

Mentone Athletic Club Records Open

Event	Men	Women
100m	10.4 B.Besanko 23/3/1979	11.6 J.Adams
200m	20.7 B.Besanko 20/12/1979	24.0 J.Maber
400m	47.4 G.Minihan 14/10/1980	54.3 J.Maber
800m	1.49.4 Paul Grinstead 15/11/1977	2.09.2 J.Maber
1500m	3.41.2 Paul Grinstead 23/3/1980	4.31.41 Karen Thorp 02/2005
Mile		5.12.3 Helena Matheson 17/02/2011
3000m	8.07.26 Clint Perrett 11/06/2005	10.34.1 Claire Bassill 20/12/2011
5000m	13.58.3 Clint Perrett 17/02/2005	18.32.2 Claire Johnson 06/11/2014
10000m	29.39 Clint Perrett 26/05/2007	
2000m Steeplechase		7.34.69 Claire Johnson 14/03/2015
3000m Steeplechase	9.10.0 B.McPherson	11.27.80 Claire Johnson 28/03/2015
Half Marathon	1.10.19 Michael Kernahan 04/09/2016	1.33.51 Claire Johnson 02/09/2012
Marathon	2.26.19 P.Strangio	
110m/100m Hurdles	110m 14.0 M.Wilson	100m 14.88 Helen Wilkie 18/02/2006
400m Hurdles	50.96 Brendan Cole 03/02/2002	68.18 Sarah Wiltshire 2001
Long Jump	7.74m Nabil Adamou 01/03/2001	6.26m Emma Cochrane 25/03/2001
Triple Jump	15.35m Simon Jacotine 09/02/2002	12.91m Emma Knight 27/11/2004
High Jump	2.00m Cameron Hughes 24/02/2008	1.82m Kathryn Spaulding 13/02/1998
Pole Vault	5.15m Max Mishchenko 23/03/2014	3.65m Jade De Bondt 25/02/2011
Shot Putt	18.95m A.Neighbour 07/1998	15.62m Kimberley Mulhall 24/05/2014
Discus	64.26m A.Neighbour 05/2008	54.45m Gabrielle Neighbour 28/01/10
Javelin	62.85m D.McCaffrey 01/12/2001	52.20m Gabrielle Neighbour 31/02/02
Hammer	71.24m H.Lotz 07/02/1982	67.53m Gabrielle Neighbour 01/04/12
Heptathlon/ Decathlon	6079pts Justin Hanrahan 18-19/12/1998	5032pts Sarah Wiltshire 18/08/2000
3km Walk	12.17.5 M.Richardson 11/01/1984	16.25.2 Marlene Gourlay 03/2004
5km Walk	21.18.7 M.Richardson 30/11/1983	
4 x 100m relay	40.9 B.Besanko, F.Lehman, G.Minihan, R.Burgess 17/03/1979	47.8 J.Adams, D.Morse, J.Maber, L.Edgerton
4 x 400m relay	3.12.7 B.Besanko, T.Donegan, I.Thompson, K.Donegan 08/07/1975	3.59.8 J.Maber, J.Allan, D.Morse, J.Telfer
4 x 800m relay	7.35.0 C.O'Connor, P.Grinstead, B.Bluett, K.Donegan 09/01/1977	
Medley relay	3.27.38 Nabil Adamou, Neil Brennan, Brendan Cole, Darren Whittaker 02/2001	4.23.75 Claudy Spencer, Carly Chapman, Brooke Sadler, Emma Knight