

RYDE ATHLETICS CENTRE INCORPORATED



ANNUAL REPORT 2017 / 2018 SEASON

ABN: 99 850 553 401

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LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Louise Bergfield
Simon Bergfield
Bruce Brown
Graeme Cameron
Carl Casacang
Margaret Chappell
Phil Cossell
Alain Corne
Diane Corne
Lynette Cox (née Hill)
Bob Crawford
Lorraine Crews (née Morgan)
Dorothy Cubban
Ron Daniel
Margaret Davies

Merv Davies
Will Devjak
Sharon Dewar (née Read)
Tony Fernandes
Miriam Fogliani (née Spitteler)
Ross Forster
Peter Graham
Warren Gray
Kurt Hansen
Andrew Jackson
Rachael Jackson (née Massey)
Keith Johnson
Kate Kelland
Adrienne Kinna (née Bouffler)
David Lewis
Anne Masing
Glen McCarthy
Suzette McFarlane (née Sames)
Yvonne Melene (née Godfrey)

John Mills
Roslyn Mitchell (née Cramp)
Betty Moore
Coral Read (née Hellyer)
Julie Reynolds
Judy Scott (née Murray)
Rita Shield
Gaye Shuttler (née Woolley)
Dave Sunderland
Desleigh Spitteler
Tristan Tall
Reg Tarte
Mary Thomas
Ian Trimble
Ruth Trimble
Glyn Whalan
Kay Williams
Colleen Wilson (née Hill)

PATRON

Betty Moore

PUBLIC OFFICER

Ivana Hilder

DIRECTORS

Simon Bergfield
Ross Forster
Stephen Plummer
Ivana Hilder
Lynda Calder

**RYDE ATHLETICS CENTRE INCORPORATED
2017/2018 SEASON – ANNUAL REPORT**

DIRECTORS' REPORT

Ryde Athletics using its affiliation with Little Athletics NSW (Tots to U/17) and Athletics NSW (U/12 to Veterans) has again been able to offer athletics programs to all ages from Tots to veterans.

This Annual Report details the achievements and contributions of our athletes in both our Junior and Senior Divisions and also includes a detailed Financial Report and Operational Report. Both divisions are supported and run by dedicated volunteer committees.

Our athletes have once again achieved some outstanding results, ably assisted and supported by many volunteer helpers who make competition possible.

**Simon Bergfield
Ross Forster
Stephen Plummer
Ivana Hilder
Lynda Calder**

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2017/2018 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	David Sunderland
VICE PRESIDENT	Paul Simula
SECRETARY	Matt Ralph
TREASURER	Claudia Smith
REGISTRAR	Tonia Amy
CHAMPIONSHIPS	Claudia Smith
AGE MANAGERS	Janine Bowtell
PUBLICITY	Sandra Prizmic
RESULTS	Jessica Lowe
OFFICER FOR COACHING OFFICIALS	Jon Baker/Dani Zepeda
TRACK and FIELD OFFICER	Matt Della Vedova
TRACK & FIELD	Dave Sunderland
(Gates)	Pete Davis
(Throws)	Simon Bergfield, Julie Reynolds & Graeme Cameron
(Jumps)	Tristan Tall & Lynda Calder
(Starter)	Sandy Smith
EQUIPMENT	Tristan Tall
ASSISTANT EQUIPMENT	Jon Baker
CANTEEN	Karen Dyer
DELEGATES	Mike Hilder
SOCIAL ACTIVITIES	Clare Boland

BOYS CAPTAIN
GIRLS CAPTAIN

Daniel Bowtell
Hannah Tall

AGE MANAGERS – JUNIORS

TINY TOTS	Steven Barlow
UNDER 6 GIRLS	Kleanne Kolman
UNDER 6 BOYS	Craig Louttit
UNDER 7 GIRLS	Clare Boland
UNDER 7 BOYS	Donna Armstrong
UNDER 8 GIRLS	Jenny Thompson
UNDER 8 BOYS	Melissa Chandler
UNDER 9 GIRLS	Guil Scomparim - co AM
UNDER 9 GIRLS	Pintoo Sidhu - co AM
UNDER 9 BOYS	Duncan Laurie
UNDER 10 GIRLS	Marilisa Carenza
UNDER 10 BOYS	Kathryn Della Vedova
UNDER 11 GIRLS	Dave Johnston - co AM
UNDER 11 GIRLS	Kasey Prozenko - co AM
UNDER 11 BOYS	Gareth Chandler
UNDER 12 GIRLS	Darren Fairhall
UNDER 12 BOYS	Katie Turkal
UNDER 13 GIRLS	Peter Hartmann - co AM
UNDER 13 GIRLS	Jo Kelleher - co AM
UNDER 13 BOYS	Jon Baker
UNDER 14 GIRLS	Glyn Henman
UNDER 14 BOYS	Christine Bruntsch - co AM
UNDER 14 BOYS	Lisa Mickan - co AM
UNDER 15 GIRLS	Andrew Wilson
UNDER 15 BOYS	Helen Galati
UNDER 17 GIRLS	Ivana Hilder
UNDER 17 BOYS	Janine Bowtell

AGE MANAGER ASSISTANTS

UNDER 6 GIRLS	Helen Hinson
UNDER 6 GIRLS	Andy Yeomans
UNDER 6 GIRLS	Elkie Griffiths
UNDER 6 GIRLS	Sean Wolrige
UNDER 6 BOYS	Trinette and Alex Dunkerley
UNDER 6 BOYS	Jimmy Allen
UNDER 6 BOYS	Cherry Mattha
UNDER 6 BOYS	Kym Aspin
UNDER 7 GIRLS	Nick Pawsey
UNDER 7 BOYS	Michael McCarthy
UNDER 7 BOYS	John Badia
UNDER 7 BOYS	Erin and Stacy Mitchell
UNDER 7 BOYS	Sarah Timms
UNDER 7 BOYS	Justin Hodges
UNDER 7 BOYS	Emma James
UNDER 7 BOYS	Simon Hill
UNDER 8 GIRLS	Neil Armstrong
UNDER 8 GIRLS	Ian Janda
UNDER 8 GIRLS	Gen and Marty Webb
UNDER 8 GIRLS	Kerry Rookes
UNDER 8 BOYS	Jennifer Balian
UNDER 8 BOYS	Larry Fanto
UNDER 8 BOYS	Marcus Moscos
UNDER 9 GIRLS	Giannella Merhi
UNDER 9 GIRLS	Tristan Webb
UNDER 9 GIRLS	Rachael McAllister
UNDER 9 BOYS	Steve Moran
UNDER 9 BOYS	Rodney Woods
UNDER 10 GIRLS	Judy Wilson
UNDER 10 GIRLS	Shane Tozer
UNDER 10 BOYS	Tim and Rochelle Gleeson
UNDER 10 BOYS	Michael Formosa
UNDER 11 GIRLS	Kasey Prozenko
UNDER 11 BOYS	Mersina Kalos
UNDER 12 GIRLS	Mark Worrell
UNDER 12 BOYS	Jessica McCarthy
UNDER 12 BOYS	Juliet Mihos
UNDER 13 BOYS	Louise Stark
UNDER 13 BOYS	Michael Mannasz
UNDER 14 GIRLS	Rita Da Silva
UNDER 15 GIRLS	David and Grace Brown
UNDER 17 BOYS	Nigel Leverett

PRESIDENT

In my second year as the Juniors' Division President, it has again been an immense pleasure to work with the dedicated committee members and all the proactive volunteers found within the Ryde Little Athletics community. The large group of willing volunteers has ensured that the 2017-2018 season has been another successful one.

This season 691 athletes registered at Ryde Little Athletics, which was a marginal increase from last year's previous record number of 674. Due to the high demand, registrations were closed off very early for the season for the U6-U12 age groups. The biggest growth was in the U7-U10 age groups with a record number of 70 Tots. Unlike 2016/2017 registrations did not re-open. The traditional half-season discounted registration was not offered this season because of the ongoing high participation rates pre-Christmas. Registration enquiries were consistently received throughout the season, continuing post season proving that participation at Ryde Little Athletics is still sought after. Members predominantly reside within the local Ryde Municipality, but surprisingly, many reside outside of the local area travelling from areas such as, Castle Cove, Forestville, Concord, Carlingford and Belfield.

The continued growth of athlete numbers can largely be attributed to the marketing campaign implemented leading up to the 2016-2017 season and continued throughout the 2017-2018 season. Another factor unquestionably would be the well organised and efficient running of the Saturday morning which incorporates 15 events over a 2-week period. Ryde continues to be one of the few centres in NSW that offers this.

Ryde East Public School unexpectedly requested that Ryde Little Athletics implement a coaching program before school to cater for their aspiring elite athletes. This request undoubtedly would be due to the brilliant coaching program that was established over the years by Andrew Wilson and has continued to grow with the new coaching coordinators Jon Baker and Dani Zepeda. Ryde's experienced coaching crew featured in The Weekly Times this season advertising the comprehensive coaching program running on Tuesday and Wednesday afternoons. Ryde's coaching program has been in high demand amongst athletes which caters for all abilities.

New initiatives during the 2016-2017 season (volunteers raffle draw, a permanent first-aid Officer/Physiotherapist, official weekly Club photographers) continued during the 2017-2018 season. Throughout, the 2017-2018 season improvements and new initiatives continued to be introduced. The following are some of the highlights of this season.

- A new registration number and patch sewing service was introduced at the pre-season Registration/Collection Day. It proved popular amongst members with a significant number of members using the service.
- King's Sports Store came on as a new Sponsor providing a \$50 voucher for the volunteers' weekly raffle draw.
- Online coaching sign-up was introduced and phased in at the end of the season replacing the weekly sign-up sheets on the noticeboard.
- Designated polo shirts were introduced for the coaching team.
- Tara Vance (an ex Ryde athlete) from North Ryde Physiotherapy alternated with representatives from Ryde Natural Health Clinic to provide a First Aid and Physiotherapy Service.
- New equipment was purchased.
- Collaboration between the Junior and Senior Divisions was evident with the Seniors running 2 BBQ Fundraisers. The Seniors ran the Cake Stall and BBQ fundraisers during the Junior Saturday morning competition and the Juniors promoted the Fundraisers to their member base on behalf of the Seniors. Collaboration was apparent once again with several Junior families volunteering their time to support the Seniors' division at the annual City 2 Surf.
- Introduction of a drinks station (Slushies) at the Ryde City Games Multi-Event and Season Finale Fun Day.
- Free BBQ at the Registration Day and at the Season Finale Fun Day.
- DJ at the Christmas Inclusive Day and the Season Finale Fun Day.

Overall, the 2017-2018 season has seen continued growth in athlete numbers, continuation of new initiatives from last season as well as the introduction of new innovations. The positive vibe established during the 2016-2017 season continued well into the 2017-2018 season and it is hoped that the positive vibe at Ryde Little Athletics will continue well into the future.

Finally, I would like to thank all the brilliant dedicated committee as well as the many enthusiastic and supportive volunteers who have contributed to the success of Ryde Little Athletics during the 2017-2018 season. Working collaboratively with the Ryde Athletics and wider Ryde community has been a pleasurable and rewarding experience.

David Sunderland
President – Juniors

SECRETARY

This is my eleventh season of little athletics, sixth season with Ryde, and my first on the committee. The committee has met on at least a monthly basis throughout the season and close season, and I have been pleased with the level of commitment from the rest of the committee to ensuring these meetings are well-attended, productive and pleasant. I thank the committee for the support they have provided me, in particular those who have assisted with many of the secretarial functions. I look forward to serving on the committee again in the 2018-2019 season.

Matt Ralph
Secretary - Juniors

TREASURER

Junior Division Accounts for the Season 2017-2018

<u>Income</u>	<u>2017/2018</u>	<u>2016/2017</u>	<u>Expenditure</u>	<u>2017/2018</u>	<u>2016/2017</u>
Registration Income Total	\$47,011.40	\$47,017.60	Registration Expense Total	-\$9,676.53	-\$7,371.00
-cheque and cash	\$14,645.00	\$10,395.00	-Cheque to LLA	-\$8,183.00	-\$5,931.00
-credit card	\$32,366.40	\$36,622.60	-IMG Fees		
-rebates			-Seniors Allocation	-\$1,145.00	-\$1,440.00
			-Other	-\$348.53	
Uniforms	\$17,915.00	\$17,400.00	Uniforms	-\$19,158.70	-\$14,901.70
2nd hand uniforms	\$90.00	\$80.00			
Canteen income	\$10,743.01	\$14,880.41	Canteen expenses	-\$3,786.88	-\$5,688.71
BBQ income	\$17,516.08	\$20,030.10	BBQ expenses	-\$12,993.60	-\$12,877.83
			Advertising		
Donations/Grants	\$6,797.50	\$4,535.85	Event Days		
Bank interest	\$158.46	\$276.94	-Christmas party	-\$2,508.43	-\$1,734.94
School equipment hires	\$3,660.00	\$3,760.00	-Fun Day	-\$1,989.00	-\$2,932.19
Sponsorship			-Presentation Day	-\$2,600.17	-\$1,917.25
			Cash floats		
			Competition fees	-\$4,536.00	-\$2,983.00
			Committee social	-\$57.82	
			Conference attendance	-\$336.00	-\$1,132.00
			Catering		
			Donations	-\$1,589.30	-\$2,300.00
			Equipment (Capital)	-\$10,963.91	-\$9,335.09
			Equipment (Consumables)	-\$1,281.24	-\$1,692.96
			Insurance		
			Grounds Upgrade		
			Government and Bank charges	-\$206.61	-\$66.56
			Hire of Dunbar Park (Council)	-\$6,140.00	-\$6,020.00
			Printing and stationary	-\$273.58	-\$168.40
			Repairs and maintenance	-\$7,569.99	-\$23,483.33
			Trophies	-\$12,804.68	-\$13,281.58
			Sundry expenses	-\$5,580.83	-\$1,833.82
			Survey cost		
			Training expenses		
			Volunteer gifts		
			Website cost (hosting)	-\$2,782.87	-\$1,675.70
			Computer - hardware	-\$76.00	-\$438.58
			Computer - software		
			Total Expenditure	-\$106,912.14	-\$111,834.64
			Plus net income(exp)	-\$3,020.69	-\$3,853.74
Total Income	\$103,891.45	\$107,980.90	Total Expense	-\$103,891.45	-\$107,980.90

Bank Statement Reconciliation as at 31 March 2018

	Current (2017/2018)	Previous (2016/2017)
Bank statement as at 1/4/17	\$30,283.76	\$34,137.50
Less last year's unrepresented cheques	\$0.00	\$0.00
Plus last year's unrepresented deposits	\$0.00	\$0.00
Plus net income	-\$3,020.69	-\$3,853.74
Plus undeducted payments this year	\$0.00	\$0.00
Less unrepresented deposits this year	\$0.00	\$0.00
Bank statement as at 31/3/18	\$27,263.07	\$30,283.76
Cash book 31/3/18	\$27,263.07	\$30,283.76
Variance	\$0.00	\$0.00
Less undeducted payments/accruals this year	\$0.00	\$0.00
Plus unrepresented deposits/accruals this year	\$0.00	\$0.00
Net variance	\$0.00	\$0.00
Funds available to start next season	\$27,263.07	\$30,283.76
Uniform stock:		
Uniform stock as at 31/3/18 (at current price)	\$ 19,710.00	\$17,575.00
Canteen stock:		
Total stock in hand:	\$0.00	\$0.00
Canteen equipment: (replacement value)	\$4,750.00	\$4,750.00

Donations/Grants received	Amount	Donations provided	Amount
CBP16 Grant	\$2,500.00	Seniors	\$500.00
Sewing lady	\$ 140.00	Coaches Shirts	\$1,089.30
Mr In-between" (extras filming)	\$1,092.50		
Northern Suburbs	\$ 500.00		
Department Infrastructure	\$2,500.00		
Monies Found and unclaimed	\$65.00		

Renovations to the canteen and the installation of the PA system around the track accounted for the major expenses this season. The total cost of these improvements was \$6,515.99.

Coaching was also a priority this year where coaches were given the opportunity to attend courses and uniforms were provided. The total cost of this was \$2,404.96.

A loss of \$3,020.69 was made this year leaving the club with \$27,263.07 to start the new season. I would like to thank Paul Simula for his assistance and the committee members for their support throughout the season.

Claudia Smith
Treasurer – Juniors

Auditors Report

The Committee Members

Ryde Athletics Centre -Junior Division
PO Box 3658
Marsfield NSW 2122

I have reviewed the accounts of the Ryde Athletics Centre, Junior Division and copies of the closing bank statements for the financial period 1st April 2017 through 31st March 2018 inclusive.

The review was not an audit and no audit procedures to verify the accuracy of assets, liabilities, revenue or expenses has been performed as part of the review.

In my opinion, based on this limited review, the statements of accounts for that period present the fair and true cash financial position of the entity.



William Starr

3rd May 2018

REGISTRAR REPORT

Comparison with past seasons' figures:

Season	Boys (%)	Girls (%)	Total
1998/99	180 (52.6)	162 (47.4)	342
1999/00	220 (49.9)	221 (50.1)	441
2000/01	236 (51.7)	220 (48.3)	456
2001/02	229 (51.2)	218 (48.8)	447
2002/03	272 (53.9)	233 (46.1)	505
2003/04	204 (51.9)	189 (48.1)	393
2004/05	223 (47.3)	248 (52.7)	471
2005/06	197 (49.4)	202 (50.6)	399
2006/07	201 (44.5)	251 (55.5)	452
2007/08	196 (48.8)	206 (51.2)	402
2008/09	268 (51.3)	254 (48.7)	522
2009/10	231 (50.0)	231 (50.0)	462
2010/11	241 (52.2)	221 (47.8)	462
2011/12	256 (56.3)	199 (43.7)	455
2012/13	368 (57.9)	268 (42.1)	636
2013/14	297 (54.8)	245 (45.2)	542
2014/15	267 (51.8)	248 (48.2)	515
2015/16	287 (57.9)	209 (42.1)	496
2016/17	376 (55.8)	298 (44.2)	674
2017/18	393 (56.9)	298 (43.1)	691

The breakup of these registrations is:

	Boys			Girls			Total	All		Total
	Re-Reg	New	Total	Re-Reg	New	Total		Re-Reg	New	
Tots	5	32	37	4	30	34	71	9	62	71
U6	8	18	26	2	21	23	49	10	39	49
U7	20	28	48	16	18	34	82	36	46	82
U8	24	29	53	13	17	30	83	37	46	83
U9	21	32	53	16	15	31	84	37	47	84
U10	25	20	45	20	20	40	85	45	40	85
U11	21	15	36	17	8	25	61	38	23	61
U12	23	9	32	18	6	24	56	41	15	56
U13	25	5	30	13	7	20	50	38	12	50
U14	12	2	14	11	1	12	26	23	3	26
U15	7	0	7	10	1	11	18	17	1	18
U17	11	1	12	14	0	14	26	25	1	26
Total	202	191	393	154	144	298	691	356	335	691

Thanks to the committee members and other volunteers who assisted on Registration Day. Online Registrations for 201-19 will commence at the start of August, so please check our website and your email for more information closer to that date. I would also like to thank Jane Partridge who I took over from for her assistance and guidance.

Tonia Amy
Registrar - Juniors

PUBLICITY

The 2017-2018 season has been another enjoyable and busy year for me as the Juniors' Publicity Officer.

The busy start to the season began with the design and distribution of a Flyer to promote the upcoming athletics season. The Flyer was distributed within the local Ryde area, promoting the centre on local shopping centre noticeboards, libraries, local school newsletters and Early Long Day Care Centres and Preschools.

The huge number of 70 registered Tots this year can be attributed to the very positive and enthusiastic support that the Long Day Care Centres and Preschools demonstrated in promoting Ryde Athletics. Due to the establishment of a positive relationship in previous years, the preschools and long day care centres were extremely welcoming and supportive whilst dropping off flyers. The great number of Primary School Aged registered athletes also highlights the support that the local primary schools have adapted in promoting the centre via their newsletters.

Another marketing strategy that has benefitted the centre has been the inclusion of articles in the local newspapers. Both local newspapers, The Northern District Times and The Weekly Times have been supportive by featuring articles about our athletes as well as our coaches and our committee members.

Promotion of Ryde Little Athletics special events and fun days ie Xmas Celebration, Ryde City Games and the Season Finale Age Group Trophy Day continued with the use of flyer emails and flyer uploads to the website. Electronic messaging has been the main source of communication to keep members informed and up to date with necessary information. It has also been successful with the challenge of recruiting volunteers for the BBQ, Set Up and Pack Up each week.

The Footprint newsletter continued to be distributed to the member base. This seasons Footprints can be accessed on the website. Unfortunately, due to illness and ongoing treatment for a medical condition I have not had the time or energy to complete as many Footprints as I would've liked. Therefore, I am most apologetic that I was unable to complete the same number of Footprints as last year.

A major highlight of the Publicity role has been capturing the memorable moments of our athletes on the track at Dunbar Park as well as Zone, Regional and State Championships. Many great photos have been taken by our team of photographers, including myself, Tracey Heaton and Cassandra Board. A huge thank you to Tracey and Cassandra and to all the encouraging members and athletes that have offered their positive feedback and support. Many of these photos featured in a PowerPoint Presentation at the 2016-2017 season Annual Presentation Day and another PowerPoint Presentation is planned for this year's Presentation Day.

Once again, my experience as the Publicity Officer at Ryde Little Athletics has been rewarding, challenging at times, but most of all, enjoyable. It has been a real pleasure working cooperatively with and assisting the committee team.

Sandra Prizmic
Publicity Officer – Juniors

AGE MANAGER

Thanks to this seasons Age Managers and Assistants who were committed to their role, readily returning each weekend with the same enthusiasm to complete Saturday's program as efficiently as possible. Ryde is fortunate to have many loyal Age Managers and Assistants who take on the same role each year and this season we had a few new Age Managers and Assistants who eagerly took on these roles in the younger age groups, all helping to provide our athletes with encouragement and support, regularly coordinating with each other to ensure the athletes were supervised and organised for their events each week. With their support their Little Athletes were given the opportunity to challenge themselves, have fun, form friendships,

learn new skills and improve their athletic abilities. Thank you to the Age Managers for their time and effort in calculating Merit Awards and meeting the deadlines for the selection of athletes for the State Relays and Zone Championships.

It was great to see Ryde athletes, across all age groups, performing well with so many fantastic results at the State Relays, Multi-Event, Zone, Region and State Championships. During Saturday competitions, our Ryde Little Athletes achieved many PBs and broke records in the process with Age Managers, Assistants and athletes cheering and encouraging their fellow athletes to have fun and improve each week. It was also exciting to see the Tiny Tots take part in some weekly events and watch the masses of Tiny Tots sprint down the track in a stampede with great determination as their parents chased behind.

It has been a rewarding role working as the Officer for Age Managers for many years, and with my last child having now completed his journey from Tots to U17's with Ryde Little Athletics, I will be handing over the role of the Officer for Age Managers for next season. It has been a pleasure being involved the Ryde Little Athletics community, being a member of the Ryde Little Athletics Committee, being the Age Manager for a wonderful group of talented boys over the years (I wish them well in their athletic pursuits and life endeavours), and I have appreciated the many friendships formed and the many conversations had with all. I thank the Age Managers and Assistants for giving their ongoing support to the Club, with many Age Managers and Assistants already committing to volunteer in the same role next season, and I hope they continue to enjoy their athletes' achievements and successes during 2018-2019.

Janine Bowtell

Officer for Age Managers - Juniors

COACHING

During the 2017/2018 season we continued to build on the successful coaching program that has been developed over recent years.

Our program offers weekly coaching across the sprint, middle distance, throw and jump disciplines along with a Fundamental Motor Skills program for the U6 age group. Typically, we will see between 50-75 athletes attend training each week.

Our dedicated team of coaches are Athletics Australia coach qualified up to and including Advanced Level 2 and on a positive note, several of our coaches are continuing to pursue higher coaching qualifications.

To provide athlete and parent guidance, and in an effort to ensure athletes progress at an appropriate rate, we have updated our website to include an overview of athlete stages of development which are designed to provide a smooth progression to lifelong sporting activity. The development framework has 5 stages which focuses athlete development as follows:

Stage	Age Group	Focus	Skills
1	Up to U6	Playing	Fundamental Motor Skills
2	U7-U8	Moving	Fundamental Athletics Skills
3	U9-U12	Learning	Event Specific Skills
4	U13-U15	Practicing	Technical Model
5	U16-U17	Training	

To more efficiently manage the weekly coaching sign-up process, an electronic athlete sign-up system was successfully trialled during the second half of the season and will be fully implemented for the 2018/2019 season.

In preparation for the 2018/2019 season, and to provide athletes and parents additional information on our coaching team, we will update the Ryde Athletics website to include a 'meet the coaches' page which will include coach photographs and short biographies.

To further develop the Ryde Athletics coaching program and to continue to engage athletes and coaches, we are currently in discussion with an ex-Olympian athlete exploring the opportunity to hold a coaching clinic for both athletes and coaches during the 2018/2019 season.

I would like to take this opportunity to thank our wonderful team of coaches which, without their dedication, passion and care for young athletes, the Ryde Athletics coaching program would not succeed.

Jon Baker
Officer for Coaching - Juniors

CHAMPIONSHIPS

THE STATE SHORT COURSE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS

These events are held jointly with Little A NSW and Athletics NSW.
The Cross Country event was held on 2 July 2017 at Rydalmere.

The results of the Ryde athletes were:

- 7th – Rhys Chandler (U7B 800m)
- 7th – Abbie Lewis (U16G 4000m)
- 10th – Gabrielle Damm (U17G 4000m)
- 11th – Georgia Arcus (U14G 3000m)
- 20th – Ashton Hanna (U14B 3000m)
- 21st – Benjamin Proszenko (U8B 800m)
- 24th – Zara Pawsey (U9G 1500m)
- 31st – Owen Chandler (U10B 1500m)

The Road Walks Championships were held at Penrith on 18 July 2017. No current registered athletes competed.

THE NSW LITTLE ATHLETICS STATE RELAYS

The State Relays is a state-wide carnival for Little Athletes which provides the opportunity for our athletes to compete against other centres in a relay format. Ryde entered a total of 76 teams in the carnival held on the weekend of 18-19 November 2017 at Sydney Olympic Park Athletics Centre.

Ryde achieved some very good results over the weekend including 1 new records.

New State Relay Records: U15G jumps A team – Alyssa Lowe, Portia Amy-Wilson, Tarsha Wayne

A number of our teams won medals over the weekend:

Gold: U15G jumps A team (Alyssa Lowe, Portia Amy-Wilson, Tarsha Wayne)

Silver: U11B throws A team (Andrew Kalos, Jope Rauqe, Max Mayhew)

- U11G Jumps A team (Georgia Phillips, Isabella Azizi, Jessica Johnston)
- U12G Throws A team (Aliana Moala, Lucia Stevanja, Natasha Fairhall)

Bronze: U8G throws A team – bronze (Cara Calder-Price, Emilia Webb, Sophia Read)

- U11B jumps A team – bronze (Andrew Kalos, Jope Rauqe, Owen Chandler)
- U15G 4x100m relay – bronze (Alyssa Lowe, Portia Amy-Wilson, Sarah Brown, Tarsha Wayne)

ZONE CARNIVAL

The Zone Carnival was held on the 9-10 December 2017 at Barton Park, Parramatta. The Ryde club had 217 athletes competing, of these athletes, 145 athletes qualified for the Region Carnival including 3 relays, the Junior Boys, Junior Girls and Senior Girls.

Our U7's complete their competition at this carnival and won 2 gold, 5 silver and 4 bronze medals. Congratulations to the following medallists

Gold medals: Jacqueline Pawsey in the 500m pack start
- Annalise Boland in the discus

Silver medals: Liam Martin in the 100m, 500m pack start and long jump
- Jacqueline Pawsey in the 200m
- Tom Heaton in the shot put

Bronze: Chelsey Santos in the 50m
- Jacqueline Pawsey in the 100m
- Callum Laurie in the 50m
- Liam Martin in the 200m

RYDE MULTI-EVENT CHAMPIONSHIPS

The Ryde Multi-Event were held at Dunbar Park Marsfield on 27 January 2018. This carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a Pentathlon event with a point score culminating in medals being presented to the first 3 places in each age group. The carnival was a great success.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 17 and 18 February 2018 at Sydney Olympic Park Athletics Centre. Of the 145 athletes who represented Ryde we achieved 17 Gold medals, 13 Silver medals and 27 Bronze medals. A new Regional record was set by Jacob Leon in the U14B 800m.

Our U8's complete their competition at this carnival and won 4 gold and 1 silver medal. Congratulations to the following medallists:

Gold medals: Luke Moscos in the 60m hurdles and the 700m pack start
- Chloe McGregor in the 60m hurdles
- Zakar Balian in the shot put

Silver medals: Luke Moscos in the 400m

Congratulations to the 53 athletes who made it through to State level. The athletes who qualified for state were:

Benjamin Chamberlain (U9B)	Lucy Proszenko (U11G)	Anastasia Lakic (U14G)
Julian Emerson (U9B)	Max Merifield (U12B)	Adria McAndrew (U14G)
Benjamin Proszenko (U9B)	Ivan Prizmic (U12B)	George Davis (U15B)
Joshua Smith (U9B)	Oliver Smith (U12B)	Samuel Galati (U15B)
James Woods (U9B)	George Srour (U12B)	Martin Leerberg (U15B)
Juliette Cooley (U9G)	Riley Turkal (U12B)	Jett Tall (U15B)
Amelia Boccabella (U10G)	Natasha Fairhall (U12G)	Portia Amy-Wilson (U15G)
Abbie Merifield (U10G)	Ruby Worrell (U12G)	Sarah Brown (U15G)

Zara Pawsey (U10G)	Jack Baker (U13B)	Olivia Dyer (U15G)
Kristina Prizmic (U10G)	James Southon (U13B)	Rachel Fairhall (U15G)
Nathan Barbara (U11B)	Benjamin Stevens (U13B)	Alyssa Lowe (U15G)
Owen Chandler (U11B)	Elli Barron (U13G)	Tarsha Wayne (U15G)
Andrew Kalos (U11B)	Holly Calder-Pirie (U13G)	Marko Prizmic (U17B)
Jope Rauqe (U11B)	Adam Bruntsch (U14B)	William Stacey (U17B)
April Howison (U11G)	Jacob Leon (U14B)	Katrina Lyon (U17G)
Jessica Johnston (U11G)	Savi Moala (U14B)	Eleanor Plummer (U17G)
Annabel Macdonald (U11G)	Georgia Arcus (U14G)	Emily Ralph (U17G)
Georgia Phillips (U11G)	Eliza Da Silva (U14G)	

MULTI-EVENT

The State Multi Event carnival was held at Jubilee Park, Wagga Wagga on the 3-4 March 2018. Ryde had 6 athletes competing but did not win any medals. Full results:

4 th Benjamin Stevens (U13B)	17 th Andrew Phillips (U13B)
5 th Georgia Phillips (U11G)	21 st Owen Chandler (U11B)
11 th Rhys Chandler (U8B)	23 rd Matthew Phillips (U10B)

NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS

The NSW Little Athletics State Championships were held on the weekend of the 23-25 March 2018 at Sydney Olympic Park Athletics Centre. Of the 53 athletes who competed, 6 medals were won and there were another 27 finals appearances. No records were set.

Athletes who finished in the top 8 (finalists) were:

Gold - Jacob Leon U14B 3000m

Silver - Martin Leerberg U15B 1500m Walk

- Alyssa Lowe U15G Long Jump

Bronze - Nathan Barbara U11B Discus multiclass

- Jacob Leon U14B 1500m

- George Davis U15B 1500m Walk

Finalist:

4th Nathan Barbara U11B Long Jump multiclass

4th Benjamin Stevens U13B Discus

4th Jacob Leon U14B 800m

5th Nathan Barbara U11B 100m multiclass

5th Jope Rauqe U11B High Jump

5th Jessica Johnston U11G Javelin

5th Ivan Prizmic U12B High Jump

5th Georgia Arcus U14G 3000m

5th Jett Tall U15B Shot Put

5th Alyssa Lowe U15G High Jump
5th Alyssa Lowe U15G 90m Hurdles
5th Tarsha Wayne U15G Javelin
6th Georgia Phillips U11G Long Jump
6th James Southon U13B 3000m
6th Benjamin Stevens U13B Shot Put
6th Samuel Galati U15B 100m Hurdles
6th Jett Tall U15B Discus
6th Tarsha Wayne U15G Triple Jump
7th Benjamin Chamberlain U9B 700m Walk
7th Amelia Boccabella U10G High Jump
7th Kristina Prizmic U10G 1500m
7th Andrew Kalos U11B Javelin
7th Annabel Macdonald U11G 800m
7th Sarah Brown U15G Triple Jump
8th Julian Emmerson U9B High Jump
8th Kristina Prizmic U10G 400m
8th Adam Bruntsch U14B 1500m

Claudia Smith
Championships Officer - Juniors

JUNIOR RECORDS 2017/2018 SEASON

	Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	16-09-17	14 G	1500m	5:16.9	Georgia Arcus	5:26.6	Alana Kavanagh	22-10-16
3	23-09-17	15 G	300m H	48.7	Alyssa Lowe	58.00	Emily Ralph	24-09-16
4	23-09-17	10 G	1100m W	6:30.5	Abbie Merifield	6:50.1	Sarah Kelland	23-02-08
5	07-10-17	11 B	Javelin	22.16m	Jope Rauqe	20.93m	Jeremy Plummer	19-09-15
6	14-10-17	15 B	300m H	52.6	James Della Vedova	56.2	Samuel Galati	23-09-17
7	14-10-17	15 B	1500m W	8:16.1	George Davis	8:33.1	B Allsopp	13-03-04
8	21-10-17	15 G	Long jump	5.20m	Alyssa Lowe	5.11m	Sachi Kayama	16-10-10
9	28-10-17	15 G	High jump	1.57m	Alyssa Lowe	1.56m	Sachi Kayama	22-01-11
10	28-10-17	15 B	1500m W	7:31.6	Martin Leerberg	8:16.1	George Davis	14-10-17
11	02-12-17	15 G	Triple jump	10.69m	Alyssa Lowe	10.67m	H Walters	18-03-00
12	02-12-17	13 B	400m	1:00.9	Jack Baker	1:01.8	M Johnson	16-03-96
13	20-01-18	15 B	300m H	51.6	Samuel Galati	52.6	James Della Vedova	14-10-17
14	20-01-18	15 G	300m H	47.8	Alyssa Lowe	48.7	Alyssa Lowe	23-09-17
15	20-01-18	15 G	High jump	1.58m	Alyssa Lowe	1.57m	Alyssa Lowe	28-10-17
16	24-02-18	15 G	Long jump	5.29m	Alyssa Lowe	5.20m	Alyssa Lowe	21-10-17
17	24-02-18	11 G	High jump	1.38m	Georgia Phillips	1.37m	Nina Osada-Phornsiri	06-12-08
18	24-02-18	11 B	Javelin	27.34m	Andrew Kalos	22.16m	Jope Rauqe	07-10-17
19	03-03-18	15 B	300m H	47.5	Samuel Galati	51.6	Samuel Galati	20-01-18
20	10-03-18	14 G	1500m	5:14.5	Georgia Arcus	5:16.9	Georgia Arcus	16-09-17
21	10-03-18	15 G	Triple jump	10.95m	Alyssa Lowe	10.69m	Alyssa Lowe	02-12-17
22	10-03-18	15 B	Javelin	33.87m	George Davis	33.46m	Nathan Harrison	29-11-14

***RYDE ATHLETICS CENTRE INCORPORATED 2017/2018
SEASON – ANNUAL REPORT***

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Adrian Wade
TREASURER	Ross Forster/Peter Davis
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Robert Hanbury-Brown
FEMALE CAPTAIN	Jemma Gallagher
PUBLICITY/FUNDRAISING	Louise Bergfield
A.N.S.W. DELEGATES	Simon Bergfield & Andrew Atkinson-Howatt
A.N.S.W. CO-DELEGATES	Betty Moore
NORTHERN ZONE DELEGATE	Andrew Atkinson-Howatt
COACHING CONVENER	Ross Forster/Andrew Atkinson-Howatt
COMMITTEE MEMBERS	Cathy Tall

PRESIDENT - Seniors

I always like to start by acknowledging the amazing results that our athletes have achieved over the season and this year is no different. Our medal count for this season has been one gold at the Pacific Games, 3 gold and 3 bronze at National level and 16 gold, 18 silver and 20 bronze at State level. For a senior division of our size to have four national title holders and ten state titleholders is a terrific result.

Our club teams have again achieved some great results in both cross country relays and the ANSW State Relays. It was great to see Ryde field two teams in the U20 4 x1500m Women's event and finish with a gold and silver. We ran two boys teams in middle distance for the first time in a number of seasons and they brought home a silver and a bronze medal in their events. Our Masters Javelin men's team was back atop the podium and our U18 girls proved field all rounders when they won silver in both the javelin and long jump.

I recommend a read of Ross Forster's full season review in this Annual Report for all the results. This is a huge job Ross does in pulling this all together and always a worthwhile read.

I am grateful to have again worked with a great committee. Our Division can only continue as long as we have parents and athletes willing to give up some of their time to keep our Division running smoothly. To Cathy, Adrian, Ross, Peter, Andrew and Louise my thanks for all that you do and I hope you'll continue to work with me in the new season.

I'd like to invite any interested members to join our Committee. Clubs only last as long as there are people to help volunteer be that via committee or on our fundraising events. It isn't a big time commitment but a necessary one.

I'd also like to acknowledge the contribution that the outgoing Ryde Little Athletics President, Dave Sunderland and his committee has made in helping secure the ongoing financial viability of our division. By giving us the running and profits of two BBQ's and cake stalls a season we can more readily ensure that we can continue to fund our division's expenses and help contribute to our athletes' costs when they represent the State interstate and overseas. Thank you Dave.

Simon Bergfield
President – Seniors

TREASURER

Seniors Division Accounts for the Season 2017 – 2018

Statement of Income and Expenditure for the Period 1st April, 2017 to 31st March, 2018

Income		Expenditure	
Registrations	\$953.83	Trophies	\$844.80
- Ryde Little A's	\$1,145.00	ANSW – Affiliation Fee	\$762.30
Donations -	\$4,703.40	Athlete Donations	\$1,900.00
		ANSW – Relay Entry Fee	\$798.00
		Total Expenditure	\$4,305.10
		Plus Net Income	\$2,497.13
Total Income	\$6,802.23		\$6,802.23

Bank Reconciliation Statement

Bank Statement - 1/04/17	\$11,618.59
<u>Less</u> last year's unrepresented cheques	
<u>Plus</u> Net Income/(loss)	2,497.13
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/18	\$14,115.72

Donations Received From:

Donations received from	Ryde Juniors	City to Surf	General	Total
Ryde Juniors	\$500.00			\$500.00
Fairfax		\$1,620.00		\$1,620.00
Adrian Wade			\$56.00	\$56.00
R Mitchell			\$100.00	\$100.00
Anonymous			\$5.00	\$5.00
BBQ & Cake Sales			\$2422.40	\$2,422.40
	\$500.00	\$1,620.00	\$2583.40	\$4,703.40

Donations to Athletes

Donations to Athletes	
Ben Stevens for Pacific School Games in Adelaide	400.00
Alyssa Lowe for All School in Adelaide	400.00
Eliza Harvey for All School in Adelaide	400.00
Samantha Brown for All School in Adelaide	400.00
Chloe Davis for Australian U/20 Multi in Melbourne	300.00
	\$1,900.00

Ross Forster
Treasurer – Seniors

REGISTRAR

This year we had a decrease in members over the previous year. Our registration numbers as at 31st March, 2018 are as follows:-

Officials	8
Open & Masters	7
Under 20	3
Under 18	3
Under 16	1
Dual Registrations	<u>160</u>
	182

The breakdown of Officials and Athletes into gender is as follows:-

Male Officials	3	Female Officials	5
Male Open & Masters	5	Female Open & Masters	2
Male Under 20	1	Female Under 20	2
Male Under 18	1	Female Under 18	2
Male Under 16	0	Female Under 16	1
Male Dual Registrations	85	Female Dual Registrations	75
	<u>95</u>		<u>87</u>

Ross Forster **Registrar – Seniors**

COACHING

Training was once again conducted during the year at Dunbar Park with Ross Forster. Sydney basically has a temperate climate. Training was held throughout the year on Mondays, Tuesdays and Thursdays.

We had a total of 32 athletes competing at the NSW All Schools Athletics Championships and 35 athletes at the NSW Junior & Youth Championships. 4 of our athletes competed at the Australian All Schools Championships, and we had 1 athlete competing at the Pacific Schools Games, we had 18 athletes competing at the Australian Junior Championships in Sydney.

Ross Forster **Coaching Convenor - Seniors**

PUBLICITY

We've had another great season for our Senior athletes and so there was never any problem filling our five competition editions of the Senior Footprint newsletter with their achievements and results.

Our Seniors have featured in the local papers many times over the current season in recognition of their outstanding performances in New South Wales and around Australia. As always we extend our thanks to Chris Karas at The Weekly Times who has continued to be a great supporter of local sport and the Ryde Athletics Centre.

We have again been fortunate to have one of our athletes recognized for their outstanding achievements, this time our U16 Australian Junior long jump champion, Alyssa Lowe. Alyssa was recognised as a Club Six/TWT Ryde Sports Foundation Sports Star of the Month this season. At the annual presentation night on the 4th May, there was further recognition when Alyssa was selected as the winner of the Foundation's Encouragement Award. This was the third Ryde Senior athlete to win this prestigious award in the past four years.

Our fundraising drives were greatly benefited this year by Ryde Little A's kind offer to turn over two BBQ's a year to us to run and profit from. Those BBQ's along with the two cake stalls we ran helped raise over \$2400. My thanks to the families that helped cook and serve at these fundraisers along with the families that help on the City to Surf. We can always do with more helpers. A club can only run as long as the parents and athletes are willing to give back and thank you to those that do. This is a club that does, I believe give a lot to its athletes but we do need parent's support to help keep it going.

Thank you to all our parents and athletes who have sent photos, results etc. it always make the job of writing Footprint easier with those contributions. Finally, thanks to Ross Forster for his great contribution in pulling all those results together.

Louise Bergfield

Publicity Officer - Seniors

COMPETITION

1. World Masters Championships

At the World Masters Games held in Auckland, New Zealand from 23rd to 29th April we were represented by our Male Club Captain - Robert Hanbury-Brown.

Robert Hanbury Brown snared the silver medal in the Men's 60+ Age Group with his Weight Throw of 15.54 metres. In his Throws Pentathlon event Robert won the bronze medal – see the attached table for Robert's individual throws in this event.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		Weight Throw		
37.39m	658	10.68m	687	38.28m	678	36.56m	614	15.32m	790	3427

2. Sydney Morning Herald Half Marathon Road Race

Abbie Lewis contested the Sydney Morning Herald Half Marathon Road Race and finished 11th in the 16-19 years bracket with her time of 1 hr 52 mins 27 secs. This was Abbie's first attempt at this distance.

3. St George Classic Cross Country Event

At the St George Classic Cross Country event held at Scarborough Park on Saturday, 22nd April we had a total of 5 competitors there.

Georgia Arcus placed 2nd in the Under 14 Girls 4km event in a time of 15 mins 23 secs.

Sophie Gocher finished in 2nd place in the Under 18 Girls 4km event in a time of 15 mins 23 secs.

Abbie Lewis placed 5th in the Under 16 girls 4km event in exactly the same time – 15 mins 23 secs.

Zara Warland finished in 6th place in the Under 14 Girls 4km event with her time of 17 mins 01 secs.

Arabella Price placed just behind Zara in 7th place in the Under 14 Girls 4km event with her time of 17 mins 02 secs.

4. Sydney 10

At the Sydney 10 held at Homebush on Saturday, 6th May we had 1 participant in the 2.5km run, 3 participants in the 5km run and 1 in the 10km run.

Ashton Hanna finished in 9th placed in the 2.5km run with a time of 9 mins 29 secs.

Sophie Gocher placed 10th in the 16-17 Girls 5km run in a time of 20 mins 50 secs.

Logan Wade finished in 7th place in the 16-17 Boys 5km run with his time of 16 mins 49 secs.

Harrison Wade finished in 3rd place in the 5km run with his time of 15 mins 44 secs.

Gabrielle Damm finished in 68th place in the Women's section of the 10km run with her time of 43 mins 31 secs.

5. NSW Cross Country Relay Championships

At the NSW Cross Country Relay Championships held at Miranda on Saturday, 27th May we entered 4 teams.

Our Under 14 Girls 4 x 2km team won the bronze medal with their total time of 31 mins 42 secs. The individual runners and their times were **Georgia Arcus** – 7 mins 41 secs, **Amelie Sun** – 8 mins 06 secs, **Zara Warland** – 7 mins 56 secs and **Arabella Price** – 7 mins 59 secs.

Our Under 18 Girls 4 x 3km team finished in 5th place with a total time of exactly 47.00 mins. The individual runners and their times were **Samantha Brown** – 10 mins 54 secs, **Abbie Lewis** – 11 mins 11 secs, **Chloe Davis** – 13 mins 05 secs and **Anastasia Lakic** – 11 mins 50 secs.

Our Under 20 Girls 4 x 3km team also claimed 5th spot with their total time of 46 min 30 secs. The individual runners and their times were **Elly Gallagher** – 11 mins 25 secs, **Sophie Gocher** – 11 mins 08 secs, **Jemma Gallagher** – 12 mins 04 secs and **Gabrielle Damm** – 11 mins 53 secs.

Our Under 20 Boys 4 x 3km team finished in 6th place with a total time of 38 mins 03 secs. The individual runners and their times were **Harrison Wade** – 8 mins 32 secs, **Ashton Hanna** - 10 mins 33 secs, **Logan Wade** – 9 mins 36 secs and **Ben Playford** – 9 mins 22 secs.

6. Australian Masters Athletics Championships

The Australian Masters Athletics Championships were held in Darwin at the Arafura Stadium from 9th to 12th June and we were represented by 1 athlete.

Andrew Atkinson-Howatt won the gold medal in the 60+ Men's Javelin event with his throw of 38.33 metres. In his Discus event Andrew secured the bronze medal with a throw of 35.73 metres. Andrew finished just out of the places in the Hammer Throw event in 4th place with his throw of 29.49 metres.

7. NSW Combined Independent Schools Cross Country Championships

At the NSW Combined Independent Schools Cross Country Championships held at Eastern Creek Raceway on Thursday, 15th June we were represented by 7 athletes.

Sarah Playford finished in 9th place in the 17 years Girls 4000 metres run with a time of 16 mins 13 secs to qualify for the NSW All Schools Championships to be held next month.

Alana Kavanagh placed 15th in the 14 years Girls 4000 metres event with her time of 17 mins 07 secs.

Georgia Arcus won the bronze medal in the 13 years Girls 3000 metres event in a time of 12 mins 51 secs. Georgia's Loreto team won the gold medal in this race with Zara Warland and Arabella Price.

Amelie Sun finished in 6th place in the 13 years Girls 3000 metres event in a time of 13 mins 13 secs.

Zara Warland finished in 12th place in the 13 years Girls 3000 metres event with her time of 13 mins 36 secs. Zara's placing means that she is the second reserve for next month's Championships.

Arabella Price placed 44th in the 13 years Girls 3000 metres event in a time of 14 mins 53 secs.

Clare Doherty finished in 18th place in the 12 years Girls 3000 metres event with her time of 14 mins 59 secs.

8. NSW Combined Catholic Colleges Cross Country Championships

The NSW Combined Catholic Colleges Cross Country Championships were held at Eastern Creek Raceway on Friday, 16th June and we were represented by 5 athletes.

Sophie Gocher won the 16 years Girls 4000 metres event with her time of 16 mins 05 secs.

Jemma Gallagher finished in 8th place in the 16 years Girls 4000 metres run in a time of 17 mins 06 secs.

Abbie Lewis finished in 4th place in the 15 years Girls 4000 metres event in a time of 15 mins 43 secs.

Anastasia Lakic placed 25th in the 13 years Girls 3000 metres event with her time of 14 mins 14 secs.

Elli Barron placed 7th in the 12/13 years Girls MacKillop 3000 metres event with her time of 13 mins 43 secs.

9. NSW Cross Country Championships

At the NSW Cross Country Championships held at Nowra on Saturday, 17th June we had a total of 9 competitors there. This is a quite demanding course.

Arabella Price finished in 19th place in the Under 14 Girls 3000 metres event in a time of 12 mins 31 secs.

Ashton Hanna placed 25th in the Under 14 Boys 3000 metres event with his time of 11 mins 13 secs.

Adrian Wade finished in 42nd place overall (10th in his age group) in the Open & Masters 10000 metres event with a time of 41 mins 03 secs.

Abbie Lewis placed 20th in the Under 16 Girls 4000 metres event in a time of 16 mins 21 secs.

Sarah Playford finished in 11th place in the Under 18 Girls 4000 metres event with her time of 16 mins 44 secs.

Sophie Gocher placed 12th in the Under 18 Girls 4000 metres event in a time of 16 mins 48 secs.

Samantha Brown finished in 14th place in the Under 18 Girls 4000 metres event with a time of 17 min 02 secs.

Gabrielle Damm was our 4th runner in this event and finished in 23rd place in a time of 19 mins 03 secs.

The above 4 girls won the silver medal in the Under 18 Girls teams event.

Harrison Wade finished in 6th place in the Under 20 Boys 8000 metres event with his time of 27 mins 56 secs.

10. Sydney North Regional Cross Country Championships

The Sydney North Cross Country Championships were once again held at Gosford Racecourse on Tuesday, 20th June and we were represented by 9 competitors.

Adam Bruntsch won the 13 years Boys 3000 metres event.

Jacob Leon placed 6th in the 13 years Boys 3000 metres event.

Ashton Hanna finished in 11th place in the 13 years Boys 3000 metres event.

Portia Amy-Wilson placed 34th in the 14 years Girls 4000 metres event.

Jordan Metcalf finished in 20th place in the 15 years Boys 4000 metres event.

Samantha Brown finished in 2nd place in the 16 years Girls 4000 metres event.

Gabrielle Damm placed 3rd in the 16 years Girls 4000 metres event.

Kelsey Cooper-Phillis won the 17 years Girls 4000 metres event.

Harrison Wade won the 18 years Boys 6000 metres event.

11. NSW Short Walks Championships

At the NSW Short Walks Championships held at Penrith Lakes on 18th June we were represented by 1 competitor.

Samantha Brown won the gold medal in the Under 17 Girls 3000 metres Race Walk event with her time of 15 mins 23.0 secs.

12. NSW Short Course Cross Country Championships

At the NSW Short Course Cross Country Championships held at Upjohn Park, Rydalmere we were represented by 10 athletes.

Ashton Hanna finished in 20th place in the Under 14 Boys 3000 metres event in a time of 11 mins 11 secs.

Georgia Arcus placed 11th in the Under 14 Girls 3000 metres event with her time of 12 mins 01 secs.

Arabella Price finished in 18th place in the Under 14 Girls 3000 metres event in a time of 12 mins 43 secs.

Abbie Lewis finished in 7th place in the Under 16 Girls 4000 metres event with her time of 15 mins 40 secs.

Sophie Gocher placed 5th in the Under 17 Girls 4000 metres event in a time of 16 mins 38 secs.

Samantha Brown finished in 6th place in the Under 17 Girls 4000 metres event with her time of 16 mins 48 secs.

Gabby Damm placed 10th in the Under 17 Girls 4000 metres event in a time of 18 mins 54 secs.

Sarah Playford placed 5th in the Under 18 Girls 4000 metres event with her time of 16 mins 18 secs.

Adrian Wade won the bronze medal in the 40-44 Age Group 7500 metres event in a time of 28 mins 03 secs.

Harrison Wade finished in 4th place in the Under 20 Men's 5000 metres event with his time of 16 mins 06 secs.

13. NSW Road Relay Championships

At the NSW Road Relay Championships held at the University of Newcastle's Central Coast Campus at Ourimbah on the 15th July, we were represented by 11 athletes.

Adam Bruntsch (competing as an individual) was the 4th fastest Under 14 Boy in the 2000 metres event in a time of 6 mins 38 secs.

Our Under 14 Girls team secured 4th place in their 2000 metres event – our girls were:-

Georgia Arcus who ran a time of 7 mins 20 secs, followed by

Amelie Sun who ran a time of 7 mins 17 secs, followed by

Arabella Price who ran a time of 7 mins 44 secs and

Zara Warland who ran a time of 7 mins 23 secs.

Anastasia Lakic (competing as an individual) ran a time of 7 mins 41 secs.

Madeline Playford (competing as an individual) in the Under 16 Girls event ran a time of 7 mins 23 secs.

Our Under 18 Girls team won the gold medal in their 2000 metres event – our girls were:-

Sarah Playford who ran a time of 7 mins 00 secs, followed by

Sophie Gocher who ran a time of 7 mins 12 secs, followed by

Gabrielle Damm who ran a time of 7 mins 48 secs and

Abbie Lewis who ran a time of 7 mins 06 secs.

14. NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held at Eastern Creek Raceway on Friday, 21st July and we had a total of 11 athletes competing there.

Adam Bruntsch finished in 10th place in the 12/13 years Boys High Schools 3000 metres event with his time of 11 mins 33 secs.

Jacob Leon placed 12th in the 12/13 years Boys High Schools 3000 metres event in a time of 11 mins 38 secs.

Ashton Hanna finished in 34th place in the 12/13 years Boys High Schools 3000 metres event in a time of 12 mins 16 secs.

Georgia Arcus placed 15th in the 12/13 years Girls High Schools 3000 metres event with her time of 12 mins 46 secs.

Amelie Sun finished in 16th place in the 12/13 years Girls High Schools 3000 metres event with her time of 12 mins 46 secs.

Abbie Lewis placed 17th in the 14/15 years Girls 4000 metres event in a time of 15 mins 28 secs.

Sophie Gocher finished 14th in the 16/17 years Girls 4000 metres event in a time of 16 mins 00 secs.

Sarah Playford placed 20th in the 16/17 years Girls 4000 metres event in a time of 16 mins 25 secs.

Gabrielle Damm finished in 52nd place in the 16/17 years Girls 4000 metres event in a time of 17 mins 43 secs.

Jemma Gallagher placed 66th in the 16/17 years Girls 4000 metres event in a time of 18 mins 07 secs.

Samantha Brown finished in 108th place in the 16/17 years Girls 4000 metres event in a time of 19 mins 04 secs.

15. Sydney North Regional Athletics Championships

The Sydney North Athletics Championships were held at SOPAC on Monday, 24th July and Tuesday, 25th July and we were represented by 17 athletes.

Sarah Partridge finished 4th in the 12 years Girls 800 metres event with her time of 2 mins 50.33 secs.

Adria McAndrew finished 4th overall in the timed final of the 13 years Girls 100 metres event in a time of 13.81 seconds. In her 200 metres timed final Adria placed 5th overall in a personal best time of 28.76 seconds.

Alyssa Lowe finished 4th in the 14 years Girls 100 metres event in a time of 13.26 seconds. In her 200 metres event Alyssa placed 3rd with her time of 26.95 seconds. Alyssa won her 90 metres Hurdles event in a time of 14.14 seconds. In her High Jump event Alyssa was again the winner with her clearance at 1.53 metres. Alyssa finished 2nd in her Long jump event with a leap of 5.14 metres.

Portia Amy-Wilson finished in 4th place in the 14 years Girls Long Jump event with her leap of 5.06 metres. In her Javelin event Portia claimed 2nd spot with her throw of 26.10 metres.

Tarsha Wayne placed 7th in the 14 years Girls 100 metres event in a time of 13.51 seconds. In her 200 metres event Tarsha finished 9th in a time of 28.20 seconds. Tarsha finished 7th in her 90 metres Hurdles event in a time of 18.05 seconds. In her Long Jump event Tarsha was 5th with her leap of 4.90 metres. Tarsha was 5th again in her Triple Jump event with her distance of 10.31 metres. In her Javelin event Tarsha was the winner with her throw of 28.26 metres.

Eleanor Plummer finished in 4th place in the 15 years Girls High Jump event with her clearance at 1.50 metres.

Gabrielle Damm won the 16 years Girls 800 metres event in a time of 2 mins 27.86 secs. In her 1500 metres event Gabby was again the winner with her time of 5 mins 09.09 secs. Gabby placed 3rd in the 15+ Girls 3000 metres event in a time of 11 mins 23.19 secs.

Samantha Brown placed 3rd in the 16 years Girls 1500 metres event with her time of 5 mins 24.24 secs. In the 15+ Girls 3000 metres event Sam finished in 5th place in a time of 11 mins 44.79 secs. Sam also placed 12th in her Triple Jump event with her leap of 7.97 metres.

Chloe Davis finished 8th in the 17-19 years Girls 200 metres event with her time of 28.45 seconds. In her 400 metres event Chloe was 5th in a time of 68.58 seconds. Chloe claimed 3rd place in her Long jump event with her leap of 4.84 metres. In her Shot Put event Chloe finished in 4th place with her effort of 10.27 metres. Chloe was the winner in her Javelin event with a personal best throw of 39.35 metres.

Jacob Leon won the 13 years Boys 800 metre event in a time of 2 mins 18.47 secs. In his Shot put event Jacob finished in 10th place with his put of 8.89 metres.

Adam Bruntsch finished in 2nd place in the 13 years Boys 800 metres event with his time of 2 mins 22.12 secs. In the 12-14 years 1500 metres event Adam filled 3rd position in a time of 4 mins 44.80 secs. Adam also finished in 3rd place in the 12-15 years Boys 3000 metres event with his time of 10 mins 18.09 secs.

Ashton Hanna placed 10th in the 13 years Boys 800 metres event in a time of 2 mins 34.12 secs. In the 12-15 years Boys 3000 metres event Ashton finished in 9th place with his time of 11 mins 17.72 secs.

George Davis finished 4th in the 14 years Boys Javelin event with his throw of 25.45 metres. In the 12-15 years Boys 1500 metres Walk event George filled 8th spot in a time of 9 mins 00.04 secs.

Sam Galati placed 7th in the 15 years Boys Javelin event with his throw of 26.82 metres. In his 200 metres event Sam placed 6th in a time of 26.11 seconds. In his 100 metres Hurdles event Sam finished in 4th place in a time of 15.34 seconds. Sam claimed 3rd place in the 12-15 years Boys 200 metres Hurdles event with his time of 29.48 seconds. In his High Jump Sam finished in 9th place with his clearance at 1.60 metres. Sam placed 7th in his Long Jump event with a distance of 5.33 metres. Whilst in his Triple Jump Sam finished in 8th spot with his leap of 10.67 metres.

Marko Prizmic finished in 7th place in the 16 years Boys High Jump event with his clearance at 1.60 metres. In his Triple jump event Marko was the winner with his distance of 12.45 metres.

Daniel Bowtell finished in 3rd place in the 16 years Boys 400 metres event in a time of 54.63 seconds.

Maya Leverett successfully defended her title in the Girls 17-19yrs Long Jump with a leap of 5.09m.

16. Broken Bay Catholic Schools Athletics Carnival

The Broken Bay Catholic Schools Athletics Carnival was held at Homebush on Wednesday, 17th August and we were represented by 3 athletes.

Elly Gallagher won the 17+ Girls 1500 metres event in a time of 5 mins 09.71 secs. In her 800 metres event Elly was again the winner with her time of 2 mins 31.11 secs. Elly placed 2nd in her 400 metres event in a time of 64.15 seconds. In her 200 metres event Elly finished in 5th place in a time of 27.82 seconds whilst in her 100 metres event Elly claimed 6th place with her time of 14.02 seconds.

Jemma Gallagher won the 16 years Girls 1500 metres event in a time of 5 mins 06.63 secs. In her 800 metres event Jemma scored a further victory with her time of 2 mins 26.11 secs. Jemma took out 2nd place in her 400 metres event in a time of 67.20 seconds and in her 200 metres event Jemma claimed 5th place in a time of 30.50 seconds.

Jesse Hartmann finished in 5th place in the 12 years Girls 1500 metres event with a time of 6 mins 24.11 secs. In her 800 metres event Jesse again took out 5th place in a time of 3 mins 09.43 secs.

17. IGSSA Athletics Carnival

At the IGSSA Carnival held at Homebush on Wednesday evening and Thursday 17th – 18th August we were represented by 13 athletes.

Zoe Warland won her heat of the 15 Girls 90 metres Hurdles event in a time of 13.90 seconds. In the final Zoe clocked a personal best time of 13.27 seconds to finish in the runner up position. Zoe won her Long Jump event with a personal best leap of 5.32 metres. In her 200 metres heat Zoe qualified for the final by finishing 2nd in her heat with a time of 26.74 seconds. Zoe placed 5th in her final in a personal best time of 26.59 seconds.

Sarah Playford won her heat of the 17 years Girls 800 metres event in a time of 2 mins 30.84 secs. In the final Sarah placed 3rd with her time of 2 mins 26.45 secs. Sarah placed 7th in the 17-19 years 1500 metres event with her time of 5 mins 10.68 secs. In her 200 metres heat Sarah placed 2nd in a time of 28.00 seconds. Sarah placed 9th in the final with her time of 29.42 seconds. In her 100 metres heat Sarah placed 2nd in a time of 13.70 seconds and placed 9th in the final with her time of 13.99 seconds. _

Amelie Sun finished 2nd in her heat of the 13 years Girls 800 metres event in a time of 2 mins 29.06 secs. In the final Amelie took out 3rd place with her time of 2 mins 26.89 secs. Amelie also contested the 12-14 years 1500 metres event and finished in 5th place in a personal best time of 5 mins 01.54 secs.

Eliza Harvey won her heat of the 17 years Girls 800 metres event in a time of 2 mins 24.37 secs. In the final Eliza claimed 6th place with her time of 2 mins 31.69 secs. Eliza also won her heat of the 15-16 years Girls 400 metres event in a time of 59.71 seconds. In the final Eliza finished in 3rd place with an even faster time of 59.45 seconds.

Eliza Da Silva finished 7th in her heat of the 13 years Girls 80 metres Hurdles event in a time of 15.73 seconds. In her 200 metres heat Eliza placed 6th in a time of 28.66 seconds. Eliza finished in 4th place in her final with her time of 28.98 seconds. In her 100 metres event Eliza placed 6th in her heat with a time of 13.49 seconds. Eliza finished in 7th place in the final in a time of 13.89 seconds. In her Long Jump event Eliza placed 11th with her leap of 4.02 metres.

Alana Kavanagh finished in 3rd place in her heat of the 14 years Girls 800 metres event in a time of 2 mins 32.41 secs. In the final Alana ran a personal best time of 2 mins 27.55 secs to place 5th. Alana also contested the 12-14 years Javelin event and again claimed 5th place with her throw of 23.05 metres.

Zara Warland placed 3rd in her heat of the 13 years Girls 800 metres event in a time of 2 mins 36.13 secs. In the final Zara claimed 6th spot with her time of 2 mins 33.84 secs. In the 13 years Girls Shot Put event Zara finished in 7th place with her effort of 8.32 metres. Zara also contested the 12-14 years Girls Discus event in which she placed 13th with her throw of 19.05 metres.

Julia Kelland finished in 6th place in the 15-16 years Girls Javelin event with her throw of 28.38 metres.

Sophie Kavanagh finished in 7th place in her heat of the 13 years Girls 200 metres event with her time of 33.56 seconds. In her Long Jump event Sophie placed 7th with her leap of 4.32 metres.

Madeline Playford finished 2nd in her heat of the 15 years Girls 800 metres event in a time of 2 mins 31.12 secs. In the final Maddy placed 9th with a time of 2 mins 37.93 secs. Maddy also contested the 15-16 years Girls 1500 metres event finishing in 15th place with her time of 5 mins 30.16 secs. In the 15 years Girls Shot Put event Maddy finished in 8th place with her effort of 8.99 metres whilst in the 15-16 years Girls Discus event Maddy also claimed 8th place with her throw of 22.75 metres.

Georgia Arcus contested the 12-14 years Girls 1500 metres event and finished in 10th place with her time of 5 mins 20.84 secs.

Sophie Boland finished 2nd in her heat of the 14 years Girls 800 metres event in a time of 2 mins 39.65 secs. In the 12-14 years Girls 1500 metres event Sophie placed 19th with her time of 5 mins 38.84 secs. Sophie placed 5th in her heat of the 12-14 years Girls 400 metres event in a time of 68.88 seconds. In the 14 years Girls Shot Put event Sophie finished in 15th place with her effort of 7.43 metres.

Clare Doherty finished in 2nd place in her heat of the 12 years Girls 800 metres event with her time of 2 mins 59.02 secs. In her 200 metres heat Clare placed 6th in a time of 32.84 seconds whilst in the 12 years Girls Long Jump event Clare finished in 17th placed with her leap of 3.29 metres.

18. Australian Cross Country Championships

At the Australian Cross Country Championships held at Kembla Joggers Cross Country Park on Saturday, 26th August we were represented by 4 athletes.

Abbie Lewis finished in 36th place in the Under 16 Girls 4 km event in a time of 15 mins 15 secs.

Sarah Playford placed 39th in the Under 18 Girls 4000 metres event with her time of 15 mins 39 secs.

Sophie Gocher finished in 40th place in the Under 18 Girls 4 km event in a time of 15 mins 38 secs.

Samantha Brown placed 43rd in the Under 18 Girls 4000 metres event with her time of 15 mins 56 secs.

19. Schools Relay Championships

At the Schools Relays Championships held at Homebush on Wednesday, 22nd August a number of Ryde athletes competed for their respective schools with outstanding results.

Zara Warland, Charlotte Curran, Georgia Arcus, Alana Kavanagh, Sophie Kavanagh and Arabella Price all competed for Loreto Normanhurst in the "A" & "B" teams which finished 3rd and 5th in the Junior 1600 metres Sprint Medley Teams event.

The Riverside Girls teams won gold medals in the Senior & Intermediate Jumps Relay, and in the Senior Girls Throws Relay (Chloe Davis, Hannah Tall & Jessica Brown). In the Intermediate Girls 1600 metres Sprint Medley the girls finished in 5th place (Portia Amy-Wilson & Sarah Brown). The Junior Girls won a silver medal in the 4 x 100m Relay event (Adria McAndrew, Sarah Brown, Portia and Alyssa), whilst the Senior girls also secured the silver medal in their 4 x 100m Relay event (Chloe, Hannah & Jessica).

20. Schools Knockout

In the Schools Knockout event held at Homebush on Thursday evening, 31st August there were a total of 27 Schools participating. We had 3 girls representing the Loreto Normanhurst Intermediate team which finished in 4th position overall and our representatives were Eliza Harvey, Zoe Warland and Madeline Playford.

Loreto had 2 Junior teams entered and they finished in 5th and 10th places. Again we were represented by Alana Kavanagh, Charlotte Curran, Zara Warland, Georgia Arcus and Sophie Kavanagh.

Mt St Benedict's had Jemma Gallagher competing for them.

Riverside Girls were represented by Alyssa Lowe, Portia Amy-Wilson, Sarah Brown and Adria McAndrew.

Monte Sant Angelo was represented by Eliza Da Silva.

Meriden was represented by Amelie Sun.

Abbotsleigh was represented by Julia Kelland.

Barker College was represented by Ben Nogajski & Katrina Lyon.

21. NSW Combined High Schools Athletics Championships

At the NSW Combined High Schools Championships held at Homebush over the three days from 6th to 8th September we were represented by 10 athletes.

Holly Pirie won a bronze medal in the 12 years Girls Shot Put event with her throw of 9.17 metres.

Alyssa Lowe recorded a time of 14.01 seconds to win her heat of the 14 years Girls 90 metres Hurdles event and qualify for the final. In the final Alyssa won the gold medal in a personal best time of 13.74 seconds. In her High jump event Alyssa finished in equal 2nd place with her clearance at 1.60 metres and thus secured for herself a silver medal with this personal best performance. In her Long Jump event Alyssa produced a further Pb when she claimed 4th place with her leap of 5.26 metres.

Tarsha Wayne produced a huge personal best performance and Ryde best performance on record, when she threw the Javelin a distance of 38.39 metres to win the silver medal in the 14 years event.

Portia Amy-Wilson finished in 4th place in the 14 years Girls Javelin event with her throw of 30.87 metres.

Eleanor Plummer finished in 8th place in the 15 years Girls High Jump event when she cleared 1.45 metres.

Gabrielle Damm won her heat of the 16 years Girls 800 metres event with her time of 2 mins 26.55 secs. In the final Gabby was the winner in a time of 2 mins 22.3 secs. Gabrielle took out the silver medal in her 1500 metres event with her time of 5 mins 20.00 secs.

Chloe Davis won a silver medal in the 17+ Girls Javelin event with her throw of 37.96 metres. In her Pentathlon event Chloe finished in 4th place with her point score of 2700 points. In this event Chloe produced personal best performances in her 200 metres and Long Jump events.

200m	Long Jump	Shot Put	High Jump	800m	Total Points
28.03	4.98m	10.21m	1.37m	2:47.09	
628	554	543	481	494	2700

Jacob Leon won his heat of the 13 years Boys 800 metres event in a time of 2 mins 11.35 secs. In the final Jacob won the silver medal with his time of 2 mins 11.80 secs.

Adam Bruntsch also won his heat of the 13 years Boys 800 metres event in a time of 2 mins 17.38 secs. In the final Adam filled 4th place in the faster time of 2 mins 15.00 secs.

Marko Prizmic finished in 4th place in the 16 years Triple Jump event with his leap of 12.87 metres.

22. NSW Combined Catholic Colleges Athletics Championships

The NSW Combined Catholic Colleges Athletics Championships were held on Friday, 15th September and we were represented by 7 athletes.

Elly Gallagher won the 17+ Girls 1500 metres event in a time of 4 mins 57.45 secs. In her 800 metres event Elly secured the silver medal in a time of 2 mins 24.44 secs.

Sophie Gocher won the gold medal in the 16 years 1500 metres event with her time of 5 mins 02.90 secs. In her 800 metres event Sophie took out the silver medal in a time of 2 mins 27.90 secs. Sophie also competed in her Triple jump event and finished in 7th place with her leap of 10.13 metres.

Jemma Gallagher claimed the gold medal in the 16 years Girls 800 metres event with her time of 2 mins 23.92 secs. In her 1500 metres event Jemma finished with the bronze medal in a time of 5 mins 08.49 secs.

Eliza Da Silva competed in the 13 years 80 metres Hurdles event and placed 6th with her time of 15.49 seconds. In her 100 metres event Eliza finished 14th overall in a time of 13.70 seconds (headwind of 2.0 metres/sec).

Jeremy Plummer won the 12 years Boys High Jump event with his successful clearance at 1.46 metres. In his Long Jump event Jeremy claimed the bronze medal with his leap of 4.58 metres. Jeremy was 12th overall in his Discus event with his throw of 16.90 metres.

Izabella Kalachian placed 7th in the 12-14 years Girls 1500 metres Walk with her time of 8 mins 51.58 secs.

Savi Moala finished 4th in the 13 years Boys Long jump event with his leap of 5.36 metres. In his High Jump event Savi was 10th overall with a clearance at 1.40 metres. Savi placed 13th overall in his 100 metres event in a time of 13.20 seconds.

23. Blackmores Running Festival

At the Blackmore's Running Festival held on Sunday, 17th September we were represented by 3 athletes in the Family Fun Run event – (4km).

Sarah Playford finished in 15th place overall (3rd female) and was 1st in her Age Group (16-19) with her finishing time of 12 mins 56 secs.

Madeline Playford was 21st overall (4th female) and was 2nd in her Age Group (12-15) with her finishing time of 13 mins 22 secs.

Alyssa Playford was 71st overall (13th female) and was 3rd in her Age Group (0-11) with her finishing time of 15 mins 43 secs.

In the Marathon Event we were represented by

Ben Playford who in his first ever marathon finished 88th overall and was 7th in his Age Group and broke the 3 hour barrier when he finished in 2 hrs 58mins 19 secs.

24. NSW Combined Independent Schools Athletics Carnival

At the NSW Combined Independent Schools Athletics Carnival held at Homebush on Wednesday, 20th September we were represented by 6 athletes.

Sarah Playford won the 17 years Girls 800 metres event in a time of 2 mins 24.88 secs.

Sophie Kavanagh won the 13 years Girls Triple Jump event with a personal best leap of 9.83 metres.

Amelie Sun won the bronze medal in the 13 years Girls 1500 metres event with her time of 5 mins 08.01 secs. In her 800 metres event Amelie finished in 6th place in a time of 2 mins 32.30 secs.

Zara Warland finished in 4th place in the 13 years Girls 1500 metres event in a personal best time of 5 mins 12.37 secs.

Katrina Lyon won the silver medal in the 16 years Girls Triple Jump event with her leap of 10.31 metres. In her 100 metres Hurdles event Katrina finished in 4th place with her time of 16.63 seconds. Katrina also filled 9th place in her High Jump event with her clearance at 1.35 metres.

Georgia Arcus finished in 4th place in the 12-14 years Girls 3000 metres event in a time of 11:11.08.

25. NSW All Schools Multi Event Championships

These Championships were held from Saturday, 30th September to Sunday, 1st October and we were represented by 4 competitors.

Chloe Davis entered the Under 20 Division in an effort to qualify for the Australian Multi Event Championships and did so by securing the necessary points and winning this division. Chloe's efforts are listed below:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
18.34 secs	1.39m	9.35m	28.87 secs	4.86m	31.18m	2:38.97	
454	502	487	564	522	499	585	3613

Portia Amy-Wilson competed in the Under 16 Girls Multi Event and won the silver medal with the following results:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
16.48 secs	1.50m	9.52m	28.34 secs	4.93m	28.39m	2:41.89	
657	621	498	604	540	446	551	3917

Alana Kavanagh also competed in the Under 16 Girls Multi Event and placed 6th with the following results:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
16.70 secs	1.38m	7.89m	29.93 secs	4.69m	24.69m	2:32.42	
631	491	392	487	477	376	663	3517

Sophie Kavanagh competed in the 12/13yrs Pentathlon and won the bronze medal with the following results:-

Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
7.31m	29.16s	4.52m	21.52m	2m 52.27	
355	542	433	317	440	2087

In fact Chloe, Portia and Alana all qualified for the Australian Multi Event Championships in Melbourne in March 2018.

26. NSW All Schools Athletics Championships

The 4 days of the NSW All Schools Championships were held at Homebush from Thursday, 12th October to Sunday, 15th October and we were represented by 32 athletes.

Charlie Stark finished in 10th place in the final of the 12 years Boys 800 metres event in a time of 2 mins 40.77 secs. In his 1500 metres final Charlie placed 10th with his time of 5 mins 15.41 secs.

Eliza Da Silva finished in 13th place overall in the 13 years Girls Triple Jump event with her leap of 9.74 metres. In the 200 metre heats Eliza placed 21st overall with her time of 28.81 seconds. In her 100 metres heat Eliza recorded a time of 13.72 seconds to qualify for the final. In this final Eliza filled 10th place with her time of 13.71 seconds.

Adria McAndrew finished in 19th place overall in the 13 years Triple Jump event with her leap of 8.88 metres. In her 200 metres event Adria placed 32nd overall with a time of 29.56 seconds. Adria placed 19th overall in her 100 metres event in a time of 14.23 seconds.

Sophie Kavanagh finished in 30th place overall in the 13 years Girls 200 metres event in a time of 29.51 seconds. In her Long Jump event Sophie just missed qualifying for the final when she finished in 9th place with an equal Pb leap of 4.68 metres. In the high jump Sophie placed 6th with her jump of 1.50m

Amelie Sun placed 11th overall in the 13 years Girls 800 metres heats with her time of 2 mins 27.68 secs. In the 1500 metres heats Amelie secured 10th place overall with her time of 5 mins 11.10 secs. Amelie proved to be faster in the final when she filled 7th place with her time of 5 mins 05.04 secs.

Zara Warland finished in 14th place overall in the 13 years Girls 800 metres heats in a time of 2 mins 29.36 secs. In the 1500 metres heats Zara took the second last spot (11th) in a time of 5 mins 11.62 secs. Zara filled 8th place in the 1500 metres final with a Pb time of 5 mins 05.65 secs. In her shot Put event Zara finished in 10th place with her effort of 8.88 metres. Zara made the final of her Discus event and claimed 8th spot with her effort of 26.31 metres.

Anastasia Lakic finished in 18th place overall in the 13 years Girls 800 metres event in a time of 2 mins 31.65 secs. In the 1500 metres heats Anastasia qualified for the final in a time of 5 mins 07.09 to place 9th overall. Anastasia placed 8th in the final with her time of 5 mins 07.43 secs.

Georgia Arcus finished 7th overall in the 13 years Girls 1500 metres heats with a time of 5 mins 06.07 secs to qualify for the final in this event. In the 1500 metres final Georgia finished in 6th place in a time of 5 mins 03.21 secs. Georgia finished in 10th place in the 14 years Girls 3000 metres event with her time of 11 mins 05.38 secs.

Jacob Leon was the 7th fastest qualifier in the 13 years Boys 800 metres heats and he qualified for the final with his time of 2 mins 13.61 secs. In his 800 metres final Jacob placed 5th in a time of 2 mins 12.47 secs.

Adam Bruntsch finished in 10th place overall in the 13 years Boys 800 metres heats to just miss the final. His time was 2 mins 18.80 secs. In his 1500 metres heat Adam placed 11th overall with his time of 4 mins 44.54 secs to qualify for the final. In his final Adam claimed 6th place with his Pb time of 4 mins 37.19 secs.

Ashton Hanna finished in 21st place overall in the 13 years Boys 800 metres event with his time of 2 mins 28.11 secs. In his 1500 metres heats Ashton claimed 21st place overall in a time of 5 mins 05.75 secs.

Tarsha Wayne placed 11th in the 14 years Girls Javelin event with her throw of 27.04 metres. In her Triple Jump event Tarsha qualified for the final of this event when she leapt 10.40 metres with her third jump during the qualifying round. In the final Tarsha could not better this distance and thus finished in 8th place.

Alyssa Lowe was the fastest qualifier in the heats of the 14 girls 90 metre Hurdles event with her time of 13.67 seconds. In the final Alyssa proved too good for her opposition by running a personal best time of 13.31 seconds to win. Alyssa proved to be the 3rd fastest qualifier in the heats of the Girls 200 metres Hurdles event with her clearance of 30.89 seconds

In the final Alyssa took out the bronze medal in this event in a faster time of 30.43 seconds. In her Long Jump event Alyssa took out 5th place with a Pb leap of 5.22 metres. Alyssa finished in 9th place in her High Jump event with her clearance at 1.50 metres.

Alana Kavanagh finished in 7th place in the 14 years Girls 2000 metres Steeplechase event with her time of 7 mins 59.39 secs to qualify for this event at the Australian Junior Championships in March, 2018.

Connor Ryan placed 19th in the 14 years Boys 3000 metres event in a time of 10 mins 45.02 secs.

George Davis competed in the 14 years Boys Javelin event but unfortunately finished with 3 foul throws.

Noah Hain finished in 7th place in the final of the 15 years Boys Long Jump event with his leap of 6.03 metres. This was an outstanding competition with 7 of the 8 boys in the final exceeding 6 metres! In his Triple Jump event Noah placed 5th with his leap of 12.31 metres.

Sam Galati placed 13th in the 15 years Boys Long Jump event with a leap of 5.10 metres. In his 200 metres Hurdles event Sam unfortunately struck the 7th Hurdle when contesting 3rd place and finished in 8th place with a time of 33.51 seconds. Sam finished in 11th place overall in his 100 metres Hurdles event in a time of 15.57 seconds.

Zoe Warland won the bronze medal in the 15 years Girls 200 metres Hurdles event in a personal best time of 30.06 seconds. In her Long Jump event Zoe just missed the medals when she placed 4th with her leap of 5.24 metres. Zoe finished in equal 5th place in her 90 metres Hurdles heats with her time of 13.50 seconds. In the final Zoe claimed 5th place with her time of 13.35 seconds.

Abbie Lewis, in her very first tilt at the 2000 metres Steeplechase event, just missed the medals when she finished in 4th place in the 15 years Girls event in a time of 7 mins 46.38 secs to qualify for the Australian Junior Championships to be held in Sydney during March, 2018. Abbie said she enjoyed the experience even though she finished wet from head to toe as a result of the water jump. In her 3000 metres event Abbie claimed 6th place in a Pb time of 10 mins 53.45 secs.

Madeline Playford finished in 6th place in the 15 years Girls 2000 metres Steeplechase with her time of 8 mins 07.10 secs.

Rachel Fairhall placed 10th in the 15 years Girls Javelin event with her effort of 26.73 metres.

Samantha Brown won the 16 years Girls 2000 metres Steeplechase event in a personal best time of 7 mins 32.16 secs and win selection for the Australian All Schools championships to be held in Adelaide in December. In the 17 years Girls 3000 metres event Sam finished in 3rd place with her time of 10 mins 50.30 secs.

Sophie Gocher won the 17 years Girls 2000 metres Steeplechase event in a season's best time of 7 mins 39.99 secs to also win selection for the Australian All Schools Championships in December.

William Stacey finished in 15th place overall in the 16 years Boys 800 metres event with his time of 2 mins 15.20 secs.

Katrina Lyon placed 7th in the 16 years Girls Triple Jump event with her leap of 10.30 metres. In her 400 metres Hurdles final Katrina finished in 8th place with her time of 72.10 seconds. This time qualified Katrina to compete at the Australian Junior Championships to be held in Sydney during March, 2018.

Ben Nogajski finished just out of the medals in finishing in 4th place in the 16 years Boys Shot Put event with his throw of 13.57 metres.

Eliza Harvey won the silver medal in the final of the 16 years Girls 800 metres event with her time of 2 mins 16.55 secs. In the 400 metres heats Eliza placed 3rd overall in a time of 59.86 seconds. In the 400 metres final Eliza placed 4th with her time of 59.29 seconds.

Gabrielle Damm filled 6th place in the 16 years Girls 800 metres event in a time of 2 mins 22.03 secs. In her 1500 metres final Gabby finished in 7th place with her time of 5 mins 16.00 secs.

Charlotte Ryan finished in 7th position in the 16 years Girls 800 metres event with her time of 2 mins 29.04 secs.

Julia Kelland filled 10th place in the 16 years Girls Javelin event with her throw of 26.89 metres.

Chloe Davis finished in 5th place in the 17 years Girls Javelin event with her throw of 37.53 metres.

Ryde athletes finished the carnival with three gold, one silver and three bronze medals.

27. NSW Relay Championships

The New South Wales Relay Championships were held at Homebush over the weekend of 4th & 5th November and we participated in 14 events.

Men's Javelin – Masters 200+. As happened 2 years ago the “old boys” got the club off to a great start with their gold medal winning performance. The team consisted of **Andrew Atkinson-Howatt** (35.85 metres), **Robert Hanbury-Brown** (32.33 metres), **Simon Bergfield** (26.98 metres) and **Peter Lang** (22.31 metres) giving them their winning score of 117.47 metres.

Women's Under 20 - 4 x 400m Relay. This team was led off by **Zoe Warland** (15 yrs.) who put us in 2nd place to be followed by **Sophie Gocher** (16 yrs.) who held this position before passing off to **Eliza Harvey** (16 yrs.) who gave us a significant lead before passing the baton to **Elly Gallagher** (18 yrs.) who held us in the gold medal position albeit by only 0.09 seconds. Our girls broke the 4 minute barrier with their time of 3 mins 59.70 secs.

Women's Under 18 Javelin Throw Relay. Our girls took out the silver medal in this event with their total of 126.29 metres. Individually, **Tarsha Wayne's** throw was the best of our girls, and the third best of any U18 thrower (36.46 metres), followed by **Chloe Davis's** effort of 33.83 metres, **Emily Ralph's** personal best throw of 29.96 metres and **Portia Amy-Wilson's** effort of 26.04 metres.

Women's Under 14 - 4 x 200m Relay. Our team finished in 8th place overall with their time of 1 min 54.74 secs. This team consisted of (in running order) **Sophie Kavanagh, Adria McAndrew, Ruby Worrell and Eliza Da Silva.**

Women's Under 16 - 4 x 100m Relay. The team finished in 4th place in their heat (11th overall) with their time of 50.80 seconds. In running order the team consisted of **Portia Amy-Wilson, Alyssa Lowe, Tarsha Wayne and Zoe Warland.**

Women's Under 18 Long Jump Relay. Our Girls took out the silver medal in this event with their combined total of 20.27 metres. **Alyssa Lowe** was the best of our girls with her personal best leap of 5.33 metres, followed by **Zoe Warland** with 5.12 metres, then **Portia Amy-Wilson** with her leap of 4.98 metres and **Chloe Davis** who leapt 4.84 metres.

Women's Under 20 - 4 x 1500m Relay. We had 2 teams in this event and they secured both the gold and silver medals. Our gold medal winning team consisted of (in running order) **Abbie Lewis, Sophie Gocher, Elly and Jemma Gallagher** who won in a time of 20 mins 18.98 secs. Our silver medal winning team consisted of **Georgia Arcus, Amelie Sun, Elli Barron and Zara Warland** and their time was 20 mins 50.55 secs. This second team was notable for their ages in that Elli was just 12yrs old and Georgia, Amelie & Zara, 13yrs old.

Men's Under 14 - 4 x 1500m Relay. Our boys took out the silver medal in this event with their time of 19 mins 32.37 secs. This team (in running order) consisted of **Jacob Leon, Ashton Hanna, Oliver Smith and Adam Bruntsch.**

Women's Under 14 Long Jump Relay. Our girls finished the day with a bronze medal in this event with their combined total of 16.68 metres. The team consisted of **Sophie Kavanagh (4.37 metres), Adria McAndrew (4.34 metres), Eliza Da Silva (4.08 metres) and Emily Metcalfe (3.89 metres).**

It was extremely interesting to note that at the end of the first day of competition that of the 28 athletes we had competing that day, 27 of them had won medals!

The second day got under way with our **Women's Under 20 - 4 x 200m Relay**. Our team finished in 5th place with their time of 1 min 49.11 secs. This team (in running order) consisted of **Elly Gallagher, Chloe Davis, Eliza Harvey and Hannah Tall**.

Men's Under 14 - 4 x 800m Relay. Our Boys won a bronze medal in this event with their time of 9 mins 32.54 secs. The team consisted of **Jacob Leon, Ashton Hanna, Charlie Stark and Adam Bruntsch**.

Women's Under 20 - 4 x 800m Relay. We entered 2 teams in this event and they finished in 2nd and 5th places respectively. Our silver medal winning team consisted of **Eliza Harvey, Jemma Gallagher, Abbie Lewis and Elly Gallagher** with their time of 9 mins 45.07 secs. Our second team in this event consisted of **Charlotte Ryan, Maddy Playford, Elli Barron and Georgia Arcus**. Their time was 10 mins 34.90 secs.

Women's Under 16 - 4 x 200m Relay. This team consisted of **Alyssa Lowe, Adria McAndrew, Tarsha Wayne and Zoe Warland** who finished in 8th place overall with their time of 1 min 48.62 secs.

Women's Under 14 - 4 x 100m Relay. Our team finished in 5th place with their time of 53.78 seconds. The team consisted of **Adria McAndrew, Ruby Worrell, Mikayla Kelleher and Eliza Da Silva**.

Our total medal haul from this Carnival amounted to 3 gold medals, 5 silver medals and 2 bronze medals.

28. NSW 3000 metres Championships

The NSW 3000 metres Championships were held at Homebush on Saturday evening, 11th November and we were represented by 5 athletes.

Georgia Arcus placed 3rd in the Open Women's D Grade event in a personal best time of 10 mins 39.92 secs. This time by Georgia was more than 20 seconds inside her previous time.

	1:57.23	3:22.67	4:51.77	6:19.33	7:48.94	9:18.11	10:39.92
35.44	1:21.79	1:25.44	1:29.10	1:27.56	1:29.61	1:29.17	1:21.81

Zara Warland finished in 12th place in the Open Women's D Grade event with her time of 11 mins 18.33 secs. Her time was only a few seconds over her previous best time.

	2:04.79	3:33.13	5:03.99	6:37.88	8:13.53	9:48.24	11:18.33
38.35	1:26.44	1:28.34	1:30.86	1:33.89	1:35.65	1:34.71	1:30.89

Amelie Sun placed 6th in the Open Women's C Grade event with her sensational time of 10 mins 24.03 secs. This time by Amelie smashed her previous best by in excess of 40 seconds.

	1:55.02	3:17.53	4:42.73	6:09.62	7:35.05	9:01.72	10:24.03
36.29	1:18.73	1:22.51	1:25.20	1:26.89	1:25.43	1:26.67	1:22.31

Sophie Gocher placed 12th in the Open Women's C Grade event in a time of 10 mins 46.52 secs.

	1:54.71	3:17.90	4:45.74	6:18.71	7:51.30	9:24.48	10:46.52
36.01	1:18.70	1:23.19	1:27.84	1:32.97	1:32.59	1:33.18	1:22.04

Adrian Wade produced a huge personal best time of 9 mins 06.36 secs to place 11th in the Open Men's D Grade event. This bettered his time from 3 years before by 54 seconds.

	1:48.27	3:01.78	4:13.86	5:25.36	6:38.12	7:52.96	9:06.36
35.03	1:13.24	1:13.51	1:12.08	1:11.50	1:12.76	1:14.84	1:13.40

Georgia, Amelie and Sophie all ran national qualifying times in their events.

29. NSW Club Championships

At the NSW Club Championships held at Homebush on the weekend of 2nd and 3rd December we were represented by 12 athletes.

Amelie Sun produced a time of 2 mins 23.75 secs in finishing 2nd in the Under 14 Girls 800 metres event. This time by Amelie is a National Qualifying time entitling her to represent NSW in this event at the Australian Junior Championships in Sydney in March. In her 1500 metres event Amelie was the winner in a personal best time of 4 mins 55.59 secs which just missed the National Qualifying time.

Zara Warland finished 4th in the Under 14 Girls 800 metres event in a time of 2 mins 29.29 secs. In her 1500 metres event Zara produced a personal best time of 5 mins 03.19 secs to secure 3rd place.

Samantha Brown won the Under 18 Girls 800 metres event with her time of 2 mins 26.34 secs.

Eliza Harvey placed 2nd in Heat 2 (10th overall) of the Open Women's 800 metres event with her time of 2 mins 18.40 secs. In Heat 2 of the Open Women's 400 metres event Eliza claimed 2nd place (10th overall) with her time of 57.78 seconds.

Ben Nogajski finished 2nd in Heat 2 (10th overall) of the Under 18 Men's 200 metres event with his time of 22.90 secs (tailwind of 4.0 metres/sec).

Cameron Pappas finished in 2nd place in the Open Men's Long Jump event with his leap of 6.63 metres assisted by a tailwind of 1.3 metres/sec.

Adrian Wade produced a personal best time and Club Record time of 15 mins 59.27 secs in the Open Men's 5000 metres event.

Alana Kavanagh placed 6th in the Under 16 Girls 2000 metres Steeplechase event with her time of 8 mins 00.33 secs.

Chloe Davis won the Under 20 Girls 600gm Javelin event with a personal best throw of 35.22 metres. In the Under 20 Girls Triple Jump event Chloe produced a leap of 10.47 metres (tailwind of 0.5 metres/sec) to claim 8th spot.

Sophie Kavanagh finished in 5th place in the Under 14 Girls High Jump event with her clearance at 1.40 metres. In her Triple Jump event Sophie was the 1st Under 14 Girl with her leap of 9.99 metres.

George Davis finished in 10th place in the Under 16 Boys 700gm Javelin event with his effort of 30.85 metres. In his High Jump event George again successfully cleared the height of 1.50 metres.

Simon Bergfield finished 2nd in the 50+ Men's 700gm Javelin event with his throw of 28.33 metres.

30. Pacific School Games

The Pacific School Games were held in Adelaide from 2nd December to 7th December inclusive and we were represented by 1 athlete.

Ben Stevens commenced his campaign at these games in the 12 years Boys Tetrathlon event. In this event Ben claimed 5th place with the following results:-

100m	Long Jump	Shot Put	800m	Total Points
14.04 secs	4.35 metres	11.89 metres	2:48.16	
263	251	376	262	1152

In the 750gm Discus event Ben won the gold medal with a personal best throw of 48.44 metres.

Ben followed up this effort by claiming 9th place in the 3kg Shot Put event with his effort of 11.80 metres.

31. Australian All Schools Championships

The Australian All Schools Championships were also held in Adelaide from 8th to 10th December and we had 4 girls competing there.

Alyssa Lowe competed in Heat 2 of the Under 16 Girls 90 metres Hurdles event and finished in 6th place with her time of 13.71 seconds (headwind of 0.1 metres/sec). Alyssa was 11th overall.

Sophie Gocher finished in 5th place in the Under 18 Girls 2000 metres Steeplechase event in a season's best time of 7 mins 18.71 secs.

Samantha Brown placed 6th in the Under 18 Girls 2000 metres Steeplechase event in a personal best time of 7 mins 24.91 secs.

Eliza Harvey was first in her heat and finished 8th overall in the Under 18 Girls 800 metres event in a season's best time of 2 mins 14.82 secs.

32. Albie Thomas & Bankstown All Comers Meet

At the Albie Thomas & Bankstown All Comers Meet held at Bankstown on Saturday, 23rd December we were represented by 10 athletes.

George Davis finished in 5th place in the 700gm Javelin event with his throw of 28.61 metres. In his High jump event George won with his clearance at 1.50 metres.

Cameron Pappas placed 2nd in the Men's Triple Jump event from the 11 & 13 Metre Boards with his leap of 14.75 metres. This leap by Cameron is a National Qualifier and entitles him to compete at the qualifying event for the Commonwealth Games.

Chloe Davis finished in 7th place in the Women's High Jump event which started at a height of 1.2 metres. Chloe's best clearance was at 1.40 metres. In her 600gm Javelin event Chloe claimed 2nd spot with her throw of 34.33 metres. In her heat of the Open Women's 200 metres event Chloe finished in 8th place (30th overall) with her time of 28.45 seconds (tailwind of 1.4 metres/sec).

Maya Leverett placed 4th (14th overall) in her heat of the Open Women's 200 metres event in a time of 26.10 seconds (tailwind of 0.6 metres/sec).

Charlotte Ryan finished in 2nd place in the Open Women's 1500 metres event in a time of 4 mins 44.51 secs.

Sophie Gocher placed 5th in the Open Women's 1500 metres event with her time of 4 mins 56.22 secs.

Amelie Sun finished in 6th place in the Open Women's 1500 metres event in a time of 4 mins 56.54 secs.

Zara Warland placed 8th in the Open Women's 1500 metres event in a personal best time of 5 mins 02.77 secs.

Samantha Brown was 1st overall in the Open Women's 800 metres event in a season's best time of 2 mins 19.76 secs.

Adrian Wade placed 16th overall (1st in his age group) in the Open Men's 1 Mile event in a huge personal best time of 4 mins 40.98 secs. This time by Adrian was some 23 seconds inside the state Record for his age group.

33. Dubbo New Year Carnival

The Dubbo New Year's Carnival was held over the period from 5th to 7th January and we were represented by 1 athlete.

Andrew Atkinson-Howatt won all 4 events in which he competed and set new records in the 60-64 years Shot Put, discus and Javelin events. Andrew's results are show below:-

Shot Put – 9.57 metres. Discus – 35.26 metres. Javelin – 41.30 metres. Hammer – 29.51 metres.

34. Illawarra Track Challenge

At the Illawarra Track Challenge held at Beaton Park on 13th January we were represented by 1 athlete.

Adrian Wade competed in the NSW Open Mile event and placed 6th overall in a time of 4 mins 43.57 secs to become the NSW 35+ Men's Champion!!!

35. Hunter Track Classic

The Hunter Track Classic was held at the Hunter Sports Centre in Newcastle of the 20th January and Ryde had two athletes selected to compete.

Sam Brown ran in the Women's 1500m B race and finished 10th with a time of 5m .05.57s.

Harrison Wade was 4th placed in the Men's B 1500m in a time of 3m 55.21. Harrison, who has battled injuries this year, was back in great form again running an almost identical time to what he ran at last year's Hunter Classic.

36. ACT Championships

The Australian Capital Territory Championships were held in Canberra from 26th to 28th January and we were represented by 9 athletes.

Amelie Sun claimed 4th place in the Under 16 Girls 800 metres final in a personal best time (and yet another Australian qualifying time) of 2 mins 23.59 secs. In the 1500 metres event Amelie again claimed 4th spot with her time of 4 mins 57.03 secs.

Zara Warland finished in 6th place in the Under 16 Girls 800 metres final with her time of 2 mins 27.24 secs. In the 1500 metres final Zara was again 6th in a personal best time of 5 mins 02.04 secs.

Gabrielle Damm won the silver medal in the Under 18 Girls 800 metres event in a time of 2 mins 20.66 secs.

Samantha Brown took out the bronze medal in the Under 18 Girls 800 metres event with her time of 2 mins 21.57 secs.

Sophie Gocher won the silver medal in the Under 18 Girls 1500 metres event in a personal best time of 4 mins 53.30 secs.

Charlotte Ryan took out the gold medal in the Under 20 Girls 1500 metres event with her time of 4 mins 46.73 secs.

Harrison Wade finished in 9th place in the Open Men's 1500 metres event in a personal best time (and Club Record time) of 3 mins 51.53 secs.

Cameron Pappas finished 8th in the Open Men's Triple Jump event with a personal best leap of 14.95 metres.

Zoe Warland produced a personal best time in her heat of the Open Women's 200 metres event of 26.42 seconds (tailwind of 1.9 metres/sec).

37. NSW Open, U23 & Para Championships

The NSW Open, U23 & Para Championships were held at SOPAC from 2nd-4th February and Ryde was represented by 5 athletes.

Cameron Pappas competed in the Open Men's Triple jump. Cameron's second round jump of 14.86m clinched him the silver medal. Cameron's jump was another national qualifier for him.

Zoe Warland ran the heats of the Open Women's 400m. Zoe finished 5th in her heat in a time of 60.61. Zoe placed 21st overall.

In the Open Women's long jump **Maya Leverett** placed 8th with a 5th round best jump of 5.50m and a really consistent set of 6 jumps. Maya also competed in the 200m where she placed 5th in her heat in a time of 26.24s to place her 22nd overall.

Samantha Brown and **Amelie Sun** both competed in the heats of the women's 1500m and both ran in heat two, Sam finished 9th in the heat (4.54.77) and Amelie 11th (4.57.67) to place them 18th and 20th overall.

38. NSW Junior Championships

The NSW Junior Championships were held at Homebush from Friday, 9th February to Sunday, 11th February. We had a total of 35 athletes who competed there.

Alana Kavanagh was our very first athlete to commence the Carnival and she returned a time of 67.78 seconds to finish in 10th place overall in the Under 16 Girls 400 metres event.

Zoe Warland finished in 9th place in the heats of the Under 17 Girls 400 metres event with her time of 61.29 seconds to qualify for the final on the Saturday. In the final Zoe claimed 7th place with her time of 60.06 seconds. In her 100 metres Hurdles Final Zoe took out 5th place with a personal best time of 15.29 seconds (tailwind of 1.5 metres/sec). In her Long Jump event on the Sunday Zoe won the bronze medal with a personal best leap of 5.43 metres (headwind of 0.6 metres/sec). Zoe also contested her 200 metres event finishing in 10th place overall with her time of 26.61 seconds (headwind of 0.5 metres/sec).

Jack Baker produced a personal best time of 60.43 seconds to place 8th in the final of the Under 15 Boys 400 metres event. In his 800 metres event Jack again placed 8th in a personal best time of 2 mins 23.77 secs.

Eliza Harvey won the bronze medal in the Under 18 Girls 400 metres final with her time of 58.33 seconds. In her 800 metres event Eliza won the silver medal with her very fast time of 2 mins 14.94 secs.

Jacob Leon won the bronze medal in the Under 15 Boys 3000 metres event in a personal best time of 9 mins 33.49 secs. In his 800 metres event Jacob won a further bronze medal in a personal best time of 2 mins 06.78 secs.

Ashton Hanna finished in 9th place in the Under 15 Boys 3000metres event in a personal best time of 10 mins 31.64 secs. In his 2000 metres Steeplechase event Ashton finished in 5th place in a personal best time of 7 mins 38.19 secs.

Amelie Sun won the bronze medal in the Under 15 Girls 3000 metres event with her time of 10 mins 46.69 secs. In the final of the Under 15 Girls 1500 metres event Amelie won the silver medal in a huge personal best time of 4 mins 48.34 secs.

Georgia Arcus finished in 7th place in the Under 15 Girls 3000 metres event in a time of 10 mins 59.63 secs. In her 1500 metres event Georgia filled 6th place with her time of 5 mins 03.34 secs.

Sophie Kavanagh finished in 8th place in the Under 15 Girls High Jump event with her clearance at 1.35 metres. In her Long Jump event Sophie placed 8th with her leap of 4.68 metres (zero wind reading). Sophie also contested the Under 15 Girls 90 metres Hurdles event finishing in 12th place in a time of 17.08 seconds (headwind of 0.1 metres/sec).

Katrina Lyon finished in 4th place in the Under 18 Girls Triple Jump event with her leap of 10.35 metres (headwind of 0.3 metres/sec). In her 400 metres Hurdles event Katrina secured the bronze medal with her time of 75.91 seconds.

Chloe Davis won the bronze medal in the Under 20 Girls Javelin event with her throw of 36.62 metres.

Ben Stevens won the gold medal in the Under 14 Boys Discus event with his throw of 41.94 metres. In his Shot Put event Ben took out the bronze medal with his heave of 12.60 metres.

Sam Galati placed 9th in the Under 17 Boys Long Jump event with his leap of 5.21 metres (tailwind of 0.1 metres/sec). In his Triple Jump event Sam filled 7th place with his leap of 11.68 metres (tailwind of 1.0 metres/sec).

Alyssa Lowe claimed the bronze medal in the Under 16 Girls Long Jump event with her leap of 5.42 metres (tailwind of 0.4 metres/sec). In her 90 metres Hurdles event Alyssa placed 4th in the final with her time of 13.85 seconds (headwind of 1.0 metres/sec). Alyssa took out a further bronze medal when she participated in her 200 metres Hurdles event and finished with a time of 30.77 seconds (headwind of 2.9 metres/sec).

Tarsha Wayne finished in 6th place in the Under 16 Girls Long Jump event with her leap of 5.01 metres (tailwind of 1.8 metres/sec). In her Javelin event Tarsha secured 5th spot with her throw of 30.53 metres.

Portia Amy-Wilson placed 10th in the Under 16 Girls Long Jump event with her effort of 4.90 metres (tailwind of 1.8 metres/sec). In her Javelin event Portia placed 10th with her throw of 24.09 metres. Portia finished in 5th place in her Triple Jump event with her leap of 10.72 metres (tailwind of 1.2 metres/sec).

Maya Leverett won the gold medal in the Under 20 Girls Long Jump event with her leap of 5.67 metres (tailwind of 2.0 metres/sec). In her 200 metres final Maya filled 8th place in a time of 26.48 seconds (headwind of 3.0 metres/sec).

Timothy Forster took out the silver medal in the Under 14 Boys 90 metres Hurdles event in a personal best time of 14.90 seconds (tailwind of 0.7 metres/sec).

Ruby Worrell placed 12th overall in the Under 14 Girls 200 metres event in a personal best time of 29.22 seconds (tailwind of 0.5 metres/sec). In her 100 metres event Ruby placed 18th overall in a time of 15.36 seconds (headwind of 4.2 metres/sec).

Eliza Da Silva finished in 9th place overall in the Under 15 Girls 200 metres event to qualify for the final with her heat run of 27.10 seconds (tailwind of 1.0 metres/sec). In her final Eliza took out 9th place with her time of 27.12 seconds (tailwind of 1.2 metres/sec). Eliza also contested the 100 metres event placing 8th overall in the heats and qualified for the final in a time of 13.50 seconds (headwind of 0.8 metres/sec). In the final placed 9th with her time of 13.42 seconds (headwind of 2.2 metres/sec).

Adria McAndrew placed 13th overall in the heats of the Under 15 Girls 200 metres event with her time of 28.19 seconds (tailwind of 0.8 metres/sec). In her 100 metre heats Adria finished in 14th place overall in a time of 14.11 seconds (headwind of 0.8 metres/sec). In the long jump event Adria placed 13th with a best jump of 4.33m.

Abbie Lewis took out 6th place in the Under 17 Girls 1500 metres event in a time of 5 mins 15.69 secs.

William Stacey finished in 12th place in the Under 18 Boys 1500 metres event with his time of 4 mins 38.32 secs.

Charlotte Ryan produced a personal best time of 4 mins 42.83 secs to take out the silver medal in the Under 18 Girls 1500 metres event.

Harrison Wade ran a personal best time in taking out the gold medal in the Under 20 Boys 1500 metres event in a Club Record time of 3 mins 50.67 secs.

Elli Barron finished in 10th place in the Under 14 Girls 800 metres event in a time of 2 mins 44.56 secs. In her 1500 metres event Elli was 17th overall in a personal best time (by 10 seconds) of 5 mins 36.95 secs.

Zara Warland finished in 9th place in the Under 15 Girls 800 metres event with her time of 2 mins 26.06 secs. In her 1500 metres event Zara placed 8th in a time of 5 mins 06.13 secs.

Adam Bruntsch finished in 4th place in the Under 15 Boys 2000 metres Steeplechase event in a personal best time of 7 mins 27.66 secs.

Sophie Gocher won the gold medal in the Under 18 Girls 2000 metres Steeplechase event with her time of 7 mins 26.94 secs.

Samantha Brown pushed Sophie all the way in the Under 18 Girls 2000 metres Steeplechase event to claim the silver medal in a time of 7 mins 31.76 secs. In her 800 metres event Sam filled 5th place in a time of 2 mins 22.65 secs.

Anastasia Lakic in her very first try at the Steeplechase event won the Under 15 Girls event with her time of 8 mins 10.03 secs.

Jett Tall finished 6th in the Under 17 Boys Shot Put event with his throw of 11.14 metres. In his Triple Jump event Jett secured 5th spot with his leap of 12.09 metres.

Jessica Forster was unfortunately disqualified in her heat of the Under 16 Girls 200 metres event. In her 100 metres event Jess finished in 18th place overall in a time of 14.54 seconds (headwind of 2.0 metres/sec).

Gabrielle Damm finished in 6th place in the Under 18 girls 800 metres event in a time of 2 mins 26.28 secs.

George Davis finished in 3rd place in the Under 16 Boys 3000 metres Walk event in a time of 16 mins 58.87 secs.

As a consequence of their efforts at both this Carnival and earlier Carnivals the following junior athletes have won the right to compete at the Australian Junior or Multi Event Championships.

Alana Kavanagh, Zoe Warland, Eliza Harvey, Jacob Leon, Amelie Sun, Georgia Arcus, Katrina Lyon, Chloe Davis, Ben Stevens, Alyssa Lowe, Portia Amy-Wilson, Maya Leverett, Timothy Forster, Abbie Lewis, Charlotte Ryan, Harrison Wade, Zara Warland, Sophie Gocher, Samantha Brown, Anastasia Lakic and George Davis.

39. Australian Athletics Championships and Commonwealth Games Trials

The Australian Athletics Championships and Commonwealth Games Trial were held on the Gold Coast from the 15th to 18th February at Carrera Stadium and we were represented by one athlete.

Cameron Pappas squeezed into the finals in the 10th and final spot from the qualifying rounds with a best jump of 14.54m. In the final Cameron remarkably jumped exactly the same distance to improve his overall position in the final to 8th.

40. Australian Junior Multi Event Championships

The Australian Junior Multi Event championships were held in Melbourne from Saturday, 3rd March to Sunday, 4th March and we were represented by 1 athlete.

Chloe Davis finished in 9th place in the Under 20 event and her individual results are listed below:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.57 secs	1.43m	9.26m	28.31 secs	4.63m	37.84m	2:36.31	
534	544	481	607	461	626	616	3869

Chloe's total score exceeded her efforts at the NSW Championships by 256 points.

41. NSW Masters Championships

The NSW Masters Championships were held at Blacktown from 3rd to 4th March and we were represented by 5 athletes.

Adrian Wade won the gold medal in the 45-49 years Age Group 5000 metres event in a time of 16 mins 33.95 secs. In his 1500 metres event Adrian smashed our Masters Record when he was awarded the silver medal in his age group event with his time of 4 mins 19.84 secs.

Peter Lang took out the silver medal in the 6kg 55-59 years Age Group with his throw of 25.71 metres in his Hammer Throw event. In his 11.340kg Weight Throw event Peter placed 5th with his effort of 7.19 metres.

Simon Bergfield finished in 5th place in the 700gm 55-59 years Age Group Javelin event with his throw of 25.03 metres.

Robert Hanbury-Brown won the silver medal in the 9.080kg 60-64 years Age Group Weight Throw event with his effort of 14.56 metres. In his 600gm Javelin event Robert won the silver medal with his throw of 37.46 metres. Robert won a further silver medal in his 5kg Shot Put event with his effort of 10.78 metres. In his 1kg Discus event Robert won a further silver medal with his throw of 37.09 metres.

Andrew Atkinson-Howatt took out the gold medal in the 600gm 60-64 years Age Group Javelin event with his throw of 39.13 metres. In his 1kg Discus event Andrew won the bronze medal with his throw of 32.84 metres.

42. Australian Junior Championships

The Australian Junior Championships were held at Homebush from Wednesday, 14th March to Sunday, 18th March and we were represented by 18 athletes.

Ben Stevens won the Under 14 Boys Discus event with a personal best throw of 43.20 metres. This throw breaks our Best Performance on Record. In his Shot Put event Ben also recorded a personal best effort with his throw of 13.58 metres (again breaking our Best Performance on Record).

Alyssa Lowe took out the gold medal in the Under 16 Girls Long Jump event with her only legal jump of 5.48 metres (headwind of 0.3 metres/sec). In her 90 metres Hurdles heat Aly finished in 4th place (10th overall) with her time of 13.52 seconds (headwind of 0.9 metres/sec).

Zoe Warland won the bronze medal in the Under 17 Girls Long Jump event with her effort of 5.37 metres (headwind of 0.2 metres/sec). Zoe was a model of consistency with her jumping with her worst jump measuring 5.27 metres. In her 100 metres Hurdles heat Zoe finished in 6th place (10th overall) in a personal best time (by 0.51 seconds) of 14.78 seconds (zero wind).

Sophie Gocher placed 4th in the Under 18 Girls 2000 metres event in a personal best time of 7 mins 12.29 secs.

Timothy Forster finished in 4th place in his heat of the Under 14 Boys 90 metres Hurdles event in a personal best time of 14.62 seconds (headwind of 0.2 metres/sec). In his final Tim finished in 5th place in an even better time of 14.40 seconds (zero wind reading). This time was a club best performance on record.

George Davis contested the Under 16 Boys 3000 metres Walk event finishing in 5th place with his personal best time and club best performance on record of 16 mins 41.30 secs.

Eliza Harvey finished in 4th place in her heat of the Under 18 Girls 400 metres event with her season's best time of 57.77 seconds to advance to the final. In her 400 metres final Eliza placed 7th with her time of 58.01 seconds. Eliza finished in 6th place (13th overall) in her 800 metres event in a time of 2 mins 18.85 secs.

Maya Leverett placed 8th in the Under 20 Girls Long Jump event with her leap of 5.67 metres (zero wind reading). In fact Maya had 2 jumps at 5.67 metres and 2 jumps at 5.63 metres.

Georgia Arcus finished in 5th place (15th overall) in her heat of the Under 15 Girls 3000 metres Timed Final event in a time of 10 mins 58.16 secs.

Amelie Sun (who unfortunately was affected by influenza over the Carnival), was unable to finish the Under 15 Girls 3000 metres event. In her 1500 metres run Amelie finished 11th in her Timed Final (18th overall) with her time of 4 mins 57.68 secs. Amelie also contested the 800 metres event placing 8th in her heat (18th overall) in a personal best time of 2 mins 21.71 secs.

Samantha Brown finished in 9th place in the Under 18 Girls 2000 metres Steeplechase event with her time of 7 mins 39.86 secs. In her 800 metres heat Sam finished in 10th place (20th overall) with her time of 2 mins 29.59 secs. Sam placed 12th in her 1500 metres event in a time of 5 mins 04.81 secs.

Abbie Lewis placed 17th in the Under 17 Girls 3000 metres event in a time of 10 mins 58.42 secs.

Chloe Davis competed in the Under 20 Girls Javelin event and finished in 10th place with a personal best throw of 38.87 metres.

Harrison Wade finished in 5th place in his heat of the Under 20 Boys 1500 metres event in a time of 3 mins 54.11 secs to qualify for the final. In the final Harrison finished in 12th place with a time of 4 mins 00.83 secs.

Katrina Lyon competed in the Under 18 Girls 400 metres Hurdles event finishing in 7th place (13th overall) with a time of 72.62 seconds.

Zara Warland was a competitor in the Under 15 Girls 800 metres event finishing 6th in her heat (22nd overall) with her time of 2 mins 26.57 secs.

Anastasia Lakic competed in the Under 15 Girls 2000 metres Steeplechase event and finished in 16th place with her time of 8 mins 37.43 secs.

Charlotte Ryan was a contestant in the Under 18 Girls 1500 metres event and finished in -10th place in a time of 4 mins 49.86 secs.

43. NSW Little Athletics Championships

The NSW Little Athletics Championships were held at Homebush from 23rd to 25th March and we were represented by 33 athletes.

Ivan Prizmic finished in 5th place in the Under 12 Boys High Jump event with his clearance at 1.50 metres.

Max Merfield placed 13th in the Under 12 Boys High Jump event with his clearance at 1.45 metres.

Jett Tall finished in 5th place in the Under 15 Boys Shot Put event with his effort of 13.58 metres. In his Long Jump event Jett placed 12th with his leap of 5.63 metres. Jett placed 6th in his Discus event with his throw of 42.76 metres. In the 100m Jett was 4th in his heat and equal 14th overall in a time of 12.91sec.

Adria McAndrew placed 24th in the Under 14 Girls Triple Jump event with her leap of 9.08 metres. In her Long jump event Adria placed 19th with her effort of 4.62 metres.

Jack Baker finished in 3rd place (9th overall) in the Under 13 Boys 400 metres event with a personal best time of 58.35 seconds. In his 800 metres timed final Jack placed 19th overall with his time of 2 mins 26.62 secs.

Sophie Gocher claimed the bronze medal in the Under 17 Girls 3000 metres event in a time of 10 mins 38.09 secs.

Georgia Arcus finished in 5th place in the Under 14 Girls 3000 metres event in a time of 10 mins 43.56 secs. In her 1500 metres event Georgia produced a personal best time when she finished in 9th place overall in a time of 4 mins 59.77 secs. Georgia was 13th overall in her 800 metres event with her time of 2 mins 24.59 secs.

Anastasia Lakic placed 10th in the Under 14 Girls 3000 metres event with a pb time of 11 mins 21.21 secs. In her 1500 metres timed final Anastasia was 20th overall in a time of 5 mins 15.01 secs. Anastasia finished in 16th place in her 800 metres event in a time of 2 mins 33.73 secs.

Jacob Leon won the Under 14 Boys 3000 metres event in a personal best time of 9 mins 28.52 secs. This time exceeded his previous best by some 5 seconds. In his 1500 metres event Jacob secured the bronze medal with his time of 4 mins 23.59 secs. Jacob finished in 4th place in his 800 metres event with his time of 2 mins 09.04 secs.

James Southon finished in 6th place in the Under 13 Boys 3000 metres event with his time of 10 mins 17.13 secs. This time was a personal best by some 36 seconds. In his 1500 metres event James placed 10th with his time of 4 mins 49.83 secs. Again a further personal best time by some 10 seconds.

Alyssa Lowe finished in 5th place in the Under 15 Girls High Jump event with her clearance at 1.57 metres. In her Long Jump event Alyssa won the silver medal with her leap of 5.52 metres. In her 80 metres Hurdles heat Aly claimed 2nd spot to advance to the final with her time of 13.73 seconds. Aly claimed 5th spot in her final with an even better time of 13.51 seconds.

Ben Stevens placed 4th in the Under 14 Boys Discus event with his throw of 43.50 metres. In his Shot Put event Ben claimed 6th place with his throw of 13.36 metres.

Sophie Kavanagh finished in equal 2nd place in the Under 13 Girls High Jump event with her successful clearance at 1.50 metres. In her Triple Jump event Sophie at last jumped into double figures and finished in 13th place with her leap of exactly 10.00 metres. Sophie finished 6th in her Javelin event with her throw of 29.55 metres. In her 80 metres Hurdles event Sophie finished in 5th place in her heat with her time of 14.03 seconds.

Natasha Fairhall finished in 20th place in the Under 12 Girls Javelin event with her effort of 18.13 metres.

Sam Galati placed 18th in the Under 15 Boys Long Jump event with his effort of 5.09 metres. In his 300 metres Hurdles heat Sam finished in 5th place (16th overall) with his time of 46.32 seconds. In his High Jump event Sam placed 21st with his clearance at 1.55 metres. Sam placed 3rd in his heat of the 100 metres Hurdles event with his time of 14.47 seconds. In the final Sam finished in 6th place in a time of 14.40 seconds.

Emily Ralph finished in 20th place in the Under 17 Girls Javelin event with her throw of exactly 26.00 metres.

Katrina Lyon placed 10th in the Under 17 girls Triple Jump event with her leap of 10.40 metres.

Riley Turkal finished in 8th place in his heat of the Under 12 Boys 60 metres Hurdles event in a time of 12.01 seconds.

Eliza Da Silva placed 6th (15th overall) in the Under 14 Girls 100 metres event with her time of 12.96 seconds. In her 200 metres heat Eliza placed 8th in a time of 27.25 seconds.

Oliver Smith finished in 16th place in the Under 12 Boys 1500 metres event with his time of 5 mins 02.99 secs. In his 800 metres event Oliver claimed 13th place overall with his time of 2 mins 30.76 secs.

Tarsha Wayne placed 6th in the Under 15 Girls Triple Jump event when she leapt 10.48 metres. In her Javelin event Tarsha claimed 5th place with her effort of 34.01 metres.

Sarah Brown finished in 7th position in the Under 15 Girls Triple Jump event with a leap of 10.34 metres.

Portia Amy-Wilson placed 9th in the Under 15 Girls Triple Jump event with her leap of 10.20 metres. In her Long Jump event Amy secured 10th place with her leap of 4.87 metres. Portia finished in 16th place in her Javelin event with her throw of 25.66 metres.

Timothy Forster placed 2nd in his heat of the Under 12 Boys 60 metres Hurdles event in a time of 9.88 seconds to advance to the final. In the final Tim finished in 4th place with his time of 9.77 seconds.

William Stacey finished in 14th place overall in the timed final for the Under 17 Boys 1500 metres event with his time of 4 mins 30.94 secs.

Zara Warland placed 14th overall in the timed final of the Under 14 Girls 1500 metres event with her time of 5 mins 06.61 secs. In her Discus event Zara claimed 6th spot with her throw of 27.82 metres. Zara was 14th overall in her 800 metres event in a time of 2 mins 29.18 secs.

Adam Bruntsch finished in 8th place overall in the timed final of the Under 14 Boys 1500 metres event with his personal best time of 4 mins 33.88 secs. In his 800 metres event Adam finished in 9th place with his time of 2 mins 16.57 secs.

Savi Moala placed 21st overall in the Under 14 Boys Long Jump event with his leap of 4.93 metres.

George Srour finished in 9th place in the Under 12 Boys Triple Jump event with his leap of 9.91 metres.

Marko Prizmic placed 16th in the Under 17 Boys Triple Jump event with his effort of 12.15 metres.

Ruby Worrell finished in 6th place in her heat of the Under 12 Girls 200 metres event with her time of 29.06 seconds.

George Davis won the bronze medal in the Under 15 Boys 1500 metres Walk with his time of 7 mins 57.07 secs.

44. Oceania Melanesian Regional Championships

Sophie Gocher was selected in the Australian Junior team that competed in the Melanesian Championships held at the Korman Stadium in Vanuatu from the 9th to 11th of May. Sophie competed in the U 18 Women's 2000m Steeplechase where she placed 4th in a time of 7m 31.52s.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 2/04/18)

1500 metres Walk

11 years	David Forster	8:51.4h	82/83
12 years	David Forster	9:00.2h	83/84
13 years	Michael Cooper	10:35.1h	88/89
14 years	Matthew Spackman	8:49.9h	88/89
15 years	Adam Page	8:35.2h	91/92
Under 18	Adam Page	8:35.2h	91/92
Under 20			
Open	Graham Walsh	6:54.0h	91/92
Vet 30-39	Graham Walsh	7:41.9h	93/94
Vet 40-49	John Barbuto	9:54.4h	88/89
Vet 50+			

3000 Metres Walk

11 years	Shannon Wolfers	20:28.8h	92/93
12 years	Michael Jones	17:55.1h	86/87
13 years	Michael Jones	16:51.0h	87/88
14 years	Matthew Spackman	16:35.0h	88/89
15 years	George Davis	16:41.30	17/18
Under 18			
Under 20			
Open	Graham Walsh	14:45.3h	91/92
Vet 30-39	Graham Walsh	16:33.5h	93/94
Vet 40-49	George Parsons	21:24.0h	90/91
Vet 50+			

80 metres Hurdles

11 years	Peter Cotton	15.7h	85/86
12 years	Adam Hoey	13.47	91/92

90 metres Hurdles

12 years	Timothy Forster	14.40	17/18
13 years	Brian Chappell	13.29	93/94
14 years	Brian Chappell	14.6h	94/95
Vet 50+	Peter McEneaney	15.6h	93/94

100 metres Hurdles

13 years	Grant Mitchell	16.72	86/87
14 years	Cameron Pappas	14.26	10/11
15 years	John Pearce	13.57	06/07
Under 18	Clinton McEwan	15.50	08/09
Under 20	Warren Gray	15.5h	83/84
Vet 30-39	Ken Smith	17.5h	91/92

Vet 40-49	Peter Collins	15.2h	95/96
Vet 50+	Peter McEneaney	19.47	93/94

Pentathlon

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Voitek Klimiuk	3299 pts	11/12

110 metres Hurdles

Under 17	Brian Chappell	15.15	96/97
Under 18	Craig Birdsall	15.10	98/99
Under 20	Clinton McEwan	15.93	09/10
Open	Glyn Henman	16.5h	92/93
Vet 30-39	Chris Norris	19.4h	94/95
Vet 40-49	Peter Collins	16.3h	93/94
Vet 50+	Peter Collins	16.7h	01/02

200 metres Hurdles

11 years	Will Devjak	33.9h	94/95
12 years	Sam Hain	32.23	11/12
13 years	Brian Chappell	30.6h	93/94
14 years	Brian Chappell	26.04	94/95
15 years	Craig Birdsall	27.39	98/00
Under 18	Craig Birdsall	25.4h	99/00
Vet 40-49	John Barbuto	57.4h	89/90

300 metres Hurdles

11 years	Peter Cotton	54.6h	85/86
12 years	Grant Mitchell	54.8h	85/86
13 years			
14 years	Kevin Laws	47.5h	85/86
15 years	Brian Chappell	40.45	95/96
Under 18	Brian Chappell	39.16	96/97
Vet 40-49	Peter Collins	43.9h	95/96
Vet 50+	Peter McEneaney	49.9h	93/94

400 metres Hurdles

11 years	Peter Cotton	84.2h	85/86
12 years	Grant Mitchell	86.3h	85/86
15 years	Craig Birdsall	59.3h	98/99
Under 18	Craig Birdsall	55.31	00/01
Under 20	Craig Birdsall	55.1h	00/01
Open	Brian Chappell	55.12	01/02
Vet 30-39	Ken Smith	67.6h	91/92
Vet 40-49	Peter Collins	59.62	92/93
Vet 50+	Peter Collins	64.5h	01/02

Multi-Event

15 years	Brian Chappell	4299 pts	95/96
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Decathlon

13 years	George Davis	1412 pts	16/17
Under 18	Brian Chappell	5328 pts	96/97
Under 20	Brent Page	4370 pts	92/93
Open	Brian Chin	5205 pts	93/94

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Andrew Atkinson-Howatt	3369 pts	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

Men (as at 2/04/18)

<u>Shot Put</u>				<u>Pole Vault</u>			
11 years	Ben Stevens	10.84m	16/17	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Stevens	13.58m	17/18		Michael Jones	1.80m	86/87
13 years	Haydn Houssenloge	11.64m	11/12	13 years	Michael Jones	2.00m	87/88
14 years 4kg	Ben Nogajski	14.21m	15/16	14 years	Brian Chappell	2.00m	94/95
14 years 3kg	Haydn Houssenloge	12.79m	11/12				
15 years	Jett Tall	13.58m	17/18	15 years	Glyn Henman	2.40m	83/84
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brian Chappell	2.30m	95/96
Under 20	James Bergfield	12.04m	12/13	Under 20	Brendan Mills	3.00m	93/94
Open	Jeff Hailey	14.86m	98/99	Open	Ray Brookes	3.20m	96/97
Vet 30-39	Jeff Hailey	14.86m	98/99	Vet 30-39	Ray Brookes	3.20m	96/97
Vet 40-49	Jeff Hailey	14.43m	01/02	Vet 50-54	Robert Hanbury-Brown	3.00m	12/13
Vet 50+	Robert Hanbury-Brown	11.31m	10/11				
Vet 60+	Lajos Joni	11.70m	15/16				

<u>Discus</u>				<u>High Jump</u>			
11 years	Ben Stevens	35.25m	16/17	11 years	David Forster	1.38m	82/83
12 years	Ben Stevens	43.50m	17/18	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Ben Nogajski	1.85m	16/17
Under 18	Lloyd Parker	43.17m	06/07	Under 18	Michael Dunne	1.85m	99/00
					Cameron Pappas	1.85m	12/13
Under 20	Lloyd Parker	38.45m	09/10	Under 20	Michael Dunne	1.85m	99/00
Open	Jeff Hailey	41.32m	98/99	Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 50+	Peter Collins	1.53m	01/02
Vet 60+	Robert Hanbury-Brown	37.09m	17/18				

<u>Javelin</u>				<u>Long Jump</u>			
11 years	Peter Cotton	21.16m	85/86	11 years	Geoff Davies	5.30m	85/86
12 years	Nick Kelland	28.72m	08/09	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Noah Hain	5.80m	15/16
14 years	Patrick Kelland	37.84m	08/09	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 60+	Andrew Atkinson-Howatt	41.30m	17/18				

<u>Hammer</u>				<u>Triple Jump</u>			
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	David Page	17.92m	91/92	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Ben Cox	15.63m	15/16
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			
Vet 60+	Lajos Joni	43.72m	15/16				

<u>Weight</u>				<u>Weight (9.08kg)</u>			
Vet 50+	Lajos Joni	14.53m	12/13	Vet 60+	Lajos Joni	15.66m	15/16

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 2/04/18)

100 Metres

11 years	Jamie Casacang	13.1h	00/01
12 years	Rachael Massey	12.96	88/89
13 years	Annaliese Gardiner	12.36	05/06
14 years	Rachael Massey	12.23	90/91
15 years	Rachael Massey	12.15	91/92
Under 18	Rachael Massey	11.87	93/94
Under 20	Rachael Massey	11.85	95/96
Open	Rachael Massey	11.42	99/00
Vet 28-34	Rachael Jackson	11.96	08/09
Vet 35+	Rachael Jackson	12.14	11/12

200 Metres

11 years	Jamie Casacang	27.2h	00/01
12 years	Jamie Casacang	26.0h	01/02
13 years	Rachael Massey	25.78	89/90
14 years	Rachael Massey	25.17	90/91
15 years	Jamie Casacang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky Piggitt	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
Vet 35+	Rachael Jackson	25.48	11/12

400 Metres

11 years	Jamie Casacang	62.3h	00/01
12 years	Jamie Casacang	59.59	01/02
13 years	Jamie Casacang	58.51	02/03
14 years	Eliza Harvey	57.16	15/16
15 years	Eliza Harvey	57.54	15/16
Under 18	Tara Millgate	55.68	01/02
Under 20	Tara Millgate	55.88	03/04
Open	Vicky Piggitt	53.78	99/00
Vet 28-34			
Vet 35+	Margaret Chappell	65.8h	94/95

800 Metres

11 years	Larissa West	2:30.97	88/89
12 years	Tara Vance	2:22.58	06/07
13 years	Eliza Harvey	2:17.69	14/15
14 years	Eliza Harvey	2:11.70	15/16
15 years	Eliza Harvey	2:14.12	16/17
Under 18	Kate Spencer	2:11.15	11/12
Under 20	Kate Spencer	2:11.15	11/12
Open	Julie Schwass	2:04.87	83/84
Vet 28-34	Anne Francis	3:10.2h	88/89
Vet 35+	Suzanne Gore	2:33.52	12/13
Vet 50+	Suzanne Gore	2:35.08	13/14

1500 Metres

11 years	Larissa West	5:15.2h	88/89
12 years	Elizabeth Cotton	5:03.18	87/88
13 years	Eliza Harvey	4:52.36	14/15
14 years	Kate Spencer	4:33.28	09/10
15 years	Kate Spencer	4:30.59	10/11
Under 18	Kate Spencer	4:28.41	12/13
Under 20	Kate Spencer	4:20.86	13/14
Open	Maxine Poor	4:19.8h	83/84
Vet 28-34	Anne Francis	7:23.8h	88/89
Vet 35+	Suzanne Gore	5:19.51	08/09
Vet 50+	Suzanne Gore	5:38.36	13/14

3000 Metres

11 years	Megan Cotton	12:02.7h	87/88
12 years	Georgia Arcus	11:02.75	16/17
13 years	Amelie Sun	10:24.03	17/18
14 years	Kate Spencer	10:01.98	09/10
15 years	Kate Spencer	9:48.90	10/11
Under 18	Kate Spencer	9:34.63	11/12
Under 20	Kate Spencer	9:16.49	13/14
Open	Kate Spencer	9:16.49	13/14
Vet 28-34			
Vet 35+	Suzanne Gore	13:36.9h	08/09

5000 Metres

Under 18	Kate Spencer	16:56.66	12/13
Under 20	Kate Spencer	15:32.29	13/14
Open	Kate Spencer	15:32.29	13/14

2000 Metres Steeplechase

11 years	Elizabeth Cotton	9:35.0h	86/87
12 years	Tara Vance	7:54.29	07/08
13 years	Tara Vance	7:38.8h	07/08
14 years	Madeline Playford	7:30.66	16/17
15 years	Kate Spencer	6:40.92	10/11
Under 18	Georgia Winkcup	6:43.31	14/15
Under 20	Kate Spencer	6:36.69	13/14

3000 Metres Steeplechase

Under 18	Kate Spencer	10:20.72	13/14
Under 20	Kate Spencer	9:53.15	13/14
Open	Kate Spencer	9:53.15	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 2/04/18)

1500 Metres Walk

11 years	Natalie Cummings	7:38.54	85/86
12 years	Natalie Cummings	8:21.4h	86/87
13 years	Julie Davis	7:43.0h	82/83
14 years	Carolyn Little	7:56.21	91/92
15 years	Yvette Cotton	7:38.0h	86/87
Under 18	Sharon Cummings	7:19.0h	86/87
Under 20	Sharon Cummings	7:19.0h	86/87
Open	Sharon Cummings	7:19.0h	86/87
Vet 28-34	Anne Francis	10:50.0h	88/89
Vet 35+	Sue Curry	10:05.0h	91/92

100 Metres Hurdles

11 years			
12 years			
13 years			
14 years			
15 years	Zoe Warland	14.78	17/18
Under 18	Tara Millgate	15.19	01/02
Under 20	Rasvinder Gill	14.62	04/05
Open	Lyndall Garling	14.12	83/84
Vet 28-34			
Vet 35+			

3000 Metres Walk

11 years	Karen Hoey	16:44.4h	91/92
12 years	Natalie Cummings	18:28.0h	86/87
13 years	Natalie Cummings	17:22.0h	87/88
14 years	Carolyn Little	17:13.4h	91/92
15 years	Sarah Kelland	17:26.72	12/13
Under 18	Sharon Cummings	16:20.0h	85/86
Under 20	Sharon Cummings	16:20.0h	85/86
Open	Yvette Cotton	15:37.6h	93/94
Vet 28-34			
Vet 35+	Sue Curry	21:10.3h	89/90

200 Metres Hurdles

11 years	Megan Cotton	35.7h	87/88
12 years	Megan Cotton	34.1h	88/89
13 years	Alyssa Lowe	31.71	16/17
14 years	Rachel Neylan	29.2h	96/97
15 years	Shannon Arnott	29.72	02/03
Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Jenny Horsfield	34.2h	88/89
Open			
Vet 28-34			
Vet 35+	Margaret Chappell	37.3h	89/90

5000 Metres Walk

Under 18	Carolyn Little	30:45.0h	94/95
Open	Yvette Cotton	27:17.8h	93/94

80 Metres Hurdles

11 years	Kate Harvey	14.83	86/87
12 years	Alyssa Lowe	13.76	15/16
13 years	Annaliese Gardiner	12.59	05/06
Vet 35+	Sharon Aldridge	14.2h	94/95

300 Metres Hurdles

11 years			
12 years			
13 years			
14 years	Rachel Neylan	45.41	96/97
15 years	Megan Cotton	44.08	90/91
Under 18			
Under 20			
Open			
Vet 28-34			
Vet 35+	Sharon Aldridge	55.3h	94/95

90 Metres Hurdles

11 years			
12 years			
13 years	Alyssa Lowe	14.57	16/17
14 years	Alyssa Lowe	13.31	17/18
15 years	Zoe Warland	13.27	17/18
Under 18			
Under 20			
Open			
Vet 28-34			
Vet 35+			

400 Metres Hurdles

11 years			
12 years			
13 years			
14 years	Gunilla Rupp	70.1h	84/85
15 years	Tara Millgate	65.21	00/01
Under 18	Tara Millgate	60.72	01/02
Under 20	Tara Millgate	60.41	04/05
Open	Tara Millgate	60.41	04/05
Vet 28-34			
Vet 35+	Sue Curry	89.8h	87/88

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 02/04/18)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
					Portia Amy-Wilson	1.35m	14/15
12 years	Chiara Lillis	10.46m	16/17	12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Maddy Bergfield	10.87m	09/10	13 years	Alexandra Church	1.72m	97/98
14 years	Maddy Bergfield	12.08m	10/11	14 years	Alexandra Church	1.74m	98/99
15 years	Maddy Bergfield	12.59m	11/12	15 years	Alexandra Church	1.74m	99/00
Under 18	Maddy Bergfield	13.10m	13/14	Under 18	Alexandra Church	1.82m	01/02
Under 20	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Open	Alexandra Church	1.82m	01/02
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94	Vet 35+	Margaret Chappell	1.35m	90/91

<u>Discus</u>				<u>Long Jump</u>			
11 years	Maddy Bergfield	25.68m	07/08	11 years	Janet Gault	4.69m	89/90
12 years	Kimberley Lowe	31.46m	06/07	12 years	Janet Gault	4.96m	90/91
13 years	Cassie Hewitt	39.59m	06/07	13 years	Alyssa Lowe	5.15m	16/17
					Portia Amy-Wilson	5.15m	16/17
14 years	Cassie Hewitt	35.53m	07/08	14 years	Alyssa Lowe	5.54m	17/18
15 years	Maddy Bergfield	37.23m	11/12	15 years	Megan Cotton	5.66m	90/91
Under 18	Maddy Bergfield	41.75m	12/13	Under 18	Sachi Kayama	6.00m	13/14
Under 20	Maddy Bergfield	41.75m	12/13	Under 20	Vicky Pigginn	6.20m	94/95
Open	Maddy Bergfield	41.75m	12/13	Open	Vicky Pigginn	6.36m	97/98
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95	Vet 35+	Margaret Chappell	4.72m	90/91

<u>Javelin</u>				<u>Triple Jump</u>			
11 years	Julia Kelland	23.92m	12/13	11 years	Portia Amy-Wilson	9.44m	14/15
12 years	Julia Kelland	30.84m	13/14	12 years	Janet Gault	10.40m	90/91
13 years	Chloe Davis(400g)	35.33m	13/14	13 years	Portia Amy-Wilson	10.78m	16/17
14 years	Tarsha Wayne(500g)	38.39m	17/18	14 years	Maya Leverett	11.15m	13/14
15 years	Maddy Bergfield	32.82m	11/12	15 years	Maya Leverett	11.49m	14/15
Under 18	Chloe Davis	39.35m	17/18	Under 18	Maya Leverett	12.33m	15/16
Under 20	Laura Cornford	45.52m	04/05	Under 20	Maya Leverett	12.33m	15/16
Open	Mary Thomas	46.98m	82/83	Open	Maya Leverett	12.33m	15/16
Vet 28-34				Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83	Vet 35+	Margaret Chappell	10.22m	89/90

<u>Hammer</u>				<u>Multi-Events</u>			
11 years	Margaret Gault	15.54m	91/92	13 years	Elizabeth Cotton	3679 pts	89/90
12 years	Julia Kelland	20.43m	13/14	14 years	Megan Cotton	4265 pts	90/91
13 years	Crystal Overton	21.87m	12/13	15 years	Megan Cotton	4719 pts	90/91
14 years	Julia Kelland (3kg)	22.14m	15/16	Under 18	Tara Millgate	4271 pts	01/02
15 years	Maddy Bergfield	41.51m	11/12	Under 20	Megan Cotton	4239 pts	93/94
Under 18	Maddy Bergfield	41.59m	12/13	Vet 35+	Sue Gore	1873 pts	07/08
Under 20	Joanne Capper	34.06m	84/85				
Open	Joanne Capper	44.54m	89/90				
Vet 28-34							
Vet 35+	Helen Searle	44.00m	96/97				

<u>Weight Pentathlon</u>				<u>Pole Vault</u>			
Vet 60-64	Helen Searle	5117 pts	99/00	13 years	Johanna Volos	2.90m	12/13
Vet 65-69	Helen Searle	5027 pts	01/02	14 years	Johanna Volos	3.10m	13/14
				15 years	Johanna Volos	3.30m	14/15
				Under 18	Johanna Volos	3.10m	13/14
				Under 20	Johanna Volos	3.10m	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

The best performances on record are still based on the athlete's age on the date of performance in line with how State and National age groups were determined at the times these records commenced.

An athlete competing in the U18 age group is also eligible to set the U20 and Open record but only if the implements, hurdles etc are of the same specification.

Weight changes occurred in 2011/2012 therefore performances listed below were set with the previous weights and will be maintained in the event weights are changed back at a future date. Note for 14 yr old boys' shot put we will keep best performance for two weights as the difference b/t the Little A and ANSW season means that a Little A U14 athlete may be 14 yrs for ANSW events and hence throw a different weight. For Ryde records we will only use the Athletics Australia weight for 14 yrs which is currently 4kg.

Girls Withdrawn Weights

Shot Put

14years	4kg	Maddy Bergfield	9.98m	10/11
15 years	4kg	Maddy Bergfield	10.07m	10/11
Under 18	4kg	Maddy Bergfield	11.27m	13/14

Javelin

14 years	600g	Maddy Bergfield	31.08m	10/11
15 years	600g	Laura Cornford	41.21m	03/04
Under 18	600g	Laura Cornford	45.52m	04/05

Hammer

14 years	4kg	Maddy Bergfield	24.76m	10/11
15 years	4kg	Maddy Bergfield	29.28m	10/11
Under 18	4kg	Joanne Capper	33.10m	83/84

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2017 – 2018

GIRLS

100 Metres

Under 12	Lisa Farmer	13.9	1992
Under 13	Rachael Massey	13.4	1988
Under 14	Rachael Massey	13.1	1989
	Jamie Casaclang	13.1	2002
	Alyssa Lowe	13.1	2016
Under 15	Rachael Massey	12.8	1990
Under 16	Jamie Casaclang	12.3	2004
Under 18	Rachael Massey	12.1	1992
Under 20	Vicky Piggin	12.1	1994
Open	Rachael Massey	11.8	1996
Vet 30+	Sharon Aldridge	13.2	1996
Vet 40+			
Vet 50+	Sue Gore	15.3	2012

200 Metres

Under 12	Lisa Farmer	30.0	1993
Under 13	Jamie Casaclang	27.1	2001
Under 14	Rachael Massey	27.8	1989
Under 15	Rachael Massey	26.6	1990
Under 16	Rachael Massey	25.8	1991
Under 18	Rachael Massey	25.9	1992
Under 20	Vicky Piggin	26.3	1994
Open	Rachael Massey	25.5	1996
Vet 30+	Sharon Aldridge	27.9	1993
Vet 40+			
Vet 50+			

400 Metres

Under 12	Portia Amy-Wilson	71.6	2014
Under 13	Tara Vance	64.5	2006
Under 14	Nicola Bowtell	62.2	2012
Under 15	Tara Vance	61.5	2008
Under 16	Tara Millgate	60.4	2000
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Piggin	62.2	1994
Open	Tara Millgate	62.8	2006
Vet 30+	Margaret Chappell	68.3	1992
Vet 40+			
Vet 50+	Sue Gore	72.3	2012

800 Metres

Under 12	Megan Cotton	2:33.0	1987
Under 13	Jamie Casaclang	2:35.4	2001
Under 14	Tara Vance	2:34.4	2007
Under 15	Kate Spencer	2:27.8	2009
Under 16	Eliza Harvey	2:28.6	2016
Under 18	Kate Spencer	2:16.2	2013
Under 20	Tara Millgate	2:30.5	2003
Open	Tara Millgate	2:21.2	2007
Vet 30+	Sue Gore	2:52.9	1992
Vet 40+	Sue Gore	2:40.6	2009
Vet 50+			

BOYS

100 Metres

Under 12	Daniel Bowtell	13.7	2012
Under 13	Gareth Smith	13.2	1993
Under 14	Sam Hain	12.2	2012
Under 15	Brian Chappell	11.9	1994
Under 16	John Pearce	11.4	2006
Under 18	John Pearce	11.0	2008
Under 20	Glen McCarthy	11.1	1988
Open	Brett Jovanovich	11.1	2012
Vet 30+	Carl Casaclang	11.9	2002
Vet 40+	Adrian Wade	14.8	2013
Vet 50+			

200 Metres

Under 12	David Forster	29.7	1982
Under 13	Antonia Galati	28.2	2009
Under 14	Ian Pereira	26.1	1984
Under 15	Brian Chappell	24.5	1994
Under 16	Patrick Kong	24.5	2009
Under 18	Ian Pereira	23.0	1988
Under 20	Glen McCarthy	22.4	1988
Open	Brett Jovanovich	22.8	2009
Vet 30+	Carl Casaclang	24.6	2001
Vet 40+	Adrian Wade	27.2	2014
Vet 50+	Voitek Klimiuk	29.2	2011
Vet 70+	Ron Wills	37.0	2013

400 Metres

Under 12	Adam Bruntsch	67.2	2015
Under 13	Harrison Wade	63.4	2012
Under 14	Harrison Wade	59.6	2013
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Patrick Kelland	53.3	2012
Under 20	Patrick Kelland	54.2	2013
Open	Will Devjak	53.8	2006
Vet 30+	Greg Boyce	54.1	2006
Vet 40+	Adrian Wade	57.8	2014
Vet 50+			

800 Metres

Under 12	Will Devjak	2:28.2	1994
Under 13	Adam Bruntsch	2:26.1	2017
Under 14	Harrison Wade	2:17.9	2013
Under 15	Kevin Laws	2:11.8	1985
Under 16	James Bergfield	2:11.8	2009
Under 18	James Bergfield	2:08.8	2011
Under 20	Patrick Kelland	2:06.2	2013
Open	Will Devjak	2:01.8	2003
Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+	Adrian Wade	2:12.6	2014
Vet 50+	Simon Butler-White	3:11.4	2013
Vet 70+	Ron Wills	3:15.8	2013

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2017 - 2018

GIRLS

1500 Metres

Under 12	Georgia Arcus	5:20.7	2015
Under 13	Anastasia Lakic	5:29.6	2016
Under 14	Charlotte Ryan	5:14.5	2014
Under 15	Charlotte Ryan	5:11.1	2015
Under 16	Elly Gallagher	4:55.4	2014
Under 18	Kate Spencer	4:42.0	2012
Under 20	Katie Jameson	5:16.2	2006
Open	Katie Jameson	5:30.3	2008
Vet			
Vet 40+	Sue Gore	5:52.0	2008
Vet 50+	Sue Gore	5:40.1	2012

1500m Walk

Under 12	Natalie Cummings	8:14.5	1985
Under 13	Natalie Cummings	8:42.6	1986
Under 14	Sarah Kelland	9:00.2	2011
Under 15	Carolyn Little	8:02.8	1981
Under 16	Yvette Cotton	8:22.0	1986
Under 18	Sharon Cummings	7:32.6	1986
Under 20	Yvette Cotton	8:16.4	1990
Open	Yvette Cotton	8:24.4	1991
Vet 30+			
Vet 40+	Sue Gore	10:15.8	2007
Vet 50+			

80m Hurdles

Under 12	Elizabeth Cotton	15.1	1987
Under 13	Elizabeth Cotton	14.5	1988
Under 14	Margaret Hamilton	13.7	1982
Vet	Roslyn Mitchell	15.9	1986

90m Hurdles

Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984

100m Hurdles

Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Linda Calder	19.7	1991

BOYS

1500 Metres

Under 12	Adam Bruntsch	5:00.9	2015
Under 13	Harrison Wade	4:41.6	2012
Under 14	Harrison Wade	4:43.0	2013
Under 15	Chris Mills	4:44.6	1987
Under 16	Harrison Wade	4:27.3	2014
Under 18	Will Devjak	4:17.4	2000
Under 20	Will Devjak	4:16.7	2002
Open	Brad Adams	4:22.2	1992
Vet	Paul Sampson	4:43.5	2002
Vet 40+	Adrian Wade	4:32.8	2014
Vet 50+			

1500m Walk

Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	George Davis	9:07.1	2016
Under 15	Christian Millgate	8:03.0	2005
Under 16	George Davis	8:11.6	2018
Under 18	Chris Archer	11:31.0	1986
Under 20	Patrick Kelland	10:26.2	2013
Open	Graham Walsh	6:59.6	1991
Vet	Graham Walsh	7:14.5	1992
Vet 40+	Peter Davis	11:04.0	2017
Vet 50+	Voitek Klimiuk	10:47.9	2011

80m Hurdles

Under 12	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
Under 13	Adam Hoey	13.7	1991

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

Under 18	Chris Butt	15.7	1983
Under 20	Warren Gray	15.5	1983

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2017- 2018

GIRLS

Javelin

Under 12	Julia Kelland	22.13m	2013
Under 13	Chloe Davis	29.68m	2013
Under 14	Julia Kelland	30.62m	2015
Under 15	Julia Kelland	29.07m	2016
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Chloe Davis	35.05m	2017
Under 20	Chloe Davis	34.08m	2018
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+	Sue Gore	14.44m	2011
Vet 50+			

Discus

Under 12	Chiara Lillis	23.45m	2015
Under 13	Cassie Hewitt	28.59m	2006
Under 14	Yvette Cotton	26.44m	1984
Under 15	Maddy Bergfield	31.73m	2010
Under 16	Nicola Bowtell	31.94m	2014
Under 18	Maddy Bergfield	39.35m	2012
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+	Sue Gore	15.91m	2012

Shot Put

Under 12	Maddy Bergfield	7.86m	2007
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Julia Kelland	9.49m	2016
Under 16	Maddy Bergfield	12.03m	2011
Under 18	Maddy Bergfield	13.10m	2014
Under 20	Maddy Bergfield	10.74m	2014
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+	Sue Gore	6.37m	2011
Vet 50+			
Vet 60+			

Hammer

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Julia Kelland	22.52m	2014
Under 15	Crystal Overton	17.72m	2013
Under 16	Sarah Kelland	19.74m	2013
Under 18	Maddy Bergfield	38.34m	2012
Under 20	Joanne Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+	Sue Gore	17.74m	2012

BOYS

Javelin

Under 12	Peter Cotton	21.16m	1985
Under 13	Gareth Smith	23.36m	1993
Under 14	David Forster	33.06m	1984
Under 15	Brian Chappell	34.22m	1994
Under 16	Nick Kelland	39.61m	2011
Under 18	Nick Kelland	47.65m	2014
Under 20	Patrick Kelland		
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009
Vet 60+	Robert Hanbury-Brown	37.00m	2018
Vet 70+	Ron Wills	16.64m	2013

Discus

Under 12	Jett Tall	26.16m	2014
Under 13	Jett Tall	26.75m	2015
Under 14	Jett Tall	33.25m	2017
Under 15	Mua Morris	41.23m	2003
Under 16	Sean Brennan	40.56m	1983
Under 18	Anthony Overton	31.80m	2013
Under 20	Nick Kelland	37.10m	2014
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Kern Wyman	31.22m	2015
Vet 50+	Robert Hanbury-Brown	37.36m	2010

Shot Put

Under 12	Ben Nogajski	8.23m	2013
Under 13	David Forster	8.83m	1983
Under 14	Mua Morris	10.68m	2002
Under 15	Craig Sanders	11.73m	1984
Under 16	Jett Tall	12.29m	2018
Under 18	Nick Kelland	12.27m	2014
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet			
Vet 40+	Kern Wyman	10.93m	2014
Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
Vet 60+	Lajos Joni	11.11m	2017
Vet 70+	Ron Wills	6.23m	2013

Hammer

Under 12	Patrick Kelland	16.27m	2006
Under 13	Jett Tall	22.90m	2015
Under 14	Mua Morris	23.39m	2002
Under 15	Jett Tall	27.20m	2017
Under 16	Steve Capper	28.40m	1983
Under 18	Steve Capper	36.78m	1984
Under 20	Nick Kelland	33.62m	2014
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+	Kern Wyman	26.84m	2015
Vet 50+	Lajos Joni	38.83m	2014
Vet 60+	Lajos Joni	40.05m	2016

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2017- 2018

GIRLS

High Jump

Under 12	Portia Amy-Wilson Chiara Lillis 2015	1.30m	2014
Under 13	Beth Chilcott	1.42m	2006
Under 14	Alyssa Lowe	1.56m	2016
Under 15	Christine Nettle	1.55m	1990
Under 16	Christine Nettle	1.45m	1991
Under 18	Karina Longshaw Sharon McConkey	1.50m 1.50m	1987 1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

Long Jump

Under 12	Portia Amy-Wilson	4.51m	2014
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Bridget Oakley	5.18m	2004
Under 18	Kate Harvey	4.95m	1991
Under 20	Vicky Pigginn	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

Triple Jump

Under 12	Portia Amy-Wilson	9.36m	2015
Under 13	Janet Gault	10.04m	1990
Under 14	Christine Nettle	10.06m	1989
Under 15	Alyssa Lowe	10.62m	2018
Under 16	Sachi Kayama	10.73m	2011
Under 18	Kate Harvey	10.90m	1991
Under 20	Rasvinder Gill	10.66m	2003
Open	Yvette Cotton	9.05m	1991
Vet	Margaret Chappell	9.91m	1990
Vet 40+			
Vet 50+			

Pole Vault

Under 12			
Under 13			
Under 14			
Under 15			
Under 16			
Under 18	Elizabeth Cotton	1.85m	1993
Under 20	Elizabeth Cotton	1.88m	1994
Open			
Vet	Margaret Chappell	1.65m	1993
Vet 40+			
Vet 50+			

BOYS

High Jump

Under 12	David Massey	1.32m	1986
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Clinton McEwan	1.70m	2006
Under 18	John Pearce Ben Cox	1.75m 1.75m	2008 2010
Under 20	Clinton McEwan	1.75m	2010
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+	Adrian Wade	1.45m	2014

Long Jump

Under 12	David Massey	4.74m	1988
Under 13	David Massey	4.91m	1989
Under 14	Nikita Marokakis	5.26m	2002
Under 15	Brian Chappell	5.57m	1994
Under 16	John Pearce	6.15m	2006
Under 18	Ben Cox	6.38m	2010
Under 20	Brent Page	6.38m	1993
Open	Brett Jovanovich	6.44m	2008
Vet	Peter Collins	5.47m	1993
Vet 40+	Adrian Wade	4.85m	2013
Vet 50+	Simon Bergfield	3.79m	2016

Triple Jump

Under 12	Joshua Arcus	9.46m	2013
Under 13	Len Pearce	11.14m	2003
Under 14	Jett Tall	11.78m	2017
Under 15	Noah Hain	11.81m	2016
Under 16	Brent Page	12.43m	1990
Under 18	Len Pearce	13.17m	2007
Under 20	Brent Page	13.03m	1993
Open	Andrew Jackson	12.70m	1994
Vet	Peter Collins	11.78m	1993
Vet 40+	Adrian Wade	10.21m	2014
Vet 50+	Voitek Klimiuk	10.12m	2011

Pole Vault

Under 12			
Under 13	Gareth Smith	1.30m	1993
Under 14	Brian Chappell	1.85m	1993
Under 15	Brian Chappell	2.00m	1994
Under 16	Brian Chappell	2.14m	1995
Under 18	Brian Chappell	2.00m	1996
Under 20	Brendan Mills	2.80m	1993
Open	Brendan Mills	2.80m	1994
Vet	Ray Brookes	2.80m	1997
Vet 40+			
Vet 50+			

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2017 - 2018

GIRLS

BOYS

Javelin (Weights retired in Oct 2011 – 600g U/15 to U/18)

Under 15	Cassie Hewitt	28.54m	2007
Under 16	Laura Cornford	36.81m	2003
Under 18	Elizabeth Cotton	30.18m	1992

Shot Put (Weights retired in Oct 2011 – 4kg U/15 to U/18)

Under 15	Elizabeth Cotton	9.41m	1990
Under 16	Tina Brown	9.69m	1982
Under 18	Yvette Cotton	8.99m	1987

Hammer (Weights retired in Oct 2011 – 4kg U/15 to U/18)

Under 15	Maddy Bergfield	27.71m	2010
Under 16	Olivia McConnell	25.26m	2006
Under 18	Jo Anne Capper	27.56m	1983