

# SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

## STATE BEST PERFORMANCES

as of 27 April 2022

### 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	Jagan Hames (NOA)	1.43	1985
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)	Lauren Disney (EDI)	10.70	2019
700m Walk	Alexis Thiele (CDI)	3:57.29	2019
Discus (500g)	Heidi Struchlak (RIV)	26.60	1981
Shot Put (2kg)	Dimitra Lekkas (SEA)	7.91	1989
High Jump	Sharlee McCulloch (INF)	1.30	1983
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	Ryan Fitzgerald (NOA)	1.53	1987
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)	A Neal (TTG)	10.94 *	1997
60m Hurdles (60cm)	Sheriden Seekamp (SAL)	10.94 *	2000
60m Hurdles (60cm)	Erin Simister (SOH)	10.94 *	2008
60m Hurdles (60cm)	Alexandra Philis (RED)	10.94 *	2010
60m Hurdles (60cm)	Chloe Schwarz (WLD)	10.94 *	2014
60m Hurdles (60cm)	Mia Ehrlich (MAG)	10.94	2020
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	Sharlee McCulloch (INF)	1.46	1984
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

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

## 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)	Ken Ferrante Tanikawa (WVL)	13.11	2020
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

800m Medley	West Lakes	2:07.34	2018
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Caitlin Egel, James Nash, Marcus Quitadamo, James McGorman

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

## 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)	Ken Ferrante Tanikawa (WVL)	12.35	2021
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	Madison Schwarz (WLD)	2:22.10	2016
1500m	Madison Schwarz (WLD)	4:55.63	2016
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

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

## 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)	Noah Schoepf (NDI)	52.57	2020
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	Iluka-Rose Taylor (WAC)	2:16.63	2022
1500m	Gemma Plummer (FLI)	4:44.90 *	2012
80m Hurdles (76cm)	Iluka-Rose Taylor (WAC)	12.99	2022
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	51.97	2018
4x200m Relay	Eastern Districts	1:51.33	2016

Pippa Hansen, Jamilla Hartogh-Jennings, Eliza Woolley, Holly Woon

Lucy Doney, Amelia Tan, Molly Corbett, Bridgette Favretto

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

## 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)	James Hackett (SOH)	27.12	2017
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	Tea Tree Gully	49.14 *	2006
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	Zoe Davidson-Scott (PLY)	2:18.80 *	1996
1500m	Sophie Linn (EDI)	4:48.80 *	2009
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	Noarlunga	52.54 *	1998
4x200m Relay	Western Athletics 'A'	1:52.73	2021

Georgie Fielder, Ava Shreeve, Dallas Marks, Lily Colville

## Under 14 Mixed

800m Medley	Southern Hills	1:53.09	2017
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James Hackett, Charlie Scutchings, Pia Ehlers, Katie Ehlers

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

## 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	Nathan Heinicke (MTG)	4:19.20 *	2005
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	Tea Tree Gully	47.34 *	2007
4x200m Relay	Tea Tree Gully	1:39.20 *	2013

## Under 15 Girls

100m	P Stankiewicz (TTG)	12.44 *	1990
200m	Sarah Thomas (ENF)	25.74 *	2006
400m	Sarah Thomas (ENF)	57.44 *	2006
800m	Rebecca Owen (TTG)	2:18.00 *	2005
1500m	Emma Henkel (GAW)	4:44.97	2022
90m Hurdles (76cm)	Tayla Philis (RED)	13.54 *	2012
90m Hurdles (76cm)	Erin Simister (SOH)	13.54 *	2013
300m Hurdles (76cm)	Tamsyn Murdoch (GGR)	47.91	2018
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	Hallett Cove	1:50.76	2020

Brielle Chrapla, Sophie Cheshire, Sharni Wood, Lily Potter

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

## Under 16 Boys

100m	Casey Whitaker (PTA)	11.44 *	2007
100m	Kayne Stubing (HIL)	11.44 *	2008
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)	Tristan Camilleri (SDI)	41.68	2017
1500m Walk	Tristan Camilleri (SDI)	6:16.83	2017
Discus (1kg)	Stewart McLaughlin (MTG)	53.19	2006
Shot Put (4kg)	Stewart McLaughlin (MTG)	17.41	2006
Javelin (700g)	Finn Reed (BVA)	51.55	2020
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	Pirrenee Steinert (NOA)	25.94 *	2001
400m	Aimie Laube (MTG)	58.14 *	2007
800m	Katie Thackray (GAW)	2:22.80 *	2007
1500m	Paige Graham (SDI)	4:47.10 *	2005
90m Hurdles (76cm)	Margaret Gayen (EDI)	13.84 *	2010
300m Hurdles (76cm)	Rio Tyler-Dowd (SDI)	50.30	2017
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	Noarlunga	52.84 *	2000
4x200m Relay	Eastern Districts	1:54.80 *	2013

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



## 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)	Finn Reed (BVA)	15.36	2021
300m Hurdles (76cm)	Finn Reed (BVA)	40.62	2021
1500m Walk	Tristan Camilleri (SDI)	6:07.35	2018
Discus (1.5kg)	George Panagiotidis (HEN)	42.34	2017
Shot Put (5kg)	Riley Williamson-Cameron (NDI)	13.97	2022
Javelin (700g)	Jordan Checker (HEN)	56.26	2017
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
4x200m Relay	Jake Adey, Joel Simunsen, Eden Snaith, Brad Ward 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	Jacqueline Thring (GAW)	59.78	2017
800m	Katie Thackray (GAW)	2:20.10 *	2008
1500m	Shae Grieger (WAI)	4:59.50 *	2013
100m Hurdles (76cm)	Sophie Killick (EDI)	15.85	2022
300m Hurdles (76cm)	Cassie Fechner (BVA)	50.85	2020
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	Golden Grove	53.84 *	2008
4x200m Relay	Golden Grove	1:56.47	2018
	Hayley Goode, Gemma Greenwood, Brooke Nangle, Taylah Spackman		

## Under 17 Mixed

4x100m Relay	Henley Districts	49.54 *	2011
4x200m Relay	Eastern Districts	1:38.00 *	2013
800m Medley	Elizabeth	1:46.15	2016
	Charlotte Baxter, Nicole Parks, Rhys Johannes, Thomas Steel		

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