



The 10 second club, or running under 11 seconds, has long been the goal of developing male sprinters. Likewise female sprinters aim to join the **11 second club** although fewer will achieve this because the 11 second range is comparatively more difficult and accordingly running in the low 12 second range is equivalent to the upper 10 second range for males.

During the 2017-18 season five Westfields athletes joined our all-time lists with outstanding performances. **Godwin Opoku-Mensah** of year 12 became our third fastest male sprinter in history with a sizzling 10.62 seconds to win Silver at the Australian Junior Championships (Fastest Australian Citizen). After running an easy 10.85 in the heats Godwin took the Silver medal and became selected to represent Australia at the 2018 Melanesian Games. Godwin had only once earlier in the season broken the 11 second barrier (10.98 at the NSW All Schools) and on the day of the Nationals improved his PB by 0.36 seconds.

Dominic Darko year 12 in 2017 ran 10.95 at the Treloar Shield 5 and then recorded 10.83 which was unfortunately wind assisted by 2.1 m/s. Early in 2018 **Zac Zaineddine**, who had in 2017 pipped Dominic by .01 of a second to win the NSW CHS 100m final, clocked an impressive 10.92 in his first run after a prolonged hamstring injury.

More recently **Rashid Kabba** of year 9 who had only turned 15 years by less than 2 months, became the youngest ever WAC athlete to run sub 11 seconds with 10.97 at the the 2020 NSW All Schools. One month later he ran 10.82 with a slightly wind assisted 2.5 m/s. Then came his amazing victory at the 2021 NSW Juniors clocking a 10.72 (1.2) and elevating Rashid to number 2 in the World at the time in his age group thus far in 2021. The quickest rise to the 10 second club came from new club member **Malikye Kessie**. Joining WAC in late December 2020, Malikye had a 100m p.b. of 11.44. In his first run with us he recorded a sizzling 11.06 and then weeks later in only his second run as a member of the Westfields Sprints Squad Malikye ran 10.95 seconds. Like Rashid, Malikye's performance to win the NSW Juniors (U18) title in a sizzling 10.90 was outstanding. In the same race newcomer Bryse Besters, who first raced as an athlete in January

2021 clocked himself a national qualifier with 11.20, bringing down his P.B. from 11.84 to 11.20 with just three weeks training. Bryce would by April run 10.94 (2.6).

In year 8 (2018) **Shola Adeniran** had emerged as one of Westfields' new sprint sensations being undefeated at State level in 2018 season at NSWCHS, NSW All Schools and NSW Juniors titles in 100m. At the Australian All Schools in 2017, where only ranked 4th nationally on her current P.B.'s she wowed everyone when she took silver just 0.08 from victory with an amazing 12.28 seconds. Then in 2018 Shola went on to win the NSW Junior title and once again Silver at the Australian Junior Championships and Silver at the Australian All Schools. Her time in the NSW Junior final of 11.91 albeit assisted by a 3.7 tail wind became the 2nd fastest time ever recorded by a Westfields female athlete of any age. Then in 2019 Shola became only the second Westfields student to win the coveted Champions Trophy at NSW CHS (fastest female over 100m of any age). By the end of 2019 Shola went onto the Australian All Schools and became only the second student in history to break the 12 second barrier taking home the National Bronze medal recording 11.92 in the heats and 11.83 (4.0) in the final. At the 2020 NSW All Schools Shola recorded her best result with 11.80 seconds placing her as the second fastest WAC athlete of all time.

Then to add even more strength to the Westfields Sprint Squad in 2017 **Aleksandra Stoilova** competed at the NSW Juniors wearing the Westfields Uniform for the first time. Running into the strongest headwinds recorded at SOPAC in years (-4.7) Aleks won Bronze in a modest time of 13.45 seconds. Then she proved her worth at the Australian Junior Championships when running into another headwind (-0.4) she won the National silver medal in 12.50 seconds. One year younger than Shola, Aleks is running the same times Shola was at that age. During the 2018-19 season Alex would win both National 100m titles at Australian All Schools and Australian Juniors bringing her P.B. down to 12.21. By the end of 2019 at the Australian All Schools Aleks again improved her P.B. to 12.05 in the heats and ran 11.85 (4.0) in the final. Her first legal sub 12.00 time came at Interclub in December 2020 with a sensational 11.90 even though she had run several sub 12 second times with wind assistance. Aleks would go onto win the NSW All Schools in December of 2020 breaking the meet record of 11.81 just slightly over the legal wind limit (2.2). Aleks would then in April, one week before the Australian Juniors record an 11.72 (3.0)

100m Male (Westfields Athletes all time)

- 10.35 Hayden Kovacic (21) 2016 Rio de Janeiro Olympic Test Event
- 10.56 Fabrice Lapierre (19) (10.48 3.9) 2002 World Juniors, Kingston Jamaica
- 10.62 Godwin Opoku-Mensah (17) Australian Junior Champs, SOPAC
- 10.64 John Thornell (19)
- 10.69 Robert Marks (22) (10.55 2.2)
- 10.72 Rashid Kabba (16) NSW Juniors, SOPAC

- 10.80 Joven Clarke (17) (10.49 ?.) 2000 NSW All Schools, SOPAC
- 10.83 Yadin Ngeng (16) (10.59 4.4) 2016 Australian All Schools, AIS Canberra
- 10.88 Daniel Small (18) (10.83 2.6)
- 10.90 Malikye Kessie (17) NSW Juniors, SOPAC
- 10.91 Kyle Alexis (17) (10.89 ?.) 2013 NSW CHS, SOPAC
- 10.91 Paul Stickler (19) (10.81 (3.9) 2002 NSW All Schools, SOPAC
- 10.92 Zac Zaineddine (18) All Comers, Bankstown
- 10.92 Ben Southwell (19)
- 10.95 Dominic Darko (17) (10.83 2.1) Treloar Shield 5, SOPAC 2017
- 10.99 Kurt Jenner (23) USA 2015
- 10. 94 Bryse Besters (17) (2.6) Illawong High Velocity 4, Barden Ridge

100m Female (Westfields Athletes all time)

- 11.61 Hayley Butler (29) 2014 Australian Open, Brisbane
- 11.80 Shola Adeniran (16) NSW All Schools, SOPAC 8th Dec 2020
- 11.89 Aleks Stoilova (16) NSW Juniors, SOPAC 2021 (11.72 3.0) Illawong High Velocity 4, Barden Ridge
- 12.25 Isabelle Lhotka (14) 2015 Australian Youth Championships, SOPAC
- 12.40 Cara Berry (15) 2005 NSW CHS, SOPAC
- 12.43 Naomi Bligh (17) 2003 NSW CHS, SAC (12.23 prior to joining WAC)
- 12.4 Kerry Rodziewicz (14) SSW Region, Campbelltown
- 12.75 Faye Ihnativ (13) NSW All Schools, ES Marks
- 12.77 Alexandra Alizart (17) Illawong High Velocity 1, Barden Ridge
- 12.86 Destiny McGoon (15) Illawong High Velocity 2, Barden Ridge