
RECORDS - MAC SINCE 2009 - Outdoor

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	Event		Mark	Date Set	Record Holder	Team Affiliation
03-05	60m Sprint		12.76	Sep-07-13	Avalon Humphreys	Mackay Athletics Club
	80m Sprint		17.14	Jul-17-10	Sophie R. Gall	Mackay Athletics Club
	100m Sprint		21.81	Aug-21-10	Sophie R.Gall at MAC Club Day	Mackay Athletics Club
	300m Walk		2:02.45	May-11-13	Amber Lafu at Club Competition - Sat 11	Mackay Athletics Club
	60m Hurdles		15.05	Jul-17-10	Sophie R.Gall at MAC Club Day	Mackay Athletics Club
	High Jump		70m	May-11-13	Avalon Humphreys at Club Competition -	Mackay Athletics Club
	Long Jump		1.90m	Jul-13-13	Avalon Humphreys at Club Competition -	Mackay Athletics Club
	Shot Put		3.15m	Aug-7 -10	Sophie R.Gall at MAC Club Day	Mackay Athletics Club
	Discus		9.35m	Jul-24-10	Caitlin Grech at MAC Club Day	Mackay Athletics Club
	Javelin	Turbo	6.77m	Sep-05-09	Hannah Graham	
	06-06	60m Sprint		10.68	Apr-18-15	Jorja Spreadborough at Club Competition
80m Sprint			15.34	Aug-20-11	Sophie Gall at Club Competition C	Mackay Athletics Club
100m Sprint			19.30	06-09	Sophie Van Moolenbroek	
300m Walk			2:09.00	Aug-6 -11	Caitlin Grech at Club Competition B	Mackay Athletics Club
60m Hurdles			15.11	Jun-5 -10	Hannah P.Graham at MAC Club Day	Mackay Athletics Club
High Jump			84m	Aug-18-18	Joey White at Club Day - Week 14	Mackay Athletics Club
Long Jump			2.27m	Aug-31-13	Jessica Haworth at Club Competition	Mackay Athletics Club
Shot Put			3.86m	Aug-19-17	Amelie LeCoz at Club Competition - Week	Mackay Athletics Club
Discus			10.11m	Aug-06-11	Caitlin Grech	Mackay Athletics Club
Javelin		Turbo	7.63m	Aug-20-11	Sophie Gall at Club Competition C	Mackay Athletics Club
07-07		60m Sprint		11.03	Aug-8 -09	Kate I.Graham at MAC Club
	80m Sprint		13.03 *	Jun-8-19	Tahlia McGilvray at Week 9 - Club Compe	Mackay Athletics Club
	80m Sprint		13.03 *	Jun-8-19	Georgia Leggett at Week 9 - Club Compet	Mackay Athletics Club
	100m Sprint		18.40	May-25-19	Tahlia McGilvray at Week 8 - Club Compe	Mackay Athletics Club
	200m Sprint		40.74	Aug-6-16	Maya Barron at Club Competition - Week	Mackay Athletics Club
	300m Walk		1:49.41	06-09	Alexandria Gall	
	60m Hurdles		13.37	Aug-3-13	Amelia Lappegard at Club Competition -	Mackay Athletics Club
	High Jump		90m	Jun-8-19	Tahlia McGilvray at Week 9 - Club Compe	Mackay Athletics Club
	Long Jump		2.91m	Aug-20-16	Brianna Dawson at Club Competition - We	Mackay Athletics Club
	Shot Put		4.77m	Jul-9-16	Jorja Spreadborough at Club Competition	Mackay Athletics Club
	Discus		11.50m	Sep-8 -12	Caitlin Grech at Club Competition Speci	Mackay Athletics Club
Javelin	Turbo	9.72m	Aug-4 -12	Caitlin Grech at Club Competition D	Mackay Athletics Club	
08-08	60m Sprint		10.36	06-09	Lilly Harvey	
	80m Sprint		13.68	Aug-6 -11	Alyssa Irwin at Club Competition B	Mackay Athletics Club
	100m Sprint		16.49	Aug-6-16	Ava Barron at Club Competition - Week 1	Mackay Athletics Club
	200m Sprint		34.83	Aug-6-16	Ava Barron at Club Competition - Week 1	Mackay Athletics Club
	800m Run		3:17.02	Aug-21-10	Jahrah Pearce at MAC Club Day	Mackay Athletics Club
	300m Walk		1:51.30	Aug-7 -10	Alexandria Gall at MAC Club Day	Mackay Athletics Club
	60m Hurdles		12.96	Jun-5 -10	Monique Wilson at MAC Club Day	Mackay Athletics Club
	High Jump		97m	Aug-7 -10	Kate I.Graham at MAC Club Day	Mackay Athletics Club
	Long Jump		3.28m	Aug-30-14	Kristen Rowlands at Club Competition -	Mackay Athletics Club
	Shot Put		4.72m	Aug-29-15	Summer Hunt at Club Competition	Mackay Athletics Club
	Discus		17.73m	Jul-9-16	Ava Barron at Club Competition - Week 8	Mackay Athletics Club
	Javelin	Turbo	9.87m	May-11-13	Caitlin Grech at Club Competition - Sat	Mackay Athletics Club
	09-09	80m Sprint		13.12	Jul-16-11	Kate Graham at Club Competition D
100m Sprint			15.56	Aug-19-17	Ava Barron at Club Competition - Week 1	Mackay Athletics Club
200m Sprint			33.98	Jul-8-17	Ava Barron at Club Competition - Week 1	Mackay Athletics Club

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09-09	800m Run	3:20.45	Aug-4 -12	Alyssa Irwin at Club Competition D	Mackay Athletics Club
	800m Walk	5:06.97	Jul-30-11	Alexandria Gall at Club Competition A	Mackay Athletics Club
	60m Hurdles	13.13	Aug-3-13	Hayley Rowlands at Club Competition - S	Mackay Athletics Club
	High Jump	1.10m	Aug-3-13	Hayley Rowlands at Club Competition - S	Mackay Athletics Club
	Long Jump	3.34m	Aug-19-17	Ava Barron at Club Competition - Week 1	Mackay Athletics Club
	Shot Put	5.55m	Aug-30-14	Caitlin Grech at Club Competition - Sat	Mackay Athletics Club
	Discus	17.76m	Jul-15-17	Ava Barron at Club Competition - Week 1	Mackay Athletics Club
	Javelin Turbo	10.75m	Sep-05-09	Louann Kucks	
10-10	80m Sprint	12.30	06-09	Hayley Heel	
	100m Sprint	14.48	Sep-1-18	Ava Barron at Club Day - Week 16	Mackay Athletics Club
	200m Sprint	30.78	Jul-21-18	Ava Barron at Club Day - Week 11	Mackay Athletics Club
	400m Sprint	1:17.73	Jun-23-18	Ava Barron at Club Day - Week 9	Mackay Athletics Club
	800m Run	3:03.86	Aug-24-13	Nyree Hamilton at Club Competition - Sa	Mackay Athletics Club
	1500m Run	6:18.12	Jul-29-17	Emily White at Club Competition - Week	Mackay Athletics Club
	800m Walk	5:32.05	Jun-16-12	Jael Mezieres at Club Competition D wit	Mackay Athletics Club
	60m Hurdles	11.84	Aug-23-14	Hayley Rowlands at Club Competition - S	Mackay Athletics Club
	High Jump	1.13m	Aug-30-14	Hayley Rowlands at Club Competition - S	Mackay Athletics Club
	Long Jump	3.71m	Sep-1-18	Ava Barron at Club Day - Week 16	Mackay Athletics Club
	Shot Put	7.07m	Aug-29-15	Caitlin Grech at Club Competition	Mackay Athletics Club
	Discus	18.77m	Aug-11-18	Ava Barron at Club Day - Week 13	Mackay Athletics Club
	Javelin Turbo	16.60m	Jul-18-15	Caitlin Grech at Club Competition	Mackay Athletics Club
11-11	80m Sprint	11.93	May-22-10	Jayayla T.Doyle at MAC Club Day	Mackay Athletics Club
	100m Sprint	14.00	Jul-18-15	Jorja Oliver at Club Competition	Mackay Athletics Club
	200m Sprint	28.62	Jul-18-15	Jorja Oliver at Club Competition	Mackay Athletics Club
	400m Sprint	1:13.51	Mar-28-15	Jorja Oliver at Club Competition	Mackay Athletics Club
	800m Run	2:56.14	Mar-16-19	Jayda Earl at Week 1 - Club Competition	Mackay Athletics Club
	1500m Run	6:17.51	Aug-18-18	Emily White at Club Day - Week 14	Mackay Athletics Club
	1500m Walk	10:35.05	06-09	Mandy Quirk	
	60m Hurdles	11.82	May-2-15	Hayley Rowlands at Club Competition	Mackay Athletics Club
	80m Hurdles	15.71	Jun-5 -10	Tayla McDermott at MAC Club Day	Mackay Athletics Club
	High Jump	1.25m	May-25-19	Ava Barron at Week 8 - Club Competition	Mackay Athletics Club
	Long Jump	4.49m	May-25-19	Ava Barron at Week 8 - Club Competition	Mackay Athletics Club
	Shot Put	11.47m	Aug-18-12	Erica Hamilton at Club Competition B	Mackay Athletics Club
	Discus	26.40m	Sep-8 -12	Erica Hamilton at Club Competition Spec	Mackay Athletics Club
	Javelin Turbo	17.14m	May-9-15	Jaydah Bullemor at Club Competition	Mackay Athletics Club
12-12	100m Sprint	13.71	Jun-8-19	Jaymie Clancy at Week 9 - Club Competit	Mackay Athletics Club
	200m Sprint	28.69	Aug-6-16	Jorja Oliver at Club Competition - Week	Mackay Athletics Club
	400m Sprint	1:08.50	Jul-9-16	Jorja Oliver at Club Competition - Week	Mackay Athletics Club
	800m Run	2:51.52	Aug-22-15	Alyssa Irwin at Club Competition	Mackay Athletics Club
	1500m Run	6:17.51	May-9-15	Alyssa Irwin at Club Competition	Mackay Athletics Club
	3000m Run	30:00.00	Jan-01-19	TBA	
	1500m Walk	10:07.18	Aug-22-09	Clarissa Fourie at MAC Club	Mackay Athletics Club
	80m Hurdles	16.92	Mar-30-19	Elizabeth Donohue at Week 3 - Club Comp	Mackay Athletics Club
	200m Hurdles	2:00.00	Jan-01-19	TBA	
	High Jump	1.38m	May-11-19	Elizabeth Donohue at Week 6 - Club Comp	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	4.39m	May-11-19	Elizabeth Donohue at Week 6 - Club Comp	Mackay Athletics Club
	Triple Jump	7.95m	Aug-3-13	Jessica Grech at Club Competition - Sat	Mackay Athletics Club
	Shot Put	10.49m	May-4-13	Erica Hamilton at Club Competition - Sa	Mackay Athletics Club
	Discus	22.49m	Jul-27-13	Erica Hamilton at Club Competition	Mackay Athletics Club
	Hammer	1.00m	Jan-01-18	TBA	MAC
	Javelin	20.62m	Jun-3-17	Caitlin Grech at Club Competition - Wee	Mackay Athletics Club

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13-13	100m Sprint	13.52	Jul-17-10	Emma Newton at MAC Club Day	Mackay Athletics Club	
	200m Sprint	28.85	May-25-19	Paige Mooney at Week 8 - Club Competiti	Mackay Athletics Club	
	400m Sprint	1:05.59	Aug-13-17	Jorja Oliver at Club Competition - Week	Mackay Athletics Club	
	800m Run	2:46.67	Jul-30-16	Alyssa Irwin at Club Competition - Week	Mackay Athletics Club	
	1500m Run	6:03.39	Jun-11-16	Alyssa Irwin at Club Competition - Week	Mackay Athletics Club	
	3000m Run	30:00.00	Jan-01-19	TBA		
	1500m Walk	9:37.76	Jul-19-14	Jessica Grech at Club Competition - Sat	Mackay Athletics Club	
	80m Hurdles	14.19	Aug-11-18	Julia Monckton at Club Day - Week 13	Mackay Athletics Club	
	200m Hurdles	30:00.00	Jan-01-19	TBA		
	High Jump	1.45m	Aug-22-09	Emma Newton at MAC Club	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA		
	Long Jump	4.47m	May-25-19	Paige Mooney at Week 8 - Club Competiti	Mackay Athletics Club	
	Triple Jump	9.79m	06-09	Emma Newton		
	Shot Put	10.55m	Sep-6-14	Erica Hamilton at Club Competition - Sa	Mackay Athletics Club	
	Discus	26.08m	Mar-8-14	Erica Hamilton at Club Competition - Sa	Mackay Athletics Club	
	Hammer	18.93m	Jul-21-18	Caitlin Grech at Club Day - Week 11	Mackay Athletics Club	
	Javelin	24.92m	Aug-4-18	Caitlin Grech at Club Day - Make Up Day	Mackay Athletics Club	
	14-15	100m Sprint	13.32	May-18-19	Julia Monckton at Week 7 - Club Competi	Mackay Athletics Club
		200m Sprint	28.61	Mar-23-19	Jorja Oliver at Week 2 - Club Competiti	Mackay Athletics Club
400m Sprint		1:05.61	May-18-19	Julia Monckton at Week 7 - Club Competi	Mackay Athletics Club	
800m Run		2:40.98	Aug-19-17	Rachael Norman at Club Competition - We	Mackay Athletics Club	
1500m Run		6:06.40	Mar-23-19	Jorja Oliver at Week 2 - Club Competiti	Mackay Athletics Club	
3000m Run		30:00.00	Jan-01-19	TBA		
1500m Walk		10:44.03	Jul-18-15	Jessica Grech at Club Competition	Mackay Athletics Club	
3000m Walk		30:00.00	Jan-01-19	TBA		
90m Hurdles		13.76	Jun-8-19	Julia Monckton at Week 9 - Club Competi	Mackay Athletics Club	
2000m StplCh		30:00.00	Jan-01-19	TBA		
High Jump		1.30m *	May-11-19	Rielly Masters at Week 6 - Club Competi	Mackay Athletics Club	
High Jump		1.30m *	May-11-19	Katelyn Masters at Week 6 - Club Compet	Mackay Athletics Club	
Pole Vault		1.00m	Jan-01-19	TBA		
Long Jump		4.57m	Mar-30-19	Julia Monckton at Week 3 - Club Competi	Mackay Athletics Club	
Triple Jump		8.36m	Aug-1-15	Taylah Irwin at Club Competition	Mackay Athletics Club	
Shot Put		8.33m	Mar-30-19	Caitlin Grech at Week 3 - Club Competit	Mackay Athletics Club	
Discus		23.87m	Mar-23-19	Jorja Oliver at Week 2 - Club Competiti	Mackay Athletics Club	
Hammer		17.93m	May-18-19	Caitlin Grech at Week 7 - Club Competit	Mackay Athletics Club	
Javelin		26.52m	Mar-16-19	Jorja Oliver at Week 1 - Club Competiti	Mackay Athletics Club	
16-17	100m Sprint	12.96	Jun-8-19	Skyla Bancroft at Week 9 - Club Competi	Mackay Athletics Club	
	200m Sprint	28.31	May-25-19	Skyla Bancroft at Week 8 - Club Competi	Mackay Athletics Club	
	400m Sprint	1:28.96	Apr-29-17	Tiffany Moss at Club Competition - Week	Mackay Athletics Club	
	800m Run	3:00.29	Mar-16-19	Rachael Norman at Week 1 - Club Competi	Mackay Athletics Club	
	1500m Run	10:07.01	Apr-22-17	Emma Webb at Club Competition - Week 5	Mackay Athletics Club	
	3000m Run	30:00.00	Jan-01-19	TBA		
	1500m Walk	13:08.70	Sep-8-12	Claire Stevenson at Club Competition Sp	Mackay Athletics Club	
	5000m Walk	50:00.00	Jan-01-19	TBA		
	100m Hurdles	23.76	Apr-29-17	Tiffany Moss at Club Competition - Week	Mackay Athletics Club	
	2000m StplCh	30:00.00	Jan-01-19	TBA		
	High Jump	1.28m	May-19-12	Claire Stevenson at Club Competition C	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA		
	Long Jump	4.84m	May-25-19	Skyla Bancroft at Week 8 - Club Competi	Mackay Athletics Club	
	Triple Jump	7.39m	Apr-21-12	Claire Stevenson at Club Competition C	Mackay Athletics Club	
	Shot Put	10.22m	Jul-21-12	Claire Stevenson at Club Competition C	Mackay Athletics Club	
	Discus	26.33m	Sep-8-12	Claire Stevenson at Club Competition Sp	Mackay Athletics Club	
	Hammer	15.70m	Apr-28-18	Jessica Grech at Club Day - Week 5	Mackay Athletics Club	
	Javelin	27.65m	May-19-12	Claire Stevenson at Club Competition C	Mackay Athletics Club	

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18-19	100m Sprint	17.43	Mar-16-19	Jessica Grech at Week 1 - Club Competit	Mackay Athletics Club
	200m Sprint	38.44	Mar-23-19	Jessica Grech at Week 2 - Club Competit	Mackay Athletics Club
	400m Sprint	10:00.00	Jan-01-12	tba	
	800m Run	4:03.62	Mar-16-19	Jessica Grech at Week 1 - Club Competit	Mackay Athletics Club
	1500m Run	15:00.00	Jan-01-12	tba	
	3000m Run	50:00.00	Jan-01-19	TBA	
	5000m Run	50:00.00	Jan-01-19	TBA	
	1500m Walk	29:00.00	Jan-01-12	tba	
	5000m Walk	50:00.00	Jan-01-19	TBA	
	100m Hurdles	10:00.00	Jan-01-12	tba	
	3000m StplCh	40:00.00	Jan-01-19	TBA	
	High Jump	1.18m	Mar-23-19	Jessica Grech at Week 2 - Club Competit	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	3.59m	Mar-16-19	Jessica Grech at Week 1 - Club Competit	Mackay Athletics Club
	Triple Jump	1.00m	Jan-01-12	tba	
	Shot Put	1.00m	Jan-01-12	tba	
	Discus	16.82m	Mar-23-19	Jessica Grech at Week 2 - Club Competit	Mackay Athletics Club
	Hammer	1.00m	Jan-01-18	TBA	
	Javelin	19.13m	May-11-19	Jessica Grech at Week 6 - Club Competit	Mackay Athletics Club
	20-29	100m Sprint	15.62	05-11	Alex Cinelli
200m Sprint		34.71	Apr-06-11	Alex Cinelli	Mackay Athletics Club
400m Sprint		1:20.87	Sep-1 -12	Alex Cinelli at Club Competition D	Mackay Athletics Club
800m Run		3:22.27	May-19-12	Alex Cinelli at Club Competition C	Mackay Athletics Club
1500m Run		7:19.78	Apr-06-11	Alex Cinelli	Mackay Athletics Club
3000m Run		30:00.00	Jan-01-19	TBA	
5000m Run		50:00.00	Jan-01-19	TBA	
1500m Walk		10:50.22	May-11-13	Alex Cinelli at Club Competition - Sat	Mackay Athletics Club
5000m Walk		50:00.00	Jan-01-19	TBA	
100m Hurdles		10:00.00	Jan-01-12	tba	
3000m StplCh		40:00.00	Jan-01-19	TBA	
High Jump		1.32m	May-11-13	Alex Cinelli at Club Competition - Sat	Mackay Athletics Club
Pole Vault		1.00m	Jan-01-19	TBA	
Long Jump		3.74m	Mar-16-13	Alex Cinelli at Club Competition - Sat	Mackay Athletics Club
Triple Jump		8.11m	May-11-13	Alex Cinelli at Club Competition - Sat	Mackay Athletics Club
Shot Put		6.94m	Aug-22-15	Sharne Adams at Club Competition	Mackay Athletics Club
Discus		18.35m	Sep-1 -12	Alex Cinelli at Club Competition D	Mackay Athletics Club
Hammer		1.00m	Jan-01-18	TBA	
Javelin		17.69m	05-11	Alex Cinelli	Mackay Athletics Club
30-34		60m Sprint	9.10	May-18-19	Kate Jenner at Week 7 - Club Competitio
	100m Sprint	14.72	May-11-19	Kate Jenner at Week 6 - Club Competitio	Mackay Athletics Club
	200m Sprint	31.69	Mar-23-19	Kate Jenner at Week 2 - Club Competitio	Mackay Athletics Club
	400m Sprint	1:26.50	Mar-30-19	Kate Jenner at Week 3 - Club Competitio	Mackay Athletics Club
	800m Run	4:08.26	May-28-16	Sarah Spreadborough at Club Competition	Mackay Athletics Club
	1500m Run	9:06.46	Apr-23-16	Sarah Spreadborough at Club Competition	Mackay Athletics Club
	3000m Run	50:00.00	Jan-01-19	TBA	
	5000m Run	1:00:00.00	Jan-01-19	TBA	
	100m Hurdles	2:00.00	Jan-01-19	TBA	
	2000m StplCh	30:00.00	Jan-01-19	TBA	
	High Jump	1.30m	Mar-30-19	Kate Jenner at Week 3 - Club Competitio	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	4.55m	May-25-19	Kate Jenner at Week 8 - Club Competitio	Mackay Athletics Club
	Triple Jump	8.80m	May-11-19	Kate Jenner at Week 6 - Club Competitio	Mackay Athletics Club
	Shot Put	8.76m	Mar-30-19	Jessica Nyenuh at Week 3 - Club Competi	Mackay Athletics Club

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30-34	Discus	22.15m	Jun-8-19	Jessica Nyenuh at Week 9 - Club Competi	Mackay Athletics Club	
	Hammer	12.59m	May-11-19	Kate Jenner at Week 6 - Club Competitio	Mackay Athletics Club	
	Javelin	17.63m	Aug-6-16	Sarah Spreadborough at Club Competition	Mackay Athletics Club	
35-39	60m Sprint	11.42	Aug-13-17	Kerry Cronin at Club Competition - Week	Mackay Athletics Club	
	100m Sprint	18.40	Jul-15-17	Kerry Cronin at Club Competition - Week	Mackay Athletics Club	
	200m Sprint	44.53	Aug-18-18	Kerry Cronin at Club Day - Week 14	Mackay Athletics Club	
	400m Sprint	1:47.07	Apr-29-17	Kristie Brown at Club Competition - Wee	Mackay Athletics Club	
	800m Run	4:18.75	Jun-3-17	Kerry Cronin at Club Competition - Week	Mackay Athletics Club	
	1500m Run	8:50.27	Apr-22-17	Kristie Brown at Club Competition - Wee	Mackay Athletics Club	
	3000m Run	40:00.00	Jan-01-19	TBA		
	5000m Run	10:00.00	Jan-01-19	TBA		
	100m Hurdles	2:00.00	Jan-01-19	TBA		
	2000m StplCh	59:00.00	Jan-01-19	TBA		
	High Jump	1.09m	Jul-30-16	Kerry Cronin at Club Competition - Week	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA		
	Long Jump	2.82m	Aug-18-18	Kerry Cronin at Club Day - Week 14	Mackay Athletics Club	
	Triple Jump	6.44m	Mar-18-17	Kerry Cronin at Club Competition - Wee	Mackay Athletics Club	
	Shot Put	8.06m	Jun-8-19	Amanda Wright at Week 9 - Club Competit	Mackay Athletics Club	
	Discus	23.53m	Jul-8-17	Amanda Wright at Club Competition - Wee	Mackay Athletics Club	
	Hammer	25.94m	Jun-8-19	Amanda Wright at Week 9 - Club Competit	Mackay Athletics Club	
	Javelin	15.05m	Jul-23-16	Kerry Cronin at Club Competition - Week	Mackay Athletics Club	
	40-44	60m Sprint	8.87	May-11-19	Les-Lee Reid at Week 6 - Club Competiti	Mackay Athletics Club
		100m Sprint	14.44	May-11-19	Les-Lee Reid at Week 6 - Club Competiti	Mackay Athletics Club
200m Sprint		34.32	Mar-23-19	Les-Lee Reid at Week 2 - Club Competiti	Mackay Athletics Club	
400m Sprint		1:40.55	Jun-8-19	Les-Lee Reid at Week 9 - Club Competiti	Mackay Athletics Club	
800m Run		4:34.85	Aug-24-13	Natalie Lorraway at Club Competition -	Mackay Athletics Club	
1500m Run		10:16.91	Jul-27-13	Natalie Lorraway at Club Competition	Mackay Athletics Club	
3000m Run		59:00.00	Jan-01-19	TBA		
5000m Run		59:00.00	Jan-01-19	BA		
1500m Walk		20:00.00	13	tba		
80m Hurdles		28.80	Aug-24-13	Natalie Lorraway at Club Competition -	Mackay Athletics Club	
2000m StplCh		59:00.00	Jan-01-19	TBA		
High Jump		1.17m	Jun-8-19	Les-Lee Reid at Week 9 - Club Competiti	Mackay Athletics Club	
Pole Vault		1.00m	Jan-01-19	TBA		
Long Jump		4.14m	Mar-23-19	Les-Lee Reid at Week 2 - Club Competiti	Mackay Athletics Club	
Triple Jump		8.17m	May-11-19	Les-Lee Reid at Week 6 - Club Competiti	Mackay Athletics Club	
Shot Put		8.59m	Mar-16-19	Les-Lee Reid at Week 1 - Club Competiti	Mackay Athletics Club	
Discus		25.95m	Jun-8-19	Les-Lee Reid at Week 9 - Club Competiti	Mackay Athletics Club	
Hammer		18.68m	May-11-19	Les-Lee Reid at Week 6 - Club Competiti	Mackay Athletics Club	
Javelin		25.40m	May-11-19	Les-Lee Reid at Week 6 - Club Competiti	Mackay Athletics Club	
45-49		60m Sprint	10.93	Aug-18-18	Natalie Lorraway at Club Day - Week 14	Mackay Athletics Club
	100m Sprint	15.85	May-11-19	Lorraine Rutland at Week 6 - Club Compe	Mackay Athletics Club	
	200m Sprint	35.90	Mar-23-19	Lorraine Rutland at Week 2 - Club Compe	Mackay Athletics Club	
	400m Sprint	1:38.74	Aug-11-18	Natalie Lorraway at Club Day - Week 13	Mackay Athletics Club	
	800m Run	4:18.48	May-28-16	Natalie Lorraway at Club Competition -	Mackay Athletics Club	
	1500m Run	9:34.65	Apr-23-16	Natalie Lorraway at Club Competition -	Mackay Athletics Club	
	3000m Run	59:00.00	Jan-01-19	TBA		
	5000m Run	59:00.00	Jan-01-19	TBA		
	1500m Walk	20:00.00	14	TBA		
	80m Hurdles	2:00.00	Jan-01-19	TBA		
	2000m StplCh	59:00.00	Jan-01-19	TBA		
	High Jump	87m	Jul-9-16	Jos Grech at Club Competition - Week 8	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA		

RECORDS - MAC SINCE 2009 - Outdoor

45-49	Long Jump	2.95m	Mar-16-19	Lorraine Rutland at Week 1 - Club Compe	Mackay Athletics Club
	Triple Jump	5.96m	Jul-30-16	Natalie Lorroway at Club Competition -	Mackay Athletics Club
	Shot Put	6.24m	Aug-20-16	Natalie Lorroway at Club Competition -	Mackay Athletics Club
	Discus	20.27m	May-18-19	Natalie Lorroway at Week 7 - Club Compe	Mackay Athletics Club
	Hammer	17.58m	May-11-19	Natalie Lorroway at Week 6 - Club Compe	Mackay Athletics Club
	Javelin	16.05m	May-11-19	Natalie Lorroway at Week 6 - Club Compe	Mackay Athletics Club
50-54	60m Sprint	12.79	May-18-19	Jos Grech at Week 7 - Club Competition	Mackay Athletics Club
	100m Sprint	21.68	May-11-19	Jos Grech at Week 6 - Club Competition	Mackay Athletics Club
	200m Sprint	53.59	Aug-15-15	Fran Hona at Club Competition	Mackay Athletics Club
	400m Sprint	2:15.05	Mar-28-15	Fran Hona at Club Competition	Mackay Athletics Club
	800m Run	5:00.00	15	TBA	
	1500m Run	30:00.00	Jan-01-19	TBA	
	3000m Run	59:00.00	Jan-01-19	TBA	
	5000m Run	59:00.00	Jan-01-19	TBA	
	80m Hurdles	2:00.00	Jan-01-19	TBA	
	High Jump	82m	Jun-8-19	Jos Grech at Week 9 - Club Competition	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	2.04m	Jun-20-15	Fran Hona at Club Competition	Mackay Athletics Club
	Triple Jump	1.00m	15	TBA	
	Shot Put	5.36m	Aug-22-15	Fran Hona at Club Competition	Mackay Athletics Club
	Discus	12.79m	May-25-19	Jos Grech at Week 8 - Club Competition	Mackay Athletics Club
	Hammer	1.00m	Jan-01-18	TBA	
	Javelin	11.67m	Jun-20-15	Fran Hona at Club Competition	Mackay Athletics Club
	55-59	60m Sprint	13.48	May-18-19	Carol O'Brien at Week 7 - Club Competit
100m Sprint		22.40	Mar-23-19	Carol O'Brien at Week 2 - Club Competit	Mackay Athletics Club
200m Sprint		44.77	May-25-19	Christine Smith at Week 8 - Club Compet	Mackay Athletics Club
400m Sprint		2:10.44	May-18-19	Carol O'Brien at Week 7 - Club Competit	Mackay Athletics Club
800m Run		10:00.00	Jan-01-19	TBA	
1500m Run		20:00.00	Jan-01-19	TBA	
3000m Run		40:00.00	Jan-01-19	TBA	
5000m Run		59:00.00	Jan-01-19	TBA	
80m Hurdles		2:00.00	Jan-01-19	TBA	
2000m StplCh		59:00.00	Jan-01-19	TBA	
High Jump		90m	May-18-19	Carol O'Brien at Week 7 - Club Competit	Mackay Athletics Club
Pole Vault		1.00m	Jan-01-19	TBA	
Long Jump		2.47m	May-25-19	Christine Smith at Week 8 - Club Compet	Mackay Athletics Club
Triple Jump		1.00m	Jan-01-19	TBA	
Shot Put		4.23m	May-18-19	Carol O'Brien at Week 7 - Club Competit	Mackay Athletics Club
Discus		13.82m	May-25-19	Christine Smith at Week 8 - Club Compet	Mackay Athletics Club
Hammer		1.00m	Jan-01-19	TBA	
Javelin		12.88m	May-25-19	Christine Smith at Week 8 - Club Compet	Mackay Athletics Club
60-64	60m Sprint	1:00.00	Jan-01-19	TBA	
	100m Sprint	1:00.00	Jan-01-19	TBA	
	200m Sprint	2:00.00	Jan-01-19	TBA	
	400m Sprint	4:00.00	Jan-01-19	TBA	
	800m Run	10:00.00	Jan-01-19	TBA	
	1500m Run	30:00.00	Jan-01-19	TBA	
	3000m Run	59:00.00	Jan-01-19	TBA	
	5000m Run	59:00.00	Jan-01-19	TBA	
	80m Hurdles	2:00.00	Jan-01-19	TBA	
	2000m StplCh	59:00.00	Jan-01-19	TBA	
	High Jump	60m	Jan-01-19	TBA	
	Pole Vault	1.00m	Jan-01-19	TBA	

RECORDS - MAC SINCE 2009 - Outdoor

60-64	Long Jump	1.00m	Jan-01-19	TBA	
	Triple Jump	1.00m	Jan-01-19	TBA	
	Shot Put	1.00m	Jan-01-19	TBA	
	Discus	1.00m	Jan-01-19	TBA	
	Hammer	1.00m	Jan-01-19	TBA	
	Javelin	1.00m	Jan-01-19	TBA	
65-69	60m Sprint	12.28	Jun-8-19	Dawn Mansfield at Week 9 - Club Competi	Mackay Athletics Club
	100m Sprint	20.06	May-11-19	Dawn Mansfield at Week 6 - Club Competi	Mackay Athletics Club
	200m Sprint	46.37	Mar-23-19	Dawn Mansfield at Week 2 - Club Competi	Mackay Athletics Club
	400m Sprint	2:03.42	Mar-30-19	Dawn Mansfield at Week 3 - Club Competi	Mackay Athletics Club
	800m Run	10:00.00	Jan-01-19	TBA	
	1500m Run	20:00.00	Jan-01-19	TBA	
	3000m Run	59:00.00	Jan-01-19	TBA	
	5000m Run	59:00.00	Jan-01-19	TBA	
	80m Hurdles	2:00.00	Jan-01-19	TBA	
	2000m StplCh	59:00.00	Jan-01-19	TBA	
	High Jump	92m	Jun-8-19	Dawn Mansfield at Week 9 - Club Competi	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	2.38m	May-25-19	Dawn Mansfield at Week 8 - Club Competi	Mackay Athletics Club
	Triple Jump	1.00m	Jan-01-19	TBA	
	Shot Put	5.44m	Jun-8-19	Dawn Mansfield at Week 9 - Club Competi	Mackay Athletics Club
	Discus	15.06m	May-25-19	Dawn Mansfield at Week 8 - Club Competi	Mackay Athletics Club
	Hammer	1.00m	Jan-01-19	TBA	
	Javelin	11.60m	May-11-19	Dawn Mansfield at Week 6 - Club Competi	Mackay Athletics Club

RECORDS - MAC SINCE 2009 - Outdoor

Male

	Event	Mark	Date Set	Record Holder	Team Affiliation
03-05	80m Sprint	18.26	Jul-19-14	Riley Morgan	Mackay Athletics Club
	100m Sprint	22.62	Aug-30-14	Riley Morgan	Mackay Athletics Club
	300m Walk	2:17.72	Aug-17-13	Zahn Spies	Mackay Athletics Club
	60m Hurdles	15.48	Aug-23-14	Riley Morgan	Mackay Athletics Club
	High Jump	70m	May-11-13	Zahn Spies at Club Competition - Sat 11	Mackay Athletics Club
	Long Jump	1.83m	Sep-1-18	Harrison Cridland at Club Day - Week 16	Mackay Athletics Club
	Shot Put	4.10m	Aug-24-13	Samuel Anderson at Club Competition - S	Mackay Athletics Club
	Discus	7.67m	Aug-30-14	Riley Meigan at Club Competition - Sat	Mackay Athletics Club
	Javelin	Turbo 6.50m	Sep-05-09	Benjamin Binney	
	06-06	60m Sprint	11.24	Sep-1-18	Riley Ware at Club Day - Week 16
80m Sprint		15.49	06-09	Connor Muscat	
100m Sprint		15.58	06-09	Brayden Heel	
300m Walk		2:07.45	May-11-13	Jack Delaney at Club Competition - Sat	Mackay Athletics Club
60m Hurdles		13.52	05-09	Connor Muscat	
High Jump		86m	Aug-29-09	Brayden Heel at MAC Club	Mackay Athletics Club
Long Jump		2.34m	Aug-18-18	Riley Ware at Club Day - Week 14	Mackay Athletics Club
Shot Put		5.02m	Sep-8 -12	Julien Mezieres at Club Competition Spe	Mackay Athletics Club
Discus		12.14m	Sep-1 -12	Julian Mezieres at Club Competition D	Mackay Athletics Club
Javelin		Turbo 9.41m	Aug-7 -10	Beau Mittereger at MAC Club Day	Mackay Athletics Club
07-07	60m Sprint	10.65	Jul-25-09	Harrison Harvey at MAC Club	Mackay Athletics Club
	80m Sprint	13.90	Jun-8-19	York Day at Week 9 - Club Competition 8	Mackay Athletics Club
	100m Sprint	17.52	May-12-18	Sonny Morse at Club Day - Week 6	Mackay Athletics Club
	200m Sprint	39.29	Jun-2-18	Sonny Morse at Club Day - Week 8	Mackay Athletics Club
	300m Walk	2:01.69	Aug-6 -11	Colby Threadgate at Club Competition B	Mackay Athletics Club
	60m Hurdles	13.25	Jul-30-11	Colby Threadgate at Club Competition A	Mackay Athletics Club
	High Jump	92m *	Aug-6 -11	Colby Threadgate at Club Competition B	Mackay Athletics Club
	High Jump	92m *	Aug-4-18	Logan Bryant at Club Day - Make Up Day	Mackay Athletics Club
	Long Jump	2.70m	06-09	Harrison Harvey	
	Shot Put	5.08m	Jun-23-18	Samuel Dewar at Club Day - Week 9	Mackay Athletics Club
	Discus	12.86m	Mar-24-18	Samuel Dewar at Club Day - Week 4	Mackay Athletics Club
	Javelin	Turbo 10.45m	Aug-1-15	Isaac Binks at Club Competition	Mackay Athletics Club
08-08	60m Sprint	10.65	Jul-25-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	80m Sprint	13.34	Mar-16-13	Bohde Norton at Club Competition - Sat	Mackay Athletics Club
	100m Sprint	16.16	May-18-19	Sonny Morse at Week 7 - Club Competitio	Mackay Athletics Club
	200m Sprint	34.33	May-25-19	Sonny Morse at Week 8 - Club Competitio	Mackay Athletics Club
	800m Run	2:51.67	May-18-19	Sonny Morse at Week 7 - Club Competitio	Mackay Athletics Club
	300m Walk	1:59.38	Jul-29-17	Kai McLoughlin at Club Competition - We	Mackay Athletics Club
	60m Hurdles	12.51	Aug-24-13	Bohde Norton at Club Competition - Sat	Mackay Athletics Club
	High Jump	1.05m	Jul-13-13	Bohde Norton at Club Competition - Sat	Mackay Athletics Club
	Long Jump	3.26m *	May-18-19	Sonny Morse at Week 7 - Club Competitio	Mackay Athletics Club
	Long Jump	3.26m *	May-25-19	Sonny Morse at Week 8 - Club Competitio	Mackay Athletics Club
	Shot Put	5.81m	May-25-19	Sonny Morse at Week 8 - Club Competitio	Mackay Athletics Club
	Discus	17.21m	Jun-8-19	Jimmy Turner at Week 9 - Club Competiti	Mackay Athletics Club
	Javelin	Turbo 10.93m	Mar-16-19	Jimmy Turner at Week 1 - Club Competiti	Mackay Athletics Club
09-09	80m Sprint	13.31	Aug-6 -11	Rhett Brennan at Club Competition B	Mackay Athletics Club
	100m Sprint	16.30	Sep-1-18	Kai McLoughlin at Club Day - Week 16	Mackay Athletics Club
	200m Sprint	34.45	Jun-5 -10	Connor McDermott at MAC Club Day	Mackay Athletics Club

RECORDS - MAC SINCE 2009 - Outdoor

09-09	800m Run	3:13.36	Aug-8-09	Kendall Bates at MAC Club	Mackay Athletics Club
	800m Walk	5:40.02	Jun-16-12	Clayton Lafu at Club Competition D with	Mackay Athletics Club
	60m Hurdles	12.74	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club
	High Jump	1.04m	Sep-6-14	Ben Mackay at Club Competition - Sat 6	Mackay Athletics Club
	Long Jump	3.13m	Jun-8-19	Matthew Minchianski at Week 9 - Club Co	Mackay Athletics Club
	Shot Put	5.49m	Jul-8-17	Kaleb Phillips at Club Competition - We	Mackay Athletics Club
	Discus	16.94m	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club
	Javelin Turbo	14.70m	Sep-05-09	Lachlan Grech	
10-10	80m Sprint	11.71	Jul-24-10	Nicholas Armstrong at MAC Club Day	Mackay Athletics Club
	100m Sprint	14.65	Jul-24-10	Nicholas Armstrong at MAC Club Day	Mackay Athletics Club
	200m Sprint	32.15	Aug-6-11	Zachary Diefenbach at Club Competition	Mackay Athletics Club
	400m Sprint	1:17.27	Jul-24-10	Nicholas Armstrong at MAC Club Day	Mackay Athletics Club
	800m Run	2:58.61	Aug-7-10	Nicholas Armstrong at MAC Club Day	Mackay Athletics Club
	1500m Run	5:54.50	Jun-20-15	Jarrold Jones at Club Competition	Mackay Athletics Club
	800m Walk	5:24.11	Aug-21-10	Kendall Bates at MAC Club Day	Mackay Athletics Club
	60m Hurdles	11.46	Aug-28-10	Nicholas Armstrong at MAC Club Day	Mackay Athletics Club
	High Jump	1.21m	Aug-20-11	Zachary Diefenbach at Club Competition	Mackay Athletics Club
	Long Jump	3.48m	Jul-18-15	Ben Mackay at Club Competition	Mackay Athletics Club
	Shot Put	6.61m	Apr-27-13	Jacob Lorroway at Club Competition - Sa	Mackay Athletics Club
	Discus	17.68m	Sep-7-13	Jacob Lorroway at Club Competition - 7	Mackay Athletics Club
	Javelin Turbo	16.19m	Aug-6-16	Kallyn Dawson at Club Competition - Wee	Mackay Athletics Club
11-11	80m Sprint	12.11	06-09	Jack Wilson	
	100m Sprint	14.24	Jul-18-15	Riley Mackay at Club Competition	Mackay Athletics Club
	200m Sprint	29.65	Jul-18-15	Riley Mackay at Club Competition	Mackay Athletics Club
	400m Sprint	1:13.98	Jul-9-16	Ryan Bartlett at Club Competition - Wee	Mackay Athletics Club
	800m Run	3:00.24	Mar-16-19	Benjamin Minchianski at Week 1 - Club C	Mackay Athletics Club
	1500m Run	6:13.32	May-11-19	Cale Reid at Week 6 - Club Competition	Mackay Athletics Club
	1500m Walk	10:07.81	06-09	Jack Wilson	
	60m Hurdles	12.26 *	Sep-1-12	Zachary Diefenbach at Club Competition	Mackay Athletics Club
	60m Hurdles	12.26 *	Jul-15-17	James Galea at Club Competition - Week	Mackay Athletics Club
	High Jump	1.30m *	Aug-30-14	Taine Hona at Club Competition - Sat 30	Mackay Athletics Club
	High Jump	1.30m *	May-25-19	Benjamin Minchianski at Week 8 - Club C	Mackay Athletics Club
	Long Jump	3.86m	Aug-6-16	Ryan Bartlett at Club Competition - Wee	Mackay Athletics Club
	Shot Put	9.49m	Aug-29-15	Hayden Barka at Club Competition	Mackay Athletics Club
	Discus	26.04m	Jul-15-17	James Galea at Club Competition - Week	Mackay Athletics Club
	Javelin Turbo	25.53m	Aug-22-15	Hayden Barka at Club Competition	Mackay Athletics Club
12-12	100m Sprint	13.73	Aug-22-15	Taine Hona at Club Competition	Mackay Athletics Club
	200m Sprint	29.78	May-22-10	Bennett Hardwick at MAC Club Day	Mackay Athletics Club
	400m Sprint	1:13.56	May-30-15	Taine Hona at Club Competition	Mackay Athletics Club
	800m Run	3:00.27	Jun-5-10	Jack Wilson at MAC Club Day	Mackay Athletics Club
	1500m Run	5:54.46	Aug-21-10	Jack Wilson at MAC Club Day	Mackay Athletics Club
	3000m Run	10:00.00	Jan-01-19	TBA	MAC
	1500m Walk	10:48.84	May-22-10	Jack Wilson at MAC Club Day	Mackay Athletics Club
	90m Hurdles	16.51	Aug-1-15	Taine Hona at Club Competition	Mackay Athletics Club
	200m Hurdles	2:00.00	Jan-01-19	TBA	
	High Jump	1.51m	Aug-15-15	Taine Hona at Club Competition	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	MAC
	Long Jump	4.27m	Mar-16-13	Zachary Diefenbach at Club Competition	Mackay Athletics Club
	Triple Jump	8.26m	Aug-1-15	Taine Hona at Club Competition	Mackay Athletics Club
	Shot Put	10.97m	Jul-9-16	Hayden M.Barka at Club Competition - We	Mackay Athletics Club
	Discus	28.86m	Sep-1-18	James Galea at Club Day - Week 16	Mackay Athletics Club
	Hammer	22.67m	May-12-18	James Galea at Club Day - Week 6	Mackay Athletics Club
	Javelin	23.42m	Aug-11-18	James Galea at Club Day - Week 13	Mackay Athletics Club

RECORDS - MAC SINCE 2009 - Outdoor

13-13	100m Sprint	12.78	Jul-30-11	Bennett Hardwick at Club Competition A	Mackay Athletics Club	
	200m Sprint	26.18	Aug-6 -11	Bennett Hardwick at Club Competition B	Mackay Athletics Club	
	400m Sprint	1:16.38	Aug-20-16	Ryan Walker at Club Competition - Week	Mackay Athletics Club	
	800m Run	3:00.47	May-28-16	Ryan Walker at Club Competition - Week	Mackay Athletics Club	
	1500m Run	6:25.85	Jun-11-16	Ryan Walker at Club Competition - Week	Mackay Athletics Club	
	3000m Run	10:00.00	Jan-01-19	TBA	MAC	
	1500m Walk	10:36.80	06-09	James Quirk		
	90m Hurdles	14.15	Jul-30-11	Bennett Hardwick at Club Competition A	Mackay Athletics Club	
	High Jump	1.45m	Apr-23-16	Taine Hona at Club Competition - Week 3	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA	MAC	
	Long Jump	4.81m	Aug-6 -11	Bennett Hardwick at Club Competition B	Mackay Athletics Club	
	Triple Jump	8.51m	Aug-4-18	Alessandro Stimamiglio at Club Day - Ma	Mackay Athletics Club	
	Shot Put	11.67m	Aug-19-17	Hayden M.Barka at Club Competition - We	Mackay Athletics Club	
	Discus	30.74m	Mar-23-19	James Galea at Week 2 - Club Competitio	Mackay Athletics Club	
	Hammer	31.60m	May-18-19	James Galea at Week 7 - Club Competitio	Mackay Athletics Club	
	Javelin	29.25m	Aug-19-17	Hayden M.Barka at Club Competition - We	Mackay Athletics Club	
	14-15	100m Sprint	12.42	Jun-09-12	Bennett Hardwick -	Mackay Athletics Club
		200m Sprint	27.02	Jun-16-12	Bennett Hardwick	Mackay Athletics Club
400m Sprint		1:06.55	Aug-4 -12	Bennett Hardwick at Club Competition D	Mackay Athletics Club	
800m Run		2:35.82	Aug-19-17	Ryan Walker at Club Competition - Week	Mackay Athletics Club	
1500m Run		5:51.81	Aug-21-10	James W.Quirk at MAC Club Day	Mackay Athletics Club	
3000m Run		20:00.00	Jan-01-19	TBA	MAC	
1500m Walk		11:05.46	Apr-21-12	Tim Stevenson at Club Competition C	Mackay Athletics Club	
3000m Walk		30:00.00	Jan-01-19	TBA	MAC	
90m Hurdles		14.27	Mar-10-12	Bennett Hardwick at Club Competition A	Mackay Athletics Club	
100m Hurdles		14.49	Mar-30-19	Noah Simpson at Week 3 - Club Competiti	Mackay Athletics Club	
2000m StplCh		10:00.00	Jan-01-19	TBA	MAC	
High Jump		1.45m	May-19-12	Bennett Hardwick at Club Competition C	Mackay Athletics Club	
Pole Vault		1.00m	Jan-01-19	TBA	MAC	
Long Jump		5.11m	Jul-8-17	Taine Hona at Club Competition - Week 1	Mackay Athletics Club	
Triple Jump		10.25m *	Apr-29-17	Taine Hona at Club Competition - Week 6	Mackay Athletics Club	
Triple Jump		10.25m *	Jul-15-17	Taine Hona at Club Competition - Week 1	Mackay Athletics Club	
Shot Put		10.42m	Aug-4 -12	Bennett Hardwick at Club Competition D	Mackay Athletics Club	
Discus		30.18m	Jul-11-15	Lachlan Grech at Club Competition	Mackay Athletics Club	
Hammer	1.00m	Jan-01-18	TBA			
Javelin	22.00m	Jul-15-17	Taine Hona at Club Competition - Week 1	Mackay Athletics Club		
16-17	100m Sprint	11.82	May-18-19	Tom W.Monckton at Week 7 - Club Competi	Mackay Athletics Club	
	200m Sprint	27.39	Jun-2-18	Keenan Greskie at Club Day - Week 8	Mackay Athletics Club	
	400m Sprint	54.24	May-18-19	Tom W.Monckton at Week 7 - Club Competi	Mackay Athletics Club	
	800m Run	2:26.51	Mar-16-19	Tom W.Monckton at Week 1 - Club Competi	Mackay Athletics Club	
	1500m Run	5:38.80	Jun-11-16	Kris Walker at Club Competition - Week	Mackay Athletics Club	
	3000m Run	10:07.58	Mar-23-19	Will Morgan at Week 2 - Club Competitio	Mackay Athletics Club	
	1500m Walk	20:00.00	Jan-01-12	tba		
	3000m Walk	45:00.00	Jan-01-19	TBA	MAC	
	5000m Walk	10:00.00	Jan-01-19	TBA	MAC	
	110m Hurdles	16.67	Apr-28-18	Tom W.Monckton at Club Day - Week 5	Mackay Athletics Club	
	2000m StplCh	10:00.00	Jan-01-19	TBA	MAC	
	High Jump	1.45m	Mar-17-18	Keenan Greskie at Club Day - Week 3	Mackay Athletics Club	
	Pole Vault	1.00m	Jan-01-19	TBA	MAC	
	Long Jump	5.88m	Mar-16-19	Tom W.Monckton at Week 1 - Club Competi	Mackay Athletics Club	
	Triple Jump	9.43m	Mar-23-19	Riley Phelan at Week 2 - Club Competiti	Mackay Athletics Club	
	Shot Put	8.74m	Apr-28-18	Tom W.Monckton at Club Day - Week 5	Mackay Athletics Club	
	Discus	27.26m	Sep-1-18	Keenan Greskie at Club Day - Week 16	Mackay Athletics Club	

RECORDS - MAC SINCE 2009 - Outdoor

16-17	Hammer	17.43m	Jul-21-18	Keenan Greskie at Club Day - Week 11	Mackay Athletics Club
	Javelin	31.35m	Mar-16-19	Tom W.Monckton at Week 1 - Club Competi	Mackay Athletics Club
18-19	100m Sprint	13.13	Jun-8-19	Keenan Greskie at Week 9 - Club Competi	Mackay Athletics Club
	200m Sprint	26.44	Jul-29-17	Rhys Carter at Club Competition - Week	Mackay Athletics Club
	400m Sprint	1:06.34	Jun-8-19	Keenan Greskie at Week 9 - Club Competi	Mackay Athletics Club
	800m Run	2:46.42	Jun-3-17	Rhys Carter at Club Competition - Week	Mackay Athletics Club
	1500m Run	20:00.00	Jan-01-12	tba	
	3000m Run	10:00.00	Jan-01-19	TBA	MAC
	5000m Run	10:00.00	Jan-01-19	TBA	MAC
	1500m Walk	15:54.75	Apr-21-12	Jarrod Smith at Club Competition C	Mackay Athletics Club
	3000m Walk	10:00.00	Jan-01-19	TBA	MAC
	5000m Walk	10:00.00	Jan-01-19	TBA	MAC
	110m Hurdles	1:00.00	Mar-30-19	TBA	MAC
	3000m StplCh	10:00.00	Jan-01-19	TBA	MAC
	High Jump	1.45m	May-25-19	Keenan Greskie at Week 8 - Club Competi	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	MAC
	Long Jump	4.75m	Mar-30-19	Keenan Greskie at Week 3 - Club Competi	Mackay Athletics Club
	Triple Jump	9.19m	May-11-19	Keenan Greskie at Week 6 - Club Competi	Mackay Athletics Club
	Shot Put	9.77m	Jul-21-12	Jarrod Smith at Club Competition C - 4	Mackay Athletics Club
	Discus	26.70m	Mar-31-12	Jarrod Smith at Club Competition Specia	Mackay Athletics Club
	Hammer	15.88m	May-18-19	Keenan Greskie at Week 7 - Club Competi	Mackay Athletics Club
	Javelin	43.42m	Jun-20-15	Ashley Horne at Club Competition	Mackay Athletics Club
20-29	100m Sprint	12.50	May-11-19	Christopher Richardson at Week 6 - Club	Mackay Athletics Club
	200m Sprint	28.68	May-09-15	Mitchell Coles	Mackay Athletics Club
	400m Sprint	10:00.00	Jan-01-12	tba	
	800m Run	2:35.87	May-11-19	Christopher Richardson at Week 6 - Club	Mackay Athletics Club
	1500m Run	7:23.90	Mar-21-15	Lochlan Bradley at Club Competition	Mackay Athletics Club
	3000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	5000m Run	1:00:00.00	Jan-01-19	TBAA	MAC
	1500m Walk	20:00.00	Jan-01-12	tba	
	3000m Walk	1:00:00.00	Jan-01-19	TBA	MAC
	5000m Walk	1:00:00.00	Jan-01-19	TBA	MAC
	110m Hurdles	10:00.00	Jan-01-12	tba	
	3000m StplCh	1:00:00.00	Jan-01-19	TBA	MAC
	High Jump	1.70m	May-11-19	Christopher Richardson at Week 6 - Club	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	MAC
	Long Jump	5.41m	May-11-19	Christopher Richardson at Week 6 - Club	Mackay Athletics Club
	Triple Jump	1.00m	Jan-01-12	tba	
	Shot Put	10.78m	Jun-8-19	Chris Harris at Week 9 - Club Competiti	Mackay Athletics Club
	Discus	30.34m	May-11-19	Chris Harris at Week 6 - Club Competiti	Mackay Athletics Club
	Hammer	1.00m	Jan-01-18	TBA	
	Javelin	42.28m	May-27-17	Ashley Horne at Club Competition - Week	Mackay Athletics Club
30-34	100m Sprint	12.87	Mar-16-13	David Takitaki at Club Competition - Sa	Mackay Athletics Club
	200m Sprint	27.95	May-11-13	David Takitaki at Club Competition - Sa	Mackay Athletics Club
	400m Sprint	1:08.29	Jun-8-13	David Takitaki at Club Competition - Sa	Mackay Athletics Club
	800m Run	3:04.36	May-3-14	Chris Atkins at Club Competition - Satu	Mackay Athletics Club
	1500m Run	6:34.63	Mar-21-15	Joshua Hunt at Club Competition	Mackay Athletics Club
	3000m Run	30:00.00	Jan-01-19	TBA	
	3000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	5000m Run	40:00.00	Jan-01-19	TBA	
	5000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	1500m Walk	3:00.00	Jan-1-13	tba	
	90m Hurdles	15.84	Apr-20-13	David Takitaki at Club Competition - Sa	Mackay Athletics Club

RECORDS - MAC SINCE 2009 - Outdoor

30-34	110m	Hurdles	10:00.00	Jan-01-19	TBA	MAC
	3000m	StplCh	1:00:0.00	Jan-01-19	TBA	MAC
		High Jump	1.55m	May-10-14	Chris Atkins at Club Competition - Sat	Mackay Athletics Club
		Pole Vault	1.00m *	Jan-01-19	TBA	MAC
		Pole Vault	1.00m *	Jan-01-19	TBA	
		Long Jump	4.39m	Jul-13-13	David Takitaki at Club Competition - Sa	Mackay Athletics Club
		Triple Jump	10.24m	May-3-14	Chris Atkins at Club Competition - Satu	Mackay Athletics Club
		Shot Put	8.98m	May-3-14	Chris Atkins at Club Competition - Satu	Mackay Athletics Club
		Discus	23.10m	Mar-21-15	Joshua Hunt at Club Competition	Mackay Athletics Club
		Hammer	1.00m	Jan-01-18	TBA	
		Javelin	34.95m	May-10-14	Chris Atkins at Club Competition - Sat	Mackay Athletics Club
35-39	60m	Sprint	7.89	Mar-30-19	Farren Harold at Week 3 - Club Competit	Mackay Athletics Club
	100m	Sprint	12.00	Mar-23-19	Farren Harold at Week 2 - Club Competit	Mackay Athletics Club
	200m	Sprint	27.81	Jun-20-15	Lucas Vassie at Club Competition	Mackay Athletics Club
	400m	Sprint	1:04.81	Mar-30-19	Kay Nyenuh at Week 3 - Club Competition	Mackay Athletics Club
	800m	Run	3:10.46	May-2-15	Lucas Vassie at Club Competition	Mackay Athletics Club
	1500m	Run	8:32.90	Mar-21-15	Lucas Vassie at Club Competition	Mackay Athletics Club
	3000m	Run	1:00:0.00	Jan-01-19	TBA	MAC
	5000m	Run	1:00:0.00	Jan-01-19	TBA	MAC
	1500m	Walk	1:00:0.00	Jan-01-19	TBA	MAC
	3000m	Walk	1:00:0.00	Jan-01-19	TBA	MAC
	5000m	Walk	1:00:0.00	Jan-01-19	TBA	MAC
	3000m	StplCh	1:00:0.00	Jan-01-19	TBA	MAC
		High Jump	1.45m *	Jun-8-19	Kay Nyenuh at Week 9 - Club Competition	Mackay Athletics Club
		High Jump	1.45m *	Mar-30-19	Norman Turner at Week 3 - Club Competit	Mackay Athletics Club
		High Jump	1.45m *	Mar-30-19	Kay Nyenuh at Week 3 - Club Competition	Mackay Athletics Club
		Pole Vault	1.00m	Jan-01-19	TBA	MAC
		Long Jump	5.05m	Jul-15-17	Farren Harold at Club Competition - Wee	Mackay Athletics Club
		Triple Jump	9.13m	Mar-18-17	Farren Harold at Club Competition - Wee	Mackay Athletics Club
		Shot Put	10.00m	Mar-16-19	Kay Nyenuh at Week 1 - Club Competition	Mackay Athletics Club
		Discus	29.50m	May-25-19	Kay Nyenuh at Week 8 - Club Competition	Mackay Athletics Club
		Hammer	24.05m	Jun-8-19	Kay Nyenuh at Week 9 - Club Competition	Mackay Athletics Club
		Javelin	37.94m	Mar-16-19	Norman Turner at Week 1 - Club Competit	Mackay Athletics Club
40-44	60m	Sprint	8.63	Mar-30-19	Chris Carney at Week 3 - Club Competiti	Mackay Athletics Club
	100m	Sprint	12.88	May-11-19	Ashish Rana at Week 6 - Club Competitio	Mackay Athletics Club
	200m	Sprint	27.95	May-25-19	Ashish Rana at Week 8 - Club Competitio	Mackay Athletics Club
	400m	Sprint	1:05.17	Mar-30-19	Chris Carney at Week 3 - Club Competiti	Mackay Athletics Club
	800m	Run	3:01.66	Mar-18-17	Stephen Bartlett at Club Competition -	Mackay Athletics Club
	1500m	Run	7:33.15	Jul-27-13	Allan Lorraway at Club Competition	Mackay Athletics Club
	3000m	Run	10:00.00	Jan-01-19	TBA	MAC
	5000m	Run	1:00:0.00	Jan-01-19	TBA	MAC
	1500m	Walk	12:21.12	Aug-17-13	Allan Lorraway at Club Competition	Mackay Athletics Club
	90m	Hurdles	19.49	Aug-24-13	Allan Lorraway at Club Competition - Sa	Mackay Athletics Club
	110m	Hurdles	10:00.00	Jan-01-19	TBA	MAC
	3000m	StplCh	1:00:0.00	Jan-01-19	TBA	MAC
		High Jump	1.55m	Mar-18-17	Troy Johnstone at Club Competition - We	Mackay Athletics Club
		Pole Vault	1.00m	Jan-01-19	TBA	MAC
		Long Jump	4.84m	May-27-17	Troy Johnstone at Club Competition - We	Mackay Athletics Club
		Triple Jump	7.76m	Aug-18-18	Aaron Kemp at Club Day - Week 14	Mackay Athletics Club
		Shot Put	10.12m	Mar-3-18	Aaron Kemp at Club Day - Week 1	Mackay Athletics Club
		Discus	29.15m	Mar-23-19	Aaron Kemp at Week 2 - Club Competition	Mackay Athletics Club
		Hammer	25.40m	Aug-18-18	Aaron Kemp at Club Day - Week 14	Mackay Athletics Club
		Javelin	29.21m	Aug-4-18	Aaron Kemp at Club Day - Make Up Day	Mackay Athletics Club

RECORDS - MAC SINCE 2009 - Outdoor

45-49	60m Sprint	8.60	Jun-8-19	Troy Johnstone at Week 9 - Club Competi	Mackay Athletics Club
	60m Sprint	9.04	Mar-11-17	Michael Barron at Club Competition - We	Mackay Athletics Club
	100m Sprint	14.08	Mar-16-13	Graham McNamara at Club Competition - S	Mackay Athletics Club
	200m Sprint	30.09	May-10-14	Graham McNamara at Club Competition - S	Mackay Athletics Club
	400m Sprint	1:11.25	Aug-3-13	Graham McNamara at Club Competition - S	Mackay Athletics Club
	800m Run	2:53.66	May-2-15	Graham McNamara at Club Competition	Mackay Athletics Club
	1500m Run	6:40.17	Jul-27-13	Graham McNamara at Club Competition	Mackay Athletics Club
	3000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	5000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	1500m Walk	10:08.28	Aug-17-13	Graham McNamara at Club Competition	Mackay Athletics Club
	90m Hurdles	16.44	Aug-3-13	Graham McNamara at Club Competition - S	Mackay Athletics Club
	110m Hurdles	10:00.00	Jan-01-19	TBA	MAC
	High Jump	1.55m	Jun-8-19	Troy Johnstone at Week 9 - Club Competi	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	MAC
	Long Jump	4.72m	Mar-16-19	Troy Johnstone at Week 1 - Club Competi	Mackay Athletics Club
	Triple Jump	7.82m	May-30-15	Graham McNamara at Club Competition	Mackay Athletics Club
	Shot Put	10.34m	Jul-15-17	Kevin Galea at Club Competition - Week	Mackay Athletics Club
	Discus	30.00m	Jul-29-17	Kevin Galea at Club Competition - Week	Mackay Athletics Club
	Hammer	16.28m	May-11-19	William Bourke at Week 6 - Club Competi	Mackay Athletics Club
	Javelin	37.56m	May-27-17	Kevin Galea at Club Competition - Week	Mackay Athletics Club
50-54	60m Sprint	8.50	Apr-9-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	100m Sprint	13.46	Mar-19-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	200m Sprint	29.03	May-7-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	400m Sprint	1:09.08	Apr-30-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	800m Run	3:05.53	Apr-9-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	1500m Run	8:19.58	Apr-23-16	Paul Couchman at Club Competition - Wee	Mackay Athletics Club
	3000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	5000m Run	1:00:00.00	Jan-01-19	TBA	MAC
	1500m Walk	12:39.02	Apr-23-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	100m Hurdles	10:00.00	Jan-01-19	TBA	MAC
	3000m StplCh	1:00:00.00	Jan-01-19	TBA	MAC
	High Jump	1.30m	May-28-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	Pole Vault	1.00m	Jan-01-19	TBA	MAC
	Long Jump	3.82m	Mar-19-16	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	Triple Jump	7.75m	Jul-15-17	Stuart Walker at Club Competition - Wee	Mackay Athletics Club
	Shot Put	12.32m	Aug-11-18	Kevin Galea at Club Day - Week 13	Mackay Athletics Club
	Discus	38.29m	Aug-4-18	Kevin Galea at Club Day - Make Up Day	Mackay Athletics Club
	Hammer	34.19m	May-11-19	Kevin Galea at Week 6 - Club Competitio	Mackay Athletics Club
	Javelin	42.34m	Mar-23-19	Kevin Galea at Week 2 - Club Competitio	Mackay Athletics Club
	55-59	60m Sprint	10.19	Jun-8-19	Philip Clark at Week 9 - Club Competiti
100m Sprint		21.29	May-11-19	Philip Clark at Week 6 - Club Competiti	Mackay Athletics Club
200m Sprint		2:00.00	Jan-01-19	TBA	MAC
400m Sprint		5:00.00	Jan-1-19	TBA	
800m Run		10:00.00	Jan-1-19	TBA	
1500m Run		10:00.00	Jan-01-19	TBA	
3000m Run		1:00:00.00	Jan-01-19	TBA	
5000m Run		1:00:00.00	Jan-01-19	TBA	MAC
100m Hurdles		2:00.00	Jan-01-19	TBA	
3000m StplCh		1:00:00.00	Jan-01-19	TBA	
High Jump		1.00m	Jan-01-19	TBA	
Pole Vault		1.00m	Jan-01-19	TBA	
Long Jump		1.00m	Jan-01-19	TBA	
Triple Jump		1.00m	Jan-01-19	TBA	
Shot Put	8.38m	Jun-8-19	Philip Clark at Week 9 - Club Competiti	Mackay Athletics Club	

RECORDS - MAC SINCE 2009 - Outdoor

55-59	Discus	21.33m	May-25-19	Philip Clark at Week 8 - Club Competiti	Mackay Athletics Club
	Hammer	19.41m	May-11-19	Philip Clark at Week 6 - Club Competiti	Mackay Athletics Club
	Javelin	21.09m	Mar-23-19	Philip Clark at Week 2 - Club Competiti	Mackay Athletics Club
60-64	60m Sprint	1:00.00	Jan-01-19	TBA	
	100m Sprint	1:00.00	Jan-01-19	TBA	
	200m Sprint	2:00.00	Jan-01-19	TBA	
	400m Sprint	2:00.00	Jan-01-19	TBA	
	800m Run	5:00.00	Jan-01-19	TBA	
	1500m Run	10:00.00	Jan-01-19	TBA	
	3000m Run	1:00:00.00	Jan-01-19	TBA	
	5000m Run	1:00:00.00	Jan-01-19	TBA	
	100m Hurdles	2:00.00	Jan-01-19	TBA	
	2000m StplCh	2:00:00.00	Jan-01-19	TBA	
	High Jump	60m	Jan-1-19	TBA	
	Pole Vault	1.00m	Jan-1-19	TBA	
	Long Jump	1.00m	Jan-1-19	TBA	
	Triple Jump	1.00m	Jan-1-19	TBA	
	Shot Put	1.00m	Jan-1-19	TBA	
	Discus	1.00m	Jan-1-19	TBA	
	Hammer	1.00m	Jan-1-19	TBA	
Javelin	1.00m	Jan-1-19	TBA		
65-69	60m Sprint	1:00.00	Jan-01-19	TBA	
	100m Sprint	1:00.00	Jan-01-19	TBA	
	200m Sprint	2:00.00	Jan-01-19	TBA	
	400m Sprint	5:00.00	Jan-01-19	TBA	
	800m Run	5:00.00	Jan-01-19	TBA	
	1500m Run	10:00.00	Jan-01-19	TBA	
	3000m Run	30:00.00	Jan-01-19	TBA	
	5000m Run	1:00:00.00	Jan-01-19	TBA	
	100m Hurdles	2:00.00	Jan-1-19	TBA	
	2000m StplCh	1:00:00.00	Jan-1-19	TBA	
	High Jump	60m	Jan-01-19	TBA	
	Pole Vault	1.00m	Jan-01-19	TBA	
	Long Jump	1.34m	Mar-16-19	John Badger at Week 1 - Club Competitio	Mackay Athletics Club
	Triple Jump	1.00m	Jan-01-19	TBA	
	Shot Put	7.31m	Mar-16-19	John Badger at Week 1 - Club Competitio	Mackay Athletics Club
	Discus	22.66m	Mar-23-19	John Badger at Week 2 - Club Competitio	Mackay Athletics Club
	Hammer	1.00m	Jan-01-19	TBA	
Javelin	1.00m	Jan-01-19	TBA		