

WILLIAMSTOWN ATHLETIC CLUB RECORDS

WOMEN - OPEN AGE

(As at 30 April 2026)

Event	Athlete	Performance	Date
100m	C. Mucci	11.47 (+1.8)	13/02/2021
100m	A. Deller	11.4h	18/12/1999
100m	C. Borg	11.4h	18/12/1999
200m	A. Deller	23.53	1994/95
400m	D. Roman	54.47	25/02/2024
800m	L. Rourke	2m 07.2h	18/03/2021
1500m	L. Rourke	4.19.98	19/03/2022
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
100m Hurdles (84cm)	C. Mucci	12.84 (+0.6)	11/03/2023
400m Hurdles (76.2cm)	D. Roman	56.59	18/02/2018
1500m Walk	D. Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D. Hogg	16.04.6h	1977/78
5000m Walk	L. Close	33.58.5h	25/10/2014
High Jump	C. Mucci	1.76	12/01/2019
Long Jump	C. Mucci	6.48 (+3.5)	3/12/2017
Long Jump	C. Mucci	6.25 (+1.5)	16/02/2018
Triple Jump	L. Micallef	12.14 (+0.3)	15/04/2026
Shot Put (4.0kg)	S. Reinwald	16.91	1983/84
Javelin (600gm)	C. Mucci	45.25	3/02/2019
Discus (1.0kg)	S. Reinwald	57.30	22/06/1985
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5915pts	12-13/4/2018
4x100m Relay		49.0	
4X200m Relay		1.45.89	28/02/2010
	Rosamond Gilden, Karoline Curtis, Becky Pile, Eleni Gilden		
4x400m Relay		3.58.27	10/12/2012
	Kylie Williams, Eleni Gilden, Rosamond Gilden, Becky Pile		
4 x 800m		10.34.35	23/11/2024
	Emilia Rossi, Anni Clarke, Milana Farfaglia, Octavia Farfaglia		
Medley Relay (200m,200m,400m, 800m)		4.17.93	6/12/2012
	Maeve Ryan, Celeste Mucci, Eleni Gilden, Rosamond Gilden		
Mixed 4 x 400m	K Souter, M Leith, J Andrew, D Muir	3.30.46	24/11/2024

WOMEN - Under 20**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	D. Roman	11.55	22/11/2015
100m	C. Borg	11.4h	18/12/1999
200m	A. Deller	24.02e	1994/95
	A. Deller	23.9h	1994/95
400m	A. Deller	56.3h	1993/94
800m	L. Rourke	2m 07.2h	18/03/2021
1500m	L. Rourke	4.19.98	19/03/2022
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
100m Hurdles (84cm)	C. Mucci	13.02e (+1.7)	25/05/2019
400m Hurdles (76.2cm)	D. Roman	59.85	2/11/2013
1500m Walk	D. Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D. Hogg	16.04.6	1977/78
High Jump	C. Mucci	1.76	12/01/2019
Long Jump	C. Mucci	6.48 (+3.5)	3/12/2017
Long Jump	C. Mucci	6.25 (+1.5)	16/02/2018
Triple Jump	L. Micallef	12.14 (+0.3)	15/04/2026
Shot Put (4.0kg)	S. Reinwald	16.91	1983/84
Javelin (600gm)	C. Mucci	45.25	3/02/2019
Discus (1.0kg)	S. Reinwald	55.58	1983/84
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5915pts	12-13/4/2018
4x100m Relay		49.5	
4x200m Relay		1.48.77	
4x400m Relay		4.01.0h	
4 x 800m	E Rossi, A Clarke, M Farfaglia, O Farfaglia	10.34.35	23/11/2024
Medley Relay (200m,200m,400m, 800m)	R. Wood, C. Mucci, A. Bearzi, J. Kane	4.24.57	29/11/2014

WOMEN - Under 19**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	D. Roman	11.72	15/03/2014
100m	C. Borg	11.4h	18/12/1999
200m	D. Roman	24.22	1/02/2014
400m	D. Roman	56.71	15/12/2012
800m	L. Rourke	2m 07.2h	18/03/2021
1500m	L. Rourke	4.19.98	19/03/2022
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
100m Hurdles (84cm)	C. Mucci	13.19 (+0.6)	12/04/2018
400m Hurdles (76.2cm)	D. Roman	59.85	2/11/2013
1500m Walk	D.Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D.Hogg	16.04.6h	1977/78
High Jump	C. Mucci	1.75	28/04/2017
Long Jump	C. Mucci	6.48 (+3.5)	3/12/2017
Long Jump	C. Mucci	6.25 (+1.5)	16/02/2018
Triple Jump	L. Micallef	12.14 (+0.3)	15/04/2026
Shot Put (4.0kg)	S. Reinwald	16.91	1983/84
Javelin (600gm)	C. Mucci	43.03	13/04/2018
Discus (1.0kg)	S. Reinwald	50.86	1983/84
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5915pts	12-13/4/2018
4x100m Relay		49.5	
4x200m Relay	T. Shacklock K. Curtis S. Jamieson K. McHarg	1.48.6	19/12/1998
4x400m Relay		4.01.0h	
4 x 800m	E Rossi, A Clarke, M Farfaglia, O Farfaglia	10.34.35	23/11/2024
Medley Relay (200m,200m,400m, 800m)	R. Wood, C. Mucci, A. Bearzi, J. Kane	4.24.57	29/11/2014

WOMEN - Under 18**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	D. Roman	11.72	15/03/2014
100m	C. Borg	11.4h	18/12/1999
200m	D. Roman	24.22	1/02/2014
400m	D. Roman	56.71	15/12/2012
800m	L. Rourke	2m 07.2h	18/03/2021
1500m	L. Rourke	4m 22.48	21/03/2019
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
2000m Steeple (76.2cm)	N. Rourke	7m 09.71	14/04/2021
100m Hurdles (76.2cm)	C. Mucci	13.46	30/03/2017
300m Hurdles (76.2cm)	S. Jamieson	47.67	1995/96
400m Hurdles (76.2cm)	D. Roman	59.85	2/11/2013
1500m Walk	D.Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D.Hogg	16.04.6h	1977/78
High Jump	C. Mucci	1.75	28/04/2017
Long Jump	C. Mucci	6.35 (+2.7)	4/03/2017
Triple Jump	L. Micallef	12.14 (+0.3)	15/04/2026
Shot Put (4.0kg)	S. Reinwald	16.91	1983/84
Javelin (600gm)	C. Mucci	37.68	5/02/2017
Javelin (500gm)	E .Leith	44.48	17/04/2026
Discus (1.0kg)	S. Reinwald	50.86	1983/84
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5430pts	27-28/03/2015
4x100m Relay		49.5	
4x200m Relay	T. Shacklock K. Curtis S. Jamieson K. McHarg	1.48.6	19/12/1998
4x400m Relay		4.01.0h	
4 x 800m	E Rossi, A Clarke, M Farfaglia, O Farfaglia	10.34.35	23/11/2024
Medley Relay (200m,200m,400m, 800m)	R. Wood, C. Mucci, A. Bearzi, J. Kane	4.24.57	29/11/2014

WOMEN - Under 17**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	L.Brett	11.7h	
200m	D. Roman	24.39	2/02/2013
400m	D. Roman	56.71	15/12/2012
800m	A. Daniel	2.11.38	14/02/2004
1500m	L. Rourke	4.22.48	21/03/2019
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
2000m Steeple (76.2cm)	N. Rourke	7m 09.71	14/04/2021
100m Hurdles (76.2cm)	D. Roman	13.6	12/03/2013
100m Hurdles (76.2cm)	C. Mucci	13.6	27/03/2015
300m Hurdles (76.2cm)	S. Jamieson	47.67	1995/96
400m Hurdles (76.2cm)	D. Roman	62.62	12/01/2013
1500m Walk	D.Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D.Hogg	16.04.6h	1977/78
High Jump	C. Mucci	1.73	14/02/2015
Long Jump	C. Mucci	5.81	15/02/2015
Triple Jump	L. Micallef	12.14 (+0.3)	15/04/2026
Shot Put (4.0kg)	S. Reinwald	15.31	5/03/1983 (VR)
Javelin (600gm)	C. Mucci	37.36	10/01/2016
Javelin (500gm)	E. Leith	38.88	15/02/2026
Discus (1.0kg)	S. Reinwald	46.70	1982/83
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5430pts	27-28/03/2015
4x100m Relay		49.5	
4x200m Relay	T. Shacklock K. Curtis S. Jamieson K. McHarg	1.48.6	19/12/1998
4x400m Relay		4.01.0	
4 x 800m	E Rossi, A Clarke, M Farfaglia, O Farfaglia	10.34.35	23/11/2024
Medley Relay (200m,200m,400m, 800m)	R. Wood, C. Mucci, A. Bearzi, J. Kane	4.24.57	29/11/2014

WOMEN - Under 16**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	L. Jamieson	12.0	1975/76
200m	L. Jamieson	24.8h	1975/76
400m	G. Goldsworthy	58.37	13/03/2014
800m	L. Rourke	2.13.55	8/12/2017
1500m	L. Rourke	4.22.48	21/03/2019
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	16.27.86	10/02/2024
2000m Steeple (76.2cm)	N. Rourke	7m 09.71	14/04/2021
90m Hurdles (76.2cm)	C. Mucci	12.71	14/03/2014
100m Hurdles (76.2cm)	M. Lowden	15.5	1975/76
200m Hurdles (76.2cm)	B. Bozin	30.42	25/01/2001
300m Hurdles (76.2cm)	S. Jamieson	47.67	1995/96
400m Hurdles (76.2cm)	C. McKay	70.1h	1975/76
1500m Walk	D.Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D.Hogg	16.04.6	1977/78
High Jump	C. Mucci	1.73	14/02/2015
Long Jump	C. Mucci	5.81	15/02/2015
Triple Jump	M.Jordan	10.62	
Shot Put (4.0kg)	A.Sayner	12.14	1996/97
Javelin (600g)	K. Williams	33.63	6/02/1999
Javelin (500gm)	C. Mucci	36.66	27/03/2015
Discus (1.0kg)	A. Sayner	45.82	1996/97
Hammer (4.0kg)	K. Williams	41.29	25/11/2000
Heptathlon	C. Mucci	5430pts	27-28/03/2015
4x100m Relay		51.1	
4x200m Relay	T. Shacklock K. Curtis S. Jamieson K. McHarg	1.48.6	19/12/1998
4x400m Relay		4.12.0	
Medley Relay (200m,200m,400m, 800m)	R. Wood, C. Mucci, A. Bearzi, J. Kane	4.24.57	29/11/2014

WOMEN - Under 15**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	L. Jamieson	12.0h	1975/76
200m	L. Jamieson	24.8h	1975/76
400m	G. Goldsworthy	58.37	13/03/2014
800m	L. Rourke	2.13.55	8/12/2017
1500m	P. Gay	4m 28.74	22/12/2022
3000m	P. Gay	9.22.36	9/03/2023
5000m	P. Gay	17.10.4	30/03/2023
2000m Steeple (76.2cm)	A. Goldsworthy	7.27.40	29/02/2020
90m Hurdles (76.2cm)	C. Mucci	12.71	14/03/2014
100m Hurdles (76.2cm)	M. Lowden	15.5	1975/76
200m Hurdles (76.2cm)	B. Bozin	30.42	25/01/2001
300m Hurdles (76.2cm)	S. Jamieson	47.67	1995/96
400m Hurdles (76.2cm)	C. McKay	75.6	1975/76
1500m Walk	D. Hogg	7.23.3h	1977/78
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	D. Hogg	16.04.6h	1977/78
High Jump	C. Mucci	1.72	14/03/2014
Long Jump	M. Lowden	5.66	1975/76
Triple Jump	C. Mucci	10.21	10/02/2013
Shot Put (3.0kg)	A. Sayner	14.85	1995/96
Javelin (500g)	C. Hardeman	29.38	10/02/2013
Javelin (600g)	T. Shacklock	23.08	1998/99
Discus (1.0kg)	A. Sayner	45.82	1996/97
Heptathlon			
4x100m Relay		51.1	
4x200m Relay	K. O'Loughlen, T. Shacklock, S. Jamieson, J. Azzopardi	1.53.47	22/12/1996
4x400m Relay		4.12.0	

WOMEN - Under 14**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	C. Mucci	12.5	17/03/2013
200m	C. Mucci	25.93	6/12/2012
400m	G. Goldsworthy	58.37	13/03/2014
800m	L. Rourke	2.13.55	8/12/2017
1500m	L. Rourke	4.37.44	10/12/2017
3000m	P. Gay	10m 03.10	26/02/2022
80m Hurdles (76.2cm)	C. Mucci	13.03	1/12/2012
90m Hurdles (76.2cm)			
200m Hurdles (76.2cm)	C. Mucci	32.05	29/10/2011
200m Hurdles (76.2cm)	M. Parks	31.54 (3.7)	11/10/2025
300m Hurdles (76.2cm)	S. Jamieson	47.67	1995/96
1500m Walk	K Lewis	8.26.82	25/01/2025
2000m Walk	K.Lewis	11.56.0 h	8/02/2025
3000m Walk	K. Lewis	18.42.6	11/10/2025
2000m Steeple (76.2cm)	N. Rourke	7m 39.54	29/02/2020
High Jump	C. Mucci	1.69	10/02/2013
Long Jump	C. Mucci	5.38	3/03/2013
Triple Jump	C. Mucci	10.21	10/02/2013
Shot Put (3.0kg)	A. Sayner	14.85	1995/96
Javelin (400g)	M. Parks	35.57	29/03/2026
Discus (1.0kg)	A. Sayner	44.28	1995/96
Pentathlon	M. Parks	2804pts	11/01/2026
Heptathlon			
4x100m Relay	K. O'Loghle T. Shacklock, S Jamieson, J. Azzopardi	53.22	21/12/1996
4x200m Relay	K. O'Loghlen, T. Shacklock, S Jamieson, J. Azzopardi	1.53.47	22/12/1996
4x400m Relay	Charlize Kolyniuk; Mila Batur; Jaz Davies; Macy Parks	4.18.50	13/12/2025

WOMEN - Under 13**(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	A. Mannering	13.34 ^(1.3)	27/11/2024
200m	G. Goldsworthy	28.1	10/02/2013
200m	A. Mannering	28.05 ^(3.5)	2/11/2024
400m	J. Davies	61.53	14/02/2026
800m	O. Farfaglia	2.19.31	3/03/2024
1500m	L. Rourke	4.54.90	6/11/2016
3000m	O. Farfaglia	10m 57.40	9/11/2023
80m Hurdles ^(76.2cm)	M. Parks	13.34 ^(0.6)	26/01/2026
200m Hurdles ^(76.2cm)	C. Mucci	32.05	29/10/2011
200m Hurdles ^(76.2cm)	M. Parks	31.54 ^(3.7)	11/10/2025
2000m Steeplechase	M. Farfaglia	8.04.8 (h)	9/11/2024
1500m Walk	K Lewis	8.26.82	25/01/2025
2000m Walk	K Lewis	11.56.0 h	8/02/2025
3000m Walk	K. Lewis	18.42.6	11/10/2025
High Jump	M. Batur	1.55	25/01/2025
Long Jump	C. Mucci	4.71	24/02/2012
Triple Jump	M. Parks	9.42 ^(0.0)	25/01/2025
Shot Put ^(3.0kg)	M. Parks	9.54	22/11/2025
Javelin ^(400g)	M. Parks	34.84	15/02/2026
Discus ^(1kg)	M. Parks	26.91m	17/01/2026
Pentathlon	M. Parks	2804pts	11/01/2026

Williamstown

Bendigo
Aberfeldie

Ballarat

Knox

Casey

Venue

Lakeside

Lakeside

Lakeside

Lakeside

Lakeside

Lakeside

Lakeside

Albury

Williamstown

Williamstown

Doncaster

Bendigo

Casey

Ballarat

Bendigo

Lakeside

Bendigo

Ballarat

Lakeside

Meadowglen

Casey