

Wyndham Track & Field Awards Honour Board

Year	Best Female Athlete	Best Male Athlete	Seasons Most Improved	
2014	Dana Delaney	Christopher Mitrevski		
2015	Kristen Smith	Christopher Mitrevski	Under 16 Under 20	Tyrone Sienna Thomas Oski
2016	Senghon Thin	Christopher Mitrevski	Under 16 Under 20 Open	Cynthia Panakkal Thomas Oski Leigh Lewellin

In 2017 four new awards are being introduced as follows;

- Best Para Athlete
- Best Masters Athlete
- Most Valued Club Person
- Club Champion

CLUB
RECORDS

CLUB RECORDS - WOMEN

Event	Name	Performance	Date
100m	Kristen Smith	13.21s	16/11/2013
200m	Kristen Smith	26.95s	30/11/2013
400m	Emily Barrow	73.71s	29/10/2016
800m	Emily Barrow	3:01.1s	12/11/2016
1,500m	Arnika Nelson	6:25.3s	15/10/2016
3,000m	Arnika Nelson	15:33.7s	14/01/2017
2,000m Walk	Arnika Nelson	10:45.3s	29/10/2016
3,000m Walk	Arnika Nelson	16:16.20s	6/11/2016
High Jump	Kristen Smith	1.56m	16/11/2013
Long Jump	Kristen Smith	5.39m	16/11/2013
Triple Jump	Kristen Smith	11.54m	12/01/2013
Shot Put	Kristen Smith	10.36m	5/03/2016
Discus Throw	Kristen Smith	30.73m	7/02/2015
Javelin Throw	Kristen Smith	21.70m	6/12/2014
Hammer Throw	Kristen Smith	28.76m	5/03/2016

AGE GROUP RECORDS

Women Open

Event	Name	Performance	Date
100m	Kristen Smith	13.21s	16/11/2013
200m	Kristen Smith	26.95s	30/11/2013
High Jump	Kristen Smith	1.56m	16/11/2013
Long Jump	Kristen Smith	5.39m	16/11/2013
Triple Jump	Kristen Smith	11.54m	12/01/2013
Shot Put	Kristen Smith	10.36m	5/03/2016
Discus Throw	Kristen Smith	30.73m	7/02/2015
Javelin Throw	Kristen Smith	21.70m	6/12/2014
Hammer Throw	Kristen Smith	28.76m	5/03/2016

Women U20

Event	Name	Performance	Date
100m	Dana Delaney	14.29s	11/11/2014
200m	Dana Delaney	29.16s	23/11/2014
High Jump	Dana Delaney	1.10m	19/10/2014
Long Jump	Dana Delaney	4.56m	25/10/2014
Triple Jump	Dana Delaney	10.64m	1/11/2014

Women U18

Event	Name	Performance	Date
100m	Dana Delaney	14.03s	16/11/2013
200m	Dana Delaney	28.8s	19/10/2013
400m	Jean Mcghee	76.94s	25/10/2014
800m	Jean Mcghee	3:23.0s	19/10/2014
Long Jump	Dana Delaney	5.07m	3/08/2014
Triple Jump	Dana Delaney	10.73m	26/10/2013

Event	Name	Performance	Date
Discus Throw	Aian Ajong	15.57m	20/11/2016
Javelin Throw	Dana Delaney	12.24m	16/11/2013

Women U17

Event	Name	Performance	Date
100m	Cynthia Panakkal	13.56s	25/02/2017
200m	Cynthia Panakkal	28.69s	4/03/2017
400m	Cynthia Panakkal	79.70s	7/01/2017
Long Jump	Cynthia Panakkal	4.13m	21/01/2017
Triple Jump	Cynthia Panakkal	8.71m	14/01/2017
Shot Put	Cynthia Panakkal	6.77m	14/01/2017
Discus Throw	Jessica Parker	20.41m	25/02/2017

Women U16

Event	Name	Performance	Date
100m	Cynthia Panakkal	13.73s	20/11/2016
200m	Cynthia Panakkal	29.65s	8/10/2016
400m	Kristiana Sienna	73.82s	22/11/2015
800m	Kristiana Sienna	3:05.1s	24/10/2015
Long Jump	Alyssa Maleko	4.05m	21/01/2017
Triple Jump	Cynthia Panakkal	8.52m	3/12/2016
Shot Put	Alyssa Maleko	9.41m	5/03/2017
Discus Throw	Alyssa Maleko	21.96m	26/02/2017
Javelin Throw	Jessica Parker	16.32m	10/12/2016
Hammer Throw	Alyssa Maleko	31.63m	4/03/2017
4 X 100m	Jessica Parker	56.57s	20/11/2016

Emily Barrow
Alyssa Maleko
Cynthia Panakkal

Event	Name	Performance	Date
4 X 200m Relay	Jessica Parker Alyssa Maleko Emily Barrow Cynthia Panakkal	2:11.71s	8/10/2016

4 X 400m Relay

Jessica Parker
Emily Barrow
Alyssa Maleko
Cynthia Panakkal

5:26.42s
12/11/2016

Women U15

Event	Name	Performance	Date
100m	Cynthia Panakkal	13.65s	22/11/2015
200m	Emily Barrow	31.66s	15/12/2016
400m	Emily Barrow	73.71s	29/10/2016
800m	Emily Barrow	3:01.1s	12/11/2016
1,500m	Emily Barrow	6:08.00s	29/10/2016
3,000m	Arnika Nelson	15:33.7s	14/01/2017
2,000m SC	Arnika Nelson	9:39.00s	21/01/2017
2000m Walk	Arnika Nelson	10:11.7s	12/02/2017
3,000m Walk	Arnika Nelson	17:05.71s	3/03/2017
Long Jump	Alyssa Maleko	3.92m	29/10/2016
Triple Jump	Alyssa Maleko	8.22m	3/12/2016
Shot Put	Alyssa Maleko	9.24m	3/12/2016
Discus Throw	Alyssa Maleko	25.06m	24/01/2016
Javelin Throw	Alyssa Maleko	18.31m	10/12/2016
Hammer Throw	Alyssa Maleko	28.91m	3/12/2016

Women U14

Event	Name	Performance	Date
100m	Alexis Hunter	15.76s	15/11/2014
200m	Arnika Nelson	33.29s	12/11/2016
400m	Alexis Hunter	76.29s	25/10/2014
800m	Alexis Hunter	3:03.06s	18/12/2014
1,500m	Arnika Nelson	6:25.3s	15/10/2016
2,000m Steeple	Arnika Nelson	9:44.4s	29/10/2016
1,500m Walk	Arnika Nelson	7:38.7s h	22/10/2016
2,000m Walk	Arnika Nelson	10:45.3s	29/10/2016
3,000m Walk	Arnika Nelson	16:16.20s	6/11/2016
Long Jump	Arnika Nelson	3.62m	15/10/2016
Triple Jump	Arnika Nelson	8.02m	22/10/2016
Shot Put	Starissa Leniu	7.96m	19/10/2014
Discus Throw	Alyssa Maleko	16.74m	15/02/2015
Javelin Throw	Alyssa Maleko	11.18m	22/11/2015

Para Women

Event	Name	Performance	Date
100m	Senghon Thin	17.37s	26/02/2017
200m	Senghon Thin	29.69s	8/10/2016
400m	Senghon Thin	87.98s	29/10/2016

CLUB RECORDS - MEN

Event	Name	Performance	Date
100m	Christopher Mitrevski	10.65s	14/02/2015
200m	Christopher Mitrevski	21.25s	24/01/2016
400m	Leigh Lewellin	50.66s	16/01/2016
800m	Leigh Lewellin	1:53.03s	27/02/2016
1,500m	Leigh Lewellin	4:12.50s	29/10/2016
3,000m	Joaquin Aragon	11:43.65s	17/01/2015
5,000m	Scott Nelson	21:47.9s	3/12/2016
110m H	Joshua Hayes	15.72s	22/11/2015
400m H	Christopher Mitrevski	59.06s	6/02/2016
3,000m SC	Scott Nelson	12:50.87s	12/02/2017
2,000m Walk	Scott Nelson	9:07.2s	12/02/2017
3,000m Walk	Scott Nelson	14:20.1s	3/12/2016
5 Km Walk	Scott Nelson	25:55.0s	20/11/2016
High Jump	Christopher Mitrevski	2.00m	30/01/2016
Pole Vault	Daniel Pagnocolo	2.65m	12/02/2017
Long Jump	Christopher Mitrevski	7.75m	3/04/2016
Triple Jump	Mitchell Fontaine	15.50m	28/03/2015
Shot Put	Joshua Hayes	10.30m	3/12/2016
Discus Throw	Joshua Hayes	36.70m	10/10/2015
Javelin Throw	Joshua Hayes	41.73m	14/12/2013
Hammer Throw	Darius Lewis	23.97m	3/12/2016
4 X 100m Relay	Paul Parker	42.55s	29/11/2014
	Joshua Hayes		
	Christopher Mitrevski		
	Carl Van Der Speck		
	Christopher Mitrevski	1:33.90s	24/10/2015
	Thomas Oski		
	Tyrone Sienna		
	Yuvraj Shingh		
	Christopher Mitrevski	3:31.10s	6/02/2016
	Tom Oski		
	Yuvraj Brar Singh		
	Rudradeb Chatterjee		
	Christopher Mitrevski	3:32.17s	28/11/2015
	Joshua Hayes		
	Paul Parker		
	Leigh Lewellin		

Medley Relay

AGE GROUP RECORDS

Men Open

Event	Name	Performance	Date
100m	Christopher Mitrevski	10.79s	23/01/2016
200m	Christopher Mitrevski	21.25s	24/01/2016
400m	Leigh Lewellin	50.66s	16/01/2016
800m	Leigh Lewellin	1:53.03s	27/02/2016
1,500m	Leigh Lewellin	4:12.50s	29/10/2016
3,000m	Armando Aragon	15:27.40s	17/01/2015
110m H	Joshua Hayes	15.72s	22/11/2015
400m H	Christopher Mitrevski	59.06s	6/02/2016
High Jump	Christopher Mitrevski	2.00m	30/01/2016
Pole Vault	Daniel Pagnocolo	2.65m	12/01/2017
Long Jump	Christopher Mitrevski	7.75m	3/04/2016
Triple Jump	Mitchell Fontaine	15.50m	28/03/2015
Shot Put	Darius Lewis	10.32m	15/12/2016
Discus Throw	Joshua Hayes	36.70m	10/10/2015
Javelin Throw	Joshua Hayes	41.73m	14/12/2013
Hammer Throw	Darius Lewis	23.97m	3/12/2016
4 X 100m Relay	Paul Parker Joshua Hayes Christopher Mitrevski Carl Van Der Speck	42.34s	29/11/2014
4 X 200m Relay	Rudradheb Chatterjee Yuvraj Brar Singh Paul Parker Carl Van Der Speck	1:37.31s	8/10/2016
4 X 400m Relay	Rudradheb Chatterjee Leigh Lewellin Thomas Oski Paul Parker	3:33.00s	14/01/2017
Medley Relay	Christopher Mitrevski Joshua Hayes Paul Parker Leigh Lewellin	3:32.17s	28/11/2015

Men U20

Event	Name	Performance	Date
100m	Christopher Mitrevski	10.65s	14/02/2015
200m	Christopher Mitrevski	21.33s	1/03/2015
400m	Christopher Mitrevski	50.70s	31/10/2015
800m	Yuvraj Brar	2:25.54s	17/01/2015
1,500m	Ravee Pathya	5:36.00s	10/12/2016
3,000m	Joaquin Aragon	10:43.65s	17/01/2015
110m H	Thomas Oski	17.63s	20/11/2016
400m H	Christopher Mitrevski	59.06s	6/02/2016
3,000m SC	Ravee Pathya	14:06.13s	12/02/2017
2,000m W	Leandar Lewis	13:40.6s	10/12/2016
3,000m Walk	Leandar Lewis	20:36.6s	15/12/2016
5,000n Walk	Leandar Lewis	34:18.40s	12/02/2016
High Jump	Christopher Mitrevski	1.95m	12/04/2014
Long Jump	Christopher Mitrevski	7.45m	28/02/2015
Triple Jump	Christopher Mitrevski	13.19m	24/10/2015
Shot Put	Darius Lewis	11.09m	14/02/2015
Discus Throw	Darius Lewis	24.24m	10/01/2015
Javelin Throw	Aaron Joyce	33.69m	14/12/2013
Hammer Throw	Peter Teofilo	25.96m	14/01/2017
4 X 100m Relay	Rudradheb Chatterjee Thomas Oski Tyrone Sienna Christopher Mitrevski	44.59s	16/01/2016
4 X 200m Relay	Yuvraj Singh Thomas Oski Tyrone Sienna Christopher Mitrevski	1:33.90s	24/10/2015
4 X 400m Relay	Rudradheb Chatterjee Thomas Oski Yuvraj Singh Christopher Mitrevski	3:31.10s	6/02/2016

Men U18

Event	Name	Performance	Date
100m	Christopher Mitrevski	11.06s	19/10/2013
200m	Christopher Mitrevski	22.20s	30/11/2013
400m	Thomas Oski	53.75s	31/10/2015
800m	Joaquin Aragon	2:22.50s	18/12/2014
1,500m	Joaquin Aragon	5:06.20s	6/12/2014
110m H	Thomas Oski	21.83s	22/11/2015
High Jump	Christopher Mitrevski	1.66m	16/11/2013
Long Jump	Christopher Mitrevski	7.00m	16/11/2013
Triple Jump	Christopher Mitrevski	13.76m	2/11/2013
Shot Put	Julius Nelson	10.09m	14/01/2017
Discus Throw	Julius Nelson	23.30m	7/01/2017
Javelin Throw	Christopher Mitrevski	32.26m	16/11/2013

Men U17

Event	Name	Performance	Date
100m	Tyrone Sienna	11.87	10/10/2015
200m	Rudradab Chatterjee	24.33s	27/03/2014
400m	Julius Nelson	55.79s	20/11/2016
800m	Julius Nelson	2:44.5s	15/12/2016
1,500m	Valentin Aragon	5:21.50s	21/01/2017
110m H	Thomas Oski	21.00s	25/10/2014
400m H	Ravee Pathya	65.92s	15/02/2014
High Jump	Julius Nelson	1.50m	3/12/2016
Long Jump	Tyrone Sienna	5.43m	13/12/2015
Triple Jump	Tyrone Sienna	10.97m	24/10/2015
Shot Put	Tyrone Sienna	11.29m	17/01/2015
Discus Throw	Julius Nelson	25.33m	20/11/2016
Javelin Throw	Thomas Oski	16.65m	8/03/2014

Men U16

Event	Name	Performance	Date
100m	Tyrone Sienna	12.21s	15/11/2014
200m	Tyrone Sienna	24.97s	23/11/2014
400m	Tyrone Sienna	59.89s	6/12/2014
1,500m	Valentin Aragon	5:38.00s	15/10/2016
High Jump	Matthew Inglis	1.78m	6/11/2016
Long Jump	Tyrone Sienna	4.78m	25/10/2014
Triple Jump	Valentin Aragon	10.32m	3/12/2016
Shot Put	Tyrone Sienna	7.43m	18/12/2014
Discus Throw	Teofilo Teofilo	28.20m	7/01/2017
Javelin Throw	Teofilo Teofilo	20.73m	21/01/2017
Hammer Throw	Teofilo Teofilo	23.37m	14/01/2017
4 X 100m Relay	Cheikh Degane Nipun Herath Matthew Inglis		

4 X 200m Relay

Performance	51.23s	Date	20/11/2016
Name	Joanathan Roch Joanathan Roch Valentin Aragon Cheikh Degane Matthew Inglis		

Men U15

Event	Name	Performance	Date
100m	Joanathan Roch	12.66s	23/01/2016
200m	Joanathan Roch	25.83s	24/01/2016
400m	Joanathan Roch	60.24s	10/12/2016
800m	Valentin Aragon	2:53.7s	14/11/2015
100m H	Valentin Aragon	20.55s	10/10/2015
200m H	Valentin Aragon	36.77s	14/11/2015
High Jump	Matthew Inglis	1.70m	8/11/2015
Long Jump	Joanathan Roch	4.64m	24/01/2016
Triple Jump	Joanathan Roch	11.00m	3/12/2016
Discus Throw	Joanathan Roch	21.25m	20/11/2016

Men U14

Event	Name	Performance	Date
100m	Joanathan Roch	12.92s	10/10/2015
200m	Joanathan Roch	25.82s	14/11/2015
400m	Joanathan Roch	62.29s	22/11/2015
800m	Andreas Weickhardt	2:32.90s	29/01/2017
90m H	Andreas Weickhardt	14.55s	31/03/2017
200m H	Andreas Weickhardt	36.10s	12/11/2016
1,500m Walk	Sebastian Weickhardt	10:23.00s	3/12/2016
2,000m Walk	Sebastian Weickhardt	14:01.10s	7/01/2017
High Jump	Andreas Weickhardt	1.40m	5/02/2017
Pole Vault	Sebastian Panakkal	1.80m	25/02/2017
Long Jump	Andreas Weickhardt	4.84m	29/01/2017
Triple Jump	Joanathan Roch	10.05m	14/11/2015
Shot Put	Andreas Weickhardt	7.58m	5/02/2017
Discus Throw	Andreas Weickhardt	21.47m	7/01/2017
Javelin Throw	Andreas Weickhardt	23.51m	29/10/2016
Pentathlon	Andreas Weickhardt	2199 pts	5/02/2017

Men U40+

Event	Name	Performance	Date
200m	Scott Nelson	33.11s	14/01/2017
800m	Scott Nelson	2:41.3s	15/12/2016
1,500m	Scott Nelson	5:38.1s	7/01/2017
5,000m	Scott Nelson	21:47.9s	3/12/2016
3,000m SC	Scott Nelson	12:50.87s	12/02/2017
2,000m Walk	Scott Nelson	9:07.2s	12/02/2017
3,000m Walk	Scott Nelson	13:54.2s	14/01/2017
5 Km Walk	Scott Nelson	25:55.0s	20/11/2016
High Jump	Scott Nelson	1.35m	12/11/2016
Triple Jump	Scott Nelson	7.64m	22/10/2016
Shot Put	Scott Nelson	8.21m	8/10/2016
Discus Throw	Scott Nelson	20.59m	15/10/2016
Javelin Throw	Scott Nelson	22.88m	21/01/2017
Hammer Throw	Scott Nelson	16.88m	14/01/2017



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