

Penrith Valley Athletics Centre Inc.



Compete with
Honour & Pride

CENTRE RECORDS

As at 18/12/2020

Highlighted cells indicate Historical records only

u/6 Boys	Event	Name	Record	Date
	50m	C. Smith	9.00	9/3/1990
	70m	C. Smith	12.50	9/3/1990
	100m	Mark Pecenicic	18.20	3/10/1989
		Timothy Jenner	18.20	30/1/1987
	200m	Timothy Jenner	39.31	1/11/1986
	300m	Bryce Baiada	1-10.80	25/2/2000
	Long Jump	Mark Pecenicic	3.04	20/1/1989
	Shotput - 1kg	Owen Seabury	5.74	8/11/1996
	Shotput - 500g	Caleb Slack	5.20	27/9/2019
	Discus	John O'Sullivan	12.64	19/3/1993

u/6 Girls	Event	Name	Record	Date
	50m	Melissa Barck	9.30	13/1/1995
		Laura Cummins	9.30	18/11/1994
	70m	R.McAndrew	13.00	3/2/1995
	100m	Chloe Cooper	19.20	17/12/2004
		Sarah Bezett	19.20	28/2/1986
	200m	Emma Johnson	39.26	1986
	300m	Binta Salawu	1.10.20	17/2/2006
	Long Jump	Katie Wurth	2.64	30/11/2001
	Shotput - 1kg	Megan Cooper	4.90	6/3/2009
	Shotput - 500g	Ariana Pugh	3.58	27/9/2019
	Discus	Lanna Carter	11.78	16/2/2001

u/7 Boys	Event	Name	Record	Date
	50m	Troy Wozniak	8.40	22/2/1986
	70m	Troy Wozniak	11.30	8/2/1986
	100m	Mark Pecenicic	16.30	2/3/1990
	200m	Mark Pecenicic	34.70	9/3/1990
	400m	C.Pagnamenta	1-22.08	1986
	500m	Timothy Jenner	1-44.70	26/2/1988
	Long Jump	Damian Davis	3.36	6/10/1995
	Shotput	Shane Reolofs	9.11	5/3/1983
	Discus	John O'Sullivan	21.06	18/2/1994

u/7 Girls	Event	Name	Record	Date
	50m	Binta Salawu	8.60	27/10/2006
		M.Borg	8.60	7/3/1981
	70m	Binta Salawu	11.80	12/1/2007
	100m	K.Rodziewicz	16.80	2/3/1990
	200m	M.Borg	35.90	7/3/1981
	400m	J.Keane	1-25.14	1984
	500m	Emily Johnson	1-50.80	10/2/1995
	Long Jump	M.Borg	3.39	7/3/1981
	Shotput	Amanda Richards	7.52	5/3/1983
	Discus	Sarah Cordner	14.57	10/3/2006

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u/8 Boys	Event	Name	Record	Date
	60m Hurdles	Joshua Jay	11.30	6/12/2002
	70m	Mark Pecenicic	10.60	8/2/1991
	100m	Joshua Conn	15.30	10/3/1989
	200m	Timothy Jenner	33.30	10/3/1989
	400m	Bradley Moore	1-12.40	25/2/1987
	700m	Timothy Jenner	2-26.20	24/2/1989
	Long Jump	Joshua Conn	4.05	3/3/1989
	Shotput	Michael Hale	8.80	18/11/1994
	Discus	John O'Sullivan	24.88	3/3/1995

u/8 Girls	Event	Name	Record	Date
	60m Hurdles	Melissa Richardson	11.90	23/2/1996
	70m	Anne Matafonov	11.40	9/10/1997
		Elizabeth Moore	11.40	11/3/1988
	100m	M.Hepburn	16.00	10/1/1981
	200m	Elizabeth Moore	34.50	27/3/1988
	400m	Anne Matafonov	1-20.30	7/3/1997
	700m	Belinda Flewell-Smith	2-37.80	15/3/1991
	Long Jump	Binta Salawu	3.37	16/11/2007
	Shotput	Skye Restuccia	5.94	11/2/1994
	Discus	Amanda Richards	20.94	3/3/1984

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u/9 Boys	Event	Name	Record	Date
	60m Hurdles	Zak Sperber	10.10	5/3/1999
	70m	Joshua Jay	10.60	5/3/2004
	100m	Bradley Moore	14.30	18/12/1987
		G.Woodward	14.30	1/12/1979
	200m	G.Woodward	30.40	1/3/1980
	400m	Bradley Moore	1-09.60	27/3/1988
	800m	P.Dinse	2-40.30	23/2/1980
	700m Walk	Karl Heinrich	3-41.90	7/3/2003
	Long Jump	Joshua Conn	4.34	9/3/1990
	High Jump	Luke Rooney	1.27	22/2/1992
	High Jump (Scissor)	Conan Waugh	1.07	25/10/19
	Shotput	Chris Cooney	8.85	20/1/1984
	Discus	John O'Sullivan	32.18	20/10/1995

u/9 Girls	Event	Name	Record	Date
	60m Hurdles	Binta Salawu	11.50	13/3/2009
		Elise Junor	11.50	7/3/1997
	70m	Binta Salawu	11.00	23/1/2009
	100m	Mandy Hepburn	15.20	6/3/1982
	200m	Laura Anderson	31.90	2/3/2001
	400m	Melissa Richardson	1-17.10	15/11/1996
	800m	A.Jones	2-54.20	13/2/1982
	700m Walk	Tarni Webb	3-39.90	25/2/2000
	Long Jump	Mandy Hepburn	3.90	6/3/1982
	High Jump	Lisa Hedley	1.22	9/3/1991
	High Jump (Scissor)	Kiara Pagnamenta	1.05	10/3/2017
	Shotput	Kirsty Robins	6.85	26/11/2004
	Discus	Sarah Brown	20.60	4/2/2000

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u/10 Boys	Event	Name	Record	Date
	60m Hurdles	Chris Baillache	10.70	7/3/1997
	70m	Joshua Jay	10.10	8/10/2004
	100m	Joshua Conn	13.80	12/10/1990
	200m	Joshua Jay	29.80	11/2/2005
	400m	Luke Rooney	1-08.60	12/3/1993
	800m	Bradley Moore	2-36.60	10/3/1989
	1500m	Bradley Moore	5-20.20	3/3/1989
	1100m Walk	Karl Heinrich	5-51.80	6/2/2004
	Long Jump	Joshua Conn	4.60	1/3/1991
	High Jump	Daniel Gregory	1.35	22/11/1991
		Darrel Muzyczka	1.35	9/3/1990
	High Jump (Scissor)	Elisha Ngwudo	1.12	15/9/2017
	Shotput	Caine Taylor	11.47	2/3/1985
	Discus	John O'Sullivan	36.00	10/1/1997

u/10 Girls	Event	Name	Record	Date
	60m Hurdles	Danielle Matheson	11.40	13/1/1995
	70m	Sundance Fuller	10.60	21/10/2011
	100m	Claire Benney	14.70	2/3/1985
		Mandy Hepburn	14.70	23/10/1982
	200m	Sharnie Francis	31.70	18/10/2002
	400m	Elise Junor	1-11.60	5/12/1997
	800m	Kerryn Burnell	2-45.40	22/2/1992
	1500m	Emily Mantle	5-38.80	12/3/2004
	1100m Walk	Tarni Webb	6-12.60	2/3/2001
	Long Jump	Marnie Andrews	4.08	27/1/1989
	High Jump	Angela Kelly	1.28	1/3/1996
	High Jump (Scissor)	Kiara Pagnamenta	1.05m	13/10/2017
		Brooklyn Gilchrist	1.05m	3/11/2017
	Shotput	Amanda Richards	8.39	28/2/1986
	Discus	Rebecca Kingswell	28.17	23/10/1992



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u/11 Boys	Event	Name	Record	Date
	60m Hurdles	Chris Baillache	10.20	24/10/1997
	80m Hurdles	Brayden Kelly	15.11	18/12/2020
	100m	Gareth Dorey	13.30	13/10/1989
	200m	Joshua Conn	28.80	17/1/1992
	400m	Wesley Seward	1-07.00	13/3/1992
	800m	Aiden Brigden	2-34.00	15/3/1991
	1500m	Daniel Cooney	5-10.60	22/2/1985
	1100m Walk	Karl Heinrich	5-28.90	26/11/2004
	Long Jump	B.Eggleston	4.95	5/3/1983
	High Jump	James Pearson	1.50	24/11/2000
	Triple Jump	Troy Wozniak	10.10	10/3/1989
	Shotput	Brice Starr-Stephens	11.15	6/3/2009
	Javelin	Hunter Szymkow	18.25	24/2/2017
	Discus - 750g	Chris Pagnamenta	33.14	1/2/1989
	Discus - 500g	Tyler Peken	26.70	2/11/2018

u/11 Girls	Event	Name	Record	Date
	60m Hurdles	Tayla Gallen	11.00	13/3/2015
	80m Hurdles	Charlotte Bradshaw	14.63	13/3/2020
	100m	Sepi Pepa	13.80	20/2/2002
	200m	Sepi Pepa	30.50	14/12/2001
	400m	Cheryl Webb	1-10.00	27/3/1988
	800m	Kerryn Burnell	2-39.30	19/3/1993
	1500m	Tayla Gallen	5-27.97	13/3/2015
	1100m Walk	Tarni Webb	6-12.50	2/11/2001
	Long Jump	Sandra Webb	4.49	2/3/1985
	High Jump	Amanda Kelly	1.37	7/3/1997
	Triple Jump	Mandy Hepburn	9.10	3/3/1984
	Shotput	Amanda Richards	9.55	13/2/1987
	Javelin	Yolanda Szymkow	19.51	26/2/2016
	Discus - 750g	Amanda Richards	28.34	28/2/1987
	Discus - 500g	Maddison Ryan	17.53	13/12/2019



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u/12 Boys	Event	Name	Record	Date
	60m Hurdles	Terry Heron	9.80	24/10/1997
	80m Hurdles	Ashton Dawes	16.06	13/9/2019
	100m	Robert Debrincat	12.80	13/10/1989
	200m	Terry Heron	27.50	6/3/1998
	400m	Terry Heron	1-00.90	13/3/1998
	800m	Michael Noro	2-25.90	6/3/1998
	1500m	Daniel Cooney	4-54.30	29/11/1985
	1500m Walk	Wayne Goode	7-34.90	8/3/1991
	Long Jump	Jayden Tavae	5.16	9/2/2007
	High Jump	Daniel Gregory	1.59	18/2/1994
	Triple Jump	Joshua Conn	10.54	15/1/1993
	Shotput - 3kg	Jarrod Prior	11.82	11/3/1988
	Shotput - 2kg	Tyler Peken	7.95	18/10/2019
	Discus	Shane Hinchliffe	40.66	28/2/1986
	Javelin	Aaron Garrett	27.29	18/10/2013

u/12 Girls	Event	Name	Record	Date
	60m Hurdles	Danielle Matheson	10.40	6/12/1996
	80m Hurdles	Charlotte Bradshaw	14.08	18/12/2020
	100m	Sepi Pepa	13.80	4/10/2002
	200m	Claire Benney	29.00	31/10/1986
	400m	Claire Benney	1-06.50	28/2/1987
	800m	Emily Johnson	2-33.50	12/11/1999
	1500m	Emily Johnson	5-14.30	29/10/1999
	1100m Walk	Cheryl Webb	7-03.30	25/11/1988
	Long Jump	Kellie Bicknell	4.72	1/1/1985
	High Jump	Taylor Garrett	1.42	12/3/2010
	Triple Jump	Taylor Garrett	9.90	26/2/2010
	Shotput	Kirsty Robins	10.89	14/12/2007
	Discus	Kim Jeanneret	29.12	4/12/1987
	Javelin	Yolanda Szymkow	23.78	10/3/2017

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u/13 Boys	Event	Name	Record	Date
	80m Hurdles	Terry Heron	13.60	4/10/1999
	100m	Mitchell Heterick	12.30	19/12/1997
	200m	Mitchell Heterick	26.10	17/10/1997
	200m Hurdles	Terry Heron	28.50	4/10/1999
	400m	Phillip Harding	59.40	2/12/1994
	800m	Daniel Cooney	2-16.90	31/10/1986
	1500m	Daniel Cooney	4-42.40	28/2/1987
	3000m	Anthony Viringer	10-20.40	7/3/1997
	1500m Walk	Wayne Goode	7-31.80	8/11/1991
	Long Jump	Andrew Ongley	5.43	6/3/1992
	High Jump	Andrew Ongley	1.64	31/1/1992
	Triple Jump	Joshua Conn	11.33	21/1/1994
	Shotput	Greg Stavrinakis	13.87	3/3/1984
	Discus - 1lg	Shane Hinchliffe	41.46	23/1/1987
	Discus - 750g	Hunter Szymkow	21.91	23/11/2018
	Javelin	Tarron Grundy	29.45	2/12/2012

u/13 Girls	Event	Name	Record	Date
	80m Hurdles	Sundance Fuller	13.56	7/3/2015
	100m	Tracey Adams	13.50	29/11/1991
	200m	Ana Varua	28.70	18/10/2002
	200m Hurdles	Melissa McCarthy	31.20	2/3/1985
	400m	Claire Benney	1-03.60	27/3/1988
	800m	Cheryl Webb	2-32.10	9/3/1990
	1500m	Emily Johnson	5-06.20	2/3/2001
	3000m	Emily Mantle	11-14.40	27/10/2006
	1500m Walk	Kirsty Keehan	6-23.00	20/9/2002
	Long Jump	Tanya Caldwell	4.68	18/1/1985
	High Jump	Ashley McBurney	1.50	8/3/2002
	Triple Jump	Taylor Garrett	10.35	14/1/2011
	Shotput	Kirsty Robins	10.15	27/2/2009
	Discus	Kirsty Robins	27.51	6/3/2009
	Javelin	Kirsty Robins	28.72	20/2/2009



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u/14 Boys	Event	Name	Record	Date
	90m Hurdles	Adam Bates	13.60	3/2/1995
	100m	Michael Renshaw	12.00	1/3/1991
	200m	Phillip Harding	25.20	1/3/1996
	200m Hurdles	Adam Bates	27.40	3/2/1995
	400m	Terry Heron B. Galvin	56.80 56.80	3/12/1999 28/2/1987
	800m	Phillip Harding	2-14.90	12/2/1996
	1500m	Jason Gill	4-40.50	28/2/1987
	3000m	Craig Harrison	10-20.60	15/3/1991
	1500m Walk	Craig Webb	7-11.80	7/3/1986
	Long Jump	Andrew Ongley	5.59	2/10/1992
	High Jump	Scott Anderson	1.71	18/2/1987
	Triple Jump	Matthew Brown	11.80	13/3/1998
	Shotput - 4kg	Chris Cooney	14.65	13/1/1989
	Shotput - 3kg	Nathan O'Reilly	12.27	8/3/2019
	Discus	Chris Cooney	50.38	3/3/1989
	Javelin	Tarron Grundy	39.72	30/11/2012

u/14 Girls	Event	Name	Record	Date
	80m Hurdles	Sundance Fuller	13.52	5/2/2016
	100m	Rachael Junor	12.90	20/12/1996
	200m	Rachael Junor	26.40	9/10/1996
	200m Hurdles	Rachael Junor	29.50	10/1/1997
	400m	Rachael Junor	1-02.10	20/12/1996
	800m	Natalie King	2-31.00	3/3/2000
	1500m	Kerryn Burnell	5-18.00	24/11/1995
	3000m	Emily Mantle	11-10.60	22/2/2008
	1500m Walk	Cheryl Webb	6-57.10	8/2/1991
	Long Jump	Lauren Mackay	4.95	9/10/1997
	High Jump	Angela Kelly	1.55	19/11/1999
	Triple Jump	Erin McBurney	11.36	19/12/1997
	Shotput	Amanda Richards	10.84	15/12/1989
	Discus	Kylie Honeman	33.16	28/11/1986
	Javelin - 600g	Emma-Leigh Maley	24.00	20/2/2009
	Javelin - 400g	Yolanda Szymkow	29.08	14/9/2018

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u/15 Boys	Event	Name	Record	Date
	100m Hurdles	Scott Ferguson	14.70	5/3/1999
	100m	Chris Meek	11.50	29/10/1993
		Liam Trail	11.50	26/11/2010
	200m	Phillip Harding	24.50	25/10/1996
	200m Hurdles	Mark Ardern	26.60	3/2/1995
	300m Hurdles	Damian Levvell	48.07	20/3/2017
	400m	Phillip Harding	53.80	4/10/1996
	800m	Lee Taylor	2-09.20	23/9/1994
	1500m	Lee Taylor	4-33.70	30/9/1994
	3000m	Lee Taylor	10-01.50	2/12/1994
	1500m Walk	Aidan Brigden	7-06.00	3/2/1995
	Long Jump	Lee Taylor	6.00	16/12/1994
	High Jump	Darryl Muzyczka	1.87	2/12/1994
	Triple Jump	Ronald Fuller	12.43	1/3/1991
	Shotput	Chris Cooney	15.85	22/9/1989
	Discus	Chris Cooney	55.20	17/11/1989
	Javelin - 600g	Ricky Fellows	40.38	10/3/2006
	Javelin - 700g	Tarron Grundy	41.06	7/3/2014

u/15 Girls	Event	Name	Record	Date
	90m Hurdles	Sundance Fuller	14.84	2/12/2016
	100m	Laura Fotakopolos	12.90	7/3/1997
		Kellie Bicknell	12.90	19/12/1987
	200m	Laura Fotakopolos	27.30	25/10/1996
	200m Hurdles	Kellie Bicknell	31.20	18/9/1987
	300m Hurdles	Sundance Fuller	53.94	10/3/2017
	400m	Rebecca Junor	1-03.10	19/11/1999
	800m	Natalie King	2-30.90	2/3/2001
	1500m	Natalie King	5-02.30	2/3/2001
	3000m	Natalie King	11-30.30	10/1/2001
	1500m Walk	Sandra Webb	6-58.20	24/2/1989
	Long Jump	Taylor Garrett	4.95m	19/10/2012
	High Jump	Ashley McBurney	1.55	7/11/2003
		Angela Kelly	1.55	3/11/2000
	Triple Jump	Taylor Garrett	11.05	19/10/2012
	Shotput	Olivia Broadhead	11.60	19/10/2013
	Discus	Kylie Honeman	36.80	19/1/1988
	Javelin - 600g	Emma-Leigh Maley	27.15	26/2/2010
	Javelin - 500g	Jessica Bunting	28.19	2/12/2012



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u/17 Boys	Event	Name	Record	Date
	110m Hurdles	Cameron Moore	15.78	26/11/2010
	100m	Cameron Moore	11.28	26/11/2010
	200m	Jackson Justice	24.30	18/12/2020
	200m Hurdles	Cameron Moore	27.1	25/2/2011
	300m Hurdles	Jackson Justice	42.62	23/10/2020
	400m	Damian Levvell	58.17	27/10/2017
	800m	Alex Murrell	2-15.40	25/9/2009
	1500m	Alex Murrell	4-54.30	6/11/2009
	3000m	Alex Murrell	9-39.53	27/11/2009
	Long Jump	Justin O'Reilly	5.80	15/2/2019
	Triple Jump	Mazz Chapman-Freeman	12.22	5/12/2008
		Jackson Justice	12.22	13/11/2020
	High Jump	Jacob Crowe	1.75	5/12/2008
	Shotput	Michael Bowd	14.24	7/11/2008
	Discus	Corey Doyle	47.89	20/12/2019
	Javelin	Tarron Grundy	41.59	13/3/2015

u/17 Girls	Event	Name	Record	Date
	100m Hurdles	Sundance Fuller	15.66	2/2/2018
	100m	Sundance Fuller	12.64	27/10/2017
	200m	Georgia Marshall	28.90	6/11/2009
	200m Hurdles	Georgia Marshall	31.60	27/11/2009
	300m Hurdles	Sundance Fuller	52.21	13/10/2017
	400m	Emily Mantle	1-05.70	8/10/2010
	800m	Emily Mantle	2-39.30	29/10/2010
	1500m	Ashley Brown	5-29.60	3/10/2008
	3000m	Georgia Marshall	13-55.90	30/10/2009
		Emily Mantle	13-55.90	30/10/2009
	Long Jump	Olivia Broadhead	4.78	31/10/2014
	High Jump	Georgia Marshall	1.50	27/11/2009
	Triple Jump	Georgia Marshall	10.33	27/11/2009
	Shotput - 4kg	Emma-Leigh Maley	8.45	17/9/2010
	Shotput - 3kg	Olivia Broadhead	10.86	31/10/2014
	Discus	Olivia Broadhead	35.26	24/10/2014
	Javelin - 600g	Georgia Marshall	30.63	25/2/2011
	Javelin - 500g	Emma-Leigh Maley	31.12	31/1/2012