



JOONDALUP JOURNAL

www.joondalupathletics.com.au



SENIOR STATE MEDALS

SENIOR STATES *medal tally*

Congratulations to our Senior's on their achievement on the 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.

SENIOR STATES WRAP-UP

Over the weekend, we had 36 of our Senior Athletes take part in the Senior State Track and Field Championships. This event is open to Under 12 to Open athletes.

Athletes who medal in this event are then eligible to represent WA in the Australian Track and Field Championships being held in April. Perth are hosting this event this year.

We had a fantastic weekend, bringing home a total of 33 medals. 9 Gold, 9 Silver and 15 Bronze. This is an increase of 10 medals from last season.

All athletes represented Joondalup with pride, and it was lovely to see them all supporting each other in their events.

Congratulations to all medal winners over the weekend.



A few of
our medal
winners



photos courtesy of parents

SENIOR STATES WRAP-UP

GOLD MEDALISTS

Kavroop Bhangu - Under 13 750g Discus - 32.76m
Jack Douglas - Under 17 High Jump - 1.85m
Haaris Rizvi - Under 14 3kg Hammer - 27.96m
Kavroop Bhangu - Under 13 400g Javelin - 35.59m
Anttwon Nziramasanga - Under 18 100m - 10.77s
Chilli Broughton - Under 16 3kg Shotput - 12.94m
Atticus Gallen - Under 13 1500m - 4.42.31s
Chilli Broughton - Under 16 3kg Hammer - 35.52m
Kavroop Bhangu - Under 13 80m Hurdles - 13.30s

SILVER MEDALISTS

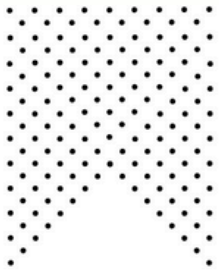
Zahli Bryan - Under 16 Long Jump - 4.99m
Jackson McAdam - Under 14 High Jump - 1.52m
Kavroop Bhangu - Under 13 Long Jump - 4.78m
Liam Vergano-Van Niekerk - Under 15 1kg Discus - 42.59m
Kamika Pitout - Under 13 1500m - 4.52.31s
Chilli Broughton - Under 16 1kg Discus - 31.74m
Kavroop Bhangu - Under 13 3kg Shotput - 8.44m
Liam Vergano-Van Niekerk - Under 15 700g Javelin - 42.56m
Anttwon Nziramasanga - Under 18 200m - 22.17s

BRONZE MEDALISTS

Kyla Narrier - Under 15 200m Hurdles - 31.82s
Chilli Broughton - Under 16 Long Jump - 4.93m
Liam Vergano-Van Niekerk - Under 15 4kg Hammer - 34.56m
Joshua Steyn - Under 14 Long Jump - 4.73m
Amelie Barnard - Under 16 3kg Shotput - 10.18m
Skyla Boshoff - Under 13 1500m - 4.57.81s
Thomas Fallan - Under 15 1500m - 4.38.92s
Kavroop Bhangu - Under 13 Triple Jump - 10.23m
Kamika Pitout - Under 13 800m - 2.24.99s
Thomas Fallan - Under 15 800m - 2.13.08s
Haaris Rizvi - Under 14 3kg Shotput - 11.60m
Liam Vergano-Van Niekerk - Under 15 4kg Shotput - 11.00m
Izzy O'Donnell - Under 15 3kg Hammer - 22.60m
Scarlett Marr - Under 14 400g Javelin - 32.27m
Kyla Narrier - Under 15 90m Hurdles - 14.46s

Centre Championships

Saturday 15th March



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

**7.45am Marshall
8.00am Start**

- 100m
- Long Jump
- Discus
- Mini Hurdles

UNDER 7

**7.45am Marshall
8.00am Start**

- Discus
- 100m
- Shotput
- 200m
- Mini Hurdles

UNDER 8

**8.00am Marshall
8.15am Start**

- Long Jump
- 100m
- Shotput
- 200m

UNDER 9

**7.15am Marshall
7.30am Start**

- Shotput
- 400m
- Turbo Javelin
- 100m
- 200m

UNDER 10

**7.15am Marshall
7.30am Start**

- Long Jump
- 100m
- Shotput
- 400m
- Turbo Javelin
- 200m

UNDER 11

**7.15am Marshall
7.30am Start**

- **1500m (6.50am marshall)**
- 100m
- Discus
- 400m
- Fosbury High Jump
- Long Jump

UNDER 12

**7.15am Marshall
7.30am Start**

- **1500m (6.50am marshall)**
- 100m
- Shotput
- 400m
- Javelin
- Triple Jump

UNDER 13

**7.15am Marshall
7.30am Start**

- **1500m (6.50am marshall)**
- 200m Hurdles
- Javelin
- 400m
- Fosbury High Jump
- 100m
- Long Jump

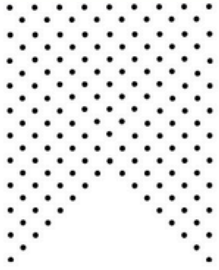
UNDER 14 PLUS

**7.15am Marshall
7.30am Start**

- **1500m (6.50am marshall)**
- 200m/300m Hurdles
- 400m
- Discus
- 100m
- Javelin
- Triple Jump

Centre Championships

Sunday 16th March



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

CENTRE CHAMPIONSHIPS ROSTER

If your athlete is competing in this weekend's Centre Championships all families are required to complete at least 1 roster over the 2 days of competition. Please ensure you volunteer via the link below.

**VOLUNTEER
HERE**

If you fail to nominate for a roster, your athlete will be removed from the Start List and they will no longer be able to compete this weekend.

The JAC Board appreciate all our wonderful volunteers who assist us every week to ensure the smooth running of our programs.

Centre Championship Event Page



CHECK OUT THE [CENTRE CHAMPIONSHIP EVENT PAGE](#) ON OUR WEBSITE FOR ALL YOU NEED TO KNOW ABOUT OUR CENTRE CHAMPIONSHIPS THIS WEEKEND.

WE WILL BE PUBLISHING START LISTS FOR BOTH DAYS BY 3PM THIS THURSDAY 13TH MARCH.

PLEASE CHECK THAT THE EVENTS YOUR ATHLETE HAS NOMINATED FOR ARE CORRECT.

IF THERE IS AN ERROR, PLEASE CONTACT NICOLE ASAP, VIA EMAIL ADMIN@JOONDALUPATHLETICS.COM.AU TO ENABLE THE ERRORS TO BE CORRECTED BEFORE THE WEEKEND.

LATE ENTRIES WILL INCUR A FEE OF \$20.00 PER ATHLETE

EVENT CHANGES WILL INCUR A FEE OF \$10.00 PER EVENT

Closes Tonight @ 11.59pm

U9 TO U13

JUNIOR STATES

Nominations are now open in Results HQ for the 2025 Junior States. Only qualified athletes are able to compete in this event. Please refer to the Junior States Event Page on our Website for the full list of Joondalup Athletes who have qualified and how to nominate.

Event Page Link

www.joondalupathletics.com.au

MEAT RAFFLE THIS WEEKEND



TICKETS \$5.00 EACH



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.

CENTRE PRESIDENT

The role of the President is to provide the principle leadership and responsibility for the Centre and the Board. The President is primarily responsible for ensuring the Centre sets and meets its goals and objectives, is administered according to the Centre Rules and completes all legal and compliance obligations.

- **To be well informed of all Centre activities**
- **Have a good working knowledge of the Centre Constitution, rules, by-laws policies and procedures as well as the roles and responsibilities of all Board Members**
- **Strong understanding of the legal and compliance obligations of running the centre and ensuring that these are adhered to**
- **Ensuring the centre has a clearly defined purpose, vision and set of values to guide decision making, club culture and behaviour.**
- **Facilitate planning and ensure the Centre has clearly defined goals and objectives. Works closely with Board Members to achieve these goals and objectives.**
- **Work with the Treasurer to implement strong financial controls to protect the cash and assets of the Centre.**
- **Works with the Executive Officer to ensure the necessary policies and procedures are in place to protect the health and safety of all centre participants.**
- **Works with the Member Protection Information Officer to ensure all complaints and disputes are immediately investigated and responded to according to Centre Policies and Procedures.**
- **Work with the Board and Executive Officer to ensure all Centre documentation is regularly reviewed and in line with industry standards and the Centre strategic direction.**
- **Manage and Chair all board meetings and the Centre AGM.**
- **Regularly liaise with Board Members, managers and coaches to ensure they fulfil their roles and responsibilities.**
- **Assist in the development of partnerships with sponsors, funding agencies, local and state governments, shared facility users and organisations that are relevant to the goals of the Centre.**



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CENTRE TREASURER

- **Coordinate the preparation of the annual budget for the forthcoming year, describing potential sources of income and expenditure, and present to the committee for approval.**
- **Maintain up to date records of all income and expenditure over the course of the year.**
- **Manage the club's cash flow including issuing receipts, depositing all monies received in the club's bank account and approving payments promptly.**
- **Prepare and distribute invoices/accounts for services rendered.**
- **Provide a financial report at each committee meeting to support strategic planning and decision-making.**
- **Manage employee payrolls if required. Report financial activities to the membership at the AGM.**
- **Act as the signatory on the club's bank accounts, cheque accounts, and investment and loan facilities (alongside President or Secretary).**
- **Be fully informed about the financial position of the club at all times.**
- **Prepare financial accounts for annual or more frequent auditing, and provide the auditor with information as required.**
- **Acquit funds received from government grants and submit the necessary financial statements where requested.**
- **Prepare all necessary financial statements for inclusion in the annual report.**





Advara
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



ATHLETICS WEST

SENIOR STRIVE

FRIDAY 14TH MARCH

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
3000m
Pole Vault (Men & Women - Div A & Div B)
Discus (Men)
Long Jump (Men & Women)
High Jump (Men Div A & Div B)
Javelin (Women)
Shotput (Men)
Hammer Throw (Women)

**REGISTRATIONS CLOSE
12TH MARCH @ 11.59PM**

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



**AUSTRALIAN
ATHLETICS**

Nominations for the WA Team for the Australian Track and Field Championships close Sunday 16th March

Dates to Remember

**15/16
MAR**

**Centre
Championships**

**Nominated
athletes only**

**22/23
MAR**

**Junior States
U9 to U13 Ages**

**Qualified
athletes only**

**16
MAR**

**RSVP for Junior
Awards
afternoon and
Senior Awards
evening**

**29
MAR**

**AGM and Junior
Awards Day**

**Senior Awards
Evening**

UNCONVENTIONAL

Records

Following the success of our first Unconventional Athletics Program, we would like to congratulate the 46 athletes who either broke or created a new record for their events.

Athlete	Age	Event	Old Record	New Record
Tamara Ianc	8 Girls	60m	10.40s	9.80s
Indi Weston	8 Girls	Scissor High Jump		0.96m
Lula Boshoff	8 Girls	Vortex		24.73m
Lula Boshoff	8 Girls	400m	1.22.40s	1.18.19s
Conor Callaghan	8 Boys	Scissor High Jump		0.90m
Max Westaway	8 boys	Scissor High Jump		0.90m
Max Westaway	8 Boys	Vortex		26.38m
Caileigh Van Deventer	9 Girls	Vortex	15.32m	22.26m
Tobias Gillespie	9 Boys	300m	56.44s	55.77s
Lincoln Berry	9 Boys	Vortex	32.82m	33.94m
Savannah Smith	10 Girls	Vortex	19.99m	34.07m
Jasper Pesti	10 Boys	Vortex	33.73m	34.80m
Elsie Shaw	11 Girls	Vortex	31.11m	46.49m
Nova-Meij Welmans	11 Girls	300m	53.90s	50.64s
Ethan Ojogwu	11 Boys	300m	55.86s	49.79s
Kavroop Bhangu	12 Girls	Turbo Javelin		32.02m

Athlete	Age	Event	Old Record	New Record
Kavroop Bhangu	12 Girls	Scissor High Jump		1.21m
Kavroop Bhangu	12 Girls	300m	55.38s	52.55s
Atticus Gallen	12 Boys	Scissor High Jump		1.20m
Ethan Thomas Sweetin	12 Boys	Turbo Javelin		25.20m
Taj Ford	12 Boys	300m	53.89s	49.67s
Holly Robinson	13 Girls	300m		50.71s
Holly Robinson	13 Girls	Scissor High Jump		1.10m
Charlotte Bryant	13 Girls	Turbo Javelin		19.01m
Mark Botbyl	13 Boys	300m		48.70s
Lucas Keyes	13 Boys	Scissor High Jump		1.29m
Haaris Rizvi	13 Boys	Turbo Javelin		25.64m
Indianna Malone	14 Girls	300m		52.05s
Indianna Malone	14 Girls	Scissor High Jump		1.17m
Indi Kavanagh	14 Girls	Turbo Javelin		20.06m
Sonny White	14 Boys	Scissor High Jump		1.21m
Sonny White	14 Boys	300m		1.20.64s
Sonny White	14 Boys	Turbo Javelin		18.13m
Chilli Broughton	15 Girls	60m	9.00s	8.79s
Chilli Broughton	15 Girls	Scissor High Jump		1.27m
Amelie Barnard	15 Girls	Turbo Javelin		32.99m

Athlete	Age	Event	Old Record	New Record
Amelie Barnard	15 Girls	300m		1.33.41s
Charlotte Robinson	16 Girls	300m		1.36.58s
Charlotte Robinson	16 Girls	Turbo Javelin		10.71m
Charlotte Robinson	16 Girls	Scissor High Jump		1.10m
Ryder White	16 Boys	Scissor High Jump		1.55m
Ryder White	16 Boys	Turbo Javelin		23.18m
Isaac Kay	16 Boys	300m		41.66s
Lilly Spactor	17 Girls	Scissor High Jump		1.17m
Lilly Spactor	17 Girls	Turbo Javelin		21.34m
Lilly Spactor	17 Girls	300m		1.06.50s

NEEDING ATHLETIC SHOES



Visit Bruce and the team at Keep on Running, Floreat Forum for all your athletic shoe needs. Bruce and the team can provide families with Sprint Spikes, Distance Shoes, Joggers, Waffles, Jump Spikes and Throw Shoes.



KEEP ON RUNNING