

# Alexia Mathison

D.O.B. 17/05/2011

Coach: Dan Suchy / Brett Mathison

Occupation: Student year 9 Westfields Sports

Club: Joined Westfields A.C. 2022/23 season

## Honours:

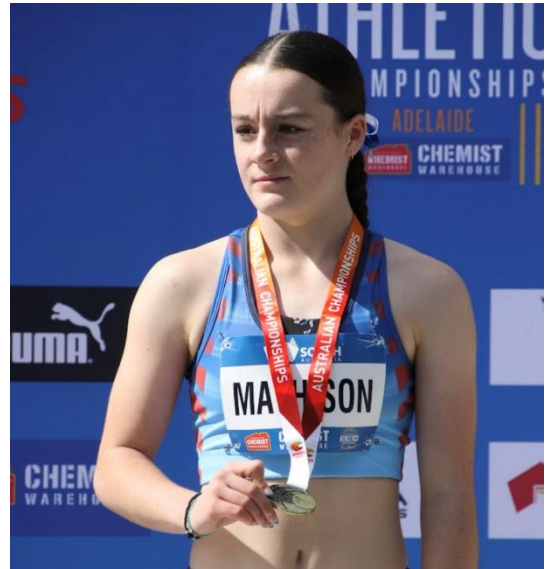
**2022 Little Athletics NSW State record 80m hurdles**

**2023 NSW CHS Athletics record 80m hurdles**

**2024 Australian Junior Champion U14 80m hurdles**

**2024 Australian All Schools Champion U14 80m hurdles**

**2024 Australian All Schools Champion U15 200m hurdles (Championship record)**



## Progression

Year (age)	60m/80m hurdles	100m	200m	200m hurdles (10)
2021 (10 years)	11.06 (60m)	14.62	30.79	-
2022 (11 years)	12.89 (80m)	14.21	29.33	-
2023 (12 years)	12.64 (80m)	13.11	28.18	-
2024 (13 years)	11.92 (80m)	12.93	26.84	27.83

## National Championships

### 2023 Australian Juniors Brisbane

U13 80m hurdles final 5<sup>th</sup> 16.45 (fell at last hurdle)

### 2024 Australian Juniors Adelaide

80m Hurdles Heats 1st 12.26 (-0.4), Final Gold 12.26 (-2.4)

U14 100m Heats DQ

### 2024 Australian All Schools, Brisbane

U14 80m hurdles 12.06 (0.5) 1h, 11.92 (-0.1) PB Gold

U15 200m hurdles 27.83 (2.0) CR Gold



## State Championships

### 2021 Little Athletics NSW

U10 1100m race walk Silver 5:53.81

### 2022 Little Athletics NSW

U11 80m hurdles 13.36 1h, Final Gold 12.89 State record

### 2023 NSW Junior Championships

U13 80m hurdles Final Gold 13.35 (-0.4)

U13 Long Jump 8<sup>th</sup> 4.15m (0.6)

### 2023 Little Athletics NSW

U12 80m hurdles 12.64 1h, Final Silver 13.01

### 2023 NSW CHS State

12 years 80m hurdles Final Gold 13.14 (0.9) NSW CHS record

12 years 100m 4h 13.64 (1.9), Final 4<sup>th</sup> 13.74 (-1.4)

12 years 200m 7h 28.45 NWI, Final 4<sup>th</sup> 28.18 (0.6)

12 years 4x100m Westfields Final Bronze 57.33

### 2023 NSW All Schools

12 years 80m hurdles Final Gold 12.68 (-1.7)

12 years 100m 7h 13.84 (-1.6), Final 9<sup>th</sup> 13.92 (-0.6)

12 years 200m 6h 28.44 (0.0), Final 8<sup>th</sup> 28.36 (1.6)



## 2024 NSW Junior Championships

U14 80m hurdles Final Gold 12.06 (1.8)

U15 200m hurdles Final Gold 29.69 (1.7)

U14 100m 5h 13.19 (0.7), Final 7<sup>th</sup> 13.39 (-1.7)

## 2024 Little Athletics NSW

U13 80m hurdles 13.24 1h, Final DNS

## 2024 NSW CHS State

13 years 80m hurdles 1h 12.73 (-2.4), Final Gold 12.56 (-0.2)

15 years 200 hurdles 3h 29.59 (0.3), Final Gold 29.11 (0.8)

13 years 4x100 2h 52.66, Final Silver 53.01

## 2024 NSW All Schools

13 years 80m hurdles 1h 12.35 (0.6), Final Gold 12.18 (0.1)

14 years 200m hurdles Final Gold 29.23

13 years 200m 10h 27.86 (-1.7)



## Brief History

One of the most interesting points of note is that Alexia won her first state medals in cross country and the race walk. Alexia won a bronze at the 2018 State Little Athletics Cross Country Championships and she won her first track medal in 2021 where she won a silver medal in 1100m walk. During the next season it became apparent that she had a natural ability in the sprint hurdles and the rise to the top of her age group in NSW was swift. Even though Alexia was actively training on a regular basis and maintaining a peak level of fitness, she adapted to the difficult complexities of hurdling almost immediately. As the 2022 Little Athletics NSW State Championships were approaching Alexia began specific training for 80m hurdles and with this albeit short term preparation she achieved the perfect result. Not only did Alexia win her first gold medal, but she also broke the State record; running 12.89 as an incredibly powerful performance for an 11-year-old.

Alexia was selected to the Westfields Athletics TSP and in 2023 she continued to excel in her athletic endeavours. Alexia contested 4 state athletics championships in 2023 (NSW Juniors, NSW Little Athletics, NSW CHS and NSW All Schools) and achieved 3 Gold, 1 Silver and another State record, becoming one of the most successful year 7 performances in Westfields Athletics' history. The only disappointing result was at her first National event at the 2023 Australian Juniors in Brisbane where Alexia fell at the last hurdle while in the lead.

In 2024, year 8 would be another successful year for Alexia as she demonstrated a disciplined and consistent attitude and effort towards her training and racing. Alexia won 2 x gold medals at the NSW Junior Championships in the 80m Hurdles and running up an age to contest a new event, the U15 200m hurdles. Alexia went on to the Australian Junior Athletics Championships in Adelaide where she won her first Australian title and this was a pleasing indication that she could have won in 2023 had it not been for the fall. The winning time was significant, 12.26 into a stiff -2.4m/s headwind (theoretical wind adjustment could have seen a sub 12 second time with just a slight legal tail wind).

In the second half of 2024 Alexia would be undefeated in all major state and national championships over the short and long hurdles events. Alexia won the 80m Hurdles and the 200m Hurdles at both the NSWCHS Athletics and the NSW All Schools Athletics Championships. Nevertheless the 2024 Australian All Schools Athletics Championships in Brisbane became Alexia's most successful competition to date. Her first event was the 200m hurdles and Alexia had to compete in an older age group (U15). Alexia won gold and broke the Australian All Schools Championship record setting a new mark of 27.83 seconds. Then within a few hours she had to run the heat and final of her main event the 80m hurdles. Alexia won gold and broke the 12 second barrier as one of only a few athletes ever to do so. The Championship record of 11.89 was almost achieved when Alexia recorded a time of 11.92 into a slight headwind, just 0.03 seconds short of achieving her second National record.

Alexia's performances in Brisbane clearly stands-up there with the most impressive ever in the 34-year history of the Westfields Athletics Club.

## Interesting facts:

- First State medal was a bronze at the state cross country championships.
- Alexia won 4 x state medals in race walking.
- Successfully defended State titles at NSW CHS, NSW All Schools and NSW Juniors in 80m hurdles 2023 - 2024
- Only WAC athlete to ever break a National Championship record competing up an age group.
- Contested 11 State finals in 80m hurdles winning 10 of them
- Won NSW CHS State in 200m hurdles competing up 2 age groups (13-year-old winning 15-year-old event)
- Alexia went the entire 2024 year undefeated at all the major championships in all hurdles races