

ALL-TIME BEST PERFORMANCES

- These performances are for reference purposes only and do not replace Centre Records. • Only currently contested events are shown. • They include performances up to **28 March 2021 (State)**.
- Performances will only be considered for Northern Districts athletes at ND local competitions, Trans Tasman Trials/Challenges, Zone/Region/Combined/State/National title athletics championships.
- The best gated time (**GT**) or photo finish (**PF**) time will be shown if it is within 0.3s of a superior hand time (HT). • All hand times are rounded up to the next highest 0.1s.
- When throwing specifications are changed, the best throw with a heavier implement (noted in **red**) will be shown until a superior performance is recorded with a lighter implement.
- Championship performances prior to 2002-03 are still to be fully reviewed. • Please advise any errors or omissions to records@ndlac.org.au.

| Girls | Perf | Spec | Athlete | Date | Venue | Competition | Placing | Boys | Perf | Spec | Athlete | Date | Venue | Competition | Placing |
|---|--------------|-----------|--------------------|---------------|------------|-------------|------------|------------------|--------------|-----------|--------------------|---------------|------------|-------------|------------|
| 50 METRES | | | | | | | | | | | | | | | |
| Under 6 | 9.60 | HT | Johanna O'Reagan | 1984-85 | Foxglove | Centre | | Under 6 | 9.10 | HT | David Huber | 1982-83 | Berowra | Centre | |
| Under 7 | 8.70 | HT | Hollie Fallowfield | 1982-83 | Berowra | Centre | | Under 7 | 8.70 | HT | Cole Taylor | Sat 13-Feb-99 | Foxglove | Centre | |
| 70 METRES | | | | | | | | | | | | | | | |
| Under 6 | 13.60 | HT | Amanda Campbell | 1982-83 | Berowra | Centre | | Under 6 | 12.60 | HT | David Huber | 1982-83 | Berowra | Centre | |
| Under 7 | 12.10 | GT | Megan Smart | Sun 4-Feb-07 | Narrabeen | Zone | 1st | Under 7 | 11.80 | HT | Russell Parker | 1987-88 | Foxglove | Centre | |
| Under 7 | 12.00 | HT | Hollie Fallowfield | 1982-83 | Berowra | Centre | | Under 8 | 11.20 | GT | Kaeo Weekes | Sun 28-Feb-10 | Narrabeen | Region | 1st |
| Under 8 | 11.30 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 11.20 | HT | Mitchel Van Noort | 2003-04 | Foxglove | Centre | |
| Under 8 | 11.50 | GT | Georgia Dean | Sun 22-Feb-09 | Mingara | Region | 2nd | Under 8 | 11.20 | HT | Russell Parker | 1988-89 | Foxglove | Centre | |
| Under 9 | 10.59 | PF | Krystal Weekes | Sun 22-Mar-15 | SOPAC | State | 4th (heat) | Under 9 | 10.37 | PF | Tama Simpkins | Sun 23-Mar-14 | SOPAC | State | 4th |
| Under 10 | 9.90 | HT | Jordan Lumley | Sun 17-Mar-02 | SOPAC | State | 2nd | Under 10 | 10.10 | HT | Evan Clothier | Sun 22-Feb-04 | Blacktown | Region | 2nd |
| | | | | | | | | Under 10 | 10.22 | PF | Kaeo Weekes | Sun 25-Mar-12 | SOPAC | State | 1st (heat) |
| 100 METRES | | | | | | | | | | | | | | | |
| Under 6 | 19.20 | HT | Emma Frost | Sat 13-Mar-04 | Foxglove | Centre | | Under 6 | 18.50 | HT | Gordon Broome | Sat 5-Dec-98 | Foxglove | Centre | |
| Under 7 | 17.40 | HT | Stephanie Parker | 1990-91 | Foxglove | Centre | | Under 7 | 16.50 | HT | Joshua Lyden | 1985-86 | Foxglove | Centre | |
| Under 8 | 16.20 | HT | Amanda Campbell | 1984-85 | Foxglove | Centre | | Under 8 | 16.00 | GT | Kaeo Weekes | Sun 28-Feb-10 | Narrabeen | Region | 2nd |
| Under 9 | 15.20 | HT | Emma Frost | Sun 18-Feb-07 | Parramatta | Region | 1st | Under 8 | 15.90 | HT | Russell Parker | 1988-89 | Foxglove | Centre | |
| Under 9 | 15.44 | PF | Krystal Weekes | Sun 22-Mar-15 | SOPAC | State | 7th (heat) | Under 9 | 14.30 | HT | Evan Clothier | Sun 16-Feb-03 | Parramatta | Region | 1st |
| Under 10 | 14.00 | HT | Jordan Lumley | Sun 17-Mar-02 | SOPAC | State | 2nd | Under 9 | 14.54 | PF | Tama Simpkins | Sun 23-Mar-14 | SOPAC | State | 3rd (heat) |
| Under 11 | 13.70 | HT | Jordan Lumley | Sun 16-Mar-03 | SOPAC | State | 3rd | Under 10 | 14.10 | HT | Evan Clothier | Sun 21-Mar-04 | SOPAC | State | 6th |
| Under 12 | 13.00 | HT | Jordan Lumley | Sun 21-Mar-04 | SOPAC | State | 2nd | Under 11 | 13.50 | HT | Chris Bostelman | 1984-85 | Foxglove | Centre | |
| Under 13 | 12.30 | HT | Jordan Lumley | Sun 20-Feb-05 | Mingara | Region | 1st (heat) | Under 12 | 13.10 | HT | Russell Parker | 1992-93 | Foxglove | Centre | |
| Under 14 | 12.60 | HT | Stephanie Parker | Sun 22-Mar-98 | SOPAC | State | 3rd | Under 13 | 11.80 | HT | Eric-Ken Watanabe | Sun 20-Feb-05 | Mingara | Region | 1st |
| Under 15 | 12.30 | HT | Stephanie Parker | Sun 21-Mar-99 | SOPAC | State | 5th | Under 14 | 12.14 | PF | Harry Frederick | Sun 16-Feb-14 | Narrabeen | Region | 1st (heat) |
| Under 17 | 13.20 | HT | Alysha Burnett | Sat 3-Nov-12 | Foxglove | Centre | | Under 15 | 11.30 | HT | Eric-Ken Watanabe | Sun 18-Feb-07 | Parramatta | Region | 1st |
| Under 17 | 13.30 | GT | Gabriella Chan | Sun 11-Dec-16 | Narrabeen | Zone | 4th | Under 17 | 11.40 | HT | Joshua Mawhinney | Sat 20-Nov-10 | Foxglove | Centre | |
| | | | | | | | | Under 17 | 11.57 | GT | Thomas Bostelman | Sun 14-Dec-14 | Narrabeen | Zone | 1st |
| 200 METRES | | | | | | | | | | | | | | | |
| Under 6 | 40.70 | HT | Jessica Walton | Sat 19-Nov-11 | Foxglove | Centre | | Under 6 | 40.20 | HT | Mitchel Van Noort | Sat 1-Dec-01 | Foxglove | Centre | |
| Under 7 | 36.60 | GT | Emma Frost | Sun 6-Feb-05 | Narrabeen | Zone | 1st | Under 7 | 34.60 | GT | Adam Halmy | Sun 6-Feb-05 | Narrabeen | Zone | 1st (heat) |
| Under 8 | 33.80 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 32.40 | HT | Mitchel Van Noort | Sun 22-Feb-04 | Blacktown | Region | 1st |
| Under 9 | 31.20 | HT | Katy Oswald | Sun 21-Mar-04 | SOPAC | State | 4th | Under 9 | 30.80 | HT | Mitchel Van Noort | Sun 20-Mar-05 | SOPAC | State | 3rd |
| Under 10 | 29.80 | HT | Katy Oswald | Sun 20-Feb-05 | Mingara | Region | 1st | Under 9 | 30.80 | HT | Evan Clothier | Sun 16-Mar-03 | SOPAC | State | 8th |
| Under 11 | 28.60 | HT | Katy Oswald | Sun 19-Mar-06 | SOPAC | State | 6th | Under 9 | 30.80 | HT | Evan Clothier | Sun 16-Feb-03 | Parramatta | Region | 2nd |
| Under 12 | 27.00 | HT | Jordan Lumley | Sun 21-Mar-04 | SOPAC | State | 3rd | Under 9 | 30.80 | HT | Tama Simpkins | Sat 15-Mar-14 | Foxglove | Centre | |
| Under 13 | 26.10 | HT | Jordan Lumley | Sun 20-Feb-05 | Mingara | Region | 1st | Under 10 | 28.70 | HT | Evan Clothier | Sun 21-Mar-04 | SOPAC | State | 4th |
| Under 14 | 25.40 | HT | Stephanie Parker | Sun 22-Mar-98 | SOPAC | State | 2nd | Under 11 | 28.00 | HT | Evan Clothier | Sun 20-Feb-05 | Mingara | Region | 2nd |
| Under 15 | 25.10 | HT | Stephanie Parker | Sun 21-Mar-99 | SOPAC | State | 3rd | Under 12 | 27.30 | HT | Russell Parker | 1992-93 | Foxglove | Centre | |
| Under 17 | 27.12 | GT | Lauren West | Sun 26-Nov-17 | Narrabeen | Zone | 4th | Under 13 | 24.80 | HT | Eric-Ken Watanabe | Sun 20-Mar-05 | SOPAC | State | 2nd |
| | | | | | | | | Under 13 | 24.86 | GT | Eric-Ken Watanabe | Sat 23-Apr-05 | Adelaide | Nationals | 2nd (heat) |
| | | | | | | | | Under 14 | 24.70 | GT | Joshua Mawhinney | Sun 22-Feb-09 | Mingara | Region | 1st |
| | | | | | | | | Under 15 | 23.20 | HT | Eric-Ken Watanabe | Sun 18-Mar-07 | SOPAC | State | 2nd |
| | | | | | | | | Under 17 | 23.11 | GT | Joshua Mawhinney | Sun 20-Feb-11 | Parramatta | Region | 1st |
| | | | | | | | | Under 17 | 23.30 | HT | Tom Bostelman | Sat 15-Nov-14 | Foxglove | Centre | |
| 400 METRES | | | | | | | | | | | | | | | |
| Under 8 | 1' 19.00 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 1' 12.40 | HT | Adam Halmy | Sun 19-Feb-06 | Narrabeen | Region | 1st |
| Under 9 | 1' 13.40 | HT | Jessie Shepherd | 1986-87 | Foxglove | Centre | | Under 9 | 1' 08.00 | HT | Adam Halmy | Sun 18-Mar-07 | SOPAC | State | 3rd |
| Under 9 | 1' 13.40 | HT | Janelle Smith | 1982-83 | Foxglove | Centre | | Under 10 | 1' 06.45 | PF | Marcus Panetta | Sun 23-Mar-14 | SOPAC | State | 3rd |
| Under 10 | 1' 11.70 | HT | Katy Oswald | Sat 12-Mar-05 | Foxglove | Centre | | Under 11 | 1' 02.60 | HT | Matthew Mooney | Sun 17-Mar-02 | SOPAC | State | 3rd |
| Under 11 | 1' 06.39 | PF | Jasmin Guthrie | Sun 16-Feb-14 | Narrabeen | Region | 2nd | Under 12 | 1' 01.05 | PF | Ethan Oliver | Sun 19-Mar-17 | SOPAC | State | 4th |
| Under 12 | 1' 02.86 | GT | Jasmin Guthrie | Sun 15-Feb-15 | Narrabeen | Region | 1st | Under 13 | 55.37 | PF | Ethan Oliver | Sun 25-Mar-18 | SOPAC | State | 3rd |
| Under 13 | 1' 01.22 | PF | Jasmin Guthrie | Sun 20-Mar-16 | SOPAC | State | 5th | Under 14 | 55.59 | PF | Oskar Enasio | Sun 19-Mar-17 | SOPAC | State | 3rd (heat) |
| Under 14 | 58.56 | PF | Jasmin Guthrie | Sun 19-Mar-17 | Narrabeen | State | 3rd | Under 15 | 54.50 | HT | Matthew Mooney | Sun 19-Feb-06 | Narrabeen | Region | 2nd |
| Under 15 | 56.77 | PF | Jasmin Guthrie | Sun 25-Mar-18 | SOPAC | State | 2nd | Under 15 | 54.50 | HT | Adam Wood | Sat 2-Dec-95 | Foxglove | Centre | |
| Under 17 | 58.46 | PF | Ely Gallagher | Sun 20-Mar-16 | SOPAC | State | 1st (heat) | Under 17 | 51.62 | PF | Ethan Oliver | Sun 28-Mar-21 | SOPAC | State | 6th |
| 300*/500*/700*/800 METRES | | | | | | | | | | | | | | | |
| Under 6* | 1' 09.10 | HT | Stephanie Ross | Sat 29-Feb-20 | Foxglove | Centre | | Under 6* | 1' 05.50 | HT | Lucas Rogers | Sat 27-Feb-16 | Foxglove | Centre | |
| Under 7† | 1' 52.60 | HT | Kristy Campbell | 1989-90 | Foxglove | Centre | | Under 7† | 1' 42.10 | HT | Adam Halmy | Sun 6-Mar-05 | Dubbo | Combined | 1st |
| Under 8† | 2' 36.80 | HT | Sasha Savenko | Sun 17-Feb-08 | Blacktown | Region | 4th | Under 8† | 2' 18.70 | HT | Adam Halmy | Sun 5-Mar-06 | Cessnock | Combined | 1st |
| Under 9 | 2' 51.00 | HT | Helen Dalloway | 1982-83 | Berowra | Centre | | Under 9 | 2' 33.20 | HT | Adam Halmy | Sun 18-Mar-07 | SOPAC | State | 1st |
| Under 10 | 2' 42.00 | HT | Jenny Dallaway | 1982-83 | Berowra | Centre | | Under 10 | 2' 30.54 | PF | Sam Parry | Sun 24-Mar-13 | SOPAC | State | 4th |
| Under 11 | 2' 40.20 | HT | Julia Batterley | 1992-93 | Foxglove | Centre | | Under 11 | 2' 23.95 | PF | Adam Halmy | Sun 22-Mar-09 | SOPAC | State | 2nd |
| Under 12 | 2' 34.00 | HT | Danae Hayes | 1991-92 | Foxglove | Centre | | Under 12 | 2' 20.00 | HT | Lloyd Hogan | 1982-83 | Berowra | Centre | |
| Under 13 | 2' 30.50 | HT | Cassandra Gardie | Sun 16-Mar-03 | SOPAC | State | 8th | Under 13 | 2' 15.00 | HT | Eric-Ken Watanabe | Sun 20-Feb-05 | Mingara | Region | 3rd |
| Under 14 | 2' 24.70 | HT | Jessie O'Brien | Sun 20-Mar-05 | SOPAC | State | 3rd | Under 14 | 2' 11.13 | PF | Oskar Enasio | Sun 19-Mar-17 | SOPAC | State | 4th |
| Under 15 | 2' 22.90 | HT | Elizabeth Carr | Sun 19-Feb-06 | Narrabeen | Region | 2nd | Under 15 | 2' 07.80 | HT | Matthew Mooney | Sun 19-Feb-06 | Narrabeen | Region | 3rd |
| Under 17 | 2' 18.25 | PF | Ely Gallagher | Sun 22-Mar-15 | SOPAC | State | 2nd | Under 17 | 2' 05.30 | HT | Adam Halmy | Sun 15-Feb-15 | Narrabeen | Region | 4th |
| | | | | | | | | Under 17 | 2' 05.37 | PF | Adam Halmy | Sun 22-Mar-15 | SOPAC | State | 8th |
| 1500 METRES | | | | | | | | | | | | | | | |
| Under 10 | 5' 16.40 | HT | Julia Batterley | 1991-92 | Foxglove | Centre | | Under 10 | 4' 58.09 | PF | Adam Halmy | Sun 16-Mar-08 | SOPAC | State | 1st |
| Under 11 | 5' 16.00 | HT | Julia Batterley | 1992-93 | Foxglove | Centre | | Under 11 | 4' 49.28 | PF | Adam Halmy | Sun 22-Mar-09 | SOPAC | State | 1st |
| Under 12 | 5' 15.50 | HT | Bethany Halmy | Sun 18-Mar-07 | SOPAC | State | 5th | Under 12 | 4' 45.31 | PF | Adam Halmy | Sun 21-Mar-10 | SOPAC | State | 2nd |
| Under 13 | 5' 02.70 | HT | Eliza Heckendorf | Sun 6-Feb-11 | Narrabeen | Zone | 2nd | Under 13 | 4' 41.01 | PF | Adam Halmy | Sun 20-Mar-11 | SOPAC | State | 5th |
| Under 14 | 5' 03.40 | HT | Jemma Gallagher | Sun 15-Feb-15 | Narrabeen | Region | 3rd | Under 14 | 4' 34.30 | HT | Adam Halmy | Sun 19-Feb-12 | Narrabeen | Region | 4th |
| Under 15 | 4' 57.96 | PF | Ely Gallagher | Sun 23-Mar-14 | SOPAC | State | 4th | Under 15 | 4' 27.56 | PF | Adam Halmy | Sun 17-Feb-13 | Narrabeen | Region | 2nd |
| Under 17 | 4' 45.24 | PF | Ely Gallagher | Sun 22-Mar-15 | SOPAC | State | 2nd | Under 17 | 4' 16.90 | HT | Adam Halmy | Sun 15-Feb-15 | Narrabeen | Region | 1st |
| 3000 METRES | | | | | | | | | | | | | | | |
| Under 13 | 11' 08.06 | PF | Tara Kissick | Sun 20-Mar-11 | SOPAC | State | 3rd | Under 13 | 10' 25.80 | HT | Adam Halmy | Sat 11-Dec-10 | Foxglove | Centre | |
| Under 14 | 10' 46.91 | HT | Jemma Gallagher | Sun 22-Mar-15 | SOPAC | State | 3rd | Under 14 | 9' 45.90 | HT | Adam Halmy | Sun 19-Feb-12 | Narrabeen | Region | 2nd |
| Under 15 | 11' 02.90 | HT | Ely Gallagher | Sun 26-Jan-14 | Narrabeen | Zone | 1st | Under 15 | 9' 34.14 | PF | Adam Halmy | Sun 17-Feb-13 | Narrabeen | Region | 1st |
| Under 17 | 10' 15.11 | PF | Ely Gallagher | Sun 22-Mar-15 | SOPAC | State | 3rd | Under 17 | 9' 25.47 | PF | Adam Halmy | Sun 23-Mar-14 | SOPAC | State | 4th |
| 60/80*/90*/100*/110\$ METRES HURDLES | | | | | | | | | | | | | | | |
| Under 8 | 11.70 | GT | Georgia Dean | Sun 22-Feb-09 | Mingara | Region | 2nd | Under 8 | 10.98 | PF | Cameron Levertton | Sun 17-Feb-13 | Narrabeen | Region | 1st |
| Under 9 | 10.50 | HT | Mikhaila Gray | Sun 16-Mar-03 | SOPAC | State | 7th | Under 9 | 10.01 | PF | Nicholas Frost | Sun 22-Mar-09 | SOPAC | State | 3rd |
| Under 10 | 10.40 | GT | Sarah Alchin | Sun 2-Feb-97 | Narrabeen | Zone | 1st | Under 9 | 10.00 | HT | Nicholas Frost | Sat 7-Mar-09 | Foxglove | Centre | |
| Under 10 | 10.40 | HT | Mikhaila Gray | Sun 21-Mar-04 | SOPAC | State | 3rd | Under 10 | 10.04 | PF | Nicholas Frost | Sun 21-Mar-10 | SOPAC | State | 1st (heat) |
| Under 11* | 15.97 | GT | Alyssa Holmes | Sun 7-Feb-21 | Narrabeen | Region | 6th | Under 11* | 15.90 | PF | Alexander Braendle | Sat 27-Feb-21 | Wollongong | Combined | 10th |
| Under 12* | 16.61 | GT | Ava Mitchell | Sat 15-Feb-20 | Narrabeen | Region | 7th | Under 12* | 14.50 | GT | Eric Hamilton | Sat 19-Oct-19 | Foxglove | Centre | |
| Under 13* | 12.70 | HT | Katrina Moyes | Sun 21-Mar-99 | SOPAC | State | 2nd | Under 13* | 12.41 | PF | Ethan Oliver | Sun 29-Apr-18 | Gold Coast | Nationals | 5th |
| Under 14* | 12.20 | HT | Stephanie Parker | Sun 22-Mar-98 | SOPAC | State | 1st | Under 14† | 13.48 | GT | Eli Saglia | Sun 18-Feb-18 | SOPAC | State | 2nd |
| Under 15† | 12.70 | HT | Stephanie Parker | Sun 21-Mar-99 | SOPAC | State | 1st | Under 15† | 13.57 | PF | Amaan Bhat | Sun 22-Mar-09 | SOPAC | State | 5th |
| Under 17† | 14.79 | PF | Natalie Setiadi | Sun 24-Mar-13 | SOPAC | State | 1st | Under 17† | 14.83 | GT | Evan Clothier | Sun 6-Feb-11 | Narrabeen | Zone | 1st |
| 200/ | | | | | | | | | | | | | | | |

