

THE
AUSTRALIAN WOMEN'S AMATEUR ATHLETIC
UNION

ALMANAC
of
RECORDS and RESULTS
1975

Doris I. Magee, M.B.E.
Honorary Secretary.

OFFICERS OF THE UNION 1932 - 1975

PRESIDENTS

1932-33	Miss L. C. Mills	Victoria
1933-36	Mrs. M. Campbell	South Australia
1936-40	Mrs. M. Chambers, M.B.E.	New South Wales
1948	Miss D. Carter	Victoria
1948-52	Mrs. K. Beazley	Western Australia
1952-62	Miss D. Carter, O.B.E.	Victoria
1962-	Mrs. A. Robinson	Victoria

VICE PRESIDENTS

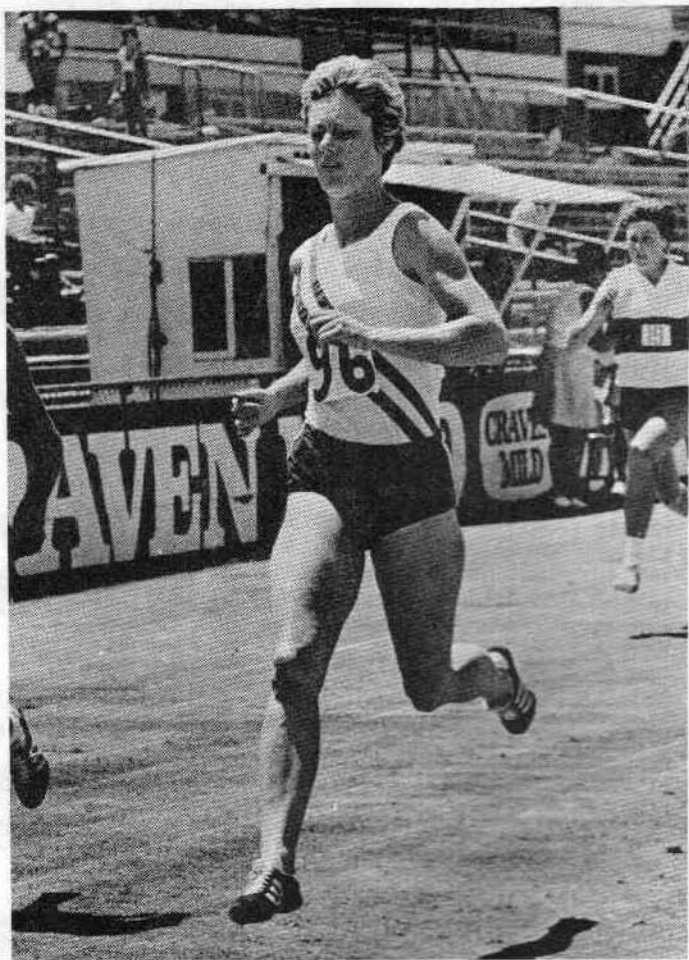
1950-52	Mrs. A. Robinson	Victoria
1952-54	Mrs. K. Beazley	Western Australia
1954-56	Mrs. J. Spittles	Queensland
1956-58	Mrs. M. Chambers, M.B.E.	New South Wales
1958-60	Miss D. Kitchenman	Tasmania
1960-62	Mrs. C. Kavanagh	South Australia
1962-63	Mrs. B. Mills	Queensland
1963-64	Mrs. D. Willson	Victoria
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1966-67	Dame Mabel Miller	Tasmania
1967-68	Mrs. W. Ey	South Australia
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1969-70	Mrs. J. Davis	Victoria
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1971-72	Mrs. S. de la Hunt, M.B.E.	Western Australia
1972-73	Mrs. J. Bowring	Tasmania
1973-74	Mrs. W. Ey	South Australia
1974-75	Mrs. Y. Lanyon Owen	Queensland
1975-76	Mrs. J. Bowring	Tasmania

HONORARY SECRETARIES

1932-37	Mrs. D. Mulcahy	Victoria
1937-40	Mrs. D. Magee	New South Wales
1940-42	Miss P. Cantwell	Victoria
1942-	Mrs. D. Magee, M.B.E.	New South Wales

HONORARY TREASURERS

1933-40	Miss C. Dahm (Mrs. J. Walter)	New South Wales
1940-	Miss N. Gould, B.E.M.	New South Wales



DENISE ROBERTSON

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**THE
AUSTRALIAN WOMEN'S AMATEUR ATHLETIC UNION
(Founded 1932)**

CONSTITUENT ASSOCIATIONS

New South Wales Women's A.A.A.	(Founded 1932)
Queensland Women's A.A.A.	(Founded 1929 — Disbanded 1940 — Reformed 1948)
South Australian Women's A.A.A.	(Founded 1937)
Tasmanian Women's A.A.A.	(Founded 1937 — Disbanded 1940 — Reformed 1951)
Victorian Women's A.A.A.	(Founded 1929)
Western Australian Women's A.A.A.	(Founded 1936 — Disbanded 1942 — Reformed 1946)

OFFICE BEARERS FOR 1974-5

President:	Mrs. A. Robinson (Vic)
Vice President:	Mrs. Y. Lanyon-Owen (Qld)
Honorary Secretary:	Mrs. D. Magee, M.B.E. (NSW)
Honorary Treasurer:	Miss N. Gould, B.E.M. (NSW)
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Hon. Statistics Officer:	Miss L. Neville (Vic)

LIFE MEMBERS

Miss G. Bull (1962)
Miss N. Gould, B.E.M. (1962)
Mrs. D. Magee, M.B.E. (1962)
Miss L. Neville (1962)
Mrs. M. Ebzery (1967)
Mrs. M. McQuiston, B.E.M. (1971)
Mrs. M. Cahill (1972)
Mrs. M. Robinson (1973)

Selection Committee

Mrs. W. Ey	
Mrs. M. McQuiston, B.E.M.	
Mrs. D. Magee, M.B.E.	
Honorary Auditor:	Mr. H. G. Carruthers, F.A.S.A.
Honorary Legal Adviser:	Mr. P. Opas, Q.C.

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Mrs. D. Magee, M.B.E.
Mrs. F. Wrighter, B.E.M.

DIRECTORY

Postal Address: 26 French Street, Maroubra, N.S.W. 2035, Australia.
Telephone: 349-3002.

1974 AUSTRALIAN CROSS COUNTRY, ROAD WALKS AND ROAD RELAY CHAMPIONSHIPS

Held at Limestone Park, Ipswich, Queensland, 24th and 25th August, 1974

Results:

Open 5000 metres Cross Country Championship

J. Orr (Vic) 18.59.4; M. Butler (SA) 19.23.8; L. Petrie (Vic) 19.39.6; B. Stanford (NSW) 19.46; L. Tennant (Vic) 20.02; E. Richards (NSW) 20.04.

MIRROR SHIELD—won by Victoria.

Junior 3000 metres Cross Country Championship

S. Garretty (NSW) 10.51.6; L. Bickley (Vic) 10.53.8; J. Penton (WA) 10.55; J. Dempsey (Qld) 10.55; J. Moon (WA) 11.17; C. Houghton (NSW—Ind) 11.23.

NELL GOULD SHIELD—won by New South Wales.

Sub-Junior 1500 metres Cross Country Championship

J. Buhn (NSW) 5.02; S. Mellor (Vic) 5.08; F. Griffin (Vic) 5.09; B. Hay (Vic) 5.12; S. McBride (WA) 5.13; M. Riley (NSW) 5.14.

STELLA McMINN SHIELD—won by Victoria.

Open 5000 metres Road Walk

A. Pembroke (NSW) 26.12.6; B. Wilkins (NSW) 26.42.6; J. Shepherd (NSW) 26.53.2; R. Thompson (NSW) 27.07; L. Barralet (Qld) 27.10.

LILIAN NEVILLE SHIELD—won by New South Wales.

Junior 3000 metres Road Walk

A. Pembroke (NSW) 14.58; B. Wilkins (NSW) 15.10; J. Shepherd (NSW) 15.15; J. Davies (Vic) 15.22; R. Thompson (NSW) 15.41; J. Trigwell (WA) 15.45.

MABEL ROBINSON SHIELD—won by New South Wales.

Open 3 x 3000 metres Road Relay

Victoria (J. Orr, L. Tennant, L. Petrie) 31.12.8; South Australia (S. Rorrison, C. Williamson, M. Butler) 32.13.2; New South Wales (E. Richards, B. Stanford, A. Harding) 33.11.

JOAN BERETTA MEMORIAL SHIELD—won by Victoria.

Junior 3 x 2000 metres Road Relay

New South Wales (C. Vincent, F. Reid, S. Garretty) 20.53.2; South Australia (J. Gillett, C. Williamson, L. McLoughlin) 21.01; Western Australia (J. Penton, S. McBride, J. Moon) 21.07; Victoria (M. Bosser, D. Fink, L. Bickley) 21.34; Queensland (J. Owens, G. Zunker, J. Dempsey) 22.22.

DOROTHY SPITTLES SHIELD—won by New South Wales.

Sub-Junior 3 x 1000 metres Road Relay

New South Wales (W. Uren, R. McCarthy, J. Buhn) 9.24.2; Victoria (B. Hay, F. Griffin, S. Mellor) 9.28.8; Western Australia (L. Bourne, S. Stewart, S. McBride) 10.11.6; Queensland (K. Webster, K. Smith, L. Brewer) 10.35.6.

MARY CHAMBERS SHIELD—won by New South Wales.

1975 AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS

The Annual Track and Field Championships of Australia were held at Lang Park,
Brisbane, Queensland on 6th, 8th and 9th March, 1975

Results:

OPEN CHAMPIONSHIPS

- Pentathlon* E. Nixon (Qld) 3941 pts; S. Scott (Vic) 3833; L. Parr (NSW) 3795; M. Taylor (WA) 3764; P. Ballard (NSW) 3482; M. T. rezise (Vic) 3427.
- 100 metres* D. Robertson (Qld) 11.5; B. Jordan (Qld) 11.7; R. Boak (NSW) 11.8; E. Murray (Vic) 11.8; G. Dell (Vic) 11.9; H. Wright (Qld-AC) 12.1.
- 200 metres* D. Robertson (Qld) 23.3; M. Sargant (NSW) 23.8; R. Boak (NSW) 23.9; B. Nail (WA) 24.1; E. Murray (Vic) 24.3; T. Wangman (Vic) 24.3.
- 400 metres* C. Rendina (Vic) 53.6; B. Nail (WA) 53.7; J. Canty (Vic) 54.4; M. Sargant (NSW) 54.8; M. Fisher (Vic) 55.2; A. Scarffe (Qld) 57.0.
- 800 metres* C. Rendina (Vic) 2.05.1; P. Lazarakis (WA) 2.06.0; A. Cook (NSW) 2.07.2; M. Seritelli (Vic) 2.07.2; J. Hart (SA) 2.10.1; D. Stevens (Qld) 2.10.5.
- 1500 metres* A. Cook (NSW) 4.26.6; P. Lazarakis (WA) 4.26.6; L. Bickley (Vic) 4.36.2; D. Stevens (Qld) 4.37.2; A. Wrench (Vic) 4.46.5; J. Carter (Qld) 4.55.0.
- 3000 metres* A. Cook (NSW) 10.07.2; A. Harding (NSW-AC) 10.38.8; R. Mahoney (Vic) 10.49.8; G. Harris (Qld) 11.15.4.
- 100m hds* G. Dell (Vic) 13.4; S. Moir (Vic) 14.1; L. Young (WA) 14.4; C. Boswell (SA) 14.6; C. de Vlieger (NSW) 14.6; E. Hindle (WA) 15.3.
- 200m hds* G. Dell (Vic) 26.7; C. Boswell (SA) 27.8; E. Hindle (WA) 28.2; S. Scott (Vic) 28.3; L. Young (WA) 28.6.
- 400m hds* L. Young (WA) 60.7; C. de Vlieger (NSW) 61.4; E. Hindle (WA) 63.1; R. Ward (NSW) 63.4.
- 3000m walk* A. Pembroke (NSW) 14.49.2; B. Wilkins (NSW) 15.23.8; J. Davies (Vic) 15.41.4; R. Thompson (NSW-AC) 16.01.8; J. Trigwell (WA) 16.15.0; M. Poyner (SA) 16.42.2.
- 4x100 relay* Queensland 45.7; Victoria 45.9; Western Australia 47.7; New South Wales 51.2.
- 4x400 relay* Victoria 3.40.9; Queensland 3.45.2; New South Wales 3.56.0.
- High Jump* R. Parke (Vic) 1.74; C. Jamieson (NSW) 1.72; C. Annisson (WA) 1.68; D. McCawley (NSW) 1.65; D. Oye (SA) 1.60; Y. Craig (NSW) 1.60.
- Long Jump* E. Nixon (Qld) 6.23; E. Hindle (WA) 6.15; S. New (NSW) 6.06; M. Taylor (WA) 6.03; S. Scott (Vic) 5.82; L. Parr (NSW) 5.72.
- Discus* A. Laurens (Vic) 48.96; D. Ashford (NSW) 48.20; S. Culley (NSW) 47.98; C. Schultz (Vic) 44.44; A. Vitols (Vic) 41.98; L. Torso (NSW) 41.66.
- Javelin* C. Hunt (Vic) 44.80; P. Rivers (Vic) 42.96; J. Wojdanowska (NSW) 47.54; P. Mathews (Vic) 44.80; A. Bacic (Vic) 42.96; M. Phillipott (NSW) 42.58.
- Shot Put* A. Laurens (Vic) 13.98; C. Schultz (Vic) 13.72; A. Vitols (Vic) 13.20; L. Torso (NSW) 12.95; S. Dansie (SA) 12.42; J. Wojdanowska (NSW) 11.68.

The Doris Mulcahy Shield for Open Point Score: Won by Victoria.

JUNIOR CHAMPIONSHIPS

- Pentathlon** K. Briton (NSW) 3659 pts; G. Saunders (Qld) 3538; C. Annisson (WA) 3526; R. Maclean (Qld) 3149.
- 100 metres** L. Evans (Qld) 12.1; H. Edwards (Qld) 12.2; N. Jones (Qld) 12.3; G. Hoare (NSW) 12.3; J. Stewart (NSW) 12.3; L. Terris (NSW) 12.4.
- 200 metres** L. Evans (Qld) 25.0; H. Edwards (Qld) 25.3; J. Haines (NSW-AC) 25.9; H. Cregan (Vic) 26.0; C. Beazley (WA) 26.0; D. Munn (Qld) 26.1.
- 400 metres** H. Cregan (Vic) 55.6; C. Wrench (Vic) 56.3; C. Maizey (NSW) 57.3; K. Bird (Vic) 57.4; N. Jones (Qld) 58.1; J. Whittle (Qld) 58.3.
- 800 metres** P. Gray (Tas) 2.08.8; J. Dempsey (Qld) 2.10.9; M. Murray (NSW) 2.11.5; J. Moon (WA) 2.11.6; S. Garretty (NSW) 2.13.1; J. Whittle (Qld) 2.15.4.
- 1500 metres** S. Garretty (NSW) 4.31.5; P. Gray (Tas) 4.31.8; L. Bickley (Vic) 4.36.0; C. Poyner (SA) 4.37.4; J. Dempsey (Qld) 4.43.1; J. Windred (NSW) 4.43.5.
- 100m hds** K. Briton (NSW) 14.3; H. Lean (Vic) 14.8; G. Saunders (Qld) 15.0; D. Jackson (Vic) 15.6.
- 200m hds** H. Lean (Vic) 29.0; K. Briton (NSW) 29.0; G. Saunders (Qld) 29.4; D. Jackson (Vic) 29.5; J. Smith (NSW) 29.6.
- 1500m walk** B. Wilkins (NSW) 7.08.2; J. Davies (Vic) 7.13.4; S. Orr (Vic) 7.15.4; R. Thompson (NSW) 7.38.0; K. O'Brien (SA) 7.39.5; M. Poyner (SA) 8.02.7.
- 4x100 relay** Victoria 47.6; Queensland 47.9; Tasmania 48.2; New South Wales 48.2.
- High Jump** D. McCawley (NSW) 1.67; C. Annisson (WA) 1.67; C. Sharp (Vic) 1.63; S. Hatter (SA) 1.63; D. Oye (SA) 1.57; T. McRae (NSW) 1.57.
- Long Jump** E. Kinny (NSW) 5.78; G. Saunders (Qld) 5.73; J. Fraser (Qld) 5.71; L. Chuck (NSW) 5.59; L. Brewer (Qld) 5.43.
- Discus** A. Vitols (Vic) 41.94; G. Henderson (Qld) 41.38; H. Hartnig (NSW) 38.54; S. Barnes (Vic) 37.78; C. Fuller (NSW) 34.60; B. Goodall (Qld) 33.44.
- Javelin** P. Mathews (Vic) 48.06; A. Bacic (Vic) 44.24; T. Wrenn (WA) 43.46; P. Jowett (Vic) 41.52; J. Achurch (Qld) 39.52; G. Gordon (NSW) 37.10.
- Shot Put** A. Vitols (Vic) 13.18; J. Gordon (Tas) 12.11; G. Henderson (Qld) 11.90; S. Philbey (Qld) 11.44; D. Thygeson (Qld) 11.09; C. Fuller (NSW) 10.76.

The Doris Magee Shield for Junior Point Score: Won by Victoria.

FIXTURES 1975-76

- Australian Cross Country, Road Relay Championships (Open, Junior and Sub-Junior) and Road Walk Championships (Open and Junior)*
Kings Park and Kewdale, Perth, Western Australia, 16th and 17th August, 1975
- Australian Interstate Sub-Junior Match*
Olympic Sports Field, Adelaide, South Australia, 24th and 25th January, 1976
- Australian Track & Field Championships*
Hobart, Tasmania, 18th to 21st March, 1976

The Female Runner

THE FEMALE RUNNER



Published April,
1974. 36 pages,
illustrated. \$1.25.

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EXERCISES FOR RUNNERS



Published November,
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SUMMARY OF PREVIOUS WINNERS

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1964	H. Frith, NSW	4767 pts.	1972	L. Tillett, NSW	4283 pts.
1965	H. Frith, NSW	4677 pts.	1973	E. Nixon, Qld.	3716 pts.
1966	H. Frith, NSW	4585 pts.	1974	E. Nixon, Qld.	3871 pts.

100 YARDS

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1933	E. Brooks, Vic.	11.3s	1958	M. Mathews, NSW	10.3s
1935	E. Robinson, NSW	11.4s	1960	P. Duggan, Qld.	10.6s
1936	E. Wearne, NSW	11.2s	1962	G. Beasley, Vic.	10.5s
1937	D. Norman, WA	11.4s	1963	D. Bowering, SA	10.6s
1940	L. Foster, Vic.	11.2s	1964	J. Bennett, WA	11.0s
1948	J. King, NSW	11.0s	1965	P. Kilborn, Vic.	11.0s
1950	M. Jackson, NSW	10.8s	1966	J. Henrickson, Qld.	10.4s
1952	M. Jackson, NSW	10.5s			

100 METRES

1967	D. Burge, SA	11.6s	1971	R. Boyle, Vic.	11.1s
1968	D. Burge, SA	11.3s	1972	R. Boyle, Vic.	11.8s
1969	J. Lamy, NSW	11.1s	1973	R. Boyle, Vic.	11.4s
1970	R. Boyle, Vic.	11.6s	1974	D. Robertson, Qld.	11.8s

220 YARDS

1933	A. Bremer, Vic.	26.1s	1956	B. Cuthbert, NSW	25.0s
1935	E. Robinson, NSW	26.0s	1958	M. Mathews, NSW	23.4s
1936	E. Robinson, NSW	25.8s	1960	B. Cuthbert, NSW	23.2s
1937	D. Norman, WA	25.9s	1962	G. Beasley, Vic.	23.7s
1940	J. Coleman, NSW	25.9s	1963	J. Bennett, WA	23.7s
1948	J. King, NSW	24.9s	1964	J. Bennett, WA	24.6s
1950	M. Jackson, NSW	24.7s	1965	D. Bowering, SA	24.6s
1952	M. Jackson, NSW	24.8s	1966	J. Bennett, WA	24.6s
1954	M. Jackson, NSW	24.2s			

200 METRES

1967	J. Lamy, NSW	23.9s	1971	R. Boyle, Vic.	23.7s
1968	D. Burge, SA	23.0s	1972	R. Boyle, Vic.	23.3s
1969	J. Lamy, NSW	23.1s	1973	R. Boyle, Vic.	22.5s
1970	R. Boyle, Vic.	22.9s	1974	D. Robertson, Qld.	23.7s

440 YARDS

1937	J. Coleman, NSW	60.5s	1958	B. Jones, Vic.	57.0s
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1948	S. McConachie, Vic.	59.0s	1962	D. Willis, WA	54.2s
1950	S. Strickland, WA	57.4s	1963	B. Cuthbert, NSW	53.3s
1952	S. Strickland, WA	59.4s	1964	D. Willis, NSW	53.7s
1954	P. Bryant, WA	56.6s	1965	J. Amooore, Vic.	52.4s
1956	S. Strickland, WA	60.0s	1966	J. Pollock, Vic.	53.3s

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Published May
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\$1.50

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Published June,
1972. 100 pages,
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1970	S. Brown, NSW	52.4s	1974	M. Sargent, NSW	53.4s

880 YARDS

1937	A. Bradfield, Vic.	2.44.8s	1958	B. Jones, Vic.	2.16.5s
1940	B. Judge, WA	2.26.8s	1960	D. Willis, WA	2.09.5s
1948	K. Mears, Vic.	2.24.0s	1962	D. Willis, WA	2.09.5s
1950	M. Monaghan, NSW	2.26.3s	1963	D. Willis, WA	2.07.3s
1952	S. Massey, NSW	2.27.8s	1964	D. Willis, WA	2.08.9s
1954	B. Folland, WA	2.20.7s	1965	J. Amooore, Vic.	2.09.3s
1956	J. Hanger, Vic.	2.16.9s	1966	J. Pollock, Vic.	2.11.7s

800 METRES

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1968	S. Brown, NSW	2.10.9s	1972	J. Pollock, Vic.	2.01.5s
1969	C. Peasley, NSW	2.08.1s	1973	C. Rendina, Vic.	2.06.8s
1970	C. Peasley, NSW	2.05.6s	1974	C. Rendina, Vic.	2.05.9s

1 MILE

1965	E. Stanford, NSW	5.04.8s	1966	E. Stanford, NSW	5.06.8s
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1500 METRES

1967	M. Clifford, Qld.	4.45.1s	1971	J. Orr, Vic.	4.28.5s
1968	B. Carr, Vic.	4.33.3s	1972	J. Orr, Vic.	4.22.7s
1969	C. Peasley, NSW	4.28.6s	1973	J. Orr, Vic.	4.24.2s
1970	R. Thompson, SA	4.31.4s	1974	J. Orr, Vic.	4.25.0s

880 YARDS WALK

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1935	L. Carrington, NSW	3.49.0s	1959	L. Renalson, Qld.	3.37.5s
1936	L. Carrington, NSW	3.59.2s	1962	L. Renalson, Qld.	3.46.4s
1937	M. James, Vic.	3.55.3s	1963	C. McCarty, NSW	3.42.7s
1940	R. Dowsey, Vic.	3.53.5s	1964	C. McCarty, NSW	3.37.6s
1955	L. Renalson, Qld.	3.52.0s			

1 MILE WALK

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1500 METRES WALK

1967	H. O'Connor, NSW	7.30.2s	1970	G. Syrratt, NSW	7.23.5s
1968	D. Tonks, NSW	7.23.2s	1971	D. Behan, NSW	7.04.8s
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3000 METRES WALK

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90 YARDS HURDLES

1933	C. Kennedy, NSW	12.5s	1937	I. Grant, Vic.	12.8s
1935	C. Kennedy, NSW	13.0s	1940	D. Norman, NSW	12.0s
1936	C. Kennedy, NSW	12.4s	1948	S. Strickland, WA	11.6s

80 METRES HURDLES

1930	C. Kennedy, NSW	12.3s	1963	P. Kilborn, Vic.	10.7s
1950	S. Strickland, WA	11.7s	1964	P. Kilborn, Vic.	11.3s
1952	S. Strickland, WA	11.2s	1965	P. Kilborn, Vic.	11.0s
1954	G. Wallace, NSW	11.6s	1966	P. Kilborn, Vic.	10.8s
1956	N. Austin, SA	11.2s	1967	P. Kilborn, Vic.	10.5s
1958	N. Thrower, SA	10.6s	1968	P. Kilborn, Vic.	10.5s
1960	N. Thrower, SA	10.9s	1969	P. Kilborn, Vic.	10.7s
1962	J. Dufall, WA	11.0s			

100 METRES HURDLES

1969	P. Kilborn, Vic.	13.1s	1972	P. Gillies, NSW	13.3s
1970	M. Caird, NSW	13.3s	1973	G. Dell, Vic.	14.0s
1971	D. Pease, NSW	13.7s	1974	G. Dell, Vic.	13.8s

200 METRES HURDLES

1970	M. Caird, NSW	26.3s	1973	G. Dell, Vic.	26.7s
1971	M. Caird, Ind. NSW	27.0s	1974	G. Dell, Vic.	27.2s
1972	P. Ryan, Vic.	26.4s			

440 YARDS RELAY

1933	Victoria	50.1s	1956	New South Wales	46.2s
1935	New South Wales	50.4s	1958	New South Wales	46.0s
1936	New South Wales	49.6s	1960	Western Australia	46.6s
1937	Western Australia	50.0s	1962	Western Australia	46.4s
1940	New South Wales	49.1s	1963	Victoria	47.0s
1948	New South Wales	48.8s	1964	Western Australia	46.5s
1950	New South Wales	47.7s	1965	Victoria	46.0s
1952	New South Wales	48.3s	1966	Victoria	46.5s
1954	New South Wales	47.0s			

400 METRES RELAY

1967	Victoria	45.3s	1971	Victoria	45.6s
1968	Victoria	46.2s	1972	Victoria	44.7s
1969	New South Wales	46.0s	1973	Victoria	45.9s
1970	Victoria	45.2s	1974	New South Wales	45.5s

1600 METRES RELAY

1970	New South Wales	3.39.0s	1973	Victoria	3.40.8s
1971	New South Wales	3.47.8s	1974	NSW & Victoria	3.38.9s
1972	Victoria	3.33.3s			

HIGH JUMP

1930	R. Winter, NSW	4'10 ³ / ₈	1962	C. Wright, NSW	5'8
1932	R. Winter, NSW	4'9	1963	R. Woodhouse, NSW	5'8
1933	D. Carter, Vic.	4'10 ⁷ / ₈	1964	M. Mason, NSW	5'8
1935	D. Carter, Vic.	5'0 ¹ / ₂	1965	R. Woodhouse, NSW	5'8
1936	D. Carter, Vic.	4'10 ¹ / ₂	1966	M. Brown, NSW	5'6
1937	D. Carter, Vic.	5'0	1967	R. Woodhouse, NSW	5'6
1940	D. Carter, Vic.	5'0	1968	C. Wright, NSW	5'4
1948	C. Stewart, NSW	4'11	1969	C. Wright, NSW	5'6 ¹ / ₂
1950	J. Baumann, NSW	4'11	1970	C. Wright, NSW	5'6
1952	M. Grace, Qld.	5'1	1971	C. Lewis, Ind. Vic.	5'7
1954	C. Bernoth, Qld.	5'4	1972	R. Parke, Vic.	1.72m
1956	J. Cooper, NSW	5'1	1973	C. Lewis, Vic.	1.67m
1958	M. Mason, NSW	5'6	1974	R. Parke, Vic.	1.71m
1960	H. Frith, NSW	5'7			

LONG JUMP

1933	C. Hudson, NSW	16'4½	1963	P. Kilborn, Vic.	19'6½
1935	T. Peake, Qld.	16'9½	1964	H. Frith, NSW	20'5½
1936	T. Peake, Qld.	17'8	1965	H. Frith, NSW	20'4¼
1937	T. Peake, Qld.	16'11½	1966	H. Frith, NSW	20'5¼
1940	D. Norman, WA	18'8¼	1967	P. Kilborn, Vic.	19'7
1948	J. Canty, NSW	18'5	1968	L. Liscombe, Qld.	20'7½
1950	J. Canty, NSW	18'6	1969	D. Pease, NSW	19'11¼
1952	V. Johnston, WA	17'11	1970	D. Pease, NSW	20'0¼
1954	V. Schwarzinger, WA	18'4½	1971	D. Pease, NSW	20'8¼
1956	E. Willis, NSW	18'11½	1972	L. Tillett, NSW	6.62m
1958	B. Watson, NSW	19'6½	1973	E. Nixon, Qld.	6.27m
1960	S. Mitchell, NSW	19'8½	1974	E. Nixon, Qld.	6.46m
1962	P. Kilborn, Vic.	18'5½			

DISCUS

1933	C. Hannan, NSW	91'8¼	1963	M. McDonald, NSW	148'10
1935	C. Hannan, NSW	97'5¼	1964	M. McDonald, NSW	158'8½
1936	D. Carter, Vic.	100'11½	1965	J. Roberts, Vic.	146'7½
1937	C. Hannan, NSW	100'11¼	1966	J. Adams, NSW	157'5
1940	D. Carter, Vic.	106'9¼	1967	J. Roberts, Vic.	156'5
1948	C. McGibbon, Vic.	110'11	1968	J. Roberts, Vic.	167'2
1950	C. McGibbon, Vic.	101'5	1969	J. Roberts, Vic.	165'5
1952	J. Joy, Vic.	112'2	1970	J. Roberts, Vic.	166'6
1954	L. Murphy, Vic.	121'7½	1971	A. Karner, Vic.	158'8
1956	L. Jackman, Vic.	125'6½	1972	S. Culley, NSW	49.53m
1958	L. Jackman, Vic.	135'6	1973	S. Culley, NSW	43.48m
1960	L. de Neefe, Vic.	151'7	1974	A. Laurens, Vic.	45.30m
1962	R. Williams, NSW	150'6			

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JAVELIN

1933	C. Kennedy, NSW	104'11	1963	A. Pazera, SA	167'6
1935	C. Kennedy, NSW	112'2	1964	A. Pazera, SA	158'7½
1936	C. Kennedy, NSW	117'11	1965	P. Telfer, Vic.	139'4
1937	E. Jones, Vic.	110'2	1966	A. Bocson, SA	169'0
1940	C. McGibbon, Vic.	120'8 ⁷ / ₈	1967	A. Bocson, SA	168'4
1948	C. McGibbon, Vic.	129'8½	1968	B. Friedrich, USA	170'5
1950	C. McGibbon, Vic.	121'0	1969	M. Thomas, NSW	169'7
1952	C. McGibbon, Vic.	122'9½	1970	P. Rivers, Vic.	177'9
1954	V. Pepper, Qld.	123'11	1971	P. Rivers, Vic.	186'9
1956	P. O'Neill, NSW	116'4¾	1972	J. Symon, SA	48.44m
1958	A. Pazera, SA	161'10½	1973	J. Symon, SA	49.36m
1960	A. Pazera, SA	161'7½	1974	P. Rivers, Vic.	50.00m
1962	M. Wright, NSW	140'8½			

SHOT PUT

1933	C. Hannan, NSW	30'4	1963	J. Roberts, Vic.	45'4½
1935	V. Cowan, Vic.	31'3	1964	J. Roberts, Vic.	47'1½
1936	V. Cowan, Vic.	32'11	1965	J. Roberts, Vic.	45'0½
1937	V. Cowan, Vic.	33'1 ⁷ / ₈	1966	J. Roberts, Vic.	47'4½
1940	C. Hannan, NSW	32'1½	1967	J. Roberts, Vic.	46'11½
1948	P. Lucas, NSW	31'6½	1968	J. Roberts, Vic.	49'2½
1950	A. Shanley, SA	33'1	1969	J. Roberts, Vic.	47'8½
1952	V. Lawrence, WA	36'10½	1970	J. Roberts, Vic.	49'3
1954	V. Lawrence, WA	39'11	1971	A. Karner, Vic.	48'8
1956	M. Breen, NSW	34'9	1972	A. Karner, Vic.	14.82m
1958	M. Woodlock, Vic.	39'10½	1973	C. Schultz, Vic.	13.50m
1960	M. Woodlock, Vic.	41'11½	1974	A. Laurens, Vic.	14.45m
1962	M. Breen, NSW	43'8½			

JUNIOR (Under 18)

PENTATHLON

1966	C. Bell, Vic.	4017 pts.	1971	L. Tillett, NSW	4636 pts.
1967	M. Caird, NSW	4081 pts.	1972	D. Hatch, WA	3645 pts.
1968	P. McCallum, NSW	4259 pts.	1973	D. Hatch, WA	3424 pts.
1969	P. McCallum, NSW	4413 pts.	1974	D. Hatch, WA	3645 pts.
1970	L. Tillett, NSW	4173 pts.			

100 YARDS

1958	H. Malone, Vic.	10.9s	1964	S. Rush, Tas.	11.6s
1960	L. Rivett, NSW	11.2s	1965	J. Lamy, NSW	11.3s
1962	S. Rush, Tas.	10.9s	1966	J. Lamy, NSW	10.7s
1963	B. Holman, Vic.	10.9s			

100 METRES

1967	M. Hoffman, Qld.	12.0s	1971	M. Sargent, NSW	11.5s
1968	R. Boyle, Vic.	11.5s	1972	R. Boak, Vic.	12.4s
1969	R. Boyle, Vic.	11.8s	1973	R. Boak, Vic.	12.1s
1970	A. Ross-Edwards, NSW	11.8s	1974	K. Pearson, NSW	12.1s

220 YARDS

1963	D. Holman, Vic.	24.4s	1965	M. Foster, Vic.	25.1s
1964	S. Rush, Tas.	24.5s	1966	C. Malakar, Vic.	25.1s

200 METRES

1967	R. Boyle, Vic.	24.1s	1971	M. Sargant, NSW	24.4s
1968	R. Boyle, Vic.	23.5s	1972	L. Lundberg, SA	24.3s
1969	R. Boyle, Vic.	23.4s	1973	R. Boak, Vic.	24.4s
1970	D. Robertson, Qld.	24.6s	1974	T. Wangman, Vic.	24.4s

440 YARDS

1963	S. Hasuik, NSW	60.1s	1966	R. Penberthy, Vic.	57.8s
1965	M. Foster, Vic.	55.7s			

400 METRES

1967	C. Peasley, NSW	55.5s	1971	C. Reeves, NSW	56.2s
1968	C. Peasley, NSW	55.5s	1972	D. Costello, NSW	56.1s
1969	R. Boyle, Vic.	55.7s	1973	B. Nail, WA	57.7s
1970	A. Ross-Edwards, NSW	55.2s	1974	T. Wangman, Vic.	54.7s

800 METRES

1967	C. Peasley, NSW	2.13.3s	1971	C. Reeves, NSW	2.09.7s
1968	J. Barraclough, NSW	2.17.2s	1972	D. Costello, NSW	2.11.4s
1969	J. Orr, Vic.	2.14.6s	1973	D. Costello, NSW	2.09.2s
1970	J. Orr, Vic.	2.12.3s	1974	P. Gray, Tas.	2.10.6s

1500 METRES

1970	J. Orr, Vic.	4.35.0s	1973	D. Costello, NSW	4.38.1s
1971	A. Cook, NSW	4.46.8s	1974	S. Garretty, NSW	4.39.5s
1972	D. Costello, NSW	4.42.2s			

440 YARDS WALK

1963	G. Mangels, NSW	1.54.9s
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880 YARDS WALK

1964	G. Mangels, NSW	3.53.5s	1966	J. Fisher, Vic.	3.53.7s
1965	R. Denny, NSW	3.54.1s			

800 METRES WALK

1967	R. Denny, NSW	3.47.1s	1970	G. Syrratt, NSW	3.41.5s
1968	A. Cook, NSW	3.48.8s	1971	G. Syrratt, NSW	3.37.8s
1969	A. Cook, NSW	3.31.1s	1972	B. Patmore, NSW	3.35.8s

1500 METRES WALK

1973	B. Wilkins, NSW	7.15.8s	1974	A. Pembroke, NSW	7.04.6s
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80 METRES HURDLES

1963	L. Thompson, NSW	11.4s	1967	M. Caird, NSW	11.1s
1964	P. Sinclair, Vic.	11.2s	1968	M. Caird, NSW	10.6s
1965	J. Still, NSW	11.5s	1969	M. Caird, NSW	10.6s
1966	M. Caird, NSW	11.3s			

100 METRES HURDLES

1970	S. Moir, Vic.	15.1s	1973	S. Hosking, Vic.	14.2s
1971	L. Tillett, NSW	13.9s	1974	S. Hosking, Vic.	14.2s
1972	D. Hatch, WA	14.6s			

200 METRES HURDLES

1972	S. New, NSW	28.9s	1974	K. O'Connell, WA	28.5s
1973	K. O'Connell, WA	27.9s			

440 YARDS RELAY

1963	Victoria	48.7s	1965	New South Wales	47.3s
1964	Victoria	47.2s	1966	New South Wales	47.0s

400 METRES RELAY

1967	Victoria	48.0s	1971	New South Wales	47.1s
1968	Victoria	46.7s	1972	New South Wales	46.7s
1969	New South Wales	47.0s	1973	Victoria	47.5s
1970	New South Wales	47.2s	1974	Victoria	47.1s

HIGH JUMP

1963	C. Wright, NSW	5'6	1969	J. Hatch, WA	5'4½
1964	E. Smith, Vic.	5'2	1970	J. Hatch, WA	5'3
1965	E. Smith, Vic.	5'5	1971	J. Hatch, WA	5'5
1966	E. Smith, Vic.	5'3	1972	C. Jamieson, NSW	1.62m
1967	P. Smith, NSW	5'1	1973	J. Davidson, Vic.	1.60m
1968	B. Barnes, WA	5'4	1974	D. McCawley, NSW	1.69m

LONG JUMP

1963	P. Sommerville, Vic.	18'0	1969	Z. Fleming, SA	18'8½
1964	L. Liscombe, Qld.	16'11½	1970	K. Bencraft, Vic.	19'2½
1965	L. Oakley, Vic.	18'11¼	1971	L. Tillett, NSW	20'8½
1966	J. Lamy, NSW	18'9¼	1972	D. Hatch, WA	6.06m
1967	L. Oakley, Vic.	18'9¼	1973	C. Booth, NSW	5.79m
1968	M. Caird, NSW	18'6	1974	D. Hatch, WA	5.81m

DISCUS

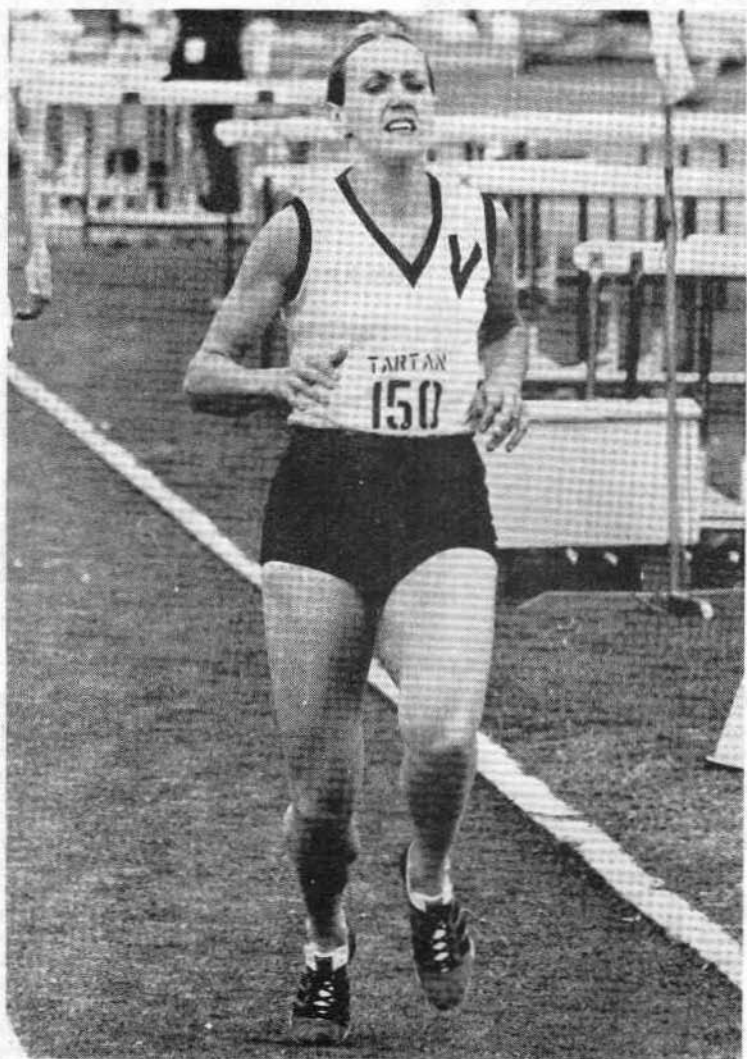
1963	I. Harrington, Vic.	107'8½	1969	S. Culley, NSW	146'2
1964	I. Harrington, Vic.	121'6	1970	J. Symon, SA	131'10
1965	J. Adams, NSW	139'3	1971	G. Sardi, Vic.	127'3
1966	J. Adams, NSW	159'5	1972	G. Mulhall, Vic.	43.87m
1967	P. Wood, Vic.	143'11	1973	D. Ashford, NSW	45.70m
1968	A. Karner, Vic.	145'10	1974	G. Mulhall, Vic.	48.00m

JAVELIN

1963	L. Boobyer, NSW	124'10½	1969	P. Rivers, Vic.	162'11
1964	L. Boobyer, NSW	119'0½	1970	P. Rivers, Vic.	155'7
1965	C. Thompson, NSW	146'7	1971	M. Phillipott, NSW	147'9
1966	M. Parker, NSW	152'1	1972	M. Phillipott, NSW	41.30m
1967	P. Rivers, Vic.	163'5	1973	D. Ashford, NSW	39.58m
1968	C. Thompson, NSW	149'5	1974	D. Ashford, NSW	40.16m

SHOT PUT

1963	R. Ratcliffe, NSW	38'3¼	1969	J. Hadjuczyk, NSW	41'7¼
1964	J. Adams, NSW	37'9	1970	J. Symon, SA	37'9¼
1965	J. Adams, NSW	41'1	1971	D. Couell, NSW	38'4¼
1966	J. Adams, NSW	44'1¼	1972	G. Mulhall, Vic.	12.94m
1967	A. Karner, Vic.	41'4¼	1973	G. Mulhall, Vic.	13.09m
1968	A. Karner, Vic.	45'1¼	1974	G. Mulhall, Vic.	12.91m



CHARLENE RENDINA



ANGELA COOK

CROSS COUNTRY

OPEN - 1½ MILES				
1960	J. McDonald	Vic.	8.41.1s	Brisbane
1961	J. Beretta	Vic.	8.48.4s	Sydney
1962	K. Sams	Vic.	9.28.8s	Melbourne
1963	B. Jones	Vic.	8.08.4s	Brisbane
1964	J. Beretta	Vic.	8.13.8s	Sydney
2 MILES				
1965	J. Pollock	Vic.	12.51.1s	Melbourne
1966	M. Clifford	Qld.	12.51.3s	Adelaide
3000 METRES				
1967	J. Tapfield	SA	11.53.2s	Brisbane
1968	B. Carr	Vic.	11.33.2s	Sydney
1969	R. Thompson	SA	11.03.7s	Melbourne
5000 METRES				
1970	P. Gavin	Vic.	20.01.0s	Adelaide
1971	E. Stanford	NSW	19.16.6s	Brisbane
1972	E. Stanford	NSW	19.42.8s	Canberra, ACT
1973	L. Petrie	Vic.	18.52.0s	Melbourne
JUNIOR - 1 MILE				
1964	E. Watts	NSW	5.39.5s	Sydney
1965	S. Cooper	NSW	5.50.0s	Melbourne
1966	C. Peasley	NSW	5.58.7s	Adelaide
1500 METRES				
1967	C. McIntosh	Qld.	4.47.2s	Brisbane
1968	J. Orr	Vic.	5.12.7s	Sydney
1969	J. Orr	Vic.	5.11.0s	Melbourne
3000 METRES				
1970	J. Orr	Vic.	11.35.0s	Adelaide
1971	D. Huxley	Vic.	11.54.4s	Brisbane
1972	E. Whelan	SA	11.43.4s	Canberra, ACT
1973	S. Garretty	NSW	10.49.0s	Melbourne
SUB-JUNIOR - 800 METRES				
1967	H. Jamieson	NSW	2.24.8s	Brisbane
1968	H. Jamieson	NSW	2.31.8s	Sydney
1969	H. Jamieson	NSW	2.47.1s	Melbourne
1500 METRES				
1970	S. Bott	Vic.	5.28.0s	Adelaide
1971	D. Costello	NSW	5.21.3s	Brisbane
1972	D. Bryant	NSW	5.23.0s	Canberra, ACT
1973	L. Hardwick	SA	5.01.0s	Melbourne
OPEN - 3000 METRES ROAD WALK				
1967	D. Tonks	NSW	16.13.7s	Brisbane
1968	A. Cook	NSW	15.51.2s	Sydney
1969	G. Syrratt	NSW	15.40.8s	Melbourne
1970	D. Behan	NSW	15.31.0s	Adelaide
1971	D. Behan	NSW	15.15.6s	Brisbane
5000 METRES ROAD WALK				
1972	A. Nicholls	Vic.	24.55.0s	Canberra, ACT
1973	L. Harpur	SA	23.24.0s	Melbourne
3 x 1500 METRES ROAD RELAY				
1969	Victoria		14.30.0s	Melbourne
3 x 3000 METRES ROAD RELAY				
1970	Victoria		34.18.0s	Adelaide
1971	New South Wales		32.45.4s	Brisbane
1972	New South Wales		31.09.6s	Canberra, ACT
1973	Victoria		29.08.0s	Melbourne

JUNIOR — 3000 METRES ROAD WALK				
1972	B. Wilkins	NSW	15.15.2s	Canberra, ACT
1973	B. Wilkins	NSW	14.09.0s	Melbourne
3 x 800 METRES ROAD RELAY				
1969	Victoria		7.15.6s	Melbourne
3 x 1500 METRES ROAD RELAY				
1970	Victoria		15.56.0s	Adelaide
1971	Victoria		15.56.0s	Brisbane
1972	South Australia		15.08.2s	Canberra, ACT
3 x 2000 METRES ROAD RELAY				
1973	New South Wales		20.21.0s	Melbourne
SUB-JUNIOR — 3 x 800 METRES ROAD RELAY				
1969	New South Wales		7.37.2s	Melbourne
1970	South Australia		7.52.0s	Adelaide
1971	New South Wales		7.31.1s	Brisbane
1972	New South Wales		7.18.6s	Canberra, ACT
3 x 1000 METRES ROAD RELAY				
1973	New South Wales		9.34.0s	Melbourne

TROPHY WINNERS (Interstate Point Score)

Open —

3000 Metres Cross Country — THE MIRROR NEWSPAPER SHIELD

1960	New South Wales	1968	South Australia
1961-65	Victoria	1969	Victoria
1966-67	New South Wales		

5000 Metres 1970-73 Victoria

Junior —

1500 Metres — THE NELL GOULD SHIELD

1964-68	New South Wales	1969	Victoria
1970	New South Wales	1972	South Australia
1971	Victoria	1973	New South Wales

Sub-Junior —

800 Metres — THE STELLA McMINN SHIELD

1967-69	New South Wales		
1970-72	New South Wales	1973	Victoria

Open —

3000 Metres Road Walk — THE LILIAN NEVILLE SHIELD

1967-70	New South Wales	1971	Victoria
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5000 Metres Road Walk

1972	New South Wales
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3 x 3000 Metres Road Relay — THE JOAN BERETTA MEMORIAL SHIELD

1970	Victoria	1973	Victoria
1971-72	New South Wales		

Junior —

3 x 1500 Metres Road Relay — THE DOROTHY SPITTLES SHIELD

1970-71	Victoria	1973	New South Wales
1972	South Australia		

Sub-Junior —

3 x 800 Metres Road Relay — THE MARY CHAMBERS MEMORIAL SHIELD

1970	South Australia	1971-73	New South Wales
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TRACK & FIELD

PREVIOUS WINNERS OF THE DORIS MULCAHY SHIELD

(Open Interstate Point Score)

1933	Held at Melbourne	won by	New South Wales
1935	Held at Brisbane	won by	New South Wales
1936	Held at Sydney	won by	New South Wales
1937	Held at Melbourne	won by	Victoria
1940	Held at Perth	won by	Victoria
1948	Held at Sydney	won by	New South Wales
1950	Held at Adelaide	won by	New South Wales
1952	Held at Melbourne	won by	NSW/Western Australia
1954	Held at Perth	won by	New South Wales
1956	Held at Brisbane	won by	New South Wales
1958	Held at Sydney	won by	New South Wales
1960	Held at Hobart	won by	New South Wales
1962	Held at Adelaide	won by	New South Wales
1963	Held at Brisbane	won by	Victoria
1964	Held at Melbourne	won by	New South Wales
1965	Held at Perth	won by	Victoria
1966	Held at Sydney	won by	New South Wales
1967	Held at Hobart	won by	Victoria
1968	Held at Adelaide	won by	Victoria
1969	Held at Brisbane	won by	New South Wales
1970	Held at Melbourne	won by	New South Wales
1971	Held at Sydney	won by	New South Wales
1972	Held at Perth	won by	Victoria
1973	Held at Hobart	won by	Victoria
1974	Held at Adelaide	won by	Victoria

PREVIOUS WINNERS OF THE DORIS MAGEE SHIELD

(Junior Interstate Point Score)

1962	Held at Brisbane	won by	Queensland
1963	Held at Brisbane	won by	Victoria
1964	Held at Melbourne	won by	Victoria
1965	Held at Perth	won by	New South Wales
1966	Held at Sydney	won by	New South Wales
1967	Held at Hobart	won by	Victoria
1968	Held at Adelaide	won by	New South Wales
1969	Held at Brisbane	won by	New South Wales
1970	Held at Melbourne	won by	Victoria
1971	Held at Sydney	won by	New South Wales
1972	Held at Perth	won by	New South Wales
1973	Held at Hobart	won by	New South Wales
1974	Held at Adelaide	won by	Victoria

Coaching Distance Runners



Published September 1971.
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WORLD RECORDS MADE BY AUSTRALIANS

18.	3.39	100 yards	11.0	Decima Norman	WA	Morrinsville, NZ
4.	1.50	100 yards	10.8	Marjorie Jackson	NSW	Adelaide
4.	2.50	100 yards	10.8	Marjorie Jackson	NSW	Auckland
31.	3.50	100 yards	10.7	Marjorie Jackson	NSW	Newcastle
9.	2.50	220 yards	24.3	Marjorie Jackson	NSW	Auckland
21.	7.52	100 metres	11.5	Marjorie Jackson	NSW	Helsinki
4.	10.52	100 metres	11.4	Marjorie Jackson	NSW	Gifu
8.	3.52	100 yards	10.4	Marjorie Jackson	NSW	Sydney
25.	7.52	200 metres	23.4	Marjorie Jackson	NSW	Helsinki
24.	7.52	80m hurdles	10.9	Shirley Strickland	WA	Helsinki
5.	7.52	4x110 yds relay	46.9	Australian Team		London
4.	8.52		46.3	(S. de la Hunty, V. Johnston, W. Cripps, M. Jackson)		London
20.	2.54	220 yards	24.0	Marjorie Jackson	NSW	Sydney
5.	8.54	220 yards	24.0	Marjorie Jackson	NSW	Vancouver
4.	8.55	100 metres	11.3	Shirley de la Hunty	WA	Warsaw
16.	9.56	200 metres	23.2	Betty Cuthbert	NSW	Sydney
1.	12.56	4x100m relay	44.5	Australian Team		Melbourne
5.	12.56	4x110 yds relay	45.6	(S. de la Hunty, N. Croker, F. Mellor, B. Cuthbert)		Sydney
5.	12.56	4x220 yds relay	1.36.3	Australian Team (M. Mathews, F. Mellor, B. Cuthbert, N. Croker)		Sydney
6.	1.57	440 yards	57.0	Marlene Mathews	NSW	Sydney
24.	2.57	440 yards	56.3	Nancy Boyle	Vic.	Melbourne
1.	3.58	100 yards	10.4	Betty Cuthbert	NSW	Sydney
8.	3.58	220 yards	23.5	Betty Cuthbert	NSW	Sydney
20.	3.58	100 yards	10.3	Marlene Mathews	NSW	Sydney
22.	3.58	220 yards	23.4	Marlene Mathews	NSW	Sydney
24.	7.58	Javelin	188'4	Anna Pazera	SA	Cardiff
17.	1.59	440 yards	55.6	Betty Cuthbert	NSW	Sydney
21.	3.59	440 yards	54.3	Betty Cuthbert	NSW	Sydney
27.	2.60	60 metres	7.2	Betty Cuthbert	NSW	Sydney
7.	3.60	220 yards	23.2	Betty Cuthbert	NSW	Hobart
3.	3.62	880 yards	2.02.0	Dixie Willis	WA	Perth
3.	3.62	800 metres	2.01.2	Dixie Willis	WA	Perth
25.	8.62	80m hurdles	10.5	Betty Moore	NSW	Kassel
23.	1.63	220 yards	23.2	Margaret Burvill	WA	Perth
11.	3.63	440 yards	53.5	Betty Cuthbert	NSW	Melbourne
23.	3.63	440 yards	53.3	Betty Cuthbert	NSW	Brisbane
22.	2.64	220 yards	22.9	Margaret Burvill	WA	Perth
	10.64	400 metres	52.0	Betty Cuthbert	NSW	Tokyo
25.	10.64	80m hurdles	10.5	Pamela Kilborn	Vic.	Osaka
6.	2.65	80m hurdles	10.4	Pamela Kilborn	Vic.	Melbourne

27. 2.65	440 yards	52.4	Judy Amooore-Pollock	Vic.	Perth
5. 7.67	880 yards	2.02.0	Judy Pollock	Vic.	Stockholm
28. 6.67	800 metres	2.01.0	Judy Pollock	Vic.	Helsinki
13.10.68	80m hurdles	10.3	Maureen Caird	NSW	Mexico City
24. 5.69	200m hurdles	27.1	Maureen Caird	NSW	Sydney
8.69	200m hurdles	26.6	Pamela Kilborn	Vic.	Sydney
9.11.69	200m hurdles	26.0	Pamela Kilborn	Vic.	Brisbane
9.11.69	4x220 yds relay	1.35.8	Australian Team (M. Hoffman, P. Kilborn, R. Boyle, J. Lamy)		Brisbane
17.12.69	200m hurdles	25.8	Pamela Ryan	Vic.	Melbourne
25.11.71	200m hurdles	25.7	Pamela Ryan	Vic.	Melbourne
28. 6.72	100m hurdles	12.5	Pamela Ryan	Vic.	Warsaw

This *Almanac of Records and Results* was printed for the Women's Amateur Athletic Union, free of charge, by M.G.A. Publications Pty. Ltd., publishers of *Australasian Athletics* monthly magazine.

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P.O. Box 109, Rose Bay, N.S.W. 2029.

AUSTRALIAN RECORDS

OPEN

60 metres	7.2	B. Cuthbert	NSW	Sydney	27. 2.60
100 metres	11.0	D. Robertson	Qld.	Sydney	27.10.73
100 yards	10.3	M. Mathews-Willard	NSW	Sydney	20. 3.58
200 metres	22.8	R. Boyle	Vic.	Melbourne	25. 2.73
220 yards	22.9	M. Burvill	WA	Perth	22. 2.64
400 metres	52.4	J. Pollock	Vic.	Perth	27. 2.65
		S. Brown	NSW	Melbourne	14. 3.70
440 yards	52.4	J. Pollock	Vic.	Perth	27. 2.65
800 metres	2.01.2	D. Willis	WA	Perth	3. 3.62
880 yards	2.02.0	D. Willis	WA	Perth	3. 3.62
1500 metres	4.18.6	J. Orr	Vic.	Melbourne	23. 2.74
1 mile	4.41.4	M. Chamberlain	NZ	Perth	8.12.62
3000 metres	9.29.4	J. Orr	Vic.	Melbourne	23. 2.74
80m hurdles	10.4	P. Kilborn-Ryan	Vic.	Melbourne	6. 2.65
100m hurdles	13.0	P. Kilborn-Ryan	Vic.	Perth	26. 3.72
200m hurdles	25.7	P. Kilborn-Ryan	Vic.	Melbourne	25.11.71
1500m walk	6.49.2	D. Behan	NSW	Perth	26. 3.72
1 mile walk	7.24.5	A. Nicholls	Vic.	Ballarat	30. 4.72
3000m walk	13.49.6	A. Pembroke	NSW	Sydney	16. 2.74
4x100m relay	44.5	Australia (S. de la Hunty, N. Croker, F. Mellor, B. Cuthbert)		Melbourne	1.12.56
4x110 yds relay	45.6	Australia (S. de la Hunty, N. Croker, F. Mellor, B. Cuthbert)		Sydney	5.12.56
4x220 yds relay	1.35.8	Australia (M. Hoffman, R. Boyle, P. Kilborn, J. Lamy)		Brisbane	9.11.69
4x400m relay	3.33.3	Victoria (E. McLeod, J. Canty, C. Rendina, J. Pollock)		Perth	25. 3.73
High Jump	1.83	M. Mason-Brown	NSW	Sydney	1.11.64
Long Jump	6.52	E. Nixon	Qld.	Sydney	28.10.73
Discus	53.94	J. Roberts	Vic.	Melbourne	3. 2.68
Javelin	62.24	P. Rivers	Vic.	Melbourne	2.12.72
Shot Put	16.59	T. Tychevitch	USSR	Melbourne	30.11.56
Pentathlon (old)	4767 pts.	H. Frith	NSW	Melbourne	27/8.2.64
(new table)	4283 pts.	L. Tillett	NSW	Perth	22. 3.72

RESIDENT

1 mile	4.53.5	A. Cook	NSW	Sydney	10.12.72
Shot Put	15.63	A. Karner	Vic.	Sydney	5. 7.70

JUNIOR

(Under 18 years)

100 metres	11.2	J. Lamy	NSW	Sydney	21. 1.67
100 yards	10.5	B. Cox	Qld.	Sydney	4. 3.61
		J. Lamy	NSW	Sydney	16. 1.65
		D. Thompson	USA	Sydney	10. 3.65
200 metres	23.5	R. Boyle	Vic.	Adelaide	10. 3.68

220 yards	23.5	J. Bennett	WA	Brisbane	24. 3.63
400 metres	53.8	B. Nail	WA	Sydney	27.10.73
440 yards	55.7	B. Hine	WA	Perth	28.11.64
		M. Foster	Vic.	Melbourne	1. 3.65
800 metres	2.08.0	C. Peasley	NSW	Sydney	21.12.68
1500 metres	4.31.2	S. Garretty	NSW	Sydney	5. 4.75
80m hurdles	10.6	M. Caird	NSW	Adelaide	9. 3.68
100m hurdles	14.0	J. Newman	NSW	Sydney	3. 2.73
200m hurdles	27.9	K. O'Connell	WA	Perth	23. 2.74
		L. Young	WA	Perth	15. 2.75
800m walk	3.29.9	G. Syratt	NSW	Sydney	23. 1.71
880 yds walk	3.47.1	R. Denny	NSW	Hobart	4, 3.67
1500m walk	6.50.2	A. Pembroke	NSW	Sydney	15. 1.75
4x100m relay	46.7	Victoria		Adelaide	9. 3.68
		(L. Hancock, L. O'Connor, R. Boyle, C. Malakar)			
		New South Wales		Adelaide	9. 3.68
		(D. Ballinger, P. McCallum, A. Ross-Edwards, M. Caird)			
		New South Wales		Perth	25. 3.72
		(S. Sames, S. Procter, S. New, S. Behan)			
4x110 yds relay	47.0	New South Wales		Sydney	18. 3.66
		(J. Lamy, S. Dove, D. Ferrier, S. Henry)			
High Jump	1.76	D. McCawley	NSW	Sydney	13.12.73
Long Jump	6.32	L. Tillett	NSW	Sydney	14. 3.71
Discus	51.48	G. Mulhall	Vic.	Melbourne	5.12.73
Javelin	61.76	P. Rivers	Vic.	Melbourne	17.10.70
Shot Put	14.32	A. Karner	Vic.	Melbourne	30.11.68
Pentathlon (old)	4636 pts.	L. Tillett	NSW	Sydney	6/7. 2.71
(new table)	3784 pts.	S. New	NSW	Sydney	14. 1.73

AUSTRALIAN INTERNATIONAL RECORDS (as from 1.6.1972)

100m hurdles	12.5	P. Kilborn-Ryan	Vic.	Warsaw	28. 6.72
Long Jump	6.60	L. Tillett	NSW	Munich	23. 8.72
400 metres	51.9	C. Rendina	Vic.	Munich	4. 9.72
800 metres	2.01.1	C. Rendina	Vic.	Christchurch	29. 1.74
1500 metres	4.08.1	J. Orr	Vic.	Munich	4. 9.72
3000 metres	9.14.1	A. Cook	NSW	Christchurch	24. 1.75
200 metres	22.5	R. Boyle	Vic.	Munich	7. 9.72
4x100m relay	43.5	Australia		Christchurch	2. 2.74
		(R. Boak, J. Lamy, D. Robertson, R. Boyle)			
4x400m relay	3.28.8	Australia		Munich	10. 9.72
		(A. Ross-Edwards, R. Boyle, C. Peasley, C. Rendina)			

AUSTRALIAN BEST PERFORMANCES ON RECORD

100 metres

11.0	D. Robertson, Qld.	1973
11.1	R. Boyle, Vic.	1968/71
11.2	J. Lamy, NSW	1967/73
11.2	B. Jordan, Qld.	1973
11.3	S. de la Hunty, WA	1955
11.3	D. Burge, SA	1968
11.3	M. Hoffman, Qld.	1970
11.3	A. Ross-Edwards, NSW	1971
11.4	M. Jackson, NSW	1952
11.4	B. Cuthbert, NSW	1956
11.4	M. Black, NSW	1964
11.4	K. Thomas, NSW	1969/71
11.4	R. Boak, Vic.	1973/75
11.4	M. Sargent, NSW	1974

200 metres (*220 yards minus 0.1s)

22.4	R. Boyle, Vic.	1972
22.7	D. Robertson, Qld.	1974
22.8	J. Lamy, NSW	1967
22.9	M. Burvill, WA	1964
23.0	D. Burge, SA	1968
23.1	B. Cuthbert, NSW	1960
23.1	M. Black, NSW	1964
23.1	M. Sargent, NSW	1974
23.2	J. Bennett, WA	1968
23.3*	M. Mathews-Willard, N	1958
23.3*	P. Duggan, Qld.	1960
23.3	M. Hoffman, Qld.	1970

400 metres

51.9	C. Rendina, Vic.	1972
52.0	B. Cuthbert, NSW	1964
52.1	J. Pollock, Vic.	1970
52.4	S. Brown, NSW	1970
52.6	J. Canty, Vic.	1973
52.9	A. Ross-Edwards, NSW	1972
53.1	D. Willis, WA	1963
53.4	M. Sargent, NSW	1974
53.7	B. Nail, WA	1975
53.8	C. Peasley, NSW	1969

800 metres

2.01.0	J. Pollock, Vic.	1967
2.01.1	C. Rendina, Vic.	1974
2.01.2	D. Willis, WA	1962
2.03.1	C. Peasley, NSW	1972
2.04.4	B. Jones-Carr, Vic.	1960
2.04.5	J. Orr, Vic.	1972
2.05.1	A. Cook, NSW	1973
2.06.0	M. Ramsay, Qld.	1974
2.06.0	P. Lazarakis, WA	1975
2.07.2	M. Seritelli, Vic.	1975

1500 metres (*during 1 mile)

4.08.1	J. Orr, Vic.	1972
4.16.6	A. Cook, NSW	1975
4.23.6	S. Garretty, NSW	1975
4.24.8	P. Lazarakis, WA	1975
4.27.1	L. Tennant, Vic.	1974
4.28.5*	J. Beretta, Vic.	1962
4.28.6	C. Peasley, NSW	1969
4.28.8	I. Palmer, Vic.	1971
4.30.0	B. Jones-Carr, Vic.	1969
4.30.0	B. Stanford, NSW	1971

3000 metres

9.14.4	A. Cook, NSW	1975
9.29.3	J. Orr, Vic.	1974
9.47.2	S. Garretty, NSW	1975
9.50.0	L. Tennant, Vic.	1975
9.54.8	J. Buhn, NSW	1975
10.00.0	B. Stanford, NSW	1975
10.05.0	P. Lazarakis, WA	1975
10.08.6	L. Bickley, Vic.	1975
10.12.4	G. Moore, NSW	1975
10.14.1	A. Harding, NSW	1975

100 metres hurdles

12.5	P. Kilborn-Ryan, Vic.	1972
13.1	M. Caird-Jones, NSW	1972
13.1	P. McCallum-Gillies, N	1972
13.2	D. Pease, NSW	1970
13.3	G. Dell, Vic.	1974/75
13.7	H. Windred, NSW	1970
13.8	P. Taplin, SA	1969
13.8	C. Finch-Boswell, S	1973/75
13.8	J. Jones, WA	1974
13.9	J. Tandy, NSW	1970
13.9	L. Tillett, NSW	1972/73
13.9	S. Moir, Vic.	1974

200 metres hurdles

25.7	P. Kilborn-Ryan, Vic.	1971
26.2	G. Dell, Vic.	1975
26.3	M. Caird-Jones, NSW	1970
26.4	P. McCallum-Gillies, N	1970
27.0	D. Pease, NSW	1971
27.0	C. de Vlieger, NSW	1975
27.2	S. New, NSW	1973
27.3	C. Finch-Boswell, SA	1975
27.3	K. Briton, NSW	1975
27.4	E. Hindle, WA	1975
27.4	K. O'Connell, WA	1975

400 metres hurdles

58.3	J. Canty, Vic.	1975	6.31	D. Pease, NSW	1971
60.6	K. O'Connell, WA	1975	6.29	L. Liscombe, Qld.	1966
60.6	L. Young, WA	1975	6.25	J. Carroll, WA	1965
61.3	S. Moir, Vic.	1974	6.24	P. Kilborn-Ryan, Vic.	1966
61.4	C. de Vlieger, NSW	1975	6.21	S. Mitchell, NSW	1960
61.5	D. Pease, NSW	1974	6.20	E. Hindle, WA	1972
62.3	D. Hatch, WA	1974			
62.3	R. Ward, NSW	1974			
62.3	M. Fisher, Vic.	1975			
63.0	G. Anderson, Vic.	1975			

1500 metres walk

6.49.2	D. Behan, NSW	1972	50.64	R. Williams, NSW	1962
6.50.2	A. Pembroke, NSW	1975	50.60	M. Breen, NSW	1964
6.51.1	B. Wilkins, NSW	1974	49.98	J. Adams-Keen, NSW	1968
6.54.7	A. Nicholls, Vic.	1972	49.32	A. Karner, Vic.	1971
7.03.1	L. Harpur, SA	1974	49.00	M. McDonald, NSW	1964
7.06.3	D. Tonks, NSW	1968	48.90	H. Atkins, NSW	1966
7.07.2	S. Orr, Vic.	1975			
7.08.7	A. Cook, NSW	1969			
7.10.0	R. Thompson, NSW	1975			
7.11.0	G. Syrratt, NSW	1971			

3000 metres walk

13.49.6	A. Pembroke, NSW	1975	52.30	J. Kennedy- Wojdanowska, NSW	1975
14.17.4	A. Nicholls, Vic.	1973	52.14	J. Symon, SA	1974
14.21.8	L. Harpur, SA	1974	51.68	M. Thomas, NSW	1969
14.51.4	B. Wilkins, NSW	1973	51.38	M. Parker, NSW	1966
14.55.6	R. Thompson, NSW	1974	50.30	D. White, NSW	1970
15.07.2	J. Davies, Vic.	1975	48.64	M. Kosciak, Vic.	1972
15.32.4	M. Harding, NSW	1975			
15.38.6	J. Tully, NSW	1974			
15.41.0	K. Cardell, Qld.	1973			
15.42.7	K. O'Brien, SA	1975			

High Jump

1.83	M. Mason-Brown, NSW	1964	14.07	L. Parry, Vic.	1968
1.77	R. Woodhouse, NSW	1962	14.01	M. Breen, NSW	1962
1.76	D. McCawley, NSW	1973	13.93	V. Lawrence, WA	1956
1.75	H. Frith, NSW	1962	13.93	G. Mulhall, Vic.	1973
1.75	R. Parke, Vic.	1971	13.72	L. Torso, NSW	1975
1.74	C. Wright, NSW	1962	13.64	P. Dean, NSW	1966
1.73	J. Symon, SA	1973			
1.72	C. Jamieson, NSW	1975			
1.70	A. de Rooy, Qld.	1968			
1.70	L. Tillett, NSW	1972			
1.70	C. Annison, WA	1974			
1.70	S. Scott, Vic.	1974			

Long Jump

6.60	L. Tillett, NSW	1972	3760	M. Taylor, WA	1975
6.52	E. Nixon, Qld.	1973	3681	P. Ballard, NSW	1975
6.39	L. Parr, NSW	1975	3662	J. Arnold, SA	1973
6.33	H. Frith, NSW	1965	3659	K. Briton, NSW	1975

Discus Throw

53.94	J. Roberts, Vic.	1968
52.64	D. Ashford, NSW	1975
51.48	G. Mulhall, Vic.	1973
51.02	S. Culley, NSW	1975
50.64	R. Williams, NSW	1962
50.60	M. Breen, NSW	1964
49.98	J. Adams-Keen, NSW	1968
49.32	A. Karner, Vic.	1971
49.00	M. McDonald, NSW	1964
48.90	H. Atkins, NSW	1966

Javelin Throw

62.24	P. Rivers, Vic.	1972
59.40	U. Urbancic, Vic.	1971
57.40	A. Pazera, SA	1958
54.56	C. Thompson-Hunt, V	1969
52.30	J. Kennedy- Wojdanowska, NSW	1975
52.14	J. Symon, SA	1974
51.68	M. Thomas, NSW	1969
51.38	M. Parker, NSW	1966
50.30	D. White, NSW	1970
48.64	M. Kosciak, Vic.	1972

Shot Put

15.63	A. Karner, Vic.	1970
15.61	J. Roberts, Vic.	1970
14.34	J. Adams, NSW	1968
14.33	C. Schultz, Vic.	1973
14.07	L. Parry, Vic.	1968
14.01	M. Breen, NSW	1962
13.93	V. Lawrence, WA	1956
13.93	G. Mulhall, Vic.	1973
13.72	L. Torso, NSW	1975
13.64	P. Dean, NSW	1966

Pentathlon

4283	L. Tillett, NSW	1972
4206	E. Nixon, Qld.	1974
4058	S. Scott, Vic.	1974
3881	S. New, NSW	1974
3795	L. Parr, NSW	1975
3776	C. Wright-Lewis, Vic.	1972
3760	M. Taylor, WA	1975
3681	P. Ballard, NSW	1975
3662	J. Arnold, SA	1973
3659	K. Briton, NSW	1975

AUSTRALIAN RANKING LIST 1974-75
(FROM RESULTS RECEIVED)
FOR THE PERIOD OF 1ST MAY, 1974 TO 30TH APRIL, 1975

100 METRES

11.3	Denise Robertson	Qld.	18. 1.75	Sydney
11.4	Robyn Boak	NSW	1. 2.75	Sydney
11.5	Gabrielle Hoare	NSW	1. 2.75	Sydney
11.5	Kerrie Pearson	NSW	1. 2.75	Sydney
11.5	Margaret Sargant	NSW	15. 2.75	Sydney
11.5	Barbara Jordan	Qld.	1. 3.75	Brisbane
11.6	Susan Jowett	Qld.	30.10.74	Brisbane
11.6	Elizabeth Murray	Vic.	19. 1.75	Melbourne
11.6	Gaye Dell	Vic.	22. 2.75	Melbourne
11.7	Terrie Wangman	Vic.	19. 1.75	Melbourne
11.7	Heather Wright	Qld.	1. 2.75	Sydney
11.7	Linda Parr	NSW	15. 2.75	Sydney

200 METRES

23.3	Denise Robertson	Qld.	9. 3.75	Brisbane
23.4	Robyn Boak	NSW	8. 1.75	Sydney
23.5	Margaret Sargant	NSW	8. 1.75	Sydney
23.8	Gaye Dell	Vic.	14.12.74	Melbourne
23.8	Terrie Wangman	Vic.	15. 2.75	Melbourne
23.9	Susan Jowett	Qld.	30.11.74	Brisbane
23.9	Bethanie Nail	WA	22. 2.75	Perth
24.0	Charlene Rendina	Vic.	14.12.74	Melbourne
24.0	Marian Fisher	Vic.	15. 2.75	Melbourne
24.1	Christine Dale	Vic	14.12.74	Melbourne

400 METRES

53.4	Charlene Rendina	Vic.	12. 1.75	Melbourne
53.7	Bethanie Nail	WA	8. 3.75	Brisbane
53.9	Terrie Wangman	Vic.	15. 2.75	Melbourne
53.9	Marian Fisher	Vic.	22. 2.75	Melbourne
54.0	Judy Canty	Vic.	1. 3.75	Melbourne
54.1	Margaret Sargant	NSW	8. 2.75	Sydney
54.6	Julie Schwass	NSW	18.12.74	Sydney
54.9	Heather Wright	Qld.	6. 3.75	Brisbane
55.3	Helen Rowan	SA	22. 2.75	-
55.6	Helen Cregan	Vic.	9. 3.75	Brisbane

800 METRES

2.03.7	Charlene Rendina	Vic.	12. 1.75	Melbourne
2.06.0	Phyllis Lazarakis	WA	9. 3.75	Brisbane
2.07.2	Angela Cook	NSW	9. 3.75	Brisbane
2.07.2	Margaret Seritelli	Vic.	9. 3.75	Brisbane
2.07.9	Judy Hart	SA	16. 2.75	Adelaide
2.08.4	Gail Cochrane	Vic.	12. 1.75	Melbourne
2.08.8	Penelope Gray	Tas.	8. 3.75	Brisbane
2.10.5	Daphne Stevens	Qld.	9. 3.75	Brisbane
2.10.9	Joanne Dempsey	Qld.	8. 3.75	Brisbane
2.11.4	Michelle Murray	NSW	1. 2.75	Sydney

1500 METRES

4.16.6	Angela Cook	NSW	26. 1.75	Christchurch
4.23.6	Susan Garretty	NSW	26. 1.75	Christchurch
4.24.8	Phyllis Lazarakis	WA	1. 3.75	Perth
4.31.3	Lyn Tennant	Vic.	12. 1.75	Melbourne
4.31.5	Lois Bickley	Vic.	4. 2.75	Melbourne
4.31.8	Penelope Gray	Tas.	9. 3.75	Brisbane
4.32.4	Catherine Poyner	SA	9. 3.75	Brisbane
4.34.8	Jenny Orr	Vic.	19.10.74	Melbourne
4.36.6	Catherine Vincent	NSW	18.12.74	Sydney
4.37.2	Elizabeth Stanford	NSW	18.12.74	Sydney
4.37.2	Daphne Stevens	Qld.	8. 3.75	Brisbane

3000 METRES

9.14.4	Angela Cook	NSW	24. 1.75	Christchurch
9.47.2	Susan Garretty	NSW	24. 1.75	Christchurch
9.50.0	Lyn Tennant	Vic.	15. 2.75	Melbourne
9.54.8	Jeanette Buhn	NSW	20.11.74	Sydney
10.00.0	Elizabeth Stanford	NSW	19. 1.75	Sydney
10.05.0	Phyllis Lazarakis	WA	8. 2.75	Perth
10.08.6	Lois Bickley	Vic.	1. 2.75	Melbourne
10.12.4	Georgina Moor	NSW	8. 1.75	Sydney
10.14.0	Jenny Orr	Vic.	7.12.74	Melbourne
10.14.1	Anne Harding	NSW	4. 2.75	Sydney

100 METRES HURDLES

13.3	Gaye Dell	Vic.	1. 3.75	Melbourne
13.8	Cheryl Boswell	SA	16. 2.75	Adelaide
14.1	Kim Briton	NSW	7.12.74	Sydney
14.1	Sally Moir	Vic.	9. 3.75	Brisbane
14.2	Lynette Young	WA	8. 2.75	Perth
14.4	Sue Hosking	Vic.	17.12.74	Melbourne
14.4	Robyn Ward	NSW	8. 2.75	Sydney
14.5	Sue Scott	Vic.	14.12.74	Melbourne
14.5	Carmen de Vlieger	NSW	8. 2.75	Sydney
14.5	Robyn Stokes	SA	8. 2.75	Adelaide

200 METRES HURDLES

26.2	Gaye Dell	Vic.	15. 2.75	Melbourne
27.0	Carmen de Vlieger	NSW	19. 2.75	Sydney
27.3	Kim Briton	NSW	19. 2.75	Sydney
27.3	Cheryl Boswell	SA	1. 3.75	Adelaide
27.4	Kerry O'Connell	WA	15. 2.75	Perth
27.4	Eileen Hindle	WA	8. 3.75	Brisbane
27.6	Robyn Ward	NSW	9. 2.75	Sydney
27.8	Sue Scott	Vic.	4. 2.75	Melbourne
27.8	Michelle Murray	NSW	19. 2.75	Sydney
27.8	Sally Moir	Vic.	1. 3.75	Melbourne

400 METRES HURDLES

58.3	Judy Canty	Vic.	22. 2.75	Melbourne
60.6	Lynette Young	WA	8. 2.75	Perth

60.6	Kerry O'Connell	WA	15. 3.75	Perth
61.3	Sally Moir	Vic.	30.11.74	Melbourne
61.4	Carmen de Vlieger	NSW	6. 3.75	Brisbane
62.3	Robyn Ward	NSW	9.11.74	Sydney
62.3	Marian Fisher	Vic.	22. 2.75	Melbourne
63.0	Gail Anderson	Vic.	22. 2.75	Melbourne
63.1	Eileen Hindle	WA	6. 3.75	Brisbane
63.6	Sue Scott	Vic.	30.11.74	Melbourne

1500 METRES WALK

6.50.2	Anne Pembroke	NSW	21.12.74	Sydney
6.58.8	Jane Davies	Vic.	1. 3.75	Melbourne
7.07.4	Sue Orr	Vic.	19. 1.75	Melbourne
7.08.2	Beverley Wilkins	NSW	8. 3.75	Brisbane
7.10.0	Rachel Thompson	NSW	25. 1.75	Sydney
7.20.1	Miriam Harding	NSW	26. 1.75	Sydney
7.22.2	Janine Trigwell	WA	2. 3.75	Perth
7.23.8	Helen Vincent	NSW	1. 3.75	Sydney
7.25.8	Donna Caudry	Vic.	7.12.74	Melbourne
7.28.3	Karen Cardell	Qld.	30.11.74	Brisbane

3000 METRES WALK

13.49.6	Anne Pembroke	NSW	15. 1.75	Sydney
15.07.2	Jane Davies	Vic.	11. 1.75	Melbourne
15.23.6	Beverley Wilkins	NSW	19. 1.75	Sydney
15.32.4	Miriam Harding	NSW	19. 1.75	Sydney
15.42.7	Karen O'Brien	SA	11. 1.75	Adelaide
15.47.4	Janine Trigwell	WA	4. 3.75	Perth
15.48.0	Rachel Thompson	NSW	15. 1.75	Sydney
16.00.2	Sue Orr	Vic.	15. 2.75	Melbourne
16.02.8	Janine Shepherd	NSW	19. 1.75	Sydney
16.03.4	Karen Cardell	Qld.	14.12.74	Brisbane

HIGH JUMP

1.74	Debbie McCawley	NSW	15. 1.75	Sydney
1.74	Raylene Parke	Vic.	8. 2.75	Melbourne
1.72	Christine Jamison	NSW	9. 3.75	Brisbane
1.70	Cathy Scott	Vic.	26.10.74	Melbourne
1.70	Christine Annison	WA	15. 2.75	Perth
1.68	Julie Lloyd	Vic.	7.12.74	Melbourne
1.68	Sue Scott	Vic.	14.12.74	Melbourne
1.68	Maxine Trezise	Vic.	22. 2.75	Melbourne
1.66	Denise Wasley	WA	7.12.74	Perth
1.66	Joanne Sweetman	NSW	4. 2.75	Sydney

LONG JUMP

6.39	Linda Parr	NSW	15. 1.75	Sydney
6.23	Erica Nixon	Qld.	8. 3.75	Brisbane
6.15	Eileen Hindle	WA	8. 3.75	Brisbane
6.06	Susan New	NSW	8. 3.75	Brisbane
6.03	Margaret Taylor	WA	8. 3.75	Brisbane
6.01	Christine Booth	NSW	1. 2.75	Sydney
6.01	Sue Scott	Vic.	6. 3.75	Brisbane

5.80	Glynis Saunders	Qld.	6. 3.75	Brisbane
5.78	Elizabeth Kinny	NSW	9. 3.75	Brisbane
5.73	Kim Briton	NSW	6. 3.75	Brisbane

DISCUS THROW

52.64	Denise Ashford	NSW	19. 1.75	Sydney
51.02	Susan Culley	NSW	19. 2.75	Sydney
48.96	Anne Laurens	Vic.	9. 3.75	Brisbane
48.44	Christine Schultz	Vic.	5. 2.75	Melbourne
46.94	Luigina Torso	NSW	1. 3.75	Sydney
45.46	Helen Hayhurst	Vic.	5. 2.75	Melbourne
42.66	Lorraine Layton	WA	8. 2.75	Perth
42.30	Astra Vitols	Vic.	12. 1.75	Melbourne
41.76	Glenys Dumbier	Vic.	30.11.74	Melbourne
41.38	Gail Henderson	Qld.	8. 3.75	Brisbane

SHOT PUT

14.50	Anne Laurens	Vic.	12. 1.75	Melbourne
14.28	Christine Schultz	Vic.	4. 2.75	Melbourne
13.72	Luigina Torso	NSW	9. 2.75	Sydney
13.21	Astra Vitols	Vic.	30.11.74	Melbourne
13.11	Susanne Dansie	SA	9.11.74	Adelaide
12.49	Janina Kennedy-Wojdanowska	NSW	15. 2.75	Sydney
12.18	Denise Ashford	NSW	9. 2.75	Sydney
12.11	Jenny Gordon	Tas.	9. 3.75	Brisbane
11.99	Helen Searle	NSW	15. 2.75	Sydney
11.90	Gail Henderson	Qld.	9. 3.75	Brisbane

JAVELIN

54.64	Petra Rivers	Vic.	23. 1.75	Christchurch
53.22	Christine Thompson-Hunt	Vic.	8. 3.75	Brisbane
52.30	Janina Kennedy-Wojdanowska	NSW	22. 2.75	Sydney
48.20	Margaret Phillipott	NSW	8. 1.75	Sydney
48.06	Pam Mathews	Vic.	9. 3.75	Brisbane
44.24	Anna Bacic	Vic.	9. 3.75	Brisbane
43.92	Carole Rice	SA	9. 1.75	Adelaide
43.46	Terri Wrenn	WA	9. 3.75	Brisbane
42.90	Mary Thomas	NSW	1. 2.75	Sydney
42.36	Janet Achurch	Qld.	8. 2.75	Brisbane

PENTATHLON

3951	Sue Scott	Vic.	.75	Melbourne
3941	Erica Nixon	Qld.	6. 3.75	Brisbane
3795	Linda Parr	NSW	6. 3.75	Brisbane
3764	Margaret Taylor	WA	6. 3.75	Brisbane
3681	Peta Ballard	NSW	2. 2.75	Sydney
3659	Kim Briton	NSW	6. 4.75	Brisbane
3538	Glynis Saunders	Qld.	6. 3.75	Brisbane
3537	Christine Booth	NSW	2. 2.75	Sydney
3526	Christine Annison	WA	6. 4.75	Brisbane
3510	Maxine Trezise	Vic.	.75	Melbourne

SUB-JUNIOR
(14 years and under)
BEST PERFORMANCES ON RECORD

60 metres	7.6	Susan Cavies	SA	24. 5.57	Adelaide	26. 2.72
100 metres	11.9	Suzette Sames	NSW	6. 3.55	Sydney	31. 1.70
200 metres	24.3	Leanne Evans	Qld.	17. 3.60	Brisbane	1. 3.75
400 metres	57.5	Suzette Sames	NSW	6. 3.55	Sydney	7. 2.70
		Lisa Jay	Vic.	24. 3.59	Melbourne	24.11.73
800 metres	2.11.1	Penny Gray	Tas.	12.10.58	Hobart	3. 3.73
1500 metres	4.39.1	Penny Gray	Tas.	12.10.58	Hobart	5. 3.73
3000 metres	10.28.0	Gayelene Clews	WA	19.10.60	Perth	2. 3.75
800m walk	3.35.8	Beverley Patmore	NSW	12. 5.57	Perth	23. 3.72
1500m walk	6.51.1	Beverley Wilkins	NSW	9. 5.61	Sydney	9. 3.74
3000m walk	14.43.6	Anne Pembroke	NSW	13.11.59	Sydney	3. 1.74
100m hds.	14.5	Kim Briton	NSW	25. 4.58	Hobart	3. 3.73
		Susan Armstrong	NSW	22. 3.59	Sydney	16. 2.74
200m hds.	28.7	Debbie Calov	NSW	21. 2.57	Sydney	13. 2.72
High Jump	1.73	Debbie McCawley	NSW	16.10.58	Sydney	11.10.73
Long Jump	5.78	Elizabeth Kinny	NSW	2. 5.60	Brisbane	9. 3.75
Discus	42.30	Astra Vitols	Vic.	19. 2.60	Melbourne	12. 1.75
Javelin	38.84	Eleanor Moore	WA	19. 3.60	Perth	22. 2.75
Shot Put	14.49	Astra Vitols	Vic.	19. 2.60	Canberra	31. 3.73
4x100m	48.5	South Australia			Adelaide	16. 2.75
		(Lisa O'Dea 12.5.60; Leanne Lynch 10.12.60; Julie Reid 3.6.61; Maria Primomo 25.6.60)				
Pentathlon	3364	Christine Annison	WA	12.12.59	Adelaide	28. 2.74