

# Amelia Darek

D.O.B. 5/03/2009

Coach: Dan Suchy (sprints/hurdles), Shane Castlereagh (high, long & triple jump), Christie Baker (discus & javelin), Leo Dulay (pole vault), Sharyn Dickson (hammer throw)

Occupation: Student year 9 Westfields Sports

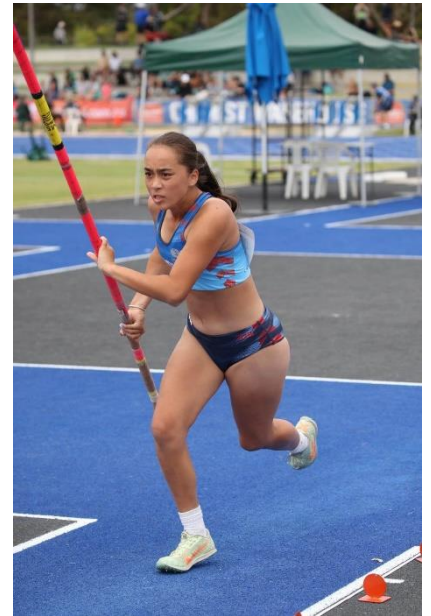
Club: Joined Westfields A.C. 2020/21 season

## Honours:

**2022 Roger Green Memorial Award**

**2022 National Bronze medal hammer throw**

**2022 National Bronze medal Pole Vault**



## Progression

Year (age)	Pole Vault	Hammer	Hurdles	Discus throw	Shot Put	Javelin
2017 (8 years)		-	12.40 (60m)	17.58 (500gm)	4.63 (2kg)	-
2018 (9 years)		-	13.12 (60m)	16.78 (500gm)	4.24 (2kg)	-
2019 (10 years)		-	12.91 (60m)	22.16 (500gm)	6.56 (2kg)	12.45 (400gm)
2020 (11 years)		-	-	22.37 (500g)	8.69(2kg)	14.04 (400gm)
2021 (12 years)		-	15.91 (80m)	29.36 (750gm)	8.16 (3kg)	25.97 (400gm)
2022 (13 years)	2.35m	40.12 (3kg)	14.04 (80m)	26.70 (1kg)	9.33 (3kg)	31.13 (400gm)

## 2020 Trans Tasman

LJ 3.38, Discus throw 17.77 (750gm), Shot Put 7.29, 100m 16.40, Relay 2<sup>nd</sup>.

## National Championships:

**2022 Australian Junior Championship**

U14 Hammer throw Bronze 31.62

**2022 Australian All Schools Championships**

U14 Pole Vault Bronze 2.35m

## State Championships

**2018 NSW Little A's State**

U9 Discus throw 23<sup>rd</sup> 10.95

**2019 & 20 NSW Little A's State cancelled - Covid**

**2021 NSW Little A's State**

U12 Shot put 20<sup>th</sup> 8.11

U12 Discus throw 22<sup>nd</sup> 18.25

U12 Javelin throw 13<sup>th</sup> 20.75

**2021 NSW Junior Championships**

U14 Long jump 17<sup>th</sup> 3.60 (1.8)

U14 Discus throw 14<sup>th</sup> 17.82

U14 Javelin throw 8<sup>th</sup> 25.97

**2021 NSW All Schools**

12's 100m 34<sup>th</sup> 14.92

12's Long jump 18<sup>th</sup> 3.75

12's Shot put 11<sup>th</sup> 8.16

12's Discus throw 12<sup>th</sup> 24.81

12's Javelin throw 5<sup>th</sup> 24.02

**2022 NSW Little A's State**

U13 Discus throw 13<sup>th</sup> 27.76

U13 Javelin throw 20<sup>th</sup> 18.90

**2022 NSW Junior Championships**



U14 80m hurd 7<sup>th</sup> 14.83  
U14 Pole vault N.H.  
U14 Discus throw 8<sup>th</sup> 24.52  
U14 Javelin throw 7<sup>th</sup> 24.80  
U14 Hammer throw Silver 29.81

#### **2022 NSW CHS**

13's 80m Hurdles 9<sup>th</sup> h m14.52 (1.1)  
13's Discus 10<sup>th</sup> 23.19  
13's Javelin 9<sup>th</sup> 26.81

#### **2022 NSW All Schools**

13's 80m Hurdles 9<sup>th</sup> h 14,04 (0.9), final 10<sup>th</sup> 14.12 (0.3)  
13's Pole Vault Gold 2.20  
13's Discus 15<sup>th</sup> 20.69  
13's Javelin 9<sup>th</sup> 25.68  
13's hammer 4<sup>th</sup> 30.50

### **Brief History**

Amelia has been competing at Little A's since the age of 7 and made her first appearance at Zone back in 2016. Like most little A's athletes, she experimented with different events in both track and field. Initially Amelia gained some success in Discus and Shot by progressing to Region in 2017 and then qualifying for her first State Championships in Javelin in 2018. Then in 2019 and 2020 COVID cancelled Little A's State and this put a hold on her progress as an athlete.

Amelia then applied for the Westfields Athletics program and was successfully accepted for 2021. She attended her first NSW Junior Championships even though this was only weeks into her appearance at Westfields. Competing up an age group she contested the Long jump, Discus and Javelin. A very strong performance gave her a top 8 finish in Javelin with an impressive p.b. of 25.97.

By the end of the year, and more State-wide Covid interruptions, Amelia contested her first NSW All Schools in various events and once again was impressive in Javelin with a 5<sup>th</sup> placing. Then Amelia discovered two new events the Hammer throw and Pole vault. Within months she was contesting the 2022 NSW Junior Championships and won her first ever State medal taking Silver in the U14 Hammer throw. Ironically Amelia was favourite to also medal in the Pole Vault having confidently jumped over the National qualifying standard in training, however she no-heighted.

Amelia was selected in her first State team to represent NSW at the 2022 Australian Championships where she was brilliant in delivering 4 consecutive p.b. throws to take the National Bronze medal.

There were two surprises at the 2022 NSW All Schools when Amelia, who had earlier in the year won the National Bronze in Hammer, then despite throwing a massive p.b. of 40.12 metres finished 4<sup>th</sup> just out of the medals and did not gain selection in the 2022 Australian All Schools team. However, after several months training in Pole Vault she won the Gold medal in 2.20m which was the best ever first leap in competition by a female in WAC's history. She went onto the Australian All Schools to be held in Adelaide where she was magnificent in jumping a new p.b. of 2.35m to take the National Bronze. Interestingly, had she also qualified for the hammer, Amelia may have become the first ever female to win medals at National level in Pole Vault and Hammer – two events that normally don't complement each other.