

Kyle Alexis

D.O.B. 1996

Coach: Dan Suchy (previous: also Ron White, Fred O'Connor)

Occupation:

Club: Joined Westfields A.C. 2008/9 season

Honours:

2011 Australian U16 long jump Champion

2013 Westfields Sports Blue

2013 Sydney South West Region Blue

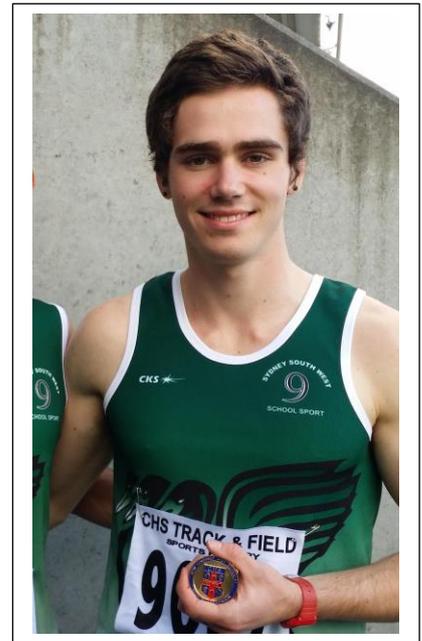
2013 NSW CHS Blue

2013 Sydney South West Region Scholarship

2013 NSW CHS Scholarship

2013 Mumford Cup (Boys 17+ 100m CHS Champion)

2018 Awarded Life Membership of WAC



Progression

Year (age)	100	200	400	Long jump	Hurdles
2009 (13 years)	12.55	24.81	Not contested	5.58	13.56 (90m)
2010 (14 years)	unknown	24.44	Not contested	5.95	15.36 (100m)
2011 (15 years)	11.75	unknown	Not contested	6.45	retired
2012 (16 years)	11.41	22.46	49.82	6.66	retired
2013 (17 years)	10.97	21.56	48.72	retired	retired
2014 (18 years)	11.02	21.97	50.46	retired	retired

National Championships:

2009 Australian All Schools & Youth Championships, SOPAC

90m hur U14 DQ, 13.56 (0.5) 5h

2010 Australian Junior Championships, SOPAC

Pole V. U15 Bronze 2.60

2011 Australian Junior Championships, SOPAC

Long J. U16 Gold 6.45 (1.6)

High J. U16 12th 1.65

Pole V. N.H.

2012 Australian Junior Championships, SOPAC

200mm U17 8th 22.97(0.9), 22.83 (1.1) 4h

Long J. U17 ND

2013 Australian Junior Championships, Perth

400m U18 5th 49.60, 49.87 3h

2016 Australian Open Championships

200m Open 22.31 (-1.7) 5h

NSW Championships

2009 NSWCHS State Championships

100m 13 4th 12.55 -1.4, (heat 12.05 NWI 3h)

200m 13 DQ (heat 24.81 1.9)

4x100 13 Gold 49.02, (heat 49.73 1h)

90m hur 13 Gold 13.63 0.2, (heat 13.86 1.5 1h)

Long J 13 Silver 5.58 NWI

2010 NSW CHS State Championships

200m 14 7th 24.44 NWI

100m hur 14 Gold 15.36 (NWI)

4x100 14 Gold 47.38

Long J 14 Gold 5.95 NWI

2011 NSW CHS State Championships

100m 15 DNS, (heat 11.75 1.0 6h)

4x100 15 Silver 46.14, (heat 46.65 2h)

High J 15 1.75 5th

Long J 15 5th 5.82

2012 NSW Junior Championships

100m U18 4h 11.66 (-0.5)

200m U18 4h 23.13 (-1.8)

110m hur U18 110m hurdles 10th 19.42

Long J. U18 Bronze 6.66 (1.9)

2012 NSW CHS State Championships

100m 16 Silver 11.41 1.1, (11.41 -1.8 2h)

200m 16 Gold 22.46 2.0, (22.59 0.5 2h)

400m 16 Gold 49.82, (heat 51.49 1H)

4X100 16 Bronze 45.23, (heat 44.89 1h)

Long J 16 Silver 6.51 (NWI)

2012 NSW All Schools

400m 16 4th 49.41, (heat 51.84 4h)

2013 NSW Junior Championships

200m U18 Bronze 22.42 (-1.6), 2h 23.49 (-7.5)

400m U18 4th 49.77, 2h 50.85

2013 NSW CHS State Championships

100m 17+ Gold 10.97 NWI, (10.98 NWI ih)

200m 17+ Gold 21.56 NWI, (heat 22.16 NWI)

400m 17+ Gold 48.72, (heat 49.67 1h)

4x100 17+ Gold 43.22, 43.84 1h) Rec.

2013 NSW All Schools

100m 17 Bronze 11.02 1.3, (heat 10.86 3.3 2h)

200m 17 Bronze 21.76 0.5, (heat 21.97 1.3 3h)

400m 17 (heat 50.35 3h)

2014 NSW Junior Championships

200m U20 9th 23.86 (0.6) 3h 22.18 (1.7)

2014 NSWCHS State Championships

100m 17 DQ, (heat 11.45 NWI 1h)

200m 17 Gold 22.32 -3.2 (heat 22.84 NWI 1h)

400m 17 Bronze 50.46, (heat 50.69 2h)

4x100 17 5th 44.89 (heat 45.32 5h)

2020 NSW Open

200m 22.56 7th (-1.1), 22.48 2h (-0.8)

Brief History (note: Results from NSW Juniors prior to 2013 are currently unavailable)

One of the first memories I have of Kyle was turning up to Sunday morning training at SOPAC warm-up track as a 13 year old with a black leather jacket and helmet under his arm. His mother had delivered him on her motorbike to training for the first time. As a first impression it was certainly an "eye opener" to an old traditionalist like me and clearly a memorable moment. Little did I know at the time that Kyle would eventually become one of our highest achieved athletes and his mother and family would become one of the club's most valuable supporters. Despite my first impression at the time, both were then and still are now two of the most genuinely friendly and loyal additions to the Westfields family.

Accepted into Westfields Sports at the 2008 testing day Kyle was clearly a talented athlete, he showed speed, strength, coordination and most significantly a will to get involved. He had for only one season in primary school competed in the Little A's system and in his words at the time he had "lost interest". So his beginning at Westfields in year 7 was to be somewhat of a new experience for him. He would, all of a sudden, be working with three coaches; Such in sprints and hurdles, the late Fred O'Connor in jumps and the late Ron White in Pole Vault. His enthusiasm to learn and compete was 'a breath of fresh air'.

By September of 2009 (year 7) Kyle had already come a long way by qualifying through Sydney South West Region to compete at NSW CHS State Championships in 5 events. His medal tally would be an impressive 2 Gold and 1 Silver; winning the 90m hurdles and 4x100m relay and taking Silver in the long jump. He was very close to a medal in the 100m when he came from almost last out of the blocks to finish in 4th place. However, more disappointing was the 200m where he was disqualified in the final. This would most likely have been another medal, considering Kyle's trade mark as being slow out of the blocks and the 200m leaving plenty of room for 'catch up'. Yours truly had no doubt the result could have been another Gold.

The NSW All Schools is usually the next big meeting, however Kyle had become injured during NSW CHS and would miss that opportunity. A simple groin injury that would not properly heal for a long time. As it would turn out, Kyle would for the next 3 years have to choose which events he could do depending on the limitations of the injury. Late in the year he had also qualified in the 90m hurdles for the 2009 Australian All Schools in Sydney where he ran a personal best in the heats and was the 5th fastest qualifier. However another mishap in the final saw him disqualified for the second time in 2009. With the injury playing up again, by the end of the season Kyle made the decision to limit his events and concentrate on the pole vault. He qualified for the 2010 Australian Junior Championships and picked up a commendable Bronze medal with an impressive height of 2.60m in the U15 age group.

Kyle would have 6 months to rest the injury before he needed to contest the next major tournament; the 2010 NSW CHS Championships. Once again it became a brilliant meet for him when he improved his 2009 performances by successfully defending his State hurdles title and stepping up his long jump silver to Gold. It was three Gold medals including the 4x100m relay. An outstanding achievement. However, the injury would return and Kyle, for the second year in a row, had to miss the NSW All Schools.

By the end of the 2010-11 season Kyle's performances were improving rapidly and he qualified to compete at the 2011 Australian Junior Championships in 4 individual events. The schedule including heats and finals required 5 events in 4 days. Kyle no-heighted in pole vault and finished 12th in the high jump. After reporting his groin was extremely sore he was instructed to withdraw from the hurdles. The last of his commitments was the long jump final on the last day of competition. It was the Monday (a school day) and Kyle said he wanted to attend to watch the competition. Kyle informed me his groin was still sore and accordingly I stayed at school to teach. It was about 2.30pm in the afternoon when Kyle rang me and said "guess what?" I had no idea what he was on about. He informed me he had won the Gold medal and was the new Australian U15 long jump champion! He had competed through the uncomfortable issues associated with the groin and like a true champion with no pressure on him, had performed an incredible and unexpected victory.

The 2011-12 season would be Kyle's most difficult with no individual State medals until 12 months later when he snatched a Bronze medal in the U18 long jump at the 2012 NSW Juniors with a personal best performance of 6.66 metres competing up an age group (ironically back then NSW did not provide U15 nor U17 age groupings; despite being contested at National level). However there were some 'close calls' with 4th in both 100m and 200m at the same Championships. Kyle also attempted to revive his early success in the hurdles and ran the 110m hurdles, but the worst event for groin injuries is just that and it was an uncomfortable and probably embarrassing 9th place in the final.

What was clear about the 2012 NSW Juniors was that despite still struggling with the old injury issue, it was beginning to finally clear up and Kyle was getting faster and stronger. What happened 6 months later at NSW CHS was both unexpected and spectacular. The NSW CHS Championships had each year been his most successful meet with regular State Titles going his way. But nothing prepared us for how an uninjured Kyle would perform. Kyle won the sprint double taking Gold medals in 200m and 400m. Then took Silver in the 100m and long jump and Bronze in the 4x100m relay for a tally of 5 medals. This had not been achieved since John Thornell back in 2001 also with 5 medals. Significantly, Kyle won his first ever medal in the 100m from which his starts had always been slowish. Better than that; Kyle became only the third WAC athlete in history to break the 50 second barrier in the 400m.

There was a slight return to injury and to be safe Kyle would only contest the 400m at the 2012 NSW All Schools just a month away. A courageous 4th placing in a closely contested final produced a new personal best time of 49.41. The 2012-13 season would end with strong performances at the 2013 NSW Juniors; Bronze in 200m and his 3rd sub 50 second 400m run (49.77) to take 4th again in a strong field.

Now in year 11, Kyle at the age of 17 was about to undergo one of the most successful 6 months of competition by any athlete ever. He won the SSW Region Age Champion for the umpteenth time and would again contest 4 events at NSW CHS. But this time at CHS his performances were so impressive he was clearly the athlete of the meet. For the first time in Westfields History and probably CHS History, Kyle won the sprint treble; Gold in 100m, 200m and 400m. Better than that were the times. Quite often Gold medals 'can be easy pickings' and sometimes they can be achieved with average times. Not so with Kyle. He ran under 11 seconds in 100m, under 22 seconds in 200m and under 50 seconds in 400m. In effect he joined the 10 second club and the 21 second club for the first time and the sub 50 second club for the 4th time. His times were outstanding 100m in 10.97, 200m in 21.56 and 400m in 48.72; all P.B.'s. He ran eight races in 3 days. To put the icing on the cake Kyle also anchored the 4x100m relay to win his 4th Gold medal; a perfect performance (4 from 4). Kyle had never won a 100m event at State level before and as luck would have it this particular title would be accompanied by the Mumford Cup' which is the prestigious perpetual award presented to the winner of the boys 17+ 100m race. Only once before had this been won by a Westfields student; John Thornell back in 2008. Oh, and by the way; the 200m time was a World Youth qualifier at the time.

As a result of Kyle's unbelievable performances at NSW CHS 'all hell broke loose'. Kyle would win the Westfields Blue, The SSW Region Blue and the CHS Blue. (The term 'Blue' is globally recognised as the highest achievement in sport). He also won the SSW Region Scholarship and the NSW CHS Scholarship. Whereas Westfields students had previously won CHS Blues, no one had ever won the CHS Scholarship. He was considered for the nomination against all sports and he was up against International sportspersons in Golf, League, Cricket etc. Kyle was chosen as the winner at a Gala reception in the function room of Stadium Australia in front of 300 guests. Along with the honours of the SSW and CHS Scholarships came prize money of \$1500 and a 12 month \$1000 voucher at the Sydney Fruit Markets after which the scholarship was named.

Kyle, having reached the peak of his career thus far, he would not disappoint in his last year of school in 2014. It would not deliver the 4 out of 4 Gold medals, but it definitely had its 'sweet spot' when he would win his 3rd consecutive 200m title, 2012, 2013 and 2014. A Bronze in the 400m was added, but unfortunately Westfields could not field a strong enough relay team and they finished 5th just out of the medals. Kyle graduated in 2014 and as work commitments and life in general would inevitably determine he had infrequent periods off from competitive athletics over the ensuing years. Several niggling hamstring and similar injuries would make it difficult to remain frequently fit. Nevertheless Kyle, with little training under his belt did qualify for the 2016 Australia Open Championships in 200m where he performed admirably under the circumstances. At the time of writing Kyle has come back with a vengeance with a regular training regime, albeit it sometimes disrupted by a few minor muscular issues and commenting that he has never felt so good in training over 200m throughout the 2019-20 season. However as fate would have it, and through no excuse or fault on his behalf, the 2019-20 season would be the most disrupted season in Australia's history. Meets being cancelled by air quality from the worst bushfire period in history, excessive temperatures and then finally the COVID-19 virus. Every time Kyle was ready to perform, the opportunity to run his favourite event would be cancelled time and time again. Despite all these cancellations, Kyle would have the opportunity to compete at his first State Championships in 3 years when he entered the Mens Open 200m. On a day of headwinds when no athletes were going to run fast times, Kyles goal was to make the final. He did this with ease placing 2nd in his heat and qualifying for the A final. Kyle finished in 7th place in a quality race.

In 2018 Kyle was awarded Life Membership of the Westfields Athletics Club for 10 years of outstanding service to WAC.

Some Interesting Facts:

- In 2013 Kyle became the only Westfields athlete to ever win all Sporting Blues in the school system in the same year; Westfield Blue, SSW Region Blue and NSW CHS Blue
- In 2013 Kyle became the only Westfield student in any sport to win the NSW CHS Scholarship (shortly after also winning the SSW Region Scholarship)
- In 2013 Kyle became only the 2nd Westfields athlete to become the CHS 17+ 100m Champion and be awarded the prestigious Mumford Cup.
- Kyle is the only known athlete to ever win the sprint treble at NSW CHS State; 100m, 200m and 400m. In doing so they were all P.B's 10.97, 21.56 and 48.72
- Kyle has won both School and SSW Region Age Champion 6 years in a row.
- Kyle's success as a hurdler (CHS gold year 7 & year 8) was cut short with ongoing groin injuries. For three years he would have to change event preferences to protect the injury. As a result he would win National Bronze in Pole vault and National Gold in Long jump before he was able to returned to the sprints.
- Kyle has the 2nd fastest time ever recorded by a WAC athlete over 400m 48.72, behind James Thistleton 47.64.
- In 2013 when Kyle won Bronze in the 200m at the NSW All Schools he ran into the strongest headwind ever recorded by a WAC athlete. 7.5 m/s (-7.5)