

2023-2024

SEASON YEARBOOK



BUNBURY REGIONAL ATHLETICS CLUB

HAY PARK - BUNBURY

October 2023 – September 2024



<http://www.facebook.com/com/.../Bunbury-Regional-Athletics-Club>

BUNBURY REGIONAL ATHLETICS CLUB INC.

Welcome to the **Bunbury Regional Athletics Club (BRAC)** season 2023-2024. The Bunbury Regional Athletics Arena is the only international standard athletics venue in the South West.

We aim to hold competitions that are safe, friendly and competitive, which are great for beginners and experienced athletes alike. You may compete in all, or some, of the events on the program. The level of commitment and participation is totally up to you.

We would also like to thank and acknowledge the City of Bunbury for their support of the club.

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PHOTOGRAPHY ACKNOWLEDGEMENT

Unless you advise the club otherwise, photos may be taken of you, or your child athlete, at athletics events and functions and used for club publicity purposes which may include publication. Results and achievements may also be used for publicity purposes.

The Bunbury Regional Athletics Club is affiliated with Athletics West



EXECUTIVE COMMITTEE 2023 - 2024

President	Garry Hastie	0438 968 850
Vice President	Vacant	
Secretary	Luella Jenkins	0439 218 515
Treasurer	Harold Membrey	0407 472 176
Registrar	Calum Membrey	0468 518 717
Coaching & Development Officer	Tyne Timmers	0408 725 462
Records & Ranking Officers	Jo Peters	0406 216 414
Equipment & Grounds	Committee	
Publicity Officer	Garry Hastie	0438968850
MRPO	Tyne Timmers	0408 725 462

Want more information?

Please contact someone directly by email or phone on:

Club Email : bunburyregionalathleticsclub@gmail.com

Club Contact: Garry Hastie - President 0438968850

Registrar : Calum Membrey 0468 518 717

Club Constitution: can be found on our website

All correspondence should be sent by e-mail

Club Website: bunburyregionalathleticsclub.weebly.com

REGISTRATION

Registration for the coming season, will be done online and club assistance to complete is available. If you do not have a credit card, alternate payment methods can be made with the club Treasurer.

The club will accept athletes up to the age of 80 years BUT due to insurance limitations any athlete wishing to compete over the age of 80 **MUST HAVE THEIR OWN COVER** as they will NOT be covered by the club or AWA.

MEMBERSHIP FEES

All athletes, officials, coaches and spectators are required to abide by the club rules and policies, as well as those of the club's governing body, Athletics West.

Strive Members hip Options?	Premium Member	Standard Member	Little Athletics Dual Member	Recreational Member	Life Member	Training Member & Training Junior Member
Who is it for?	Athletes competing regularly at Strive, providing a pay-up front option to include all strive entry fees Must be a member of an affiliated club	Standard Membership Must be a member of an affiliated Senior club	For Little Athletes (aged 12 by 31 Dec 23) as Introductory Membership to Senior Athletics This fee is offered to existing Little Athletics members who are registering with a Senior Club	For Athletes 17 years and older who wish to compete locally at their Centre, Club or interclub event. Community members are not eligible to enter Strive Competition	Athletes who are Life Members of BRAC. Compete at BRAA but not at Strive	For Athletes 17 Years and older, Junior Members for athletes 12-16 years wishing to join BRAC for training only. Must be a member of an affiliated Centre or Senior Club
Fee	\$400	\$225	\$95	\$155	\$50	\$100
Insurance	√	√	√	√	√	√
Strive Summer Competitions	Free Event Entry	\$15 entry	\$15 entry	Not Eligible	Not Eligible	Not Eligible
Strive Winter Competitions	Free	\$10 per event	\$10 per event	Not Eligible	Not Eligible	Not Eligible
<i># Please note the above fees do not include State events</i>						

Included in your fees are: insurance & ground fees, wind-up, trophies, equipment and affiliation to Athletics West and administration costs.

CASUAL VISITORS - can pay and compete with the club. Cost will be \$10 Senior and \$5 for a junior or student. These amount/s will not come off their fees if they wish to join as a full member. **Local casual competitors must join after 3 competitions.**

COMPETITION

Competition is held every Tuesday and Thursday evening starting at 5.30pm as per program, or Saturday afternoon at 2.00pm, equipment is set up first, then athletes can warm-up before the competition gets underway, the average finish time is 7.30pm. Competitions run until the beginning of April. (At the beginning and end of the season the competition may finish earlier due to lack of light). The minimum age for competition is 12 before 31 December 2023.

Note* Club Results and records are only counted from the date of full registration.

TRAINING

Training sessions for the summer and winter seasons will vary. Please see the club website: bunburyregionalathleticsclub.weebly.com for more detail. If you are interested in any coaching, please approach one of the committee members for information.

PHOTOGRAPHS AND PUBLICITY

Unless you advise the club otherwise, photos may be taken of you, or your child athlete, at athletics events and functions and used for club publicity purposes which may include publication. Results and achievements may also be used for publicity purposes.

EMAIL AND CORRESPONDENCE

By giving the club your email address will assist to keep costs down for the club and therefore to you, by saving postage when sending information to members. It is a requirement, with certain information, that the club sends this information to its members regardless of whether they wish to receive it or not. We encourage you to list your email address to save costs, time, and the environment.

CLUB ETHOS

There is an expectation that athletes, members and parents who are at the track, assist wherever possible, with the running of all events. We are a family orientated club and all inclusive. We need assistance to be able to run events in a timely manner, so all competitors get the opportunity to undertake their chosen event.

CLUB UNIFORMS

The club has men & women's singlets, in various sizes on hand, along with a supply of crop tops. These will be required by athletes competing at Strive Competitions and State Championships. These can be purchased from the club, by contacting Sharon Moloney.



SEASON PROGRAM 2023/2024

TUESDAY COMPETITION EVENTS

PROGRAM T1	PROGRAM T2	PROGRAM T3	PROGRAM T4
100m *	200m *	Short Hurdles *	Long Hurdles *
Javelin *	Discus *	Hammer *	Shot Put *
High Jump *	Triple Jump *	Long Jump *	60m *
800m *	1500m walk/run *	400m *	3000m walk/run or 5000m run *
Weight Throw	Javelin	Shot Put	Hammer or Discus
60m	100m	1500m walk/run	

* Indicates a "points" event

Club Ethos - There is an expectation that athletes, members and parents who are at the track, assist wherever possible, in the running of all events. We are a family orientated club and all inclusive. We need assistance to be able to run events in a timely manner, so all competitors get the opportunity to undertake their chosen event.

THROWING EVENTS: If just competing in the throwing events they can up to **6 throws** each. Please note if an athlete is competing in a run/jump event on the program they will have a maximum of **3 throws only** in the throw events. The **lone exception** is participants of the initial sprint event. If they join the "throws or jumps" at any point they do so at the round the other athletes are up to. This may mean an athlete does not get 3 turns at that event.

HIGH JUMP: Low start height will be 80cm.

SPIKES ON THE TRACK

The Polytan track is designed for blunt spikes which propel a runner forward to maximise their performance. Sharp spikes penetrate the surface and have already begun to contribute to the degeneration of the track surface.

So, please, all athletes, make sure your spikes are of the correct design. They need to be **ceramic and MUST be the Christmas Tree or Pyramid style.**

Maximum length for the track is 7mm and for the field events 9mm





SEASON CALENDAR - 2023-2024

Note: This calendar has been developed to provide equal opportunities for athletes in the various disciplines. We will require everyone's support to be able to achieve this, especially on competition nights. The program and calendar are subject to change.

DATE	EVENT	LOCATION
Sept 19 - Tuesday	Intro Night 5.00pm Everyone Welcome 6.30pm AGM in Northern Pavilion	BRAA
Sept 21 - Thursday	Training	BRAA
Sept 26 - Tuesday	Opening Program – Program T1	BRAA
Sept 28 - Thursday	5000m run/3000m walk, LJ	BRAA
Sept 30 - Saturday	Training	BRAA
Oct 3 - Tuesday	Program T2	BRAA
Oct 5 - Thursday	3000m run/1500 walk, TJ	BRAA
Oct 7 - Saturday	Heavy Weight Pentathlon, Super Weight & 100lb Weight	BRAA
Oct 8 - Sunday	State Marathon Championships	Burswood
Oct 10 – Tuesday	Program T3	BRAA
Oct 12 - Thursday	Steeple Chase, LJ	BRAA
Oct 14 - Saturday	Short Hurdles & Steeple Chase	BRAA
Oct 17 - Tuesday	Program T4	BRAA
Oct 19 - Thursday	Mile, 800m, HJ	BRAA
Oct 21 - Saturday	Men's Outdoor Pentathlon, Women individual events	BRAA
Oct 24 - Tuesday	Program T1	BRAA
Oct 28 – Saturday	Women's Outdoor Pentathlon, Men individual events	BRAA
Oct 31 - Tuesday	Program T2	BRAA
Nov 2 – Thursday	10000m Run/5000m Walk, LJ	BRAA
Nov 3-4-5	WA All Schools Championships	WAAS
Nov 4 - Saturday	Pole Vault (Subject to availability)	BRAA
Nov 7 – Tuesday	Program T3 (Melbourne Cup)	BRAA
Nov 9 – Thursday	5000m run/3000m walk, TJ	BRAA
Nov 11 - Saturday	Heavy Weight Pentathlon, Throws Pentathlon	BRAA
Nov 14 – Tuesday	Program T4	BRAA
Nov 16 - Thursday	3000m run/1500 walk, LJ	BRAA
Nov 18-19	WA Combined Events Championships	WAAS
Nov 18 - Saturday	Long Hurdles, *Weight Throw, 100lb Weight Throw	BRAA
Nov 21 – Tuesday	Program T1	BRAA
Nov 23 – Thursday	Steeple Chase, TJ	BRAA
Nov 25 - Saturday	Men's Outdoor Pentathlon, Women individual events	BRAA
Nov 25 - Saturday	State 10,000m Championship	WAAS
Nov 28 - Tuesday	Program T2	BRAA
Nov 30 – Thursday	Mile, 800m, HJ	BRAA
Dec 2 - Saturday	Women's Outdoor Pentathlon, Men individual events	BRAA

Dec 5 – Tuesday	Program T3	BRAA
Dec 7 - Thursday	10000m Run/5000m Walk, LJ	BRAA
Dec 8-9-10	Australian All School Championships	WAAS
Dec 11	National Schools Challenge	WAAS
Dec 9 – Saturday	Pole Vault (Subject to availability)	BRAA
Dec 12 – Tuesday	Program T4	BRAA
Dec 14 – Thursday	5000m run/3000m walk, TJ	BRAA
Dec 16 -Saturday	State Relay Championships	WAAS
Dec 16- Saturday	Heavy Weight Pentathlon, Throws Pentathlon	BRAA
Dec 19 – Tuesday	Xmas wrap up – Handicap Events	BRAA
Dec 21 - Thursday	3000m run/1500 walk, LJ	BRAA
Dec 23 - Saturday	Long Hurdles, *Weight Throw, 100lb Weight Throw	
CHRISTMAS & NEW YEAR BREAK		
Jan 2 - Tuesday	Program T1	BRAA
Jan 4 - Thursday	Steeple Chase, TJ	BRAA
Jan 6 - Saturday	Men’s Outdoor Pentathlon, Women individual events	BRAA
Jan 9 – Tuesday	Program T2	BRAA
Jan 11 - Thursday	Mile, 800m, HJ	BRAA
Jan 12-13-14	WA Country Championships	Geraldton
Jan 13 - Saturday	Women’s Outdoor Pentathlon, Men individual events	BRAA
Jan 16 – Tuesday	Program T3	BRAA
Jan 18 -Thursday	10000m Run/5000m Walk, LJ	BRAA
Jan 20 - Saturday	Pole Vault (Subject to availability)	BRAA
Jan 20 Saturday	State U20 and Open 5,000m Championships	WAAAS
Jan 23 – Tuesday	Program T4	BRAA
Jan 25 – Thursday	5000m run/3000m walk, TJ	BRAA
Jan 27 - Saturday	Heavy Weight Pentathlon, Throws Pentathlon	BRAA
Jan 30 - Tuesday	Program T1	BRAA
Feb 1 - Thursday	3000m run/1500 walk, LJ	BRAA
Feb 2 Friday	State 3,000m Championships U15-Open	WAAS
Feb 3 - Saturday	Long Hurdles, *Weight Throw, 100lb Weight Throw	BRAA
Feb 6 – Tuesday	Program T2	BRAA
Feb 8 - Thursday	Steeple Chase, TJ	BRAA
Feb 10- Saturday	Men’s Outdoor Pentathlon, Women individual events	BRAA
Feb 13 - Tuesday	Program T3	BRAA
Feb 15 – Thursday	Mile, 800m, HJ	BRAA
Feb 17 - Saturday	Women’s Outdoor Pentathlon, Men individual events	BRAA
Feb 20 – Tuesday	Program T4	BRAA
Feb 22 - Thursday	10000m Run/5000m Walk, LJ	BRAA
Feb 22-23-24-25	WA State Championships (U14/LA U13- OPEN)	WAAS
Feb 24 – Saturday	Pole Vault (Subject to availability)	BRAA
Feb 27 – Tuesday	Program T1	BRAA
Feb 29 – Thursday	5000m run/3000m walk, TJ	BRAA

Mar 2 nd & 3 rd – Saturday/Sunday	Heavy Weight Pentathlon, Throws Pentathlon, Super Weight & 100lb throw	BRAA
Mar 5 – Tuesday	Program T2	BRAA
Mar 7 – Thursday	3000m run/1500 walk, LJ	BRAA
Mar 8-9-10	WA State Junior Track & Field Championships	WAAS
Mar 9 - Saturday	Masters WA Athletics Championships Pentathlon & 5000m (AM) Throws Pentathlon & High Jump (PM)	ECAC
Mar 12 – Tuesday	Program T3	BRAA
Mar 14 – Thursday	Steeple Chase, TJ	BRAA
Mar 16 – 17	Masters WA Athletics Championships	ECAC
Mar 19 – Tuesday	Program T4	BRAA
Mar 21 – Thursday	Training	BRAA
Mar 23 - Saturday	Training	BRAA
Mar 26 – Tuesday	Training	BRAA
Mar 28 – Thursday	Training	BRAA
Mar 29-30-31 Apr 1	Australian Masters Athletics Championships	Hobart
Mar 30 – Saturday	Training	BRAA
Apr 2 – Tuesday	Training	BRAA
Apr 4 – Thursday	Training	BRAA
Apr 6 – Saturday	Training	BRAA
Apr 9 – Tuesday	Training	BRAA
Apr 11 -Thursday	Presentations & Wind-up	BRAA
Apr 11-19	Australian Athletics Championships	Adelaide
Apr 26-27-28	Australian Little Athletics Championships	????

Please note this calendar may be subject to change and every effort will be made to notify members if necessary

Cancellation of Competition and/or Training

The cancellation of training sessions and competition programs will only occur in severe weather conditions. It will be made at the track on the day by the BRAC Committee who are in attendance. When made at short notice a committee member will stay for 15mins after training to inform anyone who arrives at the track. As many people travel, every endeavour will be made as early as possible on the day and posted on our Facebook page that the training/competition has been cancelled.

Please contact one of the committee members if you do not have access to Facebook. If it is a competition night for points that is cancelled, we may reschedule the program when permissible.

THE CLUB'S TROPHY SELECTION METHODS

Most events participated in are calculated using the WAVA Age Grading Calculator. The calculator takes age and strength into consideration. (The WAVA calculator can be found on the internet by typing WAVA in the search engine). The trophies will be based on the season performances and points allocated - the total points.

Points for awards are only allocated to an athlete starting from the date of full registration and will not be backdated.

The Most Improved or Encouragement Awards are awarded over the year's events to an athlete selected by the committee.

The President's Award is given by the President to an athlete or member for their service to the club or dedication to the sport of athletics in the South West.

TROPHIES FOR SEASON 2022/2023

TROPHY NAME	WINNER
WOMEN'S CLUB CHAMPION	Ruth Johnson
MEN'S CLUB CHAMPION	Jonah Kenny
FEMALE JUNIOR CHAMPION	An'ne Pelser
MALE JUNIOR CHAMPION	Jonah Kenny
SPRINTS AWARD	Ruth Johnson
MIDDLE DISTANCE	Ruth Johnson
WALKS AWARD	Garry Hastie
JUMPS AWARD	Brian Waldhuter
THROWS AWARD	Luella Jenkins
PRESIDENT'S AWARD	Calum Membrey
ENCORAGEMENT AWARD	Darren Brennan

Current Life Members

Phil Smith, Phyllis Head, Garry Hastie, Bruce Cornish,
Brian Waldhuter & Rob Antonioli

CLUB RULES AND REGULATIONS

ALL club organised activities and events are **SMOKE FREE**, *the Bunbury Regional Athletics Arena is also a Smoke Free facility.*

Members, and non-competing members, must register with Athletics West, this is done through the on-line registration form and the membership fee is included in the club season fee. This ensures all athletes are covered by insurance.

Members will be registered and compete in age groups in accordance with the governing body's rules, which are:

- The minimum age to compete is turning 12 years before 31 December 2023.
- The maximum age of competing members is 80 years, (voluntary workers up to 85 years); this is due to insurance limits. If over 80 the athlete must have their own insurance coverage.
- Junior to open age groups compete according to their age at 31 December in the calendar year of competition, (this may mean some athletes will change age groups during a season).
- Masters, (30 years and over) compete according to the age they are on the day of competition.

Members are expected to help set up and pack away equipment and are required to act as officials as needed to enable results to be recorded.



Only members, or prospective members, officials and volunteer helpers are allowed into competition areas or handle club equipment. **Spectators are not allowed** into competition areas.

Athletes can compete on 3 competition days paying \$10 for adults and \$5 for juniors, then must pay registration to compete.

No training can occur during competition times on Tues/Thurs and no training on Saturdays that interfere with Saturday competition and must be agreed to by competitors at the track.

Athletes can only train/compete during registered BRAC times. If they wish to train at other times then they must apply through City of Bunbury to get approval. Note they will be charged a fee by City of Bunbury.

Coaches who are registered BRAC members can only train registered BRAC members during BRAC registered times at the BRAA

All athletes under 18 must have a parent/adult guardian present whilst they are at the BRAA as not all competitors have a Working with Children's Card.

NO children or spectators are to use or train with club equipment on Club nights. Athletes with accompanying children are responsible for them and must be aware of where their children are and what they are doing at all times.

Athletes must adhere to the safety and event rules for each event at all times.

CLUB POLICIES

LIFE MEMBERSHIP POLICY

Nomination for life membership must be done in writing and include the outstanding contribution of the nominee. The nomination must be approved by the committee prior to the submission for approval at the AGM.

Nominations for life membership must be passed by special resolution at the AGM requiring a 75% majority of the members present and willing to exercise their right to vote.

UNIFORMS POLICY

Uniforms are strongly encouraged to be worn for BRAC competitions. Please note, in accordance with our affiliation requirements, the club uniform must be worn by all club members when competing at Athletics West competitions.

EQUIPMENT POLICY

Club equipment is for use by its members at club sanctioned activities. This includes club sanctioned competitions, events, activities and training. Equipment is not intended for personal use and cannot be removed for this purpose. Equipment belonging to the Bunbury Regional Athletics Arena cannot be removed and is only accessible during club sanctioned activities or for hirer's of the arena that elect to pay an equipment hire fee to the council.

TRAINING POLICY

Members of the club can access the athletics arena and club equipment during club sanctioned training sessions. Outside these times are regarded as private by the Bunbury City Council and fees will apply. Training sessions are not always closed and co-ordination with other users is required. This will be primarily handled by club registered coaches through the club Coaching & Development Officer.

Note – The club can only admit members into the athletics arena to train.

COACHES POLICY

Any coach of a club member that wishes to access the arena and equipment during club training sessions must be registered with the club prior to admission.

The coach must provide current proof of qualification, Athletics Australia registration and insurance, and Working with Children card if required. All coaches must abide by the coaches code of conduct.

Please note, the coach will only be entitled to coach club members during club training sessions due to arena admission rules and insurance issues.

Coaches and members willing to coach at club training sessions regularly are eligible for financial assistance from the club, any requests for assistance need to be approved by the committee.

SUPPORT FOR AWARDS, SCHOLARSHIPS AND SIMILAR OPPORTUNITIES

Any request to support an application for an award, scholarship or similar opportunity must be approved by the club committee. Applications for support can be sent, or given, to the Secretary for tabling at the next committee meeting. The application must be accompanied by all relevant information and application forms. Please note, committee meetings are usually held monthly so ensure adequate time is allowed for this process to be followed.

HEALTHY CLUB POLICY

- **All Club members, Care Givers and Coach's must adhere to Covid Safety Plan dated September 2020**
- All indoor and outdoor areas under the control of the BRAC must be maintained as smoke free.
- Healthy food and drinks options must be available should catering be provided at an event run by the BRAC.
- Free drinking water is available at the athletics arena fountains.
- Sunshades will be made available where possible.
- Safe warm up practices must be adhered to.
- Alcohol or unhealthy food/drink will not be used for prizes or awards.
- Low strength alcohol and non-alcoholic choices will be available if the BRAC provides alcohol at an event.

PRIVACY STATEMENT

In this privacy statement, 'personal information' has the same meaning as in the *Privacy Act 1988 (Commonwealth)*. The Bunbury Regional Athletics Club is committed to protecting the privacy and security of information it holds about you. The personal information you provide to the club will be used to:

- Process your membership registration, at the club and with Athletics West.
- Provide you with information and services of the club.
- Provide committee members relevant information required in the course of their duties at the club.

BRAC may disclose your personal information to external parties where there is a legal obligation to do so. You have the right to access any personal information that the club holds about you, and you may request the correction of information that is inaccurate, requests can be made to the Secretary.

CLUB AND STATE RECORDS

Club records will be recognised from the first competition each year for fully registered athletes only. Club records cannot be claimed prior to full membership and will only be counted from the date of full registration.

Records will be recognised if measured and confirmed, or time confirmed, by an accredited official or by a suitably qualified committee member, those confirming the record MUST sign the recording sheets.

Records that have been set at an external competition can be claimed, if the event is recognised by the club, **members must provide documentation from the event. Athletes are requested to complete the BRAC Athlete Result Summary form available on the website or by request. This form is the responsibility of the athlete** and must be handed to the records officer at the end of the season to be included in the following year's record book.

*Note for junior athletes – Little Athletics competitions are not recognised due to the variance in specifications.

State Masters Records can be claimed*, but in the case of run times three watches must be used. It is the responsibility of the athlete to notify the Chief Timekeeper that they will be attempting a record, it is then up to the Chief Timekeeper to decide whether enough timekeepers are present to do this.

***Members can only claim state records if they have a minimum of temporary membership with the State Masters WA at the time the record is set.** It is the responsibility of the athlete to register with Masters WA.

EVENT RULES

Although not always the case, event rules generally follow the IAAF rules, which are laid down in the IAAF handbook. These rules may have been modified for our local club competitions. If in doubt, you should consult the President or the committee.

GENERAL

1. Only equipment provided by the organisers of the meeting may be used. Personal athletics equipment may not be used for competition, unless application is made and approved by the committee.
2. No athlete may commence any trial in any event until the site official has given permission to do so. Safety rules must be observed at all times.
3. For field events athletes are allowed three trials. The time limit for each trial is 60 seconds from the time the athlete is called to commence their trial.

STARTING

1. For events in which the athletes run in lanes, a three-call start will be used, Lane draws may be used for races run in lanes.
2. The start marshal or starter will assemble the athletes on an assembly line about three metres behind the start line and parallel to it.
3. The starter will issue the command "On your marks". Athletes then take up their position on the start line. Any part of the body in contact with the ground must be entirely behind the starting line.
4. When the athletes are still, the starter will call the command "Set". Athletes can then move to the set stance.
5. When the athletes are completely still, the gun will be fired. A second gunfire recalls the athletes to the start line.
6. False starts – Club Meets: Any competitor making a false start shall be warned. A further false start by the same athlete may result in disqualification.
7. For events in which the athletes do not run in lanes, a two-call start will be used, in which the set command is omitted.

FINISHING

An athlete has finished a race when any part his/her torso crosses the leading edge of the finishing line. Head, neck, arms, legs, hands or feet are not considered in deciding the finish of an event.



EVENT RULES

JAVELIN

1. After preparing to throw the javelin and until it has been thrown the athlete must not turn completely around so that his/her back is towards the throwing arc.
2. The javelin must be thrown over the shoulder or upper part of the throwing arm while being held at the grip.
3. The athlete may not touch the arc, or the ground beyond the arc or the lines extending from the arc with any part of his/her body. The athlete may cross the parallel lines defining the run up without penalty.
4. The athlete must not leave the delivery area until the javelin has touched the ground, and then only from a standing position. He/she must leave from behind the arc or the lines extending from the arc.
5. An athlete is deemed to have completed their throw when they have passed beyond the 4 metre mark of the runway.
6. The tip of the javelin must strike the ground before any other part of the javelin.
7. The javelin must fall within the inner edges of the lines marking the sector. It does not matter where the javelin goes after the initial ground impact.
8. No device, such as taping of the fingers together may be used unless legitimately covering a wound.
9. The measurement is recorded back to the inside of the arc to the nearest cm below the distance thrown.

Please Note:

Javelins must be carried vertically back to the throwing arc. **THEY MUST NOT BE THROWN.**

DISCUS

1. The throw must be commenced from a stationary position.
2. The athlete may enter the circle from any direction, but must leave from the REAR HALF of the circle.
3. The athlete must not leave the circle until the discus has landed.
4. The athlete must leave the circle from a standing position.
5. The athlete must not touch the outside of the circle or the ground outside the circle during the throw.
6. The discus must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the discus goes after the first impact.
7. The measurement is recorded back to the inside of the ring to the nearest cm below the distance thrown.

EVENT RULES

SHOT PUT

1. The shot must be held against or close to the neck under the chin when the athlete takes his/her stance to commence the trial. The hand holding the shot must not be dropped below this position during the trial.
2. The shot must not be brought from behind the line of the shoulders.
3. The trial must commence from a stationary position.
4. The athlete may enter the circle from any direction, but must leave from the REAR HALF of the circle.
5. The athlete must not leave the circle until the shot has landed.
6. The athlete must leave the circle from a standing position.
7. The athlete must not touch the top of the stop board, the outside of the circle or the ground outside the circle during the throw.
8. The shot must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the shot rolls after the first impact.
9. The measurement is recorded back to the inside of the stop board to the nearest cm below the distance thrown.

HAMMER THROW

1. The competitor must begin his/her throw from a stationary position.
2. The head of the hammer is permitted to be rested on the ground outside the circle or inside the circle.
3. The head of the hammer may touch the ground during swings.
4. A throw is a foul if after commencing his/her action the competitor touches either the top of the ring surrounding the circle or the ground outside it with any part of his/her body.
5. The competitor must not leave the circle until the hammer has landed.
6. The competitor must leave the circle in a standing position, from the REAR HALF of the circle.
7. The hammer must land within the inner edge of the sector lines.
8. A competitor is allowed one interruption of a trial, but must not interrupt a trial after the hammer has touched the ground during the swing or turns.
9. The throw is measured from the nearest mark made by the head of the hammer to the inner edge of the ring bounding the circle.
10. The measurement is recorded back to the inside of the ring to the nearest cm below the distance thrown.

EVENT RULES

LONG JUMP

1. The entire take off foot must be placed behind the edge of the take-off mat or strip that is closest to the pit.
2. The athlete must not swerve to one side of the board and run past the line extended outwards from the front of the mat or strip. (For grass).
3. The landing must be made in the sand, and any contact outside the pit must be forward of the landing mark in the sand.
4. The competitor must walk forward from the pit.

TRIPLE JUMP

1. Rules 1 to 4 of long jump apply.
2. The trial must consist of three actions, a HOP, a STEP, and a JUMP, in that order.
3. For the HOP the athlete shall first land on the same foot as that which was placed on the take-off board. The STEP is then completed by landing on the other foot to the hop. The JUMP is the landing in the pit, generally with both legs together.
4. The distance of the mat from the pit will be as per event specifications plus or minus 1 metre if required.

HIGH JUMP

1. A no jump applies if:
 - a. The athlete knocks the bar from its supports, even if it falls after the athlete has landed and left the bags. In windy conditions the Chief Judge must decide whether the wind or the athlete was responsible for the bar falling.
 - b. An athlete takes off from both feet.
 - c. An athlete runs under the bar or touches the ground beyond the plane of the upright supports.
 - d. An athlete takes longer than 60 seconds to complete their jump, including baulks, once called to jump.
2. Once athletes have commenced their trial, a competitor may not re-measure their run-up.

WALKING

Race walking is a progression of steps so taken that a continual unbroken contact with the ground is maintained.

1. During the period of each step the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
2. The supporting leg must be straightened (i.e. not bent at the knee) for at least one moment when in the vertical position.

FIELD IMPLEMENT WEIGHTS

MEN & BOYS					
AGE	SHOT	HAMMER	JAVELIN	DISCUS	WEIGHT
U14	3kg	3kg	600g	1kg	5.45kg
U16	4kg	4kg	700g	1kg	7.26kg
U18	5kg	5kg	700g	1.5kg	9.08kg
U20	6kg	6kg	800g	1.75kg	11.34kg
Open	7.26kg	7.26kg	800g	2kg	15.88kg
30-49 yrs	7.26kg	7.26kg	800g	2kg	15.88kg
50-59 yrs	6kg	6kg	700g	1.5kg	11.34kg
60-69 yrs	5kg	5kg	600g	1kg	9.08kg
70-79 yrs	4kg	4kg	500g	1kg	7.26kg
80+ yrs	3kg	3kg	400g	1kg	5.45kg

WOMEN & GIRLS					
AGE	SHOT	HAMMER	JAVELIN	DISCUS	WEIGHT
U14	3kg	3kg	400g	1kg	5.45kg
U16	3kg	3kg	500g	1kg	5.45kg
U18	3kg	3kg	500g	1kg	5.45kg
U20	4kg	4kg	600g	1kg	9.08kg
Open	4kg	4kg	600g	1kg	9.08kg
30-49 yrs	4kg	4kg	600g	1kg	9.08kg
50-59 yrs	3kg	3kg	500g	1kg	7.26kg
60-74 yrs	3kg	3kg	500g	1kg	5.45kg
75+ yrs	2kg	2kg	400g	750g	4.00kg



HURDLE SPECIFICATIONS – SHORT TRACK

80M HURDLES						
Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U14 W	80m	9	76.2cm	12.00m	7.00m	12.00m
40-49 W	80m	8	76.2cm	12.00m	8.00m	12.00m
50-59 W 70-79 M	80m	8	76.2cm	12.00m	7.00m	19.00m
60+ W 80+ M	80m	8	68.6cm	12.00m	7.00m	19.00m

90M HURDLES						
Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U14 M U16 W	90m	9	76.2cm	13.00m	8.00m	13.00m

100M HURDLES						
Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U18 W	100m	10	76.2cm	13.00m	8.50m	10.50m
U16 M U20 W Open W 30-39 W	100m	10	84.0cm	13.00m	8.50m	10.50m
50-59 M	100m	10	91.4cm	13.00m	8.50m	10.50m
60-69 M	100m	10	84.0cm	12.00m	8.00m	16.00m

110M HURDLES						
Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U18 M	110m	10	91.4cm	13.72m	9.14m	14.02m
U20 M 30-49 M	110m	10	99.1cm	13.72m	9.14m	14.02m
Open M	110m	10	106.7cm	13.72m	9.14m	14.02m

HURDLE SPECIFICATIONS – LONG TRACK

200M HURDLES

Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U16 W U16 M	200m	10	76.2cm	18.29m	18.29m	17.10m

300M HURDLES

Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
50-59 W 60-69 M	300m	7	76.2cm	50.00m	35.00m	40.00m
60+ W 70+ M	300m	7	68.6cm	50.00m	35.00m	40.00m

400M HURDLES

Age group	Distance	Flights	Height	Distance to first	Distance between	Distance to finish
U18 W U20 W Open W 30-49 W	400m	10	76.2cm	45.00m	35.00m	40.00m
U18 M 50-59 M	400m	10	84.0cm	45.00m	35.00m	40.00m
U20 M Open M 30-49 M	400m	10	91.4cm	45.00m	35.00m	40.00m

STEEPLECHASE SPECIFICATIONS

STEEPLECHASE	Men's age groups	Women's age groups
2000m @ 76.2cm	U16 60+ yrs	U16, U18, U20 30+ yrs
2000m @ 91.4cm	U18 (U20 Schools)	-
3000m @ 76.2cm	-	Open
3000m @ 91.4cm	U20 – Open 30 – 59 yrs	-

CLUB RECORDS as at September 19, 2023

WOMEN'S			60 M		MEN'S		
U14	T Trigwell	1994	8.06H	U14	I Weston	2013	7.6 H
U15	T Merritt	2015	8.0 H	U15	B Kenny	2018	7.6 H
U16	T Merritt	2015	8.0 H	U16	S Cumming	1994	7.37H
U18	J Phillips	2010	8.0 H	U18	J Staladi	2013	7.0 H
U20	A Hall	2012	8.3 H	U20	J Princi	2006	6.95H
OPEN	V Ellis	1999	8.10H	OPEN	J. Princi	2010	6.83H
W30	S Moloney	1994	8.21H	M30	S Chilcott	2013	7.4 H
W35	C Wills	2007	8.3 H	M35	D Rawet	1999	7.6 H
W40	C Wills	2013	8.4 H	M40	D Lette	2010	7.41H
W45	S Moloney	2010	8.50	M45	B Feutrill	2012	8.0 H
W50	S Moloney	2013	9.1 H	M50	B Feutrill	2014	8.0 H
W55	B Dearden	2013	9.6 H	M55	R Antonioli	2007	8.2 H
W60	S Moloney	2023	10.54 E	M60	R Antonioli	2012	8.5 H
W65	R Johnson	2006	10.12	M65	R Antonioli	2018	8.99 E
W70	R Johnson	2012	10.5 H	M70	M Byrne	2023	9.21 E
W75	R Johnson	2018	11.06 E	M75	L Sander	2012	9.3 H
W80	L Jenkins*	2023	11.68 E	M80	L Sander	2018	10.85

State Record *

WOMEN'S			100 M		MEN'S		
U14	R Williams	2018	12.64 E	U14	L Hutton	2015	11.8 H
U15	T Merritt	2015	12.6 H	U15	L Hutton	2016	11.6 H
U16	D Chance	2023	12.56 E	U16	S Cumming	1993	11.49H
U18	R Di Giuseppe	2023	12.52 E	U18	S Norris	2023	11.10 E
U20	A Hall	2012	13.6 H	U20	K Mitchell	2017	11.09 E
OPEN	J Martin	1996	12.4 H	OPEN	J Princi	2010	11.0 H
W30	S Moloney	1992	13.20H	M30	S Chilcott	2014	12.4 H
W35	C Wills	2007	13.3 H	M35	D Rawet	1996	12.27H
W40	S. Moloney	2005	14.4 H	M40	D Lette	2010	11.78 E
W45	S Moloney	2010	14.0 H	M45	B Feutrill	2013	12.7 H
W50	S Moloney	2012	14.9 H	M50	B Feutrill	2014	12.8 H
W55	B Dearden	2014	15.5 H	M55	R Antonioli	2007	13.2 H
W60	L Jenkins	2005	16.8 H	M60	R Antonioli	2012	13.6 H
W65	R Johnson	2010	16.80H	M65	R Antonioli	2018	14.1 H
W70	R Johnson	2012	17.0 H	M70	M Byrne	2023	14.81 E
W75	R Johnson*	2016	17.94 E	M75	L Sander	2012	15.1 H
W80	R Johnson*	2023	19.39 E	M80	L Sander	2017	17.20 E

State Record *

CLUB RECORDS as at September 19, 2023

WOMEN'S			200 M		MEN'S		
U14	R Williams	2018	27.74 E	U14	L Hutton	2015	24.22
U15	T Merritt	2015	26.1 H	U15	L Hutton	2016	23.46 E
U16	T Merritt	2016	25.71 E	U16	S Heasman	1982	23.80
U18	H Monger	1979	25.20	U18	T. Gibson	2010	23.0 H
U20	T Woodward	2007	27.6 H	U20	S Watts	1995	22.30
OPEN	J Martin	1996	26.20	OPEN	T Davey	1990	22.45
W30	S Moloney	1996	27.70	M30	S Chilcott	2014	24.9 H
W35	C Wills	2008	27.6 H	M35	B Cornish	1989	25.20
W40	D Brealey	2010	30.7 H	M40	D Lette	2011	24.69 E
W45	S Moloney	2010	29.30	M45	B Cornish	1994	26.30
W50	S Moloney	2012	31.9 H	M50	R Antonioli	2005	26.41 E
W55	R Johnson	1996	33.10	M55	R Antonioli	2007	26.7 H
W60	R Johnson	2003	35.43	M60	R Antonioli	2012	28.5 H
W65	R Johnson	2006	34.1 H	M65	M Byrne	2019	29.46 E
W70	R. Johnson	2012	38.1 H	M70	M Byrne	2023	29.63 E
W75	R. Johnson*	2017	38.57 E	M75	L Sander	2013	31.4 H
W80	R. Johnson*	2021	39.89 E	M80	L Sander	2017	34.6 H

State Record *

WOMEN'S			400 M		MEN'S		
U14	J Narkle	1971	62.00	U14	L Hutton	2015	55.10 E
U15	T Merritt	2015	59.21 E	U15	L Hutton	2016	52.68 E
U16	T Merritt	2016	58.27 E	U16	S Heasman	1983	52.20
U18	K Wilson	2017	55.83 E	U18	T Quaife	2010	50.34 E
U20	A Hall	2013	60.99	U20	S Watts	1995	51.20
OPEN	V Ellis	1999	57.59	OPEN	S Ellis	1998	51.12
W30	J Martin-Tinker	2003	62.22	M30	R Colton	1996	59.32
W35	C Wills	2007	63.0 H	M35	B Cornish	1985	56.3 H
W40	R Giles	2016	1.11.64 E	M40	B Cornish	1992	55.20
W45	D Kelly	2016	1.16.6 H	M45	B Cornish	1993	57.6 H
W50	R Johnson	1993	1.15.90	M50	E Hope	2005	60.80
W55	R Johnson	1996	1.18.90	M55	E Hope	2006	60.04
W60	R Johnson	2001	1.23.5 H	M60	R Antonioli	2012	64.7 H
W65	R Johnson	2006	1.21.7 H	M65	R Antonioli	2018	65.23 E
W70	R Johnson	2011	1.29.23	M70	M Byrne	2023	67.70 E
W75	R Johnson *	2016	1.29.78 E	M75	L Sander	2012	1.15.2 H
W80	R Johnson *	2021	1:39.25 E	M80	L Sander	2017	1:12.3 H

State Record *

CLUB RECORDS as at September 19, 2023

WOMEN'S			800 M		MEN'S		
U14	S Franklin	1997	2.26.80	U14	N Long	1974	2.13.20
U 15	K Wilson	2015	2.33.72	U15	L Hutton	2016	2.11.00 E
U16	A Summerfield	1995	2.14.51	U16	N McAneny	2019	1:56.78 E
U18	J Moon		2.13.80	U18	N McAneny	2020	1.57.85 E
U20	A Hall	2013	2.23.12 E	U20	J Kiely	2022	1.54.76 E
OPEN	S Franklin	1983	2.16.60	OPEN	S Ellis	1998	1.56.74
W30	R Johnson	2008	2.33.6 H	M30	P Morgan	1996	2.03.00
W35	R Giles	2015	2.36.32 E	M35	D Carr	1986	2.19.74
W40	R Giles	2016	2.39.29 E	M40	B Cornish	1992	2.14.60
W45	D Kelly	2016	3.03.0 H	M45	B Cornish	1994	2.18.70
W50	R Feutrill	2016	2.57.9 H	M50	E Hope	2005	2.17.6 H
W55	R Johnson	1996	3.03.9 H	M55	E Hope	2006	2.11.46 E
W60	R Johnson	2003	3.07.8 H	M60	A Heppener	2013	2.27.7 H
W65	R Johnson	2007	3.12.2 H	M65	M Byrne	2018	2.36.13 E
W70	R Johnson	2012	3.38.7 H	M70	M Byrne	2023	2.40.71 E
W75	R Johnson	2016	3.45.68 E	M75	R Goulden	2022	3.05.12 E
W80	R Johnson**	2021	4.14.05 E	M80	L Sander	2018	5.05.1

Australian Record **

WOMEN'S			1500 M		MEN'S		
U14	K Hough	1983	5.10.90	U14	M Darlington	1983	4.35.95
U15	L Heasman	2015	6.37.9 H	U15			
U16	J Penton	1975	4.32.20	U16	K Howells	1973	4.36.10
U18	J Penton	1975	4.41.70	U18	N McAneny	2020	4.03.26 E
U20	A Hall	2013	5.22.24 E	U20	N McAneny	2022	4.10.22 E
OPEN	S Franklin	????	4.46.70	OPEN	P Allison	1986	4.00.20
W30	RSM Johnson	2008	5.11.5 H	M30	P Morgan	1996	4.10.80
W35	R Giles	2015	5.27.77 E	M35	H Stoffers	1985	4.30.00
W40	R Giles	2016	5.23.82 E	M40	J Vesnaver	1996	4.36.20
W45	F Rosel	2009	6.49.5 H	M45	C Kiley	2002	4.46.5 H
W50	R Feutrill	2016	6.23.7 H	M50	E Hope	2005	4.35.3 H
W55	R Johnson	1996	6.29.3 H	M55	E Hope	2006	4.32.4 H
W60	R Johnson	2003	6.42.78 E	M60	A Heppener	2013	5.07.1 H
W65	R Johnson	2007	6.42.0 H	M65	D Simmonds	2000	5.24.40
W70	R Johnson	2011	8.03.67E	M70	M Byrne	2023	5.53.67 H
W75	R Johnson	2019	8.34.6 H	M75	R Goulden	2023	6.35.57 E
W80	R Johnson *	2023	8.52.38 E	M80	L Sander	2017	7.38.5 E

State Record *

CLUB RECORDS as at September 19, 2023

WOMEN'S			3000 M		MEN'S		
U14	P McDonnell	1982	11.34.00	U14	R Wells	1972	10.44.50
U15	G Henden	2019	12.40.4 H	U15			
U16	J Penton	1975	10.30.00	U16	N McAneny	2018	9.16.0
U18	J Penton	1975	10.05.00	U18	J Greave	1976	9.33.00
U20	A Hall	2012	12.54.3 H	U20	K Yardley	1982	9.18.40
OPEN	S Franklin	1983	10.06.35	OPEN	P Allison	1985	8.51.80
W30	RSM Johnson	2008	11.08.0 H	M30	P Morgan	1998	9.17.36
W35	R Giles	2015	11.44.5 H	M35	P Morgan	2000	9.53.19
W40	R Giles	2015	11.38.5 H	M40	J Vesnaver	1994	10.29.4 H
W45	F Rosel	2008	15.22.6 H	M45	C Kiley	2002	10.28.5 H
W50	R Feutrill	2015	14.22.9 H	M50	E Hope	2004	10.26.6 H
W55	R Johnson	1999	14.59.5 H	M55	S Giles	2015	11.08.2 H
W60	R Johnson	2003	15.24.1 H	M60	A Heppener	2013	11.25.5 H
W65	R Johnson	2007	15.45.9 H	M65	A Heppener	2016	13.20.1 H
W70	R Johnson	2015	17.23.9 H	M70	R Goulden	2018	13.49.4 E
W75	R Johnson	2016	18.05.7 H	M75	L Sander	2013	17.12.3 H
W80	R Johnson	2021	19.37.8 H	M80	B. Waldhuter	2020	21.46.0 H

WOMEN'S			5000 M		MEN'S		
U14				U14			
U16				U16	D Mildwaters	1999	17:22.14
U18	A Summerfield	1996	23.53.20	U18	D Jenkins	1998	16.27.49
U20				U20			
OPEN	S Franklin	1982	18.31.00	OPEN	P Allison	1985	15.27.10
W30	RSM Johnson	2008	18.52.00	M30	P Morgan	1997	15.57.32
W35	R Giles	2015	20.11.61	M35	H Stoffers	1985	16.43.00
W40	R Giles	2016	20.26.30	M40	J Vesnaver	1995	18.03.67
W45	K Edwards	2016	28.06.5 H	M45	B Dybdahl S Giles	2003 2008	18.15.5 H 18.15.5 H
W50	R Feutrill	2015	25.54.1 H	M50	E Hope	2004	17.32.8 H
W55	R Johnson	1999	26.13.3 H	M55	S Giles	2015	18.55.65 E
W60	R Johnson	2003	26.34.6 H	M60	D Simmonds	1999	20.22.3 H
W65	P Head	1987	27.22.9 H	M65	D Simmonds	2000	20.12.9 H
W70	R Johnson	2013	30.51.8 H	M70	D Simmonds	2005	22.12.9 H
W75	R Johnson	2020	33.07.0 H	M75	B Waldhuter	2015	34.00.8 H

CLUB RECORDS as at September 19, 2023

WOMEN'S			10,000 M (Track)		MEN'S		
OPEN	S Franklin	1982	39.49.12	OPEN	R Purdue	1983	32.48.20
W30	RSM Johnson	2008	41.24.6 H	M40	T Timmers	2022	40.49.45 H
W35	R Giles	2015	41.07.0 H	M45	B Dybdahl	2001	36.43.0 H
W40	R Giles	2015	42.50.0 H	M50	L James	1994	42.31.0 H
W45	K Edwards	2015	59.41.4 H	M55	S Giles	2015	38.34.81
				M60	R Antonioli	2015	47.59.2 H
W60	P Head	1984	57.56.01	M65	T Heppener	2017	49:14.7 H
W65	P Head	1988	1hr22.50	M70	L James	2012	1.25.35.8 H

	WOMEN'S			2000 M STEEPLECHASE			MEN'S		
U16	76				U16	76	R Feutrill	2014	11.29.4 H
U18	76				U18	91	J Kenny	2022	8.57.97 H
U20	76				U20				
W30	76				M30				
W35	76				M35				
W40	76	R Giles	2015	9.12.8 H	M40				
W45	76	K Edwards	2016	11.29.5 H	M45				
W50	76	R Feutrill	2016	10.29.3 H	M50				
W55	76				M55				
W60	76	S Moloney	2023	14.29.97 H	M60	76	G Hastie	2022	9.34.27H
W65	76				M65	76	D Simmonds	2000	8.08.6 H
W70	76				M70	76	D Simmonds	2005	8.52.3 H
W75	76				M75	76	R Goulden	2022	10.13.23E
W80	76	R Johnson	2023	14.30.92 H	M80	76			

	WOMEN'S			3000 M STEEPLECHASE			MEN'S		
OPEN	76	H Paget	2011	13.47.4 H	U20	91	C Membrey	2011	16.46.6 H
					OPEN	91	M Atherton	2016	13.19.7 H
					M30	91			
					M35	91			
					M40	91	D. Lette	2011	18.33.7 H
					M45	91	B Dybdahl	2003	12.02.93 E
					M50	91			
					M55	91	H. Membrey	2011	17.05.4 H

CLUB RECORDS as at September 19, 2023

WOMEN'S				80 M HURDLES			MEN'S			
U14	76	R Di Giuseppe	2021	13.63						
W40	76	L Jenkins	1983	16.90						
W45	76									
W50	76	R Feutrill*	2016	17.33 E						
W55	76	L Jenkins	2002	21.21						
W60	68	L Jenkins	2005	18.6 H						
W65	68	R Johnson	2007	19.1 H						
W70	68	R Johnson*	2012	20.9 H	M70	76	B Waldhuter	2012	18.5 H	
W75	68	R Johnson	2017	33.00	M75	76	B Waldhuter	2017	18.57 E	
					M80	76	B.Waldhuter	2020	19.90 H	

State Record *

WOMEN'S				90 M HURDLES			MEN'S			
U15	76	R Di Giuseppe	2021	14.13 E						
U16	76	R Di Giuseppe	2022	13.23 E	U14	76	J Msando	2013	15.64 E	

WOMEN'S				100 M HURDLES			MEN'S			
U16	76	R Di Giuseppe	2023	15.09 E	U15	84	J Kenny	2020	21.44 E	
U18	76	R Di Giuseppe	2023	14.75 E	U16	84	H Feutrill	2014	15.13 E	
U20	84				M50	91	B Feutrill	2015	16.6 H	
OPEN	84	S Moloney	1981	19.65	M55	91	R Antonioli	2010	22.8 H	
W30	84				M60	84	R Antonioli	2013	21.0 H	
W35	84	C Wills	2007	17.7 H	M65	84	R Antonioli	2017	24.80 E	

				110 M HURDLES			MEN'S			
					U18	91	J Staladi	2013	15.4 H	
					U20	99	N Long	1977	15.90	
					Open	106	N Long	1981	16.36	
					M30	99				
					M35	99				
					M40	99				
					M45	99	B Feutrill	2013	18.65 E	

CLUB RECORDS as at September 19, 2023

		WOMEN'S		200 M HURDLES				MEN'S	
U14	76	R Di Giuseppe	2020	32.56	U14	76	S Long	1977	32.40
U15	76	D Chance	2023	30.12 E	U15	76	J Kenny	2020	32.81
U16	76	R Di Giuseppe	2022	29.58 E	U16	76	C Dybdahl	2002	29.60
W70	68	R Johnson	2012	48.04 E	M80	68			

		WOMEN'S		300 M HURDLES				MEN'S	
U16	76	R Di Giuseppe	2022	48.78 E	U15	76	Jonah Kenny	2020	51.54
					U18	84	C Anderton	2018	39.50 E
W50	76	R Feutrill	2016	60.11 E	M60	76	R Antoniulli	2012	54.4 H
W55	76				M65	76	H Membrey	2017	68.07 E
W60	68				M70	68	B Waldhuter	2013	63.5 H
W65	68	R Johnson	2009	71.3 H	M75	68	B Waldhuter	2017	65.56 E
					M80	68	B Waldhuter	2020	1.20.0 H

		WOMEN'S		400 M HURDLES				MEN'S	
U18	76	K Zappa		1.12.00	U16	84			
					U18	84	C Anderton	2018	55.90
U20	76				U20	91	J Kiely	2022	55.58 E
OPEN	76	S Franklin	1982	1.15.80	OPEN	91	S Airey	2015	1.01.6 H
W30	76	S Franklin	1989	1.22.0 H	M30	91			
W35	76	C Wills	2008	1.16.5 H	M35	91	B Cornish	1985	1.04.5 H
W40	76	L Jenkins	1983	1.31.5 H	M40	91	B Cornish	1991	1.09.4 H
W45	76				M45	91	B Feutrill	2013	1.11.14 E
					M50	84	B Feutrill	2015	1.07.9 H
					M55	84	R Antoniulli	2007	1.10.3 H

HEPTATHLON - WOMEN'S				DECATHLON - MEN'S			
U16	R Di Giuseppe	2022	4126 pts	U14	R Feutrill	2013	459 pts
U18	R Di Giuseppe	2023	4411 pts	U16	H Feutrill	2013	3407 pts
OPEN				U18	C Greig	2014	4137 pts
W40				OPEN	R McDonnell	2013	2570 pts
W45				M40	J Fettus	2015	2803 pts
W50	R Feutrill	2014	2766 pts	M45			
W55	S Moloney	2018	2034pts	M50	B Feutrill	2015	5412 pts
W60				M60	R Antoniulli*	2015	3637 pts
W75	R Johnson	2017	3687 pts				

State Record *

CLUB RECORDS as at September 19, 2023

WOMEN'S			1500 M WALK (track)		MEN'S		
U14	J Doust	1974	8.53.50	U14	S Long	1977	7.45.00
U15	J Gardiner	2021	9.15.0	U15	C Anderton	2016	7.04.46
U16	S Franklin	1979	7.57.00	U16			
U18	J Trigwell		7.37.70	U18	C Anderton	2018	6.21.6 J
OPEN	S Franklin	1983	8.26.30	OPEN	G Hastie	1988	6.12.00
W30	S Moloney	1995	10.44.33	M30	G Hastie*	1996	6.43.70
W35	J Standish	1985	9.04.00	M35	G Hastie*	1998	7.03.50
W40	L Ventris*	2000	6.52.67	M40	B Cornish	1992	8.54.00
W45	L Ventris*	2003	8.56.00	M45	G Hastie*	2008	6.35.30
W50	L Ventris*	2007	6.45.80	M50	G Hastie	2012	6.42.29
W55	L Jenkins	2000	10.05.46	M55	G Hastie	2017	7.24.21
W60	L Jenkins	2002	9.21.84	M60	G Hastie	2022	7.37.28 E
W65	L Jenkins	2010	9.52.85	M65	P Doye	2005	9.08.29
W70	L Jenkins	2015	11.54.77	M70	P Doye	2010	9.38.22
W75	R Johnson	2017	10.53.30	M75			
W80	R.Johnson	2022	11.39.08 E	M80			

State Record *

WOMEN'S			3000 M WALK (track)		MEN'S		
U14	J Doust	1974	18.31.00	U14	T Franklin	1974	18.53.00
U16	S Franklin	1979	17.04.80	U16	C Anderton	2017	14.08.50
U18	S Franklin	1980	16.52.00	U18			
U20				U20			
OPEN	S Franklin	1983	17.30.00	OPEN	G Hastie	1983	13.41.00
W30	S Moloney	1996	24.01.23	M30	G Hastie*	1996	14.52.14
W35			20.38.50*	M35	G Hastie	1998	15.04.02
W40	L Ventris*	2001	14.05.70	M40	B Cornish	1991	18.19.00
W45	L Ventris*	2002	13.57.43	M45	G Hastie*	2008	14.41.30
W50	L Ventris*	2007	13.54.30	M50	G Hastie*	2012	14.30.66
W55	L Jenkins	2002	20.35.76	M55	G Hastie	2017	15.39.65
W60	P Head	1984	21.00.50	M60	G Hastie	2022	16.26.04 E
W65	R Johnson	2007	21.06.63	M65	P Doye	2006	19.09.50
W70				M70	P Doye	2011	20.45.80
W75	L Jenkins	2017	23.14.94	M75			

State Record *

CLUB RECORDS as at September 19, 2023

WOMEN'S			5000 M WALK (track)		MEN'S		
				U16	C Anderton	2018	24:16.71
U18				U18	C Anderton	2018	26.02.86
U20				U20	G Martin	1977	31.22.40
OPEN				OPEN	G Hastie	1987	25.59.50
M30				M30	G Hastie	1996	25.26.70
W35	L Ventris*	1996	29.13.00	M35	G Hastie	1998	27.27.00
W40	L Ventris*	2001	23.24.50	M40			
W45	L Ventris*	2005	23.42.50	M45	G Hastie	2009	25.06.30
W50	L Ventris*	2008	23.37.78	M50	G Hastie	2012	25.26.60
W55	L Jenkins	2001	34.37.30	M55	G Hastie	2017	26.46.93
W60				M60	G Hastie	2022	29.29.49 E
W65	P Head	1987	37.02.90	M65	P Doye	2009	33.34.32
W70				M70	P Doye	2011	35.08.10
W75	L Jenkins	2017	38.29.19 J	M75			

State Record *

WOMEN'S			10 km Road WALK		MEN'S		
				M45	G.Hastie*	2006	50.34.1
				M60	G.Hastie	2022	58:37.91 E

State Record *

WOMEN'S			10 km Road WALK		MEN'S		
				M45	G.Hastie*	2006	50.34.1

*State Record

	WOMEN'S			HEAVY WEIGHT THROW		MEN'S			
U15	5.45	J Gardiner	2020	14.11m	U16	9.08	B Kenny	2020	15.48m
U16	7.26	A Pelser	2022	12.10m	U18	15.88	L Vincent	2009	9.65m
OPEN	9.08	H Paget	2011	4.74m	OPEN	15.88	C Trigwell	2009	10.44m
W30					M30	15.88	S Chilcott	2014	10.57m
W35	9.08	S Smith	1997	8.15m	M35	15.88	D Vincent	2009	11.03m
W40	9.08	S Smith	1998	8.25m	M40	15.88	J Fettus	2016	13.01m
W45	9.08	P Kennedy	2016	10.08m	M45	15.88	J Fettus	2020	14.36m
W50	7.26	P Kennedy	2020	12.12m	M50	11.34	J Fettus	2023	16.25m
W55	7.26	P Kennedy	2023	9.99m	M55	11.34	G Hastie	2019	9.35m
W60	5.45	S Moloney	2022	9.15m	M60	9.08	J Peters	2018	16.87m
W65	5.45	L Kirsch	2014	11.13m	M65	9.08	J Peters	2019	16.18m
W70	5.45	L Jenkins	2013	8.89m	M70	7.26	H Membrey	2023	11.49m
W75	4.00	L Jenkins	2020	10.82m	M75	7.26	B Waldhuter	2018	8.49m
W80	4.00	L Jenkins	2023	10.35m	M80	5.45	B Waldhuter	2020	9.57m

CLUB RECORDS as at September 19, 2023

	WOMEN'S		100lb WEIGHT		MEN'S		
W55	P Kennedy*	2022	1.07m	Open	B Kenny	2021	1.37m
W60	S Moloney*	2023	1.17m	M45	J Fettus*	2022	4.05m
				M30	C Membrey	2023	1.14m
				M60	G Hastie	2023	1.79m
W70				M65	J Peters*	2020	3.00m
W75	L Jenkins	2021	0.87m	M70	H Membrey	2022	1.87m
W80	L Jenkins	2022	0.79m	M80	B Waldhuter	2021	1.59m

*State Record

New Age Grading from 2023 (records have been adjusted)

	WOMEN'S		Weight Throw Pentathlon		MEN'S		
W35	M Krokosz	2023	1421 pts	M45	J Fettus	2020	3753 pts
W55	S Moloney	2021	1703 pts	M60	G Hastie	2023	2175 pts
W60	S Moloney*	2022	2123 pts	M65	J Peters	2021	3187 pts
W80	L Jenkins	2023	3466 pts	M70	H Membrey	2023	2463 pts

State Record *

	WOMEN'S		Super Weight		MEN'S		
W35	M Krokosz	2023	4.50m	M45	J Fettus	2020	8.05m
W55	P Kennedy	2023	5.92m	M60	G Hastie	2023	6.94m
W60	S Moloney*	2023	6.17m	M65	J Peters	2021	7.53m
W80	L Jenkins**	2022	6.61m	M70	H Membrey	2022	7.79m

State Record * Australian Record **

CLUB RECORDS as at September 19, 2023

	WOMEN'S			HAMMER THROW			MEN'S		
U14	3	J Gardiner	2020	41.09m	U14	4	J Msando	2013	26.63m
U15	3	J Gardiner	2020	41.12m	U15	4	B Kenny	2018	35.74m
U16	3	J Gardiner	2022	47.12m	U16	4	B Kenny	2020	39.44m
U18	4	M Horan	2017	53.48m	U18	5	L Vincent	2009	31.95m
U20	4	V Lette	2013	32.58m	U20	6	R Birmingham	2012	38.74m
OPEN	4	J Murray	2006	22.05m	OPEN	7.26	C Trigwell	2009	29.85m
W30	4	S Moloney	1996	23.60m	M30	7.26	S Chilcott	2003	28.78m
W35	4	S Smith	1994	22.48m	M35	7.26	D Vincent	2009	28.43m
W40	4	S Moloney	2004	25.69m	M40	7.26	J Fettus	2018	39.82m
W45	4	P Kennedy	2016	27.05m	M45	7.26	J Fettus*	2022	43.49m
W50	3	P Kennedy	2019	33.58m	M50	6	J Fettus	2023	42.88m
W55	3	L. Kirsch	2011	34.39m	M55	6	B Cornish	2005	30.16m
W60	3	L Kirsch	2014	32.72m	M60	5	J Peters	2018	42.35m
W65	3	R Johnson	2007	19.53m	M65	5	J Peters*	2019	42.60m
W70	3	R Johnson	2012	18.62m	M70	4	B Cornish	2019	30.07m
W75	2	R Johnson	2020	22.98m	M75	4	B Waldhuter	2018	16.81m
W80	2	R Johnson*	2021	22.53m	M80	3	Peter Doye	2023	20.50m

State Record *

	WOMEN'S			DISCUS			MEN'S		
U14	1	J Gardiner	2020	29.41m	U14	1	A Howells	1976	34.38m
U15	1	J Gardiner	2020	30.59m	U15	1	L Hutton	2016	45.08m
U16	1	A Pelser	2022	36.65m	U16	1	J Peel	1997	46.00m
U18	1	A Pelser	2023	40.05m	U18	1.5	G Bock	1981	46.88m
U20	1	V Lette	2013	32.58m	U20	1.75	R Birmingham	2012	43.65m
OPEN	1	B Haycock	1984	31.48m	OPEN	2	J Halley	1961	40.94m
W30	1	J Parker	2001	30.45m	M30	2	S Chilcott	2014	33.27m
W35	1	C Wills	2006	32.08m	M35	2	D Vincent	2008	37.87m
W40	1	C Wills	2012	32.57m	M40	2	J Fettus	2016	38.16m
W45	1	P Kennedy	2013	28.64m	M45	2	T Davey	2014	44.95m
W50	1	P Kennedy	2018	25.46m	M50	1.5	J Fettus	2023	40.49m
W55	1	L. Kirsch	2011	25.04m	M55	1.5	R Young B. Cornish	2004 2004	31.45m 31.45m
W60	1	L Kirsch	2014	23.47m	M60	1	J Peters	2018	46.97m
W65	1	L Jenkins	2010	16.24m	M65	1	J Peters*	2019	47.28m
W70	1	L Jenkins	2012	14.57m	M70	1	B. Cornish	2019	28.13m
W75	750g	L Jenkins	2018	17.96m	M75	1	L Sander	2013	25.57m
W80	750g	L Jenkins	2023	18.60m	M80	1	L Sander	2017	22.30m

CLUB RECORDS as at September 19, 2023

	WOMEN'S			JAVELIN			MEN'S		
U14	400	J Gardiner	2020	31.54m	U14	600	J Msando	2013	51.56m
U15	500	J Gardiner	2020	35.33m	U15	700	B Kenny	2018	45.51m
U16	500	G Buckle	2023	46.11m	U16	700	J Peel	1998	49.26m
U18	500	A Pelser	2023	35.50m	U18	700	G Bock	1980	59.50m
U20	600	J Murray	2004	33.51m	U20	800	N Long		56.92m
OPEN	600	J Murray	2007	37.15m	OPEN	800	P Depiazzi	1984	56.48m
W30	600	S Moloney	1993	30.62m	M30	800	S Chilcott	2013	48.30m
W35	600	C Wills	2009	31.32m	M35	800	D Vincent	2009	40.26m
W40	600	S Moloney	2005	25.84m	M40	800	R Smith	1996	43.16m
W45	600	P Kennedy	2014	27.32m	M45	800	T Davey	2014	42.60m
W50	500	P Kennedy	2017	26.90m	M50	700	G Hastie	2014	37.80m
W55	500	P Kennedy	2022	21.66m	M55	700	G Hastie	2018	37.28m
W60	500	S Moloney	2022	16.43m	M60	600	G Hastie	2023	38.09m
W65	500	Superseded			M65	600	J Peters	2019	36.99m
W70	500	L Jenkins	2017	15.99m	M70	500	L Sander	2007	27.73m
W75	400	L Jenkins	2017	17.79m	M75	500	L Sander	2012	25.97m
W80	400	L Jenkins	2022	15.62m	M80	400	L Sander	2018	19.84m

CLUB RECORDS as at September 19, 2023

	WOMEN'S			SHOT PUT			MEN'S		
U14	3	J Gardiner	2020	10.45m	U14	3	L Hutton	2015	14.22m
U15	3	J Gardiner	2021	10.53m	U15	4	B Kenny	2018	13.44m
U16	3	M Horan	2015	12.54m	U16	4	L Vincent	2008	14.95m
U18	4	A Pelser	2022	12.18m	U18	5	L Vincent	2009	15.93m
U20	4	J Murray	2004	10.16m	U20	6	R Birmingham	2012	14.52m
OPEN	4	J Murray	2006	10.36m	OPEN	7.26	C Trigwell	2009	11.70m
W30	4	J Parker	2000	9.97m	M30	7.26	S Chilcott	2017	10.66m
W35	4	C Wills	2007	10.26m	M35	7.26	D Vincent	2008	10.40m
W40	4	S Moloney	2005	9.12m	M40	7.26	J Fettus	2016	12.76m
W45	4	P Kennedy	2014	9.92m	M45	7.26	T Davey	2014	14.54m
W50	3	P Kennedy	2017	10.32m	M50	6	J Fettus	2023	13.38m
W55	3	L Kirsch	2022	9.19m	M55	6	R Young	2003	9.20m
W60	3	L Kirsch	2014	8.16m	M60	5	J Peters	2018	12.11m
W65	3	L Jenkins	2011	6.87m	M65	5	J Peters	2019	12.08m
W70	3	L Jenkins	2013	6.63m	M70	4	R Young	2014	9.29m
W75	2	L Jenkins	2018	7.18m	M75	4	B Waldhuter	2015	7.13m
W80	2	L Jenkins	2023	6.89m	M80	3	P Doye	2023	7.39m

	WOMEN'S			LONG JUMP		MEN'S		
U14	T Trigwell	1994	4.81m	U14	J Msando	2013	5.51m	
U15	R Di Giuseppe	2021	4.73m	U15	L Hutton	2016	5.55m	
U16	R Di Giuseppe	2022	5.05m	U16	T Davies	1998	6.47m	
U18	A Carr	1998	5.51m	U18	A Barnes	1984	6.41m	
U20	J Murray	2004	4.47m	U20	T Gibson	2011	6.34m	
OPEN	V Ellis	1999	5.64m	OPEN	K Menzies	2013	6.80m	
W30	J Parker	2000	5.04m	M30	S Chilcott	2014	5.85m	
W35	C Wills	2008	5.18m	M35	B Cornish	1984	5.83m	
W40	C Wills	2013	4.78m	M40	B Cornish	1991	5.24m	
W45	J Best	2015	4.16m	M45	B Cornish B Feutrill	1996 2013	5.19m	
W50	R Johnson	1995	3.74m	M50	B Feutrill	2015	5.32m	
W55	R Johnson	1998	3.67m	M55	R Antonioli	2008	4.71m	
W60	L Jenkins	2005	3.40m	M60	G Hastie	2023	4.28m	
W65	R Johnson	2006	3.53m	M65	L Sander	2005	4.14m	
W70	R Johnson	2011	3.10m	M70	L Sander	2007	4.06m	
W75	R Johnson	2016	3.03m	M75	B Waldhuter	2016	3.67m	
W80	R Johnson	2023	2.70m	M80	B Waldhuter	2021	3.12m	

CLUB RECORDS as at September 19, 2023

WOMEN'S			TRIPLE JUMP		MEN'S		
U14	T Trigwell	1994	9.99m	U14	N Long	1974	12.14m
U15	R Di Giuseppe	2021	10.01m	U15	B Kenny	2018	10.88m
U16	D Chance	2023	11.26m	U16	T Davies	1998	12.56m
U18	A Carr	1999	11.14m	U18	N Long	1976	13.39m
U20	K Conway	2014	9.92m	U20	P Rowe	1963	13.06m
OPEN	V Ellis	1998	10.84m	OPEN	B Dayman	1977	13.53m
W30	J Parker	1993	10.04m	M30	S Davey	2003	10.53m
W35	C Wills	2008	9.87m	M35	B Cornish	1984	11.18m
W40	F Rosel	2000	8.58m	M40	B Cornish	1992	10.21m
	D Brealey	2010	8.58m				
W45	J Best	2015	8.82m	M45	B Feutrill	2013	10.88m
W50	R Johnson	1994	7.97m	M50	B Feutrill	2014	10.74m
W55	R Johnson	1997	7.65m	M55	E Hope	2006	8.92m
W60	R Johnson	2005	7.19m	M60	B Cornish	2008	8.67m
W65	R Johnson	2006	7.45m	M65	L Sander	2005	8.64m
W70	R Johnson	2012	6.69m	M70	L Sander	2007	7.99m
W75	R Johnson	2017	6.36m	M75	B Waldhuter	2019	7.76m
W80	R Johnson	2021	6.39m	M80	B Waldhuter	2020	6.86m

WOMEN'S			HIGH JUMP		MEN'S		
U14	M Raines	1982	1.46m	U14	B Campbell	2021	1.55m
U15	R Di Giuseppe	2021	1.50m	U15	L Murray	2020	1.47m
U16	L Garton	2003	1.48m	U16	J Waddingham	2023	2.00m
U18	J Phillips	2009	1.66m	U18	D McLaren	1997	1.92m
U20	J Murray	2005	1.16m	U20	K Menzies	2010	1.90m
OPEN	A Bird	1982	1.52m	OPEN	N Long	1981	1.80m
W30	C Wills	2004	1.45m	M30	S Chilcott	2014	1.60m
W35	C Wills*	2008	1.56m	M35	D Rawet	1999	1.60m
W40	C Wills*	2012	1.48m	M40	J Fettus	2016	1.55m
W45	J Gibellini	2016	1.34m	M45	B Feutrill	2013	1.51m
W50	R Feutrill	2015	1.20m	M50	B Feutrill	2014	1.55m
W55	R Feutrill	2017	1.15m	M55	E Hope	2006	1.40m
W60	R Johnson	2003	1.09m	M60	B Cornish	2008	1.25m
W65	R Johnson	2006	1.03m	M65	B Waldhuter	2009	1.25m
W70	R Johnson	2014	1.02m	M70	B Waldhuter	2011	1.27m
W75	R Johnson	2016	1.00m	M75	B Waldhuter*	2016	1.20m
W80	R Johnson	2021	0.92m	M80	B Waldhuter	2020	1.17m

State Record *

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CLUB RECORDS as at September 19, 2023

WOMEN'S			POLE VAULT		MEN'S		
U14				U14	R Feutrill	2013	1.00m
U16				U16	H Feutrill	2013	1.70m
U18				U18	C Greig	2014	2.15m
U20				U20			
OPEN	R Airey	2016	1.70m	OPEN	N Long	1981	3.50m
W30				M30	P Smith	1982	3.40m
W35				M35			
W40	J Gibellini	2015	1.50m	M40	J Fettus	2015	2.10m
W45	J Best	2014	1.50m	M45	B Feutrill	2013	3.00m
W50				M50	B Feutrill	2014	2.90m
W55				M55			
W60				M60	R Antonioli	2013	1.80m
W65				M65	R Antonioli	2017	1.60m
W70				M70	B Waldhuter	2013	1.45m
W75				M75	B Waldhuter	2017	1.55m

New Age Grading from 2023 (records have been adjusted)

WOMEN'S 100M, SHOT, LONG JUMP, JAVELIN, 800M			OUTDOOR PENTATHLON		MEN'S 200M, DISCUS, LONG JUMP, JAVELIN, 1500M		
U14	R Di Giueseppe	2020	1953 pts	U14	J Msando	2013	2194 pts
U16				U15	J Kenny	2020	1663 pts
U18	A Hall	2011	2374 pts	U18	J Staladi	2013	2329 pts
U20	G Braund	2011	1464 pts	U20			
Open	R Airey	2015	1002 pts	Open	C Trigwell	2009	2198 pts
W30				M30	S Chilcott	2014	2554 pts
W35	C Wills	2009	2637 pts	M35	S Davey	2006	1738 pts
W40	S Moloney	2005	1563 pts	M40	D Lette	2009	2190 pts
W45	S Moloney	2010	2125 pts	M45	B Cornish	1996	2584 pts
W50	S Moloney	2015	1714 pts	M50	B Feutrill	2014	2421 pts
W55	R Johnson	1997	1931 pts	M55	R Antonioli	2007	2756 pts
W60	S Moloney	2022	1624 pts	M60	G Hastie	2023	2629 pts
W65	L Jenkins	2015	2395 pts	M65	L Sander	2002	2475 pts
W70	R Johnson	2012	2498 pts	M70	L Sander*	2007	2930 pts
W75	R Johnson*	2016	2473 pts	M75	L Sander	2012	2601 pts
W80	R Johnson*	2021	2574 pts	M80	L Sander*	2017	2377 pts

State Record *

New Age Grading from 2023 (records have been adjusted)

CLUB RECORDS as at September 19, 2023

WOMEN'S		THROWS PENTATHLON – SENIOR				MEN'S	
		Hammer Throw, Shot Put, Discus, Javelin, Weight Throw					
U15	J Gardiner	2020	2547 pts	U15	J Kenny	2020	1384 pts
U16	A Pelser	2022	2638 pts	U16	B Kenny	2020	3123 pts
U18				U18	R Kennedy	2018	2618 pts
OPEN				OPEN			
W30				M30	S Chilcott	2014	2251 pts
W35	S Smith	1997	1856 pts	M35	B Murray	2019	1754 pts
W40	S Moloney	2005	2024 pts	M40	J Fettus	2016	2877 pts
W45	P Kennedy	2014	2355 pts	M45	T Davey	2014	3604 pts
W50	P Kennedy	2017	2687 pts	M50	J Fettus	2023	3428 pts
W55m	P Kennedy	2022	2503 pts	M55	G Hastie	2019	2131 pts
W60	S Moloney	2022	2372 pts	M60	J Peters	2018	3578 pts
W65				M65	J Peters*	2019	3922 pts
W70	L Jenkins	2015	2377 pts	M70	R Young	2014	2049 pts
W75	L Jenkins	2017	2512 pts	M75	B Waldhuter	2015	1772 pts
W80	L Jenkins	2023	3200 pts	M80	B Waldhuter	2021	1720 pts

State Record *

Miscellaneous CLUB RECORDS as at September 19, 2023

WOMEN'S			Mile		MEN'S		
W60	S Moloney	2023	10.22.10 H	M30	C Membrey	2022	6.21.02 H
W80	R Johnson	2023	10.38.10 H	M40	T Timmers	2022	5.28.89 H
				M70	H Membrey	2023	9.42.10 H

WOMEN'S			4 x 100m Relay		MEN'S		
220 yrs +	S Moloney, P Kennedy, L Jenkins, J Hill	2022	1.15.91 H				

WEBSITE ADDRESSES

Bunbury Regional Athletics Club – bunburyregionalathleticsclub.weebly.com

Athletics Western Australia – www.waathletics.org.au

Masters Athletics Western Australia – www.mastersathleticswa.org

Athletics Australia – www.athletics.com.au

Australian Masters Athletics – www.australianmastersathletics.org.au

Australian Track and Field Coaches Association – www.atfca.com.au

World Masters Ranking Athletics - www.mastersrankings.com/rankings/



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