



Athletics
Australia®

AUS

**IAAF WORLD ATHLETICS
CHAMPIONSHIPS
DOHA 2019**



ACKNOWLEDGEMENTS

Edited by Athletics Australia.

Thanks to the following for their support and contribution to Athletics Australia and the production of this publication.

SUPERLATIVES/STATISTICS & BIOGRAPHIES

David Tarbotton

RANKINGS – ALL TIME LISTS

Paul Jenes (Athletics Australia Statistician), David Tarbotton & Fletcher McEwen

RECORDS

Ronda Jenkins (Athletics Australia Records Officer)

RESULTS/HISTORICAL

Materials from www.athletics.com.au/history ©Paul Jenes, Peter Hamilton, David Tarbotton, Fletcher McEwen and work from Bert Gardiner.



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PARTNERS



Athletics Australia acknowledges and pays respect to all traditional custodians of the lands of which we run, jump and throw throughout Australia. We pay respect to elders both past, present and emerging.



We are committed to a positive future for all Aboriginal and Torres Strait Islander communities and to honor their ongoing cultural and spiritual connections to this country and to recognise the role and value of culture.

MESSAGE FROM THE PRESIDENT



It is with great excitement that we look forward to seeing Team Australia take on the world's best athletes at the 2019 IAAF World Athletics Championships, in Doha, 27 October- 6 October 2019.

Doha is a new venue for the IAAF World Athletics Championships and along with all the action in Khalifa International Stadium, we will witness the unique #midnightmarathon and Race Walking competition that will start at 11:30pm.

At the time of writing, our Australian team is 62 strong – the largest team in Australian Athletics history at the World Championships and I wish all our athletes, together with their support network of coaches, family and friends, the very best of luck. It is an incredible honour to represent your country at a World Championship and I am confident that the team will all make us very proud.

I also extend my best wishes to Christian Malcolm, who is leading the Australian team for the first time and our entire group of high performance coaches and staff.

This year, the IAAF World Championships will be broadcast live and exclusively at home by EuroSport Australia. This is an outstanding development. I encourage all fans of athletics, and world class sport, to tune in and show their support.

I am also deeply appreciative of all our Australian media colleagues that are covering Doha 2019. Your support is vital in building the profile of our Australian athletes and we thank you for your commitment to the great sport of athletics.

I warmly acknowledge the invaluable support that Sport Australia and the Australian Institute of Sport have given to the preparation of our IAAF World Championships team.

The cooperation and support of the IAAF, the Australian Olympic Committee, Paralympics Australia, Commonwealth Games Australia, the Oceania Athletics Association and Athletics International is also deeply appreciated.

At these IAAF World Championships, the Australian team will proudly wear BLK competition uniforms. I welcome this outstanding global sporting brand as our official apparel partner and look forward to sharing the track and field journey with them and all Athletics Australia partners in the years ahead.

MARK ARBIB
President, Athletics Australia

MEDIA GUIDELINES



MEDIA CONTACT

For all media enquiries, please contact Rob Cumbrae-Stewart, the Team Australia Media Liaison Officer.

M: +61 (0) 411 304 862

E: rob.cs@athletics.org.au

The Team Australia Media Liaison Officer will arrive in at the team hotel in Doha on Tuesday 24 September. He will remain in the host city until Monday 7 October.

NEWS & RESULTS

News, athlete announcements, event previews and event reviews will be distributed to media outlets regularly throughout the IAAF World Athletics Championships.

If you do not currently receive media releases from Athletics Australia Media and wish to subscribe to the distribution list, please email Rob Cumbrae-Stewart, the Athletics Australia Media Manager

E: rob.cs@athletics.org.au

ATHLETE INTERVIEWS

To arrange interviews with members of Team Australia during the IAAF World Athletics Championships, please contact Rob Cumbrae-Stewart, the Team Australia Media Liaison Officer via the details above.

Please note that athletes won't be available for interviews from 20 September 2019 through until when they complete the progression of their event. The only interviews permitted during this time, for example after heats and qualification rounds, will be in the mixed zone or a post event press conference at the event venue.

INTERVIEWS WITH OFFICIAL SPOKESPERSON

On issues relating to athlete or team performance and preparation, the official spokesperson is Christian Malcolm, the Athletics Australia Head of Coaching and Performance.

To arrange interviews, please contact Rob Cumbrae-Stewart via the details above.

AUSTRALIAN TEAM - IAAF WORLD CHAMPIONSHIPS 2019



WOMEN

| | |
|--------------------|--|
| 400m | Bendere Oboya N (Renay Parkinson) |
| 800m | Catriona Bisset V (Peter Fortune), Morgan Mitchell V (Elizabeth Mathews), Carley Thomas N (Maurica Powell) |
| 1500m | Georgia Griffith V (Stephen Ellinghaus), Linden Hall V (Bruce Scriven), Jessica Hull N (Pete Julian) |
| 5000m | Melissa Duncan V (Nic Bideau) |
| 10,000m | Sinead Diver V (Nic Bideau), Ellie Pashley V (Julian Spence) |
| Marathon | Rochelle Rodgers W (Rafael Baugh) |
| 100m Hurdles | Brianna Beahan W (Ryan Purcell), Michelle Jenneke N (Ash Mahoney), Celeste Mucci V (Darren Clark) |
| 400m Hurdles | Lauren Boden A (Matt Beckenham), Sarah Carli N (Melissa Logan), Sara Klein N (Lindsay Watson) |
| 3000m Steeplechase | Paige Campbell N (Philo Saunders), Genevieve Gregson Q (Nic Bideau), Georgia Winkcup N (Ben Liddy) |
| 20km Walk | Jemima Montag V (Brent Vallance), Katie Hayward Q (Steve Langley) |
| 50km Walk | Claire Woods S (Self-coached) |
| 4x100m Relay | Melissa Breen A (Matthew Beckenham), Maddison Coates V (Scott Rowsell), Kristie Edwards N (Melinda Gainsford-Taylor/Andrew Murphy), Nana Owusu-Afriyie V (Tony Marsh), Mucci |
| 4x400m Relay | Boden, Oboya, O'Grady, Ellie Beer Q (Brett Robinson), Caitlin Jones Q (Eric Brown), Rebecca Bennett N (Mike Hurst) |
| High Jump | Nicola McDermott N (Matthew Horsnell), Alysha Burnett (Zsuzsanna Olgay-Szabo) |
| Pole Vault | Elizaveta Parnova W (Paul Burgess) |
| Long Jump | Brooke Stratton V (Russell Stratton) |
| Javelin Throw | Kelsey-Lee Barber A (Michael Barber) |

MEN

| | |
|--------------------|--|
| 100m | Rohan Browning N (Andrew Murphy) |
| 400m | Steven Solomon N (Penny Gillies) |
| 800m | Luke Mathews V (Elizabeth Mathews), Peter Bol V (Justin Rinaldi) |
| 1500m | Matthew Ramsden W (Nic Bideau), Ryan Gregson V (Nic Bideau), Stewart McSweyn T (Nic Bideau) |
| 5000m | Morgan McDonald N (Mick Byrne), Patrick Tiernan Q (Marcus O'Sullivan), McSweyn |
| 10000m | Harry Summers V (Andrew White) |
| Marathon | Julian Spence V (Self-coached) |
| 110m Hurdles | Nicholas Hough N (Anthony Benn) |
| 3000m Steeplechase | Benjamin Buckingham V (Nick Bowden) |
| 20km Walk | Dane Bird-Smith Q (Dave Smith), Rhydian Cowley V (Brent Vallance) |
| 4x400m Relay | Solomon, Alex Beck Q (Mark Ladbroke), Murray Goodwin Q (Brett Robinson), Tyler Gunn N (Michael Zisti), Ian Halpin N (Mike Hurst) |
| High Jump | Joel Baden V (Sandro Bisetto), Brandon Starc N (Alex Stewart) |
| Long Jump | Henry Smith V (John Boas), Henry Frayne Q (Gary Bourne), Darcy Roper V (John Boas) |
| Discus Throw | Matthew Denny Q (Ben Thomson) |
| Decathlon | Cedric Dubler Q (Eric Brown) |

AUSTRALIAN TEAM - IAAF WORLD CHAMPIONSHIPS 2019



| ROLE | NAME | |
|-------------------|-------------|-----------------|
| Marketing Mgr | Michael | Angus |
| Team Coach | Michael | Barber |
| Team Coach | Matthew | Beckenham |
| Team Coach | Nic | Bideau |
| Doctor | Paul | Blackman |
| Team Coach | Gary | Bourne |
| Physiologist | Ned | Brophy-Williams |
| Team Coach | Paul | Burgess |
| Physiotherapist | Kevin | Craigie |
| Media Manager | Robert | Cumbrae-Stewart |
| Team Coach | Adam | Didyk |
| Team Leader | Andrew | Faichney |
| Massage Therapist | Amanda | Foulkes |
| Media Manager | Jamie | Fox |
| Physiotherapist | Silvia | Gandini |
| Physiotherapist | Stanley | Garland |
| Mentor Team Coach | Tatiana | Grigorieva |
| Head Coach | Craig | Hilliard |
| Physiotherapist | Brent | Kirkbride |
| Team Coach | Adam | Larcom |
| Physiotherapist | Alison | Low |
| Head Performance | Christian | Malcolm |
| Biomechanist | Emma | Millett |
| Team Coach | Ben | Offereins |
| Psychologist | Jonah | Oliver |
| Doctor | Samantha | Pomroy |
| Physiotherapist | Ben | Raysmith |
| Assistant Manager | Jessica | Rothwell |
| Massage Therapist | Deborah | Schulstad |
| Team Manager | Nathan | Sims |
| Commercial Mgr | John | Steffensen |
| Team Coach | Alex | Stewart |
| Team Coach | Brent | Vallance |
| Massage Therapist | Harley | Wallis |
| Massage Therapist | Andrew | White |



EVENT TIMETABLE

as at 10 September 2019

EVENT TIMETABLE

DAY 1 FRIDAY 27 SEPTEMBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|------------------|-----|--------------------------|-----------------------|---|
| 16:30 | 23:30 | M | Long Jump | Qualification | Henry Frayne, Henry Smith, Darcy Roper |
| 16:35 | 23:35 | M | 100 Metres | Preliminary Round | |
| 16:40 | 23:40 | W | Hammer Throw | Qualification Group A | |
| 17:10 | 00:10 (28 SEP) W | | 800 Metres | Heats | Catriona Bisset, Morgan Mitchell, Carley Thomas |
| 17:30 | 00:30 (28 SEP) W | | Pole Vault | Qualification | Elizaveta Parnova |
| 18:05 | 01:05 (28 SEP) M | | 100 Metres | Heats | Rohan Browning |
| 18:10 | 01:10 (28 SEP) W | | Hammer Throw | Qualification Group B | |
| 18:40 | 01:40 (28 SEP) W | | High Jump | Qualification | Nicola McDermott, Alysya Burnett |
| 19:00 | 02:00 (28 SEP) W | | 3000 Metres Steeplechase | Heats | Gen Gregson, Georgia Winkcup, Paige Campbell |
| 19:25 | 02:25 (28 SEP) M | | Triple Jump | Qualification | |
| 19:55 | 02:55 (28 SEP) M | | 5000 Metres | Heats | Stewart McSweyn, Morgan McDonald, Pat Tiernan |
| 20:30 | 03:30 (28 SEP) M | | 400 Metres Hurdles | Heats | |
| 23:59 | 06:59 (28 SEP) W | | Marathon | Final | Rochelle Rodgers |

EVENT TIMETABLE

DAY 2 SATURDAY 28 SEPTEMBER



| LOCAL TIME | MY TIME | SEX | EVENT | ROUND | ATHLETES |
|------------|----------------|-----|-------------------------|-----------------------|---|
| 16:15 | 23:15 | M | Discus Throw | Qualification Group A | Matt Denny |
| 16:30 | 23:30 | W | 100 Metres | Heats | |
| 17:05 | 00:05 (29 SEP) | M | 800 Metres | Heats | Luke Mathews, Peter Bol |
| 17:30 | 00:30 (29 SEP) | M | Pole Vault | Qualification | |
| 17:45 | 00:45 (29 SEP) | M | Discus Throw | Qualification Group B | Matt Denny |
| 18:05 | 01:05 (29 SEP) | M | 400 Metres Hurdles | Semi-Final | |
| 18:45 | 01:45 (29 SEP) | M | 100 Metres | Semi-Final | Rohan Browning |
| 19:15 | 02:15 (29 SEP) | W | 800 Metres | Semi-Final | Catriona Bisset, Morgan Mitchell, Carley Thomas |
| 19:25 | 02:25 (29 SEP) | W | Hammer Throw | Final | |
| 20:00 | 03:00 (29 SEP) | X | 4x400 Metres Relay | Heats | |
| 20:40 | 03:40 (29 SEP) | M | Long Jump | Final | Henry Frayne, Henry Smith, Darcy Roper |
| 21:10 | 04:10 (29 SEP) | W | 10,000 Metres | Final | Sinead Diver, Ellie Pashley |
| 22:15 | 05:15 (29 SEP) | M | 100 Metres | Final | Rohan Browning |
| 23:30 | 06:30 (29 SEP) | M | 50 Kilometres Race Walk | Final | |
| 23:30 | 06:30 (29 SEP) | W | 50 Kilometres Race Walk | Final | Claire Woods |

EVENT TIMETABLE

DAY 3 SUNDAY 29 SEPTEMBER



| LOCAL TIME | MY TIME | SEX | EVENT | ROUND | ATHLETES |
|------------|------------------|-----|-------------------------|------------|------------------------------|
| 20:05 | 03:05 (30 SEP) M | | 200 Metres | Heats | |
| 20:40 | 03:40 (30 SEP) W | | Pole Vault | Final | Elizaveta Parnova |
| 21:20 | 04:20 (30 SEP) W | | 100 Metres | Semi-Final | |
| 21:45 | 04:45 (30 SEP) M | | Triple Jump | Final | |
| 21:55 | 04:55 (30 SEP) M | | 800 Metres | Semi-Final | Luke Mathews, Peter Bol |
| 22:35 | 05:35 (30 SEP) X | | 4x400 Metres Relay | Final | |
| 23:20 | 06:20 (30 SEP) W | | 100 Metres | Final | |
| 23:30 | 06:30 (30 SEP) W | | 20 Kilometres Race Walk | Final | Katie Hayward, Jemima Montag |

EVENT TIMETABLE

DAY 4 MONDAY 30 SEPTEMBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------------|-----------------------|---|
| 16:30 | 23:30 | W | Javelin Throw | Qualification Group A | Kelsey-Lee Barber |
| 17:05 | 00:05 (1 OCT) | W | 200 Metres | Heats | |
| 18:00 | 01:00 (1 OCT) | W | Javelin Throw | Qualification Group B | Kelsey-Lee Barber |
| 18:20 | 01:20 (1 OCT) | W | 400 Metres | Heats | Bendere Oboya, Bella O'Grady |
| 20:05 | 03:05 (1 OCT) | M | 110 Metres Hurdles | Heats | Nick Hough |
| 20:30 | 03:30 (1 OCT) | W | High Jump | Final | Nicola McDermott, Alysha Burnet |
| 20:50 | 03:50 (1 OCT) | M | 200 Metres | Semi-Final | |
| 21:20 | 04:20 (1 OCT) | M | 5000 Metres | Final | Stewart McSweyn, Morgan McDonald, Pat Tiernan |
| 21:25 | 04:25 (1 OCT) | M | Discus Throw | Final | Matt Denny |
| 21:50 | 04:50 (1 OCT) | W | 3000 Metres Steeplechase | Final | Gen Gregson, Georgia Winkcup, Paige Campbell |
| 22:10 | 05:10 (1 OCT) | W | 800 Metres | Final | Catriona Bisset, Morgan Mitchell, Carley Thomas |
| 22:40 | 05:40 (1 OCT) | M | 400 Metres Hurdles | Final | |

EVENT TIMETABLE

DAY 5 TUESDAY 1 OCTOBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------------|-----------------------|---------------------------------------|
| 16:30 | 23:30 | M | Hammer Throw | Qualification Group A | |
| 16:35 | 23:35 | M | 400 Metres | Heats | Steven Solomon |
| 16:50 | 23:50 | M | High Jump | Qualification | Brandon Starc, Joel Baden |
| 17:30 | 00:30 (2 OCT) | W | 400 Metres Hurdles | Heats | Lauren Boden, Sarah Carli, Sara Klein |
| 18:00 | 01:00 (2 OCT) | M | Hammer Throw | Qualification Group B | |
| 18:15 | 01:15 (2 OCT) | M | 3000 Metres Steeplechase | Heats | Ben Buckingham |
| 20:05 | 03:05 (2 OCT) | M | Pole Vault | Final | |
| 20:50 | 03:50 (2 OCT) | W | 400 Metres | Semi-Final | Bendere Oboya, Bella O'Grady |
| 21:20 | 04:20 (2 OCT) | W | Javelin Throw | Final | Kelsey-Lee Barber |
| 21:35 | 04:35 (2 OCT) | W | 200 Metres | Semi-Final | |
| 22:10 | 05:10 (2 OCT) | M | 800 Metres | Final | Luke Mathews, Peter Bol |

EVENT TIMETABLE

DAY 6 WEDNESDAY 2 OCTOBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------|-----------------------|---|
| 16:35 | 23:35 | M | 100 Metres | Decathlon | Cedric Dubler |
| 16:45 | 23:45 | W | Shot Put | Qualification | |
| 17:05 | 00:05 (3 OCT) | W | 100 Metres Hurdles | Heptathlon | |
| 17:30 | 00:30 (3 OCT) | M | Long Jump | Decathlon | Cedric Dubler |
| 17:35 | 00:35 (3 OCT) | W | 1500 Metres | Heats | Georgia Griffith, Linden Hall, Jessica Hull |
| 18:00 | 01:00 (3 OCT) | W | Discus Throw | Qualification Group A | |
| 18:15 | 01:15 (3 OCT) | W | High Jump | Heptathlon | |
| 18:25 | 01:25 (3 OCT) | W | 5000 Metres | Heats | Melissa Duncan |
| 18:50 | 01:50 (3 OCT) | M | Shot Put | Decathlon | Cedric Dubler |
| 19:25 | 02:25 (3 OCT) | W | Discus Throw | Qualification Group B | |
| 20:05 | 03:05 (3 OCT) | M | 110 Metres Hurdles | Semi-Final | Nick Hough |
| 20:30 | 03:30 (3 OCT) | W | Shot Put | Heptathlon | |
| 20:35 | 03:35 (3 OCT) | M | 400 Metres | Semi-Final | Steven Solomon |
| 20:40 | 03:40 (3 OCT) | M | High Jump | Decathlon | Cedric Dubler |
| 21:05 | 04:05 (3 OCT) | W | 400 Metres Hurdles | Semi-Final | Lauren Boden, Sarah Carti, Sara Klein |
| 21:40 | 04:40 (3 OCT) | M | Hammer Throw | Final | |
| 21:50 | 04:50 (3 OCT) | W | 200 Metres | Heptathlon | |
| 22:35 | 05:35 (3 OCT) | W | 200 Metres | Final | |
| 22:55 | 05:55 (3 OCT) | M | 110 Metres Hurdles | Final | Nick Hough |
| 23:15 | 06:15 (3 OCT) | M | 400 Metres | Decathlon | Cedric Dubler |

EVENT TIMETABLE

DAY 7 THURSDAY 3 OCTOBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------|-----------------------|--|
| 16:35 | 23:35 | M | 110 Metres Hurdles | Decathlon | Cedric Dubler |
| 16:40 | 23:40 | W | Triple Jump | Qualification | |
| 17:30 | 00:30 (4 OCT) | M | Discus Throw | Decathlon Group A | Cedric Dubler |
| 18:15 | 01:15 (4 OCT) | W | Long Jump | Heptathlon | |
| 18:35 | 01:35 (4 OCT) | M | Discus Throw | Decathlon Group B | Cedric Dubler |
| 19:05 | 02:05 (4 OCT) | M | Pole Vault | Decathlon Group A | Cedric Dubler |
| 19:20 | 02:20 (4 OCT) | M | Shot Put | Qualification Group A | |
| 20:05 | 03:05 (4 OCT) | M | Pole Vault | Decathlon Group B | Cedric Dubler |
| 20:10 | 03:10 (4 OCT) | W | Javelin Throw | Heptathlon | |
| 20:40 | 03:40 (4 OCT) | M | Shot Put | Qualification Group B | |
| 22:00 | 05:00 (4 OCT) | M | 1500 Metres | Heats | Ryan Gregson, Stewart McSweyn, Matthew Ramsden |
| 22:05 | 05:05 (4 OCT) | M | Javelin Throw | Decathlon Group A | Cedric Dubler |
| 22:35 | 05:35 (4 OCT) | W | Shot Put | Final | |
| 23:00 | 06:00 (4 OCT) | W | 1500 Metres | Semi-Final | Georgia Griffith, Linden Hall, Jessica Hull |
| 23:10 | 06:10 (4 OCT) | M | Javelin Throw | Decathlon Group B | Cedric Dubler |
| 23:50 | 06:50 (4 OCT) | W | 400 Metres | Final | Bendere Oboya, Bella O'Grady |
| 0:05 | 7:05 | W | 800 Metres | Heptathlon | |
| 0:25 | 7:25 | M | 1500 Metres | Decathlon | Cedric Dubler |

EVENT TIMETABLE

DAY 8 FRIDAY 8 OCTOBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------------|------------|---|
| 20:10 | 03:10 (5 OCT) | M | 1500 Metres | Semi-Final | Ryan Gregson, Stewart McSweyn, Matthew Ramsden |
| 20:15 | 03:15 (5 OCT) | M | High Jump | Final | Brandon Starc, Joel Baden |
| 20:40 | 03:40 (5 OCT) | W | 4x100 Metres Relay | Heats | Nana Owusu-Afriyie, Madison Coates, Kristie Edwards, Melissa Breen, Celeste Mucci |
| 21:00 | 04:00 (5 OCT) | W | Discus Throw | Final | |
| 21:05 | 04:05 (5 OCT) | M | 4x100 Metres Relay | Heats | |
| 21:30 | 04:30 (5 OCT) | W | 400 Metres Hurdles | Final | Lauren Boden, Sarah Carli, Sara Klein |
| 21:45 | 04:45 (5 OCT) | M | 3000 Metres Steeplechase | Final | Ben Buckingham |
| 22:20 | 05:20 (5 OCT) | M | 400 Metres | Final | Steven Solomon |
| 23:30 | 06:30 (5 OCT) | M | 20 Kilometres Race Walk | Final | Dane Bird-Smith, Rhydian Cowley |

EVENT TIMETABLE

DAY 9 SATURDAY 5 OCTOBER



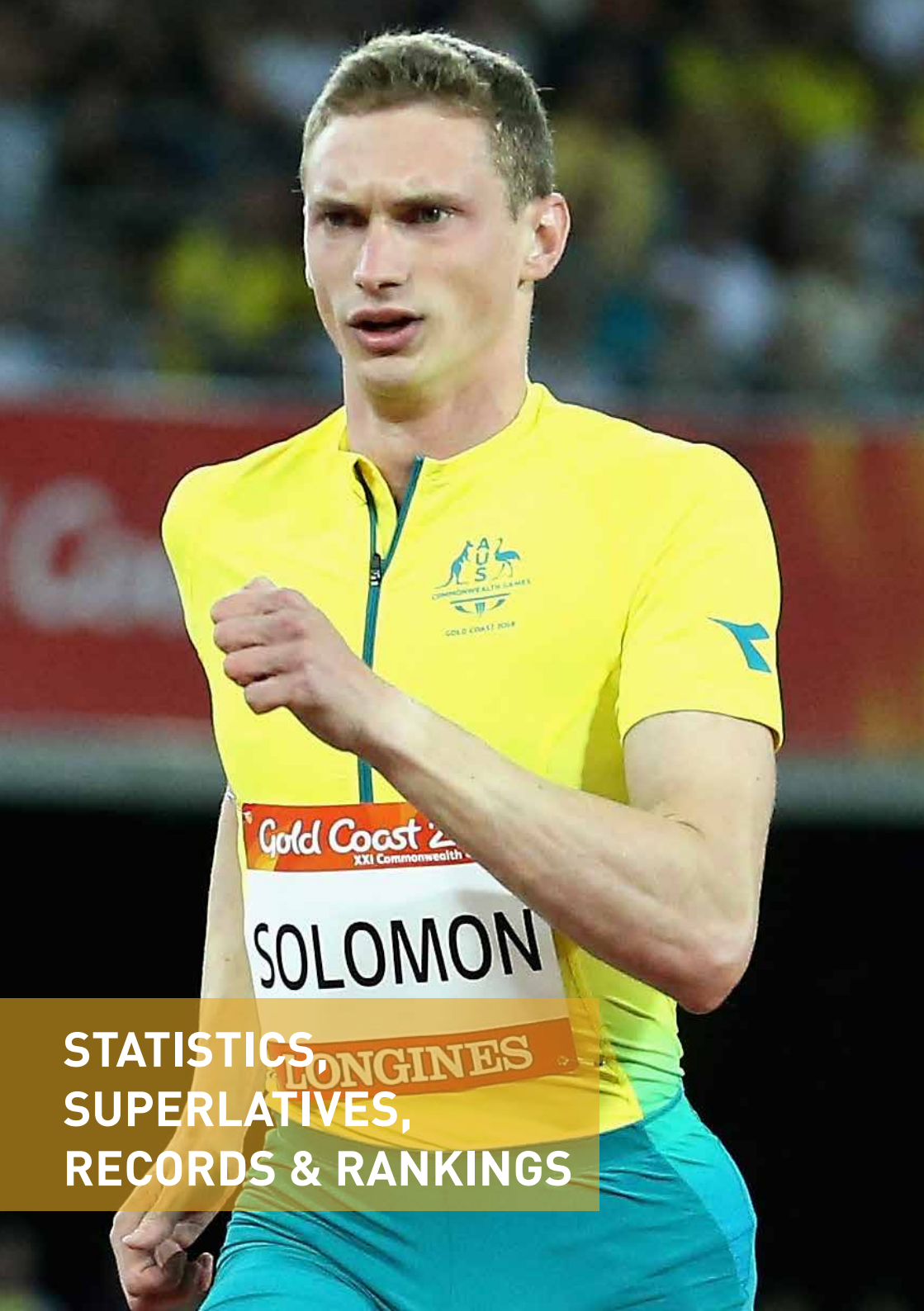
| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------|-----------------------|--|
| 16:30 | 23:30 | M | Javelin Throw | Qualification Group A | |
| 17:15 | 00:15 (6 OCT) | W | 100 Metres Hurdles | Heats | Brianna Beahan, Michelle Jenneke, Celeste Mucci |
| 17:50 | 00:50 (6 OCT) | W | Long Jump | Qualification | Brooke Stratton |
| 18:00 | 01:00 (6 OCT) | M | Javelin Throw | Qualification Group B | |
| 19:55 | 03:55 (6 OCT) | W | 4x400 Metres Relay | Heats | Bendere Oboya, Ellie Beer, Gabriella O'Grady, Caitlin Jones, Lauren Boden, Rebecca Bennett |
| 20:05 | 03:05 (6 OCT) | M | Shot Put | Final | |
| 20:25 | 03:25 (6 OCT) | M | 4x400 Metres Relay | Heats | Steven Solomon, Alex Beck, Tyler Gunn, Ian Halpin, Murray Goodwin |
| 20:35 | 03:35 (6 OCT) | W | Triple Jump | Final | |
| 20:55 | 03:55 (6 OCT) | W | 1500 Metres | Final | Georgia Griffith, Linden Hall, Jessica Hull |
| 21:25 | 04:25 (6 OCT) | W | 5000 Metres | Final | Melissa Duncan |
| 22:05 | 05:05 (6 OCT) | W | 4x100 Metres Relay | Final | Nana Owusu-Afriyie, Madison Coates, Kristie Edwards, Melissa Breen, Celeste Mucci |
| 22:15 | 05:15 (6 OCT) | M | 4x100 Metres Relay | Final | |
| 23:59 | 06:59 (6 OCT) | M | Marathon | Final | Julian Spence |

EVENT TIMETABLE

DAY 10 SUNDAY 6 OCTOBER



| LOCAL TIME | TIME (AEST) | SEX | EVENT | ROUND | ATHLETES |
|------------|---------------|-----|--------------------|------------|--|
| 19:05 | 02:05 (7 OCT) | W | 100 Metres Hurdles | Semi-Final | Brianna Beahan, Michelle Jenneke, Celeste Mucci |
| 19:15 | 02:15 (7 OCT) | W | Long Jump | Final | Brooke Stratton |
| 19:40 | 02:40 (7 OCT) | M | 1500 Metres | Final | Ryan Gregson, Stewart McSweyn, Matthew Ramsden |
| 19:55 | 02:55 (7 OCT) | M | Javelin Throw | Final | |
| 20:00 | 03:00 (7 OCT) | M | 10,000 Metres | Final | Harry Summers |
| 20:50 | 03:50 (7 OCT) | W | 100 Metres Hurdles | Final | Brianna Beahan, Michelle Jenneke, Celeste Mucci |
| 21:15 | 04:15 (7 OCT) | W | 4x400 Metres Relay | Final | Bendere Oboya, Ellie Beer, Gabriella O'Grady, Caitlin Jones, Lauren Boden, Rebecca Bennett |
| 21:30 | 04:30 (7 OCT) | M | 4x400 Metres Relay | Final | Steven Solomon, Alex Beck, Tyler Gunn, Ian Halpin, Murray Goodwin |



**STATISTICS
SUPERLATIVES,
RECORDS & RANKINGS**

AUSTRALIA AT IAAF WORLD ATHLETICS CHAMPIONSHIPS



Summary - best places and best performances by event @ August 2019. Compiled by David Tarbotton

| EVENT | WOMEN | |
|---------------------------------|---|--|
| | Best place (& all medals) | Best Performance |
| 100m | 10th Melinda Gainsford-Taylor N 1997 | 11.14 Sally Pearson Q 2007 |
| 200m | 7th Lauren Hewitt V 1999 7th Melinda Gainsford-Taylor N 1997 | 22.45 Melinda Gainsford-Taylor N 1997 |
| 400m | Gold Cathy Freeman V 1997 Gold Cathy Freeman V 1999 | 49.67 Cathy Freeman V 1997 |
| 800m | 15th Tamsyn Lewis V 2001 | 2:00.86 Tamsyn Lewis V 2001 |
| 1500m | 7th Zoe Buckman V 2013 | 4:04.82 Zoe Buckman V 2013 |
| 5000m | 10th Eloise Wellings N 2015 | 15:09.62 Eloise Wellings N 2015 |
| 10,000m | 8th Benita Willis V 2003 | 30:37.68 Benita Willis V 2003 |
| Marathon | 9th Jess Trengrove S 2017 | 2:28.59 Jess Trengrove S 2017 |
| 100m hurdles | Gold Sally Pearson Q 2017 Gold Sally Pearson Q 2011 Silver Sally Pearson Q 2013 | 12.28 Sally Pearson Q 2011 |
| 400m hurdles | Gold Jana Pittman N 2003 Gold Jana Pittman N 2007 Silver Debbie Flintoff-King V 1987 | 53.22 Jana Pittman N 2003 |
| 3000m steeplechase | 12th Genevieve LaCaze V 2017 | 9:26.25 Genevieve LaCaze V 2017 |
| 20km Walk (earlier 10km) | Silver Kerry Saxby-Junna N 1987 (10km) Bronze Kerry Saxby-Junna N 1987 (20km) | 1:30.51 Jane Saville N 2003 |
| 4x100m relay | 8th 1991 | 43.21 (Peris-Kneebone, Hewitt, Gainsford, Freeman) 1997 |
| 4x400m relay | Bronze 1995 | 3:25.88 (Naylor, Renee Poetschka, Gainsford, Freeman) 1995 |
| High Jump | 8th Eleanor Patterson V 2015 | 1.92 Eleanor Patterson V 2015 |
| Pole Vault | Bronze Tatiana Grigorieva S 1999 | 4.60 Alana Boyd Q 2015 |
| Long Jump | 6th Brooke Stratton V 2017 | 6.70 Nicole Boegman N 1993 |
| Triple Jump | No competitors | |
| Shot Put | 11th Gael Martin V 1983 | 17.79 Gael Martin V 1983 |
| Discus Throw | Gold Dani Samuels N 2009 Silver Daniela Costian Q 1993 Silver Dani Stevens (nee Stevens) N 2017 | 69.64 Dani Stevens N 2017 |
| Hammer Throw | Bronze Bronwyn Eagles N 2001 | 68.87 Bronwyn Eagles N 2001 |
| Javelin | Silver Joanna Stone Q 1997 Silver Kim Mickle W 2013 | 66.60 Kim Mickle W 2013 (68.64 Joanna Stone Q 1997 - old implement) |
| Heptathlon | 7th Jane Flemming V 1993 7th Glynis Nunn Q 1983 | 6343 Jane Flemming V 1993 |

AUSTRALIA AT IAAF WORLD ATHLETICS CHAMPIONSHIPS



Summary - best places and best performances by event @ August 2019. Compiled by David Tarbotton

| EVENT | MEN | |
|---------------------------|--|--|
| | Best place (& any medals) | Best Performance |
| 100m | 7th Paul Narracott Q 1983 | 10.14 Matt Shirvington N 2001 |
| 200m | 5th Dean Capobianco W 1993 | 20.18 Dean Capobianco W 1993 |
| 400m | 8th Mark Garner N 1991 8th John Steffensen N 2005 | 44.82 John Steffensen N 2005 |
| 800m | 13th Alex Rowe V 2013 | 1:45.21 Grant Cremer N 1999 |
| 1500m | 7th Michael Hillardt Q 1987 | 3:38.00 Jeff Riseley V 2009 |
| 5000m | Bronze Craig Mottram V 2005 | 13:12.93 Craig Mottram V 2005 |
| 10,000m | 10th Darren Wilson V 1997 | 27:57.54 Darren Wilson V 1997 |
| Marathon | Gold Rob de Castella V 1983 Bronze Steve Moneghetti V 1997 | 2:10.03 Rob de Castella V 1983 |
| 110m hurdles | 5th Kyle Vander-Kuyp V 1995 | 13.29 Kyle Vander-Kuyp V 1995 |
| 400m hurdles | 14th Rohan Robinson V 1993 14th Tristan Thomas T 2009 | 49.12 Zid Abou Hamed N 1997 |
| 3000m Steeplechase | 9th Shaun Creighton V 1993 | 8:23.45 Shaun Creighton V 1993 |
| 20km walk | 4th Nathan Deakes V 2001 | 1:19.28 Dane Bird-Smith Q 2017 |
| 50km walk | Gold Nathan Deakes V 2007 Silver Jared Tallent V 2015 Silver Jared Tallent V 2011 Bronze Jared Tallent V 2013 | 3:40.03 Jared Tallent V 2013 |
| 4x100m relay | Silver 1995 Bronze 2001 | 38.17 (Henderson, Jackson, Brimacombe, Marsh) 1995 |
| 4x400m relay | Bronze 2009 | 3:00.90 (Offereins, Steffensen, Thomas, Wroe) 2009 |
| High Jump | Bronze Tim Forsyth V 1997 | 2.35 Tim Forsyth V 1997 |
| Pole Vault | Gold Steve Hooker W 2009 Gold Dmitri Markov S 2001 Silver Dmitri Markov S 1999 | 6.05 Dmitri Markov S 2001 |
| Long Jump | Silver Mitch Watt Q 2011 Silver Fabrice Lapierre N 2015 Bronze Mitch Watt Q 2009 | 8.37 Mitch Watt Q 2009 |
| Triple Jump | 4th Andrew Murphy N 1999 | 17.32 Andrew Murphy N 1999 |
| Shot Put | 4th Justin Anlezark Q 2003 | 20.61 Justin Anlezark Q 2003 |
| Discus Throw | 5th Benn Harradine Q 2011 | 64.77 Benn Harradine Q 2011 |
| Hammer Throw | 9th Sean Carlin S 1991 | 76.56 Stuart Rendell A 2003 |
| Javelin | 7th Jarrod Bannister Q 2011 | 82.46 Hamish Peacock T 2017 |
| Decathlon | 15th Paul Scott V 1991 | 7728 Cedric Dubler Q 2017 |

SUPERLATIVES AND STATISTICS



Superlatives and statistics compiled by David Tarbotton

| Previous World Championship Editions | Year | Venue | Countries |
|--------------------------------------|------|-----------------|-----------|
| I | 1983 | Helsinki, FIN | 153 |
| II | 1987 | Rome, ITA | 157 |
| III | 1991 | Tokyo, JPN | 164 |
| IV | 1993 | Stuttgart, GER | 187 |
| V | 1995 | Gothenburg, SWE | 191 |
| VI | 1997 | Athens, GRE | 198 |
| VII | 1999 | Seville, ESP | 201 |
| VIII | 2001 | Edmonton, CAN | 189 |
| IX | 2003 | Paris, FRA | 198 |
| X | 2005 | Helsinki, FIN | 189 |
| XI | 2007 | Osaka, JPN | 197 |
| XII | 2009 | Berlin, GER | 200 |
| XIII | 2011 | Daegu, KOR | 199 |
| XIV | 2013 | Moscow, RUS | 203 |
| XV | 2015 | Beijing, CHN | 205 |
| XVI | 2017 | London, GBR | 198 |
| XVII | 2019 | Doha, QAT | |
| XVIII | 2021 | Eugene, USA | |
| XIX | 2023 | Budapest, HUN | |

Current World Championships Records held by Australians

| | | | | |
|-------|--------------|---------------|---------------|-----|
| 6.05m | Pole Vault | Edmonton 2001 | Dmitri Markov | WA |
| 12.28 | 100m hurdles | Daegu 2011 | Sally Pearson | QLD |

Current national records set at World Championships

| | | | | | |
|-----------------|--------------|-----------|----------|---|-----|
| 13.29 | 110m hurdles | 11-Aug-95 | Goteborg | Kyle Vander-Kuyp | VIC |
| 38.17 | 4 x 100m | 12-Aug-95 | Goteborg | AUS - Brimacombe, Henderson, Jackson, Marsh | |
| 30.37.68 | 10000m | 23-Aug-03 | Paris | Benita Willis | VIC |
| 12.28 | 100m hurdles | 3-Sep-11 | Daegu | Sally Pearson | QLD |

SUPERLATIVES AND STATISTICS



Most Events (individual)

| | | |
|---|-----------------|-------------------------------------|
| 3 | Nova Peris | 100, 200m, 400m |
| 3 | Shaun Creighton | 5000m, 3000m steeplechase, marathon |

Most Events (including relays)

| | | |
|---|--------------------------|----------------------------|
| 4 | Nova Peris | 100, 200m, 400m, 4x100 |
| 4 | Melinda Gainsford-Taylor | 100m, 200m, 4x100m, 4x400m |
| 4 | Cathy Freeman | 200m, 400m, 4x100m, 4x400m |

Interesting Event Combinations

| | | |
|------|------------|-------------------|
| 1983 | Gary Honey | Long jump, 4x400m |
|------|------------|-------------------|

Australia's Medal Honour Roll

| | | | |
|------|------------------------|--------------|------|
| GOLD | Cathy Freeman (Vic) | 400 metres | 1997 |
| GOLD | Cathy Freeman (Vic) | 400 metres | 1999 |
| GOLD | Jana Pittman (NSW/Vic) | 400m Hurdles | 2003 |
| GOLD | Jana Pittman (NSW/Vic) | 400m Hurdles | 2007 |
| GOLD | Rob de Castella (Vic) | Marathon | 1983 |
| GOLD | Dmitri Markov (SA) | Pole Vault | 2001 |
| GOLD | Nathan Deakes (Vic) | 50km Walk | 2007 |
| GOLD | Steve Hooker (WA) | Pole Vault | 2009 |
| GOLD | Dani Samuels (NSW) | Discus | 2009 |
| GOLD | Sally Pearson (Qld) | 100m hurdles | 2011 |
| GOLD | Sally Pearson (Qld) | 100m hurdles | 2017 |

(11 by 8 athletes)

| | | | |
|--------|----------------------------|---------------|------|
| SILVER | Dmitri Markov (SA) | Pole Vault | 1999 |
| SILVER | Steve Brimacombe (Vic) | 4x100m Relay | 1995 |
| SILVER | Paul Henderson (NSW) | 4x100m Relay | 1995 |
| SILVER | Tim Jackson (NSW) | 4x100m Relay | 1995 |
| SILVER | Damien Marsh (Qld) | 4x100m Relay | 1995 |
| SILVER | Kerry Saxby-Junna (NSW) | 10km Walk | 1987 |
| SILVER | Daniela Costian (Qld) | Discus Throw | 1993 |
| SILVER | Joanna Stone (Qld) | Javelin Throw | 1997 |
| SILVER | Debbie Flintoff-King (Vic) | 400m Hurdles | 1987 |
| SILVER | Mitch Watt (Qld) | Long Jump | 2011 |
| SILVER | Sally Pearson (Qld) | 100m Hurdles | 2013 |
| SILVER | Kim Mickle (WA) | Javelin Throw | 2013 |
| SILVER | Jared Tallent (Vic) | 50km walk | 2015 |
| SILVER | Jared Tallent (Vic) | 50km walk | 2011 |
| SILVER | Fabrice Lapierre (NSW) | Long Jump | 2015 |
| SILVER | Dani Stevens (NSW) | Discus Throw | 2017 |

(16 by 15 athletes)

SUPERLATIVES AND STATISTICS



| | | | |
|--------|--------------------------------|--------------|------|
| BRONZE | Tim Forsyth (Vic) | High Jump | 1997 |
| BRONZE | Steve Moneghetti (Vic) | Marathon | 1997 |
| BRONZE | Kerry Saxby-Junna (NSW) | 20km Walk | 1999 |
| BRONZE | Craig Mottram (Vic) | 5000 metres | 2005 |
| BRONZE | Cathy Freeman (Vic) | 4x400m Relay | 1995 |
| BRONZE | Lee Naylor (Vic) | 4x400m Relay | 1995 |
| BRONZE | Renee Poetschka (WA) | 4x400m Relay | 1995 |
| BRONZE | Melinda Gainsford-Taylor (NSW) | 4x400m Relay | 1995 |
| BRONZE | Bronwyn Eagles (NSW) | Hammer Throw | 2001 |
| BRONZE | Tatiana Grigorieva (SA) | Pole Vault | 1999 |
| BRONZE | Steve Brimacombe (Vic) | 4x100m Relay | 2001 |
| BRONZE | Adam Basil (Vic) | 4x100m Relay | 2001 |
| BRONZE | Paul di Bella (Vic) | 4x100m Relay | 2001 |
| BRONZE | Matt Shirvington (Vic) | 4x100m Relay | 2001 |
| BRONZE | Mitch Watt (Qld) | Long Jump | 2009 |
| BRONZE | Tristan Thomas (Tas) | 4x400m relay | 2009 |
| BRONZE | John Steffensen (NSW) | 4x400m relay | 2009 |
| BRONZE | Ben Offereins (WA) | 4x400m relay | 2009 |
| BRONZE | Sean Wroe (Vic) | 4x400m relay | 2009 |
| BRONZE | Joel Milburn (NSW) heat runner | 4x400m relay | 2009 |
| BRONZE | Jared Tallent (Vic) | 50km Walk | 2013 |

[21 by 21 athletes]

Most Medals

Gold

| | |
|---|---------------|
| 2 | Cathy Freeman |
| 2 | Jana Pittman |
| 2 | Sally Pearson |
| 1 | five athletes |

All Medals

| | |
|---|-------------------|
| 3 | Cathy Freeman |
| 3 | Jared Tallent |
| 3 | Sally Pearson |
| 2 | Dani Stevens |
| 2 | Jana Pittman |
| 2 | Kerry Saxby-Junna |
| 2 | Sally Pearson |
| 2 | Steve Brimacombe |
| 2 | Dmitri Markov |
| 2 | Mitch Watt |
| 2 | Dani Stevens |

Siblings

Rachel Tallent (15) & Jared Tallent (05-15)
Lee Naylor (95) & Shane Naylor (95)
Benita Willis (01 - 07) & Caitlin Pincott (09, 11)
Anne Cross (95) & Margaret Crowley (97)

Parent and child

Denis Boyd (83) & Alana Boyd (07, 11, 15)
David Smith (83, 87) & Dane Bird-Smith (13-19)
Tim Erickson (76) & Chris Erickson (07, 13, 15)

SUPERLATIVES AND STATISTICS



Statistics of Australia at the World Championships

| Year | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | Total Top 8 | Medals | Top 8's | Top 16's | Team Size | Total Nations |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-------------|--------|---------|----------|-----------|---------------|
| 2017 | 1 | 1 | 0 | 0 | 0 | 2 | 1 | 0 | 23 | 2 | 5 | 17 | 61 | 198 |
| 2015 | 0 | 2 | 0 | 0 | 0 | 1 | 0 | 2 | 19 | 2 | 5 | 16 | 44 | 205 |
| 2013 | 0 | 2 | 1 | 0 | 1 | 0 | 1 | 1 | 27 | 3 | 6 | 15 | 46 | 203 |
| 2011 | 1 | 1 | 1 | 0 | 2 | 1 | 1 | 1 | 34 | 3 | 7 | 14 | 45 | 202 |
| 2009 | 2 | 0 | 2 | 1 | 1 | 2 | 1 | 0 | 45 | 4 | 9 | 19 | 43 | 201 |
| 2007 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 18 | 2 | 3 | 17 | 45 | 203 |
| 2005 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 14 | 1 | 4 | 10 | 20 | 191 |
| 2003 | 1 | 0 | 0 | 1 | 2 | 0 | 1 | 1 | 24 | 1 | 6 | 16 | 38 | 208 |
| 2001 | 1 | 0 | 2 | 3 | 0 | 0 | 0 | 0 | 29 | 3 | 5 | 10 | 30 | 189 |
| 1999 | 1 | 1 | 2 | 2 | 3 | 1 | 3 | 0 | 58 | 4 | 13 | 24 | 54 | 201 |
| 1997 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 0 | 29 | 4 | 5 | 12 | 36 | 198 |
| 1995 | 0 | 1 | 1 | 1 | 2 | 0 | 0 | 2 | 27 | 2 | 7 | 26 | 46 | 191 |
| 1993 | 0 | 1 | 0 | 0 | 2 | 0 | 2 | 1 | 20 | 1 | 6 | 14 | 25 | 187 |
| 1991 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 2 | 16 | 0 | 6 | 16 | 42 | 167 |
| 1987 | 0 | 2 | 0 | 1 | 0 | 0 | 1 | 1 | 22 | 2 | 5 | 11 | 32 | 159 |
| 1983 | 1 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 16 | 1 | 5 | 15 | 29 | 153 |



Most Appearances by Australians

Men

| | |
|---|---|
| 6 | Jared Tallent (Vic) [05, 07, 09, 11, 13, 15] |
| 6 | Steve Moneghetti (Vic) [87, 91, 93, 95, 97, 99] |
| 5 | Luke Adams (NSW) [03, 05, 07, 09, 11] |
| 5 | Nick Ahern (NSW) [91, 93, 95, 97, 99] |
| 5 | Tim Forsyth (Vic) [91, 93, 95, 97, 99] |
| 5 | Nathan Deakes (Vic) [99, 01, 05, 07, 11] |
| 5 | Matt Shirvington (NSW) [99, 01, 03, 05, 07] |
| 5 | John Steffensen (NSW) [03, 05, 07, 09, 11] |
| 5 | Benn Harradine (Qld) [09, 11, 13, 15, 17] |
| 5 | Fabrice Lapierre (NSW) [09, 11, 13, 15, 17] |
| 5 | Ryan Gregson (Vic) [09, 11, 15, 17, 19] |
| 4 | Dane Bird-Smith (Qld) [13, 15, 17, 19] |
| 4 | Nicholas Hough (NSW) [13, 15, 17, 19] |
| 4 | Steven Solomon (NSW) [11, 13, 17, 19] |
| 4 | Jeffrey Risley (Vic) [07, 09, 11, 15] |
| 4 | Collis Birmingham (Vic) [09, 11, 13, 15] |
| 4 | Youcef Abdi (NSW) [03, 07, 09, 11] |
| 4 | Steve Hooker (WA) [05, 07, 09, 11] |
| 4 | Josh Ross (NSW/Vic) [05, 07, 09, 11] |
| 4 | Craig Mottram (Vic) [01, 05, 07, 11] |
| 4 | Simon Baker (Vic) [83, 87, 91, 93] |
| 4 | Dean Capobianco (WA) [91, 93, 95, 99] |
| 4 | Shaun Creighton (ACT) [91, 93, 95, 99] |
| 4 | Paul di Bella (Qld) [97, 99, 01, 03] |
| 4 | Dmitri Markov (SA) [99, 01, 03, 05] |
| 4 | Stuart Rendell (ACT) [97, 99, 01, 03] |
| 4 | Rohan Robinson (Vic) [91, 93, 95, 97] |
| 4 | Kyle Vander-Kuyp (Vic) [93, 95, 97, 99] |
| 4 | Patrick Johnson (ACT) [97, 03, 05, 07] |

Women

| | |
|---|---|
| 6 | Kerry Saxby-Junna (NSW) [87, 91, 93, 95, 99, 01] |
| 6 | Tamsyn Manou (Vic) [99, 01, 03, 07, 09, 11] |
| 6 | Jane Saville (NSW) [97, 99, 01, 03, 05, 07] |
| 6 | Sally Pearson (Qld) [03, 07, 09, 11, 13, 17] |
| 6 | Dani Samuels/Stevens (NSW) [07, 09, 11, 13, 15, 17] |
| 5 | Lauren Boden (ACT) [11, 13, 15, 17, 19] |
| 5 | Nicole Boegman (NSW) [87, 91, 93, 95, 99] |
| 5 | Cathy Freeman (Vic) [91, 93, 95, 97, 99] |
| 5 | Lauren Hewitt (Vic) [97, 99, 01, 03, 05] |
| 4 | Benita Willis (Johnson) (Qld) [01, 03, 05, 07] |
| 4 | Kim Mickle (WA) [09, 11, 13, 15] |
| 4 | Claire Woods (SA) [09, 11, 17, 19] |
| 4 | Melissa Breen (ACT) [11, 13, 15, 19] |

SUPERLATIVES AND STATISTICS



Youngest Male

| | | | | |
|--------------------|------------------|----------|------|------------|
| Gold | Dmitri Markov | 26y 148d | 2001 | Pole Vault |
| | Rod de Castella | 26y 168d | 1983 | Marathon |
| Medallists | Mitch Watt | 21y 141d | 2009 | Long Jump |
| | Matt Shirvington | 22y 291d | 2001 | 4x100m |
| | Mitch Watt | 23y 150d | 2011 | Long Jump |
| | Joel Milburn | 23y 159d | 2011 | 4x400m |
| | Ben Offereins | 23y 164d | 2009 | 4x400m |
| Top-8 | Steve Solomon | 20y 92d | 2013 | 4x400m |
| | Kris Neofytou | 21y 102d | 2005 | 4x100m |
| | Mitch Watt | 21y 141d | 2009 | Long Jump |
| | Alex Beck | 21y 190d | 2013 | 4x400m |
| | Tim Forsyth | 21y 356d | 1995 | High Jump |
| | Mark Garner | 22y 60d | 1991 | 400m |
| | Matt Shirvington | 22y 291d | 2001 | 4x100m |
| Competitors | Darren Clark | 17y 335d | 1983 | 400m |
| | Steve Solomon | 18y 108d | 2011 | 4x400m |
| | Kurt Mulcahy | 18y 112d | 2007 | 4x400m |
| | Tim Forsyth | 18y 14d | 1991 | High Jump |
| | Mizan Mehari | 18y 240d | 1999 | 5000m |
| | Paul Greene | 18y 259d | 1991 | 400m |
| | Ryan Gregson | 19y 111d | 2009 | 1500m |
| | Joel Baden | 19 208d | 2015 | High Jump |

Youngest Females

| | | | | |
|--------------------|-------------------|----------|------|--------------|
| Gold | Jana Pittman | 20y 292d | 2003 | 400m hurdles |
| | Dani Samuels | 21y 87d | 2009 | Discus Throw |
| Medallists | Jana Pittman | 20y 292d | 2003 | 400m hurdles |
| | Bronwyn Eagles | 20y 349d | 2001 | Hammer Throw |
| | Dani Samuels | 21y 87d | 2009 | Discus Throw |
| Top-8 | Eleanor Patterson | 19y 99d | 2015 | High Jump |
| | Nicole Boegman | 20y 183d | 1987 | Long Jump |
| | Lauren Hewitt | 20y 275d | 1999 | 200m |
| | Jana Pittman | 20y 292d | 2003 | 400m hurdles |
| | Monique Miers | 20y 308d | 1991 | 4x100m |
| | Bronwyn Eagles | 20y 349d | 2001 | Hammer Throw |
| | Dani Samuels | 21y 87d | 2009 | Discus Throw |
| Competitors | Ellie Beer | 16y 268d | 2019 | 4x400m |
| | Vicky Parnov | 16y 308d | 2007 | Pole Vault |
| | Sally Pearson | 16y 344d | 2003 | 4x100m |
| | Ella Connolly | 17y 30d | 2017 | 4x400m |
| | Georgie Clarke | 17y 48d | 2001 | 1500m |
| | Riley Day | 17y 131d | 2017 | 200m |
| | Nina Kennedy | 18y 141d | 2015 | Pole Vault |
| | Lauren Hewitt | 18y 250d | 1997 | 100m |
| | Katie Hayward | 19y 62d | 2019 | 20km Walk |
| | Caitlin Sargent | 19y 80d | 2011 | 4x400m |
| | Dani Samuels | 19y 93d | 2007 | Discus Throw |
| | Eleanor Patterson | 19y 97d | 2015 | High Jump |

AUSTRALIAN ALL-TIME LISTS



MEN

100m

| | | | |
|--------------|--------------------------|--------------|-----------|
| 9.93 (1.8) | Patrick Johnson | Mito | 05 May 03 |
| 10.03 (-0.1) | Matt Shirvington | Kuala Lumpur | 17 Sep 98 |
| 10.08 (2.0) | Rohan Browning | Brisbane | 23 Mar 19 |
| 10.08 (1.9) | Joshua Ross | Brisbane | 10 Mar 07 |
| 10.10 (0.4) | Trae Williams | Gold Coast | 16 Feb 18 |
| 10.13 (0.1) | Damien Marsh | Monte Carlo | 09 Sep 95 |
| 10.15 (0.8) | Josh Clarke | Canberra | 06 Feb 16 |
| 10.15 (1.5) | Jake Doran | Jamsa | 01 Jul 18 |
| 10.17 (2.0) | Rod Mapstone | Perth | 28 Jan 96 |
| 10.17 (0.9) | Adam Miller | Brisbane | 10 Mar 07 |
| 10.17 (1.8) | Aaron-Rouge-Serret Perth | | 26 Mar 10 |

200m

| | | | |
|--------------|------------------|-------------|-----------|
| 20.06A (0.9) | Peter Norman | Mexico City | 6 Oct 68 |
| 20.18 (0.3) | Dean Capobianco | Stuttgart | 9 Aug 93 |
| 20.19 (1.6) | John Dinan | Canberra | 6 Mar 86 |
| 20.30 (1.8) | Steve Brimacombe | Brisbane | 17 Feb 96 |
| 20.32 (-0.2) | Damien Marsh | Linz | 22 Aug 95 |
| 20.35 (1.0) | Patrick Johnson | Malmö | 22 Aug 06 |
| 20.43A (2.0) | Darryl Wohlson | Pietersburg | 18 Mar 00 |
| 20.44 (2.0) | Robert Stone | Brisbane | 13 Mar 88 |
| 20.44 (1.3) | Daniel Batman | Darwin | 17 May 05 |
| 20.45 (1.9) | Matt Shirvington | Sydney | 10 Aug 98 |
| 20.45 (-0.5) | Alex Hartmann | Canberra | 07 Feb 16 |

400m

| | | | |
|--------|-----------------|-----------|-----------|
| 44.38 | Darren Clark | Seoul | 26 Sep 88 |
| 44.71 | Miles Murphy | Perth | 26 Mar 88 |
| 44.73A | Pat Dwyer | Pretoria | 24 Mar 00 |
| 44.73 | John Steffensen | Melbourne | 22 Mar 06 |
| 44.80 | Joel Milburn | Beijing | 18 Aug 08 |
| 44.84 | Rick Mitchell | Moscow | 30 Jul 80 |
| 44.86 | Ben Offereins | Sydney | 27 Feb 10 |
| 44.97 | Steven Solomon | London | 5 Aug 12 |
| 44.98 | Robert Stone | Melbourne | 6 Mar 88 |
| 45.02 | Daniel Batman | Canberra | 22 Feb 03 |

800m

| | | | |
|---------|-----------------|--------------|-----------|
| 1:44.21 | Joseph Deng | Monaco | 20 Jul 18 |
| 1:44.40 | Ralph Doubell | Mexico City | 15 Oct 68 |
| 1:44.40 | Alex Rowe | Monaco | 18 Jul 15 |
| 1:44.48 | Jeff Riseley | Lignano | 17 Jul 12 |
| 1:44.56 | Peter Bol | Stockholm | 10 Jun 18 |
| 1:44.78 | Peter Bourke | Brisbane | 20 Mar 82 |
| 1:45.03 | Brendan Hanigan | Lappeenranta | 26 Jul 94 |
| 1:45.16 | Luke Mathews | Melbourne | 5 Mar 16 |
| 1:45.21 | Grant Cremer | Seville | 27 Aug 99 |
| 1:45.36 | Bill Hooker | London | 14 Jul 73 |

AUSTRALIAN ALL-TIME LISTS



1500m

| | | | |
|---------|-----------------|--------------|-----------|
| 3:31.06 | Ryan Gregson | Monaco | 22 Jul 10 |
| 3:31.81 | Stewart McSweyn | Monaco | 12 Jul 19 |
| 3:31.96 | Simon Doyle | Stockholm | 03 Jul 91 |
| 3:32.93 | Jeff Riseley | Rome | 10 Jul 09 |
| 3:33.39 | Mike Hillardt | Berlin | 23 Aug 05 |
| 3:33.68 | Mark Fountain | Rieti | 28 Aug 05 |
| 3:33.97 | Craig Mottram | Zurich | 18 Aug 06 |
| 3:34.22 | Graham Crouch | Christchurch | 02 Feb 74 |
| 3:34.39 | Jeremy Roff | Berlin | 14 Jun 09 |
| 3:34.61 | Pat Scammell | Melbourne | 17 Mar 88 |

5000m

| | | | |
|----------|-------------------|------------|-----------|
| 12:55.76 | Craig Mottram | London | 30 Jul 04 |
| 13:05.23 | Stewart McSweyn | Brussels | 31 Aug 18 |
| 13:09.57 | Collis Birmingham | London | 13 Jul 12 |
| 13:10.08 | Ben St. Lawrence | Melbourne | 3 Mar 11 |
| 13:12.68 | Patrick Tiernan | London | 20 Jul 19 |
| 13:14.82 | Lee Troop | Melbourne | 25 Feb 99 |
| 13:15.83 | Morgan McDonald | Heusden | 22 Jul 19 |
| 13:15.91 | Brett Robinson | Heusden | 21 Jul 18 |
| 13:16.6 | Ron Clarke | Stockholm | 5 Jul 66 |
| 13:17.42 | David Fitzsimons | Dusseldorf | 4 Sep 77 |

10,000m

| | | | |
|----------|-------------------|----------------|-----------|
| 27:24.95 | Ben St Lawrence | Palo Alto | 1 May 11 |
| 27:29.73 | Collis Birmingham | Berkeley | 25 Apr 09 |
| 27:29.81 | Patrick Tiernan | Palo Alto | 5 May 17 |
| 27:31.92 | Shaun Creighton | Melbourne | 25 Nov 96 |
| 27:34.48 | Craig Mottram | Stanford, USA | 4 May 08 |
| 27:37.00 | Darren Wilson | Melbourne | 25 Nov 96 |
| 27:39.89 | Ron Clarke | Oslo | 14 Jul 65 |
| 27:45.01 | David McNeill | Palo Alto, USA | 2 May 15 |
| 27:46.71 | Bill Scott | Melbourne | 6 Feb 80 |
| 27:47.69 | Steve Moneghetti | Oslo | 4 Jul 92 |

Marathon

| | | | |
|---------|------------------|------------|-----------|
| 2:07:51 | Rob de Castella | Boston | 21 Apr 86 |
| 2:08:16 | Steve Moneghetti | Berlin | 30 Sep 90 |
| 2:08:33 | Derek Clayton | Antwerp | 30 May 69 |
| 2:09:39 | Pat Carroll | Beppu-Oita | 05 Feb 95 |
| 2:09:49 | Lee Troop | Lake Biwa | 02 Mar 03 |
| 2:10:09 | Garry Henry | Fukuoka | 07 Dec 80 |
| 2:10:11 | Brad Camp | Gold Coast | 23 Jul 89 |
| 2:10:20 | Dave Chettle | Fukuoka | 07 Dec 75 |
| 2:10:22 | Shaun Creighton | Berlin | 28 Sep 97 |
| 2:10:22 | Nick Harrison | Beppu Oita | 03 Feb 03 |

AUSTRALIAN ALL-TIME LISTS



3000m Steeplechase

| | | | |
|---------|-----------------|-----------|-----------|
| 8:16.22 | Shaun Creighton | Lille | 2 Jul 93 |
| 8:16.36 | Youcef Abdi | Beijing | 18 Aug 08 |
| 8:21.98 | Kerry O'Brien | Berlin | 4 Jul 70 |
| 8:22.85 | Peter Nowill | Rehlingen | 31 May 04 |
| 8:24.48 | Chris Unthank | Hechtel | 19 Jul 97 |
| 8:24.54 | Martin Dent | Sydney | 17 Feb 07 |
| 8:26.2e | Tony Manning | Edinburgh | 23 Jul 70 |
| 8:27.0 | Peter Larkins | Melbourne | 11 Mar 76 |
| 8:27.51 | Ben Buckingham | Zagreb | 3 Sep 19 |
| 8:29.0 | Bob Hendy | Victoria | 7 Jul 73 |

110m Hurdles

| | | | |
|---------------|------------------|--------------|-----------|
| 13.29 (+0.6) | Kyle Vander-Kuyp | Goteborg | 14 Aug 95 |
| 13.38 (-0.3) | Nick Hough | Gold Coast | 10 Apr 18 |
| 13.54 (+1.5) | Sam Baines | Brisbane | 29 Mar 15 |
| 13.55 (+1.5) | Justin Merlino | Brisbane | 11 Mar 07 |
| 13.58 (+1.5) | Don Wright | Brisbane | 4 Oct 82 |
| 13.69 (+2.0) | John Caliguri | Tampere | 13 Jun 92 |
| 13.72 (+1.5) | Max Binnington | Brisbane | 4 Oct 82 |
| 13.72 (+1.5) | Greg Eyears | Brisbane | 11 Mar 07 |
| 13.73 (+1.8) | Stuart Anderson | Brisbane | 25 Mar 01 |
| 13.76 (+0.1) | David Cooper | Brisbane | 15 Mar 97 |
| 13.78A (+2.0) | Rod Zuyderwyk | Johannesburg | 13 Sep 98 |
| 13.79 (+1.0) | Nicholas Andrews | Sydney | 10 Mar 19 |

400m Hurdles

| | | | |
|--------|---------------------|--------------|-----------|
| 48.28 | Rohan Robinson | Atlanta | 31 Jul 96 |
| 48.68 | Tristan Thomas | Osaka | 9 May 09 |
| 48.87 | Zid Abou Hamed | Sydney | 20 Feb 99 |
| 49.08A | Blair Young | Pietersburg | 18 Mar 00 |
| 49.24 | Brendan Cole | London | 3 Aug 12 |
| 49.26 | Simon Hollingsworth | Melbourne | 29 Feb 96 |
| 49.32 | Bruce Field | Christchurch | 29 Jan 74 |
| 49.37 | Garry Brown | Brisbane | 7 Oct 82 |
| 49.47 | Matt Beckenham | Sydney | 20 Feb 99 |
| 49.49 | Nick Ward | Sydney | 13 Mar 94 |

20km Walk

| | | | |
|---------|-----------------|-------------|-----------|
| 1:17:33 | Nathan Deakes | Cixi City | 23 Apr 05 |
| 1:19:15 | Luke Adams | Cherboksary | 10 May 08 |
| 1:19:15 | Jared Tallent | Hobart | 13 Feb 10 |
| 1:19:22 | Dave Smith | Hobart | 19 Jul 87 |
| 1:19:28 | Dane Bird-Smith | London | 13 Aug 17 |
| 1:19:33 | Nick A'Hern | Melbourne | 15 Dec 90 |
| 1:20:19 | Rhydian Cowley | Nomi | 17 Mar 19 |
| 1:20:43 | Andrew Jachno | Brisbane | 26 Aug 90 |
| 1:20:49 | Dion Russell | Melbourne | 19 Mar 99 |
| 1:21:19 | Simon Baker | Canberra | 27 Aug 88 |

AUSTRALIAN ALL-TIME LISTS



50km Walk

| | | | |
|---------|----------------|--------------|-----------|
| 3:35:47 | Nathan Deakes | Geelong | 2 Dec 06 |
| 3:36:53 | Jared Tallent | London | 11 Aug 12 |
| 3:43:13 | Simon Baker | L'Hospitalet | 28 Aug 89 |
| 3:43:39 | Luke Adams | Berlin | 21 Aug 09 |
| 3:46:34 | Willi Sawall | Adelaide | 6 Apr 80 |
| 3:47:34 | Dion Russell | Melbourne | 13 Dec 99 |
| 3:48:40 | Chris Erickson | Rio | 10 Aug 16 |
| 3:52:49 | Adam Rutter | Melbourne | 16 Dec 07 |
| 3:53:19 | Duane Cousins | Geelong | 2 Dec 06 |
| 3:53:23 | Andrew Jachno | Seoul | 30 Sep 88 |

4x100m Relay

| | | | |
|-------|---------------------------------------|------------|-----------|
| 38.17 | Alozie, Ntiamoah, McCabe, Ross | London | 10 Aug 12 |
| 38.17 | Henderson, Jackson, Brimacombe, Marsh | Gothenburg | 12 Aug 95 |
| 38.28 | Henderson, Jackson, Brimacombe, Marsh | Gothenburg | 12 Aug 95 |
| 38.32 | Batman, Ross, Neofytou, Johnson | Helsinki | 13 Aug 05 |
| 38.43 | Alozie, Ntiamoah, McCabe, Ross | London | 11 Aug 12 |
| 38.46 | Henderson, Marsh, Capobianco, Jackson | Stuttgart | 21 Aug 93 |
| 38.49 | Basil, Di Bella, Johnson, Ross | Athens | 27 Aug 04 |
| 38.50 | Henderson, Jackson, Brimacombe, Marsh | Gothenburg | 13 Aug 95 |
| 38.56 | Basil, Di Bella, Johnson, Ross | Athens | 28 Aug 04 |
| 38.57 | Batman, Ross, Miller, Ezenwa | Melbourne | 24 Mar 06 |

4x400m Relay

| | | | |
|---------|-------------------------------------|-------------|-----------|
| 2:59.70 | Frayne, Minihan, Mitchell, Clark | Los Angeles | 11 Aug 84 |
| 3:00.02 | Wroe, Steffensen, Hill, Milburn | Beijing | 23 Aug 08 |
| 3:00.60 | Steffensen, Ormrod, Dwyer, Hill | Athens | 28 Aug 04 |
| 3:00.68 | Milburn, Ormrod, Steffensen, Hill | Beijing | 22 Aug 08 |
| 3:00.90 | Steffensen, Offereins, Thomas, Wroe | Berlin | 23 Aug 09 |
| 3:00.93 | Steffensen, Troode, Ormrod, Hill | Melbourne | 25 Mar 06 |
| 3:01.35 | Ozolins, Frayne, Minihan, Clark | Canberra | 6 Oct 85 |
| 3:01.52 | Milburn, Grant, Ormrod, Wroe | Canberra | 27 Jan 08 |
| 3:01.56 | Offereins, Thomas, Solomon, Wroe | Daegu | 1 Sep 11 |
| 3:01.58 | Solomon, Offereins, Cole, Thomas | Daegu | 16 May 12 |

High Jump

| | | | |
|------|------------------|------------|-----------|
| 2.36 | Tim Forsyth | Melbourne | 2 Mar 97 |
| 2.36 | Brandon Starc | Eberstadt | 26 Aug 18 |
| 2.31 | David Anderson | Adelaide | 8 Mar 92 |
| 2.31 | Lochsley Thomson | Adelaide | 8 Mar 92 |
| 2.30 | Jagan Hames | Sydney | 13 Mar 94 |
| 2.30 | Joel Baden | Sydney | 6 Apr 19 |
| 2.29 | Ian Garrett | Whitehaven | 6 Jul 91 |
| 2.29 | Liam Zamel-Paez | Perth | 16 Mar 13 |
| 2.28 | John Atkinson | Melbourne | 31 Mar 84 |
| 2.28 | Chris Anderson | Perth | 17 Dec 94 |
| 2.28 | Nik Bojic | Kazan | 9 Jul 13 |

AUSTRALIAN ALL-TIME LISTS



Pole Vault

| | | | |
|------|-------------------|-----------|-----------|
| 6.05 | Dmitri Markov | Edmonton | 9 Aug 01 |
| 6.00 | Paul Burgess | Perth | 26 Feb 05 |
| 6.00 | Steve Hooker | Perth | 27 Jan 08 |
| 5.90 | Viktor Chistiakov | Salamanca | 15 Jul 99 |
| 5.81 | Kurtis Marschall | Perth | 2 Feb 19 |
| 5.80 | Simon Arkell | Adelaide | 26 Jan 96 |
| 5.75 | James Miller | Melbourne | 29 Feb 96 |
| 5.60 | Declan Carruthers | Perth | 12 Jan 19 |
| 5.56 | Sasha Zhoya | Sydney | 1 Apr 19 |
| 5.55 | Blake Lucas | Melbourne | 28 Mar 09 |

Australian all-time list - Indoors

| | | | |
|-------|------------------|------------------|-----------|
| 6.06i | Steve Hooker | Boston | 7 Feb 09 |
| 5.87i | Kurtis Marschall | Clermont-Ferrand | 24 Feb 19 |

Long Jump

| | | | |
|-------------|------------------|-----------|-----------|
| 8.54 (+1.7) | Mitchell Watt | Stockholm | 29 Jul 11 |
| 8.49 (+0.6) | Jai Taurima | Sydney | 28 Sep 00 |
| 8.40 (+0.5) | Fabrice Lapierre | Nuoro | 14 Jul 10 |
| 8.33 (+1.2) | Chris Noffke | Perth | 18 Apr 10 |
| 8.30 (+1.1) | Peter Burge | Melbourne | 2 Mar 00 |
| 8.27 (+1.4) | Henry Frayne | Sydney | 18 Feb 12 |
| 8.27 (+1.2) | Gary Honey | Budapest | 20 Aug 84 |
| 8.24 (+1.9) | Shane Hair | Seville | 28 Aug 99 |
| 8.18 (+1.7) | Tim Parravicini | Canberra | 5 Feb 05 |
| 8.13 (+1.5) | David Culbert | Melbourne | 6 Mar 88 |
| 8.13 (+1.1) | Darcy Roper | Perth | 16 Mar 19 |

Triple Jump

| | | | |
|---------------|------------------|-------------|-----------|
| 17.46 (+1.7) | Ken Lorroway | London | 7 Aug 82 |
| 17.32 (+1.7) | Andrew Murphy | Seville | 25 Aug 99 |
| 17.23 (+0.6) | Henry Frayne | Melbourne | 2 Mar 12 |
| 17.09 (+0.5) | Ian Campbell | Melbourne | 17 Jan 80 |
| 17.02A (+2.0) | Phil May | Mexico City | 17 Oct 68 |
| 16.97 (+1.1) | Kane Brigg | Perth | 31 Mar 11 |
| 16.92 (+1.0) | Paul Simonsen | Adelaide | 26 Nov 89 |
| 16.83 (+0.8) | Alwyn Jones | Brisbane | 19 Mar 09 |
| 16.67 (+1.1) | Jacob McReynolds | Adelaide | 19 Feb 05 |
| 16.67 (+1.2) | Michael Perry | Brisbane | 26 Nov 05 |

Shot Put

| | | | |
|-------|-------------------|-----------|-----------|
| 21.35 | Damien Birkinhead | Zagreb | 28 Aug 17 |
| 21.26 | Scott Martin | Melbourne | 21 Feb 08 |
| 20.96 | Justin Anlezark | Brisbane | 5 Apr 03 |
| 20.63 | Dale Stevenson | Clemson | 12 May 12 |
| 19.64 | John Minns | Canberra | 26 Jan 89 |
| 19.54 | Rhys Jones | Melbourne | 12 Feb 04 |
| 19.42 | Clay Cross | Brisbane | 27 Jun 04 |
| 19.01 | Chris Gaviglio | Brisbane | 22 Feb 08 |
| 18.95 | Aaron Neighbour | Melbourne | 30 Jul 98 |
| 18.89 | Stuart Gyngell | Melbourne | 21 Mar 85 |

AUSTRALIAN ALL-TIME LISTS



Discus Throw

| | | | |
|-------|-----------------|------------|-----------|
| 68.20 | Benn Harradine | Townsville | 10 May 13 |
| 68.16 | Julian Wruck | Claremont | 1 Jun 13 |
| 65.63 | Scott Martin | Maui | 4 May 12 |
| 65.62 | Werner Reiterer | Melbourne | 15 Dec 87 |
| 65.37 | Matthew Denny | Salinas | 28 May 16 |
| 65.06 | Wayne Martin | Newcastle | 3 Jan 79 |
| 64.26 | Aaron Neighbour | Salinas | 22 May 08 |
| 64.10 | Vlad Slavnic | Melbourne | 20 Jan 88 |
| 63.98 | Mitch Cooper | Lawrence | 14 May 17 |
| 62.66 | Paul Nandapi | Canberra | 12 Dec 87 |

Hammer Throw

| | | | |
|-------|-----------------|------------|-----------|
| 79.29 | Stuart Rendell | Varazdin | 06 Jul 02 |
| 77.58 | Sean Carlin | Adelaide | 11 Feb 94 |
| 75.90 | Peter Farmer | Vanves | 14 Aug 79 |
| 74.88 | Matthew Denny | Gold Coast | 8 Apr 18 |
| 74.58 | Joe Quigley | Melbourne | 10 Mar 87 |
| 74.58 | Peter Baxevanis | Melbourne | 12 Feb 92 |
| 73.80 | Hans Lotz | Melbourne | 25 Apr 83 |
| 72.12 | Dave Huxley | Szekeres | 7 Aug 88 |
| 71.56 | Aaron Fish | Perth | 16 Mar 02 |
| 71.05 | Simon Wardhaugh | Gold Coast | 18 Sep 10 |

Javelin Throw

| | | | |
|-------|-----------------------|------------|-----------|
| 89.02 | Jarrod Bannister | Brisbane | 29 Feb 08 |
| 86.67 | Andrew Currey | Wollongong | 22 Jul 01 |
| 85.60 | William Hamlyn-Harris | Canberra | 31 Jan 04 |
| 85.11 | Josh Robinson | Perth | 13 May 16 |
| 84.39 | Hamish Peacock | Hobart | 22 May 16 |
| 84.36 | Adrian Hatcher | Sydney | 16 Oct 99 |
| 84.20 | Andrew Martin | Gold Coast | 5 Aug 00 |
| 82.79 | Oliver Dziubak | Melbourne | 12 Feb 04 |
| 81.80 | Matt Outzen | Sydney | 14 Mar 15 |
| 81.36 | Liam O'Brien | Brisbane | 23 Mar 19 |

Decathlon

| | | | |
|------|----------------|------------------|-----------|
| 8490 | Jagan Hames | Kuala Lumpur | 18 Sep 98 |
| 8307 | Scott Ferrier | Kuala Lumpur | 18-Sep 98 |
| 8229 | Cedric Dubler | Gold Coast | 17 Feb 18 |
| 8103 | Ashley Moloney | Townsville | 26 Jun 19 |
| 8084 | Peter Winter | Sydney | 10 Mar 96 |
| 8036 | Simon Shirley | Seoul, Sth Korea | 29 Sep 88 |
| 8001 | Jason Dudley | Melbourne | 20 Mar 06 |
| 7964 | Dean Smith | Adelaide | 10 Mar 92 |
| 7915 | Peter Banks | Hobart | 15 Feb 97 |
| 7912 | Paul Scott | Perth | 23 Mar 91 |
| 7855 | Peter Hadfield | Adelaide | 20 Mar 81 |
| 7844 | Steve Cain | Melbourne | 26 Feb 12 |

AUSTRALIAN ALL-TIME LISTS



WOMEN

100m

| | | | |
|---------------|--------------------------|--------------|-----------|
| 11.11 (+1.9) | Melissa Breen | Canberra | 9 Feb 14 |
| 11.12 (+1.9) | Melinda Gainsford-Taylor | Sestriere | 31 Jul 94 |
| 11.14 (+1.7) | Sally Pearson | Osaka | 26 Aug 07 |
| 11.19 (+1.6) | Kerry Johnson | Auckland | 28 Jan 90 |
| 11.20A (+1.2) | Raelene Boyle | Mexico City | 15 Oct 68 |
| 11.24 (+1.4) | Colleen Beazley-Pekin | Brisbane | 4 Oct 82 |
| 11.24 (+1.1) | Catherine Freeman | Brisbane | 5 Feb 94 |
| 11.26 (+0.3) | Nova Peris-Batman | Hechtel | 7 Aug 99 |
| 11.28 (-0.5) | Lauren Hewitt | Seville | 21 Aug 99 |
| 11.29 (-0.3) | Tania Van Heer-Murphy | Kuala Lumpur | 17 Sep 98 |

200m

| | | | |
|--------------|--------------------------|-----------|-----------|
| 22.23 (+0.8) | Melinda Gainsford-Taylor | Stuttgart | 13 Jul 97 |
| 22.25 (+1.3) | Catherine Freeman | Canada | 26 Aug 94 |
| 22.35 (+1.8) | Denise Robertson-Boyd | Sydney | 23 Mar 80 |
| 22.42 (+2.0) | Tania Van Heer-Murphy | Canberra | 6 Feb 99 |
| 22.45 (+1.1) | Raelene Boyle | Munich | 7 Sep 72 |
| 22.50 (+0.1) | Ella Nelson | Rio | 16 Aug 16 |
| 22.52 (+1.5) | Lauren Hewitt | Canberra | 15 Jan 00 |
| 22.74 (+1.8) | Nova Peris | Seville | 25 Aug 99 |
| 22.82 (+1.7) | Kerry Johnson | Chiba | 15 Sep 88 |
| 22.83 (+1.7) | Maree Holland | Chiba | 15 Sep 88 |

400m

| | | | |
|-------|-----------------------|------------|-----------|
| 48.63 | Catherine Freeman | Atlanta | 29 Jul 96 |
| 50.19 | Renee Poetschka | Sydney | 12 Mar 94 |
| 50.24 | Maree Holland | Seoul | 25 Sep 88 |
| 50.43 | Jana Pittman | Sydney | 22 Mar 03 |
| 50.78 | Debbie Flintoff-King | London | 12 Jul 86 |
| 50.78 | Michelle Lock | Barcelona | 3 Aug 92 |
| 51.08 | Raelene Boyle | Brisbane | 4 Sep 82 |
| 51.25 | Morgan Mitchell | Birmingham | 5 Jun 16 |
| 51.28 | Tania Van Heer-Murphy | Melbourne | 19 Mar 99 |
| 51.28 | Nova Peris | Sydney | 23 Sep 00 |

800m

| | | | |
|---------|-----------------------------|-----------|-----------|
| 1:58.78 | Catriona Bisset | London | 21 Jul 19 |
| 1:59.0 | Charlene Rendina | Melbourne | 28 Feb 76 |
| 1:59.21 | Tamsyn Lewis | Canberra | 15 Jan 00 |
| 1:59.73 | Margaret Crowley | Durham | 13 Jul 96 |
| 1:59.8 | Susan Andrews (mix 2:00.32) | Perth | 15 Jul 00 |
| 1:59.92 | Madeleine Pape | Sydney | 16 Feb 08 |
| 1:59.93 | Judy Pollock | Montreal | 14 Jul 76 |
| 2:00.06 | Morgan Mitchell | London | 21 Jul 19 |
| 2:00.13 | Georgia Griffith | Portland | 15 Jun 18 |
| 2:00.17 | Sharon Stewart | Oslo | 6 Jul 91 |

AUSTRALIAN ALL-TIME LISTS



1500m

| | | | |
|---------|------------------|------------|-----------|
| 4:00.86 | Linden Hall | Eugene | 26 May 18 |
| 4:00.93 | Sarah Jamieson | Stockholm | 25 Jul 06 |
| 4:01.34 | Margaret Crowley | Oslo | 6 Jul 96 |
| 4:02.62 | Jessica Hull | Palo Alto | 30 Jun 19 |
| 4:03.22 | Zoe Buckman | Paris | 22 Aug 16 |
| 4:04.17 | Georgia Griffith | Gold Coast | 10 Apr 18 |
| 4:04.62 | Jenny Blundell | Beijing | 18 May 16 |
| 4:05.25 | Lisa Corrigan | Sydney | 17 Feb 07 |
| 4:05.56 | Melissa Duncan | Oslo | 11 Jun 15 |
| 4:05.61 | Kaila McKnight | Shanghai | 19 May 12 |

5000m

| | | | |
|----------|--------------------------|-----------|-----------|
| 14:47.60 | Benita Willis | Berlin | 7 Sep 02 |
| 14:54.11 | Eloise Poppett-Wellings | Zurich | 18 Aug 06 |
| 15:00.32 | Jessica Hull | Berlin | 1 Sep 19 |
| 15:02.90 | Sarah Jamieson | Melbourne | 24 Mar 06 |
| 15:04.05 | Madeline (Heiner) Hills | Rio | 19 Aug 16 |
| 15:06.67 | Genevieve La Caze | Brussels | 9 Sep 16 |
| 15:08.69 | Kerryn Hindmarsh-McCann | Brisbane | 08 Sep 00 |
| 15:10.78 | Kate Anderson-Richardson | Oslo | 4 Jul 97 |
| 15:11.17 | Madeline Heiner | Palo Alto | 2 May 15 |
| 15:12.09 | Jackie Areson | Paris | 6 Jul 13 |
| 15:13.44 | Kylie Risk | Hobart | 18 Dec 99 |
| 15:14.26 | Clair Fearnley | Sydney | 13 Feb 00 |

10,000m

| | | | |
|----------|-------------------------|------------|-----------|
| 30:37.68 | Benita Willis | Paris | 23 Aug 03 |
| 31:11.72 | Lisa O'Dea-Ondieki | Helsinki | 30 Jun 92 |
| 31:14.94 | Eloise Wellings | Rio | 12 Aug 16 |
| 31:26.34 | Susie Power | Melbourne | 6 Dec 01 |
| 31:41.10 | Madeline (Heiner) Hills | Palo Alto | 5 May 17 |
| 31:43.14 | Haley McGregor | Melbourne | 4 Dec 03 |
| 31:43.51 | Ellie Pashley | Palo Alto | 2 May 19 |
| 31:50.75 | Celia Sullohern | Gold Coast | 9 Apr 18 |
| 31:50.98 | Sinead Diver | Melbourne | 13 Dec 18 |
| 31:51.71 | Kylie Risk | Vancouver | 1 Jun 96 |

Marathon

| | | | |
|---------|------------------|------------|-----------|
| 2:22:36 | Benita Willis | Chicago | 22 Oct 06 |
| 2:23:51 | Lisa Ondieki | Osaka | 31 Jan 88 |
| 2:24.11 | Sinead Diver | London | 28 Apr 19 |
| 2:25.15 | Lisa Weightman | London | 23 Apr 17 |
| 2:25:51 | Nickey Carroll | London | 18 Apr 99 |
| 2:25:59 | Kerryn McCann | London | 16 Apr 00 |
| 2:26.21 | Ellie Pashley | Nagoya | 10 Mar 19 |
| 2:27.01 | Jessica Trengove | London | 23 Apr 17 |
| 2:28.08 | Milly Clark | Gold Coast | 7 Jul 19 |
| 2:28:51 | Kate Smyth | Nagano | 19 Apr 08 |

AUSTRALIAN ALL-TIME LISTS



3000m Steeplechase

| | | | |
|---------|--------------------------|------------|-----------|
| 9:14.28 | Gieve LaCaze | Paris | 27 Aug 16 |
| 9:18.35 | Donna MacFarlane | Oslo | 6 Jun 08 |
| 9:20.38 | Madeleine (Heiner) Hills | Rio | 15 Aug 16 |
| 9:24.29 | Melissa Rollison | Melbourne | 22 Mar 06 |
| 9:30.84 | Victoria Mitchell | Athens | 3 Jul 06 |
| 9:37.38 | Rosie Donegan | Naimette | 17 Jul 19 |
| 9:37.43 | Georgia Winkcup | Birmingham | 2 Aug 19 |
| 9:45.77 | Paige Campbell | Sydney | 10 Mar 19 |
| 9:50.42 | Bri Ilarda | Palo Alto | 29 Mar 19 |
| 9:53.15 | Kate Spencer | Sydney | 2 Mar 14 |

100m Hurdles

| | | | |
|--------------|------------------------|-------------|------------|
| 12.28 (+1.1) | Sally Pearson | Daegu | 03 Sept 11 |
| 12.82 (+1.3) | Michelle Jenneke | Brisbane | 29 Mar 15 |
| 12.93 (+0.9) | Pam Kilborn-Ryan | Warsaw | 28 Jun 72 |
| 12.98 (+1.8) | Jane Flemming | Brisbane | 6 Mar 93 |
| 13.02 (-1.5) | Glynis Nunn-Cearns | Los Angeles | 3 Aug 84 |
| 13.02 (+1.4) | Brianna Beahan | Perth | 13 Jan 18 |
| 13.02 (+1.7) | Celeste Mucci | Gotzis | 25 May 19 |
| 13.08 (+1.4) | Fiona Cullen | Hiroshima | 29 Apr 07 |
| 13.09 (+1.8) | Jacque Munro | Darwin | 22 Jun 02 |
| 13.10 (+1.1) | Penny McCallum-Gillies | Sydney | 23 Mar 80 |

400m Hurdles

| | | | |
|-------|------------------------|------------|-----------|
| 53.17 | Debbie Flintoff-King | Seoul | 28 Sep 88 |
| 53.22 | Jana Pittman | Paris | 28 Aug 03 |
| 54.87 | Lauren Boden | Sydney | 7 Apr 19 |
| 55.37 | Lauren Poetschka | Melbourne | 2 Mar 00 |
| 55.50 | Sonia Brito | Brisbane | 13 Apr 02 |
| 55.55 | Sally Hamilton-Fleming | Ylievska | 3 Jul 88 |
| 55.67 | Sarah Carli | Canberra | 28 Jan 19 |
| 55.92 | Gail Millar-Luke | Adelaide | 7 Mar 92 |
| 56.03 | Stephanie Price | Melbourne | 2 Mar 00 |
| 56.07 | Sara Klein | Townsville | 27 Jun 19 |

20km Walk

| | | | |
|---------|-------------------|-----------|-----------|
| 1:27:44 | Jane Saville | Naumburg | 2 May 04 |
| 1:28.53 | Claire Tallent | Taicang | 30 Mar 12 |
| 1:29.33 | Regan Lambie | Rome | 7 May 16 |
| 1:29:36 | Kerry Saxby-Junna | Naumburg | 30 Apr 00 |
| 1:29:44 | Cheryl Webb | Melbourne | 7 Mar 09 |
| 1:29.49 | Beki (Lee) Smith | Rome | 7 May 16 |
| 1:29.56 | Tanya Holliday | Rome | 7 May 16 |
| 1:30.25 | Jess Rothwell | Melbourne | 7 Mar 09 |
| 1:30.51 | Jemima Montag | Adelaide | 10 Feb 19 |
| 1:31.33 | Rachel Tallent | Adelaide | 21 Feb 16 |

50km Walk

| | | | |
|---------|-------------------|-----------|-----------|
| 4:09.33 | Claire Tallent | Taicang | 5 MaY 18 |
| 4:54.31 | Kelly Ruddick | Melbourne | 2 Dec 18 |
| 5:13.14 | Michelle Thompson | Melbourne | 11 Sep 11 |

AUSTRALIAN ALL-TIME LISTS



4x100m Relay

| | | | |
|-------|---|--------------|------------|
| 42.99 | Massey, Broadrick, Lambert, Gainsford-Taylor | Pietersburg | 3 Mar 00 |
| 43.18 | Boyle, Robertson, Wells, Wilson | Montreal | 31 July 76 |
| 43.19 | Pearson, Coates, Day, Anang | Yokohama | 11 May 19 |
| 43.21 | Peris-Kneebone, Hewitt, Gainsford-Taylor, Freeman | Athens | 8 Aug 97 |
| 43.34 | Miers, Sambell, Moore, Johnson | Tokyo | 31 Aug 91 |
| 43.38 | Peris-Kneebone, Hewitt, Gainsford-Taylor, Lambert | Hechtel | 19 Jul 97 |
| 43.38 | Hutton, Hewitt, Peris-Kneebone, Gainsford-Taylor | Brisbane | 30 Sept 00 |
| 43.39 | Van-Heer, Hewitt, Peris-Kneebone, Cripps | Kuala Lumpur | 21 Sept 78 |
| 43.43 | Miers, Freeman, Gainsford, Sambell | Victoria | 28 Aug 94 |
| 43.49 | Moore, Gainsford, Sambell, Johnson | Barcelona | 7 Aug 92 |

4x400m Relay

| | | | |
|---------|--|------------|------------|
| 3:23.81 | Peris-Kneebone, Lewis, Gainsford-Taylor, Freeman | Sydney | 30 Sept 00 |
| 3:24.05 | Lewis, Andrews, Pittman, Peris-Kneebone | Sydney | 29 Sept 00 |
| 3:25.56 | Canty, Rendina, Burnard, Nail | Montreal | 31 Jul 76 |
| 3:25.63 | Hewitt, Freeman, Lewis, Pittman | Manchester | 31 Jul 02 |
| 3:25.68 | Andrews, Freeman, Poetschka, Lock | Barcelona | 7 Aug 92 |
| 3:25.71 | Thornton, Rubie, Sarhent-Jones, Mitchell | Rio | 19 Aug 16 |
| 3:25.88 | Naylor, Poetschka, Gainsford, Freeman | Gothenburg | 13 Aug 95 |
| 3:25.98 | Canty, Rendina, Burnard, Nail | Montreal | 30 Jul 76 |
| 3:26.08 | Naylor, Poetschka, Gainsford, Freeman | Gothenburg | 12 Aug 95 |
| 3:26.42 | Andrews, Freeman, Poetschka, Lock | Barcelona | 8 Aug 92 |

High Jump

| | | | |
|------|-----------------------|------------|-----------|
| 1.98 | Vanessa Browne-Ward | Perth | 12 Feb 89 |
| 1.98 | Alison Inverarity | Ingolstadt | 17 Jul 94 |
| 1.96 | Nicola McDermott | Ostrava | 20 Jun 19 |
| 1.96 | Eleanor Patterson | Townsville | 7 Dec 13 |
| 1.96 | Chris Annison-Stanton | Adelaide | 26 Jun 85 |
| 1.95 | Gai Kapernick | Melbourne | 7 Feb 91 |
| 1.94 | Petrina Price | Cottbus | 8 Aug 09 |
| 1.93 | Katrina Gibbs-Morrow | Edmonton | 11 Aug 78 |
| 1.92 | Hannah Joye | Sydney | 15 Mar 15 |
| 1.91 | Deann Bopf | Brisbane | 4 Jan 90 |
| 1.91 | Andrea Hughes | Perth | 13 Feb 94 |
| 1.91 | Ellen Pettitt | Melbourne | 9 Mar 06 |
| 1.91 | Alysha Burnett | Canberra | 12 Jan 19 |

Pole Vault

| | | | |
|------|--------------------|-------------|-----------|
| 4.81 | Alana Boyd | Sippy Downs | 2 Jul 16 |
| 4.71 | Nina Kennedy | Perth | 9 Feb 18 |
| 4.65 | Kym Howe | Saulheim | 30 Jun 07 |
| 4.60 | Liz Parnov | Townsville | 28 Jun 19 |
| 4.60 | Emma George | Sydney | 20 Feb 99 |
| 4.58 | Tatiana Grigorieva | Daegu | 28 Sep 06 |
| 4.40 | Wendy Young | Adelaide | 20 Mar 04 |
| 4.40 | Vicky Parnov | Saulheim | 30 Jun 07 |
| 4.40 | Amanda Bisk | Perth | 26 Mar 10 |
| 4.35 | Emma Phillippe | Perth | 14 Mar 15 |

AUSTRALIAN ALL-TIME LISTS



Australian all-time list - indoors

| | | | |
|---------------------|------------------------|-------------|-----------|
| 4.72i | Kym Howe | Donetsk | 2 Feb 07 |
| Long Jump | | | |
| 7.05 (+2.0) | Brooke Stratton | Perth | 12 Mar 16 |
| 7.00 (+1.8) | Bronwyn Thompson | Melbourne | 7 Mar 02 |
| 6.87 (+0.1) | Nicole Boegman | Gateshead | 14 Aug 88 |
| 6.86 (+1.5) | Robyne Strong-Lorroway | Canberra | 23 Feb 86 |
| 6.81 (+1.5) | Naa Anang | Sydney | 7 Apr 19 |
| 6.78 (+1.4) | Jane Flemming | Auckland | 2 Feb 90 |
| 6.70 (+1.8) | Lyn Tillet-Jacenko | Brisbane | 18 Mar 78 |
| 6.70 (-0.1) | Chelsea Jaensch | Canberra | 20 Feb 16 |
| 6.66 (-0.8) | Glynis Nunn | Los Angeles | 4 Aug 84 |
| 6.66 (+0.8) | Kerrie Perkins | Melbourne | 9 Mar 06 |
| Triple Jump | | | |
| 14.04 (+2.0) | Nicole Mladenis | Hobart | 9 Mar 02 |
| 13.93 (+0.7) | Linda (Allen) Leverton | Melbourne | 5 Apr 14 |
| 13.54 (+1.3) | Mariklud Viduka | Hobart | 22 Feb 98 |
| 13.54 (+1.1) | Ellen Pettitt | Glasgow | 29 Jul 14 |
| 13.44 (+1.5) | Meggan O'Riley | Gold Coast | 16 Feb 18 |
| 13.37 (-0.7) | Jeanette Bowles | Melbourne | 1 Dec 05 |
| 13.36 (-0.7) | Carmen Miller | Sydney | 24 Aug 96 |
| 13.32 (+1.0) | Valeria Zavyalova | Sydney | 2 Apr 16 |
| 13.28 (+1.7) | Nicole Boegman | Adelaide | 26 Jan 95 |
| 13.26 (+1.3) | Aliyah Johnson | Eugene | 24 Jul 14 |
| 13.26 (+0.9) | Tay-Leiha Clark | Sydney | 1 Apr 17 |
| Shot Put | | | |
| 19.74 | Gael Mulhall-Martin | Berkeley | 4 Jul 84 |
| 18.04 | Astra Vitols | Canberra | 26 Jan 88 |
| 17.64 | Bev Francis | Melbourne | 6 Dec 80 |
| 17.05 | Dani Samuels | Sydney | 2 Mar 14 |
| 16.91 | Sue Reinwald | Melbourne | 29 Oct 83 |
| 16.61 | Lisa-Marie Vizaniari | Victoria | 24 Aug 94 |
| 16.57 | Joanne Mirtschin | Canberra | 6 Apr 10 |
| 16.38 | Jean Roberts | Birmingham | 9 Apr 72 |
| 16.30 | Daniela Costian | Brisbane | 6 Mar 93 |
| 16.22 | Helen Toussis | Brisbane | 18 Jul 98 |
| Discus Throw | | | |
| 69.64 | Dani Samuels | London | 13 Aug 17 |
| 68.72 | Daniela Costian | Auckland | 22 Jan 94 |
| 65.86 | Lisa-Marie Vizaniari | Melbourne | 2 Mar 97 |
| 63.73 | Alison Lever | Sydney | 26 Feb 00 |
| 63.00 | Gael Mulhall-Martin | Melbourne | 11 Jan 79 |
| 60.27 | Taryn Gollshewsky | Perth | 28 Sep 16 |
| 59.91 | Monique Nacsa | Gold Coast | 17 Jan 03 |
| 59.11 | Debbie Pickersgill | Brisbane | 28 Mar 03 |
| 58.53 | Kim Mulhall | La Jolla | 22 Apr 16 |
| 57.30 | Sue Reinwald | Berkeley | 22 Jun 85 |

AUSTRALIAN ALL-TIME LISTS



Hammer Throw

| | | | |
|-------|------------------------|-----------|-----------|
| 71.12 | Bronwyn Eagles | Adelaide | 6 Feb 03 |
| 70.72 | Brooke Krueger-Billett | Sydney | 5 Feb 06 |
| 68.66 | Alex Hulley | Sydney | 6 Aug 17 |
| 67.95 | Debbie Sosimenko | Sydney | 29 Sep 00 |
| 67.53 | Gabrielle Neighbour | Melbourne | 1 Apr 12 |
| 67.44 | Karyne Perkins-Dimarco | Adelaide | 20 Mar 04 |
| 66.90 | Lara Nielsen | Brisbane | 26 Feb 17 |
| 63.15 | Byrony Glass | Canberra | 6 Feb 99 |
| 63.15 | Danielle McConnell | Lexington | 25 May 17 |
| 62.49 | Brenda MacNaughton | Melbourne | 14 Mar 98 |
| 62.38 | Breanne Clement | Sydney | 17 Jan 10 |

Javelin Throw

| | | | |
|-------|-------------------|-------------|-----------|
| 68.92 | Kathryn Mitchell | Gold Coast | 11 Apr 18 |
| 67.70 | Kelsey-Lee Barber | Luzern | 9 Jul 19 |
| 66.83 | Kimberley Mickle | Melbourne | 22 Mar 14 |
| 66.80 | Louise Currey | Gold Coast | 5 Aug 00 |
| 64.62 | Joanna Stone | Gold Coast | 5 Aug 00 |
| 60.36 | Mackenzie Little | Eugene | 7 Jun 18 |
| 58.95 | Cecilia McIntosh | Szombathely | 16 Jul 02 |
| 58.59 | Rosie Hooper | Ballarat | 28 Jan 06 |
| 57.74 | Laura Cornford | Sydney | 19 Mar 11 |
| 56.01 | Annabel Thomson | Grosseto | 5 Jul 04 |

Heptathlon

| | | | |
|-------|-----------------------------|--------------|-----------|
| 6695 | Jane Flemming | Auckland | 28 Jan 90 |
| 6387 | Glynis Saunders-Nunn-Cearns | Los Angeles | 4 Aug 84 |
| 6369 | Kylie Wheeler | Beijing | 16 Aug 08 |
| 6354 | Jane Jamieson | Kuala Lumpur | 17 Sep 98 |
| 6118w | Sharon Jaklofsky | Sydney | 3 Dec 89 |
| 5958 | Clare Thompson | Darwin | 8 Jul 00 |
| 5938 | Chris Annison-Stanton | Perth | 4 Mar 85 |
| 5915 | Celeste Mucci | Gold Coast | 13 Apr 18 |
| 5895w | Kylie Coombe | Sydney | 3 Dec 89 |
| 5883 | Jo Millar-Cubit | Brisbane | 14 Apr 85 |

RECORDS



Records courtesy of Rhonda Jenkins

MEN

100m

| | | | | |
|--------------|------|---------|--------|-----------------------|
| Commonwealth | 9.58 | 16/8/09 | Berlin | Usain Bolt (JAM) |
| Oceania | 9.93 | 5/5/03 | Mito | Patrick Johnson (AUS) |
| Australian | 9.93 | 5/5/03 | Mito | Patrick Johnson (ACT) |

200m

| | | | | |
|--------------|-------|----------|-------------|--------------------|
| Commonwealth | 19.19 | 20/8/09 | Berlin | Usain Bolt (JAM) |
| Oceania | 20.06 | 16/10/68 | Mexico City | Peter Norman (AUS) |
| Australian | 20.06 | 16/10/68 | Mexico City | Peter Norman (VIC) |

400m

| | | | | |
|--------------|-------|---------|-------|-------------------------|
| Commonwealth | 43.03 | 14/8/16 | Rio | Wayde van Niekerk (RSA) |
| Oceania | 44.38 | 26/9/88 | Seoul | Darren Clark (AUS) |
| Australian | 44.38 | 26/9/88 | Seoul | Darren Clark (NSW) |

800m

| | | | | |
|--------------|---------|---------|--------|---------------------|
| Commonwealth | 1:40.91 | 9/8/12 | London | David Rudisha (KEN) |
| Oceania | 1:44.21 | 20/7/18 | Monaco | Joseph Deng (AUS) |
| Australian | 1:44.21 | 20/7/18 | Monaco | Joseph Deng (VIC) |

1500m

| | | | | |
|--------------|---------|----------|----------|---------------------|
| Commonwealth | 3:26.34 | 24/8/01 | Brussels | Bernard Lagat (KEN) |
| Oceania | 3:29.66 | 17/07/15 | Monaco | Nick Willis (NZL) |
| Australian | 3:31.06 | 22/07/10 | Monaco | Ryan Gregson (NSW) |

5000m

| | | | | |
|--------------|----------|---------|----------|---------------------|
| Commonwealth | 12:39.74 | 22/8/97 | Brussels | Daniel Komen (KEN) |
| Oceania | 12:55.76 | 30/7/04 | London | Craig Mottram (AUS) |
| Australian | 12:55.76 | 30/7/04 | London | Craig Mottram (VIC) |

10,000m

| | | | | |
|--------------|----------|---------|-----------|-----------------------|
| Commonwealth | 26:27.85 | 22/8/97 | Brussels | Paul Tergat (KEN) |
| Oceania | 27:24.95 | 1/5/11 | Palo Alto | Ben St Lawrence (AUS) |
| Australian | 27:24.95 | 1/5/11 | Palo Alto | Ben St Lawrence (NSW) |

Marathon

| | | | | |
|--------------|---------|---------|--------|-----------------------|
| Commonwealth | 2:01.39 | 16/9/18 | Berlin | Eliud Kipchoge (KEN) |
| Oceania | 2:07.51 | 22/4/86 | Boston | Rob de Castella (AUS) |
| Australian | 2:07.51 | 22/4/86 | Boston | Rob de Castella (VIC) |

3000m Steeplechase

| | | | | |
|--------------|---------|---------|---------|-----------------------|
| Commonwealth | 7:53.64 | 22/7/11 | Monaco | Brimin Kipruto (KEN) |
| Oceania | 8:14.05 | 29/8/84 | Koblenz | Peter Renner (NZL) |
| Australian | 8:16.22 | 2/7/93 | Lille | Shaun Creighton (VIC) |

110m Hurdles

| | | | | |
|--------------|-------|---------|----------|------------------------|
| Commonwealth | 12.90 | 24/6/17 | Kingston | Omar McLeod (JAM) |
| Oceania | 13.29 | 11/8/95 | Goteborg | Kyle Vander-Kuyp (AUS) |
| Australian | 13.29 | 11/8/95 | Goteborg | Kyle Vander-Kuyp (VIC) |

RECORDS



400m Hurdles

| | | | | |
|--------------|-------|---------|---------|----------------------|
| Commonwealth | 47.02 | 8/6/18 | Eugene | Rai Benjamin (ANT) |
| Oceania | 48.28 | 31/7/96 | Atlanta | Rohan Robinson (AUS) |
| Australian | 48.28 | 31/7/96 | Atlanta | Rohan Robinson (VIC) |

20km Walk

| | | | | |
|--------------|---------|---------|-----------|---------------------|
| Commonwealth | 1:17:33 | 23/4/05 | Cixi City | Nathan Deakes (AUS) |
| Oceania | 1:17:33 | 23/4/05 | Cixi City | Nathan Deakes (AUS) |
| Australian | 1:17:33 | 23/4/05 | Cixi City | Nathan Deakes (VIC) |

50km Walk

| | | | | |
|--------------|---------|--------|---------|---------------------|
| Commonwealth | 3:35:47 | 2/6/06 | Geelong | Nathan Deakes (AUS) |
| Oceania | 3:35:47 | 2/6/06 | Geelong | Nathan Deakes (AUS) |
| Australian | 3:35:47 | 2/6/06 | Geelong | Nathan Deakes (VIC) |

4x100m Relay

| | | | | |
|--------------|-------|---------|----------|---|
| Commonwealth | 36.84 | 12/8/12 | London | Jamaica (Carter, Frater, Bolt, Blake) |
| Oceania | 38.17 | 12/8/95 | Goteborg | Australia (Brimacombe, Henderson, Jackson, Marsh) |
| | 38.17 | 11/8/12 | London | Australia (Alozie, Ntiamoah, McCabe, Ross) |
| Australian | 38.17 | 12/8/95 | Goteborg | Australia (Brimacombe, Henderson, Jackson, Marsh) |
| | 38.17 | 11/8/12 | London | Australia (Alozie, Ntiamoah, McCabe, Ross) |

4x400m relay

| | | | | |
|--------------|---------|---------|-------------|--|
| Commonwealth | 2:56.72 | 10/8/12 | London | Bahamas (Brown, Pinder, Richardson, Black) |
| Oceania | 2:59.70 | 11/8/84 | Los Angeles | Australia (Clark, Frayne, Minihan, Mitchell) |
| Australian | 2:59.70 | 11/8/84 | Los Angeles | Australia (Clark, Frayne, Minihan, Mitchell) |

High Jump

| | | | | |
|--------------|------|---------|------------|---------------------|
| Commonwealth | 2.40 | 25/4/14 | Des Moines | Derek Drouin (CAN) |
| Oceania | 2.36 | 2/3/97 | Melbourne | Tim Forsyth (AUS) |
| | 2.36 | 26/8/18 | Eberstadt | Brandon Starc (AUS) |
| Australian | 2.36 | 2/3/97 | Melbourne | Tim Forsyth (VIC) |
| | 2.36 | 26/8/18 | Eberstadt | Brandon Starc (VIC) |

Pole Vault

| | | | | |
|--------------|-------|--------|--------|--------------------|
| Commonwealth | 6.06i | 7/2/09 | Boston | Steve Hooker (AUS) |
| Oceania | 6.06i | 7/2/09 | Boston | Steve Hooker (AUS) |
| Australian | 6.06i | 7/2/09 | Boston | Steve Hooker (WA) |

Long Jump

| | | | | |
|--------------|------|---------|---------------|---------------------|
| Commonwealth | 8.65 | 22/4/17 | Potchefstroom | Luvo Manyonga (RSA) |
| Oceania | 8.54 | 29/7/11 | Stockholm | Mitchell Watt (AUS) |
| Australian | 8.54 | 29/7/11 | Stockholm | Mitchell Watt (QLD) |

RECORDS



Triple Jump

| | | | | |
|--------------|-------|--------|------------|------------------------|
| Commonwealth | 18.29 | 7/8/95 | Gothenburg | Jonathan Edwards (GBR) |
| Oceania | 17.46 | 7/8/82 | London | Ken Lorroway (AUS) |
| Australian | 17.46 | 7/8/82 | London | Ken Lorroway (ACT) |

Shot Put

| | | | | |
|--------------|-------|---------|----------|-------------------------|
| Commonwealth | 22.67 | 25/3/18 | Auckland | Tom Walsh (NZL) |
| Oceania | 22.67 | 25/3/18 | Auckland | Tom Walsh (NZL) |
| Australian | 21.35 | 28/8/17 | Zagreb | Damien Birkinhead (VIC) |

Discus Throw

| | | | | |
|--------------|-------|---------|-------------------|----------------------|
| Commonwealth | 70.32 | 26/5/02 | Salon-de-Provence | Frantz Kruger (RSA) |
| Oceania | 68.20 | 10/5/13 | Townsville | Benn Harradine (AUS) |
| Australian | 68.20 | 10/5/13 | Townsville | Benn Harradine (VIC) |

Hammer Throw

| | | | | |
|--------------|-------|---------|----------|----------------------|
| Commonwealth | 80.63 | 15/4/05 | Durban | Chris Harmse (RSA) |
| Oceania | 79.29 | 6/7/02 | Varazdin | Stuart Rendell (AUS) |
| Australian | 79.29 | 6/7/02 | Varazdin | Stuart Rendell (ACT) |

Javelin Throw

| | | | | |
|--------------|-------|---------|----------|-------------------------|
| Commonwealth | 92.72 | 26/8/15 | Beijing | Julius Tego (KEN) |
| Oceania | 89.02 | 29/2/08 | Brisbane | Jarrold Bannister (AUS) |
| Australian | 89.02 | 29/2/08 | Brisbane | Jarrold Bannister (VIC) |

Decathlon

| | | | | |
|--------------|------|---------|--------------|----------------------|
| Commonwealth | 8847 | 9/8/84 | Los Angeles | Daley Thompson (GBR) |
| Oceania | 8490 | 18/9/98 | Kuala Lumpur | Jagan Hames (AUS) |
| Australian | 8490 | 18/9/98 | Kuala Lumpur | Jagan Hames (SA) |

RECORDS



WOMEN

100m

| | | | | |
|--------------|-------|---------|----------|-------------------------------|
| Commonwealth | 10.70 | 29/6/12 | Kingston | Shelly-Ann Fraser-Pryce (JAM) |
| Oceania | 11.11 | 9/2/14 | Canberra | Melissa Breen (AUS) |
| Australian | 11.11 | 9/2/14 | Canberra | Melissa Breen (ACT) |

200m

| | | | | |
|--------------|-------|---------|-----------|---------------------------------|
| Commonwealth | 21.64 | 13/9/91 | Brussels | Merlene Ottey (JAM) |
| Oceania | 22.23 | 13/7/97 | Stuttgart | Melinda Gainsford- Taylor (AUS) |
| Australian | 22.23 | 13/7/97 | Stuttgart | Melinda Gainsford- Taylor (NSW) |

400m

| | | | | |
|--------------|-------|---------|---------|---------------------|
| Commonwealth | 48.63 | 29/6/96 | Atlanta | Cathy Freeman (AUS) |
| Oceania | 48.63 | 29/7/96 | Atlanta | Cathy Freeman (AUS) |
| Australian | 48.63 | 29/7/96 | Atlanta | Cathy Freeman (VIC) |

800m

| | | | | |
|--------------|---------|---------|---------|-----------------------|
| Commonwealth | 1:54.01 | 29/8/08 | Zurich | Pamela Jelimo (KEN) |
| Oceania | 1:58.25 | 27/7/96 | Atlanta | Toni Hodgkinson (NZL) |
| Australian | 1:58.78 | 21/7/19 | London | Catriona Bisset (VIC) |

1500m

| | | | | |
|--------------|---------|----------|--------|-------------------|
| Commonwealth | 3:55.22 | 27/08/16 | Paris | Laura Muir (GBR) |
| Oceania | 4:00.86 | 22/7/18 | London | Linden Hall (AUS) |
| Australian | 4:00.86 | 22/7/18 | London | Linden Hall (VIC) |

5000m

| | | | | |
|--------------|----------|---------|--------|-----------------------|
| Commonwealth | 14:18.37 | 8/6/17 | Rome | Hellen Obiri (KEN) |
| Oceania | 14:45.93 | 11/7/08 | Roma | Kimberley Smith (NZL) |
| Australian | 14:47.60 | 6/9/02 | Berlin | Benita Willis (QLD) |

10,000m

| | | | | |
|--------------|----------|---------|-----------|-------------------------|
| Commonwealth | 29:32.53 | 12/8/16 | Rio | Vivian Cherruiyot (KEN) |
| Oceania | 30:35.54 | 4/5/08 | Palo Alto | Kimberley Smith (NZL) |
| Australian | 30:37.68 | 23/8/03 | Paris | Benita Willis (QLD/Vic) |

Marathon

| | | | | |
|--------------|---------|----------|---------|-------------------------|
| Commonwealth | 2:15:25 | 13/4/03 | London | Paula Radcliffe (GBR) |
| Oceania | 2:22:36 | 22/10/06 | Chicago | Benita Willis (AUS) |
| Australian | 2:22:36 | 22/10/06 | Chicago | Benita Willis (QLD/Vic) |

3000m Steeplechase

| | | | | |
|--------------|---------|---------|--------|--------------------------|
| Commonwealth | 8:44.32 | 20/7/18 | Monaco | Beatrice Chepkoech (KEN) |
| Oceania | 9:14.28 | 27/8/16 | Paris | Genevieve La Caze (AUS) |
| Australian | 9:14.28 | 27/8/16 | Paris | Genevieve La Caze (QLD) |

RECORDS



100m Hurdles

| | | | | |
|--------------|-------|--------|-------|---------------------|
| Commonwealth | 12.28 | 3/9/11 | Daegu | Sally Pearson (AUS) |
| Oceania | 12.28 | 3/9/11 | Daegu | Sally Pearson (AUS) |
| Australian | 12.28 | 3/9/11 | Daegu | Sally Pearson (QLD) |

400m Hurdles

| | | | | |
|--------------|-------|---------|--------|----------------------------|
| Commonwealth | 52.42 | 20/8/09 | Berlin | Melaine Walker (JAM) |
| Oceania | 53.17 | 28/9/88 | Seoul | Debbie Flintoff-King (AUS) |
| Australian | 53.17 | 28/9/88 | Seoul | Debbie Flintoff-King (VIC) |

20km Walk

| | | | | |
|--------------|---------|--------|----------|--------------------|
| Commonwealth | 1:27:44 | 2/5/04 | Naumburg | Jane Saville (AUS) |
| Oceania | 1:27:44 | 2/5/04 | Naumburg | Jane Saville (AUS) |
| Australian | 1:27:44 | 2/5/04 | Naumburg | Jane Saville (NSW) |

50km Walk

| | | | | |
|--------------|---------|--------|---------|--------------------|
| Commonwealth | 4:09:33 | 5/5/18 | Taicang | Claire Woods (AUS) |
| Oceania | 4:09:33 | 5/5/18 | Taicang | Claire Woods (AUS) |
| Australian | 4:09:33 | 5/5/18 | Taicang | Claire Woods (SA) |

4x100m Relay

| | | | | |
|--------------|--------|---------|-------------|---|
| Commonwealth | 41.07 | 29/8/15 | Beijing | Jamaica (Campbell-Brown, Morrison, Thompsn, Fraser-Pryce) |
| Oceania | 42.99A | 18/3/00 | Pietersburg | Australia (Massey, Broadrick, Lambert, Gainsford-Taylor) |
| Australian | 42.99A | 18/3/00 | Pietersburg | Australia (Massey, Broadrick, Lambert, Gainsford-Taylor) |

4x400m Relay

| | | | | |
|--------------|---------|---------|--------|---|
| Commonwealth | 3:18.71 | 3/09/11 | Daegu | Jamaica (Whyte, Prendergast, Williams-Mills, S. Williams) |
| Oceania | 3:23.81 | 30/9/00 | Sydney | Australia (Peris, Lewis, Gainsford-Taylor, Freeman) |
| Australian | 3:23.81 | 30/9/00 | Sydney | Australia (Peris, Lewis, Gainsford-Taylor, Freeman) |

High Jump

| | | | | |
|--------------|------|---------|-------------------|---------------------------|
| Commonwealth | 2.06 | 31/8/03 | Paris Saint-Denis | Hestrie Cloete (RSA) |
| Oceania | 1.98 | 12/2/89 | Perth | Vanessa Browne-Ward (AUS) |
| | 1.98 | 17/7/94 | Ingolstadt | Alison Inverarity (AUS) |
| Australian | 1.98 | 12/2/89 | Perth | Vanessa Browne-Ward (WA) |
| | 1.98 | 17/7/94 | Ingolstadt | Alison Inverarity (WA) |

Pole Vault

| | | | | |
|--------------|------|---------|-------------|-----------------------|
| Commonwealth | 4.94 | 17/7/18 | Jockgrim | Eliza McCartney (NZL) |
| Oceania | 4.94 | 17/7/18 | Jockgrim | Eliza McCartney (NZL) |
| Australian | 4.81 | 2/7/16 | Sippy Downs | Alana Boyd (Qld) |

Long Jump

| | | | | |
|--------------|-------|---------|------------------|-----------------------|
| Commonwealth | 7.16A | 22/5/04 | Ciudad De Mexico | Elva Goulbourne (JAM) |
| Oceania | 7.05 | 12/3/16 | Perth | Brooke Stratton (AUS) |
| Australian | 7.05 | 12/3/16 | Perth | Brooke Stratton (VIC) |

RECORDS



Triple jump

| | | | | |
|--------------|-------|---------|---------|------------------------|
| Commonwealth | 15.39 | 17/8/08 | Beijing | Francoise Mbango (CMR) |
| Oceania | 14.04 | 9/3/02 | Hobart | Nicole Mladenis (AUS) |
| | 14.04 | 7/12/03 | Perth | Nicole Mladenis (AUS) |
| Australian | 14.04 | 9/3/02 | Hobart | Nicole Mladenis (WA) |
| | 14.04 | 7/12/03 | Perth | Nicole Mladenis (WA) |

Shot Put

| | | | | |
|--------------|-------|---------|----------|---------------------|
| Commonwealth | 21.24 | 29/8/11 | Daegu | Valerie Adams (NZL) |
| Oceania | 21.24 | 29/8/11 | Daegu | Valerie Adams (NZL) |
| Australian | 19.74 | 14/7/84 | Berkeley | Gael Martin (VIC) |

Discus Throw

| | | | | |
|--------------|-------|---------|--------|--------------------|
| Commonwealth | 69.64 | 13/8/17 | London | Dani Stevens (AUS) |
| Oceania | 69.64 | 13/8/17 | London | Dani Stevens (AUS) |
| Australian | 69.64 | 13/8/17 | London | Dani Stevens (AUS) |

Hammer Throw

| | | | | |
|--------------|-------|---------|----------|-----------------------|
| Commonwealth | 75.73 | 22/5/14 | Tucson | Sultana Frizell (CAN) |
| Oceania | 71.12 | 6/2/03 | Adelaide | Bronwyn Eagles (AUS) |
| Australian | 71.12 | 6/2/03 | Adelaide | Bronwyn Eagles (NSW) |

Javelin Throw

| | | | | |
|--------------|-------|---------|------------|------------------------|
| Commonwealth | 69.35 | 9/6/12 | New York | Sunette Viljoen (RSA) |
| Oceania | 68.92 | 11/4/18 | Gold Coast | Kathryn Mitchell (AUS) |
| Australian | 68.92 | 11/4/18 | Gold Coast | Kathryn Mitchell (VIC) |

Heptathlon

| | | | | |
|--------------|------|---------|----------|---------------------|
| Commonwealth | 6955 | 4/8/12 | London | Jessica Ennis (GBR) |
| Oceania | 6695 | 28/1/90 | Auckland | Jane Flemming (AUS) |
| Australian | 6695 | 28/1/90 | Auckland | Jane Flemming (VIC) |



ATHLETE BIO'S

compiled by David Tarbotton

DIADORA





Joel BADEN

DOB: 1 Feb 1996

Club & State: Melbourne University, VIC

Resident: Melbourne

Occupation: Student (Science at Melbourne Uni)

Event & PBs: High Jump 2.30m (Sydney AUS, 6 Apr 2019)

Coach: Sandro Bisetto

Social Media (Twitter/Instagram): -/Joel_baden

International Champs & medals:

World Juniors (2014)

World Championships (2015)

Olympic Games (2016)

Commonwealth Games (2018)

Joel Baden grew up in Geelong and started athletics when his parents took him to Little Athletics. Between 16 and 18-years, his high jump best gradually rose from 2.12 to 2.20m. It earned him a berth at the 2014 IAAF World Juniors where he made the final. Seemingly his first experience on the international stage spurred him on as three months later, at a schoolboy meet in Melbourne, he cleared an extraordinary 2.29m, winning the competition by 34cm. The clearance delivered him a qualifier for the 2015 IAAF World Championships where, as a teenager, he performed well clearing 2.26m and was just one height short of a finals berth. During the 2015/16 domestic season, he managed a best of 2.24m and placed second at the nationals. He required 2.29m to qualify for Rio, a height he achieved in late June in Cairns. In Rio, he cleared 2.17m in the qualifying rounds. He won the 2017 Australian Championships with a modest 2.18m.

It was a strong start to the 2018 domestic season for Baden with two 2.20m leaps and a 2.24m clearance. The defending national champion placed equal second at the 2018 Australian Championships with a height of 2.21m. At the Commonwealth Games he was knocked out in the qualifying rounds with a clearance of 2.15m. Following a 2018/19 domestic season with a best of just 2.20m, at the national championships, Joel was a surprise winner at a PB height of 2.30m (= #5 Australian all-time), securing a Doha World Championships qualifier.

Hobbies/Interests - Playing and producing music, philosophy and science...**Influence** - "My coach Sandro Bisetto would be one of them. He took me under his wing when I was in early high school, which was a huge change and benefit to my jumping, especially given his experience and history coaching some of the best Australian high jumpers, including Olympic bronze medallist and national record holder Tim Forsyth. He's a great mentor."



Kelsey-Lee BARBER

DOB: 20 Sept 1991

Club & State: South Canberra Tuggeranong, ACT

Resident: Canberra

Event & PB: Javelin 67.70m (Luzern SWI, 9 Jul 2019)

Coach: Mike Barber

Social Media (Twitter/Instagram):
@thatjavelingirl/kelsey_roberts

International Champs & medals:
Commonwealth games (2014 bronze, 2018 silver)
Continental Cup: (2018)
World Championships (2015, 2017)
Olympics (2016)

Kelsey-Lee dreamed of being an Olympian at a young age and competed in athletics throughout high school. After moving to Canberra in 2007 she took athletics more seriously and soon had a throws coach before making her mark in open division a few years after finishing high school. "My javelin really took off in 2008 when I won the Pacific School Games in Canberra. It was after winning this that I knew it was javelin that I wanted to pursue to the highest level, the Olympics."

She made a breakthrough in 2013, adding six metres to her personal best and reaching 58.58m. The next year she made her international debut at the 2014 Glasgow Commonwealth Games winning a bronze medal. Injuries in 2015 and 2016 (back stress fracture) hampered her 2015 World Championships and 2016 Olympics campaigns where she didn't progress to the final. In 2017, she won her first Australian title and then in Europe improved her PB on a few occasions placing 10th in the final at the London World Championships. Set a PB of 64.57m at the Commonwealth Games trials and then at the Gold Coast Commonwealth Games moved from third to second on the last throw.

After a late season start in 2019 she won the national title. Then in June & July 2019 a massive breakthrough with fourth throws over 65 metres in four weeks including 67.70m in Luzern which moved her to number two in the world for the year, number two Australian all-time and number 12 in history.

Nickname – Kels...**Education** - Sport Coaching and Exercise Science at University of Canberra (2010-2014)...**Hobbies** - Cooking and outdoor activities - hiking, rock climbing, snowboarding...**Sporting ambition** - Podium at the Olympics and World Championships...**Memorable sporting achievement** - second place at the Diamond League Final in 2017 and more recently my PB throw in Luzern in 2019...**Memorable sporting moment** – Commonwealth Games silver in 2018. "Using the support of the home crowd in round six to win the silver..."**Influential person** – "My parents have always played a big part in allowing me to pursue my sport, but mum has been especially influential. From an early age she always encouraged me to believe in my dreams and go after them. I'm so thankful for her support day in and day out..."**Advice to your young self** – "Take a moment to enjoy and appreciate the good times/special moments in your sporting journey."**Famous relatives** - Uncle, Tom Murtagh - part of the special effects crew that worked on the Bond Films...Other sports - U19 Nationals for ACT Netball...Interesting facts - Moved to Australia age 9 from South Africa.



Brianna BEAHAN

DOB: 1 Nov 1991

Club & State: Uni of WA, WA

Resident: Perth

Occupation: Student (occupational therapy) and paralegal at Legal Aid

Event & PBs: 100m hurdles 13.02 (Perth AUS, 13 Jan 2018), 100m 11.54 (Perth AUS, 12 Mar 2016)

Coach: Ryan Purcell

Social Media (Twitter/Instagram):

@BriannaBeahan / brianna_beahan

International Champs & medals:

Commonwealth Youth Games: (2008 100H bronze, 4x100 silver)

World University Games (2013)

World Relays (2015, 2019)

Commonwealth Games (2018)

Brianna, an active child, started in the sport when her mother enrolled her in Little Athletics aged 10 as she had an interest in sport. It was prompted by Betty Cuthbert (who lived next to her Aunt) telling her she had sprinters calves. She has always been a strong sprinter, alongside her speciality the short hurdles. At age 15 she was second at the national schools in a quick 100m time of 12.09w. During her 20s she steadily improved her PBs. There was major progress in 2015 when Brianna was 23. During that summer she brought her hurdles best down from 13.48 to 13.18. Her speed was impressive too running 11.63, which earned her a place in the Australian 4x100m relay team which competed at the 2015 IAAF World Relays.

More progress in the Olympic year 2016 down to 13.03, she remained 0.03 seconds outside a Rio qualifier. She ran a windy 12.96 (2.3m/s) in 2017, then a PB 13.02 in January 2018 and third at the Commonwealth Games trials saw her compete at the Games where she placed fifth on the Gold Coast. In 2019 she was second at nationals and first at the Oceania Championships.

Nickname/s - Beejay, Beej, B, BB Gun, Bri, Hobbies - Photography, hiking, coastal walks, coffee, green thumb...

Education - Bachelor of Science (Occupational therapy) at Edith Cowan University...**Memorable moment** - "Winning first national title in 2006 for the 90m hurdle, qualifying for the World University Games in Kazan, Russia and 2018 Commonwealth games finalist in the 100m hurdles"...

Hero - Sally Pearson "Looked up to her and her ability."...

Influence - coaches Alan Savage and Ryan Purcell and parents...Primary/secondary school Connolly Primary and Ocean Reef Senior H...

Sporting ambition - "Ultimately, to be an Olympic finalist."...**First junior club** - Joondalup **Little Athletics Club**...

Advice to your young self - "Be patient and trust the process. Especially enjoy the ride, at times it may feel as though it's a long road, but, in the scheme of things it's pretty short! So, make every moment count."...

Interesting facts - "I'm a cat mum!"



Alex BECK

DOB: 7 Feb 1992

State: QLD

Resident: Gold Coast

Occupation: physiotherapist

Event & PB: 400m 45.91 (Gwangju KOR, 10 Jul 2015)

Coach: Mark Ladbrook

Social Media (Twitter/Instagram):
@alexbeck400/alexbeck400

International Champs & medals:
World Youth Championships (2009)
World Championships (2013)
World Relays (2014, 2015, 2019)
World University Games (2015)
Commonwealth Games (2014, 2018)

Alex Beck made his international debut at the World Youth Championships in 2009 where he progressed to the 400m semi and helped the medley relay to seventh in the final. He next appeared in the green and gold aged 21 at the 2013 World Championships. He ran on the national team for the next few years including clocking his current PB of 45.91 at the 2015 World University Games. He missed national selection from 2016 to 2018, but returned in 2019 at the World Relays. From 2012 he made eight consecutive appearances on the podium in the national 400m.

Work – In 2014 he co-Founder NameFast Track Physiotherapy



Ellie BEER

DOB: 3 Jan 2003

Club & State: Ignition/Vikings Athletics, QLD

Resident: Gold Coast

Occupation: High school student

Event & PB: 400m 52.53 (Brisbane AUS, 23 Mar 2019)

Coach: Brett Robinson

Social Media (Twitter/Instagram):
@elbellbeer

International Champs & medals:
World Relays (2019)

Athletics and sprinting have been a feature of Ellie Beer's family and therefore it was no surprise she has followed the family business. When Ellie was aged six she started Gold Coast Little Athletics and Nippers at Currumbin Surf Club and has gone undefeated in state and national Beach sprints in her age. By the age of 14, in 2017, she had already clocked 54.83 in the 400m and on the beach won the Australian under-14 flags and beach sprint titles. In February 2018, she placed seventh in the Commonwealth Games trials clocking a PB 54.44. In March she won the national U16 200/400m double and in December the national U16 200/400m double, losing the year with PBs of 23.94/53.55. In the 2019 summer she won the Australian U17 200/400m double, but her major achievement was winning the Brisbane Track Classic 400m in a 0.9 seconds PB time of 52.53 to become the fourth fastest U18 in Australian history.

She was selected in the Australian team for the World Relays where she assisted the team to place fifth in the final. Her selection in the Australian team for the 2019 World Championships aged 16 years and 268 days, makes her the youngest ever Australian selected for the championships.

Education - Year 11 at Marymount College on the Gold Coast...**hobbies** - Oz Tag, touch football, the beach, travelling...**What is your sporting ambition** - 400m at the Olympics...**Memorable sporting achievement** - Winning her first Aussie Beach sprint title in 2017 and then in the same week winning the Australian U15 200m and 400m titles...**Hero** - "Cathy Freeman and my family because they are there for me all the time"...**Influential** - "My coach Brett Robinson. I have been with him since I was young and he has been slowly building my program ensuring I don't burn out. We have a long term plan!"...**Advice to your young self** - "Keep training hard, be positive and most of all be a good person."...**Sporting relatives** - My mum ran at State level as a 200m runner. My Aunty - an Australian and World Beach Sprint champion...**Other sports** - Queensland rep in OzTag and Surf lifesaving. Has never lost a Queensland or Australian Beach Sprint title for her age. Unfortunately, this year the Australian Athletics and Surf lifesaving titles clashed...

Nickname - El and Elbell...**Interesting facts** - "I am known for my long socks. It started when I was young and my mum would put me in bright long socks so she could pick me out when I ran. Now they are a bit of a trademark and I never race without them"...."People tell me I have a cool surname. In 2018 when I made the Australian open 400m final on the Gold Coast my friends came to watch and one of my friend's dad made up hats with 'Only here for the BEER' printed on them. It was pretty funny and they were pretty loud."



Rebecca BENNETT

DOB: 1 Mar 1999

Club & State: Sydney University, NSW

Resident: Sydney

Occupation: student

Event & PB: 400m 53.64 (Sydney AUS, 4 Apr 2019)

Coach: Mike Hurst

International Champs & medals:
World Relays (2019)

An Australian representative at the World Skipping Championships, steady progress over the last few years has seen Rebecca Bennett earn selection in the Australian team for the World Athletics Championships.

Rebecca started to emerge in late 2015, just missing the medals in the U18 400m at the Australian All Schools. Later that summer (2016) she ran an impressive PB of 55.74 and represented Australia at the Melanesian Championships in Suva. In March 2017 she was fourth in the national U20 400m.

It would take nearly two years to break her PB, until December 2018 when she started a run of five PBs in six races. Her remarkable progression was 2018 - (Dec) 55.31, 2019 - (Jan) 54.98, (Mar) 54.67, 54.51, 53.64. She also wound up fourth in the 400m at the national championships. She was selected to compete at the World Relays in May, but did not start in the final team.



Dane BIRD-SMITH

DOB: 15 Jul 1992

Coach: David Smith

Club & State: Queensland racewalking, QLD

Resident: Brisbane

Event & PB: 20km Walk 1:19.28 (London GBR, 13 Aug 17)

Social Media (Twitter/Instagram):
@dozwalker92/dbirds92

International Champs & medals (senior):

World Championships (2013, 2015, 2017)
Olympic Games (2016 - bronze)
Race Walking World Cup (2012, 2014, 2016, 2018)
Commonwealth Games (2018 - gold)
World University Games (2015 - gold)

Dane Bird-Smith was a talented all-round junior athlete, not just in race walking, but sprinting. He won a national under-20 title with Queensland as a member of their 4x400m relay. In junior race walking he achieved two top-8 places in the 10,000m walk at IAAF junior events and also represented Australia as a junior at the World Mountain Running Championships.

He made his senior debut at the 2012 World Race Walking Cup. At just 21-years-old he achieved a stunning 11th in the 20km walk at the 2013 IAAF World Championships in Russia. It was the same course his father and coach Dave Smith had competed on 33 years earlier at the 1980 Moscow Olympics.

He continued to progress in 2015 placing eighth at the World Championships and won the World University Games title. In his Olympic debut in Rio, he was magnificent, placing third and winning bronze in a PB time of 1:19.37. In 2017 he continued his brilliant form clocking a personal best of 1:19.28 on the years' major stage, the 2017 World Championships where he placed sixth. It was his third appearance at the world championships and now has placed 11th, 8th and 6th, all better than his father/coach Dave Smith who placed a best of 15th in the '80s.

In his home state of Queensland, he was supreme at the Gold Coast Commonwealth Games winning gold in the 20km walk. Hamstring problems in 2018 hampered his competition program.

Education - Bachelor of Health Sport and Physical Education - Uni of Queensland (2015 -) ...**Family** - Dane's father/coach Dave Smith is a dual Olympian. His dad's 20km walk PB remains six seconds faster...in late 2017 he married Katy...**Nickname** - Danish...**Start in sport** - his father encouraged him into athletics from a young age. Initially a sprinter, until he took up race walking as a teenager. "All my life I have been surrounded by the track. The week I was born dad took me to training. I do recall at some stage being pushed around in a pram on a track. I never really chose race walking, it just happened along the way at high school." He has been involved in athletics from a young age, and first tried race walking as a teenager. The school needed someone to take part in the race walk at a competition, and he had free time between his running events, so he gave it a go"...**Memorable sporting achievement** - "Rio bronze medal means the most to me as it was the Olympic dream fulfilled."...**Memorable sporting moment** - "Start line of the Commonwealth Games Gold Coast was so proud because I was there to race against all odds and after battling with mental health. I committed to the race and to enjoying myself in competition again."



Catriona BISSET

DOB: 1 Mar 1994

Club & State: Melbourne/Sydney Unis, VIC

Resident: Melbourne

Occupation: Student (Master of Architecture)

Event & PB: 800m 1:58.78 (London GBR, 21 July 2019)

Coach: Peter Fortune

Social Media (Twitter/Instagram):
@catrionabisset/catrionabisset

International Champs & medals:

World Relays (2019, 2x2x400m mixed relay silver)
World University Games [2019 gold]

Catriona Bisset started running in Little Athletics in under 7s in Canberra and for sport in primary and high school making it to the national championships. For about four years from her late teens when she was at University in Sydney she ran recreationally. She had given up competition for years as she suffered through an eating disorder, anxiety and depression in her late teens and early 20s. But she returned: "I took up competitive running at 22 years." She also moved to Melbourne, continued her studies and commencing training under coach Peter Fortune. During her first summer with Fortune she ran a modest 2:09 for the 800m. During the summer of 2018 she continued to progress bring her PB down to 2:03.48, but was run out in the heats of the Commonwealth Games trials.

She opened her breakthrough 2019 summer with just 2:05 in January, but through February, March and April it tumbled with PBs of 2:03.35, 2:03.03, 2:01.27, 2:00.48 and 1:59.78. She won the national title and in June & July added the Oceania and World University Games titles.

In many of these races she had led throughout the race and went undefeated (over 800m) from March until July. She received a call up to race in the London Diamond League and with a pacemaker and a strong field she broke the national 800m record clocking 1:58.78. At 43 years 143 days, it was the second oldest Australian record (behind Peter Norman's 200m).

Education - Architectural Studies UNSW in Sydney (graduated 2014), Master of Architecture and Diploma in Languages (Chinese) at Melb Uni (current)...**Hobbies** - cycling, cooking, reading, podcast listening and cuddling Plum, my greyhound...**Sporting ambition** - "to run every race honestly, without fear of failure, and to support my competitors and teammates"...**Memorable sporting achievement** - "Winning the national 800m and sharing it with all my friends and family who came to watch. My parents and sister surprised her by coming along"...**Memorable sporting moment** - "Sharing a moment with a competitor at the World University Games who I had raced a few months before in Japan for the World Relays. She's Japanese and neither of us spoke the other's language so when we met all we did was say "hello", clasp each other's hands, and smile at each other. I loved how we could be friends simply through the shared experience of athletics"...**Influence** - "My coach, Peter Fortune. Like all coach/athlete relationships, it's not perfect, but he's given me the space to figure out what kind of athlete I am. "...**Advice to your young self** - "Ask for help and be vulnerable"...**Famous relatives** - older sister is Jennifer Bisset, former W-League soccer player...**Nickname** - Trina...**Interesting facts** - Her mother is from Nanjing, China. She is studying Chinese but not yet fluent. Went vegan several years ago after coming to terms with the animal welfare and environmental impact of industrial meat and dairy production. Cycles almost everywhere - "I don't own a car and enjoy the hours I spend on my bike." Is an advocate for mental health.



Lauren BODEN

DOB: 3 August 1988

Club & State: North Canberra Gungahlin, ACT

Resident: Canberra
Occupation: Teacher

Event & PB: 400m hurdles 54.87 [Sydney AUS, 7 Apr 2019]

Coach: Matt Beckenham
Social Media (Twitter/Instagram): Loz_Wells

International Champs & medals:

World Youth Championships (2015 silver)
World Juniors (2006)
Commonwealth Games (2006, 2010, 2014, 2018)
World University Games (2007, 2009)
World Cup/Continental Cup (2006, 2010, 2014)
World Relays (2019)
World Championships (2011, 2013, 2015, 2017)
Olympic Games (2012, 2016)

Lauren Boden had a busy international career as a teenager. At the 2005 World Youth Championships, she won silver in the 400m hurdles and competed in the long jump. In a big 2006, she competed at the Commonwealth Games, World Cup and World Juniors. In 2007, she ran the 400m hurdles and competed in the long jump at the World University Games. She was also competing in the heptathlon and had an impressive long jump personal best of 6.40m, but after this, the 400m hurdles became the focus.

After a fourth at the 2010 Commonwealth Games, from 2011 to 2016 she compiled a very consistent semi-final result at five consecutive global championships - two Olympics and three world championships. Her fastest time amongst those races was her heat time of 55.37 at the Daegu World Championships. Two years later, in 2015 in Beijing, was her highest semi-final place with fourth. In London at the 2017 World Championships, she also ran on the 4x400m relay team.

Preparing for the 2017/18 summer leading into the Gold Coast 2018 Commonwealth Games, Lauren competed in the long jump where she leapt a B standard and broke her 10-year-old PB with a distance of 6.44m and was selected in the event making the final. She also ran the hurdles and 4x400 relay.

At the start of the 2019 season she was surprisingly beaten, but Sarah Carli – her first loss to an Aussie (when healthy) in eight years, but Lauren responded breaking her six year old PB with a time of 54.87 – to remain number three Australian all-time behind Olympic champion Debbie Flintoff and world champion Jana Pittman.

Hobbies - music, shopping, reading, making greetings cards and her two labradoodles...**Education** – Science and psychology then primary school teaching at Uni of Canberra...**Sporting relatives** - Husband Heath won softball world championships...**Started the sport** - In Little Athletics and switched to hurdles in 2002 after meeting coach Matt Beckenham...**Hero** - Australian hurdler Jana Pittman... **Influence** - Parents and coach Matt Beckenham.



Peter BOL

DOB: 22 Feb 1994

Club & State: St Kevins, VIC

Resident: Melbourne

Event & PB: 800m 1:44.56 (Stockholm SWE, 10 June 2018)

Coach: Justin Rinaldi

Social Media (Twitter/Instagram):
@pbol800/pbol24

International Champs & medals:
Olympic Games (2016)
World Championships (2017)

Peter Bol commenced his athletics journey when age 16. "Shortly after an athletics school carnival one of my teachers, Helen Leahy approached me and convinced me to join an athletics club promising to help me find a mentor, a club and a coach. I thought it was a pretty good deal specially because it meant I'd be fitter for basketball so I agreed and she delivered."

Within a couple of year, in 2013, he won the national junior 800m title in a PB 1:48.90. He recorded his first sub-1:48 in 2014 and sub-1:47 in 2015.

After placing fifth in the 2016 national championships, he chased the Olympic qualifier in Europe (standard 1:45.80). He achieved his first qualifier in Wiesbaden, Germany (1:45.78) in June and went even quicker 1:45.41 in July in Ninive, Belgium.

At the Olympics, he placed sixth in his heat in 1:49.36. Domestically in 2017 he placed eighth in the national 800m title but lowered his 1500m best. Mid-year he travelled to Europe chasing a qualifier and achieved that in a PB of 1:45.21 in Germany in July. At the 2017 IAAF World Championships, he placed seventh in his 800m heat.

Injured (stress fracture) in early 2018 and after missing Commonwealth Games selection, in Europe he and training partner Joseph Deng were locked in a battle to break the nearly 50-year-old Australian 800m record. Bol started very well clocking a PB and becoming the fourth fastest ever with a time of 1:44.56 in Stockholm. But Deng would beat him to the national 800m record in July. Bol won the 2019 national title and was the second fastest Australian of the year behind Luke Mathews with 1:45.56 in July 2019.

Interesting facts - "Born in Sudan, raised in Australia and consider myself South Sudanese although I've never been there. I speak Arabic, five siblings, lived in Egypt for four years, first name = Nagmeldin meaning star."...

Education - Construction Management and Economics (Curtin Uni 2013 to 2016)...**Hobbies** - bike riding, public speaking and learning/reading...**Influence** - "Different people at different times but I would definitely include my parents although they've never seen me compete much, influences comes in different forms. Justin is my second coach but ever since I've relocated to Melbourne has attempted to do it all for me from sports and outside."...**Advice to your young self** - "If only you knew you were going to become an Olympian would you have complained that much... or gave up so many times? Just that failure is part of the game and to have that confidence to fail and to face those challenges."



Melissa BREEN

DOB: 17 Sep 1990

State: ACT

Resident: Canberra

Event & PB: 100m 11.11 (Canberra AUS, 9 Feb 2014)

Coach: Matt Beckenham

Social Media (Twitter/Instagram):
@Melissa_Breen / Melissa_Breen

International Champs & medals:

World Juniors (2008)
Continental/World Cup (2010, 2014)
World University Games (2009)
World Championships (2011, 2013, 2015)
Olympic Games (2012, 2016)
Commonwealth Games 2010, 2014, 2018)

Breen has had a long international career which started at the 2008 IAAF World Juniors. The following year she made the final of the 100m at the World University Games. From 2010 until 2016, Mel competed in two Commonwealth Games, two World Championships, two Continental Cups and two Olympics.

In February 2014 she broke Melinda Gainsford-Taylor's nearly 20-year-old national 100m record, running 11.11 in Canberra. In March 2016, she won her fourth national 100m title. After the domestic season, she pursued her Olympic qualifier in Japan, but eventually nailed it in Townsville in June, running 11.31. At her second Olympics in Rio, she placed seventh in her 100m heat.

She bypassed the London 2017 World Championships to prepare for a shot at the Gold Coast 2018 Commonwealth Games where she was selected on the relay team.

Nickname - Mel, Breeny, MJ...**Hobbies** - Pilates, cooking. "Being a great 'fur mum' to my cat Cleo adopted from the RSPCA in 2015. I am a clean freak, so I actually enjoy cleaning my house..."**Education** - Certificate 3 and 4 in fitness, Australian Vocational Training Academy..**Start in Athletics** - "Athletics started for me at age five at Tuggeranong Little Athletics Club. I wanted to start because my older brother Matt was doing it..."**Memorable** - Breaking 20-year-old national 100m record, running 11.11 seconds and winning 2012 women's Stawell Gift off scratch...**Influence** - "My mum and dad, coach Matt."



Rohan BROWNING

DOB: 31-Dec-97

Club & State: Sydney University, NSW

Coach: Andrew Murphy

Event & PB: 100m 10.08 [Brisbane AUS, 23 Mar 2019],

Occupation: Student – Bachelor of Arts & Law, Sydney University

Social Media (Twitter/Instagram):
@Rohan_Browning /rohanbrowning

International Champs & medals:
World Relays (2017)
World Championships (2017)
World University Games (2017)
Commonwealth Games (2018)

Rohan Browning's start in sport came through soccer, before switching to rugby and athletics at the age of 13. Born on 31 December, he was a late developer compared to his rivals. "As everyone grew up I found it more difficult to compete physically." He played local rugby and did one year of Little Athletics. It was commencing at Trinity Grammar that inspired him to do athletics.

Aged 16 in March 2014 he made just the heats at the Australian juniors. Over winter with some weights and sprint training he dropped his PBs to 10.90/22.11. His progression set up a match race with Jack Hale at the 2014 Australian All Schools. The race was terrific with Hale winning in a win-assisted 10.13 to Rohan 10.18.

He continued to trim his PB between some injuries over the next few years. His PB in 2016/17 were now 10.44, 20.95. He opened the 2017/18 season with a stunning 20.54w 200m and then smashed his 100m best clocking 10.19. Was second in the 100m at the Commonwealth Games trials to Trae Williams. At the Games he assisted the national 4x100m team to fourth in 38.58 – fastest Australian time for six years. In the 100m he progressed to the semi-final where he placed third with 10.26 – missing the final by 0.001 seconds. Post-race he sent a tweet which went viral: "I think I am Australia's most pitied man right now ... but I don't want to be. Fractions of a sec are what separate people in this sport and that's what makes it beautiful. Huge thank you to the amazing officials for giving up their time to make these games amazing. Go Aus." The athlete who beat him Henricho Bruntjies of South Africa, went on to win the silver medal.

Browning then took it to a new level in 2019 when on March 23, in his 100m season debut he clocked 10.08 – the third fastest time by an Australian, equal fastest ever by an Australian on home soil and fastest by an Australian for 12 years. The time also qualified him for the Doha world championships. Two weeks later he placed second at the nationals to Kiwi Ed Nketia.

Interests/hobbies - debating and public speaking. In year nine he won a United Nations Youth Association public speaking competition and travelled to the Middle East with the UN Youth as part of a cultural tour. "It opened my eyes to the immense beauty of the most misunderstood part of the world." reading, cooking and playing guitar...**Education** - Arts and law student at Sydney University... **Hero** – "My parents, they taught me about working hard and having the highest standards ethically."...**Influence** – coach - Andrew Murphy...



Benjamin BUCKINGHAM

DOB: 8 Nov 1991

Club & State: St Stephen's Harriers, VIC

Resident: Melbourne

Occupation: Lawyer - MinterEllison

Event & PB: 3000m Steeplechase 8:27.51 (Zagreb CRO, 3 Sept 2019)

Coach: Nick Bowden

Social Media (Twitter/Instagram):

International Champs & medals:
World Mountain Running (2010 juniors)

Ben Buckingham started running very young. "Age 10, I started joining mum for runs. She is on track for her 10th Melbourne marathon this year at 64." He made his international debut at the 2010 World Mountain Running Championships competing in the junior race. He was running track, cross country and competing regularly at a national level.

But 15 years after he first ran, now aged 25 in 2016, there was a turning point in his career. He finished his second degree (Juris Doctor/law and Arts - history/international relations), he trained full time for six months and started work as a Lawyer. Immediately the times started to drop and by the end of the 2016/17 summer he had run 8:03 (3000m) and 8:54 (steeple) and placed third in the national champs. He plateaued in 2018 (8:04 & 8:56), but 2019 would be a major breakthrough year for Ben as he dropped to 7:54.00 (3000m) and 8:27.51 (steeple) and importantly won the Oceania Championships. He ran his steeple PB in September when he travelled to Europe where he smashed his PB by four seconds to move to number nine Australian all-time with a time of 8:27.51 – the fastest time by an Australian for seven years. Ben also joined a new wave in the event with three under 8:34 in the year.

Education - Bachelor of Arts (double major in history/international relations) Melbourne Uni (2012) and Juris Doctor at Melbourne Law School (2016)...**Hobbies** - Farming with dad and having the occasional surf...**Sporting ambition** - "Make an Australian team and win a national title and extract the most from myself in this sport."...**Memorable sporting achievement** - "Winning the 2019 Oceania Championships." **Memorable sporting moment** - The 2012 Olympic 800m final is hard to go past...**Hero/idol** - My folks, I wouldn't be here without them...**Influential person** - "My coach Nick Bowden. We have worked together since 2007...Advice to your young self - "Enjoy the journey, you only get to do it once."...**Nickname** - Bucks.



Alysha BURNETT

DOB: 4 Jan 1997

Club & State: Cherrybrook, NSW

Resident: Sydney

Occupation: Student, coach & sports administrator

Event & PB: High Jump 1.91m (Canberra, AUS) 12 Jan 2019

Coach: Zsuzsanna Olgay-Szabo

Social Media (Twitter/Instagram):
@alysburnett97/alysburnett

International Champs & medals:
World Youth Championships (2013)
World Juniors (2016)
World University Games (2017 silver, 2019)
Commonwealth Games (2018)

As her two leading events were javelin and high jump during her little athletics years, it seemed inevitable Alysha Burnett would become a heptathlete. Aged 16, she made a very impressive international debut at the 2013 IAAF World Youth (U18) Championships where she placed fifth in the heptathlon. In 2013 already those two preferred individual events were shining with bests of 1.82m (high jump) and 43.17m (javelin). But the next year, her long jump developed to an extraordinary level, as the now 17-year-old leapt 6.34m. She scored 5476 points in the heptathlon with senior implements. In her last year as a junior, she placed 15th at the 2016 IAAF World Junior Championships.

Alysha's first year (2017) in the seniors was very special. She won the national title, a silver medal at the 2017 World University Games and scored over 5800 points in all her three competitions. Her new PB was 5835 points set at Taipei, and lifted her to number 11 on the Australian All-time list and was the highest score by an Australian for nine years. Individual events were on the rise, as she had reached 1.86m (high jump), 25.40 (200m), 14.27 (100 hurdles), 48.71m (javelin), 13.43m (shot) and was regularly around 6.10-20m in the long jump.

During the 2017/18 domestic season the event was on the rise significantly in Australia. At the trials five of the six athletes with B Commonwealth Games qualifiers competed, while another two new athletes achieved the standard (5600) at the trials/Australian championships. Burnett placed third with 5699 in a low scoring championship and secured a discretionary place on the Commonwealth Games team. She opened her competition with three terrific performances 14.32 (100H), 1.87m PB (high jump) and 13.62m PB (shot), but in the last event on day one, the 200m, she injured her hamstring clutching her leg with 40m to go and labouring to the line in 26.76 seconds. She gallantly completed the competition on day two, but included her third best ever javelin throw – 46.56m. She placed ninth with 5628 points.

In January 2019 she cleared a PB 1.91m in the high jump and with the realisation of the challenge of achieving the heptathlon standard for the Doha World Championships she considered her event options – HJ V hept. She continued to compete in both events, but opted for only the high jump at her second World University Games in July, where she placed fourth with a clearance of 1.88m. In September on the cusp of a high jump roll down invitation for Doha, she received an offer in the second round.

Coach - Zsuzsanna Olgay-Szabo is a former Hungarian international pole vaulter...**Hobbies** - gardening, guinea pigs and taking her dogs Lucy and Nina to the beach...**Education** - Sport and Exercise Science at Australian Catholic University, Sydney...**Start in athletics** - In Little Athletics near my local oval...**Hero** - Coach Zsuzsanna Olgay-Szabo "A great athlete who overcame a lot of adversity."



Paige CAMPBELL

DOB: 27 Jun 1996

Club & State: Sydney Uni, NSW

Resident: Orange, NSW

Occupation: Physiotherapy student, Farm assistant

Event & PB: 3000m Steeplechase 9:45.77 (Sydney AUS, 10 Mar 2019)

Coach: Philo Saunders

International Champs & medals:

World University Games (2017, 2019)

World Cross Country (2019)

Paige Campbell is a late arrival in the sport, but within a few years she made a breakthrough at just 22. "I participated through school, started training more seriously once I finished the Higher School Certificate." In her last year as a junior (2015), Paige was already emerging as a talented distance runner – running 9:39 (3000m) and 10:23 (steeple). In 2016 she trimmed her PBs, ahead of good progression in the summer of 2017 where she ran such times as 9:12 (3000m), 16:09 (5000m) & 10:03 (steeple). She was selected for her international debut, the 2017 World University Games where she ran a PB 10:00.15 and placed fourth. Now concentrating on the steeple over the summer of 2017/18 she ran three consecutive PBs 9:57, and two 9:49s including a second in the Commonwealth Games trials, but disappointingly she would miss selection.

After another winter of training, her 2018/19 campaign was landmark. On debut over 10,000m she was fourth at Zatopek (32:39.16), over 5000m second in the national titles with 15:31 (in very windy conditions worth 15:20 in good conditions) and in the steeplechase won the national title and Oceania Championship and ran a PB 9:45.77. She was also an incredible 29th at the World Cross Country. In July she was unfortunately injured and placed seventh at her second World University Games in 10:03.

Education - Physiotherapy, Charles Sturt University Orange (just finishing 3rd year of 4 year degree)...**Hobbies** - Watching any other sports especially equestrian, cricket and rugby league. Working on the farm. Drinking coffee and going out to breakfast...**Sporting ambition** - make an Olympic final representing Australia...**Memorable sporting achievement** - National champion steeplechase 2019, 29th World XC 2019 (on debut), fourth World Uni Games (2017)...**Hero** - Mum and Dad - taught me how to work hard and hang in there even when things aren't going your way...**Influence** - "Twin sister Holly, always backs me 110% and has been there beside me quite literally since day one..." Interesting facts - Her primary school was Dubbo school of distance education (school of the air); Grew up on the family farm "Mundoobie" 70km north west of Warren NSW; "always ran bare foot across the paddocks with twin sister when we were younger"; **Regionally based** - "I didn't really like living in the city. I tried living in Sydney but it didn't work for me. I wasn't happy and you can't run if your not happy." She moved to Orange to study "I train on a cricket oval, it is a beautiful surface and you don't really need the line. You get used to it."; coached by correspondence by Canberra-based Philo Saunders.



Sarah CARLI

OB: 5 Sept 1994

State: NSW

Coach: Melissa Logan/ Paul Micale

Club: Kembla Joggers

Resident: Wollongong

Event & PB: 400m hurdles 55.67 (Canberra AUS, 28 Jan 2019)

Social Media (Twitter/Instagram):
@SarahCarli/sarah_carli

International Champs & medals:
World Youth Championships (2011 – silver)

When Sarah was aged eight, she answered an advertisement for Wollongong City Little Aths in her school newsletter. "My sister and I decided to sign up together for the U9's. I have been running ever since."

At 16, in December 2010 she won the Australian Schools 400m hurdles in an impressive 60.52. At the 2011 Australian championships she placed second and secured selection for the World Youth. At the championships she was outstanding destroying her PB through the three rounds, eventually placing second in the final in 58.05 seconds – fifth fastest in Australian junior history.

She ran a couple more 58 seconds runs, but she never improved her PB for seven years. It would take the prospect of a home Games to inspire her to her next two PBs 57.63 in the semi and 56.87 in the final of the 400m hurdles at the Gold Coast Commonwealth Games trials in February 2018. She was a close third in the race, with just the winner selected.

She launched into another winter of training (in 2018) and at the 2019 Canberra Track Classic she sprung the surprise clocking 55.67, a 1.2 seconds PB and importantly a Doha World Championships qualifier. Sarah's win also handed the first defeat in eight years to one of the greats of Australian 400m hurdling – Lauren Boden. Sarah went on to placed second in the nationals and at the Oceania Championships.

She explained what happened for seven years and that things happen and life got in the way of her sport.

"I forgot the sport was for fun and as a junior I got badly injured, so I was then enjoying other aspects of my life and I wasn't ready to give that up. I was at university and working at Costco – huge hours and late nights."

Her improvement commenced when she settled into a career. "I was then working nine to five and had a routine.

Making it to all my sessions. I had a desk job (Financial adviser and mortgage broker) so that was been the difference."

Memorable sporting moment – There is so many! But re watching Kerryn McCann's last 400m of her 2006 Commonwealth Games marathon gold is always so inspiring...**Occupation** – Financial Adviser and Mortgage Broker...

Education – Bachelor of Commerce Majoring in Finance and Management, Wollongong Uni (graduated July 2017), Mortgage Broking & Diploma in Financial Planning...**Hobbies** – beach and netflix. Is netflix a hobby?..**Sporting**

ambition – Olympics and competing at a Diamond League event...Memorable sporting achievement – Silver medal

World Youth Champs in Lille, France from lane 8...**Most influential person** – Without a doubt my mum. She has been there through every moment good and bad...**Advice to your young self?** Surround yourself with the right people...Other

sports – Danced for 10 years competing in solo and troupe eisteddfods...**Nickname** – Donnie, Carlos, Carli.



Maddison COATES

DOB: 27 Sept 1997

State: VIC

Resident: Melbourne

Occupation: works in retail & student

Event & PBs: 100m 11.52 (Sydney AUS, 6 Apr 2019), 200m 23.06 (Gold Coast AUS, 18 Feb 2018)

Coach: Scott Rowsell

Social Media (Twitter/Instagram):

-/@maddiejade27

International Champs & medals:

World Juniors (204, 2016)

World Relays (2019)

An energetic youngster Maddie Coates followed her mother into athletics when she was aged seven. When she was 11, she just missed selection in the state team and her mum suggested she get a coach. At around 15 she decided she needed to choose between athletics and basketball and settled on athletics as she was better at that sport, thought she could go further and was very passionate about the sport.

It seemed a wise decision as within a year, aged only 16, she won the national under-20 200m title, dipped under 24 seconds for the 200m and made the semi-finals at the World Junior Championships. She maintained those levels over the next two years and ran at her second World Juniors in 2016, again making the 200m semi and helped the relay to seventh in the final.

In her late teens she started to bring her 100m time down (to 11.62) and then in 2018 ran a very quick 23.06 to place second in the 200m at the Commonwealth Games trials. At the Games she made the semi-finals of the 200m and ran on the 4x100m relay team.

Domestically in 2019 she won the national 200m title and at the World Relay Championships in May, she ran the second leg in the heats of the 4x100m relay which clocked 43.19 - the third fastest time in Australian history. Unfortunately, she injured her hamstring in the race and could not race in the final.

Ambition - Perform well at the 2020 Tokyo Olympics...**Hero** - Usain Bolt...**Hobbies** - surfing and basketball.



Rhydian COWLEY

DOB: 4 Jan 1991

Club & State: Glenhuntly AC, VIC

Coach: Brent Vallance

Resident: Melbourne

Event & PB: 20km walk 1:20.19 (Nomi JPN, 17 March 2019)

International Championships:

Race Walking Cup (Junior 2008, 2010; 2012, 2014, 2016 & 2018)

World Juniors/U20s (2010)

World University Games (2015)

World championships (2013 & 2017)

Commonwealth Games (2018)

Olympics (2016)

After being encouraged to get into Little Athletics by his dad, Rhydian started race walking when he was eight. He made his international debut in the junior event at the 2008 World Walking Cup in Russia, following up with another World Walking Cup appearance and the IAAF World Junior Championships in 2010. He made his senior debut in 2012, competing at the World Race Walking Cup aged just 21, and then the following year lined up at the 2013 IAAF World Championships in Moscow.

There were further team starts in 2014 (World Walking Cup) and 2015 (Summer Universiade). He made his Olympic debut in 2016 in Rio where he placed 33rd in 1:23.30. Selected for the 2017 IAAF World Championships, he placed 56th in the 20km walk in 1:30.40. He had the opportunity to compete at an international meet on home soil at the Gold Coast Commonwealth games where he placed 11th.

From 2012 until 2018, his seasonal best hovered around 1:22 to 1:24 hours, but after making eight appearances in the green and gold at the highest levels, including Olympics and world championships, in 2019, aged 28, Rhydian has taken his PB to new levels with two times of 1:20.19 and 1:21.02. His new PB, which elevated him to number seven Australian all-time, not only qualified him for the Doha World Championships, but also the Tokyo Olympics.

Rhydian credits a change in focus, a good period of training and a move to Brent Vallance's squad as key to his recent progression.

"It's hard to pinpoint exactly what makes the most difference, but I think my last 12 months training having been some of the most consistent I've managed is probably a factor. I think my change in coaching environment at the end of last year has also made a difference, getting regular training sessions in with a good group of athletes including Jemima Montag, Quentin Rew (NZL) and Kyle Swan. And I've been focusing on having fun and enjoying my athletics a bit more in this last year, which I think also helps."

Occupation Office Manager/Administration... **Education** - Arts & Commerce, Deakin University (graduated 2015)...

Hobbies - making jam, reading (history, dystopian fiction), visiting local community garden and learning new things...

Sporting ambition - make a second Olympics and get a better result there than last time - hopefully a top 8 finish...

Most memorable sporting achievement - competing at a home Commonwealth Games in front of friends & family and local crowd...**Hero/idol** - Jared Tallent - his championship medal winning record and his commitment to fighting for his belief in clean sport...**Most influential person/s** - parents, fiancée, coaches and the athletics community's ...

Interesting facts - can hand count up to 1023 (both hands) in binary



Matthew DENNY

DOB: 2 Jun 96

Club & State: QE2, Qld

Event & PB: Discus 65.37m (Salinas USA, 28 May 16)

Coach: Ben Thomson

Social Media (Twitter/Instagram):

-/mattydenny25

Occupation: Coach & student

International Champs & medals:

World Youth Championships (2013 gold discus & bronze hammer)

World Juniors (2014)

World University Games (2015 silver discus & 2019 gold discus)

Olympics Games (2016 discus)

World Cup (2018 silver discus)

Commonwealth Games (2018 silver hammer, discus)

Matthew Denny was one of the finest junior throwers in Australian history. He dominated the record books and national title lists.

He was also impressive internationally, winning the World Youth Championships discus title in 2013, followed by fourth the year after at the 2014 World Junior Championships. He also won a silver medal at the Universiade in 2015.

In April 2016, he won the national discus title with a throw of 60.47m and the hammer title with 68.44m. He became just the second athlete in the near 100 years history of the event to win the double and the first since Keith Pardon in 1953 – 63 years earlier.

Determined to qualify for the 2016 Olympics he travelled twice to the US, eventually qualifying with a mark of 65.37m, moving him to fifth on the Australian all-time list. In Rio, he threw 61.16m in the qualifying round.

In 2017 he made some changes, including becoming faster and more athletic. He also worked on “addressing the situation looking past it and treat it like everything is perfect; everybody has to deal with it and get used to these things,” both in training or competition. At the Commonwealth trials in February 2018, with just 14 hours separating the hammer and discus events, he required just one valid hammer throw to claim the title and automatic CG selection and also won the discus. With selection in both events he became the second Australia athlete, and first in 68 years, to compete in both events at the Commonwealth Games, following Keith Pardon who competed in the same pair at the 1938 and 1950 Empire Games.

At the Commonwealth Games he won silver in the hammer throw with a PB 74.88m and was fourth in the discus. In 2019 he decided to focus on the discus and came close to his PB with three throws over 65m (& eight over 64m). In July he won the World University Games discus title.

Training & home: Matty lives and trains on a home-made discus circle on his family’s rural Queensland property in the village of Allora, population less than 1000. Located north of Warwick, he makes the regular 350km round trip to Brisbane and the Gold Coast for competition. He is one of eight siblings...**Hobbies** – cars and guitar...**Occupation** – Student and coach...**Education:** Business (Griffith Uni) & personal training (Cert 3 and 4)...**Started athletics** – At primary school in grade 1 or 2 throwing bean bags as shot puts and vortexes as javelins. “I was always interested in it but my focus as a kid until grade 8-9 was rugby league.”...**Influence** – brothers...**Nickname** – Matty.



Sinead DIVER

DOB: 17 Feb 1977

Club & State: Glenhuntly Athletics Club, VIC

Resident: Melbourne

Occupation: Analyst Engineer in IT

Event & PBs: 10,000m 31:50.98 (Melb AUS, 13 Dec 18), Marathon 2:24.11 (London GBR, 28 Apr 19)

Coach: Nic Bideau

Social Media (Twitter/Instagram):

@diversinead/diversinead

International Champs & medals:

World Championships (2015, 2017)

World Half Marathon (2018)

Born in Ireland, Sinead enjoyed climbing cliffs and swimming as a child. In later years, she played basketball and studied PE computing at the University of Limerick. She emigrated to Australia in her mid-20s in 2002 and has since worked in IT. She has two sons.

She started running in 2010 to improve fitness after the birth of her eldest son – she was 33 at the time. She then joined her sister Gráinne at a regular running event and a recreational running group called Crosbie Crew in April 2010. It is here that she met Tim Crosbie who would be her first coach.

Her first success was over 3000m in late 2011, clocking 9:49. The following year (2012) she won the national half-marathon title and was second in the national cross country and fifth at the Zatopek. In 2014, she was second in the national cross country, clocked a half marathon personal best of 74:25 and late in the year made her marathon debut, running an impressive 2:34 to place second in Melbourne. The performance secured selection for the 2015 World Championships in Beijing, where in her international debut, aged 38, she placed an outstanding 21st. In 2017 she smashed PBs including a 2:31.37 marathon in Nagoya, followed by placing 20th in the London World Championships.

Starting in March 2018, she compiled a series of breath taking performances from 5000m to marathon. She brought her 5000m PB down to 15:23 and was third in the national title. At 10,000m she won Zatopek and the Oceania titles with a best of 31:50.98 (9th Australian all-time). In the half marathon she ran four PBs for an improvement of 4:26 minutes, five sub-70 minutes runs and moved to #7 Australian all-time. Running two marathon PBs she sliced 7:26 minutes from her PB, to become the third fastest in Australian history.

Memorable sporting moment – “Leading the 2019 London marathon for 23km”...**Influence** – “Probably my coach Nic - He’s opened up a lot of opportunities for me in racing and training. With his help I get to race overseas a lot more and get invited to important races. I also started training with his squad in Melbourne (MTC) last year and this has had a significant impact on my career. I love training with this group and I’ve improved a lot since I joined them”...**Advice to your young self** – “Ask more questions. Be curious and more selective about who/what you listen to”...**Nickname** – Div/Divy...**Interesting facts** - speaks Irish and French. Is a qualified secondary school teacher.



Cedric DUBLER

DOB: 13 Jan 1995

State: QLD

Resident: Brisbane

Event & PB: Decathlon 8229 points (Gold Coast AUS, 16/17 Feb 2018)

Coach: Eric Brown

Social Media (Twitter/Instagram):
@cedricdubler/cedricdubler

International Champs & medals:

World Juniors (2012, 2014)

Olympic Games (2016)

World Championship (2017)

Commonwealth Games (2018 bronze)

Cedric Dubler has compiled a tremendous junior career and is one of Australia's greatest ever in the event. After placing fourth at the 2012 IAAF World Junior Championships, he won silver two years later in an Australian under-20 record. In 2016 he was superb at the 2016 Nationals and Olympic Trial, scoring 8114 points to exceed the Olympic qualifying standard by 14 points and move to the third best in Australian history. He became the first Australian decathlete to qualify for the Olympics since 2000. He backed up his trials performance with an excellent score of 8024 points at the Rio Olympics, placing 14th – the best by an Aussie for 32 years.

On limited preparation in 2017, he defended his national title and placed 18th at the 2017 IAAF World Championships. He prepared meticulously for a shot at the Commonwealth Games in his own state. Over the 2017/18 summer he made improvements in the 110m hurdles, discus and pole vault. At the national championships and Commonwealth Games trials he achieved PBs in the 100m, shot, 110m hurdles pole vault, javelin and 1500m. He tallied a PB score of 8229, third highest by an Australian and the best mark by an Aussie for 20 years. Unfortunately, he injured his elbow after the trials and his participation was in doubt, but he managed to complete the competition with a score of 7983 and was well rewarded with bronze. In 2019 a threat emerged, his training partner Ashley Moloney. Cedric won the national title, but placed second to Ashley at the Oceania Championships.

Started athletics - Encouraged to take up sport by coach Eric Brown. "At the start of my athletics career, I (dabbled) with a few different events. I started with the 800m, the long jump, then went to the sprints. I never really knew where I stood, and that's when I joined Eric, to train in pole vault. He said, "Look, we've got a decathlete here."...**Ambition:** "To find my body's potential and push my limits"...**Hobbies** - Travelling, photography and Vlogger/blogging. Has produced original social content, and his LinkedIn profile notes him as a: "Brand Ambassador, Social Influencer and Content Creator." One of his Facebook posts, a video of him unpacking his London world championships uniform, went viral.



Melissa DUNCAN

DOB: 30 Jan 1990

Club & State: Knox Athletics, VIC

Resident: Tokyo, Japan

Occupation: Part time teacher/ Part time Run Club instructor

Event & PB: 5000m 15:18.43 (Nijmegen NED, 8 Jun 2018)

Coach: Nic Bideau

Social Media (Twitter/Instagram): /lissyduncs

International Champs & medals:

World Youth Championships (2007)

Commonwealth Games (2014)

World Relays (2014 bronze, 2015)

World Championships (2015)

World indoors (2016)

World Cross Country (2019)

The career of Melissa Duncan has had highs and lows but a theme for her has been to remember why she started and that was for enjoyment of the sport.

"I began running in my early teens, mainly because my sister was doing it and I copied everything she did," she recalled. "Unfortunately it didn't come quite as naturally to me as it did to her, I didn't enjoy it at all until I joined the Knox club and started training with a group. The social aspect drew me in."

She considered the consistent training improved her and some fitness also from surf lifesaving at school.

In 2007 she made her international debut in the 1500m at the World Youth Championships, just missing a medal in fourth place. But the next few years were frustrating with three navicular stress fractures, eventually requiring surgery. During these years she was also studying a bachelor in education. She was back into competition by 2011 and an opportunity to run for Australia at the 2013 Ekiden in Japan sparked some interest and belief she could qualify for the 2014 Commonwealth Games where she eventually placed 10th. The next few years were busy with competition at the World Relays, World Championships and an impressive sixth at the 2016 World Indoors. Selected for the Rio Olympics in the 1500m in April, she broke a bone in her foot and despite trying cross training she withdrew from the Games. She was told by doctors she may never get back to running, had a plate and pins inserted in her foot and experienced a very low time in her life.

In January 2017 she resumed training and had her first race back in November 2017 but realised she was a long way from her best and missed Gold Coast Commonwealth Games selection. But by mid-2018 she was running well and clocked a 5000m PB of 15:18. In February 2019 she won the national 5000m title and in March was Australia's best at the World Cross Country Championships with a terrific 26th. A week later she took up an eight month contract to run in Japan with an Ekiden team – "Shiseido Running".

Hobbies - Pottery, Guitar, Japanese language study, bead bracelet making...**Sporting ambition** - "To get the most out of myself and constantly challenge my body and expectations..."**Most influential person** - "My Dad. He has an irreplaceable understanding of what kind of advice I need. When I'm having a rough time he will know whether I need his company on the bike to get the training done or a day off to go surfing or something else!"... **Advice to your young self** - "Have fun.. But I always have!"... **Nickname** - Lissyduncs



Kristie EDWARDS

DOB: 24 Feb 2000

Club & State: UTS Norths, NSW

Resident: Sydney

Occupation: Student, coach

Event & PBs: 100m 11.73 (Sydney AUS, 6 Apr 2019)

Coaches: Andrew Murphy and Melinda Gainsford-Taylor

Social Media (Twitter/Instagram): -/ kristie_edwards

International Champs & medals:

World Junior Championships (2018)

World Relays (2019)

Kristie Edwards has been consistently one of the best sprinters in Australia in her age over the last five years. A State-level netballer, she decided to close that part of her sporting life in 2016. In the 2017/18 season she made strong progression. In December 2017, she won the nationals schools sprint double in PB times of 11.79 and 24.03. Three months later at the Commonwealth Games trials she finished an excellent fourth in the 100m. In March she was second in the 100m at the U20 Nationals. She competed at the 2018 World Junior/U20 Championships where the relay team placed seventh in the final and ran an Australian U20 record of 44.78.

Her 2018/19 domestic season was again strong as she transitioned into the seniors. There were more PBs and in the national opens she placed fifth and third respectively in the 100m & 200m at nationals. In June she won the Oceania under-20 sprint double.

Education - Sport and Exercise Science UTS (2018-)...**Getting into the sport:** "In 2008, little 8-year-old me came third in the 100m at the NSW State PSSA Championship in my joggers and after that I thought I kind of like this athletics thing, I might start doing it, so I joined Little Athletics the next year"....**Hobbies** - Going to the beach, reading and spending time with friends. Other Sports - Played netball at a representative level until 2016, competes for Newport Surf Club in Surf Lifesaving...**Influence:** "My parents and coach Melinda, they all taught me to be dedicated, determined and to have patience"....**Hero:** Melinda Gainsford-Taylor, coach and former Australian sprinter...**Goals:** To be able to travel the world competing for Australia and make amazing friends along the way. Most of all, just to continue learning and enjoying the sport.



Henry FRAYNE

DOB: 14 Apr 1990

State: QLD

Resident: Brisbane

Occupation: Student

Event & PBs: Long Jump 8.34 (Gold Coast AUS, 10 Apr 2018)

Coach: Gary Bourne

Social Media (Twitter/Instagram): @henryfrayne/
henry_frayne

International Champs & medals:

World Juniors (2008)

World University Games (2009)

World Indoors (2012 silver)

Continental Cup (2014, 2018)

World Championships (2011, 2017)

Olympic Games (2012, 2016)

South Australian born and raised, Henry Frayne started to emerge as a very talented triple jumper in his early teens. In 2007, as a 16-year-old, he followed his coach, Vasily Grishchenkov, and moved to Melbourne. On three occasions in 2008 and 2009, he raised the national junior triple jump record placed fifth at the 2008 World Junior Championships.

In 2010, he was again on the move, on this occasion to Brisbane under coach Gary Bourne. In 2011, there was a significant progression in his jumping, placing ninth at the IAAF World Championships and his first 17-metre jump. His long jump explored raising his PB from 7.99m to 8.27m in just one competition. At the World Indoors he won silver and later in the year was ninth at the London Olympics. His triple jump improved from 17.04m to 17.23m and also competed in London. He became just the third Australian and first since Phil May in 1968 to compete in the long and triple jump at the Olympics.

Some injuries over the next couple of years restricted his competition to the long jump. At his second Olympics in 2016 he placed seventh. Started his 2018 season at the Australian Championships and Commonwealth Games trials with only 7.67m in the qual round and withdrew from the final. However, as the only athlete with an A qualifier he was selected for the Commonwealth Games. In the qualifying round he leapt a PB and games record 8.34m (#4 Australian all-time) and in the final took silver with 8.33m. His amazing season continued in Europe with 10 consecutive 8m jumps, two Diamond League podiums and third in the DL final.

Injured during the 2018/19 domestic season, he made a very late start to the season in August, opening with 8.19m – a Doha World Championships qualifier.

Henry's uncle, Bruce Frayne, competed in the 400m at the Los Angeles Olympics in 1984.



Murray GOODWIN

DOB: 16 Jan 1987

State: QLD

Resident: Gold Coast

Occupation: Physical education teacher

Event & PB: 400m 46.24 (Gold Coast AUS, 17 Feb 2018)

Coach: Brett Robinson

Social Media (Twitter/Instagram): -/ goodwin_murray

International Champs & medals:

Commonwealth Games (2018)

Continental Cup (2018)

World Relays (2019)

After a 10-year break from the sport and at the age of 31, Murray Goodwin ran onto the Gold Coast Commonwealth Games team.

In his junior years Murray represented Gold Coast Little Athletics and Qld School Sport on several occasions over distances of 200m-800m. He won a national 800m medal when he 12 and state title at 17 years. But then study took over. "I made the difficult decision to focus on my teaching degree and obtaining full-time work as at the time I didn't feel I had the momentum to become a full-time athlete post-school. While studying I paid the bills by picking up a small wage playing in the Qld State League Soccer League, then after having established a permanent position with Varsity College in the Education Queensland system I began to slowly build up some training in 2014 (age 27)."

Ten years on from his last athletics involvement he decided to have another shot at the sport. "A lot of this motivation came from a mindset of not wanting to have any regrets about what could have been."

In 2015 he and coach Brett Robinson devised a plan to train towards the Stawell Gift. He was fortunate to have former Stawell Gift champion Mitchell Williams-Swain in the squad for motivation and guidance. He was successful in winning in 12.0 seconds off 6.5m. Next he targeted a return to the 'amateurs' over 400m. However, in mid-2015 he suffered a hip condition that ultimately resulted in hip surgery in January of 2016. He was told it would be unlikely he would return to the sport. In late 2016 he did start training and 'the body responding to training again'. He ran his first open national titles in April 2017, now aged 30, reached the semi-final and had reduced his PB to 47.51.

"We continued to work hard during the rest of 2017 and the rest as they say is history." Over the summer of 2017/18 he ran five consecutive PBs 47.19, 46.64, 46.37, 46.26 and 46.24 to take the national title at the Commonwealth Games trials. Although he did not have a Games qualifying mark, the selectors named a 4x400m relay team. At the Games, the team was unfortunately disqualified.

During his 2019 summer campaign he ran a best of 46.52 and placed fifth at the nationals.

Hobbies - Fishing, Guitar, yoga... **Nickname** - Muzz/Muzza... **Family sportspeople** - His father Shane Goodwin was an Australian junior 800m champion... **Education** - Education (HPE Major) from Griffith University... **Other sports** - Football (soccer) at State League Level... **Memorable** - Winning the Stawell Gift (Australia's richest footrace) in 2015... **Influence** - Father, Shane Goodwin



Genevieve GREGSON

DOB: 4 Aug 1989

State: VIC

Event: 3000m Steeplechase 9:14.28 (Saint-Denis FRA, 27 Aug 2016)

Coach: Nic Bideau

Social Media (Twitter/Instagram):

@GenGen_LaCaze/GenGen_LaCaze

International Champs & medals:

Olympic Games (2012, 2016)

Commonwealth Games (2014, 2018)

World Championships (2015, 2017)

Continental Cup (2018)

As a teenager, Genevieve LaCaze won the national schools U18 3000m in 2006, before running a PB of 9:38.74 to win silver in the Zatopek U20 race.

In 2008, she commenced an athletics scholarship at the University of Florida. In her first year on the track in 2009, she ran distances from 1500m to 5000m and made her steeplechase debut with a modest 10:30.79. She qualified and ran the 5000m at the NCAA Championships. After an unspectacular 2010 US college season, she made a breakthrough in 2011 running four PBs, bringing her steeple best down to 9:59.44 and placing fifth in the NCAAs. In her final year at college (2012), she set career-best marks over 800m, 1500m, the mile, 5000m and the steeple, winning silver in the latter at the NCAA championships. She was also selected in the steeplechase for the London Olympics where she set a PB (9:37.90) but was eliminated in the heats. In 2013 and 2014, she continued to trim her bests and the highlight of her year was fifth in the steeplechase at the Commonwealth Games.

In 2016, she compiled a stunning series of performances. From May 1 to September 9, she made two Olympic finals, broke the national steeplechase record and ran 14 PBs. Maybe even more spectacular were her 27 days (13 August to 9 September) where she set five PBs (three in the Olympics) in eight races and broke the Australian record. Her Rio campaign was of the highest quality, placing ninth in the steeplechase and 12th in the 5000m finals.

Her domestic season in 2017 was highlighted by appearances for Team Australian at Nitro Athletics, where she was co-captain. In Doha, in May, she nailed the world championships steeplechase qualifier to earn her selection. Injuries, including ruptured plantar fascia, ankle problem and foot fracture curtailed any racing until August 9 when she competed in London at the 2017 World Championships. Considering her difficult preparation, her performance was terrific progressing through the heat to place 12th in the final in an excellent 9:26.25. Unfortunately, she re-fractured her fourth metatarsal and was locked in a battle to recover for the domestic season. At Christmas she resumed running, but sat out the nationals and Commonwealth Games trials. However, she was selected in the team for the Gold Coast Games, where she placed fifth. Injured during most of 2019, she made a successful last minute attempt to qualify for the 2019 World Championships running 9:37 in late August.

Education - Applied Physiology and Kinesiology at University of Florida...**Nickname** - Gen...**Start in athletics** - Began running in Year 5 and took up steeplechase in 2008 at the University of Florida...**Memorable:** Rio 2016 Olympic Games, making 3000m steeplechase and 5000m finals...**Hero** - "Eloise Wellings. She has helped me develop as an athlete but also as a person. **Influence** - "My parents because they supported and guided all the decisions to make sure I had every opportunity in the world to be an elite athlete. No matter what the commitment, they backed me 100 per cent. My coach Nic Bideau - He has shown so much belief and confidence in me right from the start of my professional



Ryan GREGSON

DOB: 26 April 1990

State: VIC

Event & PBs: 1500m 3:31.06 (Monaco MON, 22 July 2010)

Coach: Nic Bideau

Social Media (Twitter/Instagram):

@RyanGregson25/RyanGregson25

International Champs & medals:

World Mountain Running Champs (2006 junior)

World Youth Championships (2007)

World Juniors (2008)

World Cross Country Championships (2008 U20, 2009 U20)

World Championships (2009, 2011, 2015, 2017)

Continental Cup (2018)

Olympic Games (2012, 2016)

World University Games (2009)

World Indoors (2018)

World Relays (2014, 2015 2 x bronze)

Commonwealth Games (2014, 2018)

Ryan Gregson had an impressive junior career, setting national age records and place fifth at the 2007 World Youth Championships and the 2008 World Junior Championships, followed by selection and competition at the 2009 World Championships. In his first year in 2010 as a senior, he broke the 19-year-old Australian open 1500m record, running 3:31.06 in Monaco. He earned a semi-final berth at the 2011 World Championships and 2012 Olympic Games.

The next few years saw limited success with injury and illness restricting his performances but returned in 2016 with a boom year of results. After an undefeated domestic season, he claimed two IAAF Diamond League podiums before clocking his second fastest ever time in Monaco. In Rio, he progressed to the 1500m final, the first Aussie in 40 years to make the final.

In 2017 he lowered the Australian indoor 1500m record in Birmingham, clocking 3:36.50. In April he defended his national 1500m crown, in a pedestrian tactical race. He completed in his fourth World Championships in London. Placed ninth in the final of the 1500m at the Gold Coast Commonwealth Games.

Nickname - Little King (he discovered Ryan means 'little king' in Irish and the name stuck)...**Sporting relatives** - Wife Genevieve Lacaze ran at the London 2012 Olympic Games and at Rio 2016. Cousin Casey Eastman played hockey at three Olympic Games - Beijing 2008, London 2012 and Rio 2016...**Other sports** - Played hockey at junior state level...

Injuries - Missed Delhi 2010 Commonwealth Games because of stress fracture in foot, troubled by calf and foot injuries in 2011, tore calf muscle in 2012 but made it to London 2012 Olympic Games, then tore other calf muscle in 1500m heat...**Reason** - Tried the sport at age four at Albion Park Little Athletics Centre...**Hero** - Steve Ovett...**Influence** - Parents and coach Nic Bideau.



Georgia GRIFFITH

DOB: 5 Dec 1996

Club & State: Box Hill, VIC
Resident: Melbourne

Occupation: Student (Bachelor of Communication Design and Business, Monash University)

Event & PB: 1500m 4:04.17 (Gold Coast AUS, 10 Apr 2018), 800m 2:00.13 (Portland USA, 15 Jun 2018),

Coach: Steve Ellinghaus

Social Media (Twitter/Instagram):
@GGriffith96 /georgia.griffith

International Champs & medals:
World Juniors (2014)
World Championships (2017)
World University Games (2017, 2019 silver 1500m)
Commonwealth Games (2018)

Georgia Griffith had always enjoyed running so when she moved to the city in her mid-teens, she decided to commence regular training and just days after her 17th birthday she tasted success, winning the 2013 Australian All Schools Championships 800m gold medal in a time of 2:09. At the 2014 IAAF World Junior Championships in Eugene, she ran three 2:04 times through the rounds, placing fourth in the final. She also ran in the 4x400m relay which placed seventh in the final.

Her 2016/17 season was a breakthrough campaign with three domestic season 800m PBs, eventually seeing the mark sit at 2:02.09. After a stint of altitude training at Flagstaff she smashed her career bests five days apart in Portland. She first ran 2:00.90 for the 800m, to qualify for the IAAF world championships and record the fastest time by an Australian for six years. Five days later, she sliced six seconds from her 1500m career best with a time of 4:07.32, her second world championships qualifier for the week. She was selected to compete in both events at the 2017 IAAF World Championships, becoming the first Australian athlete to compete in both events at the same world championships. She was fifth in the 800m heat (2:03.54) and 11th in the 1500m heat (4:08.99). Two weeks later she competed at the World University Games in Taipei where she concentrated on just the 800m. Running well in the early rounds, she just missed a medal in the final, by 0.3 seconds, filling fourth place. But after the event, the winner, Cuba's Rose Almanza Blanco, was disqualified for running on the inside of the track. Griffith stood on the podium and proudly accepted the bronze medal. But later that evening, after a protest from Cuba, the winner was re-instated and Griffith relegated to her original finishing position of fourth.

Her 800m/1500m double performance continued at the Gold Coast Commonwealth Games, running a PB everytime she raced finished fifth in the 1500m and run out in the 800m heats. In June 2018 she returned to America to run another 800m PB 2:00.13 to move to 7th All-time. A late start to 2019 due to injury she was second in the national 800m, but started to focus on 1500m clocking a Doha world championships qualifier. In June she won the Oceania 1500m and a silver medal at the 2019 World University Games.

Hobbies - Drawing and reading...**Hero** - Charlene Rendina. Laura Muir - "I have always been really impressed with her style of running, particularly how hard she goes from the start."



Tyler GUNN

DOB: 23 Oct 1999

Club & State: Gosford, NSW

Resident: Central Coast

Occupation: qualified gym instructor

Event & PB: 400m 46.09 [Canberra AUS, 28 Jan 2019]

Coach: Mick Zisti

Social Media (Twitter/Instagram):
-/tyler_gunn07

International Champs & medals:
World Relays (2019)

Central Coast's Tyler Gunn has been competing in a wide variety of events for 14 years. At a state and national level they have ranged from 100m, to 800m, long jump and 400m hurdles. But in the last couple of years he has found his niche in the 400 metres. The breakthrough came in the summer of 2016/17, where he started with a massive improvement over 400m clocking 48.07. This was further reduced in December to 47.68 – impressive times for a 17-year-old. Over the next two years there was steady progression as the time dropped to 46.85 on route to winning the national U20 400m title and securing selection for the IAAF World U20 Championships. Unfortunately, he was withdrawn from the team due to injury.

He prepared well for the 2019 season, and on January 28 smashed his PB with a time of 46.09 to win the Canberra Classic. Some more injury set-backs slowed his season, but he closed with fourth place at the nationals and in March helped the national team to a time of 3:03.67 to qualify for the World Relays. At the World Relays, the team qualified for the final and therefore a berth at the 2019 World Championships.

Nickname – Gunny...**Education** - Certificate 3 in fitness...**Getting into the sport** – “Started in 2005 because my six older siblings were in athletics.”...**Hobbies** – Photography...**Hero** - Wayne Van Niekerk and People who overcome disabilities and adversity...

Interesting facts - I am one of 12 children, I have eight brothers and three sisters. One of my brothers has cerebral palsy. Loves wearing funky socks. Has jumped over seven metres in the long jump.



Linden HALL

DOB: 20 June 1991

Club & State: Athletics Essendon, VIC

Resident: Melbourne

Occupation: Dietitian at South Yarra Spine & Sports Medicine

Event & PB: 4:00.86 [Eugene USA, 26 May 2018]

Coach: Bruce Scriven

Social Media (Twitter/Instagram):

@Linden_hall/linden.hall

International Champs & medals:

Commonwealth Youth Games (2008)

Continental Cup (2018)

World Championships (2017)

Olympic Games (2016)

Commonwealth Games (2018)

Linden Hall started athletics while in primary school. "In Grade six I made a Victorian cross country team and after placing 11th at my first national cross country I joined Athletics Essendon and found a coach. Slowly other sports such as swimming and netball were given away to make room for athletics."

During her teenage years she was regularly on the podium at the national junior championships. At 15 she ran times of 4:27 (1500m) and 9:42 (3000m), but made only slight progression over the next few years. In 2011 she headed to Florida State college in America. During her college career she made three NCAA 1500m finals, winning bronze in 2014. She departed in 2015 with a 1500m PB of 4:15. Shortly after she graduated, in Europe in 2015 she ran a five seconds 1500m PB 4:10.41.

After a modest 2016 domestic season, the breakthrough came in May 2016 running 4:04.47 in Stanford and four weeks later 4:01.78. She was now the third fastest in Australian history and insight of the national record held by one of her former coaches Sarah Jamieson. She made the semi-finals at the Rio Olympics and the next year (2017) ran in the heats at the London World Championships.

She won the 2018 national title and at the Commonwealth Games placed fourth in the 1500m missing a medal by just 0.23 seconds. She headed overseas to compete and in May and July she claimed the national records in the 1500m (4:00.86 in Prefontaine) and mile (4:21.40 in London). She didn't run domestically in 2019 with a number of injuries - two torn calf muscles/tendon, torn quad muscle and tendonitis in the knee/quads tendon. She returned to competition in mid-2019 with two 4:04 1500m runs in London and Zurich.

Education – Science [Dietetics] at Florida State Uni, M. Dietetics, Monash Uni...**Sporting ambition** - To break four minutes for the 1500m...**Sporting achievement** - Running for Australia at the Rio Olympic Games in 2016. Walking out into that stadium is a moment I will never forget...**Sporting moment** - Competing at a home Commonwealth Games in 2018, the atmosphere and support were absolutely incredible...**Hero** - "Sarah Jamieson was Australia's top 1500m runner when I was a junior and consequently someone I followed closely and looked up to a great deal. I've been lucky enough to have Sarah as part of my support team for quite a few years - an amazing mentor"...**Advice to your young self** - Enjoy the friends you make and the places you get to explore through athletics...**Sporting relatives** - Grandfather's cousin is Ken Hall, an Australian top-15 miler...**Nickname** - Lins, Lindy, The Don...



Ian HALPIN

DOB: 20 Apr 1993

Club & State: Blue Mountains, NSW

Resident: Sydney

Occupation: Chef at Leura Garage

Event & PB: 400m 46.39 [Sydney AUS, 10 Mar 2019]

Coach: Mike Hurst

Social Media (Twitter/Instagram):

- /ian.halpin20

International Champs & medals:

World Relays (2019)

Ian Halpin started athletics in the U6s at Katoomba District Little Athletics Centre and 20-years later still holds the 300m record he set in 1999. Ten years later (2009/10) he was again setting records at the club, in the U17 400m, 1500m and even 110m hurdles. But in 2016, aged 23 he was inspired to take athletics a little more seriously by South African Wayde van Niekerk running in the 400m at the Rio Olympics where he set a world record. A couple of months later, Ian ran a pair of 48 second 400s.

During the next season 2017/18, he reduced his PB to 47.77, making the semi-finals at the Commonwealth Games trials.

In his third season 2018/19, he ran five PBs – 47.70, 47.58, 47.22, 46.78 and 46.39. His last PB claimed the NSW title. A month later at the nationals he placed seventh in the final. Also, in March, he ran on the national 4x400m relay which clocked 3:03.67, to secure a qualifier for the 2019 World Relays.



Katie HAYWARD

DOB: 23 Jul 2000

Club & State: Gold Coast Central, QLD

Resident: Gold Coast

Occupation: Student - Occupational Therapy at Griffith Uni

Event & PB: 20km Walk 1:29:25 (Adelaide AUS, 10 Feb 2019)

Coach: Steve Langley

Social Media (Twitter/Instagram):
-/ @katie_hayward

International Championships & medals:
World Race Walking Cup (2018)
World Juniors (2018)
World University Games (2019 gold)

Katie Hayward was an active kid that did a range of sports – nippers, surf lifesaving, dancing, soccer and touch football. Aged 10, as a cross country runner she joined Gold Coast Little Athletics and saw a walking race. She didn't know there was such an event. She joined in and won. Her junior career in athletics was remarkable, regularly breaking high quality national records, particularly the U18 5000m and U20 10,000m. Made her international debut in May 2018 in the under-20 race at the World Race Walking Cup in China, but was unfortunately disqualified. Katie and her coach meticulously reviewed the performance and it resulted an outstanding performance two months later at the World Juniors/U20s where she placed fifth – Australia's best place in the event for 10 years.

While only 18 in January 2019 she made her 20km walk debut in Adelaide clocking the stunning time of 1:29.25. It made her the third fastest in Australian history, was the fastest time every by an Australian on home soil and fastest by an Aussie for seven years.

Five weeks later she matched the time clocking 1:29.31 in Japan. In April she won the national 10,000m title and in her senior international debut she comfortably won the 2019 World University Games title in warm conditions in Italy.

Memorable sporting achievement - gold 2019 World University Games... **Memorable sporting moment** – Walking with friends at the World University Games opening ceremony and winning first open 20km race walk this year in Adelaide...

Hero - Bethany Hamilton [professional surfer] who lost her arm in a shark attack at the age of 13, but didn't see that as a barrier to become a professional surfer... **Influence** - Jemima Montag – Because she is someone that I just look up to so much. From being the Commonwealth Games gold medallist, she is such a high achiever in other areas of her life. Works hard at her university degree and does so much other recreational activities in which is something I see as simply amazing. She's a beautiful, kind, humble and dedicated athlete, person and friend to be around and travel with... **Advice to your young self** - Nothing! Because, I believe as young athletes the beauty of being young is the challenges that we face and conquer, and simply not knowing everything. Also to be present in every moment and enjoy all the experiences that come our way as athletes... **Interesting facts** – "When I was really young (2-4) my dad always piggy backed me because, I hated to walk far distances haha. Now I'm walking 100 – 120kms a week in training alone and competing in 10km and 20km distance."



Nicholas HOUGH

DOB: 20 October 1993

Club & State: Sydney University, NSW
Resident: Sydney

Occupation: Athlete, entrepreneur

Event & PB: 110m Hurdles 13.38 (Gold Coast AUS, 10 Apr 2018)

Coach: Anthony Benn

Social Media (Twitter/Instagram):
@nick_hough/Nick_Hough

International Champs & medals:

Youth Olympic Games (2010 110m hurdles gold, medley relay bronze)
World Juniors (2012 silver)
World Championships (2013, 2015, 2017)
World University Games (2013, 2015, 2017)
Commonwealth Games (2014, 2018 bronze)
World Indoors (2018)
World Relays (2019)

A talented junior, Nick Hough emerged in Little Athletics and GPS school athletics competition for The Kings School. He was an all-rounder, competing in sprints/hurdles, jumps and the shot put.

He made his international debut aged 16, at the inaugural 2010 Youth Olympic Games, winning gold in the 110m hurdles. In 2012, he competed at the IAAF World Junior Championships winning silver in the 110m hurdles. In 2013, while negotiating the senior hurdle height, he ran his lifetime bests in the sprints (10.39/20.66), securing semi-final places at the World University Games. He then received a call-up to run on the national 4x100m relay at the world championships.

In 2014, he made significant progress in his preferred event, the 110m hurdles. Starting the season with a best of 13.98, he eventually took this to 13.57 for fourth in the final at the Commonwealth Games. In 2015 he won the national title in a stunning 13.42 making him number two Australian all-time and was the fastest by an Australian for over 18 years.

At the 2015 world championships, he was run out in the heats and injury in 2016 made it difficult to qualify for Rio. In 2017 in Europe he qualified for the London world championships and was fifth in his heat. Two weeks later he competed at his third World University Games, where he placed sixth in the final.

In 2018 he was untroubled in winning his fourth national 110m hurdles title and in March competed at the IAAF World indoors in Birmingham and progressed to the semi-final just missing the national record running 7.76 in his heat. He was terrific at the Commonwealth Games claiming bronze in a PB 13.38. It was the fastest time by an Australian at the Commonwealth Games and first medal in the event for 32 years.

His mother, Sue, competed at the World University Games and father, Anthony, was a 7676-point decathlete. In mid-2015 he launched 'Gradeproof' an app which improves your writing with better grammar and rephrasing. It is used by 700,000 people in 191 countries. In late 2015 Nick and his business partner appeared on a Chinese reality television show, The Next Unicorn. They competed against 15 global entrepreneurs.



Jessica HULL

DOB: 22 Oct 1996

Club & State: Bankstown, NSW

Resident: Portland USA

Event & PBs: 1500m 4:02.62 (Stanford USA, 30 Jun 2019), 5000m 15:00.32 (Berlin GER, 1 Sep 2019)

Coach: Pete Julian

Social Media (Twitter/Instagram):
@jessicahull143/jessicaahull

International Champs & medals:
World Juniors (2014)
World Cross Country (2015 - U20)

Jess Hull started athletics very young and it has been her focus ever since. "I started running in year 2 at my primary school cross country carnival. The cross country carnival was mandatory once you got to year 2 so it was my first introduction to running and I loved it! I started Little Athletics with Albion Park Little A's later that year when the season started."

Through her teens she was a regular on the national podium running impressive times of 4:28 (1500m) and 9:37 (3000m) at 15. At 17, made her junior international debut at the World Juniors making the 1500m final. In 2015 she departed Wollongong for Oregon University where she completed a degree in Human Physiology major (Psychology and Sports Business minors).

At University she made a modest start in 2016, but in 2017 smashed PBs from 800m to 5000m, taking her 1500m best from 4:20 to 4:13, but not qualifying for the NCAAs. 2018 was a breakthrough year with PBs from 800m to 3000m, winning the NCAA 1500m title in 4:08.75. She was also 3rd in the indoor 3000m and gold in the relay. Late in 2018, she was third in the highly competitive NCAA XC. 2019 was another successful US college season. Indoors she won gold in the 3000m and relay and outdoors silver in the 1500m in a PB 4:06.27. Three weeks later at Stanford she destroyed her 1500m PB running 4:02.62 to become the fourth fastest in Australian history and qualify for the Doha world championships and Tokyo Olympics. She raced a few times in Europe, including a stunning 15:00.32 5000m in Berlin – the third fastest in Australian history and fastest by an Australian for 13 years.

Sporting ambition – global finals then to competing for medals. "Ultimately, I want to get the most out of myself so I can look back one day and be satisfied with the effort I put into my training and preparation. No regrets!" ... **Memorable sporting achievement** – sharing my first NCAA title with a home crowd, all of my teammates in the grand stands, my family and my coach at the time (Maurica Powell), was a very special moment and couldn't have been more fitting. Everyone who was a part of my development as a Duck was there which made it so special. It was a full circle moment for me after competing there in 2014 for the World Junior Championships ... **Influential person** – "My dad. He coached me from a young age and when I look back now I can see how his meticulous planning throughout my junior development has built the foundation I have now." ... **First junior club** – Kembla Joggers... **Advice to your young self** – "Never place any limitations on your ability or potential outcomes. Persevere, make the most of opportunities and take ownership of your process."



Michelle JENNEKE

DOB: 23 Jun 1993

Club & State: Sydney Uni, NSW

Resident: Sydney

Event & PB: 100m hurdles 12.82 (Brisbane AUS, 29 Mar 2015)

Coach: Ash Mahoney

Social Media (Twitter/Instagram):

@MJenneke93/MJenneke93

International Champs & medals:

Youth Olympic Games (2010 silver)

World Juniors

Commonwealth Games (2014, 2018)

Continental Cup (2018)

World Championships (2015, 2017)

World Indoors (2016, 2018)

Olympic Games (2016)

World University Games (2015 bronze, 2017)

Michelle Jenneke started training with her first coach Mick Zisti when she was ten-years-old and competed for Cherrybrook Little Athletics Club (after one year at Ryde Little Athletics). In 2010, she placed second in the women's 100m hurdles at the Youth Olympic Games in Singapore. Two years later she was a finalist at the world junior championships in Barcelona.

After an injury in 2013, she made a successful senior international debut in 2014, progressing to the final at the Glasgow Commonwealth Games. Against the clock, she progressed significantly in 2015. She started the year with a best of 13.23, but by the end of 2015 she had run nine times quicker and slashed her best to 12.82 to become the second fastest in Australian history. She also progressed to the semi-final at the 2015 World Championships and won bronze at the 2015 World University Games.

After placing fourth in her heat at the 2016 World Indoor Championships in March, she won the national title in an Olympic qualifying time of 12.93. In Rio, she placed sixth in her heat and didn't progress to the next round. In 2017 she compiled a strong domestic season running 12.99 in March - her fifth sub-13 second time of her career. At the National Championships in April, she placed third. At the 2017 World Championships, she ran well in the heats to progress to the semi-final of the 100m hurdles. Two weeks later, in late August, she was again in competition at the World University Games, placing eighth in the 100m hurdles final.

She went into the 2018 Australian Athletics Championships and Commonwealth Games trials ranked third in Australia, but rose to the occasion to place second to Sally Pearson and courtesy of her earlier A qualifying mark, achieved automatic selection for her second Games. In early March 2018 she competed at her second IAAF World Indoor Championships, progressing to the semi-final in the 60m hurdles and in April placed fourth in the Commonwealth Games final.

Profile - She became an internet sensation, as the "Dancing Hurdler", after footage of her pre-race warm-up dancing was captured at a 100 metres hurdles heat at the 2012 World Junior Championships went viral. Currently, one version of the video has amassed more than 30 million views on YouTube...**Nickname** - Shelly...**Other sports** - Played soccer with the boys for 12 years, and at school played representative European handball, futsal, outdoor soccer and touch football...**Education** - Engineering (Mechatronics), University of Sydney (graduated 2019)



Caitlin SARGENT - JONES

DOB: 14 Jun 1992

State: QLD

Resident: Brisbane

Occupation: Physiotherapist

Event: 400m 52.16 (Kazan RUS, 8 Jul 2013),

Coach: Eric Brown

Social Media (Twitter/Instagram):

-/caitlin.sargentjones

International Champs & medals:

World Juniors (2010)

World Championships (2011, 2013)

World University Games (2011, 2013)

Commonwealth Games (2014, 2018)

World Relays (2015, 2017, 2019)

Olympic Games (2016)

Caitlin Jones started athletics in primary school at the suggestion of a teacher, and as she enjoyed the sport she chose to continue. In her teens she was primarily a 100m/200m sprinter and made her international debut in 2010 at the World Junior Championships where she made the 100m semi-finals and helped the 4x100m relay to the final. But her versatility as a sprinter was evident with her also selected on the 4x400m relay at those championships. The next year she made a more permanent move to the longer sprint, which would continue through her career to regularly compete in all sprints. At the 2011 junior nationals she placed third in the 100m, but won the 200m and 400m, and was selected for her senior debut on the national 4x400m relay for the world championships.

Between 2011 and 2015 she was always on the 400m podium at the nationals, winning two titles in a rivalry with Annie Rubie. These two and Morgan Mitchell staged a revival of women's 4x400m relay running in Australia starting in Glasgow at the Commonwealth Games. She helped the 4x400m team to top-8 places at the IAAF World Relays in 2015 and 2017 and was a key member of the team which reached the Rio Olympic final, clocking a 51.78 split in the heat. Not at her best in 2017, she returned to the national team for the Gold Coast 2018 Commonwealth Games on the 4x400m relay, following her fourth placing at the trials in 52.79 – her quickest time for four years. At the Commonwealth Games the relay team placed fifth in the straight final.

Her 2019 season was consistent placing second at national and at the Oceania Championships and running on the team which made the final at the World Relays.

Hobbies - Baking, soap making...**Education** - Physiotherapy at Uni of Queensland...**Memorable** - Winning heat of 4x400m at IAAF 2015 World Relay Championships in Bahamas to secure place at Rio 2016 Olympic Games...**Hero** - US tennis player, Serena Williams and US runner Steve Prefontaine "To give anything less than your best is to sacrifice the gift."...**Family** - married to an American and loves to travel the USA for holidays.



Sara KLEIN

DOB: 19 May 1995

Club & State: Asics Wests, NSW

Resident: Sydney

Occupation: Personal Trainer

Event & PB: 400m hurdles 56.07 (Townsville AUS, 27 Jun 2019)

Coach: Lindsay Watson

Social Media (Twitter/Instagram): -/ saraklein94

International Championships & medals:

World Juniors (2012)

Sara Klein started athletics when her parents signed her and her sister up to Little A's when they were eight. "I was a very active kid and was involved in a lot of different sports but fell in love with athletics and have been doing it ever since."

She hurdled and sprinted through her teens more often in the 100m hurdles, but in March 2012, aged 17, she smashed her 400m hurdles PB by 1.8 seconds clocking 58.02 seconds and winning the national junior title. She went on to make the semis at the 2012 World Juniors.

Over the next six years (until December 2018) she ran regularly in the 59s and then 58s, plus once under 58 with a new PB of 57.99, won national junior titles and made four national senior podiums. Then on 13 January 2019 she made a breakthrough clocking 57.18 seconds. It triggered a string of four personal bests eventually bring her PB down to 56.07 seconds and winning the Oceania title in Townsville in June 2019. Her time was the 10th fastest in Australian history.

Hobbies – piano...**Sporting ambition** – "The chance to wear the green and gold and represent my county drives me every day."...**Memorable sporting achievement** – "Australian Junior Nationals 2012. I dropped almost two sec off my previous PB in a very talented field to qualify for the World Junior Champs. Equally as memorable was my race at this year's Oceania Champs, running a pb and .07 seconds off the World Champs qualifier."...**Influence** – I've had so many influential people in my career! My old training partner and fellow 400m hurdler, Ian Dewhurst is one. I looked up to Ian (and still do) when I first started doing 400m hurdles. My first coach Marilyn Pearson who got me into 400m hurdles and current coach Lindsay Watson. However, my Dad has been the biggest influence. He's always pushed me to do my best and set my goals high."...**First Junior Club** - Kurrajong Bilpin Little Athletics Club...Advice to your young self – "Just to enjoy it and not to stress over one bad race."



Luke MATHEWS

DOB: 21 June 1995

Club & State: St. Kevin's, VIC

Resident: Melbourne

Occupation: Student Bachelor of Commerce/Law - Deakin University (2014-current)

Event & PBs: 800m 1:45.16 (Melbourne AUS, 5 Mar 2016), 1500m 3:35.57 (Hengelo NED, 11 Jun 2017).

Coach: Elizabeth Mathews

Social Media (Twitter/Instagram):

@lukemathews95/lukewa23

International Championships & medals:

World Juniors (2014)

World Relays (2015, 2017)

World Championships (2017)

Olympic Games 92016)

Commonwealth Games (2018 bronze 800m)

Luke Mathews started doing little athletics age six-year-old. He followed his brother and sister to training and realised he was ok at it. A successful junior middle-distance runner, he burst onto the scene in the summer of 2016. He had made the semi-final of the 800 metres at the 2014 IAAF World Junior Championships, then in 2016 he improved his 800 and 1500 metres personal bests and competed briefly in Europe.

In March 2016 at the world challenge meet in Melbourne he raced the 800 metres world record holder David Rudisha, regarded as the world's greatest ever half miler, and pushed him all the way to the line. His run was an Olympic qualifying time, a two-second personal best and the fastest time by an Australian on home soil for 34 years.

In Rio, in his senior international debut, he didn't progress out of the heats of the 800m and 1500m. Domestically in 2017, he defended his national 800m title and then compiled a strong series of lead-up performances to the 2017 IAAF World Championships, recording PBs at 1000m, 1500m (3:35.57) and mile (3:54.53). His lead-up form continued into the world championships where he progressed to the 1500m semi-final and just missed the final by 0.31 seconds and two places. Our last finalist was 24 years ago.

Won his third consecutive national 800m title in 2018 and at the Commonwealth Games won bronze – our first medal in the event for 36 years. In 2019 started to look more toward the longer event, winning the national 1500m title, although he had only an 800m world championships qualifier.

Memorable sporting moment - sitting front row to watch my best mate win the 2016 AFL grand final...**Idol** - Craig Mottram. He really moulded the way for middle distance / distance athletes through the early 2000's. He is the reason I wanted to become a professional athlete...**Influence** - "My biggest influence are my parents - Gavin and Elizabeth Mathews. They have sacrificed everything and put their life on hold to help me achieve my goals."...**Nickname** - Lukey, Chicha...**Injuries** - avulsion fracture - wiped out the whole European season in 2018...**Interesting fact** - I have a photographic memory with what spikes people wore in certain races. If only I could somehow translate that memory into my finance exams. Coached by his mother Elizabeth Mathews.



Nicola MCDERMOTT

DOB: 28 Dec 96

Club & State: Sydney University, NSW

Coach: Matt Horsnell

Resident: Central Coast, NSW

Event & PB: High Jump 1.96m (Ostrava CZE, 20 June 2019)

Occupation: Student - Science

Social Media (Twitter/Instagram):

/nicolamcdermott

International Champs & medals:

World Juniors (2014)

World Universiade Games (2015 & 2017)

World Championships (2017)

Continental Cup (2018)

Commonwealth Games (2018 – bronze)

Nicola McDermott started the sport in primary school and Little Athletics. "I was nine, tall and loved running. High jump was a sport that challenged me physically and mentally, and I enjoyed all the training and the feeling of jumping." A regular medallist at the Australian Junior Championships, she was selected to compete at the high jump at the 2014 IAAF World Junior Championships in Eugene (USA) where she leapt 1.79m in the qualifying round.

She won a bronze medal in the Australian under 20 and open championship in 2015, earning selection to compete at the World University Games where she placed fourth with a best mark of 1.80m. In 2015 and 2016, she was consistent at 1.88m, ahead of July 2017 when she cleared 1.90m in Brisbane. She was extended an invitation to compete via the IAAF Roll Down Process at the London World Championships, where she, unfortunately, no heighted. In late August she competed at the World University Games, placing seventh with a tremendous height of 1.88m.

Domestically in 2017/18 she was consistent with clearances at 1.85m (twice), 1.86m, 1.88m and a key leap of 1.90m over all Commonwealth Games contenders in Canberra on January 27. At the national championships and Commonwealth Games trials, she placed third with a leap of just 1.80m, but received a discretionary selection for the Commonwealth Games. She repaid the selectors faith with a bronze medal clearing a PB 1.91m.

In 2019 she just went from strength to strength. Opened the season with a PB 1.94m in February, won the national title with 1.92m, then in Europe on June 20 she cleared 1.96m at Ostrava. The height moved her to equal third Australian all-time, was the equal highest leap by an Australian for 25 years, moved her to fifth in the world in 2019 and was a Tokyo Olympic qualifier. Then on July 12 at the Monaco Diamond league she cleared 1.94m and placed third defeating many athletes with superior PBs.

Hobbies - plays piano and leads youth groups at her church...**Education:** Science (biochemistry) at Sydney University...

Ambition - "I want Australia to get to the next level for high jumping and that is for a female to jump over two metres..."**Hero** - "I love Blanka Vlasic as a great role model for our sport, and also because I'm half-Croatian..."

Influence - "The support I received from my school, Greenpoint Christian College. The teachers were passionate about my gift."



Morgan MCDONALD

DOB: 23 Apr 1996

Club & State: Randwick Botany, NSW

Event & PB: 5000m 13:15.83 (Heusden NED, 22 Jul 2017)

Coach: Mick Byrne

Resident: Madison, Wisconsin, USA

Social Media (Twitter/Instagram):

@mrgnmcdnld/morganmcdonald__

International Championships & medals (senior):

World Cross Country Championships (2013 U20, 2015 U20)

World Juniors (2014)

World Championships (2017)

Commonwealth Games (2018)

A member of one of Australia's oldest clubs, Randwick Botany Harriers, Morgan McDonald was a leading Australian junior distance runner competing at the 2013 World Cross Country Championships in the under-20 race, and 2014 World Junior Championships in Oregon where he placed 10th in the 5000m in 14:10.08. He remained in the US and headed to college to study Business, majoring in finance, at the University of Wisconsin-Madison.

He had good success setting PBs galore and in his second year in 2016 was fifth in the NCAA 5000m with a PB 13:29.79 and within seconds from the Rio Olympic standard.

Ran numerous PBs at 1500/mile and 5000m in 2017 and after the college season ran a brilliant 13:15.83 (number six Australian all-time) to qualify for the 2017 world championships where he ran very well, placing a very competitive seventh in his heat (13:30.73), missing qualification for the final by two places and half a second.

In 2018 the college allowed him to compete in the Commonwealth Games trials for the 5000m where on a very humid night we witnessed one of the great 5000m races in Australian history. Morgan won and went on to placed eight at the Games, but was injured and unable to compete on the track at the NCAAs in 2018. In late 2018 his college hosted the NCAA Cross Country Championships which he won – one of the toughest events to win. Compiled an incredible 2019 NCAA season. He won the indoor 3000m and 5000m on consecutive days, then the outdoors 5000m in June. In July in London he locked up his 2019 World championships qualifier (13:18.91).

Education - Business Administration, Majoring in Finance, University of Wisconsin (graduated May 2019)...**Hero** – Ben St Lawrence...**Influence** – “My parents have always pushed me to be better but have allowed me to always pursue whatever I wanted.” ...**Memorable sporting achievement** - 2018 Australian 5000m Champion and 4xNCAA Champion...**Memorable sporting moment** – “Winning NCAA Cross Country in 2018 in front of the home crowd in Madison.”



Stewart MCSWEYN

DOB: 1 Jun 1995

State: TAS

Resident: Melbourne

Occupation: Student

Event & PBs: 1500m 3:31.81 (Monaco MON, 12 Jul 2019), 5000m 13:05.23 (Brussels BEL, 31 Aug 2018)

Coach: Nic Bideau

Social Media (Twitter/Instagram):

@Stewy_mac3 /stewy_mac3

International Champs & medals:

World Cross Country (2013 junior, 2017, 2019)

World University Games (2015)

Continental Cup (2018)

World Championships (2017)

Commonwealth Games (2018)

Stewart McSweyn grew up on Tasmania's small but picturesque, King Island, located in the Bass Strait, population less than 2000. He went to school at King Island District School and ran around his family's beef and sheep farm. He boarded at Ballarat Clarendon College from Year 7 and ran for the strong Eureka Athletics Club. Up to 14 or 15 he played cricket, tennis and AFL, but then decided to concentrate on athletics. "It was an easy choice as it was my best sport. Also I had got a few injuries in AFL." He developed nicely under local coach Rod Griffin and cemented his love for the sport.

Most teenage years he would make nationals and occasional won a medal. Competed at the 2013 World Cross Country in the junior race and two years later at the World University Games in the 5000m. The versatile athlete competed in the steeplechase at the 2017 World Championships, but switched his focus to the 5000m and 10,000m for the Gold Coast Commonwealth Games. Over 10 weeks from June to the end of Aug 2018 he smashed his PBs from 1500m to 5000m – 3:34.82 (1500m), 7:34.79 (3000m), 13:05.23 (5000m) & 28:05.37 (10,000). In December he won Zatopek in another PB 27:50.89.

There have been more PBs in 2019, starting early with a national indoor 1500m record of 3:35.10. Then outdoors he twice ran 3:31.81, just outside training partner Ryan Gregson's national record. His 1500m and 5000m times made him the second fastest in Australian history. One hiccup was the 2019 World Cross Country Championships where he was ill with the flu leading into the race and could not start.

Hero – two local athletes in Ballarat when he was at school: Collis Birmingham was supportive, gave advice and allowed me to train with him. Brett Robinson - In his first year at Uni in the 2014 season, Stewart nearly given up the sport, but Brett supported and encouraged him to come to training. **Other sports** - cricket, tennis and AFL. **Education** – Secondary Teaching Uni Southern QLD (current, graduate 2021), podiatry (2 years – incomplete due to travel)... **Memorable sporting moment** – "Qualifying for a home Commonwealth Games with a lot of my friends and family present..." **Influence** – "My Parents (Jack & Scott), Siblings (Carmen & Angus) and my coach (Nic Bideau)." **Sporting relatives** - Scott McSweyn (father) Australian weightlifting representative.



Morgan MITCHELL

DOB: 3 Oct 1994

Club & State: Western Athletics, VIC

Resident: Melbourne

Event & PBs: 800m 2:00.06 (London GBR, 21 July 2019), 400m 51.25 (Birmingham GBR, 5 Jun 2016)

Coach: Elizabeth Mathews

Social Media (Twitter/Instagram):
morganmitch2/morganmitch

International Champs & medals:

World Juniors (2012)
World Relays (2014, 2015, 2017, 2019)
Commonwealth Games (2014, 2018)
World Championships (2015, 2017)
Olympic Games (2016)

Morgan Mitchell started Little Athletics when she was very young, but aged 14 put her athletics career on pause to pursue her passion for basketball and particularly netball where she was in the national U17 & U19 teams. At the same time she was progressing in athletics and represented Australia at the 2012 IAAF World Junior Championships, where she progressed to the 400m semi-finals. Netball was then put aside as she concentrated on athletics.

Two years later she'd made her senior international debut at the Glasgow Commonwealth Games, she was again a semi-finalist in the 400m. She was a key member of the relay team which placed fourth in Glasgow, starting a resurgence of women's 4x400m running in Australia.

She competed at her first global senior meet, the 2015 IAAF World Championships. She compiled a strong 2016 domestic season winning the Nationals and in June running 51.25 in Europe the fastest time by an Australian for 13 years and becoming the seventh fastest Aussie ever.

Selected for Rio, she ran well in the heat (51.30 for second) but faulted a little in the semi with 52.68 and fifth. She bounced back in the relay running flying legs of 50.97 and 50.52 in the heat and final as the team finished eighth. In 2017 she won her third national 400m title, and later raced at the World Relays and World Championships. On home soil she made the 400m semi and 4x400m final at the Gold Coast Commonwealth Games. But Mitchell had not been happy with her results over the last two years and decided she needed to move events or quit. The goal was the Tokyo Olympics and she didn't care if she qualified for the 2019 World Championships on the journey.

So she switched coaches to Liz Mathews and started the event shift. She didn't find the transition easy, graduating from around 15km a week to 60-70km a week was a challenge. The early signs were tough for Mitchell to accept, in December 2018 she ran just 2:06 in the 800m. Another 2:06 in late January was followed by some nice progress with a couple of 2:03s, then at the nationals a tremendous 2:01.60 for third place. At the World University Games in Naples she successfully negotiated three rounds to make the final, a fair challenge for an athlete new to the distance. Then 11 days later at the London Diamond League the transition was complete with a 1.54 second PB time of 2:00.06, making her eighth fastest ever and qualifying for the Doha World Championships.

Nickname – Morgz...**Hobbies** - Travelling, shopping, designing clothes, going to beach...**Sporting relatives** - Father, Walter Jr, played professional basketball in Europe, North America and Oceania...**Influence** - Mother, her former athletics coach Peter Burke and former netball coaches.



Jemima MONTAG

DOB: 15 Feb 1998

Club & State: Melbourne University, VIC

Resident: Melbourne

Occupation: Student & research assistant The Fruit Box Group

Event & PB: 20km walk 1:30.51 (Adelaide AUS, 10 Feb 2019)

Coach: Brent Vallance

Social Media (Twitter/Instagram): /@jemimamontag

International Champs & medals:

World Race Walking Cup (2014 U20, 2018)

World Youth Championships (2015)

Commonwealth Games (2018 gold)

World University Games (2019 silver)

Jemima Montag started little athletics at Brighton in under 8s. "I very quickly realised that I certainly had slow twitch muscle fibres, as I was absolutely shocking at any jumps and throws (couldn't get over the high jump warm up height to save myself)." With her endurance capacity, she found her way to the walks. "I really enjoyed the challenge of such a technical endurance event." In her teens she was recording impressive achievements, winning national junior/age titles. At aged 16, she was selected for the junior event at the World Race Walking Championship, placing 12th and winning a bronze with the team. In 2015 she was 11th at the IAAF World Youth (U18) Championships. She made her 20km walk debut in December 2017 and seven weeks later at the Commonwealth Games trials she was outstanding placing second in 1:31.26 (9th fastest all-time) and securing automatic selection for the Games. At the Commonwealth Games, she was perfect – winning gold by 88 seconds.

Her 2019 season has been impressive with a silver at the World University Games, a win at the Oceania Champs, and PBs across all her distances including the 20km walk (1:30.51) elevating her to number 10 all-time.

Education - Science at Melbourne Uni. She also works at The Fruit Box Group as a research assistant for their new Corporate Social Responsibility project, The One Box, which delivers free boxes of fruit, veg, milk and bread to food insecure families around Australia...**Hobbies** - Cooking for family/friends, public speaking, piano, time in nature, journaling and surprising my friends with thoughtful little gestures... **Memorable sporting moment** – "Hitting the tape at the 2018 Commonwealth Games with my support crew right by my side."...**Hero / idol** – "I admire Jess Trengove and her approach to running, family, career and life. I love the energy that she radiates. Through her writing she inspires me to find that balance between chasing goals and enjoying the process."...**Most influential person** – "My coach – Brent Vallance – he believed in me as an emerging junior and has guided me towards success as a young senior athlete."



Celeste MUCCI

DOB: 11 Aug 1999

State: VIC

Resident: Melbourne

Occupation: coach

Event & PBs: 100m 11.60 (Canberra AUS, 28 Jan 2019), 100m hurdles 13.02 (Götzis AUT, 25 May 2019)

Coach: Darren Clark

Social Media (Twitter/Instagram):

-/celeste.mucci

International Champs & medals:

World Juniors (2016, 2018)

World Relays (2019)

World University Games (2019 silver 4x100m relay)

Commonwealth Games (2018)

Celeste Mucci started in the sport when state high jump coach Darren Clark spotted her in year six at a primary school carnival. "She was not winning but looked to be a very talented athlete," said Clark. "At the first training session she was quiet and didn't say much, but I thought afterwards this kid has got something."

Within a couple of years, Celeste had started to compile some impressive marks in the 100m hurdles and high jump and was logically competing in the multi-events. Aged 15, in 2015 she scored 5430 (U18 implements) in a heptathlon. Her long jump and sprinting was also improving. The next year (2016) she competed at the World Juniors pacing 17th. In 2017 she really started to improve domestically she had now scored 5628 and in April travelled to her former hometown, Florence in Italy, to compete at Multistars, a senior international competition, where she again increased her PB, this time to 5721 included three individual PBs. In December 2017 she broke the national junior record which had stood for 27 years, with a tally of 5870 points.

In 2018 she won the Commonwealth Games trials and placed fourth at the Games with another PB/national junior record score of 5915. In July she competed at her second World Juniors/U20 Championships.

Domestically in 2019 she added the 100m and 100m hurdles to her program, with impressive results. She won the Canberra Track Classic 100m in a PB 11.60 and set a 100m hurdles PB and won the national title along with the heptathlon. She became the first athlete to claim this double since Jane Flemming in 1994. In May she competed in the Götzis Heptathlon where she set another hurdles PB time of 13.02 – now the equal 5th fastest in Australian history. In July at the World University Games, she had problems in the 100m hurdles heats, but helped the 4x100m relay team to silver.

Interesting facts – speaks Italian...**Influence:** Parents and coach because they're always there to support me...**Hero** – Jessica Ennis-Hill...**Hobbies** – the beach...



Bendere OBOYA

DOB: 17 Apr 2000

Club & State: Campbelltown, NSW

Resident: Sydney

Event & PB: 400m 51.94 (Gold Coast AUS, 17 Feb 2018)

Coach: Renay Parkinson

Social Media (Twitter/Instagram):

-/ _bendere

International Champs & medals:

Commonwealth Youth Games (2017 400m /4x400m gold)

Commonwealth Games (2018)

In just over 12 months Ethiopian-born Sydney teenager, Bendere Oboya improved from 75 seconds to 52.69 in the 400m to go from an unknown athlete to the 2017 Commonwealth Youth champion and record a Gold Coast 2018 Commonwealth Games qualifier in July 2017.

In 2003, aged three, Bendere arrived in Australia with her family including four siblings. After four years in little athletics and with a 400m PB of 75 seconds, in 2016 she decided to concentrate on the 400m. Preparing to travel to the US on a school athletics tour, she wanted to run at her best, so her and her coach started working together. Within a few months, at the Combined High School (Sept 2016) athletics carnival, she broke 59 seconds for the first time. Over the summer, she continued to slash her PB to 57, then in January 55.67, NSW juniors 55.01, NSW open championships 54.14 and then 53.30 to win the title. At the national juniors in March, she ran 53.02 and was selected for her international debut at the July 2017 Commonwealth Youth Games (under-18) in Nassau in the Bahamas. She won the title in another PB 52.69, also a Commonwealth Games qualifying time. She closed the year as the second fastest under-18 in the world.

An injury in late 2017 hampered her summer season but when she commenced her season she was brilliant, first running a PB of 52.48 seconds at the NSW Championships. In mid-February at the Australian Championships and Commonwealth Games trials she placed second in another significant PB time of 51.94 seconds, which was an A qualifier and secured her automatic selection for the Games. The time made her the third fastest junior (under-20) in Australian history, behind Cathy Freeman (an Olympic champion) and Jana Pittman (a world champion).

At the Commonwealth Games she was unable to overcome a hamstring injury, not proceeding out of the heats. Compiled a very strong 2019 domestic season running a best of 52.00 seconds and claiming the national title.

Education - completed her HSC in 2017...**Hero** - Cathy Freeman...**Hobbies** - Taking photos...**Nickname** - Ben, B...

Family - Born in Gambella in Ethiopia, she came to Australia with her family in 2003 when she was three. She has five siblings, four brothers and one sister.



Bella O'GRADY

DOB: 18 Feb 1997

Club & State: UTS Norths, NSW

Resident: Sydney

Occupation: Student (Law at UTS) & P/T paralegal

Event & PB: 400m 51.87 [Naples ITA, 9 Jul 19]

Coach: Penny Gillies

Social Media (Twitter/Instagram): -/bellaogrady

International Champs & medals:

World Juniors (2016)

World University Games (2017, 2019 bronze 4x400 relay)

Bella O'Grady started her athletics involvement at her kindergarten athletics carnival and then Little Athletics. "I am confident my parents enrolled me in athletics as partially I showed an interest in running but mostly as a way to tire me out on a Saturday (I had way too much energy as a kid)." In her teens she was primarily a national medal winning hurdler and short sprinter.

In 2016 at the Australian junior championships there were three athletes going for two places in the 100m hurdles for the World Junior team. At the trials Bella fell in the final, but as the fastest athlete selectors showed faith and selected her for the team. At the World Juniors she ran a very quick 13.53 in the heat but fell in the semi-final.

The summer of 2017 Bella started to emerge as a 400m talent, she ran 54.13 on no specific training and her 200m time was coming down (23.93). In mid-2017 she made her senior international debut on both relays at the World University Games, but her now 400m best of 53.89 left her just short of selection in the 4x400m relay for the 2017 World Championships. In 2018 she was sixth in the 400m at the Commonwealth Games trials with a new PB of 53.35, but was again just short of selection.

On December 1, 2018, she ran a breakthrough 52.38 400m, but a hamstring injury hampered her domestic season and she was not ready to compete at the 2019 World Relays. Selected for the July 2019 World University Games, she was outstanding running a PB 51.87 in the semi and placing seventh in the final. Her new PB moved her to 21st on the Australian all-time list, just missed the Doha world championships standard by 0.07 seconds and was the third fastest time (behind Anneliese Rubie-Renshaw and Morgan Mitchell) by an Australian for 10 years. She anchored the 4x400m relay to bronze.

Hobbies - skiing and brunch... **Advice to your young self** - I would tell myself to be open-minded. Sometimes you are granted your biggest rewards once stepping outside of your comfort zone and trying new approaches... **Famous relatives** - Grandpa was a NSW Supreme Court Judge... **Sporting ambition** - "To keep setting goals and pushing myself above my limits. In keeping with that ambition, I hope to one day fulfil my dream of representing Australia at the Olympics..." **Nickname** - Bells... **Interesting fact** - "I was born blue and with an Apgar score of 1 out of 10. But I am all good now!"... **Influential** - "My coach Penny Gilles. She has taught me confidence, grit, passion and the true definition of working hard. In spite of hitting a few hurdles (literally) and deciding to give a new event a try, Penny's belief in me has been unwavering."



Nana OWUSU-AFRIYIE

DOB: 22 Mar 1999

State: VIC

Resident: Melbourne

Event & PB: 100m 11.64 (Melbourne AUS, 3 Mar 2019)

Coach: Tony Marsh

Social Media (Twitter/Instagram):

@nanaaowusu/nanaaowusu

International Champs & medals:

Commonwealth Youth Games (2015)

World Juniors (2016, 2018)

World Relays (2019)

World University Games (2019 silver 4x100m)

A quick 100m of 12.11w aged 14 years at the Australian All Schools was the start of six very consistent years of sprinting by Nana Owusu-Afriyie. A regular on the podium at the National juniors and All Schools Championships, a breakthrough 100m time of 11.86 in 2016 earned her selection in the 4x100m relay for the Australian team going to the 2016 IAAF World U20 Championships. Nana continued to make progression toward selection in a second World U20 team in 2018. She trimmed her 100m PB to 11.83, but her real progress was over 200m where at the Australian U20 Championships/Trials she smashed her 200m PB running 23.89 in the heat and a 23.63w in the final, where she placed second. In March she was named in her second World U20 team in the 4x100m.

At the 2018 World U20 Championships she helped the 4x100m relay team to seventh in the final, setting an Australian U20 record time of 44.78. She spring-boarded into a very successful debut senior season in 2018/19, clocking the fastest 200m of the season a PB 23.28, along with two 100m PBs. She ran on the 4x100m team (final) at the World Relays, then in July at the World University Games she progressed to the 200m semi-final and claimed a silver medal with the 4x100m relay team.

Nickname - Nans, Nanabread...**Education** - Nutrition Science at Deakin University...**Occupation** - student, coach and works in retail...**Getting into the sport** - In primary school my first PE teacher saw me run at 'twilight sports' and begged my parents for a year for me to start Little Athletics. This was when I was aged 10 and I have been running ever since...**Hobbies** - Online shopping, sleeping and eating...**Other sports** - Involved in soccer and ballet at a high level...**Influence** - My mum...**Hero** - Shaunae Miller, Tori Bowie



Elizaveta PARNOVA

DOB: 9 May 1994

State: WA

Resident: Perth

Occupation: Model, athlete

Event & PB: Pole Vault 4.60m (Townsville AUS, 28 Jun 2019)

Coach: Paul Burgess

Social Media (Twitter/Instagram):

@LizaParnov /lizparnov

International Champs & medals:

Youth Olympics (2010 silver)

World Youth Championships (2011 silver)

World Juniors (2012 silver)

World Championships (2017)

Commonwealth Games (2010, 2014, 2018)

Olympic Games (2012)

From a family of athletes and particularly pole vaulters, Elizaveta Parnova was destined to follow. She was a competitive pole vaulter from the age of nine, where she vaulted 2.65m. She set two world age bests at 11 years (3.15m in 2005) and 12 years (3.64m in 2006). She cleared four metres just days after her 14th birthday in 2008. In 2010, she made her international championship debut at the inaugural Youth Olympic (winning silver) and Commonwealth Games. Her stellar junior career continued with medals at the 2011 World Youth Champs and 2012 World Juniors. Competed at the London Olympics in 2012 and her second Commonwealth Games in 2014. In 2016, she won the national title, but in April she fractured her tibia, ending any hope of a second Olympics. She rebounded well in 2017, clearing a PB 4.51m in Perth in March. At the 2017 IAAF World Championships she cleared 4.35m in the qualifying rounds. In 2018 competed at her third Commonwealth Games placing fifth with 4.40m.

Compiled her best year yet in 2019 raising her PB on three occasions, with clearances of 4.52m, 4.56m, and 4.60m to win the Oceania Championships. Her new PB moved her to equal fourth Australian All-Time and also past her Auntie Tatiana Grigorieva (PB 4.58m).

Hobbies - Shopping, going to the beach, drinking coffee... **Education** - Media and Communications at Murdoch University in Perth... **Family** - Her father (Alex) was a pole vaulter, mother (Nadia), a hurdler. Her grandmother, Natalia Pechenkina, won the 400m bronze medal at the 1968 Mexico Olympic Games, and grandfather, Valentine Tchistiakov was a hurdler at the 1964 Tokyo Olympic Games. Her aunt, Tatiana Grigorieva, won a silver medal in the pole vault at the 2000 Olympic Games. Older sister Vicky won the 2007 World Youth title and competed at the 2006 Melbourne Commonwealth Games at age 16 and twin sisters Alla and Natasha won national age medals in the pole vault.



Ellie PASHLEY

DOB: 10 Dec 1988

Club & State: Deakin Athletics Club, VIC

Resident: Aireys Inlet, Victoria

Coach: Julian Spence

Event & PBs: Marathon 2:26.21 (Nagoya JPN, 10 Mar 2019), Half Marathon 69:20 (Okayama JPN, 23 Dec 2018), 10,000m 31:43.51 (Stanford USA, 2 May 2019)

Social Media (Twitter/Instagram):

@ellieopash/ellieopash

International Championships:

World Mountain Running Champs (2010)

World Student Cross country (2012)

World Half Marathon (2018)

The running career of Ellie Pashley has been a gradual progression for 19 years, until the last 12 months where she has soared into the Australian top-8 all-time in the 10,000m, half marathon and marathon.

She commenced in athletics at the age of 10 when she started in Little Athletics. "I continued this until my teenage years, then ran cross country etc in high school among other sports. I gradually moved into longer distances and marathons in my mid-late twenties."

In 2010 she made her Australian debut competing in the World Mountain Running Champs and later that year clocked 35:56 at Zatopek and two years on competed at the World University XC Champ.

During 2014 to 2016 she was running times of around 34:30 to 35 minutes for 10,000m (at Zatopek) and 77 minutes for a half marathon. Aged 27, she made her marathon debut in 2016 in Melbourne, running 2:46.08 (4th). She started to progress in 2017 with PBs in the 5000m (16:14), half marathon (73:47) and significantly 10 minutes off her best in the marathon placing 13th in Berlin with 2:35.55. The progression really picked up in 2018. In March she represented Australia at the World Half Marathon Champs placing 24th with a PB 71:43. She closed the year with a stunning series of performances, commencing with a four minute marathon PB of 2:31.52 (Sept), then third at Zatopek in a 2:22 minute PB time of 32:17.81, then 10 days later a 69:20 half marathon in Japan (#8 all-time). The momentum continued in early 2019 with a 2:26.21 marathon in Nagoya, elevating her to eighth Australia all-time and nailing a Tokyo Olympic qualifier. Seven weeks later (May 2019) she ran 31:43.51 for 10,000m in American, securing a Doha world championships qualifier.

Occupation – Physiotherapist in Torquay and coach/director with RunStrongOnlineCoaching... **Education** –

Physiotherapy Charles Sturt Uni Albury... **Memorable sporting achievement** – marathon PB of 2:26:21 in Nagoya exceeding expectations ... **Hero/idol** – Sinead Diver – she’s humble, tough, doesn’t ever make excuses, and the smartest racer I know. She is also just a very down to earth person despite being an incredible athlete. And I feel very fortunate that I get to run with and against her regularly... **Influence** – coach Julian Spence. He got me to take running seriously and has given me the confidence to race at a much higher level than I ever thought possible. He has managed to get me through five years of hard training so far uninjured... **Other sports played** – netball, basketball, swimming... **Advice to your young self** – I probably would have encouraged my young self to take running a bit more seriously in my late teens and early twenties. However, I may not have the same love that I have for it today had I done that.



Matthew RAMSDEN

DOB: 23 July 1997

State: WA

Resident: Melbourne

Occupation: Student (Law at Deakin University)

Event & PB: 1500m 3:35.85 (Lahti FIN, 5 Jun 2019)

Coach: Nic Bideau

Social Media (Twitter/Instagram):
m__ramsdn/m.ramsden

International Champs & medals:
World Cross Country (2015 junior, 2019)
World Juniors (2016)

Matthew Ramsden started athletics aged 14 when a Japanese teacher invited him to the school runners club. He trained to break the school records and stay fit for basketball. After making the state XC team in 2012, "I realised I had a bit of talent. Before long basketball took a backwards step and I became obsessed with distance running."

Within a couple of years he was selected for the junior event at the World Cross Country Championships, aged 17. The following year (2016) he went to the World Juniors making the 1500m final and running the 5000m. While still a teenager he ran the impressive 1500m time of 3:39.39 in May 2017.

In good form in the leadup to the 2018 Commonwealth Games trials, he ruptured his plantar fascia in his heat. He compiled a strong series of performances in the 2018/19 summer, including placing fifth in the World XC trial. After initially missing selection, he received a late call up going on to place an outstanding 39th in Aarhus in his senior international debut at the World XC.

He launched his 2019 European campaign with a stunning near four seconds 1500m PB time of 3:35.85 – moving from 39th to 14th Australian all-time, to sit one place behind another WA athlete Herb Elliott. A week later he ran a seven seconds 3000m PB time of 7:45.68 (15th all-time). After a quick trip to Australia to win the Oceania Championships, he ran a five seconds mile PB time of 3:53.32 (7th all-time).

Sporting ambition - Long term is to win medals and break records. Short term is to make finals and take all the WA records from 1500m - 10,000m...**Memorable achievement** – Running at the WXC in Denmark and placing 39th on debut...**Influence** - Ryan Gregson & Nic Bideau. All the MTC boys have helped me in some way but Ryan has looked after me and given me one on one lessons since my first day in the group. He has always supported me through the highs and lows of my career and has treated me the same after victory and defeat. Without Nic I would not be in the sport right now. He has given me opportunities some athletes could only dream of, set me up financially and supported my academic ambitions. Since I met him he has reassured me I can be a great one day, even when I couldn't see it...**Advice to your young self** - Go hard at it and you'll always walk away proud...**Interesting facts** – "I used to have a 20cm long rats tail, I grew up in a town with a population of 800, I didn't eat bread for 10 years after I choked on a sandwich in kindy, the most common youtube videos I watch are politics based."



Rochelle RODGERS

DOB: 25 Apr 1987

State: Front Runner Sports, WA

Coach: Rafael Baugh

Resident: Perth

Event & PB: Marathon 2:34:45 (Shizuoka, JPN, 25 Feb 2019)

Career marathons: 10

In her tenth marathon of her career Rochelle Rodgers ran a nine-minute PB to put her in contention to make her debut in the green and gold. In July Athletics Australia confirmed her selection Doha, where she will run the marathon conducted at an unusual time of midnight.

Rochelle started running from a young age and found it a great distraction from other school activities. Growing she also played tennis from the age of four. She was never part of any state team, just ran at Little Athletics. "Running was an escape from school life. I would come home from school and my mum would tell me to go for a run, running was my escape."

After she left school in Year 11 she started to train under coach John Gilmour – the great masters athlete. He coached her to her first marathon, Melbourne in 2013. Rochelle's debut marathon was a promising 2:57.20. Then in 2014 she came under the coaching guidance of Raf Baugh. During her next six marathons from 2014 to 2017, she ran a personal best on every occasion now down to 2:43.50.

"I just followed my training plan put together by my coach. He had a three to four-year plan for me to slowly get down to sub 2.40."

In 2018 she won Perth in 2:44.47 and then was second in Melbourne (in 2:47.05) "During Melbourne 2018 I suffered from slight dehydration due to unexpected temp changes," she explained. Then in February 2019 the breakthrough came, clocking 2:34.45 and winning Shizuoka in Japan. It was a Doha world championships qualifier for Rochelle. "Being selected for the Australian is a dream come true."

Occupation - Running Warehouse Australia, operations/retail manager...Primary/secondary schools - John Wollaston Anglican Community school and Applecross SHS (Year 11)...**Education** – Pastry chef apprenticeships and Diploma in Beauty therapy...**hobbies** - gardening and baking...**Sporting ambition** - represent Australia at the Olympic Games...

Memorable sporting achievement - winning Shizuoka Marathon in 2019 in a time of 2:34:45...Hero/idol - my first coach John Gilmour was my running inspiration...First junior club - Forrest Lakes Little Athletics Club...**Advice to your young self** – nothing is impossible...



Darcy ROPER

DOB: 31 Mar 1998

State: VIC

Resident: Melbourne

Event & PB: Long Jump 8.13 (Perth AUS, 16 Mar 2019)

Coach: John Boas

Social Media (Twitter/Instagram):
-/darcy_ropor

International Champs & medals:
World Youth Champs (2015 silver)
World Juniors (2016 bronze)
World University Games (2019 bronze)

On all three occasions Darcy Roper has worn the green and gold he has finished on the podium – a most impressive record for the long jumper. But what is more impressive is where he has come from. At 16, he was ‘couch surfing’ before his school, Brisbane Boys College, which had boarding facilities, and took him in. The year before he had won silver in the long jump at the 2015 World Youth Championships with an extraordinary leap of 8.01m. He and the gold medallist became the first athletes in history to clear the eight metre barrier at the championship.

In 2016 he won bronze at the IAAF World Juniors and in his last year as a junior (2017) he won the national U20 title. But when his home state hosted the Commonwealth Games he was not at his best and didn’t get out of the qualifying round at the trials in February 2018. But a move to Melbourne has rejuvenated a very promising junior career. He linked up with coach John Boas and now trains with two other eight metre jumpers – Chris Mitrevski and Henry Smith.

In this new environment he has flourished and compiled an outstanding 2018/19 season.

It started in November 2018 with a leap of 7.82m – his best for over two years. Then in February he leapt out to 8.20 metres but with a 2.1m/s wind. In March, in Perth, he leapt the extra ordinary distance of 8.32m, but with a 2.6m/s illegal wind, but also in his series of jumps he did twice exceeded his four-year-old PB with leaps of 8.11m and 8.13m – number 10 Australian all-time. In March he torn his hamstring at the Brisbane Track Classic where he leapt 8.05m. He missed national and in his next competition in France in June, he leapt 8.12m, followed by 8.05m (in Switzerland, July) before winning bronze with 7.90m at the World University Games.

Occupation – Internship Salt Financial Group and student...**Education** – Financial Planning and Accounting at RMIT (current)...**Hobbies** – fishing...Start in athletics –In the U8s in Little Athletics...**Interesting fact** – Attended Brisbane Boys College, the same school at Mitch Watt – they would have some impressive long jump records...**Memorable sporting achievement** - Jumping over the 8m barrier again after three and a half years...**Influence** – “Luke Donatini, my old coach. He had a huge role in shaping my career in transitioning from junior to senior athletics and was always good for a life lecture and coaching me off the track when I needed it most”...**Advice to your young self** – “Not to take athletics too seriously when you’re young and to just have fun. As there’s plenty of time to ‘get serious’ late in your career”...**Sporting relatives** - Avril Fahey – Australian women’s cricketer...**Other sports** – A member of QLD’s national winning schoolboys touch football team, was in the Brisbane Lions academy. “I hope to play AFL footy when I retire from athletics.”



Henry SMITH

DOB: 9 Apr 1996

Club & State: Sandringham Athletics Club, VIC
Resident: Melbourne

Event & PB: Long Jump 8.06 (Canberra AUS, 9 Feb 2019)

Occupation: Recruitment Consultant

Coach: John Boas

Social Media (Twitter/Instagram):
-/henrysmith____

International Champs & medals:
World Youth Championships (2013)

Henry Smith started athletics very young. "I started in little athletics at the age of 8 at Caulfield Little Athletics. We had a close family friend who used to watch me play sports and told my parents to put me in athletics before he passed away. My parents did and the rest is history." Aged 15, he won the Australian U17 high jump title with an impressive leap of 2.10m and late in the year leapt a windy 7.64m in the long jump. His best jump of 7.54m in the summer of 2012/13 earned him selection for the 2013 IAAF World Youth Championships where he made the long jump final. In 2014 he improved to 7.68m, but then for a few years he plateaued: 7.40 (2015), 7.43w (2016) and 7.56 (2017). He started to make progression at the Commonwealth Games trials in 2018 placing third with a PB 7.78m. The next summer, 2018/19, was a breakthrough season with leaps of 7.84w, 7.87m PB, 8.06m PB (17th Australian all-time) and backup performances of two 7.90m leaps and a win at the Oceania Championships with a mark of 7.91m.

Education – Applied Science (Psychology) at RMIT University (graduated 2017)...**Hobbies** - Fashion, film, and a good netflix tv series...**Sporting ambition** - To represent Australia at the 2020 Tokyo Olympics...**Memorable sporting achievement** - Winning the 2019 Australian Championships and competing at the 2019 London Diamond League...**Hero** - Phillips Idowu was my hero growing up. He was a true individual of the sport, an entertainer and amazing athlete...**Influence** – "People in my career thus far that have coached me – Vic McFarlane (high jump), Cathy Woodruff (long jump) and John Boas (long jump)...**Advice to your young self** - Train smart, understanding the importance of quality over quantity, and listen to your body...**Interesting facts** - I've got a massive scar across my stomach from when I had surgery as a kid.



Steven SOLOMON

DOB: 16 May 1993

Club & State: Randwick Botany, NSW

Resident: Sydney

Event & PB: 400m 44.97 (London GBR, 5 Aug 2012),

Coach: Penny Gillies

Social Media (Twitter/Instagram):

@steseso10 / stevesolomon10

International Champs & medals:

World Juniors (2010, 2012 - bronze)

Continental Cup (2018)

Olympics (2012)

World Relays (2019)

World Championships (2013, 2017)

Commonwealth Games (2014, 2018)

Steven Solomon was a late bloomer in athletics, advancing to state and national championships in the latter years of high school.

He placed second at the 2010 Australian Junior Athletics Championships and was selected to the 4x100m relay team at the IAAF World Junior Championships that same year. In 2011, he won the junior and open national 400m title, clocking an impressive personal best of 45.58. At 17 years and 11 months, he became the seventh youngest men's winner at the Nationals. He was selected to compete at the IAAF World Championships in Daegu in the 4x400m relay and at 18 years three months and 11 days, the third youngest ever Australian male to compete at the World Championships.

In July 2012, he competed at the World Juniors, where he placed third in the 400m (PB 45.52) and anchored the relay team to fourth. Less than a month later at the London Olympics, he ran an extraordinary series of races over three days. He won his heat in 45.18, went even faster in the semi-final clocking 44.97 and placed eight in the final with 45.14. He was the youngest in that final and was now the seventh fastest in Australian history, while still a teenager. In 2012, he headed off to Stanford University in America to study pre-medicine, but a lower back injury hindered his freshman season. He returned from the US to win the 2014 national title in a quick 45.36, but a hamstring injury curtailed his full NCAA season. There was doubt he could compete at the 2014 Commonwealth Games, but he made the start line for the 400m heats, advancing through the heat and unfortunately injuring his hamstring in the semi. Following the Commonwealth Games, he had hamstring surgery in Melbourne and rehabilitated with coach Iryna Dvoskina in Canberra. He had his first race in 16 months in November 2015 but was still restricted by injury over the summer. He clocked a good time of 45.50 to win the Australian title. After Nationals, he raced once in Canberra, twice in Townsville and seven occasions overseas in pursuit of the Olympic standard of 45.40, but alas he fell short, the best being 45.44.

He won the 2017 national title, his fifth while still only 23-year-old. On June 29 in California, he clocked 45.19, his fastest since the London Olympics and his best time outside of the three races in London in 2012. The mark was also a qualifier for the 2017 IAAF world championships, enabling him to relive the atmosphere of his greatest achievement to date. In London, he placed seventh in his heat clocking 46.27.

In February 2018, now at Duke University he broke the national indoor 400m record, clocking 45.44. He was selected for the Commonwealth Games where he progressed through the three rounds to place seventh in the final.

In 2019 he was back home in Australia where he won the national title (a record sixth), Oceania Championships and Pacific Games title. He also helped the national team qualify for the 2019 World Relays, then 2019 World Championships.



Julian SPENCE

DOB: 7 March 1986

Club & State: Ballarat Harriers, VIC

Coach: self

Resident: Ballarat

Event & PB: Marathon 2:14.42 (Lake Biwa Otsu JPN, 10 March 2019)

Career Marathons: 9 + 5 Great Ocean Road 44km marathons

Social Media (Twitter/Instagram):
@romeothemoose/romeothemoose

Ballarat's Julian Spence starting running in his early 20s "with a few buddies for a football preseason and then decided to cancel the footy season and just run that year." He made his marathon debut on 2 November 2008 running in the Portland 3-Bays marathon in Victoria clocking 3:04.48 and just over 10 years later he has been selected to run for Australia at the 2019 IAAF World Championships.

After his marathon debut in 2008 and in his second year of running, he ran an impressive 2:27.34 in the 2009 Melbourne Marathon. University studies and work would delay his return to the 26-miler until 2014, running 2:27.30 in Melbourne. Over the next few years he maintained the same running levels running 2:28.00 in Senshu JPN (2015), 2:26.10 in Melbourne (2016) and 2:35.09 at the O'Keefe Rail Trail (early 2017). But in late 2017 the breakthrough occurred in the Berlin Marathon when he ran a 7:27 minute PB time of 2:18.43. He ran two minutes faster on the same course in 2018 (2:16.39). But his progression was not finished and six months later (March 2019) he again sliced two minutes from his PB clocking a Doha world championships qualifying time of 2:14.42 at Lake Biwa in Japan. In July 2019 he was announced in the Australian team for the 2019 IAAF World Championships.

Running has impacted his life in many ways, after graduating from University with degrees in Arts (Indonesian) and Health, Nutrition and Food Science he started work as the manager of The Running Company – Geelong. He met his now fiancé Brianne Hook, a co-worker there. In 2016 they relocated to open The Running Company – Ballarat. On 1 November 2017 he and two marathon running friends, launched the successful 'Inside Running Podcast' which has now reached 91 episodes. He also is a coach/director with RunStrongOnlineCoaching.

Occupation - running store owner and coach...**Secondary school** - Oberon High School, Geelong...**Education** - Bachelor of Arts (Indonesian) Deakin University, Geelong (2010) and Bachelor of Health, Nutrition and Food Science, Victoria University, Werribee (2012)...**Hobbies** - beer and wine studies... **Other sports** - played for Geelong U18 in AFL...**Nickname** - Moose...**Injuries** - all of them - knee, achilles, hip, foot, back, calf, hamstring...Interesting facts - speaks Indonesian poorly...**Sporting ambition** - to max out my potential as an athlete...**Most memorable sporting achievement** - course record Bogong to Hotham in 2017...**Hero/idol** - my father - his work ethic shaped my work ethic which has allowed me to reach heights in this sport I never would have without it...Most influential person in your career - Scott Nicholas. He helped me shape my philosophy on training...**Advice to your young self** Be patient and trust the process. These people are trying to help you.



Brandon STARC

DOB: 24 Nov 1993

Club & State: Parramatta City, NSW

Resident: Sydney

Event & PB: High Jump 2.36m (Eberstadt GER, 26 Aug 2018)

Coach: Alex Stewart

Social Media (Twitter/Instagram):

Brandonstarc93/bstarc

International Champs & medals:

Youth Olympics (2010 silver)

World Juniors (2012)

Commonwealth Games (2014, 2018 gold)

Continental Cup (2018 silver)

World Championships (2013, 2015)

He began Little Athletics, with all his siblings, at an early age at Parramatta and began to focus on high jump seriously in about 2009. He also played cricket and football but decided to pursue athletics.

In his international debut at the inaugural Youth Olympic Games in Singapore in 2010, Brandon won silver with a PB 2.19m. In 2012, he placed sixth at the world juniors ahead of his senior debut in 2013 at the world championships. Eighth in the Commonwealth Games in 2014, preceded a breakthrough in 2015 where domestically he raised his PB to 2.30m, before a magnificent first attempt clearance at 2.31m in the qualifying round at the world championships. It earned him a berth in the final, the first Australian since Tim Forsyth in 1997 to make the world championship final.

Selected for the Rio Olympics, he was excellent, clearing 2.29m in the qualifying round to progress to the final where he placed 15th. Limited competition in 2017, due to injury (shin) which left him short of a qualifier for the 2017 World Championships.

A solid 2017/18 domestic season saw him win the Commonwealth Games trials with a jump of 2.28m – his best height since Rio. A landmark year started with him winning the Commonwealth games gold with a PB 2.32m clearance. After a gradual start in Europe (two 2.20m jumps) he equalled his PB 2.32m in Hungary, then set a PB 2.33m in Birmingham in August. A week later he added another an astonishing 3cm to his best with an amazing 2.36m clearance in Germany. The mark equalled the Australian record, was the highest leap by an Australian for 21 years and moved him to equal third in the world.

Five days later he cleared 2.33m to win the Diamond League final and then won silver in the Continental cup.

He is the younger brother of Australian cricketer Mitchell whom he regards as a major influence too him. In his earlier days, Brandon also ran in the hurdles. His hobbies include photography and collecting sports shoes.



Brooke STRATTON

DOB: 12 July 1993

Club & State: Athletics Nunawading, VIC

Resident: Melbourne

Event & PB: Long Jump 7.05m (Perth AUS, 12 March 2016)

Coach: Russell Stratton

Social Media (Twitter/Instagram):
brookestratts/brookestratton

International Champs & medals:
World Youth Championships (2009)
World Juniors (2010, 2012)
World Championships (2015, 2017)
Continental Cup (2018 silver)
Olympics (2016)
Commonwealth Games (2018 silver)
World Indoors (2016)

Brooke Stratton started athletics aged five at Nunawading Little Athletics Centre. Her interest in the long jump was sparked when she won the under-9 state title. She compiled a tremendous junior career, starting with the World Youth Championships in 2009 where she placed 10th. She followed this with two appearances at the world juniors in 2010 and 2012.

Selected for her senior debut in the 2014 Commonwealth Games, she was forced to withdraw with an injury. In 2015, she competed at the world championships leaping 6.64m in the qualifying round. Brooke started 2016 with a PB of 6.73m, but over five weeks during the domestic season she improved her PB to 6.79m, then 6.94m and finally on March 12, 7.05m. The last performance broke the 14-year-old Australian record. A week later she placed fifth at the World Indoor Championships with a leap of 6.75m. At the Rio Olympics, Brooke was brilliant, placing seventh in the final with a leap of 6.74m.

Injured during the Australian summer, she resumed competition in Europe and was tremendous at the 2017 World Championships with a series included leaps of 6.67m, 6.67m and 6.64m, placing sixth in the final - the highest place by an Aussie in the event, surpassing some of our greats, Bronwyn Thompson, Nicole Boegman and Robyn Lorraway. In just her second competition of the 2018 season, she won her third national long jump title with a leap of 6.66m and at the Gold Coast Commonwealth Games won silver (6.77m).

Queenslander Naa Anang improved in 2019 and provided a great challenge for Brooke, however, Brooke still had a great year with four competitions over 6.70m.

Diet - In April 2013 she was diagnosed with coeliac disease and was found to be gluten intolerant. She had been struggling with fatigue for the majority of the previous two years. After a change of diet improved came...**Education** - Health Sciences (Deakin University 2013 - June 2019)...**Sporting highlights** - 7th 2016 Rio Olympics, Australian Long jump record (7.05m) and silver 2018 Commonwealth Games...**Hobbies** - walks, Netflix, photography...**Influence** - She has been coached by her father, Russell, for the past 16 years. "My father- Russell Stratton. He has believed in me and my ability from the get-go. His positivity and outlook on life has really inspired me to go after my goals no matter what."... **Sporting Relatives** - "My siblings have competed at a national level in long jump." Older brother Jamie and sister Kristy...**Nickname** - Brookey and Stratts... **Hero**: "Bronwyn Thompson. She was the previous Australian record holder and achieved some incredible results for our country. She helped me believe I could one day be in a similar position."



Harry SUMMERS

DOB: 19 May 1990

Club & State: Box Hill, VIC

Resident: Melbourne

Occupation: Sports Massage Therapist

Event & PB: 10,000m 27:54.15 (Kristiansand NOR, 31 Aug 2019)

Coach: Andrew White

Social Media (Twitter/Instagram):

-/harrydessummers

International Champs & medals:

World Cross Country (2009 U20, 2019)

World Half Marathon (2012)

Commonwealth Games (2014)

As a teenager Harry Summers suffered from anxiety, but he would find sport helped him. "My first love was soccer and I played at state level. In the off-season mum found Randwick-Botany Club (in Sydney) and coach Sean Williams when I was 16." Harry discovered the natural 'runners high' from training and being fit and soon he was hooked on athletics. It became obvious he was very talented and within two years he had run 8:17 in the 3000m and competed in the junior race at the 2009 World cross Country Championships where he was the second Aussie across the line after Ryan Gregson.

But his anxiety, particularly in social setting, led to a high consumption of alcohol 'up to 16 beers a day' he admitted to consuming. For nearly 10 years he ran well in patches, including competing at the 2014 Commonwealth Games. But a few months after he won his second City to Surf race, he was injured and in December 2017 he hit rock bottom when he drove his car into a light pole and was arrested. He sought professional help including attending Alcoholics Anonymous meetings. By later 2018 he was back on track and the performances started to flow; fourth at Zatopek, a PB 3000m of 8:00 minutes. Then in January 2019 he ran a very impressive third in the World Cross Country trial kicking off a terrific year including 56th at the World Cross Country Championships, a win in the Oceania 10,000m, and PBs in the 3000m (7:51), 5000m (13:34) and 10,000m (27:57). He also won his third consecutive City to Surf race missing the 28-year-old race record held by Steve Moneghetti by two seconds.

Also in 2019, he had become comfortable speaking about his mental health and became an advocate with his message being "it's not weak to speak!"

Sporting ambition - Olympics and to beat an Australian record...**Memorable sporting achievement** - Nearly beating Monas record at City to Surf in 2019...**Memorable sporting moment** - Commonwealth Games in Glasgow...**Hero** - Cathy Freeman, being able to perform and deliver with all the weight of Australia on her shoulders - amazing. Craig Mottram who beat the Kenyans. Also Mona, Deek and many others...**Influence** - Family, friends and my coaches...**Interests** - Advocate for mental health "it's not weak to speak!"



Carley THOMAS

DOB: 26 Dec 2000

Club & State: UTS Norths, NSW

Resident: Seattle, USA

Occupation: Student Uni of Washington

Event & PB: 800m 2:01.01 (London GBR, 21 Jul 2019)

Coach: Maurica Powell

Social Media (Twitter/Instagram):
-/carley.thomas

International Champs & medals:

Commonwealth Youth Games (2017 gold 800m)
World Juniors (2018 800m silver, 4x400 silver)

Carley Thomas started her athletics journey at age seven in Hills District Little Athletics, and has over the next 8 years made steady progress. But at just 15, in December 2016, she smashed her 800m PB running 2:05.40, as she won the Australian All Schools U18 title. Her great summer form continued with four PBs over 400m (now down to 54.33) and winning the national U18 800m title.

Carley was selected for her international debut at the 2017 Commonwealth Youth Games where she won gold in the 800m. In December she took 1.38 seconds off her 800m best to clock a stunning 2:03.66 and closed out the 2018 summer with two 400m PBs (a best of 53.95) and the national U20 800m title, which secured automatic selection for the 2018 IAAF World U20 Championships. At the Championships, Carley was outstanding, winning her semi in a PB 2:03.19, before an astounding two second PB of 2:01.13 in the final where she claimed silver. She then assisted the relay to silver with a storming anchor leg split of 51.4.

Domestically, the 18-year-old ran a couple of 2:02 runs and placed fourth at nationals. She then travelled to Europe where she clocked another three 2:02 runs, ahead of a PB 2:01.01 in London – to become the second fastest in Australian junior history.

Education - Pre Sciences at Uni of Washington (commenced Aug 2019)... **Hobbies** - Reading, painting/drawing (anything creative), hanging out and doing things with my family e.g. backyard cricket, trips to the beach and baking... Other sports - swimming, cross country and water polo... **Influence** - I feel as though I am influenced by many positive people making a difference in the world and overcoming obstacles. My first coach, John Atterton, has been and will always be a huge influence with my athletics and in life – he fostered an enjoyment of running, working hard and staying positive. (John passed away in November 2016). I owe a lot to my mum and dad who have always encouraged me and provided me with support and advice throughout my athletics journey... **Sporting relatives** - "My dad was a well-known triathlete in the '90s and was four-time Australian Ironman Triathlon Champion and placed seventh in Hawaii."



Patrick TIERNAN

DOB: 11 Sept 1994

Club & State: Darling Downs Athletics Club, QLD

Resident: Philadelphia, USA

Event & PB: 5000m 13:12.68 (London GBR, 20 Jul 2019)

Coach: Marcus O'Sullivan

Social Media (Twitter/Instagram):
@tiernan_patrick /ptiernan7

International Champs & medals:

World Cross Country (2017)
Commonwealth Games (2018)
World Championships (2017)
Olympic Games (2016)

Patrick Tiernan started athletics at the age of nine in Toowoomba when his primary school teacher, who was the cross country coach, saw him running one morning and asked if he wanted to join his squad.

He was emerging by his late teenage years, winning national junior titles and recording impressive times of 3:50 (1500m) and 14:40 (5000m). In 2013, he headed off to study and run for the great US distance college team of Villanova. In his first year, he placed ninth in the NCAA cross country and two years later he placed a terrific second and in 2016 he won – first Australian for 56 years. Then in March 2017 he placed an outstanding 13th at the World Cross Country, the fifth highest placing in the event by an Australian male. On the track he was slashing his PBs and regularly making NCAA finals indoors and out. In 2016 he won bronze in the NCAA 5000m, competed at the Rio Olympics and won Zatopek in 27:59.74.

His international 2017 season was stunning. After his World XC 13th, over 63 days from late May to early July, he set five long distance personal bests. At 3000m he ran three PBs, and his 7:37.76 promoted him to number three best ever Aussie. At 5000m he moved to number four fastest Australian and at 10,000m, a 30-second improvement moved to number three all-time. At just 22, he had already become one of the greatest all-round distance runners in Australian history.

At the 2017 World Championships, he first placed 22nd in the 10,000m and later 11th in the 5000m – second highest ever placing by an Australian. In late 2017 he was second at Zatopek and at the Gold Coast Commonwealth Games was disqualified in the 10,000m for a lane infringement after placing 10th. He was so exhausted at the finish he was assist from the track in a wheelchair.

Needing a break he raced just twice in Europe in 2018, as he just travelled around with his girlfriend. He eased back into training in October 2018 and was selected for Australia for the 2019 World Cross Country but later withdrew. In Europe in 2019 he was back to his best setting a PB 5000m time of 13:12.68 and qualifying for the Doha World championships.

Education – Graduated Science (mathematics and economics) and currently Masters of Science in Analytics – both at Villanova Uni...**Sporting ambition** – final 2019 World Championships, medal in Tokyo. **Influence** – His Nan, Patricia Tiernan, coach Marcus O'Sullivan, fiancée USA middle-distance runner Angel Piccirillo...**Family** – proposed to Angel Piccirillo at Philly Zoo in 2019. Getting married after Tokyo 2020. Both families celebrated Christmas in 2018 together...**Advice to your young self** – Keep a healthy balance in lifestyle – social and personal life, as well as pursuing sporting goals. "The inner circle you have is so important, and I think that is something I underestimated when I was younger."



Georgia WINKCUP

DOB: 9 May 1997

Club & State: Uni NSW, NSW

Resident: Sydney

Occupation: Law student and 2-3 days a week paralegal

Coach: Ben Liddy

Event & PB: 3000m Steeplechase 9:37.43 (Birmingham GBR, 2 Aug 19)

Social Media (Twitter/Instagram):
-/georgiawinkcup

International Champs & medals:
World Junior Championships (2016)

Georgia Winkcup was encouraged to start athletics very young by her former world record holding grandmother Betty Moore. "I started athletics when I was in the under 8s at the Cherrybrook Little Athletics because my grandma had been a fantastic hurdler when she was younger and encouraged my cousins, brothers and I, to give it a go." Initially a distance runner, in her teens she started steeplechasing under her then coach Ross Forster. She enjoyed the event and had some success winning the Australian All Schools U18 2000m steeple in 2013. Three years later she was a finalist in the 3000m steeple at the World Junior Championships, as she was settling into her busy study program (Arts/Law) and part-time work as a paralegal.

She suffering a few injuries and there was no progress for a few years, although she was still building and continuing to race and train. In late 2016 her coach John Atterton died. "John was an incredibly supportive, driven, committed and incredible man and coach. He was someone who really believed in each and every one of his athletes and I think that he was so influential to me specifically because, even when I was injured, he was so incredibly positive and encouraged me to enjoy every minute of the sport both on and off the track, especially in the never-ending and gruelling cross training sessions."

In mid-2018, she also changed coaches to Ben Liddy and in late summer 2019 there were glimpses of progress at the Australian Uni Games where she ran her then second fastest steeplechase (10:18) followed 10 minutes later by an 800m PB. Then in June in Townsville at the Oceania Championships it happened – she destroyed her previous PB by 29 seconds, clocking 9:46.51 and placing a close second. She rates it as her 'most memorable sporting achievement' to-date.

"From that moment my planned holiday and Contiki trip through Europe was changed a little as I was able to get on the start lists for a few international races, something which I had never expected when my season ended in April." Three weeks later she ran another PB (9:45.98) in Belgium, then two weeks later in Birmingham amazingly she sliced another eight seconds from her PB to clock 9:37.43, achieving a qualifying standard for the Doha world championships and moving from 24th to 7th Australian all-time.

Education - 5th year Arts/Law UNSW...**Hobbies** – time with friends/family, reading and Netflix...**Sporting ambition** - Olympic Games. Almost as importantly to me, I hope to continue to get everything I can out of the sport socially and to continue to enjoy every minute I spend at training and on the track...**Advice to your young self** - be patient and not put too much pressure on yourself when injured...**Sporting relatives** Betty Moore (grandmother) world record holder - hurdles...**Nicknames** - Winkcup, Winx, George, Georgie



Claire WOODS

DOB: 7 June 1981

Club & State: Enfield Harriers, SA

Resident: Adelaide

Events & PBs: 50km walk 4:09.33 (Taicang CHN, 5 May 2018), 20km walk 1:28.53 (Taicang CHN 30 Mar 2012)

Coach: self coached

International Champs & medals:

World Race Walking Cup (2004, 2008, 2010, 2012, 2017, 2018 50km W bronze)
Olympics (2008, 2012)
World Championships (2009, 2011, 2017)
Commonwealth Games (2010 silver, 2018)
World University Games (2007)

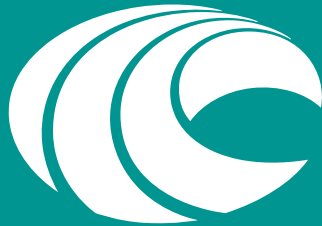
South Australia's Claire Woods won her first national senior title, the 10km walk, in 2002 aged 22. Two years later she made her debut in the green and gold at the IAAF World Race Walking Cup, placing 42nd. In 2007, she competed at the World University Games, ahead of her first Olympic appearance in Beijing where she was 28th in the 20km walk. She was a regular on the national team over the next three years, competing at two IAAF World Championships (2009 and 2011), the IAAF Race Walking World Cup (2010) and the 2010 Commonwealth Games where she won silver.

During the years 2009 to 2011, she was a very consistent 1:32 race walker, but in 2012, a month after winning the national title in Hobart, she smashed her PB with a time of 1:28.53 in China. The time promoted her to then number two in Australian history.

Claire was back in good form in 2016 as one of six qualifiers for the Rio Olympics but missed selection. She became a mother on 25th May 2017 and on 13th August 2017, 80 days after the birth, she competed at the London World Championships. Selected for the Gold Coast Commonwealth games, she was unfortunately disqualified when in a medal position. In May 2018 she debuted over the new distance of 50km, winning a bronze medal at the World Race Walking Cup.

NOTES/SIGNATURES

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