



JOONDALUP JOURNAL

www.joondalupathletics.com.au

2025 NORTH ZONES

On the weekend we all headed to Kingsway Sport Complex for this year's Zones Competitions. For our Under 7 & Under 8's medals are presented for the top 3 placings for each age/gender/event. Joondalup had 22 Under 7's compete and 18 Under 8's compete over the two days. We came home with a total of 21 medals over the weekend. Congratulations everyone.

NORTH ZONES *medal tally*

Congratulations to our U7 and U8's on their achievement on the weekend



2025 NORTH ZONE MEDAL WINNERS

Tamara Ianc x 4
Lula Boshoff x 2
Micah Pesti
Indie Weston

Josiah Tiyatiye x 2
Indie Weston x 2
Kirneev Bhangu
Lula Boshoff
Connor Callaghan

Lily Coehlo x 2
Sariah Coombs
Micah Pesti
Amelia Van Der Kwast
Indie Weston



2025 ZONES

Over the weekend we all headed to Kingsway Sporting Complex for this year's Zones Championships. Athletes nominated to take part in events they are wishing to qualify and compete in at the Junior State Championships in March.

Joondalup were well represented with a total of 138 athletes competing over the 2 days of competition.

Weekends like this are not a success without the help from our Joondalup Families. Thank you to Brendan, Natalie, Nicole, Michael, Emma, Isaac, Kirsty and Rob for their officiating roles over the weekend.

Thank you to our dedicated event coaches Allana, Callum and John who gave up their weekend to make sure that our athletes had their expert coaching over the weekend.

Thank you to all the parents who helped out on site over the weekend. It was certainly hot and you didn't let us down, assisting for sometimes more than 1 event to ensure the program ran smoothly.

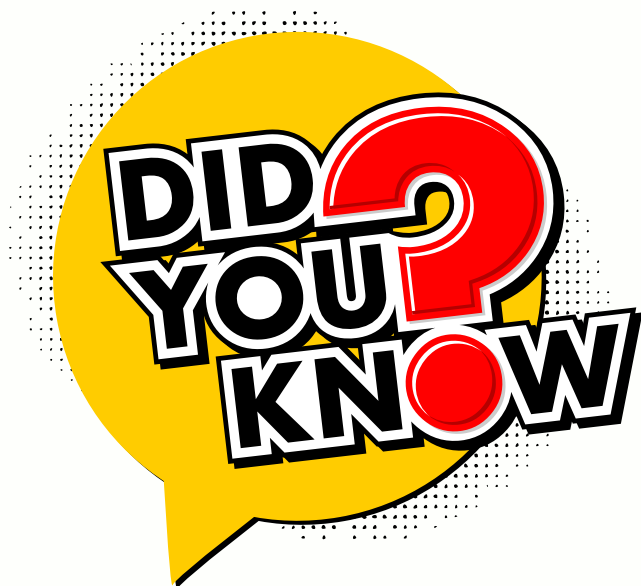
Lastly, thanks to all the athletes who took part. You cheered and supported each other over the entire weekend, and showed great sportsmanship towards all athletes.

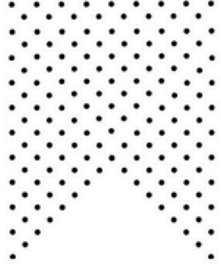
PB RIBBONS



If you didn't collect your PB Ribbon from Nicole on the weekend, please make sure you see her this Saturday to get your ribbon.

The colours of our PB Ribbons from Zones represent the colours of all Centre Uniforms in our North Zone.





Program B



2024-2025

Please note the marshall times below for your athletes age group. Events will commence at advertised start times.

UNDER 6	UNDER 7	UNDER 8
8am Marshall 8.15am Start 300m Shotput 70m Vortex	7.45am Marshall 8.00am Start Long Jump 300m Vortex 70m	7.45am Marshall 8.00am Start 500m Turbo Javelin 60m Hurdles Discus 70m
UNDER 9	UNDER 10	UNDER 11
7.15am Marshall 7.30am Start High Jump 800m 60m Hurdles Long Jump 70m Discus	7.30am Marshall 7.45am Start 800m Discus 60m Hurdles High Jump 70m	7.15am Marshall 7.30am Start 800m Javelin 80m Hurdles Shotput 200m Triple Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
7.15am Marshall 7.30am Start Discus 80m Hurdles Long Jump 800m High Jump 200m	7.30am Marshall 7.45am Start 80m Hurdles Shotput 800m Discus 200m Triple Jump	7.15am Marshall 7.30am Start 80 to 110m Hurdles High Jump 800m Long Jump Shotput 200m

**LAST CHANCE TO QUALIFY FOR
JUNIOR STATES**

22ND FEBRUARY PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
Chloe Quesnel	Werner Geel
Raj Rajakaruna	Richard Pickerill
Brendan Aitkins	McAdam Family
Joel Barnard	Jason Wathall

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Nicola Fairhead	Louise Atkinson
Claire Doherty	Maureen Butterworth
VOLUNTEER NEEDED	VOLUNTEER NEEDED

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	VOLUNTEER NEEDED
Data Entry	VOLUNTEER NEEDED
Data Entry	VOLUNTEER NEEDED

START & END OF TRACK TEAM	
Short Track Starter	Naaz Bhangu
Short Track Recording	Ryan Shand
Short Track Recording (7 Boys)	VOLUNTEER NEEDED
Long Track Starter	Kylie Horner
Long Track Recording	Matt Gallen
Long Track Recording (7 Girls)	VOLUNTEER NEEDED

VOLUNTEER HERE

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	Charlotte Abel	Ashleigh Gadsden	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 6 BOYS	Ellie Patel	Amanda McMinn	Nik Patel	VOLUNTEER NEEDED
UNDER 7 GIRLS	Kylie Reindl	Erin Bernard	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 7 BOYS	Alannah Barnard	Cianne Proctor	Joel Barnard	Ev Taylor
UNDER 8 GIRLS	Louise Boshoff	Tony Wilton	Aaron Tucker	VOLUNTEER NEEDED
UNDER 8 BOYS	Leah Westaway	Chloe Quesnel	Tim Quesnel	Rachel Van Der Velden
UNDER 9 GIRLS	Tim Drinkwater	Kim Simmonds	Fiona Herrmann	Potter Family
UNDER 9 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 10 GIRLS	VOLUNTEER NEEDED	Jason Wathall	Michelle Jenkins	VOLUNTEER NEEDED
UNDER 10 BOYS	VOLUNTEER NEEDED	Kerry Brogden	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 11 GIRLS	VOLUNTEER NEEDED	Nick Bennett	Karen Minnett	Richard Pickerill
UNDER 11 BOYS	VOLUNTEER NEEDED	Werner Geel	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 12 GIRLS	VOLUNTEER NEEDED	Tanja Coyne	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 12 BOYS	VOLUNTEER NEEDED	Hayley Newbigging	CJ Maritz	VOLUNTEER NEEDED
UNDER 13 GIRLS	VOLUNTEER NEEDED	Michelle Jenkins	Gareth Jones	
UNDER 13 BOYS	VOLUNTEER NEEDED	Kirsty Hutton	VOLUNTEER NEEDED	
UNDER 14+ GIRLS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	
UNDER 14+ BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	

We only have 2 more competitions left before our Centre Championships. Make sure you have completed your rosters, as per our roster policy, if your athlete wishes to compete in our Centre Championships.

UNCONVENTIONAL

Athletics

Wondering what Unconventional Athletic is. Well it is an opportunity for athletes to take part in events that are no longer offered to their current age group. We have several events with results from past years and the JAC Board thought it would be a great idea to put these on the program as a fun way to end our home and away competitions before we get into Championship mode. Athletes taking part will have the chance to break and old Centre Record, or if there isn't one create a new CENTRE RECORD for each event.

This event will also count towards athletes' attendance for Centre Championship eligibility. Parents who fill a roster will have this credited towards their roster requirements for the season.

Join us for a fun morning of athletics for all. Please see the Event program in this Journal. We even have some Parent/Coach events on offer for those wishing to re-live their past athletics experience.

At the end of the program, we will be running a Parent/Coach vs Athletes Shuttle Relay so get your running shoes out of mothballs and start training now.

Once the program has concluded we invite all families and athletes to stay for a social BBQ Sausage Sizzle fundraiser. Families can relax and enjoy each others company and celebrate our season so far.



UNCONVENTIONAL Program

Program for each age group, not in any particular order.
Start times and event order will be published in Journal on
24th February and also placed on our website.

UNDER 6	60m	200m	Turbo Javelin	Long Jump
UNDER 7	60m	400m	Turbo Javelin	Long Jump
UNDER 8	60m	400m	Vortex	Scissor High Jump
UNDER 9	60m	300m	Vortex	Triple Jump
UNDER 10	60m	300m	Vortex	Triple Jump
UNDER 11	60m	300m	Vortex	Scissor High Jump
UNDER 12	60m	300m	Turbo Javelin	Scissor High Jump
UNDER 13+	60m	300m	Turbo Javelin	Scissor High Jump
PARENTS	60m	300m	750g Discus Women	1kg Discus Men
PARENT/COACH VS ATHLETES SHUTTLE RELAY				
BBQ SOCIAL GET TOGETHER				



Dates to Remember

**22
FEB**

**Program B
Arena
Joondalup**

***Last chance to
qualify for Junior
States***

**01
MAR**

**Unconventional
Athletics Event**

**Arena
Joondalup**

**7/8
MAR**

**Senior States
U13 to Open
Ages**

**No Saturday
Program**

**15/16
MAR**

**Centre
Championships**

**Nominated
athletes only**

2025 JUNIOR STATE CHAMPIONSHIPS

Nominations will close this Sunday for athletes to achieve a qualifying standard for this year's Junior States. This weekend's program is the last chance for athletes to qualify for 2025.

The current list of qualified athletes has been uploaded to the [Junior States Event Page](#) on our Website. Check it out now and make sure you stay up to date with details that will be posted once they come through from Athletics West.

SATURDAY HOUSEKEEPING



CAN ALL AGE GROUPS PLEASE
MAKE SURE THEY CLEAN OUT
THEIR AGE TUBS AT THE END OF
EACH SATURDAY'S
COMPETITION. WE ARE FINDING
FOOD, RUBBISH, CLOTHING,
HATS AND DRINK BOTTLES LEFT
IN THE TUBS EACH WEEK.



YOU ARE INVITED TO
JOONDALUP ATHLETICS
CENTRE
AWARDS
NIGHT

2025

JOIN US FOR A MAGICAL EVENING
OF MUSIC, DANCE, PHOTOBOOTH,
AWARDS & MEMORIES

6:00 PM
29 MARCH, 2025

JAC CLUBROOMS
BAR OPEN

U12+ ATHLETES & PARENTS

Dress to impress

PURCHASE YOUR FREE TICKET BY 17TH MARCH 2025

<https://www.trybooking.com/CYTMT>

U6 TO U11

TROPHY DAY



Athletes receive a Free Icecream

Athletes receive a free drink and lollies



Athletes can request a Participation Medal via link below



Fun and Games for all

Saturday 29th March

2pm to 4pm

Arena, Joondalup

RSVP BY 17TH MARCH

LINK TO RSVP & REQUEST PARTICIPATION MEDAL





BOARD POSITIONS

It is that time of the year for families to think about joining our Board for the 2025-26 Season. As a Board Member you have a say in the day to day running of our Club and help us grow. If you would like to join our Board for the 2025/26 Season, here is a brief description of two of our roles for you to consider. Please have a chat with Brendan or Nicole to discuss possible roles further.

COMPETITION DIRECTOR

- **Help co-ordinate and run the weekly competitions alongside our Arena Manager and Officials Director.**
- **Aid in timetabling and running of our weekly programs, Chase and Multi Event competitions, as well as any other special program the Board may run during the season.**
- **Ensure competitions are fair and run according to the Athletics West Rules of Competition.**
- **Encourage the member base to become involved in weekly meets by providing guidance and help when requested.**

EXTERNAL LIAISON

- **Represent the Centre to ensure we are kept informed of events and circumstances affecting our centre.**
- **Keep President and Board members updated of external matters relevant to our Centre.**
- **Serve on ACSRA Board to keep our JAC Board informed of matters pertaining to our association with the other codes and management of the building we operate from.**
- **Represent JAC at Athletics West meetings, alongside President and Executive Officer.**

STRENGTH & CONDITIONING



Join Rob for the return of our Strength and Conditioning Program. This is aimed at Under 9 plus age groups. Families welcome to attend.

Tuesday afternoons

4.30pm to 5.30pm

Remember water bottle and towel to lay on

2025 SENIOR STATE CHAMPIONSHIPS

Nominations now open for
Under 13 to Open Athletes to
register via the Athletics
West Website.

State Track & Field Championships

The 2025 State Track and Field Championships are being held on the weekend of 7th to 9th March 2025 at the WA Athletics Stadium.

Athletes in the Under 13 to Open age groups are now able to nominate for their events.

Please note this is the only State Championship competition for Under 14 to Open athletes.

Under 13's are also able to nominate for the Junior State Championships if they have met the qualifying requirements.

- Athletes DO NOT need to qualify for this event.
- Athletes must be able to meet the minimum starting/mat requirements for High Jump and Triple Jump.
- Athletes must be a current member with Joondalup Athletics Centre
- Athletes enter based on their year of birth, not by their current Little Athletics Age Group.

This event is a qualification event for the Australian Athletics Championships being held in Perth in April

Please visit the [**Athletics West Event**](#) page for more information, including age groups and event rules.

Nominations close 11.59pm Thursday 27th February

If you are unsure if your athlete can take part in this event, please contact Nicole to discuss further.

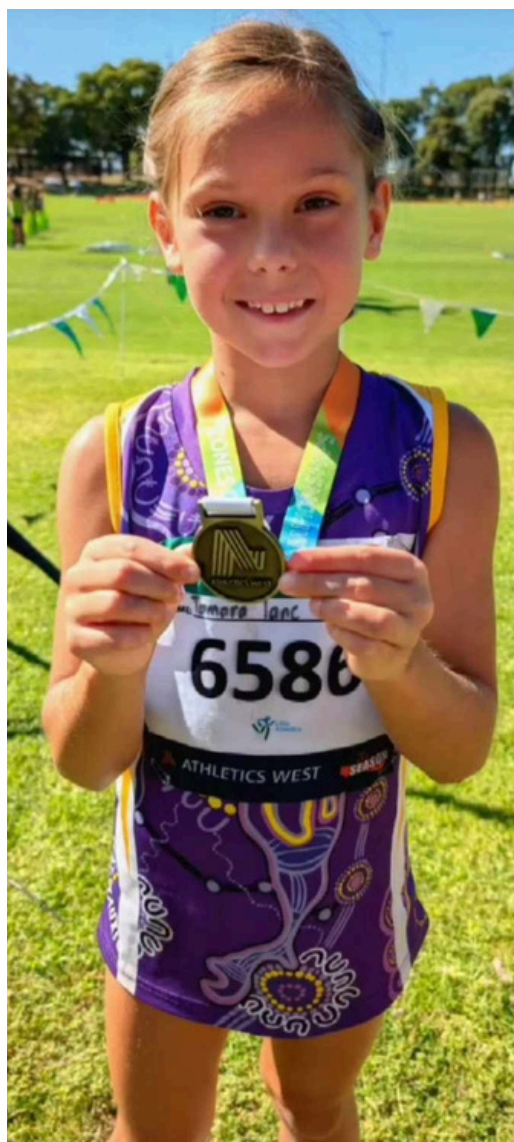


Centre Records



On the weekend we had several athletes break a current Joondalup Away Record. Congratulations to all athletes.

Athlete	Age	Event	Old Record	New Record
Tamara Ianc	8 Girls	200m	33.87s	33.68s
Lula Boshoff	8 Girls	500m	1.44.98s	1.43.37s
Indie Weston	8 Girls	500m	1.44.98s	1.44.13s
Tamara Ianc	8 Girls	70m	11.00s	10.87s
Irene Scagnelli	9 Girls	Scissor High Jump	1.10m	1.13m
Kaleah Atkinson	10 Girls	Discus 500g	28.81m	29.02m



32

YEAR OLD RECORD BROKEN

A SPECIAL MENTION TO TAMARA IANC, WHO ON THE WEEKEND BROKE A 32 YEAR OLD RECORD IN THE UNDER 8 GIRLS 70M. THE OLD RECORD WAS 11.00 SECONDS AND TAMARA STORMED OVER THE LINE IN A TIME OF 10.87 SECONDS. WHAT A SUPERSTAR.



Iluka Physio are an allied health clinic located only 7 minutes from Arena Joondalup. They have a team of experienced Physio's who work with athletes of all ages and abilities. They also offer Exercise Physiology and Remedial Massage services.

They can help with
Muscle Strains
Growing Pains
Improve Performance

Providing our athletes with
Massage
Strapping
Exercises
Injury Rehab

Please support our Silver Sponsor

www.iluka.physio
Phone: 6404 2787



Advvara
HeartCare

Consultation

ECG

Echocardiogram

Exercise stress ECG test

Exercise stress echocardiogram

Dobutamine stress echocardiogram

24 hour blood pressure monitoring

24 hour Holter monitoring

PAR (7 day Holter)

Pacemaker checks

Cardiac CT

Clinical trials

Cardio-oncology



Improving Australia's Heart Health

Shenton House, Level 2, 57 Shenton Ave, Joondalup
9400 6161

Centre Championship Event Page

CHECK OUT OUR NEW [CENTRE CHAMPIONSHIP EVENT PAGE](#) ON
OUR WEBSITE FOR THE LATEST LIST OF QUALIFIED ATHLETES.

THIS PAGE WILL HAVE EVERYTHING YOU NEED TO KNOW ABOUT
OUR CENTRE CHAMPIONSHIPS.



PERTH

Track Classic

WORLD ATHLETICS™

Continental Tour BRONZE

SATURDAY MARCH 1



**EARLY BIRD TICKETS
ON SALE NOW**



ATHLETICS WEST

SENIOR STRIVE

SAT 22ND FEBRUARY

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 D

100m
800m
Long Hurdles
200m
5000m
Pole Vault (Men & Women - Div A)
Hammer Throw (Women)
Long Jump (Men & Women)
High Jump (Men - Div A & B)
Shotput (Men)
Javelin (Women)
Discus (Men)

REGISTRATIONS CLOSE
19TH FEBRUARY @ 11.59PM

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

ZONES STATISTICS

ATHLETES COMPETING - 138

TOTAL PB'S - 422

CENTRE AWAY RECORDS - 6

MEDAL TALLY - 21

