

<b>South Coast Club Records - Women</b>				
<b>Under 14</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>
100m	13.46sec	Robyn Byrne	Albury	26/01/2008
	12.77 (HT)	Angela Byrne	Gippsland	12/11/2007
200m	27.62sec	Robyn Byrne	Olympic Park	24/02/2008
400m	1.06.18min	Sadie Plumb	Olympic Park	24/02/2008
800m	2.22.44min	Sadie Plumb	Olympic Park	28/02/2009
1500m	5.02.59min	Sadie Plumb	Geelong	24/01/2009
3000m	12.45.40min	Sandra Plumb	Knox	8/01/2008
80mH	14.40sec	Robyn Byrne	Albury	25/01/2008
200mH	32.77sec	Robyn Byrne	Albury	26/01/2008
1500w	7.03.65min	Jasmine Irshad	Sydney	12/03/2010
2000w	9.47.70min	Stephanie George	Box Hill	7/10/2009
3000w	16.43.40min	Hayley George	Perth	17/03/2013
2000m Steeple	9.03.46min	Stephanie George	Geelong	24/01/2009
Long Jump	4.64m	Robyn Byrne	Olympic Park	24/02/2008
Triple Jump	10.22m	Robyn Byrne	Olympic Park	24/02/2008
High Jump	1.55m	Eleanor Patterson	Geelong	24/01/2009
Shot Put 3kg	8.41m	Nicole Davis	Olympic Park	21/02/2011
Discus	21.45m	Nicole Davis	Olympic Park	21/02/2011
Javelin 400g	20.28m	Sadie Plumb	Geelong	24/01/2009
Pole Vault	2.10m	Kyla Green	Sydney	12/03/2014
Pentathlon	2333 points	Sadie Plumb	Olympic Park	21/02/2009
4x100m Relay	59.72sec	Bella Fraser, Hayley George, Kyla Green, Ruby Martin	Geelong	28/01/2013
4x400m Relay	4.46.45min	Stephanie George, Sandra Plumb, Jasmine Irshad, Sadie Plumb	Olympic Park	20/02/2009
<b>Under 16</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>
100m	12.15sec	Angela Byrne	Olympic Park	27/02/2009
200m	25.70sec	Angela Byrne	Olympic Park	27/02/2009
400m	1.00.85min	Megan Ryan	Albury	26/01/2008
800m	2.21.29min	Sadie Plumb	Olympic Park	28/02/2010
1500m	5.02.59min	Sadie Plumb	Geelong	24/01/2009
2000m	8.55.50min	Sandra Plumb	Gippsland	30/11/2010
3000m	12.45.40min	Sandra Plumb	Knox	8/01/2008
10km Road	48.42min	Imigen Langford	Melbourne	13/10/2013
90mH	15.00sec	Hayley Matthews	Olympic Park	24/02/2008
200mH	31.80sec	Megan Ryan	Frankston	20/10/2007
1500w	6.59.20min	Stephanie George	Frankston	19/11/2011
2000w	9.13.30min	Stephanie George	Casey Fields	22/10/2011
3000w	14.30.44min	Jasmine Irshad	Hobart	1/12/2012
2000m Steeple	8.34.27min	Sandra Plumb	Olympic Park	27/02/2010
Long Jump	5.24m	Robyn Byrne	Olympic Park	27/02/2010
Triple Jump	11.66m	Eleanor Patterson	Olympic Park	21/02/2011
High Jump	1.82m	Eleanor Patterson	Sydney	11/03/2011
Shot Put 4kg	11.47m	Kristie Bryden	Albury	26/01/2008
Discus	31.90m	Samantha Dabis	Olympic Park	21/02/2011
Javelin 600g	30.89m	Alana Green	Knox	17/11/2007
Hammer	24.49m	Kristie Bryden	Albury	26/01/2008
Pole Vault	2.10m	Kyla Green	Sydney	12/03/2014
Pentathlon	1716 points	Sadie Plumb	Gippsland	1/03/2011
Heptathlon	3670pts	Megan Ryan	Doncaster	13/01/2008
4x100m Relay	54.32sec	Hayley Matthews, Robyn Byrne, Megan Ryan, Angela Byrne	Albury	27/01/2008
4x400m Relay	4.46.45min	Stephanie George, Sandra Plumb, Jasmine Irshad, Sadie Plumb	Olympic Park	20/02/2009
1600m Sprint Medley Relay	4.23.28min	Robyn Byrne, Angela Byrne, Cassandra Raselli, Sadie Plumb	Olympic Park	20/02/2009
<b>Under 18</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>

100m	12.03sec	Angela Byrne	Sydney	13/03/2010
200m	24.71sec	Angela Byrne	Olympic Park	5/03/2011
	24.49sec (HT)	Angela Byrne	Gippsland	11/01/2011
400m	1.00.85min	Megan Ryan	Albury	26/01/2008
800m	2.21.29min	Sadie Plumb	Olympic Park	28/02/2010
1500m	5.02.59min	Sadie Plumb	Geelong	24/01/2009
2000m	8.55.50min	Sandra Plumb	Gippsland	30/11/2010
3000m	12.07.20min	Emma Plumb	Albury	26/01/2008
2000m Steeple	8.14.47min	Emma Plumb	Olympic Park	24/02/2008
100mH	17.38sec	Megan Ryan	Geelong	24/01/2009
400mH	1.08.80min	Megan Ryan	Olympic Park	10/01/2008
1500w	6.54.10min	Stephanie George	Albert Park	11/02/2012
2000w	9.13.30min	Stephanie George	Casey Fields	22/10/2011
3000w	14.30.44min	Jasmine Irshad	Hobart	1/12/2012
5000w	25.37.87min	Stephanie George	Sydney	18/02/2012
10km Road	48.42min	Imigen Langford	Melbourne	13/10/2013
Half Marathon	1hr49.45min	Emma Plumb	Burnley	8/09/2008
Long Jump	5.59	Elinor Fraser	Townsville	6/12/2013
Triple Jump	11.66m	Eleanor Patterson	Olympic Park	21/02/2011
High Jump	1.96m	Eleanor Patterson	Townsville	6/12/2013
Pole Vault	3.36m	Alana Green	Box Hill	19/12/2009
Shot Put 4kg	11.96m	Kristie Bryden	Olympic Park	27/02/2009
Discus	32.94m	Kristie Bryden	Olympic Park	27/02/2009
Javelin 600g	37.64m	Alana Green	Geelong	1/11/2008
Hammer	24.49m	Kristie Bryden	Albury	26/01/2008
Heptathlon	3562pts	Alana Green	Adelaide	23/03/2008
4x100m Relay	52.20sec	Robyn Byrne, Charlotte Huigsloot, Megan Ryan, Angela Byrne	Geelong	26/01/2009
4x400m Relay	4.46.45min	Stephanie George, Sandra Plumb, Jasmine Irshad, Sadie Plumb	Olympic Park	20/02/2009
1600m Sprint Medley Relay	4.23.28min	Robyn Byrne, Angela Byrne, Cassandra Raselli, Sadie Plumb	Olympic Park	20/02/2009
<b>Under 20</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>
100m	12.03sec	Angela Byrne	Sydney	13/03/2010
200m	24.71sec	Angela Byrne	Olympic Park	5/03/2011
	24.49sec (HT)	Angela Byrne	Gippsland	11/01/2011
400m	1.00.85min	Megan Ryan	Albury	26/01/2008
800m	2.21.29min	Sadie Plumb	Olympic Park	28/02/2010
1500m	5.02.59min	Sadie Plumb	Geelong	24/01/2009
2000m	8.55.50min	Sandra Plumb	Gippsland	30/11/2010
3000m	12.07.20min	Emma Plumb	Albury	26/01/2008
2000m Steeple	8.14.47min	Emma Plumb	Olympic Park	24/02/2008
3000m Steeple	13.25.40min	Sandra Plumb	Ballarat	24/01/2014
100mH	18.30sec	Hayley Matthews	Ballarat	21/01/2011
400mH	1.08.80min	Megan Ryan	Olympic Park	10/01/2008
1500w	6.54.10min	Stephanie George	Albert Park	11/02/2012
2000w	9.13.30min	Stephanie George	Casey Fields	22/10/2011
3000w	14.30.44min	Jasmine Irshad	Hobart	1/12/2012
5000w	24.44.80min	Stephanie George	Albert Park	28/02/2014
10km Road	48.42min	Imigen Langford	Melbourne	13/10/2013
Half Marathon	1hr49.45min	Emma Plumb	Burnley	8/09/2008
Long Jump	5.59m	Elinor Fraser	Townsville	6/12/2013
Triple Jump	11.66m	Eleanor Patterson	Olympic Park	21/02/2011
High Jump	1.96m	Eleanor Patterson	Townsville	6/12/2013
Pole Vault	3.50m	Alana Green	Gippsland	23/01/2010
Shot Put 4kg	11.96m	Kristie Bryden	Olympic Park	27/02/2009
Discus	32.94m	Kristie Bryden	Olympic Park	27/02/2009
Javelin 600g	37.64m	Alana Green	Geelong	1/11/2008
Hammer	24.49m	Kristie Bryden	Albury	26/01/2008
Heptathlon	2525 points	Emma Plumb	Olympic Park	27/02/2009
4x100m Relay	52.20sec	Robyn Byrne, Charlotte Huigsloot, Megan Ryan, Angela Byrne	Geelong	26/01/2009

4x400m Relay	4.46.45min	Stephanie George, Sandra Plumb, Jasmine Irshad, Sadie Plumb	Olympic Park	20/02/2009
1600m Sprint Medley Relay	4.23.28min	Robyn Byrne, Angela Byrne, Cassandra Raselli, Sadie Plumb	Olympic Park	20/02/2009
<b>Open</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>
100m	12.03sec	Angela Byrne	Sydney	13/03/2010
200m	24.71sec	Angela Byrne	Olympic Park	5/03/2011
	24.49sec (HT)	Angela Byrne	Gippsland	11/01/2011
400m	1.00.85min	Megan Ryan	Albury	26/01/2008
800m	2.21.29min	Sadie Plumb	Olympic Park	28/02/2010
1500m	4.25.17min	Michelle Harvey	Olympic Park	13/12/2007
2000m	7.45.69min	Sarah Lewis	Gippsland	10/12/2013
3000m	9.52.70min	Michelle Harvey	Olympic Park	29/11/2007
5000m	20.20.04min	Sarah Lewis	Albert Park	20/03/2014
3000m Steeple	13.25.40min	Sandra Plumb	Ballarat	24/01/2014
100mH	18.30sec	Hayley Matthews	Ballarat	21/01/2011
400mH	1.08.80min	Megan Ryan	Olympic Park	10/01/2008
1500w	6.54.10min	Stephanie George	Albert Park	11/02/2012
2000w	9.13.30min	Stephanie George	Casey Fields	22/10/2011
3000w	14.30.44min	Jasmine Irshad	Hobart	1/12/2012
5000w	24.44.80min	Stephanie George	Albert Park	28/02/2014
10km Road	48.42min	Imigen Langford	Melbourne	13/10/2013
Half Marathon	1hr30.11min	Kara Landells	Melbourne	13/10/2013
Long Jump	5.66m	Alana Green	Bendigo	15/01/2012
Triple Jump	11.66m	Eleanor Patterson	Olympic Park	21/02/2011
High Jump	1.96m	Eleanor Patterson	Townsville	6/12/2013
Pole Vault	3.50m	Alana Green	Gippsland	23/01/2010
Shot Put 4kg	11.96m	Kristie Bryden	Olympic Park	27/02/2009
Discus	32.94m	Kristie Bryden	Albury	26/01/2008
Javelin 600g	37.64m	Alana Green	Geelong	1/11/2008
Hammer	24.49m	Kristie Bryden	Albury	26/01/2008
Pentathlon	1626 points	Sarah Lewis	Gippsland	1/03/2011
Heptathlon	2525 points	Emma Plumb	Olympic Park	27/02/2009
4x100m Relay	52.20sec	Robyn Byrne, Charlotte Huigsloot, Megan Ryan, Angela Byrne	Geelong	26/01/2009
4x400m Relay	4.46.45min	Stephanie George, Sandra Plumb, Jasmine Irshad, Sadie Plumb	Olympic Park	20/02/2009
1600m Sprint Medley Relay	4.23.28min	Robyn Byrne, Angela Byrne, Cassandra Raselli, Sadie Plumb	Olympic Park	20/02/2009
<b>Masters 40-49</b>	<b>Performance</b>	<b>Athlete</b>	<b>Venue</b>	<b>Date</b>
200m	35.50sec	Caroline Beischer	Knox	8/03/2014
400m	1.23.05min (HT)	Carmel Quirk	Gippsland	8/02/2011
800m	2.39.10min	Caroline Beischer	Knox	8/03/2014
1500m	5.41.64min	Caroline Beischer	Ballarat	24/01/2014
2000m	8.24.16min	Belinda Kirkham	Gippsland	26/11/2007