



JOONDALUP JOURNAL

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MERRY CHRISTMAS

AND HAPPY NEW YEAR

*To all our athletes and their
families*



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.



Relay Wrap

On Saturday a total of 100 Joondalup Athletes and their families made the trip to the WA Athletics Stadium for the 24-25 State Track and Field Relay Championships.

State Relays is a highlight of the Summer calendar and one I always enjoy taking part in. The support each athlete gives their team mates is wonderful to watch.

It was an honour once again to be your Team Manager for the weekend. I was incredibly proud of all of our athletes on their achievements.

A massive congratulations to our Under 9 Girls (Luce, Sophie, Ida, Irene, Aily, Evelyn and Aliesha). This is the first year at this event for this age group and boy our girls did not disappoint, with a clean sweep with Gold in their Swedish and 100m relay as well as their field relay. A great effort by the girls and coach Michael.

This year we had our very first Senior track team, running in the Under 20 100m relay. Three of these boys (Lucas, Mark and Josh) are only 12 years old and Dean is only 14. A massive task for the boys, but that didn't deter their enthusiasm. They took on the challenge and finished the race in 7th place. Congratulations boys and coach Gemma.

We defended our Open Jumps relay title successfully again this year. Having won the event last year, it was an uphill battle to get to the podium. The team of Callum and Zahli completed the event and finished with the highest score for their jumps, thus bringing home Gold again. Zahli is only 14 years old, so a great effort by a very talented long jumper.

There were 2 other stand out memories for me from the weekend. The gutsy run by Tayla in the U14 girls Swedish relay to miss out on the Gold medal by only 0.04 and the run home by Sienna O in the final of the Under 10 girls 100m relay to take the gold medal by 0.03 from Hamersley.

Thank you to all the parents who volunteered on the day, either as an Official or parent helper on site. Events like this are not successful without parent help.

A special mention to all our Relay coaches who for weeks leading up to the event spent many hours of their own time coaching the teams to get them ready for the day.

Overall the weekend was a success for everyone involved. Enjoy your well earned break and see you all back in 2025.

Nicole (Team Manager)

Golden

U9 Girls
Swedish & 4 x 100m Relay
Luce, Sophie, Ida, Irene & Aily



U9 Girls
Field Relay
Evelyn & Aliesha



U10 Girls
Field Relay
Kaleah & Savannah



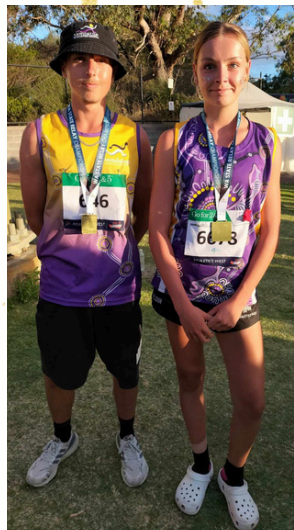
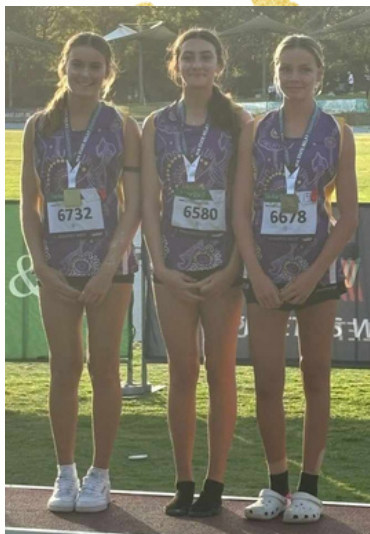
U10 Girls
4 x 100m Relay
Sienna H, Sienna O, Billie,
Sophie & Blake



U11 Boys
Field Relay
Adam & Jayden



U15 Girls
Field Relay
Chilli, Amelie &
Zahli



Open
Long Jump Relay
Callum & Zahli

G
r
e
a
t
s

Silver



U10 Girls
Swedish Relay
Sienna H, Sienna O,
Billie, Sophie & Blake



U12 Girls
4 x 100m Relay
Matipa, Maita, Kavroop,
Skyla & Alyssa



U14 Girls
Swedish Relay
Tayla, Rosie, Kyla, Ameleah & Izzy



U17 Boys
Field Relay
Liam & Harry

Stars

BRONZE



U15-17 Mixed
Distance Relay
Dean, Ryder, Chilli & Zahli



U13 Boys
Mark, Haaris & Trent



U12 Girls
Swedish Relay
Matipa, Maita, Skyla, Kavroop & Alyssa



U14 Girls
4 x 100m Relay
Tayla, Rosie, Kyla,
Ameleah & Izzy

U11 Girls (not pictured)
Field Relay
Jessica & Evelyn

BRILLIANCE

Saturday's Stats



Track Athletes

Boys - 32

Girls - 32

Field Athletes

Boys - 17

Girls - 19

5th Place - 1

6th Place - 3

7th Place - 3

8th Place - 2



**GREAT
EFFORT**



**8 teams
made 100m
Final**



**Track
Events**

19

**2 Senior
Teams**

**Field
Events**

5355

Centre Relay Records

On the weekend the following teams broke our Centre Relay Records

EVENT	ATHLETES	OLD RECORD	NEW RECORD
Under 9 Girls Swedish Relay	Luce Shiroka, Sophie Bouse Ida Tucker, Irene Scagnelli & Aily Ojogwu	3.21.61s	2.59.36s
Under 9 Boys Swedish Relay	Tobias Gillespie, Samuel Fairhead Aidan Newell, Erzick Luyt & Lincoln Berry	3.23.74s	3.13.60s
Under 10 Girls Swedish Relay	Sienna Oliver, Sienna Horton Sophie Lacy, Billie Greatbanks & Blake Hall	2.55.20s	2.54.24s
Under 11 Boys Swedish Relay	Kash Simic, Ethan Ojogwu Elliott Hale, James Gilchrist & Ruben Geel	2.51.36s	2.44.16s
Under 12 Girls Swedish Relay	Matipa Munjodzi, Maita Munjodzi Skyla Boshoff, Kavroop Bhangu & Alyssa Coyne	2.54.18s	2.37.40s
Under 13 Boys Swedish Relay	Cooper Stone, Jackson McAdam Michael Bouse, Jamie Robeson & Ozzie Holmes	2.45.98s	2.38.22s
Under 14 Girls Swedish Relay	Ameleah Ford, Rosie Davey Tayla Boshoff, Kyla Narrier & Izzy O'Donnell	2.37.26s	2.28.27s
Under 9 Girls 4 x 100m Relay	Luce Shiroka, Sophie Bouse Ida Tucker, Irene Scagnelli & Aily Ojogwu	1.03.52s	1.02.53s
Under 10 Girls 4 x 100m Relay	Sienna Oliver, Sienna Horton Sophie Lacy, Billie Greatbanks & Blake Hall	59.48s	59.25s
Under 12 Girls 4 x 100m Relay	Matipa Munjodzi, Maita Munjodzi Skyla Boshoff, Kavroop Bhangu & Alyssa Coyne	57.31s	55.53s
Under 14 Girls 4 x 100m Relay	Ameleah Ford, Rosie Davey Tayla Boshoff, Kyla Narrier & Ozzie Holmes	56.12s	53.97s
Under 15-17 Mixed Distance Relay	Chilli Broughton, Zahli Bryan Dean Skroza, Ryder White	4.04.45s	4.04.33s

Due to Athletics West changing the format for Field Relay Points, we are not awarding any Field Records.

**EVENT TRAINING
COMMENCES MONDAY
6TH JANUARY 2025 AT
SANTIAGO PARK**

**AGE TRAINING WEEK
COMMENCING 6TH
JANUARY 2025 WILL BE
AT THE BEACH - SEE
FACEBOOK GROUPS FOR
CONFIRMATION**

**FIRST COMPETITION
SATURDAY 11TH JANUARY
2025 AT SANTIAGO PARK**

Centre Away Records

On the weekend the following athletes broke our Away Records

EVENT	ATHLETES	OLD RECORD	NEW RECORD
U17 Boys Discus	Harrison Stewart	41.24m	44.06m

**THANK YOU TO ALL OUR
RELAY COACHES**

Callum James

Michael Van Der Kwast

Paul Pesti

Joel Smith

Brendan Drew

Ryan Shand

Darren Ford

Simi Kaur

Alex Robeson

Lisa McStay

Ria Merito

Gemma Keyes

Allana Wignall

Micky Norris

Multi Day Championships

Saturday 11th January

Santiago Park, Ocean Reef

UNDER 6	UNDER 7	UNDER 8
<p>7.45AM MARSHALL 8.00AM START</p> <ul style="list-style-type: none"> • 300m • Vortex • Long Jump • 100m 	<p>7.45AM MARSHALL 8.00AM START</p> <ul style="list-style-type: none"> • 300m • Shotput (Girls) • Discus (Boys) • Long Jump • 100m 	<p>7.35AM MARSHALL 7.50AM START</p> <ul style="list-style-type: none"> • 500m • Long Jump • Turbo Javelin • 100m
UNDER 9	UNDER 10	UNDER 11
<p>7.25AM MARSHALL 7.40AM START</p> <ul style="list-style-type: none"> • 800m • Long Jump • Turbo Javelin (Girls) • Discus (Boys) • 100m 	<p>7.15AM MARSHALL 7.30AM START</p> <ul style="list-style-type: none"> • 800m • Scissor High Jump • Shotput (Girls) • Turbo Javelin (Boys) • 200m (Girls) • 100m (Boys) 	<p>7.15AM MARSHALL 7.30AM START</p> <ul style="list-style-type: none"> • Shotput (Girls) • Discus (Boys) • 80m Hurdles • 200m (Girls) • 100m (Boys) • Long Jump • 800m
UNDER 12 GIRLS	UNDER 13 GIRLS	UNDER 12 & 13 BOYS
<p>7.15AM MARSHALL 7.30AM START</p> <ul style="list-style-type: none"> • Long Jump • 80m Hurdles • Shotput • 200m • 800m 	<p>7.30AM MARSHALL 7.45AM START</p> <ul style="list-style-type: none"> • 80m Hurdles • Long Jump • 200m • Shotput • 800m 	<p>7.30AM MARSHALL 7.45AM START</p> <ul style="list-style-type: none"> • 80m Hurdles • Discus • 100m • Long Jump • 800m

MIXED
<p>7.15AM MARSHALL 7.30AM START</p> <ul style="list-style-type: none"> • 80 to 110m Hurdles • Javelin • 200m • Fosbury High Jump • 800m

Points are awarded for each event and added together at end of competition. The top 3 will be awarded medals.

Medals will be awarded on our return to Arena Joondalup

2024 JOONDALUP CHASE

Saturday 7th December saw us hold our annual Joondalup Chase event. This event was a great way to end the first half of the season with athletes nominating to take part in the 800m, 110m, Long Jump or Javelin Chase Events.

Congratulations to all athletes who took part. It was a fun evening with lots of laughter and banter amongst the athletes and families.

Events like this do not happen without a lot of hard work by our Board Members in the lead up to the event. Thanks to Gemma Keyes for working out the handicaps for all our athletes, Natalie Rizvi for purchasing all the food for the event, Rob, Abby and Isaac Kay for manning the BBQ all evening for us and Brendan Drew for overseeing and co-ordinating the entire event.

We would also like to thank our guest announcer, Greg Bryant for his expert commentary on the night and to our special guest Santa for coming all the way from the North Pole to visit our athletes with lollies for all.

At the end of the night we held our Christmas windup, a screening under the stars of How the Grinch Stole Christmas.

Overall it was a great night. We are looking forward to planning our next social event for everyone to enjoy.



2024 JOONDALUP CHASE TRACK WINNERS

Event	Gender	Athlete
11 and Over 800m	Male	1st - Atticus Gallen 2nd - Andreas Polak 3rd - Isaac Kay
11 and Over 800m	Female	1st - Tayla Boshoff 2nd - Maddison Malone 3rd - Ella Hood-Penn
Junior 110m	Male	1st - Kaiden Walsh 2nd - Jaxon Brogden 3rd - Samuel Oliver
Junior 110m	Female	1st - Sariah Coombs 2nd - Caileigh Van Deventer 3rd - Layla Botbyl & Sophie Bouse
Senior 110m	Male	1st - Ethan Ojogwu 2nd - Liam Carstairs 3rd - Mark Botbyl
Senior 110m	Female	1st - Lucy Reindl & Kavroop Bhangu 2nd - Nova-Meij Welmans 3rd - Charlotte Bryant



2024 JOONDALUP CHASE

FIELD WINNERS

Event	Gender	Athlete
Junior Javelin	Male	1st - Joshua McEachen 2nd - Quinn Doherty 3rd - Samuel Cartwright
Junior Javelin	Female	1st - Evelyn Van Der Kwast 2nd - Anna Polak 3rd - Sarah Reindl
Senior Javelin	Male	1st - Elliott Hale 2nd - Atticus Gallen 3rd - Ruben Geel
Senior Javelin	Female	1st - Layla McEachen 2nd - Kyla Narrier 3rd - Lucy Sjoland
Junior Long Jump	Male	1st - Jaxon Brogden 2nd - Logan Dean 3rd - Aidan Newell
Junior Long Jump	Female	1st - Willow Hood-Penn & Sariah Coombs 2nd - Aliesha Herrmann 3rd - Billie Greatbanks
Senior Long Jump	Male	1st - Liam Carstairs 2nd - Theo Langullah 3rd - Elliott Hale
Senior Long Jump	Female	1st - Chilli Broughton & Lucy Sjoland 2nd - Kyla Narrier 3rd - Lucy Reindl

JOONDALUP ATHLETICS CENTRE



END OF YEAR

5KM RUN

TUESDAY, 31ST DECEMBER 2024
FROM 5PM

**JOIN COACH ROB, ABBY, ISAAC AND
JOSHUA KAY FOR AN END OF YEAR
RUN FOLLOWED BY A BYO BBQ PICNIC**

NEIL HAWKINS PARK, JOONDALUP

