



**ALBANY ATHLETICS CLUB INC.**

**2020 - 2021**

# **TRACK & FIELD HISTORY OF RECORDS**

**PROGRAM and TECHNICAL SPECIFICATIONS**



**[www.albanyathletics.com.au](http://www.albanyathletics.com.au)**

# 2020 - 2021 Track & Field Summer Program

	<b>Albany Athletics Club Inc</b> <b>2020-2021 Track &amp; Field Summer Programme</b> (including Saturday Track & Field & Wednesday Long Track Run) Email: albanyaths@hotmail.com Website: www.albanyathletics.com.au Facebook: www.facebook.com/albanyaths/
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## EVENT START TIMES:

- **Saturday Track & Field** - First event starts at 8.45am at Club Rooms, Cnr North Rd & Sanford Rd's, Albany.
- **Wednesday Long Track Run** – On the 4<sup>th</sup> Wednesday of each month (except December), 5.30pm at Club Rooms, Cnr North Rd & Sanford Rd's, Albany.

Event	Date:	Event Type:	Details:
1	Sat 17 <sup>th</sup> Oct 20	Track & Field	Program 1 - <b>SEASON STARTS</b>
2	Sat 24 <sup>th</sup> Oct 20	Track & Field	Program 2
3	Wed 28 <sup>th</sup> Oct 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
4	Sat 31 <sup>st</sup> Oct 20	Track & Field	Program 1 - <b>with Hurdles</b>
5	Sat 7 <sup>th</sup> Nov 20	Track & Field	Program 2
6	Sat 14 <sup>th</sup> Nov 20	Track & Field	Program 1 – <b>introduction Walks</b>
7	Sat 21 <sup>st</sup> Nov 20	Track & Field	Program 2
8	Wed 25 <sup>th</sup> Nov 20	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
9	Sat 28 <sup>th</sup> Nov 20	Track & Field	Program 1 <b>with Hurdles</b>
10	Sat 5 <sup>th</sup> Dec 20	Track & Field	Program 2
11	Sat 12 <sup>th</sup> Dec 20	Track & Field	Program 1 <b>Modified - Plus Special Event *Peter Watson Mile &amp; 100 Yard Dash &amp; Christmas Wind-up BBQ</b>
<b>Summer Break</b> - No Athletics on 19 <sup>th</sup> Dec & 26 <sup>th</sup> Dec 2020 or 2 <sup>nd</sup> Jan 2021 - <b>Summer Break</b>			
12	Sat 9 <sup>th</sup> Jan 21	Track & Field	Program 1 – <b>introduction Walks</b>
13	Sat 16 <sup>th</sup> Jan 21	Track & Field	Program 1 or 2 (decide on the day) (No Albany Little Athletics - Country Championships in Bunbury)
14	Sat 23 <sup>rd</sup> Jan 21	Track & Field	Program 2
15	Wed 27 <sup>th</sup> Jan 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
16	Sat 30 <sup>th</sup> Jan 21	Track & Field	Program 1 - <b>with Hurdles</b>
17	Sat 6 <sup>th</sup> Feb 21	Track & Field	Program 2
18	Sat 13 <sup>th</sup> Feb 21	Track & Field	Program 1
19	Sat 20 <sup>th</sup> Feb 21	Track & Field	Program 2 (Albany Little Athletics Centre Championships Day 1)
20	Wed 24 <sup>th</sup> Feb 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
21	Sat 27 <sup>th</sup> Feb 21	Track & Field	Program 1 or 2 (decide on the day) (No Albany Little Athletics) – <b>Labour Day Long Weekend</b>
22	Sat 6 <sup>th</sup> Mar 21	Track & Field	Program 1 - <b>with Hurdles</b> (Albany Little Athletics Centre Championships Day 2)
23	Sat 13 <sup>th</sup> Mar 21	Track & Field	Program 2 (Albany Little Athletics Centre Championships Back-up Date)
24	Sat 20 <sup>th</sup> Mar 21	Track & Field	Program 1 (Albany Little Athletics State Championships - Program 1)
25	Wed 24 <sup>th</sup> Mar 21	Long Track Run	2,000m, 3,000m, 4,000m, 5,000m or 10,000m (Your Choice, Must RSVP for this event)
26	Sat 27 <sup>th</sup> Mar 21	Track & Field	Program 2 <b>Modified - Plus Special Event *Peter Watson H/Cap 1500m, *Decima Norman H/Cap 100m, Season Wind-up BBQ &amp; Awards</b> - <b>SEASON ENDS</b> -

## **IMPORTANT INFORMATION:**

### **SATURDAY Morning Track & Field:**

- First event starts at 8.45am at Club Rooms, Cnr North Rd & Sanford Rd's, Albany.
  - The Saturday morning Track and Field program shares the location and works alongside the Albany Little Athletics Club. You must arrive early to assist and help set up for all events for both Little Athletics and Senior Athletics. All participants must help with recording and measuring of events. On Hurdles week, you are responsible for setting up/packing away your own Hurdles. Walks will be introduced this season but not officially recorded. If it is popular with athletes, then race walking will be fully incorporated into the Track & Field Summer program for the next Track & Field season. You must help with pack-up of all equipment for both Little Athletics and Seniors Athletics each week.
  - If Albany Little Athletics Club has set up their Track Timing equipment, they may offer to time our Track events. If not, you will require Volunteers to time athletes using Club Stop Watches (organise at your own discretion).
  - All Field events are entitled to have six (6) attempts ONLY if time permits otherwise a minimum of three (3) attempts.
  - Special Events in program marked with an \* require athletes to meet certain eligibility and qualifying rules & regulations set by Albany Athletics Club.
- \*Peter Watson Mile, 100 Yard Dash, Peter Watson Handicap and Decima Norman Handicap events are only eligible to registered members. (Visitors are not eligible)
- \*Peter Watson 1,500m handicap event will be taken on the athlete's fastest time throughout the season. Athletes must be a registered annual/seasonal member and competed in at least two (2) 1,500m competition events this current season.

### **SATURDAY MORNING TRACK & FIELD PROGRAMS:**

<b>PROGRAM 1</b>	<b>PROGRAM 1 with Hurdles</b>	<b>PROGRAM 2</b>
Shot Put	Hurdles -300mtr	1500m
800m or 1,000m	Discus	Long Jump
Discus	Hurdles 60-110mtr	100m
200m	Shot Put	Triple Jump
High Jump (Pack it away)	800m and 1,000m	60m
60m	High Jump (Pack it away)	Javelin
	200m	400m
	60m	

### **WEDNESDAY Evening Track Long Runs:**

- Event starts at 5.30pm at Club Rooms, Cnr North Rd & Sanford Rd's, Albany.
- The track is available for the priority of the Long Track Runs as set by Albany Athletics Clubs Long Runs Program.
- Wednesday Long Track runs will be held on the 4<sup>th</sup> Wednesday of every month. (Except December).
- You must RSVP for each Wednesday event and a minimum of 4 participants are required for event to proceed.
- The Oval is also available for athletes training on Wednesday afternoon/evenings at your own discretion from 5.00pm – 7.30pm. If access to Club Rooms and equipment is required, you are responsible for arranging access with Albany Athletics Club (please remember that any programmed event will take priority).

### **SUNDAY Summer Trail Series Runs:**

- There will be no Summer Trail Series runs this season.

### **For ALL Events:**

- To compete in any event, you must be a registered member or a registered visitor of Albany Athletics Club with all paperwork and fees paid for.
- A Track & Field Coordinator is required at each event day to organise event sheets, record and ensure program runs efficiently.
- All Members must be registered, which includes completed application and all fees paid in full to claim any Club records.
- \*Awards and Prizes are only eligible for registered members unless otherwise stipulated.
- Any cancelled or postponed event will be made at the discretion of the Albany Athletics Club Committee and/or Track & Field Coordinator.
- All events require at least 1 person to record/time any event.
- Age Categories Are: Under 14 (Must be age 12 or 13 years), Under 16, Under 18, Under 20, Open (21 to 29 years), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 etc.

### **REGISTRATION INFORMATION:**

- All athletes who wish to become a member at Albany Athletics Club must be officially registered prior to competing or entering in any event.
- Visiting athletes must register for a One Day Visitor Pass, by completing the "One Day Visitor Form" with the payable fee.
- Our preferred method of Membership Registration is via our online registration platform Register Now. Find the link for membership registration via our website.

## TECHNICAL SPECIFICATIONS:

### HURDLES SPECIFICATIONS:

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
<b>WOMEN: Short Hurdles</b>						
U14	80m	.762	9	12	7	12
U16	90m	.762	9	13	8	13
U18	100m	.762	10	13	8.5	10.5
U20	100m	.840	10	13	8.5	10.5
OPEN	100m	.840	10	13	8.5	10.5
30/39	100m	.840	10	13	8.5	10.5
40/49	80m	.762	8	12	8	12
50/59	80m	.762	8	12	7	19
60 +	80m	.686	8	12	7.0	19
<b>WOMEN: Long Hurdles</b>						
U16	200	.762	10	18.29	18.29	17.1
U18	400	.762	10	45	35	40
U20	400	.762	10	45	35	40
OPEN	400	.762	10	45	35	40
30/49	400	.762	10	45	35	40
50/59	300	.762	7	50	35	40
60/69	300	.686	7	50	35	40
70 +	200	.686	5	20	35	40
Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
<b>MEN: Short Hurdles</b>						
U14	90m	.762	9	13	8	13
U16	100m	.840	10	13	8.5	10.5
U18	110m	.914	10	13.72	9.14	14.02
U20	110m	.991	10	13.72	9.14	14.02
OPEN	110m	1.067	10	13.72	9.14	14.02
30/49	110m	.991	10	13.72	9.14	14.02
50/59	100m	.914	10	13	8.5	10.5
60/69	100m	.840	10	12	8	16
70/79	80m	.762	8	12	7	19
80 +	80m	.686	8	12	7	19
<b>MEN: Long Hurdles</b>						
U16	200m	.762	10	18.29	18.29	17.1
U18	400m	.840	10	45	35	40
U20	400m	.914	10	45	35	40
OPEN	400m	.914	10	45	35	40
30/49	400	.914	10	45	35	40
50/59	400	.840	10	45	35	40
60-69	300	.762	7	50	35	40
70-79	300	.686	7	50	35	40
80 +	200	.686	5	20	35	40

\* THIS IS A SUMMARY OF THE WORLD MASTERS ATHLETICS COMPETITION RULES AUGUST 2013 & ATHLETICS AUSTRALIA RULES JULY 2013

### THROWING SPECIFICATIONS:

Age Group	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (Kg)
<b>WOMEN</b>					
U14	3.00	3.00	1.00	400	
U16	3.00	3.00	1.00	500	
U18	3.00	3.00	1.00	500	
U20	4.00	4.00	1.00	600	
OPEN	4.00	4.00	1.00	600	
30/49	4.00	4.00	1.00	600	9.080 (20lb)
50/59	3.00	3.00	1.00	500	7.260 (16lb)
60/74	3.00	3.00	1.00	500 (1/1/2014)	5.450 (12lb)
75 +	2.00	2.00	0.75	400	4.00 (8.8lb)
Age Group	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
<b>MEN</b>					
U14	3.00	3.00	1.00	600	
U16	4.00	4.00	1.00	700	
U18	5.00	5.00	1.50	700	
U20	6.00	6.00	1.75	800	
OPEN	7.26	7.26	2.00	800	
30/49	7260	7.26	2.00	800	15.880 (35lb)
50/59	6.00	6.00	1.50	700	11.340 (25lb)
60/69	5.00	5.00	1.00	600	9.080 (20lb)
70/79	4.00	4.00	1.00	500	7260 (16lb)
80 +	3.00	3.00	1.00	400	5.450 (12lb)

\* THIS IS A SUMMARY OF THE WORLD MASTERS ATHLETICS COMPETITION RULES AUGUST 2013 & ATHLETICS AUSTRALIA RULES NOVEMBER 2012

**WOMEN'S RECORDS:****60 METRES:**

U/14	Sabriel Denehy	9:41(17)
U/16	Kristy Howlett	7:88(91)
U/18	Diane Jackson	7:80(79)
U/20	Tracy Menegola	8:14(84)
Sen.	Tracy Menegola	7:97(90)
30/34	Pauline Dawson	7:88(89)
35/39	Pauline Dawson	8:34(91)
40/44	Pauline Dawson	8:37(95)
45/49	Barb Wilson	9:45(00)
50/54	Barb Wilson	9:42(02)
55/59	Dot Anderson	10:00(90)
60/64	Barb Wilson	10:72(11)
65/69	Brenda Painter	10:53(10)
70/74	Brenda Painter	10:99(17)
75/79	Brenda Painter	11:72(20)

**100 METRES:**

U/14	Tracy Bocian	15:60(95)
U/16	Diane Jackson	12:10(78)
U/18	Lorraine Baimbridge	12:20(79)
U/20	Sophie McDonald	13:10(18)
Sen.	Georgie Walker	12:80(79)
30/34	Pauline Dawson	13:35(98)
35/39	Pauline Dawson	12:58(92)
40/44	Pauline Dawson	13:88(95)
45/49	Barb Wilson	15:08(00)
50/54	Barb Wilson	16:24(02)
55/59	Dot Anderson	16:38(90)
60/64	Barb Wilson	17:13(12)
65/69	Brenda Painter	17:10(12)
70/74	Brenda Painter	18.65(18)

**200 METRES:**

U/14	Tracy Bocian	35:18(95)
U/16	Diane Jackson	26:50(78)
U/18	Lorraine Baimbridge	25:20(79)
U/20	G.Freeman	28:80(85)
Sen.	Julie Mair	27:73(87)
30/34	Pauline Dawson	28:07(88)
35/39	Pauline Dawson	27:80(91)
40/44	Pauline Dawson	29:02(95)
45/49	Barb Wilson	33:87(00)
50/54	Dot Anderson	33:14(88)
55/59	Dot Anderson	32:06(90)
60/64	Barb Wilson	40:30(11)
65/69	Brenda Painter	38:22(10)
70/74	Brenda Painter	44:27(15)

**400 METRES:**

U/14	Tracy Bocian	1:11:15(95)
U/16	Lorraine Baimbridge	1:02:30(78)
U/18	Lorraine Baimbridge	1:01:30(79)
U/20	Ruth Cloughton	1:03:50(95)
Sen.	Julie Mair	1:03:26(87)
30/34	Pauline Dawson	1:06:32(85)
35/39	Pauline Dawson	1:05:07(91)
40/44	Dot Anderson	1:08:60(79)
45/49	Barb Wilson	1:15:91(00)
50/54	Dot Anderson	1:15:13(88)
55/59	Dot Anderson	1:18:66(90)
60/64	Barb Wilson	1:38:95(13)
65/69	Carey Dickason	1:48:00(18)
70/74	Brenda Painter	2:23:11(17)

**800 METRES:**

U/14	Sabriel Denehy	2:54:80(17)
U/16	Sue Grayson	2:24:80(76)
U/18	Ruth Cloughton	2:26:66(92)
U/20	Narelle Crighton	2:52:28(91)
Sen.	Robyn Yates	2:31:00(88)
30/34	Barb Wilson	2:38:00(85)
35/39	Barb Wilson	2:33:00(90)
40/44	Barb Wilson	2:30:19(91)
45/49	Barb Wilson	2:35:03(00)
50/54	Barb Wilson	2:56:00(02)
55/59	Dot Anderson	3:13:00(90)
60/64	Barb Wilson	2:58:96(12)
65/60	Carey Dickason	4:08:50(17)
70/74	Brenda Painter	6:38:54(19)

**1,000 METRES:**

U/14	Danielle Faulkner	3:18:12(99)
U/16	Karen Pearce	3:10:00(83)
U/18	Robyn Lloyd	3:12:74(83)
U/20		
Sen.	Julie Mair	3:20:00(88)
30/34	Marilyn Lawrie	3:31:00(83)
35/39	Barb Wilson	3:37:00(89)
40/44	Barb Wilson	3:25:05(96)
45/49	Barb Wilson	3:26:25(96)

**1,500 METRES:**

U/14	Danielle Faulkner	5:07:45(99)
U/16	Sue Grayson	4:49:00(76)
U/18	Sue Grayson	4:57:70(79)
U/20	Robyn Yates	5:49:00(87)
Sen.	Julie Mair	5:06:00(88)
30/34	Dianne Fry	5:30:00(91)
35/39	Barb Wilson	5:16:00(90)
40/49	Barb Wilson	5:28:10(92)
45/49	Barb Wilson	5:35:38(97)



50/54 Barb Wilson	5:36:96(02)
55/59 Barb Wilson	6:01:72(07)
60/64 Carey Dickason	7:31:34(13)
65/69 Carey Dickason	7:34:42(17)
70/74 Kathleen Hannig	10:41:09(12)
75/79 Kathleen Hannig	9:35:80(16)

### **2,000 METRES:**

U/14 Danielle Faulkner	7:39:42(99)
U/16 Shirilee Grayson	7:28:21(87)
U/18 Robyn Lloyd	7:15:00(84)
U/20 Robyn Lloyd	7:58:00(85)
Sen. Julie Mair	7:32:39(88)
30/34 Marilyn Lawrie	7:30:00(84)
35/39 Barb Wilson	7:34:00(90)
40/45 Barb Wilson	7:24:37(93)
45/49 Barb Wilson	7:32:06(97)
50/54 Barb Wilson	8:09:95(02)
55/59 Barb Wilson	9:07:08(08)
60/64 Carey Dickason	10:37:50(15)
65/69 Carey Dickason	10:29:90(17)
70/74 Norma Freebury	12:30:18(02)
75/79 Kathleen Hannig	14:38:83(15)

### **3,000 METRES:**

U/14 Danielle Faulkner	12:22:43(99)
U/16 Sue Grayson	10:28:70(76)
U/18 Sue Grayson	10:20:00(79)
U/20 Robyn Yates	13:53:00(87)
Sen. Dianne Williams	12:23:00(83)
30/34 Marilyn Lawrie	11:22:00(83)
35/39 Barb Wilson	11:23:73(91)
40/44 Barb Wilson	11:12:02(93)
45/49 Barb Wilson	11:35:86(97)
50/54 Barb Wilson	12:29:63(02)
55/59 Caroline Evans	13:52:60(12)
60/64 Josie Kidman	15:47:79(17)
65/69 Carey Dickason	16:04:75(18)
70/75 Kathleen Hannig	22:02:10(12)
75/79 Kathleen Hannig	22:44:20(16)

### **4,000 METRES:**

U/14 Ruth Willmer	21:16:31(06)
U/16	
U/18 Eilidh MacMasters	16:57:30(12)
U/20	
Sen. Melissa Gordon	19:07:72(07)
30/34 Vicki Reed	24:16:00(15)
35/39	
40/44 Stephanie Choularton	22:22:93(15)
45/49 Dianne Fry	20:03:33(07)

50/54 Dianne Fry	17:17:14(12)
55/59 Barb Wilson	17:56:89(09)
60/64 Carey Dickason	21:47:15(15)
65/69 Carey Dickason	22:48:43(17)
70/74 Kathleen Hannig	29:19:20(12)
75/79 Kathleen Hannig	29:56:00(16)

### **5,000 METRES:**

U/14 Ruth Willmer	22:23:40(05)
U/16 Ruth Cloughton	18:32:06(92)
U/18 Robyn Lloyd	19:34:00(83)
U/20 Robyn Yates	23:18:00(87)
Sen. Robyn Yates	20:05:00(88)
30/34 Marilyn Lawrie	19:46:00(83)
35/49 Barb Wilson	20:38:07(91)
40/44 Barb Wilson	19:35:35(93)
45/49 Barb Wilson	20:22:00(97)
50/54 Marg Pearce	21:30:80(93)
55/59 Caroline Evans	24:08:70(12)
60/64 Josie Kidman	27:18:08(17)
65/69 Carey Dickason	27:23:82(18)
70/74 Norma Freebury	37:39:00(02)

### **10,000 METRES:**

U/14 Tracy Bocian	47:04:38(96)
U/16 Ruth Cloughton	40:35:01(96)
U/18	
U/20	
Sen. Meeghan Clay	49:16:41(02)
30/34 Dianne Fry	47:34:76(92)
35/39 Meeghan Clay	59:48:44(07)
40/44 Barb Wilson	40:31:08(93)
45/49 Barb Wilson	43:39:94(00)
50/54 Barb Wilson	45:23:87(02)
55/59 Caroline Evans	51:03:90(13)
60/64 Josie Kidman	56:08:36(17)
65/69 Carey Dickason	58:04:80(17)
70/74 Kathleen Hannig	61:31:36(13)
75/79 Kathleen Hannig	1:15:30(16)

### **1,500 METRE WALK:**

U/14 Sarah Woodall	8:08:06(91)
U/16 Marcia Lomas	6:47:75(91)
U/18 Marcia Lomas	6:48:06(91)
Sen. Dianne Williams	9:29:00(83)
30/34 Dianne Fry	8:41:00(90)
35/39 Barb Wilson	9:34:00(89)
40/44 Dianne Fry	9:35:96(02)
45/49 Dianne Fry	9:20:40(03)
50/54 Dot Anderson	11:09:00(90)
55/59 Dianne Fry	9:52:44(13)

60/64 Barb Wilson	10:18:65(13)
65/69 Brenda Painter	14:44:55(09)
70/74 Kathleen Hannig	13:15:46(15)

#### **MILE (1,609.3 METRES):**

U/14 Emily Blechynden	8:06:83(12)
U/16 Ruth Cloughton	5:41:91(91)
U/18 Ruth Cloughton	5:26:27(93)
U/20	
Sen. Marilyn Lawrie	6:34:00(81)
30/34 Dianne Fry	6:04:17(90)
35/39 Barb Wilson	5:57:25(89)
40/44 Barb Wilson	5:46:13(93)
45/49 Barb Wilson	5:54:92(97)
50/54 Barb Wilson	6:20:80(02)
55/59 Caroline Evans	7:01:22(11)
60/64 Carey Dickason	8:12:27(11)
65/69 Carey Dickason	8:53:21(16)
70/74 Kathleen Hannig	11:43:00(12)
75/79 Norma Freebury	14:58:12(04)

#### **HURDLES 100 METRES (84cm):**

U/14 Natalie Wilson	23:15(92)
U/16 Ann Gittins	17:30(78)
U/18 Ann Gittins	17:50(79)
U/20	
Sen. Donna Middleton	28:09(18)
30/34 Virginia Mercer	19:22(90)
35/39 Barb Wilson	20:51(90)

#### **HURDLES 100 METRES (76cm):**

U/14	
U/16 Lee Stonell	18:43(89)
U/18 Ruth Cloughton	19:69(93)
Sen. Linda Noble	21:33(85)
30/34 Pauline Dawson	18:28(85)
35/39 Virginia Mercer	19:72(91)

#### **HURDLES 80 METRES (76cm):**

40/44 Barb Wilson	15:91(91)
55/59 Dot Anderson	18:69(91)

#### **LONG JUMP:**

	<b><u>Metres:</u></b>
U/14 Natalie Wilson	3-51(92)
U/16 P.Hall	4-97(79)
U/18 Ann Gittins	5-00(79)
U/20 Sophie McDonald	4-89(18)
Sen. Georgie Walker	4-86(79)
30/34 Linda Noble	4-51(88)
35/39 Virginia Mercer	4-62(92)
40/44 Pauline Dawson	4-43(96)
45/49 Barb Wilson	4-01(01)
50/54 Barb Wilson	4-02(02)

55/59 Barb Wilson	3-98(09)
60/64 Barb Wilson	3-67(13)
65/69 Brenda Painter	3-08(10)
70/74 Brenda Painter	2-58(15)

#### **TRIPLE JUMP:**

	<b><u>Metres:</u></b>
U/14 Tracy Bocian	8-52(95)
U/16 Karen Pearce	10-36(83)
U/18 Sophie McDonald	10-73(17)
U/20 Sophie McDonald	10-55(18)
Sen. Georgie Walker	10-00(79)
30/34 Pauline Dawson	9-73(88)
35/39 Pauline Dawson	9-34(93)
40/44 Pauline Dawson	9-17(96)
45/49 Dianne Evers	6-57(12)
50/54 Dot Anderson	7-97(88)
55/59 Dot Anderson	8-27(90)
60/64 Barb Wilson	7-20(15)
65/69 Brenda Painter	6-83(11)
70/74 Brenda Painter	6-12(16)

#### **HIGH JUMP:**

	<b><u>Metres:</u></b>
U/14 Natalie Wilson(91) and Tracy Bocian(95)	1-15
U/16 Margaret Jones(95) and Tullulah Gouldthorp(17)	1-15
U/18 Lisa Cunnold	1-55(87)
U/20 Ruth Cloughton	1-30(95)
Sen. Tracy Menegola	1-50(90)
30/34 Dianne Fry	1-30(90)
35/39 Barb Wilson(87) and Janine Bennier(93)	1-30
40/44 Barb Wilson	1-27(92)
45/49 Dianne Fry	1-15(03)
50/54 Dot Anderson	1-10(88)
55/59 Dot Anderson	1-10(90)
60/64 Barb Wilson	1-025(11)
65/69 Brenda Painter	1-10(10)
70/74 Brenda Painter	1-00(15)
75/79 Brenda Painter	0-88(20)

#### **SHOTPUT:**

	<b><u>Weight:</u></b>	<b><u>Metres:</u></b>
U/14 Jennifer Smith	3kg	9-01(93)
U/16 Sandra McKinn	4kg	10-30(77)
U/18 Sandra McKinn	4kg	10-15(79)
U/20 Sophie McDonald	4kg	10-13(18)
Sen. Georgie Walker	4kg	10-77(79)
30/34 Barb Wilson	4kg	8-50(86)
35/39 Barb Wilson	4kg	8-06(88)
40/44 Barb Wilson	4kg	7-98(94)
45/49 Dianne Evers	4kg	7-28(12)
50/54 Dot Anderson	3kg	8-63(88)

55/59 Barb Wilson	3kg	8-64(07)
60/64 Barb Wilson	3kg	7-28(13)
65/69 Barb Wilson	3kg	7-26(17)
70/74 Brenda Painter	3kg	5-59(17)
75/79 Brenda Painter	2kg	6-09(20)

### **DISCUS:**

### **Weight: Metres:**

U/14 Jennifer Smith	1kg	21-51(92)
U/16 Sandra McKinn	1kg	36-45(77)
U/18 A.Gittins	1kg	37-17(79)
U/20 Sophie McDonald	1kg	27-00(18)
Sen. Linda Noble	1kg	23-68(84)
30/34 Linda Noble	1kg	24-70(88)
35/39 Rebecca Ravenhill	1kg	21-73(18)
40/44 Barb Wilson	1kg	23-02(96)
45/49 Lorna England	1kg	18-20(10)
50/54 Barb Wilson	1kg	21-06(04)
55/59 Barb Wilson	1kg	20-26(09)
60/64 Barb Wilson	1kg	18-69(13)
65/69 Barb Wilson	1kg	16-94(19)
70/74 Brenda Painter	1kg	10-93(19)
75/79 Brenda Painter	0.75gm	11.73(20)

### **JAVELIN:**

### **Weight: Metres:**

U/14 Jennifer Smith	400gm	19-62(92)
U/16 Kristy Howlett	600gm	24-83(91)
U/18 Ann Gittins	600gm	32-55(79)
U/20 Narelle Crichton	600gm	11-70(91)
Sen. Donna Middleton	600gm	24-57(18)
30/34 Donna Middleton	600gm	26-78(20)
35/39 Pauline Dawson	600gm	24-40(92)
40/44 Pauline Dawson	600gm	23-50(96)
45/49 Barb Wilson	600gm	19-02(00)
50/54 Barb Wilson	500gm	21-03(06)
55/59 Barb Wilson	500gm	19-67(10)
<b>(60-74 weight changed 1/1/2014)</b>		
60/64 Barb Wilson	400gm	20-38(13)Old
60/64 Barb Wilson	500gm	17-70(14)New
65/69 Brenda Painter	400gm	16-39(12)Old
65/69 Barb Wilson	500gm	17-28(19)New
70/74 Brenda Painter	500gm	14-27(18)
75/79 Brenda Painter	400gm	13-50(19)

### **PENTATHLON:**

#### **Women: (Masters State Women 30+)**

(L/Jump. Jav. 200m. Discus. 800m.)

U/14 Kristy Howlett	1912Pts. (91)
U/16 Kristy Howlett	2186Pts. (91)
U/18 Ruth Cloughton	2159Pts. (93)
U/20 Narelle Crichton	1315Pts. (91)
Sen.	

30/34 Pauline Dawson	1983Pts. (90)
35/39 Pauline Dawson	2217Pts. (91)
40/44 Barb Wilson	2223Pts. (92)
45/49	
50/54	
55/59 Dot Anderson	1288Pts. (90)

### **NOTE WOMENS PENTATHLON EVENTS ARE:**

***100m, Shot Put, Long Jump, Javelin, 800m***

### **100 YARDS (91.44mtrs):**

#### **Women:**

U/14 Emily Blechynden	15:24(12)
U/16 Kristy Howlett	11:28(92)
U/18 Ruth Cloughton	12:50(93)
U/20 Sophie McDonald	12:06(18)
Sen. Tara Spidell	14:21(18)
30/3 Tammy Stone	14:11(10)
35/39 Pauline Dawson	12:74(94)
40/44 Jasmine Heslop	13:22(19)
45/49 Barb Wilson	14:30(97)
50/59 Barb Wilson	14:49(02)
55/59 Barb Wilson	16:41(10)
60/64 Barb Wilson	16:92(12)
65/69 Brenda Painter	15:81(12)
70/74 Brenda Painter	17:42(15)
75/79 Brenda Painter	18:14(19)

***\*\*These Records are current as at September 2019 and will be updated at the end of each season.***



**MEN'S RECORDS:****60 METRES**

U/14 Mathew Pomery	8:06(91)
U/16 Troy Howlett	7:18(89)
U/18 Neil Pope	7:23(94)
U/20 Craig Pettit	6:80(79)
Sen. Mark Vandermuellen	7:09(93)
30/34 Murray Wynne	7:22(93)
35/39 John Cox	7:44(91)
40/44 John Cox	7:47(92)
45/49 John Verran	7:83(91)
50/54 Greg VanderSanden	8:21(10)
55/59 Stuart Walker	8:34(20)
60/64 Gavin Evans	9:24(13)
65/69 Dan Smith	9:53(16)
70/74 Peter Muller	10:38(11)
75/79 Peter Muller	10:45(14)
80/84 Peter Muller	10:84(19)

**100 METRES:**

U/14 Mathew Pomery	13:21(91)
U/16 Neil Pope	11:04(93)
U/18 Craig Pettit	11:00(78)
U/20 Craig Pettit	11:20(79)
Sen. Mark Vandermuellen	11:44(91)
30/34 Murray Wynne	11:89(93)
35/39 John Cox	11:91(92)
40/44 Errol Meridith	12:30(87)
45/49 Greg VanDersanden	12:69(06)
50/54 Greg VanderSanden	13:04(10)
55/59 Stuart Walker	13:43(20)
60/64 Gavin Evans	14:94(13)
65/69 Dan Smith	15:09(17)
70/74 Peter Muller	16:89(19)
75/79 Peter Muller	18:01(14)
80/84 Peter Muller	17:90(19)

**200 METRES:**

U/14 Mathew Pomery	27:22(92)
U/16 Ken Kelly	23:87(87)
U/18 Craig Pettit	23:40(78)
U/20 Craig Pettit	23:00(79)
Sen. Mark Vandermuellen	23:00(91)
30/34 Murray Wynne	24:90(91)
35/39 John Cox	24:77(92)
40/44 Dan Smith	25:19(92)
45/49 Greg VanderSanden	24:72(06)
50/54 Greg VanderSanden	26:83(10)
55/59 Greg VanderSanden	28:37(14)
60/64 Gavin Evans	31:45(13)
65/69 Dan Smith	32:50(16)
70/74 Peter Muller	37:13(11)

75/79 Peter Muller	38:86(15)
80/84 Peter Muller	40:73(19)

**400 METRES:**

U/14 Mathew Pomery	1:01:12(91)
U/16 David Griffiths	55:13(83)
U/18 Glen Yates	52:51(80)
U/20 Craig Pettit	51:60(79)
Sen. Mark VanDermuelen	52:77(91)
30/34 Murray Wynne	54:22(91)
35/39 Mike Matusiak (83) and Brian Waldhuter (79)	56:25
40/44 Dan Smith	57:20(92)
45/49 Greg VanderSanden	56:35(05)
50/54 Greg VanderSanden	59:32(10)
55/59 Greg VanderSanden	1:02:37(14)
60/64 Dan Smith	1:13:24(14)
65/69 Dan Smith	1:11:84(17)
70/74 Joe Clark-Murphy	1:20:91(17)
75/79 Peter Muller	1:31:12(15)
80/84 Peter Muller	1:44:47(19)

**800 METRES:**

U/14 Mathew Pomery	2:18:65(92)
U/16 Wayne Voss	2:09:56(83)
U/18 Glen Yates	2:03:38(80)
U/20 Glen Yates	2:02:30(83)
Sen. Callum Dowell	2:00:15(19)
30/34 David Hansen	2:08:65(91)
35/39 Brian Waldhuter	2:11:00(80)
40/44 Brian Waldhuter	2:12:20(83)
45/49 Bruce Gouldthorp	2:19:00(89)
50/54 Greg VanderSanden	2:18:10(10)
55/59 Greg VanderSanden	2:38:10(14)
60/64 Dan Smith	2:47:27(15)
65/69 Dan Smith	2:53:28(16)
70/74 Peter Muller	3:32:18(11)
75/79 Peter Muller	3:41:91(15)

**1,000 METRES:**

U/14 Michael Higgs	3:20:00(95)
U/16 Mathew Gouldthorp	2:41:00(84)
U/18 Paul Barizza	2:45:00(84)
U/20 Eddie Verran	2:47:96(95)
Sen. Callum Dowell	2:34:67(19)
30/34 Callum Dowell	2:43:04(20)
35/39 Chris Fry	3:00:49(95)
40/44 Brian Waldhuter	2:54:00(83)
45/49 Bruce Gouldthorp	3:00:00(89)
50/54 Greg VanderSanden	3:24:23(18)
55/59 David Bird	3:27:83(96)

60/64 David Bird	3:43:67(97)
65/69 Dan Smith	3:37:54(18)
70/74 Joe Clark-Murphy	3:54:29(18)

### **1,500 METRES:**

U/14 Edward Verran	4:48:34(90)
U/16 Mathew Gouldthorp	4:19:00(84)
U/18 Brad Fisher	4:19:53(84)
U/20 Glen Yates	3:58:02(82)
Sen. Glen Yates	4:07:00(83)
30/34 David Hansen	4:20:21(92)
35/39 Brian Waldhuter	4:36:00(80)
40/44 Fred Langford	4:29:84(89)
45/49 Greg VanDersanden	4:37:35(05)
50/54 Greg VanderSanden	4:46:92(10)
55/59 Steve Barrie	4:48:32(91)
60/64 Dan Smith	5:35:86(15)
65/69 Joe Clark-Murphy	5:42:76(13)
70/74 Joe Clark-Murphy	6:02:25(17)
75/79 Peter Muller	7:33:65(15)

### **2,000 METRES:**

U/14 Edward Verran	6:38:00(90)
U/16 John Smart	6:31:29(83)
U/18 Brad Fisher	6:00:00(84)
U/20 John Smart	6:04:92(87)
Sen. Glen Yates	5:48:22(84)
30/34 Peter Green	6:27:00(90)
35/39 Mark Luscombe	6:35:28(97)
40/44 Arnold Green	6:24:89(96)
45/49 Greg VanderSanden	6:37:26(05)
50/54 Greg VanderSanden	6:45:63(10)
55/59 Greg VanderSanden	7:15:90(14)
60/64 Dan Smith	7:52:96(12)
65/69 Dan Smith	7:54:15(18)
70/74 Joe Clark-Murphy	8:25:56(17)

### **3,000 METRES:**

U/14 Shane Cliffe	10:02:45(92)
U/16 Mathew Gouldthorp	9:21:00(84)
U/18 Ross Farly	9:25:35(81)
U/20 Edward Verran	9:17:12(95)
Sen. Glen Yates	8:45:12(84)
30/34 David Hansen	9:32:44(90)
35/39 Peter Green	9:30:00(90)
40/44 Fred Langford	9:29:95(89)
45/49 Greg VanDersanden	10:16:69(04)
50/54 Greg VanderSanden	10:25:95(11)
55/59 Greg VandenSanden	10:52:83(14)
60/64 David Bird	11:53:81(97)
65/69 Dan Smith	12:20:56(17)

### **4,000 METRES:**

U/14 Samuel Blechynden	18:07:33(12)
U/16	
U/18 Alex Glorie	14:05:45(06)
U/20	
Sen. Callum Dowell	12:38:87(19)
30/34 Carl Heslop	15:12:80(18)
35/39 Daniel Felton	14:50:21(10)
40/44 Paul Blechynden	15:00:62(13)
45/49 Paul Blechynden	14:58:75(14)
50/54 Greg VanderSanden	14:31:45(10)
55/59 Greg VanderSanden	15:00:46(14)
60/64 Dan Smith	16:48:65(15)
65/69 Joe Clark-Murphy	17:10:93(13)

### **5,000 METRES:**

U/14 Shane Cliff	16:53:00(92)
U/16 John Smart	16:04:07(84)
U/18 Brad Fisher	15:45:69(84)
U/20 Edward Verran	16:10:81(95)
Sen. Peter Green	15:35:42(82)
30/34 David Hansen	16:11:00(92)
35/39 Arnold Green	16:09:68(93)
40/44 Fred Langford	16:31:00(89)
45/49 Arnold Green	17:31:06(00)
50/54 Bruce Gouldthorp	18:10:65(94)
55/59 Greg VanderSanden	18:51:42(14)
60/64 Steve Barrie	20:27:35(97)
65/69 Dan Smith	21:45:18(16)
70/74	
75/79 Stan Green	26:19:09(85)

### **10,000 METRES:**

U/14 Samuel Blechynden	48:29:74(12)
U/16 Shane Cliff	37:14:47(92)
U/18 Edward Verran	33:50:88(93)
U/20 Edward Verran	33:39:95(95)
Sen. Daniel Felton	37:45:57(00)
30/34 Alan Gibson	39:36:86(94)
35/39 Arnold Green	34:12:26(93)
40/44 Arnold Green	35:50:28(96)
45/49 Arnold Green	36:52:08(00)
50/54 Bruce Gouldthorp	38:08:12(94)
55/59 Laurie Naylor	41:25:50(01)
60/64 David Bird	43:25:19(97)
65/69 Dan Smith	45:01:59(17)
70/74 Joe Clark-Murphy	47:03:60(17)

**1,500 METRE WALK:**

U/14 Eion Simmons	9:53:59(93)
U/16 Peter Biddulph	7:18:23(85)
U/18 Graeme Poole	6:45:92(91)
U/20 Graeme Poole	6:43:34(93)
Sen. Steve Macaulay	8:27:00(81)
30/34	
35/39 Garry Clark	7:47:00(84)
40/44 John Bocian	7:28:02(95)
45/49 George Audley	6:55:00(84)
50/54 Ralf Flowers	6:34:52(99)
55/59 Colin Woods	7:51:11(93)
60/64 John Bocian	10:02:94(12)
65/69 John Bocian	10:59:50(15)

**MILE (1,609.3 METRES):**

U/14 Edward Verran	5:19:18(90)
U/16 Edward Verran	5:11:05(92)
U/18 Callum Dowell	4:48:28(06)
U/20 Glen Yates	4:42:03(81)
Sen. Callum Dowell	4:33:82(18)
30/34 Callum Dowell	4:32:84(19)
35/39 Arnold Green	4:43:48(93)
40/44 Peter Green	5:11:65(95)
45/49 Arnold Green	5:12:85(00)
50/54 Greg VanderSanden	5:17:68(10)
55/59 Greg VanderSanden	5:33:06(13)
60/64 David Bird	6:02:06(97)
65/69 Dan Smith	6:16:17(16)
70/74 Peter Muller	8:16:10(13)

**HURDLES 110 METRES (0.991cm):****(U/18-49yrs.)**

U/18 Bryan Hoeksta	17:86(93)
U/20	
Sen.	
30/34 Craig Robson	20:59(17)
35/39	
40/44 Allen Smith	21:09(93)
45/49 Ric Fenny	32:86(93)

**HURDLES 100 METRES (0.914cm):****(U/16-59yrs.)**

U/16 Jeremy Jury	16:78(95)
U/18 Peter Colgate	14:60(79)
U/20 Greg Carpenter	15:53(81)
Sen. Mark Luscombe	16:07(81)
30/34 Bruce Beecham	17:70(79)
35/39	
40/44 Allen Smith	20:53(91)

**HURDLES 100 METRES (0.840cm):****(U/16-69yrs.)**

U/16 Jeremy Jury	16:78(95)
U/18 Neil Pope	15:10(94)
U/20 Paul Simmons	14:64(93)
Sen. Mark VanDermuelen	15:01(93)
30/34 Craig Robson	18:11(19)
35/39 Dan Smith	17:66(91)
40/44 Dan Smith	17:10(91)
45/49 Allen Smith	18:67(94)
50/54 Allen Smith	20:12(02)
55/59 Peter Muller	19:70(94)
60/64	
65/69 Dan Smith	24:20(18)

**HURDLES 80 METRES (0.762cm):****(70-79yrs.)**

70/74

75/79

**HURDLES 300 METRES (0.762cm):****(60-69yrs.)**

60/64	
65/69 Dan Smith	1:12:07(17)

**LONG JUMP:****Metres:**

U/14 Eion Simmons	4-83(93)
U/16 Jeremy Jury	5-93(95)
U/18 Jeremy Jury	6-21(96)
U/20 Richard Hickson	5-93(80)
Sen. Mark VanDermuelen	6-54(90)
30/34 Mike Matusiak	6-24(80)
35/39 Mike Matusiak	5-69(82)
40/44 Rick Brodala	5-53(91)
45/49 Allen Smith	5-05(95)
50/54 John Cochrane	4-90(88)
55/59 Peter Muller	4-35(95)
60/64 Dan Smith	3-94(14)
65/69 Dan Smith	3-80(16)
70/74 Peter Muller	3-41(11)
75/79 Peter Muller	3-10(14)
80/84 Peter Muller	2-88(19)

**TRIPLE JUMP:****Metres:**

U/14 Samuel Blechynden	10-19(12)
U/16 Jeremy Jury	12-28(95)
U/18 Brad Harper	13-12(79)
U/20 Peter Colgate	12-80(76)
Sen. Mark VanDermuelen	12-44(91)
30/34 Bruce Beecham	11-53(79)
35/39 Paul Hayes	10-92(91)

40/44 Dan Smith	10-58(92)
45/49 Bruce Gouldthorp	10-39(89)
50/54 John Cochrane	11-04(88)
55/59 Peter Muller	9-11(95)
60/64 Bruce Gouldthorp(04) and Dan Smith(15)	8-64
65/69 Dan Smith	8-40(17)
70/74 Peter Muller	7-23(11)
75/79 Peter Muller	6-43(14)
80/84 Peter Muller	6-01(19)

### **HIGH JUMP:**

	<b><u>Metres:</u></b>
U/14 Lucas Ravenhill	1-40(19)
U/16 Jeremy Jury	1-76(95)
U/18 Peter Colgate	1-83(76)
U/20 Peter Colgate	1-85(77)
Sen. J.Calton(80) and Paul Simmons(95)	1-80
30/34 Ken Calton	1-70(92)
35/39 Ross Harding(81), Mike Matusiak(81) and Dan Smith(91)	1-55
40/44 Dan Smith	1-55(91)
45/49 Greg Vandersanden	1-55(05)
50/54 John Cochrane(88) and G.Vandersanden (13)	1-45
55/59 Greg VanderSanden	1-45(14)
60/64 Dan Smith	1-30(15)
65/69 Dan Smith	1-27(16)
70/74 Peter Muller	1-15(09)
75/79 Peter Muller(= 15&16)	1-05(14)
80/84 Peter Muller	1-00(19)

### **SHOTPUT:**

	<b><u>Weight:</u></b>	<b><u>Metres:</u></b>
U/14 Lachlan Fehrman	3kg	12-95(11)
U/16 Neil Smith	4kg	13-33(91)
U/18 Colin Johnston	5kg	12-35(79)
U/20 Colin Johnston	7.26kg	11-73(81) <b>Old</b>
U/20 Andrew Halsall	6kg	10-52(10) <b>New</b>
Sen. D.Coleman	7.26kg	10-55(79)
30/34 Bruce Beecham	7.26kg	11-28(79)
35/39 Paul Haynes	7.26kg	9-93(92)
40/44 Ron Spencer	7.26kg	9-67(82)
45/49 Ron Spencer	7.26kg	9-53(83)
50/54 John Cochrane	6kg	12-87(88)
55/59 Craig Shiel	6kg	8-98(14)
60/64 Craig Shiel	5kg	10-55(15)
65/69 John Cochrane	5kg	9-99(02)
70/74 Allen Smith	4kg	9-76(19)
75/79 Peter Muller	4kg	7-23(16)
80/84 Peter Muller	3kg	7-50(19)

### **DISCUS:**

**Weight:** **Metres:**

U/14 Lachlan Fehrman	1kg	36-42(11)
U/16 Geoff Wynne	1kg	44-28(77)
U/18 Neil Pope	1.5kg	35-53(94)
U/20 Paul Simmons	2kg	24-23(93) <b>Old</b>
U/20 Steven Robson	1.75kg	29-57(11) <b>New</b>
Sen. Bruce Beecham	2kg	34-20(78)
30/34 Bruce Beecham	2kg	34-20(79)
35/39 Mike Matusiak	2kg	30-95(81)
40/44 Allan Smith	2kg	30-22(91)
45/49 Allan Smith	2kg	27-10(95)
50/54 John Cochrane	1.5kg	39-54(87)
55/59 Gavin Evans	1.5kg	25-99(09)
60/64 John Cochrane	1kg	30-28(98)
65/69 John Cochrane	1kg	32-50(03)
70/74 Peter Muller	1kg	28-62(12)
75/79 Peter Muller	1kg	25-47(18)
80/84 Peter Muller	1kg	25-46(19)

### **JAVELIN:**

	<b><u>Weight:</u></b>	<b><u>Metres:</u></b>
U/14 Neil Smith	600gm	40-85(90)
U/16 Neil Smith	700gm	50-22(91)
U/18 Peter Colgate	700gm	47-15(78)
U/20 Paul Simmons	800gm	42-46(93)
Sen. Mark Luscombe	800gm	47-38(84)
30/34 Bruce Beecham	800gm	39-85(79)
35/39 Mike Matusiak	800gm	35-39(88)
40/44 Damien Yarran	800gm	32-03(19)
45/49 Allan Smith	800gm	31-53(95)
50/54 Anton Davey	700gm	30-15(20)
55/59 Gavin Evans	700gm	30-79(08)
60/64 Craig Shiel	600gm	27-43(15)
65/69 Peter Muller	600gm	22-92(06)
70/74 Peter Muller	500gm	23-75(09)
75/79 Peter Muller	500gm	22-71(14)
80/84 Peter Muller	400gm	19-69(19)

### **PENTATHLON:**

#### **MEN: (Masters State Men 30+)**

(L/Jump, Jav. 200m. Discus... 1,500m.)

U/14 Graeme Kinnear	1545Pts. (89)
U/16 Neil Smith	2248Pts. (91)
U/18 Neil Pope	2307Pts. (95)
U/20 Simon Deegan	2241Pts. (92)
Sen. Mark VanDermuelen	2275Pts. (91)
30/34 Murray Wynne	2178Pts. (91)
35/39 Paul Hayes	1632Pts. (92)
40/44 Dan Smith	2283Pts. (92)
45/49 Bruce Gouldthorp	2039Pts. (92)
50/54 Bruce Gouldthorp	1380Pts. (94)
55/59 Peter Muller	1034Pts. (95)
60/64	
65/69 Jim Macaulay	1060Pts. (92)

**100 YARDS (91.44 METRES):****Men:**

U/14 Lachlan Fehrman	12:46(10)
U/16 Neil Pope	11:01(93)
U/18 Neil Pope	10:56(94)
U/20 Bryan Hoekstra	10:94(94)
Sen. Mark VanDermuelen	10:51(92)
30/34 Murray Wynne	10:99(93)
35/39 John Cox	11:11(92)
40/44 John Cox	11:12(94)
45/49 John Verran	11:54(93)
50/54 Greg VanderSanden	12:00(12)
55/59 Greg VanderSanden	12:78(14)
60/64 Gavin Evans	13:70(12)
65/69 Dan Smith	14:82(16)
70/74 Peter Muller	14:50(09)
75/79 Peter Muller	16:71(14)

**SPECIAL EVENTS:****CLUB HANDICAP FOUR BY 100 METRES RELAY:**

**1991-** Mark VanDermuelen, Barb Wilson, Dylan Kettle, Paul Haynes **52:98s.**

**1992-** John Cox, Kristy Howlett, Matt Pomery, John Bocian **52:89s.**

**1993-** Neil Pope, Eion Simmons, Bryan Hoekstra, Derek Jones **50:38s.**

**1994-** John Cox, Pauline Dawson, David Cronin, Neil Pope **52:80s.**

**CLUB FOUR BY 100 METRES RELAY:**

**1992-** John Cox, Paul Simmons, Mark VanDermuelen, Kristy Howlett **50:85s.**

**1993-** Neil Pope, Murray Wynne, Bryan Hoekstra, Jonathon West **57:88s.**

**1994-** John Cox, Matt Hancock, Bryan Hoekstra, Neil Pope **49:87s.**

**SPECIAL EVENTS****2019-2020 Winners:****PETER WATSON MILE (1,609.3mtrs):****WOMENS:**

Patricia Hoveler, Time: 8:17:23

**MENS:**

Callum Dowell, Time: 4:32:84 **(RECORD)**

**100 YARD DASH (91.44mtrs):****WOMENS:**

Jasmine Heslop, Time: 13:22 **(RECORD)**

**MENS:**

Carl Heslop, Time: 12.36

**DECIMA NORMAN SPRINT HANDICAP:**

N/A - Event Cancelled due to COVID-19

**PETER WATSON 1,500 METRE HANDICAP:**

N/A – Event Cancelled due to COVID-19

***\*\*These Records are current as at October 2020 and will be updated at the end of each season.***

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**ALBANY ATHLETICS CLUB INC.**

**P.O. Box 439, Albany W.A. 6331**

**[www.albanyathletics.com.au](http://www.albanyathletics.com.au)**

## **Committee Members:**

<b>Albany Athletics Club General Committee Members 2020-2021</b>	
<b>Position:</b>	<b>Name:</b>
President -	Jasmine Heslop
Vice-President -	
Secretary -	
Treasurer -	Chris Langslow
Registrar -	Beryl Allen
Ordinary Committee Member -	Dan Smith
Ordinary Committee Member -	Ken Willis
Ordinary Committee Member -	Caroline Evans
Ordinary Committee Member -	

### **CONTACT INFORMATION:**

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**Follow Us On Facebook:** [www.facebook.com/albanyaths/](http://www.facebook.com/albanyaths/)

**Clubhouse Location:** "Mike Biddulph Athletic Grounds", Cnr North Rd & Sanford Rd's, Albany