



ALBANY ATHLETICS CLUB INC.

2021 - 2022

TRACK & FIELD HISTORY OF RECORDS

PROGRAM and TECHNICAL SPECIFICATIONS



www.albanyathletics.com.au

2021 - 2022 Summer Track & Field Program

	<p>Albany Athletics Club Inc 2021-2022 Summer Track & Field Program (Including Saturday Competition Track & Field, Tuesday Social Run/Walk, Wednesday Training & 1st Wednesday evening of each month Competition Long Distance Track Run/Walk) Email: albanyaths@hotmail.com Website: www.albanyathletics.com.au Facebook page: www.facebook.com/albanyaths/ Facebook group: https://www.facebook.com/groups/albanyaths</p>
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LOCATION:

Albany Athletics Club Rooms, Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany WA 6330

EVENT START TIMES:

- **Saturday morning – Track & Field Competition** – warm-up from 8:30am, first event starts at 8:45am
- **Tuesday morning – Social Run/Walk** – warm-up from 6:30am, run & walk starts at 6:45am
- **Wednesday evening – Track & Field Training** – warm-up from 5:15pm, training starts at 5:30pm
- **4th Wednesday evening of each month (except December) – Long Distance Track Run & Walk Competition** – warm-up from 5:15pm, all events start at 5:30pm

EVENT:	DATE:	EVENT TYPE:	DETAILS:
1	Sat 9 th Oct 21	Track & Field Competition	ORIENTATION & REGISTRATION DAY Have-a-go, hear about our Club & support with registration
2	Tue 12 th Oct 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
3	Wed 13 th Oct 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
4	Sat 16 th Oct 21	Track & Field Competition	SEASON STARTS Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
5	Tue 19 th Oct 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
6	Wed 20 th Oct 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
7	Sat 23 rd Oct 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
8	Tue 26 th Oct 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
9	Wed 27 th Oct 21	Long Distance Track Run/Walk Competition	Choice of 2,000m, 3,000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
10	Sat 30 th Oct 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
11	Tue 2 nd Nov 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
12	Wed 3 rd Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
13	Sat 6 th Nov 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
14	Tue 9 th Nov 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
15	Wed 10 th Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
16	Sat 13 th Nov 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
17	Tue 16 th Nov 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
18	Wed 17 th Nov 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
19	Sat 20 th Nov 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
20	Tue 23 rd Nov 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
21	Wed 24 th Nov 21	Long Distance Track Run/Walk Competition	Choice of 2,000m, 3,000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)

22	Sat 27 th Nov 21	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
23	Tue 30 th Nov 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
24	Wed 1 st Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
25	Sat 4 th Dec 21	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
26	Tue 7 th Dec 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
27	Wed 8 th Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
28	Sat 11 th Dec 21	Track & Field Competition	*SPECIAL EVENTS (Albany) - Peter Watson Mile 1500m, 100 Yard Dash (91.44m), Team Relays & Christmas Wind-up BBQ*
29	Tue 14 th Dec 21	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
30	Wed 15 th Dec 21	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
Summer Break - No Athletics from 16 th Dec 2021 – 3 rd Jan 2022 - Summer Break			
31	Tue 4 th Jan 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
32	Wed 5 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
33	Sat 8 th Jan 22	Track & Field Competition	SEASON RESUMES Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
34	Tues 11 th Jan 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
35	Wed 12 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
36	Sat 15 th Jan 22	Track & Field Competition (NO LITTLE ATHS)	*SPECIAL EVENT - Albany Outdoor Pentathlon 1* Male events: long jump, javelin, 200m, discus, 1500m Female events: 100m, shotput, long jump, javelin, 800m
37	Tue 18 th Jan 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
38	Wed 19 th Jan 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
39	Sat 22 nd Jan 22 Sat 22 nd & Sun 23 rd Jan 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m *SPECIAL EVENT (Perth) – WA Combined Events Championships* (Saturday 22 nd & Sunday 23 rd Jan)
40	Tue 25 th Jan 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
41	Wed 26 th Jan 22	Long Distance Track Run/Walk Competition	Choice of 2,000m, 3,000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
42	Sat 29 th Jan 22	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
43	Tue 1 st Feb 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
44	Wed 2 nd Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
45	Sat 5 th Feb 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
46	Tue 8 th Feb 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
47	Wed 9 th Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
48	Sat 12 th Feb 22	Track & Field Competition	Program 1 – choice of 1500m, long jump, 100m, triple jump, 60m, javelin, 400m
49	Tue 15 th Feb 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
50	Wed 16 th Feb 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws

51	Sat 19 th Feb 22	Track & Field Competition (NO LITTLE ATHS)	*SPECIAL EVENT - Albany Outdoor Pentathlon 2* Male events: long jump, javelin, 200m, discus, 1500m Female events: 100m, shotput, long jump, javelin, 800m
52	Tue 22 nd Feb 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
53	Wed 23 rd Feb 22	Long Distance Track Run/Walk Competition	Choice of 2,000m, 3,000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
54	Sat 26 th Feb 22 Sun 27 th Feb 22	(NO ALBANY ATHS)	*SPECIAL EVENT (Perth) - MAWA State Championships* - 5,000m, Pentathlon, Throws Pentathlon, High Jump (Sunday 27 th Feb)
55	Tues 1 st Mar 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
56	Wed 2 nd Mar 22 Thu 3 rd Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws *SPECIAL EVENT (Perth) - MAWA State Championships* - 10,000m (Thursday 3 rd March)
57	Sat 5 th Mar 22	Track & Field Competition (PUBLIC HOLIDAY WEEKEND)	Program 1 or 2 (no hurdles) - choice of 1500m, 800m or 1000m, 400m, 200m, 100m, 60m, long jump, triple jump, high jump, javelin, shot put, discus
58	Tue 8 th Mar 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
59	Wed 9 th Mar 22 Thu 10 th Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws *SPECIAL EVENT (Perth) – MAWA State Championships* - Steeplechase (Thursday 10 th March)
60	Sat 12 th & Sun 13 th Mar 22	(NO ALBANY ATHS)	*SPECIAL EVENT (Perth) - MAWA State Championships* Main weekend (Saturday 12 th & Sunday 13 th March)
61	Tue 15 th Mar 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
62	Wed 16 th Mar 22	Track & Field Training	Training – sprints, middle distance & long distance track running, jumps, throws
63	Sat 19 th Mar 22	Track & Field Competition	Program 2 with hurdles – choice of hurdles 200-400m, shot put, hurdles 80-110m, discus, 800m or 1000m, 200m, high jump, 60m
64	Tue 22 nd Mar 22	Social Run/Walk	Meet at the Club Rooms – choose your distance 2.5km / 5km
65	Wed 23 rd Mar 22	Long Distance Track Run/Walk Competition	Choice of 2,000m, 3,000m, 4,000m, 5,000m or 10,000m (you <u>must</u> RSVP for this event)
66	Sat 26 th Mar 22	Track & Field Competition	SEASON ENDS *SPECIAL EVENTS (Albany) - Peter Watson H/Cap 1500m, Decima Norman H/Cap 100m, Team Relays, Track & Field Season Wind-up BBQ & Club Awards*

IMPORTANT INFORMATION

SATURDAY Morning – Track & Field Competition:

- Warm-up starts at 8:30am at the Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany.
- The first event starts at 8:45am sharp (see Summer Track & Field program for the list of events).
- The Albany Athletics Club shares the use of the Athletics Ground and Club Rooms with the Albany Little Athletics Club. The two Clubs work closely together to:
 - organise line marking for the track and field events
 - plan a two-week rotation athletics program
 - set up the Track & Field equipment each Saturday morning
 - rotate through Little Athletics Club & Albany Athletics Club events smoothly
 - pack away Track & Field equipment
 - clean the Club Rooms at the end of the morning
- Participants must arrive early to offer help with setting up and packing away Track & Field equipment for both Little Athletics Club & Albany Athletics Club.
- Participants must offer help with cleaning the Club Rooms at the end of the morning (a roster may be put in place).
- On hurdles mornings, participants are responsible for setting up and packing away their own hurdles. If participants are present on hurdles mornings, they must offer help with setting up and packing away all the hurdles to minimise delays.
- If Albany Little Athletics Club has set up their Track Timing Gates equipment, they will time our track events. If they have not, volunteers will be required to time participants using Club stop watches.
- Participants must offer help with measuring and recording results for jumps and throws events.
- Track & Field competition results will be available for participants after each event morning.
- All Field events are entitled to have six (6) attempts ONLY if time permits otherwise a minimum of three (3) attempts.
- Only participants with annual 12-month memberships, Summer Track & Field season memberships and life memberships (must be elected members of Albany Athletics Club) are permitted to hold Club records and have their names and results included in the Club records.
- Special Events held in Albany in the Summer Track & Field program require participants to meet certain eligibility requirements set out by the Albany Athletics Club:
 - Only participants with registered annual 12-month memberships, Track & Field season memberships or Life memberships are eligible to participate in Special Events and receive awards & prizes for these events - Peter Watson Mile, 100 Yard Dash, Peter Watson 1500m Handicap and Decima Norman 100m Handicap. PLEASE NOTE: visitors with a one(1)-day visitor membership are not eligible to enter or receive prizes & awards.
 - The starting time for each participant in the Peter Watson 1500m Handicap event will be worked out by the Club according to the participant's fastest 1500m time during the current season. Participants must have competed in at least two (2) 1500m competition events during the current season to be eligible to participate in the event and receive Club awards & prizes.
 - The start line for each participant in the Decima Norman 100m Handicap event will be worked out by the Club according to the participant's fastest 100m time during the current season. Participants must have competed in at least two (2) 100m competition events during the current season to be eligible to participate in the event and receive Club awards & prizes.

SATURDAY Morning - Track & Field Programs:

Albany Athletics Club works in partnership with Albany Little Athletics Club to provide a two-week rotation of athletics programs (except for scheduled Special Events). Participants are welcome to pick and choose events. Visitors are welcome to try events.

PROGRAM 1	PROGRAM 2 with Hurdles
1500m	Hurdles 200-400m
Long Jump	Shot Put
100m	Hurdles 80-110m
Triple Jump	Discus
60m	800m or 1000m
Javelin	200m
400m	High Jump (Pack it away)
	60m

TUESDAY Morning - Social Run & Walk:

- Warm-up starts at 6:30am, meeting at the front of the Albany Athletics Club Rooms, cnr North Rd & Sanford Rd, Albany.
- The Social Run & Walk event starts at 6:45am sharp.
- The course is a 2.5km loop starting on the grass at the front of the Club Rooms, then along a flat paved path around the athletics ground and cricket/soccer grounds.
- Participants can choose their own distance – 2.5km or 5km.
- Participants can run & walk at their own pace.
- The event will not be timed by the Club.
- Toilets will be available.



WEDNESDAY Evening – Track & Field Training:

- Warm-up starts at 5:15pm at the Mike Biddulph Athletic Ground, cnr North Rd & Sanford Rd, Albany.
- Training runs for one hour starting at 5:30pm and finishing at 6:30pm.
- The athletics ground, track and jump pits are available for participants who are training for running, jumping and throwing events, however on the 4th Wednesday of each month (except December), participants competing in the Long Distance Track Run & Walk events will be given first priority over the use of the track).
- Training clinics run by qualified athletics coaches will be available on some Wednesday evening trainings during the Summer Track & Field season (dates TBC).
- Track & Field equipment will be made available for participants during the one-hour training session. Participants are also welcome to bring their own equipment.
- All equipment owned by Albany Athletics Club must be well looked after and returned in good clean condition. It is important that any faulty or broken equipment is declared to a member of the committee.
- Toilets will be available.

WEDNESDAY Evening – Long Distance Track Run & Walk Competition:

- Wednesday evening Long Distance Track Run & Walk competitions will be held on the 4th Wednesday of each month (except December).
- Warm-up starts at 5:15pm at the Mike Biddulph Athletics Ground, cnr North Rd & Sanford Rd, Albany.
- All long distance track running & walking events start at 5.30pm sharp.
- Participants can choose their run or walk distance – 2000m, 3000m, 4000m, 5000m or 10000m.
- Participants must RSVP for each Long Distance Track Run & Walk competition event on the Club's Facebook page or via the Club's email albanyaths@hotmail.com (with a mention of your nominated distance) as a minimum of 4 participants and an adequate number of volunteers are required for the evening to proceed.
- Runs & walks will be timed using Club stop watches and results will be available for participants after each event.
- Toilets will be available.

For ALL Events:

- To participate in Club events, you must be a registered member or visitor of Albany Athletics Club.
- To hold a Club record and have your name and results included in the Club records, you must have an annual 12-month membership, Track & Field season membership or Life membership. PLEASE NOTE: you cannot hold a Club record if you have a one (1)-day visitor membership.
- Club awards & prizes are only eligible for participants with an annual 12-month membership, Summer Track & Field season membership or Life membership. PLEASE NOTE: you are not eligible for Club awards & prizes if you have a one (1)-day visitor membership.
- A Track & Field Coordinator is required on each event day to manage volunteers setting up the Track & Field equipment for all events, organise event recording sheets, manage the recording of results, liaise with Albany Little Athletics Club delegates and ensure the competition morning runs efficiently and smoothly.
- 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 one (1) person to time, measure or record each event.
- Age categories are: Under 14 (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, 80-84 etc.

Registration Information:

- All participants who wish to become a member of Albany Athletics Club must be registered online prior to competing in any event.
- Visitors must register for a Visitor day membership on the day of the event, by completing the "One (1) Day Visitor Form" and paying the \$5 one (1) -day visitor fee with cash or bank transfer (please ask a committee member for our Club bank account details).
- Our preferred method of membership registration is via the online registration platform "Register Now". The link for registration can be found on our website: www.albanyathletics.com.au
- We require all participants (including any participants under the age of 18 years who you are responsible for) to ensure they are adequately warmed-up, competent, fit and adequately trained to safely participate in our Club events.
- If you have any health condition/s which may require Club officials to provide assistance when you participate in Club events, you MUST provide details when asked during the online registration process and where appropriate, notify Club officials on event days.

Merchandise: (uniforms optional)

- We have available for purchase Club singlets, T-Shirts, jumper hoodies and caps in limited sizes for Men, Women and Children (special discounts for annual 12-month members, Track & Field season members, Winter Cross-Country members and Life members. PLEASE NOTE: participants with Visitor day memberships will not receive a discount.
- Club merchandise can ONLY be purchased on event days.
- Payment can be made with cash or via bank transfer (please ask a committee member for our Club bank details).
- To have a look at our Club merchandise, visit our "Shop" on our website at www.albanyathletics.com.au (PLEASE NOTE: you cannot purchase online).
- We encourage participants to wear our Club merchandise on event days, at the Elleker Running Festival, at our social events, at other athletics or running events, or just around town to increase our Club's visibility in the community!

TECHNICAL SPECIFICATIONS:

HURDLES SPECIFICATIONS:

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
WOMEN: Short Hurdles						
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
WOMEN: Long Hurdles						
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
MEN: Short Hurdles						
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
MEN: Long Hurdles						
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)
WOMEN					
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	5.450 (12lb)
75 +	2.00	2.00	0.75	400	4.00 (8.8lb)
MEN					
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)
80/84	Kathleen Hannig	15:88(21)

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)
75/79	Brenda Painter	19:74(21)
80/84	Kathleen Hannig	28:08(21)

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)
75/79	Brenda Painter	51:09(20)
80/84	Kathleen Hannig	1:03:72(21)

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 Claughton	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)
75/79	Brenda Painter	2:56:47(21)
80/84	Kathleen Hannig	2:27:29(21)

800 METRES:

U/14	Sabriel Denehy	2:54:80(17)
U/16	Sue Grayson	2:24:80(76)
U/18	Ruth Claughton	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)
75/79		
80/84	Kathleen Hannig	5:28:65(21)

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 Crystal Bairstow	17:09:14(21)
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 Claughton	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 Claughton	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 Beryl Allen	12:07:12(21)

MILE (1,609.3 METRES):

U/14 Emily Blechynden	8:06:83(12)
U/16 Ruth Claughton	5:41:91(91)
U/18 Ruth Claughton	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)
80/84 Kathleen Hannig	12:20:25(20)

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 Claughton	19:69(93)
Sen. Linda Noble	21:33(85)
30/34 Pauline Dawson	18:28(85)
35/39 Virginia Mercer	19:72(91)
40/44 Jasmine Heslop	21:33(21)

HURDLES 80 METRES (76cm):

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

LONG JUMP:

U/14 Natalie Wilson	Metres: 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)

75/79 Brenda Painter 2-22(21)

TRIPLE JUMP:

U/14 Tracy Bocian	Metres: 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)
75/79 Brenda Painter	5-26(21)

HIGH JUMP:

U/14 Natalie Wilson(91) and Tracy Bocian(95)	Metres: 1-15
U/16 Margaret Jones(95) and Tullulah Gouldthorp(17)	1-15
U/18 Lisa Cunnold	1-55(87)
U/20 Ruth Claughton	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	0-91(20)

SHOTPUT:

U/14 Jennifer Smith	Weight: 3kg	Metres: 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	7-32(21)
70/74 Beryl Allen	3kg	6-29(21)

75/79 Brenda Painter 2kg 6-11(20)
 80/84 Kathleen Hannig 2kg 5-70(21)

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 Beryl Allen 1kg 15-98(21)
 75/79 Brenda Painter 0.75gm 14-12(21)
 80/84 Kathleen Hannig 0.75gm 11-34(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)

(60-74 weight changed 1/1/2014)

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 13-56(20)
 80/84 Kathleen Hannig 400gm 9-00(20)

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 Claughton 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 Claughton 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 2021 and will be updated at the end of each Track & Field 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 Vandermuelen	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 Dan Smith	9:63(21)
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 Vandermuelen	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 Dan Smith	15:63(21)
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 Vandermuelen	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 Dan Smith	31:61(21)
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 Dan Smith	1:13:13(21)
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 Callum Dowell	2:03:59(21)
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 Dan Smith	2:49:50(21)
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 Dan Smith	3:49:89(21)

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 Callum Dowell	4:16:18(21)
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 Dan Smith	5:50:94(21)
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 Callum Dowell	6:03:14(21)
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 Dan Smith	8:11:67(21)

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)
70/74 Dan Smith	12:35:50(21)

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 Dan Smith	21:19(21)
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 Dan Smith	3-89(21)
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 Dan Smith	8-12(21)
75/79 Peter Muller	6-43(14)
80/84 Peter Muller	6-01(19)

HIGH JUMP:

Metres:

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 Dan Smith	1-25(21)
75/79 Peter Muller(= 15&16)	1-05(14)
80/84 Peter Muller	1-00(19)

SHOTPUT:

Weight: Metres:

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)	Old
U/20 Andrew Halsall	6kg	10-52(10)	New
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)	Old
U/20 Steven Robson	1.75kg	29-57(11)	New
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:

Weight: Metres:

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	31-78(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 **2020-2021 Winners:**

PETER WATSON MILE (1,609.3mtrs):

WOMENS:

Crystal Bairstow, Time: 6:33:72

MENS:

Callum Dowell, Time: 4:43:56

100 YARD DASH (91.44mtrs):

WOMENS:

Jasmine Heslop, Time: 13:94

MENS:

Callum Dowell, Time: 11.92

DECIMA NORMAN 100 METRE SPRINT

HANDICAP:

Beryl Allen, Time: 13:28 (H/C distance 62.39m)

PETER WATSON 1,500 METRE HANDICAP:

Collin Pass, Time: 4:98:63 (H/C time 1:59:00)

*****These Records are current as at September 2021 and will be updated at the end of each Track & Field season.***



ALBANY ATHLETICS CLUB INC.
P.O. Box 439, Albany W.A. 6331
www.albanyathletics.com.au

Committee Members:

2021-2022 Albany Athletics Club General Committee Members	
Position:	Name:
President -	Jasmine Heslop – 0437 284 347
Vice-President -	John Toomey
Secretary -	Kelly Patterson
Treasurer -	Chris Langslow
Registrars -	Donna Middleton (Track & Field season) & Kelly Patterson (Cross-Country season)
Ordinary Committee Member -	Dan Smith
Ordinary Committee Member -	Carla Benson
Ordinary Committee Member -	Crystal Bairstow
Ordinary Committee Member -	John Bocian
Ordinary Committee Member -	Tamara Boyle

Contact Information:

Postal Address: Albany Athletics Club Inc, P.O. Box 439, Albany WA 6331

Club Rooms Location: “Mike Biddulph Athletic Ground”, cnr North Rd & Sanford Rd, Albany

Email: albanyaths@hotmail.com

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