

GOLDEN GROVE LITTLE ATHLETICS CENTRE

CENTRE HONOUR ROLL

2015/2016 Centre Captains

Boys Centre Captain
Girls Centre Captain

Cameron James
Daniela Krzystoszek

2015/2016 Centre Champions

Senior Girls	Club Champion Runner Up	Gemma Greenwood Hayley Goode
Senior Boys	Club Champion Runner Up	Christian Thiry Jayden Goode
Intermediate Girls	Club Champion Runner Up	Zoe Palmer Brooke Palmer
Intermediate Boys	Club Champion Runner Up	Benjamin Purser Matthew LeRay
Junior Girls	Club Champion Runner Up	Annelise Lovell Alicia Jones
Junior Boys	Club Champion Runner Up	William Pearn Aiden Edwards

2015/2016 Presidents Trophy

Daniela Krzystoszek

CENTRE HONOUR ROLL

2016 State Team Representation

Australian Little Athletics Championships held on Sunday 24 April 2016 at SA Athletics Stadium, Adelaide SA

Under 13	Tamsyn Murdoch	80m Hurdles (Centre Best Performance), High Jump, Triple Jump, 4x100m relay
	Talisha Skein	1500m Walk, Javelin

GGLAC was proud to support these athletes as representatives of South Australia at the National Championships.

GGLAC provides financial support for our athletes to attend national based little athletics events when representing South Australia. For more information please speak to a member of the Committee. All applications must be in writing and addressed to the Committee.

2015/2016 Age Group Most Improved

Age Group	Boys	Girls
Under 6	Noah Hunter	Annelise Lovell
Under 7 Boys	Cooper Bache	
Under 7 -8 Girls		Alicia Jones
Under 8 Boys	Oliver Dimech	
Under 9	Selwyn Hamber	Bronwyn Boal
Under 10	Alex Ward	Chelsea Friedrich
Under 11	Liam Samwell	Lauren Bachmann
Under 12	Alastair Thorpe	Brooke Palmer
Under 13	James Upton	Talisha Skein
Under 14 Girls		Gemma Greenwood
Under 15 Boys	Christian Thiry	
Under 15-17 Girls		Daniela Krzystoszek
Under 16-17 Boys	Thomas Hams	

CENTRE HONOUR ROLL

2015/2016 State Individual Championships

GOLD MEDALLISTS

Under 9 Girls	Zoe Palmer	60m Hurdles, 100m, 200m, 400m, Long Jump
Under 9 Girls	Bronwyn Boal	70m
Under 11 Boys	Isaac Smith	100m, 200m, High Jump, Long Jump, Triple Jump
Under 11 Boys	Cooper Wegener	60m Hurdles
Under 11 Girls	Amelie Borg	Discus, Shot Put
Under 12 Boys	Tyler Routleff	Triple Jump
Under 12 Girls	Aleisha Coolen	60m Hurdles
Under 12 Girls	Lauren Smith	Shot Put
Under 13 Girls	Tamsyn Murdoch	High Jump
Under 13 Girls	Talisha Skein	1500m Walk
Under 14 Girls	Emilaya Ellis	100m, 200m
Under 15 Boys	Christian Thiry	Javelin, Shot Put
Under 15 Girls	Jessica Mills	Discus

SILVER MEDALLISTS

Under 9 Girls	Bronwyn Boal	100m
Under 10 Boys	Benjamin Purser	200m
Under 10 Girls	Chelsea Friedrich	200m
Under 11 Boys	Harry Kowal	60m Hurdles
Under 11 Boys	Cooper Wegener	100m Long Jump
Under 11 Girls	Amelie Borg	Javelin, Triple Jump
Under 11 Girls	Bridget Grant	1100m Walk
Under 12 Boys	Tyler Routleff	60m Hurdles, Long Jump
Under 12 Girls	Lauren Smith	Discus
Under 13 Girls	Talisha Skein	Javelin
Under 13 Girls	Tamsyn Murdoch	80m Hurdles, Triple Jump
Under 14 Girls	Hayley Goode	1500m Walk
Under 15 Boys	Jayden Goode	1500m Walk, Long Jump
Under 15 Girls	Jessica Mills	Shot Put
Under 16 Boys	Thomas Hams	100m Hurdles, Discus, Javelin
Under 16 Boys	Thomas Porteous-Hurst	100m

CENTRE HONOUR ROLL

2015/2016 State Individual Championships (cont)

BRONZE MEDALLISTS

Under 10 Boys	Benjamin Purser	400m
Under 11 Boys	Harry Kowal	Long Jump
Under 11 Boys	Liam Samwell	60m Hurdles
Under 11 Boys	Cooper Wegener	Triple Jump
Under 12 Girls	Aleisha Coolen	Long Jump
Under 12 Girls	Brooke Palmer	1500m Walk
Under 14 Girls	Brooke Nangle	1500m Walk
Under 15 Boys	Jayden Goode	200m Hurdles, 800m, High Jump
Under 15 Boys	Christian Thiry	Discus
Under 16 Boys	Thomas Hams	Shot Put
Under 16 Boys	Thoms Porteous-Hurst	200m
Under 16 Boys	Benjamin Ridley	Triple Jump
Under 17 Boys	Cameron James	800m, Javelin
Under 17 Boys	Matthew Rothery	Triple Jump

2015/2016 Multi Event Championships

GOLD MEDALLISTS

Under 9 Girls	Zoe Palmer	1984 points
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SILVER MEDALLISTS

Under 16 Boys	Thomas Hams	5285 points
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BRONZE MEDALLISTS

Under 13 Girls	Tamsyn Murdoch	2973 points
Under 17 Boys	Cameron James	4888 points

CENTRE HONOUR ROLL

2015/2016 Northern Improvers Championships

GOLD MEDALLISTS

Under 9 Boys	Sedwyn Hamber	200m, 400m
Under 9 Girls	Elisabeth Welch	70m
Under 9 Girls	Ella Nangle	100m, 200m, Long Jump
Under 10 Boys	Tyler Edwards	200m, Long Jump
Under 11 Boys	Joshua Riceman	800m
Under 11 Boys	Jack Povey	100m
Under 11 Girls	Ruby Schellhase	100m, 400m, Discus, Long Jump
Under 12 Boys	Alastair Thorpe	200m, Triple Jump
Under 12 Girls	Abbie Stribling	60m Hurdles, High Jump, Long Jump
Under 13 Boys	Jack Gillingham	Discus, Javelin
Under 13 Girls	Riley Upton	200m, Discus, Long Jump

SILVER MEDALLISTS

Under 9 Boys	Sedwyn Hamber	Long Jump
Under 9 Boys	Mason Knight	200m, Discus
Under 9 Girls	Emily Stribling	Discus
Under 9 Girls	Elisabeth Welch	100m
Under 10 Boys	Tyler Edwards	400m
Under 11 Boys	Joshua Riceman	1500m, Javelin
Under 11 Boys	Lachlan Thorpe	800m
Under 12 Boys	Alastair Thorpe	800m
Under 12 Girls	Abbie Stribling	800m
Under 13 Girls	Riley Upton	400m

BRONZE MEDALLISTS

Under 9 Boys	Selwyn Hamber	Discus
Under 9 Boys	Mason Knight	400m
Under 9 Girls	Nevaeh Jolly	100m, 200m
Under 9 Girls	Ella Nangle	Discus
Under 9 Girls	Elisabeth Welch	Long Jump
Under 10 Boys	Jake Stribling	400m
Under 11 Boys	Sean Howes	60m Hurdles, Long Jump
Under 11 Boys	Lachlan Thorpe	400m
Under 12 Boys	Harrison Mills	60m Hurdles

CENTRE HONOUR ROLL

2015/2016 Health Partners State Relay Championships

GOLD MEDALLISTS

Under 9 Girls

Bronwyn Boal
Grace Smith

4 x 100m

Nevaeh Jolly

4 x 200m

Ella Nangle

Zoe Palmer

Under 11 Boys

Wil Carter

4 x 100m

Harry Kowal

Isaac Smith

Cooper Wegener

Under 14 Girls

Hayley Goode

4 x 100m

Gemma Greenwood

Taylor Henderson

Mackenzie Wegener

SILVER MEDALLISTS

Under 12 Girls

Aleisha Coolen

4 x 100m

Brooke Palmer

Abbie Stribling

Isabeau
Zakarias-McArdle

Under 15 Boys

Cahil Ellis-Davies

4 x 200m

Jayden Goode

Christian Thiry

Tate Wilkinson

Under 16 Boys

Thomas Hams

4 x 100m

Markus Orchard

4 x 200m

Thomas
Porteous-Hurst

Benjamin Ridley

BRONZE MEDALLISTS

Under 11 Girls

Amelie Borg

4 x 200m

Lara Ellis

Ruby Schellhase

Ashlee Stevenson

Under 14 Girls

Hayley Goode

4 x 200m

Gemma Greenwood

Taylor Henderson

Mackenzie
Wegener

Under 15 Girls

Sophie Barbour

4 x 200m

Daniela Krzystoszek

Sinead Lawrence

Jessica Mills

CENTRE HONOUR ROLL

2016 Cross Country Championships

PARTICIPATED

Under 7 Girls	Alexis Kellow	
Under 7 Boys	Jacob Riceman	
Under 8 Boys	Felix Schellhase	William Thorpe
Under 11 Boys	Joshua Riceman	Lachlan Thorpe
Under 11 Girls	Ruby Schellhase	
Under 12 Boys	Alastair Thorpe	
Under 13 Girls	Tamsyn Murdoch	

For updated news, information and events visit our website:

www.gglac.org.au