



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Met West Region

as at 7/9/2023

Girls U9 70m	11.12	12/02/2017	Kamara Stewart - Ipswich
Girls U9 100m	15.69	6/02/2010	Zoe Greinke - Ipswich
Girls U9 200m	33.28	7/02/2010	Cyndi Langbridge - Ipswich
	33.28	4/02/2018	Deja Vaivela - Ipswich
Girls U9 400m	1:16.77	4/02/2023	Tara Ryan - Toowong
Girls U9 800m	2:58.57	15/02/2009	Georgia Silvestri - Toowong Harriers
Girls U9 700m Race Walk	4:13.98	12/02/2017	Kamara Stewart - Ipswich
Girls U9 60m Hurdles	11.20	7/02/2015	Lily Neill - Souths
Girls U9 High Jump	1.13m	1983	S Lovaas - Riv
Girls U9 Long Jump	3.84m	1982	F Haines - Ipswich
Girls U9 Discus	24.34m	1988	E Griffiths - Ipswich
Girls U9 Shot Put	7.39m	1997	E Griffiths - Ipswich
Girls U10 70m	10.78	7/02/2016	Molly Green - Ipswich
Girls U10 100m	14.23	13/02/2021	Houstand Paea - Ipswich
Girls U10 200m	29.99	17/02/2013	Mya Thomas - Souths
Girls U10 400m	1:13.41	13/02/2021	Brooke Tregidgo - Toowong Harriers
Girls U10 800m	2:46.62	14/02/2021	Bianca Antonio - Toowong Harriers
Girls U10 1100m Race Walk	6:22.84	4/02/2018	Lily Goulding - Ipswich
Girls U10 60m Hurdles	10.41	13/02/2021	Houstand Paea - Ipswich
Girls U10 High Jump	1.25m	2012	E Moss - Kenmore
Girls U10 Long Jump	4.37m	1988	S James - Ipswich
Girls U10 Discus	27.71m	2011	C Langbridge - Ipswich
Girls U10 Shot Put	9.65m	4/02/2018	Saskia Josipovic - Souths
Girls U11 100m	13.98	05/02/2021	Houstand Paea - Ipswich
Girls U11 200m	29.34	12/02/2017	Molly Green - Ipswich
Girls U11 400m	1:09.23	4/02/2012	Romany Beckinsale - Centenary
Girls U11 800m	2:39.20	5/02/2023	Juliana Stander - Toowong
Girls U11 1500m	5:20.43	4/02/2023	Juliana Stander - Toowong
Girls U11 1100m Race Walk	6:19.24	7/02/2010	Mikaela Woodward - Toowong Harriers
Girls U11 80m Hurdles	13.98	05/02/2022	Houstand Paea - Ipswich
Girls U11 High Jump	1.40m	8/02/2014	Mya Thomas - Souths
Girls U11 Long Jump	4.50m	9/02/2014	Mya Thomas - Souths
Girls U11 Triple Jump	9.21m	2006	S Doney - Centenary
Girls U11 Discus	38.58m	05/02/2022	Abbey Crocker - Ipswich
Girls U11 Javelin	28.12m	06/02/2022	Abbey Crocker - Ipswich
Girls U11 Shot Put	12.17m	06/02/2022	Abbey Crocker - Ipswich
Girls U12 100m	13.65	13/02/2021	Acacia Wohlsen - Centenary
Girls U12 200m	28.50	8/02/2015	Mya Thomas - Souths
Girls U12 400m	1:06.39	13/02/2021	Tamika Ritchie - Centenary
Girls U12 800m	2:32.94	15/02/2009	Jade Dowling - Ipswich
Girls U12 1500m	5:10.08	14/02/2009	Jade Dowling - Ipswich
Girls U12 1500m Race Walk	8:25.85	3/02/2019	Rebecca Teahen - Toowong Harriers
Girls U12 80m Hurdles	14.52	4/02/2023	Izabella Snyman - Ipswich
Girls U12 High Jump	1.49m	8/02/2015	Lara Way - Centenary
Girls U12 Long Jump	4.92m	1988	J Bayliss - Toowong Harriers
Girls U12 Triple Jump	10.39m	1988	J Bayliss - Toowong Harriers
Girls U12 Discus	36.64m	3/02/2018	Losehina (Rose) Mulligan - Souths
Girls U12 Javelin	35.03m	2007	W Toolis - Toowong Harriers
Girls U12 Shot Put	13.96m	5/02/2023	Abbey Crocker - Ipswich



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## Met West Region

as at 7/9/2023

Girls U13 100m	13.29	11/02/2017	Monique Hanlon - Centenary
Girls U13 200m	26.40	4/02/2018	Txai Anglin - Goodna
Girls U13 400m	59.80	3/02/2018	Txai Anglin - Goodna
Girls U13 800m	2:25.92	7/02/2010	Jade Dowling - Ipswich
Girls U13 1500m	5:00.71	6/02/2010	Jade Dowling - Ipswich
Girls U13 1500m Race Walk	7:15.47	7/02/2016	Breeanna Betzold - Ipswich
Girls U13 80m Hurdles	13.23	12/02/2017	Erin Wright - Ipswich
Girls U13 200m Hurdles	31.74	11/02/2017	Erin Wright - Ipswich
Girls U13 High Jump	1.62m	1990	T Brown - Ipswich
Girls U13 Long Jump	5.09m	8/02/2015	Casey Bell - Ipswich
Girls U13 Triple Jump	10.59m	2005	H Lawrence - Toowong Harriers
Girls U13 Discus	40.48m	5/02/2023	Hayley Windolf - Ipswich
Girls U13 Javelin	47.19m	2008	W Toolis - Toowong Harriers
Girls U13 Shot Put	13.25m	14/02/2021	Saskia Josipovic - Souths
Girls U14 100m	12.64	3/02/2018	Monique Hanlon - Centenary
Girls U14 200m	25.66	4/02/2018	Monique Hanlon - Centenary
Girls U14 400m	1:01.91	5/02/2011	Kirsty Johnson - Goodna
Girls U14 800m	2:14.72	06/02/2022	Dakota Stewart - Ipswich
Girls U14 1500m	5:12.21	4/02/2023	Emily Boyd - Toowong
Girls U14 1500m Race Walk	7:12.75	4/02/2018	Camryn Novinetz - Ipswich
Girls U14 80m Hurdles	13.40	8/02/2015	Hayley Wright - Ipswich
Girls U14 200m Hurdles	30.76	16/02/2013	Katie Colebourne - Goodna
Girls U14 High Jump	1.60m	7/02/2016	Casey Bell - Ipswich
	1.60m	4/02/2023	Ruby Stanford - Ipswich
Girls U14 Long Jump	5.23m	6/02/2016	Casey Bell - Ipswich
Girls U14 Triple Jump	10.88m	2001	H Cervetto - Ipswich
Girls U14 Discus	41.23m	2008	R McGrath-Volau - Souths
Girls U14 Javelin	41.12m	05/02/2022	Olivia Windolf - Ipswich
Girls U14 Shot Put	13.47m	06/02/2022	Saskia Josipovic - Souths
Girls U15 100m	12.47	13/02/2021	Marissa Hanlon - Centenary
Girls U15 200m	25.78	3/02/2019	Monique Hanlon - Centenary
Girls U15 400m	58.89	13/02/2021	Marissa Hanlon - Centenary
Girls U15 800m	2:23.12	4/02/2018	Emma Hossack - Toowong Harriers
Girls U15 1500m	5:01.51	4/02/2023	Charlotte Parsons - Ipswich
Girls U15 1500m Race Walk	8:03.19	06/02/2022	Rebecca Teahen - Toowong Harriers
Girls U15 90m Hurdles	14.12	11/02/2017	Madison Wells - Ipswich
Girls U15 300m Hurdles	51.29	4/02/2023	Indiana Platen - Centenary
Girls U15 High Jump	1.60m	2012	T Marshall - Ipswich
	1.60m	13/02/2021	Toby Stolberg - Ipswich
Girls U15 Long Jump	5.29m	2001	J Jennings - Centenary
Girls U15 Triple Jump	11.38m	2001	J Jennings - Centenary
Girls U15 Discus	43.96m	1998	D Lovely - Goodna
Girls U15 Javelin	42.53m	11/02/2017	Erica Sitcheff - Toowong Harriers
Girls U15 Shot Put	13.95m	1998	D Lovely - Goodna



## REGIONAL CHAMPIONSHIP BEST PERFORMANCES

### Met West Region

as at 7/9/2023

Girls U16 100m	12.98	11/02/2017	Hayley Wright - Ipswich
Girls U16 200m	26.81	12/02/2017	Hayley Wright - Ipswich
Girls U16 400m	1:01.61	11/02/2017	Stephanie Gebert - Goodna
Girls U16 800m	2:31.65	7/02/2016	Kelly McNamara - Rosewood
Girls U16 1500m	5:11.08	6/02/2016	Kelly McNamara - Rosewood
Girls U16 1500m Race Walk	6:47.36	3/02/2019	Camryn Novinetz - Ipswich
Girls U16 90m Hurdles	14.16	06/02/2022	Charlize Goody - Ipswich
Girls U16 300m Hurdles	51.51	13/02/2021	Sophie Wilkins - Ipswich
Girls U16 High Jump	1.75m	05/02/2022	Toby Stolberg - Ipswich
Girls U16 Long Jump	5.11m	12/02/2017	Hayley Wright - Ipswich
Girls U16 Triple Jump	10.99m	2/02/2019	Dahniella Pedroni - Ipswich
Girls U16 Discus	44.60m	06/02/2022	Charlize Goody - Ipswich
Girls U16 Javelin	41.44m	06/02/2022	Charlize Goody - Ipswich
Girls U16 Shot Put	14.45m	05/02/2022	Charlize Goody - Ipswich
Girls U17 100m	12.62	4/02/2012	Larissa Chambers - Ipswich
Girls U17 200m	25.78	17/02/2013	Kirsty Johnson - Goodna
Girls U17 400m	59.65	16/02/2013	Kirsty Johnson - Goodna
Girls U17 800m	2:20.81	14/02/2021	Olivia Boyd - Toowong Harriers
Girls U17 1500m	4:54.27	13/02/2021	Olivia Boyd - Toowong Harriers
Girls U17 1500m Race Walk	6:41.78	9/02/2020	Camryn Novenetz - Ipswich
Girls U17 100m Hurdles	16.03	5/02/2023	Charlize Goody - Ipswich
Girls U17 300m Hurdles	50.21	4/02/2023	Charlize Goody - Ipswich
Girls U17 High jump	1.75m	4/02/2023	Toby Stolberg - Ipswich
Girls U17 Long Jump	4.98m	2012	A Chambers - Ipswich
Girls U17 Triple Jump	10.55m	2012	L Chambers - Ipswich
Girls U17 Discus	45.46m	5/02/2023	Charlize Goody - Ipswich
Girls U17 Javelin	42.55m	5/02/2023	Charlize Goody - Ipswich
Girls U17 Shot Put	13.58m	4/02/2023	Charlize Goody - Ipswich



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Met West Region

as at 7/9/2023

Boys U9 70m	10.83	17/02/2013	Kyle Colburn - Ipswich
Boys U9 100m	14.60	6/02/2010	Oscar Sullivan - Toowong Harriers
Boys U9 200m	30.65	4/02/2018	Alexander Cameron - Kenmore
Boys U9 400m	1:10.01	3/02/2018	Alexander Cameron - Kenmore
Boys U9 800m	2:41.06	4/02/2018	Alexander Cameron - Kenmore
Boys U9 700m Race Walk	4:03.30	9/02/2020	Conor Mathewson - Ipswich
Boys U9 60m Hurdles	10.49	6/02/2010	Oscar Sullivan - Toowong Harriers
Boys U9 High Jump	1.18m	1982	T Stanford - Riv
	1.18m	1992	J Gurn - Toowong Harriers
Boys U9 Long Jump	4.57m	1983	S Cranney - Goodna
Boys U9 Discus	29.65m	8/02/2015	Tayshon Foley - Forest Lake
Boys U9 Shot Put	8.56m	7/02/2015	Tayshon Foley - Forest Lake
Boys U10 70m	10.38	7/02/2010	Nicholas Grant - Ipswich
Boys U10 100m	14.22	6/02/2010	Nicholas Grant - Ipswich
Boys U10 200m	29.60	7/02/2010	Nicholas Grant - Ipswich
Boys U10 400m	1:07.81	2/02/2019	Alexander Cameron - Kenmore
Boys U10 800m	2:32.63	14/02/2021	Conor Mathewson - Ipswich
Boys U10 1100m Race Walk	6:55.88	5/02/2012	John Heales - Toowong Harriers
Boys U10 60m Hurdles	10.83	5/02/2011	Adam Kovacevic - Kenmore
Boys U10 High Jump	1.30m	1985	M Irving - Centenary
	1.30m	1985	S Clough - Toowong Harriers
Boys U10 Long Jump	5.25m	1984	S Cranney - Goodna
Boys U10 Discus	31.50m	1985	H Bazeley - Goodna
Boys U10 Shot Put	9.95m	2007	N Russell - Centenary
Boys U11 100m	13.82	13/02/2021	Felix Birchall - Toowong Harriers
Boys U11 200m	28.68	8/02/2015	Caleb Law - Goodna
Boys U11 400m	1:04.50	8/02/2020	Alexander Cameron - Kenmore
Boys U11 800m	2:26.94	9/02/2020	Oliver Gartner - Kenmore
Boys U11 1500m	4:58.49	05/02/2022	Conor Mathewson - Ipswich
Boys U11 1100m Race Walk	6:26.37	5/02/2012	Kent Matthews - Toowong Harriers
Boys U11 80m Hurdles	14.44	05/02/2022	Harsith Rameshkumar - Centenary
Boys U11 High Jump	1.37m	05/02/2022	Isaac Dundas - Kenmore
Boys U11 Long Jump	5.18m	1985	S Cranney - Goodna
Boys U11 Triple Jump	10.16m	1985	S Cranney - Goodna
Boys U11 Discus	37.39m	4/02/2023	Jonte Tukuafu - Ipswich
Boys U11 Javelin	32.48m	1996	A Otto - Toowong Harriers
Boys U11 Shot Put	13.21m	2001	M Stewart - Ipswich
Boys U12 100m	13.02	13/02/2021	Daniel Antonio - Toowong Harriers
Boys U12 200m	26.95	17/02/2013	Adam Kovacevic - Kenmore
Boys U12 400m	1:04.15	8/02/2014	Brock O'Brien - Centenary
Boys U12 800m	2:28.11	5/02/2023	Conor Mathewson - Ipswich
Boys U12 1500m	4:52.12	4/02/2023	Conor Mathewson - Ipswich
Boys U12 1500m Race Walk	8:59.74	7/02/2010	Connor Lehane - Toowong Harriers
Boys U12 80m Hurdles	13.84	4/02/2023	Harsith Rameshkumar - Centenary
Boys U12 High Jump	1.55m	2003	C Thomsen - Centenary
Boys U12 Long Jump	5.30m	6/02/2016	Calab Law - Ipswich
Boys U12 Triple Jump	10.72m	1992	A Curtis - Ipswich
Boys U12 Discus	38.42m	1995	J Williams - Ipswich
Boys U12 Javelin	38.56m	05/02/2022	Thomas Scott - Toowong Harriers
Boys U12 Shot Put	11.64m	14/02/2021	Mitchell Durrheim - Kenmore



## REGIONAL CHAMPIONSHIP BEST PERFORMANCES

### Met West Region

as at 7/9/2023

Boys U13 100m	12.64	6/02/2010	Tremaine Peters - Goodna
Boys U13 200m	26.26	2004	C Thomsen - Centenary
Boys U13 400m	1:00.22	8/02/2020	Dempsey Russell - Ipswich
Boys U13 800m	2:21.05	14/02/2021	Dakota Stewart - Ipswich
Boys U13 1500m	4:50.23	13/02/2021	Dakota Stewart - Ipswich
Boys U13 1500m Race Walk	8:39.62	9/02/2014	Kent Matthews - Toowong Harriers
Boys U13 80m Hurdles	13.04	12/02/2017	Calab Law - Ipswich
Boys U13 200m Hurdles	29.88	4/02/2012	Jay Foster - Ipswich
Boys U13 High Jump	1.71m	2012	N Maina - Centenary
Boys U13 Long Jump	5.62m	1987	S Cranney - Goodna
Boys U13 Triple Jump	11.28m	2004	C Thomsen - Centenary
Boys U13 Discus	42.08m	1988	D Bruckner -
Boys U13 Javelin	44.02m	2002	T Rogers - Ipswich
Boys U13 Shot Put	14.73m	2004	L Cory - Ipswich
Boys U14 100m	12.22	13/02/2021	Dempsey Russell - Ipswich
Boys U14 200m	25.26	4/02/2018	Tyler Lilley - Centenary
Boys U14 400m	56.44	4/02/2023	Samuel Anderson - Toowong
Boys U14 800m	2:19.62	14/02/2021	Tyler Hewett - Toowong Harriers
Boys U14 1500m	4:40.92	13/02/2021	Tyler Hewett - Toowong Harriers
Boys U14 1500m Race Walk	8:16.24	7/02/2016	Ryan Stewart - Ipswich
Boys U14 90m Hurdles	13.91	06/02/2022	Joel Jakimowicz - Ipswich
Boys U14 200m Hurdles	28.57	6/02/2010	Nick Whitehouse - Toowong Harriers
Boys U14 High Jump	1.80m	1991	M Sills - Ipswich
Boys U14 Long Jump	6.12m	2007	A Briault - Ipswich
Boys U14 Triple Jump	12.12m	2006	N Smailes - Ipswich
Boys U14 Discus	51.17m	2004	L Suter - Ipswich
Boys U14 Javelin	53.31m	2003	T Rogers - Ipswich
Boys U14 Shot Put	14.07m	2013	J Foster - Ipswich
Boys U15 100m	11.89	4/02/2023	Sean Majendie - Centenary
Boys U15 200m	24.20	5/02/2023	Sean Majendie - Centenary
Boys U15 400m	55.21	4/02/2023	Sean Majendie - Centenary
Boys U15 800m	2:05.85	5/02/2023	Dakota Stewart - Ipswich
Boys U15 1500m	4:25.41	4/02/2023	Dakota Stewart - Ipswich
Boys U15 1500m Race Walk	8:04.71	12/02/2017	Ryan Stewart - Ipswich
Boys U15 100m Hurdles	14.74	5/02/2023	Daon Choi - Toowong
Boys U15 300m Hurdles	45.84	13/02/2021	Kobe Blake - Centenary
Boys U15 High Jump	1.90m	1992	M Sills - Ipswich
Boys U15 Long Jump	6.28m	2003	S D'Andrea - Goodna
Boys U15 Triple Jump	12.61m	1995	A Curtis - Ipswich
Boys U15 Discus	51.81m	2007	N Smailes - Ipswich
Boys U15 Javelin	38.53m	6/02/2016	Joshua Watt - Kenmore
Boys U15 Shot Put	16.76m	2005	L Suter - Ipswich



# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## Met West Region

as at 7/9/2023

Boys U16 100m	11.20	13/02/2021	Toshi Butlin - Kenmore
Boys U16 200m	23.08	14/02/2021	Toshi Butlin - Kenmore
Boys U16 400m	52.29	7/02/2015	Nicholas Sluggett - Goodna
Boys U16 800m	2:12.33	12/02/2017	Mitchell Mellor - Rosewood
Boys U16 1500m	4:38.12	11/02/2017	Reece Griffin - Ipswich
Boys U16 1500m Race Walk	9:10.76	4/02/2018	Ben Jeffrey - Souths
Boys U16 100m Hurdles	13.83	9/02/2014	Ben Wilcox - Goodna
Boys U16 300m Hurdles	44.45	11/02/2017	Mitchell Mellor - Rosewood
Boys U16 High Jump	1.75m	7/02/2015	Jay Foster - Ipswich
Boys U16 Long Jump	6.09m	14/02/2021	Toshi Butlin - Kenmore
Boys U16 Triple Jump	12.35m	4/02/2023	Cillian Verbiest - Toowong
Boys U16 Discus	50.12m	14/02/2021	Toshi Butlin - Kenmore
Boys U16 Javelin	47.92m	11/02/2017	Joshua Watt - Toowong Harriers
Boys U16 Shot Put	16.04m	13/02/2021	Toshi Butlin - Kenmore
Boys U17 100m	11.36	05/02/2022	Toshi Butlin - Kenmore
Boys U17 200m	25.90	5/02/2023	Cooper Blake - Centenary
Boys U17 400m	55.40	4/02/2023	Cooper Blake - Centenary
Boys U17 800m	2:04.84	06/02/2022	Cooper Johnson - Kenmore
Boys U17 1500m	4:42.78	05/02/2022	Cooper Johnson - Kenmore
Boys U17 1500m Race Walk	9:09.11	4/02/2018	Kyle Rasmussen - Ipswich
Boys U17 110m Hurdles	15.95	5/02/2023	Kobe Blake - Centenary
Boys 300m Hurdles	42.21	4/02/2023	Kobe Blake - Centenary
Boys U17 High Jump	1.87m	2010	B VanWyk - Ipswich
Boys U17 Long Jump	6.83m	12/02/2017	Nicholas Grant - Ipswich
Boys U17 Triple Jump	12.74m	2013	R Bavister - Ipswich
Boys U17 Discus	50.08m	2012	T Finlayson - Ipswich
Boys U17 Javelin	51.29m	4/02/2012	T Finlayson - Ipswich
Boys U17 Shot Put	16.78m	7/02/2015	Tim Castley - Kenmore