



Woden Athletics Club Records

Open Men				
Event	Performance	Name	Date	Venue
100m	10.47	Jordan Shelley	1/12/2018	Sydney
200m	21.01	Jordan Shelley	10/2/2019	Canberra
400m	47.90	Angus Proudfoot	26/1/2018	Canberra
800m	1:54.70	Duncan Miller	10/2/2018	Canberra
1500m	3:51.64	Duncan Miller	9/2/2019	Canberra
3000m	8:29.40	Duncan Miller	13/12/2018	Melbourne
5000m	16:06.48	Sean Hancock	31/3/2017	Sydney
10000m				
110m Hurdles				
400m Hurdles	50.37	Angus Proudfoot	18/2/2018	Gold Coast
3000m Steeple				
High Jump	1.90m	Thomas Hoogendoorn	4/12/2016	Canberra
Pole Vault	2.20m	George Harwood-Edwards	10/2/2019	Canberra
Long Jump	6.79m	Erek Lukowski	23/3/2019	Canberra
Triple Jump	14.35m	Erek Lukowski	17/3/2018	Sydney
Shot Put (7.26kg)	10.05m	Taylor Davis	16/2/2019	Canberra
Discus (2kg)				
Hammer (7.26kg)				
Javelin (800g)	62.45m	Kolya Cook	28/10/2017	Canberra
Decathlon				

Open Women				
Event	Performance	Name	Date	Venue
100m	11.97	Tamara Hotten	9/2/2019	Canberra
200m	24.50	Tamara Hotten	23/03/2019	Canberra
400m	56.54	Eloise Millington	3/12/2016	Canberra
800m	2:11.99	Olivia O'Donnell	17/2/2017	Canberra
1500m	4:38.91	Olivia O'Donnell	18/2/2017	Canberra
3000m	9.30.78	Leanne Pompeani	11/11/2017	Sydney
5000m	16.09.87	Leanne Pompeani	20/1/2018	Newcastle
10000m	33.47.35	Leanne Pompeani	14/12/2017	Melbourne
100m Hurdles	15.46	Riley Proudfoot	27/1/2018	Canberra
400m Hurdles	60.98	Riley Proudfoot	22/1/2017	Canberra
3000m Steeple				
High Jump	1.77m	Olivia Jones	28/10/2017	Canberra
Pole Vault	2.70m	Lucie Beahan	10/12/2017	Adelaide
Long Jump	6.20m	Grace Brennan	18/2/2018	Gold Coast
Triple Jump	12.27m	Eloise Millington	16/3/2018	Sydney
Shot Put (4kg)				
Discus (1kg)	41.01m	Erin Prince	28/9/2017	Gold Coast
Hammer (4kg)				
Javelin (600g)				
Heptathlon				



U20 Men				
Event	Performance	Name	Date	Venue
100m	10.48	Tom Agnew	28/6/2018	Jamsa, Finland
200m	21.45	Tom Agnew	10/3/2018	Canberra
400m	49.87	Angus Proudfoot	19/11/2016	Canberra
800m	1:54.84	Max Rosin	27/6/2019	Townsville
1500m	3:54.50	Duncan Miller	30/3/2017	Sydney
3000m	8:29.40	Duncan Miller	13/12/2018	Melbourne
5000m	16:06.48	Sean Hancock	31/3/2017	Sydney
110m Hurdles	14.96	Angus Proudfoot	19/11/2016	Canberra
400m Hurdles	52.76	Angus Proudfoot	18/11/2017	Canberra
3000m Steeple				
High Jump	1.90m	Thomas Hoogendoorn	4/12/2016	Canberra
Pole Vault	2.20m	George Harwood-Edwards	10/2/2019	Canberra
Long Jump	6.79m	Erek Lukowski	23/3/2019	Canberra
Triple Jump	14.35m	Erek Lukowski	17/3/2018	Sydney
Shot Put (6kg)	11.86m	Deion Pryor	28/10/2017	Canberra
Discus (1.75kg)	25.06m	Ollie White	3/2/2017	Canberra
Hammer (6kg)				
Javelin (800g)	62.45m	Kolya Cook	28/10/2017	Canberra
Decathlon				

U20 Women				
Event	Performance	Name	Date	Venue
100m	11.97	Tamara Hotten	9/2/2019	Canberra
200m	24.50	Tamara Hotten	23/03/2019	Canberra
400m	56.54	Eloise Millington	3/12/2016	Canberra
800m	2:11.99	Olivia O'Donnell	17/2/2017	Canberra
1500m	4:38.91	Olivia O'Donnell	18/2/2017	Canberra
3000m	10:32.90	Capella Maguire	31/3/2017	Sydney
5000m				
100m Hurdles	15.46	Riley Proudfoot	27/1/2018	Canberra
400m Hurdles	60.98	Riley Proudfoot	22/1/2017	Canberra
2000m Steeple	8:47.36	Zoe Melhuish	11/11/2017	Canberra
High Jump	1.77m	Olivia Jones	28/10/2017	Canberra
Pole Vault	2.80m	Lucie Beahan	28/1/2018	Canberra
Long Jump	6.20m	Grace Brennan	18/2/2018	Gold Coast
Triple Jump	12.27m	Eloise Millington	16/3/2018	Sydney
Shot Put (4kg)				
Discus (1kg)	21.62m	Hannah Clarke-Leitch	28/7/2019	Canberra
Hammer (4kg)				
Javelin (600g)				
Heptathlon				



U18 Men				
Event	Performance	Name	Date	Venue
100m	11.28	Abayomi Adeyemi	16/3/2018	Sydney
200m	22.90	Thomas Brewer	22/1/2018	Canberra
400m	54.91	Jasper Sheehan	19/2/2017	Canberra
800m	1:54.84	Max Rosin	27/6/2019	Townsville
1500m	3:54.50	Duncan Miller	30/3/2017	Sydney
3000m	8:34.95	Duncan Miller	14/12/2017	Melbourne
110m Hurdles	16.56	Ollie White	19/11/2016	Canberra
400m Hurdles	1:09.75	Zachary Robb	7/7/2018	Canberra
2000m Steeple	6:39.57	James Bartholomaeus	10/12/2017	Adelaide
High Jump	1.90m	Thomas Hoogendoorn	4/12/2016	Canberra
Pole Vault	2.20m	George Harwood-Edwards	10/2/2019	Canberra
Long Jump	6.67m	Erek Lukowski	26/1/2018	Canberra
Triple Jump	14.35m	Erek Lukowski	17/3/2018	Sydney
Shot Put (5kg)	9.75m	Ollie White	10/12/2016	Canberra
Discus (1.5kg)				
Hammer (5kg)				
Javelin (700g)	48.74m	Ravindu Kotalawala	2/6/2019	Canberra
Decathlon				

U18 Women				
Event	Performance	Name	Date	Venue
100m	12.41	Grace Brennan	19/11/2016	Canberra
200m	24.79	Grace Brennan	4/12/2016	Canberra
400m	56.54	Eloise Millington	3/12/2016	Canberra
800m	2:11.99	Olivia O'Donnell	17/2/2017	Canberra
1500m	4:38.91	Olivia O'Donnell	18/2/2017	Canberra
3000m	10:28.36	Zoe Melhuish	1/9/2019	Canberra
100m Hurdles	14.52	Riley Proudfoot	9/12/2017	Adelaide
400m Hurdles	60.98	Riley Proudfoot	22/1/2017	Canberra
2000m Steeple	8:47.36	Zoe Melhuish	11/11/2017	Canberra
High Jump	1.69m	Jennifer Alley	6/4/2019	Sydney
Pole Vault	2.70m	Lucie Beahan	10/12/2017	Adelaide
Long Jump	6.04m	Grace Brennan	2/12/2016	Canberra
Triple Jump	12.27m	Eloise Millington	16/3/2018	Sydney
Shot Put (3kg)	10.89m	Alexandra Pryor	19/2/2017	Canberra
Discus (1kg)	21.62m	Hannah Clarke-Leitch	28/7/2019	Canberra
Hammer (3kg)				
Javelin (500g)	30.54m	Shannon Lanza	4/12/2016	Canberra
Heptathlon	3665	Alexandra Pryor	22/1/2017	Canberra



U16 Men				
Event	Performance	Name	Date	Venue
100m	11.64	Chandler Leydon	9/12/2017	Adelaide
200m	23.57	Travis Bellenger	12/03/2017	Canberra
400m	55.75	Benjamin Crowley	23/3/2019	Canberra
800m	1:57.97	Max Rosin	9/12/2017	Adelaide
1500m	4:06.15	Max Rosin	9/12/2017	Adelaide
3000m	9:16.26	Angus Thompson	8/12/2017	Adelaide
100m Hurdles	15.01	Zachary Robb	9/10/2017	Canberra
200m Hurdles	29.58	Darcy Kinsella	19/2/2017	Canberra
2000m Steeple	6:44.82	Angus Thompson	28/3/2017	Sydney
High Jump	1.60m	Zachary Robb	19/2/2017	Canberra
Pole Vault	2.20m	George Harwood-Edwards	10/2/2019	Canberra
Long Jump	5.92m	Daniel Bartholomaeus	3/3/2018	Canberra
Triple Jump	12.35m	Daniel Bartholomaeus Joshua Petrovic	17/3/2018 9/2/2019	Sydney Canberra
Shot Put (4kg)				
Discus (1kg)	28.74m	Zachary Robb	19/2/2017	Canberra
Hammer (4kg)				
Javelin (700g)	41.62m	Pat Hillan	27/1/2017	Canberra
Heptathlon				

U16 Women				
Event	Performance	Name	Date	Venue
100m	12.75	Holly Abbey	17/3/2018	Sydney
200m	25.59	Eloise Millington	4/12/2016	Canberra
400m	56.54	Eloise Millington	3/12/2016	Canberra
800m	2:18.72	Lucy Hinksman	9/3/2019	Canberra
1500m	4:48.28	Sasha Grove	16/3/2018	Sydney
3000m	10:36.82	Jordyne Rauter	3/2/2017	Canberra
90m Hurdles	13.98	Tara Wyllie	16/3/2018	Sydney
200m Hurdles	32.90	Tara Wyllie	18/11/2017	Canberra
2000m Steeple	8:47.36	Zoe Melhuish	11/11/2017	Canberra
High Jump	1.63m	Jennifer Alley	9/12/2017	Adelaide
Pole Vault	1.90m	Erin Fenwick	28/1/2018	Canberra
Long Jump	5.78m	Eloise Millington	3/12/2016	Canberra
Triple Jump	12.16m	Eloise Millington	4/12/2016	Canberra
Shot Put (3kg)	10.59m	Cait Hawkins	10/2/2019	Canberra
Discus (1kg)	21.62m	Hannah Clarke-Leitch	28/7/2019	Canberra
Hammer (3kg)				
Javelin (500g)	30.54m	Shannon Lanza	4/12/2016	Canberra
Heptathlon	1655	Erin Fenwick	14/1/2018	Canberra



U14 Men				
Event	Performance	Name	Date	Venue
100m	11.79	Joshua Phongkham	18/8/2019	Canberra
200m	24.09	Joshua Phongkham	28/7/2019	Canberra
400m	58.17	Dylan Outram	28/4/2019	Hobart
800m	2:09.35	Luke Levay	9/12/2017	Adelaide
1500m	4:21.00	Luke Levay	10/12/2017	Adelaide
90m Hurdles				
200m Hurdles	32.05	Dylan Outram	23/3/2019	Canberra
2000m Steeple	5.47.34	Isaac Slone	10/2/2019	Canberra
High Jump	1.58m	Kiefer Brennen	2/6/2019	Canberra
Pole Vault				
Long Jump	5.03m	Lachlan Mertz	14/10/2016	Canberra
Triple Jump	9.95m	Kiefer Brennen	1/4/2019	Sydney
Shot Put (3kg)				
Discus (1kg)	27.39m	Kiefer Brennen	10/2/2019	Canberra
Hammer (3kg)				
Javelin (600g)	33.77m	Kiefer Brennen	1/9/2019	Canberra

U14 Women				
Event	Performance	Name	Date	Venue
100m	13.26	Lotte Latukefu	2/4/2019	Sydney
200m	26.76	Charlotte Nicholson	17/2/2017	Canberra
400m	60.86	Charlotte Nicholson	9/12/2017	Adelaide
800m	2:30.34	Sasha Grove	17/2/2017	Canberra
1500m	5:49.48	Lucinda Thompson	19/2/2017	Canberra
80m Hurdles	13.57	Ariadne Stergiou	8/12/2018	Townsville
200m Hurdles				
1500m Steeple				
3000m Walk	23:29.40	Lucinda Thompson	19/2/2017	Canberra
High Jump	1.45m	Adela Russell	4/12/2016	Canberra
Pole Vault				
Long Jump	5.12m	Ariadne Stergiou	8/12/2018	Townsville
Triple Jump	10.04m	Ariadne Stergiou	9/12/2018	Townsville
Shot Put (3kg)	7.00m	Hannah Clarke-Leitch	1/9/2019	Canberra
Discus (1kg)	21.62m	Hannah Clarke-Leitch	28/7/2019	Canberra
Hammer (3kg)				
Javelin (400g)	20.25m	Hannah Clarke-Leitch	23/3/2019	Canberra