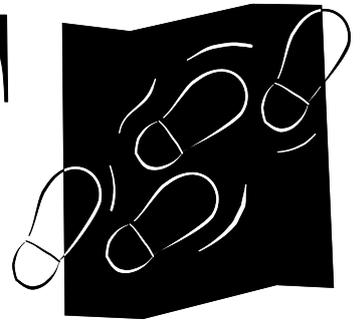




FOOTPRINT



Senior Division Edition February 2019

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

Ryde Senior athletes show their talent at the NSW Junior Championships. 3 Gold, 6 Silver, 4 Bronze and plenty of PB's

Over the weekend of the 22nd to 24th February 25 of Ryde Senior's best U12 and above athletes took on the best in the State and came home with some great results.

Leading the medal count was **Jacob Leon** who came home with a full set of medals, gold silver and bronze in the U16 1500m, 3000m and 800m respectively.

Alyssa Lowe also collected three medals but Aly's were all the same colour – silver, in the U17 triple jump, long jump and 100m hurdles.

Arabella Price pulled out a gold medal run and her first state title in the U16 2000m steeplechase when she was a good 20m behind the leading girl at the final water jump, Ara just powered past her. **Below Jacob charged home in the first heat of the U16 800m in 1.59.16s a 5 sec plus pb in one of the best performances of the day**

Sophie Gocher stepping up to the longer distance 3000m steeplechase for the first time, showed her form and fitness when she came away with the Gold and State title as well as a National Qualifying time for the Australian Open Championships.

Adam Bruntsch also collected a medal at the steeplechase when he ran 3rd in the U16 2000m steeple

Injury has given **Zoe Warland** a very late start to the season but she still managed a bronze medal winning jump in the U18 long jump.

Sam Galati thought he'd missed out on qualifying for nationals when he didn't jump as well as he wanted. He still jumped into 3rd place for a bronze in the U18 Triple Jump and that is a ticket through to the Australian Junior Championships.

Amelie Sun only ran one event and made it worth while when she collected the silver in the U16 1500m.

Sam Brown was our final medal of the meet when she ran into the rain and a big wind to come home with silver in the U20 800m.

Full report starts on page 12.



Alyssa jumps to silver at the Australian All Schools Track & Field Championships

The Australian All Schools Championships were held in Townsville in very wet and windy conditions from the 7th to 9th December 2018 and Ryde Seniors were represented by 2 athletes.

Alyssa Lowe continues her outstanding 2018/19 season when she won a silver medal in the Girls Under 16 Triple Jump. Aly's best jump of 11.85m was some 78cm further than she jumped at the NSW All Schools and just 2cm short of the Gold medal. In the Girls Under 16 Long Jump Alyssa placed 4th with a best jump of 5.31m.

Sam Brown (below third from right) competed in the U18 2000m Steeplechase in very wet and blustery conditions and placed 11th with a time of 7min 37.6s.

Ryde Little Athlete **Ben Stevens** placed 6th in the U14 shot put with a best throw of 13.26m. Ben threw 39.97m to place 4th in the hammer throw and won his first All Schools national medal when he threw 47.38m in the discus event to secure third.



Nathan sets an Australia Record at the School Sports Australia Track & Field Championships

Nathan Barbara represented NSW at the School Sports Australia 10-12yrs Track and Field Championships held in Melbourne from the 23rd to 26th November 2018.

In the Boys 11yrs 100m Multi Class event Nathan finished 5th with a time of 23.02s (76.15%). This time was a new National record for Multi-Class 61 11yr boy athletes an outstanding achievement for Nathan.

Nathan was also a member of the combined New South Wales and Australia Capital Territory 4 x100m Multi-Class 10-12yrs Relay team. The boys placed 4th overall just out of the medals with a combined time of 75.29s (72.76%).

A special mention to the **Ryde Sports Foundation**, a wonderful local organisation that promotes our young sports men and women for their generous contribution of a \$300 scholarship towards Nathan's expenses. It was very much appreciated.

Nathan at right with his record certificate



Portia claims a National Qualifier at the ACT Multi Event Championships

With Athletics NSW now offering effectively only one multi- event a season the Amy-Wilson's headed to Canberra for the ACT Combined Event Championships held 12-13th January.

Portia Amy-Wilson competed in the U18 Heptathlon and finished in 5th place overall with 3461 points. This is well above the points required to compete at Nationals in the U17 Heptathlon to be held on the 15th-17th March in Hobart.



Portia's individual results were 100m hurdles – 17.18 (576), high jump – 1.37m (481), shot put – 9.25m (480) 200m – 28.00s (631), Long jump – 4.77m (498), javelin – 28.86m (455) 800m – 2.44.67 (520) total 3461.



Ryde Seniors Championships Day 2 results

Age	Name	200m	800m	1500m walk	Triple Jump	Shot put	Javelin
U13	Isaac Louttit	32.29s	3.00.20		8.13m	5.80m	
U18	George Davis	26.59s	2.23.38	8m 06.67s R	10.84m	8.02m	35.17m
U18	Jett Tall	24.75s			11.29m	12.08m	26.55m
U18	Sam Galati	24.34s			11.62m	7.70m	24.17m
Vet 55+	Simon Bergfield					7.62m	27.47m
Visitor	Tristan Tall					8.14m	
Vet 60+	Andrew Atkinson-Howatt						38.76m R
Vet 60+	Robert Hanbury-Brown					10.85m	38.20m R -momentarily!

Women's Results

Age	Name	200m	800m	1500m walk	Triple Jump	Shot put	Javelin
U12	Jessica Johnston	33.46s			8.55m	8.85m R	25.60m R
U16	Alyssa Lowe	26.25s			11.27m R	8.77m	17.52m

*Denotes new club record

With only a handful of competitors, we got underway for Day 2 of the Club Championships on Sunday 3rd February. Five records fell, well 6 if we count the 55 seconds Robert held a new 60yrs+ javelin record before Andrew's was measured and added another 56cm!. It was a good and fun morning and it would be great if we could see a few more of our Senior Ryde athletes come along.



Congratulations to our new record holders **Jess Johnson (left)** in the U12 shot put and javelin, **Alyssa Lowe (above)** for the U16 triple jump, **Andrew Atkinson-Howatt**, the 60+ javelin and **George Davis** the U18 Walks.



Above Isaac, Jett & Simon. Below Sam, Robert George & Sam. Bottom Jett & Isaac





Robert would like you to note he was the past record holder. Below to the victor belong the spoils, or at least bragging rights. Andrew now holds the record until the contest resumes next February.





Above Jess, George and Robert. Below Andrew & Simon



The Athletic NSW Club Championships

The ANSW Club Championships were held at SOPAC on the 15th December and in a new format the Championships were to be run as a team event, along the lines of a schools knockout. Ryde was able to muster the numbers to enter a

team in the U17 Girls division.

First out on the field for us was **Sophie Kavanagh** throwing the javelin. Sophie threw a then personal best throw of 28.70m to place 6th.

While Sophie was out at javelin **Alyssa Lowe** was on the track for the first of her three events, the 100m hurdles. Alyssa finished second in 15.34s a full second under the national qualifying time for 100m hurdles.

Alyssa was straight over to the triple jump where her best jump of 11.35m was enough to secure a win for Ryde. Aly's jump was her second national qualifier of the afternoon.

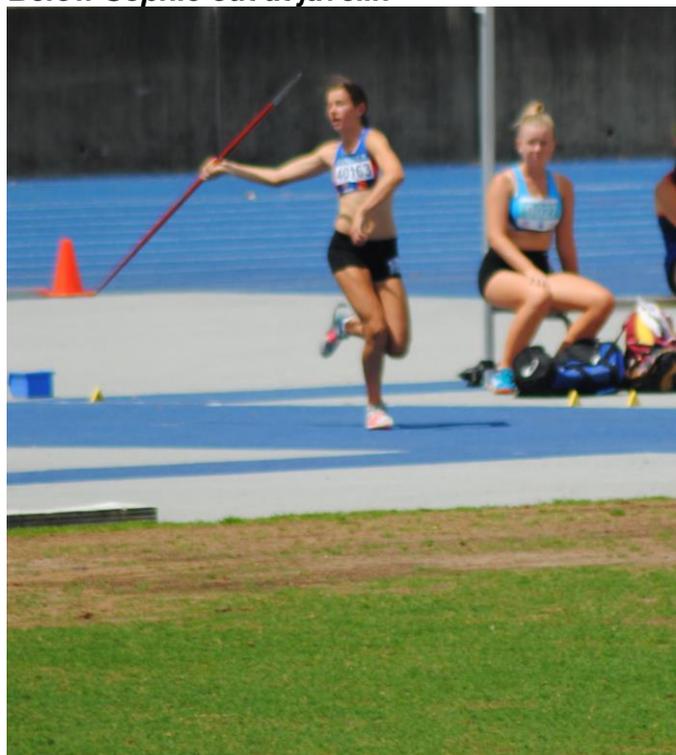
The 100m was the next event and we were again represented by **Alyssa Lowe** who was joined by sprint specialist **Eliza Da Silva**.

Aly's time of 12.51s was her third national qualifier of the afternoon and placed her 3rd overall. Eliza's time of 12.93s was her second time under the 13sec mark and placed her 7th overall.

Unfortunately at this point extremely bad weather forced all the competitors off the field and after more than an hour's wait the event was called off. As well as the Kavanaghs, Da Silva's and Lowes I'd also like to thank the following athletes and their families who had committed to compete in the event, so close to Christmas and hung around waiting to see what would eventuate – **Caitlin Waldron** (discus), **Zara Warland** (800m, relay) **Arabella Price** (800m, relay) **Amelie Sun** (3000m) and **Elli Barron** (3000m).

At the time the event was called off Ryde was in the bronze medal position just .5 point off silver with some strong performances to come. The good news is that all our competitors (who ranged in age from 13 to 15) will still be young enough to compete as U17's in the 2019/20 season so hopefully we'll be back to have another shot next season.

Below Sophie out at javelin



Above Alyssa in the hurdles and below Eliza in lane 1 in the 100m



Jess gets Captain honours at the Trans Tasman Meet

Jessica Johnston from our U12 girls was not only a member of the Little Athletics NSW team that competed against a team from Auckland in the annual Trans Tasman challenge, but was also selected as the team's captain. Jess got to read the athletes' oath in the opening ceremony and did a thank you speech at the closing ceremony. The NZ team presented her with a medal for being captain.

In competition Jess won a silver medal in High Jump (1.39m) and as a member of NSW's B field relay team (each member gets one attempt at Long Jump, Discus and Shot Put). Jessica also placed 5th in Discus (28.03m) and 7th in Shot Put (10.19m). At the end of the Day Jessica got to raise the Trans Tasman Cup as NSW won the day.

Well done Jessica.



The Athletics NSW Masters State Championships

The NSW Masters Championships was held at SOPAC from the 8th to the 10th February and we had four athletes representing Ryde and came home with three State titles.

Our sole track competitor was **Ron Wills**. Ron ran in the 75-79 400m sprints and crossed the line first in a time of 95.69s.

Out in the field **Simon Bergfield** and **Andrew Atkinson-Howatt** competed in very blustery conditions in the discus on Saturday afternoon.

Andrew was competing in the 60-64yr 1kg event and picked up the silver with an equal best first and last round throw of 35.95m. Simon competing for the last time in the 55-59yr 1.5kg event also has his best throw in the first round of 23.46m to place 4th.

On Sunday **Robert Hanbury-Brown** pulled out his biggest throw on his final round to claim gold in the 60-64yrs 9.080kg weight throw with a distance of 14.94m.

Simon, Andrew & Robert all competed in one of the final field events of the weekend, the Men's javelin.

In the 60-64yrs 600g contest Andrew, while comfortably leading right through the competition pulled out a personal best throw and Club best performance on record throw of 40.01m on his last throw. The cheers from the other competitors that followed the calling of the 40m throw shows the camaraderie that exists amongst the Master's athletes. Robert secured the bronze with his first round throw of 32.86m.

Simon competing in the 55-59yrs event threw the 700g javelin a distance of 25.69m to claim 5th position.

***Below Simon throws while Andrew looks on.
Bottom Andrew winds up.***



Above Andrew, below Simon & bottom Robert





Above looks like a new event for the Olympics, Synchronised Javelin. Below the boys after their event



The ANSW Junior Athletics Championships

The ANSW Junior Championships were held at SOPAC from the 22nd to 24th of February and there were 25 Ryde Senior Athletes.

To kick off the carnival on Friday night we had five of our talented hurdlers out on the track. **Sam Galati** competed in the U18 110m hurdles and came home in a time of 17.48s to place 8th.

Timothy Forster was out next in the U15 100m Hurdles. Tim had already run a national qualifier in this event but was able to run an even faster time of 15.88s to place 5th and post his second national qualifier for the hurdles.

Zoe Warland (below) has only made one appearance on the track this season as she recovered from injury and Zoe bounced right back with a national qualifying time of 14.34s in the U18 100m hurdles to place 4th.



Alyssa Lowe (above right) followed Zoe onto the track three minutes later in the timed finals of the U17 100m hurdles. Aly ran in the second and fastest heat and placed second in a time of 14.52s which was enough to win Ryde's first medal of the night, a silver.

Our final hurdler of the night was **William Tye** wearing the Ryde colours for the first time. William ran a great race in the U14 90m hurdles and finished just out of the medals in 4th place in a time of 15.84s.

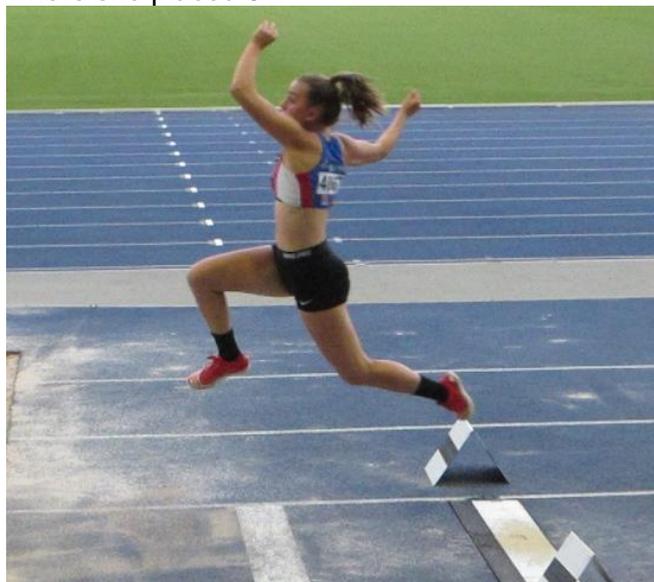
Our field athletes also opened their competition with **Caitlin Waldron** out at the hammer throw. Caitlin finished as the fourth placed NSW athlete in the U15 event with a best first round throw of 21.91m.

Sophie Kavanagh opened her weekend when she competed in one of the largest fields of the night when she jumped in the U16 girls long jump.



Sophie nailed her best jump in the first round with 4.82m to place 13th.

In the U17 girls long jump we were represented by two athletes, **Portia Amy-Willson** and **Alyssa Lowe**. As with Sophie and Caitlin, Portia (below) also got her best result from her first attempt, a jump of 4.98m which secured her a final's spot where she placed 8th.



Alyssa Lowe also got her best jump on her first attempt with a leap of 5.60m which put her straight into silver medal position and kept her there through all six rounds for her second silver medal of the night.



Aly above out at the jumps and below, with her second silver of the night

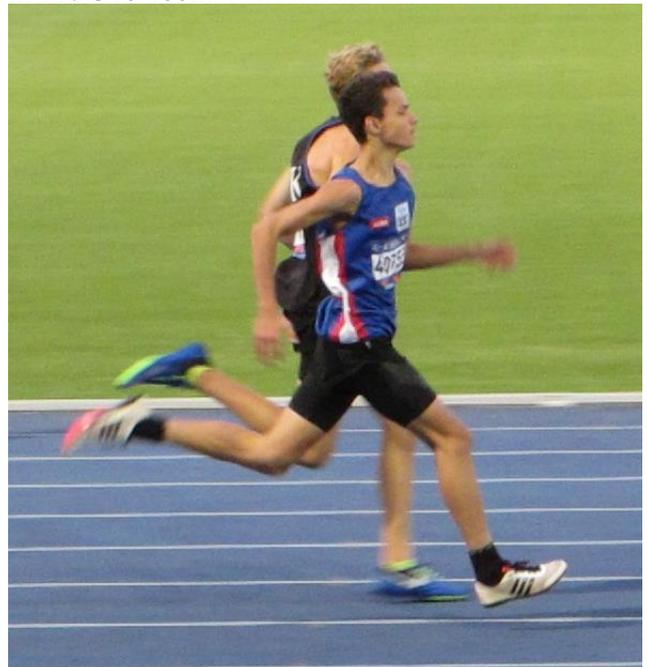


Zoe bronze in the U18 long jump & Jack below out in the U16 400m



Having warmed up with the hurdles, **Zoe Warland** (above top right) was after another national qualifying spot in the U18 long jump and did not disappoint. An injury niggle saw Zoe only attempt three jumps but after a first round foul, Zoe nailed a jump of 5.36m which put her into third and kept her there to secure her second spot at the 2019 Australian Juniors.

Anastasia Latic was stepping down from her usual middle distance events to run the U16 400m. Anastasia finished 13th in a time of 63.70s. **Jack Baker** (at right) was also running the U16 400m and ran a time of 57.86s to place 12th overall.



Our last competitors of the night were **Ashton Hanna** and **Jacob Leon** in the U16 3000m.

Ashton ran 21 seconds faster than he did at Regions the previous weekend and secured 13th spot. Jacob was 26 seconds faster than his winning time at Regions and won the silver in a super fast time of 9min 09.59s. This time is 21 seconds under the national qualifier and was a personal best time for Jacob. A great opening run for Jacob who would also contest the 1500m and 800m over the carnival weekend.

Saturday morning started just before 9 for the first Ryde athletes. **Sofia Gately** and **Sophie Kavanagh** kept each other company out at the U16 girls javelin. Sofia (below) was wearing the Ryde colours for the first time and finished 7th with a best throw of 28.10m just short of her PB.



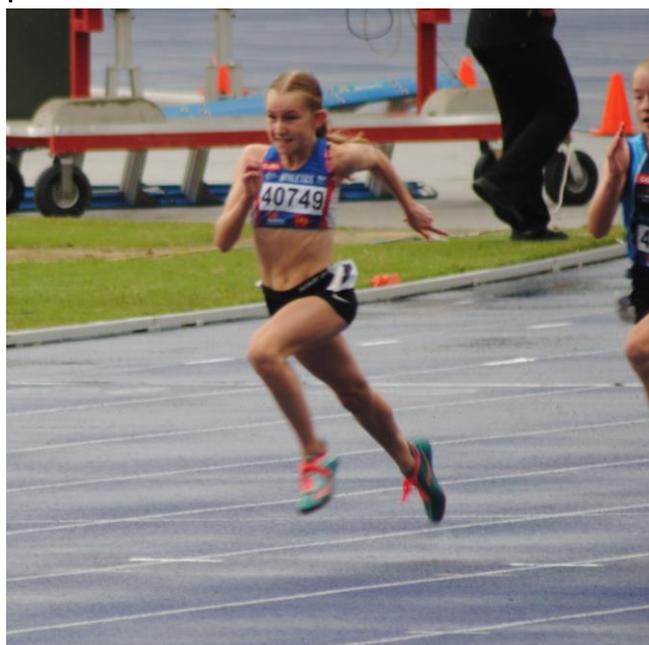
Above Sofia and below Sophie & the girls at right.



Sophie went into the competition with PB of 30.20m that she'd set at Region. By the end of Juniors Sophie had raised that pb by exactly 2.00m to 32.20m and 6th place.

We had four runners in the heats of the 100m.

Ruby Worrell (above right) was first out in the U14 100m. Having secured a National Qualifier at the NSW PSSA titles late last year and also having won the 100m at Regionals last weekend Ruby was ready to run. Ruby placed 5th in the first heat in as time of 13.50s and just missed the final when she placed 11th overall. Next out was **Timothy Forster**. Timothy secured a PB time of 13.29s to place 12th in the field of the U15 Men's 100m.



Eliza Da Silva ran in the third heat of the U16 Girls 100m and placed fourth in her heat in a time of 13.07s to place her 11th overall in the State.

Alyssa Lowe had to leave her Triple Jump event to run her 100m heat where Aly ran a time of 12.70s which was good enough to secure her a spot in the final. In the final Aly ran a time of 12.46s yet another national qualifier for her, to place 7th.



Above Ruby picked up her first NSW uniform and will be Ryde's youngest competitor at the Australian Juniors where she has qualified for both the U14 100m and 200m. Well done Ruby. **Tim** below in the 100m heats



Alyssa Lowe was back among the medals out at the U17 Girls Triple Jump. Aly picked up her third silver of the Championships when she leapt 11.78m on her second jump. Aly had to pass her final two jumps as a result of competing in the 100m heats.

Sam Galati (at right) was back for a crack at the U18 Triple Jump. Sam was initially disappointed that his best jump of 12.32m was below the national qualifier but elated when he realised that his bronze medal in the event would get him a spot on the NSW team.



Above Eliza in the U16 100m heats . **Below Aly** secures a spot in the 100m finals



Sam bronze in the U18 Triple Jump



Silver for Aly in the U17 Triple Jump



Injury to her foot meant **Zara Warland** couldn't compete in any track events so she took to the field in the U16 shot put and placed 7th with a best first round throw of 8.29m.



Caitlin Waldron was back for her second event, the U15 shot put and got a good third round throw of 10.26m to take 7th place at State.

Back on the track three of our talented U16 middle distance runners were ready to run the 1500m.



Above, Caitlin, see if you can spot the shot

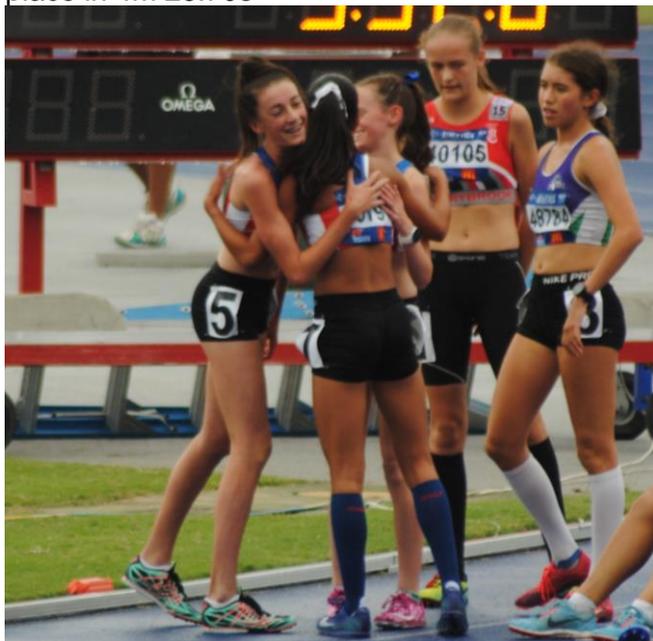
Amelie Sun looked in terrific form with a really confident run, moving up from 4th to third and then sitting at second for the final two laps to win the silver in a time of 4m 46.64s. **Arabella Price** did a huge pb when she surged down the final straight like she hadn't already run 1400m! Arabella finished 5th in 4m 55.98s and **Georgia Arcus** was just a short distance behind with 6th place in 4m 58.79s.

Below Arabella, Amelie & Georgia



Adam Bruntsch and **Jacob Leon** followed the girls onto the track for the U16 Boys 1500m. Both boys went out in the lead pack of 5 runners for the first two laps. On the bell Jacob was in 5th spot but with a final lap of 60.23s was able to cross the line first in a time of 4m 16.62s to claim his first

ANSW Juniors Starte title. Adam finished in 9th place in 4m 26.70s



Above Georgia, Amelie & Arabella do a Ryde hug after the 1500m. Below Jacob & Adam



William Tye was over in the very windy back straight, competing in the Boys U14 Triple Jump. William's best jump was in the first round at 9.68m which was good enough to give William his second 4th place of the weekend.

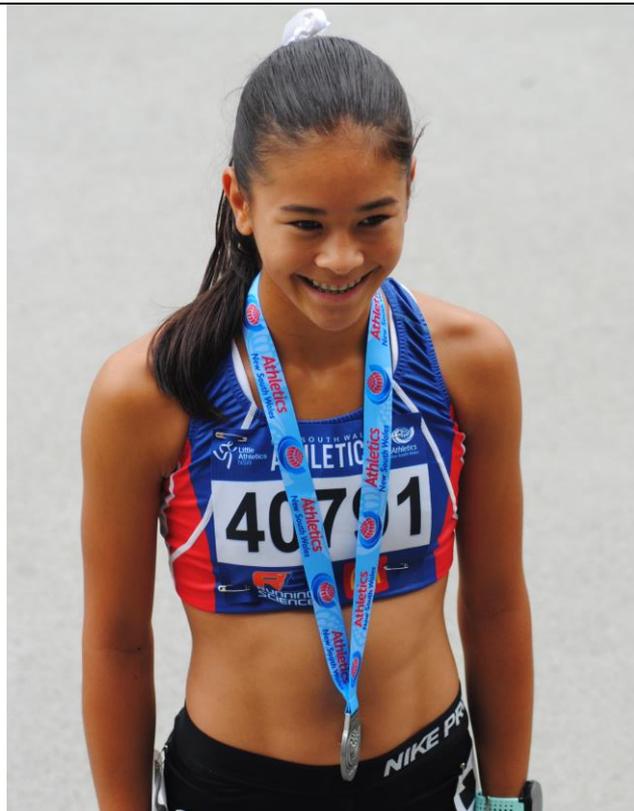
Our final competitors for Saturday were **Sam Brown** and **Charlotte Ryan** in the Women's U20 1500m. Charlotte set the pace for the first couple of laps before the eventual winner ran a sizzling



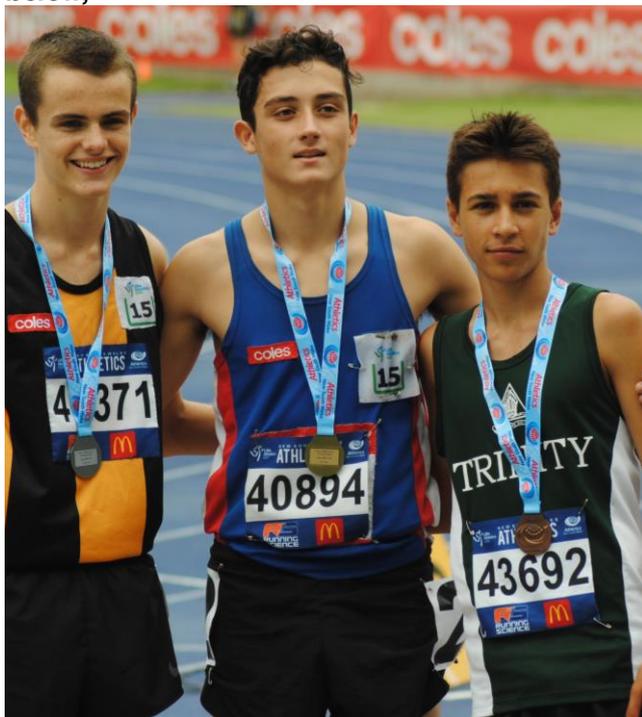
Above William at the Triple jump below Jacob crosses the line for Gold in the 1500m.



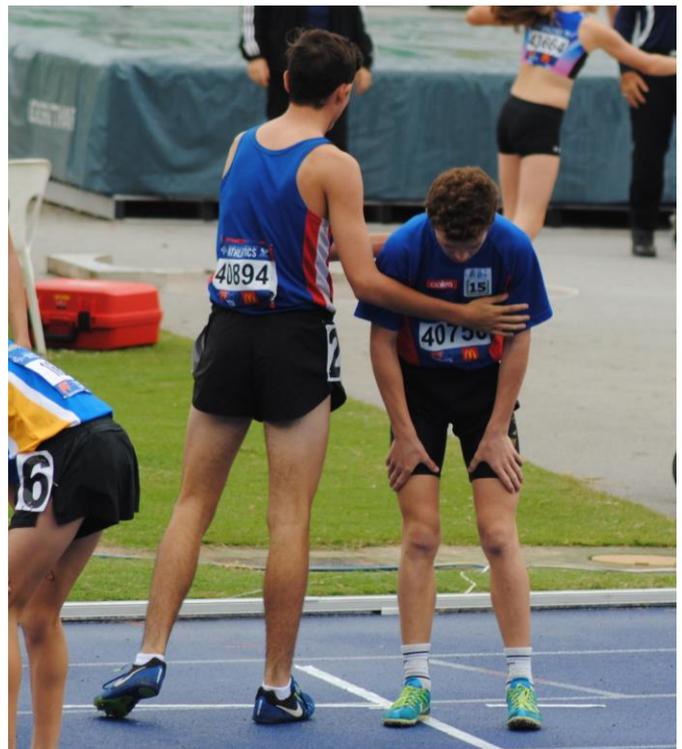
third lap to spread the field. Charlotte finished in 5th spot in a time of 4m 58.95s just behind Sam who claimed 4th place in a time of 4m 56.91s.



Our 1500m medallists Amelie above and Jacob below,



Sunday morning was time for our Steeplechasers to get wet and they were lead out by **Arabella Price** in the U16 2000m Steeplechase. Arabella ran just over 8min at the NSW All Schools in September a time that she was this weekend, to slice 25 seconds off and with it claim her first State title. Arabella sat in second position for nearly all the race some 20m behind the lead runner.



Above Jacob & Adam and below Sam and Charlotte

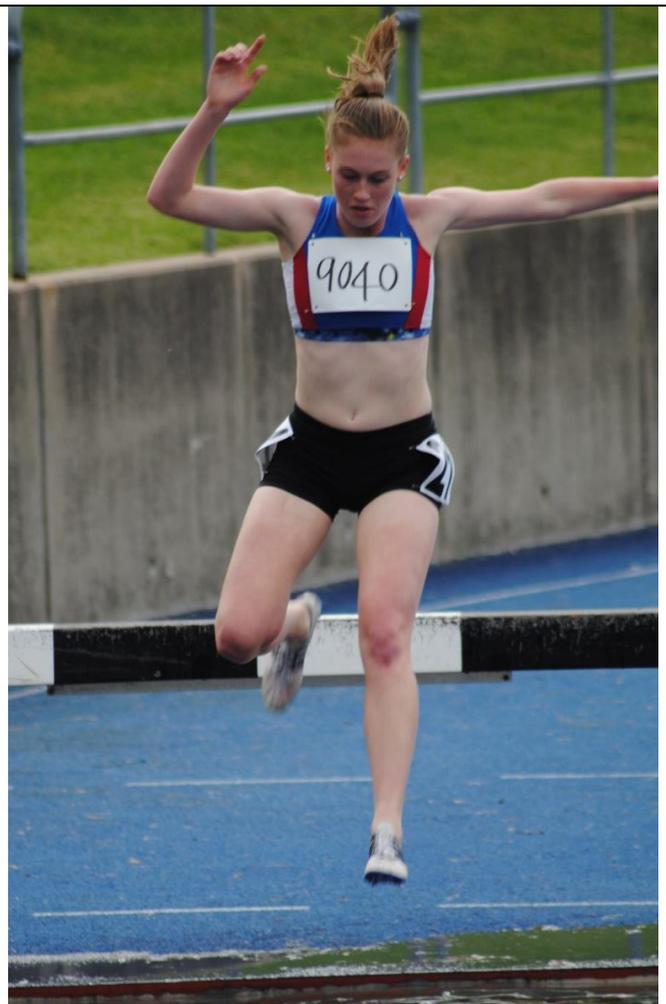


Coming off the water jump and into the final straight though Arabella absolutely gunned it and her hurdling over the final steeple gave her the upperhand and the chance to catch up and eventually pass to win by just .09s in a time of 7m 35.36s.

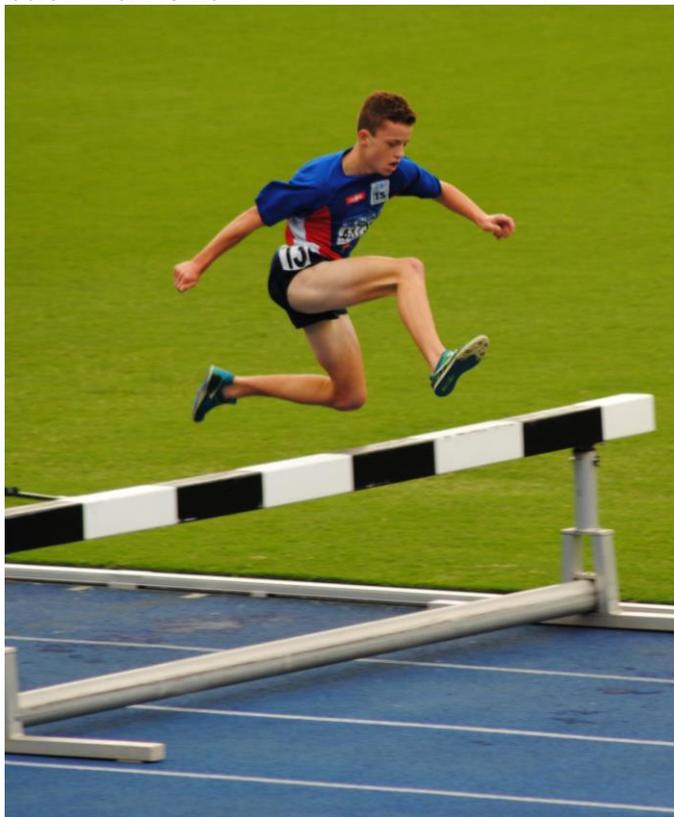
Sophie Gocher was running at the same time but had to complete an additional 1000m in the U20 3000m event before she could claim Ryde's second Steeple crown of the morning in a time of 11m 57.08s.

Adam Bruntsch and **Ashton Hanna** ran in the U16 2000m steeplechase where the top three places were set on the first lap and didn't change

from there which was good news for Adam as he tucked in for third from early on in the race. Adam finished in a time of 6m 40.26s and Ashton was 8th in 7min 17.12s.

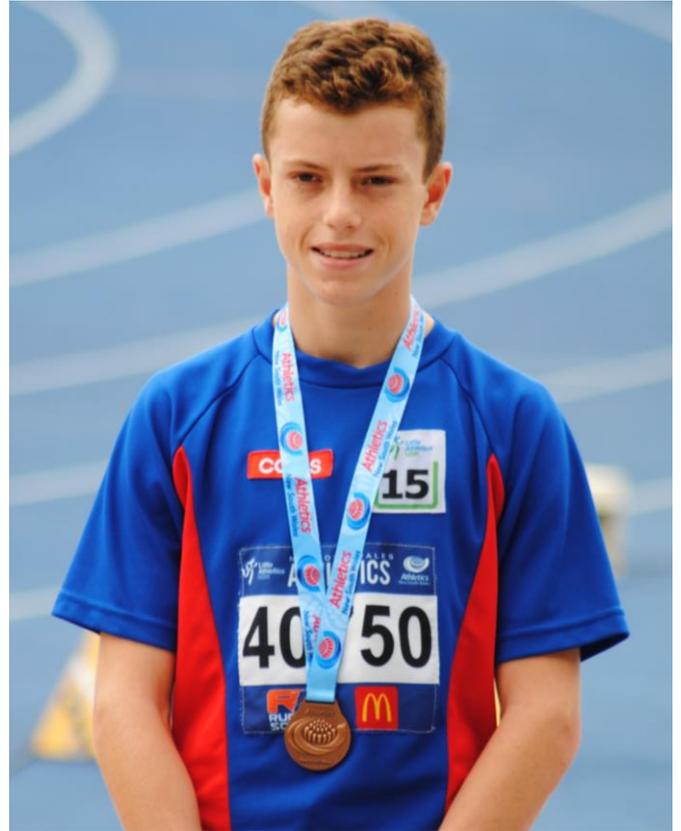


Above Arabella & below Adam. Top right Sophie & below her Ashton





Above Arabella and Adam & below Sophie & her dad Darren, CEO of Athletics Australia who presented all the steeplechase medals

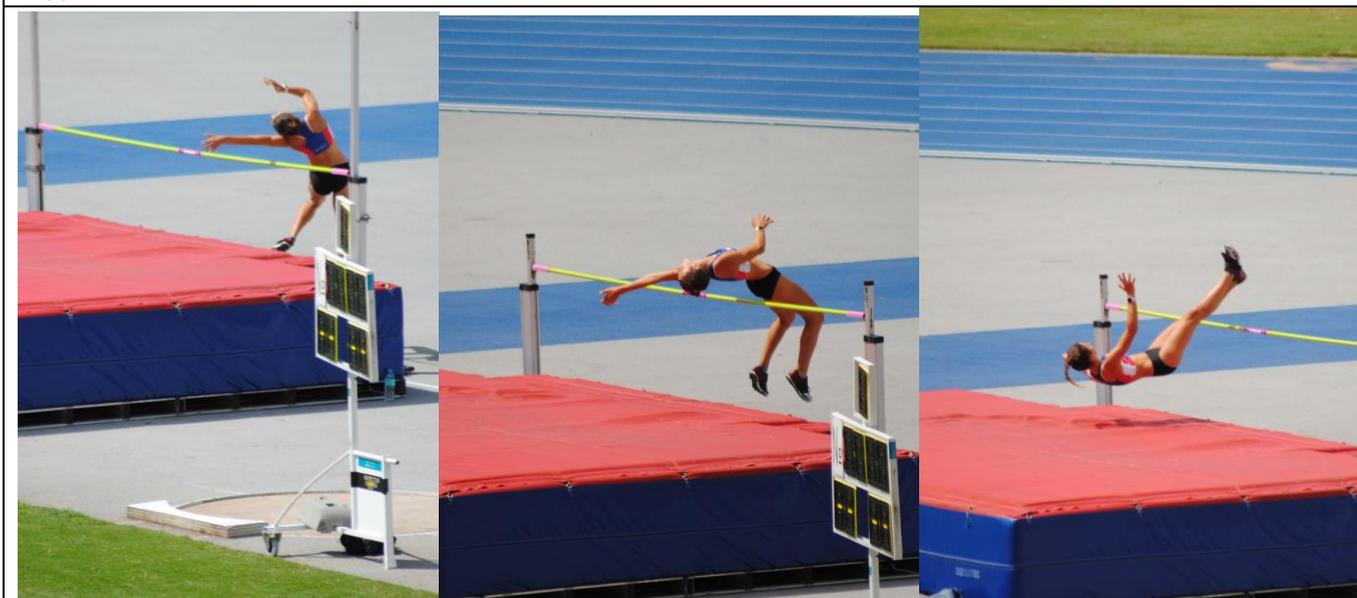


Next out on the track was **Ruby Worrell** who ran third in her heat of the U14 girls 200m heats in a time of 27.07s which was good enough to earn her a spot in the final. In the final Ruby placed 7th in a time of 27.26s.





Ruby and all the finalists from the U14 200m – I think she gives a bit of height away but makes up for it with talent & determination. Below Sophie goes up and over in the U16 high jump gaining a new PB of 1.60m



Sophie Kavanagh competed in a very close field in the U16 high jump where one athlete cleared 1.65m and the next 5 competitors including Sophie finished on 1.60m which was a new PB for Sophie. On count back Sophie placed 5th.

Eliza Da Silva (at right) also ran in the 200m heats, Eliza was in the U16 event and was also third in her heat in a time of 27.11s. Eliza placed 11th overall and missed the final by just .03s. A great effort.



Caitlin Waldron (below) was out for her final event of the meet, the U15 girls discus. Caitlin made the final and finished in 7th place with her best final round throw of 26.45m.



The final event of the day for 5 Ryde athletes was the 800m. **Georgia Arcus** and **Anastasia Latic** (below) ran in the U16 800m straight final. Georgia ran herself into a National Qualifier when she crossed the line in a pb time of 2min 21.83s to

place 5th. Anastasia finished in a time of 2m 33.08s to secure 10th spot.

Jacob Leon and **Jack Baker** (below) ran in the first of two timed finals for the U16 Boys. In what was one of the best displays of running on the day, Jacob absolutely split the field when he ran the first 400m in 57.97s, almost 6 seconds in front of the second placed runner, club mate Jack. Jacob came home in 1m 59.16s which was a huge pb and well under the National Qualifying time of 2m 04s. Jack Baker finished 6th in the heat in a pb performance of 2m 16.19s.

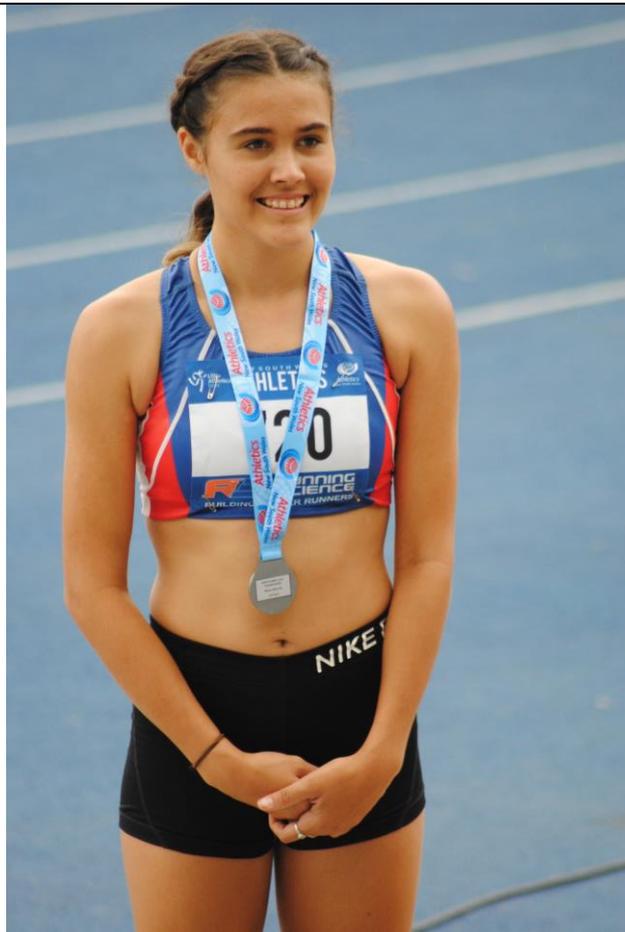
Jacob had to wait for the second heat to run to see where he finished overall. This was a more competitive heat where 5 boys ran in a bunch pushing each other along. At the end of the race, Jacob's time was enough to place him 3rd overall and probably be enough to ensure in future he is seeded in the fastest heat!

Name	Finals	H#	Points
Finals			
1 Jeffreson, Charlie	1:57.23	2	
2 Shields, Kane	1:58.90	2	
3 Leon, Jacob	1:59.16	1	
4 Constable, William	1:59.30	2	
5 Gill, Jayden	2:03.16	2	
6 Hamilton, Thomas	2:03.84	2	
7 Wilson, Luca	2:09.09	2	
8 Wylie, Rory	2:10.70	2	
9 Cheng, Isaac	2:13.23	1	
10 Smeallie, Bede	2:13.58	1	
11 De Paulis, Marco	2:14.72	1	
12 Davis, Jack	2:15.73	1	
13 Baker, Jack	2:16.19	1	
14 Hardiman, Jake	2:22.51	1	

Above Jacob's time was faster than everyone in the second heat bar the first two runners!



Sam Brown took the honours as the last Ryde competitor out on the track when she ran in the U20 800m. Sam placed 2nd and secured her fourth (800m, 1500m, 3000m 3000m Steeplechase) event for nationals when she crossed the line in a time of 2min 22.71s.



Caitlin & Sofia give a helping hand at the Sydney Track Classic

Caitlin Waldron & Sofia Gately after competing on Saturday stayed around to give a helping hand at the Sydney Track Classic that night. The girls worked in the call room so got to meet all the athletes competing that night. Well done girls.

Below Sofia and Caitlin in their volunteer gear.



Congratulations and best of luck to all our Ryde Senior qualifiers for the Australian Athletics Championships to be held in Sydney from 1st to the 7th of April

- * Sam Brown – U20 800m, 1500m, 3000m, 3000m Steeplechase
- * Sophie Gocher – U20 3000m Steeplechase
- * Zoe Warland – U18 Long Jump, 100m hurdles
- * Sam Galati – U18 Triple Jump
- * Alyssa Lowe – U17 Triple Jump, Long Jump, 100m hurdles, 100m
- * Jacob Leon – U16 800m, 1500m, 3000m
- * Amelie Sun – U16 800m, 1500m, 3000m
- * Adam Bruntsch – U16 2000m Steeplechase
- * Arabella Price – U16 2000m Steeplechase
- * Georgia Arcus – U16 800m, 3000m
- * Zara Warland – U16 3000m
- * Tim Forster – U15 100m hurdles
- * Ruby Worrell – U14 100m, 200m

Can you help us out next season?

Our current club senior club secretary has announced he will be retiring and we need to replace him. The role of Senior's secretary isn't a big one but it does require some organisation. We only meet 8 times a year and the business part of the meeting usually takes 30-45 mins. Our minutes and agenda rarely run past a page.

A club can only run if we have a few people to help. If your child is getting benefit from being part of the Senior club then perhaps you should think of giving something back to ensure we can continue to operate. Email me on lbergfield@hotmail.com if you want further details or could possibly help out.