



## Club Records - Men

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### U/18 60m

Pallotta	Steven	7.16	+1.3	6/03/2010
Gyamfi	Kofi	7.16	-0.3	22/11/2014
Aston	Jacob	7.21	-1.5	25/11/2017
Amaechi	David	7.24	+0.6	16/03/2019
Condello	Alex	7.25	+0.4	14/01/2017
Whittaker	Lane	7.26	-0.5	31/10/2015
Paranavithana	Amith	7.26	+0.2	16/03/2019
Love	Joshua	7.36	-1.4	6/02/2016
Chan	Alexander	7.40	-0.8	7/02/2015
Lanthois	James	7.41	+0.8	9/03/2013

### 100m

Bubner	Alexander	10.86	+1.1	22/10/2005
Gyamfi	Kofi	11.19	+2.0	1/03/2014
Wilson	Brian	11.22	+1.2	6/12/2013
Condello	Alex	11.22	+2.0	26/11/2016
Aston	Jacob	11.24	+1.9	11/12/2017
Whittaker	Lane	11.25	+1.0	7/11/2015
McLeish	Edward	11.27	+0.4	12/11/2011
Baird	Sebastian	11.34	+1.4	1/03/2014
Paranavithana	Amith	11.35	+1.7	9/03/2019
Smith	Tyrone	11.43	+1.7	3/11/2018

### 200m

Bubner	Alexander	21.99	+1.4	28/01/2006
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Parasuramar	Amaran	22.44	+1.9	27/10/2007
Gyamfi	Kofi	22.57	-0.3	25/10/2014
McClure	Tom	22.70	+0.9	21/10/2017
Parkinson	Harry	22.83	+1.9	27/10/2007
Smith	Tyrone	22.84	-1.0	27/10/2018
Lanthois	James	22.92	+0.5	2/12/2012
Yunupingu	Michael	23.21	-1.0	5/11/2016
McLeich	Edward	23.26	-2.5	19/11/2011
Whittaker	Lane	23.28	-1.1	17/10/2015

### 300m

Le	Kim	44.49		16/11/2013
Robbins	Elliot	58.57		21/12/2013

### 400m

Bubner	Alexander	47.81		14/01/2006
Stapleton	Christopher	49.58		3/02/2007
Yunupingu	Michael	50.45		29/10/2016
Randello	Lachlan	50.49		29/10/2016
Lanthois	James	50.64		20/10/2012
McClure	Tom	50.64		11/12/2017
Watkins	Jarrad	50.99		10/03/2011
Pallotta	Steven	51.06		16/12/2009
Parasuramar	Amaran	51.12		19/12/2007
Amekata	Gras	51.30		13/10/2018

### 800m

Stapleton	Christopher	1:52.06		9/02/2007
Randello	Lachlan	1:54.89		10/12/2016
Amekata	Gras	1:56.50		21/10/2018
Weder	Miles	1:57.42		18/03/2018
Rischbeith	Thomas	1:58.60		5/11/2005
Bradley	Dean	2:02.13		23/02/2001
Watkins	Corey	2:02.59		8/12/2012
Doyle	Amos	2:02.94		27/10/2018
Barnfield	Toby	2:02.96		19/03/2011
Wilson	Sami	2:04.94		15/03/2003

### 1500m

Stapleton	Christopher	3:54.10		9/02/2007
Rischbeith	Thomas	4:05.75		4/12/2004
Weder	Miles	4:09.74		17/02/2018
Randello	Lachlan	4:17.02		30/01/2016
Amekata	Gras	4:21.02		6/10/2018
Wilson	Sami	4:21.30		15/02/2003
McGill	Nick	4:28.35		26/11/2016
Williams	Jamie	4:30.00		15/03/2003
Harley	Simon	4:37.20		20/03/2004
Williams	Robert	4:41.37		5/04/1998

### 3000m

Wilson	Sami	9:26.90	22/02/2003
Weder	Miles	9:53.44	3/03/2018
Williams	Jamie	9:59.80	15/03/2003
Bradley	Dean	10:33.20	16/02/2001
Varvounis	Anthony	10:46.20	18/02/2006
Harley	Simon	10:52.70	20/03/2004
Botten	Tom	10:57.9h	4/03/2006
Bampton	Tristan	11:09.52	22/03/2013
Yung	Conor	11:18.46	28/11/2015
Ball	Jasper	11:19.42	14/03/2009

### 5000m

McLaughlin	James	20:21.60	15/02/1997
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### 110m 91.4cm

Wilmshurst	Zac	15.17	+1.9	12/11/2016
Chan	Alexander	15.24	-1.1	25/10/2014
Higgs	Lachlan	15.32	-3.0	10/02/2001
Amaechi	David	15.34	-0.2	7/04/2019
Thomas	Richard	15.40	+0.1	10/12/2004
Georgakopoulos	Alexi	15.58	+0.2	24/10/2015
Proudman	Hudson	15.81	-1.1	25/10/2014
Haseldine	Ashton	15.86	+1.1	21/10/2018
Chataway	Johnathan	15.95	+1.9	9/11/2012
Ye	Junwei	15.95	+1.8	28/02/2015

### 400m Hurdles 84.0cm

Bubner	Alexander	53.81	9/12/2005
Chataway	Johnathan	56.73	8/12/2012
Higgs	Lachlan	58.49	11/02/2001
Calabrese	Christian	60.03	14/02/2009
Parasuramar	Amaran	60.30	17/11/2007
Wilmshurst	Zac	60.31	23/10/2016
Liensavanh	Suriya	61.14	16/02/2002
Haseldine	Ashton	62.50	27/10/2018
Lebbon	Michael	62.71	15/03/2003
Bradley	Dean	63.47	23/02/2001

### 2000m Steeple Chase 91.4cm

Weder	Miles	6:47.89	12/04/2018
Wilson	Sami	7:05.50	15/03/2003
Bradley	Dean	7:39.60	23/02/2001
McGill	Nick	7:45.34	28/01/2017
Brown	Laurie	7:50.17	12/04/2017
Porter	Thomas	8:22.60	16/02/2002
Arcondoulis	Elias	8:44.49	25/01/2002

Zacharin	Nick	9:04.60	14/03/2009
Frost	Mark	9:09.71	6/03/2010
Rappensburg	Samuel	9:17.35	14/03/2009

## Long Jump

Slimming	Ben	6.48m	+0.0	8/11/2014
Love	Joshua	6.24m	+0.4	31/03/2016
Whittaker	Lane	6.09m	+0.1	7/11/2015
Varvounis	Anthony	6.05m	+1.6	4/03/2006
Lee	Hui-Ung	6.03m	+1.7	20/10/2012
Paranavithana	Amith	6.01m	-1.0	23/02/2019
Starkey	Matthew	5.94m	+1.9	12/01/2019
Yaxley	Kaspar	5.91m	-1.3	8/11/2003
Greenwood	Sam	5.89m	-1.7	10/03/2011
Vlassis	Leigh	5.88m	+0.6	29/11/2003

## Triple Jump

Frayne	Henry	15.77m	NWI	18/01/2008
Slimming	Ben	13.09m	+0.0	12/03/2014
Aston	Jacob	12.79m	+1.8	21/10/2017
Starkey	Matthew	12.66m	+0.1	6/10/2018
Greenwood	Sam	12.29m	+0.0	10/03/2011
Haseldine	Ashton	12.24m	-0.7	15/12/2018
Vlassis	Leigh	12.21m	+0.3	1/03/2004
Paranavithana	Amith	11.92m	-1.1	16/03/2019
Bassett	Thomas	11.70m	+1.2	22/02/2013
Botten	Tom	11.55m	-0.5	4/03/2006

## High Jump

Helier	Mark	2.01m	10/10/1986
Minson	Hugh	2.01m	19/11/2005
Starkey	Matthew	1.94m	6/10/2018
Higgs	Lachlan	1.90m	10/02/2001
Holdback	Spencer	1.85m	21/10/2017
Sainsbury	George	1.85m	11/12/2004
Whittaker	Lane	1.85m	24/10/2015
Vandenberg	Henry	1.85m	21/11/2015
Love	Joshua	1.80m	14/02/2016
Van Ruth	Oliver	1.70m	19/03/2011
Bassett	Thomas	1.70m	22/03/2013
Haseldine	Ashton	1.70m	15/12/2018

## Pole Vault

Toumazos	Theophilos	4.70m	14/02/2009
Wilson	Thomas	4.60m	5/12/1998
Kildare	Jordan	4.50m	8/03/2016
Frayne	Richard	4.40m	14/03/2009
Toumazos	Kimon	4.30m	15/12/2012
Parkinson	Harry	4.10m	9/02/2008

Toumazos	Dimitri	3.85m	5/12/2010
Robbins	Elliot	3.80m	23/11/2013
Thomas	Richard	3.70m	10/12/2004
Kerr	Cameron	3.70m	29/10/2005

### **Discus 1.5kg**

Evans	Bradley	40.07m	28/02/2015
Obst	Fox	39.74m	12/04/2018
Lord	Tom	39.12m	10/12/2004
Arcondoulis	Elias	37.87m	16/02/2002
Shackleford	Tim	37.36m	28/11/1998
Flabouris	Nikolaos	35.98m	22/02/2013
Bolton	Daniel	35.74m	4/11/2006
Hogg	Shankar	35.37m	21/11/2015
Riley	Jack	34.84m	6/02/2010
Calabrese	Christian	33.96m	5/12/2009

### **Shot Put 5kg**

Obst	Fox	16.63m	7/12/2018
Blaschek	Ben	13.41m	15/12/2012
Arcondoulis	Elias	13.04m	24/11/2001
Riley	Jack	12.69m	6/03/2010
Scammell	William	12.53m	5/02/2011
Lord	Tom	12.14m	10/12/2004
Shackleford	Tim	11.78m	26/02/1999
Evans	Bradley	11.74m	28/02/2015
Higgs	Lachlan	11.69m	19/01/2001
Robbins	Elliot	11.66m	23/11/2013

### **Hammer Throw 5kg**

Spencer	Andrew	50.65m	25/11/2006
Shackleford	Tim	45.18m	26/02/1999
Riley	Jack	44.79m	6/02/2010
Obst	Fox	40.85m	3/11/2018
Blaschek	Ben	39.79m	13/10/2012
Bouras	George	38.75m	22/02/2013
Lord	Tom	38.62m	21/02/2004
Hogg	Shankar	35.91m	6/12/2015
Bolton	Daniel	34.15m	11/11/2006
Hooper	Carl	33.96m	14/02/2016

### **Javelin Throw 700g**

Dixon	David	74.26m	17/03/1983
Sanders	Blake	53.18m	10/12/2004
Hogg	Shankar	51.50m	25/10/2015
Goldsworthy	Charlie	49.98m	25/10/2014
Worley	Sam	49.56m	23/10/2011
O'Grady	Henry	48.98m	21/10/2017
Flabouris	Nikolaos	47.10m	9/03/2013

Calabrese	Christian	45.93m	14/03/2009
Arcondoulis	Elias	44.39m	4/01/2002
Whittaker	Lane	44.01m	7/03/2015

## **Decathlon**

Hogg	Shankar	5400pts	26/03/2015
Slimming	Ben	4903pts	21/12/2013