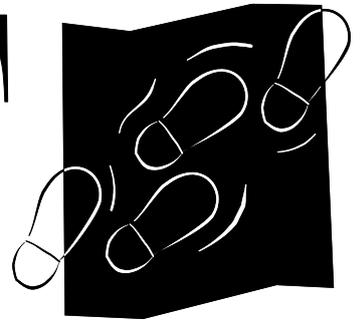




FOOTPRINT



Senior Division Edition December 2019

RYDE ATHLETICS CENTRE INCORPORATED
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Alyssa Lowe, the Australian All Schools U18 Long Jump Champion

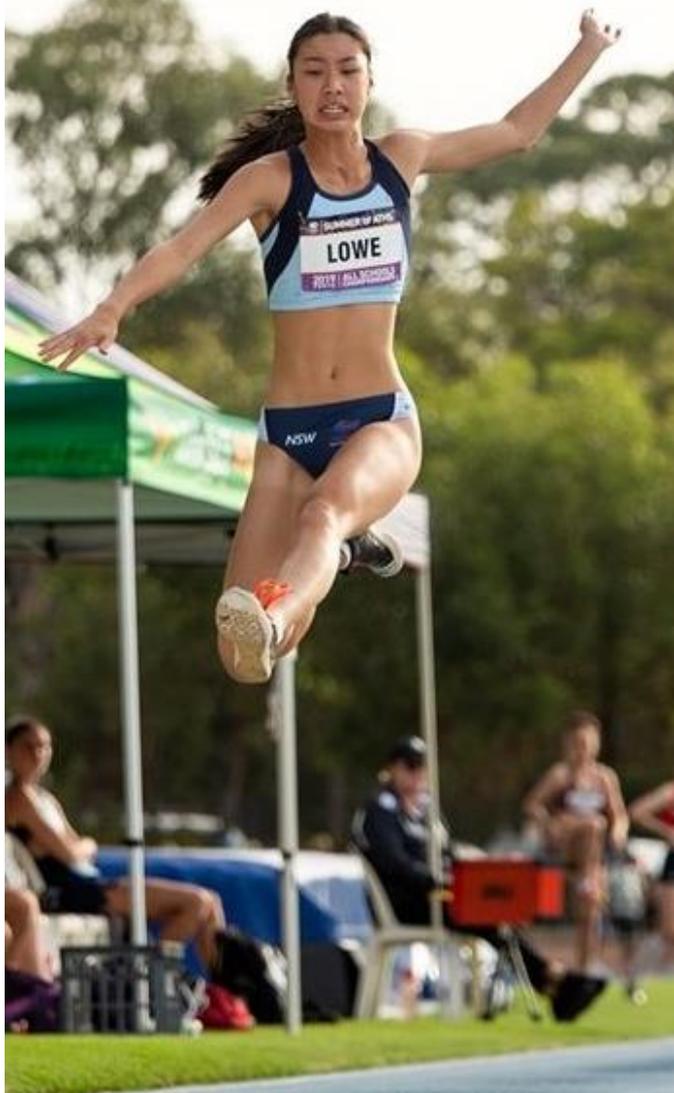
Mia Marshall soars to bronze in the U14 Pole Vault at the Australian All Schools



The Australian All Schools Championships

The Australian All Schools Athletics Championships were held in very hot conditions in Perth from the 6th to 8th December and Ryde Seniors were represented by 6 athletes.

Alyssa Lowe had an outstanding meet. In the U18 long jump there was a hugely talented field and Aly was one of the youngest competitors there. After a foul in the first round Aly moved herself into third with her second jump of 5.66m. In the third round Aly leapt out close to her then pb with a 5.96m jump which moved her to first and meant she would be the last jumper in the final round. Both the girls who were in 2nd and 3rd spot got out good final round jumps but were still 2cm and 3cm short of Aly's third jump. With the pressure off in the final jump Aly leapt to a new personal best jump of 6.05m and Gold.

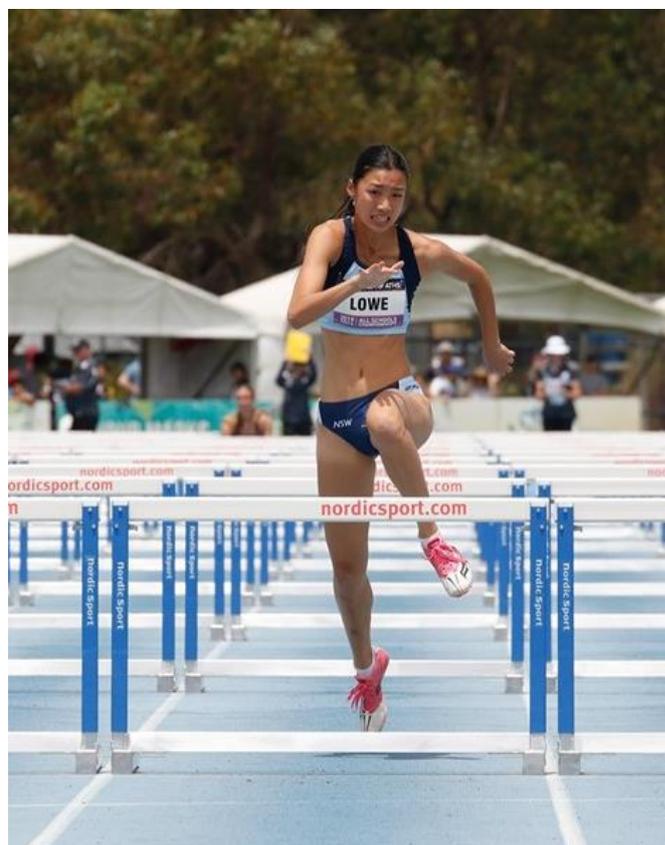


Alyssa was also competing in the U18 100m hurdles along with team mate **Zoe Warland**. Both girls lined up in the second heat. Unfortunately for Zoe she broke at the start and was disqualified.



Above Aly and Zoe U18 100m hurdles

Alyssa ran second in the heat and was 4th fastest qualifier overall in a time of 14.49s for the final. In the final Aly was quickly out of the blocks and amongst the medals for all the race. In a race that saw only .1s between 2nd and 4th Aly finished 4th in a new personal best time of 14.15 sec.





Above Aly on the podium, below Mia on the podium. Gold and bronze for Ryde.

Ryde's other medallist of the meet, **Mia Marshall** had parents back home in Sydney eager to watch some of her event on the livestream, but the focus was all on track that day and so they had to wait to the end to hear Mia had won bronze in the U14 Girl's Pole Vault.



Mia cleared through the rounds at 2.10m and 2.25m on her first attempts. On her third height of 2.40m she was over the bar on the second attempt and into 4th spot. Her first attempt clearance at 2.55m was a great boost and was to give her 3rd position and the bronze medal on countback when Mia and another competitor bowed out at 2.70m.

Below Mia clears the bar well and truly



Arabella Price was making her Australian All Schools Athletics debut and did so with style. Ara ran in the big field in the U16 girls 2000m steeplechase in stifling heat. In a fast paced race Arabella ran well keeping up with the front pack for a number of laps. Arabella was to cross the line in 9th place with a new personal best time of 7min 25.67s .

Joe Harvey ran in the finals of the U14 boys 800m and was also competing at the Australian All Schools for the first time. Coached by Ross Forster, Joe ran his race to plan and finished 5th in Australia with a new personal best time 2m 07.65s.



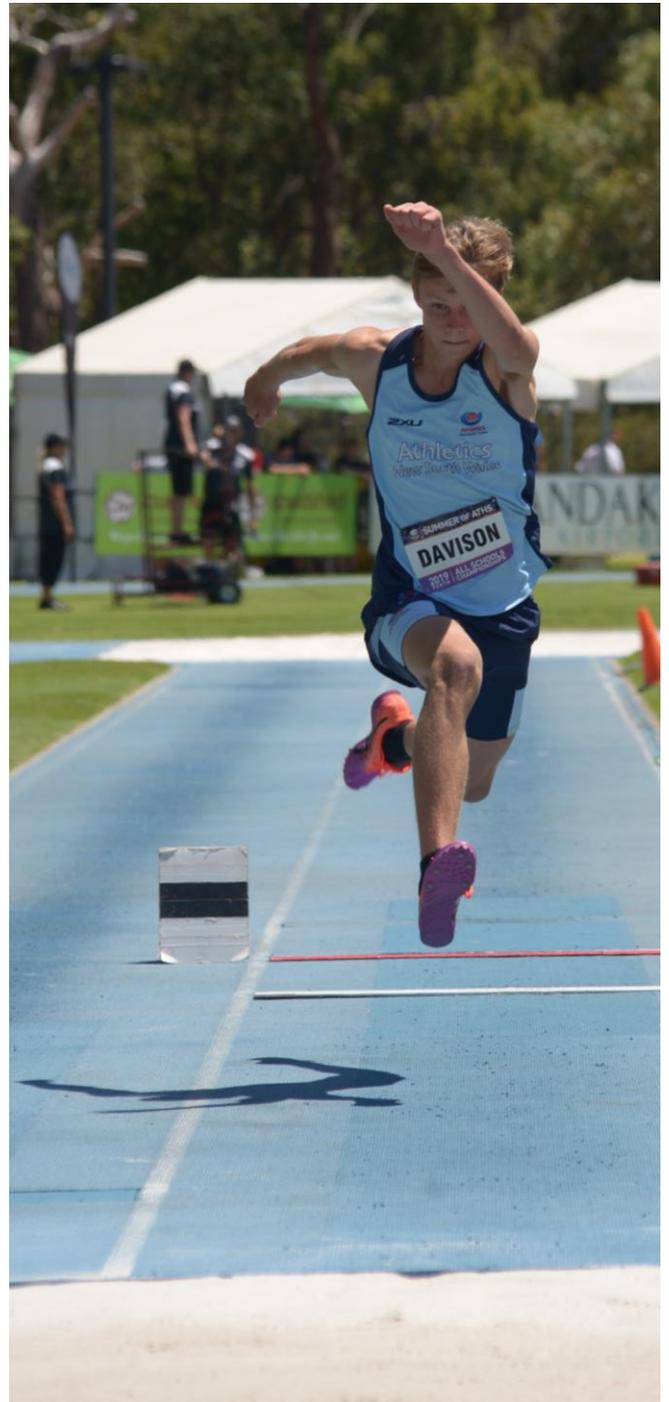
Above Arabella and the U16 Steeple squad from NSW. Below Joe and Arabella look happy with their performances. Well done.



Rory Davison had to wait until lunch time on the final day of competition to jump in the 20 strong field in the U16 Boys Triple Jump. As with Arabella, Zoe, Mia and Joe, Rory was also competing at his first Australian All Schools.

Rory got three consistently good jumps out (12.33m, 11.85m, 12.06m) but it was his first round jump of 12.33m, a new personal best jump that sealed him 11th spot in Australia.

Below Rory on the runway.



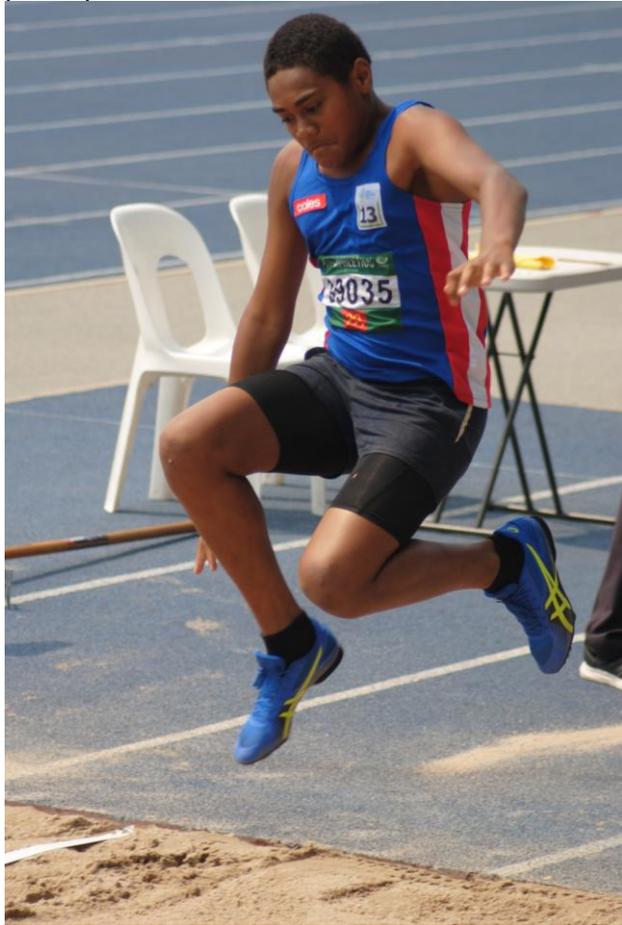
Ryde Junior & Trinity Senior Athlete, **Ben Stevens** had a big workload and some great results. Ben finished 5th (56.71m) in the U16 discus, 9th (45.64m) in the hammer throw and 8th in the shot put with a best put of 15.50m.

Ryde go three from three at the Athletics NSW Club Championships

At the Athletics NSW Club Championships held at SOPAC on an increasingly hazy Saturday the 14th December, Ryde entered three teams and in a very exciting result every team came home with a State medal.

The U14 Boys Team

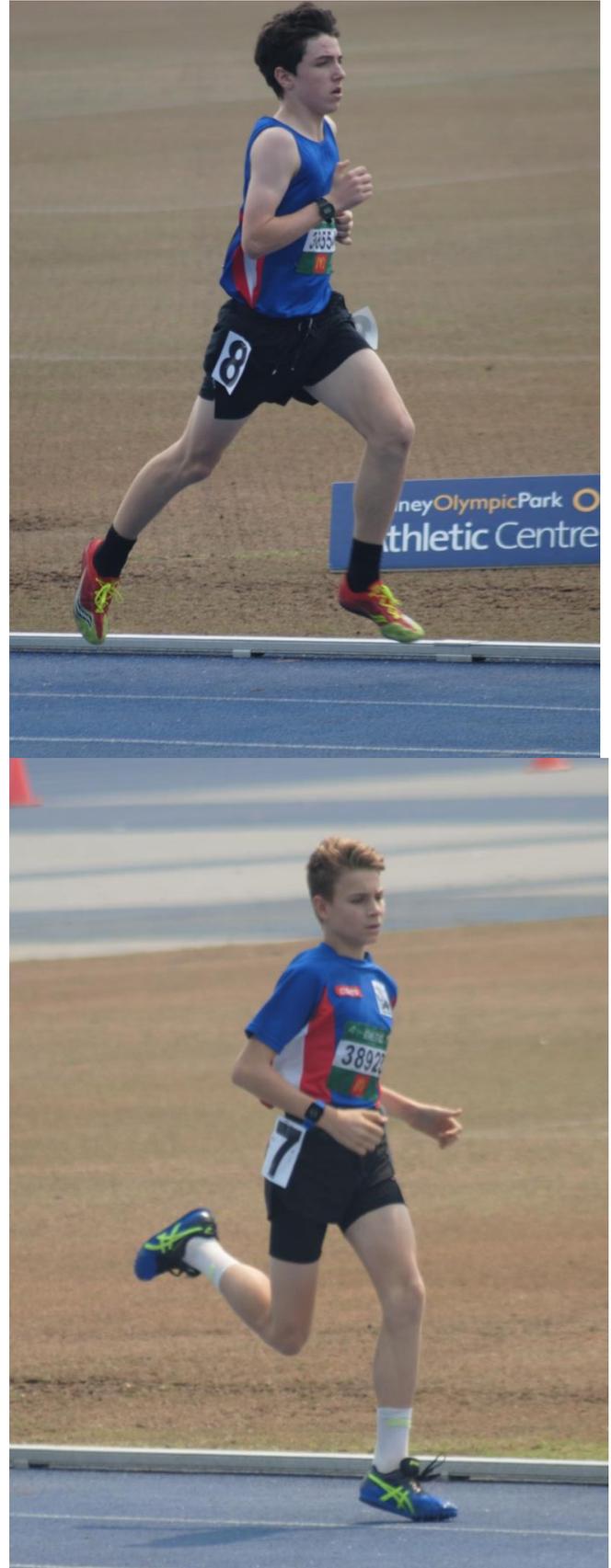
Our first competitor out for the boys was **Jope Rauqe** (below) in the long jump event. After his big jump as part of the U14 4 x long jump relay team that won gold at the ANSW State Relay Championships, Jope was in good form again and nailed a 4.74m jump in the first round to take 3rd place points.



The next event for the boys was the 800m and we had a strong team here with **Joe Harvey** fresh from nationals (**top right**) running in the first heat and **Oliver Smith** (**bottom right**) in the second.

Both boys lead home their heats and were both pretty much unchallenged for most of the race. Joe came home as fastest competitor overall from both heats to take top points for the team in a time of 2m 13.75s. Oliver was first across the line in heat two in a time of 2m 21.42s for 5th fastest time

overall to give Ryde a really good points boost for the other teams to chase.



Andrew Kalos was out to compete in the shot put and all three of his puts were good enough for third place points. Andrew's final round throw was his best, 9.90m



Above Andrew @ shot put. Below Yahya runs his first ANSW event. At right Owen in the 100m

The next event for the boys was the 100m. Making his debut after running some good times at the recent North Met Little A Zone was 11yr old **Yayah Ali (below)**.



Yahya showed real composure to get back down and get out quickly after he broke on the first start. Yahya ran 6th in his heat in a time of 13.51s to place 8th overall. Owen Chandler ran 3rd in the second heat in a time of 13.55s for 9th overall.



Owen was then out for his second event, the high jump where he had clear rounds all the way through until 1.45m, finishing with 1.40m and 4th place.



Owen and Joe ran in the heats of the 200m. Joe was 4th in the first heat and 6th fastest overall with 25.84s and Owen was 5th in his heat and 11th overall in 28.08s.

The final event for the boys was the Swedish relay. After a patient wait since the early morning long jump, **Jope Rauqe** (100m) was out of the blocks quickly handing the baton onto Owen. **Owen** (300m) was making up ground into the back straight when he handed the baton to **Yahya** (200m) who really stretched out over the longer distance for a great run before handing the baton

to **Joe** to bring the team home in 3rd place in 2 min 28.21s.

The final result for the boys was a silver team medal.

Below Joe, Jope, Yahya & Owen U14 Swedish Relay team.



The U14 Girls Team

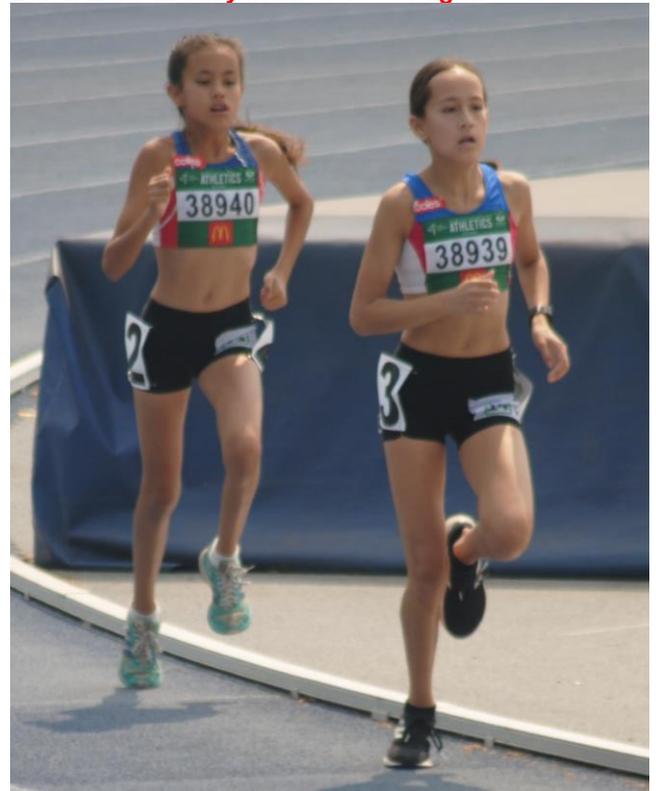
An early morning text to say one of our girls was sick and out of the team left us scrambling for substitutes but such is the strength of the U14 girls we had plenty to choose from and some terrific parents to coordinate things on the hop.

Jess Johnson (below) was our first competitor, stepping up to add the U14 long jump to her high jump and shot put duties. Jess improved on each jump to finish with 3rd place points and a best jump of 4.36m.

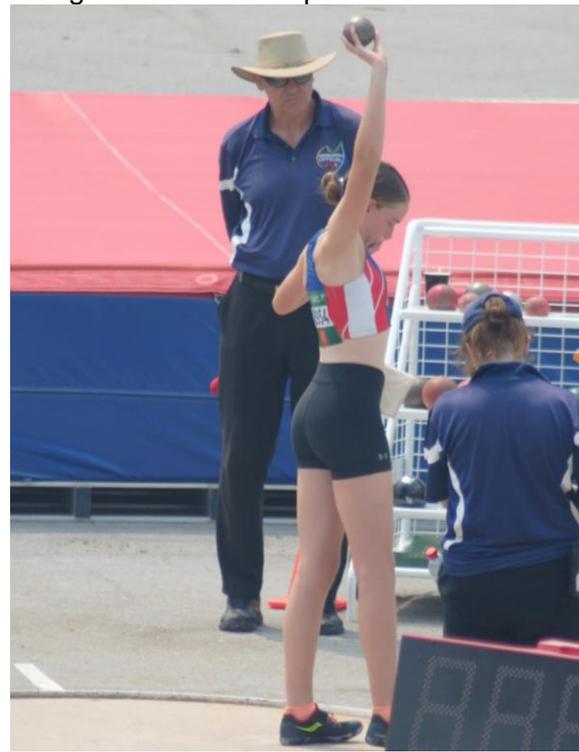


In the 800m Ryde was represented by the **Pawsey sisters, Elly and Zara**. Zara had got a late call up after Kaitlyn Martin had unfortunately fractured her ankle at school on Thursday. At just 11 Zara was our youngest female competitor. Both girls ran really strongly in personal best territory and finished with a kick. Elly ran 2m 44.60 and Zara 2.46.83s to place 9th and 10th respectively.

Below Zara and Elly in the home straight



Jess Johnson (below) was out at shot put next. Jess's final round effort of 9.53m was her best and gave the team 4th place.



Ruby Worrell and **Mia Marshall** were running in the two heats of the 100m. Both girls had really good runs with Ruby finishing in 12.97s to finish 2nd in her heat and 2nd overall. Mia, who was a last minute call up to run the 100m, was 2nd in the second heat in 13.72s and 5th overall.



Above Ruby and below Mia 100m

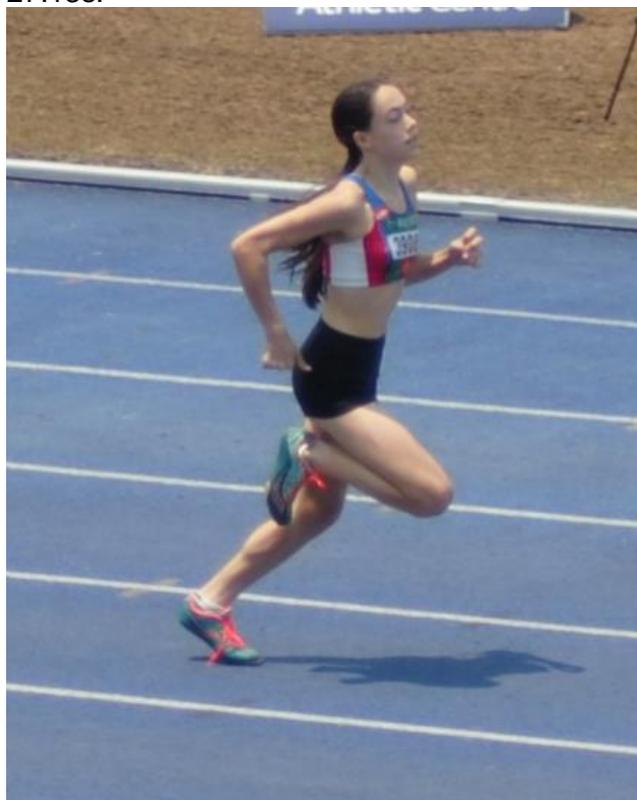


Jess Johnson (top right) was out for her final field event the U14 high jump and kept us well in the medal chase when she finished with a best height of 1.40m to tie for second place.

Our sprinters were back out again and this time **Krishani Coffin** was taking the second team spot with **Ruby Worrell** again running in the first heat. Ruby again scored the team some great points when she placed 2nd in the heat and 2nd overall in a sizzling 26.31s (just .07s shy of a NQ) . Krishani (bottom right) surprised herself when she



absolutely flew home to win the 2nd heat and place 3rd overall in a terrific personal best time of 27.13s.



At the end of the sprints Ryde was equal second with ASICs West and 2.5 points behind Cherrybrook.

In the Swedish Relay we'd drafted **Maddison Duncombe** in that morning to come out and run our 100m leg and she got the team off to a confident start when she handed **Krishani** the baton to run the 300m leg. The team settled into second place and **Mia** held that spot well in her 200m with **Ruby** making some gains on the final 400m but ASICs were to cross the line first with Ryde crossing in 2m 33.40s. In the final count Cherrybrook finished on 369, ASICs on 368.5 and Ryde on 367.5 for team bronze, our second

medal of the afternoon.

A special thank you to the Worrell's for their "taxi pickup" that morning at Marsfield Park to ensure we got Mia and Maddison to SOPAC for their events as their mum's were busy helping at Little A at Marsfield.

Below Maddison passes cleanly to Krishani



Ruby brings the team home.



Below our U14 Swedish Relay team. Maddison, Mia, Ruby and Krishani



The U20 Girls Team

As with the U14 girls team, the U20's saw some last minute scrambling when Aly Lowe went down with a bug the afternoon before and couldn't compete. This left Sophie Kavanagh with a very busy day as she added Aly's event to her own load.

First out though was specialist thrower **Caitlin Waldron (below)**. Caitlin arrived ready to throw after setting a new U15 discus record down at her North Rocks Carlingford Little A Club that morning. Warmed up by her earlier throwing, Caitlin threw even further at SOPAC placing 2nd with her final round best throw of 30.21m.



As a club we usually have a huge pool of talented middle distance runners to choose from but injuries, holidays etc meant that **Georgia Arcus and Zara Warland** were to run a very full program at Club Champs.

Their first event was the 800m were Georgia finished 2nd in 2m 26.86s and Zara in her first club run for Ryde this season placed 4th in 2m 44.63s.



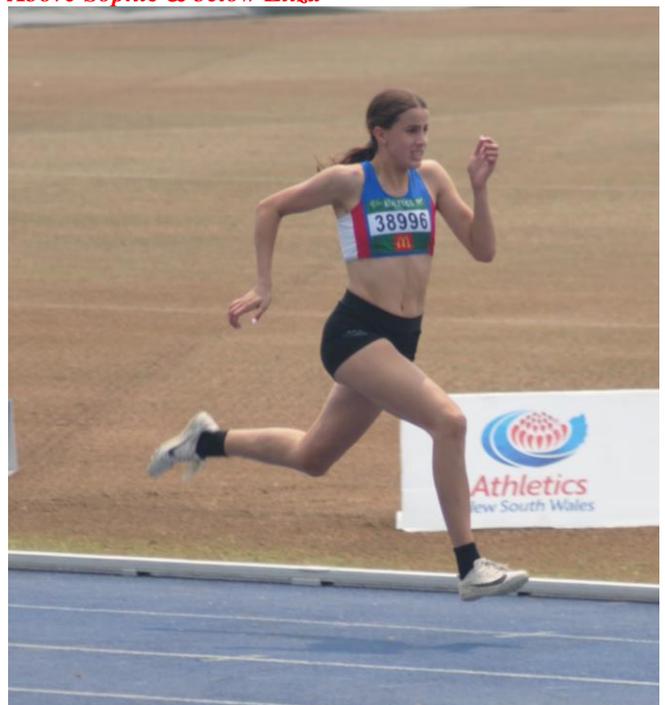
It was good to see Zara back out running for Ryde. Above at the start with former Ryde athlete Chloe Davis now running for UTS. Chloe had a good afternoon picking up a PB in the 800m. Georgia below 2nd in the 800m.



It was our sprinters out next. **Eliza Da Silva and Sophie Kavanagh**. Eliza is having a great season getting closer and closer to a national qualifier for the two sprints. In the 100m Eliza was the fastest on the track finishing in 12.70s. Sophie wasn't far behind securing 5th spot in 13.46s



Above Sophie & below Eliza



Sophie was out to high jump next and was able to secure maximum points for the team when she finished first with her clearance of 1.55m.

Georgia and Zara were back on track to run the gruelling 2 x 2x 400m. In this event one runner leads off and changes the baton with the second runner after 400m who then runs that lap and hand back to the first runner who runs another 400m followed by the second runner doing their second 400m.



Above Sophie winning the high jump. Below Georgia passes the baton to Zoe in the 2 x 2 x 400m Below Elli in the 3000m.

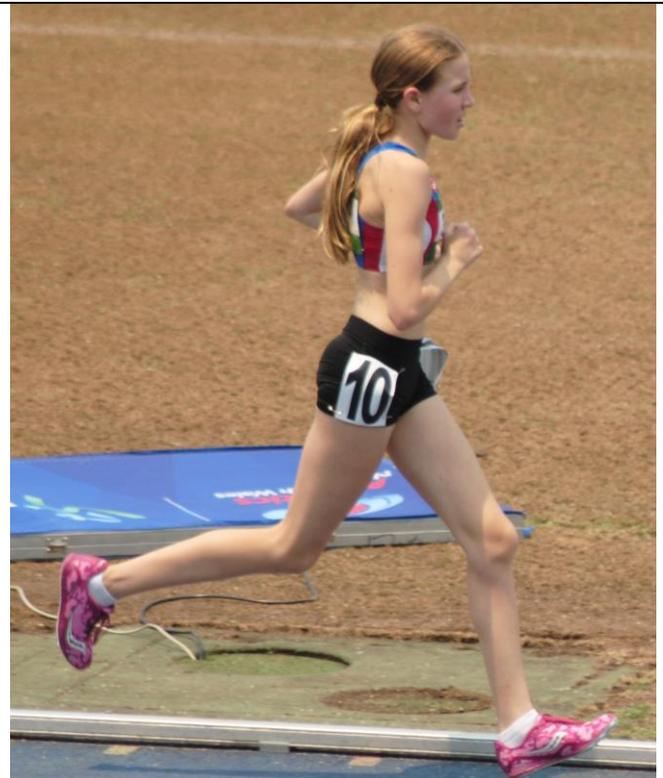


Georgia and Zara ran well filling second place in a time of 4m 49.06s in what must be one of the hardest events to run.

Caitlin Waldron had to go up a weight in shot put to 4kg which is quite an ask for a 14yr old. Caitlin did well though to place 3rd after improving on every throw and finish with 9.07m, an excellent result with a 4kg shot put.

The sprinters were back out again and again it was **Eliza Da Silva** who was to take line honours for her second sprint win, and second maximum points of the afternoon when she finished the 200m in a very fast 25.99s. **Sophie** also ran a good race to place 4th in 28.12s.

Elli Barron arrived as the smoke haze seemed to increase which did not make it good conditions to be running a 3000m in but as always Elli dug deep



for her team and finished in second place in 12m 25.27secs.

Sophie Kavanagh was out for her fourth event of the afternoon, the long jump. Sophie started well getting out to 4.96m on her first jump. A very big jump on her second had the white flag almost halfway up before a second judge overruled it unfortunately. Sophie finished her fourth event of the day with third place points.



Sophie lands in the U20 long jump

Sarah Brown arrived to provide some fresh legs for the relay and brought her sister **Jess** (now at Uni in Queensland) who was a longtime member of Ryde's successful jumps and sprints teams a few seasons back, to cheer her along in the Swedish Relay.

Sarah hands the baton on to Eliza.



Sarah's had a great season as a relay runner, leading Riverside girls to gold at CHS & the Ryde U17 girls to silver at the Little A State **Relays**. Her strength as a first leg relay runner showed and she handed off nicely to **Eliza** who was stretching out to a 300m in the relay. **Sophie** Kavanagh ran the next 200m before handing on to **Georgia Arcus** for what would be her final run of the day, another 400m. The girls finished in 2nd place. Big thumbs up to Zara, Georgia, Eliza and Sophie who's legs must have been like jelly after so much sprinting and middle distance running. The girls were to finish with the silver medal just two points off Gold.

Thank you to all our parents who were out there supporting our teams and especially to those who were so quick in getting back to me when we needed to reorganise teams. Much appreciated.

With Ryde Little A on break until the 18th January do you want some more competition over the next few weeks? Then check the Athletics New South Wales website.

Most weekends Athletics NSW will offer some form of competition around Sydney. If you want to keep competing then check their calendar on the [ANSW website](#) and sign up for more competitions. For those of you new to seniors, the track events are usually run on a seed basis so athletes get to run against other athletes of like ability, regardless of age. Most meets require you to register in advance on line so add NSW to your favorites list and check in regularly to see where and when you can compete.

Saturday 21ST December ANSW All comers Bankstown. Events include long hurdles, 100m, 200m, 1500m & 3000m walks, triple jump, discus & pole vault. Further details & [on line entry at ANSW](#)

Saturday 4th January Treloar Shield, SOPAC - Sprint hurdles, shot put, hammer. Long jump, 1500m, 400m, Steeplechase. [Further details & online entry at ANSW](#) and there is more.....

[Click here for the rest of season ANSW Calendar](#)



Above U 14 boys silver medallists Joe Harvey, Oliver Smith, Owen Chandler, Jope Rauqe, Yahya Ali. Absent Andrew Kalos.

Below U14 girls bronze medallists Mia Marshall, Jess Johnson, Maddison Duncombe. Absent Ruby Worrell, Krishani Coffin, Elly & Zara Pawsey





Above our U20 silver medallists Georgia Arcus, Caitlin Waldron, Sophie Kavanagh, Sarah Brown, Eliza Da Silva, absent Elli Barron, Zara Warland

