



Woden Athletics Club Records

Open Men				
Event	Performance	Name	Date	Venue
100m	10.45	Tom Agnew	28/1/2023	Canberra
200m	21.01	Jordan Shelley	10/2/2019	Canberra
400m	46.76	Nicholas Donaldson	19/2/2022	Sydney
800m	1:53.11	Max Rosin	11/3/2022	Canberra
1500m	3:51.64	Duncan Miller	9/2/2019	Canberra
3000m	8:29.40	Duncan Miller	13/12/2018	Melbourne
5000m	14:33.98	Daniel Dreher	17/3/2023	Canberra
10000m				
110m Hurdles	15.05	Alex Schaffer	17/4/2021	Sydney
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	3.60m	George Harwood-Edwards	20/2/2022	Canberra
Long Jump	7.25m	Erek Lukowski	13/2/2021	Canberra
Triple Jump	15.03m	Erek Lukowski	13/03/2021	Sydney
Shot Put	10.05m	Taylor Davis	16/2/2019	Canberra
Discus				
Hammer				
Javelin	62.45m	Kolya Cook	28/10/2017	Canberra
Decathlon				

Open Women				
Event	Performance	Name	Date	Venue
100m	11.71	Helen Pretorius	30/1/2021	Canberra
200m	23.93	Helen Pretorius	30/1/2021	Canberra
400m	53.28	Helen Pretorius	29/1/2022	Canberra
800m	2:11.99	Olivia O'Donnell	17/2/2017	Canberra
1500m	4:23.56	Leanne Pompeani	13/2/2021	Canberra
3000m	9:12.37	Leanne Pompeani	31/3/2021	Box Hill
5000m	15:25.14	Leanne Pompeani	2/04/2022	Sydney
10000m	32:54.78	Leanne Pompeani	26/1/2021	Melbourne
100m Hurdles	14.34	Tara Wyllie	27/2/2021	Canberra
400m Hurdles	60.98	Riley Proudfoot	22/1/2017	Canberra
3000m Steeple				
3000m Walk	19:51.38	Grace Souter-Robertson	26/2/2023	Canberra
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	12.59m	Tara Wyllie	30/1/2021	Canberra
Shot Put	10.65m	Karen Thompson	28/1/2023	Canberra
Discus	41.01m	Erin Prince	28/9/2017	Gold Coast
Hammer				
Javelin	40.46m	Karen Thompson	4/3/2023	Sydney
Heptathlon	4118	Olivia Malone	2/4/2023	Brisbane



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	47.58	Augustine Nketia Junior	13/4/2021	Sydney
800m	1:53.52	Luke Levay	20/11/2021	Canberra
1500m	3:52.75	Luke Levay	1/4/2023	Brisbane
3000m	8:29.40	Duncan Miller	13/12/2018	Melbourne
5000m	15:06.94	Daniel Dreher	30/1/2021	Canberra
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	3.60m	George Harwood-Edwards	20/2/2022	Canberra
Long Jump	7.03m	Erek Lukowski	13/02/2020	Canberra
Triple Jump	14.68m	Erek Lukowski	27/11/2020	Canberra
Shot Put	11.86m	Deion Pryor	28/10/2017	Canberra
Discus	26.74m	Pierce Brennan	13/2/2021	Canberra
Hammer				
Javelin	62.45m	Kolya Cook	28/10/2017	Canberra
Decathlon				

U20 Women				
Event	Performance	Name	Date	Venue
100m	11.97	Hotten, Tamara	9/2/2019	Canberra
200m	24.50	Hotten, Tamara	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	4:36.97	Lucy Hincksman	13/2/2021	Canberra
3000m	10:32.90	Capella Maguire	31/3/2017	Sydney
5000m				
100m Hurdles	14.34	Tara Wyllie	27/2/2021	Canberra
400m Hurdles	60.98	Riley Proudfoot	22/1/2017	Canberra
2000m Steeple	8:47.36	Zoe Melhuish	11/11/2017	Canberra
3000m Walk	19:51.38	Grace Souter-Robertson	26/2/2023	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	12.59m	Tara Wyllie	30/1/2021	Canberra
Shot Put	8.31m	Dhiaan Sidhu	24/3/2021	Canberra
Discus	36.88	Ashleigh Green	7/4/2023	Canberra
Hammer				
Javelin	26.40m	Olivia Malone	28/1/2023	Canberra
Heptathlon	4118	Olivia Malone	2/4/2023	Brisbane



U18 Men				
Event	Performance	Name	Date	Venue
100m	11.28	Abayomi Adeyemi	16/3/2018	Sydney
200m	22.33	Max Juric	15/4/2023	Brisbane
400m	48.26	Augustine Nketia Junior	19/12/2020	Canberra
800m	1:53.52	Luke Levay	20/11/2021	Canberra
1500m	3:54.50	Duncan Miller	30/3/2017	Sydney
3000m	8:34.95	Duncan Miller	14/12/2017	Melbourne
110m Hurdles	14.95	Kiefer Brennan	17/3/2023	Canberra
400m Hurdles	1:09.75	Zachary Robb	7/7/2018	Canberra
2000m Steeple	6:19.19	William Polinelli	15/4/2023	Brisbane
High Jump	1.90m	Thomas Hoogendoorn	4/12/2016	Canberra
Pole Vault	3.60m	George Harwood-Edwards	20/2/2022	Canberra
Long Jump	6.71m	Kiefer Brennan	17/12/2022	Brisbane
Triple Jump	14.35m	Erek Lukowski	17/3/2018	Sydney
Shot Put	12.78m	Kiefer Brennan	19/11/2022	Canberra
Discus	41.63m	Kiefer Brennan	17/12/2022	Brisbane
Hammer	29.52	Caleb Samson	7/4/2023	Canberra
Javelin	49.80m	Ravindu Kotalawala	25/1/2020	Canberra
Decathlon	6068	Kiefer Brennan	18/12/2022	Brisbane

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	4:28.72	Lucy Hincksman	16/4/2021	Sydney
3000m	10:14.10	Zoe Melhuish	7/12/2019	Perth
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
3000m Walk	19:51.38	Grace Souter-Robertson	26/2/2023	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	11.31m	Tiffany Johnston	16/01/2021	Canberra
Discus	36.88	Ashleigh Green	7/4/2023	Canberra
Hammer	39.83m	Ashleigh Green	27/11/2022	Canberra
Javelin	31.23m	Tiffany Johnston	25/2/2023	Canberra
Heptathlon	4265	Ariadne Stergiou	17/1/2021	Canberra



U16 Men				
Event	Performance	Name	Date	Venue
100m	11.46	Max Juric	12/11/2022	Canberra
200m	23.30	Max Juric	15/10/2022	Canberra
400m	50.76	Max Juric	26/11/2022	Canberra
800m	1:57.97	Max Rosin	9/12/2017	Adelaide
1500m	4:04.98	Kieran Shepherd	17/3/2023	Canberra
3000m	9:16.26	Angus Thompson	8/12/2017	Adelaide
100m Hurdles	14.59	Kiefer Brennan	13/4/2021	Sydney
200m Hurdles	29.58	Darcy Kinsella	19/2/2017	Canberra
2000m Steeple	6:44.82	Angus Thompson	28/3/2017	Sydney
High Jump	1.85m	Kiefer Brennan	12/4/2021	Sydney
Pole Vault	3.20m	George Harwood-Edwards	27/11/2020	Canberra
Long Jump	6.18m	Daniel Bartholomaeus	1/12/2018	Canberra
Triple Jump	12.88m	Kiefer Brennan	14/4/2021	Sydney
Shot Put	10.66m	Oliver Susa	19/11/2022	Canberra
Discus	37.35m	Kiefer Brennan	28/02/2021	Canberra
Hammer				
Javelin	41.62m	Pat Hillan	27/1/2017	Canberra
Heptathlon	3926	Kiefer Brennan	25/3/2021	Melbourne

U16 Women				
Event	Performance	Name	Date	Venue
100m	12.74	Siena Towndrow	11/12/2022	Adelaide
200m	25.59	Eloise Millington	4/12/2016	Canberra
400m	56.54	Eloise Millington	3/12/2016	Canberra
800m	2:17.25	Lucy Hinksman	23/11/2019	Canberra
1500m	4:41.78	Amelia Norton	29/1/2021	Canberra
3000m	10:07.82	Amelia Norton	26/3/2022	Sydney
90m Hurdles	13.60	Ariadne Stergiou	5/12/2020	Canberra
200m Hurdles	31.76	Holly Dudziak	15/4/2021	Sydney
2000m Steeple	8:47.36	Zoe Melhuish	11/11/2017	Canberra
3000m Walk	19:51.38	Grace Souter-Robertson	26/2/2023	Canberra
High Jump	1.63m	Jennifer Alley	9/12/2017	Adelaide
Pole Vault	1.90m	Erin Fenwick	28/1/2018	Canberra
Long Jump	5.81m	Ariadne Stergiou	10/10/2020	Canberra
Triple Jump	12.16m	Eloise Millington	4/12/2016	Canberra
Shot Put	11.31m	Tiffany Johnston	16/01/2021	Canberra
Discus	29.44m	Ashleigh Green	27/02/2021	Canberra
Hammer	33.94m	Tiffany Johnston	15/1/2022	Canberra
Javelin	30.54m	Shannon Lanza	4/12/2016	Canberra
Heptathlon	4002	Mia Keen	16/4/2023	Brisbane



U14 Men				
Event	Performance	Name	Date	Venue
100m	11.47	Joshua Phongkham	23/11/2019	Canberra
200m	23.98	Joshua Phongkham	2/11/2019	Canberra
400m	54.02	Kieran Shepherd	10/12/2022	Adelaide
800m	2:02.70	Kieran Shepherd	11/12/2022	Adelaide
1500m	4:21.00	Luke Levay	10/12/2017	Adelaide
90m Hurdles	15.37	Cooper Kebblewhite	14/01/2023	Canberra
200m Hurdles	30.57	Dylan Outram	22/9/2019	Canberra
1500m Steeple	5:43.22	Sam Rizzuto	27/02/2021	Canberra
High Jump	1.67m	Kieran Shepherd	9/12/2022	Adelaide
Pole Vault				
Long Jump	5.33m	Kieran Shepherd	20/2/2022	Canberra
Triple Jump	11.58m	Kiefer Brennan	8/12/2019	Perth
Shot Put	8.77m	Julian Susa	22/3/2023	Canberra
Discus	27.39m	Kiefer Brennan	10/2/2019	Canberra
Hammer				
Javelin	40.48m	Kiefer Brennan	30/11/2019	Canberra

U14 Women				
Event	Performance	Name	Date	Venue
100m	13.23	Siena Towndrow	27/2/2021	Canberra
200m	26.73	Honey Proudfoot	23/11/2019	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	12.85	Honey Proudfoot	8/12/2019	Perth
200m Hurdles	33.21	Scarlett Morris-Barrow	27/11/2020	Canberra
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	10.33m	Mia Keen	10/12/2022	Adelaide
Shot Put	8.73m	Tiffany Johnston	26/1/2020	Canberra
Discus	22.59	Hannah Clarke-Leitch	12/10/2019	Canberra
Javelin	29.66	Mia Keen	9/12/2022	Adelaide