

SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.  
STATE BEST PERFORMANCES

Discontinued events and standards

**Under 7 Boys**

70m	G Haynes (Riv)	11.44 *	1979
70m	S Stankiewicz (TTG)	11.44 *	1988
100m	Ryan Fitzgerald (N)	15.84 *	1984
200m	J Godfrey (Wv)	33.44 *	1979
60m Hurdles (45cm, 5 Fligh	Phillip Smith (Why)	11.34 *	1985
400m Walk	K Larsen (PA)	2:08.00	1979
Discus (500g)	P Benporath (MP)	20.94	1975
Discus (350g)	Paris Stroubis (Wv)	20.70	1991
Shot Put (1kg)	S Couzner (S)	8.24	1984
Shot Put (1.5kg)	D Payne (S)	6.52	1985
High Jump	Jagan Hames (N)	1.20	1983
Long Jump	G Haynes (Riv)	3.78	1979
4x70m Shuttle	Tea Tree Gully	49.50	1986
4x100m Shuttle	Tea Tree Gully	1:09.50	1986

**Under 7 Girls**

70m	L Attard (TTG)	11.54 *	1985
100m	H Gorham (Wv)	16.24 *	1973
100m	T Cora (MP)	16.24 *	1974
200m	L Attard (TTG)	34.34 *	1985
60m Hurdles (45cm, 5 Fligh	L Attard (TTG)	11.94 *	1985
400m Walk	J Causby (Wv)	2:11.00	1979
Discus (500g)	Dimitra Lekkas (SE)	20.72	1987
Discus (350g)	Stacey Stocco (S)	14.70	1991
Shot Put (1.5kg)	R Fairchild (S)	5.44	1985
Shot Put (1kg)	Anna Stroubis (Wv)	7.91	1990
High Jump	J Heath (SE)	1.06	1979
High Jump	Kelly Harris (MtG)	1.06	1991
Long Jump	L Attard (TTG)	3.37	1985
4x70m Shuttle	Elizabeth	51.30	1987
4x100m Shuttle	Elizabeth	1:13.70	1987

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### Under 8 Boys

70m	Ben McMahon (P)	10.74 *	1990
100m	Ryan Fitzgerald (N)	14.84 *	1985
100m	A Lock (MtG)	14.84 *	1990
200m	Ryan Fitzgerald (N)	30.74 *	1985
60m Hurdles (45cm, 5 Fligh	Ben McMahon (P)	10.64 *	1990
400m Walk	R.K. Larsen (PA)	1:49.00	1980
Discus (500g)	C Nettlebeck (Riv)	26.82	1980
Shot Put (2kg)	Jagan Hames (N)	7.48	1984
Shot Put (1.5kg)	M Lokan (Wp)	8.75	1991
High Jump	Ryan Fitzgerald (N)	1.30	1985
Long Jump	Ryan Fitzgerald (N)	4.22	1985
4x70m Shuttle	Noarlunga	45.10	1984
4x100m Shuttle	Noarlunga	1:04.20	1984

### Under 8 Girls

70m	H Gorham (Wv)	11.04 *	1974
100m	H Gorham (Wv)	15.34 *	1974
200m	S Canalia (Wv)	32.94 *	1976
60m Hurdles (45cm, 5 Fligh	H Gorham (Wv)	10.74 *	1974
400m Walk	J Causby (Wv)	2:00.30	1980
Discus (500g)	A Stroubis (Wv)	26.84	1991
Shot Put (2kg)	Renee Fairchild (SE)	6.05	1986
Shot Put (1.5kg)	Dimitra Lekkas (SE)	8.27	1988
High Jump	J Heath (SE)	1.17	1980
High Jump	Colette Martindale (S)	1.17	1992
Long Jump	T Baggio (S)	3.95	1976
4x70m Shuttle	Tea Tree Gully	47.30	1985
4x100m Shuttle	Tea Tree Gully	1:08.30	1985

### Under 9 Boys

100m Hurdles (5 Flights)	A Ayers (TTG)	17.94 *	1973
100m Hurdles (7 Flights)	A Magor (Why)	16.04 *	1979
4x70m Shuttle	Mitchell Park	44.50	1974
1200m Medley	Woodville	3:32.20	1980

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### Under 9 Girls

60m Hurdles (45cm, 5 Fligh	C Pangrazio (Wv)	10.54 *	1974
60m Hurdles (45cm, 5 Fligh	Lara Gawlik (Wp)	10.54 *	1987
100m Hurdles (5 Flights)	T Goodman (Ez)	17.84 *	1975
100m Hurdles (7 Flights)	K Hahn (MP)	17.04 *	1979
400m Walk	M Byfield (S)	1:55.40	1980
800m Walk	T Sinkinson (TTG)	4:19.50	1982
4x70m Shuttle	Woodville	44.30	1974
1200m Medley	Salisbury	3:40.40	1983

### Under 10 Boys

60m Hurdles (45cm, 5 Fligh	L Menzel (Mit)	9.64 *	1985
100m Hurdles (5 Flights)	N Dennis (Ez)	16.04 *	1975
100m Hurdles (7 Flights)	A Tembel (Wv)	15.54 *	1980
800m Walk	K Larsen (PA)	3:35.60	1980
Triple Jump	Andrew Hoffman (Why)	9.42	1998
4x400m Relay	Woodville	5:07.00 *	1974
1200m Medley	Salisbury	3:23.60	1979

### Under 10 Girls

60m Hurdles (45cm, 5 Fligh	K Page (TTG)	10.04 *	1982
100m Hurdles (5 Flights)	S Farquahar (Ez)	18.04 *	1974
100m Hurdles (7 Flights)	C Hurst (TTG)	16.34 *	1979
800m Walk	K Miller (PA)	4:01.50	1980
Triple Jump	S Stankiewicz (TTG)	9.10	1998
4x400m Relay	Henley Districts	5:24.20 *	1974
1200m Medley	Salisbury	3:32.10	1983

### Under 11 Boys

70m	G Johnston (Mit)	9.84 *	1979
60m Hurdles (60cm, 5 Fligh	J Daly (PtP)	9.54 *	1985
100m Hurdles (5 Flights)	G Livesey (Ez)	16.34 *	1974
100m Hurdles (7 Flights)	M Schumacher (IF)	15.84 *	1977
800m Walk	K Larsen (HD)	3:43.30	1981
1500m Walk	K Larsen (HD)	7:22.50 *	1980
Discus (750g)	PJ Carlin (NDI)	35.98	2017
Shot Put (3kg)	P Burgess (IF)	10.18	1983
4x400m Relay	Woodville	4:24.90 *	1976
1600m Medley	Tea Tree Gully	4:21.20	1976

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### Under 11 Girls

70m	B Cummings (SD)	10.14 *	1976
70m	S Abbott (Mit)	10.14 *	1979
70m	S Canalia (Wv)	10.14 *	1979
70m	S Jenke (Wv)	10.14 *	1980
60m Hurdles (60cm, 5 Fligh	C Randall (HD)	9.84 *	1982
100m Hurdles (5 Flights)	T Fraser (Wv)	17.44 *	1975
100m Hurdles (7 Flights)	J Buhogiar (En)	16.64 *	1978
100m Hurdles (7 Flights)	C Hurst (TTG)	16.64 *	1980
800m Walk	R Talbot (Wv)	3:57.80	1979
1500m Walk	Vicki Hoad (TTG)	7:50.10 *	1986
Discus (750g)	Amelie Borg (GG)	34.59	2016
4x400m Relay	Noarlunga	4:44.70 *	1995
1600m Medley	Salisbury	4:45.20	1984

### Under 12 Boys

70m	M Pepper (Mit)	9.54 *	1976
60m Hurdles (60cm, 5 Fligh	J Goodes (ED)	8.94 *	1985
100m Hurdles (5 Flights)	R Scott (PA)	15.74 *	1975
100m Hurdles (7 Flights)	G Anderson (PA)	15.24 *	1978
800m Walk	Craig Topperwein (IF)	3:19.30	1984
Shot Put (3kg)	Lachlan Page (MP)	15.68	2010
4x400m Relay	Salisbury East	4:24.40 *	1995
1600m Medley	Mitchell Park	4:23.90	1978

### Under 12 Girls

70m	C Byles (PtL)	9.74 *	1978
70m	S Abbott (Mit)	9.74 *	1980
60m Hurdles (60cm, 5 Fligh	Sherilee Barnett (S)	9.54 *	1988
100m Hurdles (5 Flights)	K Kennedy (Wv)	16.04 *	1974
100m Hurdles (5 Flights)	O Dencheff (PA)	16.04 *	1975
100m Hurdles (7 Flights)	J Olnr (C)	15.74 *	1977
800m Walk	Natalie Crooks (TTG)	3:34.00	1992
4x400m Relay	Noarlunga	4:32.30 *	1996
1600m Medley	Woodville	4:34.40	1980

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### Under 13 Boys

70m	G Tartoosie (Mit)	9.24 *	1979
60m Hurdles (60cm, 5 Fligh	D Woof (S)	9.04 *	1982
90m Hurdles (60cm)	R Brown (HD)	12.84 *	1984
100m Hurdles (5 Flights)	S Livesey (Ez)	15.44 *	1974
100m Hurdles (7 Flights)	G McMillan (C)	14.64 *	1979
800m Walk	Craig Topperwein (IF)	3:13.40	1985
Discus (1kg)	S Larsson (S)	48.48	1982
Long Jump (Metre Square)	R Allan (S)	5.52	1979
Triple Jump (Metre Square)	R Scott (PA)	11.51	1976
4x400m Relay	Tea Tree Gully	4:01.10 *	2006
1600m Medley	Woodville	4:06.30	1983

### Under 13 Girls

70m	M Jones (SD)	9.24 *	1976
60m Hurdles (60cm, 5 Fligh	C Lock (Mit)	9.24 *	1976
60m Hurdles (60cm, 5 Fligh	S Tierney (Wv)	9.24 *	1980
90m Hurdles (60cm)	Kerrilee Brown (Wv)	13.54 *	1986
100m Hurdles (5 Flights)	S Vozzo (Wv)	15.54 *	1974
100m Hurdles (5 Flights)	O Dencheff (PA)	15.54 *	1975
100m Hurdles (7 Flights)	S Tierney (Wv)	15.04 *	1980
800m Walk	Natalie Crooks (TTG)	3:23.20	1993
Javelin (600g)	D Lekkas (TTG)	33.84	1993
Long Jump (Metre Square)	J O'Reilly (TTG)	5.19	1979
Triple Jump (Metre Square)	S Harvey-Crowson (Mit)	10.85	1977
4x400m Relay	Henley Districts	4:19.00 *	2006
1600m Medley	Woodville	4:27.50	1976

### Under 14 Boys

90m Hurdles (60cm)	B Schatto (Riv)	13.24 *	1983
90m Hurdles (76cm Old)	S Siegele (BV)	13.54 *	1991
Shot Put (4kg)	Lachlan Page (SE)	19.19	2012
4x400m Relay	Plympton	3:56.50 *	1996
4x400m Relay	Tea Tree Gully	3:56.50 *	2006

### Under 14 Girls

90m Hurdles (60cm)	M McAinsh (S)	13.64 *	1984
90m Hurdles (76cm)	Racheal Letcher (Wv)	14.24 *	1991
Javelin (600g)	R Redden (Pb)	35.06	1996
4x400m Relay	Noarlunga	4:14.90 *	1998

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### **Under 14 Mixed**

4x100m Relay	Enfield	50.64 *	1984
4x400m Relay	Woodville	4:03.60 *	1985

### **Under 15 Boys**

90m Hurdles (60cm)	D Hosking (En)	12.74 *	1984
90m Hurdles (76cm)	Russell Brown (Wv)	12.84 *	1986
200m Hurdles (76cm)	Morgan Heggie (S)	25.64 *	1996
Javelin (600g)	D Horsnell (GG)	54.09	1989
4x400m Relay	Campbelltown	3:42.40 *	1994

### **Under 15 Girls**

90m Hurdles (60cm)	J Morris (Riv)	15.34 *	1984
90m Hurdles (76cm Old)	Kristen Enman (PRD)	13.94 *	1987
90m Hurdles (76cm Old)	R Heggie (S)	13.94 *	1990
200m Hurdles (76cm)	Chelsea Jaensch (S)	28.84 *	2000
Javelin (600g)	Rebecca Morgan (F)	37.13	2007
4x400m Relay	Noarlunga	4:09.10 *	1999

### **Under 15 Mixed**

4x100m Relay	Tea Tree Gully	48.94 *	1989
4x400m Relay	Tea Tree Gully	4:01.30 *	1986
4x400m Relay	Salisbury	4:01.30 *	1990
1600m Medley	Tea Tree Gully	4:07.80	1983

### **Under 16 Boys**

90m Hurdles (76cm)	Shams Prasad (S)	13.24 *	1989
200m Hurdles (76cm)	Jordan Tronnolone (TTG)	25.94 *	2007
Javelin (600g)	Bradley Lowe (MD)	52.43	2009
4x400m Relay	Salisbury	3:45.30 *	2002

### **Under 16 Girls**

90m Hurdles (76cm Old)	Petrea Piggott (MN)	14.64 *	1988
200m Hurdles (76cm)	Kelly Ladyman (S)	29.14 *	2007
Javelin (600g)	Katherine Pilmore (SD)	38.06	2006
4x400m Relay	Noarlunga	4:18.00 *	2000

\* Indicates manual time standardised to an electronic time - refer LASA Rule 260.

### **Under 16 Mixed**

4x100m Relay	Salisbury	49.24 *	1988
4x400m Relay	Henley Districts	3:56.20 *	1988

### **Under 17 Boys**

200m Hurdles (76cm)	Robert Broadhead (MD)	24.64 *	2013
Discus (1kg)	Stewart McLaughlin (MtG)	53.64	2007
Shot Put (4kg)	Stewart McLaughlin (MtG)	20.00	2007
Javelin (600g)	Sam Rowell (N)	53.84	2002
4x400m Relay	Hills	3:34.10 *	2008

### **Under 17 Girls**

200m Hurdles (76cm)	Nicole Wood (TTG)	29.04 *	2005
Javelin (600g)	A Marshall (S)	39.76	2002
4x400m Relay	Southern Hills	4:26.60 *	2007

### **Under 17 Mixed**

4x400m Relay	Noarlunga	4:02.10 *	2012
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