

2023 Women's 120m Bay Sheffield Form Guide

Name	Age	Coach	Suburb/State	Handicap
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Olivia Barry	21	Kelvin Lubek	Seymour VIC	11.00m
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Second year Victorian Athletic League (VAL) athlete, yet to make a W120m final. Last 2 starts made the semis at Terang W120m 3/12/23 – 10.75m, 14.39s & Waverley W100m 10/12/23 12.30s off 9.25m - Best result was 4th in the Wangaratta 120m Restricted (12.71s off 23.25m) in January.

Current form suggests that at her best she can make the semis.

Amelie Burge	17	Peter Burdett	Henley Beach SA	5.00m
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Outstanding national level athlete for her age who, last season, won two of the most prestigious events on the SAAL calendar – the Bay Sheffield 70m off 4.50m & the Women's Loxton Gift (13.90s off 6.50m). After Loxton, Amelie ran a big personal best of 12.01sec for 100m in the ASA state championships on 4th March 2023. Form hasn't been quite as good as Feb/March with a best result of 6th place in the Port Adelaide 100m in November (11.89s off 3.75m).

Ella Byrne	20	Nik Hagicostas	Norwood SA	12.00m
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Has won two short distance events in the last 8 weeks - the Port Adelaide 60m sprint (19/11/23) and Mort Daly PreBay 70m (17/12/2023). Ella (8.00m) smashed the target time in the 70m recording 8.29sec. She has not run a 120m on grass since Kensington on 15th October (3rd in 14.39s of 12.50m). At Port Adelaide, she was 3rd in the 100m final. It was evident at Pre Bay she has improved significantly and has catapulted into one of the main contenders for the Bay Sheffield.

Grace Carter	17	Robert Duynhoven/Wayne Perry	Warrnambool VIC	9.75m
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Opened the season with an impressive win in the Mortlake 120m Gift (14.15s off 11.25m) on 14th October. Also won the 70m at Warrnambool. She was 2nd in the 100m at Geelong (11.76s off 8.25m) on 18/11/2023. In sparkling form and one of the best from the Victorian contingent.

Liana Channon	21	Charles Sheffield	Tennyson SA	9.75m
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A winner of the Junior Girls Bay Sheffield in 2016, she was 3rd in the 2022 Bay Sheffield (13.97s off 10.25m). She has made the last two Bay Sheffield finals (6th off 13.0m in 2021). Ran 2nd in the Crystal Brook 120m (14.12s off 10.0m, 21/10/2023. Finalised her prep with a close 2nd place in the Pre Bay 70m, breaking the target time (8.40) recording 8.35s off 6.25m. Goes up 3.5m to her 120m mark suggesting she will be a fair way in front with 50m to go. Clearly another who is in career best shape, only needs to be a metre faster than last year to be a huge threat.

Montana Clark	21	Sharon Ward	Mount Compass SA	10.00m
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Novice athlete who has had 6 starts over the 100/120 range and yet to make it out of the heat. Ran 13.38s for the 200m at ASA interclub 11/11/23. Last start 4th in the PreBay 120m heat 17/12/2023 – 15.02s off 10.00m.

Leila Croker	17	Gaby Philis/Dylan Hicks	Mt Gambier SA	7.50m
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Elite junior at multiple events, she won the Under 18 Girls (14.45s off 4.75m) and W120m Gift double at her hometown of Mt Gambier (14.28s off 7.25m) 25/11/2023. Goes forward 0.25m, is in superb form and is one of the best chances of the under 18 brigade.

Alex Day	21	Frank McHugh	Glenelg East SA	10.75m
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Novice athlete who has had 6 starts over the 100/120 range and yet to make it out of the heat. Last start, at Brighton, 14/12/2023, she was 5th in her W100m Gift heat – 12.92s off 9.00m. She won the Kensington 300m All Comers and appears better suited over the longer distances. Great to see her giving this a crack.

Cloe Griffiths **21** **Dan Semmler** **Woodcroft SA** **8.00m**

2019 Bay Sheffield finalist (14.00s off 9.25m) as a 17yo. She also won the 70m at that carnival. Has seldom competed the last couple of years. Only ran twice last year for a 3rd place at both Kensington (Nov 2022) & PreBay at Colley Reserve (Dec 2022) where she recorded 14.05s off 8.25m. This campaign, she has only contested two events in this category and seemed well off the pace in both - at Brighton 14/12/2023 – 7th in the final, 12.64s off 7.0m after running 12.42s in the heat. At PreBay 17/12/2023 she missed the final after losing time in the semi final (14.75s off 7.75m).

Olivia Hastings **20** **Dan Semmler** **Seacliff SA** **4.50m**

Has enjoyed a stellar career so far with numerous big wins and major finals. And she's still only 20yo. A two-time Bay Sheffield finalist, including 2nd in 2021, she was 6th (13.74s off 7.25m) in the 2023 Stawell Gift after running a scintillating 13.54sec in the heat. Until Brighton (14/12/2023) where she won the W100m (12.06s off 3.50m), she had not contested a SAAL W120m since winning the rich Loxton Gift (14.16s off 7.75m), Feb 2022. Finalised her prep with 2nd in the PreBay Gift off 3.75m (17/12/2023). In outstanding form, she goes forward 0.75m and is a huge chance to secure a major.

Ellie Keratonis **24** **Darren Clarke** **Sunbury VIC** **6.00m**

2022 Bay Sheffield finalist, off 6.25m, a few weeks later she won the St Albans W120m Gift (13.87s off 5.50m). Went to Stawell with big hopes but only managed 4th in her semi-final (14.27s off 6.0m). She hasn't made a final this season, last start running 7th in her Waverley W100m semi-final (12.37s off 4.25m). Only back 0.25m from last year's mark but doesn't appear to be in great form.

Layla Kinnane **18** **Dan Semmler** **Westbourne Park SA** **6.00m**

2020 Bay Sheffield winner at the age of 15 in her first start in an open women's 120m (14.26s off 10.75m). Won before her time and has been kept tight in the marks since. Very talented national level athlete for her age but has had some injury issues recently preventing her from getting on the track this season. In the same stable as two of the favourites - Olivia Hastings & Kayla Lemm.

Chloe Kinnersley **18** **Peter O'Dwyer** **Lucas VIC** **9.00m**

Surprise 2021 Bay Sheffield winner as a 15yo (13.97s off 13.00m). Last start was Terang 3/12/2023, where she was 5th off 9.25m in 14.02s. Under the astute guidance of Peter O'Dwyer she has matured into a very handy pro runner who performs well under pressure. Will contend for a final spot.

Maya Lange **25** **Rick Treleaven** **Hazelwood Park SA** **10.50m**

Novice athlete, yet to make a final. Last start – 4th in her heat at PreBay 17/12/2023 off 10.50m in 15.13s. Not ready for this.

Kayla Lemm **27** **Dan Semmler** **Trott Park SA** **5.25m**

Two-time Bay Sheffield finalist running 2nd in 2019 & 4th in 2022 (13.98s off 6.0m). Beat the eventual winner Jessie Andrews in the fastest heat last year. Next SA start she finished 2nd in the Loxton Gift (14.1 off 6.0m). After Loxton, she ran a 100m PB of 12.03sec, 4/3/2023 before running 13.98s off 5.50m at Stawell. First 100m run back on 14/12/2023 she was 2nd at Brighton before winning the Pre Bay 120m Gift (14.08s off 5.25m) on 17/12/2023. One of the main favourites.

Talia Martin **23** **Shane McKenzie** **Melbourne VIC** **9.50m**

2016 Women's Stawell Gift winner who, at the age of 15, won Stawell in 13.7s off 13.00m. Last start at Terang she made the semis - 14.41s off 9.25m. It is great to see her back sprinting this season after time away running marathons.

Halle Martin **19** **Peter O'Dwyer** **Ballarat VIC** **10.50m**

Kicked off the season, being run out of the heat at Cobden W100m before running 3rd in the Mortlake W120m Gift final (14.49s off 10.75m). Ran 8th in the Terang W120m final 3/12/2023 (14.15s off 11.0m). Missed the final of the W100m at both Geelong 18/11/2023 and Waverley 10/12/2023 - 12.06s off 9.0m. The younger sister of Talia Martin, she was second at Rye off 11.75m before winning the Shepparton W120m (13.91s off 11.75m) in March. Form suggests she's an outsider for the final.

Mandy Mason **56** **Aaron Bresland** **Claremont WA** **9.00m**

Phenomenal Masters athlete who this season has run a series of super-fast times catapulting her to the fastest 55 & over woman in the world with world records of 7.76s (60m) and 24.63s (200m). Four years ago, she ran from the limit at Stawell & the Bay Sheffield and failed to get past the heat. At the time she was running high 13sec for the 100m. On 1st December, Mandy ran an amazing 12.15sec (W: +1.9) for the 100m 00m time - 12.15sec (W: +1.9). Consequently, she has taken a hit in the marks, coming back to 9.0m. Would be the most extraordinary story if she could hold off girls 30 years her junior, adding an exciting element to this year's Bay Sheffield.

Olivia May **22** **Ryan Hoffman** **Burleigh Heads QLD** **9.00m**

She's back! The girl with 326,000 followers on Instagram is back for another tilt at the Bay Sheffield carnival after she almost took the 70m event for the second time last year. She's in fantastic form as demonstrated with a superb victory in the Waverley 100m (11.84s off 7.50m) on 10/12/2023. Olivia won the Beachside 100m (11.73s off 8.50m) in February before finishing 3rd in her Stawell Gift semi-final (13.94s off 10.50m). She has a bonus for the Stawell Easter Gift, so this becomes a free hit for the Gold Coast influencer. A spot in the final is within reach.

Chantelle McAneney **17** **Anne Marie Mouri-Nkeng** **Warradale SA** **10.25m**

Finished the 2022/23 season in style with a victory in the Barossa Under 18 Girls 120m (14.73s off 10.75m) and a 3rd place in the W120m (15.15s off 9.50m). Has struggled this season, unable to get past a heat. Not quite ready at this stage

Jordan McMillan **19** **Paul Young** **Seaford Heights SA** **1.75m**

Amazing career thus far and still only 19. Youngest ever winner of the Women's Bay Sheffield in 2018 (14.06s off 7.0m) she ran a superb 2nd last year (13.91s off 2.75m). Improved her 100m PB in five consecutive weeks finishing 4th in the national under 20 title in 11.60sec. She went to Europe as part of the Australian team competing in the UK and Germany. Current form is solid having made the final of the Brighton 100m (5th in 12.16s off 1.0m) but missed the final at PreBay 17/12/2023. Not quite at her best for the W120 but guaranteed a lane in the Backmarkers Invitation & will go well there.

Katie Moore **43** **Nick Fiedler** **Kilsyth VIC** **10.50m**

Evergreen veteran who is always competitive and gives every race a red-hot go. Won a well-deserved Stawell sash in 2022, taking out the Legends Series 300m. Recent form suggests she is going better over the longer distances. Ran 2nd in the Waverley 100m semi-final (12.04s off 9.0m).

Melarn Murphy **22** **Andrew Beck** **Sefton Park SA** **6.25m**

Outstanding junior who ran 12.11sec (100m) & 24.58s (200m) at 16yo. Struggled with form and injury since but this season, she's finally been able to string some excellent results together, running 2nd at Marion, winning Burnside W120m, a W120m (13.98s off 6.75m) & W300m at Crystal Brook and 2nd in the Port Adelaide 100m (11.67s off 4.50m). Put her cue in the rack after Port and now set for the biggest race of her career. The race favourite.

Zoe Neale **21** **Shane McKenzie** **Heathmont VIC** **5.25m**

Very good VAL athlete, she ran 3rd in the Bay Sheffield 70m last year. Had a solid end of the season, running 3rd at Shepparton (13.89s off 5.50m) before recording a quick heat (13.73s off 5.50m). Suffered hamstring tightness at Mortlake & couldn't take her place in the final. Struggled with injury at Warrnambool and received a 14-day holiday from the stewards.

Grace O'Dwyer **24** **Peter O'Dwyer** **Ballarat VIC** **4.25m**

Stawell Gift winner at the age of 15 in 2015, she was 2nd (13.57s off 7.25m) in this year's Gift to Bella Pasquale. Also, a Bay Sheffield finalist 2021 (14.01s off 8.50m). Recent form has been OK but not at the level of Stawell. 3rd in the 300m at Warrnambool and 4th in the 70m at Terang are her only finals this season. Last 120m Gift was Terang 3/12/2023, 4th in her heat in 14.81s.

Mia Perkins **17** **Andrew Chandler** **Kingston Park SA** **6.00m**

First year athlete who surprised with a quality win in the PreBay Under 20's 120m (14.23s off 7.00m) 17/12/2023. Nice run for 3rd in the PreBay 70m. Ran 5th in the Brighton W100m (12.45s off 5.0m). Very promising beach sprinter, but at this stage prefer in the W70m and Under 18's 120m.

Lira Peramul **16** **Khan Marr** **Gowanbrae VIC** **8.50m**

First year athlete who hasn't got past a heat at Geelong W100m 6th, Terang W120m 7th & Waverley W100m 6th (14.25s off 6.25m). Long way back at first three starts.

Tayla Philis **26** **Dylan Hicks/Gaby Philis** **Seacombe Gardens SA** **8.75m**

Has run the Bay Sheffield 6 times but yet to make the final. Has her biggest mark yet but not quite in the form she has been in the past, where her best result was winning the Warrnambool in 2019. Made the finals at Port Adelaide W100m and Mt Gambier W120m (5th in 14.45s off 7.75m). Bit off the pace at the PreBay W120m - 5th in her semi-final in 14.71s. Form suggests not this year.

Julia Phillips **30** **Rob Watt** **Brighton VIC** **7.00m**

Former WA beach sprinter who went very well at Warrnambool where she ran 2nd off 8.0m in 13.80s. Has been to the Bay Sheffield before making semi-finals in 2015 (9.50m) and 2020 (8.25m). Her Warrnambool run was super impressive and coming to the Bay in her best shape yet. Huge threat.

Samantha-Lee Pols **18** **Paul Sutcliffe** **Aberfoyle Park SA** **13.00m**

Just out of Under 18s, she won the W70m at Victor Harbor in 2020 (8.58s off 11.75m). Yet to feature in a W120m – normally runs off 16.50m; made the semis at Mt Gambier. Prefer in the 70m.

Kelsie Roberts **22** **Shane McKenzie** **Heidelberg West** **12.00m**

Novice athlete, yet to get past a heat this season. Last start at Waverley she finished 6th in her heat off 10.0m in 13.68sec.

Isabel Ross **18** **Peter Burdett** **Allenby Gardens SA** **9.25m**

Talented Port Adelaide athlete who has some very good junior wins under her belt including the Under 18's 120m at Mt Gambier in 2022. Improving with every run, she was 4th in the Mt Gambier W120m and 4th again at the PreBay 120m (14.49s off 9.0m). Has the form to do well.

Mikayla Round **26** **Luke Buchanan** **Old Reynella SA** **7.25m**

Mikayla ran 3rd in the 2021 Women's Bay Sheffield running her heat in 13.79s off 7.50m. She was favourite after the heats but failed to run up to her heat result, running 14.16 in the final. Won the Victor Harbor W120m off 7.25m on 5th March 2022. Has been very consistent this campaign, making several finals including 3rd at Marion, 2nd at Burnside 3rd at Crystal Brook (14.22s off 6.75m) and 2nd at Mt Gambier. Finalised her prep with 4th in the Brighton 100m. Finals chance.

Jasmine Rowe **23** **Peter Benifer** **Boronia VIC** **10.50m**
Novice athlete yet to make a final, best result was 6th in her Waverley 100m semi-final – 12.24s off 8.75m. Prefer in something easier.

Helena Schwerdt **23** **Sharon Ward** **Unley SA** **7.75m**
2019 Bay Sheffield winner (13.82s off 9.25m) she was 2nd in the rich 2022 Loxton Gift to Olivia Hastings (14.29 off 7.75m). She's made several finals this season with a best result – running 2nd at Mt Gambier W120m (14.23s off 7.25m). Finalised her prep with 6th in the PreBay W120m. Only 1.5m off her 2019 Bay Sheff winning mark, if she runs to her absolute best, can make the final.

Kanisha Serfontein **17** **Gary Thompson** **Hackham SA** **6.00m**
New athlete with only two open women starts, and yet to advance to a semi or final. Brighton W120m – 13.12 off 6.0m. Prefer in the Under 18's 120m.

Ruby Sulicich **22** **Rick Treleaven** **Glenelg East SA** **12.75m**
A Bay Sheffield finalist in 2019 (5th in 14.11s off 13.0m), Ruby has had some niggling injuries preventing her from getting back to her best form. Ran 4th in the Burnside W120m 15/10/2023 (14.62s off 12.50m). She hasn't made a final since and ended up 6th in her W120m semi-final at PreBay (14.93s off 12.75m). Not in the form of 2019.

Alex Tzilantonis **21** **Shane McKenzie** **Tecoma VIC** **13.00m**
Won the rich Castlemaine W120m Gift in 2022 – 13.56s off 18.0m. A regular competitor on the VAL circuit she's always having a go in multiple races at any given meet in events up to 550m. She was 4th in the Warrnambool 70m before making the W100m semi finals at Waverley. She sustained an injury at Waverley so not expected to be in peak shape. Normally runs from 16.50 in VAL W120m.

Layla Watson **18** **Robert Duynhoven** **Purnim West VIC** **7.00m**
Very talented junior, she brilliantly won the 2022 Warrnambool Gift off 8.50m in 13.92sec earning a Stawell bonus where she ran 5th in the Stawell W120m Gift final in 13.73s off 8.75m. Kicked off the season with a classy 2nd place at Mortlake (14.40s off 7.0m). She suffered an injury in the 70m at Essendon 11/11/2023 which may have hindered her preparation. At her best she would be a huge chance to make the final.

Ellie Whittingham **19** **Peter Burdett** **Hope Valley SA** **4.00m**
2021 Bay Sheffield finalist (5.50m) after winning the Mort Daly W120m (5.50m). Went back to 5.0m where she won the Crystal Brook W120m. Then ran off 4.25m at Loxton where she ran brilliantly to finish 2nd (14.14sThen 4.25m). Ran a 100m PB of 12.06s on 18th March. Has won the Marion Gift (14.19s off 4.0m) and Port Adelaide W100m (11.63s off 2.75m) this season. In the best shape of her life and despite back 1.50m from last year's mark, she has benefited from regularly competing throughout the past 12 months. Deserves one more decent crack and this is it!

Rosie Williamson **23** **Andrew Chandler** **Darlington SA** **13.00m**
Novice athlete who made her first ever semi final at the PreBay meet 17/12/2023 – 14.72s off 15.00m. Mark reduced to the limit of 13.00m. Prefer in the 70m.

Lucy Zotti **22** **Kelvin Lubek** **Seymour VIC** **11.00m**
Had her first trip to the Bay Sheffield last year where she ran 4th in her W120m heat off 11.00m in 14.87s. She ran 2nd in the St Albans W120m before winning the Wangaratta W120m 28/01/2023 (13.88s off 13.75m). Ran a fast semi-final at Keilor W120m (13.84s off 12.50m) before running 4th in the final. Ran 3rd in the 550m last year and last start was 2nd in the Waverley 400m, which suggests her best chance of making a final might be in the 550m again.