

The 2023 Westfields Athletics Club Presentation Night



Above left: Jayden Todoroski winner of the Adhemar Ferreira da Silva Scholarship with Rosemary Mula and Consulate General of Brazil Leonardo Rubello

Above right: Our award recipients.

Guests:

The Vice Consul General of Brazil, his excellency Leonardo Rabelo

Olympian and great supporter of Athletics in NSW Youcef Abdi

Our Scholarship founders Rosemary and Wilf Mula

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

Lisa Porter, Director of Educational Leadership, Department of Education

The Principal of Westfields Sports, Mr Andrew Rogers

Westfields Sports Deputy Principals, Mr Dave Barret, Miss Carol Gajic and acting Deputy Principals Mr Brett Mathison and Mr Cameron King

President of Club Liverpool, Mr Dallas Stewart

Vice President of Club Liverpool Mr Brian McCormack

Steve Want our long time sponsor and supporter and owner of the Sports Factory

Gary and Sarah Jenner, sponsors of the Fred O'Connor Memorial Award

Kevin and Elaine Green, Sponsors of the Roger Green Memorial Award

Angela, Stephanie and Tom Kavadas, Club sponsors and founders of the Gregory Kavadas Memorial Award

Ted Suchy and David Suchy, long time sponsors and supporters of our club

Our coaches Sharyn Dickson, Shane Castlereagh, Denis Knowles, Christie Baker, Brett Mathison, Leo Dulay and Dan Suchy

The staff of Westfields Sports who are joining us tonight to help celebrate our achievements

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

Alexandra Alizart had one of her best seasons ever starting off with a personal best time in the 100m of 12.61 seconds which made her the 6th fastest Westfields female of all time. Alex didn't get to be as consistent as she would have liked with University commitments and other distractions. Nevertheless what an incredible achievement to be among our greatest sprinters of all time.

Aad, Xavier

Xavier is part of Brett's distance squad competing over 800m, 1500m and 3000m. He trains hard and consistently and supports all of his team mates.

Xavier was part of the NSW state relay teams over 800m & 1500m, the U14 Treloar shield team placing 2nd,

He completed at the NSW All Schools 800m placing 5th & in the 1500m placing 6th.

In his first Combined Catholic Schools State champs Xavier ran the 1500m placing 7th. Xavier qualified for his first NSW State Little Athletics Champs in the 3000m placing 12th in a massive Personal Best. Xavier ran 11 personal best performances over the season!

Congratulats Xavier.

Aukafolau, Fuinelakei

Fui has almost come from nowhere with his incredible improvements this year. His 100m times improved so much he won his Little A's Region almost breaking the 12 second barrier. However it was in the hurdles where he excelled this season by becoming a State finalist, narrowly missing the Bronze at the NSW Junior Championships. And deservedly qualifying to represent NSW at his first ever National Championships. A great 12 months of athletics from Fui.

Baptist, Isabella

Bella had a strong winter running at the NSW road champs, the Cross Country relays and at the NSW all Schools Cross Country Champs. Bella moved into the summer track season fast, racing at the NSW CHS State Athletics Champs in the 800m. Bella represented Westfields Athletics all summer racing at Treloar and chasing PBs. She smashed her 400m Pb and 3000m PB along the way. Bella turned her attention to the 2km steeplechase running 2 x big PBs in this event and competing at the NSW Junior Champs finishing 5th. We look towards a big season ahead as Bella now trains with the senior squad. Congratulations Bella.

Baptist, Lachlan

Lachlan has had 2 really tough seasons with little to no training or racing due to an injury and a bulging disc. He has competed for Westfields Athletics Club in the winter and summer track relays and at the treloar shield. Lachlan still ran 2nd in the 800m at the Sydney South West Championships qualifying for NSW CHS State Athletics. Lachlan also competed at the NSW All Schools athletics championships in the 800m. Lachlan raced obly a handful of times over the summer but did run a new 200m PB of 25.25.

A big winter is the plan for Lachlans last year of high school where he just ran his first 10km race on Sunday at the State Road Championships.

We look forward to a big season from Lachlan.

Baptist, Madeline

Madeline has worked hard all season and has achieved a number of good performances. Madeline ran at the winter NSW Cross Country Relays, the NSW All Schools Champs in the 400m and 800m, the State Relays and the NSW Junior Championships. Madeline ran 2 x big PB's in the 3000m and competed extensively for Westfields in the Treloar Shield.

Cassilles, Shea

Shea has just finished his first year of senior athletics with Westfields Athletics Club and has started year 7 at Westfields Sports High School. Shea has competed in the NSW Cross Country relays, the NSW cross country, the NSW road championships and then competed extensively across the summer season. Unfortunately Shea has battled growing pains and his training load had to be modified. Shea still ran at the NSW Primary Schools State athletics over 800m & 1500m, then 17 races over the summer in the 800m, 1500m, 3000m and winning a Bronze in the state mile champs. Shea's strongest race was running up an age at the NSW Junior Athletics Championships over the 3000m grabbing a new PB 10.28.51 for 13th place.

Shea is back training consistently and we look forward to his high school athletics starting this year. Congratulations Shea.

Tnokovski, Marissa

Marissa is one of Westfields leading senior athletes and an asset to all team events such as knockouts, relays and school and club challenges. She is a master of all trades and can do all jumping, sprinting and hurdle events. As an example she filled in at the last minute in our Mixed 4x100 relays team guaranteeing our team the State Bronze medal. Despite some untimely injuries which caused her to miss much training, nevertheless she still managed to produce P.B.'s in 100m 200m, hurdles and Triple Jump this season.

State Medallists

Banovich, Cameron

This has been the most satisfying season for Cameron and his coach. In his last year at Westfields Sports (but not his last year with WAC) Cameron has after 6 years of determined effort achieved one of the pinnacles of our sport; and that is to win a State medal in the most contested of all events the 100m sprint. Up against some of the fastest sprinters in the World (in Rashid Kabba's age group) Cameron secured his first State Sprint medal in the 100m taking out the Bronze medal in the Open boys 100m at NSW CHS. But the best was yet to come. At the NSW Junior Championship Cameron joined the prestigious 10 second club to become the 19th Westfields athlete in our history to run in the 10 second range for the 100m. Then he qualified in the mens Under 20 200m to represent NSW at the Australian Championships. An outstanding season for Cameron.

Bzadough, Bronson

Bronson Bzadough had a fantastic start early in the season performing P.B.s in 100m and 200m. Then an untimely broken collar bone (we won't say from which sport – suffice to say it wasn't from Athletics- put an end to almost the rest of the entire season. He came out of his sling with just a few weeks left in the season and Bronson came back with a vengeance running an incredible 56.89 for the 400m which is one of the fastest times by a 14 year old in WAC's history. It was also the first time he had run under the 60 second barrier. We look forward to the new season ahead – and no more broken bones please.

Kessie, Malikye

As the NSW 100m Champion 2 seasons ago, Malike was keen to rejoin the 10 second club and became a regular trainer despite the difficulties of work, being an extra in the up coming Mad Max movie and all the other distractions that have affect a school leaver. Malikye achieved his target of rejoining the 10 second club coming within a tenth of a second of his life time best, and qualifying for the Australian Championships. Then sometimes life can be timely unkind when with just days of travelling to Brisbane for the Nationals he injured his hamstring after cramping in his last training session. Warming up before his race at the Australian Championships Malikye unfortunately had to withdraw. But looking forward to the future, Malikye is one of the most talented WAC sprinters ever and already in training for the upcoming 2023-24 season, and I know he will continue to improve.

Long, Benjamin

Ben had a strong winter of cross country and road running which prepared him well for the summer season of athletics and following his first run at the Australian Junior Athletics Championships, he was looking to do it again.

Ben came out at the NSW CHS State Athletics Championships in the 800m and won Bronze in a huge PB & he also placed 5th in the 1500m.

Ben decided to chase the National Qualifier in the 800m. He raced at the NSW All Schools Athletics 800m placing 5th and in the 1500m he placed 6th running 2 x big PBs along the way. Ben won Silver at the NSW 1mile champs & a big 400m PB at the State Little Athletics Champs. Finally, running the elite 800m at the state 3km champs, Ben grabbed the National Qualifier of 2.03.64.

Ben competed at the Australian Junior Athletics Championships in Brisbane finishing in 17th. Congratulations Ben on a great season!

McGOON, Destiny

A state medallist this year with two P.B.'s in Long Jump, two P.B.'s in High Jump and a P.B. in 400m hurdles at the Australian U20 Championships. Destiny qualified to represent NSW in the 400m hurdles and competing up an age group with many athletes a year older, she ran a massive 3 second P.B. just missing the National final. Destiny is one of the most versatile Athletes in our club.

Muc, Isabella

Bella had a strong winter season running the road and cross country championships & competing in the winter relays. Bella's summer season has been a roller coaster of highs and lows especially after running at the Australian Junior Championships last season in the 1500m.

Bella ran at the NSW CHS State Athletics winning a 800m Bronze medal in a big PB. Bella competed at the NSW All Schools Athletics championships 1500m placing 6th & making the 800m final just missing the national qualifier. Over the next few months Bella chased the qualifying times but things were not working out. Bella had virtually the whole christmas period away from running with a severe skin reaction. This must have been a blessing in disguise as when Bella returned she was fresh & refocused on a new event the 2km steeplechase & ran a national qualifier in her first attempt! Bella competed in the NSW Junior Athletics Champs winning Silver in the steeplechase. At the Australian Athletics Championships in Brisbane Bella finished in 10th. Congratulations Bella.

Pyda, Olivia

Olivia has a steady season of athletics competing in the NSW Cross Country Relays and at NSW All Schools Cross Country. Olivia ran at the NSW CHS State Athletics Championships making the 800m final & raced consistently in the Treloar Shield Series. Olivia is now in her senior years at Westfields

Sports High School and has been training for a new event the long hurdles with much success. Olivia raced the 400m hurdles at the NSW All School Athletics Championships placing 9th and then at the NSW Junior Championships placing 4th in a big personal best, just missing a medal. Olivia has started the winter season well running a great time last Sunday at the state road champs over 5km. We look forward to a big year from Olivia. Congratulations

Talbot, Ruby Rose

What an amazing season for our Ruby Rose Talbot. Her sprinting has improved exponentially over the season. She scored 5 P.B.'s in 100m, 3 P.B.'s in 200m and a P.B. in Triple Jump. Of all the athletes in our club she was the second most regular in attendance at the Treloar Shield competitions this season. To me the highlight of the season was her integral part of the Westfields Under 14 mixed 4x100m relay team that set a NSW State record. Her goal for next season is to qualify for her first Nationals and the event she has chosen to achieve that target is the 200m hurdles. Good luck Ruby Rose, I am absolutely confident you will achieve your goal.

Twigden, Lilly

Lilly has just completed her first year at Westfields Sports High and has had an amazing year competing for Westfields Athletics Club.

During the winter Lilly won a team Silver at the NSW Teams race walk champs and at the NSW state Little athletics winter road walks won Bronze.

Lilly was strong and raced all summer as part of the Westfields U14 Team for the Treloar Shield that came 2nd. Lilly raced at her first NSW CHS State Champs placing 6th in the race walk and then raced the NSW All Schools champs race walk placing 4th. Lilly competed for Westfields across 800m, 1500m, 3000m and the race walk achieving 12 personal best performances. Lilly was just short of the qualifying time for the Australian Junior Athletics Championships when placing 4th at the NSW junior athletics Champs. Congratulations on a great season.

Westwood, Benjamin

Ben has had a difficult 2 years of training and racing with lots of growing pains & severs where he has not been able to show his true potential. This season Ben has finally been able to train consistently and string some excellent performances together. Ben raced all winter on road and over the cross country getting his body strong for the summer track season. Ben raced consistently during the treloar shield supporting Westfields making the final.

Ben competed at NSW All Schools State Athletics in the 800m & 1500m, the NSW Junior Athletics Championships over the 800m & 1500m, the NSW 3000m championships, the NSW State Little Athletics Championships & he placed 4th in the NSW 1 mile champs. Over the 400m, 800m, 1500m, 3000m & his new event the steeplechase, Ben smashed 14 personal best performances starting at 2.37 in the 800m & 5.25 in the 1500m, Ben has dropped to 2.21 & 4.53 in these events. After a smashing State Road 5km race on Sunday we look forward to a very successful season for Ben. Congratulations

State Medallists/National Finalists

Erin Cassilles

Erin is one of Brett's Young Guns who has been training with his squad for a number of years now & is applying to join her siblings at Westfields Sports High School. Erin has had an amazing first full season with Westfields Athletics Club and has really stepped up her race walking this season winning her first State Gold medals. Just like her older sister Ciara, Erin won a medal in almost every major championship contested.

During the winter Erin won:

NSW Short Walks Silver & Team - Silver, NSW Long Walks - Silver, NSW Little Athletics Road Walks - GOLD & at the Australian Winter Road Walks Champs - Bronze & Team NSW GOLD.

In the summer on the track Erin achieved the National Race Walk qualifying time in her first attempt for the U14 age group as a 11year old. Erin was instrumental in supporting our Treloar U14 Team that finished 2nd in NSW competing over 800m and 1500m. She won Zone & Regional Little Athletics race walk & won Silver at the NSW Little Athletics Champs. Erin competed at her first NSW State Junior Championships winning GOLD in the U13 race walk & then placing 4th at the Australian Junior Athletics Championships in Brisbane.

CONGRATULATIONS Erin on an amazing first season of Athletics for Westfields Athletics Club

Best, Koben

It was a difficult start to the season for Koben with a broken toe which was only discovered months after the fact with a final correct medical diagnosis that put him out for much of the season. When he was able to start training again, he came back with a new determination and focus on his events. Koben scored 3 P.B.'s in the 110m hurdles a P.B. in the 100m and a P.B. in the Triple Jump. Posting 2 national qualifying performances in the 100m hurdles Koben also picked up his first NSW Juniors Bronze medal and was off to Brisbane for the Nationals. He went one step further and became one of the 6 Westfields hurdlers to make the National final. I can only imagine how far Koben can go in the new season if is can remain uninjured. A brilliant 22-23 season from you and all the best for 23-24.

Darwiche, Adnan

Adnan has been a great addition to Bretts distance squad and is the first PARA athlete he has coached competing in the T20 classification. Adnan trains hard and finishes all sessions in the squad and has smashed personal best times and won medals all season. Adnan competed extensively for Westfields Athletics Club across the summer Treloar Shield competition & he is one of the main reasons why Westfields Qualified for the Treloar shield final.

During the summer Adnan won:

NSW All Schools Athletics 800m - Silver,

NSW Junior Athletics Champs 800m - Bronze

NSW Junior Athletics Champs 400m - Bronze

He smashed 9 personal best performances this summer season racing for Westfields Athletics Club.

Adnan qualified for The Australian Junior Athletics Championships in Brisbane competing in the 400m & 800m events. Congratulations Adnan.

Darwiche, Zaynab

Zaynab has not yet made a year running in Brett's distance squad yet has well and truly made her mark at Westfields Athletics Club. During the winter Zaynab:

Ran at the Little Athletics NSW Metro Cross Country Championships winning GOLD

Competed at the NSW All School State Cross Country. Zaynab was then a regular at Brett's training sessions and she took off during the summer season. Zaynab competed in the NSW treloar shield series dropping PB's across all distances. Her major summer track results include:

NSW CHS State Athletics 800m - 5th

NSW Junior Athletics Championships 400m - Silver & a National Qualifier

NSW Junior Athletics Championships 800m - 6th & a National Qualifier

The NSW 1 Mile Championships GOLD

She raced regularly at the Sydney Milers meets eventually winning the last 800m race of the season in 2.18.55

NSW State Little Athletics Championships 400m - Bronze and 800m - Bronze

This helped Zaynab tune up for her first Australian Athletics Championships at Brisbane. Her 800m heat will be a race that Zaynab will learn from. Her 400m was exceptional dropping a half sec PB and storming into the National final where she placed 7th.

Zaynab has dropped 12 major personal best times across distances, moved from a 1.06 - 400m to now a 58.35 and a 800m - 2.30 to a 2.18.55. Zaynab is now a regular state medalist. Congratulations Zaynab

Kabba, Akeem

An incredible first season with WAC. Akeem Kabba certainly has big shoes to fill. Unlike like myself trying to fill my older brother's shoes (and I never did), Akeem on the other hand is filling the shoes of his older brother. He may not earn the title of the entertainer, but he certainly is achieving results of comparatively equal quality. He won medals at NSW CHS, NSW All Schools, NSW Juniors and went to the Australian Junior Championships as Australia's number 2 ranked 90m hurdler. He won his heat at the Nationals was was on par to fulfil his position to take the Silver medal. In second place coming off the last hurdle with with just 13 metres to the finish line well I won't give the graphic details (you can watch it on Cluch TV. Suffice to say Akeem in 2nd and the Queenslader in 3rd both hit the last hurdle, fell and the 4th and 5th athletes behind them ended up with Silver and Gold. It happens to most hurdlers at some stage in their career, but sometimes the timing of it can be unfortunate. More determined than ever I know Akeem will have an even better season in 2022-23.

Kernaghan, Maddison

Maddison Kernaghan is essentially in the Aussie Rules program at Westfields Sports, but as a member of the Westfields Athletics Club she is one of our leading athletes. She puts her heart and sole into everything she does. And believe me she tries all events and is competent at them all. But her forte is the throwing events where she has been over the past 12 months a regular medallist in Javelin Throw and Hammer Throw winning medals in both at State level. I think the Kernaghan family would agree that her defining moment this season was finishing 6th in Australia at the National Junior Championships in Brisbane. And if you are wondering why she isn't sitting with the athletes at the moment, that is because she is operating our Audio/visual display tonight. It is not a well know fact, because Maddie is too humble, but 90% of the work done on Westfields Instagram and Facebook page is Maddie's handwork. All those beautiful tiles that give updates on our athletes throughout the season are done by our Maddie.

Martinez, Emillio

It has been a long 5 years of dedication and hard training for one of WAC's most potential discus throwers. The 2022-2023 season was a breakthrough one for Emillio when he picked up his first ever State medals: Silver at NSW Combined High Schools State Championships and Bronze at NSW All Schools State Championships. But I think Emillio will agree with me when I say his most satisfying achievement was qualifying for the 2023 Nationals in Brisbane. At his first time representing NSW at the Australian Championships he was extremely successful. In America you may hear the term All American. What it means is you have represented your State at the Nationals. Well Emillio has gone a step further than that because he can use the term National Finalist (Top 8 in Australia) when describing his successes in Discus throwing during the 2022-23 season. And we look forward to a bigger and better 2023-24 season.

Mathison, Alexia

Alexia has just finished her first full season competing for Westfields Athletics Club & has just started year 7 at Westfields Sports High School. During the winter Alexia ran in the State Cross Country Relays and the NSW Winter Road Walks & Teams event. Alexia won Bronze in the 3km road walks & helped the Westfields Athletics Team win Silver in the U14 NSW team event.

Alexia finished off her primary school athletics running at the primary state champs in the 200m & the relay. Her main summer goal was the hurdles & to qualify for the Australian Championships in her first year.

Alexia ran 17 personal best performances over 80m hurdles, 100m, 200m, 400m & 800m and 3 PB's in the long jump. Alexia competed at NSW State Little Athletics Champs winning Silver in the 80m Hurdles & then competed at the NSW State Junior Championships placing 8th in the long jump final & winning GOLD in the 80m hurdles in a huge PB & national qualifying time. Alexia competed at her first Australian Athletics Championships in the hurdles where she finished 5th in the final.

Congratulations Alexia

Mathison, Michael

Michael has just completed his first full season competing for Westfields Athletics Club as an 11 year old and has just started at Westfields Sports High School. He has taken full advantage on what's available to him to improve in all areas and events. Michael competed during the winter in the NSW Cross Country relays and in all the NSW race walking events. At the NSW Winter long race walks he won Bronze.

During the summer Michael began throwing discus and competed in numerous events across the Treloar Shield series. Michael competed at the NSW Junior Athletics Championships winning Bronze in the 3000m race walk and also won a Bronze in the U13 boys Discus, qualifying for his first Australian Athletics Championships in both events.

Michael is a regular at training who works hard & consistently in all sessions and this helped him at his first Australian Junior Championships in Brisbane. Michael was 7th in the U13 3000m race walk in a near 30sec Personal Best and he was 6th in the Discus throwing 3 consecutive Personal Best distances.

CONGRATULATIONS Michael

Mcgoon, Evanjaline

What an amazing first season with Westfields from Evanjaline McGoon. Evi would turn up to compete at weekend meets and week after week would produce p.b.'s. in 100m, 200m, 80m Hurdles, Long Jump and Triple Jump. The most exciting achievement this year for Evi was a brilliant finish at the NSW Junior Championships where Evi just held onto the Bronze medal at the finish line of the 80m hurdles. It was one of the most exciting sprints from the last hurdle to the finish line, and it was what anchored her place in the NSW team to compete at the Australian Championships where Evi finished in 4th place in the final. She is one of our really exciting all round athletes with a big future ahead.

Menon, Kunal

Kunal is developing into one of Westfields top hurdlers, and trust me we have had many over the years. He had a difficult season with numerous niggling injuries that would see his preparation and training interrupted numerous times. However bravely he became dedicated to achieving his goal of making the National final. A tall task when considering that Kunal, before this season had never medalled at State. But this was corrected when he deservedly won Bronze at the NSW Combined High Schools State Championships. An unfortunately disqualification at the NSW Juniors in the final of the 110m hurdles was a set back, but it only made Kunal more determined. Because at the

Australian Junior Championships Kunal qualified for the final finished in 5th place, just centimetres from the Bronze medal and recorded a time amongst the top 6 WAC hurdlers of all time.

Ogle, Khalil

Khalil joined Westfields Athletics Club at the the end of last year and is now settling into year 7 at Westfields Sports High School, running in Brett's Distance squad. Khalil is a super talented runner across all distances and competed regularly for Westfields Athletics club running 9 personal best times across the summer season. Khalil was chasing the National Qualifying times over the 800m & 1500m events falling just short while dealing with some growing pains. Khalil did run at the NSW junior Athletics Championships 400m - winning Silver and qualifying for the Australian Junior Athletics Championships in Brisbane. Khalil trained very well leading into his first Australian Championships & in the U13 400m final finished a close 4th in a photo finish for Bronze. He smashed his PB more then 2 sec running a 59.39. We look forward to a big winter of training ahead. Congratulations Khalil

Sarris, Zoe

One of the unfortunate things about being a Pole Vaulters is that even though they train just as often and just as hard as other athletes, but they only get a few opportunities in the season to compete. Its one of the most difficult events to set up and accordingly and sadly it is not held as often as it should be. However this didn't stop Zoe from taking the Silver medal at State and finishing the season with a magnificent 5th at the Australian Junior Championships with a new P.B. of 2.55m. Zoe is also a very versatile athlete and always willing to run in relays or make up teams competing in events she doesn't train for. She is a fabulous asset for the school and club.

State Medallists/National Medallists/Internationals

Darek, Amelia

The 2022-23 season has clearly been Amelia's finest. The results I am about to quote for you are in the World of Athletics almost unheard of. Amelia who is competitive in sprints, hurdles , hrows and jumps has scored p.b.'s throught the last 12 months and has picked up numerous medals at both State and National level. But here is the unheard of part; Amelia in the past 12 months has won State Titles in both pole vault and hammer throwing. At National level she has won both Gold and Bronze in Hammer throw and been a National finalist in Pole vault twice.

The Pole vault and Hammer throw are at the opposite ends of the Athletics spectrum. They are so unrelated it is just amazing, and it is an incredible demonstration of how versatile she is.

Congratulations Amelia on a wonderful season of athletics.

Kernaghan, Ruby

Ruby has just finished her first year at Westfields Sports High School and Westfields Athletics Club working between Brett's distance and my speed squads. Ruby has had an exceptional year achieving some amazing results. Her summer track results include:

NSW CHS State Athletics. 100m Final - 4th, 200m - Bronze, 800m - 7th, High Jump - Silver, Race Walk - 4th & the 4 x 100m relay Silver. 9 races - 1 field event - 3 x state medals & 7 Personal Best Performances! An outstanding start to her High School Athletics career.

NSW All Schools State Athletics. 3km race walk - Bronze, 400m - Silver, 200m final - 8th.

Ruby competed extensively across the treloar shield series during the summer.

NSW Junior Athletics 200m Final 7th & 400m Final 4th

NSW State Little Athletics 200m Final - 7th & the 400m Bronze.

Ruby trained very hard and consistently leading into her first Australian Athletics Championships in Brisbane & was rewarded. She lit up the stadium running the fastest 400m heat of the opening night

of competition winning in a 57.98. On day 2 Ruby smashed 2 x Personal Bests over the 200m heats & the 200m Final placing 7th in 26.07. In the 400m final Ruby won the Bronze medal in a 57.70 An outstanding season of athletics Congratulations Ruby.

Goetz, Alex

Alex I think its best if we bring your award to you. You see Alex has just had a major operation on his ACL and he is going to be extremely incapacitated for quite a while.

In fact it was his ACL that forced him to pull out of the Australian Junior Championships at the 11th hour. Extremely disappointing because Alex would have been defending his National title that he won the year before.

Alex proved to us this season that he was not only the leading hammer thrower in the country but he also became the NSW Combined High Schools State Champion in discus as well. He then went onto the NSW All Schools and won Gold in both events. He medalled again at the Australian All Schools in the hammer but unfortunately had a disappoint result in the discus. But this can mostly be put down to his on again off again injury. Imagine throwing a 4kg hammer 66 metres or a 1 kg discus 60m. Not to be outdone Alex proved himself as a sprinter as well running p.b.'s in the 100m throughout the season. Let's wish Alex a 100% recovery.

Goetz, Molly

Molly Goetz is not only an outstanding athlete, but she also one of our most studious academics. This season she won medals at both State and National Championships. In other words at all the 3 State Championships and two National Championships this season, she medalled at all. Winning the Gold medal in hammer throw at all State Titles and Silver medal at all National Titles. This year she has successfully converted to the 4kg weighted Olympic size hammer and is already after only a few months up there with our best ever female throwers. An incredible asset to our club and an amazing role model for all our younger club members.

Ciara Cassilles

Ciara again has had another outstanding season, medaling at almost every NSW State & National event on offer during the winter & summer of athletics.

During the winter Ciara won:

Athletics NSW Short Walks 5km - Silver, NSW Road Long Walks - Silver, NSW Little Athletics State Cross Country - Bronze, Race walk - Silver, Australian Winter Road Walks U16 3km - Bronze - Teams event NSW GOLD, U18 5km 5th Teams event NSW GOLD. Ciara had an excellent winter of race walking.

Ciara backed this up on the track during the summer winning:

NSW CHS State Athletics 3km race walk - Bronze, NSW All Schools Athletics 5km walk - Bronze, NSW U20 10km race walk - Silver, NSW Junior Athletics Champs 5km walk - Bronze, NSW State Little Athletics walk - 4th & finished the season with two trips to Brisbane to walk in the U20 Australian Athletics Championships 10km walk where she finished 5th in a big PB and 10 days later went back to Brisbane to compete in the U17 age Nationals to win Bronze in the 5km race walk. Ciara also ran the NSW Open womens 10km run winning Bronze.

Ciara race walked 12 major competitions winning 9 medals & achieving 8 Personal Best performances.

Congratulations Ciara

Todoroski, Jayden

Well every once in a while comes along a special athlete the likes of Rashid Kabba, Aleksandra Stoilova, John Thornell, Dani Stevens You get the idea. And even though he only just turned 13 the day after his last race at the Nationals in Brisbane, already the eyes of the Nation are on him. Jayden competed in 10 State Championships throughout the season winning 8 Gold and a Silver in 200m and Long jump. But those two silvers would only make him more determined when he represented NSW at his first ever Australian Championships. Contesting 4 events 100m, 200m, Long Jump and 4x100m relay he came home with 4 Gold medals and all incredible p.b's. The most impressive of these was winning the 100m in 11.65 seconds, the only athlete in the Nation to run sub 12.00 seconds and bettering WAC's own Kurt Jenner's time when he won the Australian Little A's title all those years ago. Ladies and Gentleman Australia's fastest 13 years old, Jayden Todoroski.

Nolan, Bryce

An Incredible season from one of WAC's greatest ever male throwers. One year ago Bryce became the youngest ever male to win the NSW Open men's discus throw with the 2kg implement. This season he almost achieved that again however he was pipped in the final by centimetres into the Silver medal position. Bryce won the double Gold at NSW CHS State Championships for Discus and Shot, and then repeated that at the NSW All Schools. In discus throw he also won the Gold medal at the NSW Juniors and Silver medal at the NSW Open. Bryce went on to represent NSW at both the Australian Open and Australian U20 Championships, becoming a finalist in the Opens and Silver medallist in the U20. However probably the highlight of the last 12 months was representing Australia at the 2022 Oceania Games where Bryce won Silver in the 1.75kg discus splitting the two Australians who would go to the World Juniors. His throw was a magnificent PB of 55.05 metres. Amazing season from Bryce.

Pyda, Raven

Raven has graduated from Westfields Sports High School yet still competes for Westfields Athletics Club and has continued to show his race walking talent during the season. Raven won Gold at both the winter road walk events on offer for his age group.

During the summer track Raven competed at his last NSW CHS Athletics Championships winning GOLD in the race walk and GOLD in the Pentathlon.

Raven won:

NSW All Schools Athletics Gold in the race walk

NSW U20 10km race walk Silver

NSW Junior Athletics Race Walk Gold

Australian Athletics Championships U20 10km 7th in a big PB.

CONGRATULATIONS Raven on an amazing season.

Stoilova, Aleksandra

Aleksandra has had her best ever season despite injuries that prevented her from Representing Australia at the 2022 Oceania Games Aleksandra. The injury cleared in time to represent Australia for the 2nd time in the 4x100m relay. Upon return she had to miss the NSW CHS season as it clashed with the 2022 World Juniors. Aleks went to the Australian All Schools in Adelaide where reaffirmed her domination as one of the top Juniors in the country winning the 100m titles.

Early in the new year Aleks accepted a full scholarship to Pittsburgh University where she now resides. The winter indoor season was a great success for Aleks where she was a regular 1st, 2nd or 3rd winner in 60m and 200m.

However the best was yet to come. As the Summer season started, Aleks ran a legal 11.50 seconds to become the 6th fastest Australian Junior of all time. Even better than that she recorded a wind assisted 11.28 seconds. What an incredible future for our own Alekandra.

Kabba, Rashid

Rashid Kabba's performances just continue to improve every year. Rashid started the season coming back from the 2022 Oceania Games with Gold, Silver and Bronze medals. Shortly after came three gold medals and a State record in the 110m hurdles at the NSW CHS State Championships. Rashid graciously surrendered his 110m hurdles title to Joshua Kolozi in a very close finish where they both went under the State record. Then in the new year at the NSW Junior Championships Rashid was victorious in both the 110m hurdles and most importantly Gold in the 100m where Rashid had concentrated most of his training efforts. Going to the Australian Under 20 Championships Rashid unfortunately cramped warming up for the 100m and had to settle for 6th place in the 100m. This caused him to withdraw from both the 200m and 4x100m relay. Carrying a suspect hamstring into the 110m hurdles final, Rashid was victorious in a close finish which gave him the impressive achievement of being the undefeated Australian Champion over the past 5 years.

But ask Rashid what his favourite achievement was during the season and he will probably say his P.B. in the 100m where he recorded 10.45 to become the 2nd fastest WAC male of all time.

Event awards

Presenter Youcef Abdi

Junior Female Sprinter of the year

Ruby Kernaghan

Senior Female Sprinter of the year

Aleksandra Stoilova

Junior Male Sprinter of the year

Rashid Kabba

Junior Female Jumper of the year

Amelia Darek

Junior Male Jumper of the year

Jayden Todoroski

Junior Female Middle Dist. Athlete of the year

Ciara Cassilles

Junior Male Middle Distance Athlete of the year

Raven Pyda

Junior Female Thrower of the year

Molly Goetz

Junior Male Thrower of the year

Alex Goetz

Senior Male Thrower of the year

Bryce Nolan

Male Winter Athlete of the Year

Jaxson Horton

Female Winter Athlete of the year

Caira Cassilles

Sports Factory Awards

(Steve Want - Presenter)

Ruby Rose Talbot

Benjamin Westwood

Roger Green Award

(Kevin Green –Presenter)

Emillio Martinez

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

Jayden Todoroski

Ron White Award (Christie Baker - Presenter)

Maddison Kernaghan

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

Ruby Kernaghan

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**

Jayden Todoroski

