

# Mentone Athletic Club Records Open

Event	Men	Women
<b>100m</b>	10.4 B.Besanko 23/3/1979	11.6 J.Adams
<b>200m</b>	20.7 B.Besanko 20/12/1979	24.0 J.Maber
<b>400m</b>	47.4 G.Minihan 14/10/1980	54.3 J.Maber
<b>800m</b>	1.49.4 Paul Grinsted 15/11/1977	2.09.2 J.Maber
<b>1500m</b>	3.41.2 Paul Grinsted 23/3/1980	4.31.41 Karen Thorp 02/2005
<b>Mile</b>	3.58.2 Paul Grinsted /3/1981	5.12.3 Helena Matheson 17/02/2011
<b>3000m</b>	8.07.26 Clint Perrett 11/06/2005	10.34.1 Claire Bassill 20/12/2011
<b>5000m</b>	13.58.3 Clint Perrett 17/02/2005	18.32.2 Claire Johnson 06/11/2014
<b>10000m</b>	29.39 Clint Perrett 26/05/2007	
<b>2000m Steeplechase</b>		7.34.69 Claire Johnson 14/03/2015
<b>3000m Steeplechase</b>	9.10.0 B.McPherson	11.27.80 Claire Johnson 28/03/2015
<b>Half Marathon</b>	1.10.19 Michael Kernahan 04/09/2016	1.33.51 Claire Johnson 02/09/2012
<b>Marathon</b>	2.26.19 P.Strangio	
<b>110m/100m Hurdles</b>	<b>110m</b> 14.0 M.Wilson	<b>100m</b> 14.88 Helen Wilkie 18/02/2006
<b>400m Hurdles</b>	50.96 Brendan Cole 03/02/2002	68.18 Sarah Wiltshire 2001
<b>Long Jump</b>	7.74m Nabil Adamou 01/03/2001	6.26m Emma Cochrane 25/03/2001
<b>Triple Jump</b>	15.35m Simon Jacotine 09/02/2002	12.91m Emma Knight 27/11/2004
<b>High Jump</b>	2.00m Cameron Hughes 24/02/2008	1.82m Kathryn Spaulding 13/02/1998
<b>Pole Vault</b>	5.15m Max Mishchenko 23/03/2014	3.65m Jade De Bondt 25/02/2011
<b>Shot Putt</b>	18.95m A.Neighbour 07/1998	15.62m Kimberley Mulhall 24/05/2014
<b>Discus</b>	64.26m A.Neighbour 05/2008	54.45m Gabrielle Neighbour 28/01/10
<b>Javelin</b>	62.85m D.McCaffrey 01/12/2001	52.20m Gabrielle Neighbour 31/02/02
<b>Hammer</b>	71.24m H.Lotz 07/02/1982	67.53m Gabrielle Neighbour 01/04/12
<b>Heptathlon/ Decathlon</b>	6079pts Justin Hanrahan 18-19/12/1998	5032pts Sarah Wiltshire 18/08/2000
<b>3km Walk</b>	12.17.5 M.Richardson 11/01/1984	16.25.2 Marlene Gourlay 03/2004
<b>5km Walk</b>	21.18.7 M.Richardson 30/11/1983	
<b>4 x 100m relay</b>	40.9 B.Besanko, F.Lehman, G.Minihan, R.Burgess 17/03/1979	47.8 J.Adams, D.Morse, J.Maber, L.Edgerton
<b>4 x 400m relay</b>	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
<b>4 x 800m relay</b>	7.35.0 C.O'Connor, P.Grinstead, B.Bluett, K.Donegan 09/01/1977	
<b>Medley relay</b>	3.27.38 Nabil Adamou, Neil Brennan, Brendan Cole, Darren Whittaker 02/2001	4.23.75 Claudy Spencer, Carly Chapman, Brooke Sadler, Emma Knight