

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	46.12	10 March 2024, 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 (800g)	Aaron Booth	62.44m	31 March 2017, Sydney
Shot Put (7.26kg)	Blessing Sefo	16.48m	14 April 2024, Adelaide Australia
Discus (2kg)	Joe Antunovich	60.60m	8 May 1971, California
Hammer (7.26kg)	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.

