



# JOONDALUP JOURNAL

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

## Saturday 7th December

THIS SATURDAY SEES US HOLDING OUR ANNUAL JOONDALUP CHASE. THIS EVENT WILL BE HELD AS A TWILIGHT MEET, COMMENCING AT 4PM. AT THE CONCLUSION OF THE EVENT (AROUND 7PM) WE WILL BE HOLDING OUR CHRISTMAS PARTY FOR ALL OUR ATHLETES AND FAMILIES, WHERE WE WILL SCREEN THE MOVIE HOW THE GRINCH STOLE CHRISTMAS. MORE DETAILS INSIDE THIS NEWSLETTER.

NOMINATIONS FOR THE CHASE HAVE NOW CLOSED. IF YOU MISSED NOMINATING, WE WOULD LOVE TO HAVE YOU JOIN US TO FOR THE CELEBRATIONS AND MOVIE AT THE CONCLUSION OF THE CHASE.

ENTRY LISTS WITH HANDICAPS WILL BE PUBLISHED IN THE SPECIAL EVENTS TAB ON OUR WEBSITE THIS FRIDAY. PLEASE MAKE SURE YOU CHECK TO SEE WHAT HEAT YOUR ATHLETE IS IN FOR THIS WEEKEND.



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.

# Program of Events

<b>4pm</b>	<b>Athletes Arrival</b>
<b>4pm tp 7pm</b>	<b>Joondalup Chase</b>
<b>7pm</b>	<b>4 x 100m Relay - selected teams Swedish Relay - selected teams</b>
<b>7.30pm</b>	<b>Santa Visit &amp; Raffle Draw</b>
<b>7.30pm to 9.30pm</b>	<b>Movie Screening - all welcome</b>

**Bar Open 4.00pm to 9.30pm**

**Sausage Sizzle 4.30pm to 7.30pm**





# Christmas Raffle

**\$5.00 per ticket**

1st Prize - Christmas Hamper



2nd Prize - Ham Leg

3rd Prize - \$20.00 Chester z Espresso Voucher

## Santa Visit

We have it on good authority that Santa will be visiting us from the North Pole this weekend with some sweet treats for all. Have you been naughty or nice?

## Christmas Dress Up



We would love all our athletes and families to come dressed in your best Christmas themed outfit.



# Food for Sale

Sausage Sizzle - \$2.50

Juice Box - \$1.00

Cans - \$1.50

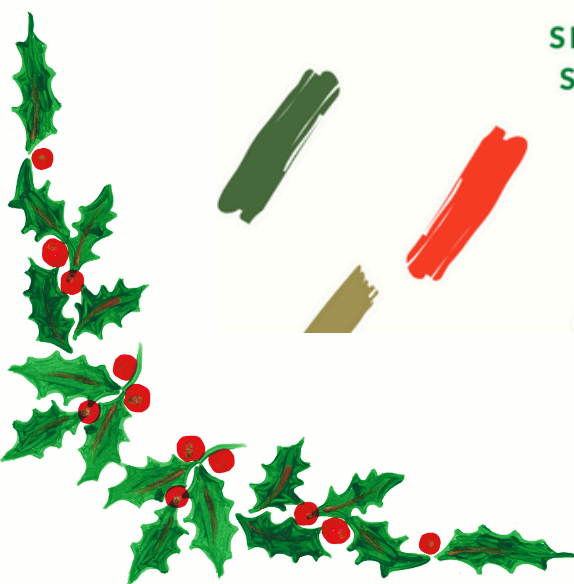
Chips (assorted flavours) - \$1.00

Popcorn - \$1.00



**THIS SATURDAY IS  
OUR LAST  
COMPETITION  
BEFORE THE  
CHRISTMAS BREAK**

SEASON RECOMMENCES ON  
SATURDAY 11TH JANUARY



# MOVIE ON THE GREEN

SATURDAY 7TH DECEMBER

SCREENING 7.30PM

WESTERN OVAL, ARENA JOONDALUP

ALL WELCOME



# Saturday Snapshot

<b>Athletes Competing</b>	<b>206</b>
<b>Centre Records</b>	<b>4</b>
<b>Total PB's</b>	<b>366</b>
<b>Track PB's</b>	<b>160</b>
<b>Field PB's</b>	<b>206</b>

<b>Age</b>	<b>PB's</b>
<b>U6</b>	<b>12</b>
<b>U7</b>	<b>37</b>
<b>U8</b>	<b>43</b>
<b>U9</b>	<b>58</b>

<b>Age</b>	<b>PB's</b>
<b>U10</b>	<b>34</b>
<b>U11</b>	<b>92</b>
<b>U12</b>	<b>36</b>
<b>U13</b>	<b>21</b>

<b>Age</b>	<b>PB's</b>
<b>U14</b>	<b>18</b>
<b>U15</b>	<b>13</b>
<b>U16</b>	<b>2</b>
<b>U17</b>	<b>0</b>



## Centre Records



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

<b>Athlete</b>	<b>Age</b>	<b>Event</b>	<b>Old Record</b>	<b>New Record</b>
Lula Boshoff	8 Girls	500m	1.44.98s	1.42.00s
Sophie Bouse	9 Girls	800m	2.46.35s	2.45.84s
Kaleah Atkinson	10 Girls	500g Discus	28.81m	31.35m
Skyla Boshoff	12 Girls	800m	2.34.54s	2.34.11s

# 7th DECEMBER PARENT ROSTER

KEY ROLES	
Chase Co-Ordinator	Gemma Keyes
Chase Results	Nicole James
Announcer	Greg Bryant
First Aid	<b>PLEASE VOLUNTEER</b>
Event Photographer	Peta Smith

START & END OF TRACK TEAM	
Track Starter	Ben Merito
Check Starter	Lucas James
End of Track	Kat Skroza
Track Co-Ordinator	Brendan Drew
Athlete Placement	Sian Coombs
Athlete Placement	Kerry Brogden

JAVELIN	
Javelin Official	Natalie Rizvi
Site 1 Helper	<b>PLEASE VOLUNTEER</b>
Site 1 Helper	<b>PLEASE VOLUNTEER</b>
Site 1 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>

**THE JAC BOARD THANK YOU FOR  
VOLUNTEERING**

# 7th DECEMBER PARENT ROSTER

LONG JUMP	
Long Jump Official	Scott James
Site 1 Helper	Alex Robeson
Site 1 Helper	<b>PLEASE VOLUNTEER</b>
Site 1 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>
Site 2 Helper	<b>PLEASE VOLUNTEER</b>

BBQ	
Co-Ordinator	Abigail Kay
Helper 1	Siantel Vandersteen
Helper 2	<b>PLEASE VOLUNTEER</b>
Helper 3	<b>PLEASE VOLUNTEER</b>



Training starts  
Monday 6th January.  
Check Facebook  
groups for details





# 2024 STATE RELAY TEAM

Congratulations to the athletes below who have been selected to represent Joondalup at the State Relay Championships on 14th December

## UNDER 9 BOYS

Tobias Gilespie  
Samuel Fairhead  
Aidan Newell  
Erzick Luyt  
Lincoln Berry  
Harlan LeFournour  
Dante Korff  
Cameron Rocca

## UNDER 10 BOYS

Jasper Pesti  
Divan Delpont  
Zachary Dale  
Logan Dean  
Jaxon Brogden  
Lucas Turnbull  
Tej Peters  
Brayden McAndrew  
Alexo Engelbrecht

## UNDER 11 BOYS

Kash Simic  
Ethan Ojogwu  
Elliott Hale  
James Gilchrist  
Ruben Geel  
Adam Coelho  
Jayden Drew

## UNDER 12 BOYS

Jayden Brogden  
Tej Ford  
Cooper McDonald  
Andreas Polak  
Atticus Gallen  
Ethan Thomas-Sweetin  
Tain Kavanagh  
Tobias Van Der Kwast

## UNDER 13 BOYS

Cooper Stone  
Jackson McAdam  
Michael Bouse  
Jamie Robeson  
Ozzie Holmes  
Haaris Rizvi  
Trent Cadby  
Mark Botbyl

## UNDER 14 GIRLS

Ameleah Ford  
Rosie Davey  
Tayla Boshoff  
Kyla Narrier  
Izzy O'Donnell  
Gabrielle Drinkwater  
Indi Kavanagh  
Indianna Malone

## UNDER 16-17 BOYS

Harrison Stewart  
Liam Carstairs

## UNDER 15-17 MIXED DISTANCE

Chilli Broughton  
Zahli Bryan  
Ryder White  
Dean Skroza

## OPEN JUMPS

Callum James  
Zahli Bryan

## UNDER 9 GIRLS

Luce Shiroka  
Sophie Bouse  
Ida Tucker  
Irene Scagnelli  
Aily Ojogwu  
Evelyn Van Der Kwast  
Aliesha Herrmann

## UNDER 10 GIRLS

Sienna Oliver  
Sienna Horton  
Sophie Lacy  
Billie Greatbanks  
Blake Hall  
Savannah Smith  
Kaleah Atkinson

## UNDER 11 GIRLS

Angelika Nilsson  
Elsie Shaw  
Cora Shand  
Nyssa Bennett  
Lucy Reindl  
Evelyn Ward  
Jessica Van Der Kwast

## UNDER 12 GIRLS

Matipa Munjodzi  
Maita Munjodzi  
Skyta Boshoff  
Kavroop Bhangu  
Alyssa Coyne  
Darcy Feist  
Pippa Hayles

## UNDER 13 GIRLS

Holly Robinson  
Ariana Tipene  
Layla McEachen  
Billie Le Geois  
Tegan Jones  
Scarlett Marr  
Charlotte Bryant  
Lucy Hood-Penn

## UNDER 15 GIRLS

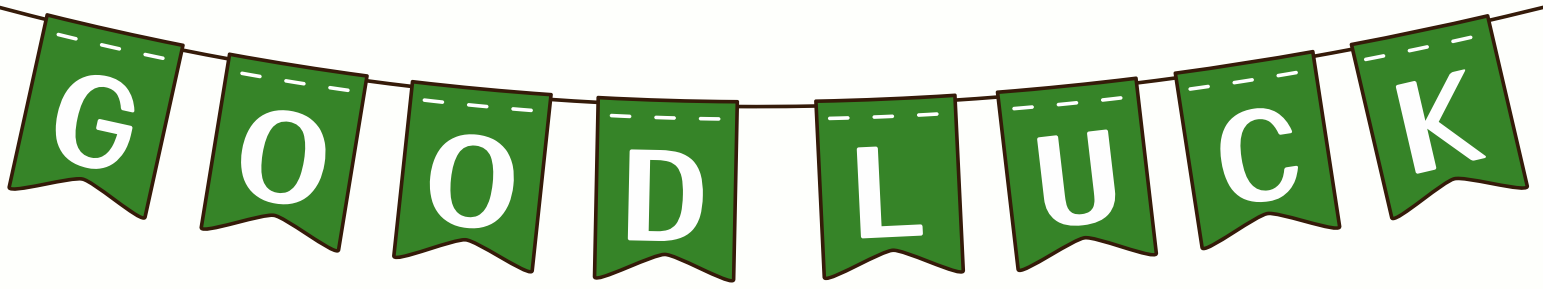
Chilli Broughton  
Amelie Barnard  
Zahli Bryan

## UNDER 16-17 GIRLS

Charlotte Robinson  
Lilly Spocter

## UNDER 20

Lucas Keyes  
Mark Botbyl  
Joshua Steyn  
Dean Skroza



This weekend we have 5 Joondalup Athletes heading over to Brisbane to represent WA at the Australian All Schools Championships. Congratulations to all athletes on making the team and good luck for your events.

Results will be published on our Social Media at the conclusion of each day's events.

**CONGRATULATIONS TO  
THE FOLLOWING JOONDALUP  
ATHLETES ON THEIR  
SELECTION IN THE WA ALL  
SCHOOLS TEAM**



**GOOD  
LUCK**



**Izzy O'Donnell  
U14 Women Discus  
U14 Women Hammer**

**Kane Marshall  
U14 Mens High Jump**

**Liam Vergano-Van Niekerk  
U14 Mens Discus  
U14 Mens Hammer  
U14 Mens Javelin**

**Zahli Bryan  
U15 Women Triple Jump**

**Caitlin O'Connell  
U16 Womens 90m Hurdles  
U16 Women 200m Hurdles**

**2024 AUSTRALIAN  
ALL SCHOOLS CHAMPIONSHIPS**



ATHLETICS WEST

# SENIOR STRIVE

## SAT 7TH DECEMBER

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 B

60m  
Long Hurdles  
800m  
200m  
5000m  
Pole Vault (Div A & Div B)  
Discus (Men)  
Long Jump (Women & Men)  
High Jump (Div A & Div B Men)  
Javelin (Women)  
Shotput (Men)  
Hammer (Women)

REGISTRATIONS CLOSE  
4TH DECEMBER @ 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

# 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

**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