

## Little Athletics Australia Australian Best Performances July 2024

### Boys Under 9

| Event                      | Year        | Years Held | Name                 | Member Association | Result      |
|----------------------------|-------------|------------|----------------------|--------------------|-------------|
| <b>60m Hurdles (45cms)</b> | <b>2024</b> |            | <b>Ryan Weigand</b>  | <b>NSW</b>         | <b>9.43</b> |
| 70 metres                  | 2018        | 6          | Nelson Banigo        | VIC                | 9.84 {S}    |
| 100 metres                 | 1998        | 26         | Christopher Lawrence | NSW                | 13.64 {S}   |
| 200 metres                 | 2018        | 6          | Nelson Banigo        | VIC                | 28.04 {S}   |
| 400 metres                 | 1975        | 49         | Glen Murgatroyd      | NSW                | 1:04.04 {S} |
| 800 metres                 | 2002        | 22         | Alex Pettigrew       | NSW                | 2:25.70     |
| 700m Walk                  | 2016        | 8          | Peter Elliott        | NSW                | 3:15.36     |
| High Jump                  | 1985        | 39         | Jagan Hames          | SA                 | 1.43        |
| Long Jump                  | 1986        | 38         | Ryan Fitzgerald      | SA                 | 4.73        |
| Discus (500g)              | 1998        | 26         | Jamal Idris          | NSW                | 36.68       |
| Shot (2kg)                 | 1999        | 25         | Jamal Idris          | NSW                | 11.33       |

### Girls Under 9

| Event               | Year | Years Held | Name                 | Member Association | Result      |
|---------------------|------|------------|----------------------|--------------------|-------------|
| 60m Hurdles (45cms) | 2009 | 15         | Chyna Tavai-Williams | NSW                | 10.04 {S}   |
| 70 metres           | 1998 | 26         | Briony Kanard        | NSW                | 10.14 {S}   |
| 100 metres          | 2023 | 1          | Harlow Pate          | NSW                | 14.07       |
| 200 metres          | 2023 | 1          | Harlow Pate          | NSW                | 28.58       |
| 400 metres          | 1990 | 34         | Rosemary Hayward     | NSW                | 1:06.64 {S} |
| 800 metres          | 2011 | 13         | Abbey Rockliff       | NSW                | 2:33.00     |
| 700m Walk           | 2023 | 1          | Stella Wade          | NSW                | 3:21.50     |
| High Jump           | 2012 | 12         | Tomysha Clark        | NSW                | 1.39        |
| Long Jump           | 1985 | 39         | Selina Dundas        | NSW                | 4.42        |
| Discus (500g)       | 1985 | 39         | Rishelle Hume        | WA                 | 32.52       |
| Shot (2kg)          | 2016 | 8          | Alyssa Benbow        | VIC                | 9.63        |

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### Boys Under 10

| Event               | Year | Years Held | Name                 | Member Association | Result  |     |
|---------------------|------|------------|----------------------|--------------------|---------|-----|
| 60m Hurdles (60cms) | 2002 | 22         | Sean Potter          | NSW                | 9.74    | {S} |
| 70 metres           | 1999 | 25         | Christopher Lawrence | NSW                | 9.30    |     |
|                     | 2000 | 24         | Josh Mulligan        | NSW                | 9.30    |     |
| 100 metres          | 1978 | 46         | Phillip Provenzano   | NSW                | 12.94   | {S} |
| 200 metres          | 1978 | 46         | Chris Newman         | NSW                | 26.94   | {S} |
| 400 metres          | 2003 | 21         | Alex Pettigrew       | NSW                | 1:01.34 | {S} |
| 800 metres          | 1979 | 45         | Paul Kelly           | NSW                | 2:21.60 |     |
| 1100m Walk          | 1998 | 26         | Luke Fitzgerald      | NSW                | 5:01.70 |     |
| High Jump           | 1987 | 37         | Ryan Fitzgerald      | SA                 | 1.53    |     |
| Long Jump           | 1987 | 37         | Ryan Fitzgerald      | SA                 | 5.20    |     |
| Discus (500g)       | 1983 | 41         | Jason Arnberger      | NSW                | 43.20   |     |
| Shot (2kg)          | 2000 | 24         | Emanuele Fuamatu     | NSW                | 13.15   |     |

### Girls Under 10

| Event               | Year        | Years Held | Name                | Member Association | Result         |     |
|---------------------|-------------|------------|---------------------|--------------------|----------------|-----|
| 60m Hurdles (60cms) | 2018        | 6          | Tammin Lampret      | NSW                | 9.78           | {S} |
| 70 metres           | 2000        | 24         | Grace Naseby        | NSW                | 9.60           |     |
| 100 metres          | 2023        | 1          | Emmanuella Ehioghae | WA                 | 13.51          |     |
| <b>200 metres</b>   | <b>2024</b> |            | <b>Harlow Pate</b>  | <b>NSW</b>         | <b>27.61</b>   |     |
| <b>400 metres</b>   | <b>2024</b> |            | <b>Harlow Pate</b>  | <b>NSW</b>         | <b>1:01.42</b> |     |
| 800 metres          | 2012        | 12         | Abbey Rockliff      | NSW                | 2:27.30        |     |
| 1100m Walk          | 2021        | 3          | Ela Uzun            | VIC                | 5:20.09        |     |
| High Jump           | 2013        | 11         | Tomysha Clark       | NSW                | 1.47           |     |
| Long Jump           | 1991        | 33         | Rosemary Hayward    | NSW                | 4.75           |     |
| Discus (500g)       | 2015        | 9          | Talia Inivale       | QLD                | 40.74          |     |
| Shot (2kg)          | 2006        | 18         | Filoi Aokuso        | NSW                | 11.92          |     |

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## Australian Best Performances

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#### Boys Under 11

| Event                      | Year        | Years Held | Name                    | Member Association | Result         |
|----------------------------|-------------|------------|-------------------------|--------------------|----------------|
| <b>80m Hurdles (60cms)</b> | <b>2024</b> |            | <b>Ben Spadaro</b>      | <b>NSW</b>         | <b>12.33</b>   |
| 100 metres                 | 1978        | 46         | Robert Stanford         | NSW                | 12.64 {S}      |
| <b>200 metres</b>          | <b>2024</b> |            | <b>Lachlan Chappell</b> | <b>NSW</b>         | <b>25.11</b>   |
| 400 metres                 | 1979        | 45         | Chris Newman            | NSW                | 57.64 {S}      |
| <b>800 metres</b>          | <b>2024</b> |            | <b>James Hall</b>       | <b>VIC</b>         | <b>2:16.52</b> |
| 1500 metres                | 2022        | 2          | Archie Sideridis        | VIC                | 4:35.77        |
| 1100m Walk                 | 2017        | 7          | Toby Wilks              | SA                 | 4:53.85        |
| High Jump                  | 1987        | 37         | Jagan Hames             | SA                 | 1.63           |
|                            | 1989        | 35         | Bradley Scott           | SA                 | 1.63           |
|                            | 1996        | 28         | John Thornell           | NSW                | 1.63           |
| Long Jump                  | 1985        | 39         | Sean Cranney            | QLD                | 5.60           |
| Triple Jump                | 2013        | 11         | Stefan Rajakovic        | WA                 | 11.1           |
| Discus (500g)              | 2019        | 5          | Mali Stoker             | QLD                | 45.01          |
| Javelin (400g)             | 2006        | 18         | Jared Lamatoa           | WA                 | 41.92          |
| Shot (2kg)                 | 2011        | 13         | Payne Haas              | NSW                | 14.42          |

#### Girls Under 11

| Event               | Year | Years Held | Name                 | Member Association | Result    |
|---------------------|------|------------|----------------------|--------------------|-----------|
| 80m Hurdles (60cms) | 2023 | 1          | Marnie Laurence      | NSW                | 12.61     |
| 100 metres          | 1978 | 46         | Michelle Moroney     | NSW                | 12.94 {S} |
| 200 metres          | 2017 | 7          | Chelsea Ezeoke       | NSW                | 26.12     |
| 400 metres          | 2017 | 7          | Kiara Flavel         | VIC                | 59.97     |
| 800 metres          | 2016 | 8          | Imogen Stewart       | NSW                | 2:21.80   |
| 1500 metres         | 2016 | 8          | Imogen Stewart       | NSW                | 4:44.07   |
| 1100m Walk          | 2005 | 19         | Kini Chapple         | NSW                | 5:01.30   |
| High Jump           | 2014 | 10         | Tomysha Clark        | NSW                | 1.55      |
| Long Jump           | 2011 | 13         | Chyna Tavai-Williams | NSW                | 4.97      |
| Triple Jump         | 2004 | 20         | Rebecca Mounsey      | NSW                | 10.38     |
| Discus (500g)       | 2019 | 5          | Sirray Su'emai       | QLD                | 39.34     |
| Javelin (400g)      | 1987 | 37         | Andrea Whitby        | WA                 | 34.18     |
| Shot (2kg)          | 2007 | 17         | Filoi Aokuso         | NSW                | 14.07     |

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#### Boys Under 12

| Event               | Year        | Years Held | Name                  | Member Association | Result         |
|---------------------|-------------|------------|-----------------------|--------------------|----------------|
| 80m Hurdles (68cms) | 2023        | 1          | James Atkins          | NSW                | 12.28          |
|                     | <b>2024</b> |            | <b>Duke Lampret</b>   | <b>NSW</b>         | <b>12.28</b>   |
| 100 metres          | 1999        | 25         | Todd Shanahan         | NSW                | 12.04 {S}      |
|                     | 2013        | 11         | James Roach           | NSW                | 12.04          |
| 200 metres          | 2018        | 6          | Rashid Kabba          | NSW                | 24.43          |
| 400 metres          | 1979        | 45         | Fred Martin           | WA                 | 55.14 {S}      |
| <b>800 metres</b>   | <b>2024</b> |            | <b>Isaac Robinson</b> | <b>NSW</b>         | <b>2:09.36</b> |
| 1500 metres         | 1980        | 44         | Peter Johnston        | NSW                | 4:25.30        |
| 1500m Walk          | 1984        | 40         | Craig Topperwein      | SA                 | 6:31.60        |
| High Jump           | 1985        | 39         | Jay Burton            | WA                 | 1.80           |
| Long Jump           | 1984        | 40         | Tien Nguyen           | SA                 | 5.92           |
| Triple Jump         | 1995        | 29         | Gima Keimelo          | NSW                | 12.78          |
| Discus (750g)       | 2018        | 6          | Lewis Symonds         | QLD                | 54.87          |
| Javelin (400g)      | 1992        | 32         | Christopher Hingston  | TAS                | 50.88          |
| Shot (2kg)          | 2019        | 5          | Jonty Murdoch         | QLD                | 16.12          |

#### Girls Under 12

| Event               | Year | Years Held | Name               | Member Association | Result    |
|---------------------|------|------------|--------------------|--------------------|-----------|
| 80m Hurdles (68cms) | 2023 | 1          | Sophie Howson      | NSW                | 12.28     |
| 100 metres          | 1992 | 32         | Veeya Jones-Morris | WA                 | 12.44 {S} |
| 200 metres          | 2018 | 6          | Britany Inger      | QLD                | 25.67     |
| 400 metres          | 1979 | 45         | Kerry Bowers       | QLD                | 56.94 {S} |
| 800 metres          | 2014 | 10         | Abbey Rockliff     | NSW                | 2:16.34   |
| 1500 metres         | 2014 | 10         | Abbey Rockliff     | NSW                | 4:34.47   |
| 1500m Walk          | 2023 | 1          | Ela Uzun           | VIC                | 6:34.14   |
| High Jump           | 2018 | 6          | Chelsea Friedrich  | SA                 | 1.66      |
| Long Jump           | 1976 | 48         | Tracey Collins     | NSW                | 5.55      |
|                     | 1984 | 40         | Jacqueline Seeto   | QLD                | 5.55      |
| Triple Jump         | 2005 | 19         | Brooke Stratton    | VIC                | 11.14     |
| Discus (750g)       | 2008 | 16         | Filio Aokuso       | NSW                | 46.19     |
| Javelin (400g)      | 1982 | 42         | Vanessa French     | WA                 | 40.80     |
| Shot (2kg)          | 1988 | 36         | Kylie Standing     | NSW                | 16.19     |

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### Boys Under 13

| Event                | Year        | Years Held | Name                 | Member Association | Result       |
|----------------------|-------------|------------|----------------------|--------------------|--------------|
| 80m Hurdles (76cms)  | 2016        | 8          | Antoine Vargiolu     | WA                 | 11.71        |
| 200m Hurdles (68cms) | 2022        | 2          | Zulqarnain Haider    | VIC                | 25.50        |
| 100 metres           | 2019        | 5          | Rashid Kabba         | NSW                | 11.43        |
|                      | <b>2024</b> |            | <b>Ben Tornatora</b> | <b>VIC</b>         | <b>11.43</b> |
|                      | <b>2024</b> |            | <b>Jacob Copp</b>    | <b>NSW</b>         | <b>11.43</b> |
| 200 metres           | 2013        | 11         | James Gallagher      | WA                 | 22.76 {S}    |
| 400 metres           | 1980        | 44         | Fred Martin          | WA                 | 52.04 {S}    |
| 800 metres           | 2023        | 1          | Harry Keats          | NSW                | 2:03.31      |
| 1500 metres          | 2015        | 9          | Adam Spencer         | VIC                | 4:17.12      |
| 1500m Walk           | 1985        | 39         | Craig Topperwein     | SA                 | 6:22.10      |
| High Jump            | 2012        | 12         | Nelson Maina         | QLD                | 1.83         |
| Long Jump (Board)    | 2015        | 9          | Stefan Rajakovic     | WA                 | 6.56         |
| Triple Jump (Board)  | 2015        | 9          | Stefan Rajakovic     | WA                 | 13.09        |
| Discus (750g)        | 2019        | 5          | Angus Clues          | NSW                | 60.84        |
| Javelin (600g)       | 1999        | 25         | Joshua Robinson      | QLD                | 55.43        |
| Shot (3kg)           | 2009        | 15         | Tepai Moeroa         | NSW                | 19.11        |

### Girls Under 13

| Event                | Year        | Years Held | Name                    | Member Association | Result         |
|----------------------|-------------|------------|-------------------------|--------------------|----------------|
| 80m Hurdles (76cms)  | 2018        | 6          | Amber Clarke            | VIC                | 12.17          |
|                      | 2019        | 5          | Delta Amidzovski        | NSW                | 12.17          |
| 200m Hurdles (68cms) | 2018        | 6          | Chantelle Barnard       | NSW                | 27.56          |
| 100 metres           | 2017        | 7          | Taylah Cruttenden       | WA                 | 12.10          |
| 200 metres           | 2017        | 7          | Alice Dixon             | NSW                | 24.96          |
| 400 metres           | 1982        | 42         | Suzanne Broadrick       | WA                 | 57.14 {S}      |
|                      | 2006        | 18         | Paige Fenech            | NSW                | 57.14 {S}      |
| <b>800 metres</b>    | <b>2024</b> |            | <b>Ronia Warszawska</b> | <b>NSW</b>         | <b>2:11.90</b> |
| 1500 metres          | 2023        | 1          | Eliza Lawton            | NSW                | 4:31.08        |
| 1500m Walk           | 2023        | 1          | Sophie Polkinghorne     | NSW                | 6:21.41        |
| High Jump            | 1987        | 37         | Sonya Wennekes          | NSW                | 1.80           |
| Long Jump (Board)    | 2009        | 15         | Rhiannon Ormsby         | WA                 | 5.77           |
| Triple Jump (Board)  | 2009        | 15         | Sarah Ferrier           | VIC                | 12.09          |
| Discus (750g)        | 2016        | 8          | LyVante Su'ema          | QLD                | 51.79          |
| Javelin (400g)       | 2018        | 6          | Angelina Tignani        | QLD                | 47.26          |
| Shot (3kg)           | 2018        | 6          | Talia Inivale           | QLD                | 14.66          |

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#### Boys Under 14

| Event                | Year | Years Held | Name             | Member Association | Result  |     |
|----------------------|------|------------|------------------|--------------------|---------|-----|
| 90m Hurdles (76cms)  | 2008 | 16         | Nicholas Hough   | NSW                | 12.04   | {S} |
| 200m Hurdles (76cms) | 2008 | 16         | Nicholas Hough   | NSW                | 24.64   |     |
| 100 metres           | 2023 | 1          | Epeosi Ugbonhe   | NSW                | 11.08   |     |
| 200 metres           | 2012 | 12         | Jilven Dias      | VIC                | 22.63   |     |
| 400 metres           | 2021 | 3          | Caleb Kilpatrick | VIC                | 50.81   |     |
| 800 metres           | 2016 | 8          | Luke Shaw        | WA                 | 1:59.20 |     |
| 1500 metres          | 2016 | 8          | Luke Shaw        | WA                 | 4:08.80 |     |
| 1500m Walk           | 1995 | 29         | Troy Sundstrom   | NSW                | 6:13.40 |     |
| High Jump            | 1994 | 30         | Justin Hathway   | NSW                | 1.95    |     |
| Long Jump (Board)    | 2013 | 11         | Jake Balestra    | WA                 | 6.77    |     |
| Triple Jump (Board)  | 1987 | 37         | Alan Nowrojee    | WA                 | 14.47   |     |
| Discus (1kg)         | 1993 | 31         | Stevie Partsanis | VIC                | 60.52   |     |
| Javelin (600g)       | 2021 | 3          | Jonty Murdoch    | QLD                | 59.36   |     |
| Shot (3kg)           | 2021 | 3          | Jonty Murdoch    | QLD                | 18.60   |     |

#### Girls Under 14

| Event                | Year | Years Held | Name              | Member Association | Result  |     |
|----------------------|------|------------|-------------------|--------------------|---------|-----|
| 80m Hurdles (76cms)  | 2006 | 18         | Carly Rodger      | NSW                | 11.94   | {S} |
|                      | 2006 | 18         | Danielle Dillon   | VIC                | 11.94   | {S} |
| 200m Hurdles (76cms) | 2006 | 18         | Carly Rodger      | NSW                | 27.04   |     |
| 100 metres           | 2010 | 14         | Poppy Schwass     | WA                 | 12.04   | {S} |
| 200 metres           | 1983 | 41         | Suzanne Broadrick | WA                 | 24.44   | {S} |
| 400 metres           | 2012 | 12         | Molly Blakey      | NSW                | 56.02   |     |
| 800 metres           | 2010 | 14         | Natalie Rule      | VIC                | 2:12.80 |     |
| 1500 metres          | 2003 | 21         | Lexy Gilmour      | NSW                | 4:35.30 |     |
| 1500m Walk           | 1996 | 28         | Renee Mcaskill    | NSW                | 6:15.40 |     |
| High Jump            | 1997 | 27         | Vickie Collins    | QLD                | 1.76    |     |
| Long Jump (Board)    | 2017 | 7          | Tomysha Clark     | NSW                | 5.87    |     |
| Triple Jump (Board)  | 2010 | 14         | Sarah Ferrier     | VIC                | 12.19   |     |
| Discus (1kg)         | 2017 | 7          | LyVante Su'emai   | QLD                | 45.60   |     |
| Javelin (400g)       | 2017 | 7          | Lianna Davidson   | NSW                | 52.23   |     |
| Shot (3kg)           | 2013 | 11         | Grace Robinson    | NSW                | 15.94   |     |

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#### Boys Under 15

| Event               | Year | Years Held | Name             | Member Association | Result    |
|---------------------|------|------------|------------------|--------------------|-----------|
| 100m Hurdles(76cms) | 2023 | 1          | Oliver Facer     | NSW                | 12.41     |
| 300m Hurdles(76cms) | 2023 | 1          | Miller Smith     | VIC                | 37.99     |
| 100 metres          | 2017 | 7          | Stefan Rajakovic | WA                 | 10.71     |
| 200 metres          | 2009 | 15         | Nicholas Hough   | NSW                | 21.74 {S} |
| 400 metres          | 1997 | 27         | David Geddes     | NSW                | 49.64     |
| 800 metres          | 2013 | 11         | Ryan Patterson   | VIC                | 1:55.95   |
| 1500 metres         | 2008 | 16         | James Connor     | NSW                | 4:03.70   |
| 1500m Walk          | 1998 | 26         | Douglas Connolly | NSW                | 5:48.10   |
| High Jump           | 1992 | 32         | Mark Sills       | QLD                | 2.10      |
| Long Jump (Board)   | 2009 | 15         | Thomas Soliman   | NSW                | 7.12      |
| Triple Jump (Board) | 1999 | 25         | Fabrice Lapierre | NSW                | 14.35     |
| Discus (1kg)        | 1999 | 25         | Timothy Driesen  | VIC                | 64.54     |
| Javelin (700g)      | 2014 | 10         | Cameron McEntyre | NSW                | 59.69     |
| Shot (4kg)          | 1989 | 35         | Matthew Gadsby   | NT                 | 19.70     |

#### Girls Under 15

| Event                      | Year        | Years Held | Name                        | Member Association | Result       |
|----------------------------|-------------|------------|-----------------------------|--------------------|--------------|
| 90m Hurdles (76cms)        | 2007        | 17         | Carly Rodger                | NSW                | 12.44 {S}    |
| <b>300m Hurdles(76cms)</b> | <b>2024</b> |            | <b>Addison Farinazzo</b>    | <b>QLD</b>         | <b>43.69</b> |
| 100 metres                 | 2023        | 1          | Amaya Mearns                | QLD                | 11.91        |
| 200 metres                 | 2005        | 19         | Olivia Tauro                | NSW                | 24.24 {S}    |
|                            | 2009        | 15         | Ella Nelson                 | NSW                | 24.24 {S}    |
| 400 metres                 | 2010        | 14         | Alexandra Bulic             | VIC                | 55.68        |
| 800 metres                 | 2016        | 8          | Carley Thomas               | NSW                | 2:09.57      |
| 1500 metres                | 2016        | 8          | Melany Smart                | WA                 | 4:27.60      |
| 1500m Walk                 | 2015        | 9          | Katie Hayward               | QLD                | 6:20.89      |
| High Jump                  | 2008        | 16         | Amy PejkoVIC                | NSW                | 1.80         |
|                            | 2011        | 13         | Eleanor Patterson           | VIC                | 1.80         |
| Long Jump (Board)          | 1999        | 25         | Shermin Oksuz               | WA                 | 6.19         |
| Triple Jump (Board)        | 2011        | 13         | Sarah Ferrier               | VIC                | 12.43        |
| Discus (1kg)               | 2018        | 6          | LyVante Su'emai             | QLD                | 49.05        |
| <b>Javelin (500g)</b>      | <b>2024</b> |            | <b>Tallara Joseph-Riogi</b> | <b>NSW</b>         | <b>48.91</b> |
| Shot (3kg)                 | 2007        | 17         | Margaret Satupai            | VIC                | 15.56        |

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### Relays

| Event                              | Year        | Years Held | Name             | Member Association | Result       |
|------------------------------------|-------------|------------|------------------|--------------------|--------------|
| <b>Boys U9</b><br>4 x 100m         | 1990        | 34         | Ku-Ring-Gai      | NSW                | 58.44 {S}    |
| <b>Girls U9</b><br>4 x 100m        | 1977        | 47         | Doncaster        | VIC                | 1:00.24 {S}  |
| <b>Boys U10</b><br>4 x 100m        | 1980        | 44         | Bankstown        | NSW                | 55.74 {S}    |
| <b>Girls U10</b><br>4 x 100m       | 1985        | 39         | Hamersley        | WA                 | 56.84 {S}    |
| <b>Boys U11</b><br><b>4 x 100m</b> | <b>2024</b> |            | <b>Balmain</b>   | <b>NSW</b>         | <b>53.52</b> |
| <b>Girls U11</b><br>4 x 100m       | 2023        | 1          | UWA              | WA                 | 54.48        |
| <b>Boys U12</b><br>4 x 100m        | 1982        | 42         | South Australia  | SA                 | 49.94 {S}    |
| <b>Girls U12</b><br>4 x 100m       | 1979        | 45         | New South Wales  | NSW                | 50.44 {S}    |
| <b>Boys U13</b><br>4 x 100m        | 2007        | 17         | New South Wales  | NSW                | 46.54 {S}    |
| <b>Girls U13</b><br>4 x 100m       | 2016        | 8          | Victoria         | VIC                | 49.09        |
| <b>BOYS U14</b><br>4 x 100m        | 2014        | 10         | Sunbury 'A'      | VIC                | 45.68 {S}    |
| <b>GIRLS U14</b><br>4 x 100m       | 2014        | 10         | Sandringham 'A'  | VIC                | 49.50        |
| <b>Boys U15</b><br>4 x 100m        | 2016        | 8          | Sunbury          | VIC                | 44.64        |
| <b>Girls U15</b><br>4 x 100m       | 2011        | 13         | Northern Suburbs | NSW                | 48.62        |