

# Christie Baker (nee Chamberlain)

D.O.B. 09/06/1989

Coach: Denis Knowles

Occupation: Personal Trainer/Gym Instructor/WAC Coach

Club: Joined Westfields A.C. in 2001, became Life member in 2011.

## Honours:

**2008 NSW CHS Blue**

**Westfields Hall of Fame**

**2005 Sydney Youth Olympics**

**2006 World Schools Games**

**2007 World top ten Junior**

**2014 Glasgow Commonwealth Games**

**All-time Australian Discus rankings no. 13**

**All-time Australian Shot put rankings no. 31**



## Progression

Year (age)	Shot	Discus
2004 (15 years)	13.11	43.30
2005 (16 years)	13.45	43.29
2006 (17 years)	13.44	45.90
2007 (18 years)	13.35	49.41
2008 (19 years)	13.32	48.51
2009	12.05	47.36
2010	-	51.13
2011	11.95	51.76
2012	12.31	45.35
2013	14.31	52.79
2014	14.78 pb	56.79 pb
2015	13.47	54.34

## Internationals

2005 Sydney Youth Olympics

2006 World Schools Games, Greece, 4<sup>th</sup> Discus 44.23

2006 World Schools Games, Greece, 6<sup>th</sup> Shot put 6<sup>th</sup> 13.30

2008 Beijing Good Neighbour Games (Olympic test event)

2008 Taiwan International Grand Prix, Taipei Bronze medal Shot put

2008 Taiwan International Grand Prix, Taipei Silver medal Discus

2013 Oceania Championships, French Polynesia, Gold medal Discus 50.68

2014 Melbourne IAAF World Challenge, 5<sup>th</sup> Shot Put 13.56, 4<sup>th</sup> Discus 50.94

2014 Commonwealth Games, Glasgow, 10<sup>th</sup> final 52.61

## Track Classics

2007 Telstra A series (Track Classic) Canberra 4<sup>th</sup> Shot put 12.46, 6<sup>th</sup> Discus 42.79  
2007 Telstra A series (Track Classic) Sydney, 5<sup>th</sup> Shot put 13.25  
2008 Drug free Track Classic, Perry Lakes Perth, 4<sup>th</sup> Discus 44.65  
2009 Sydney Track Classic, 9<sup>th</sup> Discus 47.36  
2010 Sydney Track Classic, 6<sup>th</sup> Discus 49.99  
2013 Sydney Track Classic, 4<sup>th</sup> Discus 52.79  
2014 Hunter Track Classic, 2<sup>nd</sup> Shot Put 14.78, 1<sup>st</sup> Discus 52.86  
2014 Adelaide Track Classic, 3<sup>rd</sup> Shot Put 14.73, 1<sup>st</sup> Discus 56.79  
2014 Sydney Track Classic, 2<sup>nd</sup> Discus 55.97  
2015 Adelaide Track Classic 7<sup>th</sup> Discus 50.73  
2015 Brisbane Track Classic 3<sup>rd</sup> Discus 53.50  
2015 Sydney Track Classic 3<sup>rd</sup> Discus 54.34

## National Championships:

2002 Australian All Schools U14 3kg Shot put Bronze medal 13.26, 4<sup>th</sup> Discus 35.02  
2003 Australian Youth U16 5<sup>th</sup> Shot put 10.50, 5<sup>th</sup> Discus 34.26, 4<sup>th</sup> Javelin 30.91  
2004 Australian All Schools U18 Bronze medal Shot put 13.04, 7<sup>th</sup> Discus 40.28, U20 4<sup>th</sup> Shot put 12.41  
2004 Australian Youth U16 Silver medal Shot put 12.70, Silver medal Discus 42.21, U18 4<sup>th</sup> Shot put 12.48, 8<sup>th</sup> Discus 37.35  
2005 Australian All Schools U17 Shot Put Silver medal 13.45, U17 4<sup>th</sup> Discus 42.85, U20 Silver medal Shot put 13.18, U20 7<sup>th</sup> Discus 40.29  
2005 Australian Junior (U20) Silver medal Shot put 13.17  
2006 Australian Junior (U20) Silver medal Shot Put 12.78, Bronze medal Discus 45.67  
2007 Australian Schools KO 1<sup>st</sup> Shot put 12.44  
2007 Australian Junior (U20) Domain Hobart, 4<sup>th</sup> Shot put 13.06, 5<sup>th</sup> Discus 46.26  
2007 Australian Open, Nathan Brisbane, 6<sup>th</sup> Shot Put 13.27, 9<sup>th</sup> Discus 44.97  
2008 Australian Junior (U20), Griffith Uni, Gold Coast, 4<sup>th</sup> Discus 48.32  
2008 Australian Open, Brisbane, 12<sup>th</sup> Shot Put 12.28, 5<sup>th</sup> Discus 48.51  
2010 Australian Open Championships Perry lakes Perth, Bronze medal Discus 51.13  
2013 Australian Open, SOPAC Bronze medal Discus 51.70  
2014 Australian Open, Albert Park, Bronze medal Shot Put, Bronze medal Discus 53.13  
2015 Australian Open Championships, Brisbane Bronze medal Discus 53.91

## NSW Championships

2001 NSW CHS 12 years Shot put Gold medal (results unavailable)  
2002 NSW CHS 13 years Gold medal 3kg Shot Put 12.36, Silver medal Discus 31.22  
2003 NSW CHS 14 years Gold medal Shot put 3kg 14.15, Silver medal Discus 36.21  
2003 NSW All Schools 14 years Silver medal 3kg Shot 11.77, Bronze medal Discus 38.91, Gold medal 3kg Hammer 38.91  
2003 NSW Youth U16 Silver medal Shot put 10.98, Bronze medal Discus 33.81, Silver medal Javelin 32.41  
2004 NSW CHS 15 years Gold medal Shot Put 12.85, Gold medal Discus 41.33  
2004 NSW All Schools 15 years medal Shot Put 12.88, Gold medal Discus 43.30  
2004 NSW Youth U16 Shot put Silver medal 12.43, Gold medal U16 Discus 41.03, U18 Silver medal Shot put 12.48, U18 Bronze DT 38.68  
2005 NSW CHS 16 years Gold medal Shot put 13.45, Silver medal Discus 40.50  
2005 NSW All Schools 16 years Gold medal Shot put 13.05, Silver medal Discus 41.13  
2006 NSW Youth U18 Gold medal Shot put 13.06, Silver medal Discus 44.40  
2006 NSW CHS 17+ Silver medal Shot put 12.53, Silver medal Discus 44.76  
2006 NSW All Schools 17 years Gold medal Shot put 12.72, Gold medal Discus 43.25  
2007 NSW CHS 17+ Gold medal Shot put 13.35, Gold medal Discus 47.20 WJQ  
2007 NSW All Schools 18 years Gold medal Shot put 12.58, Gold medal Discus 49.41 WJQ  
2007 NSW Junior (U20) Bronze medal Discus 39.54  
2007 NSW Open 5<sup>th</sup> Shot put 12.70, Bronze medal Discus 39.54  
2008 NSW Junior (U20) Bronze medal Shot put 12.61, Gold medal Discus 47.72 WJQ  
2008 NSW Open 4<sup>th</sup> Shot put 12.08, Bronze medal Discus 46.62  
2010 NSW Open – results unavailable  
2011 NSW Open Silver medal Discus 49.73  
2013 NSW Open Bronze medal Discus 47.88  
2014 NSW Open Silver medal Discus 53.27  
2015 NSW Open Gold medal Discus 52.97

## Brief History

Joining Westfields Sports and WAC early in 2001 Christie didn't waste time in rising to the top of NSW by winning State titles at the NSW CHS and NSW All Schools Championships in Shot put. In her early years with us the Shot put was her preferred event. Always having been coached by Denis Knowles she was in a unique position of having the best training partner in the country and possibly the World. Born one year after Dani Samuels, Christie would literally be following in the footsteps of Australia's greatest ever thrower and receiving coaching from one of the World's best as well in Denis.

By year 8 Christie had won her first National medal – a Bronze in the Shot put and an impressive 4<sup>th</sup> placing in Discus at the 2002 Australian All Schools. However more impressively in her pet event the Shot Put Christie would win the Gold medal at NSW CHS in every age group (12 – 17+) even though when she and Dani would contest the same year together as 17+ she was relegated to Silver and then upon Dani's graduation Christie would win back the title in her Pathways year.

2006 Christie Was selected for the World Schools Games in Greece and ironically she and fellow WAC athlete Dale Jenner would finish in 4<sup>th</sup> place in their events. Christie was just centimetres from Bronze in the Discus and finished 6<sup>th</sup> in the Shot put. It was her first taste of International competition, her first Australian uniform and would set the scene for her future career.

Christie's first Australian Open in 2007 in Brisbane saw brilliant performances in both events. With one round to go in the Shot Put, Christie was in 3<sup>rd</sup> place and poised to take her first National Open medal. As luck would have it Christie did not improve on her 6<sup>th</sup> attempt and she was passed by 3 other competitors and relegated into 6<sup>th</sup> position. Christie also finished in 9<sup>th</sup> place in Discus with a creditable 44.97m. It would also be that final year at school (2007) that Christie began emerging as an exceptionally talented discus thrower when winning the NSW CHS Discus Gold medal she threw over the World Junior standard of 47.00 metres (47.20). Then one month later Christie improved her P.B. to 49.41 metres to take out the NSW All Schools title. This incredible performance gave Christie a top 10 World junior ranking. Unfortunately Christie would not make the final cut off for selection in the next year, however it set the platform for what would become a brilliant career in Discus with the Shot put moving into the background in importance.

2008 brought more success when Christie was asked to participate in the Beijing Good Neighbour tournament which served as the test event in the "Bird's nest" for the 2008 Beijing Olympics. Alongside training partner Dani Samuels, she performed well in the new stadium. Then within days she was invited to compete in an International Grand Prix event in Taiwan where she won Silver and Bronze medals in Discus and Shot put respectively.

2009 was a sad year for Westfields when Roger Green (Westfields throw coach) passed away. Christie was asked to take over the coaching role as Westfields second throwing coach. Christie would successfully fit into the role and now became an "athletics-triple-threat" with her working career in Child-care, training as an elite athlete and working twice weekly as a coach.

Injuries would take their toll until 2010 when Christie picked up her first Australian Open medal – a bronze medal in Discus; but more importantly a magnificent p.b. breaking the 50 metre barrier with 51.13 metres. Interestingly Christie formed part of WAC's greatest ever Australian Open Championships with Fabrice Lapierre delivering the Worlds 7<sup>th</sup> longest ever leap 8.78m, Hayley Butler winning the hurdles in a Commonwealth Games 'A' qualifying time of 13.25, Daniel Small 'B' Comm. Games qualifier of 13.88 in the 110m hurdles (Silver), Dani Samuels Gold in Discus 'A' qualifier, Matt Outzen Silver in Javelin 'B' qualifier and Kurt Jenner 6<sup>th</sup> in Long jump. We had won 6 Australian Open medals!

Things quietened down for several years with more injuries and then during the 2013-2014 season Christie would be at her best throwing p.b.'s in both Discus and Shot put. She gained her first Australian senior uniform in 2013 and competed at the Oceania Games winning the Gold medal in Discus. Then it all came together at the Adelaide Track Classic in 2014 where she threw 56.79m. This throw gained her Commonwealth Games selection and elevated her to number 13 on the Australian All-time lists. For the first time she also medalled in both events at the Australian Open and was named in the 2014 Australian Team for the Glasgow Commonwealth Games. Christie was successful in the qualifying rounds and finished a creditable 11<sup>th</sup> in the final. Christie became only the 4<sup>th</sup> WAC athlete ever to compete at a Commonwealth Games.

Interesting facts:

- Only 12 Australians in history have ever thrown the discus further than Christie's 56.79m personal best.
- Dani Samuels, Fabrice Lapierre, John Thornell and Christie are the only WAC athletes ever to compete at a Commonwealth Games.
- Only Dani Samuels, Scott Winters (110m hurdles 1981-1987) and Christie have ever won NSW CHS titles in every age group 12 years to 17 years+ for Westfields in the same event.
- NSW CHS Blues (the highest honour in Sport) have only been won by John Thornell, Joven Clarke, Scott Burriss, Matt Outzen, Dale Jenner, Dani Samuels, Stephanie Langridge, Kyle Alexis and Christie in the history of Westfields.
- Even though Christie was World ranked in the top 10 for the 2014 World Juniors, because she finished 3<sup>rd</sup> at the Australian Junior's (World Junior Selection Trials) she missed selection. (!AAF only allow 2 per event)

