

**RYDE ATHLETICS CENTRE
INCORPORATED**



**ANNUAL REPORT
2019 / 2020 SEASON**

ABN: 99 850 553 401

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LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Louise Bergfield
Simon Bergfield
Bruce Brown
Lynda Calder (nee Mitchell)
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
Ivana Hilder
Andrew Jackson
Rachel 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 Splitteler
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
2019/2020 SEASON – ANNUAL REPORT

DIRECTORS' REPORT

Despite a challenging and difficult 2019/2020 Summer Season – what with high temperatures, smoke, flooding rain and now a pandemic resulting in postponements and cancellations of major competitions - Ryde Athletics Centre, using its affiliation with Little Athletics NSW (Tots to U/17) and Athletics NSW (U/12 to Veterans), has ably offered relevant athletics programs to all ages from Tots to Veterans. Athletes have also bridged the gap between 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, as well as a couple of new initiatives that went very well. Also included is a detailed Financial Report and Operational Report.

Dunbar Park is our key facility and, with the help of Ryde City Council liaising with our excellent Committees, has been through a significant grass resurfacing and the replacement of irrigation facilities. It is a well-used community ground, but this work kept it closed from November through to March. Throughout the closure, Ryde City Council provided us with Marsfield Park, just up the road: marking a 300m track, throwing areas and digging a long jump pit. The majority of our gear was stored in a weather-proofed cricket net, moved there with the help of the amazing Ryde Athletics Community. I must make a special mention of Aaron McGregor who coordinated this movement and set up this new storage.

I would like to take this opportunity, on behalf of your Directors, to thank the dedicated volunteers who support and run both division, this includes the committees, the helpers, age managers, parents, coaches, officials and those who helped with the move to and from Marsfield Park. Without the support and encouragement of these volunteers, our competitions and this season would not have been impossible.

Your Directors hope that, despite the difficulties, this season has been 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. Commiserations with those who, through circumstances they could not control, may have felt disappointment; this is the up and down life of an athlete. Learn from it and move forward to bigger and better things (even the Olympic Athletes have to cope with a postponement!).

Simon Bergfield
Ross Forster
Ivana Hilder
Stephen Plummer
Lynda Calder

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2019/2020 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Matt Ralph
VICE PRESIDENT	Jon Baker
SECRETARY	Rodney Woods
TREASURER and VOLUNTEERS	Matt Della Vedova
ASSISTANT TREASURER	Melissa Chandler
REGISTRAR	Claudia Smith
CHAMPIONSHIPS	Jannet Pawsey
PUBLICITY	Donna Armstrong
AGE MANAGERS	Ian Janda
RESULTS	Sharon Klarich, Joanna Wong
OFFICER FOR COACHING	Dale Boccabella
TRACK and FIELD OFFICER	Mark Moala
EQUIPMENT	Aaron McGregor, Tristan Tall
COUNCIL LIASON	Christine Phillips
CANTEEN	Jen Emmerson
BBQ	Brad Shorten
UNIFORMS	Becky Ralph
OFFICER FOR FIRST AID	Jane Partridge

BOYS CAPTAIN	Owen Mickan
GIRLS CAPTAIN	Alyssa Lowe

AGE MANAGERS – JUNIORS

TINY TOTS	Neil Blackwell
UNDER 6 GIRLS	Steven Barlow
UNDER 6 BOYS	Sam Griffiths
UNDER 7 GIRLS	Marty & Gen Webb
UNDER 7 BOYS	Danielle McGregor
UNDER 8 GIRLS	Kleanne Kolman
UNDER 8 BOYS	Craig Louttit
UNDER 9 GIRLS	Nick Pawsey
UNDER 9 BOYS	Donna Armstrong
UNDER 10 GIRLS	Clare Boland/ Neil Armstrong
UNDER 10 BOYS	Melissa Chandler
UNDER 11 GIRLS	Jenny Thompson/Pintoo Sidhu
UNDER 11 BOYS	Duncan Laurie
UNDER 12 GIRLS	Guil Scomparim/Jannet Pawsey
UNDER 12 BOYS	Tim Gleeson
UNDER 13 GIRLS	Dave Johnston/Marilisa Carezza
UNDER 13 BOYS	Gareth Chandler
UNDER 14 GIRLS	Darren Fairhall
UNDER 14 BOYS	Claudia Ortolon
UNDER 15 GIRLS	Peter Hartman/Jo Kelleher
UNDER 15 BOYS	Michael Mannasz
UNDER 17 GIRLS	Glyn Henman
UNDER 17 BOYS	Christine Brunsch

PRESIDENT

Without question, the 2019/20 Ryde Athletics Junior Division season was the most challenging in my time, and I would expect in the history of the club.

We were faced with losing our beloved Dunbar Park ground for the second half of the season, which was anticipated. Two further significant challenges were not. The unprecedented levels of smoke pollution caused by the bushfires impacted on our ability to train and compete and in March, COVID-19 brought a premature end to the season. Nevertheless, the club has weathered all of these challenges to have a successful season on and off the track and is well-placed to deal with any ongoing disruption.

The success of every season depends on the efforts of committee members, age managers and many other volunteers who give their time to the club. This was never truer than in 2019/20.

In November, we moved the entire operation of the club from Dunbar Park to Marsfield. Many hours were spent working out how a full program could be run at a new park not designed for athletics and liaising with Ryde Council to make the adjustments needed including a marked 300m track, two straight tracks, temporary long jump pits and throwing areas, and a make-shift storage facility. The process of moving the equipment to and from Dunbar was planned and executed with huge support from parents. Our opening day at Marsfield went without a hitch and competition for the remainder of the season was better than anyone could have anticipated.

When compared to the alternatives that the club considered for dealing with the temporary loss of Dunbar, I have no doubt we made the right decision to move to Marsfield and the club is much stronger now than it would otherwise have been.

It would be impossible to individually thank everyone who contributed to this success. However, I will single out a few.

Firstly, Stephen Alderton and the team at Ryde Council who went the extra mile to help the club continue its season at Marsfield, by offering a suitable ground in the first place and doing what we asked to make it ready.

Secondly Christine Phillips, who liaises with Ryde Council on behalf of the club. There is no doubt that thanks to Christine our working relationship with the council is at a high point and this was instrumental in getting so much support from them.

Thirdly, when big change occurs, more than ever communication to our parents and athletes is key to its success and Donna Armstrong did an outstanding job in keeping everyone informed via Facebook, emails and the introduction of a Ryde Team App of all that was going on.

Finally, Aaron McGregor, who led the planning of the move. This took many hours of his time, patience and effort before and during the move. From working out the track and field layout to the storage and transport of equipment. There is no doubt that Aaron's contribution above anyone's was the reason for the success of the season. I thank him on behalf of the whole club and I'm delighted that we are able to formally recognise his contribution through the awarding of the Julie Reynolds Spirit of Ryde Award. It's hard to imagine the award ever being more deserved.

The air pollution problems in the middle of the season added further complications. The club was committed to following the Little A guidelines. We were able to continue each week with only minor modifications, after carefully considering the most recent air quality data and forecast for the morning. We did however lose a number of training sessions, and I thank the coaches for being flexible in dealing with this.

The season was already drawing to a close when the COVID-19 situation developed quickly during March. Although our regular club carnivals and move to Dunbar were completed, we did lose our Fun Day. More importantly the State Championships were cancelled, and this is hugely disappointing for all those athletes who worked so hard to qualify. At this point we must wait and see what disruption there might be for the 2020/21 season and respond accordingly, with the aim of doing everything possible to allow athletics to continue.

Although it was a huge season off the track, we also saw our athletes rise to the challenge and make the most of the opportunities they had. We had 548 athletes registered, which was an excellent number considering the move to Marsfield had been communicated well in advance. Although athletes only had half a season to break records (performances at Marsfield were deemed ineligible), we still saw both track and field records broken, At Regions, Ryde athletes won 20 Gold medals and our talented U15 Boys picked up two Gold medals at the State Relays.

This season we introduced and ran two very successful “Nights of PB’s” for our athletes, extending invitations to the second carnival to athletes from local clubs. At both nights we had guest starters, World Championships representative Georgia Winkcup and Olympian Jenny Blundell and they shared some of their experiences with our athletes. I’d love to see more of our athletes at these events next season, challenging themselves against athletes of all ages.

Most of the work at Dunbar Park has now been completed and I would like to thank Ryde Council for its very significant investment in upgrading the surface. I’m sure all the athletes can’t wait to try it out as soon as we are able.

To finish, I would like to give a special thanks to the committee members, age managers and many other volunteers who helped support the club in different ways through a very challenging season. Every contribution, no matter how small, is welcome and we couldn’t have done it without you.

Matt Ralph
President – Juniors

TREASURER

Junior Division Accounts for the Season 2019-2020

Ryde Athletics Centre Inc Profit and Loss

April 2019 - March 2020

	Apr 2019 - Mar 2020	Apr 2018 - Mar 2019 (PY)	
Income			
BBQ/Canteen Income	23,324	21,866	1
Grants received	4,185	3,300	2
Registration fees	39,921	36,009	
School equipment hire fees	3,350	3,400	
Sponsorships	138	250	
Trans-Tasman Gala Day		4,034	
Uniforms	13,487	15,930	
Total Income	84,405	84,789	
Other Income (Loss)			
Interest income	93	129	
Total Other Income (Loss)	93	129	
Expenses			
Accounting and bookkeeping	530	180	
Advertising and marketing		792	
Bank charges and fees	4	15	
BBQ/Canteen Expenses	11,542	12,956	1
Coaching Expenses	2,255		3
Computer Software/Hardware	1,217	383	4
Contractor Expenses (non-salary)	1,150	2,500	
First Aid supplies		536	
Gifts and donations	180	113	
Grounds fees and maintenance	6,450	6,280	
Interest expense		17	
Office expenses		1,586	
Postage & shipping		130	
Presentation & Trophie expenses	11,233	10,114	
Printing, stationery & supplies	1,196	521	
Registration and insurance	4,603	4,534	
Repairs and maintenance	4,856	3,183	
Sponsorships/donations	3,065	1,740	
Sports Equipment	5,259	5,344	
Subscriptions	150	2,268	5
Telephone & internet expenses	130	355	
Training and Development	606	230	
Trans-Tasman Gala Day expenses		2,595	
Travel expenses		80	
Uniform costs	10,056	19,383	
Volunteer expenses	1,056	1,880	
Total Expenses	65,537	77,711	
Net Earnings	18,960	7,207	

Notes

1. BBQ & Canteen cash floats were combined into 1 during the season therefore can no longer separate revenue/expenses
2. Grants received for the year - Coles Grant for Hurdles
3. Coaching expenses was predominantly sprint session with Melinda Gainsford Taylor which was funded by a grant received in the previous financial year
4. Computer Software/Hardware included the purchase of new computers
5. Subscriptions costs decreased year on year due to not renewing Wichsport (results) software

Balance Sheet as at 31 March 2020

Ryde Athletics Centre Inc Balance Sheet (Cash Basis) As of March 31, 2020

	Total	
	As of Mar 31, 2020	As of Mar 31, 2019 (PY)
Assets		
Current Assets		
Bendigo Card Account	406	
Bendigo Main Operating account	50,336	
Business Online Saver account	1	34,380
Ryde Athletics Juniors Business Cheque A/c	2,688	90
Total Current Assets	53,430	34,470
Total Assets	53,430	34,470
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	18,960	7,207
Opening balance equity	27,263	27,263
Retained Earnings	7,207	
Total shareholders' equity	53,430	34,470
Total liabilities and equity	53,430	34,470

Revenue year on year was consistent and was in line with little change in registration numbers. Expenses decreased by 15.7% year on year due to less spent on uniforms and previous financial year included one off costs for Trans-Tasman event. Because of this, a profit of \$18,960 was achieved and the committee will decide next season how best to spend based on the priorities of the club.

The Club opened new bank accounts with Bendigo Bank this season and are in the process of closing the bank accounts with CBA.

Matthew Della Vedova
Treasurer – Juniors

Melissa Chandler
Assistant 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 2020 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 2020 and of its financial performance for the year then ended.



GRAHAM WEBB
Registered Company Auditor Number 336001

Date: 5 May 2020

REGISTRAR REPORT

Our 47th season had a consistent number of registrations as last season which is pleasing considering the many challenges that we faced this season. Historically our registration numbers jump in Olympic years but with the delay of the Olympics for a year and the ongoing disruptions to normal life, we will probably not see the usual 4-year spike in registrations next season.

Comparison with past season's figures:

Season	Boys (%)	Girls (%)	Total
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
2018/19	310 (55.8)	246 (44.2)	556
2019/20	306 (55.8)	242 (44.2)	548

The breakup of the registrations is:

	Boys	Boys	Boys	Girls	Girls	Girls	All
	Re-Reg	New	Total	Re-Reg	New	Total	Total
Tots	2	20	22	2	2	4	26
U6	11	16	27	12	11	23	50
U7	13	24	37	6	11	17	54
U8	18	13	31	20	7	27	58
U9	20	17	37	15	8	23	60
U10	22	14	36	16	10	26	62
U11	22	2	24	18	4	22	46
U12	21	10	31	18	10	28	59
U13	14	8	22	17	4	21	43
U14	8	2	10	16	4	20	30
U15	11	1	12	12	1	13	25
U17	17	0	17	16	2	18	35
Total	179	127	306	168	74	242	548

Claudia Smith
Registrar – Juniors

SECRETARY

This has been an incredibly challenging season with the planning and execution of our temporary move to Marsfield Park and disruptions arising from the summer bushfire pollution.

Firstly, I would like to thank my fellow Committee members for their hard work, commencing in the off-season, to plan for and execute our successful move to Marsfield Park and return home to Dunbar at the end of the season. While this important project consumed much of the Committee's time, we were still able to implement some important initiatives, such the successful "Nights of PB's", improvements to the operation of the canteen and BBQ, and changes to the coaching program.

The arrival of COVID-19 at the end of the season brought new challenges and required a level of flexibility from the Committee. In order to stay in touch during Social Distancing our meetings have moved online and we will be conducting our AGM this year via Zoom.

I would also like to thank all of the volunteers who helped out every Saturday. It has been an extraordinary season for the club, and it would not have been successful without your dedication and understanding.

Rodney Woods
Secretary - Juniors

PUBLICITY

2029/20 was a season like no other! During this season we heavily relied on MailChimp and Facebook to communicate with our club. I also introduced TeamApp for instant notifications.

I feel these communication tools worked well for the club and I hope to grow the TeamApp membership next season. With 548 members we only had 330 people join TeamApp. Those who did use it found it worked well.

The club updated their website with a much more modern and streamline look.

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.

Ian Janda
Officer for Age Managers - Juniors

COACHING

Like the Saturday event program, the mid-week coaching program of the club was regularly interrupted and cancelled this season, first due to the low air quality (smoke haze) at training venues and then later with the COVID-19 shutdown. There was also the odd “rain outs” and a “heat outs”. Because of this once in a lifetime combination, the coaches and athletes found it hard to establish a pattern of consistent training.

Despite the above challenges, the club’s Athletics Australia accredited coaches continued to make themselves available to provide, and did provide, a full range of training programs across most events and disciplines (e.g. fundamental movement skills, specialised events like shot put, javelin and high jump). In addition, experienced members of the club and former coaches also stepped in to fill a certain gap in the offerings, despite work commitments, etc. The whole coaching team and athletes also adjusted very well to the “constraints” of Marsfield Park as a training venue; the transition to Marsfield Park was seamless and this opportunity is taken to thank Ryde Council for making this oval available to us.

Following on from the 2018-19 season, the electronic athlete sign-on system continued to be the sole “sign-on sheet”. There is now widespread awareness amongst families of athletes of this system.

Typically, we see around 30-50 athletes attend training per week. I would like this figure to increase significantly because of the many athletic (e.g. developing movement skills) and non-athletic benefits (e.g. relationship between effort and concentration on a task and progression on a task) to children that are associated with regular training. In addition, the athletes that attend training on a regular basis can see the benefits in terms of improved athletic performances through the School Athletics Season and the Little Athletics Season.

While we have many ideas on the topic of recruitment of new coaches to the club, little concrete progress was made in this area this season. This is an issue I would like to focus attention on in the coming season. Your ideas would also be welcomed here. In considering this issue, it is worth remembering just how rewarding coaching young athletes can be (e.g. witnessing athlete mastering and developing a new movement skill).

In addition to the usual summer coaching program, Lynda Calder provided a generalised winter squad program through 2019. The club, parents and participating athletes are truly grateful for this guidance and expertise.

In closing, I thank our wonderful team of dedicated coaches, including those that “stepped in to fill gaps”. I also thank the parent helpers for their assistance. In the end, the athletes and their parents really do appreciate the work we do. I am looking forward to next season; hopefully, a less interrupted one.

Dale Boccabella
Officer for Coaching - Juniors

CHAMPIONSHIPS

The position of Championship Officer for 2019/2020 was held by Jannet Pawsey.

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

The Cross-Country event was held at Upjohn Park, Rydalmere on 03/07/2019.

Fifteen athletes represented Ryde and we won a bronze medal in the individual result, a gold medal in the team relay and a silver medal in the team relay.

- **U11G team won gold** in the 2km team relay. Team consisted of Zara Pawsey, Ella McGregor and Charli Nagle.
- **U14G team won silver** in the 3km team relay. Team consisted of Elly Pawsey, Kaitlyn Martin, Annabel McDonald and Krishani Coffin.

Individual results:

- Kourney Holl (U7G) 3rd in 1km run
- Jacob Armstrong (U8B) 11th in 1km run
- Jacqueline Pawsey (U8G) 6th in 1km run
- Rhys Chandler (U9B) 11th in 1.5km run
- Chloe McGregor (U9G) 10th in 1.5km run
- Erin Armstrong (U9G) 22nd in 1.5km run
- Zara Pawsey (U11G) 4th in 2km run
- Ella McGregor (U11G) 12th in 2km run
- Charli Nagle (U11G) 13th in 2km run
- Elly Pawsey (U14G) 11th in 3km run
- Kaitlyn Martin (U14G) 12th in 3km run
- Annabel McDonald (U14G) 14th in 3km run
- Krishani Coffin (U14G) 16th in 3km run
- Adam Bruntsch (U16B) 2nd in 4km run
- Ashton Hanna (U16B) 6th in 4km run

The Road Walks Championship event was held at Angle Park, Chipping Norton on 23/06/2019. Jordan Turkal represented Ryde in U11B 1500m race walk and placed 5th.

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 16th & 17th November 2019 at Sydney Olympic Park Athletics Centre.

Ryde achieved some very good results over the weekend and 5 of our teams won medals:

- **Gold - U15B throws relay** – Rory Davison, Benjamin Stevens, Jeremy Plummer
- **Gold - U15B jumps relay** – Rory Davison, Brendan Mannasz, Jeremy Plummer
- **Silver – U17G 4x100m relay** – Alyssa Lowe, Adria McAndrew, Eliza De Silva, Anastasia Lakic
- **Silver – U17G jumps relay** – Alyssa Lowe, Adria McAndrew, Eliza De Silva
- **Silver – U8B throws B relay** – Harlen Danks, Charlie Shiel, Will Dunkerley

ZONE CARNIVAL

The Zone Carnival was held on the 30th November – 1st December 2019 at Barton Park, Parramatta. The Ryde club had 165 athletes competing, and 137 athletes qualified for the Region Carnival including 2 relay teams - the Junior Girls team and the Senior Girls team.

Our U7's complete their competition at this carnival and won 1 gold, 3 silver and 4 bronze medals. Congratulations to the following U7 medalists.

Gold medal: - Alexander Economides won 1 gold medal in 50m.

Silver medals: - Alexander Economides won 2 silver medals in 70m and 100m.
- Charlotte Fraser won 1 silver medal in 200m.

Bronze: - Charlotte Fraser won 2 bronze medals in 50m and 100m
- Mitchell McGregor won 2 bronze medals in 500m and long jump.

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 19 January 2020 at Mt Smart Stadium in Auckland, New Zealand. This was the 22nd and final tour by a NSW team.

The following athletes were chosen to represent the NSW team and competed in Auckland on 19th January 2020.

- Zara Pawsey (U12G)
- Ella McGregor (U12G)
- James Woods (U12B)
- Julian Emmerson (U12B)
- Alexander Holodenko (U12B)

Julian Emmerson won a gold medal in high jump. 16th in long jump

James Woods: 13th in long jump

Alexander Holodenko: 10th in 800m run, 11th in high jump, 12th in long jump

Zara Pawsey: 7th in 1500m run, 9th in 800m run, 11th in high jump, 16th in long jump

Ella McGregor: 10th in 1500m run, 13th in 800m run, 30th in long jump

RYDE MULTI-EVENT CHAMPIONSHIPS

Ryde Multi-Event championship was not held this season.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 15th and 16th February at Narrabeen. Of the 137 athletes who represented Ryde we achieved 20 Gold medals, 20 Silver medals and 17 Bronze medals.

Our U8's complete their competition at this carnival and won 2 silver medals and a bronze medal. Congratulations to John Brivulis who won both silver medals in the 400m and long jump, and won the bronze medal in the 700m pack start.

Congratulations to the 42 athletes who made it through to State level. The athletes who qualified for State were:

Jacqueline Pawsey (U9G)	Joshua Smith (U12B)	Angelo Mihos (U14B)
William Castrisos (U9B)	Isabella Barbara (U13G)	Oliver Smith (U14B)
Callum Laurie (U9B)	Jessica Johnston (U13G)	Elli Barron (U15G)
Mitchell McCarthy (U9B)	Nathan Barbara (U13B)	Sarah Partridge (U15G)
Chloe McGregor (U10G)	Owen Chandler (U13B)	Aidan Mannasz (U15B)
Rhys Chandler (U10B)	Andrew Kalos (U13B)	Brendan Mannasz (U15B)
SevyTom Fenil (U10B)	Maxwell Mayhew (U13B)	Jeremy Plummer (U15B)
Tanna Kotulic (U11G)	Jope Rauqe (U13B)	Benjamin Stevens (U15B)
Olivia Sidhu (U11G)	Krishani Coffin (U14G)	Eliza DaSilva (U17G)
Luke Moscos (U11B)	Maddison Duncombe (U14G)	Alyssa Lowe (U17G)
Benjamin Prosenko (U11B)	Mia Marshall (U14G)	Jack Baker (U17B)
Yahya Ali (U12B)	Aliana Moala (U14G)	Adam Bruntsch (U17B)

Axel Bruntsch (U12B)	Georgia Phillips (U14G)	George Davis (U17B)
Christopher Moala (U12B)	Ruby Worrell (U14G)	Ashton Hanna (U17B)

STATE COMBINED EVENTS CARNIVAL

The State Combined Events carnival was held at the Tamworth Regional Athletics Centre on 29 February & 1 March 2020. Ryde had 5 athletes competing. Full results were:

Joshua Smith U12B: 4th
Rory Davison U15B: 7th
James Woods U12B: 15th
Ike Blackwell U8B: 15th
Ethan Louttit U8B: 16th

NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS

Unfortunately, due to the cancellation of the 2020 State Carnival, there are no results to report.

Jannet Pawsey
Championships Officer – Juniors

JUNIOR RECORDS 2019/2020 SEASON

	Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	14-09-19	17 G	Long Jump	6.01	Alyssa Lowe	5.83	Alyssa Lowe	27-10-18
2	14-09-19	17 G	200m	25.40	Alyssa Lowe	26.8	Sachi Kayama	22-09-12
3	14-09-19	12 B	80H	15.85	Christopher Moala	New event in 2019/20		
4	21-09-19	13 B	Discus	28.76	Jope Rauqe	25.73	Ivan Prizmic	24-11-18
5	21-09-19	15 B	Discus	55.35	Benjamin Stevens	47.83	F Kmet	27-11-99
6	21-09-19	13 G	Discus	32.29	Jessica Johnston	31.72	K Ranjtkumar	15-01-05
7	21-09-19	13 G	Javelin	34.88	Jessica Johnston	29.67	Julia Kelland	22-02-14
8	28-09-19	12 G	80H	15.90	Charlotte Nagle	New event in 2019/20		
9	19-10-19	15 B	300H	45.10	Aidan Mannasz	46.3	Jack Baker	16-02-19
10	19-10-19	17 B	300H	42.40	George Davis	42.6	Samuel Galati	16-02-19
11	19-10-19	11 G	80H	16.58	Tanna Kotulic	New event in 2019/20		
12	26-10-19	15 B	Shot Put	15.12	Benjamin Stevens	14.90	F Kmet	20-11-99
13	26-10-19	17 G	100m	12.92	Alyssa Lowe	13.00	Alyssa Lowe	09-03-19
14	02-11-19	15 B	300H	44.33	Aidan Mannasz	45.10	Aidan Mannasz	19-10-19
15	02-11-19	17 B	3000m	9:43.88	Jacob Leon	9:59.5	James Bergfield	02-10-10
16	02-11-19	11 B	80H	15.39	Daniel Cox	New event in 2019/20		
17	02-11-19	17 G	300H	46.46	Alyssa Lowe	47.7	Alyssa Lowe	16-02-19
18	09-11-19	13 G	Discus	34.96	Jessica Johnston	32.29	Jessica Johnston	21-09-19
19	09-11-19	15 B	Shot Put	15.36	Benjamin Stevens	15.12	Benjamin Stevens	26-10-19

***RYDE ATHLETICS CENTRE INCORPORATED 2019/2020
SEASON – ANNUAL REPORT***

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Suze Barron
TREASURER	Peter Davis
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Adam Bruntsch
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	John Barron

PRESIDENT - Seniors

The start of this season saw the 70th anniversary of Edna Godfrey placing an add in local papers advising of a public meeting to be held asking for expressions of interest in setting up a female athletics club. The forming of the Ryde Women's Amateur Athletics Association was the start of what we see today as the Ryde Athletics Centre.

This season we have encountered many issues from extreme heat and bushfires and heavy rains to a field relocation and finally Covid-19 cutting our season short just before 23 of our athletes were set to compete at the Australian Athletics Championships, ten of them for the first time.

That aside, it was wonderful to see so many of our Ryde Seniors qualify for nationals this year, and we are hopeful that they will be back again next season and can make it through to nationals again. Our athletes have achieved some terrific results and this season our State medalists' range in age from 11yrs to 80yrs of age. Our medal tally opened when Andrew Atkinson-Howatt won gold and bronze in the javelin and bronze in the discus at the Australian Masters Championships followed by Alyssa Lowe and Sophie Gocher represented Australia in the Oceania Area Championships in Townsville in June 2019. Sophie came home with a silver medal from the U20 3000m Steeplechase and Aly a bronze in the U18 100m hurdles. Over the rest of the season our athletes won at the Australian All Schools Championships another gold medal and bronze medal. At State level our athletes also featured often on the podium

- at the NSW Cross Country Relay Championships, we won a silver team medal
- at the NSW Waratah Street Relays our teams won a silver and bronze medal
- at the ANSW Short Course Cross Country Championships we won an individual silver medal and team gold and silver medals
- at the NSW All Schools Championships our athletes won four gold, four silver and six bronze medals
- at the NSW Club Championships our teams won a gold and two silver medals
- at the NSW Senior Relay Championships our teams won two gold, four silver and five bronze medals
- at the ANSW Masters Championships one gold and one silver medal and,
- at the ANSW Junior Athletics Championships a staggering ten gold, four silver and six bronze medals.

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

I am grateful to have again worked with a great committee. Our Division can only continue as

long as we have parents and athletes willing to give up some of their time to keep our Division running smoothly. To Ross, Peter, Suze, Andrew, John and Louise my thanks for all that you do. We are always happy to welcome new members to our committee.

I'd like to finish by acknowledging the wonderful job that our Junior Committee did this year in keeping their season going following the Council decision to close Dunbar for remedial work mid-November. They worked tirelessly to ensure that competition and training would continue at the temporary field at Marsfield Park. Special mention to Aaron McGregor for organising so much of the logistics and Donna Armstrong for keeping everyone informed on a week to week basis. We are also grateful that Ryde Council worked to provide us with Marsfield Park so that training and competition could continue.

Simon Bergfield
President – Seniors

TREASURER

Seniors Division Accounts for the Season 2019 – 2020

Statement of Income and Expenditure for the Period 1st April 2019 to 31st March, 2020

Income		Expenditure	
Registrations	\$960	Trophies	\$844
Ryde Little A's Contributions	\$2,425	ANSW Fee	\$1,287
Donations & Fund Raising	\$2,860	Athlete Donations	\$3,800
		Pending	
		Sport Foundation Donation	\$500
		ANSW	\$114
Total Income	\$6,245	Total Expenditure	\$5,931

Bank Reconciliation Statement

Bank Statement - 31/03/19	\$16,917
Net Income	\$314
Bank Statement - 31/03/20	\$17,232

Donations to Athletes

Donations to Athletes	
Alyssa Lowe	500
Amelie Sun	300
Kirsty Barnes	500
Marni Warland	500
Pene Price	500
Alyssa Lowe	500
Ann Harvey	500
Rory Davison	500
	\$3,800

A great year leaving the Senior Division in a good financial position, \$2,860 raised from fund raising, Bunning's BBQ and the Little Athletics supported BBQ and Cake Sales raising the most money. This enabled the Seniors Club to offer \$3,800 to support our young athletes whilst competing in Nationals interstate. This donation amount was \$1,000 more than the prior year.

This has left the club with \$17,232 cash 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.

The above financials do not include ANSW relay entry costs to be invoiced and one other cheque to be presented.

Peter Davis
Treasurer – Seniors

REGISTRAR

This year we again had a slight increase in members over the previous year.

Our registration numbers as at 31st March 2020 are as follows: -

Officials	6
Open & Masters	4
Under 20	1
Under 18	4
Under 16	0
Dual Registrations	<u>189</u>
	204

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

Male Officials	3	Female Officials	3
Male Open & Masters	3	Female Open & Masters	1
Male Under 20	0	Female Under 20	1
Male Under 18	2	Female Under 18	2
Male Dual Registrations	<u>93</u>	Female Dual Registrations	<u>96</u>
	101		103

Ross Forster
Registrar – Seniors

COACHING

Training was once again conducted during the year at Dunbar Park and Marsfield 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 29 athletes competing at the NSW All Schools Athletics Championships and 31 athletes at the NSW Junior Championships. Six of our athletes competed at the Australian All Schools Championships, and we had 23 athletes registered to compete at the Australian Junior Championships in Sydney before the event was cancelled due to the Corona virus.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY/FUNDRAISING

It was wonderful to see so many new athletes having their first season out at Athletics NSW events and achieving some excellent results. As a Club that has probably only around 40-50 active Senior athletes to win so many State titles and State medals over the season was terrific. I just wish we could get more families to go out and experience Senior athletics and see how much further they could achieve beyond the Junior competition at Dunbar.

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 and wish him a happy and long retirement. We will miss his enthusiastic support of Ryde.

Thank you to our families who helped at our Fundraisers. When we give money to support our athletes when they compete interstate and overseas we expect them to first come and help raise those funds. This year I was particularly impressed by those of our senior athletes who qualified for All Schools funding who turned up and did some long shifts at two of our fundraisers. It's a great lesson to teach our kids the importance of volunteering,

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 helps promote our Senior athletes' achievements on the Facebook page for Ryde athletics. 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 Cross Country Run

At the St George Classic Cross Country Run held on Saturday, 13th April at Ramsgate we were represented by 3 competitors over 2 events.

Georgia Arcus finished in 7th place of the female competitors in the 4km event with her time of 15 mins 09 secs.

Arabella Price placed 11th of the female competitors in the 4km event with her time of 15 mins 33 secs.

Sophie Gocher contested the 7km event and was placed 5th of the female competitors with a time of 28 mins 54 secs.

2. The Australian Masters Championships

The Australian Masters Championships were held in Melbourne from 26th to 29th April and we were represented by Andrew Atkinson-Howatt.

Andrew Atkinson-Howatt finished in 4th place in the 60-64 years Men's Discus event with his throw of 36.28 metres. As Andrew was the 3rd placed Australian in the event he was awarded the bronze medal. In his Javelin event Andrew took out the gold medal with his throw of 38.29 metres. Andrew was entitled to compete in the Champions Javelin Throw – Men event and was awarded the bronze medal with his adjusted handicap throw of 53.93 metres (actual 36.93m).

3. Sydney 10 event

At the Sydney 10 event held at Homebush on Saturday, 4th May we were represented by 6 athletes

competing in the 5km event.

Andrew Phillips finished in 63rd place of the men contesting the 5km event with his time of 19 mins 44.00 secs.

Sophie Gocher placed 27th of the women contesting the 5km event with her time of 19 mins 04.99 secs.

Amelie Sun finished in 31st place of the women contesting the 5km event in a time of 19 mins 18.55 secs.

Georgia Arcus placed 37th of the women contesting the 5km event with her time of 19 mins 52.23 secs.

Zara Warland finished in 60th place of the women contesting the 5km event with her time of 22 mins 05.96 secs.

Georgia Phillips placed 65th of the women contesting the 5 km event with her time of 22 mins 51.95 secs.

4. The IGSSA Cross Country Championships

The IGSSA Cross Country Championships were held at Frensham School, Mittagong on Friday, 17th May and we were represented by nine competitors.

Georgia Phillips, representing Pymble Ladies College, finished in 10th place in the 13 years Girls 3000 metres event in a time of 12 mins 13.4 secs and subsequently qualified for the NSW CIS Cross Country Championships to be held in May.

Elli Barron, representing Loreto Normanhurst, finished in 13th place in the 14 years Girls 4000 metres event with her time of 16 mins 02.9 secs and also qualified for the NSW CIS Championships.

Georgia Arcus, representing Loreto Normanhurst, placed 9th in the 15 years Girls 4000 metres event in a time of 15 mins 40.9 secs and she too qualified for the NSW CIS Championships.

Arabella Price, representing Loreto Normanhurst, placed 12th in the 15 years Girls 4000 metres event with her time of 15 mins 47.6 secs and also qualified for the NSW CIS Championships.

Amelie Sun, representing Meriden College, placed 17th in the 15 years Girls 4000 metres event with her time of 16 mins 04.6 secs and also qualified for the NSW CIS Championships.

Zara Warland, representing Loreto Normanhurst, placed 22nd in the 15 years Girls 4000 metres event with her time of 16 mins 34.3 secs.

Sophie Kavanagh, representing Loreto Normanhurst, placed 45th in the 15 years Girls 4000 metres event in a time of 17 mins 34.8 secs.

Sophie Gocher, representing Loreto Kirribilli, finished in 3rd place in the 18+ years Girls 6000 metres event with her time of 21 mins 35.9 secs.

Charlotte Ryan, representing Loreto Normanhurst, finished in 4th place in the 18+ years Girls 6000 metres event in a time of 21 mins 43.1 secs to qualify for the NSW CIS Championships.

5. The NSW Cross Country Relay Championships

The NSW Cross Country Relay Championships were held at Miranda on the 25th May and we supplied 2 teams and 3 individuals who competed there.

Our Under 16 Boys team competed in the 4 x 3km Relay event and finished in 11th place. The boys are listed below with their times: -

Adam Bruntsch	10 mins 14 secs
Ashton Hannah	11 mins 07 secs
Andrew Phillips	11 mins 57 secs
Jack Baker	<u>13 mins 24 secs</u>
	46 mins 42 secs

Our Under 20 Girls team competed in the 4 x 3km Relay event and finished with the silver medal. The girls are listed below with their times: -

Georgia Arcus	12 mins 11 secs
Arabella Price	12 mins 32 secs
Elli Barron	12 mins 48 secs
Zara Warland	<u>13 mins 34 secs</u>
	51 mins 05 secs

Due to illness we were unable to field a second team but the following girls competed as individuals

Sophie Gocher	11 mins 23 secs
Samantha Brown	13 mins 01 secs
Georgia Phillips	13 mins 23 secs

6. The NSW CIS Cross Country Championships

The NSW CIS Cross Country Championships were held at Eastern Creek on Thursday, 13th June and we were represented by 7 athletes.

Georgia Phillips finished in 12th place in the 13 years Girls 3000 metres event in a time of 13 mins 11 secs.

Elli Barron finished in 21st place in the 14 years Girls 4000 metres event with her time of 17 mins 24 secs.

Georgia Arcus placed 4th in the 15 years Girls 4000 metres event in a time of 16 mins 01 secs.

Arabella Price finished in 23rd place in the 15 years Girls 4000 metres event with her time of 17 mins 30 secs.

Amelie Sun claimed 31st spot in the 15 years Girls 4000 metres event in a time of 18 mins 09 secs.

Charlotte Ryan won the bronze medal in the 18+ Girls 6000 metres event with her time of 25 mins 10 secs

Joseph Harvey finished in 24th place in the 13 years Boys 3000m in a time of 12 mins 30 secs.

7. The NSW CCC Cross Country Championships

The NSW CCC Cross Country Championships were held at Eastern Creek on Friday, 14th June and we were represented by 1 athlete.

Sophie Gocher convincingly won the 18+ Girls 6000 metres event in a time of 24 mins 24 secs.

8. The Sydney North Regional Cross-Country Championships

The Sydney North Regional Cross-Country Championships were held at Gosford on Friday, 21st June and we had 8 athletes competing there.

Elisha Pawsey finished 19th in the 13 years Girls 3000 metres event.

Kaitlyn Martin placed 25th in the 13 years Girls 3000 metres event.

Jacob Leon won the 15 years Boys 4000 metres event.

Adam Bruntsch finished 2nd in the 15 years Boys 4000 metres event.

Ashton Hanna placed 10th in the 15 years Boys 4000 metres event.

Andrew Phillips finished 27th in the 15 years Boys 4000 metres event.

Lance David finished 38th in the 15 years Boys 4000 metres event.

George Davis finished in 21st place in the 16 years Boys 6000 metres event.

9. NSW Cross Country Championships

At the NSW Cross Country Championships held at Tapitallee on Saturday, 22nd June we were represented by 1 athlete.

Amelie Sun placed 22nd in the Under 16 4000 metres event with her time of 16 mins 27 secs.

10. The Oceania Athletics Championships

At the Oceania Athletics Championships held at Townsville from 25th to 28th June we were represented by 2 athletes representing Australia.

Alyssa Lowe won the bronze medal in the Under 18 Girls 100 metres Hurdles event in a time of 14.45 seconds (tailwind of 0.6 metres/sec) - this time by Alyssa was only just outside her personal best time.

Sophie Gocher won the silver medal in the Under 20 Girls 3000 metres Steeplechase event with her time of 11 mins 29.81 secs – Sophie's time was only 2 seconds outside her previous best.

The Oceania Championships are now regarded by the I.A.A.F. as the premier event in the Pacific Region.

11. The Waratah Street Relays

At the Waratah Street Relays event held at Ourimbah on Saturday, 13th July we were represented by

8 athletes who won the silver medal in the Under 16 Girls 4 x 2km Teams event and bronze in the U12 girls 4 x 2km event The girls are listed below in their running order and their individual times.

U16 Girls

Georgia Arcus	7 mins 21 secs
Arabella Price	7 mins 38 secs
Elli Barron	7 mins 50 secs
Zara Warland	7 mins 54 secs

U12 Girls

Ella McGregor	8 mins 29 secs
Jacqueline Pawsey	9 mins 26 secs
Chloe McGregor	8 mins 19 secs
Zara Pawsey	8 mins 14 secs

12. NSW Cross Country Championships

At the NSW Cross Country Championships held at Eastern Creek Raceway on Friday, 26th July we were represented by 8 athletes.

Oliver Smith placed 14th in the 13 years Boys Secondary 3km event in a time of 11 mins 59 secs.

Jacob Leon finished in 7th place in the 15 years Boys 4km event with his time of 13 mins 51 secs.

Adam Bruntsch placed 11th in the 15 years Boys event in a time of 14 mins 03 secs.

Ashton Hanna finished in 23rd place in the 15 years Boys event in a time of 14 mins 42 secs.

Georgia Phillips placed 45th in the 13 years Girls Secondary 3km event with her time of 13 mins 51 secs.

Georgia Arcus finished in 47th place in the 15 years Girls 4km event in a time of 17 mins 52 secs.

Charlotte Ryan placed 5th in the 18 years Girls 6km event with her time of 24 mins 52 secs.

Sophie Gocher finished in 6th place in the 18 years Girls 6km event in a time of 25 mins 10 secs.

13. The Sydney North Athletics Championships

The Sydney North Athletics Championships were held at Homebush on 29th and 30th July and we were represented by 19 athletes.

Timothy Forster won the 14-year-old Boys 100 metres Hurdles event in a time of 15.59 seconds.

Alyssa Lowe won the 16-year-old Girls 100 metres Hurdles event with her time of 14.98 seconds. In her 100 metres event Alyssa was the winner in a time of 12.36 seconds. Aly produced a personal best performance in her High Jump event when she won with her clearance at 1.66 metres. In her Long jump event Aly claimed 2nd place with her leap of 5.59 metres. Aly won her Triple Jump event with her leap of 11.28 metres.

Mikayla Kelleher finished 2nd in the 14 years Girls 90 metres Hurdles event in a time of 16.39 seconds. In her 200 metres event Mikayla placed 8th in a time of 30.42 seconds. Mikayla finished in 2nd place in her Long Jump event with her leap of 4.42 metres. In the 12-15 years Girls Triple Jump event Mikayla placed 7th with her leap of 9.16 metres. Mikayla finished in 4th place in her Discus event with her throw of 23.03 metres.

Annabel Macdonald placed 2nd in the 13yrs Girls 200m Hurdles in a time of 35.64 secs.

Phoebe Cooper-Phillis placed 4th in the 14 years Girls 90 metres Hurdles event with her time of 17.44 seconds.

Krishani Coffin finished in 2nd place in the 13 years Girls 80 metres Hurdles event in a time of 14.07 seconds. In her 100 metres event Krishani claimed 4th place in a time of 13.56 seconds. Krishani placed 3rd in her 200 metres event with her time of 28.79 seconds. In her High Jump Krishani finished in equal 3rd place with her clearance at 1.35 metres.

Jacob Leon won the 12-15 years Boys 3000 metres event with his time of 9 mins 30.72 secs. In his 1500 metres event Jacob was the winner in a time of 4 mins 22.75 secs. Jacob claimed his third win of the carnival in his 800 metres event in a time of 2 mins 04.31 secs.

Sam Galati finished in 13th place in the 17-19 years Boys 100 metres event with his time of 12.54 seconds. In his 200 metres event Sam placed 8th in a time of 26.21 seconds. Sam finished 9th in his Triple Jump event with his leap of 11.60 metres. In the 110 metre hurdles Sam placed 7th in a time of 19.94 secs.

Aliana Moala placed 2nd in the 13 years Girls 100 metres event in a time of 13.45 seconds. In her 200 metres Aliana again finished in 2nd place with her time of 28.50 seconds. In the 12-15 years Girls Triple Jump event Aliana filled 3rd place with her leap of 10.32 metres. Aliana was equal 6th in her High Jump event with her clearance at 1.30 metres. In her Long Jump Aliana produced a leap of 4.31 metres to claim 4th place. Aliana placed 2nd in her Shot Put event with her effort of 9.07 metres.

Emily Metcalfe finished in 11th place in the 14 years Girls 100 metres event with her time of 14.48 seconds.

George Davis placed 5th in the 16 years Boys 400 metres event in a personal best time of 55.52seconds. In his 200 metres event George finished in 10th place with his time of 25.74 seconds. George placed 3rd in high jump with a pb jump of 1.70m. George was the winner in his Javelin event with a personal best throw of 45.00 metres. In his Triple Jump event George filled 6th spot with his leap of 11.67 metres.

Adam Bruntsch finished 2nd in the 15 years Boys 1500 metres event with his time of 4 mins 28.29 secs. In his 800 metres event Adam again placed 2nd with his time of 2 mins 07.55 secs.

Adria McAndrew placed 4th in the 15 years Girls Long Jump event with her leap of 4.71 metres.

Jett Tall placed 6th in the 17-19 Boys Discus event with his effort of 34.01 metres.

Ivan Prizmic claimed 2nd place in the 13 years Boys High Jump event with his clearance at 1.56 metres.

Natasha Fairhall placed 4th in the 12-13 years Girls Javelin throw with her effort of 26.22 metres. In her Shot put event Natasha finished in 6th place with her throw of 8.35 metres. Natasha claimed 4th place in her Discus event with her effort of 20.72 metres.

Sarah Brown claimed 3rd place in the 16 years Girls Triple Jump event with her leap of 10.06 metres.

Aidan Mannasz placed 8th overall in the 14yrs 200m in a time of 27.12s.

Brendan Mannasz went through to State when he finished 2nd in the 14yrs High jump with a height of 1.58m.

14. The ANSW Short Course and NSW Little A's Cross Country Championships

The ANSW Short Course and NSW Little A's Cross Country Championships were held at Upjohn Park on Saturday, 3rd August and we were represented by 13 athletes.

Elysha Pawsey finished in 11th place in the Under 14 years girls combined 3000 metres event in a time of 13 mins 05 secs.

Kaitlin Martin placed 12th in the Under 14 years girls combined 3000 metres event with her time of 13 mins 40 secs.

Annabel MacDonald finished in 14th place in the Under 14 years Girls 3000 metres event in a time of 13 mins 42 secs.

Krishani Coffin placed 16th in the Under 14 years Girls 3000 metres event with her time of 13 mins 50 secs. As the girls competed as an U14 4 x 3km team they came hold with the silver medal.

Adam Bruntsch finished in 2nd place in the Under 16 Boys 4000 metres event in a time of 14 mins 13 secs.

Ashton Hanna placed 6th in the Under 16 Boys 4000 metres event with his time of 15 mins 12 secs.

Jack Baker finished in 9th place in the Under 16 Boys 4000 metres event in a time of 18 mins 15 secs.

Ryde's U11 3x2km event Girls' team finished with the gold medal in the team's event. **Zara Pawsey** finished just out of the individual medals in 4th place in the team's best time of 8m 27s. **Ella McGregor** was 12th in a 9m 01s just one place in front of **Charlotte Nagle** who finished in 9m 7s.

Three of our athletes entered as a team in the U11 3 x 2km and finished with the Gold medal. The athletes and their times were

U11 Girls

Zara Pawsey

8mins 27secs

Ella McGregor

9mins 01secs

Charlotte Nagle

9mins 07secs

15. The Australian All Schools Cross Country Championships

The Australian All Schools Cross Country Championships were held at Kembla Grange from 24th to

26th August and Ryde was represented by two athletes.

Charlotte Ryan and **Sophie Gocher** represented New South Wales in the U20 6km event. Charlotte finished in a time of 24m 05s to claim 25th spot and Sophie ran 24m 37s to place 33rd.

16. The Broken Bay Athletics Carnival

The Broken Bay Athletics Carnival was held at Homebush on Tuesday, 27th August and we were represented by 3 athletes.

Caitlin Waldron won the 14 years Girls Discus event with her throw of 29.42 metres. In her Shot Put Caitlin was again the victor with her effort of 9.20 metres.

Sofia Gately won the 15 years Girls Javelin event with her throw of 29.62 metres.

Sienna Beram finished 8th in the 12yrs 1500m in a time of 6m.25.89s and was again 8th in the 800m in a time of 3m .01.17s.

17. The IGSSA Athletics Carnival

The IGSSA Athletics Carnival was held at Homebush on Wednesday evening and on Thursday, 28th and 29th August and we were represented by 11 athletes.

Zoe Warland won her heat of the 17 years 100 metres Hurdles event in a time of 14.57 seconds. In her Hurdles final Zoe was again the winner with her time of 15.22 seconds. Zoe placed 2nd in her heat of the 17 years 200 metres event in a time of 27.21 seconds. In her 200 metres final Zoe claimed 2nd place with her time of 26.53 seconds. In the 17 years Girls Long jump event Zoe claimed 2nd place with her leap of 5.60 metres.

Arabella Price placed 4th in her heat of the 15 years Girls 800 metres event in a time of 2 mins 27.03 secs. In her 800 metres final Arabella claimed 5th place with her time of 2 mins 27.23 secs.

Sophie Boland finished in 3rd place in her heat of the 16 years Girls 800 metres event with her time of 2 mins 43.94 secs. In the timed final of the Intermediate Girls 400 metres event Sophie placed 15th overall with her time of 68.09 seconds. In the 16 years Girls Shot Put event Sophie claimed 15th place with her effort of 8.17 metres.

Amelie Sun (running as a 16 year old) won her heat of the 16 years Girls 800 metres event in a time of 2 mins 24.74 secs. In her 800 metres final Amelie placed 5th with her time of 2 mins 27.90 secs. Amalie filled 4th place in the Intermediate Girls 1500 metres event with her time of 4 mins 48.41 secs. In the timed final of the Intermediate Girls 400 metres event Amelie claimed 3rd place with her time of 60.93 seconds.

Elli Barron (running up 2 age groups) finished in 4th place in her heat of the 16 years Girls 800 metres event with her time of 2 mins 31.01 secs. In her 800 metres final Elli filled 7th place in a time of 2 mins 33.65 secs.

Sophie Gocher won her heat of the 18 years Girls 800 metres event in a time of 2 mins 26.08 secs. In the 800 metres final Sophie claimed 2nd place with her time of 2 mins 19.47 secs. In her timed final of the Senior Girls 400 metres event Sophie claimed 6th place with her time of 62.45 seconds.

Ruby Worrell won her heat of the 13 years Girls 200 metres event in a time of 26.71 seconds. In her 200 metres final Ruby claimed 2nd place with her time of 26.36 seconds. Ruby won the timed final of the Intermediate Girls 400 metres event with her time of 60.46 seconds.

Eliza Da Silva finished in 4th place in her heat of the 15 years Girls 200 metres event in a time of 27.66 seconds. In her 200 metres final Eliza placed 9th with her time of 28.10 seconds. Eliza finished in 4th place in her 100 metres heat in a time of 13.62 seconds. In her 100 metres final Eliza placed 4th with her time of 13.40 seconds.

Sophie Kavanagh finished in 6th place in her heat of the 15 years Girls 200 metres event with her time of 28.50 seconds. In the Intermediate Girls High Jump event Sophie claimed 3rd place with her leap of 1.55 metres. Sophie won the Intermediate Girls Javelin event with her throw of 32.24 metres. In the 15 years Girls Long Jump event Sophie filled 4th place with her leap of 4.76 metres.

Georgia Phillips placed 2nd in the 13 years Girls Long Jump event with her best leap of 4.43 metres.

Zara Warland claimed 5th place in the Intermediate Girls Discus event with her throw of 29.02 metres. In the 15 years Girls Shot Put event Zara finished in 7th place with her effort of 9.30 metres.

18. The NSW Combined High Schools Championships

The NSW Combined High Schools Championships were held over the 3 days from 4th to 6th

September and we were represented by 10 athletes.

Adam Bruntsch finished in 6th place in his heat of the 15 years Boys 800 metres event in a time of 2 mins 14.33 secs. In the Open Boys 2000 metres Steeplechase event Adam claimed 4th place with his time of 6 mins 40.3 secs.

Jacob Leon was 3rd in his heat of the 15 years Boys 800 metres event with his time of 2 mins 04.39 secs to advance to the final. In his 800 metres final Jacob won the silver medal in a time of 2 mins 01.66 secs. Jacob won the silver medal in the 12-15 years Boys 3000 metres event with his time of 9 mins 30.83 secs. In his 1500 metres event Jacob added a third silver medal to his collection with his time of 4 mins 22.98 secs.

Alyssa Lowe won the 16 years Girls Triple Jump event with her leap of 11.66 metres. In her heat of the 100 metres event Alyssa won her heat in the time of 12.37 seconds (tail wind of 0.3 metres/sec) to qualify for the final. In the final Aly won the gold medal with her time of 12.53 seconds (wind reading -1.0 metres/sec). Aly was a clear winner in the 16 years 100 metres Hurdles event with her time of 14.23 seconds (wind reading 1.8 metres/sec). In the 4x100m Relay Final Aly anchored her team to the gold medal with their time of 50.17 seconds. Alyssa finished 2nd in her Long Jump event with her leap of 5.72 metres (tail wind of 0.4 metres/sec).

Sarah Brown finished in 8th place in the 16 years Girls Triple Jump event with her leap of 9.85 metres. Sarah was the first runner and team mate of Alyssa Lowe in the Riverside girls gold medal winning 4 x100m team.

Krishani Coffin finished in 2nd place in her heat of the 13 years Girls 80 metres Hurdles event in a time of 14.05 seconds (tail wind of 0.8 metres/sec). In the final Krishani placed 8th with her time of 14.83 seconds.

Mikayla Kelleher placed 4th in her heat of the 14 years Girls 90 metres Hurdles event in a time of 15.90 seconds (tail wind of 1.1 metres/sec).

Timothy Forster finished 3rd in his heat of the 14 years Boys 100 metres Hurdles event in a time of 15.35 seconds (tail wind of 0.2 metres/sec). In his final Tim placed 4th with his time of 15.27 seconds.

Aliana Moala finished in 7th place in her heat of the 13 years Girls 100 metres event with her time of 13.41 seconds (tail wind of 0.1 metres/sec). In the 100 metres final Aliana finished in 9th place with her time of 13.46 seconds. Aliana placed 14th in her Shot Put event with her effort of 8.34 metres. Aliana finished in 5th place in her 200 metres heat with her time of 27.40 seconds.

Brendan Mannasz placed 9th in the 14 years Boys High Jump event with his clearance at 1.60 metres.

George Davis finished in 12th place in the 16 years Boys Javelin event with his throw of 38.98 metres.

19. The NSW Combined Catholic Colleges Championships

The NSW Combined Catholic Colleges Championships were held on Friday, 20th September and we were represented by 9 athletes.

Lily Tomlinson placed 5th in the 16 years Girls 1500 metres event with her time of 5 mins 12.94 secs.

Oliver Smith finished in 5th place in the 13 Years Boys 1500 metres event in a time of 4 mins 52.03 secs.

Anastasia Lakic placed 6th in the 15 years Girls 90 metres Hurdles event in a time of 17.79 seconds (wind reading of 1.6 metres/sec).

Jeremy Plummer competed in the 12-14yrs 1500m walk and was just outside the medals with a fourth place and a time of 8m 14.78s

Eliza Da Silva placed 2nd in the 15 years Girls 200 metres event in a time of 26.38 seconds (wind reading 0.5 metres/sec). In her 100 metres event Eliza again claimed 2nd place with her time of 12.67 seconds (wind reading of 1.4 metres/sec).

Ruby Worrell finished in 3rd place in the 13 years Girls 200 metres event with her time of 26.03 seconds (wind reading 1.1 metres/sec). In 400 metres event Ruby was the winner in a personal best time of 59.79 seconds.

Jack Baker placed 2nd in the 15 years Boys 800 metres event in a personal best time of 2 mins 09.65 secs.

Rory Davison finished 3rd in the 14 years Boys Long Jump event with his leap of 5.36 metres. In his High Jump event Rory placed 5th with his clearance at 1.65 metres.

Caitlin Waldron placed 5th in the 14 years Girls Discus event with her throw of 27.21 metres. In her Shot Put event Caitlin claimed the bronze medal with her effort of 10.68 metres.

20. The NSW Combined Independent Schools Championships

The NSW Combined Independent Schools Championships were held on Tuesday, 24th September and we were represented by 6 athletes.

Amelie Sun, representing Meriden, finished in 3rd place in the 15 year Girls 400 metres event with her time of 60.75 seconds. In the Intermediate 3000 metres event Amelie added a further 3rd place in a time of 10 mins 47.21 secs.

Claudia Wilson, representing Loreto Normanhurst, placed 4th in the 13 years Girls 1500 metres event with her time of 5 mins 01.15 secs.

Arabella Price, representing Loreto Normanhurst, finished in 3rd place in the 15 years Girls 1500 metres event in a time of 5 mins 24.21 secs.

Zoe Warland, representing Loreto Normanhurst, won the 17 years Girls 100 metres Hurdles event in a time of 15.07 seconds (headwind of 2.4 metres/sec). In her Long Jump event Zoe added a second gold medal to her tally with her leap of 5.43 metres.

Sophie Kavanagh, representing Loreto Normanhurst, won the 15 years Girls High Jump with her clearance at 1.53 metres. In her Javelin event Sophie claimed 4th place with her throw of 33.78 metres.

Joe Harvey placed 6th in the boys 13yrs 200m. In the 400m Joe picked up the bronze in a time of 57.68s. Joe was the winner of the 13 yrs boy's 800m by 3 seconds in an excellent time of 3m 12.85s.

21. The NSW All Schools Championships

The NSW All Schools Championships were held at Homebush from Thursday, 26th September to Sunday, 29th September and we were represented by 29 athletes.

Alyssa Lowe, representing Riverside Girls, won the 16 years Long Jump title with her outstanding leap of 5.95 metres. She added a silver medal to her tally with a 2nd place leap of 11.43 metres in her Triple Jump event. After winning her heat of the 100 metres Hurdles event in a time of 14.45 seconds (wind reading of 1.1 metres/sec), Aly added a further silver medal with her time of 14.37 secs (wind reading of 1.4 metres/sec) in the final. In her 100 metres heat Alyssa clocked the time of 12.63 seconds to advance to the final. Alyssa claimed 6th place in the 100 metres final with her time of 12.81 seconds (wind reading -1.5 metres/sec).

Zoe Warland, representing Loreto Normanhurst, won the 17 years Girls 100 metres Hurdles event with her time of 14.23 seconds (wind reading -0.9 metres/sec). In her Long Jump event Zoe finished just out of the medals with her 4th placing in her Long Jump event with her leap of 5.49 metres.

Sophie Gocher, representing Loreto Kirribilli, won the 19 years Girls 1500 metres event in a fast time of 4 mins 46.78 secs.

Mia Marshall, representing Riverside Girls, won the 13 years Girls Pole Vault event with her clearance at 2.00 metres.

Joseph Harvey, representing Oakhill College, finished 2nd in his heat of the 13 years Boys 800 metres event in a personal best time of 2 mins 12.82 secs. In the final Joe placed 2nd in an even faster time of 2 mins 10.16 secs. Joe placed 4th overall in the heats of the 13 years Boys 400 metres event with his time of 57.23 seconds. In the final Joe won the bronze medal with his time of 55.63 seconds.

Arabella Price, representing Loreto Normanhurst, finished 2nd in the 15 years Girls 2000 metres Steeplechase event in time of 7 mins 46.99 secs. In her 1500 metres event Arabella was 14th with her time of 5 mins 19.53 secs.

Jacob Leon, representing Concord High, gained the bronze medal in the 15 years Boys 3000 metres event in a personal best time of 9 mins 06.66 secs. In the heats of the 1500 metres Jacob was the fastest qualifier with his time of 4 mins 20.74 secs. Jacob again claimed the bronze medal in the 1500 metre final in a time of 4 mins 10.19 secs.

Adam Bruntsch, representing Epping Boys, placed 3rd in the 15 year Boys Steeplechase event with his time of 6 mins 34.06 secs. In his 1500 metres heats Adam placed 15th overall in a time of 4 mins 28.24 secs. In the final Adam placed 10th overall in a personal best time of 4 mins 20.85 secs.

Rory Davison, representing Holy Cross College, won the bronze medal in the 14 years Boys Triple Jump with his best leap of 12.14 metres. In the heats of his 200 metres event Rory placed 28th in a time of 26.06 secs. Rory filled 13th place in his High Jump event with his clearance at 1.55 metres.

In his Long Jump event Rory filled 9th place with his leap of 5.41 metres. Rory filled 14th place in his Shot Put event with his throw of 9.91 metres.

Ruby Worrell, representing Monte Sant Angelo, was the 3rd fastest qualifier for the 13 years Girls 400 metres event with her time of 61.26 seconds. In the final Ruby claimed the bronze medal when she ran a personal best time of 58.98 seconds. In her 200 metres heat Ruby was 6th fastest overall with her time of 26.09 seconds (wind reading of 1.4 metres/sec). Ruby placed 5th in the 200 metres final with her time of 26.14 seconds (wind reading of -0.1 metres/sec). In the 100 metres heats Ruby was 11th overall and just missed the final with her time of 13.07 seconds (wind reading of -0.5 metres/sec).

Sophie Kavanagh, representing Loreto Normanhurst, placed 4th in the 15 years Girls High Jump event with her clearance at 1.60 metres. In her Javelin event Sophie claimed 6th spot with her throw of 32.73 metres. Sophie finished in 8th place in her Long Jump event with her leap of 4.88 metres.

Claudia Wilson, representing Loreto Normanhurst, finished in 5th place in the 14 years Girls 2000 metres Steeplechase event in a time of 7 mins 47.98 secs – some 27 seconds inside the National Qualifying time for this event. In the 13 years Girls 1500 metres event Claudia placed 13th with her time of 5 mins 01.88 secs.

Eliza Da Silva, representing Monte Sant Angelo, won her heat of the 15 years Girls 200 metres event in the smart time of 26.01 seconds (wind reading 1.9 metres/sec). In the final Eliza secured 6th place with a personal best time of 25.87 seconds (wind reading 2.0 metres/sec).

Lily Tomlinson, representing St John Evangelist, finished in 6th place in the 16 years Girls 3000 metres event with her time of 11 mins 07.18 secs. In her 1500 metres event Lily placed 10th in a time of 5 mins 05.93 secs.

Caitlin Waldron, representing Mount St Benedict, placed 6th in the 14 Years Girls Hammer Throw event with her effort of 22.83 metres. In her Shot Put event Caitlin filled 10th place with her throw of 10.73 metres. Caitlin claimed 17th place with her effort of 24.71 metres in the 14 Years discus.

Lucy Prosenko, representing Loreto Normanhurst, placed 6th in the 13 years Girls 3000 metres Race Walk event with her time of 21 mins 37.01 secs.

Ashton Hanna, representing Epping Boys, finished in 7th place in the 15 years Boys 2000 metres Steeplechase event with his time of 7 mins 10.79 secs. In his 3000 metres event Ashton claimed 12th place with his time of 10 mins 04.22 secs. Ashton also contested the 15 years Boys 1500 metres event claiming 27th place with his time of 4 mins 48.09 secs.

Georgia Arcus, representing Loreto Normanhurst, placed 8th in the 15 years Girls 1500 metres event with her time of 5 mins 02.49 secs. In her 3000 metres event Georgia was again 8th in a time of 11 mins 43.40 secs.

Elli Barron, representing Loreto Normanhurst, placed 8th in the 14 years Girls 2000 metres Steeplechase event in a time of 7 mins 55.96 secs – some 9 seconds inside the National Qualifying time for this event.

Timothy Forster, representing Turramurra High, placed 9th overall in the heats of the 14 years Boys 100 metres Hurdles event in a time of 15.57 seconds (wind reading 0.2 metres/sec). In the final Tim placed 8th with his time of 15.72 seconds (wind reading -1.2 metres/sec).

Aidan Mannasz secured 9th place overall in the heats of the 14 years Boys 200 metres Hurdles event with his time of 29.96 seconds (wind reading of 1.0 metres/sec). This was under the national qualifying time. Aidan also contested his Triple Jump event and placed 9th with his leap of 11.10 metres. In his High Jump event Aidan claimed 15th spot with his leap of 1.55 metres.

Oliver Smith, representing Marist College, qualified for the 13 years Boys 1500 metres final when he finished 7th overall in the heats with his time of 4 mins 42.20 secs. In the final Oliver placed 11th with his time of 4 mins 47.01 secs. In his 800 metres heat Oliver claimed 15th place with his time of 2 mins 21.65 secs.

Amelie Sun, representing Meriden, finished in 12th place in the 15 years Girls 1500 metres event with her time of 5 mins 09.35 secs.

Adria McAndrew, representing Riverside Girls, placed 12th in the 15 years Girls Long Jump event with her leap of 4.57 metres. In her 200 metres event Adria placed 29th overall in a time of 29.89 seconds.

Georgia Phillips, representing Pymble Ladies College, finished in 14th place in the 13 years Girls Triple Jump event with her leap of 9.04 metres. In her Long Jump event Georgia filled 15th spot with her effort of 4.47 metres. Georgia also contested the 14 years Girls 3000 metres event finishing in

20th place with her time of 12 mins 14.89 secs.

William Tye finished 7th in his heat of the 13 years Boys 80 metres Hurdles event in a time of 16.26 seconds.

Anastasia Lakic, representing Marist Sisters, placed 15th in the 15 years Girls 90 metres Hurdles event with her time of 18.03 seconds. In her 400 metres event Anastasia placed 16th overall in a time of 68.05 seconds.

Annabel Macdonald, representing Cheltenham Girls, finished in 15th place in the 13 years Girls 400 metres event with her time of 66.56 seconds. In her 200 metres event Annabel placed 29th overall in a time of 28.97 seconds.

Jack Baker, representing Marist College, finished in 19th place overall in the heats of the 15 years Boys 800 metres event with his time of 2 mins 18.94 secs. In his 1500 metres event Jack placed 29th in a time of 4 mins 56.78 secs.

22. NSW PSSA Athletics Championships

At the NSW PSSA Athletics Championships held at Homebush from 6th – 7th November we were represented by 3 athletes.

Jessica Johnston won the 12-13 years Girls Discus Event with her throw of 36.54 metres. In her Shot Put event Jessica finished in 4th place with her effort of 10.21 metres. Jess also cleared 1.40 metres in her High Jump event to place equal 7th.

Isabella Barbara also competed in the 12yrs shot and discus. In the shot put Isabella threw 8.32m to place 21st in the State and in discus, 17.79m to finish 33rd.

Nathan Barbara had a full carnival competing in the 11-13yrs Boys multi-class and came home with silver in long jump (1.82m 64.53%), gold in Discus (14.90m 67.72%), gold in shotput (4.99m 73.59%) and silver in the 100m (22.03s 81.25%).

23. The NSW 3000 metres Championships

The NSW 3000 metres Championships were held at the Warm Up Track at Homebush on the evening of 9th November and we were represented by 7 athletes.

Andrew Phillips was our first competitor on the track in the Men's I Race and he finished in 10th place with a personal best time of 10 mins 33.10 secs.

Ashton Hanna was next up in the Men's H Race and he finished in 7th place with his personal best time of 9 mins 54.93 secs.

Georgia Phillips was our first female competitor and she was in the E Race where she finished in 4th place with a personal best time of 11 mins 25.38 secs.

Claudia Wilson finished in 2nd place in the D Race and she produced a personal best time of 10 mins 41.57 secs. This time qualifies Claudia to compete at the Australian Junior Championships in March.

Lily Tomlinson placed 8th in the D Race with her time of 10 mins 56.24 secs.

Arabella Price finished in 14th place in the C Race with her time of 11 mins 06.99 secs.

Georgia Arcus finished in 15th place in the B Race with her time of 11 mins 06.28 secs.

24. The NSW Relay Championships

The NSW Relay Championships were held at Campbelltown over the weekend of 23rd & 24th November and we were represented by 19 teams.

Our team in the Under 18 Boys High Jump event consisted of **George Davis – 1.65m, Rory Davison – 1.45m, Brendan Mannasz – 1.75m and Aidan Mannasz – 1.50m** who claimed the silver medal with their combined height of 6.35 metres.

Next up was our Under 18 Girls Shot Putters, **Caitlin Waldron – 10.03 metres, Jessica Johnston – 9.77 metres, Aliana Moala – 9.76 metres and Sofia Gately – 8.72 metres** giving the team a combined total of 38.28 metres which secured them 6th place.

Our team in the Under 20 Girls 4x100m Relay consisted of **Eliza Da Silva, Ruby Worrell, Zoe Warland and Alyssa Lowe** who finished just out of the medals in 4th place with their time of 48.51 seconds.

The Under 20 Boys 4x100m Relay Heats saw our boys – **Sam Galati, Jett Tall, Jeremy Plummer and Aidan Mannasz** qualify in 8th place overall with their time of 46.33 seconds to qualify for the final. In the final the boys again filled 8th spot with their time of 46.68 seconds.

In the Under 18 Girls High Jump Relay both **Alyssa Lowe** and **Sophie Kavanagh** cleared **1.60 metres**, **Jessica Johnston** – **1.45 metres** and **Georgia Arcus** - **1.35 metres** giving them a combined total of exactly 6.00 metres and the bronze medal in this event.

In the Under 20 Boys 4x400m Relay we were represented by **George Davis**, **Joe Harvey**, **Adam Bruntsch** and **Jack Baker** who finished in 7th place with their time of 3 mins 36.80 secs.

Our Under 14 Girls Shot Put team took out the bronze medal in this event with their combined total of 35.20 metres – **Aliana Moala** – **9.97 metres**, **Jess Johnston** – **9.79 metres**, **Amelia Boccabella** – **8.11 metres** and **Krishani Coffin** – **7.33 metres**.

In the Under 14 Boys Shot Put team the boys finished in 9th place with their combined total of 32.99 metres – **Andrew Kalos** – **9.38 metres**, **Joep Rauqe** – **8.95 metres**, **Owen Chandler** **7.41 metres** and **Christopher Moala** – **7.25 metres**.

Our Under 14 Girls 4x200m Relay team comprising **Ruby Worrell**, **Mia Marshall**, **Krishani Coffin** and **Aliana Moala** won the silver medal in the excellent time of 1 min 49.38 secs.

Next up was our Under 20 Girls 4x200m Relay team with **Alyssa Lowe** leading off and passing to **Eliza Da Silva** and then to **Sophie Kavanagh** with Zoe Warland running the final leg and bringing the team home to 4th position in a time of 1 min 44.21 secs.

Our next team to compete on Saturday was our Under 20 Girls 4x1500m Relay team. **Georgia Arcus** led off and passed to **Claudia Wilson** who gave the baton to **Lily Tomlinson** who passed the baton to **Arabella Price** who brought the team home with the gold medal in a time of 20 mins 55.59 secs.

Our Under 16 Boys 4x1500m Relay team was our last team to compete on the Saturday and they finished in 4th place with a time of 18 min 51.21s. The team consisted of **Adam Bruntsch** – **4 mins 24 secs**, **Ashton Hanna** – **4 mins 42 secs**, **Jack Baker** – **4 mins 59 secs** and **Oliver Smith** – **4 mins 56 secs**.

The first team up on Sunday morning was our Under 18 Girls Long Jump team who won the bronze medal with their combined total of 19.09 metres. The team consisted of **Sophie Kavanagh** – **5.33 metres**, **Aliana Moala** – **4.98 metres**, **Mia Marshall** – **4.41 metres** and **Adria McAndrew** – **4.37 metres**.

The first Track teams on the Sunday were the 2 teams we had entered in the Under 20 Girls 4x800m Relay event. Our "A" team consisting of **Amelie Sun**, **Georgia Arcus**, **Claudia Wilson** and **Arabella Price** won the silver medal with their combined time of 9 mins 42.45 secs. The "B" team with **Lily Tomlinson**, **Elli Barron**, **Kaitlin Martin** and **Elly Pawsey** finished in 4th place with their time of 10 mins 34.98 secs.

The next team up was our Under 18 Boys Long Jump team which secured the bronze medal with a total of 23.67 metres. Our team consisted of **Jett Tall** – **6.31 metres**, **Sam Galati** – **6.06 metres**, **George Davis** – **5.79 metres** and **Rory Davison** – **5.51 metres**.

Our Under 14 Girls 4x100m Relay team advanced to the final when they finished 4th overall with their time of 51.48 seconds. In the final the girls secured the silver medal with an even better time of 51.11 seconds. The team consisted of **Krishani Coffin**, **Ruby Worrell**, **Mia Marshall** and **Aliana Moala**.

Our Boys in the Under 14 4xLong Jump Relay event won our 2nd gold medal of these Championships with their combined total of 18.46 metres. The medal winners were **Joep Rauqe** – **4.74 metres**, **Owen Chandler** – **4.62 metres**, **Angelo Mihos** – **4.58 metres** and **Patrick Faulkner** – **4.52 metres**.

Our last team to compete at the Championships was our Under 14 Girls 4xLong Jump Relay team which won the bronze medal with a combined total of 17.71 metres. **Aliana Moala** – **4.84 metres**, **Krishani Coffin** – **4.48 metres**, **Mia Marshall** – **4.23 metres** and **Georgia Phillips** – **4.16 metres**.

Ryde finished a highly successful weekend with 2 gold, 4 silver and 5 bronze medals.

25. The Australian All Schools Championships

The Australian All Schools Championships were held in Perth from 6th to 8th December and we were represented by 6 athletes.

On the first day **Alyssa Lowe** won her first event – the Under 18 Girls Long Jump event. Aly's jumps were a Foul, 5.66 metres, 5.96 metres and the final jump a personal best leap of 6.05 metres. Alyssa's third jump would have won the event anyway. On the Saturday Aly contested her heat of the Under 18 Girls 100 metres Hurdles event and finished in 2nd place with her time of 14.49 seconds (zero wind reading). In the final on the Sunday Aly placed 4th with a personal best time of 14.15 seconds (1.5 metres/sec).

Arabella Price contested the Under 16 Girls 2000 metres Steeplechase event and finished in 9th

place with a personal best time of 7 mins 25.67 secs. This time was 6 seconds faster than she had previously run.

Joseph Harvey finished in 5th place in the Under 14 boys 800 metres event in a personal best time of 2 mins 07.65 secs. This time was 2 and a half seconds faster than Joe had previously run.

Rory Davison finished in 11th place in the Under 16 Boys Triple Jump event with his best leap of 12.33 metres.

Zoe Warland was unfortunately disqualified for a false start in the Under 18 Girls 100 metres Hurdles event.

Mia Marshall produced a big personal best leap in clearing the bar in the Under 14 Girls Pole Vault at 2.55 metres when she claimed the bronze medal in this event.

26. The NSW Club Championships

The NSW Club Championships were held on Saturday, 14th December and we were represented by 3 Teams – Under 14 Boys, Under 14 Girls and Under 20 Girls.

Our Under 14 Boys consisted of **Joe Harvey, Yahya Ali, Owen Chandler, Oliver Smith, Jope Rauqe and Andrew Kalos**. The boys claimed the silver medal with their total of 356.5 points. This was subsequently upgraded to a gold medal when it was determined the first placed team had an U15 athlete competing in their team.

The Under 14 Girls team consisted of **Ruby Worrell, Maddison Duncombe, Elly Pawsey, Zara Pawsey, Jessica Johnston, Mia Marshall and Krishani Coffin**. The girls claimed the bronze medal with their total of 367.5 points. This was subsequently upgraded to a silver medal when it was determined that the second placed team had three U15 athletes competing in their team.

Our Under 20 Girls team was represented by **Georgia Arcus, Eliza Da Silva, Sophie Kavanagh, Zara Warland, Elli Barron, Caitlin Waldron and Sarah Brown**. The girls claimed the silver medal with their total of 501 points.

27. The NSW Multi-Event Championships

The NSW Multi-Event Championships were held at Homebush the weekend of the 26th -27th January and we were represented by 2 athletes.

Jess Johnston won the Under 14 years Girls Pentathlon event with the following results: -

High Jump	Shot Put	200 metres	Javelin	800 metres	Total
1.41m	9.76m	30.10 secs	34.80m	3:14.86	
523	514	475	568	239	2319

Rory Davison placed 5th in the Under 16 years Boys Heptathlon event with the following results: -

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	1500 metres	Total
16.14 secs	1.69m	10.88m	25.44 secs	5.45m	23.59m	5:20.89	
582	536	539	569	471	210	445	3352

Rory's total points give him a national qualifier for this event.

28. The A.C.T. Athletics Championships

The A.C.T. Championships were held at the Canberra track over the weekend of 24th to 26th January and we were represented by 5 athletes.

Jack Baker commenced his efforts on the Friday evening when he contested the Under 18 Boys 800 metres final. In this race Jack produced a personal best time of 2 mins 08.67 secs in claiming 5th place. Jack produced a further best performance in his 400 metres heat when he clocked the time of 53.69 seconds on the Saturday to place 9th overall.

Amelie Sun showed she was in good form when she placed 5th in the Under 18 Girls 800 metres final with her time of 2 mins 18.43 secs. This time qualifies Amelie to run in this event at the Australian Junior Championships. In her 1500 metres run Amelie claimed the silver medal in a photo finish with her time of 4 mins 51.22 secs.

Zara Warland produced a sparkling performance to place 6th in the Under 18 Girls 800 metres event

with her time of 2 mins 21.68 secs. In the 1500 metre event Zara placed 6th with a time of 5min 09.44sec

Sophie Kavanagh won the silver medal in the Under 18 Girls High Jump event with her successful clearance at 1.63 metres. Her clearance at this height will enable Sophie to represent her State at the Australian Junior Championships. In her Long Jump event Sophie finished in 8th place with her best jump of 5.20 metres.

Alyssa Lowe produced an outstanding run in her heat of the Under 18 Girls 100 metres event when she finished in 2nd place with a huge personal best performance of 12.29 seconds (wind reading 2.9 metres/sec). In the final Aly placed 3rd with her time of 12.34 seconds (wind reading of 2.6 metres/sec). Alyssa won the 100 metres Hurdles event with her time of 14.54 seconds (wind reading 1.2 metres/sec).

29. The NSW Masters Championships

The NSW Masters Championships were commenced at Homebush over the weekend of 7th – 9th February and then postponed due to extreme wet weather and then competed the weekend of 7th - 8th March and we were represented by 2 athletes.

Ron Wills claimed the silver medal in the 80-84 Men's 400 metres event with his time of 1 min 44.90 secs.

Robert Hanbury-Brown claimed the gold medal in the 60-64 Men's Weight event with his opening throw of 14.00m.

30. The NSW Junior Championships

The NSW Junior championships were held at Homebush from Friday evening 21st February to Sunday 23rd February and we had a total of 31 athletes competing there. Unfortunately, all the Friday Hurdles events were held as timed finals.

Tim Forster won his heat of the Under 16 Boys 100 metres Hurdles event in a national qualifying time of 14.91 seconds (Wind reading of 1.0 metres/sec) and placed 6th overall. In his 100 metres event Timothy placed 27th overall with his time of 12.71 seconds (Wind -0.4 metres/sec).

Rory Davison finished in 9th place in the Under 16 Boys High Jump event with his clearance at 1.55 metres. Rory finished 3rd in his heat of the Under 16 Boys 100 metres Hurdles event with his time of 15.71 seconds (wind reading of 1.0 metres/sec) and placed 10th overall. In his 100 metres event Rory placed 25th overall with his time of 12.52 seconds (wind 0.5 metres/sec). Rory won the silver medal in his Triple Jump event with his leap of 12.18 metres. In his Long Jump event Rory placed 12th with his leap of 5.39 metres. Rory won the gold medal in the Under 16 Boys Pole Vault event with his clearance at 2.80 metres.

Zoe Warland was next up in her heat of the Under 20 Girls 100 metres Hurdles where she finished in 4th place in her heat with a time of 15.31 seconds (headwind of 0.8 metres/sec) and this time put her in 9th place overall. This time by Zoe is a National Qualifying time. In her Long Jump event Zoe filled 5th place with her leap of 5.32 metres (wind reading of -0.2 metres/sec). In her 200 metres heat Zoe placed 14th overall with her time of 27.34 seconds (Wind 1.6 metres/sec).

Alyssa Lowe won her heat of the Under 18 Girls 100 metres Hurdles event and was also first overall with her time of 14.54 seconds (headwind of 0.1 metres/sec). In her Long Jump event Aly claimed the silver medal with her leap of 5.79 metres (wind reading of 0.5 metres/sec).

Ruby Worrell finished 3rd in her heat of the Under 15 Girls 400 metres event with her time of 59.25 seconds to progress to the final on Saturday. In the final Ruby placed 5th with her time of 58.91 seconds. Ruby qualified for the final of the Under 15 Girls 200 metres event with her heat time of 26.23 seconds (Wind 0.7 metres/sec). In the final Ruby placed 5th with her time of 26.26 seconds (Wind 1.3 metres/sec).

Joseph Harvey placed 2nd in the second heat of the Under 14 Boys 400 metres event with his time of 56.04 seconds to advance to the final. In his 400 metres final Joe placed 4th with his personal best time of 55.13 seconds, which is a National Qualifier. Joe won the timed final of the Under 14 Boys 800 metres event in a time of 2 mins 10.38 secs and gave a masterful exhibition of front running.

Jack Baker placed 5th in his heat of the Under 17 Boys 400 metres event with a time just outside his best – 54.16 seconds.

Georgia Phillips finished in 10th place in the Under 15 Girls 3000 metres event in a personal best

time of 11 mins 03.52 secs. In her 1500 metres event Georgia placed 12th with her time of 5 mins 16.12 secs. Georgia contested the 800 metres event finishing 13th overall with her time of 2 mins 30.46 secs.

Elli Barron produced a 22 second personal best time of 11 mins 02.26 secs in finishing in 8th place in the Under 16 Girls 3000 metres event. In her 2000 metres Steeplechase event Elli finished in 7th place (despite shoe problems) with her time of 8 mins 10.94 secs.

Zara Warland finished in 6th place in the Under 17 girls 3000 metres event with her time of 11 mins 41.08 secs.

Jacob Leon placed 5th in the Under 17 Boys 3000 metres event in a time of 9 mins 15.91 secs which is a National Qualifying time. In his 1500 metres event Jacob finished in 6th place with his time of 4 mins 13.22 secs.

Ashton Hanna finished in 14th place in the Under 17 Boys 3000 metres event in a personal best time of 9 mins 47.08 secs. In his 2000 metres Steeplechase event Ashton finished in 9th place with a National Qualifying time of 6 mins 42.38 secs.

Jessica Johnston claimed the silver medal in the Under 14 Girls Hammer Throw with her effort of 33.25 metres and this is throw is a National Qualifier. In her Javelin event Jessica was too good for the opposition taking out the gold medal with her best throw of 33.50 metres which is a National Qualifier. Jessica filled 4th place in her Shot Put event with her throw of 9.69 metres. Jess added a further gold medal to her haul when she won her Discus event with a throw of 30.35 metres.

Brendan Mannasz claimed the bronze medal in the Under 16 Boys High Jump event with his clearance at 1.70 metres.

Aidan Mannasz placed 6th in the Under 16 Boys High Jump event with his clearance at 1.65 metres. In his 100 metres event Aidan finished in 18th place overall with his time of 12.09 seconds (Wind -0.4 metres/sec). Aidan finished in 6th place in his Triple Jump event with his leap of 11.72 metres. In his 200 metres Hurdles event Aidan claimed 5th place with his time of 28.66 seconds.

Sophie Kavanagh claimed the gold medal in the Under 17 girls Long Jump event with her leap of 5.46 metres (wind reading 3.8 metres/sec). In her Javelin event Sophie filled 5th place with her throw of 35.54 metres. Sophie won the bronze medal in her High Jump event with her clearance at 1.65 metres.

Mia Marshall won the gold medal in the Under 15 Girls Pole Vault with her clearance at 2.30 metres which is a National Qualifier.

Max Mayhew finished in 5th place in the Under 14 Boys 3000 metres Walk event in a time of 16 mins 41.48 secs. This time is a National Qualifying time and a Ryde best performance on record

Sam Galati placed 8th in the Under 20 Boys Triple Jump event with his leap of 11.86 metres. In his Long Jump event Sam finished in 12th place with his effort of 5.56 metres.

Eliza Da Silva qualified for the final by taking out 5th place in her heat of the Under 17 Girls 100 metres event in a time of 12.93 seconds (Wind -0.4 metres/sec). In her 100 metres final Eliza finished in 8th place with her time of 13.22 seconds (Wind 0.2 metres/sec). Eliza contested the heats of her 200 metres event finishing in overall 9th place with her time of 26.80 seconds (Wind -0.3 metres/sec).

Claudia Wilson placed 8th in the Under 15 Girls 1500 metres event with her time of 5 min 05.78 secs. In the 2000 metres Steeplechase event Claudia won the gold medal with her time of 7 mins 48.98 secs.

Oliver Smith finished in 10th place in the Under 15 Boys 1500 metres event with his time of 5 mins 15.74 secs. In his 800 metres event Oliver finished in 10th place in a time of 2 mins 24.29 secs.

Amelie Sun won the bronze medal in the Under 17 Girls 1500 metres event with her time of 4 mins 48.60 secs. In her 800 metres Amelie finished in 6th place with a time of 2 mins 20.87 secs.

Arabella Price finished in 5th place in the Under 17 Girls 1500 metres event with her time of 5 mins 01.11 secs. In her 2000 metres Steeplechase event Arabella won the silver medal with her time of 7 mins 37.24 secs.

Owen Chandler took out the bronze medal in the Under 14 Boys Triple Jump event with his leap of 10.30 metres

Sofia Gately finished in 7th place in the Under 17 girls Javelin event with her effort of 27.60 metres.

Adam Bruntsch placed 7th in the Under 17 Boys 1500 metres event with his personal best time of 4 mins 13.49 secs. In his 2000 metres Steeplechase event Adam won the gold medal in a personal best time of 6 mins 21.69 secs.

Georgia Arcus claimed the bronze medal in the Under 17 Girls 2000 metres Steeplechase event

with her personal best time of 7 min 52.79 secs. In her 800 metres event Georgia placed 9th with her time of 2 mins 25.60 secs.

Sophie Gocher took out the gold medal in the Under 20 Girls 3000 metres Steeplechase event with her time of 11 mins 57.26 secs.

Jett Tall finished in 6th place in the Under 20 Boys Long Jump event with his leap of 6.37 metres (Wind 0.0 metres/sec).

George Davis won the bronze medal in the Under 18 Boys 400 metres Hurdles event in a personal best time of 58.23 seconds.

Overall, the carnival was an excellent weekend with Ryde athletes bringing home 10 gold medals, 4 silver and 6 bronze medals.

31. NSW Open & U23 Championships

The NSW Open and U23 Championships were held at SOPAC from the 6th to 8th March and Ryde was represented by 3 athletes.

Jack Baker competed in the Open Men's 400m sprint event and placed 34th overall with a time of 53.80s,

Sophie Kavanagh finished 5th in the Open Women's High jump with a clearance of 1.60m. In the Open Women's Long Jump Sophie just missed a spot in the final when she placed 9th with a best jump of 5.33m.

Zoe Warland ran a time of 15.16s to qualify for the final with the 9th fastest times in the heats of the Open Women's 100m Hurdles. In the final Zoe stopped the clock at 15.70sec to place 8th.

32. Australian Track and Field Championships.

The Australian Track and Field Championships were to be held from the 21st to 29th March at Homebush NSW but were cancelled because of the Coronavirus. The following 23 Ryde Senior Athletes had been named in the NSW team for the Championships in the events listed beside their name.

Alyssa Lowe U18 Long jump, 100m Hurdles

Zoe Warland U20 100m Hurdles

Arabella Price U17 2000m Steeple

Mia Marshall U15 Pole Vault

Joe Harvey U15 800m, 400m

Rory Davison, U16 Triple Jump, Pole Vault

Ruby Worrell U15 400m, 200m

Claudia Wilson U15 2000m Steeplechase, 3000m

Adam Bruntsch U17 2000m Steeplechase

Sophie Gocher U20 3000m Steeplechase

Aidan Mannasz U16 200m Hurdles

Elli Barron U16 2000m Steeplechase

Timothy Forster U16 100m Hurdles

Amelie Sun U17 1500m, 3000m, 800m

Georgia Arcus U17 3000m, 2000m Steeplechase

Jess Johnston U14 Javelin, Discus, Hammer throw

George Davis U18 400m Hurdles

Eliza Da Silva U17 100m

Sophie Kavanagh U17 High jump, Long Jump

Brendan Mannasz U16 High jump

Max Mayhew U14 3000m walk

Ashton Hanna U17 2000m steeplechase

Owen Chandler U14 Triple jump

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 15/4/20)

	<u>100 metres</u>				<u>1500 metres</u>		
11 years	Yayah Ali	13.51	19/20	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
Vet 80+	Ron Wills	21.1h	19/20	Vet 80+	Ron Wills	9.29.8h	19/20
	<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
Vet 80+	Ron Wills	41.7h	19/20	Vet 80+	Ron Wills	21.18.7h	19/20
	<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	Joe Harvey	55.13	19/20	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 50+	Voitek Klimiuk	64.32	10/11				
Vet 70+	Ron Wills	78.90h	11/12				
Vet 80+	Ron Wills	99.5(h)	19/20				
	<u>800 metres</u>				<u>10,000 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	2:33.04	10/11				
Vet 70+	Ron Wills	2:56.15	11/12				
Vet 80+	Ron Wills	4.11.1h	19/20				
					<u>2000m Steeplechase</u>		
				12 years	Peter Cotton	9:17.6h	86/87
				13 years	Harrison Wade	6:43.08	13/14
				14 years	Harrison Wade	6:26.98	14/15
				15 years	Will Devjak	6:20.1h	98/99
				Under 18	Will Devjak	5:53.46	00/01
				Under 20	Will Devjak	5:53.46	00/01
					<u>3000m Steeplechase</u>		
				Under 18	Will Devjak	9:23.63	00/01
				Under 20	Will Devjak	9:23.63	00/01
				Open	Will Devjak	9:23.63	00/01

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 15/4/20)

	<u>1500 metre walk</u>					<u>110 metre hurdles</u>			
11 years	David Forster	8:51.4h	82/83	Under 17	Brian Chappell	15.15		96/97	
12 years	David Forster	9:00.2h	83/84	Under 18	Craig Birdsall	15.10		98/99	
13 years	Michael Cooper	10:35.1h	88/89	Under 20	Clinton McEwan	15.93		09/10	
14 years	Matthew Spackman	8:49.9h	88/89	Open	Glyn Henman	16.5h		92/93	
15 years	George Davis	7:35.20	18/19	Vet 30-39	Chris Norris	19.4h		94/95	
Under 18	George Davis	7:38.80	18/19	Vet 40-49	Peter Collins	16.3h		93/94	
Under 20				Vet 50+	Peter Collins	16.7h		01/02	
Open	Graham Walsh	6:54.0h	91/92						
Vet 30-39	Graham Walsh	7:41.9h	93/94		<u>200 metre hurdles</u>				
Vet 40-49	John Barbuto	9:54.4h	88/89	11 years	Will Devjak	33.9h		94/95	
Vet 50+				12 years	Sam Hain	32.23		11/12	
Vet 70+				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	
	<u>3000 metre walk</u>					<u>300 metre hurdles</u>			
11 years	Shannon Wolfers	20:28.8h	92/93	11 years	Peter Cotton	54.6h		85/86	
12 years	Max Mayhew	16:41.48	19/20	12 years	Grant Mitchell	54.8h		85/86	
13 years	Michael Jones	16:51.0h	87/88	13 years					
14 years	Matthew Spackman	16:35.0h	88/89	14 years	Kevin Laws	47.5h		85/86	
15 years	George Davis	16:21.07	18/19	15 years	Brian Chappell	40.45		95/96	
Under 18				Under 18	Brian Chappell	39.16		96/97	
Under 20				Vet 40-49	Peter Collins	43.9h		95/96	
Open	Graham Walsh	14:45.3h	91/92	Vet 50+	Peter McEneaney	49.9h		93/94	
Vet 30-39	Graham Walsh	16:33.5h	93/94						
Vet 40-49	George Parsons	21:24.0h	90/91		<u>400 metre hurdles</u>				
Vet 50+				11 years	Peter Cotton	84.2h		85/86	
Vet 70+				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	
	<u>80 metre hurdles</u>					<u>Multi Event</u>			
11 years	Peter Cotton	15.7h	85/86	15 years	Brian Chappell	4299 pts		95/96	
12 years	Adam Hoey	13.47	91/92						
					<u>Decathlon</u>				
				13 years	George Davis	1412 pts		16/17	
				14 years	Rory Davison	3352 pts		19/20	
				Under 18	Brian Chappell	5328 pts		96/97	
				Under 20	Brent Page	4370 pts		92/93	
				Open	Brian Chin	5205 pts		93/94	
					<u>Weight Pentathlon</u>				
				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	
	<u>Pentathlon</u>								
Vet									
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						

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 15/4/20)

	<u>Shot put</u>				<u>Pole Vault</u>		
11 years	Ben Stevens	10.84m	16/17	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Stevens	13.58m	17/18		Michael Jones	1.80m	86/87
13 years	Haydn Houssenloge	11.64m	11/12	13 years	Michael Jones	2.00m	87/88
14 years 4kg	Ben Nogajski	14.21m	15/16	14 years	Rory Davison	2.80m	19/20
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				
Vet 80+	Ron Wills	5.85m	19/20				
	<u>Discus</u>				<u>High Jump</u>		
11 years	Ben Stevens	35.25m	16/17	11 years	David Forster	1.38m	82/83
12 years	Ben Stevens	43.50m	17/18	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Ben Nogajski	1.85m	16/17
Under 18	Lloyd Parker	43.17m	06/07	Under 18	Michael Dunne	1.85m	99/00
Under 20	Lloyd Parker	38.45m	09/10		Cameron Pappas	1.85m	12/13
Open	Jeff Hailey	41.32m	98/99	Under 20	Michael Dunne	1.85m	99/00
Vet 30-39	Jeff Hailey	41.32m	98/99	Open	Zoltan Budimcevic	2.00m	93/94
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 30-39	John Larkin	1.60m	95/96
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 40-49	Peter Collins	1.65m	90/91
Vet 60+	Robert Hanbury-Brown	37.09m	17/18	Vet 50+	Peter Collins	1.53m	01/02
	<u>Javelin</u>				<u>Long Jump</u>		
11 years	Peter Cotton	21.16m	85/86	11 years	Geoff Davies	5.30m	85/86
12 years	Nick Kelland	28.72m	08/09	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Noah Hain	5.80m	15/16
14 years	Patrick Kelland	37.84m	08/09	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 60+	Andrew Atkinson-Howatt	41.30m	17/18				
Vet 80+	Ron Wills	11.33m	19/20				
	<u>Hammer Throw</u>				<u>Triple Jump</u>		
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	David Page	17.92m	91/92	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Ben Cox	15.63m	15/16
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			
Vet 60+	Lajos Joni	43.72m	15/16				
					<u>Weight</u>		
				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 15/4/20)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	Jamie Casaclang	13.1h	00/01	11 years	Larissa West	5.15.2h	88/89
12 years	Rachael Massey	12.96	88/89	12 years	Elizabeth Cotton	5.03.18	87/88
13 years	Annaliese Gardiner	12.36	05/06	13 years	Eliza Harvey	4.52.36	14/15
14 years	Rachael Massey	12.23	90/91	14 years	Kate Spencer	4.33.28	09/10
15 years	Rachael Massey	12.15	91/92	15 years	Kate Spencer	4.30.59	10/11
Under 18	Rachael Massey	11.87	93/94	Under 18	Kate Spencer	4.28.41	12/13
Under 20	Rachael Massey	11.85	95/96	Under 20	Kate Spencer	4.20.86	13/14
Open	Rachael Massey	11.42	99/00	Open	Maxine Poor	4.19.8h	83/84
Vet 28-34	Rachael Jackson ¹	11.96	08/09	Vet 28-34	Anne Francis	7.23.8h	88/89
Vet 35+	Rachael Jackson	12.14	11/12	Vet 35+	Suzanne Gore	5.19.51	08/09
				Vet 50+	Suzanne Gore	5.38.36	13/14
<u>200 metres</u>				<u>3000 metres</u>			
11 years	Jamie Casaclang	27.2h	00/01	11 years	Megan Cotton	12.02.7h	86/87
12 years	Jamie Casaclang	26.0h	01/02	12 years	Georgia Arcus	11.02.75	16/17
13 years	Rachael Massey	25.78	89/90	13 years	Amelie Sun	10.24.03	17/18
14 years	Rachael Massey	25.17	90/91	14 years	Kate Spencer	10.01.98	09/10
15 years	Jamie Casaclang	24.71	04/05	15 years	Kate Spencer	9.48.90	10/11
Under 18	Merryn Aldridge	24.65	99/00	Under 18	Kate Spencer	9.34.63	11/12
Under 20	Vicky Piggin	24.39	94/95	Under 20	Kate Spencer	9.16.49	13/14
	Merryn Aldridge	24.39	99/00	Open	Kate Spencer	9.16.49	13/14
Open	Rachael Massey	23.62	96/97	Vet 28-34			
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 35+	Suzanne Gore	13.36.9h	08/09
Vet 35+	Rachael Jackson	25.48	11/12				
<u>400 metres</u>				<u>5000 metres</u>			
11 years	Jamie Casaclang	62.3h	00/01	Under 18	Kate Spencer	16.56.66	12/13
12 years	Jamie Casaclang	59.59	01/02	Under 20	Kate Spencer	15.32.29	13/14
13 years	Jamie Casaclang	58.51	02/03	Open	Kate Spencer	15.32.29	13/14
14 years	Eliza Harvey	57.16	15/16				
15 years	Eliza Harvey	57.54	15/16	<u>2000m Steeplechase</u>			
Under 18	Tara Milgate	55.68	01/02	11 years	Elizabeth Cotton	9.35.0h	86/87
Under 20	Tara Milgate	55.88	03/04	12 years	Tara Vance	7.54.29	07/08
Open	Vicki Piggins	53.78	99/00	13 years	Tara Vance	7.38.8h	07/08
Vet 28-34				14 years	Madeline Playford	7.30.66	16/17
Vet 35+	Margaret Chappell	65.8h	94/95	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
<u>800 metres</u>				<u>3000m Steeplechase</u>			
11 years	Larissa West	2.30.97	88/89	Under 18	Kate Spencer	10.20.72	13/14
12 years	Tara Vance	2.22.58	06/07	Under 20	Kate Spencer	9.53.15	13/14
13 years	Eliza Harvey	2.17.69	14/15	Open	Kate Spencer	9.53.15	13/14
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				

¹ Rachel Massey and Rachel Jackson are the same athlete

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 15/4/20)

	<u>1500 metre walk</u>				<u>200 metre hurdles</u>		
11 years	Natalie Cummings	7.38.54	85/86	11 years	Megan Cotton	35.7h	87/88
12 years	Natalie Cummings	8.21.4h	86/87	12 years	Megan Cotton	34.1h	88/89
13 years	Julie Davis	7.43.0h	82/83	13 years	Alyssa Lowe	31.71	16/17
14 years	Carolyn Little	7.56.21	91/92	14 years	Rachel Neylan	29.2h	96/97
15 years	Yvette Cotton	7.38.0h	86/87	15 years	Alyssa Lowe	29.58	18/19
Under 18	Sharon Cummings	7.19.0h	86/87	Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Sharon Cummings	7.19.0h	86/87	Under 20	Jenny Horsfield	34.2h	88/89
Open	Sharon Cummings	7.19.0h	86/87	Open			
Vet 28-34	Anne Francis	10.50.0h	88/89	Vet 28-34			
Vet 35+	Sue Curry	10.05.0h	91/92	Vet 35+	Margaret Chappell	37.3h	89/90
	<u>3000 metre walk</u>				<u>300 metre hurdles</u>		
11 years	Karen Hoey	16:44.4h	91/92	14 years	Rachel Neylan	45.41	96/97
12 years	Natalie Cummings	18:28.0h	86/87	15 years	Megan Cotton	44.08	90/91
13 years	Natalie Cummings	17:22.0h	87/88	Under 18			
14 years	Carolyn Little	17:13.4h	91/92	Vet 35+	Sharon Aldridge	55.3h	94/95
15 years	Sarah Kelland	17:26.72	12/13				
Under 18	Sharon Cummings	16:20.0h	85/86		<u>400 metre hurdles</u>		
Under 20	Sharon Cummings	16:20.0h	85/86	14 years	Gunilla Rupp	70.1h	84/85
Open	Yvette Cotton	15:37.6h	93/94	15 years	Tara Millgate	65.21	00/01
Vet 28-34				Under 18	Tara Millgate	60.72	01/02
Vet 35+	Sue Curry	21:10.3h	89/90	Under 20	Tara Millgate	60.41	04/05
				Open	Tara Millgate	60.41	04/05
	<u>5000 metre walk</u>			Vet 28-34			
Under 18	Carolyn Little	30.45.0h	94/95	Vet 35+	Sue Curry	89.8h	87/88
Open	Yvette Cotton	27.17.8h	93/94				
	<u>80 metre hurdles</u>						
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				
	<u>90 metre hurdles</u>						
13 years	Alyssa Lowe	14.57	16/17				
14 years	Alyssa Lowe	13.31	17/18				
15 years	Zoe Warland	13.27	17/18				
	<u>100 metre hurdles</u>						
15 years	Alyssa Lowe	14.39	18/19				
Under 18	Alyssa Lowe	14.15	19/20				
Under 20	Rasvinder Gill	14.62	04/05				
Open	Lyndall Garling	14.12	83/84				
Vet 28-34							
Vet 35+							

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 15/4/20)

Shot Put

11 years	Maddy Bergfield	8.99m	07/08
12 years	Chiara Lillis	10.46m	16/17
13 years	Maddy Bergfield	10.87m	09/10
14 years	Maddy Bergfield	12.08m	10/11
15 years	Maddy Bergfield	12.59m	11/12
Under 18	Maddy Bergfield	13.10m	13/14
Under 20	Maddy Bergfield	12.04m	14/15
Open	Maddy Bergfield	12.04m	14/15
Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94

Discus

11 years	Jessica Johnston	31.24m	18/19
12 years	Jessica Johnston	36.54m	19/20
13 years	Cassie Hewitt	39.59m	06/07
14 years	Cassie Hewitt	35.53m	07/08
15 years	Maddy Bergfield	37.23m	11/12
Under 18	Maddy Bergfield	41.75m	12/13
Under 20	Maddy Bergfield	41.75m	12/13
Open	Maddy Bergfield	41.75m	12/13
Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95

Javelin

11 years	Jessica Johnston	29.92m	18/19
12 years	Jessica Johnston	34.45m	19/20
13 years	Chloe Davis(400g)	35.33m	13/14
14 years	Tarsha Wayne(500g)	38.39m	17/18
15 years	Sophie Kavanagh	35.54m	19/20
Under 18	Chloe Davis	39.35m	17/18
Under 20	Laura Cornford	45.52m	04/05
Open	Mary Thomas	46.98m	82/83
Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83

Hammer

11 years	Margaret Gault	15.54m	91/92
12 years	Jessica Johnston	33.25m	19/20
13 years	Caitlin Waldron	21.91m	18/19
14 years	Caitlin Waldron	22.83m	19/20
15 years	Maddy Bergfield	41.51m	11/12
Under 18	Maddy Bergfield	41.59m	12/13
Under 20	Joanne Capper	34.06m	84/85
Open	Joanne Capper	44.54m	89/90
Vet 28-34			
Vet 35+	Helen Searle	44.00m	96/97

Weight Pentathlon

Vet 60-64	Helen Searle	5117 pts	99/00
Vet 65-69	Helen Searle	5027 pts	01/02

High Jump

11 years	Megan Cotton	1.35m	87/88
	Portia Amy-Wilson	1.35m	14/15
12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Alexandra Church	1.72m	97/98
14 years	Alexandra Church	1.74m	98/99
15 years	Alexandra Church	1.74m	99/00
Under 18	Alexandra Church	1.82m	01/02
Under 20	Alexandra Church	1.82m	01/02
Open	Alexandra Church	1.82m	01/02
Vet 28-34			
Vet 35+	Margaret Chappell	1.35m	90/91

Long Jump

11 years	Janet Gault	4.69m	89/90
12 years	Janet Gault	4.96m	90/91
13 years	Alyssa Lowe	5.15m	16/17
	Portia Amy-Wilson	5.15m	16/17
14 years	Alyssa Lowe	5.54m	17/18
15 years	Alyssa Lowe	5.76m	18/19
Under 18	Alyssa Lowe	6.05m	19/20
Under 20	Vicky Piggin	6.20m	94/95
Open	Vicky Piggin	6.36m	97/98
Vet 28-34			
Vet 35+	Margaret Chappell	4.72m	90/91

Triple Jump

11 years	Portia Amy-Wilson	9.44m	14/15
12 years	Janet Gault	10.40m	90/91
13 years	Portia Amy-Wilson	10.78m	16/17
14 years	Maya Leverett	11.15m	13/14
15 years	Alyssa Lowe	11.85m	18/19
Under 18	Maya Leverett	12.33m	15/16
Under 20	Maya Leverett	12.33m	15/16
Open	Maya Leverett	12.33m	15/16
Vet 28-34			
Vet 35+	Margaret Chappell	10.22m	89/90

Multi-Events

13 years	Elizabeth Cotton	3679 pts	89/90
14 years	Megan Cotton	4265 pts	90/91
15 years	Megan Cotton	4719 pts	90/91
Under 18	Tara Millgate	4271 pts	01/02
Under 20	Megan Cotton	4239 pts	93/94
Vet 35+	Sue Gore	1873 pts	07/08

Pole Vault

13 years	Johanna Volos	2.90m	12/13
14 years	Johanna Volos	3.10m	13/14
15 years	Johanna Volos	3.30m	14/15
Under 18	Johanna Volos	3.10m	13/14
Under 20	Johanna Volos	3.10m	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

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

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

Weight changes occurred in 2011/2012 therefore performances listed below were set with the previous weights and will be maintained in the event weights are changed back at a future date.

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 2019 – 2020

<u>GIRLS</u>				<u>BOYS</u>			
<u>100 Metres</u>				<u>100 Metres</u>			
Under 12	Lisa Farmer	13.9	1992	Under 12	Daniel Bowtell	13.7	2012
Under 13	Rachael Massey	13.4	1988	Under 13	Gareth Smith	13.2	1993
Under 14	Rachael Massey	13.1	1989	Under 14	Sam Hain	12.2	2012
	Jamie Casaclang	13.1	2002				
	Alyssa Lowe	13.1	2016				
Under 15	Rachael Massey	12.8	1990	Under 15	Brian Chappell	11.9	1994
Under 16	Jamie Casaclang	12.3	2004	Under 16	John Pearce	11.4	2006
Under 18	Rachael Massey	12.1	1992	Under 18	John Pearce	11.0	2008
Under 20	Vicky Piggin	12.1	1994	Under 20	Glen McCarthy	11.1	1988
Open	Rachael Massey	11.8	1996	Open	Brett Jovanovich	11.1	2012
Vet 30+	Sharon Aldridge	13.2	1996	Vet 30+	Carl Casaclang	11.9	2002
Vet 40+				Vet 40+	Adrian Wade	14.8	2013
Vet 50+	Sue Gore	15.3	2012	Vet 50+			
<u>200 Metres</u>				<u>200 Metres</u>			
Under 12	Lisa Farmer	30.0	1993	Under 12	David Forster	29.7	1982
Under 13	Jamie Casaclang	27.1	2001	Under 13	Antonia Galati	28.2	2009
Under 14	Rachael Massey	27.8	1989	Under 14	Ian Pereira	26.1	1984
Under 15	Rachael Massey	26.6	1990	Under 15	Brian Chappell	24.5	1994
Under 16	Rachael Massey	25.8	1991	Under 16	Patrick Kong	24.5	2009
Under 18	Rachael Massey	25.9	1992	Under 18	Ian Pereira	23.0	1988
Under 20	Vicky Piggin	26.3	1994	Under 20	Glen McCarthy	22.4	1988
Open	Rachael Massey	25.5	1996	Open	Brett Jovanovich	22.8	2009
Vet 30+	Sharon Aldridge	27.9	1993	Vet 30+	Carl Casaclang	24.6	2001
Vet 40+				Vet 40+	Adrian Wade	27.2	2014
Vet 50+				Vet 50+	Voitek Klimiuk	29.2	2011
				Vet 70+	Ron Wills	37.0	2013
<u>400 Metres</u>				<u>400 Metres</u>			
Under 12	Portia Amy-Wilson	71.6	2014	Under 12	Adam Bruntsch	67.2	2015
Under 13	Tara Vance	64.5	2006	Under 13	Harrison Wade	63.4	2012
Under 14	Nicola Bowtell	62.2	2012	Under 14	Joe Harvey	57.2	2019
Under 15	Tara Vance	61.5	2008	Under 15	Brian Chappell	55.5	1994
Under 16	Alyssa Lowe	60.0	2018	Under 16	Damian Petrovic	55.6	2004
Under 18	Tara Millgate	59.4	2002	Under 18	Patrick Kelland	53.3	2012
	Alyssa Lowe	59.4	2019				
Under 20	Vicky Piggin	62.2	1994	Under 20	Patrick Kelland	54.2	2013
Open	Tara Millgate	62.8	2006	Open	Will Devjak	53.8	2006
Vet 30+	Margaret Chappell	68.3	1992	Vet 30+	Greg Boyce	54.1	2006
Vet 40+				Vet 40+	Adrian Wade	57.8	2014
Vet 50+	Sue Gore	72.3	2012	Vet 50+			
<u>800 Metres</u>				<u>800 Metres</u>			
Under 12	Megan Cotton	2:33.0	1987	Under 12	Will Devjak	2:28.2	1994
Under 13	Jamie Casaclang	2:35.4	2001	Under 13	Adam Bruntsch	2:26.1	2017
Under 14	Tara Vance	2:34.4	2007	Under 14	Harrison Wade	2:17.9	2013
Under 15	Kate Spencer	2:27.8	2009	Under 15	Kevin Laws	2:11.8	1985
Under 16	Eliza Harvey	2:28.6	2016	Under 16	James Bergfield	2:11.8	2009
Under 18	Kate Spencer	2:16.2	2013	Under 18	James Bergfield	2:08.8	2011
Under 20	Tara Millgate	2:30.5	2003	Under 20	Patrick Kelland	2:06.2	2013
Open	Tara Millgate	2:21.2	2007	Open	Will Devjak	2:01.8	2003
Vet 30+	Sue Gore	2:52.9	1992	Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+	Sue Gore	2:40.6	2009	Vet 40+	Adrian Wade	2:12.6	2014
Vet 50+				Vet 50+	Simon Butler-White	3:11.4	2013
				Vets 70+	Ron Wills	3.15.8	2013

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2019 – 2020

GIRLS

<u>1500 Metres</u>			
Under 12	Georgia Arcus	5:20.7	2015
Under 13	Anastasia Lacic	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
<u>1500m Walk</u>			
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+			
<u>80m Hurdles</u>			
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
<u>90m Hurdles</u>			
Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984
<u>100m Hurdles</u>			
Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Lynda Calder	19.7	1991

BOYS

<u>1500 Metres</u>			
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+			
<u>1500m Walk</u>			
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
<u>80m Hurdles</u>			
Under 12	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
Under 13	Adam Hoey	13.7	1991
<u>90m Hurdles</u>			
Under 14	David Forster	15.4	1984
<u>100m Hurdles</u>			
Under 18	Chris Butt	15.7	1983
Under 20	Warren Gray	15.5	1983
<u>110m Hurdles</u>			
Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2019 – 2020

<u>GIRLS</u>				<u>BOYS</u>			
<u>Javelin</u>				<u>Javelin</u>			
Under 12	Jessica Johnston	25.60m	2019	Under 12	Peter Cotton	21.16m	1985
Under 13	Chloe Davis	29.68m	2013	Under 13	Gareth Smith	23.36m	1993
Under 14	Julia Kelland	30.62m	2015	Under 14	David Forster	33.06m	1984
Under 15	Julia Kelland	29.07m	2016	Under 15	Brian Chappell	34.22m	1994
Under 16	Maddy Bergfield	31.26m	2011	Under 16	Nick Kelland	39.61m	2011
Under 18	Chloe Davis	35.05m	2017	Under 18	Nick Kelland	47.65m	2014
Under 20	Chloe Davis	34.08m	2018	Under 20	Patrick Kelland	45.63m	2013
Open	Yvette Cotton	23.88m	1991	Open	David Strong	41.30m	1986
Vet 30+	Helen Searle	22.38m	1991	Vet 30+			
Vet 40+	Sue Gore	14.44m	2011	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
<u>Discus</u>				<u>Discus</u>			
Under 12	Chiara Lillis	23.45m	2015	Under 12	Jett Tall	26.16m	2014
Under 13	Jessica Johnston	33.14m	2019	Under 13	Jope Rauqe	31.93m	2019
Under 14	Yvette Cotton	26.44m	1984	Under 14	Jett Tall	33.25m	2017
Under 15	Maddy Bergfield	31.73m	2010	Under 15	Mua Morris	41.23m	2003
Under 16	Nicola Bowtell	31.94m	2014	Under 16	Jett Tall	43.66m	2018
Under 18	Maddy Bergfield	39.35m	2012	Under 18	Jett Tall	34.19m	2019
Under 20	Nicola Jones	33.28m	2004	Under 20	Nick Kelland	37.10m	2014
Open	Yvette Cotton	27.84m	1991	Open	Darren Wilson	36.82m	1992
Vet	Helen Searle	26.82m	1991	Vet			
Vet 40+				Vet 40+	Kern Wyman	31.22m	2015
Vet 50+	Sue Gore	15.91m	2012	Vet 50+	Robert Hanbury-Brown	37.36m	2010
<u>Shot Put</u>				<u>Shot Put</u>			
Under 12	Jessica Johnston	8.85m	2019	Under 12	Ben Nogajski	8.23m	2013
Under 13	Megan Cotton	8.97m	1988	Under 13	David Forster	8.83m	1983
Under 14	Maddy Bergfield	10.87m	2009	Under 14	Mua Morris	10.68m	2002
Under 15	Julia Kelland	9.49m	2016	Under 15	Craig Sanders	11.73m	1984
Under 16	Maddy Bergfield	12.03m	2011	Under 16	Jett Tall	12.29m	2018
Under 18	Maddy Bergfield	13.10m	2014	Under 18	Nick Kelland	12.27m	2014
Under 20	Maddy Bergfield	10.74m	2014	Under 20	Brent Page	11.33m	1993
Open	Yvette Cotton	8.78m	1991	Open	Darren Wilson	11.96m	1992
Vet	Helen Searle	10.46m	1991	Vet			
Vet 40+	Sue Gore	6.37m	2011	Vet 40+	Kern Wyman	10.93m	2014
Vet 50+				Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
				Vet 60+	Lajos Joni	11.11m	2017
				Vet 70+	Ron Wills	6.23m	2013
<u>Hammer</u>				<u>Hammer</u>			
Under 12	Margaret Gault	15.54m	1991	Under 12	Patrick Kelland	16.27m	2006
Under 13	Jessica Johnston	27.73m	2019	Under 13	Jett Tall	22.90m	2015
Under 14	Julia Kelland	22.52m	2014	Under 14	Mua Morris	23.39m	2002
Under 15	Caitlin Waldron	22.82m	2019	Under 15	Jett Tall	27.20m	2017
Under 16	Sarah Kelland	19.74m	2013	Under 16	Jett Tall	29.92m	2018
Under 18	Maddy Bergfield	38.34m	2012	Under 18	Steve Capper	36.78m	1984
Under 20	Joanne Capper	31.96m	1984	Under 20	Nick Kelland	33.62m	2014
Open	Natalie Sing	17.96m	2006	Open	Andrew Atkinson-Howatt	32.31m	2008
Vet	Narelle Page	20.64m	1991	Vet			
Vet 40+				Vet 40+	Kern Wyman	26.84m	2015
Vet 50+	Sue Gore	17.74m	2012	Vet 50+	Lajos Joni	38.83m	2014
				Vet 60+	Lajos Joni	40.05m	2016

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2019 – 2020

<u>GIRLS</u>				<u>BOYS</u>			
<u>High Jump</u>				<u>High Jump</u>			
Under 12	Portia Amy-Wilson	1.30m	2014	Under 12	David Massey	1.32m	1986
	Chiara Lillis	1.30m	2015				
Under 13	Beth Chilcott	1.42m	2006	Under 13	Peter Cotton	1.46m	1986
Under 14	Alyssa Lowe	1.56m	2016	Under 14	Nikita Marokakis	1.58m	2002
Under 15	Christine Nettle	1.55m	1990	Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Alyssa Lowe	1.55m	2018	Under 16	Clinton McEwan	1.70m	2006
Under 18	Karina Longshaw	1.50m	1987	Under 18	John Pearce	1.75m	2008
	Sharon McConkey	1.50m	1990		Ben Cox	1.75m	2010
Under 20	Christine Gosling	1.47m	1992	Under 20	Clinton McEwan	1.75m	2010
Open	Natalie Sing	1.47m	2006	Open	Andrew Jackson	1.75m	1994
Vet	Margaret Chappell	1.35m	1990	Vet	Peter Collins	1.60m	1993
Vet 40+				Vet 40+	Adrian Wade	1.45m	2014
Vet 50+				Vet 60+	Robert Hanbury-Brown	1.21m	2019
<u>Long Jump</u>				<u>Long Jump</u>			
Under 12	Portia Amy-Wilson	4.51m	2014	Under 12	David Massey	4.74m	1988
Under 13	Janet Gault	4.66m	1990	Under 13	David Massey	4.91m	1989
Under 14	Janet Gault	4.65m	1991	Under 14	Nikita Marokakis	5.26m	2002
Under 15	Megan Cotton	5.10m	1990	Under 15	Brian Chappell	5.57m	1994
Under 16	Alyssa Lowe	5.53m	2018	Under 16	Jett Tall	6.16m	2018
Under 18	Alyssa Lowe	5.93m	2019	Under 18	Ben Cox	6.38m	2010
Under 20	Vicky Piggin	5.85m	1994	Under 20	Brent Page	6.38m	1993
Open	Kerry Waite	5.00m	1982	Open	Brett Jovanovich	6.44m	2008
Vet	Sharon Aldridge	4.37m	1994	Vet	Peter Collins	5.47m	1993
Vet 40+				Vet 40+	Adrian Wade	4.85m	2013
Vet 50+				Vet 50+	Simon Bergfield	3.79m	2016
				Vet 60+	Simon Bergfield	3.72m	2019
<u>Triple Jump</u>				<u>Triple Jump</u>			
Under 12	Portia Amy-Wilson	9.36m	2015	Under 12	Joshua Arcus	9.46m	2013
Under 13	Janet Gault	10.04m	1990	Under 13	Len Pearce	11.14m	2003
Under 14	Christine Nettle	10.06m	1989	Under 14	Jett Tall	11.78m	2017
Under 15	Alyssa Lowe	10.62m	2018	Under 15	Noah Hain	11.81m	2016
Under 16	Alyssa Lowe	11.27m	2019	Under 16	Brent Page	12.43m	1990
Under 18	Kate Harvey	10.90m	1991	Under 18	Len Pearce	13.17m	2007
Under 20	Rasvinder Gill	10.66m	2003	Under 20	Brent Page	13.03m	1993
Open	Yvette Cotton	9.05m	1991	Open	Andrew Jackson	12.70m	1994
Vet	Margaret Chappell	9.91m	1990	Vet	Peter Collins	11.78m	1993
Vet 40+				Vet 40+	Adrian Wade	10.21m	2014
Vet 50+				Vet 50+	Voitek Klimiuk	10.12m	2011
<u>Pole Vault</u>				<u>Pole Vault</u>			
Under 13				Under 13	Gareth Smith	1.30m	1993
Under 14				Under 14	Brian Chappell	1.85m	1993
Under 15				Under 15	Brian Chappell	2.00m	1994
Under 16				Under 16	Brian Chappell	2.14m	1995
Under 18	Elizabeth Cotton	1.85m	1993	Under 18	Brian Chappell	2.00m	1996
Under 20	Elizabeth Cotton	1.88m	1994	Under 20	Brendan Mills	2.80m	1993
Open				Open	Brendan Mills	2.80m	1994
Vet	Margaret Chappell	1.65m	1993	Vet	Ray Brookes	2.80m	1997
Vet 40+				Vet 40+			

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2019 – 2020**

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