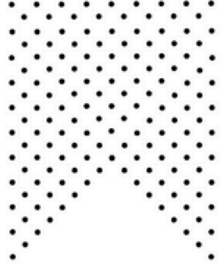


RAFFLE WINNERS

Congratulations to Luke Dean and Blanche Gillespie who were the winners in our Meat Raffle from Saturday. They both take home a \$50.00 BBQ Tray from Star of the North Currambine.

Thank you to all the families who purchased tickets in our raffle. We raised \$710.00 which will go towards our Joondalup Chase and Christmas Windup on 7th December





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



**NO SMOKING OR VAPING
PERMITTED**



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We are now 1 month in to our Summer of Athletics and we would like to invite our Under 9 to Open age athletes the opportunity to join Rob, our Centre Coach, in a weekly Strength and Conditioning Session.

Parents are welcome to join their athletes in these sessions.

PLEASE BRING A TOWEL TO LAY ON



WHEN: Tuesday Afternoons
WHERE: HBF Arena Joondalup
TIME: 4.30pm to 5.30pm

Show Your Support

Our Long and Triple Jump Coach Callum will be competing this Saturday in the Big 6 Competition hosted by UWA. Let's get behind Callum as he represents Joondalup in this event by coming along and showing your support. The event is being held at McGillivray Oval and they hit the runway at 6.45pm.

UWA ATHLETICS CLUB
BIG 6
SATURDAY 23RD NOVEMBER

MEN'S LONG JUMP

FIRST JUMP: 6:45 PM



MACKENZIE LIDDELOW
CALLUM JAMES
HARRY MCABE
GEORGE TAYLOR
ADEN MCDONALD
ASTON ARCHER

Saturday Snapshot

| | |
|---------------------------|------------|
| Athletes Competing | 235 |
| Centre Records | 0 |
| Total PB's | 445 |
| Track PB's | 248 |
| Field PB's | 197 |

| Age | PB's |
|------------|-------------|
| U6 | 27 |
| U7 | 48 |
| U8 | 60 |
| U9 | 74 |

| Age | PB's |
|------------|-------------|
| U10 | 46 |
| U11 | 97 |
| U12 | 32 |
| U13 | 23 |

| Age | PB's |
|------------|-------------|
| U14 | 15 |
| U15 | 15 |
| U16 | 5 |
| U17 | 3 |

200/400m Hurdles & Javelin Run Up Transition Clinic

Athletics West are hosting a Long Hurdles and Javelin transition clinic on 22nd November from 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



DONATE *NOW*

We are seeking donations for our Christmas Raffle, to be drawn at our JAC Chase and Christmas Windup on Saturday 7th December.

A box will be placed outside the clubrooms on Saturday for you to place your donated items.

If you own a business, we would love you to donate a prize for us to raffle off. In return we will promote your business in our Christmas edition of our Joondalup Journal.

COMBINED EVENT

On the weekend Athletics West hosted a combined event for Under 11 to Under 18 athletes.

The event involved athletes competing in 5 events and gaining points for overall placings. This was a practice event for the State Combined Championships being held in February.

Joondalup had 7 athletes compete over the weekend.

Congratulations to the following athletes on their efforts.

1st Place - Nova Meij Welmans - Under 11 Girls

1st Place Kavroop Bhangu - Under 12 Girls

3rd Place Elsie Shaw - Under 11 Girls

3rd Place Charlotte Bryant - Under 13 Girls

7th Place - Tain Kavanagh - Under 12 Boys

10th Place - Savannah Smith - Under 11 Girls

(Savannah is only in Under 10 age group so competed up an age and finished 1st in her age group)

12th Place George Bryant - Under 11 Boys



23rd NOVEMBER PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM

| | |
|-----------------|-----------------|
| Mark LeFournour | Gavin Simmonds |
| Chloe Quesnel | Tipene Family |
| Tom Bentley | Louise Atkinson |
| Kat Skroza | Megan Falconer |

PACK UP CREW – LISTEN FOR ANNOUNCEMENT

| | |
|----------------|-------------------------|
| Hannah Berry | Jason Wathall |
| Claire Doherty | Aoife Fitzgerald |
| Jason Poff | PLEASE VOLUNTEER |

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 | PLEASE VOLUNTEER |
| Event Photographer | PLEASE VOLUNTEER |
| Data Entry – Field Results | PLEASE VOLUNTEER |
| Data Entry – Field Results | PLEASE VOLUNTEER |

START & END OF TRACK TEAM

| | |
|--|-------------------------|
| Short Track Starter | Jo Boonzaaier |
| Short Track Recording | Danielle Van Roon |
| Short Track Recording – 8 Girls Roster | PLEASE VOLUNTEER |
| Long Track Starter | Robert Kay |
| Long Track Recording | Nyree Marr |
| Long Track Recording | Kat Skroza |
| Long Track Recording – 8 Boys Roster | PLEASE VOLUNTEER |



**THE JAC BOARD THANK YOU FOR
VOLUNTEERING**

23rd NOVEMBER PARENT ROSTER

Families are required to complete a minimum of 7 rosters in a season. If a place is available please volunteer [here](#) to enable the program to commence on time and run smoothly.

| AGE GROUP | CO-ORDINATOR | HELPER | HELPER | HELPER |
|-----------------|------------------|-------------------|------------------|--------------------|
| UNDER 6 GIRLS | PLEASE VOLUNTEER | Mathew Bouse | PLEASE VOLUNTEER | PLEASE VOLUNTEER |
| UNDER 6 BOYS | PLEASE VOLUNTEER | PLEASE VOLUNTEER | PLEASE VOLUNTEER | PLEASE VOLUNTEER |
| UNDER 7 GIRLS | PLEASE VOLUNTEER | Ngatai Family | Erin | Daniel Hall |
| UNDER 7 BOYS | PLEASE VOLUNTEER | Amanda McMinn | Amanta Thompson | Lisa Dashwood |
| UNDER 8 GIRLS | PLEASE VOLUNTEER | Aimee Williams | Hayley Holmes | PLEASE VOLUNTEER |
| UNDER 8 BOYS | PLEASE VOLUNTEER | Chloe Quesnel | Martin Callaghan | PLEASE VOLUNTEER |
| UNDER 9 GIRLS | Peta Smith | Brendan Aitkins | Simone Scagnelli | Gavin Simmonds |
| UNDER 9 BOYS | PLEASE VOLUNTEER | Nicola Fairhead | Mark LeFournour | Natalie Baily |
| UNDER 10 GIRLS | PLEASE VOLUNTEER | Amanda Galhardo | Amy Greatbanks | Louise Atkinson |
| UNDER 10 BOYS | PLEASE VOLUNTEER | Merynne Lowden | PLEASE VOLUNTEER | PLEASE VOLUNTEER |
| UNDER 11 GIRLS | PLEASE VOLUNTEER | Megan Falconer | Stuart Rivers | Anthony Ward |
| UNDER 11 BOYS | Nadia Hamdy | Rob Birch | Darren Gilchrist | Michael Pennington |
| UNDER 12 GIRLS | PLEASE VOLUNTEER | PLEASE VOLUNTEER | PLEASE VOLUNTEER | PLEASE VOLUNTEER |
| UNDER 12 BOYS | Tristan McDonald | Hayley Newbigging | PLEASE VOLUNTEER | PLEASE VOLUNTEER |
| UNDER 13 GIRLS | Bryant Family | Ryan Marr | PLEASE VOLUNTEER | |
| UNDER 13 BOYS | Botbyl Family | Kirsty Hutton | PLEASE VOLUNTEER | |
| UNDER 14+ GIRLS | PLEASE VOLUNTEER | PLEASE VOLUNTEER | PLEASE VOLUNTEER | |
| UNDER 14+ BOYS | PLEASE VOLUNTEER | Janine Gunn | Bec Carstairs | |

We have several rosters to fill this weekend. If they don't get filled athletes won't be able to compete

We have now completed 5 weeks of our Centre Competitions. Families should have done at least 1 roster by now. As per our Roster Policy, if you don't complete your roster requirements by the end of the season, your athlete will not be eligible to compete at our Centre Championships and will not be able to receive any End of Season awards or medals.

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



Brisbane Bound

Congratulations to the 5 Joondalup Athletes who have been selected to represent WA at the Australian All Schools Championships being held in Brisbane the first weekend in December.

Athletes were selected based on their results at the recent WA All School Championships.

We wish you all Good Luck. We will all be following your results over the weekend.

**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

FRI 22ND NOVEMBER

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

REGISTRATIONS CLOSE
20TH NOVEMBER @ 11.59PM

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

High Jump (Fosbury) Transition Clinic

Athletics West are hosting a High Jump transition clinic on 29th November 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



End of Track Roster - 23rd November

**1 X UNDER 8 GIRLS VOLUNTEER
FOR SHORT TRACK**

**1 X UNDER 8 BOYS VOLUNTEER
FOR LONG TRACK**

Your role will be to use the stopwatch to record race times as a backup and assist with athletes coming to the table at the end of their race. You will be placed with a qualified End of Track Operator.



**SATURDAY'S TRACK PROGRAM WILL NOT COMMENCE UNTIL WE HAVE
THIS ROSTER FILLED. THIS ROSTER COUNTS AS PART OF YOUR
ROSTER REQUIREMENTS FOR THE SEASON.**

www.joondalupathletics.com.au

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

FUNDRAISING

Facts



WE NEED YOUR

TOKEN VOTE!

LOCAL MATTERS

This month we are one of the Sporting Clubs that are on the Local Matters Jars at Grill'd Currambine. Pop in for a meal and vote for our centre.

Grill'd Currambine
Currambine Central
Shopping Centre
1244 Marmion Ave
Currambine

HELP NEEDED

We would love to have someone join our Board in the role of Fundraising Officer. This role involves arranging fundraising initiatives for the centre and co-ordinating the running of these events. You will have full support of the JAC Board. If this interests you, please call Nicole on 0478 601 653 to discuss further.