

# Athletics news

## NSW CIS Track and Field Championships

The last week of Term 3 was a busy time for the Meriden Athletics Squad.

17 Meriden students competed at the NSW CIS Track and Field Championships. The girls came away with some outstanding results finishing with 16 individual medals and two relay medals, including seven gold, five silver and six bronze.

Congratulations to the 14 Meriden girls that achieved a top three placing and have been named in the NSW CIS Secondary Athletics Merit Team.



Open Relay Team: Emanuella Omage, Olivia Achike, Bronte Locane and Adriana Borg

### Gold

- **Olivia Achike** – 16 Years 100m
- **Olivia Achike, Adriana Borg, Bronte Locane, Emanuella Omage** – Open 4 x 100m Relay
- **Adriana Borg** – 17 Years Triple Jump
- **Bronte Locane** – 17 Years 200m
- **Caitlin Probets** – 15 Years 90m Hurdles
- **Eleni Rakasi** – 13 Years Discus
- **Amber Worden** – 14 Years Long Jump

### Silver

- **Olivia Achike** – 16 Years Long Jump
- **Adriana Borg** – 17 Years Long Jump
- **Yolanda Dolenac** – 16 Years High Jump
- **Julia Meaker** – 16 Years 800m
- **Emmanuella Omage** – 16 Years 100m

### Bronze

- **Ella Achike, Ella Clayton, Zoe Pappas, Amber Worden** – 14 Years and Under 4 x 100m Relay
- **Olivia Achike** – 16 Years Triple Jump
- **Heidi Jessup** – 16 Years Discus
- **Indiana Middleton** – 16 Years Shot Put
- **Emmanuella Omage** – 16 Years 200m

- **Caitlin Probets** – 15 Years 100m and 200m

## Placings

- **Ella Clayton** – 13 Years Triple Jump – Sixth Place (Personal Best)
- **Yolanda Dolenac, Julia Meaker, Prapthi Ravindra, Pratithi Ravindra** – Open 4 x 100m Relay – Fourth Place
- **Lucy Greenhalgh** – 15 Years Javelin – Fourth Place
- **Pratithi Ravindra** – 15 Years Long Jump – Fourth Place and 15 Years Triple Jump – Fifth Place (Personal Best)

## NSW Athletics All Schools

During the recent school holidays, 22 Meriden students competed exceptionally well at the NSW All Schools Athletics Championships, securing an impressive haul of nine medals (three gold, three silver and three bronze). The team also achieved ten personal best performances.

Highlighted performances came from Eleni Rakasi improving her Discus personal best by over two metres, Adriana Borg surpassing 12 metres in the Triple Jump for the first time and Amber Worden improving her Long Jump personal best by 17 centimetres.

All girls who placed in the top two of their events have qualified for selection to the Australian All Schools Championships in Melbourne this December.

Girls who placed in the top three of their events have also qualified for selection to the Australian Junior Championships in Brisbane in April 2026.



Eleni Rakasi, Year 8

## Championships Results

<b>Medallists</b>	
<b>Olivia Achike</b>	<ul style="list-style-type: none"> <li>• 16 Years 100m Long Jump – Bronze</li> </ul>
<b>Adriana Borg</b>	<ul style="list-style-type: none"> <li>• 17 Years Long Jump – Gold</li> <li>• 17 Years Triple Jump – Silver (Personal Best)</li> </ul>
<b>Anna Cocks</b>	<ul style="list-style-type: none"> <li>• 17 Years 2000m Steeple Chase – Bronze (Personal Best)</li> </ul>
<b>Caitlin Probets</b>	<ul style="list-style-type: none"> <li>• 15 Years 200m Hurdles – Gold</li> <li>• 15 Years 90m Hurdles – Silver</li> </ul>
<b>Eleni Rakasi</b>	<ul style="list-style-type: none"> <li>• 13 Years Discus – Gold (Personal Best)</li> <li>• 13 Years Shot Put – Fifth Place</li> </ul>
<b>Amber Worden</b>	<ul style="list-style-type: none"> <li>• 14 Years Long Jump – Silver (Personal Best)</li> </ul>

<b>Finalists and Placings</b>	
<b>Ella Achike</b>	<ul style="list-style-type: none"> <li>• 13 Years Shot Put – 13<sup>th</sup> Place</li> <li>• 13 Years 100m – 26<sup>th</sup> Place</li> <li>• 13 Years 200m – 27<sup>th</sup> Place</li> </ul>
<b>Chloe Du</b>	<ul style="list-style-type: none"> <li>• 16 Years Shot Put – 14<sup>th</sup> Place (Personal Best)</li> </ul>
<b>Molly Greenhalgh</b>	<ul style="list-style-type: none"> <li>• 13 Years 80m Hurdles – 14<sup>th</sup> Place (Personal Best)</li> </ul>
<b>Heidi Jessup</b>	<ul style="list-style-type: none"> <li>• 16 Years Discus – Tenth Place</li> </ul>
<b>Anastasia Kottakis</b>	<ul style="list-style-type: none"> <li>• 13 Years 80m Hurdles – Eighth Place (Personal Best)</li> </ul>
<b>Leah Lei</b>	<ul style="list-style-type: none"> <li>• 13 Years 80m Hurdles – 15<sup>th</sup> Place (Personal Best)</li> <li>• 13 Years Long Jump – 17<sup>th</sup> Place (Personal Best)</li> </ul>
<b>Julia Meaker</b>	<ul style="list-style-type: none"> <li>• 16 Years 400m – Fourth Place</li> <li>• 800m – Fifth Place</li> </ul>
<b>Samara McCarthy</b>	<ul style="list-style-type: none"> <li>• 13 Years Discus – 20<sup>th</sup> Place</li> </ul>
<b>Indiana Middleton</b>	<ul style="list-style-type: none"> <li>• 16 Years Shot Put – Seventh Place</li> </ul>
<b>Emmanuella Omage</b>	<ul style="list-style-type: none"> <li>• 16 Years 100m – Fifth Place</li> </ul>
<b>Zoe Pappas</b>	<ul style="list-style-type: none"> <li>• 14 Years 90m Hurdles – 14<sup>th</sup> Place</li> <li>• 14 Years 100m – 21<sup>st</sup> Place (Personal Best)</li> </ul>
<b>Greta Rand</b>	<ul style="list-style-type: none"> <li>• 17 Years 800m – Ninth Place</li> </ul>
<b>Sienna Sukh</b>	<ul style="list-style-type: none"> <li>• 15 Years 400m and 800m – 15<sup>th</sup> Place</li> </ul>
<b>Caitlin Yeoh</b>	<ul style="list-style-type: none"> <li>• 17 Years Javelin – Fifth Place</li> </ul>

Congratulations to all the girls on their performance in Term 3, they will now focus on Club competitions in Term 4 in preparation for the Australian All Schools Championships and the National Schools Challenge to be held in December in Melbourne.

**Mrs Nicole Boegman-Stewart**

Head Coach Athletics