

Shola Adeniran

D.O.B. 25/09/2004

Coach: Dan Suchy, Hayden Kovacic

Occupation: Student year 11 Westfields Sports

Club: Joined Westfields A.C. in 2017

Honours:

NSW CHS, NSW All Schools, NSW Youth 100m Champion

National All Schools & National Youth 100m Silver Medallist

Number 2 All-time Open female Westfields 100m

2019 Champions Trophy (fastest female 100m NSWCHS)

2020 Adhemar Ferreira da Silva Scholarship

2020 World U20 100m qualifier 11.80

Records:

Westfields 13 years 100m 12.28 (school and club)

Westfields 14 years 100m 12.14 (club record)

Westfields 14 years 100m 12.16 (school record)

Westfields 15 years 100m 12.17 (school and club)

Westfields 16 years 100m 11.80 (school and club)

Westfields 17 years 100m 11.98 (school and club)

Progression

Year (school year)	100m
2016 year 6	12.99
2017 year 7	12.28
2018 year 8	12.14 (11.91 3.7)
2019 year 9	11.92
2020 year 10	11.80
2021 year 11	11.98 (11.89 2.8)



National Championships

2017 Australian All Schools (Adelaide) –

U14 100m Silver medal 12.28 (0.2)

U14 4x100 Gold 48.91 (2nd leg)

2018 Australian Junior Championships (SOPAC) –

U15 100m Silver 11.91 (3.7), (heat 12.30 0.9)

4x100m Silver medal 47.58 (2nd leg)

2018 Australian All Schools (Cairns)

U16 100m Bronze 12.16 (-1.0), Heat 12.39 (-2.4)

U16 4x100m Bronze 47.89

U16 Swedish relay Silver 2.18.94

2019 Australian Junior Championship

U16 100m Silver medal 12.23 (-1.9), heat 12.43 (-2.7)

U16 4x100m Gold 47.12

2019 Australian All Schools (Perth) –

U17 100m Bronze 11.83 (4.0), heat 11.92 (0.3)

2020 Australian Juniors Cancelled Covid-19

2020 Australian All Schools Cancelled Covid-19

2021 Australian Junior Championships

U20 100m heat 4th 12.15 (0.5)

U18 100m Silver 12.06 (-0.3), heat 12.22 (-2.7)

U18 4x100 Gold

NSW Championships

2017 NSW Little A's

U13 100m 4th 12.64 (NWI)

2017 NSW CHS

13's 100m Gold 12.85 (-0.5), (heat 12.65 -1.3)

2017 NSW All Schools

U14 100m Gold 12.65 (-1.6), (heat 12.86 -2.0)

2018 NSW Little A's

U14 100m Bronze 12.38 (NWI), Heat 12.33 (NWI)

2018 NSW Junior Championships

U15 100m Gold 12.72 (-2.2), heat 12.66 -0.8)

2018 NSW Little A's

U15 100m Gold 12.35, heat 12.88

2018 NSW CHS

15's 100m Gold 12.42 (NWI), heat 12.44 (NWI)

15's 200m Silver 25.34 (NWI), heat 26.17 (NWI)

2018 NSW All Schools

U15 100m Gold 12.66 (-2.1), heat 12.45 (-1.1) U15

200m heat 26.48 (2.2)

2019 NSW Junior Championships

U16 100m Gold 12.26 (2.4), heat 12.44 (1.9)

2019 NSW CHS 100m Gold 12.17 (0.6), heat 12.29 (2.3)

2019 NSW All Schools

U16 100m Gold 12.54 (1.0) heat 12.51 (-2.8)

2020 NSW All Schools

U17 100m Gold 11.80 (0.8), heat 12.20 (0.6)

2021 NSW Junior Championships

U18 100m Gold 12.13 (0.8), heat 12.05 (1.6)

Brief History Successfully enrolling in the Westfields Athletics Program in 2017 Shola (short for Adeshola) was quick to display her potential by winning all 100m races at School, SSW Region, CHS and NSW All Schools. She was selected to represent her State at the Australian All Schools in Adelaide in December of 2017 which became her first national level tournament. However there were issues which would prevent her from training and competing. Shola was diagnosed with serious shin splint soreness and for 10 months she would be unable to train, except for occasional light runs usually on grass. She travelled to Adelaide under these conditions and would contest the Australian All Schools missing 90% of her training preparation. So it was with pure natural talent that she almost won the National title in the 100 metres less than a tenth from victory and coming home with the Silver medal. Her time of 12.28 seconds became the 3rd fastest time by any female of any age in the history of Westfields. Then in 2018 she contested the NSW Junior Championships and easily won the U15 100m title into strong headwinds. Once again she would be running against the National Champion from Queensland and once again Shola took the Silver at the 2018 Australian Junior Championships just hundredths behind her nemesis. She ran almost the same time as in Adelaide (12.30) and most significantly had experienced what it must feel like running under 12 seconds in the heat with 11.91 (3.7).

Then in July of 2018 after 10 months of shin soreness Shola was finally cleared to start slowly returning to training. She travelled to Gold Coast with the Westfields Downunder team and as fate would have it she would once again be running against the Queenslander who had twice beaten Shola at their only two encounters. With almost no training under her belt in 10 months Shola proved her determination by convincingly winning in a new personal best time of 12.14 seconds. From a bad start and almost 5 metres behind Shola came home like a train and snatched victory and revenge. Her time of 12.14 is now number 2 all-time in Westfields History behind World Championships and Commonwealth Games athlete Hayley Butler. Returning from the Gold Coast, Shola would go on to maintain her dominance of the 100m when she easily won both the NSW CHS and NSW All Schools Titles. Travelling to Cairns for her second assault on the Australian All Schools she would be competing up an age group. In the previous year Shola had missed the Gold by a few hundredths of a second. This time running into headwinds and torrential rain in the middle of a tropical storm, Shola probably ran won of her best ever races. Finishing 3rd she clocked 12.16 into a strong headwind; theoretically breaking the 12 second barrier allowing for win adjustment.

Shola reasserted her position as one of Australia's best future prospects during the 2019 season. After successfully defending her NSW Junior title she came the closest ever to taking the National Junior Title. In 2018 she had been pipped at the line by a few hundredths and this time it was by the smallest of measured increments; Shola won Silver again just one hundredth of a second from the lead. Then Shola would make history when at the 2019 NSW CHS Championships she became Westfields first ever winner of the Champions Trophy. This title is awarded annually to the fastest female 100m winner at the State Championships. Shola won in a sizzling time of 12.17 seconds almost a new personal best. This was followed with another successful NSW Junior Championships where she easily won the 100m for the 3rd consecutive year in a row.

The Australian All Schools held in Perth at the end of 2019 was extremely successful for Shola when she successfully defended the Bronze medal she had won in 2018. With illegal tail winds Shola clocked 11.92 in the heats and 11.83 in the final just ahead of training partner Aleks Stoilova in 4th place. The pair formed 50% of the NSW 4x100m relay team winning the Gold medal.

The end of the 20/21 season came at the NSW Juniors (Nationals cancelled due to Covid-19) and even though an undertrained Shola (injuries) would run a less than impressive time in the final, she nevertheless made it the 3rd time in a row she had successfully defended her State title.

Covid would wipe out most of 2020 and the next Championships opportunity would be the NSW All Schools put back into November. The start of the 20/21 season had been delayed by lock-downs and with absolute minimum preparedness, Shola contested the 2021 NSW All Schools after only having one race three weeks earlier. She ran the race of her life in the 100m final to clock a World U20 qualifier 11.80 (0.8) shaving more than 2 tenths off her personal best and elevating her to the number two all-time Westfields female behind Hayley Butler. This was Shola's 4th consecutive NSW All Schools 100m title; 2017, 2018, 2019, 2020.

Training and competition would be better this season with Shola contesting 8 races and 50% of those were sub 12 second performances. The 2021 NSW Juniors was another highlight with Shola winning her 4th consecutive title. Then finally the 2021 Australian Junior Championships in Sydney where Shola took the Silver medal in the 100m. Unfortunately this was not the first time an Australian was deprived of the National title because of a loop-hole in the rules: a non-Australian can win the gold with medals also being awarded to the first three Australian athletes, however if the non-Australian athlete joins an Australian club then placings remain.

Some Interesting Facts:

- Shola is the only Westfields female to ever win the Champions Trophy (NSWCHS 100m fastest time)
- Shola is the number 2 all-time fastest ever 100m sprinter (Hayley Butler -World Championships, Comm. Games)
- Shola won 15 out of 17 races in 2017-2018 season (only defeated at NSW Little A's and Australian All Schools/Juniors)
- Since joining Westfields in 2017 Shola is undefeated three years in a row at NSWCHS (2019 cancelled)
- Since joining Westfields in 2017 Shola is undefeated four years in a row at NSW All Schools
- Since joining Westfields in 2017 Shola is undefeated four years in a row at NSW Juniors
- Shola is the first female sprinter to qualify for a World Championships

100m Female (Westfields Athletes all time)

11.64 Hayley Butler (27) 2012 Australian Open, Brisbane
11.80 Shola Adeniran (16) 2020 NSW All Schools
11.83 Aleksandra Stoilova (16) 2021 Australian Junior Champs, SOPAC
12.25 Isabelle Lhotka (14) 2015 Australian Youth Championships, SOPAC
12.40 Cara Berry (15) 2005 NSW CHS, SOPAC
12.43 Naomi Bligh (17) 2003 NSW CHS, SAC (12.23 prior to joining WAC)
12.4h Kerry Rodziewicz (14) SSW Region, Campbelltown
12.75 Faye Ihnativ (13) NSW All Schools, ES Marks
12.76 Alexandra Alizart (18) 2020 Nepean Interclub, Blacktown
12.86 Destiny McGoon (16) 2021 Illawong High Velocity