

SCAAC Best Performances as at 10 March 2018 at Aorangi Park
Mens U/Age Grades and Senior

Event	MU15	MU16	MU17	MU18	MU19	MU20	Senior
100m	11.4	11.1	10.97	10.97	10.97	10.97	10.97
	J Matson	J Matson	J Matson	J Matson	J Matson	J Matson	J Matson
Date	18/02/2012	1/12/2012	4/01/2014	4/01/2014	4/01/2014	4/01/2014	4/01/2014
200m	24.4	23.6	23.6	22.22	22.22	22.22	22.22
	J Finikin	H Cole	H Cole	J. Matson	J. Matson	J. Matson	J. Matson
Date	3/03/2007	20/02/2010	20/02/2010	1/03/2014	1/03/2014	1/03/2014	1/03/2014
400m	55.2	54.0	54.0	51.9	50.6	50.6	50.5
	M Garland	N Gudsell	N Gudsell	B Sewell	D Borman	D Borman	J Hunt
Date	25/02/2012	9/02/1977	9/02/1977	17/11/2018	25/0/84	25/02/2004	14/01/1984
800m	2.12.19	2.06.71	2.06.71	2.03.8	1.58.5	1.58.5	1.55.7
	B.Gebbie	B.Gebbie	B.Gebbie	B.Gebbie	A Dellow	A Dellow	T Birnie
Date	15/03/2015	21/11/2015	21/11/2015	28/10/2017	3/02/1982	3/02/1982	16/02/1977
1500m	4.42.09	4.25.0	4.15.0	4.10.0	4.03.0	4.03.0	4.10.7
	P.Rawlins	C Kirkwood	C Kirkwood	C Kirkwood	A Dellow	A Dellow	G Anderson
Date	4/03/2017	11/11/1989	11/11/1989	11/11/1989	14/11/1981	14/01/1981	30/01/1982
110m Hurdles U18 914mm, U20 990mm, SM 1067mm		14.7	14.7	14.3	14.74	14.74	15.1
		J Sandilands	J Sandilands	J Sandilands	J Sandilands	J Sandilands	M Miron
Date		15/12/2012	15/12/2012	23/11/2013	1/03/2014	1/03/2014	12/02/1975
300m Hurdles U18 914mm, U20 990mm, SM 1067mm		45.0	45.0	45.0			
		STD	STD	STD			
Date							
400m Hurdles U18 914mm, U20 990mm, SM 1067mm					59.7	59.7	58.8
					M Williams	M Williams	M Miron
Date					7/02/1979	7/02/1979	7/02/1979
3000m Track Walk		12.50.34	12.50.34	12.50.34	13.19.38	13.19.38	17.30.0
		D Lord	D Lord	D Lord	J.Lord	J.Lord	STD
Date		2/02/2008	2/02/2008	2/02/2008	1/03/2014	1/03/2014	

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Event	WU15	WU16	WU17	WU18	WU19	WU20	Senior
100m	12.8	12.7	12.43	12.09	12.09	12.09	12.09
Date	R Welford 5/01/1989	A. Hayward 20/02/2016	A. Hayward 25/02/2017	A Hayward 6/01/2018	A Hayward 6/01/2018	A Hayward 6/01/2018	A Hayward 6/01/2018
200m	25.92	25.7	25.34	24.93	24.93	24.93	24.93
Date	A Hayward 22/11/2014	A Hayward 27/02/2016	A Hayward 25/02/2017	A Hayward 6/01/2018	A Hayward 6/01/2018	A Hayward 6/01/2018	A Hayward 6/01/2018
400m	58.8	58.0	58.0	56.72	56.72	56.72	56.72
Date	A Hayward 8/11/2014	A Hayward 20/02/2016	A Hayward 20/02/2016	A Hayward 24/02/2018	A Hayward 24/02/2018	A Hayward 24/02/2018	A Hayward 24/02/2018
800m	2.21.74	2.17.6	2.14.8	2.14.8	2.14.8	2.14.8	2.14.8
Date	T.Hollyer 25/02/2017	T.Hollyer 27/01/2018	T. Hollyer 2/02/2019	T. Hollyer 2/02/2019	T. Hollyer 2/02/2019	T. Hollyer 2/02/2019	T. Hollyer 2/02/2019
1500m	4.50.22	4.45.49	4.45.49	4.45.49	4.45.49	4.45.49	4.45.49
Date	T.Hollyer 25/02/2017	T.Hollyer 11/11/2017	T.Hollyer 11/11/2017	T.Hollyer 11/11/2017	T.Hollyer 11/11/2017	T.Hollyer 11/11/2017	T.Hollyer 11/11/2017
100m Hurdles U18 762mm, U20 840mm, SM 840mm			14.5	14.5	15.6	15.6	14.5
Date			L Ryan 18/02/2012	L Ryan 18/02/2012	Leanna Ryan 19/02/2014	Leanna Ryan 19/02/2014	J Henry
300m Hurdles U18 914mm, U20 990mm, SM 1067mm				50.0 STD			
Date							
400m Hurdles U18 914mm, U20 990mm, SM 1067mm					72.0 STD	72.0 STD	67.0 STD
Date							
2000m Track Walk		10.25.4	10.25.4	10.25.4	14.40.4	14.40.4	14.20.0
Date		L Shaw 20/02/2010	L Shaw 20/02/2010	L Shaw 20/02/2010	STD	STD	STD

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Event	MU15	MU16	MU17	MU18	MU19	MU20	Senior
Long Jump	5.66m	5.97m	6.64m	6.64m	6.64m	6.64m	7.27m
Date	J Sandilands 20/10/2011	K Moore 12/12/1991	M Shaw 10/11/1984	M Shaw 10/11/1984	M Shaw 10/11/1984	M Shaw 10/11/1984	J Hunt 12/01/1985
High Jump	1.80m	1.81m	1.95m	1.95m	1.95m	1.95	2.00
Date	Sam Small 19/12/2009	Simon Small	G Pateman	G Pateman	G Pateman Simon Small 28/11/92 / 6/2/10	G Patemen Simon Small 28/11/92 / 6/2/10	J Hunt 13.11/1982
Triple Jump	11.55m	12.32m	13.17m	13.17m	13.21m	13.21m	13.21m
Date	W Lemmon 4/02/1984	I MCFarlane 4/02/1984	M Shaw	M Shaw	J Hunt 19.12.81	J Hunt 19/12/1981	J Hunt 19/12/1981
Pole Vault	2.70m	3.06m	3.52m	3.80m	3.80m	3.95m	
Date	STD	S Shore	W Doyle	R Willetts	R Willetts	R Willetts	
Shot Put	11.00m	13.22m	15.0m	17.00m	16.00m	19.20m	14.39
Weight	5kg	5kg	5kg	5kg	6kg	6kg	7.26kg
Date	STD	W Doyle	STD	STD	STD	Tom Walsh 19/11/2011	STD
Discus							
Throw	46.80m	45.00m	48.90m	48.90m	47.36m	51.20m	48.06m
Weight	1.25kg	1.25kg	1.50kg	1.50kg	1.75kg	1.75kg	
Date	Toby Hunt 27/12/1980	Toby Hunt	Toby Hunt	Toby Hunt	Toby Hunt	Tom Walsh 19/11/2011	C Barrett 25/01/1984
Javelin	40.22m	49.86m	56.06m	62.74m	57.48m	59.58m	60.22m
Weight	600g	700g	700g	700g	800g	800g	
Date	M King 29/02/1984	Toby Hunt	W Doyle	G Pomroy	G Pomroy	G Pomroy 10/03/1984	J Hunt 15/01/1984
Hammer	40.00m	45.00m	53.03m	58.7	51.01	53.65	48.18m
Weight	4kg	5kg	5kg	5kg	6kg	6kg	
Date		M Dewar	T Valentine 28/01/2017	T Valentine 3/02/2018	T Valentine 17/02/2018	F. Spiers 26/11/2016	C Barrett 19/12/1981

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Event	WU15	WU16	WU17	WU18	WU19	WU20	Senior
Long Jump	5.12m	5.33m	5.50m	5.61m	5.61m	5.61m	6.07m
Date	S Hart	J Henry 15/11/1986	J Henry	J Henry 17/02/1988	J Henry 17/02/1988	J Henry 17/02/1988	J Henry 5/02/1992
High Jump	1.55m	1.60m	1.65m	1.65m	1.65m	1.75m	1.75m
Date	D Allen	P Richards	L McKenzie 30/01/2010	L McKenzie 30/01/2010	L McKenzie 30/01/2010	J Henry 15/12/1990	J Henry 15/12/1990
Triple Jump	8.50m	9.00m	10.43m	10.43m	10.50m	11.00m	11.00m
Date	STD	STD	Lauren Bruce 4/01/2014	Lauren Bruce 4/01/2014	STD	STD	STD
Pole Vault	2.00m	2.20m	2.40m	2.60m	2.80m	3.00m	3.00m
Date	STD	STD	STD	STD	STD	STD	STD
Shot Put	11.00m	12.00m	13.52m	14.00m	12.00m	12.50m	12.50m
Weight	3kg	3kg	3kg	3kg	4kg	4kg	4kg
Date	STD	STD	Lauren Bruce 26/10/2013	STD	STD	STD	STD
Discus							
Throw	34.82m	34.83m	42.94m	47.66m	49.13m	49.13m	49.13m
Weight	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Date	M Davey	R Cochrane 5/11/2011	Lauren Bruce 4/01/2014	Lauren Bruce 3/01/2015	Lauren Bruce 21/11/2015	Lauren Bruce 21/11/2015	Lauren Bruce 21/11/2015
Javelin	25.00m	30.00m	35.00m	40.00m	42.30m	42.30m	42.30m
Weight	500g	500g	500g	500g	600g	600g	
Date	STD	STD	STD	STD	D Keys 28/11/1981	D Keys 28/11/1981	D Keys 28/11/1981
Hammer	40.00m	55.67m	62.09m	62.09m	56.25m	56.25m	59.53
Weight	3kg	3kg	3kg	3kg	4kg	4kg	4kg
Date		L Bruce 25/02/2013	L Bruce 15/02/2014	L Bruce 15/02/2014	Lauren Bruce 31/10/2015	Lauren Bruce 31/10/2015	Lauren Bruce 11/11/2017