

### Club Records 23rd March 2017

Male								
Event	Open	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14	Under 13
100m	Aaron Rouge-Serret 2010 10.17	Gerard Keating 1984 10.32	Reid Pryor 1984 10.5	Richard James 10.5	Richard James 10.7	Jilven Dias 2012 10.90	Shannon White 1987 11.4	Shannon White 1987 11.8
200m	Peter Norman 1968 20.06	Paul Pearce 1996 21.09	Daniel Martin 2007 21.12	Daniel Martin 2007 21.12	Jilven Dias 2012 21.76	Jilven Dias 2012 21.76	Shannon White 1988 23.3	Shannon White 1987 24.8
400m	Bruce Frayne 1984 45.21	Casey Vincent 1998 45.55	Casey Vincent 1997 46.20	Casey Vincent 1997 46.20	Stephen Orr 1986 50.4	Ryan Osborne 2011 51.88	Lachlan Jorgensen 2015 52.82	Madigan Quinlan 2010 54.16
800m	John Higham 1.45.9	Johnny Rayner 2011 1.49.0h	Cameron Orr 1985 1.50.2	Johnny Rayner 2007 1.51.50	Johnny Rayner 2007 1.53.31	Johnny Rayner 2005 2.00.78	Chris Downie 2003 2.05.56	Madigan Quinlan 2010 2.07.51
1500m	Ken Hall 1975 3.36.6	Ryan Geard 2010 3.50.51	Ryan Geard 2009 3.54.38	Ryan Geard 2009 3.54.38	Ryan Geard 2008 4.02.71	Luke Mathews 2010 4.10.20	Neville Jordan 1984 4.15.9	Luke Mathews 2006 4.34.58
3000m	Liam Adams 2011 7.53.79	Ryan Mathews 2008 8.16.71	Joel Hogarth 2011 3.54.0h	Ryan Geard 2009 8.34.6	Jack Avolino 2012 8.51.04	Luke Mathews 2009 9.14.05	Luke Mathews 2009 9.33.7	
5000m	Ken Hall 1980 13.31.2h	Liam Adams 2005 14.30.93	Liam Adams 2004 14.50.57					
" "	Liams Adams 2013 13.31.21							
10000m	Liam Adams 2012 28.11.76	Liam Adams 2004 31.12.84						
Half Marathon	Liam Adams 2012 1.03.25							
Marathon	Liam Adams 2014 2.13.49							
90m hdl						...	Lachlan Jorgensen 2015 13.93	Nathan Blair 2008 15.53
100m hdl				...	David Ancrum 1998 13.52	Daniel Martin 2004 13.94		
110m hdl	Daniel Martin 2012 14.03	Daniel Martin 2009 13.60	Daniel Martin 2007 13.75	Daniel Martin 2007 13.75	Daniel Martin 2005 24.73	Lachlan Jorgensen 2016 28.21	David Ancrum 1996 28.4	Jannik Ernst 2016 37.12
200m hdl								
400m hdl	Don Hanley 1976 49.8	John Roche 1980 51.57	Mark Longmuir 1984 53.60	Mark Longmuir 1984 53.60	Tim Readwin 1983 6.19.4	Nicholas Benca 2012 6.49.24	Lachlan Attard 2017 7.04.3	
2000m stch		Craig Logan 1982 5.51.6	Mark Blicavs 2008 6.07.17	Tim Readwin 1983 6.18.5				
3000m stch	Craig Logan 1986 8.44.0	Craig Logan 1982 9.04.8						
1500m walk	Andrew Jachno 1984 5.33.8	Andrew Jachno 1982 5.37.5	Chris Erickson 1998 6.16.00	Chris Erickson 1998 6.16.00	Chris Erickson 1997 6.26.0	Chris Erickson 1996 6.47.07	Connor McShanag 2009 7.04.57	Timucin Girgin 2004 7.11
2000m walk*		Jesse Osborne 2013 7.45.5			Chris Erickson 1997 8.55.5	Timucin Girgin 2006 9.33.33	Timucin Girgin 2005 9.48.9	Timucin Girgin 2005 9.51.99
3000m walk	Andrew Jachno 1991 10.56.24	Jesse Osborne 2014 11.19.0	Chris Erickson 1998 13.29.45	Chris Erickson 1998 13.29.45	Timucin Girgin 2006 14.34.29	Timucin Girgin 2006 14.34.29	Connor McShanag 2010 15.18.64	Timucin Girgin 2004 16.24
5000m walk	Andrew Jachno 1991 19.09.95	Jesse Osborne 2014 20.50.57	Chris Erickson 1998 23.09.95	Chris Erickson 1998 23.09.95	Timucin Girgin 2006 25.42.48			
10km walk	Andrew Jachno 1991 39.25	Jesse Osborne 2014 41.27						
20km walk	Andrew Jachno 1990 1.20.43							
30km walk	Andrew Jachno 1990 2.09.09							
50km walk	Chris Erickson 2016 3.48.40							
High Jump	John Knight 2.11	Harrison Williams 2016 2.08	Harrison Williams 2016 2.08	Steven Orr 1987 2.05	Harrison Williams 2015 2.02	Steven Orr 1986 2.00	Steven Orr 1984 1.90	Michael Morgan 1978 1.60
Pole Vault	Maxim Mishchenko 2016 5.23	David Jacobs 1998 4.80	David Jacobs 1996 4.30	David Jacobs 1995 4.20	David Jacobs 1995 3.50	Reid Pryor 3.00	Reid Pryor 2.70	
Long Jump	Chris Mitrevski 2016 7.92	Michael Morgan 1985 7.68	Michael Morgan 1983 7.64	Michael Morgan 1982 7.34	Michael Morgan 1982 7.17	Michael Morgan 1981 6.90	Michael Morgan 1979 6.14	Michael Morgan 1978 5.35
Triple Jump	Alwyn Jones 2009 16.83	Callan Rauchfuss 2011 15.38	Dylan Johnson 2014 15.19	Dylan Johnson 2013 14.68	Andrew Johnston 1997 13.99	Andrew Johnston 1996 13.20	Andrew Johnston 1995 12.30	Dylan Johnson 2009 11.50
Shot Put	Phil Nettie 1980 18.26	Matthew Young 1994 14.97	Matthew Young 1992 16.75	John Minns 1982 18.62	John Minns 1982 18.62	Matthew Young 1989 15.26	Matthew Young 1988 17.51	Michael Morgan 1978 12.96
Discus	Phil Nettie 1981 56.68	Drew Sayner 1997 45.54	Matthew Young 1992 51.70	Matthew Young 1992 51.70	Matthew Young 1989 61.64	Matthew Young 1989 61.64	Matthew Young 1988 49.38	Michael Morgan 1978 33.0
Javelin	Jarrod Bannister 2007 83.70	Cameron Graham 1991 67.94	Mate Zahitila 2012 65.07	Mate Zahitila 2012 65.07	Michael Morgan 1981 55.31	Matthew Young 1988 56.26	Matthew Young 1988 56.26	Michael Morgan 1979 36.36
Hammer	Russell Devine 1999 66.07	Grant Dunt 1990 57.88	Grant Dunt 1988 56.84	Michael Morgan 1982 55.66	Matthew Young 1990 54.26	Lachlan Jorgensen 2016 26.36	Kevin Healy 2017 38.93	Kevin Healy 2017 38.93
Decathlon	Nick Foley 1997 7249	Michael Morgan 1983 6599	Michael Morgan 1983 7118					
Female								
Event	Open	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14	Under 13
100m	Suzanne Broderick 2000 11.57	Tamsyn Lewis 1994 11.60	Tamsyn Lewis 1994 11.60	Tamsyn Lewis 1994 11.60	Nicole Wilson 1998 11.9 (hand)	Maggie-may Quinlan 2007 12.41	Ilana Grandine 2004 12.44	Ilana Grandine 2004 12.65
100m					Maggie-may Quinlan 2008 12.10			
200m	Charlotte van Veenendaal 2012 23.60	Laura Humphreys 1992 23.90	Laura Humphreys 1992 23.90	Tamsyn Lewis 1994 23.91	Tamsyn Lewis 1994 23.96	Nicole Wilson 1996 25.0	Laura Humphreys 1989 25.6	Ilana Grandine 2004 26.68
400m	Tamsyn Lewis 1994 52.9	Tamsyn Lewis 1994 52.9	Tamsyn Lewis 1994 52.9	Tamsyn Lewis 1994 52.9	Tamsyn Lewis 1994 52.9	Nicole Wilson 1996 56.23	Erin Rayner 2008 60.20	Bethany Rayner 2009 61.55
800m	Margaret Crowley 1996 1.59.6	Erin Rayner 2012 2.07.74	Erin Rayner 2012 2.07.74	Maddison Caulfield 2015 2.08.5	Maddison Caulfield 2015 2.08.5	Maddison Caulfield 2014 2.11.16	Letitia Presser 2015 2.11.9	Erin Rayner 2007 2.20.24
1500m	Sarah Jamieson 2006 4.00.93	Lauren Ryan 2016 4.20.99	Lauren Ryan 2016 4.20.99	Maddison Caulfield 2015 4.27.33	Maddison Caulfield 2015 4.27.33	Maddison Caulfield 2014 4.34.31	Erin Rayner 2007 4.35.85	Erin Rayner 2007 4.43.31
3000m	Sarah Jamieson 2007 8.48.81	Lauren Ryan 2016 9.21.21	Lauren Ryan 2016 9.27.77	Amelia Mazza-Downie 2014 9.28.8	Amelia Mazza-Downie 2014 9.28.8		Erin Rayner 2008 10.31.0	
5000m	Sarah Jamieson 2006 15.02.90	Amelia Mazza-Downie 2015 16.27.80	Amelia Mazza-Downie 2015 16.27.80	Amelia Mazza-Downie 2015 16.27.80				
10000m	Anne Cross 2000 32.48							
Marathon	Isabella de Castella 2000 2.45.25							
80m hdl							Millie-rose Quinlan 2008 12.95	
90m hdl							...	
100m hdl	Kym Burns 1999 13.73	Helen Powlowski 13.85	Helen Powlowski 13.85	Zara Keca 2014 14.48	Ruby Pizzo 2016 13.14	Ruby Pizzo 2016 13.14		
200m hdl					Zara Keca 2014 14.89			
400m hdl	Caitlin Hawks 2015 59.44	Caitlin Hawks 2015 59.44	Caitlin Hawks 2014 61.58	Michaela Asciak 2009 64.08	Kristen Hodges 29.35	Ruby Pizzo 2016 30.42	Ruby Pizzo 2016 31.42	
2000m StCh		Allison Rogers 2016 6.52.31	Allison Rogers 2016 6.52.31	Allison Rogers 2016 6.52.31	Michaela Asciak 2009 64.08	Jennifer Mendes 2015 6.59.95	Molly Gallagher 2014 7.13.67	Molly Gallagher 2014 7.16.77
3000m StCh	Charlotte Wilson 2017 10.10.83	Alanah Hayes 2011 11.16.65	Alanah Hayes 2011 11.16.65	Alanah Hayes 2011 11.16.65	Allison Rogers 2016 6.52.31			
1500m walk								
2000m walk*	Carma Watson 2005 8.58.39	Erin Adamcewicz 2000 9.22.05	Erin Adamcewicz 2000 9.22.05	Eda Girgin 2005 7.22.80	Eda Girgin 2005 7.22.80	Eda Girgin 2005 7.22.80	Eda Girgin 2004 7.26.1	Caitlin Campbell 2006 7.33.98
3000m walk	Carma Watson 2005 13.41.76	Erin Adamcewicz 2001 14.17.25	Erin Adamcewicz 2001 14.17.25	Eda Girgin 2005 10.20.35	Eda Girgin 2005 10.20.35	Eda Girgin 2004 10.24	Eda Girgin 2004 10.24	Caitlin Campbell 2007 10.29.6
5000m walk	Carma Watson 2006 24.10	Vanessa Arcadi 1998 25.58	Eda Girgin 2006 26.43	Eda Girgin 2005 15.53.87	Eda Girgin 2005 15.53.87	Eda Girgin 2005 15.53.87	Eda Girgin 2004 16.40.12	
High Jump	Belinda Blay/ L. Alexander 1998 1.86	Belinda Blay/ L. Alexander 1998 1.86	Leah Alexander 1998 1.86	Leah Alexander 1998 1.86	Eda Girgin 2006 26.43	Eda Girgin 2006 26.43		
Pole Vault	Irene Hill 4.00	Tamara Mancuso 2016 3.40	Tamara Mancuso 2014 3.00	Fiona Flessner 1997 2.40	Leah Alexander 1997 1.82	Tamara Mancuso 2011 2.20	F.Langston/M.Alexander 2014 1.71	Freya Langston 2012 1.63
Long Jump	Kym Burns 1999 6.49	Catherine Mendes 2016 5.87	Catherine Mendes 2016 5.87	Catherine Mendes 2016 5.87	Leah Alexander 1997 1.82	Catherine Mendes 2015 5.87	Catherine Mendes 2014 5.18	Catherine Mendes 2013 5.16
Triple Jump	Nneka Okpala 2016 13.91	Meggan O'Riley 2008 12.86	Ashleigh Hayes 2012 12.64	Ashleigh Hayes 2012 12.64	Catherine Mendes 2016 5.87	Ashleigh Hayes 2011 11.75	Natalie Pavlic 1998 11.14	Ashleigh Hayes 2009 10.54
Shot Put	Alesha Sayner 1998 13.64	Alesha Sayner 1998 13.64	Louise Mendes 2016 14.83	Louise Mendes 2015 14.21	Louise Mendes 2015 14.21	Maree Muscara 2011 11.29	Maree Muscara 2011 11.29	Maree Muscara 2011 10.17
Discus	Alesha Sayner 1999 52.29	Alesha Sayner 1999 52.29	Alesha Sayner 1999 52.29	Alesha Sayner 1998 50.45	Alesha Sayner 1998 50.45	Alesha Sayner 1996 46.04	Maree Muscara 2011 31.87	Maree Muscara 2010 28.53
Javelin	Petra Rivers 1972 69.28	Petra Rivers 1970 61.76	Petra Rivers 1970 61.76	Petra Rivers 1966 48.80	Petra Rivers 1966 48.80	Petra Rivers 1966 48.80	Maree Muscara 2011 42.33	Maree Muscara 2011 35.67
Hammer	Louise Mendes 2017 50.98	Louise Mendes 2017 50.98	Louise Mendes 2016 58.80	Louise Mendes 2015 54.99	Louise Mendes 2015 54.99	Louise Mendes 2014 43.65	Louise Mendes 2013 27.69	
Heptathlon	Claire Thompson 2004 5390							