



Sutherland Little Athletics



Presentation 2019/2020 Season

Congratulations to all Sutherland athletes on another extremely successful season.

The weather conditions were extreme and started early in the season, firstly the bushfires affected many of our competition days due to the poor air quality. Then the hot weather and flooding rain presented further complications towards the second part of the season and the threat of COVID-19 forced the unprecedented cancellation of sporting events. Even though we faced these challenges, Sutherland's athletes showed true determination and pushed through the barriers to achieve their own personal bests.

Overall, there were excellent performances on the track and field and this was shown through fantastic results at Centre Championships. We were well represented at State Relays with our teams coming away with 18 medals and 2 State Records (U12 Boys Throws and U15 Girls Jumps). We had 227 athletes entered for Zone and 182 of these athletes qualified for the Regional Championships. Under severe weather conditions we still had 75 athletes qualify for the LANSW State Championships, unfortunately due to COVID-19 this competition did not go ahead, which was very disappointing.

Even with the unpredictable weather conditions, the track and field were in good shape throughout the season, which resulted in 25 athletes breaking previously existing records. Well done!

Special congratulations to the 2019/2020 Season Major Award Winners and we wish to commend all the Age Group Winners and Most Improved recipients on their achievements and as Usain Bolt says, "believe in your dreams and anything is possible."

See you at the track.

Elizabeth

New Records – Juniors

			New Record	Old Record
U8 Boys				
60m Hurdles	Ryan Hurst	29/02/2020	11.64	11.90 (2000)
U9 Boys				
60m Hurdles	Connor Wirth	29/02/2020	10.87	10.90(1994/2000)
U9 Girls				
800m	Ronia Warszawska	25/01/2020	2:48.25	2:48.60(1983)
U9 Girls				
High Jump Scissor	Emerson Spence	26/10/2019	1.10m	1.10m(2017)
	Emerson Spence	09/11/2019	1.10m	
	Emerson Spence	29/02/2020	1.14m	
U9 Girls				
70m	Sophie Howson	29/02/2020	11.21	11.21 (2005)
U10 Boys				
Shot Put 2kg	Jett Nisbet	29/02/2020	11.71m	11.68(2013)
U11 Boys				
Discus 500g	Boston Traino	29/02/2020	35.12m	34.29(2019)
U11 Girls				
Discus 500g	Keira Toohey	12/10/2019	23.31m	19.25(2019)
	Keira Toohey	25/01/2020	25.82m	

Records for New Events

U11 Boys				
80m Hurdles	Matthew Ryan Sweeney	29/02/2020	15.02	
U11 Girls				
80m Hurdles	Molly Rayment	30/11/2019	15.02	
	Keira Toohey	30/11/2019	15.02	

New Records – Seniors

U12 Boys				
Shot Put 2kg	Zoran Szekeres	26/10/2019	12.08m	11.79(2019)
	Zoran Szekeres	09/11/2019	12.57m	
	Zoran Szekeres	22/02/2020	13.11m	
	Zoran Szekeres	29/02/2020	13.44m	

Triple Jump	Mason McGroder	15/02/2020	10.87m.	10.70(1997)
Long Jump	Mason McGroder	29/02/2020	5.34m	5.22m(1997)

U13 Boys

Discus 750g	Elijah Cooper	14/09/2019	24.02m	23.76m (2018)
	Zac Pokorny	14/09/2019	30.33m	
	Logan Toohey	14/09/2019	32.44m	

800m	Jesiah Low	29/02/2020	2:17.68	2:19.30 (1985)
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1500m	Jesiah Low	07/03/2020	4:36.80	4:41.85 (1985)
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3000m	Jesiah Low	29/02/2020	9:57.16.	10:06.00 (2015)
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U15 Girls

100m	Emma Lee	14/09/2019	12.65	12.81 (2012)
	Emma Lee	19/10/2019	12.58	
	Emma Lee	02/11/2019	12.45	

200m	Emma Lee	26/10/2019	25.69	26.04 (2008)
	Emma Lee	30/11/2019	25.46	

Triple Jump	Emma Lee	30/11/2019	11.24m	11.10m (1996)
	Charlie Hallam	30/11/2019	11.43m	

Long Jump	Charlie Hallam	07/12/2019	5.27m	5.24m (1997)
	Charlie Hallam	5/02/2020	5.31m	

Javelin 500g	Ashleigh Waters	21/09/2019	26.81m.	26.08m (2019)
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U17 Boys

Javelin 700g	Luke Nicholson	28/09/2019	41.67m.	41.24m (2013)
	Luke Nicholson	23/11/2019	44.91m	
	Luke Nicholson	29/02/2020	47.22m	
	Luke Nicholson	07/03/2020	47.95m	

U17 Girls

200m	Jessica Wardrobe	12/10/2019	27.14	27.44 (2013)
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Discus 1kg	Felicity Ryan Sweeney	21/09/2019	28.12m	27.95m (2010)
	Jessica Ward	21/09/2019	31.01m	

Shot Put 3kg	Felicity Ryan Sweeney	29/02/2020	10.70	10.60m (2016)
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Records for New Events

U12 Boys

80m Hurdles Mason McGroder 30/11/2019 14.64

U12 Girls

80m Hurdles Jade Pawson 21/09/2019 14.66

State Qualifiers

Sienna Alderson	Emma Lee	Kade Rogers
Nova Batman	Jamieson Leigh	Sophie Rogers
Ivy Boothroyd	Jesiah Low	Channary Royal
Nicole Bowers	Jude Low	Russell Royal
Ty Brannock	Lachlan Margetson TF20	Felicity Ryan Sweeney
Jaimie Byrne	Mason McGroder	Toby Smith
Joseph Cantlon	Haylee McNally	Elizabeth Smithson
Elijah Cooper	Lauren McNally	Emerson Spence
Madison Cornish	Stephanie Mishkarudnaya	Cooper Starr
Trey Davids	Semion Mishkarudnaya	Christopher Szekeres
Mathilda Delfs	Jordan Moore	Zoran Szekeres
Ruby Delfs	Jett Nisbet	Keira Toohey
Corey Denneen	Mackenzie O'Riordan	Logan Toohey
Matilda Fanning	Jade Pawson	Mia Toohey
Molly FitzPatrick	Casey Pendleton-Cherry	Boston Traino
Ollie Francis	Cooper Penman	Taurus Traino
Jaxon Gotch	Layla Peterson	Samuel Veness
Charlie Hallam	Alana Pokorny	Jessica Ward
Summer Hannah-Campbell	Zwi Ratajczak	Blake Wardrobe
Thomas Harris	Molly Rayment	Jessica Wardrobe
Daniel Hornery	Sadie Rayment	Ronia Warszawska
Sophie Howson	Ava Reid	Ashleigh Waters
Jasmine Isabella Jackson	Jack Robinson	Lachlan Wheeler
Danny Kearney	Jay Robinson	Hanna Wichgers
Zara Lammers	Olivia Robinson	Connor Wirth

Age Group Awards (Jnr)

U/6 Girls			
Best in Age		Most Improved	
1 ST	Estelle Robinson	1 ST	Mila Penman
2 ND	Pollyanna Lemke	2 ND	Lila Mott
3 RD	Lucy Devine	3 RD	Ava Moar
		3 RD	Lucy Robinson
U/6 Boys			
Best in Age		Most Improved	
1 ST	Zayn Hartup	1 ST	Ollie Parker
2 ND	Zander Ngaika	2 ND	Benjamin Cusack
3 RD	Joshua Jackson	3 RD	Edward Heyman
U/7 Girls			
Best in Age		Most Improved	
1 ST	Lani Alexander	1 ST	Mathilda Plummer
2 ND	Cleo Elsdon	2 ND	Alessia Bosworth
3 RD	Hannah Metti	3 RD	Addison Prideaux
		3 RD	Isabelle Vieira
U/7 Boys			
Best in Age		Most Improved	
1 ST	Jack Dooley	1 ST	Samuel Hull
2 ND	Samuel Williams	2 ND	Kobi Traino
3 RD	Carter Smith	2 ND	Ronan Breslin
		3 RD	Ethan Middleton
U/8 Girls			
Best in Age		Most Improved	
1 ST	Ella Plummer	1 ST	Phoebe Lemke
2 ND	Maggie Treanor	2 ND	Mary Higgins
3 RD	Aaliyah Skuse	3 RD	Georgia Opperman
		3 RD	Cate McCulloch
U/8 Boys			
Best in Age		Most Improved	
1 ST	Ryan Hurst	1 ST	Samuel Batman
2 ND	Austin Watson/Notley	2 ND	Matthew Faulkner
3 RD	Lachlan Baker	3 RD	Hayden Croft
U/9 Girls			
Best in Age		Most Improved	
1 ST	Sophie Howson	1 ST	Ava Garvan
2 ND	Ronia Warszawska	2 ND	Kaley Bennett
3 RD	Layla Peterson	3 RD	Elodie Pyne
		3 RD	Charlotte Wilson

U/9 Boys			
Best in Age		Most Improved	
1ST	Zwi Ratajczak	1ST	Liam Brennan
2ND	Connor Wirth	2ND	Joshua Dick
3RD	Jacob Milionis	3RD	Callum Byrne
U/10 Girls			
Best in Age		Most Improved	
1ST	Madison Cornish	1ST	Sienna Faulkner
2ND	Chloe McCormack	1ST	Lucy Bancroft
3RD	Jasmine Isabella Jackson	2ND	Elise Williams
		3RD	Sophie Opperman
U/10 Boys			
Best in Age		Most Improved	
1ST	Lachlan Wheeler	1ST	Finn Garland
2ND	Ben Wichgers	2ND	William Cusack
3RD	Xavier Stirton	2ND	Oliver Batman
		3RD	Samuel Gibson
U/11 Girls			
Best in Age		Most Improved	
1ST	Kiera Toohey	1ST	Ocean Bradley
2ND	Mathilda Kane	2ND	Addison Farr
3RD	Tess Dooley	3RD	Emma Hilly
3RD	Molly Rayment		
U/11 Boys			
Best in Age		Most Improved	
1ST	Joshua Gibson	1ST	Mitchell Ward
2ND	Matthew Ryan Sweeney	2ND	Daniel Simpson
3RD	Boston Traino	3RD	Nikolai Kudiarskyj Latham

Age Group Awards (Snr)

U/12 Girls			
Best in Age		Most Improved	
1 ST	Jade Pawson	1 ST	Charlize Peterson
2 ND	Nova Batman	2 ND	Isabella Reid
3 RD	Mathilda Delfs	3 RD	Umyna Coy
U/12 Boys			
Best in Age		Most Improved	
1 ST	Mason McGroder	1 ST	Cooper Wilson
2 ND	Cooper Penman	2 ND	Justin Brown
3 RD	Cooper Starr	3 RD	Harlee Hamilton
U/13 Girls			
Best in Age		Most Improved	
1 ST	Jordan Moore	1 ST	Sienna Alderson
2 ND	Jacqui Jackson	2 ND	Gemma Hanley
3 RD	Channary Royal	3 RD	Amelie Pyne
U/13 Boys			
Best in Age		Most Improved	
1 ST	Taurus Traino	1 ST	Jesiah Low
2 ND	Samuel Veness	2 ND	Danny Kearney
3 RD	Logan Toohey	3 RD	Dylan Pisani
U/14 Girls			
Best in Age		Most Improved	
1 ST	Elizabeth Smithson	1 ST	Olivia Robinson
2 ND	Sophie Rogers	2 ND	Chrystal McCormack
3 RD	Molly Fitzpatrick	3 RD	Brooke Collins
U/14 Boys			
Best in Age		Most Improved	
1 ST	Russell Royal	1 ST	Jack Stewart
2 ND	Kosta Millionis	2 ND	Owen Burgher
3 RD	Blake Wardrobe	2 ND	Archie Farr
		3 RD	Jett Dunn
U/15 Girls			
Best in Age		Most Improved	
1 ST	Jaimie Byrne	1 ST	Caitlin Farr
2 ND	Emma Lee	2 ND	Sienna Arthur
3 RD	Charlie Hallam	3 RD	Stephanie Mishkarudnaya
U/15 Boys			
Best in Age		Most Improved	
1 ST	Bailey Pawson		

U/17 Girls			
Best in Age		Most Improved	
1 ST	Felicity Ryan Sweeney	1 ST	Caitlin Saville
2 ND	Jessica Ward	2 ND	Emma McNally
3 RD	Jessica Wardrobe	3 RD	Brooke Pokorny
U/17 Boys			
Best in Age		Most Improved	
1 ST	Corey Denneen	1 ST	Thomas Harris
2 ND	Ryan Noyeaux	2 ND	Rogan McManus
3 RD	Luke Nicholson	3 RD	Luke Kozul
		3 RD	Jordan Papadakis
		3 RD	Miles Scarra

Long Service Awards

JUNIORS

5 Year Service Award

Ellie Archer
 Mikayla Bonnett
 Ruby Delfs
 Joshua Gibson
 Shiloh Macfarlane-Anning
 Chloe McCormack
 Jett Nisbet
 Zwi Ratajczak
 Jake Rogers
 Kade Schofield
 Lachlan Schofield
 Ronia Warszawska
 Bronte Whitbread
 Charli Whitbread
 Connor Wirth

7 Year Service Award

Austin Alexander
 Haylee Hanley
 Jude Low
 Lauren McNally
 Keira Toohey
 Mitchell Ward

SENIORS

5 Year Service Award

Sienna Alderson
Jaimie Byrne
Molly Fitzpatrick
Benjamin Gardner
Chrystal McCormack
Miles Scarra
Elizabeth Smithson

7 Year Awards

Lucy Alexander
Ella Batman
Nova Batman
Dylan Bristow
Jayden Brown
Joseph Cantlon
Daniel Cattana
Bella Cooper
Umyna Coyle
Mathilda Delfs
Calvin Dunn
Jett Dunn
Thomas Fogarty
Taisiya Gubskis
Gemma Hanley
Daniel Hornery
Luke Kozul
Emma Lee
Jesiah Low
Natasha Lord
Grace McManus
Rogan McManus
Taryn Mott
Sophie Rogers

10 Year Awards

Sally Archer
Katina Eyles
Michael Papadakis
Bailey Pawson
Jessica Ward

Sutherland Little Athletics offers special awards every season to recognise those who have demonstrated a high level of commitment and achievement in their sport. The major award winners for the 2019/20 season are;

Junior Club Champions

Junior Girls - Keira Toohey (U/11)

Junior Boys – Zwi Ratajczak (U/9)

Senior Club Champions

Senior Girls – Jaimie Byrne (U/15)

Senior Boys – Cooper Starr (U/12)

Endeavour Award (Most Improved Overall)

Jesiah Low (U/13)

President's Award

Matt Rogers

It is with considerable pleasure that Matt has been named the recipient of this seasons President Award. Throughout the year even during the winter season when passing Waratah Oval, whether it was 6am in the morning or 6pm at night, you would have found our greens keeper/maintenance man running around mowing or moving sprinklers to make the grass grow or pushing a line marking machine at 4am so we had lanes to run on a Saturday morning. He can always be relied upon and is a great asset to this Club.

We wish to recognise Matt for his tireless efforts and invaluable contribution to Sutherland Little Athletics Centre.

No. 1 Athlete

Emma Lee (U/15)

It is a great privilege to announce Emma as the No.1 Athlete.

Emma has demonstrated an outstanding season on and off the track. Starting with the State Relays and the U15 Girls Jumps Team winning Gold and setting a new STATE RECORD, as well as winning Bronze in the U15 Girls 4 x 100m relay team. At Zone championships Emma came 1st in 100m and 200m and set a new ZONE RECORD for both. The Senior Girls also won the 4 x 100m relay and breaking another ZONE

RECORD. At Regional Championships she came 1st in the 100m, 200m and also the Senior Girls 4 x 100m Relay Team and qualified for the LANSW State Championship. In addition, Emma placed 3rd in the 100m and 200m at NSW Junior Championships in February.

During the season Emma also set new Centre RECORDS in the 100m, 200m and Triple jump. Off the track, Emma has also assisted in the training of the club's junior relay teams in particular the U8 Girls 4 x 100m team.

Emma is an excellent representative and valuable member of Sutherland Little Athletics and we are immensely proud of her achievements and will look forward to following her athletics career.