

**IPSWICH & DISTRICT ATHLETIC CLUB INC**  
**BEST ON RECORD RESULTS OF CARNIVALS 1982 - 2014**

| <b>GIRLS/WOMEN</b>         |                                      |          |      | AGE/EVENT        | NAME                                 | RESULT   | YEAR    |
|----------------------------|--------------------------------------|----------|------|------------------|--------------------------------------|----------|---------|
| AGE/EVENT                  | NAME                                 | RESULT   | YEAR |                  |                                      |          |         |
| <b>8 Years &amp; Under</b> | <b>AGE GROUP NO LONGER CONTESTED</b> |          |      | Shot Put 2.724kg | K. Jones                             | 14.91    | 1990    |
| 80 Metres                  | M. Murison                           | 11.92    | 1998 | Javelin 600g     | A. Utschink                          | 35.12    | 1997    |
| 100 Metres                 | Jessica Firth                        | 15.06    | 1996 | <b>14 Years</b>  | <b>AGE GROUP NO LONGER CONTESTED</b> |          |         |
| Long Jump                  | Caitlin Sippel                       | 3.79m    | 1995 | 100 Metres       | J. Davies                            | 12.28    | 2002    |
| Shot Put 2kg               | Emily Griffiths                      | 6.77m    | 1996 | 200 Metres       | J. Davies                            | 25.54    | 2002    |
| <b>9 Years</b>             | <b>AGE GROUP NO LONGER CONTESTED</b> |          |      | 400 Metres       | S. Ring                              | 59.30    | 2004    |
| 100 Metres                 | Michelle Aurisch                     | 14.00    | 1982 | 800 Metres       | A. McVie                             | 2.14.80  | 1982    |
| 200 Metres                 | Michelle Aurisch                     | 29.40    | 1982 | 1500 Metres      | C. Jones                             | 4.47.10  | 1982    |
| Long Jump                  | Michelle Aurisch                     | 4.49m    | 1982 | Long Jump        | Sharon Jaklofski/Smith               | 5.46     | 1983    |
| Shot Put 2kg               | M. Thompson                          | 7.75m    | 1984 | High Jump        | V. Kerr                              | 1.65     | 1989    |
| <b>10 Years</b>            |                                      |          |      | Triple Jump      | J. Jennings                          | 11.45    | 2000    |
| 100 Metres                 | K. Hill                              | 13.89    | 1984 | Shot Put 4kg     | Helen Toussis                        | 12.66    | 1989    |
| 200 Metres                 | A. Christie                          | 28.60    | 1982 | Javelin 600g     | A. Utschink                          | 37.88    | 1998    |
| 800 Metres                 | C. Tolhopf                           | 2.41.25  | 1993 | =                | Samantha Fraser                      | 37.88    | 1998    |
| Long Jump                  | S. Aurisch                           | 4.77m    | 1984 | Discus 1kg       | J. Mc Martin                         | 40.74    | 1993    |
| Shot Put 2kg               | Amanda Rose                          | 10.95m   | 2012 | 800 M. Walk      | Anita Wallis                         | 3.46.54  | 1991    |
| Discus                     | Bella McLoughlin                     | 30.50m   | 2013 | 3000 Metres      | J. Curd                              | 11.22.00 | 1983    |
| 400 Metres                 | M. Bochmann                          | 1.08.78  | 1987 | <b>15 Years</b>  | <b>AGE GROUP NO LONGER CONTESTED</b> |          |         |
| 800 M. Walk                | J. Keillah                           | 4.00.19  | 1987 | 100 Metres       | Judy Davies                          | 12.20    | 2003    |
| High Jump                  | Vicki Kerr                           | 1.35m    | 1985 | 200 Metres       | Judy Davies                          | 25.03    | 2003    |
| 1500 Metres                | C. Bevan                             | 5.00.56  | 1986 | 400 Metres       | Judy Davies                          | 57.74    | 2003    |
| <b>11 Years</b>            |                                      |          |      | 800 Metres       | Fiona Bain                           | 2.19.20  | 1982    |
| 100 Metres                 | A. Kercher                           | 13.20    | 1983 | 1500 Metres      | K. Watts                             | 4.42.48  | 1987    |
| 200 Metres                 | Michelle Aurisch                     | 28.10    | 1983 | Long Jump        | L. Gooden                            | 5.71     | 1982    |
| 800 Metres                 | S. Curtis                            | 2.31.58  | 1997 | High Jump        | Sharon Jaklofski/Smith               | 1.65     | 1984    |
| Long Jump                  | N. Ruhl                              | 4.55m    | 1982 | =                | Lisa Armstrong                       | 1.65     | 1992    |
| Shot Put 2kg               | Amanda Rose                          | 13.78m   | 2013 | Triple Jump      | N. Etheridge                         | 10.92    | 2002    |
| 400 Metres                 | N. Wheeler                           | 1.05.60  | 1982 | Shot Put 4kg     | K. Jones                             | 13.20    | 1992    |
| =                          | J. Crowe                             | 1.05.60  | 1989 | Javelin 600g     | L. Garwood                           | 40.86    | 1995    |
| 1500 M. Walk               | Lauren Filer                         | 8.51.93  | 1996 | Discus 1kg       | Deborah Lovely                       | 42.84    | 1998    |
| High Jump                  | A. Natalier                          | 1.50m    | 1997 | 800 M. Walk      | Tammy Zabel                          | 3.54.00  | 1985    |
| Discus                     | Rochelle Vidler                      | 32.25m   | 2012 | 1500 M. Walk     | Sheree Newton                        | 6.56.00  | 1986    |
| <b>12 Years</b>            |                                      |          |      | 3000 Metres      | M. Kelly                             | 10.08.00 | 1986    |
| 100 Metres                 | R. Maguire                           | 12.76    | 2005 | <b>Under 16</b>  |                                      |          |         |
| 200 Metres                 | Michelle Aurisch                     | 26.70    | 1985 | 100 metres       | Nicole Kay                           | 12.84e   | 2012    |
| 400 Metres                 | K. Mackee                            | 1.03.10m | 1982 | 400 metres       | Nicole Kay                           | 1.00.45e | 2012    |
| 800 Metres                 | Jaqueline Clowes                     | 2.27.13  | 1991 | 800 metres       | Madeline McGuire                     | 2.23.77e | 2012    |
| Long Jump                  | K. Simmonds                          | 4.96m    | 1982 | Long Jump        | Nicole Maynard                       | 5.34m    | 2012    |
| High Jump                  | A. Natalier                          | 1.56m    | 1998 | High Jump        | Zoe Phillips                         | 1.55m    | 2013    |
| =                          | Nicole Maynard                       | 1.56m    | 2010 | Triple Jump      | Nicole Maynard                       | 11.29m   | 2012    |
| Triple Jump                | Nicole Maynard                       | 10.19m   | 2010 | Shot Put         | Samantha Lenton                      | 13.99m   | 2014    |
| Shot Put 3kg               | Catherine Spink                      | 11.65m   | 2001 | Discus           | Melissa Hamer                        | 40.80m   | 2010    |
| Javelin                    | M. Thompson                          | 30.44m   | 1987 | Javelin          | Samantha Lenton                      | 30.47m   | 2014    |
| Discus 1kg                 | Rochelle Vidler                      | 39.21m   | 2013 | <b>Under 18</b>  |                                      |          |         |
| 800 M. Walk                | Sandra Doocey                        | 3.53.60  | 1985 | 100 Metres       | Cathy Freeman                        | 12.03    | 1989    |
| 1500 Metres                | K. Mackee                            | 5.05.90  | 1982 | 200 Metres       | Sharon Cripps                        | 24.78    | 1993    |
| Shot Put 2.724kg           | K. Gore                              | 11.79m   | 1989 | 400 Metres       | Laura Kennedy                        | 58.40    | 1997    |
| <b>13 Years</b>            |                                      |          |      | 800 Metres       | Jay South                            | 2.17.33  | 1993    |
| 100 Metres                 | Judy Davies                          | 12.30    | 2001 | 1500 Metres      | Tracey Fellows                       | 4.46.70  | 1982    |
| 200 Metres                 | Adriene Rainbird                     | 26.12    | 1984 | Long Jump        | Sandra Priestly                      | 6.05     | 1982    |
| 400 Metres                 | Judy Davies                          | 58.80    | 2001 | High Jump        | Gay Kapernick                        | 1.80     | 1987    |
| 800 Metres                 | M. Adamson                           | 2.19.90  | 1982 | Triple Jump      | Nicole Maynard                       | 11.62m   | 2013/14 |
| 1500 Metres                | M. Adamson                           | 4.44.00  | 1982 | Shot Put 4kg     | Samantha Lenton                      | 14.51m   | 2014    |
| 1500 M. Walk               | R. McCammon                          | 8.26.26  | 1998 | Javelin 600g     | Joanna Stone                         | 43.70m   | 1990    |
| Long Jump                  | Sharon Jaklofski/Smith               | 5.64     | 1982 | Discus 1kg       | Deborah Lovely                       | 48.60m   | 2000    |
| Triple Jump                | Jessie Harper                        | 11.17m   | 2010 | 1500 M. Walk     | N. Camplin                           | 6.30.00  | 1986    |
| High Jump                  | K. Danaher                           | 1.68m    | 1995 | 3000 Metres      | S. Ross                              | 10.31.00 | 1986    |
| Shot Put 3kg               | Catherine Spink                      | 12.36    | 2002 |                  |                                      |          |         |
| Javelin 400g               | Catherine Spink                      | 39.29    | 2002 |                  |                                      |          |         |
| Discus 1kg                 | Kate Jones                           | 39.12    | 1990 |                  |                                      |          |         |

**GIRLS/WOMEN** (contd)

BEST ON RECORD RESULTS 1982 - 2014 (contd)

**GIRLS/WOMEN (contd)**

| AGE/EVENT       | NAME            | RESULT  | YEAR |
|-----------------|-----------------|---------|------|
| <b>Under 20</b> |                 |         |      |
| 100 Metres      | Sandra Priestly | 12.10   | 1983 |
| 200 Metres      | Sandra Priestly | 25.50   | 1983 |
| 400 Metres      | Sandra Priestly | 1.01.70 | 1983 |
| 800 Metres      | L. Carver       | 2.20.60 | 1982 |
| 1500 Metres     | Jenny Green     | 4.43.40 | 1982 |
| Long Jump       | Karen Davies    | 5.63    | 1982 |
| Shot Put        | Claire Keefer   | 6.27m   | 2014 |
| Javelin         | L. Garwood      | 42.58   | 1998 |
| Discus          | J. Larking      | 36.32   | 1982 |

**OPEN**

|              |                  |          |      |
|--------------|------------------|----------|------|
| 100 Metres   | Monique Dunstan  | 11.82    | 1986 |
| 200 Metres   | Kerrie Kinnane   | 24.35    | 1989 |
| 400 Metres   | Angela Barrett   | 57.30    | 1995 |
| 800 Metres   | V. Sterne        | 2.14.65  | 1994 |
| 1500 Metres  | Daphne Stevens   | 4.32.30  | 1982 |
| 1500 M. Walk | Rose-Leigh Tobin | 8.20.20  | 2006 |
| Long Jump    | A. Walker        | 5.90     | 1998 |
| High Jump    | Deanne Bopf      | 1.78     | 1984 |
| Triple Jump  | A. Walker        | 12.37    | 1998 |
| Shot Put 4kg | Daniella Costian | 15.78    | 1990 |
| Javelin 600g | L. Garwood       | 44.12    | 1996 |
| Discus 1kg   | Daniella Costian | 65.00    | 1990 |
| 3000 Metres  | N. Isaac         | 10.28.70 | 1982 |

**MASTERS Women 30-34yrs**

|             |                 |         |      |
|-------------|-----------------|---------|------|
| 100 Metres  | Carissa Wise    | 14.99e  | 2014 |
| 200 Metres  | Kelli Weaver    | 40.22   | 2008 |
| 800m        | Anne Venema     | 2.47.50 | 2008 |
| 1500 Metres | Anne Venema     | 6.00.49 | 2008 |
| Long Jump   | Nathaly Manning | 4.35m   | 2013 |
| Triple Jump | Carissa Wise    | 9.46m   | 2014 |
| High Jump   | Carissa Wise    | 1.36m   | 2014 |
| Shot Put    | Kellie Weaver   | 8.80m   | 2009 |
| Discus      | Kellie Weaver   | 25.16m  | 2009 |

**MASTERS Women 35-39yrs**

|             |                   |         |      |
|-------------|-------------------|---------|------|
| 100 Metres  | Heather Garthe    | 15.10   | 2006 |
| 200 Metres  | Kerri Stieler     | 32.40   | 2008 |
| 800m        | Kerri Stieler     | 3.07.19 | 2008 |
| 1500 Metres | Kerri Stieler     | 6.21.03 | 2008 |
| Long Jump   | Michelle Mackey   | 5.15m   | 2011 |
| High Jump   | Theresa Stolberg  | 1.40m   | 2008 |
| Shot Put    | Lisa Neuendorf    | 9.97m   | 2012 |
| Javelin     | Roselyn Zimmerman | 19.51m  | 2007 |
| Discus      | Theresa Stolberg  | 27.69m  | 2007 |

**MASTERS .. 30-39 AGE GROUP NO LONGER CONTESTED**

|              |                |         |      |
|--------------|----------------|---------|------|
| 100 Metres   | Julie Brims    | 12.86   | 2004 |
| 200 Metres   | Julie Brims    | 26.62   | 2004 |
| 800 Metres   | A. Lampe       | 3.02.27 | 1997 |
| 1500 Metres  | R. Cameron     | 6.50.82 | 1998 |
| Long Jump    | Julie Brims    | 4.79    | 2004 |
| Shot Put 4kg | E. Goodall     | 10.17   | 1994 |
| Javelin 600g | Suellen Fraser | 26.16   | 1995 |
| Discus 1kg   | Suellen Fraser | 31.28   | 1997 |

**MASTERS Women 40-44yrs**

|             |             |       |      |
|-------------|-------------|-------|------|
| 100 Metres  | Julie Brims | 12.75 | 2006 |
| 200 Metres  | Julie Brims | 27.31 | 2006 |
| 1500 Metres |             |       |      |

**GIRLS/WOMEN (contd) Women 40-44yrs**

| AGE/EVENT   | NAME             | RESULT | YEAR |
|-------------|------------------|--------|------|
| Long Jump   | Michelle Mackey  | 5.11m  | 2014 |
| High Jump   | Helen Powell     | 1.20m  | 2012 |
| Triple Jump | Helen Powell     | 7.68m  | 2012 |
| Shot Put    | Theresa Stolberg | 8.81m  | 2012 |
| Javelin     | Theresa Stolberg | 30.60m | 2013 |
| Discus      | Theresa Stolberg | 24.75m | 2013 |

**MASTERS Women 45-49yrs**

|             |                |        |      |
|-------------|----------------|--------|------|
| 100 Metres  | Patty Peterson | 14.95  | 2007 |
| 200 Metres  | Patty Peterson | 31.67  | 2007 |
| 1500 Metres |                |        |      |
| Triple Jump | Suellen Fraser | 6.12m  | 2012 |
| Shot Put    | Suellen Fraser | 6.75m  | 2012 |
| Javelin     |                |        |      |
| Discus      | Suellen Fraser | 23.10m | 2008 |

**MASTERS .. 40-49 AGE GROUP NO LONGER CONTESTED**

|              |                  |          |      |
|--------------|------------------|----------|------|
| 100 Metres   | Cherie Smee      | 12.79    | 2002 |
| 200 Metres   | Roberta Thompson | 26.62    | 2004 |
| 1500 Metres  | Karen Lakin      | 5.50.65  | 2004 |
| 1500 M Walk  | Suellen Fraser   | 12.16.85 | 2004 |
| Long Jump    | S. Smith         | 4.17m    | 1994 |
| Shot Put 4kg | Wilma Perkins    | 9.89m    | 1994 |
| Javelin 600g | Y. Watkins       | 34.86m   | 1995 |
| Discus 1kg   | S. Smith         | 31.38m   | 1994 |

**MASTERS Women 50-54yrs**

|             |               |        |      |
|-------------|---------------|--------|------|
| 100 Metres  | Noela Brameld | 15.64  | 2007 |
| 200 Metres  | Noela Brameld | 33.00  | 2007 |
| 1500 Metres |               |        |      |
| Long Jump   | Denise Quinn  | 3.67m  | 2007 |
| Triple Jump | Phylis Kwok   | 7.81m  | 2010 |
| Shot Put    |               |        |      |
| Javelin     | Denise Quinn  | 22.27m | 2007 |
| Discus      | Phylis Kwok   | 23.11m | 2010 |

**MASTERS Women 55-59yrs**

|             |  |  |  |
|-------------|--|--|--|
| 100 Metres  |  |  |  |
| 200 Metres  |  |  |  |
| 1500 Metres |  |  |  |
| Long Jump   |  |  |  |
| Shot Put    |  |  |  |
| Javelin     |  |  |  |
| Discus      |  |  |  |

**MASTERS .. 50-59 AGE GROUP NO LONGER CONTESTED**

|              |                 |         |      |
|--------------|-----------------|---------|------|
| 100 Metres   | Wendy Doran     | 13.93   | 2003 |
| 200 Metres   | Wendy Doran     | 30.02   | 2004 |
| 1500 Metres  | Jo Cullen       | 6.26.03 | 2004 |
| Long Jump    | M. Kahler       | 3.60m   | 1996 |
| Shot Put 3kg | Wendy Doran     | 7.78m   | 2001 |
| Javelin 500g | Wendy Doran     | 22.61m  | 2001 |
| Javelin 400g | Heather Doherty | 36.14m  | 1987 |
| Discus 1kg   | M. Kahler       | 21.66m  | 1996 |

**MASTERS .. 60+ AGE GROUP NO LONGER CONTESTED**

|              |                  |         |      |
|--------------|------------------|---------|------|
| 100 Metres   | Annette Horsnell | 15.85   | 2003 |
| 200 Metres   | Annette Horsnell | 35.21   | 2004 |
| 1500 Metres  | Betty Menzies    | 5.56.41 | 2004 |
| Long Jump    | R. Gidley        | 2.32m   | 2000 |
| Shot Put 3kg | Helen Searle     | 10.98m  | 2004 |
| Javelin 400g | Helen Searle     | 23.29m  | 2004 |
| Discus 1kg   | Helen Searle     | 29.70m  | 2004 |

BEST ON RECORD RESULTS 1982 - 2014 (contd)

**BOYS/MEN**

| AGE/EVENT  | NAME               | RESULT  | YEAR |
|--|--------------------|---------|------|
| <b>8 Years &amp; Under</b> AGE GROUP NO LONGER CONTESTED |                    |         |      |
| 80 Metres  | S. Eastman         | 11.40   | 1985 |
| 100 Metres   | David Mydlowski    | 14.68   | 1991 |
| Long Jump  | J. Phillip         | 3.86m   | 1986 |
|  | = M. Geppert       | 3.86m   | 1989 |
| Shot Put 2kg   | J. Kemp            | 7.50m   | 2003 |
| 200 Metres   | W. Bain            | 33.40   | 1982 |
| <b>9 Years</b> AGE GROUP NO LONGER CONTESTED             |                    |         |      |
| 100 Metres   | A. McLean          | 13.50   | 1986 |
| 200 Metres   | C. O'Hara          | 29.00   | 1985 |
| Long Jump  | J. Cannon          | 4.24m   | 1998 |
| Shot Put 2kg   | S. Vis             | 9.38m   | 1990 |
| <b>10 Years</b>  |                    |         |      |
| 100 Metres   | D. Nicholls        | 13.50   | 1982 |
| 200 Metres   | D. Nicholls        | 27.20   | 1982 |
| 800 Metres   | M. Mullins         | 2.32.22 | 1998 |
| 1500 Metres  | Liam Stolberg      | 6.18.70 | 2013 |
| Long Jump  | J. Phillip         | 4.66m   | 1988 |
| Shot Put 2kg   | L. Takau           | 12.06m  | 2005 |
| Discus   | Mitchell Neuendorf | 27.52m  | 2012 |
| 400 Metres   | M. Gross           | 1.03.90 | 1982 |
| 800 M. Walk  | David Miles        | 4.04.00 | 1986 |
| 1500 Metres  | David Miles        | 5.26.00 | 1986 |
| High Jump  | Mark. Sills        | 1.44m   | 1987 |
| <b>11 Years</b>  |                    |         |      |
| 100 Metres   | S. Eastman         | 12.50   | 1988 |
| 200 Metres   | C. Brownjohn       | 26.30   | 1988 |
| 800 Metres   | K. Richardson      | 2.24.00 | 1985 |
| Discus   | Thomas Cronin      | 26.76m  | 2011 |
| Long Jump  | Sean Cranney       | 5.20m   | 1985 |
| Shot Put 2kg   | Shaun Hegarty      | 13.67m  | 2003 |
| 400 Metres   | S. Pettigrew       | 1.03.40 | 1983 |
| 800 M. Walk  | Anthony Miles      | 4.04.00 | 1983 |
| 1500 M. Walk   | C. Lang            | 8.33.90 | 1995 |
| High Jump  | R. Kramp           | 1.52m   | 1991 |
| <b>12 Years</b>  |                    |         |      |
| 100 Metres   | S. Eastman         | 12.02   | 1989 |
| 200 Metres   | B. Emmerson        | 25.40   | 1983 |
| 800 Metres   | Paul Statham       | 2.17.00 | 1983 |
| Long Jump  | Adam Connelly      | 5.26m   | 1991 |
| High Jump  | J. Phillip         | 1.62m   | 1990 |
| Shot Put 3kg   | Brent Dixon        | 14.86m  | 2002 |
| Discus   | Ryan Stewart       | 34.13m  | 2014 |
| 400 Metres   | Ben Swanborough    | 58.10   | 1990 |
| 800 M. Walk  | David Miles        | 3.47.00 | 1988 |
| 1500 Metres  | B. Grail           | 4.44.10 | 1982 |
| 1500 M. Walk   | C. Daintry         | 8.54.20 | 1982 |
| Triple Jump  | C. Thompson        | 10.14m  | 1985 |
| Shot Put 2.724kg   | N. Weiss           | 14.07m  | 1996 |
| Javelin  | S. Cuylenburg      | 33.26m  | 1989 |
| <b>13 Years</b>  |                    |         |      |
| 100 Metres   | Lyndon Phipps      | 11.65   | 2005 |
| 200 Metres   | Lyndon Phipps      | 24.41   | 2005 |
| 400 Metres   | D. Wilson          | 53.48   | 2004 |
| 800 Metres   | Paul Statham       | 2.12.56 | 1984 |
| 1500 Metres  | Paul Statham       | 4.26.00 | 1984 |
| 1500 M. Walk   | Scott Roberts      | 7.30.31 | 1996 |
| Long Jump  | Z. Sharma          | 5.76m   | 1995 |
| Triple Jump  | Mathew Wecker      | 10.73m  | 2011 |
| High Jump  | Lincoln Cory       | 1.77m   | 2004 |
| Shot Put 3kg   | B. Dixon           | 15.88m  | 2003 |

**BOYS/MEN**

| AGE/EVENT                                     | NAME               | RESULT   | YEAR |
|---|--------------------|----------|------|
| <b>13 Years (contd)</b>                       |                    |          |      |
| Javelin 600g                                  | S. Connor          | 52.10m   | 1993 |
| Discus 1kg                                    | Daniel East        | 49.18m   | 1996 |
| 800 M. Walk                                   | T. Bell            | 4.02.70  | 1983 |
| 3000 Metres                                   | Paul Statham       | 9.58.00  | 1983 |
| Shot Put 3.632kg                              | R. Sheehan         | 17.29m   | 1985 |
| <b>14 Years</b> AGE GROUP NO LONGER CONTESTED |                    |          |      |
| 100 Metres                                    | Nathan Carr        | 11.40    | 1994 |
| 200 Metres                                    | Lynton Johnson     | 22.60    | 1984 |
| 400 Metres                                    | D. Lobegeiger      | 53.10    | 1984 |
| 800 Metres                                    | C. Buckley         | 2.05.34  | 1994 |
| 1500 Metres                                   | P. McGuire         | 4.23.50  | 1985 |
| Long Jump                                     | Adam Connelly      | 6.28m    | 1993 |
| High Jump                                     | Mark Sills         | 1.90m    | 1991 |
| Triple Jump                                   | G. Trenton         | 12.66m   | 1993 |
| Shot Put 4kg                                  | J. Dudley          | 15.90m   | 1999 |
| Javelin 600g                                  | Greg Holmes        | 49.84m   | 1997 |
| Discus 1kg                                    | Greg Holmes        | 54.20m   | 1997 |
| 800 M. Walk                                   | David Miles        | 3.33.00  | 1989 |
| 3000 Metres                                   | S. Stone           | 10.38.00 | 1983 |
| Shot Put 4.535kg                              | A. Jackwitz        | 15.60m   | 1982 |
| Javelin 700g                                  | S. Connor          | 54.40m   | 1994 |
| <b>15 Years</b> AGE GROUP NO LONGER CONTESTED |                    |          |      |
| 100 Metres                                    | Gregory Wynne      | 10.88    | 2002 |
| 200 Metres                                    | Nathan Carr        | 22.20    | 1995 |
| 400 Metres                                    | Nathan Carr        | 52.10    | 1995 |
| 800 Metres                                    | S. Trost           | 1.59.10  | 1982 |
| 1500 Metres                                   | Alistair Stevenson | 4.12.57  | 1994 |
| Long Jump                                     | Mark Sills         | 6.68m    | 1992 |
| High Jump                                     | G. Trenton         | 1.97m    | 1994 |
| Triple Jump                                   | Mark Sills         | 14.00m   | 1992 |
| Shot Put 4kg                                  | Greg Holmes        | 17.22m   | 1998 |
| Javelin 700g                                  | S. White           | 63.28m   | 1985 |
| Discus 1kg                                    | G. Kraaymaat       | 56.64m   | 2000 |
| 800 M. Walk                                   | Anthony Miles      | 3.43.10  | 1985 |
| 1500 M. Walk                                  | K. Rose            | 7.09.10  | 1994 |
| 3000 Metres                                   | Paul Statham       | 8.57.00  | 1986 |
| Shot Put 4.535kg                              | Scott Petie        | 16.54m   | 1986 |
| <b>Under16</b>                                |                    |          |      |
| 100metres                                     | Zane Buckley       | 12.47e   | 2014 |
| 400metres                                     | Jasper Yeuell      | 57.37e   | 2010 |
| 800metres                                     | Nicholas Laidlaw   | 2.20.32e | 2010 |
| Long Jump                                     | Mathew Wecker      | 5.27m    | 2012 |
| High Jump                                     | Jessie Tumata      | 1.73m    | 2013 |
| Triple Jump                                   | Jessie Tumata      | 11.21m   | 2013 |
| Shot Put                                      | Matthew Denny      | 17.24m   | 2011 |
| Discus 1kg                                    | Matthew Denny      | 66.87m   | 2011 |
| <b>Under 18</b>                               |                    |          |      |
| 100 Metres                                    | H. Goodall         | 10.73    | 2004 |
| 200 Metres                                    | Nathan Carr        | 22.34    | 1997 |
| 400 Metres                                    | Matthew Favier     | 50.40    | 1982 |
| 800 Metres                                    | Matthew Favier     | 1.58.50  | 1982 |
| 1500 Metres                                   | Alistair Stevenson | 4.02.65  | 1995 |
| Long Jump                                     | Mark Sills         | 7.14m    | 1994 |
| High Jump                                     | Bruce Barram       | 2.00m    | 1995 |
| Triple Jump                                   | Peter Burge        | 14.37m   | 1991 |
| Shot Put 5kg                                  | GregHolmes         | 17.77m   | 2000 |
| Javelin 700g                                  | Dion Collins       | 61.40m   | 1993 |
| Discus 1.5kg                                  | Andrew Welch       | 61.90m   | 2006 |
| 1500 M. Walk                                  | Andrew Miles       | 6.28.06  | 1987 |
| 3000 Metres                                   | C. Robinson        | 9.37.00  | 1986 |
| Shot Put 5.449kg                              | C. Bocalatti       | 16.65    | 1991 |

BEST ON RECORD RESULTS 1982 - 2014 (contd)

**BOYS/MEN (contd)**

| AGE/EVENT       | NAME               | RESULT  | YEAR |
|-----------------|--------------------|---------|------|
| <b>Under 20</b> |                    |         |      |
| 100 Metres      | Brett Leavy        | 11.10   | 1983 |
| 200 Metres      | Brett Leavy        | 22.40   | 1983 |
| 400 Metres      | L. Moore           | 54.30   | 1982 |
| 800 Metres      | Daniel Harris-Wolf | 2.01.96 | 1997 |
| 1500 Metres     | J. Brown           | 4.15.00 | 1982 |
| 3000 Metres     | P. Newbold         | 9.13.40 | 1983 |
| Triple Jump     | Omar Thompson      | 11.01m  | 2014 |
| Shot Put        | Michael Criticos   | 13.47m  | 2013 |
| Javelin         | Wayne Martell      | 59.26m  | 1982 |
| Discus          | Alan Bray          | 49.86m  | 1982 |

**OPEN**

|                  |                   |          |      |
|------------------|-------------------|----------|------|
| 100 Metres       | Nathan Carr       | 10.24    | 1998 |
| 200 Metres       | Stuart Uhlmann    | 21.60    | 1995 |
| 400 Metres       | Heath Fitzpatrick | 48.70    | 1992 |
| 800 Metres       | Peter Hawes       | 1.52.40  | 1982 |
| 1500 Metres      | Peter Hawes       | 3.53.60  | 1982 |
| 1500 M. Walk     | J. Jimenez        | 6.14.10  | 1993 |
| Long Jump        | Jai Taurima       | 7.68m    | 1992 |
| High Jump        | Brian Duval       | 2.07m    | 1991 |
| Triple Jump      | Peter Burge       | 15.19m   | 1993 |
| Shot Put 7.260kg | Rhys Jones        | 15.81m   | 2014 |
| Javelin 800g     | P. Wadsworth      | 68.24m   | 1995 |
| Discus 2kg       | R. Burton         | 51.72m   | 1982 |
| 3000 Metres      | G. Carmichael     | 8.36.90  | 1982 |
| 3000 M. Walk     | Roy Stubbs        | 15.24.50 | 1982 |

**MASTERS Men 30-34yrs**

|             |                   |         |      |
|-------------|-------------------|---------|------|
| 100 Metres  | Travis Venema     | 11.54   | 2007 |
| 200 Metres  | Travis Venema     | 23.81   | 2007 |
| 800 Metres  | Ryan Stolberg     | 3.05.43 | 2008 |
| 1500 Metres | Brendan Whelan    | 4.16.53 | 2007 |
| Long Jump   | Patrick McCarthy  | 5.79m   | 2014 |
| High Jump   | Greg Convery      | 1.55m   | 2008 |
| Shot Put    | Rhys Jones        | 15.81m  | 2014 |
| Javelin     | Leighton Caldwell | 30.00m  | 2008 |
| Discus      | Darrin Norwood    | 36.06m  | 2011 |

**MASTERS Men 35-39yrs**

|             |                   |         |      |
|-------------|-------------------|---------|------|
| 100 Metres  | Chris Baldwin     | 13.36   | 2010 |
| 200 Metres  | Rammilan Yadav    | 29.91   | 2007 |
| 1500 Metres | Dale Godfrey      | 6.13.95 | 2008 |
| Long Jump   | Andrew Langbridge | 5.21m   | 2009 |
| Triple Jump | Chris Baldwin     | 10.43m  | 2008 |
| High Jump   | Rod Franke        | 1.50m   | 2008 |
| Shot Put    | Rod Franke        | 10.28m  | 2008 |
| Javelin     | Dale Godfrey      | 24.22m  | 2008 |
| Discus      | Justin Holler     | 43.95m  | 2009 |

**MASTERS .. 30-39 AGE GROUP NO LONGER CONTESTED**

|                  |                |          |      |
|------------------|----------------|----------|------|
| 100 Metres       | Walter Nock    | 11.10    | 1988 |
| 200 Metres       | Walter Nock    | 23.20    | 1988 |
| 400 Metres       | Vic Pascoe     | 52.40    | 1982 |
| 800 Metres       | A. Bevan       | 2.10.23  | 1987 |
| 1500 Metres      | Brendan Whelan | 4.26.25  | 2004 |
| 3000 Metres      | P. Mason       | 10.49.30 | 1982 |
| Long Jump        | Warren Evans   | 6.81     | 2002 |
| Shot Put 7.260kg | Ray Edwards    | 13.28    | 2001 |
| Javelin 800g     | Warren Evans   | 54.72    | 2004 |
| Discus 2kg       | Peter Lonsdale | 51.36    | 2003 |

**BOYS/MEN (contd)**

| AGE/EVENT                   | NAME              | RESULT  | YEAR |
|-----------------------------|-------------------|---------|------|
| <b>MASTERS Men 40-44yrs</b> |                   |         |      |
| 100 Metres                  | Paul Hayward      | 12.43   | 2006 |
| 200 Metres                  | Paul hayward      | 26.13   | 2006 |
| 800 Metres                  |                   |         |      |
| 1500 Metres                 | John Tresham      | 4.46.08 | 2008 |
| Long Jump                   | Michael Griffiths | 5.18m   | 2010 |
| High Jump                   | Michael Griffiths | 1.49m   | 2010 |
| Shot Put                    | Richard Harris    | 12.21m  | 2014 |
| Javelin                     | Richard Harris    | 38.62m  | 2013 |
| Discus                      | Darron Haworth    | 54.35m  | 2009 |

**MASTERS Men 45-49yrs**

|             |                 |          |      |
|-------------|-----------------|----------|------|
| 100 Metres  | Rob Hilton      | 12.32e   | 2011 |
| 200 Metres  | Walter Nock     | 25.74    | 2007 |
| 400metres   | Robert Hilton   | 1.08.17e | 2012 |
| 800 Metres  | Con Dimauro     | 2.39.00  | 2008 |
| 1500 Metres | Con Dimauro     | 5.22.68  | 2008 |
| Long Jump   | Callum McInnes  | 4.71m    | 2010 |
| Triple Jump | Ganga Prasad    | 6.20m    | 2008 |
| High Jump   | Callum McInnes  | 1.46m    | 2010 |
| Triple Jump | Callum McInnes  | 9.74m    | 2010 |
| Shot Put    | Danny Beveridge | 9.61m    | 2008 |
| Javelin     | Paul Bannister  | 35.00m   | 2013 |
| Discus      | Danny Beveridge | 29.92m   | 2009 |

**MASTERS .. 40-49**

|                  |                |         |      |
|------------------|----------------|---------|------|
| 100 Metres       | Kevin Silver   | 11.69   | 1994 |
| 200 Metres       | D. Irving      | 23.57   | 1987 |
| 400 Metres       | C. Wheeler     | 61.20   | 1982 |
| 800 Metres       | M. Carcary     | 2.11.98 | 1997 |
| 1500 Metres      | S. McLaughlin  | 4.29.05 | 2001 |
| 1500 M Walk      | Grant Davis    | 9.18.93 | 2004 |
| Long Jump        | G. Donaldson   | 5.60    | 1991 |
| Shot Put 7.260kg | Ray. Chambers  | 11.58   | 1997 |
| Javelin 800g     | Andrew Wheeler | 38.14   | 2003 |
| Discus 2kg       | Wayne Martell  | 40.90   | 2004 |

**MASTERS Men 50-54yrs**

|             |                |         |      |
|-------------|----------------|---------|------|
| 100 Metres  | James Furlong  | 12.94   | 2006 |
| 200 Metres  | Walter Nock    | 26.12   | 2008 |
| 800 Metres  |                |         |      |
| 1500 Metres | Con Dimauro    | 5.05.31 | 2009 |
| Long Jump   | Callum McInnes | 4.65m   | 2011 |
| High Jump   | Callum McInnes | 1.41m   | 2012 |
| Triple Jump | Callum McInnes | 9.33m   | 2011 |
| Shot Put    | Ray Chambers   | 11.65m  | 2006 |
| Javelin     | Andrew Wheeler | 33.62m  | 2013 |
| Discus      | Ray Chambers   | 27.89m  | 2010 |

**MASTERS Men 55-59yrs**

|             |              |          |      |
|-------------|--------------|----------|------|
| 100 Metres  | Walter Nock  | 12.97e   | 2013 |
| 200 Metres  | Rob White    | 27.52    | 2007 |
| 400m        | Walter Nock  | 1.05.12e | 2014 |
| 800m        | Walter Nock  | 2.46.63e | 2014 |
| 1500 Metres | Peter Reeves | 4.49.60  | 2013 |
| Long Jump   | Rob White    | 4.70m    | 2007 |
| Shot Put    | Ray Chambers | 11.09m   | 2011 |
| Javelin     |              |          |      |
| Discus      | Ray Chambers | 25.05m   | 2011 |

BEST ON RECORD RESULTS 1982 - 2014 (contd)

**BOYS/MEN (contd)**

| AGE/EVENT   | NAME        | RESULT  | YEAR |
|---|-------------|---------|------|
| <b>MASTERS .. 50-59 AGE GROUP NO LONGER CONTESTED</b> |             |         |      |
| 100 Metres  | N. McIntyre | 12.40   | 1995 |
| 200 Metres  | C. King     | 25.70   | 2003 |
| 800 Metres  | M. Ward     | 2.54.02 | 1997 |
| 1500 Metres   | T. Nugent   | 5.00.50 | 1999 |
| Long Jump   | N. McIntyre | 5.56m   | 1994 |
| Shot Put 6kg  | PeterClark  | 10.86m  | 2000 |
| Shot Put 5.449kg                                      | M. Katmadas | 11.63m  | 1997 |
| Javelin 700g  | M. Lafferty | 33.00m  | 2003 |
| Javelin 800g  | G. Clemens  | 34.72m  | 1993 |
| Discus 1.5kg  | Peter Clark | 37.46m  | 2000 |

**MASTERS Men 60-64yrs**

|            |                |        |      |
|------------|----------------|--------|------|
| 100 Metres | John Wight     | 12.68  | 2006 |
| 200 Metres | John Wight     | 26.31  | 2006 |
| Shot Put   | Ray Richardson | 8.12m  | 2012 |
| Discus     | Ray Richardson | 20.26m | 2012 |

**MASTERS Men 65-69yrs**

|            |               |        |      |
|------------|---------------|--------|------|
| 100 Metres |               |        |      |
| Long Jump  |               |        |      |
| Shot Put   | Mike Katmadas | 9.91m  | 2006 |
| Javelin    | Mike Katmadas | 26.95m | 2006 |
| Discus     | Mike Katmadas | 36.33m | 2006 |

**MASTERS Men 70-74yrs**

|            |                |        |      |
|------------|----------------|--------|------|
| 100 Metres | Hugh Coogan    | 13.90  | 2006 |
| 200 Metres | Hugh Coogan    | 29.08  | 2006 |
| Long Jump  |                |        |      |
| Shot Put   | Phillip Watson | 7.25m  | 2006 |
| Javelin    | Phillip Watson | 17.48m | 2006 |
| Discus     | Brian Sheahan  | 22.67m | 2009 |

**MASTERS Men 75-79yrs**

|             |                |       |      |
|-------------|----------------|-------|------|
| 100 Metres  | Hughie Thomson | 16.88 | 2006 |
| 200 Metres  | Hughie Thomson | 36.91 | 2006 |
| 1500 Metres |                |       |      |

**MASTERS Men 80-84yrs**

|             |             |         |      |
|-------------|-------------|---------|------|
| 100 Metres  | Norm Pearce | 18.29   | 2006 |
| 200 Metres  | Norm Pearce | 38.92   | 2006 |
| 1500 Metres | Norm Pearce | 7.37.72 | 2006 |

**MASTERS .. 60+ AGE GROUP NO LONGER CONTESTED**

|              |               |         |      |
|--------------|---------------|---------|------|
| 100 Metres   | John Cooper   | 12.62   | 2002 |
| 200 Metres   | Colin Buyers  | 26.51   | 2003 |
| 1500 Metres  | B. Morling    | 5.32.91 | 1998 |
| Long Jump    | Stan Bennett  | 3.78m   | 1997 |
| Shot Put 4kg | J. Davis      | 11.23m  | 1996 |
| Shot Put 5kg | Mike Katmadas | 12.11m  | 2001 |
| Javelin 600g | Mike Katmadas | 30.31m  | 2003 |
| Discus 1kg   | Mike Katmadas | 41.31m  | 2001 |

**BOYS/MEN (contd)**

| AGE/EVENT | NAME | RESULT | YEAR |
|-----------|------|--------|------|
|-----------|------|--------|------|