



# JOONDALUP JOURNAL

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

## **MULTI EVENT CHAMPIONSHIPS**

**Saturday saw us return to the track for 2025 with our Multi-Event Championships.**

**All athletes competed with great sportsmanship and tried hard in all their events.**

**The top 3 for each age group have been published in this newsletter. Full results for athletes can be found on our website.**

**We will present medals to our top 3 on our return to Arena Joondalup on 8th February. We will celebrate their achievements with a free BBQ lunch after the mornings program has finished.**

**Thank you to all families who stepped up and filled a roster on the weekend to enable to program to run smoothly.**

# Multi Event Top 3

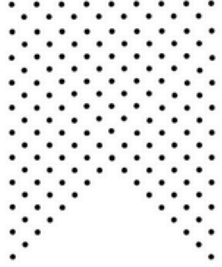
Congratulations to the athletes below on their placing in the Multi Event Championships held on Saturday. Full results for all athletes who completed the competition can be found [HERE](#).

AGE	GOLD	SILVER	BRONZE
UNDER 6 GIRLS	Airlie Laut	Emma Bouse	Elmize Luyt
UNDER 6 BOYS	Lenny Retuga	Sias Delport	Andre Langullah
UNDER 7 GIRLS	Kirneev Bhangu	Ariella Ngatai	Sariah Coombs
UNDER 7 BOYS	Micah Pesti	Samuel Cartwright	Spencer Dashwood
UNDER 8 GIRLS	Lula Boshoff	Indie Weston	Tamara Ianc
UNDER 8 BOYS	Connor Callaghan	Frankie Oliver	Coen Hickman
UNDER 9 GIRLS	Evelyn Van Der Kwast	Sophie Bouse	Luce Shiroka
UNDER 9 BOYS	Tobias Gillespie	Erzick Luyt	Samuel Fairhead
UNDER 10 GIRLS	Billie Greatbanks	Savannah Smith	Sophie Lacy

# Multi Event Top 3

Congratulations to the athletes below on their placing in the Multi Event Championships held on Saturday. Full results for all athletes who completed the competition can be found [HERE](#).

AGE	GOLD	SILVER	BRONZE
UNDER 10 BOYS	Logan Dean	Jasper Pesti	Cowen Pitout
UNDER 11 GIRLS	Lucy Reindl	Evelyn Ward	Angelika Nilsson
UNDER 11 BOYS	Ethan Ojogwu	Adam Coelho	Jayden Drew
UNDER 12 GIRLS	Kavroop Bhangu	Maita Munjodzi	Matipa Munjodzi
UNDER 12 BOYS	Ethan Thomas-Sweetin	Jayden Brogden	Atticus Gallen
UNDER 13 GIRLS	Scarlett Marr	Holly Robinson	Ariana Tipene
UNDER 13 BOYS	Cooper Stone	Lucas Keyes	Trent Cadby
UNDER 14+ GIRLS	Kyla Narrier	Amelie Barnard	Chilli Broughton
UNDER 14+ BOYS	Ryder White	Jack Hannigan	Cruz Marr



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

**All events will be held at Santiago Park, Ocean Reef**

# 18th JANUARY PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
Simone Scagnelli	Rachel Van Der Velden
Kimberley Bartlett	Emma Simpson
Rob Birch	Michael Pennington
Gemma Hannigan	Teagan Peters

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Simone Scagnelli	HELP REQUIRED
HELP REQUIRED	HELP REQUIRED
HELP REQUIRED	HELP REQUIRED

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	HELP REQUIRED
Event Photographer	Richard Pickerill

START & END OF TRACK TEAM	
Short Track Starter	Robert Kay
Short Track Recording	Ryan Shand
Short Track Recording (11 Boys)	HELP REQUIRED
Long Track Starter	Naaz Bhangu
Long Track Recording	Anthea Mawson
Long Track Recording (11 Girls)	Kristy Avery

## VOLUNTEER HERE

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	HELP REQUIRED	Emma Simpson	HELP REQUIRED	HELP REQUIRED
UNDER 6 BOYS	HELP REQUIRED	Ryan Blesing	Teagan Peters	HELP REQUIRED
UNDER 7 GIRLS	Kylie Reindl	Carl Harrison	Sian Coombs	Ngatai Family
UNDER 7 BOYS	HELP REQUIRED	Maureen Butterworth	Grace Tiyatiye	Cianne Proctor
UNDER 8 GIRLS	Louise Boshoff	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED
UNDER 8 BOYS	HELP REQUIRED	Rachel Van Der Velden	Leah Westaway	HELP REQUIRED
UNDER 9 GIRLS	Leah Westaway	Peta Smith	Candace Van Deventer	Perla Ottaviani
UNDER 9 BOYS	HELP REQUIRED	Adam Whitford	HELP REQUIRED	HELP REQUIRED
UNDER 10 GIRLS	HELP REQUIRED	Amy Greatbanks	Lacy Family	Kristy Avery
UNDER 10 BOYS	HELP REQUIRED	Kerry Brogden	HELP REQUIRED	HELP REQUIRED
UNDER 11 GIRLS	HELP REQUIRED	Kim Futter	Mitch White	Gemma Hannigan
UNDER 11 BOYS	HELP REQUIRED	Emma Simpson	HELP REQUIRED	HELP REQUIRED
UNDER 12 GIRLS	HELP REQUIRED	Vanessa Hayles	HELP REQUIRED	HELP REQUIRED
UNDER 12 BOYS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED
UNDER 13 GIRLS	Bryant Family	Michelle Jenkins	HELP REQUIRED	
UNDER 13 BOYS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	
UNDER 14+ GIRLS	Kristy Barnard	Emma Jennings	Tim Drinkwater	
UNDER 14+ BOYS	HELP REQUIRED	Bec Schelfhout	HELP REQUIRED	

All families are required to do a minimum of 7 rosters, as per our roster policy.

**THE JAC BOARD THANK YOU FOR  
VOLUNTEERING**

# 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**



## CENTRE ANNOUNCER

Our lovely announcer Tina is leaving us for Victoria at the end of the Summer. We would love to welcome a second announcer to learn the role from Tina before next season begins. If you are interested in taking on this role, please contact us .

Full training will be provided to those interested.



**WE WANT  
YOU!**

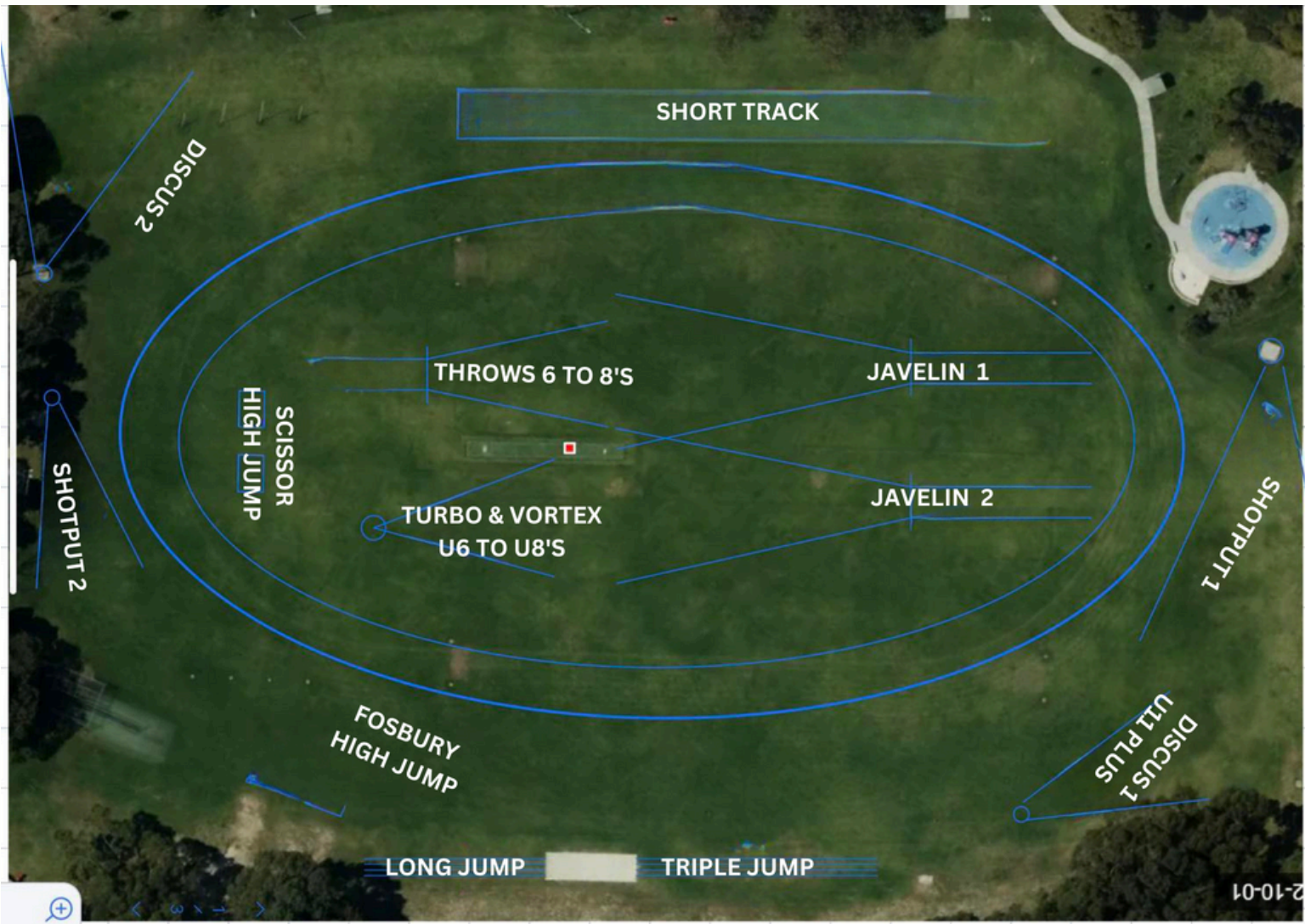


[admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au)

# Santiago Park Map

6th Jan to 1st February 2025

Please familiarize yourself with the map of Santiago Park so you know where to go for each event.



## TRAINING INFORMATION

Age group training returns to Santiago Park from Monday 13th January and will continue until Thursday 23rd January.

Event training will continue at Santiago Park until Thursday 23rd January.

# CENTRE CHAMPIONSHIPS

Our 2024-25 Centre Championships will be held on the weekend of 15th and 16th March.

To make this a fair event for all our athletes the Joondalup Board have amended the Centre Championship Policy for 2024-25. A copy of the full policy can be found [HERE](#).

Here is a summary of what is required by your athlete in order to compete over the weekend

- **Nominations open Sunday 23rd February @ 9am**
- **Nominations close Sunday 9th March @ 11pm**
- **Late entries will incur a late entry fee of \$20.00 per athlete, and will be subject to availability for all track events**
- **Families must have completed their 7 rosters**
- **Families of nominated athletes will be required to complete 1 roster over the weekend**
- **Athletes must have attended a minimum of 50% of the season to nominate**
- **Athletes must have done an event at least 3 times to nominate that event**
- **Athletes will only be able to compete in their nominated events**
- **Change of events will incur a \$10.00 fee after nominations have closed**
- **Event Caps are in place for all age groups**

Under 6 to Under 8	Maximum of 5 events over the 2 days
Under 9 to Under 10	Maximum of 6 events over the 2 days
Under 11 to Under 13	Maximum of 7 events over the 2 days
Under 14 to Open	Maximum of 8 events over the 2 days

If your athlete does not fill the requirements above due to injury or extenuating circumstances, please email us at [admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au), no later than Sunday 23rd February with supporting evidence. The JAC Board will then review your request, and you will be advised of the outcome within 48 hours of us receiving this supporting documentation.





# 2025 STATE COMBINED EVENTS

Athletics West State Combined Championships is on the weekend of 1st and 2nd February 2025. This event is open to all Under 11 to Open athletes registered as either a Little Athletics or Senior Athletics Member with Joondalup Athletics Centre.

## WHAT IS IT?

The State Combined Championships is an event based on the Heptathlon/Decathlon where athletes compete in several events. Points are awarded for their results in each event. They are then added together and the athletes with the most points will be awarded Gold, Silver or Bronze and be crowned the WA Combined Champion for 2023

**REGISTER  
HERE**

## EVENTS

U11 to U13  
5 events over 1 day

U14 to U17  
7 events over 2 days

U20 to Open (Female)  
7 events over 2 days

U20 to Open (Male)  
10 events over 2 days

## HOW TO NOMINATE?

Full details and how to nominate can be found on the Athletics West Website. Parents will need to complete a roster over the weekend.



# Centre Records



On the weekend the following athletes achieved a new Centre Away Record for this season. Congratulations to all athletes. Please collect your Record Certificate from the Announcer on Saturday.

Athlete	Age	Event	Old Record	New Record
Kavroop Bhangu	12 Girls	80m Hurdles	14.03s	13.97s

## Run with Rob

**JOIN COACH ROB AT NEIL HAWKINS PARK  
SUNDAY 19TH JANUARY @ 8AM  
SUNDAY 2ND FEBRUARY @ 8AM**

**DISTANCE OFFERED 3KM, 5KM OR 8KM**

**JUST BRING YOURSELF, YOUR WATER AND  
LET'S RUN**



**PARENTS AND SIBLINGS ARE WELCOME**

THIS IS NOT A SANCTIONED TRAINING SESSION WITH JAC, SO FAMILIES RUN AT THEIR OWN RISK.  
INSURANCE DOES NOT COVER YOU FOR ANY INJURY.



ATHLETICS WEST

# SENIOR STRIVE

## SAT 18TH JANUARY

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

### SPECIAL PROGRAM

60m  
2000m Steeplechase  
200m  
Long Hurdles  
400m  
4 x 100m Relay  
Pole Vault (Men & Women Div A & B)  
Discus (Men & Women)  
Long Jump (Men & Women)  
Shotput (Men & Women)  
Javelin (Men & Women)

REGISTRATIONS CLOSE  
15TH JANUARY @ 11.59PM

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)  
[seniors @joondalupathletics.com.au](https://twitter.com/joondalupathletics)

## Block Starts & Triple Jump Transition Clinic

Athletics West are hosting a High Jump transition clinic on 24th January 4.45pm to 5.45pm at WA Athletics Centre, Mt Claremont.

Open to all athletes born 2012 to 2007 only and must be a registered Junior or Senior Athlete with Joondalup.

Limited places are available.

Register [HERE](#) to avoid missing out

# COME & TRY STRIVE



**UNDER 13 - UNDER 17 LITTLE A'S**

**18TH JANUARY**

**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**



Perth Cryo is a wellness and recovery centre offering advanced treatments to athletes or anyone seeking better health.

Treatments include:-

**Whole body or local cryotherapy**

**Cryo facials**

**Hyperbaric oxygen tank**

**Compression therapy**

**Infra-red saunas**

**Cocoon fitness pod**

**Lymphatic rollers**



**All Joondalup Athletes who mention code “JAC20” will receive a discount off their booking.**

**[www.perthcryo.com.au](http://www.perthcryo.com.au)**

# NIGHT OF THE GO FOR 2&5

2km - minimum age 10 years  
5km - minimum age 14 years



**18 JANUARY**

7pm to 8.30pm

WA Athletic Centre

**\$15**  
entry fee

**[More Information and Register Here](#)**