



Club Records - Men

Updated: 05/05/2019

Contact: Nikolaos Flabouris at nikolaosflabouris@gmail.com

U/14 60m

Lanthois	James	7.78	+0.6	7/03/2009
Pallotta	Steven	7.91	+1.0	28/01/2006
Harvey	Luke	7.92	+0.6	10/11/2018
Bendo	Louis	8.01	-3.2	23/11/2013
Murphy	Aidan	8.04	+1.9	25/02/2017
Bandara	Pasindu	8.26	-2.4	1/11/2014
Chipperfield	Edward	8.30	+1.2	27/10/2018
Shrestha	Keshav	8.32	+0.7	4/02/2017
Nitchingham	Arvin	8.40	+2.0	8/12/2007
Officer	Flynn	8.51	+1.0	10/11/2018

100m

Murphy	Aidan	11.52	+1.7	7/10/2017
Mcleich	Edward	11.71	+1.7	26/10/2008
Armitage	Jacob	12.13	+1.2	29/10/2016
Ros-Smith	Guillaume	12.17	+0.3	3/03/2018
Lanthois	James	12.19	+0.7	28/02/2009
Bendo	Louis	12.21	+2.0	18/01/2014
Crowe	Hayden	12.26	-0.6	17/11/2018
Bubner	Alexander	12.29	+0.8	17/11/2001
Hack	Will	12.43	+1.0	29/11/2014
Harvey	Luke	12.45	+1.2	21/10/2018

200m

Crowe	Hayden	24.56	+0.5	21/10/2018
-------	--------	-------	------	------------

Murphy	Aidan	24.75	+0.0	26/03/2017
Lanthois	James	24.81	+0.5	14/03/2009
Litt	Hamish	25.19	+1.0	4/12/2011
Pallotta	Steven	25.20	-0.4	14/01/2006
Harvey	Luke	25.40	-1.1	7/12/2018
Ros-Smith	Guillaume	25.59	+0.2	4/02/2018
Armitage	Jacob	25.64	+2.0	5/11/2016
Bendo	Louis	25.65	-2.6	11/01/2014
Bandara	Pasindu	25.98	+0.5	25/10/2014

300m

Bendo	Louis	41.31		18/01/2014
Sellars	William	43.59		8/03/2014
Bandara	Pasindu	45.79		8/03/2014
Walker	James	52.14		16/11/2013

400m

Murphy	Aidan	52.95		7/10/2017
Bubner	Alexander	54.74		25/01/2002
Slimming	Steven	54.94		18/02/2012
Pallotta	Steven	56.54		14/01/2006
Litt	Hamish	56.95		4/12/2011
Disney	Tom	57.43		14/04/2016
Lanthois	James	57.53		14/03/2009
Liensavanh	Anouvong	57.56		3/11/2001
Calabrese	Christian	57.95		9/12/2005
Cameron	Alexander	58.27		1/11/1997

800m

Slimming	Steven	2:03.50		14/03/2012
Harris	Jonathan	2:08.56		24/11/2018
Goddard	Adam	2:13.12		19/02/2017
Chlanda	Noah	2:13.73		16/03/2019
Egarr	Nicholas	2:15.89		28/02/2015
Lanthois	James	2:16.60		14/03/2009
Pallotta	Steven	2:18.43		29/10/2005
Stapleton	Christopher	2:18.59		22/02/2003
Pilch	Konrad	2:20.02		22/02/2003
Connell	Zac	2:20.58		3/12/2016

1500m

Slimming	Steven	4:15.10		14/03/2012
Harris	Jonathan	4:21.47		17/02/2019
Goddard	Adam	4:22.01		19/02/2017
Chlanda	Noah	4:25.48		7/04/2019
Cameron	Alexander	4:39.53		1/11/1997
Stapleton	Christopher	4:41.60		15/03/2003
Connell	Zac	4:48.03		12/11/2016
Egarr	Nicholas	4:50.25		25/10/2014

Pilch	Konrad	4:56.13	2/03/2003
Stewart	Charlie	4:59.08	23/11/2013

3000m

Harris	Jonathan	9:30.70	6/03/2019
Goddard	Adam	9:35.09	26/03/2017
Stapleton	Christopher	10:06.30	15/03/2003
Connell	Zac	10:15.85	19/11/2016
Slimming	Steven	10:53.02	23/11/2011
Poole	Joshua	12:13.61	16/03/2019
Finlay	Aydn	12:31.2h	20/11/2004
Flabouris	Nikolaos	12:55.56	21/02/2009
Archer	Tom	13:25.30	16/03/2019
Dimovic	Dejan	13:29.09	16/03/2019

90m Hurdles 76.2cm

Slimming	Ben	14.33	-0.1	5/12/2010
Amaechi	David	14.44	+1.6	28/02/2015
Love	Joshua	14.84	-0.3	4/12/2011
Shrestha	Keshav	14.90	-1.6	28/01/2017
Schultz	Toby	14.99	-2.0	1/02/2003
McKay	Tom	15.13	+1.0	13/10/2012
Nitchingham	Arvin	15.92	+0.7	19/12/2007
Mintz	Ned	16.07	+1.6	4/11/2017
Wilmshurst	Zac	16.27	-2.7	27/10/2012
White	Josh	16.68	-0.8	18/11/2017

3000m Walk

Slimming	Ben	19:02.7h	23/10/2010
----------	-----	----------	------------

Long Jump

Bubner	Alexander	5.43m	-0.5	17/11/2001
Bandara	Pasindu	5.21m	-0.3	11/10/2014
Ros-Smith	Guillaume	5.19m	-0.5	3/03/2018
Stapleton	Christopher	5.08m	+0.5	8/11/2003
Harvey	Luke	5.02m	+1.1	21/10/2018
Frayne	Henry	4.98m	+1.8	6/03/2004
Amaechi	David	4.96m	+1.6	21/11/2015
Sellars	William	4.90m	+1.3	16/11/2013
Pallotta	Steven	4.81m	-0.3	14/01/2006
Hogg	Shankar	4.81m	+1.0	11/02/2012

Triple Jump

Armitage	Jacob	12.26m	+0.0	5/11/2016
Ros-Smith	Guillaume	11.97m	+0.0	3/03/2018
Harvey	Luke	11.23m	+1.5	7/12/2018
Frayne	Henry	10.86m	-1.2	21/02/2004
White	Josh	10.29m	+0.0	28/10/2017

Sellars	William	10.11m	+0.6	23/11/2013
Disney	Tom	9.99m	-1.0	12/03/2016
Iacopetta	Isaac	9.83m	+0.0	11/11/2017
Wilmshurst	Zac	9.80m	+1.8	16/11/2012
Lanthois	James	9.59m	-0.6	7/03/2009

High Jump

Frayne	Henry	1.65m		20/03/2004
Evans	Bradley	1.60m		5/04/1998
Schultz	Toby	1.55m		25/01/2003
Hogg	Shankar	1.55m		4/02/2012
Lanthois	James	1.50m		28/02/2009
Slimming	Ben	1.50m		23/10/2010
Auciello	Gabriel	1.50m		24/02/2012
Harvey	Luke	1.50m		27/10/2018
Chipperfield	Edward	1.50m		27/10/2018
Sellars	William	1.45m		8/03/2014
Frayne	Nicholas	1.45m		17/11/2007

Pole Vault

Greiner	Ashley	3.30m		28/11/1998
Toumazos	Kimon	3.21m		1/12/2008
Normandale	Zachary	3.05m		22/02/2003
Schultz	Toby	3.00m		1/02/2003
Lam	Henry	2.55m		23/10/2010
Slimming	Steven	2.50m		13/01/2012
Schievenin	Hugh	2.10m		18/01/2008
McKay	Tom	2.00m		24/02/2012
Love	Joshua	2.00m		3/03/2012
Hancock	Richard	1.80m		18/02/2012

Discus 1kg

Miller	Darcy	52.87m		18/03/2018
Schultz	Toby	38.46m		8/02/2003
Calabrese	Christian	31.84m		29/10/2005
Bouras	John	29.01m		28/10/2011
Bubner	Hamish	28.95m		3/03/2007
Slimming	Steven	27.79m		11/02/2011
Bouras	George	27.15m		5/12/2009
Flabouris	Nikolaos	26.33m		31/10/2009
Osti	Harry	25.83m		25/11/2011
Wilmshurst	Zac	22.70m		20/10/2012

Shot Put 3kg

Miller	Darcy	14.51m		8/12/2017
Ilic	Nathan	12.94m		23/10/2010
Bouras	George	12.21m		6/02/2010
Pilch	Wiktor	11.59m		23/10/2004
Harvey	Luke	10.54m		3/11/2018

Schultz	Toby	10.62m	30/11/2002
Normandale	Zachary	10.55m	30/11/2002
Sellars	William	9.84m	18/01/2014
Bubner	Hamish	9.77m	4/11/2006
Flabouris	Nikolaos	8.89m	14/02/2009

Hammer Throw 3kg

Miller	Darcy	31.58m	21/10/2017
Mintz	Ned	14.52m	25/02/2017
Mintz	Harry	12.75m	25/02/2017
Dimovic	Dejan	7.62m	9/03/2019

Javelin Throw 600g

Calabrese	Christian	36.72m	9/12/2005
Potter	Sam	35.81m	7/11/2015
Miller	Darcy	34.76m	21/10/2017
Love	Joshua	26.57m	4/12/2011
Nitchingham	Arvin	25.19m	24/11/2007
Fusco	Christopher	25.13m	22/11/2012
Walker	James	22.07m	29/11/2014
Kildare	Jordan	18.34m	13/10/2012
McKay	Tom	16.96m	13/10/2012
Shrestha	Keshav	16.22m	26/11/2016