

SPC House Cross Country – Lap of the Lake Event Records (since 1970):

	Name	Distance	Year	Time
Year 7	Stephen McMahon	6km	1986	21:52
Year 8	Stephen McMahon	6km	1987	20:10
Year 9	Stephen McMahon	6km	1988	19:38
Year 10	Stephen McMahon	6km	1989	19:18
Year 11	Stephen Moneghetti	6km	1979	18:47
Year 12	Scott Carlson	6km	1989	18:24

NB. Thomas Nankivell 4km 2006 14:38 (Event Shortened)

NB. Thomas Nankivell 4km 2007 14:13 (Event Shortened)

Previous House Lap of the Lake Winners (since 1997):

Year	House
2013	
2012	No Race
2011	Galvin
2010	Nunan
2009	Galvin
2008	Nunan
2007	Nunan
2006	Keniry
2005	Ryan
2004	McCarthy
2003	Nunan
2002	Ryan
2001	Treacy
2000	Ryan
1999	Keniry
1998	Ryan
1997	Treacy

BPSA/CHISSA/BAS Cross Country Lap of the Lake (6KM) – SPC Best Performances

U14/Junior Boys	Stephen McMahon 20:07 (1987) – BAS Record Chris Howley 20:17 (1987)
U16/Inter Boys	Richard Gleisner 19:00 (1987) – BAS Record Stephen McMahon 19:06 (1989)
Open/Senior Boys	Stephen Moneghetti 18:45 (1980) Chris Howley 18:48 (1990)

NB. BAS Open Record - Robert Ellis BCC 18:40 (1990)

History of SPC Cross Country & Distance Running

Sub-19 Minute Laps of the Lake by SPC Students

Stephen Moneghetti	18:45	1980 – Year 12 (SPC 1975-80)
Scott Carlson	18:24	1989 – Year 12 (SPC 1984-89)
Richard Gleisner	18:39	1989 – Year 12 (SPC 1986-89)
Chris Howley	18:48	1989 – Year 11 (SPC 1985-91)
Stephen McMahon	18:56	1989 – Year 10 (SPC 1986-91)

SPC Victorian Cross Country Team Championships/Premierships:

1988 Athletics Victoria All Schools U.17 4 x 3km Road Relay Champions
1996 Athletics Victoria All Schools U.17 4 x 4km Cross Country Relay Champions
2013 Athletics Victoria All Schools U.16 4 x 3 KM Cross Country Relay Champions

SPC National Cross Country & Distance Running Individual Champions:

Stephen Moneghetti (1980) Australian Schools U.20 8km Champion (1st)
Stephen McMahon (1987) Australian Schools U.15 4km Champion (1st)
Stephen McMahon (1989) Australian Schools U.20 8km Champion (1st)
Chris Howley (1989) Australian Schools U.17 3000M Track Champion (1st)

SPC National Cross Country & Distance Running Individual Medallists:

Chris Howley (1989) Australian Schools U.17 4km Silver (2nd)
Chris Howley (1990) Australian U.18 1500M Track Silver (2nd)
Chris Howley (1990) Australian U.18 3000M Track Bronze (3rd)
Chris Howley (1989) Australian U.16 1500M Track Silver (2nd)
Chris Howley (1989) Australian U.16 3000M Track Silver (2nd)
Stephen McMahon (1988) Australian Schools U.15 4km Silver (2nd)
Stephen McMahon (1989) Australian Schools U.17 3000M Track Silver (2nd)
Stephen McMahon (1987) Australian Schools U.15 1500M Track Silver (2nd)
Stephen McMahon (1987) Australian Schools U.15 3000M Track Silver (2nd)
Scott Carlson (1989) Australian Schools U.20 8km Bronze (3rd)
Scott Carlson (1989) Australian Schools U.19 5000M Track Silver (2nd)
Richard Gleisner (1989) Australian Schools U.19 8km Bronze (3rd)
Sam Williams (2013) Australian U.14 800M Track Bronze (3rd)
Sam Williams (2013) Australian U.14 1500M Track Silver (2nd)
Sam Williams (2013) Australian Schools U.14 800M Track Bronze (3rd)
Sam Williams (2013) Australian Schools U.14 1500M Track Silver (2nd)
Sam Williams (2014) Australian U.14 1500M Track Bronze (3rd)

Sub-4 Minute 1500 Metres Track:

Stephen McMahon 3:58.80

November 1989 – Year 10, Victorian All Schools U.17 1500M Championship

Chris Howley 3:56.02

December 1989 – Year 11, Australian All Schools U.17 1500M Championship