

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

Page 1 of 6

RECORD TYPE: Club

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/6 Boys	50M Run	8.20	Robert Terlato	Tuggerah Lakes - Mingara	05/02/1999
	70M Run	11.30	Michael Lewandowski	Tuggerah Lakes - Mingara	12/03/1993
	100M Run	17.20	Michael Lewandowski	Tuggerah Lakes - Mingara	12/03/1993
	200M Run	37.64	Joshua Bulmer	Tuggerah Lakes - Mingara	19/02/2010
	Long Jump	2.92	Shannon Boyer	Tuggerah Lakes - Mingara	18/11/1994
	Discus 350 Gram	15.21	Bowen Slee	Tuggerah Lakes - Mingara	07/07/2012
U/7 Boys	50M Run	8.40	Jordan Freeman	Tuggerah Lakes - Mingara	26/11/1999
	70M Run	11.27	Ryan Musgrave	Tuggerah Lakes - Mingara	16/12/1988
	100M Run	15.99	Jarrad Donaldson	Tuggerah Lakes - Mingara	06/12/1988
	200M Run	35.06	Joshua Bulmer	Tuggerah Lakes - Mingara	01/10/2010
	Long Jump	3.18	Zane Smith	Tuggerah Lakes - Mingara	26/10/2012
	Discus 350 Gram	18.33	Bowen Slee	Tuggerah Lakes - Mingara	20/03/2009
	Shot Put 1 Kg Blue	9.00	Ryan Kinney	Tuggerah Lakes - Mingara	25/09/1987
Pack Start 500M	1-46.62	Blaine Nelson	Tuggerah Lakes - Mingara	06/03/2009	
U/8 Boys	70M Run	9.71	John Weiland	Tuggerah Lakes - Mingara	10/02/1989
	100M Run	15.05	Joshua Bulmer	Tuggerah Lakes - Mingara	09/03/2012
	200M Run	32.40	Joshua Bulmer	Tuggerah Lakes - Mingara	11/12/2011
	400M Run	1-11.80	Michael Lewandowski	Tuggerah Lakes - Mingara	19/02/1995
	60M Hurdles	10.90	Blaine Nelson	Tuggerah Lakes - Mingara	15/01/2010
	Long Jump	3.64	Joshua Bulmer	Tuggerah Lakes - Mingara	09/03/2012
	Discus 500 Gram	20.66	Benjamon Fitzsimmons	Tuggerah Lakes - Mingara	16/02/1997
	Shot Put 1.5Kg Yell	7.87	Trust Ledger	Tuggerah Lakes - Mingara	17/02/2007
	Pack Start 700M	2-23.90	Jarred McVeigh	Tuggerah Lakes - Mingara	21/02/1993
U/9 Boys	70M Run	10.30	Alex Pohla	Tuggerah Lakes - Mingara	26/01/2007
	100M Run	14.26	Joshua Parkinson	Tuggerah Lakes - Mingara	27/01/2006
	200M Run	29.80	Joshua Bulmer	Tuggerah Lakes - Mingara	24/03/2013
	400M Run	1-07.75	Joshua Bulmer	Tuggerah Lakes - Mingara	22/03/2013
	800M Run	2-40.10	Craig McCracken	Tuggerah Lakes - Mingara	08/03/1991
	700M Walk	4-02.90	Paul Magnus	Tuggerah Lakes - Mingara	04/03/1990
	60M Hurdles	10.09	Blaine Nelson	Tuggerah Lakes - Mingara	19/03/2011
	Long Jump	4.12	Lachlan Pettitt	Tuggerah Lakes - Mingara	01/03/2013
			Joshua Bulmer	Tuggerah Lakes - Mingara	24/02/2013
	High Jump	1.25	Gavin O'hara	Tuggerah Lakes - Mingara	25/03/1983
	Discus 500 Gram	26.36	Daniel Lawson	Tuggerah Lakes - Mingara	01/02/1986
	Shot Put 2Kg Orang	8.67	Matthew Bolla	Tuggerah Lakes - Mingara	25/01/1991
U/10 Boys	70M Run	9.55	Joshua Parkinson	Tuggerah Lakes - Mingara	26/01/2007
	100M Run	13.44	Jeremy Robards	Tuggerah Lakes - Mingara	09/01/1987
	200M Run	28.70	Joshua Parkinson	Tuggerah Lakes - Mingara	18/03/2007
	400M Run	1-06.50	Scott Jones	Tuggerah Lakes - Mingara	15/02/1992
	800M Run	2-33.40	Scott Jones	Tuggerah Lakes - Mingara	15/02/1992
	1500M Run	4-56.00	Scott Jones	Tuggerah Lakes - Mingara	21/02/1992
	1100M Walk	6-10.80	Grant Nelson	Tuggerah Lakes - Mingara	02/03/2001
	60M Hurdles	9.77	Clint Smith	Tuggerah Lakes - Mingara	07/12/1990
	Long Jump	4.70	John Carroll	Tuggerah Lakes - Mingara	21/03/2010
	High Jump	1.36	Mark McVeigh	Tuggerah Lakes - Mingara	14/12/1990
	Discus 500 Gram	29.16	Adam Ashley-Cooper	Tuggerah Lakes - Mingara	04/03/1994
	Shot Put 2Kg Orang	10.96	Chad Roberts	Tuggerah Lakes - Mingara	30/11/1986
	U/11 Boys	100M Run	13.00	Joshua Parkinson	Tuggerah Lakes - Mingara
200M Run		28.30	Troy Donaldson	Tuggerah Lakes - Mingara	06/02/1993
400M Run		1-04.16	Jeremy Robards	Tuggerah Lakes - Mingara	06/02/1988
800M Run		2-25.60	Scott Jones	Tuggerah Lakes - Mingara	28/03/1993
1500M Run		4-52.90	Scott Jones	Tuggerah Lakes - Mingara	27/03/1993
1100M Walk		5-49.81	Hayden Forbes	Tuggerah Lakes - Mingara	13/03/2009
60M Hurdles	9.60	Jeremy Robards	Tuggerah Lakes - Mingara	06/02/1988	

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

Page 2 of 6

RECORD TYPE: Club

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/11 Boys	Long Jump	4.67	Joshua Parkinson	Tuggerah Lakes - Mingara	14/03/2008
	High Jump	1.44	Tom Evans	Tuggerah Lakes - Mingara	27/02/2004
	Triple Jump	10.13	Joshua Parkinson	Tuggerah Lakes - Mingara	15/03/2008
	Discus 750 Gram	30.10	Mitchell Smith	Tuggerah Lakes - Mingara	27/02/1998
	Shot Put 2Kg Orang	10.80	Justin McAllister	Tuggerah Lakes - Mingara	06/03/1998
U/12 Boys	100M Run	12.55	Joshua Parkinson	Tuggerah Lakes - Mingara	13/03/2009
	200M Run	26.30	Joshua Parkinson	Tuggerah Lakes - Mingara	22/03/2009
	400M Run	1-00.90	Scott Jones	Tuggerah Lakes - Mingara	22/03/1994
	800M Run	2-20.00	Michael Perrin	Tuggerah Lakes - Mingara	16/03/1997
	1500M Run	4-47.10	Scott Jones	Tuggerah Lakes - Mingara	22/03/1994
	1500M Walk	7-32.20	Brent Cook	Tuggerah Lakes - Mingara	22/03/1994
	60M Hurdles	9.50	Ryan Ditties	Tuggerah Lakes - Mingara	10/12/1988
	200M Hurdles	29.64	Grant Nelson	Tuggerah Lakes - Mingara	28/03/2003
	Long Jump	5.37	Joshua Parkinson	Tuggerah Lakes - Mingara	20/03/2009
	High Jump	1.52	James Berry Andrew Tickwell	Tuggerah Lakes - Mingara Tuggerah Lakes - Mingara	03/03/2006 20/11/1988
	Triple Jump	11.10	Joshua Parkinson	Tuggerah Lakes - Mingara	22/03/2009
	Discus 750 Gram	34.00	James Lyon	Tuggerah Lakes - Mingara	05/03/1993
	Javelin 400 Gram	25.64	Cooper Soper	Tuggerah Lakes - Mingara	16/03/2012
	Shot Put 3Kg White	12.44	Jack Berry	Tuggerah Lakes - Mingara	04/12/2005
	U/13 Boys	100M Run	12.10	Michael Miller	Tuggerah Lakes - Mingara
200M Run		25.65	Michael Miller	Tuggerah Lakes - Mingara	05/02/2010
400M Run		57.00	Jack Berry	Tuggerah Lakes - Mingara	22/04/2007
800M Run		2-15.90	Martin Dent	Tuggerah Lakes - Mingara	22/03/1992
1500M Run		4-35.10	Martin Dent	Tuggerah Lakes - Mingara	22/03/1992
3000M Run		9-56.60	Scott Jones	Tuggerah Lakes - Mingara	29/01/1995
1500M Walk		7-36.11	Jason Dredge	Tuggerah Lakes - Mingara	22/03/2009
80M Hurdles		12.50	Grant Nelson	Tuggerah Lakes - Mingara	21/03/2004
200M Hurdles		28.00	Justin Gow	Tuggerah Lakes - Mingara	03/03/2006
Long Jump		5.46	Joshua Parkinson	Tuggerah Lakes - Mingara	21/03/2010
High Jump		1.71	Tom Evans	Tuggerah Lakes - Mingara	19/02/2006
Triple Jump		10.95	Jonathon Dobb	Tuggerah Lakes - Mingara	29/10/2010
Discus 1 Kilogram		36.26	James Lyon	Tuggerah Lakes - Mingara	22/03/1994
Javelin 600 Gram		33.04	Brendon Koeford	Tuggerah Lakes - Mingara	17/01/2003
Shot Put 3Kg White		13.34	Jack Berry	Tuggerah Lakes - Mingara	18/03/2007
U/14 Boys	100M Run	11.50	Michael Raterman	Tuggerah Lakes - Mingara	18/03/2006
	200M Run	24.07	Joshua Parkinson	Tuggerah Lakes - Mingara	04/03/2011
	400M Run	55.90	Jason Amor	Tuggerah Lakes - Mingara	06/03/1988
	800M Run	2-06.50	Martin Dent	Tuggerah Lakes - Mingara	20/03/1993
	1500M Run	4-22.00	Martin Dent	Tuggerah Lakes - Mingara	27/03/1993
	3000M Run	9-57.69	Robert Dredge	Tuggerah Lakes - Mingara	15/03/2008
	1500M Walk	7-05.90	Simon Robards	Tuggerah Lakes - Mingara	20/03/1988
	90M Hurdles	12.90	Grant Nelson	Tuggerah Lakes - Mingara	05/12/2004
	200M Hurdles	26.96	Jacob Webb	Tuggerah Lakes - Mingara	22/02/2008
	Long Jump	6.10	Joshua Parkinson	Tuggerah Lakes - Mingara	19/02/2011
	High Jump	1.78	Tom Evans	Tuggerah Lakes - Mingara	03/12/2006
	Triple Jump	11.95	Michael Miller	Tuggerah Lakes - Mingara	03/12/2010
	Discus 1 Kilogram	42.22	James Lyon	Tuggerah Lakes - Mingara	19/03/1995
	Javelin 600 Gram	38.11	Matthew Nelson	Tuggerah Lakes - Mingara	28/02/2003
	Shot Put 3Kg White	12.05	Isaac Rumbel	Tuggerah Lakes - Mingara	15/12/2012
U/15 Boys	100M Run	11.32	Michael Raterman	Tuggerah Lakes - Mingara	02/02/2007
	200M Run	23.43	Tom Evans	Tuggerah Lakes - Mingara	16/03/2008
	400M Run	52.60	Joshua Parkinson	Tuggerah Lakes - Mingara	10/12/2011
	800M Run	2-05.00	Robert Dredge	Tuggerah Lakes - Mingara	22/02/2009
	1500M Run	4-17.30	Martin Dent	Tuggerah Lakes - Mingara	22/03/1994
3000M Run	9-01.40	Martin Dent	Tuggerah Lakes - Mingara	22/03/1994	

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

Page 3 of 6

RECORD TYPE: Club

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/15 Boys	1500M Walk	6-33.50	Ian Rayson	Tuggerah Lakes - Mingara	16/03/2003
	100M Hurdles	14.40	Grant Nelson	Tuggerah Lakes - Mingara	04/12/2005
	200M Hurdles	26.30	Jeremy Robards	Tuggerah Lakes - Mingara	21/03/1992
	Long Jump	6.44	Joshua Parkinson	Tuggerah Lakes - Mingara	21/03/2012
	High Jump	1.80	Tom Evans	Tuggerah Lakes - Mingara	16/03/2008
	Triple Jump	12.49	Kairo Anderson	Tuggerah Lakes - Mingara	19/02/2011
	Discus 1 Kilogram	45.57	Luke Batten	Tuggerah Lakes - Mingara	21/10/2011
	Javelin 700 Gram	27.19	Luke Batten	Tuggerah Lakes - Mingara	19/02/2012
	Shot Put 4 Kg Red	13.24	Scott McLelland	Tuggerah Lakes - Mingara	29/01/1994
U/17 Boys	100M Run	11.50	Rhys Hibberd	Tuggerah Lakes - Mingara	13/12/2008
	200M Run	23.80	Robert Terlato	Tuggerah Lakes - Mingara	13/12/2009
			Robert Black	Tuggerah Lakes - Mingara	06/03/2009
	400M Run	52.20	Robert Dredge	Tuggerah Lakes - Mingara	12/12/2009
	800M Run	2-02.93	Robert Black	Tuggerah Lakes - Mingara	22/03/2009
	1500M Run	4-12.13	Robert Dredge	Tuggerah Lakes - Mingara	20/03/2011
	3000M Run	9-33.43	Robert Dredge	Tuggerah Lakes - Mingara	25/09/2009
	1500M Walk	7-30.05	Jason Dredge	Tuggerah Lakes - Mingara	18/02/2012
	110M Hurdles	15.80	Luke Batten	Tuggerah Lakes - Mingara	01/03/2013
	200M Hurdles	27.00	Luke Batten	Tuggerah Lakes - Mingara	14/12/2012
	Long Jump	5.95	Robert Terlato	Tuggerah Lakes - Mingara	05/02/2010
	High Jump	1.72	Justin Mckenzie	Tuggerah Lakes - Mingara	26/11/2010
	Triple Jump	11.86	Luke Batten	Tuggerah Lakes - Mingara	30/11/2012
	Discus 1.5 Kilogram	39.30	Luke Batten	Tuggerah Lakes - Mingara	15/12/2012
	Javelin 700 Gram	42.35	Jay Crumpton	Tuggerah Lakes - Mingara	19/02/2012
Shot Put 5 Kg Green	11.96	Luke Batten	Tuggerah Lakes - Mingara	19/10/2012	
U/6 Girls	50M Run	8.80	Michelle Worsley	Tuggerah Lakes - Mingara	05/02/1999
	70M Run	12.55	Jenna-Lee Wallace	Tuggerah Lakes - Mingara	11/03/1994
	100M Run	18.21	Renee Gillies	Tuggerah Lakes - Mingara	12/03/1993
	200M Run	40.78	Bianca Trisic	Tuggerah Lakes - Mingara	25/02/1994
	Long Jump	2.80	Melinda Gilbert	Tuggerah Lakes - Mingara	11/01/1987
			Sally Pierce	Tuggerah Lakes - Mingara	03/02/1984
Discus 350 Gram	11.08	Olivia Kernick	Tuggerah Lakes - Mingara	24/11/2006	
U/7 Girls	50M Run	8.65	Tori Robertson	Tuggerah Lakes - Mingara	16/02/2012
	70M Run	11.13	Katy Townsend	Tuggerah Lakes - Mingara	16/02/1988
	100M Run	16.90	Jenna-Lee Wallace	Tuggerah Lakes - Mingara	16/09/1994
	200M Run	36.09	Sally Pierce	Tuggerah Lakes - Mingara	01/03/1985
	Long Jump	2.98	Katie Townsend	Tuggerah Lakes - Mingara	20/11/1988
			Jane Bolton	Tuggerah Lakes - Mingara	10/03/1989
	Discus 350 Gram	15.50	Bree Smith	Tuggerah Lakes - Mingara	27/02/1998
	Shot Put 1 Kg Blue	7.10	Sally Pierce	Tuggerah Lakes - Mingara	20/02/1985
	Pack Start 500M	1-50.10	Bianca Trisic	Tuggerah Lakes - Mingara	05/03/1989
U/8 Girls	70M Run	11.10	Tahlee Jones	Tuggerah Lakes - Mingara	30/10/1998
	100M Run	15.80	Rena Gillies	Tuggerah Lakes - Mingara	11/11/1994
	200M Run	33.80	Macy Callaghan	Tuggerah Lakes - Mingara	06/03/2009
			Rena Gillies	Tuggerah Lakes - Mingara	19/02/1995
	400M Run	1-15.00	Ashlee Lindahl	Tuggerah Lakes - Mingara	16/02/1991
	60M Hurdles	11.17	Tori Robertson	Tuggerah Lakes - Mingara	14/02/2012
	Long Jump	3.74	Rena Gillies	Tuggerah Lakes - Mingara	14/09/1994
	Discus 500 Gram	14.04	Bree Smith	Tuggerah Lakes - Mingara	18/09/1998
	Shot Put 1.5KgYell	5.94	Rena Gillies	Tuggerah Lakes - Mingara	17/03/1995
	Pack Start 700M	2-26.90	Ashlee Lindahl	Tuggerah Lakes - Mingara	06/02/1991
	U/9 Girls	70M Run	10.50	Brooke Walker	Tuggerah Lakes - Mingara
100M Run		14.40	Renee Gillies	Tuggerah Lakes - Mingara	14/03/1996
200M Run		31.10	Renee Gillies	Tuggerah Lakes - Mingara	14/03/1996

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

Page 4 of 6

RECORD TYPE: Club

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
U/9 Girls	400M Run	1-11.50	Kate Healon	Tuggerah Lakes - Mingara	21/03/1987
			Ashlee Forbes	Tuggerah Lakes - Mingara	21/03/2010
	800M Run	2-41.83	Mariane Mihellis	Tuggerah Lakes - Mingara	24/03/2013
	700M Walk	3-45.52	Danielle Vesper	Tuggerah Lakes - Mingara	15/03/2013
	60M Hurdles	10.70	Casey Judge	Tuggerah Lakes - Mingara	04/12/2004
			Danielle Vesper	Tuggerah Lakes - Mingara	01/03/2013
	Long Jump	3.90	Jade Pettitt	Tuggerah Lakes - Mingara	16/11/2012
			Stacey Carpenter	Tuggerah Lakes - Mingara	27/03/1993
	High Jump	1.17	Casey Judge	Tuggerah Lakes - Mingara	25/02/2005
	Discus 500 Gram	26.28	Debra Turnbull	Tuggerah Lakes - Mingara	20/03/1998
Shot Put 2Kg Orang	7.20	Sally Pierce	Tuggerah Lakes - Mingara	13/03/1997	
U/10 Girls	70M Run	10.30	Dionne Bolla	Tuggerah Lakes - Mingara	03/03/1990
			Jenna-Lee Wallace	Tuggerah Lakes - Mingara	21/03/1999
	100M Run	14.20	Jenna Bird	Tuggerah Lakes - Mingara	10/12/2011
	200M Run	29.60	Renee Gillies	Tuggerah Lakes - Mingara	16/03/1997
	400M Run	1-07.65	Ashlee Forbes	Tuggerah Lakes - Mingara	19/03/2011
	800M Run	2-33.91	Ashlee Forbes	Tuggerah Lakes - Mingara	20/03/2011
	1500M Run	5-18.77	Ashlee Forbes	Tuggerah Lakes - Mingara	19/03/2011
	1100M Walk	6-27.10	Jenifer Beaton	Tuggerah Lakes - Mingara	03/02/1997
	60M Hurdles	9.90	Nicole Beaton	Tuggerah Lakes - Mingara	16/03/1996
	Long Jump	4.13	Taylor Pearson	Tuggerah Lakes - Mingara	17/03/2007
	High Jump	1.28	Charli Blackborrow	Tuggerah Lakes - Mingara	25/01/2013
			Nicole Beaton	Tuggerah Lakes - Mingara	22/02/1996
	Discus 500 Gram	27.82	Sally Pierce	Tuggerah Lakes - Mingara	19/03/1988
Shot Put 2Kg Orang	9.05	Debra Turnbull	Tuggerah Lakes - Mingara	10/03/1989	
U/11 Girls	100M Run	13.54	Christianna Soares	Tuggerah Lakes - Mingara	23/03/2013
	200M Run	28.17	Christianna Soares	Tuggerah Lakes - Mingara	24/03/2013
	400M Run	1-03.40	Stacey Reed	Tuggerah Lakes - Mingara	27/03/1993
	800M Run	2-26.42	Ashlee Forbes	Tuggerah Lakes - Mingara	19/02/2012
	1500M Run	5-11.80	Ashlee Forbes	Tuggerah Lakes - Mingara	18/02/2012
	1100M Walk	5-25.20	Hayley Shuttleworth	Tuggerah Lakes - Mingara	16/03/2003
	60M Hurdles	9.60	Nicole Beaton	Tuggerah Lakes - Mingara	15/03/1997
	Long Jump	4.44	Christianna Soares	Tuggerah Lakes - Mingara	24/02/2013
	High Jump	1.46	Amy Carpenter	Tuggerah Lakes - Mingara	27/03/1993
	Triple Jump	9.47	Casey Judge	Tuggerah Lakes - Mingara	17/02/2007
	Discus 750 Gram	29.44	Karen Turnbull	Tuggerah Lakes - Mingara	10/11/1985
	Shot Put 2Kg Orang	11.69	Karen Turnbull	Tuggerah Lakes - Mingara	15/03/1986
	U/12 Girls	100M Run	13.40	Lauren Montgomery	Tuggerah Lakes - Mingara
200M Run		27.40	Nicole Beaton	Tuggerah Lakes - Mingara	22/03/1998
400M Run		1-03.20	Josephine Fowley	Tuggerah Lakes - Mingara	24/03/1991
800M Run		2-29.10	Josephine Fowley	Tuggerah Lakes - Mingara	17/02/1991
1500M Run		5-16.31	Caitlin Delaney	Tuggerah Lakes - Mingara	02/03/2007
1500M Walk		7-47.10	Kimberley Robards	Tuggerah Lakes - Mingara	25/03/1990
60M Hurdles		9.10	Nicole Beaton	Tuggerah Lakes - Mingara	20/03/1998
200M Hurdles		30.68	Taylor Pearson	Tuggerah Lakes - Mingara	23/01/2009
Long Jump		4.95	Nicole Beaton	Tuggerah Lakes - Mingara	22/02/1998
High Jump		1.59	Amy Carpenter	Tuggerah Lakes - Mingara	25/02/1994
Triple Jump		10.94	Amy Carpenter	Tuggerah Lakes - Mingara	22/03/1994
Discus 750 Gram		38.10	Debra Turnbull	Tuggerah Lakes - Mingara	15/03/1991
Javelin 400 Gram		21.85	April Brown-Peters	Tuggerah Lakes - Mingara	13/12/2012
Shot Put 2Kg Orang		13.40	Sally Pierce	Tuggerah Lakes - Mingara	22/04/1990
U/13 Girls	100M Run	12.62	Heather Duffy	Tuggerah Lakes - Mingara	15/12/2012
	200M Run	26.48	Heather Duffy	Tuggerah Lakes - Mingara	24/03/2013
	400M Run	1-00.80	Josephine Fowley	Tuggerah Lakes - Mingara	15/02/1992
	800M Run	2-25.50	Kristy Houtman	Tuggerah Lakes - Mingara	19/03/1989
	1500M Run	5-08.00	Kristie Barney	Tuggerah Lakes - Mingara	24/03/1990

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

Page 5 of 6

RECORD TYPE: Club

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date	
U/13 Girls	3000M Run	11-19.02	Mackenzie Penn	Tuggerah Lakes - Mingara	22/03/2013	
	1500M Walk	7-41.60	Kristy-Lee Fitzsimmons	Tuggerah Lakes - Mingara	19/02/1995	
	80M Hurdles	12.60	Nicole Beaton	Tuggerah Lakes - Mingara	21/03/1999	
	200M Hurdles	29.50	Nicole Beaton	Tuggerah Lakes - Mingara	21/02/1999	
	Long Jump	4.89	Cassidy Atkins	Tuggerah Lakes - Mingara	10/12/2011	
	High Jump	1.67	Amy Carpenter	Tuggerah Lakes - Mingara	19/03/1995	
	Triple Jump	11.23	Amy Carpenter	Tuggerah Lakes - Mingara	01/05/1995	
	Discus 750 Gram	31.88	Erin Carpenter	Tuggerah Lakes - Mingara	03/02/1999	
	Javelin 400 Gram	32.39	Casey Judge	Tuggerah Lakes - Mingara	22/03/2009	
	Shot Put 3Kg White	12.54	Debra Turnbull	Tuggerah Lakes - Mingara	18/10/1991	
	U/14 Girls	100M Run	12.70	Erin Corbett	Tuggerah Lakes - Mingara	14/02/2004
		200M Run	26.60	Erin Corbett	Tuggerah Lakes - Mingara	15/12/2004
400M Run		59.00	Holly Fallowfield	Tuggerah Lakes - Mingara	24/03/1990	
800M Run		2-22.00	Holly Fallowfield	Tuggerah Lakes - Mingara	21/01/1990	
1500M Run		4-47.90	Caitlin Delaney	Tuggerah Lakes - Mingara	21/03/2009	
3000M Run		10-34.02	Caitlin Delaney	Tuggerah Lakes - Mingara	13/03/2009	
1500M Walk		7-26.52	Kia Prokopiou	Tuggerah Lakes - Mingara	21/03/2010	
80M Hurdles		12.50	Nicole Beaton	Tuggerah Lakes - Mingara	29/01/2000	
200M Hurdles		28.80	Josephine Fowley	Tuggerah Lakes - Mingara	22/02/1993	
Long Jump		5.17	Amy Carpenter	Tuggerah Lakes - Mingara	04/02/1996	
High Jump		1.71	Amy Carpenter	Tuggerah Lakes - Mingara	22/02/1996	
Triple Jump		10.21	Amy Carpenter	Tuggerah Lakes - Mingara	03/11/1995	
Discus 1 Kilogram		39.54	Debra Turnbull	Tuggerah Lakes - Mingara	30/10/1992	
Javelin 400 Gram		29.85	Brianan Shipley	Tuggerah Lakes - Mingara	05/10/2012	
Shot Put 3Kg White		13.72	Debra Turnbull	Tuggerah Lakes - Mingara	05/03/1993	
U/15 Girls	100M Run	12.50	Keaton Windley	Tuggerah Lakes - Mingara	17/02/2001	
	200M Run	26.20	Roxanne Trass	Tuggerah Lakes - Mingara	25/01/2004	
	400M Run	58.20	Josephine Fowley	Tuggerah Lakes - Mingara	22/03/1994	
	800M Run	2-17.50	Holly Followfield	Tuggerah Lakes - Mingara	17/02/1991	
	1500M Run	4-44.00	Caitlin Delaney	Tuggerah Lakes - Mingara	20/03/2010	
	3000M Run	10-18.50	Caitlin Delaney	Tuggerah Lakes - Mingara	20/03/2010	
	1500M Walk	7-40.60	Kate Ledger	Tuggerah Lakes - Mingara	21/03/1992	
	90M Hurdles	13.80	Lenore Beaton	Tuggerah Lakes - Mingara	21/03/2004	
	200M Hurdles	28.28	Lenore Beaton	Tuggerah Lakes - Mingara	06/02/2004	
	Long Jump	5.26	Keaton Windley	Tuggerah Lakes - Mingara	17/02/2001	
	High Jump	1.68	Amy Carpenter	Tuggerah Lakes - Mingara	16/02/1997	
	Triple Jump	10.54	Josephine Fowley	Tuggerah Lakes - Mingara	22/03/1994	
	Discus 1 Kilogram	41.05	Tegan Fennell	Tuggerah Lakes - Mingara	23/03/2013	
	Javelin 500 Gram	24.71	Sara-Jayne Liedberg	Tuggerah Lakes - Mingara	18/02/2012	
	Shot Put 3Kg White	14.02	Debra Turnbull	Tuggerah Lakes - Mingara	26/11/1993	
U/17 Girls	100M Run	12.42	Tara Angell	Tuggerah Lakes - Mingara	23/03/2013	
	200M Run	26.03	Alison McAvoy	Tuggerah Lakes - Mingara	24/03/2013	
	400M Run	58.31	Alison McAvoy	Tuggerah Lakes - Mingara	22/03/2013	
	800M Run	2-22.90	Jordan Pagett	Tuggerah Lakes - Mingara	24/02/2013	
	1500M Run	4-57.53	Caitlin Delaney	Tuggerah Lakes - Mingara	19/03/2011	
	3000M Run	10-28.91	Caitlin Delaney	Tuggerah Lakes - Mingara	01/10/2010	
	1500M Walk	7-53.72	Brittany Annear	Tuggerah Lakes - Mingara	10/12/2010	
	100M Hurdles	17.50	Samantha Jonston	Tuggerah Lakes - Mingara	10/12/2010	
	200M Hurdles	23.10	Sophie Meere	Tuggerah Lakes - Mingara	30/09/2011	
	Long Jump	4.85	Madeline Bird	Tuggerah Lakes - Mingara	11/12/2010	
	High Jump	1.68	Madeline Bird	Tuggerah Lakes - Mingara	20/03/2011	
	Triple Jump	10.73	Madeline Bird	Tuggerah Lakes - Mingara	12/11/2010	
	Discus 1 Kilogram	24.87	Sophie Meere	Tuggerah Lakes - Mingara	11/11/2011	
	Javelin 500 Gram	36.73	Casey Judge	Tuggerah Lakes - Mingara	30/09/2011	
	Shot Put 3Kg White	9.40	Anita Terlato	Tuggerah Lakes - Mingara	10/02/2012	

CURRENT RECORDS

Tuggerah Lakes - Mingara

29 September 2013

RECORD TYPE: Club

Page 6 of 6

Age Group	Event	Record	Record Holder(s)	Centre/Club	Date
Selection Criteria for this Report					
Record Type: Club		Age Group: All		Event: All	