

IVANHOE HARRIERS



IVANHOE HARRIERS ATHLETIC CLUB INC
ESTABLISHED 1914

HANDBOOK & FIXTURES

**2016-2017
SEASON**

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This handbook is produced for the benefit of the members of Ivanhoe Harriers.

We make every effort to ensure the contents are accurate.

Please advise us of any mistakes or omissions.

They will be included in the next publication.

**Subscribe free to IVANHOE HARRIERS CURSUS
to receive club news, views & competition results.**

Contact: Jeff Franklin

President's Message

Welcome to the Ivanhoe Harriers Handbook for season 2016-2017. We sincerely hope you enjoy the contents and trust that you find the information useful, particularly our wonderful history of Records.

Ivanhoe Harriers is a long established and successful athletics club affiliated with Athletics Victoria.

Founded as St. James Harriers Ivanhoe by the Rev. Sydney Buckley in 1914, this cross-country running club later became known as Ivanhoe Harriers. Rev Sydney Buckley founded Ivanhoe Grammar School the following year, which fostered the very close relationship between Club and School over the next 100 years.

The Club enjoyed wonderful success during 1930's, 1970's and 1980's and has produced a large number of excellent athletes during its long history. Olympic Games representatives include Alf Watson, 1928 and 1936, Ian Campbell, 1980 and Gary Honey, 1980, 1984, and 1988. In addition, the Club has an amazingly good record in Victorian Championships and Victorian and Australian Records. The "All Time" rankings in this booklet are a worthwhile read for anyone interested in Australian Athletics.

Last season we embarked on a number of initiatives aimed at growing the Club and improving our recent performance. We have strengthened the Committee with arrival of new committee members, John Edney, Richard Russell, Michael Wallis, and Stephen Pegg and this year Grant King has also stepped up.

We have worked hard at rebuilding our historic relationship with Ivanhoe Grammar School which has resulted in the Club being actively involved in coaching of athletics and cross country teams at the School. At the time of writing this report, we are in final stages of athletics training programmes for Ivanhoe Grammar School as it prepares for the AGSV Championships in September. We are very hopeful that this initiative will, over time, produce a steady stream of athletes to the Club and enhance the athletic prowess of the School.

In addition to above, we have continued to grow our sponsorship with Miles Real Estate which we value immensely. Miles Real Estate is very keen to continue to support well run, local community groups such as Ivanhoe Harriers. In addition, this year have introduced a new sponsor, East Ivanhoe Foodworks which I am hopeful you will all support for your quality fresh food and deli purchases.

East Ivanhoe Foodworks is a family owned and operated independent supermarket located in East Ivanhoe village. They are very proud of the old fashioned service they provide and the quality and freshness of their products. They are well known for working closely with the community. 1% of every purchase you make, goes to the Club when you mention "Ivanhoe Harriers".

The newsletter of the Club is Cursus which is our lifeblood and keeps us in touch with our past membership. Stephen Pegg is our current Editor and he managed to produce eight editions of Cursus during last financial year. Make sure you are receiving your Email copy of Cursus, let me know if you are not. If you wish to contribute an article please contact Stephen at: stephen.gordon.pegg@gmail.com

Official training is held on Monday and Wednesday afternoons from 4.30pm at Willinda Park, Greensborough. This is the best track facility in the City of Banyule. It also includes a well-equipped weight room which is available for use by financial members of the Club. Other training venues are used, for example Chelsworth Park, Ivanhoe East, depending upon coaching preferences and geographic location of athletes.

The Club is responsible for supplying officials each week which can be a rewarding experience for parents. Volunteers are always welcome for interclub and no experience is necessary, just speak to myself or John David should you be available to "hold a measuring tape" or record some performances during the afternoon.

Finally, I encourage all athletes to embrace the Club, enjoy the competition and improve your fitness and performances during the year.

Jeff Franklin
Club President.

Club Sponsors:



Ivanhoe Harriers gratefully appreciates the support from the above sponsors.

Administration - 2016/17

EXECUTIVE

President	Jeff Franklin
Vice-President	John David
Secretary	John Edney
Treasurer	David Burke

COMMITTEE - GENERAL MEMBERS

Braden Fraser
Steven Pegg
James Lynch
Richard Russell
Michael Wallis
Grant King
Matthew Hall (resigned August)

TEAM MANAGERS

Summer Men	TBA
Summer Women	TBA
Winter	John David

LIFE MEMBERS

Peter Bethell	Lew Hall (dec)	Phil Ramsay
Dr. John Boas	Tom Hancock	Peter Rule
George Bolwell (dec)	Mike Hennessey	Wendy Russell
Noel Burrows	Brian Hodgson	Ron Stephens (dec)
Chris Cole	Gary Holliday	John Wallis
Andrew Edney	Gary Honey	Alf Watson (dec)
Tim Erickson	Jack McCann (dec)	Ian Campbell
Jeff Franklin	Ron Mill (dec)	Chris Lang
Mal Gleeson (dec)	F.H. (Bill) Pizey (dec)	

AV LIFE MEMBERS

Brian Hodgson	Bill Pizey (dec)
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COACHES

Dr John Boas	Level 5 - Jumps and Sprints
Tom Hancock	Level 4 - Throws
Peter Rule	Level 4 - Pole Vault, Hurdles, Sprints, Jumps, Steeplechase
Matthew Hall	Level 2 - Throws
Jeff Franklin	- Middle Distance

Programs for AV Shield & Championships

AV Shield 2016/17 (subject to change)

Round	Date	Venue	Program	Start	Zone vs Zone
Round 1	Saturday, 8 Oct 2016	Doncaster	1	1:00pm	
Round 2	Saturday, 15 Oct 2016	Doncaster	2	1:00pm	
Round 3	Saturday, 22 Oct 2016	Frankston	1	1:30pm	Blue v Red
Round 4	Saturday, 29 Oct 2016	Doncaster	2	1:00pm	
Round 5	Saturday, 12 Nov 2016	Doncaster	1	1:00pm	
Round 6	Sunday, 20 Nov 2016	Doncaster	2	11:45am	
Round 7	Saturday, 3 Dec 2016	Nunawading	1	1:00pm	
Round 8	Saturday, 10 Dec 2016	Doncaster	2	11:45am	Red v Yellow
Round 9	Thursday, 15 Dec 2016	Doncaster	1	6:00pm	
Round 10	Saturday, 7 Jan 2017	Doncaster	2	1:00pm	
Round 11	Saturday, 14 Jan 2017	Nunawading	1	12:00pm (TBC)	White v Red
Round 12	Saturday, 21 Jan 2017	Doncaster	2	1:00pm	
Shield Final	Saturday, 11 Feb 2017	Albert Park	2	9:00am	

Program 1	Program 2
200m	100m
800m	400m
3000/5000m	1500m
200/300/400m Hurdles	80/90/100/110m Hurdles
4 x 400/200m Relay	4 x 100m Relay
1500/3000/5000m Walk	2000m Walk
Hammer	2000/3000m Steeple or 3000/5000m
Shot Put	Javelin
High Jump	Discus
Triple Jump	Long Jump
	Pole Vault

AV Championships for 2016/17 (subject to change)

Date	Event	Venue
Sat, 26 Nov 2016	Victorian Track Relay Championships	Albert Park
Fri-Sun, 26-28 Jan 2017	Victorian Country Championships	Casey Fields
Sat-Sun, 4-5 Feb 2017	Victorian Multi Championships (U14-Open)	TBC
Fri-Sun, 24-26 Feb 2017	Victorian Track & Field Championships (Open & Junior) - Week 1	Albert Park
Fri-Sun, 3-5 Mar 2017	Victorian Track & Field Championships (Open & Junior) - Week 2	Albert Park
Sat-Sun, 25-26 Mar 2017	Victorian Masters Track & Field Championships	Doncaster
Sun, 26 Mar - 2 Apr 2017	Australian Junior Track & Field Championships	Sydney, NSW

Equipment Specifications

Equipment Specifications – Women's Events		Equipment Specifications – Men's Events	
Women Div 1 & 2	<p>100m Hurdles / 10 flights 84.0cm (yellow markings) 400m Hurdles / 10 flights 76.2cm (green markings) 3000m Steeplechase 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg</p>	Men Div 1 & 2	<p>110m Hurdles / 10 flights 106.7cm (blue markings) 400m Hurdles / 10 flights 91.4cm (green markings) 3000m Steeplechase 91.4cm Shot Put 7.26kg Discus 2.0kg Javelin 800g Hammer 7.26kg</p>
Women 60+	<p>80m Hurdles / 9 flights 76.2cm (black markings) 300m Hurdles / 7 flights 76.2cm (green markings) 2000m Steeplechase 76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg</p>	Men 60+	<p>100m Hurdles / 10 flights 84.0cm (yellow markings) 300m Hurdles / 7 flights 76.2cm (green markings) 2000m Steeplechase 76.2cm Shot Put 5.0kg Discus 1.0kg Javelin 600g Hammer 5.0kg</p>
Women 50+	<p>80m Hurdles / 9 flights 76.2cm (black markings) 300m Hurdles / 7 flights 76.2cm (green markings) 2000m Steeplechase 76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg</p>	Men 50+	<p>100m Hurdles / 10 flights 91.4cm (yellow markings) 400m Hurdles / 10 flights 84.0cm (green markings) 3000m Steeplechase 91.4cm Shot Put 6.0kg Discus 1.5kg Javelin 700g Hammer 6.0kg</p>
Women 40+	<p>80m Hurdles / 9 flights 76.2cm (black markings) 400m Hurdles / 10 flights 76.2cm (green markings) 2000m Steeplechase 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg</p>	Men 40+	<p>110m Hurdles / 10 flights 99.1cm (blue markings) 400m Hurdles / 10 flights 91.4cm (green markings) 3000m Steeplechase 91.4cm Shot Put 7.26kg Discus 2kg Javelin 800g Hammer 7.26kg</p>
Women Under 20	<p>100m Hurdles / 10 flights 84.0cm (yellow markings) 400m Hurdles / 10 flights 76.2cm (green markings) 3000m Steeplechase 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg</p>	Men Under 20	<p>110m Hurdles / 10 flights 99.1cm (blue markings) 400m Hurdles / 10 flights 91.4cm (green markings) 3000m Steeplechase 91.4cm Shot Put 6.0kg Discus 1.75kg Javelin 800g Hammer 6.0kg</p>
Women Under 18	<p>100m Hurdles / 10 flights 76.2cm (yellow markings) 400m Hurdles / 10 flights 76.2cm (green markings) 2000m Steeplechase 76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg</p>	Men Under 18	<p>110m Hurdles / 10 flights 91.4cm (blue markings) 400m Hurdles / 10 flights 84.0cm (green markings) 2000m Steeplechase 91.4cm Shot Put 5.0kg Discus 1.5kg Javelin 700g Hammer 5.0kg</p>
Women Under 16	<p>90m Hurdles / 9 flights 76.2cm (white markings) 200 Hurdles / 10 flights 76.2cm (purple markings) 2000m Steeplechase 76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg</p>	Men Under 16	<p>100m Hurdles / 10 flights 84.0cm (yellow markings) 200m Hurdles / 10 flights 76.2cm (purple markings) 2000m Steeplechase 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 700g Hammer 4.0kg</p>
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Perpetual Trophy Winners - 2015/16

Statewide Trophy for most Cross Country points	Chris Struve
FJ Holpen Trophy for most consistent A Grade (or Open) athlete in Shield Competition	David Burke
WA Rawlinson Trophy for best T&F athlete in the Club	Jagmandip Gill
St James Trophy for most improved athlete since the previous season	Rhys Rigoni
Buffalo Sports Trophy for most improved junior athlete	Finn Heikkila
Banyule Trophy for best female T&F athlete	Simone David
Boas/Hancock Trophy for the most outstanding field event athlete	Matthew Hall
Jack McCann Trophy awarded to the club member making the most significant contribution to the club	John David
Lewis Hall Trophy for athlete up to Under 23 who shows commitment to the Club and willingness to help others	Not Awarded
John Griffith Trophy for the most improved junior high jumper	Not Awarded
Hugh Lowe Trophy for the most outstanding senior athlete during winter competition	Not Awarded
Tony Williams Trophy for most points scored by a junior in the club winter competition	Not Awarded
Geoff Legge Trophy for the most outstanding performance by a junior in any event from 800 metres to 10,000 metres	Not Awarded
Harry Jones Trophy for the best junior walker	Not Awarded

Premierships

Track & Field

Association Final Premiers

1929-30	A Grade
1930-31	A Grade
1931-32	A Grade
1932-33	A Grade
1934-35	A Grade
1935-36	A Grade, G Grade
1936-37	A Grade
1944-45	B Grade
1952-53	C Grade
1970-71	Under 17, Under 13
1971-72	U 17, U 15, U 14
1974-75	Under 14
1975-76	Under 15
1986-87	Under 16
1988-89	Under 18
1990-91	Under 18, Under 14
1995-96	Under 18, Under 14
1998-99	E Grade Men
2000-01	Division 3 Men

Venue Final Premiers

Olympic Park Venue

1964-65	D Grade
1965-66	C Grade
1969-70	B Grade, U17B, U15A, U15B
1970-71	U17A, U17B, U13

Poplar Road Venue

1967-68	B Grade, U15A
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Heidelberg (Olympic Village) Venue

1971-72	B Grade, U17, U15, U14
1972-73	D Grade, U17, U15
1973-74	B Gr, C Gr, U17A, U17B, U13
1974-75	C Grade, U14, U13
1975-76	U15, U14, U13
1976-77	U17, U14, U13
1977-78	U17, U15, U14, U13

Box Hill Venue / East Region

1978-79	U15
1979-80	U16, U13
1986-87	U16, U14
1987-88	U16
1988-89	U18, U16
1990-91	U18, U14
1991-92	U16, U14
1992-93	U16, U14
1993-94	U16
1994-95	U16, U14
1995-96	D Grade, U18, U14
1996-97	U14
1998-99	E Grade Men, U18 Women
1999-2000	U18 Men, U14 Men
2000-01	Division 3 Men, U16W, U14W
2002-03	Division 4 Men
2003-04	U18 Women, U14 Women

AV Shield Region Premiers (Multiple Venues)

East Region

2004-05	U16 Men
2006-07	U14 Men
2008-09	Division 3 Men
2012-13	Division 3 Men

Red Zone

2013-14	Division 2 Men
2014-15	Division 2 Men

Cross Country & Road

Cross Country Premierships

1966	C Grade (Road)
1984	C1 Grade
1986	B Grade, Under 14
1991	D2 Grade
1992	C Grade
2006	Under 16

Cross Country & Road Titles

1958	C Grade	Road Relays
1962	B Grade	5 Mile Intermediate CC
1966	C Grade	15 Mile Road, 10 Mile Road, Road Relays
1970	Under 17	5km Cross Country, 5 Mile Cross Country
1971	Under 17	5km Cross Country
1972	Under 17	5km Cross Country
1973	Under 17	Road Relays, 5km Cross Country
1974	Under 19	Road Relays
1975	C Grade	Road Relays
1976	C Grade	12km Cross Country
1980	B Grade	Cross Country Relays
1984	C1 Grade	8km CC, 15km Road, 12km CC, CC Relays
	E2 Grade	Road Relays, 12km CC, CC Relays, 15km Road
1986	B Grade	8km CC, Road Relays, 12km CC, Cross Country Relays
	D2 Grade	Cross Country Relays
	F Grade	Cross Country Relays
1987	E2 Grade	12km Cross Country
	Under 14	Cross Country Relays
1989	Under 20	8km Cross Country
1991	B Grade	Road Relays, 8km CC, 12km CC, Cross Country Relays, ½ Marathon
	D2 Grade	½ Marathon, 12km Cross Country, 15km Road, 16km Cross Country, Cross Country Relays
1992	A Grade	Marathon
	C2 Grade	15km Road, 12km Cross Country, Cross Country Relays
	E1 Grade	10km Road, 16km Cross Country, ½ Marathon
1993	A Grade	Marathon
	C1 Grade	15km Road, 16km CC
	D2 Grade	½ Marathon
1998	A Grade	½ Marathon

Current Australian & Victorian Record Holders

AUSTRALIAN RECORD

Stephen Brooks	U16	1500m Track Walk	5:42.68	26-3-95	Adelaide
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AUSTRALIAN BEST ON RECORD

Darren Wilson	Open	Half marathon	60.02	19-1-97	Tokyo
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VICTORIAN RECORD

Darren Wilson	Open	Half marathon	60.02m	19-1-97	Tokyo
Kyle Ferreira	U14	Pole Vault	4.10m	16-1-99	Box Hill
	U13	Pole Vault	3.20m	6-12-97	Box Hill
	U14	Multi Event	2559 pts	20-12-98	O. Park
Stephen Brooks	U17	1500m Track Walk	5:42.68m	25-2-95	Adelaide
	U16	1500m Track Walk	5:42.68	25-2-95	Adelaide
	U15	1500m Track Walk	5:48.48	27-3-94	Hobart
Ian Campbell	U18	Triple Jump	16.08m	2-11-74	O. Park
	U17	Triple Jump	15.24m	26-1-74	O. Park
Anthony Hanna	U19	Decathlon	6263 pts	6-5-2000	Sydney

VICTORIAN CHAMPIONSHIP MEET RECORDS

Tom Hancock	Over 50	High Jump	1.46	11-2-01	O.Park
Keith Howden	Over 50	100 metres	12.86	14-2-99	O.Park
Andrew Edney	Over 40	Shot Put	10.54	9-3-03	O.Park
	Over 40	Shot Put	11.83	14-2-04	O.Park

Australian Representatives

Olympic Games

Alf Watson	110m Hurdles	1928	Amsterdam, Holland
	400m Hurdles	1928	Amsterdam, Holland
	110m Hurdles	1936	Berlin, Germany
	400m Hurdles	1936	Berlin, Germany
Ian Campbell	Triple Jump	1980	Moscow, USSR
Gary Honey	Long Jump	1980	Moscow, USSR
	Long Jump	1984	Los Angeles, USA
	Long Jump	1988	Seoul, South Korea

World Championships

Malcolm Norwood	Marathon	1993	Stuttgart, Germany
Darren Wilson	10,000m Final	1997	Athens, Greece

Commonwealth Games

Alf Watson	440 yds	1938	Sydney, Australia
	4x110ydsRelay	1938	Sydney, Australia
Robert Heffernan	High Jump	1938	Sydney, Australia
Ian Campbell	Triple Jump	1978	Edmonton, Canada
Tim Erickson	30k Walk	1978	Edmonton, Canada
	30k Walk	1982	Brisbane, Australia
Gary Honey	Long Jump	1986	Edinburgh, Scotland
	Triple Jump	1986	Edinburgh, Scotland
	4x100m Relay	1986	Edinburgh, Scotland
	Long Jump	1990	Auckland, New Zealand
Neil Honey	Pole Vault	1986	Edinburgh, Scotland
Peter Beames	Triple Jump	1986	Edinburgh, Scotland
Malcolm Norwood	5000m	1990	Auckland, New Zealand
	10000m	1990	Auckland, New Zealand

Other Competitions

Stephen Austin	IAAF World C.C	1977	Germany
Peter Bate	World Junior Champs.	1996	Sydney
	Aust. Junior Team	1996	N. Zealand
	Aust. Junior Team	1998	N. Zealand
	World Junior Champs.	1998	France, 3d 400m H
	East Asian Games	2001	Osaka, 400H
	World Cup	1985	Canberra
Peter Beames	Pacific Con. Games	1985	Berkeley
	Rest of Com. vs GB	1986	
	Aust. vs Eng. vs Belg.	1986	
	World Indoor Champs.	1987	Indianapolis
	12 Nat. Walk. Champs.	1994	
Ian Campbell	New Zealand Games	1975	
	Aust. vs New Zealand	1979	
	World Cup	1979	
Damien Cook	T'aipei Marathon	1987	China
	Los Angeles Marathon	1989	
Tim Erickson	IAAF World Walking Ch.	1976	
	Aust. vs New Zealand	1977	
	Lugano Cup1	1979	
	New Zealand Games		

Australian Representatives (Continued)

Other Competitions (Continued)

Glenn Franklin	IAAF World C.C.	1989	Stavanger, Norway
Graham Hicks	Aust. vs New Zealand	2001	Auckland
Fred Holpen	Aust. vs New Zealand	1977	
Gary Honey	World Cup	1979	
	World Cup	1985	
	Rest of Com. vs GB	1986	
	Aust. vs Eng. vs Belg.	1986	
Neil Honey	World Cup	1985	
	Rest of Com. vs GB	1986	
	Aust. vs Eng. vs Belg.	1986	
Sig Koscik	Pacific Con. Games	1973	
Chris Lawson	Australia vs China	1989	
	Australia vs Japan	1989	
Jacinta Lynn	World School Games	2002	Caen, France
Darryl Maher	Aust. vs New Zealand	1979	
Malcolm Norwood	New Zealand CC Champs.	1987	
	IAAF World C.C.	1987	
	Chiba Road Relay	1988	Japan
	IAAF World C.C.	1989	Stavanger, Norway
	IAAF World C.C.	1991	
Richard Russell	IAAF World C.C.	1989	Stavanger, Norway
Jason Veitch	World Junior Champs.	1990	
	Aust. vs China (Jnr.)	1989	
	Aust. vs Japan (Jnr.)	1989	
	Brit. vs Italy vs Aust.	1990	
Tony Williams	Pacific Con. Games	1973	
Daren Wilson	IAAF World C.C.	1989	Stavanger, Norway
	IAAF World C.C.	1997	Italy

Australian Coaches

<u>Name</u>	<u>Event</u>	<u>Date</u>	<u>Location</u>
John Boas	Olympic Games	1984	Los Angeles, USA
	Lugano World Cup	1981	
	Commonwealth Games	1986	
	GB vs Rest of Comm.	1986	
Ron Brinkert	Olympic Games	1984	Los Angeles, USA
	Pacific Con. Games	1984	
	World Junior Champs.	1986	
Tom Hancock,	Pacific Con. Games	1986	Gothenburg, Sweden
	World Championships	1995	
	World Junior Champs.	1998	
Peter Negropontis	Para Olympics	1989	France
	Far East & Sth. Pacific Games for Disabled	1994	

Australian Champions

Track and Field

Alavuk, James	Pole Vault	2.60	U14	2010
Bate, Peter	400m Hurdles	53.87	U18	1995
	400m Hurdles	50.96	U20	1998
Beames, Peter	Triple Jump	16.15	Open	1985
	Triple Jump	16.47	Open	1986
	Triple Jump	15.95	Open	1987
	Triple Jump	16.55	Open	1988
Bethell, Peter	10,000m Walk Team		Open	1953
	10,000m Walk Team		Open	1957
Brooks, Stephen	Walk 1500m	5:42.68	U18	1995
Campbell, Ian	Triple Jump	15.80	U19	1975
	Triple Jump	15.98	U19	1976
	Triple Jump	16.87	Open	1979
	4 x 100m Relay	40.12	Open	1979
	Long Jump	7.61	Open	1980
	4 x 100m Relay	40.10	Open	1980
Capidocasa, Stephan	Long Jump	7.35	U20	1992
Crane, Peter	100Metres	10.63	U18	1990
	4 x 100m Relay	41.32	U18	1990
	4 x 100m Relay	40.13	Open	1992
	4 x 100m Relay	41.27	U20	1992
Eiseman, Keith	Mile Medley Relay,			
	440yd Leg	3:34.4	Open	1934
Ferreira, Kyle	Pole Vault	3.50	U16	1999
	Pole Vault	3.80	U16	2000
	200m Hurdles	26.11	U16	2000
	400m	51.71	U16	2000
	4 x 400m Relay		U16	2000
	Pole Vault	4.30	U18	2001
Fraser, Braden	4 x 100m Relay	43.91	U16	1993
Hanna, Anthony	Pole Vault	4.00	U16	1998
	Pole Vault	4.20	U18	1999
Holpen, Fred	Long Jump	7.44	Open	1977
Honey, Gary	Long Jump	7.86	Open	1979
	4 x400m Relay	3:05.8	Open	1979
	Long Jump	8.08	Open	1986
	Long Jump	8.22	Open	1988
	Long Jump	8.11	Open	1989
Honey, Neil	Pole Vault	5.15	Open	1986
	Pole Vault	5.25	Open	1987
Keene, Peter	Javelin	64.06	U19	1976
Koscik, Sig	Javelin	71.46	Open	1972
	Javelin	75.32	Open	1973
	Javelin	72.24	Open	1975
Lawson, Chris	Long Jump	7.46	U20	1989
Morgan, Alastair	2000m Steeple	6:06.5	U18	2000
Norwood, Malcolm	1500m	3:48.64	U20	1984
	5000m	13:56.9	Open	1986
Philip, Josh	Hammer Throw	46.37	U16	2002
	Hammer Throw	55.93	U20	2005
Rann, Charles	Discus	40:83	Open	1956

Australian Champions (Continued)

Track and Field (Continued)

Rigoni, Rhys	Pole Vault	2.45	U14	2014
Rogers, Ian	4 x 100m Relay	40.35	Open	1981
Senadheera, Randika	Triple Jump	13.15	U16	2002
Veitch, Jason	4 x 100m Relay	42.29	U18	1988
	Long Jump	7.47	U18	1989
	4 x 100m Relay	42.79	U18	1989
Watson, Alf	440yd Hurdles	56.2	Open	1926
	120yd Hurdles	15.2	Open	1930
	440yd Hurdles	55.0	Open	1930
	120yd Hurdles	15.6	Open	1932
	440yd Hurdles	54.0	Open	1936
	Mile Med. Relay	3:33.4	Open	1926
Wigney, Shane	Shot Put	16.65	U19	1977
Williams, Tony	5000m	13:47.8	Open	1973
Wilson, Darren	1500m	3:51.99	U20	1988
	5000m	14:37.5	U20	1988

Cross Country

Norwood, Mal	12 km CC	35:34.0	Open	1987
	12 km CC	36:37.0	Open	1992
	1/2 Marathon	63:23.0	Open	1992
	1/2 Marathon	63:13.0	Open	1993
Russell, Richard	8 km CC	24.56.0	Under 20	1990
Wilson, Darren	8 km CC	24:30.0	Under 20	1987
	12 km CC	36:39.3	Open	1997

Road Walking

Erickson, Tim	50 km Road	4hr33.05	Open	1975
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Victorian Champions

Track & Field

Alavuk, James	Pole Vault	2.30	U14	2010
	Pole Vault	3.20	U15	2011
Adderley, Stuart	2000m Steeple	6:24.16	U16	1998
Austin, Steven	3 Miles	14:08.0	Open	1971
	5000m	14:52.2	Open	1975
	10000m	29:59.8	Open	1977
	10000m	28:47.4	Open	1978
Barnett, Greg	110m Hurdles	15.0	U20	1981
	110m Hurdles	15.11	Open	1986
Bate, Peter	400m Hurdles	55.72	U18	1995
	400m Hurdles	53.30	U20	1996
	400m Hurdles	52.90	U20	1997
	400m Hurdles	51.97	U20	1998
Beames, Peter	Triple Jump	15.78	Open	1985
	Triple Jump	16.11	Open	1987
Beames, Ross	Triple Jump	14.24	U18	1990
	Triple Jump		U18	1991
	Triple Jump	15.32	U20	1992
	Triple Jump	5.62	Open	1993
Beaton, Terry	Decathlon	6986pts	Open	1976
Boer, Olan	2000m Steeple	6:23.4	U16	1989
	2000m Steeple	6:01.2	U18	1991
Brooks, Stephen	1500m Walk	6:17.39	U16	1994
	1500m Walk	5:44.35	U16	1995
Brown, Graeme	Multi Event	5287pts	U18	2001
Buckland, Ray	Javelin	62.48	Open	1970
	Javelin	70.38	Open	1975
Campbell, Ian	Triple Jump	15.30	U19	1975
	100m	10.5	U19	1975
	Triple Jump	15.98	U19	1976
	Triple Jump	16.86	Open	1979
	Triple Jump	16.72	Open	1980
Capodicasa, Stephan	Triple Jump	16.50	Open	1982
	Long Jump	7.19	U20	1992
Cerni, Steven	Pentathlon	3038pts	U20	1992
Corbett, Harry	High Jump	1.78	U17	1960
Craigie, Simon	Triple Jump	7.94	U14	2000
Crane, Peter	100 metres	11.67	U16	1988
	100 metres	11.04	U18	1990
Cuthill, Cameron	Pole Vault	4.20	U20	1981
Dimack, Lloyd	800 metres	2:08.3	U16	1973
Dwyer, Marcus	5000m Walk	22:37.30	U20	1997
Edney, Andrew	Shot Put	10.54	40+	2003
	Shot Put	11.83	40+	2004
	Shot Put	11.79	40+	2005
Eisman, Keith	440 yards	50.0	Open	1931
	440 yards	49.6	Open	1934

Victorian Champions (Continued)

Track & Field (Continued)

Ferreira, Kyle	Multi Event	2559pts	U14	1998
	200m Hurdles	28.67	U14	1998
	Pole Vault	2.85	U14	1998
	90m Hurdles	13.96	U14	1998
	400 metres	54.39	U14	1998
	Pole Vault	3.60	U16	1999
	Multi Event	3894pts	U16	1999
	400 metres	52.60	U16	2000
	100m Hurdles	13.48	U16	2000
	200m Hurdles	26.67	U16	2000
	Pole Vault	3.85	U16	2000
	Pole Vault	4.00	U18	2001
	Pole Vault	4.40	U20	2001
	110m Hurdles	14.49	U18	2002
	Forbes, Ross	100 yards	10.1	U17
200 yards		23.0	U17	1970
Fraser, Braden	100m	10.75	Open	2000
Gleeson, Mal	Hammer Throw	20.00	Open	1935
	Hammer Throw	33.36	Open	1936
	Hammer Throw	37.05	Open	1937
	Hammer Throw	33.07	Open	1938
	Hammer Throw	37.93	Open	1939
	Hammer Throw	39.70	Open	1940
	Hammer Throw	38.10	Open	1946
	Hammer Throw	39.80	Open	1949
	Hammer Throw	37.68	Open	1950
	Hammer Throw	38.77	Open	1951
	Hammer Throw	42.12	Open	1952
	Hammer Throw	42.83	Open	1953
	Hammer Throw	42.06	Open	1954
	Hammer Throw	43.08	Open	1955
	Green, Charles	400 yards Hurdles	57.7	Open
Guillet, Annie	Javelin	42.67	Open W	1999
Hall, Matthew	Discus	40.30	U20	1990
Hall, Stephen	Hammer Throw	54.40	U20	1982
	Hammer Throw	49.06	U20	1983
	Shot Put	14.32	U20	1983
Hamley, Neil	Pentathlon	2082pts	U19	1974
Hancock, Tom	High Jump	1.46	50+	2001
	Discus	38.07	50+	2001
	High Jump	1.41	50+	2002
	Discus	37.12	50+	2002
	High Jump	1.35	50+	2003
	High Jump	1.40	50+	2004
Hanna, Anthony	Pole Vault	3.90	U16	1998
	Pole Vault	4.35	U18	1999
	Decathlon	6462 pts	U18	2000
Hatzopoulos, Harris	2000m Steeple	6:53.98	U15	2000
Heffernan, Rob	High Jump	1.73	U18	1936
	High Jump	1.76	Open	1938

Victorian Champions (Continued)

Track & Field (Continued)

Daniel Henery	Triple Jump	13.13	U20	2005
	Long Jump	6.81	U20	2005
Hodgson, David	400m Hurdles	58.5	U17	1976
Holpen, Fred	Long Jump	7.52	Open	1977
Honey, Gary	Long Jump	7.63	Open	1979
	Long Jump	7.79	Open	1980
	Long Jump	8.12	Open	1986
	Long Jump	8.16	Open	1987
	Long Jump	8.17	Open	1988
	Long Jump	7.88	Open	1989
Honey, Neil	Pole Vault	5.25	Open	1986
	Pole Vault	5.35	Open	1987
	Pole Vault	5.00	Open	1988
Howden, Keith	100 metres	12.86	50+	1999
	400 metres	58.25	50+	1999
Illingworth, Bethany	Pole Vault	2.50	U14	2014
Illingworth, Richard	1500m Walk	6:29.0	U16	1989
	3000m Walk	13:15.0	U18	1991
Jansz, Mark	Javelin	57.53	U18	1999
	Javelin	54.73	U20	2001
Jordan, Frank	1500 metres	4:18.8	U15	1972
	1500 metres	4:02.5	U16	1973
Kadar, Peter	High Jump	1.78	U17	1965
	High Jump	1.88	U19	1967
Keene, Peter	Javelin	51.82	U16	1973
	Javelin	57.76	U19	1976
Koscik, Sig	Javelin	74.94	Open	1972
	Javelin	70.52	Open	1973
Lawson, Chris	Long J	7.19	U20	1989
	Long J	7.68	Open	1997
Legge, Geoff	3 Miles	14:10.6	Open	1958
Longmuir, Mark	100m H	14.0	U15	1982
	High J	1.90	U15	1982
Lynn, Jacinta	Pole Vault	3.30	U18W	2002
	Pole Vault	3.40	U20W	2002
	Pole Vault	3.60	U20W	2003
	Pole Vault	3.60	U23W	2003
	Pole Vault	3.50	U20W	2004
	Pole Vault	3.50	U23W	2004
Lyons, Brent	Discus	28.46	U13	1986
	Discus	41.44	U20	1993
McArthur, Lachlan	2k St	6:21.0	U18	1995
	2k St	6:06.7	U18	1996
	3K	8:51.67	U18	1996
	3K St	8:58.95	Open	2001
McDonald, Alistair	90m H	13.6	U15	1977
MacDonald, Graham	800 m	2:17.0	U13	1971
	1500 m	4:40.6	U13	1971
Matthews, Brendan	220 yds	21.3	U19	1970
Mill, Ron	120 yds Hurdles	15.0	Open	1940

Victorian Champions (Continued)

Track & Field (Continued)

Miller, Russell	1500m W	6:32.9	U17	1971
	2000m W	14:07.6	U19	1971
	1500m W	6:27.9	U17	1972
	3000m W	13:11.7	U19	1972
Morgan, Alastair	2000m Steeple	6:20.31	U18	2000
	3000m Steeple	9:16.53	U20	2001
	3000m Steeple	9:39.41	U20	2002
Mtandwa, Sarah	Shot Put	11.91	U14 W	2000
	Discus	32.11	U14 W	2000
	Shot Put	10.52	U15W	2001
	Discus	31.99	U15W	2001
	Hammer	36.42	U15W	2001
	Shot Put	10.97	U16W	2002
	Hammer	36.17	U16W	2002
	Hammer	43.74	U18W	2003
	Hammer	43.51	U20W	2003
	Hammer	43.54	U20W	2004
	Hammer	41.73	U18W	2004
	Hammer	46.43	U20W	2005
Nichol, Bryce	Triple J	13.69	U19	1946
Nichol, Loretta	Pole Vault	2.70	U16W	2005
Nop, Serey	Shot Put	13.46	U14	1994
Norwood, Malcolm	5000 metres	13:56.9	Open	1986
	5000 metres	14:12.8	Open	1990
	5000 metres	14:08.58	Open	1994
Nur, Mohamed	100 metres	12.78	U14	1996
	200 metres	25.47	U14	1996
	200m Hurdles	26.78	U14	1996
	300m Hurdles	40.72	U16	1998
	100m Hurdles	14.37	U16	1998
Paine, Don	220 yards	24.3	Open	1946
Park, Doug	Discus	50.10	Open	1974
Parks, Jay	Pole Vault	4.20	U18	1995
	Multi Event	6001pts	U18	1995
Parks, Nathan	Multi Event	3367pts	U14	1995
	Pole Vault	3.45	U14	1996
	90m Hurdles	13.30	U14	1996
Philip, Josh	Hammer	42.36	U16	2002
	Hammer	54.85	U20	2005
Philip, Katrina	400 metres	68.31	Over 40	2009
Poulter, Matthew	Discus	37.32	U14	1999
	Javelin	40.30	U14	1999
	Javelin	42.23	U15	2000
	Shot Put	13.81	U14	1999
	Shot Put	12.86	U15	2000
	Shot Put	15.60	U16	2001
	Javelin	41.16	U16	2001
Poulter, Michael	Javelin	51.85	U18	2000
Rann, Charles	Discus	38.58	Open	1956
Ratnayake, Nash	Triple Jump	14.35	Open	2001
Raymond, John	High Jump	1.90	U18	1998

Victorian Champions (Continued)

Track & Field (Continued)

Rigoni, Rhys	Pole Vault	2.40	U14	2014
	Javelin	33.35	U14	2014
	Discus	32.74	U14	2014
Riseley, Sarah	Pole Vault	2.30	U15W	2001
	Pole Vault	2.90	U16W	2002
	Pole Vault	3.15	U18W	2003
Roadknight, Erica	Pole Vault	2.60	U20 W	1999
Roberts, Noel	800 metres	2:17.0	U15	1973
Rogers, Ian	Long Jump	5.01	50+	2006
	Long Jump		50+	2007
	Long Jump	5.22	50+	2008
	Long Jump	5.07	50+	2009
	Long Jump	5.41	50+	2010
	Long Jump	5.25	50+	2011
	Long Jump	5.27	50+	2012
	Long Jump	4.92	50+	2013
Rogers, Patricia	Shot Put	10.77	40+W	2006
	Discus	32.92	40+W	2006
	Discus	28.43	40+W	2007
Ross, Stewart	Long Jump	5.64	U17	1944
Russell, Richard	3000m Steeple	8:39.34	Open	1994
	5000 metres	14:08.43	Open	1998
Senadheera, Randika	Triple Jump	11.68	U15	2001
	Triple Jump	12.36	U16	2002
	Long Jump	6.58	U18	2004
	Triple Jump	13.64	U18	2004
Sloan, Robert	100 metres	11.7	U16	1977
Smythe, Craig	Triple Jump	11.85	U14	1977
	Triple Jump	12.48	U15	1978
	Long Jump	6.38	U16	1979
	Long Jump	6.58	U17	1980
Stuckey, Darryl	800 metres	2:15.2	U13	1972
	1500 metres	4:35.8	U13	1972
	1500 metres	4:28.0	U14	1973
Van Dyk, Carlee	Hammer Throw	42.01	U17W	2001
Vearing, Andrew	Pole Vault	5.00	Open	1995
Veitch, Jason	Long Jump	6.58	U18	1988
	Long Jump	7.19	U18	1989
	Long Jump	7.35	U20	1990
	High Jump	1.95	U16	1987
	100 metres	11.22	U18	1989
	100 metres	10.84	U20	1990
	200 metres	21.91	U20	1990
Vaughan, Phillip	Javelin	58.40	U20	1992
Walker, Craig	Javelin	48.44	U16	1988
	Javelin		U18	1989
Wallis, Michael	Long Jump	5.72	U14	1988
	Triple Jump	12.10	U14	1988
	Triple Jump	12.79	U16	1990

Victorian Champions (Continued)

Track & Field (Continued)

Watson, Alf	120 yards Hurdles	16.0	Open	1925
	120 yards Hurdles	15.8	Open	1926
	120 yards Hurdles	15.8	Open	1927
	120 yards Hurdles	15.7	Open	1928
	120 yards Hurdles	15.4	Open	1929
	120 yards Hurdles	14.8	Open	1936
	440 yards Hurdles	58.4	Open	1925
	440 yards Hurdles	58.4	Open	1926
	440 yards Hurdles	54.8	Open	1927
	440 yards Hurdles	57.8	Open	1928
	440 yards Hurdles	57.3	Open	1929
	440 yards Hurdles	56.8	Open	1931
	440 yards Hurdles	56.1	Open	1932
	440 yards Hurdles	54.3	Open	1933
	440 yards Hurdles	56.8	Open	1935
	440 yards Hurdles	53.9	Open	1936
Wendt, James	Pole Vault	3.00	U16	2004
	Pole Vault	4.10	U20	2008
Wigney, Shane	Shot Put	15.93	U19	1976
	Shot Put	16.32	U19	1977
Williams, Tony	5000 metres	13:49.2	Open	1972
	5000 metres	14:04.8	Open	1973
Willits, Ryan	Shot Put	12.09	U15	2001
	Shot Put	14.64	U16	2002
Wilson, Darren	5000 metres	14:27.6	U20	1988
	10000 metres	29:14.4	Open	1994
Wood, Jason	Long Jump	5.51	U14	1975
Wright, Brad	300m Hurdles	44.91	U14	1992

Relay Teams

<u>Year</u>	<u>Event</u>	<u>Age</u>	<u>Result</u>	<u>Names</u>
1933	Medley Relay (880y, 440y, 220y, 220y)	Open	3:36.6	Basil Coombes, Keith Eiseman, Bill Pizzey, Paul Dethridge
1946	4 x 120y Hurdles	Open	1:15.7	
1971	4 x 200m	U17	1:33.4	Gary Irwin, Laurie Rilus, John Cowley, Rex Meadowcroft
1975	4 x 100m	U19	43.3	Bill Baker, Ian Campbell, Peter Constantine, Ken Whitechurch
1976	4 x 200m	U14	1:45.0	
1980	4 x 100m	Open	40.7	Ian Campbell, Peter Donlan, Gary Honey, Ian Rogers
1981	4 x 200m	U19	1:31.0	Greg Barnett, Cameron Cuthill, Ashley Irving, Craig Smythe

Victorian Champions (Continued)

Relay Teams (Continued)

1988	4 x 100m	U16	45.5	Peter Crane, Keiran Grieve, David Witchell, Mark Palmarini
1990	4 x 100m	U20	42.8	Peter Crane, Andrew Cassin, Glen Hammett, Jason Veitch
1990	4 x 200m	U20	1:28.2	Peter Crane, Andrew Cassin, David Mahady, Jason Veitch
1992	4 x 800	U16	8:32.66	Andrew Bryant, Craig Halley, Andrew Stanley, Aditya Watson
1994	4 X 400m	U14	4:12.5	Serey Nop, Anthony Hanna, Nathan Parks, Jason Condon
1995	4 x 800m	U14	10:07.21	Jonathan Stanley, Anthony Hanna, Mohamed Nur, Jason Condon
1995	Medley Relay	U18	3:35.78	Brad Wright, Michael Condon, Peter Bate, Lachlan McArthur
2007	Long Jump	Open		Robert Weller, Alastair Morgan, Ryan Wills

Cross Country & Road

Austin, Steven	10km Road	29:27.0	Open	1976
	10km Road	29:12.0	Open	1977
	12km CC	36:13.0	Open	1977
	15km Road	44:57.0	Open	1977
	12km CC	36:43.0	Open	1978
	16km CC	47:49.0	Open	1978
Cook, Damien	Marathon	2hr25.47	Open	1991
Jenkins, Colin	5km CC	17:01.0	U19	1962
McDonald, Noel	8km CC	27:17.0	U17	1972
Norwood, Malcolm	16km CC	50:02.0	Open	1984
	25km Road	1hr17.03	Open	1986
	8km CC	24:13.0	Open	1987
	12km CC	37:26.0	Open	1987
	8km CC	22:58.0	Open	1988
	12km CC	36:50.0	Open	1988
	12km CC	38:03.0	Open	1989
	15km Road	45:34.0	Open	1989
	10km Road	28:54.0	Open	1991
	1/2 Marathon	1hr05.03	Open	1991
	8km CC	22:15.0	Open	1992
	12km CC	36:09.0	Open	1992
	O'Flaherty, Darren, Russell, Richard	10km Road	29:23.0	U20
8km CC		24:56.0	U20	1990
1/2 Marathon		1hr05.54	Open	1993
16km CC		50:58.0	Open	1994

Victorian Champions (Continued)

Cross Country & Road (Continued)

Wilson, Darren	10km Road	30:25.0	U20	1988
	12km CC	36:41.0	Open	1990

Road Walking

Brooks, Stephen	4km Road	17:56.0	U16	1994
Dwyer, Marcus	10km Road	49:36.0	U20	1994
	20Km Road	1hr38:48	U20	1995
	20Km Road	1hr32:07	U20	1996
Illingworth, Richard	4km Road	18:36.0	U16	1989
	8km Road	38:35.0	U18	1991
Miller, Russell	30km Road	2hr34.15	Open	1974
Smith, David	15km Road		Open	1979
	30km Road	2hr17.51	Open	1979

ALL TIME RANKINGS AND CLUB RECORDS

Qualification times and distances for senior rankings correspond loosely to the current State league qualifying standards. However, in some events the number of athletes exceeding or insufficient numbers reaching these standards, necessitates alterations to them.

Obviously some performances have not been included because either they were never recorded by the Club or they have not been brought to our attention.

Would anyone knowing of performances that should be included or who are holding results that may have performances suitable for inclusion, please inform me so this listing can be brought up to date.

Andrew Edney
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OMISSIONS, ERRORS OR CHANGES TO HANDBOOK

Please notify Jeff Franklin if you are aware of any errors or omissions in the Handbook.

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All Time Rankings – Men (Top Ten)

100 Metres

Braden Fraser	10.43	2.3.2000	Olympic Park, Track Classic
Ian Campbell	10.44	23.4.1977	USA
Peter Crane	10.48	18.4.1992	Pomona,U.S.A
Ashley Irving	10.4**	5.11.1983	Box Hill, Interclub
Ian Rogers	10.5	1.12.1979	Box Hill, Interclub
Gary Honey	10.5	1.3.1980	Olympic Park
Peter Donlan	10.5	1.12.1979	Box Hill, Interclub
Gary Holliday	10.6	1.11.1975	OVT, Interclub
Neil Honey	10.6	6.3.1987	Canberra
Sam Pezzano	10.6	18.2.1998	Box Hill, Interclub

** Performance listed as doubtful

200 Metres

Peter Crane	21.00e	4.2.1995	Brisbane, Grand Prix
Jason Veitch	21.27e	9.3.1993	Brisbane, Aust. Ch – Semi 4th
Ian Rogers	21.46	20.12.1980	Canberra, Pacific Conf. Trials
Ian Campbell	21.3	8.12.1979	Box Hill, Interclub
Braden Fraser	21.5	18.11.1999	Olympic Park, State League
Brendan Matthews	21.7	9.1.1969	Shell East Coast
Bryan Humphries	21.7	16.11.1974	Olympic Park, Interclub
Sam Pezzano	21.71	2.12.1999	Olympic Park, State League
Ross Forbes	21.9	1972/73	
Peter Donlan	21.9	18.12.1979	Box Hill, Interclub

400 Metres

Gary Honey	46.9	11.1.1979	Olympic Park, Scottish Amicable, 1st
David Hodgson	47.8	21.11.1987	Olympic Park, Interclub
Peter Bate	48.1	21.11.1998	Box Hill, Interclub
Ian Rogers	48.3	11.12.1982	Olympic Park, Interclub
Jason Veitch	48.3	11.2.1993	Olympic Park, Interclub
Jeff Ramsay	48.4	21.11.1981	Olympic Park, Interclub
Bryan Humphries	48.5	9.12.1972	Sandringham, Interclub
Nathan Crowley	48.82	4.2.2000	Olympic Park, Vic Champs Heat
Tony Smith	49.0	7.12.1968	Olympic Park, Interclub
Peter Van Miltenburg	49.0	13.2.1992	Olympic Park, Interclub

800 Metres

Peter Bate	1.50.8	10.12.1998	Olympic Park, State League
Mal Norwood	1.50.8	16.3.1985	Canberra
Tony Williams	1.51.2	15.3.1972	Olympic Park, Assoc. Final B Grade
Malcolm Bruce	1.51.4	7.3.1992	Adelaide
Sam Fragomeni	1.51.8	14.11.1991	Olympic Park, Interclub
Michael Hillardt	1.51.8	5.11.1992	Olympic Park, Interclub
Craig Rayner	1.52.0	5.11.1992	Olympic Park, State League
Nathan Crowley	1.52.03	5.02.1998	Olympic Park, State League
Stephen Austin	1.52.8	29.1.1977	Olympic Park, Interclub
Randall Markey	1.53.0	1978-1979	Interclub

All Time Rankings - Men (Top Ten)

1500 Metres

Tony Williams	3:40.7	5-12-71	Olympic Park
Malcolm Norwood	3:42.5	25-3-89	Olympic Park
Sam Fragomeni	3:45.7	1996	Brisbane GP Final
Richard Russell	3:46.75	5-12-98	Olympic Park, Zatopek, 3rd
Stephen Austin	3:47.9	28-2-75	
Barry Greig	3:48.0	29-1-85	Olympic Park, PB Meet, 1st
Michael Hillardt	3:48.1	26-11-92	Olympic Park, Interclub
Geoff Legge	3:49.9	8-1-58	Olympic Park
Darren Wilson	3:50.35	1-12-94	Olympic Park, State League
Lachlan McArthur	3:50.98	10-12-96	Perth, Aust. All Schools, 3rd

1 Mile

Malcolm Norwood	4:00.78	10-12-91	Olympic Park, Zatopek, 3rd
Tony Williams	4:01.2	25-11-71	Olympic Park, Mission Munich
Stephen Austin	4:06.5	10-1-76	Box Hill
Barry Greig	4:06.5	15.12.1983	Olympic Park, Zatopek Meet, 3rd
Darren Wilson	4:08.1	19.11.1988	Canberra
Geoff Legge	4:12.4	30.11.1957	Olympic Park, Interclub
Richard Russell	4:13.0	22.10.1994	Box Hill, Cup Competition
Ray Brown	4:14.0	9.1.1965	Olympic Park
Basil Coombes	4:19.0*	7.3.1931	Olympic Park, Assoc. Final

* Australian Record at Time

3000 Metres

Darren Wilson	7.50.59	19.11.1996	Tattersalls Classic, Olympic Park
Mal Norwood	7.54.5	14.1.1990	Sydney
Stephen Austin	7.56.7	15.11.1977	Box Hill
Tony Williams	8.02.0	23.1.1973	
Richard Russell	8.10.31	17.12.98	Tattersalls Classic, Olympic Park
Glenn Franklin	8.16.83	7.12.1989	Olympic Park
Randall Markey	8.18.0	1978-1979	
Darren O'Flaherty	8.18.5	12.2.1985	Olympic Park
Ray Brown	8.22.0	1972-1973	
Geoff Legge	8.24.6	3.12.1957	Olympic Park, Invitation Meet

5000 Metres

Mal Norwood	13.29.07	7.2.1991	Olympic Park, NEC Classic, 3rd
Darren Wilson	13.41.69	14.2.1989	Olympic Park
Stephen Austin	13.44.1	22.11.1977	Olympic Park
Tony Williams	13.47.8	25.3.1973	Sydney, Aust. Champs, 1st
Richard Russell	14.02.4	2.11.1995	Olympic Park
Craig Semple	14:04.0	18.11.1999	Olympic Park, State League
Michael Hillardt	14.18.5	3.12.1992	Olympic Park, Interclub
Ray Brown	14.27.2	6.2.1973	Olympic Park, Vic Champs heat
Damien Cook	14.28.2	26.11.1987	Olympic Park, Interclub
Barry Greig	14.31.0	26.1.1984	Olympic Park, Interclub

All Time Rankings - Men (Top Ten)

10000 Metres – Track

Darren Wilson	27.35.41	24.11.1996	Olympic Park, Zatopek, 3rd
Stephen Austin	28:21.0	15.12.1977	Olympic Park, Zatopek, 2nd
Malcolm Norwood	28.33.0	18.12.1989	Olympic Park, Zatopek, 3rd
Tony Williams	28.49.0	20.12.1972	Olympic Park
Craig Semple	29.00.74	6.12.1999	Olympic Park, Zatopek, 10th
Damien Cook	30.20.5	11.12.1987	Olympic Park, Zatopek 'B', 4th
Noel McDonald	32.12.0	22.10.1974	Box Hill
Rolf Zimmerman	31.59.0		
Ray Brown	32.14.0		
Chris Schrader	32.14.0		

10000 Metres – Road

Malcolm Norwood	28.22	18.10.1987	Adelaide, Capita Road Race, 1st
Stephen Austin	29.12	9.7.1977	Werribee, Vic. Championships
Darren Wilson	29.19	11.5.1996	Ballarat, Vic. Championships, 5th
Richard Russell	29.54	15.5.1993	Caulfield, Vic. Championships
Damien Cook	30.20	27.5.1989	Caulfield, Vic. Championships
Gerard Cronly	30.23	19.7.1980	Werribee, Vic. Championships
Glenn Franklin	30.24	2.6.1990	Caulfield, Vic. Championships
Barry Greig	30.28	27.5.1989	Caulfield, Vic. Championships
Craig Semple	30.31	15.5.1999	Flemington, Vic. Championships

Half Marathon

Darren Wilson	60.02	19-1-97	Japan – 1st
Mal Norwood	61.56	20-9-92	Gateshead, U.K..World Ch.
Craig Semple	64.21	12-9-99	Burnley, Vic. Champs. 4th
Stephen Austin	64.34	1977	Yan Yean
Richard Russell	65.54	12-9-93	Frankston, Vic. Champs. 1st
Tony Williams	66.48	5-6-71	Yan Yean
Greg Webster	67.40	8-5-93	Yan Yean
Damien Cook	68.31	1991	Gold Coast
Barry Greig	71.05	15-9-91	Frankston, Vic. Champs.
Phil Bowes	71.24	18-9-94	Albert Park, Vic. Champs.

Marathon

Darren Wilson	2hr 11.05.0	7.12.1997	Fukuoka, Japan, 5th
Malcolm Norwood	2hr 12.10.0	6.10.1991	Chicago USA, Twin Cities 1st
Damien Cook	2hr 30.33.0	31.5.1992	Melbourne, Qantas Marathon
Rolf Zimmerman	2hr 28.01.0	21.7.1996	Gold Coast, 8th
Tim Erickson	2hr 28.21.0	25.4.1981	Stawell Marathon, 1st
Ray Brown	2hr 30.12.0	24.7.1965	Preston, VMC Champs, 8th
Phil Bowes	2hr 34.23.0	April 1995	World Cup Trial, Canberra
Bruce Meakin	2hr 36.37.0	17.6.1978	Pt Cook, Vic. Champs, 11th
Mark Ritter	2hr 38.05.0	6.6.1993	Melbourne, Qantas Marathon
Peter Cole	2hr 40.05.0	6.6.1993	Melbourne, Qantas Marathon

All Time Rankings - Men (Top Ten)

2000m Steeplechase

Alastair Morgan	5:51.0	3-2-01	
Richard Russell	5.51.5	22.1.1994	Box Hill, Interclub
Lachlan McArthur	5.51.79	10.12.1996	Aust. All Schools, Perth, 3rd
Barry Greig	5.52.7	21.2.1981	Olympic Park, Vic Champs U20, 2nd
Olan Boer	6.01.36	23.3.1991	Perth, Aust. Champs U18
Stuart Adderley	6.10.77	27.3.1999	Aust. U/Age Champs, Perth
Ryan Carter	6.19.4	21.3.1992	Olympic Park, Assoc. Final U16
Aditya Watson	6.19.4	19.3.1993	Sydney, Aust. Champs U18
Glenn Franklin	6.20.0	1989	Olympic Park, Assoc. Final U18
Rod Beith	6.25.0	1978	Olympic Park, Vic Champs U17, 4th

3000m Steeplechase

Richard Russell	8.39.34	19.2.1994	Olympic Park, Vic Champs, 1st
Wayne Dyer	8.46.1	24.11.1983	Olympic Park, Interclub
Barry Greig	8.54.76	20.3.1983	Olympic Park, Aust. Champs, 5th
Mal Norwood	8.56.8	6.2.1988	Olympic Park
Mike Novak	9.02.4	14.2.1981	Olympic Park
Alastair Morgan	9:16.53	9-2-01	
Stephen Austin	9.18.8	23.11.1974	Olympic Park, Interclub
Lachlan McArthur	9.23.5	14.11.1996	Olympic Park, State League
Chris Schrader	9.33.7	11.12.1971	OVT, Interclub
Rolf Zimmerman	9.35.5	9.3.1995	Olympic Park, State League

110m Hurdles

Greg Barnett	14.51	21.3.1985	Olympic Park
Peter Beames	14.2*	21.12.1985	Olympic Park
Gary Holliday	14.6	8.3.1975	
Alf Watson	14.8	22.2.1936	
Ron Mill	14.9	1939	Brisbane
Ian Brookes	15.0	16.12.1978	Olympic Park
Luke Getson	15.0	10.11.1984	Coburg, Interclub
Terry Beaton	15.1	27.11.1976	OVT, Interclub
Charles Greene	15.4		Olympic Park, Interclub
David Hodgson	15.4	20.12.1980	Box Hill, Interclub

400m Hurdles

Peter Bate	50.08	6.2.1999	Optus Grand Prix, Canberra
David Hodgson	51.29	16.3.1986	Adelaide, Aust. Champs, 4th
Alf Watson	53.9	29.2.1936	Olympic Park, Vic Champs, 1st
Graham Warry	56.9	20.11.1976	Box Hill, Interclub
Chris Vearing	57.63	25.11.1994	Olympic Park, State League
Cameron Moore	57.4	14.3.1991	
Martin Hodgson	57.4	24.11.1979	Interclub
Charles Green	57.7	23.2.1946	
Chris Donnelly	57.8	29.2.1992	Olympic Park, Venue Finals B Grade
Andrew Edney	58.0	8.12.1984	Coburg, State League

All Time Rankings - Men (Top Ten)

1500m Walk

Tim Erickson	5.36.0	8.11.1980	Olympic Park
Stephen Brooks	5.42.68	26.3.1995	Adelaide, Aust. Champs U16, 1st
Richard Illingworth	5.56.0	4.12.1991	
Joe Anderson	6.18.0	12.1978	
Bruce Taylor	6.20.0	3.12.1983	Olympic Park
Russell Miller	6.21.8	12.3.1972	
Marcus Dwyer	6.45.98	22.2.1992	Olympic Park, Vic Champs U16, 3rd
Peter Bethell	6.49.0*	1954	
Erik Wolfhagen	6.53.0	8.12.1979	Box Hill, Interclub
Paul Cronin	6.55.0	1971-1972	

* 1 mile

2000m Walk

Marcus Dwyer	8.08.0	17.10.1998	Box Hill, Interclub
Richard Illingworth	8.16.0	26.2.1992	Collingwood
Stephen Brooks	8.23.0	30.3.1996	Olympic Park Assoc Finals
Joe Anderson	8.59.0	13.2.1993	Box Hill, Interclub Venue Final
Dean Cruise	9.13.2	15.2.1992	Box Hill, Interclub
Des Wildwood	9.31.0	13.2.1993	Box Hill, Interclub Venue Final
Robert Dwyer	9.38.6	5.2.1994	Box Hill, Interclub

3000m Walk

Tim Erickson	11.53.3	15.11.1980	Olympic Park
Jaime Werner	12.17.3	2.12.1993	Olympic Park
Marcus Dwyer	12.22.6	27.11.1997	Olympic Park, State League
Stephen Brooks	12.33.31	25.3.1995	
Richard Illingworth	12.41.4	16.1.1992	Olympic Park, Interclub
Russell Miller	13.11.0	25.11.1971	
Joe Anderson	13.25.6		
Bruce Taylor	13.40.0	24.11.1984	Coburg, Interclub
Peter Blood	13.40.85	12.11.1998	Olympic Park, State League
B Palmer	14.04.0	11.12.198	Interclub

5000m Walk

Tim Erickson	20.46.0	4.2.1981	Olympic Park
Marcus Dwyer	20.54.7	19.11.1998	Olympic Park, State League
Stephen Brooks	21.55.6	9.3.1995	Olympic Park, State League
Richard Illingworth	22.12.8	23.1.1992	Olympic Park, Interclub
Peter Blood	23.42.4	19.11.1998	Olympic Park, State League
Jaime Werner	23.46.0	11.11.1993	Olympic Park, State League
Joe Anderson	24.50.0	5.2.1991	Olympic Park, Interclub
Bob Dwyer	25.54	18.6.1994	Albert Park (Road?)
Dez Wildwood	26.35	18.11.1992	Collingwood, VAWC
Harry Jones	26.52	1977	Vic Jets

10000m Walk – Track

Tim Erickson	42.32.0	28.6.1980	London, Lambeth Games
Marcus Dwyer	44.54	5.8.1995	Collingwood

All Time Rankings - Men (Top Ten)

10Km Walk – Road

Marcus Dwyer	43.45	19.7.1998	Albert Park (Split during 20Km race)
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15Km Walk – Road

Marcus Dwyer	66.10	19.7.1998	Albert Park (Split during 20Km race)
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20Km Walk

Tim Erickson	1hr 27.12.0	14.12.1980	
Marcus Dwyer	1hr 29.08.0	19.7.1998	Albert Park
Joe Anderson	1hr 36.28.0	1979/80	Christchurch
Richard Illingworth	1hr 39.18.0	26.1.1992	
Russell Miller	1hr 40.50.0	18.9.1971	
Bruce Taylor	1hr 45.38.4	19.8.1984	
Des Wildwood	1hr 51.41.0	2.8.1992	Fishermans Bend, Vic Champs
Harry Jones	1hr 54.33.0	1978	

30Km Walk

Tim Erickson	2hr 15.47	1980	
Marcus Dwyer	2hr 24.52	9-7-2000	Albert Park

50Km Walk

Tim Erickson	4hr 03.17.0	30.9.1979	Eschborn Germany, Lugano Cup
Russell Miller	4hr 42.00.0	20.8.1971	Albert Park
Des Wildwood	5hr 20.09.0	19.9.1992	Collingwood, VAWC 1st
Peter Bethell	5hr 23.51.0	1957	

FIELD EVENTS

High Jump

Michael Hawkey	2.20	25.1.1992	Sydney, Mobil Grand Prix 3rd
Clive McNally	2.05	3.2.1977	Olympic Park, Melb Games
Peter Beames	2.05	23.11.1985	
Scott McCracken	2.05	10.12.1998	Olympic Park, State League
John Hunter	2.00	18.11.1978	Box Hill, Interclub
Ian Campbell	2.00	16.12.1978	Doncaster, Interclub
John Raymond	1.98	14.11.1998	Box Hill, Interclub
Jason Veitch	1.95	14.2.1987	Olympic Park, Vic Champs U16 1st
Peter Jackson	1.93	13.11.1965	
Don Muir	1.93	15.2.1969	Olympic Park

Long Jump

Gary Honey	8.22	12.8.1988	Budapest
Ian Campbell	7.76	13.11.1979	Olympic Park
Chris Lawson	7.68	18.1.1996	Olympic Park
Peter Beames	7.59	23.1.1985	Canberra
Peter Halson	7.57	17.1.1976	New Zealand
Jason Veitch	7.56	26.1.1991	Canberra
Fred Holpen	7.52	20.2.1977	Olympic Park Vic Champs 1st
Steph Capidocasa	7.35	8.3.1992	Adelaide, Aust Champs U20 1st
Ray Buckland	7.32	3.12.1969	
Craig Smythe	7.32	9.12.1989	Olympic Park, Interclub

All Time Rankings - Men (Top Ten)

Triple Jump

Ian Campbell	17.09*	17.1.1980	Olympic Park
Peter Beames	16.58	13.3.1988	Brisbane
Gary Honey	16.16	2.8.1986	Edinburgh, C'wealth Games 4th
Ross Beames	15.89	14.1.1993	Olympic Park, Interclub
Nadika Ratnayake	15.66	4.2.2000	Olympic Park, Vic. Championships
Darryl Maher	15.30	24.3.1979	Perth, Aust Champs
Craig Smythe	15.25	19.12.1987	Olympic Park
Nick Hodgson	15.22	19.12.1987	Olympic Park
Fred Holpen	15.14	27.11.1976	OVT, Interclub
Ray Buckland	15.06	9.11.1968	Olympic Park, Interclub

* Australian record at the time

Pole Vault

Neil Honey	5.35	21.2.1987	Olympic Park, Vic Champs 1st
Andrew Vearing	5.15	23.2.1995	Olympic Park, NEC Grand Prix 4th
Kyle Ferreira	4.65	08.12.2001	Olympic Park, Aust All Schools
Neil Joubert	4.65	21-2-2004	Box Hill, Interclub
Anthony Hanna	4.60	12.12.1998	Canberra, Aust All Schools
Todd Dawson	4.60	29.11.2008	Box Hill, AV Shield
Colin Mackie	4.50	7.12.1991	Box Hill, Interclub
Jay Parks	4.50	17.12.1995	Olympic Park
Cameron Cuthill	4.40	26.1.1981	Olympic Park
Timothy Welch	4.40	22.2.2014	Albert Park, AV Shield

Shot Put

Raphael Laurins	15.93	29.1.2005	Box Hill, Interclub
Graham Hicks	15.69	28.2.2004	Olympic Park, State League
Stephen Hall	15.06	22.11.1986	Olympic Park, Interclub
Doug Park	14.76	8.12.1973	Mentone, Interclub
Rod Hall	14.48	30.1.1982	Bendigo, Interclub
Shane Wigney	14.30	15.1.1985	
Nick Connell	13.93	20.11.1993	Box Hill, Interclub
Bruce Severns	13.90	10.11.1979	Olympic Park
Ian Keegan	13.68	30.11.1974	
John Glancy	13.63	21.1.1999	Olympic Park

Discus

Graham Hicks	60.56	24.4.2004	Geelong
Doug Park	51.65	2.12.1973	
Raphael Laurins	50.79	29.1.2005	Box Hill, Interclub
Shane Wigney	46.48	18.12.1977	OVT
Bruce Severns	46.44	18.12.1976	OVT
Matthew Hall	44.68	9.1.1999	Geelong, State League
Stephen Hall	44.36	20.2.1982	
Brent Lyons	43.38	14.11.1992	Box Hill, Interclub
Charles Rann	42.50	26.1.1957	
Nick Connell	42.50	13.11.1993	Box Hill, Interclub

All Time Rankings - Men (Top Ten)

Javelin

Paulo Freitag	68.32	12.2.2000	Aberfeldie, (Invite)
Graham Hicks	63.09	2001	Olympic Park, Melb Grand Prix
Andrew Vearing	62.52	12.1.1995	Olympic Park
John Glancy	59.90	10.3.1996	Sydney
Phillip Vaughan	58.86	26.10.1991	Box Hill, Interclub
David Vernon	54.28	19.11.1988	Olympic Park, State League
Michael Smith	53.96	11.11.1993	Olympic Park, State league
Mark Jansz	53.61	23.11.2002	Box Hill Interclub
Craig Walker	53.36	25.11.1989	Olympic park, Interclub
Colin Free	52.52	29.2.1992	Olympic Park, Venue final B Grade

Javelin – Old

Sig Kosciak	80.43	31.10.197	OVT, Opening Day
Ray Buckland	70.38	2.3.1975	Olympic Park, Vic. Championships
Peter Keene	66.52	31.1.1977	Adelaide, Vic vs SA
Barry Wright	61.11	10.3.1973	OVT, Interclub Semi Final
Tom Hancock	60.30	15.11.1968	Olympic Park, Interclub
Terry Beaton	59.22	21.12.1975	
Ian Sabransky	52.71	1972-1973	
Ron Hocking	50.95	6.3.1965	
Neil Hamley	50.65	1973-1974	OVT, Venue Final
Robert Hohn	49.44	2.12.1961	

Hammer Throw

Steven Hall	56.76	29.11.1986	
Doug Park	54.53	28.10.1973	Sydney
Graham Hicks	46.45	23.2.2002	Box Hill, Interclub
John Ryan	46.38	10.11.1994	Olympic Park, State League
Charles Rann	45.66	9.2.1957	
Matthew Hall	45.26	12.3.1991	Olympic Park, Prom/Relegation
Tom Hancock	44.56	12.1978	
Mal Gleeson	43.98	12.3.1955	
Nick Connell	43.10	22.1.1994	Box Hill
Chris Goodridge	41.26	17.11.1979	

Decathlon & Multi Events

Terry Beaton	7028	18/19.3.1976	Olympic Park
Peter Beames	6360	9/10.11.1985	Canberra
Andrew Vearing	6525	27/28.9.1994	Newcastle, Intervarsity Champs – 3rd
Anthony Hanna*	6365	25/26.3.1999	Perth, Aus. U18 Champs. – 2nd
Jay Parks*	6001	16/17.12.1995	Olympic Park, Vic Champs U18 – 1st
Peter Keene	5939*	25/26.1.1976	
Stephen Hall	5721	3.1981	Aust. Champs U20 – 5th
Neville Gavan	5657**	1938	
John Raymond*	5529	26/7.3.1998	Adelaide, Aust. Champs U18 – 6th
Mel Taylor	5502	2.1978	

** Old Scoring Tables

* Small Shot, Discus, Hurdles

All Time Rankings – Women (Top Ten)

100 Metres

Sarah Dosen	12.4	17/11/2007	AV Shield
Christine Grose	12.8	9/12/1995	Box Hill, Interclub
Ebony Acquah	12.8	6/11/1999	
Christine Rogers	12.9	9/10/2010	Box Hill, AV Shield
Simone Thompson	13.0	25/10/1986	Box Hill, Interclub
Catherine Brennan	13.03	11/10/2014	Doncaster, AV Shield
Jacinta Lynn	13.1	24/11/2001	
Carlee Van Dyk	13.1	25/11/2000	
Alana Green	13.20	27/11/2010	Box Hill, AV Shield
Danielle Lynch	13.2	14/11/1998	Box Hill, Interclub

200 Metres

Sarah Dosen	25.8	27/10/2007	
Catherine Brennan	26.88	23/11/2014	Aberfeldie, AV Shield
Christine Grose	26.9	9/12/1995	Box Hill, Interclub
Lara Stevens	27.08	19/02/2000	Olympic Park, Vic Champs
Carlee Van Dyk	27.2	2/12/2000	
Alana Green	27.2	15/10/2011	Doncaster, AV Shield
Bethany Illingworth	27.38	16/12/2014	Doncaster, AV Shield
Simone Thompson	27.5	25/10/1986	Box Hill, Interclub
Ebony Acquah	27.64	9/10/1999	Olympic Park, Vic. All Schools
Kate Nayda	27.6	6/02/1999	Box Hill, Interclub

400 Metres

Sarah Dosen	59.87	8/01/2008	
Kate Nayda	63.4	21/11/1998	
Amy Hirst	64.26	2/11/1998	Olympic Park, All Schools
Janine O'Donnell	65.1	1/10/1989	Interclub
Grace Dicker	65.13	14/02/2014	Albert Park, Vic. Junior Champs
Amanda Hood	65.7	3/02/2001	Box Hill
Danielle Lynch	65.9	17/10/1998	Box Hill, Interclub
Lauren Richardson	66.1	31/01/1998	Box Hill, Interclub
Rosemary Schmidt	66.4	1989-90	
Cassandra Grace	68.2	20/02/1999	Box Hill

800 Metres

Lauren Richardson	2:26.2	13/12/1997	
Rosemary Schmidt	2:28.0	1988-89	Interclub
Cassandra Grace	2:38.0	28/11/1998	
Katrina Philip	2:38.26	21/03/2008	
Anne Marie Griffiths	2:40.0	8/11/1983	OVT, Club Trials
Jessica Davies	2:43.0	20/10/2001	Box Hill
Erica Roadknight	2:45.5	23/02/2002	Box Hill, Venue Final
Amy Hirst	2:47.1	7/02/1998	Box Hill, Interclub
Angie Brett	2:57.0	23/02/2002	Box Hill, Venue Final

1500 Metres

Amy Hirst	5:24.5	2/03/1996	
Katrina Philip	5:27.7	2009	Vic Masters, 1st
Anne Marie Griffiths	5:33.0	1/12/1984	
Casandra Grace	5:42.3	13/03/1999	
Jazmin Dicker	6:04.3	25/10/2014	Doncaster, AV Shield
Janine O'Donnell	6:09.0	25/10/1986	Box Hill, Interclub
I Barnard	6:15.0	20/10/1979	Box Hill, Interclub
Angie Brett	6:38.3	15/03/2003	Box Hill, Venue Finals

3000 Metres

Katrina Philip	12:41.40	28/04/2008	
Kate Nayda	13:10.15	4/03/2000	
Kate Nayda	13:48.2h	27/02/1999	

2000m Steeplechase

Amy Wynne	9:08.9	10/12/2005	
Amy Hirst	9:25.1	23/10/1999	
Elizabeth Carty	9:26.4	10/12/2005	
Katrina Philip	10:49.3	18/11/2006	

100m Hurdles

Carlee Van Dyk	15.95	2/12/2000	
Jacinta Lynn	16.7	10/12/2002	Box Hill, Interclub
Lara Stevens	18.1	13/03/1999	Olympic Park, Assoc. Final
Danielle Lynch	19.4	30/01/1999	Box Hill, Interclub
Janine O'Donnell	19.8	1989-90	
Ebony Acquah	20.0	27/02/1999	Box Hill, Venue Final
Amy Hirst	20.5	2/03/1996	Box Hill, Interclub
Vashti Bieber	21.4	13/03/1999	Olympic Park, Assoc. Final
Kate Edney	22.7	15/03/2003	Box Hill, Venue Final

400m Hurdles

Danielle Lynch	71.0	13/03/1999	Olympic Park, Assoc. Final
Amy Hirst	71.6	23/11/1996	Box Hill, Venue Final
Vashti Bieber	76.8	13/03/1999	Olympic Park, Assoc. Final
Angie Brett	79.2	23/02/2002	Box Hill, Venue Final

1500 m Walk

Naomi Manning	8:35.0	6/11/1999	
Julia Dwyer	8:43.9	23/10/1993	Interclub
Kate Madigan	9:11.6	17/02/2001	Box Hill, Interclub
Naomi Nicola	10:29.2	1/11/2014	Doncaster, AV Shield
Casandra Grace	10:50.6	13/03/1999	
Danielle Ferronato	11:19.2	4/02/1995	Box Hill, Interclub
Aylean O'Connor	13:19.9	24/03/2007	

2000 m Walk

Julia Dwyer	11:56.5	12/11/1994	
Julia Dwyer	12:02.0	4/12/1993	
Naomi Nicola	13:22.5	10/01/2015	Knox, AV Shield

3000 m Walk

Julia Dwyer	18:28.0	18/02/1995	
Kate Madigan	19:36.1	4/03/2000	Box Hill, Venue Finals
Naomi Manning	20:00.0	4/03/2000	Box Hill, Venue Finals
Aylean O'Connor	27:42.0	10/02/2007	

FIELD EVENTS

High Jump

Danielle Lynch	1.55	14/11/1998	Box Hill, Interclub
Jacinta Lynn	1.55	9/02/2002	
Carlee Van Dyk	1.50	9/12/2000	Box Hill, Interclub
Angie Grgat	1.50	1989-90	Doncaster, Interclub
Glenis Johnson	1.47	1989-90	Doncaster, Interclub
Christine Houlihan	1.45	13/10/1984	Coburg, Interclub
Grace Dicker	1.40	19/10/2014	Doncaster, AV Shield
Kate Edney	1.35	11/10/2003	Box Hill, Interclub
Abigail Adams	1.35	1/02/2014	Albert Park, AV Shield
Sarah Riseley	1.35	6/02/2002	Box Hill, Interclub
Lara Stevens	1.35	13/03/1999	Olympic Park, Assoc. Final
Catherine Brennan	1.35	19/10/2014	Doncaster, AV Shield

Long Jump

Sarah Dosen	5.66	23/01/2007	
Alana Green	5.40	22/10/2011	Box Hill, AV Shield
Glenis Johnson	5.29	1989-90	Doncaster, Interclub
Janine O'Donnell	5.29	1988-89	Interclub
Madi Heather	5.22	2010-11	
Christine Rogers	5.22	11/12/2010	Doncaster, AV Shield
Carlee Van Dyk	5.02	25/11/2000	
Danielle Lynch	4.80	24/10/1998	
Jacinta Lynn	4.79	23/10/2001	Olympic Park, All Schools
Catherine Brennan	4.79	6/12/2014	Doncaster, AV Shield

Triple Jump

Janine O'Donnell	10.88	1989-90	
Jacinta Lynn	10.84	13/03/2004	
Carlee Van Dyk	10.71	30/11/2000	
Ebony Acquah	10.44	5/02/2000	Olympic Park, Vic. Champs
Glenis Johnson	10.40	1989-90	
Alana Green	10.38	3/12/2011	Doncaster, AV Shield
Danielle Lynch	10.31	17/10/1998	
Bethany Illingworth	10.06	19/10/2014	Doncaster, AV Shield
Vashti Bieber	9.88	20/02/1999	Box Hill, Interclub
Sarah Riseley	9.77	8/02/2003	Box Hill, Interclub

Pole Vault

Madi Heather	3.85	16/03/2012	
Jacinta Lynn	3.80	12/12/2004	
Alana Green	3.40	30/1/2010	Doncaster, AV Shield
Loretta Nichol	3.20	12/11/2005	
Sarah Riseley	3.20	1/02/2003	Vic. Junior Champs
Erica Roadknight	3.00	9/02/2002	Box Hill
Angie Brett	2.80	6/12/2001	Olympic Park, Aust. All Schools
Carlee Van Dyk	2.80	9/02/2002	Box Hill, Interclub
Bethany Illingworth	2.65	6/12/2014	Doncaster, AV Shield
Glenis Johnson	2.60	1989-90	Doncaster, Interclub

Shot Put (4 kg)

Sarah Mtandwa	11.50	27/11/2003	
Nathalia Maranjo	10.90	30/11/1996	
Patricia Rogers	10.78	3/12/2005	
Carlee Van Dyk	9.95	15/02/2001	Olympic Park, State League
Cassidy Boyd	9.35	27/10/2001	Box Hill, Interclub
Alana Green	9.14	3/12/2011	
Christine Grose	8.22	9/12/1995	
Naomi Manning	8.11	19/02/2000	Olympic Park, Vic. U18, 3rd
Wendy Holt	7.86	1988-89	Interclub
Sue McNally	7.48	8/12/1979	Box Hill, Interclub

Discus

Sarah Mtandwa	33.97	6/11/2003	Olympic Park, State League
Patricia Rogers	32.92	2006	Olympic Park, Vic. Champs
Carlee Van Dyk	32.36	20/01/2001	Olympic Park, Vic. Jnr Champs
Cassidy Boyd	29.17	11/11/2001	Box Hill, Interclub
Nathalia Maranjo	28.82	18/01/1997	Box Hill, Interclub
Kamy Lee	24.50	9/12/2000	Box Hill, Interclub
Naomi Manning	23.08	4/03/2000	Box Hill, Venue Final
Mary Anne Philip	21.48	15/03/2003	Box Hill, Venue Final
Amy Hirst	21.80	2/03/1996	Box Hill, Interclub
Kate Edney	20.87	11/10/2003	Box Hill, Interclub

Javelin

Annie Guillet	43.06	20/03/1999	
Carlee Van Dyk	32.95	20/01/2001	Olympic Park, Vic. Junior Champs
Nathalia Maranjo	32.56	23/01/1997	
Sarah Mtandwa	30.00	30/11/2000	
Joanne Villella	27.38	1988-89	Interclub
Wendy Holt	25.52	1/10/1989	Interclub
Amy Hirst	25.45	22/01/2000	Box Hill, Interclub
Kamy Lee	25.37	9/12/2000	Box Hill, Interclub
Danielle Lynch	23.37	12/02/2000	Box Hill, Interclub
Cassidy Boyd	22.17	11/11/2001	Box Hill, Interclub

Hammer (4 kg)

Sarah Mtandwa	46.43	12/02/2005	
Carlee Van Dyk	42.01	2001	Vic. Junior Champs
Cassidy Boyd	27.17	11/11/2001	Box Hill, Interclub
Patricia Rogers	26.73	10/12/2005	
Kamy Lee	26.22	18/12/1999	Box Hill, Interclub

Club Records - Men

Club Records – Open Men

100 metres	Braden Fraser	10.43	2.3.2000
200 metres	Peter Crane	21.00	4.2.1995
400 metres	Gary Honey	46.9	11.1.1979
800 metres	Malcolm Norwood	1:50.8	16.3.1985
	Peter Bate	1:50.8	10.12.1998
1500 metres	Tony Williams	3:40.7	15.12.1971
1 Mile	Malcolm Norwood	4:00.78	10.12.1991
3000 metres	Malcolm Norwood	7:54.50	14.1.1990
5000 metres	Malcolm Norwood	13:29.07	7.2.1991
10000 metres	Darren Wilson	27:35.41	24-11-1996
1/2 Marathon	Darren Wilson	60.02	19-1-1997
Marathon	Darren Wilson	2h:11:05	7.12.1997
2000 m Steeple	Alastair Morgan	5:51.0	3-2-2001
3000 m Steeple	Richard Russell	8:39.34	19.2.1994
110 m Hurdles	Greg Barnett	14.51	21.3.1985
200 m Hurdles	Peter Bate	23.99	13.1.1998
400 m Hurdles	Peter Bate	50.08	6.2.1999
1500 m Walk	Tim Erickson	5:36.0	8.11.1980
2000 m Walk	Marcus Dwyer	8:08.0	17.10.1998
3000 m Walk	Tim Erickson	11:53.3	15.11.1980
5000 m Walk	Tim Erickson	20:46.0	4.2.1981
10000 m Walk (Track)	Tim Erickson	42:32.0	28.6.1980
15 km Walk	Tim Erickson	65:09.0	14.12.1980
20km Walk	Tim Erickson	87:12.0	14.12.1980
30 km Walk	Tim Erickson	2 : 15:47	18.5.1980
50 km Walk	Tim Erickson	4 : 03:17	30.9.1979
4 x 100 m Relay	Ian Campbell,	40.7	3.2.1980
	Ian Rogers, Peter Donlan, Gary Honey		
4 x 200 m Relay	Ian Campbell,	1:25.2	1979
	Ian Rogers, Peter Donlan, Gary Honey		
4 x 400 m Relay	Jason Veitch,	3:15.7	4.12.1992
	Neil May, David Mahady ,Craig Rayner		
4 x 800 m Relay	Matt Attard,	7:52.26	20.12.1997
	Paul Attard, Sam Fragomeni, Andrew Bryant		
4 x 1500 m Relay	Barry Greig,	15:44.2	17.12.1989
	Glenn Franklin, Richard Russell, Darren Wilson		
High Jump	Michael Hawkey	2.20	25.1.1992
Long Jump	Gary Honey	8.22	12.8.1988
Triple Jump	Ian Campbell	17.09	17.1.1980
Pole Vault	Neil Honey	5.35	21.2.1987
Shot Put	Raphael Laurins	15.93	29.1.2005
Discus	Graham Hicks	60.56	24.4.2004
Javelin (Old)	Sigmund Kosciak	80.43	31.10.1971
Javelin (New)	Paulo Freitag	68.32	12-2-2000
Hammer	Josh Philip	58.12	22.01.2008
Decathlon	Terry Beaton	7028 pts	18/19.3.1976

Club Records – U20 Men

100 metres	Peter Crane	10.48	18.4.1992
200 metres	Peter Crane	21.2	29.2.1992
400 metres	Gary Honey	46.9	11.1.1979
800 metres	Peter Bate	1:50.8	10.12.1998
1500 metres	Lachlan McArthur	3:50.98	10.12.1996
1 Mile	Barry Greig	4:16.0	14.1.1982
3000 metres	Darren Wilson	8:11.82	12.12.1987
5000 metres	Darren Wilson	13:58.96	17.3.1988
10000 metres	Noel McDonald	31:12.0	22.10.1974
2000 m Steeple	Alastair Morgan	5:51.0	3.2.2001
3000 m Steeple	Barry Greig	9:15.0	3.12.1981
110 m Hurdles	Greg Barnett	14.9	28.2.1981
200 m Hurdles (5H)	Peter Bate	23.99	13.1.1998
400 m Hurdle	Peter Bate	50.50	29.7.1998
1500 m Walk	Stephen Brooks	5:42.68	26.3.1995
2000 m Walk	Richard Illingworth	8:16.0	26.2.1992
3000 m Walk	Jaime Werner	12:17.3	2.12.1993
5000 m Walk	Marcus Dwyer	21:43.3	1.1.1997
10000 m Walk (Track)	Marcus Dwyer	44:54.0	5.8.1995
15km Walk	Marcus Dwyer	68:15.0	1.9.1996
20km Walk	Marcus Dwyer	1: 32:07	18.8.1996
25 km Walk	Russell Miller	2: 07:29	4.7.1971
4 x 100 m Relay	Peter Crane, Andrew Cassin, Glenn Hammet, Jason Veitch	42.8	16.12.1990
4 x 200 m Relay	Peter Crane, Andrew Cassin, David Mahady, Jason Veitch	1:28.2	18.12.1990
4 x 400 m Relay	David Mahady, Neil May, James Lynch, Keiran Greve	3:24.7	Feb 1989
High Jump	John Raymond	1.98	14.11.1998
Long Jump	Gary Honey	7.74	25.3.1979
Triple Jump	Ian Campbell	16.27	17.1.1976
Pole Vault	Kyle Ferreira	4.65	8.12.2001
	Neil Joubert	4.65	21.2.2004
Shot Put (7.260kg)	Stephen Hall	14.22	20.2.1983
Shot Put (5.449kg)	Stephen Hall	14.33	20.2.1982
Discus (2.0kg)	Stephen Hall	44.36	20.2.1982
Hammer Throw (6kg)	Josh Philip	64.35	2005-2006
Multi Event	Anthony Hanna	6263pts	6-5-2000

Club Records – U19 Men

100 metres	Ian Campbell	10.5	1-3-75
	Jason Veitch	10.72	11-3-89
200 metres	Ian Campbell	21.5	16-11-74
	Peter Crane	21.5	16-2-91
400 metres	Peter Bate	49.33	1-2-96
800 metres	Darryl Stuckey	1:53.1	7.12.76
1500 metres	Lachlan McArthur	3:50.98	10-12-96
3000 metres	Glenn Franklin	8:20.1	1-12-88
5000 metres	Glenn Franklin	14:52.0	7-1-89
10000 metres	Noel McDonald	31:12.0	22-10-74
Marathon	Noel McDonald	2hr 52:37.0	2-6-72
1500 m Steeple	Chris Schrader	4:17.1	27-2-72
2000 m Steeple	Alastair Morgan	5:51.0	3-2-01
3000 m Steeple	Alastair Morgan	9:16.53	9-2-01
110 m Hurdles	Peter Bate	15.5	18-3-97
110 m Hurdles (0.991m)	Peter Bate	14.50	24-3-96
200 m Hurdles (5H)	Peter Bate	24.0	14-12-95
400 m Hurdles	Peter Bate	51.59	18-12-97
1500 m Walk	Stephen Brooks	5:42.68	26-3-95
2000 m Walk	Richard Illingworth	8:16.0	26-2-92
3000 m Walk	Jaime Werner	12:17.3	2-12-93
10000 m Walk (Track)	Marcus Dwyer	44:54.0	5-8-95
15km Walk	Marcus Dwyer	69:27.8	4-6-95
20km Walk	Richard Illingworth	1hr 39:18.0	26-1-92
25km Walk	Russell Miller	2hr 07:29.0	24-7-91
4 x 100 m Relay	Peter Constantine,	43.3	8-3-75
	Bill Baker, Ian Campbell, Ken Whitechurch		
4 x 200 m Relay	Matthew Quick,	1:30.3	19-12-89
	Andrew Cassin, Keiran Greve, Peter Crane		
4 x 400 m Relay	David Mahady,	3:24.7	Feb. 1989
	Neil May, James Lynch, Keiran Greve		
High Jump	John Raymond	1.98	14-11-98
Long Jump	Jason Veitch	7.47	12-3-89
Triple Jump	Ian Campbell	16.27	17-1-76
Pole Vault	Kyle Ferreira	4.65	8-12-01
	Neil Joubert	4.65	21-2-04
Shot Put (7.260kg)	Ian Keegan	13.68	30-11-74
Shot Put (6.0kg)	Mark Jansz	13.87	16-12-00
Shot Put (5.449kg)	Stephen Hall	14.33	20-2-82
Discus (2.0kg)	Brent Lyons	43.38	14-11-92
Discus	Shane Wigney	49.60	11-3-77
Javelin (Old)	Peter Keene	65.36	21-2-76
Javelin (New)	Phillip Vaughan	58.86	26-10-91
Hammer (7.260kg)	Stephen Hall	46.36	24-10-81
Hammer Throw (6kg)	Josh Philip	64.35	2005-2006
Decathlon	Stephen Hall	5720pts	Mar.1981
Multi Event	Anthony Hanna	6462pts	4/5-12-2000

Club Records – U18 Men

100 metres	Jason Veitch	10.72	113-89
200 metres	Peter Crane	21.79	10-12-89
400 metres	Peter Bate	49.33	1-2-96
800 metres	Andrew Bryant	1:53.4	25-11-94
1500 metres	Frank Jordan	3:57.2	3.11.1973
3000 metres	Lachlan McArthur	8:34.0	28.1.1995
5000 metres	Noel McDonald	15:17.0	12-12-72
10000 metres	Noel McDonald	32:46.0	20-12-71
Marathon	Noel McDonald	2hr 52:37.0	24-6-72
2000 m Steeple	Alastair Morgan	5:51.0	3-2-01
3000 m Steeple	Alastair Morgan	9:16.53	9-2-01
110 m Hurdles (1.067m)	Alf Watson	16.0	28.2.1925
110 m Hurdles (0.991m)	Peter Bate	14.50	24.3.1996
110 m Hurdles (0.914m)	Peter Bate	13.99	10-12-95
200 m Hurdles (5H)	Peter Bate	24.0	14-12-95
400 m Hurdles	Peter Bate	52.07	10-12-96
1500 m Walk	Stephen Brooks	5:42.68	25.3.1995
2000 m Walk	Stephen Brooks	8:25.0	12-11-94
3000 m Walk	Jaimie Werner	12:17.3	2.12.1993
5000 m Walk	Stephen Brooks	21:55.6	9.3.1995
10000 m Walk (Track)	Marcus Dwyer	46:36.0	25.6.1994
20km Walk	Russell Miller	1hr 40:50.0	18.9.1971
4 x 100 m Relay	Peter Crane,	43.70	2/1989
	Jason Veitch, Glenn Hammet, Keiran Greve		
4 x 200 m Relay	Matthew Quick,	1:30.3	19-12-89
	Peter Crane, Andrew Cassin, Keiran Greve		
4 x 400 m Relay	David Mahady,	3:24.7	2/1989
	Neil May, James Lynch, Keiran Greve		
4 x 800 m Relay	Adam Franklin,	7:59.9	19-12-89
	Glenn Peters, Chris Donnelly, James Lynch		
Medley Relay (2x200, 1x 400, 1x 800)	Brad Wright,	3:35.78	17-12-95
	Peter Bate, Michael Condon, Lachlan McArthur		
High Jump	Jason Veitch	1.95	14.2.1987
Long Jump	Jason Veitch	7.47	12.3.1989
Triple Jump	Ian Campbell	16.08	2.11.1974
Pole Vault	Kyle Ferreira	4.65	8-12-01
Shot Put (4.536kg)	Stephen Hall	16.24	15-12-79
Shot Put (5.0 kg)	Mark Jansz	15.64	27.2.1999
Discus (1.5kg)	Brent Lyons	48.40	30-11-91
Javelin (Old)	Peter Keene	58.52	16-11-74
Javelin (New 700g)	Graham Brown	59.39	8-11-03
Hammer (7.260kg)	Stephen Hall	46.16	28.2.81
Hammer Throw (6kg)	Josh Philip	56.27	12.3.2005
Hammer (5.0kg)	Josh Philip	60.30	20-11-04
Hammer (4.536kg)	Ian Keegan	53.64	14-12-74
Decathlon	Stephen Hall	5720 pts	3/1981
Multi Event	Anthony Hanna	6462 pts	4/5-12-00

Club Records – U17 Men

100 metres	Brendan Matthews	10.7	18-1-69
200 metres	Brendan Matthews	21.7	19-1-69
400 metres	Ross Forbes	50.3	30-10-70
800 metres	Michael Wonder	1:56.6	15-12-76
1500 metres	Frank Jordan	3:57.2	3-11-73
3000 metres	Lachlan McArthur	8:52.7	28-1-95
5000 metres	Noel McDonald	15:34.0	2-12-72
10000 metres	Noel McDonald	32:46.0	20-12-71
Marathon	Noel McDonald	2hr 52:37.0	24-6-72
1500 m Steeple	Noel McDonald	4:34.0	4-11-72
2000 m Steeple	Alastair Morgan	6:00.48	2-5-2000
3000 m Steeple	Noel McDonald	9:38.7	25-11-72
110 m Hurdles (0.991m)	Peter Bate	15.38	26-3-95
110 m Hurdles (.914m)	Peter Bate	13.99	10-12-95
200 m Hurdles (5H)	Peter Bate	24.0	14-12-95
300 m Hurdles	Peter Bate	36.31	9-12-95
400 m Hurdles	Peter Bate	53.58	9-12-95
1500 m Walk	Stephen Brooks	5:42.68	26-3-95
2000 m Walk	Stephen Brooks	8:25.0	12-11-94
3000 m Walk	Stephen Brooks	12:33.31	25-3-95
5000 m Walk	Stephen Brooks	21:55.6	9-3-95
10000 m Walk	Russell Miller	49:54.4	8-5-71
4 x 100 m Relay	Peter Crane,	45.45	20-12-87
	Kieran Grieve, David Witchell, Mark Palmarini		
4 x 200 m Relay	Chris Button	1:33.4	29-11-75
	Bruce Edgar, Steven Hemming, David Mills		
4 x 400 m Relay	Braden Fraser,	3:36.6	14-3-93
	Ben Vizec, Andrew Stanley, Wayne Ramsay		
High Jump	Jason Veitch	1.95	142-87
Long Jump	Ross Beames	7.10	27-10-90
Triple Jump	Ross Beames	14.90	24-11-90
Pole Vault	Kyle Ferreira	4.65	8-12-01
Shot Put (4.536kg)	Stephen Hall	16.24	15-12-79
Shot Put (5.0 kg)	Mark Jansz	15.64	27-2-99
Discus (1.5kg)	Michael Poulter	48.08	3/2000
Javelin (Old)	Peter Keene	58.52	16-11-74
Javelin (New 700g)	Craig Walker	57.94	1-2-89
Hammer (5.0kg)	Josh Philip	54.04	27-3-04
Multi Event	Anthony Hanna	6365 pts	3/1999

Club Records – U16 Men

100 metres	Braden Fraser	11.22	20-3-93
200 metres	Ashley Irving	22.9	25-11-78
	Jason Veitch	22.9	3/1987
400 metres	Kyle Ferreira	51.71	24-3-2000
800 metres	Michael Wonder	1:56.6	15-12-76
1500 metres	Glenn Franklin	4:03.8	15-2-87
3000 metres	Rod Buchanan	9:11.3	2-12-76
10000 metres	Graham McDonald	34:36.0	28-11-72
2000 m Steeple	Stuart Adderley	6:10.77	27-3-99
100 m Hurdles	Cameron Moore	14.14	24-3-90
(0.914m)	Peter Bate	13.9	19-11-94
	Mohamed Nur	13.9	22-11-97
100 m Hurdles (0.84m)	Kyle Ferreira	13.33	24-2-2000
200 m Hurdles (5H)	Peter Bate	25.4	22-10-94
200 m Hurdles (10H)	Kyle Ferreira	26.11	24-3-200
300 m Hurdles	Peter Bate	38.50	10-12-94
1500 m Walk	Stephen Brooks	5:42.68	26-3-95
2000 m Walk	Stephen Brooks	8:25.0	12-11-94
3000 m Walk	Stephen Brooks	12:33.31	25-3-95
5000 m Walk	Stephen Brooks	21:55.6	9-3-95
4 x 100 m Relay	Peter Crane,	45.45	20-12-87
	Kieran Grieve, David Witchell, Mark Palmarini		
4 x 200 m Relay	Peter Crane,	1:35.82	15-12-87
	Kieran Grieve, David Witchell, Mark Palmarini		
4 x 400 m Relay	Chris Connelly,	3:41.7	19-2-88
	Glenn Peters, Cameron Moore, Simon O'Donnell		
4 x 800 m Relay	Glenn Peters,	8:29.2	29-11-88
	Olan Boer, Chris Donnelly, Adam Franklin		
High Jump	Jason Veitch	1.95	14-2-87
Long Jump	Chris Lawson	6.66	10/1985
Triple Jump	Ross Beames	14.55	9-12-89
Pole Vault	Kyle Ferreira	4.30	14-1-01
Shot Put (4.536kg)	Stephen Hall	15.04	1979
Shot Put (4.0kg)	Matthew Poulter	15.60	21-1-01
Discus (1.0kg)	Michael Poulter	57.44	20-1-99
Javelin (New 700g)	Michael Poulter	52.62	6-3-99
Hammer (4.536kg)	Stephen Hall	41.90	1979
Hammer (4.0kg)	Josh Philip	54.48	5-12-02
Heptathlon	Kyle Ferreira	3894pts	4/5-12-99

Club Records – U15 Men

100 metres	Edward Agg	11.4	7-11-98
200 metres	Edward Agg	23.2	24-10-98
400 metres	Kyle Ferreira	53.53	26-3-99
800 metres	Frank Jordan	2:02.7	15-3-72
1500 metres	Stuart Adderley	4:09.5	7-11-98
3000 metres	Stuart Adderley	9:12.41	31-10-98
5000 metres	Frank Jordan	16:37.0	8-2-72
10000 metres	Graham McDonald	34:36.0	28-11-72
2000m Steeple	Stuart Adderley	6:18.9	21-11-98
80 m Hurdles	Peter Constantine	12.1	4-3-72
90 m Hurdles (0.84m)	Greg Barnett	12.9	27-11-76
100 m Hurdles (0.84m)	Kyle Ferreira	13.7	13-11-99
100 m Hurdles (0.914m)	Mark Longmuir	14.0	3/1982
200 m Hurdles (10H)	Kyle Ferreira	26.39	31-10-99
300 m Hurdles	Cameron Moore	41.00	11-3-89
1500 m Walk	Stephen Brooks	5:48.48	27-2-94
2000 m Walk	Stephen Brooks	9:09.1	5-3-94
3000 m Walk	Stephen Brooks	12:55.50	26-3-94
5000 m Walk	Stephen Brooks	22:59.0	17-3-94
4 x 100 m Relay	Michael Wonder,	47.8	13-3-76
	Bruce Fraser, John Freeman, Michael Spiby		
4 x 200 m Relay	Michael Wonder,	1:40.9	29-11-75
	Peter Tuirpkov, Robert Sloan, Russell Hansen		
4 x 400 m Relay	Brad Wright,	3:53.0	20-11-93
	Jay Parkes, Stephen Brooks, Ben Spoor		
4 x 800 m Relay	Mohamed Nur,	10:07.21	17-12-95
	Jason Condon, Jonathon Stanley, Anthony Hanna		
High Jump	Mark Longmuir	1.91	12-12-81
Long Jump	Ross Beames	6.28	12/1988
Triple Jump	Ross Beames	13.29	10-12-88
Pole Vault	Kyle Ferreira	4.10	16-1-99
Shot Put (4.0kg)	Matthew Poulter	15.60	21-1-01
Shot Put(3.628kg)	Chris Tupper	15.72	4-10-69
Discus (1.0kg)	Brent Lyons	52.18	13-3-89
Javelin (Old)	Joey Gardner	50.19	2-3-74
Javelin (New 700g)	Michael Poulter	48.81	1-11-98
Hammer (4.536kg)	Ming Vong	35.20	30-10-94
Hammer (4.0kg)	Michael Poulter	46.82	6-2-99
Heptathlon	Kyle Ferreira	3894 pts	4/5-12-99

Club Records – U14 Men

100 metres	Brad Wright	11.7	10-10-92
200 metres	Kyle Ferreira	24.09	12-12-98
400 metres	Mohamed Nur	55.70	23-2-96
800 metres	Shane Schrader	2:13.7	5-3-77
1500 metres	Lachlan McArthur	4:27.1	17-11-91
3000 metres	Glenn Franklin	10:26.0	10-11-84
5000 metres	Graham McDonald	18:48.0	5-12-70
10000 metres	Darryl Stuckey	39:01.0	20-12-71
2000 m Steeplechase	Harris Hatzopoulos	7:06.5	28-11-99
80 m Hurdles (0.84m)	Ian Crawshaw	12.6	13-11-72
	Greg Barnett	12.6	12-12-98
90 m Hurdles (0.762m)	Kyle Ferreira	12.97	12.12.1998
200 m Hurdles (5H)	Mohamed Nur	26.8	23-2-96
300 m Hurdles (0.762m)	Cameron Moore	43.34	27-2-98
1500 m Walk	Russell Miller	7:40.0	1970
2000 m Walk	Hayden Keall	10:26.0	21-11-98
3000 m Walk			
4 x 100 m Relay	Geoff Diamond,	50.1	1976
	Tony Hopkins, Cameron Cuthill, Bruce Cunningham		
4 x 200 m Relay	Mark Bryden,	1:45.75	5-12-87
	Greg Irvine, Michael Wallis, Cameron Moore		
4 x 400 m Relay	Serey Nop,	4:12.5	17-12-94
	Anthony Hanna, Jason Condon, Nathan Parks		
4 x 800 m Relay	Mohamed Nur,	10:07.21	17-12-95
	Jonathon Stanley, Jason Condon, Anthony Hanna		
High Jump	Stephen Smith	1.70	21-12-76
	Mark Longmuir	1.70	1981
Long Jump	Michael Wallis	5.72	27-2-88
Triple Jump	Stephen Smith	12.45	6-3-76
Pole Vault	Kyle Ferreira	4.10	16-1-99
Shot Put (2.724kg)	Serey Nop	15.14	30-10-94
Shot Put (3kg)	Matthew Poulter	15.88	31-10-99
Discus (1.0kg)	Matthew Poulter	48.32	21-1-00
Javelin (600g)	Matthew Poulter	45.60	29-1-00
Multi Event	Nathan Parks	3367 points	16/17-12-95

Club Records – U13 Men

100 metres	Craig Smythe	12.9	1975
	Brad Wright	12.9	23-11-91
200 metres	Jason Wood	26.4	30-11-74
400 metres	Kyle Ferreira	58.5	31-1-98
800 metres	Darryl Stuckey	2:15.2	27-2-72
1500 metres	Darryl Stuckey	4:35.8	19-2-72
3000 metres	Graham McDonald	10:38.0	5-1-71
5000 metres	Graham McDonald	18:48.0	5-12-70
10000 metres	Darryl Stuckey	39:01.0	20-12-71
80 m Hurdles (0.84m)	Darren MacGregor	12.9	1975
90 m Hurdles (0.762)	Mohamed Nur	13.13	23-3-96
200 m Hurdles (5H)	Kyle Ferreira	30.4	15-11-97
300 m Hurdles (0.762)	Kyle Ferreira	44.71	8-1-98
800 m Walk	Roger Carter	4:00.0	1975
1500 m Walk	Bruce Hecker	8:04.0	8-12-72
2000 m Walk	Anthony Ferranato	11:50.7	2-12-95
3000 m Walk			
4 x 100 m Relay	Greg Barnett, Rod Yann, Jason Wood, Richard Lang	54.0	16-11-74
4 x 200 m Relay	Nick Hodgson, Andrew Raines, Luke Getson, Bruce Anderson	1:51.2	2-12-76
High Jump	Mark Longmuir	1.55	17-2-80
Long Jump	Jason Wood	5.22	14-12-74
Triple Jump	Martin Marsh	10.64	12/1977
Pole Vault	Kyle Ferreira	3.20	6-12-97
Shot Put (2.724kg)	Matthew Hall	13.03	1-12-84
Shot Put (3k)	Matthew Poulter	13.81	6-3-99
Discus (1.0kg)	Matthew Poulter	37.32	7-3-87
Javelin (New 600g)	Matthew Poulter	40.30	6-3-99
Multi Event	Kyle Ferreira	2427 points	16/17-12-97

Club Records – Veteran (Over 40) Men

100 metres	Joe Tennant	12.1	72/73
200 metres	Keith Howden	24.9	24-10-98
400 metres	Ron Stephens	54.6	12-12-70
800 metres	Ron Stephens	2:06.3	72/73
	Steve Griffiths		
1500 metres	Steve Griffiths	4:02.6	3-12-81
1 Mile			
3000 metres	Phil Bowes	9:14.1	22-2-99
5000 metres	Damien Cook	14:58.88	21-3-96
10000 metres	Damien Cook	31:47.1	6-1-94
10 km Road			
1/2 Marathon	Tim Erickson	73:25.0	13-9-92
Marathon	Alby Rain	2hr 40:30.0	12/87
2000 m Steeple	Bruce Ackland	6:48.3	6-12-97
3000 m Steeple	Phil Bowes	10:47.72	28-1-99
110 m Hurdles (0.914m)	Chris Lang	19.1	23-2-02
400 m Hurdles	Mark Worsnop	68.3	6-12-03
1500 m Walk			
2000 m Walk	Bob Dwyer	9:38.6	5-2-94
3000 m Walk	Bob Dwyer	14:59.79	1-2-97
5000 m Walk	Harry Jones	26:52	
10000 m Walk			
20km Walk			
50 km Walk			
4 x 100 m Relay	Chris Lang,	53.1	18-10-03
	Phil Ramsay, Rob Craigie, Mark Worsnop		
4 x 200 m Relay	Chris Lang,	1:56.0	6-12-03
	Phil Ramsay, John David, Mark Worsnop		
4 x 400 m Relay	Chris Lang,	4:14.9	12-3-05
	Gary Pegg, Rob Craigie, Mark Worsnop		
4 x 800 m Relay	Chris Lang,	10:39.0	18-12-04
	Gary Pegg, John David, Mark Worsnop		
High Jump	Tom Hancock	1.70	
Long Jump	Tom Hancock	5.95	20-12-80
Triple Jump	Chris Lang	11.10	10-1-04
Pole Vault	Tom Hancock	3.00	1984
Shot Put (7.260kg)	Andrew Edney	12.55	22-1-05
Shot Put (5kg)	Andrew Edney	14.67	7-12-04
Discus (2.0kg)	Tom Hancock	41.02	18-12-86
Discus (1.5kg)			
Javelin (Old 800g)	Tom Hancock	55.80	25-3-78
Javelin (New 800g)			
Javelin (New 700g)			
Hammer (7.260kg)	Tom Hancock	44.56	3/1978

Club Records – Veteran (Over 50) Men

100 metres	Ian Rogers	12.5	25-11-2006
200 metres	Keith Howden	24.9	24-10-1998
400 metres	Ron Stephens	56.4	March 1978
800 metres			
1500 metres			
1 Mile			
3000 metres			
5000 metres			
10000 metres			
1/2 Marathon			
Marathon			
2000 m Steeple			
3000 m Steeple			
110 m Hurdles (0.914 m)			
400 m Hurdles			
1500 m Walk	Peter Bethell	15:40.0	31-01-1981
2000 m Walk			
3000 m Walk			
5000 m Walk	Harry Jones	26:52	
High Jump	Tom Hancock	1.60	19-11-1991
Long Jump	Ian Rogers	5.58	01-11-2007
Triple Jump	Ian Rogers	10.50	12-11-2005
Pole Vault			
Shot Put (7.260kg)			
Shot Put (6.0kg)			
Discus (2.0kg)	Tom Hancock	41.02	18-12-1986
Discus (1.5kg)			
Javelin (New 800g)			
Javelin (New 700g)			
Hammer (7.260kg)			
Hammer (6kg)			

Club Records - Women

Club Records – Open Women

100 metres	Sarah Dosen	12.4	17-11-2007
200 metres	Sarah Dosen	25.8	27-10-2007
400 metres	Sarah Dosen	59.87	08-01-2008
800 metres	Lauren Richardson	2:26.2	13-12-1997
1500 metres	Amy Hirst	5:24.5	02-03-1996
3000 metres	Katrina Philip	12:41.4	28-04-2008
5000 metres			
10000 metres			
1/2 Marathon			
Marathon			
2000m Steeple	Amy Wynne	9:08.9	10-12-2005
90 m Hurdles	Angie Grgat	18.7	
100 m Hurdles	Carlee Van Dyk	15.95	02-12-2000
400 m Hurdles	Danielle Lynch	71.0	13-03-1999
1500 m Walk	Naomi Manning	8:35.0	06-11-1999
2000 m Walk	Julia Dwyer	11:56.5	12-11-1994
3000 m Walk	Julia Dwyer	18:28.0	18-02-1995
5000 m Walk			
4 x 100 m Relay	Kate Nayda, Amanda Hood Carlee Van Dyk Sarah Riseley	53.0	02-12-2000
4 x 200 m Relay	Ebony Acquah, Lara Stevens, Kate Nayda, Danielle Lynch	1:52.8	27-02-1999
4 x 400 m Relay	Kate Nayda, Amanda Hood Carlee Van Dyk Sarah Riseley	4:43.2	11-11-2000
High Jump	Danielle Lynch	1.55	14-11-1998
	Jacinta Lynn	1.55	09-02-2002
Long Jump	Sarah Dosen	5.66	23-01-2007
Triple Jump	Janine O'Donnell	10.88	1989/90
Pole Vault	Madi Heather	3.85	16-03-2012
Shot Put (4 kg)	Sarah Mtandwa	11.39	23-02-2003
Discus	Sarah Mtandwa	33.01	31-10-1999
Javelin	Annie Guillet	43.06	20-03-1999
Hammer (4 kg)	Sarah Mtandwa	46.43	12-02-2005
Heptathlon			

Club Records – U20 Women

100 metres	Christine Grose	12.8	09-12-1995
	Ebony Acquah	12.8	06-11-1999
200 metres	Christine Grose	26.9	09.-12-1995
400 metres	Kate Nayda	63.4	21-11-1998
800 metres	Lauren Richardson	2:26.2	13-12-1997
1500 metres	Anne Marie Griffiths	5:33.0	01-12-1984
3000 metres	Kate Nayda	13:10.15	04-03-2000
5000 metres			
10000 metres			
1/2 Marathon			
Marathon			
2000m St'chase	Amy Hirst	9:25.1	23-10-1999
100 m Hurdles	Carlee Van Dyk	15.95	02-12-2000
400 m Hurdles	Danielle Lynch	71.0	13-03-1999
1500 m Walk	Naomi Manning	8:35.0	06-11-1999
2000 m Walk			
3000 m Walk	Kate Madigan	19:36.1	04-03-2000
5000 m Walk			
4 x 100 m Relay	Kate Nayda, Amanda Hood Carlee Van Dyk	53.0	02-12-2000
4 x 200 m Relay	Sarah Riseley Ebony Acquah, Lara Stevens, Kate Nayda, Danielle Lynch	1:52.8	27-02-1999
4 x 400 m Relay	Kate Nayda, Amanda Hood Carlee Van Dyk Sarah Riseley	4:43.2	11-11-2000
High Jump	Danielle Lynch	1.55	14-11-1998
	Jacinta Lynn	1.55	09-02-2002
Long Jump	Christine Rogers	5.17	24-04-2008
Triple Jump	Jacinta Lynn	10.84	13-03-2004
Pole Vault	Madi Heather	3.85	16-03-2012
Shot Put (4 kg)	Sarah Mtandwa	11.50	27-11-2003
Discus	Sarah Mtandwa	33.01	31-10-1999
Javelin	Carlee Van Dyk	32.72	04-11-2000
Hammer (4 kg)	Sarah Mtandwa	46.43	12-02-2005

Club Records – U18 Women

100 metres	Christine Grose	12.8	09-12-1995
	Ebony Acquah	12.8	06-11-1999
200 metres	Christine Grose	26.9	09-12-1995
400 metres	Kate Nayda	63.4	21-11-1998
800 metres	Lauren Richardson	2:26.2	13-12-1997
1500 metres	Anne Marie Griffiths	5:33.0	01-12-1994
3000 metres	Kate Nayda	13:10.15	04-03-2000
5000 metres			
10000 metres			
1/2 Marathon			
2000m Steeple	Elizabeth Carty	9:26.4	10-12-2005
100 m Hurdles	Carlee Van Dyk	15.95	02-12-2000
400 m Hurdles	Danielle Lynch	71.0	13-03-1999
1500 m Walk	Naomi Manning	8:35.0	06-11-1999
2000 m Walk			
3000 m Walk	Kate Madigan	19:36.0	14-03-2000
5000 m Walk			
4 x 100 m Relay	Kate Nayda, Amanda Hood, Carlee Van Dyk, Sarah Riseley	53.0	02-12-2000
4 x 200 m Relay	Ebony Acquah, Lara Stevens, Kate Nayda, Danielle Lynch	1:52.8	27-02-1999
4 x 400 m Relay	Kate Nayda, Amanda Hood, Carlee Van Dyk, Sarah Riseley	4:43.2	11-11-2000
High Jump	Danielle Lynch	1.55	14-11-1998
	Jacinta Lynn	1.55	09-02-2002
Long Jump	Christine Rogers	5.17	24-04-2008
Triple Jump	Carlee Van Dyk	10.71	30-11-2000
Shot Put (4 kg)	Sarah Mtandwa	11.50	27-11-2003
Discus	Sarah Mtandwa	33.01	31-10-1999
Javelin (New)	Carlee Van Dyk	32.72	04-11-2000
Hammer (4 kg)	Sarah Mtandwa	46.43	12-02-2005
Pole Vault	Jacinta Lynn	3.70	01-02-2003

Club Records – U16 Women

100 metres	Carlee Van Dyk	13.1	25-11-2000
200 metres	Carlee Van Dyk	27.2	02-12-2000
400 metres	Kate Nayda	63.4	21-11-1998
800 metres	Casandra Grace	2:38.0	28-11-1998
1500 metres	Anne Marie Griffiths	5:33.0	01-12-1984
3000 metres	Kate Nayda	13.48.2	27-02-1999
5000 metres			
2000m Steeple	Elizabeth Carty	9:26.4	10-12-2005
90 m Hurdles	Carlee Van Dyk	14.25	25-11-2000
100 m Hurdles	Carlee Van Dyk	15.95	02-12-2000
200 m Hurdles	Carlee Van Dyk	31.95	25-11-2000
400 m Hurdles	Vashti Bieber	76.8	13-03-1999
1500 m Walk	Naomi Manning	8:35.0	06-11-1999
2000 m Walk	Julia Dwyer	12:02.0	04-12-1993
3000 m Walk	Kate Madigan	19:36.1	04-03-2000
5000 m Walk			
4x100m	Hannah Laffey, Jemma Laffey, Bethany Illingworth, Grace Dicker	55.50	23-11-2013
4x200m	Ashleigh Ferreira, Sarah Riseley, Lucy O'Reilly, Jessica Davies	1.57.47	15-12-2001
4x400m	Jemma Laffey, Grace Dicker, Hannah Laffey, Bethany Illingworth	4:46.62	23-11-2013
High Jump	Jacinta Lynn	1.55	09-02-2002
Long Jump	Christine Rogers	5.17	24-04-2008
Triple Jump	Carlee Van Dyk	10.71	30-11-2000
Pole Vault	Jacinta Lynn	3.60	01-12-2001
Shot Put (4 kg)	Sarah Mtandwa	11.39	23-02-2003
Discus	Sarah Mtandwa	33.01	31-10-1999
Javelin (600g)	Carlee Van Dyk	32.72	04-11-2000
Hammer (4 kg)	Sarah Mtandwa	44.69	05-12-2002

Club Records – U14 Women

100 metres	Vashti Bieber	13.5	20-02-1999
200 metres	Bethany Illingworth	27.38	16-12-2014
400 metres	Grace Dicker	65.13	14-02-2014
800 metres	Casandra Grace	2:38.0	28-11-1998
1500 metres	Casandra Grace	5:42.28	13-03-1999
3000 metres			
5000 metres			
2000m Steeple	Elizabeth Carty	9:26.4	10-12-2005
90m Hurdles			
100m Hurdles	Vashti Bieber	21.4	13-09-1999
200m Hurdles	Bethany Illingworth	33.03	30-11-2013
400 m Hurdles	Vashti Bieber	76.8	13-03-1999
1500 m Walk	Naomi Nicola	10:29.2	01-11-2014
2000 m Walk	Naomi Nicola	13:22.47	10-01-2015
4x100m	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	53.88	29-11-2014
4x400m	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	4:38.32	29-11-2014
Medley Relay (200,200,400,800)	Naomi Nicola, Jazmin Dicker, Bethany Illingworth, Grace Dicker	5:07.57	01-11-2014
High Jump	Grace Dicker	1.40	19-10-2014
Long Jump	Janine O'Donnell	4.72	10-11-1984
Triple Jump	Bethany Illingworth	10.06	19-10-2014
Pole Vault	Erica Roadknight	2.70	30-01-1999
Shot Put (3 kg)	Sarah Mtandwa	12.42	15-01-2000
Discus	Sarah Mtandwa	34.45	12-2000
Javelin (400g)	Sarah Mtandwa	30.00	30-11-2000
Hammer (4kg)	Sarah Mtandwa	36.42	21-01-2001

Club Records – Veteran (Over 40) Women

400 metres	Katrina Philip	71.34	08-03-2008
800 metres	Katrina Philip	2:38.26	21-03-2008
1500 metres	Katrina Philip	5:27.70	2009
3000 metres	Katrina Philip	12:41.4	28-04-2008
2000m Steeple	Katrina Philip	10:49.3	18-11-2006
1500 m Walk	Aylean O'Connor	13:19.9	24-03-2007
3000 m Walk	Aylean O'Connor	27:42.0	10-02-2007
Shot Put	Patricia Rogers	10.78	03-12-2005
Discus	Patricia Rogers	32.80	03-12-2005
Hammer	Patricia Rogers	26.73	10-12-2005

Athletics Victoria - Code of Healthy Behaviour

Athletics Victoria understands the harmful effects of smoking on health, fitness and performance and the importance of a healthy diet and regular exercise in sport.

As a result the following Code of Healthy Behaviour has been adopted:

- * PARTICIPANTS are reminded of the importance of healthy eating to their performance at training and in competition.
- * COACHES, OFFICIALS & ADMINISTRATORS are reminded of their responsibilities as "role models", particularly with juniors, and are asked to endorse healthy lifestyle issues by exercising regularly, eating healthy foods & refraining from smoking.
- * COMPETITION, TRAINING VENUES & CLUB ROOMS must be declared "Smoke Free Zones".
- * CANTEENS at competition and training venues are to provide a range of healthy foods and drinks including fruits, 100% orange juice and salad sandwiches.
- * CLUB FUNCTIONS should be conducted in such a manner as to promote responsible use of alcohol and the provision of healthy foods.
- * SPECTATORS are reminded that smoking is inappropriate behavior in a sporting environment and are asked to respect our code of behavior.