



JOONDALUP JOURNAL

www.joondalupathletics.com.au

WA ALL SCHOOLS

medal tally



Congratulations to the 23 Joondalup Athletes who represented their School at the WA All Schools Championships on the weekend. Great results and great sportsmanship from all our athletes.

Joondalup Athletics Centre acknowledge the Whadjuk people of the Nyoongar Nations, who are the traditional owners of the land on which we meet, train and compete. We pay our respects to their elders, past, present and emerging.

WA ALL SCHOOLS 2024

Over the last 3 days we had 23 Joondalup Athletes take part in the 2024 WA All Schools Championships.

Athletes from all over WA take part and those successful in their events will then be selected to represent WA at the Australian All Schools Championships in Brisbane in December.

Congratulations to all our athletes on their achievements over the 3 days

Gold Medal Winners:

- Harrison Stewart U17 Male Pole Vault - 3.10m
- Liam Vergano-Van Niekerk U14 Male 600g Javelin - 39.71m
- Liam Vergano-Van Niekerk U14 Male 1kg Discus - 40.71m
- Kyle Shaxted U18 Male 1.5kg Discus - 39.48m
- Jack Douglas U16 Male High Jump - 1.75m
- Liam Vergano- Van Niekerk U14 Male 3kg Hammer - 32.85m
- Chilli Broughton U15 Female 3kg Hammer - 29.54m

Silver Medal Winners:

- Caitlin O'Connell U16 Female 200m Hurdles - 31.46s
- Kane Marshall U14 Male High Jump - 1.60m
- Chilli Broughton U15 Female 3kg Shotput - 12.18m
- Harrison Stewart U17 Male 1.5kg Discus - 43.05m
- Izzy O'Donnell U14 Female 1kg Discus - 26.87m
- Amelie Barnard U15 Female 500g Javelin - 36.93m

Bronze Medal Winners:

- Isaac Gunn U16 Male 200m Hurdles - 29.28s
- Thomas Fallan U14 Male 1500m - 4.35.29s
- Harrison Stewart U17 Male 700g Javelin - 48.70m
- Zahli Bryan U15 Female Triple Jump - 10.30m
- Amelie Barnard U15 Female 3kg Shotput - 10.30m
- Caitlin O'Connell U16 Female 90m Hurdles - 13.74s
- Chilli Broughton U15 Female 1kg Discus - 30.57m
- Thomas Fallan U14 Male 800m - 2.14.96s
- Izzy O'Donnell U14 Female 3kg Hammer - 19.50m

UNDER 11 TRAINING CHANGES

As we have now completed our first 4 competitions the Joondalup Board have consulted with the Event coaches regarding training numbers.

Due to the large number of Under 11 Girls and Boys wishing to attend both Javelin and Hurdles training we have had to alter their training days and times for these events.

Javelin for Under 11's will still be on Tuesday but will be a reduced session commencing at 5.30pm and finishing at 6.00pm. Micky will then be able to focus on the basics with this group, while the Under 12 Plus group warm up for their training.

Hurdles for the Under 11's will no longer be on a Tuesday. Training for this event will now be on a Monday from 5.30pm to 6.30pm. This will commence from Monday 11th November with Alyssa. Under 11's are not to attend Hurdles Training with Julie this Tuesday.

We will continue to monitor numbers for the other event training and communicate any changes if required.

Thank you for your understanding. Making these slight amendments to training will then make it fair for all age groups to get the specialist training, while keeping athlete numbers manageable.

If you have any questions or concerns please email us and we can address them with you.

TEAM WARM-UP

Saturday 9th November @ 7am

Join our Centre Captains for a group warm-up to prepare our athletes for their morning events.

Our Captains will be waiting under the Verandah for you to join them in a jog and stretching session.



The graphic features a stylized swimmer icon at the top center, a laptop with hands typing on the keyboard at the bottom right, and a background of purple, pink, and orange gradients with a dotted pattern on the right side.

End of Track Roster - 9th November

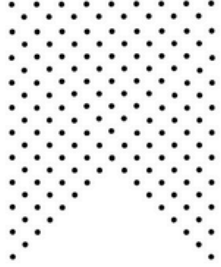
1 X UNDER 10 GIRLS VOLUNTEER FOR SHORT TRACK

1 X UNDER 10 BOYS VOLUNTEER FOR LONG TRACK

Your role will be to use the stopwatch to record race times as a backup and assist with athletes coming to the table at the end of their race. You will be placed with a qualified End of Track Operator.

SATURDAY'S TRACK PROGRAM WILL NOT COMMENCE UNTIL WE HAVE THIS ROSTER FILLED. THIS ROSTER COUNTS AS PART OF YOUR ROSTER REQUIREMENTS FOR THE SEASON.

www.joondalupathletics.com.au



Program A



2024-2025

Please note the marshall times below for your athletes age group. Events will commence at the advertised start time. 1500m athletes please marshall at the start line at time listed below.

UNDER 6	UNDER 7	UNDER 8
<p>7.45am Marshall 8.00am Start</p> <ul style="list-style-type: none">• 100m• Long Jump• Discus• Mini Hurdles	<p>7.45am Marshall 8.00am Start</p> <ul style="list-style-type: none">• Discus• 100m• Shotput• 200m• Mini Hurdles	<p>8.00am Marshall 8.15am Start</p> <ul style="list-style-type: none">• Long Jump• 100m• Shotput• 200m
UNDER 9	UNDER 10	UNDER 11
<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• Shotput• 400m• Turbo Javelin• 100m• 200m	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• Long Jump• 100m• Shotput• 400m• Turbo Javelin• 200m	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 100m• Discus• 400m• Fosbury High Jump• Long Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 100m• Shotput• 400m• Javelin• Triple Jump	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 200m Hurdles• Javelin• 400m• Fosbury High Jump• 100m• Long Jump	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 200m/300m Hurdles• 400m• Discus• 100m• Javelin• Triple Jump



**NO SMOKING OR VAPING
PERMITTED**



STRENGTH AND

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We are now 1 month in to our Summer of Athletics and we would like to invite our Under 9 to Open age athletes the opportunity to join Rob, our Centre Coach, in a weekly Strength and Conditioning Session.

Parents are welcome to join their athletes in these sessions.

PLEASE BRING A TOWEL TO LAY ON



WHEN: Tuesday Afternoons
COMMENCING: 5th November
WHERE: HBF Arena Joondalup
TIME: 4.30pm to 5.30pm

Saturday Snapshot

Athletes Competing	212
Centre Records	0
Total PB's	478
Track PB's	271
Field PB's	207

Age	PB's
U6	29
U7	62
U8	74
U9	83

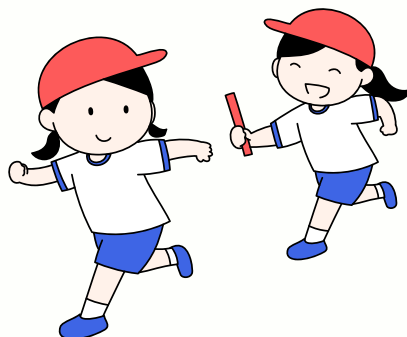
Age	PB's
U10	60
U11	80
U12	39
U13	28

Age	PB's
U14	17
U15	2
U16	3
U17	1

Track & Field Relay Teams

Saturday 14th December 2024

The State Track and Field Relay Championships are fast approaching. Keep an eye out in your Inbox as invitations to compete in this event will be sent out by the end of the week.



9TH NOVEMBER PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM

O'Reilly Family	Gavin Douglas
Ferdinand Ojogwu	Stone Family
Raj Rajakaruna	Paddy O'Donnell
Paddy O'Donnell	PLEASE HELP

PACK UP CREW – LISTEN FOR ANNOUNCEMENT

Raj Rajakaruna	Nicola Fairhead
Hannah Berry	Anne Feist
Richard Berry	PLEASE HELP

KEY ROLES

Arena Manager	Brendan Drew
Assistant Arena Manager	Nicole James
Officials Co-Ordinator	Natalie Rizvi
Officials Co-Ordinator	Scott James
Announcer	Tina Nilsson
First Aid	John Howarth
Event Photographer	Richard Pickerill

START & END OF TRACK TEAM

Short Track Starter	Jo Boonzaaier
Short Track Recording	Matt Gallen
Short Track Recording – 10 Girls Roster	PLEASE HELP
Long Track Starter	Ben Merito
Long Track Recording	Shane Boyd
Long Track Recording – 10 Boys Roster	PLEASE HELP

**THE JAC BOARD THANK YOU FOR
VOLUNTEERING**

9TH NOVEMBER PARENT ROSTER

Families are required to complete a minimum of 7 rosters in a season. If a place is available please volunteer [here](#) to enable the program to commence on time and run smoothly.

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 6 BOYS	PLEASE HELP	Teagan Peters	Linley Langullah	PLEASE HELP
UNDER 7 GIRLS	Kylie Reindl	Ngatai Family	Paul du Plessis	PLEASE HELP
UNDER 7 BOYS	Paul Pesti	Ev Taylor	Claire Doherty	Maureen Butterworth
UNDER 8 GIRLS	PLEASE HELP	Aimee Williams	PLEASE HELP	PLEASE HELP
UNDER 8 BOYS	PLEASE HELP	Louise Atkinson	Steve Oliver	Scott Newbigging
UNDER 9 GIRLS	Ferdinand Ojogwu	Potter Family	Potter Family	Perla Ottaviani
UNDER 9 BOYS	Arne Swanepoel	Natalie Baily	Lize Korff	Adam Whitford
UNDER 10 GIRLS	PLEASE HELP	Amy Greatbanks	O'Reilly Family	Dolly Hartley
UNDER 10 BOYS	PLEASE HELP	Turnbull Family	PLEASE HELP	PLEASE HELP
UNDER 11 GIRLS	Nikki Rajakaruna	Steven Shaw	Claire Shaw	Stuart Rivers
UNDER 11 BOYS	PLEASE HELP	Devon Simic	Devon Simic	Rob Birch
UNDER 12 GIRLS	Anne Feist	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 12 BOYS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 13 GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	
UNDER 13 BOYS	Kirsty Hutton	Stone Family	Mathew Bouse	
UNDER 14+ GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	
UNDER 14+ BOYS	PLEASE HELP	Bec Carstairs	PLEASE HELP	

We have now completed 4 weeks of our Centre Competitions. Families should have done at least 1 roster by now. As per our Roster Policy, if you don't complete your roster requirements by the end of the season, your athlete will not be eligible to compete at our Centre Championships and will not be able to receive any End of Season awards or medals.

UNIFORMS

Centre uniforms are available for purchase via our online Shop. Orders placed up to Thursday Night will be available for collection Saturday Morning. Orders placed after Thursday will be available the following Saturday.

Check out our Shop on our website now.

[CLICK HERE](#)

VOTE FOR US



Vote for Joondalup Athletics Centre as your favourite Sports Club and we could win \$1,000 for new equipment for our athletes.

Closes 20th Dec

www.navsports.com



Can you?

HELP

A suggestion has been placed in our NEW SUGGESTION BOX for us to hold Raffles and/or cake stalls at our weekly competition.

The Board would love to do this, however without a Fundraising Director or someone who can take control and run these events we are unable to do this at present. All of our Board members are currently busy running the Saturday Competition.

If you have a passion for fundraising, or would love to help out, please let us know as we would love for you to help us run these events to raise funds for our athletes.

These events also provide a sense of community within our athletics families.

Please email or contact Nicole to discuss further
admin@joondalupathletics.com.au
0478 601 653

**YES!
YOU CAN!**



FUNDRAISING

Facts

BUNNINGS Sausage Sizzle

This Sunday, 10th November we will be running the Sausage Sizzle at Bunnings Joondalup. This is our major fundraiser for the year and we hope to raise enough funds to purchase new hurdles and upgrade our radio's. Thanks to the families below who have volunteered to make this event a success.

TIME	BOARD MEMBER	HELPER 1	HELPER 2	HELPER 3	HELPER 4	HELPER 5	HELPER 6
7am to 10am	Brendan Drew	Danielle Reindl	Jo Boonzaaier	Chris Hale	Matt Hutton	N/A	N/A
10am to 12pm	Abby Kay	Stephen O'Reilly	Ngatai Family	Vanessa Hayles	Zoe Coughlan	Rob Kay	Paddy O'Donnell
12pm to 2pm	Natalie Rizvi	Brock Cumming	Meg McIntyre	Fiona Stevenson	Brendan Aitkins	Nicola Fairhead	Nhan Cadby
2pm to 4.30pm	Franco Welmans	Brendan Drew	Amanda Galhardo	Meg McIntyre	Stone Family	N/A	N/A



LOCAL MATTERS

This month we are one of the Sporting Clubs that are on the Local Matters Jars at Grill'd Currambine. Pop in for a meal and vote for our centre.

Grill'd Currambine
 Currambine Central
 Shopping Centre
 1244 Marmion Ave
 Currambine

Pole Vault Community Sessions

Athletics West, in conjunction with WAIS are hosting Pole Vault sessions for athletes U11 to U16 (2014 to 2009)

These sessions will be led by Athletics Australia Accredited Coaches Declan Carruthers, Ellie Parsons and Mikayla Scerri along with WAIS Pole Vault Coach James Fitzpatrick.

The sessions are designed to give athletes the opportunity to discover the Pole Vault event, learning basic skills, knowledge and to build confidence to progress in the Pole Vault discipline in a safe and friendly environment.

Sessions are open to Members and Non-Members. No prior experience is necessary to register for this session.

Sessions Days

Tuesday 29th October - 4pm to 7pm

Sunday 17th November - 8.15am to 11.15am

Monday 9th December - 4pm to 7pm

Thursday 23rd January - 4pm to 7pm

COST \$20.00 PER SESSION

The time your athlete will attend depends on their age group. Athletes are requested to attend only 1 session due to high demand

CLICK **HERE** FOR FULL DETAILS AND TO REGISTER



ATHLETICS WEST

SENIOR STRIVE

FRIDAY 8TH NOVEMBER

Registrations are now open to all Joondalup Athletics Centre Senior Strive Members (born 2013 or earlier).

Late entries at discretion of Athletics West. Follow the link to register to avoid missing out



**REGISTER
HERE**

PROGRAM C

Sprint Hurdles

400m

1500m

100m

5000m Walk

3000m Steeplechase

Discus (Women)

Triple Jump (Women & Men)

High Jump - Div A (Women)

High Jump - Div B (Men)

Javelin (Men)

Shotput (Women)

Hammer Throw (Men)

**REGISTRATIONS CLOSE
6TH NOVEMBER @ 11.59PM**

www.joondalupathletics.com.au
[seniors @joondalupathletics.com.au](mailto:seniors@joondalupathletics.com.au)

**COMING
SOON**

SAVE THE DATE
**JAC CHASE / CHRISTMAS BBQ &
FAMILY MOVIE NIGHT**
SATURDAY 7TH DECEMBER
SPECIAL TWILIGHT MEET

COME & TRY STRIVE



UNDER 13 - UNDER 17 LITTLE A'S

8TH NOVEMBER

ENTRY \$15

Thinking of doing Seniors this year. Athletics West are hosting a Come and Try afternoon for eligible Little Athletics Members. Events and places are limited so register now to avoid missing out. Full details on events offered and how to register can be found on the Athletics West Website or via this link.

[REGISTER HERE](#)