





# Running

Tip

Keep your head and eyes looking straight ahead. Shoulders should be relaxed with arms bent. Run tall with high hips. Movement of feet and limbs should be in a straight path. High pick up of the leading thigh. Body to have a slight lean forward. Be relaxed throughout.



**Favourite food?**

Anything Pasta

**Favourite song?**

Anything Khalid

**Favourite Tv show?**

Lucifer

**Favourite movie?**

Mamma Mia

**Who is your idol?**

Sally Pearson has helped me so much throughout my career!

**What advice would you give to Little Athletes?**

Enjoy every moment and make lots of friends!

## Riley Day

Hi my name is Riley Day and I compete in the 100m and 200m sprints and the 4x100m relay. My PB for the 100m is 11.50 seconds which I ran in Sydney in March 2018. My 200m PB is 22.93 this was run at the Australian National Championships on the Gold Coast.

The highlight of my athletics career so far is competing for Australia at the 2018 Commonwealth Games, walking out onto the track in from of a home crowd, hearing my name called out .....100% goosebump moment!

I am coached by Donna Thomas my long-time coach and mentor, I am currently studing nursing at Griffith University.

I started athletics when I was 8 at Beaudesert Little Athletics Club in Queensland. My favourite thing about Little Athletics were the local competitions and making heaps of new friends over Queensland & Australia!



400m

**Olivia Smith**

**Result: 1:40.03**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 01 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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200m

**Olivia Smith**

**Result: 40.47**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 15 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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70m

**Olivia Smith**

**Result: 13.03**

Previous SB: 13.38  
Age/Gender: 12 / F  
Event Date: 06 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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70m

**Olivia Smith**

**Result: 13.75**

Previous SB: 13.38  
Age/Gender: 12 / F  
Event Date: 24 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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70m

**Olivia Smith**

**Result: 13.38**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 12 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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100m

**Olivia Smith**

**Result: 18.50**

Previous SB: 18.59  
Age/Gender: 12 / F  
Event Date: 22 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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100m

**Olivia Smith**

**Result: 18.96**

Previous SB: 18.59  
Age/Gender: 12 / F  
Event Date: 01 Feb 2025  
Position: 1  
Club: Cockatoo LAC

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100m

**Olivia Smith**

**Result: 18.59**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 09 Nov 2024  
Position: 1  
Club: Cockatoo LAC

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**80m Hurdles**  
**Olivia Smith**  
**Result: 23.86**

Previous SB: 17.80  
Age/Gender: 12 / F  
Event Date: 15 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**80m Hurdles**  
**Olivia Smith**  
**Result: 17.80**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 23 Nov 2024  
Position: 1  
Club: Cockatoo LAC

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800m

**Olivia Smith**

**Result: 4:31.28**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 12 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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**1100m Walk**  
**Olivia Smith**  
**Result: 9:27.59**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 15 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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# Long Jump

Tip

Approach run must be controlled, accurate and fast. Look forward, not down at the takeoff area. Jump from the take-off area from one foot and drive your other leg and your arms high into the air. Land on two feet and bend the legs at the hips and knees to allow the body to pass over the heels when landing. The aim is to jump up and out.



**Favourite Food?**

My favourite food would have to be Cheese

**Favourite song?**

Currently - Never Seen the Rain by Tones and I

**Favourite TV show?**

Married at first sight

**Favourite Movie?**

A Star is Born

**Who is your idol?**

I have grown up with many idols- Some including Cathy Freeman, Bronwyn Thompson, Sally Pearson

**What advice would you give to Little Athletes?**

Follow your dreams & never give up - HAVE FUN!!

## Brooke Stratton

Hi, my name is Brooke Stratton, and I compete in Long Jump, and I hold the current Australian record of 7.05m.

My most memorable moments to date would be placing 7th at the 2016 Rio Olympic Games, my first Olympic Games! My other favourite moment was placing 2nd at the 2018 Commonwealth Games in front of a home crowd!

The other memorable moment would be when I broke the Australian Long Jump record of 7.05m at the Perth Track Classic in 2016 previously held by Bronwyn Thompson one of my idols!

I have tremendous support within my family and I am very fortunate to have my own dad as my coach for over 16 years!

I started athletics at Sandringham Little Athletics Centre in Victoria, as an Under 6 athlete, I finished my Little Athletics time at the Knox Little Athletics Centre. My brother, sister and I used to compete on Saturday mornings and we'd look forward to it all week. I was lucky enough to win my first state title as an U9 athlete.

My favourite things about Little Athletics was having fun with my friends and striving to be the best athlete I could be.



**Long Jump**  
**Olivia Smith**  
**Result: 2.83**

Previous SB: 2.28  
Age/Gender: 12 / F  
Event Date: 16 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Long Jump**  
**Olivia Smith**  
**Result: 2.28**

Previous SB: 1.88  
Age/Gender: 12 / F  
Event Date: 23 Nov 2024  
Position: 1  
Club: Cockatoo LAC

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**Long Jump**  
**Olivia Smith**  
**Result: 1.88**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 12 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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**Triple Jump**  
**Olivia Smith**  
**Result: 5.33**

Previous SB: 4.64  
Age/Gender: 12 / F  
Event Date: 22 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Triple Jump**  
**Olivia Smith**  
**Result: 4.55**

Previous SB: 4.64  
Age/Gender: 12 / F  
Event Date: 06 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Triple Jump**  
**Olivia Smith**  
**Result: 4.64**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 24 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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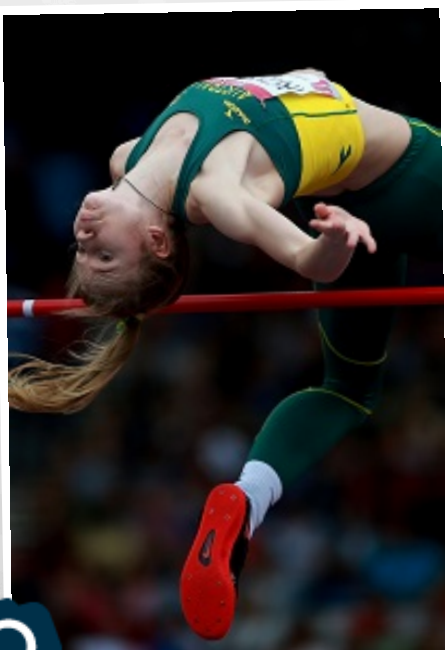




# High Jump

## Tip

It is best to learn how to high jump using the scissor technique. The Fosbury Flop technique is best learned once you are good at the scissors. Use a straight run up of 8-10 strides from an angle approximately 30 degrees to the bar. The leg closest to the bar is driven up and over the bar first. Both legs are lifted forward in a scissors action over the bar. Landing must be made on the feet (not on the back) on the mats.



## Eleanor Patterson

Hi, my name is Eleanor Patterson, and my nickname is Floss. My PB for High Jump is 1.96 metres at the Australian All Schools in 2013 which was also a World Youth Best, Commonwealth Games A-qualifier and Australian U20 and U18 record.

The highlights of my career so far is winning gold at the 2014 Commonwealth Games and World Youth Championships in 2013, becoming the first Australian female in 24 years to make the high jump finals at the World Championships and qualifying for the 2016 Olympic Games. I am also the current national champion for high jump, and won gold at the 2013 and 2012 Australian Junior Championships, and silver at the 2011 Australian Junior Championships.

I started Little Athletics in Under 9's at Leongatha Little Athletics Centre in Victoria. My favourite event has always been high jump, and my favourite memories of Little Aths were having so much fun, and making lots of great friends, who I have remained close with now.

My best performance in Little Athletics was winning State Championships in High Jump every year from U10 to U15. I also remember when I was in the U13 state team and competed in both triple jump and high jump. I am also the current U15 girls Victorian and Australian record holder for high jump.

**Favourite Food?**  
Sushi

Cara Delevigne (British model) and Kaila McKnight

**Favourite song?**  
Wake me Up, by Avicii

**What advice would you give to Little Athletes?**

Always try your best, but just enjoy and have fun! Another great lesson I have learnt is to find a coach who believes in you, and to always believe in yourself.

**Favourite Tv show?**  
Scrubs, Cougar Town and Revenge

**Favourite Movie?**  
The Notebook

**Who is your idol?**



**High Jump**  
**Olivia Smith**  
**Result: 1.03**

Previous SB: 1.07  
Age/Gender: 12 / F  
Event Date: 01 Feb 2025  
Position: 1  
Club: Cockatoo LAC

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**High Jump**  
**Olivia Smith**  
**Result: 1.07**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 09 Nov 2024  
Position: 1  
Club: Cockatoo LAC

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# Javelin

## Tip

Hold javelin along the length of the hand with a comfortable grip. Javelin is held at head height, with palm facing upward. Javelin is taken back straight. Throw should have a pronounced backward lean from the ground. Coming over the top of the shoulder.



### Favourite Food?

Sushi

### Favourite song?

Fade to Black by  
Metallica

### Favourite Tv show?

Grey's Anatomy

### Favourite Movie?

Rock Star

### Who is your idol?

Kylie Wheeler

### What advice would you give to Little Athletes?

To have fun with  
everything that you  
do and to try your  
best.

## Kim Mickle

Hi, I'm Kim Mickle, also known as Kimbo. My event is the javelin, and my best throw is 66.83m, which I achieved in March 2014 and ranked me number one in the world.

My most memorable results are winning gold at the 2014 Commonwealth Games with a throw of 65.96m, silver medal at the 2013 World Championships, silver at the 2010 Commonwealth Games and winning the gold medal at the 2001 World Youth Championships. I have been Australian Champion nine times including 2014 and competed at both the 2012 and 2016 Olympic Games.

I started my athletics career as a 6 year old at Peel in Mandurah in Western Australia. I loved competing in all of the following events: javelin, discus and shot put.

My best results in Little Athletics were winning the javelin and the Australian Little Athletics Championships and breaking the U13, U14 and U15 Australian Best Performances in the javelin. I enjoyed hanging out with my friends, trying to beat my own personal bests and big competitions like the State Championships.





**Javelin**  
**Olivia Smith**  
**Result: 6.60**

Previous SB: 7.80  
Age/Gender: 12 / F  
Event Date: 06 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Javelin**  
**Olivia Smith**  
**Result: 7.80**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 24 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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**Discus**  
**Olivia Smith**  
**Result: 8.79**

Previous SB: 8.84  
Age/Gender: 12 / F  
Event Date: 16 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Discus**  
**Olivia Smith**  
**Result: 8.84**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 23 Nov 2024  
Position: 1  
Club: Cockatoo LAC

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# Shot Put

## Tip

Stand in a sideways position to the direction of the shot put. The feet should be shoulder width apart with back foot slightly pointing to the rear. Shot is held close to the neck, elbow raised to one side. Turn the body to the rear, weight onto back foot, back leg bent, with chin, knee and toe in line. Hips are driven, up and forward, leading the shoulder. Shot is punched out with full extension of the arm.



## Damien Birkinhead

Hi, my name is Damien Birkinhead, and my nickname is Damo. My favourite events are shot put, discus and hammer throw. My PB for the shot put is 21.35m, 21.14m with 6kg, 21.97m with 5kg and 20.64m with 4kg.

The most memorable moments of my athletics career would be getting a bronze medal at the World Junior Championships in 2012 and the moment I made the team for the 2016 Olympic Games. I was the 2014 National Shot Put champion which qualified me for the 2014 Commonwealth Games where I placed 5th. I also competed at the IAAF World Youth Championships in 2009 and the Youth Olympic Games in 2010 which were big highlights for me.

I started my athletics career when I was 8 at Corio Little Athletics Club for The Golden Plains Shire where my favourite events were the triple jump and shot put.

My best result in Little Athletics was receiving 5 medals at the club championships.

My favourite thing about Little Athletics is the same reason why I am still doing athletics today, because it's fun!

**Favourite Food?** Brooke Stratton  
Potato Cakes

**Favourite song?** Jack Sparrow -  
lonely island

**Favourite Tv show?**  
Naruto Shippuden

**Who is your idol?**

**What advice would you give to Little Athletes?**  
Have fun and stick with it because even the smallest of people are capable of the biggest of things.





**Shot Put**  
**Olivia Smith**  
**Result: 5.15**

Previous SB: 5.47  
Age/Gender: 12 / F  
Event Date: 22 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Shot Put**  
**Olivia Smith**  
**Result: 5.15**

Previous SB: 5.47  
Age/Gender: 12 / F  
Event Date: 01 Mar 2025  
Position: 1  
Club: Cockatoo LAC

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**Shot Put**  
**Olivia Smith**  
**Result: 5.47**

Previous SB: 4.82  
Age/Gender: 12 / F  
Event Date: 01 Feb 2025  
Position: 1  
Club: Cockatoo LAC

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**Shot Put**  
**Olivia Smith**  
**Result: 4.82**

Previous SB: NA  
Age/Gender: 12 / F  
Event Date: 12 Oct 2024  
Position: 1  
Club: Cockatoo LAC

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