

Jayden Todoroski

D.O.B. 16/04/2010

Coach: Dan Suchy Sprints, Shane Castlereagh Long jump

Occupation: Student year 8 Westfields Sports

Club: Joined Westfields A.C. 2021/22 season

Honours:

2022 NSW CHS State Record 200m

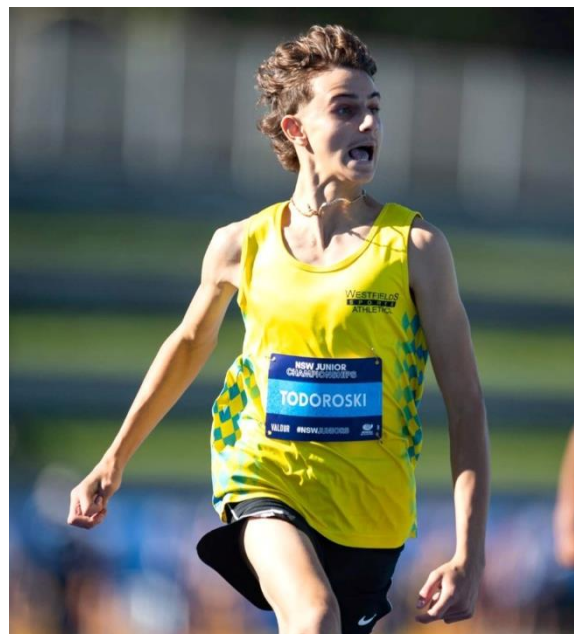
2022 NSW CHS 4 Gold 1 Silver

2022 NSW All Schools 3 Gold, 1 Silver

2023 NSW Juniors 3 Gold medals

2023 Australian Juniors 4 Gold medals

2023 Adhemar Ferreira da Silva Scholarship winner



Progression

Year (age)	100m	200m	Long Jump
2019 (9 years)	14.56	30.55	-
2020 (10 years)	COVID	COVID	COVID
2021 (11 years)	13.89	27.63	-
2022 (12 years)	11.89	24.63	5.37m
2023 (13 years)	11.65	23.73	5.78m

National Championships

2023 Australian Juniors, Brisbane

U14 100m Gold 11.65 (0.9), Heats 1st 11.83 (1.1)

U14 200m Gold 23.73 (2.0), Heats 1st 24.52 (-1.0)

U14 L.J. Gold 5.78 (0.1)

U14 4x100m NSW team Gold

State Championships

2019 NSW Little A's State

U9 100m Silver 14.56, Heats =3rd 14.94

U9 200m Gold 30.55, Heats 3rd

U9 400m Heats 1st

U9 800m 12th 3.07.25

2020 COVID – cancelled

2021 NSW Little A's State

U11 100m Bronze 13.89, Heats 4th 13.94

U11 200m Bronze 27.63, Heats 2nd 27.70

U11 400m Heats 4th overall

2022 NSW Little A's State

U12 100m Gold 12.85, Heats 1st 13.04

U12 200m Gold 26.21, Heats 26.34 1st

U12 80m hurd Silver 12.91, Heats 2nd 13.06

2022 NSW Junior Championships

U14 100m 5th 13.06 (-0.1), heats 5th 13.01 (0.1)

U14 200m 7th 26.59 (0.3), Heats 6th 26.49 (-0.3)

2022 NSW CHS State

12's 100m Gold 12.26 (1.3), Heats 1st 12.29 (1.9)

12's 200m Gold 24.63 (1.0) SR, Heats 25.14 1st (-0.5)

12's 80m hurd Gold 13.18 (0.5)

12's L.J. Silver 5.37 (NWI)

12's 4x100m Gold 51.53, Heat 57.49

2022 NSW All Schools

12's 100m Gold 12.52 (-0.7), Heats 1st 12.46 (1.2)

12's 200m Silver 24.47 (1.9), Heats 1st 24.82 (0.9)

12's 80m hurd Gold 13.05 (1.6)

12's L.J. Gold 5.37 (0.2)

2023 NSW Little A's State

Did not contest

2023 NSW 60m Championships

U14 60m Gold 7.72 (2.3)

2023 NSW Juniors

U14 100m Gold 11.75 (1.5), Heats 1st 11.85 (1.0)

U14 200m Gold 24.32 (0.3), Heats 1st 24.47 (0.1)

U14 L.J. Gold 5.58 (0.9)

Brief History

Jayden Todoroski was accepted into the Athletics Program with ease. Having won Bronze medals in 100m and 200m at the NSW Little A's State in 2021 and recording one of the fastest 40m sprint tests ever at the Trials, he was obviously successful. His Little A's history goes back to Under 9's and was interrupted the next year by Covid. Picking up the two Bronze medals at the 2021 L.A.'s State was the beginning of his realisation that sprinting was going to be his forte.

In his first year at Westfields he won the sprint double at Little A's. That year (2022) at the NSW Juniors, Athletics NSW had not yet introduced the U13 age group and competing up in the U14's he ran Nationals qualifiers as the fastest 12 year old in the country. Westfields was most likely the first time Jayden had received professional coaching as part of the Athletics Program and Athletics Club. He rapidly started improving his times as the year progressed with his 100m p.b. getting ever so close to breaking the 12 second barrier. The State NSW CHS record for the boys 12 years is held by another Westfields athlete Robert Boateng at 12.09, set in 2006. Jayden would go close to breaking it, but not quite. Most satisfyingly he would break the NSWCHS 200m record. By the end of year 7 Jayden had contested 8 finals and won 6 Gold with 2 Silver medals.

The second half of the 2022-23 season would reap incredible performances for Jayden. The only set back being a hamstring injury at the 2022 NSW Relays back in November. This would see him missing Little A's Region and consequently Little A's State, despite requests to have him included. There is no doubt Jayden would have smashed the 100m, 200m and Long Jump had he been given the opportunity to run.

Jayden made the decision to give up the hurdles and at the 2023 NSW Juniors he contested just the 100, 200 and L.J. He won all three events and scored P.B.'s in each. Now off to the Australian Junior Championships in Brisbane, Jayden became widely recognised by ANSW as one of the athletes of the meet having won all three events in p.b. performances and topping that off by anchoring the NSW relay team to victory; a 4 gold medal haul. It was clearly the greatest performance in history at a National event ahead of Rashid Kabba's 3 Gold and 1 Silver at the 2021 Australian Juniors.

Some Interesting Facts

- Jayden first broke the 12 second barrier at the age of 12 years and 7 months, making him the fastest WAC male ever over 100m 11.89 (2.0). He would run seven times under 12 seconds before his 13th Birthday, which was ironically the day after his final event at the Australian Junior Championships.
- Jayden's 4 Gold medal haul at the Australian Juniors is the most ever won at a single meet bettering Rashid Kabba's 3 Gold and 1 Silver at the 2021 Australian Juniors as a 16 year old.
- At the 2023 Australian Juniors Jayden wore the same Nike spikes on each foot however they were different colours. It caused somewhat of a stir with 'mr Statistics' (David Tarbotton) commenting it could be the beginning of a fad.
- Comparing Jayden to Rashid Kabba at the age of 13, Rashid admits Jayden is a faster sprinter than he was at that same age. Tall praise from Rashid who has on numerous occasions appeared in the top 10 World Rankings for both 100m and 200m.
- In a 12 month period, Jayden improved his 100m time by an unbelievable 2 seconds from 13.89 to 11.89.
- At the 2023 WAC Presentation Night Jayden was announced as the winner of the 21st Adhemar Ferreira da Silva Scholarship. He became the youngest winner ever; the previous youngest winner was Rashid Kabba (16).