

### Club Records 31st January 2020

| Male          |                                     |                                     |                                   |                                   |                                 |                                  |                                  |   |
|---------------|-------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|---------------------------------|----------------------------------|----------------------------------|---|
| Event         | Open                                | Under 20                            | Under 18                          | Under 17                          | Under 16                        | Under 15                         | Under 14                         | Under 13  |
| 100m          | Jack Hale 2020 10.14                | 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 1988 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 (hand)<br>Patrick Aquilina 2018 24.87 |
| 200m cont.    |                                     |                                     |                                   |                                   |                                 |                                  |                                  |   |
| 400m          | Bruce Frayne 1984 45.21             | Casey Vincent 1998 45.55            | Casey Vincent 1997 46.20          | Casey Vincent 1996 47.60          | Stephen Orr 1996 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       | Joshua Tracy 2018 2.04.72        | 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           | Joel Hogarth 2011 3.54.0h         | Darrell Pommeroy 1990 3.54.7    | Ryan Geard 2008 4.02.71          | Luke Mathews 2010 4.10.20        | Luke Mathews 2006 4.34.58                                     |
| 3000m         | Liam Adams 2011 7.53.79             | Ryan Mathews 2008 8.16.71           | Ryan Geard 2009 8.34.6            | Ryan Geard 2009 8.34.6            | Jack Avolino 2012 8.51.04       | Luke Mathews 2009 9.14.05        | Luke Mathews 2009 9.33.7         | Sunny Dor 2018 11.21.9  |
| 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 2019 2.11.36             |                                     |                                   |                                   |                                 |                                  |                                  |   |
| 90m hdl       |                                     |                                     |                                   | ...                               |                                 | David Ancrum 1998 13.52          | Lachlan Jorgensen 2015 13.93     | Nathan Blair 2008 15.53                                       |
| 100m hdl      |                                     |                                     |                                   | Daniel Martin 2007 13.75          |                                 | 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          |                                 |                                  |                                  |   |
| 200m hdl      |                                     |                                     |                                   |                                   |                                 |                                  |                                  |   |
| 400m hdl      | Don Hanley 1976 49.8                | John Roche 1980 51.57               | Mark Longmuir 1984 53.60          | Mark Longmuir 1984 53.60          | Daniel Martin 2005 24.73        | Lachlan Jorgensen 2016 28.21     | David Ancrum 1996 28.4           | Jannik Ernst 2016 37.12                                       |
| 2000m stch    |                                     | Craig Logan 1982 5.51.6             | Mark Blicavs 2008 6.07.17         | Mark Longmuir 1983 6.18.5         | Tim Readwin 1983 6.19.4         | Nicholas Benca 2012 6.49.24      | Lachlan Attard 2017 7.04.3       | Sunny Dor 2018 8.50.6   |
| 3000m stch    |                                     | Craig Logan 1982 9.04.8             |                                   |                                   |                                 |                                  |                                  |   |
| 1500m walk    |                                     | 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 1998 13.29.45      | Chris Erickson 1998 13.29.45      | 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 23.09.95      | Chris Erickson 1998 23.09.95      | 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         |                                   |                                   |                                 |                                  |                                  |   |
| 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             | Harry Orr 2018 1.74   |
| 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 2018 8.01           | 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 1995 13.20       | Andrew Johnston 1995 12.30       | Dylan Johnson 2009 11.50                                      |
| Shot Put      | Phil Nettle 1980 18.26              | Matthew Young 1994 14.97            | John Minns 1982 18.62             | John Minns 1982 18.62             | John Minns 1982 18.62           | Matthew Young 1989 15.26         | Matthew Young 1988 17.51         | Kevin Healy 2018 13.36  |
| Discus        | Phil Nettle 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         | Kevin Healy 2018 38.54  |
| Javelin       | Jarrod Bannister 2007 83.70         | Cameron Graham 1991 67.94           | Mate Zahitla 2012 65.07           | Mate Zahitla 2012 65.07           | Michael Morgan 1981 55.31       | Matthew Young 1988 56.26         | Matthew Young 1988 56.26         | Kevin Healy 2019 36.36  |
| Hammer        | Russell Devine 1999 66.07           | Graunt Dunt 1990 57.88              | Graunt Dunt 1988 56.84            | Michael Morgan 1982 55.66         | Kevin Healy 2019 63.37          | Kevin Healy 2019 63.37           | Kevin Healy 2018 55.15           | Kevin Healy 2018 46.98  |
| 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  | Letetia Presser 2015 2.11.9      | Erin Rayner 2007 2.20.24                                      |
| 1500m         | Linden Hall 2018 4.00.86            | 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         | Amelia Mazza-Downie 2018 9.09.19    | 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 2016 15.02.90        | Amelia Mazza-Downie 2017 16.19.80   | Amelia Mazza-Downie 2015 16.27.80 | Amelia Mazza-Downie 2015 16.27.80 |                                 |                                  |                                  |   |
| 10000m        | Anne Cross 2000 32.48               |                                     |                                   |                                   |                                 |                                  |                                  |   |
| Half Marathon | Makda Haji Harun 2019 1.12.02       |                                     |                                   |                                   |                                 |                                  |                                  |   |
| Marathon      | Charlotte Wilson 2019 2.44.56       |                                     |                                   |                                   |                                 |                                  |                                  |   |
| 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      |                                     |                                     |                                   |                                   |                                 |                                  |                                  |   |
| 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      |                                  |                                  |   |
| 3000m StCh    | Charlotte Wilson 2018 9.55.53       | Alanah Hayes 2011 11.16.65          | Alanah Hayes 2011 11.16.65        | Alanah Hayes 2011 11.16.65        | Allison Rogers 2016 6.52.31     | Jennifer Mendes 2015 6.59.95     | Molly Gallagher 2014 7.13.67     | Molly Gallagher 2014 7.16.77                                  |
| 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 15.53.87          | Eda Girgin 2005 15.53.87        | Eda Girgin 2005 15.53.87         | 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 2006 26.43             | Eda Girgin 2006 26.43           | Eda Girgin 2005 28.21.34         | 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          | Leah Alexander 1997 1.82        | F.Langston/M.Alexander 2014 1.71 | F.Langston/M.Alexander 2013 1.64 | Freya Langston 2012 1.63                                      |
| Pole Vault    | Irene Hill 4.00                     | Tamara Mancuso 2016 3.40            | Tamara Mancuso 2014 3.00          | Fiona Flessner 1997 2.40          | Tamara Mancuso 2011 2.20        |                                  |                                  |   |
| Long Jump     | Kym Burns 1999 6.49                 | Catherine Mendes 2016 5.87          | Catherine Mendes 2016 5.87        | Catherine Mendes 2016 5.87        | Catherine Mendes 2016 5.87      | Catherine Mendes 2015 5.56       | Catherine Mendes 2014 5.18       | Catherine Mendes 2013 5.16                                    |
| Triple Jump   | Nneka Okpala 2016 13.91             | Meghan O'Riley 2008 12.86           | Ashleigh Hayes 2012 12.64         | Ashleigh Hayes 2012 12.64         | Ashleigh Hayes 2012 12.64       | Ashleigh Hayes 2011 11.75        | Natalie Pavic 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 2014 13.56        | Faith Vili 2019 12.90            | Faith Vili 2019 12.90            | Faith Vili 2018 12.04   |
| 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         | Orla McCarthy 2018 37.77         | Orla McCarthy 2018 31.87                                      |
| 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 2018 58.16            | Louise Mendes 2018 58.16            | Louise Mendes 2016 58.80          | Louise Mendes 2015 54.99          | Louise Mendes 2015 49.29        | Louise Mendes 2014 43.65         | Louise Mendes 2013 27.69         |   |
| Hepthathlon   | Claire Thompson 2004 5390           |                                     | Ellie Kewish 2019 3490            |                                   |                                 |                                  |                                  |   |