

BEST EVER RECORDS – FEMALE

U6

50m	A Kilititi A Martin	Centre – 2009 Centre – 2011	9.6 9.6
70m	M O'Keefe D Keller	Centre – 1986 Centre – 2008	13.1 13.1
100m	A Martin	Centre – 2011	18.5
200m	M O'Keefe	Centre – 1986	40.2
300m	A Martin	Centre – 2014	1.05.8
Shot Put S/R	S Currie	Centre – 1997	4.40m
Shot Put 500g	R Harvey	Centre – 2021	3.40m
Long Jump	D Terre	Centre – 1997	2.75m
Discus 350g	A Harrison	Centre – 2005	10.31m

U7

50m	A Martin	Centre – 2012	8.6
70m	B Konopka	Centre -1986	11.8
100m	B Konopka	Centre – 1986	16.8
200m	B Konopka	Centre – 1986	36.3
500m	A Martin	Multi – 2012	1.48.6
Long Jump	D Keller	Centre – 2009	3.22m
Shot Put 1kg	B Doja	Centre – 1994	5.44m
Discus 350g	A Martin	Centre – 2012	14.15m
Discus 500g S/R	R Freeman	Centre – 1990	6.38m

U8

70m	B Konopka	Regional – 1987	10.9
100m	B Konopka	Regional – 1987	15.9
200m	B Konopka	Regional – 1987	32.6
400m	B Konopka	Centre – 1987	1.16.2
700m	K Wallace	Regional – 1999	2.25.8
60m Hurdles	T Campbell	Regional – 2008	11.2
Long Jump	B Konopka	Regional – 1987	3.52m
Shot Put 1.5kg	A Masic	Zone – 2016	6.05m
Shot Put 1kg S/R	M O'Keefe	Centre – 1988	7.40m
Shot Put 2kg S/R	K Edwards	Centre – 1982	3.12m
Discus 500g	K Shaw	Multi – 2006	17.85m
Discus 350g S/R	N Everard	Centre – 1993	11.63m

U9

70m	E Alexander L Verlinden	State – 1996 State – 1998	10.4 10.4
100m	A Martin	State – 2014	14.54
200m	C Preston	State – 2012	30.36
400m	C Preston	State – 2012	1.10.29
800m	E Micallef	State – 1992	2.49.10
60m Hurdles S/R	J Harvey	State – 1992	10.6
60m Hurdles S/R	K Winn	Centre – 1984	11.5
60m Hurdles	C Preston	State – 2012	10.3
700m Walk	K Shaw	State – 2007	3.33.8
800m Walk S/R	B Edwards	Regional – 1989	3.20.00
Long Jump	T Campbell	Centre – 2009	4.28m
High Jump	K Shaw	State – 2007	1.26m
Shot Put 2kg	S Saua	Centre – 2010	8.07m
Discus 500g	J Moeroa	State – 2009	28.41m

U10

70m	L Verlinden	State – 1999	10.0
100m	L Verlinden	State – 1999	14.1
200m	C Preston	State – 2013	29.56
400m	C Preston	State – 2013	1.06.64
800m	L Fuller	State – 1991	2.44.9
1500m	L Culter	Regional – 1987	5.34.7
60m Hurdles S/R	A Joo	Centre – 1984	10.3
60m Hurdles S/R	B Konopka	State – 1989	9.4
60m Hurdles	C Preston	State – 2013	10.6
800m Walk S/R	B Edwards	State – 1990	4.03.0
1100m Walk	A Dhu	State – 2010	5.37.4
Long Jump	C Nourdine	Regional – 2015	4.41m
High Jump	K Shaw	State – 2008	1.40m
Shot Put 2kg	S Saua	State – 2011	9.36m
Discus 500g	S Saua	Zone – 2011	32.52m

U11

100m	E Singh	State – 2006	13.4
200m	E Singh	State – 2006	27.4
400m	C Preston	Regional – 2014	1.06.0
800m	B Collard	State – 2009	2.30.4
1500m	B Collard	State – 2009	5.07.4
60m Hurdles S/R	A Joo	Regional- 1985	10.0
60m Hurdles S/R	B Konopka	State- 1990	10.0
60m Hurdles S/R	T Campbell	State – 2011	9.9
80m Hurdles	L Tanaki	Regional – 2019/20	15.73
1100m Walk	K Evans	State – 1997	5.08.8
1500m Walk S/R	B Edwards	State – 1991	7.43.8
Long Jump	C Nourdine	Zone – 2015	4.77m
High Jump	K Shaw	Regional – 2009	1.47m
Triple Jump	C Nourdine	Zone – 2015	10.47m
Shot Put 2kg	M O'Keefe	State – 1991	10.40m
Discus 500g	J Moeroa	State – 2011	31.16m
Javelin 400g	S Hill	State – 2021	23.84m

U12

100m	F Asaita	State – 2004	13.0
200m	E Singh	Regional – 2007	27.0
400m	B Konopka	State – 1991	1.01.5
800m	B Konopka	Multi – 1991	2.28.0
1500m	M Keys	Zone – 1982	5.09.0
60m Hurdles S/R	B Konopka	State – 1991	9.2
60m Hurdles S/R	T Campbell	Zone – 2012	9.9
80m Hurdles	M Tangimana	Centre – 2021	16.55
1500m Walk	R Roulos	State – 2012	7.01.3
Long Jump	J Kilititi	State – 2008	5.00m
High Jump	K Shaw	State – 2010	1.54m
Triple Jump	F Asaita	State – 2004	10.74m
Shot Put 2kg	A Masic	Regionals - 2019/20	12.21m
Discus 750g	S Volk	State – 1989	27.78m
Javelin 400g	A Burns	Zone – 2017	21.00m

U13

100m	L Verlinden	State – 2000	12.4
200m	J Laurance	State – 2017	25.84
400m	B Konopka	State – 1992	59.0
800m	B Konopka	State – 1992	2.24.0
1500m	B Collard	State – 2011	4.59.49
3000m	M Critchton	State -1992	10.54.0
60m Hurdles S/R	P Paabo	Zone – 1983	10.4
80m Hurdles S/R	J Heath	Centre- 1986	15.6
90m Hurdles S/R	B Konopka	Multi – 1992	13.6
80m Hurdles	J Kilititi	State – 2009	13.2
200m Hurdles S/R	B Konopka	Centre – 1992	29.1
200m Hurdles S/R	L Fuller	Centre – 1994	33.4
200m Hurdles	C Preston	Regional – 2016	29.67
1500m Walk	R Roukos	State -2013	6.55.89
Long Jump	J Laurance	Nationals – 2017	5.25m
High Jump	K Shaw	Regional – 2011	1.52m
Triple Jump	J Kilititi	State – 2009	11.61m
Shot Put 3kg	M O’ Keefe	Nationals – 1993	11.80m
Discus S/R	M O’Keefe	State – 1993	32.36m
Discus 750g	B Sitauti	Centre – 2010	40.74m
Javelin 400g	P Piliae	State – 2006	37.21m

U14

100m	L Verlinden	State – 2003	12.1
200m	J Laurance	State – 2018	25.45
400m	C Vreeswyk	Regionals – 2013	1.00.87
800m	M Critchton	State – 1993	2.19.1
1500m	M Critchton	State – 1993	4.46.9
3000m	M Critchton	Centre - 1993	11.31.5
90m Hurdles S/R	A Joo	State – 1988	13.8
80m Hurdles	B Kirk A Hall	State - 2010 Regional – 2010	13.3 13.3
200m Hurdles S/R	A Joo	State – 1988	28.9
200m Hurdles S/R	D Williams	Centre – 1995	33.0
200m Hurdles	C Vreeswyk	State – 2013	28.74
1500m Walk	R Roukos	Zone – 2014	7.16.3
Long Jump	J Laurance	Zone – 2017	5.58m
High Jump	M Murphy	Regionals – 2008	1.56m
Triple Jump	J Laurance	State – 2018	11.18m
Shot Put 3kg	M O’ Keefe	Zone – 1994	12.12m
Discus 1kg	M O’ Keefe	State – 1994	33.68m
Javelin 400g	S Mani	State – 2013	30.41m

U15

100m	L Verlinden	Zone – 2004	12.6
200m	L Verlinden	Zone – 2004	25.8
400m	B Konopka	Centre – 1994	1.00.7
800m	M Critchton	State – 1994	2.17.6
1500m	M Critchton	State – 1994	4.44.7
3000m	M Critchton	State – 1994	10.51.3
90m Hurdles S/R	V Comerford	State – 1992	13.5
90m hurdles	B Harrison	State – 2013	13.89
200m Hurdles S/R	B Richardson	Regionals – 1990	28.9
200m Hurdles S/R	B Konopka	Regionals - 1994	28.2
200m Hurdles S/R	C Vreeswyk	State – 2014	28.18
300m Hurdles	T Ma’u	Regionals – 2018	49.41
1500m Walk	R McAskill	State National Record– 1997	6.24.4
Long Jump	B Richardson	State – 1990	5.26m
High Jump	K Shaw	Regionals – 2013	1.50m
Triple Jump	B Richardson	State -1990	10.92m
Shot Put 3kg	D Sosimenko	Regionals – 1989	13.30m
Discus 1kg	D Sosimenko	Regionals – 1989	36.64m
Javelin S/R	M Wynne	Regionals – 2001	38.01m
Javelin 500g	S Mani	Zone – 2014	30.73m

U17

100m	J Laurance	Regionals – 2019	12.15
200m	J Laurance	Regionals – 2019/20	25.01
400m	T Gregan	State -2018	1.02.79
800m	C King	Zone – 2019	2.50.48
1500m	C King	Zone - 2019	6.36.51
3000m	B Martin	Centre – 2019	15.49.60
1500m Walk	R Roukos	State – 2016	7.05.95
100m Hurdles	T Ma’u	Multi – 2019	15.63
200m Hurdles S/R	B Kirk	Regionals – 2012	29.64
300m Hurdles	T Ma’u	Zone – 2019/20	47.96
Long Jump	J Laurance	Regionals – 2019	5.67m
Triple Jump	B Kirk	State – 2013	11.00m
High Jump	C Thorley	State – 2018	1.55m
Javelin 500g	B Harrison	Zone – 2014	25.44m
Shot Put 3kg	R Hardy	Centre – 2019	11.67m
Discus 1kg	K Chauhan	Zone -2019/20	32.90m

BEST EVER RECORDS – MALE

U6

50m	T Veikoso	Centre – 2021	9.17
70m	T Veikoso	Centre – 2021	12.51
100m	J Spargo	Centre – 1986	18.3
200m	C Sonego	Centre – 1986	40.5
300m	E Dhu	Centre – 2004	1.03.0
Shot Put S/R	L Oxley	Centre – 2005	5.64m
Shot Put 500g	I Nasio	Centre – 2020	3.63m
Long Jump	P Pender	Centre – 1996	2.72m
Discus 350g	E Burton	Centre – 2005	14.68m

U7

50m	C Willmott	Zone – 2007	8.4
70m	R Walker	Centre -2011	10.3
100m	C Moore	Regionals – 1983	16.6
200m	C Moore	Regionals – 1983	34.4
500m	E Dhu	Zone – 2005	1.46.2
Long Jump	C Moore	State – 1983	3.49m
Shot Put 1kg	S Selmes	Centre – 1986	7.15m
Discus 350g	L Harrison	Centre – 2009	18.10m
Discus 500g S/R	D Martin	Centre – 1990	14.28m

U8

70m	C Moore	State – 1984	10.7
100m	S Dalton J Thompson	Regionals – 1985 Regionals – 2002	15.2 15.2
200m	C Moore	Zone – 1984	32.1
400m	L Graham	Regionals – 1990	1.15.8
700m	E Dhu	Multi – 2006	2.19.0
60m Hurdles	C Willmott	Centre – 2008	11.2
Long Jump	C Moore	State – 1984	3.98m
Shot Put 1.5kg	S Raki	Zone – 2005	8.80m
Shot Put 1kg S/R	C Moore	Centre – 1982	6.76m
Shot Put 2kg S/R	G Quirk	State – 1984	9.27m
Discus 500g	S Selmes	Regionals – 1987	21.96m
Discus 350g S/R	G Davis	Zone – 1992	20.16m

U9

70m	K Dominici J Chandler	State – 2007 State – 2009	10.3 10.3
100m	A Hoskings	State – 1989	14.1
200m	T Lene	State – 2008	29.7
400m	D Paabo	State – 1982	1.06.8
800m	E Dhu	State – 2007	2.34.1
60m Hurdles S/R	N Pettit	State – 1989	9.8
60m Hurdles S/R	D Paabo	Regionals – 1982	10.35
60m Hurdles	T Lene	State – 2008	10.1
800m Walk S/R	M Richardson	State – 1986	4.03.7
700m Walk	G Sullivan	Regionals – 2000	3.52.6
Long Jump	C Moore	Regionals – 1985	4.41m
High Jump	J Trindall	Centre – 2008	1.28m
Shot Put 2kg	M Tauasa	State – 2019	8.95m
Discus 500g	J Zlomislic	Centre – 1985	27.84m

U10

70m	T Lene	Zone – 2009	9.9
100m	T Lene	State – 2009	13.9
200m	T Lene	State – 2009	28.8
400m	D Paabo	State – 1983	1.03.3
800m	G Quirk	Zone – 1984	2.31.7
1500m	G Quirk	Zone – 1984	5.01.2
60m Hurdles S/R	A Ellis	State – 1993	9.4
60m Hurdles S/R	D Paabo	Regionals – 1983	10.2
60m Hurdles	A McNab	State – 2006	9.9
800m Walk S/R	A Channells	State – 1991	3.41.9
1100m Walk	N Henshaw	State – 2003	5.37.1
Long Jump	M Cavassini	State – 1998	4.60m
High Jump	A O’Keefe	Centre – 1986	1.33m
Shot Put 2kg	J Talbot	Regionals – 1989	10.18m
Discus 500g	K Aualiitia	Regionals – 2019/20	34.27m

U11

100m	S Condon	State – 1999	13.4
200m	A Hoskings	Multi – 1991	28.0
400m	D Paabo	State – 1984	1.01.4
800m	S Meehan	State – 1992	2.20.9
1500m	S Meehan	State – 1992	4.58.1
60m Hurdles S/R	N Pettit	State – 1991	9.8
60m Hurdles S/R	L Levy	State – 2007	9.8
80m Hurdles	E Ma’u	State Qualifiers – 2021	14.81
1100m Walk	E Dhu	State – 2009	5.31.1
1500m Walk S/R	M Richardson	State 1988	7.22.9
Long Jump	A Ellis	Multi – 1994	4.83m
High Jump	S Mace	State – 1996	1.45m
Triple Jump	A Ellis	Centre – 1994	10.17m
Shot Put 2kg	K Aualiitia	Centre – 2021	12.59m
Shot Put 3kg S/R	J Talbot	Centre – 1990	10.29m
Discus 500g	K Aualiitia	State Qualifiers – 2021	37.94m
Javelin 400g	K Aualiitia	Centre – 2021	20.68m

U12

100m	D Oliveria	State – 2003	12.5
200m	S Brooker	Nationals – 1989	25.6
400m	B O’Donnell	State – 2010	57.6
800m	S Meehan	State – 2000	2.20.1
1500m	S Meehan	State – 1993	4.49.2
60m Hurdles S/R	D Paabo	State – 1985	9.1
60m Hurdles S/R	N Rushworth B O’Donnell	State – 2004 State – 2010	9.7 9.7
80m Hurdles	B Duff	Centre – 2021	16.30
1500m Walk	M Dowell	State – 1986	7.06.8
Long Jump	B O’Donnell	State – 2010	5.17m
High Jump	D King	Regionals – 1998	1.56m
Triple Jump	S Brooker	Centre – 1989	10.72m
Shot Put 2kg	S Brooker	Zone – 1989	15.61m
Discus 750g	S Brooker	Nationals – 1989	48.10m
Javelin 400g	B Rodricks	Zone – 2011	30.15m

U13

100m	S Brooker	State – 1990	12.0
200m	B O'Donnell	State National Record – 2011	24.15
400m	B O'Donnell	Nationals – 2011	55.0
800m	S Condon	State – 2000	2.12.2
1500m	E Dhu	State – 2011	4.48.78
3000m	B Keys	Centre – 2002	10.30.3
60m Hurdles S/R	D Shaw	Zone – 1983	10.6
80m Hurdles S/R	D Paabo	Regionals – 1986	12.4
90m Hurdles S/R	J Devine	State – 1991	13.6
80m Hurdles	C Ejea	State – 1995	12.6
200m Hurdles S/R	D Paabo	Regionals – 1986	28.6
200m Hurdles	B O'Donnell	Centre – 2011	27.5
1500m Walk	E Dhu	Nationals – 2011	5.54.79
Long Jump	S Brooker	Multi – 1990	5.69m
High Jump	B Martin	State – 2005	1.61m
Triple Jump	N Ramsey	State – 2009	11.41m
Shot Put 3kg	T Moeroa	State – 2009 Australian Best Performance National Record	19.11m
Discus 750g	T Moeroa	Nationals – 2009 National Record	55.01m
Javelin 600g	T Moeroa	Nationals – 2009	40.25m

U14

100m	A Pomeroy	Nationals – 1994	11.3
200m	B O'Donnell	State – 2012	23.33
400m	E Dhu	State – 2012	54.78
800m	G Quirk	State – 1988	2.08.8
1500m	E Dhu	State – 2012	4.36.64
3000m	J Hill	State – 1996	10.01.0
90m Hurdles	N Rushworth	State – 2006	12.8
200m Hurdles	Vandervoort	State – 2005	27.1
1500m Walk	E Dhu	Regionals – 2012	6.51.2
Long Jump	S Foreshaw	State – 1992	5.96m
High Jump	B Martin	State – 2006	1.75m
Triple Jump	N Kirby	Regional – 1993	11.37m
Shot Put 3kg	E Dhu	Centre – 2012	12.57m
Shot Put 4kg S/R	T Moeroa	State – 2010	18.27m
Discus 1kg	T Moeroa	State – 2010	57.71m
Javelin 600g	B Rodricks	State – 2013	43.17m

U15

100m	A Pomeroy	State - 1995	11.2
200m	A Pomeroy R Walker	State – 1995 Zone – 2017	23.3 23.3
400m	E Dhu	State – 2013	52.76
800m	G Quirk	Nationals – 1989	2.02.4
1500m	D Brown	State – 1999	4.25.7
3000m	D Brown	State – 1999	9.44.4
90m Hurdles S/R	S VanBentum	State – 1990	13.1
90m hurdles S/R	S Meehan	State – 1992	13.1
90m Hurdles S/R	N Shaearan	Centre – 1994	14.7
100m Hurdles	N Rushworth	State – 2007	13.3
200m Hurdles S/R	R Bangel	Centre – 1988	27.1
200m Hurdles S/R	J Devine	Regionals – 1993	27.1
200m Hurdles S/R	A Pomeroy	Centre – 1995	27.4
200m Hurdles S/R	R Lockley	State – 2001	25.9
300m Hurdles	R Walker	State – 2018	40.83
1500m Walk	M Dowell	State – 1989	6.18.0
Long Jump	G Quirk	State – 1989	6.64m
High Jump	B Martin	Regionals – 2007	1.86m
Triple Jump	B Martin	Regionals – 2007	12.23m
Shot Put 4kg	K Browning	State – 2006	13.96m
Discus 1kg	K Browning	State – 2006	50.08m
Javelin 700g	C Ejea	Centre – 1997	46.95m

U17

100m	B O'Donnell	Regionals – 2014	11.0
200m	B O'Donnell	Regionals – 2014	23.32
400m	E Dhu	Regionals – 2015	52.3
800m	J Dhu	Regionals – 2012	2.17.43
1500m	J Dhu	State – 2012	4.47.85
3000m	S Bali	Centre – 2016	11.28.4
100m Hurdles S/R	N Rushworth	Zone – 2008	13.1
110m Hurdles	N Rushworth	Centre – 2009	14.5
200m Hurdles S/R	N Rushworth	Regionals – 2009	25.1
300m Hurdles	A Dean	Zone – 2019/20	40.69
1500m Walk	T Barendregt	State – 2016	6.54.27
Long Jump	K Kirk	Zone – 2015	6.25m
High Jump	A Dean	Regionals – 2019	1.86m
Triple Jump	K Kirk	Zone – 2015	12.81m
Shot Put 4kg S/R	B West	Centre – 2008	12.75m
Shot Put 5kg	T Moeroa	State – 2013	18.32m
Discus 1kg S/R	B West	Centre – 2008	32.89m
Discus 1.5kg	A Dean	Centre – 2020	31.62m
Javelin 600g S/R	B West	Centre – 2008	37.31m
Javelin 700g	A Shaw	Regionals – 2011	35.05m

Multi Class**Boys 9-10Yrs**

100m	F Hayes	Regionals – 2019	28.28
200m	F Hayes	Regionals – 2019	54.55
Long Jump	F Hayes	Centre – 2019	0.75cm
Discus	F Hayes	Regionals – 2019	1.56m

Boys 12yrs

80m Hurdles (45cm)	M Macpherson	Centre - 2021	49.33
100m	M Macpherson	Centre – 2021	33.07
Long Jump	M Macpherson	Centre – 2021	1.99m