

# Warradale Championship Report

## Season 2009 / 2010

Finally, the weather went our way this season and after three years of cancellations our **Zone Multi Championships** were finally held again, hosted by Western Blues at Craik Park on 17 October. We had a few new families this year and as always it was a relaxed and fun day, run in a great spirit with plenty of PB's and medals for all our athletes. The medal tally overall was 14, made up of 9 Gold, 3 Silver and 1 Bronze. In addition to the medals we also picked up 8 new Zone Records with Georgia taking out the U17 Girls 800m and also setting a new Multi Record whilst Jake had a good day picking up the Shot, Long Jump, Discus, 110mh, 800m and Multi records. A great effort by all the kids!!! A few highlights of the competition are below.

Clara in the U6 Girls had a great day, beating the U6 Boys all over the park. She went very close to taking out the Zone Record for the overall Multi pointscore and flogged the boys in both the 100 & 200m runs to bring home a Gold medal from the day. Ben, Mia & Montana represented us in the U7's and they all had a great day too. Ben was just off the Shot & Multi Records and ran a great PB in the Pack Start to easily win his age group. In the Girls Mia took out 1<sup>st</sup> place in the Long Jump and 50 & 100m runs and finished strongly to win by 100 points whilst Montana had a fantastic 50m run and finished her day off with a brilliant run in the pack start to just miss out on the Bronze, coming in 4<sup>th</sup>.

Tom was a late starter, having come to cheer on his sister and ending up competing himself. A quick change of clothes and he was out on the field, joining Nick in the U9 Boys. Nick had a great run in the 60h which he won easily and he followed this up with a great long jump and a strong run in the 800m, coming home very strongly to clinch the Bronze medal whilst Tom was 2<sup>nd</sup> in the Discus with a good throw and ran a very good 60mh to pick up 8<sup>th</sup> place. Sam & Emma rounded out our Junior competitors, taking out 1<sup>st</sup> & 2<sup>nd</sup> place in the U12 Girls. There was a very relaxed competition and the girls enjoyed their afternoon with Sam throwing a good distance in the Shot and jumping well at Long whilst Emma also put in a good performance in the Shot.

In the seniors Rhys & Callum kicked things off in the U14 Boys. Callum won the Long with a good PB and also came in 1<sup>st</sup> in both the 200 & 800 runs, coming in 3<sup>rd</sup> overall for the Bronze medal. Rhys enjoyed his afternoon as well, jumping a PB in the Long and winning the 80mh with another PB and running home strongly in the 800m to clinch the Gold medal just ahead of his mate Michael from Western Blues, by 15 points. Teanne as always giggled her way through the afternoon. She had a brilliant Long Jump for a new PB and won the 80h to come in 2<sup>nd</sup> and pick up the Silver.

Josie & Sarah were both competing in the U15 Girls and they were having a close competition up until the 800m where Sarah pulled away and picked up the Gold whilst Josie took out the Silver. Both girls performed well with Sarah picking up PB's in the Long, Discus & 100m and Josie did very well in the 90mh, 100m & Discus. Our last competitors were Georgia & Jake in the U17's and they both had a great day setting new Records and PB's throughout the afternoon and both taking out the Gold in their respective events.



This season's **Zone Championships** were held at Craik Park and hosted by Western Blues Little A's. Again, it was a very hot weekend for Zone but as they always do, our athletes had a great time and pulled out some fantastic performances. We again had quite a few new families competing at Zone this year and it was great to see the new parents continuing on with the great effort all our Warradale families make every year in both competing and helping out over the weekend. Thank you all for your help and support!!!

For our U7's this is the first time they really compete at a big Championships and Mia, Ben, Jazmin & Isaac all put in a fantastic effort and had the rest of their team cheering on them throughout the weekend. For the U7's this is their State Champs as they do not progress any further and as such they are awarded medals, just the same as the ones the medallists in the U9's and up get at State. This year Warradale picked up a tally of 3 Gold and 5 Silver medals from the great performances of the kids. Ben was up first for his Shot put and he started off in a great way, setting a new Zone Record and also won another Gold in the 70m and Silver in the 100m (big PB). Isaac was competing alongside Ben and he was very unlucky to just miss out on a medal, coming in 4<sup>th</sup> in two events both the Shot & 200m where he put in great performances and had a fantastic PB in the 200m and also in the 100m where he made the Final.

Jazmin probably had the biggest cheer squad of the weekend with her in the 800m where she ran a great race, fighting off third place all the way up the straight to take out the Silver medal. She also had a fantastic jump at Long Jump and was unlucky to just miss a medal, coming in 4<sup>th</sup>, as well as in the Shot & Discus where she also picked up 4<sup>th</sup> place. Last up we had Mia who ran away with the Gold in the Long Jump and followed this up with great runs in the 50, 70 and 100m runs to pick up the Silver in all three races, together with 3 new PB's. A fantastic effort to pick up 4 medals from 4 events!!!! Well done to all our U7's, can't wait for you all to compete at Region next season ☺☺☺☺☺☺

That left us with 39 athletes who could progress to Regional and we did extremely well, with 36 of those athletes going on to qualify to compete at Blacktown in February. Jake came in 1<sup>st</sup> in all his events and there were many of the kids who qualified through to Region for multiple events. Overall Warradale set 10 new Zone records –

Jake - 110mh / Long / Triple / Shot / Discus / Javelin

Georgia - 1500m Walk / High

Ben - Shot

Josh - 200mh

For the first time this year we had AWD Invitational events at Zone. Both Jack & Jemma had a great day, performing brilliantly in the heat and they thoroughly enjoyed the weekend. Jemma took it one step further and also competed in the mainstream events in her age group, doing a fantastic job and qualifying through to Region as well. Well done!!!

In the Relay events we had one of our best Zone Champs ever, with all four teams qualifying through to Region, all coming in 2<sup>nd</sup>.

Junior Girls - Adelina / Sam / Heather-Rose / Sam

Junior Boys - Nicholas / Luke / Francesco / Daniel

Senior Girls - Amber / Teanne / Sarah / Georgia

Senior Boys - Bryce / Callum / Rhys / Jake





Thank you very much to all the kids and their parents who stayed until the very end of the Sunday afternoon, in particular the Junior Girls team which saw a few girls filling in at late notice and putting in a spectacular effort. All our teams were fantastic and ran their hearts out for the Club. In addition, I'd also like to commend Jake Jolley for the great sportsmanship and spirit he displayed over the weekend. Well done Jake, you're a true Champ!!!

Last but very definitely not least – a very BIG THANK YOU to all our parents who do Warradale proud every single year with your constant help and support over the whole weekend. In addition, I'd just like to say well done to both of our Team Managers – Michelle McKechnie & Margaret Thornton. This is a very demanding job and you did it brilliantly!!!! ... and as always, thanks to Georgia – our resident photographer – great pics again!!!

### Region Championships

With 36 athletes qualifying through from Zone in 105 events, it was always going to be a big job for our Team Managers over the weekend and again a very big THANK YOU to Michelle and everyone else who helped out with this important job. All our athletes were in top form and out to enjoy themselves over the two days.

Our final medal tally for the weekend was 17, made up of 10 Gold and 6 Silver. Out of the 85 events our 32 athletes ended up competing in, they placed in the Top 8 in the Finals of 47 of these events. Over the weekend we had 2 of our U8's pick up medals and 6 kids in the U9 to U17 age groups medalled to see them qualify through to the State Championships at Homebush in March.

In the U8's Rhys Nelson had a fantastic weekend, medalling in three events – 70m, 100m & Long Jump and could have quite easily had another medal in the 60mh (2<sup>nd</sup> fastest qualifier thru from the heats) but a bit of an unlucky trip saw him just fall short of medalling in all four of his events. Ryan had some great runs and ran his heart out to come in 5<sup>th</sup> in the 70m (3/10ths off a medal) and 5<sup>th</sup> in the 100m & 200m also. Zoe ran very well in her 100m & 60m hurdles, picking up PB's in both events against some very stiff competition and her 400m was fantastic with an 11 sec PB!!!

Probably the most surprised (and pleased) athlete of the weekend was Todd Robertson. After competing in his first outside Club Championship at Zone and coming in 4<sup>th</sup> there in the Discus he was very excited to qualify for Region Champs. Once there he proceeded to show the effort he's been putting in at training and beat out all our other Zone boys in addition to the rest of the Region to take out the Gold medal!!!

Other highlights of the weekend included Jake progressing through to State for all six of his events, picking up 5 Gold (110mh, Long, Shot, Discus & Jav) and a Silver (Triple) and Rhys going nuts in the hurdles to pick up Silver in both the short & long versions of that event, followed up by a great throw in the Jav to pick up Silver in that too and was just a little unlucky in High Jump, coming in 4<sup>th</sup>. Steven dominated the 1500m from start to finish and won it comfortably to pick up the Gold in the 15 Boys whilst Sam had a tough battle in the 12 Girls with just ¾m separating her in first from 3<sup>rd</sup> place.



Luke nearly passed out with excitement when he threw a new PB of over 8 metres to take out Silver in the 10 Boys Shot Put whilst Chris was very calm and collected when he picked up Silver in the 14 Boys High Jump with some fantastic jumping in a very close competition.

As always we had a few kids who can count themselves very unlucky to miss out on qualification through to State – Beau competed very well in both the Shot & Discus and unfortunately was 4<sup>th</sup> in both of those, missing out by only 30cm in the Shot Put and Bryce can also count himself very unlucky, coming in 4<sup>th</sup> in the 100m with a brilliant run and a new PB. Again Francesco came so close to qualifying for State with a fantastic run in his 60mh Final, only half a second off first place in a very close race against some very tall boys. Adelina surprised herself with a great run despite an injury, knocking off 2.5 secs from her 100m PB and Sam Mac was very nervous in her 100m race after the dramas of last year but she ran a fantastic race and well deserved to make the Final. Her 70m run with a new PB under 11 secs was fantastic to watch also!! Again, Congratulations to all our athletes – it’s a joy to watch you all compete so eagerly and you are a huge credit to the Warradale Club!!!!

Well done again to all our relay teams. We were probably a little outclassed in a couple of the events and I guess we should maybe do a little bit of training next season but all the kids showed great Club spirit and we probably enjoyed ourselves the most out of all the teams out there on the track!!!

### Club Championships

This season’s Championships ended up being held over 5 Friday nights due to a lot of rain at the start of the New Year and a couple of comps washed out halfway thru each night. As always we saw some great competition over all the nights to see a total of 31 New Club Records (including 15 in the AWD Age Groups) and PB’s being smashed all over the place. Full results for all Club Championship events and the updated Records list can be found on the website.

Our new record holders are –

- Clara (6G) - 50m – 9.86
- Ben (7B) - 50m – 9.11 / Discus – 18.73 m
- Rhys (8B) - 60mh – 11.79
- Sam (12G) - Discus – 26.02m
- Jack (10-12AWD) - 60mh – 14.75 / 200m – 44.03 / 400m – 1.57.59  
Shot – 4.75m / Turbo Jav – 12.44m
- Steven (15B) - 3000m Run - 10.49.95
- Josie (15G) - 1500m Walk – 9.42.82
- Sarah (15G) - 3000m Run – 16.09.88
- Georgia (17G) - 1500m Walk – 9.00.25
- Jake (17’s) - 110mh – 15.25 / 200mh – 28.65 / High – 1.75m  
Discus – 49.18m / Shot – 14.97m / Jav – 38.90m
- Jemma (13-17AWD)- 100m – 21/92 / 200m – 51.29 / 400m – 2.09.41  
800m – 5.11.48 / Long – 1.95m / Shot – 1.88m  
Discus – 4.92m
- Brad (13-17AWD) - 100m – 14.93 / Long – 3.97m / Shot – 9.82m





**State Multi Championships** this year were held at Shoalhaven High School, South Nowra and as it was a little closer to home we saw 11 athletes and their families head off to Nowra for an exciting weekend full of good company, lots of wildlife and some great competition.

For six of the kids it was their first time at State Multi and they all had a great time with some fantastic performances over the whole weekend from all the kids. Mia was our youngest competitor and she had a great run in the 100m, smashing her PB in addition to taking out 1<sup>st</sup> place in the Shot with a new PB with a huge 5 metre throw! In the 8 Boys Rhys had a killer weekend, notching up PBs in all his events, a feat only matched by Rhys who did the same thing in the 14 boys whilst on his way to a Bronze medal!! Nicholas ran a great 800m to go under 3 minutes for the first time and ran PBs in his hurdles & 100m as well. Francesco also put in some great runs in the 800m & 100m but saved his best for the hurdles where he smashed his PB.

Emma & Sam both had a fantastic weekend with PBs at many of their events and huge efforts in their runs but their best events were Long & Discus respectively, where they both pulled out great PBs. It was Luke's first Multi at any level and he really enjoyed his weekend with great throws in both the Shot and Discus while Sarah pulled out a big PB in the 90 hurdles and had a good 800 run to finish off her weekend.

Georgia put in a great performance in all her events and a great PB in the 100m hurdles, which paid off with her making Top 8 for the first time, picking up 7<sup>th</sup> place. Jake also had a great weekend with PBs in the Long and Hurdles and a solid performance overall to pick up the Gold and set a new State Record for the Multi Pointscore.

Overall it was a great weekend with the kids picking up 2 medals and 4 Top 8 placings. Next season's Multi will be held at Wagga. It's the best weekend of the year and we'll be booking cabins shortly so anyone who's interested in a great social/sport weekend, get in early and reserve yours now.

**State Track & Field Championships**

This season we had 6 athletes competing in 13 events after qualifying through from Regional Championships to State. All the kids had a great weekend and in a club first they all finished in the Top 8 in all 13 events and ended up with 2 Gold medals & 5 Bronze!!!! What a fantastic effort!!!!

Sam put in a great performance with another new PB to take out 8<sup>th</sup> place in a very close competition and was only just over 2 metres off 3<sup>rd</sup> place whilst Luke came up with another PB in the Shot Put to also take out 8<sup>th</sup> place!! Steven was up early on the Saturday morning and ran a great race in his 1500m to come in 8<sup>th</sup> as well.

Jake's weekend started on the Friday night with a good jump in Long to pick up Bronze and he followed this up with a great throw in the Discus to win the Gold by 5 metres. Rhys was up next on the Saturday morning and he ran PBs in both the heats & finals of his 200m hurdles to end up coming in 5<sup>th</sup> whilst Jake kept up his good throwing in the Shot to take out the Gold in that event also. Sunday morning was the short hurdles for both Jake & Rhys who both had good runs with PBs in the heats & finals and Jake taking out the Bronze whilst Rhys came in 5<sup>th</sup> in the 14 Boys. Jake then had Triple Jump where he jumped well to pick up the Bronze and followed this up with Bronze in the Jav. Rhys' last event was





the Jav where he finally got the medal he'd been after all weekend, picking up the Bronze with a new PB.

Jack, James & Brad were Warradale's representatives in the State AWD events over the weekend and they all put in some great individual performances. Jack started the weekend off on the Saturday with a great throw in the Shot to take out 3<sup>rd</sup> place and the Bronze medal in the 11-12 Boys and then followed this up with a fantastic run in the 100m taking out the Silver and smashing almost a second from his PB!!!

On the Sunday James started the weekend off well with a jump very close to his best in the Long to take out 4<sup>th</sup> place in the 13-14 Boys whilst Brad was also only a few cm off his best to take out Silver in the 15-17 Boys. Brad then showed his dominance in the throws by taking out the Gold medal in the Shot by almost 2 metres whilst James did very well with a very big shot to take out 5<sup>th</sup> place in his age group. The weekend finished up with James charming the crowd as usual in his 100 metre run whilst Brad clocked up another PB when he picked up the Silver in his run. Another great effort by our talented athletes with a final tally of 5 medals – 1 Gold, 3 Silver & 1 Bronze – WELL DONE KIDS!!!

### Senior Athletics – Dual Athletes (U13-U17)

Little Aths & Athletics NSW have combined to offer all U13-U17 Little Athletics members "Dual" Membership (Little Aths & Seniors). All fully registered Little Aths members in these age groups are eligible to join a Seniors Club and compete in Athletics NSW competitions free of charge. For more info on this offer please see Sam or Annette.

Both Jake & Rhys are members of Asics West Athletic Club and compete in Aths NSW competitions most weekends. At the NSW Combined Events both boys had a great weekend with Jake taking out the U18s Decathlon & Rhys the U16s Heptathlon. At the Australian Junior & Youth Championships Jake took out both the Discus & Shot Put National Titles in the U17 Boys and Rhys made the Final of the 200m Hurdles.

Jake is currently ranked 1<sup>st</sup> in Australia in both the U18s & U20s Decathlon and has recently been named in the Athletics Australia National U17s Development Squad, along with 4 other NSW boys.

### State Cross Country & Road Walks

This Season it's a country venue with these Championships being held at Tuncurry. These Championships have both individual and team events A flyer with more info is *attached*. Please note that there are NO on the day entries this season and entry is either online or by completing an entry form and sending to LAANSW by **5.00 pm, 23 June 2010**. Please see Sam or Annette if you are interested in competing in this event (Cross Country - U7-U17 / Road Walks - U9 - U17).

