

Regional Relay Best Performances: Downs & South West

Current as at October 2025

* to be ratified by the Regional Committee

U9 Girls					
High Jump	2.09m	2001	Toowoomba Central		
Discus	35.92m	10/11/2012	Toowoomba Central		B Simpkin, C Middleton
Shot Put	11.57m	21/11/2021	Toowoomba		E Carrigan, A Long
4x100m	1:05.20	2001	Toowoomba Central		
Swedish	3:17.83	13/11/2022	Toowoomba		E Johnstone, E Broksch, V Cooper, V Richardson
U10 Girls					
High Jump	2.38m	1989	Mt Tarampa		
Long Jump	7.71m	1989	Mt Tarampa		
Shot Put	15.35m	1986	Wilsonton		
4x100m	1:03.90	1989	Mt Tarampa		
Swedish	3:06.57	12/11/2023	Toowoomba		L Felton-Taylor, A Ayii, E Broksch, V Richardson
U11 Girls					
Long Jump	8.46m	2003	Toowoomba Central		
Discus	51.33m	12/11/2023	Toowoomba		E Carrigan, A Blades
Discus	51.72m	10/11/2024	Toowoomba		Eden Broksch, Evelyn Krieg
Shot Put	16.76m	12/11/2023	Toowoomba		E Carrigan, A Blades
4x100m	1:00.10	1984	Helidon		
Medley	5:23.46	12/11/2023	Toowoomba		S Ward, A Adams, A Blades, R Farquhar
Medley	5:19.74	10/11/2024	Toowoomba		E Young, E King, E Broksch, A Ayii
U12 Girls					
High Jump	2.68m	15/11/2020	Toowoomba		A Youngberry, H Wainwright
Long Jump	8.72m	1991	Mt Tarampa		
Discus	55.90m	10/11/2012	Laidley		R Vidler, L Sugden
4x100m	58.60	1983	Warwick		
Medley	5:20.04	13/11/2022	Toowoomba		E Walkington, A Ball, A Boyes, P Cooke
U13 Girls					
High Jump	2.94m	1993	Mt Tarampa		
Discus	67.63m	17/11/2013	Laidley		R Vidler, M Joseph-Greenup
Shot Put	17.04m	2000	Toowoomba Central		
Shot Put	18.65	10/11/2024	Warwick		Tori Winters, Claire Fitzgerald
4x100m	55.30	1993	Mt Tarampa		
Medley	4:59.11	21/11/2021	Toowoomba		H Botha, L Pietsch, Z Pietsch, X Watts
U14 Girls					
High Jump	2.84m	13/11/2022	Toowoomba		R Franke, X Watts
Long Jump	9.37m	1996	Helidon		
Shot Put	19.02m	1990	Helidon		
4x100m	57.40	9/11/2008	Toowoomba Central		
Swedish	2:49.19	12/11/2023	Toowoomba		P Cavanough, J Gwynne, J Mazlin, R Richardson
U15 Girls					
High Jump	2.85m	1994	Wilsonton		
Long Jump	9.12m	1996	Helidon		
Discus	60.91m	2009	Pittsworth		
4x100m	54.50	1991	Helidon		
Swedish	2:46.20	16/11/2019	Highfields		B Gardner, D Bailey, C Zirbel, C Mickelborough
U16 Girls					
Long Jump	9.59m	10/11/2018	Laidley		C Taylor, C Lee
Discus	62.04m	9/11/2014	Toowoomba South		S Lenton, B Erbacher
Shot Put	22.66m	9/11/2014	Toowoomba South		S Lenon, B Erbacher
4x100m	54.39	10/11/2018	Laidley		C Taylor, H Berlin, M Blatchly, C Lee
Swedish	2:45.54	10/11/2018	Laidley		M Blatchly, C Lee, C Taylor, H Berlin
U17 Girls					
Long Jump	9.24m	7/11/2015	Toowoomba South		S Lenon, B Erbacher
Discus	70.05m	7/11/2015	Toowoomba South		S Lenon, B Erbacher
Shot Put	23.50m	7/11/2015	Toowoomba South		S Lenon, B Erbacher
4x100m	55.40	7/11/2009	Toowoomba South		S Hagan, A Gamatia, J Uradok, J Suley
Swedish	3:03.11	15/11/2020	Toowoomba		C Ridgway, M Smith, C Wainwright, L Peachey

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U9 Boys				
High Jump	2.22m	2003	Toowoomba Central	
Discus	42.96m	2003	Toowoomba Central	
Shot Put	14.37m	17/11/2013	Toowoomba Central	K Verrall, M Simpkin
4x100m	1:05.00	1990	Granite Belt	
Swedish	3:23.25	13/11/2022	Toowoomba	E Russell, H Weedon, A Szprinc, D Ryan
Swedish	3:23.24	10/11/2024	Toowoomba	A Strong, L Broksch, S Denaro, M Adol
U10 Boys				
High Jump	2.28m	5/11/2011	Toowoomba South	Harry Erbacher, Cody Batham
Long Jump	8.54m	7/11/2015	Toowoomba	M Dabin, B Ruming
Shot Put	16.56m	1993	Mt Tarampa	
4x100m	1:01.69	12/11/2023	Toowoomba	C Drew, E Russell, B Trott, D Ryan
Swedish	2:52.86	12/11/2023	Toowoomba	E Russell, C Drew, B Trott, D Ryan
U11 Boys				
Long Jump	8.61m	7/11/2015	Toowoomba Central	B Bingham, R Delaney
Discus	55.15m	10/11/2018	Multi-Centre	J Kent, K Flendy
Discus	63.48m	10/11/2024	Upper Lockyer	Slater Walsh, Hayden D'Arcy
Shot Put	16.50m	15/11/2020	Toowoomba	H Watts, D Booth
Shot Put	17.57m	10/11/2024	Upper Lockyer	Slater Walsh, Hayden D'Arcy
4x100m	59.40	1997	Centenary Heights	
Medley	5:08.80	13/11/2022	Highfields	B Allen, C Griffiths, L Yaxley, L Wilson
U12 Boys				
High Jump	2.62m	12/11/2023	Toowoomba	N Mazlin, C Moore
Long Jump	9.27m	1996	Wilsonton	
Discus	55.87m	2010	Laidley	
4x100m	59.40	1990	Border Blues	
Medley	5:07.45	13/11/2022	Toowoomba	R Weedon, H Wilson, N Richardson, A Duncan
U13 Boys				
High Jump	2.93m	1992	Mt Tarampa	
Discus	52.02m	13/11/2022	Toowoomba	O Miller, D Holley
Shot Put	21.51m	1991	Mt Tarampa	
4x100m	55.50	10/11/2012	Laidley	R Gordon, B Williams, B Wood, B Gordon
Medley	4:41.40	2005	Toowoomba Central	
U14 Boys				
High Jump	3.04m	1993	Mt Tarampa	
Long Jump	10.54m	17/11/2013	Laidley	B Gorden, B Wood
Shot Put	22.44m	10/11/2012	Toowoomba South	R Dunemann, K Brookes
4x100m	50.40	17/11/2013	Laidley	B Gordon, R Gordon, L Lawlor, B Wood
Swedish	2:33.54	12/11/2023	Laidley	J Sippel, E Vayro, O Smith, J Koplick
U15 Boys				
High Jump	3.32m	10/11/2018	Multi-Centre	A Cowdroy, K Hill
Long Jump	11.73m	7/11/2015	Toowoomba Central	T Gore, J D'Arcy
Discus	84.04m	10/11/2012	Warwick	J Bannister, L Duncan
4x100m	49.90	1992	Helidon	
Swedish	2:25.80	10/11/2018	Highfields	M Knapman, L Logan, M Bailey, J Roach
U16 Boys				
Long Jump	11.30m	15/11/2020	Toowoomba	K Brown, S Wainwright
Discus	88.79m	17/11/2013	Warwick	J Bannister, L Duncan
Shot Put	21.77m	17/11/2013	Warwick	J Bannister, L Duncan
4x100m	50.60	10/11/2018	Highfields	E Logan, J Zirbel, L Coleborn, I Williams
Swedish	2:18.50	16/11/2019	Highfields	N Roach, O Kelly, L Paynter, J Roach
U17 Boys				
Long Jump	12.41m	15/11/2020	Toowoomba	A Cowdroy, D Sippel
Discus	74.26m	9/11/2014	Pittsworth	S Fitzgerald, M Fitzgerald
Shot Put	25.07m	10/11/2012	Warwick	
4x100m	47.90	15/11/2020	Highfields	C Mickelborough, N Roach, B Ruming, J Roach
Swedish	2:14.30	15/11/2020	Highfields	B Ruming, N Roach, C Mickelborough, J Roach

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CAT U9-10				
4x100m	1:07.35	12/11/2023	Upper Lockyer	O May, S Walsh, J Sessarago, H D'Arcy
Swedish	3:06.34	12/11/2023	Upper Lockyer	S Walsh, J Sessargo, O May, H D'Arcy
CAT U11-13				
4x100m	1:01.36	12/11/2023	Highfields	A Spies, P York, A Orr, N Dunemann
4x100m	1:01.16	10/11/2024	Highfields	R Dyson, P Banaszek, L Yaxley, H Kruger
Medley	4:57.08	12/11/2023	Highfields	D Campbell, H Kruger, P York, A Spies
Medley	4:55.29	10/11/2024	Highfields	J Rice, P Banaszek, L Yaxley, H Kruger
CAT U14-17				
4x100m	51.11	12/11/2023	Highfields	J Kinsey, P Orr, L Dyson, C Banaszek
Swedish	2:20.89	12/11/2023	Highfields	P Orr, J Kinsey, L Dyson, C Banaszek
U9 Mixed				
High Jump	1.78m	13/11/2022	Highfields	L Spoelder, P Dyson
High Jump	1.78m	10/11/2024	Toowoomba	Landon Broksch, Pippa Williams
Discus	21.27m	13/11/2022	Highfields	L Spoelder, P Dyson
Discus	26.85m	10/11/2024	Warwick	Patrick Ehrlich, Chelsea Box
Shot Put	8.03m	12/11/2023	Toowoomba	G Cherry, O Pole
Shot Put	10.19m	10/11/2024	Laidley	Malachi Ward, Nora Lindenmayer
U10 Mixed				
High Jump	2.00m	12/11/2023	Toowoomba	A Ayii, B Trott
High Jump	2.18m	10/11/2024	Toowoomba	Hina Kapavale, Connor Denaro
Long Jump	6.97m	12/11/2023	Highfields	A Griffiths, D York
Long Jump	7.33m	10/11/2024	Warwick	Scarlett Clarkson, Eli Jensen
Shot Put	10.21m	21/11/2021	Toowoomba	C Moodie, J Cavanough
Shot Put	11.88m	10/11/2024	Warwick	Scarlett Clarkson, Eli Jensen
U11 Mixed				
Long Jump	6.72m	21/11/2021	Upper Lockyer	O Anderson, T Snelling
Long Jump	7.08m	10/11/2024	Toowoomba	Brodie Trott, Maggie Guymer
Discus	41.49m	13/11/2022	Highfields	A Orr, C Griffiths
Shot Put	12.31m	21/11/2021	Upper Lockyer	O Anderson, M Eddison
U12 Mixed				
High Jump	2.26m	12/11/2023	Highfields	L Yaxley, I Turpin
High Jump	2.59m	10/11/2024	Highfields	Hayden Kruger, Piper Banaszek
Long Jump	6.93m	12/11/2023	Toowoomba	C Moore, K Carroll
Long Jump	7.02m	10/11/2024	Laidley	Thomas McGrath, Courtney Vine
Discus	47.34m	21/11/2021	Toowoomba	H Watts, D Chambers
U13 Mixed				
High Jump	2.87m	21/11/2021	Highfields	R Franke, J Clark
Discus	53.10m	13/11/2022	Toowoomba	H Watts, D Chambers
Shot Put	18.63m	13/11/2022	Toowoomba	H Watts, D Chambers
U14 Mixed				
High Jump				
Long Jump	8.91m	21/11/2021	Highfields	J Kinsey, O Martell
Shot Put	18.93m	13/11/2022	Toowoomba	A Rowe, X Watts
U15 Mixed				
High Jump	2.80m	10/11/2024	Laidley	Jeremy Koplick, Shelby Covey
Long Jump	10.33m	13/11/2022	Highfields	O Martell, J Kinsey
Discus	47.13m	21/11/2021	Upper Lockyer	C Maizey, A Eddison
Discus	55.26m	10/11/2024	Laidley	Jeremy Koplick, Shelby Covey
U16 Mixed				
Long Jump	10.88m	12/11/2023	Highfields	J Kinsey, L Dyson
Discus	42.80m	13/11/2022	Upper Lockyer	A Obst, A Eddison
Shot Put	16.28m	13/11/2022	Upper Lockyer	A Obst, A Eddison
U17 Mixed				
Long Jump	8.62m	21/11/2021	Toowoomba	A King, D Burke
Discus	46.25m	12/11/2023	Upper Lockyer	A Eddison, A Obst
Shot Put	17.65m	12/11/2023	Upper Lockyer	A Eddison, A Obst