

North Rocks Carlingford Little Athletics Centre 2020-21 Awards

Age Group Awards				
Age Group	Age Champion	Runner Up	Most PBs	Age Managers Award
6 Girls	Juanita Henry	Thalia Neat	Ishana Pan	Vivienne Snow
6 Boys	Darcy Hazon	Daniel Smart	Jayden Vaz	Flynn Wiranata
7 Girls	Sinali Gunaratne	Jessica Cobley	Annabella Brett	Sarah Silva
7 Boys	Jake Lambert	Ryan Song	Joshua Loudon	Matthew Bailey
8 Girls	Emma Barker	Laura Cunha	Anya Asadabadi	Ivy Allen
8 Boys	Jeffrey Chong	Riley Johnson	Sebastian Lam	Taj Gupta
9 Girls	Jolin Wiranata	Julia Perry	Elizabeth Perry	Sammi Smith
9 Boys	Cohen Keeping	Tobias Butler	Sahyr Chadha	Ayman Ababsa
10 Girls	Hannah Lambert	Ella Qiaoyi Lin	Clara Rodrigues	Irene Ding
10 Boys	Alexander Song	Samuel Tieste	James Bishop	James Ryan
11 Girls	Evana Butler	Sophie Polkinghome	Annalise Boland	Chavindi Balalle
11 Boys	Henry O'Neil	Matthew Lawrence	Taaha Mahomed	Nicholas Smart
12 Girls	Lily Scahill	Zoey Loo	Chelsea Carter	Maddison Minard
12 Boys	Ratu Vilame Lewanavanua	Henry Tieste	Benjamin Perry	Austin Wong
13 Girls	Lani Khroya	Mila Burdett	Rithaja Sankaran	Zaara Yip
13 Boys	Lachlan Waldron	Benjamin Woodhouse	Lewis Wong	Terry Koinusis
14 Girls	Amelia Nagy	Caitlin Brennan	Isabella Chiu	Maya Okada
14 Boys	Cody Burton	William Stanger	Henry Li	Isaac Wong
15 Girls	Angelina Perry	Jenah Patel	Rone Loo	Hayley Reynolds
15 Boys	Nicholas Woodhouse	Hamison Lawler		Jacob Taylor
17 Girls	Lily Tilt	Sophie Kavanagh	Emily Gathercole	Caitlin Waldron
17 Boys	Joseph Boyd	Tate Mahony	Kale Burton	Alexander Shahla

Tony Kish Award

Heidi Waddell

Wally Pamplin Award

Isabella Chiu

Garry Dennis Award

Jasmine Khroya

Athlete of the Year

	Boy	Girl
Junior (U6- U9)	Cohen Keeping	Emma Barker
Intermediate (U10-U12)	Alexander Song	Hannah Lambert
Senior (U13-U17)	Benjamin Woodhouse	Sophie Kavanagh

Centre Records

Age	Athlete	Event	Record	Date
6G	Ruby Hewitt	Shot Put	4.00m	20-02-21
6G	Vanessa Obi	Shot Put	3.43m	16-01-21
8G	Laura Cunha	Discus	16.91m	27-02-21
10G	Hannah Lambert	High Jump	1.23m	13/3/21
10B	Alexander Song	Long Jump	4.38m	06-03-21
10B	Alexander Song	70m	10.67	13-03-21
11G	Sophie Polkinghome	1100m Walk	6:15.78	13-03-21
11G	Evana Butler	Shot Put	8.94	13-03-21
12B	Christopher Nilon	1500m Walk	8:45.67	13-03-21
12B	Samuel Price	80m Hurdles	14.60	16-01-21
12B	Samuel Price	Shot Put	12.42m	23-01-21
12B	Benjamin Lawrence	Javelin	30.93m	14-11-20
13B	Benjamin Woodhouse	1500m	4:45.24	06-03-21
13B	Benjamin Woodhouse	3000m	10:42.79	24-10-20
13B	Benjamin Woodhouse	800m	2:21.34	30-01-21
13B	Lachlan Waldron	Discus	32.23m	14/11/20
13B	Lachlan Waldron	Javelin	32.41m	06-03-21
14B	Cody Burton	3000m	10:40.17	06-03-21
15B	Jacob Taylor	200m	24.41	28-11-20
17G	Isabelle Nilon	1500m Walk	9:14.61	12-12-20
17G	Lily Tilt	300m Hurdles	48.64	14-11-20
17G	Lily Tilt	Shot Put	10.51m	24-10-20
17G	Arabella Price	800m	2:34.06	06-03-21
17G	Caitlin Waldron	Discus	29.97	13-03-21
17G	Caitlin Waldron	Shot Put	11.38m	05-12-20
17G	Sophie Kavanagh	High Jump	1.72m	06-03-21
17G	Sophie Kavanagh	Javelin	37.79m	24-10-20
17B	Joseph Boyd	1500m	4:50.12	12-12-20
17B	Joseph Boyd	800m	2:15.76	06-03-21
17B	Kale Burton	300m Hurdles	43.71	13-03-21
17B	Alexander Shahla	Discus	45.92m	17-10-20
17B	Alexander Shahla	Shot Put	16.96m	27-02-21
17B	Tate Mahony	Javelin	41.14m	24-10-20
17B	Tate Mahony	Triple Jump	11.84m	17-10-20

10 Years NRCLAC Service

Tia Brady	Benjamin Munoz	Lachlan Tilt
Skye Grosvenor	Hayley Reynolds	Caitlin Waldron
	Lily Tilt	

5 Years NRCLAC Service

Rishi Bajpai	Hannah Lambert	Alessandria Richardson
James Bishop	Jackson Lambeth	Lily Scahill
Evana Butler	Hamison Lawler	Sammi Smith
Rachel Goh	Reuben Matthews	Samuel Tieste
Gabriela Greenfield	Isabelle McCaffrey	Felix Wang
Alison Hubbard	Sophie Minard	Amelia Wigmore

State Athletes

Joseph Boyd	Hannah Lambert	Arabella Price
Caitlin Brennan	Matthew Lawrence	Hayley Reynolds
Mila Burdett	Benjamin Lawrence	Andy Riot
Cody Burton	Ratu Vilame Lewanavanua	Alexander Shahla
Kale Burton	Skye Mahony	Alexander Song
Evana Butler	Tate Mahony	Jacob Taylor
Alexander Evans	Amelia Nagy	Lily Tilt
Emily Gathercole	Christopher Nilon	Lachlan Waldron
Skye Grosvenor	Isabelle Nilon	Caitlin Waldron
Sophie Kavanagh	Henry O'Neil	Lewis Wong
Hudson Keeping	Sophie Polkinghome	Benjamin Woodhouse
Lani Khroya	Samuel Price	Nicholas Woodhouse

North Rocks Carlingford Little Athletics Centre 2020-21 Awards

Gold Medals 30+ PBs

Alysha Milic	Hannah Lambert	Lewis Wong
Amelia Nagy	Inga Rose	Michael Perry
Anika Carter	Isabella Chiu	Rorie Loo
Benjamin Perry	Jayden Vaz	Sebastian Lam
Christopher Nilon	Joshua Loudon	Tharindi Balalle
Elizabeth Perry	Kaixin Xia	Vincent Wu
Emily Gathercole	Kiran Gupta	

Silver Medals 25-29 PBs

Alisa O'Donnell	John Plant	Sahyr Chadha
Annabella Brett	Kevin Song	Sarah Kuang
Annalise Boland	Liam Attwood	Shreya Bhagat
Anyia Asadabadi	Lily Scahill	Taaha Mahomed
Chelsea Carter	Nicholas Smart	William Perry
Henry Li	Ratu Viliame Lewanavanua	William Scully
Ishana Pan	Regina Chung	Yerina Cho

Bronze Medals 20-24 PBs

Abigail Goodacre	Heidi Waddell	mia mahoney
Alexander Song	Henry O'Neil	Natalie Tang
Amy Codrington	Henry Tieste	Nathan tang
Andy Riot	Hugo Hu	Nicholas Chia
Angelina Perry	Irene Ding	Nicholas Woodhouse
Archer McKeown	Isaac Wong	Oliver Szoloch
Arjun Chowdhury	Isabella Primrose	Olivia Rodrigues
Audrey Snow	Isabelle Nilon	Patrick Mahoney
Austin Wong	Ivy Allen	Payton Beerling
Austin Wu	Jaanvi Patel	Richard Wong
Ayman Ababsa	Jack Johnson	Rithaja Sankaran
Bailey Williams	James Bishop	Roy Allen
Beatrix Dorothy Tanedo	Jason Koutchavlis-Walker	Ruby Hewitt
Benjamin Munoz	Jenah Patel	Ryan Song
Caitlin Waldron	Jolin Wirianata	Sammi Smith
Campbell Matthews	Jordan Lewis-Merhi	Samuel Price
Carlos Jian	Joseph Boyd	Scarlett Richards
Chavindi Balalle	Joshua Ripamonti	Serah Silva
Christian Greenfield	Joslyn Vaz	Sofia Lam
Christian Mah	Juanita Henry	Sophie Li
Clara Rodrigues	Julia Perry	Sophie Polkinghome
Cohen Keeping	Kailyn Vaz	Sophie Trujillo
Darcy Hazon	Kayla Mason	Taj Gupta
Daymon Wong	Kenneth Chia	Ted Allen
Declan Chipps	Kirin Chung	Tejas Sankaran
Dylan Lin	Lachlan Waldron	Thomas Lawler
Ella O'Neill	Laura Cunha	Tyler Boyd
Ella Qiaoyi Lin	Laura STANLEY	Uthrasri Badrinarayanan
Ethan Ma	Lincoln Smith	Vivienne Snow
Ethan Ryan	Lucas Ripamonti	William Carter
Euwen Huang	Mackenzie McBain	William Wray