



# JOONDALUP JOURNAL

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)

## STATE RECORD SOPHIE BOUSE



## U9 GIRLS 400M 1.11.07s

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.

# JUNIOR STATES WEEKEND

Last weekend we had 72 Joondalup Athletes ranging from Under 9 to Under 13 head to the WA Athletics Centre for the 2025 Junior State Championships.

It was a hot weekend, both on and off the track and our athletes did us all proud.

I love being the Team Manager for these events, watching all the athletes compete and then stay behind after competition has finished to hang out with their friends, both old and new ones made during the 2 days of competition. Seeing some of our boys all mixing together enjoying a friendly game of handball and watching the girls chill and chat after their events.

A stand out for me this year was watching one of our Under 9 superstars, Sophie break the Under 9 record for the 400m. Sophie is so humble in her victory and is an athlete with a very bright future. Congratulations from us all.

If there was an award for courage over the weekend it would definitely go to Kavi. Kavi clipped the final hurdle in her heat run, hitting the blue track with force. Most athletes would have stayed there accepting defeat, but not our Kavi. She got up and lunged the final 5 metres to cross the finish line in 3rd place, thus securing her spot in the final. Kavi then went on to win the final and bring home a gold medal.

Our athletes all did us proud over the 2 days, bringing home a total of 34 medals. 11 Gold, 11 Silver and 12 Bronze plus numerous near misses.

Thank you to all the parents who volunteered over the weekend, events of this scale are not successful without our volunteer army.

Congratulations to all our athletes. You have earned your rest and I look forward to being part of the journey for 2025-26.

Nicole James  
Team Manager

# JUNIOR STATES GOLD MEDAL WINNERS

ATHLETE	AGE	EVENT
SOPHIE BOUSE	UNDER 9 GIRLS	800M
LUCE SHIROKA	UNDER 9 GIRLS	200M
EVELYN VAN DER KWAST	UNDER 9 GIRLS	DISCUS
SOPHIE BOUSE	UNDER 9 GIRLS	400M
KALEAH ATKINSON	UNDER 10 GIRLS	DISCUS
NOVA-MEIJ WELMANS	UNDER 11 GIRLS	80M HURDLES
KAMIKA PITOUT	UNDER 12 GIRLS	800M
KAMIKA PITOUT	UNDER 12 GIRLS	1500M
KAVROOP BHANGU	UNDER 12 GIRLS	80M HURDLES
KAVROOP BHANGU	UNDER 12 GIRLS	SHOTPUT
KAVROOP BHANGU	UNDER 12 GIRLS	JAVELIN



# JUNIOR STATES

## SILVER MEDAL WINNERS

ATHLETE	AGE	EVENT
SOPHIE BOUSE	UNDER 9 GIRLS	200M
BLAKE HALL	UNDER 10 GIRLS	800M
SAVANNAH SMITH	UNDER 10 GIRLS	HIGH JUMP
SAVANNAH SMITH	UNDER 10 GIRLS	DISCUS
SIENNA OLIVER	UNDER 10 GIRLS	100M
ETHAN OJOGWU	UNDER 11 BOYS	800M
MATIPA MUNJODZI	UNDER 12 GIRLS	800M
MAITA MUNJODZI	UNDER 12 GIRLS	400M
ATTICUS GALLEN	UNDER 12 BOYS	1500M
SCARLETT MARR	UNDER 13 GIRLS	JAVELIN
JACKSON MCADAM	UNDER 13 BOYS	HIGH JUMP



# JUNIOR STATES BRONZE MEDAL WINNERS

ATHLETE	AGE	EVENT
LUCE SHIROKA	UNDER 9 GIRLS	70M
EVELYN VAN DER KWAST	UNDER 9 GIRLS	60M HURDLES
BILLIE GREATBANSK	UNDER 10 GIRLS	800M
SAVANNAH SMITH	UNDER 10 GIRLS	SHOTPUT
SAVANNAH SMITH	UNDER 10 GIRLS	TURBO JAVELIN
ETHAN OJOGWU	UNDER 11 BOYS	1500M
MATIPA MUNJODZI	UNDER 12 GIRLS	80M HURDLES
SKYLA BOSHOFF	UNDER 12 GIRLS	1500M
KAVROOP BHANGU	UNDER 12 GIRLS	DISCUS
HAARIS RIZVI	UNDER 13 BOYS	DISCUS
HAARIS RIZVI	UNDER 13 BOYS	SHOTPUT
JACKSON MCADAM	UNDER 13 BOYS	400M



# U6 TO U11

## AWARDS



Athletes will receive a voucher for a free Ice-cream

Athletes receive a free drink



Participation Medals for athletes who have requested one.



Fun and Games for all

**Saturday 29th March**

**2pm to 4pm**

**Arena, Joondalup**

**BYO DRINKS - BAR WILL NOT BE OPEN FOR JUNIOR PRESENTATION DAY**





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  
FOOD PROVIDED

U12+ ATHLETES & PARENTS

Dress to impress



# Centre Records



Congratulations to the athletes below who broke a Joondalup Athletics Centre Away Record at the Senior Track and Field Championships. Please collect your certificate at our Presentation events this weekend

Athlete	Age	Event	Old Record	New Record
Kavroop Bhangu	12 Girls	Discus 750g	30.47m	32.76m
Kavroop Bhangu	12 Girls	Javelin 400g	32.78m	35.59m
Kavroop Bhangu	12 Girls	Triple Jump	10.14m	10.23m
Kamika Pitout	12 Girls	1500m	5.07.35s	4.52.31s
Atticus Gallen	12 Boys	1500m	5.42.61s	4.42.31s
Tayla Boshoff	14 Girls	400m	1.04.33s	1.01.33s
Tayla Boshoff	14 Girls	800m	2.24.38s	2.19.34s
Thomas Fallan	14 Boys	800m	2.14.40s	2.13.08s
Dean Skroza	15 Boys	400m	56.00s	55.69s
Chilli Broughton	15 Girls	Shotput 3kg	12.81m	12.94m
Isaac Kay	16 Boys	400m	55.20s	54.13s
Isaac Kay	16 Boys	800m	2.10.82s	2.08.64s
Isaac Gunn	16 Boys	110m Hurdles	18.08s	16.96s

**ALL CENTRE RECORD CERTIFICATES WILL BE AVAILABLE FOR COLLECTION AT OUR JUNIOR AND SENIOR AWARDS DAY**





# Centre Records



Congratulations to the athletes below who broke a Joondalup Athletics Centre Away Record at the Junior Track and Field Championships. Please collect your certificate at our Presentation events this weekend

Athlete	Age	Event	Old Record	New Record
Sophie Bouse	9 Girls	800m	2.46.35s	2.44.10s
Luce Shiroka	9 Girls	100m	15.30s	15.16s
Sophie Bouse	9 Girls	400m	1.11.94s	1.11.07s
Sienna Oliver	10 Girls	60m Hurdles	11.20s	10.92s
Ethan Ojogwu	11 Boys	400m	1.07.60s	1.00.90s
Kavroop Bhangu	12 Girls	80m Hurdles	13.16s	13.02s
Jackson McAdam	13 Boys	800m	2.21.53s	2.19.90s
Jackson McAdam	13 Boys	400m	1.01.30s	1.00.90s



**ALL CENTRE RECORD CERTIFICATES WILL BE AVAILABLE FOR COLLECTION AT OUR JUNIOR AND SENIOR AWARDS DAY**



# **YOUR FEEDBACK IS IMPORTANT TO US**

**Please take the time to  
complete our End of Season  
Survey. We use these results to  
plan and program for the  
following season.**

**Send us a screenshot of the  
"Thankyou for completing this  
survey screen" you will go into  
the draw for a \$50.00 Rebel  
Sport Voucher**

**CLICK HERE TO  
COMPLETE SURVEY**

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)



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

## CROSS COUNTRY ATHLETES



As we are nearing the end of our Summer season our thoughts will switch to Winter Cross Country. Please make sure you request to join our Cross Country Group to keep updated.

**REQUEST TO JOIN HERE**

# Did You Know?

YOU CAN PRINT OUT A SNAPSHOT OF YOUR ATHLETES SEASON  
TO KEEP AS A MEMORY

ResultsHQ

HOME

CALENDAR

NOMINATIONS

RESULTS

RECORDS

ACHIEVEMENTBOOK

## Achievement Book



- Simply log in to your Results HQ Profile
- Click on Achievement Book
- Click on Print
- Select Athlete you wish to print



**SEASON BEST  
CERTIFICATE**



**REQUEST A COPY NOW**

email: [admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au)

# INJURY ASSESSMENT CLINIC



## About Us

We are a Sports focussed physiotherapy clinic based in Iluka. Our goal is to provide the athletes among our community access to high quality physiotherapy.



### What is Injury Assessment Clinic

The clinic is available to all our sponsored athletes to have an injury quickly assessed and receive early management advice.



### How does it work

The clinic is run by Sports Physio Mike on Monday afternoons. Please call the clinic to book in. First in, first served.

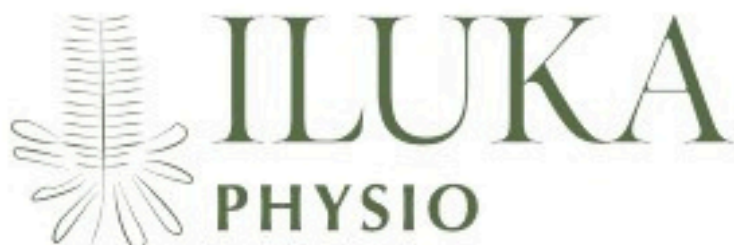


### What's the cost

The clinic is free to all our sponsored athletes.



SCAN ME



**CALL TO BOOK IN  
6404 2787  
ADMIN@ILUKA.PHYSIO**

CHEMIST WAREHOUSE  
SUMMER SERIES

CHEMIST WAREHOUSE



2025  
AUSTRALIAN  
**ATHLETICS**  
CHAMPIONSHIPS  
PERTH

**TICKETS  
ON SALE NOW**

WA ATHLETICS STADIUM - PERTH, WA | APRIL 4 - APRIL 13



WESTERN AUSTRALIA

**BUY TICKETS HERE**

# NATIONALS BOUND

Perth will be hosting this year's Australian Athletics Championships from 4th to 13th April at the WA Athletics Centre.

We are extremely proud of 23 of our current Joondalup Athletes who have been selected as part of the WA State Team.

Lets all get behind these athletes as they compete, by heading to the Stadium to watch their events.

<b>AMELIE BARNARD</b>	<b>KAVROOP BHANGU</b>	<b>LEON BOONZAAIER</b>	<b>SKYLA BOSHOFF</b>
<b>TAYLA BOSHOFF</b>	<b>MARK BOTBYL</b>	<b>CHILLI BROUGHTON</b>	<b>ZAHLI BRYAN</b>
<b>JACK DOUGLAS</b>	<b>THOMAS FALLAN</b>	<b>ATTICUS GALLEN</b>	<b>SCARLETT MARR</b>
<b>KANE MARSHALL</b>	<b>JACKSON MCADAM</b>	<b>MAITA MUNJODZI</b>	<b>KYLA NARRIER</b>
<b>ANTTWON NZIRAMASANGA</b>	<b>IZZY O'DONNELL</b>	<b>KAMIKA PITOUT</b>	<b>HAARIS RIZVI</b>
<b>HARRISON STEWART</b>	<b>JOSHUA STEYN</b>	<b>LIAM VERGANO-VAN NIEKERK</b>	

Daily updates will be published on our Facebook Page



**JOONDALUP**  
ATHLETICS CENTRE

**Jacket: \$55**

**Hoodie \$50**

**PRE  
ORDER  
NOW**

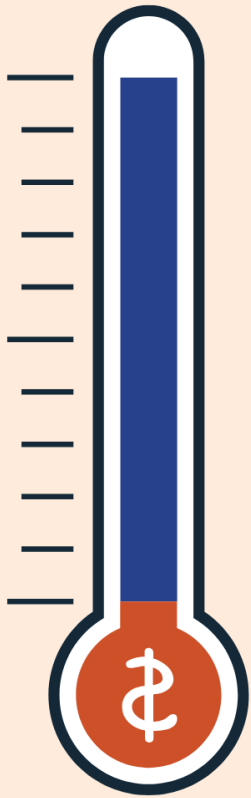
**ORDERS CLOSE  
20TH APRIL 2025**

[WWW.JOONDALUPATHLETICS.COM.AU/SHOP](http://WWW.JOONDALUPATHLETICS.COM.AU/SHOP)





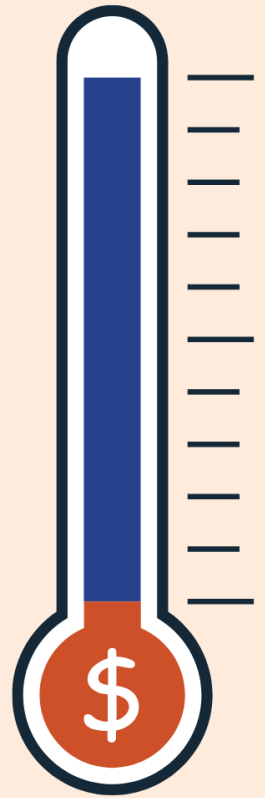
# We need a **FUNDRAISING** *Team*



Your main role will be to co-ordinate and run fundraising events during our Saturday Competitions, helping us to raise funds for our athletes.

We would love this to be a team of volunteers, as more people make it more fun.

As per our Constitution, next season will not commence if we do not get this role filled.



**GET SOME FRIENDS TOGETHER AND JOIN US NOW**

[admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au)

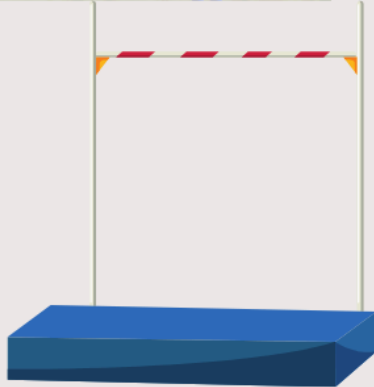


0478 601 653



We are looking for an

# EQUIPMENT CO-ORDINATOR



- Coordinate set up and pack away for weekly competitions. This role would be every second Saturday and will be a job share role with Dion, one of our current Co-ordinators.
- You will work with the set up team to ensure the sites are correctly set up ready for our competition to begin
- The role will involve both Set-Up and Pack-Away
- Ensure all equipment is in a good condition - advise JAC Board of any damaged equipment where necessary
- Keep equipment shed in an orderly state, ready for the next Saturday competition.

email:

[admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au)

