



Club Records - Men

Updated: 05/09/2020

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U/17 60m

Chambers	Jayden	6.98	+1.4	24/11/2018
Murphy	Aidan	6.98	+1.4	7/03/2020
Baird	Sebastian	7.21	+0.8	9/03/2013
Amaechi	David	7.24	+1.4	24/11/2018
Pallotta	Steven	7.30	+2.0	14/03/2009
Mcleich	Edward	7.34	+0.9	19/03/2011
Lanthois	James	7.34	+1.8	27/01/2012
Wilson	Brian	7.41	-0.7	11/01/2013
Condello	Alex	7.41	-0.4	6/02/2016
Love	Joshua	7.46	+1.0	15/11/2014

100m

Murphy	Aidan	10.97	+1.5	1/03/2020
Bubner	Alexander	11.03	+0.4	13/03/2005
Chambers	Jayden	11.12	+0.3	17/02/2019
Mcleich	Edward	11.19	-0.8	23/10/2011
Pallotta	Steven	11.27	-1.9	14/03/2009
Condello	Alex	11.28	+1.3	24/10/2015
Gyamfi	Kofi	11.31	+1.3	15/02/2014
Baird	Sebastian	11.31	-1.4	16/02/2013
Lambert	Thomas	11.46	-1.2	21/02/2004
Whittaker	Lane	11.52	+1.0	25/10/2014

200m

Murphy	Aidan	21.83	+1.4	7/03/2020
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Wilson	Brian	22.27	+1.8	12/10/2013
Bubner	Alexander	22.33	-0.7	13/03/2005
Chambers	Jayden	22.35	+1.1	17/02/2019
Pallotta	Steven	22.46	+0.0	21/01/2009
Mcleich	Edward	22.56	+0.2	23/10/2011
Lanthois	James	22.66	+0.4	10/12/2011
Gyamfi	Kofi	23.07	+0.7	9/02/2014
Condello	Alex	23.46	-1.0	14/02/2016
Clayfield	Jack	23.47	-1.2	10/03/2011

300m

Wilson	Brian	38.79		16/11/2013
Petchey	James	39.02		16/11/2013
De Palma	Dion	41.93		18/01/2014
Slimming	Ben	54.63		21/12/2013

400m

Murphy	Aidan	48.68		1/03/2020
Pallotta	Steven	49.73		1/12/2008
Lanthois	James	49.98		18/02/2012
Stapleton	Christopher	50.31		14/01/2006
Bubner	Alexander	50.81		13/11/2004
Myles	Alexander	50.92		14/02/1998
Amekata	Gras	51.52		18/11/2017
Calabrese	Christian	51.55		1/11/2008
Randello	Lachlan	51.66		12/12/2015
Williamson	Jean-Paul	52.00		6/02/2016

800m

Stapleton	Christopher	1:52.70		1/12/2005
Harwood	David	1:55.88		24/03/1991
Goddard	Adam	1:56.84		15/02/2020
Amekata	Gras	1:56.86		18/03/2018
Rischbeith	Thomas	1:58.02		23/10/2004
Randello	Lachlan	1:58.50		6/12/2015
Slimming	Steven	1:59.28		8/11/2014
Weder	Miles	1:59.63		25/02/2017
Lewis	James	2:01.01		5/04/1998
Connell	Zac	2:02.11		27/10/2019

1500m

Goddard	Adam	3:55.39		22/02/2020
Stapleton	Christopher	3:59.32		4/11/2006
Rischbeith	Thomas	4:01.33		23/10/2004
Connell	Zac	4:14.78		9/11/2019
Lewis	James	4:17.78		6/02/1998
Bampton	Tristan	4:19.80		20/01/2012
Randello	Lachlan	4:21.15		6/12/2015

Weder	Miles	4:22.20	28/01/2017
Slimming	Steven	4:22.39	22/11/2014
Walker	Thomas	4:24.88	1/11/2014

3000m

Goddard	Adam	8:30.68	11/03/2020
Connell	Zac	9:11.49	6/03/2019
Lewis	James	9:21.30	20/03/1998
Walker	Thomas	9:28.93	29/11/2014
Stapleton	Christopher	9:37.3h	4/03/2006
Slimming	Steven	9:50.91	15/11/2014
Arcondoulis	Elias	10:08.90	16/02/2001
Harley	Simon	10:27.60	15/03/2003
Brown	Laurie	11:04.32	23/10/2016
Lai	Keith	11:08.70	16/02/2002

5000m

Lewis	James	17:28.90	5/04/1998
McKee	Doug	18:17.00	11/12/1985
McLaughlin	James	19:29.80	30/11/1996
Rohrsheim	David	21:49.10	5/04/1998

110m 91.4cm

Frayne	Henry	15.27	+1.5	29/10/2006
Wilmshurst	Zac	15.69	+0.0	6/12/2015
Chataway	Johnathan	15.70	+0.6	4/12/2011
Ye	Junwei	15.73	+0.2	15/11/2014
Georgakopoulos	Alexi	15.83	+1.8	28/02/2015
Van Ruth	Oliver	16.14	+1.0	5/12/2009
Higgs	Lachlan	16.25	-4.5	6/02/1999
Thomas	Richard	16.51	-0.2	20/03/2004
Haseldine	Ashton	16.55	-0.1	17/02/2018
Proudman	Hudson	16.70	-2.2	23/11/2013

400m Hurdles 84.0cm

Bubner	Alexander	55.61	10/12/2004
Chataway	Johnathan	57.22	18/02/2012
Lambert	Thomas	58.20	30/01/2004
Higgs	Lachlan	59.11	13/02/1999
Quaini	Sebastian	59.91	14/01/2017
Van Ruth	Oliver	60.11	21/11/2009
Slimming	Ben	60.21	13/10/2012
Wilmshurst	Zac	60.23	7/11/2015
Calabrese	Christian	60.37	8/11/2008
Slimming	Ben	60.98	19/10/2013

2000m Steeple Chase 91.4cm

Connell	Zac	6:32.41	7/04/2019
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Lewis	James	7:16.20	5/04/1998
Walker	Thomas	7:21.37	16/01/2014
Bampton	Tristan	7:24.91	11/02/2011
Stapleton	Peter	7:30.94	11/02/2011
Rohrsheim	David	7:42.90	5/04/1998
Lai	Keith	8:37.90	3/11/2001
Litt	Hamish	8:53.76	22/11/2014
Yung	Conor	8:58.25	22/11/2014
Smith	Eric	8:59.18	13/11/2004

Long Jump

Bubner	Alexander	6.98m	+1.5	10/12/2004
Frayne	Henry	6.70m	-0.5	9/02/2007
Lambert	Thomas	6.52m	+0.7	8/11/2003
Slimming	Ben	6.16m	+1.0	9/02/2013
Bastick	Blake	6.08m	+0.0	2/02/2019
James	Ryan	5.98m	+0.0	29/11/2014
Lee	Hui-Ung	5.82m	+1.4	3/03/2012
Chataway	Johnathan	5.68m	+0.0	4/11/2011
Greenwood	Sam	5.61m	+1.9	6/03/2010
Barnfield	Toby	5.58m	+0.3	6/02/2010

Triple Jump

Frayne	Henry	14.82m	+1.4	9/02/2007
Slimming	Ben	13.24m	+1.7	6/12/2013
Amaechi	David	12.72m	+0.0	21/10/2018
Greenwood	Sam	12.64m	+1.2	6/03/2010
Starkey	Matthew	12.58m	-1.1	4/02/2018
Chataway	Johnathan	12.08m	+0.4	28/10/2011
Bastick	Blake	12.08m	-0.4	9/02/2019
Wilmshurst	Zac	12.04m	+0.0	7/03/2015
Haseldine	Ashton	11.93m	+0.0	3/03/2018
Lee	Hui-Ung	11.89m	-1.1	18/02/2012

High Jump

Sainsbury	George	1.90m	2/03/2003
Dukalskis	James	1.90m	25/10/2014
Holdback	Spencer	1.90m	5/11/2016
Starkey	Matthew	1.90m	3/03/2018
Minson	Hugh	1.88m	23/10/2004
Dukalskis	Sam	1.86m	16/03/2019
Pengilly	Cruise	1.85m	6/12/2013
Ng	Marcus	1.80m	16/02/2002
Frayne	Nicholas	1.75m	6/01/2012
Slimming	Ben	1.75m	1/02/2013

Pole Vault

Toumazos	Theophilos	4.50m	1/12/2007
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Toumazos	Kimon	4.40m	24/02/2012
Wilson	Thomas	4.30m	28/02/1998
Parkinson	Harry	4.20m	13/01/2007
Toumazos	Dimitri	4.10m	21/11/2009
Kildare	Jordan	4.05m	7/03/2015
Robbins	Elliot	4.00m	2/11/2013
Kerr	Cameron	3.90m	10/12/2004
Schultz	Toby	3.80m	29/10/2005
Newbold	Kieran	3.70m	15/03/2003

Discus 1.5kg

Miller	Darcy	54.89m	19/02/2020
Schultz	Toby	40.22m	26/11/2005
Bolton	Daniel	39.53m	22/10/2005
Evans	Bradley	38.87m	6/12/2014
Shackleford	Tim	38.68m	1/11/1997
Anderson	Sebastian	37.86m	25/11/2006
Blaschek	Ben	36.12m	18/02/2012
Obst	Fox	36.05m	18/01/2017
Ferguson	Thomas	35.90m	9/11/2019
Shackleford	Tim	35.71m	5/04/1998
Whittaker	Lane	35.71m	14/12/2013

Shot Put 5kg

Miller	Darcy	16.07m	24/01/2020
Obst	Fox	15.55m	21/10/2017
Bolton	Daniel	14.67m	5/11/2005
Quaini	Sebastian	13.39m	4/03/2017
Blaschek	Ben	12.81m	18/02/2012
Bouras	George	12.51m	3/11/2012
Evans	Bradley	12.04m	6/12/2014
Khouri	Brandon	11.73m	9/02/2013
Arcondoulis	Elias	11.51m	23/02/2001
Lai	Keith	11.41m	24/11/2001

Hammer Throw 5kg

Spencer	Andrew	48.92m	4/03/2006
Bouras	George	45.63m	22/11/2012
Riley	Jack	42.87m	14/03/2009
Bolton	Daniel	42.35m	5/11/2005
Obst	Fox	42.34m	8/12/2017
Campbell	Joe	41.32m	29/10/2006
Lord	Tom	40.97m	8/11/2003
Khouri	Brandon	39.06m	22/02/2013
Robbins	Elliot	39.00m	2/11/2013
Blaschek	Ben	36.74m	18/02/2012

Javelin Throw 700g

Schultz	Toby	50.53m	26/11/2005
Love	Joshua	50.03m	15/11/2014
Worley	Sam	49.94m	5/12/2010
Calabrese	Christian	48.99m	9/02/2008
Flabouris	Nikolaos	47.44m	20/10/2012
Hogg	Shankar	47.36m	26/03/2015
Riley	Jack	46.95m	26/10/2008
Arcondoulis	Elias	43.34m	6/01/2001
Shackleford	Tim	42.63m	4/03/1998
Whittaker	Lane	42.24m	25/10/2014