

Westfields Athletics Club

2022-23 Annual Report



Presidents Report

It is without question one of the most important developments in the 32 year history of Westfields Athletics Club (WAC) is the support of Canley Heights RSL and Sporting Club. In 2022 the local club that has for many years helped Westfields Sports raise funding for the school specifically with the annual car show, agreed to include WAC in its Category 2 Funding. In the current 2022-23 financial year WAC received \$20,000.00 from CHRSL. The WAC logo now proudly has its place on the CHRSL courtesy bus.

As well as the generosity of CHRSL we continued to be supported by Club Liverpool (\$4000.00), Cassilles Joinery (\$1000.00), KAV founded 1999 (\$500.00), MAD Track (\$500), David and Karin Suchy (\$500) and the Sports Factory (\$400)

Another extremely important moment occurred on Presentation Night when Rosemary Mula announced that she and husband Wilf would extend the Adhemar Ferreira da Silva scholarship another 10 years. Wilf decided the \$1000 cash prize which was first awarded in 2003 should be increased by 50%. The new scholarship now stands at \$1500 plus airfares and accommodation for the winner and coach to the domestic tournament of their choice. Accordingly Rosemary and Wilf immediately deposited \$15000.00 into the WAC account covering the next 10 years until 2032. The 2023 Scholarship was deservedly won by Jayden Todoroski.

2023 was also the year that WAC's social media presence achieved an incredible boost. Thanks to Kate Kernaghan (formerly Kate Connolly—holder of over 20 WAC records) her company Factotum Communications has generously set up completely re-vamped Instagram and Facebook pages at no cost. This service would normally run into thousands of dollars. Special thanks to Kate and her team, and particular thanks to club member Maddison Kernaghan whom has contributed much to both sites. Athletics 'guru' David Tarbotton commented "... the WAC Instagram site is one of the best I has ever seen".

At the end of term 2 2023, long time staff member Joanne Kenny retired after 40 years of loyal service to Westfields Sports. For over 20 of those years she was the Sports Director of Westfields. Her support for WAC has been phenomenal and she has only ever missed one WAC Presentation Night in all that time. Thank you Joanne for everything you have done for us.

The successful performances of our club continues to grow each year. Despite a reduction in numbers in the Westfields Athletics program throughout the Covid lockdowns, nevertheless the strength of WAC has remained steady with numbers levelling out at approximately 60 each year—a comfortably manageable size. It has always been the philosophy of WAC to be a specialist School based club that operates with a good coach-athletes-ratio. This also allows us to support our members with good coaching, generous monetary assistance and overall support. The term 'we are all one family' coined by founding Sport High School Principal Phil Tucker still applies in all aspects.

It has been an outstanding 22-23 season with 39 medals won at NSW CHS State Championships, 24 medals at NSW All Schools State Championships, 7 medals at NSW Relays and 26 medals at NSW Junior and Open Championships. At National level our students won a total of 9 medals.

One of the mentionable highlights was Rashid Kabba who since 2019 has been undefeated in hurdling at both the NSW Juniors and Australian Juniors. Still 17 years of age he won the Under 20 State and National Titles in 110m hurdles for the 4th year in a row. Furthermore he surpassed the current World Junior qualifying standards in 100m 200m and 110m hurdles. His new P.B. in the 100m of 10.45 makes him one of the fastest Juniors of all time.

I want to thank our brilliant coaches Brett Mathison, Denis Knowles, Christie Baker, Shane Castlereagh and Leo Dulay for their untiring, caring efforts. As well a big thankyou to the staff and officials of Athletics NSW whom I have always found to be supportive and extremely helpful of our club and athletes. Finally our club executive of Janet Stickler, Danielle Banovich, Brett Mathison, Kyle Alexis, and especially Sharyn Dickson who raised almost \$6000 at the 2022 Trivia Night.

Dan Suchy, President



2022 NSW Combined High Schools

Wow, what a comeback to CHS Athletics! With a tradition that dates back more than a century NSW CHS has only been postponed during World Wars, and as we know the last two years were cancelled due to Covid. Current year 7, 8 and 9 students attended their first ever CHS and our older students had to wait three years since the last was held in 2019. The 60 strong Westfields team of athletes qualified through SSW Region, enjoying a carnival that will remain amongst the most memorable ever for us. A 39 medal haul with two State records ensued over the three days in September.

Amongst the outstanding talent from Westfields Sports, **Rashid Kabba** stood out with 3 Gold and 2 Silver medals, a State record in hurdles and was named male athlete of the meet winning the prestigious Outstanding Male Athlete Trophy. Just 0.02 of a second prevented him from also winning the Mumford Cup (Champion male 17+ 100m). Rashid leaped for the first time over 7 metres taking Silver on a countback with 7.01m equalling the long jump of Joshua Kalozi from Mulwaree. Next, in the 200m Rashid went under the World Junior qualifying time in 200m with a sizzling 21.33 albeit 0.02 m/s over the legal wind limit. In the 110m hurdles he was up against Kalozi again, and Kalozi had beaten Rashid in their last encounter at the Oceania games. This time Rashid won in a new p.b. and State record time of 13.73, and finally adding a relay gold via 2nd leg of our victorious Boys 17+ 4 x 100m team.



Rashid Kabba's Gold and State record in 110m hur-

Westfields newcomer 12 year old **Jayden Todoroski** was up there with Rashid in overall outstanding performances with 4 Gold, 1 Silver and a State record in 200m. (These were the only male State records at the meet). Jayden started with a p.b of 5.37m and Silver medal in long jump just 3 cm from the winning leap and 23cm from the State record (Jayden took off from behind the board). Day two for Jayden saw him win the 80m hurdles Gold just ahead of training partner Akeem Kabba (Silver) and anchoring the 4x100m relay Gold when our boys 12 years team won by a margin of over 20 metres. Jayden won the 200m in another p.b. shaving more than 3 tenths off the State record. Finally day three would give him the "sprint double" claiming Gold in the 100m with a p.b. of 12.26. Hoping to get that record as well (held by Westfields' Robert Boateng set in 1999 at 12.10) Jayden reported "my calf muscle cramped during the race" and he hobbled off the track clutching a bag of ice. A courageous effort to hold onto the lead to the finish line, and one can only wonder if that second State record would have been achieved. This is finest effort by a year 7 or 8 Westfields student since Kurt Jenner won the "Queen Elizabeth Trophy" (Overall Outstanding Athlete) in 2006 with 4 Gold, 1 Silver and an in-credible State record of 6.44m (which still exists) in the boys 13 years in Long Jump.



Jayden Todoroski (4 Gold and a Silver) with training partner Akeem Kabba—1st & 2nd in 80m hurdles.

Our 39 medals:

Gold Jayden Todoroski Boys 12 100m 12.26

Gold Jayden Todoroski Boys 12 200m 24.63 (State record)

Gold Jayden Todoroski Boys 12 80m Hurdles 13.18

Gold Millington-La Hay, Thompson, A. Kabba, Todoroski Boys 12 4x100m 52.20

Gold Rashid Kabba Boys 17+ 110m hurdles 13.71 (State record)

Gold Rashid Kabba Boys 17+ 200m 21.33

Gold Daniel McBride Boys 13 100m 11.92 (11.75 heat)

Gold Bailey Latanis Boys 800m 2.05.92

Gold Alex Goetz Boys Discus throw 55.30

Gold Raven Pyda Boys 17+ 3000m Walk 14.19.39

Gold Raven Pyda Boys 17+ Pentathlon 2923 (LJ 5.83, SP 11.61), JT 48.65, 100m 12.15, 1500 4.53.33)

Gold Bryce Nolan Boys 17+ Shot put 17.72

Gold Bryce Nolan Boys 17+ Discus throw 56.04

Gold Pyda, Kabba, Goetz, Banovich Boys 17+ 4x100m 43.44

Gold Shola Adeniran Girls 17+ 100m 12.36



Silver and Bronze to Rashid and Cameron Banovich. In his last year of High school Cameron wins a well-deserved medal in the 100m.

2022 NSW Combined High Schools (continued)

- Silver Jayden Todoroski Boys 12 Long jump 5.37
- Silver Akeem Kabba Boys 12 80m Hurdles 13.39
- Silver Best, McBride, Abou-Touma, Goff, Bzadough Boys 13 4x100m 49.26
- Silver Emillio Martinez Boys 16 Discus throw 42.13
- Silver Rashid Kabba Boys 17+ 100m 10.71
- Silver Rashid Kabba Boys 17+ Long jump 7.01
- Silver Ruby Kernaghan Girls 12 800m 23.34.35
- Silver Ruby Kernaghan Girls 12 High jump 1.45
- Silver Brosque, Krankam, Parahini-Tago, Kernaghan Girls 12 4x100m 57.29
- Silver Georgia Campos Girls 16 100m 12.20
- Silver Molly Goetz Girls 17+ Shot Put 13.35
- Bronze Elijah Biuvana Heather Boys 12 Discus throw 31.86
- Bronze Koben Best Boys 13 90m Hurdles 13.78
- Bronze EsilomeMakaui Boys 13 Shot put 12.41
- Bronze Benjamin Long Boys 14 800m 2.07.34
- Bronze Bailey Latanis Boys 15 400m 53.77
- Bronze Kunal Menon Boys 16 110m Hurdles 16.42
- Bronze Adam Arduin Boys 16 Javelin throw 44.93
- Bronze Cameron Banovich Boys 17+ 100m 11.06
- Bronze Ruby Kernaghan Girls 12 200m 27.83
- Bronze Isabella Muc Girls 13 800m 2.25.37
- Bronze Maddison Kernaghan Girls 14 Javelin throw 31.21
- Bronze Ciara Cassilles Girls 17+ 3000m Walk 15.15.53
- Bronze Heather, McGoon, Tui, Adeniran Girls 17+ 4x100m 51.73



Right: Some of the 39 medal presentations. (L to R, top to bottom)

Ruby Kernaghan, Koben Best, Isabella Muc

Ben Long, Boys 17+ 4x100m (Raven Pyda, Cameron Banovich, Rashid Kabba, Alex Goetz), Bryce Nolan

Alex Goetz, Raven Pyda, Emillio Martinez,

Molly Goetz, Kunal Menon, Maddison Kernaghan

2022 NSW All Schools Athletics Championships

The athletes and students of Westfields backed up their amazing performances at the recent NSWCHS Championships with another massive medal haul at the 2022 NSW All Schools Championships. Emerging as the top school in NSW with 24 medals from 97 events contested over the 4 days of competition. This is the third year in a row Westfields has won the overall medal tally.

School	Male	Female	Overall
Westfields Sports	14	10	24
Trinity Gr	19	-	19
Endeavour Sports	2	17	19
The Hills Sports	6	12	18
PLC Sydney	-	12	12
The King's Sch.	12	-	12
Meriden	-	11	11
Barker Col.	6	3	9
Knox Gr.	8	-	8
The Scots Col.	6	-	6

Amongst the expected performances of our established athletes were some incredible unexpected results. Current National junior hammer champion Alex Goetz surprised himself and his discus coach Denis Knowles when he won the discus with an impressive 59.32 metres and then backed up with a new p.b. of 60.93 to take another Gold in Hammer. Alex has improved his discus best by almost 15 metres in the last 2 months. Also performing above expectations was Amelia Darek when she successfully cleared her first height in a pole vault competition with an amazing performance of 2.20m; the best first-recorded height in Westfields History.

Westfields new speedster Jayden Todoroski repeated his NSW CHS dominance of his age group with 3 Gold and a Silver medal in 100m, 80m hurdles, long jump and 200m respectively. Three of the four events were p.b.'s.

Rashid Kabba probably had the most difficult competition of all competing against Australia's National Champion in 100m and World number 3 in the 110m hurdles. Rashid finished with Silver in the 100m and Silver in the hurdles, however both he and Joshua Kolozi went under the State record in hurdles with just 4 hundredths of a second between them. Looking forward to the 200m Rashid was ready to fire after recording a World Junior time only weeks earlier. However he pulled up in the final after 25metres with a hamstring cramp and did not finish.

Age event	Name	School/Region	Perf/wind	Heat/ Final placing
Boys 12 100m	Todoroski, Jayden	Westfields Sp	12.46 (1.2)	heat 1 st
Boys 12 100m	Todoroski, Jayden	Westfields Sp	12.52 (-0.7)	Gold
Boys 12 200m	Todoroski, Jayden	Westfields Sp	24.82Q (0.9)	heat 1 st
Boys 12 200m	Todoroski, Jayden	Westfields Sp	24.47 (1.9)	Silver
Boys 12 80m Hurdles	Todoroski, Jayden	Westfields Sp	13.05 (1.6)	Gold
Boys 12 Long jump	Todoroski, Jayden	Westfields Sp	5.37m (0.2)	Gold
Boys 12 80m Hurdles	Kabba, Akeem	Westfields Sp	13.09 (1.6)	Silver
Boys 12 Long jump	Kabba, Akeem	Westfields Sp	4.55m (-1.7)	4th
Boys 13 3000m walk	Horton, Jaxson	Westfields Sp	16:57.56	Silver
Boys 13 100m	Bzadough, Bronson	Westfields Sp	13.13 (-0.3)	heat 25 th
Boys 13 200m	Bzadough, Bronson	Westfields Sp	26.87 (-1.2)	heat 23 rd
Boys 13 100m hurdles	Bzadough, Bronson	Westfields Sp	16.26 (0.5)	heat 13 th
Boys 14 800m	Long, Benjamin	Westfields Sp	2:11.54Q	heat 6 th
Boys 13 800m	Westwood, Benjamin	Westfields Sp	2:30.51	heat 29 th
Boys 13 1500m	Westwood, Benjamin	Westfields Sp	5:10.34	31 st
Boys 13 90m Hurdles	Best, Koben	Westfields Sp	14.02Q	heat 6 th
Boys 13 90m Hurdles	Best, Koben	Westfields Sp	14.61 (1.8)	9th
Boys 13 Shot put	Tran, Jayden	Westfields Sp	9.16m	17 th
Boys 13 Discus	Tran, Jayden	Westfields Sp	25.53m	17 th
Boys 14 100m	Sovula, Paul	Westfields Sp	14.02 (-1.6)	heat 45 th
Boys 14 100m	Aukafolau, Fuinelakei	Westfields Sp	12.81 (-1.2)	heat 31 st
Boys 14 100m Hurdles	Aukafolau, Fuinelakei	Westfields Sp	16.92 (0.7)	7th
Boys 14 800m	Long, Benjamin	Westfields Sp	2:11.54	heat 3 rd
Boys 14 800m	Long, Benjamin	Westfields Sp	2:06.58	5th
Boys 14 1500m	Long, Benjamin	Westfields Sp	4.29.54	7th
Boys 15 100m	Goetz, Alex	Westfields Sp	12.05 (-1.4)	heat 17 th
Boys 15 Discus	Goetz, Alex	Westfields Sp	59.32m	Gold
Boys 15 Hammer	Goetz, Alex	Westfields Sp	60.93m	Gold
Boys 15 100m	Jones, Joshua	Westfields Sp	12.28 (-0.9)	heat 24 th
Boys 15 200m	Jones, Joshua	Westfields Sp	25.18 (1.3)	heat 30 th
Boys 16 100m	Nshimirimana, Destin	Westfields Sp	11.91 (-1.8)	heat 16 th



Above: Alex Goetz winning hammer with new p.b. of 60.93m after winning discus with a new p.b of 59.32m



Above: Finishing 2nd by a mere 4 hundredths, Rashid generously surrenders his crown to World no. 3 Joshua Kolozi after both went under the State record.



Amelia Darek and Zoe Sarris both leaped to new p.b.'s in pole vault.

2022 NSW All Schools Athletics Championships (cont.)

Boys 16 200m	Nshimirimana, Destin	Westfields Sp	23.55 (1.6)	heat 23 rd
Boys 100m	Menon, Kunal	Westfields Sp	12.37 (0.2)	heat 42 nd
Boys 200m	Menon, Kunal	Westfields Sp	24.46 (1.3)	heat 16 th
Boys 16 110m Hurdles	Menon, Kunal	Westfields Sp	15.67 (-0.1)	4 th
Boys 16 1500m	Horton, Jai	Westfields Sp	4:55.21	10 th
Boys 16 Discus	Emillio Martinez	Westfields Sp	42.23	Bronze
Boys 16 Javelin	Arduin, Adam	Westfields Sp	45.63m	5 th
Boys 17 100m	Kabba, Rashid	Westfields Sp	10.89 (-0.4)	heat 2 nd
Boys 17 100m	Kabba, Rashid	Westfields Sp	10.80 (-0.5)	Silver
Boys 17 200m	Kabba, Rashid	Westfields Sp	21.59Q (2.3)	heat 1 st (final DNF)
Boys 17 110m Hurdles	Kabba, Rashid	Westfields Sp	13.72R (1.0)	Silver
Boys 17 100m	Banovich, Cameron	Westfields Sp	11.12 (-0.4)	heat 3 rd
Boys 17 100m	Banovich, Cameron	Westfields Sp	11.12 (-0.5)	4 th
Boys 17 200m	Banovich, Cameron	Westfields Sp	22.13q (2.3)	heat 7 th
Boys 17 200m	Banovich, Cameron	Westfields Sp	22.30 (0.6)	5 th
Boys 17 800m	Baptist, Lachlan	Westfields Sp	2:12.02	heat 16 th
Boys 19 5000m walk	Pyda, Raven	Westfields Sp	24:46.60	Gold
Boys 19 Shot Put	Nolan, Bryce	Westfields Sp	16.15m	Gold
Boys 19 Discus	Nolan, Bryce	Westfields Sp	49.27m	Gold
Girls 12 200m	Kernaghan, Ruby	Westfields Sp	27.89q (0.1)	heat 7 th
Girls 12 200m	Kernaghan, Ruby	Westfields Sp	27.78 (2.1)	8 th
Girls 12 400m	Kernaghan, Ruby	Westfields Sp	1:04.00Q	heat 4 th
Girls 12 400m	Kernaghan, Ruby	Westfields Sp	1:01.54	Silver
Girls 12 3000m walk	Kernaghan, Ruby	Westfields Sp	17:38.51	Bronze
Girls 12 High jump	Kernaghan, Ruby	Westfields Sp	1.40m	5 th
Girls 12 Shot put	Kernaghan, Ruby	Westfields Sp	6.56m	14 th
Girls 12 Hammer	Kernaghan, Ruby	Westfields Sp	18.42m	4 th
Girls 13 100m	Talbot, Ruby Rose	Westfields Sp	14.07 (-0.5)	heat 45 th
Girls 13 200m	Talbot, Rubyrose	Westfields Sp	29.12 (-1.2)	39 th
Girls 13 Long jump	Talbot, Ruby Rose	Westfields Sp	4.13m (1.2)	21 st
Girls 12 3000m walk	Twigden, Lilly	Westfields Sp	18:55.77	4 th
Girls 13 80m Hurdles	Darek, Amelia	Westfields Sp	14.04q (0.9)	heat 9 th
Girls 13 80m Hurdles	Darek, Amelia	Westfields Sp	14.12 (0.3)	10 th
Girls 13 Pole vault	Darek, Amelia	Westfields Sp	2.20m	Gold
Girls 13 Discus	Darek, Amelia	Westfields Sp	20.69	15 th
Girls 13 Javelin	Darek, Amelia	Westfields Sp	25.68m	9 th
Girls 13 Hammer	Darek, Amelia	Westfields Sp	30.50m	4 th
Girls 13 800m	Baptist, Isabella	Westfields Sp	2:37.01	heat 18 th
Girls 13 800m	Muc, Isabella	Westfields Sp	2:24.66Q	heat 4 th
Girls 13 800m	Muc, Isabella	Westfields Sp	2:34.51	9 th
Girls 13 1500m	Muc, Isabella	Westfields Sp	5:01.01	6 th
Girls 14 Pole vault	Sarris, Zoe	Westfields Sp	2.50m	Silver
Girls 14 Shot Put	Kernaghan, Maddison	Westfields Sp	11.25	4 th
Girls 14 Discus	Kernaghan, Maddison	Westfields Sp	28.60m	10 th
Girls 14 Javelin	Kernaghan, Maddison	Westfields Sp	31.40m	4 th
Girls 14 Hammer	Kernaghan, Maddison	Westfields Sp	39.04	4 th
Girls 15 800m	Baptist, Madeline	Westfields Sp	3:03.22	heat 17 th
Girls 16 800m	Pyda, Olivia	Westfields Sp	2:41.15	heat 13 th
Girls 16 5000m walk	Cassilles, Ciara	Westfields Sp	27:21.99	Bronze
Girls 16 400m hurdles	Pyda, Olivia	Westfields Sp	1:16.37	9 th
Girls 16 Discus	Osgood, Mikayla	Westfields Sp	29.94m	10 th
Girls 17 100m	Stoilova, Aleksandra	Westfields Sp	12.46Q (-1.5)	heat 2 nd
Girls 17 100m	Stoilova, Aleksandra	Westfields Sp	12.11 (-0.8)	Silver
Girls 17 200m	Stoilova, Aleksandra	Westfields Sp	24.80Q (3.3)	heat 4 th
Girls 17 200m	Stoilova, Aleksandra	Westfields Sp	24.34 (1.8)	Silver
Girls 17 100m	Mcgoon, Destiny	Westfields Sp	13.13q (-0.4)	heat 8 th
Girls 17 100m	Mcgoon, Destiny	Westfields Sp	13.20 (-0.8)	7 th
Girls 17 200m	Mcgoon, Destiny	Westfields Sp	26.42q (1.6)	heat 8 th
Girls 17 200m	Mcgoon, Destiny	Westfields Sp	26.29 (1.8)	8 th
Girls 17 Long jump	Mcgoon, Destiny	Westfields Sp	5.20m (1.2)	6 th
Girls 17 Discus	Goetz, Molly	Westfields Sp	39.86m	4 th
Girls 17 Hammer	Goetz, Molly	Westfields Sp	54.91m	Silver
Non WAC				
Girls 16 100m	Campos, Georgia	Westfields Sp	12.27 (-0.5)	Bronze
Girls 16 200m	Campos, Georgia	Westfields Sp	24.46 (1.9)	Gold



Jayden and Akeem were separated by only 4 hundredths in the boys 80m hurdles in what was one of the best races of the meet taking Gold and Silver.



Molly Goetz silver in U18 Hammer.



Aleks Stoilova wins two Silvers in 100m and 200m (p.b.)

2022 NSW State Relays, Campbelltown Stadium, 19-20 November 2022.

A very impressive weekend from Westfields with many of our stars injured and unavailable. Our U14 mixed 4x100m team of Bronson Bzadough, Akeem Kabba, Ruby Kernaghan and Ruby Rose Talbot, although without NSW 100m champion Jayden Todoroski, set a new State record. And to top that our U20 mixed 4x100m team, without National 100m champion Alex Stoilova and 6th all-time fastest Alexandra Alizart, still won the Bronze medal with 11 year old substitute Alexia Mathison. Congratulations and thanks to all athletes and helpers on the day.

Female U14 4x100m	Ruby Talbot, Amelia Darek, Ruby Kernaghan, Evanjaline McGoon (53.56h)	54.14	7 th
Female U14 4x200m	Ruby Talbot, Alexia Mathison, Evanjaline McGoon, Ruby Kernaghan	1.54.15	6 th
Female U14 4x800m	Ella Van Der Meer, Isabella Baptist, Emily Kot, Isabella Muc	10.30.28	4 th
Female U14 4x1500m	Isabella Baptist, Erin Cassilles, Ella Van Der Meer, Isabella Muc	23.12.00	4 th
Female U14 4x1500m walk	Erin Cassilles, Lilly Twigden, Alexia Mathison, Ella Vander Meer	37.06.90	Gold medal
Female U14 4xLong Jump	Ruby Talbot, Amelia Darek, Ruby Kernaghan, Evanjaline McGoon	15.91	4 th
Female U16 4x800m	Emerson Crabtree, Ciara Cassilles, Madeline Baptist, Zaynab Darwiche	11.03.74	4 th
Female U18 4x400m	Olivia Pyda, Alexia Mathison, Emerson Crabtree, Zaynab Darwiche	4.28.09	4 th
Female U18 4xDiscus	Olivia Pyda, Amelia Darek, Ruby Kernaghan, Maddison Kernaghan	89.79	9 th
Female U18 4xShot Put	Olivia Pyda, Amelia Darek, Ruby Kernaghan, Maddison Kernaghan	24.36	7 th
Female U20 4x400m	Olivia Pyda, Alex Alizart, Aleks Stoilova, Destiny McGoon	4.32.31	Gold medal
Male U14 4x100m	Bronson Bzadough, Akeem Kabba, Alexia Mathison, Ben Westwood	53.17	Bronze medal
Male U14 4x200m	Bronson Bzadough, Akeem Kabba, Jayden Todoroski, Khalil Ogle	1.52.81	5 th
Male U14 4x800m	Jaxson Horton, Ben Westwood, Shea Cassilles, Khalil Ogle	10.00.13	6 th
Male U14 4x1500m	Jaxson Horton, Ben Westwood, Shea Cassilles, Khalil Ogle	20.33.55	4 th
Male U14 4xLong Jump	Bronson Bzadough, Akeem Kabba, Jaxson Horton, Shea Cassilles	16.32	7 th
Male U14 4xShot Put	Jayden Tran, Michael Mathison, Jaxson Horton, Amelia Darek	22.21	5 th
Male U14 4xDiscus	Jayden Tran, Michael Mathison, Jaxson Horton, Amelia Darek	89.15	5 th
Male U16 4x100m	Fui Aukafolau, Joshua Jones, Alex Goetz, TBA	49.27	11 th
Male U18 4x200m	Kunal Menon, Cameron Banovich, Destin Nshimirimana, Rashid Kabba	1.33.88	5 th
U18 4 x 800m	Jai Horton, Ben Long, Rhys Wakeham, Xavier Aad	9.31.83	5 th
U18 4 x 1500m	Jai Horton, Ben Long, Rhys Wakeham, Xavier Aad	20.17.56	4 th
Male U18 4xLong Jump	Rashid Kabba, Lachlan Baptist, Destin Nshimirimana, Akeem Kabba	19.96	4 th
Male U20 4x100m	Malikye Kessie, Rashid Kabba, Destin Nshimirimana, Cameron Banovich	43.73	Bronze
Male Open 4x1500m walk	Raven Pyda, Ciara Cassilles, Jaxson Horton, Michael Mathison	31.02.92	Bronze medal
Male Open 4xDiscus	Bryce Nolan, Raven Pyda, Malikye Kessie, Cameron Banovich	92.55	4 th
Mixed U14 4x100m	Bronson Bzadough, Akeem Kabba, Ruby Kernaghan, Ruby Talbot	50.66	Gold medal (NSW Record)
Mixed U20 4x100m	Alexia Mathison, Destiny McGoon, Rashid Kabba, Cameron Banovich	47.11	Bronze medal



Top left: Our State record mixed U14 4x100m team of Ruby Rose Talbot, Ruby Kernaghan, Bronson Bzadough, Akeem Kabba.
 Top centre: Mixed U20 4x100m Bronze medalists Alexia Mathison, Destiny McGoon, Rashid Kabba, Cameron Banovich

Westfields Athletes at the 2022 Australian All Schools

Seven Westfields athletes qualified to compete at the 2022 Australian All Schools held in Adelaide (Rashid Kabba withdrew from selection). At the first All Schools conducted since 2019 in Perth, our athletes performed brilliantly with all coming home with medals and/or p.b.'s.

Aleksandra Stoilova	U18 100m	11.94 (-1.4) h, 11.60 (0.1)	Gold medal
	U18 200m	25.12 (0.8) h, withdrew final	
	U18 4x100	45.90 (1 st leg)	
Molly Goetz	U18 hammer	57.39	Silver medal
Alex Goetz	U16 Hammer	60.53	Silver medal
	U16 Discus	32.15	
Amelia Darek	U14 Pole Vault	2.35	Bronze medal
Jaxson Horton	U16 3000 walk	15.49.09	4 th
Zoe Sarris	U16 Pole Vault	2.55	5 th

Aleksandra Stoilova was clearly the outstanding performer when she won the 100m title in a new p.b. of 11.60 seconds, elevating her to number 2 in the Australian U18 rankings and number 22 in the World. She recently announced she has accepted a full Scholarship to Pittsburgh University in the USA and will be leaving in January of 2023. We wish her all the best.

Molly Goetz was on the sidelines with a shoulder injury for over a month leading up to the trip to Adelaide. Accordingly her silver medal performance in hammer was exceptionally rewarding. Molly's brother Alex also won the hammer Silver medal just short of his best, however was extremely disappointed with the discus where he failed to put out a fair throw having been ranked number 3 in the event, prior to the competition.

Amelia Darek was ranked 4 in Australia in hammer, however was not selected from her result at the NSW All Schools. Instead, she gained selection in the Pole Vault (a new event for her) and miraculously came home with the Bronze medal in what was only her 2nd ever competition.

Jaxson Horton was brilliant in finishing just out of a podium spot with a massive personal best result in the 3000m walk. Zoe Sarris also scored a personal best jump of 2.55m in the pole vault for a fantastic 5th placing in the U15 event.



NSW Open Championships SOPAC 24/2 - 26/2 2023

Rashid Kabba Open 100m heat 2nd 10.99 (-0.4), Semi 3rd 10.71 (0.3), 200m heat 5th 21.73 (1.4), B Final 3rd 21.33 (0.2)

Zac Zaineddine Open Heat 4th 11.37 (-3.1)

Bryce Nolan Open Discus **Silver** 47.02

Ciara Cassilles Open 5000m Walk 9th 26.42.35

Alexandra Alizart Open 200m Heat 5th 26.35 (1.5)

Bryce Nolan Silver in Open Discus, just centimetres from defending his 2022 Title



NSW Junior Championships (U14-U20)

Females

Destiny McGoon U20 100m 15th 13.02 (1.2), 200m 14th 26.43 (1.3), Long Jump 5th 5.11 (0.6)

Molly Goetz U20 Shot Put 5th 11.90, Hammer **Gold** 49.59

Marissa Tnokovski U18 100m 16th 13.94 (1.3), 200m 18th 28.69 (0.4), 8th 100m Hurdles 20.45 (0.4)

Olivia Pyda U18 400m Hurdles 4th 1.14.94.

Emmerson Crabtree 800m 12th 2.28.36, 1500m 14th 5.21.82,

Ciara Cassilles U18 5000m Walk **Bronze** 26.08.73,

Zaynab Darwiche U16 400m **Silver** 58.75, Heat 3rd 60.18, 800m 6th 2.19.34

Zoe Sarris U16 Pole Vault **Silver** 2.40

Maddison Kernaghan U16 Shot Put 4th 11.57, Discus 7th 25.67, Hammer **Bronze** 43.88, Javelin 7th 28.94.

Ruby Rose Talbot U15 100m 25th 13.743 (1.4), 200m 28.51 (1.4), Long Jump 17th 3.96 (3.0), Triple Jump 15th 9.01 (0.0)

Isabella Baptist U15 800m 11th 2.40.82, 2000m Steeple 5th 8.55.01

Isabella Muc U15 800m 12th 2.41.19, 1500m 9th 5.19.31, 2000m Steeple **Silver** 8.05.72.

Amelia Darek U15 90m Hurdles 10th 17.60 (-1.3), Heat 10th 16.58 (3.2), Pole Vault **Gold** 2.30, Hammer **Bronze** 32.19, Javelin 11th 22.00.

Ruby Kernaghan U14 100m 9th 13.30 (2.2), Heat 13.37 (0.6), 200m Heat 16th 27.53 (0.1), 400m 4th 59.56, Heat 7th 1.01.98, High Jump 9th 1.45,

Lilly Twigden U14 3000m Walk 4th 18.16.08,

Evanjaline McGoon U13 100m 6th 14.17 (1.9), 80m Hurdles **Bronze** 14.77 (0.4), Long Jump 9th 3.96 (0.6), Triple Jump 5th 9.36 (2.6),

Alexia Mathison U13 800m 11th 2.49.38, 80m Hurdles **Gold** 13.35 (0.4), Long Jump 8th 4.15 (0.6),

Erin Cassilles U13 3000m Walk **Gold** 16.45.37,

Males

Rashid Kabba U20 100m **Gold** 10.56 (0.1), Heat 1st 10.82 (0.7), 110m Hurdles **Gold** 14.03 (0.1), 200m DNS, Heat 3rd 22.19 (1.0)

Cameron Banovich U20 100m 6th 11.00 (0.1), Heat 4th 10.96 (0.5), 200m DNS, Heat 22.00 (1.0),

Malikye Kessie U20 100m 5th 10.94 (0.1), Heat 3rd 11.08 (0.0), 200m Heat 2nd 22.41 (0.6)

Raven Pyda U20 5000m Walk **Gold** 23.38.69

Bryce Nolan U20 Shot Put **Bronze** 14.94, Discus **Gold** 51.35

Destin Nshimirimana U18 100m Heat 5th 11.66 (1.1), 200m Heat 5th 23.38 (0.1), 400m 6th 57.27.

Kunal Menon U18 110m Hurdles DQ

Emillio Martinez U18 Discus 6th 44.39

Adam Arduin U18 Javelin 4th 46.63

Alex Goetz U17 100m Heat 5th 11.55 (0.4), Hammer **Silver** 53.11,

Joshua Jones U17 100m Heat 9th 12.33 (-0.7)

Fuinelakei Aukafolau U16 100m Heat 5th 12.17 (1.0), 100m hurdles 4th 14.75 (0.3), 200m Hurdles 5th 28.54 (NWI)

Benjamin Long 400m Heat 4th 55.69, 800m 8th 2.05.84,

Rhys Wakeham U15 800m 17th 2.22.82, 1500m Heat 13th 4.47.89

Koben Best U15 100m 10th 12.58 (1.7), Heat 2nd 12.23 (1.4), 100m Hurdles 6th 15.40 (-0.2), Heat 3rd 15.30 (0.3), Long Jump 7th 5.12 (-0.2)

Benjamin Westwood 800m Heat 5th 2.21.50, 1500m 18th 4.53.77,

Jayden Tran U15 Shot Put 7th 8.03, Discus 11th 27.40

Jayden Todoroski U14 100m **Gold** 11.75 (1.5), Heat 1st 11.85 (1.0),

200m **Gold** 24.32 (0.3), Heat 1st 24.47 (0.1), Long Jump **Gold** 5.58 (0.9)

Shea Cassilles U14 800m 12th 2.24.63, 3000m (U15) 13th 10.28.51

Zavier Aad U14 1500m 13th 5.06.40

Akeem Kabba U14 90m Hurdles **Silver** 14.04 (0.0)

Khalil Ogle U13 400m **Silver** 1.03.09, 800m 4th 2.20.72, 1500m 6th 4.51.60

Michael Mathison U13 800m 17th 2.59.99, Discus **Bronze** 14.24, 3000m Walk **Bronze** 1829.05

Adnan Darwiche Para U17 200m 4th 38.01 (0.8) 56.43%, 400m **Bronze** 1.22.20 57.01%, 800m **Bronze** 3.29.88 52.37%.



Rashid Kabba, undefeated NSW Junior Champion over the sprint hurdles since 2019 when he first contested the State Title. He also has only once been defeated over the 100m sprint since 2019, winning this year in 10.56.

Australian Open & U20 Championships, Brisbane 30th March - 2nd April 2023

Ciara Cassilles U20 10000m walk 5th 55.33.40

Molly Goetz U20 **Hammer Silver** 50.42

Destiny McGoon U20 400m Hurdles heat 5th 66.85

Rashid Kabba U20 100m 6th 10.65 (0.6) heat 1st 10.59 (1.4), 200m DNS, LJ DNS, **110m Hurdles Gold** 14.10 (0.2) heat 1st 14.24 (0.6)

Bryce Nolan Open DT 8th 44.76, prel 8th 44.92

Raven Pyda 10000m walk 7th 50.50.3

Cameron Banovich U20 200m 5th H 22.68 (-0.9)

Mailikye Kessie U20 100m DNS



Australian Junior Championships (U13,U14,U15,U16,U17,U18) Brisbane 13-16/05/2023

Evanjaline McGoon U13 80m Hurdles 4th 13.83 (-0.4)

Alexia Mathison U13 80m hurdles 5th 16.45 (-0.4)

Erin Cassilles U13 3000m Walk 4th 16.42.59

Ruby Kernaghan U14 200m 7th 26.07 (1.6) heat 3rd 26.31 (0.4), **400m Bronze** 57.70, heat 1st 57.98,

Zaynab Darwiche U16 400m 7th 59.77, heat 58.35 3rd, U16 800m heat 7th 2.22.68,

Isabella Muc U15 2000m Steeple Chase 10th 7.54.92

Amelia Darek U15 Pole Vault 6th 2.10, U15 Hammer Throw 10th 34.97

Zoe Sarris U16 Pole Vault 5th 2.55.

Maddison Kernaghan U16 Hammer Throw 6th 44.82

Ciara Cassilles **5000m walk Bronze** 26.55.66

Kahlil Ogle U13 400m 4th 59.39

Michael Mathison U13 3000m Walk 7th 18.05 96, Discus 6th 14.50

Jayden Todoroski U14 **100m Gold** 11.65 (-0.9) heat 1st 11.83 (1.1), **200m Gold** 23.73 (2.0) heat 1st 24.52 (-1.0), **4x100m relay NSW Gold** 47.22, **Long Jump Gold** 5.78 (0.1)

Akeem Kabba U14 90m Hurdles 7th 15.81 (0.3), heat 1st 13.93 (0.5)

Koben Best U15 100m Hurdles 7th 14.71 (0.7), 8th heat 3rd 14.56 (0.1)

Jaxson Horton U15 3000m Walk **Bronze** 15.06.23

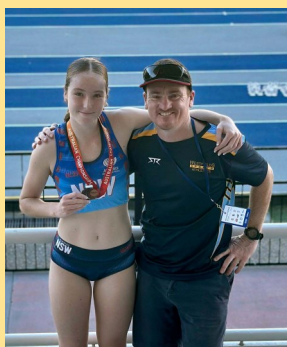
Ben Long U16 800m heat 6th 2.04.29

Fuinelakei Aukafolau U16 100m Hurdles heat 5th 14.96 (0.5), 200m Hurdles heat 6th 28.84 (-1.6)

Adnan Darwiche PA 400m DQ, 800m 8th 3.30.82

Kunal Menon U18 110m Hurdles 5th 14.35 (1.3), heat 2nd 14.83 (0.1)

Emillio Martinez U18 Discus 8th 45.28



Our National medallists (Top to bottom, left to right)

Rashid Kabba, Molly Goetz, Kate Kernaghan, Ciara Cassilles, Jayden Todoroski, Jaxson Horton.

Complete 22-23 Season Results

NSW 10 Road Championships 1/5/2022

Brett Mathison (45-49) 10km 10th 45.40.02, **Ben Long** U16 5km 19th 19.16.19, **Jaxson Horton** U16 5km 20th 21.32.96, **Ben Westwood** 5km 26th 22.55.12, **Ciara Cassilles** U20 7th 44.50.93, **Caleb Strahl** 10km 23rd 43.21.95, **Jai Horton** 10km 24th 45.16.75, **Isabella Baptist** U16 5km 31st 23.19.55, **Madeline Baptist** U16 5km 35th 25.39.94, **Isabella Muc** U16 5km 22nd 20.53.87,

NSW Novice Cross Country Championships 21/5/2022

Brett Mathison 10km 29th 47.34, **Jai Horton** 5km 26th 20.05.0, **Shea Cassilles** 3km 42nd 12.12, **Ben Long** 3km 51st 12.28.0, **Isabella Muc** 3km 75th 13.09, **Alexia Mathison** 2km 17th 8.36.

NSW Short Walks Championships 22/5/2022

Erin Cassilles U12 1500m walk Silver 8.22.0, **Lilly Twigden** U13 2000m walk 5th 14.04.0, **Ciara Cassilles** U16 3km walk Silver 18.22, **Michael Mathison** U12 1500m walk Bronze 9.20.0, **Jaxson Horton** U14 2000m walk Silver 11.52.0, **Raven Pyda** U20 10km walk Gold 54.03.

Throwers Club 29/05/2022

Molly Goetz SP 3kg 12.36, DT 34.99, HT (3kg) 58.14, **Bryce Nolan** DT (1.75kg) 49.14, **Emilio Martinez** (1.5kg) 41.10, **Alex Goetz** HT (4kg) 58.80

NSW Cross Country Relays 6t/6/2022

U12 Girls 2km **Erin Cassilles** 8.55 (no team)

U14 Girls 2km **Lilly Twigden** 9.20 (no team) U16 Boys 3km **Ben Long** 11.53, **Ben Westwood** 13.09, **Isabella Muc** 13.13, **Alexia Mathison** 13.40, **Westfields team** 51.55 8th place, **Ella Van Der Meer** 1500m 5.21.18 2nd, U18 Girls 3km **Ciara Cassilles** 12.38, **Olivia Pyda** 15.21, **Madeline Baptist** 14.51, **Isabella Baptist** 13.45, **Westfields Team** 56.35 9th place NSW

Cross Country Championships 18/6/2022

U14 Girls 2km **Isabella Muc** 12.04 23rd

U15 Boys 4km **Benjamin Long** 16.01 15th NSW Road Relays 16/7/2022 U14 Boys 2km **Shea Cassilles** 7.05 (no team)

Throwers Club 26/06/2022

Amelia Darek SP 8.76, HT 30.30, Dt 24.78, **Bryce Nolan** DT (1,75kg) 49.85, SP (5kg) 13.22, **Emillio Martinez** DT (1.5kg) 40.17

NSW Team Walks Championships 16/7/2022

Open **Raven Pyda** 10km 4th 52.02 (No team) U18 Girls 5000m **Ciara Cassilles** 2nd 26.57 (No team)

U14 Girls 3000m **Erin Cassilles** 6th 17.18, **Alexia Mathison** 8th 17.55, **Lilly Twigden** 11th 19.47, **Westfields Team Silver** 55.00

U14 Boys **Jaxson Horton** 3rd 17.06, **Michael Mathison** DQ, (No team result)

Long Walk Championships, Chipping Norton 21/8/22

U20 male 20km **Raven Pyda** 1st 1.58.41

U12 female 2km **Erin Cassilles** 2nd 11.14.0

U12 male 2km **Michael Mathison** 3rd 13.08

U16 female 5km **Ciara Cassilles** 2nd 26.45

U14 male 3km **Jaxson Horton** 1st 16.45

U14 female 3k **Ruby Kernaghan**

U12 female 2km **Alexia Mathison** DNS

Throwers Club 289/08/2022

Molly Goetz SP (3kg) 11.53, DT 40.24, HT 4kg 52.95, **Amelia Darek** SP (3kg) 8.53, DT 24.82, HT 32.23, **Emillio Martinez** DT (1.5kg) 10.35, DT (1.5kg) 42.15, **Alex Goetz** HT (4kg) 57.84.

NSW Combined High Schools State Championships, SOPAC 7-9/09/2022

See complete NSW CHS report earlier.

NSW All Schools, SOPAC 24-27/09/2022

See complete NSW All Schools report earlier.

Treloar Shield no. 1, SOPAC, 8/10/2022

Females

Ruby Kernaghan 60m 8.60 (1.0) 11th, 200m 28.04 (-0.3) 6th, **Evanjaline McGoon** 60m 9.0 (-0.6) 12th, 200m 31.20 (-1.0) 12th, **Isabella Muc** 1500m 5.18.84 8th, **Erin Cassilles** 1500m 5.42.41 13th, **Ella Van Der Meer** 1500m 5.44.42 14th, **Maddison Kernaghan** 60m 8.84 (-0.4) 22nd, Shot Put 11.23 new p.b. 7th, Discus 23.83 10th, **Destiny McGoon** 200m 27.36 (-0.8) 9th, **Zaynab Darwiche** 200m 29.24 (-0.5) 19th, 1500m 5.33.52 10th, **Molly Goetz** 37.01 4th, **Alexia Mathison** 80m Hurdles 4th 14.28 (1.6).

Complete 22-23 Season Results (continued)

Males

Jayden Todoroski 90m hurdles 14.14 (0.5) 2nd, 60m 7.93 (-1.2) 2nd, 200m 25.47 (-1.8) 2nd, **Akeem Kabba** 90m hurdles 14.40 (0.5) 4th, 60m 8.95 (-1.2) 11th, 200m 29.31 (-1.8) 8th, **Shea Cassilles** 1500m 5.08.02 11th, **Benjamin Westwood** 1500m 5.21.48 14th, **Jaxson Horton** 1500m 5.24.02 15th, **Michael Mathison** Discus 13.95 9th, **Cameron Banovich** 60m 7.29 (-1.6) 1st, **Destin Nshimirimana** 60m 7.63 (-1.6), 200m 24.98 (-1.3) 22nd, **Lachlan Baptist** 60m 7.76 (-0.7) 23rd, 200m 25.25 (-1.3) 27th, **Fui Aukafolau** 60m 8.14 (-0.7) 36th, 200m 27.76 (-1.1) 36th, **Benjamin Long** 1500m 4.31.38 6th, **Rhys Wakeham** 1500m 4.50.45 8th, **Jai Horton** 1500m 4.54.47 10th, **Alex Goetz** Discus 57.42 1st, **Emillio Martinez** 41.62m 3rd, **Malikye Kes-sie** 60m 7.16 (-0.5) 14th, **Zac Zaineddine** 60m 7.63 (-0.1) 37th, **Bryce Nolan** Shot Put 15.46 1st, Discus 46.89 1st, **Adnan Darwiche** (Para) 200m 37.67 (-1.9) 2nd, 1500m 8.10.56 2nd, Shot Put 3.91 2nd, Discus 6.81 1st.

10000m NSW Championship, SOPAC, 8/10/2022

Ciara Cassilles 47.10.72 **Bronze**

Treloar Shield no. 2, SOPAC, 15/10/2022

Females

Alexandra Alizart 100m 12.61 new p.b. 7th (0.0), 400m 59.04 10th, **Ruby Kernaghan** 100m 13.89 (0.2) 9th, 400m 65.85 4th, **Ruby Talbot** 100m 13.98 (-1.5) 1st, Long Jump 4.57 (3.9) 3rd, **Amelia Darek** 100m 14.32 (-1.5) 2nd, Javelin 400gm 31.13 1st, **Evanjaline McGoon** 100m 14.38 (-1.5) 4th, Long Jump 4.31 (2.2) 4th, **Destiny McGoon** 100m 13.11 (-1.0) 6th, **Maddison Kernaghan** 100m 14.04 (-0.2) 3rd, Javelin 500gm 31.65 7th, **Olivia Pyda** 400m 66.24 2nd, **Ciara Cassilles** 3000m 12.00.74 14th, 500m walk 26.19.62 3rd, **Erin Cassilles** 3000m walk 17.13.93 3rd.

Males

Jayden Todoroski 200m hurdles 30.68 (-1.1) 3rd, **Akeem Kabba** 200m hurdles 32.34 (-1.1) 4th, **Makikye Kes-sie** 400m 54.30 1st, **Khalil Ogle** 400m 64.99 1st, **Shea Cassilles** 67.01 2nd, **Lachlan Baptist** 55.04 2nd, **Cameron Banovich** 400m 53.32 1st, **Destin Nshimirimana** 400m 58.83 1st, **Adnan Darwiche** 400m 1.39.19 2nd, Long Jump 1.88 (1.2) 1st.

Treloar Shield no. 3, SOPAC, 22/10/2022

Females

Alexandra Alizart 12.63 (0.8) 1st, **Ruby Rose Talbot** 100m 13.76 (1.8) 6th, 200m 28.88 (0.3) 4th, **Lilly Twigden** 800m 2.56.91 6th, **Erin Cassilles** 800m 3.00.39 7th, **Emerson Crabtree** 800m 2.28.47 2nd, **Zaynab Darwiche** 800m 2.37.19 4th, High Jump NH, **Madeline Baptist** 800m 2.53.23 6th, **Amelia Darek** Hammer 3kg 40.12 new p.b. 1st, Pole Vault 2.00 2nd, **Molly Goetz** Hammer 57.07 3kg 1st, **Ruby Kernaghan** High Jump 1.35 7th.

Males

Jayden Todoroski 100m 11.89 (2.0) new p.b. 1st, 200m 23.89 (2.6) 1st, **Bronson Bzadough** 100m 12.61 new p.b. (2.0) 3rd, 200m 25.29 (2.6) 3rd, **Akeem Kabba** 100m 13.63 (1.1) 5th, 200m 27.87 (2.6) 4th, **Destin Nshimirimana** 100m 11.79 (1.6) 5th, **Kunal Menon** 100m 11.95 (2.1) windy p.b. 4th, **Adnan Darwiche** T20 100m 16.80 (1.4), 200m 37.67 (NWI), **Jaxson Horton** 800m 2.26.69 2nd, **Benjamin Westwood** 800m 2.29.33 3rd, 1st, **Zavier Aad** 800m 2.33.77 (4th), **Khalil Ogle** 800m 2.25.33 7th, **Shea Cassilles** 800m 2.28.77 8th, **Benjamin Long** 800m 2.04.79 6th, **Jai Horton** 2.21.04 4th, **Alex Goetz** Hammer 4kg 62.33 1st.

NSW Schools Challenge (formerly named NSW Schools Knockout then NSW Schools Nitro) 26/10/2022

Junior Male

Jayden Todoroski 100m 11.92 (0.2) 1st, 200m 24.17 (1.2) 1st, **Bronson Bzadough** 100m 12.66 (2.6) 6th, **Akeem Kabba** Long Jump 4.37 (0.0) 8th, **Jaxson Horton** 800m 2.27.26 5th, **Benjamin Westwood** 800m 2.30.79 7th, **Jayden Tran** Shot Put 7.81 9th,

Intermediate Male

Destin Nshimirimana 100m 11.72 (0.0) new p.b. 1st, 400m 55.73 new p.b. 3rd, **Alex Goetz** 100m 11.83 (-0.8) new p.b. 1st, High Jump 1.60m 6th new p.b., **Kunal Menon** 200m 24.50 (-0.1) new p.b. 5th, **Joshua Jones** 200m 25.62 (0.8) new p.b. 5th, Long Jump 4.81 (0.2) new p.b. 6th, **Benjamin Long** 800m 2.05.38 3rd, **Emillio Martinez** 11.64 new p.b. 6th, Javelin 35,25 6th, **Sprint Medley Relay** (100,300,200,400) **Goetz, Menon, Jones, Nshimirimana** 2.13.29.3rd.

Senior Male

Cameron Banovich 100m 11.03 (0.5) new p.b. 3rd, 200m 22.07 (-0.2) new p.b. 2nd, **Raven Pyda** 100m 12.12 (0.5) 8th, 1500m 4.39.26 7th, **Bailey Latanis non-WAC** 400m 54.47 3rd, **Lachlan Baptist** 400m new p.b. 54.64 3rd, **Jai Horton** 1500m 5.03.39 10th, **Rashid Kabba** High Jump 1.65m 3rd, Long Jump 7.07m (0.0) new p.b. 1st, **Bryce Nolan** 17.93m 5kg new p.b with 5kg 2nd, **Adam Arduin non-WAC** Javelin 44.74 2nd, 1600m **Sprint Medley** (200,200,400,800) **Pyda, Banovich, Baptist, Latanis**.

Junior Female

Ruby Kernaghan 100m 13.53 (-2.1) new p.b. 2nd, 200m 27.26 (2.5) new windy p.b. 1st (27.83 p.b. at NSW All Schools), **Ruby Rose Talbot** 100m 13.89 (1.5) 4th, Long Jump 4.15m (0.4) 5th, **Amelia Darek** Shot Put 8.95m 5th, **Isabella Baptist** 800m 2.38.94 3rd, **Lilly Twigden** 800m 2.59.61 8th, Javelin 23.59m 4th, **4x200m Relay** **Talbot, Kernaghan, Baptist, Darek** 1.58.60 8th.

Senior Female

Aleksandra Stoilova 100m 11.95 0.7 1st, 200m 24.67 (-0.7) 2nd, **Zoe Sarris** 100m 14.2 (0.7) 7th, **Isabella Muc** 400m 1.06.94 5th, **Olivia Pyda** 400m 1.07.91 5th, 1500m 5.13.26 9th, **Ciara Cassilles** 1500m 5.26.42 11th, **Destiny McGoon** High Jump 1.55m 3rd, Long Jump 5.26 (-0.8) 2nd, **Molly Goetz** 13.71m new p.b. (other arm),

Complete 22-23 Season Results (continued)

Javelin 23.38m 5th, 1600m **Sprint Relay 200x200x400x800 Stoilova, McGoon, Pyda, Cassilles** 4.46.35 6th.

NSW 3000m Championships 29/10/2022

Females

Isabella Muc 3000m E race 11.12.65 10th, **Ciara Cassilles** E race 12.09.75 17th, **Emerson Crabtree** F race 11.45.80 12th, **Ella Van Der Meer** G race 12.39.80 9th, **Erin Cassilles** G race 13.01.70 11th, **Isabella Baptist** G race 13.27.75 12th, **Lilly Twigden** 13.33.98 13th, **Madeline Baptist** 3000m Community race 13.45.90 16th.

Males

Shea Cassilles J race 10.46.46 12th, **Jai Horton** 11.00.78 15th, **Rhys Wakeham** 11.01.97 J race 16th, **Khalil Ogle** 10.42.05 3rd, **Xavier Aad** K race 11.22.62 15th, **Benjamin Westwood** K race 12.02.74 22nd, **Jaxson Horton** L race 11.09.87 3rd, **Brett Mathison** L race 13.12.47 14th, **Michael Mathison** L race 13.25.49 15th, **Benjamin Long** 800m B race 2.03.64 new p.b. 4th.

Illawong High Velocity 29/10/2022

Females

Destiny McGoon 100m 12.89 (-0.7) 6th, 400m 62.00 6th, **Ruby Kernaghan** 100m 13.78 (-0.9) 1st, 200m 27.83 (0.9) equal p.b. 5th High Jump 1.35m 14th, **Evanjaline McGoon** 100m 14.13 (-0.9) New p.b. 5th, High Jump 1.25m 20th, Triple Jump 8.68m (-0.40) New p.b. 7th.

Males

Cameron Banovich 100m 11.24 (0.0) 4th, **Jayden Todoroski** 100m 12.06 (-0.1) 2nd, 200m 23.74 (2.2) New windy p.b. 1st, **Akeem Kabba** 100m 13.89 (0.2) 3rd, **Rashid Kabba** 21.42 (0.7) New p.b. 1st, 400m 51.94 1st new p.b.

Throwers Club 30/10/2022

Alex Goetz hammer 4kg 64.99 new p.b. 1st, **Discus** 1kg 54.75 2nd, **Molly Goetz** Discus 34.15m 2nd, **Emillio Martinez** Discus 1.5kg 43.51 new p.b. 1st, Shot Put 5kg 10.45 2nd.

Treloar Shield no. 4 Campbelltown 5/11/2022

Females

Ruby Kernaghan 60m 8.53 (0.8) new p.b. 2nd, 200m 27.20 (3.3) windy p.b., **Ruby Rose Talbot** 60m 8.72 (-0.5) new p.b. 2nd, 200m 28.54 (1.7) new p.b., Triple Jump 8.58 (0.7) 9th, **Isabella Muc** 1500m 5.25. 14 6th, **Lilly Twigden** 1500m 6.03.86 10th, **Alexia Mathison** 80m hurdles 13.87 (0.8) new 76cm p.b. 4th, **Evanjaline McGoon** 80m hurdles 15.37 (0.0) new 76cm p.b., Triple Jump 8.47 (-0.1) new p.b. 11th, **Destiny McGoon** 200m 26.44 (0.3) 4th, **Aleksandra Stoilova** 60m 7.46 (0.1) 1st, **Alexandra Alizart** 60m 8.07 (0.1) 9th, 200m 25.51 (3.0) 6th.

Males

Jayden Todoroski 60m 7.54 (1.1) new p.b. 1st, 200m 23.94 (0.7) new p.b. 1st, 90m hurdles 13.81 (2.7) windy p.b. 3rd, **Akeem Kabba** 60m 8.91 (1.1) new p.b. 8th, 90m hurdles 14.58 (2.7) 5th, **Benjamin Westwood** 1500m 5.10.20 11th, **Jaxson Horton** 1500m 5.12.09 13th, **Rashid Kabba** 60m 6.93 (1.0) new p.b. 1st, 200m 21.89 (0.0) 1st, 110m hurdles 91cm 14.07 (1.6) 1st, **Kunal Menon** 110m hurdles 91cm 15.53 (1.6) new p.b. 5th, **Joshua Jones** 60m 7.66 (-0.2) new p.b., **Emillio Martinez** Discus 1.5kg 43.24 4th, **Cameron Banovich** 60m 7.17 (1.5) new p.b. 4th, 200m 22.1(0.0) new p.b. 3rd, **Bryce Nolan** Shot Put 6kg 14.92 new p.b. 1st, Discus 2kg 49.61 new p.b. 1st.

Treloar Shield no. 5, Barden Ridge 12/11/2022

Females

Ruby Kernaghan 100m 13.28 (2.4) windy p.b. 2nd, 400m 63.51 new p.b. 1st, **Ruby Rose Talbot** 100m 13.48 windy p.b. (2.4) 3rd, Long Jump 4.23 (2.7) 5th, **Alexia Mathison** 14.21 (2.4) new p.b. 5th, **Erin Cassilles** 3000m walk 17.15.77 7th, **Lilly Twigden** 3000m walk 17.36.62 new p.b. 8th, **Zaynab Darwiche** 400m 66.58 2nd, **Ciara Cassilles** 5000m walk 27.12.25 6th.

Males

Jayden Todoroski 100m 12.04 (0.4) 2nd, Long Jump 5.33 (-1.3) 1st, **Akeem Kabba** 100m 13.99 (0.4) 9th, Long Jump 4.49 (-2.0) 5th, **Jaxson Horton** 5000m walk 16.09.89 new p.b. 2nd, **Destin Nshimirimana** 100m 11.72 (0.5) equal p.b. 6th, 400m 58.39 3rd, **Joshua Jones** 100m 12.22 (0.2) p.b. 3rd, **Benjamin Westwood** 3000m 12.15.04 22nd, **Rashid Kabba** 100m 10.83 (1.0) s.b. 2nd, **Malikye Kessie** 100m 10.99 (1.0) s.b. 6th, **Cameron Banovich** 100m 11.20 (0.2) 6th, **Raven Pyda** 5000m walk 24.58.84 5th, **Adnan Darwiche** T20 100m 16,82 (NWI) 1st, 400m 1.36.50 new p.b. 1st.

NSW State Relays. Campbelltown 19/11/2022

See complete NSW Relays report earlier

NSW Milers series meet 2, The Crest 24/11/2022

Alexia Mathison 80m hurdles 76cm 14.72 (0.0) 1st.

NSW 10km walks championships, SOPAC 26th 11/2022

Ciara Cassilles U20 10km walk 57.08.16 new p.b. **Silver**
Raven Pyda U20 10km walk 53.03.70 **Silver**

Complete 22-23 Season Results

Treloar Shield no.6, SOPAC 26/11/2022, SOPAC

Females

Ruby Rose Talbot 100m 13.64 (1.3) new p.b. 2nd, 200m 28.95 (-0.8) 2nd, **Ruby Kernaghan** 100m 13.65 (-0.4) 8th, **Evanjeline McGoon** 100m 14.07 (1.3) new p.b. 5th, 200m 29.80 (=0.8) new p.p. 5th, **Ruby Kernaghan** 200m 27.15 (1.3) new p.b. 6th, 200m 29.80 (-0.8) new p.b. 5th, **Ella Van Der Meer** 800m 2.35.61 3rd, **Erin Cassilles** 800m 2.46.07 7th new.pb. , **Lilly Twigden** 800m 2.54.45 8th new p.b. , **Aleksandra Stoilova** 100m 11.88 (-1.3) 2nd, **Destiny McGoon** 100m 12.98 (1.0) 6th.

Males

Rashid Kabba 100m 10.83 (-2.7) s.b. 4th, 200m 21.43 (1.4) new p.b. 6th, **Cameron Banovich** 100m 11.21 (0.1) 7th, 200m 22.28 (1.2) 2nd, **Destin Nshimirimana** 100m 11.96 (0.4) 3rd, 200m 23.20 (1.6) new p.b. 3rd, **Joshua Jones** 100m 12.09 (2.8) windy p.b. 5th, 200m 25.44 1.4 4th, **Kunal Menon** 100m 12.22 (-0.5) 4th, 200m 23.95 (1.3) new p.b. 5th, **Benjamin Westwood** 800m 2.25.28 new p.b. 1st, **Shea Cassilles** 800m 2.27.12 8th, **Benjamin Long** 800m 2.07.51 6th.

Albie Thomas Mile, The Crest 3/12/2022

Females

Ella Van Der Meer 800m 2.35.53 2nd, 1 mile 5.54.47 1st, **Isabella Baptist** 800m 2.36.41 3rd, **Erin Cassilles** 800m 2.49.32 5th, **Madeline Baptist** 800m 2.58.47 6th, **Zaynab Darwiche** 800m 2.24.20 2nd, **Isabella Muc** 800m 2.27.87 4th,

Males

Destin Nshimirimana 100m 11.47 (2.2) windy p.b. 2nd, **Cameron Banovich** 100m 11.17 (1.0) 8th, **Rashid Kabba** 100m 11.91 (0.3) 4th, **Lachlan Baptist** 400m 55.10 8th, **Khalil Ogle** 800m 2.20.43 (3rd), **Rhys Wakeham** 800m 2.16.22 1st, **Shea Cassilles** 800m 2.26.88 8th, **Benjamin Long** 2.04.97 5th, **Xavier Aad** 1 mile 5.38.80 5th, **Michael Mathison** 1 mile 6.37.80 13th.

2022 Australian All Schools, Adelaide 9-11/12/2022

See Complete Australian All Schools results earlier

Treloar Shield Final, SOPAC 17/12/2022

Females

Ruby Kernaghan 100m 13.64 (-3.6) 3rd, 400m 60.40 new p.b. 1st, Shot Put 6.86 10th, High Jump 1.45m 4th, **Ruby Talbot** 100m 14.17 (-1.6) 4th, Long Jump 4.23m (0.4) 7th, **Evanjeline McGoon** 100m 14.57 (-3.6) 7th, Long Jump 4.17 (1.9) 9th, **Destiny McGoon** 100m 13.40 (-3.2) 5th, Long Jump 5.35 (-2.7) 5th, High Jump 1.55m 4th, **Isabella Baptist** 400m 65.27 4th, **Alexia Mathison** 400m 8th, 68.98, **Zaynab Darwiche** 400m 63.85 3rd, **Olivia Pyda** 400m 65.69 4th, U14 2x100m, **Open 2x100m Destiny McGoon, Marissa Tnokovski** 26.06 6th, **Ella Van Der Meer** 1500m 5.21.18 2nd, Emily Kott 5.10.10 6th, **Erin Cassilles** 5.43.05 8th, **Emerson Crabtree** 1500m 5.27.35 12th, **Ciara Cassilles** 1500m 5.32.20 14th, **Isabella Muc** 1500m 5.39.50 15th, **Amelia Darek** Shot Put 8.99m 4th, Discus 24.52 4th, **Marissa Tnokovski** Long Jump 4.10 (0.0) 13th, High Jump 1.30m 12th, **Molly Goetz** Discus 36.60m 3rd, Shot Put 12.47m 1st, **Maddison Kernaghan** 24.61 6th, Shot Put 9.79 6th, **Lilly Twigden** High Jump 1.35 8th, **Alexia Mathison** Discus 15.47 11th.

Males

Koben Best 100m 13.36 (-2.7) 5th, **Akeem Kabba** 100m 14.03 (-4.4) 3rd, **Long Jump** 4.31m (2.5) 4th, **Rashid Kabba** 100m 11.33 (-4.3) 2nd, **Long Jump** 6.29 (3.0) 4th, High Jump N.H. **Cameron Banovich** 100m 11.61 (-2.6) 6th, Long Jump N.D., **Destin Nshimirimana** 100m 12.06 (-2.0) 6th, 400m 54.84 new p.b. 7th, **Khalil Ogle** 400m 61.48 3rd, 1500m 4.40.81 5th, **Benjamin Westwood** 400m 64.18 4th, **Shea Cassilles** 400m 65.85 5th, 1500m 4.59.52 7th, **Lachlan Baptist** 400m 55.49 8th, **Adnan Darwiche** T20 400m 1.28.96 9th, **U14 2x100m Akeem Kabba, Koben Best** 26.79 5th, **Open 2x100m Cameron Banovich, Rashid Kabba** 21.73 6th, **Xavier Aad** 1500m 5.15.55 10th, **Benjamin Long** 1500m 4.39.06 8th, **Rhys Wakeham** 1500m 4.53.37 11th, **U14 4x200m mixed Akeem Kabba, Benjamin Westwood, Ruby Kernaghan, Ruby Talbot** 1.57.75 4th, **Mixed 4x200m Akeem Kabba, Benjamin Westwood, Evanjaline McGoon, Ruby Talbot** 1.57.75 4th, **Open 4x200m mixed, Rashid Kabba, Destin Nshimirimana, Destiny McGoon, Marissa Tnokovski** 1.39.89 6th, **Jaxson Horton** Shot Put 9.35m new p.b. 7th, Discus 23.13m 5th, **Michael Mathison** 4.39m 9th, Discus 11.95m 9th, Long Jump 2.91 (2.0) 7th, **Bryce Nolan** Discus 44.28m 2nd, Shot Put 12.55 4th, **Alex Goetz** Discus 23.32 13th, Shot Put 8.95 12th, **Jai Horton High Jump** N.H., **Benjamin Westwood** High Jump 1.30m 4th.

U14 final results Westfields 2nd 387.5 (Cherrybrook 1st 406)

Open Final Results Westfields 5th 305

NSW Throwers Club 19/12/2022

Molly Goetz DT 34.15,

Bryce Nolan SP (6kg) 14.37, DT (1.74kg) 46.77, Alex Goetz HT (4kg) 58.82, DT (1kg) 54.75, **Emillio Martinez** SP (5kg) 10.45, DT (1.5kg) 43.51

NSW Milers Meet III, The Crest, 22/12/2022

Zaynab Darwiche 800m 8th 2.25.73.

Illawong High Velocity meet I, Barden Ridge, 7/01/2023

Females

Alexia Mathison 80m hurdles 13.55 2nd (2.4) new windy p.b., 200m 5th 29.80 (1.8)

Males

Rashid Kabba 100m 2nd 10.56 (2.4) new windy pb, 110m hurdles (99cm) 1st 14.22 (1.9) new p.b., **Kunal Menon** 110m hurdles (91cm) 1st 15.25 (3.9) new windy pb, **Koben Best** 100m hurdles 4th 15.96 (2.3) new windy pb,

Complete 22-23 Season Results

Jayden Todoroski 100m 4th 11.91 (3.0), 200m 5th 24.93 (2.8)

NSW 60m Championships & NSW Mile Championships, Kerryn McCann Memorial, 14/01/2023

Females

Alexia Mathison U14 60m 4th 8.83 (1.0) new pb, **Erin Cassilles** U14 1 mile **Bronze** 5.59.51 new pb, **Zaynab**

Darwiche U16 1 mile **Gold** 5.47.42 new pb,

Males

Rashid Kabba U20 60m 4th h 6.95 (3.8), 5th (6.92 3.0) new windy p.b, Cameron Banovich U20 60m DQ, Joshua Jones U18 60m 9th 7.76 (4.9) new windy pb, **Jayden Todoroski** U14 60m **Gold** 7.72 (2.3), **Shea Cassilles** U14 1 mile **Silver** 5.33.81, **Benjamin Long** U16 1 mile **Silver** 5.09.27, **Jaxson Horton** U16 1 mile **Bronze** 5.29.87, **Benjamin Westwood** U16 1 mile 4th 5.38.99,

Illawarra Track Challenge, Kerryn McCann Memorial, 14/01/2023

Females

Zaynab Darwiche 800m 12th 1.30.63, **Emerson Crabtree** 800m 6th 2.26.74 new pb, **Ella Van Der Meer** 800m 15th 2.39.32, **Isabella Baptist** 800m 16th 2.41.54, **Madeline Baptist** 800m 18th 3.01.55, **Alexia Mathison** Long jump 5th 4.13 (0.0), **Molly Goetz** Hammer (4kg) 1st 44.37, **Ciara Cassilles** 3000m 11th 11.57.92, **Lilly Twigden** 3000m 9th 13.40.31.

Males

Rashid Kabba 100m 2nd 10.79 (2.0), **Cameron Banovich** 7th 100m 11.07 2.6, **Alex Goetz** 100m 11.45 2nd (4.0) new windy pb, **Shea Cassilles** 1 mile 2nd 5.33.81, **Benjamin Long** U16 2nd 5.09.27, **Michael Mathison** 3000m 7th 12.57.94 new pb, **Brett Mathison** 3000m 8th 13.04.49.

NSW Throwers Club 15/01/2023

Alexis Kernaghan Hammer (3kg) 17.34, **Amelia Darek** Hammer (3kg) 39.93, Discus 25.76, **Maddison Kernaghan** Hammer (ND), Discus 26.44, Bryce Nolan Discus (1.75kg) 47.80, Emillio Martinez (1.5kg) 41.70,

Summer Downunder 2023, AIS track Canberra, 20/01/2023

Rashid Kabba 100m 1st 10.97 (1.7), **Jayden Todoroski** 100m 4th 12.56 (1.7). Note: Initial race was nullified and was re-run after 6 minutes rest.

ACT Open & U20 Championships, AIS Track Canberra, 28/01/2023

Molly Hammer U20 Hammer Gold 48.17

Rashid Kabba U20 100m 10.59 (0.8) 2h, Final 4th 10.45 (0.4) new P.B., **Cameron Banovich** 100m 4h 11.03 (1.4) new P.B. **Cameron Banovich** 100m 4h 11.03 (1.4)

Campbelltown High Velocity, 29/01/2023

Destiny McGoon 100m 12.99 (-1.0), **Evanjaline McGoon** 100m 14.38 (0.0), **Alexia Mathison** 200m 29.01 (0.0), TJ 9.28 (1.4),

Malikye Kessie 100m 11.03 (0.0), **Cameron Banovich** 11.01 (0.0), **Jayden Todoroski** 100m 12.12 (0.0), 200m 24.77 (-1.5), **Koben Best** 12.43 (0.0), **Rashid Kabba** 21.33 (0.0), **Bryce Nolan** DT (2kg) 47.10.

NSW Open Championships SOPAC 24/2 - 26/2 2023

Rashid Kabba Open 100m heat 2nd 10.99 (-0.4), Semi 3rd 10.71 (0.3), 200m heat 5th 21.73 (1.4), B Final 3rd 21.33 (0.2)

Zac Zaineddine Open Heat 4th 11.37 (-3.1)

Bryce Nolan Open Discus **Silver** 47.02

Ciara Cassilles Open 5000m Walk 9th 26.42.35

Alexandra Alizart Open 200m Heat 5th 26.35 (1.5)

NSW Junior Championships (U14-U20)

Females

Destiny McGoon U20 100m 15th 13.02 (1.2), 200m 14th 26.43 (1.3), Long Jump 5th 5.11 (0.6)

Molly Goetz U20 Shot Put 5th 11.90, Hammer **Gold** 49.59

Marissa Tnokovski U18 100m 16th 13.94 (1.3), 200m 18th 28.69 (0.4), 8th 100m Hurdles 20.45 (0.4)

Olivia Pyda U18 400m Hurdles 4th 1.14.94.

Emmerson Crabtree 800m 12th 2.28.36, 1500m 14th 5.21.82,

Ciara Cassilles U18 5000m Walk **Bronze** 26.08.73,

Zaynab Darwiche U16 400m **Silver** 58.75, Heat 3rd 60.18, 800m 6th 2.19.34

Zoe Sarris U16 Pole Vault **Silver** 2.40

Maddison Kernaghan U16 Shot Put 4th 11.57, Discus 7th 25.67, Hammer **Bronze** 43.88, Javelin 7th 28.94.

Ruby Rose Talbot U15 100m 25th 13.743 (1.4), 200m 28.51 (1.4), Long Jump 17th 3.96 (3.0), Triple Jump 15th 9.01 (0.0)

Isabella Baptist U15 800m 11th 2.40.82, 2000m Steeple 5th 8.55.01

Isabella Muc U15 800m 12th 2.41.19, 1500m 9th 5.19.31, 2000m Steeple **Silver** 8.05.72.

Amelia Darek U15 90m Hurdles 10th 17.60 (-1.3), Heat 10th 16.58 (3.2), Pole Vault **Gold** 2.30, Hammer **Bronze** 32.19, Javelin 11th 22.00.

Ruby Kernaghan U14 100m 9th 13.30 (2.2), Heat 13.37 (0.6), 200m Heat 16th 27.53 (0.1), 400m 4th 59.56, Heat 7th 1.01.98, High Jump 9th 1.45,

Lilly Twigden U14 3000m Walk 4th 18.16.08,

Evanjaline McGoon U13 100m 6th 14.17 (1.9), 80m Hurdles **Bronze** 14.77 (0.4), Long Jump 9th 3.96 (0.6), Triple

Complete 22-23 Season Results

Jump 5th 9.36 (2.6),

Alexia Mathison U13 800m 11th 2.49.38, 80m Hurdles **Gold** 13.35 (0.4), Long Jump 8th 4.15 (0.6),

Erin Cassilles U13 3000m Walk **Gold** 16.45.37,

Males

Rashid Kabba U20 100m **Gold** 10.56 (0.1), Heat 1st 10.82 (0.7), 110m Hurdles **Gold** 14.03 (0.1), 200m DNS, Heat 3rd 22.19 (1.0)

Cameron Banovich U20 100m 6th 11.00 (0.1), Heat 4th 10.96 (0.5), 200m DNS, Heat 22.00 (1.0),

Malikye Kessie U20 100m 5th 10.94 (0.1), Heat 3rd 11.08 (0.0), 200m Heat 2nd 22.41 (0.6)

Raven Pyda U20 5000m Walk **Gold** 23.38.69

Bryce Nolan U20 **Shot Put** Bronze 14.94, Discus **Gold** 51.35

Destin Nshimirimana U18 100m Heat 5th 11.66 (1.1), 200m Heat 5th 23.38 (0.1), 400m 6th 57.27.

Kunal Menon U18 110m Hurdles DQ

Emillio Martinez U18 Discus 6th 44.39

Adam Arduin U18 Javelin 4th 46.63

Alex Goetz U17 100m Heat 5th 11.55 (0.4), Hammer **Silver** 53.11,

Joshua Jones U17 100m Heat 9th 12.33 (-0.7)

Fuinelakei Aukafolau U16 100m Heat 5th 12.17 (1.0), 100m hurdles 4th 14.75 (0.3), 200m Hurdles 5th 28.54 (NWI)

Benjamin Long 400m Heat 4th 55.69, 800m 8th 2.05.84,

Rhys Wakeham U15 800m 17th 2.22.82, 1500m Heat 13th 4.47.89

Koben Best U15 100m 10th 12.58 (1.7), Heat 2nd 12.23 (1.4), 100m Hurdles 6th 15.40 (-0.2), Heat 3rd 15.30 (0.3), Long Jump 7th 5.12 (-0.2)

Benjamin Westwood 800m Heat 5th 2.21.50, 1500m 18th 4.53.77,

Jayden Tran U15 Shot Put 7th 8.03, Discus 11th 27.40

Jayden Todoroski U14 100m **Gold** 11.75 (1.5), Heat 1st 11.85 (1.0), 200m **Gold** 24.32 (0.3), Heat 1st 24.47 (0.1), Long Jump **Gold** 5.58 (0.9)

Shea Cassilles U14 800m 12th 2.24.63, 3000m (U15) 13th 10.28.51

Zavier Aad U14 1500m 13th 5.06.40

Akeem Kabba U14 90m Hurdles **Silver** 14.04 (0.0)

Khalil Ogle U13 400m **Silver** 1.03.09, 800m 4th 2.20.72, 1500m 6th 4.51.60

Michael Mathison U13 800m 17th 2.59.99, Discus **Bronze** 14.24, 3000m Walk **Bronze** 1829.05

Adnan Darwiche Para U17 200m 4th 38.01 (0.8) 56.43%, 400m **Bronze** 1.22.20 57.01%, 800m **Bronze** 3.29.88 52.37%.

NSW Milers, The Crest 9/03/2023

Isabella Muc 2000m Steeple Chase 4th 7.37.49, **Isabella Baptist** 8th 2000m Steeple Chase 8th 8.40.20,

Benjamin Westwood 2000m Steeple Chase 10th 7.26.22, **Shea Cassilles** 800m 5th 2.26.38, 1500m 11th 5.01.44,

Zavier Aad 1500m 12th 5.02.47, **Adnan Darwiche** 800m 8th 3.10.43,

Sydney Track Classic, SOPAC, 11/03/2023

Rashid Kabba 100m B race, 8th 10.56

NSW Milers, The Crest, 23/03/2023

Olivia Pyda 400m Hurdles 4th 1.14.92

Campbelltown High Velocity, 25/03/2023

Alexia Mathison 80m Hurdles 3rd 13.20 (1.6),

Bronson Bzadough 100m 4th 12.57 (-1.2), 200m 3rd 25.20 (1.3), 400m 2nd 56.89, **Fuinelakei Aukafolau** 100m 5th 12.59 (-1.2), 100m Hurdles 5th 15.91 (0.6), **Koben Best** 100m 8th 12.84 (-1.2), 100m Hurdles 4th 15.05 (0.6),

Akeem Kabba 100m 2nd 13.52 (0.0), 90m Hurdles 1st 14.45 (1.2), **Kunal Menon** 110m Hurdles (91cm) 2nd 15.28 (-1.2), **Jayden Todoroski** 200m 3rd 24.50 (3.7),

Australian Open & U20 Championships, Brisbane 30th March - 2nd April 2023

See complete Australian Open & U20 results earlier

Australian Junior Championships (U13,U14,U15,U16,U17,U18) Brisbane 13-16/05/2023

See complete Australian Junior results earlier

Westfields' Nationally ranked athletes 2022 (1st Jan—31st Dec)

Males

U13	60m	Jayden Todoroski	7.54	no. 1
U14	60m	Jayden Todoroski	7.54	no. 1
U13	100m	Jayden Todoroski	11.89	no. 1
U14	100m	Jayden Todoroski	11.89	no. 11
U13	200m	Jayden Todoroski	23.94	no. 1
U14	200m	Jayden Todoroski	23.94	no. 13
U13	Long Jump	Jayden Todoroski	5.37	no. 1
U14	Long Jump	Jayden Todoroski	5.37	no. 10
U13	90m Hurdles	Jayden Todoroski	13.81	no. 1
U14	90m Hurdles	Koben Best	13.78	no. 21
U14	Triple Jump	Koben Best	10.17 (1.1)	no. 35
U13	1000m	Shea Cassilles	3.06.57	no. 3
U14	1000m	Shea Cassilles	3.06.57	no. 9
U13	1 Mile	Xavier Aad	5.38.80	no. 7
U14	1 Mile	Xavier Aad	5.38.80	no. 12
U13	1 Mile	Michael Mathison	6.37.80	no. 11
U14	1 Mile	Michael Mathison	6.37.80	no. 20
U14	4x100m	Best, McBride, Abou Touma, Bzadough	49.26	no. 8
U14	4x800m	Jai Horton, Westwood S, Cassilles, Ogle	2.33.55	no. 4
U14	3000m Walk	Jaxson Horton	15.49.09	no. 7
U14	3000m road W	Jaxson Horton	16.45.0	no. 3
U16	60m	Joshua Jones	7.96 (1.2)	no. 19
U16	Discus throw	Alex Goetz	59.32	no. 3
U16	Hammer T.	Alex Goetz	64.99	no. 1
U18	100m	Rashid Kabba	10.71 (1.0)	no. 7
U18	200m	Rashid Kabba	21.33	no. 3
U18	110m Hurdles	Rashid Kabba	13.72 (1.0)	no. 2
U18	Long Jump	Rashid kabba	7.07	no. 7
Open	20km Walk	Raven Pyda	1.58.41	no. 23
U20	Shot Put	Bryce Nolan	16.15	no. 9
Open	Discus	Bryce Nolan	49.61	no. 10
U20	Discus	Bruce Nolan	55.05	no. 3

Females

U13	60m	Ruby Kernaghan	8.53	no. 4
U14	60m	Ruby Kernaghan	8.53	no. 21
U13	400m	Ruby Kernaghan	60.40	no. 2
U14	400m	Ruby Kernaghan	60.40	no. 18
U13	3000m Road W	Ruby Kernaghan	17.10.0	no. 5
U14	3000m Road W	Ruby Kernaghan	17.10.0	no. 10
U14	800m	Isabella Muc	2.24.66	no. 36
U13	1000m	Ella Van Der Meer	3.31.93	no. 1
U14	100m	Ella Van Der Meer	3.31.93	no. 2
U13	1 Mile	Ella Van Der Meer	5.54.47	no. 2
U14	1 Mile	Ella Van Der Meer	5.54.47	no. 5
U14	3000m Walk	Ella Van Der Meer	17.31.92	no. 18
U13	1000m	Erin Cassilles	3.39.56	no. 2
U14	1000m	Erin Cassilles	3.39.56	no. 3
U13	3000m Walk	Erin Cassilles	17.13.93	no. 10
U14	3000m Walk	Erin Cassilles	17.13.93	no. 24
U14	1500m	Isabella Muc	4.58.06	no. 32
U14	3000m	Isabella Muc	11.07.30	no. 23
U14	3000m Walk	Lilly Twigden	18.55.77	no. 37
U14	4x800m	Van Der Meer, Baptist, Kot, Muc, E. Cassilles	23.12.00	no. 4
U14	Pole Vault	Amelia Darek	2.35	no. 4
U14	Hammer T.	Amelia Darek	40.12	no. 5
U14	Javelin Throw	Amelia Darek	31.33	no. 21
Open	3000m Walk	Ciara Cassilles	15.13.53	no. 26
U20	3000m Walk	Ciara Cassilles	15.13.53	no. 15
U18	3000m Walk	Ciara Cassilles	15.13.53	no. 11
U16	3000m Walk	Ciara Cassilles	15.13.53	no. 11
U16	3000m Road W	Ciara Cassilles	15.57.0	no. 6
U16	5000m Road W	Ciara Cassilles	26.45.0	no. 4
U15	Pole Vault	Zoe Sarris	2.55	no. 11
U16	Pole Vault	Zoe Sarris	2.55	no. 19
U16	Hammer T.	Maddison Kernaghan	39.04	no. 29
Open	60m	Aleksandra Stoilova	7.41	no. 1
U20	60m	Aleksandra Stoilova	7.41	no. 1
U18	60m	Aleksandra Stoilova	7.41	no. 1
Open	100m	Aleksandra Stoilova	11.60	no. 13
U20	100m	Aleksandra Stoilova	11.60	no. 4



Females (continued 2022)

U18	100m	Aleksandra Stoilova	11.60	no. 2
U20	200m	Aleksandra Stoilova	22.34 (1.8)	no. 19
U18	U20	Aleksandra Stoilova	22.34 (1.8)	no. 10
U20	Shot P	Molly Goetz	12.47	no. 12
Open	Discus	Molly Goetz	44.54	no. 23
U20	Discus	Molly Goetz	44.54	no. 14
U18	Discus	Molly Goetz	44.54	no. 10
Open	Hammer	Molly Goetz	46.93	no. 21
U20	Hammer	Molly Goetz	46.93	no. 6
U20	Hammer	Molly Goetz	58.14	no. 4

Westfields' Nationally ranked athletes 2023 (1st Jan –14th Apr)

Males

U14	60m	Jayden Todoroski	7.74 (2.3)	No. 1 (all wind conditions)
U14	100m	Jayden Todoroski	11.65	No. 1
U14	200m	Jayden Todoroski	23.73	No. 1
U14	Long Jump	Jayden Todoroski	5.73	No. 1
U13	400m	Khalil Ogle	59.39	No.4
U14	400m	Khalil Ogle	59.39	No. 16
U14	1 Mile	Shea Cassilles	5.33.81	No. 9
U14	90m Hurdles	Akeem Kabba	13.93	No. 3
U13	3000m Walk	Michael Mathison	18.05.96	No. 6
U14	3000m Walk	Michael Mathison	18.05.96	No. 14
U16	1 Mile	Benjamin Long	5.09.27	No. 20
U16	200m Hurdles	Fuinelakai Aukafolau	28.54	No. 23
U15	3000m Walk	Jaxson Horton	15.06.23	No. 3
U16	3000m Walk	Jaxson Horton	15.06.23	No. 7
U18	110m Hurdles	Kunal Menon	14.35	No. 9
U18	Hammer	Alex Goetz	53.11	No. 3
U20	100m	Rashid Kabba	10.45	No. 5
U20	200m	Rashid Kabba	21.33	No. 8
U20	110m Hurdles	Rashid Kabba	14.03	No. 1
U20	5000m Walk	Raven Pyda	23.38.69	No. 13
U20	10000m Walk	Raven Pyda	50.50.31	No. 9
U20	Shot Put	Bryce Nolan	15.01	No. 9
U20	Discus Throw	Bryce Nolan	51.35	No. 6

Females

U13	60m	Alexia Mathison	8.83	No. 6
U14	60m	Alexia Mathison	8.83	No. 15
U13	80m Hurdles	Alexia Mathison	13.20	No. 2
U14	80m Hurdles	Alexia Mathison	13.20	No. 9
U13	1 Mile	Erin Cassilles	5.59.51	No. 6
U14	1 Mile	Erin Cassilles	5.59.51	No. 9
U13	80m Hurdles	Evanjaline McGoon	13.83	No. 4
U14	80m Hurdles	Evanjaline McGoon	13.83	No. 26
U14	200m	Ruby Kernaghan	26.07	No. 10
U14	400m	Ruby Kernaghan	57.98	No. 1
U13	3000m Walk	Erin Cassilles	16.42.59	No. 5
U14	3000m Walk	Erin Cassilles	16.42.59	No. 8
U16	400m	Zainab Darwiche	58.35	No. 13
U16	1 Mile	Zainab Darwiche	5.47.42	No. 18
U15	2000m Steeple	Isabella Muc	7.37.49	No. 10
U16	2000m Steeple	Isabella Muc	7.37.49	No. 20
U16	Pole Vault	Zoe Sarris	2.55	No. 9
U15	Pole Vault	Amelia Darek	2.30	No. 3
U15	Hammer T.	Amelia Darek	39.93	No. 6
U16	Shot Put	Maddison Kernaghan	11.57	No. 28
U16	Hammer T.	Maddison Kernaghan	45.16	No. 8
U18	10000m Walk	Ciara Cassilles	55.33	No. 3
U20	10000m Walk	Ciara Cassilles	55.33	No. 8
U20	60m (indoors)	Aleksandra Stoilova	5.51	No. 1
U20	100m	Aleksandra Stoilova	11.68	No. 9
U20	200m	Aleksandra Stoilova	23.58	No. 3
U20	Shot Put	Molly Goetz	12.55	No. 12
U20	Hammer T.	Molly Goetz	50.42	No. 3
Open	Hammer T.	Molly Goetz	50.42	No. 12



Top: Jayden Todoroski was no. 1 in Australia in his age group over two seasons in all his events
 Centre: Rashid Kabba dropped his no. 1 Australian ranking in hurdles for the first time in four years
 however regained it this year.

Bottom: Aleks Stoilova now attends Pittsburg University and is WAC's all-time fastest sprinter

Reverse page top: Molly Goetz at the last three Nationals always finishing top 3.

Reverse page above centre: Alex Goetz was no. 1 hammer in 2022 and no. 3 in 2023.

NEW RECORDS 2022-2023

NSW State Records set during 2022

12 years	Jayden Todoroski	NSW CHS, SOPAC	2022	200m	CHS rec	24.63
17 years	Rashid Kabba	NSW CHS, SOPAC	2022	110m hur 91	CHS rec	13.71
U14 mixed	Bzadough, Kabba, Kernaghan, Talbot	NSW State Relays, Campbelltown	2022	mixed 4x100m	NSW rec	50.66

School & Club Records set during 2022

New Male records 2022

11 years	Khalil Ogle	Treloar Shield Final, SOPAC	2022	400m	Club rec	61.48
11 years	Khalil Ogle	Albie Thomas Mile, The Crest	2022	800m	Club rec	2.40.43
11 years	Khalil Ogle	Treloar Shield Final, SOPAC	2022	1500m	Club rec	4.40.21
11 years	Khalil Ogle	NSW 3000m Championships, SOPAC	2022	3000m	Club rec	10.42.05
11 years	Michael Mathison	NSW Short Walk Championships, Chipping N.	2022	1500m walk	Club rec	9.20.00
11 years	Michael Mathison	NSW Long Walk Championships, Chipping N.	2022	2000m walk	Club rec	13.08.00
12 years	Jayden Todoroski	Treloar Shield no. 4, Campbelltown	2022	60m	Club rec	7.54
12 years	Jayden Todoroski	NSW Schools Challenge, SOPAC	2022	100m	School rec	11.95
12 years	Jayden Todoroski	Treloar Shield no. 3, SOPAC	2022	100m	Club rec	11.89
12 years	Jayden Todoroski	High Velocity no. 1, Barden Ridge	2022	200m	Club rec	23.74 w (2.3)
12 years	Zavier Aad	Albie Thomas Mile, The Crest	2022	1 mile	Club rec	5.38.80
13 years	Jaxson Horton	NSW 10km Road Running Champs, SOPAC	2022	5km	Club rec	21.32.96
13 years	Jaxson Horton	NSW Long Walk Championships, Chipping N.	2022	3000m walk	Club rec	16.45.00
U14	A. Kabba, Best	Treloar Shield Final, SOPAC	2022	2 x 100m	Club rec	26.79
U14 mixed	Bzadough, A. Kabba, Kernaghan, Talbot	NSW State Relays, Campbelltown	2022	4 x 100m Mixed	Club rec	50.66
U14 mixed	A.Kabba, Westwood, E.McGoon, Talbot	Treloar Shield Final, SOPAC	2022	4 x 200m mixed	Club rec	1.57.75
14 years	Benjamin Long	NSW 10km Road Running Champs, SOPAC	2022	5km	Club rec	19.16.19
15 years	Alex Goetz	Treloar Shield Final, SOPAC	2022	Shot Put (7.26kg)	Club rec	8.95
15 years	Alex Goetz	Treloar Shield No. 3, SOPAC	2022	Discus (1kg)	Club rec	62.33
15 years	Alex Goetz	Treloar Shield Final, SOPAC	2022	Discus (2kg)	Club rec	23.32
15 years	Alex Goetz	NSW Throwers Club, Greystanes	2022	Hammer (4kg)	Club rec	64.99
16 years	Jai Horton	NSW 10km Road Running Champs, SOPAC	2022	10km	Club rec	45.16.75
17 years	Rashid Kabba	Treloar Shield No. 4, Campbelltown	2022	60m	Club rec	6.93
U20	Rashid Kabba	Treloar Shield No. 4, Campbelltown	2022	60m	Club rec	6.93
Open	Rashid Kabba	Treloar Shield No. 4, Campbelltown	2022	60m	Club rec	6.93
17 years	Rashid Kabba	NSW CHS, SOPAC	2022	100m	School rec	10.71
17 years	Rashid Kabba	NSW CHS, SOPAC	2022	200m	School rec	20.33 w (2.3)
17 years	Rashid Kabba	NSW CHS, SOPAC	2022	110m hur 91cm	School rec	13.71
17 years	Rashid Kabba	NSW CHS, SOPAC	2022	110m hur 91cm	School rec	13.71
U18	Banovich, R,Kabba	Treloar Shield Final, SOPAC	2022	2 x 100m	Club rec	21.73
U18 mixed	R.Kabba, Nshimirimana, D.McGoon, Tnokovski	Treloar Shield Final, SOPAC	2022	4 x 200m mixed	Club rec	1.39.89
18 years	Raven Pyda	Australian Championships, SOPAC	2022	10km walk	Club rec	52.54.56
18 years	Raven Pyda	NSW Team Walks, Ourimbah,	2022	10km walk	Club rec	52.02.00
18 years	Raven Pyda	NSW Long Walk Championships, Chipping N.	2022	20km walk	Club rec	1.58.41.00
18 years	Bryce Nolan	NSW CHS, SOPAC	2022	Shot Put (5kg)	School rec	17.45
18 years	Bryce Nolan	NSW CHS, SOPAC	2022	Shot Put (5kg)	Club rec	17.45
18 years	Bryce Nolan	Treloar Shield No. 1, SOPAC	2022	Shot Put (6kg)	Club rec	15.46
18 years	Bryce Nolan	Treloar Shield No. 1, SOPAC	2022	Shot Put (6kg)	Club rec	15.46
U20	Bryce Nolan	Treloar Shield No. 1, SOPAC	2022	Shot Put (6kg)	Club rec	15.46
18 years	Bryce Nolan	SSW Region, Campbelltown	2022	Discus (1.5kg)	School rec	56.33
18 years	Bryce Nolan	Oceania Championships, Mackay	2022	Discus (1.75kg)	Club rec	55.05
U20	Bryce Nolan	Oceania Championships, Mackay	2022	Discus (1.75kg)	Club rec	55.05
18 years	Bryce Nolan	Australian Championships, SOPAC	2022	Discus (2kg)	Club rec	46.78
18 years	Bryce Nolan	Australian Championships, SOPAC	2022	Discus (2kg)	Club rec	46.78
Mixed U20	Stoilova, Alizart, Banovich, Kabba	NSW State Relays, Campbelltown	2022	4 x 100m mixed	Club rec	47.11
Over 30	Brett Mathison	NSW 3000m Championships, SOPAC	2022	3000m	Club rec	13.12.27
Over 30	Brett Mathison	NSW 10km Road Running Champs, SOPAC	2022	10km	Club rec	45.40.02
15 years	Adnan Darwiche (T20)	Treloar Shield no. 3, SOPAC	2022	100m	Club rec	16.80
15 years	Adnan Darwiche (T20)	Treloar Shield no. 3, SOPAC	2022	200m	Club rec	37.67
15 years	Adnan Darwiche (T20)	Treloar Shield no. 5, SOPAC	2022	400m	Club rec	1.36.50
15 years	Adnan Darwiche (T20)	Treloar Shield no. 1, SOPAC	2022	1500m	Club rec	8.10.56
15 years	Adnan Darwiche (T20)	Treloar Shield no. 2, SOPAC	2022	Long Jump	Club rec	1.88
15 years	Adnan Darwiche (T20)	Treloar Shield no. 1, SOPAC	2022	Shot Put	Club rec	3.91
15 years	Adnan Darwiche (T20)	Treloar Shield no. 1, SOPAC	2022	Discus	Club rec	6.81

New Female Records 2022

11 years	Evanjaline McGoon	Treloar Shield no. 1, SOPAC	2022	60m	Club rec	9.00
11 years	Evajaline McGoon	Illawong High Velocity, Barden Ridge	2022	100m	Club rec	14.13
11 years	Evanjaline McGoon	Treloar Shield no. 1, SOPAC	2022	200m	Club rec	31.20
11 years	Evanjaline McGoon	Illawong High Velocity, Barden Ridge	2022	High jump	Club rec	1.25
11 years	Evajaline McGoon	Treloar Shield Final, SOPAC	2022	Long jump	Club rec	4.17
11 years	Evajaline McGoon	Treloar Shield Final, SOPAC	2022	Long jump	Club rec	4.31 (w)
11 years	Evanjaline McGoon	Illawong High Velocity, Barden Ridge	2022	Triple jump	Club rec	8.68

New Female Records 2022 (continued)

11 years	Alexia Mathison	Treloar Shield no. 4, Campbelltown	2022	80m hurdles	Club rec	13.87
11 years	Erin Cassilles	Treloar Shield no. 6, SOPAC	2022	800m	Club rec	2.46.07
11 years	Erin Cassilles	Treloar Shield no. 1, SOPAC	2022	1500m	Club rec	5.42.10
11 years	Erin Cassilles	NSW 3000m Championships, SOPAC	2022	3000m	Club rec	13.01.70
11 years	Erin Cassilles	Treloar Shield no. 2, SOPAC	2022	3000m walk	Club rec	17.13.93
11 years	Erin Cassilles	NSW Short Walk Champs, Chipping N.	2022	1500m walk (OS)	Club rec	8.22.0
11 years	Erin Cassilles	NSW Long walk Champs, Chipping N.	2022	2000m walk (OS)	Club rec	11.14.0
12 years	Ruby Kernaghan	Treloar Shield no. 4, SOPAC	2022	60m	Club rec	8.53
12 years	Ruby Kernaghan	Treloar Shield no. 3, SOPAC	2022	200m	Club rec	26.99
12 years	Ruby Kernaghan	Treloar Shield Final, SOPAC	2022	400m	Club rec	60.40
13 years	Isabella Muc	NSW Road Champs (Sydney 10)	2022	5km Road	Club rec	20.53.87
13 years	Amelia Darek	NSW All Schools, SOPAC	2022	Hammer	School rec	30.50
13 years	Amelia Darek	Treloar Shield no. 3, SOPAC	2022	Hammer	Club rec	40.12
15 years	Ciara Cassilles	NSW 10000m Champs, SOPAC	2022	10000m	Club rec	47.10.72
15 years	Ciara Cassilles	NSW Road Champs (Sydney 10)	2022	10km Road	Club rec	44.50.93
15 years	Ciara Cassilles	NSW 10000m Walk Champs, Barden	2022	10000m walk	Club rec	1.07.40.99
15 years	Ciara Cassilles	NSW Long walk Champs, Chipping N.	2022	5000m walk (OS)	Club rec	26.45.0
17 years	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	School rec	11.60
17 years	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	Club rec	11.60
U18	D. McGoon, Tnokovski	Treloar Shield Final, SOPAC	2022	4 x 100m relay	Club rec	26.06
Junior U20	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	School rec	11.60
Junior U20	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	Club rec	11.60
Open	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	School rec	11.60
Open	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	100m	Club rec	11.60
17 years	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	200m	School rec	25.12
17 years	Aleksandra Stoilova	Australian All Schools, Adelaide	2022	200m	Club rec	25.12

School & Club Records set during 2023

New Male records 2023

11 years	Khalil Ogle	Treloar Shield Final, SOPAC	2022	400m	Club rec	61.48
13 years	Jayden Todoroski	Australian Junior Champs, QSAC	2023	100m	Club rec	11.65
13 years	Shea Cassilles	NSW Mile Championships, Kerryn McCann	2023	1 mile	Club rec	5.33.81
14 years	Jaxson Horton	NSW Mile Championships, Kerryn McCann	2023	1 mile	Club rec	5.29.87
18 years	Rashid Kabba	Illawong High Velocity, Barden Ridge	2023	100m	Club rec	10.56
18 years	Rashid Kabba	ACT Junior Championships, AIS	2023	100m	Club rec	10.45
18 years	Rashid Kabba	High Velocity, Campbelltown	2023	200m	Club rec	21.33
18 years	Rashid Kabba	Illawong High Velocity	2023	110m Hurdles	Club rec	14.22
18 years	Rashid Kabba	NSW Junior Junior Champs, QSAC	2023	110m Hurdles	Club rec	14.03
19 years	Raven Pyda	Australian Championships, QSAC	2023	10000m Walk	Club rec	50.50.31
Over 30	Brett Mathison	NSW Mile Champs Kerryn McCann	2023	3000m	Club rec	13.04.99
16 years	Adnan Darwiche (T20)	NSW Junior Championships, SOPAC	2023	200m	Club rec	38.01
16 years	Adnan Darwiche (T20)	NSW Junior Championships, SOPAC	2023	400m	Club rec	1.22.20
16 years	Adnan Darwiche (T20)	NSW Junior Championships, SOPAC	2023	800m	Club rec	3.29.88

New female records 2023

12 years	Erin Cassilles	NSW Junior Championships, SOPAC	2023	3000m Walk	Club rec 1	6.45.37
13 years	Ruby Kernaghan	Australian Junior Champs, QSAC	2023	400m	Club rec	57.70
16 years	Ciara Cassilles	Australian Junior Champs, QSAC	2023	10000m Walk	Club rec	55.33.40



Above Left: Rashid Kabba successfully defending his 4th National Title in a row (2019-2023). Rashid set 1 new NSW record and 7 new school/club records during the season. He now holds a total of 48 school, club and State records. (Not included are 5 National Little A's records). Only Dani Stevens has more WAC records.

2nd from left: Ciara Cassilles wins her first National track medal although she has previously won National medals (out of stadia). During the season Ciara picked up 5 new records taking her current tally of school and club medals to 10.

3rd from left: Our amazing U14 mixed 4 x 100m relay team which set the NSW record. Clockwise from top left: Ruby Talbot, Ruby Kernaghan, Akeem Kabba and Bronson Bzadough.

WESTFIELDS ATHLETICS CLUB/STATEMENT OF RECEIPTS/ PAYMENTS 22/07-2022 – 21/7/2023

Opening Balance **\$12,180.11**

INCOME RECEIVED FROM

Annual Presentation (Collected from attendees) **\$3,145.00**
Sponsorship (Adhemar Schol. \$15000.00, Cassilles Joinery \$1000,
KAV \$500, Mad Track \$500, David & Karin Suchy \$500, Janet Stickler \$100) **\$17,600.00**
Category 2 Funding (CHRSL \$20,000.00 & Club Liverpool \$4000.00) **\$24000.00**
Registrations (athlete registrations both dual and WAC) **\$1060.00**
Shows (donations from Musicals/Shows attendances) **\$1782.00**
Miscellaneous (CHRSL Function, Additional money collected from 2022
Trivia Night) **\$745**

TOTAL INCOME **\$48,332.00**

EXPENDITURE

Annual Presentation (Cost of meals and drinks for attendees) **\$3367.60**
Assistance to Nationals (30 athletes and coaches @\$300 to Brisbane
Nationals, 6 Athletes & Coaches @\$400 to Adelaide All Schools) **\$12,400.00**
Presentation Prizes (Adhemar Schol. \$1500, Athlete awards \$4800) **\$6300.00**
Miscellaneous (Athletics NSW Awards Night \$300, CHRSL Function \$270) **\$570**
Athletics NSW (Entries (\$1815, Affiliation fees \$800) **\$2615**
Training uniforms **\$3300.00**
Professional services (Pole Vault poles Interstate shipping \$150,
Appearance fees \$500) **\$650.00**

TOTAL EXPENDITURE APPLIED **\$29,202.60**

FINAL BALANCE **\$31,309.51**

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