

SALISBURY AMATEUR ATHLETIC CLUB



YEARBOOK 2011-2012

Presidents Report 2011/2012

Sponsors

The Salisbury Amateur Athletic Club is very grateful for the support received from our sponsors and supporters. The help given to our Club through grants, equipment and fundraising enables us to survive and to promote our sport; to develop junior athletes in our area and to support our hard working athletes in their endeavors to be successful.

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Registrar's Report 2011/2012

Australian All Schools Dec 2011

Competition Director's Report.

Interclub Competition

Relays

The Relay Championships were a relatively small affair. We fielded teams in only two men and women age groups this season, Under 18 and Open. We did not try to cover all the events, but chose to put in teams where we thought we had a chance of medalling. We also chose not to have any individual athlete do more than 3 running events.

Our strategy was proved correct with all our women's teams winning gold in every running event. Events contested were:

Women

Open Women:	4 x 100m	Gold
Open Women:	4 x 200m	Gold
Open Women:	1600m Medley	Gold
U18 Women:	4 x 100m	Gold
U18 Women:	4 x 400m	Gold
U18 Women:	1000m medley	Gold
Open Women	Jumps	Gold
Open Women	Throws:	Gold

Men

Open Men:	4 x 800m:	Bronze
Open Men:	4 x 100m:	4th
Open Men:	4 x 200m:	4th
Open Men:	1600m Medley;	Silver
U18 Men:	4 x 100m:	4th
U18 Men:	4 x 200m;	4th
Open Men	Jumps:	Gold
Open Men	Throws:	Gold
U18 Men	Throws:	Gold

Athletics SA PREMIER

SUMMER INTERCLUB TEAMS

2011/2012

Men Open

Jarrold Sims	Sam Russell	Nathan Rout
Luke Richards	Craig Ratsch	Alex Haydon
Lachlan Dorrian	Matthew Janicki	Ryan Dorrian
Kale Davies	Benjamen Hall	Richard Frimpong
Gary Thompson	Aaron Moylan	Anthony Skewes
Callan Jaensch	Daniel Emes	Alex Skewes

Women U14

Emma Dunlevey	Jordan McKenzie	Nikki Thompson
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Women U16

Hayley Sayers	Rosalind Short	Kimberly Butler
Charlee Boxall	Katie Devlin	Emma Dunlevey

Women Open

Kimberly Butler	Charlee Boxall	Nicole McKenna
Zahlie Davies	Amie Blanden	Juwella Nganga
Chelsea Lemke	Clare Short	Katie Devlin
Saheen Gobbo	Chelsea Jaensch	Fiona Opitz
Jess Wedd	Melissa Leach	Charlene Thompson
Ashley Jordan	Rosalind Short	Nikki Thompson

Other Results

MEN

U18 Men
U16Men
U14 Men

WOMEN

U18 Women

Little Athletics State Team Men	
Lachlan Page	

Junior Women ASA State Team	
Nikki Thompson	Zahlie Davies
Rosalind Short	Clare Short
Chelsea Lemke	Charlene Thompson
Katie Devlin	Charlee Boxall
Amie Blanden	Emma Dunlevey

Junior Men ASA State Team	
Lachlan Page – Medals + little aths state team	Luke Richards
Matthew Janicki	Alex Skewes

ASA State Team Senior Athletes	
Jarrod Sims	Jessica Wedd
Chelsea Jaensch	

Coaching Thank You

To the coaches at Rundle Road

Adrian Pounsett	Viv Wilson	Warren Davey
Ron Wasgind	Gary Thompson	Nathan Rout
Ben Hall	Mel Leach	Jessica Wedd
John Rich		

To the coaches at Trinity College

Richard Bednall	Malcolm Bennett	
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To the independent Coaches

Barbara Stevens	Simon Moran	Mike Butler
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CLUB AWARDS 2011/12

Club Athlete of the Year

Jarrold Sims

President's Award

Best All Round Athlete Male:

Best All Round Athlete Female:

Best Club Athlete Female:

Best Club Athlete Male:

Most Improved Athlete Female:

Most Improved Athlete Male:

:

Best Female Newcomer:

Best Winter Athlete:

Club Recognition Awards

Life Membership

Best performance ASA T&F Championships Male

Best performance ASA T&F Championships Female

INTERCLUB AWARDS

Open Men's Highest Point Scorer (Ingle Farm Trophy):

Open Women's Highest Point Scorer (Carlin Trophy):

U18 Men's Highest Points Scorer:

U18 Women's Highest Points Scorer:

U16 Men's Highest Points Scorer:

U16 Women's Highest Points Scorer:

U14 Men's Highest Points Scorer:

U14 Women's Highest Points Scorer:

State and Club Records

State Records

Lachlan Page Shot Put

Club Records

Open

Chelsea Jaensch Long Jump

U23

Melissa Leach 60m

Melissa Leach 100m

Melissa Leach 200m

Jess Wedd Javelin

Jess Wedd Shot

Jess Wedd Discus

Jess Wedd Hammer

Gary Thompson Discus

U14

Lachlan Page Shot Put

U23

Mens Relay Medley ????

Team members Anthony Skewes, Callan Jaensch, Jarrod Simms, Sam Russell??

Women's Relay Medley ????

Team Members Katie Devlin, Chelsea Lemke, Melissa leach, Clare Short

Athletics SA Awards

Athletics SA Male Athlete of the Year:(2010/2011)

U14 Male Track and Field: ;

Open Male Track and Field:

Carlin Award Best performance Mens Junior Throws

Derek McFadden Memorial Cup Best and Fairest Team Manager

ASA Premiership Pennants

Adrian Pounsett



Thank You

To the Officials of Salisbury Amateur Athletics Club

Gus Capogrecco	Leslie Jesser	Trevor Fitzsmons
Peter Grant	Malcolm Bray	Warren Davey
Luke Hall	Adrian Warner	Malcolm Bray
]Michael Thompson	Luke Hall	Cherie Boxall

Salisbury Amateur Athletics Club

Presidents

1971	G Adair
1973	A Cuderans
1977	P Cooke
1983	R Munzberg
1985	N Woods
1988	R McFadden
2001	D McFadden
2003	A Pounsett
2006	V Wilson
2008	A Pounsett
2012	N Rout Pitt

Salisbury Amateur Athletics Club

Life Members

1980	A Cuderans	1980	K Cuderans
1983	P Cooke	1985	R Munzberg
1985	R McFadden	1987	R Stone
1990	S Carlin	1990	R Mc Fadden
1990	D Smith	1992	K Carlin
1993	D McFadden	1993	S Ward
1994	P Carlin	1994	P Gregg
1995	J Barbour	1996	A McFadden
1998	S Wilson	1999	T Van Der Heer
2001	A Pounsett	2002	R Creasey
2002	N Fuller	2002	M Bennet
2002	G Doyle	2003	V Wilson
2003	P Benz	2004	A Plunkett
2005	R Bednall	2005	R Wasgind
2006	A Jones	2006	A Warner
2006	T Fitsimons	2006	P Grant
2006	G Capogrecco	2006	L Jesser
2006	J Green	2010	Z Davies
2011	J Sims	2011	M Bray
2012	Ben Hall		

Athletics South Australia Track and Field Championships 2009

Open Women

Gold : Jessica Wedd	Javelin	37.92m
Silver : Jessica Wedd	Discus	42.19m
Bronze : Jessica Wedd	Hammer	34.64m
Bronze : Zahlie Davies	Discus	39.68m

Open Men

Bronze : Tom Darmody	100m	12.63
Bronze : Tom Darmody	Long Jump	5.87m
Bronze : Kale Davies	400m	61.10

Over 50 Women

Gold : Lesley Dawson	Shot Put	8.78m
Gold : Lesley Dawson	Discus	20.82m
Gold : Lesley Dawson	Hammer	23.62
Gold : Geraldine Leach	Javelin	20.55m
Silver: Geraldine Leach	Shot Put	7.16m
Silver: Geraldine Leach	Discus	17.1.
Silver : Geraldine Leach	Hammer	22.44m
Bronze : Lesley Dawson	Javelin	12.48m

Over 35 Women

Gold : Geraldine Leach	Javelin	19.22m
Silver : Lesley Dawson	Hammer	20.12m
Bronze : Lesley Dawson	Shot Put	7.90m
Bronze : Lesley Dawson	Discus	19.91m
Bronze : Lesley Dawson	Javelin	14.75m

Under 20 Women

Gold : Melissa Leach	Long Jump	5.04m
Gold : Jessica Wedd	Shot Put	10.59m
Gold : Jessica Wedd	Javelin	38.41m
Gold : Jessica Wedd	Discus	43.44m
Gold : Jessica Wedd	Hammer	32.76m
Silver: Charlene Thompson	Shot Put	9.60m
Silver : Charlene Thompson	Javelin	25.85m
Silver : Melissa Leach	Hammer	18.68
Silver : Melissa Leach	200m	27.36
Silver : Melissa Leach	100m	13.33
Silver : Zahlie Davies	Discus	39.42m
Bronze: Charlene Thompson	Discus	28.57m
Bronze : Charlene Thompson	Hammer	18.67m

Athletics South Australia Track and Field Championships 2009

U 20 Men

Gold : Joseph Humphries	High Jump	1.80m
Gold : Kale Davies	110m Hurdles	16.70
Gold : Richard Frimpong	400m Hurdles	61.80
Gold : Gary Thompson	Discus	39.93m
Silver : Richard Frimpong	1500m	04:29.0
Silver : Benjamin Hall	Triple Jump	11.77m
Silver : William Coad	100m	12.13
Silver : Anthony Skewes	200m	24.78
Silver : Anthony Skewes	400m	59.18
Silver : Gary Thompson	Shot Put	11.99m
Silver : Simon Walter	Hammer	32.99m
Silver : Kale Davies	Discus	36.70m
Bronze : Anthony Skewes	100m	12.14
Bronze : Cash Davies	200m	24.89
Bronze : Benjamin Hall	Discus	34.97m
Bronze : Benjamin hall	Javelin	42.11m

U18 Women

Gold : Katie Thackray	2km Steeplechase	7:41.2
Gold : Zahlie Davies	Discus	39.24m
Gold : Charlene Thompson	Shot Put	9.97m
Silver : Amie Blanden	Discus	30.87m
Silver : Katie Thackray	800m	02:24.9
Silver : Charlene Thompson	Javelin	29.7m
Bronze : Katie Thackray	1500m	05:02.2
Bronze : Charlene Thompson	Discus	30.56m
Bronze : Charlene Thompson	Hammer	19.21m
Bronze : Dale Holliday	100m Hurdles	19.94
Bronze : Amber Richards	Long Jump	4.92m
Bronze : Melissa Leach	100m	13.01
Bronze : Charlene Thompson	Javelin	24.01m

U18 Men

Gold : Joseph Humphries	High Jump	1.85m
Silver : Jack Foster	Shot Put	12.77m
Silver : Royce Liveley	400m	59.27
Bronze : Jack Forster	Discus	34.65m

Athletics South Australia Track and Field Championships 2009

U16 Women

Gold : Amie Blanden	High Jump	1.60m
Gold : Chelsea Lemke	Triple Jump	11.62m
Gold: Amie Blanden	Javelin	34.40m
Gold : Zahlie Davies	Discus	40-98m
Silver : Amie Blanden	Discus	28.92m
Bronze : Ashley Jordan	1500m	05:08.0
Bronze : Molly Thackray	2k Steeple	08:07.7
Bronze : Chelsea Lemke	200m Hurdles	31.78
Bronze : Chelsea Lemke	Long Jump	5.18m
Bronze : Molly Thackray	400m	64.11
Bronze : Chelsea Lemke	90m Hurdles	14.71

Under 16 Men

Gold : Luke Richards	Triple Jump	12.08m
Silver : Dylan Debellis	High Jump	1.65m
Silver : Dylan Debellis	Triple Jump	11.05m
Silver : Luke Richards	Shot Put	12.83m
Silver: Luke Richards	Hammer	38.14m
Silver : Luke Richards	Javelin	40.98m
Silver : Luke Richards	Discus	44.76m
Bronze : Aaron Dollman	High Jump	1.55m
Bronze : Lewis Hvalica	Discus	37.29m
Bronze : Lewis Hvalica	Hammer	30.40m
Bronze : Lewis Hvalica	Javelin	39.85m

U14 Women

Gold : Carly Martin	Long Jump	4.21m
Gold : Carly Martin	Triple Jump	9.60m
Gold : Rosalind Short	Discus	25.40m
Silver : Carly Martin	High Jump	1.50m
Silver : Kimberley Butler	Shot Put	8.75m
Silver : Danielle Crisford	80m Hurdles	13.71
Silver : Carly Martin	Javelin	25.10m
Bronze : Meaghan Price	Long Jump	3.94m
Bronze : Meaghan Price	Triple Jump	8.98m
Bronze : Kimberley Butler	400m	67.99
Bronze : Meaghan Price	High Jump	1.40m
Bronze : Danielle Crisford	100m	13.96
Bronze : Carly Martin	80m Hurdles	14.04

Under 14 Men

Gold : Matthew Janicki	Discus	30.26m
Silver : Lachlan Page	Shot Put	10.97m
Silver : Lachlan Page	Discus	28.96m
Bronze : Alex Haydon	Long Jump	3.95m
Bronze : Matthew Janicki	Shot Put	10 10.30m

SA All Schools Games 2010

U14 Women

Gold : Katie Devlin	200m	26.48
Gold : Julie Dorrestyn	1500m Walk	07:52.9
Gold : Katie Devlin	100m	12.72
Silver : Rosalind Short	Discus	24.79
Bronze : Katie Devlin	80m Hurdles	14.4

U15 Women

Gold : Chelsea Lemke	Triple Jump	11.85
Gold : Clare Short	800m	02:20.5
Gold : Zahlie Davies	Discus	38.24
Gold : Clare Short	1500m	04:58.5
Gold : Amie Blanden	Javelin	30.96
Gold : Zahlie Davies	Shot Put	9.44
Gold : Amie Blanden	High Jump	1.50
Silver : Chelsea Lemke	Long Jump	5.22
Silver : Amie Blanden	Discus	28.72
Silver : Chelsea Lemke	Shot Put	8.93

Under 16 Women

Gold : Ashley Jordan	1500m	05:13.5
Silver : Molly Thackray	800m	02:24.8
Silver : Molly Thackray	200m Hurdles	34.84
Bronze : Molly Thackray	2000m Steple	08:31.5

Under 17 Women

Gold: Charlene Thompson	Shot Put	9.76
Gold : Zahlie Davies	Discus	37.91
Gold : Lydia Wright	400m Hurdles	71.10
Silver : Charlene Thompson	Discus	28.81
Silver : Charlene Thompson	Javelin	29.40
Silver : Charlene Thompson	Hammer	19.92

SA All Schools Games 2010

Under 18 Women

Gold : Dale Holliday	High Jump	1.55
Gold : Dale Holiday	Long Jump	5.31
Gold : Katie Thackray	800m	02:23.0
Gold : Katie Thackray	2000m Steeple	07:58.9
Gold : Dale Holliday	Triple Jump	10.65
Silver : Dale Holliday	100m Hurdles	16.13
Silver : Lauren Edwards	100m	13.30

Under 20 Women

Gold : Charlene Thompson	Shot Put	10.37
Gold : Charlene Thompson	Discus	31.26
Gold : Dale Holliday	Long Jump	4.12
Silver : Charlene Thompson	Javelin	28.39
Bronze: Charlene Thompson	Hammer	19.39

Under 14 Men

Gold : Joshua Russo	Shot Put	11.05
Gold : Sam Russell	1500m	04:43.5
Gold : Joshua Russo	Javelin	34.53
Gold : Matthew Janicki	Discus	32.81
Gold : Aaron Dollman	Triple Jump	10.25
Silver : Sam Russell	800m	02:16.9
Silver : Aaron Dollman	Discus	31.92
Silver : Aaron Dollman	90m Hurdles	14.25
Silver : Matthew Janicki	Shot Put	9.42
Bronze : Joshua Russo	Discus	30.45

SA All Schools Games 2010

Under 15 Men

Gold : Luke Richards	Hammer	37.87
Silver : Shannon Crothers	1500m	04:59.6
Silver : Luke Richards	Discus	43.15
Bronze: Luke Richards	Triple Jump	11.25
Bronze: Luke Richards	Javelin	36.33
Bronze: Shannon Crothers	800m	02:25.2
Bronze: Luke Richards	Long Jump	5.12

Under 16 Men

Silver : Lewis Hvalica	Javelin	39.66
Silver : Lewis Hvalica	Shot Put	10.92
Silver : Lewis Hvalica	Discus	33.58
Bronze : Lewis Hvalica	Hammer	23.60

Under 17 Men

Gold : David Haydon	Long Jump	5.93
Gold : Joseph Humphries	High Jump	1.83
Silver : Alex Oxley	200m	23.61
Silver : Royce Lively	400m Hurdles	60.74
Silver : Jack Foster	Discus	34.54
Bronze : David Haydon	110m Hurdles	16.70
Bronze : Jack Foster	Shot Put	12.23
Bronze : Royce Lively	1500m	04:29.2

Under 18Men

Gold : Ben Hall	Discus	39.11
Silver : Ben Hall	Long Jump	5.74
Silver : Ben Hall	High Jump	1.65
Silver : Ben Hall	400m Hurdles	72.62
Bronze : Ben Van Der Vlag	200m	24.47
Bronze : Ben Hall	Javelin	42.62

Under 20 Men

Bronze : William Coad	100m	11.68
Bronze : Ben Hall	Discus	29.17

Australian National Championships

Jess Wedd U20 - Discus 3rd (43.52m), Hammer 10th (36.02m),
Javelin 6th (39.52m)
Zahlie Davies U20 Discus 6th (39.20m)
Gary Thomsson U20 Shot Put 6th (11.94m), Discus 7th (40.40m)

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**For further information please
contact Jenny on 0400 330 680**

SALISBURY A.A.C. CLUB RECORDS

At 1/05/2012

Current event records only . For details and old records visit the club website www.salisburyathletics.com

Men

60m

Open	Dale Woodhams	7.20s	25/02/06
u/23	Dale Woodhams	7.30s	18/01/08
u/20	Dale Woodhams	7.20s	25/02/06
u/18	Will Coad	7.23s	20/10/07
u/16	Will Coad	7.48s	28/01/06
u/14	Derek Mai	7.45s	04/03/06
o/35	Darryl Reichelt	8.14s	18/02/06

100m

Open	Jarrold Sims	10.60s	05/01/08
u/23	Dale Woodhams	10.94s	09/01/08
u/20	Justin Enkelmann	10.90s	02/02/91
u/18	Steve McBain	11.16s	18/03/83
u/16	Steven Vacca	11.30s	26/11/94
u/14	Derek Mai	12.03s	04/03/06
o/35	Paul Townley	11.70s	21/12/91

200m

Open	Dale Woodhams	21.77s	10/01/08
u/23	Dale Woodhams	21.77s	18/01/08
u/20	Justin Enkelmann	22.50s	09/02/91
u/18	Mike Osborne	22.66s	16/03/85
u/16	Robbie Carruthers	23.40s	17/11/79
	Rhys Sportmann	23.40s	27/10/90
	Terry Smith	23.40s	31/01/92
u/14	Derek Mai	24.45s	27/11/05
o/35	Paul Townley	24.22s	01/03/92

Women

60m

Open	Chelsea Jaensch	8.14s	17/01/09
	Lauren Edwards	8.14s	20/01/07
u/23	Melissa Leach	8.15s	19/03/11
u/20	Melissa Leach	8.28s	08/11/08
u/18	Lauren Edwards	8.14s	20/01/07
u/16	Lauren Edwards	8.19s	07/01/06
u/14	Katie Devlin	8.19s	18/01/08
o/35	Kathryn Liveley	9.66s	07/01/06

100m

Open	Tania Van Heer	11.29s	17/09/98
u/23	Melissa Leach	12.61s	26/03/11
u/20	Leah Wills	11.90s	13/02/88
u/18	Kristy Sando	12.53s	14/12/96
	Lauren Edwards	12.53s	06/12/07
u/16	Leah Wills	12.50s	01/12/84
u/14	Katie Devlin	12.72s	26/10/08
o/35	Tania Van Heer-Murphy	12.49s	16/02/08

200m

Open	Tania Van Heer	22.42s	06/02/99
u/23	Melissa Leach	26.09s	19/03/11
u/20	Leah Wills	24.96s	05/03/88
u/18	Leah Wills	25.20s	23/11/85
u/16	Leah Wills	25.40s	24/11/84
u/14	Katie Devlin	26.47s	01/12/08
o/35	Tania Van Heer-Murphy	25.71s	16/02/08

Men**400m**

Open	Peter Bubner	47.86s	23/02/85
u/23	Jarrold Sims	49.06s	24/02/07
u/20	Warwick Bryant	49.74s	03/03/94
u/18	Robbie Carruthers	49.10s	21/02/82
u/16	Robbie Carruthers	51.90s	24/11/79
u/14	Keith Kaesler	54.60s	14/12/85
o/35	Kris Wolszczak	55.68s	18/11/00

800m

Open	Michael Hane	1.48.08	14/03/98
u/23	Matt Fallon	2.01.10	
u/20	Rodney Marks	1.51.30	19/03/88
u/18	Steven Wilson	1.56.70	09/02/85
u/16	Ben Rogers	1.57.51	08/02/03
u/14	Ralph Allan	2.03.40	78/79
o/35	Bob Munzberg	2.04.60	06/03/82

1500m

Open	Michael Hane	3.42.64	18/12/97
u/23	Nathan Rout	4.22.40	16/02/08
u/20	Rodney Marks	3.53.00	19/11/88
u/18	Michael Champion	4.00.40	21/12/91
u/16	Ben Rogers	4.12.25	02/03/03
u/14	Ralph Allan	4.16.00	78/79
o/35	Bob Munzberg	4.19.60	27/02/82

3000m

Open	Michael Hane	8.25.30	21/02/01
u/23	Nathan Rout	9.47.27	18/11/08
u/20	Derek McFadden	9.05.80	06/02/85
u/18	Michael Champion	8.39.37	08/12/90
u/16	Royce Liveley	9.54.60	17/01/08
u/14	Michael Champion	9.15.00	02/03/88
o/35	Kris Wolszczak	9.38.00	21/02/01

Women**400m**

Open	Tania Van Heer	51.28s	20/03/99
u/23	Megan Hedges	59.06s	
u/20	Melinda McAinsh	57.17s	26/02/89
u/18	Megan Hedges	58.30s	02
u/16	Tania Driehuis	57.20s	20/02/83
u/14	Tania Driehuis	59.40s	20/02/82
o/35	Marcia Sheer	60.69s	27/03/93

800m

Open	Tania Van Heer	2.06.83	26/02/95
u/23	Rebecca Kozien	2.14.11	10/12/05
u/20	Rebecca Kozien	2.18.23	08/11/03
u/18	Clare Short	2.15.00	19/02/94
u/16	Clare Short	2.17.70	01/12/08
u/14	Clare Short	2.18.73	07/12/08
o/35	Marcia Sheer	2.15.50	28/03/93

1500m

Open	Marcia Sheer	4.25.00	19/12/92
u/23	Rebecca Kozien	4.33.95	04/02/06
u/20	Rebecca Kozien	4.41.70	20/03/04
u/18	Clare Short	4.45.00	14/02/10
u/16	Clare Short	4.48.01	01/11/08
u/14	Clare Short	4.58.91	27/10/07
o/35	Marcia Sheer	4.34.30	05/03/94

3000m

Open	Marcia Sheer	9.34.90	05/03/93
u/23	Rebecca Kozien	9.45.90	18/02/06
u/20	Lindy Nolan	10.27.70	06/12/97
u/18	Rebecca Kozien	10.37.00	08/12/01
u/16	Lindy Nolan	10.57.40	17/02/93
u/14	Lee Piantadosi	10.15.80	22/11/00
o/35	Marcia Sheer	9.38.37	28/03/93

Men**5000m**

Open	Jonathon Creasey	14.57.50	02/02/00
u/23	Nathan Rout	17.29.50	29/11/08
u/20	Derek McFadden	15.38.00	27/11/85
o/35	Alan Todd	17.00.90	18/12/91

10000m

Open	Jonathon Creasey	32.51.10	24/02/99
u/23			

2000m Steeple (91cm, o/35 & u/16 - 76cm)

u/18	Michael Champion	6.06.00	22/01/92
u/16	Ben Rogers	6.09.51	12/12/03
o/35	Kris Wolszczak	6.35.00	24/01/01

3000m Steeple (91cm)

Open	Bob Sweet	9.33.50	29/01/83
u/23	Matt Fallon	11.25.70	
u/20	Richard Frimpong	11.27.6	06/03/10

90m Hurdles (76cm)

u/14	Aaron Dollman	13.77s	01/12/08
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100m Hurdles (84cm)

u/16	Jason King	13.71s	29/03/98
o/35	Andrew Hall	18.69s	14/02/09

110m Hurdles (106cm, u/18 - 91cm, u/20 - 99cm)

Open	Dean Smith	14.78s	05/03/94
u/23	Jarrold Sims	15.19s	09/03/07
u/20	Andrew Munzberg	16.10s	15/12/84
u/18	Morgan Heggie	15.62s	28/11/98

200m Hurdles (76cm)

Open	Jarrold Sims	26.50s	27/11/04
u/23	Jarrold Sims	26.50s	27/11/04
U20			
U18	Royce Lively	30.35s	14/01/10
u/16	James Baumeister	27.08s	23/03/02

Women**5000m**

Open	Marcia Sheer	16.21.10	02/03/94
u/23	Rebecca Koziem	16.59.07	06/07
u/20	Lindy Nolan	17.56.70	01/04/98
o/35	Marcia Sheer	16.21.10	02/03/94

10000m

Open	Marcia Sheer	35.36.71	10/12/91
u/23			

2000m Steeple (76cm)

u/18	Katie Thackray	7.27.90	13/02/08
u/16	Molly Thackray	7.41.16	09/02/08
o/35			

3000m Steeple (76cm)

Open	Rachael Plunkett	11.42.00	11/02/98
u/23			
u/20			

80m Hurdles (76cm)

u/14	Nadia DeBellis	13.20s	07/12/01
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90m Hurdles (76cm)

u/16	Chelsea Jaensch	13.46s	09/12/00
o/35			

100m Hurdles (84cm, u/18 - 76cm)

Open	Sharon Ward	14.90s	26/01/91
u/23			
u/20	Kelly Wilding	15.22s[w]	01/03/97
u/18	Chelsea Jaensch	14.19s	24/03/02

200m Hurdles (76cm)

Open	Chelsea Jaensch	29.42s	04/12/00
u/23			
U20			
u18			
u/16	Chelsea Jaensch	29.42s	04/12/00

Men

400m Hurdles (91cm, u/18 & o/35 - 84cm)

Open	Peter Bubner	53.08s	24/02/85
u/23	Matt Fallon	57.23s	
u/20	Anthony Bedworth	56.00s	20/02/83
u/18	Ian Upton	55.30s	10/12/83
o/35	Kris Wolszczak	61.68s	19/01/01

1500m Walk

u/14	Liam Murphy	6.31.30	06/03/93
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3000m Walk

Open	Liam Murphy	11.38.30	10/11/99
u/23			
u/20	Liam Murphy	12.11.90	04/03/98
u/18	Liam Murphy	12.54.60	14/02/96
u/16	Liam Murphy	12.31.31	25/03/95
o/35	Don Cox	13.39.10	30/11/88

5000m Walk

Open	Liam Murphy	20.12.30	26/01/00
u/23			
u/20	Liam Murphy	20.51.10	15/01/99
u/18	Liam Murphy	22.03.12	26/01/96
o/35	Don Cox	23.25.00	09/11/88

10000m Walk

Open	Rob McFadden	42.12.40	29/03/92
u/23			
u/20	Liam Murphy	42.57.30	15/02/98
o/35	Don Cox	50.44.40	29/01/89

20000m Walk

Open	Liam Murphy	1h 26m 50s	
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Women

400m Hurdles (76cm)

Open	Chelsea Jaensch	63.03s	20/03/04
u/23			
u/20	Chelsea Jaensch	63.03s	20/03/04
u/18	Rachael Hutton	64.14s	06/03/94
o/35			

1500m Walk

u/14	Simone York	6.49.80	01/11/92
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3000m Walk

Open	Jane Barbour	12.56.60	02/03/94
u/23			
u/20	Jenny Crooks	13.30.60	28/02/96
u/18	Jenny Crooks	13.56.00	09/02/94
u/16	Jenny Crooks	14.30.60	25/03/92
o/35			

5000m Walk

Open	Jane Barbour	22.15.50	16/02/94
u/23			
u/20	Jenny Crooks	23.04.90	24/01/96
u/18	Lara Kara-Ali	23.41.50	29/11/95
o/35			

10000m Walk

Open	Jane Barbour	46.26.90	20/02/94
u/23			
u/20	Jenny Crooks	49.40.50	18/02/96
o/35			

Men**High Jump**

Open	Daniel Wiseman	2.20m	19/11/94
u/23	Jarrold Sims	2.02m	09/03/07
u/20	Daniel Wiseman	2.15m	07/11/92
u/18	Clive Munzberg	2.08m	16/03/85
u/16	Andrew Munzberg	2.06m	18/12/81
u/14	Andrew Munzberg	1.80m	27/10/79
o/35	Rod Stone	1.60m	78/79

Pole Vault

Open	Tim Foster	5.40m	22/02/92
	Pat Jesser	5.40m	18/08/00
u/23	Jarrold Sims	4.60m	05/02/05
u/20	Patrick Jesser	5.40m	18/08/00
u/18	Patrick Jesser	4.85m	28/03/98
u/16	Patrick Jesser	4.75m	09/03/97
u/14	Craig Ratsch	2.30m	25/01/08
o/35	Istvan Dobo	3.00m	14/12/96

Long Jump

Open	Dean Smith	7.86m	02/12/89
u/23	Jarrold Sims	7.34m	09/03/07
u/20	Justin Enkelmann	7.36m	04/03/90
u/18	Tony Blumson	7.12m	09/12/06
u/16	Tony Blumson	6.82m	27/11/05
u/14	Steven Vacca	6.05m	13/03/93
o/35	Rod Stone	6.03m	15/11/80

Triple Jump

Open	Alwyn Jones	16.79m	26/01/06
u/23	Alwyn Jones	16.79m	26/01/06
u/20	Alwyn Jones	16.52m	08/01/05
u/18	Tony Blumson	14.52m	31/03/06
u/16	Steve McBain	14.15m	15/12/82
u/14	Sam Laidlaw	12.58m	21/02/04
o/35	Rod Stone	12.23m	78/79

Women**High Jump**

Open	Sheridan Seekamp	1.80m	09/12/05
u/23	Sylvie Callegari	1.60m	
u/20	Sheridan Seekamp	1.70m	
u/18	Sheridan Seekamp	1.75m	27/01/07
u/16	Sheridan Seekamp	1.80m	09/12/05
u/14	Kay Dowley	1.59m	07/03/81
o/35	Cheryl Dollman	1.40m	03/11/07

Pole Vault

Open	Lauren Eley	3.85m	08/12/00
u/23	Lauren Eley	3.50m	
u/20	Lauren Eley	3.70m	15/03/03
u/18	Lauren Eley	3.85m	08/12/00
u/16	Natalie Anderson	2.78m	04
U/14	Stephanie Talbot	2.60m	24/11/07
o/35			

Long Jump

Open	Chelsea Jaensch	6.23m	30/03/83
u/23	Chelsea Jaensch	5.55m	24/02/07
u/20	Kathy Hale	5.88m	18/03/83
u/18	Chelsea Jaensch	5.80m	23/11/02
u/16	Angela Window	5.83m	15/12/79
u/14	Chelsea Jaensch	5.41m	11/12/98
o/35	Chris Mallison	5.07m	19/01/90

Triple Jump

Open	Sharon Ward	12.51m	20/02/94
u/23	Sylvie Callegari	10.74m	
u/20	Sharon Ward	12.12m	28/11/87
u/18	Rachael Hutton	11.85m	01/12/94
u/16	Danielle Collins	12.22m	10/12/89
u/14	Chelsea Jaensch	10.70m	05/12/98
o/35	Chris Mallison	10.53m	10/02/90

Men

Shot Put (7.26kg, u/20 - 6kg, o/35 & u/18 - 5kg, u/16 - 4kg, u/14 - 3kg)

Open	Paul Carlin	16.06m	08/02/97
u/23	Jarrold Sims	12.10m	09/03/07
u/20	Sean Carlin	15.56m	01/03/87
u/18	Stephen Larsson	16.48m	22/11/86
u/16	Lachlan Page	18.99m	30/03/12
u/14	Lachlan Page	19.11m	19/03/11
o/35	Paul Carlin	16.06m	07/01/06
o/50			

Discus(2kg, u/20 - 1.75kg, o/35 & u/18 - 1.5kg, u/16 & u/14 - 1kg)

Open	Luke Poli	55.19m	04/02/06
u/23	Gary Thompson	40.86m	26/03/11
u/20	Sean Carlin	51.92m	22/01/86
u/18	Sean Carlin	60.08m	23/11/85
u/16	Lachlan Page	63.95m	30/03/12
u/14	Stephen Larsson	54.68m	18/12/82
o/35	Simon Abbott	28.39m	01/03/08
o/50			

Javelin (800g, o/35 u/18 & u/16 - 700g, u/14 - 600g)

Open	Travis Peter	65.02m	11/03/94
u/23	Jarrold Sims	53.50m	25/02/06
u/20	Travis Peter	65.02m	11/03/94
u/18	Peter Dohnt	60.26m	31/10/81
u/16	Luke Richards	45.51m	17/10/09
u/14	Steven Martin	47.18m	14/12/96
o/35	John Walter	36.88m	26/11/05
o/50			

Hammer (7kg, u/20 - 6kg, o/35 & u/18 - 5kg, u/16 - 4kg)

Open	Sean Carlin	77.58m	11/02/94
u/23			
u/20	Sean Carlin	70.36m	29/03/87
u/18	Sean Carlin	75.08m	23/11/85
u/16	Christian Codila	68.16m	17/03/90
o/35	Paul Carlin	68.91m	07/01/06
o/50			

Women

Shot Put (4kg, u/14 & o/50 - 3kg)

Open	Kerrie Mallison	12.52m	17/03/90
u/23	Jess Wedd	12.00m	30/03/12
u/20	Kerrie Mallison	12.34m	08/12/90
u/18	Kerrie Mallison	12.52m	17/03/90
u/16	Kerrie Mallison	12.03m	13/02/88
u/14	Zahlie Davies	11.87m	20/10/07
o/35	Chris Mallison	9.21m	02/02/91
o/50	Lesley Dawson	8.78m	14/02/09

Discus (1kg)

Open	Jess Wedd	45.88m	30/03/12
u/23	Jess Wdd	45.88m	30/03/12
u/20	Jess Wedd	44.12m	14/03/09
u/18	Alicia Marshall	44.31m	02/11/02
u/16	Zahlie Davies	41.00m	25/02/10
u/14	Zahlie Davies	39.79m	23/02/08
o/35	Chris Mallison	29.80m	24/11/91
o/50	Lesley Dawson	20.82m	07/02/09

Javelin (U20 600g, u/14 400g, U16, U18 500g)

Open	Alicia Marshall	44.03m	03
u/23	Jess Wedd	43.99m	26/03/12
u/20	Jess Wedd	40.29m	30/02/10
u/18	Alicia Marshall	44.03m	03
	Amie Blanden	36.23m	??
u/16	Jessica Wedd	36.84m	29/10/05
	Rosalind Short	30.60m	30/03/12
u/14	Nikki Thompson	39.11m	30/03/12
o/35	Cheryl Dollman	25.46m	15/12/07
o/50	Geraldine Leach	23.12m	16/02/08

Hammer (4kg, o/50 - 3kg)

Open	Anthia Rallis	52.30m	27/11/99
u/23	Jess Wedd	42.63m	30/03/12
u/20	Jess Wedd	40.96m	13/02/10
u/18	Rebecca O'Dea	42.70m	05/11/05
u/16	Rachel Cremer	39.46m	02/03/03
o/35	Geraldine Leach	22.67m	10/01/09
o/50	Geraldine Leach	23.12m	09/02/08

Men

Combined Events

Open/Decathlon	Dean Smith	7964	10/03/92
u/23/Decathlon	Jarrold Sims	7556	09/03/07
u/20/Decathlon	Andrew Munzberg	5482	01/85
u/18/Octathlon	Morgan Heggie	6429	26/03/98
u/16/Octathlon	David Woods	4169	14/03/86
u/14 Pentathlon	Sam Ratsch	1499	02/01/10
0/35/Pentathlon	Andrew Hall	1200	03/01/09

4x100m Relay

Open	John Standen, Dean Smith, Steve Moore, Justin Enkelmann	42.57s	21/12/91
u/20	S.Butler, S.McBain, M.Rasheed, P.Wallis	43.90s	20/02/83
u/18	Ian Woods, S.Carlin, S.Larsson, M.Osborne	44.00s	23/03/85
u/16	Scott Ware, Alan Brooks, Step Larsson, Tom Seelig	45.50s	05/11/83
u/14	Luke Champion, Dylan DeBellis, Aaron Dollman, Luke Richards	54.65s	15/12/07

4x400m Relay

Open	David Graham, Peter Wallis, Dean Smith, Rod Marks	3.16.0	16/03/91
u/20	M.Carruthers, S.Butler, M.Rasheed, A.Bedworth	3.26.4	20/02/83

Medley Relay (1600m, u/14 u/16 u/18 - 1000m)

Open	Calan Jaensch, Anthony Skewes, Jarrod Sims, Sam Russell	3.48.88	05/03/11
u/20	Ben Van Der Vlag, Kale Davies, Anthony Skewes, Royce Liveley	3.50.76	13/12/08
u/18	Alex Oxley, Josh Ware, Cash Davies, David Haydon	2.07.84	13/12/08
u/16	Alex Oxley, Robert Klingner, Josh Ware, Royce Liveley	2.12.05	08/11/07
u/14	Brandon Champion, Shannon Crothers, Sam Russell, Craig Ratsch	2.27.55	15/12/07

Women

Combined Events

Open/Heptathlon	Sharon Ward	4996	17/01/93
u/23			
u/20/Heptathlon	Megan Hedges	3313	17/01/04
u/18/Heptathlon	Chelsea Jaensch	4821	23/03/02
u/16/Heptathlon	Amie Blanden	4240	02/01/10
u/14/Pentathlon	Nicole Main	3169	26/01/90
o/35			

4x100m Relay

Open	T Van Heer, K Sando, L Thalbourne, K Wilding	47.06s	21/12/96
u/20	M.McAinsh, S.Ward, R.Sloman, L.Wills	50.42s	18/02/89
u/18	T.Driehuis, S.Ward, Jo Dunstan, L.Wills	51.10s	23/01/86
u/16	C.Bedworth, Chris Gray, A.Window, Sue Green	51.40s	77/78
u/14	Katie Devlin, Danielle Crisford, Meaghan Price, Imogen Hodgson	55.33s	13/12/08

4x400m Relay

Open	Orlaith Moore, S Ward, Mel McAinsh, Leah Wills	3.57.1	17/03/90
u/20	C.Charlton, M.Hedges, K.Sando, K.Wilding	4.13.23	05/04/98

Medley Relay (1600m, u/14 u/16 u/18 - 1000m)

Open	Katie Devlin, Chelsea Lemke, Melissa Leach, Clare Short	4.19.92	05/03/11
u/20			
u/18	Lauren Edwards, Mel Leach, Kelly Ladyman, Clare Short	4.23.17	24/11/07
u/16	Carly Martin, Amie Blanden, Carly Seekamp, Clare Short	2.33.48	14/03/09
U/14	Danielle Crisford, Meaghan Price, Kimberley Butler, Katie Devlin	2.41.31	14/03/09

