



2014 Women's Queanbeyan Gift Form Guide

Tara Angell NSW 10.50m

Opened the season last year with a 3rd place in the Mingara Women's 110m Gift (12.84s off 7.00m). At Queanbeyan 2013, she ran 4th in the final (13.80s off 10.25m). On 30/11/2013 she finished 2nd in the 120m Lithgow Flash Gift (14.10s off 10.50m). She was a finalist in the 100m Christmas Gift in December. At Stawell 2014 she ran 3rd in Heat 5 (14.21s off 10.25m). One of the few to go forward from Stawell, but will need every inch of her mark in this field.

Chrystal Attenborough NT 6.50m

On the comeback trail after a rest from the sport. Outstanding sprinter in her day winning multiple national medals and representing Australia at the 2006 Commonwealth Games and 2007 World Championships. Ran 23.49s to win the 200m silver medal in the 2006 nationals and 11.49secs to win the 100m silver medal at the Australian national titles in 2007. Hasn't competed since 2012 but has the mark to scare a few.

Pam Austin VIC 12.00m

At Stawell 2014 she ran 4th in Heat 2 (14.21s off 13.75m). Last season she ran 7th in the final of the Geelong Women's 100m (12.46s off 7.25m). Ran at Sandringham on Nov 2nd and finished 4th in Heat 3 of the Women's & Vets 100m (11.98s off 13.75m). Can't see her getting a second run in the Gift.

Cara Boustead VIC 12.00m

Enjoyed a very good season on the pro running circuit last season, featuring in many of the major finals. On 28/12/2013 she ran 3rd (14.64s off 12.00m) in the Women's Bay Sheffield then won the women's 2014 Burnie Gift on New Year's Day (14.56s off 12.00m) pocketing \$2,300. In February she just missed the Stonnington 100m Gift final finishing 3rd in SF1 (12.29s off 7.00m) then ran 2nd in the Ballarat Women's 120m (14.31s off 9.50m). Didn't seem to fire at Stawell missing the semis after running 2nd in Heat 6 (13.96s off 14.25m). Has the same mark as the Bay Sheffield & Burnie and should make the final.

Melissa Breen ACT 0.00

Previous winner, back in 2007 off 2.75m. At Queanbeyan 2013 she ran 4th in SF1 (14.31s off scratch). Ran a national 100m record of 11.11secs in February. Ran 2nd in the national 100m title to Sally Pearson then represented Australia at the Commonwealth Games in Glasgow. Won the 2012 Stawell Women's 120m off scratch (13.95s) and also won the Albury Women's 120m off scratch earlier this year. At Stawell 2014 she ran 3rd in Heat 1 of the women's 120m (13.96s off scratch). With most of the field back from last year's marks she could become the first to win a Queanbeyan Gift from scratch.

Sophie Broadhead ACT 9.50m

Local athlete who has been running regularly at the ACT summer series over 100m & 200m recording 12.45s (+2.2) and 26.00 (-0.5) on 1st November and last Saturday 15th November, she ran 12.31secs (+0.8) and 25.71secs (+0.1). Pretty handy times for an athlete on her mark and can make the final.

Brittany Brymer WA 12.00m

At Queanbeyan 2013 she ran 3rd (13.79s off 13.50m) in the final to Maddie Coates and Ella Nelson. On 30/11/2013 she finished 4th in the 120m Lithgow Flash Gift (14.19s off 13.50m). Ran well at the Bay Sheffield carnival running 4th in the Women's 120m final (14.68s off 10.00m) and was 2nd in the Women's 70m final. Ran at Sandringham on Nov 2nd, running 6th in a heat of the 70m open and was 6th in the Women & Vets 100m (11.56s off 13.25m). Meets the other girls (including the winner) worse off from last year due to the 12.0m limit.

Kara Bull NSW 12.00m

Previous winner – having won the 2011 Queanbeyan Women's Gift off 15.00m. At Queanbeyan 2013 she ran 5th in SF4 (14.53s off 14.25m). At the Hunter Track Classic in January she ran 4th in the 300m Final. At Stawell 2014 she ran 6th in Heat 13 (14.46s off 13.50m). The 12m limit probably means she can't win it but can make it to the semi final stage.

Rachael Carnegie ACT 12.00m

Has made a number of finals in recent years including two Lithgow Flash finals. She Ran 5th in the 2012 Lithgow Flash 120m (14.83s off 8.00m) and was 8th in the 2011 final (14.54s off 10.00m). Best result was runner-up in the 2011 Canberra Women's Gift. At Queanbeyan 2013 she ran 3rd in SF3 (14.43s off 12.00m). On 30/11/2013 she finished 3rd in SF4 of the 120m Lithgow Flash Gift (14.33s off 12.25m). At Burramine in March she ran 5th in the Women's 100m. At Stawell 2014 she ran 2nd in Heat 10 (13.90s off 12.50m) to just miss the semis. Owns a handy 200m PB of 25.55s. One of the better home town chances.

Larissa Chambers QLD 3.25m

Ran 2nd to Hana Basic (who ran 11.62) in the National Under 20's title in Sydney (15/3/2014) running a massive PB of 11.69secs. (+1.7) which surpassed Sally Pearson's meet record of 11.76. She also ran 2nd in the Under 20's 200m in the slick time of 24.22secs (+0.6). Class athlete who is making her NSWAL debut at Queanbeyan.

Tomasin Clark NSW 9.00m

18yo novice athlete having her first start. Not a lot of recent information. She ran 12.59s at a competition on 9th Feb 2013. Nothing recent to gauge her form which generally means the athlete is not going to feature beyond the heats.

Maddie Coates VIC 4.25m

Won the 2013 Queanbeyan Gift with a huge finish (13.57s off 5.50m). Went from strength to strength culminating in winning gold in the Under 18's 200m (23.98s) and silver in the 100m (11.75s with a 3.5 tail wind) at the Junior National titles in March. At Stawell 2014 she ran 2nd in SF2 (13.83s off 6.25m). Went to the World Juniors in Eugene USA and ran 23.91s in the 200m. Has a 100m best in 2014 of 11.92secs (+1.0). Has definitely improved from last year and is quite capable of being the first athlete win consecutive Queanbeyan Gifts.

Siobhan Dibley NSW 9.25m

Enjoyed a big day at Cowra in 2012 winning a double - the Cowra Women's Gift (14.80s off 3.25m) and the 120m Novice (12.86s off 18.50m). Made the 2012 Lithgow Flash 120m final, finishing 7th off the tight mark of 6.00m. Ran 2nd at the Sweepstakes 70m Open on 19th October 2013. Cronulla beach sprinter who has proven she is competitive at this level, has a good mark and is a genuine finals prospect.

Jane Dike NSW 12.00m

Represented Nigeria at the 2006 Commonwealth Games in Melbourne running 24.45s in the 200m and a part of the 4x100m relay that ran 4th. According to All Athletics.com she has a 100m PB of 11.65secs recorded on 11/02/2006. On 30/11/2013 she finished 6th in SF3 of the 120m Lithgow Flash Gift (14.98s off 8.50m). Recently ran 64.53secs for 400m on 8th November at an ANSW Interclub comp. Still only 28yo, so at an age where this mark is very risky given her history.

Catherine Donaldson QLD 12.00m

On 30/11/2013 she finished 5th in heat 6 of the 120m Lithgow Flash Gift (14.57s off 14.00m). At Stawell 2014 she ran 3rd in Heat 15 (13.85s off 18.00m) to just miss the semis. At Macksville on 9th Nov she ran 4th in heat 5 of the Women's & Vets 120m (14.77s off 14.00m). Back 6.0m from her Stawell mark so unlikely to make it past the heat stage.

Leah Fotofili NSW 12.00m

39yo Killcare Surf Lifesaving Club president training with Roger Fabri. Has only had the one start – at Wentworth Park last season where she didn't make a final. Unlikely to advance to the semis.

Kelly Gambling NSW 12.00m

30yo from Albury with the Adrian Fury stable. Registered with a hand held 100m PB of 13.86secs. First start with the NSWAL and is unlikely to advance to the semis.

Kimberley Geelan TAS 12.00m

At Queanbeyan 2013 she ran 6th in SF4 (14.78s off 12.00m). She made the final of the Latrobe (TAS) Women's 120m (14.26s off 9.25m) in December. In the 2014 Women's Burnie Gift on New Year's Day she finished 4th in SF2 (14.30s off 10.25m) beaten 2.5m by eventual winner Cara Boustead. Ran well at Stawell in April finishing 4th in the Women's 120m Final (13.65s off 14.00m). Back 2.0m from Stawell but the time was quick to suggest she can improve on last year's result.

Hannah Gibbs NSW 9.00m

On 30/11/2013 she finished 6th in heat 3 of the 120m Lithgow Flash Gift (15.55s off 6.75m). At the 2012 Australian National titles she ran 12.81secs in a 100m heat. Ran at the Australian Uni Games in Sydney in September 2014 running 12.58secs (100m) to be the 10th ranked athlete at the meet. In reasonable shape based on Uni Games run so might be one to watch in the heats.

Eleni Gilden VIC 12.00m

Williamstown Athletic Club athlete who won the rich Rye Women's Diamond 120m in 2012 (14.33s off 10.75m). Also won the 2012 Maryborough Women's 400m. At Queanbeyan 2013 she ran 7th in SF2 (14.57s off 12.50m). At Stawell 2014 she ran 2nd in Heat 12 (14.25s off 13.50m). Better suited to the 400m but her Rye win 2 years ago shows she is more than capable of causing an upset.

Rosamond Gilden VIC 12.00m

Like her sister, regularly competes with Williamstown in Athletics Victoria competitions. Won a double at Warragul (VIC) in 2012 with the Women & Vets 120m (13.44s off 18.50m) and the Women's 400m. Her best win was the Stawell 800m in 2010. At Stawell 2014 she finished well back - 4th in Heat 3 (14.71s off 15.25m). Hard to recommend and would prefer over 400/800 but she does have a win over the distance so could surprise.

Elly Graf NSW 3.75m

Nationally ranked athlete with a 2014 best of 11.76s (+0.1). Has a 100m PB of 11.73s recorded 9/12/2007. Is a national beach sprint champion several times over and has represented Australia at World Surf Lifesaving Championships. Won the 2014 NSW 100m title in 11.80secs. Enjoying a great year and is a big chance to make the final.

Laura-Jane Hilditch 7.75m

Winner of the 2011 Australian Athletic Confederation female athlete of the year, she has won numerous races, including the 2012 Women's Burnie Gift, 2011 Stonnington Women's 100m and Woodside Women's 120m. One of her most recent wins was the Wangaratta 70m Open in January. At Queanbeyan 2013 she ran 6th in the final (14.05s off 8.50m). Struggled at Stawell 2014 where she only ran 14.37s from 8.75m to finish 7th in Heat 15. Not quite running well enough to win but should be in the semis.

Cassie Hopkins ACT 12.00m

16yo who ran at the Junior Nationals recording 58.72secs to finish 8th in the Under 17's 400m title. Good mark but probably needs it at the moment. Has the natural talent to suggest she won't be running off 12.00m in a couple of years' time.

Natasha Hughes NSW 9.50m

At Queanbeyan 2013 she ran 5th in the final (13.86s off 12.00m). On 30/11/2013 she finished 5th in the 120m Lithgow Flash Gift (14.23s off 12.00m). At Stawell 2014 she ran 6th in SF2 (13.96s off 12.25m) about a metre behind Maddie Coates. Ran 12.33secs in the NSW state titles in March. Ran 8th in a heat of the National 100m title recording 12.77secs. Back in the marks but still in the mix for the final again.

Kate Jones NSW 12.00m

At Queanbeyan 2013 she ran 3rd in SF2 (14.12s off 11.00m). On 30/11/2013 she finished 3rd in the 120m Lithgow Flash Gift (14.17s off 12.00m). Ran 2nd in the rich Stonnington Women's 100m Gift (12.04s off 7.25m). Finished the season with 3rd place in the Women's 120m at Stawell (13.59s off 13.25m). Must be considered given her Stonnington/Stawell result.

Lauren Keating NSW 12.00m

On 30/11/2013 she finished 5th in SF1 of the 120m Lithgow Flash Gift (15.01s off 18.00m). At the Hunter Track Classic in January she ran 2nd in the 110m Gift (12.02s off 24.0m). At Macksville on 9th Nov she ran 2nd in heat 2 of the Women's & Vets 120m (14.39s off 20.0m). At Stawell 2014 she ran 5th in Heat 10 (14.37s off 17.00m). Back 5m from her Stawell mark where she was well out of the contest. Unlikely to be among the semi finalists. Prefer in something easier.

Courtney Leary ACT 12.00m

16yo with the Matt Beckenham stable who has represented ACT at All Schools competitions. At Queanbeyan 2013 she ran 6th in her heat (15.97s off 9.00m). At Macksville on 9th Nov she ran 3rd in heat 3 of the Women's & Vets 120m (14.25s off 15.50m) and 6th in a heat of the 120m Novice (14.32s off 22.0m). She has been running regularly at the ACT summer series recording 13.72s (+3.4) on 1st November. Still very young and learning under one of the best in the caper. A spot in the semi finals would be a bonus.

Mabel Madojiemu NSW 8.00m

31yo who was a member of the Nigerian 4x400m relay squad at the 2006 Commonwealth Games in Melbourne. Very good 400m athlete in her junior years with a PB of 52.18 (31/07/1999). Represented Nigeria as a 17 year old at the 1999 World Athletics Championships in Seville. Has been running at the ANSW Interclub competitions - 25.65secs (+0.8) for 200m on Nov 1st and 12.76s (-1.8) for 100m on November 8. Recent form suggests she probably won't final but another with a history that needs to be respected.

Corban McGregor NSW 7.00m

Novice athlete who last summer played as a Wide Receiver for the NSW Surge in the Australian "Legends Football League" – a glamorised female version of American gridiron. Was also a state level netball player. No athletic form to suggest she will make the semis.

Amy McIlrick ACT 9.50m

Made the 2012 Lithgow Flash 120m Gift final, finishing 4th (14.70s off 6.75m) and was 2nd in the Lithgow 70m final. Ran a respectable 12.42secs at the 2012 Australian National championships. Not much recent form but has the talent to do some damage off her mark.

Ella Nelson NSW 3.25m

Unlucky to run into a rampaging Maddie Coates last year, running a close 2nd in the 2013 Queanbeyan Gift (13.60s off 4.00m). Ran 2nd (11.82s) in the NSW state 100m title to Elly Graf then won the National 200m title in a brilliant 23.44secs. Ran well in Europe with a best time off 11.76s in Great Britain on 19th July 2014. Will be better for the international experience and looks to be stronger than last year. The final beckons once again.

Sam Pomroy ACT 12.00m

At Queanbeyan 2013 she ran 5th in SF1 (14.32s off 14.00m). On 30/11/2013 she finished equal 7th in the 120m Lithgow Flash Gift (14.41s off 14.50m), then ran 3rd in the Sweepstakes 70m Open. At the Hunter Track Classic in January she ran 3rd in the 110m Gift (12.04s off 18.00m). At the Canberra Gift she ran 2nd in the 120m (13.10s off 19.0m) and 2nd in the 70m. A fortnight later she ran 2nd in the Burramine Women's 100m (12.14s off 8.00m). At Stawell 2014 she ran 3rd in Heat 11 (13.91s off 14.50m) to just miss the semis. Still running well at 34, however she's back from last year's mark due to the 12m limit and will be looking to other events on the program to make a final.

Sophia Power QLD 11.50m

17yo from Port Douglas who competed over 100m at Stonnington (VIC) running 4th in Heat 5 (12.64s off 5.50m) and Geelong – 2nd in Heat 5 (12.33s off 7.25m) and not advancing to the semis in either. Has a very good mark for an athlete relatively new to the sport but will need it in this field.

Kiara Reddinguis WA 8.75m

Surprise winner of the prestigious Women's Bay Sheffield last year (14.41s off 10.00m) after running 2nd in her semi. Despite a significant penalty she ran well in Victoria during February 2014 running 5th in SF1 of the 100m Stonnington Gift (12.36s off 5.00m) and finished 8th in the Ballarat Women's 120m final (14.55s off 6.00m). Coming from WA she is a huge chance to add Queanbeyan to the Bay Sheff.

Amanda Russell NSW 12.00m

Formerly Amanda Cole and has returned after some time off for family commitments. Made many finals in her career and won a few races including the 2009 Wangaratta Women's & Vets 120m and 2008 Lambton 120m Women's Gift. On 14th September 2014 she ran a respectable 37mins 58secs in an 8km fun run suggesting she may be better suited to the longer distances.

Jessica Sara-Peris NSW 7.75m

The daughter of 1998 Commonwealth Games 200m champion Nova Peris. She ran as a junior but left the sport to pursue other interests. Recently returned at Macksville running 6th in a heat of the 70m and won a heat of the 120m Women's & Vets finishing 6th in the final (14.93s off 6.00m). Also ran 4th in a heat of the 120m Novice (14.42s off 11.00m). Only just got back into athletics and training with Roger Fabri. Not yet ready for this but one to watch for the future.

Kirsty Stevens VIC 12.00m

Regular competitor in the VAL she won the Euroa Women's & Vets 300m in March. The previous day she was 4th in the women's 100m at Burramine. At Stawell 2014 she ran 2nd in Heat 14 (13.97s off 14.50m). Started the season well, running 2nd in the Sandringham Women & Vets 100m (11.25s off 14.25m) on Nov 2nd. Back 2.50m from Stawell but is in good form so should be around the mark for the semis.

Davina Strauss NSW 9.00m

Controversial winner of the Women's 120m at Stawell in 2013. After a slashing heat win off 14.00m which had her fastest up by over 4m, the stewards reduced her mark to 10.00m. She still won the final in 13.98secs. Turned up at Mingara last year (5/10/2013) running 4th (13.26s off 6.50m) in the Women's 110m Gift and 3rd in the 70m Open. Final prospect.

Andrea Thompson ACT 9.50m

At Queanbeyan 2013 she was 2nd (14.09s off 8.50m) to eventual winner Maddie Coates in the heat before having to withdraw from the semis. Her heat result suggests she may have finished well up in the final. Won the Queanbeyan senior girl's sprint in 2012. Holds the ACT Under 17 records for the long jump and triple jump. Based on last year's eye-catching result, her chances cannot be dismissed.

Laura Turner NSW 5.50m

Outstanding 200m runner with a 2014 best of 23.79secs (+0.4) recorded in Sydney on 15/03/2014, placing her 6th on the national rankings. Just missed the semis of the Australian 100m title, running 12.16secs (+1.6). Nice mark for her ability – same handicap Maddie Coates had to win last year. One of the favourites.

Nikki Venardos QLD 11.00m

A regular competitor in the QAL she has won the Heritage Fairholme 70m Gift in Toowoomba twice – 2011 and 2012. Ran 3rd in the 2012 Queanbeyan Women's Gift off 11.25m. On 16th September she ran at a meet at Griffith University recording 7.80secs (60m) and 12.74secs (100m). Last week she ran in the Noosa Ladies 110m Invitation running 13.75secs off scratch. Recent form suggests semi finalist at best.

Montana Walters NSW 10.00m

Won a unique double at Mingara on 5th October 2013, taking out the Women's 110m Gift (12.78s off 5.50m) and the 70m Open (7.34s off 13.25m). At Queanbeyan 2013 she ran 4th in SF3 (14.58s off 6.75m). On 30/11/2013 she finished 3rd in SF1 in the 120m Lithgow Flash Gift (14.63s off 6.75m). Goes forward a very generous 3.25m and will be very hard to catch.

Lauren Wells ACT 4.00m

Previous winner having won the 2008 Queanbeyan Women's Gift (14.07s off 4.50m). At Queanbeyan 2013 she ran 6th in SF2 (14.44s off 3.00m). Six times national 400m Hurdles champion, having represented Australia at Olympic, Commonwealth and World Championship level. Has a 100m PB of 11.83secs. Only 0.50m off her 2008 winning mark, however the standard of this field has gone up considerably in the last 6 years.

Eliza Wilson WA 9.00m

Ran at a WA amateur meet recently running 7.85s for 60m. On 24th October she ran 7th in the 70m pro race at the West Coast Athletic League competition (7.4 Hand timed off 11.00m). A long way to go and will be looking to pocket some expenses.

Emma Zalcman ACT 11.25m

Formerly from the Northern Territory but now a local athlete who ran at the ACT summer series recording 13.18s (+3.4) on 18th October. A member of the Matt Beckenham squad she has PB's of 12.75s (100m), 25.50 (200m) and 56.62 (400m). Is the 2013 Northern Territory champion over 100/200/400. Doesn't appear to be running at her best but the mark is very good for her ability so expect her to be among the semi finalists.

Compiled by: Paul Young

