

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Girls U9

70m	10.95	06/02/2022	Amber Livingston - Caloundra
100m	15.37	07/02/2015	Ella Booker - Deception Bay
200m	32.02	08/02/2015	Ella Booker - Deception Bay
400m	1:15.53	22/02/2020	Summer Livingston - Caloundra
800m	2:52.69	23/02/2020	Summer Livingston - Caloundra
700m Race Walk	4:16.12	10/02/2024	Clara Hermus - Noosa
60m Hurdles	11.09	08/02/2014	Amelita Case - Caloundra
High Jump	1.15m	1988	Jade Michael - Maroochy
Long Jump	3.67m	23/02/2020	Summer Livingston - Caloundra
Discus	25.39m	11/02/2024	Bella Sansom - Deception Bay
Shot Put	8.45m	10/02/2024	Bella Sansom - Deception Bay

Girls U10

70m	10.60	05/02/2023	Amber Livingston - Caloundra
100m	14.67	04/02/2023	Amber Livingston - Caloundra
200m	30.56	07/02/2016	Ella Booker - Deception Bay
400m	1:11.18	10/02/2024	Marlo Monteith - University
800m	2:47.50	07/02/2021	Summer Livingston - Caloundra
1100m Race Walk	6:02.57	10/02/2018	Baylee McGowan - Noosa
60m Hurdles	11.43	09/02/2019	Anna Wilkinson - Maroochy
60m Hurdles	10.92	08/02/2025	Samara Hill - Deception Bay
High Jump	1.24m	09/02/2014	Bridget Carter - University
Long Jump	4.09m	22/02/2020	Jaz Edmondstone - University
Discus	30.06m	1996	Laura Parmar - Deception Bay
Shot Put	9.22m	1989	Jodie McMartin - Nambour
Shot Put	9.24m	09/02/2025	Bella Sansom - Deception Bay

Girls U11

100m	13.59	04/02/2017	Ella Booker - Deception Bay
200m	27.79	05/02/2017	Ella Booker - Deception Bay
400m	1:06.04	22/02/2020	Anna Wilkinson - Maroochy
800m	2:39.59	06/02/2022	Amelia Sheridan - University
1500m	5:21.68	04/02/2023	Gracie Sheridan - Bli Bli
1100m Race Walk	5:52.82	10/02/2024	Taylor Chapman - Caloundra
80m Hurdles	15.09	06/02/2021	Sophie Elkington - Maroochy
80m Hurdles	15.08	08/02/2025	Erika Walters - Glasshouse
High Jump	1.33m	07/02/2016	Viktoria Fardon - Noosa
	1.33m	05/02/2017	Ruby Orchard - Deception Bay
Long Jump	4.33m	1992	Stacey Chilcott - Deception Bay
Triple Jump	9.40m	1998	Kelly Pinkerton - Deception Bay
Discus	29.28m	22/02/2020	Jenali Bolden - South Burnett
Javelin	23.76m	2012	Lily Bougoure - Noosa
Shot Put	10.72m	2004	Katie McDougall - Caloundra

Girls U12

100m	13.53	10/02/2024	Capri Vincent - University
100m	13.31	08/02/2025	Amber Livingston - Caloundra
200m	27.38	11/02/2024	Capri Vincent - University
200m	27.21	09/02/2025	Amber Livingston - Caloundra
400m	1:01.28	10/02/2024	Capri Vincent - University
800m	2:33.61	11/02/2024	Sophie Doyle - Glasshouse
800m	2:33.10	09/02/2025	Ayla York - Caloundra
1500m	5:01.33	04/02/2023	Amelia Sheridan - Bli Bli
1500m Race Walk	8:23.15	10/02/2024	Savannah Dunleavy - Deception Bay
1500m Race Walk	7:32.93	08/02/2025	Taylor Chapman - Caloundra
80m Hurdles	13.91	05/02/2022	Sophie Elkington - University
80m Hurdles	13.66	08/02/2025	Amity Batchler - University
High Jump	1.55m	07/02/2016	Bridget Carter - University
Long Jump	4.79m	2013	Samantha Stanley - Noosa
Long Jump	4.86m	08/02/2025	Alexa Gillon - Deception Bay
Triple Jump	10.70m	2013	Samantha Stanley - Noosa

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Discus	36.17m	08/02/2014	Amy Brice - Noosa
Javelin	31.36m	1987	Kerrie McMartin - Nambour
Shot Put	13.40m	2005	Katie McDougall - Caloundra
Girls U13			
100m	13.08	09/02/2019	Amali Kinsella - Deception Bay
100m	13.07	08/02/2025	Capri Vincent - University
200m	26.90	10/02/2019	Amali Kinsella - Deception Bay
200m	25.85	09/02/2025	Capri Vincent - University
400m	1:01.54	05/02/2022	Anna Wilkinson - Maroochy
400m	59.78	08/02/2025	Capri Vincent - University
800m	2:30.52	06/02/2022	Ruby Campbell - Maroochy
800m	2:26.39	09/02/2025	Sophie Doyle - Glasshouse
1500m	5:01.51	04/02/2017	Anniq Stringer - University
1500m	4:57.73	08/02/2025	Sophie Doyle - Glasshouse
1500m Race Walk	8:05.87	04/02/2017	Mackenzie Ofield - Caloundra
80m Hurdles	13.32	11/02/2018	Amelita Case - Caloundra
200m Hurdles	31.33	10/02/2019	Jennifer Ladewig - Noosa
High Jump	1.56m	04/02/2017	Alka Bjorkelund - Caloundra
High Jump	1.56m	08/02/2025	Maci Ritchie - University
Long Jump	5.07m	07/02/2015	Amy Brice - Noosa
Triple Jump	10.90m	08/02/2015	Amy Brice - Noosa
Discus	41.87m	08/02/2015	Amy Brice - Noosa
Javelin	36.52m	07/02/2021	Nahkiyha Mullins-Walit - Deception Bay
Shot Put	11.83m	04/02/2017	Latai S Vehikite - Deception Bay
Girls U14			
100m	12.71	07/02/2015	Samantha Stanley - Noosa
200m	26.42	23/02/2020	Ella Booker - Deception Bay
400m	59.72	04/02/2023	Lilly-Dee Dixon - University
800m	2:21.80	05/02/2023	Ruby Campbell - Maroochy
1500m	4:58.66	04/02/2023	Ruby Campbell - Maroochy
1500m Race Walk	8:08.39	09/02/2019	Summer Millard - Nanango
80m Hurdles	13.01	11/02/2024	Taya Clayton - Noosa
200m Hurdles	30.38	05/02/2023	Jenali Bolden - South Burnet
High Jump	1.63m	04/02/2023	Tayla Humphrey - University
Long Jump	5.30m	2000	Jacinta Boyd - Maroochy
Triple Jump	11.39m	10/02/2018	Keona Tapungao - University
Discus	40.53m	06/02/2016	Amy Brice - Noosa
Javelin	40.24m	08/02/2015	Tahlia Anderson - Deception Bay
Shot Put	12.16m	1989	Kerrie McMartin - Nambour
Girls U15			
100m	12.38	04/02/2017	Elly M Buckholz - Deception Bay
200m	25.57	08/02/2015	Ella Connolly - Deception Bay
400m	1:00.29	04/02/2023	Chloe Johnstone - University
800m	2:17.46	11/02/2024	Lyla Van Der Breggen - Maroochy
1500m	4:58.73	10/02/2024	Ruby Campbell - Maroochy
1500m Race Walk	8:30.72	09/02/2019	Mackenzie Ofield - Caloundra
1500m Race Walk	8:06.36	08/02/2025	Eliza Kelly - Deception Bay
90m Hurdles	13.99	08/02/2015	Ella Connolly - Deception Bay
300m Hurdles	47.72	23/02/2020	Kobi Higgins - University
High Jump	1.65m	1993	Amy Walker - Nambour
Long Jump	5.05m	2002	Katie Hirning - Deception Bay
Triple Jump	11.02m	1993	Amy Walker - Nambour
Discus	42.54m	1994	Jodie McMartin - Bli Bli
Javelin	44.29m	04/02/2023	Nahkiyha Mullins-walit - Deception Bay
Shot Put	13.20m	1994	Jodie McMartin - Bli Bli

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Girls U16

100m	12.44	04/02/2017	Samantha Stanley - Noosa
200m	26.27	07/02/2016	Ella Connolly - Deception Bay
400m	1:00.63	04/02/2023	Cianna Van Daalen - Bribie Distrct
400m	59.19	08/02/2025	Lyla van der Breggen - Maroochy
800m	2:25.22	07/02/2021	Kianna Maclean - Deception Bay
800m	2:18.85	09/02/2025	Lyla van der Breggen - Maroochy
1500m	4:58.17	06/02/2021	Paige O'Connor - Nanango
1500m	4:56.40	08/02/2025	Ruby Campbell - Maroochy
1500m Race Walk	8:24.64	06/02/2021	Summer Millard - Deception Bay
90m Hurdles	14.16	07/02/2016	Ella Connolly - Deception Bay
300m Hurdles	48.75	06/02/2022	Jennifer Ladewig - Noosa
High Jump	1.60m	06/02/2016	Ella Connolly - Deception Bay
High Jump	1.60m	08/02/2025	Tayla Humphrey - University
Long Jump	5.07m	23/02/2020	Cassidy Ferris - University
Triple Jump	10.87m	08/02/2015	Chloe White - Deception Bay
Discus	36.00m	11/02/2024	Georgina McCabe - Gympie
Javelin	46.90m	10/02/2024	Nahkiyha Mullins-walit - Deception Bay
Shot Put	13.84m	10/02/2018	Chantelle Chippindall - Gympie

Girls U17

100m	12.76	04/02/2017	Taylor Fagan - Noosa
200m	26.35	07/02/2016	Samantha Johnson - Noosa
400m	1:01.74	06/02/2021	Mikayla Crouch - Wamuran
800m	2:30.27	05/02/2017	Natasha Hoeksema - Caboolture
1500m	5:13.41	04/02/2017	Katey Brassey - Caloundra
1500m Race Walk	8:15.04	04/02/2017	Clancy Smith - Noosa
100m Hurdles	15.89	05/02/2017	Taylor Fagan - Noosa
300m Hurdles	45.80	05/02/2017	Taylor Fagan - Noosa
High Jump	1.60m	06/02/2016	Sophie Tiver - University
High Jump	1.63m	08/02/2025	Maddesyn Hampson - University
Long Jump	5.08m	11/02/2018	Jess Stuart - Gympie
Long Jump	5.09m	08/02/2025	Georgia Kapernick - South Burnett
Triple Jump	11.03m	2011	Sarquin Hunt - Maleny
Discus	33.87m	2011	Tanika McClintock - Gympie
Discus	39.03m	09/02/2025	Georgina McCabe - Gympie
Javelin	38.01m	04/02/2017	Sophie Hartley - Caboolture
Javelin	41.91m	08/02/2025	Nahkiyha Mullins-Walit - Deception Bay
Shot Put	12.35m	09/02/2019	Amy Brice - Noosa
Shot Put	12.74m	08/02/2025	Nahkiyha Mullins-Walit - Deception Bay

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Boys U9

70m	10.75	10/02/2019	Ephraim Kereama - University
100m	15.06	07/02/2015	Noah Charlton - University
200m	32.24	05/02/2017	Heath Smallacombe - Caboolture
400m	1:13.62	06/02/2021	Fletcher Clark - Caloundra
800m	2:50.04	07/02/2021	Oscar Kisby - University
700m Race Walk	4:17.52	04/02/2023	Jake Dunleavy - Deception Bay
60m Hurdles	11.05	07/02/2015	Sebastien Hayes - Noosa
High Jump	1.19m	2013	Kyan Bryant - Noosa
Long Jump	4.16m	05/02/2017	Mali Stoker - University
Discus	28.17m	07/02/2021	Jaden Armitage - Deception Bay
Shot Put	8.97m	2009	Jack Payne - University

Boys U10

70m	10.28	07/02/2016	Noah Charlton - University
100m	14.37	07/02/2015	Alexander Simpson - Deception Bay
200m	29.88	05/02/2017	Markos Hondroudakis - University
200m	29.76	09/02/2025	Rylan Wooster - University
400m	1:08.63	22/02/2020	Booka Bell - Caloundra
400m	1:06.43	08/02/2025	Rylan Wooster - University
800m	2:35.31	06/02/2022	Oscar Kisby - University
1100m Race Walk	6:24.02	10/02/2024	Jake Dunleavy - Deception Bay
60m Hurdles	10.90	09/02/2019	Ryan Mollenhauer - South Burnett
High Jump	1.33m	2007	Shemaiah James - Deception Bay
Long Jump	4.41m	10/02/2018	Mali Stoker - University
Discus	33.39m	10/02/2018	Mali Stoker - University
Shot Put	10.79m	2010	Jack Payne - University

Boys U11

100m	13.97	09/02/2019	Isaac Campbell - University
200m	28.52	05/02/2017	Noah Charlton - University
200m	28.38	09/02/2025	Zachary Nielsen - Noosa
400m	1:06.69	04/02/2023	Hudson Monteith - University
400m	1:05.72	08/02/2025	Zachary Nielsen - Noosa
800m	2:27.64	23/02/2020	William Kisby - University
1500m	5:02.75	06/02/2021	Samuel Newsham - University
1100m Race Walk	6:08.84	10/02/2024	Declan O'Neill - Maroochy
1100m Race Walk	6:07.10	08/02/2025	Jake Dunleavy - Deception Bay
80m Hurdles	14.02	22/02/2020	Reegan Kliese - University
High Jump	1.43m	07/02/2016	Alexi Champion - Maroochy
Long Jump	4.74m	2008	Shemaiah James - Deception Bay
Triple Jump	9.84m	2008	Shemaiah James - Deception Bay
Discus	41.79m	09/02/2019	Mali Stoker - University
Javelin	31.42m	1986	Brett Porter - Nambour
Shot Put	12.53m	1996	Jason Dudley - Caboolture

Boys U12

100m	13.24	09/02/2019	Bailin Hughes - Caboolture
100m	13.03	08/02/2025	Amaris Gael Conroy - Nambour
200m	27.90	09/02/2014	Reef O'Dwyer - University
200m	26.88	09/02/2025	Amaris Gael Conroy - Nambour
400m	1:01.92	05/02/2022	Levi Maher - University
400m	1:01.66	08/02/2025	Amaris Gael Conroy - Nambour
800m	2:25.22	07/02/2021	William Kisby - University
800m	2:20.60	09/02/2025	Lachlan Heeks - Nambour
1500m	4:53.70	06/02/2021	William Kisby - University
1500m	4:49.72	08/02/2025	Lachlan Heeks - Nambour
1500m Race Walk	8:57.96	10/02/2018	Hamish Smallacombe - Caboolture
80m Hurdles	14.01	05/02/2022	Cayden Donnelly - University
80m Hurdles	13.84	08/02/2025	Levi Edwards - Maleny
High Jump	1.60m	05/02/2017	Alexi Champion - University
Long Jump	5.38m	1999	Allen Shervey - Deception Bay
Triple Jump	10.87m	2009	Shemaiah James - Deception Bay

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Discus	40.16m	1999	Allen Shervey - Deception Bay
Javelin	39.56m	1998	Stephen Tyssen - Deception Bay
Shot Put	12.74m	07/02/2021	Ruben Coombs - Glasshouse
Boys U13			
100m	12.42	04/02/2017	Kaleb Clark - University
200m	25.38	05/02/2017	Kaleb Clark - University
400m	59.31	08/02/2014	Lucas Lutter - Deception Bay
400m	56.92	08/02/2025	Jake Roberts - South Burnett
800m	2:17.02	05/02/2023	Saul Ackfield Kennard - Deception Bay
800m	2:15.08	09/02/2025	Jake Roberts - South Burnett
1500m	4:49.77	04/02/2023	Saul Ackfield Kennard - Deception Bay
1500m Race Walk	8:36.32	22/02/2020	Cooper Smith - University
80m Hurdles	13.89	11/02/2024	Izaak Kwarciany - Glasshouse
200m Hurdles	29.11	06/02/2022	Ruben Coombs - Glasshouse
High Jump	1.75m	2010	Shemaiah James - Deception Bay
Long Jump	5.64m	2001	Chris Noffke - Maroochy
Triple Jump	12.58m	2010	Shemaiah James - Deception Bay
Discus	43.55m	07/02/2021	Jamieson Pooles - University
Javelin	43.51m	2007	Curtis Ricker - Deception Bay
Shot Put	15.96m	1997	Matt Dawson - Bis
Boys U14			
100m	12.00	09/02/2019	Paul Boland - University
200m	24.70	23/02/2020	Rhys Evans - Caboolture
400m	56.04	05/02/2022	Liam O'Neill - Maroochy
800m	2:11.88	06/02/2022	Liam O'Neill - Maroochy
1500m	4:40.37	05/02/2022	Liam O'Neill - Maroochy
1500m Race Walk	8:49.83	10/02/2024	Eli Melinz - Noosa
90m Hurdles	13.73	23/02/2020	Rhys Evans - Caboolture
200m Hurdles	28.76	09/02/2014	Ben Schmidtchen - Deception Bay
200m Hurdles	28.24	09/02/2025	Sonny Edwards - Maleny
High Jump	1.92m	2011	Shemaiah James - Deception Bay
Long Jump	5.95m	2011	Shemaiah James - Deception Bay
Triple Jump	12.60m	2011	Shemaiah James - Deception Bay
Discus	52.39m	1999	Jason Dudley - Deception Bay
Javelin	50.40m	1999	Jason Dudley - Deception Bay
Shot Put	15.91m	06/02/2022	Jamieson Pooles - University
Boys U15			
100m	11.64	08/02/2014	Jordan Guy - Deception Bay
200m	22.76	09/02/2014	Matthew Grant - Gympie
400m	52.82	08/02/2014	Bailey Johnston - Deception Bay
800m	2:03.27	05/02/2023	Liam O'Neill - Maroochy
1500m	4:28.99	04/02/2017	Luca Ferroussat - University
1500m Race Walk	7:19.64	22/02/2020	Seth Wasson - Caboolture
100m Hurdles	13.85	05/02/2023	Cooper Weil - Nanango
300m Hurdles	41.75	05/02/2023	Cooper Weil - Nanango
High Jump	2.00m	2012	Shemaiah James - Deception Bay
Long Jump	6.45m	2013	Darcy Roper - Deception Bay
Triple Jump	13.12m	2012	Shemaiah James - Deception Bay
Discus	59.62m	2000	Jason Dudley - Deception Bay
Javelin	46.14m	04/02/2023	Jamieson Pooles - University
Shot Put	16.95m	2000	Jason Dudley - Deception Bay

REGIONAL CHAMPIONSHIP BEST PERFORMANCES

Sun Coast Region

as at 02/2025

** to be ratified by the Regional Committee*

Boys U16

100m	11.44	04/02/2017	Kalten Mason - Deception Bay
200m	23.46	05/02/2017	Kalten Mason - Deception Bay
400m	52.18	04/02/2023	Ryan Waters - Bribie
800m	1:59.17	11/02/2024	Liam O'Neill - Maroochy
1500m	4:17.60	10/02/2024	Liam O'Neill - Maroochy
1500m Race Walk	7:42.19	10/02/2024	Micah White - Deception Bay
100m Hurdles	13.93	11/02/2024	Cooper Weil - University
300m Hurdles	44.39	11/02/2024	Samuel White - Deception Bay
300m Hurdles	42.02	09/02/2025	Matthew Reed - University
High Jump	1.98m	08/02/2014	Josh Connolly - Deception Bay
Long Jump	6.49m	04/02/2023	Bailin Hughes - Caboolture
Triple Jump	13.63m	09/02/2014	Rowan Sutton - Glasshouse
Discus	59.01m	11/02/2024	Jamieson Pooles - University
Javelin	50.90m	08/02/2014	Luke Giacca - Noosa
Shot Put	15.97m	10/02/2024	Jamiesn Pooles - University

Boys U17

100m	11.40	10/02/2024	Nicholas Reed - University
200m	22.77	09/02/2014	Jordan Csabi - Noosa
400m	50.88	04/02/2017	Joshua Horsburgh - Deception Bay
800m	2:05.47	11/02/2024	Ryan Waters - Bribie
800m	2:01.28	09/02/2025	Liam O'Neill - Maroochy
1500m	4:27.33	04/02/2017	Jack Lowrie - Caboolture
1500m	4:23.60	08/02/2025	Liam O'Neill - Maroochy
1500m Race Walk	6:45.96	05/02/2022	Seth Wasson - Caboolture
110m Hurdles	14.70	06/02/2022	Harrison Weil - Nanango
300m Hurdles	41.80	06/02/2022	Paul Boland - University
300m Hurdles	40.65	09/02/2025	Samuel White - Deception Bay
High Jump	1.90m	07/02/2015	Joshua Connolly - Deception Bay
High Jump	1.91m	08/02/2025	Samuel White - Deception Bay
Long Jump	6.94m	08/02/2015	Rowan Sutton - Glasshouse
Triple Jump	13.88m	08/02/2015	Rowan Sutton - Glasshouse
Discus	55.25m	09/02/2014	Douglas Bagglely - Wamuran
Javelin	55.78m	2013	Dean Bull - Gympie
Shot Put	14.24m	2010	Joshua Bull - Gympie