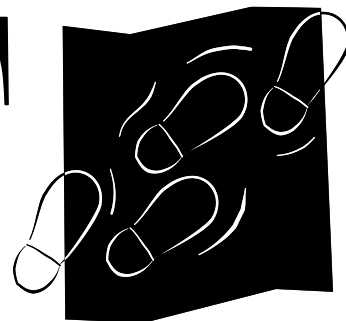




FOOTPRINT



Senior Division NSW All Schools 12-15yrs Oct '23

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

NSW All Schools 12-15yrs

It was a terrific three days to finish off the NSW All Schools in the new format they trialled this year. There were plenty of personal best performances, qualifying times and medals over the three days.

Medallists from the three days were;

Hannah Lambert, winning all three 12yrs jumps

Zara Pawsey – silver 15yrs pole vault

Josh Smith – silver 15yrs 200m

Rhys Chandler – silver 13yrs 3000m walk

Brendan and brother **Brian Lim** both winning silver in, respectively the 14yrs and 12yrs javelin.

Eloise Stewart – silver 13yrs hammer throw

John Lawson – silver 15yrs triple jump

Axel Bruntsch – bronze 15yrs 800m

Daniel Cox – bronze 14yrs pole vault

Lewis Wong – bronze 15yrs 200m hurdles

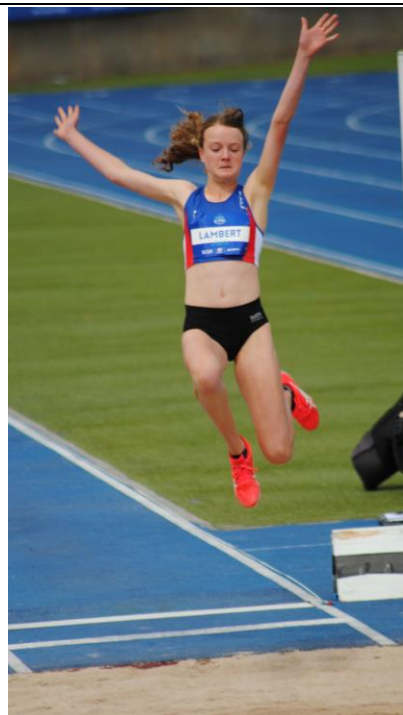
Alexander Evans – bronze Para 12-14yrs long jump

Jessica Koussas – bronze 15yrs javelin

First and second place getters in all events except for the 12yrs age group get to advance to the Australian All Schools and join our qualifiers from the 16-19yrs NSW All Schools held two weeks ago. We wish the following athletes every success at the Australian All Schools in Perth in December

- **Zara Pawsey** U16 Pole Vault
- **Josh Smith** U16 200m
- **Eloise Stewart** U14 hammer throw
- **Brendan Lim** U15 javelin
- **Rhys Chandler** U14 3000m walk
- **John Lawson** U16 triple jump
- **Nathan Barbara** U17 PARA discus & shot put
- **Claudia Barlow** U17 pole vault

Full report starts on page 5.



Above three time gold medallists Hannah Lambert - 12yrs long jump, high jump & triple jump



Ryde Senior Athletics, not just for kids!

We would love to see more parents sign up and join Ryde Seniors. There is plenty of competition on across Sydney most weekends and even some week nights. Track events are seeded so you will run against people of similar ability and be able to challenge yourself to improve your times. There are plenty of field events on offer as well. The choice is yours to do as many or few events as you wish.



If your kids are doing Ryde Seniors then you can both be competing at the same competitions, rather than sitting on the side.

We have a track coach who can work with you to help improve your fitness and set some targets for the season.

Ready to join? Then click on the QR code below to register with Ryde Seniors

For athletes aged 30 and over, Masters athletics offers its own state and national championships and last year our Ryde athletes were well among the medals across the track and in the field. Our masters field teams in cross country, track relays and throw relays and working with others in a team is a great way to get back into athletics. Ask any of our masters members and they will tell you how much they enjoyed their season and to sign up, give it a go.

For registration enquiries please contact Chris at christine@geneville.com.au and for membership enquiries Chris at christinebruntsch@iinet.net.au

READY, SET, GO! HAVE YOU JOINED RYDE SENIORS YET? THE CALENDAR IS UP. LOADS OF EVENTS FOR YOU TO DO OVER SUMMER. TIME TO TURBO CHARGE YOUR SEASON - BUT YOU HAVE TO REGISTER FIRST!

SEPTEMBER

- 23-25 NSW ALL SCHOOLS CHAMPIONSHIPS 16-19YRS SOPAC
- 23-25 NSW PRIMARY SCHOOL CHALLENGE 10-13YRS SOPAC

OCTOBER

- 4 ONLINE REGISTRATION OPENS FOR RYDE SENIORS WHO WERE REGISTERED IN 2022/23 SEASON
- 6-8 NSW ALL SCHOOLS CHAMPIONSHIPS 12-15YRS SOPAC
- 14 ANSW TRELOAR SHIELD ROUND 1 SOPAC
- 15 RYDE SENIORS CLUB CHAMPIONSHIPS DAY 1, DUNBAR PARK 9.15AM START
- 21 TRELOAR SHIELD ROUND 2 & STATE 10000M BANKSTOWN
- 23 ANSW SCHOOLS CHALLENGE (HIGH SCHOOL TEAMS) SOPAC WARM UP TRACK
- 25-26 NSWPSSA TRACK & FIELD CHAMPIONSHIPS - SOPAC
- 28 ANSW TRELOAR SHIELD ROUND 3 - CAMPBELLTOWN

NOVEMBER

- 4 ANSW 3000M STATE CHAMPIONSHIPS ES MARKS
- 11 ANSW TRELOAR SHIELD ROUND 4 MINGARA
- 18-19 ANSW STATE RELAYS - (SELECTED RYDE SENIOR MEMBERS FROM U10 UP) SOPAC
- 23-27 SCHOOL SPORTS AUSTRALIA (PRIMARY SCHOOL) CHAMPIONSHIPS) - 10-12YRS) LAUNCESTON
- 25 ANSW TRELOAR SHIELD ROUND 5 & 10000M WALKS CHAMPIONSHIPS SOPAC

DECEMBER

- 2 ANSW TRELOAR SHIELD ROUND 6 - SOPAC
- 8-10 AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS PERTH
- 16 ANSW TRELOAR SHIELD FINAL - SOPAC
- 23 ALBIE THOMAS MILE - BANKSTOWN

JANUARY

- 20 BUNNINGS FUNDRAISING BBQ - GLADESVILLE
- 27-28 COMBINED CHAMPIONSHIPS - SOPAC

FEBRUARY

- 10 5000M STATE CHAMPIONSHIP -SOPAC
- 17-18 ANSW SYDNEY NORTH REGIONAL CARNIVAL U8-U12 ATHLETES BANKSTOWN (NOTE THIS IS NOT THE LITTLE ATHLETICS REGIONAL CARNIVAL)
- 18 BUNNINGS FUNDRAISING BBQ - GLADESVILLE

MARCH

- 2-3 ANSW MASTERS STATE CHAMPIONSHIP -VENUE TBC
- 7-10 JUNIORS STATE CHAMPIONSHIPS (12-19YRS) - SOPAC
- 14-17 ANSW OPEN CHAMPIONSHIPS -SOPAC
- 14-17 ANSW YOUTH CHAMPIONSHIPS - SOPAC

29-1 APR

AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - HOBART

APRIL

- 11-19 ATHLETICS AUSTRALIA CHAMPIONSHIPS (TIMETABLE TBC - OPEN AND UNDER 20 AGE GROUPS WILL BE HELD OVER THE FIRST FOUR DAYS, WITH THE JUNIOR AGE GROUPS HELD OVER THE LAST 5 DAYS.) ADELAIDE

For registration enquiries please contact Chris at christine@geneville.com.au and for membership enquiries Chris at christinebruntsch@inet.net.au

ANSW WILL ADD MORE EVENTS DURING THE SEASON THE FULL DETAILS OF WHICH YOU CAN FIND ON THEIR WEBSITE .

Want to know more about Ryde Seniors?



Want to register with Ryde Seniors? *Registration is now open*



Want more information on the ANSW events?





Want to test yourself against Ryde Seniors Club Records? Then sign up and join Ryde Seniors for the 2023/24 season and come and compete at Day 1 of our Ryde Senior Club Championships on Sunday 15th October commencing 9.15am, Dunbar Park.

Girls	100m	400m	1500m	Hammer	Long Jump	Discus
U12	13.9s	71.6s	5.20.7s	15.54m	4.51m	23.45m
U13	13.4s	64.5s	5.29.6s	27.73m	4.66m	33.14m
U14	13.1s	62.2s	5.14.5s	36.27m	4.65m	26.44m
U15	12.8s	61.5s	5.08.0s	22.82m	5.10m	31.73m
U16	12.3s	60.0s	4.55.4s	39.79m	5.53m	36.44m
U18	12.1s	59.4s	4.42.0s	38.34m	5.93m	39.35m
Boys	100m	400m	1500m	Hammer	Long Jump	Discus
U12	13.7s	62.4s	5.00.9s	16.27m	4.74m	26.16m
U13	13.2s	63.4s	4.41.6s	22.90m	4.91m	33.13m
U14	12.2s	57.2s	4.43.0s	23.39m	5.26m	33.25m
U15	11.9s	55.5s	4.39.6	27.20m	5.57m	41.23m
U16	11.4s	55.6s	4.27.3s	29.92m	6.16m	43.66m
U18	11.0s	53.3s	4.17.4s	36.78m	6.38m	34.19m

Ryde Senior Club Championships is held twice a year for Ryde Athletes who have registered with Athletics NSW as a Ryde Senior Athlete. Ryde Little Athletes can register as a Ryde Senior for \$40 and compete not only at Ryde Club Championships but at Athletics NSW events all over Sydney during summer. Look in your Ryde Little A Registration Pack for more details .



Full Senior Club Records including U20 to Masters and the records for the events held on day 2 of the Club Champs can be found in the Annual report - access it via the QR code to the right.

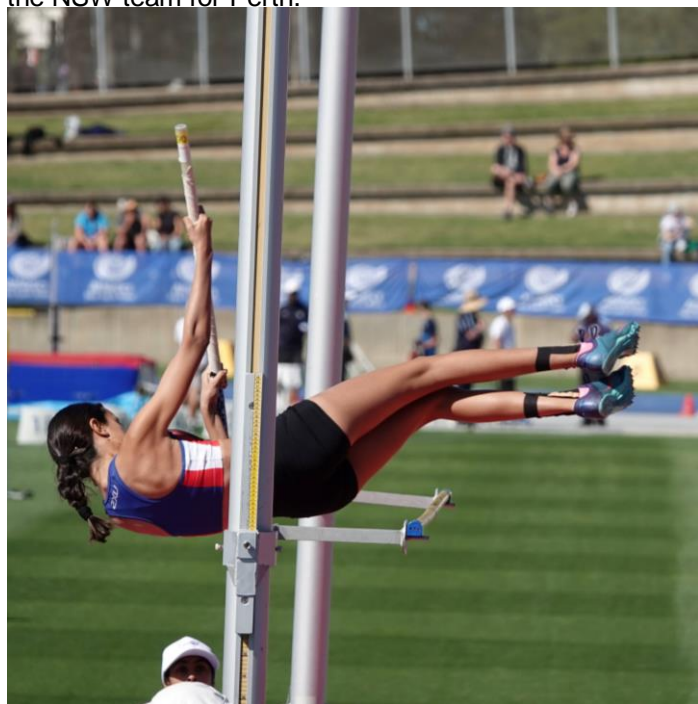
The Athletics NSW All Schools Track and Field Championships 12-15 years

The Athletics NSW All Schools Track and Field Championships 12-15 years was held at SOPAC from 6th-8th October and 30 Ryde athletes were there representing their high schools.



First out in the field was **Alexander Evans** (Arden) competing in the first of his five events, the 12-14yrs PARA Shot put. Alexander (T/F13) finished with his best throw in round four of 4.35m (26.43%) for 6th place.

Zara Pawsey (Riverside) was competing in the 15yrs Pole Vault and got over 2.15m and 2.35m with only one miss. After that Zara had to work hard to clear the heights and made it over both 2.45m and a new personal best of 2.55m on her third attempts. Great to see Zara doing so well after injuries had slowed her training and competition down and her 2.55m clearance scored her a silver medal and a spot on the NSW team for Perth.



First out on the track were the hurdlers with **Lewis Wong** (Carlingford High) competing in the 15yrs 100m hurdles.

Lewis competing in heat two was to place third and finish in a time of 14.86s to qualify him for the final. In the final Lewis was to improve on his time with a run of 14.75s to place 6th in the State.

Daniel Cox (EBHS) had already achieved the NQ time for the 100m hurdles for the Australian Championships next year with his time at NSWCHSSA. In his heat of the 14yrs 100m hurdles Daniel finished in 4th place in another national qualifying time of 15.21s to go through to the final. In the final, coming straight from the Pole Vault Daniel was to place 10th in 16.11s.



Jacqueline Pawsey was our final hurdler of the morning when she lined up for the final of the 12yrs 80m hurdles. Jacqueline got off to a good clean start, picking up pace along the way and was to place 5th in a time of 14.67s.



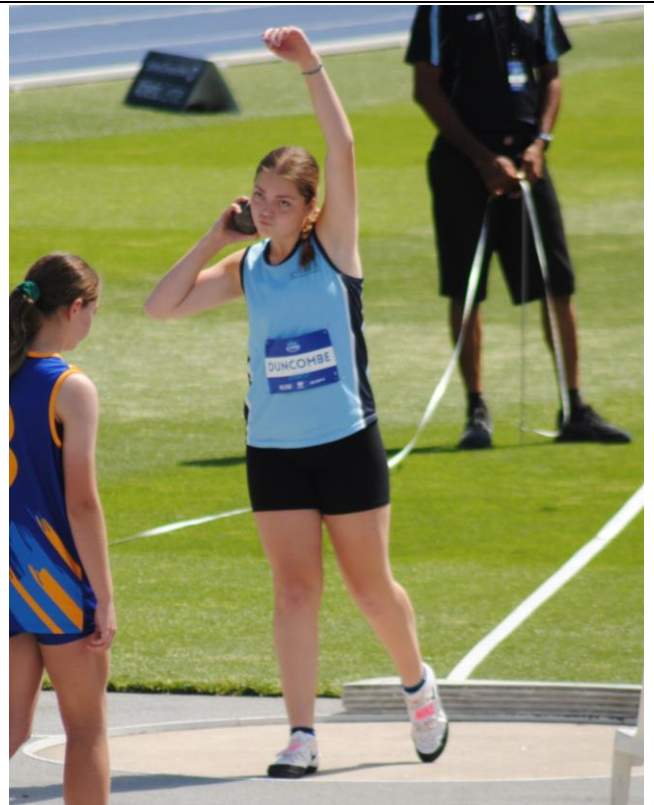
Two of our gun throwers were next out in the field.

Lachlan Waldron (Marist Eastwood) was competing in the 15yrs discus and **Mikayla Duncombe** (Riverside) in the 14yrs shot put. Lachie's series of throws saw him move from 7th to 6th and then 5th in the final round when he unleashed a massive PB throw and Ryde best performance on record throw of 49.02m.

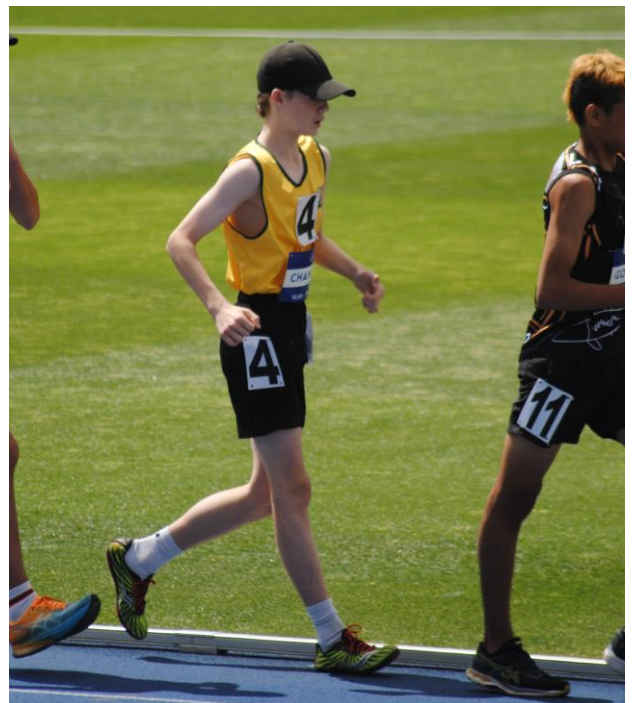
Mikayla's opened with a very good throw of 10.92m but was not able to improve on that over her next three throws to end up in 8th place in the state.



Rhys Chandler (EBHS) was our only competitor in the walks over the three days, competing in the 13yrs 3000m walk. Rhys's lap time settled in around 2m 23 for the final 4 laps and Rhys was third across the line in his age group in a time of 17m 15.42s. As happens in the walks, one of the other walkers in front of him was disqualified and Rhys was to finish with the silver medal and a spot on the NSW team.



Top left Jacqueline & below left Lachlan. Above Mikayla and below Rhys.



Ambrose Feng (EBHS) was the first of our high jumpers, jumping in the 14yrs boy's high jump. Unfortunately Ambrose was not able to clear his opening height of 1.45m and finished with a NH.

Daniel Cox was back for his second event, the 14yrs boys pole vault. Daniel got cleanly over the heights of 2.00m and 2.30m but could not quite get the clearance at 2.55m to take home the bronze medal.



The 400m heats were next up on the track and like all the sprint events of the championships, the fields were to be large.

In the 15yrs boys 400m Ryde had three competitors – **Josh Smith** (Kings), **James Woods** (EBHS) and **Aiden Wright** (Ryde Secondary).

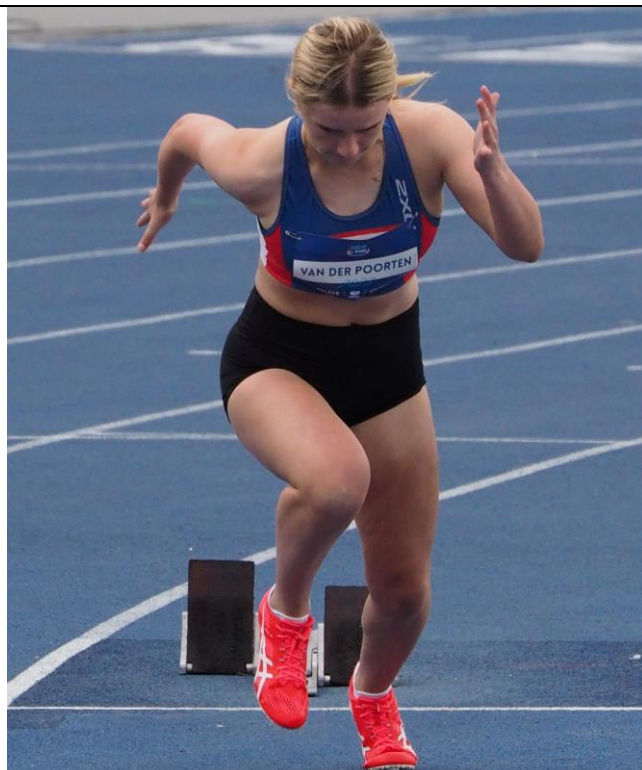
Josh had already secured himself a spot at the 2024 Australian Track & Field Championships when he ran a qualifying time for the U17B 400m hurdles at the NSW All Schools 15-19yrs two weeks prior. In his heat Josh powered out and around the field and crossed the line in second place in a time of 50.80s, in the fastest heat. Josh was unfortunately disqualified for a lane infringement (TR 17.3.1) at the very start of the race.



James Woods was one of Ryde's biggest improvers over the 2022-23 season and had opened this season with a silver in the 400m at NSWCHSSA. In the same heat as Josh and racing the national bronze medallist in this event, James took off well and around the final bend James was picking off places to hit the straight in third. James crossed the line third in a huge personal best time of 50.98s. This time is a national qualifier for both U17 and U18's for 2024. With Josh's disqualification James moved into second place and clocked the second fastest time of the heats.

Aiden Wright had broken the Northern Zone 15yrs 400m record in July so was another to have posted a fast time this season. At the first bend Aiden started to accelerate down the back straight and into the final straight had comfortably moved himself into second place and held that across the line to finish in a time of 52.36s. However, Aiden was also to be disqualified for a lane infringement.



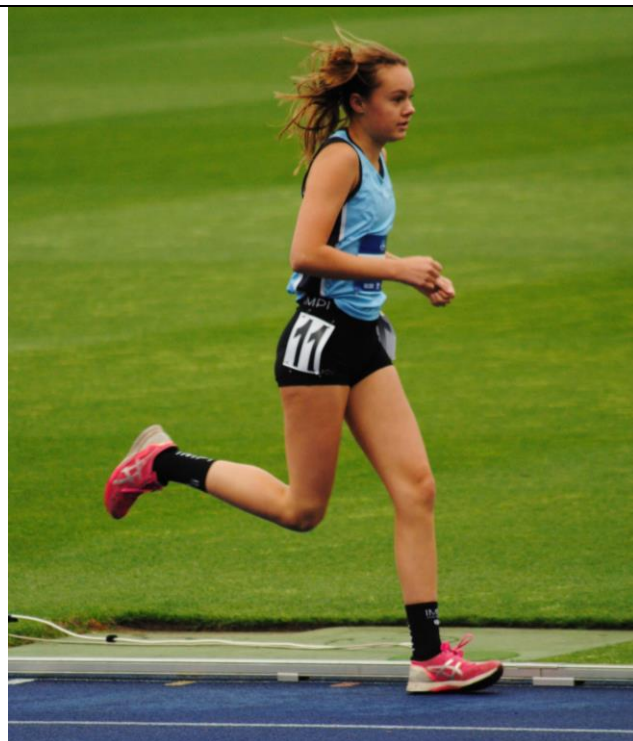


Ellie Van Der Poorten (Riverside) was our final 400m runner of the day in the 15yrs 400m heats. Ellie (above) improved on the time that she ran at All Schools last year to finish in a time of 69.77s to place 6th in her heat.

Jessica Koussas (Ryde Secondary) competed in the first of her three field events, the 15yrs discus. As can happen in throws, Jess did not have her best day in the circle, recording two fouls and a distance of 22.18m for 13th.

Emilia Webb (Hunters Hill) was to contest all three jumps over the three days and opened well with good clearances over 1.35m and 1.40m in the 14yrs high jump. Emilia (below) was to finish with a best height of 1.45m and was just scrapping the bar at 1.50m to place 10th overall.

John Lawson (Concord High) was competing at his first NSW All Schools. In the 15yrs high jump, with first timer nerves perhaps getting the better of him, John was unable to clear his opening height of 1.65m.



Alexander Evans (T/F13) was back for his second throws event of the competition, the 12-14yrs PARA discus. Alexander improved across his four throws, to finish with his best throw of 14.51m (27.07%) in round four to place him just out of the medals in fourth spot.

Mikayla Duncombe was to compete in her second event of the day, the 14yrs discus. Mikayla had three 30m plus throws to finish with 32.13m for 6th place. Mikayla had thrown almost six metres more than she had at the 2022 All Schools.

Our final three competitors of the day were **Ella McGregor** (Riverside), **Axel Bruntsch** (EBHS) and **Julian Smith** (Marist Eastwood) in the timed finals of the 15yrs 1500m.

Ella (above) had kept fit in the off season with cross country, culminating in running at the NSW All Schools Cross Country Championships in July. In the 1500m Ella ran consistent lap times that saw her place 10th in her timed final and 22nd overall in a time of 5m 56.14s, five seconds faster than her time at the same event last year.

Julian, another big improver last season did not get away that fast on the first lap but moved through the field with every lap to come home in his fastest lap of 67.86sec to place third in his timed final and 12th overall in a time of 4m 23.50s. This time was 18 seconds faster than Julian had run at the 2022 All Schools.

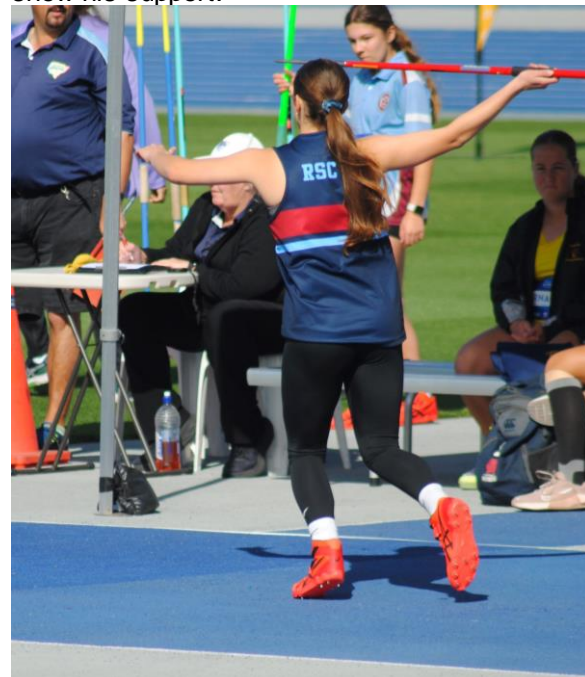
Axel Bruntsch's focus had moved more to focus on the 800m where he had got his time down to under two minutes but as with most middle distance runners, the 1500m was still on race list. In the fastest of the timed finals Axel was ninth as the race went past the post for the first time, slowly moving through the field to 6th at the 700m mark from where he made his move to break away from the pack and was out in third by the 1000m and at the bell. It looked like Axel was set for third when



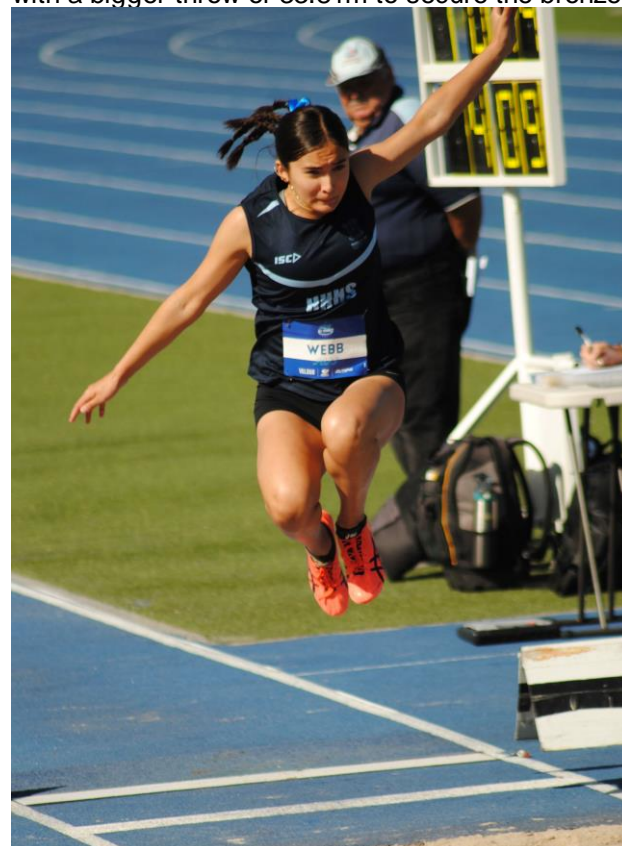
a fast moving runner caught him in the back straight and Axel was fourth hitting the straight. Having finished fourth last year in the event, Axel surged again to move wide and around the athlete and back into third and was gaining on the silver medallist when he crossed the line in a new personal best time of 4m 10.72s for bronze.



Watching Axel and Julian run was **Ben Woodhouse** who was to miss these championships as he recovered from illness. It was great to see Ben out there cheering his running mates home. Athletics may be thought of as a sport for individuals but so many friendships are forged out on the track and in the field. We wish Ben a speedy and full recovery and thank him for coming along to show his support.



Day two saw five Ryde athletes straight out into the field. **Jess Koussas** was out for her second event the 15yrs javelin. Jess got a good throw of 32.65m to move her into third in the third round to make the top eight and get an extra throw. In the final round another thrower bumped Jess down to 4th place before Jess responded with a bigger throw of 33.81m to secure the bronze.



Emilia Webb was competing in a field of 36 girls for the 14yrs long jump that had to be run across two of the long jump pits. Emilia was to jump consistently with her first round jump of 4.38m landing her 28th overall.

Two of our three competitors in the 12yrs high jump – **Hannah Lambert** (Muirfield) and **Isabella Koussas** (Ryde Secondary) were making their All Schools debut and were joined by **Jacqueline Pawsey** for her second day of competition.

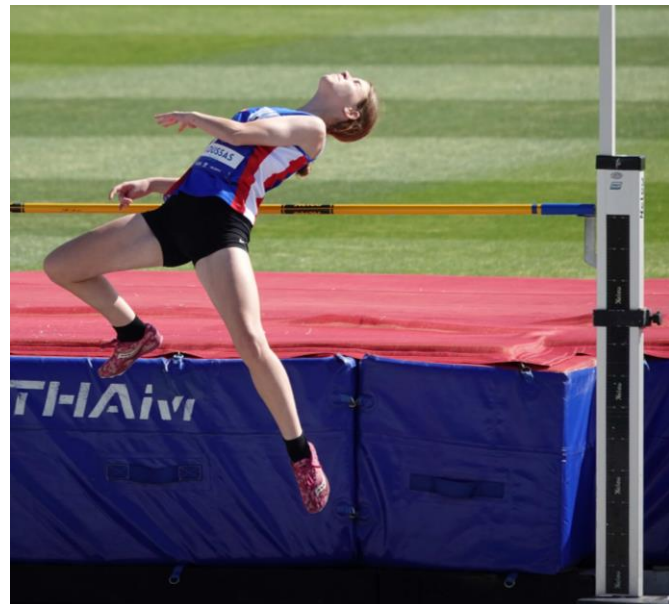


Hannah (above) had won this event at the NSWCHSSA in a national qualifying leap of 1.58m and again put in a great performance with first time clearances from 1.25m through to 1.50m. At 1.53m Hannah was the only competitor left in the competition and cleared it on her second attempt for the gold medal.



Jacqueline (above) who had PB'd at the NSWCHSSA and just missed a medal on countback there had first time clearances at 1.25m to 1.35m. A second time clearance at 1.40m was to see Jacqueline left in the final group of four but she could not quite clear the bar at 1.45m and

finished in fourth spot. **Isabella** (below) was to finish just inside the top 8 at state with her seventh place and a best clearance of 1.30m.



James Woods was out to contest his first NSW All Schools final, the 15yrs 400m. Having placed 14th overall the previous year in a time of 56.56s, James had already blasted past that with his heat time of 50.98s. James got away well and held his form down the back straight and around the bend. As the boys turned into the straight James was in fourth spot and held that across the line in the second fastest time he'd ever run of 51.66s. To jump ten spots and improve his PB by over 6.5 sec is a huge achievement in just twelve months.





Lachlan Waldron (above) was out for his pet event the 15yrs javelin throw. With the wind swirling inside the arena Lachlan got a throw of 42.85m out in round two to move into third place. Lachie was not able to improve on that distance and was to place fourth overall.

Out on the track the massive heats of the 100m were to commence with fields ranging into 50+ competitors so securing a final spot was going to be a challenge.

First out were **Owen Trinh** (Sydney Boys high) and **Cameron Leung** (Kings) in the heats of the 13yrs boys. **Owen** had distinguished himself at AAGPS Track and Field Championships when he broke the 13yrs boys 100m record as well as winning the 200m. Cameron had not been far behind placing third in both events.

Cameron did not get the fastest of starts but was catching up down the straight to place 4th in his heat and 14th overall in a time of 12.78s.

Owen ran in heat two and was up quick out of the blocks and second down most of the straight until he eased past another runner to take the automatic qualifying spot for the final in a time of 12.31s.

In the final in a fast finishing race, Owen was just overtaken within the last ten metres to finish 4th in state in a time of 12.02s.

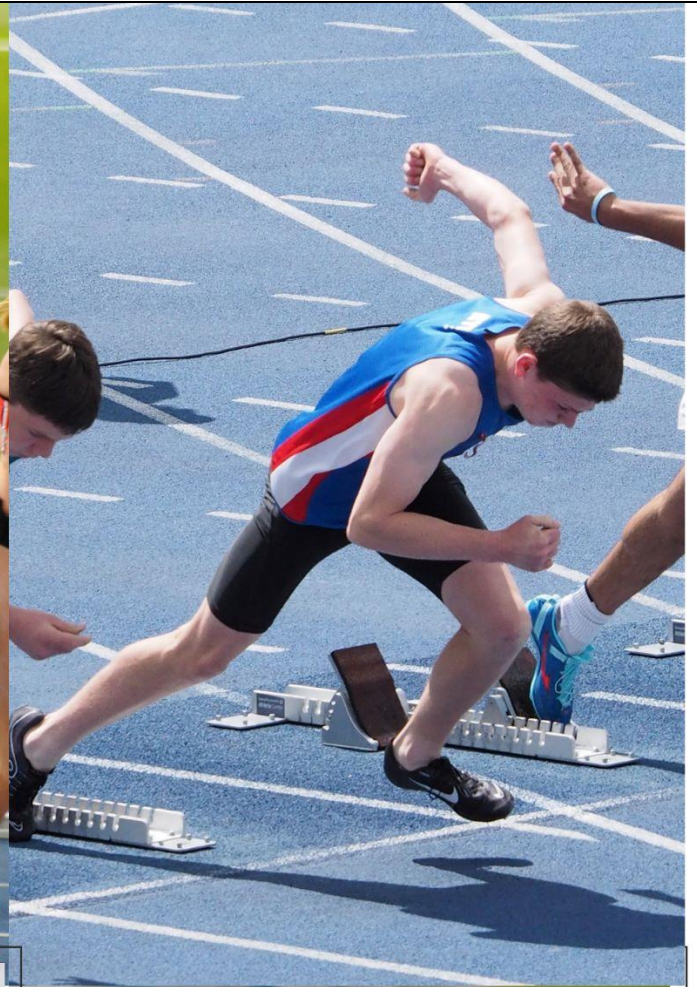
Emilia Webb having spent the morning at long jump competed in heat of the girls 100m heats. Emilia ran a time of 14.10s to place 9th in heat five and 38th overall.

Calan Hahlos's (Hunters Hill) competition did not get off to the best start when a timing failure meant that the boys were recalled to rerun the race after no results could be recorded. Calan who had proved himself a strong 400m runner when he ran a national qualifying time at NSWCHSSA, was to place 3^d in his heat and 19th overall in a time of 12.39s.



Above Cameron and below Owen in the 100m 13yrs





The heats of the 15yrs 100m was to see six of Ryde's fastest boys on the start lists. Unfortunately, injury meant that we were not to see **Yahya Ali** or **James Woods** make the start line.

Lewis Wong was 7th in his heat and 30th overall in a time of 12.35s. **Aiden Wright** ran a time of 12.32s to place 6th in his heat and 26th overall. **William Perry** (St Pat's Dundas) was to run a time of 12.78s to finish 44th overall.



Above William Perry 15yrs 100m

Josh Smith ran in heat three of the 15yrs 100m and placed third in his heat in a time of 11.68s to pick up a non-automatic qualifying spot for the final. In the final held later that afternoon, Josh was to improve on that time with a run of 11.59s to place 8th.

Meanwhile on the track two long jump competitions were underway.

Hannah Lambert, Jacqueline Pawsey, and Isabella Koussas were back for their second jumps competition of the day, the 12yrs long jump.

Jacqueline leapt out to 4.09m on her first jump and was to place 10th overall. **Isabella** also broke the 4m mark with her second round jump of 4.02m to place just behind Jacqueline in 11th spot.

Hannah was to lead from her very first jump of 4.80m and was to hold that lead through the following 53 jump across the field of 16 jumpers. In the penultimate jump of the competition, the second placed jumper, Sanjana Iyer, recorded 4.81m to just pass Hannah. Hannah then also leapt 5.81m to then claim the title on count back to her second best jump. A truly exciting jumps competition and Hannah's second state title of the championships.

Alexander Evans (T/F13) was back for day two, and after a strong day one in the field, was up in the final of the 12-14yrs PARA 100m. Alexander got away well and ran across the line in a time of 15.72s (66.54%) to finish 5th overall.

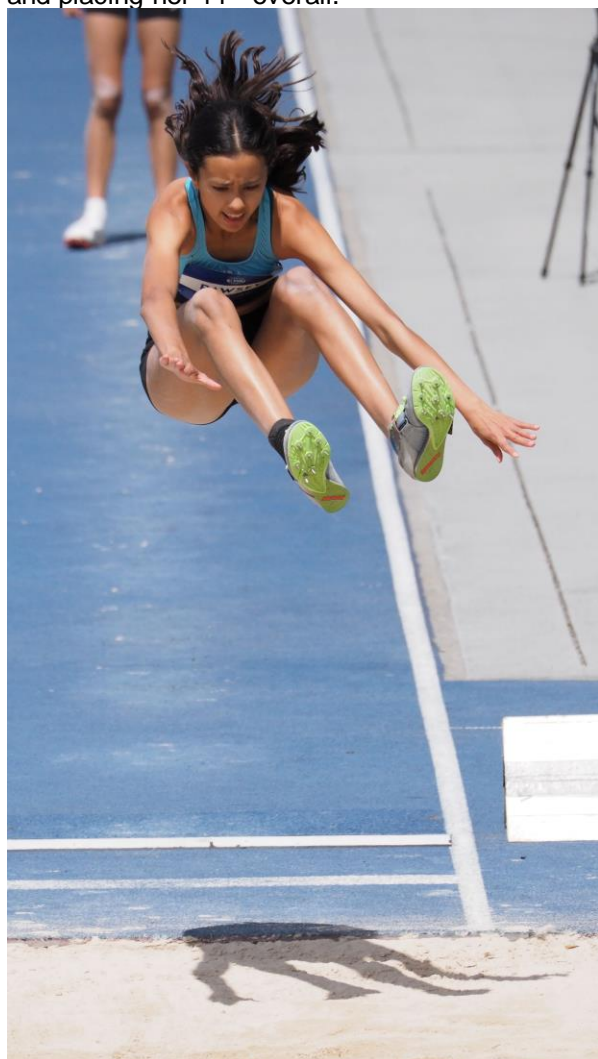


Above Jacqueline, Isabella and Hannah all competed in the 12yrs long jump.

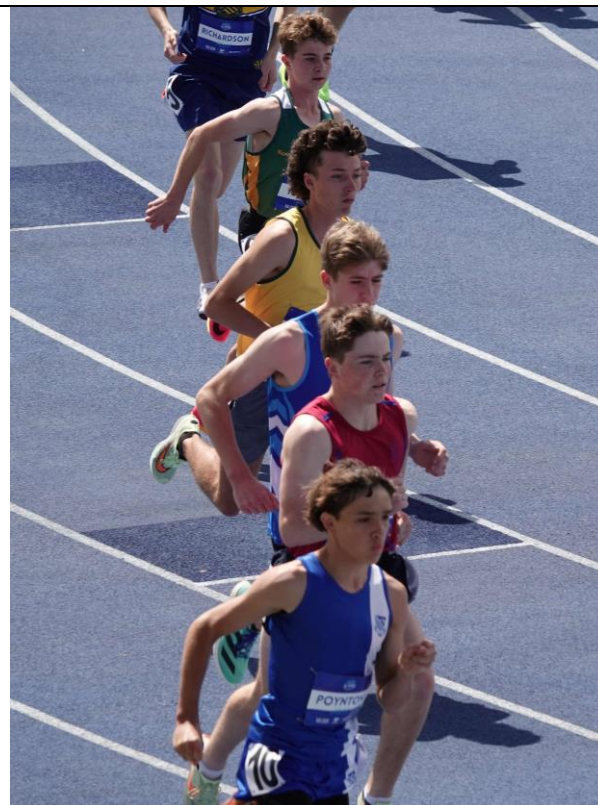


Above Alexander in the 100m final 12-14yrs PARA.

Zara Pawsey was among 23 athletes competing in the 15yrs long jump final. Zara's jumps only varied by 8cm with her best leap of 4.82m coming in the second round and placing her 11th overall.



Zara was back in the field for the 15yrs high jump. Zara had a strong competition with clean rounds all the way through from 1.30m, returning to equal personal best territory with a clearance at 1.50m to place 5th, just one clearance out of medal contention.



After a personal best and a bronze medal on day one, **Axel Bruntsch** was back for the heats of the 15yrs 800m.

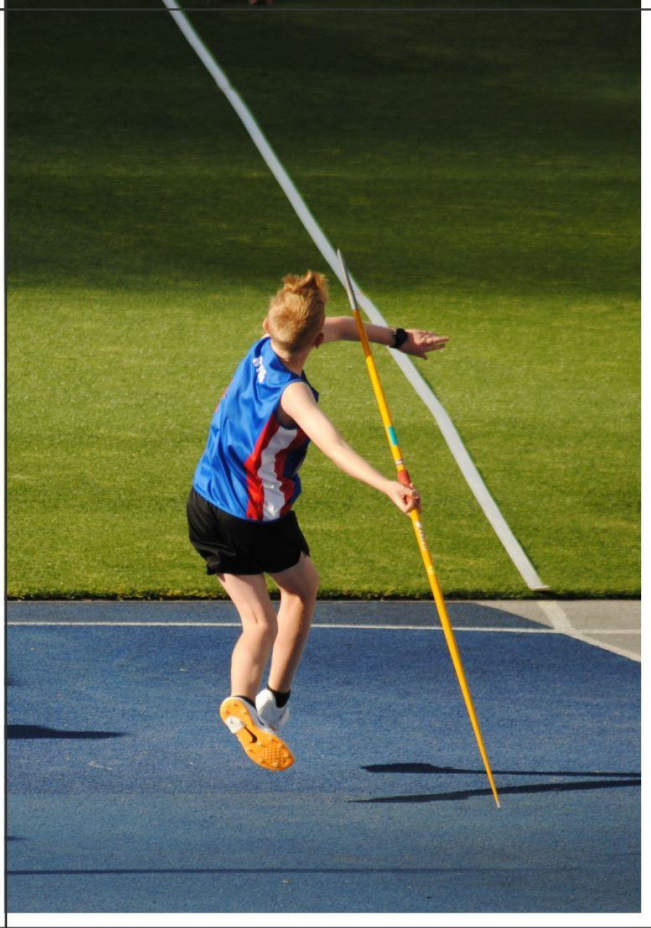
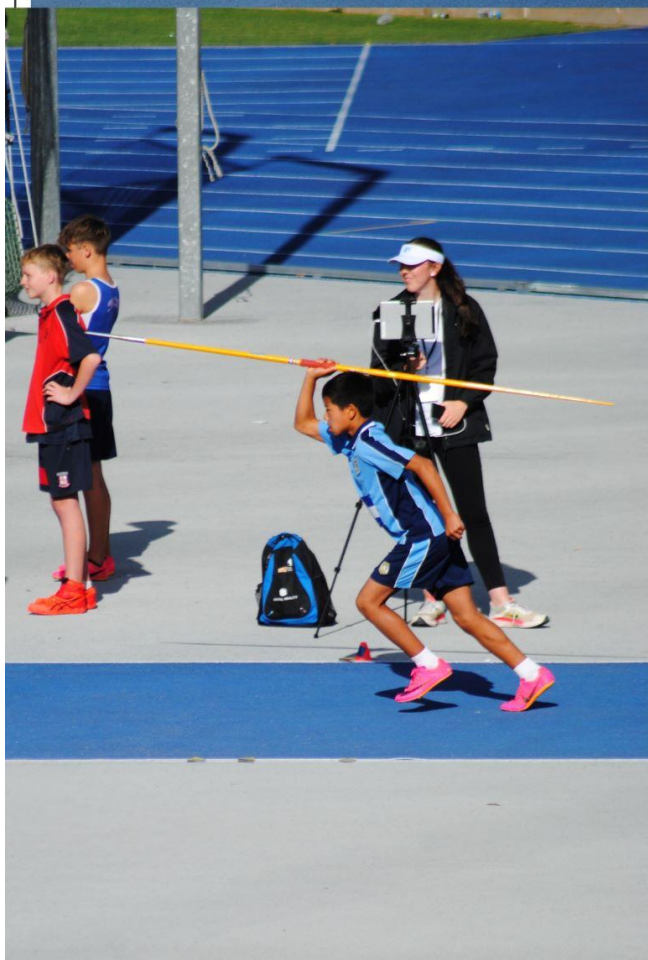
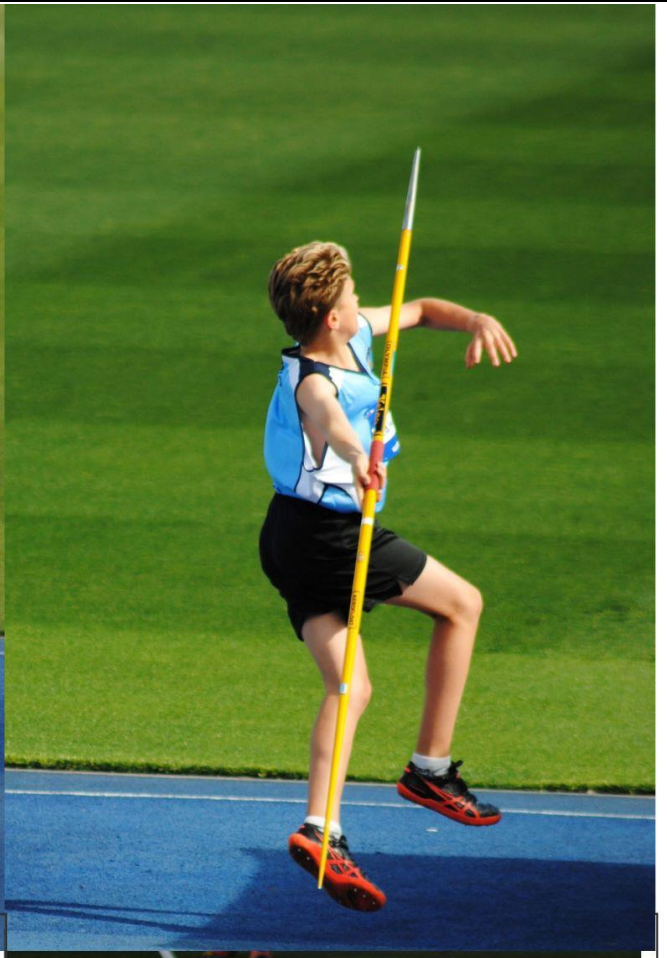
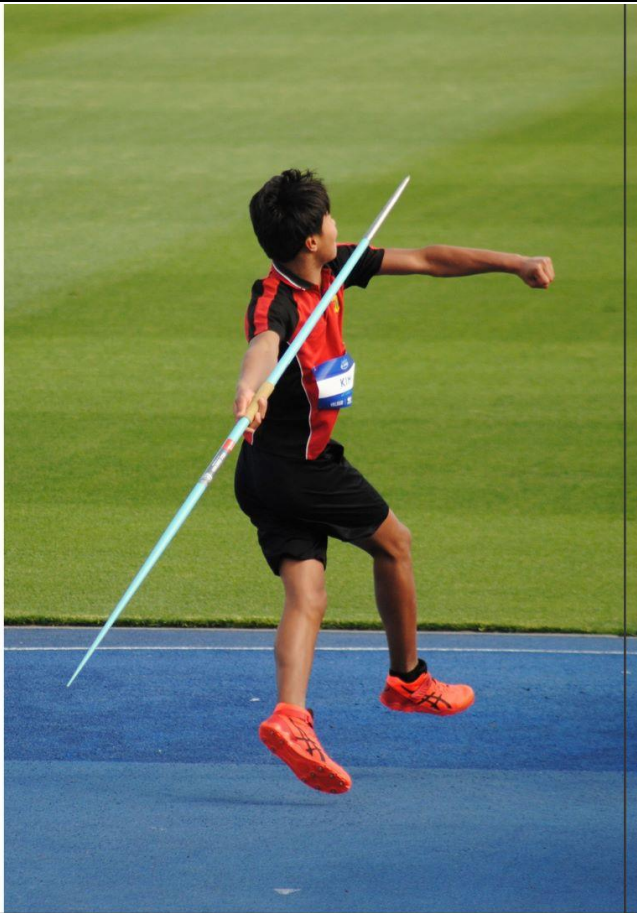
Starting in lane seven Axel was in 2nd place by the time the group were at the cross over point and sat there through the first 500m before moving into first place. With 60m to go and with a quick look over his shoulder, Axel settled for second across the line to secure his final's spot in the smart time of 2m 00.98s, the second fastest of all the heat times.

The steeplechase was the last track event to feature Ryde athletes on day 2 and **Ben Prosenko** (St Pats Strathfield) and **Ella McGregor** were both competing in the 2000m Steeplechase. An event that combines the baffling elements of middle distance running with wet shoes and obstacles! An event for those who truly are up for a challenge.

There were 17 on the start lists for Ben's field which shows the growing popularity of the steeplechase. Ben was cleanly over the steeple and through the water jump and ran consistent lap times to finish 15th in a new personal best time of 7m 39.69s.

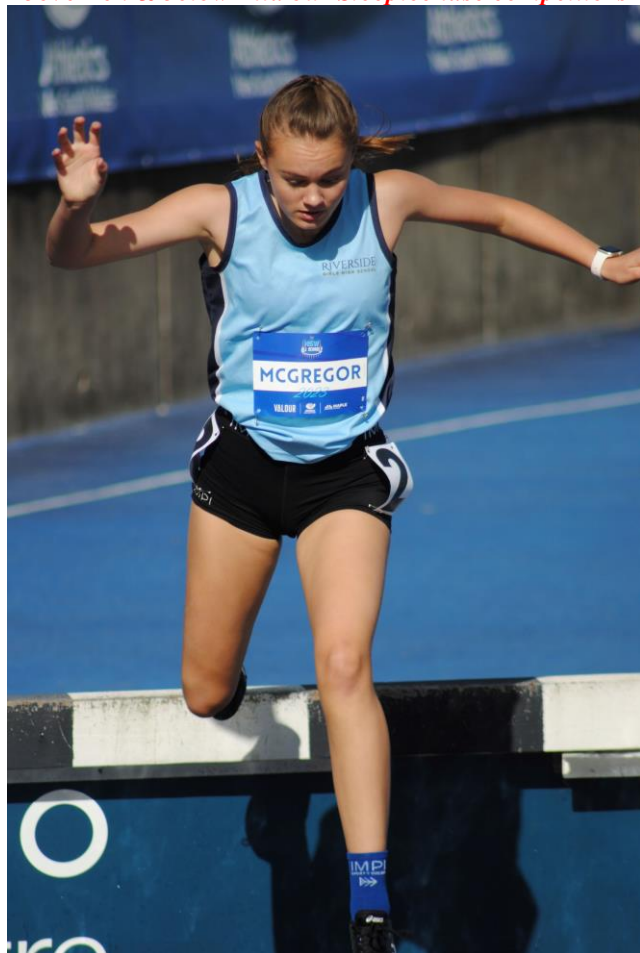
Ella McGregor was a big improver over her time at the 2022 All schools. Coming home in 9m 02.95s Ella was 27 seconds faster than last year's time. Ella was to place 6th in the state.

The midafternoon saw four of our javelin throwers out in the field. First up was **Benjamin Lawrence** (Carlingford) and **Brendan Kim** (Normanhurst) competing in the 14yrs javelin final.





Above Ben & below Ella our Steeplechase competitors



Brendan moved straight to second place on round one with his best throw and new Ryde best performance on record for 14yr javelin of 41.11m. That was good enough to take home the silver medal and a spot on the NSW team for the Australian All Schools.

Benjamin's best throw also came in round one where he landed the javelin out at 31.70m to just miss a further throw in the finals and place 9th overall.

Matthew Lawrence and **Brian Kim** (both Carlingford) competed at the same time in the 13yrs and 12yrs javelin respectively.

Matthew had last month secured the title of 13yrs javelin at NSWCHSSA so was bringing some good form in. Matthew was unlucky to have his first big throw ruled a foul but came back, adding metres in each of his next three throws (27.24m, 31.00m 34.26m) to finish just out of the medals in 4th place.

Brian another first timer at NSW All Schools, threw well in the very first round (28.99m) to immediately move himself into second spot, just as his brother had done in the 14yrs competition. Brian maintained that position throughout the competition, stretching his lead on his final throw of 30.24m to take the Kim family's second silver medal of the afternoon.

The final day was to start with the heats of the 200m and we had plenty of runners out on the track.

Jacqueline Pawsey was first out in the 12yrs 200m, and ran a strong race to finish in a time 30.27s of to place 6th in her heat and 15th overall.

Owen Trinh and **Cameron Leung** were back for their second event, the 13yrs 200m.

Owen was out fast in heat one to secure an automatic qualifying spot in the final when he eased across the line in second place in a great time of 24.32s, just 0.08sec outside a national qualifying time. Owen's time was a Sydney Boy's High record for the 200m. **Cameron** following in the next heat also finished second in an automatic qualifying spot with a time of 25.18s.

Running into a headwind, in the final both boys were to have good runs with Owen crossing the line in 5th (24.52s) and Cameron 6th (25.13s).

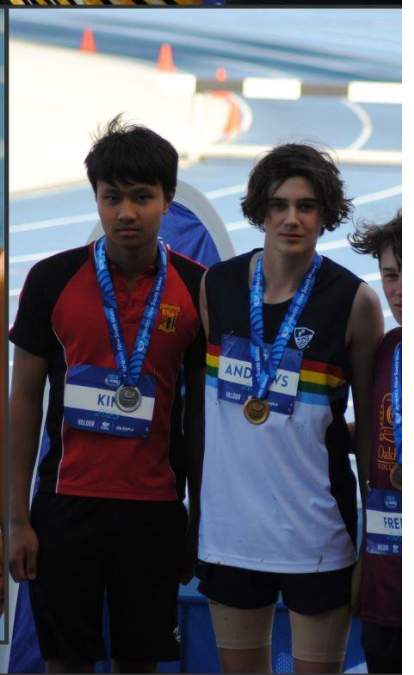
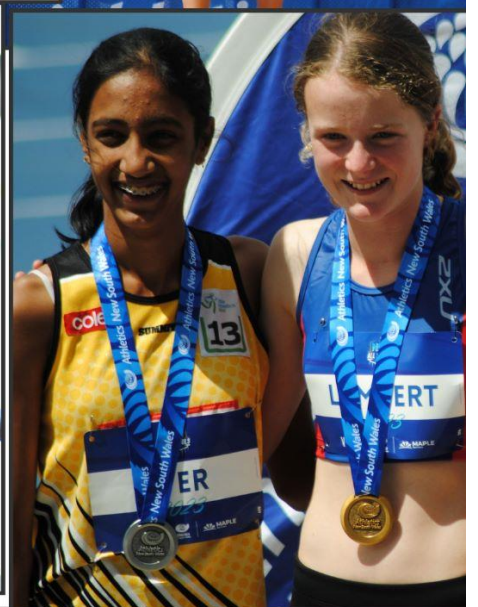
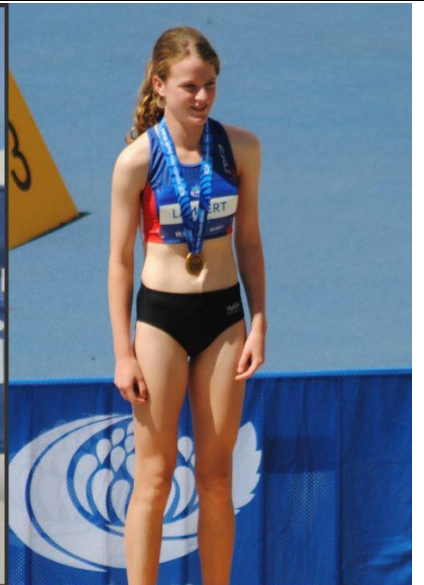
Josh Smith was to be our only starter in the 15yrs after Aiden & James withdrew due to injury. Josh was also to finish second in his heat in a time of 23.17s, a time fast enough to get a non-automatic qualifying spot for the final.

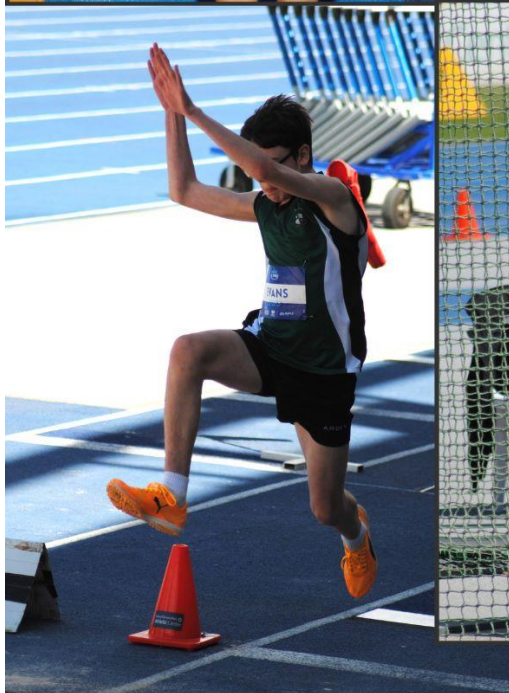
Later in the afternoon with the Ryde crowd in Bay ten loudly cheering him on, Josh ran a great race to finish with the silver medal, a spot on the NSW team for the Australian All schools and a new personal best time of 22.23s.

Zara Pawsey was our last runner out in the 15yrs 200m heats. Zara got away well and was to place 14th overall in a time of 26.93s.



Cameron, Jacqueline, Josh, Alexander, Zara, Owen, Hannah, Jacqueline, Emilia.





Back in the field **Hannah Lambert** and **Jacqueline Pawsey** were out for their third and final jumps event, the 12yrs triple jump.

Jacqueline was to lock in on 4th spot in round one and held that spot throughout the competition to finish with a final round best jump of 9.57m.

Hannah continued her excellent carnival with a big leap of 9.91m to place her second at the end of the first round and maintain that spot through the first three rounds. In the final three jumps of the competition, Hannah was pushed down to third spot before she produced a final leap of 10.44m to take home her third gold medal of the Championships. Hannah's jump also broke the 12yrs Ryde Best Performance on record for a 12yrs old triple jump. A record that had stood for an astonishing 33yrs. Well done, Hannah.

Out in the back straight, **Emilia Webb** delivered a good set of jumps (10.55m, 10.25m, 10.33m, 10.75m) to place Emilia 6th in her final event of the championships. Emilia's jump of 10.75m is just 25cm off the national qualifier so we will keep our fingers crossed for further improvement over this season for Emilia.

Eloise Stewart (Pymble) had to wait till the last morning to participate in the 13yrs hammer throw an event she only took up just before last year's NSW All Schools. Eloise managed to get four good throws out - adding to her list of NQ throws to place second with a distance of 34.24m. This performance is good enough to give Eloise a NQ distance for the U15-17 age groups for 2024 nationals as well as a spot on the NSW team for the 2023 Australian All Schools.

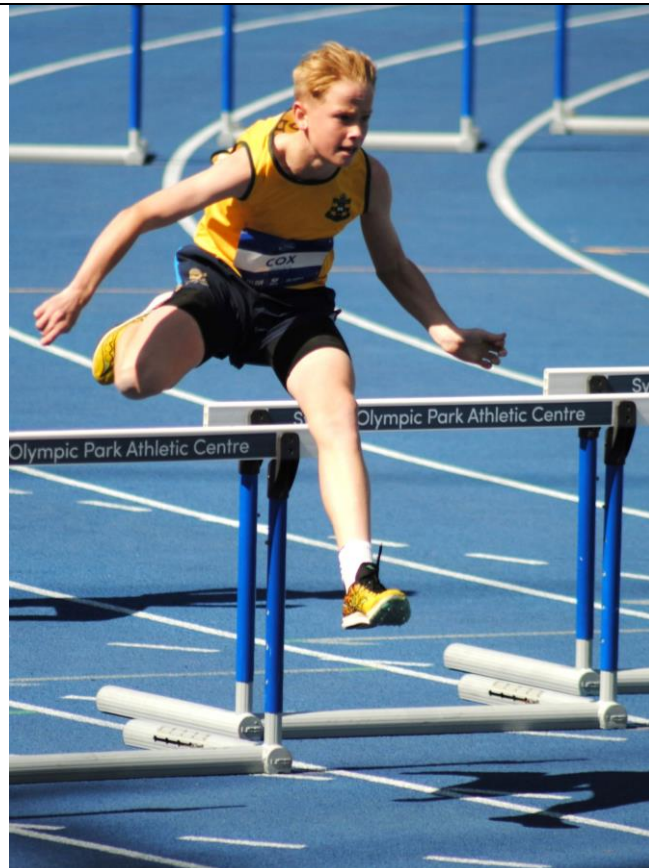
John Lawson was back for his second jumps event, the 15yrs triple jump. John, coached by Ryde Masters athlete, Mat Woodhouse, delivered an excellent set of jumps, placing him second from his first leap of 12.36m, a distance he improved on three times to finish with a national qualifying distance of 12.84m, the silver medal and a spot on the NSW team for the Australian All Schools.

Alexander Evans (T/F13) had two events in the final afternoon of the competition. First off was the 200m 12-14yrs PARA final where Alexander ran a fast time 32.15s (65.47%) to finish in 5th place.

In the 12-14yrs long jump, Alexander was hoping to jump a national qualifier as his personal best was only a couple of centimetres off the distance of 3.45m. Alexander easily achieved that on all three of his legal jumps, landing out at 3.63m twice to not only get the national qualifier but also qualify for 2024 Australian Juniors by picking up a bronze medal as well (47.39%). A great finish to Alexander's weekend. The final events were the 200m hurdles and three Ryde athletes were out on the track.

In the 14yrs boys timed finals **Daniel Cox** ran a terrific race finishing just out of the medals in fourth spot with a new personal best and national qualifying time of 29.14s.

Lewis Wong was back hurdling again, this time over the longer distance of 200m. Lewis had picked up a silver

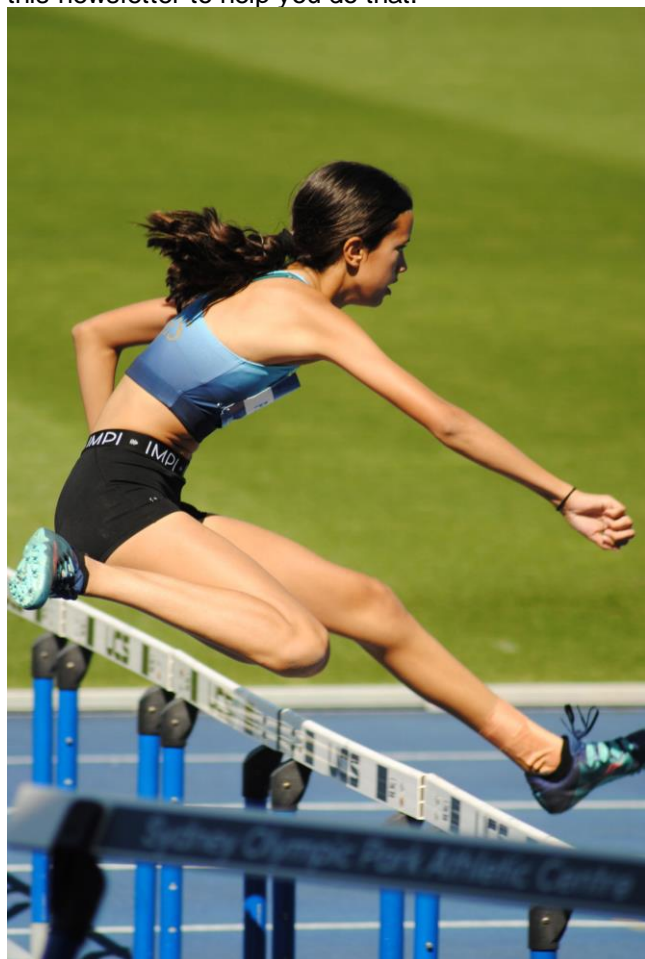


medal with a fast time at the NSWCHSSA and was quick out of the blocks and over the hurdles to place 3rd in the fastest of the timed final and 3rd overall with a time of 25.92s. This time is a new Ryde Best Performance on record for 15yrs 200m hurdles. What a great finish for Lewis (must have been the new Ryde singlet he bought on Saturday morning!).



Zara Pawsey (below) was our second competitor out on the first day and our last competitor on the final day in the 15yrs straight finals of the 200m hurdles and stopped the clock at 31.71s for 6th place.

Well done to all our athletes. For those who have not as yet signed on as a Ryde Senior for the 2023/24 season we ask that you do now. There are links and QR codes in this newsletter to help you do that.



Save the date **ANSW State Relays 18th-19th November SOPAC**

One of the best carnivals of the ANSW calendar is the ANSW State Relays. Unlike Little A relays, ages can be mixed and we look at ability, not age to enter the best teams we can. If you are interested in competing in jumps, throws, sprints or middle distance then please keep the weekend free as we will be in touch to organise teams & please when we do start organising teams respond to the emails either "Yes" or "No" promptly, so we can get on with organising, speaking of which...

Would anyone like to organise the State Relays teams or part of the teams? Let me know at lbergfield@hotmail.com if you have some time and interest in helping Seniors.

Your Senior Division Committee for 2023-2024 – still time to sign up!

President	Simon Bergfield
Vice-President	Andrew Atkinson-Howatt
Secretary	Rodney Woods
Treasurer	Peter Davis
Registrar	Christine Phillips
Race Secretary	Ross Forster
Publicity	Louise Bergfield
Fundraising	Chloe Davis
ANSW Delegate	Andrew Atkinson-Howatt
ANSW Delegate	Simon Bergfield
ANSW Co-Delegates	Betty Moore
Northern Zone Delegate	Andrew Atkinson-Howatt
Coaching Convener	Ross Forster
Committee Member	Russell Cox
Membership Enquiries	Christine Bruntsch
Club Records	Eric Lewanavanua Steve Barlow
Trophies	Gareth Chandler

We are still looking for a teams organiser for State relays let us know if you can help lbergfield@hotmail.com – can be more than one person