

Event	Athlete	Result	Year
100 Yards	A. Chalk	10.00 secs	1966
100 Metres	M. Malouf	10.90 secs	1969
	M. Benton		1979
	J. Cara		1993
200 Metres	A. McManus	21.80 secs	1993
400 Metres	B. Angel	48.90 secs	1973
800 Metres	D. Clancy	1:49.11 mins / secs	1984
1500 Metres	A. Davey	3:40.90 mins / secs	1992
1 Mile	A. Davey	4:00.21 mins / secs	1992
3000 Metres	A. Davey	8:11.11 mins / secs	1994
5000 Metres	A. Davey	13:54.80 mins / secs	????
10,000 Metres	P. Gaffney	30:59.20 mins / secs	1994
110 Metre Hurdles	S. Carayannopoulos	14.81 secs	2007
400 Metre Hurdles	L. Delaney	54.90 secs	1995
2000 Metre Steeplechase	M. Burke	6:02. 15 mins / secs	1991
3000 Metre Steeplechase	T. Burke	9:12.00 mins / secs	1971
1500 Metre Walk	P. Kennedy	6:33.00 mins / secs	1986
3000 Metre Walk	P. Kennedy	12:54.90 mins / secs	1988
5000 Metre Walk	P. Kennedy	21:44.70 mins / secs	1988
Long Jump	P. Spivey	6.84 metres	1987
Triple Jump	S. Mollica	15.00 metres	1999
High Jump	J. Hunter	2.01 metres	1972
Pole Vault	M. Spivey	4.22 metres	1981
Shot Put	C. Richardson	14.90 metres	1991
Discus	P. Spivey	42.58 metres	1993
Hammer	P. Spivey	70.94 metres	1986
Javelin	M. Rokhamper (old regulations)	82.84 metres	1980
	A. Muscara (new regulations)	63.25 metres	2008
Decathlon	M. Spivey	6371 points	1991
4 x 100 Metres	KSB Open	44.00 secs	1981
4 x 200 Metres	KSB Open	1:33.60 mins / secs	1969
4 x 400 Metres	KSB Under 18	3:32.49 mins / secs	2005
4 x 800 Metres	KSB Open	16:13.33 mins / secs	1992

4 x 1500 Metres	KSB Open	16:13.33 mins / secs	1992
1600 Metre Medley	KSB Open	3:33.85 mins / secs	2002