

# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## South Coast Region

as at 17/11/2023

Girls U9 70m	10.50	1984	R Clark - Gold Coast
Girls U9 100m	14.82	8/02/2014	Dianne Waight - Ashmore
Girls U9 200m	31.46	9/02/2014	Dianne Waight - Ashmore
Girls U9 400m	1:13.43	9/02/2019	Rubie Newman - Ormeau
Girls U9 800m	2:42.80	1997	B Smith - TT
Girls U9 700m Race Walk	3:44.40	2023	Freya Williams - Tweed
Girls U9 60m Hurdles	10.45	8/02/2014	Dianne Waight - Ashmore
Girls U9 High Jump	1.21m	2002	T Lesa - Ashmore
Girls U9 Long Jump	4.10m	1986	O Skene - Gold Coast
Girls U9 Discus	27.33m	2002	T Lesa - Ashmore
Girls U9 Shot Put	8.36m	5/02/2017	Lacey Gabriel - Ashmore
Girls U10 70m	10.20	2009	K Packer - Helensvale
Girls U10 100m	14.00	2009	K Packer - Helensvale
Girls U10 200m	29.48	15/02/2015	Dianne Waight - Ashmore
Girls U10 400m	1:09.20	1997	D Fletcher - Runaway Bay
Girls U10 800m	2:41.97	5/02/2017	Kyah Anderson - Gold Coast
Girls U10 1100m Race Walk	5:39.27	5/02/2017	Isabelle Sly - Mudgeeraba
Girls U10 60m Hurdles	10.54	8/02/2014	Jade Sneesby - Gold Coast
Girls U10 High Jump	1.26m	1992	K Driscoll - Gold Coast
Girls U10 Long Jump	4.55m	2009	K Packer - Helensvale
Girls U10 Discus	30.80m	1987	M Wylie - Ashmore
Girls U10 Shot Put	10.65m	10/02/2018	Lacey Gabriel - Ashmore
Girls U11 100m	13.30	2010	K Packer - Helensvale
Girls U11 200m	28.74	2011	Riley Day - Beaudesert
Girls U11 400m	1:06.74	2005	F Barnes - TT
Girls U11 800m	2:34.88	11/02/2018	Kyah Anderson - Gold Coast
Girls U11 1500m	5:10.46	10/02/2018	Kyah Anderson - Gold Coast
Girls U11 1100m Race Walk	5:36.52	5/02/2017	Ashanti Heap - Gold Coast
Girls U11 80m Hurdles	13.38	09/02/2020	Alyssa McDonald - Helensvale
Girls U11 High Jump	1.40m	11/02/2018	Siena Cox - Ashmore
Girls U11 Long Jump	4.74m	6/02/2016	Dianna Waight - Ashmore
Girls U11 Triple Jump	9.65m	2005	D Maher-Smith - Gold Coast
Girls U11 Discus	35.07m	10/02/2019	Torah Luadaka - Helensvale
Girls U11 Javelin	25.46m	2010	T List - Helensvale
Girls U11 Shot Put	11.66m	2011	N Chase - Runaway Bay
Girls U12 100m	13.06	4/02/2017	Dianna Waight - Ashmore
	13.06	10/02/2018	Britney Ingr - Gold Coast
Girls U12 200m	26.97	11/02/2018	Britney Ingr - Gold Coast
Girls U12 400m	1:03.30	1997	L Filer - Ashmore
Girls U12 800m	2:28.90	1997	S Ireland - Runaway Bay
Girls U12 1500m	5:09.18	4/02/2017	Sayla Donnelley - Gold Coast
Girls U12 1500m Race Walk	7:12.54	5/02/2017	Jayda Anderson - Gold Coast
Girls U12 80m Hurdles	13.83	07/02/2021	Alyssa McDonald - Helensvale
Girls U12 High Jump	1.55m	10/02/2018	Havana Harris - Gold Coast
Girls U12 Long Jump	4.99m	10/02/2018	Britney Ingr - Gold Coast
Girls U12 Triple Jump	10.52m	11/02/2018	Britney Ingr - Gold Coast
Girls U12 Discus	34.33m	2012	N Chase - Runaway Bay
Girls U12 Javelin	34.94m	1989	M Wylie - Ashmore
Girls U12 Shot Put	12.84m	2005	C Blanchard - TT

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*as at 17/11/2023*

Girls U13 100m	12.85	9/02/2019	Bailee Anne Tewake - Gold Coast
Girls U13 200m	26.63	11/02/2018	Dianne Waight - Ashmore
Girls U13 400m	1:01.00	2006	T Martin - Ashmore
Girls U13 800m	2:25.10	11/02/2018	Sayla Donnelley - Gold Coast
Girls U13 1500m	4:57.90	2007	K Simpson - Ashmore
Girls U13 1500m Race Walk	7:29.29	11/02/2018	Jayda Anderson - Gold Coast
Girls U13 80m Hurdles	13.40	1998	J Watling - Kyogle
Girls U13 200m Hurdles	29.80	1994	N Guiney - Runaway Bay
Girls U13 High Jump	1.60m	2002	S Capper - Ashmore
Girls U13 Long Jump	5.36m	1985	M Aurisch - Runaway Bay
Girls U13 Triple Jump	10.64m	2002	S Capper - Ashmore
Girls U13 Discus	38.39m	2010	K Williams - TT
Girls U13 Javelin	33.39m	05/02/2022	Chelsea Capps - Mudgeeraba
Girls U13 Shot Put	13.10m	05/02/2022	Nylah Goble-Lote - Runaway Bay
Girls U14 100m	12.49	2011	S Dovey - Gold Coast
Girls U14 200m	25.88	5/02/2017	Ellie Beer - Gold Coast
Girls U14 400m	1:00.90	2007	T Martin - Ashmore
Girls U14 800m	2:20.72	10/02/2019	Lara Cullen - Tamborine Mount
Girls U14 1500m	4:52.97	8/02/2014	Courtney Thwaites - Ashmore
Girls U14 1500m Race Walk	7:09.66	7/02/2016	Tenyka Chapman - Mudgeeraba
Girls U14 80m Hurdles	12.70	2002	K Hill - Gold Coast
	12.70	2003	S Capper - Ashmore
Girls U14 200m Hurdles	26.05	2023	Erin Lanyon - Tweed
Girls U14 High Jump	1.61m	1995	A Scott - Mullumbimby
Girls U14 Long Jump	5.81m	1986	M Aurisch - Gold Coast
Girls U14 Triple Jump	11.17m	2023	Mikayla Frey - Tweed
Girls U14 Discus	39.84m	2011	K Williams - TT
Girls U14 Javelin	41.48m	2023	Jalyn South - Ashmore
Girls U14 Shot Put	12.21m	2011	K Williams - TT
Girls U15 100m	12.41	2011	P Turton - Runaway Bay
Girls U15 200m	25.88	2011	C Atkins - Gold Coast
	25.88	15/02/2015	Riley Day - Beaudesert
Girls U15 400m	1:00.04	2008	T Martin - Ashmore
Girls U15 800m	2:18.90	2000	C Bailey - Runaway Bay
Girls U15 1500m	4:50.76	9/02/2019	Sayla Donnelley - Gold Coast
Girls U15 1500m Race Walk	6:36.32	15/02/2015	Katie Hayward - Gold Coast
Girls U15 90m Hurdles	13.50	2001	S McLellan - Ashmore
	13.50		K Juniper - Gold Coast
Girls U15 300m Hurdles	48.72	05/02/2022	Abbey Gibson - Gold Coast
Girls U15 High Jump	1.60m	1997	K Driscoll - Gold Coast
Girls U15 Long Jump	5.33m	11/02/2018	Jessica Mead - Helensvale
Girls U15 Triple Jump	11.28m	2005	E Henshall - TT
Girls U15 Discus	35.52m	2009	F Barnes - TT
Girls U15 Javelin	37.65m	2012	J Hughes - Helensvale
Girls U15 Shot Put	11.82m	1987	J McMurtrie - Gold Coast

# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## South Coast Region

as at 17/11/2023

Girls U16 100m	12.73	6/02/2016	Riley Day - Beaudesert
Girls U16 200m	26.63	09/02/2020	Dianne Waight - Ashmore
Girls U16 400m	1:02.99	6/02/2016	Sasha Kelly - Mudgeeraba
Girls U16 800m	2:20.57	07/02/2021	Jasper Fitzgerald - Runaway Bay
Girls U16 1500m	5:05.10	2023	Abbi O'Shea - Gold Coast
Girls U16 1500m Race Walk	6:26.01	7/02/2016	Katie Hayward - Gold Coast
Girls U16 90m Hurdles	14.05	5/02/2017	Emily Alman - Tweed
Girls U16 300m Hurdles	46.34	08/02/2020	Dianne Waight - Ashmore
Girls U16 High Jump	1.57m	06/02/2021	Ashlin Copping - Helensvale
Girls U16 Long Jump	5.44m	7/02/2016	Sasha Kelly - Mudgeeraba
Girls U16 Triple Jump	10.54m	10/02/2018	Kate McCarthy - Runaway Bay
Girls U16 Discus	35.24m	15/02/2015	Caitlyn Hester - Beaudesert
Girls U16 Javelin	43.82m	06/02/2021	Tiani Hogan - Tweed
Girls U16 Shot Put	11.77m	14/02/2015	Sarah Thorpe - Beaudesert
Girls U17 100m	12.99	4/02/2017	Sasha Kelly - Mudgeeraba
Girls U17 200m	26.78	15/02/2015	Courtney Linton - Tweed
Girls U17 400m	1:01.22	9/02/2019	Annabel Nipperess - Runaway Bay
Girls U17 800m	2:26.16	10/02/2019	Annabel Nipperess - Runaway Bay
Girls U17 1500m	5:12.53	9/02/2019	Annabel Nipperess - Runaway Bay
Girls U17 1500m Race Walk	7:24.40	2023	Ashanti Heap - Gold Coast
Girls U17 100m Hurdles	17.84	5/02/2017	Phoebe Robson - Tweed
Girls U17 300m Hurdles	51.59	4/02/2017	Demi Utber - Runaway Bay
Girls U17 High Jump	1.55m	14/02/2015	Courtney Linton - Tweed
Girls U17 Long Jump	5.40m	15/02/2015	Courtney Linton - Tweed
Girls U17 Triple Jump	10.87m	2011	A Butters - TT
Girls U17 Discus	37.37m	9/02/2014	Jessica Hughes - Helensvale
Girls U17 Javelin	40.71m	2013	J Hughes - Helensvale
Girls U17 Shot Put	11.21m	2013	J Hughes - Helensvale

# REGIONAL CHAMPIONSHIP BEST PERFORMANCES

## South Coast Region

*as at 17/11/2023*

Boys U9 70m	10.20	1994	S Kemp - Gold Coast
Boys U9 100m	13.90	1987	B Goodwin - Gold Coast
	13.90	1994	S Kemp - Gold Coast
Boys U9 200m	29.30	1994	S Kemp - Gold Coast
Boys U9 400m	1:11.14	4/02/2017	Leo Llewellyn - Helensvale
Boys U9 800m	2:39.50	2010	K Rutherford - Runaway Bay
Boys U9 700m Race Walk	3:50.31	9/02/2014	Kris Hayward - Gold Coast
Boys U9 60m Hurdles	10.00	1999	J Brown - TT
Boys U9 High Jump	1.27m	1999	L Henningsen - Gold Coast
Boys U9 Long Jump	4.42m	1987	B Goodwin - Gold Coast
Boys U9 Discus	31.47m	2004	C Ziebell - TT
Boys U9 Shot Put	9.02m	15/02/2015	Lewis Symonds - Helensvale
Boys U10 70m	9.80	1997	D Kemp - Gold Coast
Boys U10 100m	13.70	2000	J Brown - TT
Boys U10 200m	28.90	1988	B Goodwin - Gold Coast
	28.90	1996	D Kemp - Gold Coast
Boys U10 400m	1:06.30	1996	D Kemp - Gold Coast
Boys U10 800m	2:32.30	1996	T O'Shea - Gold Coast
Boys U10 1100m Race Walk	5:31.49	15/02/2015	Kris Hayward - Gold Coast
Boys U10 60m Hurdles	10.30	2002	M Rogers - Tamborine Mt
	10.30		P Degarnham - Gold Coast
Boys U10 High Jump	1.35m	9/02/2019	Emmanuel Paelay - Ashmore
Boys U10 Long Jump	4.62m	1988	B Goodwin - Gold Coast
Boys U10 Discus	36.11m	7/02/2016	Lewis Symonds - Helensvale
Boys U10 Shot Put	11.71m	6/02/2016	Lewis Symonds - Helensvale
Boys U11 100m	13.40	1996	S Kemp - Gold Coast
Boys U11 200m	28.30	1996	S Kemp - Gold Coast
Boys U11 400m	1:04.32	8/02/2014	Beau Carter - Byron Bay
Boys U11 800m	2:27.50	1988	P Johnson - Gold Coast
Boys U11 1500m	4:57.09	2012	K Rutherford - Runaway Bay
Boys U11 1100m Race Walk	5:09.05	7/02/2016	Kris Hayward - Gold Coast
Boys U11 80m Hurdles	14.41	2023	Finn Donoghue - Runaway Bay
Boys U11 High Jump	1.47m	09/02/2020	Emmanuel Paelay - Ashmore
Boys U11 Long Jump	4.90m	1997	M Derrick - TT
Boys U11 Triple Jump	10.01m	2003	M Rogers - Tamborine Mt
Boys U11 Discus	39.78m	10/02/2019	Connor Hopgood - Helensvale
Boys U11 Javelin	35.00m	2011	I Alllan - Beaudesert
Boys U11 Shot Put	12.90m	4/02/2017	Lewis Symonds - Helensvale
Boys U12 100m	12.70	6/02/2016	Tynan Neveceral - Tweed
Boys U12 200m	26.70	1997	S Kemp - Gold Coast
Boys U12 400m	1:01.40	1997	S Kemp - Gold Coast
Boys U12 800m	2:22.96	2013	K Rutherford - Runaway Bay
Boys U12 1500m	4:46.90	1989	P Johnson - Gold Coast
Boys U12 1500m Race Walk	7:39.62	2013	Y Benzenati - Ashmore
Boys U12 80m Hurdles	14.24	07/02/2021	Emmanuel Paelay - Ashmore
Boys U12 High Jump	1.56m	1997	G Paulson - Tamborine Mt
Boys U12 Long Jump	5.38m	1986	J Purcell - Gold Coast
Boys U12 Triple Jump	10.62m	1995	R Singh - Gold Coast
Boys U12 Discus	42.45m	10/02/2018	Lewis Symonds - Helensvale
Boys U12 Javelin	42.28m	1988	S Wylie - Ashmore
Boys U12 Shot Put	13.29m	07/02/2021	Aden Webber - Gold Coast

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## South Coast Region

as at 17/11/2023

Boys U13 100m	11.98	4/02/2017	Tynan Neveceral - Tweed
Boys U13 200m	24.65	5/02/2017	Tynan Neveceral - Tweed
Boys U13 400m	57.03	4/02/2017	Tynan Neveceral - Tweed
Boys U13 800m	2:16.05	06/02/2022	Alexander Wain - Helensvale
Boys U13 1500m	4:34.54	05/02/2022	Alexander Wain - Helensvale
Boys U13 1500m Race Walk	6:50.31	11/02/2018	kris Hayward - Gold Coast
Boys U13 80m Hurdles	12.90	1998	Wall - Runaway bay
	12.90		Spence - Ashmore
	12.90	2007	H Cathie - Gold Coast
Boys U13 200m Hurdles	28.81	8/02/2014	Bradley Hunt - Byron Bay
Boys U13 High Jump	1.73m	1996	J Keogh - Runaway Bay
Boys U13 Long Jump	6.07m	5/02/2017	Tynan Neveceral - Tweed
Boys U13 Triple Jump	11.24m	2012	R Silke - Gold Coast
	11.24m		J Davies - Runaway Bay
Boys U13 Discus	41.71m	07/02/2021	Connor Hopgood - Helensvale
Boys U13 Javelin	40.96m	2013	Benjamin Thomas - Beaudesert
Boys U13 Shot Put	14.69m	1987	P Makowiecki - Ashmore
Boys U14 100m	11.77	10/02/2018	Tynan Neveceral - Gold Coast
Boys U14 200m	24.03	11/02/2018	Tynan Neveceral - Gold Coast
Boys U14 400m	54.80	2008	B Lane - Gold Coast
Boys U14 800m	2:08.88	10/02/2019	Dylan Devine - Runaway Bay
Boys U14 1500m	4:22.14	9/02/2019	Dylan Devine - Runaway Bay
Boys U14 1500m Race Walk	7:04.13	15/02/2015	Jamison Stovin - Gold Coast
Boys U14 90m Hurdles	12.87	15/02/2015	Preston Degarnham - Gold Coast
Boys U14 200m Hurdles	27.21	14/02/2015	Preston Degarnham - Gold Coast
Boys U14 High Jump	1.75m	07/02/2021	Joshua Osborne - Gold Coast
Boys U14 Long Jump	6.20m	06/02/2021	Joshua Osborne - Gold Coast
Boys U14 Triple Jump	12.38m	07/02/2021	Joshua Osborne - Gold Coast
Boys U14 Discus	52.23m	2004	M Stopel - Runaway Bay
Boys U14 Javelin	45.00m	1990	S Wylie - Ashmore
Boys U14 Shot Put	16.17m	07/02/2021	Daniel Frey - Tweed
Boys U15 100m	11.40	1996	A Norton - Ashmore
Boys U15 200m	23.87	2013	C Marsden - Tweed
Boys U15 400m	52.14	8/02/2014	Cooper Degarnham - Gold Coast
Boys U15 800m	2:03.15	09/02/2020	Dylan Devine - Runaway Bay
Boys U15 1500m	4:29.20	2001	S Arkinstall - Mudgeeraba
Boys U15 1500m Race Walk	7:07.72	05/02/2021	Sam McCure - Ashmore
Boys U15 100m Hurdles	13.50	2004	P Ulbrich - Ashmore
Boys U15 300m Hurdles	43.53	10/02/2018	Liam Coghlan - Gold Coast
Boys U15 High Jump	1.82m	2006	S Campbell - TT
Boys U15 Long Jump	6.15m	2003	R Silke - Gold Coast
Boys U15 Triple Jump	13.26m	10/02/2018	Charlie Carroll - Ashmore
Boys U15 Discus	57.59m	2005	M Stopel - Runaway Bay
Boys U15 Javelin	48.10m	4/02/2017	hayden sperling - Mudgeeraba
Boys U15 Shot Put	15.94m	1995	B Kreher - Beenleigh

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## South Coast Region

as at 17/11/2023

Boys U16 100m	11.39	4/02/2017	Jack Dawson - Tweed
Boys U16 200m	23.53	10/02/2019	Charlie Carroll - Ashmore
Boys U16 400m	52.74	9/02/2019	Eoghan Barnes - Tweed
Boys U16 800m	2:02.18	07/02/2021	Dylan Devine - Runaway Bay
Boys U16 1500m	4:31.10	4/02/2017	Jamison Stovin - Gold Coast
Boys U16 1500m Race Walk	6:38.60	8/02/2019	Reece Madden - Tweed
Boys U16 100m Hurdles	13.66	15/02/2015	Cooper Degarnham - Gold Coast
Boys U16 300m Hurdles	41.13	9/02/2019	Brayden Field - Gold Coast
Boys U16 High Jump	1.80m	8/02/2014	Devan Simpson - Helensvale
Boys U16 Long Jump	6.49m	10/02/2019	Charlie Carroll - Ashmore
Boys U16 Triple Jump	13.32m	9/02/2019	Charlie Carroll - Ashmore
Boys U16 Discus	51.25m	10/02/2019	Reece Madden - Tweed
Boys U16 Javelin	45.49m	10/02/2018	Hayden Sperling - Mudgeeraba
Boys U16 Shot Put	16.17m	2023	Daniel Frey - Tweed
Boys U17 100m	11.02	2011	J Williams - Helensvale
Boys U17 200m	23.15	2011	J Williams - Helensvale
Boys U17 400m	52.22	08/02/2020	Eoghan Barnes - Tweed
Boys U17 800m	2:02.57	07/02/2021	Connor Ashley - Runaway Bay
Boys U17 1500m	4:23.74	10/02/2018	Jamison Stovin - Gold Coast
Boys U17 1500m Race Walk	7:36.81	7/02/2016	Nicholas Andreas - Tweed
Boys U17 110m Hurdles	15.65	09/02/2020	Eoghan Barnes - Tweed
Boys U17 300m Hurdles	41.20	9/02/2019	Kobe Hinton - Mudgeeraba
Boys U17 High Jump	1.85m	2011	J Williams - Helensvale
Boys U17 Long Jump	6.33m	15/02/2015	Josh Kelly - Mudgeeraba
Boys U17 Triple Jump	12.77m	9/02/2019	Kobe Hinton - Mudgeeraba
Boys U17 Discus	42.23m	11/02/2018	Jacob Taurima - Ashmore
Boys U17 Javelin	47.91m	2011	J Williams - Helensvale
Boys U17 Shot Put	13.70m	2023	Tom Watson - Gold Coast