

Regional Relay Best Performances: SunCoast

Current as at October 2025

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U9 Girls					
High Jump	2.12m	6/11/2021	University	Emily Harland, Mia Foreman	
Discus	25.84m	12/11/2022	University	M Hooper, I Swan	
Shot Put	10.91m	6/11/2021	Caloundra	Amber Livingston, Megan Dunn	
4x100m	1:09.32	12/11/2022	University	M Jennings, M Hooper, M Cloete, I Swan	
Swedish	3:14.58	12/11/2022	University	I Swan, M Cloete, M Hooper, K Hepworth	
U10 Girls					
High Jump	2.17m	4/11/2023	Maleny	B Eastwood, E Gornall	
		12/11/2022	University	M Oedekoven, E Harland	
		6/11/2021	University	S McEwan, S Hinckman	
High Jump	2.17m	9/11/2024	Glasshouse	I Sewell, S Wright	
Long Jump	7.20m	12/11/2022	University	T Fragiacom, E Harland	
Shot Put	12.99m	12/11/2022	University	E Harland, M Foreman	
Shot Put	13.81m	9/11/2024	Deception Bay	B Sansom, S Hill	
4x100m	1:02.49	12/11/2022	Caloundra	T Chapman, M Rowlings, L O'Keefe, A Livingston	
Swedish	2:58.37	12/11/2022	Caloundra	M Rowlings, A Livingston, T Chapman, L O'Keefe	
U11 Girls					
Long Jump	7.87m	4/11/2023	Caloundra	A Livingston, M Rowlings	
Long Jump	8.28m	9/11/2024	University	M Hooper, M Monteith	
Discus	42.85m	4/11/2023	Caloundra	S Weber, A Livingston	
Shot Put	17.36m	6/11/2021	South Burnett	Emily Bolden, Chloe Gibson	
4x100m	59.54	4/11/2023	Caloundra	L O'Keefe, T Chapman, M Rowlings, A Livingston	
Medley	4:54.56	4/11/2023	University	T Fragiacom, A Garrett, A Abrahams, G Seels-Wood	
U12 Girls					
High Jump	2.67m	6/11/2021	University	Sophie Elkington, Jaz Edmondstone	
High Jump	2.67m	9/11/2024	University	E Harland, M Oedekoven	
Long Jump	8.30m	6/11/2021	University	Sophie Elkington, Jaz Edmondstone	
Long Jump	8.94m	9/11/2024	Deception Bay	A Gillon, D Pushkareff	
Discus	52.76m	6/11/2021	Deception Bay	Amelia Vuniwaqa, Sophie Newell	
4x100m	57.23	4/11/2023	Caloundra	G Bryce, H Rankine, A Malone, J Martin	
4x100	57.01	9/11/2024	Deception Bay	R Howarth, O Droka, A Gillon, D Pushkareff	
Medley	4:49.68	4/11/2023	Caloundra	G Bryce, A Malone, H Rankine, J Martin	
Medley	4:39.64	9/11/2024	University	A Abrahams, A Garrett, T Fragiacom, G Seels-Wood	
U13 Girls					
High Jump	2.70m	6/11/2021	University	Tayla Humphrey, Ava McKenna	
High Jump	2.70m	9/11/2024	University	M Ritchie, J Buck	
Discus	56.40m	12/11/2022	Deception Bay	A Vuniwaqa, A Marsh	
Shot Put	18.73m	4/11/2023	South Burnett	C Gibson, E Bolden	
4x100m	55.87	6/11/2021	Maroochy	R Campbell, M Couacaud, L van der Breggen, A Wilkinson	
Medley	4:41.01	4/11/2023	Caloundra	S Slingsby, E Procter, K Porter, S Livingston	
U14 Girls					
High Jump	2.85m	12/11/2022	University	T Humphrey, A McKenna	
High Jump	2.87m	9/11/2024	Deception Bay	J Harrison, M Nel	
Long Jump	9.06m	6/11/2021	University	Madison Hartley, Jade Meehan	
Long Jump	9.18m	9/11/2024	University	E Finger, T O'Friel	
Shot Put	16.87m	4/11/2023	Deception Bay	A Marsh, A Vuniwaqa	
Shot Put	17.55m	9/11/2024	Deception Bay	J Heap, K Trent	
4x100m	52.82	12/11/2022	Maroochy	R Campbell, A Wilkinson, L Van der Breggen, A McCall	
Swedish	2:26.88	12/11/2022	Maroochy	A McCall, R Campbell, L Van Der Breggen, A Wilkinson	
U15 Girls					
High Jump	2.87m	12/11/2022	University	M Hartley, J Meehan	
Long Jump	9.34m	12/11/2022	University	M Hartley, D Evans	
Discus	38.58m	12/11/2022	Caloundra	Z Strydom, K Slingsby	
Discus	51.34m	9/11/2024	Deception Bay	A Vuniwaqa, A Marsh	
4x100m	52.65	12/11/2022	University	S Anderson, D Evans, M Hartley, C Johnstone	
Swedish	2:26.16	12/11/2022	University	D Evans, M Mitchell, M Hartley, C Johnstone	
U16 Girls					
Long Jump	9.28m	6/11/2021	Noosa	Mailee Scott-Jones, Dianne Ladewig	
Discus	42.09m	4/11/2023	University	J Meehan, S Root	
Shot Put	17.09m	4/11/2023	Caloundra	Z Strydom, I Tofful	
4x100m	53.38	6/11/2021	Noosa	K Hides, M Scott-Jones, D Ladewig, J Ladewig	
Swedish	2:36.64	6/11/2021	Noosa	K Hides, M Scott-Jones, D Ladewig, J Ladewig	

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U17 Girls				
Long Jump	9.05m	12/11/2022	Noosa	J Ladewig, D Ladewig
Long Jump	9.47m	9/11/2024	South Burnett	G Kapernick, N Gunston
Discus	45.35m	6/11/2021	University	Rose Douglas, Madison O'Brien
Shot Put	18.87m	6/11/2021	University	Bethany Shemansky, Rose Douglas
4x100m	53.03	12/11/2022	Noosa	J Ladewig, O Payne, K Hides, D Ladewig
Swedish	2:30.07	12/11/2022	Noosa	D Ladewig, K Hides, J Ladewig, O Payne
U9 Boys				
High Jump	2.12m	6/11/2021	Noosa	Ben Clayton, Aiden Stewart
High Jump	2.12m	9/11/2024	Gympie	D Frank, W Morris
Discus	32.54m	6/11/2021	South Burnett	Landon Richards, Izak Gibson
Shot Put	12.46m	6/11/2021	South Burnett	Landon Richards, Izak Gibson
4x100m	1:06.62	6/11/2021	Noosa	B Clayton, S Hyde, A Stewart, C Stewart
Swedish	3:14.41	12/11/2022	Deception Bay	F Clark, J Dunleavy, J Phillips, M Gordon
Swedish	3:13.20	9/11/2024	Nambour	J Bestwick, K Carter, K Nispel, L Ormond
U10 Boys				
High Jump	2.27m	12/11/2022	University	C Thomas, T Simmonds
		6/11/2021	University	M Herrera, I Kwarciany
Long Jump	7.95m	12/11/2022	University	C Thomas, H Whittaker
Shot Put	14.32m	6/11/2021	Deception Bay	Jaden Armitage, Jacob Vuniwaqa
Shot Put	14.40m	9/11/2024	University	M Salafai, L Spies
4x100m	1:03.71	4/11/2023	University	M Prentice, T Birt, S McGowan, H Trapnell
4x100m	1:02.78	9/11/2024	University	C Thompson, V WOODRIF, M Salafai, L Spies
Swedish	2:54.87	12/11/2022	Gympie	H Denning, F King, B Lindsay, L Roberts
U11 Boys				
Long Jump	8.61m	6/11/2021	Glasshouse	Miguel Herrera, Izaac Kwarciany
Discus	53.44m	12/11/2022	Caloundra	F Clark, L O'Neill
Shot Put	19.81m	6/11/2021	Caloundra	Ryan White, Hudson Clark
4x100m	57.90	12/11/2022	Caloundra	Z Mashobe, F Clark, L O'Neill, N Cleaver
Medley	4:50.47	12/11/2022	University	C Hartley, L Tandog, L Tandog, H Monteith
U12 Boys				
High Jump	2.97m	4/11/2023	Deception Bay	C McLoughlin, J Vuniwaqa
Long Jump	9.01m	12/11/2022	University	M Jones, M McGregor
Discus	51.27m	12/11/2022	Caloundra	R White, H Clark
4x100m	55.85	12/11/2022	University	J Kennedy-Ault, M McGregor, Y Persal, M Jones
Medley	4:38.40	4/11/2023	Deception Bay	J Vuniwaqa, C Simpson, B Kunde, C McLoughlin
U13 Boys				
High Jump	2.92m	4/11/2023	University	M Jones, J Kennedy-Ault
High Jump	2.97m	9/11/2024	University	C Tomkins, C Hartley
Discus	67.14m	6/11/2021	Deception Bay	Cael Armitage, Ryan White
Shot Put	19.66m	6/11/2021	Deception Bay	Cael Armitage, Ryan White
4x100m	53.80	4/11/2023	University	Y Persal, M McGregor, M Herrera, M Jones
Medley	4:26.08	12/11/2022	University	E Kereama, X Stirton, B Bell, L Maher
U14 Boys				
High Jump	3.12m	4/11/2023	Deception Bay	L Jones, C Stephenson
Long Jump	10.27m	12/11/2022	South Burnett	B Lipsett, C Murnane
Shot Put	22.17m	6/11/2021	University	Jamieson Pooles, Noah Harknett
4x100m	52.00	12/11/2022	South Burnett	A Farmilo, B Lipsett, R Mollenhauer, C Murnane
Swedish	2:23.33	12/11/2022	South Burnett	A Farmilo, B Lipsett, R Mollenhauer, C Murnane
U15 Boys				
High Jump	3.12m	12/11/2022	Gympie	F Hamilton, O Pratt
Long Jump	11.42m	6/11/2021	Caboolture	Bailin Hughes, Jaxyn Stolberg
Discus	102.06m	12/11/2022	University	M Stoker, J Pooles
4x100m	50.37	4/11/2023	Glasshouse	E Hackney, L Josey, Z Stanton, R Coombs
4x100m	49.06	9/11/2024	Noosa	M Andrews, L Hermus, E Melinz, A Perquin
Swedish	2:17.96	12/11/2022	Deception Bay	M White, H Knight, S White, H Bown
U16 Boys				
Long Jump	12.31m	12/11/2022	Caboolture	B Hughes, J Stolberg
Discus	108.95m	4/11/2023	University	J Pooles, M Stoker
Shot Put	29.74m	4/11/2023	University	J Pooles, M Stoker
4x100m	48.28	12/11/2022	Bribie District	J Mawson, R Waters, I Brady, L Tickle
Swedish	2:12.53	12/11/2022	Bribie District	J Mawson, I Brady, L Tickle, R Waters

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U17 Boys					
Long Jump	11.45m	4/11/2023	Caboolture	J Stolberg, N Lavell	
Discus	65.09m	4/11/2023	South Burnett	C Richards, B Whalan	
Shot Put	21.85m	4/11/2023	South Burnett	C Richards, B Whalan	
4x100m	49.44	6/11/2021	Caboolture	H Cotterill, M Swift, S Wasson, A Reid	
4x100m	48.27	9/11/2024	Deception Bay	H Bown, S White, L Dew, M White	
Swedish	2:26.63	6/11/2021	Glasshouse	C Hackney, A Murphy, T Cross, K Josey	
Swedish	2:07.14	9/11/2024	Deception Bay	L Dew, S White, M White, H Bown	
CAT U9-10					
4x100m	1:07.52	4/11/2023	University	L Tennett, P Berryman, P Webb, F Goold	
4x100m	1:07.52	9/11/2024	Maroochy	Eastcott, Macnish, Lang-Pintor, Hinchcliffe	
Swedish	3:09.47	4/11/2023	Caloundra	K Keates, P Phillips, M Cooper, L Miller	
CAT U11-13					
4x100m	55.59	12/11/2022	Gympie	C Wilson, H McArthur, H Achelberg, J Beutel	
4x100m	55.39	9/11/2024	Noosa	B Clayton, S HYDE, S Robinson, H Zegers	
Medley	4:35.80	12/11/2022	Gympie	H Schelberg, C Wilson, H McArthur, J Beutel	
CAT U14-17					
4x100m	48.54	4/11/2023	Glasshouse	T Gibbons, M O'Brien-Sparr, R Hackney, D Cross	
Swedish	2:15.09	4/11/2023	Glasshouse	D Cross, R Hackney, M O'Brien-Sparr, T Gibbons	
Swedish	2:13.76	9/11/2024	Maroochy	O'Neill, Wilkinson, van der Breggen, O'Neill	
U9 Mixed					
High Jump	1.97m	12/11/2022	Noosa	Z Nielsen, M Rankin	
High Jump	1.97m	9/11/2024	University	W Hyatt, H Surman	
Discus	26.66m	4/11/2023	Deception Bay	B Sansom, L Curry	
Discus	26.98m	9/11/2024	South Burnett	Z Tones, L McDonald	
Shot Put	8.64m	4/11/2023	University	J Tandog, P Webb	
Shot Put	9.10m	9/11/2024	South Burnett	Z Tones, L McDonald	
U10 Mixed					
High Jump	2.07m	4/11/2023	University	H Trapnell, M Hooper	
High Jump	2.12m	9/11/2024	Deception Bay	M Phillips, Z Hill	
Long Jump	6.99m	6/11/2021	Nambour	C Crossno, E Bailey	
Shot Put	12.06m	4/11/2023	Glasshouse	E Doyle, G Jackson	
U11 Mixed					
Long Jump	7.51m	4/11/2023	Deception Bay	O Hill, D Pushkareff	
Long Jump	7.61m	9/11/2024	Deception Bay	H Harbourne, L Sullivan	
Discus	37.17m	4/11/2023	University	M Berryman, M Foreman	
Shot Put	14.26m	4/11/2023	Glasshouse	E Orr, A Meredith	
Shot Put	14.48m	9/11/2024	Caloundra	C Plummer, K Keats	
U12 Mixed					
High Jump	2.40m	4/11/2023	Bli Bli	L White, J Eterovic	
High Jump	2.47m	9/11/2024	University	N Bourke, S Pegg	
Long Jump	8.23m	4/11/2023	South Burnett	J Roberts, E Tones	
Discus	34.79m	4/11/2023	Glasshouse	P Jackson, T Robinson	
Discus	41.29m	9/11/2024	Gympie	F King, T McLeod	
U13 Mixed					
High Jump	2.58m	4/11/2023	Glasshouse	I Kwarciany, E Muller	
High Jump	2.60m	9/11/2024	Nambour	B Byrne, A Waldon	
Discus	61.01m	4/11/2023	Glasshouse	E Muller, A Moore	
Shot Put	17.49m	6/11/2021	South Burnett	J Bolden, R Mollenhauer	
U14 Mixed					
High Jump	2.77m	12/11/2022	Maroochy	O Whitehouse, L Van der Breggen	
Long Jump	8.81m	12/11/2022	South Burnett	R Mollenhauer, J Bolden	
Long Jump	9.04m	9/11/2024	Bribie District	B Smith, R Arbuckle	
Shot Put	20.38m	12/11/2022	Glasshouse	J Tuileutu-Voi, E Hackney	
U15 Mixed					
High Jump	2.81m	4/11/2023	Bribie District	Z Cotterill, M Miller	
High Jump	2.90m	9/11/2024	Deception Bay	D Bown, A Vuniwaqa	
Long Jump	9.22m	4/11/2023	University	K Jennings, M Gill	
Discus	60.85m	12/11/2022	Gympie	B Rogers, G McCabe	

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U16 Mixed

Long Jump	9.65m	6/11/2021	Gympie	K Schulga, M Lillywhite
Discus	44.19m	6/11/2021	Gympie	M Lillywhite, K Schulga
Discus	53.48m	9/11/2024	University	K Jennings, M Stewart
Shot Put	20.21m	4/11/2023	Bribie District	H Berezwick, J Wallin
Shot Put	20.27m	9/11/2024	University	K Jennings, M Stewart

U17 Mixed

Long Jump	10.26m	12/11/2022	Gympie	W Delisser, M Lillywhite
Discus	54.02	12/11/2022	South Burnett	J Freeman, B Searle
Discus	60.82m	9/11/2024	Gympie	G McCabe, B Rodgers
Shot Put	19.88m	12/11/2022	South Burnett	J Freeman, B Searle