

## SBHC RECORDS

<b>Senior Men</b>			
60 Metres	Lewis Powell	6.94	31/01/2004
100 Metres	Troy Bennett	10.5	4/03/1991
200 Metres	Tristan Thomas	21.32	14/03/2009
300 Metres	Lewis Powell	34.78	29/01/2002
400 Metres	Tristan Thomas	45.86	20/01/2009
600 Metres	Ben Covington	01:23.4	29/01/2013
800 Metres	Ryan Foster	01:46.8	12/06/2009
1000 Metres	Ryan Foster	02:19.6	16/01/2010
1500 Metres	Ryan Foster	03:39.6	7/01/2011
1 Mile	Ryan Foster	03:58.5	29/01/2011
2000 Metres	Daniel Smee	05:36.9	3/11/1990
3000 Metres	Kent Rayner	08:11.7	08/02/1978
5000 Metres	Kent Rayner	13:55.2	18/03/1976
10000 Metres	Dave Chettle	28:19.0	15/12/1977
30000 Metres	Peter McKenna	3:27.35	31/7/2016
1 Hour Run	Kent Rayner	19.503 km	14/10/1978
Half Marathon	Dejen Gebreselassie	1:02.37	06/10/2018
Marathon	David Chettle	2:10:20	7/12/1975
1500m Walk	Greg Robertson	05:32.0	4/01/1989
3000m Walk	Greg Robertson	11:51.0	19/01/1991
5000m Walk	Greg Robertson	20:41.4	23/02/1991
10000m Walk	Greg Robertson	42:45.5	9/02/1991
20000m Walk	Rohan Best	1:29.22	04/08/1990
110m Hurdles (106.7)	Noel Gray	15.0	20/2/1965
400m Hurdles (91.4)	Tristan Thomas	48.68	9/05/2009
3000m Steeplechase (91.4)	Paul Garrott	9:04.14	27/01/1992
High Jump	Anthony Baker	2.01m	9/10/1982
Triple Jump	Mark Dick	15.37m	11/1/1997
Long Jump	Moses Khasif	7.22m	7/12/2019
Pole Vault	Geoff Gibbons	4.40m	21/03/2015
Shot Put (7.26kg)	Gavin Ryland	14.64m	05/03/1994
Discus (2kg)	Lyndon Best	46.22m	13/01/1990
Hammer (7.26kg)	Dave Huxley	72.12m	7/02/1988
Javelin (800g)	William Hamlyn-Harris	71.52m	29/07/2000
Decathlon	Jeremy Rae	6479 pts	3/4-4-1999
Pentathlon	Geoff Gibbons	2938 pts	24/04/2011
4 x 100m Relay	T Bennett, G Turnor, S Bresnehan, D Broom	42.22	23/02/1992
4 x 200m Relay	M Bird, N Mickleborough, R Gillow, A Hickman	01:29.0	27/01/1968
4 x 400m Relay	M Bird, R Annells, A Patmore, C Hickman	03:19.9	10/02/1968
4 x 800m Relay	Frank Kesseling, Paul Upchurch, Peter Brasher, Robert Thompson	07:57.8	11/03/1978

<b>U/20 Men</b>			
60 Metres	Lewis Powell	7.08	1/02/2003
100 Metres	Murray Bird	10.6	5/03/1966
	Gerard McGee	10.6	30/03/1974
200 Metres	Murray Bird	21.4	7/03/1966
	Troy Bennett	21.4	26/11/1987
300 Metres	Lewis Powell	34.78	29/01/2002
400 Metres	Tristan Thomas	47.06	4/12/2004
600 Metres	Ben Covington	01:23.4	29/01/2013
800 Metres	Rick Annells	01:50.8	17/12/1966
	Randal Markey	01:50.8	15/12/1973
1000 Metres	Michael Bond	02:31.5	14/11/1997
1500 Metres	Randal Markey	03:40.6	30/03/1974
1 Mile	Randal Markey	04:00.8	18/12/1974
2000 Metres	Daniel Smee	05:36.9	3/11/1990
3000 Metres	Randal Markey	08:18.8	1/12/1973
5000 Metres	Randal Markey	14:34.4	10/11/1973
10000 Metres	Randal Markey	30:34.4	13/02/1974
1 Hour Run	Paul Garrott	15.714 km	3/10/1981
1500m Walk	Greg Robertson	05:32.0	4/01/1989
3000m Walk	Rohan Best	12:03.0	2/02/1992
5000m Walk	Rohan Best	20:51.2	6/01/1991
10000m Walk	Rohan Best	43:40.3	1/07/1990
110m Hurdles (99.1)	Matthew Rickards	14.70	12/12/2003
400m Hurdles (91.4)	Tristan Thomas	49.88	21/03/2006
2000m Steeplechase (91.4)	Ryan Foster	05:57.3	21/03/2005
3000m Steeplechase (91.4)	Daniel Smee	09:33.7	5/03/1990
High Jump	Anthony Baker	2.01m	9/10/1982
Triple Jump	Warren Smith	14.20m	11/12/1976
Long Jump	Moses Khasif	7.22m	7/12/2019
Pole Vault	Andreas Kreiss	3.91m	10/10/2020
Shot Put (7.26kg)	Lyndon Best	13.95m	01/01/1990
Discus (2kg)	Lyndon Best	46.22m	13/01/1989
Hammer (7.26kg)	Dave Huxley	50.42m	27/02/1977
Javelin (800g new)	Gavin Ryland	60.46m	17/10/1994
Javelin (800g old)	Andrew Edwards	58.75m	27/11/1976
Decathlon	Sean Broadby	6313 pts	1/2-2-2003
4 x 100m Relay	S Broadby, M Rickards, S Laughlin, L Powell	43.14	1/02/2003
4 x 200m Relay	S Broadby, M Rickards, S Laughlin, L Powell	01:30.0	30/11/2002
4 x 400m Relay	S King, S Laughlin, A Piekutowski, L Powell	03:22.7	9/03/2002
4 x 800m Relay	J McMurray, C Hey, B Drew, T Moore	08:19.8	12/01/1977

<b>U/18 Men</b>			
60 Metres	Lewis Powell	7.18	10/03/2001
100 Metres	Jagga Pybus	10.74	22/12/2018
200 Metres	David Ashcroft	21.5	10/12/1983
400 Metres	Russell Taib	47.57	14/03/2015
800 Metres	Ryan Foster	01:50.4	4/03/2006
1000 Metres	Alexander Kwa	2:46.89	25/09/2019
1500 Metres	Randal Markey	03:51.1	20/02/1972
1 Mile	Gary Bissett	04:20.5	7/12/1980
2000 Metres	Peter Kay	05:49.7	26/01/1991
3000 Metres	Gary Bissett	08:28.6	11/01/1981
5000 Metres	Gary Bissett	14:42.5	7/03/1981
10000 Metres	Allan Bennett	31:52.4	17/12/1989
20000 Metres	Paul Garrott	15:47.0	19/03/1985
1 Hour Run	Paul Garrott	15.714 km	3/10/1981
1500m Walk	Rohan Best	05:55.0	4/01/1990
3000m Walk	Rohan Best	12:03.0	19/01/1991
5000m Walk	Rohan Best	20:51.2	6/01/1991
10000m Walk	Rohan Best	43:40.3	1/07/1990
110m Hurdles (91.4)	Tristan Thomas	14.21	12/12/2003
300m Hurdles (84)	Patrick Lyden	42.93	21/02/2004
400m Hurdles (84)	Paul Aiken	55.5	19/11/1988
2000m Steeplechase (91.4)	Ryan Foster	05:57.3	21/03/2005
High Jump	Anthony Baker	2.01m	9/10/1982
Triple Jump	Warren Smith	14.20m	11/12/1976
Long Jump	Moses Khasif	7.22m	7/12/2019
Pole Vault	Andreas Kreiss	3.91m	10/10/2020
Shot Put (12lb)(5kg)	Gavin Ryland	17.03m	21-13-1993
Discus (1.5kg)	Lynden Best	49.32m	8/10/1988
Hammer (12lb)(5kg)	Matthew Cooper	50.21m	10/02/1990
Javelin (700g old)	William Oakford	53.90m	18/12/1976
Javelin (700g new)	Gavin Ryland	67.96m	22/02/1992
Decathlon	Anthony Baker	5713 pts	10/11-12-1982
Pentathlon	W Oakford	2642 pts	6/8-2-1977
4 x 100m Relay	T Bennett, G Turnor, P Aiken, A Brazendale	43.9	8/11/1986
4 x 200m Relay	George McLeod, Harrison McLeod, Jono Pullen, Max Brideson	01:34.68	24/10/2019
4 x 400m Relay	M Nichols, S Kelly, T Bills, S Bird	03:30.6	26/02/1994
4 x 800m Relay	J McMurray, C Hey, B Drew, T Moore	08:19.8	12/01/1977

<b>U/16 Men</b>			
60 Metres	Russell Taib	7.26	6/11/2013
100 Metres	Troy Bennett	11.1	17/11/1985
	Simon Bresnehan	11.1	1/12/1990
200 Metres	Max Waldron	22.24	13/03/2010
400 Metres	Max Waldron	49.07	10/12/2009
800 Metres	Aaron Hogan	01:56.5	24/03/1996
1000 Metres	Alexander Kwa	2:46.89	25/09/2019
1500 Metres	Rowan Simpson	04:04.0	22/10/1994
3000 Metres	Alexander Kwa	9:14.02	02/04/2019
5000 Metres	Gary Bissett	15:51.6	23/01/1978
1 Hour Run	Paul Garrott	15.714 km	3/10/1981
1500m Walk	Matthew Robertson	06:14.2	10/02/1990
3000m Walk	Matthew Robertson	13:32.2	7/10/1989
5000m Walk	Rohan Best	23:28.6	19/11/1988
10000m Walk	Matthew Robertson	49:26.1	24/02/1990
90m Hurdles	Ian Rigby	13.50	6/03/1978
100m Hurdles (84)	Stuart Hood	14.70	28/02/1971
200m Hurdles (76.2)	Patrick Kearney	29.38	13/03/2014
2000m Steeplechase (76.2)	Ryan Foster	06:17.0	11/12/2003
High Jump	Brendon Cooper	1.93m	6/01/1987
Triple Jump	Warren Smith	13.89m	29/11/1975
Long Jump	Max Brideson	6.83m	21/12/2019
Pole Vault	Andrew Knott	2.80m	18/02/1988
Shot Put (10lb)(4kg)	Gavin Ryland	15.82m	19/10/1991
Discus (1kg)	Lyndon Best	55.26m	25/10/1986
Hammer (10lb)(4kg)	Simon Nichols	56.48m	5/02/1994
Javelin (700g)	Ryan Bruens	61.12m	12/11/1994
Decathlon	Lyndon Best	4792 pts	2/02/1986
Pentathlon	Ryan Foster	3288 pts	10/11-1-2004
4 x 100m Relay	George McLeod Jacob Vanderkroef Josh Hwaba Max Brideson	46.67	10/11/2018
4 x 200m Relay	George McLeod Jacob Vanderkroef Josh Hwaba Max Brideson	01:36.84	17/11/2018
4 x 400m Relay	T Bennett D Taplin P Taranto B Voss	03:35.1	4/03/1984
4 x 800m Relay	J McMurray, C Hey, B Drew, T Moore	08:19.8	12/01/1977

<b>U/14 Men</b>			
60 Metres	Alexander Kwa	9.83	18/2/2018
100 Metres	Harrison McLeod	11.80	24/10/2019
200 Metres	Harrison McLeod	23.98	2/11/2019
400 Metres	Sam Keenan	54.09	10/12/2004
800 Metres	Sam Keenan	01:56.6	11/12/2004
1000 Metres	Alexander Kwa	3.08.85	12/11/2017
1500 Metres	Scott Hennessey	04:38.7	10/12/1983
Mile	Alexander Kwa	5.18.71	4/3/2017
3000 Metres	Alexander Kwa	9.52.00	10/02/2018
5000 Metres	Alexander Kwa	17.41.18	16/12/2017
1 Hour Run	Paul Garrott	15.741 km	3/10/1981
1500m Walk	Greg Robertson	06:56.3	3/12/1983
3000m Walk	Greg Robertson	14.46.70	19/11/1983
5000m Walk	Greg Robertson	24.44.90	16/11/1983
90m Hurdles(72.6)	Olly Mills	13.84	15/02/1997
200m Hurdles(72.6)			
2000m Steeplechase (76.2)	Alexander Kwa	6.55.19	24/02/2018
High Jump	Olly Mills	1.65m	16/11/1996
Triple Jump	Tom Collier	12.58m	5/12/2002
Long Jump	Harrison McLeod	5.78m	7/12/2019
Pole Vault	Andrew Knott	2.30m	1/03/1987
Shot Put (6lb)(3kg)	S Blackburn	14.16m	3/12/1995
Discus (1kg)	Scott Kelly	40.78m	7/12/1991
Hammer (8lb)(3kg)	Dean Eddington	29.22m	10/03/1991
Javelin (600g)	Ryan Bruens	44.56m	22/02/1992
Pentathlon			
4 x 100m Relay	C Bresnehan	51.5	16/03/1991
	D Eddington		
	M Nichols		
	T Watkins		
4 x 200m Relay			
4 x 400m Relay			

<b>Senior Women</b>			
60 Metres	Lauren Wells	8.00	6/02/2001
100 Metres	Elaine Frawley	11.6	30/01/1971
200 Metres	Elaine Frawley	23.9	12/03/1967
300 Metres	Lauren Wells	42.16	22/01/2002
400 Metres	Kirrilee Buonaccorsi	54.36	8/02/1997
800 Metres	Donna MacFarlane	02:06.39	5/03/2006
1000 Metres	Donna MacFarlane	02:45.68	11/02/2008
1500 Metres	Donna MacFarlane	04:10.4	25/02/2007
1 Mile	Donna MacFarlane	04:33.5	2/03/2007
3000 Metres	Donna MacFarlane	08:50.7	9/03/2006
5000 Metres	Mandy Giblin	15.41.79	21/07/2000
10000 Metres	Hanny Allston	34.25.74	10/12/2009
20000 Metres	Trudy Fenton	1:17:23.0	18/03/1986
Half Marathon	Hanny Allston	1.15.03	11/09/2009
Marathon	Hanny Allston	2:40:34.0	7/10/2007
1500m Walk	Kelly Excell	07:02.0	12/03/1996
3000m Walk	Kelly Excell	14:29.23	28/03/1998
5000m Walk	Kelly Excell	25:05.05	21/02/1998
10000m Walk	Kelly Excell	53.10.39	06/11/1999
100m Hurdles (84)	Kathy Gilbert	15.8	5/02/1977
400m Hurdles (76.2)	Ange Cooper	61.53	17/02/1996
2000m Steeplechase (76.2)	Isabella Thomson	07:04.1	27/02/2005
3000m Steeplechase (76.2)	Donna MacFarlane	09:18.4	15/08/2008
High Jump	Abigail Rothery	1.75m	10/05/2015
Triple Jump	Kelly Hill	12.66m	18/03/1999
Long Jump	Abigail Rothery	5.83m	13/12/2014
Pole Vault	Jessica Lyden	3.25m	2/03/2002
Shot Put (4kg)	Jennifer Gordon	13.44m	29/01/1977
Discus (1kg)	Yvonne Buckley	38.30m	18/02/1968
Hammer (4kg)	Lisa Kirsch	44.78m	30/11/2002
Javelin (600g)	Jennifer Gordon	38.18m	6/03/1976
Decathlon	Jessica Lyden	4982pts	10/01/2004
Heptathlon	Abigail Rothery	4120pts	31-1/04/2016
4 x 100 Metres	Jessica Lyndon	52.85	19/20-3-2005
	Kim Dutkowski		
	Isabella Thomson		
	Anneliese Hunt		
4 x 200 Metres	Lauren Wells	01:49.9	11/11/2000
	Emily Bell		
	Chloe Merry		
	Jessica Lyden		
4 x 400 Metres	Jessica Lyndon	04:11.4	4/5-3-2006
	Caitlin Richardson		
	Anneliese Hunt		
	Kim Dutkowski		

<b>U/20 Women</b>			
60 Metres	Cait Hawkins	8.80	23/12/2017
100 Metres	Anne Egan	12.0	1/02/1974
	Susan Hooper	12.0	1/03/1980
200 Metres	Monica Biro	24.4	14/12/1971
300 Metres	Ruby Smee	48.72	13/11/2013
400 Metres	Anne Egan	56.5	9/02/1974
800 Metres	Emily Bell	02:11.1	23/02/1997
1000 Metres	Ruby Smee	03:00.6	16/12/2015
1500 Metres	Ruby Smee	04:25.31	16/03/2019
1 Mile	Mandy Westbrook	04:59.6	19/03/1994
3000 Metres	Ruby Smee	09:18.42	12/01/1992
5000 Metres	Ruby Smee	16:16.89	04/05/2019
10000 Metres	Andrea Marquardt	38:52.2	25/01/1990
1500m Walk	Kelly Excell	07:02.0	12/03/1996
3000m Walk	Kelly Excell	14:48.0	15/03/1997
5000m Walk	Kelly Excell	25:46.2	8/02/1997
10000m Walk	Kelly Excell	53.10.39	06/11/1999
100m Hurdles (84)	Kathy Gilbert	15.6	5/02/1977
400m Hurdles (76.2)	Ange Cooper	61.53	17/02/1996
2000m Steeplechase (76.2)	Isabella Thomson	07:04.1	27/02/2005
High Jump	Abigail Rothery	1.70m	11/10/2014
Triple Jump	Julie Munro	11.47m	5/03/1994
Long Jump	Abigail Rothery	5.83m	13/12/2014
Pole Vault	Jessica Lyden	3.25m	2/03/2002
Shot Put (4kg)	Jennifer Gordon	12.80m	8/03/1976
Discus (1kg)	Yvonne Buckley	36.30m	8/02/1968
Javelin (600g)	Jennifer Gordon	38.18m	6/03/1976
Hammer (4kg)			
Decathlon	Jessica Lyden	4518 pts	1/2-02-2003
Heptathlon			
Pentathlon			
4 x 100 Metres	Jessica Lyndon	52.85	19/20-3-2005
	Kim Dutkowski		
	Isabella Thomson		
	Anneliese Hunt		
4 x 200 Metres	Kim Dutkowski	01:52.4	27/02/2005
	Anneliese Hunt		
	Caitlin Richardson		
	Stephanie Gunn		
4 x 400 Metres	Jessica Lyndon	04:11.4	5/3/2006
	Caitlin Richardson		
	Anneliese Hunt		
	Kim Dutkowski		

<b>U/18 Women</b>			
60 Metres	Cait Hawkins	8.80	23/12/2017
100 Metres	Anne Egan	12.0	1/02/1974
	Susan Hooper	12.0	1/03/1980
200 Metres	Monica Biro	24.4	13/02/1971
300 Metres	Ruby Smee	48.72	13/11/2013
400 Metres	Anne Egan	56.5	9/02/1974
800 Metres	Emily Bell	02:11.1	23/02/1997
1000 Metres	Ruby Smee	03:00.6	16/12/2015
1500 Metres	Ruby Smee	04:32.82	27/03/2017
1 Mile	Ruby Smee	05:09.0	23/01/2016
3000 Metres	Ruby Smee	09:52.4	30/01/2016
5000 Metres	Ruby Smee	17.26.76	14/03/2018
10000 Metres	Andrea Marquardt	38:52.2	25/01/1990
1500m Walk	Kelly Excell	07:02.0	12/03/1996
3000m Walk	Kelly Excell	14:48.0	15/03/1997
5000m Walk	Kelly Excell	25:46.2	8/02/1997
100m Hurdles (76.2)	Andrea Fleming	16.6	23/11/1986
400m Hurdles (76.2)	Kim Dutkowski	69.28	19/02/2005
2000m Steeplechase (76.2)	Isabella Thomson	07:04.1	27/02/2005
High Jump	Andrea Fleming	1.68m	24/11/1987
Triple Jump	Julie Munro	11.47m	5/03/1994
Long Jump	Gillian Dalton	5.46m	12/02/1980
Pole Vault	Lucy Covington	1.80m	7/01/2012
Shot Put (4kg)	Jennifer Gordon	12.80m	6/03/1976
Discus (1kg)	Yvonne Buckley	36.30m	18/02/1968
Javelin (600g)	Jennifer Gordon	38.18m	6/03/1976
Heptathlon	Abigail Rothery	3310pts	3/4-11-2012
4 x 100 Metres	Jessica Lyndon	52.85	19/20-3-2005
	Kim Dutkowski		
	Isabella Thomson		
	Anneliese Hunt		
4 x 200 Metres	Kim Dutkowski	01:52.4	27/02/2005
	Anneliese Hunt		
	Caitlin Richardson		
	Stephanie Gunn		
4 x 400 Metres	Jessica Lyndon	04:12.3	20/3/2005
	Lucy Galloway		
	Anneliese Hunt		
	Kim Dutkowski		



<b>U/16 Women</b>			
60 Metres	Cait Hawkins	8.80	23/12/2017
100 Metres	L Maxfield	12.4	9/11/1966
	L Dick	12.4	
	M Stokell	12.4	
	Katie Thompson	12.4	5/03/1984
200 Metres	Katie Thompson	24.9	5/03/1984
300 Metres	Ruby Smee	48.72	13/11/2013
400 Metres	Katie Thompson	57.0	4/03/1984
800 Metres	Julia Baxter	02:13.4	2/12/1995
1000 Metres	Ruby Smee	03:00.6	16/12/2015
1500 Metres	Ruby Smee	04:37.9	28/11/2015
1 Mile	Ruby Smee	05:09.0	23/01/2016
3000 Metres	Ruby Smee	09:52.4	30/01/2016
5000 Metres	Ruby Smee	18:27.9	22/10/2015
1500m Walk	Kelly Excell	07:02.0	12/03/1996
3000m Walk	Kelly Excell	15:39.5	11/02/1996
5000m Walk	Kelly Excell	28:50.2	16/12/1995
90m Hurdles (76.2)	Andrea Fleming	14.48	26/03/1987
2000m Steeplechase (76.2)	Isabella Thomson	07:04.1	27/02/2005
2000m Steeplechase (91.4)	Jessica Lyden	09:03.2	31/01/1998
High Jump	Andrea Fleming	1.64m	1/11/1986
Triple Jump	Julie Munro	11.47m	5/03/1994
Long Jump	Julie Munro	5.35m	5/12/1988
Pole Vault	Lucy Covington	1.80m	7/01/2012
Shot Put (4kg)	Andrea Fleming	9.71m	28/02/1987
Discus (1kg)	Yvonne Buckley	31.29m	5/03/1967
Javelin (600g)	Chelsea Hanek	31.81m	25/11/1989
Heptathlon	Miranda Allender	2962	12/13-1-2008
4 x 100 Metres	Natalie Curtis	57.04	19/20-3-2005
	Lucy Galloway		
	Sophie Ireland		
	Alisha Young		
4 x 200 Metres	Alison Morton	02:00.1	19/20-3-2005
	Sophie Ireland		
	Alisha Young		
	Natalie Curtis		

<b>U/14 Women</b>			
60 Metres	Cait Hawkins	8.80	23/12/2017
100 Metres	Fiona Steele	12.7	23/11/1982
200 Metres	Fiona Steele	26.8	3/11/1982
300 Metres	Ruby Smee	48.72	13/11/2013
400 Metres	Emily Bell	60.48	7/03/1994
800 Metres	Hannah Fingas	02:19.0	22/03/1996
1000 Metres	Ruby Smee	03:14.4	5/02/2014
1500 Metres	Ruby Smee	04:45.5	15/11/2014
1 Mile	Ruby Smee	05:28.7	18/01/2014
3000 Metres	Ruby Smee	10.46.45	14/10/2014
5000 Metres	Ruby Smee	19:18.6	3/12/2014
1500m Walk	Kelly Excell	07:38.9	26/03/1994
3000m Walk	Jemma Smith	19:16.1	27/03/2011
60m Hurdles	Ange Cooper	13.89	5/03/1990
300m Hurdles	Fiona Excell	56.93	10/01/1987
2000m Steeplechase (76.2)	Anthea Bennett	07:44.8	5/03/2006
High Jump	Skye Edwards	1.56m	20/10/1984
Triple Jump	Julie Munro	10.19m	22/02/1987
	Rachel Guest	10.19m	
Long Jump	Fiona Steele	5.07m	1982/83
Shot Put (3kg)	Kelly Excell	9.22m	5/03/1994
Discus (1kg)	Kristy Kelly	33.5m	28/01/1996
Javelin (400g)	T Norris	28.40m	3/03/1988
Hammer (3kg)	Elizabeth Johnston	14.89m	17/06/2012
4 X 100 Metres			
4 x 200 Metres	Fiona Smith	02:16.0	27/03/2011
	Jemma Smith		
	Elizabeth Johnstone		
	Lilli Reardon		
4 x 400 Metres			