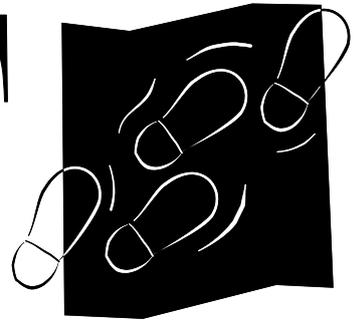




FOOTPRINT



Senior Division Edition February 2018

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

Ryde athletes turn on the talent at the NSW Junior Championships. Five Gold, five Silver, eleven Bronze and plenty of PB's

From lightning postponing events on Friday night to horribly hot and humid conditions on the weekend, Ryde athletes did what they do best. They went out and gave everything their best shot.

Friday night saw three of our athletes secure their NSW spots for the Australian Junior Championships when they each finished with a bronze medal – **Amelie Sun** and **Jacob Leon** in the U15 3000m and **Eliza Harvey** in the U18 400m.

Saturday saw **Chloe Davis** return to the State podium and clinch her NSW team spot with a bronze medal in the U20 javelin with 6 consistently good throws. New member **Timothy Forster** stood well over a head shorter than some of his competitors but flew over the hurdles to secure silver in the U14 90m hurdles. **Benjamin Stevens** showed again why he was the 12yr Pacific Games Champion when he secured the gold in the U14 discus.

Charlotte Ryan who had hobbled in to our last Annual Presentation Day on crutches showed she's was back with a personal best time and silver in the U18 1500m. **Alyssa Lowe** recovered from clipping the penultimate hurdle in the short hurdles that morning to put out an amazing set of jumps to get bronze in the U16 long jump. Three of Aly's four jumps were national qualifiers. **Harrison Wade** ran in one of the most exciting races of the weekend, the U20 1500m. There was no tactical play in this event. Every runner went flat out from the

gun and Harrison proved to be the best of them when he split the field at the bell and brought it home with his third PB since January 20th, winning by nearly 3 seconds.

Jacob Leon added a second bronze medal to his haul when he finished 3rd in the U15 800m.

At the Steeplechase Ryde picked up three more medals. **Anastasia Latic** in her debut at steeplechase became the State Champion for the U15's. **Sophie Gocher** and **Samantha Brown** battled it out against each other, swapping the lead before Sophie settled into first past the post in the U18 2000m Steeplechase with Sam collecting the silver.

Back in the Ryde red, white and blue was **Maya Leverett** and she was in great form picking up Ryde's 5th State crown for the weekend,

Katrina Lyon was out early on Sunday to pick up our first medal, a bronze in the U18 400m hurdles. **Zoe Warland** clinched a bronze in the U17 long jump with her first jump. **Amelie Sun** cut her personal best time by almost 8 seconds to win silver in the U15 1500m. **Alyssa Lowe** dipped at just the right time at the finish line to take bronze by .01s in the U16 200m hurdles.

George Davis turned up on Friday night for the U16 3000m Walk but lightning saw the event postpones until Sunday. It didn't deter George who came home with the bronze.

Eliza Harvey went one spot better than her bronze in the 400m on Friday night when she picked up the silver in the U18 800m. **Benjamin Stevens** was the fifth of our dual medallists for the weekend when he picked up the bronze in the U14 shot put.

Full report starts on page 11.

Benjamin wins gold at the Pacific School Games in Adelaide

Benjamin Stevens has come home with a gold medal from the 2017 Pacific School Games. Benjamin threw a personal best throw of 48.44m (750gm) to win the 12 yrs boy's discus competition. Ben had six good throws and no fouls so a perfect competition. Benjamin also placed 9th in the 12yrs Boys shot put with a throw of 11.80m (3kg). Ben's all round abilities had also earned him a spot in the NSW team to compete in the 12yrs Combined event where he placed 5th overall.



Ben above and at right won with a huge pb at just the right place!

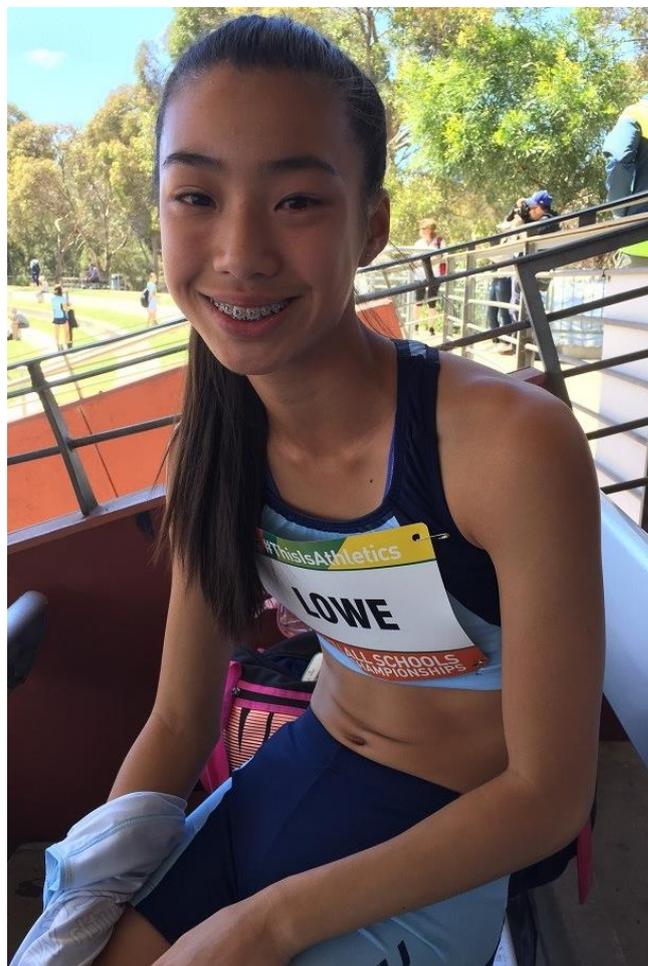
The Australian All Schools Championships

Ryde had 4 athletes competing at the Australian All Schools Championships in Adelaide in December 2017.

Alyssa Lowe (above right) placed 6th in the first heat of the U16 90m hurdles in a time of 13.71s to place her 11th overall in Australia.

Out at the U18 2000m steeplechase Ryde had two competitors. **Sophie Gocher** finished in 5th place in a time of 7m 18.71s followed by Ryde team mate **Sam Brown** in 6th place in a time of 7m 24.91s.

Eliza Harvey won her heat of the U18 800m in a season best time of 2m 14.82s. As these events are timed finals Eliza's time gave her 8th place overall out of the combined field of 17 runners.



Congratulations to our high achieving athletes on their HSC results

A number of our Senior athletes sat their HSC in 2017 and proved that they are as amazing off the track as on.

Special mention to **Sarah Playford** who not only achieved a first place in the state in the subject PDHPE but also made the HSC Top all-rounders list which recognises students who scored 90 or above in ten or more units in the HSC.

Harrison Wade made the HSC Honour Roll (mark over 90) for Maths Ext 1 and Physics. **Chloe Davis** made the Honour Roll for Biology, Legal Studies and PDHPE, **Elly Gallagher** for Biology, Maths Gen 2 and PDHPE and **Maya Leverett** for Senior Science.

We congratulate them all and wish them the best of luck as they commence their Uni studies in Medicine, Law, Sports Administration and Medical Science(or Physio) and for Maya, College in the USA.

Adrian Wade claims State record

At the NSW 1 Mile Championships held at Beaton Park Wollongong on the 13th January **Adrian Wade** set a new NSW Masters 45-49yrs record. Adrian's time of 4m 40.98s smashed the existing record of 5m 03.56. Competing in the A Race that night Adrian finished in 6th place but in terms of age was up to 29yrs older than those young athletes who came home in front of him. A brilliant run from Adrian (below).



Above Adrian in the State Mile A Race.

Two of our runners get a taste of big competition at the Hunter Track Classic

Sam Brown (pictured below) and **Harrison Wade** were both selected for a run at this year's Hunter Track Classic held at Hunter Sports Centre in Newcastle on Saturday 20th January.

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

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



Below Harrison at the Hunter Track Classic with a new personal best time of 3m.55.21s. Within a week he'd taken almost 3 seconds off that time!



Silver medal for Cameron Pappas at the Athletics NSW State Open Championships

Long-time Ryde athlete, Cameron Pappas proved he is continuing to have a terrific season when he finished with the silver medal and a spot at the Australian Open Championships and Commonwealth Games Trials to be held on the Gold Coast this month.

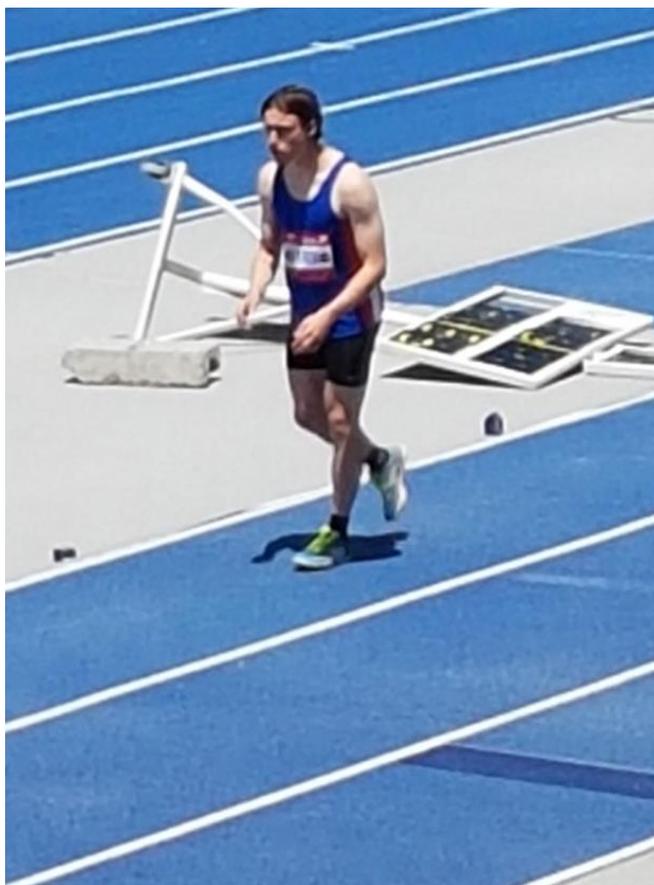
Cameron who joined Ryde as a Little Athlete many seasons ago has been jumping very consistently of late. At the ACT Championships Cameron produced a career best jump of 14.95m.

At the NSW Open Championships Cameron's second round jump of 14.86m clinched him the silver medal. A great result and our best wish to Cameron for a great meet at Nationals.

Results from the Athletics NSW Opens Championships

The Athletics NSW Open Championships were held at SOPAC from 2nd -4th February and Ryde was represented by 5 athletes there.

As we mentioned above, **Cameron Pappas** picked up the silver in the Open Men's Triple Jump.



Above Cameron focuses on his jump.

Many of our younger athletes were using this event as a good warm up for NSW Juniors the following weekend.

Zoe Warland was our first competitor when she ran the heats of the Women's 400m. Zoe finished 5th in her heat in a time of 60.61. Zoe placed 21st overall.

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

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

Special mention too to former Ryde Senior and Little A athlete, **Sachi Kayama**. Sachi, 21 won the Open Women's Long Jump at the NSW Championships with a leap of 5.87m. Sachi was a great competitor for Ryde in sprints, jumps and even throws! We wish her all the best at National Opens.

The Athletics ACT Track and Field Championships

A number of our families decided to spend the Australia Day long weekend down in Canberra competing at the Territory's Track and Field Championships. For a reasonably small Club Ryde certainly had a large contingent. A total of 9 athletes competed over the three days and came home with one gold, two silver and a bronze medal as well as three national qualifying times.

Amelie Sun and **Zara Warland** both ran in the U16 800m where Amelie finished just out of the medals in 4th place with a national qualifying time of 2m 23.59. Zara was hot on her heels finishing in 6th place in a time of 2m 27.24. Both girls also ran the U16 1500m with Amelie finishing 4th again in 4m 57.03s and Zara 6th in 5m 02.04s.

Zoe Warland competed in the U18 200m heats where she placed 6th and 11th overall in a time of 26.42s. In the U18 long jump Zoe was just out of the medals in 4th spot with a 4th round best jump of 5.29m.

The Women's U18 800m event provided to be a double medal for Ryde. **Gabby Damm** took the silver in 2m 20.66s and **Sam Brown** the Bronze in 2m 21.57s. In the U18 1500m it was **Sophie Gocher's** turn to stand on the podium when she won a silver in the time of 4m 53.30s.

Charlotte Ryan returned to the track with a gold medal winning run in the U20 women's 1500m with a national qualifying time of 4m 46.73s.

Harrison Wade (below) ran in the Open Men's event. Harrison finished 9th in a 3sec personal best time of 3m 51.53. At that time this was the 4th fastest time this year in Australia by an U20 athlete.



In a star studded field of some of the best triple jumpers in Australia **Cameron Pappas** finished in 8th spot in the Open Men's Triple Jump with a career best jump of 14.95m. Cameron had a really consistent set of jumps, fouling just one jump and recording 14.95m, 14.68m, 14.85m, 14.94m and 14.94m.



Above Sophie (second from left) on the start line at ACT Champs

Thank you to all our cooks and helpers at our BBQ and Cake stall fundraisers

Ryde Little A have kindly let Ryde Seniors run and take the proceeds from two of the Saturday morning competitions down at Dunbar this season. On both these occasions we've also run a cake stall. The proceeds from these Stalls contribute towards the Division's expenses for ANSW fees, State Relay entries, trophies and donations that we give to our representative athletes.

We'd like to thank Dave Sunderland the Junior's President for his ongoing and enthusiastic support. Sandra Prizmic for promoting the mornings amongst the Little A families and all our helpers and cooks too numerous to name but greatly appreciated. Enough to say we have some truly talented bakers in this club that ensure we have an enthusiastic and hungry crowd and we sell out each time. Thank you all for your help.

Ryde Seniors Championships Day 2 results

Age	Name	200m	800m	1500m Walk	Triple Jump	Shot Put	Javelin
U14	Ashton Hanna	32.1	2:37.9		8.29m	5.48m	19.60m
U16	Jett Tall	25.5				*12.29m	28.93m
	George Davis	30.5		*8:11.6	9.82m	7.08m	28.92m
	Sam Galati	39.0			10.72m	9.43m	24.21m
Open	Tristan Tall					8.28m	20.99m
Vet 50+	Simon Bergfield					7.83m	26.75m
Vet 60+	Andrew Atkinson-Howatt					9.37m	36.61m
	Robert Hanbury-Brown					10.83m	*37.00m
	Peter Lang					7.37m	19.87m
U14	Sophie Kavanagh	30.2	3:05.1		9.53m	6.50m	23.23m
U15	Alyssa Lowe	26.8			*10.62m	8.27m	16.45m
	Portia Amy-Wilson				10.43m	8.72m	26.57m
U18	Hannah Tall				8.98m	8.44m	22.26m
U20	Chloe Davis	29.7			10.12m	8.68m(4kg)	*34.08m
Open	Shannon Kavanagh					8.40m	

*Denotes new club record



Our new record breakers – Jett (shot put) , George(the Walk) and Robert (javelin)

We held Day two of our Club Championships on Sunday 28th January and had a good morning. New records were set by **Jett Tall** in the U16 Shot Put 12.29m (Old record 11.66m), **Alyssa Lowe** in the U15 Triple Jump of 10.62m (OR 10.11m), **Robert Hanbury Brown** Vets 60 + javelin of 37.00m and **Chloe Davis** established a record for the U20 javelin of 34.08m. Out on the track the sole new record was set by **George Davis** on a solo walk in the U16 1500m Walk in a time of 8m 11.6s (OR 8m 34.5s).

Gold, gold, gold, gold for Andrew at the Dubbo New Year Carnival

Andrew Atkinson-Howatt won all 4 events in which he competed and set new event records in the 60-64 years Shot Put, Discus and Javelin events. Andrew's results are show below:- Shot Put – 9.57 metres. Discus – 35.26 metres. Javelin – 41.30 metres. Hammer – 29.51 metres.



Above new record breakers Alyssa (triple jump) and Chloe (javelin). Below Sophie & Mum Shannon.





Above Ashton and below Sam





Above Portia, below Hannah and bottom Tristan, Robert, Simon and Peter.





Above Andrew, Simon , Peter & Andrew. Middle George, Aly & Chloe. Bottom Aly, Chloe, George & Jett



Adam Bruntsch wins his first overseas event

Whilst holidaying in Germany Adam Bruntsch managed to raise the Aussie flag in the New Year's Day Zittau Run.

All the Bruntsch family ran. Daniel's Dad is the organiser the race which is in its 40th year. It is 2.5km through the town and around a lake. There was no timing and about 150 participants of all ages with some Top adult local runners. The race started at 11am in very cold temperatures. Not late enough for those who celebrated the night before! Adam came 1st, Axel 11th, the rest of the family were further back in the group.

Opa Karli was naturally very proud!



The ANSW Junior Athletics Championships

The ANSW Junior Championships were held at SOPAC from the 9th to 11th of February and we were represented by 34 athletes.

Our first athlete on the track, making his debut at an ANSW event, was **Jack Baker** who ran a personal best time of 60.43s in the 400m U15 final to place 8th. **Alana Kavanagh** also ran in the 400m in the U16 event and placed 6th in her heat and 10th overall for State in a time of 67.78s. **Zoe Warland** was our third 400m runner of the night and place 4th in her heat of the U17 girls in a time of 61.29s to secure herself a spot in the final next day. **Eliza Harvey (below)** was our final 400m runner for the night in an outstanding field in the U18 400m final. Eliza had secured bronze position in the straight and was pressing for silver for some time but couldn't quite catch second and finished with the bronze in a time of 58.33s.



Next out on the track were **Jacob Leon and Ashton Hanna** in the U15 3000m. Jacob finished with a bronze in a terrific time of 9m 33.39s and

Ashton ran a pb time of 10m.31.64s to place 9th. This was 40s faster than the time Ashton ran at the Little A Zone carnival so a great result for him.



Jacob Leon above picked up bronze in both the U15 3000m and 800m

Amelie Sun and **Georgia Arcus** also ran the U15 3000m. **Amelie** continued her good form of this season when she ran 10m 46.69s to bring home the bronze medal. **Georgia** who had spent most of January on crutches before recovering and then breaking a toe, ran a terrific time all things considered when she ran a national qualifying time of 10m 59.63s to place 6th.

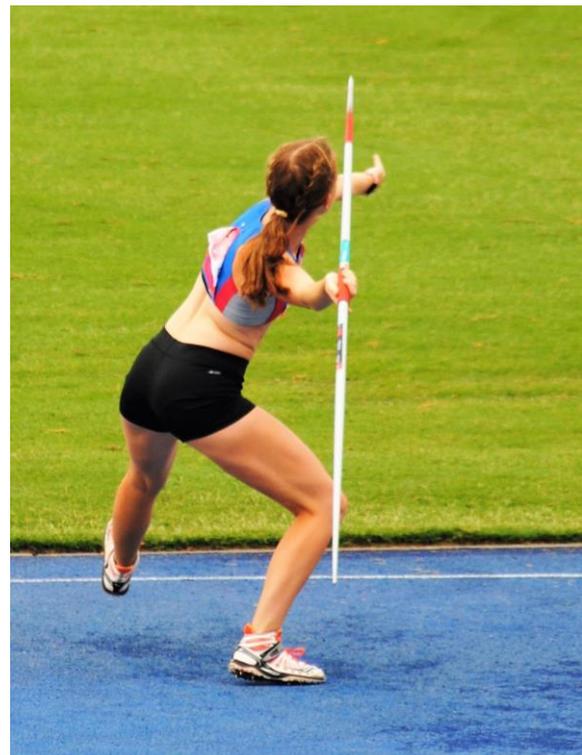
Sophie Kavanagh was our only competitor in the field on Friday night. Sophie placed 8th with a best clearance of 1.35m.

Chloe Davis and **Katrina Lyon** were both out bright and early for the first field events on Saturday morning. Katrina's best jump was her first, a distance of 10.35m and a personal best jump. Unfortunately three fouls in the final rounds saw Katrina not being able to advance further up the group and she finished just out of the medals with 4th.



Above Katrina at triple jump.

Having only flown back from Fiji the night before, **Chloe** (below) showed that a few days holiday isn't necessarily a bad way to prepare for State when she threw 6 strong, consistent throws to secure the bronze medal. Five of Chloe's six throws were over 35m and her best was 36.62m





We had four competitors in the short hurdle finals on Saturday morning. **Zoe Warland (below)** was more than a second under the national qualifying time when she placed 5th in a time of 15.29s in the U17 100m hurdles.



Sophie Kavanagh (above) finished 6th in her heat and 11th overall in the U15 90m hurdles in a time of 17.08s.



Alyssa Lowe was well in medal contention until she clipped a hurdle and finished in 4th spot with national qualifying time of 13.85s in the U16 90m hurdles. **Sam Galati** finished 9th in the U17 Men's long jump with his first round jump of 5.21m



Timothy Forster (below) was our sole male hurdler and he ran a terrific race to finish with the silver medal in a national qualifying time of 14.90s in the U14 90m Hurdles.



Tim on the podium. You'd have to agree he's giving a few centimetres away to the opposition.

Nothing could wipe the smile off **Ruby Worrell's** face as she headed out to heats of the U14 200m. At just 11 and a half, Ruby was our youngest competitor over the weekend and has another year to compete in this age group. Ruby ran a time of 29.22s to finish 6th in her heat 19th overall in the U14's and 4th amongst the actual 12 year olds.



Ben Stevens (below) won his first State Senior title when he took command of the U14 boys discus with his first throw and didn't look back. Ben's best throw was 41.94m in the second round.



Eliza Da Silva and Adria McAndrew (below) both competed in the U15 200m heats. Eliza placed 5th in the first heat and qualified for the final in a time of 27.10s. Adria placed 6th in the second heat and 13th overall in a time of 28.19s. In the final Eliza was 9th in the State in a time of 27.12s.





Eliza (above) made the final of the U15 200m.

Jessica Forster (below) also competed in the 200m running in the U16 event. Unfortunately Jessica was Dq'd.



The 1500m events saw four Ryde athletes out on the track in the hottest part of the day.

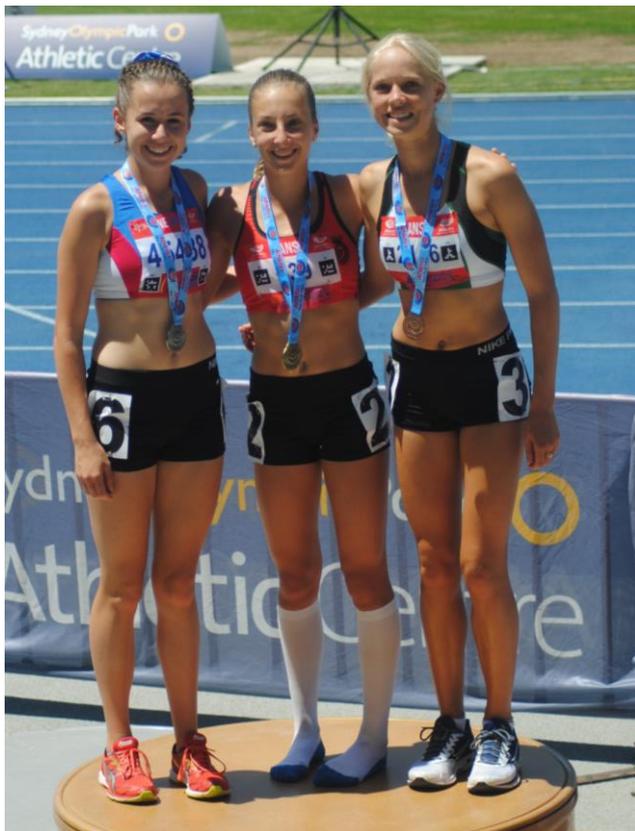
Abbie Lewis was first up and placed 6th in a time of 5m 16.59 in the U17 1500m. **William Stacey** ran a time of 4m 38.32s to place 12th in the U18 1500m. **Charlotte Ryan** stuck with the front breakaway pack in the U18 1500m and was rewarded with a personal best time of 4m 42.83, a silver medal and a spot in the NSW team. Great comeback for Charlotte after only starting training again in September.



Above Abbie Below William



Above Charlotte on her way to a silver medal in the U18 1500m



Harrison Wade was our next competitor on the track in what was one of the most exciting race of the day, the U20 Men's 1500m.

Unlike many 1500m events where tactics rule the day, this race was a fast paced race from the start. Harrison tucked himself with the leading pack (below) and was sitting just behind first when the



lap bell rang and off he raced. They tried to come back to him with 300m to go but he sped away again and was leading into the straight with the next runner still half way around the bend. His final time of 3m 50.67s was nearly 3sec in front of second and was just .67s off a qualifier for the Australian Opens and Commonwealth Games selection trials. A huge achievement for an 18 year old. Since his run at the Hunter track classic on January 20th Harrison's pb time has come down

from 3m 55.21s to 3m 51.53s to 3.50.67 a stunning achievement after a lot of injury time off last year.



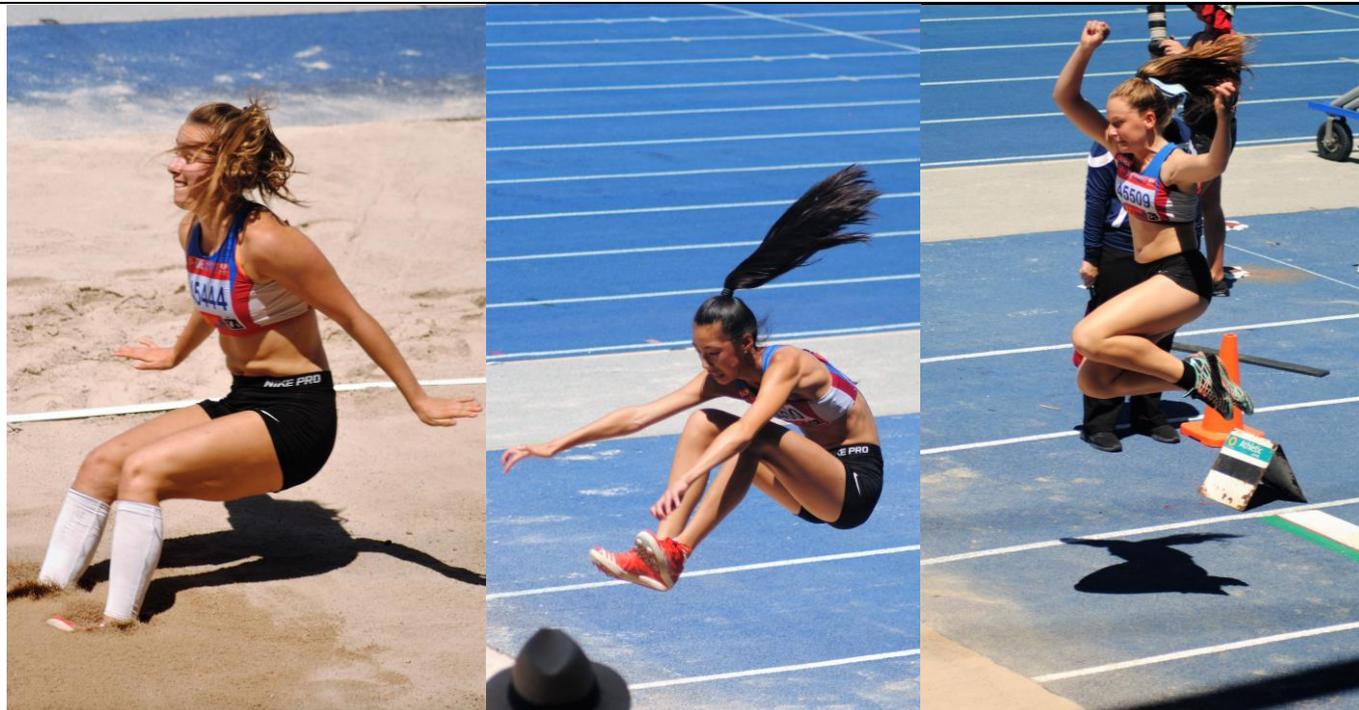
Above Harrison in the home straight. Hard to believe you can have a smile on your face after running a 1500m, especially that fast!



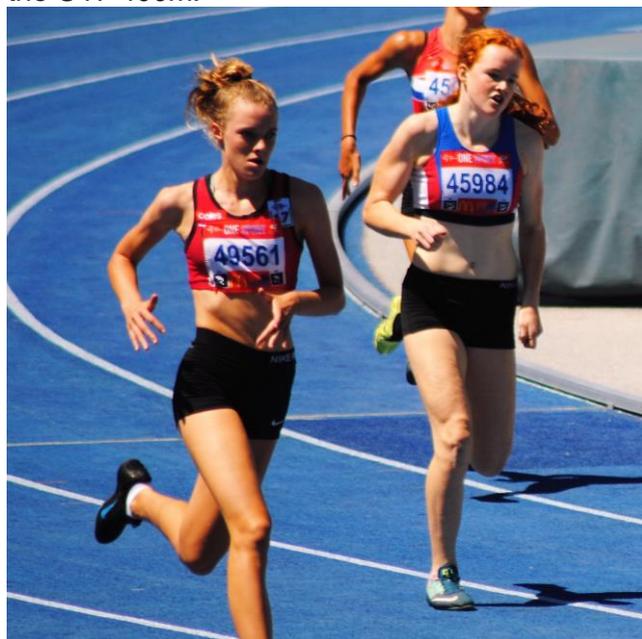
Down at the long jump pit we had three of our best U16 long jumpers competing in a big and very talented field. **Alyssa Lowe** finished best of the three claiming the bronze medal with a new personal best distance of 5.42cm. Three of Aly's jumps were over the national qualifier. Also making the final 8 was **Tarsha Wayne** who pulled

out a personal best jump of 5.01m on the third round. Tarsha finished in 6th place overall and was so pleased to register her first over 5m jump, a terrific achievement **Portia Amy-Wilson** got out a good first round jump of 4.90m but wasn't able to improve from there missing the final by just 8cm.

Below Portia, Alyssa and Tarsha at U16 Long Jump



Next out on the track was Zoe Warland (below) who ran a time of 60.06s to place 7th in the final of the U17 400m.



We had four starters in the 800m. **Elli Barron (right)** was having her first individual run at an ANSW event and ran a personal best time of 2m 44.56s to finish 10th in the U14 800m. **Jack Baker**

and **Jacob Leon** were then out in the U15 boys 800m. Jack took 2 seconds off his best time to finish in 8th place in 2m 23.77s. Jacob took home his second bronze medal of the meet when he placed 3rd in a time of 2m 06.78s.





Above Jack and below Jacob U15 Men's 800m. At right Zara U15 Women's 800m



Zara Warland ran in the U15 800m and ran a time of 2m 26.06s to finish 9th.

The steeplechase events were the last track events for Ryde on Saturday afternoon. **Ashton Hanna** and **Adam Bruntsch** ran in the Boys U15 2000m race. Adam finished 4th in a time of 7m 27.66s and Ashton 5th in 7m 38.19s.

Anastasia Lakic made the most of her race when she not only ran a national qualifying time but was the U15 2000m Steeplechase State Champion in a time of 8m 10.03s.

Sam Brown and **Sophie Gocher** kept up their friendly rivalry when they competed in the U18

2000m steeplechase. After swapping the lead during the first few laps Sophie crossed the line first in a time of 7m 26.94s and Sam with silver in a time of 7.31.76s.

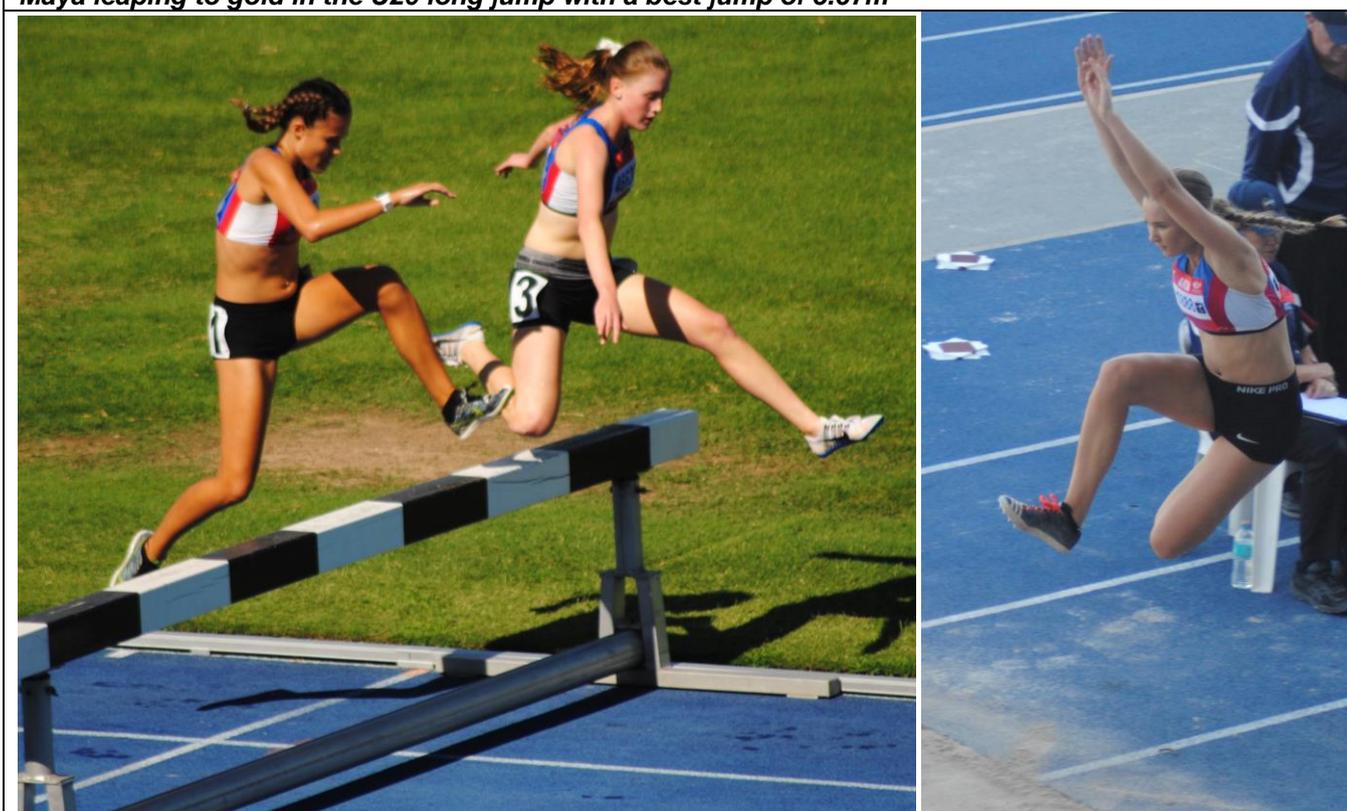


Above Zara out in the 800m. Below Aly picked up two bronze medals – the U16 long jump and 200m hurdles Below her long jump medal.



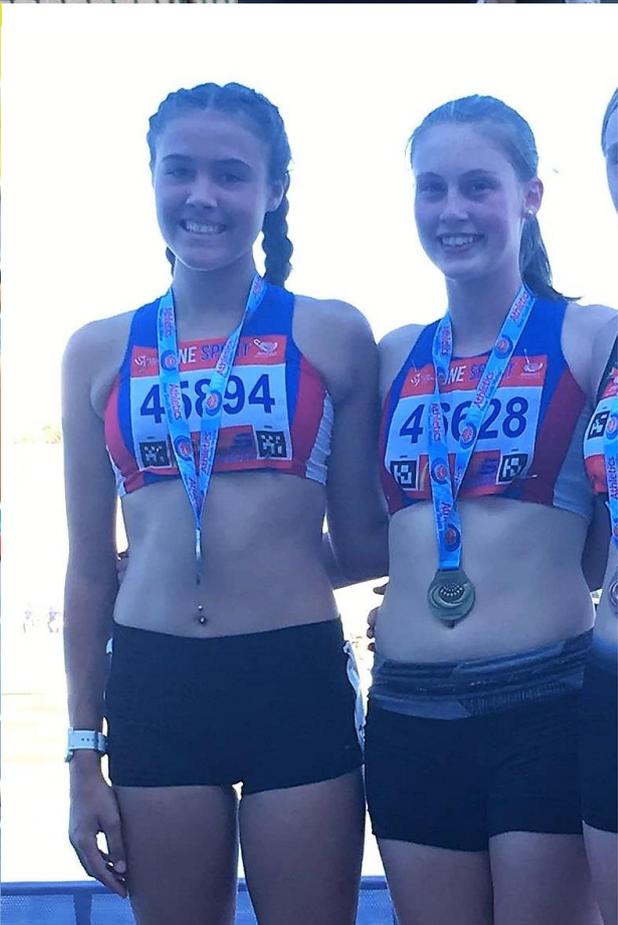


Above Ashton, Adam and Anastasia all competed in their first steeplechase. Below Sam and Sophie and Maya leaping to gold in the U20 long jump with a best jump of 5.67m



Our final field events on Saturday was the long jump. In the U15 women's long jump, **Adria McAndrew** placed 11th with a best jump of 4.33m and **Sophie Kavanagh** placed 8th with her best jump of 4.68m. Last competitor out and newly returned to Ryde, was **Maya Leverett**. Looking relaxed to be back at State level competition Maya finished with a best jump of 5.67m to take the gold and a spot in the NSW team.

Day three kicked off with **Katrina Lyon** again having an early start and this one certainly paid off when Katrina clinched the bronze medal in a time of 75.91s in the U18 400m hurdles. Talented long jumper, **Zoe Warland** was our first competitor out in the field and followed Katrina's lead also picked up a bronze in the U17 long jump with a first round best leap of 5.43m.



Above Amelie bronze in the U15 3000m, Benjamin out at discus, Anastasia State Champion U15 2000m Steeplechase. Alyssa in the U16 90m hurdles. Sam and Sophie Silver and Gold in the U18 2000m Steeplechase



Above bronze for Zoe and Katrina and Gold for Maya

Jett Tall pulled out a 6th round best throw of 11.14m of the Men's U17 shot put to place 6th. **Sam Galati** wasn't able to get over the bar in the U17 Men's high jump but was able to land his jumps in the U17 Men's triple jump where he finished 7th with a best jump of 11.68m. **Jett Tall** also competed in the Triple Jump and placed 5th with a best jump of 12.09m.

Back on the track **Elli Barron** ran a time of 5m 36.95s to place 17th in a huge field in the U14 1500m. **Zoe Warland** was unlucky to not make the final of the U17 200m when she finished 4th in her heat and 10th overall in a time of 26.61. The good news was Zoe did get to work on time!

Maya Leverett ran 8th in the final of the U20 Women's 200m in a time of 26.48s. **Ruby Worrell** was back for her second sprint event, the U14 100m and placed 8th in her heat in a time of 15.36s.

Adria McAndrew and Eliza Da Silva also ran in the U15 100m heats. Adria placed 7th in her heat and 14th overall in a time of 14.11s. Eliza's time of 13.50s and her 4th place in the heat qualified her for the final. Eliza ran a faster time in the final of 14.52s to place 9th in the State. **Jessica Forster** was the last of our sprinters for the weekend when she ran in the heats of the U16 100m. Jessica was 10th in her heat in a time of 14.54s.

Three of our U15 middle distance runners who teamed up to take silver at the NSW Relays in the U20 4 x 1500m were out on the track for the U15 Women's 1500m.

Amelie Sun ran a near 8 second personal best time of 4m.48.34s to secure the silver medal and to add the 1500m to the 800m and 3000m events that Amelie had already qualified for to compete at the Australian Juniors. **Georgia Arcus** was next home in a good time of 5m 03.34 in 6th place and **Zara Warland** was not far behind in 8th in 5m 06.13s.



Amelie secured her third start at nationals adding the 1500m to the 800m and 3000m she had already qualified for. A wonderful achievement.



Above Aly with her second bronze from the weekend – the U16 20m hurdles.

Alyssa Lowe was back out on the track this time in the U16 200m hurdles where Aly finished with the bronze by just .01s in a time of 30.77s.

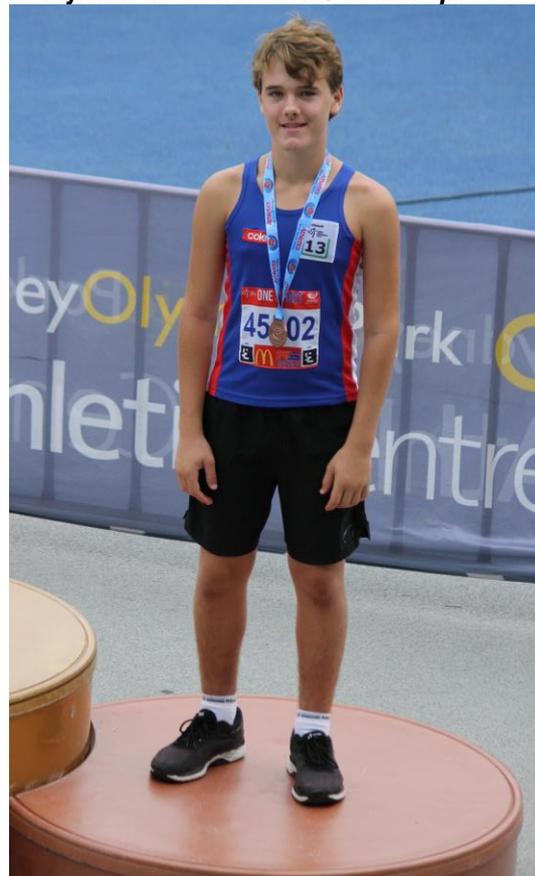
Below Aly gets the nod in .01sec



Portia Amy- Wilson & Tarsha Wayne competed in the U16 Javelin event. Tarsha finished 5th with her best throw her opening round throw of 30.53m. Portia placed tenth and her best throw came in the second round, 24.09m. Portia moved onto the Triple Jump where she nailed an excellent season's best jump of 10.72m to place 5th.

Our final field competitor was **Benjamin Stevens** who added the shot put to his events for the Australian Juniors when he placed third in the U14 shot put with a second round throw of 12.60m.

Benjamin bronze in the U14 shot put





George Davis (above) was scheduled to do the U16 3000m walk on Friday night but lightning saw that rescheduled until the Sunday. George became the second Davis to make the NSW team for Juniors when he picked up the bronze medal in a time of 16m 58s.

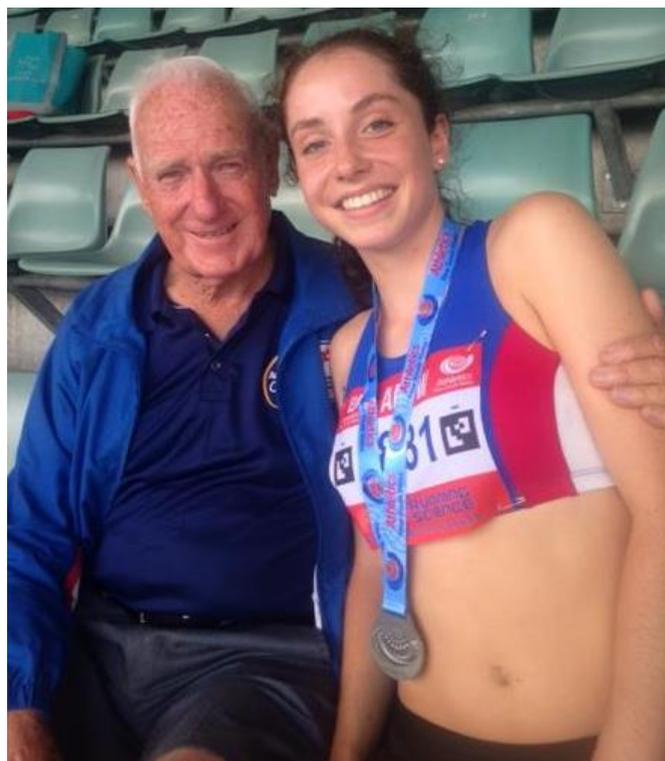
Our final track event was the U18 Women's 800m and we had three talented entries – **Sam Brown, Eliza Harvey and Gabby Damm.**

Below Sam and Gabby



Eliza went out hard and was placed 2nd at the bell, a position she held to race end and a great time of 2m 14.94s. Sam and Gabby ran very good races too with Sam finishing in 5th place in 2m 22.65s and Gabby 6th in 2m 26.28s.

Below Eliza silver in the U18 800m with her coach, Ross Forster.



So all up another terrific weekend for Ryde with lots of our athletes booking their spot on the NSW team for the Australian Juniors to be held at SOPAC from the 14th to 18th March 2018. Well done to everyone and thanks to the parents for their support.

2018 NSW Junior Champion

Women 200 Metre U14

Heat 3 Prelims

2	Newton, Ebony	RAY
3	Barnard, Chantelle	CBT
4	Xavier, Amber	EAS
5	Taylor, Gabriella	UTN
6	Bennetts, Alesha	MUD
7	Worrell, Ruby	RYD

EVENT CALENDAR

2017-2018



Athletics NSW Events

DATE	COMPETITION	VENUE
17/02/2018	All-comers	TBC
24/02/2018	All-comers	Bankstown
24/02/2018	Bankstown Invitational	Bankstown
MARCH 2018		
3/03/2018	NSW Masters Championships	TBC
4/03/2018	NSW Masters Championships	TBC
10/03/2018	All-comers	SOPAC
17/03/2018	High Performance Meet	SOPAC
24/03/2018	All-comers	TBC

2018



DATE	COMPETITION	VENUE
8/04/2018	2018 Commonwealth Games - Athletics Day 1	Gold Coast
9/04/2018	2018 Commonwealth Games - Athletics Day 2	Gold Coast
10/04/2018	2018 Commonwealth Games - Athletics Day 3	Gold Coast
11/04/2018	2018 Commonwealth Games - Athletics Day 4	Gold Coast
12/04/2018	2018 Commonwealth Games - Athletics Day 5	Gold Coast
13/04/2018	2018 Commonwealth Games - Athletics Day 6	Gold Coast
14/04/2018	2018 Commonwealth Games - Athletics Day 7	Gold Coast
15/04/2018	2018 Commonwealth Games - Athletics Day 8	Gold Coast