

SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

STATE BEST PERFORMANCES

as of 23 March 2026

Under 9 Boys

70m	G Kargans (SAL)	10.24 *	1997
100m	Alastair Lord (CAM)	14.44 *	2013
200m	Ryan Fitzgerald (NOA)	28.64 *	1986
400m	James McGorman (WLD)	1:06.95	2017
800m	James McGorman (WLD)	2:32.05	2017
60m Hurdles (45cm)	Lachlan Emes (SDI)	10.24 *	2001
700m Walk	Seth Upton (SDI)	3:42.06	2016
Discus (500g)	C Nettlebeck (RIV)	34.80	1981
Shot Put (2kg)	PJ Carlin (SEA)	9.43	2015
High Jump (Scissors)	Orlando Rebeiro (ENF)	1.22	2026
Long Jump	Ryan Fitzgerald (NOA)	4.73	1986
4x100m Relay	Noarlunga	1:01.34 *	1985
4x200m Relay	Noarlunga	2:10.40 *	1990

Under 9 Girls

70m	S Canalia (WVL)	10.64 *	1977
100m	Lauren Disney (EDI)	15.03	2019
200m	K Morley (SEA)	30.94 *	1983
400m	K Morley (SEA)	1:10.84 *	1983
800m	E Rose (HEN)	2:44.80 *	1990
60m Hurdles (45cm)	Grace Jolley (PLY)	10.56	2024
700m Walk	Alexis Thiele (CDI)	3:57.29	2019
Discus (500g)	Heidi Struchlak (RIV)	26.60	1981
Shot Put (2kg)	Dimitra Lekkias (SEA)	7.91	1989
High Jump (Scissors)	Charlotte Mann (MCO)	1.20	2026
Long Jump	Janine Schaefer (RIV)	4.13	1983
4x100m Relay	Tea Tree Gully	1:02.64 *	1977
4x200m Relay	Woodville	2:16.10 *	1976

* Indicates manual time standardised to an electronic time - refer LASA Rule CR31.

Under 10 Boys

70m	Elijah Onyeizugbo (HCO)	9.87	2022
100m	Ryan Fitzgerald (NOA)	13.74 *	1987
100m	James Ballah (GGR)	13.74 *	2007
200m	Timothy Semmler (BVA)	28.24 *	1986
200m	Ryan Fitzgerald (NOA)	28.24 *	1987
400m	A Tembel (WVL)	1:03.94 *	1980
800m	Jack Williams (NDI)	2:22.26	2018
60m Hurdles (60cm)	Ken Ferrante Tanikawa (WVL)	10.36	2019
1100m Walk	Toby Wilks (EDI)	5:19.43	2016
Discus (500g)	Lachlan Page (MPA)	40.58	2008
Shot Put (2kg)	M Lokan (Wp)	11.26	1993
High Jump (Scissors)	Yuew Baak (ENF)	1.31	2025
Long Jump	Ryan Fitzgerald (NOA)	5.20	1987
4x100m Relay	Noarlunga	57.44 *	1986
4x200m Relay	Noarlunga	2:00.50 *	1986

Under 10 Girls

70m	Lauren Disney (EDI)	10.25	2020
100m	Iluka-Rose Taylor (WAC)	13.87	2019
200m	S Jenke (WVL)	29.24 *	1979
400m	K Morley (TTG)	1:05.94 *	1984
800m	Sheena Steinert (SCO)	2:32.30 *	1995
60m Hurdles (60cm)	Zoe Wittwer (MTB)	10.86	2026
1100m Walk	Elli Pusonjic (ENF)	5:54.05	2016
Discus (500g)	Amelie Borg (GGR)	34.10	2015
Shot Put (2kg)	Amelie Borg (GGR)	9.71	2015
High Jump (Scissors)	Brigit Taheny (PTL)	1.34	2022
Long Jump	J Kara-Ali (TTG)	4.46	1991
4x100m Relay	Tea Tree Gully	1:00.84 *	1978
4x200m Relay	Mitchell Park	2:08.90 *	1976

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Under 11 Boys

100m	Timothy Semmler (BVA)	13.34 *	1987
200m	Alexander Bubner (FLI)	27.14 *	2000
400m	Jack Williams (GGR)	1:00.82	2019
800m	Jack Williams (GGR)	2:20.37	2019
1500m	B Cartwright (NOA)	4:46.10 *	1984
80m Hurdles (60cm)	Yuew Baak (ENF)	12.96	2026
1100m Walk	Toby Wilks (EDI)	4:53.85	2017
Discus (500g)	Hamish Gordon (MTG)	35.40	2021
Shot Put (2kg)	Lachlan Page (MPA)	13.98	2009
Javelin (400g)	S Martin (MPA)	34.02	1994
High Jump	Jagan Hames (NOA)	1.63	1987
High Jump	S Bravington (PTA)	1.63	1989
Long Jump	Timothy Semmler (BVA)	5.28	1987
Triple Jump	T Nguyen (WVL)	10.43	1983
4x100m Relay	Woodville	55.04 *	1983
4x200m Relay	Golden Grove	2:01.24	2018

Jack Williams, Isaac Riddle, Angelo Parisi, Jake Eime

Under 11 Girls

100m	Lilliana Hoffman (MTB)	13.58	2022
200m	Talia Cargin-Rowe (CAM)	27.92	2017
400m	S Jenke (WVL)	1:03.24 *	1980
800m	Sheena Steinert (NOA)	2:29.30 *	1996
1500m	Sheena Steinert (NOA)	5:06.40 *	1996
80m Hurdles (60cm)	Lillia Giannakis (CAM)	13.59	2020
1100m Walk	Victoria Upton (SDI)	5:22.40 *	2015
Discus (500g)	Isabelle Cherry (MAG)	32.16	2021
Shot Put (2kg)	Nikki Thompson (INF)	12.13	2011
Javelin (400g)	Samantha Brincat (PLY)	27.58	1991
High Jump	Tryphena Hewett (TTG)	1.52	2017
Long Jump	C Hurst (TTG)	4.74	1980
Triple Jump	C Byles (PTL)	9.85	1977
4x100m Relay	Woodville	57.84 *	1978
4x200m Relay	West Lakes	2:03.80 *	2014

Under 11 Mixed

Swedish Medley	Port Adelaide 'A'	3:04.78	2025
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Imogen Chesham, Benjamin Wallish, Ronald Garlett-Tonkin, Carter Graves

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Under 12 Boys

100m	A Lock (MTG)	12.34 *	1994
200m	Alexander Bubner (FLI)	25.34 *	2001
400m	R Allan (SAL)	57.14 *	1978
800m	R Allan (SAL)	2:12.70 *	1978
1500m	J Godfrey (WVL)	4:34.70 *	1984
80m Hurdles (68cm)	Ari Harris (ENF)	12.20	2026
1500m Walk	Craig Topperwein (INF)	6:35.10 *	1984
Discus (750g)	R McFadyen (TTG)	45.72	1975
Shot Put (2kg)	Hamish Gordon (MTG)	14.63	2022
Javelin (400g)	Clinton Hogg (SAL)	40.90	1990
High Jump	Jagan Hames (NOA)	1.74	1988
Long Jump	T Nguyen (WVL)	5.67	1984
Triple Jump	Timothy Semmler (BVA)	11.46	1988
4x100m Relay	Woodville	53.34 *	1983
4x200m Relay	Golden Grove	1:56.61	2017

Cooper Wegener, Harry Kowal, Joel Woodberry, Liam Samwell

Under 12 Girls

100m	R Taylor (WVL)	12.74 *	1982
200m	R Taylor (WVL)	26.44 *	1982
400m	C Byles (PTL)	59.34 *	1977
800m	Maia Burdon (MAG)	2:19.57	2023
1500m	Eva Flint (ADE)	4:53.93	2024
80m Hurdles (68cm)	Iluka-Rose Taylor (WAC)	13.14	2021
80m Hurdles (68cm)	Mia Ehrlich (MAG)	13.14	2022
1500m Walk	Antonia Maddison (MPA)	7:21.10 *	1991
Discus (750g)	S Flynn (HEN)	37.80	1979
Shot Put (2kg)	Amelie Borg (GGR)	13.50	2017
Javelin (400g)	Samantha Brincat (PLY)	36.94	1992
High Jump	Chelsea Friedrich (GGR)	1.66	2018
Long Jump	Chelsea Jaensch (SAL)	5.12	1997
Triple Jump	Chelsea Friedrich (GGR)	10.78	2018
4x100m Relay	West Lakes & Districts	55.13	2016

Madison Schwarz, Chloe Schwarz, Ellie Whittingham, Jordan McMillan

4x200m Relay	West Lakes & Districts	1:55.70	2016
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Madison Schwarz, Chloe Schwarz, Phoebe Dickeson, Jordan McMillan

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Under 13 Boys

100m	Brian Wilson (EDI)	11.84 *	2010
200m	Sebastian Baird (HEN)	24.14 *	2010
400m	Paul Northeast (WVL)	54.74 *	1982
800m	R Allan (SAL)	2:06.60 *	1979
1500m	R Allan (SAL)	4:22.70 *	1979
80m Hurdles (76cm)	Ken Ferrante Tanikawa (WVL)	12.53	2022
200m Hurdles (68cm)	Ken Ferrante Tanikawa (WVL)	27.80	2022
1500m Walk	Craig Topperwein (INF)	6:22.10 *	1985
Discus (750g)	Beau Lawson (NDI)	53.30	2024
Shot Put (3kg)	Lachlan Page (MPA)	17.18	2011
Javelin (600g)	Michael O'Leary (HEN)	44.70	1987
High Jump	R Garlett (INF)	1.81	1993
Long Jump	R Brown (HEN)	6.08	1984
Triple Jump	K Ryan (TTG)	11.98	1993
4x100m Relay	Woodville	50.44 *	1983
4x200m Relay	Golden Grove	1:48.11	2018

Harry Kowal, Liam Samwell, Joel Woodberry, Cooper Wegener

Under 13 Girls

100m	Kiara Searle (TTG)	12.51	2018
200m	Iluka-Rose Taylor (WAC)	25.67	2022
400m	Iluka-Rose Taylor (WAC)	58.12	2022
800m	Maia Burdon (MAG)	2:16.00	2024
1500m	Gemma Plummer (FLI)	4:44.90 *	2012
80m Hurdles (76cm)	Iluka-Rose Taylor (WAC)	12.99	2022
80m Hurdles (76cm)	Mia Ehrlich (MAG)	12.99	2023
200m Hurdles (68cm)	Iluka-Rose Taylor (WAC)	27.71	2022
1500m Walk	Kiera Ross (FLI)	6:58.77	2018
Discus (750g)	Nikki Thompson (INF)	45.72	2013
Shot Put (3kg)	Nikki Thompson (INF)	12.97	2013
Javelin (400g)	Nikki Thompson (INF)	39.35	2013
High Jump	Karina Turner (TTG)	1.68	1985
Long Jump	J Draper (BRH)	5.31	1990
Triple Jump	Kiara Searle (TTG)	11.31	2018
4x100m Relay	South Australia	51.92	2024
4x200m Relay	Eastern Districts	1:51.33	2016

Mia Walasek, Ayla Woodstock-Swaffer, Tessa Grieve, Sofie Mead

Lucy Doney, Amelia Tan, Molly Corbett, Bridgette Favretto

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Under 14 Boys

100m	Ben McMahon (PLY)	11.74 *	1996
100m	Brian Wilson (EDI)	11.74 *	2011
200m	M Hutchinson (HEN)	23.84 *	1995
400m	R Brown (WVL)	52.14 *	1985
800m	A Wilkey (NOA)	2:02.00 *	1985
1500m	Steven Slimming (EDI)	4:17.10 *	2012
90m Hurdles (76cm)	Shidharth Narayan (ENF)	12.84 *	2006
200m Hurdles (76cm)	Jack Wheeler (GAW)	27.09	2025
1500m Walk	Toby Wilks (EDI)	6:24.76	2019
Discus (1kg)	Lachlan Page (SEA)	58.49	2012
Shot Put (3kg)	Darcy Miller (ADE)	16.44	2018
Javelin (600g)	Michael O'Leary (Wp)	52.42	1988
High Jump	Andrew Gooch (TTG)	1.94	1989
Long Jump	Steven Eichner (SEA)	6.40	1998
Triple Jump	Steven Vacca (SEA)	12.86	1993
4x100m Relay	South Australia 'A'	47.20	2025
	Jack Wheeler, Keanu Cooper, Oscar Bitmead, Tyler Bell		
4x200m Relay	Northern Districts 'A'	1:44.86	2021
	Josiah Ritonja, Jack Howard, Peter Ioannidis, Jay McTavish		

Under 14 Girls

100m	Bethany Fairfield (TTG)	12.64 *	2007
200m	E Baudinette (FLI)	25.64 *	2001
400m	Rose Pittman (EDI)	59.03	2016
800m	Eva Flint (ADE)	2:15.63	2026
1500m	Eva Flint (ADE)	4:41.38	2026
80m Hurdles (76cm)	Tayla Philis (RED)	12.24 *	2011
200m Hurdles (76cm)	Tamsyn Murdoch (GGR)	29.25	2017
1500m Walk	Victoria Upton (SDI)	6:53.91	2018
Discus (1kg)	Zahlie Davies (GGR)	40.27	2008
Shot Put (3kg)	Taylor Larsson (NYP)	13.20	2020
Javelin (400g)	Adrienne Konecny (ENF)	42.65	2018
High Jump	Karina Turner (TTG)	1.70	1986
High Jump	Dale Holliday (MNO)	1.70	2005
Long Jump	Chelsea Jaensch (SAL)	5.56	1999
Triple Jump	Lucy Doney (EDI)	11.78	2017
4x100m Relay	South Australia 'A'	52.12	2025
	Isla Morris, Mia Walasek, Saskia Brogan, Tessa Grieve		
4x200m Relay	Hallett Cove 'A'	1:50.91	2022
	Abbey Millwood, Madison Brown, Claire Hardy, Karin Bothma		

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Under 14 Mixed

Swedish Medley	Magill 'A'	2:34.71	2025
	Madison Graves, Sebastian Conhye, Evan Haydon, Ava Ehrlich		

Under 15 Boys

100m	Thomas Griffiths (CAM)	11.43	2021
200m	Thomas Griffiths (CAM)	22.81	2021
400m	Nathan Steinberner (BVA)	50.94 *	1992
800m	Nathan Heinicke (MTG)	2:02.20 *	2005
1500m	Tyson White (BVA)	4:16.21	2026
100m Hurdles (76cm)	Simon Wong (PLY)	13.64 *	2009
300m Hurdles (76cm)	Tate Manning (BVA)	42.22	2018
1500m Walk	Toby Wilks (EDI)	6:14.91	2020
Discus (1kg)	S Larsson (SAL)	57.72	1984
Shot Put (4kg)	Lachlan Page (SEA)	18.34	2013
Javelin (700g)	Zayden Kamish (NOA)	51.29	2022
High Jump	Jagan Hames (SCO)	2.01	1991
Long Jump	Nathan Steinberner (BVA)	6.77	1992
Triple Jump	Tony Brideson (SDI)	13.37	1986
4x100m Relay	South Australia 'A'	47.09	2025
	Rowan McClelland, Hamish Gordon, Jake Reese, Nathan Trotter		
4x200m Relay	Salisbury 'A'	1:39.11	2025
	Mitchell Moffat, Paxton Ong, Jake Reese, Jayden Pfeffer		

Under 15 Girls

100m	Lillia Giannakis (CAM)	12.23	2024
200m	Lillia Giannakis (CAM)	24.63	2024
400m	Iluka-Rose Taylor (WAC)	57.06	2024
800m	India Goodall (TTG)	2:15.35	2024
1500m	Hannah Tourneur (SOH)	4:40.82	2023
90m Hurdles (76cm)	Iluka-Rose Taylor (WAC)	13.46	2024
300m Hurdles (76cm)	Tempany Hames (MCO)	45.58	2024
1500m Walk	Simone York (SEA)	6:50.20 *	1993
Discus (1kg)	Marley Raikiwasa (TTG)	40.68	2020
Shot Put (3kg)	Nikki Thompson (INF)	13.48	2015
Javelin (500g)	Nikki Thompson (INF)	43.55	2015
High Jump	Lauren Foote (TTG)	1.75	1998
High Jump	Chelsea Friedrich (GGR)	1.75	2020
Long Jump	K Brown (SDI)	5.66	1998
Triple Jump	R Heggie (SAL)	11.78	1990
4x100m Relay	Noarlunga	51.44 *	1999
4x200m Relay	Western Athletics 'A'	1:47.72	2023
	Iluka-Rose Taylor, Scarlett Axon, Portia Lamberti, Ruby Carney		

* Indicates manual time standardised to an electronic time - refer LASA Rule CR31.

Under 16 Boys

100m	Rowan McClelland (ENF)	11.40	2026
200m	K Smith (SAL)	22.94 *	2001
400m	A Day (MNO)	51.54 *	1988
800m	Ryan Hoklas (BVA)	2:00.78	2016
1500m	Patrick Goodwin (SDI)	4:08.46	2016
100m Hurdles (76cm)	Luis Lawrie-Lattanzio (ENF)	13.38	2018
300m Hurdles (76cm)	Cooper Raftery (WVL)	41.66	2024
1500m Walk	Tristan Camilleri (SDI)	6:16.83	2017
Discus (1kg)	Noah Schoepf (GAW)	60.31	2023
Shot Put (4kg)	Stewart McLaughlin (MTG)	17.41	2006
Javelin (700g)	Zayden Kamish (NOA)	57.46	2023
High Jump	Jadyn Elsworth (HIL)	1.95	2016
High Jump	Mitchell Fairall (WLD)	1.95	2017
Long Jump	Lewis Warland (HEN)	6.66	2013
Triple Jump	Jadyn Elsworth (HIL)	13.55	2016
4x100m Relay	Salisbury	47.24 *	2002
4x100m Relay	Tea Tree Gully	47.24 *	2014
4x200m Relay	Tea Tree Gully	1:37.90 *	2014

Under 16 Girls

100m	Lucy Fitzgerald (EDI)	12.34 *	2013
200m	Isabell Alchin (MIL)	25.89	2024
400m	Aimie Laube (MTG)	58.14 *	2007
800m	Emma Henkel (GAW)	2:18.89	2023
1500m	Hannah Tourneur (SOH)	4:41.00	2024
90m Hurdles (76cm)	Margaret Gayen (EDI)	13.84 *	2010
300m Hurdles (76cm)	Tempany Hames (EDI)	46.96	2025
1500m Walk	Victoria Upton (CDI)	6:52.76	2019
Discus (1kg)	Nikki Thompson (INF)	42.17	2016
Shot Put (3kg)	Nikki Thompson (INF)	14.99	2016
Javelin (500g)	Nikki Thompson (INF)	43.23	2016
High Jump	Tryphena Hewett (TTG)	1.75	2020
Long Jump	Margaret Gayen (EDI)	5.90	2010
Triple Jump	Margaret Gayen (EDI)	11.69	2010
4x100m Relay	Eastern Districts 'A'	52.47	2025
	Kaysii Obst, Tempany Hames, Sophia Power, Grace Marin		
4x200m Relay	Eastern Districts 'A'	1:50.44	2025
	Kaysii Obst, Tempany Hames, Sophia Power, Grace Marin		

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Under 17 Boys

100m	Wallace Long-Scafidi (NOA)	11.24 *	2007
200m	Wallace Long-Scafidi (NOA)	22.64 *	2007
400m	Casey Whitaker (PTA)	50.64 *	2008
800m	Dean Adair (HEN)	1:56.70 *	2012
1500m	Aiden Miller (SOH)	4:12.10 *	2012
110m Hurdles (76cm)	Tory Milburn (SAL)	15.09	2026
300m Hurdles (76cm)	Finn Reed (BVA)	40.62	2021
1500m Walk	Tristan Camilleri (SDI)	6:07.35	2018
Discus (1.5kg)	Noah Schoepf (GAW)	50.19	2023
Shot Put (5kg)	Noah Schoepf (GAW)	14.99	2024
Javelin (700g)	Zayden Kamish (STH)	59.97	2024
High Jump	Jaydn Elsworthy (HIL)	1.97	2017
Long Jump	Christopher Lipman (HEN)	6.69	2015
Triple Jump	Christopher Lipman (HEN)	13.59	2015
4x100m Relay	Tea Tree Gully	46.26	2016
	Jake Adey, Joel Simunsen, Eden Snaith, Brad Ward		
4x200m Relay	Mildura & Districts	1:36.10 *	2014
	Asare Amofo, Brodie Jackson, Kelly Rayner, Kurt Kerr		

Under 17 Girls

100m	Jacqueline Thring (GAW)	12.53	2017
200m	Jacqueline Thring (GAW)	25.70	2017
400m	Emma Henkel (GAW)	59.02	2024
800m	Emma Henkel (GAW)	2:14.98	2024
1500m	Shae Grieger (WAI)	4:59.50 *	2013
100m Hurdles (76cm)	Tempany Hames (EDI)	15.30	2026
300m Hurdles (76cm)	Tempany Hames (EDI)	46.69	2026
1500m Walk	Tanya Holliday (SDI)	6:51.00 *	2005
Discus (1kg)	Nikki Thompson (INF)	40.78	2017
Shot Put (3kg)	Nikki Thompson (INF)	15.56	2017
Javelin (500g)	Charlotte Farmer (ADE)	45.75	2018
High Jump	Tryphena Hewett (TTG)	1.75	2021
Long Jump	Margaret Gayen (EDI)	5.78	2011
Triple Jump	Margaret Gayen (EDI)	12.13	2011
4x100m Relay	Eastern Districts 'A'	52.67	2023
	Kaysii Obst, Keeleigh Obst, Sophia Power, Lottie Watson-Haigh		
4x200m Relay	Eastern Districts 'A'	1:50.44	2025
	Tempany Hames, Grace Marin, Sophia Power, Kaysii Obst		

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Under 17 Mixed

4x100m Relay	Enfield 'A'	48.19	2025
	Ava Ward, Zac Zillante, Lachlan Leach, Rowan McClelland		
4x200m Relay	Eastern Districts	1:38.00 *	2013
Swedish Medley	Hallett Cove 'A'	2:23.47	2025
	Matthew Menadue, Ryder White, Sasha Wells, Angus Kamminga		

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