

# Men's Ballarat Harriers Club Track Records

Age	Event	Time	Athlete	Date	Venue	Comment
Open	100 yards	9.90	Vin Reynolds	15/12/1962	Ballarat	
U/14	100 m	11.05	Daniel Carman	About 1994	Bendigo	
U/16	100 m	10.90	Daniel Carman	About 1996	Olympic Pk	
U/18	100 m	10.80	Daniel Carman	About 1997	Olympic Pk	
U/18	100 m Equal	10.8	Cooper Sherman	21/11/2020	Llanberris	Hand tim
U/18	100 m	10.98	Cooper Sherman	19/12/2020	Llanberris	Ballarat rec. Not Harrier.
U/20	100 m	10.80	Simon Hildebrand	26/01/1990	Llanberris	
U/20	100 m Equal	10.80	Daniel Carmen	About 1997	Olympic Pk	
U/20	100 m Equal	10.8	Cooper Sherman	21/11/2020	Llanberris	Hand tim
Open	100 m	10.06	Vin Reynolds	About 1964	Kyabram	
Open	100 m	10.73	Evan King	27/01/2001	Llanberris	
35+	100 m	10.74	Peter O'Dwyer	27/01/2001	Llanberris	
35+	100 m	11.04	Peter O'Dwyer	08/10/2002	Adelaide	AR
40+	100 m	11.24	Ian Black	15/09/1982	Llanberris	
45+	100 m	11.52	Peter O'Dwyer	26/01/2014		
50+	100 m	11.81	Peter O'Dwyer	11/10/2017	Llanberris	
55+	100 m	13.22	Jeff Sargent	25/01/2014	Llanberris	
60+	100 m	13.24	Jeff Sargent	26/01/2019	Bendigo	
65+	100 m	15.51	Kevin Ruddick	13/01/2018	Llanberris	

U/14	200 m	23.90	Daniel Carmen	About 1994	Olympic Pk	
U/16	200 m	22.45	Cooper Sherman	18/01/2020	Llanberris	
U/18	200 m	21.93	Cooper Sherman	12/12/2020	Llanberris	BR
U/20	200 m	21.80	Josh Coull	About 1989	Olympic Pk	
Open	200 m	21.30	Josh Coull	26/10/1991	Llanberris	
35+	200 m	21.98	Peter O'Dwyer	30/11/2002	?	AMR, AR
40+	200 m	23.26	Peter O'Dwyer	24/11/2012	Llanberis	
45+	200 m	23.26	Peter O'Dwyer	24/11/2012	Llanberris	
50+	200 m	24.73	Peter O'Dwyer	01/2018	Llanberris	
55+	200 m	27.09	Jeff Sargent	12/11/2016	Llanberris	
60+	200 m	28.61	Jeff Sargent	26/01/2019	Bendigo	
65+	200 m	31.60	Kevin Ruddick	18/01/2020	Llanberris	
U/14	400 m	55.60	Gary Coulter	09/01/1982	Llanberris	
U/16	400 m	50.52	Liam Procaccino	1/12/2012	Hobart	
U/18	400 m	46.78	Samuel Baird	01/02/2014	Lakeside	
U/20	400 m	46.78	Samuel Baird	01/02/2014	Lakeside	
Open	400 m	46.05	Josh Coull	25/01/1993	Canberra	
35+	400 m	48.69	Peter O'Dwyer	11/10/2002		VMR
40+	400 m	51.82	Peter O'Dwyer	02/02/2008	Llanberris	
45+	400 m	52.91	Peter O'Dwyer	26/01/2014	Llanberris	
50+	400 m	55.08	Colin McCurry	12/07/2003		VMR, AR
55+	400 m	55.08	Colin McCurry	12/07/2003		VMR, AR
60+	400 m	63.30	Kevin Ruddick	22/01/2011	Llanberris	
65+	400 m	68.81	Kevin Ruddick	19/11/2016	Llanberris	
70+	400 m	72.60	Stan Nicholls	13/05/1982	Fiji	

U/14	800 m	2:12.50	Leonard Goodison	19/12/2020	Llanberris	
U/16	800 m	2:01.00	Josh Coull	03/10/1985	Olympic Pk	
U/18	800 m	1:56.90	Barry Kimber	05/03/1974	Llanberris	
U/20	800 m	1:54.70	Barry Kimber	15/02/1975	Llanberris	
Open	800 m	1:54.00	Colin McCurry	18/11/1972	Llanberris	
Open	800 m	1:48.4	Colin McCurry's best reg. with Box Hill	1976		Historical interest
35+	800 m	1:57.50	Tom Roberts	2/03/1974	Llanberris	
40+	800 m	1:57.50	Tom Roberts	02/03/1974	Llanberris	
45+	800 m	2:00.30	Tom Roberts			
50+	800 m	2:00.70	Tom Roberts	22/04/1984		WMR
55+	800 m	2:05.07	Tom Roberts	01/07/1989		WMR
60+	800 m	2:24.27	Colin McCurry	02/03/2010	Kamloops	(Canada)
65+	800 m	2:34.70	Stan Nicholls	13/03/1977	Box Hill	
70+	800 m	2:42.96	Stan Nicholls	02/04/1983	Olympic Pk	
U/14	1500 m	4:33.30	David Farquhar	01/12/1985	Olympic Pk	
U/16	1500 m	4:17.00	Paul Burge		Llanberris	
U/18	1500 m	4:10.00	Michael Mong	1990	Llanberris	
U/20	1500 m	3:56.80	Brian Lewry	01/03/1975	Olympic Pk	
Open	1500 m	3:47.00	Tony Doherty	03/12/1981	Olympic Pk	
35+	1500 m	3:59.80	Tom Roberts	10/03/1973	Llanberris	
40+	1500 m	4:02.00	Tom Roberts	20/11/1976	Llanberris	
45+	1500 m	4:05.02	Tom Roberts	22/03/1984		VMR, WR
50+	1500 m	4:05.02	Tom Roberts	22/03/1984		VMR, WR

55+	1500 m	4:40.06	Tom Roberts	01/07/1995	Buffalo USA	VMR
60+	1500 m	4:40.06	Tom Roberts	01/07/1995	Buffalo USA	VMR
65+	1500 m	5:09.50	Stan Nicholls	12/03/1977	Box Hill	
70+	1500 m	5:33.00	Stan Nicholls	03/04/1983	Olympic Pk	
Open	1 Mile	TBC	Tom Roberts			
Open	1 mile	4:12	Tom Robert's best reg with Melb Uni			Historical interest
50+	1 Mile	4:30.06	Tom Roberts	06/12/1987	WMR AR	WMR, AR
U/14	3000 m	9:53.50	David Farquhar	23/11/1985	Llanberris	
U/16	3000 m	9:08.00	Paul Burge		Olympic Pk	
U/18	3000 m	8:55.00	Paul Burge		Olympic Pk	
U/20	3000 m	8:23.00	David Farquhar	01/12/1991	Olympic Pk	
Open	3000 m	8:23.00	David Farquhar	01/12/1991	Olympic Pk	
35+	3000 m	9:08.00	Tom Roberts	28/11/1972	Llanberris	
40+	3000 m	9:17.38	Matthew Gibney	11/01/2003	Olympic Pk	
45+	3000 m	9:56.97	Vince Duffy	19/01/2007	Bendigo	
50+	3000 m	9:56.97	Vince Duffy	19/01/2007	Bendigo	
55+	3000 m	10:15.57	Vince Duffy	16/12/2011	Llanberris	
60+	3000 m	10:41.00	Stan Nicholls	23/11/1974	Grn	WR
65+	3000 m	10:47.80	Stan Nicholls	08/11/1977	Grn	WR
70+	3000 m	11:47.40	Stan Nicholls	3/07/1982	Grn	WR
U/14	5000 m		Not claimed			
U/16	5000 m	15:16.00	Paul Burge		Olympic Pk	

U/18	5000 m	15:16.00	Paul Burge		Olympic Pk	
U/20	5000 m	14:06.80	Bryan Lewry	04/12/1974	Olympic Pk	
U/20	5000 m	14:35.60	Bryan Lewry	26/11/1974	Llanberris	BR
Open	5000 m	14:06.80	Bryan Lewry	04/12/1974	Olympic Pk	
35+	5000 m	15:30.50	Tom Roberts	27/01/1973	Landy Field	
40+	5000 m	15:58.00	Tom Roberts	13/03/1977	Box Hill	
45+	5000 m	15:58.00	Tom Roberts	13/03/1977	Box Hill	
50+	5000 m	16:36.00	Barry Brooks	11/01/1994	Llanberris	
55+	5000 m	17:11.00	Barry Brooks	14/12/1995	Llanberris	
60+	5000 m	18:10.00	Stan Nicholls	12/11/1977	Olympic Pk	VMR
65+	5000 m	18:10.00	Stan Nicholls	12/11/1977	Olympic Pk	VMR
70+	5000 m	19:58.00	Stan Nicholls	13/05/1982	Fiji	AR
U/14	10 000 m	35:09.00	Andrew Lazarus	17/02/1980	Olympic Pk	
U/16	10 000 m	36:24.00	Robert Nicholls	16/11/1976	Llanberris	
U/18	10 000 m	34:38.00	Steve Moneghetti	28/11/1978	Llanberris	Hist. Int.
U/18	10 000 m	33:15.22	Tom Hynes	26/01/2014	Llanberris	
U/20	10 000 m	32:15.20	Steve Moneghetti	20/11/1979	Llanberris	
Open	10 000 m	29:47.00	Robin Sealey	Abt 1981	Olympic Pk	
35+	10 000 m	32:48.32	Barry Brooks	08/01/1981	New Zealand	
40+	10 000 m	32:48.32	Barry Brooks	08/01/1981	New Zealand	
45+	10 000 m	32:48.32	Barry Brooks	08/01/1981	New Zealand	
50+	10 000 m	35:10.00	Lyle Fletcher	28/03/1997	Olympic Pk	
55+	10 000 m	35:10.00	Lyle Fletcher	28/03/1997	Olympic Pk	
60+	10 000 m	37:52.20	Stan Nicholls	15/11/1977	Melbourne	VMR

65+	10 000 m	37:52.20	Stan Nicholls	15/11/1977	Melbourne	VMR
70+	10 000 m	40:54.60	Stan Nicholls	14/12/1981	Olympic Pk	
Open	Half Marathon	1:05:50	Nathan Hartigan	05/07//2009	Gold Coast	
35+	Half Marathon	1:11:35	Barry Brooks	1977	Bungaree	
40+	Half Marathon	1:12:22	Barry Brooks	1980	Bungaree	
45+	Half Marathon	1:13:56	Barry Brooks	1986	Bungaree	
50+	Half Marathon	1:14:42	Barry Brooks	04/06/1995	Melbourne	VMR
55+	Half Marathon	1:14:42	Barry Brooks	04/06/1995	Melbourne	VMR
60+	Half Marathon	1:22:39	Barry Brooks	14/09//2003	Burnley	VMR
65+	Half Marathon	1:28:38	Barry Brooks	30/03/2008	Geelong	
70+	Half Marathon	1:30:08	Barry Brooks	10/10/2010	Melbourne	
Open	Marathon	3:28:59	Charles Suffren	1909	Queenslnd	(Past
Open	Marathon	2:33:37	Fred Brooks	1965		
Open	Marathon	2:32:00	Brian McLennan	1967		historical
Open	Marathon	2:26:21	Barry Brooks	1970	Werribee	
Open	Marathon	2:26:16	Peter Eason	11/10/2009		
Open	Marathon	2:20:00	Nathan Hartigan	2012	Melbourne	Interest)
Open	Marathon	2:14:42	Julian Spence	2019	Lake Biwa	
35+	Marathon	2:32:49	Barry Brooks	23/11/1980	Carlton	
40+	Marathon	2:32:49	Barry Brooks	23/11/1980	Carlton	
45+	Marathon	2:37:15	Barry Brooks	09/06/1985	Stawell	
50+	Marathon	2:38:13	Barry Brooks	05/06/1994	Melbourne	VMR
55+	Marathon	2:39:57	Barry Brooks	20/10/1996	Melbourne	VMR
60+	Marathon	2:57:25	Barry Brooks	14/07/2001	Brisbane	VMR

65+	Marathon	3:07:48	Stan Nicholls	20/11/1977	Melbourne	
70+	Marathon	3:13:17	Stan Nicholls	18/06/1983	Hobart	
U/14	Steeple 2000m 76 cm	8:04.50	Damian McErlaine		Llanberris	Rec dist
U/16	Steeple 2000m 76 cm	6:32.60	Robert Nicholls	28/02/1978	Llanberris	Rec dist BR
U/18	Steeple 2000m 91 cm	6:24.70	Kim Freeman	04/03/1980	Llanberris	Rec dist
U/20	Steeple 2000m 91 cm	6:04.80	Kevin Davies	29/01/1978	Landy Field	Not AV rec dist
Open	Steeple 2000m 91 cm	6:01.80	Robin Sealey	08/11/1977	Llanberris	Not AV rec dist
35+	Steeple 2000m 91 cm	7:04.99	Vince Duffy	13/01/2007	Llanberris	Not AV rec dist
40+	Steeple 2000m 91 cm	7:04.99	Vince Duffy	13/01/2007	Llanberris	Not AV rec dist
45+	Steeple 2000m 91 cm	7:04.99	Vince Duffy	13/01/2007	Llanberris	Not AV rec dist
50+	Steeple 2000m 76 cm	7:04.99	Vince Duffy	13/01/2007	Llanberris	Rec dist
55+	Steeple 2000m 76 cm	8:09.91	Kevin Ruddick	13/01/2007	Llanberris	Rec dist
60+	Steeple 2000m 76 cm	8:44.05	Kevin Ruddick	27/01/2020	Landy Field	Rec dist
65+	Steeple 2000m 76 cm	8:44.05	Kevin Ruddick	27/01/2020	Landy Field	Rec dist CR

70+	Steeple 2000m 76 cm	10:32.20	Stan Nicholls	01/11/1987		Rec dist AMR
75+	Steeple 2000m 76 cm	10:32.20	Stan Nicholls	01/11/1987		Rec dist AMR
U/16	Steeple 3000m 76 cm	10:19.20	Paul Burge	20/02/1988	Llanberris	Not AV rec dist
U/18	Steeple 3000m 91 cm	10:12.90	David Farquhar	19/01/1989	Llanberris	Not AV rec dist
U/20	Steeple 3000m 91 cm	9:30.80	Brian Lewry	23/11/1974	Llanberris	Rec dist BR
Open	Steeple 3000m 91 cm	8:56.00	Robin Sealey	03/12/1981	Llanberris	BR Rec dist
35+	Steeple 3000m 91 cm	10:25.60	Kevin Ruddick	23/02/1991	Llanberris	Rec dist
40+	Steeple 3000m 91 cm	10:25.60	Kevin Ruddick	23/02/1991	Llanberris	Rec dist
45+	Steeple 3000m 91 cm	10:53.71	Lyle Fletcher	14/01/1981	New Zealand	Rec dist
50+	Steeple 3000m 76 cm	10:53.71	Lyle Fletcher	14/01/1981	New Zealand	Not AV rec dist
55+	Steeple 3000m 76 cm	11:35.69	Vince Duffy	14/01/2012	Bendigo	Not AV rd
60+	Steeple 3000m 76 cm	12:35.90	Stan Nicholls	12/03/1979	Box Hill	Not AV rd AR
65+	Steeple 3000m 76 cm	12:35.90	Stan Nicholls	12/03/1979	Box Hill	Not AV rd AR



70+	Steeple 3000m 76 cm	13:02.00	Stan Nicholls	08/03/1983	Sandringham	Not AV rd AR
75+	3k Steeple	15:20.90	Stan	Pre 1987		
U/14	4X100 relay	57.80	Matt Brown And Dobbin David Perovic Scott Crowe	17/11/1991	Llanberris	
U/16	4X100 relay	45.77	Ryan Hovey Josh McCulloch Matt O'Brien Cooper Sherman	23/11/2019	Box Hill	
U/18	4X100 relay	45.32	Xavier Cross Mathew O'Brien Josh McCulloch Cooper Sherman	27/01/2020	Landy Field	
U/20	4X100 relay	44.77	Cooper Sherman Liam Ray Jared Hill Hugh Hoffman	23/11/2019	Box Hill	
Open	4X100 relay	43.60	Josh Coull Simon Hildebrand Brian Mong Nathaniel Coull	17/11/1990	Llanberris	
40+	4X100 relay	46.86	Steve McCulloch Scott Shillito Daniel Martin	10/12/2016	Llanberris	

			Peter O'Dwyer			
50+	4X100 relay	51.77	Elvis Cross Andrew Drummond Jeff Sargent Peter O'Dwyer	23/11/2019	Box Hill	
U/14	4X200 relay	1:57.40	No names	15/12/1990		
U/16	4X200 relay	1:38.61	Ryan Hovey Mathew O'Brien Josh McCulloch Cooper Sherman	30/11/2019	Llanberris	BR (?)
U/18	4X200 relay	1:34.60	Jamie Lawlor Tim Anderson David Hilderbrand Nathaniel Coull	12/02/1991	Llanberris	
U/20	4X200 relay	1:34.60	Jamie Lawlor Tim Anderson David Hilderbrand Nathaniel Coull	12/02/1991	Llanberris	
Open	4X200 relay	1:31.14	Liam Procaccino Stuart Aberdein Caleb McGrath Thomas Maloney	24/10/2015	Llanberris	
40+	4X200	1:42.31	Steve McCulloch Elvis Cross Conrad Oberholzer	12/10/2019	Llanberris	

			Peter O'Dwyer			
U/14	4X400 m relay	4:41.80		19/11/1988	Llanberris	
U/16	4X400 m relay	3:48.10		14/01/1989		
U/18	4X400 m relay	3:28.62	Angus See Harry Lamb Stuart Aberdein Liam Procaccino	29/11/2014	Lakeside	
U/20	4X400 m relay	3:28.62	Angus See Harry Lamb Stuart Aberdein Liam Procaccino	29/11/2014	Lakeside	
Open	4X400 m relay	3:25.00	Brian Mong Simon Hildebrand Tim Anderson Josh Coull	15/02/1990	Llanberris	
40+	4X400 m relay	3:49.61	Jeff Sargent Scott Shillito Daniel Martin Peter O'Dwyer	29/11/2014	Lakeside	
U/16	4X800 m relay	9:17.20	Rob Nicholls Glen Walters Neil Lewry Mark Watkins	27/11/1976	Llanberris	

U/18	4X800 m relay	8:59.30	Ballarat Harriers	28/11/1959	Llanberris	(Possibly at High School)
Open	4X800 m relay	7:59.30	Tom Roberts Tony Bryant Ross Priddle Brian McLennan	17/02/1968	Llanberris	
Open	4X1600 m relay	17:51.70	Tom Roberts Ross Priddle Brian McLennan One other	09/03/1967	Llanberris	BR
U/14	Long jump	5.15 m	Ryan Hovey	11/03/2018	Sydney	
U/16	Long jump	5.89 m	S. Plunkett	About 1983		
U/18	Long jump	6.52 m	Peter Donaldson	About 1963	Llanberris	
U/20	Long jump	6.48 m	Graeme Alexander	About 1959	Olympic Pk	Hist. Int. Life member
U/20	Long Jump	6.62 m	Liam Procaccino	10/10/2015	Llanberris	
Open	Long jump	6.64 m	Geoff Jenkins	About 1964	Llanberris	
35+	Long jump	5.66 m	Graeme Alexander	12/03/1977	Box Hill	
40+	Long jump	5.59 m	John Wright	13/11/1976	Llanberris	
45+	Long jump	5.34 m	Peter O'Donnell	02/02/2008	Llanberris	
50+	Long jump	4.33 m	Kevin Ruddick	10/02/2007	Llanberris	
55+	Long jump	4.33 m	Kevin Ruddick	10/02/2007	Llanberris	
60+	Long jump	3.94 m	Kevin Ruddick	29/10/2011	Llanberris	

65+	Long jump	3.08 m	Kevin Ruddick	18/11/2017	Llanberris	
U/14	Triple jump	11.27 m	Ryan Hovey	01/12/2018	Llanberris	
U/16	Triple jump	12.29 m	S. Plunkett	12/11/1983	Llanberris	
U/18	Triple jump	13.11 m	Geoff Jenkins			
U/20	Triple jump	13.72 m	Geoff Jenkins	23/11/1963	Llanberris	
Open	Triple jump	14.47 m	Geoff Jenkins	06/02/1965	Llanberris	
35+	Triple jump	11.40 m	Graeme Alexander	06/11/1976	Llanberris	Hist. Int. Life member
35+	Triple jump	11.43	John Wright	6/11/1976	Llanberris	Also a life member
40+	Triple jump	11.43 m	John Wright	06/11/1976	Llanberris	
45+	Triple jump	9.49 m	Alistair Ham	28/01/2012	Llanberris	
50	Triple jump	8.33	Peter Roberts	21/01/2017	Llanberris	
55+	Triple jump	8.23 m	Kevin Ruddick	14/01/2012	Bendigo	
60+	Triple jump	8.23 m	Kevin Ruddick	14/01/2012	Bendigo	
65+	Triple jump	6.75 m	Kevin Ruddick	18/01/2020	Llanberris	
U/14	High jump	1.65 m	Dean Robinson	29/01/1983	Albury	
U/16	High jump	1.65 m	Mark Watkins	26/11/1977	Llanberris	
U/16 Equal	High jump	1.65 m	Brendan Robinson	29/01/1983	Albert Park	
U/16	High jump	1.70	Daen Sadhai	12/12/2017	Llanberris	
U/18	High jump	1.75 m	Mark Watkins	10/03/1979	Llanberris	
U/20	High jump	1.88 m	Keith Rylie	15/02/1958	Olympic Pk	
Open	High jump	1.95 m	A. Renfree	16/12/1989	Llanberris	

35+	High jump	1.66 m	Conrad Oberholzer	23/03/2016	Bendigo	
40+	High jump	1.66 m	Conrad Oberholzer	23/03/2019	Doncaster	
45+	High jump	1.61 m	Conrad Oberholzer	7/11/2020	Llanberris	
50+	High jump	1.30 m	Peter Roberts	26/01/2019	Bendigo	
55+	High jump	1.20 m	Stephen Ditchfield	01/12/2007	Llanberris	
60+	High jump	1.20 m	Kevin Ruddick	29/10/2011	Llanberris	
U/14	Pole vault	2:20 m	Jules Farquhar	24/11/2007	Llanberris	
U/16	Pole vault	2:20 m	Jules Farquhar	24/11/2007	Llanberris	
U/18	Pole vault	2.90 m	David Bulluss	10/02/1979	Llanberris	
U/20	Pole vault	3.10 m	Andrew Ham	4/02/2012	Llanberris	
Open	Pole vault	3.90 m	Albert Latu	19/03/1977	Llanberis	
35+	Pole vault	3.10 m	Conrad Oberholzer	11/01/2020	Llanberris	
40+	Pole vault	3.10 m	Conrad Oberholzer	11/01/2020	Llanberris	BR
45+	Pole vault	2.30 m	Stephen Ditchfield	16/02/2006	Llanberris	
50+	Pole vault	2.30 m	Stephen Ditchfield	16/02/2006	Llanberris	BR
55+	Pole vault	2.20 m	Kevin Ruddick	04/02/2012	Llanberris	
60+	Pole vault	2.20 m	Kevin Ruddick	04/02/2012	Llanberris	
65+	Pole vault	2.05 m	Kevin Ruddick	18/11/2017	Llanberris	
U/14	Discus 1 kg	42.08 m	David Perovic	09/12/1989	Llanberris	BR
U/16	Discus 1 kg	45.58 m	Brendan Robinson	10/01/1985	Wrnmbool	
U/18	Discus 1.5 kg	49.80 m	Peter Donaldson	07/12/1963	Llanberris	

U/20	Discus 1.75 kg	39.19 m	Roger Donaldson	05/12/1962	Llanberris	(brothers)
U/20	Discus 1.75 kg	37.00 m	Andrew Green	18/02/1995	Landy Field	
Open	Discus 2 kg	40.26 m	Karlos Rudalis	10/01/1963	Llanberris	YMCA? BR
Open	Discus 2 kg	39.10 m	Wal Haller	21/11/1978	Llanberris	
35+	Discus 2 kg	36.18 m	Andrew Green	04/02/2012	Llanberris	
40+	Discus 2 kg	32.53 m	Andrew Green	10/12/2015	Llanberris	
45+	Discus 2 kg	30.64 m	Peter O'Donnell	03/11/2007	Llanberris	
50+	Discus 1.5 kg	19.88 m	Stephen Ditchfield (1.75)	03/11/2007	Llanberris	
55+	Discus 1.5 kg	17.12 m	Stephen Ditchfield (1.75)	15/12/2007	Llanberris	
60+	Discus 1 kg	12.93 m	Peter Jones (1.75)	30/01/2010	Llanberris	
65+	Discus 1 kg	12.71 m	Peter Jones (1.75)	18/12/2010	Llanberris	
U/14	Hammer 3k	21.89 m	Will Roberts	8/02/2020	Llanberris	
U/16	Hammer 4 kg	32.10 m	R. Hodder		Llanberris	
U/18	Hammer 5 kg	32.10 m	R. Hodder		Llanberris	
U/20	Hammer 6 kg	39.58 m	Andrew Green	26/11/1994	Llanberris	
Open	Hammer 7.26 kg	41.75 m	Andrew Green	16/12/2006	Llanberris	
Open	Hammer 7.26 kg	43.00	Keith Henry	10/12/1974	Llanberris	BR
35+	Hammer 7.26 kg	35.99 m	Andrew Green	20/10/1012	Llanberris	
40+	Hammer 7.26 kg	34.91 m	Andrew Green	30/01/2016	Llanberris	
45+	Hammer 7.26 kg	32.32 m	Andrew Green	28/11/2020	Llanberris	
50+	Hammer 6 kg	18.61 m	Stephen Ditchfield	01/12/2007	Llanberris	

55+	Hammer 6 kg	18.61 m	Stephen Ditchfield	01/12/2007	Llanberris	
60+	Hammer 5 kg	15.28 m	Peter Jones (6kg)	06/02/2010	Llanberris	
65+	Hammer 5 kg	14.71 m	Peter Jones (6 kg)	03/02/2011	Llanberris	
U/14	Javelin 600 g	52.16 m	Brendan Robinson	12/02/1983	Llanberris	BR
U/16	Javelin 700 g	54.98 m	Brendan Robinson	26/01/1986	Llanberris	BR
U/18	Javelin 700 g	55.81 m	Peter Donaldson	09/11/1963	Llanberris	
U/20	Javelin 800 g	52.98 m	Peter Donaldson	13/11/1965	Llanberris	
Open	Javelin 800 g	57.96 m	Peter Donaldson	02/12/1967	Llanberris	
35+	Javelin 800 g	50.99 m	Andrew Perry	19/01/2013	Landy Field	
40+	Javelin 800 g	50.99 m	Andrew Perry	19/01/2013	Landy Field	
40+	Javelin 800 g	45.36 m	Conrad Oberholzer	23/01/2021	Llanberris	Ballarat Rec. Not Harrier
45+						
45+	Javelin 800 g	50.99 m	Andrew Perry	19/01/2013	Landy Field	
50+	Javelin 800 g	35.48 m	Peter O'Donnell	8/12/2011	Llanberris	
55+	Javelin 800 g		Not claimed			
60	Javelin 600 g	24.51 m	Kevin Ruddick	4/02/2012	Llanberris	
65+	Javelin 600 g	20.32 m	Kevin Ruddick	21/01/2017	Llanberris	
U/14	Shot Put 3 kg	16.41 m	David Perovic	16/12/1989	Llanberris	BR
U/16	Shot Put 4 kg	14.98 m	Dean Robinson	03/01/1983	Albury	
U/18	Shot Put 5 kg	16.34 m	Peter Donaldson	09/11/1963	Llanberris	
U/20	Shot Put 7.26	13.32	Andrew Green	28/01/1995	Moe	
Open	Shot Put 7.26	13.32 m	Andrew Green	28/01/1995	Moe	
35+	Shot Put 7.26	11.85 m	Andrew Green	16/10/2010	Llanberris	
40+	Shot Put 7.26	11.13 m	Andrew Green	10/12/2016	Llanberris	



45+	Shot Put 7.26	10.74 m	Andrew Green	5/12/2020	Llanberris	
50+	Shot Put 6 kg	9.21 m	Peter O'Donnell	17/10/2011	Llanberris	
55+	Shot Put 6 kg	7.14 m	Stephen Ditchfield	02/02/2008	Llanberris	
60+	Shot Put 5 kg	5.30 m	Peter Jones	20/11/2010	Llanberris	
65+	Shot Put 5 kg	5.30 m	Peter Jones	20/11/2010	Llanberris	
U/14	Hurdles 90 m 76.2	15.22	Jules Farquhar	24/11/2007	Llanberris	
U/16	Hurdles 100 m 84.0	15.60	N. Faull			
U/18	Hurdles 110 m 91.4	15.90	Ross George	4/12/1965	Llanberris	
U/20	Hurdles 110 m 99.1	16.80	A. Jones	11/12/1967	Llanberris	
Open	Hurdles 110 m 106.7	20.85	Ian Lovell	08/03/2005	Llanberris	
40+	Hurdles 110 m 99.1	20.12	And'w Drummond	28/01/20108	Llanberris	
45+	Hurdles 100 m 99.1	20.12	And'w Drummond	28/01/2018	Llanberris	
50+	Hurdles 110 m 91.4	20.12	And'w Drummond	28/01/2018	Llanberris	(Andrew cleared 99.1)
60+	Hurdles 100 m 84.0		Not claimed			
U/14	Hurdles 200 m 76.2	33.50	Jules Farquhar	17/11/2007	Llanberris	Not AV rec. dist.

U/16	Hurdles 200 m 76.2	28.60	Cooper Sherman	21/12/2019	Llanberris	
U/18	Hurdles 200 m 76.2	28.40	Tim Laidlaw	29/11/1969	Llanberris	Not AV rec. dist.
Open	Hurdles 200 m 76.2	26.60	W. Johnson	10/03/1962	Llanberris	Not AV rec. dist.
U/18	Hurdles 400 m 84.0	61.10	David Bulluss	18/11/1978	Llanberris	
U/20	Hurdles 400 m 91.4	58.60	Tony Bryant	11/11/1967	Llanberris	
Open	Hurdles 400 m 91.4	58.60	Tony Bryant	11/11/1967	Llanberris	
35+	Hurdles 400 m 84.0	64.00	Andrew Preston	17/11/2007	Llanberris	
40+	Hurdles 400 m 84.0	69.29	Andrew Drummond	26/01/2018	Llanberris	
45+	Hurdles 400 m 84.0	69.29	Andrew Drummond	26/01/2018	Llanberris	
50+	Hurdles 400 m 84.0	69.29	Andrew Drummond	26/01/2018	Llanberris	
55+	Hurdles 400 m 84.0	78.00	Kevin Ruddick	24/03/2007	Llanberris	
U/14	Walk 1500 m	7:19.30	Aaron Sawall	09/12/1995	Llanberris	
U/16	Walk 1500 m	7:19.30	Aaron Sawall	09/12/1995	Llanberris	
U/18	Walk 1500 m	6:40.00	Michael Nielsen	12/11/1977	Llanberris	
U/20	Walk 1500 m	6:21.8	Graeme Nicholls	18/03/1967	Llanberris	

Open 35+	Walk 1500 m	5:30.80	Willi Sawall	23/1/1980	Olympic Pk	
40, 45, 50	Walk 1500 m	6:17.37	Willi Sawall	18/03/1995	Llanberris	BR 40+
55, 60	Walk 1500 m	7:48.00	Stan Nicholls	19/01/1974	Llanberris	
65+	Walk 1500 m	7:57.00	Stan Nicholls	23/10/1976	Llanberris	
U/16	Walk 2000 m	9:16.80	Aaron Sawall	13/12/1997	Llanberris	BR
Open 40,45 50,55	Walk 2000 m	10:24.14	Barry Brooks	16/01/1996	Llanberris	BR 50+
60+	Walk 2000 m	11:12.58	Kevin Ruddick	05/02/2011	Llanberris	
65+	Walk 2000 m	11.56.50	Kevin Ruddick	16/01/2016	Llanberris	
U/14	Walk 3000 m	15:40.00	Aaron Sawall	03/02/1996	Llanberris	
U/16	Walk 3000 m	13:42.80	Aaron Sawall	28/02/1998	Llanberris	BR
U/18	Walk 3000 m	13:42.80	Aaron Sawall	28/02/1998	Llanberris	
U/20	Walk 3000 m	13:25.60	Graeme Nicholls	15/04/1967	Llanberris	
Open	Walk 3000 m	11:28.20	Willi Sawall	15/03/1980	Olympic Pk	AMR
35+	Walk 3000 m	11:28.20	Willi Sawall	15/03/1980	Olympic Pk	AMR
40+	Walk 3000 m	11:28.21	Willi Sawall	21/02/1982		AMR
45, 50 55	Walk 3000 m	12:44.00	Willi Sawall	14/12/1996		AMR WB 45,50,55
60+	Walk 3000 m	16:09.00	Stan Nicholls	19/10/1974	Llanberris	
65+	Walk 3000 m	16:28.00	Stan Nicholls	06/11/1996	Llanberris	
70+	Walk 3000 m	17:31.00	Stan Nicholls	08/03/1983	Sndringhm	
U/18	Walk 5000 m	23:51.60	Graeme Nicholls	13/03/1966	Sndringhm	

U/20	Walk 5000 m	22:40.40	Graeme Nicholls	05/04/1967	Llanberris	
Open	Walk 5000 m	19:45.65	Willi Sawall	31/03/1984		AMR WMR
35+	Walk 5000 m	19:45.65	Willi Sawall	31/03/1984		AMR WMR
40+	Walk 5000 m	19:45.65	Willi Sawall	31/03/1984		AMR WMR
45+	Walk 5000 m	21:12.19	Willi Sawall	31/03/1990		AMR
50+	Walk 5000 m	21:38.30	Willi Sawall	19/03/1992		AMR
55+	Walk 5000 m	22:11.50	Willi Sawall	26/01/1997		WMR
60+	Walk 5000 m	27:24.00	Stan Nicholls	07/04/1994	Box Hill	
70+	Walk 5000 m	30:14.00	Stan Nicholls	03/04/1983	Olympic Pk	
U/18	Walk 10 000 m	54:10.00	Graeme Nicholls	01/05/1965	Albert Pk	
U/20	Walk 10 000 m	47:51.00	Graeme Nicholls	22/04/1976	Albert Pk	
Open	Walk 10 000 m	40:08.00	Willi Sawall	1982		WB
40+	Walk 10 000 m	40:08.00	Willi Sawall	1982		WB
45+	Walk 10 000 m	42:18.00	Willi Sawall	1988		WB
50+	Walk 10 000 m	44:10.10	Willi Sawall	1992		AMR
U/20	Walk 15 000 m	1:19:14	Graeme Nicholls	02/07/1966	Melb Uni	VRC
Open	Walk 15000 m	1:06:36	Willi Sawall	27/08/1977	Albert Pk	
U/20	Walk 20 000 m	1:45:37	Graeme Nicholls	16/07/1966	Albert Pk	
Open	Walk 20 000 m	1:21:36	Willi Sawall	04/07/1982		WMR
35+	Walk 20 000 m	1:21:36	Willi Sawall	04/07/1982		WMR

40+	Walk 20 000 m	1:21:36	Willi Sawall	04/07/1982		WMR
45+	Walk 20 000 m	1:25:03	Willi Sawall	27/08/1988		WMR
U/20	Walk 25 000 m	2:23:51	Graeme Nicholls	24/09/1966	Albert Pk	
Open	Walk 25 000 m	1:59:47	Graeme Nicholls	9/08/1970	Melb Uni	
U/20	Walk 30 000 m	2:53:22	Graeme Nicholls	24/09/1966	Albert Pk	
Open	Walk 30 000 m	2:08:01	Willi Sawall	16/05/1982		WMR
35+	Walk 30 000 m	2:08:01	Willi Sawall	16/05/1982		WMR
40+	Walk 30 000 m	2:08:01	Willi Sawall	16/05/1982		WMR
45+	Walk 30 000 m	2:17:02	Willi Sawall	28/05/1988		AMR
U/20	Walk 40 000 m	3:29:18	Graeme Nicholls	24/09/1966	Albert Pk	
Open	Walk 40 000 m	3:22:13	Willi Sawall	18/07/1976		AMR
Open	Walk 50 000 m	3:46:34	Willi Sawall	06/04/1980		AMR
35+	Walk 50 000 m	3:46:34	Willi Sawall	06/04/1980		AMR
40+	Walk 50 000 m	3:59:48	Willi Sawall	17/08/1986		AMR
50+	Walk 50 000 m	4:12:57	Willi Sawall	16/04/1992		AMR
U/16	1 Hr Walk	10 240m	Michael Scarff	15/11/1977	Llanberris	
U/18	1 Hr Walk	11 170m	Michael Nielsen	15/11/1977	Llanberris	
U/20	1 Hr Walk	11 555m	Michael Nielsen	27/11/1979	Llanberris	
Open	1 Hr Walk	12 967m	Graeme Nicholls	08/02/1973	Llanberris	BR
Open	1 Hr Walk	14 104m	Willi Sawall	18/07/1981	Coll'gwood	
35,40						

35+	2 Hr Walk	27 123m	Willi Sawall	24/05/1980	Box Hill	VR
Open	2 mile walk	13:41.20	Graeme Nicholls	1969-70	?	VR