



CLUB RECORDS – BOYS AND GIRLS INDIVIDUAL EVENTS

Little Athletics began with U6 – U12 age groups and added U13 in 1982, U14 in 1985, U15 in 1987 and U17 in 2008. The Club records contain a mixture of hand-timed and automatically timed results.

TWLA only maintains club records for LANSW-recognized events for a particular age group. Previously published results for athletes in unofficial events are no longer recognized as club records.

LANSW periodically adds/eliminates events or changes event specifications. TWLA keeps separate records for each event/specification and only the current event/specification record may be broken.

Prior to the 2004/2005 season, the Central Coast Zone Championships ("CCZC") were held *after* the Christmas break. Undated records set at the 2003/2004 CCZC have been defaulted to 24 January 2004. The CCZC for the 2004/2005 season were held on 4/5 December, 2004.

Championships cancellations during the COVID-19 pandemic limited opportunities for athletes to set records, including: 2020 State Championships (March 2020), 2020 Zone Championships (December 2020), 2021 Region Championships (February 2021) and 2021 Zone Championships (December 2021).

A full audit of the Club's records in the 2022-23 season exposed numerous errors, in some cases carried forward over many years. The current records information represents 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	10/10/2023	Braxton Dowell	8.39
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-)	15/03/2024	Braxton Dowell	16.04

UNDER 7 GIRLS

50m	11/03/2022	Nellie Lowbridge	8.44
70m	30/01/1987	Melissa Sherringham	12.00
100m	18/02/2022	Nellie Lowbridge	16.70
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-)	03/02/2024	Ford Ellison	1:18.13
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	03/02/2024	Darcy Doyle	3.53
*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	15.44
200m	18/10/1996	Jade Roughan	33.60
*400m (-2021)	18/02/2017	Layla Pace	1:21.55
Pack Start – 400m (2021-)	10/12/2023	Evie Collie	1:22.30
Pack Start - 700m	18/02/2017	Layla Pace	2:35.73
60m Hurdles	19/01/2024	Evie Collie	11.54
*400m Walk (-1996)	28/10/1994	Ashley Buncher	2:42.00
Long Jump	23/02/2024	Evie Collie	3.69
*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	21/03/2024	Violet Miller	2:50.73
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-)	10/12/2023	George Collie	16.40
*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	09/12/2023	Sienna Small	5:22.62
*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 Comninos	11.22
Discus – 750g	07/03/1995	Anastasia Comninos	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 (TWLA has only ever had U17 boys registered in the 2023-2024 season)

100m	03/11/2023	Jack Brown	12.94
200m	20/10/2023	Sebastien Abbott	27.42
400m	13/10/2023	Sebastien Abbott	1:20.50
800m	-	-	-
1500m	-	-	-
3000m	-	-	-
110m Hurdles	09/12/2023	Jack Brown	18.31
300m Hurdles	-	-	-
1500m Walk	-	-	-
Long Jump	03/11/2023	Sebastien Abbott	3.94
High Jump	09/12/2023	Sebastien Abbott	1.67
Triple Jump	10/11/2023	Sebastien Abbott	9.68
Shot Put – 5kg	13/10/2023	Sebastien Abbott	11.28
Discus – 1.5kg	15/12/2023	Sebastien Abbott	27.32
*Javelin – 600g (-2011)	-	-	-
Javelin – 500g (2011-)	-	-	-

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-)	-	-	-