

Aleksandra Stoilova

D.O.B. 20/04/2005

Coach: Dan Suchy, Hayden Kovacic

Occupation: Student year 12 Westfields Sports

Club: Joined Westfields A.C. 2017/18 season

Honours:

PSSA National Champion

Australian All Schools Champion

Australian Junior Champion

NSW CHS Champion

Number 2 All-time Open female Westfields 100m

2021 Adhemar Ferreira da Silva Scholarship

World U20 Championships 4x100m (100m) - cancelled- Oceania invitation



Progression

Year (age)	100	200
2016 (11 years)	12.59	-
2017 (12 years)	13.48	-
2018 (13 years)	12.32	25.14
2019 (14 years)	12.21	25.06
2020 (15 years)	11.90 (11.81 2.2)	-
2021 (16 years)	11.83 (11.74 2.1)	24.77
2022 (17 years)	11.72	-

International Championships

World U20 Championships cancelled (Covid 19) – alternate; Oceania Invitation, Gold Coast

Invitation meet 1

100m 11.99 (2.2) 12th Overall in Open, 5th in U20

Invitation meet 2

100m 11.74 (2.1) 10th Overall in Open, 3rd in U20

4x100m 45.65 3rd overall in Open race

National Championships:

2016 Australian Primary Schools (SOPAC) –

11 yrs 100m Gold medal 12.59 (NWI), heat 13.41 (NWI)

11 yrs 4x100 NSW team Gold 52.28 (3rd leg)

2018 Australian Junior Championships (SOPAC) –

U14 Silver 100m 12.50 (-0.4), (heat 12.58 -0.4)

U14 4x100m Gold medal 49.18 (3rd leg)

2018 Australian All Schools (Cairns, QLD)

U14 100m Gold medal 12.32 (-1.8), (heat 12.40 -2.2)

U14 200m Bronze medal 25.73 (-1.4), (heat 25.14 0.4)

U14 4x100m Gold medal NSW (anchor leg) 48.58

2019 Australian Junior Championships

U15 100m Gold medal 12.21 (-0.9), heat 12.21 (-0.8)

U15 200m Bronze medal 25.06 (-1.2), heat 25.80 (-0.2)

U16 4x100 Gold medal 4th leg 47.12

U16 4x200 Silver medal 1st leg 1.40.26

2019 Australian All Schools

U16 100m 4th 11.85 (4.0), heat 12.05 (0.3)

U16 4x100 Gold 46.90

2020 Australian Junior Championships

Cancelled: Covid 19 Pandemic

2020 Australian All Schools

Cancelled: Covid 19 Pandemic

2021 Australian Junior Championships

U20 100m Silver 11.83 (0.1), heat 11.87 (0.5)

U17 100m Silver 11.95 (-2.3), heat 12.04 (-0.9)

U18 4x100m Gold 46.42

NSW Championships

2016 NSW Little A's

U12 100m Bronze 13.07, heat 13.31

2016 NSW PSSA

U13 100m Bronze medal 13.27 (NWI), Heat 13.39

2017 NSW CHS

12 100m Bronze medal 13.54 (-2.1), heat 13.48 (-1.2)

2018 NSW Junior Championships

U14 100m Bronze 13.45 (-4.5), heat 12.66 (-0.8)

2018 NSW CHS

13 100m Gold 12.45 (0.7)

13 200m Silver 26.10 (-0.2)

13 4 x 100 Relay 50.71 NSW CHS rec

2018 NSW All Schools

13 100m Silver 13.15 (-4.4), Heat 12.71 (-1.5)

13 200m Silver 24.65 (2.8)

2019 NSW Juniors

U15 100m Silver 12.23 (1.7), heat 12.59 (1.7)

U15 200m Bronze 25.29 (-0.3), heat 26.07 (1.7)

2019 NSW Little A's

100m Gold 12.41 (NWI), heat 12.45

200m Bronze medal 25.47 (NWI), heat 25.81 (NWI)

2019 NSW CHS

14 100m Gold 12.24, heat 12.54

14 200m Gold 26.13 Gold, heat 25.19

14 4x100m Gold 50.45, heat 54.09

2019 NSW All Schools

14 100m Silver 12.27 (-2.5), heat 12.36 (1.2)

14 200m 4th 24.74 (1.1), heat 25.40 (2.6)

2020 NSW Junior Championships

U16 100m Silver 12.23 (0.3), heat 12.27 (-2.0)

2020 NSW All Schools

100m Gold 11.82 meet record (2.2), heat 11.98 (0.7)

2021 NSW Junior Championships

U17 100m Silver 11.89 (-0.4), heat 12.30 (-1.9)

2021 NSW All Schools

U17 100m Silver 12.19 (-2.6), heat 12.26 (1.4)

U17 200m Bronze 24.77 (-0.2), heat 25.57 (1.4)

2022 NSW Open Championships

100m Bronze 11.73 (1.1), heat 12.05 (-0.9), Semi 11.76 (-0.4)

Brief History

Aleksandra Stoilova had breezed easily through the testing day for entry into the Westfields Athletics Program back in 2017. Adding to that her background at PSSA and Little A's there was little doubt of her ability as a sprinter. Aleks had won the Bronze medal in the 100m at PSSA State back in 2016 and then went on to become the National Champion winning Gold at the Australian PSSA Championships. It is unfortunate there was no wind reading in the final because she recorded a sizzling 12.59 after running 13.41 in the heat to qualify. It is indeed a rare occurrence for an 11 year old to run that fast so it was not a surprise Aleks was highly ranked for acceptance to Westfields.

Interestingly Aleks admits that after winning a Bronze medal in the 100m at Little A's State in 2016 and Gold at the Schools Nationals she decided to take a year off from Little A's and consequently only ran at school level in 2017. It was pure chance that after accepting her placement into Westfields for 2018 that she even attended the 2018 NSW Junior Championships. These Championships are held during the first week of Term 1 and Aleks had not yet started training or competing for the 2017-18 season which was coming to an end. With her background so impressive we decided to contact her during the Christmas school holidays and suggest she enters the NSW Juniors. Aleks put her entries in and was impressive winning the Bronze medal for 100m into a massive (-4.5) headwind. But more impressive was her time in the heat where running into a slight headwind (-0.8) she recorded a sizzling 12.66 seconds proving that her 12.59 back in 2016 was no fluke. Then just as she had done in 2016 (Bronze at PSSA State followed by Gold at PSSA Nationals) Aleks outperformed all expectations and took Silver at the Australian Juniors in a very close contest, despite having been relegated to 3rd a month earlier at the NSW Championships.

Aleks' first year at Westfields became a rapid rise to stardom. After the 2018 Westfields Athletics Carnival, she travelled to the Gold Coast with the Westfields Downunder team and competing up an age group won Bronze behind teammate Shola Adeniran in the 100m in a new personal best time of 12.54. This was followed with easy wins at Region and then her first NSW CHS Title winning the 100m and taking Silver in the 200m (her first ever successful 200m run). Shortly following that Aleks won another two Silver medals in 100m and 200m at the NSW All Schools.

Now qualified to contest her first ever Australian All Schools, two months of careful preparation began. Both Aleks and training partner Shola Adeniran (one year older than Aleks) began the fine tuning process of getting ready for the expensive trip to Cairns. One of the key factors in Aleks' improvement during these last weeks was her lightning starts out of the blocks. Whereas the two girls don't often run along side each other during training reps., they do however practice starting along-side each other. Watching them push out of the blocks to the 30 metre line during training is an impressive sight as the girls are so competitive.

The conditions in Cairns were not what we expected. Well known as one of the fastest tracks in Australia because of the perfect tail winds and hot weather, unfortunately the weather was the worst I have ever seen in my 40 years of attending major championships. On the first day of competition, the sun was shining. However by the scheduled start of the first event mid-afternoon the weather turned into a tropical storm. The athletes had nothing but strong headwinds, torrential rain as it stormed for three continuous days.

Aleks' had a big schedule ahead of her: heat and final of 200m, final of 4x100m relay and heat and final of 100m for a total of 5 races in 3 days. The worrying aspect from a coach's point of view was her strongest event the 100m was last on the program after 3 previous races. It was during the 200m final that Aleks became the favourite for the 100m event. In pouring rain and headwinds she led the race for the first 150m and was barely passed at the finish line to receive the Bronze medal. However her dominance of the first 150m was up to that point a first for Aleks who previously would struggle to hold form after 80m. Her training preparation and fine tuning had paid-off and she now had the speed endurance that was previously lacking. On the second day of competition Aleks anchored the NSW 4x100m relay team to victory.

The final day of the Australian All Schools saw Aleks run the fastest qualifying time for the 100m and setting a new personal best time of 12.40 into a strong headwind (-2.2m/s). Aleks however ran the heat with confidence and most importantly had some energy left for the final. The final was only an hour and fifteen minutes away and the weather had turned for the worse. For the first time during the three days of competition the rain was pelting down so hard that the 100m races were delayed because the water could not be drained away quick enough and pools of water were puddling right across the track. The rain eased slightly and the races continued. Then just while the U14 girls were standing behind their blocks for the National 100m final the rain picked up again and the girls would be racing into a tropical down-pour. Those of you who have seen the live stream will know that I am not exaggerating when I say that Aleks' victory was never in doubt from the instant the gun fired until she crossed the finish line 3 metres in front of her nearest rivals. The live commentary by Ben Offerins was focussed only on Aleks as she blew them away out of the blocks and progressively increased her lead all the way to the finish line. Her dominance of the entire race was 'a sight to see'. The only disappointing aspect being the shocking conditions. It is possible Aleks could have joined the 11 second club in good conditions with a legal tailwind. Ironically Aleks had travelled to Cairns ranked number 5 in the 100m. She came home respected by all as a force to be reckoned-with and one of Australia's brightest new stars.

Then in 2019, as per the trend in previous years Aleks did not win all the State titles she contested. Out of the 100m and 200m at Little A's State then the 100m and 200m at NSW Juniors she would win only the 100m at Little A's and settling for Silver and Bronze at the NSW Juniors. She then contested the Australian Juniors and incredibly as she did in the two years prior she improved her State performances and won the Gold medal to become the Australian Champion in the 100m (Bronze in 200m). An incredible performance which crowned her the undisputed 100m National Champion with both the Australian All Schools and Australian Juniors titles under her belt.

The 2019-2020 season would finish abruptly with the onset of Covid-19. The only good news being the 2020 NSW Championships would be contested before the mandatory lockdown. It would see the cancellation of the 2020 Australian Championships and the 2020 CHS season (School, Region and CHS State). The NSW All Schools returned after the Covid-19 lockdown was lifted several months earlier and Aleks returned with a vengeance. She not only won the 15 years 100m but she set a new meet record of 11.81

(2.2); All schools records traditionally do not recognise wind metre readings. This time was 0.02 outside the World U20 standard and annoyingly would not be the first time she would run a p.b. only to have the wind either one or two hundredths of a second over the legal limit.

With competitions back to normal in 2021, Aleks would finish the 2021 season and emerge as one of Australia's leading new talents. She took Silver at the NSW Juniors in an impressive race where she was narrowly beaten in a sizzling new p.b. of 11.89 seconds, the second fastest ever by a Westfields female of any age. Then came the Australian Juniors and Aleks was entered to run the 100m in both her age (U17) and the U20 race which would act as the selection trial for the 2021 World U20 Championships to be held in Nairobi Kenya. Aleks and training partner Shola were somewhat hesitant in competing up age groups; in the case of Aleks it would be against girls who were three years older than her. When pointed out the U20 race would be four days before her U17 race and that it would be a good hit out in preparation for her age group event both girls became less hesitant. It was a decision that would change Aleks' future career. In an unbelievably dominant performance Aleks took Silver in 11.83 (2.1) and this would be the turning point for her career. Now automatically selected for the Australian U20 4x100m relay, Aleks would become one of the youngest female athletes in history to represent Australia. The World U20 was cancelled due to Covid-19 however to the credit of Athletics Australia an alternate International tournament was organised with Oceania conducting two Invitation meets on the Gold Coast where the Australian team would still wear the green and gold and represent their country.

Tenacity is a feature that Aleks possesses in abundance. At the 2 week camp on the Gold Coast she became seriously ill and was taken to hospital for a mandatory Covid test. The result was negative, however it was discovered Aleks was suffering from a serious case of Tonsillitis. She was released from hospital after 2 days and would unfortunately be dropped from the 4x100m relay having missed relay training. She ran in a make-up team and then later in the day ran 11.99 in the 100m. Aleks was disappointed with this time even though it was pointed out the run was brilliant considering she had been in hospital the day before. A week later at the 2nd meet Aleks would run the race of her career. She would clock a sizzling 11.74 with the wind just 0.1 over the legal limit and clearly this time was proof she had emerged as one of Australia's new rising stars.

2022 has already become Aleks' finest season. At the time of writing Alex has just won Bronze in the NSW Open Championships becoming only the 4th WAC athlete in the last decade to win a NSW Open medal (Dani Stevens, Hayden Kovacic and Christie Baker). During the heat, semi's and final She ran another two World U20 qualifiers to make her total now 4 qualifying marks. The final became won of the most exiting spectacles in NSW history with the Gold being split between Olivia Inkster and Monique Quirk with Aleks only 3 hundredths behind with Bronze.

Some Interesting Facts:

- Aleks becomes the only Westfields athlete ever to win both the Australian All Schools and Australian Juniors in 100m in the same season
- Five times Aleks has won a Bronze or Silver in NSW and went onto better that to win either Gold or Silver at National level.
- With a National primary Schools Title in hand in 2016, Aleks made the decision to take a year off. Probably the best decision she could make as she certainly came back 12 months later stronger and faster.
- Only 2 Westfields females of any age have ever ran faster than Aleks in History (see All-time lists below)
- There have been 2 occasions where Aleks has run under 11.80 and 5 occasions under 11.90. All of these races were either 0.02 and 0.01 over the legal wind limit.
- Aleks spent 2 days in hospital at the World U20 camp and still managed to race 11.99 and 11.74.
- Aleks equalled the State meeting record at the 2020 NSW All Schools.
- Aleks became the youngest female to ever win the Adhemar Ferreira da Silva Scholarship

100m Female (Westfields Athletes all time)

11.67 Hayley Butler (27) 2012 Australian Open, Melbourne

11.72 Aleks Stoilova (17) 2022 Illawong High Velocity, Barden Ridge

11.80 Shola Adeniran (16) 2020 NSW All Schools, 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)

12.4 Kerry Rodziewicz (14) SSW Region, Campbelltown

12.68 Destiny McGoon (17) ACT Junior Championships, Woden Athletics Track Canberra

- 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