



# Ivanhoe Harriers Athletic Club



## Season 2023-24 Handbook



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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 - 0419 499 711**

General Enquiries: [info@ivanhoeharriers.org.au](mailto:info@ivanhoeharriers.org.au)

# President's Message

Welcome to the Ivanhoe Harriers Handbook for season 2023-2024. We sincerely hope you enjoy the contents and trust you find the information useful, particularly our wonderful history of Club Records.

Ivanhoe Harriers is a historic athletics club competing in summer and winter athletic competition. The Club is affiliated with Athletics Victoria and competes in Athletics Victoria programs.

The Club was founded by the Rev. Sydney Buckley in 1914 as a cross-country running club. Ivanhoe Grammar School was established by Rev. Buckley the following year, which naturally enabled and fostered the very close relationship between Club and School over the next 109 years.

The Club has enjoyed significant success and has produced excellent athletes during its 109 year history. Olympians include Alf Watson (1928 and 1936), Ian Campbell (1980) and Gary Honey (1980, 1984, and 1988). The Club has an amazing record in Championships, Victorian and Australian Records. The "All Time" rankings in this booklet are a worthwhile read for anyone interested in Australian Athletics.

Recent Club results have been pleasing. We currently compete in Division 4 for the track and field season. Our cross country season this past winter has been very successful with a fourth placing on the Division 3 ladder, our best cross country performance since 1998.

We have worked hard at maintaining our historic relationship with Ivanhoe Grammar School and treasure our membership of Old Ivanhoe Grammarians' Association. The Club is actively involved with coaching of athletics and cross country teams at the School.

Coaches, John Boas, Cyril Dixon, Jeff Franklin and James Lynch are a very experienced team.

Our wonderful committee has been rock-solid over many years with many achievements. Club uniform has been redesigned with a focus on our past history and more vibrant colours. We have invested in new equipment, purchased a new Club Marquee and introduced new designer running caps.

We have continued to grow our sponsorships which we value immensely. East Ivanhoe Foodworks, a family owned and operated independent supermarket located in East Ivanhoe village has been a great supporter. Aspect Underwriting, a family owned and run insurance business has sponsored the Club now for the last 6 years. Generous corporate

sponsorships from Edney Celebrations, a fully qualified celebrant business and Focus on Family, a family law practice, have been loyal and valuable to the Club over recent years.

The newsletter of the Club is Cursus, which is our lifeblood and keeps us in touch with current and past membership. We aim to produce eight to ten editions annually. 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 either David Burke or myself.

On the subject of communication, we are fortunate to have a wonderful photographer in our club family. Committee member, Anne Bukovsan does a fantastic job taking great action photos, rarely does she miss an event.

Official training is held on Tuesday and Thursday afternoons at Chelsworth Park Ivanhoe East. In addition, depending upon coaching availability, training may also be held at the Collingwood Track at Clifton Hill where we have training rights.

The Club is responsible for supplying “helpers” at competition which can be a rewarding experience for parents. Volunteers are always welcome for interclub and no experience is necessary. Should you be available to “hold a measuring tape” during a Saturday afternoon just let us know.

Finally, I encourage all athletes to embrace the Club, enjoy the competition and improve your fitness and performances during the year. We love to see the PBs rolling in.

Jeff Franklin  
Club President.  
0419499711



Ivanhoe Harriers gratefully appreciates the support from the above sponsors.

# Administration - 2023/24

## **COMMITTEE - EXECUTIVE**

President	Jeff Franklin	0419 499 711
Vice-President	Richard Russell	
Secretary	Barry Greig	0407 402 940
Treasurer	David Burke	

## **COMMITTEE - GENERAL MEMBERS**

Anne Bukovsan	
Braden Fraser	0417 222 726
Michael Linke	
James Lynch	
Glenn Morrison	
Michael Wallis	0450 605 315

## **TEAM MANAGERS**

### **Summer (Track & Field)**

Cyril Dixon 0418 805 900

### **Winter (Cross Country)**

Jeff Franklin and Barry Greig

## **LIFE MEMBERS**

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

## **AV LIFE MEMBERS**

Brian Hodgson (dec)	Bill Pizzey (dec)
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## **COACHES**

Dr John Boas	Level 5 - Jumps and Sprints
Cyril Dixon	Level 3 - Sprints and Middle Distance
Jeff Franklin	Level 1 - Middle Distance
James Lynch	Level 2 - Middle Distance

# Programs for AV Shield & Championships

## AV Shield League 2023/24

Round	Date	Venue	Start	Program
1	Saturday, 7 Oct 2023	Aberfeldie	1:00pm	2
2	Saturday, 14 Oct 2023	Doncaster	1:00pm	1
3	Saturday, 21 Oct 2023	Aberfeldie	1:00pm	1
4	Saturday, 11 Nov 2023	Keilor Park	1:00pm	2
5	Saturday, 18 Nov 2023	Aberfeldie	1:00pm	2
6	Friday, 1 Dec 2023	Doncaster	6:00pm	1a
7	Saturday, 16 Dec 2023	Meadowglen	1:00pm	2a
8	Saturday, 13 Jan 2024	Doncaster	1:00pm	1
9	Saturday, 20 Jan 2024	Werribee	1:00pm	1
10	Saturday, 3 Feb 2024	Doncaster	1:00pm	2
11	Saturday, 10 Feb 2024	Aberfeldie	1:00pm	2
12	Saturday, 17 Feb 2024	Doncaster	1:00pm	1

### Program 1

100m  
400m  
1500m  
80/90/100/110m Hurdles  
1500/3000m Walk  
2000/5000m Walk  
4 x 100/200m Relay  
High Jump  
Long Jump  
Discus  
Javelin

### Program 2

200m  
800m  
3000/5000m  
200/300/400m Hurdles  
2000/3000m Steeplechase  
4 x 400m Relay  
Pole Vault  
Triple Jump  
Shot Put  
Hammer

### Notes

- \* 4x100 Relay on rounds 2 and 9
- \* 4x200 Relay on rounds 3 and 12
- \* 4x400 Relay on rounds 4 and 10
- \* 3000m/5000m on rounds 1,4,7,10
- \* 2000m/3000m Steeple on rounds 5,11
- \* 1500m/3000m Walk on rounds 3,8,9,12
- \* 2000m/5000m Walk on rounds 2,6
- \* Round 6 is a twilight meet
- \* Program 1a includes 60m,600m,Mile
- \* Program 2a includes 150m and 1000m

## Event Entry

Athletes must pre-register online for each event they wish to compete in otherwise they will not be eligible to compete on the day of competition.

Track events are seeded as per submitted times.

If athletes are scratching from a field event, or have a time clash with a track event, they need to advise the field event officials at the event site 10 minutes before the start of the event.

Athletes on the wait list should report into the event site 10 minutes before the start of the event to confirm their place in the event.

## Scoring

For each event and specification, the Shield Scoring table specifies performance values associated with point scores from 100 to 600. If a performance is below the 100-point minimum performance, no points shall be awarded.

For each athlete, a maximum of the best three (3) individual event scores plus one (1) relay performance will contribute to the total club score.

Clubs are graded into one of five divisions according to their performances in the previous AVSL season. Clubs compete against other clubs within that division. After each round clubs are awarded ladder points based on the total accumulated athlete points.

## AVSL Divisions for 2023/24

PREMIER DIVISION	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5
Box Hill	Athletics South West	Bellarine	Ballarat YCW	Bendigo Uni
Collingwood	Ballarat Harriers	Casey Cardinia	Brunswick	Dandenong-Springvale
Diamond Valley	Bendigo Harriers	Corio	Coburg	Deakin
Doncaster	Chilwell	Geelong Guild	Frankston	Mansfield
Eaglehawk	Eureka	Knox	Ivanhoe	Old Melburnians
Essendon	Keilor St Bernards	Preston	Maccabi	Old Scotch
Glenhuntly	Mornington	Ringwood	Melbourne Uni	Richmond
Mentone	Nunawading	Sandringham	Old Xaverians	Shepparton
Wendouree	South Bendigo	Waverley-Malvern	St Kevins	South Coast
Western Athletics	Wyndham	Yarra Ranges	Williamstown	South Melbourne
				St Stephens
				Vic Masters
				Whittlesea

## Division Premierships

The club that finishes on top of the ladder for each division at the conclusion of the twelfth (12<sup>th</sup>) round will be awarded the Division's Premiership Shield.

## Promotion/Relegation

After the 12 rounds of AVSL, the top 2 teams in each division will be promoted to the next higher division for the following season. Similarly the bottom 2 teams in a division will be relegated.

## Powerplay

Clubs are issued with one (1) Powerplay per season and can use their Powerplay on any round.

Powerplays will double the clubs' ladder points for that round and must be submitted before the entries close.



## Championships for 2023/24

Date	Event	Venue
Sat-Sun, 28-29 Oct 2023	Vic All Schools Track & Field Champs (Weekend 1)	Albert Park
Sat-Sun, 4-5 Nov 2023	Vic All Schools Track & Field Champs (Weekend 2)	Albert Park
Thu, 16 Nov 2023	Victorian 5km Championships	Albert Park
Sat, 25 Nov 2023	Victorian Track Relay Championships	Doncaster
Sat, 2 Dec 2023	Zatopek:10	Albert Park
Sat-Sun, 6-7 Jan 2024	Victorian Combined Event Championships	Albert Park
Fri-Sun, 26-28 Jan 2024	Victorian Country Track & Field Championships	Ballarat
Fri-Sun, 23-25 Feb 2024	Victorian Track & Field Champs (Weekend 1)	Albert Park
Fri-Sun, 1-3 Mar 2024	Victorian Track & Field Champs (Weekend 2)	Albert Park
Sat-Sun, 16-17 Mar 2024	Victorian Masters Track & Field Championships	Doncaster
29 Mar - 1 Apr 2024	Australian Masters Championships	Hobart, TAS
Thu-Fri, 11-19 Apr 2024	Australian Track & Field Championships	Adelaide, SA

## Club Duty Roster

AV Shield League – Zone A			
Date	Saturday, 14 October 2023	Friday (Twilight), 1 December 2023	Saturday, 16 December 2023
Round	Round 2	Round 6	Round 7
Venue	Doncaster	Doncaster	Meadowglen
Club Helpers	Long Jump (x 2) Hurdles (x 1)	Long Jump (x 2)	Triple Jump (x 2)

Date	Saturday, 13 January 2024	Saturday, 3 February 2024	Saturday, 17 February 2024
Round	Round 8	Round 10	Round 12
Venue	Doncaster	Doncaster	Doncaster
Club Helpers	Long Jump (x 2) Hurdles (x 1)	Triple Jump (x 2) Hurdles (x 1)	Long Jump (x 2) Hurdles (x 1)

*Club Helpers are required to be there 15 minutes prior to the scheduled start time.  
Any club that fails to provide their allotted number of club helpers for a role by  
the specified time will be penalised.*

### Club Helpers for Championships

Clubs with participating members in Championships will be required to provide volunteer helpers for that event. Duties will be allocated and communicated to clubs once entries close.

# Equipment Specifications

Female	
<b>Open</b> 100m Hurdles / 10 flights 84.0cm (yellow marks) 400m Hurdles / 10 flights 76.2cm (green marks) 3000m Steeplechase/76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg	<b>40+</b> 80m Hurdles / 9 flights 76.2cm (black marks) 400m Hurdles / 10 flights 76.2cm (green marks) 2000m Steeplechase/76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg
<b>Under 20</b> 100m Hurdles / 10 flights 84.0cm (yellow marks) 400m Hurdles / 10 flights 76.2cm (green marks) 3000m Steeplechase/76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 600g Hammer 4.0kg	<b>50+</b> 80m Hurdles / 9 flights 76.2cm (black marks) 300m Hurdles / 7 flights 76.2cm (green marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg
<b>Under 18</b> 100m Hurdles / 10 flights 76.2cm (yellow marks) 400m Hurdles / 10 flights 76.2cm (green marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg	<b>60+</b> 80m Hurdles / 9 flights 76.2cm (black marks) 300m Hurdles / 7 flights 76.2cm (green marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg
<b>Under 16</b> 90m Hurdles / 9 flights 76.2cm (white marks) 200m Hurdles / 10 flights 76.2cm (purple marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg	<b>70+</b> 80m Hurdles / 9 flights 76.2cm (black marks) 300m Hurdles / 7 flights 76.2cm (green marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 500g Hammer 3.0kg
<b>Under 14</b> 80m Hurdles / 9 flights 76.2cm (black marks) 200m Hurdles / 10 flights 76.2cm (purple marks) 2000m Steeplechase/76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 400g Hammer 3.0kg	

## Equipment Specifications (Continued)

Male	
<b>Open</b> 110m Hurdles / 10 flights 106.7cm (blue marks) 400m Hurdles / 10 flights 91.4cm (green marks) 3000m Steeplechase / 91.4cm Shot Put 7.26kg Discus 2.0kg Javelin 800g Hammer 7.26kg	<b>40+</b> 110m Hurdles / 10 flights 99.1cm (blue marks) 400m Hurdles / 10 flights 91.4cm (green marks) 3000m Steeplechase / 84.0cm Shot Put 7.26kg Discus 2.0kg Javelin 800g Hammer 7.26kg
<b>Under 20</b> 110m Hurdles / 10 flights 99.1cm (blue marks) 400m Hurdles / 10 flights 91.4cm (green marks) 3000m Steeplechase / 91.4cm Shot Put 6.0kg Discus 1.75kg Javelin 800g Hammer 6.0kg	<b>50+</b> 100m Hurdles / 10 flights 91.4cm (yellow marks) 400m Hurdles / 10 flights 84.0cm (green marks) 3000m Steeplechase / 84.0cm Shot Put 6.0kg Discus 1.5kg Javelin 700g Hammer 6.0kg
<b>Under 18</b> 110m Hurdles / 10 flights 91.4cm (blue marks) 400m Hurdles / 10 flights 91.4cm (green marks) 2000m Steeplechase / 84.0cm Shot Put 5.0kg Discus 1.5kg Javelin 700g Hammer 5.0kg	<b>60+</b> 100m Hurdles / 10 flights 84.0cm (yellow marks) 300m Hurdles / 7 flights 76.2cm (green marks) 2000m Steeplechase / 76.2cm Shot Put 5.0kg Discus 1.0kg Javelin 600g Hammer 5.0kg
<b>Under 16</b> 100m Hurdles / 10 flights 84.0cm (yellow marks) 200m Hurdles / 10 flights 76.2cm (purple marks) 2000m Steeplechase / 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 700g Hammer 4.0kg	<b>70+</b> 80m Hurdles / 9 flights 76.2cm (black marks) 300m Hurdles / 7 flights 76.2cm (green marks) 2000m Steeplechase / 76.2cm Shot Put 4.0kg Discus 1.0kg Javelin 500g Hammer 4.0kg
<b>Under 14</b> 90m Hurdles / 9 flights 76.2cm (white marks) 200m Hurdles / 10 flights 76.2cm (purple marks) 2000m Steeplechase / 76.2cm Shot Put 3.0kg Discus 1.0kg Javelin 600g Hammer 3.0kg	

# Perpetual Trophy Winners - 2022/23

<b>Statewide Trophy</b> for most Cross Country points	<b>Ben Morrison</b>
<b>Hugh Lowe Trophy</b> for the most outstanding senior athlete during winter competition	<b>David Greig</b>
<b>WA Rawlinson Trophy</b> for best T&F athlete in the Club	<b>David Greig</b>
<b>FJ Holpen Trophy</b> for most consistent A Grade (or Open) athlete in Shield Competition	<b>Perrin Theocharides</b>
<b>Buffalo Sports / Athlete's Foot Trophy</b> for most improved junior athlete	<b>Eva Gilinas</b>
<b>Geoff Legge Trophy</b> for the most outstanding performance by a junior in any event from 800 metres to 10,000 metres	<b>Jamie Blackburn</b>
<b>Boas/Hancock Trophy</b> for the most outstanding field event athlete	<b>Not Awarded</b>
<b>Jack McCann Trophy</b> awarded to the club member making the most significant contribution to the club	<b>David Burke</b>
<b>St James Trophy</b> for most improved athlete since the previous season	<b>Alex Linke</b>
<b>Lewis Hall Trophy</b> for athlete up to Under 23 who shows commitment to the Club and willingness to help others	<b>Eliza Nelson</b>
<b>Banyule Trophy</b> for best female T&F athlete	<b>Kate Bukovsan</b>
<b>John Griffith Trophy</b> for the most improved junior high jumper	<b>Not Awarded</b>
<b>Tony Williams Trophy</b> for most points scored by a junior in the club winter competition	<b>Not Awarded</b>
<b>Harry Jones Trophy</b> for the best junior walker	<b>Not Awarded</b>
<b>COVID Cup</b> Most point earned in events from 400m to 6km on a handicap basis	<b>Kate Bukovsan</b>
<b>6km Cross Country Handicap Trophy</b>	<b>Paige Bukovsan</b>

# Team of the Century

**Team Captain:** Alf Watson - 1920-30's

**Team Vice Captain:** Gary Honey - 1980-90's

**Men's Team Managers:** Noel Burrows - 1960-70's  
Chris Cole - 1960-70's  
Jeff Franklin - 1980-90's  
Jack McCann - 1930-50's

**Women's Team Manager:** Phil Ramsay - 1990's

**Coaches:** John Boas - 1960's to present  
Ron Brinkert - 1980's  
Tom Hancock - 1960's to present  
Mort Smith - 1920-30's

**Women's Coach:** Peter Rule - 1980's to present

	Men	Women
<b>100 metres</b>	Ian Campbell - 1970's Peter Crane - 1990's Braden Fraser - 2000's	Sarah Dosen - 2000's
<b>200 metres</b>	Peter Crane - 1990's Murray Paine - 1940's Ian Rogers - 1980's	Sarah Dosen - 2000's
<b>400 metres</b>	Keith Eiseman - 1930's Gary Honey - 1970's Bryan Humphrey- 1970's	Sarah Dosen - 2000's
<b>800 metres</b>	Sam Fragomeni - 1990's Mal Norwood - 1980's Tony Williams - 1970's	Lauren Richardson - 1990's
<b>1500 metres</b>	Mike Hillardt - 1990's Mal Norwood - 1980's Tony Williams - 1970's	Anne-Maree Griffiths - 1980's
<b>Mile</b>	Basil Coombs - 1930's Geoff Legge - 1950's Tony Williams - 1970's	
<b>5,000 metres</b>	Steve Austin - 1970's Mal Norwood - 1980's Tony Williams - 1970's	

## Team of the Century (Continued)

	Men	Women
<b>10,000 metres</b>	Steve Austin - 1970's Mal Norwood - 1980's Darren Wilson - 1990's	
<b>Marathon</b>	Ray Brown - 1960's Damien Cook - 1990's Darren Wilson - 1990's	
<b>3000 metre Steeple</b>	Barry Greig - 1980's Lachlan McArthur - 1990's Richard Russell - 1990's	
<b>110 metre Hurdles</b>	Gary Holliday - 1970's Ron Mill - 1930's Alf Watson - 1930's	Carlee Van Dyk - 2000's
<b>400 metre Hurdles</b>	Peter Bate - 1990's Charles Green - 1940's Alf Watson - 1930's	Danielle Lynch - 1990's
<b>Long Jump</b>	Ian Campbell - 1970's Fred Holpen - 1970's Gary Honey - 1980's	Sarah Dosen - 2000's
<b>Triple Jump</b>	Peter Beames - 1980's Ian Campbell - 1970's Gary Honey - 1970's	Janine O'Donnell - 1980's
<b>High Jump</b>	Michael Hawkey - 1990's Robert Heffernan - 1930's Clive McNally - 1970's	Danielle Lynch - 1990's
<b>Pole Vault</b>	Neil Honey - 1980's Jim Poulter - 1960's Andrew Vearing - 1990's	Jacinta Lynn - 2000's
<b>Shot Put</b>	Graham Hicks - 2000's Bub Hiscock - 1930's Doug Park - 1970's	Sarah Mtandwa - 2000's
<b>Discus</b>	Graham Hicks - 2000's Doug Park - 1970's Charles Rann - 1950's	Patricia Rogers - 2000's
<b>Javelin</b>	Ray Buckland - 1970's Tom Hancock - 1960's Sig Koscik - 1970's	Annie Guillet - 1990's

## Team of the Century (Continued)

	Men	Women
<b>Hammer Throw</b>	Mal Gleeson - 1930's - 50's Stephen Hall - 1980's Josh Philip - 2000's	Sarah Mtandwa - 2000's
<b>Decathlon</b>	Terry Beaton - 1970's Neville Gavan - 1930's Andrew Vearing - 1990's	
<b>4x100m Relay</b>	(1980 Team) Ian Campbell Peter Donlon Gary Honey Ian Rogers	(Combined Team) Catherine Brennan - 2000's Sarah Dosen - 2000's Danielle Lynch - 1990's Jacinta Lynn - 2000's
<b>4x400m Relay</b>	(1992 Team) David Mahady Neil May Craig Rayner Jason Veitch	
<b>Cross Country</b>	Stephen Austin - 1970's Geoff Legge - 1950's-60's Mal Norwood - 1980's-90's Richard Russell - 1990's Tony Williams - 1970's Darren Wilson - 1990's	Anne-Maree Griffiths - 1980's
<b>3000 metre Walk</b>	Marcus Dwyer - 1990's Tim Erickson - 1970's Brian Oke - 1930's	Julia Dwyer - 1990's
<b>20km Walk</b>	Joe Anderson - 1970's Marcus Dwyer - 1990's Tim Erickson - 1970's	
<b>50 km Walk</b>	Peter Bethell - 1950's Tim Erickson - 1970's Russell Miller - 1970's	

# 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
<b>AV Shield League</b>	
2021-22	Division 5

### 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	26-3-1995	Adelaide
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## AUSTRALIAN BEST ON RECORD

Darren Wilson	Open	Half marathon	60.02	19-1-1997	Tokyo
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## VICTORIAN RECORD

Kyle Ferreira	U14	Pole Vault	4.10m	16-1-1999	Box Hill
	U13	Pole Vault	3.20m	6-12-1997	Box Hill
Stephen Brooks	U17	1500m Track Walk	5:42.68	25-2-1995	Adelaide
	U16	1500m Track Walk	5:42.68	25-2-1995	Adelaide
	U15	1500m Track Walk	5:48.48	27-3-1994	Hobart
Ian Campbell	U18	Triple Jump	16.08m	2-11-1974	O. Park
Anthony Hanna	U19	Decathlon	6263 pts	6-5-2000	Sydney

## VICTORIAN CHAMPIONSHIP MEET RECORDS

Tom Hancock	Over 50	High Jump	1.46m	11-2-2001	O.Park
Keith Howden	Over 50	100 metres	12.86	14-2-1999	O.Park
Andrew Edney	Over 40	Shot Put	10.54m	9-3-2003	O.Park
	Over 40	Shot Put	11.83m	14-2-2004	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	
Stephen Brooks	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

<b>Name</b>	<b>Event</b>	<b>Date</b>	<b>Location</b>
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	
	Pacific Con. Games	1986	
Tom Hancock,	World Championships	1995	Gothenburg, Sweden
	World Junior Champs.	1998	
	France		
Peter Negropontis	Para Olympics	1989	
	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
	440yd Hurdles	56.2	Open	1926
Watson, Alf	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
	Triple Jump	16.50	Open	1982
Capodicasa, Stephan	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	1970
	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	1946
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
	Long Jump		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

Year	Event	Age	Result	Names
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
	10km Road	29:23.0	U20	1985
	8km CC	24:56.0	U20	1990
	1/2 Marathon	1hr05.54	Open	1993
	16km CC	50:58.0	Open	1994
O'Flaherty, Darren,				
Russell, Richard				

## 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 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  
Club Statistician and Records Officer  
3 Murrindal Close,  
Eltham North 3095.  
Phone 9439 8031

## **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	3.2.2001	
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	9.2.2001	
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	11.12.1982	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 Freitas	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 Koscik	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	26/27.3.1998	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**

Paige Bukovsan	2:24.0h	5/03/2022	Albert Park, AVSL Final
Lauren Richardson	2:26.2	13/12/1997	
Stella Ajani	2:27.08	15/12/2016	Doncaster, AV Shield
Rosemary Schmidt	2:28.0	1988-89	Interclub
Marli Brenner	2:35.8h	5/03/2022	Albert Park, AVSL Final
Kate Bukovsan	2:36.3h	5/03/2022	Albert Park, AVSL Final
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
Freya Henriksen	2:40.19	12/11/2016	Doncaster, AV Shield



### **1500 Metres**

Paige Bukovsan	5:07.2h	12/02/2022	Albert Park, AVSL Round 10
Freya Henriksen	5:08.03	10/12/2016	Doncaster, AV Shield
Stella Ajani	5:11.27	10/12/2016	Doncaster, AV Shield
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	
Marli Brenner	5:45.5h	22/01/2022	Aberfeldie, AVSL Round 8
Kate Bukovsan	5:46.3h	22/01/2022	Aberfeldie, AVSL Round 8
Jazmin Dicker	6:04.3	25/10/2014	Doncaster, AV Shield

### **3000 Metres**

Laila Cooke	11:50.33	19/10/2019	Aberfeldie, AVSL Round 3
Katrina Philip	12:41.40	28/04/2008	
Kate Bukovsan	12:53.3h	12/02/2022	Albert Park, AVSL Round 10
Kate Nayda	13:10.15	4/03/2000	

### **Marathon**

Belinda Cooke	3:56:04.0	13/10/2019	Melbourne, Melbourne Marathon
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### **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	1-3-1975
	Jason Veitch	10.72	11-3-1989
200 metres	Ian Campbell	21.5	16-11-1974
	Peter Crane	21.5	16-2-1991
400 metres	Peter Bate	49.33	1-2-1996
800 metres	Darryl Stuckey	1:53.1	7-12-1976
1500 metres	Lachlan McArthur	3:50.98	10-12-1996
3000 metres	Glenn Franklin	8:20.1	1-12-1988
5000 metres	Glenn Franklin	14:52.0	7-1-1989
10000 metres	Noel McDonald	31:12.0	22-10-1974
Marathon	Noel McDonald	2hr 52:37.0	2-6-1972
1500 m Steeple	Chris Schrader	4:17.1	27-2-1972
2000 m Steeple	Alastair Morgan	5:51.0	3-2-2001
3000 m Steeple	Alastair Morgan	9:16.53	9-2-2001
110 m Hurdles	Peter Bate	15.5	18-3-1997
110 m Hurdles (0.991m)	Peter Bate	14.50	24-3-1996
200 m Hurdles (5H)	Peter Bate	24.0	14-12-1995
400 m Hurdles	Peter Bate	51.59	18-12-1997
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
10000 m Walk ( Track )	Marcus Dwyer	44:54.0	5-8-1995
15km Walk	Marcus Dwyer	69:27.8	4-6-1995
20km Walk	Richard Illingworth	1hr 39:18.0	26-1-1992
25km Walk	Russell Miller	2hr 07:29.0	24-7-1991
4 x 100 m Relay	Peter Constantine,	43.3	8-3-1975
	Bill Baker, Ian Campbell, Ken Whitechurch		
4 x 200 m Relay	Matthew Quick,	1:30.3	19-12-1989
	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	14-11-1998
Long Jump	Jason Veitch	7.47	12-3-1989
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)	Ian Keegan	13.68	30-11-1974
Shot Put (6.0kg)	Mark Jansz	13.87	16-12-2000
Shot Put (5.449kg)	Stephen Hall	14.33	20-2-1982
Discus (2.0kg)	Brent Lyons	43.38	14-11-1992
Discus	Shane Wigney	49.60	11-3-1977
Javelin ( Old )	Peter Keene	65.36	21-2-1976
Javelin ( New )	Phillip Vaughan	58.86	26-10-1991
Hammer (7.260kg)	Stephen Hall	46.36	24-10-1981
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	11-3-1989
200 metres	Peter Crane	21.79	10-12-1989
400 metres	Peter Bate	49.33	1-2-1996
800 metres	Andrew Bryant	1:53.4	25-11-1994
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	12-12-1972
10000 metres	Noel McDonald	32:46.0	20-12-1971
Marathon	Noel McDonald	2hr 52:37.0	24-6-1972
2000 m Steeple	Alastair Morgan	5:51.0	3-2-2001
3000 m Steeple	Alastair Morgan	9:16.53	9-2-2001
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	10-12-1995
200 m Hurdles (5H)	Peter Bate	24.0	14-12-1995
400 m Hurdles	Peter Bate	52.07	10-12-1996
1500 m Walk	Stephen Brooks	5:42.68	25-3-1995
2000 m Walk	Stephen Brooks	8:25.0	12-11-1994
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	19-12-1989
	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	19-12-1989
	Glenn Peters, Chris Donnelly, James Lynch		
Medley Relay (2x200,	Brad Wright,	3:35.78	17-12-1995
1x 400, 1x 800)	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	8-12-2001
Shot Put (4.536kg)	Stephen Hall	16.24	15-12-1979
Shot Put (5.0 kg)	Mark Jansz	15.64	27-2-1999
Discus (1.5kg)	Brent Lyons	48.40	30-11-1991
Javelin (Old )	Peter Keene	58.52	16-11-1974
Javelin (New 700g)	Graham Brown	59.39	8-11-2003
Hammer (7.260kg)	Stephen Hall	46.16	28-2-1981
Hammer Throw (6kg)	Josh Philip	56.27	12-3-2005
Hammer (5.0kg)	Josh Philip	60.30	20-11-2004
Hammer (4.536kg)	Ian Keegan	53.64	14-12-1974
Decathlon	Stephen Hall	5720 pts	3-1981
Multi Event	Anthony Hanna	6462 pts	4/5-12-2000

## **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	Jal Wishart	2:13.2	21-12-2019
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	21-1-2000
Javelin (600g)	Matthew Poulter	45.60	29-1-2000
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,	54.0	16-11-74
	Rod Yann, Jason Wood, Richard Lang		
4 x 200 m Relay	Nick Hodgson,	1:51.2	2-12-76
	Andrew Raines, Luke Getson, Bruce Anderson		
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	Barry Greig	2:28.1h	05-03-2022
1500 metres	Barry Greig	5:07.0h	11-12-2021
1 Mile			
3000 metres	Barry Greig	10:49.0h	12-02-2022
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)	Barry Greig	6.74	05-03-2022
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	Paige Bukovsan	2:24.0h	05-03-2022
1500 metres	Paige Bukovsan	5:07.2h	12-02-2022
3000 metres	Laila Cooke	11:50.33	19-10-2019
5000 metres			
10000 metres			
1/2 Marathon			
Marathon	Belinda Cooke	3:56:04.0	13-10-2019
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
4x400m Relay	Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	4:38.10	26-11-2022
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	Paige Bukovsan	2:24.0h	05-03-2022
1500 metres	Paige Bukovsan	5:07.2h	12-02-2022
3000 metres	Laila Cooke	11:50.33	19-10-2019
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
4x400m Relay	Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	4:38.10	26-11-2022
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	Paige Bukovsan	2:24.0h	05-03-2022
1500 metres	Paige Bukovsan	5:07.2h	12-02-2022
3000 metres	Laila Cooke	11:50.33	19-10-2019
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
4x400m Relay	Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	4:38.10	26-11-2022
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	Paige Bukovsan	2:24.0h	05-03-2022
1500 metres	Paige Bukovsan	5:07.2h	12-02-2022
3000 metres	Laila Cooke	11:50.33	19-10-2019
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 Relay	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	53.88	29-11-2014
4x200m Relay	Ashleigh Ferreira, Sarah Riseley, Lucy O'Reilly, Jessica Davies	1.57.47	15-12-2001
4x400m Relay	Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	4:38.10	26-11-2022
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	Marli Brenner	2:35.8h	05-03-2022
1500 metres	Freya Henriksen	5:08.03	10-12-2016
3000 metres	Laila Cooke	11:50.33	19-10-2019
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 Relay	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	53.88	29-11-2014
4x400m Relay	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



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Michael Wallis  
Managing Director

## Personal Performance Record

[illegible]

# **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 behaviour in a sporting environment and are asked to respect our code of behaviour.

# By-Laws

The By-Laws of the Ivanhoe Harriers are contained within our Constitution. A condensed version of our standards of behaviour, code of conduct, protection of children and dispute resolution are included below.

## **Code of Conduct**

The Code of Conduct of the Club requires every member to;

- comply with the provisions of the Constitution, Rules and By-Laws;
- be ethical, fair, and honest in their dealings with others;
- treat other members with respect and courtesy and have proper regard for their dignity, rights and obligations;
- always place the safety and welfare of children above other considerations;
- operate within the relevant rules and spirit of athletics;
- comply with Australian laws ( both Federal and State) , particularly anti-discrimination and child protection laws;
- be responsible and accountable for their conduct.

## **Protection of Children**

The Club is committed to the safety and wellbeing of all children and young people accessing its services. The rights and safety of members and maintaining a child safe environment is acknowledged. The Club will endeavour to protect the ongoing safety and welfare of children by;

- ongoing review of child protection practices and strategies to minimise or prevent risk of harm to children caused by the actions of members or others;
- monitoring performance under the Code of Conduct outlined in these By-Laws;
- ensuring that all reasonable steps are taken to engage the most suitable and appropriate people to work with children. Such measures include obtaining working with children checks for members and any volunteers working with children;

- where possible, ensuring that members and any volunteers working with children are assisted with supervision, support and training in order to promote the maintenance of a child-safe environment;
- encouraging the involvement and participation of young people in the maintenance of child safe environments;
- ensuring that members and any volunteers are aware of their responsibilities under State laws if they have suspicion, on reasonable grounds, that a child has been or is being abused or neglected.

Members under the age of 16 must be supervised at all times by a responsible adult. The Club endeavours to provide a level of supervision adequate and relative to the member's age, maturity, capabilities, level of experience, nature of activity and nature of venue. If a member finds a member under the age of 16 unsupervised, the member should assume responsibility for the safety of the under aged member until the parent, guardian or supervisor can be found.

The Club expects parents to collect their children from training and/or competition in a timely fashion. In the event of a member being left alone with just one child at the end of a training session, that member should, if possible, request another member to also remain until the child is collected.

Where the Club arranges transport of children to or from activities or trips away, relevant driver(s) must satisfy the Association of current insurance of the vehicle, current drivers licence and working seatbelts in the vehicle.

Images of children cannot be used inappropriately or illegally. The Club endeavours at all times to comply with Athletics Victoria Photography Policy and requires that members, where possible, obtain permission from a child's parent or guardian before taking an image of a child to ensure that consent for the usage of the image has been granted. In this regard, camera phones, cameras and videos are not permitted inside showers, toilets or change rooms.

Where the Club uses an image of a child, no additional information such as address, email address, telephone numbers or other personal information can be displayed without the consent of parent/guardian.

The Club opposes all forms of harassment, discrimination and bullying. This includes treating or proposing to treat someone less favourably because of a particular characteristic; imposing or intending to impose an unreasonable requirement, condition or practice which has an unequal or disproportionate effect on people with a particular characteristic; or any behaviour that is offensive, abusive, belittling, intimidating, or threatening, whether this is face-



to-face, indirectly via communication technologies such as mobile phone or computer. Some forms of harassment, discrimination and bullying are against the law and are based on particular characteristics such as age, disability, gender, sexual orientation, pregnancy, political or religious beliefs, race and marital status.

The Club takes all claims of harassment, discrimination, bullying and cyber bullying seriously. Any member who believes they have been harassed, discriminated against or bullied should raise the issue with a member of Committee.

### **Inclusion Policy**

The Club welcomes all members of the community, regardless of their abilities. To the extent possible, people with disabilities will be encouraged to participate in both playing and non-playing roles .

The Club will endeavour to be as accessible as possible having regard to ability of the individual, the type and standard of competition and the capacity of the Club to make modifications that promote inclusion.

### **Complaints**

Any complaint received by the Club will be treated as a serious matter and will be promptly handled based on procedural fairness. Both complainant(s) and respondent(s) will be interviewed by the President and one other member of the Executive with a report back to Committee as appropriate.

The complaint will be analysed and where possible, the parties will be encouraged to discuss and agree a solution. If the complaint relates to suspected child abuse, sexual assault or other criminal activity, the Club will report the matter to police.

The Complainant may decide to treat the matter either formally or informally, in any event all complaints are to be dealt with promptly, seriously, sensitively and confidentially. The Club will assist with the resolution process which may involve:

- supporting the complainant;
- encouraging formal or informal mediation between the parties;
- collection of further information about the matter;
- seeking advice from third party authorities such as Athletics Victoria, community mediation, anti-discrimination agency or police;

## **Club Records**

A Club Record is one made by a member of the Club in bona fide competition under the jurisdiction of Athletics Victoria Inc. or other IAAF affiliates.

Under-age records shall be established by a competitor who has not attained the age on the date of the performance.

For relay teams all team members must be under the appropriate age on the day on the performance.

Implements and specifications for record purposes shall be those prescribed from time to time by Athletics Victoria Inc.

Conditions under which records shall be recognised shall be according to the Rules of Athletics Victoria Inc., but at the discretion of the Committee, particular requirements may be waived in some cases.



