

## QLD all time rankings Top 10

## MEN

Statistics provided by Paul Jenes, AA Statistician

	Time	Athletes	Wind	Location	Date
100m	10.13	Damien Marsh	0.1	Monte Carlo, Monaco	09-07-95
	10.23	Matt Davies	1.5	Perth	19-02-10
	10.23	Aaron Stubbs	0.8	Canberra	20-02-16
	10.25	Mitchell Williams - Swain	1.6	Melbourne	06-04-13
	10.26/9.9h	Paul Narracott	0.8	Melbourne	06-03-84
	10.26	Paul Di Bella	0.2	Sydney	18-08-00
	10.27	Trae Williams	1.2	Perth	12-03-16
	10.28	Tom Gamble	0.3	Gwangju, Korea	09-07-15
	10.29	Alex Hartmann	1.2	Brisbane	19-03-16
	10.31	Mitchell Watt	1.1	Gold Coast	18-06-11
200m	20.30	Steve Brimacombe	1.8	Brisbane	17-02-96
	20.32	Damien Marsh	-0.2	Linz, Austria	22-08-95
	20.43A	Darryl Wohlsen	2.0	St Petersburg, South Africa	18-03-00
	20.45	Alex Hartmann	-0.5	Canberra	07-02-16
	20.54	Matt Davies	1.0	Perth	19-02-10
	20.61	Tom Gamble	0.9	Canberra	17-02-17
	20.65	Paul Narracott	0.4	Brisbane	07-10-82
	20.66	Paul Di Bella	1.1	Brisbane	25-03-01
	20.67	Nick Boylett	1.5	Sydney	14-04-13
	20.69	Andrew McCabe	1.2	Gold Coast	07-07-12
400m	45.54	Michael Rehardt		Adelaide	23-03-02
	45.61	Ross Wilson		Edinburgh	23-07-70
	45.62	Michael Joubert		St Petersburg, Russia	30-06-95
	45.69	Dylan Grant		Brisbane	09-02-98
	45.91	Alex Beck		Gwangju, Korea	10-07-15
	45.94	Blair Young		Brisbane	08-09-00
	45.94	Craig Burns		Brisbane	28-03-15
	46.06	Anthony Ryan		Sydney	25-01-92
	46.0h	Jim O'Sullivan		Brisbane	10-02-79
	46.19	Anton Booth		Canberra	18-02-01
800m	1.45.38	Simon Doyle		Nice, France	15-09-91
	1.45.74	Mike Hillardt		Melbourne	19-03-83
	1.46.42	Brett Crew		Melbourne	13-10-82
	1.46.49	Heath Fitzpatrick		Brisbane	14-03-96
	1.46.51	Joseph Deng		Kortrijk, BEL	08-07-17
	1.47.0h	Michael Joubert		Seattle	27-05-92
	1.47.07	Simon Still		Sydney	24-02-91
	1.47.18	Matt Favier		Sydney	24-02-85
	1.47.54	Werner Botha		Sydney	12-02-06
	1.47.72	Nick Toohey		Brisbane	11-02-11
1500m	3.31.96	Simon Doyle		Stockholm, Sweden	03-07-91
	3.33.39	Mike Hillardt		Berlin, Germany	23-07-85
	3.36.00	Mitch Kealey		Sydney	27-02-00
	3.37.49	Alistair Stevenson		Melbourne	12-02-04
	3.39.03	Pat Carroll		Canberra	10-01-90
	3.39.86	Stuart Lyall		Sydney	20-02-99
	3.39.87	Nick Toohey		Sydney	19-03-11
	3.39.90	Michael Shelley		Sydney	27-02-04
	3.39.92	Nick Landbeck		Brisbane	15-03-97
	3.40.36	Rorey Hunter		Bloomington	02-05-14
Mile	3.49.91	Simon Doyle		Oslo, Norway	06-07-91
	3.51.82	Mike Hillardt		Koblenz, Germany	28-08-85
	3.57.27	Mitch Kealey		London	25-07-08
	3.58.38	Alistair Stevenson		Wanganui, NZ	22-01-00
	3.58.57	Daniel Hill		Brunswick, USA	04-07-98
	3.58.59	Rorey Hunter		St Louis, USA	01-06-17

3000m	7.41.62	Patrick Tiernan	Kingston, Jamaica	10-06-17
	7.44.65	Simon Doyle	Jena, Germany	03-06-94
	7.47.66	Pat Carroll	Sydney	14-01-90
	7.48.55i	Patrick Tiernan	New York	12-02-16
	7.48.8h	Gerard Barrett	Brisbane	29-11-78
	7.52.17	Mike Hillardt	Budapest	20-08-84
	7.59.59	Michael Shelley	Sydney	17-02-07
	7.59.78	Mitch Kealey	Newcastle	06-02-10

5000m	13.13.44	Patrick Tiernan	Eugene, USA	27-05-17
	13.23.37	Gerard Barrett	Christchurch	20-01-79
	13.25.49	Pat Carroll	Melbourne	07-02-91
	13.28.71	Simon Doyle	Melbourne	25-02-92
	13.38.15	Jack Bruce	Torrance, California	13-04-17
	13.38.30	Michael Shelley	Hobart	30-01-09
	13.38.31	Mike Hillardt	Melbourne	02-12-86
	13.43.25	Andrew Letherby	Walnut, USA	20-04-01

10000m	27.29.81	Pat Tiernan	Palo Alto, USA	05-05-17
	27.50.7h	Gerard Barrett	Moscow	21-07-79
	27.59.77	Michael Shelley	Berkeley, USA	25-04-09
	28.09.85	Andrew Letherby	Stanford	25-03-05
	28.30.55	Pat Carroll	Canberra	11-03-88

Half Marathon	1.01.11.0	Pat Carroll	Sydney	22-05-94
	1.01.27.0	Michael Shelley	New York	18-03-12
	1.02.32.0	Gerard Barrett	Auckland	01-11-81
	1.02.33.0	Andrew Letherby	Austin, USA	25-01-04

Marathon	2.09.39.0	Pat Carroll	Beppu-Oita, Japan	05-02-95
	2.11.15.0	Michael Shelley	Glasgow	27-07-14
	2.11.42.0	Andrew Letherby	Berlin	25-09-05
	2.11.43.0	Gerard Barrett	Adelaide	06-04-80
	2.16.21.0	Laurie Adams	Gold Coast	Jul-83

110m Hurdles	13.58	Don Wright	1.5	Brisbane	04-10-82
	13.73	Stuart Anderson	1.8	Brisbane	25-03-01
	13.76	David Cooper	0.1	Brisbane	15-03-97
	13.78A	Rod Zuyderwyk	2.0	Johannesburg	13-07-98
	13.95	Jai Taurima	1.5	Brisbane	14-11-92
	13.98	Jack Conway	1.5	Brisbane	29-03-15
	14.03	John Bustow	2.0	Brisbane	21-02-09
	14.07	Andrew Cameron	0.7	Brisbane	13-04-02
	14.13	Cedric Dubler	-1.7	Brisbane	26-02-17
	14.14	Duncan Harvey	1.5	Sydney	28-02-04

400m Hurdles	49.08A	Blair Young	Pietersburg, South Africa	18-03-00
	49.37	Garry Brown	Brisbane	07-10-82
	49.64	Chris Carroll	Melbourne	25-02-99
	49.82	Ken Gordon	Canberra	14-03-87
	50.40	Rod Zuyderwyk	Hobart	25-02-96
	50.72	Dolph Francis	Athens, Greece	17-07-86
	50.93	Sasha Alexeenko	Perth	01-04-11
	51.56	David Cappellano		24-07-81
	51.91	Andrew Yong	Beijing	17-08-06
	52.14	Steve Shirley	Brisbane	30-03-85
3000m Steeplchase	8.22.85	Peter Nowill	Rehlingen, Germany	31-05-04
	8.43.4h	Garry Briggs	Adelaide	12-03-83
	8.46.51	Michael Inwood	Barcelona, Spain	10-09-89
	8.48.09	Daryl Crook	Sydney	18-02-12
	8.49.02	Shane George	Adelaide	09-02-88
20km Walk	1.19.37.0	Dane Bird-Smith	Rio Di Janeiro	12-08-16
	1.28.23.0	Brad Aiton	Nomi, Japan	16-03-14
	1.28.29.0	Shane Pearson	Melbourne	27-02-97
	1.29.29.0	Nick Dewar	Hobart	02-02-14
50km Walk	4.12.29.0	Shane Pearson	Melbourne	14-12-97
High Jump	2.29	Liam Zamel-Paez	Perth	16-03-13
	2.28	John Atkinson	Melbourne	31-03-84
	2.28	Nik Bojic	Kazan, Russia	09-07-13
	2.26	Josh Hall	Melbourne	05-03-11
	2.24	Dan O'Connell	Brisbane	27-06-04
	2.24	Kane Brigg	Gold Coast	01-06-07
	2.22	Cal Pearce	Brisbane	28-02-08
	2.21	John Dodds	Bydgoszcz, Poland	22-07-16
	2.20	Joe Ellul	Adelaide	19-12-89
2.20	Clayton Pugh	Melbourne	14-12-91	
Pole Vault	5.45	Luke Vedelago	Perth	22-01-05
	5.40	Alex Miroshnichenko	Sydney	05-02-06
	5.35	Matt Boyd	Brisbane	29-02-08
	5.10	Cedric Dubler	Sydney	31-03-17
	5.05	Aidan Dzuibinski	Brisbane	29-02-08
	5.00	Jason Dudley	Brisbane	09-09-05
Long Jump	8.54	Mitchell Watt	1.7 Stockholm	29-07-11
	8.49	Jai Taurima	0.6 Sydney	28-09-00
	8.33	Chris Noffke	1.2 Perth	18-04-10

	8.27	Henry Frayne	1.4	Sydney	18-02-12
	8.18	Tim Parravicini	1.7	Canberra	05-02-05
	8.12	Robbie Crowther	2.0	Stockholm	29-07-11
	8.01	Darcy Roper	0.5	Cali, Columbia	16-07-15
	7.95	Ross Blackman		Eugene, USA	04-05-74
	7.90	Liam Adcock	1.3	Brisbane	25-02-17
	7.88	Shemaiah James	0.3	Brisbane	25-02-17
Triple Jump	17.23	Henry Frayne	0.6	Melbourne	02-03-12
	16.97	Kane Brigg	1.1	Perth	31-03-11
	16.33	Tetteh Anang	0.0	Sydney	02-04-16
	16.25	Gavin Manoharan	1.1	Brisbane	29-01-05
	16.22	Josh Ferguson	1.5	Sydney	15-02-03
	16.19	Peter Burge	0.2	Seoul, Korea	19-09-92
	16.04	Ivan van Roden	1.8	Brisbane	05-11-88
	15.84	Stacey Taurima	0.4	Melbourne	19-03-99
	15.84	Josh Lumley	0.1	Brisbane	19-03-09
	15.73	Shaun Fletcher	1.5	Canberra	05-02-05
Shot Put	20.96	Justin Anlezark		Brisbane	05-04-03
	19.54	Rhys Jones		Melbourne	12-02-04
	19.01	Chris Caviglio		Brisbane	22-02-08
	18.39	John McNamara		Brisbane	01-02-86
	17.71	Greg Sedgwick		Brisbane	11-01-86
	17.52	Peter Phillips		Brisbane	23-09-73
	17.39	Mike Barry		Melbourne	31-03-74
	17.01	Julian Wruck		Los Angeles	11-05-13
Discus	68.16	Julian Wruck		Claremont, USA	01-06-13
	66.75	Benn Harradine		Wiesbaden, Germany	10-05-15
	65.37	Matt Denny		Salinas, USA	28-05-16
	62.56	Mitch Cooper		Lawrence, USA	23-04-16
	59.10	Justin Anlezark		Brisbane	16-02-07
	58.01	Matt Stopel		Newcastle	20-12-13
	57.72	Gerard Duffy		Brisbane	14-01-95
	56.96	Dick Priman		Brisbane	04-06-78
	56.45	Chris Caviglio		Brisbane	21-07-00
	54.14	Peter Lonsdale		Brisbane	10-02-91
Hammer Throw	73.37	Matthew Denny		Sydney	31-03-17
	71.56	Aaron Fish		Perth	16-03-02
	71.05	Simon Wardhaugh		Gold Coast	18-09-10
	63.55	Robert Johnston		Cairns	19-01-14
	63.54	Matthew Albion		Brisbane	11-02-95
	62.64	Wade Hastie		Brisbane	03-09-00
	62.18	Brad Monk		Adelaide	16-03-86
	61.36	Nathan Wilkins		Brisbane	26-02-16
	60.71	Matt Stopel		Brisbane	27-03-15
	60.11	Bob Brown		Woodford, Great Britain	11-08-62
Javelin Throw	89.02	Jarrold Bannister		Brisbane	29-02-08
	85.11	Joshua Robinson		Perth	13-05-16
	80.20	Adam Montague		Des Moines, USA	25-04-08
	77.41	Liam O'Brien		Sydney	02-04-17
	76.91	Daniel Kratzmann		Brisbane	11-01-02
	76.22	William White		Brisbane	26-02-17
	75.76	Steve Madeo		Perth	24-01-98
	75.14	Richard Brockett		Melbourne	25-02-99
	74.07	Conor Warren		Brisbane	26-02-17
	73.78	Wayne Martell		Sydney	23-02-91
Decathlon	8114	Cedric Dubler		Sydney	01-04-16
	8036	Simon Shirley		Seoul, Korea	29-09-88
	8001	Jason Dudley		Melbourne	20-03-06
	7825	Matt McEwan		Brisbane	24-03-01
	7741	Rod Zuyderwyk		Tempe, USA	14-05-91
	7598	Les Kuorokoski		Adelaide	30-03-97

7549	Richard Allen		Sydney	03-02-06
7522	Kyle McCarthy		Desenzano, Italy	10-05-09
7241	Wayne Martell		Brisbane	14-02-88
7150	Warren Evans		Brisbane	07-11-93

QLD all time rankings Top 10

**WOMEN**

100m	11.14	Sally Pearson	1.7	Osaka, Japan	26-08-07
	11.19	Kerry Johnson	1.6	Auckland	28-01-90
	11.35	Helen Davey	1.4	Quebec City, Canada	11-08-79
	11.35	Denise Boyd	0.5	Moscow	25-07-80
	11.38	Sharon Cripps	1.7	Darwin	22-06-02
	11.40	Melanie Kleeburg	1.6	Fribourg, Switzerland	15-08-04
	11.48	Fiona Cullen	1.7	Brisbane	24-02-07
	11.49	Jacinta Boyd	1.3	Perth	19-02-10
	11.51	Monique Miers	1.1	Brisbane	05-02-94
	11.59	Riley Day	0.5	Sydney	23-03-17
200m	22.35	Denise Boyd	1.8	Sydney	23-03-80
	22.82	Kerry Johnson	1.7	Chiba, Japan	15-09-88
	22.84	Sharon Cripps	1.6	Adelaide	06-02-03
	22.97	Sally Pearson	0.8	Canberra	07-02-15
	23.26	Riley Day	0.5	Sydney	29-03-17
	23.32	Sue Jowett		Auckland	16-03-76
	23.33	Michelle Lock	0.0	Sydney	21-03-95
	23.36	Cathy Freeman		Brisbane	18-03-90
	23.38	Melanie Kleeburg	-0.5	Sydney	05-02-06
	23.39	Helen Davey	1.7	Brisbane	05-09-82
400m	50.78	Michelle Lock		Barcelona	03-08-92
	51.48	Denise Boyd		Melbourne	19-03-83
	52.07	Leanne Evans		Brisbane	04-09-82
	52.16	Caitlin Jones		Kazan, Russia	08-07-13
	52.68	Caitlin Pincott		Brisbane	01-04-12
	52.81	Kathy Sambell		Sydney	18-02-89
	52.96	Ella Connolly		Sydney	27-03-17
800m	2.00.50	Heather Barralet		Adelaide	14-03-84
	2.01.26	Brittany McGowan		Brisbane	29-03-14
	2.02.05	Sandra Dawson		Melbourne	29-02-96
	2.02.56	Seleena Roberts		Brisbane	15-03-97
	2.02.80	Jodie Hebbard		Canberra	27-01-92
	2.03.89	Sally Lee		Canberra	27-01-92
	2.04.35	Caitlin Pincott		Brisbane	14-01-12
1500m	4.07.05	Benita Willis		Melbourne	02-03-00
	4.09.80	Mellisa Rollinson		Hobart	09-03-02
	4.09.99	Jodie Hebbard		Brisbane	08-02-92
	4.10.20	Gen LaCaze		Newcastle	30-01-16
	4.12.13	Sandra Dawson		Brisbane	21-03-98
	4.12.14	Brittany McGowan		Gotenberg, Sweden	10-06-17
	4.13.22	Angela Raines-White		Melbourne	20-11-94
	4.14.46	Sacha Stephens		Brisbane	01-02-92
	4.18.12	Daphne Grehan		Perth	22-03-79
	4.18.60	Katelyn Simpson		Sydney	09-03-13
Mile	4.31.88	Melisa Rollinson		Melbourne	18-02-06
	4.32.19	Gen LaCaze		Dublin, Ireland	25-07-12
	4.37.12	Brittany McGowan		Dublin, ireland	25-07-15
	4.42.44i	Jackie Areson		Lansing, USA	17-01-14

3000m	8.38.06	Benita Willis		Gateshead, Great Britain	13-07-03
	8.50.34	Jenny Lund		Stockholm	03-07-91
	8.54.86	Melissa Rollinson		Melbourne	09-03-06
	9.04.13	Rina Bradshaw		Melbourne	01-04-90
	9.08.02	Jackie Areson		London	26-07-13
	9.08.1h	Angela Raines-White		Brisbane	16-06-94
5000m	14.47.60	Benita Willis		Berlin	07-09-02
	15.12.09	Jackie Areson		Paris	06-07-13
	15.40.92	Jenny Lund		Rhiems, Germany	03-07-92
	15.54.19	Angela Raines-White		Melbourne	23-02-95
	15.55.19	Melissa Rollinson		Melbourne	12-02-04
	15.59.27	Tenille Morrissey		Sydney	07-03-96
	16.11.15	Cassie Fien		Brisbane	11-02-16
	16.11.42	Katie Swords		Eugene, USA	01-06-96
	16.16.49	Lucy Kennedy		Walnut, USA	15-04-11
	16.19.43	Jackie Fairweather		Melbourne	12-04-04
10000m	30.37.68	Benita Willis		Paris	23-08-03
	31.56.35	Jenny Lund		Melbourne	10-12-91
	32.56.63	Katie Swords		Eugene	29-05-96
	33.14.16	Jackie Gallagher		Melbourne	17-12-92
	33.22.97	Angela Raines-White		Melbourne	15-12-94
	33.27.20	Carole Connolly		Melbourne	08-12-89
Half Marathon	1.07.55.0	Benita Willis		Newcastle, Great Britain	26-09-04
	1.12.39.0	Nickey Carroll		Noosa	27-08-00
	1.13.30.0	Jenny Lund		Gold Coast	22-07-90
	1.14.38.0	Jackie Fairweather		Gold Coast	12-07-92
	1.14.56.0	Clare Geraghty		Gold Coast	02-07-06
	1.14.59.0	Jody Little		Brisbane	07-06-09
	1.15.03.0	Kerry Jukes		Gold Coast	24-07-88
	1.15.13.0	Samantha Hughes		Noosa	26-08-01
	1.15.20.0	Julie Rose		Brisbane	29-05-95
	1.16.24.0	Helen Stanton		Noosa	20-08-06
Marathon	2.22.36.0	Bentia Willis		Chicago	22-10-06
	2.25.51.0	Nickey Carroll		London	18-04-99
	2.32.40.0	Jackie Fairweather		Nagoya, Japan	14-03-04
	2.33.17.0	Cassie Fien		Saitama, Japan	13-11-16
	2.34.35.0	Melanie Panayiotou		Rotterdam, Netherlands	12-04-15
	2.34.52.0	Krishna Wood		Manchester	28-07-02
	2.37.12.0	Jillian Colwell		London	17-04-83
	2.39.44.0	Samantha Hughes		Sakai, Japan	18-02-01
	2.39.46.0	Rina Hill		Sydney	12-09-04
	2.41.17.0	Roxie Fraser		Gold Coast	03-07-11
100m Hurdles	12.28	Sally Pearson	1.1	Deagu, Korea	03-09-11
	13.02 HEP	Glynis Nunn-Cearns	-1.5	Los Angeles	03-08-84
	13.08	Fiona Cullen	1.4	Hiroshima, Japan	29-04-07
	13.36	Liz Clay	1.3	Canberra	18-02-17
	13.42	Jenny Lauredet		Sydney	06-01-90
	13.54 HEP	Sharon Jaklofsky	1.4	Auckland	27-01-90
	13.65 HEP	Clare Thompson	0.9	Darwin	07-07-00
	13.69	Virginia Trad	1.1	Sydney	14-04-13
	13.83	Diane Gardner	-1.3	Adelaide	15-03-86
	13.83	Rosie Lawson	1.8	Moncton, Canada	20-07-10

400m Hurdles	56.31	Jenny Laurendet		Sydney	03-12-89
	56.75	Adrienne Mclvor		Sydney	25-02-00
	57.23	Glynis Nunn-Cearns		Melbourne	20-03-83
	57.35	Leisa Proctor		Adelaide	07-03-92
3000m Steeplchase	9.24.29	Melissa Rollinson		Melbourne	22-03-06
	10.17.05	Lucy Young		Princeton, USA	16-05-14
	10.21.38	Jessica Gilfillan		Gold Coast	25-09-09
	10.29.40	Courtney Gilfillan		Melbourne	16-04-11
	10.46.25	Cara Feain-Ryan		Brisbane	13-02-16
	10.53.49	Olivia Lucas		Brisbane	28-03-13
	10.56.58	Niki Egyed		Ballarat	05-10-00
20km Walk	1.36.16.0	Jenny Billington		Hawkesbury	10-07-93
	1.37.34.0	Teresa Letherby		Adelaide	03-09-95
	1.41.05.0	Jessica Pickles		Adelaide	21-02-16
High Jump	1.95	Gai Kapernick		Melbourne	07-02-91
	1.92	Hannah Joye		Sydney	15-03-15
	1.91	Deann Bopf		Brisbane	04-01-90
	1.90	Catherine Drummond		Gold Coast	22-12-07
	1.88	Cassie Purdon		Brisbane	29-03-15
	1.86	Leah Cranston		Brisbane	16-02-86
	1.86	Carmen Hunter		Melbourne	14-03-98
	1.85	Vicki Collins		Sydney	12-01-08
	1.85	Ash Reid		Sydney	18-02-12
	1.84	Joanne Gracey		Sydney	30-01-94
Pole Vault	4.81	Alana Boyd		Sippy Downs	02-07-16
	4.20	Katrina Miroshnichenko		Canberra	26-01-06
	4.20	Charmaine Lucock		Brisbane	20-01-07
	4.10	Amy Beckman		Gold Coast	14-01-06
	3.80	Jeanie Paton		Brisbane	20-01-07
	3.70	Debbie Hunt		Canberra	11-12-98
	3.70	Chantelle McGoldrick		Brisbane	15-03-13
	3.70	Lisa Campbell		Brisbane	05-03-16
	3.60	Kelly Wright		Gold Coast	23-11-02
	3.55	Sarsha McGowan		Brisbane	23-03-01
Long Jump	7.00m	Bronwyn Thompson	1.8	Melbourne	07-03-02
	6.70	Chelsea Jaensch	-0.1	Canberra	20-02-16
	6.66 HEP	Glynis Nunn-Cearns	-0.8	Los Angeles	04-08-84
	6.65	Naa Anang	1.2	Canberra	12-03-17
	6.64	Jacinta Boyd	1.0	Canberra	03-01-06
	6.58	Erica Hooker	0.7	Edmonton, Canada	11-08-78
	6.47i	Sharon Jaklofsky		Baton Rouge	02-03-95
	6.39	Linda Leverton	0.3	Adelaide	16-02-13
	6.36	Sandra Priestly	2.0	Canberra	06-03-86
	6.33	Kim Thorley		Perth	15-12-79
Triple Jump	13.93	Linda Leverton	0.7	Melbourne	05-04-14
	13.32	Valeria Zavyalova	1.0	Sydney	02-04-16

	13.26	Aliyah Johnson	1.3	Eugene, USA	24-07-14
	13.13	Sarah Sydney	1.1	Sydney	11-12-99
	12.93	Ainsley Ackerman	-2.1	Gold Coast	14-03-08
	12.81	Amy Walker	-1.2	Melbourne	30-09-98
	12.81	Tracy Barnett	0.4	Gold Coast	14-03-08
	12.71	Melissa Moss	0.8	Sydney	26-02-00
	12.61	Demi Maher Smith	0.3	Sydney	14-03-10
	12.59	Tara Whitehead	1.1	Canberra	05-12-08
Shot Put	16.61	Lisa Marie-Vizanari		Victoria, Canada	24-08-94
	16.30	Daniela Costian		Brisbane	06-03-93
	16.22	Helen Toussis		Brisbane	18-07-98
	15.33	Lisa Patterson		Melbourne	20-02-97
	14.73	Sue Howland		Melbourne	22-11-80
	14.22	Sarah Wood		Brisbane	30-05-14
	14.12	Alison Lever		Brisbane	18-02-02
Discus	68.72	Daniela Costian		Auckland	22-01-94
	63.73	Alison Lever		Sydney	26-02-00
	60.27	Taryn Gollshewsky		Perth	28-09-16
	59.91	Monique Nacsa		Gold Coast	17-01-03
	59.11	Debbie Pickersgill		Brisbane	28-03-03
	54.28	Kirsty Williams		Brisbane	19-11-16
	53.92	Filoi Aokuso		Eugene, USA	25-07-14
	52.71	Deborah Lovely		Brisbane	03-09-00
	52.46	Keshia McGrath-Volau		Sydney	15-03-12
	51.88	Kylie Jones		Brisbane	23-10-93
Hammer Throw	66.90	Lara Nielsen		Sydney	26-02-17
	59.13	Kaysanne Hockey		Brisbane	27-03-15
	58.58	Sharyn Angel		Brisbane	11-03-07
	56.75	Deborah Lovely		Brisbane	11-03-07
	54.15	Caitlyn Hester		Sydney	01-04-17
	53.41	Briony Rheuben		Brisbane	22-01-00
	51.98	Kathy Newman		Brisbane	12-02-93
	51.91	Jacinta Faint		Brisbane	08-03-14
	51.81	Kelly-Anne Humphries		Brisbane	26-03-11
	50.80	Michelle Schlechter		Gold Coast	13-08-04
Javelin Throw	64.62	Joanna Stone		Gold Coast	05-08-00
	52.77	Tianah List		Canberra	12-03-17
	51.71	Sonia Weatherley		Melbourne	14-04-12
	51.38	Wasie Toolis		Barcelona	10-07-12
	50.85	Stephanie Hancock		Brisbane	09-11-01
	49.90	Carly Cairns		Sydney	12-12-99
Heptathlon	6387	Glynis Nunn-Cearns		Los Angeles	04-08-84
	6118w	Sharon Jaklofsky		Sydney	03-12-89
	5958	Clare Thompson		Darwin	08-07-00
	5895w	Kylie Coombe		Sydney	03-12-89
	5539w	Katie Ackermann		Melbourne	27-03-90
	5459	Casidhe Simmons		Eugene	23-07-14
	5421	Leisa Proctor		Adelaide	10-03-92
	5370	Sarah Wood		Brisbane	12-01-14
	5355	Theresa Martin		Brisbane	09-03-93
	5289	Gai Kapernick		Brisbane	16-12-90