

# **RYDE ATHLETICS CENTRE INCORPORATED**



## **ANNUAL REPORT 2020 / 2021 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 Casaclang  
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  
Ivana Hilder  
Lynda Calder  
Jon Baker

**RYDE ATHLETICS CENTRE INCORPORATED**  
**2020/2021 SEASON – ANNUAL REPORT**

## **DIRECTORS' REPORT**

The 2020/2021 Summer Season may well be remembered as the “Covid season”. A season of restrictions, cancellations, QR codes and social distancing. It was a season where we learnt to adapt and work with new rules and I believe that Ryde Athletics, and its association bodies of ANSW and Little Athletics NSW, were still able to deliver a great season for all our athletes from Tots to Vets.

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

I would like to take this opportunity, on behalf of your Directors, to thank the dedicated volunteers who support and run both divisions: the committees, the helpers, age managers, parents, coaches, and officials. Without the support and encouragement of these volunteers, our competitions and this season would have been impossible. If you didn't get out and help this season then I strongly encourage you to try helping next season. Our Club can only be as strong as the support we get from our families.

Finally, it is with some sadness and many fond memories that we note the passing in February 2021 of one of our life members, Mr Bruce Brown.

Bruce's (and his wife Jean's) involvement in the Club started in 1979 when their daughter Tina joined and extended for almost four decades. Bruce was a regular timekeeper and also Zone Manager at Northern Zone. Bruce coached sprints at Ryde from 1979 to 1994 and in the 1990's and 2000's Bruce was also a regular ANSW Official at SOPAC working in administration and the Call Room. Bruce who was made a Life Member of Ryde in 1990, was, along with other Ryde Life Members Ross Forster and Betty Moore, an official at the Sydney Olympics in 2000.

Bruce will be remembered for his great enthusiasm and sense of humour and when he was a member of the Ryde Senior's Committee no Committee meeting could close without Bruce telling a joke. He was a regular volunteer on our club fundraisers for many years, rising early to help out down at Medals at the City to Surf.

On behalf of the Ryde athletics community, we extend our sympathy to Bruce's wife Jean, daughter Tina and son-in-law, James.

**Simon Bergfield**  
**Ross Forster**  
**Jon Baker**  
**Ivana Hilder**  
**Lynda Calder**

**Directors**

***RYDE ATHLETICS CENTRE INCORPORATED  
2020/2021 SEASON – ANNUAL REPORT***

**JUNIORS REPORT**

## **COMMITTEE MEMBERS - JUNIORS**

PRESIDENT	Matt Ralph
VICE PRESIDENT	Donna Armstrong
SECRETARY	Jannet Pawsey
TREASURER	Aaron McGregor
ASSISTANT TREASURER	Melissa Chandler
REGISTRAR	Kerryn Martin
CHAMPIONSHIPS	Erica Cox, Rodney Woods
PUBLICITY	Briana Shorten
AGE MANAGERS	Melissa Chandler
RESULTS	Joanna Wong, Natasha Latic
OFFICER FOR COACHING	Dale Boccabella
OFFICER FOR VOLUNTEERS	Sigrid Smith
TRACK and FIELD OFFICER	Mark Moala
EQUIPMENT	Aaron McGregor
COUNCIL LIASON	Christine Phillips
CANTEEN	Jen Emmerson
BBQ	Brad Shorten
UNIFORMS	Becky Ralph
OFFICER FOR FIRST AID	

<b>BOYS CAPTAIN</b>	Adam Bruntsch
<b>GIRLS CAPTAIN</b>	Claire Hudson

## **AGE MANAGERS – JUNIORS**

TINY TOTS	Carl Marsaus
UNDER 6 GIRLS	Kathlene Campbell
UNDER 6 BOYS	Neil Blackwell
UNDER 7 GIRLS	Steven Barlow
UNDER 7 BOYS	Peta Wiles
UNDER 8 GIRLS	Vicki Tanner
UNDER 8 BOYS	Danielle McGregor
UNDER 9 GIRLS	Kleanne Kolman
UNDER 9 BOYS	Craig Louttit
UNDER 10 GIRLS	Nick Pawsey
UNDER 10 BOYS	Donna Armstrong
UNDER 11 GIRLS	Neil Armstrong
UNDER 11 BOYS	Melissa Chandler
UNDER 12 GIRLS	Jenny Thompson/Pintoo Sidhu
UNDER 12 BOYS	Duncan Laurie
UNDER 13 GIRLS	Guil Scomparim/Jannet Pawsey
UNDER 13 BOYS	Tim Gleeson
UNDER 14 GIRLS	Dave Johnston/Marilisa Carezza
UNDER 14 BOYS	Gareth Chandler
UNDER 15 GIRLS	Ester Duncombe/ Kasey Proszenko
UNDER 15 BOYS	Claudia Ortolan
UNDER 17 GIRLS	Glyn Henman
UNDER 17 BOYS	Christine Bruntsch

## **PRESIDENT**

I started my 2019/20 report by saying that the season had been the most challenging in my time at the club. If anything 2020/21 has surpassed it, but once again the club has come through it and we now have a beautiful new track surface, a healthy athlete body, a sustainable financial position and have seen some outstanding performances on the track.

Anyone who came to Dunbar in August couldn't have helped but be worried at the state of the track. Ryde Council had worked hard since Christmas to prepare a new surface for us, but the very patchy grass, a 100m track that was only 87m, an incorrectly set discus circle and a circular track that was sodden in places looked like they might delay our season. In the end council got there just in time and fixed up all of these problems and we were able to start on schedule, and well ahead of other clubs who chose to wait for the winter sports season to conclude. I would like to once again thank Stephen Alderton and the team at Ryde Council for all their work and good grace in getting us back on the track on time.

The season was dominated by the COVID-19 pandemic, which impacted almost everything. We were fortunate that one of our directors, Jon Baker, is a health and safety executive and he gave his time to advise us on requirements and ensure our paperwork was all up to scratch. I would like to thank Jon for this incredibly important work. Guided by Jon, the committee was able to carefully plan how to make it work.

A 500 person limit meant we had to restrict our athlete registrations, ban spectators and carefully count everyone at the track each Saturday. Hygiene provisions, posters and QR codes were needed, age managers needed to be briefed, every aspect of our routine needed to be adapted to fit with the rules. It was a huge team effort from the committee to get there, and I was so proud when we started the season on time.

Winter sports forced us to replace the usual season start with a series of three training weeks. But these gave us the chance to introduce young athletes to new events and skills, and were such a success that the plan is to do something similar next season. At one stage 2020/21 was looking like it might not happen at all for us, but with a bit of luck and a lot of work, the season was a huge success.

COVID also had a major impact on the championship season. State Relays and the Zone and Regional Championships were all cancelled. However, State Championships did go ahead in a modified format and Ryde's 43 athletes had huge success, with the standout being Adam Bruntsch's two gold medals in the 1500m and 3000m and silver in the 800m. Nathan Barbara achieved gold in the discus and shot put, Jessica Johnston won a gold, silver and bronze, Benjamin Stevens and Ruby Worrell each achieved two medals, and seven other athletes also achieved medals.

Many of our athletes also competed at the Australian Track and Field Championships. There were many fantastic performances, including several medals and I recommend a read of the Seniors report for more details on those results.

On the track our new surface proved ideal for some, with many new track records being set. These included Adam Bruntsch in the U17B 800m, 1500m and 3000m. 100m records have been very hard to come by with electronic timing but this year we saw Ruby Worrell (U15G) and Yahya Ali (U13B) both achieve it, Yahya taking an astonishing 0.67s off the old mark. In the field, Benjamin Stevens achieved records in the shot and discus, and has another year to better his own marks. In total there were records in eleven track events and four field events this season. My absolute favourite part of being President is announcing records, so I had a great season – especially on 14 November when five records were broken in one morning, from the very first event (1500m) to the very last (javelin).

Once again, the season depended for its success on the more than 100 volunteers it takes to put on a Saturday carnival, our coaches, and our hard-working committee who had their work cut out many times over this year. I would like to thank every one of you for making my role so easy.

This has been my last season as President, but I have one more year as a regular parent at Ryde Little Athletics and look forward handing over to my successor and the new committee.

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

## **SECRETARY**

While last season was challenging not only due to the temporary move to Marsfield Park, the summer bushfire pollution and then the disruption due to COVID-19, this season proved to be an even bigger challenge. During the off-season, every member of the committee spent considerable time behind the scenes to ensure we met all NSW Health requirements and LANSW requirements to ensure we could run our regular weekly competitions. While we were restricted to a maximum of 500 people at Dunbar Park each Saturday, the hard work of the committee and dedication of our volunteers, allowed us to run another successful athletics season.

Despite the challenges that COVID-19 brought, the committee was still able to deliver a number of fun events for our athletes. We successfully held two 'Night of PB's' which not only allowed the athletes to compete against other athletes with similar PB times, but also enabled them to hear from Beck Bennett – a very inspiring Australian athlete. This season we also launched a new initiative - 'Ryde Relays', which saw boys and girls within the same age group combine to compete against other teams. This new initiative was a relaxed and fun event which was well received by both athletes and age managers and will be run again in the new season.

Finally I would like to thank Rodney Woods who resigned from his secretary role in August 2020. Rodney left very clear details regarding the role and responsibilities of this role, spent time in handing over and helped make my transition into this new role so much easier. He continues to provide support to me as needed which I appreciate very much.

**Jannet Pawsey**  
**Secretary - Juniors**



# TREASURER

## Junior Division Accounts for the Season 2020-2021

### Ryde Athletics Centre Inc Profit and Loss April 2020 - March 2021

	Total	
	Apr 2020 - Mar 2021	Apr 2019 - Mar 2020 (PY)
<b>Income</b>		
BBQ Income		4,997
Canteen Income	20,786	18,326 <sup>1</sup>
Grants received	2,000	4,185 <sup>3</sup>
Registration fees	31,207	39,921 <sup>2</sup>
School equipment hire fees	300	3,350
Sponsorships		138
Uniforms	9,450	13,487
<b>Total Income</b>	<b>63,743</b>	<b>84,405</b>
<b>Gross Profit</b>	<b>63,743</b>	<b>84,405</b>
<b>Other Income</b>		
Interest income	62	93
<b>Total Other Income</b>	<b>62</b>	<b>93</b>
<b>Expenses</b>		
Accounting and bookkeeping	670	530
Bank charges and fees	1	4
BBQ Expenses	5,157	6,864
Canteen Expenses	4,057	4,679
Coaching Expenses	585	2,255
Computer Software/Hardware	5,575	1,217 <sup>4</sup>
Contractor Expenses (non-salary)	150	1,150
Gifts and donations		180
Grounds fees and maintenance		6,450 <sup>5</sup>
Insurance	498	
Office expenses	123	
Postage & shipping	139	
Presentation & Trophy expenses	8,633	11,233
Printing, stationery & supplies		1,196
Registration and insurance	383	4,603
Repairs and maintenance	4,641	4,856
Sponsorships/donations	1,440	3,065
Sports Equipment	2,490	5,259

Subscriptions	277	150
Telephone & internet expenses		130
Training and Development		606
Unapplied Cash Bill Payment Expense	-	0
Uncategorised Expense		-
Uniform costs	8,557	10,056
Volunteer expenses	1,027	1,056
<b>Total Expenses</b>	<b>44,403</b>	<b>65,538</b>
<b>Net Earnings</b>	<b>19,402</b>	<b>18,960</b>

**Balance Sheet as at 31 March 2021**

**Ryde Athletics Centre Inc**  
**Balance Sheet**  
As of March 31, 2021

	Total	
	As of Mar 31, 2021	As of Mar 31, 2020 (PY)
<b>Assets</b>		
<b>Current Assets</b>		
Bendigo Card Account	407	406
Bendigo Main Operating account	72,426	50,336
Business Online Saver account	-	1
Ryde Athletics Juniors Business Cheque A/c	-	2,688
<b>Total Current Assets</b>	<b>72,832</b>	<b>53,430</b>
<b>Total Assets</b>	<b>72,832</b>	<b>53,430</b>
<b>Liabilities and shareholder's equity</b>		
<b>Shareholders' equity:</b>		
Net Income	19,402	18,960
Opening balance equity	27,263	27,263
Retained Earnings	26,167	7,207
<b>Total shareholders' equity</b>	<b>72,832</b>	<b>53,430</b>
<b>Total liabilities and equity</b>	<b>72,832</b>	<b>53,430</b>

### **Notes to the financial results**

1. BBQ & Canteen income now combined, and most payments taken via Square (one account).
2. Registration fees impacted by reduction in numbers due to COVID restrictions.
3. Grants received was by Toyota (\$1,000) and LANSW Grass roots (\$1,000).
4. Computer hardware/software - purchased 3 new laptops for the timing gates and the gates were serviced.
5. Ryde Council did not charge the centre for Ground hire, it is still not clear if this has been waived or will be received later.
6. Despite revenues being significantly down from previous year, this was offset by less expenditure and the club was able to deliver a similar Net Profit YoY.
7. The club now only holds 2 bank accounts with Bendigo Bank, CBA Accounts were closed early in the season. Bendigo bank kindly donated Ryde rep shirts and is a great supporter of local sporting clubs and we thank them for their support.
8. The Club has submitted a grant submission to Ryde Council for a continuation of the path down to the track entrance, at the time of this report the outcome of that submission was unknown.

**Aaron McGregor**  
**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 2021 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 2021 and of its financial performance for the year then ended.



**GRAHAM WEBB**  
Registered Company Auditor Number 336001

Date: 3 May 2021

## REGISTRAR REPORT

Our 48<sup>th</sup> season had a lower number of registrations than usual due to the NSW Health Covid-19 Public Health Order restrictions allowing us to only have 500 people in total at Dunbar Park at any one time. This forced us to cap our registrations. However it was pleasing to be able to open registrations again when the restrictions were eased. Due to the delay of the 2020 Olympic Games to 2021 we may see an increase in registrations as historically our registration numbers jump in Olympic years but with the ongoing disruptions and uncertainty 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
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
2020/21	227 (51.7)	212 (48.3)	439

The breakup of the registrations is:

	Boys Re-Reg	Boys New	Boys Total	Girls Re-Reg	Girls New	Girls Total	All Total
<b>Tots</b>	2	27	29	0	13	13	42
<b>U6</b>	2	14	16	2	8	10	26
<b>U7</b>	9	19	28	14	15	29	57
<b>U8</b>	13	9	22	10	15	25	47
<b>U9</b>	15	9	24	18	7	25	49
<b>U10</b>	15	7	22	17	6	23	45
<b>U11</b>	16	1	17	13	4	17	34
<b>U12</b>	15	2	17	13	4	17	34
<b>U13</b>	19	1	20	6	3	9	29
<b>U14</b>	11	0	11	15	0	15	26
<b>U15</b>	2	2	4	14	0	14	18
<b>U17</b>	17	0	17	15	0	15	32
<b>Total</b>	136	91	227	137	75	212	439

**Kerryn Martin**  
Registrar – Juniors

## **PUBLICITY**

2020/2021, the season we weren't sure we could have!

This season we endured many changes, rules, restrictions and challenges. We have relied more heavily than usual on our parent volunteers and felt that it was imperative to have well-defined communications between the club committee, parents/guardians and athletes.

Through all of this we utilised our club emails (via MailChimp), TeamApp, and social media (both Facebook and Instagram) to ensure that information was clear and understood by all.

TeamApp is essential for instant notifications, for weather updates or for age managers to alert when competition is finished or close to finishing. Social Media is used for reminders of upcoming events and to celebrate the amazing achievements of our athletes. The club emails are used to disseminate the important information and larger scale news.

A big thank you goes to Donna Armstrong who established all these communication platforms. She left huge shoes to fill in taking on this position and provided around the clock support when needed!

**Briana Shorten**  
**Publicity Officer – Juniors**

## **AGE MANAGERS**

COVID19 presented us with some challenges regarding managing the kids this season so I want to thank you all for pushing on and doing a great job despite all the restrictions. It was a shame the numbers were down, but I am sure some of you enjoyed having smaller groups to look after. Some of you have been doing this role for many years so thanks coming back each year, I am sure the kids appreciate seeing a familiar face each season. Those that were new to the role did a great job as well, and I hope you will all eagerly come back!

A special mention to all the Assistant Age Managers, there are a lot of you, and I know the AM's appreciate you helping out.

I want to farewell Glyn and Christine, as their respective children are now too old for Little A's, they have been in the roles for a long time so thank you for your time and dedication to the club.

Saturday mornings would not run smoothly without you all, and the support you provide our athletes and their development is much appreciated by the committee, parents, and most importantly the children.

Hope to see most of you back next season.

**Melissa Chandler**  
**Officer for Age Managers - Juniors**

## **COACHING**

Unlike the previous season, the mid-week coaching program of the club for season 2020-21 was virtually uninterrupted this season (there was the odd rain-out). Coaching was provided through the season on Monday, Tuesday and Wednesday afternoons. All coaching was conducted at Dunbar Park this season, and it was a delight to be back at Dunbar Park. I, and most likely all athletes, especially appreciated the much improved surface at Dunbar Park after Ryde Council's upgrade work at the oval.

The club's Athletics Australia accredited coaches provided a relatively full range of training programs across most events and disciplines (e.g. fundamental movement skills, specialised events like shot put, discus and high jump). In addition, experienced members of the club also provided two weeks of sprint coaching for athletes that qualified for the regional meeting (state qualifying meet) in February 2021.

Following on from previous seasons, 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 30-55 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 confidence and improved athletic performances through the School Athletics Season and the Little Athletics Season.

Again, and with some regret, little concrete progress was made in coach recruitment this season. Ideally, I would like the club to offer coaching on three afternoons per week without a coach necessarily having to coach more than one afternoon per week. This requires more coaches. Coach recruitment will again be an issue of focus for me 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, one of our long-term coaches, Lynda Calder provided a generalised winter squad program through 2020. Note though that due to COVID-19, this was not delivered in person in 2020 but rather as a program for athletes to complete on their own at home. The club, parents and participating athletes are truly grateful for Lynda's guidance and expertise.

In closing, I thank our wonderful and small team of dedicated coaches, including those that provided some extra "one-off" sessions. 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.

**Dale Boccabella**  
**Officer for Coaching - Juniors**

## **CHAMPIONSHIPS**

The position of Championship Officer for 2020/2021 was held by Erica Cox and Assistant Championship Officer was held by Rodney Woods.

### **THE STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS**

The State Cross Country & Road Walks were not held this season due to COVID 19 restrictions.

### **THE NSW SHORT WALK CHAMPIONSHIPS**

The NSW Short Course Walk Championships were a combined event between LANSW & ANSW and held at Homebush on the 15<sup>th</sup> August 2020.

Ryde was represented by **Rhys Chandler** who won a silver medal in the U11 Boys 1200m event.

### **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.

Unfortunately, Little Athletics NSW made the decision to cancel the 2020 State Relays in line with NSW Government and NSW Department of Health restrictions regarding COVID-19.

### **ZONE CARNIVAL**

Unfortunately, due to the cancellation of the 2020 Zone Carnival due to COVID restrictions, no results are available.

### **RYDE MULTI-EVENT CHAMPIONSHIPS**

Ryde Multi-Event championships were held at Dunbar Park Marsfield on 23<sup>rd</sup> January 2021. This carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a Pentathlon event with a point score culminating in medals being presented to the first 3 places in each age group. The carnival was a great success.

### **REGIONAL CARNIVAL**

The 2020/21 Regional Carnival was cancelled and in its place a State Qualifying Meet was run for athletes in U9-U12 ages. Athletes in the U13-U17 ages nominated directly to LANSW for selection to the State Championships.

The Littles State Qualifying Meet was held on the weekend of 6<sup>th</sup> and 7<sup>th</sup> February at Narrabeen. Of the 46 athletes who represented Ryde 16 athletes made it through to State level.

In the U13-U17 ages, 27 athletes were selected for State based on their best performances during the current season.



Congratulations to the 43 athletes who made it through to State level. The athletes who qualified for State were:

Charlie Shiel (U9B)	Xavier Mitchell (U10B)	Luke Moscos (U12B)
Daniel Pulfer (U9B)	Jacqueline Pawsey (U10G)	Juliette Cooley (U12G)
Harlen Danks (U9B)	Rhys Chandler (U11B)	Mikayla Duncombe (U12G)
Ella Finnane (U9G)	Viktor Grigorov (U11B)	Sophia Read (U12G)
Sophie Yeomans (U9G)	Harper Pell (U11G)	Aiden Wright (U13B)
Mitchell McCarthy (U10B)	Benjamin Proszenko (U12B)	Axel Bruntsch (U13B)
Joshua Smith (U13B)	Jessica Johnston (U14G)	Ashton Hanna (U17B)
Julian Smith (U13B)	Mia Marshall (U15B)	Benjamin Stevens (U17B)
Charlotte Nagle (U13G)	Oliver Smith (U15B)	Brendan Mannasz (U17B)
Zara Pawsey (U13G)	Georgia Phillips (U15G)	Jack Baker (U17B)
Andrew Kalos (U14B)	Kaitlyn Martin (U15G)	Jeremy Plummer (U17B)
Nathan Barbara (U14B)	Maddison Duncombe (U15G)	Eliza Da Silva (U17G)
Owen Chandler (U14B)	Ruby Worrell (U15G)	Mikayla Kelleher (U17G)
Claudia Barlow (U14G)	Adam Bruntsch (U17B)	
Isabella Barbara (U14G)	Aidan Mannasz (U17B)	

#### **KUMON STATE COMBINED EVENTS CARNIVAL**

The Kumon State Combined carnival was held at Beaton Park, Wollongong on 6 & 7 March 2021. Ryde had 7 athletes competing. Full results were:

**Jessica Johnston** U14G: 2<sup>nd</sup>

**Owen Chandler** U14B: 5<sup>th</sup>

**Jeremy Plummer** U17B: 6<sup>th</sup>

**Oliver Wiles** U7B: 17<sup>th</sup>

**Monica Araullo** U9G: 24<sup>th</sup>

**Ike Blackwell** U9B: 27<sup>th</sup>

**Mohammed Mian Fizaan** U9B: 30<sup>th</sup>

## **NSW LITTLES AND YOUTH STATE CHAMPIONSHIPS**

The NSW Little Athletics State Championships were split over two weekends in March with the Littles (U9-U12) held on the weekend of 20-21 March and the Youth (U13-U17) held on the weekend of 27-28 March at Sydney Olympic Park, Homebush. Of the 43 athletes who competed across both weekends, 12 athletes came home with medals. The medalists were:

### **Gold:**

- **Mitchell McCarthy** (U10B) 1100m Walk
- **Adam Bruntsch** (U17B) 1500m and 3000m
- **Nathan Barbara** (U14B) U13-14 Multi-class discus and shot put.
- **Jessica Johnston** (U14G) Javelin

### **Silver:**

- **Adam Bruntsch** (U17B) 800m
- **Jessica Johnston** (U14G) Discus
- **Georgia Phillips** (U15G) 3000m
- **Oliver Smith** (U15B) 3000m
- **Benjamin Stevens** (U17B) Shot Put
- **Ruby Worrell** (U15G) 400m
- **Aiden Wright** (U13B) 200m

### **Bronze:**

- **Jessica Johnston** (U14G) Shot Put
- **Benjamin Stevens** (U17B) Discus
- **Ruby Worrell** (U15G) 200m
- **Owen Chandler** (U14B) Triple Jump
- **Eliza Da Silva** (U17G) 200m
- **Brendan Mannasz** (U17B) High Jump

**Erica Cox**  
**Championships Officer – Juniors**

**Rodney Woods**  
**Assistant Championships Officer - Juniors**

## JUNIOR RECORDS 2020/2021 SEASON

Date	Age	Event	New Record	New RECORD Holder (name)	Old Record	Old RECORD Holder (name)	Date
10/10/2020	17 B	Discus	42.76m	Benjamin Stevens	41.33m	Anthony Overton	8/03/2014
17/10/2020	12 B	80 hurdles	14.81s	Daniel Cox	15.85s	Christopher Moala	14/09/2019
7/11/2020	12 B	80 hurdles	14.17s	Daniel Cox	14.81s	Daniel Cox	17/10/2020
24/10/2020	15 F	400m	59.8s	Ruby Worrell	1:00.90s	Tara Vance	7/03/2009
14/11/2020	14 F	Javelin	35.51m	Jessica Johnston	34.67m	Chloe Davis	11/01/2014
14/11/2020	17 B	Shotput	15.29m	Benjamin Stevens	13.98m	Anthony Overton	8/03/2014
14/11/2020	17 B	1500m	04:19.8	Adam Brunsch	04:28.2	James Bergfield	5/02/2011
14/11/2020	15 F	1500m	05:02.9	Georgia Phillips	05:05.7	Kate Spencer	21/11/2009
14/11/2020	17 B	Discus	42.91m	Benjamin Stevens	42.76m	Benjamin Stevens	10/10/2020
28/11/2020	17 B	800m	2:02.70s	Adam Brunsch	2:06.30s	James Bergfield	29/01/2011
12/12/2020	13 B	400m	1:00.40s	Joshua Smith	1:00.90s	Jack Baker	2/12/2017
12/12/2020	15 F	100m	12.91s	Ruby Worrell	12.94s	Merryn Aldridge	9/11/1996
12/12/2020	17 B	High Jump	1.86m	Brendan Mannasz	1.85m	Ben Nogajski	26/11/2016
12/12/2020	17 B	Discus	43.88m	Benjamin Stevens	42.91m	Benjamin Stevens	14/11/2020
16/01/2021	11 B	80 hurdles	15.99s	Harper Pell	16.58s	Tanna Kotulic	19/10/2019
30/01/2021	14 B	1500mW	8:02.80s	Maxwell Mayhew	8:31.10s	George Davis	24/09/2016
20/02/2021	14 F	Javelin	36.05m	Jessica Johnston	35.51m	Jessica Johnston	14/11/2020
20/02/2021	17 B	Discus	47.52m	Benjamin Stevens	43.88m	Benjamin Stevens	12/12/2020
20/02/2021	17 B	Shotput	16.18m	Benjamin Stevens	15.29m	Benjamin Stevens	14/11/2020
27/02/2021	11 G	80 hurdles	15.72s	Harper Pell	15.99s	Harper Pell	16/01/2021
27/02/2021	17 B	3000m	9:29.20s	Adam Brunsch	9:43.90s	Jacob Leon	2/11/2019
6/03/2021	13 B	400m	59.60s	Aidan Wright	1:00.40s	Joshua Smith	12/12/2020
6/03/2021	13 B	100m	12.27s	Yahya Ali	12.94s	Sam Hain	19/11/2011
13/03/2021	10 B	1100W	5:59.60s	Mitchell McCarthy	6:22.70s	T. Metherell	16/03/2002

***RYDE ATHLETICS CENTRE INCORPORATED  
2020/2021 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	Louise Bergfield
FUNDRAISING	Chloe Davis
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 2020/21 season will be remembered as one where we learnt to adapt to competition under Covid conditions. From the ubiquitous hand sanitisers at field events, to QR Codes for sign in and (when we remembered) sign out, to the sight of many of our athletes' parents having to watch our Ryde teams perform at the NSW Club Championships through the mesh of the Warm up Track due to number limits being reached within the fence. It was certainly a different season.

Even so, our athletes were hungry for competition, especially after the disappointment of the 2020 Australian Track and Field Championships being cancelled. We had 41 athletes compete at the NSW All Schools Championships, 34 at the NSW Junior Championships and we fielded four teams for the NSW Club Championships. Many of our athletes took advantage of the Saturday and midweek competitions that were offered around NSW to improve their personal bests, get strong competition and achieve national qualifying marks.

It seems each season we reach new highs in terms of our athlete's achievements and 2020/21 was no different. At NSW All Schools our medal count was 20 and 10 of our athletes were named in the NSW All Schools merit team – our highest number of athletes to make the NSW team in years, but unfortunately the national All Schools Championships wasn't held because of Covid.

Our Vet athletes also made the podium when they picked up three gold and a silver at the 2021 NSW Masters Championships.

At the NSW Juniors our athletes came home with 25 medals, well ahead of previous seasons. It was great too to see so many athletes make the podium for the first time. As a result of performances at NSW All Schools, NSW Juniors and over the season there were 26 Ryde Senior athletes named in the NSW team qualifying in 46 events at the Australian Track and Field Championships in April. For fourteen of those athletes, it was their first time representing NSW. A point of note is that Ryde had athletes qualify in every track and field event offered across Juniors with the exception of long hurdles. Clearly Ryde is a club of many diverse and talented athletes.

At the Australian Track & Field Championships Ryde athletes appeared on the podium 10 times for four gold, four silver and two bronze medals. Our medallists were:

**Nathan Barbara's** two gold and a bronze medal in the PARA U15 shot, discus and 100m

**Adam Bruntsch's** silver U18 2000m steeplechase

**Jess Johnston** silver in U15 discus and bronze in shot put.

**Ruby Worrell's** silver in the U16 400m run and gold in the 4x200m relay

**Yahya Ali** gold in the U14 4 x 100m relay

**Sophie Kavanagh** silver in the U18 long jump

All of our results during the season along with lots of photos of our athletes are included in our regular Footprint newsletters. 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. We welcomed back former Ryde athlete Chloe Davis to our Committee this year and Chloe has done a great job in organizing our Fundraisers. With the 2022 Australian Track & Field Championships announced to be held in Perth we will be looking for athletes and families to help at fundraising to assist athletes to compete there.

To Ross, Peter, Suze, Andrew, John, Chloe and Louise my thanks for all that you do. We are always happy to welcome new members to our committee.

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

## TREASURER

### Seniors Division Accounts for the Season 2020 – 2021

#### Statement of Income and Expenditure for the Period 1st April 2020 to 31st March, 2021

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$603.46	Trophies	\$902
		ANSW Fee	\$1155
Donations & Fund Raising	\$3963.69	Athlete Donations	\$400
		Sport Foundation Donation	\$500
<b>Total Income</b>	<b>\$4567.15</b>	<b>Total Expenditure</b>	<b>\$2957.00</b>
		<b>Nett Income</b>	<b>\$1610.15</b>

#### Bank Reconciliation Statement

Bank Statement – 31 <sup>st</sup> March 2019	\$16,917.75
Bank Statement – 31 <sup>st</sup> March 2020	\$17,332.52
Bank Statement – 31 <sup>st</sup> March 2021	\$18,942.67
Income change over the year	+\$1610.15

#### Donations to Athletes

<u>Donations to Athletes</u>	
Jess Johnston	400
	<hr/>
	\$400

A great year leaving the Senior Division in a good financial position, \$3963.69 raised from donations and fund raising activities including Bunnings BBQ's this compares to \$2,860 raised the prior year. This enabled the Seniors Club to offer support our young athletes whilst competing in Nationals and events interstate.

This has left the club with \$18,942.67 cash in the bank account, this figures compared favorably to the \$17,332.52 in the bank at the same time in the prior year

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.

**Peter Davis**  
**Treasurer – Ryde Seniors Club**

## REGISTRAR

This year our numbers were significantly reduced as a result of the change from the previous registration whereby athletes joining as Little Athletes could in the same process join their senior club. This season saw a separate registration system put in place for dual registered athletes and as a result our registration numbers fell by over 50%.

Our registration numbers as at 31<sup>st</sup> March 2021 are as follows: -

Officials	2
Volunteers	3
Open & Masters	5
Under 20	6
Dual Registrations	<u>74</u>
	90

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

Male Officials	1	Female Officials	1
Male Volunteers	2	Female Volunteers	1
Male Open & Masters	4	Female Open & Masters	1
Male Under 20	3	Female Under 20	3
Male Dual Registrations	<u>36</u>	Female Dual Registrations	<u>38</u>
	46		44

**Ross Forster**  
**Registrar – Seniors**

## COACHING

Training was once again conducted during the year at Dunbar Park with Ross Forster. Training was held throughout the year on Mondays, Tuesdays, and Thursdays.

We had a total of 41 athletes competing at the 2020 NSW All Schools Athletics Championships and 34 athletes at the NSW Junior Championships. Ten of our athletes were named in the NSW Merit team for the Australian All Schools which were not held due to Covid restrictions. Ryde seniors had 27 athletes compete at the Australian Track & Field Championships in Sydney in April 2021.

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

## PUBLICITY

It was wonderful to see so many new athletes having their first season out at Athletics NSW events and achieving some excellent results. Seniors isn't just about a medal count. It is about getting more competition and experiences and gaining confidence to compete. When some of our younger athletes make their first appearances at an ANSW meet they are often nervous but those nerves are soon overcome and we find they are usually eager for more. I just wish we could get more of our Little Athletes out to these competitions to gain that experience as well.

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 Briana who stepped into the Juniors Publicity role this season and 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**



## FUNDRAISING

Thank you to everyone who volunteered to assist at this year's Fundraisers. Despite COVID-19 postponing the major events that we volunteer at to raise funds (e.g Blackmores Marathon), we managed to run a Bunnings Fundraising BBQ in November 2020. The money raised is used to assist in supporting our senior athletes travelling interstate and for other club expenses such as trophies. We made a total of \$1402.35 profit from the BBQ and I am in the process of organising another Fundraising BBQ in May 2021.

### Chloe Davis - Fundraising

## COMPETITION

### 1. New South Wales Short Course Cross Country Championships

The New South Wales Short Course Cross Country Championships were held at Integral Energy Park, Dapto on Saturday, 19<sup>th</sup> July and we were represented by 11 athletes.

**Ben Woodhouse** ran in the Under 13 Boys 2km event and finished in 4<sup>th</sup> place with his time of 6 mins 37 secs.

**Axel Bruntsch** also ran in the Under 13 Boys 2km event and placed 13<sup>th</sup> with his time of 7 mins 17 secs.

**Julian Smith** also ran in the Under 13 Boys 2km event and finished in 14<sup>th</sup> place in a time of 7 mins 19 secs.

**Oliver Smith** contested the Under 15 Boys 3km event placing 8<sup>th</sup> with his time of 10 mins 50 secs.

**Nicholas Woodhouse** also contested the Under 15 Boys 3km event and placed 12<sup>th</sup> with his time of 11 mins 05 secs.

**Georgia Phillips** competed in the Under 15 Girls 3km event and finished in 4<sup>th</sup> place with her time of 11 mins 04 secs.

**Amelie Sun** contested the Under 17 Girls 3km event and placed 10<sup>th</sup> with her time of 11 mins 20 secs.

**Zara Warland** also competed in the Under 17 Girls 3km event placing 14<sup>th</sup> and returning a time of 12 mins 07 secs.

**Georgia Arcus** also competed in the Under 17 Girls 3km event and placed 17<sup>th</sup> with her time of 12 mins 38 secs.

**Lily Tomlinson** was a competitor in the 17+ Girls 3km event placing 8<sup>th</sup> with her time of 11 mins 20 secs. Amelie, Lily, Zara and Georgia finished in 2<sup>nd</sup> place in the appropriate Teams event with their combined time of 47 mins 25 secs.

**Adam Bruntsch** competed in the Under 17 Boys 4km event and placed 7<sup>th</sup> with his time of 13 mins 05 secs.

### 2. Australian Masters Association Winter Throwing Masters Championships

At the Australian Masters Association Winter Throwing Championships held at Beaton Park, Wollongong from 3<sup>rd</sup> - 5<sup>th</sup> October we were represented by 1 athlete.

**Robert Hanbury-Brown** won all of his events – details listed below:-

5kg Hammer	5kg Shot	1kg Discus	600gm Javelin	9.08kg Weight
37.23 metres	10.33 metres	35.14 metres	33.70 metres	13.87 metres

### **3. New South Wales Cross Country Championships**

The New South Wales Cross Country Championships were held at Dapto over the weekend of 10<sup>th</sup> and 11<sup>th</sup> October and we were represented by 8 athletes.

**Lily Tomlinson** contested the Under 18 years Girls 4km event and finished in 7<sup>th</sup> position with her time of 14 mins 59 secs.

**Adam Bruntsch** competed in the Under 17 years Boys 6km event and placed 5<sup>th</sup> in a time of 20 mins 29 secs.

**Madeline Playford** contested the Under 20 Girls 6km event and claimed the bronze medal with her time of 24 mins 23 secs.

**Sophie Gocher** also competed in the Under 20 Girls 6km event finishing in 6<sup>th</sup> place with her time of 24 mins 46 secs.

**Oliver Smith** was a contestant in the Under 15 Boys 4km event and finished in 13<sup>th</sup> place with his time of 15 mins 09 secs.

**Georgia Phillips** competed in the Under 15 Girls 4km event and placed 8<sup>th</sup> in a time of 15 mins 38 secs.

**Ruby Worrell** also competed in the Under 15 Girls 4km event and placed 22<sup>nd</sup> with her time of 18 mins 43 secs.

**Claudia Wilson** was a contestant in the Under 15 Girls 4km event and finished in 23<sup>rd</sup> place in a time of 19 mins 06 secs.

Unfortunately, as a result of Covid 19 nationals were not held this season. Athletics NSW did however name their merit team, and 8 Ryde Senior cross-country runners made the NSW Merit team. Well done to **Maddie Playford & Sophie Gocher (U20) Lily Tomlinson (U18) Adam Bruntsch (U17) Georgia Phillips & Oliver Smith (U15) Benjamin Woodhouse & Julian Smith (U13)**.

### **4. New South Wales Club Championships**

The NSW Club Championships were held at the Sydney Olympic Park Warm Up Track on Saturday, 7<sup>th</sup> November and we were represented by 22 athletes.

**Aliana Moala** competed in the Under 18 Women's 100 metres event and clocked the time of 13.47 seconds (wind 0.0 metres/sec) and placed 18<sup>th</sup> overall.

**Sophie Kavanagh** also competed in the Under 18 Women's 100 metres event and clocked the time of 13.61 seconds (wind -1.7 metres/sec) and placed 22<sup>nd</sup> overall.

**Maddison Duncombe** also was a competitor in the Under 18 Women's 100 metres event and recorded a time of 14.02 seconds (wind -1.7 metres/sec) and placed 32<sup>nd</sup> overall.

**Kaitlyn Martin** was another competitor in the Under 18 Women's 100 metres event and recorded a time of 14.05 seconds (wind -0.8 metres/sec) to place 33<sup>rd</sup> overall.

**Jeremy Plummer** competed in the Under 18 Men's 100 metres event and clocked a time of 12.31 seconds (wind -1.4 metres/sec) to place 27<sup>th</sup> overall. In the Under 18 Men's Long Jump event he placed 9<sup>th</sup> with his leap of 5.85 metres (wind 0.9 metres/sec).

**Lance David** competed in the Under 18 Men's 100 metres event and recorded a time of 12.54 seconds (wind -0.6 metres/sec) to place 33<sup>rd</sup> overall.

**Yahya Ali** also competed in the Under 18 Men's 100 metres event and recorded a time of 13.05 seconds (wind -2.1 metres/sec) to finish in 42<sup>nd</sup> place overall.

**Owen Chandler** was another competitor in the Under 18 Men's 100 metres event and recorded a time of 13.05 seconds (wind -1.4 metres/sec) to finish in 43<sup>rd</sup> place overall. He also finished in 19<sup>th</sup> place in the Under 18 Men's Long Jump event with his leap of 5.19 metres (wind 0.9 metres/sec).

**Ruby Worrell** competed in the Under 18 Women's 400 metres event and recorded a time of 56.79 seconds to finish in 4<sup>th</sup> place overall.

**Krishani Coffin** also competed in the Under 18 Women's 400 metres event recording a time of 66.04 seconds to finish in 19<sup>th</sup> place overall.

**Jack Baker** competed in the Under 18 Men's 400 metres event and recorded a personal best time of 52.66 seconds to finish in 6<sup>th</sup> place overall.

**Joe Harvey** also competed in the Under 18 Men's 400 metres event recording a time of 55.45 seconds to finish in 14<sup>th</sup> place overall.

**Zara Warland** competed in the Under 18 Women's 1500 metres event recording a personal best time of 4 mins 54.37 secs to claim 7<sup>th</sup> place overall.

**Georgia Phillips** also competed in the Under 18 women's 1500 metres event and recorded a time of 5 mins 01.08 secs and claim 12<sup>th</sup> place overall.

**Adam Bruntsch** competed in the Under 18 Men's 1500 metres event recording a personal best time of 4 mins 03.37 secs to win this event.

**Ashton Hanna** also competed in the Under 18 Men's 1500 metres event and recorded a personal best time of 4 mins 29.56 secs to finish in 14<sup>th</sup> place overall.

**Savi Moala** competed in the Under 18 Men's Shot Put event and placed 15<sup>th</sup> overall with his personal best throw of 9.47 metres.

**Angus Prentice** also competed in the Under 18 Men's Shot Put event placing 16<sup>th</sup> with his effort of 9.41 metres.

**Alyssa Lowe** won the Under 18 Women's Long Jump event with her leap of 5.89 metres (wind 2.1 metres/sec). In the Under 18 Women's Long Jump event Jess

**Jessica Johnston** finished in 20<sup>th</sup> spot in the Under 18 Women's Long Jump event with her leap of 4.06 metres (wind 1.0 metres/sec). Jess also placed 12<sup>th</sup> overall in the Under 18 women's Shot Put event with her effort of 10.20 metres.

**Caitlin Waldron** placed 7<sup>th</sup> overall in the Under 18 Women's Shot Put event with her personal best throw of 10.84 metres.

Unfortunately our "A" Team in the Under 18 Women's 4 x 100 metres Relay event were disqualified for a dropped baton.

Our Ryde Athletics "B" Team competed in the Under 18 Women's 4 x 100 metres Relay event and claimed 13<sup>th</sup> place overall with their time of 53.76 seconds.

Our Ryde Athletics "A" team competed in the Under 18 Men's 4 x 100 metres Relay event and finished in 13<sup>th</sup> place overall with their time of 47.88 seconds.

**Sami Moala** joined his peers in the "B" team for the Under 18 Men's 4 x 100 metres Relay event finishing in 20<sup>th</sup> place overall with their time of 50.80 seconds.

Overall, our Women's "A" team placed 8<sup>th</sup> in the competition and our Women's "B" team 18<sup>th</sup>. Our Men's "A" team place 11<sup>th</sup> and the Men's "B" team 19<sup>th</sup>.

## **5. New South Wales 3000 metres Championships**

At the New South Wales 3000 metres Championships held on Saturday evening at the Warm Up track we were represented by 7 athletes.

**Julian Smith** finished in 7<sup>th</sup> place in the Open Men's J Race with a personal best time of 11 mins 09.82 secs.

**Oliver Smith** placed 2<sup>nd</sup> in the Open Men's I Race with a personal best time of 9 mins 40.51 secs.

**Ashton Hanna** finished in 13<sup>th</sup> place in the Open Men's G Race with a personal best time of 9 mins 33.28 secs.

**Georgia Phillips** placed 3<sup>rd</sup> in the Open Women's D Race in a personal best time of 10 mins 39.08 secs.

**Elli Barron** recorded a time of 11 mins 11.44 secs in placing 16<sup>th</sup> in the Open Women's D Race.

**Claudia Wilson** finished in 22<sup>nd</sup> place in the Open Women's D Race with her time of 11 mins 38.21 secs.

**Zara Warland** placed 10<sup>th</sup> in the Open Women's C Race with her personal best time of 10 mins 27.84 secs.

## **6. New South Wales All Schools Championships**

The New South Wales All Schools Championships were held at Homebush over the 4 day period from 2<sup>nd</sup> to 5<sup>th</sup> December and we were represented by 41 athletes.

**Annabel MacDonald** placed 14<sup>th</sup> overall in the 14 years Girls 200 metres Hurdles event with her time of 34.57 seconds (wind reading 1.2 metres/sec). In her 400 metres event Annabel ran the time of 67.49 seconds to be the 18<sup>th</sup> fastest in the heats.

**Alicia Leggatt** finished in 24<sup>th</sup> place overall in the 14 years Girls 200 metres Hurdles event in a time of 39.96 seconds (wind reading 1.0 metres/sec). In 13 years Girls 800 metres event Alicia placed 32<sup>nd</sup> overall with her time of 2 mins 53.42 secs. Alicia finished in 52<sup>nd</sup> place overall in her 200 metres event with her time of 31.39 seconds (wind reading 2.0 metres/sec). In her 400 metres event Alicia finished in 28<sup>th</sup> place overall with her time of 72.36 seconds.

**Mia Marshall** won the gold medal in the 14 years Girls Pole Vault event with her leap of 2.50 metres.

**Lachlan Waldron** placed 5<sup>th</sup> in the 12 years Boys Hammer throw event with his throw of 19.26 metres. In his Shot Put event Lachlan finished in 8<sup>th</sup> place with his effort of 9.51 metres.

Lachlan placed 7<sup>th</sup> in his Discus event with his throw of 31.22 metres. Lachlan won the silver medal in his Javelin event with a personal best throw of 29.85 metres.

**Jeremy Plummer** won the bronze medal in the 15 years Boys Triple Jump event with his leap of 12.53 metres.

**Aidan Mannasz** placed 6<sup>th</sup> in the 15 years Boys Triple Jump event with his leap of 12.05 metres. In his Pole Vault event Aidan took out the gold medal in the 15 years Boys Pole Vault event with his personal best clearance at 2.60 metres.

**Nicholas Woodhouse** finished in 16<sup>th</sup> place overall in the 14 years Boys 200 metres Hurdles event with his time of 31.21 secs (wind reading of 1.8 metres/sec).

**Ella McGregor** placed 19<sup>th</sup> in the 12 years Girls Triple Jump event with her leap of 6.58 metres. In her 800 metres event Ella finished in 8<sup>th</sup> place with her time of 2 mins 58.00 secs. Ella claimed 5<sup>th</sup> place in her 1500 metres event in a time of 5 mins 50.88 secs.

**Charlotte Nagle** finished in 13<sup>th</sup> place in the 12 years Girls Triple Jump event with her leap of 8.65 metres. In her High Jump event Charlotte placed 11<sup>th</sup> with her clearance at 1.35 metres.

**Brendan Mannasz** claimed the silver medal in the 15 years Boys Pole Vault event with his clearance at 2.40 metres. In his High Jump event Brendan claimed 5<sup>th</sup> place with his clearance at 1.75 metres.

**Joseph Harvey** won his heat of the 14 years Boys 800 metres event in a personal best time of 2 mins 05.61. In the final Joe won the silver medal in a personal best time of 2 mins 04.13 secs. Joe was the 7<sup>th</sup> qualifier for the final of the 400 metres event with his Pb. time of 54.10 seconds. In his 400 metres final Joe Harvey finished in 4<sup>th</sup> place with a personal best time of 53.92 seconds.

**Oliver Smith** finished in 10<sup>th</sup> place overall in the 14 years Boys 800 metres event to just miss the final despite running a personal best time of 2 mins 11.92 secs. In his 3000 metres event Oliver placed 13<sup>th</sup> with his time of 10 mins 01.95 secs. Oliver placed 11<sup>th</sup> in his 1500 metres event with a Pb. time of 4 mins 36.37 secs.

**Jess Johnston** placed 17<sup>th</sup> overall in the 13 years Girls Triple Jump event with her leap of 9.53 metres. In her Hammer event Jess finished in 4<sup>th</sup> place with her throw of 29.11 metres. Jess took out the bronze medal in her Shot Put event with her personal best throw of 11.02 metres. In her High Jump event Jess filled 5<sup>th</sup> spot with her personal best leap of 1.50 metres. Jess claimed the silver medal in her Discus event with her throw of 34.07 metres. In her Javelin event Jess claimed the bronze medal with her throw of 32.74 metres. Jess finished in 7<sup>th</sup> place in her Long Jump event with her leap of 4.77 metres (wind reading -0.6 metres/sec).

**Caitlin Waldron** finished in 6<sup>th</sup> place in the 15 years Girls Hammer Throw event with her personal best effort of 28.49 metres. In her Discus event Caitlin hurled it out to a season's best distance of 31.48 metres to secure 5<sup>th</sup> place. Caitlin finished in 6<sup>th</sup> place in her Shot Put event with a big Pb. throw of 11.95 metres. In her Javelin event Caitlin finished in 13<sup>th</sup> place with her effort of 25.37 metres.

**Amelie Sun** placed 2<sup>nd</sup> in her heat in the 16 years Girls 800 metres event with her time of 2 mins 24.41 secs to automatically qualify for the final. In the final Amelie finished in 7<sup>th</sup> place with her time of 2 mins 23.85 secs.

**Zara Warland** with her overall 8<sup>th</sup> place in the 16 years 800 metres heats qualified for the final in a time of 2 mins 23.20 secs. In the final Zara produced a personal best performance in taking out 4<sup>th</sup> place with her time of 2 mins 19.54 secs. In her 1500 metres final Zara produced another Pb. Time of 4 mins 53.41 secs to claim 8<sup>th</sup> place.

**Anastasia Lakic** finished in 11<sup>th</sup> place in a time of 2 mins 32.49 secs in her heat of the 16 years Girls 800 metres event.

**Jack Baker** finished in 17<sup>th</sup> place overall in the 16 years Boys 800 metres event with his time of 2 mins 06.32 secs. In his 400 metres heat Jack qualified for the final with his heat time of 52.54 seconds. Jack placed 7<sup>th</sup> in his 400 metres final in a time of 52.24 seconds.

**Max Mayhew** placed 5<sup>th</sup> in the 13 years Boys 3000 metres Walk event in a season's best time of 16 mins 49.50 secs.

**Owen Chandler** finished in 5<sup>th</sup> place in the 13 years Boys Triple Jump event with leap of 10.80 metres. In his Long Jump event Owen finished in 19<sup>th</sup> spot with his leap of 4.41 metres. Owen finished in 19<sup>th</sup> place overall in his 200 metres event with his time of 25.98 seconds (wind reading -0.7 metres/sec). In his 400 metres event Owen placed 12<sup>th</sup> overall in a Pb. time of 58.38 seconds.

**Claudia Wilson** claimed the bronze medal in the 14 years Girls 2000 metres Steeplechase event with her time of 7 mins 46.30 secs. In her 1500 metres event Claudia finished in 13<sup>th</sup> place in a time of 5 mins 08.95 secs.

**Elli Barron** finished in 4<sup>th</sup> place in the 15 years Girls 2000 metres Steeplechase event with her personal best time of 7 mins 44.16 secs. In her 3000 metres event Elli claimed 7<sup>th</sup> place with her time of 11 mins 25.55 secs.

**Adam Bruntsch** won the gold medal in the 16 years Boys 2000 metres Steeplechase event with his personal best time of 6 mins 06.08 secs. In his 1500 metres heat Adam qualified for the final with his time of 4 mins 11.48 secs. Adam won the bronze medal in his 1500 metres final with a Pb. time of 4 mins 02.76 secs.

**Ashton Hanna** took out the silver medal in the 16 years Boys 2000 metres Steeplechase event in a personal best time of 6 mins 29.26 secs. In his 3000 metres event Ashton filled 13<sup>th</sup> place with his time of 9 mins 40.59 secs. Ashton also qualified for the final of the 1500 metres event with his heat time of 4 mins 17.78 secs. In the final Ashton produced a Pb. time of 4 mins 17.17 secs to claim 8<sup>th</sup> place.

**Zara Pawsey** finished in 13<sup>th</sup> place overall in the 12 years Girls 200 metres heats with her time of 29.06 seconds (wind reading -0.5 metres/sec). In her 800 metres event Zara finished in 7<sup>th</sup> place with her time of 2 mins 48.35 secs. Zara qualified for the final of her 400 metres event when she ran a time of 67.13 seconds in the heat. Zara placed 11<sup>th</sup> in her Long Jump event with her leap of 4.18 metres (wind reading 1.4 metres/sec). In her 80 metres Hurdles final Zara placed 6<sup>th</sup> with her time of 14.62 seconds (wind reading 0.3 metres/sec). Zara finished in 6<sup>th</sup> place in her 400 metres final with her time of 65.35 seconds.

**Aiden Wright** finished in 7<sup>th</sup> place overall in his 200 metres heat with his time of 26.53 seconds (wind reading -1.3 metres/sec). In his 200 metres final Aiden finished in 4<sup>th</sup> place with a time of 26.38 secs (wind reading -0.2 metres/sec). Aiden finished 4<sup>th</sup> overall in the heats of the 100 metres event with his time of 12.89 seconds

(wind reading 0.2 metres/sec). In his 100 metres final Aiden placed 5<sup>th</sup> in a Pb. time of 12.86 seconds. Aiden claimed 5<sup>th</sup> spot in his Long Jump event with his leap of 4.51 metres (wind reading 0.4 metres/sec).

**Ruby Worrell** placed 3<sup>rd</sup> overall in the heats of the 14 years Girls 200 metres event in a time of 25.74 seconds (wind reading -0.6 metres/sec). In the final Ruby took out the bronze medal with her time of 25.36 seconds (wind reading -1.6 metres/sec). Ruby was the fastest qualifier for her 400 metre final when she ran 57.72 seconds in her heat. In her 400 metres final Ruby won the gold medal in the new All Schools Record Time of 55.35 seconds.

**Elysha Pawsey** finished 23<sup>rd</sup> overall in the heats of the 14 years Girls 200 metres event with her time of 29.25 seconds (wind reading -1.0 metres/sec).

**Claudia Barlow** finished in 21<sup>st</sup> place in the 13 years Girls Shot Put event with her throw of 7.54 metres. In her Discus event Claudia placed 17<sup>th</sup> with her effort of 20.26 metres.

**Maddie Duncombe** finished in 13<sup>th</sup> place in the 14 years Girls Discus event with her throw of 24.26 metres. In her Shot Put event Maddie threw 8.06 metres to finish in 14<sup>th</sup> spot. Maddie placed 20<sup>th</sup> overall in her 100 metres heat with her time of 13.83 seconds (wind reading 0.5 metres/sec).

**Lance David** finished in 18<sup>th</sup> place overall in the 16 years Boys 200 metres heats with his time of 24.33 seconds (wind reading 2.5 metres/sec). In his 100 metres event Lance placed 25<sup>th</sup> overall with his time of 12.08 seconds (wind reading 1.3 metres/sec). Lance was 22<sup>nd</sup> fastest from the heats of his 400 metres event in a time of 56.23 seconds.

**Georgia Phillips** placed 14<sup>th</sup> in the 14 years Girls 3000 metres event in a time of 11 mins 28.94 secs). In her 1500 metres event Georgia finished 9<sup>th</sup> with her time of 5 mins 40.91 secs.

**Nathan Barbara** claimed the silver medal in the 12-15 years Para Shot Put with his effort of 6.03 metres – 48.09%. In his 100 metres event Nathan placed 5<sup>th</sup> with his time of 20.69 seconds (wind reading 1.5 metres/sec) 59.21%. Nathan won a further silver medal in his Para Discus event with his throw of 14.73 metres – 56.56%.

**Yahya Ali** finished 3<sup>rd</sup> overall in his heat of the 12 years Boys 100 metres event with his time of 12.61 seconds (wind reading 0.0 metres/sec). In his final Yahya finished with the silver medal in a time of 12.40 seconds (wind reading 0.6 metres/sec).

**Ashlee Hu** finished in 22<sup>nd</sup> place overall in the 14 years Girls 100 metres heats in a time of 13.96 seconds (wind reading 0.5 metres/sec).

**Timothy Forster** placed 30<sup>th</sup> in the 15 years Boys 100 metres heats with his time of 11.93 seconds (wind reading 1.3 metres/sec). Tim placed 3<sup>rd</sup> in his heat of the 16 years Boys 110 metres Hurdles event in a time of 16.03 seconds (wind reading 1.2 metres/sec) to automatically qualify for the final. In the final Tim placed 6<sup>th</sup> with his time of 15.22 seconds (wind reading 3.0 metres/sec).

**Andrew Kalos** finished in 5<sup>th</sup> place in the 13 years Boys Javelin event with his effort of 36.26 metres.

**Jessica Forster** placed 15<sup>th</sup> overall in the heats of the 17 years Girls 100 metres with her time of 13.84 seconds (wind reading -0.7 metres/sec).

**Sophia Gately** placed 7<sup>th</sup> in the 16 years Girls Javelin event with her Pb. throw of 29.53 metres.

**Mikayla Kelleher** finished in 10<sup>th</sup> place overall in the 15 years Girls 90 metres Hurdles event in a time of 16.59 seconds (wind reading 0.9 metres/sec). In her Long Jump event Mikayla placed 10<sup>th</sup> with her jump of 4.49 metres (wind reading 0.5 metres/sec).

**Alyssa Lowe** won the silver medal in the final of the 17 years Girls 100 metres Hurdles event in a time of 14.85 seconds (wind reading -2.8 metres/sec). In her Long Jump event Alyssa took out the gold medal with her leap of 5.96 metres (wind reading 1.8 metres/sec).

As the Australian All Schools was cancelled this year ANSW announced a NSW merit team who are the athletes who would have qualified to go to the Australian All Schools. 10 Ryde Seniors made the NSW merit team.

## **Congratulations to –**

**Ruby Worrell & Joe Harvey** (U16 400m), **Alyssa Lowe** (U18 long jump & 100m Hurdles) **Mia Marshall** (U16 Pole Vault), **Adam Bruntsch & Ashton Hanna** (U18 Steeplechase), **Aidan Mannasz & Brendan Mannasz** (U16 Pole Vault), **Jessica Johnston** (U14 discus), **Nathan Barbara** (U16 PARA discus & shot put)

## **7. New South Wales Combined Event Championships**

The ANSW Combined Event Championships were held at Campbelltown over the very hot weekend of 24<sup>th</sup> & 25<sup>th</sup> January and we were represented by 1 athlete.

**Jessica Johnston** was a competitor in the Under 16 Girls Heptathlon event and placed 5<sup>th</sup> with her total of 3,258 points.

90m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.88 secs	1.40m	11.17m	30.22 secs	4.51m	31.58m	3:15.59	
501	512	606	467	431	507	234	3258

**Chloe Davis** who is one of our Committee Members won the Open Women's event with her total score of 4,287 points

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.26 secs	1.50m	9.52m	26.77 secs	5.05m	37.32m	2:30.93	
567	621	498	731	573	616	681	4287

Both of the above girls have automatically qualified for their respective Australian Championships in the Heptathlon.

## **9. Australian Capital Territory U20 & Open Championships**

The A.C.T. Athletics U20 & Open Championships were held in Canberra from Friday, 12<sup>th</sup> February to Sunday, 14<sup>th</sup> February and we were represented by 4 athletes.

**Ruby Worrell** entered the Open Women's 400 metres event and was the 15<sup>th</sup> fastest with her time of 57.29 seconds.

**Amelie Sun** produced a personal best time of 2 mins 14.21 secs in placing 4<sup>th</sup> overall in the Under 20 Women's 800 metres event. In the 1500 metres event Amelie finished in 4<sup>th</sup> place in a time of 4 mins 46.64 secs.

**Zara Warland** also produced a personal best time of 2 mins 17.95 secs in placing 8<sup>th</sup> overall in the Under 20 Women's 800 metres event. In her 1500 metres event Zara filled 5<sup>th</sup> place in a personal best time of 4 mins 48.49 secs.

**Jack Baker** also produced a personal best time of 2 mins 02.99 secs in placing 6<sup>th</sup> in the final of the Under 20 Men's 800 metres event. In his 400 metres event Jack placed 11<sup>th</sup> overall in a time of 52.51 secs.

## **10. New South Wales Masters Championships**

The N.S.W. Masters Championships were held at Campbelltown over the weekend of 13<sup>th</sup> & 14<sup>th</sup> February and we were represented by 3 athletes.

**Ron Wills** won the 80-84 years age group in the 400 metres event and emerged with the gold medal with his time of 1 min 48.25 secs.

**Robert Hanbury-Brown** won the gold medal in the 60-64 years age group Weight Throw event with his effort of 14.61 metres. In his Javelin event Robert filled 4<sup>th</sup> place with his throw of 32.29 metres.

**Andrew Atkinson-Howatt** became our third gold medallist when he took out the 60-64 years Javelin event with his throw of 36.09 metres. In his Discus event Andrew was the silver medallist with his effort of 31.18 metres.

## **11. Australian Capital Territory Under 14 – 18 Championships**

The A.C.T. Under 14 – Under 18 Championships were held at the new track in Woden and we had a total of athletes 5 there.

**Ben Woodhouse** won the gold medal in the Under 14 Boys 800 metres event in a personal best time of 2 mins 12.97 secs. In his 1500 metres event Ben was again the winner with his time of 4 mins 33.71 secs.

**Nick Woodhouse** finished in 4<sup>th</sup> place in the Under 16 Boys 800 metres event with his time of 2 mins 28.92 secs. In his 200 metres Hurdles event Nick took out the gold medal with his personal best time of 30.93 secs (Wind reading 0.9 metres/sec). Nick also took out 4<sup>th</sup> place in his 1500 metres event with his time of 5 mins 11.08 secs.

**Lachlan Waldron** won the silver medal in the Under 14 Boys 3kg Shot Put event with his throw of 9.56 metres. In his 600gm Javelin event Lachlan secured the gold medal with his effort of 31.42 metres. Lachlan won his second gold medal in his 3kg Hammer event with his throw of 15.35 metres. In his 1kg Discus event Lachlan took out the bronze medal with his throw of 21.68 metres.

**Caitlin Waldron** won the gold medal in the Under 17 Girls Shot Put 3kg event with her throw of 11.42 metres. In her Hammer Throw event 3kg Caitlin won the bronze medal with her effort of 27.64 metres. Caitlin placed 5<sup>th</sup> in her 500gm Javelin event with her throw of 23.82 metres. In her 1kg Discus event Caitlin secured the bronze medal with her effort of 29.92 metres.

**Ashton Hanna** won the bronze medal in the Under 18 Boys 1500 metres event with his personal best time of 4 mins 16.88 secs. In his Steeplechase event Ashton claimed the silver medal with his time of 6 mins 38.16 secs.

## **12. New South Wales Open Athletics Championships**

The NSW Open Athletics Championships were held at Homebush over the weekend of 5<sup>th</sup> to 7<sup>th</sup> March and we had 7 competitors there.

**Sophie Kavanagh** was entered in the Women's High Jump event and finished in 8<sup>th</sup> place with her clearance of 1.65 metres. In the Open Women's Long Jump event Sophie placed 9<sup>th</sup> with her leap of 5.55 metres.

**Amelie Sun** competed in the heats of the Open Women's 800 metres event and finished 7<sup>th</sup> in her heat, 19<sup>th</sup> overall with her time of 2 mins 17.18 secs.

**Jack Baker** finished in 7<sup>th</sup> place in his heat of the Open Men's 400 metres event (33<sup>rd</sup> overall) with his time of 53.00 seconds. Jack also competed in the heats of the Open Men's 200m where he finished 7<sup>th</sup> in his heat (38<sup>th</sup> overall) in a personal best time of 23.62s.

**Zara Warland** finished in 10<sup>th</sup> place in her heat of the Open Women's 1500 metres event, 18<sup>th</sup> overall with a personal best time of 4 mins 43.65 secs.

**Adam Bruntsch** finished in 8<sup>th</sup> place in his heat of the Open Men's 1500 metres event, 21<sup>st</sup> overall in a personal best time of 4 mins 01.32 secs.

**Alyssa Lowe** finished just out of the medals in 4<sup>th</sup> place in the Open Women's Long Jump event with her leap of 5.91 metres.

**Nathan Barbara** competed in the Ambulant Men's Open discus (1.5kg) and managed a best throw of 11.46m in round 5 (43.96%) to win the silver medal. In the Ambulant Men Open Shot put (6kg) Nathan's opening round throw of 4.85m (38.68%) again secured him the silver medal.



### 13. Little Athletics NSW Combined Event Carnival

The Little Athletics NSW Combined Event Carnival was held in Wollongong over the weekend of 6<sup>th</sup>-7<sup>th</sup> March and Ryde was represented by three athletes.

Jess Johnston won the silver medal in the U14 girl's event finishing with 4,204 points.

Shot put	Long jump	Discus	Hurdles	200m	800m	TOTAL
11.40m	4.25m	33.30m	16.76s	29.04s	3m.06.71	
842	699	822	507	812	522	4204

Owen Chandler placed 5<sup>th</sup> in the U14 boy's event with 3981 points

Shot put	Long jump	Discus	Hurdles	200m	800m	TOTAL
10.69m	4.96m	27.30m	14.95s	25.14s	2m 43.96s	
535	713	475	722	922	614	3981

Jeremy Plummer placed 6<sup>th</sup> in the U17 boy's event with 4620 points.

Discus	Long jump	Javelin	High jump	Hurdles	100m	800m	TOTAL
28.03m	5.66m	38.11m	1.75m	17.46s	11.87s	2m 25.44s	
411	672	515	720	732	912	658	4620

### 14. New South Wales Junior Championships

The NSW Junior Athletics Championships were held at Homebush over the weekend of Friday, 12<sup>th</sup> to Sunday, 14<sup>th</sup> March and we were represented by 34 athletes in 63 events.

**Mia Marshall** got our medal tally underway when she contested the Under 16 years Girls Pole Vault event. In taking the silver medal in this event Mia cleared 2.20 in 10 centimetre increments till she bowed out at 2.70 metres.

**Timothy Forster** was next up in the Under 17 Boys 110 metre Hurdles event where he finished in 6<sup>th</sup> place with his time of 15.70 seconds (Wind reading 1.2 metres/sec).

**Alyssa Lowe** placed 3<sup>rd</sup> in her heat of the Under 20 Girls 100 metres Hurdles event with her time of 14.96 seconds (wind reading 1.5 metres/sec). In the final Aly finished in 6<sup>th</sup> place in a time of 14.67 seconds (wind reading 1.8 metres/sec). Aly also tackled the U20 Girls Long Jump event on the first day where she was the gold medallist with her leap of 5.93 metres (wind 0.6 metres/sec).

**Daniel Cox** finished in 5<sup>th</sup> place in the Under 14 Boys 90 metres Hurdles event in a time of 16.58 seconds (wind reading 0.1 metres/sec).

**Caitlin Waldron** finished just out of the medals in 4<sup>th</sup> place in the Under 17 Girls Hammer event with her throw of 29.72 metres. In her Shot Put event Caitlin finished in 6<sup>th</sup> place with her throw of 11.78 metres. Caitlin filled 6<sup>th</sup> place in her Discus event with effort of 29.33 metres.

**Brendan Mannasz** unfortunately was unable to reach the qualifying height in the Under 17 Boys High Jump event of 1.70 metres. In his Pole Vault Brendan claimed the silver medal with his clearance at 2.20 metres.

**Jessica Johnston** placed 10<sup>th</sup> in the Under 15 Girls Long Jump event with her leap of 4.36 metres (wind reading 0.9 metres/sec). In her Javelin event Jess claimed the silver medal with her throw of 36.84 metres. Jess won the bronze medal in her Hammer Throw event with her personal best throw of 36.98 metres. In her Shot Put event Jessica won the silver medal with her personal best, and Ryde best performance on record, throw of 12.27 metres. Jessica placed 6<sup>th</sup> in her Discus event with her throw of 27.24 metres. In her High Jump event Jessica finished in 8<sup>th</sup> place with her clearance at 1.45 metres.

**Zara Pawsey** finished in 5<sup>th</sup> place in her heat of the Under 14 Girls 400 metres event in a time of 65.38 seconds to qualify for the final later in the day. In the final Zara placed 8<sup>th</sup> with her time of 66.93 seconds. In her Long Jump event Zara placed 9<sup>th</sup> with her leap of 4.24 metres (wind 0.00 seconds).

**Juliet Cooley** finished in 6<sup>th</sup> place in her heat of the Under 14 Girls 400 metres event with a time of 66.42 seconds.

**Sophie Kavanagh**, who won the state title 12 months ago, was successful in taking out the gold medal in the Under 18 Girls Long Jump event with her clearance at 5.68 metres (wind 0.7 metres/sec). Sophie's winning margin was some 0.30 metres in front of the second placegetter.

Next up for Sophie was her 500gm Javelin event on the Saturday morning where she finished in 4<sup>th</sup> place with her throw of 37.12 metres. On the Sunday Sophie added a further gold medal to her tally when she won the Under 18 Girls High Jump event with her clearance at 1.65 metres.

**Jack Baker** finished in 3<sup>rd</sup> place in his heat of the Under 18 Boys 400 metres event in a time of 52.30 seconds to advance to the final held on Saturday evening. In the final Jack finished in 7<sup>th</sup> place in a personal best time of 51.71 seconds. In his 800 metres event Jack finished in 23<sup>rd</sup> place overall in a time of 2 mins 11.41 secs.

**Max Mayhew** claimed the bronze medal in the Under 15 Boys 3000 metres Walk event with his personal best time and Ryde best performance on record of 16 mins 10.55 secs.

**Aidan Mannasz** won the bronze medal in the Under 17 Boys Triple Jump event with his leap of 12.70 metres (wind 1.7 metres/sec). In his Pole Vault event Aidan won the gold medal with his clearance at 2.60 metres.

**Jeremy Plummer** finished in 4<sup>th</sup> place in the Under 17 Boys Triple Jump event with his leap of 12.16 metres (wind 1.2 metres/sec). In his Long Jump event Jeremy placed 6<sup>th</sup> with his leap of 5.80 metres (wind 0.3 metres/sec).

**Benjamin Woodhouse** claimed the bronze medal in the Under 14 Boys 1500 metres event with his time of 4 mins 33.67 secs. In his 800 metres event Ben claimed a second bronze medal with his time of 2 mins 14.73 secs.

**Axel Bruntsch** finished in 8<sup>th</sup> place in the Under 14 Boys 1500 metres event in a time of 4 mins 46.00 secs. In his 800 metres event Axel filled 5<sup>th</sup> place with his time of 2 mins 16.50 secs.

**Julian Smith** placed 15<sup>th</sup> in the Under 14 Boys 1500 metres event in a time of 5 mins 07.26 secs. In his 3000 metres event Julian finished in 18<sup>th</sup> place in a time of 11 mins 12.28 secs.

**Claudia Wilson** finished in 15<sup>th</sup> place in the Under 16 Girls 1500 metres event in a time of 5 mins 23.78 secs. In her 2000 metres Steeple chase event Claudia placed 5<sup>th</sup> with her time of 8 mins 06.24 secs.

**Oliver Smith** placed 5<sup>th</sup> in the Under 16 Boys 1500 metres event with his personal best time of 4 mins 23.57 secs. In his 3000 metres event Oliver again finished in 5<sup>th</sup> place with his time of 9 mins 41.90 secs.

**Owen Chandler** won the bronze medal in the Under 15 Boys Triple Jump event with his leap of 11.28 metres. In his Long Jump event Owen filled 8<sup>th</sup> place with his leap of 5.03 metres.

**Lachlan Waldron** won the silver medal in the Under 14 Boys Javelin event with a personal best throw of 31.42 metres. In his Discus event Lachlan placed 12<sup>th</sup> with his throw of 23.51 metres.

**Zara Warland** finished in 6<sup>th</sup> place in the Under 18 Girls 1500 metres event with her time of 4 mins 49.19 secs.

**Adam Bruntsch** claimed 4<sup>th</sup> place in the Under 18 Boys 1500 metres event with his time of 4 mins 03.69 secs. In his 2000 metres Steeplechase event Adam was the winner in a time of 6 mins 14.66 secs.

**Ashton Hanna** finished in 7<sup>th</sup> place in the Under 18 Boys 1500 metres event with his personal best time of 4 mins 12.54 secs. In his 2000 metres Steeplechase event Ashton won the silver medal with his time of 6 mins 35.44 secs. Ashton claimed 11<sup>th</sup> place in his 3000 metres event with his personal best time of 9 mins 30.05 secs.

**Yahya Ali** won his heat of the Under 14 Boys 100 metres event in a personal best time of 12.14 seconds (head wind 0.2 metres/sec) to qualify for the final which was to be held in the evening of the Sydney Track Classic. Yahya subsequently won the final in a time of 12.30 seconds (wind 1.0 metres/sec).

**Aiden Wright** finished in 4<sup>th</sup> place in his heat of the Under 14 Boys 100 metres event in a time of 12.54 seconds (head wind 0.3 metres/sec) to qualify for the final which was to be held in the evening of the Sydney Track Classic. In his Long Jump event Aiden finished just out of the medals with his 4<sup>th</sup> placing of 4.80 metres. Aiden claimed 6<sup>th</sup> place in the final of the Under 14 Boys 100 metres event with his time of 12.66 seconds (wind 1.0 metres/sec). In his 200 metres heat Aiden finished in 2<sup>nd</sup> place with his time of 26.20 seconds (headwind 0.4 metres/sec) to qualify for the final. In his 200 metres final Aiden claimed the bronze medal with his time of 26.61 seconds (headwind 4.2 metres/sec).

**Georgia Phillips** ran a personal best, and Ryde Best Performance on Record time of 7 mins 29.67 secs to win the Under 16 Girls 2000 metres Steeplechase event. In her 3000 metres event Georgia placed 5<sup>th</sup> in a time of 10 mins 42.62 secs.

**Elli Barron** unfortunately was unable to finish her Under 17 Girls 2000 metres Steeplechase event due to illness.

**Arabella Price** won the gold Medal in the Under 18 Girls 2000 metres Steeplechase event with her time of 7 mins 44.96 secs.

**Nicholas Woodhouse** finished in 7<sup>th</sup> place in the Under 16 Boys 2000 metres Steeplechase event in a personal best time of 7 mins 54.16 secs. In his 800 metres event Nick placed 9<sup>th</sup> in a time of 2 mins 36.90 secs.

**Ruby Worrell** placed 2<sup>nd</sup> in her heat of the Under 16 Girls 200 metres event with her time of 26.22 seconds (headwind of 3.1 metres/sec). In the final Ruby won the silver medal in a time of 25.59 seconds (headwind of 2.3 metres/sec).

**Joseph Harvey** won the silver medal in the Under 16 Boys 800 metres event with his time of 2 mins 05.72 secs.

**Jacob Leon** filled 11<sup>th</sup> place in the Under 18 Boys 800 metres event in a time of 2 mins 03.72 secs.

**Amelie Sun** finished in 6<sup>th</sup> place in the Under 18 Girls 800 metres event with her time of 2 mins 22.67 secs.

### 15. The Australian Junior Combined Event Championships

At the Australian Junior Combined Event Championships held in Melbourne from the 24<sup>th</sup> to 25<sup>th</sup> March 2021, Ryde was represented by **Jessica Johnston** in the U15 Heptathlon event. Overall Jess placed 7<sup>th</sup> in Australia and her individual results and points were;

90m H	Shot put	High jump	200 m	Long jump	Javelin	800m	TOTAL
16.96s	11.66m	1.49m	30.2 1s	4.01m	32.81 m	3.00.18s	
601	639	610	468	310	530	364	3522

### 16. New South Wales Little A's (Youth) Championships

At the NSW Little A's (Youth) Championships we had a total of 33 athletes competing at the Homebush facility over the 2 days of 28<sup>th</sup> & 29<sup>th</sup> March. They achieved the following results.

**Brendan Mannasz** won the bronze medal in the Under 17 Boys High Jump event with his clearance at 1.84 metres.

**Jeremy Plummer** finished in 15<sup>th</sup> place in the Under 17 Boys High Jump event with his clearance at 1.65 metres.

**Jessica Johnston** won a bronze medal in the Under 14 Girls Shot Put (3kg) event with her throw of 11.59 metres. In her Javelin (400gm) event Jess won the gold medal with her effort of 38.47 metres. Jess claimed 11<sup>th</sup> spot in her High Jump with her clearance at 1.45 metres. In her Discus event Jessica won the silver medal with her throw of 36.38 metres.

**Isabella Barbara** placed 13<sup>th</sup> in the Under 14 Girls Shot Put event with her throw of 9.53 metres.

**Mikayla Kelleher** finished in 14<sup>th</sup> place in the Under 17 Girls Triple Jump event with her leap of 9.58 metres.

**Lachlan Waldron** won the silver medal in the Under 13 Boys Javelin (600gm) event with his throw of 32.53 metres. In his Discus (750gm) event Lachlan placed 13<sup>th</sup> with his throw of 31.63 metres. Lachlan placed 14<sup>th</sup> in his Shot Put (3.0kg) event with his throw of 9.71 metres.

**Sophie Kavanagh** finished in 8<sup>th</sup> place in the Under 17 Girls Javelin (500gm) event with her throw of 38.05 metres. In her Long Jump event Sophie claimed the silver medal with her leap of 5.61 metres. Sophie was a clear winner in her High Jump event when she cleared 1.70 metres.

**Owen Chandler** placed 7<sup>th</sup> in the Under 14 Boys High Jump event with his clearance at 1.55 metres. In his 200 metres Hurdles (76cm) event Owen finished in 9<sup>th</sup> place in a time of 29.32 seconds. Owen finished just out of the medals when he filled 4<sup>th</sup> place in his Long Jump event with his leap of 5.31 metres. In his Triple Jump event Owen won the bronze medal with his leap of 11.55 metres.

**Nathan Barbara** finished in 5<sup>th</sup> place in the Under 13-14 Boys Multi-Class Long Jump event with his leap of 2.21 metres. In his Shot Put event Nathan won the gold medal with his throw of 6.72 metres. Nathan won the gold medal in his Discus event with his throw of 13.88 metres. In his 100 metres event Nathan finished in 4<sup>th</sup> place in a time of 20.37 seconds.

**Maddison Duncombe** finished in 7<sup>th</sup> place in the Under 15 Girls Discus (1.0kg) event with her throw of 29.57 metres.

**Andrew Kalos** finished in 8<sup>th</sup> spot in the Under 14 Boys Javelin (600gm) event with his throw of 38.52 metres.

**Aidan Mannasz** placed 6<sup>th</sup> in the Under 17 Boys Triple Jump event with his leap of 12.65 metres.

**Charlotte Nagle** finished in 9<sup>th</sup> place in the Under 13 Girls 200 metres Hurdles (68cm) event with her time of 33.29 seconds.

**Kaitlyn Martin** placed 5<sup>th</sup> overall in her 300 Metre Hurdles (76cm) event with her time of 50.55 seconds.

**Nicholas Woodhouse** finished in 16<sup>th</sup> place overall in the Under 15 Boys 300 metres Hurdles (76cm) event with his time of 48.19 seconds.

**Benjamin Woodhouse** won the silver medal in the Under 13 Boys 1500 metres event in a personal best (and Ryde best performance on record) time of 4 mins 26.58 secs. In his 800 metres event Ben won a further silver medal with his time of 2 mins 10.98 secs.

**Axel Bruntsch** placed 6<sup>th</sup> in the Under 13 Boys 1500 metres event with his time of 4 mins 46.94 secs.

**Claudia Wilson** finished in 16<sup>th</sup> place in the Under 15 years Girls 1500 metres event with her time of 5 mins 26.22 secs. In her 800 metres event Claudia filled 18<sup>th</sup> place with her time of 2 mins 37.01 secs.

**Arabella Price** finished in 7<sup>th</sup> place in the Under 17 Girls 1500 metres event in a time of 5 mins 09.09 secs.

**Adam Bruntsch** won the gold medal in the Under 17 Boys 1500 metres event with his time of 4 mins 06.68 secs. In his 3000 metres event Adam won his 2<sup>nd</sup> gold medal in a time of 9 mins 05.81 secs. Adam won the silver medal in his 800 metres event in a personal best time of 1 min 57.79 secs.

**Zara Pawsey** finished in 16<sup>th</sup> place in the Under 13 Girls 400 metres event in a time of 67.64 seconds. In her Long Jump event Zara placed 15<sup>th</sup> with her leap of 4.19 metres. Zara placed 17<sup>th</sup> in her 80 metres Hurdles event with her time of 15.17 seconds.

**Ruby Worrell** won the silver medal in the Under 15 Girls 400 metres event with her time of 57.18 seconds. In her 200 metres heat Ruby placed 1<sup>st</sup> with her time of 26.11 seconds to advance to the final. Ruby won the bronze medal in the final in a time of 25.38 seconds.

**Jack Baker** finished in 4<sup>th</sup> place in the Under 17 Boys 400 metres event with a personal best time of 51.26 seconds. In his 800 metres event Jack again filled 4<sup>th</sup> place overall in a personal best time of 2 mins 02.21 secs.

**Julian Smith** placed 8<sup>th</sup> in the Under 13 Boys 3000 metres event with a personal best time of 10 mins 58.16 secs.

**Georgia Phillips** won the silver medal in the Under 15 Girls 3000 metres run in a time of 10 mins 50.45 secs. In her 800 metres event Georgia filled 11<sup>th</sup> spot with her time of 2 mins 27.75 secs.

**Oliver Smith** won the silver medal in the Under 15 Boys 3000 metres event with his time of 9 mins 55.39 secs. In his 800 metres event Oliver claimed 6<sup>th</sup> place with his personal best time of 2 mins 11.54 secs. Oliver finished in 5<sup>th</sup> place in the Under 15 Boys 1500 metres event with his time of 4 mins 38.14 secs.

**Zara Warland** won the silver medal in the Under 17 Girls 3000 metres event in a time of 10 mins 56.04 secs. In her 1500 metres event Zara finished in 4<sup>th</sup> place with her time of 4 mins 47.14 secs.

**Caitlin Waldron** finished in 11<sup>th</sup> place in the Under 17 Girls Shot Put event with her throw of 11.49 metres. In her Discus event Caitlin placed 14<sup>th</sup> with her throw of 31.12 metres.

**Mia Marshall** finished in 12<sup>th</sup> place in the Under 15 Girls Long Jump event with her leap of 4.42 metres.

**Aiden Wright** finished 2<sup>nd</sup> in his heat of the Under 13 Boys 200 metres event with his time of 25.66 seconds. In the final Aiden won the silver medal in a personal best time of 25.02 seconds.

**Ben Stevens** finished in 2<sup>nd</sup> place in the Under 17 Boys Shot Put event with his effort of 16.36 metres. In his Discus event Ben claimed the bronze medal with his throw of 50.90 metres.

**Eliza Da Silva** finished in 9<sup>th</sup> place in the Under 17 Girls 100 metres event with her time of 12.60 seconds. In her 200 metres event Eliza placed 3<sup>rd</sup> in her heat with her time of 25.70 seconds to qualify for the final. In the final Eliza claimed the bronze medal with her time of 25.40 seconds.

**Joshua Smith** finished 5<sup>th</sup> in the Boys U13 400m in a time of 57.66s.

## **17 Australian Track and Field Championships**

The Australian Track and Field Championships were held at Homebush from 12<sup>th</sup> to 19<sup>th</sup> April and we were represented by 27 Athletes.

**Aiden Wright** was first up in the Under 14 Boys 100 metres event and when he finished in 4<sup>th</sup> place in his heat with the time of 12.70 seconds (wind -0.9 metres/sec) and 10<sup>th</sup> overall, to just miss qualifying for the final. In his 200 metres heat Aiden placed 4<sup>th</sup> with his time of 25.14 seconds (wind 2.6 metres/sec) to qualify for the final. In the final Aiden finished in 6<sup>th</sup> place with his time of 25.20 seconds (wind 1.2 metres/sec).

**Yahya Ali** was next up in the Under 14 Boys 100 metres event and in his heat Yahya finished in 2<sup>nd</sup> place in a time of 12.60 seconds (wind -0.60 metres/sec). In the final Yahya placed 4<sup>th</sup> with his time of 12.36 seconds (wind 0.1 metres/sec). Yahya ran a great 2<sup>nd</sup> leg for the NSW Under 14 4x100m Relay team which won the gold medal in a time of 48.36 seconds.

**Joseph Harvey** finished in 9<sup>th</sup> place in his heat (and 15<sup>th</sup> overall) of the Under 16 Boys 400 metres event in a time just outside his best of 54.33 seconds. Joe placed 6<sup>th</sup> in his heat and 11<sup>th</sup> overall in the Under 16 Boys 800 metres event in a personal best time of 2 mins 03.17 secs.

**Ruby Worrell** finished in 2<sup>nd</sup> place in her heat of the Under 16 Women's 400 metres event with her time of 57.69 seconds to automatically qualify for the final. Ruby ran a great race from lane 8 in her 400 metres final to win the silver medal with her time of 56.66 seconds. In her 200 metres heat Ruby placed 5<sup>th</sup> (14<sup>th</sup> overall) with her time of 25.85 seconds (wind 0.6 metres/sec). Ruby was the 3<sup>rd</sup> leg runner in the NSW team which won the gold medal in the Under 16 Girls 4 x 200 metres Relay event with their time of 1min 40.31 secs.

**Jessica Johnston** finished just out of the medals in 4<sup>th</sup> place in the Under 15 Girls Hammer Throw event with her personal best throw of 39.76 metres. In her Shot Put event Jess won the bronze medal with her throw of 11.87 metres (the same distance that the silver medallist threw!). Jess took out the silver medal in her Discus event with her personal best throw of 39.34 metres. In her Javelin event Jess finished in 12<sup>th</sup> place with her throw of 27.80 metres.

**Ben Woodhouse** placed 9<sup>th</sup> in the Under 14 Boys 1500 metres event with his time of 4 mins 33.87 secs. In his 800 metres event Ben just missed qualifying for the final when he placed 4<sup>th</sup> in his heat and 10<sup>th</sup> overall, with his time of 2 mins 14.35 secs.

**Mia Marshall** finished in equal 7<sup>th</sup> place in the Under 16 Girls Pole Vault with her clearance at 2.55 metres.

**Max Mayhew** finished in 10<sup>th</sup> place in the Under 15 Boys 3000 metres Walk in a personal best time of 16 mins 22.22 secs.

**Georgia Phillips** placed 15<sup>th</sup> In the Under 16 Girls 3000 metres event with her time of 11 mins 07.01 secs. In her 2000 metres Steeplechase event Georgia filled 6<sup>th</sup> place with her time of 7 mins 39.38 secs.

**Axel Bruntsch** finished in 7<sup>th</sup> place in his heat and 15<sup>th</sup> overall in the Under 14 Boys with his time of 2 mins 15.63 secs.

**Lachlan Waldron** placed 7<sup>th</sup> in the Under 14 Boys Javelin event with his personal best throw of 33.47 metres.

**Owen Chandler** finished in 9<sup>th</sup> place in the Under 15 Boys Triple Jump event with his leap of 11.47 metres.

**Alyssa Lowe** placed 6<sup>th</sup> in the Under 20 Girls Long Jump event with her leap of 5.91 metres (wind 2.3 metres/sec). In the qualifying rounds of the Open Women's Long Jump event Aly leapt 5.91 metres to be the 8<sup>th</sup> qualifier for the final. In the final Alyssa secured 7<sup>th</sup> place with her best leap of 6.02 metres (wind 0.5 metres/sec).

**Claudia Wilson** finished in 12<sup>th</sup> place in the Under 16 Girls 2000 metres Steeplechase event with her time of 8 mins 26.17 secs.

**Chloe Davis** finished in 6<sup>th</sup> place in the Open Women's Heptathlon event with the following results:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.12 secs	1.52m	10.18m	26.81 secs	5.02m	34.25m	2:26.27	
583	644	541	728	565	557	740	4358

**Nathan Barbara** claimed the bronze medal in the Under 15 Boys Para 100 metres event in a personal best time of 20.27 seconds (60.43%). In his Discus event Nathan won the gold medal with his throw of 14.96 metres (57.36%). Nathan won his second gold medal in his Shot Put event with his effort of 5.99 metres (47.76%). In his Long Jump event Nathan placed 4<sup>th</sup> with his leap of 2.51 metres (38.79%).

**Zara Warland** finished in 14<sup>th</sup> place overall in the Under 18 Girls 1500 metres event with her time of 4 mins 53.31 secs. In her 800 metres event Zara claimed 16<sup>th</sup> place overall in a time of 2 mins 24.72 secs. In her 3000 metres event Zara was unable to complete the course because of illness.

**Sophie Kavanagh** won the silver medal in the Under 18 Girls Long Jump event with her leap of 5.63 metres (wind 0.5 metres/sec). In her High Jump event Sophie finished just out of the medals in 4<sup>th</sup> place with her clearance at 1.68 metres.

**Aidan Mannasz** finished in 9<sup>th</sup> place in the Under 17 Boys Pole Vault event with his personal best clearance at 3.10 metres. In his Triple Jump event Aidan finished in 11<sup>th</sup> place with his leap of 12.42 metres.

**Brendan Mannasz** finished in 11<sup>th</sup> place in the Under 17 Boys Pole Vault event with his personal best clearance at 2.90 metres.

**Timothy Forster** placed 13<sup>th</sup> overall in the Under 17 Boys 110 metres Hurdles event with his time of 15.70 seconds (wind 0.8 metres/sec).

**Jeremy Plummer** claimed 13<sup>th</sup> place in the Under 17 Boys Triple Jump event with his leap of 11.80 metres.

**Amelie Sun** finished in 12<sup>th</sup> place overall in the Under 18 Girls 800 metres event with her time of 2 mins 19.16 secs.

**Adam Bruntsch** won the silver medal in the Under 18 Boys 2000 metres Steeplechase event in a personal best time of 5 mins 59.75 secs.

**Ashton Hanna** finished in 21<sup>st</sup> place in the Under 18 Boys 2000 metres Steeplechase event in a time of 7 mins 07.51 secs. He was very fortunate to be running as he was only given a doctor's clearance to compete just 3 days before.

**Arabella Price** placed 9<sup>th</sup> in the Under 18 Girls 2000 metres Steeplechase event in a time of 8 mins 21.14 secs.

**Elli Barron** finished in 15<sup>th</sup> place in the Under 17 Girls 2000 metres Steeplechase event with her time of 8 mins 10.17 secs.

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MEN (as at 20/04/21)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	Yahya Ali	13.51	19/20	11 years	Adam Bruntsch	4:46.04	15/16
12 years	Yahya Ali	12.40	20/21	12 years	Benjamin Woodhouse	4:33.67	20/21
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	Aiden Wright	26.17	20/21	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	Joshua Smith	62.4h	20/21	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 40-49	Adrian Wade	35:25.19	15/16
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	Benjamin Woodhouse	2:12.97	20/21				
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 20/04/21)

	<b><u>1500 metre walk</u></b>				<b><u>110 metre hurdles</u></b>		
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		<b><u>200 metre hurdles</u></b>		
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
	<b><u>3000 metre walk</u></b>				<b><u>300 metre hurdles</u></b>		
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	Max Mayhew	16:10.55	20/21	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 McEnearney	49.9h	93/94
Vet 30-39	Graham Walsh	16:33.5h	93/94				
Vet 40-49	George Parsons	21:24.0h	90/91				
Vet 50+							
Vet 70+							
					<b><u>400 metre hurdles</u></b>		
				11 years	Peter Cotton	84.2h	85/86
				12 years	Grant Mitchell	86.3h	85/86
				15 years	Craig Birdsall	59.3h	98/99
				Under 18	Craig Birdsall	55.31	00/01
				Under 20	Craig Birdsall	55.1h	00/01
				Open	Brian Chappell	55.12	01/02
				Vet 30-39	Ken Smith	67.6h	91/92
				Vet 40-49	Peter Collins	59.62	92/93
				Vet 50+	Peter Collins	64.5h	01/02
					<b><u>Multi Event</u></b>		
				15 years	Brian Chappell	4299 pts	95/96
					<b><u>Decathlon</u></b>		
13 years	Tim Forster	15.55	18/19	13 years	George Davis	1412 pts	16/17
14 years	Cameron Pappas	14.26	10/11	14 years	Rory Davison	3352 pts	19/20
15 years	John Pearce	13.57	06/07	Under 18	Brian Chappell	5328 pts	96/97
Under 18	Clinton McEwan	15.50	08/09	Under 20	Brent Page	4370 pts	92/93
Under 20	Warren Gray	15.5h	83/84	Open	Brian Chin	5205 pts	93/94
Vet 30-39	Ken Smith	17.5h	91/92				
Vet 40-49	Peter Collins	15.2h	95/96				
Vet 50+	Peter McEnearney	19.47	93/94				
					<b><u>Weight Pentathlon</u></b>		
Vet				Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02	Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06	Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Voitek Klimiuk	3299 pts	11/12	Vet 50+	Andrew Atkinson-Howatt	3369 pts	13/14

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 20/04/21)

	<b><u>Shot put</u></b>				<b><u>Pole Vault</u></b>		
11 years	Ben Stevens	10.84m	16/17	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Stevens	13.58m	17/18		Michael Jones	1.80m	86/87
13 years	Andrew Kalos	12.68m	20/21	13 years	Michael Jones	2.00m	87/88
14 years	Ben Nogajski	14.21m	15/16	14 years	Rory Davison	2.80m	19/20
4kg							
15 years	Jett Tall	13.58m	17/18	15years	Aidan Mannasz	2.60m	20/21
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				
	<b><u>Discus</u></b>				<b><u>High Jump</u></b>		
11 years	Ben Stevens	35.25m	16/17	11 years	David Forster	1.38m	82/83
12 years	Ben Stevens	43.50m	17/18	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Ben Nogajski	1.85m	16/17
Under 18	Lloyd Parker	43.17m	06/07		Brendan Mannasz	1.85m	20/21
Under 20	Lloyd Parker	38.45m	09/10	Under 18	Michael Dunne	1.85m	99/00
Open	Jeff Hailey	41.32m	98/99		Cameron Pappas	1.85m	12/13
Vet 30-39	Jeff Hailey	41.32m	98/99	Under 20	Michael Dunne	1.85m	99/00
Vet 40-49	Jeff Hailey	39.12m	01/02	Open	Zoltan Budimcevic	2.00m	93/94
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 30-39	John Larkin	1.60m	95/96
Vet 60+	Robert Hanbury-Brown	37.09m	17/18	Vet 40-49	Peter Collins	1.65m	90/91
				Vet 50+	Peter Collins	1.53m	01/02
					<b><u>Long Jump</u></b>		
				11 years	Geoff Davies	5.30m	85/86
				12 years	David Massey	5.34m	89/90
11 years	Ben Lawrence	22.74m	20/21	13 years	Noah Hain	5.80m	15/16
12 years	Lachlan Waldron	31.42m	20/21	14 years	Cameron Pappas	6.35m	10/11
13 years	Michael Jones	40.26m	87/88	15 years	Len Pearce	6.61m	06/07
14 years	Patrick Kelland	37.84m	08/09	Under 18	Ben Cox	7.14m	11/12
15 years	Lloyd Parker	50.85m	07/08	Under 20	Geoff Davies	7.33m	92/93
Under 18	Lloyd Parker	55.19m	08/09	Open	Peter Parsons	7.35m	00/01
Under 20	Lloyd Parker	51.48m	09/10	Vet 30-39	Andrew Jackson	5.93m	03/04
Open	Jeff Hailey	56.20m	99/00	Vet 40-49	Peter Collins	5.98m	90/91
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 40-49	Jeff Hailey	55.47m	01/02				
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08		<b><u>Triple Jump</u></b>		
Vet 60+	Andrew Atkinson-Howatt	41.30m	17/18	11 years	David Massey	9.74m	88/89
Vet 80+	Ron Wills	11.33m	19/20	12 years	Sam Hain	10.97m	11/12
	<b><u>Hammer Throw</u></b>			13 years	Cameron Pappas	12.42m	09/10
11 years	Patrick Kelland	16.27m	06/07	14 years	Cameron Pappas	13.80m	10/11
12 years	Lachlan Waldron	19.26m	20/21	15 years	Len Pearce	14.12m	06/07
13 years	Peter Cotton	24.18m	87/88	Under 18	Ben Cox	15.25m	11/12
14 years	Nicholas Kelland	32.36m	10/11	Under 20	Ben Cox	15.47m	13/14
15 years	Glyn Henman	35.20m	83/84	Open	Ben Cox	15.63m	15/16
Under 18	Paul Menin	45.44m	85/86	Vet 30-39	Andrew Jackson	11.38m	03/04
Under 20	Andrew Jackson	27.52m	90/91	Vet 40-49	Peter Collins	12.48m	90/91
Open	Jeff Hailey	41.47m	98/99	Vet 50+			
Vet 30-39	Jeff Hailey	41.47m	98/99				
Vet 40-49	Bob Bowker	40.11m	01/02		<b><u>Weight</u></b>		
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+	Lajos Joni	14.53m	12/13
Vet 60+	Lajos Joni	43.72m	15/16	Vet 60+	Lajos Joni	15.66m	15/16

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### WOMEN (as at 20/04/21)

<b><u>100 metres</u></b>				<b><u>1500 metres</u></b>			
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 <sup>1</sup>	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 50-59	Sue Gore	15.3h	12/13	Vet 50+	Suzanne Gore	5.34.7h	15/16
<b><u>200 metres</u></b>				<b><u>3000 metres</u></b>			
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	Suzanne Gore	13.36.9h	08/09
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 50-59	Sue Gore	15.38.0h	14/15
Vet 35+	Rachael Jackson	25.48	11/12				
Vet 50-59	Sue Gore	30.39	12/13	<b><u>5000 metres</u></b>			
<b><u>400 metres</u></b>				Under 18	Kate Spencer	16.56.66	12/13
11 years	Jamie Casaclang	62.3h	00/01	Under 20	Kate Spencer	15.32.29	13/14
12 years	Jamie Casaclang	59.59	01/02	Open	Kate Spencer	15.32.29	13/14
13 years	Jamie Casaclang	58.51	02/03	<b><u>2000m Steeplechase</u></b>			
14 years	Ruby Worrell	55.35	20/21	11 years	Elizabeth Cotton	9.35.0h	86/87
15 years	Eliza Harvey	57.54	15/16	12 years	Tara Vance	7.54.29	07/08
Under 18	Tara Milgate	55.68	01/02	13 years	Tara Vance	7.38.8h	07/08
Under 20	Tara Milgate	55.88	03/04	14 years	Georgia Phillips	7.29.67	20/21
Open	Vicki Piggins	53.78	99/00	15 years	Kate Spencer	6.40.92	10/11
Vet 28-34				Under 18	Georgia Winkcup	6.43.31	14/15
Vet 35+	Margaret Chappell	65.8h	94/95	Under 20	Kate Spencer	6.36.69	13/14
Vet 50-59	Sue Gore	69.33	13/14	<b><u>3000m Steeplechase</u></b>			
<b><u>800 metres</u></b>				Under 18	Kate Spencer	10.20.72	13/14
11 years	Larissa West	2.30.97	88/89	Under 20	Kate Spencer	9.53.15	13/14
12 years	Tara Vance	2.22.58	06/07	Open	Kate Spencer	9.53.15	13/14
13 years	Eliza Harvey	2.17.69	14/15				
14 years	Eliza Harvey	2.11.70	15/16				
15 years	Eliza Harvey	2.14.12	16/17				
Under 18	Kate Spencer	2.11.15	11/12				
Under 20	Kate Spencer	2.11.15	11/12				
Open	Julie Schwass	2.04.87	83/84				
Vet 28-34	Anne Francis	3.10.2h	88/89				
Vet 35+	Suzanne Gore	2.33.52	12/13				
Vet 50+	Suzanne Gore	2.33.52	12/13				

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

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### WOMEN (as at 20/04/21)

<b><u>1500 metre walk</u></b>				<b><u>200 metre hurdles</u></b>			
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
Vet 50-59	Sue Gore	8:45.1h	17/18				
<b><u>3000 metre walk</u></b>				<b><u>300 metre hurdles</u></b>			
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	<b><u>400 metre hurdles</u></b>			
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
Vet 50-59	Sue Gore	17:51.6h	20/21	Open	Tara Millgate	60.41	04/05
<b><u>5000 metre walk</u></b>				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				
<b><u>80 metre hurdles</u></b>							
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				
<b><u>90 metre hurdles</u></b>							
13 years	Alyssa Lowe	14.57	16/17				
14 years	Alyssa Lowe	13.31	17/18				
15 years	Zoe Warland	13.27	17/18				
<b><u>100 metre hurdles</u></b>							
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 20/04/21)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
12 years	Chiara Lillis	10.46m	16/17		Portia Amy-Wilson	1.35m	14/15
13 years	Jessica Johnston	12.27m	20/21	12 years	Nina Osada-Phornsiri	1.56m	10/11
14 years	Maddy Bergfield	12.08m	10/11	13 years	Alexandra Church	1.72m	97/98
15 years	Maddy Bergfield	12.59m	11/12	14 years	Alexandra Church	1.74m	98/99
Under 18	Maddy Bergfield	13.10m	13/14	15 years	Alexandra Church	1.74m	99/00
Under 20	Maddy Bergfield	12.04m	14/15	Under 18	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Vet 28-34				Open	Alexandra Church	1.82m	01/02
Vet 35+	Helen Searle	12.59m	93/94	Vet 28-34			
Vet 50-59	Sue Gore	6.63m	18/19	Vet 35+	Margaret Chappell	1.35m	90/91
<u>Discus</u>				<u>Long Jump</u>			
11 years	Jessica Johnston	31.24m	18/19	11 years	Janet Gault	4.69m	89/90
12 years	Jessica Johnston	36.54m	19/20	12 years	Janet Gault	4.96m	90/91
13 years	Cassie Hewitt	39.59m	06/07	13 years	Alyssa Lowe	5.15m	16/17
14 years	Cassie Hewitt	35.53m	07/08		Portia Amy-Wilson	5.15m	16/17
15 years	Maddy Bergfield	37.23m	11/12	14 years	Alyssa Lowe	5.54m	17/18
Under 18	Maddy Bergfield	41.75m	12/13	15 years	Alyssa Lowe	5.76m	18/19
Under 20	Maddy Bergfield	41.75m	12/13	Under 18	Alyssa Lowe	6.10m	20/21
Open	Maddy Bergfield	41.75m	12/13	Under 20	Vicky Pigginn	6.20m	94/95
Vet 28-34				Open	Vicky Pigginn	6.36m	97/98
Vet 35+	Helen Searle	30.64m	94/95	Vet 28-34			
				Vet 35+	Margaret Chappell	4.72m	90/91
<u>Javelin</u>				<u>Triple Jump</u>			
11 years	Jessica Johnston	29.92m	18/19	11 years	Portia Amy-Wilson	9.44m	14/15
12 years	Jessica Johnston	34.45m	19/20	12 years	Janet Gault	10.40m	90/91
13 years	Jess Johnston(400g)	38.47m	20/21				
14 years	Tarsha Wayne(500g)	38.39m	17/18	13 years	Portia Amy-Wilson	10.78m	16/17
15 years	Sophie Kavanagh	35.54m	19/20	14 years	Maya Leverett	11.15m	13/14
Under 18	Chloe Davis	39.35m	17/18	15 years	Alyssa Lowe	11.85m	18/19
Under 20	Laura Cornford	45.52m	04/05	Under 18	Maya Leverett	12.33m	15/16
Open	Mary Thomas	46.98m	82/83	Under 20	Maya Leverett	12.33m	15/16
Vet 28-34				Open	Maya Leverett	12.33m	15/16
Vet 35+	Mary Thomas	46.98m	82/83	Vet 28-34			
				Vet 35+	Margaret Chappell	10.22m	89/90
<u>Hammer</u>				<u>Multi-Events</u>			
11 years	Margaret Gault	15.54m	91/92	13 years	Elizabeth Cotton	3679 pts	89/90
12 years	Jessica Johnston	33.25m	19/20	14 years	Megan Cotton	4265 pts	90/91
13 years	Jessica Johnston	36.98m	20/21	15 years	Megan Cotton	4719 pts	90/91
14 years	Caitlin Waldron	22.83m	19/20	Under 18	Tara Millgate	4271 pts	01/02
15 years	Maddy Bergfield	41.51m	11/12	Under 20	Megan Cotton	4239 pts	93/94
Under 18	Maddy Bergfield	41.59m	12/13	Vet 35+	Sue Gore	1873 pts	07/08
Under 20	Joanne Capper	34.06m	84/85				
Open	Joanne Capper	44.54m	89/90	<u>Pole Vault</u>			
Vet 28-34				13 years	Johanna Volos	2.90m	12/13
Vet 35+	Helen Searle	44.00m	96/97	14 years	Johanna Volos	3.10m	13/14
				15 years	Johanna Volos	3.30m	14/15
<u>Weight Pentathlon</u>				Under 18	Johanna Volos	3.10m	13/14
Vet 60-64	Helen Searle	5117 pts	99/00	Under 20	Johanna Volos	3.10m	13/14
Vet 65-69	Helen Searle	5027 pts	01/02				

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

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

*Best performance records can only be set at AA, ANSW and other AA affiliated State organised events.*

*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 2020 – 2021**

<u><b>GIRLS</b></u>				<u><b>BOYS</b></u>			
<u><b>100 Metres</b></u>				<u><b>100 Metres</b></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><b>200 Metres</b></u>				<u><b>200 Metres</b></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	Owen Chandler	25.9	2021
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
				Vet 80+	Ron Wills	47.6	2021
<u><b>400 Metres</b></u>				<u><b>400 Metres</b></u>			
Under 12	Portia Amy-Wilson	71.6	2014	Under 12	Joshua Smith	62.4	2020
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><b>800 Metres</b></u>				<u><b>800 Metres</b></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	Benjamin Woodhouse	2:24.3	2021
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
				Vets 80+	Ron Wills	4:58.0	2021

**RYDE ATHLETICS CENTRE – SENIORS DIVISION  
CENTRE RECORDS 2020 – 2021**

**GIRLS**

<b><u>1500 Metres</u></b>			
Under 12	Georgia Arcus	5:20.7	2015
Under 13	Anastasia Lakic	5:29.6	2016
Under 14	Charlotte Ryan	5:14.5	2014
Under 15	Georgia Arcus	5:08.0	2018
Under 16	Elly Gallagher	4:55.4	2014
Under 18	Kate Spencer	4:42.0	2012
Under 20	Katie Jameson	5:16.2	2006
Open	Katie Jameson	5:30.3	2008
Vet			
Vet 40+	Sue Gore	5:52.0	2008
Vet 50+	Sue Gore	5:40.1	2012
<b><u>1500m Walk</u></b>			
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+			
<b><u>80m Hurdles</u></b>			
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
<b><u>90m Hurdles</u></b>			
Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984
<b><u>100m Hurdles</u></b>			
Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Lynda Calder	19.7	1991

**BOYS**

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



## RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2020 – 2021

### GIRLS

<u>Javelin</u>			
Under 12	Jessica Johnston	25.60m	2019
Under 13	Chloe Davis	29.68m	2013
Under 14	Jess Johnston	33.71m	2021
Under 15	Julia Kelland	29.07m	2016
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Chloe Davis	35.05m	2017
Under 20	Chloe Davis	34.08m	2018
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+	Sue Gore	14.44m	2011

<u>Discus</u>			
Under 12	Chiara Lillis	23.45m	2015
Under 13	Jessica Johnston	33.14m	2019
Under 14	Yvette Cotton	26.44m	1984
Under 15	Maddy Bergfield	31.73m	2010
Under 16	Nicola Bowtell	31.94m	2014
Under 18	Maddy Bergfield	39.35m	2012
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+	Sue Gore	15.91m	2012

<u>Shot Put</u>			
Under 12	Jessica Johnston	8.85m	2019
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Julia Kelland	9.49m	2016
Under 16	Maddy Bergfield	12.03m	2011
Under 18	Maddy Bergfield	13.10m	2014
Under 20	Maddy Bergfield	10.74m	2014
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+	Sue Gore	6.37m	2011
Vet 50+			

<u>Hammer</u>			
Under 12	Margaret Gault	15.54m	1991
Under 13	Jessica Johnston	27.73m	2019
Under 14	Jessica Johnston	36.27m	2020
Under 15	Caitlin Waldron	22.82m	2019
Under 16	Caitlin Waldron	25.49m	2020
Under 18	Maddy Bergfield	38.34m	2012
Under 20	Joanne Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+	Sue Gore	17.74m	2012

### BOYS

<u>Javelin</u>			
Under 12	Benjamin Lawrence	22.74m	2021
Under 13	Lachlan Waldron	30.22m	2021
Under 14	Andrew Kalos	35.83m	2021
Under 15	Brian Chappell	34.22m	1994
Under 16	Nick Kelland	39.61m	2011
Under 18	Nick Kelland	47.65m	2014
Under 20	Patrick Kelland	45.63m	2013
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009
Vet 60+	Andrew Atkinson-Howatt	38.76m	2019
Vet 70+	Ron Wills	16.64m	2013
Vet 80+	Ron Wills	11.30m	2021

<u>Discus</u>			
Under 12	Jett Tall	26.16m	2014
Under 13	Lachlan Waldron	33.13m	2020
Under 14	Jett Tall	33.25m	2017
Under 15	Mua Morris	41.23m	2003
Under 16	Jett Tall	43.66m	2018
Under 18	Jett Tall	34.19m	2019
Under 20	Nick Kelland	37.10m	2014
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Andrew Atkinson-Howatt	35.87m	2006
Vet 50+	Robert Hanbury-Brown	37.36m	2010
Vet 60+	Robert Hanbury-Brown	38.64m	2020

<u>Shot Put</u>			
Under 12	Ben Nogajski	8.23m	2013
Under 13	Lachlan Waldron	9.08m	2021
Under 14	Andrew Kalos	12.68m	2021
Under 15	Craig Sanders	11.73m	1984
Under 16	Jett Tall	12.29m	2018
Under 18	Nick Kelland	12.27m	2014
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet			
Vet 40+	Kern Wyman	10.93m	2014
Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
Vet 60+	Lajos Joni	11.11m	2017
Vet 70+	Ron Wills	6.23m	2013
Vet 80+	Ron Wills	5.25m	2021

<u>Hammer</u>			
Under 12	Patrick Kelland	16.27m	2006
Under 13	Jett Tall	22.90m	2015
Under 14	Mua Morris	23.39m	2002
Under 15	Jett Tall	27.20m	2017
Under 16	Jett Tall	29.92m	2018
Under 18	Steve Capper	36.78m	1984
Under 20	Nick Kelland	33.62m	2014
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+	Andrew Atkinson-Howatt	29.63m	2006
Vet 50+	Lajos Joni	38.83m	2014
Vet 60+	Lajos Joni	40.05m	2016

## RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2020 – 2021

### GIRLS

#### High Jump

Under 12	Portia Amy-Wilson	1.30m	2014
	Chiara Lillis	1.30m	2015
Under 13	Beth Chilcott	1.42m	2006
Under 14	Alyssa Lowe	1.56m	2016
Under 15	Christine Nettle	1.55m	1990
Under 16	Alyssa Lowe	1.55m	2018
Under 18	Karina Longshaw	1.50m	1987
	Sharon McConkey	1.50m	1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

#### Long Jump

Under 12	Portia Amy-Wilson	4.51m	2014
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Alyssa Lowe	5.53m	2018
Under 18	Alyssa Lowe	5.93m	2019
Under 20	Vicky Pigginn	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

#### Triple Jump

Under 12	Portia Amy-Wilson	9.36m	2015
Under 13	Janet Gault	10.04m	1990
Under 14	Christine Nettle	10.06m	1989
Under 15	Alyssa Lowe	10.62m	2018
Under 16	Alyssa Lowe	11.27m	2019
Under 18	Kate Harvey	10.90m	1991
Under 20	Rasvinder Gill	10.66m	2003
Open	Yvette Cotton	9.05m	1991
Vet	Margaret Chappell	9.91m	1990
Vet 40+			
Vet 50+			

#### Pole Vault

Under 13			
Under 14			
Under 15			
Under 16			
Under 18	Elizabeth Cotton	1.85m	1993
Under 20	Elizabeth Cotton	1.88m	1994
Open			
Vet	Margaret Chappell	1.65m	1993
Vet 40+			

### BOYS

#### High Jump

Under 12	Luke Moscos	1.35m	2020
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Brendan Mannasz	1.85m	2020
Under 18	John Pearce	1.75m	2008
	Ben Cox	1.75m	2010
Under 20	Clinton McEwan	1.75m	2010
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+	Adrian Wade	1.45m	2014
Vet 60+	Robert Hanbury-Brown	1.25m	2020

#### Long Jump

Under 12	David Massey	4.74m	1988
Under 13	David Massey	4.91m	1989
Under 14	Nikita Marokakis	5.26m	2002
Under 15	Brian Chappell	5.57m	1994
Under 16	Jett Tall	6.16m	2018
Under 18	Ben Cox	6.38m	2010
Under 20	Brent Page	6.38m	1993
Open	Brett Jovanovich	6.44m	2008
Vet	Peter Collins	5.47m	1993
Vet 40+	Adrian Wade	4.85m	2013
Vet 50+	Simon Bergfield	3.79m	2016
Vet 60+	Simon Bergfield	3.72m	2019

#### Triple Jump

Under 12	Joshua Arcus	9.46m	2013
Under 13	Len Pearce	11.14m	2003
Under 14	Jett Tall	11.78m	2017
Under 15	Noah Hain	11.81m	2016
Under 16	Aidan Mannasz	12.69m	2021
Under 18	Len Pearce	13.17m	2007
Under 20	Brent Page	13.03m	1993
Open	Andrew Jackson	12.70m	1994
Vet	Peter Collins	11.78m	1993
Vet 40+	Adrian Wade	10.21m	2014
Vet 50+	Voitek Klimiuk	10.12m	2011

#### Pole Vault

Under 13	Gareth Smith	1.30m	1993
Under 14	Brian Chappell	1.85m	1993
Under 15	Brian Chappell	2.00m	1994
Under 16	Brian Chappell	2.14m	1995
Under 18	Brian Chappell	2.00m	1996
Under 20	Brendan Mills	2.80m	1993
Open	Brendan Mills	2.80m	1994
Vet	Ray Brookes	2.80m	1997
Vet 40+			

## RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2020 – 2021

*The Ryde Athletics senior centre records 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.*

*The Ryde Athletics Senior centre records can only be set at the Ryde Senior Club Championship Days that are generally held once or twice a season at Dunbar.*

### **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