

Ruby Kernaghan

D.O.B. 13/05/2010

Coach: Brett Mathison

Occupation: Student year 10 Westfields Sports

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



Progression

Year (age)	100m	200m	400m	High Jump
2022 (12 years)	13.28	27.15	60.40	1.45
2023 (13 years)	12.97 ?	25.87	57.70	1.58
2024 (14 years)	12.97	26.20	57.91	

National Championships

2023 Australian Juniors Brisbane

U14 400m 1h, Final Bronze 57.70

U14 200m 8h 26.31 (0.4), Final 7th 26.07 (1.6)

2024 Australian Juniors, Adelaide

U15 400m 5h 58.96, Final Bronze 57.91

U15 200m 12h 26.20 (-1.3)

2024 Australian All Schools, Brisbane

U15 400m 7h 58.90, Final 7th 58.20

U16 4 x 400m mixed NSW Final Silver 3.43.47

State Championships

2019 NSW Little A's State

U9 700m walk Bronze 3.43.42

2021 NSW Little A's State

U11 1100m walk Final Gold 5.44.36

2022 NSW Junior Championships

U14 400m 6h 63.75, Final 5th 63.56

2022 NSW Combined High Schools State

12's 800m Final Silver 23.34.35

12's High Jump Silver 1.45m

2022 NSW All Schools

12's 200m 7h 27.89 (0.1), Final 8th 27.78 (2.1)

12's 400m 4h 1:04.00, Final Silver 1.01.54

12's 3000m walk Final Bronze 17:38.51

12's High jump Kernaghan, Final 5th 1.40m

12's Shot put Final 14th 6.56m

2023 NSW Junior Championships

U14 400m 7h 61.98, Final 4th 59.56

U14 100m Final 9h 13.30 (2.2)

U14 200m 16h 27.58 (0.1)

U14 High Jump Final 9th 1.45

2023 NSW Little A's State

U13 400m Final Bronze 59.35

2024 NSW Junior Championships

U15 400m 2h 60.99, Final Bronze 58.97

U15 200m 9h 26.38 (0.1), Final 7th 26.43 (2.1)

2024 NSW Little Athletics State

U14 400m Final 4th 59.47

2024 NSW Combined High Schools State

14's 400m 1h 59.33, Final Silver 58.52

14's 200m 4h 25.98 (0.3), Final 4th 26.89 (-3.3)

2024 NSW All Schools

14's 200m 7h 26.14 (-2.6), Final 7th 25.87 (-1.5)

14's 400m 3h 59.45, Final Silver 57.79

14's High Jump Final Bronze 1.58



Brief History

Ruby Kernaghan has emerged as one of WAC's best-ever track athletes. Her diversity over 100, 200, 400 and even 800m metres has been tremendous.

Her success began before the Covid lockdown when her first State medal was in the walks, winning a Bronze at the 2019 Little A's State in the U9's 700m walk. She improved on this two years later after Covid, this time winning the Gold medal in U11's 1100m walk. Mum Kate being a former State and National Champion in walking, it was not surprising that Kate would be following in her footsteps at least in the beginning.

Accepted into the Westfields Athletics TSP in year 7 in 2022 Ruby was quick to demonstrate her versatility, winning the SSW Region Age Championship and progressing to CHS State in more events than one could normally handle. She would win Silver medals in the 800m and High Jump. It was becoming obvious that Ruby had much potential as a 400m sprinter, however at NSW CHS that event isn't contested until 14 years of age. Then at the 2022 NSW All Schools Ruby would contest her first State level 400m race taking a Silver medal and backing up with a Bronze in 3000m walk.

2023 became very successful with Ruby contesting her first National event in Brisbane taking the Bronze in the U14 400m event. Ruby would suffer some niggling injuries that would over the next year hold her back from full fitness at times, but not as interfering as the iron deficiency that was discovered. It was extreme and would place her on the sidelines for many, many months. Ruby would miss several major competitions as a result. Never the defeatist, Ruby would come back with a vengeance and gradually resume to where she left off, albeit a difficult and controlled recovery.

Ruby went on to contest another two National titles finishing with Bronze at the 2024 National Juniors and a finals berth at the 2024 Australian All Schools. Ruby is clearly one of WAC's most achieved 400m athletes.

Interesting facts:

- After only three years Ruby holds 7 WAC records in 200m, 400m and relays.
- Only two WAC athletes of all ages have ever run faster than Ruby over 400m:
Lisa Skuse 57.11 (14yrs 1993), Corinne Archer 57.55 (17yrs 2002), Ruby Kernaghan 57.70 (13yrs 2023)
- In 2022 when Ruby had to decide which events to drop at NSWCHS (she had too many), she insisted on doing the high jump being advised to drop it. Amazingly she went on to take the Silver medal with a p.b. performance.