



ATHLETICS ESSENDON

MEN'S CLUB RECORDS

EVENT	RESULT	NAME	YEAR
100m			
Open	10.12	Jack Hale	2020
Under 20	10.32	Gerard Keating	1984
Under 18	10.49	Ryan Tarrant	2022
Under 17	10.5	Richard James	2019
Under 16	10.7	Richard James	2019
Under 15	10.90	Jilven Dias	2012
Under 14	11.4	Shannon White	1987
Under 13	11.8	Shannon White	1987
200m			
Open	20.06	Peter Norman	1968
Under 20	21.09	Paul Pearce	1996
Under 18	21.11	Ryan Tarrant	2022
Under 17	21.12	Daniel Martin	2007
Under 16	21.76	Jilven Dias	2012
Under 15	21.76	Jilven Dias	2012
Under 14	23.3	Shannon White	1988
Under 13	24.87	Patrick Aquilina	2018
400m			
Open	45.21	Bruce Frayne	1984
Under 20	45.55	Casey Vincent	1998
Under 18	46.20	Casey Vincent	1997
Under 17	47.60	Casey Vincent	1996
Under 16	50.4	Stephen Orr	1986
Under 15	51.88	Ryan Osborne	2011
Under 14	52.82	Lachlan Jorgensen	2015
Under 13	54.16	Madigan Quinlan	2010

800m

Open	1:45.9	John Higham	
Under 20	1:49.0	Johnny Rayner	2011
Under 18	1:50.2	Cameron Orr	1985
Under 17	1:51.50	Johnny Rayner	2007
Under 16	1:53.31	Johnny Rayner	2007
Under 15	2:00.78	Johnny Rayner	2005
Under 14	2:04.72	Joshua Tracy	2018
Under 13	2:07.51	Madigan Quinlan	2010

1500m

Open	3:36.6	Ken Hall	1975
Under 20	3:48.16	Aidan Roberts	2021
Under 18	3:49.77	Archie Noakes	2022
Under 17	3:54.7	Darrell Pommeroy	1990
Under 16	3:59.0	Charles Barrett	2022
Under 15	4:10.20	Luke Mathews	2010
Under 14	4:15.9	Neville Jordan	1984
Under 13	4:29.32	Jonathan Neethling	2021

1 Mile

Open	3:55.3	Ken Hall	1979
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3000m

Open	7:53.79	Liam Adams	2011
Under 20	8:10.05	Archie Noakes	2021
Under 18	8:10.05	Archie Noakes	2021
Under 17	8:10.05	Archie Noakes	2021
Under 16	8:33.4	Charles Barrett	2022
Under 15	9:14.05	Luke Mathews	2009
Under 14	9:18.42	Jonathan Neethling	2022
Under 13	10:18.56	Jonathan Neethling	2021

5000m

Open	13:31.21	Liams Adams	2013
Under 20	14:05.91	Archie Noakes	2022
Under 18	14:43.96	Archie Noakes	2021

10,000m

Open	28:11.76	Liam Adams	2012
	31:12.84	Liam Adams	2004

Half Marathon

Open	1.02.5	Liam Adams	2019
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Marathon

Open	2.10.48	Liam Adams	2020
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90m Hurdles

Under 14	13.93	Lachlan Jorgensen	2015
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Under 13	15.53	Nathan Blair	2008
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100m Hurdles

Under 16	13.52	David Ancrum	1998
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Under 15	13.94	Daniel Martin	2004
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100m Hurdles

Open	14.03	Daniel Martin 2012	2012
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Under 20	13.60	Daniel Martin 2012	2009
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Under 18	13.75	Daniel Martin 2012	2007
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Under 17	13.75	Daniel Martin 2012	2007
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200m Hurdles

Under 16	24.73	Daniel Martin	2005
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Under 15	28.21	Lachlan Jorgensen	2016
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Under 14	28.4	David Ancrum	1996
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Under 13	37.12	Jannik Ernst	2016
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400m Hurdles

Open	49.8	Don Hanley	1976
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Under 20	51.57	John Roche	1980
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Under 18	53.60	Mark Longmuir	1984
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Under 17	53.60	Mark Longmuir	1984
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2000m Steeplechase

Under 20	5:51.6	Craig Logan	1982
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Under 18	5:45.52	Archie Noakes	2021
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Under 17	5:45.52	Archie Noakes	2021
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Under 16	5:58.05	Charles Barrett	2022
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Under 15	6:49.24	Nicholas Benca	2012
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Under 14	7:04.3	Lachlan Attard	2017
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Under 13	8:50.6	Sunny Dor	2018
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3000m Steeplechase

Open	8:44.0	Craig Logan	1986
Under 20	8:57.97	Archie Noakes	2022

1500m Walk

Open	5:33.8	Andrew Jachno	1984
Under 20	5:37.5	Andrew Jachno	1982
Under 18	6:16.00	Chris Erickson	1998
Under 17	6:16.00	Chris Erickson	1998
Under 16	6:26.0	Chris Erickson	1997
Under 15	6:47.07	Chris Erickson	1996
Under 14	7:04.57	Connor McShanag	2009
Under 13	7:11.0	Timucin Girgin	2004

2000m Walk

Under 20	7:45.5	Jesse Osborne	2013
Under 16	8:55.5	Chris Erickson	1997
Under 15	9:33.33	Timucin Girgin	2006
Under 14	9:48.99	Timucin Girgin	2005
Under 13	9:48.99	Timucin Girgin	2005

3000m Walk

Open	10:56.24	Andrew Jachno	1991
Under 20	11.19.0	Jesse Osborne	2014
Under 18	13.29.45	Chris Erickson	1998
Under 17	13.29.45	Chris Erickson	1998
Under 16	14:34.29	Timucin Girgin	2006
Under 15	14:34.29	Timucin Girgin	2006
Under 14	15.18.64	Connor McShanag	2010
Under 13	16.24.0	Timucin Girgin	2004

5000m Walk

Open	19:09.95	Andrew Jachno	1991
Under 20	20:50.57	Jesse Osborne	2014
Under 18	23:09.95	Chris Erickson	1998
Under 17	23:09.95	Chris Erickson	1998
Under 16	25:42.48	Timucin Girgin	2006
Under 15	25:42.48	Timucin Girgin	2006

High Jump

Open	2.11	John Knight	2019
Under 20	2.08	Harrison Williams	2016
Under 18	2.08	Harrison Williams	2016
Under 17	2.05	Steven Orr	1987
Under 16	2.02	Harrison Williams	2015
Under 15	2.00	Steven Orr	1986
Under 14	1.90	Steven Orr	1984
	1.74	Harry Orr	2018

Pole Vault

Open	5.23	Maxim Mishchenko	2016
Under 20	4.80	David Jacobs	1998
Under 18	4.30	David Jacobs	1996
Under 17	4.20	David Jacobs	1995
Under 16	3.50	David Jacobs	1995
Under 15	3.00	Reid Pryor	2019
Under 14	2.70	Reid Pryor	2019

Long Jump

Open	8.21	Chris Mitrevski	2022
Under 20	7.68	Michael Morgan	1985
Under 18	7.64	Michael Morgan	1983
Under 17	7.34	Michael Morgan	1982
Under 16	7.17	Michael Morgan	1982
Under 15	6.90	Michael Morgan	1981
Under 14	6.14	Michael Morgan	1979
Under 13	5.35	Michael Morgan	1978

Triple Jump

Open	16.83	Alwyn Jones	2009
Under 20	15.38	Callan Rauchfuss	2011
Under 18	15.19	Dylan Johnson	2014
Under 17	14.68	Dylan Johnson	2013
Under 16	13.99	Andrew Johnston	1997
Under 15	13.20	Andrew Johnston	1996
Under 14	12.35	Arden Stevens	2021
Under 13	11.50	Dylan Johnson	2009

Shot Put

Open	18.26	Phil Nettle	1980
Under 20	14.97	Matthew Young	1994
Under 18	16.75	Matthew Young	1992
Under 17	14.58	Kevin Healy	2020
Under 16	18.62	John Minns	1982
Under 15	15.26	Matthew Young	1989
Under 14	17.51	Matthew Young	1988
Under 13	13.36	Kevin Healy	2018

Discus

Open	56.68	Phil Nettle	1981
Under 20	45.54	Drew Sayner	1997
Under 18	51.70	Matthew Young	1992
Under 17	51.70	Matthew Young	1992
Under 16	61.64	Matthew Young	1989
Under 15	61.64	Matthew Young	1989
Under 14	49.38	Matthew Young	1988
Under 13	38.54	Kevin Healy	2018

Javelin

Open	83.70	Jarrod Bannister	2007
Under 20	67.94	Cameron Graham	1991
Under 18	65.07	Matè Zahtila	2012
Under 17	65.07	Matè Zahtila	2012
Under 16	55.31	Michael Morgan	1981
Under 15	56.26	Matthew Young	1988
Under 14	56.26	Matthew Young	1988
Under 13	36.36	Michael Morgan	1979

Hammer Throw

Open	66.07	Russell Devine	1999
Under 20	57.88	Grant Dunt	1990
Under 18	65.07m	Kevin Healy	2021
Under 17	65.07m	Kevin Healy	2021
Under 16	65.53	Kevin Healy	2020
Under 15	63.37	Kevin Healy	2019
Under 14	55.15	Kevin Healy	2018
Under 13	46.98	Kevin Healy	2018

Decathlon

Open	7249	Nick Foley	1997
Under 20	6599	Michael Morgan	1983
Under 18	7118	Michael Morgan	1983

Heptathlon

Under 16	3775	Thomas Sims	2021
Under 15	3775	Thomas Sims	2021

AGE GROUP IMPLEMENT WEIGHTS

	Open	U20	U18	U17	U16	U15	U14	U13
Shot Put	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg	3kg
Hammer Throw	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg	3kg
Discus	2kg	1.75kg	1.5k	1.5kg	1kg	1kg	1kg	1kg
Javelin	800g	800	700g	700g	700g	700g	600g	600g