

Audrey Nadaya-Harb

D.O.B. 09/08/2006

Coach: Shane Castlereagh (Previous Ron White)

Occupation: Student year 7 Westfields Sports

Club: Joined Westfields A.C. 2018/19 season



Honours:

Australian Junior Champion U14 Triple Jump 2019

Australian Junior Championships Silver Long Jump 2019

Achieved number 1 National ranking U14 Triple Jump 2019

Achieved number 2 National ranking U14 Long Jump 2019

Captain of NSW team 2018 Pacific Schools Games

Progression

Year (age)	100	High Jump	Long Jump	Triple Jump
2016 (10 years)	14.64	1.36	4.66	-
2017 (11 years)	14.46	1.53	4.79	9.35
2018 (12 years)	13.72	1.64	4.96	10.50
2019 (13 years)	13.08 (12.8)	1.60	5.29	11.55

National Championships:

2016 PSSA Schools Games Sydney

Long jump 10yrs Bronze 4.66

800m 10yrs Medley relay Silver

Combined event 10yrs 5th 938 pts (100 14.64, 800 2.46.25, LJ 4.48, SP 6.68)

2017 Pacific Schools Games Adelaide

High Jump 11yrs Bronze 1.53

Long Jump 11yrs 10th 4.36

2018 PSSA Championships Melbourne

High Jump 12yrs Silver 1.64

Long Jump 12yrs 6th 4.96

2019 Australian Junior Championships, SOPAC

High Jump U14 7th 1.49

Long Jump U14 Silver 5.11 (-1.0)

Triple Jump U14 Gold 11.55 (0.7)

NSW Championships

2016 Little A's State Championships

70m U10 5h 11.11

100m U10 8h 15.51

High Jump U10 Silver 1.36

Long Jump U10 4th 4.15

2017 NSW Little A's State Championships

100m U11 14.72 6h

High Jump U11 Gold 1.43

Long Jump U11 5th 4.38

Triple Jump U11 4th 9.35

2017 PSSA State Championships

100m 11yrs 14.46 heat

200m 11yrs 29.42 heat

High Jump 11yrs Gold 1.53

Long Jump 11yrs Bronze 4.79

2018 NSW Little A's State Championships

High Jump U12 Silver 1.56

2018 PSSA State Championships

100m 12-13 13.84 sf (heat 13.72)

200m 12-13 sf 29.31 (heat 28.43)

Long Jump 12-13 Silver 4.96

High Jump 12-13 Silver 1.58

2019 NSW Junior Championships

High Jump U14 Silver 1.60

Long Jump U14 Silver 5.12 (1.3)

Triple Jump U14 Gold 11.16 (1.3)

2019 NSW Little A's State Championships

Long Jump U13 4th 5.05

High Jump U13 12th 1.45

Brief History

When Audrey Nadaya-Harb had applied for Westfields Sports in 2018 she had already achieved much success at National level having medalled at the 2017 Pacific Schools Games in Adelaide with an impressive clearance in the high jump of 1.53 metres. She breezed through the testing day at Westfields and was keen to join the Westfields Athletics Club and begin training before her commencement in year 7. She began working with Ron White and he immediately saw the potential in her, particularly in events she had not yet excelled; specifically, long and triple jump. Under Ron's tutelage she achieved even more success when she travelled to Melbourne for the 2018 Australian PSSA Track & Field Championships where she scored personal best performances in both long jump (4.94) and high jump (1.64). Her effort in high jump was an outstanding improvement and it earned her the Silver medal.

2019 became Audrey's finest year. In her first year in high school Audrey was thriving in the sport that she apparently had previously contested mainly on her own natural ability with minimal training. Now with regular training her performances, and more importantly her self-confidence, were becoming increasingly impressive. The NSW Junior Championships were her first attempt at participating at senior level. Her Silver medal in the high jump was impressive but not nearly as impressive as her P.B.'s in long and triple jump. For the first time she had broken the 5 metre and 11 metre barriers in a major competition. This placed her high in the National rankings and put her in a position to be extremely competitive at her upcoming first ever National Championships.

At the Australian Junior Championships Audrey was in a close battle for the Triple Jump title. She had jumped the exact same distance as her Victorian nemesis (11.00m) and seemed content enough with one round to go until Ron pointed out to her that on a count-back she was sitting in second position. I can remember Ron describing the look on her face as he delivered the news she was in second. She took her position on the runway and with one final attempt she jumped 11.55 metres in one of the most impressive come-back performances I have ever experienced. Her next event was the long jump and Audrey once again delivered a superior performance taking the Silver medal with another P.B. of 5.11 metres.

At the time of writing Audrey has recently set new P.B.'s in 100m and long jump at the Westfields Athletics Carnival and at the Sydney South West Regional Championships set two records in long and triple, and finished 2nd by one point in the 13 years Age Championship with a massive aggregate point score of 36 points.

Sadly our dear friend and coach of 25 years Ron White passed away shortly after the Australian Junior Championships. Audrey and all her training partners have been courageous during the difficult time of mourning Ron's passing. Ron was part of the Westfields family for quarter of a century. Our new jumps coach Shane Castlereagh has taken over looking after the squad and already is achieving great results.

Some Interesting Facts:

- Audrey becomes the first ever WAC female to win an Australian Triple Jump title
- Her leap of 11.55 metres as a 13 year old is longest distance ever achieved by WAC female of any age (open record)
- Audrey's National title in triple jump came after only a few months of training for the event with coach Ron
- The 11.55 metres triple jump effort became the National number 1 ranked performance in a 12 month period
- Audrey set a new SSW Region Record in Long Jump of 5.26 breaking the existing record set 25 years ago back in 1994
- Audrey set a new SSW Region Record in Triple Jump of 11.23 breaking the existing record set 21 years ago back in 1998
- Audrey was elected Team Captain of NSW at the 2018 PSSA Nationals held in Melbourne

