

Profile - Sophie Stokes

Contributed by Nick Fiedler
Tuesday, 05 February 2019
Last Updated Saturday, 21 March 2026

Sophie is a young athlete that is more middle distance focussed. She joined the team in late 2018 with pre existing stress fracture. After a lengthy time off she has now returned to running.

Debut - VRTA 400m Restricted

She is a member of Ringwood athletic club.

Season 18/19

2nd 300m U/18 Girls

Season 19/20

1st Hastings 120m U/18 girls, 1st Keilor 400m Restricted

2nd Castlemaine 120m U/18 girls

3rd Parkdale 120m U/18 girls

Season 20/21

1st Castlemaine 120m U/18 Girls, 1st Stawell 800m Women's

2nd Ballarat, 300m Womens, 2nd Ballarat 1600m Womens/Masters, 2nd Hastings 300m Womens,

Season 2023/2024

1st Bay Sheffield 1600m Womens

3rd Ballarat 4x200m Womens (I.Antonino, S.Stokes R.Crisp, K.Moore). 3rd Bendigo 400m Woman's Black Pearl

Season 2024/2025

1st Essendon 200m Women's Gift, 1st Terang 400m Women's, 1st Waverley 300m Women's, 1st Beachside 100m Women's Gift, 1st Shepparton 120m Women's Gift, 1st Stawell 400m Women,

2nd Warrnambool 120m Women's Gift, 2nd Castlemaine 120m Women's Gift, 2nd Geelong 800m Women's, 2nd Braybrook 120m Women's Gift, 2nd Ringwood 300m Women's Gift, 2nd Stawell 800m Women's,

3rd Seymour 120m Women's Gift, 3rd Ballarat 400m Women's, 3rd Ballarat 4x200m Women's (K.Moore, E.Fiedler, S.Stokes, R.Crisp), 3rd Bendigo 120m Women's Gift,

Female Athlete of The Year

VAL Medal Winner.

Season 2025/2026

1st Ringwood 800m