

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Downs South West

as at 02/2025

* to be ratified by the Regional Committee

Girls U9

70m	10.90	02/1988	C Howe - Wilsonton
	=10.90		M Cockburn - Helidon
	=10.90	02/2002	E Cherry - Roma
100m	14.90	02/1988	C Howe - Wilsonton
200m	33.20	02/1992	C Ellis - Wilsonton
400m	1:19.53	04/02/2023	Violet Richardson - Toowoomba Central
800m	2:56.01	05/02/2023	Violet Richardson - Toowoomba Central
700m Race Walk	4:34.60	02/1991	I McKenzie - Warwick
60m Hurdles	11.40	02/1998	D Reyner - Granite Belt
High Jump	1.19m	02/1989	J Butler - Mt Tarampa
Long Jump	4.00m	02/1987	N Hedge - Wilsonton
Discus	21.89m	09/02/2013	Brooke Simpkin - Toowoomba Central
Shot Put	7.26m	2022	Emily Carrigan - Toowoomba Central

Girls U10

70m	10.70	09/02/2003	B Sheppard - Toowoomba Central
100m	14.40	02/2001	J Bond - Warwick
200m	31.12	09/02/2014	Coda Stanmore - Laidley
400m	1:10.50	02/1989	M Cockburn - Helidon
800m	2:45.09	04/02/2024	Violet Richardson - Toowoomba Central
1100m Race Walk	6:54.80	02/2001	N Murphy - Toowoomba Central
60m Hurdles	11.60	03/02/2007	C Garratt - Pittsworth
High Jump	1.24m	02/1991	C Brooks - Mt Tarampa
Long Jump	4.15m	02/1988	A McCosker - Granite Belt
Discus	29.18m	02/1987	K Jones - Wilsonton
Shot Put	9.73m	04/02/2023	Emily Carrigan - Toowoomba Central

Girls U11

100m	13.90	14/02/2004	D Ashe - Toowoomba Central
200m	29.40	02/1992	B Fulcher - Centenary Heights
400m	1:11.00	07/02/2015	Coda Stanmore - Laidley
800m	2:42.80	02/1990	M Cockburn - Helidon
1500m	5:39.60	02/1990	M Cockburn - Helidon
1500m	5:34.04	01/02/2025	Violet Richardson - Toowoomba
1100m Race Walk	6:25.90	02/2002	N Murphy - Toowoomba Central
80m Hurdles	14.65	06/02/2021	Ella Williams - Highfields
High Jump	1.36m	09/02/2020	Rylee Franke - Highfields
Long Jump	4.59m	02/1992	C Brooks - Mt Tarampa
Triple Jump	9.15m	14/02/2004	B Sheppard - Toowoomba Central
Discus	34.15m	04/02/2024	Emily Carrigan - Toowoomba Central
Javelin	25.44m	02/1988	K Gore - Centenary Heights
Shot Put	11.79m	02/1988	K Gore - Centenary Heights

Girls U12

100m	13.40	02/1985	C Parsons - Dalby
200m	28.70	05/02/2017	Caitlin Taylor - Laidley
400m	1:06.00	06/02/2016	Phoebe Baird - Toowoomba Central
800m	2:33.30	02/1991	M Cockburn - Helidon
1500m	5:21.00	02/1991	M Cockburn - Helidon
1500m Race Walk	8:44.50	02/1991	W Mulqueen - Helidon
80m Hurdles	14.12	05/02/2022	Dakota Chambers - Toowoomba
High Jump	1.46m	04/02/2012	Anthea Moodie - Toowoomba Central
Long Jump	4.87m	02/1992	J Butler - Mt Tarampa
Triple Jump	9.95m	15/02/2009	S Ciesiolka - Toowoomba Central
	=9.95m	11/02/2018	Zoe Waters - Highfields
Discus	38.58m	05/02/2011	Shanen Layden - Toowoomba Central
Javelin	31.15m	05/02/2012	Ellie Bowyer - Toowoomba Central
Shot Put	14.38m	02/1989	K Gore - Centenary Heights

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Girls U13

100m	12.70	10/02/2018	Caitlin Taylor - Laidley
200m	27.00	11/02/2018	Caitlin Taylor - Laidley
400m	1:04.20	02/1992	M Cockburn - Helidon
800m	2:30.60	02/1992	M Cockburn - Helidon
1500m	5:07.10	02/1992	M Cockburn - Helidon
1500m Race Walk	8:51.72	10/02/2013	Wendy Scully - Laidley
80m Hurdles	14.00	11/02/2006	E Cherry - Roma
200m Hurdles	31.60	09/02/2003	K Petersen - Toowoomba Central
High Jump	1.53m	02/1994	K Armitage - Mt Tarampa
Long Jump	5.00m	11/02/2018	Caitlin Taylor - Laidley
Triple Jump	10.46m	05/02/2011	Madeleine Lindemann - Toowoomba Central
Discus	43.32m	08/02/2014	Rochelle Vidler - Laidley
Javelin	33.72m	08/02/2014	Rochelle Vidler - Laidley
Shot Put	11.28m	02/2001	J O'Brien - Warwick

Girls U14

100m	12.60	05/02/2022	Lucy Dyson - Highfields
200m	26.33	06/02/2022	Lucy Dyson - Highfields
400m	1:02.80	14/02/2004	K Petersen - Toowoomba Central
800m	2:30.99	4/02/2024	Amara Clemens - Toowoomba Central
1500m	5:12.30	07/02/2015	Sophie Follett - Warwick
1500m Race Walk	8:39.80	02/2005	N Murphy - Toowoomba Central
80m Hurdles	13.80	14/02/2004	K Petersen - Toowoomba Central
200m Hurdles	31.00	02/1997	C Ellis - Helidon
High Jump	1.59m	02/1985	J Scholl - Tmba Garden City
Long Jump	5.26m	09/02/2019	Caitlin Taylor - Laidley
Triple Jump	10.45m	06/02/2011	Kirsten Murry - Ropehill
Discus	38.28m	07/02/2015	Rochelle Vidler - Laidley
Javelin	34.86m	04/02/2023	Xanthee Watts - Toowoomba Central
Shot Put	13.43m	10/02/2013	Samantha Lenton - Toowoomba South

Girls U15

100m	12.80	02/1998	M Sinclair - Wilsonton
200m	26.57	04/02/2024	Xanthee Watts - Toowoomba Central
400m	1:01.30	02/2005	K Petersen - Toowoomba Central
800m	2:30.21	09/02/2014	Brielle Erbacher - Toowoomba South
1500m	5:18.80	02/1989	J Ryan - Wilsonton
1500m Race Walk	9:02.50	05/02/2012	Elizabeth Brown - Warwick
1500m Race Walk	8:01.71	02/02/2025	Bethany Moore-Kirkland - Warwick
90m Hurdles	15.00	10/02/2018	Hailey Kellam - Laidley
300m Hurdles	52.78	05/02/2023	Eliza Moore-Kirkland - Warwick
High Jump	1.62m	02/1996	K Armitage - Wilsonton
Long Jump	5.27m	02/1996	K Armitage - Wilsonton
Triple Jump	10.76m	04/02/2012	Kirsten Murry - Ropehill
Discus	40.96m	09/02/2014	Samantha Lenton - Toowoomba South
Javelin	38.70m	02/2002	C Sippel - Laidley
Shot Put	13.84m	08/02/2014	Samantha Lenton - Toowoomba South

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Girls U16

100m	12.80	04/02/2017	Chantelle Brown - Ropehill
100m	12.67	01/02/2025	Xanthee Watts - Toowoomba
200m	26.30	05/02/2017	Chantelle Brown - Ropehill
200m	25.61	02/02/2025	Xanthee Watts - Toowoomba
400m	1:03.40	07/02/2015	Madalyn McCusker - Highfields
400m	59.96	01/02/2025	Xanthee Watts - Toowoomba
800m	2:26.00	08/02/2015	Madalyn McCusker - Highfields
1500m	5:06.40	07/02/2015	Brielle Erbacher - Toowoomba South
1500m Race Walk	9:02.10	05/02/2017	Charlotte Lindemann - Toowoomba Central
90m Hurdles	14.80	04/02/2017	Chantelle Brown - Ropehill
300m Hurdles	54.60	11/02/2018	Emily Armitage - Ropehill
300m Hurdles	47.27	02/02/2025	Xanthee Watts - Toowoomba
High Jump	1.55m	04/02/2017	Chantelle Brown - Ropehill
Long Jump	4.78m	07/02/2021	Delaney Burke - Toowoomba
Long Jump	4.86m	02/02/2025	Chloe Banaszek - Highfields
Triple Jump	11.19m	08/02/2014	Madeleine Lindemann - Toowoomba Central
Discus	40.53m	08/02/2015	Samantha Lenton - Toowoomba South
Javelin	33.66m	07/02/2015	Samantha Lenton - Toowoomba South
Shot Put	14.23m	07/02/2015	Samantha Lenton - Toowoomba South

Girls U17

100m	13.10	10/02/2018	Chantelle Brown - Ropehill
200m	27.20	11/02/2018	Chantelle Brown - Ropehill
400m	1:02.50	10/02/2018	Charlotte Lindemann - Toowoomba Central
800m	2:24.30	11/02/2018	Charlotte Lindemann - Toowoomba Central
1500m	4:59.50	06/02/2016	Brielle Erbacher - Toowoomba South
1500m Race Walk	12:16.83	11/02/2018	Kayla Wilson - Mt Tarampa
100m Hurdles	21.28	09/02/2019	Jessica Fedrick - Ropehill
300m Hurdles	52.30	05/02/2017	Courtney Taylor - Toowoomba Central
300m Hurdles	52.07	02/02/2025	Elliza Moore-Kirkland - Warwick
High Jump	1.55m	07/02/2015	Aimee Van der Hulst - Warwick
Long Jump	5.08m	11/02/2018	Chantelle Brown - Ropehill
Triple Jump	10.13m	05/02/2011	Jacqueline Uradok - Toowoomba South
Discus	46.23m	07/02/2016	Samantha Lenton - Toowoomba South
Javelin	33.67m	06/02/2016	Samantha Lenton - Toowoomba South
Shot Put	14.45m	06/02/2016	Samantha Lenton - Toowoomba South

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Boys U9

70m	10.10	02/2001	B Achilles - Toowoomba Central
100m	14.00	02/2001	B Achilles - Toowoomba Central
200m	30.30	02/2001	B Achilles - Toowoomba Central
400m	1:15.37	02/2022	Diego Ryan - Toowoomba Central
800m	2:45.80	02/1986	H Bridle - Border Blues
700m Race Walk	4:47.30	02/1992	M Winter - Wilsonton
60m Hurdles	10.40	02/2001	B Achilles - Toowoomba Central
High Jump	1.20m	02/1985	M Sippel - Helidon
	=1.20m	02/1992	A Petrie - Border Blues
Long Jump	4.28m	02/1987	M Lindenmayer - Ropehill
Discus	28.80m	04/02/2012	Zain Carr - Toowoomba South
Shot Put	8.22m	05/02/2012	Zain Carr - Toowoomba South

Boys U10

70m	10.00	02/1992	S Gravalin - Centenary Heights
100m	14.00	02/1992	S Gravalin - Centenary Heights
	=14.00	2002	B Achilles - Toowoomba Central
200m	29.40	02/1992	S Gravalin - Centenary Heights
400m	1:10.36	04/02/2023	Judah Magarey - Toowoomba Central
800m	2:39.80	02/1989	A Bagley - Mt Tarampa
1100m Race Walk	7:17.20	02/1994	M Winter - Wilsonton
60m Hurdles	11.00	02/1997	K Matheson - Mt Tarampa
High Jump	1.25m	02/2001	T Garsden - Toowoomba Central
Long Jump	4.62m	02/1986	M Sippel - Helidon
Discus	34.01m	04/02/2024	Slater Walsh - Upper Lockyer
Shot Put	11.03m	02/1994	T Kilminster - Mt Tarampa

Boys U11

100m	13.40	08/02/2003	B Achilles - Toowoomba Central
200m	28.00	09/02/2003	A Achilles - Toowoomba Central
400m	1:06.40	02/1997	M Rands - Wilsonton
800m	2:34.60	02/1991	D Fowler - Centenary Heights
1500m	5:04.80	02/1985	M Christie - Dalby
1100m Race Walk	6:42.71	11/02/2018	Alex Bradley - Toowoomba South
80m Hurdles	14.83	05/02/2022	Harry Williams - Highfields
High Jump	1.40m	02/1986	N Ward - Wilsonton
Long Jump	4.70m	02/1989	M Lindenmayer - Ropehill
Long Jump	4.70m	01/02/2025	Diego Ryan - Toowoomba
Triple Jump	9.53m	14/02/2009	H Cooke - Roma
Discus	36.71m	09/02/2020	Darius Jansink - Granite Belt
Javelin	30.87m	02/1996	B Noller - Wilsonton
Shot Put	12.64m	08/02/2020	Darius Jansink - Granite Belt

Boys U12

100m	13.00	14/02/2004	S Hegarty - Helidon
200m	27.20	15/02/2004	S Hegarty - Helidon
400m	1:05.20	02/1989	J Ryan - Wilsonton
800m	2:30.30	02/1989	H Bridle - Border Blues
1500m	5:03.00	02/1992	D Fowler - Centenary Heights
1500m Race Walk	8:40.50	02/1991	C McKenzie - Toowoomba Central
80m Hurdles	14.23	05/02/2022	Daniel Booth - Highfields
High Jump	1.52m	02/1985	M Caple - Centenary Heights
Long Jump	5.06m	07/02/2015	Justus Liddicoat-Hill - Laidley
Triple Jump	10.17m	02/1996	D Diete - Ropehill
Discus	41.46m	14/02/2004	S Hegarty - Helidon
Javelin	36.68	08/02/2020	Jacob Kent - Granite Belt
Shot Put	13.34m	07/02/2021	Darius Jansink - Granite Belt

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Boys U13

100m	12.50	02/2001	K Nielsen - Toowoomba Central
200m	25.90	02/2005	S Hegarty - Helidon
400m	1:00.13	09/02/2019	Lucas Paynter - Highfields
800m	2:27.00	09/02/2003	A Kerridge - Toowoomba Central
1500m	4:43.70	02/1991	M Vayro - Helidon
1500m Race Walk	8:07.73	10/02/2019	Alex Bradley - Highfields
80m Hurdles	13.20	02/2001	K Nielsen - Toowoomba Central
200m Hurdles	29.80	02/1994	S Hintz - Wilsonton
High Jump	1.61m	09/02/2014	Sam Waller - Warwick
Long Jump	5.04m	2/1992	S Court - Mt Tarampa
Triple Jump	11.27m	11/02/2006	T Jerome - Toowoomba Central
Discus	40.44m	07/02/2021	Jacob Kent - Granite Belt
Javelin	43.60m	02/1997	T Kilminster - Mt Tarampa
Shot Put	15.37m	02/2005	S Hegarty - Helidon

Boys U14

100m	12.20	02/2000	S Larsen - Helidon
200m	25.34	09/02/2014	Joshua Hall - Highfields
400m	55.80	02/1996	K Goodwin - Warwick
800m	2:17.20	15/02/2004	B Arnold - Border Blues
1500m	4:42.80	14/02/2004	B Arnold - Border Blues
1500m Race Walk	7:58.19	09/02/2020	Alex Bradley - Highfields
90m Hurdles	13.40	02/2002	K Nielsen - Toowoomba Central
200m Hurdles	28.90	02/2002	K Nielsen - Toowoomba Central
High Jump	1.80m	10/02/2013	Ryka Dunemann - Toowoomba South
Long Jump	5.73m	04/02/2023	Jackson Clarke - Highfields
Triple Jump	11.90m	08/02/2015	Thomas Gore - Toowoomba Central
Discus	52.88m	06/02/2016	Zac Catterson - Warwick
Javelin	49.96m	02/1998	T Kilminster - Mt Tarampa
Shot Put	16.74m	07/02/2016	Zac Catterson - Warwick

Boys U15

100m	11.70	02/1997	S Gravalin - Centenary Heights
200m	23.90	02/1991	T McCarthy - Helidon
	=23.90	2005	P Bennett - Toowoomba Central
400m	55.20	02/1991	T McCarthy - Helidon
	=55.20	2005	P Bennett - Toowoomba Central
800m	2:12.20	02/2005	B Arnold - Border Blues
1500m	4:31.60	02/2005	B Arnold - Border Blues
1500m Race Walk	7:22.52	07/02/2021	Alex Bradley - Highfields
100m Hurdles	15.07	04/02/2023	Jake Kinsey - Highfields
300m Hurdles	46.53	10/02/2019	Joshua Roach - Highfields
300m Hurdles	45.63	02/02/2025	Lachlan Roach - Highfields
High Jump	1.82m	02/1998	A Petrie - Border Blues
Long Jump	6.19m	10/02/2019	Aden Cowdroy - Laidley
Triple Jump	12.35m	09/02/2008	T Jerome - Toowoomba Central
Discus	54.94m	05/02/2023	Jacob Kent - Granite Belt
Javelin	52.88m	02/1998	L Saal - Goondiwindi
Shot Put	16.40m	04/02/2017	Zac Catterson - Warwick

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Boys U16

100m	11.57	03/02/2024	Jake Kinsey - Highfields
200m	23.93	04/02/2024	Jake Kinsey - Highfields
400m	57.18	08/02/2020	Joshua Roach - Highfields
800m	2:17.01	04/02/2024	Joshua Lehmann - Laidley
1500m	4:47.85	03/02/2024	Joshua Lehmann - Laidley
1500m Race Walk	7:27.24	06/02/2022	Alex Bradley - Laidley
100m Hurdles	13.60	03/02/2024	Jake Kinsey - Highfields
300m Hurdles	44.75	10/02/2019	Riley Williams - Toowoomba Central
High Jump	1.89m	04/02/2023	Geordie Cowdroy - Toowoomba Central
Long Jump	6.19m	07/02/2021	Kalum Brown - Toowoomba Central
Triple Jump	12.66m	06/02/2021	Kalum Brown - Toowoomba Central
Discus	50.72m	04/02/2024	Jacob Kent - Granite Belt
Javelin	40.02m	08/02/2020	Aden Cowdroy - Laidley
Shot Put	14.24m	08/02/2014	Marcus Fitzgerald - Pittsworth

Boys U17

100m	11.62	06/02/2021	Aden Cowdroy - Toowoomba Central
200m	24.28	10/02/2013	Jay Carrie - Warwick
400m	53.40	06/02/2021	Joshua Roach - Highfields
800m	2:06.03	09/02/2014	Samuel Davis - Toowoomba South
1500m	4:27.74	08/02/2014	Samuel Davis - Toowoomba South
1500m Race Walk	6:57.34	05/02/2023	Alex Bradley - Laidley
110m Hurdles	15.80	04/02/2017	Justyn Rogers - Warwick
300m Hurdles	42.17	07/02/2021	Joshua Roach - Highfields
High Jump	1.93m	06/02/2021	Connor Larsen - Toowoomba
Long Jump	6.70m	05/02/2017	Justyn Rogers - Warwick
Triple Jump	12.85m	04/02/2017	Justyn Rogers - Warwick
Discus	49.55m	05/02/2012	Mathew Webb - Laidley
Javelin	44.09m	06/02/2021	Aden Cowdroy - Toowoomba
Javelin	49.09m	01/02/2025	Jacob Kent - Granite Belt
Shot Put	15.89m	05/02/2011	Jackson Briskey-Luscombe - Pittsworth