

WAITAKERE CITY ATHLETIC SENIOR OPEN CLUB MEN BESTS (SUBJECT TO CHALLENGE!)

100m	Gary Henley-Smith	10.40	1977
200m	Cameron Taylor	20.74	23 May 1992 Houston, Texas
400m	Lex Revell-Lewis	47.49	20 Feb 2022, Auckland
800m	Derek Renz	1.52.17	Mar-89
1500m	Simon Rogers	3.44.56	10 June 2017 Nashville, Tennessee
3000m	Simon Rogers	8.16.47	18 Jan 2019, Wellington
5000m	Vaughan McCullough	15.06.90	Mar-89
10000m			
3000m SC	Kyle Dransfield *	8.50.83	1993 (National Title)
5000m Walk	Scott Nelson **	20.22.90	Mar-93
20km Road Walk	Scott Nelson **	1hr 25.26	Mar-93
110m Hurdles	Aaron Booth	15.32	6 June 2019, Texas
400m Hurdles	Zion Armstrong **	51.24	9 March 1997, Christchurch
Long Jump	Aaron Booth	7.27m	17-Apr-21
High Jump	William Crayford	2.15m	19 February 2011, Hamilton
Triple Jump	Trevor Walker *	15.48m	1983 (National Title)
Pole Vault	Aaron Booth	4.80m	10 July 2019 Naples, Italy
Javelin	Aaron Booth	62.44m	31 March 2017, Sydney
Shot Put	Benedict Chong-Wong	15.75m	29 March 2014, Wellington
Discus	Joe Antunovich	60.60m	8 May 1971, California
Hammer	Billy Panaho	41.90m	April 1989, Auckland
Decathlon	Aaron Booth	7827 points	10 July 2019 Naples, Italy

** Faster times run/walk, but had changed clubs.

* May have run faster or jumped further.

All performances subject to others contending with better times, heights, distances.