

## Regional Relay Best Performances: South Coast

Current as at October 2025

\* to be ratified by the Regional Committee

|                  |         |            |             |                                              |
|------------------|---------|------------|-------------|----------------------------------------------|
| <b>U9 Girls</b>  |         |            |             |                                              |
| High Jump        | 2.14m   | 2001       | Ashmore     | M Brake, T Lesa                              |
| High Jump        | 2.17m   | 9/11/2024  | Gold Coast  | I Stephen, K Rose                            |
| Discus           | 36.30m  | 5/11/2016  | Helensvale  | T Laudaka, R Faulkner                        |
| Shot Put         | 12.27m  | 2001       | Ashmore     | M Brake, T Lesa                              |
| 4x100m           | 1:05.40 | 2001       | Twin Towns  | A McCleary, K McCleary, C Blanchard, C Smith |
| Swedish          | 3:30.32 | 20/11/2022 | Runaway Bay | R Hatfield, C O'Reilly, A Entermann, M Brown |
| Swedish          | 3:08.24 | 9/11/2024  | Gold Coast  | I Stephen, K Rose, E Silver, A Bareja        |
| <b>U10 Girls</b> |         |            |             |                                              |
| High Jump        | 2.34m   | 2004       | Ashmore     | S Smith, R Delay                             |
| Long Jump        | 8.39m   | 16/11/2014 | Ashmore     | D Waight, K Neville                          |
| Shot Put         | 16.29m  | 2003       | Gold Coast  | T Ferrantino, J Musolino                     |
| 4x100m           | 1:01.96 | 8/11/2015  | Gold Coast  | R Webb, B Ingr, H Harris, C Nevins           |
| Swedish          | 3:12.58 | 11/11/2023 | Ashmore     | S Bean, K Madsen, A Williams, Z Price        |
| Swedish          | 3:05.94 | 9/11/2024  | Gold Coast  | I Ruttley, C Grima, F Ferguson, S Soligo     |
| <b>U11 Girls</b> |         |            |             |                                              |
| Long Jump        | 8.50m   | 5/11/2016  | Gold Coast  | B Browne, B Ingr                             |
| Discus           | 44.95m  | 18/11/2018 | Helensvale  | T Luadaka, G Coleman-Thompson                |
| Shot Put         | 16.13m  | 16/11/2019 | Helensvale  | A McDonald, M White                          |
| 4x100m           | 58.14   | 16/11/2019 | Helensvale  | M May, C Allen, O Gilfeather, A McDonald     |
| Medley           | 4:51.89 | 11/11/2023 | Runaway Bay | G Turello, C Benedict, A Lynch, S Hodges     |
| <b>U12 Girls</b> |         |            |             |                                              |
| High Jump        | 2.70m   | 14/11/2021 | Ormeau      | R Newman, T Walker                           |
| Long Jump        | 9.03m   | 16/11/2014 | Helensvale  | S Reason, J Mead                             |
| Discus           | 55.19m  | 2004       | Ashmore     | T Lesa, K Duncan                             |
| 4x100m           | 54.92   | 14/11/2020 | Helensvale  | A McDonald, C Allen, O Gilfeather, M May     |
| Medley           | 4:46.68 | 7/11/2010  | Gold Coast  | A Coulston, N Roberts, T Lima, C Banner      |
| <b>U13 Girls</b> |         |            |             |                                              |
| High Jump        | 3.02m   | 10/11/2013 | Ashmore     | K Lesa A Robba                               |
| Discus           | 60.54m  | 2009       | Twin Towns  | K Williams, A Trevaskis                      |
| Shot Put         | 19.44m  | 2005       | Ashmore     | T Lesa, K Duncan                             |
| 4x100m           | 54.09   | 10/11/2013 | Ashmore     | C Coleman, D Johnson, K Lesa, A Robba        |
| 4x100m           | 52.90   | 9/11/2024  | Runaway Bay | K Hansmeyer, E Bae, L O'Reilly, H Keays      |
| Medley           | 4:39.49 | 7/11/2010  | Twin Towns  | S Champley, M Sweeney, N Simpkins, C Robson  |
| Medley           | 4:24.58 | 9/11/2024  | Ashmore     | S Du, O Ledger, S Taylor, E Eckstein         |
| <b>U14 Girls</b> |         |            |             |                                              |
| High Jump        | 2.95m   | 6/11/2011  | Ashmore     | K Lesa, D Johnson                            |
| Long Jump        | 10.34m  | 2008       | Helensvale  | S Milburn, C Donnelly                        |
| Shot Put         | 20.61m  | 2006       | Ashmore     | K Duncan, T Lesa                             |
| 4x100m           | 53.30   | 2009       | Gold Coast  | C Atkins, M Esmond, J Gocher, A Smith        |
| Swedish          | 2:36.67 | 11/11/2023 | Gold Coast  | F Coryndon, M Gibbs, P Kendall, A Igari      |
| <b>U15 Girls</b> |         |            |             |                                              |
| High Jump        | 2.94m   | 2003       | Ashmore     | S Capper, J Cornelius                        |
| High Jump        | 3.02m   | 9/11/2024  | Ashmore     | C Taylor, K De Vito                          |
| Long Jump        | 10.14m  | 11/11/2023 | Tweed       | M Frey, E Lanyon                             |
| Discus           | 61.36m  | 2001       | Ashmore     | N Kleidon, M Schlechter                      |
| 4x100m           | 53.40   | 18/11/2018 | Ashmore     | T Eldridge, M McConaghy, D Waight, A Neumann |
|                  | 53.40   | 11/11/2017 | Ashmore     | C Franklin, M BRACS, G Morris, E Surch       |
| Swedish          | 2:30.34 | 18/11/2018 | Ashmore     | D Waight, A Neumann, M McConaghy, T Eldridge |
| <b>U16 Girls</b> |         |            |             |                                              |
| Long Jump        | 9.98m   | 16/11/2019 | Ashmore     | D Waight, T Eldridge                         |
| Long Jump        | 10.07m  | 9/11/2024  | Tweed       | M Frey, E Lanyon                             |
| Discus           | 58.99m  | 16/11/2014 | Beaudesert  | C Hester, S Thorpe                           |
| Shot Put         | 21.23m  | 16/11/2014 | Beaudesert  | S Thorpe, C Hester                           |
| 4x100m           | 51.91   | 16/11/2014 | Gold Coast  | N Roberts, T Lima, C Banner, C Mpofu         |
| Swedish          | 2:33.74 | 14/11/2020 | Tweed       | I Scott, G Denny, P Hogan, T Hogan           |
| <b>U17 Girls</b> |         |            |             |                                              |
| Long Jump        | 9.58m   | 5/11/2016  | Mudgeeraba  | S Kelly, D Jaekel                            |
| Discus           | 56.29m  | 2007       | Ashmore     | C Barsby, R Herbert                          |

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|-----------------|---------|------------|-------------|--------------------------------------------------|
| Shot Put        | 21.80m  | 14/11/2020 | Tweed       | G Smith, I Scott                                 |
| 4x100m          | 53.06   | 5/11/2016  | Tweed       | E Alman, M Madden, P Robson, J Hoy               |
| Swedish         | 2:34.60 | 16/11/2019 | Ashmore     | A Schofield, D Waight, M McConaghy, T Eldridge   |
| <b>U9 Boys</b>  |         |            |             |                                                  |
| High Jump       | 2.17m   | 11/11/2017 | Gold Coast  | J Russell, K l'Anson                             |
|                 | 2.17m   | 16/11/2014 | Helensvale  | L Symonds, I Armao                               |
| Discus          | 43.52m  | 16/11/2014 | Helensvale  | L Symonds, M Wise                                |
| Shot Put        | 14.37m  | 16/11/2014 | Helensvale  | L Symonds, M Wise                                |
| 4x100m          | 1:03.21 | 16/11/2014 | Helensvale  | I Armao, L Symonds, M Wise, B Luadaka            |
| Swedish         | 3:10.26 | 12/11/2022 | Gold Coast  | H Manning, J Potts, B Potts, N Haddad            |
| Swedish         | 3:07.61 | 9/11/2024  | Gold Coast  | L White, J Llewellyn, L Robertson, D O'Brien     |
| <b>U10 Boys</b> |         |            |             |                                                  |
| High Jump       | 2.42m   | 8/11/2015  | Helensvale  | L Symonds, Z Dwight                              |
| Long Jump       | 8.13m   | 16/11/2014 | Tweed       | M Bollard C Brown                                |
| Shot Put        | 18.24m  | 8/11/2015  | Helensvale  | L Symonds, B Luadaka                             |
| 4x100m          | 1:00.15 | 11/11/2012 | Helensvale  | B Stoneley, Z Carey, C Harrison, D Briesse       |
| Swedish         | 2:51.18 | 11/11/2023 | Gold Coast  | D Prescott, B Potts, J Potts, N Haddad           |
| <b>U11 Boys</b> |         |            |             |                                                  |
| Long Jump       | 8.95m   | 1999       | Helensvale  | A Gabath, P Ulbrich                              |
| Discus          | 59.59m  | 18/11/2018 | Helensvale  | C Hopgood, J Hoegel                              |
| Shot Put        | 21.58m  | 5/11/2016  | Helensvale  | B Laudaka, L Symonds                             |
| 4x100m          | 57.85   | 16/11/2014 | Gold Coast  | P Ndubisi, C Faulkner, B Field, W Stacey         |
| 4x100m          | 57.30   | 9/11/2024  | Gold Coast  | P Goldsworthy, B Potts, L Jeffress, J Potts      |
| Medley          | 4:49.11 | 11/11/2023 | Tweed       | L Cook, B Roach, A Barker, W Middleton           |
| <b>U12 Boys</b> |         |            |             |                                                  |
| High Jump       | 3.08m   | 11/11/2023 | Gold Coast  | T Hunter, A Whitaker                             |
| Long Jump       | 9.64m   | 6/11/2011  | Gold Coast  | C Beaman, R Collins                              |
| Discus          | 73.44m  | 11/11/2017 | Helensvale  | L Symonds, B Luadaka                             |
| 4x100m          | 56.05   | 11/11/2023 | Gold Coast  | M Manning, R Pryde, A Venkat, A Whitaker         |
| Medley          | 4:40.81 | 11/2008    | Gold Coast  | W Pyke, K Wylde, M Ripoll, B Knight              |
| Medley          | 4:39.48 | 9/11/2024  | Ashmore     | T Nonaka, S Lim, N Faulks, D Beeston             |
| <b>U13 Boys</b> |         |            |             |                                                  |
| High Jump       | 3.03m   | 2000       | Gold Coast  | M Lonie, R Silke                                 |
| High Jump       | 3.06m   | 9/11/2024  | Ashmore     | T Hunter, S Sturgeon                             |
| Discus          | 72.45m  | 14/11/2020 | Helensvale  | C Hopgood, V Raoma                               |
| Shot Put        | 25.50m  | 11/11/2012 | Beaudesert  | B Thomas, J Henare                               |
| 4x100m          | 53.50   | 11/11/2017 | Helensvale  | G Fowlds, J Monaghan, C Phillips, A Solitua      |
| Medley          | 4:26.14 | 6/11/2011  | Gold Coast  | C Degarnham, J Fernance, J Lizoguboff, D Morfett |
| <b>U14 Boys</b> |         |            |             |                                                  |
| High Jump       | 3.27m   | 14/11/2020 | Gold Coast  | J Osborne, R Pike                                |
| Long Jump       | 11.07m  | 10/11/2013 | Gold Coast  | C Beaman, D Joy                                  |
| Shot Put        | 25.81m  | 14/11/2020 | Tweed       | D Frey, J Jones                                  |
| 4x100m          | 49.80   | 8/11/2015  | Helensvale  | K Ferguson, A Armao, E Watson, H Symonds         |
| Swedish         | 2:28.61 | 11/11/2023 | Runaway Bay | C Johnston, L Brown, K Sawkins, C McGarrigle     |
| <b>U15 Boys</b> |         |            |             |                                                  |
| High Jump       | 3.37m   | 14/11/2021 | Gold Coast  | O Corcoran, J Osborne                            |
| Long Jump       | 11.77m  | 14/11/2021 | Gold Coast  | J Osborne, O Corcoran                            |
| Discus          | 95.66m  | 2000       | Gold Coast  | S Inwood, S Baker                                |
| 4x100m          | 47.46   | 16/11/2014 | Beaudesert  | R Day, J Barry, B Thomas, D Joy                  |
| Swedish         | 2:17.13 | 14/11/2021 | Gold Coast  | R Pike, O Corcoran, J Osborne, H Renneberg       |
| <b>U16 Boys</b> |         |            |             |                                                  |
| Long Jump       | 11.23m  | 12/11/2022 | Ashmore     | B Davies, J Harris                               |
| Discus          | 88.49m  | 18/11/2018 | Tweed       | R Madden, E Barnes                               |
| Shot Put        | 27.36m  | 16/11/2014 | Helensvale  | B Thomas, H Willis                               |
| 4x100m          | 47.28   | 16/11/2019 | Helensvale  | S Soi, G Fowlds, K Mackey-Taylor, A Cole         |
| Swedish         | 2:17.00 | 22/11/2022 | Runaway Bay | L Visser, M Crabb, J Cutajar, C Crabb            |

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| <b>U17 Boys</b>   |         |            |             |                                                  |
| Long Jump         | 12.58m  | 16/11/2014 | Helensvale  | J Kelly, J Evans                                 |
| Discus            | 76.96m  | 11/11/2017 | Ashmore     | J Taurima, J Celano                              |
| Shot Put          | 24.85m  | 11/11/2017 | Ashmore     | J Taurima, J Celano                              |
| 4x100m            | 46.81   | 8/11/2015  | Tweed       | B Hunt, J Dawson, K Neverceral, Z Perry Swift    |
| Swedish           | 2:13.87 | 18/11/2018 | Gold Coast  | K Hippisley, A Sinclair, L Coghlan, J Tratt      |
| <b>CAT U9-10</b>  |         |            |             |                                                  |
| 4x100m            | 1:06.78 | 11/11/2023 | Gold Coast  | A Lambert, H Moran, A Nouridine, N Fegline       |
| Swedish           | 3:08.16 | 12/11/2022 | Gold Coast  | B Wooldridge, Z Peters, J Kane, N Haddad         |
| <b>CAT U11-13</b> |         |            |             |                                                  |
| 4x100m            | 59.45   | 12/11/2022 | Beaudesert  | S Muller, P Eizenberg, Z Williams, C Platell     |
| 4x100m            | 55.66   | 9/11/2024  | Ormeau      | M Chenouda, M Kleinschmidt, R McBride, S Agbi    |
| Medley            | 5:01.63 | 12/11/2022 | Gold Coast  | T Simpson, L Watts, M Gibbs, A Abra              |
| Medley            | 4:57.23 | 9/11/2024  | Gold Coast  | A Makay, I Kendall, L Yadav, E Young             |
| <b>CAT U14-17</b> |         |            |             |                                                  |
| 4x100m            | 48.97   | 11/11/2023 | Mudgeeraba  | K Bricknell-Hewitt, W Mehta, L Whitton, T Dawson |
| Swedish           | 2:13.62 | 11/11/2023 | Mudgeeraba  | K Bricknell-Hewitt, W Mehta, L Whitton, T Dawson |
| <b>U9 Mixed</b>   |         |            |             |                                                  |
| High Jump         | 1.95m   | 11/11/2023 | Ormeau      | R Dobson, W Rothwell                             |
|                   | 1.95m   | 14/11/2021 | Mudgeeraba  | K Bricknell-Hewitt, A Astin                      |
| Discus            | 25.99m  | 11/11/2023 | Mudgeeraba  | T Cameron, C Cooke                               |
| Shot Put          | 9.51m   | 11/11/2023 | Ormeau      | T O'Donnell, H Pearson                           |
| Shot Put          | 10.01m  | 9/11/2024  | Gold Coast  | I Stephen, H Whitaker                            |
| <b>U10 Mixed</b>  |         |            |             |                                                  |
| High Jump         | 2.17m   | 11/11/2023 | Ashmore     | D Barton, S Bean                                 |
| Long Jump         | 7.22m   | 11/11/2023 | Runaway Bay | R Hatfield, E Von Dozier                         |
| Shot Put          | 10.51m  | 11/11/2023 | Gold Coast  | A Duhig, C White                                 |
| Shot Put          | 11.73m  | 9/11/2024  | Gold Coast  | C Taylor, L Russell                              |
| <b>U11 Mixed</b>  |         |            |             |                                                  |
| Long Jump         | 7.47m   | 14/11/2021 | Ormeau      | T Garside, O Watson                              |
| Discus            | 36.06m  | 14/11/2021 | Beaudesert  | C Platell, S Muller                              |
| Discus            | 39.78m  | 9/11/2024  | Beaudesert  | L Platell, L McConnell                           |
| Shot Put          | 13.79m  | 11/11/2023 | Runaway Bay | C Benedict, H Brown                              |
| Shot Put          | =13.79m | 9/11/2024  | Runaway Bay | E Meyer, H Charles                               |
| <b>U12 Mixed</b>  |         |            |             |                                                  |
| High Jump         | 2.41m   | 14/11/2021 | Ormeau      | T Rogers, M Gibbs                                |
| High Jump         | 2.52m   | 9/11/2024  | Mudgeeraba  | B Wooldridge, K Bricknell-Hewitt                 |
| Long Jump         | 8.47m   | 14/11/2021 | Ormeau      | R Newman, T Rogers                               |
| Discus            | 45.42m  | 12/11/2022 | Ormeau      | E Leneham, T Windus-Hill                         |
| <b>U13 Mixed</b>  |         |            |             |                                                  |
| High Jump         | 2.85m   | 14/11/2021 | Beaudesert  | A Platell, W Robinson                            |
| Discus            | 45.41m  | 11/11/2023 | Tweed       | A Bogovic, A Martin                              |
| Shot Put          | 16.76m  | 11/11/2023 | Gold Coast  | D Armstrong, J Caltabiano                        |
| <b>U14 Mixed</b>  |         |            |             |                                                  |
| High Jump         | 3.02m   | 12/11/2022 | Beaudesert  | W Robinson, A Platell                            |
| Long Jump         | 9.10m   | 11/11/2023 | Ashmore     | Z Ngauamo, C Taylor                              |
| Shot Put          | 16.48m  | 14/11/2021 | Mudgeeraba  | A Doherty, C Booth-Gray                          |
| Shot Put          | 16.80m  | 9/11/2024  | Tweed       | B Ruxton, A Martin                               |
| <b>U15 Mixed</b>  |         |            |             |                                                  |
| High Jump         | 3.07m   | 11/11/2023 | Beaudesert  | A Platell, W Robinson                            |
| Long Jump         | 10.29m  | 12/11/2022 | Gold Coast  | O Johnson, S Carkeet                             |
| Discus            | 40.02m  | 14/11/2021 | Mudgeeraba  | T Dawson, B Davis                                |

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### U16 Mixed

|           |        |            |             |                      |
|-----------|--------|------------|-------------|----------------------|
| Long Jump | 9.57m  | 11/11/2023 | Runaway Bay | C Wee, T Regan       |
| Discus    | 65.67m | 14/11/2021 | Gold Coast  | T Watson, I Sinclair |
| Shot Put  | 21.30m | 14/11/2021 | Gold Coast  | T Watson, R Hodges   |

### U17 Mixed

|           |        |            |            |                        |
|-----------|--------|------------|------------|------------------------|
| Long Jump | 9.39m  | 11/11/2023 | Beaudesert | T Dimmick, C Webb      |
| Long Jump | 9.96m  | 9/11/2024  | Tweed      | T Preston, E Quinn     |
| Discus    | 53.30m | 12/11/2022 | Ashmore    | M Ngauamo, S McConaghy |
| Discus    | 65.25m | 9/11/2024  | Tweed      | C Twomey, T Barkworth  |
| Shot Put  | 19.06m | 12/11/2022 | Ashmore    | M Ngauamo, S McConaghy |