

**Men's Track & Field**

Event	OPEN	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14	Under 13	40+
100m	D. Baxter 10.3 Feb-99	D. Baxter 10.44 Feb-97	D. Baxter 10.71 Mar-95	K Nicolussi 11.04 Mar-16	D. Baxter 11.25 Mar-93	A. Paice 11.74 Dec-88	M. Goulopoulos 12.01 Feb-89	J. McKeon 12.94	Paul Mierisch 11.77 17/12/2022
200m	D. Baxter 20.57 Mar-00	D. Baxter 21.19 Jan-97	D. Baxter 21.44 Mar-95	D. Baxter 22.29 Dec-93	M. Woodgate 23.01 Dec-11	N. Down 23.72 Nov-05	M. Goulopoulos 24.34 Dec-89	Zander Botha 26.13 Feb-23	Paul Mierisch 24.03 Mar-23
400m	T. Reynolds 46.49 Oct-22	T. Reynolds 46.49 Oct-22	T. Reynolds 47.77 Feb-22	T. Reynolds 49.21 Feb-21	D. Gould 49.98 Feb-85	N. Down 52.00 Jan-06	M. Harding 53.74 Nov-83	S. Quilty 58.34 Jan-78	Paul Mierisch 53.22 Mar-23
800m	J. Ischia 01:46.5 Feb-98	P. Cleary 01:47.5 Feb-95	J. Rock 1:50.04 Feb-90	M. Harding 1:53.08 Feb-86	P Holland 1:54.78 Nov-21	S. Quilty 2:00.04 Feb-80	Agosta/Quilty 2:03.34 Nov-83	J. Ischia 2:09.24 Feb-87	Campbell McLennan 2:01.60 Nov-13
1,500m	P. Cleary 03:36.2 Mar-99	P. Cleary 3:38.39 Feb-96	P. Cleary 03:45.9 Mar-94	P. Cleary 3:54.08 Nov-92	S. Quilty 3:57.24 Feb-81	S. Quilty 4:04.04 Jan-80	S. Quilty 4:14.74 Feb-79	J. Ischia 4:29.34 Nov-86	Campbell McLennan 4:14.31 Mar-14
3,000m	P. Patrick 7:52.02 Feb-93	P. Patrick 7:59.04 Aug-91	R. Williams 8:18.85 Dec-22	C. McKenzie 8:33.74 Dec-85	T. Longmuir 8:51.74 Mar-88	J. Agosta 9:08.04 Feb-84	S. Quilty 9:12.44 Feb-79	J. Ischia 9:46.24 Feb-87	Sean Quilty 10:00.80 7/10/2017
5,000m	P. Patrick 13:32.20 Feb-93	P. Patrick 13:43.30 Jul-91	P. Patrick 13:51.10 Aug-89	C. McKenzie 15:22.24 Nov-85	B Purser 17:24.9 18-Nov	B Purser 17:24.9 18-Nov	B Purser 17:24.9 18-Nov	Lewis McLennan 23:45.1 Dec-22	Sean Quilty 17:16.05 17/11/2017
10,000m	P. Patrick 27:59.6 Dec-93	Not Claimed	Not Claimed						Campbell McLennan 38:48:00 10/5/2016
20,000m	B Ashkettle 1:02.46 14-Aug-07	B Ashkettle 1:02.46 14-Aug-07							Not Claimed
2,000m Steeplechase			P. Murray 5:53.34	P. Murray 5:53.34	D. Walters 6:14.24	M. Harding 6:34.24 Nov-84	B Purser 06:52.8 Feb-19	Benjamin Purser 07:11.8 Oct-19	
3,000m Steeplechase	G. Schmidlechner 8.39.54 Feb-06	B. Ashkettle 9:01.02 May-08	B. Ashkettle 9:08.39 Feb-06						John Curry 12:57.7 11/10/2018
80m/90m Hurdle							M. Harding 12.84 Mar-84	M. Harding 13.14 Nov-83	Not Claimed
100m Hurdle					W Spargo 13.68 Dec-09	M. Harding 14.14 Nov-84			
110m Hurdle	S. Datson 14.97 Mar-97	Damon Zethoven 14.82 Feb-16	Zach Nunis 15.13 Mar-16	M. Harding 14.35 Nov-86					Paul Mierisch 20.59 Jan-18
200m Hurdle						C. Paice 25.58 Dec-91	Kai Sapolu 33.13 Jan-19	Nick Fillipis 34.27 Feb-18	Not Claimed
300m Hurdle				B. Marsh 38.19 Feb-87	B. Marsh 38.19 Feb-87	M. Harding 39.64 Feb-85	M. Harding 41.94 Mar-84	B. Marsh 47.64 Mar-84	Not Claimed
400m Hurdle	A. Medhurst 51.97 Feb-98	A. Medhurst 51.97 Feb-98	A. Medhurst 51.97 Feb-98	A. Medhurst 53.26 Mar-97	Not Claimed				Paul Mierisch 1:10.74 Feb-18
1,500m Walk	D. Russell 5:39.04 Oct-92	D. Russell 5:39.04 Oct-92	D. Russell 5:39.04 Oct-92	D. Russell 5:47.90 Oct-91	D. Russell 6:00.84 Mar-91	P. Newcombe 6:34.24 Sep-88	P. Newcombe 7:05.84 Feb-88	P. Newcombe 7:12.14 Mar-87	Not Claimed
2,000m Walk	B. Malcolm 07:56.6 Feb-98	B. Malcolm 07:56.6 Feb-98	D. Russell 8:04.14 Dec-91	D. Russell 8:04.14 Dec-91	D. Russell 8:12.74 Dec-90	D. Russell 8:27.54 Feb-89	Liam McLennan 10:56.3 18-Oct	Lewis McLennan 11:37.5 Mar-23	Campbell McLennan 13:47.76 Oct-15
3,000m Walk	D. Russell 11:47.7 Dec-93	D. Russell 11:47.7 Dec-93	D. Russell 11:53.04 Nov-91	D. Russell 11:53.04 Nov-91	D. Russell 12:34.99 Mar-91	P. Newcombe 15:31.2 Jan-87	P. Newcombe 15:31.2 Jan-87	P. Newcombe 15:31.2 Jan-87	Campbell McLennan 20:06.43 Nov-16
5,000m Walk	D. Russell 20:01.2 Feb-94	D. Russell 20:01.2 Feb-94	D. Russell 20:47.14 Dec-91	Liam McLennan 24:36.4 Apr-21	Liam McLennan 24:36.4 Apr-21	Liam McLennan 27:14.4 Feb-20	Not Claimed	Not Claimed	Not Claimed
Marathon	B. Camp 2h.10m.11s Jul-89	D. Greenhall 2h.45m.0s							Not Claimed
1 hour	B Ashkettle 19,074m 14-Aug-07	B Ashkettle 19,074m 14-Aug-07							Not Claimed
Long Jump	A. Coombes 7.53 Dec-89	Zachary Nunis 7.28 Dec-16	Zachary Nunis 7.28 Dec-16	E. Zapis 6.89 Feb-88	E. Zapis 6.66 Feb-87	M. Harding 6.11 Nov-84	D. Paul 5.83 1974	A. Coombes 5.01 Nov-80	Paul Mierisch 5.39 Mar-18
Triple Jump	M. Sweeny 15.89	M. Sweeny 15.89	Zachary Nunis 14.67 Dec-16	G. Adamson / Zach Nunis 14.29 Feb-89 / Dec-15	Nathan Ryan 13.86 Dec-08	G. Adamson 13.58 Feb-87	G. Adamson 12.56 Feb-86	M. Sweeny 10.96	Adrian Rosetto 10.56 Nov-15
High Jump	D. Hay 2.21 Aug-89	D. Hay 2.21 Aug-89	S. Oliver 2.03 Nov-86	S. Oliver 2.03 Nov-86	Williams/Madigan 1.9	A. Williams 1.86	A. Williams 1.79	Williams/Madigan 1.65	Paul Mierisch 1.65 Mar-18
Pole Vault	R. Hill 5.4 Apr-96	R. Hill 4.54 Mar-90	Sebastian Reyneke 4.25 Feb-18	Seb Reyneke 4.25 Feb-18	Seb Reyneke 4 Feb-17	S Reyneke 3.7 Mar-16	S Reyneke 3.15 Mar-15	Kai Sapolu 2.7 Dec-18	Paul Mierisch 3.00 Mar-18
Shot Put	S. Young 15.79 Mar-98	Declan Carman 17.81 Apr-19	Declan Carman 19.52 Feb-18	Declan Carman 19.52 Feb-18	Declan Carman 17.31 Jan-17	S. Young 16.41 Feb-87	S. Young 14.72 Feb-86	S. Young 13.28 Feb-85	Peter Young 12.89 Nov-88
Discus	Declan Carman 56.43 Feb-22	Declan Carman 58.55 Mar-20	Declan Carman 59.35 Feb-18	Declan Carman 59.35 Feb-18	Declan Carman 63.53 Jan-17	Owen Rice 58.34 19-Feb	R. Biffi 43.14	S. Young 35.46 Feb-85	Peter Young 36.30 Oct-95
Javelin	J. Hocking 60.14 Oct-88	J. Hocking 57.6 Dec-87	Adam Watson 58.8 Mar-04	Adam Watson 58.8 Mar-04	Adam Watson 58.8 Mar-04	Adam Watson 53.28 Dec-04	Adam Watson 42.85 Nov-02	S. Dickens 36.6	David Firth 44.08 Dec-17
Hammer Throw	James Joyce 50.32 Feb-16	James Joyce 68.63 Feb-18 (6kg)	James Joyce 67.49 Nov-16 (5kg)	James Joyce 64.46 Dec-15 (5kg)	Declan Carman 63.27 Nov-16 (4kg)	James Joyce 59.93 Oct-14 (4kg)	Owen Rice 49.83 Oct-17 (4kg)	Hamish McLennan 19.28 Nov-21	David Firth 43.5 Nov-17
Multi (Men)	S. Datson 5663 Dec-97	Not Claimed	Sebastian Reyneke 6696 Jan-18	Seb Reyneke 6696 Jan-18	D. Bastin 4489 Mar-92	F. Hattwich 3086 Jan-23	Adam Watson 3013 Dec-02	Kai Sapolu 1459 Feb-17	Paul Mierisch 4292 Mar-18

## Men's Relays

	OPEN	Under 20	Under 18	Under 16	Under 14	40+
4 x 100m	C Coumaros / K Rassool L Procaccino / K Nicolussi 41.26 Nov-19	McLeod / Wilcox Kuchel / Kenshole 42.74 Nov-88	Harrison Kerr / Kyle Nicolussi Clement Chan / Zach Nunis 42.85 Nov-16	Phillips / C. Paice Ryan / Baxter 45.64 Dec-92	B Mierisch / L Reynolds A Sinn / L Marasco 51.02 Nov-19	M Howard / C McLennan P Mierisch / D Firth 48.61 23/11/2019
4 x 200m	D Baxter / D Flowers P Bate / C Rendina 1:26.59 Jan-04	Kenshole / Kuchel McLeod / Wilcox 1:28.64 Nov-88	Kenshole / Harding Gould / Callander 1:30.92 Mar-87	D.Baxter / P.Mierisch C. Paice / T. Little 1:35.43 Dec-92	B Nicholson / C Condos S Robertson / J Ischia 1:47.71 Dec-87	M Howard / D Firth C McLennan / P Mierisch 1:41.67 Feb-18
4 x 400m	C Coumaros / L Procaccino D Minz / T Robinson 3:11.26 Feb-20	McLeod / Maher Harding / Wilcox 3:17.74 Nov-88	J Poon / H George A Kostov / J D'Alfonso 3:19.55 Dec-05	Horgan / Farrell Morris / Irwin 3:32.84 Nov-88	B Mierisch / A Sinn L Marasco / L Reynolds 04:00.26 Nov-19	W Hattwich / M Howard P Mierisch / C McLennan 3:56.97 Nov-17
4 x 800m	Harding / P'horne Reid / Paulin 7:29.20 Dec-89	N'combe / Russell Cleary / Morgan 7:48.44 Dec-93	Paulin / McKenzie Maher / Harding 07:51.2 Feb-85	McKenzie / Ischia Grindall / Farrell 8:10.94 Nov-88	McKenzie / Grindall Farrell / Ischia 8:10.94 Nov-88	Not Claimed
4 x 1,500m	Quilty / Agosta Polkinghorne / Paulin 15:19.14 Nov-88	Not Claimed	Not Claimed	Not Claimed	Not Claimed	R de Highden / L Kearney S McLay / C McLennan 19:50.34 Nov-17
Twelve Hour Run	Jeff Chambers / Brad Camp / Mark Tomsett / Chris Lynch / A Murray / Eamon O'Callaghan / Kevin Musumeci / Tom Hassall / Mark O'Brien / Murray Knight 242.4775 kms 30-Sep-84					
Medley 8+4+2+2	C Tetaz / C Coumaros A Di Medio / E Vining 3:26.11 Nov-14	Not Claimed	Harrison Kerr / Kyle Nicolussi Clement Chan / Chow Lui 3:36.84 Nov-16	Clement Chan / Zachary Nunis Ben Macri / Chow Lui 3:46.75 Nov-14	Not Claimed	Hattwich / Botha Mierisch / McLennan 03:58.0 31/01/2021
Discus	Not Claimed	Not Claimed	R Reber / A Watson N Carr 95.14 Dec-05	Not Claimed	Not Claimed	Not Claimed
Shot Put	Not Claimed	Not Claimed	Ross Reber / Adam Watson H McLean 34.58 Dec-05	Not Claimed	Not Claimed	Not Claimed
Long Jump	Not Claimed	Not Claimed	Tim Monro / Tom Morrison L Innes 17.93 Dec-05	Not Claimed	Not Claimed	Not Claimed