

2025 NSW Open and Junior Championships

The 2025 NSW Open Championships saw our 6 open athletes in action.

Bryce Nolan created WAC history when he successfully defended his Open Discus title for the third time (2022, 2024 & 2025). He was still 18 years old when he first won the title 4 years ago. Bryce had a surprise for us all when he also won the Open Shot Put with a new P.B. with the massive 7.4kg weighted shot. **Rashid Kabba** finished his NSW season with a long awaited comeback performance winning his first ever Open medal, a well deserved Bronze medal. **Malikye Kessie** was predicted to win the NSW to win the 100m NSW title. He was clearly leading at the 60m mark when a tightened hamstring ended that expectation. He was the reigning NSW Open 60m Champion, but unfortunately in the 100m final he was forced to slow down and prevent a serious injury.



The 2025 NSW Junior Championships, under the new amalgamation of NSWLAA and ANSW, allowed U14-U16 athletes the option of competing with either their senior or Little A's club. Those who competed for their Little A's club are listed separately below.

Nevertheless all of our junior athletes performed brilliantly. **Kunal Menon** was probably the most outstanding. In 2024 he won the U20 bronze, however this time he won the Gold he in a high quality field which included the reigning National U20 Champion. Kunal ran well under the current



World U20 qualifying standard into a slight headwind; an absolutely powerful performance which was unexpected by most onlookers. **Zaynab Darwiche** confidently won the silver medal in the U18 400m smashing a 23 year old WAC record by half a second. **Beau Sinclair** performed extremely well finishing closely behind the current Australian All Schools Champion for a silver medal just 0.01 second off his P.B. **Amelia Darek** jumped to new heights in the U17 pole vault in winning her NSW title for the 4th consecutive year.



Results:

NSW Open Championships

Bryce Nolan Open Shot put **Gold** 15.75, Discus **Gold** 48.47

Rashid Kabba Open 100m prelims 5h 10.64 (1.2), semi 8th 10.68 (0.2), Final **Bronze** 10.70 (-0.6), 200m heat 21.65 (-0.1), Final DNS

Malikye Kessie Open 100m prelims 11h 10.68 (1.2). semi 7th 10.56 (0.2), Final inj

Cameron Banovich Open 100m prelims 20h 11.05 (0.6), semi 22nd 11.01 (0.2)

Nadia Wang 100m prelims 39th 13.16 (0.1)

Emillio Martinez Open Discus 6th 41.33

NSW Junior Championships

Kunal Menon U20 110m hurdles 2nd heat 14.63(1.6), final **Gold** 14.01 (-0.2), 200m heat 18th 22.61 (1.8)

Liam Hayes U18 100m 11th heat 11.18 (-0.3), 200m heat 10th 22.16 (0.6), final 5th 21.93 (2.0), Long jump **Silver** 6.84 (0.6)

Fuinelakei Aukafolou U18 29th 100m 11.68 (-0.3), 110m hurdles 8th 15.48 (1.3)

Benjamin Westwood U17 800m heat 21st 2.18.39

Koben Best U17 heat 40th 12.73 (0.3), Long jump 12th 5.64 (1.2)

Beau Sinclair U16 100m 9th heat 11.68 (2.3), final 7th 11.72 (NWI), 100m hurdles **Silver** 13.92 (0.3), 200m heat 8th 23.59 (0.1), Final DNS

Shea Cassilles U16 800m heat 22nd 2.19.88

Zaynab Darwiche U18 200m heat 6th 25.65 (0.6), 400m heat 1st 57.87, Final **Silver** 57.02

Isabella Muc 2000 SC **Silver** 7.55.13

Erin Cassilles U15 3000m walk **Silver** 17.11.04

Ciara Cassilles U20 5000m walk 5th 29.02.56

Amelia Darek U17 Hammer 5th 38.69, Pole vault **Gold** 2.80

Adnan Darwiche T/F38 U20 800m **Silver** 3.20.79 (58.66%), 1500m **Bronze** 6.39.98 (56.98%)



The following performances were our athletes competing for their L.A. Clubs:

Sienna Latanis L.A. U17 400m hurdles heat 5th 1:07.64

Brodie Harkness L.A. U16 300m hurdles heat 7th 42.34, 100m hurdles 8th 15.32 (0.3), 800m 13th 2.11.22,

Alexia Mathison L.A. U15 300m hurdles heat 1st 45.06, 100m heat 8th 12.89 (-0.1)

Victor Ogbonna L.A. U14 200m hurdles heat 5th 29.39 (1.2)

Madeline Kot L.A. U15 3000m walk **Bronze**

Michael Mathison L.A. U15 3000m walk 4th 17.10.89

Akeem Kabba L.A. U16 100m hurdles 4th 14.65 (0.3), Long Jump 7th 5.66 (0.7)

Maddison Kernaghan L.A. U18 Hammer 46.77 4th

Summer Judd L.A. U16 Hammer **Silver** 34.34, Javelin 16th 24.93

Ruby Tindall L.A. U14 Hammer **Bronze** 27.58, Shot Put **Bronze** 10.54

Alexia Mathison L.A. U15 90m hurdles heat 2nd 13.32(-0.1), Final **Silver** 12.60 (0.3), 100m final 10th 13.06 (NWI), 200m 12th 26.63 (1.4)

Salamatu Kabba L.A. U15 90m hurdles heat 20th 15.66 (-0.1)

Victor Ogbonna L.A. U14 90m hurdles heat 7th 13.76 (-0.3), Final 5th 13.85 (-1.0)

Ruby Kernaghan L.A. U16 200m heat 26th 27.96 (0.9) 400m heat 2nd 58.16, **Bronze** 57.44

Jaiden Asrawe L.A. U14 3000m 12th 10.17.01, 1500m 16th 4.43.97, 800m 12th 2.18.07

Elliya Nassif L.A. U14 3000m 7th 11.04.35, 1500m 17th 5.15.81, 800m 20th 2.35.29

Zachary Lauchlan L.A. U15 3000m 19th 12.11.67

Xavier Aad L.A. U16 3000m 14th 10.01.17, 1500m 14th 4.30.18, 800m 13th 2.11.33

Talia Yilmaz L.A. U16 3000m 10th 11.56.26

Ruby Rose Talbot L.A. U17 100m heat 24th 13.77 (0.1), Long Jump 4.39 (1.1)

Phillip Botonis L.A. 1500m **Gold** 4.18.20, 800m **Gold** 2.05.63

Darcy Coote L.A. 100m heat 2nd 11.34, Final **Silver** 11.32

Taylah Piuala L.A. Long Jump 12th 4.56 (-0.1), 200m heat 11th 26.60 (0.4)

Gemma Roberts Long Jump 23rd 4.32 (1.1)

