

Athlete profile no. 4

Yadin Ngeng

D.O.B. 10/04/2000

Coach: Dan Suchy

Occupation: Student

Club: Joined Westfields A.C. in 2014

Honours:

2016 Westfields Blue

2016 SSW Region Blue

2016 NSW Youth U17 100m Champion

2013,14 &16 State Champion NSWCHS 100m & 200m

2016 State Champion NSW All Schools 100m & 200m

2016 National Champion Australian Junior & Youth (U17) 100m

2017 NSW U18 100m and 200m Champion

2017 NSW Open 200m Champion

2018 National Champion Australian U18 200m



Progression

Year (age)	100m	200m
2013 (13 years)	11.78	24.09
2014 (14 years)	11.70	23.03
2015 (15 years)	11.14	22.55
2016 (16 years)	10.83 10.73 (3.4)	21.52 21.33 (2.4)
2017 (17 years)	10.59 (4.4)	21.14

International Championships / Domestic Classics:

Hunter Track Classic 2017 – 100m 4th 11.10 (-2.0)

Sydney Invitation – 200m 3rd 21.25 (1.1) CYGQ

2017 Commonwealth Youth Games, Bahamas – selection 200m pending.

National Championships:

2015 Australian Junior Championships (SOPAC) –

U16 200m 23.03 heat q withdrew injured.

4x100m Gold medal 42.51

2015 Australian Junior Championships (Perth) –

U17 100m Gold medal 11.14 (-0.4),

U17 4x100m Silver medal 42.01

2016 Australian All Schools Championships (Canberra) –

U18 100m 6th 10.76 (2.4) heat 10.91 (0.6),

U18 200m Silver medal 21.47 (3.0) heat 21.89 (-1.1)

U18 4x100 Gold medal 41.04

2016 Australian Schools Knockout Final (Canberra) – U17

100m 1st 10.83 (2.0)

U17 200m 1st 21.33 (2.4)

U17 Sprint medley (100,300,200,400) 4th 2.05.53

2017 Australian Championships (U18) SOPAC -

U18 200m Gold medal 21.14 (1.0), heat 1st 21.70 (-0.4)

U18 4x100 relay Bronze 42.17

NSW Championships

2013 NSW CHS –

13 years 100m Gold medal 11.92 (11.78 heat)

13 years 200m Gold medal 24.09

13 years Long jump 9th 5.14

2014 NSW LA State

U14 100m 4th 11.71 (11.84 heat)

U14 200 24.30 Q heat, withdrew final

U14 Triple jump 7th 11.18

2014 NSW CHS – Gold medal

14 years 100m Gold medal 11.89 (-1.7), (11.70 -2.8 heat)

14 years 200m Gold medal 23.16 (0.6), heat 25.08 (NWI)

15 years 4x100m Silver medal

2014 NSW All Schools –

14 years 200m 5th 23.51 (0.7), (23.11 1.4 heat)

14 years 100m 8th 11.92 (-1.0), (11.76 1.4 heat)

2015 NSW Junior & Youth

U16 100m 4th 11.64 (-1.4), (11.66 -1.8 heat)

U16 200m Silver medal 23.23 (1.6)

2015 NSW CHS –

15 years 100m 5th 11.74 (NWI) (11.49 NWI heat)

15 years 200m Silver medal 23.30 (NWI)

15 years 4x100m Gold medal 44.38

2015 NSW All Schools –

U16 100m 4th 11.79 (-1.4), (11.66 -0.8 heat)

U16 200m Bronze medal 23.23(1.6), (23.32 0.0 heat)

2016 NSW Junior & Youth

U17 100m Gold medal 11.12 (0.3), (11.24 -0.5 heat)

2016 NSW CHS –

16 years 100m Gold medal 11.15 (NWI), (11.25 0.3 heat)

16 years 200m Gold medal 21.90 (2.4) (22.64 2.2 heat)

16 years 4x100m Gold medal 43.71

2016 NSW All Schools –

16 years 100m Gold medal 10.73 (3.4), (10.91 2.0 heat)

16 years 200m Gold medal 21.52 (0.6), (22.43 1.1 heat)

2017 NSW Junior & Youth

U18 100m Gold medal 10.59 (4.4), (11.01 0.8 heat)

U18 200m Gold medal 21.40 (0.7) (22.96 1.3 heat)

2017 NSW Open

100m 8th 11.21 (-1.6) (2nd heat 11.03 -1.4), (2nd semi 11.03 -0.6)

200m Gold medal 21.62 (0.2) (1st heat 22.02 -3.6)

Brief History

During 2013-2014 Yadin had been participating in Little A's with some success at Liverpool Little A's centre. More significantly he had one the sprint double (100m & 200m) at NSW CHS in year 7 (2013) and year 8 (2014). Apparently Yadin was enjoying the Little A's environment but receiving no formal coaching at the time. Team member and friend Renae Dehn had been gently spreading the word about Westfields Sports for a about a year. Then in 2004 Yadin's school relay team (East Hills Boys) were relegated to the silver medal by Westfields boys 15 years team. He and Dominic Darko were competing up one year in the older 15 years relay. This may have been the catalyst that sparked both Yadin and Dominic to apply for the Westfields Athletics Program.

Both boys were successfully accepted into Westfields and Yadin joined WAC and began training almost immediately (Dominic would wait until the new year to join).

It was obvious that Yadin's talent was untapped and the transition to formal training began to show. Initially Yadin's times came down, then stabilised periodically until the new workload started to pay off. Within 4 months Yadin was contesting his first ever State Youth Championships and picked up his first medal as a registered athlete – Silver in the U16 200m. One month later at the Australian Youth Championships Yadin and training partner Dominic were members of the NSW U16 4x100m relay team which won the Gold medal and smashed the Australian record. Yadin sustained an injury and after running the 200m withdrew from the National final.

2015 would have highs and lows for Yadin as niggling injuries were reoccur. He finished behind Dominic to take Silver at the NSW CHS Championships in the 200m. However bad luck struck in the 100m when his shoe laces burst open as he pushed out of the blocks in the 100m final finishing 5th behind a victorious Dominic. Yadin had failed to defend his 100m title which would have made it three years in a row. Then the NSW All Schools would have similar results when he finished 4th the 100m and taking Bronze in the 200m.

By 2016 Yadin was beginning to make his mark and was ready for an assault on his 2nd State Youth Championships although hamstring pain would take its toll. He had won the preliminary rounds in the 100m with a new P.B. but his hamstring was extremely

sore. Advised by 'Such' not to run the final he was given some pressure point treatment in the less-than-two-hour interval before the final. He ran the final and won his first NSW Title in a new personal best time of 11.12.

Four weeks later Yadin was off to Perth where he would contest the 100m and 200m in the most ridiculous National event program ever. The 200m was set down for Tuesday/Wednesday then the 100m for Sunday. This meant the Westfields team would have to stay in Perth for an entire week. They rented a beach house as a group and had to travel twice daily to and from the venue – 90 minutes each way in traffic. Dominic and Yadin decided to skip the 200m and concentrate on the 100m final. They picked up the Silver medal in the 4x100m relay competing up an age group. Then came the 100m final. After being left in the blocks (last to push out) Yadin came home like a train to snatch the National title with training partner Dominic taking the Bronze. It was a magnificent and proud day for the WAC sprints squad with our boys taking Gold and Silver in the same National final.

The best was still to come. Yadin won the NSW CHS sprint double regaining the 100m and 200m titles (3 out of 4 years) in good times. Then a month later Yadin smashed the sprint double at the NSW All Schools running sub 11 seconds and sub 22 seconds in the 100m and 200m respectively. He recorded a legal p.b. of 10.91 in the heats of the 100m and a sizzling 10.73 (3.4) in the final. Then in the 200m Yadin smashed the former World Youth Standard with an incredible 21.52 (0.6) to win the 200m by a "country mile".

Yadin was off to Canberra for the Australian All Schools where he had been selected in the older U18 NSW team. Impressive again he ran 5th in the 100m final and recorded his best time of 21.47 (3.0) to take the Silver medal in the 200m. Finally the next day in Canberra was the National Schools Knockout final. Yadin won the 100m in a new legal best time of 10.83 (2.0) and would just hours later have to contest the 200m. It would be his 7th race in 3 days. Whilst warming up for the 200m he made the comment he was not going to run fast because his entire body was sore and particularly one hamstring was very tight. Then with all the pressure off he ran the perfect race. Unlike the day before when he admitted to running the entire 200m race at full speed and running out of steam with 50m to go, this time he conserved some energy on the bend and came home down the straight without fatigue. As he hit the straight he pulled away from the rest of the field and won in 21.33 seconds. The wind gauge was just 0.4 over the legal limit. It was the performance of the meet. Ironically he commented after the race he felt good and could have gone faster.

Early in 2017 Yadin would fulfil his season goal of posting 2 qualifying standards for the 2017 Commonwealth Youth Games to be held in the Bahamas. The IAAF had just announced that the 2017 World Youth would be the last and AA accordingly announced they would not be sending a team. Yadin's goal had been to qualify for the World Youth and had already achieved the Standard of 21.56. AA then set the Commonwealth standard even harder at 21.42. Then in February Yadin was invited to compete in the Sydney Invitation 200m. He finished 3rd with an incredible time of 21.25 and backed this up on the following day with 21.40 to win the NSW Youth title.

However the best was yet to come. Yadin suffered bruising to the knee three weeks out from the Australian Championships. It took him away from training and with one week to go had to make the decision whether to participate in the NSW Little A's State Championships. It was decided this would be a good test of the knee and Yadin competed in both the 100m and 200m. As usual the 200m final would be the last of 4 races in 2 days and the worry was would the knee flare up again? Icing the knee in between each of the four races Yadin managed to run the 200m final unhindered and broke his own NSW record in his 2nd best time ever – 21.32 (1.0).

Then the following week would be the Australian Championships which was also the selection trials for the 2017 Commonwealth Youth Championships to be held in the Bahamas in July. Having missed 3 weeks of training the issue would be has Yadin lost some speed? Having run the relay for NSW late on the Monday night Yadin slept though the day on Tuesday and consequently only got 3 hours sleep before the heat and final on Wednesday. Yadin jogged the last 50m in the heat crossing the finish line in 21.70. Then 5 hours of tiresome wait for the final and Yadin would take a shower to keep himself awake before he began to warm up for the final. The final would become his finest moment. An average start out of the blocks but after 10 metres he was in the lead and would progressively pull away from the rest of the field. Crossing the finish line 8 metres ahead of the nearest competitor Yadin would the live stream commentator and the large crowd at SOPAC. He recorded his 3rd CYGQ in a sensational new p.b. of 21.14 (1.0). Hailed by ANSW and AA commentary as won of the best performances of the Championships. It elevated Yadin to number 4 in the World (Jan – March 2017) and number 2 in the Commonwealth in the Under 18 listings. Surpassing all of his goals for the 2016-17 season, the question now has to be asked how close can he go to the Australian Under 18 record of 20.90 jointly held by Olympians Paul Greene in 1989 and Darren Clarke in 1982

Interesting facts:

- Yadin has won every NSW CHS State Title in 100m and 200m from year 7 to year 10 excepting year 9 when his shoe laces burst undone as he pushed out of the blocks in the 100m finishing in 5th place and he won Bronze in the 200m
- In 2016 Yadin won every State and National Title in 100m in his age group – NSW CHS, NSW All School, NSW Youth & Australian Youth (Australian All Schools he was competing up an age group)
- Yadin is the first WAC athlete ever to win a National 100m title (Lee Williams, Ben Southwell, Hayley Butler and Fabrice have won National Silver or Bronze medals in the 100m). He is also the third WAC athlete to win a National 200m title (Srdjan Veselinovic U14 200, Fabrice Lapierre U20 200m)
- At the age of 16 Yadin has become one of the youngest athletes ever to win the NSW open 200m title and the first WAC athlete ever to win the title. We also believe Yadin is in the top 5 All-time Australians under 18 over 200m.
- In 2017 Jan-Mar Yadin is ranked number 4 in the World U18.

100m (Westfields Athletes all time)

1.	Hayden Kovacic (21)	10.35
2.	Fabrice Lapierre (19)	10.56 (10.48 3.9)
3.	Robert Marks (22)	10.69 (10.55 2.2)
4.	John Thornell (19)	10.64
5.	Joven Clarke (17)	10.80 (10.49 ?.)
6.	Yadin Ngeng (16)	10.83 (10.59 4.4)

7.	Daniel Small (18)	10.88 (10.83 2.6)
8.	Kyle Alexis (17)	10.91 (10.89 ??)
9.	Paul Stickler (19)	10.91 (10.81 (3.9)
10.	Ben Southwell (19)	10.92
11.	Kurt Jenner (23)	10.99

200m (Westfields Athletes all time)

1.	Yadin Ngeng (16)	21.14
2.	Robert Marks (22)	21.34
3.	Hayden Kovacic (21)	21.36 (21.13 2.9)
4.	Fabrice Lapierre (17)	21.40
5.	John Thornell (17)	21.42
6.	Kyle Alexis (17)	21.57
7.	Daniel Small (18)	21.60
8.	Joven Clarke (17)	21.80 (21.67 ??)