

SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

STATE BEST PERFORMANCES

as of 19 April 2014

Under 9 Boys

70m	G Kargans (S)	10.0	1997
100m	Alastair Lord (C)	14.2	2013
200m	Ryan Fitzgerald (N)	28.4	1986
400m	Timothy Semmler (BV)	1:07.2	1985
800m	Braden Williss (HC)	2:35.2	1992
60m Hurdles (45cm)	L Emes (SD)	10.0	2001
Discus (500g)	C Nettlebeck (Riv)	34.80	1981
Shot Put (2kg)	C Nettelbeck (Riv)	9.39	1981
High Jump	Jagan Hames (N)	1.43	1985
Long Jump	Ryan Fitzgerald (N)	4.73	1986
4x100m Relay	Noarlunga	1:01.2	1985
4x200m Relay	Tea Tree Gully	2:10.4	1990

Under 9 Girls

70m	S Canalia (Wv)	10.4	1977
100m	Erin Simister (SH)	14.8	2007
100m	Rachael Gill (TTG)	14.8	2010
200m	K Morley (SE)	30.7	1983
400m	K Morley (SE)	1:10.7	1983
800m	E Rose (HD)	2:44.8	1990
60m Hurdles (45cm)	Sheriden Seekamp (S)	10.5	1999
Discus (500g)	H Struchlak (Riv)	26.60	1981
Shot Put (2kg)	Dimitra Lekkas (SE)	7.91	1989
High Jump	Sharlee McCulloch (IF)	1.30	1983
Long Jump	Janine Schaefer (Riv)	4.13	1983
4x100m Relay	Tea Tree Gully	1:02.5	1977
4x200m Relay	Woodville	2:16.1	1976

Under 10 Boys

100m	Ryan Fitzgerald (N)	13.5	1987
100m	James Ballah (GG)	13.5	2007
200m	Timothy Semmler (BV)	28.0	1986
200m	Ryan Fitzgerald (N)	28.0	1987
400m	A Tembel (Wv)	1:03.8	1980
800m	P Moore (Wv)	2:29.5	1981
60m Hurdles (60cm)	James Ballah (GG)	10.2	2007
60m Hurdles (60cm)	Jayden Elsworth (H)	10.2	2010
1100m Walk	C Harris (ED)	6:06.0	2008
Discus (500g)	Lachlan Page (MP)	40.58	2008
Shot Put (2kg)	M Lokan (Wp)	11.26	1993
High Jump	Ryan Fitzgerald (N)	1.53	1987
Long Jump	Ryan Fitzgerald (N)	5.20	1987
4x100m Relay	Noarlunga	57.3	1986
4x200m Relay	Noarlunga	2:00.5	1986

Under 10 Girls

100m	J Nicholls (Pb)	13.9	1994
200m	S Jenke (Wv)	29.0	1979
400m	K Morley (TTG)	1:05.8	1984
800m	Sheena Steinert (SC)	2:32.3	1995
60m Hurdles (60cm)	A Neal (TTG)	10.7	1997
60m Hurdles (60cm)	Sheriden Seekamp (S)	10.7	2000
60m Hurdles (60cm)	Erin Simister (SH)	10.7	2008
60m Hurdles (60cm)	Alexandra Philis (RE)	10.7	2010
60m Hurdles (60cm)	Chloe Schwarz (WL)	10.7	2014
1100m Walk	S Stocco (S)	5:58.6	1994
Discus (500g)	Nikki Thompson (IF)	30.92	2009
Shot Put (2kg)	Karen Edwards (SE)	9.66	1985
High Jump	Sharlee McCulloch (IF)	1.46	1984
Long Jump	J Kara-Ali (TTG)	4.46	1991
4x100m Relay	Tea Tree Gully	1:00.7	1978
4x200m Relay	Mitchell Park	2:08.9	1976

Under 11 Boys

100m	Timothy Semmler (BV)	13.1	1987
200m	Alexander Bubner (F)	26.9	2000
400m	R Allan (S)	1:02.2	1977
400m	D Woodley (Mit)	1:02.2	1978
800m	G Duncan (TTG)	2:22.1	1981
1500m	B Cartwright (N)	4:46.1	1984
60m Hurdles (60cm)	Alexander Bubner (F)	9.6	2000
1100m Walk	Aaron Jelfs (TTG)	5:33.7	2003
Discus (750g)	Lachlan Page (MP)	35.45	2009
Shot Put (2kg)	Lachlan Page (MP)	13.98	2009
High Jump	Jagan Hames (N)	1.63	1987
High Jump	S Bravington (PtA)	1.63	1989
Long Jump	Timothy Semmler (BV)	5.28	1987
Triple Jump	T Nguyen (Wv)	10.43	1983
4x100m Relay	Woodville	54.9	1983
4x200m Relay	Tea Tree Gully	2:02.8	2009

Under 11 Girls

100m	Madeline Roos (En)	13.4	2014
200m	S Jenke (Wv)	27.9	1980
200m	Kelly Simpson (Wv)	27.9	1985
400m	S Jenke (Wv)	1:03.1	1980
800m	Sheena Steinert (N)	2:29.3	1996
1500m	Sheena Steinert (N)	5:06.4	1996
60m Hurdles (60cm)	Tayla Philis (RE)	10.0	2008
1100m Walk	Yvette Becker (S)	5:40.7	1996
Discus (750g)	Nikki Thompson (IF)	33.40	2011
Shot Put (2kg)	Nikki Thompson (IF)	12.13	2011
High Jump	Sharlee McCulloch (IF)	1.50	1985
Long Jump	C Hurst (TTG)	4.74	1980
Triple Jump	C Byles (PtL)	9.85	1977
4x100m Relay	Woodville	57.7	1978
4x200m Relay	Adelaide Eagles	2:04.5	2008

Under 11 Mixed

Medley - 2x100m,1x200m	Eastern Districts	2:13.2	2013
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Under 12 Boys

100m	A Lock (MtG)	12.1	1994
200m	Alexander Bubner (F)	25.1	2001
400m	R Allan (S)	57.0	1978
800m	R Allan (S)	2:12.7	1978
1500m	J Godfrey (Wv)	4:34.7	1984
60m Hurdles (68cm)	Alexander Bubner (F)	9.3	2001
1500m Walk	C Topperwien (IF)	6:35.1	1984
Discus (750g)	R McFadyen (TTG)	45.72	1975
Shot Put (3kg)	Lachlan Page (MP)	15.68	2010
Javelin (400g)	Clinton Hogg (S)	40.90	1990
High Jump	Jagan Hames (N)	1.74	1988
Long Jump	T Nguyen (Wv)	5.67	1984
Triple Jump	Timothy Semmler (BV)	11.46	1988
4x100m Relay	Woodville	53.2	1983
4x200m Relay	Enfield	1:58.8	2013

Under 12 Girls

100m	R Taylor (Wv)	12.5	1982
200m	R Taylor (Wv)	26.2	1982
400m	C Byles (PtL)	59.2	1977
800m	S Craig (En)	2:23.5	1981
1500m	T O'Donnell (SE)	4:58.4	1981
60m Hurdles (68cm)	Clarissa Centenara (AE)	9.4	2010
1500m Walk	Antonia Maddison (MP)	7:21.1	1991
Discus (750g)	S Flynn (HD)	37.80	1979
Shot Put (2kg)	D Boyce (Wv)	13.49	1978
Javelin (400g)	Samantha Brincat (P)	36.94	1992
High Jump	Sheriden Seekamp (S)	1.59	2002
Long Jump	Chelsea Jaensch (S)	5.12	1997
Triple Jump	Michelle Smith (SD)	10.74	1993
4x100m Relay	Woodville	55.3	1985
4x200m Relay	Tea Tree Gully	2:01.6	2013

Under 13 Boys

100m	Brian Wilson (ED)	11.6	2010
200m	Sebastian Baird (HD)	23.9	2010
400m	Paul Northeast (Wv)	54.6	1982
800m	R Allan (S)	2:06.6	1979
1500m	R Allan (S)	4:22.7	1979
80m Hurdles (76cm)	Connor Verrall (SD)	12.4	2009
1500m Walk	C Topperwien (IF)	6:22.1	1985
Discus (1kg)	S Larsson (S)	48.48	1982
Shot Put (3kg)	Lachlan Page (MP)	17.18	2011
Javelin (600g)	Michael O'Leary (HD)	44.70	1987
High Jump	R Garlett (IF)	1.81	1993
Long Jump	R Brown (HD)	6.08	1984
Triple Jump	K Ryan (TTG)	11.98	1993
4x100m Relay	Woodville	50.3	1983
4x200m Relay	Salisbury East	1:56.9	2013

Under 13 Girls

100m	A Noack (En)	12.4	1974
200m	M Jones (SD)	25.6	1976
400m	M Jones (SD)	58.2	1976
400m	C Byles (PtL)	58.2	1979
800m	Gemma Plummer (F)	2:17.4	2012
1500m	Gemma Plummer (F)	4:44.9	2012
80m Hurdles (76cm)	Tayla Philis (RE)	12.8	2010
1500m Walk	Rebecca Lauterio (TTG)	7:07.8	1993
Discus (750g)	Nikki Thompson (IF)	45.72	2013
Shot Put (3kg)	Nikki Thompson (IF)	12.97	2013
Javelin (400g)	Nikki Thompson (IF)	39.35	2013
High Jump	Karina Turner (TTG)	1.68	1985
Long Jump	J Draper (BH)	5.31	1990
Triple Jump	Janine Schaefer (Riv)	10.97	1987
4x100m Relay	Mitchell Park	52.8	1976
4x200m Relay	Adelaide Eagles	1:58.1	2013

Under 14 Boys

100m	Ben McMahon (P)	11.5	1996
100m	Brian Wilson (ED)	11.5	2011
200m	M Hutchinson (HD)	23.6	1995
400m	R Brown (Wv)	52.0	1985
800m	A Wilkey (N)	2:02.0	1985
1500m	Steven Slimming (ED)	4:17.1	2012
90m Hurdles (76cm)	S Narayan (En)	12.6	2006
1500m Walk	L Murphy (P)	6:33.9	1993
Discus (1kg)	Lachlan Page (SE)	58.49	2012
Shot Put (3kg)	Sebastian Quaini (ED)	14.15	2014
Javelin (600g)	Michael O'Leary (Wp)	52.42	1988
High Jump	Andrew Gooch (TTG)	1.94	1989
Long Jump	Steven Eichner (SE)	6.40	1998
Triple Jump	Steven Vacca (SE)	12.86	1993
4x100m Relay	Tea Tree Gully	49.0	2006
4x200m Relay	Eastern Districts	1:49.7	2013

Under 14 Girls

100m	Bethany Fairfield (TTG)	12.4	2007
200m	E Baudinette (F)	25.4	2001
400m	C Day (MN)	59.1	1988
400m	K Robb (Wv)	59.1	2002
800m	Zoe Davidson-Scott (P)	2:18.8	1996
1500m	S Linn (ED)	4:48.8	2009
80m Hurdles (76cm)	Tayla Philis (RE)	12.0	2011
1500m Walk	Simone York (SE)	6:59.2	1993
Discus (1kg)	Z Davies (GG)	40.27	2008
Shot Put (3kg)	Nikki Thompson (IF)	12.60	2014
Javelin (400g)	Nikki Thompson (IF)	39.39	2014
High Jump	Karina Turner (TTG)	1.70	1986
High Jump	Dale Holliday (MN)	1.70	2005
Long Jump	Chelsea Jaensch (S)	5.56	1999
Triple Jump	Erin Simister (SH)	11.45	2012
4x100m Relay	Noarlunga	52.4	1998
4x200m Relay	Henley Districts	1:57.2	2013

Under 14 Mixed

Medley - 2x100m,1x200m	Enfield	2:05.6	2013
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Under 15 Boys

100m	M Richer (Ez)	11.3	1996
100m	M Ormrod (TTG)	11.3	1998
100m	M Schigulski (F)	11.3	2000
200m	Russell Brown (Wv)	23.3	1986
200m	Nathan Steinberner (BV)	23.3	1992
200m	Brad Fuss (N)	23.3	1997
400m	Nathan Steinberner (BV)	50.8	1992
800m	N Heinicke (MtG)	2:02.2	2005
1500m	N Heinicke (MtG)	4:19.2	2005
100m Hurdles (76cm)	Simon Wong (P)	13.4	2009
200m Hurdles (76cm)	Morgan Heggie (S)	25.4	1996
1500m Walk	J Bown (Ez)	6:15.3	1994
Discus (1kg)	S Larsson (S)	57.72	1984
Shot Put (4kg)	Lachlan Page (SE)	18.34	2013
Javelin (700g)	Alec Stimson (G)	42.86	2013
High Jump	Jagan Hames (SC)	2.01	1991
Long Jump	Nathan Steinberner (BV)	6.77	1992
Triple Jump	Tony Brideson (SD)	13.37	1986
4x100m Relay	Tea Tree Gully	47.2	2007
4x200m Relay	Tea Tree Gully	1:39.2	2013

Under 15 Girls

100m	P Stankiewicz (TTG)	12.2	1990
200m	Sarah Thomas (En)	25.5	2006
400m	Sarah Thomas (En)	57.3	2006
800m	Rebecca Owen (TTG)	2:18.0	2005
1500m	S Brooks (H)	4:54.4	1997
90m Hurdles (76cm)	Tayla Philis (RE)	13.3	2012
90m Hurdles (76cm)	Erin Simister (SH)	13.3	2013
200m Hurdles (76cm)	Chelsea Jaensch (S)	28.6	2000
1500m Walk	Simone York (SE)	6:50.2	1993
Discus (1kg)	Sharon Fowerker (Wv)	40.04	1988
Shot Put (3kg)	Kerrie Mallison (IF)	13.28	1987
Javelin (500g)	Emma Jager (HD)	32.49	2013
High Jump	Lauren Foote (TTG)	1.75	1998
Long Jump	K Brown (SD)	5.66	1998
Triple Jump	R Heggie (S)	11.78	1990
4x100m Relay	Noarlunga	51.3	1999
4x200m Relay	Gawler	1:52.1	2013

Under 16 Boys

100m	Casey Whitaker (PtA)	11.2	2007
100m	K Stubing (H)	11.2	2008
200m	K Smith (S)	22.7	2001
400m	A Day (MN)	51.4	1988
800m	S Kennewell (S)	2:02.1	2003
1500m	Aiden Miller (SH)	4:16.0	2011
100m Hurdles (76cm)	Jordan Tronnolone (TTG)	13.5	2007
200m Hurdles (76cm)	Jordan Tronnolone (TTG)	25.7	2007
1500m Walk	Blake Steele (TTG)	6:17.0	2009
Discus (1kg)	Stewart McLaughlin (MtG)	53.19	2006
Shot Put (4kg)	Stewart McLaughlin (MtG)	17.41	2006
Javelin (700g)	Alec Stimson (G)	49.90	2014
High Jump	Daniel Weetra (S)	1.92	2012
High Jump	James Dukalskis (MtG)	1.92	2014
Long Jump	Lewis Warland (HD)	6.66	2013
Triple Jump	Christopher Lipman (HD)	13.11	2014
4x100m Relay	Salisbury	47.1	2002
4x200m Relay	Golden Grove	1:45.2	2013

Under 16 Girls

100m	Lucy Fitzgerald (ED)	12.1	2013
200m	P Steinhert (N)	25.7	2001
400m	A Laube (MtG)	58.0	2007
800m	K Thackray (G)	2:22.8	2007
1500m	P Graham (SD)	4:47.1	2005
90m Hurdles (76cm)	Margaret Gayen (ED)	13.6	2010
200m Hurdles (76cm)	K Ladyman (S)	28.9	2007
1500m Walk	Stephanie Stigwood (SD)	7:08.0	2007
Discus (1kg)	J Wedd (MP)	37.68	2006
Shot Put (3kg)	Donna Whibley (HD)	13.15	1989
Javelin (500g)	Emma Jager (WL)	32.39	2014
High Jump	Dale Holliday (MN)	1.68	2007
Long Jump	Margaret Gayen (ED)	5.90	2010
Triple Jump	Margaret Gayen (ED)	11.69	2010
4x100m Relay	Noarlunga	52.7	2000
4x200m Relay	Eastern Districts	1:54.8	2013

Under 17 Boys

100m	Wallace Long-Scafidi (N)	11.0	2007
200m	Wallace Long-Scafidi (N)	22.4	2007
400m	Casey Whitaker (PtA)	50.5	2008
800m	Dean Adair (HD)	1:56.7	2012
1500m	Aiden Miller (SH)	4:12.1	2012
100m Hurdles (76cm)	Jordan Tronnolone (TTG)	12.9	2008
200m Hurdles (76cm)	Robert Broadhead (MD)	24.4	2013
1500m Walk	Adam Dunn (SD)	6:49.9	2007
Discus (1.5kg)	Joshua Russo (S)	40.68	2013
Shot Put (5kg)	Nicholas Sleep (MD)	12.83	2014
Javelin (700g)	Joshua Russo (S)	47.71	2013
High Jump	Darian Wilson (RE)	1.95	2013
Long Jump	Samuel Ennis (M)	6.54	2010
Triple Jump	Daniel Weetra (S)	13.39	2013
4x100m Relay	Tea Tree Gully	46.3	2007
4x200m Relay	Eastern Districts	1:40.1	2013

Under 17 Girls

100m	N Wood (TTG)	12.8	2005
100m	M Leach (GG)	12.8	2007
100m	Christine Gayen (ED)	12.8	2014
100m	Casey Donehue (MtG)	12.8	2014
100m	Taylor Hand (MD)	12.8	2014
200m	D Perrin (HD)	26.5	2005
400m	A Sinor (HD)	59.9	2005
800m	K Thackray (G)	2:20.1	2008
1500m	Shae Grieger (Wai)	4:59.5	2013
90m Hurdles (76cm)	Casey Donehue (MtG)	13.8	2014
200m Hurdles (76cm)	N Wood (TTG)	28.8	2005
1500m Walk	T Holliday (SD)	6:51.0	2005
Discus (1kg)	A Marshall (S)	39.64	2002
Shot Put (3kg)	Elisabeth Jackson (C)	14.81	2014
Javelin (500g)	Christine Gayen (ED)	35.60	2014
High Jump	Dale Holliday (MN)	1.65	2008
Long Jump	Margaret Gayen (ED)	5.78	2011
Triple Jump	Margaret Gayen (ED)	12.13	2011
4x100m Relay	Golden Grove	53.7	2008
4x200m Relay	Eastern Districts	1:58.0	2013

Under 17 Mixed

4x100m Relay	Henley Districts	49.4	2011
4x200m Relay	Eastern Districts	1:38.0	2013
Medley - 2x100m,1x200m	Enfield	1:49.3	2013