

ACTLAA BEST PERFORMANCE RECORDS

Note: Due to the use of Electronic Timing at ACTLAA carnivals held at Bruce Stadium, the following Track Event Records have been standardised. This means that where only a Hand Held record performance is available, this result is standardised to Electronic Timing by adding 0.24 seconds up to 300metres and .14 for 400m (ie 10 seconds Hand Held is equivalent to 10.24 seconds Standardised - "10.24s/S").

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/7 BOYS				
Long Jump	M.Beckenham	3.70m	Qbn	1983
Shot Put (1kg)	K.Kouparitsas	8.85m	Cor	Mar-94
U/8 BOYS				
50 Metres	J.Pilliner	8.04s/S	Gin	Mar-91
70 Metres	T.Harper	10.34s/S	Wes	1978
100 Metres	T.Harper	14.24s/S	Wes	1978
200 Metres	D.Toohey	30.64s/S	Wes	Mar-87
60 M Hurdles	J. Tsekenis	11.52s/E	Wes	Apr-05
Long Jump	M.Beckenham	4.05m	Qbn	1984
Shot Put (1.5kg)	K.Kouparitsas	9.77m	Cor	Feb-95
Discus (500g)	A.King	25.56m	Cor	<85

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/7 GIRLS				
Long Jump	M.Kelly	3.38m	Qbn	Feb-95
Shot Put (1kg)	S. Rauraa	7.33m	Gin	Nov-16
U/8 GIRLS				
50 Metres	G. O'Rourke	8.10s/E	Wod	Mar-03
70 Metres	K.McDonald	11.04s/S	Bel	Mar-90
100 Metres	G. O'Rourke	15.59s/E	Wod	Mar-03
200 Metres	K.Smith	31.64s/S	Wod	1980
60 M Hurdles	V. Chard	11.45s/E	Qbn	Mar-03
Long Jump	M.Kelly	4.07m	Qbn	Mar-96
Shot Put (1.5kg)	S. Rauraa	8.85m	Gin	Dec-17
Discus (500g)	S.Read	21.62m	Cor	1983

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EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/9 BOYS				
70 Metres	M. Sloan	10.34s/S	Nar	Feb-93
	R. Williams	10.34s/S	Wes	Mar-93
100 Metres	C.Newman	13.74s/S	Qbn	1977
200 Metres	T.Harper	29.14s/S	Wes	1979
400 Metres	N.Brown	1:06.04s/S	Bel	1981
800 Metres	N.Brown	2:30.24s/S	Bel	1981
700 M Walk	J.Wagstaff	3:45.44s/S	Bel	Mar-95
60 M Hurdles	D. Outram	10.54s/E	Wod	Mar-15
Long Jump	R.Kenworthy	4.48m	Qbn	<85
High Jump	P.Gooday	1.29m	Gin	77-78
	B.Coutts	1.29m	Gin	Mar-88
Shot Put (2kg)	T.Martin	9.59m	Tug	Feb-89
Discus (500g)	S.Dickie	28.90m	Tug	1983

U/10 BOYS				
70 Metres	R. McLean	10.03s/E	Qbn	Mar-01
100 Metres	D.Kite	13.54s/S	Qbn	Feb-86
200 Metres	C.Newman	26.94s/S	Qbn	1978
400 Metres	C.Newman	1:04.14s/S	Qbn	1978
800 Metres	S.Hayes	2:23.44s/S	Tug	Mar-91
1500 Metres	N.Brown	4:52.54s/S	Bel	1982
1100 M Walk	T. Hunt	5:47.75s/E	Bel	Mar-15
60 M Hurdles	M. Bailes	10.44s/S	Wod	Mar-99
Long Jump	T.Harper	4.94m	Wes	1980
High Jump	N.Bahnsen	1.43m	Gin	Mar-97
Shot Put (2kg)	K. Kouparitsas	10.71m	Tug	Feb-97
Discus (500g)	K. Reilly	33.78m	Cal	Mar-10

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/9 GIRLS				
70 Metres	A.Coddington	10.64s/S	Bel	Mar-98
100 Metres	G. O'Rourke	14.45s/E	Wod	Apr-04
200 Metres	M.Kelly	30.04s/S	Qbn	Mar-97
400 Metres	M.Prebble	1:07.94s/S	Bel	Mar-92
800 Metres	A.Ellwood	2:44.64s/S	Wes	Mar-87
700 M Walk	N.Wagstaff	3:29.94s/S	Wes	Mar-92
60 M Hurdles	E. van den Heuvel	10.52s/E	Ginn	Mar-17
Long Jump	M.Kelly	4.19m	Qbn	Mar-97
High Jump	M.Still	1.23m	Qbn	1982
Shot Put (2kg)	S.Read	7.62m	Cor	1984
Discus (500g)	S.Read	27.82m	Cor	1984

U/10 GIRLS				
70 Metres	J. LeFlay Schrooder	10.06s/E	Wod	Mar-00
100 Metres	J.Cowie	14.04s/S	Cor	<85
200 Metres	J. Hynes	29.30s/E	Gin	Mar-16
400 Metres	E.Jagger	1:06.34s/S	Wes	79/80
800 Metres	A.Ellwood	2:34.64s/S	Wes	Mar-88
1500 Metres	A.Ellwood	5:18.54s/S	Wes	Feb-88
1100 M Walk	L. Burns	5:42.49s/E	Bel	Mar-14
60 M Hurdles	C. Jamieson	10.41s/E	Beg	Mar-04
Long Jump	H.Kennedy	4.40m	Cor	Mar-90
High Jump	C. Jamieson	1.32m	Beg	Apr-04
Shot Put (2kg)	S. Brennan	8.74m	Cal	Feb-16
Discus (500g)	S.Read	29.20m	Cor	1985

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EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/11 BOYS				
100 Metres	D.Kite	13.14s/S	Qbn	Mar-87
200 Metres	C.Newman	27.14s/S	Qbn	1979
400 Metres	C.Newman	57.74s/S	Qbn	1979
800 Metres	D.Adams	2:20.14s/S	Wod	<85
1500 Metres	N.Brown	4:46.84s/S	Bel	1983
1100 M Walk	S. Burns	5:26.42s/E	Bel	Mar-13
60 M Hurdles	D. Unger	10.00s/S	Bel	Feb-11
Long Jump	S.Clarke	5.20m	Wes	82-83
Triple Jump	S.Clarke	10.38m	Wes	82-83
High Jump	R.Higginbotham	1.54m	Gin	Feb-94
Shot Put (2kg)	K.Kouparitsas	12.69m	Tug	Feb-98
Discus (500g)	O. Andrews	37.53m	Wod	Mar-19
Discus (750g)	T.Martin	37.46m	Tug	Mar-91
Javelin (400g)	H.Schofield	32.84m	Cor	Mar-98
U/12 BOYS				
100 Metres	S. Sheppard	12.73s/E	Gin	Mar-00
200 Metres	S. Sheppard	26.07s/E	Gin	Mar-00
400 Metres	C.Newman	57.94s/S	Qbn	1980
800 Metres	D.Adams	2:19.24s/S	Wod	<85
1500 Metres	N.Brown	4:33.34s/S	Bel	1984
1500 M Walk	J.Plested	6:49.44s/S	Bel	Apr-91
60 M Hurdles	C. Stevens	9.86s/E	Tug	Mar-00
Long Jump	S.Clarke	5.56m	Wes	83-84
Triple Jump	A. Tetteh	11.24m	Gin	Mar-16
High Jump	S.Crowe	1.57m	Bel	Mar-96
Shot Put (3kg)	G.Mace	12.19m	Gin	Mar-88
Discus (750g)	T.Martin	42.22m	Tug	Feb-92
Javelin (400g)	T.Martin	39.90m	Tug	Mar-92

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/11 GIRLS				
100 Metres	A.Fowawa	13.04s/S	Wod	<85
200 Metres	M.Mackie	28.04s/S	Wod	1983
400 Metres	H. Wortley	1:02.74s/E	Coo	Apr-04
800 Metres	B. Reilly	2:26.45s/E	Cal	Mar-08
1500 Metres	N. Torley	5:102.11s/E	Wes	Mar-08
1100 M Walk	T.Smith	5:32.34s/S	Bel	Mar-95
60 M Hurdles	A. Coddington	10.13s/E	Bel	Mar-00
Long Jump	M.Mackie	4.83m	Wod	1983
Triple Jump	A. Thompson	9.73m	Qbn	Mar-10
High Jump	S. Davis	1.43m	Bel	Mar-06
Shot Put (2kg)	M. Fleming	10.55m	Cal	Mar-02
Discus (500g)	S. Adams	29.21m	Coo	Mar-19
Discus (750g)	A.Butler	32.90m	Tug	1984
Javelin (400g)	E. Vredenbregt	26.68m	Qbn	Mar-07
U/12 GIRLS				
100 Metres	A. Coddington	13.09s/E	Bel	Mar-01
200 Metres	C. Smith	26.52s	Gin	Mar-18
400 Metres	Z. Buckman	1:00.36s/E	Qbn	Mar-01
800 Metres	L.Molony	2:18.64s/S	Bel	80-81
1500 Metres	L.Molony	4:52.54s/S	Bel	80-81
1500 M Walk	T.Smith	7:26.94s/S	Bel	Mar-96
60 M Hurdles	A. Flanagan	10.14s/E	Cor	Apr-04
Long Jump	M.Mackie	5.00m	Wod	1984
	M.Still	5.00m	Qbn	1985
Triple Jump	A.Minns	10.63m	Wes	83-84
High Jump	T. Evans	1.57m	Beg	Mar-14
Shot Put (2kg)	S.Read	12.17m	Cor	Mar-87
Discus (750g)	G.Price	36.06m	Coo	Apr-91
Javelin (400g)	K. Clarke	30.55m	Beg	Mar-02

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U/13 BOYS				
100 Metres	S. Sheppard	11.74s/S	Gin	Apr-01
200 Metres	S. Sheppard	23.92s/E	Gin	Mar-01
400 Metres	M.Beckenham	55.24s/S	Qbn	Mar-89
800 Metres	H. Todd	2:06.61s	Gin	Apr-18
1500 Metres	G.Davidson	4:20.44s/S	Wes	Apr-96
1500 M Walk	J.Plested	6:39.84s/S	Bel	Mar-92
80 M Hurdles	J. Kalozi	12.11s/E	Mul	Apr-18
200 M Hurdles	R. Rakete	27.66s/E	Mul	Feb-16
Long Jump	M.Beckenham	5.82m	Qbn	Mar-89
Triple Jump	M.Beckenham	11.79m	Qbn	Mar-89
High Jump	A.Read	1.67m	Cor	1983
	B.White	1.67m	Cal	Apr-97
Shot Put (3kg)	G.Mace	17.02m	Gin	Mar-89
Discus (750g)	S. Davis	25.31m	Coo	Feb-19
Discus (1kg)	T.Martin	44.92m	Tug	Mar-93
Javelin (600g)	K. Kouparitsas	44.10m	Cor	Apr-00

U/14 BOYS				
100 Metres	B. Hollingworth Dessent	11.40s/E	Mul	Mar-14
200 Metres	S. Sheppard	22.82s/E	Bel	Mar-02
400 Metres	N. Perry	53.47s/E	Cal	Mar-16
800 Metres	H.Todd	2:02.02s/E	Gin	Mar-19
1500 Metres	H.Todd	4:23.33s/E	Gin	Mar-19
1500 M Walk	C. Frew	6:46.66s/E	Cal	Mar-15
90 M Hurdles	B. Hollingworth Dessent	12.14s/E	Mul	Mar-14
200 M Hurdles	N. Perry	26.58s/E	Cal	Feb-16
Long Jump	J. Church	6.14m	Wod	Mar-15
Triple Jump	N. Perry	12.65m	Cal	Mar-16
High Jump	B.Halliday	1.80m	Cal	Mar-95
Shot Put (3kg)	J. Church	16.09m	Wod	Mar-15
Shot Put (4kg)	G. Mace	16.03m	Gin	Feb-90
Discus (1kg)	T. Martin	52.44m	Tug	Mar-94
Javelin (600g)	T. Martin	47.88m	Tug	Mar-94

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/13 GIRLS				
100 Metres	A. Coddington	12.74s/E	Bel	Mar-02
200 Metres	A. Leszczynska	26.18s/E	Gun	Apr-13
400 Metres	Z. Buckman	57.54s/S	ACT	Apr-02
800 Metres	A. Neumaier	2:17.83s/E	Wod	Mar-00
1500 Metres	A. Neumaier	4:43.04s/S	ACT	Apr-00
1500 M Walk	Z. Hunt	6:50.07s/E	Bel	Mar-11
80 M Hurdles	A. Leszczynska	12.76s/E	Gun	Apr-13
200 M Hurdles	A. Pryor	29.89s/E	Wod	Mar-14
Long Jump	E. Prince	5.16m	Wod	Mar-08
Triple Jump	A. Thompson	11.64m	Qbn	Apr-12
High Jump	T. Evans	1.67m	Beg	Mar-15
Shot Put (3kg)	M. Fleming	11.47m	Cal	Apr-04
Discus (750g)	S.Riley	37.30m	Lan	Feb-97
Javelin (400g)	K. Clarke	35.41m	Beg	Mar-03

U/14 GIRLS				
100 Metres	S. Pollard	12.26s/E	Qbn	Nov-08
200 Metres	S. Pollard	25.84s/E	Qbn	Feb-09
400 Metres	B. Reilly	59.65s/E	Cal	Mar-11
800 Metres	E. Pluck	2:17.65s/E	Tug	Apr-04
1500 Metres	B. Reilly	4:52.72s/E	Cal	Mar-11
1500 M Walk	J.Strangman	7:09.64s/S	Gin	Mar-90
80 M Hurdles	C. Jamieson	12.69s/E	Beg	Mar-08
200 M Hurdles	I. Laing	29.04s/E	Qbn	Mar-14
Long Jump	A. Thompson	5.79m	Qbn	Mar-13
Triple Jump	A. Thompson	11.58m	Qbn	Mar-13
High Jump	C. Jamieson	1.70m	Beg	Mar-08
Shot Put (3kg)	A.Butler	11.99m	Tug	Mar-87
Discus (1kg)	A.Butler	37.42m	Tug	Mar-87
Javelin (400g)	E. Pease	39.38m	Bel	Mar-16
Javelin (600g)	K. Clarke	33.33m	Beg	Apr-04

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U/15 BOYS				
100 Metres	W. McNamara	11.35/E	Mul	Nov-07
200 Metres	L. Davies	23.57s/E	Beg	Feb-16
400 Metres	M. Fahey	52.39s/E	Lan	Mar-00
800 Metres	C. Tucker	1:58.84s/S	Tug	Apr-94
1500 Metres	A. Noor	4:15.56s/E	Gin	Mar-19
1500 M Walk	C. Frew	6:22.26s/E	Cal	Feb-16
100 M Hurdles	J. Reis	13.34s/S	ACT	Apr-03
200 M Hurdles	M. Walters	26.88s/E	Gin	Mar-14
300 M Hurdles	N. Perry	42.44s/E	Cal	Mar-17
Long Jump	M. Beckenham	6.72m	Qbn	Apr-91
Triple Jump	Y. Adeyemi	13.03m	Wod	Feb-16
High Jump	C. Thompson	1.87m	Qbn	Mar-96
Shot Put (4kg)	G. Mace	16.58m	Gin	Jan-91
Discus (1kg)	T. Martin	59.32m	Tug	Feb-95
Javelin (600g)	T. Woods	53.77m	Qbn	Mar-00
Javelin (700g)	I. Oren	51.50m	ACT	Apr-19
U/16 BOYS				
100 Metres	E. Nketia	11.03s/E	Wod	Mar-17
200 Metres	E. Nketia	22.57s/E	Wod	Mar-17
400 Metres	A. Plummer	51.98s/E	Lan	Mar-14
800 Metres	J. Davill	2:03.01s/E	Gin	Mar-19
1500 Metres	J. Davill	4:16.28s/E	Gin	Mar-19
1500 M Walk	C. Frew	6:09.33s/E	Cal	Mar-17
100 M Hurdles	M. Walters	13.76s/E	Gin	Mar-15
200 M Hurdles	M. Walters	25.98s/E	Gin	Mar-15
300m Hurdles	H. Francis	43.82s/E	Gin	Mar-19
Long Jump	K. Allan	6.40m	Gun	Mar-15
Triple Jump	D. Bartholomaeus	13.46m	Wod	Mar-19
High Jump	K. Allan	1.97m	Gun	Mar-15
Shot Put (4kg)	S. Fraser	14.30m	Gin	Mar-17
Discus (1kg)	A. Taumasina	52.07m	Cal	Mar-18
Javelin (700g)	J. Kremer	53.13m	Mul	Mar-16

EVENT	ATHLETE	PERFORMANCE	CENTRE	DATE
U/15 GIRLS				
100 Metres	M. Breen	12.46s/E	Tug	Nov-04
200 Metres	M. Breen	25.64s/E	Tug	Apr-05
400 Metres	A. Blackburn	56.61s/E	Boo	Apr-04
800 Metres	K. Small	2:12.24s/E	Wod	Feb-16
1500 Metres	K. Small	4:41.02s/E	Cal	Feb-16
1500 M Walk	E. Hosking	6:49.97s/E	Wod	Mar-10
90 M Hurdles	A. Laing	13.20s/E	Qbn	Apr-13
200m Hurdles	A. Laing	28.06s/E	Qbn	Mar-13
300 M Hurdles	C. Waddell	48.90s	Mul	Mar-18
Long Jump	N. Burgess	5.52m	Coo	Mar-07
Triple Jump	N. Burgess	11.33m	Coo	Mar-07
High Jump	C. Jamieson	1.70m	Beg	Mar-09
Shot Put (3kg)	J. Jarvis	12.61m	Gou	Feb-19
Discus (1kg)	C. Blyton	35.84m	Coo	Mar-91
Javelin (500g)	E. Pease	40.22m	Bel	Mar-17
Javelin (600g)	K. Clarke	37.01m	Beg	Apr-05
U/16 GIRLS				
100 Metres	M. Sturgiss	12.60s	Gin	Mar-18
200 Metres	G. Brennan	25.58s/E	Wod	Feb-16
400 Metres	C. Hopkins	59.68s/E	Qbn	Mar-14
800 Metres	O. O'Donnell	2:15.20s/E	Tug	Feb-16
1500 Metres	O. O'Donnell	4:42.00s/E	Tug	Feb-16
1500 M Walk	Z. Hunt	6:48.67s/E	Bel	Mar-14
90 M Hurdles	T. Wyllie	14.13s	Wod	Mar-19
100 M Hurdles	A. Thompson	14.95s/E	Qbn	Mar-16
200 M Hurdles	A. Thompson	28.61s/E	Qbn	Mar-15
300m Hurdles	M. Sturgiss	46.33s	Gin	Mar-18
Long Jump	G. Brennan	6:01m	Wod	Feb-16
Triple Jump	A. Thompson	11.56m	Qbn	Mar-15
High Jump	J. Alley	1.65m	Wod	Mar-18
Shot Put (3kg)	K. Woolley-Blain	11.94m	Beg	Mar-18
Discus (1kg)	L. Pease	34.26m	Bel	Feb-16
Javelin (500g)	K. Woolley-Blain	44.26m	Beg	Mar-18

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U/17 BOYS					U/17 GIRLS				
100 Metres	A. Adeyemi	11.26s	Wod	Mar-18	100 Metres	A. Thompson	12.76s/E	Qbn	Mar-16
200 Metres	M. Walters	22.94s/E	Gin	Mar-16	200 Metres	A. Thompson	25.51s/E	Qbn	Mar-16
400 Metres	M. Walters	51.43s/E	Gin	Mar-16	400 Metres	C. Hopkins	58.77s/E	Qbn	Mar-15
800 Metres	H. McKenzie	1.58.35s/E	Cal	Mar 15	800 Metres	M. Sturgiss	2:22.70s/E	Gin	Mar-19
1500 Metres	R. Noor	4:09.33s/E	Gin	Mar 19	1500 Metres	C. Maguire	5:03.14s/E	Wod	Mar-17
1500 M Walk	C. Frew	5.50.5s	Cal	Mar-18	1500 M Walk	Z. Hunt	6:38.47s/E	Bel	Mar-15
100 M Hurdles	E. Lukowski	13.23s	wod	Mar-18	100 M Hurdles	A. Thompson	14.95s/E	Qbn	Mar-16
200 M Hurdles	M. Walters	25.15s/E	Gin	Feb-16	200 M Hurdles	C. Hopkins	28.87s/E	Qbn	Mar-15
300 M Hurdles	J. Todd	42.26s	Gin	Mar-19	300 M Hurdles	M. Sturgiss	45.16s/E	Gin	Mar-19
Long Jump	R. Allen	6.77m	Gun	Mar 14	Long Jump	G. Brennan	5.78m	Wod	Mar-17
Triple Jump	E. Lukowski	14.03m	Wod	Mar-18	Triple Jump	E. Millington	11.63m	Wod	Mar-18
High Jump	V. Hauge- Duval	1.95m	Cal	Dec-18	High Jump	J. Alley	1.70m	Wod	Dec-18
Shot Put (5kg)	S. Fraser	14.33m	Gin	Mar-18	Shot Put (3kg)	E. Pease	11.96m	Bel	Feb-19
Discus (1.5kg)	G. Zucchetto	44.79m	Mul	Mar-16	Discus (1kg)	T. Grady	37.34m	Cal	Mar-15
Javelin (700g)	J. Kremer	61.48m	Mul	Mar 17	Javelin (500g)	K. Woolley-Blain	41.52m	Beg	Mar-19
U/16/17 BOYS					U/16/17 GIRLS				
100 Metres	N. Vecchi	11.04s/S	Gun	Nov 11	100 Metres	E. Prince	12.74s/S	Wod	Nov-11
200 Metres	A. Gould	23.44s/E	Bel	Mar 10	200 Metres	E. Budnick	26.65s/E	Qbn	Mar-03
400 Metres	L. Calvert	51.98s/E	Bel	Mar 11	400 Metres	N. Tanks	59.10s/E	Lan	Mar-11
800 Metres	L. Calvert	2.06.45s/E	Bel	Mar 11	800 Metres	L. Winterflood	2.27.40s/E	Beg	Mar-07
1500 Metres	M. Johnsen	4.26.85s/E	Mor	Apr 04	1500 Metres	L. Winterflood	5.06.78s/E	Beg	Mar-07
1500 M Walk	H. Bates	6.32.30s/E	Cal	Mar-11	1500 M Walk	E. Hosking	6.47.16s/E	Wod	Mar-11
100 M Hurdles	A. Gould	13.38s/E	Bel	Mar 10	100 M Hurdles	N. Burgess	16.03s/E	Coo	Nov-08
200 M Hurdles	A. Gould	24.70s/E	Bel	Mar 11	200 M Hurdles	R. Gillard	29.50s/E	Mul	Mar-11
Long Jump	A. Gould	6.72m	Bel	Mar 11	Long Jump	E. Vredembregt	5.37m	Gun	Nov-11
Triple Jump	J. Walters	12.98m	Bel	Mar 11	Triple Jump	E. Prince	5.37m	Wod	Mar-12
High Jump	T. Madsen	1.90m	Cor	Dec 08	High Jump	R. Byrne	10.79m	Coo	Mar-03
Shot Put (5kg)	W. Ganzerla	13.78m	Qbn	Feb 10	Shot Put (4kg)	R. Gillard	1.57m	Mul	Mar-11
Discus (1.5kg)	T. Preece	42.06m	Tug	Mar 09	Shot Put (3kg)	J. Wozniak	9.63m	Wod	Mar-06
Javelin (700g)	K. Cranston	52.95m	Mul	Mar 08	Shot Put (3kg)	E. Prince	11.05m	Wod	Mar-12
					Discus (1kg)	E. Prince	39.03m	Wod	Nov-11
					Javelin (600g)	N. Tanks	31.74m	Lan	Mar-11
					Javelin (500g)	M. Griffin	29.85m	Tug	Mar-12