

Molly Goetz

D.O.B. 15/06/2005

Coach: Breanne Clement & Karyne Di Marco (hammer), Denis Knowles (discus, shot put & javelin), Dan Suchy & Hayden Knowles (sprints)

Occupation: Student year 11 Westfields Sports

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



Honours:

2022 WAC Junior Thrower of the year

2022 WAC Junior Female Athlete of the year

Progression

Year (age)	Hammer throw	Discus throw	Shot Put	Javelin
2015 (10 years)		13.98 (500gm)	7.39 (2kg)	
2016 (11 years)		17.97 (750gm)	10.05 (2kg)	13.35 (400gm)
2017 (12 years)		18.68 (750gm)	10.25 (3kg)	14.10 (400gm)
2018 (13 years)		22.12 (750gm)	10.27 (3kg)	15.63 (400gm)
2019 (14 years)		30.81 (1kg)	11.65 (3kg)	19.73 (500gm)
2020 (15 years)	53.39 (3kg)	42.05 (1kg)	13.22 (3kg)	18.93 (500gm)
2021 (16 years)	50.42 (3kg) 44.28 (4kg)	41.36 (1kg)	13.41 (3kg)	24.19 (500gm)
2022 (17 years)	58.14 (3kg) 46.93 (4kg)	44.54 (1kg)	13.08 (3kg)	?

National Championships:

2021 Australian Junior Championships

U17 Hammer throw 6th 47.72

U17 Discus throw 8th 38.54

U20 Hammer throw 11th 40.89

U20 Discus throw 11th 38.12

2022 Australian Junior Championship

U18 Hammer throw 4th 55.87

U18 Discus throw 9th 37.04

U20 Hammer throw Bronze 45.95



State Championships

2020 NSW Junior Championships

U16 Hammer throw Bronze 44.74

U16 Shot put 6th 12.42

U16 Discus throw Bronze 38.89

2020 NSW All Schools

U16 Hammer throw Gold 48.89

U16 Shot put 5th 12.84

U16 Discus throw Gold 41.72

2021 NSW Junior Championships

U17 Hammer throw Gold 48.75

U17 Shot put 5th 12.03

U17 Discus throw Gold 41.36

2021 NSW All Schools

U17 Hammer throw Silver 48.10

U17 Shot put Bronze 13.41
U17 Discus throw Silver 39.49
2022 NSW Junior Championships
U18 Hammer throw Gold 54.85
U18 Shot put 4th 13.08
U18 Discus throw Silver 44.54

Brief History

Accepted into Westfields late in 2021 Molly is not a stranger to athletics having been actively involved in Little A's since the age of 7. She spent these early years trying all events, particularly sprints, hurdles, horizontal jumps as well as throws. Ironically her throwing ability didn't come to fruition until she was about 14 when her discus P.B. broke the magic 30m barrier and Shot put approached 12.00 meters.

Then just before COVID was about to strike she took up hammer throwing with Breane Clement and Karyne Di Marco. She won Bronze medals at the 2020 NSW Junior Championships in Shot put and Hammer throw and as fate would have it after being selected in her first State team, the Australian Championships were cancelled.

By the end of 2020 she won her first state titles at the NSW All Schools in Hammer and Shot put. Now a dual State Champion and Nationally ranked athlete, Molly like all other athletes would battle with more lockdowns and isolations. Then months later at the 2021 NSW Junior Championships Molly repeated her Gold medal duet winning the Hammer throw and Shot put titles again. At her first National competition, the 2021 Australian Junior Championships, Molly was somewhat disappointed finishing 6th in the U17 Hammer throw with 47.72 (even though her p.b. that year would be 50.42) and 8th in discus.

After joining Westfields, ironically she would win three medals at the 2021 NSW All Schools with Silver medals in Hammer and Discus and a new p.b. of 13.41 to take Bronze in Shot.

At the 2022 NSW Junior Championships Molly successfully defended her State title in Hammer throw with an impressive 54.85 effort. Then Silver in Discus with a new p.b. of 44.54 metres.

Molly's 2nd National Championships would bring success and a little disappointment when she would finish in 4th place in her age group U18 Hammer throw even though the distance of 55.87 was impressive. Not to be outdone she won a Bronze medal in the older U20 title throwing the heavier implement.

Some Interesting Facts:

- Molly Goetz's brother is also a hammer thrower and all-round athlete as well, having won State and National titles Hammer throwing
- Molly was throwing shot, discus and javelin without much success at Little A's for 2 years before she made her first State Championships; NSW Little A's State 2017.
- At consecutive State Titles (2020 NSW All Schools and 2021 NSW Juniors) Molly won Gold medals in both hammer and discus.
- Molly is undefeated in NSW Hammer throwing in her age group at two consecutive NSW Junior Championships 2021 & 2022)
- For three consecutive years (2020, 2021 & 2022) Molly has appeared in the World top 20 lists for hammer throw in her age group.