

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Met West

as at 02/2025

** to be ratified by the Regional Committee*

Girls U9

70m	11.12	12/02/2017	Kamara Stewart - Ipswich
100m	15.69	6/02/2010	Zoe Greinke - Ipswich
200m	33.28	7/02/2010	Cyndi Langbridge - Ipswich
	33.28	4/02/2018	Deja Vaivela - Ipswich
400m	1:16.77	4/02/2023	Tara Ryan - Toowong Harriers
800m	2:58.57	15/02/2009	Georgia Silvestri - Toowong Harriers
700m Race Walk	4:13.98	12/02/2017	Kamara Stewart - Ipswich
60m Hurdles	11.20	7/02/2015	Lily Neill - Souths
High Jump	1.13m	1983	S Lovaas - Riv
Long Jump	3.84m	1982	F Haines - Ipswich
Discus	24.34m	1988	E Griffiths - Ipswich
Shot Put	7.39m	1997	E Griffiths - Ipswich

Girls U10

70m	10.78	7/02/2016	Molly Green - Ipswich
100m	14.23	13/02/2021	Houstand Paea - Ipswich
200m	29.99	17/02/2013	Mya Thomas - Souths
400m	1:13.20	10/02/2024	Tara Ryan - Toowong Harriers
800m	2:43.43	11/02/2024	Mia Parker - Toowong Harriers
1100m Race Walk	6:22.84	4/02/2018	Lily Goulding - Ipswich
60m Hurdles	10.41	13/02/2021	Houstand Paea - Ipswich
High Jump	1.25m	2012	E Moss - Kenmore
Long Jump	4.37m	1988	S James - Ipswich
Discus	27.71m	2011	C Langbridge - Ipswich
Shot Put	9.65m	4/02/2018	Saskia Josipovic - Souths

Girls U11

100m	13.98	05/02/2021	Houstand Paea - Ipswich
200m	29.34	12/02/2017	Molly Green - Ipswich
400m	1:09.23	4/02/2012	Romany Beckinsale - Centenary
800m	2:39.20	5/02/2023	Juliana Stander - Toowong Harriers
1500m	5:20.43	4/02/2023	Juliana Stander - Toowong Harriers
1100m Race Walk	6:19.24	7/02/2010	Mikaela Woodward - Toowong Harriers
80m Hurdles	13.98	05/02/2022	Houstand Paea - Ipswich
80m Hurdles	13.91	08/02/2025	Emmie Matthews - Centenary
High Jump	1.40m	8/02/2014	Mya Thomas - Souths
High Jump	1.40m	08/02/2025	Layla McGeehan - Ipswich
Long Jump	4.50m	9/02/2014	Mya Thomas - Souths
Triple Jump	9.21m	2006	S Doney - Centenary
Triple Jump	9.44m	08/02/2025	Layla McGeehan - Ipswich
Discus	38.58m	05/02/2022	Abbey Crocker - Ipswich
Javelin	28.12m	06/02/2022	Abbey Crocker - Ipswich
Shot Put	12.17m	06/02/2022	Abbey Crocker - Ipswich

Girls U12

100m	13.65	13/02/2021	Acacia Wohlsen - Centenary
200m	28.15	11/02/2024	Sophie Allen - Ipswich
400m	1:06.39	13/02/2021	Tamika Ritchie - Centenary
800m	2:32.94	15/02/2009	Jade Dowling - Ipswich
800m	2:29.13	09/02/2025	Liliana Tiley - Ipswich
1500m	5:10.08	14/02/2009	Jade Dowling - Ipswich
1500m	5:04.26	08/02/2025	Liliana Tiley - Ipswich
1500m Race Walk	8:25.85	3/02/2019	Rebecca Teahen - Toowong Harriers
80m Hurdles	14.52	4/02/2023	Izabella Snyman - Ipswich
80m Hurdles	14.12	08/02/2025	Audrey Goh - Toowong Harriers
High Jump	1.49m	8/02/2015	Lara Way - Centenary
Long Jump	4.92m	1988	J Bayliss - Toowong Harriers
Triple Jump	10.39m	1988	J Bayliss - Toowong Harriers
Discus	36.64m	3/02/2018	Losehina (Rose) Mulligan - Souths
Javelin	35.03m	2007	W Toolis - Toowong Harriers
Shot Put	13.96m	5/02/2023	Abbey Crocker - Ipswich

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Girls U13

100m	13.29	11/02/2017	Monique Hanlon - Centenary
100m	12.88	08/02/2025	Sophie Whitfield - Ipswich
200m	26.40	4/02/2018	Txai Anglin - Goodna
400m	59.80	3/02/2018	Txai Anglin - Goodna
800m	2:25.92	7/02/2010	Jade Dowling - Ipswich
1500m	5:00.71	6/02/2010	Jade Dowling - Ipswich
1500m Race Walk	7:15.47	7/02/2016	Breeanna Betzold - Ipswich
80m Hurdles	13.23	12/02/2017	Erin Wright - Ipswich
200m Hurdles	31.74	11/02/2017	Erin Wright - Ipswich
200m Hurdles	29.57	08/02/2025	Sophie Whitfield - Ipswich
High Jump	1.62m	1990	T Brown - Ipswich
Long Jump	5.09m	8/02/2015	Casey Bell - Ipswich
Triple Jump	10.59m	2005	H Lawrence - Toowong Harriers
Discus	42.14m	10/02/2024	Abbey Crocker - Ipswich
Javelin	47.19m	2008	W Toolis - Toowong Harriers
Shot Put	13.25m	14/02/2021	Saskia Josipovic - Souths

Girls U14

100m	12.64	3/02/2018	Monique Hanlon - Centenary
200m	25.66	4/02/2018	Monique Hanlon - Centenary
400m	1:01.91	5/02/2011	Kirsty Johnson - Goodna
800m	2:14.72	06/02/2022	Dakota Stewart - Ipswich
1500m	5:00.58	10/02/2024	Sasha Josipovic - Souths
1500m Race Walk	7:12.75	4/02/2018	Camryn Novinetz - Ipswich
80m Hurdles	13.40	8/02/2015	Hayley Wright - Ipswich
80m Hurdles	13.29	09/02/2025	Lily Barnett - Toowong Harriers
200m Hurdles	30.76	16/02/2013	Katie Colebourne - Goodna
200m Hurdles	30.69	08/02/2025	Lily Barnett - Toowong Harriers
High Jump	1.60m	7/02/2016	Casey Bell - Ipswich
	1.60m	4/02/2023	Ruby Stanford - Ipswich
High Jump	1.60m	08/02/2025	Sophie McGeehan - Ipswich
Long Jump	5.23m	6/02/2016	Casey Bell - Ipswich
Triple Jump	10.88m	2001	H Cervetto - Ipswich
Triple Jump	11.02m	08/02/2025	Sophie Mc Geehan - Ipswich
Discus	41.23m	2008	R McGrath-Volau - Souths
Javelin	43.24m	11/02/2024	Ruby Bohen - Ipswich
Shot Put	13.47m	06/02/2022	Saskia Josipovic - Souths

Girls U15

100m	12.47	13/02/2021	Marissa Hanlon - Centenary
200m	25.78	3/02/2019	Monique Hanlon - Centenary
400m	58.89	13/02/2021	Marissa Hanlon - Centenary
800m	2:23.12	4/02/2018	Emma Hossack - Toowong Harriers
1500m	5:01.51	4/02/2023	Charlotte Parsons - Ipswich
1500m Race Walk	8:03.19	06/02/2022	Rebecca Teahen - Toowong Harriers
90m Hurdles	14.12	11/02/2017	Madison Wells - Ipswich
300m Hurdles	45.79	10/02/2024	Addison Farinazzo - Centenary
High Jump	1.60m	2012	T Marshall - Ipswich
	1.60m	13/02/2021	Toby Stolberg - Ipswich
Long Jump	5.29m	2001	J Jennings - Centenary
Long Jump	5.32m	09/02/2025	Addison Hayne - Ipswich
Triple Jump	11.38m	2001	J Jennings - Centenary
Discus	43.96m	1998	D Lovely - Goodna
Javelin	42.53m	11/02/2017	Erica Sitcheff - Toowong Harriers
Javelin	44.64m	08/02/2025	Ruby Bohen - Ipswich
Shot Put	13.95m	1998	D Lovely - Goodna

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Girls U16

100m	12.98	11/02/2017	Hayley Wright - Ipswich
200m	26.81	12/02/2017	Hayley Wright - Ipswich
400m	1:01.61	11/02/2017	Stephanie Gebert - Goodna
800m	2:26.97	11/02/2024	Charlotte Parsons - Ipswich
1500m	5:08.25	10/02/2024	Elke McAuley - Ipswich
1500m Race Walk	6:47.36	3/02/2019	Camryn Novinetz - Ipswich
90m Hurdles	14.16	06/02/2022	Charlize Goody - Ipswich
300m Hurdles	50.55	10/02/2024	Tiana Parsons - Ipswich
High Jump	1.75m	05/02/2022	Toby Stolberg - Ipswich
Long Jump	5.11m	12/02/2017	Hayley Wright - Ipswich
Triple Jump	10.99m	2/02/2019	Dahniella Pedroni - Ipswich
Discus	44.60m	06/02/2022	Charlize Goody - Ipswich
Javelin	41.44m	06/02/2022	Charlize Goody - Ipswich
Shot Put	14.45m	05/02/2022	Charlize Goody - Ipswich

Girls U17

100m	12.62	4/02/2012	Larissa Chambers - Ipswich
200m	25.78	17/02/2013	Kirsty Johnson - Goodna
400m	59.65	16/02/2013	Kirsty Johnson - Goodna
800m	2:20.81	14/02/2021	Olivia Boyd - Toowong Harriers
1500m	4:54.27	13/02/2021	Olivia Boyd - Toowong Harriers
1500m Race Walk	6:41.78	9/02/2020	Camryn Novinetz - Ipswich
100m Hurdles	15.48	11/02/2024	Eloise Grigg - Toowong Harriers
300m Hurdles	44.56	10/02/2024	Eloise Grigg - Toowong Harriers
High jump	1.75m	4/02/2023	Toby Stolberg - Ipswich
Long Jump	5.01m	11/02/2024	Carlee Smith - Ipswich
Triple Jump	10.55m	2012	L Chambers - Ipswich
Discus	45.46m	5/02/2023	Charlize Goody - Ipswich
Javelin	42.55m	5/02/2023	Charlize Goody - Ipswich
Shot Put	13.60m	10/02/2024	Coevinar Tukuafu - Ipswich

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Boys U9

70m	10.83	17/02/2013	Kyle Colburn - Ipswich
100m	14.60	6/02/2010	Oscar Sullivan - Toowong Harriers
200m	30.65	4/02/2018	Alexander Cameron - Kenmore
400m	1:10.01	3/02/2018	Alexander Cameron - Kenmore
800m	2:41.06	4/02/2018	Alexander Cameron - Kenmore
700m Race Walk	4:03.30	9/02/2020	Conor Mathewson - Ipswich
60m Hurdles	10.49	6/02/2010	Oscar Sullivan - Toowong Harriers
High Jump	1.18m	1982	T Stanford - Riv
	1.18m	1992	J Gurn - Toowong Harriers
Long Jump	4.57m	1983	S Cranney - Goodna
Discus	29.65m	8/02/2015	Tayshon Foley - Forest Lake
Shot Put	8.56m	7/02/2015	Tayshon Foley - Forest Lake

Boys U10

70m	10.38	7/02/2010	Nicholas Grant - Ipswich
100m	14.22	6/02/2010	Nicholas Grant - Ipswich
200m	29.60	7/02/2010	Nicholas Grant - Ipswich
400m	1:07.81	2/02/2019	Alexander Cameron - Kenmore
800m	2:32.63	14/02/2021	Conor Mathewson - Ipswich
1100m Race Walk	6:55.88	5/02/2012	John Heales - Toowong Harriers
60m Hurdles	10.83	5/02/2011	Adam Kovacevic - Kenmore
High Jump	1.30m	1985	M Irving - Centenary
	1.30m	1985	S Clough - Toowong Harriers
Long Jump	5.25m	1984	S Cranney - Goodna
Discus	31.50m	1985	H Bazeley - Goodna
Shot Put	9.95m	2007	N Russell - Centenary

Boys U11

100m	13.82	13/02/2021	Felix Birchall - Toowong Harriers
100m	13.74	08/02/2025	Anton Mugaba - Toowong Harriers
200m	28.18	11/02/2024	Hugh Donaghy - Toowong Harriers
200m	27.93	09/02/2025	Anton Mugaba - Toowong Harriers
400m	1:04.50	8/02/2020	Alexander Cameron - Kenmore
800m	2:26.94	9/02/2020	Oliver Gartner - Kenmore
1500m	4:58.49	05/02/2022	Conor Mathewson - Ipswich
1100m Race Walk	6:26.37	5/02/2012	Kent Matthews - Toowong Harriers
80m Hurdles	13.36	10/02/2024	Hugh Donaghy - Toowong Harriers
High Jump	1.37m	05/02/2022	Isaac Dundas - Kenmore
Long Jump	5.18m	1985	S Cranney - Goodna
Triple Jump	10.16m	1985	S Cranney - Goodna
Discus	37.39m	4/02/2023	Jonte Tukuafu - Ipswich
Javelin	32.48m	1996	A Otto - Toowong Harriers
Shot Put	13.21m	2001	M Stewart - Ipswich

Boys U12

100m	13.02	13/02/2021	Daniel Antonio - Toowong Harriers
200m	26.95	17/02/2013	Adam Kovacevic - Kenmore
400m	1:04.15	8/02/2014	Brock O'Brien - Centenary
800m	2:28.11	5/02/2023	Conor Mathewson - Ipswich
1500m	4:52.12	4/02/2023	Conor Mathewson - Ipswich
1500m Race Walk	8:59.74	7/02/2010	Connor Lehane - Toowong Harriers
80m Hurdles	13.84	4/02/2023	Harsith Rameshkumar - Centenary
80m Hurdles	13.22	08/02/2025	Hugh Donaghy - Toowong Harriers
High Jump	1.55m	2003	C Thomsen - Centenary
Long Jump	5.30m	6/02/2016	Calab Law - Ipswich
Triple Jump	10.72m	1992	A Curtis - Ipswich
Discus	40.57m	10/02/2024	Jonte Tukuafu - Ipswich
Javelin	38.56m	05/02/2022	Thomas Scott - Toowong Harriers
Shot Put	14.28m	11/02/2024	Jonte Tukuafu - Ipswich

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Boys U13

100m	12.64	6/02/2010	Tremaine Peters - Goodna
200m	26.26	2004	C Thomsen - Centenary
400m	1:00.22	8/02/2020	Dempsey Russell - Ipswich
800m	2:18.19	11/02/2024	Conor Mathewson - Ipswich
1500m	4:35.84	10/02/2024	Conor Mathewson - Ipswich
1500m Race Walk	8:39.62	9/02/2014	Kent Matthews - Toowong Harriers
80m Hurdles	13.04	12/02/2017	Calab Law - Ipswich
200m Hurdles	29.88	4/02/2012	Jay Foster - Ipswich
High Jump	1.71m	2012	N Maina - Centenary
Long Jump	5.62m	1987	S Cranney - Goodna
Triple Jump	11.28m	2004	C Thomsen - Centenary
Discus	42.08m	1988	D Bruckner -
Discus	51.71m	08/02/2025	Hudson Severinsen - Ipswich
Javelin	44.02m	2002	T Rogers - Ipswich
Shot Put	14.73m	2004	L Cory - Ipswich

Boys U14

100m	12.22	13/02/2021	Dempsey Russell - Ipswich
200m	25.26	4/02/2018	Tyler Lilley - Centenary
400m	56.44	4/02/2023	Samuel Anderson - Toowong Harriers
800m	2:19.62	14/02/2021	Tyler Hewett - Toowong Harriers
1500m	4:40.92	13/02/2021	Tyler Hewett - Toowong Harriers
1500m Race Walk	8:16.24	7/02/2016	Ryan Stewart - Ipswich
90m Hurdles	13.91	06/02/2022	Joel Jakimowicz - Ipswich
200m Hurdles	28.57	6/02/2010	Nick Whitehouse - Toowong Harriers
High Jump	1.80m	1991	M Sills - Ipswich
Long Jump	6.12m	2007	A Briault - Ipswich
Triple Jump	12.12m	2006	N Smailes - Ipswich
Discus	51.17m	2004	L Suter - Ipswich
Javelin	53.31m	2003	T Rogers - Ipswich
Shot Put	14.07m	2013	J Foster - Ipswich

Boys U15

100m	11.89	4/02/2023	Sean Majendie - Centenary
200m	24.20	5/02/2023	Sean Majendie - Centenary
400m	54.02	10/02/2024	Samuel Anderson - Toowong Harriers
800m	2:05.85	5/02/2023	Dakota Stewart - Ipswich
1500m	4:25.41	4/02/2023	Dakota Stewart - Ipswich
1500m Race Walk	8:04.71	12/02/2017	Ryan Stewart - Ipswich
100m Hurdles	14.74	5/02/2023	Daon Choi - Toowong Harriers
300m Hurdles	45.84	13/02/2021	Kobe Blake - Centenary
High Jump	1.90m	1992	M Sills - Ipswich
Long Jump	6.28m	2003	S D'Andrea - Goodna
Triple Jump	12.61m	1995	A Curtis - Ipswich
Discus	51.81m	2007	N Smailes - Ipswich
Javelin	38.53m	6/02/2016	Joshua Watt - Kenmore
Javelin	52.76m	08/02/2025	Thomas Scott - Toowong Harriers
Shot Put	16.76m	2005	L Suter - Ipswich

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Boys U16

100m	11.20	13/02/2021	Toshi Butlin - Kenmore
200m	23.08	14/02/2021	Toshi Butlin - Kenmore
400m	52.29	7/02/2015	Nicholas Sluggett - Goodna
800m	2:12.33	12/02/2017	Mitchell Mellor - Rosewood
1500m	4:38.12	11/02/2017	Reece Griffin - Ipswich
1500m Race Walk	9:10.76	4/02/2018	Ben Jeffrey - Souths
1500m Race Walk	8:52.67	11/02/2024	Tomas Jendra - Ipswich
100m Hurdles	13.83	9/02/2014	Ben Wilcox - Goodna
300m Hurdles	44.45	11/02/2017	Mitchell Mellor - Rosewood
300m Hurdles	43.04	10/02/2024	Daon Choi - Toowong Harriers
300m Hurdles	39.61	08/02/2025	Samuel Anderson - Toowong Harriers
High Jump	1.75m	7/02/2015	Jay Foster - Ipswich
Long Jump	6.09m	14/02/2021	Toshi Butlin - Kenmore
Long Jump	6.39m	09/02/2025	Thomas Froget Penaranda - Toowong Harriers
Triple Jump	12.35m	4/02/2023	Cillian Verbiest - Toowong Harriers
Discus	50.12m	14/02/2021	Toshi Butlin - Kenmore
Javelin	47.92m	11/02/2017	Joshua Watt - Toowong Harriers
Shot Put	16.04m	13/02/2021	Toshi Butlin - Kenmore

Boys U17

100m	11.36	05/02/2022	Toshi Butlin - Kenmore
200m	25.90	5/02/2023	Cooper Blake - Centenary
200m	23.73	11/02/2024	Callan Jensen - Toowong Harriers
200m	22.95	09/02/2025	Daon Choi - Toowong Harriers
400m	55.40	4/02/2023	Cooper Blake - Centenary
800m	2:04.84	06/02/2022	Cooper Johnson - Kenmore
1500m	4:42.78	05/02/2022	Cooper Johnson - Kenmore
1500m Race Walk	9:09.11	4/02/2018	Kyle Rasmussen - Ipswich
110m Hurdles	15.95	5/02/2023	Kobe Blake - Centenary
110m Hurdles	14.24	11/02/2024	Callan Jensen - Toowong Harriers
300m Hurdles	42.21	4/02/2023	Kobe Blake - Centenary
300m Hurdles	38.78	10/02/2024	Callan Jensen - Toowong Harriers
High Jump	1.87m	2010	B VanWyk - Ipswich
Long Jump	6.83m	12/02/2017	Nicholas Grant - Ipswich
Triple Jump	12.74m	2013	R Bavister - Ipswich
Discus	50.08m	2012	T Finlayson - Ipswich
Javelin	51.29m	4/02/2012	T Finlayson - Ipswich
Shot Put	16.78m	7/02/2015	Tim Castley - Kenmore