

**RYDE ATHLETICS CENTRE  
INCORPORATED**



**ANNUAL REPORT  
2018 / 2019 SEASON**

**ABN: 99 850 553 401**

## Contents

LIFE MEMBERS .....	3
DIRECTORS' REPORT .....	4
JUNIORS REPORT .....	5
COMMITTEE MEMBERS - JUNIORS .....	6
PRESIDENT .....	7
TREASURER .....	8
REGISTRAR REPORT .....	11
SECRETARY .....	12
PUBLICITY.....	12
AGE MANAGERS.....	12
COACHING .....	13
CHAMPIONSHIPS.....	14
JUNIOR RECORDS 2018/2019 SEASON.....	17
SENIORS REPORT .....	18
COMMITTEE MEMBERS – SENIORS.....	19
PRESIDENT - Seniors.....	19
TREASURER .....	20
REGISTRAR .....	22
COACHING .....	22
PUBLICITY/FUNDRAISING .....	22
COMPETITION .....	23
BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982.....	38
CENTRE RECORDS 2018 – 2019.....	45

# LIFE MEMBERS

Sharon Aldridge  
Margaret Atkinson  
Andrew Atkinson-Howatt  
Nancy Atterton  
Louise Bergfield  
Simon Bergfield  
Bruce Brown  
Graeme Cameron  
Carl Casclang  
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  
2018/2019 SEASON – ANNUAL REPORT**

## **DIRECTORS' REPORT**

Through the 2018/2019 Summer Season, Ryde Athletics Centre, using its affiliation with Little Athletics NSW (Tots to U/17) and Athletics NSW (U/12 to Veterans), has again been able to offer relevant athletics programs to all ages from Tots to Veterans. Athletes are also able to bridge the Junior and Senior Divisions, which you will see in this report.

This Annual Report details the wonderful achievements and contributions of Ryde athletes in both our Junior and Senior Divisions. Also included is a detailed Financial Report and Operational Report.

Dunbar Park is our key facility and has had some ups and downs this season, particularly since it is a well-used community facility. The Centre is continually working with Ryde Council to upgrade and upkeep our facilities and is hoping for exciting developments in the near future.

I would like to take this opportunity, on behalf of your Directors, to thank the dedicated volunteers who support and run both divisions: the committees, the helpers, age managers, parents, coaches and officials. Without the support and encouragement of these volunteers, competitions would not be possible.

Your Directors hope that this season has been most enjoyable be it through success on the track and field or from the friendships you have made and maintained. Congratulations to all those who have experienced successes, personal bests or your first foray into our sport.

Finally, it is with some sadness we note the passing of two of our life members in the last month, Yvonne Melene (nee Godfrey) and Ruth Trimble.

In 1949, Yvonne's mother, Edna, was the founder of what has now become Ryde Athletics. Yvonne was a club athlete, committee member, team manager and coach. Yvonne was made a life member in 1969, the first-year life membership was introduced. Beyond the Ryde Athletics community Yvonne was known as a talented walks coach and part of the Athletics Australia high performance program. The results of her coaching are best illustrated by the fact at the 2004 Athens Olympic Games, all Australian Racewalkers - Jane Saville, Natalie Saville, Cheryl Webb, Luke Adams, Nathan Deakes, had been coached by Yvonne at some point in their career.

Ruth Trimble's journey to life membership started as many of us do, as the parent of a young athlete, volunteering on a Saturday morning down at Ryde. Over the seasons, Ruth became a Committee member and Canteen Manager and was responsible for building up the canteen facilities that became a contributor to the club profits that help sustain it over the years.

On behalf of the Club we pass on our condolences to the Melene and Trimble families.

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

**Directors**

***RYDE ATHLETICS CENTRE INCORPORATED  
2018/2019 SEASON – ANNUAL REPORT***

**JUNIORS REPORT**

## **COMMITTEE MEMBERS - JUNIORS**

PRESIDENT	Matt Ralph
VICE PRESIDENT	Jon Baker
SECRETARY	Rodney Woods
TREASURER	Melissa Chandler
REGISTRAR	Claudia Smith
CHAMPIONSHIPS	Jannet Pawsey and Aaron McGregor
AGE MANAGERS/PUBLICITY	Donna Armstrong
RESULTS	Jessica Lowe, Claudia Teo, Sharon Klarich
OFFICER FOR COACHING	Dani Zepeda
OFFICER VOLUNTEERS	Matt Della Vedova
TRACK and FIELD OFFICER	Matt Ralph
EQUIPMENT	Tristan Tall
COUNCIL LIASON	Christine Phillips
CANTEEN	Karen Dyer
UNIFORMS	Becky Ralph

**BOYS CAPTAIN**  
**GIRLS CAPTAIN**

**Jett Tall**  
**Emily Ralph**

## **AGE MANAGERS – JUNIORS**

TINY TOTS	Steven Barlow
UNDER 6 GIRLS	Marty & Gen Webb
UNDER 6 BOYS	Danielle McGregor
UNDER 7 GIRLS	Kleanne Kolman
UNDER 7 BOYS	Craig Louttit
UNDER 8 GIRLS	Nick Pawsey
UNDER 8 BOYS	Donna Armstrong
UNDER 9 GIRLS	Clare Boland
UNDER 9 BOYS	Melissa Chandler
UNDER 10 GIRLS	Jenny Thompson/Pintoo Sidhu
UNDER 10 BOYS	Duncan Laurie
UNDER 11 GIRLS	Guil Scomparim/Jannet Pawsey
UNDER 11 BOYS	Kathryn Della Vedova
UNDER 12 GIRLS	Dave Johnston/Marilisa Carezza
UNDER 12 BOYS	Gareth Chandler
UNDER 13 GIRLS	Darren Fairhall
UNDER 13 BOYS	Claudia Smith
UNDER 14 GIRLS	Peter Hartman/Jo Kelleher
UNDER 14 BOYS	Katie Turkal
UNDER 15 GIRLS	Glyn Henman
UNDER 15 BOYS	Christine Bruntsch
UNDER 17 GIRLS	Ivana Hilder
UNDER 17 BOYS	Helen Galati

## **PRESIDENT**

The 2018/19 season was a successful one on and off the track for the Junior Division.

556 athletes registered. Although this was down on the previous season, this made for a more manageable program and helped ensure athletes were able to work on their fitness, skills and achievements in a fun environment. Anecdotally we understand other clubs have also seen a decline in numbers, although it is not clear whether this is a trend or part of a regular cycle.

We were particularly fortunate with the weather this season with only one weekly carnival being washed out and no cancellations for hot or humid weather, making it easier to maintain continuity from week to week.

Off the track a mostly new committee took on running the club, including new volunteers in all of the executive roles. Nevertheless, the season ran smoothly. This is due to a whole range of volunteers, old and new, and I thank them for their support in making this happen. We also rely on a large number of volunteers every Saturday, and many stepped up this year to help in ways they hadn't before. New volunteers are incredibly important for the future of the club, so my thanks goes to those who put their hands up. Above all I'm grateful to the committee members who all worked hard in their limited spare time between carnivals.

The previous Juniors President, Dave Sunderland, left the club in excellent shape after making a number of improvements, in particular to the track facilities. As a result no further major changes were needed this year, giving the committee the time it needed to settle into their roles.

To help the new committee understand what athletes and parents value, we conducted a survey, to which we had about 100 responses including a good mix of athlete ages and both old and new families. The result showed most parents are keen to volunteer but don't always feel confident in helping – this is something we will need to work on next season. The coaching program is well-regarded, but there are families who can't make the time. A large majority were positive about the club uniform, weekly program, communications and the way results are shared. When asked why their children attend Little Athletics, the most popular reasons were to have fun and to develop fitness. A smaller, but still significant, number attend to develop as competitive athletes. We will need to make sure we continue to meet all these needs in the future.

We implemented a "Return and Earn" program during the season, providing an additional source of income from those families who bring their refundable containers to the club. From a low-key start we will look to develop this next year.

We also launched a club Facebook page, which proved to be very popular. We will continue to use this and look at other ways of communicating broadly with the club in effective ways – e.g. weather updates. However email will continue to be important for more detailed or targeted communications.

Next year will be an important one for the club with Ryde Council proposing to invest in significant works at Dunbar Park. If approved, the end result will be a greatly improved surface, which will be fantastic for the club. However the work will have a big impact on the 2019/20 season. We are working hard and looking for ways to minimise this, but there's no doubt we will rely on the support of the club community to manage the disruption and still provide a fun and competitive season.

Finally, I'd like to farewell the athletes who left the Junior Division in 2019, and hope you continue your association with our fantastic sport and club into the future.

**Matt Ralph**  
**President – Juniors**

# TREASURER

## Junior Division Accounts for the Season 2018-2019

### Ryde Athletics Centre Inc

#### Profit and Loss

	Current 18/19	Prior Year 17/18	YoY Var %
<b>Income</b>			
BBQ Income	15,044.90	17,516.08	-14%
Canteen Income	6,821.00	10,743.01	-37%
Donation/Grants received	3,300.00	6,797.50	-51%
Registration fees (net LANSW contrib)	36,009.32	38,479.87	-6%
School equipment hire fees	3,400.00	3,660.00	-7%
Sponsorships	250.00	-	
Trans Tasman Gala Day	4,033.90	-	
Uniforms	15,930.02	18,005.00	-12%
<b>Total Income</b>	<b>84,789.14</b>	<b>95,201.46</b>	-11%
<b>Gross Profit</b>	<b>84,789.14</b>	<b>95,201.46</b>	
<b>Other Income(Loss)</b>			
Interest income	129.38	158.46	-18%
<b>Total Other Income(Loss)</b>	<b>129.38</b>	<b>158.46</b>	
<b>Expenses</b>			
Accounting and bookkeeping	179.69	-	
Advertising and marketing	792.00	-	
Bank charges and fees	14.68	206.61	-93%
BBQ Expenses	8,268.98	12,993.60	-36%
Canteen Expenses	4,686.58	3,786.88	24%
Computer Software/Hardware	382.95	76.00	404%
Contractor Expenses (non salary)	2,500.00	2,700.00	-7%
First Aid supplies	535.60		
Gifts and donations	112.90		
Grounds fees and maintenance	6,280.00	6,140.00	2%
Interest expense	16.50		
Office expenses	1,586.00	331.40	379%
Postage & shipping	130.00		
Presentation & Trophie expenses	10,114.06	19,902.28	-49%
Printing, stationery & supplies	521.40	2,880.83	-82%
Registration and insurance	4,534.45	4,536.00	0%
Repairs and maintenance	3,182.61	7,569.99	-58%
Sponsorships/donations	1,740.00	2,734.30	-36%
Sports Equipment	5,343.66	12,245.15	-56%
Subscriptions	2,267.50	2,782.87	-19%
Telephone & internet expenses	354.52		
Training and Development	229.68	336.00	-32%
Trans Tasman Gala Day expenses	2,594.75		
Travel expenses	79.52		
Uniform costs	19,383.13	19,158.70	1%
Volunteer expenses	1,879.98		
<b>Total Expenses</b>	<b>77,711.14</b>	<b>98,380.61</b>	-21%
<b>Net Earnings</b>	<b>7,207.38 (</b>	<b>3,020.69)</b>	-339%



**Balance Sheet as at 31 March 2019**

**Ryde Athletics Centre Inc**  
**Balance Sheet**

	Current 18/19	Prior Year 17/18
<b>Assets</b>		
Current Assets		
Business Online Saver account	34,380.15	27,263.07
Cash floats	-	-
Ryde Athletics Juniors Business Cheque A/c	90.30	-
<b>Total Current Assets</b>	<u>34,470.45</u>	<u>27,263.07</u>
<b>Total Assets</b>	<u>34,470.45</u>	<u>27,263.07</u>
<b>Liabilities and shareholder's equity</b>		
<b>Shareholders' equity:</b>		
Net Income	7,207.38 (	3,020.69)
Opening balance equity	27,263.07	30,283.76
Retained Earnings	-	-
<b>Total shareholders' equity</b>	<u>34,470.45</u>	<u>27,263.07</u>
<b>Total liabilities and equity</b>	<u>34,470.45</u>	<u>27,263.07</u>

Revenue year on year was down by 11%, however was in line with registration numbers.

Expenses decreased by 21% year on year due to less capital expenditure and a concentration on maintenance and sports equipment purchases, as well as all other ordinary club expenses. Because of this, a profit of \$7,207 was achieved and the committee will decide next season how best to spend based on the priorities of the club. A \$2,000 grant received by the Office of Sport for Coaching Assistance is yet to be spent and planned to do so in the off season.

The main non-maintenance and non-reoccurring expenses for the season was a new computer for the results room (\$1,400) and Sports/Training equipment (\$2,890).

**Grants Received**

Office of Sport	Coaching Assistance	2,000.00
Office of Sport	Trans Tasman Gala Day	1,300.00
		<u>3,300.00</u>

**Melissa Chandler**  
**Treasurer – Juniors**

Auditors Report

**RYDE ATHLETICS CENTRE INCORPORATED**  
**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF**  
**RYDE ATHLETIC CENTRE INCORPORATED**

I have audited the financial report of Ryde Athletic Centre Incorporated (the association), which comprises the Balance Sheet as at 31 March 2019 and the statement of profit or loss for the year then ended.

In my opinion, the accompanying financial report gives a true and fair view of the financial position of the association as at 31 March 2019 and of its financial performance for the year then ended.



**GRAHAM WEBB**  
Registered Company Auditor Number 336001

Date: 13 May 2019

## REGISTRAR REPORT

Our 46<sup>th</sup> season saw a reduction in numbers from the last couple of seasons but still a healthy number of registrations. This season saw the introduction of online payments as the only allowable form of payment and the introduction of the NSW government Active Kids Voucher with many families taking advantage of the \$100 reduction in registration fees.

Comparison with past season's figures:

:

Season	Boys (%)	Girls (%)	Total
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
2018/2019	310 (55.8)	246 (44.2)	556

The breakup of these registrations is:

	Boys			Girls			Total	All		Total
	Re-Reg	New	Total	Re-Reg	New	Total		Re-Reg	New	
<b>Tots</b>	6	19	25	3	17	20	45	9	36	45
<b>U6</b>	8	14	22	5	9	14	36	13	23	36
<b>U7</b>	11	31	42	14	9	23	65	25	40	65
<b>U8</b>	18	10	28	11	11	22	50	29	21	50
<b>U9</b>	21	16	37	20	10	30	67	41	26	67
<b>U10</b>	24	8	32	16	5	21	53	40	13	53
<b>U11</b>	32	3	35	17	8	25	60	49	11	60
<b>U12</b>	22	4	26	23	0	23	49	45	4	49
<b>U13</b>	11	7	18	16	2	18	36	27	9	36
<b>U14</b>	17	2	19	15	3	18	37	32	5	37
<b>U15</b>	16	0	16	14	3	17	33	30	3	33
<b>U17</b>	9	1	10	15	0	15	25	24	1	25
<b>Total</b>	195	115	310	169	77	246	556	364	192	556

**Claudia Smith**  
Registrar – Juniors

## **SECRETARY**

This is my fourth season with Ryde Athletics and my first season on the Committee. I took on this role to help with the running of the club and to meet a broader cross-section of our members, beyond the parents of my child's age group. While it was daunting taking on a committee role for the first time I am sincerely grateful for the support and guidance provided by my fellow committee members. I would like to thank the committee members for their dedication, and for working together to support each other this season. The club survives on the tireless efforts of its volunteers and it is important to get involved. I would like to thank everyone who volunteered their time this season to assist with the running of the club. It is the children who benefit from your efforts. I look forward to the 2019-2020 season.

**Rodney Woods**  
**Secretary - Juniors**

## **PUBLICITY**

This was my first season as Publicity Officer for Ryde Athletics. In that time I have been able to set up a more streamlined way of e mailing our club with the use of MailChimp. Hopefully we will see the results of that with the new sign up year as well. We are able to easily re send e mails to people who didn't open the email the first time and hopefully this means we are connecting with more of our families.

I have also started up a Facebook page, Ryde Little Athletics, and have had great feedback from parents that they feel more connected to the club. The Facebook page has been a great tool in being able to get info out to our members quickly. I hope to be able to build on that in the coming year.

At the start of the year I reached out to many business' to collect gift vouchers for our volunteer raffle each week and was able to get hold of restaurant vouchers from many places and I hope that's something I can build on each year.

**Donna Armstrong**  
**Publicity Officer – Juniors**

## **AGE MANAGERS**

Many thanks to the many returning Age Managers this season. Thank you also to those who took on roles in the few spots we had empty at the start of season. Having so many returning Age Managers made my role much easier!

I want to thank them and their assistants for their commitment and passion to the club. Saturday mornings are dependent on your support and efficiency so the morning can run smoothly.

Thank you for supporting your athletes and developing their skills in all areas.

**Donna Armstrong**  
**Officer for Age Managers - Juniors**

## **COACHING**

Our 2018/2019 coaching season was once again a very successful program.

Our Volunteer coaches offer weekly coaching across the sprint, middle distance, throw and jump disciplines on Tuesday and Wednesday afternoons.

This season our weekly number of athletes appeared to decline dramatically after the Christmas period. We also had consistent weather challenges, as the sky decided to rain heavily and consistently on Wednesday afternoons for approx. 6 - 8 afternoons throughout the season.

During our early season we would see approx. 50-75 athletes attending on the field, however after the holiday season our numbers declined to approx. 40 athletes across the various disciplines.

Our new electronic weekly coaching sign-up process worked seamlessly this season with opportunities for coaches to update personal availability and provide memos to student athletes or parents about sessions or weather updates. A new poster was displayed on Saturday competition day to help advertise the program with parents understanding how to register an athlete.

We also received a \$2000 Coaching grant from Office of Sport. This has been allocated to a coaching clinic for our club athletes and is currently being organised by our club president with ex Olympic athlete Melinda Gainsford Taylor.

Our coaching team this season consisted of the following coaches

Lynda Calder – high jump and hurdles  
Julie Reynolds - shot put  
Simon Bergfield - discus and javelin  
Tristan Tall – long and triple jump  
Dale Boccabella – Middle Distance  
Daniela Zepeda – Sprints  
Darren Fairhall – Javelin

This season one of our dedicated level 2 accredited coaches Lynda Calder has extended her summer program into a specialised Winter Squad training program. Her volunteer time and commitment to our Ryde athletes is invaluable and we are truly grateful for her ongoing commitment and support.

Thank you coaches for all your effort and time. Your dedication to our athletes, which often involves a compromise of work and family commitments to be available weekly, cannot escape special mention.

We are always on the lookout for more dedicated people to help with our coaching program. It is an extremely rewarding job especially when watching and hearing our athletes achieve personal bests or breaking records.

**Dani Zepeda**  
**Officer for Coaching - Juniors**

## CHAMPIONSHIPS

The position of Championship Officer for 2018/2019 was held by Aaron McGregor and Jannet Pawsey.

**THE STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS** are events held jointly with Little Athletics NSW and Athletics NSW.

The Cross-Country event was held at Integral Energy Park, Dapto on 8<sup>th</sup> July 2018.

Four athletes represented Ryde:

- Amelie Sun (U15G) 3<sup>rd</sup> in 4km run
- Georgia Arcus (U15G) 6<sup>th</sup> in 4km run
- Jacob Leon (U15B) 14<sup>th</sup> in 4km run
- Ashton Hanna (U15B) 22<sup>nd</sup> in 4km run

Ryde had no athletes take part in the Road Walks Championships.

**THE NSW LITTLE ATHLETICS TRANS TASMAN TRIALS** is a competition run to select team members in the U11 and U12 age groups to represent NSW in the Trans Tasman Challenge against a Little Athletics team from Auckland. The Trials were held at Campbelltown Athletics Stadium on 4 November 2018. Ryde was represented by 3 athletes.

Jessica Johnston

- 4th Girls U12 High Jump
- 7th Girls U12 Shot Put
- 12th Girls U12 Discus
- 46th Girls U12 200m
- 47th Girls U12 100m

Taylah Ngaro-Tau:

- 2nd Girls U11 High Jump
- 33rd Girls U11 200m
- 35th Girls U11 100m

Axel Bruntsch

- 12th Boys U11 800m
- 13th Boys U11 1500m
- 20th Boys U11 High Jump
- 20th Boys U11 Long Jump

As a result of her performance, Jessica Johnston qualified for the NSW Little Athletics team as captain to compete at the Trans Tasman Challenge in January in Campbelltown.

**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 73 teams in the carnival held on the weekend of 17-18 November 2018 at Sydney Olympic Park Athletics Centre

Ryde achieved some very good results over the weekend and 6 of our teams won medals:

Gold - U13G 4x100m – Krishani Coffin, Ruby Worrell, Aliana Moala, Aniela Odgers

Silver - U11G Jumps A – Zara Pawsey, Taylah Ngaro-Tau, Charlotte Nagle  
- U14B Throws A – Jeremy Plummer, Benjamin Stevens, Thomas Ralph  
- U17G Jumps A – Portia Amy-Wilson, Alyssa Lowe, Tarsha Wayne

Bronze - U14B Jumps A – George Srour, Owen Douglas, Rory Davison  
- U15 Mixed 4x400m – Jack Baker, Jacob Leon, Georgia Arcus, Anastasia Latic

## **ZONE CARNIVAL**

The Zone Carnival was held on the 8-9 December 2018 at Barton Park, Parramatta. The Ryde club had 183 athletes competing, of these athletes, 133 athletes qualified for the Region Carnival including 1 relay, the Junior Girls team. The Ryde team achieved a total of 66 golds, 49 Silver and 43 bronze!

In the Zone Award which is an interclub competition for having the most number of Under 7 athletes competing across all events, Ryde placed 1<sup>st</sup>.

Our U7's complete their competition at this carnival and won 10 gold, 6 silver and 4 bronze medals. Congratulations to the following medalists

### **Gold medals:**

- John Brivulis won 4 gold medals in 100m, 200m, 500m and Long Jump
- Amia Kolman won 2 gold medals for 50m and 100m
- Ethan Louttit won 2 gold medals for 50m and Discus
- Ella Finnane for Discus
- Pranav Satyanarayana Umarani for Shot Put

### **Silver medals:**

- Ethan Louttit won 2 silver medals for 70m and Long Jump
- Harlen Danks for Discus
- Ella Finnane for Shot Put
- Amia Kolman for 200m
- Amara Tsen-Braddock for Long Jump

### **Bronze:**

- Mitchell Cox in Long Jump
- Ella Finnane for 100m
- Charlie Shiel for 500m
- Amara Tsen-Braddock for Shot Put

## **TRANS TASMAN CHALLENGE**

This season's Trans Tasman Challenge, in which a team of U11 and U12 Little Athletes from NSW compete against a team from Auckland New Zealand, was held on Sunday 13 January 2019 at Campbelltown Athletics Stadium. Jessica Johnston (U12G) represented Ryde, and NSW and her results were:

- Silver medals for High Jump (1.39m) and a member of the NSW Field relay Team
- 5<sup>th</sup> in discus (28.03m)
- 7<sup>th</sup> in shot put (10.19m)

## **RYDE MULTI-EVENT CHAMPIONSHIPS**

Ryde Multi-Event championships were held at Dunbar Park Marsfield on 19 January 2019. 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 9<sup>th</sup> and 10<sup>th</sup> February at Narrabeen. Of the 133 athletes who represented Ryde we achieved 16 Gold medals, 24 Silver medals and 15 Bronze medals.

Our U8's complete their competition at this carnival and won 2 bronze medals. Congratulations to Liam Martin who won both bronze medals in the 200m and the 700m.

Congratulations to the 47 athletes who made it through to State level. The athletes who qualified for state were:

Rhys Chandler (U9B)	Jaykay Rauqe (U12B)	Mikayla Kelleher (U14G)
Sevy Tom Fenil (U9B)	Isabella Azizi (U12G)	Jack Baker (U15B)
Chloe McGregor (U9G)	Isabella Barbara (U12G)	Adam Bruntsch (U15B)
Luke Moscos (U10B)	Amelia Boccabella (U12G)	Ashton Hanna (U15B)
Benjamin Proszenko (U10B)	Jessica Johnston (U12G)	Jacob Leon (U15B)
Tanna Kotulic (U10G)	Alexander Ingham (U13B)	Georgia Arcus (U15G)
Olivia Sidhu (U10G)	Angelo Mihos (U13B)	Eliza Da Silva (U15G)
Julian Emmerson (U11B)	Ivan Prizmic (U13B)	Anastasia Lakic (U15G)
Christopher Moala (U11B)	Oliver Smith (U13B)	George Davis (U17B)
Jordan Turkal (U11B)	Natasha Fairhall (U13G)	Samuel Galati (U17B)
Adriana Prizmic (U11G)	Aliana Moala (U13G)	Jett Tall (U17B)
Kristina Prizmic (U11G)	Georgia Phillips (U13G)	Portia Amy-Wilson (U17G)
Nathan Barbara (U12B)	Ruby Worrell (U13G)	Olivia Dyer (U17G)
Owen Chandler (U12B)	Owen Douglas (U14B)	Alyssa Lowe (U17G)
Andrew Kalos (U12B)	Jeremy Plummer (U14B)	Eleanor Plummer (U17G)
Maxwell Mayhew (U12B)	Benjamin Stevens (U14B)	

## MULTI-EVENT

The State Multi Event carnival was held at Barden Park, Dubbo on the 2-3 March. Ryde had 3 athletes competing and finished with 1 bronze medal. Full results were:

Bronze medal - Benjamin Stevens U14B

8<sup>th</sup> - Joshua Smith U11B

17<sup>th</sup> - Mohammed Mian Fizaan U7B

## NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS

The NSW Little Athletics State Championships were held on the weekend of the 16-17 March at Sydney Olympic Park, Homebush. Of the 47 athletes who competed, 35 athletes made finals and 17 athletes came home with medals. The medalists were:

Gold:

- Jessica Johnston (U13G) Javelin
- Jacob Leon (U15B) 3000m
- Benjamin Stevens (U14B) Discus
- Benjamin Stevens (U14B) Shot put
- Nathan Barbara (U12B) Long jump multi class

Silver:

- Georgia Arcus (U15G) 3000m
- Andrew Kalos (U12B) Javelin
- Jacob Leon (U15B) 1500m
- Chloe McGregor (U9G) 800m
- Oliver Smith (U13B) 800m
- Nathan Barbara (U12B) Discus multi class and shot put multi class

Bronze:

- Jessica Johnston (U12G) High Jump
- Jacob Leon (U15B) 800m
- Alyssa Lowe (U17G) Triple Jump
- Luke Moscos (U10B) 800m
- Nathan Barbara (U12B) 100m multi class

**Aaron McGregor and Jannet Pawsey**  
**Championships Officer - Juniors**



## JUNIOR RECORDS 2018/2019 SEASON

	Date	Age		Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	22-09-18	14	B	Discus	49.64	Benjamin Stevens	44.68	F Kmet	14-11-98
2	22-09-18	17	G	High jump	1.56	Alyssa Lowe	1.55	Bethany Thom	19-10-13
3	22-09-18	17	G	Triple jump	11.03	Alyssa Lowe	10.7	K Tay	06-12-08
4	13-10-18	16	G	200m	27	Alyssa Lowe	27.1	Helen Pretorius	04-10-14
5	20-10-18	12	B	Javelin	28.84	Andrew Kalos	28.62	Joshua Arcus	14-03-15
7	27-10-18	17	G	Long jump	5.83	Alyssa Lowe	5.4	Sachi Kayama	06-10-12
8	27-10-18	17	G	100m Hurdles	15.8	Alyssa Lowe	16.75	Katrina Lyon	24-09-16
9	27-10-18	14	B	Shot Put	14.62	Benjamin Stevens	14.49	Benjamin Nogajski	07-03-15
10	03-11-18	17	G	Triple jump	11.29	Alyssa Lowe	11.03	Alyssa Lowe	22-09-18
11	03-11-18	12	B	Javelin	29.07	Andrew Kalos	28.84	Andrew Kalos	20-10-18
12	10-11-18	14	B	Shot Put	15.54	Benjamin Stevens	14.62	Benjamin Stevens	27-10-18
13	24-11-18	12	G	Javelin	28.95	Jessica Johnston	25.57	Chiara Lillis	17-10-15
14	01-12-18	14	G	3000 Metres	1132.5	Elli Barron	1156.2	Z Nicholas	13-03-10
15	01-12-18	17	G	100m Hurdles	15.5	Alyssa Lowe	15.8	Alyssa Lowe	27-10-18
16	16-02-19	17	B	300m Hurdles	42.6	Samuel Galati	44	Daniel Bowtell	03-12-16
17	16-02-19	17	G	300m Hurdles	47.7	Alyssa Lowe	52	Katrina Lyon	15-10-16
18	16-02-19	15	B	300m Hurdles	46.3	Jack Baker	47.5	Samuel Galati	03-03-18
19	16-02-19	14	B	Shot Put	16.26	Benjamin Stevens	15.54	Benjamin Stevens	10-11-18
20	16-02-19	12	G	Shot Put	11.68	Jessica Johnston	11.43	Chiara Lillis	26-09-15
21	23-02-19	14	B	Discus	49.75	Benjamin Stevens	49.64	Benjamin Stevens	22-09-18
22	23-02-19	12	B	Javelin	30.04	Andrew Kalos	29.07	Andrew Kalos	03-11-18
23	02-03-19	11	B	1100m Walk	6m 03.5sec	Jordan Turkel	6m 35.0sec	George Davis	15-03-14
24	09-03-19	17	G	100m	13.00	Alyssa Lowe	13.00	Sachi Kayama <b>Equal Record</b>	17-09-11
25	09-03-19	12	G	Discus	33.32	Jessica Johnston	32	Chiara Lillis	30-01-16
26	09-03-19	17	G	Triple jump	11.42	Alyssa Lowe	11.29	Alyssa Lowe	03-11-18
27	09-03-19	12	B	Javelin	30.47	Andrew Kalos	30.04	Andrew Kalos	23-02-19

***RYDE ATHLETICS CENTRE INCORPORATED 2018/2019  
SEASON – ANNUAL REPORT***

**SENIORS REPORT**

## **COMMITTEE MEMBERS – SENIORS**

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Adrian Wade
TREASURER	Peter Davis
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	George Davis
FEMALE CAPTAIN	Alyssa Lowe
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**

As with past season I'd like to first acknowledge the wonderful results our athletes have achieved over the season. Three national silver medals and a bronze along with 7 gold, 14 silver and 12 bronze medals at State level from both individual and team efforts across track, field and cross country. Special mention to Alyssa Lowe and Sophie Gocher who have been selected to represent Australia in The Oceania Area Championships in Townsville in June 2019. We wish them every success.

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.

Another notable achievement for our Club was Barry Pecar and Andrew Atkinson-Howatt being recognised by Athletics New South Wales at their annual awards night held in May. This is a real honour for Barry and Andrew. Both Barry and Andrew have volunteered over many decades in the field of athletics. Andrew was awarded the ANSW Service Merit Award and Barry a life membership of Athletics NSW. We congratulate them both on their award and thank them for their many years of volunteering.

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. A special thank you to Pete for stepping up to Treasurer this season and a big thank you to Adrian who departs as our Secretary after 6 seasons in that role and Cathy Tall who is also stepping down from the Committee.

I'd like to invite any interested members to join our Committee. As we have lost two members it is important that others step up to take on the roles and to ensure we can always have a quorum. We are a Division that provides a lot of support to our members and do need help to fill these roles. A club can only run if people put their hands up to help. It isn't a bigtime commitment but a necessary one.

I'd also like to acknowledge the ongoing contribution that the Ryde Little Athletics President, Matt Ralph and his Committee has made in supporting the Senior Division. By giving us the running and profits of two BBQ's and cake stalls a season along with their donation to our representative athletes, 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 our club, State and Country, interstate and overseas.

**Simon Bergfield**  
**President – Seniors**

## TREASURER

### Seniors Division Accounts for the Season 2018 – 2019

#### Statement of Income and Expenditure for the Period 1st April, 2018 to 31st March, 2019

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$519.28	Trophies	\$1039.50
- Ryde Little A's	\$1740.00	ANSW – Affiliation Fee	\$750.00
Donations -	\$1175.00	Athlete Donations	\$2,100.00
Fund Raising	\$3257.25	Amelie Sun (Not Cashed)	\$300.00
		ANSW – Relay Entry Fee	
<b>Total Income</b>	<b>\$6,691.53</b>	<b>Total Expenditure</b>	<b>\$3,889.50</b>

#### Bank Reconciliation Statement

Bank Statement - 31/03/18	<b>\$14,115.72</b>
<u>Plus</u> Net Income	<b>\$2802.03</b>
<u>Plus</u> unpresented cheques this year	<b>-\$300.00</b>
Bank Statement - 31/03/19	<b>\$16,917.75</b>

#### Donations to Athletes

<u>Donations to Athletes</u>	
Georgia Arcus	300.00
Amelie Sun (unpresented)	300.00
Sam Brown	300.00
Nathan Barbara	300.00
Ben Stevens	200.00
Alyssa Lowe	500.00
Sam Brown	500.00
	<u>\$2,400.00</u>

A great year leaving the Senior Division in great financial shape, \$3,257.25 raised from fund raising, Blackmores Marathon support, a Bunning's BBQ and the Little Athletics supported BBQ and Cake Sales raising the most money. This enabled the Seniors Club to offer \$2,400.00 to support our young athletes whilst competing in Nationals interstate.

This has left the club with \$16,917.75 in the bank account

We do need to increase the membership next year, as the registration fee's unfortunately do not cover the ANSW Affiliation costs, so we are reliant on support of fund raising and donations to be able to support the athletes.

We are still waiting for ANSW relay entry costs to be invoiced and one athlete's cheque to be presented.

**Peter Davis**  
**Treasurer – Seniors**



## Matthew Gibson BA ACMA

20A Brokenwood Place, Cherrybrook, NSW, 2126 | 0448 673636 |  
matt.gibson2007@gmail.com

2<sup>nd</sup> May 2019

Mr. Peter Davis  
Treasurer  
Ryde Athletics Club – Senior Division  
Dunbar Park  
Sobraon Road, Marsfield

Dear Peter

I have reviewed the statement of Income and Expenditure for the club and can confirm that this fully accounts for the movements in the bank statement from the period April 1<sup>st</sup>, 2018 to March 31<sup>st</sup>, 2019. Furthermore, sufficient review and reconciliation procedures are in place and completed in a timely manner.

Sincerely,

Matthew Gibson BA ACMA



## REGISTRAR

This year we had an increase in members over the previous year – our numbers have increased to 197 this year. Our registration numbers as at 31<sup>st</sup> March 2019 are as follows: -

Officials	7
Open & Masters	7
Under 20	2
Under 18	1
Under 16	0
Dual Registrations	<u>180</u>
	197

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

Male Officials	3	Female Officials	4
Male Open & Masters	6	Female Open & Masters	1
Male Under 20	0	Female Under 20	2
Male Under 18	0	Female Under 18	1
Male Dual Registrations	<u>85</u>	Female Dual Registrations	<u>95</u>
	94		103

### **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 25 athletes competing at the NSW All Schools Athletics Championships and 23 athletes at the NSW Junior Championships. Two of our athletes competed at the Australian All Schools Championships, and we had 12 athletes competing at the Australian Junior Championships in Sydney.

### **Ross Forster Coaching Convenor - Seniors**

## PUBLICITY/FUNDRAISING

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 one of our talented middle-distance runners, Jacob Leon. Jacob was recognised as a Club Six/TWT Ryde Sports Foundation Sports Star of the Month this season. Jacob continues the long line of outstanding middle-distance runners who have represented Ryde.

Our fundraising drives were greatly benefited again this year by Ryde Little A's decision to turn over two BBQ's a year to us to run and profit from along with a popular cake stall. This year we decided to drop our involvement in the City To Surf and instead ran a BBQ at Bunnings which was a huge success raising over \$1300 as well as volunteering on the Blackmores Marathon. We had lots of families come and help on our different fundraising days

and to all of you a big thank you.

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. A special thank you to Donna Armstrong who stepped into the role of Publicity for Ryde Juniors this year. Donna's innovations including establishing a Facebook page for Ryde athletics along with her always prompt support for our posts has been very much appreciated. Finally, thanks to Ross Forster as always for his massive contribution in pulling all those results together.

**Louise Bergfield**  
**Publicity Officer - Seniors**

## **COMPETITION**

### **1. St George Classic Novice Cross Country Run**

In the Mixed 4km Run held at the St George Classic Novice Cross Country Run on Saturday, 21<sup>st</sup> April we were represented by 1 competitor.

**Sophie Gocher** finished in 53<sup>rd</sup> position overall (15<sup>th</sup> female) with her time of 15 mins 28 secs.

### **2. 2018 Melanesian Championships**

At the 2018 Melanesian Championships we were represented by 1 athlete.

**Sophie Gocher** finished in 4<sup>th</sup> place in the Under 18 Girls 2000 metres Steeplechase event with her time of 7 mins 31.72 secs.

### **3. IGSSA Cross Country Championships**

At the IGSSA Cross Country Championships held at Frensham School, Mittagong on Friday, 18<sup>th</sup> June we were represented by 10 athletes.

**Elli Barron** finished in 15<sup>th</sup> place in the 13 years 3000 metres event with her time of 12 mins 31.06 secs.

**Georgia Arcus** placed 3<sup>rd</sup> in the 14 years 4000 metres event in a time of 14 mins 55.03 secs.

**Zara Warland** finished 6<sup>th</sup> in the 14 years 4000 metres event with her time of 15 mins 21.77 secs.

**Arabella Price** placed 10<sup>th</sup> in the 14 years 4000 metres event with her time of 15 mins 39.79 secs.

The above 3 girls took out the Team event for the 14 year girls.

**Brigitta Williams** placed 81<sup>st</sup> in the 14 years 4000 metres event in a time of 18 mins 09.71 secs.

**Alana Kavanagh** finished in 9<sup>th</sup> place in the 15 years 4000 metres event in a time of 15 mins 28.57 secs.

**Zoe Warland** placed 16<sup>th</sup> in the 16 years 4000 metres event with her time of 16 mins 21.39 secs.

**Sophie Gocher** finished in 3<sup>rd</sup> place in the 17 years 4000 metres event with her time of 15 mins 00.63 secs.

**Charlotte Ryan** took out 6<sup>th</sup> place in the 17 years 4000 metres event in a time of 15 mins 32.97 secs.

**Eliza Harvey** finished 10<sup>th</sup> in the 17 years 4000 metres event with her time of 15 mins 46.07 secs.

### **4. NSW Cross Country Relay Championships**

At the NSW Cross Country Relay Championships held at Mingara on Saturday, 26<sup>th</sup> May we were represented by 3 teams.

**U/16 Boys 4 x 3km Relay.** Our team, in running order, consisted of Jacob Leon, Adam Bruntsch, Connor Ryan and Ashton Hanna and the boys won the bronze medal. Their respective legs were 10 mins 17 secs, 10 mins 21 secs, 11 mins 24 secs and 11 mins 03 secs giving the boys a total time of 43 mins 05 secs.

**U/18 Girls 4 x 3km Relay.** Our team in running order, consisted of Samantha Brown, Abbie Lewis, Charlotte Ryan and Sophie Gocher and they too won the bronze medal. Their respective legs were 11 mins 40 secs, 11 mins 25 secs, 11 mins 54 secs and 11 mins 46 secs giving the girls a total time of 46 mins 45 secs.

**U/16 Girls 4 x 3km Relay.** Our team in running order, consisted of Amelie Sun, Georgia Arcus, Arabella Price and Zara Warland and they finished in 4<sup>th</sup> place. Their respective legs were 10 mins 58 secs, 11 mins 21 secs, 12 mins 08 secs and 11 mins 40 secs giving our girls a total time of 46 mins 07 secs.

## **5. CGSSA Cross Country Championships**

At the CGSSA Cross Country Championships held at Bi-Centennial Park, Homebush on Friday, 1<sup>st</sup> June we were represented by 3 athletes.

**Sophie Gocher** won the 17 years Girls 4km event in a time of 14 mins 29.82 secs.

**Abbie Lewis** finished in 2<sup>nd</sup> place in the 16 years Girls 4km event with her time of 14 mins 00.12 secs.

**Anastasia Lakic** also placed 2<sup>nd</sup> in the 14 years Girls 4km event in a time of 15 mins 08.98 secs.

## **6. NSW CIS Cross Country Championships**

The NSW CIS Cross Country Championships were held at Eastern Creek Raceway on Thursday, 14 June 2018 and we were represented by 10 athletes.

**Elli Barron** finished in 21<sup>st</sup> place in the 13 years Girls 3km event in a time of 13 mins 54 secs.

**James Southon** placed 9<sup>th</sup> in the 13 years Boys 3km event with his time of 11 mins 48 secs.

**Amelie Sun** won the 14 years Girls 4 km event with her time of 15 mins 21 secs.

**Georgia Arcus** finished in 4<sup>th</sup> place in the 14 years Girls 4km event in a time of 15 mins 50 secs.

**Zara Warland** finished in 12<sup>th</sup> place in the 14 years Girls 4km event in a time of 17 mins 03 secs.

**Arabella Price** placed 20<sup>th</sup> in the 14 years Girls 4km event with her time of 17 mins 20 secs. The above 3 Loreto Girls combined with a fourth girl to take out the gold medal in the Teams Event.

**Alana Kavanagh** placed 16<sup>th</sup> in the 15 years Girls 4km event with her time of 17 mins 20 secs.

**Connor Ryan** finished in 21<sup>st</sup> place in the 15 years Boys 4km event with his time of 15 mins 17 secs.

**Charlotte Ryan** finished in 5<sup>th</sup> place in the 17 years Girls 4km event in a time of 16 mins 14 secs.

**Samantha Brown** placed 6<sup>th</sup> in the 17 years Girls 4km event with her time of 16 mins 30 secs.

## **7. NSW CCC Cross Country Championships**

The NSW Combined Catholic Colleges Cross Country Championships were held at Eastern Creek Raceway on Friday, 15<sup>th</sup> June and we were represented by 3 athletes.

**Sophie Gocher** placed 2<sup>nd</sup> in the 17 years Girls 4km event with her time of 16 mins 43 secs.

**Abbie Lewis** finished in 3<sup>rd</sup> place in the 16 years Girls 4km event in a time of 15 mins 51 secs.

**Anastasia Lakic** placed 19<sup>th</sup> in the 14 years Girls 4km event with her time of 17 mins 48 secs.

## **8. Sydney North Cross Country Championships**

The Sydney North Cross Country Championships were held at Gosford Race Course on Friday, 22<sup>nd</sup> June and we were represented by 7 athletes.

**Krishani Coffin** finished 5<sup>th</sup> in the 12 years Girls Secondary 3km event.

**Jacob Leon** won the 14 Boys 4km event.

**Adam Bruntsch** finished in 2<sup>nd</sup> place in the 14 Boys 4km event.

**Ashton Hanna** placed 8<sup>th</sup> in the 14 Boys 4km event.

**Andrew Phillips** finished in 16<sup>th</sup> place in the 14 Boys 4km event.

**George Davis** finished in 18<sup>th</sup> place in the 15 Boys 4km event.

**Gabby Damm** finished in 10<sup>th</sup> place in the 17 years Girls 4km event.

## **9. NSW Cross Country Championships**

The NSW Cross Country Championships were held at Nowra on Saturday, 23<sup>rd</sup> June and we were represented by 7 competitors.

**James Southon** finished in 16<sup>th</sup> place in the Under 14 Boys 3km event in a time of 11 mins 21 secs.

**Amelie Sun** placed 9<sup>th</sup> in the Under 16 Girls 4km event with her time of 15 mins 56 secs.

**Georgia Arcus** finished in 11<sup>th</sup> place in the Under 16 Girls 4km event in a time of 16 mins 05 secs.

**Connor Ryan** placed 28<sup>th</sup> in the Under 16 Boys 4km event with his time of 15 mins 23 secs.

**Sophie Gocher** finished in 14<sup>th</sup> place in the Under 18 Girls 4km event in a time of 16 mins 43 secs.

**Samantha Brown** placed 20<sup>th</sup> in the Under 18 Girls 4km event with her time of 17 mins 34 secs.



**Charlotte Ryan** finished in 21<sup>st</sup> place in the Under 18 Girls 4km event in a time of 17 mins 41 secs.

#### **10. NSW Little Athletics Cross Country Championships**

At the Little Athletics NSW Cross Country Championships held on 8<sup>th</sup> July at Integral Park, Dapto we were represented by 5 athletes.

**James Southon** placed 9<sup>th</sup> in the Under 14 Boys 3000 metres event with his time of 11 mins 03 secs.

**Amelie Sun** won the bronze medal in the Under 15 Girls 4000 metres event with her time of 14 mins 53 secs.

**Georgia Arcus** finished in 6<sup>th</sup> place in the Under 15 Girls 4000 metres event in a time of 15 mins 07 secs.

**Ashton Hanna** placed 22<sup>nd</sup> in the Under 15 Boys 4000 metres event with his time of 16 mins 01 secs.

**Samantha Brown** took out the bronze medal in the Under 18 Girls 4000 metres event in a time of 16 mins 06 secs.

#### **11. NSW Road Relay Championships**

At the NSW Road Relay Championships held on Saturday, 21<sup>st</sup> July we were represented by our Under 16 Girls team who won the silver medal. Listed below are the girls concerned and their times.

**Amelie Sun** - 6 mins 50 secs.

**Zara Warland** – 7 mins 15 secs.

**Elli Barron** – 7 mins 57 secs.

**Arabella Price** – 7 mins 34 secs.

#### **12. NSW All Schools Cross Country Championships**

The NSW All Schools Cross Country Championships were held on Friday, 27<sup>th</sup> July at Eastern Creek and we were represented by 9 athletes.

**Georgia Phillips** finished in 13<sup>th</sup> place in the 12/13 years Primary School 3000 metres event in a time of 13 mins 04 secs.

**Krishani Coffin** finished in 35<sup>th</sup> place in the 12/13 years High School 3000 metres event with her time of 14 mins 21 secs.

**Jacob Leon** finished in 5<sup>th</sup> place in the 14 years Boys 4000 metres event with his time of 13 mins 52 secs.

**Adam Bruntsch** placed 10<sup>th</sup> in the 14 years Boys 4000 metres event in a time of 14 mins 07 secs.

**Ashton Hanna** finished in 30<sup>th</sup> place in the 14 years Boys 4000 metres event with his time of 15 mins 02 secs.

**Georgia Arcus** placed 6<sup>th</sup> in the 14 years Girls 4000 metres event in her time of 15 mins 28 secs.

**Samantha Brown** finished in 3<sup>rd</sup> place in the 17 years Girls 4000 metres event with her time of 15 mins 50 secs.

**Sophie Gocher** placed 4<sup>th</sup> in the 17 years Girls 4000 metres event in a time of 15 mins 52 secs.

**Abbie Lewis** finished in 9<sup>th</sup> place in the 16 years Girls 4000 metres event with her time of 15 mins 53 secs.

#### **13. Sydney North Regional Athletics Championships**

The Sydney North Regional Athletics Carnival was held on Monday & Tuesday, 30<sup>th</sup> & 31<sup>st</sup> July at Homebush and we were represented by 24 athletes.

**Krishani Coffin** finished in 6<sup>th</sup> place in the 12 years Girls 100 metres event in a time of 14.33 seconds. In her 200 metres event Krishani placed 5<sup>th</sup> with her time of 29.50 seconds. In her 80 metres Hurdles event Krishani was the winner with her time of 15.78 seconds. Krishani placed 6<sup>th</sup> in her Long Jump event with her leap of 4.12 metres.

**Elly Pawsey** finished in 6<sup>th</sup> place in the 12 years Girls 800 metres event with her time of 2 mins 50.03 secs.

**Thomas Ralph** placed 8<sup>th</sup> in the 12-13 years Boys Javelin event with his throw of 22.33 metres.

**Aliana Moala** won the 12 years Girls 3kg Shot Put event with her throw of 8.77 metres. In her 100 metres event Aliana took out 2<sup>nd</sup> place with her time of 14.06 seconds. Aliana claimed a further 2<sup>nd</sup> placing in her 200 metres event with her time of 28.50 seconds. In the 12-14 years 400 metres event Aliana finished in 4<sup>th</sup> place with her time of 68.19 seconds. Aliana placed 3<sup>rd</sup> in her High Jump event with her successful clearance at 1.28 metres.

**Natasha Fairhall** won the 12 years Girls 750gm Discus event with her throw of 21.69 metres. In the 12-13 years Girls 400gm Javelin event Natasha filled 5<sup>th</sup> spot with her throw of 18.04 metres.

**Mikayla Kelleher** finished in 9<sup>th</sup> place in the 13 years Girls 200 metres event with her time of 30.03 seconds. In her 80 metres Hurdles event Mikayla won this event in a time of 14.65 seconds. Mikayla finished in 6<sup>th</sup> place in her Long Jump event with her leap of 4.14 metres. In her Shot Put event Mikayla placed 11<sup>th</sup> with her effort of 7.60 metres.

Mikayla filled 7<sup>th</sup> place in her 1kg Discus event with her effort of 19.48 metres.

**Holly Pirie** claimed 5<sup>th</sup> place in the 13 years Girls Shot Put event with her effort of 9.59 metres. In her Discus event Holly again filled 5<sup>th</sup> spot with her throw of 22.34 metres.

**Adria McAndrew** placed equal 8<sup>th</sup> in the 14 years Girls 100 metres event with her time of 14.02 seconds. In her 200 metres event Adria filled 5<sup>th</sup> place in a time of 28.83 seconds. Adria placed 8<sup>th</sup> in the 12-14 years Girls 400 metres event in a time of 71.99 seconds. In her Long jump event Adria claimed 4<sup>th</sup> place with her leap of 4.49 metres.

**Trinity Wu** finished in 14<sup>th</sup> place in the 14 years Girls Long Jump event with her leap of 3.37 metres.

**Alyssa Lowe** finished in 2<sup>nd</sup> place in the 15 years Girls 100 metres event in a time of 12.77 seconds. In her 90 metres Hurdles event Aly was the winner by 1/100 second with her time of 13.88 seconds. Aly also won her 200 metres Hurdles event in a time of 30.86 seconds. In her High Jump event Alyssa won this event with her clearance at 1.61 metres. Alyssa produced a record equaling performance in her Long jump event when she leapt 5.56 metres. In the 12-15 years Girls Triple Jump event Alyssa filled 2<sup>nd</sup> place with her leap of 10.85 metres.

**Tarsha Wayne** finished in 4<sup>th</sup> place in the 15 years Girls High Jump event with her clearance at 1.43 metres. In the 12-15 years Girls Triple Jump event Tarsha filled 4<sup>th</sup> place with her leap of 10.45 metres. Tarsha claimed 2<sup>nd</sup> place in her Shot Put event with throw of 10.46 metres. In her 500gm Javelin event Tarsha was the winner with her effort of 32.19 metres.

**Portia Amy-Wilson** finished in 8<sup>th</sup> place in the 12-15 years Girls Triple Jump event with her leap of 9.75 metres. In her Shot Put event Portia finished in 6<sup>th</sup> place with her effort of 9.02 metres.

**Jessica Forster** filled 6<sup>th</sup> place in the 15 years Girls 1kg Discus event with her throw of 20.72 metres. In her 500gm Javelin event Jessica claimed 3<sup>rd</sup> spot with her throw of 27.44 metres.

**Sarah Brown** finished in 7<sup>th</sup> place in the 15 years Girls Long Jump event with her leap of 4.74 metres.

**Emily Ralph** filled 4<sup>th</sup> place in the 16 years Girls 500gm Javelin event with her throw of 28.05 metres.

**Timothy Forster** won the 13 years Boys 90 metres Hurdles event with his time of 14.60 seconds.

**Jacob Leon** won the 14 years Boys 800 metres event in a time of 2 mins 10.09 secs. In his 1500 metres event Jacob won with his time of 4 mins 40.38 secs. Jacob added a 3<sup>rd</sup> win in the 12-15 years Boys 3000 metres event with his time of 9 mins 40.80secs.

**Adam Bruntsch** finished in 7<sup>th</sup> place in the 12-14 years Boys 400 metres event with his time of 59.21 seconds. In the 14 years Boys 800 metres event Adam claimed 2<sup>nd</sup> place in a personal best time of 2 mins 12.15 secs.

**Ashton Hanna** finished the 14 years Boys 1500 metres event in 6<sup>th</sup> place with his time of 4 mins 58.52 secs.

**Andrew Phillips** placed 10th in the 14 years Boys 1500 metres event in a personal best time of 5 mins 09.66 secs.

**George Davis** placed 2<sup>nd</sup> in the 12-15 years 1500 metres Walk event in a personal best time of 7 mins 35.20 secs.

**Riley Leverett** placed 2<sup>nd</sup> in the 16 years Boys 400 metres event with his time of 53.66 seconds.

**Sam Galati** filled 9<sup>th</sup> place in the 16 years Boys 100 metres event with his time of 12.54 seconds. In his 110 metres Hurdles event Sam claimed 2<sup>nd</sup> place with his time of 17.83 seconds. Sam filled 8<sup>th</sup> place in his High Jump event with his clearance at 1.60 metres. In his Long Jump event Sam finished in 4<sup>th</sup> place with his leap of 5.51 metres. Sam placed 5<sup>th</sup> in his Triple Jump event with his effort of 11.52 metres.

**Jett Tall** finished in 3<sup>rd</sup> place in the 16 years Boys 1.5kg Discus event with his throw of 34.67 metres.

#### **14. NSW Schools Relays**

The NSW Schools Relays were held at Homebush on the Friday evening of 24<sup>th</sup> August and we had a total of 7 girls competing, representing both Loreto Normanhurst and Riverside Girls Schools, at this Carnival and 2 boys representing Epping Boys School.

Our Epping Boys high representatives **Jett Tall** and **Riley Leverett** won gold in the U17 4x 100 metres Relay event.

**Aliana Moala, Mikayla Kelleher, Sarah Brown, Portia Amy-Wilson and Alyssa Lowe** all represented Riverside Girls who won gold in the Open jumps relay and U15 sprint medley relay, Silver in the U17 sprint medley relay and Bronze in the U17 4x100m relay and the U15 jumps relay.

**Zara Warland** and **Sophie Kavanagh** were members of the Loreto Normanhurst silver medal winning U15 4x400m team.

#### **15. IGSSA Athletics Championships**

At the IGSSA Carnival held at Homebush on 22<sup>nd</sup> & 23<sup>rd</sup> August we were represented 9 athletes who attended Loreto Normanhurst, Abbotsleigh and Monte Sant' Angelo schools.

**Eliza Da Silva** (representing Monte Sant' Angelo) placed 7<sup>th</sup> in her heat of the 14 years Girls 90 metres Hurdles event with her time of 17.74 seconds. In her 200 metres heat Eliza finished in 4<sup>th</sup> place in her heat with a qualifying time of 27.32 seconds. In her 200 metres final Eliza placed 7<sup>th</sup> in a time of 27.91 seconds. Eliza finished in 6<sup>th</sup> place in her heat of the 100 metres event with her time of 13.45 seconds. In her 100 metres final Eliza again claimed 6<sup>th</sup> spot with her time of 13.80 seconds. Eliza's 4x100m Relay Team finished 6<sup>th</sup> in their heat with their time of 54.43 seconds to qualify for the final. In their Relay Final Eliza's team claimed 7<sup>th</sup> place with their time of 54.15 seconds.

**Julia Kelland** (representing Abbotsleigh) finished in 6<sup>th</sup> place in the 17 years Girls Shot Put event with her throw of 9.82 metres. In the Senior Girls Javelin event Julia claimed 5<sup>th</sup> place with her effort of 27.50 metres.

**Zara Warland** clocked a time of 2 mins 27.93 secs in winning her heat of the 14 years Girls 800 metres event. In the final Zara claimed 3<sup>rd</sup> place with her time of 2 mins 27.44 secs. In the Junior Discus event Zara finished in 4<sup>th</sup> place with her throw of 28.83 metres. Zara also competed in the 14 years Shot Put event and finished in 9<sup>th</sup> place with her effort of 8.79 metres.

**Zoe Warland** was in the 15-16 years Loreto Normanhurst 4x100m Relay team which finished 3<sup>rd</sup> in their heat to qualify for the final. Unfortunately, Zoe was unable to run in the final due to a hamstring strain.

**Georgia Arcus** finished in 4<sup>th</sup> place in the Junior 1500 metres event with a time just outside her best – 4 mins 56.45 secs.

**Elli Barron** finished in 3<sup>rd</sup> place in her heat of the 13 years Girls 800 metres with her time of 2 mins 40.06 secs. In the final Elli placed 9<sup>th</sup> in a time of 2 mins 42.12 secs.

**Alana Kavanagh** finished in 5<sup>th</sup> place in her heat of the 15 years Girls 90 metres Hurdles event in a time of 16.99 seconds. In her 800 metres event Alana again finished in 5<sup>th</sup> place in her heat with her time of 2 mins 34.76 secs. Alana took out 5<sup>th</sup> place in her 800 metres final with her time of 2 mins 30.67 secs. In the Intermediate Girls 1500 metres event Alana placed 9<sup>th</sup> in a time of 5 mins 18.25 secs.

**Sophie Kavanagh** finished in equal 1<sup>st</sup> place in her heat of the 14 years Girls 200 metres event with a personal best time of 28.14 seconds. In her 200 metres final Sophie placed 9<sup>th</sup> in a time of 28.33 seconds. Sophie's 4x100m Junior Relay team finished in 5<sup>th</sup> place in their heat with their time of 54.93 seconds. In the Junior Javelin event Sophie threw 24.42 metres to take out 6<sup>th</sup> place. In the Junior High Jump- event Sophie filled 4<sup>th</sup> place with her clearance at 1.50 metres.

**Arabella Price** competed in the 18 years Girls 800 metres heats and placed 2<sup>nd</sup> in her heat in a time of 2 mins 32.76 secs to qualify for the final, despite the fact that she is only 14 years old. She was unable to take her place in the final as she woke the following day with a hip flexor problem.

#### **16. Australian All Schools Cross Country Championships**

The Australian Cross Country Championships were held at Maleny Golf Club on the Sunshine Coast and we were represented by 4 girls.

In the 14/15 years Girls 4km Event we had 2 representatives.

**Amelie Sun** finished in 40<sup>th</sup> place with her time of 16 mins 17 secs.

**Georgia Arcus** placed 63<sup>rd</sup> with her time of 16 mins 58 secs.

In the 16/17 years Girls 4km event we also had 2 representatives.

**Samantha Brown** finished in 60<sup>th</sup> place in a time of 17 mins 02 secs.

**Sophie Gocher** placed 66<sup>th</sup> with her time of 17 mins 10 secs.

#### **17. CGSSSA Athletics Championships**

At the CGSSSA Athletics Championships held at Homebush on Friday, 18<sup>th</sup> August we were represented by 5 athletes.

**Eliza Da Silva** finished in 8<sup>th</sup> place in the 14 years Girls Long Jump event with her leap of 3.95 metres. In her 100 metres heat Eliza placed 2<sup>nd</sup> with her time of 13.17 seconds (tail wind of 0.3 metres/sec). The 100 metres final saw Eliza claim the silver medal with her time of 13.39 seconds (head wind of 0.2 metres/sec). Eliza won her 200 metres heat in a time of 27.61 seconds (head wind of 3.0 metres/sec). In the final Eliza was too strong for her opposition and won the bronze medal with her time of 27.72 seconds (tail wind of 0.6 metres/sec). Eliza took gold in the 400 metres with her time of 67.64 seconds. In her 90 metres Hurdles event Eliza finished in 2<sup>nd</sup> place in a time of 18.03 seconds (head wind of 1.1 metres/sec). In the 14-15 years Girls 4x100m Relay event Eliza anchored her team to a win in a time of 53.31 seconds.

**Anastasia Lakic** finished in 5<sup>th</sup> place in her heat of the 14 years Girls 100 metres event with her time of 14.25 seconds (tail wind of 0.3 metres/sec). In her 100 metres final Anastasia placed 8<sup>th</sup> with her time of 14.54 seconds (head wind of 0.2 metres/sec). Anastasia won the 800 metres event in a time of 2 mins 35.79 secs. In her 1500 metres event Anastasia finished in 3<sup>rd</sup> place with her time of 5 mins 25.72 secs. Anastasia anchored her 4x100m Relay team to 5<sup>th</sup> place with a time of 54.23 seconds.

**Sophie Gocher** claimed the bronze medal in the 17+ years Girls Long Jump event with her leap of 4.28 metres. In the Senior Girls (16+) Triple Jump event Sophie secured a further bronze medal with a leap of 10.31 metres. Sophie was a convincing winner in her 400 metres event in a time of 63.03 seconds. In her 800 metres event Sophie added a further gold medal to her haul with her time of 2 mins 22.06 secs. Sophie added yet a further gold medal in winning her 1500 metres event in a time of 5 mins 06.22 secs.

**Imogen Kenny** placed 4th in the 16yrs long jump with her jump of 4.32m and 4th in the triple jump with 8.93m. Imogen's relay team of Marist Sisters Woolwich placed 10th in the 16yrs+ 4x 100m relay event in a time of 60.13 secs.

**Izabella Kalachian** placed 4th in the 12-14 years Girls 1500 metres Walk with her time of 9m 27.26 secs.

### **18. NSW CHS Athletics Carnival**

The NSW Combined High Schools Athletics Carnival was held at Homebush for the 3 days commencing on Wednesday 5<sup>th</sup> September to 7<sup>th</sup> September and we were represented by 15 athletes.

**Krishani Coffin** finished in 4<sup>th</sup> place in her heat of the 12 years Girls 80 metres Hurdles event with her time of 15.51 seconds (0.9 metres/sec tail wind). In the final Krishani took out 4<sup>th</sup> place in an even faster time of 14.90 seconds.

**Aliana Moala** was 8<sup>th</sup> in her heat of the 12 years Girls 100 metres event in a time of 13.85 seconds (tail wind of 1.0 metres/sec). In the final Aliana claimed 10<sup>th</sup> place with her time of 13.86 seconds. Aliana placed 4<sup>th</sup> in her heat of the 200 metres event with her time of 28.94 seconds (head wind of 0.7 metres/sec). In her Shot Put event Aliana finished in 7<sup>th</sup> place with her effort of exactly 9.00 metres.

**Natasha Fairhall** finished in 14<sup>th</sup> place in the 12 years Girls Discus event with her throw of 19.85 metres.

**Mikayla Kelleher** placed 2<sup>nd</sup> in her heat of the 13 years Girls 80 metres Hurdles event in a time of 13.99 seconds (head wind of 0.1 metres/sec). In the final Mikayla finished in 4<sup>th</sup> place with her time of 13.58 seconds.

**Alyssa Lowe** finished 3<sup>rd</sup> in her heat of the 15 years Girls 100 metres event in a time of 12.84 seconds (tail wind of 1.0 metres/sec). In the final Aly placed 5<sup>th</sup> with her time of 12.66 seconds. Alyssa finished 2<sup>nd</sup> in her heat of the 90 metres Hurdles event in a time of 13.76 seconds. In the final Aly claimed the silver medal with her time of 13.36 seconds. Alyssa placed 3<sup>rd</sup> in her heat of the 200 metres Hurdles with her time of 30.64 seconds. In the final Aly finished in 4<sup>th</sup> place in a time of 30.63 seconds. Aly claimed the bronze medal in her High Jump event with her successful clearance at 1.60 metres. In her Triple Jump event Alyssa took out the gold medal with her leap of 11.07 metres. Aly claimed also claimed the bronze medal in her Long jump event with her successful leap of 5.65 metres.

**Tarsha Wayne** won the bronze medal in the 15 years Girls Shot Put event with her throw of 11.65 metres. In her Javelin event Tarsha finished in 5<sup>th</sup> place with her effort of exactly 32.00 metres. Tarsha also secured 6<sup>th</sup> place in her Long Jump event with her leap of 5.14 metres.

**Portia Amy-Wilson** won the bronze medal in the 17+ and Under Girls Pentathlon event with a total of 2574 points. The individual details are listed below:-

200m	Long Jump	Shot Put	High Jump	800m	Total Points
28.88	4.65m	8.73m	1.41m	2:39.80	
563	466	447	523	575	2574

**Timothy Forster** finished 3<sup>rd</sup> in his heat of the 13 years Boys 90 metres Hurdles event in a personal best time of 14.53 seconds (head wind of 0.4 metres/sec). In his final, Tim placed 6<sup>th</sup> with a Pb time of 14.05 seconds (tail wind of 3.6 metres/sec).

**Jacob Leon** started off his distance campaign at these Championships when he finished in 4<sup>th</sup> place in the 15 years and Under Boys 3000 metres event with his time of 9 mins 36.09 secs. In the 14 years Boys 800 metres heat Jacob took out 2<sup>nd</sup> place in a time of 2 mins 09.88 secs to qualify for the final. In his 800 metres final Jacob won the silver medal in a personal best time of 2 mins 06.66 secs. Jacob won a further silver medal in his 1500 metres event with his personal best time of 4 mins 18.81 secs.

**Adam Bruntsch** finished in 4<sup>th</sup> place in his heat of the 14 years Boys 800 metres event in a time of 2 mins 10.48 secs. In the final Adam placed 7<sup>th</sup> with another Pb time of 2 mins 09.55 secs.

**Ashton Hanna** competed in the 17 years & Under 2000 metres Steeplechase event despite being only 14 years of age and all of the barriers being some 8 centimetres higher than he has previously contested. He finished 8<sup>th</sup> in a personal best time of 7 mins 44.43 secs.

**George Davis** finished in 4<sup>th</sup> place in the 15 years and Under 1500 metres Walk event with his time of 7 mins 43.41 secs.

**Sam Galati** finished in 4<sup>th</sup> place in his heat of the 16 years Boys 110 metres Hurdles event in a time of 19.02 secs (head wind of 0.4 metres/sec). In his final Sam won the bronze medal in a time of 17.69 seconds (tail wind of 0.4 metres/sec).

**Jett Tall & Riley Leverett** were both members of the Epping Boys 16 years 4x100m Relay team which won their heat in a time of 44.77 seconds and went on to win the final in an even faster time of 44.31 seconds.

### **19. Polding Athletics Carnival**

The Polding Athletics Carnival was held at the Hunter Sports Centre on Friday, 14<sup>th</sup> September and we were represented by 2 athletes.

**Aniela Odgers** was 5<sup>th</sup> in her heat of the 12 years Girls 100 metres event in a time of 14.03 seconds. In the final Aniela won the silver medal with her time of 14.08 seconds. Aniela was the 2<sup>nd</sup> runner in the St Phillip's team which went on to win the 11-13 years Girls 4x100m Relay event. In her 200 metres event Aniela finished in 3<sup>rd</sup> place in a time of 29.23 seconds. In the final Aniela was 7<sup>th</sup> with her time of 30.57 seconds.

**Isabella Azizi** was the lead leg runner for her school, St Philip's Northbridge, which finished 3<sup>rd</sup> in their heat of the 11-13 years Girls 4x100m Relay team with a time of 57.43 seconds. In the final the team won the gold medal with their time of 56.39 seconds.

### **20. NSW CCC Athletics Carnival**

The N.S.W. Combined Catholic Colleges Athletics Championships were held at Homebush on Friday, 21<sup>st</sup> September and we were represented by 6 athletes.

**Sophie Gocher** won the 17+ Girls 800 metres event with her time of 2 mins 26.38 secs. In her 1500 metres event Sophie was again too good for her opposition by winning in a time of 5 mins 03.04 secs. In her 400 metres event Sophie placed 5<sup>th</sup> with her time of 63.56 seconds. Sophie finished in 4<sup>th</sup> place in her Long Jump event with her leap of 4.68 metres.

**Eliza Da Silva** finished in 8<sup>th</sup> place in the 14 years Girls 100 metres event in a time of 13.20 seconds (headwind of 0.9 metres/sec). In her 200 metres event Eliza filled 5<sup>th</sup> place with her personal best time of 26.85 seconds. Eliza also took out 5<sup>th</sup> place in her 400 metres event with her time of 66.61 seconds. In her 4x100m Relay event Eliza's team won the silver medal in a time of 51.05 seconds.

**Savi Moala** placed 5<sup>th</sup> in the 14yrs long jump with a jump of 5.51m, was 10<sup>th</sup> in the discus with 28.63m best throw and ran 12.70s to place 15<sup>th</sup> in the 100 metres.

**Riley Turkal** collected the bronze in the Boys 13yrs 90m hurdles with a time of 17.64s.

**Caitlin Waldron** won silver in the 13yrs discus with a throw of 26.14m.

**Sofia Gately** placed 5<sup>th</sup> in the 14yrs javelin with a best throw of 23.70m.

### **21. MacKillop Athletics Carnival**

The MacKillop Athletics Championships were held at Homebush on Monday, 24<sup>th</sup> September and we were represented by 7 athletes.

**Ruby Worrell** won her heat of the 12 years Girls 100 metres event in a time of 13.89 seconds. In the final Ruby took out the silver medal with her time of 13.91 seconds. Ruby was the final leg runner in the Villa Maria 11-13 Girls 4x100m Relay Team which finished 3<sup>rd</sup> in their heat in a time of 58.67 seconds. In the Relay final the team claimed 6<sup>th</sup> position with their time of 59.72 seconds. Ruby won her heat of the 200 metres event in a time of 28.80 seconds. In the final Ruby won another silver medal with her time of 28.71 seconds. In her Long Jump event Ruby won the bronze medal with her leap of 4.10 metres.

**Oliver Smith** won the silver medal in the 12-13 years Boys 800 metres event in a time of 2 mins 28.64 secs.

**Kate Wheeler** won the bronze medal in her Shot Put event with her throw of 7.55 metres. In her Discus event Kate placed 12<sup>th</sup> with her throw of 18.35 metres.

**Owen Chandler** was the number 2 runner for his school, St. Michaels – Meadowbank, in the 11-13 years Boys 4x100m Relay event which finished 6<sup>th</sup> in their heat.

**Nathan Barbara** won the silver medal in the 11-13 Boys Multi Class 100 metres event with his time of 26.09 seconds. In his Shot put event Nathan finished in 4<sup>th</sup> place with his throw of 4.87 metres. Nathan placed 3<sup>rd</sup> in his Long Jump event with his leap of 1.88 metres. In his Discus event Nathan added yet another bronze medal with his throw of 11.97 metres.

**Isabella Barbara** competed in the 11yrs shot and discus and finished just out of the medals in 4<sup>th</sup> place in the discus with a best throw of 20.51m. In the shot put Isabella was 5<sup>th</sup> with a good throw of 8.79m.

**Andrew Kalos** in the 11yrs shot put threw of pb throw of 10.13m to place 7<sup>th</sup>. Andrew was 8<sup>th</sup> in the discus with a best throw of 23.13m

### **22. NSW CIS Athletics Carnival**

The N.S.W. Combined Independent Schools Athletics Carnival was held on Tuesday, 25<sup>th</sup> September and we were represented by 5 athletes.

**Georgia Arcus** won the silver medal in the 14 years Girls 1500 metres event with her time of 4 mins 57.70 secs. In the junior 3000 metres event Georgia again took out the silver medal in a time of 10 mins 53.0 secs.

**Zara Warland** won the bronze medal in the 14 years Girls Discus event with her throw of 29.40 metres. In her 800 metres event Zara added a further bronze medal with her time of 2 mins 25.56 secs.

**Amelie Sun** took out the bronze medal in the 14 years Girls 1500 metres event in a time of 5 mins 06.43 secs.

**Sophie Kavanagh** won a bronze medal in the 14 years Girls Triple Jump event with a personal best leap of 10.33 metres. In her High Jump event Sophie won a further bronze medal with her leap of 1.50 metres. Sophie placed 8<sup>th</sup> in her Javelin event with her throw of 24.31 metres.

**Samantha Brown** finished in 4<sup>th</sup> place in the 17 years Girls 800 metres event in a time of 2 mins 28.88 secs.

### **23. NSW All Schools Athletics Carnival**

The N.S.W. All Schools Championships were held at SOPAC from 27<sup>th</sup> to 30<sup>th</sup> September inclusive and we were represented by 25 athletes.

**Alyssa Lowe** won the bronze medal in the 15 years Girls 200 metres Hurdles event in a personal best time of 29.58 seconds (tailwind of 1.6 metres per second). Aly's next event was the Triple Jump and here she produced a huge personal best jump of 11.54 metres to win the silver medal. In her High Jump event Aly secured equal 5<sup>th</sup> placing with her clearance at 1.55 metres. Aly next contested the Long Jump event, and after 2 fouls in her first two jumps, registered a leap of 5.25 metres to claim 6<sup>th</sup> spot and in her additional jump she registered a leap of 5.76 metres (personal best) to claim the silver medal and qualify for both the Australian All Schools and Australian Junior Championships. Next up for Aly was her 90 metres Hurdles event and in the heat Aly was the winner with her time of 13.64 seconds (headwind of 0.5 metres/sec). In the final Alyssa finished in 4<sup>th</sup> place in a time of 13.54 seconds (tailwind of 0.2 metres/sec).

**George Davis** finished just out of the medals in 4<sup>th</sup> place in the 15 years Boys 3000 metres Walk event in a time of 16 mins 21.07 secs. In his Javelin event George placed 16<sup>th</sup> with his throw of 35.14 metres.

**Zara Warland** placed 8<sup>th</sup> in the 14 years Girls 800 metres event with a personal best time of 2 mins 24.30 secs. In her 2000 metres Steeplechase event Zara again finished in 8<sup>th</sup> spot with her personal best time of 8 mins 20.53 secs. Zara was 14<sup>th</sup> in her Discus event with a throw of exactly 26.00 metres.

**Arabella Price** placed 4<sup>th</sup> in the 14 years Girls 2000 metres Steeplechase event with a personal best time of 8 mins 00.09 secs and this time qualifies her for the Australian Junior Championships to be held in Sydney next year. In her 1500 metres event Arabella placed 7<sup>th</sup> with a personal best time of 5 mins 05.22 secs.

**Anastasia Lakic** finished in 10<sup>th</sup> place in the 14 years 2000 metres Steeplechase event in a time of 8 mins 23.61 secs. In her 1500 metres event Anastasia finished in 11<sup>th</sup> place with her time of 5 mins 18.37 secs.

**Adam Bruntsch** won the silver medal in the 14 years Boys 2000 metres Steeplechase event in a personal best time of 6 mins 37.97 secs. This effort qualifies him for the both the Australian All Schools Championships in December and for the Australian Junior Championships next year.

**Ashton Hanna** also produced a personal best time for the 14 years Boys 2000 metres Steeplechase event in placing 10<sup>th</sup> with his personal best time of 7 mins 25.83 secs. In his 3000 metres event Ashton placed 24<sup>th</sup> with his time of 10 mins 41.36 secs. Ashton finished in 20<sup>th</sup> place in his 1500 metres event with his time of 4 mins 57.82 secs.

**Samantha Brown** won the silver medal in the 17 years Girls 2000 metres Steeplechase event with her time of 7 mins 25.45 secs. This result means that Sam will be able to compete in both the Australian All Schools and Australian Junior Championships. In her 3000 metres event Sam placed 6<sup>th</sup> with her time of 10 mins 59.0 secs. In her 1500 metres event Sam secured the bronze medal in a time of 4 mins 52.33 secs and thus qualifies for the Australian Junior Championships in this event.

**Sophie Gocher** took out the bronze medal in the 17 years Girls 2000 metres Steeplechase event in a time of 7 mins 30.89 secs.

**Timothy Forster** placed 13<sup>th</sup> in the 13 years Boys Triple Jump event with his leap of 10.03 metres (headwind of 0.6 metres/sec). In his 100 metres heat Tim placed 8<sup>th</sup> with his time of 14.27 seconds (headwind of 2.4 metres/sec). On the Sunday, Tim finished in 3<sup>rd</sup> place in his heat of the 90 metres Hurdles event in a time of 14.37 seconds (headwind of 2.1 metres/sec). In the final Timothy finished in 6<sup>th</sup> place with his time of 14.14 seconds (tailwind of 1.5 metres/sec).

**Jessica Forster** contested the 15 years Girls 100 metres event and placed 9<sup>th</sup> in her heat with a time of 14.22 seconds (headwind of 2.1 metres/sec).

**Adria McAndrew** finished in 18<sup>th</sup> place in the 14 years Girls Triple Jump event with her leap of 9.16 metres (tailwind of 0.7 metres per sec). In her heat of the 14 years Girls 200 metres event Adria finished in 6<sup>th</sup> place with her time of 28.72 seconds (tailwind of 1.0 metres/sec). Adria finished in 8<sup>th</sup> place in her heat of the 100 metres event in a time of 14.74 seconds (headwind of 3.7 metres/sec). In her Long Jump event Adria finished in 18<sup>th</sup> place with her leap of 4.51 metres (headwind of 0.1 metres/sec).

**Portia Amy-Wilson** placed 11<sup>th</sup> in the 15 years Girls Triple Jump event with her leap of 10.16 metres (nil wind reading). In her Long Jump event Portia finished in 15<sup>th</sup> place with her leap of 4.75 metres.

**Eliza Da Silva** finished in 3<sup>rd</sup> place in her heat of the 14 years Girls 200 metres event in a time of 27.42 secs (tailwind of 2.1 metres/sec). In her heat of the 100 metres Eliza was again 3<sup>rd</sup> in a time of 13.39 seconds (headwind of 3.7 metres/sec).

**Sophie Kavanagh** placed 6<sup>th</sup> in her heat of the 14 years Girls 200 metres event in a personal best time of 28.06 seconds (tailwind of 1.0 metres/sec). In her High Jump event Sophie leapt to a personal best height of 1.55 metres to finish in 4<sup>th</sup> place. Sophie also contested her Javelin event and placed 11<sup>th</sup> with her throw of 26.93 metres.

**Sofia Gately** also competed in the 14 years javelin event and placed 18<sup>th</sup> with her final round throw of 22.54m

**Krishani Coffin** finished in 5<sup>th</sup> place in her heat of the 12 years Girls 200 metres event in a time of 28.96 seconds (tailwind of 2.3 metres/sec). In her High Jump event Krishani finished in 7<sup>th</sup> place with her clearance at 1.40 metres. Krishani placed 8<sup>th</sup> in her 80 metres Hurdles heat in a time of 15.46 seconds (headwind of 1.1metres/sec).

**Georgia Arcus** placed 5<sup>th</sup> in the 14 years Girls 3000 metres event with her time of 10 mins 37.71 secs. This time qualifies Georgia to participate in the Australian Junior Championships next year. In her 1500 metres event Georgia placed 4<sup>th</sup> with her time of 4 mins 57.86 secs.

**Amelie Sun** finished in 6<sup>th</sup> place in the 14 years Girls 3000 metres event in a time of 10 mins 38.23 secs. In her 800 metres final Amelie finished in 4<sup>th</sup> place with a personal best time of 2 mins 20.16 secs.

**Jacob Leon** won the silver medal in the 14 years Boys 3000 metres event with a personal best time of 9 mins 20.63 secs. Thus, Jacob has won the right to represent his state in this event at the both the Australian All Schools and Australian Junior Championships. In his heat of the 1500 metres event Jacob was 2<sup>nd</sup> and qualified for the final with his time of 4 mins 28.09 secs. In his final Jacob secured the bronze medal with his time of 4 mins 22.70 seconds and also qualify in this event for the Australian Junior Championships.

**Jack Baker** finished 8<sup>th</sup> in his heat of the 14 years Boys 400 metres event in a time of 62.64 seconds.

**Olivia Dyer** finished in 15<sup>th</sup> place in the 15 years Girls Discus event with her throw of 21.64 metres.

**Sam Galati** placed 8<sup>th</sup> in the 16 years Boys 110 metres Hurdles final with his time of 18.08 seconds (tailwind of 0.2 metres/sec).

**Mikaela Kelleher** finished in 3<sup>rd</sup> place in her heat of the 13 years Girls 80 metres Hurdles event with her time of 13.89 seconds (tailwind of 0.1 metres/sec). In the final Mikaela placed 6<sup>th</sup> with the same time she recorded in the heat (13.89 seconds – headwind of 0.6 metres/sec).

**Caitlin Waldron's** best throw of 26.29m in the third round of the Girls 13yrs discus saw her place 9<sup>th</sup>. In her shot put event, Caitlin finished 7<sup>th</sup> with her opening throw of 9.87m.

## **24. NSW Primary School Sports Association Championships**

The New South Wales Primary Schools Athletics Championships were held at SOPAC from the 31st October to 1st November and Ryde Seniors were represented by 10 athletes from our U12 & U13 age groups.

**Georgia Phillips** made the finals of the 12-13yrs long jump when she placed 8th in the State with a best jump of 4.41m.

**Isabella Azizi** had an impressive carnival and made finals three times over the two days. Isabella competed in the 11yrs long jump with a best jump of 4.33m to place 7th and also finished 7th in the 11yrs high jump with a jump of 1.40m.

Out in the boy's high jump we had two Ryde boys jumping. **Ivan Prizmic** leapt to 1.55m in the 12-13yrs boys event to place 14th. **Jojo Rauqe** was in the 11yrs high jump and his 1.35m best jump earned him 16th spot.

**Jessica Johnston** had a busy program having qualified for State in shot put, discus and high jump. In discus Jess threw 25.61m to place 10th. In the shot put Jess threw 10.46m to make the final and place 7th overall. In the high jump Jess cleared the bar at 1.35m to finish in 13th place.

**Kate Wheeler** was another of our throwers and Kate threw the shot 6.67m to place 35th in the 12-13yrs girls' shot put.

**Nathan Barbara** in the Multi-class 11-13yrs long jump Nathan was 15th with 1.72m (41.34%). In the 100m Nathan ran a time of 23.34s (75.11%) and was 7th overall and the third 11yr old across the line. In discus Nathan was 9th with a best throw of 10.31m (31.40%). As a result of Nathan's performance in the 100m he earned himself a spot in the NSW team to compete at the 10 – 12 Years Track & Field Championship from 23 – 27 November 2018 at Lakeside Stadium in Melbourne.

In the 12-13yrs boys 800m **Oliver Smith** ran a three second personal best time to just miss making the finals when he finished second in his heat in a time of 2m 25.08s to place 12th overall.

**Aniela Odgers** competed in the 12yrs 100m where she just missed qualifying for the semi-finals by .05sec. Aniela ran a time of 13.77 to place 23rd overall.

**Aniela** along with **Isabella Azizi** were team members in the St Phillip Neri – Northbridge 4 x100m 11-13yrs relay team. The girls finished 3rd in their heat and 12th overall in a time of 56.11s to qualify for the semi-final. In the semi-final they ran a time of 56.14s to place third and secure a final's spot. In the finals the girls improved their time to finish just out of the medals in 4th spot in a time of 55.51s.

**Ruby Worrell** was first home in her heat of the 12-13yrs 200m in a time of 27.11 to qualify for the semi-finals as third fastest overall. In the semi-finals Ruby cut her time to 26.85s to qualify for the finals with again, the 3rd fastest time. In the final Ruby was pipped into 4th spot in 27.00s flat. In the 100m heats, Ruby was 3rd in her heat in 13.32s to automatically qualify for the semifinals on Day 2. In her semi-final Ruby ran 13.51s and was 4th in her semi and 7th fastest overall qualifier for the finals. In the finals Ruby finished 7th in 13.65s. Six races, two final spots and running under 27sec were some great results for Ruby. Ruby's times in the 100m and 200m were both under national qualifying times for Ruby to qualify for the Australian Junior Championships in April 2019.

## **25. NSW 3000 metres Championships**

The NSW 3000 metres Championships were held at Homebush on Saturday evening, 10<sup>th</sup> November and we were represented by 8 athletes.

**Andrew Phillips** was first up in the "I" Race and he finished 6<sup>th</sup> with a personal best time of 11 mins 10.49 secs. His age group placing was 14<sup>th</sup>.

"I" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Andrew Phillips	36.80 (2)	2:05.01 (6)	3:38.48 (6)	5:09.86 (6)	6:37.97 (5)	8:10.14 (6)	9:44.65 (6)	11:10.49 (6)
14 <sup>th</sup>		1:28.21	1:33.47	1:31.38	1:28.11	1:32.17	1:34.51	1:25.84

**Ashton Hanna** placed 15<sup>th</sup> in the "H" Race with his time of 10 mins 46.32 secs. Ashton's age group placing was 13<sup>th</sup>.

"H" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Ashton Hanna	36.73 (5)	1:56.02 (6)	3:18.56 (5)	4:45.15 (6)	6:17.25 (12)	7:52.28 (13)	9:24.16 (15)	10:46.32 (15)
13 <sup>th</sup>		1:19.29	1:22.54	1:26.59	1:32.10	1:35.03	1:31.88	1:22.16

**Adam Bruntsch** finished in 9<sup>th</sup> place in the "G" Race with his time of 9 mins 48.90 secs. Adam also finished in 9<sup>th</sup> place in his age group placing.

"G" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Adam Bruntsch	34.26 (3)	1:49.43 (2)	3:08.57 (2)	4:28.67 (3)	5:49.20 (3)	7:11.37 (7)	8:33.06 (9)	9:48.90 (9)
9 <sup>th</sup>		1:15.17	1:19.14	1:20.10	1:20.53	1:22.17	1:21.69	1:15.84

**Ben Russell** finished in 2<sup>nd</sup> place in the "E" Race with his time of 9 mins 12.19 secs.

"E" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Ben Russell	34.21 (4)	1:48.56 (5)	3:02.86 (4)	4:16.50 (4)	5:31.27 (2)	6:47.06 (1)	8:01.78 (1)	9:12.19 (2)
2 <sup>nd</sup>		1:14.35	1:14.30	1:13.64	1:14.77	1:15.79	1:14.72	1:10.41

**Elli Barron** won her "E" Grade event in a personal best time of 11 mins 24.29 secs. Elli was 10<sup>th</sup> in her age group.

"E" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Elli Barron	38.41 (2)	2:06.45 (3)	3:39.49 (3)	5:11.38 (1)	6:47.79 (1)	8:25.07 (1)	9:58.19 (1)	11:24.29 (1)
10 <sup>th</sup>		1:28.04	1:33.04	1:31.89	1:36.41	1:37.28	1:33.12	1:26.10

**Zara Warland** finished in 2<sup>nd</sup> place in her "D" Grade event in a personal best time of 10 mins 49.66 secs. Zara placed 3<sup>rd</sup> in her age group.

"D" Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Zara Warland	37.44 (6)	2:02.55 (7)	3:30.77 (3)	4:59.37 (7)	6:30.97 (7)	8:01.23 (4)	9:28.98 (2)	10:49.66 (2)
3 <sup>rd</sup>		1:25.11	1:28.22	1:28.60	1:31.60	1:30.26	1:27.75	1:20:68



**Georgia Arcus** unfortunately had to pull out of her “C” Grade event.

**Amelie Sun** finished in 7<sup>th</sup> place in her “B” Grade event with her time of 10 mins 25.62 secs. Amelie placed 2<sup>nd</sup> in her age group.

“B” Grade	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Amelie Sun	36.80 (6)	1:59.65 (7)	3:21.59 (10)	4:45.81 (10)	6:10.05 (9)	7:35.51 (6)	9:03.84 (8)	10:25.62 (7)
2 <sup>nd</sup>		1:22.85	1:21.94	1:24.22	1:24.24	1:25.46	1:28.33	1:21.78

## 26. NSW Relay Championships

At the NSW Relay Championships held at Homebush on the weekend of 24<sup>th</sup> & 25<sup>th</sup> November we entered a total of 14 teams.

First out for Ryde were our U16 Men in the 4 x 800m finals. **Jacob Leon** led the group off and passed the baton a touch over 2m 03sec to **Jack Baker**. Third runner was **Ashton Hanna** who handed off to **Oliver Smith**. At just 12 Oliver was giving many years to some of his opposition, but brought the team home in a time of 9min 30.10s to place 7th in the State. The boys will have another year in this age group next year whilst looking at their size, many of the competition will be moving to U18's.

We had hoped to run two women's middle distance teams in the U20 4 x 800m but a last minute timetable change by ANSW robbed us of that opportunity. So while our touch footy playing girls missed the first day, we did field a bronze medal winning team.

**Sam Brown** showed she was in great form heading into the Australian All Schools in a few weeks, when she led the team off to a terrific start handing over the baton to **Charlotte Ryan** in a touch over 2m 20s and second place. Charlotte ran a fast paced two laps as well and passed the baton to young **Elli Barron** with the team still placed second. After a huge PB at the State 3000m Championships a couple of weeks before, Elli showed she is in great form. When Elli was passed by another athlete, she held her form and continued at her pace, chipping away at the distance between her and another runner in front. By the time Elli handed over the baton to **Anastasia Lakic** the team were back in second place and Elli had chopped 4 seconds off her pb time to run 2m 35s. With the rest of her team cheering her home Anastasia got the team across the line in just over 10 minutes (10m 01.09s) and into bronze.

Saturday Sydney traffic almost undid our next team, the U14 4 x 100m girls. Fortunately, a false start in the Men's Open 4 x 100m cost enough time for our final runner to appear, pop on her shoes and head round to her spot! Our first runner, **Alannah Teo**, showed great poise in her first use of starting blocks and wasn't perturbed by the girl adjacent to her false starting. Alannah confidently handed over the baton to **Ruby Worrell**. Ruby then sped down the back straight. **Aliana Moala** ran the perfect bend absolutely flying before putting the baton in the safe hands of **Aniela Odgers** who raced down the straight to cross the line in 53.89s to place 6th. Aniela, Aliana and Ruby are all young enough to run in the U14's at Senior Relays again next year so this was a great experience for them.

Our final team of the first day was the U16 4 x 200m women's team. After taking the teams through their warm up's, **Alyssa Lowe** headed off first and handed over the baton to **Eliza Da Silva** in a quick time. **Adria McAndrew** was our third runner and passed the baton to **Ruby Worrell**, running her second sprint of the afternoon. All girls ran sensationally with Ruby, 12 holding off a last minute charge by another runner. Unfortunately, the girls were disqualified. They had crossed the line in 1m 46.00s which was a sensational time and would have placed them fourth overall across the two timed finals.

Day two saw us off to an early start with our two of our U16 4 x 100m runners, **Alyssa Lowe & Portia Amy-Wilson** also doubling up at the U18 long jump. In their heat of the U16 4 x 100m Alyssa, Portia, **Eliza Da Silva** and **Jessica Forster** placed 5th but in a time of 50.53s which was good enough to gain them a final's spot. The final saw the girls come home in almost the same time – 50.79s to place 6th.

The U18 Girls 4 x Long Jump was a big field with 12 teams. **Alyssa Lowe** was the club's and the whole competition's best jumper when she leapt out to 5.51m on her first jump. **Tarsha Wayne's** second jump was her best with a leap of 4.54m. **Sarah Brown** was the model of consistency with only 3cm difference between her jumps, her best being 4.68m and **Portia** was also very consistent nailing 4.61m twice. The girls finished just out of the medals in fourth spot with a total of 19.34 metres.

We managed to get some of our boys out for an early Sunday morning start and it paid off when they won bronze in the U20 4x 100m. **Sam Galati** absolutely bolted out of the blocks and gave a clean pass of the baton to **Jett Tall** to put the team in second. Jett rang a strong back straight to pass over to **Savi Moala** with the team in clear third place. Savi, like his sister Aliana the day before, ran a brilliant bend run to put the baton in the safe hands of **Riley Leverett** who crossed the line and brought the team home in 46.06 seconds.

There was no time for the boys to rest on their laurels as it was straight over to compete in the 4 x 18 long jump relay. All boy's improved over the three jumps and all nailed their best jump on their final jump. **Jett Tall's** was 6.09 metres, **Riley Leverett's** 6.05 metres. **Savi Moala** leapt out to 5.29 metres and **Sam Galati** 5.62 metres. Amongst an elite group our boys finished in fourth spot just 27cm off a medal with a combined distance of 23.05m.

It was great to see some of our younger dual registered athletes out at Senior Relays for the first time. Our 4 x 200m U14 relay team were next out on the track and ran in a straight final. **Mikayla Kelleher** led the girls off round the track and passed on to **Krishani Coffin**, making her State Relays debut. Krishani passed to **Ruby Worrell** who kicked past a couple of runners along the back straight before passing to **Aliana Moala** who stopped the clock at an excellent 1m 52.19 to claim 4th place.

As with our U18 boys, three of our girls ran straight over to the long jump. **Georgia Phillips** had kicked off for the team, improving each time to finish with 4.21m. **Aliana Moala** was the best of our jumpers, the third best jumper of all the jumpers and the best 12 year old jumper in the whole event when she started with a big 4.59m jump. **Mikayla Kelleher** and **Ruby Worrell** both nailed their best jump on their final jump with 4.36m and 3.74m respectively for a total of 16.80m. After a nervous wait the girls were ecstatic when they collected the bronze medal.

Our U18 4 x Javelin girls finished in 7th place with a total of 84.27m. **Tarsha Wayne's** first throw was her best landing out at 31.27m. **Portia Amy-Wilson** threw 27.02m and **Jess Forster's** final throw was her best with 25.98m. **Emily Ralph** was very unlucky not to get a distance to her name with three throws around the 30m mark which were all judged as fouls.

Our last events of the weekend were our 4 x 1500m relays for men and women.

The girls were out first and we'd fielded two teams in the U20 4 x 1500m. As with the U20 4 x 800m **Sam Brown** led out our first team to a good start before handing over to **Sophie Gocher**. Sophie ran a really strong leg slowly but surely pulling in the two lead runners to put the team into first spot by the time she handed the baton to **Georgia Arcus**. Georgia kept that lead before handing over to **Amelie Sun** to bring the team home in a time of 19 min 56.38s and the gold medal. Our second team was led off strongly by **Zara Warland** who handed over to an in form **Arabella Price** who chipped away at the lead of the runner in front putting **Elli Barron** in a good spot to move the team into third spot before handing over to **Anastasia Lakic**. Anastasia held third for a couple of laps before crossing the line in fourth spot with a time of 21m 06.24s.

As was the case in the 4 x800m **Jacob Leon** showed why he is the current Ryde Sports Foundation Club Six Sports Star of the Month when he led the team out in great form. **George Davis** made his Relays debut with a huge pb in the second leg. **Ashton Hanna** ran third and handed over to young **Oliver Smith** who brought the team home in 19 mins 28.18s and 5th spot at State.

## 27. Australian All Schools Championships

At the Australian All Schools Championships held in Cairns, North Queensland over the period from 8<sup>th</sup> to 10<sup>th</sup> December we were represented by 2 athletes.

**Alyssa Lowe** won the silver medal in the Under 16 Girls Triple Jump event with her leap of 11.85 metres. Prior to her last jump Alyssa was in 5<sup>th</sup> place but her last effort pushed her into 2<sup>nd</sup> place and established a new Ryde Centre record. In the Long Jump event Alyssa placed 4<sup>th</sup> with her leap of 5.31 metres.

**Sam Brown** competed in the U18 2000m Steeplechase in very wet and blustery conditions and placed 11th with a time of 7min 37.6s

## 28. ACT Championships

**Portia Amy-Wilson** competed in the A.C.T. Under 18 Heptathlon event and achieved the following results:-. This point score enables Portia to compete at the National Titles later this season.

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.18 secs	1.37m	9.25m	28.00 secs	4.77m	28.86m	2:44.67	
576	481	480	631	498	455	520	3641

## 29. NSW Masters Championships

The NSW Masters Championships were held at Homebush over the weekend of 8<sup>th</sup> – 10<sup>th</sup> February and we were represented by 4 athletes.

**Andrew Atkinson-Howatt** took out the silver medal in the Men's 60-64 years age group Discus event with his throw of 35.95 metres. In his Javelin event Andrew secured the gold medal with his personal best throw of 40.01 metres.

**Robert Hanbury-Brown** secured the bronze medal in the 60-64 years age group Javelin event with his throw of 32.86 metres. In the Men's Weight Throw (9.080kg) Robert won gold with his effort of 14.94 metres.

**Ron Wills** won the gold medal in the Men's 75-79 years age group 400m event with his time of 95.69 seconds.

**Simon Bergfield** finished in 4<sup>th</sup> place in the Men's 55-59 years Discus event with his throw of 23.36 metres. In his Men's Javelin throw Simon claimed 5<sup>th</sup> spot with his throw of 25.69 metres.

### **30. NSW Junior Championships**

The NSW Junior championships were held at Homebush from 22<sup>nd</sup> to 24<sup>th</sup> February and we were represented by 23 athletes.

**Eliza Da Silva** finished in 11<sup>th</sup> place overall in the Under 16 Girls 100 metres event with her time of 13.07 seconds (tailwind of 2.1 metres/sec). In her 200 metres event Eliza was again in 11<sup>th</sup> place with her time of 27.11 seconds (headwind of 1.5 metres/sec).

**Anastasia Lalic** finished in 13<sup>th</sup> place in the Under 16 Girls 400 metres event in a personal best time of 63.70 seconds. In her 800 metres event Anastasia placed 10<sup>th</sup> with her time of 2 mins 33.08 secs.

**Georgia Arcus** placed 5<sup>th</sup> in the Under 16 Girls 800 metres event in a personal best time of 2 mins 21.83 secs. This time by Georgia is a national qualifier. In her 1500 metres event Georgia placed 6<sup>th</sup> with her time of 4 mins 58.79 secs. Georgia has now national qualifying times in both the 800 metres and 3000 metres.

**Amelie Sun** won the silver medal in the Under 16 Girls 1500 metres event with her personal best time of 4 mins 46.64 secs. Amelie has achieved national qualifiers in the 800 metres, 1500 metres and 3000 metres.

**Arabella Price** became the NSW Champion when she won the Under 16 girls 2000 metres Steeplechase event in a huge personal best time of 7 mins 35.36 secs. She bettered her previous best by some 16 seconds and is now 30 seconds inside the national qualifying time. In her 1500 metres event Arabella finished in 5<sup>th</sup> place in a personal best time (by some 10 seconds) of 4 mins 55.98 secs.

**Sophie Kavanagh** finished in 5<sup>th</sup> place in the Under 16 Girls High Jump event with her personal best clearance at 1.60 metres. In her Long Jump event Sophie placed 13<sup>th</sup> with her leap of 4.82 metres. Sophie placed 6<sup>th</sup> in her Javelin event with a personal best throw of 32.20 metres.

**Zara Warland** finished in 7<sup>th</sup> place in the Under 16 Girls Shot Put event with her throw of 8.29 metres.

**Sofia Gately** finished in 7<sup>th</sup> place in the Under 16 Girls Javelin event with her throw of 28.10 metres.

**Samantha Brown** won the silver medal in the Under 20 Girls 800 metres event with her time of 2 mins 22.71 secs. In her 1500 metres event Sam finished in 4<sup>th</sup> place with her time of 4 mins 56.91 secs. Sam has achieved national qualifiers in the 800m, 1500m 3000m and 3000m Steeplechase events.

**Charlotte Ryan** finished in 5<sup>th</sup> place in the Under 20 girls 1500 metres event with her time of 4 mins 58.95 secs.

**Sophie Gocher** won the Under 20 Girls 3000 metres Steeplechase event with her time of 11 mins 57.08 secs. Thus, Sophie has qualified for the national championships.

**Zoe Warland** finished in 4<sup>th</sup> place in the Under 18 girls 100 metres Hurdles event with her time of 14.34 seconds (tailwind of 2.2 metres/sec). In her Long Jump event Zoe won the bronze medal with her leap of 5.36 metres (tailwind of 1.4 metres/sec). Zoe has won the right to compete at nationals in both events.

**Ruby Worrell** finished in 11<sup>th</sup> place in the Under 14 Girls 100 metres event with her time of 13.50 seconds (tailwind of 1.2 metres/sec). In her 200 metres event Ruby placed 7<sup>th</sup> with her time of 27.07 seconds (tailwind of 3.0 metres/sec). In her 200 metres final Ruby placed 7<sup>th</sup> in a time of 27.26 seconds (headwind of 1.0 metres/sec).

**Alyssa Lowe** placed 9<sup>th</sup> overall in the heats of the Under 17 Girls 100 metres event with her time of 12.70 seconds (tailwind of 2.2 metres/sec) to qualify for the final. In the final Aly placed 7<sup>th</sup> with her time of 12.46 seconds (tailwind of 0.2 metres/sec). Aly won the silver medal in her 100 metres Hurdles event with her time of 14.52 seconds (tailwind of 1.7 metres/sec). Alyssa added a further silver medal in her Long Jump event with her leap of 5.60 metres (tailwind of 1.2 metres/sec). In her Triple Jump event Aly added a further silver medal to her tally with her leap of 11.78 metres (tailwind of 2.2 metres/sec).

**Portia Amy-Wilson** finished in 8<sup>th</sup> place in the Under 17 Girls Long Jump event with her leap of 4.98 metres (tailwind of 0.9 metres/sec).

**Caitlin Waldron** finished in 7<sup>th</sup> place in the Under 15 Girls Shot Put event with her throw of 10.26 metres. In her Discus event Caitlin again filled 7<sup>th</sup> place with her throw of 26.45 metres. Caitlin filled 5<sup>th</sup> place in her Hammer Throw event with her effort of 21.91 metres.

**Jack Baker** finished in 12<sup>th</sup> place in the Under 16 Boys 400 metres event in a time of 57.86 seconds. In his 800 metres event Jack placed 13<sup>th</sup> in a time of 2 mins 16.19 secs.

**Jacob Leon** entered the Under 16 Boys 800 metres, 1500 metres and 3000 metres events and came home with a medal of each colour in the 3 events. In his 800 metres event he was unfortunate in being placed in the lesser heat. Jacob's previous best time was 2 mins 6.60 secs. He took off from the start and won his heat in a huge personal best time of 1 min 59.16 secs. Only 2 boys in the "faster heat" were able to beat this time and Jacob was awarded the bronze medal. In his 1500 metres event Jacob recorded a personal best time of 4 mins 16.62 secs to win the gold medal. Jacob again recorded a personal best time of 9 mins 09.59 secs in securing the silver medal.

**Adam Bruntsch** finished in 9<sup>th</sup> place in the Under 16 Boys 1500 metres event with a personal best time of 4 mins 26.70 secs. In his 2000 metres Steeplechase event Adam won the bronze medal in a time of 6 mins 40.26 secs.

**Ashton Hanna** finished in 13<sup>th</sup> place in the Under 16 Boys 3000 metres event in a time of 10 mins 26.05 secs. In his 2000 metres Steeplechase event Ashton filled 7<sup>th</sup> place with his time of 7 mins 17.12 secs.

**Sam Galati** finished in 8<sup>th</sup> place in the Under 18 Boys 110 metres Hurdles event with his time of 17.48 seconds (zero wind reading). In his Triple Jump event Sam claimed the bronze medal with his leap of 12.32 metres (tailwind of 1.4 metres/sec).

**William Tye** finished just out of the medals in the Under 14 Boys 90 metres Hurdles event in a time of 15.84 seconds (tailwind of 0.7 metres/sec). In his Triple Jump event William again filled 4<sup>th</sup> place with his leap of 9.68 metres (tailwind of 0.1 metres/sec).

**Timothy Forster** finished in 6<sup>th</sup> place in the Under 15 Boys 100 metres Hurdles event in a personal best time of 15.88

seconds (tailwind of 0.9 metres/sec). In his 100 metres event Tim placed 15<sup>th</sup> in a time of 13.29 seconds (tailwind of 2.1 metres/sec).

### **31. NSW U23 and Open Championships**

The NSW Open Championships were held at Homebush from 8<sup>th</sup> to 10<sup>th</sup> March and we were represented by 3 athletes. **Samantha Brown** competed in the Open Women's 800 metres event finishing in 20<sup>th</sup> place with her time of 2 mins 27.39 secs.

**Amelie Sun** competed in the Open Women's 1500 metres and finished in 13<sup>th</sup> place (12 advance to the final) in a big personal best time of 4 mins 39.39 secs.

**Jack Baker** competed in the Open Men's 400 metres event and placed 46<sup>th</sup> in a personal best time of 56.71 secs.

### **32. NSW Little Athletics Championships**

The NSW Little Athletics Championships were held at Homebush over the weekend of 16<sup>th</sup> and 17<sup>th</sup> March in appalling conditions and we were represented by 37 athletes.

**Jessica Johnston** won the Under 12 Girls 400gm Javelin with her throw of 29.92 metres. In her High Jump event Jessica claimed the bronze medal with her leap of 1.45 metres. Jess placed 4<sup>th</sup> in her Discus event with her throw of 31.24 metres. In her Shot Put event Jessica placed 7<sup>th</sup> with her effort of 10.24 metres.

**Isabella Azizi** finished in 8<sup>th</sup> place in the Under 12 Girls High Jump event with her clearance at 1.40 metres.

**Amelia Boccabella** finished in 6<sup>th</sup> place in the Under 12 Girls 400gm Javelin event with her throw of 22.55 metres.

**Isabella Barbara** claimed 17<sup>th</sup> spot in the Under 12 Girls Shot Put event with her throw of 9.18 metres.

**Nathan Barbara** won the 11-12 years Multi-Class Long Jump event with his leap of 2.84 metres (68.269%). In his Shot Put event Nathan won the silver medal with his effort of 5.97 metres (55.847%). Nathan claimed a further silver medal in his Discus event with his throw of 11.77 metres (35.851%). To cap off his Carnival Nathan won the bronze medal in his 100 metres event in a time of 25.04 seconds (70.008%).

**Andrew Kalos** claimed the silver medal in the Under 12 Boys 400gm Javelin event with his throw of 36.86 metres. In his 2kg Shot Put event Andrew placed 18<sup>th</sup> with his effort of 10.61 metres.

**Jaykay Rauqe** finished in 17<sup>th</sup> place in the Under 12 Boys 2kg Shot Put event with his throw of 10.70 metres.

**Ruby Worrell** placed 11<sup>th</sup> overall in the Under 13 Girls 100 metres event in a time of 13.47 seconds. In her 200 metres event Ruby qualified for the final with her heat time of 27.24 seconds. In the final Ruby placed 7<sup>th</sup> in a time of 27.54 seconds.

**Georgia Phillips** finished in 13<sup>th</sup> place in the Under 13 Girls 3000 metres event in a personal best time of 11 mins 50.10 secs.

**Natasha Fairhall** placed 12<sup>th</sup> in the Under 13 Girls 400gm Javelin event with her throw of 25.95 metres. In her 750gm Discus event Natasha finished in 21<sup>st</sup> place with her effort of 20.97 metres.

**Aliana Moala** finished in 15<sup>th</sup> place overall in the heats of the Under 13 Girls 100 metres event with her time of 13.79 seconds.

**Oliver Smith** won the silver medal in the Under 13 Boys 800 metres event with his time of 2 mins 22.50 secs. In his 3000 metres event Olivia claimed 6<sup>th</sup> placing with his time of 10 mins 29.50 secs. Oliver placed 9<sup>th</sup> in his 1500 metres event in a time of 4 mins 54.23 secs.

**Alexander Ingham** finished in 6<sup>th</sup> place in the Under 13 Boys 1500 metres Walk event in a time of 10 mins 07.10 secs.

**William Tye** qualified for the final of the Under 13 Boys 80 metres Hurdles event with his heat time of 14.03 seconds. In the final William claimed 7<sup>th</sup> place in a time of 14.11 seconds.

**Ivan Prizmic** finished in 7<sup>th</sup> place in the Under 13 Boys High Jump event with his clearance of 1.50 metres.

**Angelo Mihos** finished in 19<sup>th</sup> place in the Under 13 Boys High Jump event with a clearance at 1.35 metres.

**Caitlin Waldron** placed 8<sup>th</sup> in the Under 14 Girls 3kg Shot Put event with her throw of 10.52 metres. In her 1kg Discus event Caitlin claimed 11<sup>th</sup> spot with her effort of 29.46 metres

**Mikayla Kelleher** finished in 12<sup>th</sup> place overall in the Under 14 Girls 80 metre Hurdles heats with her time of 13.81 seconds.

**Jeremy Plummer** placed 11<sup>th</sup> in the Under 14 Boys 1500 metres Walk event with his time of 9 mins 11.40 secs.

**Timothy Forster** finished an overall 11<sup>th</sup> in the Under 14 Boys 90 metre Hurdles event with his time of 14.42 seconds.

**Owen Douglas** claimed 14<sup>th</sup> place in the Under 14 Boys High Jump event with his clearance at 1.55 metres.

**Georgia Arcus** won the silver medal in the Under 15 Girls 3000 metres event with her time of 10 mins 41.92 secs. In her 1500 metres event Georgia finished in 4<sup>th</sup> place (unfortunately no times were recorded for any of the girls in this event). Georgia finished in 5<sup>th</sup> place in her 800 metres event with her time of 2 mins 22.16 seconds.

**Arabella Price** won the bronze medal in the Under 15 Girls 3000 metres event in a personal best time of 10 mins 51.17 secs. In her 800 metres event Arabella claimed 12 place with her time of 2 mins 28.54 secs. In her 1500 metres event Arabella placed 14<sup>th</sup> (no time).

**Sophie Kavanagh** won the bronze medal in the Under 15 Girls High Jump event with her clearance at 1.59 metres. In her 500gm Javelin event Sophie place 6<sup>th</sup> with her throw of 30.69 metres.

**Sofia Gately** claimed 8<sup>th</sup> place in the Under 15 Girls 500gm Javelin event with her effort of 28.47 metres.

**Eliza Da Silva** finished in 6<sup>th</sup> place overall in the Under 15 Girls 200 metres heat and qualified for the final with her heat time of 27.16 seconds. In the 200 metre final Eliza claimed 8<sup>th</sup> place with her time of 27.12 seconds. In her Triple Jump event Eliza finished in 21<sup>st</sup> spot with her leap of 9.24 metres.

**Anastasia Lakic** filled 19<sup>th</sup> place in the Under 15 Girls 800 metres event with her time of 2 mins 38.40 secs.  
**Jacob Leon** secured a medal of each colour in the 3 events he contested. Jacob won the gold medal in the Under 15 Boys 3000 metre event in a time of 9 mins 16.54 secs. Jacob's silver medal came in his 1500 metres event with the time of 4 mins 21.11 secs. The bronze medal was in his 800 metres event with a time of 2 mins 04.26 secs.  
**Adam Bruntsch** placed 4<sup>th</sup> in the Under 15 Boys 1500 metres event with his time of 4 mins 26.22 secs. In his 800 metres event Adam claimed 5<sup>th</sup> place in a time of 2 mins 08.52 secs.  
**Ashton Hanna** finished in 10<sup>th</sup> place in the Under 15 Boys 3000 metres event with his time of 10 mins 20.27 secs.  
**Jack Baker** placed 15<sup>th</sup> overall in the heats of the Under 15 Boys 400 metres event in a time of 56.89 seconds.  
**Alyssa Lowe** won the bronze medal in the Under 17 Girls Triple Jump event with her leap of 11.39 metres. In her 100 metres Hurdles event Alyssa was 7<sup>th</sup> fastest into the final with her time of 15.50 seconds. Alyssa finished 5<sup>th</sup> in the final with her time of 15.40 seconds. In her 100 metres heat Aly qualified for the final with her 6<sup>th</sup> overall placing and time of 12.70 seconds. In the final Aly placed 8<sup>th</sup> with her time of 12.87 seconds.  
**Portia Amy-Wilson** finished in 19<sup>th</sup> place in the Under 17 Girls Long Jump event with her leap of 4.54 metres.  
**Olivia Dyer** finished in 21<sup>st</sup> place in the Under 17 Girls 1500 metres Walk event with her time of 9 mins 18.50 secs.  
**George Davis** finished 6<sup>th</sup> in the Under 17 Boys 1500 metres Walk with a time of 7 mins 38.80 sec. In his 700gm Javelin event George took out 20<sup>th</sup> place with his throw of 33.38 metres.  
**Sam Galati** placed 14<sup>th</sup> overall in the heats of the Under 17 Boys 100 metres Hurdles event in a time of 16.49 seconds. In his 300 metres Hurdles event Sam placed 19<sup>th</sup> overall in the heats in a time of 45.22 seconds.  
**Jett Tall** finished in 16<sup>th</sup> place in the Under 17 Boys 5kg Shot Put event with his throw of 10.64 metres.

### **33. Australian Open & Junior Championships**

The Australian Junior & Open Championships were held at Homebush from Monday, 1<sup>st</sup> April to Sunday, 7<sup>th</sup> April and we had a total of 12 athletes competing at these Championships.

**Alyssa Lowe** won her heat of the Under 17 Girls 100 metres Hurdles event in a time of 14.45 seconds (head wind of 0.6 metres/sec). In the final Aly won the silver medal in a personal best time of 14.39 seconds (head wind of 0.1 metres/sec). In her Long Jump event Aly took out a further silver medal with her personal best leap of 5.76 metres (tail wind of 0.3 metres/sec). In her Triple Jump Alyssa placed 8<sup>th</sup> with her leap of 11.33 metres (head wind of 0.8 metres/sec).

**Sophie Gocher** won the bronze medal in the Under 20 Girls 3000 metres Steeplechase event with her time of 11 mins 30.64 secs.

**Zoe Warland** finished 2<sup>nd</sup> in her heat of the Under 18 Girls 100 metres Hurdles event in a time of 14.26 seconds (head wind of 0.8 metres/sec). In the final Zoe secured 4<sup>th</sup> place in the exact same time of 14.26 seconds (head wind of 0.4 metres/sec). Zoe also contested the Under 18 Girls Long Jump event and claimed 6<sup>th</sup> spot with her leap of 5.31 metres (head wind of 0.6 metres/sec).

**Amelie Sun** claimed 5<sup>th</sup> place in the Under 16 Girls 3000 metres event with her personal best time of 10 mins 21.49 secs. In her 1500 metres final Amelie placed 9<sup>th</sup> with her time of 4 mins 45.75 secs. Amelie finished in 14<sup>th</sup> place overall in the heats of her 800 metres event in a time of 2 mins 21.38 secs.

**Jacob Leon** placed 7<sup>th</sup> in the Under 16 Boys 1500 metres final with a personal best time of 4 mins 13.32 secs. In his 800 metres heat Jacob claimed 12<sup>th</sup> place overall with his time of 2 mins 03.10 secs.

**Georgia Arcus** finished in 10<sup>th</sup> placed in the Under 16 Girls 3000 metres event with a personal best time of 10 mins 29.44 secs. In her 800 metres event Georgia recorded another personal best time of 2 mins 21.53 secs to claim 15<sup>th</sup> place overall.

**Adam Bruntsch** placed 9<sup>th</sup> in the final of the Under 16 Boys 2000 metres Steeplechase event in a personal best time of 6 mins 33.50 secs.

**Sam Galati** claimed 10<sup>th</sup> place in the Under 18 Boys Triple Jump event with his best leap of 12.24 metres.

**Ruby Worrell** claimed overall 10<sup>th</sup> place in the heats of the Under 14 Girls 200 metres event with her time of 26.86 seconds. In her 100 metres heats Ruby finished in 17<sup>th</sup> place overall with her time of 13.17 seconds.

**Timothy Forster** finished in 11<sup>th</sup> place overall in the Under 15 Boys 100 metres Hurdles event in a personal best time of 15.55 seconds.

**Arabella Price** placed 12<sup>th</sup> in the final of the Under 16 Girls 2000 metres Steeplechase event with her time of 8 mins 04.54 secs.

**Samantha Brown** contested the heats of the Under 20 Girls 800 metres event finishing in 17<sup>th</sup> place overall with her time of 2 mins 25.00 secs.

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MEN (as at 15/4/19)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	David Forster	13.5h	82/83	11 years	Adam Bruntsch	4:46.04	15/16
12 years	Sam Hain	12.79	11/12	12 years	Adam Bruntsch	4:38.29	16/17
13 years	Sam Hain	11.54	13/14	13 years	Harrison Wade	4:17.14	13/14
14 years	Len Pearce	11.45	05/06	14 years	Michael Todd	4:07.18	06/07
15 years	John Pearce	11.18	06/07	15 years	Michael Todd	3:59.89	07/08
Under 18	John Pearce	10.72	08/09	Under 18	Will Devjak	3:53.51	00/01
Under 20	John Pearce	10.72	08/09	Under 20	Harrison Wade	3:50.67	17/18
Open	Brett Jovanovich	10.63	07/08	Open	Will Devjak	3:51.28	03/04
Vet 30-39	Carl Casaclang	11.63	01/02	Vet 30-39			
Vet 40-49	Peter Collins	11.9h	95/96	Vet 40-49	Adrian Wade	4:19.84	17/18
Vet 50+	Andrew Atkinson-Howatt	13.7h	07/08	Vet 50+	Voitek Klimiuk	5:30.50	10/11
Vet 70+	Ron Wills	17.5h	12/13	Vet 70+	Ron Wills	6:15.1h	12/13
<u>200 metres</u>				<u>3000 metres</u>			
11 years	David Forster	29.7h	82/83	11 years	Will Devjak	10:35.1h	94/95
12 years	Daniel Bowtell	27.93	12/13	12 years	Harrison Wade	9:41.11	12/13
13 years	Sam Hain	23.87	13/14	13 years	Harrison Wade	9:16.39	13/14
14 years	Sam Hain	23.48	13/14	14 years	Harrison Wade	8:56.60	14/15
15 years	John Pearce	22.1h	06/07	15 years	Harrison Wade	8:50.01	15/16
Under 18	Glen McCarthy	21.74	87/88	Under 18	Harrison Wade	8:31.66	16/17
Under 20	Glen McCarthy	21.69	88/89	Under 20	Harrison Wade	8:31.66	16/17
Open	Glen McCarthy	20.96	92/93	Open	Harrison Wade	8:31.66	16/17
Vet 30-39	John Larkin	23.43	93/94	Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Peter Collins	25.18	94/95	Vet 40-49	Adrian Wade	9:06.36	17/18
Vet 50+	Voitek Klimiuk	28.16	01/12	Vet 50+			
Vet 70+	Ron Wills	34.1h	11/12	Vet 70+	Ron Wills	14:48.2h	11/12
<u>400 metres</u>				<u>5000 metres</u>			
11 years	David Forster	63.2h	82/83	15 years	Logan Wade	16:49.96	16/17
12 years	David Forster	62.7h	83/84	Under 18	Harrison Wade	15:05.11	16/17
13 years	Harrison Wade	60.3h	13/14	Under 20	Harrison Wade	15:05.11	16/17
14 years	David Forster	53.01	85/86	Open	Harrison Wade	15:05.11	16/17
15 years	Neville Stanton	51.50	99/00	Vet 30-39	Ray Wareham	15:56.32	04/05
Under 18	Glen McCarthy	49.10	87/88	Vet 40-49	Adrian Wade	15:59.27	17/18
Under 20	Glen McCarthy	49.10	87/88	Vet 50+			
Open	Glen McCarthy	47.56	95/96				
Vet 30-39	Greg Boyce	52.72	06/07				
Vet 40-49	Adrian Wade	57.8h	14/15	Vet 40-49	Adrian Wade	35:25.19	15/16
Vet 50+	Voitek Klimiuk	64.32	10/11				
Vet 70+	Ron Wills	78.9h	11/12				
<u>800 metres</u>				<u>10000 metres</u>			
11 years	Will Devjak	2:19.1h	94/95	Vet 40-49	Adrian Wade	35:25.19	15/16
12 years	Adam Bruntsch	2:16.70	16/17				
13 years	Jacob Leon	2:06.78	17/18				
14 years	Jacob Leon	1:59.16	18/19				
15 years	Michael Todd	1:55.99	07/08				
Under 18	Michael Todd	1:53.42	08/09				
Under 20	Will Devjak	1:50.3h	02/03				
Open	Will Devjak	1:48.56	03/04				
Vet 30-39	Greg Boyce	1:58.48	05/06				
Vet 40-49	Adrian Wade	2:07.84	14/15				
Vet 50+	Voitek Klimiuk	2:35.04	10/11				
Vet 70+	Ron Wills	2:56.15	11/12				
<u>2000 metres Steeplechase</u>				<u>3000 metres Steeplechase</u>			
12 years	Peter Cotton	9:17.6h	86/87	Under 18	Will Devjak	9:23.63	00/01
13 years	Harrison Wade	6:43.08	13/14	Under 20	Will Devjak	9:23.63	00/01
14 years	Harrison Wade	6:26.98	14/15	Open	Will Devjak	9:23.63	00/01
15 years	Will Devjak	6:20.1h	98/99	Vet 50+			
Under 18	Will Devjak	5:53.46	00/01				
Under 20	Will Devjak	5:53.46	00/01				

**BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**

**MEN (as at 15/4/19)**

**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	George Davis	7:35.20	18/19
Under 18	George Davis	7:38.80	18/19
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	16:21.07	18/19
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	Tim Forster	15.55	18/19
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 15/04/19)**

<b><u>Shot Put</u></b>				<b><u>Pole Vault</u></b>			
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	Jett Tall	13.77m	16/17				
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				

<b><u>Discus</u></b>				<b><u>High Jump</u></b>			
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				

<b><u>Javelin</u></b>				<b><u>Long Jump</u></b>			
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				

<b><u>Hammer</u></b>				<b><u>Triple Jump</u></b>			
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				

<b><u>Weight</u></b>				<b><u>Weight (9.08kg)</u></b>			
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 15/04/19)**

**100 Metres**

11 years	Jamie Casaclang	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 <sup>1</sup>	11.96	08/09
Vet 35+	Rachael Jackson	12.14	11/12

**200 Metres**

11 years	Jamie Casaclang	27.2h	00/01
12 years	Jamie Casaclang	26.0h	01/02
13 years	Rachael Massey	25.78	89/90
14 years	Rachael Massey	25.17	90/91
15 years	Jamie Casaclang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky Piggin	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 Casaclang	62.3h	00/01
12 years	Jamie Casaclang	59.59	01/02
13 years	Jamie Casaclang	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 Piggin	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

<sup>1</sup> Rachel Massey and Rachel Jackson are the same athlete

**BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**

**WOMEN (as at 15/04/19)**

**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	Alyssa Lowe	14.39	18/19
Under 18	Zoe Warland	14.26	18/19
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	Alyssa Lowe	29.58	18/19
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

**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

**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

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 15/04/19)**

<b><u>Shot Put</u></b>				<b><u>High Jump</u></b>			
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-Phomsiri	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	U18	Alexandra Church	1.82m	01/02
Under 20	Maddy Bergfield	12.04m	14/15	U20	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

<b><u>Discus</u></b>				<b><u>Long Jump</u></b>			
11 years	Jessica Johnston	31.24m	18/19	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	Alyssa Lowe	5.76m	18/19
Under 18	Maddy Bergfield	41.75m	12/13	U 18	Sachi Kayama	6.00m	13/14
Under 20	Maddy Bergfield	41.75m	12/13	U 20	Vicky Piggin	6.20m	94/95
Open	Maddy Bergfield	41.75m	12/13	Open	Vicky Piggin	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

<b><u>Javelin</u></b>				<b><u>Triple Jump</u></b>			
11 years	Jessica Johnston	29.92m	18/19	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	Alyssa Lowe	11.85m	18/19
Under 18	Chloe Davis	39.35m	17/18	U18	Maya Leverett	12.33m	15/16
Under 20	Laura Cornford	45.52m	04/05	U20	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

<b><u>Hammer</u></b>				<b><u>Multi-Events</u></b>			
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	U18	Tara Millgate	4271 pts	01/02
15 years	Maddy Bergfield	41.51m	11/12	U 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				

				<b><u>Pole Vault</u></b>			
Vet 28-34				13 years	Johanna Volos	2.90m	12/13
Vet 35+	Helen Searle	44.00m	96/97	14 years	Johanna Volos	3.10m	13/14
				15 years	Johanna Volos	3.30m	14/15
				U 18	Johanna Volos	3.10m	13/14
				U 20	Johanna Volos	3.10m	13/14

<b><u>Weight Pentathlon</u></b>			
Vet 60-64	Helen Searle	5117 pts	99/00
Vet 65-69	Helen Searle	5027 pts	01/02

### **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 2018 – 2019

### 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 Pigginn	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 Pigginn	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	Alyssa Lowe	60.0	2018
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Pigginn	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 2018 - 2019

### GIRLS

### BOYS

#### 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	Georgia Arcus	5:08.0	2018
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

#### 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	Adam Bruntsch	4:39.6	2018
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	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+			

#### 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	George Davis	8:06.67	2019
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	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

#### 80m Hurdles

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

#### 90m Hurdles

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

#### 90m Hurdles

Under 14	David Forster	15.4	1984
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#### 100m Hurdles

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

#### 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 2018 - 2019

### GIRLS

#### Javelin

Under 12	Jessica Johnston	25.60m	2019
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	Jessica Johnston	8.85m	2019
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+	Andrew Atkinson-Howatt	38.76m	2019
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	Jett Tall	43.66m	2018
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	Jett Tall	29.92m	2018
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 2018- 2019

### GIRLS

### BOYS

#### High Jump

#### 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	Alyssa Lowe	1.55m	2018
Under 18	Karina Longshaw Sharon McConkey	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+			

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	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

#### 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	Alyssa Lowe	5.53m	2018
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+			

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	Jett Tall	6.16m	2018
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

#### 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	Alyssa Lowe	11.27m	2019
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+			

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

#### 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+			

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 2018 - 2019

### 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