



CLUB RECORDS – BOYS AND GIRLS INDIVIDUAL EVENTS

Little Athletics began with competition for athletes in age groups from U6 - U12. U13 was added in 1982 and the competition was expanded again in 1985 (U14), 1987 (U15) and 2008 (U17).

Some important information to note about TWLA records:

- TWLA only maintains club records for LANSW recognized events in each age group. *Athletes who participate in unofficial events (e.g., U7 athlete competing in a 1500m) are not eligible for a club record. Any such results previously published are no longer valid.*
- LANSW periodically adds/eliminates events or changes specifications (e.g., 750g discus to 500g) so TWLA keeps separate records for the old event AND the new event.
- For many years, the Central Coast Zone Championships were held *after* the Christmas break. Beginning with the 2004/05 season, they have been held *before* the Christmas break. Results from the 2003/2004 Central Coast Zone Championships are not dated - any records set there have been defaulted to 24/01/2004. The 2004/2005 Central Coast Zone Championships were held on December 4-5, 2004.
- During the COVID-19 pandemic, the following championships were cancelled: 2020 State Championships (March 2020), 2020 Zone Championships (December 2020), 2021 Regional Championships (February 2021) and 2021 Zone Championships (December 2021). This limited the opportunities for TWLA athletes to set records on synthetic surfaces.

In the 2022-23 season, the Club conducted a full audit of the club's individual records and corrected numerous errors, some of which had been carried forward for many years. The current records information represents a full and accurate listing of current club records and supercedes all previously published records information - online and in past Bluebooks.

For any records questions, contact the Club Historian at twlahistorian@gmail.com.

UNDER 6 BOYS

50m	24/02/2023	Braxton Dowell	9.23
70m	09/11/2007	Matthew Buetner	12.22
	09/11/2007	Jamal Belkadi	12.22
100m	04/11/2016	Harry Lowbridge	18.25
*200m (-2021)	03/02/2017	Harry Lowbridge	39.61
Pack Start – 200m (2021-)	10/03/2023	Braxton Dowell	40.43
Pack Start - 300m (2013-)	17/03/2023	Braxton Dowell	1:07.79
Long Jump	01/10/1993	Glen Plater	3.01

*Shot Put – 1kg (-2017)	01/03/1991	Christopher Brown	5.36
Shot Put - 500g (2017-)	26/02/2021	Archie Marler	5.88
Discus – 350g (2018-)	06/03/2020	Phoenix Knowles	9.25

UNDER 6 GIRLS

50m	12/03/2021	Nellie Lowbridge	8.89
70m	21/10/2016	Ava Knight	12.59
100m	12/03/2021	Nellie Lowbridge	18.01
*200m (-2021)	12/02/2021	Nellie Lowbridge	38.43
Pack Start – 200m (2021-)	10/03/2023	Tylah Robinson	44.66
Pack Start - 300m (2013-)	20/02/2022	Matilda Aulsebrook	1:10.93
Long Jump	25/01/1991	Lauren Bowman	2.92
*Shot Put – 1kg (-2017)	01/11/1991	Maree Brown	4.91
Shot Put - 500g (2017-)	17/03/2023	Tylah Robinson	5.17
Discus – 350g (2018-)	12/03/2021	Nellie Lowbridge	9.26

UNDER 7 BOYS

50m	10/11/2017	Harry Lowbridge	8.42
70m	06/11/1987	Jonathan Hirst	11.04
100m	06/10/1988	Nathan Thomas	16.20
200m	27/10/2017	Harry Lowbridge	33.37
Pack Start - 500m	07/03/1995	Mitchell Knox	1:44.20
Long Jump	15/01/1988	Jonathan Hirst	3.15
Shot Put – 1kg	07/01/1992	Christopher Brown	7.21
*Discus – 375g (-2017)	17/03/1995	Mitchell Knox	17.40
Discus – 350g (2017-)	28/10/2022	Darcy Doyle	14.14

UNDER 7 GIRLS

50m	11/03/2022	Nellie Lowbridge	8.44
70m	30/01/1987	Melissa Sherringham	12.00
100m	03/12/2022	Evie Collie	16.60
200m	27/02/1987	Acushla Munday	36.60
Pack Start - 500m	04/02/1996	Jade Roughan	1:53.90
Long Jump	27/02/1987	Acushla Munday	3.21
Shot Put – 1kg	14/02/1997	Tiffany Massey	6.11
*Discus – 375g (-2017)	21/03/1993	Maree Brown	14.02
Discus – 350g (2017-)	08/03/2019	Emmy Clark	11.52

UNDER 8 BOYS

70m	05/03/1999	Tom Paavola	10.60
100m	10/12/1988	Jonathan Hirst	15.00
200m	12/03/1999	Tom Paavola	31.50
*400m (-2021)	25/02/1989	Jonathan Hirst	1:11.60
Pack Start – 400m (2021-)	03/12/2022	Leo Gray	1:23.30
Pack Start - 700m	24/11/1990	Bradley Small	2:22.20

60m Hurdles	18/02/2000	Mark O'Dare	11.10
*400m Walk (-1996)	27/11/1992	Daniel Smith	2:31.67
Long Jump	10/11/1989	Nathan Thomas	3.52
*High Jump (-2019)	02/02/2001	Aaron Vassilopoulos	1.06
*Shot Put – 1kg (-1995)	21/02/1993	Christopher Brown	10.51
Shot Put – 1.5kg (1995-)	08/12/1996	Mitchell Knox	7.32
*Discus – 375g (-1995)	26/02/1993	Christopher Brown	24.44
Discus – 500g (1995-)	15/03/1996	Mitchell Knox	23.38

UNDER 8 GIRLS

70m	06/11/1987	Acushla Munday	10.76
100m	03/12/2022	Nellie Lowbridge	15.20
200m	18/10/1996	Jade Roughan	33.60
*400m (-2021)	18/02/2017	Layla Pace	1:21.55
Pack Start – 400m (2021-)	17/03/2023	Violet Miller	1:26.17
Pack Start - 700m	18/02/2017	Layla Pace	2:35.73
60m Hurdles	07/03/1997	Jade Roughan	11.80
	20/03/1999	Alyce Donoghue	11.80
*400m Walk (-1996)	28/10/1994	Ashley Buncher	2:42.00
Long Jump	12/02/1988	Acushla Munday	3.61
*High Jump (-2019)	14/03/1997	Jade Roughan	1.07
*Shot Put – 1kg (-1995)	24/10/1990	Anastasia Comninos	7.31
Shot Put – 1.5kg (1995-)	13/11/1998	Katherine Kinna	6.70
*Discus – 375g (-1995)	21/02/1994	Maree Brown	15.98
Discus – 500g	24/01/1997	Jade Roughan	16.20

UNDER 9 BOYS

70m (1993-)	06/02/1998	Simon Leahy	10.10
100m	13/03/1998	Simon Leahy	14.40
200m	11/02/2000	Tom Paavola	29.60
400m	18/03/2000	Tom Paavola	1:06.30
800m	19/03/2022	Lakin Barber	2:36.81
60m Hurdles	25/03/1998	Simon Leahy	10.10
*800m Walk (-1996)	06/02/1987	Corey Myers	4:56.40
700m Walk (1996-)	16/02/1997	Aristides Comninos	4:21.10
Long Jump	04/11/1985	Michael Griesser	4.00
*High Jump (-2018)	23/02/1996	Brodie Buchal	1.29
High Jump -Scissors (2018-)	10/03/2023	Benjamin Sullivan	1.20
*Shot Put – 1.5kg (-1995)	29/01/1994	Christopher Brown	7.86
Shot Put – 2kg (1995-)	16/03/2002	Daniel Aguirre	8.71
Discus – 500g	22/03/1994	Christopher Brown	31.48

UNDER 9 GIRLS

70m (1993-)	04/12/2004	Bianca Mould	10.30
100m	20/03/1999	Tiffany Massey	14.80
200m	29/01/1994	Michelle O'Connor	31.60
400m	24/03/2018	Layla Pace	1:12.40
800m	20/03/1999	Elizabeth Walker	2:51.90
60m Hurdles	04/12/2004	Bianca Mould	10.40
*800m Walk (-1996)	03/10/1993	Amanda Sherringham	4:03.10
700m Walk (1996-)	28/01/2001	Olivia Little	4:35.30
Long Jump	21/02/1998	Jade Roughan	3.84
*High Jump (-2018)	21/03/1999	Molly Lewis	1.23
High Jump -Scissors (2018-)	11/03/2022	Claire Frost	1.08
*Shot Put – 1.5kg (-1995)	22/10/1993	Victoria Wilcox	7.24
Shot Put – 2kg (1995-)	20/03/2021	Emmy Clark	6.26
Discus – 500g	13/03/1998	Jade Roughan	22.36

UNDER 10 BOYS

70m (1996-)	17/03/2002	Mark O'Dare	10.00
100m	19/10/2000	Tom Paavola	13.50
200m	18/03/2001	Tom Paavola	28.60
400m	17/03/2001	Tom Paavola	1:03.20
800m	11/02/1993	Bradley Small	2:34.00
*1500m (-2018)	11/02/1993	Bradley Small	5:06.40
60m Hurdles	18/03/2000	Matthew Boreland	9.60
*800m Walk (-1996)	26/02/1993	Ryan Fitton	4:35.20
1100m Walk (1996-)	03/02/1998	Aristides Comninos	6:03.10
Long Jump	21/02/1998	Nicholas Buscombe	4.48
*High Jump (-2018)	15/03/1997	Brodie Buchal	1.40
High Jump -Scissors (2018-)	01/02/2020	Tobias Gray	1.15
*Shot Put – 1.5kg (-1995)	22/03/1995	Christopher Brown	10.76
Shot Put – 2kg (1995-)	15/03/2003	Daniel Aguirre	9.81
Discus – 500g	19/02/1995	Christopher Brown	34.50

UNDER 10 GIRLS

70m (1996-)	04/12/2005	Bianca Mould	10.50
	03/12/1999	Tiffany Massey	10.50
100m	18/03/1995	Michelle O'Connor	14.10
	18/03/2006	Bianca Mould	14.10
200m	19/02/1995	Michelle O'Connor	29.70
400m	21/03/1992	Stacy Reed	1:09.80
800m	09/02/2019	Tyla Channells	2:44.60
*1500m (-2018)	18/02/2017	Mia Smyth	5:50.83
60m Hurdles	04/12/2005	Bianca Mould	10.30
*800m Walk (-1996)	21/02/1994	Amanda Sherringham	4:01.70
1100m Walk (1996-)	26/01/2002	Olivia Little	6:56.90

Long Jump	21/02/1999	Jade Roughan	4.24
*High Jump (-2018)	24/02/2000	Molly Lewis	1.31
High Jump -Scissors (2018-)	21/01/2022	Harper Beatty	1.15
*Shot Put – 1.5kg (-1995)	27/01/1995	Victoria Wilcox	8.24
Shot Put – 2kg (1995-)	02/03/2001	Katherine Kinna	8.54
Discus – 500g	05/02/2022	Emmy Clark	25.89

UNDER 11 BOYS

100m	31/10/1997	Owen Martin	13.40
	26/01/2003	Mark O'Dare	13.40
200m	28/01/2001	Matthew Boreland	27.70
400m	16/03/2002	Tom Paavola	1:02.30
800m	03/10/1993	Bradley Small	2:29.50
1500m	11/02/1993	Samuel Fortey	4:57.10
*60m Hurdles (-2019)	27/01/2001	Matthew Boreland	9.60
80m Hurdles (2019-)	05/03/2021	Tobias Gray	14.65
*1500m Walk (-1996)	16/12/1988	Richard Griesser	9:09.08
1100m Walk (1996-)	02/02/1999	Aristides Comninos	6:22.30
Long Jump	29/11/1986	Glenn Morrison	4.68
High Jump	21/02/1997	Ryan Hardey	1.42
	10/11/2000	Matthew Boreland	1.42
Triple Jump	03/02/1991	Gavin Alexander	9.53
*Shot Put – 1.5kg (-1995)	01/03/1991	Christopher Hickman	8.87
Shot Put – 2kg (1995-)	10/04/1996	Christopher Brown	12.15
*Discus – 750g (-2018)	10/04/1996	Christopher Brown	32.66
Discus – 500g (2018-)	28/02/2020	Hugh Argent	31.23
Javelin – 400g	04/02/2023	Jack Sullivan	22.74

UNDER 11 GIRLS

100m	20/03/2004	Megan Tully	14.00
200m	02/03/1997	Rebecca Daly	29.20
400m	14/01/2000	Amy Brown	1:08.14
800m	19/03/2023	Sienna Small	2:44.29
1500m	22/02/1996	Lauren Palmer	5:31.10
*60m Hurdles (-2019)	18/03/2000	Virginia Ball	10.00
80m Hurdles (2019-)	03/12/2022	Sienna Small	15.39
*1500m Walk (-1996)	19/02/1995	Amanda Sherringham	7:53.00
1100m Walk (1996-)	03/02/1997	Rhiannon Lea	6:52.10
Long Jump	22/02/1991	Acushla Munday	4.27
High Jump	23/02/2001	Tiffany Massey	1.35
	17/02/2001	Kate Mitchell	1.35
	05/03/2005	Karly O'Brien	1.35
Triple Jump	16/02/1997	Rebecca Daly	8.71
*Shot Put – 1.5kg (-1995)	02/04/1994	Anastasia Comninos	8.95
Shot Put – 2kg (1995-)	15/03/1996	Victoria Wilcox	9.70

*Discus – 750g (-2018)	18/03/2001	Kate Mitchell	25.06
Discus – 500g (2018-)	08/03/2019	Nia Donnelly	18.60
Javelin – 400g	10/12/2016	Kyra Cardy	10.99

UNDER 12 BOYS

100m	20/03/1999	Owen Martin	12.60
200m	19/02/1995	Matthew Biggins	26.70
400m	15/03/2003	Tom Paavola	1:00.00
800m	19/02/1995	Bradley Small	2:25.60
1500m	22/03/1995	Bradley Small	4:50.10
*60m Hurdles (-2019)	16/03/2002	Matthew Boreland	9.70
80m Hurdles (2019-)	07/01/2022	Tobias Gray	16.50
*200m Hurdles (-1997)	29/10/1993	Jess VanStrattan	30.89
1500m Walk	28/10/1988	Michael Greisser	8:42.9
Long Jump	24/02/1995	Matthew Biggins	4.90
High Jump	19/02/1995	Timothy Elbra	1.52
Triple Jump	22/03/1995	Matthew Biggins	10.69
*Shot Put – 3kg (-2018)	21/02/1999	Tom Mutch	11.38
Shot Put – 2kg (2018-)	06/02/2021	Hugh Argent	10.54
Discus – 750g	15/03/1997	Christopher Brown	37.18
Javelin – 400g	-	-	-

UNDER 12 GIRLS

100m	15/03/1997	Michelle O'Connor	13.10
200m	24/03/2018	Ava Simos	27.41
400m	16/03/1997	Victoria Wilcox	1:03.20
800m	15/02/1997	Kim McMinimee	2:35.10
1500m	04/11/1996	Lauren Palmer	5:27.00
*60m Hurdles (-2019)	17/03/2001	Virginia Ball	9.70
80m Hurdles (2019-)	05/02/2022	Kara Tobey	14.65
*200m Hurdles (-1997)	11/11/1988	Leanne Roberts	32.80
1500m Walk	10/04/1996	Amanda Sherringham	7:21.70
Long Jump	20/11/1986	Sharon Hooper	4.69
High Jump	16/02/2001	Jade Roughan	1.42
	16/02/2002	Kate Mitchell	1.42
Triple Jump	10/03/2001	Jade Roughan	9.40
Shot Put – 2kg	07/03/1995	Anastasia Comminos	11.22
Discus – 750g	07/03/1995	Anastasia Comminos	26.60
Javelin – 400g	10/12/2016	Gemma Stanley	9.28

UNDER 13 BOYS

100m	18/03/2000	Owen Martin	12.00
200m	19/03/2000	Owen Martin	24.40
400m	20/03/2004	Tom Paavola	57.00

800m	19/02/1995	Cal Roper	2:19.80
1500m	18/03/2000	Nick Freeman	4:38.40
3000m (1996-)	18/03/2017	Talon Woodward	10:27.13
*90m Hurdles (-1993)	15/12/1989	Michael Griesser	14.09
80m Hurdles (1993-)	19/02/1995	Cal Roper	13.30
200m Hurdles	15/03/1997	Robert Blackley	28.30
1500m Walk	03/02/1989	Bryce Johnson	8:48.00
Long Jump	12/03/1999	Daniel Laczkowski	5.15
High Jump	24/01/2004	Aidan Cranney	1.65
Triple Jump	22/02/1996	Matthew Biggins	10.74
Shot Put – 3kg	21/02/1998	Christopher Brown	13.40
*Discus – 1kg (-2018)	25/03/1998	Christopher Brown	39.66
Discus – 750g (2018-)	17/03/2023	Leon Haak	28.74
*Javelin – 400g (-1997)	04/02/1996	Timothy Elbra	19.38
Javelin – 600g (1997-)	06/03/2001	Matt Kinna	28.61

UNDER 13 GIRLS

100m	03/12/2004	Danielle Bradbury	12.70
200m	04/12/2004	Danielle Bradbury	27.20
400m	21/02/1998	Victoria Wilcox	1:03.70
800m	03/03/2002	Lisa Syme	2:32.00
1500m	24/01/2004	Kaitlin Murphy	5:19.17
3000m (1996-)	20/03/2004	Kaitlin Murphy	11:11.10
*90m Hurdles (-1995)	20/02/1987	Beth Halon	16.90
80m Hurdles (1995-)	02/03/2019	Ava Simos	12.58
200m Hurdles	16/03/2002	Lisa Syme	29.70
1500m Walk	21/02/1993	Melissa Sherringham	7:37.30
Long Jump	16/03/2002	Jade Roughan	4.76
High Jump	07/02/2003	Kate Mitchell	1.50
Triple Jump	23/02/2002	Jade Roughan	9.80
Shot Put – 3kg	21/02/1998	Carly Bright	11.22
Discus – 750g	21/02/1998	Victoria Wilcox	33.54
Javelin – 400g	01/02/1998	Victoria Wilcox	30.79

UNDER 14 BOYS

100m	17/03/2001	Owen Martin	11.50
200m	18/03/2001	Owen Martin	23.00
400m	20/03/2004	Warrick Whitmore	52.40
800m	20/03/2004	Warrick Whitmore	2:07.00
1500m	17/03/2001	Nick Freeman	4:31.40
3000m (1996-)	17/03/2001	Nick Freeman	10:14.40
90m Hurdles	27/01/2003	Chris Dodd	13.57
200m Hurdles	25/03/1998	Robert Blackley	26.40
1500m Walk	29/10/1993	Ryan Haggerty	8:43.50
Long Jump	19/03/2000	Daniel Laczkowski	5.86

High Jump	13/12/1996	Timothy Elbra	1.62
	19/11/2000	Owen Martin	1.62
Triple Jump	15/02/2003	Chris Dodd	11.42
Shot Put – 4kg	27/01/2001	Tom Mutch	15.33
Discus – 1kg	09/02/2001	Tom Mutch	44.76
Javelin – 600g	22/02/1996	Geoff Wilkin	36.60

UNDER 14 GIRLS

100m	18/03/2006	Danielle Bradbury	12.30
200m	18/03/2006	Danielle Bradbury	25.60
400m	26/01/2003	Lisa Syme	1:03.24
800m	20/02/2005	Kaitlin Murphy	2:22.70
1500m	19/03/2005	Kaitlin Murphy	4:47.10
3000m (1996-)	19/03/2005	Kaitlin Murphy	10:33.90
*90m Hurdles (-1995)	09/03/1991	Beth Halon	16.70
80m Hurdles (1995-)	16/03/2003	Virginia Ball	12.90
200m Hurdles	15/03/2003	Lisa Syme	30.00
1500m Walk	09/02/2019	Izabella Dunne	7:03.73
Long Jump	02/02/1999	Michelle O'Connor	4.85
High Jump	17/03/1995	Rebekah Rule	1.54
Triple Jump	06/02/1988	Beth Halon	10.17
Shot Put – 3kg	02/02/1999	Victoria Wilcox	11.70
Discus – 1kg	21/02/1999	Victoria Wilcox	31.04
*Javelin – 400g (-2011)	-	-	-
Javelin – 600g (2011-)	14/03/2000	Rebecca Daly	28.83

UNDER 15 BOYS

100m	26/01/2002	Owen Martin	11.00
200m	17/03/2002	Owen Martin	22.70
400m	19/03/2005	Warrick Whitmore	51.30
800m	17/03/2002	Nick Freeman	2:04.60
1500m	20/03/1999	Brad Warner	4:31.60
3000m (1996-)	26/01/2002	Nick Freeman	10:31.10
*90m Hurdles (-1995)	01/12/1991	Michael Greisser	13.90
100m Hurdles (1995-)	20/03/2004	Chris Dodd	14.20
*200m Hurdles (-2017)	17/03/2007	Tommy Robinson	25.20
300m Hurdles (2017-)	01/02/2020	Kobi Melverton	54.61
1500m Walk	17/01/1992	Michael Greisser	8:07.70
Long Jump	24/01/2004	Chris Dodd	6.31
High Jump	15/03/1996	Peter Waters	1.70
	03/12/2001	Ryan Hardey	1.70
Triple Jump	24/01/2004	Chris Dodd	12.35
Shot Put – 4kg	04/01/2002	Tom Mutch	16.72
Discus – 1kg	09/11/2001	Tom Mutch	48.42
*Javelin – 600g (-2011)	15/02/1997	James Latham	42.00

Javelin – 700g (2011-) - - -

UNDER 15 GIRLS

100m	24/01/2004	Jade Roughan	12.32
200m	24/01/2004	Jade Roughan	26.06
400m	12/02/2000	Lauren Palmer	1:06.40
800m	18/03/2006	Kaitlin Murphy	2:22.90
1500m	18/02/2006	Kaitlin Murphy	4:49.90
3000m (1996-)	13/12/2014	Jasmyn Garrick	10:45.40
90m Hurdles	27/03/2021	Ava Simos	14.36
*200m Hurdles (-2018)	20/02/2005	Kate Mitchell	29.20
300m Hurdles (2018-)	11/12/2020	Ava Simos	55.24
1500m Walk	30/11/2019	Izabella Dunne	7:35.40
Long Jump	22/02/2000	Michelle O'Connor	4.79
High Jump	28/02/1996	Rebekah Rule	1.56
Triple Jump	27/10/2000	Rebecca Daly	9.66
Shot Put – 3kg	10/11/2000	Carly Bright	12.19
Discus – 1kg	23/02/2001	Rebecca Daly	32.02
*Javelin – 600g (-2011)	05/12/1997	Janessa Riach-Constantine	33.84
Javelin – 500g (2011-)	-	-	-

UNDER 17 BOYS (no current records as TWLA has never had any registered U17 boys)

UNDER 17 GIRLS

100m	01/12/2018	Anya Tatarinoff	13.16
200m	09/11/2018	Anya Tatarinoff	28.07
400m	09/02/2019	Anya Tatarinoff	1:02.67
800m	18/02/2017	Jasmyn Garrick	2:25.76
1500m	18/02/2017	Jasmyn Garrick	5:07.14
3000m	11/12/2015	Jasmyn Garrick	11:20.49
100m Hurdles	08/03/2019	Anya Tatarinoff	19.72
300m Hurdles	13/10/2017	Anya Tatarinoff	54.81
1500m Walk	-	-	-
Long Jump	16/03/2018	Anya Tatarinoff	4.35
High Jump	06/10/2017	Anya Tatarinoff	1.47
Triple Jump	16/03/2018	Anya Tatarinoff	9.86
Shot Put – 3kg	08/03/2019	Elizabeth Huggins	9.23
Discus – 1kg	15/03/2019	Elizabeth Huggins	20.95
*Javelin – 600g (-2011)	-	-	-
Javelin – 500g (2011-)	-	-	-