



Central Coast Zone Athletics Records

(as of 11/8/25)

Track Events

1500m - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	5:44.08	Daisy Kamoe	SC Wyong	2025
11 yrs	6:07.19	Amelia Doherty	MK Warnervale	2025
12-13 yrs	6:00.28	Amelia Smith	MK Warnervale	2025

1500m - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	5:43.70	Ace Eldridge	OLOR Shelly Beach	2025
11 yrs	5:34.36	Huxley Thew	OLOR Shelly Beach	2025
12-13 yrs	5:19.45	Cooper Daley	SJF Tumbi Umbi	2025

800m - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	2:56.30	Daisy Kamoe	SC Wyong	2025
11 yrs	2:46.34	Rose Marchant	OLSS Terrigal	2023
12-13 yrs	2:40.21	Isla Haywood	OLOR Shelly Beach	2023

800m - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	2:38.20	Lakin Barber	OLSS Terrigal	2023
11 yrs	2:31.08	Lakin Barber	OLSS Terrigal	2024
12-13 yrs	2:34.53	Finn Heighington	HC Kincumber	2023

200m - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	29.16	Cameron Falconer	MK Warnervale	2023
11 yrs	28.86	Cameron Falconer	MK Warnervale	2024
12-13 yrs	27.66	Ethan Ampoma-Gyamfi	MK Warnervale	2023

200m - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	31.01	Rain Ross	SB Lake Munmorah	2023
11 yrs	29.36	Rain Ross	SB Lake Munmorah	2024
12-13 yrs	29.65	Paige Martin	SB Lake Munmorah	2023

100m - Boys

Age	Record	Record Holder	School	Year
8 yrs	15.30	Ford Ellison	OLSS Terrigal	2024
9 yrs	14.84	Michael Cruz-Tuckwell	OLSS Terrigal	2023
10 yrs	13.90	Cameron Falconer	MK Warnervale	2023
11 yrs	13.98	Lochie Farrugia	MK Warnervale	2023
12 yrs	12.83	Ethan Ampoma-Gyamfi	MK Warnervale	2023
13 yrs	13.74	Damien Coughlan-Berg	OLSS Terrigal	2023

100m - Girls

Age	Record	Record Holder	School	Year
8 yrs	16.18	Billie Heighington	OLSS Terrigal	2023
9 yrs	15.67	Ella Seaman	SJF Tumbi Umbi	2023
10 yrs	14.40	Rain Ross	SB Lake Munmorah	2023
11 yrs	13.99	Rain Ross	SB Lake Munmorah	2024
12 yrs	13.91	Jazmin McCusker	SJB Woy Woy	2023
13 yrs	15.19	Student 1	St Mary's Toukley	2023

4 x 100m Relay - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	1:00.28		OLSS Terrigal	2024
11-13 yrs	58.50		St Mary's Toukley	2024

4 x 100m Relay - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	1:04.61		OLOR Shelly Beach	2025
11-13 yrs	59.14		OLOR Shelly Beach	2024

Field Events

Shot Put - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	10.09	Benjamin Sullivan	HC Kincumber	2024
11 yrs	11.25	Benjamin Sullivan	HC Kincumber	2025
12-13 yrs	10.36	Jack Sullivan	HC Kincumber	2024

Shot Put - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	8.65	Alexia Gavidì	SB Lake Munmorah	2024
11 yrs	9.71	Alexia Gavidì	SB Lake Munmorah	2025
12-13 yrs	7.29	Evie Hyde	SP East Gosford	2024

Discus - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	30.17	Aston Rhodes	SB Lake Munmorah	2025
11 yrs	27.05	Jack Sullivan	HC Kincumber	2023
12-13 yrs	28.13	Jack Sullivan	HC Kincumber	2024

Discus - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	21.72	Alexia Gavidì	SB Lake Munmorah	2024
11 yrs	26.95	Alexia Gavidì	SB Lake Munmorah	2025
12-13 yrs	23.91	Evie Hyde	SP East Gosford	2024

High Jump - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	1.23	Benjamin Sullivan	HC Kincumber	2024
11 yrs	1.33	Hayden Gray	OLOR Shelly Beach	2023
12-13 yrs	1.45	Wilbur Plunkett	SP Gosford East	2025

High Jump - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	1.26	Ellis Douglas	MK Warnervale	2025
11 yrs	1.15	Alyce Rumpier Pearl Burden Taleah Ward	OLOR Shelly Beach SJB Woy Woy (Equal) MK Warnervale (Equal)	2023 2024 2024
12-13 yrs	1.35	Gypsy Brolly	OLOR Shelly Beach	2023

Long Jump - Boys

Age	Record	Record Holder	School	Year
8-10 yrs	3.95	Jude Sargeant	OLOR Shelly Beach	2025
11 yrs	34.10	Lakin Barber	OLSS Terrigal	2024
12-13 yrs	4.23	Bodhi Isted	SC Wyong	2025

Long Jump - Girls

Age	Record	Record Holder	School	Year
8-10 yrs	3.65	Rain Ross Ella Seaman (Equal)	SB Lake Munmorah SJF Tumbi Umbi	2023 2024
11 yrs	4.15	Rain Ross	SB Lake Munmorah	2024
12-13 yrs	4.29	Rain Ross	SB Lake Munmorah	2025