

100m

Club Record Michael Malouf**10.9**

Set at unknown venue on unknown date/ year

	Full Name	Year	Time	Location
Open	Michael Malouf	1979	10.9	
Juniors				
Under 13	Paul Goelz	29/11/1980	12.4	Aberfeldie
Under 14	Melvin Monleh	2015	11.29	All Schools
Under 15	Robert Midderham	1974	11.3	Olympic Park
Under 16	Mervyn Monte	1980	11.1	
Under 17	Cody Rodwell		11.53	
Under 18	Matthew Crockford	18/12/1999	11.03	
Under 20	Michael Malouf		10.9	
Masters				
35 – 39				
40 – 44	Peter McDonald	15/10/2016	13.23	
45 – 49	Peter McDonald	31/10/2015	13.53	
50 – 54	Peter McDonald	18.11.17	13.2	
55 – 59	Paul Kennedy	26/11/2017	16.84	
60 – 64	Greg Moore	31/10/2015	17.13	
65 – 69	L. Kakris	2002	15.08	
70 +	L. Kakris		15.41	

200m

Club Record Michael Giancola 21.8

Set at unknown venue on 3/12/2016

	Full Name	Year	Time	Location
Open	Michael Giancola	3/12/2016	21.8	
Juniors				
Under 13	Paul Goelz	25/10/1980	25.8	Aberfeldie
Under 14	Paul Goelz	1981	23.3	Aberfeldie
Under 15	Max Busuttil	Dec 2019	23.11	All Schools
Under 16	Max Busuttil	2021	22.83	Nationals - SYD
Under 17	Junior Mabior	24/10/2015	22.52	
Under 18	Michael Giancola	10/12/2015	22.52	
Under 20	Michael Giancola	3/12/2016	21.8	
Masters				
35 – 39				
40 – 44	Peter McDonald	14/01/2017	24.32	
45 – 49	Peter McDonald		27.39	Knockout Rnd 2
50 – 54	Peter McDonald	2018	26.39	Shield Final
55 – 59	John Kondogonis	14/11/2015	32.57	
60 – 64				
65 – 69	J. Kakris		29.6	
70 +	J. Kakris	6/3/2007	31.57	

400m

Club Record Bernard Angel 48.9

Set at Sydney in 1973

	Full Name	Year	Time	Location
Open	Bernard Angel	1973	48.9	Sydney
Juniors				
Under 13	Paul Goelz	29/11/1980	59.5	Aberfeldie
Under 14	Brian Sadler	1976	53.8	Preston
Under 15	Brian Sadler	1976	53.8	Preston
Under 16	Brian Sadler	1976	53.8	Preston
Under 17	D.Clancy	Dec-1976	52.3	
Under 17	Phillip Angel	Feb-1979	52.3	
Under 18	David Vaniersel	14/2/1998	49.69	
Under 20	Bernard Angel	1973	48.9	Sydney
Masters				
35 – 39				
40 – 44	R. McCubbin	2004	49.33	Vic Masters
45 – 49	David. Abfalter	31/10/2015	63.55	
50 – 54	Peter McDonald		57.81	
55 – 59				
60 – 64				
65 – 69				
70 +	L. Kakris		75.21	

800m

Club Record Luke Delaney 1:52.4

Set at Nationals in 1992

	Full Name	Year	Time	Location
Open	Damien Clancy	1984	1:49.11	
Juniors				
Under 13	Dilan Egodawatte	13/10/2018	2:11.1	Doncaster
Under 14	Elias Kahsay	2018	2:07.38	Yth Vic Champs
Under 15	Elias Kahsay	2018	2:07.38	Yth Vic Champs
Under 16	Mitchel Langborne	Dec-2019	1:52.8	
Under 17	Mitchel Langborne	18/2/2020	1:53.62	Melbourne Uni
Under 18	Mitchel Langborne	2/2021	1:55:09	Vic Champs
Under 20	Luke Delaney	1992	1:52.4	Nationals
Masters				
35 – 39				
40 – 44	R. McCubbin	2004	1:52.85	Adelaide Masters Nationals
45 – 49	Peter McDonald	9/1/2016	2:19.74	
50 – 54	Peter McDonald		2:12.82	
55 – 59				
60 – 64				
65 – 69				
70 +				

1500m

Club Record Alex Davey 3:40.9

Set at unknown venue in 1992

	Full Name	Year	Time	Location
Open	Alex Davey	1992	3:40.9	
Juniors				
Under 13	Dilan Egodawatte	6/10/2018	4:32.9	Aberfeldie
Under 14	Joel Dressler		2:07.38	Aberfeldie
Under 15	Michael Brogan	1978	4:18	Olympic Park
Under 16	Mitchel Langborne	March-2019	4:08.13	Milers Club
Under 17	Mitchel Langborne	2021	3:56	
Under 18	David Ireland	25.11.2006	4:05.30	
Under 20	Jacob Bell	28/2/2020	4:01.16	Lakeside
Masters				
35 – 39				
40 – 44	R. McCubbin	18/12/2003	4:06.98	
45 – 49	David Abfalter	31/10/2015	4:44.6	
50 – 54	David Abfalter	26/11/2017	4:48.4	
55 – 59				
60 – 64				
65 – 69				
70 +				

3000m

Club Record Alex Davey 8:11.11

Set at unknown venue in 1994

	Full Name	Year	Time	Location
Open	Alex Davey	1994	8:11.11	
Juniors				
Under 13	Dean Turnham	1977	10:10	Olympic Park
Under 14	Michael Brogan	1977	1977	
Under 15	Mitchel Langborne		9:40	Nationals
Under 16	Mark Blicavs	2006	9:36.9	All Schools
Under 17	Alex Davey	1986	8:38.5	All Schools
Under 18	David Ireland	2007	8:59.99	Vic All Schools
Under 20	Alex Sykes	7/10/2017	8:56.02	
Masters				
35 – 39				
40 – 44	Dom Michienzi	24/10/2015	10:10.2	
45 – 49	David Abfalter	24/10/2015	10:29.6	
50 – 54	David Abfalter	2018	10:34.4	
55 – 59	Paul Kennedy	2018	11:04.6	
60 – 64				
65 – 69				
70 +				

5000m

Club Record Alex Davey 13:54.8

Set at unknown venue in 1994

	Full Name	Year	Time	Location
Open	Alex Davey	3/1/1994	13:54.8	
Juniors				
Under 15				
Under 16				
Under 17				
Under 18	Alex Sykes		16:32.68	
Under 20	Bernard Bourke	Mar-1987	14:47.9	Preston
Masters				
35 – 39	Rob Trott		17:30.68	
40 – 44	Dom Michienzi	10/12/2015	17:58.7	
45 – 49	Dom Michienzi		17:40.43	Sydney
50 – 54	Peter Gaffney		16:48.66	Vic Masters
55 – 59	John Kondogonis	10/12/2015	19:51.7	
60 – 64				
65 – 69				
70 +				

10,000m

Club Record Peter Gaffney 30:59.2

Set at unknown venue in unknown year

	Full Name	Year	Time	Location
Open	Peter Gaffney		30:59.2	
Juniors				
Under 20				
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59				
60 – 64				
65 – 69				
70 +				

2000m Steeplechase

Club Record M. Burke 6:02.15

Set at unknown venue in unknown year

	Full Name	Year	Time	Location
Open	M. Burke		6:02.15	
Juniors				
Under 13	James Sarris	21/1/2017	8:09.5	
Under 14	Mark Blicavs		6:34.88	Aberfeldie
Under 15	Mitchell Langborne	2017	6:42.45	Nationals
Under 16	Mitchell Brown	30/10/1998	6:27.11	Aberfeldie
Under 17	Caleb Hough	2015	6:37.91	Yth Champs
Under 18	Simon Donovan	25/2/2001	6:12.97	
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59				
60 – 64	Greg Moore	16/1/2016	8:36.8	
65 – 69				
70 +				

3000m Steeplechase

Club Record T. Burke 9:12

Set at unknown venue in unknown year

	Full Name	Year	Time	Location
Open	T. Burke		9:12	
Juniors				
Under 15				
Under 16				
Under 17				
Under 18				
Under 20	Alex Sykes	2017	9:36.67	Vic Champs
Masters				
35 – 39				
40 – 44	Dom Michienzi	21/11/2017	13:34.1	
45 – 49				
50 – 54	David Abfalter	10/10/2015	13.36.3	
55 – 59				
60 – 64				
65 – 69				
70 +				

1500m Walk

Club Record Paul Kennedy 6:33

Set at unknown venue in 1988

	Full Name	Year	Time	Location
Open	Paul Kennedy	1988	6:33	
Juniors				
Under 13	Michael McMahon	1976	9:00	Preston
Under 14	Stephen Smith	1976	8:01	Preston
Under 15	Stephen Smith	1976	8:01	Preston
Under 16	Anthony Overman		7:04.5	
Under 17	Shane Smith	Dec-1978	7:13.2	
Under 18				
Under 20				
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54	Gerard Feain		8:11.98	
55 – 59	Paul Kennedy	7/1/2017	10:38.9	
60 – 64				
65 – 69				
70 +				

2000m Walk

Club Record Shea Wellington 9:05.1

Set at unknown venue on 16/1/2016

	Full Name	Year	Time	Location
Open				
Juniors				
Under 13	Thomas Kennedy	2016	14:35.5	Rnd 12 Shield
Under 14	Thomas Kennedy	15/12/2017	11:14.1	
Under 15				
Under 16				
Under 17	Lachlan Feain	16/1/2016	10:51.5	
Under 18	Shea Wellington	18/1/2016	9:05.1	
Under 20				
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59	Paul Kennedy	19/10/13	9:47.7	
60 – 64	Paul Kennedy	1/2/2020	11:00.3	
65 – 69				
70 +				

3000m Walk

Club Record Paul Kennedy 12:54.9

Set at unknown venue on 30/1/3016

	Full Name	Year	Time	Location
Open	Paul Kennedy	1988	12:54.9	
Juniors				
Under 15				
Under 16				
Under 17	Lachlan Feain	10/12/2015	16:30.7	
Under 18	Shea Wellington	30/1/2016	13:54.1	
Under 20	Lachlan Feain	12/1/2018	16:01.0	
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59	Paul Kennedy	2/1//2013	14.47.2	
60 – 64	Paul Kennedy	1/12/2017	16:54.5	
65 – 69				
70 +				

5000m Walk

Club Record Paul Kennedy 21:44.7

Set at unknown venue in 1988

	Full Name	Year	Time	Location
Open	Paul Kennedy	1988	21:44.7	
Juniors				
Under 15				
Under 16				
Under 17	Lachlan Feain	22/11/2015	24.54.9	
Under 18	Lachlan Feain	2016	28:38	Middle Park
Under 20	Lachlan Feain	30/1/2018	30:31.3	
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59	Paul Kennedy	4/7/2015	29:20	Middle Park
60 – 64				
65 – 69				
70 +				

10,000m Walk

Club Record Full Name Time

Set at VENUE on DATE or in YEAR

Full Name	Year	Time	Location
Open			
Juniors			
Under 15			
Under 16			
Under 17			
Under 18			
Under 20			
Masters			
35 – 39			
40 – 44			
45 – 49			
50 – 54			
55 – 59			
60 – 64			
65 – 69			
70 +			

20,000m Walk

Club Record Full Name Time

Set at VENUE on DATE or in YEAR

Full Name	Year	Time	Location
Open			
Juniors			
Under 15			
Under 16			
Under 17			
Under 18			
Under 20			
Masters			
35 – 39			
40 – 44			
45 – 49			
50 – 54			
55 – 59			
60 – 64			
65 – 69			
70 +			

50,000m Walk

Club Record Full Name Time

Set at VENUE on DATE or in YEAR

Full Name	Year	Time	Location
Open			
Juniors			
Under 15			
Under 16			
Under 17			
Under 18			
Under 20			
Masters			
35 – 39			
40 – 44			
45 – 49			
50 – 54			
55 – 59			
60 – 64			
65 – 69			
70 +			

Decathlon

	Full Name	Year	Points	Location
Open				
Juniors				
Under 15	Philip Spivey		2796	
Under 16	Russell Alphey	1974	2891	Olympic Park
Under 17				
Under 18				
Under 20				
Masters				
35 – 39				
40 – 44				
45 – 49				
50 – 54				
55 – 59				
60 – 64				
65 – 69				
70 +				

Short Hurdles (110m 10ft 106.7cm)

Club Record S. Carayannopoulos 14.81

Set at unknown venue in unknown year

	Full Name	Year	Time	Location
Open 400m 10ft 106.7cm	S. Carayannopoulos		14.81	
Juniors				
80m 8ft 76.2cm				
Under 13	Julian Sharma	1983	13.6	Aberfeldie
Under 14	M. Stringer	1973	13.8	
Under 15	M. Stringer	11/12/1973	13.8	
90 m 9ft 76.2cm				
Under 14	Philip Spivey	1974	13.9	Box Hill
Under 15	P. Spivey	1976	14.9	Box Hill
100m 10ft 76.2cm				
Under 14	Wilson Cram	10/12/2016	15.2	
Under 15	Riley Caines	2013	15.01	Nationals Sydney
Under 16	Riley Caines	2014	13.53	All schools
110m 10ft 91.4cm				
Under 17	Riley Caines	22/11/2015	15.23	
Under 18	Riley Caines	11/3/2016	14.32	Nationals Perth
110m 10ft 99.1cm				
Under 20	Riley Caines	28/3/2017	15.34	Nationals Sydney

Short Hurdles

Full Name	Year	Time	Location
Masters			
110m 10ft 99.1cm			
35 – 39			
40 – 44			
45 – 49			
100m 10ft 91.4cm			
50 – 54	David Abfalter	21:21	
55 – 59			
100m 10ft 84.0cm			
60 – 64			
65 – 69			
80m 8ft 76.2cm			
70 +			

Long Hurdles (400m 10ft 91.4cm)

Club Record Riley Caines 54.63

Set at Lakeside venue in 12/01/2019

	Full Name	Year	Time	Location
10ft 91.4cm				
Open 400m	Luke Delaney	24.11.94	54.9	
Juniors				
200m 8ft 76.2cm				
Under 13	Wilson Cram		31.68	
Under 14	Wilson Cram		31.68	
Under 15	Tim Scott	3/11/2003	28.76	Vic All Schools
Under 16	Riley Caines	2014	26.14	Vic All Schools
400m 10ft 84.0cm				
Under 17	Riley Caines	10/12/2015	59.2	
Under 18	Riley Caines		56.16	
400m 10ft 91.4cm				
Under 20	Riley Caines	2018	56.07	Shield final
Masters				
400m 10ft 91.4cm				
35 – 39				
40 – 44				
45 – 49				
400m 10ft 84.0 cm				
50 – 54	David Abfalter		21:21	
55 – 59				
300m 7ft 76.2cm				
60 – 64				
65 – 69				
300m 7ft 68.6cm				
70 +				

High Jump

Club Record John Hunter 2.01m

Set at unknown venue in 1972

	Full Name	Year	Height	Location
Open	John Hunter	1972	2.01m	
Juniors				
Under 13	Noah McMenamin	2020	1.55m	
Under 14	Philip Cooney	1977	1.60m	Olympic Park
Under 15	Philip Cooney	1979	1.85m	
Under 16	Philip Cooney	1979	1.95m	
Under 17	Frank Mazza	20/12/2020	1.99m	
Under 18	Jackson McMenamin	27/1/2021	2.00m	
Under 20	Philip Cooney	11/19/1979	1.95m	
Masters				
35 – 39				
40 – 44				
45 – 49	David Abfalter	8/10/2016	1.45m	
50 – 54	D. DeVries	14/11/2015	1.55m	
55 – 59	David Abfalter	2018	1.45m	Shield Final
60 – 64	John Kondogonis	2018	1.15m	
65 – 69				
70 +				

Long Jump

Club Record Philip Spivey 6.84m

Set at unknown venue in 1980

	Full Name	Year	Distance	Location
Open	Philip Spivey	1980	6.84m	
Juniors				
Under 13	Philip Spivey	1973	4.88m	Preston
Under 14	Michael Brogan	1977	5.41m	Doncaster
Under 15	Brendan Marchesi	1970	5.49m	Melbourne Uni
Under 16	Greg McConville	1980	5.97m	
Under 17	Frank Mazza	2/2021	6.48m	Vic Champs
Under 18	S. Carayannopoulos	4/2/2007	6.60m	Vic Yth Champs
Under 20	Robert Weller	18/10/2001	6.54m	Vic Yth Champs
Masters				
35 – 39				
40 – 44				
45 – 49	David Abfalter	10/12/2016	4.46m	
50 – 54	David Abfalter	26/11/2017	4.59m	
55 – 59				
60 – 64				
65 – 69				
70 +				

Triple Jump

Club Record Simon Mollica 15.00m

Set at unknown venue in 1994

	Full Name	Year	Distance	Location
Open	Simon Mollica	1994	15.00m	
Juniors				
Under 13	Anthony Rozaheghi	1976	9.88m	Preston
Under 14	Stephen Smith	1977	11.33m	Olympic Park
Under 15	Brendan Marchesi	1970	11.73m	Melbourne Uni
Under 16	S. Carayannopoulos	22/10/2005	13.52m	Aberfeldie
Under 17	Riley Caines	10/12/2015	11.83m	
Under 18	S. Carayannopoulos	6/12/2007	14.81m	All schools Nat
Under 20	Simon Mollica	1993	13.65m	Vic Champs
Masters				
35 – 39				
40 – 44	Russell Cram	14/1/2017	9.61m	
45 – 49	D. DeVries		9.18m	Sydney
50 – 54	Nick Olsen	14/11/2015	9.13m	
55 – 59	John Kondogonis	2018	7.74m	Shield Final
60 – 64				
65 – 69				
70 +				

Pole Vault

Club Record Wilson Cram 5.00m

Set at Doncaster on 6/3/2021

	Full Name	Year	Height	Location
Open	Wilson Cram	26/1/2021	4.85m	Geelong
Juniors				
Under 13	Wilson Cram	2016	2.80m	Shield Rnd 8
Under 14	Wilson Cram	2016	2.80m	
Under 15	Wilson Cram	2018	3.65m	Nationals – SYD
Under 16	Wilson Cram	Feb-2019	3.85m	Werribee
Under 17	Wilson Cram	6/4/2019	4.15m	Nationals
Under 18	Wilson Cram	6/3/2021	5.00m	Doncaster
Under 20	Wilson Cram	6/3/2021	5.00m	Doncaster
Masters				
35 – 39				
40 – 44				
45 – 49	David Abfalter	10/12/2016	2.35m	
50 – 54				
55 – 59	David Abfalter	2018	2.05m	
60 – 64				
65 – 69				
70 +				

Shot Put (7.26kg)

Club Record C. Richardson 14.90m

Set at unknown venue in unknown year

	Full Name	Year	Distance	Location
Open 7.26kg	C. Richardson		14.90m	
Juniors				
3kg				
Under 13	Matthew Young	Nov-1987	14.29m	
Under 14	Jacob Whitney	14/12/2001	15.36m	Aberfeldie
4kg				
Under 15	James Ballarin	1991	15.84m	All Schools Nat
Under 16	Philip Cooney	1980	12.21m	Olympic Park
5kg				
Under 17	Philip Spivey	1978	15.35m	Heidelberg
Under 18				
6kg				
Under 20	Philip Spivey	1980	13.53m	Aberfeldie
Masters				
7.26kg				
35 – 39				
40 – 44	M. Tonelli		14.37m	Sydney
45 – 49				
6kg				
50 – 54	Nick Olsen	24/10/2015	10.05m	
55 – 59				
5kg				
60 – 64				
65 – 69				
4kg				
70 +	D. Tonelli		9.84m	Sydney
3kg				
80+				

Discus

Club Record Philip Spivey 42.58m

Set at unknown venue in 1980

	Full Name	Year	Distance	Location
Open 2kg	Philip Spivey	1980	42.58m	
Juniors				
1kg				
Under 13	Matthew Young	Nov-1987	41.50m	
Under 14	Rohan Broda	Nov-1987	29.84m	
Under 15	George Kordas	1981	35.48m	Aberfeldie
Under 16	Shannon Bain		49.78m	Vic Champs
1.5kg				
Under 17	Philip Spivey	1978	39.00m	Venue final ABER
Under 18	Anthony Muscara	6/3/2007	29.90m	Coburg
2kg				
Under 20	Philip Spivey	29/11/1980	40.82m	Aberfeldie
Masters				
2kg				
35 – 39				
40 – 44	M. Tonelli		40.15m	Sydney
45 – 49				
1.5kg				
50 – 54	David Abfalter	26/11/2018	22.08m	
55 – 59				
1kg				
60 – 64				
65 – 69				
70 +				

Hammer Throw

Club Record Philip Spivey 70.74m

Set at Commonwealth Games Auckland on in 1990

	Full Name	Year	Distance	Location
Open 7.26kg	Philip Spivey	1990	70.74m	
Juniors				
4kg				
Under 14	Shannon Bain	12/1/2013	28.26m	Aberfeldie
Under 15	Mark Spivey	1976	24.96m	Box Hill
Under 16	Mark Spivey	1977	44.34m	Olympic Park
5kg				
Under 17	Philip Spivey	1978	58.88m	Aberfeldie
Under 18	Steven Puopolo		41.80m	Vic Champs
6kg				
Under 20	Philip Spivey	22/2/1981	66.62m	
Masters				
7.26kg				
35 – 39				
40 – 44				
45 – 49	D. DeVries	20/11/2016	36.97m	
6kg				
50 – 54	David Abfalter	24/10/2015	26.80m	
55 – 59				
5kg				
60 – 64				
65 – 69				
4kg				
70 +	D. Tonelli		24.82m	Sydney
3kg				
75+	Ron Stobaus		19.39m	Sydney
80+				

Javelin

Club Record Manfred Rohkamper 82.84m

Set at unknown venue in 1972

	Full Name	Year	Distance	Location
Open 800gm	Manfred Rohkamper	1972	82.84m	
Juniors				
600gm				
Under 13	Matthew Young	Nov-1987	40.26m	
Under 14	Rohan Broda	Nov-1987	41.50m	
Under 15	James Thous	1981	44.12m	Olympic Park
700gm				
Under 16	Anthony Muscara	4/12/2007	59.74m	Aberfeldie
Under 17	Frank Mazza	2/2021	59.43m	Lakeside
Under 18	Anthony Muscara	Aug-2009	61.15m	
800gm				
Under 20	Manfred Rohkamper	1972	72.70m	
Masters				
800gm				
35 – 39				
40 – 44	M. Tonelli	20/11/2016	27.83m	
45 – 49	D. DeVries	31/10/2015	22.49m	
700gm				
50 – 54				
55 – 59				
600gm				
60 – 64				
65 – 69				
500gm				
70 +	D. Tonelli		28.27	Sydney
400gm				
80+				

Half Marathon

Club Record Full Name Time

Set at VENUE on DATE or in YEAR

Full Name	Year	Time	Location
Open			
Juniors			
Under 13			
Under 14			
Under 15			
Under 16			
Under 17			
Under 18			
Under 20			
Masters			
35 – 39			
40 – 44			
45 – 49			
50 – 54			
55 – 59			
60 – 64			
65 – 69			
70 +			

Marathon

Club Record Full Name Time

Set at VENUE on DATE or in YEAR

Full Name	Year	Time	Location
Open			
Juniors			
Under 13			
Under 14			
Under 15			
Under 16			
Under 17			
Under 18			
Under 20			
Masters			
35 – 39			
40 – 44			
45 – 49			
50 – 54			
55 – 59			
60 – 64			
65 – 69			
70 +			