

GEAHC RECORDS as at  
31-03-2023

**Girls - 5 years**

<u>Event</u>	<u>Year</u>	<u>Record</u>
30m	1997	6.00
60m	1980	11.20
100m	1980	17.80

**Boys - 5 years**

<u>Event</u>	<u>Year</u>	<u>Record</u>
30m	1997	5.70
60m	2008	10.84
100m	2008	17.30

**Girls - 6 years**

30m	1999	5.60
60m	1981	10.20
100m	1981	16.70

**Boys - 6 years**

30m	1983	5.30
60m	1993	10.30
100m	1982	15.80

**Girls - 7 years**

60m	2010	9.40
100m	1999	15.60
200m	1991	34.80
400m	2013	85.8
Discus	2011	13.76
High Jump	1987	1.00
Long Jump	1998	3.42
Shot Put	2013	5.11

**Boys - 7 years**

60m	2010	9.10
100m	1998	15.50
200m	2010	32.50
400m	2009	82.40
Discus	1997	15.88
High Jump	2010	1.12
Long Jump	2011	3.75
Shot Put	2011	7.08

**Girls - 8 years**

60m	1998	9.30
100m	1994	15.10
200m	1989	32.30
400m	2001	80.60
800m	2001	3.02.0
Discus	2010	16.39
High Jump	1983	1.08
Long Jump	1989	3.97
Shot Put	2010	5.96

**Boys - 8 years**

60m	1999	9.00
100m	1999	14.30
200m	1999	31.50
400m	2001	77.50
800m	1980	2.47.4
Discus	2017	22.06
High Jump	2001	1.27
Long Jump	1987	4.20
Shot Put	2012	7.07

**Girls - 9 years**

60m	1998	8.80
100m	1998	14.70
200m	1979	31.70
400m	1998	74.00
800m	1982	2.52.2
Discus	2013	24.07
High Jump	2000	1.18
Long Jump	1975	3.93
Shot Put	2010	7.98

**Boys - 9 years**

60m	1999	8.60
100m	1998	14.10
200m	1979	31.50
400m	1980	72.00
800m	1979	2.42.5
Discus	1981	27.50
High Jump	1986	1.29
Long Jump	1986	4.59
Shot Put	2018	9.16

**Girls - 10 years**

100m	2000	14.00
200m	1983	30.40
400m	1978	68.10
800m	1983	2.39.5
1500m	1983	5.29.9
Discus	1983	23.15
High Jump	2010	1.34
Long Jump	1980	4.31
Shot Put	2011	7.83

**Boys - 10 years**

100m	1999	13.60
200m	1981	28.40
400m	1978	69.90
800m	1991	2.36.6
1500m	1984	5.17.4
Discus	1986	26.54
High Jump	1988	1.43
Long Jump	1982	4.65
Shot Put	2013	7.79

**Girls - 11 years**

100m	1997	13.50
200m	1979	29.40
400m	1990	65.60
800m	2016	2.34.98
1500m	2016	5.09.69
Discus	1984	27.12
High Jump	1979	1.40
Long Jump	1981	4.61
Shot Put	2013	9.91

**Boys - 11 years**

100m	1982	13.70
200m	1986	28.30
400m	1983	65.30
800m	1985	2.29.9
1500m	2021	4.52.7
Discus	1987	31.24
High Jump	2014	1.54
Long Jump	1982	5.37
Shot Put	2014	7.74

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**Girls - 12 years**

100m	2001	13.10
200m	1985	28.30
400m	2001	62.90
800m	2011	2.26.33
1500m	2016	4.58.66
Discus	2015	25.75
Hammer		Std
High Jump	1985	1.49
Javelin		Std
Long Jump	1979	4.79
Shot Put	2014	7.59

**Boys - 12 years**

100m	1973	12.80
200m	2011	28.70
400m	1973	62.80
800m	2011	2.23.0
1500m	1986	4.57.8
Discus	1980	33.63
Hammer		Std
High Jump	2015	1.60
Javelin	2002	25.88
Long Jump	1973	4.94
Shot Put	2016	8.68

**Girls - 13 years**

100m	1978	13.00
200m	1977	27.00
400m	1973	62.00
800m	1988	2.29.1
1500m	2017	4.55.6
3000m	2007	11.01.54
5000m		Std
Discus	1985	31.02
Hammer	2002	19.35
High Jump	1986	1.57
Javelin		Std
Long Jump	2003	5.04
Shot Put	2010	6.93

**Boys - 13 years**

100m	1980	12.50
200m	1988	25.00
400m	1974	55.70
800m	1988	2.15.6
1500m	1983	4.49.1
3000m		no record
5000m		no record
Discus	1981	40.14
Hammer		Std
High Jump	2016	1.58
Javelin		Std
Long Jump	2021	5.19
Shot Put	1985	10.31

**Girls - 14 years**

100m	2007	12.96
200m	2007	27.48
400m	1989	65.30
800m	2018	2.17.4
1500m	2018	2.43.5
3000m	1995	12.13.0
5000m	1995	21.52.0
10000m	2017	50.01
Discus	1997	22.40
Hammer	2015	24.60
High Jump	2015	1.4
Javelin		Std
Long Jump	2008	4.97
Shot Put	2012	7.74
Triple Jump		Std
Weight Throw		Std

**Boys - 14 years**

100m	2002	11.90
200m	2010	26.60
400m	1994	60.40
800m	2011	2.10.2
1500m	2021	4.36.6
3000m	2011	10.34.0
5000m	2011	18.38.3
10000m	2010	46.50.6
Discus	1990	29.87
Hammer		Std
High Jump	1989	1.74
Javelin		Std
Long Jump	1996	5.45
Shot Put	2001	12.32
Triple Jump		no record
Weight Throw	2005	12.10

**Girls - Under 16 years**

100m	1978	13.00
200m	1977	27.00
400m	1996	60.10
800m	1996	2.18.0
1500m	1978	4.57.2
3000m	1985	11.48.3
5000m	1996	19.16.2
10000m		Std
Discus	1986	32.44
Hammer	2016	23.79
High Jump	1987	1.60
Javelin		Std
Long Jump	1987	4.95
Shot Put		Std
Triple Jump		no record
Weight Throw		Std

**Boys - Under 16 years**

100m	1983	12.10
200m	1983	24.80
400m	1986	58.10
800m	1977	2.17.3
1500m	1983	4.37.6
3000m	1991	10.04.4
5000m	1991	16.06.0
10000m	2001	46.15.0
Discus		Std
Hammer		Std
High Jump	1989	1.74
Javelin	2006	34.10
Long Jump	1990	5.81
Shot Put	1982	12.46
Triple Jump	2006	11.22
Weight Throw		Std

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**Girls - Under 18 years**

100m	1999	13.40
200m	2006	29.07
400m	2000	67
800m	2000	2.38.4
1500m	2000	5.50.8
3000m	2020	11.04.8
5000m	2000	22.46.0
10000m		Std
Discus	1999	23.10
Hammer		Std
High Jump	2007	1.40
Javelin		Std
Long Jump	2000	4.30
Shot Put		Std
Triple Jump		Std
Weight Throw		Std

**Boys - Under 18 years**

100m	1983	12.10
200m	2008	24.79
400m	1996	55.60
800m	1986	2.02.7
1500m	2021	4.13.5
3000m	1986	9.16.4
5000m	1989	16.58.0
10000m	1997	37.55.0
Discus	1983	35.76
Hammer	1997	31.62
High Jump	1987	1.83
Javelin	2008	43.90
Long Jump	1987	6.00
Shot Put		Std
Triple Jump	1996	12.50
Weight Throw		Std

**Girls - Under 20 years**

100m	2001	13.30
200m	2001	28.80
400m	2001	65.7
800m	2001	2.39.3
1500m	2023	5.12.4
3000m	2023	11.28.2
5000m	2000	22.46.0
10000m		Std
Discus	1994	27.30
Hammer	2002	21.67
High Jump	2002	1.35
Javelin	1994	25.30
Long Jump	2002	4.68
Shot Put	2002	8.30
Triple Jump		
Weight Throw	2011	8.56

**Boys - Under 20 years**

100m	1999	11.50
200m	1987	24.6
400m	1987	51.70
800m	1987	1.57.0
1500m	1987	3.56.0
3000m	1987	8.51.5
5000m	1975	16.51.5
10000m		
Discus	1999	30.84
Hammer		Std
High Jump	1999	1.70
Javelin		Std
Long Jump	1977	6.28
Shot Put		Std
Triple Jump	1962	11.43
Weight Throw		Std

**Senior Women**

100m	1999	13.20
200m	1973	28.20
400m	1974	65.00
800m	1987	2.18.5
1500m	1987	4.35.3
3000m	1987	10.01.1
5000m	1988	19.32.0
10000m	1993	44.19.0
Discus	1976	32.85
Hammer	2014	24.37
High Jump	1993	1.43
Javelin	1995	24.18
Long Jump	1967	5.15
Shot Put	1975	9.87
Triple Jump		Std
Weight Pentathlon	2015	1550.00 points
Weight Throw	2011	8.43

**Senior Men**

100m	1995	11.30
200m	1995	22.70
400m	1993	53.60
800m	1993	2.04.9
1500m	1993	4.20.6
3000m	1993	9.07.0
5000m	1993	15.58.0
10000m	1976	32.08.0
Discus	1999	35.03
Hammer	2008	50.01
High Jump	1997	1.86
Javelin	2006	49.25
Long Jump	1965	6.5
Shot Put	2000	11.15
Triple Jump	1964	12.57
Weight Pentathlon		no record
Weight Throw	2005	9.39

**Masters Women 35+**

100m	1995	13.90
200m	1995	29.60
400m	2000	68.20
800m	1989	2.45.9
1500m	1991	5.41.3
3000m	1990	11.54.7
5000m	1991	19.47.9
10000m	1997	46.01.0
Discus	1993	27.66
Hammer	1993	21.30
High Jump	1999	1.30
Javelin	1993	23.76
Long Jump	1999	4.15
Shot Put	1993	9.68
Triple Jump	2000	9.32
Weight Pentathlon	2018	1540.00 points
Weight Throw	2003	16.19

**Masters Men 35+**

100m	2005	12.38
200m	2005	25.86
400m	2017	58.60
800m	1994	2.11.9
1500m	2017	4.30.6
3000m	2004	10.00.21
5000m	1976	17.34.0
10000m	2004	38.16.0
Discus	2015	27.37
Hammer	2018	24.02
High Jump	2018	1.59
Javelin	1967	28.95
Long Jump	1965	5.56
Shot Put	2018	9.67
Triple Jump	1966	11.30
Weight Pentathlon		no record
Weight Throw	2018	9.29

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**Masters Women 40+**

100m	1991	13.70
200m	1993	29.2
400m	2017	71.65
800m	2017	2.50.4
1500m	2017	6.02.6
3000m	1994	12.41.0
5000m	1988	22.40.0
10000m	2017	49.30.4
Discus	1995	24.52
Hammer	1994	23.20
High Jump	1992	1.36
Javelin	2004	23.57
Long Jump	1992	4.66
Shot Put	1995	8.42
Triple Jump	1993	9.33
Weight Pentathlon	2016	1375.00 points
Weight Throw	2013	8.40

**Masters Men 40+**

100m	2004	12.00
200m	1993	24.40
400m	1993	54.10
800m	2016	2.11.56
1500m	1996	4.28.0
3000m	1996	9.25.0
5000m	1995	15.48.0
10000m	1981	34.22.5
Discus	2004	34.22
Hammer	2007	49.73
High Jump	2006	1.58
Javelin	2008	42.79
Long Jump	2000	5.36
Shot Put	2004	11.38
Triple Jump	1999	10.29
Weight Pentathlon	2006	2994.00 points
Weight Throw	2005	15.40

**Masters Women 45+**

100m	1998	13.40
200m	1998	28.10
400m	2018	76.60
800m	2018	2.56.4
1500m	2018	6.23.1
3000m	2018	13.41.7
5000m	1992	23.41.1
10000m	1992	49.55.0
Discus	1994	26.22
Hammer	1998	25.54
High Jump	1994	1.32
Javelin	1998	22.30
Long Jump	1998	4.92
Shot Put	1998	8.95
Triple Jump	1998	9.51
Weight Pentathlon	2021	2083.00 points
Weight Throw	2021	9.16

**Masters Men 45+**

100m	2005	13.30
200m	2005	27.60
400m	1987	60.90
800m	1987	2.12.1
1500m	1986	4.28.4
3000m	1986	9.46.6
5000m	1986	16.51.0
10000m	1992	37.18.0
Discus	2010	34.94
Hammer	2009	50.77
High Jump	2009	1.50
Javelin	2008	42.79
Long Jump	1995	4.43
Shot Put	2009	11.06
Triple Jump	2004	9.33
Weight Pentathlon	2009	3295.00 points
Weight Throw	2009	15.49

**Masters Women 50+**

100m	1998	14.20
200m	1998	28.70
400m	1993	87.40
800m	1994	3.24.6
1500m	1992	6.36.3
3000m	1991	15.02.3
5000m	1993	25.32.0
10000m	1992	52.33.0
Discus	1998	23.12
Hammer	2002	29.53
High Jump	1993	1.08
Javelin	2016	12.59
Long Jump	1998	4.80
Shot Put	1998	9.99
Triple Jump	1998	9.85
Weight Pentathlon	2006	1736.00 points
Weight Throw	2004	8.91

**Masters Men 50+**

100m	2001	12.50
200m	2001	26.40
400m	2000	60.05
800m	1991	2.18.6
1500m	1991	4.34.2
3000m	1991	10.22.2
5000m	1991	18.18.0
10000m	1995	38.57.0
Discus	2016	34.08
Hammer	2007	33.73
High Jump	1992	1.45
Javelin	2016	39.30
Long Jump	1992	4.84
Shot Put	2016	9.83
Triple Jump	1994	10.04
Weight Pentathlon	2016	2746.00 points
Weight Throw	2006	12.63

**Masters Women 55+**

100m	1999	16.70
200m	1997	38.20
400m	1999	91.00
800m	1996	3.39.6
1500m	2021	7.32.4
3000m	1996	15.21.0
5000m	1996	25.37.4
10000m	1996	55.02.4
Discus	2004	21.40
Hammer	2004	28.67
High Jump		no record
Javelin	2010	10.86
Long Jump	1996	2.84
Shot Put	2005	6.74
Triple Jump		no record
Weight Pentathlon	2010	1758.00 points
Weight Throw	2004	9.79

**Masters Men 55+**

100m	2005	12.90
200m	1996	27.20
400m	1996	65.20
800m	1996	2.27.5
1500m	1996	5.01.5
3000m	1999	11.03.5
5000m	1999	18.44.6
10000m	1999	39.22.3
Discus	1985	37.24
Hammer	2008	38.05
High Jump	1985	1.36
Javelin	2004	29.72
Long Jump	2017	5.51
Shot Put	2008	10.41
Triple Jump	2017	11.52
Weight Pentathlon	2008	2683.00 points
Weight Throw	2008	13.03

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**Masters Women 60+**

100m	2001	18.10
200m	2001	40.70
400m	2001	101.20
800m	2003	3.47.6
1500m	2001	7.47.7
3000m	2001	16.39.0
5000m	2001	28.22.8
10000m	2003	59.56.0
Discus	2000	19.34
Hammer	2011	22.18
High Jump	2000	1.05
Javelin	2011	11.40
Long Jump	2000	2.86
Shot Put	1984	6.23
Triple Jump		no record
Weight Pentathlon	2011	1987.00 points
Weight Throw	2002	7.14

**Masters Men 60+**

100m	2010	14.80
200m	2010	30.30
400m	1977	71.70
800m	1995	2.36.0
1500m	1991	5.17.1
3000m	1993	11.07.0
5000m	1991	19.15.0
10000m	1993	40.20.0
Discus	1991	34.50
Hammer	2003	36.69
High Jump	1986	1.35
Javelin	1987	33.10
Long Jump	1977	4.01
Shot Put	1992	10.43
Triple Jump		no record
Weight Pentathlon	2016	2465.00 points
Weight Throw	2017	13.45

**Masters Women 65+**

100m		no record
200m		no record
400m		no record
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus	2017	10.36
Hammer	2018	12.12
High Jump		no record
Javelin	2017	9.30
Long Jump	2021	1.23
Shot Put	2018	4.66
Triple Jump		no record
Weight Pentathlon	2017	1384.00 points
Weight Throw	2018	5.62

**Masters Men 65+**

100m	1980	14.70
200m	1980	32.7
400m	1980	32.70
800m	1980	71.80
1500m	2006	6.45.2
3000m	2005	14.26.9
5000m	2006	25.49.0
10000m	2006	57.04.0
Discus	2017	37.82
Hammer	2006	36.81
High Jump	2017	1.30
Javelin	2017	35.79
Long Jump	1996	4.08
Shot Put	2018	11.73
Triple Jump	2017	8.23
Weight Pentathlon	2017	3385.00 points
Weight Throw	2006	12.52

**Masters Women 70+**

100m		no record
200m		no record
400m		no record
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus		no record
Hammer		no record
High Jump		no record
Javelin		no record
Long Jump		no record
Shot Put		no record
Triple Jump		no record
Weight Pentathlon		no record points
Weight Throw		no record

**Masters Men 70+**

100m	1985	15.20
200m	1985	32.70
400m	2010	103.50
800m	2010	3.45.02
1500m	1985	6.57.0
3000m	2010	16.40.7
5000m	2010	29.03.1
10000m	2011	61.41.0
Discus	1996	29.62
Hammer	2012	35.64
High Jump	2001	1.21
Javelin	2010	26.98
Long Jump	1985	4.02
Shot Put	2022	11.25
Triple Jump	2001	7.93
Weight Pentathlon	1996	3219.00 points
Weight Throw	2022	13.15

**Masters Women 75+**

100m	1999	26.30
200m	1998	61.90
400m		no record
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus	2000	11.80
Hammer		no record
High Jump		no record
Javelin	2000	8.52
Long Jump		no record
Shot Put	2000	4.26
Triple Jump		no record
Weight Pentathlon		no record points
Weight Throw		no record

**Masters Men 75+**

100m	1990	17.20
200m	1991	34.30
400m	2017	119.52
800m	2017	5.45.73
1500m		no record
3000m	2018	31.39.18
5000m		no record
10000m		no record
Discus	2002	25.30
Hammer	2015	30.47
High Jump	2003	0.81
Javelin	2001	20.87
Long Jump	1990	3.46
Shot Put	2015	8.61
Triple Jump		no record
Weight Pentathlon	2002	2784.00 points
Weight Throw	2015	11.82

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**Masters Women 80+**

100m	2003	35.46
200m		no record
400m	2003	13.13
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus		no record
Hammer	2003	13.13
High Jump		
Javelin		no record
Long Jump		no record
Shot Put		no record
Triple Jump		no record
Weight Pentathlon		no record points
Weight Throw		no record

**Masters Men 80+**

100m	1998	17.10
200m	1996	36.80
400m	1996	97.70
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus	2006	20.52
Hammer		no record
High Jump		no record
Javelin	2007	16.98
Long Jump	2021	1.87
Shot Put		no record
Triple Jump		no record
Weight Pentathlon	2007	3140.00 points
Weight Throw	2006	10.74

**Masters Women 85+**

100m		
200m		
400m		
800m		
1500m		
3000m		
5000m		
10000m		
Discus		
Hammer		
High Jump		
Javelin		
Long Jump		
Shot Put		
Triple Jump		
Weight Pentathlon		
Weight Throw		

**Masters Men 85+**

100m	2001	19.00
200m	2001	42.80
400m		no record
800m	2004	5.32.4
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus	2011	16.84
Hammer		no record
High Jump		no record
Javelin	2011	15.01
Long Jump	2004	2.34
Shot Put	2011	6.75
Triple Jump		no record
Weight Pentathlon	2012	2792.00 points
Weight Throw	2012	8.91

**Masters Women 90+**

100m		
200m		
400m		
800m		
1500m		
3000m		
5000m		
10000m		
Discus		
Hammer		
High Jump		
Javelin		
Long Jump		
Shot Put		
Triple Jump		
Weight Pentathlon		
Weight Throw		

**Masters Men 90+**

100m	2006	21.67
200m	2006	47.38
400m		no record
800m		no record
1500m		no record
3000m		no record
5000m		no record
10000m		no record
Discus		no record
Hammer		no record
High Jump		no record
Javelin		no record
Long Jump		no record
Shot Put		no record
Triple Jump		no record
Weight Pentathlon		no record
Weight Throw		no record