



Ginninderra Athletics Club – All Time Records

Little Athletics

Under 6

GIRLS

50m	ST. Rauraa	9.38	15/16
70m	ST. Rauraa	12.81	15/16
100m	N. Weise	16.24	80/81
200m	ST. Rauraa	38.86	15/16
300m	C. Smith	1:09.40	11/12
60mH	ST. Rauraa	11.70	15/16
Long Jump	ST. Rauraa	2.90	15/16
Discus	ST. Rauraa	18.65	15/16
Shot Put	ST. Rauraa	7.76	15/16
Vortex	ST. Rauraa	20.71	15/16

BOYS

J. Rudd	9.34	90/91
M. Ikoro	13.20	01/02
K. Fischetti	16.04	01/02
J. Rudd	37.74	90/91
J. Smith	1:08.75	15/16
M. Agbonzikilo	14.12	15/16
W. Armour	2.85	76/77
N. Devenport	16.31	89/90
B. Withers	5.66	02/03
C. Leighton	16.25	15/16

Under 7

50m	J. Hynes	8.80	12/13
70m	J. Hynes	11.87	12/13
100m	J. Hynes	15.64	12/13
200m	J. Hynes	36.00	12/13
300m	ST. Rauraa	1:05.33	16/17
400m	C. Smith	1:25.86	12/13
500m	P. Smith	2:01.51	16/17
60mH	H. Imhoff	14.55	18/19
Long Jump	J. Prime	3.67	87/88
Discus	ST. Rauraa	19.24	16/17
Shot Put	ST. Rauraa	8.76	16/17
<i>Turbo Jav*</i>	<i>H. MacDonald</i>	<i>8.78</i>	<i>10/11</i>
Vortex	ST. Rauraa	20.40	16/17

M. Ikoro	8.50	12/13
A. King	11.00	86/87
M. Ikoro	16.59	12/13
D. Lalor	33.64	85/86
L. Baker	1:01.35	15/16
M. Ikoro	1:23.76	12/13
C. Turnbull	1:55.00	16/17
N. Porter	12.41	17/18
S. McEachin	3.51	88/89
L. Baker	17.88	15/16
A. McIntosh	8.13	85/86
S. Rowe	12.83	99/00
L. Baker	24.76	15/16

Under 8

50m	J. Hynes	8.27	13/14
70m	E. Van Den Heuvel	11.25	15/16
100m	J.Hynes	15.55	13/14
200m	K. Austen	32.34	87/88
400m	K. Austen	1:17.14	87/88
700m	P. Smith	2:49.90	17/18
<i>800m*</i>	<i>M. Machin</i>	<i>2:59.50</i>	<i>88/89</i>
60mH	M.Jenkins	11.74	05/06
300mW	E. Van Den Heuvel	1:51.96	15/16
High Jump S	ST. Rauraa	1.05	17/18
Long Jump	E. Van Den Heuvel	3.71	15/16
Discus	ST. Rauraa	24.42	17/18
Shot Put	ST. Rauraa	8.85	17/18
Turbo Jav	ST. Rauraa	14.51	17/18
Vortex*	S. Rauraa	15.58	15/16

J. Pilliner	8.14	90/91
P. Strangman	10.24	86/87
D. Rogers	15.24	84/85
S. Cummins	15.24	01/02
M. Ikoro	34.33	13/14
S. Foxhill	1:16.04	85/86
S. Yogeswaran	2:40.20	17/18
S. Munce	2:47.70	79/80
R. Turnbull	11.54	96/97
B. Cosier	1:48.92	17/18
C. Turnbull	1.03	17/18
W. Armour	3.90	78/79
N. Devenport	19.05	91/92
Z. Patterson	8.24	08/09
B. Cosier	19.35	17/18
J. Larkin	23.50	15/16

Events / Records denoted with an **Asterix (*)** indicate a change to the rules for Standard Events by LAA or AA. This normally indicates a change to distance, height, weight or retirement of an event altogether. For completeness the current record before the change has been kept however due to clarity and consistency with the peak body (LAA/AA) the old record may in time no longer remain in the Records Registry.





Ginninderra Athletics Club – All Time Records

Under 9

GIRLS

70m	J. Hynes	10.90	90/91
100m	J. Hynes	14.76	14/15
200m	K. Austen	30.34	88/89
400m	H. Davis	1:11.44	97/98
800m	E. Van Den Heuvel	2:46.19	16/17
60mH	E. Van Den Heuvel	10.52	16/17
700mW	L. Cooper	3:53.30	91/92
Long Jump	E. Van Den Heuvel	4.09	16/17
High Jump S	E. Van Den Heuvel	1.18	16/17
<i>High Jump F*</i>	<i>H. Davis</i>	<i>1.16</i>	<i>97/98</i>
Discus	K. Britt	20.68	91/92
Shot	K. Manenica	7.20	97/98
Turbo Jav	S. Rauraa	18.94	16/17

BOYS

R. Higginbotham	10.44	91/92
P. Hamilton	14.44	79/80
O. Brearley	29.64	02/03
D. Marakas	29.64	02/03
S. Foxhill	1:08.24	86/87
C. Atkinson	2:37.10	77/78
R. Turnbull	10.59	97/98
B. Pilliner	3:58.60	90/91
R. Turnbull	4.13	97/98
B. Cover	1.12	16/17
<i>P. Gooday</i>	<i>1.29</i>	<i>77/78</i>
<i>B. Coufts</i>		<i>87/88</i>
P. Strangman	27.06	87/88
K. Ontong	8.21	97/98
L. Baker	24.18	17/18

Under 10

70m	J. Hynes	10.07	15/16
100m	J. Hynes	13.98	15/16
200m	J. Hynes	29.30	15/16
400m	N. Divett	1:08.24	81/82
800m	H. Davis	2:39.00	98/99
1500m*	C. Smith	5:38.86	15/16
60mH	E. Van Den Heuvel	10.53	17/18
1100mW	C. Phillips	6:00.40	93/94
Long Jump	E. Van Den Heuvel	4.40	17/18
High Jump S	J. Henderson	1.24	16/17
<i>High Jump F*</i>	<i>J. Sanders</i>	<i>1.25</i>	<i>88/89</i>
Discus	K. Britt	27.62	92/93
Shot	L. Cooper	8.00	92/93
	ST. Rauraa	8.00	18/19
Turbo Jav	S. Rauraa	15.23	17/18

M. Ikoro	10.01	15/16
S. Foxhill	13.24	87/88
M. Hind	28.64	90/91
N. Bahnsen	1:06.84	96/97
S. Foxhill	2:36.00	87/88
S. Foxhill	5:12.20	87/88
R. Turnbull	10.50	98/99
O. Toyne	6:04.81	16/17
B. French	4.56	89/90
B. Cover	1.19	17/18
<i>N. Bahnsen</i>	<i>1.43</i>	<i>96/97</i>
P. Strangman	31.52	88/89
Z. Patterson	9.61	10/11
R. Imhoff	26.16	18/19

Under 11

100m	C. Tobin	13.84	13/14
200m	C. Smith	28.20	16/17
400m	C. Smith	1:07.48	16/17
800m	H. Davis	2:34.22	99/00
1500m	A. Southgate	5:17.44	00/01
60 hurd	C. Fowler	11.03	17/18
1100mW	E. Smith	5:33.95	18/19
Long Jump	C. Reeves	4.70	99/00
High Jump	N. Harrison	1.32	79/80
Triple Jump	L. Robards	9.25	11/12
Discus*	S. Rauraa	20.36	18/19
	<i>(500gm)</i>		
	<i>L. Cooper</i>	<i>26.02</i>	<i>93/94</i>
	<i>(750gm)</i>		
Shot	R. Maggs	9.32	01/02
Javelin	L. Cooper	23.39	93/94

M. Ikoro	13.26	16/17
M. Ikoro	26.49	16/17
A. Tetteh	1:02.81	97/98
R. Cuzner	2:26.02	16/17
J. Lemon	5:02.12	14/15
S. Baird	10.38	16/17
J. Whithear	5:22.35	18/19
B. Mitchell	4.80	12/13
N. Bahnsen	1.56	97/98
R. Higginbotham	9.80	93/94
J. Quade (500gm)	21.23	18/19
<i>P. Strangman</i>	<i>28.46</i>	<i>89/90</i>
<i>(750gm)</i>		
N. Bahnsen	10.07	97/98
B. Robins	24.10	97/98





Ginninderra Athletics Club – All Time Records

Red Track Athletics

Under 12 – Little Athletics

100m	C. Smith	13.15	17/18	S. Sheppard	12.73	99/00
200m	C. Smith	26.52	17/18	J. Tobin	25.84	86/87
400m	A. Southgate	1:02.64	01/02	A. Tetteh	1:00.49	15/16
800m	N. Muir	2:26.00	89/90	R. Cuzner	2:20.39	17/18
1500m	R. Guest	5:17.06	15/16	J. Lemon	4:54.01	15/16
200mH	C. Tobin	33.89	14/15	A. Tetteh	32.41	15/16
60mH	C. Fowler	10.94	18/19	N. Steinacker	9.96	16/17
1500w	K Thompson	7:37.40	80/81	G. Vogler	7:04.50	86/87
Long Jump	E. Van Den Heuvel	4.84	18/19	S. Chesterton	4.88	84/85
High Jump	L. Paull	1.41	17/18	N. Bahnsen	1.60	98/99
Triple Jump	S. Taylor	9.42	91/92	A. Tetteh	11.24	15/16
Discus	C. Rauraa	31.26	14/15	G. Mace	35.84	87/88
Shot	C. Rauraa	11.00	14/15	E. Wilson (2kg)	11.41	18/19
				G. Mace* (3kg)	12.19	87/88
Javelin	L. Robards	27.30	12/13	J. Rogers	30.84	98/99

Under 13

GIRLS

100m	C. Tobin	12.83	15/16
200m	C. Smith	26.32	18/19
400m	A. Southgate	1:00.72	02/03
800m	A. Southgate	2:24.45	02/03
1500m	H. Cadden	4:59.50	15/16
80mH	A. Jackson	13.14	06/07
200mH	A. Theron	31.65	15/16
	T. Sweeting		17/18
1500w	J. Strangman	7:21.40	88/89
Long Jump	C. Reeves	4.79	01/02
High Jump	L. Toohey	1.50	82/83
Triple Jump	C. Keszei	10.96	17/18
Discus	K. Britt	36.86	95/96
Shot	K. Britt	11.05	95/96
Javelin	K. Britt	32.78	95/96

BOYS

M. Greenhalgh	11.78	95/96
S. Sheppard	23.92	00/01
K. Robinson	58.24	87/88
H. Todd	2:06.61	17/18
J. Southgate	4:31.20	00/01
J. Reis	12.74	00/01
A. Tetteh	29.43	16/17
G. Vogler	7:01.60	87/88
J. Maranan	5.48	15/16
R. Waterford	1.56	97/98
J. Maranan	11.17	15/16
E. Harrison (750gm)	17.90	18/19
G. Mace* (1kg)	43.30	88/89
G. Mace	17.02	88/89
S. Sheppard	34.31	00/01

11 – 13 Athletics ACT

60m				M. Ajulo	8.59s	2018
100m	C. Tobin	12.80	16/17	M. Greenhalgh	11.44	95/96
200m	M. Sherd	26.24	97/98	J. Maranan	25.46	14/15
400m	N. Muir	59.84	91/92	H. Todd	53.88	2018
800m	S. Greig	2:20.16	06/07	B. Glasson	2:02.84	11/02
1500m	M. Ponton	4:55.30	97/98	J. Davill	04:19.21	15/16
3000m	H. Cadden	10:53.46	16/17	J. Lemon	10:09.11	17/18
3000m XC	H. Cadden	11:08:00	14/15	J. Davill	10:18.00	14/15
2000m SC				B. Marsh	7:56.85	03/04
1500m W	J. Strangman	7:09.64	89/90	W. McEwan	6:46.74	91/92
3000m W	S. Shaw	17:37.10	17/18	O. Toyne	16:22.8	2019
3000m W Rd	S. Shaw	19:18.00	15/16			
80m H / 90m H	A. Jackson	13.14	06/07	J. Reis	12.96	11/01
200m H	M. Dodt	33.19	03/14	H. Anderson	31.44	2018
Long Jump	M. Sherd	5.11	97/98	M. Greenhalgh	5.67	95/96
Triple Jump	C. Keszei	10.96	17/18	A. Tetteh	11.29	15/16
High Jump	L. Toohey	1.5	82/83	M. Greenhalgh	1.85	95/96
	K. Gold					
Shot Put	K. Britt	12.69	97/98	G. Mace	17.02	89/90
Discus	K. Britt	36.86	95/96	G. Mace	48.46	89/90
Javelin	K. Britt	33.96	95/96	G. Mace	41.08	89/90





Ginninderra Athletics Club – All Time Records

Under 14 – Little Athletics

100m	N. Muir	13.04	91/92	J. Maranan	11.39	16/17
	A. Jackson	13.04	07/08			
200m	M. Sherd	26.24	97/98	S. Sheppard	22.82	01/02
400m	N. Muir	59.84	91/92	H. Todd	53.67	18/19
800m	H. Cadden	2:19.80	16/17	H. Todd	2:00.11	18/19
1500m	M. Ponton	4:55.30	97/98	J. Davill	4:19.21	16/17
80mH	A. Jackson	13.32	07/08	<i>B. Goecke Beard*</i>	<i>12.91s</i>	<i>18/19</i>
90mH				J. Maranan	13.44	16/17
200mH	M. Sturgiss	30.23	15/16	J. Maranan	26.41	16/17
1500mW	J. Strangman	7:09.64	89/90	W. McEwen	6:46.74	91/92
Long Jump	M. Sherd	5.11	97/98	J. Maranan	5.81	16/17
High Jump	K. Gold	1.50	00/01	M. Greenhalgh	1.85	95/96
	L. Sinclair	1.50	10/11			
Triple Jump	K. Gold	10.58	00/01	J. Maranan	11.46	16/17
Discus	C. Newman	33.64	98/99	G. Mace	48.46	89/90
Shot	C. Rauraa	11.08	16/17	G. Mace	16.03	89/90
Javelin	A. Kirkman	28.93	93/94	N. Ashmore	42.37	13/14

Under 15

GIRLS

100m	D. Deklin	12.52	13/14
200m	I. Ajulo	26.04	18/19
400m	L. Sinclair	57.56	11/12
800m	S. Greig	2:18.00	07/08
1500m	S. Greig	4:44.00	07/08
90/100mH	K. Lawler	14.26	12/13
200mH	<i>K. Lawler*</i>	<i>30.08</i>	<i>12/13</i>
300mH	M. Sturgiss	55.64	16/17
1500mW	J. Strangman	7:12.20	90/91
Long Jump	N. Muir	5.25	92/93
High Jump	F. Daly	1.55	97/98
Triple Jump	I. Ajulo	10.35	18/19
Discus	C. Newman	32.28	99/00
Shot	C. Newman	12.35	99/00
Javelin	C. Rauraa	29.12	17/18

BOYS

J. Maranan	11.29	17/18
J. Maranan	23.53	17/18
J. Davidson	54.41	12/13
J. Davill	1:59.55	17/18
A. Noor	4:15.56	18/19
J. Maranan	13.88	17/18
<i>M. Walters*</i>	<i>26.88</i>	<i>13/14</i>
J. Lemon	46.78	18/19
M. Baker	6:26.82	15/16
J. Maranan	6.19	17/18
R. Waterford	1.78	99/00
J. Smith		17/18
J. Reis	11.38	02/03
G. Mace	53.45	90/91
G. Mace	16.60	90/91
B. Hayes	38.10	91/92

14 – 15 Athletics ACT

60m	S. Wallace	8.26	2019	H. Anderson	8.57	2019
100m	D. Deklin	12.52	13/14	S. Sheppard	11.25	03/02
200m	E. Michel	25.79	96/97	S. Sheppard	22.82	03/02
				A. Tetteh	22.82	2018
400m	M. Freeman	1:01.74	17/18	A. Nketia	49.14	2018
800m	C. Short	2.17.3	93/94	H. Todd	2:00.11	2019
1500m	S. Greig	4:44.00	07/08	A. Noor	4:15.56	18/19
3000m	A. Wise	11:00.49	17/18	J. Southgate	9:35.79	01/02
4000m XC	A. Wise	15:33:00	15/16	J. King	14:12:00	15/16
2000m SC	A. Southgate	8:02.32	01/02	H. Todd	7:03.52	2019
1500m W	J. Strangman	7:03.55	90/91	B. Reading	6:36.08	03/04
3000m W	S. Shaw	17:11.70	2019	B. Reading	13:28:30	03/04
3000m W Rd	J. Strangman	15:36.00	89/90			
100m H	K. Duck	20.00	03/04	J. Reis	13.30	03/04
200m H	R. Carson	32.78	16/17	J. Reis	26.25	03/03
Long Jump	T. Edwards	5.28	95/96	J. Maranan	6.19	97/98
Triple Jump	T. Edwards	10.29	95/96	M. Anderson	12.30	2017
High Jump	A. Bott	1.51	95/96	R. Waterford	1.78	99/00
Shot Put	C. Newman	12.35m	99/00	G. Mace	16.60	90/91
Discus	K. Britt	32.42	97/98	G. Mace	53.45	90/91
Javelin	K. Britt	33.96	95/96	M. Harris	39.11	12/13
Hammer	C. Rauraa	30.77	2018			





Ginninderra Athletics Club – All Time Records

Under 16 – Little Athletics

100m	M. Sturgiss	12.60	17/18	A. Tetteh	11.32	18/19
200m	M. Sturgiss	26.89	17/18	A. Tetteh	22.68	18/19
400m	H. Cadden	59.82s	18/19	A. Nketia	49.14	18/19
800m	H. Cadden	2:16.20	18/19	R. Noor	1:59.39	17/18
1500m	H. Cadden	4:53.45	18/19	J. Davill	4:16.28	18/19
90mH	R. Carter	18.80	17/18			
100mH	L. Sinclair	15.75	12/13	M. Walters	13.76	14/15
300mH	M. Sturgiss	46.33	17/18	H. Francis	43.82	18/19
1500mW	U. McDonald	9:24.71	15/16	M. Baker	6:13.73	16/17
Long Jump	M. Sturgiss	5.27	17/18	R. Vergano	5.67	10/11
High Jump	L. Sinclair	1.60	12/13	R. Vergano	1.75	10/11
Triple Jump	M. Sturgiss	10.62	17/18	T. Vergano	11.90	15/16
Discus	C. Rauraa	28.10	18/19	S. Fraser	46.81	16/17
Shot	C. Rauraa	11.40	18/19	S. Fraser	14.30	16/17
Javelin	C. Rauraa	29.10	18/19	Z. Bulbul	51.38	16/17

Under 17

WOMEN

100m	N. Cerritelli	12.55	14/15
200m	M. Sturgiss	25.71	18/19
400m	M. Sturgiss	59.50	18/19
800m	M. Sturgiss	2:22.70	18/19
1500m	R. Jarvis	5:17.09	15/16
100mH	N. Cerritelli	16.96	14/15
300mH	M. Sturgiss	45.16	18/19
1500w	S. Duck	9:58.53	04/05
Long Jump	M. Sturgiss	5.43	18/19
High Jump	L. Ferry	1.45	14/15
Triple Jump	L. Ferry	10.22	14/15
Discus	V. Hopkins	25.36	16/17
Shot	M. Sturgiss	9.69	18/19
Javelin	M. Sturgiss	23.32	18/19

MEN

J. Maranan	11.46	18/19
N. Donaldson	22.82	18/19
M. Walters	51.43	15/16
J. Todd	1:59.37	18/19
R. Noor	4:04.59	18/19
T. Clark	14.08	15/16
M. Walters	14.08	15/16
J. Taylor	55.02	16/17
M. Baker	5:52.80	17/18
R. Vergano	6.04	11/12
R. Vergano	1.94	11/12
R. Vergano	12.70	11/12
S. Fraser	45.70	17/18
S. Fraser	14.35	17/18
Z. Bulbul	56.36	17/18

16 – 17 Athletics ACT

60m						
100m	M. Nikias	12.61	94/95	E. Nketia	10.61	2018
200m	E. Michel	25.79	96/97	E. Nketia	21.52	2018
400m	C. Short	59.37	95/96	A. Nketia	49.44	2019
800m	H. Smith	2:15.90	02/03	R. Matheson	1:56.91	03/04
1500m	M. Ponton	4:47.16	00/01	R. Noor	4.04.59	2018
3000m	M. Ponton	10:13.98	00/01	R. Walter	8.54.1	95/96
5000m				M. Chapman	16:54.23	03/04
4000m XC	R. Jarvis	15:48:00	15/16			
2000m SC	M. Ponton	6:57.22	00/01	S. Tomlinson	6:25.16	03/04
3000m W	J. Strangman	14:19.10	90/91			
5000m W Rd	S. Shaw	30:02.00	2018			
8000m W Rd	J. Strangman	42:17.00	90/91			
100mH/110mH	N. Cerritelli	17.59	03/15	J. Reis	14.62	03/04
400m H	N. Short	1:06.24	94/95	J. Reis	59.50	03/04
Long Jump	T. Edwards	5.28	95/96	M. Anderson	5.99	2019
Triple Jump	B. Wake	10.55	95/96	M. Anderson	12.99	2018
High Jump	A. Bott	1.51	95/96	R. Waterford	1.9	01/02
Shot Put	K. Britt	12.69	98/99	S. Fraser	15.23	2018
Discus	K. Britt	32.42	97/98	S. Fraser	46.85	2018
Javelin	K. Britt	33.96	95/96	Z. Bulbul	56.36	17/18
Hammer	C. Newman	23.66	01/02	S. Fraser	46.38	2018





Ginninderra Athletics Club – All Time Records

18 – 19 Athletics ACT

60m						
100m	J. Thomas	12.37	96/97	E. Nketia	10.30	2019
200m	N. O'Hara	25.62	96/97	E. Nketia	20.76	2019
400m	M. Bradley	57.60	95/96	M. Walters	49.81	2017
800m	M. Harding	2.11.2	96/97	P. Quirk	1:54.9	91/92
1500m	M. Ponton	4:36.66	03/04	P. Quirk	3:59.4	92/93
3000m	M. Ponton	10:04.60	01/02	J. Wicks	8:38.59	95/96
5000m				M. Chapman	16:58.09	03/04
4000m XC						
2km/3000m SC	M. Ponton	6:50.58	01/02	J. Wicks	9:25.77	97/98
3000m W	J. Strangman	25:58.35	93/94	P. Strangman	14:04.12	93/94
10000m W Rd	J. Strangman	59:39.00	89/90	K. Strangman	53:22.00	95/96
100mH/110mH	T. Harding	16.85	95/96	R. Waterford	15.59	02/03
400m H	T. Harding	64.30	95/96	M. Walters	54.10	2018
Long Jump	S. Oksuz	6.93	97/98	A. Sterland	6.87	95/96
Triple Jump	A. Rutter	11.21	94/95	A. Reid	14.25	97/98
High Jump	J. Rose	1.70	92/93	R. Waterford	1.95	02/03
Pole Vault	J. Thomas	2.40	94/95			
Shot Put	J. Thomas	9.08	94/95	G. Mace	15.74	94/95
Discus	K. Britt	32.42	97/98	G. Mace	43.74	2019
Javelin	K. Britt	33.96	95/96	G. Mace	50.10	93/94
Hammer	B. Wake	19.26	96/97	G. Mace	44.34	94/95

Open – Athletics ACT

WOMEN

60m			
100m	M. Breen	11.33	2017
200m	M. Breen	23.59	2017
400m	K. Hiatt	55.70	1997
800m	M. Chisholm	2:06.8	1995
1500m	M. Chisholm	4:35.8	1994
3000m	B. Johnson	8:48.57	2003
5000m	B. Johnson	15:21.55	2003
5000m Rd			
10000m	I. Woo	36:04.3	1993
10000m XC	L. Anderson	39:00.00	2017
Half Marathon	L. Anderson	1:23:04	2018
Marathon			
2km/3000m SC	C. Stynes	7:40.5	1996
5000m W	J. Strangman	22:34.30	1995
10000m W Rd	J. Strangman	48:59:00	1995
100mH/110mH	F. Young	15.0	1994
400m H	T. Harding	1:04.30	1996
Long Jump	J. Penney	6.37	2017
Triple Jump	A. Rutter	11.21	1995
High Jump	J. Rose	1.70	1993
Pole Vault	J. Thomas	2.40	1995
Shot Put	K. Russell	9.36	1995
Discus	K. Britt	32.42	1997
Javelin	K. Britt	33.96	1996
Hammer	A. Norden	27.14	1995
Hept/Decathlon	T. Harding	4350	1996

MEN

M. Rossiter	7.4	2016
P. Johnson	9.93	2003
P. Johnson	20.54	1997
P. Johnson	48.3	1997
P. Quirk	1:54.1	1995
J. Gusman	03:43.05	2017
J. Johnson	07:57.99	2016
J. Gusman	13:48.56	2017
C. Hamer	14:23.00	2016
C. Hamer	29:02.00	2017
C. Hamer	30:09.00	2017
C. Hamer	1:02:29	2018
C. Hamer	2:13:30	2017
G. Bluett	9:24.89	1995
S. Todd	16.2	1992
S. Todd	52.4	1992
A. Gould	7.71	2017
K. Lorroway	14.36	1995
A. Sterland	1.90	1995
A. New	4.20	1997
R. Jones	18.42	2003
S. Rendell	44.18	1993
N. Batty	71.76	1991
S. Rendell	78.93	2001





Ginninderra Athletics Club – All Time Records

Masters – Men

	M30		M35		M40		M45		M50	
60m	Luke Allard	8.06	Mark Rossiter	7.40	Spencer Cox	7.34	Ken Telfer	7.75	Ken Telfer	8.00
100m	Dan Tait	12.32	Mark Rossiter	11.56	Mark Rossiter	11.68	Ken Telfer	12.41	Ken Telfer	12.17
200m	Dan Tait	24.91	Mark Rossiter	23.45	Spencer Cox	23.74	Ken Telfer	25.39	Ken Telfer	25.82
400m	Luke Allard	58.34	Steve Hocking	51.41	Mark Rossiter	55.32	Neil Thomas	1:09.31	Ken Telfer	58.37
800m					Matt Cuzner	2:35.71				
1500m					Matt Cuzner	5:43.81				
3000m	Luke Allard	16:06.41			Steve Dodt	15:36.14	Kelvin Martin	11:31.07		
5000m	Michael Daly	15:35.74								
5000m Rd										
10000m										
Long Jump	Luke Allard	4.45			Steve Dodt	5.04	Neil Thomas	4.29		
Triple Jump					Steve Dodt	9.86				
High Jump	Luke Allard	1.25			Caleb Joliffe	1.55	Neil Thomas	1.30		
Pole Vault										
Shot Put	Cameron Crombie	11.81	Tim Liddiard	8.12	Steve Dodt	8.15	Paul Fowler	9.92	John Hynes	7.84
Discus	Luke Allard	18.98	Tim Liddiard	20.13	Matt Cuzner	23.42	Neil Thomas	19.78	John Hynes	20.75
Javelin	Cameron Crombie	42.61	Mark Rossiter	45.40	Matt Cuzner	30.61	Neil Thomas	36.22	John Hynes	16.34
Hammer					Steve Dodt	13.89				

	M55		M60	
60m				
100m	Richard Bailey	14.77	Stephen Hunter	17.17
200m			Stephen Hunter	37.58
400m				
800m				
1500m				
3000m				
5000m				
5000m Rd				
10000m				
Long Jump				
Triple Jump				
High Jump				
Pole Vault				
Shot Put				
Discus				
Javelin				
Hammer				

Masters – Women – results yet to be compiled.

