
RECORDS - MAC SEASON 2009 - Outdoor

**MACKAY
ATHLETICS
CLUB**

**RECORD
HOLDERS
AS AT 30/08/2009**

STARTED 2009 SEASON

These records were achieved by members during normal, at home, club competitions.

Records achieved by members at other venues or interclub competitions are not included.

RECORDS - MAC SEASON 2009 - Outdoor**Female**

	Event	Mark	Date Set	Record Holder	Team Affiliation
03-05	60m Dash	14.04	05-09	Hannah Graham	
	80m Dash	20.78	Aug-22-09	Sophie R.Gall at MAC Club	Mackay Athletics Club
	100m Dash	24.46	05-09	Hannah Graham	
	300m Walk	3:15.00	Aug-22-09	Caitlin Grech at MAC Club	Mackay Athletics Club
	60m Hurdles	16.74	05-09	Hannah Graham	
	High Jump	65m	05-09	Hannah Graham	
	Long Jump	1.75m	Apr-04-09	Hannah Graham	
	Shot Put	3.10m	03-09	Hannah Graham	
	Discus	4.80m	Aug-29-09	Hannah P.Graham at MAC Club	Mackay Athletics Club
	Javelin	Turbo 6.77m	05-09	Hannah Graham	
	06-06	60m Dash	13.05	Jul-18-09	Georgie Dobbs at MAC Club
80m Dash		17.96	Aug-22-09	Georgie Dobbs at MAC Club	Mackay Athletics Club
100m Dash		20.30	06-09	Georgie Dobbs	
300m Walk		2:43.62	06-09	Sophie Van Moolenbroek	
60m Hurdles		15.62	05-09	Georgie Dobbs	
High Jump		60m	Aug-8-09	Georgie Dobbs at MAC Club	Mackay Athletics Club
Long Jump		1.59m	Aug-15-09	Georgie Dobbs at MAC Club	Mackay Athletics Club
Shot Put		3.40m	Aug-1-09	Georgie Dobbs at MAC Club	Mackay Athletics Club
Discus		5.30m	Jul-18-09	Sophie Van Moolenbroek at MAC Club	Mackay Athletics Club
Javelin		turbo 5.33m	03-09	Sophie Van Moolenbroek	
07-07		60m Dash	11.03	Aug-8-09	Kate I.Graham at MAC Club
	80m Dash	14.43	Aug-1-09	Kate I.Graham at MAC Club	Mackay Athletics Club
	100m Dash	18.96	Feb-05-08	Kate Graham	
	200m Dash	3.19	Aug-22-09	Kate I.Graham at MAC Club	Mackay Athletics Club
	300m Walk	1:49.41	06-09	Alexandria Gall	
	60m Hurdles	14.24	Jul-25-09	Kate I.Graham at MAC Club	Mackay Athletics Club
	High Jump	85m	Jul-18-09	Kate I.Graham at MAC Club	Mackay Athletics Club
	Long Jump	2.42m	Aug-1-09	Ellie-May Gall at MAC Club	Mackay Athletics Club
	Shot Put	3.19m	Aug-22-09	Kate I.Graham at MAC Club	Mackay Athletics Club
	Discus	8.51m	Jul-25-09	Rebecca C.Kucks at MAC Club	Mackay Athletics Club
	Javelin	Turbo 6.60m	03-09	Monique Wilson	
08-08	60m Dash	10.36	06-09	Lilly Harvey	
	80m Dash	15.97	Aug-22-09	Jessica Grech at MAC Club	Mackay Athletics Club
	100m Dash	17.50	Jul-25-09	Lilly Harvey at MAC Club	Mackay Athletics Club
	200m Dash	38.20	Aug-1-09	Lilly Harvey at MAC Club	Mackay Athletics Club
	800m Run	3:57.81	Aug-8-09	Jessica Grech at MAC Club	Mackay Athletics Club
	300m Walk	2:11.27	06-09	Lilly Harvey	
	60m Hurdles	13.51	Jul-25-09	Lilly Harvey at MAC Club	Mackay Athletics Club
	High Jump	80m	Jul-18-09	Jessica Grech at MAC Club	Mackay Athletics Club
	Long Jump	2.69m	Jul-25-09	Lilly Harvey at MAC Club	Mackay Athletics Club
	Shot Put	2.55m	Aug-22-09	Jessica Grech at MAC Club	Mackay Athletics Club
	Discus	8.04m	Aug-29-09	Jessica Grech at MAC Club	Mackay Athletics Club
Javelin	Turbo 5.21m	03-09	Lilly Harvey		

RECORDS - MAC SEASON 2009 - Outdoor

09-09	60m Dash		18.83	05-09	Skye Bettridge		
	80m Dash		14.08	Jul-25-09	Emma Carroll at MAC Club	Mackay Athletics Club	
	100m Dash		17.52	Aug-29-09	Emma Carroll at MAC Club	Mackay Athletics Club	
	200m Dash		39.46	06-09	Emma Carroll		
	800m Run		3:45.91	Aug-8-09	Skye Bettridge at MAC Club	Mackay Athletics Club	
	800m Walk		6:00.68	06-09	Louann Kucks		
	High Jump		93m	Aug-15-09	Emma Carroll at MAC Club	Mackay Athletics Club	
	Long Jump		2.43m	Aug-1-09	Skye Bettridge at MAC Club	Mackay Athletics Club	
	Shot Put		5.21m	06-09	Louann Kucks		
	Discus		13.96m	05-09	Louann Kucks		
	Javelin	Turbo		10.75m	05-09	Louann Kucks	
	10-10	60m Dash		9.24	Apr-04-09	Jayayla Doyle	
		80m Dash		12.30	06-09	Hayley Heel	
100m Dash			15.21	Jul-18-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
200m Dash			34.11	Feb-05-09	Jayayla Doyle		
400m Dash			1:22.62	Jul-25-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
800m Run			3:14.38	Jul-18-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
800m Walk			5:38.33	06-09	Renee Wilson		
60m Hurdles			12.84	Jul-25-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
High Jump			1.09m	Jul-25-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
Long Jump			3.13m	Aug-29-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
Shot Put			6.08m	06-09	Jayayla Doyle		
Discus			15.71m	Aug-29-09	Hayley J.Heel at MAC Club	Mackay Athletics Club	
Javelin		Turbo		8.63m	03-09	Brittany Wedemeyer	
11-11	80m Dash		13.02	06-09	Mandy Quirk		
	100m Dash		15.82	05-09	Caitlyn Burn		
	200m Dash		36.58	06-09	Mandy Quirk		
	400m Dash		1:27.78	Jul-25-09	Caitlin Burns at MAC Club	Mackay Athletics Club	
	800m Run		3:35.05	Aug-29-09	Caitlin Burns at MAC Club	Mackay Athletics Club	
	1500m Walk		10:35.05	06-09	Mandy Quirk		
	80m Hurdles		19.46	Aug-15-09	Caitlin Burns at MAC Club	Mackay Athletics Club	
	High Jump		1.10m	Aug-15-09	Caitlin Burns at MAC Club	Mackay Athletics Club	
	Long Jump		2.94m	06-09	Mandy Quirk		
	Shot Put		6.81m	Aug-29-09	MANDY Quirk at MAC Club	Mackay Athletics Club	
	Discus		17.79m	05-09	Mandy Quirk		
	Javelin	Turbo		9.52m	05-09	Mandy Quirk	
	12-12	80m Dash		11.99	Aug-22-09	Clarissa Fourie at MAC Club	Mackay Athletics Club
100m Dash			14.30	Aug-15-09	Clarissa Fourie at MAC Club	Mackay Athletics Club	
200m Dash			31.05	06-09	Clarissa Fourie		
400m Dash			1:19.78	05-09	Clarissa Fourie		
800m Run			3:05.68	Aug-29-09	Clarissa Fourie at MAC Club	Mackay Athletics Club	
1500m Run			7:13.58	05-09	Clarissa Fourie		
1500m Walk			10:07.18	Aug-22-09	Clarissa Fourie at MAC Club	Mackay Athletics Club	
80m Hurdles			17.33	Jul-25-09	Clarissa Fourie at MAC Club	Mackay Athletics Club	
High Jump			1.10m	Aug-22-09	Clarissa Fourie at MAC Club	Mackay Athletics Club	
Long Jump			3.30m	Aug-15-09	Lauren Burke at MAC Club	Mackay Athletics Club	
Triple Jump			7.31m	05-09	Lauren Burke		
Shot Put			5.62m	03-09	Lauren Burke		

RECORDS - MAC SEASON 2009 - Outdoor

	Discus	13.17m	Aug-15-09	Lauren Burke at MAC Club	Mackay Athletics Club
13-17	80m Dash	11.08	Aug-22-09	Emma Newton at MAC Club	Mackay Athletics Club
	100m Dash	13.60	06-09	Mia Cooney	
	200m Dash	29.01	06-09	Emma Newton	
	400m Dash	1:15.58	Aug-15-09	Emma Newton at MAC Club	Mackay Athletics Club
	800m Run	3:12.34	05-09	Emma Newton	
	1500m Run	7:08.65	05-09	Emma Newton	
	1500m Walk	10:36.24	06-09	Emma Newton	
	80m Hurdles	15.43	Aug-15-09	Emma Newton at MAC Club	Mackay Athletics Club
	High Jump	1.45m	Aug-22-09	Emma Newton at MAC Club	Mackay Athletics Club
	Long Jump	4.36m	Aug-15-09	Emma Newton at MAC Club	Mackay Athletics Club
	Triple Jump	9.79m	06-09	Emma Newton	
	Shot Put	7.85m	Feb-05-09	Emma Newton	
	Discus	24.80m	Jul-25-09	Bell Fairburn at MAC Club	Mackay Athletics Club
	Javelin	19.12m	05-09	Emma Newton	

RECORDS - MAC SEASON 2009 - Outdoor

Male

	Event	Mark	Date Set	Record Holder	Team Affiliation
03-05	60m Dash	13.99	05-09	Denzell Matamua	
	80m Dash	18.62	Feb-05-09	Denzell Matamua	
	100m Dash	24.14	05-09	Denzell Matamua	
	300m Walk	3:03.00	Aug-22-09	Benjamin Binney at MAC Club	Mackay Athletics Club
	60m Hurdles	18.08	Aug-15-09	Benjamin Binney at MAC Club	Mackay Athletics Club
	High Jump	58m	03-09	Denzell Matamua	
	Long Jump	1.77m	06-09	Benjamin Binney	
	Shot Put	3.50m	03-09	Ryan Williams	
	Discus	7.50m	03-09	Kieran Leslie	
	Javelin	turbo 6.50m	05-09	Benjamin Binney	
	06-06	60m Dash	11.38	Jul-25-09	Brayden Heel at MAC Club
80m Dash		15.49	06-09	Connor Muscat	
100m Dash		19.31	06-09	Connor Muscat	
300m Walk		2:23.38	06-09	Connor Muscat & Hayden Pullen	
60m Hurdles		13.52	05-09	Connor Muscat	
High Jump		86m	Aug-29-09	Brayden Heel at MAC Club	Mackay Athletics Club
Long Jump		2.27m	Aug-1-09	Connor J.Muscat at MAC Club	Mackay Athletics Club
Shot Put		4.49m	Aug-22-09	Connor J.Muscat at MAC Club	Mackay Athletics Club
Discus		10.34m	Aug-8-09	Brayden Heel at MAC Club	Mackay Athletics Club
Javelin		Turbo 6.80m	03-09	Brayden Heel	
07-07		60m Dash	10.65	Jul-25-09	Harrison Harvey at MAC Club
	80m Dash	14.74	Feb-05-09	Kori Brayshaw	
	100m Dash	18.27	Jul-25-09	Harrison Harvey at MAC Club	Mackay Athletics Club
	200m Dash	40.80	Aug-1-09	Harrison Harvey at MAC Club	Mackay Athletics Club
	300m Walk	2:06.24	06-09	Jayden Suner	
	60m Hurdles	13.37	Jul-25-09	Harrison Harvey at MAC Club	Mackay Athletics Club
	High Jump	80m	Aug-29-09	Kori Brayshaw at MAC Club	Mackay Athletics Club
	Long Jump	2.70m	06-09	Harrison Harvey	
	Shot Put	3.52m	Aug-1-09	Harrison Harvey at MAC Club	Mackay Athletics Club
	Discus	8.62m	05-09	Kori Brayshaw	
	Javelin	turbo 6.63m	03-09	Kori Brayshaw	
08-08	60m Dash	10.65	Jul-25-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	80m Dash	14.00	Aug-22-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	100m Dash	18.31	Jul-25-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	200m Dash	38.58	06-09	Jack Alexandrou	
	800m Run	3:31.93	Aug-29-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	300m Walk	2:06.14	06-09	Jack Alexandrou	
	60m Hurdles	12.87	Jul-25-09	Jack Alexandrou at MAC Club	Mackay Athletics Club
	High Jump	93m	Aug-29-09	Joshua Wilton at MAC Club	Mackay Athletics Club
	Long Jump	2.47m	05-09	Jack Alexandrou	
	Shot Put	3.87m	03-09	Joshua Wilton	
	Discus	9.10m	05-09	Joshua Wilton	
	Javelin	Turbo 6.18m	03-09	Joshua Wilton	

RECORDS - MAC SEASON 2009 - Outdoor

09-09	80m Dash		13.40	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club	
	100m Dash		16.97	Jul-25-09	Kendal Bates at MAC Club	Mackay Athletics Club	
	200m Dash		37.30	06-09	Kendall Bates		
	800m Run		3:13.36	Aug-8-09	Kendal Bates at MAC Club	Mackay Athletics Club	
	800m Walk		5:46.00	Aug-22-09	Kendal Bates at MAC Club	Mackay Athletics Club	
	60m Hurdles		12.74	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club	
	High Jump		1.02m	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club	
	Long Jump		2.86m	06-09	Kendall Bates		
	Shot Put		5.41m	06-09	Lachlan Grech		
	Discus		16.94m	Aug-15-09	Lachlan Grech at MAC Club	Mackay Athletics Club	
	Javelin	Turbo	14.70m	05-09	Lachlan Grech		
	10-10	60m Dash		10.90	Apr-04-09	Cameron Booth	
		80m Dash		13.72	05-09	Matthew Muscat	
		100m Dash		17.08	03-09	Matthew Muscat	
200m Dash			37.96	06-09	Matthew Muscat		
400m Dash			1:31.99	Apr-04-09	Cameron Booth		
800m Run			3:26.86	05-09	Cameron Booth		
800m Walk			5:58.49	06-09	Cameron Booth		
60m Hurdles			15.23	05-09	Matthew Muscat		
High Jump			95m	Apr-04-09	Cameron Booth		
Long Jump			2.64m	03-09	Matthew Muscat		
Shot Put			5.10m	Aug-1-09	Aidyn W.Cross-McKew at MAC Club	Mackay Athletics Club	
Discus			13.64m	Apr-04-09	Matthew Muscat		
Javelin		Turbo	15.10m	05-09	Aidyn Cross-McKew		
11-11		80m Dash		12.11	06-09	Jack Wilson	
	100m Dash		15.58	03-09	Jack Wilson		
	200m Dash		33.11	06-09	Jack Wilson		
	400m Dash		1:19.03	Jul-25-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	800m Run		3:01.32	Aug-8-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	1500m Walk		10:07.81	06-09	Jack Wilson		
	80m Hurdles		18.55	Aug-15-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	High Jump		1.15m	Aug-15-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	Long Jump		3.64m	Aug-1-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	Shot Put		6.41m	Aug-1-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	Discus		18.41m	Aug-15-09	Jack Wilson at MAC Club	Mackay Athletics Club	
	Javelin	Turbo	16.79m	05-09	Jack Wilson		
	12-12	80m Dash		11.87	03-09	Isaac Dickinson	
		100m Dash		15.18	03-09	Isaac Dickinson	
200m Dash			35.43	Aug-29-09	Riley O'Grady at MAC Club	Mackay Athletics Club	
400m Dash			1:31.89	05-09	Lachlan Carroll		
800m Run			3:27.58	Aug-29-09	Lachlan T.Carroll at MAC Club	Mackay Athletics Club	
1500m Run			7:03.08	05-09	Lachlan Carroll		
1500m Walk			11:48.36	06-09	Andrew Hyde		
80m Hurdles			18.14	05-09	Riley O'Grady		
High Jump			1.10m	03-09	Isaac Dickinson		
Long Jump			3.06m	Jul-25-09	Lachlan T.Carroll at MAC Club	Mackay Athletics Club	
Triple Jump			6.90m	Jul-18-09	Andrew Hyde at MAC Club	Mackay Athletics Club	
Shot Put			7.05m	Aug-1-09	Andrew Hyde at MAC Club	Mackay Athletics Club	

RECORDS - MAC SEASON 2009 - Outdoor

	Discus	14.14m	Aug-15-09	Andrew Hyde at MAC Club	Mackay Athletics Club
	Javelin	15.90m	Jul-18-09	Andrew Hyde at MAC Club	Mackay Athletics Club
13-17	80m Dash	11.52	Aug-22-09	James W.Quirk at MAC Club	Mackay Athletics Club
	100m Dash	14.21	Jul-25-09	James W.Quirk at MAC Club	Mackay Athletics Club
	200m Dash	30.05	Aug-29-09	James W.Quirk at MAC Club	Mackay Athletics Club
	400m Dash	1:20.14	Aug-15-09	James W.Quirk at MAC Club	Mackay Athletics Club
	800m Run	2:56.40	Aug-29-09	James W.Quirk at MAC Club	Mackay Athletics Club
	1500m Run	6:36.31	Aug-29-09	James W.Quirk at MAC Club	Mackay Athletics Club
	1500m Walk	10:36.80	06-09	James Quirk	
	80m Hurdles	20.42	Jul-25-09	James W.Quirk at MAC Club	Mackay Athletics Club
	High Jump	1.20m	06-09	James Quirk	
	Long Jump	4.20m	Jul-25-09	James W.Quirk at MAC Club	Mackay Athletics Club
	Triple Jump	8.96m	Aug-29-09	James W.Quirk at MAC Club	Mackay Athletics Club
	Shot Put	6.93m	Jun-06-09	James Quirk	
	Discus	22.63m	Jul-25-09	James W.Quirk at MAC Club	Mackay Athletics Club
	Javelin	17.40m	Aug-29-09	James W.Quirk at MAC Club	Mackay Athletics Club