

2023
SA STATE TEAM

CLAIRE HARDY

My name is Claire Hardy and I am 13 years old. I live in Christie's Beach, Adelaide. I started Little Athletics in 2016 with the Broken Hill LAC.

The next year I moved to Adelaide and joined my local Little Athletics club. In 2019 I took two years off running to concentrate on playing District basketball with the Southern Tigers. I came back to running for the 2021/2022 summer season competing for the Hallett Cove LAC.

My main events are the 100m, 200m, 400m and Long Jump.



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ILUKA-ROSE TAYLOR

My name is Iluka. I first fell in love with running in Reception at my first sports day shortly after I joined Western Athletics Club. I love all events, but my favourite is 400m. My idol is Cathy Freeman who was a 400m runner. When I'm not running, you can find me playing tennis at my club Glenlea, another sport that lives close to my heart. I'm honoured to be picked to represent SA in this team. Thank you to my coach, officials, friends and family for helping me along the way, but mostly thank you to the other athletes that I call my friends in sharing the passion and the support we all give each other along the way.



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AKON BAAK

My name is Akon and I compete for Enfield Little Athletics. I started athletics 4 years ago in under 10's. My favourite events are high jump, triple jump and long jump. I also love doing 80m hurdles, 100m and 200m. Over the years I have made lots of friends through competitions like SAPSASA and SIC. I have really enjoyed my athletics journey so far and I hope to continue it. I would like to thank my coaches Don and Trevor but also my friends for supporting me and my family for driving to all the trainings and competitions. Congratulations to all the athletes that made the State Team and I wish you all the best of luck.



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MADISON BROWN

Hi, my name is Madison Brown and I compete for Hallett Cove Little Athletics Club. This year is my 4th year of competition and I have discovered my passion is for long distance running. My favourite distances are 800m, 1500m and Cross Country, and this is where I have been most successful. I also love playing Aussie Rules football where I get to run, tackle and kick a goal or two when I get the opportunity. I have found running and athletics to compliment other sports I participate in. I am excited to make the State Little Athletics Under 14 team and can't wait to compete with my friends and meet new people.



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INARA CASTLE

Hi my name is Inara Castle and I am a member of the Hills Little Athletics Club. I have just finished my third season of little athletics and will be starting my fourth season later this year. I started Little Athletics for one reason only, I wanted to pursue something like a career in shot put.

I started in under 12's and have been to SIC's twice. I have come 2nd both years and happened to make the State Team this year. I am very excited to go with everyone to Melbourne. Congratulations to the other members of the team.



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SPENCER DE LACY

Hi, my name is Spencer and I am proud to represent the Tea Tree Gully Little Athletics Club. I started Little Athletics 5 years ago, with my younger brother and cousins and have really enjoyed competing, meeting heaps of new friends and challenging myself to achieve new PB's. My favourite events are long jump, triple jump and shot put. Outside of Athletics, I participate in Basketball, Swimming and Alpine Skiing during the winter season. I would like to thank all of my coaches, our club committee, athletics officials and my family for their support. I am excited to represent my state and wish all of the team the very best in Melbourne.



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RIVER DOWLING

River started his athletics journey at about 8 years of age. Over the past 6 years he has steadily improved. This year has been his best and he is very excited to be a part of the SA team competing in Melbourne.



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HAYLEY FUSS

Hi, my name is Hayley Fuss and I represent Southern Hills Little Athletics Centre. I started Little Athletics when I was 7. My whole family are obsessed with athletics! I'm a sprinter and my favourite events are the 100m and 200m and I am very excited and proud to now be representing South Australia in both of those events.

I have made so many friends in little athletics and had amazing support from my clubs and I would really like to thank my coaches Russel and Warren (my pa). Outside of athletics, you'll find me hanging with my friends!



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LILLIA GIANNAKIS

Hi my name is Lillia and I joined Campbelltown Little Athletics as an U7. I started Little Athletics because I loved running and I enjoyed meeting new friends. When I was 10 I was chosen for the SAPSASA State Team that went to Darwin in 2019 and since then, I've competed in all the SIC competitions and even broke the state record for the U11 80m hurdles. My favourite events are long jump, 100m and 200m.

I'm really excited to have made this year's State Team and want to congratulate everyone else that has made the team!



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INDIA GOODALL

Hi, my name is India and I've been involved in athletics since I was 6 years old, competing at Tea Tree Gully Little Athletics Club. I've enjoyed participating in athletics over the years, especially in the track and jumps events. In recent years, I've specialised more in the 400 and 800m and competed for Team SA in the Australian Track & Field Championships in Sydney, which was a great experience. I've also competed for Team SA in cross country back in 2019 in Kembla Grange, NSW and ran with some of my current team-mates. I have great memories of that event and am looking forward to creating some new ones in Melbourne in 2023.



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CHLOE HEATH

Hi, my name is Chloe Heath and I have been an athlete for the Salisbury Little Athletics Club for the past 8 years. My favourite events at athletics are Javelin and Discus. I have made some great friends at athletics and look forward to our interclub meets to compete against friends. Athletics has taught me it's not always about winning and more about personal improvement. I went from hitting the back of my head with the Javelin to Gold Medal in Javelin in 2 seasons which I am very proud of and would like to thank my coach Wendy for helping me. I'm looking forward to representing my club and SA at states.



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GRACE MARIN

Hi, my name is Grace, I am 14 years old and have been competing for Eastern Districts Little Athletics club since under 7's. What I enjoy about Little Athletics is the friendships you make along the way and competing in events. My favourite events are high jump, the walk and hurdles. I have enjoyed participating in these events since I started little athletics, and this year have medalled in high jump and the walk as I have also previously.



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GERARD MCGINLEY

My name is Gerard McGinley. I'm in year 9 and I'm part of Reynella East LAC. I started Little Athletics aged 4 with a different club and used to be great at the 50m sprint and high jump. Now my favourite events are Discus, 200m Hurdles, Long and Triple Jump. I've set a few club records in various events previously, but being selected for the State Team was a huge honour and I congratulate all the other members of this team. I'd like to thank my coach Dennis Lorenzin for his support. I also play 3 music instruments. I like Mathematics and some other sports I compete in are Swimming and Korfball. In my spare time, I love speed cubing.



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KAYSII OBST

My name is Kaysii Obst and I compete for Eastern Districts Little Athletics Club. I have been actively involved in athletics since tiny tots. I really love making new friends and seeing them at different meets. My favourite events are the sprints and triple jump. I enjoy playing netball and volleyball, and love to take my dog Archer to the beach.

I am very proud to be selected in the State Team along with my friends that I have made. I would like to thank my mum and dad for their support. To my sister, Keeleigh, for our competitive sister rivalry, and to my coach, Don Brown, who always believed in me.



2023 SA STATE TEAM

EMMA POTTER

Hi, my name is Emma Potter and I compete for Hallett Cove Little Athletics Club.

I started athletics in under 11's and have loved it ever since. My favourite events are 1500m and 800m. I like long distance running and compete in cross country in the winter season. I love playing most sports, but my favourite team sport is soccer.

I think athletics is a great way to keep fit and active and have fun with your friends. I am really excited to have made the State Team this year and am looking forward to the experience and meeting new people.



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HUGO SEMMLER

Hi, I'm Hugo. I've been involved in athletics since I was a tiny tot and have loved athletics since I started. I've worked hard to be able to make national SAPSASA in Darwin and also worked hard to make the 2023 state team. I've made it to SIC's for as long as I can remember and had many achievements achieving gold, silver and bronze. When I was younger I used to be a sprinter in 100m and 200m and podiumed multiple times, but after a knee injury I've become better in shot put and javelin. I am really excited to be involved and hopefully make it to the top and come out with a medal for shot put and javelin.



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FINN SPANAGEL

Hi, I'm Finn Spanagel and I am a member of the Woodville Little Athletics Club. This is my fourth season of Little Athletics. While at Athletics, I love to do all the events, but my few favourites are High Jump, Long Jump, Hurdles and 400m.

I am very grateful that I made this team, and I will have to thank all my coaches that have helped me to achieve this goal. Aside from Athletics I enjoy playing footy and I am also a passionate Crows supporter.

I am really excited to compete at ALACs and well done to everyone else who made the squad.



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JAYDEN ZAMMIT

Hi! I'm Jayden Zammit and I'm a Salisbury Little Athletics Centre Member. I've been doing athletics for 10 seasons starting as a tiny tot. I have numerous club records and I'm a Junior life member. I have won an athlete of the month award which is awarded by SALAA. I enjoy playing school, social basketball and I'm a state medallist in swimming. I swim for Playford Aquatic. My favourite events are the walk, 100, 200 and SP. I want to thank my family who have supported me in all my sports, my friends from school and all my sports. I want to thank Bridget who was my Tiny Tot coach and a great support as I started my Athletics career.



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ELIJAH OWEN

My name is Elijah Owen. I enjoyed doing Athletics when I was in primary school on sports day. The event I did best was 100m as well as some other events. Slowly I have learnt to become great at all events with the help of Plympton Flyers Little Athletics Club. I am now mainly focusing on High Jump as I have achieved greatness in it. I am honored to be selected as one of the representatives for SA. Thank you to my coaches, officials, family, and friends that have supported me along the way.



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CLOE ADAMS

My name is Cloe Adams. I am proud to be representing South Australia in another State athletic competition. I have been a member of Munno Para Athletics club for 8 years and have competed in many different competitions for my school and club. I also enjoy playing netball and field hockey for my school's teams. I would like to thank my coaches, family, teachers and everyone else who has supported me through my athletic journey.



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PHARRELL PROKOS

Hi. My name is Pharrell Prokos and I'm so excited to be representing SA STATE TEAM for High jump. I have been apart of Port Adelaide Athletics Club for 4 years now and love competing against other clubs in SA. I also love competing in 100m and 200m sprints. Thank you to my family for pushing me to be the best I can be and all the sacrifices my mum and dad have made. Thank you to all my coaches including football and all the parents who help volunteer each week at Port Adelaide Athletics Club.



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DANE WOOD

Hi Guys, my name is Dane and I've been part of Golden Grove Little Athletics Club for about 8 years. I will be competing in long jump, and both sets of hurdles. In my free time I enjoy training, playing Basketball, Football and PlayStation. It's an honour to be chosen to represent South Australia and I am very excited. Good luck to all the competitors. This is going to be an experience that I won't forget.



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SCARLET HEITMANN

Hi, I'm Scarlet. I am a current athlete at Salisbury LAC competing in my 9th season of little athletics. My favourite events are hurdles, shot put, discus and javelin. I enjoy Little Athletics because it gives me the opportunity to learn new skills as well as improving existing skills. I have made some lifelong friendships with athletes from clubs all around the state which I will always cherish. I am honoured to represent SA in the AJAC championships this year and want to thank my coaches, family and friends for the support and encouragement throughout my journey. I would like to congratulate all the other athletes on their selection.



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KARIN BOTHMA

Hi, my name is Karin and I have been doing athletics at Hallett Cove Little Athletics Club for the last 8 years. Best part of athletics for me has been making friends with other athletes and having fun competing against them. The events I enjoy the most are the hurdles, both 80m & 200m. I am very excited to have made the u14 team and to represent South Australia at the AJAC Championships. I am looking forward to going to Melbourne meeting new people and competing against the best in Australia.

