

RYDE ATHLETICS CENTRE INCORPORATED



ANNUAL REPORT 2022 / 2023 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 Casacang
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
Glyn Henman
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)
Matt Ralph
Julie Reynolds
Judy Scott (née Murray)
Rita Shield
Gaye Shuttler (née Woolley)
Dave Sunderland
Desleigh Spitteler
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

2022/2023 SEASON – ANNUAL REPORT

Directors' Report

With a return to normal competition after a few seasons impacted by Covid restrictions, it was great to see both our Junior and Senior Divisions increase their membership over the prior season. Our Junior Division in fact, hit a record membership of 743 members. It takes a lot of work to keep the competition running smoothly every Saturday at Dunbar and the Junior Committee worked hard to keep everything on track.

In January this year Ross Forster was honoured in the Australia Day Celebrations when he was named the Ryde Council's Citizen of the Year. This was an award well earned. There is no one in the Club who has done more to contribute to the ongoing strength of the Ryde Athletics Centre. We applaud Ross on this recognition for his more than 44 years of coaching, committee work, directorship, report writing and wise counsel that he has contributed to our Club.

Our athletes proved themselves to be outstanding at both state and national level. Across Little Athletics State Championships events our Little Athletes won five gold, eight silver and ten gold medals. Our Senior athletes which includes our Masters athletes, competing across Athletics NSW State Championships won twenty-one gold, twenty-nine silver and twenty bronze medals. At Australian Championships they won five gold, eleven silver and nine bronze medals. On a personal note, seeing our first Masters Track relay team ever, not only compete but win a silver medal at the Athletics NSW State Relays in the 4x 400m was a season highlight.

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

This year has also seen the rise in numbers in two closely related groups, our long running Masters Athletics and Social Athletics, which debuted this season. It is great to see so many parents moving from watching their children compete, to becoming competitors themselves. Masters Athletics is a natural step up from Social Athletics, as athletes rediscover their enjoyment in the sport and take it beyond Dunbar Park to competition Sydney wide. We hope to see growth in both these groups and our Social Athletes enhance their experience by competing as Masters Athletes as well, over the next few seasons.

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, competitions would not be possible.

Simon Bergfield
Ross Forster
Jon Baker
Ivana Hilder
Lynda Calder

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2022/2023 SEASON – ANNUAL REPORT***

JUNIORS REPORT

Committee Members - Juniors

PRESIDENT	Donna Armstrong
VICE PRESIDENT	Aaron McGregor
SECRETARY	Jannet Pawsey
TREASURER	Winnie Cheng
REGISTRAR	Kerryn Martin
CHAMPIONSHIPS	Melissa Chandler
PUBLICITY	Briana Shorten
AGE MANAGERS	Cara Everson
RESULTS	Greg Lowe, Joanna Wong
OFFICER FOR COACHING	Erica Cox
OFFICER FOR VOLUNTEERS	Sigrid Smith
TRACK and FIELD OFFICER	Aaron McGregor
EQUIPMENT	Gareth Care-Unger
COUNCIL LIASON	Donna Armstrong
CANTEEN	Jen Emmerson
BBQ	Brad Shorten
UNIFORMS	Alesha Fraser
OFFICER FOR FIRST AID	Sigrid Smith

Club Captains

Maddison Duncombe
Kaitlyn Martin

Age Managers – Juniors

TINY TOTS	Elly Pawsey & Sarah Kuang
UNDER 6 GIRLS	Gareth Care-Unger
UNDER 6 BOYS	Daniel Moore
UNDER 7 GIRLS	Valerie Manson
UNDER 7 BOYS	Carl Marsaus
UNDER 8 GIRLS	Richard Braddock, Jasmine Tsen
UNDER 8 BOYS	Jocelyn McGovern
UNDER 9 GIRLS	Steven Barlow
UNDER 9 BOYS	Elkie Griffiths: Gavin Bourne
UNDER 10 GIRLS	Danielle Michaels
UNDER 10 BOYS	Danielle McGregor
UNDER 11 GIRLS	Kleanne Kolman
UNDER 11 BOYS	Louise Shiel
UNDER 12 GIRLS	Nick Pawsey
UNDER 12 BOYS	Donna Armstrong
UNDER 13 GIRLS	Neil Armstrong
UNDER 13 BOYS	Melissa Chandler
UNDER 14 GIRLS	Elizabeth Shelley/Pintoo Sidhu
UNDER 14 BOYS	Duncan Laurie
UNDER 15 GIRLS	Jannet Pawsey
UNDER 15 BOYS	Christine Bruntsch
UNDER 17 GIRLS	Ester Duncombe
UNDER 17 BOYS	Gareth Chandler

PRESIDENT'S REPORT

What a season! After 4 seasons of interruptions it was so nice to have a normal season, and what a season it was!

In preparation for the season ahead, our Age Managers and assistants underwent a comprehensive coaching program to acquire essential skills and knowledge. This program was a huge success and one we will do at the start of every season. It will be a requirement for all parents who want to assist with Age Groups to attend.

During the first points week of the season, we had a staggering 474 athletes on the track, many of whom were new members. While this led to some initial delays, our team worked tirelessly to ensure that all athletes were given the necessary guidance and support. The first few weeks of the season were dedicated to teaching new athletes the ropes of competition, and with the help of our dedicated Age Managers, we were able to quickly iron out any kinks and create a seamless experience for all participants. We extend our sincerest appreciation to our Age Managers for their invaluable support during this period.

We also decided to implement a new program at Ryde driven by Aaron McGregor, Skills Coaching. This innovative approach involves setting up skill-building stations for our younger age groups, providing valuable coaching while they wait for their events. The primary goal of this program is to optimise their time, reducing idle time spent waiting for their turn, while also teaching them new skills that they can incorporate into their athletic repertoire. This program is something that we look forward to building on over the coming seasons.

This season we completely revamped our coaching program. A huge thank you to Head Coach Erica Cox. We extend our sincerest gratitude to Erica for her unwavering dedication and hard work in bringing this exceptional program to Ryde. The positive feedback we have received from athletes who have utilised the program is a testament to its efficacy, and we firmly believe that it was a much-needed addition to our club. I look forward to seeing this program grow.

Ryde Athletics has one of the largest Tots groups in NSW. This season we had 58 Tots registered to our Club. Tots are the foundation of our club and to help support them I decided that we needed to do something different this season. I put a call out to our 17's from last season asking if anyone would be willing to be Age Manager for the Tots. I am so grateful that Elly Pawsey and Sarah Kwang put their hands up. It's evident the impact they had simply by how many Tots we still had turning up at the end of the season! Their dedication hasn't gone unnoticed with many Age Managers commenting on how well they are running Tots.

This season, we made a significant investment in our track facilities, building a new pathway that connects the track, marshalling area, and a BBQ area. This crucial infrastructure improvement is aimed at enhancing the overall experience for our athletes and volunteers. By investing in our facilities, we hope to create a welcoming environment that inspires and motivates athletes to achieve their personal best. We are thrilled to offer this new amenity and look forward to being able to make more improvements.

Another addition this season, Little Athletics NSW started "Social Athletics". I think it's fair to say this was a huge success at Ryde! This is aimed at the parents and carers of Athletes at Ryde. Each week there are two events and social athletes can run them with their Age Group, or with the Social Athletes. I know there are many more parents on the side line who are keen to get involved, I look forward to seeing it being one of our biggest groups!

Overall I'm extremely proud of what we have achieved at Ryde Athletics. We have made some significant changes this season and I'm extremely grateful for the support we have received in doing so. Managing the Juniors Division with 743 members is no easy task. We are lucky at Ryde to have

an amazing group of people who are dedicated to getting the best results for our athletes and I want to thank each and every one of you for all that you do for our club.

Finally, Ryde Athletics Centre would also like to thank Councillor Roy Maggio for his support towards our club. During Covid, Winter clubs had their fees waived and we felt that we should also be entitled to the same funds relief. As a club we have been disputing it for a couple of years with no luck. Councillor Maggio heard about our situation and immediately got to work! It was a unanimous vote in council to waive our fess but it wouldn't have happened without the support of Councillor Maggio.

I look forward to seeing you all on the track again next season

Donna Armstrong
President – Juniors

VICE PRESIDENT'S REPORT

As the Vice President of the Juniors Divison, I had the pleasure of project managing the implementation of our new 400 metre marshalling area that we collectively voted to complete last season. This initiative has proven to be a resounding success and has positively impacted our competition days this season.

With the increase in registrations this season, I have been working as hard as I know how, with the committee and, age managers to increase participation in all events and ensure that our Saturday competition days run as efficiently as possible. While my efforts may have been perceived as slightly intrusive by some, I assure you that my intentions were to find practical solutions to the challenges we faced.

Through trial and error, we have successfully integrated several innovative systems, including new discus, javelin and skills zones, high jump and circular track system upgrades, all to help us efficiently manage the increased participation numbers.

All of these changes are especially crucial at the start of each season when participation numbers are at their highest. It is always easier to manage after zone when our Saturday athlete participation numbers drop.

This surge in registrations has allowed us to invest more in our new coaching program, reward our athletes, and plan a fun day that was nothing short of memorable.

We also successfully implemented a Social Athletics program for parents and over U17s to participate in competitive athletics with 2 events a week on a Saturday morning at the end of our weekly program. It was so good to see some of the parents having a go.

Additionally, we have been able to set aside funds to reinvest in the club and athletes for the upcoming season. As a committee, we have identified several areas for capital expenditure and are currently prioritizing them based on their impact on future seasons. Furthermore, we are excited about the council's proposal to upgrade our clubhouse and if it proceeds as council has indicated we look forward to seeing the positive changes that will bring to our community.

As we move forward, I would like to express my sincere appreciation to the RLAC community for their unwavering support and enthusiasm. It is my hope that we continue to work together to nurture our athletes and make the club an even better place to be. I cannot wait to see you all at the track next season!

Aaron McGregor
Vice President – Juniors

SECRETARY'S REPORT

This season was very special as it felt like we finally had a proper season of Little Athletics. We were very fortunate not to have been impacted by COVID, rain, bushfires etc... which allowed for regular LANSW competitions to return to the calendar. With a record number of athletes registered with the club, the committee found innovative ways to accommodate the increased numbers. The coaching program, led by Erica Cox and supported by many junior and senior coaches, saw huge participation, improved results, but also equally important, led to a lot of new friendships being formed across the club.

One main highlight for me this season was the LANSW introduction of social athletics. This initiative proved to be a huge success and I suspect even more parents will join next year. It was nice to watch the children give coaching tips to their parents for a change. Another highlight was seeing some of our older athletes (past and present) take on roles such as coaches and age managers within the club. In speaking to many of these athletes throughout the season, they have all mentioned that they love the community feel of our club, which is the reason so many of them want to help. For some of these athletes this is their final season at Little Athletics, but we hope they, and other club members consider returning next season and perhaps join the passionate group of committee members. There is so much to do at our club, and we'd value new ideas on how to make our club even stronger than it is today.

Jannet Pawsey
Secretary - Juniors

TREASURER'S REPORT

Ryde Athletics Centre Inc Profit and Loss April 2022 - March 2023

	1 April 2022 to 31 March 2023	1 April 2021 to 31 March 2022	
Income			
Canteen & BBQ Income	35,534	22,469	1
Coaching Income	5,374	-	2
Grants received	3,815	5,446	3
Registration fees	53,107	37,127	4
School equipment hire fees	5,575	2,600	5
Uniforms	17,246	8,747	4
Total Income	120,651	76,389	
Interest Income	438	35	
Expenses			
Accounting and bookkeeping	670	670	
Advertising and marketing	-	1,230	
Bank charges and fees	84	11	
Canteen & BBQ Expenses	16,741	10,207	1
Coaching Expenses	8,304	-	2
Computer Software/Hardware	835	-	
Contractor Expenses (non salary)	1,300	-	
Gifts and Donations	724	-	
Grant expenses	3,800	6,916	3
Grounds fees and maintenance	7,211	-	6
Grounds upgrade and maintenance	24,338	-	7
Insurance	-	288	
Non sport equipment purchase	3,465	4,379	
Office expenses	150	208	
Presentation & Trophy expenses	5,797	15,050	8
Printing, stationery & supplies	104	1,683	
Registration for Competition events	6,103	2,514	
Repairs and maintenance	3,273	5,079	
Sponsorships/donations	3,405	1,125	9
Sports Equipment	12,730	2,435	10
Subscriptions	344	957	
Telephone and internet expenses	144	-	
Training and Development	828	290	
Uniform costs	18,475	9,289	4
Volunteer expenses	6,161	1,100	11
Total Expenses	124,986	63,430	
Net Earnings	(3,897)	12,994	

Notes

1. Increase in BBQ and Canteen income reflects increase in athletes and attendees on competition weekends and the increased number of weeks this season.
2. This season, externally run optional coaching was introduced with an opt in fee of \$20 per athlete.
3. Grants received in the season were used to purchase shirts to recognise record breakers.
4. Increase in income from registrations and uniforms reflects increase in registered athletes this year from 525 to 743 (including 22 social athletes)
5. Increase in equipment hire fees due to the return of school carnivals
6. Council fees for 22/23. Prior year fees were waived due to effect of pandemic on community sports
7. Significant capital works and improvements at Dunbar Park were made during the offseason
8. 2022 included \$4k of prior year expenses, while 2023 excludes \$4k of trophy expenses which was paid after the year end.
9. Contributions to support Seniors athletes representing the club at National competitions.
10. Significant investment was made in sports equipment during the year.
11. The club invested \$4k in shirts for age managers, coaches and committee members

Ryde Athletics Centre Inc Balance Sheet As of March 31, 2023 (Cash Basis)

Assets	As at 31 March 2023	As at 31 March 2022 (PY)
Current Assets		
Bendigo Card Account	1,350	1,459
Bendigo Main Operating account	80,280	81,102
Cash floats	300	3,265
Total Assets	81,930	85,827
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	(3,897)	12,994
Opening balance equity	27,263	27,263
Retained Earnings	58,563	45,569
Total shareholders' equity	81,930	85,827
Total liabilities and equity	81,930	85,827

The 22/23 season revenue was higher year on year due to record registration numbers which brought correspondingly higher uniform revenue; and also strong Canteen and BBQ income reflecting the higher attendance of athletes and their families on competition weekends. The most significant expense for the year was the planned capital improvements at Dunbar Park (\$24k) and deliberate investment in sporting equipment during the year to enable the club to provide smooth competition weekends even with significant increased number of athletes.

Further, a new opt-in coaching program was introduced during the year for which athletes were charged \$20 for the season. The corresponding expenses for the program resulted in a net expense to the club, and funding levels will be considered for future years.

Expenses were also higher in the current year due to council ground fees which were waived in the prior year due to impact of covid and higher registration fees due to a record number of athletes attending zone and regional competition.

A \$3,897 net loss was achieved for the year with accumulated profits of \$55k. Taking into account the \$35k expenditure on capital and sports equipment upgrades, the result for the club represents a strong financial result. The committee continues to monitor the financial position of the club and in the coming year will consider potential investments balanced with long term planning considerations and other factors.

Winnie Cheng
Treasurer - Junior

AUDITOR'S REPORT

RYDE ATHLETICS CENTRE INCORPORATED
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
RYDE ATHLETICS CENTRE INCORPORATED

I have audited the financial report of Ryde Athletics Centre Incorporated (the association), which comprises the Balance Sheet as at 31 March 2023 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 2023 and of its financial performance for the year then ended.



GRAHAM WEBB
Registered Company Auditor Number 336001

Date: 11 May 2023

REGISTRAR'S REPORT

Our 50th season was the biggest season we have had on record.

This season saw a big increase in registrations which was most likely due to the lifting of covid restrictions earlier in the year and the Commonwealth Games which were held in mid 2022.

We also saw the introduction of social athletics this season with 22 registrations.

I'd like to thank the committee for all of their help and support throughout the registration process and in getting the season up and running. I would also like to thank Donna Armstrong and Briana Shorten for stepping in and helping out with registrations when I was unavailable for a number of weeks in the first half of the season. The executive committee this season consisting of Donna Armstrong in her role of President and Aaron McGregor as Vice President, Jannet Pawsey as Secretary, Winnie Cheng as our Treasurer and myself as registrar, put a lot of time and effort in behind the scenes making sure our athletes can get out on the track each week. Everyone on our committee is very passionate and dedicated about athletics and we couldn't do it without each and every one of them. I would encourage all parents and carers to consider joining our committee and becoming part of our friendly and welcoming team.

We hope that we will see high registration numbers in Little Athletics again next season and that the social athletics will continue to grow after its inaugural year.

Below is a comparison with past season's figures:

Season	Boys (%)	Girls (%)	Total
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
2021/22	285 (54.3)	240 (45.7)	525
2022/23	422 (56.8)	321 (43.2)	743

Note: 2022/23 registrations include 22 social athletes (12 male and 10 female).

Kerryn Martin
Registrar – Juniors

PUBLICITY REPORT

The season started with a vigorous social media campaign to promote the opening of registrations and disseminating information about the club via emails to our ever-expanding club email list.

Throughout the season we have used our club emails (via MailChimp), social media (both Facebook and Instagram) and website to ensure that information was clear and understood by all. This year we also saw the introduction of a Ryde Athletics TikTok account thanks to our Tiny Tots age managers.

Facebook and Instagram were used for reminders of upcoming events and to celebrate the amazing achievements of our athletes. The club emails were used to share the important information and larger scale news. The website was used as a base for further in depth information pertaining to the club, including frequently asked questions, coaching information and details on zone/regional/state championships. TikTok was used to showcase our athletes in a fun and interactive way as well as display the dancing skills of our juniors division president :)

Our social media presence and audience over both Facebook and Instagram platforms has grown and we continue to be one of the top performing little athletics clubs when it comes to social media engagement and content. This season we saw a 43.6% increase in our Facebook audience and a 550% increase in our Instagram followers.

In our 2023/24 season we hope to be even bigger and better!

Briana Shorten
Publicity Officer – Juniors

AGE MANAGERS' REPORT

The 2022/2023 was a great success. No competition days were cancelled due to rain or COVID and we managed to have a full and eventful season. Age groups were huge with U9 Girls, U9 Boys and U7 Boys being the largest groups. Luckily they had incredible Age Managers and Assistant Age Managers that were able to get each child through competing in all their events every week.

Age Managers had a difficult task of selecting teams for State Relays 2022 which hadn't occurred for 2 years, but managed to select incredible athletes for teams that were all very successful and did Ryde Athletics proud. Then Age Managers had to select athletes to compete in events at the Zone Carnival. This was another difficult task with Age groups being so large this season but again Age Managers did a great job with 62 athletes making it all the way to State.

The highlight this year was at fun day Age Managers got to sit in a dunk tank and have their athletes throw balls to dunk them in the water. Every age group got involved and enjoyed a laugh after a very successful year.

Thank you to all the Age Managers for the 2022/2023 season. Thank you for turning up every week, encouraging, teaching, guiding, and caring. Thank you to all the new age managers and to all the returning age managers. Saturday mornings could not be done without you. I know that the club appreciates all your efforts, as do the parents and especially to kids.

Cara Everson
Officer for Age Managers - Juniors

COACHING REPORT

This year saw a lot of exciting new changes to the weekly coaching program.

We did a complete overhaul of the weekly coaching offerings through the season to cater to our ever-growing Little A's community.

A revamped coaching program meant lots of new changes. Most of these changes were easily navigated and after some fine-tuning, appear to have worked well throughout the season.

We moved across to a new online booking platform to sign up for coaching sessions. This took a little getting used to for both organisers and parents alike but it does allow for easy access, communication availabilities as well as statistical data. In the future we will look to upgrade the functionality for improved use for all members.

We secured the coaching services of 9 senior coaches who offered their services voluntarily. In conjunction with this we boosted the coaching team with another 9 junior coaches. The addition of these ex-little athletes and/or current older aged athletes to the coaching team provided us with an opportunity to impart coaching knowledge and mentor them across the season. The junior coaches were responsible for planning and running their sessions under the senior coaching team supervision and did a splendid job. All junior coaches were required to do a voluntarily coaching session per week for the first 6 months and were paid \$25 per session for all additional sessions conducted.

We believe this created a wonderful blend of youth and experience and helped to provide additional coaching opportunities for our athletes with the added advantage of creating a supportive environment and an improved connection across the age groups whilst simultaneously up skilling our junior coaches.

In the lead up to the Zone carnival we ran a talented throwers clinic after competition on Saturday afternoon. This was specifically aimed at talented shot put and discus athletes that would be competing at the upcoming Zone carnival. We were lucky enough to have the very experienced and skilled throws coach in Gareth Care-Unger and his junior coach Andrew Kalos on hand to help improve athletes use of the circle and help fine-tune some technique in the lead up to zone. Over 35 athletes attended this clinic.

A very popular item on the weekly coaching front was the new addition of race walking. A huge thank you must go to Mel Chandler for solely 'running' these sessions over the past 6 months. Your knowledge and experience has encouraged our walkers to not only demonstrate great improvement in their technique but also some fast times and club records. Our race walkers have achieved beyond all expectations with a number of medals at both Regionals and State!

During the Christmas holidays we successfully trialled a number of prepaid 3-day coaching clinics for interested athletes. This was a wonderful intensive coaching environment where athletes chose an event of their choice to concentrate on. The coaches were professional and designed great 3-day programs across all the throwing, jumping, and track events. The feedback from attendees was only positive and we plan to offer these again in the future.

In general, the support for the new coaching program at the club has been overwhelmingly positive and it has been so rewarding to see athletes proudly representing our club at Zone, Regional and State Carnivals this year.

We had many athletes represent Ryde at Zone with a record 172 athletes progressing to Regionals and 62 athletes progressing to represent RLAC at the prestigious State carnival.

I would like to extend a big thank you to the committee for supporting this both in person and financially. Without the wonderful community we have at RLAC this would not have been possible.

I am looking forward to the implementing a few more new and exciting hybrid 'squad' opportunities in the coming season.

Coaching Program Snap Shot:

- We introduced a small once off annual fee of \$20/child to access unlimited coaching sessions offered Monday – Thursdays
- 9 senior coaches
- 9 junior coaches
- > 25 coaching sessions per week across all the events
- Approx. 200 available spots
- 95% uptake coaching block 1 (Oct – Dec)
- 75% uptake coaching block 2 (Jan – Mar)
- 4x100m relay training for squads in lead up to Zone, and Regionals
- 172 athletes qualified for Regionals
- 62 athletes qualified for State
- Multiple club records broken across the season
- 1 LANSW Regionals record set

Erica Cox

Officer for Coaching - Juniors

CHAMPIONSHIPS REPORT

The position of Championship Officer for 2022/23 was held by Melissa Chandler.

1. LANSW STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS

The Championship was held on 31 July 2022 at the Regatta Centre, Ryde were represented by the following athletes:

Athlete	Age Group	Event	Place	Time
Rhys Chandler	U12B	1500m Walk	2 nd	8:59
Jaden Shin	U12B	2000m	11 th	7:30

2. LANSW STATE RELAY CHAMPIONSHIPS

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. After the event was not run for the previous 2 years (due to COVID19), it was great to see the event back and the kids all competing as teams again.

Ryde was represented by 29 Track and 38 Field teams over the weekend. A special mention to our teams that achieved medal status!

Age Group	Team	Medal
U8G	Throws	1 st
U9G	Jumps	2 nd
U9G	Throws	3 rd
U10B	Throws	2 nd
U11B	Jumps	3 rd
U15G	Jumps	3 rd
U15G	Throws	3 rd
U15B	4 x 100m	1 st
U15B	Jumps	2 nd
Mixed U15	4 x 400m	3 rd

3. NORTH METROPOLITAN ZONE CHAMPIONSHIPS

Ryde was represented by a huge number of athletes this year, 232 in total competing in 763 events over the weekend at Barton Park on the weekend of 3-4th December 2022. It's always a great weekend where both the kids and parents get to hang out and cheer on everyone competing and achieving lots of PBs. It's also the first championship that the U7 athletes compete in and receive medals, some great results from these athletes included:

Athlete	Event	Position	Result
Taylor Crumpton	50m	2 nd	9:78
Lucia Oppedisano	70m	1 st	13:40
Lucia Oppedisano	100m	2 nd	19:48
Lucia Oppedisano	200m	1 st	41:04
Isabella Leung	50m	7 th	10:36
Rhyleiana Barnett-Palmer	70m	5 th	14:13
Isabella Leung	70m	8 th	14.73
Rhyleiana Barnett-Palmer	100m	4 th	20:23
Parisa Shinde	200m	5 th	45:77
Parisa Shinde	500m	5 th	2:21
Hawwah Irene Chalamukhat	500m	7 th	2:48
Rhyleiana Barnett-Palmer	Long Jump	1 st	2.88m
Taylor Crumpton	Long Jump	2 nd	2.73m
Lucia Oppedisano	Long Jump	4 th	2.65m
Hawwah Irene Chalamukhat	Long Jump	15 th	1.75m
Isabella Leung	Long Jump	16 th	1.67m
Rhyleiana Barnett-Palmer	Shot Put	1 st	3.83m
Hawwah Irene Chalamukhat	Shot Put	3 rd	2.86m
Hawwah Irene Chalamukhat	Discus	4 th	4.75m
Ilya Passmore	50m	2 nd	9:64
Noah Smith	50m	4 th	9:79
Cooper St Flour	50m	6 th	10:08
Ilya Passmore	70m	1 st	13:14
Noah Smith	70m	4 th	13:61
Cooper St Flour	70m	6 th	14:04
Ilya Passmore	100m	1 st	17:91
Noah Smith	100m	2 nd	18:45
Cooper St Flour	100m	3 rd	18:66
Ilya Passmore	200m	1 st	39:72
Cooper St Flour	200m	2 nd	42:09
Joshua Ekers	500m	2 nd	2:00
Joshua Ekers	Long Jump	1 st	2.97m
Joshua Ekers	Shot Put	1 st	5.87m
Joshua Ekers	Discus	1 st	13.78m
Noah Smith	Discus	4 th	11.53m

4. RYDE MULTI-EVENT CHAMPIONSHIPS

Ryde Multi-Event championships were held at Dunbar Park on 21st January 2023. This carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a Pentathlon style event with a point score culminating in medals being presented to the first 3 places in each age group. We had quite a few Social Athletes participate this season as well, setting a good example for the children to stay active.

5. REGION 5 CHAMPIONSHIPS

The 2022/23 Regional Championships was held at SOPAC 4-5 February 2023. 172 athletes progressed from Zone to Region and there were many medals and PB's achieved over the weekend. Congratulations to Aiden Wright (U15B) who broke the Region 5 record in U15B 400m sprint. Our U8 athletes finished at this level, well done to the following athletes and their results in the finals from this group:

Athlete	Event	Place	Result
Emilia Tedesco	400m	10 th	1:30:07
Asha Tsen-Braddock	Long Jump	6 th	2.97m
Hazel Care-Unger	Shot Put	3 rd	4.45m
Emilia Tedesco	Shot Put	4 th	4.44m
Hazel Care-Unger	Discus	3 rd	11.21m
Emilia Tedesco	Discus	6 th	10.66m
Ari Newman	400m	7 th	1:23:51
Marcus Trigwell	400m	10 th	1:25:62
Oscar Lombardo	400m	11 th	1:26:65
Oscar Lombardo	700m	2 nd	2:30:69
Marcus Trigwell	700m	4 th	2:32:77
Marcus Trigwell	60m H	6 th	12:38
Marcus Trigwell	Long Jump	5 th	3.23m
Anthony Simonian	Long Jump	11 th	2.82m
Joe Baddeley	Shot Put	11 th	4.0m

6. STATE CHAMPIONSHIPS

The State Championships were held at Sydney Olympic Park Athletics Centre and Warm Up Track on the weekend of 18th- 19th March 2023. Congratulations to the following 62 athletes who qualified for the State Championships:

Isabella Barbara	Nathan Barbara	April Bateman
Eliza Bosnic	Ethan Bourne	Axel Brunsch
Yazmyn Buonocore	Rhys Chandler	Daniel Cox
Dara Curley	Harlen Danks	Mikayla Duncombe
Alexander Economides	Kira Ekers	LilyEve Everson
MiaRose Everson	Amelie Gomez-Niewolik	Stanley Hebert
Jessica Johnston	Andrew Kalos	Jessica Koussas
Jack Le Fevre	Cameron Leung	Zoey Marando
Kaitlyn Martin	Mitchell McCarthy	Ella McGregor
Mitchell McGregor	Lucas Michaels	Indiana Mitchell
Xavier Mitchell	Christopher Moala	Olivia Moala
Luke Moscos	Ethan Mayo	Charlotte Nagle
Raffael Oppedisano	Miah Oshea	Jacqueline Pawsey
Zara Pawsey	Georgia Phillips	Benjamin Proszenko
Daniel Pulfer	William Qu	Jackay Rauge
Max Reichel	Charlie Shiel	Olivia Sidhu
Julian Smith	Oliver Smith	Owen Smith
Skye Spiden	Eloise Stewart	John Stewart
Oliver Tsang	Emilia Webb	Bryson Wee
Max Williamson	Moses Wolfson	James Woods
Aiden Wright	Natalie Young	

Our medal winners and top ten placegetters were:

- Nathan Barbara – U15 T/F61 –U15-17 Multi-class Discus – Silver, Multi-Class Shot Put - Silver
- Axel Brunsch – U15B 1500m – Bronze, 800m- Bronze
- Rhys Chandler – U13B 1500m Walk – Bronze
- Dara Curley U9B High Jump – Gold
- MiaRose Everson U12G 1500m Walk – Bronze
- Jessica Johnston U17G Discus – Silver, Shot Put – Bronze, Javelin 7th
- Mitchell McCarthy - U12B 1500m walk – Silver
- Olivia Moala U9G Shot Put – Gold

- Eliza Bosnic – U10G 60m Hurdles – 6th
- Daniel Cox - U14B – 90m hurdles – 7th , 200m Hurdles – 10th
- Mikayla Duncombe – U14G Discus - 4th, Shot Put - 6th
- Kira Ekers U10G 1100m Walk – 6th
- LilyEve Everson U9G 700m Walk – 7th
- Amelie Gomez-Niewolik U15G Triple Jump – 9th
- Stanley Hebert U11B Triple Jump – 9th
- Jessica Koussas U15G Javelin – 8th , High Jump – 10th
- Lucas Michaels U13B 1500m Walk – 9th
- Indiana Mitchell U9G 100m – 5th, High Jump – 6th
- Xavier Mitchell U11B 400m – 7th
- Christopher Moala U15B – Long Jump – 6th, Triple Jump – 10th
- Charlotte Nagle U15G – 300m Hurdles – 9th
- Zara Pawsey U15G – 300m Hurdles – 6th
- Daniel Pulfer - U11B – 80m Hurdles – 8th, Triple Jump – 8th
- Charlie Shiel U11B – 1100m Walk – 10th
- Julian Smith U15B – 1500m – 10th, 3000m – 4th
- Oliver Smith U17B – 800m – 10th
- John Stewart U10B – 1100m Walk – 10th
- Emilia Webb U14G – Triple Jump – 10th
- Max Williamson U10B – 60m Hurdles – 6th
- James Woods U15B – 200m – 7th, 400m – 8th, 300m hurdles – 7th
- Aiden Wright U15B – 200m – 4th, 400m – 4th

All results can be found here: [2023-state-results-by-centre.pdf \(lansw.com.au\)](https://lansw.com.au/2023-state-results-by-centre.pdf)

7. KUMON STATE COMBINED EVENTS CARNIVAL

The Kumon State Combined carnival was held at Barden Park, Dubbo on the weekend of 4-5 March 2023. The athletes must compete in 6-7 events over the weekend and accumulate points for each event that ultimately add up to final points result. I think due to the location we only had a small representation so well done to the following athletes for competing:

Athlete	Age Group	Points Total	Place
Noah Smith	U7B	4,191	10 th
Marcus Trigwell	U8B	4,397	5 th
Rhys Chandler	U13B	3,505	8 th
Matthew Woodhouse	Open Men	3,182	1 st

The carnival will be held in Newcastle next year so I hope to see many more Ryde athletes competing, as it is another great event and weekend.

Melissa Chandler
Championships Officer – Juniors

JUNIOR RECORDS 2022/2023 SEASON

NEW RECORDS 2022-2023

	Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	26/11/22	15 G	Javelin	33.46	Jessica Koussas	32.37	Chloe Davis	17/01/15
2	10/12/22	11 B	80m hurdles	14.19	Daniel Pulfer	15.39	Daniel Cox	02/11/19
3	10/12/22	12 G	80m hurdles	14.52	Jacqueline Pawsey	15.29	April Bateman	05/02/22
4	28/01/23	17 G	Javelin	35.35	Jessica Johnston	34.4	Chloe Davis	17/09/16
6	25/02/23	10 G	60m hurdles	11.27	Eliza Bosnic	11.34	Nina Osada-Phornsiri	23/02/08
7	25/02/23	9 G	700m Walk	04:11.1	LilyEve Everson	04:14.20	Abbie Merifield	11/03/17
8	04/03/23	7 B	Discus	18.94	Joshua Ekers	17.93	Alan Menin	28/01/81
9	11/03/23	9 B	700m Walk	03:50.9	Bryson Wee	04:12.90	M. Thomas	06/03/99
10	11/03/23	9 G	700m Walk	03:50.6	LilyEve Everson	04:11.1	LilyEve Everson	25/02/23
11	11/03/23	12 B	1500m Walk	07:46.7	Mitchell McCarthy	08:10.00	John Graham	01/10/90
12	11/03/23	15 B	800m	02:06.5	Axel Bruntsch	02:08.30	Harrison Wade	18/10/14
13	11/03/23	14 G	Discus	33.67	Mikayla Duncombe	33.61	Jessica Koussas	12/03/22
	Date	Age	Event	Equal Record	Equal Record Holder	Equal Record	Equal Record Holder	Date
1	11/03/23	15 B	200m	23.80	Aiden Wright	23.80	Craig Birdsall	08/11/87

EQUIPMENT MANAGER'S REPORT

This was my first year as equipment officer for Ryde Little Athletics having taken over from Aaron McGregor. I have primarily been responsible for the weekly setup and pack down of equipment with Aaron retaining equipment purchasing.

I wish to thank the club's age managers and parents for their efforts in assisting with setup and pack down throughout the season. Most weeks we had equipment setup well in advance of the program start. At times it remains challenging to ensure sufficient helpers to pack up due to younger age groups finishing earlier.

The equipment shed is well labelled with pictures and instructions thanks to my predecessor and these remain in place. The majority of equipment remains in good order with only a few damaged items throughout the year. Some training equipment such as the soft shot puts have suffered from wear and tear as well as use during the rain. New equipment obtained this year includes: new scissors high jump mats, new tape measures, additional shot put and discuses.

Over the off season I recommend a working bee/clean-up to ensure the shed is in good order prior to school athletics carnivals commencing. I would also suggest that some equipment such as larger high jump mats could be stored elsewhere (clubhouse for example) to make it easier for equipment hirers.

I would encourage other interested parents or committee members to come and learn the process for setup and pack up as a backup for when either Aaron or I are absent.

Gareth Care-Unger
Equipment Officer - Juniors

***RYDE ATHLETICS CENTRE INCORPORATED
2022/2023 SEASON – ANNUAL REPORT***

SENIORS REPORT

Committee Members – Seniors

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Suzanne Barron
TREASURER	Peter Davis
REGISTRAR	Ross Forster
ASSISTANT REGISTRAR	Louise Bergfield
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Owen Chandler
FEMALE CAPTAIN	Kaitlyn Martin
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'S REPORT – SENIORS

With Covid restrictions to a large extent behind us, we were able to get our full season back on and running which included, for the first time in three years, the Australia All Schools Track & Field Championships.

It was another strong season for Ryde Seniors results, and our numbers were up, thanks to some of our parents who spread the word as to what opportunities are available through competing beyond Dunbar Park. We still cannot convince most of our U12-U17 Little Athletes to also attend ANSW competitions. Those who do though, seem to thrive in the stronger competition that Sydney wide and NSW wide competition can offer.

It was also a season that saw an increase in the number of Master Athletes competing, a trend that would be great to see continue. While still small in numbers, we were able to field our first ever Masters track team at the NSW State Relays this year and they were to come home with the silver medal in the 4x400m 200yrs+ event to add to our perennial throwing team's silver this year in the 240yrs+ javelin. Our Masters Athletes followed this up at the NSW Masters Track and Field Championships with eight gold, six silver and two bronze medals.

At the Australian Masters Athletics Championships our team of ten, seven of whom had never competed at Australian Masters level before, came home with an extraordinary three gold, three silver and eight bronze medals.

At the Australian All Schools Cross Country we had three athletes competing and Adam Bruntsch was to come home with a silver medal in the team's relay.

At the NSW All Schools 46 of our athletes competed and won six gold, eight silver and five bronze medals with eight athletes named in the NSW team for the 2022 Australian All Schools Championships.

At the ANSW State Relays, along with the two silver medals our Masters teams won, our Juniors picked up another four silver and four bronze medals.

At the Australian All Schools Championships Ryde athletes won a gold, three silver and a bronze medal.

At the NSW Juniors Athletics Championships in February 2022, 43 of our athletes competed and collected seven gold, eight silver and eight bronze medals.

At the Australian Track & Field Championships which were run as an Open & U20 Championships and then an U13 to U20 Championship, Ryde had 21 athletes on the teams and they competed across throws, jumps, sprints, hurdles, steeplechase, pole vault and middle distance. A diverse pool of talented athletes at Ryde. Across the two Championships Ryde athletes won one gold and three silver medals.

All our results during the season along with lots of photos of our athletes are included in our regular Footprint newsletters and I thank Louise for putting these together. I also recommend a read of the full season review in this Annual Report for a great summary.

At the August 2022 Ryde Sports Foundation Sports Star of the Year Awards, we were well represented by Ruby Worrell and we look forward to cheering on our 2023 nominee, Jessica Johnston, at the 2023 Awards night in August.

I must also mention how pleased I was to see the over four-decade contribution that Ross Forster has made to Ryde Athletics be rewarded when he was named as the Ryde Citizen of the Year as part of the 2023 Australia Day celebrations. Ross is an ongoing positive force within our club and still coaches three afternoons a week.

This season we welcomed a new coach, Jon Baker, to our ranks. Jon would be familiar to many of our members as an athlete, athlete parent, former Junior Committee member, Club Director, and passionate advocate for athletics. It is great to have Jon on board and I look forward to reporting on how his athletes perform over the upcoming seasons. I have also been impressed by the continuing work of Erica & Russell Cox in bringing some real professionalism to training squads for our younger athletes and the way in which they are encouraging them to participate in ANSW events.

I am grateful to have again worked with a great committee. To Ross, Peter, Suze, Andrew, John, Chloe and Louise my thanks for all that you do. Special thanks to John & Suze as they step down from the Committee at the end of this season for your work over the past four seasons.

It would be good to have more families of current Ryde Senior athletes join the Committee as we have no parents of current U12-U20 athlete represented on the Committee. It is important to a Club that new members step forward in Committee roles, with new ideas and enthusiasm to ensure we continue to grow and improve. Remember if you are not helping then you are putting more on other's shoulders which is neither fair nor a good example to your children.

Simon Bergfield
President – Seniors

TREASURER'S REPORT– SENIORS

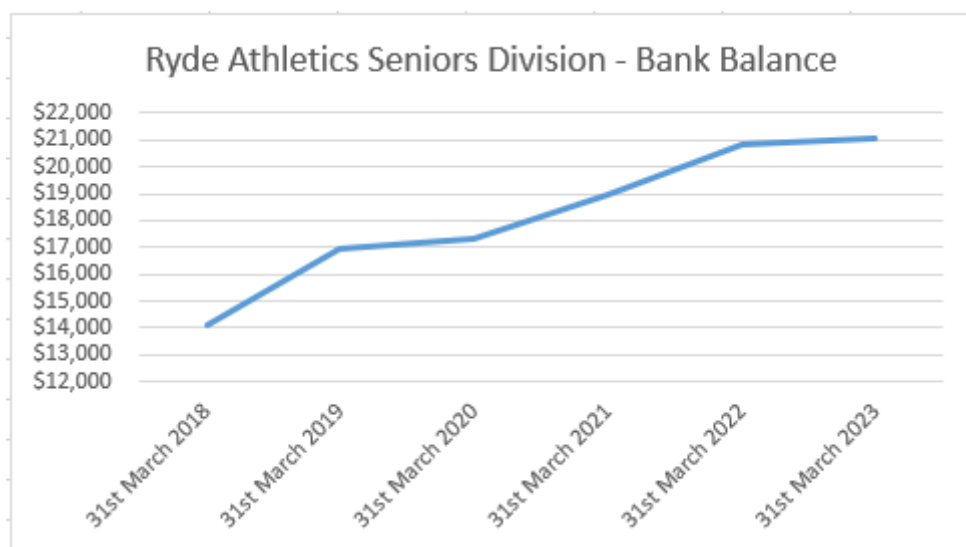
Seniors Division Accounts for the Season 2022-2023

Statement of Income and Expenditure for the Period 1st April 2022 to the 31st March 2023

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$2740.00	Trophies	\$1100.00
Donations and Net Fund Raising	\$7320.68	ANSW Fee's and credits	\$600
Little A Contribution	\$2100.00	Event Costs	\$1129.72
		Banking Charges	\$11.60
		Donations	\$9100.00

Bank Reconciliation Statement

Bank Statement – 31 st March 2018	\$14,115.72
Bank Statement – 31 st March 2019	\$16,917.75
Bank Statement – 31 st March 2020	\$17,332.52
Bank Statement – 31 st March 2021	\$18,942.67
Bank Statement – 31 st March 2022	\$20,843.30
Bank Statement – 31 st March 2023	\$21,062.66
Income Change of the Prior Year	\$219.36



A strong year for the Senior's finances with income also increasing over the prior year. This allowed the Senior Division to make record donations to Athletes of \$9,100.

Higher income was driven by an increased registration income of \$2,740 compared to \$1,140 in the prior year and an increase in Fund Raising and Donation activities which raised \$7,321 compared to \$4,027 in the previous season.

The Bank Balance is healthy with a record level of Cash, \$21,062.66 now available for future seasons.

REGISTRAR'S REPORT– SENIORS

Our registration numbers as at 31st March 2023 are as follows: -

Officials/Volunteers	6 (5)
Open & Masters	12 (8)
Under 20	9 (9)
Dual registered	89 (61)
Winter registration	<u>2 (1)</u>
Total	119(92)

The figures in brackets are the figures from the last annual report (31st March 2022). We have had a large increase in membership this season.

The breakdown of Officials & Athletes into gender is as follows:

Male Officials/Life Member	2	Female Officials/Life Member	3
Male Club Volunteers	0	Female Club Volunteer	1
Male Open & Masters	11	Female Open & Masters	1
Male U20	5	Female U20	5
Male Winter Reg	1	Female Winter Reg	1
Male Dual Registrations	<u>47</u>	Female Dual Registration	<u>42</u>
Total	66		53

Officials include Club Volunteers & ANSW Officials & Life Members

Ross Forster
Registrar – Seniors

COACHING REPORT – SENIORS

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 three athletes (Adam Bruntsch, Benjamin Woodhouse and Georgia Phillips) competing at the Australian Cross Country Championships where they achieved some terrific results.

At the 2022 Australian All Schools Championships held in Adelaide we were represented by Claudia Barlow, Tim Forster, Jessica Johnston, Lachlan Waldron, Georgia Phillips, Daniel Cox, Brendan Mannasz and Ruby Worrell.

The Australian Masters Championships were held at SOPAC and we were represented by ten athletes – Suzanne Gore, Shane da Silva, Jon Baker, Simon Bergfield, Nick Pawsey, Mathew Woodhouse, Cameron Smith, Steve Barlow, Andrew Atkinson-Howatt and Robert Hanbury-Brown.

The Australian Athletics Championships were held in Brisbane over two sets of dates. At the Australian Open & U20 Championships we were represented by Sophie Kavanagh, Adam Bruntsch, Brendan Mannasz and Timothy Forster.

At the Australian U13-U20 Championships we were represented by Daniel Cox, Georgia Phillips, Jessica Johnston, Ruby Worrell, Axel Bruntsch, James Woods, Maddison Duncombe, Rhys Chandler, Mikayla Duncombe, Alexander Evans, Claudia Barlow, Zara Pawsey, Eloise Stewart, Yahya Ali, Aiden Wright, Ratu Viliame Lewanavanua and Lachlan Waldron.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY REPORT – SENIORS

Again, a good season of seeing some new athletes out competing in Athletics for the first time and enjoying it. It would be great to see more families make the move from Little Athletics to Athletics but I am not sure what more we can do to encourage Athletes to compete beyond the Little A framework. We can send parents all the information in the world but like the horse to water, you cannot make them drink or read!

It was great to go out and cover our ten Ryde Masters Athletes we had competing at the Australian Masters this year. Again, as with our little athletes, we would love to see more of our parents out there on the track as Ryde Athletes. Masters athletics starts at 30, so no excuse not to have a go.

Footprint newsletters were issued covering all our big State and Nationals Carnivals and Daily Facebook updates provides as well. We were successful in our nomination of Jessica Johnston as a 2023 TWT/ Clubs Six Ryde Sports Foundation Sports star of the month and look forward to seeing Jess's performances from 2022 acknowledged at the Annual dinner in August.

Thank you to Briana for so promptly posting our Facebook updates. Special mention to the Pawsey, Woods and Barlow families who have provided lots of great photos and special, special mention to Elysha Pawsey for some beautifully framed shots from all over the track and field.

Louise Bergfield
Publicity Officer - Seniors

FUNDRAISING REPORT – SENIORS

We have a very successful season in Fundraising, with record income of \$3016 from the October 2022 fundraiser held at Gladesville Bunnings. These fundraising efforts allow us to make contributions to athletes representing NSW or Australia travelling interstate and overseas and volunteers are always welcomed for future events. We will be hosting another Bunnings BBQ on 4th June at Gladesville Bunnings and look forward to continuing to fundraise for the club.

Chloe Davis - Fundraising

COMPETITION REPORT – SENIORS

1. The Sydney 10 & supporting events

The Sydney 10km and supporting events including the 5km Run was held at SOPAC on May 1st and Ryde was represented by three runners. Competing in the 10km event **Benjamin Woodhouse** finished in a time of 36m 29.28s and placed 12th in the U20 age group in the 10km Road Championship event. **Nicholas Woodhouse** crossed the line in 42m 54.81s for 21st in the U20 group. **Georgia Phillips** competed in the 5km event and Georgia was 13th in the U18 event in a time of 21m 04.17s.

2. NSW Cross Country Relay Championships

The NSW Cross Country Relay Championships were held at Upjohn Park on the 4th June and Ryde was represented by 2 teams.

Our U20 Boys team competed in the 4 x 3km Relay event and finished in 4th place. This was a great effort considering two of the runners, Axel & Benjamin are U15's.

Our runners and their times were:-

Adam Bruntsch 9 mins 56 secs

Axel Bruntsch 11min 02 sec

Ashton Hannah 10 mins 25 secs

Benjamin Woodhouse 10 mins 57 secs

for a total time of 42 mins 15 secs.

Our U20 Girls team competed in the 4 x 3km Relay event and finished in 6th place . Our runners and their times were: -

Georgia Phillips 12min 05 secs
Claudia Wilson 12min 55 secs
Elysha Pawsey 15 min 28 secs
Zara Pawsey 13 min 48 secs

3. The NSW CCC Cross Country Championships

The NSW CCC Cross Country Championships were held at Eastern Creek on the 7th June and Ryde was represented by **Miah O'Shea** who placed 44th in the 15yrs 4000m in a time of 20min 36.9sec.

4. The NSW CIS Cross Country Championships

The NSW CIS Cross Country championships were held at Eastern Creek on Thursday, 13th June and Ryde was represented by 2 athletes.

Benjamin Woodhouse had an excellent run placing 3rd in the 14yrs 4000m event in a time of 14m 07sec. This qualified Benjamin for the NSW All Schools Cross Country Championships.

Georgia Phillips finished in 5th place in the 16yrs Girls 4000 metres event in a time of 16 mins 20 secs. Georgia also qualified for the NSW All Schools Cross Country Championships.

5. The Sydney North Regional Cross-Country Championships

The Sydney North Regional Cross-Country Championships were held at Gosford on Friday, 21st June and we had 10 athletes competing there. There results were;

Axel Bruntsch placed 5th in the 14yrs 4000m event.
Chloe McGregor placed 22nd in the 12yrs 3000m
Elisha Pawsey placed 33rd in the 16yrs 4000m event.
Zara Pawsey placed 16th in the 14yrs 4000m event.
Ella McGregor placed 19th in the 14yrs 4000m event.
Alicia Leggatt placed 34th in the 15yrs 4000m event.
Lucas Low placed 43rd in the 15yrs 4000m event.
Adam Bruntsch placed 2nd in the 18yrs 6000m event.
Ashton Hanna placed 4th in the 18yrs 6000m event.
Luke Moscos placed 5th in the 13yrs 3000m event.

Congratulations to **Axel, Adam, Ashton and Luke** who were all named in the Sydney North team for NSW All Schools Cross Country.

6. Athletics NSW State Cross Country championships

At the Athletics NSW State Cross Country Championships held at Willandra on Saturday, 22nd June three Ryde Seniors were out on the course.

Benjamin Woodhouse continued his excellent cross-country season when in an exciting finish that saw only one second difference between second and third, Benjamin picked up the bronze medal in the 14yrs 4000m in a time of 13min 42sec.

Georgia Phillips finished 9th at State in the 16yrs 4000m in a time of 15min 56sec.

Adam Bruntsch was our final competitor, running in the 8km U20 event. Adam finished in a time of 28min 28sec to place 12th at State.

7. Sydney North Schools Sports Association

At the Sydney North School Sports Association Championships held at SOPAC from 24th-25th July Ryde was represented by 26 athletes.

Zara Pawsey finished as 14yrs Girls Age Champion. Zara was 1st in the 90mH in a time of 14.87s, 2nd in the 12-15yrs 200m H (32.27s), ran 27.78s to place 3rd in the 200m, was 2nd in the 400m in 63.58s, 5th in the 800m (2m 41.35s), 6th in the High Jump (1.40m) and 3rd in the Long Jump (4.73m).

Aiden Wright was 3rd in the 100m (11.99s), 1st in both the 200m (24.25s) and 12-14yrs 400m (54.24s) and 2nd with a 5.28m leap in the Long Jump. Aidan also won the 14yrs Age Championship.

Luke Moscos finished with a 7sec PB in the 13yrs 800m to place 2nd in a time of 2m 13.92s. Luke also placed 3rd in the 1500m in a time of 4m 53.01s.

Charlotte Nagle placed 8th in the 14yrs 100m (13.99s) 4th in the 12-15yrs 200m H (35.88s) and was 9th in the High Jump (1.30m).

Aliana Moala ran 14.32s to place 4th in the 16yrs 100m. Aliana was 5th in the High Jump (1.35m), 4th in the Long Jump (4.51m) and 2nd in the triple jump (10.35m).

Kaitlyn Martin finished in 5th spot in the 16yrs 100m (13.61s) . Kaitlyn placed 1st in both the 400m (63.66s) and 400mH (73.60s) and 3rd in the 200m (28.19s).

Emelia Webb was 7th in the 13yrs 100m (13.89s), 7th in the 200m (29.59s), and 6th in both the Long Jump (4.08m) and the High Jump (1.30m).

Elysha Pawsey finished 9th in the 16yrs 200m (29.77s).

Alicia Leggatt finished in a time of 70.46s to claim 5th spot in the 15yrs 400m. Alicia was 7th in both the 800m (2m 53.01s) and 1500m (5m 56.37s).

Chloe McGregor placed 4th twice – first in the 12yrs 800m in a time of 2m 47.68s and in the 80mH (17.15s). Chloe threw 12.93m to place 11th in Discus.

Ella McGregor competed in the 12-14yrs 3000m and placed 8th in 13m 12.96s.

Mikayla Kelleher was 2nd in the 17-19yrs 400mH in a time of 79.30s, 4th in the Long Jump (4.63m) and triple jump (9.70m) and 5th in the Discus (21.66m).

Jess Koussas placed 2nd in the 14yrs High Jump (1.43m), 1st in both the Discus (30.29m) and Javelin (31.22m) and 5th in the Shot Put (8.24m).

Maddison Duncombe was the winner of the 16-19yrs outdoor pentathlon finishing with a total of 1529 points. Her event results were - 200m (31.12s) 800m (4m 02.44s), High Jump (1.20m), Shot Put (8.94m), Long Jump (4.16m) .

Maddison also placed 11th in the 16yrs Long Jump with a leap of 3.71m, was 7th in the Shot Put (8.87m), 6th in the Discus (23.56m).

Claudia Barlow placed 9th in the 15yrs Shot Put (8.37m), 5th in the Discus (23.18m) and 11th in the Javelin (17.09m).

Isabella Barbara won the 15yrs Shot Put with her throw of 10.40m. In Discus Isabella placed 6th with a distance of 22.53m.

Yahya Ali won the 100m 14yrs event in a time of 11.58s.

Oliver Tsang placed 3rd in the 14yrs Long Jump (5.16m) and placing 3rd on count back in the High Jump that saw the top three jumpers all finish with the same height (1.68m). Oliver also placed 9th in the Discus (23.17m) and 8th in the Javelin (22.08m).

Axel Bruntsch competed in the 14yrs 800m and won the event in a time of 2m 11.10s.

James Woods competing in the 14yrs 100m H placed 4th in a time of 17.42s. James again placed 4th in the 12-15yrs 200m H in a time 30.99s. In his final event, the 12-14yrs 400m James finished in a time of 58.25s to place 7th.

Ashton Hanna ran in the 17-19yrs 200m and placed 8th in a time of 24.83s. In the 1500m Ashton finished 3rd in a time of 4m 16.94s

Daniel Cox competed in the 13yrs 90m hurdles and placed 2nd in a time of 15.24s. In the 12-15yrs 200m H Daniel placed 6th in a time of 32.47s. In the High Jump Daniel managed a clearance of 1.46m for 4th spot.

Lucas Low cut his PB by 5 seconds when he stopped the clock at 2m 19.57s to place 8th in the 15yrs 800m. Lucas was also 8th in the 1500m in a new PB time of 5m 04.02s.

Adam Bruntsch was the clear winner in the 17-19yrs 800m when he finished in a time of 2m 01.57s. Adam finished 2nd in the 3000m in a time of 9m 17.67s

Brendan Mannasz won the 17-19yrs High Jump with a clearance of 1.85m.

Owen Chandler leapt 11.71m in the 15yrs Triple Jump to finish 2nd .

8. NSW All Schools Cross Country

At the NSW All Schools Cross Country held at Eastern Creek Raceway on Friday, 22nd July Ryde was represented by 8 athletes.

Luke Moscos placed 26th overall and 12th in NSWCHSSA in a time of 11m 16.9s in the 13yrs 3000m.

Axel Bruntsch and **Benjamin Woodhouse** both competed in the 14yrs 4000m. **Axel** finished in a time of 15m 20.9s to place 19th overall and 7th in NSWCHSSA. **Benjamin** finished 2nd overall and 2nd in the CIS division in a time of 13m 52.6s.

Georgia Phillips competed in the 16yrs 4000m and placed 16th overall and 6th in CIS in a time of 16m 41.1s.

Adam Bruntsch and **Ashton Hanna** were competing in their final NSW All Schools Cross Country, running in the 18yrs 8000m event. Adam qualified for nationals when he placed 5th overall and 2nd in NSWCHSSA results in a time of 27m 17.7s. Ashton was 17th overall and 6th in NSWCHSSA in a time of 30m 21.5s.

Our final two competitors were **Nicholas Woodhouse** acting as a guide for **Alexander Evans** in the Multi-Class Secondary 3000m event. Alex and Nicholas finished in a time of 24m 35s to place 9th in the Boys 12-14yrs.

9. NSW Short Course Cross Country Championships

The NSW Athletics Cross Country were held in Bathurst on the 7th August.

Running on a very muddy course, **Adam Bruntsch** competed in the U20M 4.5km Run and placed 5th overall in a time of 16min 22sec.

Georgia Phillips ran a time of 13min 37sec to come home in 8th place in the U18W 3km race.

Axel Bruntsch also placed 5th when he competed in the 15yrs and Under 3km event finishing in a time of 11min 57sec.

10. CGSSSA Athletics Carnival

At the CGSSSA Athletics Carnival held at Homebush on Friday, 13th August we were represented by 4 athletes.

Sophie Kavanagh finished 4th in the 12-19yrs Girls Invitation 100m with her time of 13.05s. In the 17+ Girls 100m event Sophie placed 2nd in 13.09s. Sophie again placed 2nd in the 17+ Girls 200m with her time of 26.87s. In the 17+ Girls 100m Hurdles event Sophie finished 3rd in 19.45s. Sophie won the 17+ Long Jump with a leap of 5.32m. In Discus Sophie was the winner with her throw of 20.95m. Sophie also won her Javelin event with her throw of 31.50m.

Arabella Price was 3rd in the 17+ 400m with her time of 65.57s. In her 800m event Arabella placed 2nd with her time of 2m 29.02s. Arabella finished 3rd in Long Jump with her leap of 4.21m.

Claudia Wilson won her 16yrs 800m with her time of 2m 44.04s. In her 1500m event Claudia placed 4th with her time of 5m 31.46s.

Jess Johnston placed 2nd in the 15yrs Long Jump with her leap of 4.14m. In the 15yrs throws Jessica was the winner of Shot Put with 12.73m, the Discus with 38.20m and the Javelin with her throw of 33.90m.

11. IGSA Athletics Carnival

At the IGSA Athletics Carnival held at Homebush on Thursday evening, 18th August and on Friday, 19th August we were represented by 6 athletes.

Sophie Kavanagh qualified for the final of the 18-19yrs Girls 100m event with her heat time of 13.18s. In her 200m event Sophie placed 6th with her time of 26.70s. In the 17-19yrs Girls 4 x 100m heats Sophie's team placed 6th overall with their time of 53.28s to qualify for the final where they claimed 8th place with their time of 54.47s. Sophie was the winner of the Long Jump with her leap of 5.49m. Sophie placed 4th in Javelin with her throw of 30.27m.

Arabella Price placed 7th in her heat of the 17-19yrs Girls 400m with her time of 64.73s. In her 800 m heat Arabella qualified for the final with her time of 2m 27.87s. Arabella placed 6th in the final with her time of 2m 27.86s. Arabella joined with Sophie Kavanagh to participate in the Senior Girls 4x100 metre Relay events.

Ruby Worrell won her heat of the 16yrs Girls 200m in 25.99s. In the final Ruby was again the winner with her time of 25.76s. In the Intermediate Girls 4 x 100m event Ruby's team won their heat in a time of 50.96s. In the final Ruby's team was again the winner in an even faster time of 49.18s to claim the record.

Georgia Phillips competed in the 18-19yrs Girls Long Jump and was 5th with her leap of 4.85m.

Claudia Wilson placed 9th in her heat of the 16yrs Girls 800m in 2m 41.37s.

Jessica Johnston ran first in the Loreto Kirribilli Inter Girls 4x100m team who finished 9th in 57.03s. Jess was a clear winner in the Shot Put with 12.81m and 2nd in both the Inter Discus and Javelin with 33.37m and 33.27m respectively.

12. The Broken Bay Secondary Schools Championships

The Broken Bay Secondary School Sports Championships were held at SOPAC on 30th August and Ryde was represented by **Caitlin Waldron** who won the 17yrs+ Shot Put by over 2m when she threw 11.37m.

13. Sydney Catholic Schools Championships

The Sydney Catholic Schools held their Championships on Friday, 26th August and 11 of our athletes competed.

Oliver Smith finished 3rd in the 16yrs 1500m in a time of 4m 34.96s. In his 800m, Oliver claimed 5th place with his time of 2m 17.13s.

Julian Smith won the silver medal in the 14yrs 1500m with his time of 4m 53.23s. In the 800m Julian finished 6th in 2m 32.43s.

Rory Davison took out the silver medal in the 17yrs Discus with his throw of 31.75m. In his Shot Put Rory again placed 2nd with his put of 13.57m. Rory struck gold in Triple Jump with his leap of 12.4m. In High Jump, Rory finished 4th with his leap of 1.60m.

Nathan Barbara won gold in his 12-15yrs Shot Put with his throw of 4.73m. In Long Jump Nathan placed 5th with his leap of 1.63m. Nathan won Discus with a throw of 15.31m.

Jaykay Rauqe was a member of the Holy Cross Ryde 15yrs Boys 4x100m Relay team which took out the gold medal. In his 100m Jaykay filled 11th place with his time of 12.66s. Jaykay won silver in Long Jump with his leap of 5.39m and silver in Discus with his throw of 38.04 metres.

Isaac Siebert won bronze in the 15yrs 1500m in a time of 4m 49.29s.

Christopher Moala was a member of the Holy Cross 14yrs 4x100m Relay team which won gold with their time of 49.31s. In his 100m Chris filled 6th spot with his time of 12.76s. Chris won both his Long and Triple Jump events with leaps of 5.36m and 10.98m respectively. In his High Jump event Chris filled 4th spot with his clearance of 1.53m.

Rhys Chandler was a member of the Meadowbank 11-13yrs team which claimed 4th place in the 4x100m Relay event with their time of 58.32s. In his 800m, Rhys filled 7th place with his time of 2m 55.32s. Rhys won

a silver medal in the Boys 12-13yrs High Jump with his clearance at 1.38m. In Long Jump Rhys won the bronze medal with his leap of 4.15m.

Miah O'Shea was a member of the Woolwich team which won the 15yrs Girls 4x100m Relay in 53.28s. In her 100m event Miah finished 7th in 13.97s. Miah won gold medals in both her Long & Triple Jump events with leaps of 4.72m and 9.95m respectively.

Lachlan Waldron was a convincing winner in the 14yrs Boys Discus event with his gold medal throw of 38.73m.

Andrew Kalos was a member of the Marist Eastwood 15yrs Boys team which won the bronze medal in the 15yrs Boys 4x100 m in a time of 48.71s. In his 100m Andrew finished 14th in a time of 12.74s. Andrew finished in the same place in his 200m in 26.19s. Andrew placed 6th in Long Jump with his leap of 5.07m. Andrew won the silver medal in his Triple Jump with his leap of 11.03m.

Rory Davison, Christopher Moala & Jaykay Rauqe were all named carnival age champions. A great result for our boys.

14. The Australian Cross Country Championships

The Australian Cross Country Championships wrapped up the Cross-Country season on the 27th August at Oakbank racecourse in Adelaide. Congratulations to our three Ryde athletes on their outstanding results.

Adam Bruntsch individually placed 19th overall (16th Australian) in the U20M 8km event in a time of 28.00 minutes. Adam collected a Silver medal in the team's event as part of the NSW School Sports team.

Georgia Phillips placed 28th overall (24th Australian) in the U17W 4km event in a time of 16 min 31sec.

Benjamin Woodhouse placed 24th overall in the U15M 4km event in a time of 14 min 47sec

15. The Combined High Schools Carnival

The Combined High Schools Carnival was held at SOPAC from 7th-9th September and Ryde was represented by 18 athletes.

Luke Moscos placed 10th in his heat of the 13yrs 800m in 2 mins 31.78s.

Zara Pawsey finished 2nd in her heat of the 12-15yrs 200m Hurdles in a time of 32.52s. In the final Zara finished 5th in 32.05s. Zara finished 4th in her heat of the 400m in 66.15s. In her 90m Hurdles heat Zara was 2nd in 14.94s. In the final Zara finished just out of the medals in 4th place in 14.51s. Zara also participated in the Riverside Girls 14yrs 4x100m Relay team which won their heat in 53.83s and qualified for the final. In their final the team finished 4th with their time of 54.24s. Zara was also a member of the Sydney North 17+ Girls 4x400m Relay team which won the silver medal with their time of 4m 24.63s.

Mahli Jabre and Charli Nagle were also members of the Riverside Girls 14yrs 4x 100m Relay team.

Jess Koussas won a silver medal in the 14yrs Javelin with her throw of 31.54m. In her Discus Jess threw 32.69m to take out the bronze medal.

Kaitlyn Martin finished 4th in her heat of the 17yrs Girls 400m Hurdles in 72.36s to qualify for the final. In the final Kaitlyn finished in 5th place with her time of 71.72s. Kaitlyn placed 2nd in her heat of the 400m in 64.03s to progress through to the final. In the final Kaitlyn claimed 5th place in a time of 64.46s. Kaitlyn was also a member of the Sydney North 17+ Girls 4x400m Relay team which won the silver medal with their time of 4m 24.63s. Kaitlyn's Hunters Hill 16yrs 4 x 100m Relay team qualified for the final with their heat time of 52.86s. In the final the team finished in 7th position with their time of 54.38s.

Mikayla Kelleher placed 4th in her heat of the 17+ 400m Hurdles in a time of 80.26s.

Maddison Duncombe contested the Girls Pentathlon event with the following results:-

4th place in the 200m - 29.34s(529 points).

5th place in the Long Jump – 4.29m(376 points).

3rd place in the Shot Put – 9.22m(479 points).

6th place in the High Jump – 1.18m(293 points).

6th place in the 800m– 3m 35.24s (108 points).

Maddison finished just out of the medals in 4th with a total of 1785 points.

Isabella Barbara finished in 11th place in the 15yrs Shot Put with her throw of 9.35m.

Aiden Wright won his heat of the 14yrs 200m in 23.62s. In the final Aiden proved to be too good for his opposition when he won the final in a personal best time of 23.23s. Aiden also won his heat of the 400m in 54.01s. In the final Aiden was again too good for his opposition winning in a personal best time of 53.54s.

Yahya Ali won his heat of the 15yrs 100m event in a personal best time of 11.39s. In the final Yahya was again the winner in a personal best time of 11.34s. Yahya and Aiden were members of the 15yrs Boys 4x100m Relay event where they won their heat in a time of 45.80s and claimed 2nd place in the final in a time of 45.07s.

Daniel Cox finished 3rd in his heat of the 13yrs 80m Hurdles event in a personal best time of 14.29s to qualify for the final. In the final Daniel was 4th in an even better time of 13.95s.

Oliver Tsang placed 9th in the 14yrs High Jump with his leap of 1.60m.

Brendan Mannasz won a silver medal in the 17+yrs High Jump with a clearance at 1.94m.

Axel Bruntsch placed 3rd in his heat of the 14yrs 800m with his time of 2m 09.10s to qualify for the final. In the final Axel finished just out of the medals in 4th place with his time of 2m 08.12s.

Adam Bruntsch placed 2nd in his heat of the 17+ 800m event with his time of 2m 03.57s to qualify for the final. Unfortunately, Adam was not able to complete any further events at the carnival due to illness.

Ashton Hanna finished 4th place in the 2000m Steeplechase event in a time of 6m 38.98s. In the 1500m Ashton claimed 7th place with his time of 4m 22.22s.

Owen Chandler placed 4th in the 12-15yrs Triple Jump with his leap of 11.88m.

16. The NSWCCC Athletics Championships

The NSWCCC Athletics Championships were held on Monday, 12th September at Sydney Olympic Park and we were represented by 11 athletes.

Jess Johnston finished with gold in the Javelin with a throw of 36.34m, gold again in Shot Put with a massive throw of 13.03m and silver in Discus with 39.25m. Jess was third overall in the Age Championship points, just two points off Age Champion

Oliver Smith finished in 9th place in the 16yrs 1500m in 4m 39.21s.

Julian Smith placed 9th in the 14yrs 1500m in a time of 5m 01.51s.

Rory Davison won the bronze medal in the 17+ Shot Put with his throw of 12.53m. In his Triple Jump Rory claimed 4th with his leap of 12.46m.

Nathan Barbara claimed the silver medal in his 12-15yrs Shot Put event with his throw of 4.69m. In Discus, Nathan was the winner with a record throw of 14.33m.

Isaac Siebert placed 11th in the 15yrs 1500m in a time of 4m 53.43s.

Jaykay Rauqe finished in 8th place in the 15yrs Discus with his throw of 35.47m. Jaykay also claimed 8th place in Long Jump in 5.29m.

Christopher Moala won the 14yrs Long Jump event with his leap of 5.43m. In Triple Jump Christopher finished 4th with 11.65m.

Miah O'Shea placed 9th in the 15yrs Long Jump with her jump of 4.36m. In Triple Jump Miah secured 8th placed with her leap of 9.44m.

Lachlan Waldron won the 14yrs Javelin with his throw of 37.96m. In Discus Lachlan placed 5th with 35.46m.

Caitlin Waldron won the silver medal in the 17+ Shot Put with her throw of 11.77m.

Andrew Kalos won the bronze medal in the 15yrs Javelin with his throw of 42.41m. In Triple Jump Andrew claimed 7th with his leap of 11.22m.

17. NSW CAS Athletics Championships

The NSW CAS Athletics Championships were held at SOPAC on Friday, 16th September and we were represented by **Timothy Forster**.

Timothy finished 2nd in the 17yrs Long Jump with his leap of 6.42m. In the Open Long Jump Tim was 3rd with his leap of 6.43m. Tim placed 3rd in the 17yrs 200m Championship race in a personal best time of 22.17s. In the Open Boys 110m Hurdles (99.1cm) Championship event Tim was the winner with a personal best time of 14.93s. Tim placed 3rd in the 17yrs Boys 100m Championship event in a personal best time of 11.15s.

18. NSW Campbelltown All Schools Warm up Meet

At the Meet held at Campbelltown on 18th September Ryde had two athletes competing.

Daniel Cox won the Boys 200m Hurdles in a time of 32.52s. **Kaitlyn Martin** was second home in her heat of the Open Women's' 400m in a time of 63.47s.

19. Narrabeen Pole Vault Competition

Ryde had five competitors at the competition held on 17th September.

Steve Barlow finished with a new PB height of 2.72m. **Zara Pawsey** also vaulted a new PB, 2.32m. **Kaitlyn Martin** vaulted 1.52m to give herself a new PB as well. **Daniel Cox** and **Claudia Barlow** both finished with a best clearance of 1.92m.

20. 2022 NSWCIS Athletics Championships

At the CIS Championships held at SOPAC on Tuesday 20th September Ryde had 4 athletes competing.

Eloise Stewart competed in the 12yrs Javelin and threw 15.99m to place 10th.

Arabella Price ran in both the 18yrs+ 400m and 800m. In the 400m Ara stopped the clock at 64.55s to place third. In the 800m Arabella's time 2m 30.74s won Ara the gold.

Alexander Evans competed in four events across the day in the 12yrs+ Para age group. Alex (T/F13) was the winner in the Long Jump with his jump of 2.52m (32.9%). In the 12-19yrs Para 100m Alex ran a time of 16.65s (62.82%) to place 3rd and in the 200m Alexander stopped the clock at 36.88s(57.08%) to claim the record and fourth place. In the Discus it was a silver medal for Alex with a best throw of 10.20m (19.03%)

Sophie Kavanagh had a great day winning gold in both the 18-19yrs Long Jump with her best leap of 6.36m and the Javelin where Sophie got a best throw out of 35.23m.

21. 2022 NSW All Schools Athletics

At the 2022 NSW All Schools Athletics Ryde Seniors had 43 athletes competing at SOPAC from the 24th-27th September.

Maddison Duncombe competed in the 16yrs Discus throw and got her best throw out in round one for 27.66m to place 12th. In her Javelin, Maddie was not able to land a legal throw.

Emilia Webb was our first track athlete competing in a massive field of 67 athletes registered for the 13yrs 100m heats. Emilia ran a time of 13.98s to place 8th in her heat and 37th overall. In the 13yrs triple jump Emilia jumped 9.73m securing her 12th place.

Yahya Ali and **James Woods** both competed in the 14yrs 100m heats. Yahya who had claimed the 100m title at the NSWCHSSA recently, won his heat and qualified for the final in a time of 11.71s. James was 4th in his heat and 22nd overall in a new PB time of 12.56s. The final saw **Yahya Ali** just miss out on a medal by 1/100th of a second in a very fast final. Yahya's time was 11.70s.

In the 14yrs 100m hurdles, **James Woods** finished 8th in the final in a time of 17.39s. In the heats of the 14yrs 400m James ran a two second PB to finish with a time of 56.56s in 4th spot and place 14th overall. In the Long Jump improvement on all his jumps saw James finish in 16th spot with 4.68m. In the heats of the 200m **James** continued to set new PB's with a 1.5s PB in the first heat where he placed 6th in a time of 24.78s. James also competed in the 14yrs 200m hurdles timed finals where James won his timed final in a NQ time of 30.20 to place 7th overall.

Aiden Wright running in the 14yrs 400m heats won his heat in 54.38s to secure a finals spot. In the final Aiden finished just out of the medals in 4th place in a new personal best time and Ryde Best Performance on record of 52.42s. In the heats of the 14yrs 200m Aiden finished second in his heat to qualify for the final in a time of 23.76s. In the final Aiden finished in 5th spot in 23.82s.

Daniel Cox started his All-Schools program with the 13yrs 90m hurdle heats where he ran a time of 14.46s to place third and secure a finals berth. At final time, Daniel was running between the 13yrs High Jump and the hurdles. In High Jump Daniel managed a clearance of 1.45m to place 5th and in the hurdles final Daniel was 7th in time of 14.16s. In the 14yrs 200m hurdles timed finals, Daniel was 4th in his race and 11th overall in a time of 31.64s. Daniel finished with a 2.00m clearance in the 13yrs pole vault, a silver medal, and a spot in the NSW team for the Australian All Schools.

Brendan Mannasz had collected the silver medal at the CHSSA Championships in High Jump recently with a height of 1.94m. At All schools Brendan came home a best height and new PB and Ryde Best Performance of 2.00m for gold.

Oliver Tsang competed in the 14yrs Long Jump and improved with every jump with his final jump of 4.85m placing him 15th at State. In his High Jump, Oliver finished with a best clearance of 1.50m for 12th place.

Nathan Barbara got his best put out in round three to finish with a best distance of 4.58m (36.52%) and claim bronze in the Boys 15-16yrs Shot Put AMB. In the PARA Discus, Nathan's second round throw of 14.62m (56.06%) moved him to second place and the silver medal.

Owen Chandler was next on the track in a field of 55 in the Boys 100m heats. Owen ran in heat one and finished in a time of 12.43s to place 7th in his heat and 30th overall. Owen also competed in the 15yrs Boys High Jump where he managed a clearance in the wet weather of 1.55m to place 20th.

Alexander Evans competed in the 100m 12-14yrs Para AMB event where he finished in a time of 17.68s (59.16%) to place 6th. In the PARA Discus, Alexander got his best throw out in round 4 of 7.44m (13.88%) to finish 8th in the 12-14yrs.

Andrew Kalos competed in the 15yrs boys Shot Put and placed 8th with a second round throw of 12.46m. In the 15yrs Javelin, Andrew threw better with every throw and three of those were new PB's to finish with a final round throw of 45.86m just out of the medals in 4th spot.

Mikayla Duncombe improved over her four throws to land the Discus in her final throw at 30.04m to give her 7th at State in the 13yrs. In the Shot-Put Mikayla threw consistently and her best throw of 8.60m landed her 14th in the state.

Benjamin Lawrence was one of 18 13yrs boys competing at Javelin. In very wet weather Benjamin was 14th at state with a best throw of 24.37m.

Timothy Forster competing in the heats of the 17yrs boys 100m placed 3rd in his heat and qualified for the final in a time of 11.35s, In the final Timothy ran a time of 11.36s for 8th at state. Timothy won the 19yrs 110m hurdles in a new PB time of 14.52s. In the 200m heats, Tim was second in a new PB time of 21.84s to qualify third fastest for the final.

In the final, running from lane eight, Tim ran a brilliant race to finish in second place in a time of 22.02s.

Claudia Barlow won the 15yrs Pole Vault with her clearance of 2.20m. This secured Claudia a spot on the NSW team for the Australian All Schools. In the 15yrs Shot Put Claudia got her best Shot Put out in round two, a distance of 7.06m to place 16th. In the 15yrs Discus final Claudia managed a second round best throw of 23.91m for 11th place.

Jessica Johnston competed in all four throws event. In the 15yrs girls Shot Put Jess, claimed the bronze medal with a Ryde Best performance on record for 15yrs of 13.32m. In her Javelin event Jess had a best throw of 33.31m to finish in fourth spot. In the Discus Jess moved into the silver medal spot with her first throw

of 37.29m and finished with a best throw of 39.76m and her ticket to Adelaide for the Australian All Schools Championships. Jess finished 4th at her final event, the 15yrs Hammer Throw where all four of Jess's throws were further than she had ever thrown before and her final throw of 42.06m was a new Ryde best performance on record.

Eloise Stewart was competing across three throws events over the carnival . In her first event, the 12yrs girls Javelin, Eloise managed 16.92m on her first throw to place her 9th . In her Shot-Put Eloise improved on her last two throws to finish with 5.84m and 15th in the state. Eloise finished her first All Schools on a high when she won bronze in her Hammer Throw event with a throw of 19.90m.

Jess Koussas competed in the 14yrs Javelin event and her first throw got her a spot in the top eight where she finished 6th with her final throw of 30.15m. In the 14yrs Discus Jess threw for 8th spot.

Zara Pawsey ran in the heats of the 14yrs 400m where she placed 6th in her heat in 67.21s. and 20th overall. In the 90m hurdle heats Zara's time of 14.48s placed her third and earned her a spot in the finals where she claimed 9th in state with her time of 14.66s.

Zara's 14yrs Long Jump final had 35 competitors in what was probably the longest field event of the meet. Zara's third-round leap of 4.76m securing her a spot in the final and 6th place overall. Competing in the 14yrs Pole Vault Zara sailed over 2.20m to win her first NSW All schools medal, a bronze. Zara had had to dash between the Pole Vault and the 200m Hurdle timed finals. Running in the first timed final Zara finished 2nd in a time of 32.69s to place 8th .

Ellie Van der Poorten ran in the heats of the 14yrs 400m where she placed 7th in a time of 70.41s to place 20th overall. In the heats of the 14yrs 800m finished in 8th spot in a time of 2m 59.60s. In the 14yrs 200m heats. Ellie ran in heat 5 where she placed 8th in a time of 31.02s.

Ruby Worrell competed in the 16yrs 400m heats and placed first to qualify for the final in a time of 59.45s. In the final Ruby ran another well timed and well executed race to come home with the silver medal in a time of 57.16s. In fastest of the three heats of the 16yrs 200m heats of the 16yrs 200m, Ruby was 2nd by 1/100th of a second to qualify 2nd fastest for the finals in a time of 25.40s. In the final Ruby again crossed the line for silver with a new PB time of 24.91s. Ruby qualified to compete in both these events at the Australian All Schools.

Caitlin Waldron competed in the 17yrs Shot Put where her fourth throw of 10.23m secured her 7th at State. In the 17yrs Discus Caitlin improved with each throw, winning a place in the top eight final where her final throw of 29.80m secured her 8th in state. In her 17yrs Hammer Throw Caitlin was 5th with a best throw of 29.86m.

Lachlan Waldron's second throw in the 14yrs Javelin moved him straight to the silver medal spot, where he stayed for the event, improving his distance to 37.54m on the third round. This result earns Lachie a trip to Adelaide for the Australian All Schools in December. Lachlan produced a PB throw in the 14yrs Discus of 43.03m to place him 7th at state.

Chloe McGregor ran in the 12yrs 80m hurdles and finished 5th in her heat in a time of 16.75s to qualify for the finals. Chloe improved her ranking going into the finals of the 12yrs 80m hurdles by two spots when she finished in 8th place in 16.68s. Chloe was to get another top ten result at state when she placed 6th with a jump of 8.09m in the 12yrs triple jump. In the 12yrs 200m heats Chloe stopped the clock at 31.67s for 7th in her heat and 19th overall.

Ambrose Feng competed in the 13yrs High Jump and placed 9th at state with a clearance at 1.40m.

Ella McGregor ran in the big field in the 14yrs 1500m. Ella placed 11th in her timed final and 23rd overall in a time of 6m 01.71s. In the 14yrs 3000m finals Ella placed 14th in the State in a time of 12m 58.46s. In her first 2000m Steeplechase event Ella slipped into a good rhythm and finished in a time of 9m 30.15s for 9th at State.

Adam Bruntsch running in the 19yrs 1500m kept in the front pack and crossed the line for silver in a time of 4m 05.34m. In the 3000m steeplechase, Adam was chasing the All-Schools record, which was close to his PB time. Adam was in the hunt for it for the most of the race, but did not have any runner close to him to push him along and fell off the pace in the last lap or so to win the state title in a season's best time of 9m 48.98s.

Ashton Hanna placed 8th in the 19yrs 1500m in a time of 4m18.83s. In the 19yrs 3000m Steeplechase Ashton picked up the bronze medal with his time of 10m 27.64s. In the 19yrs 800m final Ash finished 6th with a time of 2m 04.54s.

Sophie Kavanagh was competing in her final All Schools in the 19yrs Long Jump and was the defending champion. Sophie again came away with the title. After starting with a foul, Sophie then moved to first spot with her jump of 5.06m and improved on that to finish with a best jump of 5.28m.

Mikayla Kelleher opened her competition with the 17yrs 100m hurdles and finished 8th in a time of 16.81s. In the 17yrs Long Jump Mikayla finished with a jump of 4.71m for 11th at State.

Axel Bruntsch competed in the timed finals of the boys 1500m where he stuck with the lead pack to finish with his fastest lap in a time of 4m 28.23s and 4th fastest time in the State. In the 14yrs 800m heats Axel was second in his heat just behind last year's state champion in a time of 2m 10.39s. In the final Axel cut that time by five seconds to place 4th in the state in a new personal best time of 2m 05.50.

Julian Smith also ran in the timed finals of the 14yrs 1500m. Julian placed 4th in his heat and 14th overall in a new PB (by 11 seconds) time of 4m 41.81s. In the 3000m final Julian ran a time of 10m 08.39s to place 13th in the state.

Luke Moscos ran in the heats of the 13yrs 800m and crossed the line to win the heat in a time of 2m 15.97s and qualify 5th fastest for the final. In the finals Luke placed 9th in the State in 2m 29.99s.

Emilia Webb competed in the 13yrs 200m heats and placed 7th in heat 5 in a time of 30.11s. In the 13yrs High Jump. Emilia got good clearances over her early heights to finish with a best clearance of 1.40m for 12th place in the state.

Rory Davison competing in the 17yrs Triple jump had an opening jump of 12.04m which was his best and placed him 5th in NSW.

Kaitlyn Martin ran in the 16yrs 400m hurdles and stopped the clock at 70.94 to place 5th in her race and 7th overall at state in the timed finals.

Arabella Price had switched from the 3000m Steeplechase to the 400m H, competing in the 19yrs+ age group. Arabella was hurdling well and clearly in line for bronze when she just clipped the final hurdle and lost her footing. Arabella finished 4th in a time of 76.72s.

Alicia Legatt competed in the 15yrs 2000m Steeplechase clearing all the steeples and water jump easily and placed 10th in 9m 23.42s.

Georgia Phillips and **Claudia Wilson** both competed in the 16yrs Steeplechase. Georgia was to be the winner of the event after comfortably moving into first place after the second lap. Georgia finished in a time of 7m 22.35s. Claudia also settled into a good rhythm to finish 7th in 8m 46.05s.

Miah O'Shea competed in the 15yrs triple jump. Miah just missed the final, placing 9th with her first round best jump of 9.56m.

Moses Wolfson was our only walker of the carnival, competing in the 13yrs 3000m walk. Moses finished in 4th spot in a time of 22m 33.36s.

22. Treloar Shield Round One

We had a total of 11 athletes competing at the Treloar Shield Round 1 which was held at Homebush on Saturday, 8th October, in very wet and wild conditions.

Daniel Cox finished in 6th place in the U14 Boys 90m Hurdles event in a time of 14.85s. Daniel was 10th overall in the U18 200m in a time of 29.80s.

Zara Pawsey placed 3rd in the U18 Girls 90m Hurdles event with her time of 14.54s.

Charlotte Nagle finished 6th in the U18 Girls 90m Hurdles in a time of 17.20s. In her 60m event Charlotte finished in 17th place overall with her time of 8.74s.

Zara and **Charli**, along with **Amelie Gomez-Niewolik** and **Mahli Jabre** ran a time of 53.93s to place 2nd in the U18 4x100m relay.

Chloe McGregor placed 8th in the U14 Girls 80m Hurdles with her time of 16.80s. In her 60m event Chloe filled 17th place in a time of 9.99s. Chloe claimed 15th place in her 200m event with her time of 33.28s. In Discus Chloe claimed 10th spot with her throw of 16.18m.

Talia Chan finished 13th in the U14 Girls 60m in a time of 9.24s. In her 200m event Talia placed 13th overall with her time of 32.41s. Talia claimed 12th in her Discus event with 15.50m.

Chloe Yam placed 15th overall in the U14 Girls 60m with her time of 9.66s. In her 200m, Chloe placed 16th overall with her time of 34.17s.

Jessica Johnston placed 3rd in the U18 Women's Shot Put with her throw of 12.54m. Jess threw 32.92m to place 5th in the U18 Discus.

Daniel Pulfer won the U14 Boys Triple Jump event with his leap of 8.46m.

Ashton Hanna ran a time of 4m 19.53 to place 13th in the Open 1500m

23. Treloar Shield Round Two

The 2nd Round of the Treloar Shield event was held at Bankstown on Saturday afternoon, 15th October and we had 8 athletes competing.

Daniel Cox won his heat (5th overall) in the U14 Boys 200m Hurdles event in a time of 32.36s. In his 100m heat Daniel finished 8th (14th overall) with his time of 14.36s.

Zara Pawsey placed 3rd in her heat (8th overall) of the U18 Girls 200m Hurdles in 33.04s. In her Long Jump Zara placed 10th with her leap of 4.81m.

Georgia Phillips finished in 7th place in the U18 Girls 3000m with her time of 11 mins 10.97s.

Jess Johnston placed 2nd in the U18 Girls Javelin event with her throw of 33.58m.

Aiden Wright finished 4th in his heat (40th overall) of the U18 Boys 100m in a time of 12.20s. In the U18 400m Aiden was 14th overall in a national qualifying time of 52.77s.

James Woods placed 7th in his heat (56th overall) of the U18 Boys 100m event with his new PB time of 12.55s.

Jacqueline Pawsey making her ANSW debut, placed 10th in the U14 Girls Long Jump event with her leap of 3.91 m.

Lachlan Waldron finished in 5th place in the Under 18 Boys Javelin event with his throw of 36.64 m.

24. Treloar Shield Round Three

16 athletes competed at the Treloar Shield Round 3 at Bankstown on Saturday, 22nd October.

Calan Hahlos had a very successful first ANSW meet, finishing with two new PB's. Calan finished in 6th place overall in the U14 Boys 100m with his time of 12.90s. In his 200m Calan placed 4th overall with his time of 26.16s.

Daniel Cox placed 13th overall in the U14 Boys 100m heats in a time of 13.50s. In his Pole Vault Daniel claimed 2nd place with his successful attempt at 2.20m.

Mitchell Cox finished in 21st place overall in the U14 Boys 100m heats in a time of 15.28s. In his 200m Mitchell finished in 17th place overall in 32.13s.

Aiden Wright placed 19th overall in the U18 Boys 200m heats in a time of 23.79s.

Chloe Yam finished in 19th place overall in the U14 Girls 800m with her time of 3 mins 16.13s.

Axel Bruntsch was 10th overall in the U18 Boys 800m heats with his time of 2 mins 08.01s.

Eloise Stewart finished 5th in the U14 Girls Hammer Throw with her throw of 21.71m.

Jessica Johnston finished 5th in the U18 Girls Hammer Throw with her throw of 40.51m.

Claudia Barlow placed 4th in the U18 Girls Pole Vault with her successful clearance at 2.20m

Zara Pawsey finished equal 5th place in the U18 Girls Pole Vault with her clearance at 2.00m.

Elysha Pawsey placed 7th in the U18 Girls Pole Vault with a new PB clearance of 2.00m.

Steven Barlow won the 35-49 years Pole Vault with his clearance at 2.60m.

Arabella Price finished 4th in the Open Women's 400m Hurdles with her personal best time of 71.90s.

Adam Bruntsch placed 2nd in the Open Men's 3000m Steeplechase with his time of 9m 57.43s.

Georgia Phillips finished 6th in the U18 girls 2000m Steeplechase in 7m 42.81s.

Jon Baker placed 2nd in the Masters 50+ 2000 m Steeplechase with his time of 8m 06.01s.

25. Ryde Senior Club Championships Day 1

Ryde Seniors hold (weather permitting) two Senior Club Championship days each season. This is the only day at which Ryde Senior Athletes can break these Senior Club records. These records can be found in each year's Annual Report on the Ryde Athletics Website.

This year the first day of the Championships was held on Sunday 23rd October and eight new club records were set, four of those records were set by new Masters club members, **Nick Pawsey** and **David Teo**.

Jessica Johnston & Robert Hanbury-Brown were the other record breakers.

26. Hunter Throwers Club – Inaugural Meet

At the inaugural Hunter Throwers event on the 17th October, Ryde was represented by **Lachlan Waldron**.

Lachie had a strong meet finishing with a new PB of 43.00m (1kg) in the Discus. In the Javelin (700g) Lachie threw 37.47m on his final throw. Lachie also landed the 4kg Shot Put out at 10.21m.

27. The NSW Schools Challenge

The NSW Schools Challenge was held at SOPAC on the 16th October and three local high schools were in the mix.

The intermediate team from Hunters Hill High included **Emilia Webb** who placed 9th in the 100m (13.95s). In the High Jump Emilia no heighted. **Claudia Barlow** placed 4th in the Shot Put with her best throw of 8.55m. In the Javelin Claudia no distanced. **Kaitlyn Martin** was 4th in the 200m in 27.73s. Kaitlyn picked up a second place in the 400m in a time of 63.38s. Kaitlyn also ran in the 800m to finish 10th in 2m 46.31s. Kaitlyn's final event was as part of the sprint relay team who placed 2nd in 2m 32.55s. The Hunters Hill intermediate team placed 5th overall.

Aliana Moala placed 11th in a time of 13.76s in the Riverside Girls Senior Team. Aliana along with **Alicia Leggatt, Maddison Duncombe and Ely Pawsey**, competed in the 1600m Sprint medley relay where the girls placed 7th in a time of 5m 11.32s.

Maddison Duncombe was 6th in the senior Shot Put with a throw of 9.56m and 4th in Javelin with her throw of 27.07m. **Alicia Leggatt** place 11th in the 400m (69.08s) and was 13th in the 1500m in 5m 56.62s. **Ely Pawsey** was 11th in the 400m (73.65s). **Mikayla Kelleher** placed 7th in the Long Jump with her best jump of 4.75m. The Riverside Girls Senior team placed 7th overall.

Competing in the Riverside girls Junior A team, **Zara Pawsey** was 6th in the 200m in a time of 27.95s. Zara placed 3rd in the Long Jump with a leap of 4.64m. Zara combined with Ryde athletes **Mahli Jabre and Charlotte Nagle** to place fifth in the 4 x 200m relay in a time of 1m 53.74s. Mahli placed 14th in the Junior 100m in 14.02s and Charli was 15th in 14.06s. The Riverside team placed 8th overall.

In Riverside's second team, **Chloe McGregor** was 25th in the 100m in 15.08s. Chloe placed 17th in the 800m in 2m 49.95s and was a member of the 4x200m relay team that placed 11th in 2m 07.23s. Also in the relay was **Mikayla Duncombe** who placed 4th in the Junior Shot Put with 9.45m and was 8th with a 19.14m throw in the Javelin. **Ella McGregor** competed in the Junior 800m and finished with a time of 2m 57.02s to place 22nd. At the end of the night the team placed 12th overall in the Juniors.

Epping Boys high entered a Junior team which ended the night in 6th place. **James Woods** had a great night setting a new PB in the 100m of 12.36s to place 6th in the 100m. James was 4th in the 200m in 24.69s and was a member of the 4x200m relay team that included **Luke Moscos, Daniel Cox and Oliver Tsang** that finished 4th in 1m 46.7s.

Oliver Tsang finished in 3rd place in the Long Jump with his leap of 4.99m and threw 8.99m in the Shot Put to place 6th. **Daniel Cox** threw the Javelin 17.62m to place 7th and was 17th in the 100m in 17.31s. **Luke Moscos** was 9th in the 800m in 2m 23.07s.

Other Ryde Senior Athletes competing that night were

Eloise Stewart was a member of the Pymble Junior team that placed 9th. Eloise landed the Javelin at 18.39m for 11th place.

Ellie van der Poorten was a member of the Ravenswood Junior team and placed 12th in the 200m in 30.07s and was 16th in the 800m in 2m 49.14s. Ellie also ran a leg of the 4x200m relay where her school placed 9th. Overall Ravenswood placed 11th.

Georgia Phillips was 4th in the senior 1500m in a time of 4m 59.79s. Georgia was also a member of the 1600m medley relay team that placed 2nd. Georgia's team overall finished the night in first place.

28. Athletics NSW 3000m State Championships

The State 3000m Championships were held at the newly re-opened ES Marks field on Saturday 29th October and Ryde had 3 runners on the start line.

Georgia Phillips ran in the Women's D Race and place 6th in a time of 10m 46.18s. **Claudia Wilson** ran in the Women's E race and placed 19th in a time of 12m 54.65s.

Benjamin Woodhouse unfortunately got clipped competing in the Men's F race and had to withdraw injured.

29. NSW Throwers Club

At the NSW Throwers Club Meet held on Sunday 30th October Ryde was represented by **Jess Johnston**. Jess had a great morning and threw national qualifiers in all her three events. In the Hammer Throw Jess threw 40.42m. In Discus Jess threw 38.41m and in Shot Put Jess landed the 3kg shot out at 12.71m.

30. Treloar Shield Round Four

Round Four of the Treloar Shield was held at Campbelltown on Saturday 5th November and Ryde was represented by 5 athletes.

Timothy Forster won heat 2 of the Open Men's 200m in a time of 22.01s. Tim finished 7th fastest overall. In his pet event, the 110m hurdles (99.1cm) Tim was the clear winner in a time of 14.53s.

Ben Prosenko ran a personal best time of 5m 07.89s to place 11th in the U14 1500m.

Mikayla Kelleher also ran herself into new personal best territory when she clipped 0.3sec off her best time for the 100m hurdles to finish with a time of 16.53s and 9th overall in the U18 event.

Oliver Smith and **Julian Smith** both competed in the Men's U18 1500m event. Oliver came home in a time of 4m 20.78s, some 6 seconds faster than his time at the 2022 NSW All Schools to place 6th and Julian was 15th in 4m 45.92s, just outside his PB time.

31. 2022 Pan Pacific Masters Games – Track & Field

The Pan Pacific Games were held on the Gold Coast from the 4th -13th November and Ryde was represented in the Track and Field by **Andrew Atkinson-Howatt** in the M65yrs+ age group.

In hammer, Andrew threw 27.12m to place 7th. In the Shot Put Andrew's fourth throw of 8.81m secured him 4th spot. In the Discus Andrew was again just one spot off the medals when he threw 32.77m for fourth. In the weight throw event Andrew was 6th with his best throw of 10.08m. Andrew won his pet event, the Javelin throw with a second round best throw of 34.97m. In the throws pentathlon Andrew picked up the bronze medal with 2853 points as follows

Hammer – 27.12m 508 points

Discus - 30.58m 575 points

Shot Put - 8.64m 591 points

Javelin - 34.97m 657 points

Weight throw 10.08m 522 points.

32. Treloar Shield Round Five

Round Four of the Treloar Shield was held at Illawong on Saturday 12th November and Ryde was represented by **Georgia Phillips** who finished 1st in the U18 3000m in a time of 10m 48.52s.

33. The NSW PSSA Carnival

The NSW Primary Schools Sports Association Carnival was held at SOPAC from 19th -20th October and Ryde Senior athletes competing had some great results.

Hannah Lambert won the 11yrs High Jump with an excellent clearance of 1.50m. In the 11yrs Long Jump, Hannah was just 1cm off bronze with her fourth placed leap of 4.56m.

Owen Trihn had a great meet running a very fast time of 26.05s in the heats of the 12-13yrs 200m. In the final Owen stopped the clock at 26.53s for silver.

Cameron Leung competed in the 12yrs 100m and placed just out of the medals in 4th place in a fast time of 12.97s.

All three athletes qualified to compete at the School Sports Australia Track and Field Championships which were held in Brisbane from the 19th-21st November.

34. The ANSW State Relays

The NSW Athletics State Relays were held at Campbelltown on Saturday and Sunday 19th-20th November and Ryde had 22 teams competing. Overall Ryde won six silver and four bronze medals.

First out of the blocks was our U16 Women's 4x100m teams. The team (**Amelie Gomez-Niewolik, Mahli Jabre, Charli Nagle and Zara Pawsey**) had competed at the Little A state relays the weekend before in the U15's and had stopped the clock there at 52.72s. At the ANSW relays the girls got a new PB time of 52.60s to place third in their timed final and 9th overall.

Next out was the U16 Men's 4x100m team of **James Woods, Yahya Ali, Jaykay Rauqe and Owen Chandler**. James and Yahya had been part of the U15 4 x 100m winning team the week before at State Relays. At the ANSW relays the boys ran a time that scorched their Little A time by over a second faster in 45.45s to place second in their timed final and 5th overall.

Our U20 4 x100m team of **Mikayla Kelleher, Kaitlyn Martin, Sophie Kavanagh & Aliana Moala** placed 6th in the final in 51.40s

In our U16 Men's 4 x 400m **Axel Brunsch, Owen Chandler, Isaac Siebert and James Woods** all ran well under their best time at Ryde this season. The boys won the second of the two-timed finals in a good time of 3m 45.50s to take the bronze medal.

The U18 men's 4x Discus saw **Jaykay Rauqe** take team honours with the best throw of 33.99m. **Rory Davison** finished with 32.54m. **Lachlan Waldron** who normally throws the 1kg weight and stepping up to the 1.5kg Discus for the day, got his best throw of 27.61m out in round one. **Andrew Kalos**, after two net fouls went with a safety throw on his third round to land at 21.74m Overall the boys threw a total of 115.88m and placed 5th at State.

Our U18 Women's Discus team saw **Jessica Johnston** end up on top of the leader board with best throw of the competition of 41.52m on her final throw. **Caitlin Waldron** started strong with a first round throw of 32.32m and **Jess Koussas** finished with 30.88m. **Mikayla Kelleher** finished with 20.67m which was enough to push the team into the bronze medal position and a total throwing result of 125.39m.

The girls also competed in the U18 4 x Shot Put relay and finished 5th in the state with a total of 39.53m. **Jess Johnston** was again the best of the throwers with 12.11m. **Caitlin Waldron** threw her best throw in the opening round -10.72m. **Mikayla Kelleher** opened with 8.69m and **Jess Koussas** threw 8.01m on her final throw.

The U14 4x 100m mixed relay in a nail-biting finish, finished out of the medals by just 0.24s to place 4th in a time of 52.49s in the U14 4x100m mixed relay. The team members were **Daniel Cox, Calan Hahlos, Emilia Webb, and Olivia Sidhu**.

Our U16 4x 100m mixed relay team of **James Woods, Isaac Siebert, Zara Pawsey and Amelie Gomez-Niewolik** had good runs too finishing in 9th overall at State in a time of 50.49s.

Our final mixed relay team, the U20's (**Aliana Moala, Sophie Kavanagh, Yahya Ali and Owen Chandler**) finished in 5th place in a time of 52.92s. Only Sophie at 18, is an actual U20 athlete with Yahya, Owen and Aliana being in the U15, U16 and U17 age groups respectively, so overall a terrific result for a very young team.

The final track events of first day were the U16 4 x 1500m and the U20 4 x 1500m. In the U16 race the combination of **Axel Brunsch, Luke Moscos, Julian Smith and Isaac Siebert** ran well to finish in 5th place in a time of 19m 27.71s. The U20's the team of **Adam Brunsch, Ash Hanna, Nicholas Woodhouse and Oliver Smith** saw a race to the line where the boys just finished off bronze in a time of 18m 04.88s.

Our U18M's High Jump team of **Owen Chandler** (1.65m), **Rory Davison** (1.65m), **Jaykay Rauqe** (1.70m) and **Brendan Mannasz** (1.95m) finished with the silver medal and a combined height of 6.95m.

Luke Moscos, Nicholas Woodhouse, Oliver Smith and Isaac Siebert ran in the U20 4 x 800m team that won silver in a time of 9m 22.87s.

Our first Open Women's Long Jump team in a number of years did very well. **Sophie Kavanagh** got the girls off to a great start with her first-round leap, and 5th best jump overall, of 5.29m. **Zara Pawsey** finished with 4.66m. **Kaitlyn Martin** and **Mikayla Kelleher** finished 1cm apart on 4.56m and 4.55m respectively. Overall, the girls jumped 19.06m to clinch the silver medal by more than 30cm.

In the U14 boys 4x Long Jump **Vili Lewanavanua**, was the best jumper of the competition from round one on and improved in round three to finish with 5.21m. **Daniel Cox** nailed an excellent jump on his 2nd round of

4.53m, **Leon Danks** (4.35m) and **Moses Wolfson** (3.95m) also had their best jumps in the second round. The boys ended up with the silver medal and a total distance of 18.04m.

The U14 4x100m team of **Daniel Cox, Vili Lewanavanua, Leon Danks and Calan Hahlos** finished first in their heat and second fastest qualifier for the final in a time of 52.79s. In the final all the boys ran strong legs, but a dropped baton saw the boys finish 8th in a time of 57.55s.

The U18M 4x Long Jump team was to win the bronze medal. **Rory Davison** was our best jumper with a leap of 5.65m. **Brendan Mannasz** final jump was his best at 5.56m. **Owen Chandler** jumped 5.44m and **Oliver Tsang** 4.68m. Overall the boys tallied 21.33m.

Ryde was to enter its first Masters track relay team when **Jon Baker, Puspesh Kumar, Nick Pawsey and Steven Barlow** competed in the 160+ 4x400m. The team had an excellent race, including a great dash to the finish line by Nick, where the boys secured the silver medal in a time of 4m 37.53s.

In the boys U16 4 x 200m event, the team of **Yahya Ali, Calan Hahlos, Isaac Siebert and Owen Chandler** placed 2nd in the second of the timed finals in a time of 1m 39.95s to place 6th overall at State.

Andrew Kalos was Ryde's best in the U18's 4x Javelin, securing a new PB throw of 46.57m to finish the 3rd best thrower overall. **Lachlan Waldron** threw 38.43s on his final round. **Oliver Tsang** landed his first throw out at 24.82m. **Ben Lawrence** at just 13, had to step up a weight in implements had a best throw of 27.34m. At the end of the competition the boys were awarded the bronze medal with a total distance of 137.16m.

In the Masters 240+ competition the boys finished in second place with the silver medal. Unfortunately, as their results were recorded on the back of the results sheet it seems that their individual results did not make it into the system! The team of **Andrew Atkinson-Howatt, Robert Hanbury-Brown and Simon Bergfield** were, this year, joined by new team member **David Teo**.

35. School Sports Australia Track & Field Championships

The School Sports Australia National 10-12yrs Track and Field Championships were held in Brisbane from the 17th -21st November and Ryde Seniors had three of our talented young 11 and 12yr old athletes competing there and all came home with medals.

Owen Trinh competed in the 12yrs 200m and placed 5th in his heat and 10th overall in Australia in a time of 26.26s. Owen picked up a silver medal as a member of the NSW 12yrs 800m sprint medley team who finished in 1m 44.99s

In the 12yrs 100m heats **Cameron Leung** was 4th in a time of 12.73s and advanced to the finals. In the final Cameron improved on his heat time to finish in 12.66s and place 7th in Australia. Cameron was also a member of the NSW 12yrs x100m relay team who won the gold medal in a time of 49.36s.

Hannah Lambert competed in the 11yrs High Jump event and had a terrific competition finishing just 2cm off what she had jumped at state (a Ryde Best Performance on Record of 1.50m).

36. Hunter Throwers Club

At the Hunter Throwers Club meet held on the 24th November in Newcastle, Ryde was represented by **Lachlan and Caitlin Waldron**. Lachlan landed his best throw in the 5th round of Discus out to 40.22m. In the Shot Put Lachlan's first throw of 10.12m was his best.

Caitlin had a really consistent set of six throws in the Discus, with her 4th round throw of 32.38m her best. In the Shot Put Caitlin threw 9.36m.

37. Round Six – Treloar Shield

Round six of the Treloar Shield was held at SOPAC on Saturday 26th November and Ryde athletes had an outstanding afternoon with a number of national qualifying times achieved by our runners.

Ruby Worrell ran a PB time of 12.14s in the 100m. This time is good enough to qualify Ruby for the Open Women's 100m – quite an achievement at just 16. In the 200m, Ruby again lowered her PB time to 24.80s, well under the NQ time for for the Open Women's 200m.

Calan Hahlos continued to improve on his times with a quick run of 12.84s in the 100m for 6th place in the U14 and 25.29s and 5th place in the 200m.

Daniel Cox was also competing in the U14 100m and finished in 13.97s for 17th overall.

Mitchell Cox at just 10 beat home some of the older athletes in the U14 100m and 200m where Mitch finished with times of 15.40s and 32.10s respectively for 22nd and 21st.

Ben Prosenko competed in the U14 800m and placed 11th in a time of 2m 28.90s.

Yahya Ali, running in the U18 Men's 100m was the fastest 14yr old of the afternoon and placed 17th overall in a new PB time of 11.49s well under the national qualifying time for next year. In the 200m Yahya flew out of the blocks to easily win his heat in another new PB, a NQ time and, a Ryde best performance on record for a 14yr old of 23.14s.

Aiden Wright was also competing in the U18 and was 23rd overall in a time of 23.70s.

Timothy Forster competed in the Open 100m and 200m Timothy had two good runs, placing 12th in the Open 200m in a time of 21.78s and 31st in the 100m in 11.38s.

Zara and Elly Pawsey and **Daniel Cox**, all competed in the Pole Vault. Elly set a new PB height of 2.10m. Zara ended up with a clearance of 2.25m. Daniel got some good clearances to finish with a height of 2.10m

38. The Albie Thomas Mile & Supporting Events

The Albie Thomas Mile and Supporting events was held at Bankstown on Saturday 3rd December and Ryde was represented by two athletes.

Making his debut for Ryde, and a fast one at the was **Noah Lopata**. Competing in the Open Mens 100m Noah finished 8th in his heat in a time of 11.94s.

Ruby Worrell was running in the Open Womens A 400m A race. In a very talented field, Ruby was to cross the line in second place in a new personal best time and Open Women's qualifying time of 54.97s. This time broke the 20 year old existing Ryde Best Performance on record for U18 and U20 400m. Ruby also picked up \$300 in prize money for her second place..

39. The Australian All Schools Track & Field Championships

The Australian All Schools Track and Field Championships were held in Adelaide from the 9th- 11th December and Ryde had 8 athletes competing.

Claudia Barlow competed in the U16W Pole Vault and had clear rounds through to 2.25m where she was just short to finish with a best vault of 2.10m and 5th place in Australia.

Ruby Worrell 's first event on Friday was the heats of the U17 400m where Ruby placed third and was the third fastest overall time of 57.03s for the final. In the final, Ruby's sprint for home saw her move through the field to cross the line for silver in a time of 55.09s.

In the second heat of the U17 200m heats Ruby easily won in a time of 24.72s to be the second fastest qualifier for the final. In the final Ruby crossed the line in a new PB time and Ryde Best Performance on Record of 24.54s to win her second silver medal.

Ruby's fast 400m time secured her a spot in the NSW mixed U18 4x 400m relay team. NSW was to finish clear winners with the gold in a time of 3m 31.13s.

Jessica Johnston competing in the U16W Discus, got off to a great start with a first round throw of 41.64m to move her straight into second position. With subsequent throws of 38.70m, 36.76m Jess was in third place going into the final round. In the final round another thrower moved pass Jess. Jess tried to respond with her final throw and managed a good throw of 40.02m to finish just out of the medals in 4th place in Australia.

Tim Forster ran the third leg of the U18 4x100m relay and the NSW team was just pipped by 0.09s to take 4th place in Australia.

In the heats of the U18 200m Timothy crossed the line in third in a time of 22.21s to automatically go through to the final. In the final Timothy again showed his finishing strength coming home quickly in a time of 21.79s for 5th in Australia.

Lachlan Waldron was throwing in very hot conditions into a big headwind on Saturday afternoon, Lachlan got his competition off to a confident start with his first round throw of 38.65m. Two of Lachlan's four throws were to be further than he'd thrown in any other meet and his best throw in round three of 40.77m was a new PB and new Ryde Best Performance on record by two metres that placed Lachlan 11th overall.

Georgia Phillips competed U17W 2000m Steeplechase and quickly moved herself to run with the front pack of around six runners and by the end of the first lap was in 5th position overall holding down the bronze position for the U17 age group in a time of 7m 19.84s which was a new personal best time.

Daniel Cox competed in the U14M Pole Vault and had clear rounds over 1.90m, 2.05m and 2.20m. After a first round failure at 2.35m Daniel found himself in new PB and new Best Performance by a Ryde athlete of 2.35m when he vaulted it on his second attempt. Daniel finished 5th overall in Australia, a huge achievement for someone who has been vaulting for less than a year.

Brendan Mannasz competed in the U18M High Jump and was to have his best meet of 2022. Brendan was to finish with a new Personal Best height and Ryde Best Performance on record for U18 & U20 & Open athlete of 2.05m. Brendan took home the silver medal for this excellent result.

40. The Hunters Throwers Club Meet

At the Hunters Throwers Club Meet on the 22nd December Ryde was represented by **Lachlan** and **Caitlin Waldron**.

Lachlan got the 4kg Shot Put out to 10.90m on his fifth throw. In the Discus Lachlan threw 42.51m. In the Javelin Lachlan landed out at 38.85m on his round four throw. Caitlin was moving up a weight in the Shot Put and landed the 4kg out to 9.32m. In the Discus Caitlin was just 3cm short of her PB with her best throw of 32.47m.

41. NSW Milers Meet Series III.

Axel Bruntsch was our sole representative at this meet on the 22nd December ran 55.01s for the 400m.

42. Illawong High Velocity Meet

At the Illawong High Velocity meet on the 7th January Ryde had four sprinters competing in windy conditions. **James Woods** put in a PB performance running his first sub 12 second 100m in a time of 11.85s. **Noah Lopata** was only 1/100th second behind in 11.86s. **Timothy Forster** also ran a PB of 11.00s in the 100m. **Aiden Wright** was chasing a national qualifier in the 200m to add to his 400m NQ. In 3.9m wind, Aiden stopped the clock at 23.32s to claim his second NQ. **James Woods** in his second run of the afternoon ran a time of 25.08s in the 200m.

43. 2023 NSW Illawarra Track Challenge

At the 2023 NSW Illawarra Track Challenge, Ryde had 3 competitors.

James Woods ran a good 400m finishing in a time of 56.47s. In the 100m, James ran 12.08s.

Yahya Ali competed in the heats of the U16M 60m State Championships. Yahya placed 13th overall in a time of 8.43s.

Georgia Phillips was having her first run of the new year in the women's 3000m event where Georgia finished in a time of 11m 07.46s.

44. Cathy Freeman Shield Meet

At the Cathy Freeman Shield Meet held on the 14th January in Brisbane we were represented by **Timothy Forster**. Running in a combined Opens/U20 110m hurdles event, Timothy finished in 14.84s. Timothy ran a time of 11.30s in the 100m.

45. Narrabeen Pole Vault Competition

At the Narrabeen Pole Vault Meet held on the 21st January Ryde had three vaulters competing.

Steve Barlow finished with a best vault of 2.80m, **Daniel Cox** with 2.00m and **Claudia Barlow** with 2.20m.

46. Campbelltown Sprints Meet

At the Campbelltown Sprints Meet held on Sunday 29th January, **Georgia Phillips** was Ryde's sole representative. Georgia made her 400m H debut finishing in a time of 73.33s. In the 2000m Steeplechase Georgia was first across the line in a time of 8m 31.43s.

47. The ACT U20 Championships & associated events

At the ACT U20 Championships Ryde was represented by 4 athletes.

Sophie Kavanagh produced a consistent set of jumps (5.47m, foul, 5.49m, 5.40m, 5.63m, 5.44m) in winning the U20 Women's Long Jump with her season's best leap of 5.63m.

Timothy Forster won the U20 110m hurdles by over a second when he stopped the clock in a new PB and Ryde Best Performance on record time of 14.10s. In the U20 100m heats Tim was third in his heat in a new PB time of 10.88s, just missing out on the final by 1/100th of a second. In the heats of the 200m Tim was 2nd in his heat in a time of 22.07s. Unfortunately, an ankle problem saw Tim withdraw from the final.

In addition to the U20 and Open Championships, ACT Athletics also hosted some non-championship events. In the 100m H (84cm) **Daniel Cox** finished just 0.04s off the NQ when he ran an equal PB time of 16.48s. In the 200m hurdles, Daniel was just outside his PB when he finished with 31.97s. **James Woods** finished with three new PB times. In the 100m hurdles James ran over a one second PB to finish with 16.07s. In the 200m hurdles James was under the National Qualifying time with a time of 30.01s. In the 100m James dipped under 12s for the second time finishing just off his PB with a time of 11.94s. In the 400m James again took a second off his PB time when he clocked 55.23s.

48. NSW Milers III Meet

At the NSW Milers III Meet held on the 2nd February Ryde was represented by **Vili Lewanavanua** in the Long Jump and **Adam Bruntsch** in the Open 1500m A Race.

Vili leapt an impressive 5.31m with no wind assistance in the Open Long Jump. Adam was to finish 8th overall in the Open 1500m A Race with a time of 4m 06.50s.

49. ANSW Masters State Championships

At the ANSW Masters State Championships held at Campbelltown the weekend of the 4-5th February, Ryde was represented by seven athletes. These athletes were to win 8 gold, 6 silver and 2 bronze medals.

Steve Barlow got things off to a golden start with an early Saturday morning win in the 50-54yrs Pole Vault at 2.70m. Steve also competed in the 50-54yrs Long Jump and started with his best jump of the morning of 3.91m which was to place him 5th. In the timed finals of the 50-54yrs Men's 400m Steve was third home in his timed final and 8th overall in a time of 70.63s. In triple jump Steve finished with 8.90m placing him just out of the medals in fourth spot. In Discus Steven won the bronze medal in a count back with a distance of 26.99m. Steve's final event was the Shot Put where he placed 4th with 6.98m.

Mat Woodhouse made his presence felt in the heats of the 45-49yrs 100m with a sizzling run of 12.18s to qualify second fastest for the finals. In the final Mat dead heated in a time of 11.94s for Mat's first gold medal of the morning.

In his Long Jump Mat was to again win gold, when he leapt 5.59m. This jump was so good it was the best Long Jump by any male jumper in any age group over the weekend. Mat was back out on the track in the 110m hurdles to win his third gold of the day in a time of 17.30s. In the triple jump Mat was again to win gold with his opening leap of 11.81m

Robert Hanbury-Brown also started the weekend with gold, winning the Mens 65-69yrs Hammer Throw . All Robert's throws put him in medal contention but it was his fifth-round throw of 35.89m that sealed the gold medal. In the 65-69yrs Javelin Robert took the early lead and held it until the final round where he was to finish with the silver and a best throw of 31.44m. In the 9.8kg weight in the 65-69yrs event. Robert was in the silver medal spot all the way to finish with 13.12m. In Shot Put Robert produced a final round best throw of 10.10m to move him from third to second place. In the Discus Robert was again to secure a silver medal, improving with every valid throw to finish with 33.81m.

Nick Pawsey secured the silver medal in the 45-49yrs Long Jump on his fifth jump of 4.93m. In his High Jump event Nick was to go one better, winning gold with a clearance of 1.50m

Simon Bergfield competed in the 60-64yrs Javelin and got off a good set of throws finishing with a season's best of 27.82m and 5th in State. In Shot Put Simon finished in 5th place with 8.48m. In Discus Simon threw a season's best throw of 27.98m to finish just out of the medals in 4th.

Cameron Smith was making his ANSW debut in the 50-54yrs Discus. Cameron's best throw of 26.99, saw him tie third but be relegated to fourth on a countback. In the Shot Put Cam was to finish two spots better with a silver medal winning throw of 9.02m.

Andrew Atkinson-Howatt won the 65-69yrs Javelin on his final throw of 31.92m. Andrew also picked up the bronze medal in the Discus with a throw of 32.35m.

50. ANSW State 5000m Championships

At the Warm Up events held in conjunction with the ANSW State 5000m Championships on the 11th February Ryde was represented by 4 athletes.

Daniel Cox competed in the pole vault and vaulted an equal PB of 2.35m. Daniel then went on to also achieve a national qualifier in the 100m hurdles, a time of 16.41s to come in 0.03s under the national qualifying time.

In the Open 800m we had three competitors on the track. **Adam Bruntsch** finished with the best time of the three, stopping the clock at 1m 57.55s for a season's best. **Ashton Hanna** ran 1m 59.79s. **Axel Bruntsch** ran a big personal best and an U16 national qualifying time when he finished in 2m 03.07s.

51. NSW Throwers Club

At the **NSW Throwers Club meet** held at SOPAC on Sunday 12th February Ryde was represented by 3 throwers.

Eloise Stewart added over 13 metres to her bronze medal winning throw from the 2022 NSW All Schools with her final round throw of 32.57m.

Jess Johnston set a new Ryde best performance on record for the U18 Hammer Throw with her best throw of 42.38m. In the Discus Jess's second round throw was her best landing at 40.45m. In the Shot-Put Jess threw 12.10m and in the Javelin Jess landed four of her throws over the 35m mark with her best throw measured at 36.39m.

Lachlan Waldron threw at SOPAC in the Shot Put and Javelin. Lachlan's finished with a best throw of 39.91m in Javelin. In the Shot-Put Lachlan's final throw of 11.60m was his best.

52. NSW Milers IV series

At the NSW Milers IV series held at Bankstown on the 13 February we were represented by **Ben Prosenko** making his debut run in the U16 2000m Steeplechase. Ben finished 6th with a time of 7m 42.66s.

53. Campbelltown High Velocity Meet

At the Campbelltown High Velocity Meet on the 19th February Ryde was represented by 5 athletes.

Georgia Phillips cleared the bar at 1.50m in High Jump. In the U18 400m hurdles Georgia finished with a NQ time of 68.68s.

Kaitlyn Martin was also under the NQ time in the 400m hurdles with a time of 70.58s.

Ruby Worrell came home with the 18th fastest time of the afternoon, 12.54s in the Open Women's 100m.

Noah Lopata finished in a time of 12.16s in the 100m and in the 200m Noah's time was 24.81s.

Daniel Cox competed in the U16 200m Hurdles and took over a second off his PB to finish with a time of 30.41s. under the NQ time.

54. 2023 ANSW Junior State Championships

The 2023 ANSW Junior State Championships were held at SOPAC from the 25th-27th February and Ryde was represented by 42 athletes.

Timothy Forster ran a new Ryde Best Performance of Record and PB time of 14.06s in the U20 110m hurdles just 0.03s off gold. In the U20 100m heats Tim was second across the line in 11.13s and missed the final by just 1/100th sec and placed 12th overall.

Jacqueline Pawsey placed 10th in the U13 Long Jump with 3.90m. In the U13W 80m hurdles Jacqueline finished just out of the medals in 4th place in a time of 14.81s. In her 400m final Jacq ran a time of 70.05s to place 8th. In the triple jump Jacqueline jumped 9.31m to finish 6th.

Sophie Kavanagh competed in the U20 Long Jump where she jumped 5.45m in the second round to win the bronze medal.

Alexander Evans started with the Gold winning throw of 11.12m (20.74%) in the U15M Para Discus. In the U15 100m PARA final Alexander finished in a time of 16.37s (63.90%) to win silver. In the U15 Long Jump PARA ambulant. Alex finished with his best jump of 2.66m (34.73%) to claim the gold medal.

Brendan Mannasz was to place 4th in the U20M High Jump with 1.85m

Nathan Barbara set a new national record and won the gold in the U17 Para Discus with his throw of 17.26m (66.18%). In the U17M Para Shot Put, Nathan threw 4.86m (38.76%) to not only win Nathan the bronze medal but also secure his second Australian record of the weekend.

Jess Johnston contested all four throws event over the weekend. In the U17 Javelin, Jess's first throw of 32.92m put her straight into the bronze medal position. Jess improved on her distance to end up with 35.74m and the bronze medal. In the U17 Hammer Throw Jess's first round throw of 45.31m moving her straight to the silver medal position. A final round massive throw of 47.15m saw Jess add nearly 5m to her Ryde Best Performance on Record and PB distance and give her a second medal of the day, a silver. In the U17 Shot Put final Jess finished with 11.63m to claim 5th spot. In the Discus event Jess produced a throw of 40.36m in round three to clinch the silver medal.

Rhys Chandler was making his ANSW debut and placed 2nd in the U14M 3000m walk in a time of 19m 08.59s.

Jess Koussas finished just out of the medals in fourth with her first-round throw of 31.76m in the U16 javelin.

Lewis Wong competed in the U16 100m hurdles final to finish 8th in 15.93s. In the U16 200m hurdles Lewis finished in a time 29.03s and placed 6th overall in the final.

Daniel Cox placed 4th the U15 100m hurdles heats in a new PB time of 15.80s. Daniel had to run his hurdles final in the middle of the High Jump. Daniel got easily over the bar at 1.40m but by the time he returned the bar had moved up to 1.55m. Daniel gave it his best shot but it was just a bit too far out of reach and he finished in 7th place. In the hurdles final Daniel was 7th in a new PB time of 15.45s. In the U15 Pole Vault, Daniel claimed the silver medal when he cleared the bar at 2.20m. In the U15 200m hurdles, Daniel placed 2nd in his heat and 6th overall in a new PB time of 30.21s. in the 100m heats Daniel was in heat three and finished 11th in 13.34s and placed 33rd overall.

Bella Fraser competed in the U13 80m hurdles and placed 5th in as time of 16.48s.

Chloe McGregor contested the U14 400m and placed 6th in her heat in a time of 70.39s.

Ellie van der Poorten competed in the heats of the U16W 400m and came home in a time of 70.72s to place 9th in her heat.

James Woods competed in the heats of the 400m and secured himself third place, a spot in the final and a national qualifying time and new PB of 53.68s. In the final, James crossed the line in 5th place in a new PB time of 53.01s. Competing in the 100m heats James placed 6th in his heat and 19th overall in a time of 11.88s. In the 200m heats James ran a time of 24.19s in heat two to place 11th overall.

Aiden Wright took control of his heat of the U16 400m to win in a time of 53.18s to automatically qualify for the final. In the final Aiden finished first in a time of 50.74s to break the Ryde Best Performance on record for 15yrs which had stood since the 1999/2000 season. In the 200m heats, Aiden finished 3rd in 23.74s to qualify for the final. In the final

Aiden claimed 5th spot in a new PB time of 23.30s.

Isaac Siebert finished 6th in his heat and 17th overall in the U17 400m heats in a time of 56.45s. In his 1500m Isaac finished in a time of 4m 36.75s to place 21st. In the 800m timed finals Isaac was to place 6th when he finished in a time of 2m 09.15s and 14th overall.

Ruby Worrell was the fastest qualifier for the final of the U18 400m in a time of 58.20s. In the final Ruby was to win the silver medal in 56.49s, just 7/100th sec off gold.

Oliver Tsang competed in the U16M High Jump and finished with 1.55m and equal 11th at State.

Ratu Viliame Lewanavanua won the U15 High Jump. Coming into the event at 1.60m, Vili had clear rounds all the way through to and including 1.75m to win the gold medal. In the triple jump Vili produced a leap of 12.33m to win the gold medal. In the 100m heats Vili finished in a time of 12.67s to place 6th in his heat and 23rd overall. In the U15M Long Jump Vili's leap of 5.55m was to seal third position for Vili and the bronze medal.

Eloise Stewart finished with the bronze medal and a 32.75m throw in the U14 Hammer Throw .

Ben Prosenko competed in a big field in the final of the U15M 3000m and ran a 22 secs PB to finish 14th at State in a time of 10m 53.60s. In the U15 2000m Steeplechase, Ben finished in 9th place in 7m 48.62s.

Julian Smith ran his first sub 10 minutes 3000m in a time of 9m 59.39s to place 9th in the U16 event. In the 1500m, Julian was to finish 9th in place in a time of 4m 35.26s.

Georgia Phillips placed 10th in the U18W 3000m final in a time of 11m 07.90s. In the U18W 2000m Steeplechase Georgia finished in a time of 7m 47.66 and 4th place.

Owen Chandler competed in the U17 triple jump and produced two 12m plus jumps to finish in 7th place at State with a new PB of 12.34m. In Long Jump Owen managed a best jump of 5.76m to place him 7th at State.

Noah Lopata in a big field for the heats of the U17 100m placed 6th in a time of 12.02s to finish 21st overall. In the 200m heats Noah finished 7th in a time of 24.79s.

Nicholas Woodhouse competed in the U18M 2000m Steeplechase and finished in a time of 7m 32.26s to place 6th.

Maddison Duncombe competed in heats of the U18 100m and placed 7th in a new PB time of 13.17s to finish 12th overall. In the U18 Shot Put Maddie finished 5th with 10.38m. In her Discus, Maddison's second-round throw of 33.59m saw her finish in the bronze medal position.

Zara Pawsey competed in the U16 Pole Vault Zara and cleared 2.20m to take home the bronze medal.

Lachlan Waldron competed in the U16 Javelin and landed a new PB in the final round of 41.92 m to move him from third to second place overall. In the Discus Lachlan's best throw was a new PB of 43.07m to place 7th.

Elysha Pawsey competed in the U18 Pole vault and finished with a best effort of 2.00m and just out of the medals in 4th.

Owen Trinh ran in heat two of the U14 100m and crossed the line in first place in 12.44s to qualify for the final. In the final Owen finished in 12.43s and win the bronze medal.

Mikayla Duncombe represented Ryde in the U15W Shot Put final and threw 9.96m to place 7th. In the Discus Mikayla started with her best throw of 30.02m to place 8th in the final.

Emilia Webb ran in heat one of the U15W 100m and finished in a time of 13.93s to place ninth in her heat and 28th overall. In the U15W triple jump, Emilia was to finish 9th with 10.20m. In the U15 High Jump Emilia was 10th with 1.35m.

Calan Hahlos ran a time of 12.56s to place 7th in his heat and 20th overall in the U15 100m. In the 200m heats Calan finished in 25.51s to place 4th in heat and 16th overall.

Caitlin Waldron competed in the U20 Shot Put, Caitlin's best throw was in round 5, 9.64m to place 7th. In Discus Caitlin finished in 5th place in the U20W with her final round throw of 30.95m.

Yahya Ali competed in the heats of the U16 100m and placed 2nd in his heat in a time of 11.39s to qualify for the final. Yahya was unlucky to miss out on a medal, when he placed 4th in the final in a time of 11.40s.

Andrew Kalos competed in the U17 Javelin and finished with a best throw of 43.73m in round two to place 6th overall.

Adam Bruntsch ran in the first and fastest heat of the U20 1500m to finish in a good time of 4m 00.23s to place 7th overall. In the U20M 3000m Steeplechase, Adam lead from the start and was to finish in a time of 9m 40.17s for the gold medal

Ashton Hanna led the second heat off for the first couple of laps in the U20 1500m and finished in a time of 4m 18.43s and 20th overall. In the U20M 3000m Steeplechase Ashton placed 5th in a time of 10m 24.41s.

Axel Bruntsch competed in the first timed final of the U16M 800m. Axel was to smash his PB time when he nudged the 2min mark with a run of 2m 00.83s. Axel's second lap was faster than the winner's and Axel placed 5th. His new time is both an U16 and U17M national qualifier.

Oliver Smith placed 7th in a time of 4m 16.68s in the U18 1500m. In the 800m timed finals Oliver was to be the last Ryde athlete on the track for the 2023 Juniors. Oliver finished in 2m 04.47s to place third is his final and 10th overall.

55. Athletics NSW Open and U23 Championships

At the Athletics NSW Open and U23 Championships held at SOPAC from the 3rd to 5th March Ryde was represented by 3 athletes.

Adam Bruntsch competed in the heats of the Open 1500m and ran a personal best time when he raced under 4 minutes for the first time. Adam finished 8th in his heat and 22nd overall in a time of 3m 59.51s.

Sophie Kavanagh had a good meet out in a hugely talented field in the Open Women's Long Jump. Sophie's season's best opening jump of 5.76m was just 2cm off her PB and saw Sophie place 7th in the final.

Jessica Johnston competed in the Open Women's Discus throw where her first round throw of 41.54m put her in 9th place.

56. NSW Milers Meet

At the NSW Milers Meet held at Bankstown on the 9th March Ryde had two young athletes competing. **Ben Prosenko** placed 11th in the U16 2000m Steeplechase in a new PB time of 7m 34.42s. **Axel Bruntsch** ran in the Open B Race where he finished in a fast time of 2m 02.27s.

57. Gosford Throwers Club

Mikayla Duncombe competed at the Gosford Throwers Club on the 9th March and had an excellent meet. In the discus Mikayla threw a new PB competition throw and national qualifying throw of 34.07m to claim a spot on the NSW team for nationals. In the shot put, Mikayla was equally impressive getting out a 10.76m throw in round two.

58. NSW Masters State Throws Pentathlon

At the NSW Masters State Throws Pentathlon **Robert Hanbury-Brown** was to claim the silver medal with a total score of 3123 points. Robert's individual results were;

Shot Put	Hammer	Discus	Javelin	Weight
9.77m	36.11m	33.09m	29.17m	13.93m
668	635	564	505	741

59. 2023 Masters National Athletics Championships

The Australian Masters Athletics Championships were held at SOPAC from the 10th to 13th March and Ryde was represented by 10 athletes.

Shane da Silva placed 4th in his heat and 9th overall in the Mens 50-54yrs 60m in a time of 8.39s. In his Long Jump event Shane started with three 4m plus jumps, his best jump being 4.61m which was to place Shane in the bronze medal position. In Shane's final event, the High Jump Shane cleared 1.45m to win his second bronze. Australian Masters was Shane's first seniors' competition and he won two bronze medals.

Mathew Woodhouse won the 45-49yrs 400m hurdles in a perfectly executed run that saw him take the lead in the straight and hold it across the line in a time of 60.68s. In his heat of the 100m, Mat came home first in a new Ryde Best Performance on record of 11.77s and qualified fastest for the final. In the final Mat won silver in a time of 11.70s, again lowering the Ryde Best Performance on Record. In his Long Jump event Mat moved himself into the bronze position with his final, and best jump of 5.81m.

Mat was called up as a member of the NSW Masters 180yrs+ 4 x 100m relay team where he ran a strong second leg. The team came home with the gold medal and broke the 24-year-old NSWMA State Record when they ran a time of 45.68s just 0.68s outside the national record.

Mat's final run was to be during the Sydney Track Classic after he qualified to compete in the Masters Champion of Champions 100m event which saw the top eight 100m runners from all the Masters 100m compete in a handicap race. Running off the back handicap of 9.1m Mat finished in 3rd place in a time of 10.70s. Mat had finished the Championships with two gold, one silver and two bronze medals. An excellent result.

Robert Hanbury-Brown was to finish with a silver medal and three bronze medals from his six events. In the 65-69yrs Hammer Throw, Robert's third throw of 35.16m won him the silver medal. In Shot Put Robert was to finish with his best throw (9.95m) for fourth place. In the Weight Throw (9.08kg) Robert was to finish 3rd with a best throw of 14.85m. In the Discus throw Robert moved into the bronze position on round one with his throw of 32.63m and retained that spot throughout but improved his distance with a fifth throw of 34.50m. In his Javelin event **Robert** improved three metres over his six throws to finish with his best throw in the final round of 32.68m just out of the medals in fourth spot. In Robert's final event, the throws pentathlon Robert finished with the bronze medal and 3035 points. His individual results were;

Shot put	Hammer	Discus	Javelin	Weight
9.49m	36.26m	32.60m	28.59m	13.20m
645	648	554	492	696

Andrew Atkinson-Howatt's first event was the 65-69yrs Discus where he finished in 7th place with a best throw of 30.04m. In Javelin, **Andrew**, with his throw of 34.90m was the leader until round five. In round five though another thrower moved in front and Andrew finished with the silver medal.

Cameron Smith competed in the 50-54yrs Hammer throw. Cam got five of his six throws out in the field, and his best opening throw of 25.47m won Cameron the bronze medal. In his Shot-Put Cameron was to improve over his six throws to finish with a final best throw of 8.97m to place 4th. In Discus Cameron finished with a new PB distance of 27.72m to place 5th.

Simon Bergfield competed in the 60-64yrs Shot Put where his second round throw of 8.33m was to place him 10th overall. In his Javelin event, Simon's best throw came in round two, 24.47m to secure him 8th. In Discus Simon improved across the rounds with his final throw moving him up two spots to finish 8th in Australia with 26.72m.

Nick Pawsey competed in the 45-49yrs Long Jump and High Jump. In the Long Jump, Nick jumped five of his six jumps over the five-metre mark, finishing with a new personal best on his final jump of 5.45m and 5th place

in Australia. In High Jump Nick was to finish just 5cm off a gold medal when he cleared the bar at 1.55m to take the silver.

Jon Baker competing in the hottest part of the afternoon in the 54-59yrs 3000m Steeplechase finished just out of the medals in 4th place in a time of 13m 22.03s.

Suzanne Gore competed in the 60-64yrs 5000m and was to finish in a new Ryde Best Performance on record time of 25m 11.16s to place 5th in Australia in the 60-64yrs event.

Steven Barlow had to wait for the final day to compete in the 50-54yrs Pole Vault. Steve finished with a new PB of 2.90m along with the gold medal.

60. The Sydney Track Classic

The Sydney Track Classic held on Saturday 11th March at SOPAC and a number of our Ryde Athletes competed in the Schools Relay event.

Competing in the Boys Relays as members of the team from Ryde Secondary College were **Yahya Ali** and **Aiden Wright**. Running the two last legs of the relay the boys did a great job in securing their team the 3rd place in the event in a time of 44.35s.

Two teams from Riverside Girls competed in the girls relay teams and all the members were Ryde Athletes. Riverside's "A" team was **Mahli Jabre, Zara Pawsey, Charli Nagle, and Ruby Collins**. In Riverside's B team, the runners were **Chloe McGregor, Jacqueline Pawsey, Mataya Jabre, and Ella McGregor**. Both teams did their school and club proud being the only non-private school or specialist sports high school in the event. The A team placed 5th in 53.24s and the B team were in 8th place in 57.37s.

61. Little Athletics NSW State Championships

At the Little Athletics NSW State Championships held at SOPAC from the 18th-19th March there were 39 Ryde Seniors competing – 32 representing Ryde Little Athletics and 7 representing North Rocks Carlingford Little Athletics. Special mention to the medallists from that weekend.

Representing Ryde Little Athletics

- **Nathan Barbara** silver in both the U15-17B multi-class discus and shot put.
- **Axel Bruntsch** bronze in both the U15B 800m and 1500m
- **Rhys Chandler** bronze in the U13B 1500m walk.
- **MiaRose Everson** bronze in the U12 1500m walk
- **Jessica Johnston** bronze in U17G shot put and silver in discus.

Representing North Rocks Carlingford Little Athletics

- **Alexander Evans** silver in the U 13-14B Multi Class discus and bronze in the shot put
- **Hannah Lambert** gold in both the U13G high jump and triple jump
- **Matthew Lawrence** bronze in the U13B javelin
- **Ratu Viliame Lewanavanua** gold in the U14B high jump and bronze in triple jump
- **Lachlan Waldron** silver in the U15B javelin

62. Bankstown Milers VI

At the Bankstown Milers Meet held on the 23rd March, Ryde was represented by **Georgia Phillips** and **Benjamin Prosenko**.

Georgia running in the Open 400m hurdles slashed her PB race time by nearly three seconds to finish in a time of 65.76s. In the Men's 1500m D Race Benjamin bettered his seed time by ten seconds and finish in a time of 4m 57.61s.

63. Narrabeen Pole Vault Invitational

At the Narrabeen Pole Vault International held at Narrabeen on the 25th March Ryde was represented by five athletes.

Making her pole vault competition debut, **Jacqueline Pawsey** cleared 1.40m. **Claudia Barlow** finished with a clearance of 2.00m. **Zara Pawsey & Daniel Cox** both cleared 2.20m and **Steve Barlow** finished with a clearance of 2.80m

64. Campbelltown High Velocity Meet

Ruby Worrell represented Ryde at the Campbelltown High Velocity Meet held on the 25th March and in the 200m event Ruby ran a time of 25.07s.

65. Wayne Crandell Memorial Meet

Ryde had three throwers competing at the Wayne Crandell Memorial Meet held on the 25th March at Wests Athletics Club Track Wyatt Park. **Andrew Atkinson-Howatt** competed in the Open Javelin and had two 34m plus throws, his best being 34.83m in the opening round. **Lachlan Waldron** was not far off his PB with his javelin throw of 41.20m In the discus, Lachlan threw 42.22m. **Jess Johnston** started strongly with a 40.64m throw which was to be her best throw in a group of very consistent throws in the Open Discus.

66. The 100th Australian Open & U20 Track & Field Championships

The 100th Australian Open & U20 Track & Field Championships were held in Brisbane from the 30th March to the 2nd April and Ryde was represented by four athletes competing in the U20 events.

Adam Bruntsch raced in the U20 3000m steeplechase. Adam gamely took the lead for the first few laps and made the field run him down. At the finish line Adam was to place 5th in Australia in a time of 9m 41.71s.

Timothy Forster won his heat of the U20 110m hurdles in an excellent time of 14.14s to qualify for the final. In the final Timothy was to finish just 1/100th of a second off the bronze medal when he placed 4th in a time of 14.31s.

Sophie Kavanagh had an excellent meet in the U20 Long Jump and finished just out of the medals in 4th place with a leap of 5.71m. Sophie jumped consistently and all six jumps were legal.

Brendan Mannasz competed in the U20 High Jump and was cleanly over 1.85m, 1.90m and 1.95m on his first attempt but was unable to clear 2.00m. Brendan finished in 10th place in Australia.

67. The Australian Junior (Under 13 to Under 18) Track & Field Championships (including Under 15 and Under 17 Para and Under 15 to Under 18 Combined Events)

The Australian Junior (Under 13 to Under 18) Track & Field Championships (including Under 15 and Under 17 Para and Under 15 to Under 18 Combined Events) were held at the Queensland Athletics Centre, Brisbane from the 13th-16th April and Ryde Seniors was represented by 17 athletes.

Daniel Cox competed in the first round of the U15M 200m Hurdles and finished 9th in his heat in a time of 31.81s to place 24th overall. In the U15M Pole Vault, Daniel's best clearance was at the height of 2.10m and he placed 10th. In the U15M 100m hurdles heats, Daniel ran a time of 16.33s to place 7th in his heat and finish 16th in Australia.

Eloise Stewart, was our first field contestant. Eloise was holding down the bronze medal spot until the final round when another thrower bettered her. Eloise finished in 4th spot with 31.67m.

Axel Bruntsch competed in the first round of the U16M 800m. Axel took the bell in 4th spot at 59.40s and came home in 62.34s for his final lap for a time of 2m 01.74s for fifth in his heat and eleventh overall in Australia.

Zara Pawsey was also making her nationals debut but carrying an ankle injury into the U16W Pole Vault. Zara cleared 2.00m to finish in 12th place.

Yahya Ali competed in the heats of the U16M 100m. Unfortunately for Yahya, who was running in heat two, he had to pull up with about 20m to go with a pulled hamstring. As a result, Yahya was clocked at 23.31s and placed 34th overall.

Rhys Chandler was our third Ryde athlete to make his nationals debut, competing in the U14 3000m race walk. Rhys's lap times were consistent and he tucked into, and remained in 5th spot in a time of 17m 50.62s.

Ratu Viliame Lewanavanua competed in the U15M Triple Jump and was the most consistent performer in the event with every one of his four jumps registering over 12m. Vili's opening jump of 12.39m delivered him the silver medal. In the U15 high jump, Vili maintained his standing as NSW's best jumper when he finished not far off his PB with a best clearance of 1.75m for 5th in Australia. In the U15M long jump, Vili's best jump of 5.44m came in round two and was to place him 8th overall. Vili finished the Championships with three top eight places in Australia which is an outstanding result.

Lachlan Waldron competed in the U16M javelin event. In what were not ideal throwing conditions, a second round PB throw of 42.06m saw Lachlan finish in 8th spot.

Aiden Wright competed in heat three of the U16M 400m and crossed the line in 2nd place in a time of 52.46s to automatically qualify for the final. In the final Aiden finished in 7th place with a time of 52.39s. In the U16M 200m heats, Aiden stopped the clock at 24.06s to place 8th in his heat to finish 24th overall. Aiden ran the third leg of the NSW U16 4x200m relay team who won the silver medal in a time of 1m 30.95s.

James Woods also competed in the heats of the U16M 400m where he placed 6th and was just outside his PB with a time of 53.15s to place 13th in Australia.

Mikayla Duncombe threw 30.72m with her round three throw to secure her 8th place in Australia in the U15W discus.

Alexander Evans competing in the U17M Para Long Jump was to finish in 6th place with his round two best jump of 2.95m (38.51%). In the U15M discus Para Ambulant. Alexander's third round throw of 11.76m

(21.93%) landed Alexander the silver medal. In the U15M PA 100m Alexander was third across the finish line in a time of 15.73s (66.49%) and placed 5th on the adjusted results.

Ruby Worrell placed 3rd in her heat of the U18W 400m in a time of 56.77s. In the final Ruby was 8th in a time of 57.65s.

Georgia Phillips finished in a time of 67.29s to place 4th in her heat and qualify for the final of the U18W 400m hurdles. In the final, Georgia placed 7th (6th placed Australian) in a time of 68.08s.

In the final of the U17W 2000m steeplechase, Georgia maintained 7th place (6th Australian) around the laps and across the line finishing in 7m 26.77s

Jess Johnston was the U17W Australian Junior Champion in the discus event with her second-round throw of 41.31m. Jess was to withdraw from her other three throws event as a result of injury carried into the Championships.

Maddison Duncombe competed in the U18W discus where her second-round throw of 28.51m was her best throw and placed her 17th overall.

Claudia Barlow delivered a personal best vault of 2.40m to place 5th in the U17W Pole Vault.

68. The Australian University Games

The Australian University Games were held on the Gold Coast from the 19th to the 21st April and Ryde was represented by two athletes.

Adam Bruntsch was to win the silver medal in the Open Men's 3000m Steeplechase in a new personal best time of 9m 30.87s. In the Open Men's 1500m Adam ran a time of 4.01.81s to place 15th.

Caitlin Waldron competed in the Open Women's Shot Put, Discus and Javelin and placed 17th (8.44m), 17th (30.61m) and 18th (23.94m) respectively.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 16/4/23)

	<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+	Jon Baker	5:26.6h	21/22
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	Yahya Ali	23.14	22/23	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	Aiden Wright	52.96	21/22	Under 20	Harrison Wade	15:05.11	16/17
14 years	Aiden Wright	52.42	22/23	Open	Harrison Wade	15:05.11	16/17
15 years	Aiden Wright	50.74	22/23	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		<u>10,000 metres</u>		
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		<u>2000m Steeplechase</u>		
Vet 80+	Ron Wills	99.5(h)	19/20	12 years	Peter Cotton	9:17.6h	86/87
	<u>800 metres</u>			13 years	Harrison Wade	6:43.08	13/14
11 years	Will Devjak	2:19.1h	94/95	14 years	Harrison Wade	6:26.98	14/15
12 years	Benjamin Woodhouse	2:12.97	20/21	15 years	Will Devjak	6:20.1h	98/99
13 years	Jacob Leon	2:06.78	17/18	Under 18	Will Devjak	5:53.46	00/01
14 years	Jacob Leon	1:59.16	18/19	Under 20	Will Devjak	5:53.46	00/01
15 years	Michael Todd	1:55.99	07/08				
Under 18	Michael Todd	1:53.42	08/09		<u>3000m Steeplechase</u>		
Under 20	Will Devjak	1:50.3h	02/03	Under 18	Will Devjak	9:23.63	00/01
Open	Will Devjak	1:48.56	03/04	Under 20	Will Devjak	9:23.63	00/01
Vet 30-39	Greg Boyce	1:58.48	05/06	Open	Will Devjak	9:23.63	00/01
Vet 40-49	Adrian Wade	2:07.84	14/15	Vet 50+	Jon Baker	13:20.51	21/22
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				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**MEN (as at 16/04/23)**

	<u>1500 metre walk</u>				<u>110 metre hurdles</u>		
//							
11 years	David Forster	8:51.4h	82/83	Under 18	Timothy Forster	14.45	21/22
12 years	David Forster	9:00.2h	83/84	Under 20	Timothy Forster	14.06	22/23
13 years	Michael Cooper	10:35.1h	88/89	Open	Glyn Henman	16.5h	92/93
14 years	Matthew Spackman	8:49.9h	88/89	Vet 30-39	Chris Norris	19.4h	94/95
15 years	George Davis	7:35.20	18/19	Vet 40-49	Peter Collins	16.3h	93/94
Under 18	George Davis	7:38.80	18/19	Vet 50+	Peter Collins	16.7h	01/02
Under 20							
Open	Graham Walsh	6:54.0h	91/92				
Vet 30-39	Graham Walsh	7:41.9h	93/94				
Vet 40-49	John Barbuto	9:54.4h	88/89				
Vet 50+					<u>200 metre hurdles</u>		
Vet 70+				11 years	Will Devjak	33.9h	94/95
				12 years	Sam Hain	32.23	11/12
				13 years	Brian Chappell	30.6h	93/94
				14 years	Brian Chappell	26.04	94/95
				15 years	Craig Birdsall	27.39	98/00
11 years	Shannon Wolfers	20:28.8h	92/93	Under 18	Craig Birdsall	25.4h	99/00
12 years	Max Mayhew	16:41.48	19/20	Vet 40-49	John Barbuto	57.4h	89/90
13 years	Max Mayhew	16:10.55	20/21				
14 years	Matthew Spackman	16:35.0h	88/89		<u>300 metre hurdles</u>		
15 years	George Davis	16:21.07	18/19	11 years	Peter Cotton	54.6h	85/86
Under 18				12 years	Grant Mitchell	54.8h	85/86
Under 20				13 years			
Open	Graham Walsh	14:45.3h	91/92	14 years	Kevin Laws	47.5h	85/86
Vet 30-39	Graham Walsh	16:33.5h	93/94	15 years	Brian Chappell	40.45	95/96
Vet 40-49	George Parsons	21:24.0h	90/91	Under 18	Brian Chappell	39.16	96/97
Vet 50+				Vet 40-49	Peter Collins	43.9h	95/96
Vet 70+				Vet 50+	Peter McEneaney	49.9h	93/94
					<u>400 metre hurdles</u>		
11 years	Peter Cotton	15.7h	85/86	11 years	Peter Cotton	84.2h	85/86
12 years	Adam Hoey	13.47	91/92	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
12 years	Timothy Forster	14.40	17/18	Open	Brian Chappell	55.12	01/02
13 years	Brian Chappell	13.29	93/94	Vet 30-39	Ken Smith	67.6h	91/92
14 years	Brian Chappell	14.6h	94/95	Vet 40-49	Peter Collins	59.62	92/93
Vet 50+	Peter McEneaney	15.6h	93/94	Vet 50+	Peter Collins	64.5h	01/02
					<u>Multi Event</u>		
13 years	Tim Forster	15.55	18/19	15 years	Brian Chappell	4299 pts	95/96
14 years	Cameron Pappas	14.26	10/11				
15 years	John Pearce	13.57	06/07				
Under 18	Clinton McEwan	15.50	08/09				
Under 20	Warren Gray	15.5h	83/84	13 years	George Davis	1412 pts	16/17
Vet 30-39	Ken Smith	17.5h	91/92	14 years	Rory Davison	3352 pts	19/20
Vet 40-49	Peter Collins	15.2h	95/96	Under 18	Brian Chappell	5328 pts	96/97
Vet 50+	Peter McEneaney	19.47	93/94	Under 20	Brent Page	4370 pts	92/93
				Open	Brian Chin	5205 pts	93/94
					<u>Decathlon</u>		
					<u>Weight Pentathlon</u>		
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 16/04/23)

	<u>Shot put</u>				<u>Pole Vault</u>		
11 years	Ben Stevens	10.84m	16/17	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Stevens	13.58m	17/18		Michael Jones	1.80m	86/87
13 years	Andrew Kalos	12.68m	20/21	13 years	Daniel Cox	2.35m	22/23
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	3.10m	20/21
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brendan Mannasz	3.10m	21/22
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 40-49	Steven Barlow	2.72m	22/23
Vet 50+	Robert Hanbury-Brown	11.31m	10/11	Vet 50-54	Robert Hanbury-Brown	3.00m	12/13
Vet 60+	Lajos Joni	11.70m	15/16				
Vet 80+	Ron Wills	5.85m	19/20				
	<u>Discus</u>				<u>High Jump</u>		
11 years	Ben Stevens	35.25m	16/17	11 years	David Forster	1.38m	82/83
12 years	Ben Stevens	43.50m	17/18	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Ben Nogajski	1.85m	16/17
Under 18	Lloyd Parker	43.17m	06/07		Brendan Mannasz	1.85m	20/21
Under 20	Lloyd Parker	38.45m	09/10	Under 18	Brendan Mannasz	2.05m	22/23
Open	Jeff Hailey	41.32m	98/99	Under 20	Brendan Mannasz	2.05m	22/23
Vet 30-39	Jeff Hailey	41.32m	98/99	Open	Brendan Mannasz	2.05m	22/23
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 30-39	John Larkin	1.60m	95/96
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 40-49	Peter Collins	1.65m	90/91
Vet 60+	Robert Hanbury-Brown	37.09m	17/18	Vet 50+	Peter Collins	1.53m	01/02
	<u>Javelin</u>				<u>Long Jump</u>		
11 years	Ben Lawrence	22.74m	20/21	11 years	Geoff Davies	5.30m	85/86
12 years	Lachlan Waldron	31.42m	20/21	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Noah Hain	5.80m	15/16
14 years	Lachlan Waldron	40.77m	22/23	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 60+	Andrew Atkinson-Howatt	41.30m	17/18				
Vet 80+	Ron Wills	11.33m	19/20				
	<u>Hammer Throw</u>				<u>Triple Jump</u>		
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	Lachlan Waldron	19.26m	20/21	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Ben Cox	15.63m	15/16
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			
Vet 60+	Lajos Joni	43.72m	15/16				
					<u>Weight</u>		
				Vet 50+	Lajos Joni	14.53m	12/13
				Vet 60+	Lajos Joni	15.66m	15/16

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 13/04/23)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	Jamie Casaclang	13.1h	00/01	11 years	Larissa West	5.15.2h	88/89
12 years	Rachael Massey	12.96	88/89	12 years	Elizabeth Cotton	5.03.18	87/88
13 years	Annaliese Gardiner	12.36	05/06	13 years	Eliza Harvey	4.52.36	14/15
14 years	Rachael Massey	12.23	90/91	14 years	Kate Spencer	4.33.28	09/10
15 years	Rachael Massey	12.15	91/92	15 years	Kate Spencer	4.30.59	10/11
Under 18	Rachael Massey	11.87	93/94	Under 18	Kate Spencer	4.28.41	12/13
Under 20	Rachael Massey	11.85	95/96	Under 20	Kate Spencer	4.20.86	13/14
Open	Rachael Massey	11.42	99/00	Open	Maxine Poor	4.19.8h	83/84
Vet 28-34	Rachael Jackson ¹	11.96	08/09	Vet 28-34	Anne Francis	7.23.8h	88/89
Vet 35+	Rachael Jackson	12.14	11/12	Vet 35+	Suzanne Gore	5.19.51	08/09
Vet 50-59	Sue Gore	15.3h	12/13	Vet 50+	Suzanne Gore	5.34.7h	15/16
<u>200 metres</u>				<u>3000 metres</u>			
11 years	Jamie Casaclang	27.2h	00/01	11 years	Megan Cotton	12.02.7h	86/87
12 years	Jamie Casaclang	26.0h	01/02	12 years	Georgia Arcus	11.02.75	16/17
13 years	Rachael Massey	25.78	89/90	13 years	Amelie Sun	10.24.03	17/18
14 years	Rachael Massey	25.17	90/91	14 years	Kate Spencer	10.01.98	09/10
15 years	Jamie Casaclang	24.71	04/05	15 years	Kate Spencer	9.48.90	10/11
Under 18	Ruby Worrell	24.54	22/23	Under 18	Kate Spencer	9.34.63	11/12
Under 20	Vicky Piggins	24.39	94/95	Under 20	Kate Spencer	9.16.49	13/14
	Merryn Aldridge	24.39	99/00	Open	Kate Spencer	9.16.49	13/14
Open	Rachael Massey	23.62	96/97	Vet 28-34			
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 35+	Suzanne Gore	13.36.9h	08/09
Vet 35+	Rachael Jackson	25.48	11/12	Vet 50-59	Sue Gore	15.38.0h	14/15
Vet 50-59	Sue Gore	30.39	12/13	<u>5000 metres</u>			
<u>400 metres</u>				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	60-64yrs	Suzanne Gore	25.11.16	22/23
14 years	Ruby Worrell	55.35	20/21	<u>2000m Steeplechase</u>			
15 years	Ruby Worrell	57.22	21/22	11 years	Elizabeth Cotton	9.35.0h	86/87
Under 18	Ruby Worrell	54.97	22/23	12 years	Tara Vance	7.54.29	07/08
Under 20	Ruby Worrell	54.97	22/23	13 years	Tara Vance	7.38.8h	07/08
Open	Vicki Piggins	53.78	99/00	14 years	Georgia Phillips	7.29.67	20/21
Vet 28-34				15 years	Kate Spencer	6.40.92	10/11
Vet 35+	Margaret Chappell	65.8h	94/95	Under 18	Georgia Winkcup	6.43.31	14/15
Vet 50-59	Sue Gore	69.33	13/14	Under 20	Kate Spencer	6.36.69	13/14
<u>800 metres</u>				<u>3000m Steeplechase</u>			
11 years	Larissa West	2.30.97	88/89	Under 18	Kate Spencer	10.20.72	13/14
12 years	Tara Vance	2.22.58	06/07	Under 20	Kate Spencer	9.53.15	13/14
13 years	Eliza Harvey	2.17.69	14/15	Open	Kate Spencer	9.53.15	13/14
14 years	Eliza Harvey	2.11.70	15/16				
15 years	Eliza Harvey	2.14.12	16/17				
Under 18	Kate Spencer	2.11.15	11/12				
Under 20	Kate Spencer	2.11.15	11/12				
Open	Julie Schwass	2.04.87	83/84				
Vet 28-34	Anne Francis	3.10.2h	88/89				
Vet 35+	Suzanne Gore	2.33.52	12/13				
Vet 50+	Suzanne Gore	2.33.52	12/13				

¹ Rachel Massey and Rachel Jackson are the same athlete

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 13/04/23)

<u>1500 metre walk</u>				<u>200 metre hurdles</u>			
11 years	Natalie Cummings	7.38.54	85/86	11 years	Megan Cotton	35.7h	87/88
12 years	Natalie Cummings	8.21.4h	86/87	12 years	Megan Cotton	34.1h	88/89
13 years	Julie Davis	7.43.0h	82/83	13 years	Alyssa Lowe	31.71	16/17
14 years	Carolyn Little	7.56.21	91/92	14 years	Rachel Neylan	29.2h	96/97
15 years	Yvette Cotton	7.38.0h	86/87	15 years	Alyssa Lowe	29.58	18/19
Under 18	Sharon Cummings	7.19.0h	86/87	Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Sharon Cummings	7.19.0h	86/87	Under 20	Jenny Horsfield	34.2h	88/89
Open	Sharon Cummings	7.19.0h	86/87	Open			
Vet 28-34	Anne Francis	10.50.0h	88/89	Vet 28-34			
Vet 35+	Sue Curry	10.05.0h	91/92	Vet 35+	Margaret Chappell	37.3h	89/90
Vet 50-59	Sue Gore	8:45.1h	17/18				
<u>3000 metre walk</u>				<u>300 metre hurdles</u>			
11 years	Karen Hoey	16:44.4h	91/92	14 years	Rachel Neylan	45.41	96/97
12 years	Natalie Cummings	18:28.0h	86/87	15 years	Megan Cotton	44.08	90/91
13 years	Natalie Cummings	17:22.0h	87/88	Under 18			
14 years	Carolyn Little	17:13.4h	91/92	Vet 35+	Sharon Aldridge	55.3h	94/95
15 years	Sarah Kelland	17:26.72	12/13				
Under 18	Sharon Cummings	16:20.0h	85/86	<u>400 metre hurdles</u>			
Under 20	Sharon Cummings	16:20.0h	85/86	14 years	Gunilla Rupp	70.1h	84/85
Open	Yvette Cotton	15:37.6h	93/94	15 years	Tara Millgate	65.21	00/01
Vet 28-34				Under 18	Tara Millgate	60.72	01/02
Vet 35+	Sue Curry	21:10.3h	89/90	Under 20	Tara Millgate	60.41	04/05
Vet 50-59	Sue Gore	17:51.6h	20/21	Open	Tara Millgate	60.41	04/05
				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				
Vet 50-59	Sue Gore	37.29.3	21/22				
<u>80 metre hurdles</u>							
11 years	Kate Harvey	14.83	86/87				
12 years	Alyssa Lowe	13.76	15/16				
13 years	Annaliese Gardiner	12.59	05/06				
Vet 35+	Sharon Aldridge	14.2h	94/95				
<u>90 metre hurdles</u>							
13 years	Alyssa Lowe	14.57	16/17				
14 years	Alyssa Lowe	13.31	17/18				
15 years	Zoe Warland	13.27	17/18				
<u>100 metre hurdles</u>							
15 years	Alyssa Lowe	14.39	18/19				
Under 18	Alyssa Lowe	14.15	19/20				
Under 20	Rasvinder Gill	14.62	04/05				
Open	Lyndall Garling	14.12	83/84				
Vet 28-34							
Vet 35+							

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 13/04/23)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Hannah Lambert	1.50m	22/23
12 years	Chiara Lillis	10.46m	16/17	12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Jessica Johnston	12.27m	20/21	13 years	Alexandra Church	1.72m	97/98
14 years	Maddy Bergfield	12.08m	10/11	14 years	Alexandra Church	1.74m	98/99
15 years	Jessica Johnston	13.32m	22/23	15 years	Alexandra Church	1.74m	99/00
Under 18	Maddy Bergfield	13.10m	13/14	Under 18	Alexandra Church	1.82m	01/02
Under 20	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Open	Alexandra Church	1.82m	01/02
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94	Vet 35+	Margaret Chappell	1.35m	90/91
Vet 50-59	Sue Gore	6.63m	18/19				
<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	Jessica Johnston	41.70m	21/22	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	39.46m	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	Jessica Johnston	42.06m	22/23	Under 20	Megan Cotton	4239 pts	93/94
Under 18	Jessica Johnston	47.15m	22/23	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				12 years	Jacqueline Pawsey	1.40m	22/23
Vet 35+	Helen Searle	44.00m	96/97	13 years	Johanna Volos	2.90m	12/13
				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

From the 2021/22 season best performances on record are based on the athlete's age at 31st December in the year of the performance. This brings it into line with ANSW & AA rules.

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 2022 – 2023

<u>GIRLS</u>				<u>BOYS</u>			
<u>100 Metres</u>				<u>100 Metres</u>			
Under 12	Lisa Farmer	13.9	1992	Under 12	Daniel Bowtell	13.7	2012
Under 13	Rachael Massey	13.4	1988	Under 13	Gareth Smith	13.2	1993
Under 14	Rachael Massey	13.1	1989	Under 14	Sam Hain	12.2	2012
	Jamie Casaclang	13.1	2002				
	Alyssa Lowe	13.1	2016				
Under 15	Rachael Massey	12.8	1990	Under 15	Brian Chappell	11.9	1994
Under 16	Jamie Casaclang	12.3	2004	Under 16	John Pearce	11.4	2006
Under 18	Rachael Massey	12.1	1992	Under 18	John Pearce	11.0	2008
Under 20	Vicky Pigginn	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+	Nick Pawsey	13.5	2022
Vet 50+	Sue Gore	15.3	2012	Vet 55+	David Teo	15.7	2022
<u>200 Metres</u>				<u>200 Metres</u>			
Under 12	Lisa Farmer	30.0	1993	Under 12	David Forster	29.7	1982
Under 13	Jamie Casaclang	27.1	2001	Under 13	Antonia Galati	28.2	2009
Under 14	Rachael Massey	27.8	1989	Under 14	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 Pigginn	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+	Nick Pawsey	26.6	2023
Vet 50+				Vet 50+	Voitek Klimiuk	29.2	2011
				Vet 70+	Ron Wills	37.0	2013
				Vet 80+	Ron Wills	47.6	2021
<u>400 Metres</u>				<u>400 Metres</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 Pigginn	62.2	1994	Under 20	Patrick Kelland	54.2	2013
Open	Tara Millgate	62.8	2006	Open	Will Devjak	53.8	2006
Vet 30+	Margaret Chappell	68.3	1992	Vet 30+	Greg Boyce	54.1	2006
Vet 40+				Vet 40+	Adrian Wade	57.8	2014
Vet 50+	Sue Gore	72.3	2012	Vet 50+			
<u>800 Metres</u>				<u>800 Metres</u>			
Under 12	Megan Cotton	2:33.0	1987	Under 12	Will Devjak	2:28.2	1994
Under 13	Jamie Casaclang	2:35.4	2001	Under 13	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+	Jon Baker	2:44.3	2022
				Vets 70+	Ron Wills	3:15.8	2013
				Vets 80+	Ron Wills	4:58.0	2021

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2022 – 2023**

GIRLS

<u>1500 Metres</u>			
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
<u>1500m Walk</u>			
Under 12	Natalie Cummings	8:14.5	1985
Under 13	Natalie Cummings	8:42.6	1986
Under 14	Sarah Kelland	9:00.2	2011
Under 15	Carolyn Little	8:02.8	1981
Under 16	Yvette Cotton	8:22.0	1986
Under 18	Sharon Cummings	7:32.6	1986
Under 20	Yvette Cotton	8:16.4	1990
Open	Yvette Cotton	8:24.4	1991
Vet 30+			
Vet 40+	Sue Gore	10:15.8	2007
Vet 50+			
<u>80m Hurdles</u>			
Under 12	Elizabeth Cotton	15.1	1987
Under 13	Elizabeth Cotton	14.5	1988
Under 14	Margaret Hamilton	13.7	1982
Vet	Roslyn Mitchell	15.9	1986
<u>90m Hurdles</u>			
Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984
<u>100m Hurdles</u>			
Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Lynda Calder	19.7	1991

BOYS

<u>1500 Metres</u>			
Under 12	Adam Bruntsch	5:00.9	2015
Under 13	Harrison Wade	4:41.6	2012
Under 14	Harrison Wade	4:43.0	2013
Under 15	Adam Bruntsch	4:39.6	2018
Under 16	Harrison Wade	4:27.3	2014
Under 18	Will Devjak	4:17.4	2000
Under 20	Will Devjak	4:16.7	2002
Open	Brad Adams	4:22.2	1992
Vet	Paul Sampson	4:43.5	2002
Vet 40+	Adrian Wade	4:32.8	2014
Vet 55+	David Teo	6:50.9	2022
<u>1500m Walk</u>			
Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	George Davis	9:07.1	2016
Under 15	Christian Millgate	8:03.0	2005
Under 16	George Davis	8:11.6	2018
Under 18	George Davis	8:06.67	2019
Under 20	Patrick Kelland	10:26.2	2013
Open	Graham Walsh	6:59.6	1991
Vet	Graham Walsh	7:14.5	1992
Vet 40+	Peter Davis	11:04.0	2017
Vet 50+	Voitek Klimiuk	10:47.9	2011
<u>80m Hurdles</u>			
Under 12	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
Under 13	Adam Hoey	13.7	1991
<u>90m Hurdles</u>			
Under 14	David Forster	15.4	1984
<u>100m Hurdles</u>			
Under 18	Chris Butt	15.7	1983
Under 20	Warren Gray	15.5	1983
<u>110m Hurdles</u>			
Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2022 – 2023

GIRLS

Javelin

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

Discus

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	Jessica Johnston	36.44m	2022
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

Shot Put

Under 12	Jessica Johnston	8.85m	2019
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Jessica Johnston	11.11m	2022
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+			

Hammer

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	Jessica Johnston	39.79m	2022
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

Javelin

Under 12	Benjamin Lawrence	22.74m	2021
Under 13	Lachlan Waldron	30.22m	2021
Under 14	Andrew Kalos	35.83m	2021
Under 15	Andrew Kalos	39.70m	2022
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 65+	Andrew Atkinson-Howatt	32.78m	2023
Vet 70+	Ron Wills	16.64m	2013
Vet 80+	Ron Wills	11.30m	2021

Discus

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 40+	Andrew Atkinson-Howatt	35.87m	2006
Vet 50+	Robert Hanbury-Brown	37.36m	2010
Vet 60+	Robert Hanbury-Brown	38.64m	2020
Vet 65+	Robert Hanbury-Brown	32.57m	2022

Shot Put

Under 12	Ben Nogajski	8.23m	2013
Under 13	Lachlan Waldron	9.08m	2021
Under 14	Andrew Kalos	12.68m	2021
Under 15	Andrew Kalos	12.22m	2022
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 65+	Robert Hanbury-Brown	10.11m	2022
Vet 70+	Ron Wills	6.23m	2013
Vet 80+	Ron Wills	5.25m	2021

Hammer

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 40+	Andrew Atkinson-Howatt	29.63m	2006
Vet 50+	Lajos Joni	38.83m	2014
Vet 60+	Lajos Joni	40.05m	2016
Vet 65+	Robert Hanbury-Brown	34.43m	2022

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2022 – 2023**

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+	Nick Pawsey	5.14m	2022
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 2022 – 2023

From the 2022/23 season club records are based on the athlete's age at 31st December in the year of the performance. This brings it into line with ANSW & AA rules. 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 and can only be set by Ryde athletes registered as a Ryde member with Athletics NSW.

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