



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Downs & West Region

as at 12/4/23

Girls U9 70m	10.90	2/1988	C Howe - Wilsonton
	10.90		M Cockburn - Helidon
	10.90	2/2002	E Cherry - Roma
Girls U9 100m	14.90	2/1988	C Howe - Wilsonton
Girls U9 200m	33.20	2/1992	C Ellis - Wilsonton
Girls U9 400m	1:19.53	4/02/2023	Violet Richardson - Toowoomba Central
Girls U9 800m	2:56.01	5/02/2023	Violet Richardson - Toowoomba Central
Girls U9 700m Race Walk	4:34.60	2/1991	I McKenzie - Warwick
Girls U9 60m Hurdles	11.40	2/1998	D Reyner - Granite Belt
Girls U9 High Jump	1.19m	2/1989	J Butler - Mt Tarampa
Girls U9 Long Jump	4.00m	2/1987	N Hedge - Wilsonton
Girls U9 Discus	21.89m	9/02/2013	Brooke Simpkin - Toowoomba Central
Girls U9 Shot Put	7.26m	2022	Emily Carrigan - Toowoomba Central
Girls U10 70m	10.70	9/02/2003	B Sheppard - Toowoomba Central
Girls U10 100m	14.40	2/2001	J Bond - Warwick
Girls U10 200m	31.12	9/02/2014	Coda Stanmore - Laidley
Girls U10 400m	1:10.50	2/1989	M Cockburn - Helidon
Girls U10 800m	2:49.70	2/1989	M Cockburn - Helidon
Girls U10 1100m Race Walk	6:54.80	2/2001	N Murphy - Toowoomba Central
Girls U10 60m Hurdles	11.60	3/02/2007	C Garratt - Pittsworth
Girls U10 High Jump	1.24m	2/1991	C Brooks - Mt Tarampa
Girls U10 Long Jump	4.15m	2/1988	A McCosker - Granite Belt
Girls U10 Discus	29.18m	2/1987	K Jones - Wilsonton
Girls U10 Shot Put	9.73m	4/02/2023	Emily Carrigan - Toowoomba Central
Girls U11 100m	13.90	14/02/2004	D Ashe - Toowoomba Central
Girls U11 200m	29.40	2/1992	B Fulcher - Centenary Heights
Girls U11 400m	1:11.00	7/02/2015	Coda Stanmore - Laidley
Girls U11 800m	2:42.80	2/1990	M Cockburn - Helidon
Girls U11 1500m	5:39.60	2/1990	M Cockburn - Helidon
Girls U11 1100m Race Walk	6:25.90	2/2002	N Murphy - Toowoomba Central
Girls U11 80m Hurdles	14.65	06/02/2021	Ella Williams - Highfields
Girls U11 High Jump	1.36m	09/02/2020	Rylee Franke - Highfields
Girls U11 Long Jump	4.59m	2/1992	C Brooks - Mt Tarampa
Girls U11 Triple Jump	9.15m	14/02/2004	B Sheppard - Toowoomba Central
Girls U11 Discus	25.98m	5/02/2023	Ava Orr - Highfields
Girls U11 Javelin	25.44m	2/1988	K Gore - Centenary Heights
Girls U11 Shot Put	11.79m	2/1988	K Gore - Centenary Heights
Girls U12 100m	13.40	2/1985	C Parsons - Dalby
Girls U12 200m	28.70	5/02/2017	Caitlin Taylor - Laidley
Girls U12 400m	1:06.00	6/02/2016	Phoebe Baird - Toowoomba Central
Girls U12 800m	2:33.30	2/1991	M Cockburn - Helidon
Girls U12 1500m	5:21.00	2/1991	M Cockburn - Helidon
Girls U12 1500m Race Walk	8:44.50	2/1991	W Mulqueen - Helidon
Girls U12 80m Hurdles	14.12	05/02/2022	Dakota Chambers - Toowoomba
Girls U12 High Jump	1.46m	4/02/2012	Anthea Moodie - Toowoomba Central
Girls U12 Long Jump	4.87m	2/1992	J Butler - Mt Tarampa
Girls U12 Triple Jump	9.95m	15/02/2009	S Ciesiolka - Toowoomba Central
	9.95m	11/02/2018	Zoe Waters - Highfields
Girls U12 Discus	38.58m	5/02/2011	Shanen Layden - Toowoomba Central
Girls U12 Javelin	31.15m	5/02/2012	Ellie Bowyer - Toowoomba Central
Girls U12 Shot Put	14.38m	2/1989	K Gore - Centenary Heights



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Downs & West Region

as at 12/4/23

Girls U13 100m	12.70	10/02/2018	Caitlin Taylor - Laidley
Girls U13 200m	27.00	11/02/2018	Caitlin Taylor - Laidley
Girls U13 400m	1:04.20	2/1992	M Cockburn - Helidon
Girls U13 800m	2:30.60	2/1992	M Cockburn - Helidon
Girls U13 1500m	5:07.10	2/1992	M Cockburn - Helidon
Girls U13 1500m Race Walk	8:51.72	10/02/2013	Wendy Scully - Laidley
Girls U13 80m Hurdles	14.00	11/02/2006	E Cherry - Roma
Girls U13 200m Hurdles	31.60	9/02/2003	K Petersen - Toowoomba Central
Girls U13 High Jump	1.53m	2/1994	K Armitage - Mt Tarampa
Girls U13 Long Jump	5.00m	11/02/2018	Caitlin Taylor - Laidley
Girls U13 Triple Jump	10.46m	5/02/2011	Madeleine Lindemann - Toowoomba Central
Girls U13 Discus	43.32m	8/02/2014	Rochelle Vidler - Laidley
Girls U13 Javelin	33.72m	8/02/2014	Rochelle Vidler - Laidley
Girls U13 Shot Put	11.28m	2/2001	J O'Brien - Warwick
Girls U14 100m	12.60	05/02/2022	Lucy Dyson - Highfields
Girls U14 200m	26.33	06/02/2022	Lucy Dyson - Highfields
Girls U14 400m	1:02.80	14/02/2004	K Petersen - Toowoomba Central
Girls U14 800m	2:32.60	6/02/2011	Mackenzie Andrews - Toowoomba South
Girls U14 1500m	5:12.30	7/02/2015	Sophie Follett - Warwick
Girls U14 1500m Race Walk	8:39.80	2/2005	N Murphy - Toowoomba Central
Girls U14 80m Hurdles	13.80	14/02/2004	K Petersen - Toowoomba Central
Girls U14 200m Hurdles	31.00	2/1997	C Ellis - Helidon
Girls U14 High Jump	1.59m	2/1985	J Scholl - Tmba Garden City
Girls U14 Long Jump	5.26m	9/02/2019	Caitlin Taylor - Laidley
Girls U14 Triple Jump	10.45m	6/02/2011	Kirsten Murry - Ropehill
Girls U14 Discus	38.28m	7/02/2015	Rochelle Vidler - Laidley
Girls U14 Javelin	34.86m	4/02/2023	Xanthee Watts - Toowoomba Central
Girls U14 Shot Put	13.43m	10/02/2013	Samantha Lenton - Toowoomba South
Girls U15 100m	12.80	2/1998	M Sinclair - Wilsonton
Girls U15 200m	26.80	2/1998	M Sinclair - Wilsonton
Girls U15 400m	1:01.30	2/2005	K Petersen - Toowoomba Central
Girls U15 800m	2:30.21	9/02/2014	Brielle Erbacher - Toowoomba South
Girls U15 1500m	5:18.80	2/1989	J Ryan - Wilsonton
Girls U15 1500m Race Walk	9:02.50	5/02/2012	Elizabeth Brown - Warwick
Girls U15 90m Hurdles	15.00	10/02/2018	Hailey Kellam - Laidley
Girls U15 300m Hurdles	52.78	5/02/2023	Eliza Moore-Kirkland - Warwick
Girls U15 High Jump	1.62m	2/1996	K Armitage - Wilsonton
Girls U15 Long Jump	5.27m	2/1996	K Armitage - Wilsonton
Girls U15 Triple Jump	10.76m	4/02/2012	Kirsten Murry - Ropehill
Girls U15 Discus	40.96m	9/02/2014	Samantha Lenton - Toowoomba South
Girls U15 Javelin	38.70m	2/2002	C Sippel - Laidley
Girls U15 Shot Put	13.84m	8/02/2014	Samantha Lenton - Toowoomba South
Girls U16 100m	12.80	4/02/2017	Chantelle Brown - Ropehill
Girls U16 200m	26.30	5/02/2017	Chantelle Brown - Ropehill
Girls U16 400m	1:03.40	7/02/2015	Madalyn McCusker - Highfields
Girls U16 800m	2:26.00	8/02/2015	Madalyn McCusker - Highfields
Girls U16 1500m	5:06.40	7/02/2015	Brielle Erbacher - Toowoomba South
Girls U16 1500m Race Walk	9:02.10	5/02/2017	Charlotte Lindemann - Toowoomba Central
Girls U16 90m Hurdles	14.80	4/02/2017	Chantelle Brown - Ropehill
Girls U16 300m Hurdles	54.60	11/02/2018	Emily Armitage - Ropehill
Girls U16 High Jump	1.55m	4/02/2017	Chantelle Brown - Ropehill
Girls U16 Long Jump	4.78m	07/02/2021	Delaney Burke - Toowoomba
Girls U16 Triple Jump	11.19m	8/02/2014	Madeleine Lindemann - Toowoomba Central
Girls U16 Discus	40.53m	8/02/2015	Samantha Lenton - Toowoomba South
Girls U16 Javelin	33.66m	7/02/2015	Samantha Lenton - Toowoomba South
Girls U16 Shot Put	14.23m	7/02/2015	Samantha Lenton - Toowoomba South



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Downs & West Region

as at 12/4/23

Girls U17 100m	13.10	10/02/2018	Chantelle Brown - Ropehill
Girls U17 200m	27.20	11/02/2018	Chantelle Brown - Ropehill
Girls U17 400m	1:02.50	10/02/2018	Charlotte Lindemann - Toowoomba Central
Girls U17 800m	2:24.30	11/02/2018	Charlotte Lindemann - Toowoomba Central
Girls U17 1500m	4:59.50	6/02/2016	Brielle Erbacher - Toowoomba South
Girls U17 1500m Race Walk	12:16.83	11/02/2018	Kayla Wilson - Mt Tarampa
Girls U17 100m Hurdles	21.28	9/02/2019	Jessica Fedrick - Ropehill
Girls U17 300m Hurdles	52.30	5/02/2017	Courtney Taylor - Toowoomba Central
Girls U17 High Jump	1.55m	7/02/2015	Aimee Van der Hulst - Warwick
Girls U17 Long Jump	5.08m	11/02/2018	Chantelle Brown - Ropehill
Girls U17 Triple Jump	10.13m	5/02/2011	Jacqueline Uradok - Toowoomba South
Girls U17 Discus	46.23m	7/02/2016	Samantha Lenton - Toowoomba South
Girls U17 Javelin	33.67m	6/02/2016	Samantha Lenton - Toowoomba South
Girls U17 Shot Put	14.45m	6/02/2016	Samantha Lenton - Toowoomba South
Boys U9 70m	10.10	2/2001	B Achilles - Toowoomba Central
Boys U9 100m	14.00	2/2001	B Achilles - Toowoomba Central
Boys U9 200m	30.30	2/2001	B Achilles - Toowoomba Central
Boys U9 400m	1:15.37	2022	Diego Ryan - Toowoomba Central
Boys U9 800m	2:45.80	2/1986	H Bridle - Border Blues
Boys U9 700m Race Walk	4:47.30	2/1992	M Winter - Wilsonton
Boys U9 60m Hurdles	10.40	2/2001	B Achilles - Toowoomba Central
Boys U9 High Jump	1.20m	2/1985	M Sippel - Helidon
	1.20m	2/1992	A Petrie - Border Blues
Boys U9 Long Jump	4.28m	2/1987	M Lindenmayer - Ropehill
Boys U9 Discus	28.80m	4/02/2012	Zain Carr - Toowoomba South
Boys U9 Shot Put	8.22m	5/02/2012	Zain Carr - Toowoomba South
Boys U10 70m	10.00	2/1992	S Gravolin - Centenary Heights
Boys U10 100m	14.00	2/1992	S Gravolin - Centenary Heights
	14.00	2002	B Achilles - Toowoomba Central
Boys U10 200m	29.40	2/1992	S Gravolin - Centenary Heights
Boys U10 400m	1:10.36	4/02/2023	Judah Magarey - Toowoomba Central
Boys U10 800m	2:39.80	2/1989	A Bagley - Mt Tarampa
Boys U10 1100m Race Walk	7:17.20	2/1994	M Winter - Wilsonton
Boys U10 60m Hurdles	11.00	2/1997	K Matheson - Mt Tarampa
Boys U10 High Jump	1.25m	2/2001	T Garsden - Toowoomba Central
Boys U10 Long Jump	4.62m	2/1986	M Sippel - Helidon
Boys U10 Discus	31.43m	10/02/2013	Zain Carr - Toowoomba South
Boys U10 Shot Put	11.03m	2/1994	T Kilminster - Mt Tarampa
Boys U11 100m	13.40	8/02/2003	B Achilles - Toowoomba Central
Boys U11 200m	28.00	9/02/2003	A Achilles - Toowoomba Central
Boys U11 400m	1:06.40	2/1997	M Rands - Wilsonton
Boys U11 800m	2:34.60	2/1991	D Fowler - Centenary Heights
Boys U11 1500m	5:04.80	2/1985	M Christie - Dalby
Boys U11 1100m Race Walk	6:42.71	11/02/2018	Alex Bradley - Toowoomba South
Boys U11 80m Hurdles	14.83	05/02/2022	Harry Williams - Highfields
Boys U11 High Jump	1.40m	2/1986	N Ward - Wilsonton
Boys U11 Long Jump	4.70m	2/1989	M Lindenmayer - Ropehill
Boys U11 Triple Jump	9.53m	14/02/2009	H Cooke - Roma
Boys U11 Discus	36.71m	09/02/2020	Darius Jansink - Granite Belt
Boys U11 Javelin	30.87m	2/1996	B Noller - Wilsonton
Boys U11 Shot Put	12.64m	08/02/2020	Darius Jansink - Granite Belt



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Downs & West Region

as at 12/4/23

Boys U12 100m	13.00	14/02/2004	S Hegarty - Helidon
Boys U12 200m	27.20	15/02/2004	S Hegarty - Helidon
Boys U12 400m	1:05.20	2/1989	J Ryan - Wilsonton
Boys U12 800m	2:30.30	2/1989	H Bridle - Border Blues
Boys U12 1500m	5:03.00	2/1992	D Fowler - Centenary Heights
Boys U12 1500m Race Walk	8:40.50	2/1991	C McKenzie - Toowoomba Central
Boys U12 80m Hurdles	14.23	05/02/2022	Daniel Booth - Highfields
Boys U12 High Jump	1.52m	2/1985	M Caple - Centenary Heights
Boys U12 Long Jump	5.06m	7/02/2015	Justus Liddicoat-Hill - Laidley
Boys U12 Triple Jump	10.17m	2/1996	D Diete - Ropehill
Boys U12 Discus	41.46m	14/02/2004	S Hegarty - Helidon
Boys U12 Javelin	36.68	08/02/2020	Jacob Kent - Granite Belt
Boys U12 Shot Put	13.34m	07/02/2021	Darius Jansink - Granite Belt
Boys U13 100m	12.50	2/2001	K Nielsen - Toowoomba Central
Boys U13 200m	25.90	2/2005	S Hegarty - Helidon
Boys U13 400m	1:00.13	9/02/2019	Lucas Paynter - Highfields
Boys U13 800m	2:27.00	9/02/2003	A Kerridge - Toowoomba Central
Boys U13 1500m	4:43.70	2/1991	M Vayro - Helidon
Boys U13 1500m Race Walk	8:07.73	10/02/2019	Alex Bradley - Highfields
Boys U13 80m Hurdles	13.20	2/2001	K Nielsen - Toowoomba Central
Boys U13 200m Hurdles	29.80	2/1994	S Hintz - Wilsonton
Boys U13 High Jump	1.61m	9/02/2014	Sam Waller - Warwick
Boys U13 Long Jump	5.04m	2/1992	S Court - Mt Tarampa
Boys U13 Triple Jump	11.27m	11/02/2006	T Jerome - Toowoomba Central
Boys U13 Discus	40.44m	07/02/2021	Jacob Kent - Granite Belt
Boys U13 Javelin	43.60m	2/1997	T Kilminster - Mt Tarampa
Boys U13 Shot Put	15.37m	2/2005	S Hegarty - Helidon
Boys U14 100m	12.20	2/2000	S Larsen - Helidon
Boys U14 200m	25.34	9/02/2014	Joshua Hall - Highfields
Boys U14 400m	55.80	2/1996	K Goodwin - Warwick
Boys U14 800m	2:17.20	15/02/2004	B Arnold - Border Blues
Boys U14 1500m	4:42.80	14/02/2004	B Arnold - Border Blues
Boys U14 1500m Race Walk	7:58.19	09/02/2020	Alex Bradley - Highfields
Boys U14 90m Hurdles	13.40	2/2002	K Nielsen - Toowoomba Central
Boys U14 200m Hurdles	28.90	2/2002	K Nielsen - Toowoomba Central
Boys U14 High Jump	1.80m	10/02/2013	Ryka Dunemann - Toowoomba South
Boys U14 Long Jump	5.73m	4/02/2023	Jackson Clarke - Highfields
Boys U14 Triple Jump	11.90m	8/02/2015	Thomas Gore - Toowoomba Central
Boys U14 Discus	52.88m	6/02/2016	Zac Catterson - Warwick
Boys U14 Javelin	49.96m	2/1998	T Kilminster - Mt Tarampa
Boys U14 Shot Put	16.74m	7/02/2016	Zac Catterson - Warwick
Boys U15 100m	11.70	2/1997	S Gravalin - Centenary Heights
Boys U15 200m	23.90	2/1991	T McCarthy - Helidon
	23.90	2005	P Bennett - Toowoomba Central
Boys U15 400m	55.20	2/1991	T McCarthy - Helidon
	55.20	2005	P Bennett - Toowoomba Central
Boys U15 800m	2:12.20	2/2005	B Arnold - Border Blues
Boys U15 1500m	4:31.60	2/2005	B Arnold - Border Blues
Boys U15 1500m Race Walk	7:22.52	07/02/2021	Alex Bradley - Highfields
Boys U15 100m Hurdles	15.07	4/02/2023	Jake Kinsey - Highfields
Boys U15 300m Hurdles	46.53	10/02/2019	Joshua Roach - Highfields
Boys U15 High Jump	1.82m	2/1998	A Petrie - Border Blues
Boys U15 Long Jump	6.19m	10/02/2019	Aden Cowdroy - Laidley
Boys U15 Triple Jump	12.35m	9/02/2008	T Jerome - Toowoomba Central
Boys U15 Discus	54.94m	5/02/2023	Jacob Kent - Granite Belt
Boys U15 Javelin	52.88m	2/1998	L Saal - Goondiwindi
Boys U15 Shot Put	16.40m	4/02/2017	Zac Catterson - Warwick



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Downs & West Region

as at 12/4/23

Boys U16 100m	11.60	6/02/2016	Jamie Johnson - Toowoomba Central
Boys U16 200m	24.31	10/02/2019	Elijah Logan - Highfields
Boys U16 400m	57.18	08/02/2020	Joshua Roach - Highfields
Boys U16 800m	2:20.90	5/02/2017	George Moore - Highfields
Boys U16 1500m	5:06.50	4/02/2017	Saxon Charles - Warwick
Boys U16 1500m Race Walk	7:27.24	06/02/2022	Alex Bradley - Laidley
Boys U16 100m Hurdles	14.90	6/02/2016	Justyn Rogers - Warwick
Boys U16 300m Hurdles	44.75	10/02/2019	Riley Williams - Toowoomba Central
Boys U16 High Jump	1.89m	4/02/2023	Geordie Cowdroy - Toowoomba Central
Boys U16 Long Jump	6.19m	07/02/2021	Kalum Brown - Toowoomba Central
Boys U16 Triple Jump	12.66m	06/02/2021	Kalum Brown - Toowoomba Central
Boys U16 Discus	50.21m	9/02/2014	Nathan Oliver - Upper Lockyer
Boys U16 Javelin	40.02m	08/02/2020	Aden Cowdroy - Laidley
Boys U16 Shot Put	14.24m	8/02/2014	Marcus Fitzgerald - Pittsworth
Boys U17 100m	11.62	06/02/2021	Aden Cowdroy - Toowoomba Central
Boys U17 200m	24.28	10/02/2013	Jay Carrie - Warwick
Boys U17 400m	53.40	06/02/2021	Joshua Roach - Highfields
Boys U17 800m	2:06.03	9/02/2014	Samuel Davis - Toowoomba South
Boys U17 1500m	4:27.74	8/02/2014	Samuel Davis - Toowoomba South
Boys U17 1500m Race Walk	6:57.34	5/02/2023	Alex Bradley - Laidley
Boys U17 110m Hurdles	15.80	4/02/2017	Justyn Rogers - Warwick
Boys U17 300m Hurdles	42.17	07/02/2021	Joshua Roach - Highfields
Boys U17 High Jump	1.93m	06/02/2021	Connor Larsen - Toowoomba
Boys U17 Long Jump	6.70m	5/02/2017	Justyn Rogers - Warwick
Boys U17 Triple Jump	12.85m	4/02/2017	Justyn Rogers - Warwick
Boys U17 Discus	49.55m	5/02/2012	Mathew Webb - Laidley
Boys U17 Javelin	44.09m	06/02/2021	Aden Cowdroy - Toowoomba
Boys U17 Shot Put	15.89m	5/02/2011	Jackson Briskey-Luscombe - Pittsworth