TIMBOON P-12 School student Lily Hose was declared junior girls champion at the recent HSSSD interschool athletics.

The Year 7 student competed in an incredible eight events and earned the award for her collective efforts in each category.

Lily took part in the 100m, 200m, 400m, 800m, triple jump, discus, shot put and relay.

"It’s just fun, I’m a very competitive person I suppose," Lily said.

While she only competes in athletics events through school, outside school the well-rounded athlete is a netballer for the Timboon Demons, a dancer and a swimmer.

Students from Timboon competed against other students from other schools in the Hampden area.

Lily Hose is proving to be a well-rounded athlete.