

# WILLIAMSTOWN ATHLETIC CLUB RECORDS

## MEN - OPEN AGE

(As at 30 April 2026)

Event	Athlete	Performance	Date
100m	S. Brimacombe	10.29 (w+1.5)	20/02/1994
100m	R. Witnish	10.18 (w+4.2)	12/02/1995
200m	S. Brimacombe	20.68 (w -2.2)	5/03/1995
200m	S. Brimacombe	20.22 (w+2.7)	19/02/1994
400m	D. Muir	47.19	8/12/2024
800m	G. McKay	1.51.2h	1975/76
1500m	J. Murphy	3.47.6h	18/02/1978
3000m	P. Cuffe	8.11.0h	
5000m	D. Stephens	14.07.2h	1955/56
6 Miles	D. Stephens	27.54.0h	25/01/1956 (World Record)
10000m	P. Cuffe	29.25.0h	
3000m Steeple (91.4cm)	S. Barlow	8.43.2h	14/03/1986
110m Hurdles (106.7cm)	T. Willis	13.65 (+0.4)	13/07/2025
400m Hurdles (91.4cm)	S. Reidel	54.4h	23/11/1996
1500m Walk	D. Smith	5.19.1h	7/02/1981 (AR)
2000m Walk	K. McLeod	9.42.0h	1992/93
3000m Walk	D. Smith	11.11.5h	8/03/1981 (AR)
5000m Walk	D. Smith	18.52.87h	21/02/1986 (AR)
10000m Walk	D. Smith	38.20.9h	15/09/1985 (AR)
High Jump	D. Coster	2.01	
Long Jump	B. Davidson	7.57	1973/74
Triple Jump	M. Fontaine	15.48	11/03/2011
Shot Put (7.26kg)	E. Hollingsworth	14.59	16/12/1995
Javelin (800gm)	M. Rohkamper	63.58	29/10/1988
Discus (2.0kg)	C. Nikolovski	51.60	22/02/1987
Hammer (7.26kg)	D. Darcey	54.24	27/11/1997
Pole Vault	E. Hollingsworth	4.60	16/11/1995
Decathlon	E. Hollingsworth	7204pts	20-21/01/1996
Marathon		2.20.4	
4x100m Relay	S. Brimacombe, R. Witnish, N. Blassis, W. Pasquali	40.9h	1994/95
4X200m Relay	S. Brimacombe, R. Witnish, N. Blassis, W. Pasquali	1.25.4h	1994/95
4x400m Relay		3.23.9h	5/02/1980
4x800m Relay		7.44.9h	
4x1500m Relay		15.52.4h	
Mixed 4 x 400m	K Souter, M Leith, J Andrew, D Muir	3.30.46	24/11/2024

**MEN - Under 20****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	R. Witnish	10.48	1994/95
200m	R. Witnish	21.08	1994/95
400m	D. Muir	47.19	8/12/2024
800m	G. McKay	1.51.2h	1975/76
1500m	G. McKay	3.52.3h	1975/76
5000m	E. Keranen	14.45.3h	
10000m	E. Keranen	30.46.0h	
3000m Steeple (91.4cm)	E. Keranen	9.00.7h	
110m Hurdles (99.1cm)	P. Blassis	15.9h	
400m Hurdles (91.4cm)	S. Dooley	57.4h	
1500m Walk	G. Strachan	6.19.1h	
3000m Walk	N. Philpot	13.59.6h	
High Jump	D. Coster	2.01	
Long Jump	M. Fontaine	7.46	13/03/2011
Triple Jump	M. Fontaine	15.48	11/03/2011
Shot Put (7.26kg)	S. Baldock	13.0	
Javelin (800gm)	P. Freitag	62.28	1994/95
Discus (2.0kg)	C. Nikolovski	51.62	
Hammer	G. Iliopoulos	45.36	
Pole Vault	Z. Sandison	4.20m	19/04/2026
Decathlon (U20 specs)		NR	
4 x 100m Relay	R Dawson, K Hunak, M Leith, D Muir	43.5	23/11/2024
4 x 200m Relay	D Muir, K Hunak, C Rossi, R Dawson	1.29.87	24/11/2024
4 x 400m Relay	M Crichton, K. Hunak, C. Rossi, D. Muir	3m 24.2h	12/12/2025
4 x 800m Relay		8.21.6h	
4 x 1500m Relay		17.49.0h	6/3/1982 (VR)

**MEN - Under 19****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	M. Turk	10.61	4/03/2010
200m	M. Turk	21.13	22/01/2010
400m	D. Muir	47.19	8/12/2024
800m	G. McKay	1.51.8h	1975/76
1500m	G. McKay	3.52.3h	1975/76
5000m	F. Kane	14.58.86	19/02/2026
10000m	E. Keranen	30.46.0h	
3000m Steeple (91.4cm)	E. Keranen	9.07.4h	
110m Hurdles (99.1cm)	A. Falconer	15.5h	
400m Hurdles (91.4cm)	P. Blassis	58h	
1500m Walk	G. Strachan	6.19.1h	
3000m Walk	G. Strachan	14.17.0h	
High Jump	D. Coster	2.01	
Long Jump	M. Fontaine	7.21	23/01/2011
Triple Jump	M. Fontaine	15.4	22/01/2011
Shot Put	D. Sayner	15.10	
Javelin	P. Freitag	62.28	1994/95
Discus	C. Nikolovski	59.00	
Hammer	G. Iliopoulos	45.36	
Pole Vault	Z. Sandison	4.20m	19/04/2026
Decathlon (u20 specs)		NR	
4 x 100m Relay	R Dawson, K Hunak, M Leith, D Muir	43.5	23/11/2024
4 x 200m Relay	D Muir, K Hunak, C Rossi, R Dawson	1.29.87	24/11/2024
4 x 400m Relay	K. Hunak, C. Rossi, M. Severa, D. Muir	3m 29.17	3/02/2024
4 x 800m Relay		8.21.6h	
4 x 1500m Relay		17.49.3h	

**MEN - Under 18****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	M. Turk	10.61	4/03/2010
200m	M. Turk	21.13	22/01/2010
400m	D Muir	47.19	8/12/2024
800m	G. McKay	1.51.8h	1975/76
1500m	G. McKay	3.52.3h	1975/76
3000m	F. Kane	8.35.66	15/04/2026
5000m	F. Kane	14.58.86	19/02/2026
2000m Steeple (91.4cm)	D. Staehr	6.06.0h	
3000m Steeple (91.4cm)	G. McKay	9.52.2h	
110m Hurdles (91.4cm)	Z. Sandison	14.59 (0.0)	18/04/2026
400m Hurdles (84.0cm)	S. Reidel	55.97	
1500m Walk	G. Strachan	6.25.2h	
2000m Walk	J. Hateley	10.15.0h	
3000m Walk	F. Diers	15.37.69	26/10/2025
High Jump	D. Coster	1.94	
Long Jump	M. Fontaine	7.11	20/03/2009
Triple Jump	M. Fontaine	14.80	14/03/2010
Shot Put	C. Yankos	13.0	
Javelin	P. Freitag	66.70	1994/95
Discus	C. Nikolovski	57.72	
Hammer	G. Iliopoulos	45.36	
Pole Vault	Z. Sandison	4.20m	19/04/2026
Decathlon	Z. Sandison	6818	18+19/04/2026
4 x 100m Relay	M. Meilak, C. Mucci, S. Preston, B. Ticehurst	44.0	29/11/2014
4 x 200m Relay	R. Harley, M. Draganski, D. McCarthy, A. Manton	1.32.97	20/12/1997
4 x 400m Relay	K. Hunak, C. Rossi, M. Severa, D. Muir	3m 29.17	3/02/2024
4 x 800m Relay		8.21.6h	
4 x 1500m Relay		17.49.3h	

**MEN - Under 17****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	M. Turk	10.7	28/02/2009
200m	M. Turk	21.74	12/02/2009
400m	D. Muir	48.57	18/04/2024
	M Crichton	48.57	16/04/2026
800m	J. Smythe	1.52.54	10/12/2006
1500m	F. Kane	3.57.03	7/04/2025
3000m	M. Bourke	8.40.8h	
5000m	F.Kane	15.14.28	21/03/2024
2000m Steeple (91.4cm)	N. Pearce	6.21.48	15/03/2012
110m Hurdles (91.4cm)	Z. Sandison	14.59 (0.0)	18/04/2026
400m Hurdles (84.0cm)	B. Seers	61.0h	
1500m Walk	G. Strachan	6.25.2h	
2000m Walk	B. Seers	10.39.6h	
3000m Walk	F. Diers	15.37.69	26/10/2025
High Jump	D. Coster	1.94	
Long Jump	M. Fontaine	7.11	20/03/2009
Triple Jump	M. Fontaine	13.76	19/12/2007
Shot Put	P. Ferne	15.75	
Javelin	G. Wilson	57.74	1995/95
Discus	C. Nikolovski	52.14	
Hammer	G. Iliopoulos	45.36	
Pole Vault	Z. Sandison	4.20m	19/04/2026
Decathlon	Z. Sandison	6818	18+19/04/2026
4 x 100m Relay		45.0	
4 x 200m Relay		1.36.3	
4 x 400m Relay	K Galloway, R Parks, Parks, M Crichton	M 3.36.93e	23/11/2024
4 x 800m Relay		8.21.6	
4 x 1500m Relay		17.49.3	
Medley Relay (200m, 200m, 400m, 800m)	N. Pearce (800m), Williams (400m), (200m), (200m)	A. J. Wright B. Ticehurst	3.55.86e 27/11/2011

**MEN - Under 16****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	P. Nguyen	11.1h	
	R. Spencer	11.1h	20/10/2001
	<i>M. Crichton</i>	<i>11.07 (5.0)</i>	<i>17/01/2026</i>
200m	M. Payne	22.21 (0.0)	16/11/2019
400m	M Crichton	48.57	16/04/2026
800m	J. Smythe	1.56.70	3/12/2005
1500m	F.Kane	4.05.44	21/01/2025
3000m	L. Town	8.54.0h	
3000m	M. Sani	8.54.20	1999/2000
5000m	F.Kane	15.14.28	21/03/2024
2000m Steeple (76.4cm)	R. Thomas	6.22.07	16/03/2014
110m Hurdles (91.4cm)	Z. Sandison	15.77 (-0.7)	2/03/2025
100M Hurdles (84.0cm)	Z. Sandison	14.18 (0.0)	27/10/2024
200m Hurdles (76.2cm)	Z. Sandison	34.08 (-1.7)	26/02/2022
400m Hurdles (84.0cm)	B. Seers	61.0h	
300m Hurdles (84.0cm)	S. Azzopardi	40.8	
1500m Walk	G. Strachan	6.57.5h	
2000m Walk	N. Renaut	10.08.0h	17/11/2001
3000m Walk	F. Diers	15.37.69	26/10/2025
High Jump	D. Coster	1.90	
Long Jump	S. Azzopardi	6.26	
Long Jump	A. Metin	6.26 (-0.2)	26/02/2022
Triple Jump	M. Fontaine	13.76	19/12/2007
Shot Put	S. Partsanis	18.01	1994/95
Javelin	R. Maroney	51.44	
Discus	S. Partsanis	59.84	1994/95
Hammer	R. Maroney	43.70	7/11/1998
Pole Vault	Z. Sandison	3.92m	8/04/2025
Decathlon	Z. Sandison	5753	4/4/25+5/4/25
Heptathlon	Z. Sandison	3382pts	15/16 /04/2023
4 x 100m Relay	M. Meilak, A. Williams, C. Mucci, B. Ticehurst	45.58sec	25/11/2012
4 x 200m Relay		1.39.7	
4 x 400m Relay	C. Angus, N. Pearce, A. Williams, J. Wright	3.47.19e	11/02/2012
4 x 800m Relay		NR	
Medley Relay (200m, 200m, 400m, 800m)	N. Pearce (800m), Williams (400m), (200m), B. Ticehurst (200m), A. J. Wright	3.55.86e	27/11/2011

**MEN - Under 15****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	P. Lowden	11.4h	
100m	M. Crichton	11.45 <sup>(1.9)</sup>	6/04/2025
<i>100m</i>	<i>M. Crichton</i>	<i>11.28 (2.1)</i>	<i>6/04/2025</i>
200m	M. Payne	22.87	17/03/2018
400m	J. Smythe	50.16	10/12/2004
800m	J. Smythe	1.57.05h	27/02/2005
1500m	F. Kane	4.12.79	24/02/2023
3000m	F. Kane	8.57.60	26/01/2023
5000m	J.Wheeler	16.17.71	6/03/2025
2000m Steeple <sup>(76.2cm)</sup>	R. Thomas	6.22.07	16/03/2014
100m Hurdles <sup>(84.0cm)</sup>	G. Lafaialli	14.47 <sup>(+1.5)</sup>	19/02/2022
90m Hurdles <sup>(84.0cm)</sup>	T. Lowden	13.6h	
200m Hurdles <sup>(76.2cm)</sup>	Z. Sandison	34.08 <sup>(-1.7)</sup>	26/02/2022
300m Hurdles <sup>(84.0cm)</sup>	C. Ellis	42.1	
1500m Walk	G. Strachan	6.57.5h	
2000m Walk	T. Flint	11.00.0h	
3000m Walk	F. Diers	15.37.69	26/10/2025
High Jump	S. Orr	1.88	
Long Jump	A. Metin	6.26 <sup>(-0.2)</sup>	26/02/2022
Triple Jump	M. Surman	12.59	
Shot Put <sup>(3.628kg - 8lb)</sup>	S. Partsanis	19.27	27/11/1993 <b>(VR)</b>
<sup>(4kg)</sup>	F. Sandison	11.96	20/04/2026
Javelin <sup>(700gm)</sup>	R. Ward	44.93	
Discus <sup>(1.0kg)</sup>	C. Nikolovski	49.04	
Pole Vault	Z. Sandison	3.30	25/02/2023
Heptathlon	Z. Sandison	3382pts	15/16 /04/2023
4 x 100m Relay		47.9h	
4 x 200m Relay		1.39.7h	
4 x 400m Relay		NR	

**MEN - Under 14****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	P. Nguyen	11.4h	
200m	P. Nguyen	23.7h	
<b>200m</b>	<i>C Luki</i>	<i>23.55 (6.7)</i>	<i>2/11/2025</i>
400m	J. Smythe	52.18	27/03/2004
800m	J. Smythe	1.59.91	6/03/2004
1500m	M. Keenan	4.24.61	
3000m	F. Kane	8.57.60	26/01/2023
5000m	J.Wheeler	16.17.71	6/03/2025
2000m Steeple (76.2cm)	J. Gay	6.34.40	25/02/2023
90m Hurdles (76.2cm)	Z. Sandison	14.29 (-1.4)	30/10/2022
200m Hurdles (76.2cm)	Z. Sandison	34.08 (-1.7)	26/02/2022
<b>300m Hurdles (76.2cm)</b>	<b>C. Ellis</b>	<b>42.1</b>	
1500m Walk	B. Hosie	7.14.5h	
2000m Walk	R. Hateley	12.19.0h	
<b>3000m Walk</b>	<b>F. Diers</b>	<b>15.37.69</b>	<b>26/10/2025</b>
High Jump	S.Orr	1.85	27/10/1984 (VR)
Long Jump	P. Nguyen	6.19	
Triple Jump	M. Surman	12.59	
<b>Shot Put (2.724kg -6lb)</b>	<b>S. Partsanis</b>	<b>20.78</b>	<b>8/12/1992 (VR)</b>
(3kg)	F. Sandison	13.5	5/12/2025
(4kg)	F. Sandison	11.58	14/02/2026
Javelin (600gm)	P. Nguyen	44.05	
(700g)	F. Sandison	29.68	17/01/2026
Discus (1.0kg)	S. Partsanis	59.54	
Pole Vault	Z. Sandison	3.30	25/02/2023
Heptathlon	Z. Sandison	3382pts	15/16 /04/2023
4 x 100m Relay		50.2h	
4 x 200m Relay		1.44.9h	
4 x 400m Relay			

**MEN - Under 13****(As at 30 April 2026)**

(Under age records are based on the athletes age on the day of the performance)

Event	Athlete	Performance	Date
100m	A. Yankos	12.4h	1976
200m	A. Yankos	25.5h	28/03/1976 (VR)
400m	A. Yankos	59.9h	1976
800m	F. Kane	2.16.1	25/11/2021
1500m	J. Wheeler	4.28.15	13/03/2025
3000m	J. Wheeler	9.22.42	27/03/2025
5000m	J. Wheeler	16.17.71	6/03/2025
80m Hurdles (76.2cm)	P. Lowden	12.6	6/03/1977 (VR)
90m Hurdles (76.2cm)	Z. Sandison	14.69 (-1.1)	28/03/2022
200m Hurdles (76.2cm)	Z. Sandison	34.08 (-1.7)	26/02/2022
300m Hurdles (76.2cm)	M. Luttick	53.7h	
2000m Steeple (76.2cm)	J. Wheeler	7.01.6 (h)	9/11/2024
1500m Walk	G. Strachan	7.46.0h	
2000m Walk	J. Hess	13.54.0h	
High Jump	S. Orr	1.60	
Long Jump	A. Yankos	5.78	28/03/1976 (VR)
Triple Jump	J. Barnett	11.48	
Shot Put (weight?)	A. Yankos	14.28	
Javelin	P. Nguyen	44.05	
Discus	P. Nguyen	43.05	
4 x 100m Relay		51.2h	
4 x 200m Relay		1.49.6h	
4 x 400m Relay		NR	