



## Club Records - Men

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### Open 60m

Bateman	Todd	6.95	+0.8	9/03/2013
Chamber	Jayden	6.98	+1.4	24/11/2018
Bubner	Alexander	7.07	-0.8	23/02/2008
Chan	Alexander	7.10	+1.8	24/02/2018
Hicks	Dylan	7.15	-2.2	10/03/2012
Aston	Jacob	7.15	+0.6	16/03/2019
Pallotta	Steven	7.16	+1.3	6/03/2010
Gyamfi	Kofi	7.16	-0.3	22/11/2014
Schinella	Frankie	7.17	+0.7	4/02/2017
Wilson	Brian	7.19	+1.6	31/01/2015

### 100m

Frayne	Bruce	10.45	+1.7	9/06/1982
Kelly	Jamie	10.68	-0.6	25/03/1979
Bateman	Todd	10.70	+1.4	26/03/2011
Batangdon	Joseph	10.77	-0.8	27/11/2004
Watkins	Clay	10.82	-0.6	2/03/2013
Bubner	Alexander	10.86	+1.1	22/10/2005
Helier	Mark	10.91	+1.8	28/11/1987
Langford	James	10.94	+1.6	13/01/1996
Frayne	Henry	10.96	NWI	12/02/2009
Schinella	Frankie	11.00	+0.7	14/02/2016

### 200m

Batangdon	Joseph	20.56	+0.0	5/02/2005
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Frayne	Bruce	20.59	-0.5	21/12/1980
Kelly	Jamie	21.35	-0.5	21/12/1980
Bubner	Alexander	21.38	-0.4	18/01/2008
Davis	Gavin	21.52	-0.6	26/03/1994
Helier	Mark	21.54	+1.9	25/02/1989
Watkins	Clay	21.66	-0.9	2/03/2013
Brusnahan	Michael	21.73	+0.2	31/03/2016
Murphy	Aidan	21.80	+0.5	17/02/2019
Rossouw	Ryan	21.95	+0.0	6/02/2010

### 300m

Harvey	Jack	35.52		18/01/2014
Schinella	Frankie	36.05		18/01/2014
Brock	Angus	36.07		8/03/2014
Gepp	Golden	36.93		7/12/2013
Heron	Michael	36.94		8/03/2014
Stenson	Dylan	36.95		8/03/2014
Brusnahan	Michael	37.01		18/01/2014
Giam	Andrew	37.23		7/12/2013
Wilson	Brian	38.79		16/11/2013
Petchey	James	39.02		16/11/2013

### 400m

Frayne	Bruce	45.21		5/08/1984
Bubner	Alexander	47.04		26/01/2008
Barbour	Tim	47.25		30/01/1985
Watkins	Clay	47.31		11/02/2011
Wilson	Brian	47.50		3/02/2018
Stenson	Dylan	47.70		9/01/2016
Helier	Mark	47.99		11/02/1989
Rossouw	Ryan	48.17		1/11/2008
Watkins	Bryce	48.32		17/02/2019
Hasker	Stephen	48.75		27/03/1993

### 800m

Stenson	Dylan	1:47.04		15/02/2018
Botten	Jamie	1:47.7		21/03/1976
Woods	Chris	1:48.0		27/03/1966
Watkins	Bryce	1:48.30		27/01/2018
Travis	Simon	1:49.7		20/01/1995
Giam	Andrew	1:49.89		17/03/2010
Frayne	Geoff	1:50.4		22/02/1981
Heron	Michael	1:51.37		5/03/2016
Stapleton	Christopher	1:52.06		9/02/2007
Gregory	Leon	1:52.1		25/08/1956

### 1500m

Botten	Jamie	3:42.2		15/12/1976
Stenson	Dylan	3:43.43		14/12/2017

Deane	Peter	3:49.6	8/12/1979
Woods	Chris	3:49.7	2/03/1968
Wheeler	Ian	3:53.9	14/01/1967
Stapleton	Christopher	3:54.10	9/02/2007
Ballard	Neil	3:55.5	9/11/1991
Travis	Simon	3:56.6	29/10/1994
Giam	Andrew	3:57.44	13/04/2013
Heron	Michael	3:57.61	22/11/2014

### 3000m

Woods	Chris	8:27.8	14/12/1967
Deane	Peter	8:30.0	15/12/1979
Ballard	Neil	8:33.0	13/06/1989
Botten	Jamie	8:40.0	22/09/1976
Goddard	Adam	8:42.78	6/03/2019
Starr	Matthew	8:58.0	12/02/1992
Heron	Michael	9:01.87	25/01/2014
Robinson	M	9:10.0	9/11/1983
McGregor	Jamie	9:11.4	1/11/1980
Connell	Zac	9:11.49	6/03/2019

### 5000m

Deane	Peter	14:17.6	22/12/1979
Woods	Chris	14:53.0	2/12/1967
Wheeler	Ian	14:53.2	21/01/1967
Botten	Jamie	15:15.0	30/06/1976
Tallis	George	15:27.0	28/11/1984
Ballard	Neil	15:32.0	8/02/1989
Starr	Matthew	15:43.0	8/02/1989
Frankcomb	F	15:50.0	13/11/1965
Lawrence	John	15:55.0	18/01/1969
Bambacas	Michaelis	15:59.0	24/03/1993

### 10000m

Wheeler	Ian	30:37.0	19/01/1967
Deane	Peter	32:17.0	31/12/1979
Lawrence	John	33:48.0	14/01/1969
Starr	Matthew	34:19.6	10/03/1993
Tallis	George	34:32.0	25/08/1976
Bollen	Chris	34:58.0	10/03/1993
Faulkner	Peter	35:14.0	13/02/1974
Ballard	Neil	35:27.0	13/03/1991
Taylor	Chris	35:55.0	13/02/1974
Muecke	A	36:32.0	18/12/1985

### Marathon

Wheeler	Ian	2:20.33	25/05/1968
Tallis	George	2:27.39	28/08/1983
Deane	Peter	2:37.56	6/06/1982

Beck	Ian	3:03.37	6/09/1958
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### 110m Hurdles 106.7cm

Rose	David	14.03	+1.5	9/03/2007
Ewen	Tim	14.28	-5.9	6/02/1999
Hasker	Stephen	14.73	+1.1	25/02/1993
Pedler	Adam	14.86	+0.9	27/02/1982
Hames	Jagan	14.90	-1.2	27/01/2001
Pastrello	Dean	15.47	-0.2	17/02/2019
Whittaker	Lane	15.65	+1.5	26/11/2016
Barbour	Tim	16.10	NWI	27/03/1993
Wilmshurst	Zac	16.14	-0.2	17/02/2019
Leslie	Barton	16.21	-1.4	1/04/1990

### 400m Hurdles 91.4cm

Pedler	Adam	51.2		3/02/1977
Hasker	Stephen	52.45		7/03/1993
Ewen	Tim	53.12		11/11/1995
Harvey	Jack	53.30		5/04/2014
Hagicostas	Nikitas	53.4		20/02/1983
Hames	Jagan	53.47		21/11/1998
Lewis	Tony	54.5		4/02/1967
Bubner	Alexander	54.68		7/01/2006
Frayne	John	55.1		1/03/1975
Brooke	John	55.2		30/10/1965

### 3000m Walk

Taylor	Chris	13:56.7		20/02/1977
Balharrey	Gavon	14:26.0		28/10/1967
Evans	Graham	14:51.0		15/03/1980
Whitam	Peter	15:06.0		9/01/1980
Crump	Peter	15:42.26		23/01/2004
Silcock	M	15:54.6		3/11/1984
Slimming	Andrew	16:26.0		6/03/1982
Slimming	Ben	19:02.7h		23/10/2010
Begg	Meshach	19:13.56		3/11/2018
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
Silcock	M	27:05.0		6/03/1985

### 10000m Walk

Balharrey	Gavon	51:22.0		20/05/1967
Crump	Peter	57:00.03		4/11/2008

### 20000m Walk

Balharrey	Gavon	1:44.56	1/07/1967
Taylor	Chris	1:56.17	30/04/1977

## 50000m Walk

Balharrey	Gavon	5:06.28	21/08/1965
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## 3000m Steeple Chase 91.4cm

Botten	Jamie	9:17.2	4/01/1984
Ballard	Neil	9:44.5	7/12/1988
Tallis	George	9:46.5	4/01/1984
Lawrence	John	9:47.2	1/02/1969
Deane	Peter	9:52.0	4/03/1981
Robertson	David	9:59.0	21/11/1984
Keynes	Anthony	10:00.0	10/11/1982
Clarke II	Robert	10:00.4	1/12/1973
Hilbig	Paul	10:10.8	16/12/1981
Starr	Matthew	10:11.2	1/03/1989

## Long Jump

Frayne	Henry	8.27m	+1.4	18/02/2012
Swan	Jason	7.29m	+1.0	21/02/1982
Bubner	Alexander	6.98m	+1.5	10/12/2004
Love	Joshua	6.74m	+0.1	12/01/2019
Bastick	Blake	6.56m	+0.0	17/11/2018
Lambert	Thomas	6.52m	+0.7	8/11/2003
Slimming	Ben	6.48m	+0.0	8/11/2014
Whittaker	Lane	6.35m	-0.4	22/03/2019
Chan	Alexander	6.28m	-1.0	17/12/2016
Armitage	Jacob	6.26m	+0.2	13/01/2018

## Triple Jump

Frayne	Henry	17.23m	+0.6	2/03/2012
Slimming	Ben	13.24m	+1.7	6/12/2013
Armitage	Jacob	13.14m	+0.0	25/11/2017
Aston	Jacob	12.79m	+1.8	21/10/2017
Bastick	Blake	12.72m	+0.0	6/10/2018
Amaechi	David	12.72m	+0.0	21/10/2018
Starkey	Matthew	12.66m	+0.1	6/10/2018
Greenwood	Sam	12.64m	+1.2	6/03/2010
Haseldine	Ashton	12.24m	-0.7	15/12/2018
Vlassis	Leigh	12.21m	+0.3	1/03/2004

## High Jump

Barbour	Tim	2.06m	10/11/1983
Nugent	Mark	2.05m	26/11/1983
Hames	Jagan	2.05m	19/02/1999
Bollen	Mark	2.03m	4/02/1989
Helier	Mark	2.01m	10/10/1986

Minson	Hugh	2.01m	19/11/2005
Millard	Colwyn	2.00m	25/11/1978
Hancock	Sandy	2.00m	17/12/1983
Rogers	Andrew	2.00m	18/11/1989
Dukalskis	James	1.98m	12/03/2014

## Pole Vault

Arkell	Simon	5.80m	26/01/1996
Markov	Dimitri	5.75m	12/02/2005
Kildare	Jordan	5.15m	9/03/2019
Mattinson	John	5.11m	17/03/1990
Wainright	Greg	5.05m	21/12/1985
Chan	Alexander	5.05m	17/01/2018
O'Brien	James	4.90m	18/02/1996
Leslie	Barton	4.80m	28/03/1992
Toumazos	Theophilos	4.80m	7/11/2009
Halliday	Gregory	4.70m	9/11/1996
Hames	Jagan	4.70m	30/01/1999

## Discus 2kg

Melin	Robert	55.62m	29/01/2011
Hames	Jagan	49.85m	21/11/1998
Dixon	David	42.26m	4/01/1991
Bruce	Ian	42.24m	31/12/1956
Bowden	Guy	40.30m	28/03/1992
Vi	Homelo	39.88m	30/01/1993
Birks	Daniel	39.66m	18/01/1985
Birks	Nicholas	39.47m	10/02/1962
Arcondoulis	Elias	39.20m	1/03/2004
Bollen	Mark	39.10m	10/02/1990

## Shot Put 7.26kg

Melin	Robert	17.13m	19/03/2011
Arcondoulis	Elias	14.63m	21/11/2009
Obst	Fox	14.55m	9/02/2019
Hames	Jagan	13.73m	28/11/1998
Birks	Nicholas	13.48m	23/01/1965
Bruce	Ian	13.40m	12/02/1956
Birks	Daniel	13.12m	21/12/1985
Vi	Homelo	13.11m	20/01/1993
Morgan	Charlie	13.09m	10/02/1978
Crouch	William	12.82m	12/01/2019

## Hammer Throw 7.26kg

Allan	David	59.56m	21/02/1993
Melin	Robert	55.86m	6/03/2010
Bowden	Guy	52.98m	14/07/1988
Murrell	Tom	51.44m	18/11/1982
Fowler	James	49.76m	17/03/1990

Gordon	Alastair	49.74m	17/01/1970
Hughes	Nick	46.68m	24/10/1992
Keynes	Robert	43.62m	8/02/1987
Dixon	David	42.86m	28/01/1994
May	Malcolm	42.24m	23/11/1985

### **Javelin Throw 800g**

Fraser	Andrew	70.68m	12/03/2016
Birks	Daniel	69.20m	1/03/1987
Dixon	David	68.54m	21/01/1991
Vi	Homelo	59.03m	16/01/1993
Bollen	Mark	58.40m	3/03/1990
Hames	Jagan	57.94m	21/11/1998
O'Leary	Michael	57.38m	26/02/1989
Worley	Sam	54.90m	12/01/2019
Barbour	Tim	54.66m	9/03/1993
Arkell	Simon	53.88m	1/10/1989

### **Javelin Throw 800g (pre 1985 model)**

Briks	Nicholas	81.01m	24/02/1962
Dixon	David	78.22m	14/03/1984
Macklin	David	68.71m	30/01/1967
Birks	Daniel	68.60m	30/03/1985
Williams	Brian	64.57m	26/11/1966
Bruce	Ian	58.01m	13/12/1952
Irving	Ian	56.34m	14/03/1984
Barbour	Tim	53.60m	13/10/1984
Duffy	Jeremy	53.40m	22/01/1977
Bollen	Mark	51.62m	8/10/1986

### **Decathlon**

Birks	Nicholas	6629pts	31/12/1964
Barbour	Tim	6608pts	9/03/1993
Arkell	Simon	6509pts	1/10/1989
Macklin	David	6291pts	28/01/1973
Pastrello	Dean	6036pts	13/01/2019
Sharley	Peter	5898pts	11/01/1981
Whittaker	Lane	5757pts	22/01/2017
Bollen	Mark	5743pts	25/02/1990
Brock	Angus	4326pts	21/12/2013
Love	Joshua	4295pts	13/01/2019