



Club Records - Men

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Contact: Nikolaos Flavouris at nikolaosflavouris@gmail.com

U/20 60m

Semmler	Tomas	7.02	-0.9	2/11/2019
Bubner	Alexander	7.07	-0.8	23/02/2008
Aston	Jacob	7.15	+0.6	16/03/2019
Wilson	Brian	7.19	+1.6	31/01/2015
Mukeba	Pierre	7.22	+1.8	31/01/2015
Munyonge	Dieudonne	7.22	+1.4	24/11/2018
Gyamfi	Kofi	7.24	+0.0	7/03/2015
Whittaker	Lane	7.25	+0.4	14/01/2017
Chan	Alexander	7.30	+0.7	4/02/2017
Joseph	Achie	7.06	+1.4	15/02/2020

100m

Joseph	Achie	10.87	-0.3	1/03/2020
Helier	Mark	10.91	+1.8	28/11/1987
Semmler	Tomas	11.01	+1.6	12/10/2019
Schinella	Frankie	11.05	+1.4	1/03/2014
Whittaker	Lane	11.07	+2.0	26/11/2016
Wilson	Brian	11.10	+0.6	21/02/2015
Bubner	Alexander	11.11	-3.2	16/01/2008
Baird	Sebastian	11.17	-0.6	14/02/2016
Baker	Thomas	11.24	-4.9	6/02/1999
Chan	Alexander	11.26	+2.0	26/11/2016

200m

Bubner	Alexander	21.38	-0.4	18/01/2008
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Helier	Mark	21.54	+1.9	25/02/1989
Schinella	Frankie	22.10	+1.5	9/02/2014
Joseph	Achie	22.19	+1.8	1/03/2020
Wilson	Brian	22.27	-0.7	11/03/2015
Semmler	Tomas	22.43	-0.3	2/11/2019
Baird	Sebastian	22.51	+1.0	14/02/2016
Aston	Jacob	22.53	+0.6	16/03/2019
Yunupingu	Michael	22.58	+1.0	25/11/2017
McClure	Tom	22.62	+1.4	17/02/2019

300m

Schinella	Frankie	36.05		18/01/2014
Lanthois	James	39.19		7/12/2013
Flabouris	Nikolaos	41.95		18/01/2014

400m

Bubner	Alexander	47.04		26/01/2008
McClure	Tom	49.71		17/02/2019
Helier	Mark	47.99		11/02/1989
Wilson	Brian	49.10		11/03/2015
Baker	Thomas	49.45		19/02/1999
Yunupingu	Michael	49.69		3/02/2018
Harvey	Jack	50.02		18/02/2012
Myles	Alexander	50.17		4/11/2000
Giam	Andrew	50.40		14/11/2009
Schinella	Frankie	50.43		22/11/2014

800m

Botten	Jamie	1:47.7		21/03/1976
Travis	Simon	1:49.7		20/01/1995
Stapleton	Christopher	1:52.89		15/03/2008
Amekata	Gras	1:54.58		11/03/2020
Giam	Andrew	1:55.97		21/11/2009
Weder	Miles	1:56.59		9/02/2019
Randello	Lachlan	1:58.88		26/03/2017
Barnfield	Toby	1:59.30		8/12/2012
Bradley	Dean	2:01.34		16/02/2002
Wilson	Brian	2:02.37		28/11/2015

1500m

Botten	Jamie	3:47.0		20/02/1976
Travis	Simon	3:56.6		29/10/1994
Stapleton	Christopher	4:00.29		19/12/2007
Weder	Miles	4:04.50		17/02/2019
Hogg	Samuel	4:05.59		14/04/2002
Lewis	James	4:12.78		2/12/2000
Randello	Lachlan	4:22.79		11/02/2017
Wilson	Sami	4:23.1h		30/10/2004

Slimming	Steven	4:25.24	18/11/2017
Bradley	Dean	4:28.00	15/03/2003

3000m

Tallis	George	9:15.0	24/11/1976
Weder	Miles	9:24.67	8/12/2018
Slimming	Steven	9:53.12	3/03/2018
Randello	Lachlan	10:18.19	4/02/2017
Yung	Conor	11:28.37	23/01/2016
Worley	Tom	13:34.49	6/03/2010

5000m

Botten	Jamie	15:15.0	30/06/1976
Yung	Conor	20:49.74	12/12/2015

110m Hurdles 99.1cm

Chan	Alexander	14.82	+1.4	29/10/2016
Whittaker	Lane	15.26	+0.3	12/12/2015
Higgs	Lachlan	15.28	-1.4	7/04/2001
Wilmshurst	Zac	15.35	+0.3	3/11/2018
Cheung	Stanley	15.63	+2.0	1/03/2020
Love	Joshua	16.39	-0.9	31/03/2016
Chataway	Johnathan	16.89	+1.4	7/02/2015
Proudman	Hudson	16.89	+1.3	28/02/2015
Thomas	Richard	16.90	-0.4	22/10/2005
Van Ruth	Oliver	17.01	-1.4	18/02/2012

400m Hurdles 91.4cm

Ewen	Tim	53.12	11/11/1995
Harvey	Jack	53.31	14/03/2012
Bubner	Alexander	54.68	7/01/2006
Hocking	Cale	57.76	14/01/2017
Robertson	David	57.9	27/02/1977
Van Ruth	Oliver	58.93	26/03/2011
Chataway	Johnathan	59.55	9/02/2013
Higgs	Lachlan	61.07	19/02/1999
Wilmshurst	Zac	61.88	27/10/2018
Proudman	Hudson	62.12	28/02/2015

1500m Walk

Worley	Tom	11:04.12	30/01/2010
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3000m Steeple Chase 91.4cm

Lewis	James	11:22.80	5/04/1998
Bampton	Tristan	12:09.3h	27/11/2010
Brown	Laurie	12:17.62	18/03/2016
Randello	Lachlan	13:08.19	18/11/2017
Yung	Conor	14:30.31	9/01/2016

O'Callaghan	Ryan	17:12.7h	4/03/2017
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Long Jump

Frayne	Henry	7.99m	NWI	22/02/2009
Chan	Alexander	6.28m	-1.0	17/12/2016
Slimming	Ben	6.22m	+1.8	28/02/2015
Whittaker	Lane	6.16m	+0.4	19/11/2016
Pastrello	Dean	6.16m	+0.2	2/02/2019
Love	Joshua	6.01m	+0.0	22/01/2017
Barnfield	Toby	6.00m	+1.2	11/02/2012
Munyonge	Dieudonne	5.94m	+0.0	17/02/2019
Barnfield	Samuel	5.84m	+1.1	3/03/2018
Wilmshurst	Zac	5.54m	-0.2	3/03/2018

Triple Jump

Frayne	Henry	16.62m	NWI	7/07/2009
Slimming	Ben	13.15m	+1.0	28/02/2015
Barnfield	Samuel	12.10m	+0.0	16/12/2017
Munyonge	Dieudonne	11.85m	+0.0	15/12/2018
Barnfield	Toby	11.82m	+0.0	24/02/2012
Love	Joshua	11.60m	-1.5	17/12/2016
Worley	Sam	11.57m	+0.4	22/11/2012
Hamer	David	11.42m	+0.0	12/02/2005
Wilmshurst	Zac	11.11m	+0.2	3/03/2018
Yaxley	Kaspar	11.10m	+0.4	20/03/2004

High Jump

Sainsbury	George	1.96m	29/01/2005
Higgs	Lachlan	1.91m	7/04/2001
Whittaker	Lane	1.86m	20/01/2016
Holdback	Spencer	1.81m	16/03/2019
Pastrello	Dean	1.80m	27/10/2018
Love	Joshua	1.79m	22/01/2017
Chan	Alexander	1.77m	20/01/2016
Murrell	Alexander	1.70m	28/02/2015
Williams	Aaron	1.70m	11/10/2014
Calabrese	Christian	1.65m	16/01/2010

Pole Vault

Kildare	Jordan	5.00m	23/12/2017
Toumazos	Theophilos	4.80m	7/11/2009
Chan	Alexander	4.80m	12/11/2016
Parkinson	Harry	4.20m	21/11/2009
Frayne	Richard	4.20m	16/01/2010
Thomas	Richard	4.00m	3/02/2007
Murrell	Alexander	3.85m	14/02/2016
Pastrello	Dean	3.70m	13/01/2019
Whittaker	Lane	3.65m	11/02/2017

Love	Joshua	3.60m	22/01/2017
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Discus 1.75kg

Miller	Darcy	48.65m	1/03/2020
Arcondoulis	Elias	39.53m	21/02/2004
Obst	Fox	36.26m	17/02/2019
Lord	Tom	34.37m	10/12/2004
Thomas	Richard	32.93m	9/12/2005
Flabouris	Nikolaos	32.70m	24/01/2015
Whittaker	Lane	32.32m	20/01/2016
Love	Joshua	32.23m	22/01/2017
Higgs	Lachlan	32.06m	7/04/2001
Crayford	William	31.78m	1/03/2020

Shot Put 6kg

Obst	Fox	15.39m	1/03/2020
Arcondoulis	Elias	12.75m	2/03/2003
Blaschek	Ben	12.39m	20/02/2013
Love	Joshua	10.92m	22/01/2017
Scammell	William	10.67m	11/02/2011
Higgs	Lachlan	10.60m	7/04/2001
Randello	Lachlan	10.28m	14/10/2017
Whittaker	Lane	10.18m	31/03/2016
Robbins	Elliot	10.17m	21/12/2013
Sainsbury	George	10.16m	11/12/2004

Hammer Throw 6kg

Spencer	Andrew	41.75m	3/03/2007
Obst	Fox	38.58m	22/07/2018
Lord	Tom	35.61m	21/02/2004
Love	Angus	32.56m	18/02/2012
Blaschek	Ben	32.23m	9/02/2013
Bolton	Daniel	28.79m	3/03/2007
Kamau	Kijana	27.02m	17/02/2019
Flabouris	Nikolaos	23.27m	7/02/2015
Crayford	William	18.61m	1/03/2020
McNeil	Dallas	17.30m	14/02/2016

Javelin Throw 800g

Brown	Damen	53.40m	9/11/1996
Worley	Sam	51.94m	14/12/2013
Love	Joshua	50.49m	10/12/2016
Helier	Mark	48.90m	8/11/1986
Hogg	Shankar	47.99m	20/01/2016
Whittaker	Lane	47.71m	28/10/2017
Toop	Marcus	46.63m	2/12/2000
Pastrello	Dean	46.63m	16/03/2019
Flabouris	Nikolaos	44.73m	2/03/2013

Arcondoulis	Elias	42.68m	22/02/2003
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Decathlon

Higgs	Lachlan	5792pts	6/01/2001
Whittaker	Lane	5730pts	31/03/2016
Love	Joshua	5604pts	22/01/2017
Chan	Alexander	4830pts	20/01/2016
Hogg	Shankar	4811pts	20/01/2016
Robbins	Elliot	4738pts	21/12/2013
Starkey	Matthew	4388pts	13/01/2019
Haseldine	Ashton	3451pts	13/01/2019