

AICES Athletics 2026 - 8/09/2026 to 9/09/2026**SOPAC****AICES Record - Records**

1	Boys 12-14 3000 Meter Run	8:58.77	1/09/2014	Lorcan Redman - St Phillips N
2	Girls 12-14 3000 Meter Run	10:25.70	8/09/2026	Isabella Quick - CC Sports Colleg
3	Boys 15-16 3000 Meter Run	8:55.96	10/09/2024	Benjamin Woodhouse - Arden
4	Girls 15-16 3000 Meter Run	10:11.37	5/09/2023	Annabelle Miller - Newcastle Gramma
5	Boys 17-19 3000 Meter Run	8:33.61	8/09/2026	Joel Harlor - Nowra_AC
6	Girls 17-19 3000 Meter Run	10:07.41	8/09/2026	Gypsy Waterson - St Peters B
7	Girls 12 High Jump -Start 1.10m	1.48m	2/09/2013	Jessica-Lee Keller - Arndell AC
8	Girls 15 High Jump -Start 1.20m	1.62m	8/09/2026	Ella Harris - St Peters B
9	Girls 17 Shot Put (3kg)	13.78m	10/09/2024	Maia Madden Khan - CC Sports College
10	Boys 17 Shot Put (5kg)	17.32m	9/09/2009	Liam Speers - Newcastle GS
11	Boys 14 Long Jump	5.88m	6/09/2010	Gerald Sylvester - Avondale College
12	Boys 16 Discus Throw (1.5kg)	54.62m	3/09/2008	Liam Speers - Newcastle GS
13	Boys 15 Long Jump	6.38m	31/08/2016	Benjamin James - St Philip's C
14	Girls 18-19 Javelin Throw (600g)	43.80m	10/09/2024	Tali Baltineshter - Moriah College
15	Boys 13 Discus Throw (1kg)	41.61m	9/09/2019	Michael Vadoros - St Columba
16	Women 12-19 Long Jump Para Athlet	3.59m	9/09/2025	Ellie Linsley Tf20 - Shellharbour Ang
16	Men 12-19 Long Jump Para Athlet	4.06m	8/09/2026	Hugo Kasprzak (Tf37) (59.97%) - Hills Grammar
17	Girls 13 Discus Throw (1kg)	37.51m	9/09/2019	Lily Mullane - St Philips CC PS
18	Girls 14 Discus Throw (1kg)	38.85m	9/09/2019	Zoe Daniels - Wollondilly Angl
19	Girls 16 Long Jump	5.61m	9/09/2025	Maiya Hewitt - Shellharbour Ang
20	Boys 13 Shot Put (3kg)	13.41m	5/09/2005	William Sacilotto - Arden Anglican S
21	Boys 12 Shot Put (3kg)	11.44m	31/08/2015	Joshua Leifi - Wollemi
22	Boys 14 Javelin Throw (700g)	46.48m	5/09/2023	Caden Andrews - Hunter Valley GS
23	Boys 18-19 High Jump -Start 1.50m	2.03m	5/09/2011	Miles Cole-Clarke - Hunter Valley GS
24	Boys 15 High Jump -Start 1.40m	1.86m	10/09/2020	James Constable - St Columba
25	Girls 12 200 Meter Run	27.59	3/09/2012	Georgia McEwan - Shellharbour Ang
26	Girls 13 200 Meter Run	26.02	31/08/2015	Emma Klasen - CALROSSY
27	Girls 14 200 Meter Run	25.34	9/09/2025	Divine Chukwudi - Thomas Hassall A
28	Girls 15 200 Meter Run	25.45	6/09/2022	Shari Hurdman - SPCC Port Stephe
29	Girls 16 200 Meter Run	24.69	9/09/2025	Alice Hill - Newcastle Gramma
30	Girls 17 200 Meter Run	25.48	6/09/2010	Michelle Jenneke - The Hills GS
31	Girls 18+ 200 Meter Run	25.79	9/09/2025	Tara Hollyoak - St. Lukes GS
32	Girls 12 Javelin Throw (400g)	28.25m	8/09/2026	Annabelle van der Berg - SPCC Newcastle
33	Boys 12 Javelin Throw (600g)	28.03m	31/08/2016	Callum Goodwin - Scone
34	Women 12-19 Shot Put Para Athlet	7.91m	9/09/2025	Holly Mildwater Tf38 (63.43%) - St. Lukes GS
34	Men 12-19 Shot Put Para Athlet	8.07m	8/09/2026	Hugo Kasprzak (Tf37) (46.06%) - Hills Grammar
35	Boys 12 200 Meter Run	25.94	14/09/2018	Harris Kontobassis - St Euphemia
36	Boys 13 200 Meter Run	24.78	9/09/2025	Zachariah Issa - Georges River Gr
37	Boys 14 200 Meter Run	23.01	9/09/2025	Mohamad Gadou - Amity Colleg
38	Boys 15 200 Meter Run	22.32	2/09/2013	Jordan Shelley - Hills GS
39	Boys 16 200 Meter Run	22.04	10/09/2024	Cooper Wilson - Calrossy
40	Boys 17 200 Meter Run	21.93	10/09/2024	John McDonald - Wollemi
41	Boys 18+ 200 Meter Run	22.26	5/09/2023	Zac Urbach - Emanuel
42	Women 12-19 200 Meter Run Para Athlet	33.67	9/09/2025	Abbie Peet Tf36(83.78%) - Shellharbour Ang
42	Men 12-19 200 Meter Run Para Athlet	29.01	9/09/2025	Alexander Evans Tf13 (72.56%) - ARDEN
43	Girls 17-19 Triple Jump	11.86m	5/09/2011	Michelle Jenneke - Hills Grammar
44	Girls 13 Shot Put (3kg)	11.44m	9/09/2019	Isabella Degei - Penrith Anglican
45	Girls 14 Long Jump	5.41m	5/09/2023	Maiya Hewitt - Shellharbour Ang
46	Girls 16 Javelin Throw (500g)	46.99m	6/09/2022	Tali Baltineshter - Moriah Colle
47	Boys 18-19 Discus Throw (1.75kg)	47.10m	5/09/2011	Evan Jennis - International GS
48	Girls 12 800 Meter Run	2:22.56	31/08/2016	Montana Lily Monk - Bishop Tyrrell
49	Girls 13 800 Meter Run	2:19.15	10/09/2024	Drew Cooney - Wollondilly
50	Girls 14 800 Meter Run	2:15.28	9/09/2025	Drew Cooney - Wollondilly
51	Girls 15 800 Meter Run	2:13.85	9/09/2019	Montana Monk - Bishop Tyrrell
52	Girls 16 800 Meter Run	2:16.94	9/09/2025	Pippa Schwarz - St Peters B
53	Girls 17 800 Meter Run	2:23.10	10/09/2024	Annabelle Miller - NC Grammar
54	Girls 18+ 800 Meter Run	2:23.16	6/09/2022	Ashley Pernecker - Lakes GS
55	Boys 12 Long Jump	5.08m	9/09/2025	Emilayo Lagoke - Broughton AC
56	Boys 13 High Jump -Start 1.20m	1.72m	6/09/2010	Joshua Pettigrew - St Philips Newca
57	Boys 14 Discus Throw (1.0kg)	46.80m	1/09/2014	Angus Harrold - Penrith AC
58	Boys 15 Javelin Throw (700g)	55.26m	6/09/2022	Ruann Eksteen - Pittwater

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59	Boys 16 Shot Put (5kg)	15.87m	3/09/2008	Liam Speers - Newcastle GS
60	Boys 17 High Jump -Start 1.50m	2.03m	6/09/2010	Miles Cole-Clark - Hunter Valley GS
61	Boys 18-19 Long Jump	6.65m	9/09/2025	William Soden - SPCC Cessnock
62	Boys 12 800 Meter Run	2:15.25	9/09/2019	Jasper Scamps-Magro - Pittwater
63	Boys 13 800 Meter Run	2:12.05	6/09/2022	Trent Alley - St Columba
64	Boys 14 800 Meter Run	2:05.56	8/09/2026	Zachary West - SPCC Cessnock
65	Boys 15 800 Meter Run	1:59.38	14/09/2018	James Healey - Illawarra Gr
66	Boys 16 800 Meter Run	1:58.72	30/08/2017	Anthony Vlatko - International Gr
67	Boys 17 800 Meter Run	1:59.07	6/09/2006	Mitchell Ryan - Macarthur AS
68	Boys 18-19 800 Meter Run	1:55.29	8/09/2026	Benjamin Woodhouse - ARDEN
69	Women 12-19 800 Meter Run Para Athlet	3:16.88	8/09/2026	Navilia Cannone (Tf35) 98.26% - SPCC Newcastle
69	Men 12-19 800 Meter Run Para Athlet	2:36.30	10/09/2024	Jack Gibson T43 (94.28%) - Illawarra GS
70	Girls 12 Shot Put (3.0kg)	9.72m	5/09/2005	Georgina Butterworth - Pittwater House
71	Girls 14 Shot Put (3.0kg)	13.10m	3/09/2008	Romy Ehrlich - Reddam House
72	Girls 15 Long Jump	5.60m	10/09/2024	Mayia Hewitt - Shellharbour Anglican
73	Girls 16 Discus Throw (1.0kg)	39.13m	9/09/2025	Louise Ringbauer - Arndell
74	Girls 17 Javelin Throw (500g)	47.88m	5/09/2023	Tali Baltineshter - Moriah Colle
75	Girls 18-19 High Jump -Start 1.20m	1.75m	30/08/2017	Laura Perich - Macarthur Anglic
76	Boys 17 Long Jump	6.56m	8/09/2026	William Noonan - Newcastle Gramma
77	Boys 12 Discus Throw (0.75kg)	41.79m	31/08/2015	Riley Oneill - Avondale
78	Girls 13 Javelin Throw (400g)	34.32m	2/09/2013	Sabrina Kliousis - Newcastle GS
79	Girls 15 Discus Throw (1.0kg)	39.70m	10/09/2024	Loiuse Ringbauer - Arndell
80	Girls 16 High Jump -Start 1.20m	1.60m	1/09/2014	Elisa Molen Grigull - Pittwater House
81	Girls 18-19 Long Jump	5.31m	5/09/2011	Michelle Jenneke - Hills Grammar
82	Boys 14 Shot Put (4.0kg)	14.51m	6/09/2006	Liam Speers - Newcastle Gramma
83	Boys 15 Shot Put (4.0kg)	16.16m	4/09/2007	Liam Speers - Newcastle Gramma
84	Boys 17 Javelin Throw (700g)	57.76m	10/09/2024	Ruann Eksteen - Pittwater
85	Boys 17-19 Triple Jump	13.76m	9/09/2009	William Rodgers - Penrith AC
86	Boys 13 Javelin Throw (600g)	42.15m	3/09/2012	Hayden Perry - Penrith AC
87	Girls 12 100 Meter Run	13.22	8/09/2026	Chloe Liu - ARDEN
88	Girls 13 100 Meter Run	12.67	9/09/2025	Elara Barnes - SPCC Port Stephe
89	Girls 14 100 Meter Run	12.31	9/09/2025	Divine Chukwudi - Thomas Hassall A
90	Girls 15 100 Meter Run	12.48	30/08/2017	Emma Klasen - Calrossy
91	Girls 16 100 Meter Run	12.22	5/09/2023	Tara Hollyoak - St. Lukes GS
92	Girls 17 100 Meter Run	12.17	10/09/2024	Shari Hurdman - SPCC Port Stephens
93	Girls 18-19 100 Meter Run	12.25	5/09/2011	Michelle Jenneke - Hills Grammar
94	Girls 12-19 100 Meter Run Para Athlet	16.41	9/09/2025	Abbie Peet Tf36 (83.36%) - Calrossy
95	Boys 12 100 Meter Run	12.36	14/09/2018	Harris Kontobassis - St Euphemia
96	Boys 13 100 Meter Run	12.21	5/09/2011	Jordan Shelley - Hills Grammar
97	Boys 14 100 Meter Run	11.30	9/09/2025	Mohamad Gadou - Amity Colleg
98	Boys 15 100 Meter Run	11.06	2/09/2013	Jordan Shelley - Hills Grammar
99	Boys 16 100 Meter Run	10.79	1/09/2014	Jordan Shelley - Hills Grammar
100	Boys 17 100 Meter Run	10.91	10/09/2024	John McDonald - Wollemi
101	Boys 18-19 100 Meter Run	10.92	5/09/2023	Zac Urbach - Emanuel
102	Boys 12-19 100 Meter Run Para Athlet	13.71	9/09/2025	Alexander Evans Tf13 (76.29%) - Arden
103	Girls 15-16 Triple Jump	11.51m	31/08/2015	Jasmine Fountas - Reddam House
104	Boys 13 Long Jump	5.97m	6/09/2010	Dylan Bennett - Hunter Valley GS
105	Girls 17 Discus Throw (1.0kg)	37.03m	4/09/2007	Katherine Zohrab - Bishop Tyrrell A
106	Boys 18-19 Javelin Throw (800g)	52.75m	31/08/2016	Caleb Tumai - Redeemer
107	Boys 16 High Jump -Start 1.50m	1.97m	9/09/2009	Miles Coles-Clarke - Hunter Valley GS
108	Boys 14 High Jump -Start 1.30m	1.83m	6/09/2022	Cooper Wilson - Calrossy
109	Girls 12 1500 Meter Run	5:02.17	31/08/2016	Montana Lily Monk - Bishop Tyrrell
110	Girls 13 1500 Meter Run	4:57.58	30/08/2017	Montana Monk - Bishop Tyrrell
111	Girls 14 1500 Meter Run	4:47.27	10/09/2024	Aliyah Bennett - William Clarke
112	Girls 15 1500 Meter Run	4:48.12	8/09/2026	Alexis Tague - St. Lukes GS
113	Girls 16 1500 Meter Run	4:39.86	9/09/2025	Pippa Schwarz - St Peters B
114	Girls 17 1500 Meter Run	4:45.04	8/09/2026	Pippa Schwarz - St Peters B
115	Girls 18-19 1500 Meter Run	5:09.15	8/09/2026	Matilda Cohen - Central Coast Ad
116	Boys 15 Discus Throw (1.0kg)	55.72m	4/09/2007	Liam Speers - Newcastle Gramma
117	Boys 16 Long Jump	6.49m	30/08/2017	Benjamin James - St Philip'sCC-C
118	Boys 12-14 Triple Jump	11.93m	9/09/2025	Timothy Hammond - Penrith AC

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119	Women 12-19 Discus Throw Para Athlet	18.36m	6/09/2022	Isla Gillespie Tf35 (57.52%) - Pittwater
119	Men 12-19 Discus Throw Para Athlet	23.63m	8/09/2026	Hugo Kasprzak (Tf37) (39.54%) - Hills Grammar
120	Boys 12 1500 Meter Run	4:35.48	9/09/2019	Jasper Scamps-Magro - Pittwater
121	Boys 13 1500 Meter Run	4:29.20	6/09/2022	Trent Alley - St Columba
122	Boys 14 1500 Meter Run	4:16.68	8/09/2026	Zachary West - SPCC Cessnock
123	Boys 15 1500 Meter Run	4:15.10	10/09/2024	Max Bregozzo - Pittwater
124	Boys 16 1500 Meter Run	4:12.26	10/09/2024	Benjamin Woodhouse - Arden
125	Boys 17 1500 Meter Run	4:16.65	10/09/2024	Harry Boyn - Newcastle Grammar
126	Boys 18-19 1500 Meter Run	4:01.23	8/09/2026	Joel Harlor - Nowra_AC
127	Girls 13 High Jump -Start 1.10m	1.70m	8/09/2026	Ellie Benefield - Arndell
128	Girls 12 Discus Throw (0.75kg)	32.01m	8/09/2026	Annabelle van der Berg - SPCC Newcastle
129	Girls 14 Javelin Throw (500g)	35.34m	30/08/2017	Jessica Richardson - St Philip's CCN
130	Girls 15 Shot Put (3.0kg)	11.96m	6/09/2022	Maia Madden Khan - CC Sports Colleg
131	Girls 17 High Jump -Start 1.20m	1.61m	8/09/2026	Claire Dowe - Calrossy
132	Girls 18-19 Shot Put (4.0kg)	12.09m	9/09/2025	Lily Hreszczuk - Macarthur AS
133	Girls 12-14 Triple Jump	11.23m	5/09/2011	Mercy Agbeze - Central Coast AS
134	Girls 12 400 Meter Run	1:02.56	6/09/2022	Adelaide Pittis - Orange Anglican
135	Girls 13 400 Meter Run	59.55	5/09/2023	Adelaide Pittis - Orange Anglican
136	Girls 14 400 Meter Run	58.30	5/09/2023	Keira Carlson - CC Sports Colleg
137	Girls 15 400 Meter Run	56.87	10/09/2024	Kiera Calson - CC Sports College
138	Girls 16 400 Meter Run	55.80	9/09/2025	Alice Hill - Newcastle Gramma
139	Girls 17 400 Meter Run	57.52	8/09/2026	Keira Carlson - CC Sports Colleg
140	Girls 18-19 400 Meter Run	58.84	31/08/2015	Olivia Cason - ARDEN
141	Girls 12 Long Jump	4.87m	3/09/2012	Eva Neville - St Phillip'sCC
142	Boys 12 High Jump -Start 1.10m	1.57m	5/09/2011	Hayden Perry - Penrith AC
143	Boys 16 Javelin Throw (700g)	63.75m	9/09/2025	Caden Andrews - Hunter Valley GS
144	Boys 17 Discus Throw (1.5kg)	58.27m	9/09/2009	Liam Speers - Newcastle GS
145	Boys 18-19 Shot Put (6.0kg)	13.30m	5/09/2011	Evan Jennis - International GS
146	Boys 15-16 Triple Jump	13.66m	3/09/2008	William Rodgers - Penrith AC
147	Boys 12 400 Meter Run	1:01.10	5/09/2023	Zac Bailey - Calrossy
148	Boys 13 400 Meter Run	55.58	5/09/2023	Byron Fitzsimmons - Bishop Tyrrell
149	Boys 14 400 Meter Run	52.05	6/09/2010	James Kermond - Georges River GS
150	Boys 15 400 Meter Run	49.97	5/09/2011	James Kermond - Georges River GS
151	Boys 16 400 Meter Run	49.69	3/09/2012	James Kermond - Georges R G
152	Boys 17 400 Meter Run	50.51	2/09/2013	James Kermond - Georges River GS
153	Boys 18-19 400 Meter Run	50.37	3/09/2008	Ian Dewhurst - Arndell AC
154	Girls 13 Long Jump	5.15m	6/09/2022	Maiya Hewitt - Shellharbour Ang
155	Girls 14 High Jump -Start 1.10m	1.59m	8/09/2026	Erica Gidley-Baird - Calrossy
156	Girls 15 Javelin Throw (500g)	36.16m	30/08/2017	Kate Peterson - William Clarke C
157	Girls 16 Shot Put (3.0kg)	12.77m	5/09/2023	Maia Madden Khan - CC Sports Colleg
158	Girls 17 Long Jump	5.61m	10/09/2024	Tara Hollyoak - St Luke Grammar
159	Girls 18-19 Discus Throw (1.0kg)	40.35m	30/08/2017	Marie-Luise Meier-Kapavale - Wollondilly Angl
160	Boys 14&U 4x100 Meter Relay	47.72	10/09/2024	St Phillip's Cessnock - SPCC Cessnock
161	Girls 14&U 4x100 Meter Relay	50.97	8/09/2026	The Illararra Grammar School - Illawarra Grammar
162	Boys 4x100 Meter Relay	44.45	10/09/2024	Calrossy AS - Calrossy M Clarke, M Reading, K Fisher, J New
163	Girls 4x100 Meter Relay	50.34	9/09/2025	Newcastle Grammar School - Newcastle Gramma G Waerea, S Patmore, A Hill, E Richardson