

SPRINTS									
100m		200m		400m					
<b>CR</b>	<b>Sarah Miles</b>	<b>12.1</b>	<b>1993</b>	<b>Codie Burnett</b>	<b>25.3</b>	<b>2015</b>	<b>Lorraine Phillips</b>	<b>56.3</b>	<b>2000</b>
1	Codie Burnett	12.2	2015	Codie Burnett	25.3	2015	Monique Krefting	57.28	2014
2	Jemma Colbourne	13.19	2014	Jemma Colbourne	27.1	2014	Chloe Blair	62.6	2016
3	Maisie Jeger	13.4	2016	Maisie Jeger	27.4	2015	Yaz Ryder	63.0	2018
4	Bo Stewart	13.6	2018	Ella Houston	27.5	2016	Izzy Fry	63.7	2016
5	Amber White	13.6	2017	Monique Krefting	27.8	2014	Sam Dredge	63.7	2015
6	Sara Henderson	13.6	2015	Chloe Blair	27.92	2016	Sophie Fowler	64.2	2014
7	Chloe Blair	13.7	2017	Izzy Fry	28.1	2015	Jenny O'Connor	66.2	2014
8	Lilly Gohara	13.8	2018	Bo Stewart	28.5	2018	Jess Franklin	67.4	2014
9	Monique Krefting	13.8	2016	Phoebe Ryder	28.5	2018	Emma Downie	67.5	2018
10	Sophie Cunningham	13.8	2016	Sophie Cunningham	28.5	2016	Jemma Colbourne	68.53	2017

MIDDLE/LONG DISTANCE												
800m		1500m		3000m		5000m						
<b>CR</b>	<b>Lorraine Phillips</b>	<b>02:05.75</b>	<b>2000</b>	<b>Susie Bush</b>	<b>04:20.97</b>	<b>2004</b>	<b>Susie Bush</b>	<b>09:22.32</b>	<b>2006</b>	<b>Jackie Cooper</b>	<b>16:42.0</b>	<b>1987</b>
1	Yaz Ryder	02:16.68	2014	Sophie Crumly	04:31.69	2016	Sophie Crumly	09:45.44	2016	Sophie Crumly	18:03.0	2016
2	Izzy Fry	02:17.3	2016	Izzy Fry	04:32.7	2016	Izzy Fry	09:47.35	2018	Jess Franklin	18:23.90	2018
3	Sophie Crumly	02:18.0	2016	Yaz Ryder	04:38.15	2017	Charlotte Clover	10:33.5	2015	Victoria Duncan	18:31.1	2018
4	Monique Krefting	02:20.01	2015	Victoria Duncan	04:46.77	2018	Jess Franklin	10:35.8	2018	Anne Stewart-Power	20:19.7	2018
5	Maisie Jeger	02:20.85	2016	Charlotte Clover	04:50.9	2015	Yaz Ryder	10:39.83	2017	Phillippa Stoop	20:30.3	2017
6	Sam Dredge	02:23.35	2014	Jess Franklin	04:54.46	2018	Emma Downie	11:24.8	2018	Charlotte Clover	20:32.2	2016
7	Chloe Blair	02:24.1	2016	Josie Robertson	04:57.91	2018	Luci Robertson	11:29.5	2018	Claire Quinn	20:43.8	2015
8	Charlotte Clover	02:25.12	2015	Sophie Fowler	05:00.05	2014	Victoria Duncan	11:35.4	2016	Emily Craggs	21:28.6	2016
9	Sophie Fowler	02:29.0	2015	Emma Downie	05:04.58	2018	Anne Stewart-Power	11:42.3	2018	Georgie Offer	21:31.6	2018
10	Jess Franklin	02:29.4	2017	Chloe Blair	05:06.76	2016	Emily Craggs	11:48.7	2016	Sue Van Huyssteen	22:04.3	2014

BARRIERS												
100mH		400mH		1500mSC		2000mSC						
<b>CR</b>	<b>Joanna Morris</b>	<b>15.7</b>	<b>1995</b>	<b>Wendy Rose</b>	<b>65.1</b>	<b>1987</b>	<b>Sophie Crumly</b>	<b>05:34.8</b>	<b>2015</b>	<b>Sophie Crumly</b>	<b>07:23.1</b>	<b>2015</b>
1	Jemma Colbourne	15.8	2015	Monique Krefting	66.1	2015	Sophie Crumly	05:29.1	2016	Sophie Crumly	07:23.1	2015
2	Ella Houston	15.9	2015	Jemma Colbourne	70.8	2014	Sophie Fowler	05:52.3	2018	Yaz Ryder	07:32.3	2018
3	Sara Henderson	17.1	2016	Sam Dredge	72.3	2015	Chloe Blair	05:57.9	2015	Sophie Fowler	08:05.7	2018
4	Rosie Stanton	18.18	2017	Jenny O'Connor	76.6	2015	Sam Dredge	06:10.8	2014	Chloe Blair	08:16.8	2015
5	Bo Stewart	18.2	2017	Sue Van Huyssteen	78.0	2014	Charlotte Fowler	06:12.6	2014	Charlotte Fowler	08:28.8	2015
6	Lilly Gohara	18.4	2018	Charlotte Fowler	78.2	2015	Rebecca Downie	06:19.4	2017	Rebecca Downie	08:36.4	2017
7	Trinity O'Connor	19.5	2018	Sophie Crumly	79.11	2016	Emily Craggs	06:35.1	2017	Fiona Pocklington	08:54.6	2014
8	Lucy Loxton	19.6	2017	Lucy Loxton	82.4	2018	Katie Glare	06:44.2	2014	Sam Dredge	09:17.4	2015
9	Sam Dredge	20.0	2015	Rebecca Downie	86.2	2018				Katie Glare	09:28.7	2016
10	Jenny O'Connor	22.7	2018	Abi Rudd	86.5	2014				Emily Craggs	09:41.64	2017