

Northern Best Performances on Record --- as at 20-03-2024

<u>EVENT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>		<u>DATE</u>
<u>SENIOR MEN TRACK</u>					
60m	Connor Wright	NLAC	6.99	(e)	15.02.2023
100m	Connor Wright	NLAC	10.63	(e)	13.03.2023
200m	Scott Bailey	NLAC	21.44	(e)	11.11.01
400m	Scott Bailey	NLAC	47.74	(e)	17.03.02
800m	Stan Bailey	TAC	1.50.8		31.01.76
1500m	Josh Harris	NLAC	3.51.22	(e)	02.03.13
3000m	Sam Clifford	NAC	8.19.08	(e)	15.01.2020
5000m	Josh Harris	NLAC	14.32.64	(e)	25.11.2011
10000m	D Cox	NHC	29.53.4		27.02.68
110m Hurdles (106.7cm)	R Fachin	NLAC	15.40	(h)	07.01.89
400m Hurdles (91.4cm)	F Ratcliff	RAC	53.90	(h)	26.01.86
3000m Steeple	J Harris	TAC	9.16.36	(e)	25.11.08
1500m Walk	P Kerrison	N	6.44.2		05.02.72
3000m Walk	Will Bottle	NHC	12.17.86	(e)	30.11.2022
5000m Walk	K Larsen	NHC	23.51.3		24.01.87
400m Relay	D Preece				
	J Howard				
	C Langley				
	D Lahey	TAC	42.80		01.11.86
800m Relay	J Whiteroad				
	T Pfundt				
	C Clear				
	T Philpott	NLAC	1.32.59	(e)	14.02.06
1600m Relay	Shaun Bailey				
	J Vos				
	K Pitt				
	Scott Bailey	NLAC	3.19.55	(e)	17.02.01
<u>UNDER 20</u>					
60m	Luke Vaessen	NLAC	7.09	(e)	21.11.2004
100m	N Slater	NLAC	10.70		15.12.92
200m	S.Whiteroad	RAC	22.24	(e)	11.11.01
400m	D Edmunds	RAC	48.00		26.02.89
800m	B Dooley	NHC	1.51.9		21.02.71
1500m	R Gillard	NLAC	3.57.2		20.02.83
3000m	Samuel Clifford	NA	8.19.08	(e)	15.01.2020
5000m	J. Birtwhistle	WS	14.36.10	(e)	25.11.2011
10000m	S Phillips	NHC	32.34.0		13.12.78
110m Hurdles (99.1cm)	Thomas Watters	NLAC	14.92	(e)	28.02.2024
400m Hurdles (91.4cm)	G Tudor	TAC	54.90		22.01.83
3000m Steeple	J Harris	TAC	9.16.36	(e)	25.11.08
1500m Walk	Samuel Lindsay	NA	6.42.90	(e)	15/12/2021

3000m Walk	Will Bottle	NHC	12.17.86	(e)	27.02.88
5000m Walk	K Larsen	NHC	23.51.3		24.01.87
400m Relay	D Stolp				
	N Slater				
	N Wheldon				
	K Pitt	NLAC	43.72		24.01.93
800m Relay	P.Lee				
	D Lahey				
	J.Hansen				
	A.Robinson	NLAC	1.32.49	(e)	22.02.11
1600m Relay	S Dixon				
	J Hogan				
	V Males				
	R Fachin	NLAC	3.24.2		25.02.84
UNDER 18					
60m	Luke Vaessen	NLAC	7.09	(e)	21.11.2004
100m	N Slater	NLAC	10.70		15.12.92
200m	Luke Vaessen	NLAC	22.29	(e)	20.03.2004
400m	D Edmunds	RAC	48.40		13.02.88
800m	Samuel Clifford	NA	1.55.32	(e)	05.02.2020
1500m	J Harris	TAC	3.58.07	(e)	17.11.07
3000m	Sam Clifford	NA	8.19.08	(e)	15.01.2020
5000m	J. Birtwhistle	WS	14.36.10	(e)	25.11.2011
10000m	M Bell	TAC	34.06.2		01.02.73
110m Hurdles (91.4cm)	Thomas Watters	NLAC	14.74	(e)	22.02.2023
400m Hurdles (84cm)	G Tudor	TAM	55.50		22.02.1981
2000m Steeple (84cm)	No Mark		no time	yet	recorded
1500m Walk	Samuel Lindsay	NA	6.42.90	(e)	15.12.2021
3000m Walk	Wil Bottle	NAC	12.17.86	(e)	30.11.2022
400m Relay	K Pitt	NLAC			
	G Hawes	NLAC			
	N Wheldon	NLAC			
	C Hill	NLAC	44.16		13.03.93
800m Relay	J Whiteroad	NLAC			
	T.Pfundt	NLAC			
	S.Lynch	NLAC			
	C.Clear	NLAC	1.34.97	(e)	06.01.04
1600m Relay	C Morling				
	A Juhasz				
	P Nankervis				
	D Edmunds	RAC	3.25.4		25.01.86
UNDER 16					
60m	J Lowe	NLAC	7.27	(e)	20.01.09
100m	J Lowe	NLAC	11.18	(e)	17.02.09
200m	J Lowe	NLAC	22.92	(e)	06.01.09

400m	D Edmunds	RAC	50.50		16.02.86
800m	M Hansson	RAC	1.56.5		24.02.96
1500m	H.Butt	NHC	4.06.72	(e)	15.02.03
3000m	J.Birtwhistle	R	8.46.78	(e)	14.11.10
5000m	S Waldren	RAC	16.19.1		08.11.86
10000m	K Larsen	RAC	36.41.9		24.11.84
100m Hurdles (84cm)	E Rae	NAC	14.13	(e)	15.12.12
200m Hurdles(76.2)	LukeVaessen	NLAC	27.36	(e)	02.12.2001
400m Hurdles	LukeVaessen	NLAC	57.99	(e)	09.02.03
2000m Steeple (76.2cm)	J. Birtwhistle	R	6.05.29	(e)	14.12.10
1500m Walk	Samuel Lindsay	NA	6.42.90	(e)	15.12.2021
3000m Walk	Samuel Lindsay	NA	12.35.78	(e)	20.03.2024
400m Relay	Colby Mac Venn				
	Koby Hovington				
	Avery Thomas				
	Rowen Allen	NA	46.46	(e)	28.01.2023
800m Relay	Colby Mac Venn				
	Avery Thomas				
	Rowen Allen				
	Koby Hovington	NA	1.38.88	(e)	30.11.2022
1600m Relay	A Speers				
	J Billing				
	P Parry				
	G Jacobson	NLAC	3.37.5		26.11.83
UNDER 15					
60m	Toby Kamphuis	NA	7.55	(e)	05.02.2020
100m	S Lidster	NLAC	11.20		17.12.66
200m	M Cheney	NLAC	23.50		18.10.86
400m	D Lahey	NLAC	51.58	(e)	28.02.09
800m	G.Mace	NHC	2.00.08	(e)	26.11.02
1500m	G.Ferguson	NLAC	4.12.88	(e)	02.03.13
3000m	G. Ferguson	NLAC	9.16.22	(e)	01.02.13
5000m	G. Ferguson	NLAC	16.49.71	(e)	09.11.13
10000m	K Larsen	RAC	36.41.9		24.11.84
100m Hurdles (84cm)	L.Vaessen	NLAC	14.37	(e)	28.01.2002
200m Hurdles (76.2x10)	L.Vaessen	NLAC	27.36	(e)	02.12.2001
1500m Walk	Samuel Lindsay	NA	6.42.90	(e)	15.12.2021
3000m Walk	Samuel Lindsay	NA	12.56.29	(e)	04.02.2023
2000m Steeple	G. Ferguson	NLAC	6.23.47	(e)	23.11.13
400m Relay	J Hogan				
	J Venn				
	E Colpo				
	V Males	NLAC	47.80		16.02.80
800m Relay	E Crossingham				
	D Nicholas				
	I Chugg				

	L Galvin-Ridge	NLAC	1.41.58	(e)	28.01.2017
1600m Relay	L Galvin-Ridge				
	E Crossingham				
	D Nicholas				
	I Chugg	NLAC	3.45.28	(e)	18.01.2017
UNDER 14					
60m	K Digney	NLAC	7.96	(e)	15.11.2017
100m	S Goldsmith	RAC	11.70		18.10.86
200m	D McIntee	NLAC	24.30		13.02.75
400m	D McIntee	NLAC	54.70		18.03.75
800m	G Ferguson	NLAC	2.05.71	(e)	25.01.2013
1500m	G Ferguson	NLAC	0.00	(e)	02.03.13
3000m	G Ferguson	NLAC	9.16.22	(e)	01.02.13
90m Hurdles (76.2cm)	B Swain	WS	13.20		26.01.94
200m Hurdles (10x76.2cm)	T Heron	WS	30.90	(e)	05.11.05
1500m Walk	Samuel Lindasy	NA	6.42.90	(e)	15.12.2021
3000m Walk	Samuel Lindasy	NA	14.14.37	(e)	24.11.2021
2000m Steeple	J Birtwhistle	RAC	6.47.64	(e)	09.12.08
400m Relay	D McIntee				
	J Cox				
	S Bennett				
	G Jacobson	NLAC	49.80		14.12.74
800m Relay	S Lonergan				
	H Butt				
	N Bailey				
	O Phillips	NHC	1.57.26	(e)	06.01.01
1600m Relay	A Juhasz				
	C Taylor				
	M Camino				
	D Edmunds	RAC	3.56.8		01.02.84
UNDER 13					
60m	Rowen Allen	NA	8.09	(e)	05.02.2020
100m	Ben Potter	NLAC	12.49	(e)	05.02.2020
200m	Rowen Allen	NLAC	25.95	(e)	11.03.2020
400m	M Cheney	NLAC	57.30		15.12.84
800m	G. Ferguson	NLAC	2.16.27	(e)	13.12.2011
1500m	G. Ferguson	NLAC	4.29.26	(e)	25.11.2011
3000m	G. Ferguson	NLAC	9.47.73	(e)	06.12.2011
2000m Steeple	G. Ferguson	NLAC	7.07.20	(e)	13.11.2011
90m Hurdles (76.2cm)	B.McCulloch	RAC	15.80	(e)	02.03.03
200m Hurdles (10x76.2)	B.McCulloch	RAC	33.62	(e)	27.01.03
1500m Walk	K Larsen	RAC	6.54.7		19.11.83
400m Relay	C Taylor				
	D Edmunds				

	R Gormly				
	A Juhasz	RAC	54.00		13.11.82
800m Relay	N.Kaine				
	O.Phillips				
	L.Geelan				
	C.Milne	NHC	2.10.51	(e)	24.02.02
1600m Relay	A Henricks				
	D Young				
	S Rattray				
	W Creighton	NLAC	4.16.0		12.12.78
FIELD - MEN					
<u>EVENT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>		<u>DATE</u>
<u>SENIOR</u>					
High Jump	T Apted	NHC	2.11		30.01.88
Long Jump	L Vaessen	NLAC	7.51		14.11.2004
Triple Jump	A Stewart	NLAC	15.54		27.11.04
Polevault	T Apted	NLAC	4.40		01.03.92
Javelin (800g)	R McCafferty	RAC	68.06		19.11.88
Discus (2kg)	C Watson	NHC	49.62		19.12.87
Shot Put (7.26 kg)	C Watson	NHC	17.75		29.02.92
Hammer (7.26kg)	C Watson	NHC	66.78		19.12.87
Decathlon	T Apted	NLAC	6930pts		21/22.12.91
<u>UNDER 20</u>					
High Jump	T Apted	NHC	2.11		30.01.88
Long Jump	Luke Vaessen	NLAC	7.51		14.11.2004
Triple Jump	P Coleman	NLAC	14.86		13.01.04
Polevault	T Apted	NHC	4.30		05.02.89
Javelin (800g)	M Mullarvey	NHC	64.74		02.02.91
Discus (1.75kg)	D. O'Toole	NHC	41.42		12.03.00
Shot Put (6kg)	T Hodgetts	NHC	17.80		11.12.07
Hammer (6kg)	T. Hodgetts	NHC	55.20		10.11.07
Decathlon	A.Finch	NLAC	6616pts		24/25.11.01
<u>UNDER 18</u>					
High Jump	T Apted	NHC	2.11		30.01.88
Long Jump	Luke Vaessen	NLAC	7.51		14.11.2004
Triple Jump	S Leslie	NLAC	13.67		29.10.83
Polevault	T Apted	NHC	4.15		13.02.88
Javelin (700g)	T Apted	NHC	64.42		31.01.87
Discus (1.5kg)	C Watson	RAC	52.66		18.11.84
Shot Put (5kg)	T Hodgetts	NHC	17.66		13.11.05
Hammer (5kg)	S Alderson	NEW	53.54		02.03.13

Decathlon	T Apted	NHC	7123pts		20/21.02.88
UNDER 16					
High Jump	T Apted	RAC	1.93		23.11.85
Long Jump	L.Vaessen	NLAC	6.90		23.02.2003
Triple Jump	S Leslie	NLAC	13.67		29.10.83
Polevault	T Apted	RAC	3.80		26.10.85
Javelin (700g)	T Apted	RAC	60.56		15.02.86
Discus (1kg)	G Gatenby	NHC	54.77		22.10.00
Shot Put (4kg)	T Hodgetts	N.H.C.	17.37		08.03.04
Hammer (4kg)	G Gatenby	NHC	55.02		21.11.00
Heptathlon	N Wheldon	NLAC	4239pts		21/22.12.91
UNDER 15					
High Jump	D Tasker	NLAC	1.85		21.12.91
Long Jump	S Leslie	NLAC	6.42		27.11.82
Triple Jump	S Leslie	NLAC	12.96		13.11.82
Polevault	T Apted	NLAC	3.64		24.02.85
Javelin (700g)	D Boatwright	NHC	47.41		15.02.06
Discus (1kg)	Samuel Alderson	NEW	51.46		17.01.2012
Shot Put (4kg)	Samuel Alderson	NEW	15.50		31.01.2012
Hammer (4kg)	Samuel Alderson	NEW	53.43		06.03.11
UNDER 14					
High Jump	D Edmunds	RAC	1.70		10.03.84
	G Garwood	WS	1.70		03.11.90
Long Jump	A Juhasz	RAC	5.91		21.01.84
Triple Jump	S Leslie	NLAC	12.18		21.02.82
Polevault	T Apted	NLAC	3.05		28.01.84
Javelin (600g)	T Apted	NLAC	51.48		26.02.84
Discus (1kg)	S. Alderson	NHC	48.30		22.02.2011
Shot Put (3kg)	S. Alderson	NHC	14.92		22.02.11
Hammer (3kg)	S. Alderson	NHC	53.66		22.02.2011
UNDER 13					
High Jump	D Edmunds	RAC	1.60		15.01.83
Long Jump	A Juhasz	RAC	5.39		09.02.83
Triple Jump	C Quinn	TAC	11.11		17.12.83
Polevault	T Apted	NLAC	2.60		23.01.83
Javelin (600g)	T Apted	NLAC	40.58		20.02.83
Discus (1kg)	M Cheney	NLAC	35.20		08.12.84
Shot Put (3kg)	J Stone	UTAS N	11.85		01.11.2017
Hammer (3kg)	Avery Thomas	NA	25.36		26.02.2020
1600m relay Mixed Open	Isabella Wing	NLAC	3.50.52		02.02.2022
	Jaydn Crawford	NLAC			

	Madison Brazendale	NLAC			
	Michael Stingel	NLAC			
1600m relay Mixed U20	Isabella Wing	NLAC	3.50.52		02.02.2022
	Jaydn Crawford	NLAC			
	Madison Brazendale	NLAC			
	Michael Stingel	NLAC			
1600m relay Mixed 18	Isabella Wing	NLAC	4.00.23		15.12.2021
	Oscar Marsden	NLAC			
	Charli Ross	NLAC			
	Riley Howard	NLAC			
1600m relay Mixed U16	Isabella Wing	NAC	4.00.23		15.12.2021
	Oscar Marsden	NAC			
	Charli Ross	NAC			
	Riley Howard	NAC			
1600m relay Mixed U14					
1600m relay Mixed U13					
<u>TRACK - WOMEN</u>					
<u>EVENT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>		<u>DATE</u>
<u>SENIOR</u>					
60m	Isabella Wing	NLAC	7.80	(e)	28.01.2023
100m	R Farrelly	RAC	11.80		06.02.88
200m	J Millar-Cubit	RAC	24.10		20.02.88
400m	S Speers	NCAC	54.10		07.02.87
800m	G Millar	RAC	2.06.7		16.03.85
1500m	P Gray	RAC	4.29.0		24.02.79
3000m	J Campbell-Smith	NHC	9.38.1		28.02.88
5000m	Millie Clark	UTAS-N	15.41.05	(e)	11.11.2020
10000m	B A O'Byrne	NCAC	38.16.0		22.02.86
100m Hurdles (84cm)	J Millar	RAC	14.00		17.02.85
400m Hurdles (76.2cm)	M Hardstaff	NLW	60.60		12.02.83
1500m Walk	A Geard	RAC	7.16.43		14.03.98
3000m Walk	R Lee	NHC	14.20.6		17.03.90

5000m Walk	R Lee	NHC	25.57.9		11.02.90
3000m Steeple	E. Clarke	NHC	10.50.37	(e)	09.01.2007
400m Relay	C Dennis				
	R Farrelly				
	M Souto				
	S Speers	NAAC	49.40		04.02.83
	M Gilbert				
	F Dear				
	R Farrelly				
	S Speers	NCAC	49.40		08.03.87
800m Relay	D Dwyer				
	L Nicholson				
	K Bessell				
	A de la Motte	NLAC	1.44.69	(e)	02.03.13
1600m Relay	P Gray				
	G Millar				
	J Millar				
	L Eslake	RAC	3.52.0		20.02.83
UNDER 20					
60m	Isabella Wing	NLAC	7.80	(e)	28.01.2023
100m	Isabella Wing	NLAC	12.05	(e)	18.03.2023
200m	R Farrelly	NAAC	24.40		07.12.85
400m	G Millar	RAC	54.50		19.02.83
800m	S Speers	NAAC	2.09.0		28.02.84
1500m	K Fyfe	NLAC	4.34.86	(e)	27.02.05
3000m	J Campbell-Smith	NHC	9.38.1		28.02.88
5000m	J Campbell-Smith	NHC	16.39.7		18.11.89
10000m	S Clay	NHC	38.41.4		12.11.88
100m Hurdles (84cm)	J Sinclair-Burke	RAC	14.20		08.02.86
400m Hurdles (76.2cm)	M Hardstaff	NLAC	60.60		12.02.83
1500m Walk	A Geard	RAC	7.16.43	(e)	14.03.98
3000m Walk	Rachelle Taylor	WS	15.17.61	(e)	10.01.2012
2000m Steeple	A Butler	NA	6.41.05	(e)	12.11.2022
400m Relay		NAAC	50.30		04.03.72
3000m Steeple	E. Clarke	NHC	10.50.37		09.01.2007
800m Relay	K Pedley				
	K Nicholson				
	S Van Est				
	C Wishaw	RAC	1.51.72	(e)	06.01.01
1600m Relay	J Campbell-Smith				
	J Sinclair-Burke				
	S Clay				
	K Hawkins	NHC	4.02.1		06.12.86

UNDER 18					
60m	Isabella Wing	NLAC	7.80	(e)	28.01.2023
100m	Isabella Wing	NLAC	12.05	(e)	18.03.2023
200m	C Hughes	NAAC	24.80		26.02.78
400m	Sandra Speers	NAAC	55.60		20.02.82
800m	Karina Fyfe	NLAC	2.12.54	(e)	07.02.06
1500m	Karina Fyfe	NLAC	4.34.86	(e)	27.02.05
3000m	J Campbell-Smith	NHC	9.38.1		28.02.88
5000m	N. Smith	WS	17.12.60	(e)	13.11.2011
100m Hurdles (76.2cm)	Isabella Wing	NLAC	14.26	(e)	18.11.2023
400m Hurdles (76.2cm)	M Hardstaff	NLW	62.10		22.02.81
1500m Walk	A Geard	RAC	7.16.43		14.03.98
3000m Walk	R Taylor	WS	15.17.61	(e)	10.01.2012
2000m Steeple	A Butler	NA	7.14.30	(e)	23.02.2019
400m Relay		NAAC	50.30		04.03.72
800m Relay	K Pedley				
	K Nicholson				
	S Van Est				
	C Wishaw	RAC	1.51.72	(e)	06.01.01
1600m Relay	J Campbell-Smith				
	J.Sinclair-Burke				
	S Clay				
	K Hawkins	NHC	4.02.1		06.12.86
UNDER 16					
60m	Isabella Wing	NLAC	7.80	(e)	28.01.2023
100m	Isabella Wing	NLAC	12.05	(e)	19.03.2023
200m	Chanel Charles	UTAS-N	25.18	(e)	28.02.2024
400m	Chanel Charles	UTAS-N	56.27	(e)	28.02.2024
800m	S Mathewson	NAAC	2.14.6		25.02.79
1500m	Abbie Butler	NA	4.42.88	(e)	12.10.2019
3000m	J Campbell-Smith	NHC	10.17.0		29.11.86
5000m	N Smith	TAM	18.31.40	(e)	01.11.10
90m Hurdles (76.2cm)	K Nicholson	RAC	13.65	(e)	29.10.00
200m Hurdles (76.2cm)	K Nicholson	RAC	29.65	(e)	07.11.00
400m Hurdles (76cm)	K Nicholson	RAC	63.00	(e)	06.01.01
1500m Walk	A Geard	RAC	7.16.43	(e)	14.03.98
3000m Walk	R.Taylor	WS	15.17.61	(e)	10.01.2012
2000m Steeple	A Butler	NA	7.07.47	(e)	22.02.2020
400m Relay		NAAC	51.50		26.02.78
800m Relay	S Van Est				
	R Boucher				
	C Wishaw				
	K Nicholson	RAC	1.53.12	(e)	26.11.00
1600m Relay	S Van Est				
	R Boutcher				
	C Wishaw				

	K Nicholson	RAC	4.12.34	(e)	17.02.01
UNDER 15					
60m	Isabella Wing	NLAC	7.91	(e)	02.02.2022
100m	Isabella Wing	NLAC	12.31	(e)	02.03.2022
200m	Chanel Charles	UTAS-N	25.18	(e)	28.02.2024
400m	Chanel Charles	UTAS-N	56.27	(e)	28.02.2024
800m	S Mathewson	NAAC	2.14.6		25.02.79
1500m	S Mathewson	NAAC	4.49.6		17.02.79
2000m Steeple	A Butler	NA	7.14.30	(e)	23.02.2019
3000m	N Smith	TAM	10.37.10	(e)	15.11.2009
90m Hurdles (76.2cm)	K Nicholson	RAC	13.68	(e)	11.03.00
200m Hurdles (10x76.2cm)	K Nicholson	RAC	29.73	(e)	28.11.99
1500m Walk	A Geard	NHC	7.16.43		14.03.98
3000m Walk	R. Taylor	WS	15.54.83	(e)	06.03.11
400m Relay		NAAC	51.50		26.02.78
800m Relay	St Lade				
	G Axton				
	J Stevenson				
	T Hendricks	WS	1.56.28	(e)	11.11.08
1600m Relay	N Hillard				
	A Hirst				
	C Miller				
	B Barrett	NLAC	4.16.6		16.03.91
UNDER 14					
60m	L Nicholson	NLAC	8.29	(e)	26.01.06
100m	J Mclvor	NCAC	12.60		21.11.87
	K Clark	NLAC	12.60		15.03.97
200m	K Clark	NLAC	26.20		16.03.97
400m	Chanel Charles	NA	58.83	(e)	22.02.2023
800m	K Fyfe	RAC	2.19.09	(e)	09.02.03
1500m	Sophie Marshall	NA	5.04.59	(e)	27.11.2019
3000m	Averyl Quin	NLAC	10.57.49	(e)	4.11.2020
80m Hurdles (76.2cm)	C Butler	NLAC	13.30		17.12.83
200m Hurdles(10x76.2cm)	I Davie	NAC	32.22	(e)	30.10.2019
1500m Walk	A Geard	NHC	7.43.9		01.02.97
2000m Steeple	N Smith	TAM	7.37.05	(e)	04.11.08
400m Relay	J Mclvor				
	F Mclvor				
	A Best				
	A Truscott	NCAC	53.90		22.02.86
800m Relay	R Taylor				
	J Stevenson				
	D Wadley				
	T Henricks	WS	1.56.98	(e)	15.11.2022
1600m Relay	B.Peet				

	M.Hookway				
	K.Fyfe				
	E.Johnson	RAC	4.21.61	(e)	16.12.01
UNDER 13					
60m	L Nicholson	NLAC	8.52	(e)	08.02.05
100m	T Hendricks	WS	13.03	(e)	17.02.09
200m	T Hendricks	WS	26.77	(e)	17.02.09
400m	K.Fyfe	RAC	61.04	(e)	25.11.01
800m	K.Fyfe	RAC	2.22.71	(e)	03.02.02
1500m	Sophie Marshall	NA	5.04.49	(e)	27.11.2019
3000m	I Davie	NAC	10.59.13	(e)	14.10.2017
2000m Steeple	A Phillips	NAC	7.55.87	(e)	25.01.2013
1500m Walk	Cacia Charles	NA	8.21.24	(e)	20.03.2024
80m Hurdles (76.2cm)	E.Hately	NHC	14.05	(e)	28.01.02
200m Hurdles (76.2cm)	B Anderson	NAC	35.27	(e)	03.03.2018
400m Relay	J Mclvor				
	F Mclvor				
	A Best				
	M Hovington	NCAC	56.30		23.02.85
800m Relay	E Seckold-Bamford				
	B Talbot				
	I Davie				
	B Anderson	NAC	2.08.01	(e)	14.10.2017
FIELD - WOMEN					
<u>EVENT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>		<u>DATE</u>
<u>SENIOR</u>					
High Jump	J Millar	RAC	1.80		15.12.84
Long Jump	J Millar-Cubit	RAC	6.28		08.02.87
Triple Jump	C Miller	NLAC	12.75		13.03.99
Polevault	D.Dwyer	NLAC	3.70		28.03.2009
Javelin (600g)	J Ware	NHC	51.48		04.02.89
Discus (1kg)	M Wegerbauer	RAC	41.42		26.11.83
Shot Put (4kg)	G Larsen	RAC	13.52		04.01.86
Hammer (4kg)	A Millington	NLAC	48.45		19.11.05
Heptathlon	J Millar-Cubit	RAC	5815pts		20/21.02.88
<u>UNDER 20</u>					
High Jump	K Hanson	NLAC	1.73		19.03.94
Long Jump	J Sinclair-Burke	NHC	5.75		23.01.88
Triple Jump	C Miller	NLAC	12.46		26.10.97
Polevault	D.Dwyer	NLAC	3.30		18.02.06
Javelin (600g)	J Ware	NHC	51.48		04.02.89

Discus (1kg)	M Wegerbauer	RAC	41.42		26.11.83
Shot Put (4kg)	G Larsen	RAC	13.52		04.01.86
Hammer (4kg)	A Millington	NLAC	48.45		19.11.05
Heptathlon	J Sinclair-Burke	NHC	4913pts		20/21.02.88
UNDER 18					
High Jump	K Hanson	NLAC	1.73		19.03.94
Long Jump	F Singline	NCAC	5.69		31.01.87
Triple Jump	C Miller	NLAC	12.04		26.01.95
Polevault	D.Dwyer	NLAC	3.20		01.03.03
Javelin (500g)	Isabella Wing	NLAC	39.23		19.11.2023
Discus (1kg)	T A Philpott	RAC	39.86		05.02.89
Shot Put (3kg)	D Wagner	NLAC	12.15		26.10.2016
Hammer (3kg)	C. McClenaghan	NEW	43.11		25.11.2011
Heptathlon	Isabella Wing	NLAC	5089pts		18/19.11.2023
UNDER 16					
High Jump	Natalie Milne	NHC	1.72		22.11.03
Long Jump	Isabella Wing	NLAC	5.49		19.03.2023
Triple Jump	Paula Lodge	WS	11.32		21.11.92
Polevault	Lauren Vaessen	NLAC	2.90		13.02.05
Javelin (500g)	Claire McClenaghan	NEW	36.34		25.11.2011
Discus (1kg)	S Beechey	RAC	35.38		16.02.86
Shot Put (3kg)	Danieka Wagner	NLAC	12.15		26.10.2016
Hammer (3kg)	Claire McClenaghan	NEW	43.11		25.11.2011
Heptathlon	T A Philppott	RAC	4589pts		7/8.02.87
UNDER 15					
High Jump	K Hanson	NLAC	1.63 =		29.02.92
	C. Stanley	WS	1.63 =		15.01.11
Long Jump	F Singline	NCAC	5.41		02.11.85
Triple Jump	Cammi Thomas	NA	11.30		11.02.2023
Polevault	L Vaessen	NLAC	2.80		26.01.05
Javelin (500g)	Jasmine Turner	WS	34.49		25.11.2011
Discus (1kg)	S Beechey	RAC	35.38		16.02.86
Shot Put (3kg)	Jasmine Turner	WS	11.57		12.02.2012
Hammer 3kg	N.Milne	NHC	33.98		07.04.02
UNDER 14					
High Jump	C.Stanley	WS	1.63		15.01.11
Long Jump	J.Mclvor	NLAC	5.07		20.02.88
Triple Jump	Cammy Thomas	NA	11.30		11.02.2023
Polevault	Leah Cooper	NLAC	2.60		16.12.03
Javelin (400g)	J. Turner	WS	32.89		19.03.11
Discus (1kg)	E Hateley	N.H.C.	32.69		01.03.03
Shot Put (3kg)	J. Turner	WS	11.44		13.11.2011

Hammer (3kg)	N.Milne	NHC	33.98		07.04.02
UNDER 13					
High Jump	K Hanson	NLAC	1.55		16.12.89
Long Jump	D.Wadley	WS	4.90		03.10.10
Triple Jump	Cammi Thomas	NA	10.83		03.02.91
Polevault	L.Cooper	NHC	2.00		16.03.02
Javelin (400g)	E. Hateley	NHC	32.79		16.12.01
Discus (1kg)	E.Hateley	NHC	29.79		10.02.02
Shot Put (3kg)	E.Hateley	NHC	10.52		05.03.02
Hammer (3kg)	N Milne	NHC	25.53		17.03.01

Northern Best performances can only be set at meets that are conducted by Northern Tasmanian Athletics (formerly NBAAT) under World Athletics regulations. Athletes must be registered and submit an Northern Best Performance application no later than a fortnight after the performance.