

North Rocks Carlingford Little Athletics Centre 2019-20 Awards

Age Group Awards				
Age Group	Age Champion	Runner Up	Most PBs	Age Managers Award
6 Girls	Avalon McCaffrey	Indiana Pearson	Serah Silva & Bridget Lim	Jessica Copley
6 Boys	Jake Lambert	Matthew Bailey	Ryan Song	Joshua Ripamonti
7 Girls	Emma Barker	Ivy Allen	Laura Cunha	Florence Lee
7 Boys	Riley Johnson	Andre Lyanage	Ethan Ryan	Liam Lawson
8 Girls	Julia Perry	Heidi Waddell	Elizabeth Perry	Hayley Carroll
8 Boys	Tejas Sankaran	Tobias Butler	Ayman Ababsa	Cohen Keeping
9 Girls	Hannah Lambert	Ella Hazon	Sophia Liu	Charlotte Barker
9 Boys	Alexander Song	Samuel Tieste	Ryan Lim	Nathan Sarah
10 Girls	Mackenzie McBain	Sophie Polkinghorne	Charlotte Keller	Natalie Copley
10 Boys	Nicholas Klamer	Henry O'Neil	Jamie Kastelan	Hudson Keeping
11 Girls	Maddison Minard	Lily Scahill	Zoey Loo	Rachel Fenson
11 Boys	Samuel Price	Joshua Tilt	Benjamin Lawrence	Michael Perry
12 Girls	Lani Khiroya	Aoife Murdock	Rebecca Madigan	Taylor Jamieson
12 Boys	Benjamin Woodhouse	John Lawson	Tyler Boyd	Thomas Schneider
13 Girls	Eliza Matthews	Caitlin Brennan	Amelia Nagy	Maya Okada
13 Boys	Finn Parlevliet	Cody Burton	Lucas Neal	Cristian Kastelan
14 Girls	Hayley Reynolds	Abigail Goodacre	Jenah Patel	Angelina Perry
14 Boys	Lachlan Tilt	Nicholas Woodhouse	Harrison Lawler	Jacob Taylor
15 Girls	Jasmine Khiroya	Isabelle Nilon	Caitlin Waldron	May Okada
15 Boys	Joshua Tse			Nathan Mayao
17 Girls	Lily Tilt	Emily Gathercole	Alessandra Primrose	Chelsea Smith
17 Boys	Tate Mahony	Kale Burton	Joseph Boyd	Lachlan Schneider

Tony Kish Award

Campbell Matthews

Wally Pamplin Award

Amelia Nagy

Garry Dennis Award

Sofia Gately

Athlete of the Year

		Boy	Girl
Junior (U6- U9)		Alexander Song	Hannah Lambert
Intermediate (U10-U12)		Samuel Price	Lani Khiroya
Senior (U13-U17)		Jacob Taylor	Lily Tilt

NRCLAC McDonald's Scholarship Nominee

Jacob Taylor

New Centre Records

Age	Athlete	Event	Record	Date
6B	Trent Oladimeji	Shot Put	5.34	02-11-19
7B	Liam Lawson	Long Jump	3.64	07-03-20
10B	Matthew Lawrence	1100m Walk	6:25.12	25-01-20
10G	Sophie Polkinghorne	1100m Walk	6:12.74	14-12-19
10G	Evana Butler	Shot Put	7.97	14-12-19
11G	Carys Byrnes	80m Hurdles	16.65	25-01-20
11B	Christopher Nilon	1100m Walk	6:05.66	09-11-19
11B	Samuel Price	80m Hurdles	15.10	26-10-19
11B	Samuel Price	Triple Jump	9.57	07-03-20
11B	Samuel Price	Discus	34.76	22-02-20
11B	Benjamin Lawrence	Javelin	29.97	22-02-20
12G	Lani Khiroya	80m Hurdles	15.45	25-01-20
12G	Lani Khiroya	Triple Jump	9.72	26-10-19
12G	Lani Khiroya	Long Jump	4.49	19-10-19
12B	Benjamin Woodhouse	1500m	4:56.17	07-12-19
12B	Benjamin Woodhouse	800m	2:22.93	16-11-19
12B	Tyler Boyd	1500m Walk	10:03.58	26-10-19
12B	John Lawson	80m Hurdles	14.89	26-10-19
13G	Amelia Nagy	Javelin	27.57	09-11-19
14B	Nicholas Woodhouse	3000m	11:11.49	07-03-20
15G	Caitlin Waldron	Discus	27.36	14-12-19
15G	Isabelle Nilon	1500m Walk	8:43.86	29-02-20
17G	Arabella Price	800m	2:37.32	14-09-19
17G	Arabella Price	1500m	5:18.12	16-11-19
17G	Skye Grosvenor	3000m	12:35.49	16-11-19
17G	Sophie Kavanagh	High Jump	1.60	16-11-19
17G	Lily Tilt	Shot Put	10.31	02-11-19
17G	Lily Tilt	300m Hurdles	50.89	25-01-20
17B	Joseph Boyd	1500m	4:52.54	14-12-19
17B	Joseph Boyd	3000m	10:30.39	16-11-19
17B	Joseph Boyd	800m	2:17.62	02-11-19
17B	Kale Burton	300m Hurdles	44.69	09-11-19
17B	Alexander Shahla	Discus	43.72	09-11-19
17B	Alexander Shahla	Shot Put	16.54	01-02-20
17B	Lachlan Schneider	Javelin	39.57	21-09-19
17B	Tate Mahony	300m Hurdles	48.69	21-09-19

10 Years NRCLAC Service

Sofia Gately	Amelia Milat	Arabella Price
Charlotte Gathercole	Marcus Milat	Anthony Shahla
Riley McKenzie		Alexander Shahla

5 Years NRCLAC Service

Anika Banerji	Kara Hazon	William Perry
Riley Barron	Bronte Jamieson	Angelina Perry
Nathaniel Basha	Jack Johnson	Sophie Polkinghorne
William Basha	Jamie Kastelan	Isabella Primrose
Carys Byrnes	Cristian Kastelan	Rajan Ravintran
Max Byrnes	Zoey Loo	William Stanger
Natalie Copley	Ronie Loo	Sophie Taylor
Joel Crandell	Lucinda Murphy	Jacob Taylor
Rachel Fenson	Mya O'Neill	Joshua Tilt
Pia Goradia	Benjamin Perry	Zacharie Touchard
Ella Hazon	Michael Perry	Ethan Touchard

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State Athletes

Hannah Lambert	Rithaja Sankaran	Caitlin Waldron
Charlotte Barker	Benjamin Woodhouse	Lily Tilt
Alexander Song	John Lawson	Emily Gathercole
Evana Butler	Caitlin Brennan	Skye Grosvenor
Sophie Polkinghorne	Amelia Nagy	Sophie Kavanagh
Matthew Lawrence	Cody Burton	Sofia Gately
Samuel Price	Hayley Reynolds	Genevieve McKeown
Benjamin Lawrence	Nicholas Woodhouse	Tate Mahony
Christopher Nilon	Jacob Taylor	Kale Burton
Lani Khuroya	Jasmine Khuroya	Joseph Boyd
Aoife Murdock	Isabelle Nilon	Alexander Shahla
	Alex Evans	

Gold Medals 30+ PBs

Ryan Lim	Ryan Song	Cody Burton
Nathan Sarah	Dylan Lin	Aoife Murdock
Julia Perry	Joshua Ripamonti	Lani Khuroya
Marco Mandrini	Aidan Warren	Joshua Tilt
Bailey Williams	Emily Gathercole	Henry Tieste
Ayman Ababsa	Joseph Boyd	Benjamin Lawrence
Laura Cunha	Caitlin Waldron	Christopher Nilon
Emma Barker	Jenah Patel	Sophie Polkinghorne
Ethan Ryan	Amelia Nagy	Jamie Kastelan
Serah Silva	Finn Parlevliet	Henry O'Neil
	Bridget Lim	

Silver Medals 25-29 PBs

Aiden Lee	Evana Butler	Mackenzie McBain
Alannah Harb	Florence Lee	Matturrahman Iqbal
Alessandra Primrose	Greta Snow	May Okada
Alison Hubbard	Hayley Carroll	Maya Okada
Alyssa Khaw	Hayley Reynolds	Michael Perry
Asher Tinsley	Hudson Keeping	Mila Burdett
Ashton Vaz	Isabella Primrose	Neo Parlevliet
Austin Wong	Jack Johnson	Rebecca Madigan
Brandon Goh	James Bishop	Roger Wang
Caitlin Brennan	James Ryan	Samuel Price
Caitlin Wallis	Jessica Cobley	Samuel Tieste
Campbell Matthews	Kale Burton	Tobias Butler
Charlotte Austin	Khkola Iqbal	Trent Oladimeji
Charlotte Keller	Lachlan Carter	Tyler Boyd
Dashain Karawita	Lachlan Ge	William Madigan
Dominic Tieste	Leila Kahric	William Perry
Eduardo Robinson	Lily Scahill	Zoe Parlevliet
Elizabeth Perry	Lucas Neal	Zoey Loo

Bronze Medals 20-24 PBs

Abigail Goodacre	Henry Li	Natalie Cobley
Alexander Song	Hugo Hu	Natalie Tang
Alexandra Bailey	Hugo Matthews	Nicholas Woodhouse
Andrea Mya Han	Hurditya Talwar	Oliver Madigan
Anesha Busingye	Ian Ma	Rachel Goh
Angelina Perry	Ibrahim Abedi	Rayaansh Talwar
Annabel Cullen	Indiana Pearson	Riley Johnson
Ansh Manaktola	Isaac Wong	Rishi Bajpai
Aston Snow	Isabella He	Rorie Loo
Audrey Snow	Isabelle McCaffrey	Ryan Akbarzadeh
Austin Wu	Isabelle Nilon	Ryan Harb
Avalon McCaffrey	Ivy Allen	Safiya Yip
Bronte Jamieson	Jaanvi Patel	Samantha Munoz
Cathy Yang	Jasmine Khuroya	Sammi Smith
Charlotte Barker	Jason Koutchavlis-Walker	Shirlene Su
Charlotte Childs	Jasper Lin	Shreya Bhagat
Charlotte Tse	John Lawson	Skye Grosvenor
Chelsea Carter	Jonathan Liu	Sophia Liu
Chelsea Smith	Joshua Reynolds	Sophie Minard
Chibueze Nathaniel	Joshua Tse	Sophie Trujillo
Daniel Akbarzadeh	Kevin Song	Tate Mahony
David McGuire	Kingsley Liu	Tayla Lambeth
Ella Hazon	Kobe Oladimeji	Taylor Jamieson
Euwen Huang	Lachlan Tilt	Thomas Dunn
Finn Leivesley	Lauren Blair	Thomas Lawler
Haala Iqbal	Lucas Nagy	Thomas Schneider
Hamish McBain	Lucas Ripamonti	Tiana Wang
Hannah Lambert	Maddison Minard	William Mathie
Hariclia Kolosakas	Marcus Wong	Zara Champion
Heidi Waddell	Martin Hu	Zoe McGuire
	Myesha Yip	