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**RECORDS - MAC SINCE 2009 - Outdoor**


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<b>Female</b>					
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	<b>Event</b>		<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
03-05	60m Sprint		12.76	<b>Sep-07-13</b>	Avalon Humphreys	<b>Mackay Athletics Club</b>
	80m Sprint		17.14	<b>Jul-17-10</b>	Sophie R. Gall	<b>Mackay Athletics Club</b>
	100m Sprint		21.81	<b>Aug-21-10</b>	Sophie R.Gall at MAC Club Day	<b>Mackay Athletics Club</b>
	300m Walk		2:02.45	<b>May-11-13</b>	Amber Lafu at Club Competition - Sat 11	<b>Mackay Athletics Club</b>
	60m Hurdles		15.05	<b>Jul-17-10</b>	Sophie R.Gall at MAC Club Day	<b>Mackay Athletics Club</b>
	High Jump		70m	<b>May-11-13</b>	Avalon Humphreys at Club Competition -	<b>Mackay Athletics Club</b>
	Long Jump		1.90m	<b>Jul-13-13</b>	Avalon Humphreys at Club Competition -	<b>Mackay Athletics Club</b>
	Shot Put		3.15m	<b>Aug-7 -10</b>	Sophie R.Gall at MAC Club Day	<b>Mackay Athletics Club</b>
	Discus		9.35m	<b>Jul-24-10</b>	Caitlin Grech at MAC Club Day	<b>Mackay Athletics Club</b>
	Javelin	Turbo	6.77m	<b>Sep-05-09</b>	Hannah Graham	
	06-06	60m Sprint		10.68	<b>Apr-18-15</b>	Jorja Spreadborough at Club Competition
80m Sprint			15.34	<b>Aug-20-11</b>	Sophie Gall at Club Competition C	<b>Mackay Athletics Club</b>
100m Sprint			19.30	<b>06-09</b>	Sophie Van Moolenbroek	
300m Walk			2:09.00	<b>Aug-6 -11</b>	Caitlin Grech at Club Competition B	<b>Mackay Athletics Club</b>
60m Hurdles			15.11	<b>Jun-5 -10</b>	Hannah P.Graham at MAC Club Day	<b>Mackay Athletics Club</b>
High Jump			84m	<b>Aug-18-18</b>	Joey White at Club Day - Week 14	<b>Mackay Athletics Club</b>
Long Jump			2.27m	<b>Aug-31-13</b>	Jessica Haworth at Club Competition	<b>Mackay Athletics Club</b>
Shot Put			3.86m	<b>Aug-19-17</b>	Amelie LeCoz at Club Competition - Week	<b>Mackay Athletics Club</b>
Discus			10.11m	<b>Aug-06-11</b>	Caitlin Grech	<b>Mackay Athletics Club</b>
Javelin		Turbo	7.63m	<b>Aug-20-11</b>	Sophie Gall at Club Competition C	<b>Mackay Athletics Club</b>
07-07		60m Sprint		11.03	<b>Aug-8 -09</b>	Kate I.Graham at MAC Club
	80m Sprint		14.27	<b>Aug-3-13</b>	Amelia Lappegard at Club Competition -	<b>Mackay Athletics Club</b>
	100m Sprint		18.52	<b>Apr-27-13</b>	Amelia Lappegard at Club Competition -	<b>Mackay Athletics Club</b>
	200m Sprint		40.74	<b>Aug-6-16</b>	Maya Barron at Club Competition - Week	<b>Mackay Athletics Club</b>
	300m Walk		1:49.41	<b>06-09</b>	Alexandria Gall	
	60m Hurdles		13.37	<b>Aug-3-13</b>	Amelia Lappegard at Club Competition -	<b>Mackay Athletics Club</b>
	High Jump		88m	<b>Aug-6-16</b>	Brianna Dawson at Club Competition - We	<b>Mackay Athletics Club</b>
	Long Jump		2.91m	<b>Aug-20-16</b>	Brianna Dawson at Club Competition - We	<b>Mackay Athletics Club</b>
	Shot Put		4.77m	<b>Jul-9-16</b>	Jorja Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
	Discus		11.50m	<b>Sep-8 -12</b>	Caitlin Grech at Club Competition Speci	<b>Mackay Athletics Club</b>
	Javelin	Turbo	9.72m	<b>Aug-4 -12</b>	Caitlin Grech at Club Competition D	<b>Mackay Athletics Club</b>
08-08	60m Sprint		10.36	<b>06-09</b>	Lilly Harvey	
	80m Sprint		13.68	<b>Aug-6 -11</b>	Alyssa Irwin at Club Competition B	<b>Mackay Athletics Club</b>
	100m Sprint		16.49	<b>Aug-6-16</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>
	200m Sprint		34.83	<b>Aug-6-16</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>
	800m Run		3:17.02	<b>Aug-21-10</b>	Jahrah Pearce at MAC Club Day	<b>Mackay Athletics Club</b>
	300m Walk		1:51.30	<b>Aug-7 -10</b>	Alexandria Gall at MAC Club Day	<b>Mackay Athletics Club</b>
	60m Hurdles		12.96	<b>Jun-5 -10</b>	Monique Wilson at MAC Club Day	<b>Mackay Athletics Club</b>
	High Jump		97m	<b>Aug-7 -10</b>	Kate I.Graham at MAC Club Day	<b>Mackay Athletics Club</b>
	Long Jump		3.28m	<b>Aug-30-14</b>	Kristen Rowlands at Club Competition -	<b>Mackay Athletics Club</b>
	Shot Put		4.72m	<b>Aug-29-15</b>	Summer Hunt at Club Competition	<b>Mackay Athletics Club</b>
	Discus		17.73m	<b>Jul-9-16</b>	Ava Barron at Club Competition - Week 8	<b>Mackay Athletics Club</b>
	Javelin	Turbo	9.87m	<b>May-11-13</b>	Caitlin Grech at Club Competition - Sat	<b>Mackay Athletics Club</b>
	09-09	80m Sprint		13.12	<b>Jul-16-11</b>	Kate Graham at Club Competition D
100m Sprint			15.56	<b>Aug-19-17</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>
200m Sprint			33.98	<b>Jul-8-17</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>
800m Run			3:20.45	<b>Aug-4 -12</b>	Alyssa Irwin at Club Competition D	<b>Mackay Athletics Club</b>

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09-09	800m	Walk	5:06.97	<b>Jul-30-11</b>	Alexandria Gall at Club Competition A	<b>Mackay Athletics Club</b>	
	60m	Hurdles	13.13	<b>Aug-3-13</b>	Hayley Rowlands at Club Competition - S	<b>Mackay Athletics Club</b>	
		High Jump	1.10m	<b>Aug-3-13</b>	Hayley Rowlands at Club Competition - S	<b>Mackay Athletics Club</b>	
		Long Jump	3.34m	<b>Aug-19-17</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>	
		Shot Put	5.55m	<b>Aug-30-14</b>	Caitlin Grech at Club Competition - Sat	<b>Mackay Athletics Club</b>	
		Discus	17.76m	<b>Jul-15-17</b>	Ava Barron at Club Competition - Week 1	<b>Mackay Athletics Club</b>	
		Javelin	Turbo	10.75m	<b>Sep-05-09</b>	Louann Kucks	
10-10	80m	Sprint	12.30	<b>06-09</b>	Hayley Heel		
	100m	Sprint	14.48	<b>Sep-1-18</b>	Ava Barron at Club Day - Week 16	<b>Mackay Athletics Club</b>	
	200m	Sprint	30.78	<b>Jul-21-18</b>	Ava Barron at Club Day - Week 11	<b>Mackay Athletics Club</b>	
	400m	Sprint	1:17.73	<b>Jun-23-18</b>	Ava Barron at Club Day - Week 9	<b>Mackay Athletics Club</b>	
	800m	Run	3:03.86	<b>Aug-24-13</b>	Nyree Hamilton at Club Competition - Sa	<b>Mackay Athletics Club</b>	
	1500m	Run	6:18.12	<b>Jul-29-17</b>	Emily White at Club Competition - Week	<b>Mackay Athletics Club</b>	
	800m	Walk	5:32.05	<b>Jun-16-12</b>	Jael Mezieres at Club Competition D wit	<b>Mackay Athletics Club</b>	
	60m	Hurdles	11.84	<b>Aug-23-14</b>	Hayley Rowlands at Club Competition - S	<b>Mackay Athletics Club</b>	
		High Jump	1.13m	<b>Aug-30-14</b>	Hayley Rowlands at Club Competition - S	<b>Mackay Athletics Club</b>	
		Long Jump	3.71m	<b>Sep-1-18</b>	Ava Barron at Club Day - Week 16	<b>Mackay Athletics Club</b>	
		Shot Put	7.07m	<b>Aug-29-15</b>	Caitlin Grech at Club Competition	<b>Mackay Athletics Club</b>	
		Discus	18.77m	<b>Aug-11-18</b>	Ava Barron at Club Day - Week 13	<b>Mackay Athletics Club</b>	
		Javelin	Turbo	16.60m	<b>Jul-18-15</b>	Caitlin Grech at Club Competition	<b>Mackay Athletics Club</b>
	11-11	80m	Sprint	11.93	<b>May-22-10</b>	Jayayla T.Doyle at MAC Club Day	<b>Mackay Athletics Club</b>
100m		Sprint	14.00	<b>Jul-18-15</b>	Jorja Oliver at Club Competition	<b>Mackay Athletics Club</b>	
200m		Sprint	28.62	<b>Jul-18-15</b>	Jorja Oliver at Club Competition	<b>Mackay Athletics Club</b>	
400m		Sprint	1:13.51	<b>Mar-28-15</b>	Jorja Oliver at Club Competition	<b>Mackay Athletics Club</b>	
800m		Run	2:56.27	<b>Aug-22-15</b>	Jorja Oliver at Club Competition	<b>Mackay Athletics Club</b>	
1500m		Run	6:17.51	<b>Aug-18-18</b>	Emily White at Club Day - Week 14	<b>Mackay Athletics Club</b>	
1500m		Walk	10:35.05	<b>06-09</b>	Mandy Quirk		
60m		Hurdles	11.82	<b>May-2-15</b>	Hayley Rowlands at Club Competition	<b>Mackay Athletics Club</b>	
80m		Hurdles	15.71	<b>Jun-5 -10</b>	Tayla McDermott at MAC Club Day	<b>Mackay Athletics Club</b>	
		High Jump	1.20m *	<b>Jul-13-13</b>	Jael Mezieres at Club Competition - Sat	<b>Mackay Athletics Club</b>	
		High Jump	1.20m *	<b>Mar-14-15</b>	Hayley Rowlands at Club Competition	<b>Mackay Athletics Club</b>	
		Long Jump	4.02m	<b>May-22-10</b>	Jayayla T.Doyle at MAC Club Day	<b>Mackay Athletics Club</b>	
		Shot Put	11.47m	<b>Aug-18-12</b>	Erica Hamilton at Club Competition B	<b>Mackay Athletics Club</b>	
		Discus	26.40m	<b>Sep-8 -12</b>	Erica Hamilton at Club Competition Spec	<b>Mackay Athletics Club</b>	
	Javelin	Turbo	17.14m	<b>May-9-15</b>	Jaydah Bullemor at Club Competition	<b>Mackay Athletics Club</b>	
12-12	100m	Sprint	14.00	<b>Apr-9-16</b>	Jorja Oliver at Club Competition - Week	<b>Mackay Athletics Club</b>	
	200m	Sprint	28.69	<b>Aug-6-16</b>	Jorja Oliver at Club Competition - Week	<b>Mackay Athletics Club</b>	
	400m	Sprint	1:08.50	<b>Jul-9-16</b>	Jorja Oliver at Club Competition - Week	<b>Mackay Athletics Club</b>	
	800m	Run	2:51.52	<b>Aug-22-15</b>	Alyssa Irwin at Club Competition	<b>Mackay Athletics Club</b>	
	1500m	Run	6:17.51	<b>May-9-15</b>	Alyssa Irwin at Club Competition	<b>Mackay Athletics Club</b>	
	1500m	Walk	10:07.18	<b>Aug-22-09</b>	Clarissa Fourie at MAC Club	<b>Mackay Athletics Club</b>	
	80m	Hurdles	17.33	<b>Jul-25-09</b>	Clarissa Fourie at MAC Club	<b>Mackay Athletics Club</b>	
		High Jump	1.30m	<b>Aug-30-14</b>	Jael Mezieres at Club Competition - Sat	<b>Mackay Athletics Club</b>	
		Long Jump	3.97m	<b>Aug-22-15</b>	Alyssa Irwin at Club Competition	<b>Mackay Athletics Club</b>	
		Triple Jump	7.95m	<b>Aug-3-13</b>	Jessica Grech at Club Competition - Sat	<b>Mackay Athletics Club</b>	
		Shot Put	10.49m	<b>May-4-13</b>	Erica Hamilton at Club Competition - Sa	<b>Mackay Athletics Club</b>	
		Discus	22.49m	<b>Jul-27-13</b>	Erica Hamilton at Club Competition	<b>Mackay Athletics Club</b>	
		Hammer	1.00m	<b>Jan-01-18</b>	TBA	<b>MAC</b>	
		Javelin	20.62m	<b>Jun-3-17</b>	Caitlin Grech at Club Competition - Wee	<b>Mackay Athletics Club</b>	
13-13	100m	Sprint	13.52	<b>Jul-17-10</b>	Emma Newton at MAC Club Day	<b>Mackay Athletics Club</b>	
	200m	Sprint	29.01	<b>06-09</b>	Emma Newton		
	400m	Sprint	1:05.59	<b>Aug-13-17</b>	Jorja Oliver at Club Competition - Week	<b>Mackay Athletics Club</b>	

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13-13	800m	Run	2:46.67	<b>Jul-30-16</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m	Run	6:03.39	<b>Jun-11-16</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m	Walk	9:37.76	<b>Jul-19-14</b>	Jessica Grech at Club Competition - Sat	<b>Mackay Athletics Club</b>
	80m	Hurdles	14.19	<b>Aug-11-18</b>	Julia Monckton at Club Day - Week 13	<b>Mackay Athletics Club</b>
		High Jump	1.45m	<b>Aug-22-09</b>	Emma Newton at MAC Club	<b>Mackay Athletics Club</b>
		Long Jump	4.36m	<b>Aug-15-09</b>	Emma Newton at MAC Club	<b>Mackay Athletics Club</b>
		Triple Jump	9.79m	<b>06-09</b>	Emma Newton	
		Shot Put	10.55m	<b>Sep-6-14</b>	Erica Hamilton at Club Competition - Sa	<b>Mackay Athletics Club</b>
		Discus	26.08m	<b>Mar-8-14</b>	Erica Hamilton at Club Competition - Sa	<b>Mackay Athletics Club</b>
		Hammer	18.93m	<b>Jul-21-18</b>	Caitlin Grech at Club Day - Week 11	<b>Mackay Athletics Club</b>
		Javelin	24.92m	<b>Aug-4-18</b>	Caitlin Grech at Club Day - Make Up Day	<b>Mackay Athletics Club</b>
	14-15	100m	Sprint	13.70	<b>Jun-9 -12</b>	Kaya Jordan at Club Competition Special
200m		Sprint	29.32	<b>May-27-17</b>	Rachael Norman at Club Competition - We	<b>Mackay Athletics Club</b>
400m		Sprint	1:07.21	<b>Aug-13-17</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
800m		Run	2:40.98	<b>Aug-19-17</b>	Rachael Norman at Club Competition - We	<b>Mackay Athletics Club</b>
1500m		Run	6:52.84	<b>Apr-22-17</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
1500m		Walk	10:44.03	<b>Jul-18-15</b>	Jessica Grech at Club Competition	<b>Mackay Athletics Club</b>
90m		Hurdles	15.30	<b>Aug-24-13</b>	Maggie Monckton at Club Competition - S	<b>Mackay Athletics Club</b>
		High Jump	1.25m *	<b>Jul-29-17</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
		High Jump	1.25m *	<b>Aug-31-13</b>	Heidi Burg at Club Competition	<b>Mackay Athletics Club</b>
		High Jump	1.25m *	<b>Apr-22-17</b>	Lydia Mezzen at Club Competition - Week	<b>Mackay Athletics Club</b>
		Long Jump	4.38m	<b>Jul-29-17</b>	Alyssa Irwin at Club Competition - Week	<b>Mackay Athletics Club</b>
		Triple Jump	8.36m	<b>Aug-1-15</b>	Taylah Irwin at Club Competition	<b>Mackay Athletics Club</b>
		Shot Put	7.55m	<b>Jul-21-12</b>	Ellka Aardoom at Club Competition C - 4	<b>Mackay Athletics Club</b>
		Discus	21.06m	<b>Mar-8-14</b>	Maggie Monckton at Club Competition - S	<b>Mackay Athletics Club</b>
		Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	18.54m	<b>Jul-30-16</b>	Jessica Grech at Club Competition - Wee	<b>Mackay Athletics Club</b>	
16-17	100m	Sprint	13.54	<b>Aug-22-15</b>	Maggie Monckton at Club Competition	<b>Mackay Athletics Club</b>
	200m	Sprint	37.54	<b>May-27-17</b>	Jessica Grech at Club Competition - Wee	<b>Mackay Athletics Club</b>
	400m	Sprint	1:28.96	<b>Apr-29-17</b>	Tiffany Moss at Club Competition - Week	<b>Mackay Athletics Club</b>
	800m	Run	4:39.89	<b>Mar-18-17</b>	Emma Webb at Club Competition - Week 3	<b>Mackay Athletics Club</b>
	1500m	Run	10:07.01	<b>Apr-22-17</b>	Emma Webb at Club Competition - Week 5	<b>Mackay Athletics Club</b>
	1500m	Walk	13:08.70	<b>Sep-8 -12</b>	Claire Stevenson at Club Competition Sp	<b>Mackay Athletics Club</b>
	100m	Hurdles	23.76	<b>Apr-29-17</b>	Tiffany Moss at Club Competition - Week	<b>Mackay Athletics Club</b>
		High Jump	1.28m	<b>May-19-12</b>	Claire Stevenson at Club Competition C	<b>Mackay Athletics Club</b>
		Long Jump	3.64m	<b>Aug-13-17</b>	Jessica Grech at Club Competition - Wee	<b>Mackay Athletics Club</b>
		Triple Jump	7.39m	<b>Apr-21-12</b>	Claire Stevenson at Club Competition C	<b>Mackay Athletics Club</b>
		Shot Put	10.22m	<b>Jul-21-12</b>	Claire Stevenson at Club Competition C	<b>Mackay Athletics Club</b>
		Discus	26.33m	<b>Sep-8 -12</b>	Claire Stevenson at Club Competition Sp	<b>Mackay Athletics Club</b>
		Hammer	15.70m	<b>Apr-28-18</b>	Jessica Grech at Club Day - Week 5	<b>Mackay Athletics Club</b>
		Javelin	27.65m	<b>May-19-12</b>	Claire Stevenson at Club Competition C	<b>Mackay Athletics Club</b>
	18-19	100m	Sprint	10:00.00	<b>Jan-01-12</b>	tba
200m		Sprint	10:00.00	<b>Jan-01-12</b>	tba	
400m		Sprint	10:00.00	<b>Jan-01-12</b>	tba	
800m		Run	10:00.00	<b>Jan-01-12</b>	tba	
1500m		Run	15:00.00	<b>Jan-01-12</b>	tba	
1500m		Walk	29:00.00	<b>Jan-01-12</b>	tba	
100m		Hurdles	10:00.00	<b>Jan-01-12</b>	tba	
		High Jump	1.00m	<b>Jan-01-12</b>	tba	
		Long Jump	1.00m	<b>Jan-01-12</b>	tba	
		Triple Jump	1.00m	<b>Jan-01-12</b>	tba	
	Shot Put	1.00m	<b>Jan-01-12</b>	tba		
	Discus	1.00m	<b>Jan-01-12</b>	tba		

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18-19	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	1.00m	<b>Jan-01-12</b>	tba	
20-29	100m Sprint	15.62	<b>05-11</b>	Alex Cinelli	<b>Mackay Athletics Club</b>
	200m Sprint	34.71	<b>Apr-06-11</b>	Alex Cinelli	<b>Mackay Athletics Club</b>
	400m Sprint	1:20.87	<b>Sep-1 -12</b>	Alex Cinelli at Club Competition D	<b>Mackay Athletics Club</b>
	800m Run	3:22.27	<b>May-19-12</b>	Alex Cinelli at Club Competition C	<b>Mackay Athletics Club</b>
	1500m Run	7:19.78	<b>Apr-06-11</b>	Alex Cinelli	<b>Mackay Athletics Club</b>
	1500m Walk	10:50.22	<b>May-11-13</b>	Alex Cinelli at Club Competition - Sat	<b>Mackay Athletics Club</b>
	100m Hurdles	10:00.00	<b>Jan-01-12</b>	tba	
	High Jump	1.32m	<b>May-11-13</b>	Alex Cinelli at Club Competition - Sat	<b>Mackay Athletics Club</b>
	Long Jump	3.74m	<b>Mar-16-13</b>	Alex Cinelli at Club Competition - Sat	<b>Mackay Athletics Club</b>
	Triple Jump	8.11m	<b>May-11-13</b>	Alex Cinelli at Club Competition - Sat	<b>Mackay Athletics Club</b>
	Shot Put	6.94m	<b>Aug-22-15</b>	Sharne Adams at Club Competition	<b>Mackay Athletics Club</b>
	Discus	18.35m	<b>Sep-1 -12</b>	Alex Cinelli at Club Competition D	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	17.69m	<b>05-11</b>	Alex Cinelli	<b>Mackay Athletics Club</b>
30-34	60m Sprint	10.11	<b>May-27-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	100m Sprint	16.26	<b>Apr-29-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	200m Sprint	36.36	<b>May-27-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	400m Sprint	1:38.09	<b>Apr-29-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	800m Run	4:08.26	<b>May-28-16</b>	Sarah Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
	1500m Run	9:06.46	<b>Apr-23-16</b>	Sarah Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
	High Jump	1.15m	<b>Apr-29-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	Long Jump	3.33m	<b>May-27-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	Triple Jump	6.89m	<b>Mar-18-17</b>	Amy Trembath at Club Competition - Week	<b>Mackay Athletics Club</b>
	Shot Put	5.91m	<b>May-28-16</b>	Sarah Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
	Discus	21.08m	<b>Aug-6-16</b>	Sarah Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	17.63m	<b>Aug-6-16</b>	Sarah Spreadborough at Club Competition	<b>Mackay Athletics Club</b>
35-39	60m Sprint	11.42	<b>Aug-13-17</b>	Kerry Cronin at Club Competition - Week	<b>Mackay Athletics Club</b>
	100m Sprint	18.40	<b>Jul-15-17</b>	Kerry Cronin at Club Competition - Week	<b>Mackay Athletics Club</b>
	200m Sprint	44.53	<b>Aug-18-18</b>	Kerry Cronin at Club Day - Week 14	<b>Mackay Athletics Club</b>
	400m Sprint	1:47.07	<b>Apr-29-17</b>	Kristie Brown at Club Competition - Wee	<b>Mackay Athletics Club</b>
	800m Run	4:18.75	<b>Jun-3-17</b>	Kerry Cronin at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Run	8:50.27	<b>Apr-22-17</b>	Kristie Brown at Club Competition - Wee	<b>Mackay Athletics Club</b>
	High Jump	1.09m	<b>Jul-30-16</b>	Kerry Cronin at Club Competition - Week	<b>Mackay Athletics Club</b>
	Long Jump	2.82m	<b>Aug-18-18</b>	Kerry Cronin at Club Day - Week 14	<b>Mackay Athletics Club</b>
	Triple Jump	6.44m	<b>Mar-18-17</b>	Kerry Cronin at Club Competition - Wee	<b>Mackay Athletics Club</b>
	Shot Put	6.68m	<b>Aug-25-18</b>	Kerry Cronin at Club Day - Week 15	<b>Mackay Athletics Club</b>
	Discus	23.53m	<b>Jul-8-17</b>	Amanda Wright at Club Competition - Wee	<b>Mackay Athletics Club</b>
	Hammer	17.26m	<b>May-12-18</b>	Kerry Cronin at Club Day - Week 6	<b>Mackay Athletics Club</b>
	Javelin	15.05m	<b>Jul-23-16</b>	Kerry Cronin at Club Competition - Week	<b>Mackay Athletics Club</b>
40-44	60m Sprint	11.02	<b>Apr-18-15</b>	Natalie Lorraway at Club Competition	<b>Mackay Athletics Club</b>
	100m Sprint	18.20	<b>Mar-18-17</b>	Rowena Bartlett at Club Competition - W	<b>Mackay Athletics Club</b>
	200m Sprint	41.40	<b>Aug-15-15</b>	Natalie Lorraway at Club Competition	<b>Mackay Athletics Club</b>
	400m Sprint	1:52.18	<b>Aug-3-13</b>	Natalie Lorraway at Club Competition -	<b>Mackay Athletics Club</b>
	800m Run	4:34.85	<b>Aug-24-13</b>	Natalie Lorraway at Club Competition -	<b>Mackay Athletics Club</b>
	1500m Run	10:16.91	<b>Jul-27-13</b>	Natalie Lorraway at Club Competition	<b>Mackay Athletics Club</b>
	1500m Walk	20:00.00	<b>13</b>	tba	
	80m Hurdles	28.80	<b>Aug-24-13</b>	Natalie Lorraway at Club Competition -	<b>Mackay Athletics Club</b>
	High Jump	1.10m	<b>Mar-18-17</b>	Rowena Bartlett at Club Competition - W	<b>Mackay Athletics Club</b>
	Long Jump	2.94m	<b>Mar-11-17</b>	Rowena Bartlett at Club Competition - W	<b>Mackay Athletics Club</b>

**RECORDS - MAC SINCE 2009 - Outdoor**

40-44	Triple Jump	5.70m	<b>Mar-18-17</b>	Rowena Bartlett at Club Competition - W	<b>Mackay Athletics Club</b>
	Shot Put	6.56m	<b>Jul-19-14</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	Discus	19.93m	<b>Aug-31-13</b>	Natalie Lorroway at Club Competition	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	17.42m	<b>Mar-7-15</b>	Trisha Rowlands at Club Competition	<b>Mackay Athletics Club</b>
45-49	60m Sprint	10.93	<b>Aug-18-18</b>	Natalie Lorroway at Club Day - Week 14	<b>Mackay Athletics Club</b>
	100m Sprint	18.40	<b>Aug-20-16</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	200m Sprint	40.05	<b>Sep-1-18</b>	Natalie Lorroway at Club Day - Week 16	<b>Mackay Athletics Club</b>
	400m Sprint	1:38.74	<b>Aug-11-18</b>	Natalie Lorroway at Club Day - Week 13	<b>Mackay Athletics Club</b>
	800m Run	4:18.48	<b>May-28-16</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	1500m Run	9:34.65	<b>Apr-23-16</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	1500m Walk	20:00.00	<b>14</b>	TBA	
	High Jump	87m	<b>Jul-9-16</b>	Jos Grech at Club Competition - Week 8	<b>Mackay Athletics Club</b>
	Long Jump	2.62m	<b>Aug-4-18</b>	Natalie Lorroway at Club Day - Make Up	<b>Mackay Athletics Club</b>
	Triple Jump	5.96m	<b>Jul-30-16</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	Shot Put	6.24m	<b>Aug-20-16</b>	Natalie Lorroway at Club Competition -	<b>Mackay Athletics Club</b>
	Discus	18.38m	<b>Jul-19-14</b>	Jenny Charnley at Club Competition - Sa	<b>Mackay Athletics Club</b>
	Hammer	15.39m	<b>Jul-21-18</b>	Natalie Lorroway at Club Day - Week 11	<b>Mackay Athletics Club</b>
	Javelin	15.95m	<b>Sep-1-18</b>	Natalie Lorroway at Club Day - Week 16	<b>Mackay Athletics Club</b>
	50-54	60m Sprint	13.30	<b>Apr-18-15</b>	Fran Hona at Club Competition
100m Sprint		23.31	<b>Aug-1-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
200m Sprint		53.59	<b>Aug-15-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
400m Sprint		2:15.05	<b>Mar-28-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
800m Run		5:00.00	<b>15</b>	TBA	
High Jump		80m	<b>Aug-22-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
Long Jump		2.04m	<b>Jun-20-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
Triple Jump		1.00m	<b>15</b>	TBA	
Shot Put		5.36m	<b>Aug-22-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
Discus		12.30m	<b>Aug-15-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>
Hammer		1.00m	<b>Jan-01-18</b>	TBA	
Javelin		11.67m	<b>Jun-20-15</b>	Fran Hona at Club Competition	<b>Mackay Athletics Club</b>

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**RECORDS - MAC SINCE 2009 - Outdoor**


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**Male**


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	<b>Event</b>		<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>	
03-05	60m Sprint		13.29	<b>Aug-03-13</b>	Samuel Anderson	<b>Mackay Athletics Club</b>	
	80m Sprint		18.26	<b>Jul-19-14</b>	Riley Morgan	<b>Mackay Athletics Club</b>	
	100m Sprint		22.62	<b>Aug-30-14</b>	Riley Morgan	<b>Mackay Athletics Club</b>	
	300m Walk		2:17.72	<b>Aug-17-13</b>	Zahn Spies	<b>Mackay Athletics Club</b>	
	60m Hurdles		15.48	<b>Aug-23-14</b>	Riley Morgan	<b>Mackay Athletics Club</b>	
	High Jump		70m	<b>May-11-13</b>	Zahn Spies at Club Competition - Sat 11	<b>Mackay Athletics Club</b>	
	Long Jump		1.83m	<b>Sep-1-18</b>	Harrison Cridland at Club Day - Week 16	<b>Mackay Athletics Club</b>	
	Shot Put		4.10m	<b>Aug-24-13</b>	Samuel Anderson at Club Competition - S	<b>Mackay Athletics Club</b>	
	Discus		7.67m	<b>Aug-30-14</b>	Riley Meigan at Club Competition - Sat	<b>Mackay Athletics Club</b>	
	Javelin	Turbo	6.50m	<b>Sep-05-09</b>	Benjamin Binney		
	06-06	60m Sprint		11.24	<b>Sep-1-18</b>	Riley Ware at Club Day - Week 16	<b>Mackay Athletics Club</b>
		80m Sprint		15.49	<b>06-09</b>	Connor Muscat	
100m Sprint			15.58	<b>06-09</b>	Brayden Heel		
300m Walk			2:07.45	<b>May-11-13</b>	Jack Delaney at Club Competition - Sat	<b>Mackay Athletics Club</b>	
60m Hurdles			13.52	<b>05-09</b>	Connor Muscat		
High Jump			86m	<b>Aug-29-09</b>	Brayden Heel at MAC Club	<b>Mackay Athletics Club</b>	
Long Jump			2.34m	<b>Aug-18-18</b>	Riley Ware at Club Day - Week 14	<b>Mackay Athletics Club</b>	
Shot Put			5.02m	<b>Sep-8 -12</b>	Julien Mezieres at Club Competition Spe	<b>Mackay Athletics Club</b>	
Discus			12.14m	<b>Sep-1 -12</b>	Julian Mezieres at Club Competition D	<b>Mackay Athletics Club</b>	
Javelin		Turbo	9.41m	<b>Aug-7 -10</b>	Beau Mittereger at MAC Club Day	<b>Mackay Athletics Club</b>	
07-07		60m Sprint		10.65	<b>Jul-25-09</b>	Harrison Harvey at MAC Club	<b>Mackay Athletics Club</b>
		80m Sprint		14.20	<b>Aug-19-17</b>	Charlo Leco at Club Competition - Week	<b>Mackay Athletics Club</b>
	100m Sprint		17.52	<b>May-12-18</b>	Sonny Morse at Club Day - Week 6	<b>Mackay Athletics Club</b>	
	200m Sprint		39.29	<b>Jun-2-18</b>	Sonny Morse at Club Day - Week 8	<b>Mackay Athletics Club</b>	
	300m Walk		2:01.69	<b>Aug-6 -11</b>	Colby Threadgate at Club Competition B	<b>Mackay Athletics Club</b>	
	60m Hurdles		13.25	<b>Jul-30-11</b>	Colby Threadgate at Club Competition A	<b>Mackay Athletics Club</b>	
	High Jump		92m *	<b>Aug-4-18</b>	Logan Bryant at Club Day - Make Up Day	<b>Mackay Athletics Club</b>	
	High Jump		92m *	<b>Aug-6 -11</b>	Colby Threadgate at Club Competition B	<b>Mackay Athletics Club</b>	
	Long Jump		2.70m	<b>06-09</b>	Harrison Harvey		
	Shot Put		5.08m	<b>Jun-23-18</b>	Samuel Dewar at Club Day - Week 9	<b>Mackay Athletics Club</b>	
	Discus		12.86m	<b>Mar-24-18</b>	Samuel Dewar at Club Day - Week 4	<b>Mackay Athletics Club</b>	
	Javelin	Turbo	10.45m	<b>Aug-1-15</b>	Isaac Binks at Club Competition	<b>Mackay Athletics Club</b>	
08-08	60m Sprint		10.65	<b>Jul-25-09</b>	Jack Alexandrou at MAC Club	<b>Mackay Athletics Club</b>	
	80m Sprint		13.34	<b>Mar-16-13</b>	Bohde Norton at Club Competition - Sat	<b>Mackay Athletics Club</b>	
	100m Sprint		16.89	<b>Aug-19-17</b>	Jacques LeCoz at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	200m Sprint		37.25	<b>Aug-13-17</b>	Jacques LeCoz at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	800m Run		3:20.70	<b>Aug-19-17</b>	Jacques LeCoz at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	300m Walk		1:59.38	<b>Jul-29-17</b>	Kai McLoughlin at Club Competition - We	<b>Mackay Athletics Club</b>	
	60m Hurdles		12.51	<b>Aug-24-13</b>	Bohde Norton at Club Competition - Sat	<b>Mackay Athletics Club</b>	
	High Jump		1.05m	<b>Jul-13-13</b>	Bohde Norton at Club Competition - Sat	<b>Mackay Athletics Club</b>	
	Long Jump		3.11m	<b>Aug-19-17</b>	Jacques LeCoz at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	Shot Put		5.67m	<b>May-1 -10</b>	Lawson Allen at MAC Club Day	<b>Mackay Athletics Club</b>	
	Discus		13.30m	<b>Sep-7-13</b>	Bohde Norton at Club Competition - 7 Se	<b>Mackay Athletics Club</b>	
	Javelin	Turbo	10.32m	<b>Jul-15-17</b>	Wilson Ryan at Club Competition - Week	<b>Mackay Athletics Club</b>	
09-09	80m Sprint		13.31	<b>Aug-6 -11</b>	Rhett Brennan at Club Competition B	<b>Mackay Athletics Club</b>	
	100m Sprint		16.30	<b>Sep-1-18</b>	Kai McLoughlin at Club Day - Week 16	<b>Mackay Athletics Club</b>	
	200m Sprint		34.45	<b>Jun-5 -10</b>	Connor McDermott at MAC Club Day	<b>Mackay Athletics Club</b>	

**RECORDS - MAC SINCE 2009 - Outdoor**

09-09	800m Run		3:13.36	<b>Aug-8 -09</b>	Kendall Bates at MAC Club	<b>Mackay Athletics Club</b>
	800m Walk		5:40.02	<b>Jun-16-12</b>	Clayton Lafu at Club Competition D with	<b>Mackay Athletics Club</b>
	60m Hurdles		12.74	<b>Aug-15-09</b>	Lachlan Grech at MAC Club	<b>Mackay Athletics Club</b>
	High Jump		1.04m	<b>Sep-6-14</b>	Ben Mackay at Club Competition - Sat 6	<b>Mackay Athletics Club</b>
	Long Jump		3.11m *	<b>Sep-6-14</b>	Ben Mackay at Club Competition - Sat 6	<b>Mackay Athletics Club</b>
	Long Jump		3.11m *	<b>Aug-19-17</b>	Owen Eckman at Club Competition - Week	<b>Mackay Athletics Club</b>
	Shot Put		5.49m	<b>Jul-8-17</b>	Kaleb Phillips at Club Competition - We	<b>Mackay Athletics Club</b>
	Discus		16.94m	<b>Aug-15-09</b>	Lachlan Grech at MAC Club	<b>Mackay Athletics Club</b>
	Javelin	Turbo	14.70m	<b>Sep-05-09</b>	Lachlan Grech	
	10-10	80m Sprint		11.71	<b>Jul-24-10</b>	Nicholas Armstrong at MAC Club Day
100m Sprint			14.65	<b>Jul-24-10</b>	Nicholas Armstrong at MAC Club Day	<b>Mackay Athletics Club</b>
200m Sprint			32.15	<b>Aug-6 -11</b>	Zachary Diefenbach at Club Competition	<b>Mackay Athletics Club</b>
400m Sprint			1:17.27	<b>Jul-24-10</b>	Nicholas Armstrong at MAC Club Day	<b>Mackay Athletics Club</b>
800m Run			2:58.61	<b>Aug-7 -10</b>	Nicholas Armstrong at MAC Club Day	<b>Mackay Athletics Club</b>
1500m Run			5:54.50	<b>Jun-20-15</b>	Jarrood Jones at Club Competition	<b>Mackay Athletics Club</b>
800m Walk			5:24.11	<b>Aug-21-10</b>	Kendall Bates at MAC Club Day	<b>Mackay Athletics Club</b>
60m Hurdles			11.46	<b>Aug-28-10</b>	Nicholas Armstrong at MAC Club Day	<b>Mackay Athletics Club</b>
High Jump			1.21m	<b>Aug-20-11</b>	Zachary Diefenbach at Club Competition	<b>Mackay Athletics Club</b>
Long Jump			3.48m	<b>Jul-18-15</b>	Ben Mackay at Club Competition	<b>Mackay Athletics Club</b>
Shot Put			6.61m	<b>Apr-27-13</b>	Jacob Lorroway at Club Competition - Sa	<b>Mackay Athletics Club</b>
Discus			17.68m	<b>Sep-7-13</b>	Jacob Lorroway at Club Competition - 7	<b>Mackay Athletics Club</b>
Javelin		Turbo	16.19m	<b>Aug-6-16</b>	Kallyn Dawson at Club Competition - Wee	<b>Mackay Athletics Club</b>
11-11		80m Sprint		12.11	<b>06-09</b>	Jack Wilson
	100m Sprint		14.24	<b>Jul-18-15</b>	Riley Mackay at Club Competition	<b>Mackay Athletics Club</b>
	200m Sprint		29.65	<b>Jul-18-15</b>	Riley Mackay at Club Competition	<b>Mackay Athletics Club</b>
	400m Sprint		1:13.98	<b>Jul-9-16</b>	Ryan Bartlett at Club Competition - Wee	<b>Mackay Athletics Club</b>
	800m Run		3:01.32	<b>Aug-8 -09</b>	Jack Wilson at MAC Club	<b>Mackay Athletics Club</b>
	1500m Run		6:19.25	<b>Aug-6 -11</b>	Kendall Bates at Club Competition B	<b>Mackay Athletics Club</b>
	1500m Walk		10:07.81	<b>06-09</b>	Jack Wilson	
	60m Hurdles		12.26 *	<b>Jul-15-17</b>	James Galea at Club Competition - Week	<b>Mackay Athletics Club</b>
	60m Hurdles		12.26 *	<b>Sep-1 -12</b>	Zachary Diefenbach at Club Competition	<b>Mackay Athletics Club</b>
	High Jump		1.30m	<b>Aug-30-14</b>	Taine Hona at Club Competition - Sat 30	<b>Mackay Athletics Club</b>
	Long Jump		3.86m	<b>Aug-6-16</b>	Ryan Bartlett at Club Competition - Wee	<b>Mackay Athletics Club</b>
	Shot Put		9.49m	<b>Aug-29-15</b>	Hayden Barka at Club Competition	<b>Mackay Athletics Club</b>
	Discus		26.04m	<b>Jul-15-17</b>	James Galea at Club Competition - Week	<b>Mackay Athletics Club</b>
	Javelin	Turbo	25.53m	<b>Aug-22-15</b>	Hayden Barka at Club Competition	<b>Mackay Athletics Club</b>
12-12	100m Sprint		13.73	<b>Aug-22-15</b>	Taine Hona at Club Competition	<b>Mackay Athletics Club</b>
	200m Sprint		29.78	<b>May-22-10</b>	Bennett Hardwick at MAC Club Day	<b>Mackay Athletics Club</b>
	400m Sprint		1:13.56	<b>May-30-15</b>	Taine Hona at Club Competition	<b>Mackay Athletics Club</b>
	800m Run		3:00.27	<b>Jun-5 -10</b>	Jack Wilson at MAC Club Day	<b>Mackay Athletics Club</b>
	1500m Run		5:54.46	<b>Aug-21-10</b>	Jack Wilson at MAC Club Day	<b>Mackay Athletics Club</b>
	1500m Walk		10:48.84	<b>May-22-10</b>	Jack Wilson at MAC Club Day	<b>Mackay Athletics Club</b>
	90m Hurdles		16.51	<b>Aug-1-15</b>	Taine Hona at Club Competition	<b>Mackay Athletics Club</b>
	High Jump		1.51m	<b>Aug-15-15</b>	Taine Hona at Club Competition	<b>Mackay Athletics Club</b>
	Long Jump		4.27m	<b>Mar-16-13</b>	Zachary Diefenbach at Club Competition	<b>Mackay Athletics Club</b>
	Triple Jump		8.26m	<b>Aug-1-15</b>	Taine Hona at Club Competition	<b>Mackay Athletics Club</b>
	Shot Put		10.97m	<b>Jul-9-16</b>	Hayden M.Barka at Club Competition - We	<b>Mackay Athletics Club</b>
	Discus		28.86m	<b>Sep-1-18</b>	James Galea at Club Day - Week 16	<b>Mackay Athletics Club</b>
	Hammer		22.67m	<b>May-12-18</b>	James Galea at Club Day - Week 6	<b>Mackay Athletics Club</b>
	Javelin		23.42m	<b>Aug-11-18</b>	James Galea at Club Day - Week 13	<b>Mackay Athletics Club</b>
13-13	100m Sprint		12.78	<b>Jul-30-11</b>	Bennett Hardwick at Club Competition A	<b>Mackay Athletics Club</b>
	200m Sprint		26.18	<b>Aug-6 -11</b>	Bennett Hardwick at Club Competition B	<b>Mackay Athletics Club</b>

**RECORDS - MAC SINCE 2009 - Outdoor**

13-13	400m Sprint	1:16.38	<b>Aug-20-16</b>	Ryan Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	800m Run	3:00.47	<b>May-28-16</b>	Ryan Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Run	6:25.85	<b>Jun-11-16</b>	Ryan Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Walk	10:36.80	<b>06-09</b>	James Quirk	
	90m Hurdles	14.15	<b>Jul-30-11</b>	Bennett Hardwick at Club Competition A	<b>Mackay Athletics Club</b>
	High Jump	1.45m	<b>Apr-23-16</b>	Taine Hona at Club Competition - Week 3	<b>Mackay Athletics Club</b>
	Long Jump	4.81m	<b>Aug-6 -11</b>	Bennett Hardwick at Club Competition B	<b>Mackay Athletics Club</b>
	Triple Jump	8.51m	<b>Aug-4-18</b>	Alessandro Stimamiglio at Club Day - Ma	<b>Mackay Athletics Club</b>
	Shot Put	11.67m	<b>Aug-19-17</b>	Hayden M.Barka at Club Competition - We	<b>Mackay Athletics Club</b>
	Discus	27.65m	<b>Aug-13-17</b>	Hayden M.Barka at Club Competition - We	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
	Javelin	29.25m	<b>Aug-19-17</b>	Hayden M.Barka at Club Competition - We	<b>Mackay Athletics Club</b>
14-15	100m Sprint	12.45	<b>Jun-9 -12</b>	Bennett Hardwick at Club Competition Sp	<b>Mackay Athletics Club</b>
	200m Sprint	27.02	<b>Jun-16-12</b>	Bennett Hardwick at Club Competition D	<b>Mackay Athletics Club</b>
	400m Sprint	1:06.55	<b>Aug-4 -12</b>	Bennett Hardwick at Club Competition D	<b>Mackay Athletics Club</b>
	800m Run	2:35.82	<b>Aug-19-17</b>	Ryan Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Run	5:51.81	<b>Aug-21-10</b>	James W.Quirk at MAC Club Day	<b>Mackay Athletics Club</b>
	1500m Walk	11:05.46	<b>Apr-21-12</b>	Tim Stevenson at Club Competition C	<b>Mackay Athletics Club</b>
	90m Hurdles	14.27	<b>Mar-10-12</b>	Bennett Hardwick at Club Competition A	<b>Mackay Athletics Club</b>
	100m Hurdles	17.93	<b>May-2-15</b>	Lachlan Grech at Club Competition	<b>Mackay Athletics Club</b>
	High Jump	1.45m	<b>May-19-12</b>	Bennett Hardwick at Club Competition C	<b>Mackay Athletics Club</b>
	Long Jump	5.11m	<b>Jul-8-17</b>	Taine Hona at Club Competition - Week 1	<b>Mackay Athletics Club</b>
	Triple Jump	10.25m *	<b>Jul-15-17</b>	Taine Hona at Club Competition - Week 1	<b>Mackay Athletics Club</b>
	Triple Jump	10.25m *	<b>Apr-29-17</b>	Taine Hona at Club Competition - Week 6	<b>Mackay Athletics Club</b>
	Shot Put	10.42m	<b>Aug-4 -12</b>	Bennett Hardwick at Club Competition D	<b>Mackay Athletics Club</b>
	Discus	30.18m	<b>Jul-11-15</b>	Lachlan Grech at Club Competition	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA	
Javelin	22.00m	<b>Jul-15-17</b>	Taine Hona at Club Competition - Week 1	<b>Mackay Athletics Club</b>	
16-17	100m Sprint	12.14	<b>Sep-1-18</b>	Tom W.Monckton at Club Day - Week 16	<b>Mackay Athletics Club</b>
	200m Sprint	27.39	<b>Jun-2-18</b>	Keenan Greskie at Club Day - Week 8	<b>Mackay Athletics Club</b>
	400m Sprint	58.06	<b>Apr-28-18</b>	Tom W.Monckton at Club Day - Week 5	<b>Mackay Athletics Club</b>
	800m Run	2:31.14	<b>Aug-19-17</b>	Kris Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Run	5:38.80	<b>Jun-11-16</b>	Kris Walker at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Walk	20:00.00	<b>Jan-01-12</b>	tba	
	110m Hurdles	16.67	<b>Apr-28-18</b>	Tom W.Monckton at Club Day - Week 5	<b>Mackay Athletics Club</b>
	High Jump	1.45m	<b>Mar-17-18</b>	Keenan Greskie at Club Day - Week 3	<b>Mackay Athletics Club</b>
	Long Jump	5.30m	<b>Apr-28-18</b>	Tom W.Monckton at Club Day - Week 5	<b>Mackay Athletics Club</b>
	Triple Jump	8.13m *	<b>Aug-4-18</b>	Keenan Greskie at Club Day - Make Up Da	<b>Mackay Athletics Club</b>
	Triple Jump	8.13m *	<b>Mar-17-18</b>	Keenan Greskie at Club Day - Week 3	<b>Mackay Athletics Club</b>
	Shot Put	8.74m	<b>Apr-28-18</b>	Tom W.Monckton at Club Day - Week 5	<b>Mackay Athletics Club</b>
	Discus	27.26m	<b>Sep-1-18</b>	Keenan Greskie at Club Day - Week 16	<b>Mackay Athletics Club</b>
	Hammer	17.43m	<b>Jul-21-18</b>	Keenan Greskie at Club Day - Week 11	<b>Mackay Athletics Club</b>
	Javelin	25.10m	<b>Jun-23-18</b>	Keenan Greskie at Club Day - Week 9	<b>Mackay Athletics Club</b>
18-19	100m Sprint	13.19	<b>Jun-3-17</b>	Rhys Carter at Club Competition - Week	<b>Mackay Athletics Club</b>
	200m Sprint	26.44	<b>Jul-29-17</b>	Rhys Carter at Club Competition - Week	<b>Mackay Athletics Club</b>
	400m Sprint	2:57.14	<b>Apr-21-12</b>	Jarrod Smith at Club Competition C	<b>Mackay Athletics Club</b>
	800m Run	2:46.42	<b>Jun-3-17</b>	Rhys Carter at Club Competition - Week	<b>Mackay Athletics Club</b>
	1500m Run	20:00.00	<b>Jan-01-12</b>	tba	
	1500m Walk	15:54.75	<b>Apr-21-12</b>	Jarrod Smith at Club Competition C	<b>Mackay Athletics Club</b>
	110m Hurdles	10:00.00	<b>Jan-01-12</b>	tba	
	High Jump	1.43m	<b>Jun-20-15</b>	Ashley Horne at Club Competition	<b>Mackay Athletics Club</b>
	Long Jump	4.37m	<b>Jun-20-15</b>	Ashley Horne at Club Competition	<b>Mackay Athletics Club</b>
	Triple Jump	1.00m	<b>Jan-01-12</b>	tba	



**RECORDS - MAC SINCE 2009 - Outdoor**

18-19	Shot Put	9.77m	<b>Jul-21-12</b>	Jarrold Smith at Club Competition C - 4	<b>Mackay Athletics Club</b>	
	Discus	26.70m	<b>Mar-31-12</b>	Jarrold Smith at Club Competition Specia	<b>Mackay Athletics Club</b>	
	Hammer	1.00m	<b>Jan-01-18</b>	TBA		
	Javelin	43.42m	<b>Jun-20-15</b>	Ashley Horne at Club Competition	<b>Mackay Athletics Club</b>	
20-29	100m Sprint	13.57	<b>May-30-15</b>	Mitchell Coles at Club Competition	<b>Mackay Athletics Club</b>	
	200m Sprint	28.68	<b>May-9-15</b>	Mitchell Coles at Club Competition	<b>Mackay Athletics Club</b>	
	400m Sprint	10:00.00	<b>Jan-01-12</b>	tba		
	800m Run	3:48.51	<b>Mar-14-15</b>	Lochlan Bradley at Club Competition	<b>Mackay Athletics Club</b>	
	1500m Run	7:23.90	<b>Mar-21-15</b>	Lochlan Bradley at Club Competition	<b>Mackay Athletics Club</b>	
	1500m Walk	20:00.00	<b>Jan-01-12</b>	tba		
	110m Hurdles	10:00.00	<b>Jan-01-12</b>	tba		
	High Jump	1.38m	<b>Mar-14-15</b>	Lochlan Bradley at Club Competition	<b>Mackay Athletics Club</b>	
	Long Jump	4.39m	<b>May-9-15</b>	Mitchell Coles at Club Competition	<b>Mackay Athletics Club</b>	
	Triple Jump	1.00m	<b>Jan-01-12</b>	tba		
	Shot Put	1.00m	<b>Jan-01-12</b>	tba		
	Discus	19.99m	<b>May-27-17</b>	Ashley Horne at Club Competition - Week	<b>Mackay Athletics Club</b>	
	Hammer	1.00m	<b>Jan-01-18</b>	TBA		
	Javelin	42.28m	<b>May-27-17</b>	Ashley Horne at Club Competition - Week	<b>Mackay Athletics Club</b>	
	30-34	60m Sprint	9.09	<b>May-2-15</b>	Joshua Hunt at Club Competition	<b>Mackay Athletics Club</b>
		100m Sprint	12.87	<b>Mar-16-13</b>	David Takitaki at Club Competition - Sa	<b>Mackay Athletics Club</b>
200m Sprint		27.95	<b>May-11-13</b>	David Takitaki at Club Competition - Sa	<b>Mackay Athletics Club</b>	
400m Sprint		1:08.29	<b>Jun-8-13</b>	David Takitaki at Club Competition - Sa	<b>Mackay Athletics Club</b>	
800m Run		3:04.36	<b>May-3-14</b>	Chris Atkins at Club Competition - Satu	<b>Mackay Athletics Club</b>	
1500m Run		6:34.63	<b>Mar-21-15</b>	Joshua Hunt at Club Competition	<b>Mackay Athletics Club</b>	
1500m Walk		3:00.00	<b>Jan-1-13</b>	tba		
90m Hurdles		15.84	<b>Apr-20-13</b>	David Takitaki at Club Competition - Sa	<b>Mackay Athletics Club</b>	
High Jump		1.55m	<b>May-10-14</b>	Chris Atkins at Club Competition - Sat	<b>Mackay Athletics Club</b>	
Long Jump		4.39m	<b>Jul-13-13</b>	David Takitaki at Club Competition - Sa	<b>Mackay Athletics Club</b>	
Triple Jump		10.24m	<b>May-3-14</b>	Chris Atkins at Club Competition - Satu	<b>Mackay Athletics Club</b>	
Shot Put		8.98m	<b>May-3-14</b>	Chris Atkins at Club Competition - Satu	<b>Mackay Athletics Club</b>	
Discus		23.10m	<b>Mar-21-15</b>	Joshua Hunt at Club Competition	<b>Mackay Athletics Club</b>	
Hammer		1.00m	<b>Jan-01-18</b>	TBA		
Javelin		34.95m	<b>May-10-14</b>	Chris Atkins at Club Competition - Sat	<b>Mackay Athletics Club</b>	
35-39		60m Sprint	8.09	<b>Aug-4-18</b>	Farren Harold at Club Day - Make Up Day	<b>Mackay Athletics Club</b>
	100m Sprint	12.39	<b>Aug-11-18</b>	Farren Harold at Club Day - Week 13	<b>Mackay Athletics Club</b>	
	200m Sprint	27.81	<b>Jun-20-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	400m Sprint	1:12.88	<b>Apr-29-17</b>	Farren Harold at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	800m Run	3:10.46	<b>May-2-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	1500m Run	8:32.90	<b>Mar-21-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	High Jump	1.42m	<b>Jul-15-17</b>	Farren Harold at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	Long Jump	5.05m	<b>Jul-15-17</b>	Farren Harold at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	Triple Jump	9.13m	<b>Mar-18-17</b>	Farren Harold at Club Competition - Wee	<b>Mackay Athletics Club</b>	
	Shot Put	8.68m	<b>Jul-11-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	Discus	26.94m	<b>Aug-29-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	Hammer	15.54m	<b>Aug-11-18</b>	Farren Harold at Club Day - Week 13	<b>Mackay Athletics Club</b>	
	Javelin	34.24m	<b>Aug-29-15</b>	Lucas Vassie at Club Competition	<b>Mackay Athletics Club</b>	
	40-44	60m Sprint	8.97	<b>Mar-11-17</b>	Stephen Bartlett at Club Competition -	<b>Mackay Athletics Club</b>
100m Sprint		14.21	<b>Mar-18-17</b>	Stephen Bartlett at Club Competition -	<b>Mackay Athletics Club</b>	
200m Sprint		31.82	<b>May-12-18</b>	Frank Cowley at Club Day - Week 6	<b>Mackay Athletics Club</b>	
400m Sprint		1:10.75	<b>Apr-29-17</b>	Stephen Bartlett at Club Competition -	<b>Mackay Athletics Club</b>	
800m Run		3:01.66	<b>Mar-18-17</b>	Stephen Bartlett at Club Competition -	<b>Mackay Athletics Club</b>	
1500m Run		7:33.15	<b>Jul-27-13</b>	Allan Lorroway at Club Competition	<b>Mackay Athletics Club</b>	

**RECORDS - MAC SINCE 2009 - Outdoor**

40-44	1500m	Walk	12:21.12	<b>Aug-17-13</b>	Allan Lorroway at Club Competition	<b>Mackay Athletics Club</b>
	90m	Hurdles	19.49	<b>Aug-24-13</b>	Allan Lorroway at Club Competition - Sa	<b>Mackay Athletics Club</b>
		High Jump	1.55m	<b>Mar-18-17</b>	Troy Johnstone at Club Competition - We	<b>Mackay Athletics Club</b>
		Long Jump	4.84m	<b>May-27-17</b>	Troy Johnstone at Club Competition - We	<b>Mackay Athletics Club</b>
		Triple Jump	7.76m	<b>Aug-18-18</b>	Aaron Kemp at Club Day - Week 14	<b>Mackay Athletics Club</b>
		Shot Put	10.12m	<b>Mar-3-18</b>	Aaron Kemp at Club Day - Week 1	<b>Mackay Athletics Club</b>
		Discus	28.08m	<b>Mar-24-18</b>	Aaron Kemp at Club Day - Week 4	<b>Mackay Athletics Club</b>
		Hammer	25.40m	<b>Aug-18-18</b>	Aaron Kemp at Club Day - Week 14	<b>Mackay Athletics Club</b>
		Javelin	29.21m	<b>Aug-4-18</b>	Aaron Kemp at Club Day - Make Up Day	<b>Mackay Athletics Club</b>
45-49	60m	Sprint	9.18	<b>Feb-05-15</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
	60m	Sprint	9.04	<b>Mar-11-17</b>	Michael Barron at Club Competition - We	<b>Mackay Athletics Club</b>
	100m	Sprint	14.08	<b>Mar-16-13</b>	Graham McNamara at Club Competition - S	<b>Mackay Athletics Club</b>
	200m	Sprint	30.09	<b>May-10-14</b>	Graham McNamara at Club Competition - S	<b>Mackay Athletics Club</b>
	400m	Sprint	1:11.25	<b>Aug-3-13</b>	Graham McNamara at Club Competition - S	<b>Mackay Athletics Club</b>
	800m	Run	2:53.66	<b>May-2-15</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
	1500m	Run	6:40.17	<b>Jul-27-13</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
	1500m	Walk	10:08.28	<b>Aug-17-13</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
	90m	Hurdles	16.44	<b>Aug-3-13</b>	Graham McNamara at Club Competition - S	<b>Mackay Athletics Club</b>
		High Jump	1.30m	<b>Apr-29-17</b>	Michael Barron at Club Competition - We	<b>Mackay Athletics Club</b>
		High Jump	1.25m	<b>Feb-05-15</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
		Long Jump	4.17m	<b>May-2-15</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
		Triple Jump	7.82m	<b>May-30-15</b>	Graham McNamara at Club Competition	<b>Mackay Athletics Club</b>
		Shot Put	10.34m	<b>Jul-15-17</b>	Kevin Galea at Club Competition - Week	<b>Mackay Athletics Club</b>
		Discus	30.00m	<b>Jul-29-17</b>	Kevin Galea at Club Competition - Week	<b>Mackay Athletics Club</b>
	Hammer	1.00m	<b>Jan-01-18</b>	TBA		
	Javelin	37.56m	<b>May-27-17</b>	Kevin Galea at Club Competition - Week	<b>Mackay Athletics Club</b>	
50-54	60m	Sprint	8.50	<b>Apr-9-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
	100m	Sprint	13.46	<b>Mar-19-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
	200m	Sprint	29.03	<b>May-7-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
	400m	Sprint	1:09.08	<b>Apr-30-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
	800m	Run	3:05.53	<b>Apr-9-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
	1500m	Run	8:19.58	<b>Apr-23-16</b>	Paul Couchman at Club Competition - Wee	<b>Mackay Athletics Club</b>
	1500m	Walk	12:39.02	<b>Apr-23-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
		High Jump	1.30m	<b>May-28-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
		Long Jump	3.82m	<b>Mar-19-16</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
		Triple Jump	7.75m	<b>Jul-15-17</b>	Stuart Walker at Club Competition - Wee	<b>Mackay Athletics Club</b>
		Shot Put	12.32m	<b>Aug-11-18</b>	Kevin Galea at Club Day - Week 13	<b>Mackay Athletics Club</b>
		Discus	38.29m	<b>Aug-4-18</b>	Kevin Galea at Club Day - Make Up Day	<b>Mackay Athletics Club</b>
		Hammer	32.73m	<b>Aug-11-18</b>	Kevin Galea at Club Day - Week 13	<b>Mackay Athletics Club</b>
		Javelin	39.98m	<b>Aug-4-18</b>	Kevin Galea at Club Day - Make Up Day	<b>Mackay Athletics Club</b>