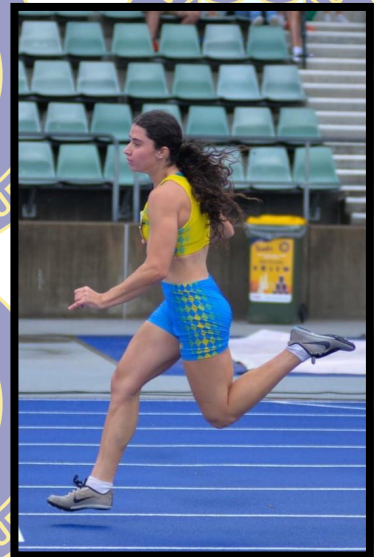
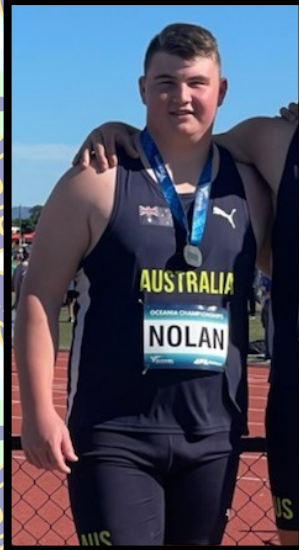


# Westfields Athletics Club

## 2021-22 Annual Report





## Presidents Report

The 2021-22 season became known as the first season in 24 years that **Dani Stevens** would not be appearing in the results after announcing her retirement following the Tokyo Olympics. WAC Life member Dani has a list of achievements unsurpassed by very few athletes in our Nations's history: 4 Olympic Games, 4 Commonwealth Games, 6 World Championships, World Champion, World Junior Champion, World Youth Champion, 3 times Commonwealth Champion and 26 times Australian Champion. She is the Australian Open and Junior Record holder and most would agree if all the female discus throwers in World history who have received a drug sanction were struck off the All-time rankings list, then Dani would be the greatest of all time.



Her dedication towards achieving excellence in the discus is legendary. Moreover her elegance, generosity and availability to all has helped elevate female throwing events into a new level of interest amongst the athletics community and beyond. On behalf of the Westfields family, thank you Dani for what you have achieved, for how you have elevated the Westfields Athletics Club, for your generous interaction with all, and most importantly how you have motivated us all. (A complete life history of Dani's athletics career can be found on [westfieldsathletics.com](http://westfieldsathletics.com)).

Once again Covid had an impact on the training and competition throughout the season. No lockdowns this time, however most of our members were affected with Covid isolation or isolation due to affected family members. We were very lucky to hold our first Westfields Athletics Carnival (June 2021) since 2019 however the SSW Region and NSW CHS were cancelled for the second year in a row.

2021/22 was one of our most successful from an International point of view with four of our athletes selected to wear the Australian uniform. Aleksandra Stoilova World U20 Championships & Oceania Championships, Raven Pyda, Bryce Nolan and Rashid Kabba all selected for the Oceania Championships. At the time of writing they came home with 6 Oceania medals and Aleks after withdrawing from Oceania is off to Columbia for the World U20's.

The 2022 Australian Championships was again a brilliant demonstration of WAC's talented athletes with 17 representing NSW winning 8 medals and 16 top 8 finalists. Unfortunately Aleks Stoilova had to sit out resting a hamstring issue. Nevertheless Rashid Kabba successfully defended his National title winning the 110m hurdles as the National champion for the 4th consecutive time. Rashid also took Silver in 100m, Bronze in 200m and Gold in Relay. Alex Goetz won his first ever National title in U16 hammer throw with a massive distance of 60.87 metres. Older sister Molly took the Bronze in the U20 hammer throw, Raven Pyda a Silver medal in 1000m walk and Amelia Darek a Bronze medal in U14 Hammer.



**Above: Rashid winning his 4th consecutive National title**

The NSW Junior Championships saw a 14 medal haul from our squad with State Champion honours going to Rashid Kabba (110 hurdles), Aleks Stoilova (100m), Molly Goetz Gold (hammer throw) & Gold (discus), Zoe Sarris (pole vault). Unfortunately Rashid Kabba had to withdraw from 100m, 200m and long jump, all of which he had won in previous years. However it was the NSW Open Championships where two Westfields athletes created history. Bryce Nolan became only our second Male teenager in History to win an Open State title by winning the Mens Open discus throw. Aleks Stoilova also became the first teenager to medal in the Womens Open 100m.

The NSW All Schools was our most successful in many years with 28 medals making Westfields the Champion School in NSW ahead of Trinity, PLC and Endeavour on 17 medals. Rashid Kabba was the outstanding performer winning Gold medals in 100m, 200m and 110m hurdles, and silver in Long Jump. Alex Goetz had the most impressive individual performance with a NSW All Schools record in the U15 hammer throw.

The State Relays was another WAC success earning 8 medals. The most impressive team being the womens U18 4 x 1500m walk where Ella, Lilly, Isabella, and Ciara won the Gold medal and set a new WAC record of 34.33.89.



# Westfields Athletics Club

## Major achievers 2021/22 season

### 2021 Australian Rankings Open

Dani Stevens	Discus	63.36	no. 1
Aleksandra Stoilova	60m	7.52	no. 6
Aleksandra Stoilova	100 yards	10.97	no. 9
Aleksandra Stoilova	100m	10.72	no. 26
Sarah Ringrose	Hammer	49.25	no.15
Molly Goetz	Hammer	44.28	no. 26
Rashid Kabba	100m	10.72	no. 50
Rashid Kabba	200m	21.80	no. 49

### 2021 Australian Rankings under 20

Aleksandra Stoilova	60m	7.52	no. 3
Aleksandra Stoilova	100 yards	10.97	no. 1
Aleksandra Stoilova	100m	10.72	no. 5
Molly Goetz	Hammer	44.28	no. 14
Rashid Kabba	100m	10.72	no. 10
Rashid Kabba	200m	21.80	no. 23

### 2021 Australian Rankings under 18

Rashid Kabba	110m Hur	13.87	no. 1
Rashid Kabba	100m	10.72	no. 5
Rashid Kabba	200m	21.80	no. 9
Malikye Kessie	60m	7.00	no. 3
Malikye Kessie	100m	10.90	no. 16
Raven Pyda	5k walk	23.54	no. 4
Bryce Nolan	Discus	54.83	no. 3
Bryce Nolan	Shot Put	17.18	no. 8
Shola Adeniran	60m	7.49	no. 2
Shola Adeniran	100m	11.98	no. 7
Aleksandra Stoilova	60m	7.52	no. 3
Aleksandra Stoilova	100 yards	10.97	no. 1
Aleksandra Stoilova	100m	10.72	no. 2
Molly Goetz	Hammer	50.52	no. 12

### 2021 Australian Rankings under 16

Mohamad Hage	1 mile	4.48.97	no. 6
Jai Horton	3000m walk	16.02	no.14
Alex Goetz	Hammer	54.46	no. 3

### 2021 Australian Rankings under 14

Benjamin Long	1 mile	5.46.15	no. 9
Jaxson Horton	3000m road W	17.29.8	no. 14
Jeremiah Kalolo	Shot Put	13.09	no. 20
Zoe Sarris	Pole Vault	2.40	no. 6
Maddison Kernaghan	Hammer	36.09	no. 9
Maddison Kernaghan	Javelin	34.36	no. 10

### 2022 Australian Rankings Open

Bryce Nolan	Discus	46.78	no. 12
Aleksandra Stoilova	60m	7.45	no. 1
Alleksandra Stoilova	100m	11.68	no. 19
Molly Goetz	Discus	44.54	no. 20
Molly Goetz	Hammer	46.93	no. 17

### 2022 Australian Rankings under 20

Bryce Nolan	Shot Put	15.11	no. 8
Bryce Nolan	Discus	50.72	no. 3
Aleksandra Stoilova	60m	7.45	no. 1
Aleksandra Stoilova	100m	11.68	no. 6
Molly Goetz	Discus	44.54	no. 10
Molly Goetz	Hammer	45.87	no. 4

### 2022 Australian Rankings under 18

Rashid Kabba	110m hurdles	13.75	no. 2
Aleksandra Stoilova	60m	7.45	no. 1
Aleksandra Stoilova	100m	10.68	no. 2
Molly Goetz	Discus	44.54	no. 7
Molly Goetz	Hammer	55.87	no. 4

### 2022 Australian Rankings under 16

Alex Goetz	Hammer	60.87	no. 1
Jaxson Horton	3000m walk	17.55.8	no. 21
Ciara Cassilles	300m walk	15.32.1	no. 10
Zoe Sarris	Pole Vault	2.30	no. 13
Maddison Kernaghan	Hammer	36.14	no. 26

### 2022 Australian Rankings under 14

Jaxson Horton	3000m walk	17.55.8	no. 6
Maddison Kernaghan	Hammer	36.09	no. 9
Maddison Kernaghan	Javelin	34.36	no. 10
Ella Van Der Meer	3000m walk	17.31.9	no. 14
Amelia Darek	Hammer	31.62	no. 5

### New Records 2021/22 Season

11yr 1 mile	Shea Cassilles	NSW Milers, The Crest	2021 Club rec	5.11.11
17yr Discus	Bryce Nolan	Walks and Throws, Barden R	2021 School rec	47.17
17yr Discus	Bryce Nolan	Walks and Throws, Barden R	2021 Club rec	47.17
17yr Shot Put	Bryce Nolan	NSW All Schools, SOPAC	2021 School rec	17.16
17yr Shot Put	Bryce Nolan	NSW All Schools, SOPAC	2021 Club rec	17.16
14yr Hammer	Alex Goetz	NSW All Schools, SOPAC	2021 School rec	53.51
14yr Hammer	Alex Goetz	NSW All Schools, SOPAC	2021 Club rec	53.51
14yr Hammer	Alex Goetz	NSW All Schools, SOPAC	2021 Meet rec	53.51
U18 4x100 mix	Kabba, Kessie, Stoilova, Adeniran	Mixed 4x100 NSW Relays, SOPAC	2021 Club rec	44.94
U16 4x100 mix	Jones, Menon, Monzon, Tnokovski	Mixed 4x100 NSW Relays, SOPAC	2021 Club rec	56.69
U18 4x1500 W	Jai Horton, Strahl, Jaxson Horton, Cassilles	4x1500 walk, NSW State Relays	2021 Club rec	32.08.46
U14 4x1500 W	Farrell, Van Der Meer, Twigden, Ruby Kernaghan	4x1500 walk, NSW State Relays	2021 Club rec	32.08.46
13yr 1 mile	Isabella Muc	NSW Milers, The Crest	2021 Club rec	5.45.00
10yr 1100m W	Ella Van Der Meer	Illawong Walks, Barden Ridge	2021 Club rec	6.36.95
10yr 1500m W	Ella Van Der Meer	Illawong Walks, Barden Ridge	2021 Club rec	8.45.44
10yr 3000m W	Ella Van Der Meer	Illawong Walks, Barden Ridge	2021 Club rec	17.31.92
U18 110m Hur.	Rashid Kabba	Australian Championships, SOPAC	2022 Club rec	13.75
U20 10km walk	Raven Pyda	Australian Championships, SOPAC	2022 Club rec	52.54.56
U20 Discus	Bryce Nolan	NSW Throwers Club	2021 Club rec	50.72
18yr Discus (2kg)	Bryce Nolan	NSW Throwers Club	2021 Club rec	46.78
17yr 100m	Aleks Stoilova	Melbourne Track Classic	2022 Club rec	11.68
17yr 100m	Aleks Stoilova	Illawarra Track Challenge	2022 Club rec	11.65w (3.9)
15yr 10km walk	Ciara Cassilles	NSW 10km Walk Champs, SOPAC	2022 Club rec	1.07.40.99





# Westfields Athletics Club

## Major achievers 2021/22 season

### National medallists 2021/22 season

Rashid Kabba	U18	110m hurdles	Gold
Rashid Kabba	U18	100m	Silver
Rashid Kabba	U18	200m	Bronze
Rashid Kabba	U18	NSW 4x100	Gold
Raven Pyda	U20	10,000m Walk	Silver
Raven Pyda	U18	Road walks	Bronze
Alex Goetz	U16	Hammer throw	Gold
Molly Goetz	U20	Hammer throw	Bronze
Amelia Darek	U14	Hammer throw	Bronze
Ciara Cassilles	U16	Road walks	Silver

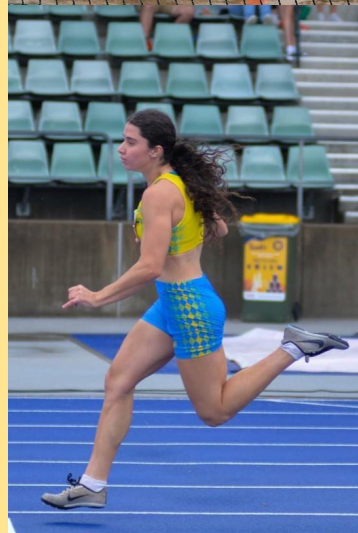
### State Medallists 2021/22 season

NSW Championships (unless otherwise stated)

Rashid Kabba	16	110m hur	All Schools	Gold
Rashid Kabba	16	100m	All Schools	Gold
Rashid Kabba	16	200m	All Schools	Gold
Rashid Kabba	16	Long Jump	All Schools	Silver
Rashid Kabba	U18	110m hur		Gold
Rashid Kabba	17	100m	ACT State	Gold
Rashid Kabba	17	110 hur	ACT State	Silver
Aleks Stoilova	Open	100m		Bronze
Aleks Stoilova	U18	100		Gold
Aleks Stoilova	16	100m	All Schools	Silver
Aleks Stoilova	16	200m	All Schools	Bronze
Malikye Kessie	17	200m	All Schools	Bronze
Jaxson Horton	12	3000m walk	All Schools	Gold
Alex Goetz	14	Hammer	All Schools	Gold
Alex Goetz	U16	Hammer		Silver
Mohamad Hage	15	2000 SC	All Schools	Gold
Raven Pyda	17	3000m walk	All Schools	Gold
Bryce Nolan	Open	Discus		Gold
Bryce Nolan	17	Shot Put	All Schools	Gold
Bryce Nolan	17	Discus	All Schools	Gold
Bryce Nolan	U20	Shot Put		Bronze
Bryce Nolan	U20	Discus		Silver
Le'ati Moefaauo	13	Shot Put	All Schools	Silver
Le'ati Moefaauo	13	Discus	All Schools	Silver
Maddison Kernaghan	13	Javelin	All Schools	Silver
Maddison Kernaghan	13	Bronze	All Schools	Bronze
Ciara Cassilles	14	3000 walk	All Schools	Bronze
Ciara Cassilles	U16	3000m walk		Silver
Audrey Nadaya-Harb	15	Long Jump	All Schools	Bronze
Audrey Nadaya-Harb	15	Triple Jump	All Schools	Bronze
Molly Goetz	16	Shot Put	All Schools	Bronze
Molly Goetz	16	Discus	All Schools	Silver
Molly Goetz	16	Hammer	All Schools	Silver
Molly Goetz	U18	Shot Put		Bronze
Molly Goetz	U18	Discus		Gold
Molly Goetz	U18	Hammer		Gold
Shola Adeniran	17	100m	All Schools	Gold
Amelia Darek	U14	Hammer		Silver
Isabella Farrell	U18	3000m walk		Bronze
Zoe Sarris	U14	Pole Vault		Gold
Destiny McGoon	U18	400m		Bronze

### Relay Championships State medallists

Mixed U18 4 x 100m	Aleks, Rashid, Shola, Malikye	Silver
Male U18 4x1500 walk	Jai, Caleb, Jaxson and Ciara	Bronze
Fem U18 4x1500 walk	Ella, Lilly, Isabella F and Ruby K	Gold
Male U18 4xDis	Bryce, Emillio, Jake & Cameron	Silver
Male U14 4xDis	Maddison, Jayden Tran, Jaxson, Fui	Bronze
Fem U18 4x100	Charlize, Aleks, Destiny, Shola	Silver
Male U18 4x100	Jake, Rashid, Cameron, Malikye	Silver



# Complete 2022/2021 season results

## Club Nitro Challenge 6/11/21

**Senior male (835 points 1st)** Cameron Banovich M sen 60m 7.60 (1.4), Jake Masters 400m 54.30, Rashid Kabba 110m hurdles 14.04 (0.1), Jai Horton 1000m 3.07.68, M sen 2x800 Baptist, Hage 4.18.81, 100x300x200x400 Kessie, Masters, Kabba, Baptist 2.06.38, Malikye Kessie HJ 1.70, Malikye Kessie LJ 6.51 NWI, Bryce Nolan SP 16.50 5kg, Jake Masters J.T. 42.28.

**Senior female (465 points 5th)** Aleks Stoilova 60m 7.62 (0.6), 3.28.60, Olivia Pyda 400m 64.189, Marissa Tnokovski 100m hurdles 21.45 (-1.2), 2x800 Cassilles, I Baptist 5.19.34, 100x300x200x400 Adeniran, Alizart, Stoilova, McGoon 2.25.74, Marissa Tnokovski HJ NH, Destiny McGoon 4.90 NWI, Molly Goetz SP 12.94 (3kg), Molly Goetz 21.22

**Junior male (630 points 5th)** M jun 60m Joshua Jones 7.94 (0.9), Alex Goetz 150m 18.49 (0.3), Ben Long 800m 2.19.51, 4x100 Best, Jones, Kalolo, Goetz 55.81, 2x800 Horton, Westwood 5.36.73, Koben Best LJ 4.70 NWI, Jeremiah Kalolo SP 12.28, Alex Goetz JT 40.15,

**Junior female (530 points 5th)** Amelia Darek F jun 60m 9.31 (0.0), Zoe Sarris 150m 22.66 (0.7), Isabella Muc 800m 2.35.84, 4x100 Sarris, Moefaauro, Talbot, Darek 57.59, 2x800 Muc, Van Der Meer 5.47.08, Le'ati Moefaauro LJ 4.47 NWI, Le'ati Moefaauro SP 11.21, Maddison Kernaghan JT 31.69,

## NSW Throwers 7/11/2021

Maddison Kernaghan HT 30.37 3kg, DT 26.23 1kg, SP 10.67 3kg, Le'Ati Moefaauro DT 1kg 35.01, SP 11.13 3kg, Bryce Nolan DT 1.5kg 52.23, SP 16.32 5kg, Emillio Martinez DT 44.31 1kg, SP 11.58 (4kg)

## NSW 3000m Championships and supporting events 13/11/2021

Ella Van Der Meer 3000m 12.27.32, Lilly Twigden 3000m 13.57.73, Brett Mathison 14.11.89, Shea Cassilles 3000m 10.29.79, Ben Long 3000m 10.32.80, Rhys Wakeham 3000m 10.58.34, Caleb Strahl 3000m 10.32.02, Mohamad Hage 3000m 9.37.90, Isabella Muc 3000m 11.04.39, Ciara Cassilles 3000m 11.09.62.

Rashid Kabba 110m hur 14.37 (-0.8), Kunal Menon 100m hur 17.43 (-1.0), Isabella Baptist 400m 69.95, Madeline Baptist 400m 76.32, Lachlan Baptist 400m 55.25, Ben Westwood 400m 72.46, Koben Best TJ 9.79 (1.7), Ciara Cassilles 3000m walk 15.48.21, Jai Horton 3000m walk 16.19.28, Jaxson Horton 3000m walk 17.29.80.

## State Relays 20-21/11/2021

Day 1 results:

Mixed U18 4 x 100m	Aleks, Rashid, Shola, Malikye	44.94	Silver (rec)
Male U18 4x1500 walk	Jai, Caleb, Jaxson and Ciara	32.08.46	Bronze (rec)
Fem U18 4x1500 walk	Ella, Lilly, Isabella F and Ruby K	34.33.89	Gold (rec)
Male U18 4xDis	Bryce (54.83), Emillio (39.01), Jake & Cameron		Silver
Male U14 4xDis	Maddison, Jayden Tran, Jaxson, Fui		Bronze
Fem U18 4xDis	Molly (40.24), Maddison K, Mikayla, Destiny		5th
Male Open 4x200	Rashid, Zac, Jake & Malikye	1.31.07	6th
Fem U14 4x800	Isabella B, Lilly, Ruby K & Isabella M.	11.32.56	7th
Male U14 4x800	Shea, Ben W, Rhys, Ben L.	10.08.84	6th
Mixed U16 4x100	Joshua, Kunal, Charlize & Marissa	56.69	6th (rec)

Day 2 results

Female U18 4xLJ	Charlize, Marissa, Aleks, Destiny	17.63	9th
Fem U16 4x800	Madeline, Isabella M, Olivia, Ciara	11.03.68	6th
Fem U18 4x100	Charlize, Aleks, Destiny, Shola	51.11	Silver
Male U18 4x100	Jake, Rashid, Cameron, Malikye (43.38)	44.05	Silver
Male U18 LJ	withdrawn.		
Mixed 4kg Hammer	Alex G 53.76, Molly 42.54, Emillio 25.05, Maddi K 25.75	147.10	Bronze rec

Fem U18 4x400m withdrawn

U14 Male LJ U14 Fui, Jeremiah, Koben, Ben W.

Fem U14 4xLJ Amelia, Zoe, Ruby T, Maddison K.

Male U14 4x1500 Shea, Ben W, Rhys, Ben L. 21.14.92 7th

Male U18 4x1500 Mohamed, Jai, Cahl, Lachlan 19.29.37 4th

## Illawong High Velocity meet 1, Barden Ridge 27/11/2021

Rashid Kabba 100m 10.72 (3.7), 200m 22.28 (1.7), Malikye Kessie 10.85 (3.5), Alex Goetz 100m 11.96 (3.5), 200m 25.94 (1.5), Kunal Menon 12.25 (3.5), 200m 25.81 (2.0), Joshua Cocks 400m 58.16.

Aleks Stoilova 100m 11.72 (1.5), Shola Adeniran 100m 12.51 (1.2), Ruby Talbot 100m 15.35 (2.3), 200m 32.68 (1.4), Destiny McGoon 400m 64.25.

## **NSW All Schools, SOPAC 9/12/2021**

Koben Best B12 100m h 7th 13.92 (-0.9). Koben Best B12 200m h 4th 28.09 (1.6). Koben Best B12 Triple jump. 9th 9.65 (1.4). Koben Best B12 Long Jump 12th 4.53 (0.6). Koben Best B12 80m hur h 5th 14.72 (-2.8) final 10th 14.68 (-0.6). Jaxson Horton B12 3000m walk Gold 17.33.79. Ben Westwood B12 800m h 7th 2.37.30. Ben Westwood B12 1500m h 13th 5.25.74. Jayden Tran B12 Shot put 7th 7.66. Jayden Tran B12 Discus 7th 29.37. Ben Long B13 800m h 3rd 2.17.43, final 6th 2.14.83. Joshua Jones B14 100m h 5th 12.48 (-0.3). Ben Long B13 1500m h 5th 4.33.36, final 7th 4.40.07. Alex Goetz B14 100m h 4th 12.18 (-0.6). Alex Goetz B14 200m h 6th 25.03 (1.3). Alex Goetz B14 Discus throw 8th 42.22. Alex Goetz B14 Hammer throw Gold 53.51 (MR). Kunal Menon B15 100m h 5th 12.34 (0.2). Kunal Menon B15 200m h 7th 25.50 (0.4). Kunal Menon B15 100m hurd 6th 15.04 (-2.5). Mohamad Hage B15 1500m h 6th 4.25.85, final 6th 14.28.24. Mohamad Hage B15 2000m Steeple Gold 6.45.15. Jai Horton B15 3000m walk 4th 17.25.21. Jai Horton B15 1500m h 15th 4.57.04. Adam Arduin B15 Javelin throw 11th 32.46. Emillio Martinez B15 Shot put 9th 10.56. Lachlan Baptist B16 800m h 5th 2.05.78. Rashid Kabba B16 100m h 1st 11.13 (-1.2), final Gold 10.92 (-1.2). Rashid Kabba B16 200m h 1st 22.72 (-0.3), final Gold 22.43 (-2.3). Rashid Kabba B16 110m hurdles Gold 14.12 (-0.7). Rashid Kabba B16 Long jump Silver 6.43 (0.3). Cameron Banovich B16 100m h 5th 11.75 (-1.1). Cameron Banovich B16 200m h 3rd 23.69 (0.8). Lachlan Baptist B16 400m h 5th 53.23. Lachlan Baptist B16 800m h 5th 2.05.78. Emillio Martinez (15) B16 Discus 4th 40.21. Jake Masters B17 100m h 6th 12.13 (-2.0). Jake Masters B17 200m h 6th 23.89 (0.8). Malikye Kessie B17 100m h 2nd 11.42 (-2.7) final 4th 11.21 (-2.1). Malikye Kessie B17 200m h 3rd 22.72 (-0.1), final Bronze 22.49 (0.2). Raven Pyda B17 3000m walk Gold 26.36.85. Bryce Nolan B17 Discus throw Gold 52.51. Bryce Nolan B17 Shot put Gold 17.16. Isabella Baptist G12 800m h 12th 2.45.50. Isabella Muc G12 1500m h 6th 5.10.63. Isabella Muc G12 800m h 4th 2.34.87. Ruby Rose Talbot G12 100m h 8th 14.28 (0.2). Ruby Rose Talbot G12 200m h 8th 30.11 (NWI). Ruby Rose Talbot G12 Long jump 16th 3.86 (3.1). Amelia Darek G12 100m h 10th 14.92 (0.2). Amelia Darek G12 Long jump 18th 3.75 (0.7). Amelia Darek G12 Shot put 11th 8.16. Amelia Darek G12 Discus 12th 24.81. Amelia Darek G12 Javelin 5th 24.02. Ruby Rose Talbot G12 100m h 8th 14.28 (0.2). Le'ati Moefaaauo G13 Triple jump 9th 9.70 NWI. Le'ati Moefaaauo G13 Shot put Silver 11.12. Le'ati Moefaaauo G13 Discus Silver 35.02. Maddison Kernaghan G13 Shot put 6th 10.18. Maddison Kernaghan G13 Discus 14th 26.23. Maddison Kernaghan G13 Javelin throw Silver 34.36. Maddison Kernaghan G13 Hammer throw Bronze 36.05. Zoe Sarris G13 Pole Vault Gold 2.40m. Ciara Cassilles G14 1500 26th 5.10.65. Ciara Cassilles G14 3000m 22nd 10.56.72. Ciara Cassilles G14 3000m walk Bronze 15.18.68. Olivia Pyda G15 800m h 4th 2.29.50 8th 2.36.28. Charlize Monzon G15 Long jump N.D. Charlize Monzon G15 Triple jump 6th 9.71 (0.3). Mikayla Osgood G15 Discus throw 9th 29.42. Marissa Tnokovski G16 100m H 7th 14.19 (-1.5). Marissa Tnokovski G16 Long jump 12th 4.03 (0.8). Aleks Stoilova G16 100m h 1st 12.26 (-1.4) final Silver 12.19 (-2.6). Aleks Stoilova G16 200m h 2nd 25.57 (1.4) final Bronze 24.77 (-0.2). Destiny McGoon G16 200m h 3rd 26.79 (1.4) 9th 26.53 (-0.2). Destiny McGoon G16 400m H 2nd 60.39 final 5th 59.62. Destiny McGoon G16 Long jump 9th 4.85 (1.6). Olivia Pyda G16 h 5th 1.17.74. Molly Goetz G16 Shot Put Bronze 13.41. Molly Goetz G16 Discus Silver 39.49. Molly Goetz G16 Hammer throw Silver 48.10. Shola Adeniran G17 100m H 1st 12.94 (-3.9). Gold 12.63 (-3.7). Ava Honore G17 800m Bronze 2.12.60. Ava Honore G17 1500m 4th 4.43.07. Alexandra Alizart G19 200m 6h 27.38 (-1.1)

## **Illawong Walks & Throws, Barden Ridge 18/12/2021**

Ella Van Der Meer 1100m walk 6.36.95, 1500m walk 8.45.44, Ciara Cassilles 1500m walk 8.36.27, 5000m walk 32.35.76, Raven Pyda 5000m walk 30.12.11, Jai Horton 5000m walk 32.35.76, Isabella Farrell 1500m walk 8.02.36, Lilly Twigden 1500m walk 9.08.50, Bryce Nolan SP 5kg 15.75, DT 1.75kg 47.17.

## **NSW Milers, The Crest 18/12/2021**

Alexandra Alizart 400m 62.00, Lachlan Baptist 400m 52.23, Ben Westwood 800m 2.37.30, Ben Long 800m 2.14.80, Caleb Strahl 800m 2.09.90, Isabella Baptist 800m 2.34.10, Madeline Baptist 800m 2.40.10, Shea Cassilles 1 mile 5.11.11, Isabella Muc 5.45.00.

## **NSW All Comers, SOPAC Warm Up 18/12/2021**

Rashid Kabba 100m 10.74 (0.8), 110m hurd 13.94 (1.9), Malikye Kessie 11.14 (0.8), Kunal Menon 100m 12.20 (1.6), 100m Hurd 14.98 (-0.3), Zac Zaineddine 100m 11.18 (1.9), Alex Goetz 100m 12.30 (0.9), HT 54.46, Cameron Banovich 12.43 (0.3), Koben Best 100m 14.03 (0.6), Destiny McGoon 200m 26.22 (0.6), LJ 5.19 (1.6), Charlize Monzon LJ 4.72 (0.0), TJ 9.59 (-0.5), Molly Goetz HT 4kg 47.66.

## **Illawong High Velocity meet 2, Barden Ridge 8/1/2022**

Rashid Kabba 100m 11.14 (-1.3), 200m 22.06 (-1.4), Zac Zaineddine 100m 11.37 (-2.0), Cameron Banovich 100m 12.04 (-2.2), Aleksandra Stoilova 100m 12.24 (-0.7), Marissa Tnokovski 100m 14.35 (-2.1), 200m 29.70 (-1.4), Destiny McGoon 200m 27.24 (-2.1), LJ 4.79 (-2.3).

## **NSW 10000m racewalk Championships, Barden Ridge 15/1/2022**

Lilly Twigden 1500m walk 9.13.56, Isabella Farrell 3000m walk 17.17.66, Ella Van Der Meer 3000m walk, 17.31.92, Jaxson Horton 3000m walk 17.55.80, Jai Horton 5000m walk 31.26.07, Ciara Cassilles 10000m walk 1.07.40.99, Raven Pyda 10000m walk DNF.

## **NSW 60m Champs, Illawarra Track Challenge, Kerryn McCann AC 15/1/22 (incomplete - cancelled - wild storm)**

Joshua Jones 60m heat 5th 7.96 (2.8), Aleksandra Stoilova 60m heat 1st 7.52 (2.8), 100m 11.65 (3.9), Rashid Kabba 60m heat 1st 7.10 (1.3) 100m 10.78 (2.3), Cameron Banovich 60m heat 4th 7.37 (1.3), Shola Adeniran 60m heat 2nd 7.89 (1.6), Malikye Kessie heat 3rd 7.07 (1.6), Destiny McGoon 100m 13.08 (1.9), 400m 61.72, LJ 4.85 (1.6), Lachlan Baptist 400m 54.18, Molly Goetz 100m 14.82 (2.9), JT 20.80, Alex Goetz JT 30.50.



## **ACT Open, U20 Champs & individual events.**

Aleks Stoilova Open 100 heat 11.8 (0.7) WU20Q, final 12.22 (-1.7), Rashid Kabba U20 100 11.05 (-0.7), final 10.99 (-0.8), 110 hurd 13.99 (0.4), Bryce Nolan Open U20 SP Silver 14.26, U20 DT Gold 50.36.

## **Elzy Wellings 1000m, Sutherland 29/1/2022**

Alexandra Alizart 200 26.91 (3.0), Ella Van Der Meer 1000 3.31.93, Shea Cassilles 1000 3.06.57, Caleb Strahl 1000 2.45.87, Emillio Martinez DT (1.5kg) 37.32,

## **Campbelltown Night of Sprints 5/2/2022**

Alex Goetz 100 12.05 (12.1), HT 4kg 54.82, Maddison Kernaghan SP 10.29, HT 3kg 32.92, Molly Goetz SP 3kg 12.81, HT 3kg 53.35, Cameron Banovich 100 11.49 (5.1), LJ 6.27 (5.9), Jakob Masters 100 11.58 (3.1), 200 24.17 (-1.0) LJ 6.05 (3.6), Rashid Kabba 100 10.98 (1.3), LJ 6.22 (4.0), Zac Zaineddine 100 11.02 (1.8), Malikye Kessie 11.34 (1.2), Aleks Stoilova heat 100 11.72 (2.5), final 11.76 (2.8), Shola Adeniran 100 12.42 (1.2), Destiny McGoon 100 12.83 (-0.1), 200 26.27 (-1.6), Ruby Kernaghan 100 14.23 (2.0), 200 30.33 (-3.2), 400 1.06.65,

## **Illawong Track Challenge, Barden Ridge, 12/02/2022**

Rashid Kabba 100m 10.89 (0.5), 110m hurdles 14.73 NWI, Aleksandra Stoilova 10.92 (0.0)

## **NSW Open & U23 Championships, SOPAC, 18-20/02/2022**

Aleksandra Stoilova 100m heats 1st 12.05 (-0.9), Semis 2nd 11.76 (-0.4), Final Bronze 11.73 (1.1), Zac Zaineddine Heats 11.19 (-1.0), 200m Heats 22.32 (-1.0), Bryce Nolan Discus Gold 46.18, Raven Pyda 500m walk 26.26.38 7th, Ciara Cassilles 5000m walk 10th 27.43.67, Audrey Nadaya-Harb TJ 11th 10.60 (0.6), LJ 17th 4.80 (1.3), Molly Goetz 6th 46.93.

## **NSW Junior Championships, SOPAC, 25-27/02/2022**

Rashid Kabba U18 110m hurdles Gold 13.87 (-0.7), Kunal Menon U17 110m hurdles 4th 15.92 (-1.8), 100m 18th 12.37 (0.2), 200m heat 16th 25.02 (0.2), Koben Best U14 90m hurdles 7th 15.33 (-0.3), 100m heat 15th 13.73 (-0.7), U14 TJ 5th 10.17 (1.1), LJ 7th 4.74 (1.9), Amelia Darek U14 80m hurdles 14th 14.83 (-0.9), 100m heat 28th 14.45 (0.3), U14 Pole Vault NH, HT Silver 29.81, U14 JT 7th 24.80, DT 8th 24.52, Ruby Kernaghan U14 400m heat 63.75, Final 5th 63.56, 100m 24th 14.02 (1.7), 200m 19th 28.78 (-0.1), Isabella Muc U14 1500m 5th 4.58.06, 800m 11th 2.28.00, Ruby Rose-Talbot 400m U14 70.04 13th, Isabella Farrell U18 3000m walk Bronze 29.12.76, Molly Goetz U18 Hammer Gold 54.85, U18 SP Bronze 13.08, Discus Gold 44.54, Audrey Nadaya-Harb U17 Long Jump 4.98 (-0.5), U17 TJ Bronze 10.52, Zoe Sarris U15 Pole Vault Gold, 2.30, Ruby-Rose Talbot U14 LJ 12th 3.68 (0.0), 100m 26th 14.34 (0.6), 200m 23rd 29.70 (-0.2), Alex Goetz U16 HT Silver 11.08, 100m 15th 12.29 (-0.9), DT 6th 47.08, Destiny McGoon U18 LJ 7th 4.73 (0.0), Maddison Kernaghan U15 HT 5th 36.14, U15 JT 4th 30.85, DT 12th 25.83, Jaxson Horton U14 3000m walk DQ, Ciara Cassilles U16 3000m Walk Silver 15.32.04, Aleksandra Stoilova U18 100m heat 12.02 (-0.2), Final Gold 11.82 (0.4), Cameron Banovich 100m 11.82 heat 21st (-0.3), LJ 7th 6.11 (0.0), Shola Adeniran U20 100m heat 1st 12.40 (0.0), Final DNS, Jake Masters U20 100m 36th 12.21 (-0.9), Isabella Baptist U14 1500 18th 5.42.97, Benjamin Long U15 1500m 10th 4.57.62, 800m 8th 2.13.43, Fui Aukafolau heat 20th 100m 14.15 (-0.4), Jayden Todoroski U14 100 heat 13.01 (-0.7), Final 5th 13.06 (-0.1), 200m heat 26.49 (-0.3), Joshua Jones U16 100m 23rd 12.58 (-1.4), 200m heat 20th 25.36 (-0.5), Jai Horton U17 1500m 12th 4.47.63, Destiny Moon U18 400m Bronze 58.87, 200m 6th 26.20 (-1.4), Bryce Nolan U20 SP Bronze 15.11, Discus Silver 49.52, Shea Cassilles U14 800m 17th 2.22.91, Ben Westwood U14 800m 26th 2.38.62, Olivia Pyda U17 800m 12th 2.29.76, Caleb Strahl U20 800m 16th 2.10.53, Akeem Kabba U14 LJ 10th 4.30 (1.5).

## **Illawong High Velocity, Barden Ridge, (5/03/2022**

Cameron Banovich 100m 11.54 (0.9), LJ 5.73 (1.8), Akeem Kabba 100m 14.14 (1.0), 80m hurdles 14.05 (1.0), LJ 3.78 (2.2), Destiny McGoon 200m 25.93 (0.1), LJ 4.93 (1.5), Renae Dehn LJ 3.75 (1.4), Jayden Todoroski 100m 12.96 (0.6), 200m 26.34 (0.9), 80m hurdles 13.01 (1.0), Koben Best 90m hurdles 14.99 (1.5), Aleksandra Stoilova 100m 11.76 (2.0),

## **Sydney Track Classic SOPAC 12/03/2022 -& NSW 60m Championships**

Zac Zaineddine Open 60m NSW Champs 'B Final' 5th 7.07 (1.5), Aleksandra Stoilova U18 NSW 60m Championships Gold 7.41 (1.5), Syd Track Classic Open 100m 7th 11.75 (0.3), Shola Adeniran U20 NSW 60m Championships Gold 7.62 (1.3), Syd Track Classic TTP 100m 5th 12.22 (-0.8), Rashid Kabba Syd Track Clasic TTP 100m 2nd 11.91 (-0.4), Bryce Nolan Syd Track Classic Open Discus 3rd (1.75kg) 49.58.

## **Melbourne Track Classic 19/03/2022**

Aleksandra Stoilova 100m second Time Trial =2nd 11.68 (1.2).

## **Australian Championships SOPAC 26/3 - 3/4 / 2022**

Molly Goetz U20 HT Bronze 45.95, U18 DT 9th 37.04, U18 HT 4th 55.87. Destiny McGoon U18 400m heat 5th 61.11, Final 8th 60.57, 400m hurdles heat 3rd 67.45, Final 7th 67.76. Ciara Cassilles U18 5000m walk 8th 27.35.37, U16 3000m walk 8th 15.44.73. Isabella Farrell U18 5000m walk 14th 29.22.12. Audrey Nadaya-Harb U17 LJ 14th 5.00 (-2.3), U17 TJ 14th 11.03 (0.0). Zoe Sarris U15 PV =4th 2.30. Maddison Kernaghan U15 HT 10th 34.71, U15 JT 15th 30.00. Isabella Muc U14 3000m (15th overall) 15.01.81, Amelia Darek U14 HT Bronze 31.62. Bryce Nolan Open DT 5th 46.78, U20 4th 49.95. Raven Pyda U20 10000m walk Silver 52.54.56. Rashid Kabba U20 100m heat 4th 10.99 (-0.6), U18 100m heat 2nd 10.94 (-2.1), Final Silver 10.95 (-2.9), U18 200m heat 22.34 (-1.1), Final Bronze 21.97 (-1.1), U18 110m hurdles heat 13.75 (-0.8), Final 13.78 (-1.6), 4x100 2nd leg Gold 41.44, U18 LJ 11th 6.36 (0.5). Kunal Menon U17 100m hurdles heat 6th 16.12 (-0.9), Alex Goetz U16 DT 6th 47.81, HT Gold 60.87. Benjamin Long 800m heat 10th 2.19.90. Koben Best U14 90m hurdles heat 6th 14.98 (-0.7). Jaxson Horton U14 3000m walk 5th 17.10.02.

# The 2022 Westfields Athletics Club Presentation Night

130 athletes, coaches, guests, relatives and friends packed the Canley Heights Function room on Wednesday 11th of May. By all feedback received we celebrated probably the best function in the 31 year history of the club. Just over \$7000 in prizemoney and athlete representative assistance was handed-out. Our Special Guest was Aaron Warburton (Chief Executive Officer) of the Canterbury Bulldogs. Aaron was in the Westfields Sports Athletics Program. He was part of our most successful ever team in 2000 when at the Australian All Schools when we won 30 National medals and set 3 Australian records all the one meeting. Aaron was part of our Australian record breaking 4x100m relay team. He was also the NSWCHS champion for high jump as a 15 year old.

Aaron spoke brilliantly displaying his feelings, "It is great to see the fires are still burning". His reference was towards the passion of the 'Westfields family' and how it still exists. Aaron's generosity in attending the function was not realised until after when it was revealed he had cancelled his flight to Brisbane for the 'Magic Round NRL weekend'. He had to fly out early the morning after presentation night (7.00 am flight) and attend 7 hours of meetings with all NRL CEOs that day. Furthermore he must have had heavily weighing in the back of his mind the fact he knew of the pending sacking of Canterbury's coach that weekend. With all that going on he accepted my invitation to attend the Westfields Presentation. As proof Aaron is still a member of the Westfields Family I recall the day the media announced he had been chosen as the new Canterbury Bulldog's CEO. I immediately rang him and the first thing he said when he picked up the phone was " Such, before you say anything I just want you to know my phone has been ringing constantly since the announcement. I have only picked-up twice, once for my mum and once for you".



Above Left: Bryce Nolan winner of Adhemar Ferreira da Silva Scholarship with Rosemary and Wilf Mula, and the Vice Consul General of Brazil his excellency Leonardo Robello.

Above: 2000 Australian All Schools (Aaron 2nd from left) with Fabrice Lapierre, Scott Burriss and Joven Clarke. They set a new Australian All Schools record for 4x100m.

Left: Aaron Warburton (CEO Bulldogs) with Hayley Butler, Sharyn Dickson and Such.





## **Guests:**

**The Vice Consul General of Brazil, his excellency Leonardo Rabelo**

**The Chief Executive Officer of the Canterbury Bulldogs, Mr Aaron Warburton**

**The Principal of Westfields Sports, Mr Andrew Rogers**

**Westfields Director of Sport, Mrs Joanne Kenny**

**Westfields Sports Deputy Principals, Mr Dave Barret, Miss Daniela Zanet, Miss Carol Gajic and Mr Alex Larkin**

**Our Scholarship founders Rosemary and Wilf Mula**

**President of Club Liverpool, Mr Dallas Stewart**

**Vice President of Club Liverpool Mr Brian McCormack**

**Representatives of Holroyd Little Athletics Club Rob, Maree and Aino**

**Steve Want our long time sponsor and supporter Sportsfactory**

**Olympian Karyne Di Marco and Breanne Clement**

**Life members Sharyn Dickson, Hayley Butler, Paul Stickler, Kyle Alexis, Christie Baker.**

**Our coaches Shane Castlereagh, Denis Knowles, Christie Baker, Brett Mathison**

**Our club executive Sharyn Dickson, Danielle Banovich, Kyle Alexis, Janet Stickler and Brett Mathison**

**All our brilliant athletes of whom you will be hearing more about tonight**

**And last but not least the parents, relatives and friends who have supported Westfields and its athletes this season.**

## **Award Winners**

### **Achievement Awards - presenters Kyle Alexis, Paul Stickler**

#### **Alizart, Alexandra**

Alexandra was a multiple state medalist over the 400m and a 200m finalist last season and finished 2021 off running at Nationals over the 200m & 400m. This season however, was a difficult one with so much isolation from COVID and the HSC exams to work through, Alex changed her focus to maintaining fitness. Alex has taken some time off, is now settled into her course and is training consistently working on the winter fitness. Alex is working with Brett and Hayden and is now focusing on building strength in the gym. We are looking forward to the 2022-2023 season ahead.

#### **Baptist, Isabella**

Isabella is in her 2nd year at Westfields Athletics and has battled interruptions with COVID and isolation. She raced consistently over the summer period improving each race running a number of times just outside her personal best. Isabella had a strong run at the NSW All Schools in the 800m and made the State Little Athletics Championships. Unfortunately the summer season was a tough one for Isabella and the family and they now look towards the new year and winter season ahead.

#### **Baptist, Lachlan**

Lachlan has battled the 2021 winter with a bulging disc. He looked to be finally over the injury and ready to go for the summer track season. Lachlan opened the season with some strong runs at the State relays then just missed his PB over 400m in his first track meet. At the NSW All Schools Championships Lachlan ripped more than 2 sec off his 400m PB running a 53sec and he then ran another big PB in the 800m. Unfortunately Lachlan's season ended abruptly with a big injury that he is still working through. Hopefully Lachlan will be back running with Brett's squad soon and they can have a big season ahead.

#### **Baptist, Madeline**

Madeline is into her 3rd year at Westfields and it has again been affected by COVID and isolation. In the early part of the season Madeline was involved in all the school and club relays and ran very close to Personal Best times. With some very difficult times over the summer and end of the athletics season it has given Madeline time to refocus and begin her winter training. We look forward to big summer athletics season ahead.

#### **Best, Koben**

Representing Westfields on 6 occasions throughout the season Koben was a finalist at the 2022 NSW Junior Championships in the U14 90m hurdles and qualified to represent NSW at his first ever National Championships. He just missed out on making the National final on times, however his performance in the rain and into a headwind was a personal best time and a great way to end a very successful season.

### **Cassilles, Shea**

Shea is one of the 'young guns' who has been working with Bretts squad the last few years and has exploded into the senior races wearing the Westfields fluro Singlet. Shea finished off the winter season winning a Bronze medal at the NSW Novice State Cross Country. COVID lock down was the perfect opportunity to train with his siblings and he came out fit and ready to race. Shea helped Westfields Athletics Club in the State relays and then he went on to race 6 x 800m races for 5 Personal Best performances and also running 3 x PB's over the 1500m. Shea's two best performances was a big win and PB over 800m at the NSW milers Club and then lining up at the NSW open 3000m championships as an 11yr old racing against all ages producing a 10.29 3km the 3rd fastest time for his age. We look forward to Shea joining Westfields Sports High School in the year ahead.

### **Dehn, Renae**

Renae has been with our club for ten years and you will be hearing a little more about that later in the evening. Having just graduated Wollongong University as a school teacher the past 4 years have made it difficult for her to come up to Sydney and compete. Despite the difficulties of juggling study and sport nevertheless Renae has each of those years travelled up to Sydney to represent WAC wherever and whenever she could. She is an asset to our club and a great role model for our younger athletes.

### **Jones, Joshua**

Joshua is clearly the most supportive athlete in our club. His care of others is exceptional. The second he sees one of his team members in need he jumps to their side and offers to assist. As teachers we are discouraged to give characterisations in reporting, but with Joshua it is impossible to describe him without including all of the old school attributes. He is polite well spoken, well mannered, etc, etc. But more important than that he is one of our top sprinters. He last season gained national rankings in the 100m and 60m sprints. Trying to repeat that this season extremely difficult with most competitions being held in the pouring rain or severe winds. Despite that he produced personal best times in both 100m and 200m.

### **Kabba, Akeem**

New to the Westfields Athletics club Akeem started competing for the Club after he arrived in year 7 this year. With only a few weeks left in the season he competed at all opportunities including finishing in the final of the U14 long jump at the NSW Junior Championships competing against athletes one year older than him. More significantly he qualified to compete at State Little A's in 100m, 200m and 80m hurdles. He made the final in the hurdles and was a favourite on times to be amongst the medallists. Unfortunately hitting many of the hurdles a medal eluded him. The exciting news is according to his long jump coach Shane, he has the potential to become a better long jumper than his older brother.

### **Long, Benjamin**

Ben has continued to build on his first year at Westfields handling lockdown with ease ensuring he completed all training sessions and being super consistent which had Ben ready to race as soon as restrictions were eased. At the NSW State 3km Championships Ben ripped 19sec off his Personal best benefiting from racing against the older athletes. Ben grabbed his first opportunity to qualify for the Australian Athletics Championships quickly dropping his 800m time from 2.25 down to 2.19. At the NSW All Schools Champs Ben had his break out performances running the 800m heats with a 2sec PB then running another 3sec PB in the 800m final for 6th place and a 2.14 time! Ben was not finished, pushing the pace in the 1500m heats dropping a 28sec PB, just missing the National Qualifier. Ben placed 7th in the final. Ben raced consistently and hard all season being super competitive knowing he is now a state finalist. Ben again lowered his best 800m time at the NSW juniors this year to 2.13 placing 8th in the final and running another National Qualifying time. After his first year at Westfields Ben got his opportunity to represent NSW at the National Athletics Champs, unfortunately after almost 3 weeks in isolation with COVID he was not at his best. We look forward to this winter Cross Country season ahead. Congratulations Ben.

### **Muc, Isabella**

Isabella follows Bretts coaching program to the T and this consistency has helped her on the way to an amazing first full season. Isabella opened up the summer season with a 20sec PB in the 3000m just missing the National Qualifying time. At the NSW All Schools Isabella ran 6th in the 1500m final in a 9 sec PB then backed this up with a 800m PB. Isabella ran the NSW State Little Athletics Champs placing 4th in the 3000m and 4th in the 1500m. Isabella's big break through of the season came at the NSW State Junior Champs where she ran 11th in a 5 sec personal best over the 800m just missing the National Qualifier. But Isabella nailed it in the 1500m running with the front girls placing 5th and smashing her PB and getting the National Qualifier. Isabella finished the season representing NSW at the Australian Athletics Championships over the 1500m in her first season. We believe her first state medal is just around the corner. Congratulations

### **Pyda, Olivia**

Olivia has raced consistently this season and has performed well. She was a NSW All Schools 800m finalist and had her first opportunity to try the 400m hurdles. Olivia also ran a 2 sec PB in 400m at the NITRO event. We look forward to big winter of consistent training for Olivia to get back to her best.

### **Ringrose, Sarah**

As one of Westfields greatest ever athletes we are very fortunate to still have her as a member of our club after 10 years. During her years at school Sarah was ranked the number one hammer thrower in Australia every year and was the undefeated National Champion. Recent injuries and operations have slowed her progress. Sarah has expressed an interest to resume her career in the sport and we wish her all the best.



### **Talbot, Ruby Rose**

Ruby Rose is one of our most regular and dedicated trainers. She works hard at improving her times and that she has done successfully this season. She is very supportive of her team mates. As an athlete I see much potential in her future. She has improved her technique over the past 12 months and is turning into a fine sprinter/jumper.

### **Todoroski, Jayden**

Only just having joined Westfields this season Jayden did not have many opportunities to compete for our club, but when he did it was sensational. Particularly at the NSW Junior champs where he competed in the U14 age group as a 12 year old and missed medalling against the older athletes by the closest of margins. At the NSW Little A's State champs he won the 100m and 200m sprint double and finished second in the hurdles for a 3 medal haul.

### **Tnokovski, Marissa**

This young lady is an exciting all round talent who can sprint, hurdle, high jump, long jump and triple jump. She is a brilliant team player as was evident at last years Nitro Knockout when she gladly went in events that were not her favourites to ensure we scored points. She has speed, coordination and much determination. Despite numerous niggling injuries throughout the season she nevertheless performed extremely well and I know the upcoming school season will see her achieve her goals.

### **Vander Meer, Ella**

Ella is one of Brett's 'Young Guns' who is in primary school, year 6 and has been working in his squad for a number of years. This was her first season in the Westfields Athletics Club Seniors and she didn't disappoint. Ella worked consistently all lock down building a huge race walking and running base, meeting up with other squad members where she could. When racing resumed after lockdown Ella won Silver at the NSW Winter race walking carnival then she won her first State Title, Gold at the NSW Winter Race Walks. Ella headed to Canberra where she won Silver in the U12 Federation National Winter Road Walk Champs in her first visit. Ella hit the summer track season running NITRO for the club over 800m ripping 10sec off her PB then backed this up but a week later running another 10sec PB over 800m winning at the Sutherland Track meet dropping to 2.41. Ella walked with all the senior Westfields athletes as a 11yr old to help win the Gold in the NSW State Relays for race walk. The biggest break through for Ella was at the The Illawong race walking meet where she raced her first 3km and finished in 17.31 missing the national U14 race walk qualifying time by 1sec! Ella decided to back off the walks for the rest of the summer and has focussed on her Netball training under Westfields Sports Netball coach Abbey McCulloch in the Sutherland Reps team. We look forward to a big year ahead with Westfields Athletics Club.

### **Wakeham, Rhys**

Rhys attends Endeavour Sports HS as a local student and has been training with Brett's squad for 12 months. He is a quiet and hard working athlete who just gets there, and gets the job done! He completes every session as requested by Brett, and as the season progressed he was rewarded with some amazing results. Rhys has moved from being in the race, to now being a state finalist and a contender. He started the season in Westfields colours with a 2.33 800m. Rhys raced 6 times over the distance for 5 Personal Best performances with the standout performances being: 1st at the Elzy Wellings 1000m community race, Gold in the Regional Little Athletics 800m just 2 sec off the National Qualifying time and finishing 12th at the State Little Athletics Champs. He finished with a time of 2.18 800m for the season. Rhys was just as successful over the 1500m starting the season with a time of 5.28. He ran 3 huge personal best times, won Gold at the Regional Champs and finished 7th at the State Little Athletics Championships with a time of 4.40, in torrential conditions. We look forward to what Rhys and Brett can accomplish in their 2nd year working together.

### **Westwood, Benjamin**

Ben has continued to build on his first year at Westfields working on his growing pains and becoming more competitive as the season has progressed. Ben raced 8 times over the 800m with his biggest personal best time coming at the NSW All Schools Champs ripping off 10sec. Ben also lined up regularly over the 1500m with his biggest PB, 14 sec also coming at the NSW All Schools Champs. Ben worked all season making the State Little Athletics Championships 3000m. We look forward to a big winter of running for Ben.

### **Zaineddine, Zac**

Your looking at one of the most determined athletes in Westfields history. Zac Zaineddine like all good athletes has enormous confidence in his own abilities. He never gives up. Despite some serious injuries in the past few seasons, he has accomplished amazing heights. He is a Mumford Cup winner having won the prestigious NSWCHS State 100m title, something which has only ever been achieved by three other athletes in the 60 year history of our school. He is passionate about Westfields and goes out of his way to support the Club. Lebanon has offered Zac the opportunity to join their National squad and hopefully gain selection in their National team. Zac will be accepting this offer.

**Achievement Award winners not in attendance:** Arduin, Adam. Osgood, Mikayla.

## State Medallists

### Banovich, Cameron

Cameron now in his last year at school has been for the past 6 years won of Westfields most outstanding performers. His regularity at weekend competitions has been one of the best in the club. Basically Cameron competes at every opportunity unless he is injured. One of his ongoing goals has been to get as close to the 11 second barrier for the 100m as possible. He has gone so close on many occasions. But I think his favourite memory and performance this season was jumping regularly over the 6.00m barrier in long jump. The specific competition I am referring to was the Little A's Region at Campbelltown just a few months ago when he jumped a personal best and won the gold medal. In doing so he pushed team mate Rashid Kabba back into second place. An achievement which is indeed very rare.

### Farrell, Isabella

Bella joined Brett's Race Walking Squad only a few months ago, November 2021, and starting at Westfields Sports High School this year. Bella has got straight to work being as consistent as possibly showing her talent. She led the Westfields Girls to a State Race Walking GOLD medal at the State relays. Bella increased her training load and raced consistently through the summer with a break through at the NSW Junior Championships where she won a Bronze medal and achieved the national qualifying time in the 5000m race walk. Bella represented NSW at the Australian Athletics Championships a few weeks ago. We look forward to the seasons ahead working closely with Brett and his squad. Congratulations Bella.

### Hage, Mohamad

Mohamed is a super talented athlete as evidenced by all the state medals won last season and representing NSW at the Australian Championships while training in Brett's squad. Mohamed has been very quiet on the racing front this year, just racing at the NSW All Schools Championships. He did perform very well running 6th in the 1500m in a Personal Best and winning Gold in the Steeplechase. Mohamed did not compete in any other events for the season for Westfields as he sought to head in another direction over the 400m. Mohamed is an exceptional talent and we look forward to him training hard and racing in the 2022-2023 season ahead.

### Horton, Jai

Jai finished off the winter season winning a Silver medal at the State Winter Race Walks and went on to Canberra for The Australian Winter Road Walks. Jai started the summer season race walking a huge 19sec PB over 3000m. He was also part of the Bronze medal State relay team in race walk. He backed this up with 4th place at the NSW All Schools State in the walk and he also ran a big 6 sec PB in the 1500m run. Jai started putting a focus on his running before dropping the race walk and it immediately paid off. Jai raced 4 x over the 1500m dropping 3 personal best performances. This was a total of 16sec off his best time for the season. We look forward to a big winter of training for Jai. Congratulations.

### Horton, Jaxson

Jaxson has just finished his first year at Westfields and has made an awesome start to his High School athletics career. He finished off the Winter race walking season with Gold at the NSW Short Walks and went on to Canberra to the Australian Winter road walks. Jaxson started his summer season with a first up race, 19sec personal best time and National Qualifier in the 3000m race walk and a few weeks later won Bronze as part of the mens State Relay Walks Team. Jaxson also ran on the track, dropping his 1500m run time from 5.54 down to 5.26 and qualifying for the State Little Athletics Champs. Jaxson grabbed a Silver medal at the NSW Little Athletics Championships in the 1500m race walk. But one of his best performances was winning Gold at the NSW All Schools Championships in the 3000m Race Walk. Jaxson finished his summer season a few weeks ago at the Australian Athletics Championships placing 5th in a huge 19sec personal best time wearing his first NSW Uniform. Congratulations Jaxson

### Kernaghan, Maddison

What an incredible all round athlete you see before you. Maddison Kernaghan is one of the most impressive all round athletes I have come across in my 47 years at Westfields. This season she medalled at NSW State Relays and at the NSW All Schools she won Silver and Bronze in Javelin and Hammer throw respectively. She contested all 4 throws disciplines at the NSW Junior Championships and qualified to represent NSW at the 2022 Australian Championships where she finished 10<sup>th</sup> in Hammer and 15<sup>th</sup> in Javelin. An amazing future. Mum Kate Kernaghan, or as I know her Kate Connolly, is Westfields most celebrated walker with more than 20 WAC records still to her name.

### Kernaghan, Ruby

Ruby has just begun her journey at Westfields in year 7 working in Brett's squad in race walking, 200m and 400m. She has become a welcome addition to the squad, working hard and bringing good humour. Ruby only competed a handful of times this year But she made them count. At 12yrs of age she ran in the 400m at the NSW junior champs making the final and placing 5th in the U14 running a 63.56 just missing the National Qualifying time of 63.44! Ruby was part of the Westfields Womens State Relay Race Walking Gold medal team anchoring the team home. Ruby was the 2021 State Little Athletics 11yrs Race Walk Champion and 400m Silver medalist but unfortunately could not compete in 2022 due to COVID. With Ruby's amazing versatility over 200m, 400m, 800m and race walking it will be exciting times ahead.

### Kessie Malikye

When Malikye first joined Westfields just over a year ago he became an Instant sensation. His p.b. in the 100m at the time was 11.4 and within weeks he had run 11 flat and then then a few more weeks later he joined our 10 second club. By the end of the season he took the ultimate prize in winning the NSW U18 100m title at the NSW Junior Championships. This season had its ups and downs with constant injuries, illness and Covid isolations. Nevertheless he is now in our top 10 all time sprinters.



### **Martinez, Emilio**

Emilio is Westfields most consistent trainer and one of our most enthusiastic competitors. His desire to improve and achieve as a discus thrower is well known amongst our athletes. Coached by Denis Knowles and Christie Baker he is following in the footsteps of his training partner and mentor Bryce Nolan. Emilio's improvement this season with P.B's in both the 1kg and 1,5 kg implement has been rapid. On numerous occasions now he has come within centimetres of medalling at major tournaments; a goal that will soon be achieved. Congratulations on a brilliant season.

### **Masters, Jakob**

Jake Masters graduated from Westfields Sports last year, and how proud we are to see his eagerness to continue on as one of our clubs keenest and most talented athletes. This season he won Bronze medals in Decathlon at both the NSW Championships and the ACT Championships. So talented is this young man that he is forever annoying me with plans to change his individual event preference. In the past he has excelled in Javelin, 300m hurdles, 200m, 100m, pole vault, long jump and the list goes on. Currently he has expressed interest in joining Matho's squad and concentrating on the 800m.

### **McGoon, Destiny**

There is no doubt Destiny McGoon is up there with the most talented athletes I have ever come across. So talented that at the age of 17 it is still difficult for her to decide in which of her many disciplines she is best suited. One of the season highlights for me was when she won the Silver medal in the 100m at the ACT Championships running a personal best time of 12.68 into a headwind and is now the 6<sup>th</sup> fastest Westfields sprinter of all time in all ages. A courageous bronze medal in 400 m at the NSW Championships was an amazing effort considering we hadn't been doing much training over that distance. Then the season ended with another career highlight when Destiny made two National finals in both 400m and 400m hurdles.

### **Menon, Kunal**

Kunal has the potential to become an outstanding sprinter/hurdler, something he is beginning to achieve. The only hindrance in his way has been the numerous setbacks with illness, Covid isolation and irregular injuries. Nevertheless he managed to fit in a Gold medal performance in the U17 110m hurdles at the ACT Championships when he ran well under the National qualifying standard, gaining selection in the NSW team for the 2002 Australian Championships.

### **Nolan, Bryce**

What an incredible season it has been from Bryce. He became the first ever male thrower in history from WAC to win a NSW Open title in his pet event the discus. This gained him selection in the Sydney Track Classic where he also performed extremely well. There have been many milestones this season winning the 2021 NSW All Schools, but perhaps the most significant was being selected to represent Australia in the U20 Oceania Championships. Even though he doesn't turn 18 until October he already has achieved a top 10 World Ranking for the 1.75kg discus in his age group. He has already become the greatest ever male discus thrower in WAC's history. We look forward to Bryce wearing the Australian colours later in June this year.

### **Zarris, Zoe**

This is the second year in a row Zoe has won the NSW All Schools and NSW Junior Championships Gold medal as the undisputed best pole vaulter in her age group. This season was especially rewarding when she finished in 4th place at the Australian Junior Championships with a personal best performance. A very keen trainer in Leo Dulay's squad and a big future ahead.

### **Stoilova, Aleksandra**

It was a special season for Aleksandra. She emerged as the 2nd greatest 100m sprinter in the history of Westfields, only second to the great Hayley Butler. Aleks' best time of 11.68 gained her a top 10 World ranking only hundredths behind Hayley's Open record of 11.62. Great milestones included winning her first ever NSW Junior title (something many find surprising, however she has only finished 2nd, 3rd or 4th in previous years, competing amongst the best Australia has to offer here in NSW). Clearly her finest achievement was taking Bronze in the NSW Open 100m Championships becoming WAC's first female teenager to do so. Unfortunately a hamstring niggle saw Aleks rest and not compete in the Australian Championships. Currently selected to represent Australia in both the Oceania and World Junior Championships. Aleks will sit out the Oceania meet and concentrate on the World U20 Championships in Cloumbia where she will compete as a member of the 4x100m relay team. This is her second consecutive selection in the World U20 team.

## **Strahl, Caleb**

Caleb is a local student who attends Endeavour Sports HS who has been part of Brett's squad for a number of years. Caleb moved from hurdling to give race walking a try through his local little athletics club. Caleb trusted every word from Brett working religiously on his flexibility, strength & conditioning and progressively loaded his endurance. Caleb went from never race walking before to: CHS State Race Walk Bronze medallist, 3 x State Silver Medals over 3000m and the 5000m race walk behind Raven Pyda who Brett coached, and a 4th place at the Australian Athletics Championships in the 5000m race walk. Caleb then decided he had enough of walking and was enjoying the thrill of middle distance running on the track. He joined Westfields Athletics Club this 2021-2022 season race walking one last time with the junior boys to win Bronze at the NSW State Relays to open his summer season. Caleb raced 7 times over the season for 5 Personal Best performances in the 800m and 1500m. He ran 2 x big PBs at the NSW All Schools Championships. Caleb started with a 2.15 800m time and dropped to 2.09. His best race was the Elzy Wellings Elite Race 1000m where he finished in 6th place. Caleb is a mature, polite and bright young man who is a pleasure to coach. He will go close to being Dux at Endeavour Sports High School, and we are super proud he wears the Westfields Athletics Club Colours.

**State Medallist award winners not in attendance:** Adeniran, Shola. Aukafolau, Fuinelakei, Moefaaou. Le'ati, Nadaya -Harb, Audrey. Tran, Jayden. Twigden, Lilly

## **National Medallists**

### **Ciara Cassilles**

Ciara is a very disciplined athlete following all Brett's coaching instructions, continually building on each year and improved across all events, race walking and distance running. Ciara finished off the winter race walking season with a huge performance in Canberra at the Australian Winter Road Walking Championships winning a Silver medal in the NSW Uniform. Ciara went to the NSW All Schools Championships with a big program, 1500m run, 3000m run & the 3000m race walk where she smashed her personal best in all 3 races, came 4th in the race walk in a national qualifier and missed the 3000m run national qualifier by 1 sec! Ciara set the rest of her summer season focussed on the walks and she had an amazing year racing 13 times across various distances for 8 personal best performances. She won Silver 3000m race walk at the NSW Juniors 2022, State little athletics Bronze 1500m race walk, her first NSW Open 10km race walk finishing 5th and racing her first NSW Open womens 5km race walk finishing 10th. Ciara represented NSW at the Australian Athletics Championships in the U15 3000m race walk in 8th place then she backed this up a few days later racing U18 5000m race walk placing 8th in a big PB. An awesome season rewarded from hard work, discipline and working closely with her coach Brett.

### **Darek, Amelia**

Amelia is one of Westfields top all-round athletes having spent year 7 training in javelin, discus, horizontal jumps, sprints and hurdles. Then more recently she discovered pole vault and hammer throw. She picked up these new events very quickly and with only weeks preparation contested them at the NSW Junior Championships. The pole vault was disappointing when she no-heighted, even though her training P.B. would have won the event. Then in Hammer she picked up the Silver medal and qualified for the Australian Championships where she won National Bronze throwing four consecutive P.B.'s from four throws. An incredible effort considering she could have been contesting the Nationals in Pole Vault as well.

### **Goetz, Alex**

Year 7 and 8 saw Alex experimenting with various events, all of which he excelled in particularly sprints throws and high jump. Then during year 8 he took up the hammer throw and found immediate success. At the 2021 NSW All Schools Alex not only won the Gold medal he also broke the NSW All Schools record with a massive throw of 53.51 metres. He then had a set back at the NSW Junior Championships where he didn't record a decent throw (two fouls and one bouncing off the cage). Nevertheless he has qualified for the Nationals and what an experience it was. Just like the State title where he fouled the first two throws, he had to get one in to get the extra fourth round throw. Not only did he get the 3rd throw in, it was a new P.B. of 56.35 and it put him in the lead with one round to go. His final round throw of 60.87 was sensational and it gave him the National U16 title.

### **Goetz, Molly**

Molly was accepted into Westfields late in term 4 of 2021. She has already demonstrated what a multi-talented she is with numerous medals at her first Westfields representation at the 2021 NSW All Schools. She medalled in her pet event the hammer throw (silver) and also won silver and bronze in discus and shot put respectively. Then followed the NSW Junior Championships where she won gold in U18 hammer and silver in the discus with an impressive P.B. of 44.54m. The Nationals was a mixture of success with Molly just missing a medal in her age group in the U18 hammer throw finishing 4th. However she managed to win Bronze in the U20 hammer throw using the heavier Olympic weighted 4kg implement.

### **Kabba, Rashid**

The season started with Rashid attempting to better his 2020 NSW All Schools effort of 2 gold, silver, bronze and a State record when he competed at the 2021 NSW All Schools. Better it he did with gold in all 3 sprint events (100, 200 and hurdles) and silver in long jump. Then at the 2022 NSW Juniors he was forced to withdraw from all events except the hurdles with a lower back nerve issue affecting his hamstring. Nevertheless into a head wind he won his 4th consecutive hurdles title with a new P.B. At the NSW Little A's Championships he was unavailable for selection in 100m due to a commitment in Canberra. It was extremely disappointing for Rashid to have to miss the 100m, however he won all of his other three events including an incredible State record of 13.31 in the 110m hurdles, apparently the fastest ever recorded in Australia at Little A's height. Then at the 2022 Australian Championships Rashid successfully defended his hurdles title which he has now won 4 years in a row recording a new P.B. of 13.75 into a strong headwind in the pouring rain. He came ever so close to winning his first ever National title in the 100m when he was a mere 0.03 seconds behind the gold to take his second runner-up silver in consecutive years. He rounded up his Nationals campaign with a bronze in 200m and gold in relay. Selected to represent Australia he will travel to Mackay for the Oceania Championships.



## **Pyda, Raven**

Raven finished off the winter race walking season strong with a Silver medal at the NSW Short Walks U20 10km. Raven went on to Canberra and the Federation Australian Winter Road Walks where he won Bronze. Raven had a relatively quiet summer season with COVID disruptions, yet still winning Gold in the 5000m race walk at the NSW All Schools Champs and winning silver at the NSW Junior champs in the U20 5000m race walk. Raven found form at the right time of the season winning a Silver Medal at the Australian Athletics Championships in Sydney, as he did in 2021. Raven will graduate year 12 at Westfields Sports, 2022 as one of our most successful race walkers from Brett's squad. As Raven now moves onto a new coach we wish him all the best in the years ahead. Congratulations.

## **Event awards**

<b>Junior Female Sprinter of the year</b>	<b>Destiny McGoon</b>
<b>Senior Female Sprinter of the year</b>	<b>Aleksandra Stoilova</b>
<b>Junior Male Sprinter of the year</b>	<b>Rashid Kabba</b>
<b>Senior Male Sprinter of the year</b>	<b>Zac Zaineddine</b>
<b>Junior Female Jumper of the year</b>	<b>Zoe Sarris</b>
<b>Junior Male Jumper of the year</b>	<b>Rashid Kabba</b>
<b>Junior Female Middle Dist. Athlete of the year</b>	<b>Ciara Cassilles</b>
<b>Junior Male Middle Distance Athlete of the year</b>	<b>Raven Pyda</b>
<b>Junior Female Thrower of the year</b>	<b>Molly Goetz</b>
<b>Junior Male Thrower of the year</b>	<b>Alex Goetz</b>
<b>Senior Female Thrower of the year</b>	<b>Sarah Ringrose</b>
<b>Senior Male Thrower of the year</b>	<b>Bryce Nolan</b>
<b>Male Winter Athlete of the Year</b>	<b>Raven Pyda</b>
<b>Female Winter Athlete of the year</b>	<b>Caira Cassilles</b>

## **New Life Members –**

(Rena Dehn, Sarah Ringrose) - Sharyn Dickson presenter

## **Sports Factory Awards (Steve Want - Presenter)**

**Koben Best**

**Maddison Kernaghan**

## **Roger Green Award (Kevin Green –Presenter)**

**Amelia Darek**

## **Fred O'Connor Award (Gary and Sarah Jenner - Presenters)**

**Koben Best**

## **Ron White Award (Christie Baker - Presenter)**

**Janet Stickler**

## **Gregory Kavadas Award (Angela, Tom and Stephanie Kavadas—Presenters)**

**Destiny McGoon**

## **Athletes of the year – presenter Brett Mathison**

**Junior Female Athlete of the year Molly Goetz**

**Junior Male Athlete of the year Rashid Kabba**

**Senior Female Athlete of the Year Aleksandra Stoilova**

**Senior Male Athlete of the year Bryce Nolan**

## **Adhemar Ferreira da Silva Scholarship – Roemary Mula & Leonardo Rabello - presenter**

**Winner: Bryce Nolan**

# **WESTFIELDS ATHLETICS CLUB/STATEMENT OF RECEIPTS/ PAYMENTS 10/11/2020 – 21/7/2022**

## **INCOME RECEIVED FROM**

Opening Balance	\$11,068.40
Memberships fees	1,380.00
Bankstown training	762.00
Club Liverpool donation 2021	4,000.00
Presentation Donations 2021	1,100.00
Australian sports donation	47.50
Club Liverpool donation 2022	4,000.00
Presentation donations 2022	1,100.00
Carnival expenses	325.00
Presentation costs (meals/drinks)	3,865.00
Trivia night takings	5,712.00

**TOTAL INCOME** \$33,359.90

## **EXPENDITURE APPLIED**

Bankstown training	\$711.00
Kings sport equipment	336.40
Life membership registrations	520.00
Presentation 2021	2,900.00
ANSW affiliation fees	800.00
Carnival, Nitro and relay entries	2,073.00
Coaching fees	500.00
Athlete assistance	2,450.00
Presentation costs	3,989.00
Presentation Night awards/athlete assistance	6,900.00

**TOTAL** \$21,179.40

**BALANCE \$12,180.50**