



## Club Records - Men

Updated: 05/05/2019

Contact: Nikolaos Flabouris at [nikolaosflabouris@gmail.com](mailto:nikolaosflabouris@gmail.com)

### 0/35 60m

Worley	Phil	8.15	+1.0	17/10/2009
Kirsten	Karl	8.22	-0.9	3/11/2012
Crump	Peter	8.51	+1.8	11/11/2006
Verrall	Geoffey	8.72	+1.5	27/01/2012
Enkelmann	Justin	9.01	-0.3	10/02/2018

### 100m

Aitken	Andrew	12.49	+1.6	15/03/2003
Van Bavel	Hans	12.54	-0.9	30/01/1998
Frayne	Bruce	12.66	+0.5	3/11/2001
Kirsten	Karl	12.66	+1.0	6/01/2012
Worley	Phil	12.93	+1.7	12/03/2011
Keynes	Anthony	13.60	+1.3	15/12/2001
Kemp	Mostyn	13.64	+2.0	18/01/2014
Crump	Peter	13.79	+1.5	19/12/2007
Minchin	Christopher	13.90	+0.5	14/12/2002
Lanthois	Peter	16.94	-1.7	28/10/2011

### 200m

Frayne	Bruce	24.49	+0.0	4/01/2002
Van Bavel	Hans	25.25	-3.9	6/02/1999
Aitken	Andrew	26.03	-1.6	25/01/2003
Worley	Phil	26.22	+0.4	19/03/2011
Kirsten	Karl	26.57	+0.9	10/12/2011
Williams	Paul	27.57	-1.8	9/11/2002

Crump	Peter	27.64	+1.4	11/11/2006
Keynes	Anthony	27.73	-1.6	8/12/2001
Kemp	Mostyn	28.72	+0.8	25/11/2017
Minchin	Christopher	28.90	+1.9	7/12/2002

### 300m

Lauder	Chris	43.05		18/01/2014
Kemp	Mostyn	43.58		7/12/2013

### 400m

Van Bavel	Hans	54.38		9/02/1997
Aitken	Andrew	54.96		14/12/2002
Frayne	Bruce	55.04		11/01/2002
Worley	Phil	58.71		31/10/2009
Kemp	Mostyn	59.73		28/02/2015
Williams	Paul	59.77		16/11/2002
Keynes	Anthony	60.60		15/12/2001
Crump	Peter	61.29		9/02/2008
Kirsten	Karl	62.92		6/01/2012
Bollen	Christopher	63.94		12/03/2011

### 800m

Frayne	Bruce	2:07.81		16/02/2002
Aitken	Andrew	2:08.14		22/02/2003
McDonald	Justin	2:08.37		17/02/2019
Williams	Mathew	2:15.04		15/01/2005
Williams	Paul	2:16.61		23/11/2002
Kemp	Mostyn	2:17.05		6/02/2016
Bollen	Christopher	2:17.18		14/03/2009
Keynes	Anthony	2:17.91		15/01/1999
Crump	Peter	2:19.38		11/11/2006
Lauder	Chris	2:20.32		18/01/2014

### 1500m

Aitken	Andrew	4:31.90		1/02/2003
Bollen	Christopher	4:38.86		1/11/2008
Frayne	Bruce	4:39.71		3/11/2001
McDonald	Justin	4:39.74		17/02/2019
Williams	Mathew	4:45.38		22/01/2005
Keynes	Anthony	4:53.00		15/12/2001
Kemp	Mostyn	4:54.95		14/02/2016
Crump	Peter	4:59.02		1/11/2008
Tallis	George	5:08.38		23/02/2001
Kirsten	Karl	6:51.85		28/10/2011

### 3000m

McDonald	Justin	9:36.03		6/03/2019
Tallis	George	10:25.40		25/11/2000

Keynes	Anthony	10:52.60	19/02/1999
Kemp	Mostyn	10:59.47	20/01/2016
Dodd	Sam	11:05.5h	4/02/2006
Bollen	Christopher	11:17.13	22/11/2008
Crump	Peter	11:48.85	14/03/2009
Bruce	James	12:37.97	11/01/2002

## 5000m

Hilbig	Paul	16:23.0	15/12/1982
Bollen	Christopher	18:05.00	15/03/2003
Tallis	George	18:13.20	12/01/2001
Keynes	Anthony	18:18.20	29/11/1997
Taylor	Chris	18:25.0	23/02/1983
Dodd	Sam	18:33.6h	22/10/2005
Aitken	Andrew	18:53.75	8/02/2003
Crump	Peter	19:52.76	20/03/2004

## 10000m

Hilbig	Paul	36:41.0	8/12/1982
Bollen	Christopher	37:51.90	19/02/1999
Keynes	Anthony	42:15.30	26/02/1999

## 100m Hurdles 84.0cm

Keynes	Anthony	19.76	-3.1	6/03/2010
Minchin	Christopher	19.92	-1.3	4/03/2006

## 200m Hurdles 76.2cm

Hagicostas	Nikitas	31.60	-0.5	4/01/2002
Keynes	Anthony	33.15	-3.3	4/03/2001
Aitken	Andrew	34.30	-3.3	25/01/2003
Kirsten	Karl	35.49	-2.7	16/11/2012
Crump	Peter	35.83	+1.9	2/12/2006
Bollen	Christopher	35.88	-3.6	21/02/2009
Minchin	Christopher	36.11	+0.4	29/11/2003
Verrall	Geoffey	38.10	-0.5	28/01/2012

## 1500m Walk

Crump	Peter	7:38.65	5/11/2005
-------	-------	---------	-----------

## 3000m Walk

Crump	Peter	15:42.26	23/01/2004
Bollen	Christopher	21:03.30	19/02/1999

## 5000m Walk

Crump	Peter	20:28.33	3/03/2007
Taylor	Chris	25:43.3	13/03/1991

## 10000m Walk

Crump	Peter	57:00.03	4/11/2008
-------	-------	----------	-----------

## 2000m Steeple Chase 76.2cm

Bollen	Christopher	6:50.80	15/03/2003
McDonald	Justin	7:10.68	17/02/2019
Keynes	Anthony	7:54.17	25/01/2002
Crump	Peter	8:13.89	9/02/2008

## Long Jump

Minchin	Christopher	5.50m	+1.6	3/03/2002
Worley	Phil	5.19m	+0.1	17/10/2009
Kirsten	Karl	4.76m	+0.5	22/11/2012
Enkelmann	Justin	4.56m	+0.0	3/02/2018
Crump	Peter	3.84m	+0.0	7/03/2009

## Triple Jump

Kirsten	Karl	10.86m	+1.7	20/01/2012
Worley	Phil	10.76m	-0.6	31/10/2009
Minchin	Christopher	10.63m	-3.0	22/11/2003
Enkelmann	Justin	9.44m	-0.5	17/02/2018
Crump	Peter	8.30m	+0.0	19/12/2007

## High Jump

Kirsten	Karl	1.65m	22/02/2013
Minchin	Christopher	1.65m	13/12/2003
Worley	Phil	1.45m	7/11/2009
Hagicostas	Nikitas	1.45m	4/01/2002
Bruce	James	1.45m	18/01/2002
Verrall	Geoffey	1.35m	20/01/2012
Enkelmann	Justin	1.25m	13/01/2018
Crump	Peter	1.15m	11/11/2006

## Pole Vault

Minchin	Christopher	2.60m	6/12/2003
Verrall	Geoffey	2.30m	27/01/2012

## Discus 1.5kg

Birks	Nicholas	40.02m	6/12/2003
Minchin	Christopher	38.33m	28/01/2006
Keynes	Robert	36.95m	14/02/2016
Kirsten	Karl	34.59m	20/01/2012
Bruce	James	32.36m	25/01/2002
Enkelmann	Justin	30.82m	17/02/2019
Bolton	George	30.43m	18/11/2006
Keynes	Anthony	25.58m	21/10/2006
Worley	Phil	25.49m	6/01/2012
Souter	Tim	23.58m	29/11/2014

## Shot Put 5kg

Minchin	Christopher	12.31m	15/12/2007
Birks	Nicholas	11.88m	23/02/2001
Kirsten	Karl	11.85m	10/12/2011
Worley	Phil	11.00m	13/11/2010
Keynes	Robert	10.97m	4/03/2001
Bruce	James	10.38m	2/11/2002
Bolton	George	9.87m	12/01/2001
Stanford	Robert	9.81m	18/11/2006
Enkelmann	Justin	9.01m	9/02/2019
Keynes	Anthony	8.79m	10/11/2007

## Hammer Throw 5kg

Keynes	Robert	47.46m	3/03/2001
Minchin	Christopher	42.32m	15/12/2007
Souter	Tim	41.91m	14/12/2013
Beck	Andrew	41.91m	4/02/2017
Bolton	George	41.33m	7/12/2002
Birks	Nicholas	38.83m	22/02/2002
Keynes	Anthony	35.74m	21/01/2006
Byrne	Michael	35.21m	8/02/2003
Kirsten	Karl	28.73m	16/11/2013
Worley	Phil	26.89m	20/11/2010

## Javelin Throw 700g

Keynes	Robert	41.15m	12/02/2005
Minchin	Christopher	38.67m	18/01/2002
Kirsten	Karl	38.43m	6/01/2012
Worley	Phil	36.76m	17/10/2009
Beck	Andrew	36.35m	19/02/2017
Bruce	James	32.69m	18/01/2002
Enkelmann	Justin	29.53m	3/02/2018
Bollen	Christopher	28.85m	15/11/2008
Crump	Peter	21.85m	11/11/2006