

Athletics update

Australian All Schools Championships

In December, five Meriden students represented New South Wales at the Australian All Schools Championships in Adelaide.

The girls came home with five gold medals (four from individual events and one from a relay event), a silver medal, and a fourth and fifth-place finish.

Alexandra Richards won gold in the Under 18 100-metre Hurdles and stepped in at the last minute to anchor the New South Wales Under 18 4 x 100-metre Relay Team to gold.

In a very tactical 1500-metre race, Ada Rand won gold in the Under 18 event and backed it up to take home the silver in the 800-metre event. Ada finished the year ranked third and fourth in Australia in the Under 18 1500-metre and 800-metre events respectively.



Ada Rand

Karina Bell battled illness on the first day of competition and just missed out on a podium finish, coming in fourth place in the Under 18 Discus with a throw of 44.17 metres. She bounced back on the final day of competition to win gold in the Under 18 Javelin with a new personal best throw of 50.10 metres, resulting in her ranking second in Australia for the Under 18 age group in 2022.



Karina Bell

Ellen Murphy improved her personal best by almost half a second to win gold in the Under 18 400-metre Hurdles in a time of 61.95 seconds.

Bronte Locane competed in the Under 15 200-metre event and placed fifth in the final.

The girls went on to compete alongside Abigail Omege and Lexi Modena as part of Meriden's Senior Team to place third at the National Schools Challenge.

Congratulations, girls, on your performances in 2022.

Upcoming competitions

Meriden's Athletics squad is preparing for the following upcoming major club competitions:

February

- Regional Little Athletics Championships – various dates and locations
- NSW State Junior Athletics Championships, Friday 24 – Sunday 26 February, Sydney Olympic Park Athletic Centre

March

- NSW State Little Athletics Championships, Saturday 18 – Sunday 19 March, Sydney Olympic Park Athletic Centre

April

- Australian Open and Under 20 Track and Field Championships, Thursday 30 March – Sunday 2 April, Brisbane, Queensland

- Australian Junior (Under 13 to Under 18) Track and Field Championships, Thursday 13 – Sunday 16 April, Brisbane, Queensland

Mrs Nicole Boegman-Stewart
Head Coach - Athletics