11.11.00
Hammer (3 kg)	25.58m	Nadine Conacher 15.2.15
Heptathlon	4921pts	Amanda Purcell 14/15.3.89

**UNDER 17**

	<b><u>TRACK</u></b>	
100m	11.83s	Ashleigh Whittaker (Vic. Record) 5.12.08
200m	24.26s	Sophia Fighera 29.3.15
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
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	9.00.5	Phillipa Huse 10.12.16
3000m Walk	14.03.0	Phillipa Huse 15.12.16
5000m Walk	25.12.5	Phillipa Huse 11.3.16
10000m Walk (Track)	50.58.5	Phillipa Huse 26.3.17
10000m Walk (Road)	49.46.0	Phillipa Huse 11.12.16
4 x 100m Relay	48.88s	Ines Vandame, Khoeby Holohan Emily Wallace, Mietta Russell, 28.11.15
4 x 200m Relay	1.45.62	Emily Southward, Vivienne Law Alexandra Kiploks, Georgia Drover 24.2.07
4 x 400m Relay	4.07.20	Emily Dann, Jemina Russell. Charlotte Simpson & Sienna Fighera 29.11.14
4 x 800m Relay	10.02.8	Sarah Hawe, Eliza Fyans, Stef. Puszka, Belinda Hogan 10.2.01
Medley Relay	4.10.32	Laura Dann (200) Sophia Fighera (200) Jemina Russell (400m) & Natalia Vanzo (8 23.11.13

**UNDER 17**

	<b><u>FIELD</u></b>	
High Jump	1.80m	Molly Grau 24.2.08
Long Jump	5.88m	Andrea Bramwell 23.10.82
Triple Jump	11.87m	Sarah Wiltshire 26.2.95
Discus (1 kg)	38.98m	Tarryn Miller 23.3.03
Shot Put (3 kg)	12.08m	Sasha Watson 25.2.12
Javelin(600gr)	41.16m	Joanne Whybrow 5.11.83
Javelin(500gr)	31.49m	Sasha Watson 26.2.12
Hammer (4 kg)	38.92m	Karin Fersterer 11.11.00
Hammer (3 kg)	25.58m	Nadine Conacher 15.2.15
Heptathlon	4660 pts	Amanda Purcell 9/10.1.88

**UNDER 16**

	<b><u>TRACK</u></b>	
100m	11.83s	Ashleigh Whittaker (Vic. Record) 5.12.08
200m	24.63s	Sophia Fighera 6.4.14
400m	55.70s	Jemina Russell 28.2.15
800m	2.14.26	Natalia Vanzo 15.3.13
1500m	4.41.57	Annabelle Eastman 13.3.15
3000m	10.17.19	Meg Oakley Kerr 11.3.15
5000m	18.58.5	Tessa Craig 16.12.06
2000m Steeple	7.02.61	Tashana Kehoe-Sporton 12.3.10
3000m Steeple	12.52.3	Stefanie Puszka 8.3.01
90m Hurdles (84cm)	13.62s	Sarah Dosen 13.12.98
200m Hurdles (76.2cm)	10 F 29.47s	Sarah Dosen 10.12.98
300m Hurdles (76.2cm)	7 Flr 45.3s	H Amanda Purcell 3.3.87
400m Hurdles (76.2cm)	67.4s	H Sally Ogilvy 1.2.92
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
4 x 100m Relay	48.88s	Ines Vandame, Khoeby Holohan Emily Wallace, Mietta Russell, 28.11.15
4 x 200m Relay	1.46.90	Amanda Purcell, R. Stewart, Vanessa Guest, Penny Smith 7.3.87
4 x 400m Relay	4.07.20	Emily Dann, Jemina Russell. Charlotte Simpson & Sienna Fighera 29.11.14
Medley Relay	4.10.32	Laura Dann (200) Sophia Fighera (200) Jemina Russell (400m) & Natalia Vanzo (8 23.11.13

**FIELD**

High Jump	1.80m	Molly Grau 24.2.08
Long Jump	5.51m	Sarah Wiltshire 25.2.95
Triple Jump	11.87m	Sarah Wiltshire 26.2.95
Discus (1 kg)	34.35m	Sasha Watson 11.3.11
Shot Put (4 kg)	10.85m	Karin Fersterer 25.3.00
Shot Put (3 kg)	10.43m	Rosaline Kavea 21.11.99
Javelin(600gr)	38.02m	Joanne Whybrow 6.11.82
Javelin(500gr)	22.20m	Khoeby Holohan 22.11.15
Hammer (4 kg)	38.92m	Karin Fersterer 11.11.00
Hammer (3 kg)	25.58m	Nadine Conacher 15.2.15
Heptathlon	5018 pts	Amanda Purcell 26/27.3.87 (90mH 13.85 HJ 1.72 SP 8.98 200 25.99 LJ 5.49 Jav. 29.12 800m 2.27.80 )

**CLUB RECORDS as at 16th February, 2018 - WOMEN****UNDER 15****TRACK**

100m	12.11s	Mietta Russell	3.12.16
200m	25.00	Sophia Figuera	16.3.13
400m	=58.21s	Jemima Russell	15.3.13
400m	=58.21s	Sienna Figuera	6.12.14
800m	2.14.26	Natalia Vanzo	15.3.13
1500m	4.45.2	Tessa Craig	1.3.07
3000m	10.17.1	£ 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)	13.78s	Mietta Russell	14.2.16
200m Hurdles (76.2cm)5 Fl	30.37s	Sarah Dosen	3.11.97
200m Hurdles (76.2cm)10Fl	30.53s	Ines Vandame	9.3.15
1500m Walk	6.54.1	Rebecca Waters	8.3.86
4 x 100m Relay	50.79s	Khoeby Holohan, Emily Wallace Madison Chong, Caitlin Pinto	31.10.15
4 x 200m Relay	1.49.7	L. Armstrong, C.Byrne, H. Newson, C. Sull	20.1.85
4 x 400m Relay	4.16.9	L. Armstrong, R. Waters, H. Kougioumtzis, Jane Isaac	24.11.85
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	5.38m	Sarah Dosen	21.2.98
Triple Jump	11.31m	Sarah Wiltshire	26.2.94
Discus (1 kg)	33.54m	Sasha Watson	27.2.10
Shot Put (4 kg)	10.06m	Karin Fersterer	17.1.00
Shot Put (3 kg)	10.43m	Rosaline Kavea	21.11.99
Javelin (600gr)	32.58m	Joanne Whybrow	14.11.81
Javelin(500gr)	22.20m	Khoeby Holohan	22.11.15
Hammer (4 kg)	27.08m	Karin Fersterer	19.2.00
Hammer (3 kg)	25.18m	Louise Cook	27.10.90
Heptathlon	3832	Tess Parton-Oliver	15/16.12.07
		(90mH 14.86 HJ 1.58 So 7.32 200m 27.03 LJ 4.96 Jav 20.61 700m 2.54.28)	

**UNDER 14****TRACK**

100m	12.42s	Sienna Fighera	15.2.14
200m	25.24s	Mietta Russell	5.12.15
400m	58.21s	Jemima Russell	15.3.13
800m	2.16.3	Tayla Daly	2.12.06
1500m	4.45.2	Tessa Craig	1.3.07
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 Flg	30.37s	Sarah Dosen	3.11.97
200m Hurdles (76.2cm)10Fl	30.95s	Ines Vandame	13.3.15
1500m Walk	6.54.1	Rebecca Waters	8.3.86
4 x 100m Relay	51.77s	Annabelle Plessinger, Ines Vandame, Annabelle Holman & Caitlin Pinto	29.11.14
4 x 200m Relay	1.57.5	Pam Janko, Sophie Holsman, Naomi Wytwormnik, Fiona Moir	29.11.88
4 x 400m Relay	4.13.98	Jada Daly, Matilda Strugnell, Taylor Alexander & Mimi Bartels	26.11.16

**FIELD**

High Jump	1.68m	Molly Grau	11.12.05
Long Jump	5.28m	C. Byrne	8.12.84
Triple Jump	11.12m	Sarah Wiltshire	28.2.93
Discus (1 kg)	33.01m	Lill Baikie	26.2.17
Shot Put (3 kg)	10.59m	Taylor Alexander	5.11.16
Javelin (600gr)	30.04m	Sarah Dosen	8.11.97

**UNDER 14 (Cont.)****Field**

Javelin (400gr)	24.74m	Lill Baikie	29.11.16
Hammer (3 kg)	25.18m	Louise Cook	27.10.90
Multi Event	3052 pts	Mietta Russell	1.2.15
		(80mH 13.53 HJ 1.44 200,m26.58 SP 8.03 800m 2.26.77)	

**UNDER 13****TRACK**

100m	12.83s	Mietta Russell	8.11.14
200m	26.46s	Sienna Fighera	17.3.13
400m	59.92s	Kelly Hetherington	7.12.01
800m	2.18.30	Kelly Hetherington	4.11.01
1500m	4.55.76	Tessa Craig	28.10.06

**UNDER 13****Track**

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)	33.02s	Annabelle Holman	15.2.14
1500m Walk	7.09.5	Yvonne Waters	6.12.80
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 Grau	30.11.04
Long Jump	5.06m	Mietta Russell	7.2.15
Triple Jump	10.40m	Simone James	28.2.09
Discus (1 kg)	25.46m	R. Kougioumtzis	11.1.86
Shot Put (2.724kg)	10.25m	R. Kougioumtzis	9.3.86
Shot Put (3kg)	9.51m	Mia Scerri	4.2.17
Javelin(600gr)	22.53m	Leslie Weston	15.11.97
Javelin(400gr)		Vacant	
Hammer (3 kg)		Vacant	
Multi Event	3040 pts	Mia Scerri	5.2.17

(80mH 13.95 HJ 1.49 200 27.70s SP 9.51 000m 2.28.03)