

IPSWICH & DISTRICT ATHLETIC CLUB INC
BEST ON RECORD RESULTS OF CARNIVALS 1982 - 2022

GIRLS/WOMEN

AGE/EVENT NAME RESULT YEAR

8 Years & Under **AGE GROUP NO LONGER CONTESTED**

80 Metres M. Murison 11.92 1998
 100 Metres Jessica Firth 15.06 1996
 Long Jump Caitlin Sippel 3.79m 1995
 Shot Put 2kg Emily Griffiths 6.77m 1996

9 Years **AGE GROUP NO LONGER CONTESTED**

100 Metres Michelle Aurisch 14.00 1982
 200 Metres Michelle Aurisch 29.40 1982
 Long Jump Michelle Aurisch 4.49m 1982
 Shot Put 2kg M. Thompson 7.75m 1984

10 Years

100 Metres K. Hill 13.89 1984
 200 Metres A. Christie 28.60 1982
 800 Metres C. Tolhopf 2.41.25 1993
 Long Jump S. Aurisch 4.77m 1984
 Shot Put 2kg Amanda Rose 10.95m 2012
 Discus Mila Josipovic 31.75m 2022
 400 Metres M. Bochmann 1.08.78 1987
 800 M. Walk J. Keillah 4.00.19 1987
 High Jump Vicki Kerr 1.35m 1985
 1500 Metres C. Bevan 5.00.56 1986

11 Years

100 Metres A. Kercher 13.20 1983
 200 Metres Michelle Aurisch 28.10 1983
 800 Metres S. Curtis 2.31.58 1997
 Long Jump Narelle Ruhl 4.55m 1982
 Shot Put 2kg Amanda Rose 13.78m 2013
 400 Metres N. Wheeler 1.05.60 1982
 = J. Crowe 1.05.60 1989
 1500m Majenta Stirling 5.38.18e 2018
 1500m. Walk Lauren Filer 8.51.93 1996
 High Jump A. Natalier 1.50m 1997
 Discus Rochelle Vidler 32.25m 2012

12 Years

100 Metres R. Maguire 12.76 2005
 200 Metres Michelle Aurisch 26.70 1985
 400 Metres K. Mackee 1.03.10 1982
 800 Metres Jaqueline Clowes 2.27.13 1991
 Long Jump K. Simmonds 4.96m 1982
 High Jump A. Natalier 1.56m 1998
 = Nicole Maynard 1.56m 2010
 Triple Jump Nicole Maynard 10.19m 2010
 Shot Put 3kg Catherine Spink 11.65m 2001
 Javelin M. Thompson 30.44m 1987
 Discus 1kg Rochelle Vidler 39.21m 2013
 800 M. Walk Sandra Doocey 3.53.60 1985
 1500 Metres Emma-Kate Watt 5.03.90 2016
 Shot Put 2.724kg K. Gore 11.79m 1989

U14 Years

100 Metres Judy Davies 12.30 2001
 200 Metres Adriene Rainbird 26.12 1984
 400 Metres Judy Davies 58.80 2001
 800 Metres M. Adamson 2.19.90 1982
 1500 Metres M. Adamson 4.44.00 1982
 1500 M. Walk R. McCammon 8.26.26 1998
 Long Jump Sharon Jaklofski/Smith 5.64 1982
 Triple Jump Jessie Harper 11.17m 2010
 High Jump K. Danaher 1.68m 1995
 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)

AGE/EVENT NAME RESULT YEAR

Shot Put 2.724kg K. Jones 14.91 1990
 Javelin 600g A. Utschink 35.12 1997

14 Years **AGE GROUP NO LONGER CONTESTED**

100 Metres Judy Davies 12.28 2002
 200 Metres Judy Davies 25.54 2002
 400 Metres S. Ring 59.30 2004
 800 Metres A. McVie 2.14.80 1982
 1500 Metres C. Jones 4.47.10 1982
 Long Jump Sharon Jaklofski/Smith 5.46 1983
 High Jump V. Kerr 1.65 1989
 Triple Jump J. Jennings 11.45 2000
 Shot Put 4kg Helen Toussis 12.66 1989
 Javelin 600g A. Utschink 37.88 1998
 = Samantha Fraser 37.88 1998
 Discus 1kg J. Mc Martin 40.74 1993
 800 M. Walk Anita Wallis 3.46.54 1991
 3000 Metres J. Curd 11.22.00 1983

15 Years **AGE GROUP NO LONGER CONTESTED**

100 Metres Judy Davies 12.20 2003
 200 Metres Judy Davies 25.03 2003
 400 Metres Judy Davies 57.74 2003
 800 Metres Fiona Bain 2.19.20 1982
 1500 Metres K. Watts 4.42.48 1987
 Long Jump L. Gooden 5.71 1982
 High Jump Sharon Jaklofski/Smith 1.65 1984
 = Lisa Armstrong 1.65 1992
 Triple Jump N. Etheridge 10.92 2002
 Shot Put 4kg K. Jones 13.20 1992
 Javelin 600g L. Garwood 40.86 1995
 Discus 1kg Deborah Lovely 42.84 1998
 800 M. Walk Tammy Zabel 3.54.00 1985
 1500 M. Walk Sheree Newton 6.56.00 1986
 3000 Metres M. Kelly 10.08.00 1986

Under 16

100 metres Nicole Kay 12.84e 2012
 400 metres Nicole Kay 1.00.45e 2012
 800 metres Madeline McGuire 2.23.77e 2012
 Long Jump Nicole Maynard 5.34m 2012
 High Jump Jasmin Meuli 1.58m 2017
 Triple Jump Nicole Maynard 11.29m 2012
 Shot Put Samantha Lenton 13.99m 2014
 Discus Melissa Hamer 40.80m 2010
 Javelin Samantha Lenton 30.47m 2014

Under 18

100 Metres Cathy Freeman 12.03 1989
 200 Metres Sharon Cripps 24.78 1993
 400 Metres Laura Kennedy 58.40 1997
 800 Metres Jay South 2.17.33 1993
 1500 Metres Tracey Fellows 4.46.70 1982

Long Jump Sandra Priestly 6.05 1982
 High Jump Gay Kapernick 1.80 1987
 Triple Jump Nicole Maynard 11.62m 2013/14
 Shot Put 4kg Samantha Lenton 14.51m 2014
 Javelin 600g Joanna Stone 43.70m 1990
 Discus 1kg Deborah Lovely 48.60m 2000
 1500 M. Walk N. Camplin 6.30.00 1986
 3000 Metres Susan Ross 10.31.00 1986

BEST ON RECORD RESULTS 1982 - 2022 (contd)

GIRLS/WOMEN (contd)

AGE/EVENT	NAME	RESULT	YEAR
Under 20			
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	Alyssa Kapranov	11.72m	2022
Javelin	L. Garwood	42.58m	1998
Discus	Laylani Va'ai	40.04m	2019

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	Jodie Willis-Roberts	F12, 30.12m	2015

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	Theresa Stolberg	1.25m	2016
Triple Jump	Helen Powell	7.68m	2012
Shot Put	Carolin Holl	9.80m	2019
Javelin	Theresa Stolberg	30.60m	2013
Discus	Carolin Holl	29.11m	2019

MASTERS Women 45-49yrs

100 Metres	Theresa Stolberg	14.44e	2017
200 Metres	Patty Peterson	31.67	2007
400 Metres	Theresa Stolberg	1.08.36	2017
1500 Metres			
Long Jump	Janet Webber	4.03m	2022
High Jump	Janet Webber	1.35m	2022
Triple Jump	Suellen Fraser	6.12m	2012
Shot Put	Janet Webber	8.54m	2019
Javelin			
Discus	Theresa Stolberg	24.08m	2017

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
High Jump	Suellen Fraser	0.90m	2017
Triple Jump	Phylis Kwok	7.81m	2010
Shot Put	Theresa Stolberg	8.59m	2022
Javelin	Denise Quinn	22.27m	2007
Discus	Phylis Kwok	23.11m	2010

MASTERS Women 55-59yrs

100 Metres			
1500 Metres			
Long Jump			
Shot Put			
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

BEST ON RECORD RESULTS 1982 - 2022 (contd)

AGE/EVENT	NAME	RESULT	YEAR
Discus 1kg	Helen Searle	29.70m	2004
BOYS/MEN			
8 Years & Under	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
9 Years	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
10 Years			
100 Metres	D. Nicholls	13.50	1982
200 Metres	D. Nicholls	27.20	1982
800 Metres	M. Mullins	2.32.22	1998
1500 Metres	Mitchell Stewart	5.54.78	2019
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
11 Years			
100 Metres	S. Eastman	12.50	1988
200 Metres	C. Brownjohn	26.30	1988
800 Metres	K. Richardson	2.24.00	1985
1500m	Joel Jakimowicz	5.36.07	2019
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
12 Years			
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
U14 Years			
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	Matthew Wecker	10.73m	2011

AGE/EVENT	NAME	RESULT	YEAR
High Jump	Lincoln Cory	1.77m	2004
Shot Put 3kg	B. Dixon	15.88m	2003
BOYS/MEN			
U14 Years (contd)			
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
14 Years	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
15 Years	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
Under16			
100metres	Aden Cowdroy	12.02e	2019
400metres	Jasper Yeuell	57.37e	2010
800metres	Brent Broughton	2.19.82e	2015
1500m	Wyatt Hobbs	5.08.61e	2019
Long Jump	Daniel Harlow	6.20m	2022
High Jump	Aden Cowdroy	1.80m	2019
Triple Jump	Joshua Cowley	13.53m	2016
Shot Put	Matthew Denny	17.24m	2011
Discus 1kg	Matthew Denny	66.87m	2011
Under 18			
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	Brett 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

BEST ON RECORD RESULTS 1982 - 2022 (contd)

3000 Metres	C. Robinson	9.37.00	1986
Shot Put 5.449kg	C. Boccalatti	16.65	1991

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	YEAR
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Under 20

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
Long Jump	Kyle Bennett	5.47m	2015
Triple Jump	Omar Thompson	11.01m	2014
High Jump	Josh Crilly	1.80m	2016
Shot Put	Michael Criticos	13.47m	2013
Javelin	Wayne Martell	59.26m	1982
Discus	Matthew Denny	61.84m	2015

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	Matthew Denny	54.75m	2015
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	Matthew Learoyd	12.94e	2018
200 Metres	Rammilan Yadav	29.91	2007
1500 Metres	Dale Godfrey	6.13.95	2008
Long Jump	Matthew Barram	5.24m	2019
Triple Jump	Darrin Norwood	11.00m	2018
High Jump	Rod Franke	1.50m	2008
Shot Put	Darrin Norwood	12.30m	2018
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
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MASTERS Men 40-44yrs

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	Andrew McLean	5.75m	2018
Triple Jump	Brad Buhse	9.14m	2016
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	Michael Berlin	59.70e	2017
800 Metres	Con Dimauro	2.39.00	2008
1500 Metres	Con Dimauro	5.22.68	2008
Long Jump	Andrew McLean	6.11m	2022
High Jump	Michael Berlin	1.60m	2016
Triple Jump	Andrew McLean	11.53m	2022
Shot Put	Richard Harris	10.89m	2019
Javelin	Paul Bannister	35.00m	2013
Discus	Richard Harris	36.00m	2016

MASTERS .. 40-49 AGE GROUP NO LONGER CONTESTED

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
400 Metres	Stephen Bennett	1.04.59e	2017
1500 Metres	Con Dimauro	5.05.31	2009
Long Jump	Michael Berlin	5.00m	2019
High Jump	Michael berlin	1.60m	2019
Triple Jump	Callum McInnes	9.33m	2011
Shot Put	Darin Coombs	11.90m	2022
Javelin	Andrew Wheeler	33.62m	2013
Discus	Darin Coombs	39.28m	2022

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
High Jump	Ganga Prasad	1.05m	2017
Triple Jump	Ganga Prasad		

BEST ON RECORD RESULTS 1982 - 2022 (contd)

Shot Put	Ray Chambers	11.09m	2011
Discus	Ray Chambers	25.05m	2011

BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	YEAR
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BOYS/MEN (contd)

AGE/EVENT	NAME	RESULT	YEAR
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MASTERS .. 50-59 AGE GROUP NO LONGER CONTESTED

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
Long Jump	Bruce O'Connor	3.82m	2016
High Jump	Ganga Prasad	1.05m	2019
Triple Jump	Bruce O'Connor	7.78m	2016
Shot Put	Ray Chambers	10.60m	2016
Discus	Lajos Joni	33.72m	2019

MASTERS Men 65-69yrs

100 Metres			
Long Jump	Bruce O'Connor	3.81m	2018
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