

# North Rocks Carlingford

Little Athletics Centre

Kingsdene Oval, Felton Road. Carlingford.

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## Recognition of Achievements for Season 2011/2012

**Annual Centre Awards:** Tiny Tots are not eligible for these awards, however all Tots were recognised with a Certificate and Trophy at Season's end. Athletes must have attended 50% of all possible weeks and competed in 50% of times for each event.

Age	Champion	Runner-Up	Most Improved	Age Manager's Award
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6G	Georgia Main	Isabelle Nilon	Tia Brady	Emma Jooste
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6B	George Shahla	Thomas Brennan	Nicholas Koinusis	Kai Schofield
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7G	Sophie Kavanagh	Eliza McKenzie	Arabella Price	Lily Tilt
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7B	Nathan Hall	Matthew James	Michael Zdrilic	Isaac Elchaar
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8G	Emily Gathercole	Abbey Taylor	Angelique Elchaar	Amy King
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8B	Samuel Schembri-Green	Hunter Hosking	Daniel Gangell	Ambrose Hughes
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9G

Alana Kavanagh

Jessica Fartek

Keira Maze

Genevieve  
McKeown

9B

Jared Ivankovic

Zaki Razi

Arthur Ziogas

Damien Wong

10G

Alicia Fartek

Zoe Fajemisin

Sophia Harrison

Ava Vosper

10B

Riley Leverett

Aryan Wani

Daniel Saunders

Yuxiang Yin

11G

Sophie Hunter

Breanna  
Ivankovic

Sara Kely

Madelyn Fartek

11B

Corey Kavanagh

Daniel Tan

Joshua Maze

Hugh Brogan

12G

Kate Milne

Sophie  
Wehrmann

Alana Blakers

Jemma Brooks

12B

Max Litherland

Damien Lai

Sean Lowery

Damon Da Silva

13G

	Maya Leverett	Zoe Kavanagh	Jessica Cunningham	Karissa Kuka
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13B	Stephen Todd	Alan Wang	Rohan Pearson- Bourne	Lucas Mendez
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14G	Emily Dawkins	Emma Longworth	Sarah Fung	Lucinda Brownlow
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14B	Aaron D'Onofrio	Brannen Owen	Logan Adams	Christopher Turner
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15G	Sarah Bessis	Emily Dennis	Kristin Jeffery	Krishni Jayawardana
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15B	Ian Astalosh	Joshua Leverett	Thomas Casey	Chris Tan
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17G	Kathryn Ramsay	Kara Leverett	Lauren Dennis	Emily McDonald
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17B	Max McKenzie	Matthew Sutcliffe	Brodie Boshier Egins	Samuel Harris
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**Wally Pamplin Memorial Award:** This award is given to the athlete who has achieved the highest number of Improvement Points for the season. Personal Bests are what Little Athletics is all about and as the athletes better their performances, they are awarded points based on how much they improve. The recipient for 2011/2012 of this award was

Alana Kavanagh

**Tony Kish Junior Encouragement Award:** This award is chosen by the President and is given to a junior athlete (up to U10) who is observed always trying their best. They must have attended 75% of weeks offered, have at least 15 PB's. They cannot be a recipient of another major award, the only exception to this would be an age managers award. The recipient for the inaugural 2011/2012 of this award was

Skye Brownlow

**Athlete of the Year:** At the conclusion of each athletic season, NRCLAC has an award for athletes who have achieved on and off the track and field. Attitude, peer respect, performance and representation make up the criteria for this award. For season 2011/2012 these athletes have been honoured in the following categories.

Junior Girl	Sophie Kavanagh	Junior Boy	Nathan Hall
Intermediate Girl	Sophie Hunter	Intermediate Boy	Riley Leverett
Senior Girl	Emily Dawkins	Senior Boy	Ian Astalosh
17's Senior Athlete Max McKenzie			

**NRCLAC 10 Year Service Award:** At the conclusion of the 2011/2012 season, these athletes have been actively involved in Little Athletics at our Centre for 10 years.

Samuel Harris

Emily Dennis

**NRCLAC 5 Year Service Award:** At the conclusion of the 2011/2012 season, these athletes have been actively involved in Little Athletics at our Centre for 5 years.

Jordan Clare, David Todd, Logan Adams, Anna Wilmshurst, Madison Cotton, Zoe Kavanagh, Alan Fok, Stephen Todd, Sam Clare, Sarah Brown, Sophie Hunter, Corey Kavanagh, Mandela Sutherland, Ashleigh O'Keefe, Siena Sutherland, Sophie Vaughan, Jared Ivankovic, Riley Blakers, Jay De Courcy

**LAANSW 10 Year Athlete Service Award:** Ten years associated with Little Athletics Assoc NSW, culminating in U15

Emily Dennis

Gold Medal for Personal Best: These athletes achieved 30 or more Personal Best results					
Jessica Fartek	Arabella Price	Daniel Gangell	Lily Tilt	Ashleigh O'Keefe	Ian Astalosh
Silver Medal for Personal Best: These athletes achieved between 25 and 29 Personal Best results.					
Thomas Brennan	Isabelle Nilon	Nikta	Owen Mitchell	Sophie Kavanagh	Jorja McMahon
Emily Gathercole	Fazeli	Michael Zdrilic	Angelique Elchaar	Jared Ivankovic	Zaki Razi
Skye Brownlow	Alana Kavanagh	Amy Fajemisin	Keira Maze	Alexandra Gagg	Genevieve McKeown
Yuxiang Yin	Alicia Fartek	Tarsha Wayne	Loren Cunningham	Logan Adams	Samuel Harris
Zoe Fajemisin	Breanna Ivankovic	Joshua Maze	Karissa Kuka	Brannen Owen	Matthew Sutcliffe
		Jaelyn Zhang			
Bronze Medal for Personal Best: These athletes achieved between 20 and 24 Personal Best results.					
Nicholas Koinusis	Ida Hughes	Tia Brady	Crawford Davidson	Ayur Wani	Nathan Hall
Ayden Huynh	Matthew James	Junkai Wang	Jamie Stylianou	Abbey	Rachel
Lucy Hunter	Eliza McKenzie	Zoe Lockrey	Sanya Mehta	McNamaraJonah	CunninghamAlexander
Jeremy McKeown	Hunter Hosking	Alex Shahla	Grosvenor	Edwards Isaac	HarrisonDylan Owen
	Courtney O'Neill	Charlotte Baxter	Regina Ortiz Morales	Kuka Abbey	Arthur Ziogas

Anna Kely Damien Wong	Monique Wallace Sophie Vaughan	Chelsea Smith Aryan Wani	Thea Prasetya Sophie Borsovsky	Taylor Hannah Mathews Siena	Madison Sloane Sophia Harrison
Hunter Mackey	Emily Wang	Daniel Tan	Mariam Razi	Sutherland Ashlee	Lara Mendez
Jessica Baynie	Sara Kely	Alex Thompson	Mandela	O'Neill Samantha	Madelyn Fartek Stephen
Saffon Lynagh	Damien Lai	Kate Milne	Sutherland Annabella	Dale Jemma	Todd
Alannah Kuka	Madison	Zoe	Ciantar Jessica	Brooks Alani Pond	Sarah Fung
Jenna Bodinnar	Cotton Brendan Murray	Kavanagh David Todd	Cunningham Sarah Bessis		
Aaron D'Onofrio					

**State Representatives:** These athletes represented NRCLAC at the State Championships held in March 2012.

**Qualified and represented the club**

**U9 Girls** Alana Kavanagh **U11 Girls** Melissa Dawkins, Sophie Hunter, Breanna Ivankovic

**U13 Girls:** Karissa Kuka, Maya Leverett, Emma Moran

**U14 Boys** Matthew Dabrowski, Aaron Kang **U14 Girls** Emily Dawkins **U15 Boys** Emmanuel Fakiye

**U17 Boys** Max McKenzie **U17 Girls** Rachel Horwood, Kara Leverett, Kathryn Ramsay

**Regional Representatives:** These athletes represented NRCLAC at the Regional Championships held in February 2012

**Qualified and represented the club**

**REGION 1**

**18/02/2012 to 19/02/2012**

- 1 Ian Astalosh - Male - Age: 15**
- 2 Brodie Boshier Eggins - Male - Age: 17**
- 4 Jenni Casey - Female - Age: 12**
- 5 Sandy Chen - Female - Age: 13**
- 6 Matthew Dabrowski - Male - Age: 14**
- 7 Emily Dawkins - Female - Age: 14**
- 8 Melissa Dawkins - Female - Age: 11**
- 10 Emmanuel Fakiye - Male - Age: 15**
- 11 Alicia Fartek - Female - Age: 10**
- 12 Jessica Fartek - Female - Age: 9**
- 13 Alan Fok - Male - Age: 13**
- 14 Emily Gathercole - Female - Age: 8**
- 15 Samuel Harris - Male - Age: 17**
- 16 Rachel Horwood - Female - Age: 17**
- 17 Sophie Hunter - Female - Age: 11**
- 18 Breanna Ivankovic - Female - Age: 11**
- 19 Krishni Jayawardana - Female - Age: 15**
- 20 Aaron Kang - Male - Age: 14**

- 21 Alana Kavanagh - Female - Age: 9
- 22 Zoe Kavanagh - Female - Age: 13
- 23 Sara Kely - Female - Age: 11
- 24 Karissa Kuka - Female - Age: 13
- 25 Damien Lai - Male - Age: 12
- 26 Josh Leverett - Male - Age: 15
- 27 Kara Leverett - Female - Age: 17
- 28 Maya Leverett - Female - Age: 13
- 29 Riley Leverett - Male - Age: 10
- 31 Emma Longworth - Female - Age: 14
- 32 Max McKenzie - Male - Age: 17
- 33 Emma Moran - Female - Age: 13
- 34 Kathryn Ramsay - Female - Age: 17
- 35 Madison Sloane - Female - Age: 9
- 37 Stephen Todd - Male - Age: 13
- 39 Tarsha Wayne - Female - Age: 9
- 40 Sophie Wehrmann - Female - Age: 12

Girls U 9-12 4x100 Metre Relay (Girls Jnr) 1:00.98 1:00.55 (4)  
Final: Tarsha Wayne 9; Jessica Fartek 9; Sophie Hunter 11; Jenni Casey 12

**Zone Representatives:** These athletes represented NRCLAC at the Zone Championships

Zone 2011 / 2012

**Northern Metropolitan Zone Championships - 10/12/2011 to 11/12/2011**

**Nth Rocks Carlingford**

- 1 Aidan Aguilar - Male - Age: 9 -
- 2 Michael Ahrez - Male - Age: 17
- 3 Eliza Arathoon - Female - Age: 10
- 4 Ian Astalosh - Male - Age: 15
- 5 David Barnsley - Male - Age: 8
- 6 Samantha Barnsley - Female - Age: 10
- 7 Sarah Bessis - Female - Age: 15
- 8 Alana Blakers - Female - Age: 12
- 9 Riley Blakers - Male - Age: 9
- 10 Jenna Bodinnar - Female - Age: 12
- 12 Andre Borsovszky - Male - Age: 12
- 13 Jasmin Borsovszky - Female - Age: 14
- 14 Sophie Borsovszky - Female - Age: 9
- 15 Brodie Boshier Eggins - Male - Age: 17
- 16 Lauren Briggs - Female - Age: 17
- 17 Hugh Brogan - Male - Age: 11
- 18 Monique Brown - Female - Age: 7
- 20 Sarah Brown - Female - Age: 12
- 21 Tamsyn Brown - Female - Age: 10
- 22 Emily Brownlow - Female - Age: 12
- 23 Lucy Brownlow - Female - Age: 14
- 24 Skye Brownlow - Female - Age: 9
- 25 Natalie Camargo - Female - Age: 12
- 26 Kyle Carmargo - Male - Age: 10
- 27 Jenni Casey - Female - Age: 12
- 28 Tom Casey - Male - Age: 15
- 29 Sandy Chen - Female - Age: 13
- 31 Jordan Clare - Male - Age: 17
- 32 Sam Clare - Male - Age: 13
- 33 Jessica Cunningham - Female - Age: 13
- 34 Loren Cunningham - Female - Age: 10
- 35 Damon Da Silva - Male - Age: 12
- 36 Hayley Da Silva - Female - Age: 8
- 37 Matthew Dabrowski - Male - Age: 14
- 38 Samantha Dale - Female - Age: 11

- 39 Emily Dawkins - Female - Age: 14
- 40 Melissa Dawkins - Female - Age: 11
- 41 Emily Dennis - Female - Age: 15
- 42 Lauren Dennis - Female - Age: 17
- 43 Jonah Edwards - Male - Age: 8
- 44 Olivia Enright - Female - Age: 11
- 45 Winona Enright - Female - Age: 17
- 46 Emmanuel Fakiye - Male - Age: 15
- 47 Alicia Fartek - Female - Age: 10
- 48 Jessica Fartek - Female - Age: 9
- 49 Madelyn Fartek - Female - Age: 11
- 50 Alan Fok - Male - Age: 13
- 51 Adam Foley - Male - Age: 7
- 52 Alexandra Gagg - Female - Age: 10
- 53 Daniel Gangell - Male - Age: 8
- 54 Emily Gathercole - Female - Age: 8
- 55 Thomas Giacomelli - Male - Age: 9
- 56 Nathan Hall - Male - Age: 7
- 57 Caleb Harris - Male - Age: 9
- 58 Samuel Harris - Male - Age: 17
- 59 Alexander Harrison - Male - Age: 8
- 60 Sophia Harrison - Female - Age: 10
- 61 Rachel Horwood - Female - Age: 17
- 62 Lucy Hunter - Female - Age: 7
- 63 Sophie Hunter - Female - Age: 11
- 64 Georgia Inwood - Female - Age: 13
- 65 Breanna Ivankovic - Female - Age: 11
- 66 Jared Ivankovic - Male - Age: 9
- 67 Krishni Jayawardana - Female - Age: 15
- 68 Kristin Jeffery - Female - Age: 15
- 69 Sonja Jeffrey - Female - Age: 12
- 70 Nicholas Jones - Male - Age: 8
- 71 Aaron Kang - Male - Age: 14
- 72 Alana Kavanagh - Female - Age: 9
- 73 Corey Kavanagh - Male - Age: 11
- 74 Sophie Kavanagh - Female - Age: 7
- 75 Zoe Kavanagh - Female - Age: 13
- 77 Anna Kely - Female - Age: 8
- 78 Sara Kely - Female - Age: 11
- 79 Alannah Kuka - Female - Age: 11
- 80 Isaac Kuka - Male - Age: 8
- 81 Karissa Kuka - Female - Age: 13
- 82 Damien Lai - Male - Age: 12
- 83 Joshua Leverett - Male - Age: 15
- 84 Kara Leverett - Female - Age: 17
- 85 Maya Leverett - Female - Age: 13
- 86 Riley Leverett - Male - Age: 10
- 87 Oscar Lewis - Male - Age: 17
- 88 Max Litherland - Male - Age: 12
- 89 Emma Longworth - Female - Age: 14
- 90 Brendan Luu - Male - Age: 12
- 92 Tate Mahony - Male - Age: 8
- 94 Eliza McKenzie - Female - Age: 7
- 95 Max McKenzie - Male - Age: 17
- 97 Cameron McMahan - Male - Age: 10
- 99 Aaron Mendez - Male - Age: 9
- 100 Jake Mendez - Male - Age: 9
- 101 Lara Mendez - Female - Age: 11
- 102 Kate Milne - Female - Age: 12
- 103 Owen Mitchell - Male - Age: 7
- 104 Emma Moran - Female - Age: 13
- 105 Adam Moussa - Male - Age: 13
- 106 Brendan Murray - Male - Age: 17
- 107 Georgia Newstead - Female - Age: 13

- 108 Sophie Newstead - Female - Age: 10
- 110 Ashleigh O'Keefe - Female - Age: 11
- 111 Alani Pond - Female - Age: 13
- 112 Jade Pond - Female - Age: 10
- 113 Arabella Price - Female - Age: 7
- 115 Kathryn Ramsay - Female - Age: 17
- 116 Mariam Razi - Female - Age: 11
- 117 Zaki Razi - Male - Age: 9
- 118 Gretel Reefman - Female - Age: 10
- 120 Rafael Sanchez-Bayo - Male - Age: 17
- 121 Anthea Sarkis - Female - Age: 10
- 122 Isabella Schembri-Green - Female - Age: 9
- 123 Samuel Schembri-Green - Male - Age: 8
- 124 Alexander Shahla - Male - Age: 8
- 125 Anthony Shahla - Male - Age: 10
- 126 Annika Shankar - Female - Age: 8
- 127 Madison Sloane - Female - Age: 9
- 128 Matthew Suttcliffe - Male - Age: 17
- 129 Chris Tan - Male - Age: 15
- 130 Daniel Tan - Male - Age: 11
- 131 Roger Tan - Male - Age: 9
- 132 Abbey Taylor - Female - Age: 8
- 133 Matthew Taylor - Male - Age: 9
- 134 Alex Thompson - Female - Age: 11
- 135 David Todd - Male - Age: 15
- 136 Stephen Todd - Male - Age: 13
- 137 Melissa Unat - Female - Age: 10
- 138 Jason Vallance - Male - Age: 7
- 140 Sophie Vaughan - Female - Age: 9
- 141 Madeline Viney - Female - Age: 13
- 142 Tarsha Wayne - Female - Age: 9
- 143 Monique Wehrmann - Female - Age: 17
- 144 Sophie Wehrmann - Female - Age: 12
- 145 Kiara White - Female - Age: 9
- 146 Zane White - Male - Age: 7
- 147 Zayne White - Male - Age: 7
- 151 Saskia Wilmshurst - Female - Age: 7
- 152 Damien Wong - Male - Age: 9
- 153 Eoin Woods - Male - Age: 9
- 154 Jake Woolnough - Male - Age: 11
- 155 Arthur Ziogas - Male - Age: 9

