

# Shola Adeniran

D.O.B. 25/09/2004

Coach: Dan Suchy

Occupation: Student year 9 Westfields Sports

Club: Joined Westfields A.C. in 2017

## Honours:

**NSW CHS, NSW All Schools, NSW Youth 100m Champion**

**National All Schools & National Youth 100m Silver Medallist**

**Number 2 All-time Open female Westfields 100m**

**2019 Champions Trophy (fastest female 100m NSWCHS)**

## Progression

Year (age)	100
<b>2016 (12 years)</b>	<b>12.99</b>
<b>2017 (13 years)</b>	<b>12.28</b>
<b>2018 (14 years)</b>	<b>12.14 (11.91 3.7)</b>
<b>2019 (15 years)</b>	<b>12.17</b>

## Records

Westfields 13 years 100m 12.28 (school and club)

Westfields 14 years 100m 12.14 (club record)

Westfields 14 years 100m 12.16 (school record)

Westfields 15 years 100m 12.17 (school and club)

## National Championships:

**2017 Australian All Schools (Adelaide) –**

U14 100m Silver medal 12.28 (0.2)

U14 4x100 Gold 48.91 (2<sup>nd</sup> leg)

**2018 Australian Junior Championships (SOPAC) –**

U15 100m Silver 11.91 (3.7), (heat 12.30 0.9)

4x100m Silver medal 47.58 (2<sup>nd</sup> leg)

**2018 Australian All Schools (Cairns)**

U16 100m Bronze 12.16 (-1.0), Heat 12.39 (-2.4)

U16 4x100m Bronze 47.89

U16 Swedish relay Silver 2.18.94

**2019 Australian Junior Championship**

U16 100m Silver medal 12.23 (-1.9), (heat 12.43 -2.7)

U16 4x100m Gold 47.12

## NSW Championships

**2017 NSW Little A's**

U13 100m 4<sup>th</sup> 12.64 (NWI)

**2017 NSW CHS**

13's 100m Gold 12.85 (-0.5), (heat 12.65 -1.3)

**2017 NSW All Schools**

U14 100m Gold 12.65 (-1.6), (heat 12.86 -2.0)

**2018 NSW Little A's**

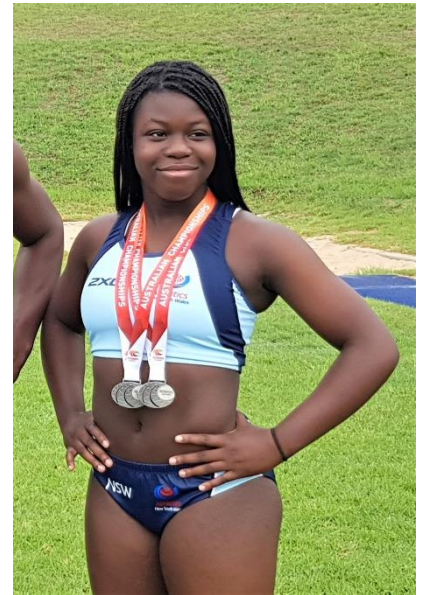
U14 100m Bronze 12.38 (NWI), Heat 12.33 (NWI)

**2018 NSW Junior Championships**

U15 100m Gold 12.72 (-2.2), heat 12.66 -0.8)

**2018 NSW Little A's**

U15 100m Gold 12.35, heat 12.88



## **2018 NSW CHS**

15's 100m Gold 12.42 (NWI), heat 12.44 (NWI)  
15's 200m Silver 25.34 (NWI), heat 26.17 (NWI)

## **2018 NSW All Schools**

U15 100m Gold 12.66 (-2.1), heat 12.45 (-1.1)  
U15 200m heat 26.48 (2.2)

## **2019 NSW Junior Championships**

U16 100m Gold 12.26 (2.4), heat 12.44 (1.9)

## **2019 NSW CHS**

100m Gold 12.17 (0.6), heat 12.29 (2.3)

## **Brief History**

Successfully enrolling in the Westfields Athletics Program in 2017 Shola (short for Adeshola) was quick to display her potential by winning all 100m races at School, SSW Region, CHS and NSW All Schools. She was selected to represent her State at the Australian All Schools in Adelaide in December of 2017 which became her first national level tournament.

However there were issues which would prevent her from training and competing. Shola was diagnosed with serious shin splint soreness and for 10 months she would be unable to train, except for occasional light runs usually on grass. She travelled to Adelaide under these conditions and would contest the Australian All Schools missing 90% of her training preparation. So it was with pure natural talent that she almost won the National title in the 100 metres less than a tenth from victory and coming home with the Silver medal. Her time of 12.28 seconds became the 3<sup>rd</sup> fastest time by any female of any age in the history of Westfields. Then in 2018 she contested the NSW Junior Championships and easily won the U15 100m title into strong headwinds. Once again she would be running against the National Champion from Queensland and once again Shola took the Silver at the 2018 Australian Junior Championships just hundredths behind her nemesis. She ran almost the same time as in Adelaide (12.30) and most significantly had experienced what it must feel like running under 12 seconds in the heat with 11.91 (3.7).

Then in July of 2018 after 10 months of shin soreness Shola was finally cleared to start slowly returning to training. She travelled to Gold Coast with the Westfields Downunder team and as fate would have it she would once again be running against the Queenslander who had twice beaten Shola at their only two encounters. With almost no training under her belt in 10 months Shola proved her determination by convincingly winning in a new personal best time of 12.14 seconds. From a bad start and almost 5 metres behind Shola came home like a train and snatched victory and revenge. Her time of 12.14 is now number 2 all-time in Westfields History behind World Championships and Commonwealth Games athlete Hayley Butler.

Returning from the Gold Coast, Shola would go on to maintain her dominance of the 100m when she easily won both the NSW CHS and NSW All Schools Titles. Travelling to Cairns for her second assault on the Australian All Schools she would be competing up an age group. In the previous year Shola had missed the Gold by a few hundredths of a second. This time running into headwinds and torrential rain in the middle of a tropical storm, Shola probably ran won of her best ever races. Finishing 3<sup>rd</sup> she clocked 12.16 into a strong headwind; theoretically breaking the 12 second barrier allowing for win adjustment.

Shola reasserted her position as one of Australia's best future prospects during the 2019 season. After successfully defending her NSW Junior title she came the closest ever to taking the National Junior Title. In 2018 she had been pipped at the line by a few hundredths and this time it was by the smallest of measured increments; Shola won Silver again just one hundredth of a second from the lead. Then Shola would make history when at the 2019 NSW CHS Championships she became Westfields first ever winner of the Champions Trophy. This title is awarded annually to the fastest female 100m winner at the State Championships. Shola won in a sizzling time of 12.17 seconds almost a new personal best. This was followed with another successful NSW Junior Championships where she easily won the 100m for the 3<sup>rd</sup> consecutive year in a row.

At the time of writing, Shola is preparing for her 3<sup>rd</sup> Australian All Schools Championships to be held in Perth in December.

### **Some Interesting Facts:**

- Shola is the only Westfields female to ever win the Champions Trophy (NSWCHS 100m fastest time)
- Shola is the number 2 all-time fastest ever 100m sprinter (Hayley Butler -World Championships, Comm. Games)
- Shola won 15 out of 17 races in 2017-2018 season (only defeated at NSW Little A's and Australian All Schools/Juniors)
- Since joining Westfields in 2017 Shola is undefeated three years in a row at NSWCHS
- Since joining Westfields in 2017 Shola is undefeated three years in a row at NSW All Schools
- Since joining Westfields in 2017 Shola is undefeated three years in a row at NSW Juniors
- Shola is the sister of Westfields 100m State medallist Larry Adeniran (who also has had prolonged shin issues)
- Shola has unofficially joined the 11 second club albeit wind assisted

**100m Female (Westfields Athletes all time)**

- 11.64 Hayley Butler (27) 2012 Australian Open, Brisbane
- 12.14 Shola Adeniran (14) 2018 Downunder, Griffith Uni, Gold Coast (11.91 3.7 Aust All Sch)
- 12.21 Aleksandra Stoilova (14) 2019 Australian Junior Champs, SOPAC
- 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