

South Coast Club Records - Men

<u>Under 14</u>	<u>Performance</u>	<u>Athlete</u>	<u>Venue</u>	<u>Date</u>
100m	13.58sec	Shane Byrne	Gippsland	23/01/2010
	13.00sec (HT)	Shane Byrne	Gippsland	23/11/2010
200m	27.72sec	Shane Byrne	Ballarat	21/01/2011
	27.38sec (HT)	Wesley Graeme	Gippsland	11/01/2011
400m	1.06.18min (HT)	Wesley Graeme	Gippsland	8/02/2011
800m	2.24.67sec	Brodie Anderson	Albert Park	9/02/2013
1500m				
2000m Steeple	9.12.98min	Benjamin Beischer	Ballarat	24/01/2014
90mH	17.23sec	Wesley Graeme	Gippsland	23/01/2010
	15.56sec (HT)	Wesley Graeme	Gippsland	11/01/2011
1500w	7.34.89min	Lucas Taylor	Hobart	5/12/2009
3000w	16.28.69min	Lucas Taylor	Hobart	5/12/2009
Long Jump	5.69m	Wesley Graeme	Brisbane	3/12/2011
Triple Jump	11.84m	Wesley Graeme	Brisbane	3/12/2011
High Jump	1.65m	Wesley Graeme	Brisbane	3/12/2011
Pole Vault	2.85m	Ben Green	Box Hill	22/10/2011
Shot Put 3kg	12.17m	Patrick Ryan	Frankston	15/11/2008
Discus 1kg	34.95	Patrick Ryan	Frankston	18/10/2008
Javelin 600g	30.27m	Shane Byrne	Ballarat	21/01/2011
Hammer 4kg	10.62m	Lucas Taylor	Knox	12/12/2009
Pentathlon	613pts	Ben Green	Gippsland	2/03/2010
4x100 Relay	58.56sec	Julian Patterson, Wesley Graeme, Benjamin Green, Shane Byrne	Moe	24/01/2010
<u>Under 16</u>	<u>Performance</u>	<u>Athlete</u>	<u>Venue</u>	<u>Date</u>
100m	12.86sec	Ben Green	Geelong	26/01/2013
	12.24sec (HT)	Tom Corry	Gippsland	12/11/2008
200m	27.72sec	Shane Byrne	Ballarat	21/01/2011
	25.52sec (HT)	Tom Corry	Gippsland	26/11/2007
400m	56.48sec (HT)	Tom Corry	Gippsland	12/11/2008
800m	2.03.77min	Edward Beischer	Ballarat	26/01/2014
1500m	4.17.21min	Edward Beischer	Albert Park	14/02/2014
3000m	11.22.48min	Benjamin Quirk	Geelong	24/01/2009
5000m	18.25.10min	Nathan Love	Glenhuntly	15/12/2007
2000m Steeple	9.12.98min	Benjamin Beischer	Ballarat	24/01/2014
100mH	14.25sec (HT)	Kele Asa Leausa	Gippsland	26/11/2008
1500w	7.03.90min	Lucas Taylor	Casey Fields	17/12/2011
2000w	9.41.50min	Lucas Taylor	Mentone	12/11/2011
3000w	15.01.52sec	Lucas Taylor	Sydney	3/12/2011
Long Jump	5.91m	Matthew Sullivan	Knox	14/11/2009
Triple Jump	11.84m	Wesley Graeme	Brisbane	3/12/2011
High Jump	1.90m	Wesley Graeme	Perth	16/03/2013
Pole Vault	3.45m	Ben Green	Geelong	27/01/2013
Shot Put 4kg	16.44m	Kele Asa Leausa	Gippsland	12/11/2007
Discus	48.94m	Kele Asa Leausa	Gippsland	26/11/2007
Javelin 700g	47.53m	Kele Asa Leausa	Frankston	20/10/2007
Hammer 4kg	60.64m	Patrick Ryan	Ringwood	19/12/2010
4x100m Relay	57.03sec	Mitchell Green, Leki Asa Leausa, Leo Byrne, Patrick Ryan	Moe	24/01/2010
<u>Under 18</u>	<u>Performance</u>	<u>Athlete</u>	<u>Venue</u>	<u>Date</u>
100m	12.06sec (HT)	Matthew Harris	Gippsland	23/01/2010
200m	25.25sec	Ethan Slade	Geelong	27/01/2013
	24.50sec (HT)	Brenton Taber	Gippsland	4/11/2007
400m	56.34sec	Josh Plumb	Olympic Park	23/02/2008
800m	1.57.60min	Lachie Connell	Frankston	20/11/2010
1500m	4.02.73sec	Lachie Connell	Olympic Park	25/02/2011
2000m	9.06.32sec	Benjamin Quirk	Gippsland	11/01/2011
3000m	8.51.67min	Samuel Quirk	Olympic Park	27/02/2010
5000m	15.19.99min	Samuel Quirk	Olympic Park	26/11/2009
Half Marathon	1hr28.04min	Josh Plumb	Melbourne	10/10/2010
2000m Steeple	7.29.04min	Nathan Love	Olympic Park	24/02/2008
110mH	17.57sec	Kele Asa Leausa	Adelaide	23/03/2008
1500w	6.56.20min	Lucas Taylor	Albert Park	31/01/2012
2000w	9.41.50min	Lucas Taylor	Mentone	12/11/2011
3000w	14.43.10min	Joshua Kaiser	Frankston	29/01/2011
5000w	25.37.29min	Lucas Taylor	Sydney	14/03/2012
Long Jump	6.20m	Kele Asa Leausa	Adelaide	23/03/2008
Triple Jump	12.28m	Kele Asa Leausa	Albury	25/01/2008
High Jump	1.90m	Wesley Graeme	Perth	16/03/2013
Pole Vault	3.45m	Ben Green	Geelong	27/01/2013
Shot Put 5kg	14.70m	Kele Asa Leausa	Doncaster	13/01/2008
Discus	40.32m	Patrick Ryan	Gippsland	11/01/2011

Javelin 700g	40.32m	Patrick Ryan	Bendigo	14/01/2012
	42.28m	Kele Asa Leausa	Adelaide	23/03/2008
Hammer 5kg	62.05m	Patrick Ryan	Frankston	20/10/2012
Pentathlon	1200 points	Michael Green	Gippsland	1/03/2011
Decathlon	5484pts	Kele Asa Leausa	Adelaide	23/03/2008
4x100m Relay	49.42sec	Kele Asa Leausa, Matthew Harris, Joshua Plumb, Samuel Quirk	Geelong	26/01/2009
4x800m Relay	8.28.17min	Matthew Harris, Joshua Plumb, Nathan Love, Samuel Quirk	Olympic Park	20/02/2009
Under 20	Performance	Athlete	Venue	Date
100m	12.06sec	Matthew Harris	Gippsland	23/01/2010
	11.48sec (HT)	Stephen Reed	Gippsland	11/11/2008
200m	24.74sec	Brenton Taber	Geelong	24/01/2009
	23.86sec (HT)	Mark Tapscott	Gippsland	11/01/2011
400m	56.08sec	Josh Plumb	Olympic Park	27/02/2010
800m	1.57.60min	Lachie Connell	Frankston	20/11/2010
1500m	4.02.73sec	Lachie Connell	Olympic Park	25/02/2011
2000m	8.22.57min	Brenton Taber	Gippsland	28/11/2009
3000m	8.41.36min	Samuel Quirk	Albert Park	10/12/2011
5000m	14.57.80min	Samuel Quirk	Sydney	14/03/2012
10000m	33.30.42min	Samuel Quirk	Bendigo	14/01/2012
Half Marathon	1hr22.19.8min	Samuel Quirk	Burnley	2/09/2012
110mH	21.77sec (HT)	Stephen Reed	Gippsland	14/10/2008
400mH	1.05.37min	Josh Plumb	Olympic Park	26/02/2010
1500w	6.56.20min	Lucas Taylor	Albert Park	31/01/2012
2000w	9.19.80min	Joshua Kaiser	Knox	21/01/2012
3000w	14.43.10min	Joshua Kaiser	Frankston	29/01/2011
5000w	24.11.34min	Joshua Kaiser	Albert Park	9/03/2012
Long Jump	6.20m	Kele Asa Leausa	Adelaide	23/03/2008
Triple Jump	12.28m	Kele Asa Leausa	Albury	25/01/2008
High Jump	1.90m	Wesley Graeme	Perth	16/03/2013
Pole Vault	3.45m	Ben Green	Geelong	27/01/2013
Shot Put 6kg	12.20m	Kodie Spokes	Bendigo	14/01/2012
Discus 1.75kg	27.17m	Michael Green	Bendigo	14/01/2012
Javelin 800g	33.45m	Kodie Spokes	Bendigo	15/01/2012
Hammer Throw 6kg	58.52m	Patrick Ryan	Albert Park	15/02/2014
4x100m Relay	48.67sec	Matt Harris, Josh Plumb, Matt Sullivan, Kodie Spokes	Moe	24/01/2010
4x800m Relay	8.28.17min	Matthew Harris, Joshua Plumb, Nathan Love, Samuel Quirk	Olympic Park	20/02/2009
Open	Performance	Athlete	Venue	Date
100m	11.50sec	Stephen Reed	Geelong	24/01/2009
	11.35sec (HT)	Stephen Reed	Gippsland	23/11/2010
200m	22.73sec	Stephen Reed	Geelong	24/01/2009
400m	53.86sec	Mark Tapscott	Ballarat	21/01/2011
800m	1.57.60min	Lachie Connell	Frankston	20/11/2010
1500m	4.02.73sec	Lachie Connell	Olympic Park	25/02/2011
2000m	6.24.91min	Steven Quirk	Gippsland	11/01/2011
3000m	8.41.36min	Samuel Quirk	Albert Park	10/12/2011
5000m	14.57.80min	Samuel Quirk	Sydney	14/03/2012
10,000m	33.30.42min	Samuel Quirk	Bendigo	14/01/2012
400mH	1.05.37min	Josh Plumb	Olympic Park	26/02/2010
1500w	6.56.20min	Lucas Taylor	Albert Park	31/01/2012
2000w	9.19.80min	Joshua Kaiser	Knox	21/01/2012
3000w	14.43.10min	Joshua Kaiser	Frankston	29/01/2011
5000w	24.11.34min	Joshua Kaiser	Albert Park	9/03/2012
10000w	59.37.00min	Russ Dickenson	Hobart	7/03/2014
Half Marathon	1hr20.06min	Steven Quirk	Burnley	4/09/2011
Marathon	2hr50.31min	Steven Quirk	Canberra	13/04/2008
Long Jump	6.20m	Kele Asa Leausa	Adelaide	23/03/2008
Triple Jump	12.28m	Kele Asa Leausa	Albury	25/01/2008
High Jump	1.90m	Wesley Graeme	Perth	16/03/2013
Pole Vault	3.45m	Ben Green	Geelong	27/01/2013
Shot Put 7.26kg	10.66m	John Ryan	Gippsland	22/01/2010
Discus 2kg	31.16m	John Ryan	Gippsland	27/10/2009
Javelin 800g	35.75m	David Green	Gippsland	3/03/2009
Hammer 7.26kg	50.42m	Patrick Ryan	Hobart	23/02/2013
Pentathlon	1805 points	David Green	Gippsland	3/03/2009
4x100m Relay	46.40sec	Warren Oliver, Stephen Reed, Brenton Taber, Matthew Harris	Geelong	26/01/2009
4x400m Relay	3.43.13min	Lachie Connell, Samuel Quirk, Ben Quirk, Joshua Kaiser	Bendigo	15/01/2012

4x800m Relay	8.28.17min	Matthew Harris, Joshua Plumb, Nathan Love, Samuel Quirk	Olympic Park	20/02/2009
Masters 40-49	Performance	Athlete	Venue	Date
100m	12.59sec	David Green	Albury	26/01/2008
	12.07sec (HT)	David Green	Gippsland	17/11/2009
200m	25.63sec	David Green	Ballarat	25/01/2014
400m	59.02sec	Brendan Phyland	Gippsland	23/01/2010
800m	2.15.46min	Tim Crosbie	Gippsland	14/10/2008
1500m	4.27.65min	Steven Quirk	Doncaster	25/03/2012
2000m	6.24.91min	Steven Quirk	Gippsland	11/01/2011
3000m	9.33.30min	Steven Quirk	Albert Park	20/12/2012
5000m	16.17.75min	Steven Quirk	Doncaster	25/03/2012
10000m	34.47.80sec	Steven Quirk	Geelong	28/01/2013
400mH	1.16.59min	Tim Crosbie	Gippsland	23/01/2010
3000w	15.55.37min	Russell Dickenson	Doncaster	2/04/2011
2000w	10.49.20min	Russell Dickenson	Box Hill	27/11/2010
1500w	7.42.05min	Russell Dickenson	Doncaster	2/04/2011
5000w	27.13.43min	Russell Dickenson	Adelaide	11/04/2009
10000w	59.37.00min	Russ Dickenson	Hobart	7/03/2014
Half Marathon	1hr20.06min	Steven Quirk	Burnley	4/09/2011
Marathon	2hr50.31min	Steven Quirk	Canberra	13/04/2008
Long Jump	4.70m	David Green	Gippsland	1/03/2011
High Jump	1.60m	Conor O'Meara	Bendigo	14/01/2012
Triple Jump	8.67m	Tim Crosbie	Geelong	27/01/2013
Shot Put 7.26kg	10.66m	John Ryan	Gippsland	22/01/2010
Discus 2kg	31.16m	John Ryan	Gippsland	27/10/2009
Javelin 800g	35.75m	David Green	Gippsland	3/03/2009
Hammer 7.26kg	39.31m	John Ryan	Gippsland	24/01/2010
Pentathlon	1805 points	David Green	Gippsland	3/03/2009
4X100m Relay	53.45sec	David Green, Tim Crosbie, Steve Plumb, Steven Quirk	Ballarat	23/01/2011
4x400m Relay	4.21.03min	Steven Quirk, Brendan Phyland, Steve Plumb, Tim Crosbie	Moe	24/01/2010
Masters 50-59	Performance	Athlete	Venue	Date
100m	13.28sec	David Green	Ballarat	26/01/2014
200m	25.63sec	David Green	Ballarat	25/01/2014
400m	1.00.64min (HT)	Steven Quirk	Gippsland	10/11/2009
800m	2.15.4min (HT)	Steven Quirk	Albert Park	8/11/2011
1500m	4.27.65min	Steven Quirk	Doncaster	25/03/2012
2000m	6.24.91min	Steven Quirk	Gippsland	11/01/2011
3000m	9.33.3min (HT)	Steven Quirk	Albert Park	20/12/2012
5000m	16.17.75min	Steven Quirk	Doncaster	25/03/2012
10000m	34.47.80min	Steven Quirk	Geelong	28/01/2013
3000w	15.55.37min	Russell Dickenson	Doncaster	2/04/2011
2000w	10.49.20min	Russell Dickenson	Box Hill	27/11/2010
1500w	7.42.05min	Russell Dickenson	Doncaster	2/04/2011
5000w	27.13.43min	Russell Dickenson	Adelaide	11/04/2009
10000w	59.37.00min	Russ Dickenson	Hobart	7/03/2014
Half Marathon	1hr20.06min	Steven Quirk	Burnley	4/09/2011
Marathon	3hr03.41min	Dean Langford	Melbourne	14/10/2012
Long Jump	3.84m	Steven Quirk	Gippsland	2/03/2010
Triple Jump	8.67m	Tim Crosbie	Geelong	27/01/2013
High Jump	1.50m	Conor O'Meara	Ballarat	25/01/2014
Discus 1.5kg	25.03m	Stephen Plumb	Bendigo	14/01/2012
Shot Put	8.32m	Stephen Plumb	Ballarat	21/01/2011
Javelin 700g	31.83m	Stephen Plumb	Ballarat	26/01/2014
Hammer 6kg	15.98m	Stephen Plumb	Ballarat	21/01/2011
Pentathlon	1470 points	Steven Quirk	Gippsland	2/03/2010
4x100m Relay	53.57sec	Conor O'Meara, Tim Crosbie, Stephen Plumb, David Green	Ballarat	26/01/2014
Masters 60-69	Performance	Athlete	Venue	Date
100m	18.53sec	Robert Gray	Geelong	26/01/2013
200m	39.53sec	Robert Gray	Geelong	27/01/2013
1500w	7.42.05min	Russell Dickenson	Doncaster	2/04/2011
2000w	10.49.20min	Russell Dickenson	Box Hill	27/11/2010
3000w	15.55.37min	Russell Dickenson	Doncaster	2/04/2011
5000w	27.13.43min	Russell Dickenson	Adelaide	11/04/2009
10000w	59.37.00min	Russell Dickenson	Hobart	7/03/2014
Javelin	19.28m	Russell Dickenson	Glenhuntly	20/03/2010