

ALL TIME CLUB RECORDS  
FEMALE - OUTDOOR

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100 Meters	2001	LAURA WILSON	12.09	60 Metre	2012	CAROLYN SUTHERLAND	7.91
<b>200 Meters</b>	<b>2018</b>	<b>GEORGIA ELLENWOOD</b>	<b>24.21</b>	200 Metre	2012	GEORGIA ELLENWOOD	25.70
400 Meters	2016	FIONA BENSON	56.41	300 Metre			
800 Meters	2015	FIONA BENSON	1:59.59	400 Metre	2015	MEGAN CHAMPOUX	57.66
1500 Meters	2015	FIONA BENSON	4:05.24	600 Metre	2017	MEG HARRADINE	1:35.89
3000 Meters	2016	JOANNA WILLIAMS	10:05.82	800 Metre	2013	FIONA BENSON	2:15.08
5000 Meters	2016	LISA BROOKING	16:11.58	1000 Metre	2017	REGAN YEE	2:48.97
3000m Steeplechase	2015	REGAN YEE	10:06.14	1500 Metre	2015	FIONA BENSON	4:05.24
<b>100 Meter Hurdles</b>	<b>2018</b>	<b>GEORGIA ELLENWOOD</b>	<b>13.60</b>	<b>3000 Metre</b>	<b>2018</b>	<b>REGAN YEE</b>	<b>8:58.29</b>
400 Meter Hurdles	2017	MEGAN CHAMPOUX	59.46	Mile	2017	REGAN YEE	4:53.43
<b>Hepathlon</b>	<b>2018</b>	<b>GEORGIA ELLENWOOD</b>	<b>6173</b>	<b>60 Metre Hurdles</b>	<b>2018</b>	<b>GEORGIA ELLENWOOD</b>	<b>8.52</b>
Long Jump	2016	GEORGIA ELLENWOOD	6.19	Pentathlon	2016	GEORGIA ELLENWOOD	4392
<b>High Jump</b>	<b>2018</b>	<b>GEORGIA ELLENWOOD</b>	<b>1.81</b>	Long Jump	2016	GEORGIA ELLENWOOD	6.03
Triple Jump	2009	ANDREA VICIC	11.02	High Jump	2016	GEORGIA ELLENWOOD	1.82
Pole Vault	2015	LAURYN CHEUNG	3.20	Triple Jump			
Shot Put	1991	KELLY ANNE KEMPF	14.72	Pole Vault	2012	JESSICA TAN	2.75
Javelin	2012	TIFFANY MATTEAZZI	56.20	Shot Put	2016	GEORGIA ELLENWOOD	12.50
Hammer (4KG)	2014	TEAGAN RASCHE	53.09	Weight Throw	2015	TEAGAN RASCHE	14.19
Discus	2002	NOVELLE MURRAY	41.54				