

RYDE ATHLETICS CENTRE INCORPORATED



ANNUAL REPORT 2023 / 2024 SEASON

ABN: 99 850 553 401

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Life Members

Sharon Aldridge	Merv Davies	John Mills
Margaret Atkinson	Will Devjak	Roslyn Mitchell (née Cramp)
Andrew Atkinson-Howatt	Sharon Dewar (née Read)	Betty Moore
Nancy Atterton	Tony Fernandes	Coral Read (née Hellyer)
Louise Bergfield	Miriam Fogliani (née Spitteler)	Matt Ralph
Simon Bergfield	Ross Forster	Julie Reynolds
Bruce Brown	Peter Graham	Judy Scott (née Murray)
Lynda Calder (nee Mitchell)	Warren Gray	Rita Shield
Graeme Cameron	Kurt Hansen	Gaye Shuttler (née Woolley)
Carl Casaclang	Glyn Henman	Dave Sunderland
Margaret Chappell	Ivana Hilder	Desleigh Spitteler
Phil Cossell	Andrew Jackson	Tristan Tall
Alain Corne	Rachel Jackson(née Massey)	Reg Tarte
Diane Corne	Keith Johnson	Mary Thomas
Lynette Cox (née Hill)	Kate Kelland	Ian Trimble
Bob Crawford	Adrienne Kinna (née Bouffler)	Ruth Trimble
Lorraine Crews (née Morgan)	David Lewis	Glyn Whalan
Dorothy Cubban	Anne Masing	Kay Williams
Ron Daniel	Glen McCarthy	Colleen Wilson (née Hill)
Margaret Davies	Suzette McFarlane(née Sames)	
	Yvonne Melene (née Godfrey)	

PATRON Betty Moore

PUBLIC OFFICER Ivana Hilder

DIRECTORS
Simon Bergfield
Ross Forster
Ivana Hilder
Lynda Calder
Jon Baker

RYDE ATHLETICS CENTRE INCORPORATED

2023/2024 SEASON – ANNUAL REPORT

Directors' Report

We are pleased to present the Director's report for Ryde Athletics Centre for this season. It has been an eventful year for our club, and we take this opportunity to reflect our achievements and highlight our future plans in the Annual Report which follows

Our athletes have achieved outstanding results in local, state and national levels throughout the year. Their hard work, determination and commitment to excellence have brought honour and recognition to Ryde Athletics. We would like to congratulate all our athletes, coaches, officials, age managers, support staff and committee members for their dedication and achievements.

It is with deep sorrow that we acknowledge the passing of our beloved Life Member Coral Read (nee Hellyer), who played a pivotal role in the development and success of Ryde Athletics. We also acknowledge the passing of Sandy Smith, our beloved community member. His legacy of dedication, passion, and unwavering support will forever be cherished by our club. We honour their memory and commit to upholding the values and spirit they embodied in everything we do.

Ryde Athletics is more than just a club, we are a community. We would like to express our sincere gratitude to our athletes, members, volunteers and committee members and supporters for their unwavering commitment to Ryde Athletics. It is through your dedication and support that we continue to grow and succeed as a club. We look forward to continuing this journey together and achieving greater milestones in the years to come. Ryde Athletics is a place where dreams are realised, talents are nurtured, and friendships are forged. Together we will continue to strive for excellence and uphold the values of sportsmanship, teamwork and respect that define our club.

Thank you for your continued support

Simon Bergfield
Ross Forster
Jon Baker
Ivana Hilder
Lynda Calder

Directors

**RYDE ATHLETICS CENTRE INCORPORATED
2023/2024 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	Anja Niewolik / Kylie Tekell
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 LIAISON	Donna Armstrong
CANTEEN	Jen Emmerson
BBQ	Brad Shorten
UNIFORMS	Alesha Fraser / Erin Mitchell
OFFICER FOR FIRST AID	Sigrid Smith

Club Captains

Claudia Barlow
Owen Chandler

Age Managers – Juniors

TINY TOTS	Elly Pawsey & Sarah Kuang
UNDER 6 GIRLS	Franco Kmet
UNDER 6 BOYS	Elicia Rodas, Matthew McLenaghan
UNDER 7 GIRLS	Gareth Care-Unger
UNDER 7 BOYS	Daniel Moore, Sam Griffiths
UNDER 8 GIRLS	Valerie Manson
UNDER 8 BOYS	Carl Marsaus
UNDER 9 GIRLS	Tammy Buterin, Graham Webb
UNDER 9 BOYS	Cap Van Loo
UNDER 10 GIRLS	Steven Barlow, Cara Everson
UNDER 10 BOYS	Elkie Griffiths, Gavin Bourne
UNDER 11 GIRLS	Danielle Michaels
UNDER 11 BOYS	Danielle McGregor
UNDER 12 GIRLS	Kleanne Kolman
UNDER 12 BOYS	Louise Shiel, Russell Cox
UNDER 13 GIRLS	Nick Pawsey
UNDER 13 BOYS	Michael McCarthy
UNDER 14 GIRLS	Neil Armstrong
UNDER 14 BOYS	Melissa Chandler
UNDER 15 GIRLS	Ester Duncombe
UNDER 15 BOYS	Duncan Laurie, Kasey Prosenko
UNDER 17 GIRLS	Jannet Pawsey
UNDER 17 BOYS	Gareth Chandler, Christine Brunsch

PRESIDENT'S REPORT

The 2023/24 season for Ryde Athletics was a huge success. 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. Please keep an eye out for the program again at the start of the new season.

The first points week we had 517 Athletes on the track. During the off season we installed a new long jump pit to help with the flow of the morning and we also implemented new digital stop watches for the circular track. The Age Managers did a fantastic job in settling in all of our new Athletes.

We started off the first points week with two Club Records being broken, and it didn't stop there! Almost every week this season we had at least one record broken. All in all there were 37 records broken this year, perhaps a Record Breaking year! I have no doubt that this is attributed in part to our dedicated coaching team. We are into our second season of our new coaching program and we continue to see it grow.

This season we closed Age Groups when they got to 55 Athletes. This is something that we will look at as a committee and continue to do into the new season. We had a total of 736 Athletes at Ryde Athletics Centre this season.

Our new Season Club Captains were announced, thank you to Claudia and Owen for your commitment to our club over the years.

We had a very successful Night of PB's. We had 57 Athletes attend and many PB's were broken, this is an event that we hope to keep growing in the future seasons.

If you are at Dunbar Park during the off season you will notice some changes to our Club House! During the season we have been talking with Ryde Council about the upgrade. This is something that has been promised to us for some time. We will be getting a much larger Canteen to support the number of people we have at the grounds each week. We will also be moving the boys and Accessible toilets upstairs, next to the girls toilets. We will be getting a dedicated uniform shop and there will be an awning out the front to offer some shade. Unfortunately there wasn't enough budget to extend our equipment shed. This was built when the club had 250 Athletes. We had now tripled in size and so has the equipment we have. Keep an eye out in the future for fundraisers to support the extension of our shed. We look forward to the new club house being ready for the start of our next season.

This is the final season for some very important people within our committee. I would like to thank Aaron, Jannet and Kerry who have been a part of the committee for many years, all holding executive positions for the last few years. Your commitment to the club has never gone unnoticed and we Thank You for all that you have done. A huge thank you also to Winnie who has held an executive position for the last two seasons and will now be stepping down.

The 2024/25 season will be a big one being an Olympic Year. We are always looking for more people to help with the club. Please reach out if you would be willing to be a part of the committee.

A big thank you to everyone who has helped the club this year. It has been another amazing year and we look forward to seeing what the new season will bring us.

Donna Armstrong
President – Juniors

VICE PRESIDENT'S REPORT

As the Vice President of the Juniors Division, I had the pleasure of project managing the implementation of our new juniors long jump pit that we collectively voted to complete last season. After a few teething problems this initiative has proven to be a resounding success and has positively impacted our competition days this season.

With us maintaining the bigger registration numbers again this season, financially we are in a fantastic position.

Participation in our Saturday competition, Zone, Regionals and State has been some of our biggest ever. It has been great to see the fantastic results from our athletes representing Ryde at Dunbar and at all of the major competitions. I would like to congratulate all our volunteers and athletes on their contribution to the club and those results.

The efficiency initiatives that we introduced in the last few seasons again worked well (mostly anyway). These are especially crucial at the start of each season when participation numbers are always at their highest. It is always easier to manage and get more accuracy after Zone when our Saturday athlete participation numbers drop and volunteers become more proficient. The volunteers at Dunbar have done an incredible job managing the program for our athletes so thank you to all those that helped out!

The coaching program, skills sessions and social athletics have improved again this season. The handicap events, Ryde Relays, Night of PB's and fun day were all run very successfully by our volunteers.

Council has invested heavily in our club with the new club house renovations currently underway. We hope that that this goes as planned and are ready for the start of next season. I'm very excited to see the positive impact this will have on our club.

Additionally, we have again been able to set aside funds to reinvest in the club and athletes for the upcoming season.

As a committee, we know we will incur some fit-out expenses with the new renovation and again we have identified several areas for capital expenditure and are currently prioritizing them based on their impact on future seasons. If anyone wants to have input in to how we vote to allocate these funds please join our committee and attend the meetings in the off-season.

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

As the season draws to a close, it's been incredibly rewarding to witness the success of our athletes at Ryde Athletics. Week after week, we've seen our young competitors give their all, both at Dunbar on Saturdays and in the numerous competitions hosted by LANSW and ANSW this past season. Their dedication and determination has been so great to see.

None of this would have been possible without the unwavering support and commitment of our dedicated committee members, volunteers and coaches. Their hard work and passion have been instrumental in ensuring the continued success of our club and the ongoing development of our athletes. As my tenure as Secretary of the Juniors Division comes to an end, I reflect with pride on the growth and improvements we've achieved in recent years. While my time in this role may be concluding, I have every confidence that Ryde Little Athletics will continue to flourish in the seasons to come, thanks to the incredible team and community we have in place.

Jannet Pawsey
Secretary - Juniors

TREASURER'S REPORT

Ryde Athletics Centre Inc Profit and Loss April 2023 - March 2024 (Cash Basis)

	1 April 2023 to 31 March 2024	1 April 2022 to 31 March 2023	
Income			
Canteen & BBQ Income	37,565	35,534	1
Coaching Income	9,157	5,374	2
Grants received	6,405	3,815	3
Registration fees	51,509	53,107	4
School equipment hire fees	5,100	5,575	
Uniforms	17,465	17,246	4
Total Income	127,202	120,651	
Other Income			
Interest income	1,155	438	5
Total Other Income	1,155	438	
Expenses			
Accounting and bookkeeping	705	670	
Bank charges and fees	79	84	
Canteen & BBQ Expenses	19,784	16,741	1
Coaching Expenses	9,348	8,304	2
Computer Software/Hardware	813	835	
Contractor Expenses (non salary)	1,852	1,300	
Gifts and Donations	901	724	
Grant expenses	6,556	3,800	3
Grounds fees and maintenance	7,290	7,211	
Grounds upgrade and maintenance	15,239	24,338	6
Meals and entertainment	1,400	-	7
Non sport equipment purchase	4,491	3,465	
Office expenses	473	150	
Postage & shipping	48	-	
Presentation & Trophies expenses	15,044	5,797	8
Printing, stationery & supplies	680	104	
Registration for Competition events	7,717	6,103	9
Repairs and maintenance	2,048	3,273	
Sponsorships/donations	3,885	3,405	
Sports Equipment	9,305	12,730	
Subscriptions	344	344	
Telephone and internet expenses	277	144	
Training and Development	69	828	
Uniform costs	18,869	18,475	
Volunteer expenses	2,218	6,161	
Total Expenses	129,434	124,986	
Net Earnings	(1,078)	(3,897)	
Loss from Theft	900	-	11
Net Earnings	(1,978)	(3,897)	

Ryde Athletics Centre Inc
Balance Sheet
As of March 31, 2024 (Cash Basis)

Assets	As at 31 March 2024	As at 31 March 2023
Current Assets		
Bendigo Card Account	365	1,350
Bendigo Main Operating account	77,262	80,280
Prepayments	1,573	-
Cash floats	752	300
Total Current Assets	79,952	81,930
Total Assets		
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	(1,978)	(3,897)
Opening balance equity	27,563	27,263
Retained Earnings	54,366	58,563
Total shareholders' equity	79,952	81,930
Total liabilities and equity	79,952	81,930

Notes

1. BBQ and Canteen income was consistent with the prior year. However, profit on these sales was much lower in the current year given considerable increase in the cost of purchases.
2. It is the second year of the externally run optional coaching with an opt in fee of \$35 per athlete.
3. Bendigo Bank continued to support the purchase of our record breaker shirts, and an additional grant was received from Ryde Council for line markings.
4. Registration and uniform income for the season was comparable to prior year
5. Increase in interest income due to higher interest rates on bank accounts.
6. Significant capital works and improvements at Dunbar Park in 22/23 season which did not recur in 23/24.
7. Hire for end of season entertainment. In the 22/23 season, there was a credit from the prior year.
8. 2024 included \$5k of prior year expenses which was paid after the year end.
9. Increased number of athletes qualifying for zone and national competitions
10. The club invested \$4k in shirts for age managers, coaches and committee members in 22/23
11. Loss resulting from break in and theft from the Club canteen.
12. Credit held for end of season inflatable hire for the 24/25 season due to vendor cancellation.

The 23/24 season saw a slight decrease in registration income which was offset by higher Canteen and BBQ sales, grant income was also lower in this year, and fully expended. The optional coaching program continued to be popular in the 23/24 season and with the increase in both the coaching fee and attendees for the year, now approaches breakeven.

The most significant expense for the year was for BBQ and Canteen expenses, where comparable purchases cost significantly more than the prior year due to the high inflationary environment.

During the season, continued investment in the Dunbar Park facilities enabled the club to provide smooth competition weekends even with the large number of athletes. Upgrades included new long jump pits and were conservative given planned upgrades to club facilities.

Registration expenses were higher this season owing to a record number of athletes reaching zone and national competition. Presentation and trophy expenses were also higher owing to a late invoice from the prior season, but more importantly as we continue celebrate the achievements of our athletes.

A \$1,978 net loss was achieved for the year with accumulated profits of \$52k. Taking into account the \$25k expenditure on capital and sports equipment upgrades in the season and general inflationary pressures, 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 2024 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 2024 and of its financial performance for the year then ended.



GRAHAM WEBB
Registered Company Auditor Number 336001

Date: 9 May 2024

REGISTRAR'S REPORT

Our 51st season was the biggest season we have had on record and saw the closure of some age groups due to large numbers.

This season saw a slight increase in registrations from the previous season.

I extend my sincere gratitude to the committee for their invaluable assistance and unwavering support throughout the registration process and the successful commencement of the season. The dedicated executive committee, comprised of Donna Armstrong as President, Aaron McGregor as Vice President, Jannet Pawsey as Secretary, Winnie Cheng as Treasurer, and myself as Registrar, invested considerable time and effort behind the scenes to ensure our athletes can participate on the track each week. Their passion and commitment to athletics are truly commendable, and their contributions are integral to our organisation's success. I wholeheartedly encourage parents and caregivers to contemplate joining our committee and becoming valued members of our friendly and inclusive team.

We expect a surge in registration numbers next season, particularly with it being an Olympic year. We also acknowledge the collaborative efforts between Little Athletics NSW and Athletics NSW towards forming a partnership. This development suggests that the registration numbers may include both junior and senior participants.

Below is a comparison with past season's figures:

Season	Boys (%)	Girls (%)	Total
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	410 (56.9)	311 (43.1)	721
2023/24	406 (55.2)	330 (44.8)	736

The breakup of the registrations for this season is:

	Boys	Girls	All
	Total	Total	Total
Tots	36	30	66
U6	23	11	34
U7	51	28	79
U8	55	20	75
U9	36	29	65
U10	54	53	107
U11	27	33	60
U12	44	50	94
U13	36	30	66
U14	14	16	30
U15	13	14	27
U17	18	15	33
Total	406	330	736

Kerryn Martin
Registrar – Juniors

PUBLICITY REPORT

This season started with an unexpected problem for a publicity officer, our mailing list had exceeded its capacity on our current platform! This was quickly remedied so that we could reach our members with the news of registrations opening. We successfully used our social media accounts to promote and publicise our club.

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. TikTok was also used, especially to reach our athletes directly and to celebrate the fun aspects of our Ryde Athletics community.

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.

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 167% increase in our Facebook reach and a 111% increase in our Instagram reach.

In our 2024/25 season we hope to be even bigger and better!

Briana Shorten
Publicity Officer – Juniors

AGE MANAGERS' REPORT

The 2023/2024 Ryde Little Athletic Season was another fun and successful one. Age Groups ran with large numbers, most remaining large right through to the end of the season. This season saw to quite a few new Age Managers welcomed to the team and hopefully they will continue into the next season. While it was a learning curve for these new age managers, our more experienced age managers were always there to set examples so that our Saturday mornings were always running smoothly, even with the large groups of athletes.

Once again due to the large numbers in the age groups, Age Managers had the difficult task of organising State Relay teams and Zone Teams. Success was shown through incredible results in the State Relays and 53 athletes competing at the State Championships.

The highlight this season was the large number of Ryde records broken during the competition season. 37 records were set this season, of which 31 of them were broken by Under 12 boys, U13 boys, U17 girls, U13 girls, U10 girls and U11 boys. These age groups broke at least 3 records each as such, the age managers were gifted a Golden Age manager folder. We hope more of these folders will be gifted next season.

Thank you to all the Age Managers for the 2023/2024 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 and all of the LANSW competitions could not be done without you. I know that the club appreciates all your efforts, as do the parents and especially the kids.

Cara Everson
Officer for Age Managers - Juniors

COACHING REPORT

This year the weekly coaching program continued to build on the changes from the previous season. After survey of the previous seasons coaching participants a hybrid model was trialled offering regular weekly opt-in sessions as well as event specific specialist sessions running over five week blocks.

The hybrid model required improved communication to families to avoid confusion, which was handled well. This dual model does cater to both the casual / social athlete as well as competitive athletes and has worked well throughout the season.

We continued to use the SignUp Genius online booking platform to sign up for coaching sessions. We upgraded the functionality from the previous season and this was more user-friendly for all members.

This season we retained the 9 senior coaches who again offered their services voluntarily. In conjunction with this we boosted the coaching team with another 15 junior coaches. Most of the junior coaching team attended the ITLAS coaching course run by LANSW at Dunbar Park. This provided them with some official accreditation for personal use.

Members of the senior coaching team mentor junior coaches and when they are capable, they are responsible for planning and running their sessions under supervision. This season has seen our junior coaches grow from strength to strength and they have once again done a wonderful job coach our athletes.

All new junior coaches were required to do one voluntarily coaching session per week for their first season and are paid \$25 per session for any and all additional sessions conducted in that week. Junior coaches from the previous season are not required to coach a voluntary session.

The 2023/2024 season, saw us offer the most comprehensive coaching program catering to all the little athletics events each week, often with multiple sessions available. Sessions were available to athlete's aged U6 – U17 with the majority of attendees in the U9 – U13 age groups.

Coaching this season was once again was delivered in two coaching blocks. The first block spanned 10 weeks in the lead up to Zone carnival in December. The second block, spanned 6 weeks from January to March in the lead up to LANSW State carnival. Each week over 30 sessions were available to participants across all the events offered at little athletics.

The response to the hybrid-coaching program has been overwhelmingly positive. A big thank you must go to the committee for their continued support of this program both in person and financially. Beside the wonderful benefits for athletes attending the sessions this program provides unique opportunities to our senior athletes to earn some 'pocket money' while developing their coaching skills.

On a representative level we had another record-breaking season fielding large teams across the season. Go #Team Ryde

- LANSW State Relay teams – 72 teams (33 junior, 39 senior teams)
- LANSW North Met Zone – 268 athletes
- LANSW Regional 5 – 170 athletes
- LANSW State Combined Event – 19 athletes
- LANSW State Championships – 54 athletes

Coaching Program Snap Shot:

- We increased the once off annual fee to \$35/child to access unlimited coaching sessions offered Monday – Thursdays (previous \$20/child)
- 9 Senior coaches
- 14 Junior coaches (previous 9)
- Hybrid program with special event clubs and opt-in sessions available
- > 30 separate sessions per week across the events
- 95% uptake coaching block 1 (similar to previous season)
- 65% uptake coaching block 2 – mainly due to less attendance in the last 2 weeks (previous season 75%)
- 4x100m relay training for squads in lead up to Zone, and Regionals
- Significantly large number of club records broken across the season

Erica Cox
Officer for Coaching - Juniors

CHAMPIONSHIPS REPORT

The positions of Championship Officers for 2023/24 was held by Anja Niewolik and Kylie Tekell.

1. LITTLE ATHLETICS STATE RELAY CHAMPIONSHIPS

The State Relays is a State-wide carnival for Little Athletics athletes which provides the opportunity for competition against other centres in a team and relay format. Ryde was represented by 33 Junior and 39 Senior teams with a total of 72 teams competing over the weekend.

See the top 10 team results below for both Juniors and seniors:

Juniors	Seniors
1st Girls U 10 - Throws Relay (Team A)	1st Girls U17 Throws (team A)
1st Boys U 11 - Throws Relay	2nd Boys U12 4x100m
3rd Boys U 8 - Throws Relay (Team B)	2nd Boys U17 4x100m
4th - Mixed U 8 - 4x200 Metre Relay	4th Mixed U17 4x400m
4th - Girls U 9 - Throws Relay (Team A)	4th Boys U12 Throws (team A)
4th - Girls U 10 - Jumps Relay (Team A)	4th Girls U17 Jumps (team A)
4th - Boys U 11 - Jumps Relay (Team A)	4th Girls U15 Jumps (team A)
5th - Boys U 10 - Throws Relay (Team A)	5th Boys U14 4x100m
5th - Boys U 10 - Jumps Relay (Team B)	5th Girls U15 Throws (team A)
5th - Mixed U 10 - 4x400 Metre Relay	6th Boys U17 Jumps (team A)
6th - Boys U 8-11 Middle Distance Relay	6th Girls U12 Throws (team A)
7th - Boys U 8 - Throws Relay (Team A)	8th Boys U13 4x100m
7th - Mixed U 11 - 4x400 Metre Relay (Team B)	8th Boys U14 Jumps (team A)
8th - Girls U 8 - 4x100 Metre Relay	9th Boys U12-15 middle distance relay
8th - Boys U 8 - Jumps Relay (Team A)	10th Girls U12-15 middle distance relay
8th - Boys U 10 - Jumps Relay (Team A)	10th Girls U12 Jumps (team A)
9th - Boys U 8 - Jumps Relay (Team B)	10th Mixed U12 4x400m
9th - Boys U 10 - 4x100 Metre Relay	10th Boys U13 Throws (team A)
9th - Girls U 10 - Jumps Relay (Team A)	
10th - Boys U 11 - 4x100 Metre Relay	

2. LITTLE ATHLETICS NORTH METROPOLITAN ZONE CHAMPIONSHIPS

Ryde was represented by a large number of athletes this year at the Zones championships held at Barton park on the 1st – 3rd December 2023. Ryde Athletics Centre had 268 athletes competing in almost 900 events. There were 170 athletes who qualified to compete at the Regional Championships.

3. LITTLE ATHLETICS REGION 5 CHAMPIONSHIPS

The 2023/24 Regional Championships was held at Sydney Olympic Park Athletic Centre (SOPAC) on 10th and 11th of February. Ryde had 170 athletes competing in 409 events over the weekend. There were many medals and PB's achieved.

4. LITTLE ATHLETICS STATE CHAMPIONSHIPS

The Little Athletics State Championships were held on Friday 22nd to Sunday 24th March 2024 at SOPAC (Sydney Olympic Park Athletic Centre). Ryde had 54 competing athletes in 96 events over the weekend.

Our medal winners and placegetters were:

Day 1 and 2	Day 3
<p>U17B 400m James Woods – 2nd U17B Javelin Andrew Kalos – 4th U17B 3000m Julian Smith – 13th U17G Long Jump Mia Oshea – 8th U15B 3000m Ben Prosenko – 24th U13G 3000m MiaRose Everson – 7th U13G Long Jump Jacqueline Pawsey – 10th U13G Long Jump Bella Fraser – 14th Day 2 U17B MC Shot Put Nathan Barbara - 1st U17B 1500m Axel Bruntsch – 2nd U12B 100m Zachary Leung – 2nd U12B 100m Jack Spencer – 3rd U12B 80m Hurdles Jack Spencer – 3rd U17G Javelin Jess Johnson – 3rd U17G Shot Put Jess Johnson – 5th U17G Triple Jump Miah Oshea – 8th U17G Triple Jump Amelie Gomez-Niewolik – 9th U17G 300m Hurdles Charli Nagle – 9th U17G Shot Put Isabella Barbara – 13th U17B Long Jump Owen Chandler – 10th U17B 1500m Isaac Siebert – 12th U17B 1500m Julian Smith – 18th U15G Discus Mikayla Duncombe – 4th U15G Triple Jump Emilia Webb – 11th U15G High Jump Emilia Webb – 12th U15B 300m Hurdles Moses Wolfson – 18th U14B 100m Cameron Leung – 9th U14B 100m Owen Trinh – 12th U14B High Jump Rhys Chandler – 13th U13G High Jump Jacqueline Pawsey – 6th U13G 200m Hurdles Jacqueline Pawsey – 12th U13G 1500m MiaRose Everson – 13th U13B 100m Jun Min Yap – 8th U12G Javelin Gillian Bedford - 19th U12B Long Jump Daniel Pulfer – 6th U12B Discus Charlie Shiel – 11th U12B Javelin Harlen Danks – 22nd U11B 80m Hurdles Max Williamson – 7th U11B 80m Hurdles Mitchell McGregor – 12th U11B Shot Put Mitchell McGregor – 21st U11B Javelin Max Williamson – 23rd U10G Long Jump Indiana Mitchell – 9th U10B 60m Hurdles Ethan Moyo – 5th U10B 1500m Flynn Cox-Gallagher – 10th U10B Discus Archer Griffiths – 13th U10B Long Jump Ethan Moyo – 15th U10B Discus Ethan Bourne – 18th</p>	<p>U12 - 200m Jack Spencer 1st U15-17 - MC Discus Nathan Barbara 1st U10 - 1100m Walk LilyEve E 2nd U12 - 200m Zachary Leung 2nd U13 - 1500m Walk MiaRose E 2nd U14 - 1500m Walk Rhys Chandler 2nd U15 - 1500m Walk Moses Wolfson 2nd U17 - 800m Axel Bruntsch 2nd U17 - 200m Joshua Smith 2nd U17 - Discus Jessica Johnson 2nd U13 - 1500m Walk Mitchell McCarthy 2nd U9 - 800m Ari Newman 10th U10 - Shot Put Olivia Moala 6th U10 - High Jump Dara Curley 7th U10 - 200m Dara Curley 8th U10 - Shot Put Archer Griffiths 14th U11 - 1100m Walk Kira Ekers 8th U11 - Javelin Mila Bomba 22nd U11 - 1100m Walk John Stewart 10th U11 - Discus Mitchell McGregor 10th U12 - Triple Jump Stanley Hebert 5th U12 - High Jump Harlen Danks 6th U12 - Triple Jump Daniel Pulfer 13th U12 - Shot Put Charlie Shiel 20th U12 - 1500m Walk Charlie Shiel DQ U13 - Triple Jump Jacqueline Pawsey 6th U14 - 200m Cameron Leung 8th U15 - High Jump Leon Danks 14th U17 - Triple Jump Owen Chandler 11th</p>

5. LITTLE ATHLETICS STATE COMBINED EVENTS CARNIVAL

The State Combined carnival was held at Hunter Sports Centre, Glendale on Saturday, 2 and Sunday, 3 March 2024. The athletes competed in 6-7 events over the weekend and accumulated points for each event that added up for the final results.

It was a fantastic weekend of competition with Ryde taking two podium finishes as well as 10 athletes in top 10. The results are listed below.

U7B: 22nd Hugo Griffiths U8B: 5th Joshua Ekers, 9th Noah Smith U9B: 6th Marcus Trigwell U10B: 5th Archer Griffiths U10G: 19th LilyEve Everson, 40th Lelea Bergsson U11G: 34th Charlotte Fraser, 35th Kira Ekers U12B: 1st Jack Spencer, 16th Mitchell Cox, 18th Charlie Shiel, 40th Noam Sat	U12G: 33rd Veronika Babiy U13G: 7th Jacqueline Pawsey, 10th Bella Fraser, 15th MiaRose Everson U14B: 9th Rhys Chandler U17G: 7th Zara Pawsey U20G: 1st Maddison Duncombe
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Kylie Tekell and Anja Niewolik
Championships Officer – Juniors

JUNIOR RECORDS 2023/2024 SEASON

NEW RECORDS 2023-2024

	Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	16/09/2023	17 G	Javelin	35.76	Jessica Johnston	35.35	Jessica Johnston	28/01/2023
2	16/09/2023	12 B	Shot Put	11.56	Jack Spencer	11.1	Andrew Kalos	9/03/2019
3	23/09/2023	11 G	1100m Walk	6:13.33	Kira Ekers	06:37.4	Sarah Kelland	28/02/2009
4	23/09/2023	13 G	1500m Walk	8:22.97	Miarose Everson	08:42.7	Sarah Kelland	5/03/2011
5	7/10/2023	17 G	Discus	42.08	Jessica Johnston	40.76	Maddy Bergfield	9/03/2013
6	7/10/2023	13 B	Discus	29.15	Daniel Kang	28.76	Jope Rauqe	21/09/2019
7	14/10/2023	10 G	Shot Put	8.9	Olivia Moala	8.71	Chiara Lillis	30/11/2013
8	14/10/2023	12 B	80m Hurdles	13.68	Jack Spencer	14.17	Daniel Cox	7/11/2020
9	14/10/2023	13 G	1500m Walk	8:11.77	Miarose Everson	8:22.97	Miarose Everson	23/09/2023
10	21/10/2023	17 G	High Jump	1.57	Zara Pawsey	1.56	Alyssa Lowe	22/09/2018
11	21/10/2023	17 B	400m	53.1	James Woods	54.0	Edward Penrose	7/12/2013
12	21/10/2023	17 G	Discus	42.48	Jessica Johnston	42.08	Jessica Johnston	7/10/2023
13	21/10/2023	13 B	Discus	29.39	Daniel Kang	29.15	Daniel Kang	7/10/2023
14	21/10/2023	12 B	Shot Put	12.26	Jack Spencer	11.56	Jack Spencer	16/09/2023
15	21/10/2023	12 B	200m	27.3	Jack Spencer	27.4	Jack Spencer	7/10/2023
16	4/11/2023	12 B	80m Hurdles	13.30	Jack Spencer	13.68	Jack Spencer	14/10/2023
17	4/11/2023	17 B	200m	23.3	James Woods	23.4	Antonio Galati	15/03/2014
18	4/11/2023	14 B	1500m Walk	7:54.05	Rhys Chandler	8:02.80	Maxwell Mayhew	30/01/2021
19	4/11/2023	13 B	1500m Walk	7:48.74	Mitchell McCarthy	7:55.90	B. Farley	14/03/1987
20	4/11/2023	12 B	100m	13.20	Jack Spencer	13.34	Todd Milner	9/11/1985
21	4/11/2023	13 G	1500m Walk	8:05.02	Miarose Everson	8:11.77	Miarose Everson	14/10/2023
22	18/11/2023	13 B	Discus	31.69	Daniel Kang	29.39	Daniel Kang	21/10/2023
23	18/11/2023	11 B	Discus	31.62	Mitchell McGregor	27.26	Harry Jordan	26/01/2019
24	16/12/2023	17 G	Discus	45.95	Jessica Johnston	42.48	Jessica Johnston	21/10/2023
25	16/12/2023	11 B	Discus	33.66	Mitchell McGregor	31.62	Mitchell McGregor	18/11/2023
26	13/01/2024	10 G	1100m Walk	6:19.46	LilyEve Everson	6:30.50	Abbie Merfield	23/09/2017
27	3/02/2024	11 G	1100m Walk	6:07.74	Kira Ekers	6:13.33	Kira Ekers	23/09/2023
28	17/02/2024	13 B	Discus	35.3	Daniel Kang	31.69	Daniel Kang	18/11/2023
29	24/02/2024	10 G	1100m Walk	6:04.49	LilyEve Everson	6:19.46	LilyEve Everson	13/01/2024
30	24/02/2024	13 G	1500m Walk	8:01.92	Miarose Everson	8:05.02	Miarose Everson	4/11/2023
31	2/03/2024	6 G	Discus	10.12	Poppy Kmet	10.05	Tippah Dwan	14/01/2006
32	9/03/2024	12 B	Shot Put	12.95	Jack Spencer	12.26	Jack Spencer	21/10/2023
33	9/03/2024	12 B	200m	27.2	Jack Spencer	27.3	Jack Spencer	21/10/2023
34	9/03/2024	13 B	Discus	35.56	Daniel Kang	35.3	Daniel Kang	17/02/2024
35	9/03/2024	11 B	Discus	35.4	Mitchell McGregor	33.66	Mitchell McGregor	16/12/2023
	Date	Age	Event	Equal Record	Equal Record Holder	Equal Record	Equal Record Holder	Date
36	7/10/2023	12 B	200m	27.4	Jack Spencer	27.4	Zan Kukucka	27/02/1988
37	16/12/2023	12 B	High Jump	1.52	Jack Spencer	1.52	S. Williams	18/10/2008
						1.52	A Fitzgerald	6/02/1999

EQUIPMENT MANAGER'S REPORT

The equipment managers role has generally been a smooth one through the 2023/24 little athletics season. The shed is generally well organised and accessible for users. While the club explored options to expand the equipment shed (through council) I would encourage further exploration of this due to the volume of equipment and size of the club.

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. For the next season the club could look at implementing a roster where younger age groups are rostered only for set up and older age groups for pack up. Some groups attempted to organise this outside of the club's involvement.

Prior to the next season I recommend a working bee/clean-up to ensure the shed is in good order following school athletics carnivals. Some labelling may need to be redone as the storage tubs have become mixed up at times and lost their images.

The club purchased some new equipment through the year and is investigating options to adequately store and mobilise the starting blocks. A temporary solution is currently in place.

Thanks to all who supported the equipment shed duties during my absences this season.

Gareth Care-Unger
Equipment Officer – Juniors

FIRST AID OFFICERS REPORT

I am so grateful we had minimal injuries across the season. Two injuries of note however were an older athlete rolled ankle, requiring rehabilitation with a physiotherapist for a few weeks and an unfortunate incident at a weekday-training session involving a stick being lodged into another athlete's leg, which required the attention of a paramedic/ambulance.

Most injuries were sustained in the first half of the season and many were at High Jump involving the HJ bar - either being struck by, or landing on the bar hurting a few shoulders, arms & upper torso's.

Over the past few years, the introduction of a 'first aid Zooper Dooper' has been a great distraction for athletes from pain, and proved invaluable in some circumstances.

Switching to issuing disposable ice packs this year helped to cut replacement costs as we began using the club's ice machine.

Having a solid supply of Stingoes at the ready is never a bad idea at Dunbar Park as ant bites continue to trend in younger athletes sitting on the grass.

Many thanks to our all our athletes for a safe, great season!

Sigrid Smith
First Aid Officer

***RYDE ATHLETICS CENTRE INCORPORATED
2023/2024 SEASON – ANNUAL REPORT***

SENIORS REPORT

Committee Members - Seniors

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Rodney Woods
TREASURER	Peter Davis
REGISTRAR	Christine Phillips
ASSISTANT REGISTRAR	Louise Bergfield
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Andrew Kalos
FEMALE CAPTAIN	Georgia Phillips
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	Russell Cox

PRESIDENT'S REPORT - SENIORS

Each year when it is time to review the season I am always pleasantly surprised at how we continue to grow and improve and what an amazingly talented group of athletes we have here at Ryde.

Thirty three Ryde senior athletes have just returned from competing at the Australian Athletics Championships, twenty nine of them competing in the Australian Juniors or U13-U18 age groups. When those Junior Championships were first introduced back in March 2010, Ryde had ten athletes make the NSW team. What an incredible increase in the numbers of State representative athletes that we have had.

It was another strong season for Ryde Seniors results, and our numbers were up, even with ANSW introducing a fee for dual membership and changing membership types and events. We had quite a contingent of athletes competing across Sydney on Saturday afternoons in ages from 7 up to 65 plus.

At the 2023 NSW All Schools carnival Hannah Lambert topped our medal count with gold in every jump event and Ryde finished with another three gold , eight silver and six bronze from the carnival. At the 2023 Australian All Schools Eloise Stewart won the silver medal in the U14 hammer throw and Alex Ruhfus was a member of the bronze medal winning U15 4x100m relay team.

At the ANSW State relays we won 8 gold, 5 silver and 5 bronze medals and they were spread across every age group from the U12's to 240yrs+. Our U12 age group won three gold and a bronze medal. Our first Masters' women's team won a bronze in shot put and our Masters entries were up to seven teams from two last season.

Ryde fielded two teams in the Treloar Shield final, an U18 and an U12 team. Competing in extremely hot conditions all our Ryde athletes and families pulled together to get our athletes onto the podium with our U12 team placing third and our U18 team the state championships.

Our medal count continued into 2024 with our Masters winning eight gold, ten silver and eleven bronze medals at the NSW Masters Championships and then going on to win five gold, four silver and three bronze at the Australian Masters Championships in Hobart.

As a Masters athlete myself, I can strongly recommend signing up and competing. Masters is a friendly encouraging environment for athletes of all abilities. Masters is about getting out and having a go and it would be great to see more of our Ryde dad's and mums sign up for next season.

As an aside to that, I must mention the work that Jon Baker has done since he signed on as a Ryde Seniors track coach last season. His growing band of athletes and their results is testament to the great work and passion that he has for athletics. Coaches, Erica & Russell Cox are champions as well, and have ensured we've had lots of new athletes competing on Saturdays, in our relays and Treloar team and at nationals.

Across the ANSW Open, Junior Combined & Youth Championships in March, Ryde seniors were on the podium another forty eight times winning seven gold, 24 silver and 17 bronze medals. At other state championships, Ryde seniors won 4 gold, 2 silver and 3 bronze medals. As I mentioned above 33 of our Ryde senior athletes went on to compete at the Australian Athletics Championships and won 2 gold, 4 silver and seven bronze medals.

Helping our athletes stay informed of all the changes, letting them know of what events were coming up and sharing their results has again fallen on the shoulders of one person, Louise Bergfield and I cannot thank her enough for the tireless work she does. With our growing base of members though I think we need a few more parents to share that load and knowledge and would appreciate some parents stepping forward and taking on some work.

August 2023 saw Jessica Johnston win the Ryde Sports Foundation 2023 Sports Star of the Year on a night where our long term track coach, Ross Forster was also honoured by the Foundation with the awarding of the Contribution to Sport Award. I also wish to congratulate Adam Bruntsch on his recent nomination as our 2024 nominee.

Our season has not been without some sadness though with the passing of our wonderful Life Member Coral Read on Australia Day this year. An enthusiastic athlete, coach, parent, long term committee member, generous benefactor and avid reader of Footprint, Coral was a feature at our Annual Presentation Day handing out awards and keenly interested in all athletes. We extend our sympathy to Sharon, Nicole, Peter and her extended family.

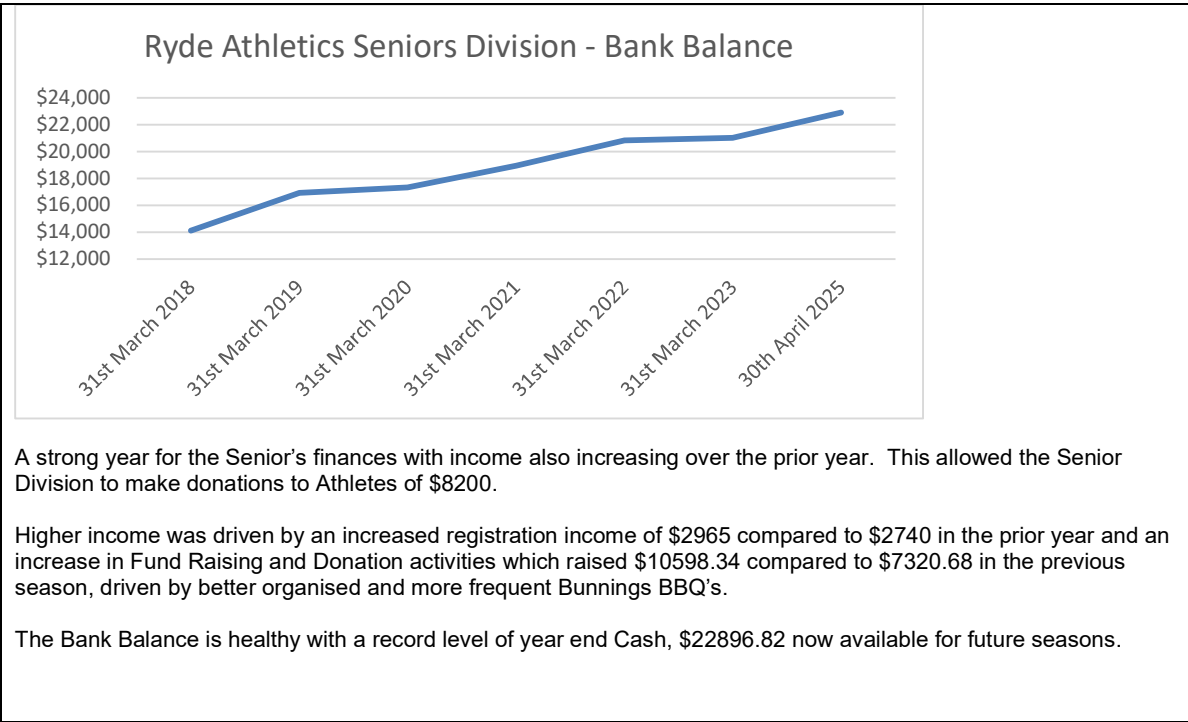
I am grateful to have again worked with a great committee. To Ross, Peter, Rodney, Chris, Andrew, Russell, Chloe and Louise my thanks for all that you do. Special mention too to our fabulous photographers across the season especially Nick, Elysha & Jacqueline Pawsey, Stephen Barlow & Rodney Woods.

As a Committee, we are still light on for parents of current junior members and heavy on committee members who have been on committee for a decade or more. Everyone is busy but everyone should think about what they can do to help Ryde continue to be and to grow as a strong athletics club. It is time that the baton is shared around a more across the Ryde team.

Simon Bergfield
President – Seniors

TREASURER’S REPORT - SENIORS

Seniors Division Accounts for the Season 2023-2024			
Statement of Income and Expenditure for the Period 1st April 2023 to the 30th April 2024			
Income		Expenditure	
Registrations	\$2,965.00	Trophies	\$1,459.55
Donations and Fund Raising	\$10,598.34	ANSW Fee's and Events	\$2,590.00
Little A Contribution	\$3,540.00	Banking Charges	\$15.10
Clothing Sales	\$425.00	Donations	\$8,200.00
		Bunnings Costs	\$1,771.30
		Equipment Purchases	\$1,608.23
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			\$21,012.66
Bank Statement – 30 th April 2024			\$22,896.82
Income Change of the Prior Year			\$1834.13



REGISTRAR'S REPORT- SENIORS

Our registration numbers as at 31st March 2024 are as follows: -

Officials/Life members/Club volunteers	6 (6)
Open, Masters & Concession	22 (12)
Under 18-20	12 (9)
Dual Registration (8-17 years)	84 (89)
ANSW Community Membership	<u>9 (0)</u>
Total	133

The figures in brackets are the figures from the last annual report (31st March 2023).

We have had a large increase in membership again this season. This was particularly pleasing to see given that ANSW charged dual registered athletes a registration fee for the first time.

It is worth noting that ANSW offered dual registration for 3-7 years (kids) and 8-11 years (youth) for the first time. Included in the above figures are four U11 athletes and eight U12 athletes. No athletes registered in the 3-7year category.

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

Male Officials/Life Member/Volunteers	3	Female Officials/Life Member/Volunteers	2
Male Open Masters & Concession	14	Female Open Masters & Concession	8
Male U18-20	5	Female U18-20	7
Male Dual Registrations 8-17 yrs	52	Female Dual Registration 8-17 yrs	32
Male Community Membership	<u>6</u>	Female Community Membership	<u>3</u>
Total	80		53

Our total membership at the end of last season was 125.

Christine Phillips
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 two athletes (Adam Bruntsch & Benjamin Woodhouse) competing at the Australian Cross Country Championships where they achieved some terrific results.

At the 2023 Australian All Schools Championships held in Perth and we were represented by Zara Pawsey, Alex Ruhfus, Eloise Stewart, Claudia Barlow, Georgia Phillips, Daniel Cox & Brendan Kim.

The 2024 Australian Masters Championships were held in Hobart and we were represented by eight athletes –Jon Baker, Simon Bergfield, Nick Pawsey, Mathew Woodhouse, Steve Barlow, Andrew Atkinson-Howatt, Lynette Smith and Revathi Krishnan.

The 2024 Australian Athletics Championships were held in Adelaide over nine days. We were represented by Adam Bruntsch, Timothy Forster, Daniel Cox, Georgia Phillips, Jessica Johnston, Axel Bruntsch, James Woods, Maddison Duncombe, Rhys Chandler, Alexander Evans, Claudia Barlow, Zara Pawsey, Eloise Stewart, Ratu Viliame Lewanavanua, Lachlan Waldron, Jacqueline Pawsey, Hannah Lambert, Alexander Song, Brian Kim, Brendan Kim, Alex Ruhfus, Jack Spencer, Zachery Leung, Lewis Wong, Charlotte Nagle, Benjamin Woodhouse, MiaRose Everson, Mitchell McCarthy, Nathan Barbara, Calan Hahlos, Owen Trinh, Jessica Koussas and Mitchell Cox.

Ross Forster Coaching Convenor - Seniors

PUBLICITY REPORT – SENIORS

Changes to ANSW membership and events in 2023/24 made for a lot of work this season in rewriting our publicity and membership information. Further changes recently announced jointly by ANSW and LANSW will see further work and changes required before the 2024/25 season.

We used athlete based posters around Dunbar Park to try and explain Seniors to new athletes and included brochures on Seniors, Masters and Social athletics in all welcome packs for our little athletes with some success. Regular posters were mailed to members updating them on the events that were on offer and so we did get enough athletes along to Treloar to earn us spots in the final of the Treloar Shield, where once again Ryde proved what a strong club it is, on what was a fabulous morning of competition, winning the U18's Shield and placing third in the U12's.

It would be good if some of the work around promoting the events could be undertaken by a few new people in 2024/25 splitting publicity between

- new season,
- reporting and
- promoting events.

We have lots of parents and athletes involved in Seniors and we need to see some more hands up helping next season. Splitting this into three would make a lighter load for all. So please volunteer.

I enjoyed cheering for our eight Ryde Masters Athletes we had competing at the Australian Masters this year in Hobart. We used a WhatsApp group for the first time to build team spirit, share results and photos and it was so successful we did it again on a larger scale for the Australian Athletics Championships where we had 34 Ryde Athletics Centre athletes competing.

Footprint newsletters were issued covering all our big State and Nationals Carnivals and Daily Facebook updates provides as well. It was great to be at the dinner to see Jessica Johnston awarded the 2023 Ryde Sports Foundation Sports Star of the Year and Ross Forster recognized for his contribution to athletics. On 17th May 2024, Adam Bruntsch was announced as a monthly winner for 2024 based on his 2023 performances.

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 to the Pawsey sisters Elysha, Jacqueline and Zara for pulling together the photos & videos for our Presentation day.

It is always nice to get feedback after a Footprint is sent out, recognizing how much work goes into them. Coral Read who passed away on January 26th, was a very frequent correspondent on Footprint and I will certainly miss her joie de vivre, her feedback and catching up with her at the AGM, where she would always want to know full details on who won her trophy. A one in a million.

Louise Bergfield Publicity Officer - Seniors

FUNDRAISING REPORT – SENIORS

In the 2023-24 season, we successfully ran two consecutive BBQ Fundraisers at Gladesville Bunnings in January and February of 2024. It was encouraging to see several new families volunteering to assist, including cooking and serving the BBQ and running a cake stall. A huge thank you to Louise B for your assistance in promoting the fundraising events in Footprint and baking some delicious cakes. We raised a total of \$4,436.81 profit for the club, significantly increased from previous years. Thank you to the volunteers that assisted in running these events.

Chloe Davis Fundraising

COMPETITION REPORT – SENIORS

1. The Sydney 10

The Sydney 10 (featuring the NSW Road Championships & 5km Championship & Fun Run) was held out at SOPAC on Sunday 7th May and Ryde was represented by six athletes.

Isaac Siebert competed in the 10km Road Championships and crossed the line in a time of 37m 31s. Isaac was 21st in the U20M age group. **Nicholas Woodhouse** also competed in the 10km event and finished in 40m 54s to place 31st in the U20M age group. **Georgia Phillips** placed 13th in the U18W age group in the 5km Championship event in a time of 20m 07s. **Christine Phillips** competed in the 5km fun run where she finished in a time of 24m 22sec to place 6th in the W45-49yrs age group. **Oliver** and **Julian Smith** both competed in the 5km Championship event. Oliver was 19th in the U18 division in a time of 17m 08sec. Younger brother Julian, finished in 18m 11s placing 21st in the U16 division.

2. Athletics NSW State Short Walks

The ANSW Short Walks were held at the Armory, SOPAC on Sunday 21st May and Ryde was represented by two athletes competing in the U14M 2000m walk. **Mitchell McCarthy** making his debut as a Ryde senior, took the bronze medal by one second in 10m 58s. **Rhys Chandler** crossed the line in 12m 21s to place 7th in the State.

3. The Athletics NSW Cross Country Relays

The Athletics NSW Cross Country Relays were held at Upjohn Park on Saturday 3rd June and Ryde Seniors had four teams competing, including our first ever Masters Cross Country team.

Our U16 Boys 4x3km placed 5th - The individual times were - **Axel Bruntsch** (10m 22s) **Owen Smith** (11m 53s) **Benjamin Woodhouse** (10m 27s) and **Luke Moscos** (11m 46s). A time of 44m 30s overall.

Our women's open team saw two of our new Seniors recruits, **Christine Phillips** and **Tinarra Wickey** out on the course competing in the Open Women's 4x 4km event where they placed 13th overall. Their times were **Georgia Phillips** (16m 47s) **Christine Phillips** (20m 10s), **Zara Pawsey** (20m 24s) and **Tinarra Wickey** (21m 13s). A time of 78min 36s overall.

Our U20 4x 3km Men's team placed 9th and was led off by **Adam Bruntsch** (9m 31s) and then followed by **Keir Barnes** (11m 34s), **Isaac Siebert** (10m 55s) and **Nicholas Woodhouse** (11m 19s). for 43m 20s overall.

Ryde entered its first Masters Cross Country team in the 40yrs+ 4x 4km event. **Jon Baker** (18m 57s), **David Teo** (19m 54s), **Puspesh Puspesh** (17m 12s) and Nick Pawsey (18m 14s) placed 7th overall in a time of 1hr 14m 18s.

4. Athletics NSW Cross Country Championships

The NSW Cross Country Championships were held at Tapitallee on 17th June and Ryde had 5 runners out on the course.

Georgia Phillips placed 11th in the U18W 4000m event in a time of 16m 19s. In the U16M 4000m, **Benjamin Woodhouse** placed 10th in 13m 48s and **Julian Smith** was 21st in 14m 56s. **Adam Bruntsch** took on the 8000m U20 run and placed 10th in a time of 27m 21s. **Christine Phillips** rounded out our runners with a 1st place in the 50-54yrsW 6000m in a time of 29m 57s.

5. ANSW 2023 Team Walks Championships

At the ANSW Team Walks held at the Armory, Homebush on the 25th June Ryde was represented by **Mitchell McCarthy** competing in the U14M 3km event in which he came home with the bronze medal in a time of 17min 13s.

6. ANSW Short Course State Cross Country

The ANSW Short Course Cross Country was held at Dapto on the 8th July and Ryde was represented by five athletes.

Oliver Smith competed in the U18M 4000m event and placed 15th in a time of 14m 06s. In the U15M 3000m **Ben Prosenko** came home in a time of 11m 52s for 26th place. **Axel Bruntsch** was 17th in the U16M 3000m event in 10m 11s. Not far behind in 21st spot was **Julian Smith** in a time of 10m 32s. In the U20M 6000m **Adam Bruntsch** had a good finish to place 9th in the State in a time of 19m 36s. Adam's result was good enough to gain him a spot on the NSW team for the Australian Cross Country Championships.

7. The 2023 NSW All Schools Cross Country Championships

The NSW All Schools Cross Country was held at Eastern Creek on the 21st July and Ryde Seniors was represented by 7 athletes.

Benjamin Woodhouse placed 6th in the 15yrs Boys 4000m in a time of 13m 24.7s. Ben's result qualified him for the NSW All Schools team to compete at the Australian All Schools Cross Country Championships in late August in the ACT. **Owen Smith** competed at his first high school state cross country championships and placed 56th in the 13yrs 3000m in a time of 12m 31.6s. **Julian Smith** placed 33rd in the 15yrs 4000m in 14m 43.4s. **Oliver Smith** placed 21st place in the 17yrs 6000m in 22m 14.6s. **Isaac Siebert** was 41st in the 16yrs 6000m in a time of 23m 00.05s.

Amongst our female athletes, **Georgia Phillips** placed 22nd in the 17yrs 4000m (16m 50.6s) and **Ella McGregor** came home 40th in the state in a time of 18m 48.0s in the 15yrs girls 4000m.

8. The Australian Cross Country Championships

The Australian Cross Country Championships were held in the Stromlo Forest on the 26th August and Ryde was represented by **Adam Bruntsch** and **Benjamin Woodhouse**.

Adam competing in the 8000m U20M event placed 25th in Australia in a time of 26min 41sec.

Benjamin competed in the 4000m U16M event and was 23rd past the post in a time of 13 min 15secs.

9. Sydney North Athletics Carnival

The Sydney North Athletics Carnival was held at Mingara from the 24th -25th July and Ryde Seniors was represented by 30 athletes.

Epping Boys High, **Brendan Mannasz** won the 17-19yrs high jump (1.90m) and placed 12th in the 100m (12.30s).

Representing Hunters Hill High, **Kaitlyn Martin** was 1st in the 17-19yrs 400m (65.53s), 2nd in the 400m H (72.57s), 3rd in the 200m (27.94s), 3rd in the 4x100m relay (55.52s) 5th in the 100m (13.85s) and 6th in long jump (4.28m).

Four athletes from Riverside Girls competed in the 17-19yrs. **Elysha Pawsey** placed 9th in the 17-19yrs 200m (30.90s) and, along with **Maddison Duncombe**, **Aliana Moala** and **Mikayla Kelleher** was a member of the winning 17-19yrs 4x100m relay team (52.88s). **Aliana Moala** also placed 2nd in the Triple Jump in 10.12m. Mikayla Kelleher was 1st in the 17-19yrs hurdles (17.49s), 5th in the long jump (4.35m) and 4th in the triple jump (9.43m).

Maddison Duncombe was 6th in the 17-19yrs shot put (9.79m), 6th in the 100m (13.91s), 2nd in the discus (26.51m), 3rd in the Outdoor Pentathlon (2057 points) and 5th in javelin (26.84m).

Claudia Barlow (Hunters Hill High) placed 4th in the outdoor pentathlon (2019 points), 5th in the 16yrs discus (24.53m), 9th in the shot put (7.96m) and 8th in the javelin (17.85m).

Isabella Barbara (Cheltenham Girls) was 2nd in the 16yrs shot put (10.70m) and 6th in the discus (23.24m).

Lucas Low (EBHS) ran a big PB time to finish in 54.53s in the 16yrs 400m for 2nd place.

Owen Chandler (EBHS) jumped 11.84m to place 3rd in the 16yrs triple jump. Owen ran a time of 24.90s for 6th in the 200m.

James Woods (EBHS) competed in all the sprints in the 15yrs finishing 3rd in the 100m (11.90s) 4th in the 200m (23.91s), 3rd in the 400m (52.58s) and his Epping Boys Relay team was 3rd (48.37s).

Axel Bruntsch (EBHS) easily won both the 15yrs 800m (2m 04.42s) and 1500m (4m 16.39s).

Zara Pawsey and **Charli Nagle** (Riverside Girls) competed in respectively, 5 individual, one relay event and the pentathlon and 7 individual, one relay and the pentathlon in the 15yrs.

Zara finished 1st in the 90m H (14.42s), 3rd in the 100m (13.80s), 1st in the 200m H (32.29s), 4th in the 800m (2m 44.46s), 1st in the pentathlon with a new record points result of 2541 points, 1st in the relay (with Charli and **Mahli Jabre**) (53.57s) and 7th in the 200m (27.65s).

Charli Nagle finished the meet as 15yrs Age Champion as well as picking up 2nd in the 90m H (14.67s), 4th in the 100m (13.85s), 9th in the 400m (79.01s), 2nd in the 200m Hurdles (33.12s) 2nd in the pentathlon (2192 points), 4th in the shot put (8.57m), 6th in the high jump (1.40m) and 8th in the 200m (28.85s).

Aiden Wright was one of two athletes who broke the existing 15yrs 400m record when he placed 2nd in the final in a time of 51.39s. Aiden also finished 4th in the 100m (11.94s), 1st in the 200m (23.41s) and his Ryde Secondary College Relay team (16yrs 4x100m) placed 1st in a time of 46.29s.

Lewis Wong (Carlingford High) was 3rd in the 12-15yrs 200m Hurdles (28.42s) and 2nd in the 100m hurdles Lewis in 15.13s. In the triple jump Lewis placed fourth with his best jump of 11.49m.

Jessica Koussas (Ryde Secondary College) won both the 15yrs javelin (31.06m) and discus (29.38m). In the high jump Jess placed 2nd (1.50m) and was 9th in shot put (7.40m).

Calan Hahlos (HHH) was 2nd in the 12-14yrs 400m in a good time of 55.68s. In the 14yrs 100m Calan was 8th (12.80s) and 5th in the 200m (25.05s).

Oliver Tsang (EBHS) leapt 5.12m for 7th place in the 15yrs long jump and 6th in the 12-15yrs triple jump (11.22m).

Emilia Webb (HHH) place 1st in the high jump (1.41m) 2nd in the 12-15yrs triple jump (10.46m) and 4th in the long jump (4.54m).

Daniel Cox (EBHS) got through to CHSSA with his 2nd place in the 14yrs 100m hurdles (17.84s), In the 12-15yrs 200m hurdles Daniel placed 5th (32.35s).

Leon Danks (RSC) cleared 1.50m in the high jump to place 5th in the 14yrs high jump and was 9th in the discus (25.57m). Two of our athletes, both from Carlingford High competed in the 14yrs javelin. **Benjamin Lawrence** won the event with his best throw of 34.01m and **Brendan Kim** was 4th with 32.74m.

Luke Moscos (EBHS) ran 2m 24.78s for 6th place in the 14yrs 800m event.

Matthew Lawrence (Carlingford High) joins his brother in securing a spot at CHSSA for javelin when he also won his javelin event, the 12-13yrs event with his best throw of 28.99m.

Jacqueline Pawsey (Riverside) was another busy athlete, winning the 12yrs high jump (1.39m), placing 2nd in the 80m hurdles (13.93s), 3rd in both the 200m (29.88s) and long jump (4.10m), 5th in the 100m (14.90s) and 7th in the 800m (3m 02.33s).

Isabella Koussas (RSC) was 3rd in the 12yrs shot put (7.15m), 7th in the 100m (15.32s), 8th in the high jump (1.20m) and 4th in the long jump (3.97m).

Liam Martin (HHH) was competing at his first high school Sydney North carnival and finished with bronze in the long jump with a leap of 4.20m. Liam's relay team finished 8th in a time of 62.41s.

10. IGSA Athletics Carnival

At the IGSA Athletics Carnival held at SOPAC on Friday 25th August Ryde was represented by Georgia Phillips. Georgia placed 5th in the U17 high jump (1.45m), 2nd in the long jump (5.14m) 5th in the 100m hurdles (17.34s) and was a member of Pymble's senior 4x100m relay that placed 2nd.

11. Sydney Catholic Schools Championships

The Sydney Catholic Schools Championships was held at SOPAC on Friday 1st September and Ryde Seniors was represented by 10 athletes.

Rory Davidson (Holy Cross College) was 2nd in the 16yrs+ Triple jump with a leap of 12.36m. Rory picked up silver medals in both the 17yrs+ shot put (13.95m) and long jump (6.17m). Rory was 4th in discus with 33.55m.

Miah O'Shea (Marist Sisters Woolwich) had an excellent meet winning five events across the day. Miah set a record with her leap of 5.25m in the 16yrs long jump and her 4x 100m relay team also set a record time of 52.42s. In the triple jump Miah landed at 11.00m. Miah ran 13.64s to win the 16yrs 100m and backed that up with another win in the 1500m in a time of 5m 41.26s. In her 200m Miah finished 4th in a time of 29.11s.

Isaac Siebert (Holy Cross College) was one of three runners in the 16yrs 800m to break the old record. Isaac finished in a good time of 2m 06.78s.

Joep Rauqe (Holy Cross College) was another busy athlete. Joep won the 16yrs long jump (5.70m) and was 2nd in the high jump (1.75m) His relay team set a new record in winning the 4x100m event in a time of 46.31s. a throw of 28.08m in the discus saw Joep take home the silver and in the 16yrs+ Triple jump Joep jumped 11.51m for 8th spot. In the 100m Joep placed 11th (12.41s).

Andrew Kalos (Marist College Eastwood) won the 16yrs javelin with a throw of 45.35m. In the 16yrs+ triple jump Andrew placed 6th with a leap of 11.66m. Andrew's relay team was 4th in 42.71s.

Nathan Barbara (Marist College Eastwood) won the PARA Discus 16yrs+ with his throw of 16.95m (64.99%). Nathan was second in the PARA shot put with his throw of 5.17m (41.23%).

Amelie Gomez-Niewolik (Marist Sisters Woolwich) was 2nd in the 15yrs 100m (13.68s) and 4th in the long jump with her best jump of 4.59m. Amelie's 4x100m relay team placed 3rd (53.64s).

Christopher Moala was another busy Holy Cross athlete. Chris jumped 5.54m in the 15yrs long jump to set a record as well as winning the 12-15yrs triple jump with a leap of 12.50m. Chris cleared 1.65m to claim 2nd in the high jump and was 4th in shot put with a throw of 9.72m. Chris's Holy Cross 4x100m relay team won their event in a record time of 43.70s. In the 100m Chris place 9th in 12.37s.

Julian Smith (Marist College Eastwood) placed 3rd in the 15yrs 1500m in a time of 4m 38.51s. In the 800m Julian was 4th (2m 16.69s).

Lachlan Waldron (Marist College Eastwood) won both the 15yrs javelin (40.50m) and the discus (44.09m). In his 200m event Lachie was 7th in a time of 26.47s. Lachlan's 4x100m relay team was 4th in 48.45s.

Unfortunately a bomb threat led to the cancellation of the NSWCCC Championships for 2023.

12. Sydney Half Marathon & 10km Fun Run

Puspesh Puspesh competed in the Sydney Half Marathon at Sydney Olympic Park on Sunday 3rd September. Puspesh finished in a personal best chip time of 1hr 34m 51s to place 230th overall and 63rd in the 40-49yrs age group.

Nicholas and Chelsea Woodhouse competed in the 10km fun run event, running together with Nicholas finishing 103rd in 58m .04s and Chelsea in 104th spot in the same time.

13. Association of Independent Co-Educational Schools (AICES) Track & Field Championships

The AICES Championships were held at SOPAC on Tuesday 5th September and three Ryde Senior athletes were competing all representing Arden College.

Nicholas Woodhouse ran a time of 25.28s to place 13th in the 17yrs 200m. Nicholas completed his 800m in 5th place in 2m 11.75s.

Benjamin Woodhouse ran an AICES record time of 4m 17.94s to easily win the 15yrs 1500m. In the 15-16yrs 3000m Benjamin was just pipped for 1st in a time of 9m 10.96s.

Alexander Evans won the PARA 12-19yrs long jump with a leap of 3.24. In the shot put Alexander's put of 5.61m again saw him finish first and claim the AICES record for PARA shot. In the discus Alexander threw 11.62m for another 1st place. In the 12-19yrs PARA 100m event, Alexander claimed his second AICES record of the meet when he was first across the line in 15.93s. Alexander claimed 3rd spot in the PARA 200m in a time of 36.53s.

14. The NSWCHSSA

The NSW Combined High Schools Sports Association 2023 Track and Field Championships were held at SOPAC from 6th-8th September and Ryde was represented by 25 athletes.

Zara Pawsey (Riverside Girls) had a very busy three days. In the 12-15yrs 200m Hurdle heats Zara ran a time of 32.70s to be the 5th fastest heat runner. In the 90m hurdle heats Zara was third in her heat in a time of 13.59s to qualify for the final. In the wet and rainy final Zara was cleanly over all the hurdles to finish 5th at CHS with a time of 14.51s

Charli Nagle (Riverside) competed in the heats of the 12-15yrs 200m hurdles, Charli ran a time of 35.16s to miss the final by just one spot and place 9th overall. In the heats of the 15yrs 90m hurdles where she place 5th in her heat and 11th overall in a time of 15.87s.

Zara and Charli were both members of the Riverside Girls 15yrs 4x 100m relay team with Zara running the second leg and Charli bringing the team home. In the heats the girls clocked a time of 52.82s to win their heat. In the final Charli battled all the way down the straight to keep the team in medal contention which she did when she crossed the line for bronze in a time of 53.08s

In the Women's pentathlon, **Zara Pawsey, Maddison Duncombe and Charli Nagle** all competed. Going into the final event, the 800m, Zara Pawsey was sitting in the silver medal position some 200 points behind the leader. Zara's strong 800m leg however catapulted her to the lead and she took home the CHS State title. Charli finished in 4th place and Maddison, who was carrying a heavy cold going into the competition, placed 9th. Their results and points are shown below

	200m	HJ	LJ	SP	800m	Total
Zara	27.12	1.49m	4.83m	7.12m	2m 39.35	1 st
	702	610	514	343	580	2749
Charli	28.73	1.40m	4.08m	8.70m	2m53.36s	4 th
	574	512	326	445	429	2286
Maddison	28.56	1.13m	4.46m	10.64m	DNF	9 th
	587	248	418	571	0	1824

Maddison also competed in the 17yrs+ discus event where she managed a best throw of 27.93m for 9th place.

Maddie was also a member of the Riverside Girls 17yrs+ 4 x 100m relay team which was all Ryde girls. **Mikayla Kelleher** led the girls off handing over to **Aliana Moala** to run the back straight. **Elysha Pawsey** ran the second bend before

handing off to **Maddison Duncombe** for the final straight run. In the heats, the girls were third across the line to automatically qualify for the final in a time of 52.31s. In the final the girls were 6th home in 52.83s.

Mikayla Kelleher had a great run in the heats of the 17yrs+ 100m hurdles running close to her personal best time to finish 2nd in her heat and qualify for the final in a time of 16.73s. In much different conditions on Friday morning, Mikayla's training paid off when she hurdled cleanly and smartly on a wet track and was not distracted by the hurdler beside her hitting the track, to finish in an even faster time of 16.71s to take home the silver medal.

Aliana Moala competed in the 17yrs+ triple jump final where her best jump of 10.63m placed her 7th.

Lewis Wong (Carlingford) competed in the heats of the 12-15yrs 200m H and comfortably made it through to the final when he won his heat in 27.66s. In the final Lewis took the race out hard and it was neck and neck round the bend and into the straight where Lewis pulled away slightly only to be caught just before the line to take home the silver medal in 26.39s. In the 100m hurdle heats Lewis again ran strongly to secure his second final's spot of the meet. On a very wet Friday morning, after officials held the race for some time, Lewis finally got on the track and was cleanly over the hurdles for 5th place in CHS and a time of 14.73s

Isabella Barbara (Cheltenham) competed in the 16yrs shot put and made the top 8 with her throw of 10.71m.

Matthew Lawrence (Carlingford) was another athlete to take home the CHS title when he added 3m to his distance from Regionals when he landed the javelin out at 32.08m in the 12-13yrs javelin throw event.

Jessica Koussas (Ryde Secondary) competed in three events over the three days. In the 15yrs high jump Jess cleared 1.45m for 6th place. In the javelin Jess threw 31.98m to take home 4th spot. In a wet discus circle on the Friday Jess got the discus out to 25.41m for 9th place.

Axel Bruntsch (EBHS) was third across the line in his heat of the 15yrs 800m (2m 04.72s) to automatically qualify for the final. In the final Axel was slightly faster in 2m 04.02 to place 5th.

Kaitlyn Martin's (HHH) competed in the 17-19yrs 400m H and went through to the final in a time of 75.13s. In the final Kaitlyn cut 2.5sec off that time to finish in 72.87s and take 6th place.

In the 17-19yrs 400m heats Kaitlyn was third across the line in heat one to automatically qualify for the final in a time of 63.70s. In the final Kaitlyn again cut her time, to finish in 62.49s and 5th place.

Lucas Low had run a huge PB in the Sydney North Carnival in qualifying for the 16yrs 400m. Lucas continued to kick his season off smartly when he ran another new PB time in heat one to finish 10th overall in CHA with a time of 54.39s.

Daniel Cox (EBHS) had a great run in the heats of the 14yrs 100m hurdles when he clocked a 2024 national qualifying time of 15.36s to qualify for the final. In the finals on a wet and rainy track Daniel was cleanly over all the hurdles to place 6th in 16.11s.

James Woods (EBHS) ran in heat 2 of the 15yrs 400m and crossed the line second to automatically qualify for the final in a time of 53.51s. In the final James took off and made the group chase him down, holding the lead until around the 200m mark. In the straight, James looked strong and was able to cross the line in the silver medal spot in a near PB time of 52.71s.

Aiden Wright (Ryde Secondary) won his heat of the 15yrs 200m in a national qualifying time of 22.94s. In the final Aiden passed runners in the final 60m to pass the post in the silver medal position in a time of 23.12s. Aiden skipped the 400m heats to rest his injured knee ahead of the 16yrs 4x100m relay events on the Friday. In the relay heats his team easily qualified for the final as second fastest in a time of 45.93s. In the final of the 16yrs 4x100m Aiden ran a brilliant fourth leg to keep the Ryde Secondary boys in the lead from a late charge from Sydney High and bring home the State title in 44.99s.

Jacqueline Pawsey (Riverside) added 4cm to her result from Sydney North when she cleared 1.43m in the 13yrs high jump to finish with the third best height. On count back Jacqueline was relegated to 4th spot. In the straight final of the 12yrs 80m Jacqueline ran cleanly and quickly over the hurdles to move herself into the bronze medal position by the line in a time of 14.61s to lower her time from regions by 0.32s.

Hannah Lambert (Muirfield) was another busy athlete. Hannah won the 12yrs girls high jump in a national qualifying height of 1.58m. In the long jump Hannah was again the gold medallist with a leap of 4.87m. In the 12-15yrs triple jump, Hannah did well to place 6th with 10.14m. In the final of the 12yrs 80m hurdles Hannah improved on her time at regions when she stopped the clock at 15.03s for 5th place. In the 100m heats Hannah ran a time of 13.90s.

Mikayla Duncombe (Riverside) won bronze in the 14yrs discus with a strong throw of 30.37m. In the shot put Mikayla threw 10.54m to place 7th at CHS.

Owen Trinh (Sydney Boys High) qualified for the final of the 13yrs 100m when he ran a PB time of 11.91s in the heats. In the final Owen did not get the quickest start but was flying down the last 40m slowly moving through the field. At the finish only 2/100th of a second separated 2nd and 4th with Owen claiming the bronze in a time of 11.95s.

Benjamin Lawrence (Carlingford) was unlucky not to be able to cleanly land any of his javelin throws in the 14yrs boys' event and finished with a No Mark.

Emelia Webb (Hunters Hill High) competed in the 14yrs high jump where 7 girls finished on the same height of 1.45m. On count back Emelia was placed 10th.

Moses Wolfson (James Ruse) was our only walker in the carnival and Moses finished the 12-15yrs 1500m in 9m 07.9s for 7th place.

Calan Hahlos (Hunters Hill High) ran a terrific race in the heats in the 14yrs 400m so good was it Calan won his heat by over 5m as well as running a National Qualifying time for 2024 of 54.03s. In the final on Friday Calan was Ryde's last competitor out on the track and Calan kept his head around the bend and into the straight to keep his form and run home with the bronze medal in a time of 54.79s.

15. The Combined Associated Schools Track & Field Championships

The CAS Championships were held at SOPAC on the 14th September and **Timothy Forster** (Barker College) had an outstanding competition.

In his pet event, the 110m Hurdles Tim competed in the Open Championships event and not only won the event but set a new record time of 14.03s (wind 2m). This was a new PB for Tim as well as ranking as the equal fastest time for an U20M in Australia for that event in 2023. It is also an astonishing 3.21sec under the national qualifying time.

In the Open Long Jump Tim was again the winner with a best distance of 6.69m. In the Open 200m Tim again ran a national qualifying time for U20M when he placed second in a time of 21.71s.

In the 100m Open race Tim was to place third in 11.07s and was a member of the Barker College Open 4x100m team that finished in 43.52s.

16. 127th AAGPS Championships

At the AAGPS Athletics Championships held at SOPAC on Saturday 16th September two Ryde Senior Athletes were competing for their schools.

Owen Trinh (Sydney Boys) had an excellent meet winning both the 100m and 200m championships race for the U13 age group. In the 100m Owen also become the fastest U13 runner in the 127 years that the GPS carnival has been held, by taking the record in a new personal best and national qualifying time of 11.81s. In the 200m Owen again won by a large margin when he crossed the line in 24.39s. Owen was also a member of the Sydney High 4x100m U13 team that finished second in a time of 49.09s

Alex Ruhfus (Sydney Boys) was to duplicate Owen's results, winning the 14yrs 100m (11.53s) and 200m (23.41s) both national qualifying times. Alex's third win of the day came as a member of the U14 4x100m relay team who finished in 46.19s.

17. 2023 Sydney Marathon

The 2023 Sydney Marathon was held around the city of Sydney on Sunday 17th September in extremely hot conditions and two of Ryde's Masters athletes were competing.

Sue Gore finished the half marathon in a gun time of 2hrs 01.29s and in the marathon, **Puspesh Puspesh** ran a 22-minute PB to finish in 3hrs 22.05s.

18. The CIS Track and Field Championships

The Combined Independent School Championships were held at SOPAC on the 19th September and Ryde's two representatives, **Alexander Evans** and **Georgia Phillips** both finished amongst the medals.

Georgia easily won the 17yrs long jump with her best jump of 5.26m. Good preparation ahead of the NSW All Schools. Alexander won the Para 12-15yrs 100m in a new record (and national qualify) time of 15.41s (67.88%). In the Para 200m Alexander placed third again is a record breaking and national qualifying time – 32.96s (63.87%). In the Para Long jump it was another gold for Alexander with a leap of 3.36m (43.86%). In his throws events, Alexander placed second in the shot put with 4.68m (28.43%) and in discus he was 4th with a throw of 12.34m (23.02%).

19. The NSW All Schools Track and Field Championships 16-19yrs

The NSW All Schools Track and Field Championships 16-19yrs was held at SOPAC from 23rd to 25th September.

Two of our long jumpers, **Miah O'Shea (Marist Sisters)** and **Georgia Phillips (Pymble)** were out early competing in the 16yrs and 17yrs long jump events respectively.

After showing some outstanding form at the Sydney Catholic Schools Championships, **Miah** making her NSW All Schools debut and jumped really consistently hitting 4.98m on two of her jumps to finish in 8th spot in NSW, a great result for her first All Schools.

Georgia Phillips got off to a great start landing a 5.19m jump to put her in the silver medal position from round one before the Australian Champion landed a valid jump in round two that saw Georgia move to bronze, a position she held through the next three rounds and improving her result with a 5.20m jump in round three and secure her the bronze medal and a spot at the Australian Junior Championships in 2024 for the U20 long jump.

Zara Pawsey and **Charli Nagle** (both Riverside) were running up an age in the 16yrs 100m hurdles, pushing for a qualifying time for next year's nationals. Running in the same heat, Zara finished in a national qualifying time of 15.90s

to place 3rd in her heat and qualify for the final. Charli stopped the clock at 17.38s for 7th in the heat and 14th overall. In the final Zara placed 8th in a time of 15.55s.

Owen Chandler (EBHS) was to compete in two jumps event over the three days. In his first event the 16yrs long jump Owen's was another consistent jumper, starting with 5.62m and finishing with 5.68m to place 14th.

Andrew Kalos (Marist) has been working hard at javelin over the off season and managed a best throw of 44.35m in the final round to finish just out of the medals and place 4th in the 16yrs boys javelin event.

Timothy Forster (Barker) ran in the final of the 19yrs 110m hurdles. In the race of the day, Tim took the race out from the start and just blew the field away. When he crossed the line Tim had not just broken 14s for the first time but went straight past 13.90s to land a time of 13.88s and win the race by an incredible 0.41s. Tim now has the fastest time registered by an U20 athlete for the event by 0.15sec. His time is also the second fastest 19yrs 110m hurdles time ever run at NSW All Schools. Tim was to win his heat of the 100m in a new personal best time on 10.97s to automatically qualify for the final. In a very fast final, Tim executed a good race to place 5th in a time of 11.06s

Ryde had two runners listed in the heats of the 16yrs 1500m. **Max Mayhew** (St Leos) returned to Ryde after a season off and ran consistent laps to place 30th overall in a time of 5m 14.93sec. **Isaac Siebert** (Holy Cross) set a new personal best time of 4m 31.84 to place 25th.

Nathan Barbara (Marist Eastwood) was contesting the 15-16yrs PARA shot put and set a new Australian record for F61 when he threw 5.25m (60.07%) for gold.

Claudia Barlow (Riverside) kicked off day 2 with a silver medal in the 16yrs pole vault. Claudia got good clearances over 1.80m and 2.30m.

Maddison Duncombe (Riverside) ran in heat two of the 17yrs 100m and finished 6th with a time of 13.60s to place 12th overall.

Claudia Barlow's Pole Vault just finished up in time for her to move onto the 16yrs discus. Claudia's best throw came in round one for a distance of 20.53m to finish in 9th place. In the 16yrs shot Claudia threw 8.08m for 11th.

Maddison Duncombe competed in the 17yrs discus and threw 29.82m to place 10th. In shot put Maddie putted the shot out to 9.46m to place 9th.

Nathan Barbara won the 15-16yrs PARA discus and achieved his second F61 Australian record of the weekend with a distance of 17.59m (64.29%).

Georgia Phillips competed in the 17yrs 2000m steeplechase events and placed 5th in 7m 38.24s. In the 17yrs 400m Hurdles Georgia finished 5th in 67.72s, also a national qualifying time.

Charli Nagle also competed up an age group in the 16yrs 400m hurdles timed finals and had a great debut when she finished in a time of 72.66s to place 7th and be the third hurdler to run under the NQ time.

Our final field competitor in the All Schools 16-19yrs was **Owen Chandler** competing in the 16yrs Triple Jump. Owen placed 6th with 12.57m.

Ruby Worrell ran in the heats of the 17yrs 200m and placed second to progress to the final with a time of 25.85s. In the final Ruby was to finish just out of the medals in a national qualifying time of 25.33s.

Timothy Forster competed in the heats of the 19yrs 200m and crossed the line in first place in 22.30s to qualify second fastest for the final. In the final Timothy fought all the way to line to finish with the silver medal in a NQ time for Open men's, a new Ryde Best Performance on record for U20 time of 21.46s.

20. 2023 NSW Primary Schools Challenge

The inaugural NSW Primary Schools Challenge was held in conjunction with the 16-19yrs NSW All Schools at SOPAC from the 23rd-25th September.

Harlen Danks (North Ryde) was first out in the field competing in the 11yrs high jump. Harlen had finished just out of the medals at the LANSW Primary event so was in good form. In his first ANSW event Harlen cleared 1.35m to again just finish out of the medals when he placed 4th.

The first track runners were **John Stewart** (Nth Ryde) and **Jack Le Fevre** (Boronia Park) competing in, respectively the 10 and 11yrs 1500m. John was to place 10th in the state in a time of 5m 40.51s. Jack went out with the lead group in the second of the timed finals and stuck with them for most of the race to place 4th in his race and finish with a big PB of 5m 07.74s. and 13th overall.

Ten of Ryde's best younger sprinters were to compete over the 200m heats. First out was **Talia Oppedisano** (Boronia Park) and **Charlotte Fraser** (Eastwood Heights) in the 10yrs heats.

Talia competed in heat one and came home 5th in her heat in a time of 34.54s to place 15th overall. Charlotte was 18th overall in a time of 35.67s.

Ali Lombardo (Gladesville) and **Sienna Thompson** (Boronia Park) both made their ANSW debuts on the start line for the 11yrs 200m heats. Ali raced in heat three and stopped the clock 32.01s to place fifth in her heat and 16th overall.

Sienna also placed 5th in her heat and 15th overall in a time of 31.59s.

Mitchell Cox (Truscott St), **Raffael Oppedisano**, **Louis Baddeley** and **Jack Le Fevre** (all Boronia Park) all competed in the 11yrs 200m heats.

Mitchell was to finish with the best time of the boys, running 30.03s to place 13th overall. Louis was not far behind in 15th place in a time of 30.63s, with Raffael just one spot behind in 30.93s. Jack was unfortunately DQ'd.

The last of the primary 200m saw **Bella Fraser** and **MiaRose Everson** (both Eastwood Heights) racing in the 12/13yrs girls event. Bella finished 6th in her heat in a time of 30.34s to place 11th overall. MiaRose finished 13th overall in 31.33s.

Eight of our athletes were to contest long jump finals over the afternoon. First out were the 10yr girls with **Charlotte Fraser** and **Talia Oppedisano** competing. Charlotte landed two jumps at 3.27m to finish 9th overall with Talia improving with every jump to finish with 2.90m to place 12th.

In the 11yrs boys event we had four competitors jumping. **Dan Pulfer** just missed the podium with his best jump of 4.22m in round two to place 4th. **Jack Le Fevre's** opening jump of 4.02m secured him 6th spot. **Mitchell Cox** placed 10th spot at state with 3.76m and **Raffael Oppedisano** jumped 3.73m for 11th.

Our final two jumpers were **MiaRose Everson** and **Bella Fraser** in the 12/13yrs long jump event. Bella improved with each jump to land out at 4.10m for 7th place with her final jump. MiaRose opened with her best jump of 3.92m for 10th.

Jack Le Fevre (11yrs), **MiaRose Everson** and **Lachlan Inman** (Meadowbank) (12/13yrs) lining up for the 800m timed finals. Jack was to place 2nd in his heat and 16th overall in a new PB time of 2m 37.80s. MiaRose finished 7th in a time of 2m 40.59s.

Lachlan also ran a PB time when he crossed the line in 2m 46.03s to claim 16th spot.

Bella Fraser competed in 12/13rs Discus and threw 20.19m to place her 9th.

Jack Spencer (Boronia Park) has only joined Ryde this season but has already set a new record in the U12B shot put.

Jack was joined by **Charlie Shiel** (Truscott St) and **Harlen Danks** in the 11yrs discus competition.

Charlie held the bronze medal spot until almost the competition of the event when he just pipped into 4th spot. Charlie had thrown very consistently improving with each throw to finish with 27.93m. Jack's best throw was 25.46m placing him 6th. Harlen was 10th with a best throw of 20.74s.

Bella Fraser placed 6th in the 12/13yrs high jump when she cleared 1.35m.

Talia Oppedisano and **Charlotte Fraser** competed in the 10yrs 100m heats with Charlotte finishing in 16.31s for 14th place and Talia in 16.55s for 16th overall.

Sienna Thompson ran 15.43s in heat one of the 11yr 100m heats for 13th overall. In the 11yrs high jump Sienna was unable to clear her opening height.

In the 11yrs heats of the 100m, **Mitchell Cox**, **Raffael Oppedisano**, **Dan Pulfer**, **Jack Spencer** and **Louis Baddeley** were on the start lines.

Mitchell was our first runner out in heat one placing 6th in a time of 14.79s. Louis and Raffael were in the next heat finishing 8th and 9th respectively in times of 14.74s and 14.91s. The final heat saw Jack Spencer secure an automatic spot in the final when he placed 2nd in the heat (13.34s) and Dan finished just two spots behind in 4th in a time of 15.24s.

Bella Fraser ran in the 12/13yrs 100m heats and finished in 14.91s to pick up a qualifying spot for the final. In the final Bella crossed the line in a time of 15.31s for 9th spot.

In his final, **Jack Spencer** ran a strong race moving out into the lead group and holding a strong run right across the line for a dead heat for silver in 13.17s. Given the National Qualifying time for U13 in 2024 is 13.04s, it is likely Jack will be challenging that over the next few months.

On the final day **Jack Spencer** and **Charlie Shiel** both contested the 11yrs shot put. Jack got a big throw out in round two of 11.67m to claim the silver medal. Charlie's best throw came in round two and was 9.52m to place him 9th.

Our final track competitor was **Lachlan Inman** in the 12/13yrs 400m timed finals who ran a huge PB to cross the line in a time of 69.85s to place him 8th.

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

The 2023 Athletics NSW All Schools Track and Field Championships 12-15 years was held at SOPAC from 6th-8th October and 29 Ryde Senior 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 cleared a new personal best of 2.55m on her third attempts for the silver medal and a spot on the NSW team for Perth.

Lewis Wong (Carlingford High) competed in the 15yrs 100m hurdles heats and placed third 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.

Competing in the 15yrs 800m heats **Axel Bruntsch** finished second in a national qualifying time of 2.00.98s. In the final Axel was to better that time when he again took the bell in an even faster first lap (57.42s) and placed 5th over the line in a new PB time of 1.59.37s.

Daniel Cox (EBHS), in his heat of the 14yrs 100m hurdles finished in 4th place in another national qualifying time of 15.21s to go through to the final. In the final Daniel was to place 10th in 16.11s.

Jacqueline Pawsey lined up for the final of the 12yrs 80m hurdles where she was to place 5th in a time of 14.67s.

Lachlan Waldron (Marist Eastwood) competed in the 15yrs discus and finished 5th with a massive PB throw and Ryde best performance on record throw of 49.02m

Mikayla Duncombe (Riverside) threw 10.92m in the 14yrs shot put to place 8th.

Rhys Chandler (EBHS) was our only competitor in the walks over the three days, competing in the 13yrs 3000m walk and 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.

Daniel Cox in the 14yrs boys pole vault, cleared 2.30m to take home the bronze medal.

In the 15yrs boys 400m Ryde had two competitors – **James Woods** (EBHS) and **Aiden Wright** (Ryde Secondary). **James Woods** took off well and finished second in a huge personal best time of 50.98s. This was a national qualifier for both U17 and U18's for 2024. **Aiden Wright** was disqualified for a lane infringement.

Ellie Van Der Poorten (Riverside) was our final 400m runner of the day in the 15yrs 400m heats. Ellie 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) competing in the 15yrs discus ended with 22.18m for 13th place.

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.

Emilia Webb (Hunters Hill) was in the 14yrs high jump and cleared 1.45m to place 10th.

Alexander Evans (T/F13) competed in the 12-14yrs PARA discus to finish with his best throw of 14.51m (27.07%) just out of the medals in fourth spot.

Mikayla Duncombe was 6th in the 14yrs discus with her best throw of 32.13m.

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 placed 10th in her timed final and 22nd overall in a time of 5m 56.14s. **Julian**, placed third in his timed final and 12th overall in a time of 4m 23.50s.

Axel Bruntsch's 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.

Jess Koussas threw 33.81m in the 15yrs javelin to secure the bronze medal.

Emilia Webb placed 28th in the 14yrs long jump with her first round jump of 4.38m.

Hannah Lambert (Muirfield), **Isabella Koussas** (Ryde Secondary) and **Jacqueline Pawsey** competed in the 12yrs high jump. **Hannah** was, at 1.53m the only competitor left in the competition and cleared it on her second attempt for the gold medal.

Jacqueline cleared 1.40m for fourth spot. **Isabella** was to finish in seventh place and a best clearance of 1.30m.

James Woods contested his first NSW All Schools final, the 15yrs 400m. 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.

Lachlan Waldron was 4th in the 15yrs javelin throw with a distance of 42.85m.

In the 13yrs 100m, **Owen Trinh** took the automatic qualifying spot for the final in a time of 12.31s.

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

Emilia Webb ran a time of 14.10s to place 9th in heat five and 38th overall in the 14yrs 100m.

Calan Hahlos's (Hunters Hill), was to place 3rd in his heat and 19th overall in a time of 12.39s in the 14yrs 100m.

The heats of the 15yrs 100m was to see six of Ryde's fastest boys on the start lists. Unfortunately injury meant that we weren't 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.

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 Lambert** leapt 4.81m to claim the title on count back to her second best jump.

Zara Pawsey competed in the 15yrs long jump final with her jump of 4.82m placing her 11th overall.

In the 15yrs high jump, Zara with a clearance at 1.50m placed 5th, just one clearance out of medal contention.

Benjamin Lawrence (Carlingford) and **Brendan Kim** (Normanhurst) competed in the 14yrs javelin final. 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 finished 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 threw 30.24m to take the Kim family's second silver medal of the afternoon.

Ben Proszenko (St Pats Strathfield) and **Ella McGregor** were both competing in the 2000m 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 placed 6th.

Jacqueline Pawsey competed in the 12yrs 200m and finished in a time 30.27s to place 6th in her heat and 15th overall.

In the heats of the 13yrs 200m, **Owen Trinh** secured 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. Running into a headwind, in the final, Owen crossed the line in 5th (24.52s).

Zara Pawsey placed 14th overall in the 15yrs 200m heats in a time of 26.93s.

In 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. **Hannan Lambert** 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.

Out in the back straight, **Emilia Webb** jumped 10.75m to place 6th in the 14yrs Triple jump.

Eloise Stewart (Pymble) threw in the 13yrs hammer throw and placed 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 finished with a national qualifying distance of 12.84m and the silver medal.

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

In the 12-14yrs long jump, Alexander easily achieved the national qualifier on all three of his legal jumps, landing out at 3.63m (47.39%) twice, and also won the bronze medal

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 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.

Zara Pawsey in the 15yrs straight finals of the 200m hurdles topped the clock at 31.71s for 6th place.

22. Treloar Shield Round One

Treloar Shield Round One was held at SOPAC on Saturday 14th October and Ryde was represented by 24 athletes.

Our U12 age group was particularly strong and took out the Boys U12 Point score for the afternoon. All boys secured PB results during the afternoon.

Jack Spencer was to be the overall winner of the U12 100m in a national qualifying time of 13.00s. **Zachery Leung** was in 2nd place in 13.17s, **Louis Baddeley** was 5th in 14.41s, **Mitchell Cox** placed 6th in 14.67s and our youngest competitor, **Archer Griffiths** placed 8th in 15.99s. Archer also competed in the U12 discus where he threw 26.54m (500gm) to place first.

Jack Le Fevre was to place 2nd overall in the 12yrs 400m in a time of 66.09s with **Zachery Leung** 4th in 71.07s.

In the 4x200m relay the team of **Jack Spencer, Mitchell Cox, Jack Le Fevre & Louis Baddeley** were the winners in a time of 2m.00.54s.

Bella Fraser had a good run in the U15 girls 100m finishing in a time of 14.70s to place 18th overall. Our U15 boys competing in the 100m saw **Owen Trinh** take out 2nd place overall in a time of 11.87s. **Daniel Cox** was 9th home in 12.82s and **Jun Min Yap** finished in 13.25s to place 13th. Daniel was to place 4th in the U15 Pole Vault with a vault of 2.40m.

Jacqueline Pawsey had to compete as an U15 to enter the high jump and finished in 8th place with 1.40m. **Alexander Evans** was to compete in the Para discus and got a huge four metre PB throw of 19.22m out in round two to take home first place.

Our athletes competing in the U18 division had a good afternoon as well. **Amelie Gomez-Niewolik** finished in a time of 12.89s to place 10th overall in the 100m. **Charli Nagle** was to record a time of 14.36s for 21st overall. **James Woods** ran a good time of 11.52s in the 100m to place 10th overall.

In the discus **Jessica Johnston** set a new Ryde Best Performance for U18, U20 and Opens when she launched a massive throw of 45.80m with her first round throw. This throw is good enough to qualify Jess for the Australian Open Women's Discus in 2024.

In the 200m hurdles **Daniel Cox** again ran under the national qualifying time when he finished 1st in a time of 29.14s. **Zara Pawsey** competed in her first 400m hurdle event and ran a national qualifying time of 71.33s to place 4th. **Charli Nagle**, who had run the NQ time at All Schools, was to place 6th in 78.67s. In the flat 400m, **Kaitlyn Martin** ran 63.69s to finish 6th overall.

In the Open age events **Ruby Worrell** ran in the 400m and placed 9th overall in a time of 60.56s. **Keir Sauhata Barnes** came so close to breaking the 50 second barrier when he finished 10th overall in the 400m in a time of 50.24s.

Making their Ryde Athletics debuts in the Open Women's 1500m were two members of Jon Baker's training squad, **Elizabeth Rebbechi and Stella Sevilla Chinchilla**. Elizabeth placed 13th overall in 5m 56.42s and Stella was close behind in 14th place in 6m.00.15s. Their coach, **Jon** also ran in the 1500m, finishing 8th in the 50yrs+ age group in 5m 54.70s. Another member of Jon's squad, **Nick Pawsey** had a great run in the 35-49yrs 400m finishing in a PB time of 59.58s for 3rd place. Nick also competed in the high jump where he finished 2nd with his clearance of 1.60m which was a new PB.

23. The Ryde Senior Club Championships Day 1 for the 2023/24

The Ryde Senior Club Championships Day 1 for the 2023/24 season was held on Sunday 15th October and there were 30 competitors. Numerous records were broken and new ones also set on the day.

Name	Age	1500m	Hammer throw	Long jump	100m	Discus	400
Robert Hanbury-Brown	65+		35.31 R			28.27	
Andrew Atkinson-Howatt	65+		26.71			31.17	
Simon Bergfield	60+		13.86	3.48	16.2 R	26.95	
David Teo	55+	5:48.14 R		4.24 R		19.96	1:07.85
Jon Baker	55+	5:46.50 R					
Lynette Smith	50+		27.03 R		17.62	25.48	
Nick Pawsey	45+			4.97	12.9 R		1:00.68
Vijay Sai	35+				14.59	12.00	1:12.88
Kristy Gibson	40+			3.04 R	17.1 R	15.45 R	1:47.82
Bronwen Morgan	35+			4.11 R	14.68	15.59 R	
Gavin	Visitor					39.96	
Janet Lawrence	Visitor		13.04		17.68	16.26	
Caitlin Waldron	U20		19.62		16.95	30.06	
Maddison Duncombe	U18		11.78	4.44	13.44	26.84	1:24.59
Jess Johnston	U18		47.48 R			40.17 R	
Andrew Kalos	U17		21.67	5.45	12.27	25.76	
Isaac Siebert	U17	4:56.10			12.38		58.45
Zara Pawsey	U16			4.58	13.14		1:06.80
Ellie Van der Poorten	U16				14.49		1:10.20
Lachlan Waldron	U16		26.94		13.92	45.79 R	1:08.96
James Woods	U16		12.07	4.94	11.44		53.8R
Benjamin Lawrence	U15		16.31		15.83	23.31	1:19.60
Daniel Cox	U15		8.65	5.11	13.10		
Mikayla Duncombe	U15			4.16	14.19	29.57	
Eloise Stewart	U14		35.70				
Matthew Lawrence	U14		14.10		16.46	20.97	
Jacqueline Pawsey	U13			4.28	14.40		1:14.60
Jack Spencer	U12		18.07 R	4.19	13.75	28.59 R	
Mitchell Cox	U12		9.17	4.03	15.61	19.76	1:10.37
Archer Griffiths	U10			3.65	16.31	23.77	

24. Treloar Shield Round Two

Round Two of the Treloar Shield was held at Bankstown on Saturday 21st October and Ryde was represented by 11 athletes.

In the U12 events, **Mitchell Cox** was 2nd in the 200m in a time of 30.01s. **Archer Griffiths** placed 5th in the U13 long jump with a leap of 3.71m and was 5th in the shot put with his put of 6.93m.

Jacqueline Pawsey competed in the U15 80m hurdles and placed 3rd in 14.27s. In his first 90m hurdle race, **Mitchell Cox** was 2nd in the U15 90m hurdles in a time of 16.80s. **Daniel Cox** placed 8th in the 200m in a time of 26.16s. In the U18 events, **Daniel Cox** was 4th in the 100m hurdles in a time of 15.44s. **Isaac Siebert** ran a good race in the 800m to finish 8th in a time of 2m 08.80s.

Lachlan Waldron and **Jess Johnston** both competed in the U18 shot put and javelin events. Lachie was 3rd in both the javelin with 41.03m and in the shot put where he threw 12.10m. Jess set a new Ryde Best Performance on Record for U18 shot put with her throw of 13.17m which claimed her second place and a spot at nationals. In the javelin Jess was third with her throw of 35.58m.

In the Open's, running her first 800m of the season was **Elizabeth Rebbechi** who finished in a time of 2m 46.80 for 11th place. **Stella Sevilla Chinchilla** ran her first 3000m and was to finish 10th in a time of 14m 10.92s. **Ben Prosenko** ran in the Open men's 3000m and finished in 10m 51.97s to place 25th.

Having signed up the week before, and having set new records in the 35yrs+ division for long jump and discus, **Bronwen Morgan** was wearing the Ryde colours for the first time. Competing in her first hurdles event since her teens, Bron placed 2nd in the Women's 35-49yrs 90m hurdles in 17.53s, 3rd in the long jump with her best leap of 3.80m and in the javelin Bron threw 13.68m for 6th place.

25. NSWPSA Championships

The NSW Primary Schools Sport Association Championships were held at SOPAC from the 25-26th October and seven of our youngest athletes were out on the track and in the field.

MiaRose Everson competed in the 12-13yrs 800m and place 4th in her heat and 15th place overall in a time of 2m39.23s. **Jack Spencer** was 2nd in his heat in a time just outside his personal best of 13.04s to advance to the semifinals. In his semi-final Jack was again 2nd in a time of 13.63s to advance to the final. In the final Jack crossed the line again in second place to secure the silver medal in a time of 13.64s. In the 11yrs shot put Jack finished with a best throw of 11.15m to place 7th. Jack's second place in the 100m qualifies him for the 2023 School Sports Australia Championships to be held in Launceston in December.

We had two talented high jumpers make the State event. In the 11yrs high jump, **Harlen Danks** cleared 1.35m to take equal 16th spot. In the 12-13yrs high jump **Bronte Nagle** finished with a clearance of 1.25m for 32nd place.

In the relays there were four Ryde boys in the Boronia Park Primary School team 11-13yrs 4 x 100m team – **Raff Oppedisano, Jack Spencer, Louis Baddeley and Jack Le Fevre**. The boys finished 3rd in heat 5 in a time of 55.45s to advance to the semi-finals. In the semi-finals the boys placed 17th overall in a time of 56.48s. Given all our boys were only aged 11yrs, this was a great result as they will all be eligible to contest the same event next year.

26. Treloar Shield Round Three

Treloar Shield Round three was held at Campbelltown on Saturday 28th October and 8 Ryde athletes competed.

After picking up two State medals in road walks in his first Seniors winter season, **Mitchell McCarthy** had been waiting for a 3000m walk to appear on the ANSW calendar so he could have a crack at the U14 national qualifying time of 17m 30s for the 2024 Australian Track & Field Championships. Mitch went way under that time, and indeed achieved both the U14 and U15 qualifying times when he finished with a time of 16m 42.34s, less than one second off Ryde's Best performance on record for 12yr olds. Mitch was 2nd overall in the U15 event.

Georgia Phillips ran a time of 63.67s to secure 9th place in the U18 400m. In the 1500m Georgia finished first in a time of 5m 21.96s. **Jessica Johnston** was the winner of the U18 hammer throw with her final round throw of 46.60m.

Three of Ryde's Masters athletes were competing over the afternoon and **Revathi Krishnan** was making her Ryde debut. A very talented long and triple jumper, Rev's second round jump of 10.12m secured her first place in the 35-49yrs triple jump. **David Teo** ran his first Treloar 400m and finished in 65.36s for 5th place in the men's 50yrs+ event. David also competed in the high jump where his clearance of 1.35m placed him 1st. **Nick Pawsey** ran a PB in his 400m when he finished in 59.47s for 2nd place in the 35-49yrs event.

Keir Sauhata Barnes again ran close to the 50s barrier when he placed 5th in the Open 400m in 50.27s.

Elizabeth Rebbechi cut almost 13 seconds from the time she had run at Round One of Treloar when she ran a time of 5m 43.70s to place 6th in the Open Women's 1500m.

27. NSW Throwers Club

The NSW Throwers Club held a competition at Greystanes on the 5th November and Ryde was represented by **Eloise Stewart** who managed a big new personal best throw of 36.22m. At just 13, this throw is good enough to qualify Eloise for the U18's at nationals.

28. High Velocity Meet Illawong

A High Velocity Meet was held at the Barden Ridge Track at Illawong on the 4th November and Ryde was represented by 6 athletes.

Timothy Forster won the 110m hurdles (99cm) in a time of 14.21s. In the Open Men's 100m Timothy was 25th overall in a time of 11.11s.

James Woods, in the Open Men's 100m finished in 11.77s to place 77th overall. In the Open Men's 200m James placed 54th overall in 23.75s.

Daniel Cox competed first in the Mens 100m hurdles (84cm) where he placed 6th overall in 15.78s. In the Open 100m Daniel was 124th overall in 13.28s. In the Open 200m Daniel stopped the clock at 26.78s to place 88th overall.

Mitchell Cox was having his second run at the Mens 90m hurdles (76cm) and placed 4th in a time of 17.65s. In the Open Men's 100m Mitch ran 14.93s to place 130th.

Jacqueline Pawsey placed 5th in the Open Womens 90m hurdles (76cm) in 14.42s. **Zara Pawsey** finished in a time of 15.55s to take home 6th place in the Open Womens 100m hurdles (76cm).

29. State 3000m and Supporting events

The ANSW State 3000m Championships and supporting events were held on Saturday 6th November at ES Marks Field, Kensington and Ryde was represented by two athletes.

Axel Bruntsch had a great run to win by quite a margin in a time of 2.00.00m. Axel went out in 58.77s and came home in 61.23s.

Benjamin Prosenko ran in the J Race of the Mens 3000m and was to finish with a 14 second PB in a time of 10m 31.83s to place 17th in his race.

30. Treloar Shield Round Four Mingara

The fourth round of the Treloar Shield was held at Mingara on Saturday 11th November and Ryde was represented by 5 athletes.

Zara Pawsey ran in heat 2 of the U18W 100m and finished 4th in her heat and 9th overall in a time of 13.32s. In the 200m Zara was to place 11th overall in a best time of 26.91s. In the 400m hurdles Zara again ran a new personal best time and, another NQ time of 70.57s.

Jacqueline Pawsey was 3rd in her heat and 8th overall in the U15W 100m in a PB time of 14.09s. In the 200m Jacqueline ran another PB time of 28.85s to place 5th.

Georgia Phillips was 4th in the Open long jump with her third round best jump of 4.82m. In the U18 400m hurdles, Georgia placed 6th in a time of 72.74s.

Jessica Johnston won both the U18W discus throw and shot put throw. In discus Jess's second round throw was 41.35m and in the shot put Jess threw 11.75m.

Our final competitor of the afternoon was **Mitchell McCarthy** in the U15M 3000m walk who finished in a time of 16m 43.70s for second place.

31. The ANSW State Relays

The ANSW State Relays were held at SOPAC from 17th-19th November and Ryde had a record 32 teams competing. This part of the race report is organised by the age groups that our athletes competed in.

The U12 Age group

The U12 age group was introduced for the first time at these Relays and our first team out was competing in the U12 4x200m Mixed relay. **Alexander Economides, LilyEve Everson, Charlotte Fraser and Mitch Cox** finished fourth across the line in a time 2m 10.01s. The team were moved up to the bronze medal following the disqualification of one of the other teams.

Our first U12 field team was the U12M 4 x long jump. **Daniel Pulfer**, had the best jump of the competition (4.12m).

Mitchell Cox's third attempt was 3.70m . **Jack Le Fevre** hit the sand at 3.94m and **Louis Baddeley** best jump was 3.69m. The boys recorded a total of 15.45m to claim the Gold medal.

On day two the U12's first event was the 4x100m The boys were absolutely clinical in their runs and exchanges.

Zachery Leung got the boys off to a good start with **Jack Spencer** firing down the back straight passing off to **Mitchell Cox** with **Louis Baddeley** bringing the team home. The boys took the gold by over two seconds and finished in 53.72s.

The U12's final event was the Boys shot put. **Jack Spencer** had the longest throw of the competition (10.92m) with **Charlier Shiel** just behind him in PB territory on 10.26m. **Harlen Danks** threw 7.80m and **Mitch Cox** 7.05m to give the boys a total of 36.13m and clinch their third title of the weekend.

The U14 Age group

Our U14 Mens 4x1500m walkers team was **MiaRose Everson, Mitch McCarthy, Rhys Chandler and Charlie Shiel**. Rhys got the team off to a good start (split 7m 51s) and handed off to Mitch McCarthy (split 8m 12s) who was followed by Charlie Shiel (9m 43s) with MiaRose (8m 14s) bringing the team home for a combined time of 34m 02.78s. The team had crossed the line third but as always but finished with the silver medal.

Our U14 4x100m Women's team again showed the hard work that our coaches put in to teaching our athletes excellent baton passing.

The team of **Bella Fraser, Jacqueline Pawsey, Beatrix Cheung** and **MiaRose Everson** ran a strong clean race and finished in a time of 55.87s for 8th place. All our girls were only 12, so young enough to compete in this race again next year.

Hannah Lambert, Bella Fraser, Jacqueline Pawsey and **MiaRose Everson** competed in the final U14 event of the weekend, the U14W long jump. As all our girls are only aged 12 they did extremely well to finish just one spot out of the medals in 4th place. Hannah (4.44m) Jacqueline (4.39m) Bella (4.21m) and MiaRose (3.95m) jumped a combined distance of 16.99m.

The U16 Age group

The U16 4x1500m team of **Axel Bruntsch, Benjamin Woodhouse, Julian Smith** and **Luke Moscos**, had a great run with the lead extending over each of the runners so that by the time a not too well Luke was handed the baton at the final change, the boys had secured a lead of around 300m. When Luke crossed the line for the Gold medal the team had finished in a time of 17m 53.06s some 20 seconds ahead of the silver medal winning team.

Calan Hahlos, Daniel Cox, Yap Jun Min, Alex Ruhfus ran in the timed finals of the U16 4x100m on Saturday morning. The boys are aged 14,14,13 and 14 respectively so were giving age and strength away to other teams but absolutely proved their strength when they finished 3rd in their heat and 5th overall ahead of seven other teams in a time of 47.24s.

In the 4x100m mixed timed finals. **Zara Pawsey, Amelia Gomez-Neiwolik, Calan Hahlos** and **Daniel Cox** finished in a time of 49.36s to place 5th in their heat and 8th overall in the state.

On Sunday morning our U16 middle distance team of **Axel Bruntsch, Benjamin Woodhouse, Luke Moscos** and **Julian Smith** were back for their final event the 4x800m relay. Leading off Axel set a blistering pace handing the baton on with a big lead in just under two minutes to Julian. In a very talented field, Julian ran well and the team was placed 2nd when Julian handed the baton onto Luke who held the second place for the team before handing onto Benjamin for his third middle distance relay leg of the carnival. Benji gained some ground and ran a 2m 02s final leg to finish in a time of 8m 33.82s.

Two teams ran in the U16M 4x200m.

In the first heat our team was **Brendan Kim, William Perry, Lachlan Waldron** and **Lewis Wong**. Brendan passed on the baton to William at change one. William flew through his 200m. Lachlan kept the pace going and then Lewis brought the team home for third place in their heat and just out of the medals in 4th place overall in a time of 1m 40.93s.

In the second heat we had the team of **Jun Min Yap, Oliver Tsang, Calan Hahlos** and **Daniel Cox**. Jun Min had some shoe issues which saw him lose one of his shoes at about the 100m mark but he kept going to hand onto Oliver who ran a good back 200m before Daniel brought the baton around to Calan to finish the race in a time of 1m 44.54 for 4th in the heat and 6th overall.

U18 Age group

Our first U18 team out for the weekend was our U18W 4x shot put on Saturday afternoon. **Mikayla and Maddison Duncombe, Jess Johnston** and **Isabella Barbara** were to win Gold. After three rounds Jess was the longest thrower of the competition with a throw of 12.34m, Maddie Duncombe threw 10.36m, Isabella Barbara 10.02m and Mikayla Duncombe 9.96m for a total of 42.68m.

Next event out in the field was to see our big men fly in the U18m 4x high jump. The team consisted of **Vili Lewanavanua, Owen Chandler, Oliver Tsang** and **Lachlan Waldron** all of who are young enough to compete at least next year in the same event. **Vili, at just 14yrs** had a best clearance of 1.75m, while **Owen** soared over a PB of 1.70m. **Oliver's** best clearance was 1.60m and **Lachie** cleared an equal PB of 1.55m to give the team a total of 6.60m to place 6th.

Our U18 4 x javelin team contested in windy conditions. All of our boys are young enough to contest this event for at least another season. Senior Club Captain, **Andrew Kahlos** managed a best throw of 44.67m to finish with the 5th best throw overall. **Brendan Kim** was backing up from his Silver medal at All Schools in the 14yrs javelin to land a distance of 35.02m after one of his big throws hit the wind and fell flat. **Lachlan Waldron** added 38.20m to the team effort and **Oliver Tsang** backed up with a throw of 25.89m on the last round. Overall the boys had thrown 143.78m to finish just one spot out of the medals in 4th place.

Vili Lewanavanua, Owen Chandler and **Oliver Tsang** who had competed in the U18 4x high jump team were joined by **Lewis Wong** making his Relays field debut for Ryde in the U18 4x long jump. Owen was out in PB territory with his best jump of 5.83m which saw him finish 9th overall. Vili landed a good jump of 5.74m. Oliver was to jump 4.89m and Lewis landed his best jump at 5.36m to give the team a combined distance of 21.82m for 5th place overall.

In the U18 4x100m, **Zara Pawsey, Ruby Worrell, Amelia Gomez-Neiwolik** and **Kaitlyn Martin** were warming up for their run in the U20 4x200m later in the day and were to finish the 4x100m in a time of 49.73s for 5th in the fastest heat to place 6th overall in the state.

Our last U18 team competed in the U18W 4 x long jump. Two of our jumpers, **Kaitlyn Martin & Georgia Phillips** had already won bronze earlier in the morning in the Open women's Long jump so were well and truly warmed up. They were to be joined by **Zara Pawsey and Miah O'Shea**.

In a field of 44 jumpers our girls proved to be incredibly consistent and finished with all four jumpers in the top 15 results. Georgia, who will contest the U18 long jump at the Australian All Schools after receiving a late call up to the team, jumped 5.17m for the 5th best jump. Miah at just 16, wasn't far behind with 5.13m. Kaitlyn hit the sand at 4.94m and our youngest jumper, Zara at 15 landed 4.84m. Combined the girls result was 20.08m an excellent result and a silver medal.

Our U20 Athletes

Competing in the 4x1500m event, **Isaac Siebert, Nicholas Woodhouse** and debut ANSW Relay runners **Julian McMillian and Ben Prosenko** were all well under the age but pulled together to get a good result in finishing in a time of 19m 19.12s for 5th in State.

In the 4x100m women's event it was a "getting the band back together" moment for three of our graduating Riverside girls high school relay team. **Maddison Duncombe, Mikayla Kelleher & Elysha Pawsey** were joined by **Kaitlyn Martin**. The girls had a good run placing 6th in the final in a time of 52.37s.

Isaac Siebert, Nicholas Woodhouse, Julian McMillian were joined by **Benjamin Woodhouse** for the U20 4x800m final. Running in a combined U18/U20 event, Benji got the boys off to a great start when he handed the baton off with the team in second place overall. Nicholas kept a good momentum before handing off to Julian. Isaac passed a couple of runners in his leg and the boys were 5th across the line in the combined race in a time of 8m 35.36s. The boy's time was good enough to have given them bronze in both the U18 event as well as their U20 event.

The last sprint event of Sunday afternoon saw **Zara Pawsey, Amelia Gomez-Neiwolik, Ruby Worrell & Kaitlyn Martin** compete in the final of the U20W 4x200m. Amelia got the girls off to an excellent start and passed the baton to Zara who just like her dad Nick the day before in the 4x400m, absolutely took off around the bend and up the straight in an outstanding leg. Kaitlyn brought the team down the back straight to pass over to Ruby for the final leg, gaining on second with the girls crossing for the bronze medal in a time of 1m 44.26s.

Opens Teams

Disappointingly ANSW decided to drop the U18M and U18W discus from the program this year which was a shame as we had a gun U18W team ready to throw. Instead, the women stepped up to compete in the Open discus event which had a massive field of 52 throwers. **Maddison Duncombe** threw 31.12m, **Mikayla Duncombe** 31.25m, **Caitlin Waldron** threw 30.96m and **Jess Johnston** threw the second biggest throw of the competition in the first round, landing the discus at 43.66m. All together the girls finished 4th with a total distance of 136.99m, an outstanding result in a very competitive Opens event with a relatively young team.

Our Opens long jump team was to finish with the bronze with **Georgia Phillips** jumping 5.15m, **Kaitlyn Martin** 5.00m, **Maddison Duncombe** 4.55m and **Mikayla Kelleher** 4.52m for a total of 19.87m.

Masters Teams

This year we were to field seven teams in total and hit a number of firsts in terms of our first women's field and track teams and our first mixed medley team.

Our Masters Mens shot team competing in the 200+ age group was carrying some injuries but performed well. **Mat Woodhouse** got the best result with a throw of 10.44m **Steven Barlow**, still battling a hamstring issue contributed a handy 8.41m to the total. **Simon Bergfield** threw 8.64m **Andrew Atkinson-Howatt**, a last minute call up to replace an injured David Teo, threw 7.76m. The boys totalled 35.25m for the bronze medal.

Our first Ryde Women's Masters field team were all new to Ryde this year and jumped at the opportunity to compete over the weekend, throwing the shot put in the 160+ event. **Lynette Smith**, long time super Ryde volunteer and new Ryde athlete, landed the shot put at 7.87m. **Bronwen Morgan** threw 6.37m **Kristy Gibson** was our best thrower with 7.91m and **Revathi Krishnan** added **6.14m** to give Ryde a total of 28.29m and leave them 2m clear of third, in the silver medal position. A great result for our first time Ryde competitors!

Last year our first track Masters team won silver in the 160+ 4x400m and the boys were keen to have another crack this year. Competing up now in the 200+ age group, **David Teo, Nick Pawsey, Puspesh Puspesh** and **Mat Woodhouse** came home in a rip-roaring time of 4m 10.89s, four second clear of second to take the gold medal. This was a huge improvement over the time Ryde ran the previous year of 4m 37.53s.

In the 240+ 4x javelin. **Mat Woodhouse**, was able to land the longest throw of the competition – 34.90m. Andrew was 2nd overall with 33.16m, **Robert Hanbury-Brown** third longest thrower with 30.42m and **Simon Bergfield** threw 24.90m for the sixth longest throw. Overall the boys threw 123.38m to clearly claim first spot and also reclaim their State record.

Our first 4x100m teams were to run straight after each other on early Sunday afternoon. In the men's 160+ 4x100m **Simon Bergfield** started the team before passing the baton to **Nick Pawsey** who flew down the back straight to pass off

to **Vijay Sai**, who was having his first run in the Ryde colours, for a quick sprint around the bend and onto **Puspesh Puspesh** who had to jump a falling athlete in the final straight to cross the line in a time of 56.24s for silver. Our silver medal winning 160+ women's shot put team was returning to have a crack at the 4x100m and had set themselves the goal of finishing under 60 seconds. **Revathi Krishnan, Kristy Gibson, Lynette Smith** and **Bron Morgan** crossed the line in a time of 59.51s for 6th place. Our final team was another first, a mixed medley team., Competing in the 160+ Mixed Medley, **Sue Gore** led the team off running a 1200m leg before handing over to **Nick Pawsey** for his third run of the weekend, the 400m leg. **Chris Phillips** brought the team around for two more laps before handing onto **David Teo** for the final 1600m. The team finished with the gold medal in a time of 15m 27.67s.

32. Treloar Shield Round Five SOPAC

Treloar Shield Round 5 was held at SOPAC on 25th November and Ryde was represented by 24 athletes.

Madeleine Lynch had a good run in the U12W 100m to place 3rd overall in a time of 15.11s. **Mitchell Cox** also started the afternoon at the U12M 100m where he ran a time of 14.87s for 4th. In the discus, after two opening fouls, Mitch threw 22.65m in the final round to again place 4th. **Archer Griffiths** was 5th in the U12M 100m in 15.97s and managed three legal throws in the U12M discus, his best throw of 25.74m coming in round 2 to place 3rd.

Bella Fraser placed 18th in the U15W 100m in a time of 14.51s. Bella's final round jump of 9.68m saw her place 8th in the U15W Triple Jump.

Timothy Forster had a great run in the 100m Open Men's event placing 8th overall in a time of 10.97s. In the Open 110m hurdles (99cm) Tim was first across the line in 14.10s.

Ryde had three contestants in the U18W 100m. **Zara Pawsey** was to place 15th overall in 13.08s. **Maddison Duncombe** was 16th in 13.20s and **Elysha Pawsey** 21st in a time of 14.91s. Zara also contested the Pole Vault where she cleared 2.55m on her second attempt for an equal PB vault.

Maddison had a strong third round throw of 30.91m to place her 5th overall in the U18W discus.

Bronwen Morgan placed 6th in the 100m in 14.54s. In the 100m hurdles Bron crossed the line in 17.39s and in the discus throw Bron's first round throw of 14.18m earned her 5th spot.

Vili Lewanavanua was competing in his first Treloar meet of the season and ran placed 12th in the U15M 100m in 12.24s. In the high jump Vili was 3rd with his third round clearance of 1.65m. Vili got a good set of jumps out in the Triple Jump to place first with his leap of 11.81m.

Daniel Cox landed in PB territory with his vault of 2.40m to place 2nd in the U15M Pole Vault. Daniel ran a time of 12.72s for 18th spot in the U15M 100m.

Aiden Wright had a good run in the U18M 100m placing 18th in a time of 11.59s.

Nick Pawsey and **Vijay Sai** competed in the 35-49yrs 100m event. Nick ran a time of 12.93s to place 5th overall and Vijay 14.82s for 16th place. In the 400m Nick placed 2nd in 59.02s and in the high jump Nick cleared 1.55m for 1st place. Vijay was 8th in the 400m in 71.37s.

Jacqueline Pawsey was 4th across the line in the U15W 80m hurdles in a time of 15.09s. In the 400m Jacqueline placed 13th in 72.54. In triple jump Jacqueline leapt 9.88m for 7th place.

Georgia Phillips' time of 5m 01.58s in the 1500m placed her 1st and in the 400m Georgia was 10th in 63.96s.

Elizabeth Rebbeci ran a time of 5m35.09s to place 11th in the Open Women's 1500m. **Benjamin Woodhouse** had his first Treloar run, placing first in the U18M 1500m in a time of 4m 07.54s. Jessica Johnston struggled to get a valid throw out in the wet weather, but still finished with a throw of 35.24m for 2nd place in the U18W discus event.

The **Barlow family** were to make discus a real family event when Steven, Claudia and Nancy threw together. **Nancy** who was making her ASNW debut, placed 4th in the U12W discus with her final round throw of 16.33m. **Steven's** second round throw of 29.06m placed him 4th in the 50+M division. **Claudia** placed 7th with her best throw of 23.92m. Claudia was to finish her afternoon on a massive high, literally, when she cleared a new personal best height of 2.70m for 1st place in the U18W Pole Vault.

Mikayla Duncombe was our 9th discus thrower of the afternoon when she placed 5th in the U15W event with her best throw of 27.64m. **Lachlan Waldron**, also threw in the discus event and was 3rd overall in the U18M with his throw of 37.08m.

Owen Chandler had a very solid round of jumping in the U18M Triple Jump and finished with a best jump of 12.10m for 6th place.

Our relay teams finished off a strong afternoon for Ryde with the U12M team of **Mitch** and **Archer** winning the event in 66.41s. **Bella** and **Jacqueline** placed 2nd in the U15 2x200m (60.61s). In the U18M event **Lewis Wong** and **William Perry** combined to place 3rd in 48.71s and Aiden Wright and Daniel Cox were 7th in 50.45s.

At the end of competition, our U18 team placed first in points to move them to 4th place on the Treloar Shield points table. Our U12 team was 4th to keep them in 3rd place. Our 35-49yrs were 4th to stay in 6th place and our U15 group were 7th for the afternoon and 9th overall.

33. The School Sports Australia Track and Field Championships

The School Sports Australia Track and Field Championships were held in Launceston from 24th-26th November and two of Ryde's athletes were competing there in the NSW team.

Finn Wilson competed in the 11yrs Combined event and was to finish just 1 point off the bronze medal. Finn's individual results were - 1st in the 100m 13.41s (312 points) , 4th in the long jump 4.64m (277 points), 1st in the shot put 11.58m (364 points) 12th in the 800m 2m 51.47s (247 points) for a total of 1200 points and 4th place in Australia. In the 11yrs 100m heats **Jack Spencer** was third across the line in his heat in a time of 13.06s to qualify for the final. Running into a 2.3m headwind in the final Jack was to be first across the line to claim the national title in a time of 13.11s. Jack was also a member of the 11yrs 4x100m NSW relay team who won the silver medal in a time of 52.56s.

34. Treloar Shield Round Six SOPAC

The final round of the Treloar Shield was held at SOPAC on Saturday 2nd December.

A call out to our older juniors to come and score some points saw many of them answer the call. Led by our Club Captains **Andrew Kalos and Georgia Phillips**. **Andrew**, won the U18M shot put (13.34m) and the U18M javelin (43.53m) to get Ryde off to a good start. **Georgia Phillips** won the U18 800m (2m 22.78s) and the U18 long jump (5.11m) and was 5th in the U18 2000m steeplechase (7m30.50s). **Ruby Worrell** was not far off her PB when she ran 25.71s to place 5th in the U18 200m. Ruby combined with **Maddison Duncombe** to win the U18W 2x100m relay in a time of 24.91s.

Maddison also competed in the U18W Shot put where she placed 6th (9.34m) and in the long jump (4.22m) where Maddie was 4th. **Ben Prosenko** added to the points haul when he raced in the U18M 2000m steeplechase to finish 8th in 7m 32.34s. **Jessica Johnston** won the U18W shot put (11.54m) and finished 5th in the U18W hammer throw (42.57m). Between the six U18 athletes they earned enough points to see Ryde finish on top of the table for the afternoon and move them to third spot overall and secure a spot in the Treloar Shield final.

Bronwen Morgan competed across 5 events in the 35-49yrs Women's events. In the 100m Bron ran a time of 14.57m to place 6th. In the 200m Bron was 9th in a time of 34.95s. Bron's first round long jump of 3.96m placed her third. In the throws events Bron placed 7th in javelin (14.71m) and in shot put, 6.24m for 6th place.

Andrew Atkinson-Howatt threw 33.50m to place 3rd in the men's 50yrs+ javelin and threw 8.06m for 6th in the shot put. **Lynette Smith** competed in all three throws in the 50yrs+ placing 2nd in the javelin (24.16m), 2nd in the hammer throw (27.25m) and 3rd in the shot put (8.74m).

Our U12 team, who didn't have any competitors on the final day were still able to hold onto to their third spot on the ladder and will join the U18 team in the Treloar Shield Final on the 16th December at SOPAC.

35. The Australian All Schools Track and Field Championships 2023

The Australian All School Track and Field Championships were held in Perth from the 8th to 10th December and eight Ryde Senior athletes were in the NSW team.

Competing in her first Australian All Schools Championships, **Zara Pawsey** got off to a strong start in U16W Pole Vault with good clearances over her first three heights of 2.25m, 2.40m and 2.55m to equal her PB height. Despite coming very close Zara was not able to clear 2.65m and finished in 7th place in Australia and an equal personal best clearance.

Daniel Cox's final clearance of 2.55m in the U15M Pole Vault, saw him in new PB territory as well as having added 20cm to his best clearance over the past twelve months. Overall Daniel placed 6th in Australia.

Claudia Barlow had been in great form of late, clearing a new personal best height of 2.70m achieved at Treloar Shield 5. Competing in the U17W Pole Vault, Claudia cleared 2.55m easily and just clipped the bar at 2.75m to claim equal 5th spot. Claudia had improved on her 2022 All Schools result by 45cm.

Georgia Phillips competed in the U18 W long jump final and jumped 5.06m to place Georgia 7th in Australia.

Two more athletes making their Australian All Schools debut were **Alex Ruhfus** competing in the sprints and relays and **Brendan Kim** in the javelin.

Alex was quick out of the blocks in his heat of the U15M 100m to finish as the fastest qualifier in a new Ryde Best Performance on record time for a 14yr old of 11.39s. In a very close fought final, with just 0.10s separating 1st and 4th Alex placed 4th in 11.55s. Alex's performance saw him selected in the U16 4x100m relay where the NSW team took home the bronze medal in a 43.14s.

Brendan Kim improved over 3m during his competition to finish with a best throw of 35.94m from round two. Brendan placed 11th in Australia.

Eloise Stewart's opening throw of 36.23cm put her straight into the bronze position where she was still sitting when she took her final fourth round throw. A huge new personal best throw of 38.74m saw Eloise take the lead ahead of the final two throwers. On the very final throw, the leader for the first three rounds put out another big throw to see Eloise finish with the silver medal.

36. The NSW Milers

The NSW Milers event was held on the 13th December and Ryde was represented by **Nicholas** and **Benjamin Woodhouse**.

Nicholas ran an almost identical time to the previous Milers Meet when he recorded a time of 4m 45.65s to place 12th in heat one. Running in heat two and chasing a national qualifying time of 4m 06.0s, Benjamin was 12th across the line in a new PB and NQ time of 4m 02.97s. This would be the 7th fastest time run by any U16 athlete in 2023.

37. The Treloar Shield Final

The Treloar Shield Final was contested in very hot conditions at SOPAC on Saturday 16th December. After six preliminary rounds of Treloar Shield competition the five top clubs in NSW were invited to compete in the final. Ryde had qualified for the final in the U12 and U18 Division and 39 Ryde athletes were to compete in those two teams

U12 Division

Our U12 sprinters and long jumpers were out early for the very first events of the morning. Our U12 boys got things off to a winning start when **Zachery Leung** (12.92s), **Finn Wilson** (13.22s) and **Archer Griffiths** (15.74s) finished 1st, 2nd and 10th in the U12M 100m. Zachery's time is a 2024 U13 National qualifying time and Ryde Best Performance for an 11yr old. **Finn** and **Zachery** were both also competing in the U12 long jump, where Finn's second round jump of 4.26m saw him place second and, Zachery finished in 7th place with final round jump of 3.91m.

Representing Ryde in the U12 girls 100m were **Madeleine Lynch** (15.24s), **Claire Wang** (15.96s) and **Charlotte Fraser** (16.86s) who placed 7th, 8th and 13th overall. In the U12W long jump, Charlotte's opening jump of 3.42m saw her place 9th and **LilyEve Everson** improved on every jump to finish 10th with 3.15m.

The U12M high jump was soon underway and **Charlie Shiel** and **Flynn Cox-Gallagher** were both safely over the opening height. Both boys were to clear 1.25m, which Charlie finishing in second place and Flynn, in his first ANSW event ever, in third place. Our two female high jumpers were also making their ANSW debut at the Treloar Final. **Kira Ekers** was our best placed female jumper after clearing 1.05m on the first round to claim 5th spot with **Claire Wang** picking up equal ninth spot with her second round clearance of 1.05m. **Kira** also finished as the best placed Ryde athlete in the U12W 400m in her time of 78.01s for 9th place, followed by **LilyEve** Everson in 12th place (82.08s) and **Pippa Wang** in 13th spot in a time of 84.62s. for her first ANSW event.

Mitchell Cox and **Lucas Bolt** both ran in the first heat of the U12M 400m with **Jack Le Fevre** running in heat two.

Mitchell placed 8th overall in a time of 74.56s with **Lucas** one spot behind in 77.87s. **Jack** absolutely took off in heat two, leading nearly all the way to chase down the best time from the first heat and finish as the overall fastest U12 400m runner in a time of 65.07s.

Our sprinters were back out for the U12M 2x100m event. **Zachery Leung** ran a great first leg to pass the baton off to **Louis Baddeley** who absolutely powered down the straight to give the team their third win of the day (27.48s). In the U12W 2x100m **Madeleine Lynch** and **Claire Wang** combined to finish in a time of 30.98s for 5th place.

In the 1500m **Jack Le Fevre** came home with a fast final lap to place 4th overall in a time of 5m 17.78s. **Flynn Cox-Gallagher** ran good consistent times over his race to place 6th in 5m 26.68s and **Lucas Bolt** was just one spot behind in 7th place in a time of 5m 41.89s.

In the U12W 1500m, **Kira Ekers** placed 4th overall in 6m 08.56s, **Skye Spiden** placed 6th in 6m 16.07s and **Pippa Wang** was 9th in 6m 45.76s.

Charlie Shiel and **Finn Wilson** were showing their versatility after their strong results in the jumps by moving on to shot put. Finn's only legal throw was a good one, measuring at 10.66m just one centimetre off first spot. **Charlie** improved with his three throws to finish with 10.41m for 4th place.

The final event for the U12's was the Mixed 4x200m relay. **Charlotte Fraser, Madeleine Lynch, Mitch Cox and Louis Baddeley** finished in 3rd place in a time of 2m 06.88s.

Overall, the U12 team were to finish with 378 points, just one point off second place for a podium finish in the first ever U12 Athletics NSW Treloar Final. A huge achievement for **Finn Wilson, Charlotte Fraser, LilyEve Everson, Zachery Leung, Archer Griffiths, Mitchell Cox, Charlie Shiel, Madeleine Lynch, Claire Wang, Pippa Wang, Flynn Cox-Gallagher, Kira Ekers, Skye Spiden, Jack Le Fevre, Lucas Bolt and Louis Baddeley**.

U18 Team

Our shot putters were the first U18 competitors out in the field. **Jess Johnston** led the competition from her very first throw to improve her winning margin with a final round throw of 13.56m. **Maddison Duncombe** finished with a best throw and new PB of 11.52m for fourth place.

In the U18M event, **Lachlan Waldron** started with a good throw of 10.97m to gain 4th spot. **Brendan Kim**, had to throw up a weight given he is only 14, and did a great job and threw consistently to finish with 8.67m for 7th place.

Jess, Lachlan and Brendan had to go straight to the javelin event which had already got underway and were joined by **Jess Koussas** to make up the four athletes. **Jess Johnston** was to get the U18's second win of the morning with her third round throw of 34.92m. **Jess Koussas** was unable to register a legal throw. **Lachlan** finished 3rd with 39.76m and **Brendan Kim** finished with 36.41m for 5th spot.

On the track **James Woods** looked strong in his heat of the 100m to finish in a time of 11.55s for 4th place overall. **Owen Chandler** was to record a PB time when he finished 4th in his heat and 7th overall in 11.91s and **Owen Trinh**, still working his way back to 100% from injury, looked good finishing in 12th spot in 12.28s.

Ruby Worrell was to place best amongst the Ryde U18W 100m runners, finishing with the second fastest time of 12.58s. **Amelie Gomez-Niewolik** earned 5th place points with a run of 13.07s and **Maddie Duncombe**, doing a quick sprint from the shot put, finished 8th in 13.51s.

In the U18M 400m **Aiden Wright** ran a strong race to place 3rd overall in 50.50s. **James Woods** was just one spot behind in 51.42s. **Kaitlyn Martin** was to be the fastest of our three runners in the U18W 400m when she placed 4th in 61.68s. **Georgia Phillips** was 7th in 62.94s and **Zara Pawsey** 8th in 63.56s.

Owen Chandler and **Vili Lewanavanua** were to team up in both the U18M long jump and high jump. Owen started with his best jump 5.70m to place fourth overall. Vili managed to get one legal jump in in the second round and that was 5.58m for 5th place.

Miah O'Shea puts in a star turn for Ryde when she beat a lot of NSW representatives to place 1st with her final round jump of 5.26m. **Kaitlyn Martin's** 4.75m best jump earned her third place and some great points for Ryde.

Back on the track it was time for the U18 2x100m relays. In the boys event **Owen Trinh** was to hand off to **Lewis Wong** who flew down the final straight in a tussle with three other teams for the minor placings. The boys were to finish in a time of 23.72s for 5th place.

Ruby Worrell and **Amelie Gomez-Niewolik** proved to be a strong team in the U18W 2x100m with Ruby flying down the straight with UTS in a very close finishing race. Ryde was to pick up second place in a time of 24.90s.

In searingly hot conditions, the U18M 1500m was absolutely dominated by the Ryde athletes with **Axel Bruntsch** and **Benjamin Woodhouse** setting the pace and separating from the rest of the field to have a two-man duel. Axel was to cross the line first in a time of 4m 10.57s with Benjamin just behind in 4m 13.17s. Isaac Siebert kept up with the front of the chase pack to come home in 6th place in 4m 24.88s.

In the U18W event **Georgia Phillips** led through the first 700m and was finish in 4th place in 5m 24.51s. The youngest of the Ryde U18 team, **MiaRose Everson** at just shy of 12yrs and 2 months, earned Ryde some more valuable place points with her 6th place in the 1500m in a time of 5m 37.65s.

The final field events of the day were the U18 men's and women's high jump.

Both our competitors in the U18W event are aged only 12 and did a terrific job. **Jacqueline Pawsey** had been subbed in at the last minute cleared 1.40m to place 8th overall. **Hannah Lambert** cleared 1.60m (a new PB) and a 2024 U14 and U15 NQ height to place 3rd.

In the Men's competition **Owen Chandler** had clear rounds through to 1.65m which he cleared on the second attempt to share 4th place. **Vili Lewanavanua** came in at 1.65m and with clearances over both 1.75m and 1.80m was to finish with a PB and the competition lead. At just 14yrs of age this is a great result for Vili.

With the lead for the U18 Treloar Shield teetering between Ryde and UTS we needed to ensure there were no problems with the final relay of the afternoon, the U18 4x200m mixed relay. **James Woods, Amelie Gomez-Niewolik, Zara Pawsey and Aiden Wright** brought the team home in a time of 1m 40.25s to take 3rd place.

At the end of the afternoon the U18 Ryde team of **Jessica Johnston, Maddison Duncombe, Lachlan Waldron, Brendan Kim, James Woods, Owen Trinh, Lewis Wong, Owen Chandler, Ruby Worrell, Amelie Gomez-Niewolik, Zara Pawsey, Aiden Wright, Jessica Koussas, Kaitlyn Martin, Georgia Phillips, Miah O'Shea, MiaRose Everson, Axel Bruntsch, Benjamin Woodhouse, Isaac Siebert, Vili Lewanavanua, Hannah Lambert, Jacqueline Pawsey** were declared the U18 Treloar Shield Team winners.

38. NSW Milers

At the NSW Milers held at Bankstown on the 23rd December Ryde had four athletes competing.

Ben Woodhouse ran a great race taking the lead at about the 600m mark and holding his form nicely across the line for a 2.5sec PB and National Qualifying time of 1m 59.31s. This result gave Ben the rank of 19th for 2023 in the U16 800m.

Nicholas Woodhouse was also to slash his PB time, by 4.5sec when he finished 3rd in his heat after setting the pace for the first 700m of the race. Nicholas's time was 2m 07.50.

Stella Sevilla Chinchilla also set a new PB running under the 6m mark for the first time when she finished in a time of 5m 52.45s.

Adam Bruntsch was having his first run of the season in the 1500m and it was also to prove an excellent run when he finished in a time of 3m 57.88s, taking two seconds off his personal best.

39. High Velocity Meet Campbelltown

Ten Ryde athletes competed at the final meet of the year at Campbelltown on the 23rd December.

Zara Pawsey ran close to her PB time for the 100m when she finished in 13.13s. In the 400m hurdles Zara was home in a time of 71.94s.

Three of our 12yr old girls competed in the 100m, **Jacqueline Pawsey** finished in a new PB of 14.00s, **Bella Fraser** in 14.36s and **MiaRose Everson** in 14.39s. In their 200m event Bella finished in a time of 29.14 and MiaRose in 29.79s. MiaRose & Bella's times in both the 100m and 200m were new PB's. In the 400m MiaRose finished in a time of 68.89s. In the field Jacqueline finished with a good PB leap of 10.29m in the triple jump. Bella landed 4 legal jumps, each a bit better than the last, to finish with 9.58m and MiaRose finished with 8.60m. MiaRose threw 18.98m in javelin. **Charlotte Fraser** finished the 100m in 15.84s, the 200m in 33.96s and in the triple Jump, 7.88m.

At just 9yrs, **LilyEve Everson** was our youngest competitor of the afternoon. LilyEve's result were 16.08m for the 100m, 33.55s for the 200m and 80.38s for the 400m.

Aiden Wright finished in 11.59s in 100m. Vili Lewanavanua finished in 12.35s and in the triple jump was close to his PB when he leapt 12.32m which is a national qualifier.

Daniel and **Mitchell Cox** both did the sprint double with Daniel recording times of 12.79s and 25.99s (PB) and Mitch 14.86s and 31.05s.

James Woods ran a national qualifying time for the 200m and new PB time of 22.70s to not only record an U17 qualifier but also an U18 qualifying time. James' time was the 18th fastest 200m run by an U16 male in Australia in 2023.

40. High Velocity Meet Illawong

At the High Velocity Meet at Illawong on the 6th January Ryde was represented by the **Cox, Everson & Fraser** families. **Daniel** and **Mitchell** both competed in the 100m with Daniel finishing in 13.36 and Mitch in 15.04s. Daniel's time in the 100m hurdles was 15.59s.

Bella Fraser was the fastest of our 100m runners finishing in a time of 14.79s. **MiaRose Everson** recorded 15.05s, **Charlotte Fraser** 16.72s and LilyEve 16.86s. In the 200m, MiaRose was first Ryde girl across the line in 30.53s, Bella in 30.80s, LilyEve 34.32s and Charlotte in 34.51s.

In the 80m hurdles Bella was across the line in 15.83s and MiaRose in 16.68s. MiaRose also contested the shot put where she managed a distance of 5.56m on her second round throw (3kg). LilyEve started and finished with the same distance, 5.51m with the 2kg shot put.

In the Triple Jump, Bella leapt to 9.57m, MiaRose 8.43m and Charlotte 7.48m.

41. The Illawarra Track Challenge & State 60m & Mile Championships

At the Illawarra Track Challenge and State 60m and Mile Championships held on the 13th January, Ryde was represented by 6 athletes.

Competing in the 60m event **Ruby Worrell** ran a time of 7.93s to qualify 6th fastest for the final. In the 100m Ruby ran a time of 12.48s just 0.04s off the national qualifying time.

James Woods ran a time of 7.25s to place 13th overall in the Men's U18 60m event. In the 400m James ran another PB and NQ time of 50.78s. This time is a qualifier for both the U17 and U18 400m.

Mitchell Cox was to take home the bronze in the U14M 60m in a time of 9.18s. In his 100m event Mitch finished in 14.94s.

Daniel Cox competed in the U16M 60m and finished 6th in the state in 8.00s. In the 100m Daniel ran a time of 12.64s.

42. NSW Throwers Club

At the NSW Throwers Club Meet held on the 14th January Ryde was represented by **Jess Johnston** and **Eloise Stewart**. Ellie's best throw in the hammer registered 36.01m, well over the 28.50m national qualifying mark for her age. Jess threw national qualifiers in all three of her throwing events when she threw 43.48m in hammer, 39.80m in discus and 13.31m in shot put.

43. NSW Milers

At the NSW Milers meet held at Bankstown on the 18th January Ryde had four of our middle distance runners out on the track.

In the 3000m event, **Benjamin Woodhouse** came home in a time of 9m 20.98s with **Isaac Siebert** not far behind in 9m 35.84s. In the 800m **Julian McMillan** finished in 2m10.19s. In the 1500m **Nicholas Woodhouse** continued to slash his PB when he took almost ten seconds off his best to finish in 4m 36.93s.

44. Narrabeen All comers Pole Vault

At the Narrabeen All Comers Pole Vault held on the 20th January Ryde had three athletes competing.

Steve Barlow finished with a best height of 2.45m. **Claudia Barlow** and **Daniel Cox** were unable to clear their opening heights.

45. ACT U20 and Open Track and Field Championships

At the ACT U20 & Open Championships Ryde was represented by 5 athletes.

Axel Bruntsch got Ryde's performances off to a great start when he clocked a four second PB in the U20M 1500m. Axel crossed the line in 6th place in a time of 4m 06.84s.

Adam Bruntsch competed in the Open Men's 1500m and finished just over the four minute mark in a time of 4m 01.24s to place 33rd overall.

Jessica Johnston had an outstanding meet adding nearly three metres to her personal best. In the U20 Discus Jess was leader from her first throw (45.72m) and finished with 47.27m. In the Open event Jess collected the silver medal with her final round throw of 47.96m, a new Ryde Best performance on record for U18, U20 and Open women.

Vijay Sai competed in the Open Men's 400m and 800m, Vijay finished in 69.07s for the 400m and in 2m 50.99s for the 800m.

Jon Baker competed in the Open 3000m steeplechase where he placed 4th in a time of 14m 01.63s..

46. Athletics NSW Combined Event Championships and Allcomers Meet

At this meet held at SOPAC from the 27th-28th January Ryde was represented by 20 athletes.

In the Open Men's 100m Ryde had five starters. **James Woods** took the honours with the fastest time of 11.68s. **Aiden Wright** recorded 11.78s, **Hong Jai Lee** a fast 11.93s, **Owen Trinh** 12.30s and **Mitchell Cox** 15.40s.

Owen ran the sprint double finishing the 200m in a time of 25.24 and **Nick Pawsey** also competed in the 200m finishing in a good time of 26.20s. **Ruby Worrell** swept round the bend in a time of 26.14s in the Women's Open 200m.

Lewis Wong contested the 400m hurdles and finished in an excellent time of 58.91s – fast enough to be both an U17 and U18 national qualifying time.

Georgia Phillips again ran a national qualifying time in the 400m hurdles when she finished in a time of 67.05s. Georgia ran her first 3000m Steeplechase and finished in a time of 12m 24.63s, some 31 seconds under the national qualifying time.

Ben Prosenko was having his first run of the year in the 2000m steeplechase and finished in a time of 7m 54.75s.

Mia Rose Everson ran her first 2000m steeplechase on Sunday morning. At just 12, MiaRose is too young to run the event at Nationals this year, but proved she will be up to the task as she cleared all the steeples comfortably and ran a good even race to finish in a time of 9m 27.30s. Mia also contested the Open Women's 1500m where she finished in a time of 5m 42.22s. **Elizabeth Rebbechi** was not far off her personal best time when she finished the 1500m in 5m 38.91s.

Jacqueline Pawsey was the third Pawsey family member to compete over the weekend and Jacqueline ran a time of 14.63s in the 80m hurdles.

In the U20W heptathlon **Maddison Duncombe** came home with the silver medal and a spot on the NSW team.

100m H		Shot put		Long jump		200m	
19.29s	364	8.85m	454	4.53m	436	27.84	643
Javelin		High jump		800m		Total	
27.13	422	1.27	379	3.06.25	309	3007	

In the U18W heptathlon **Zara Pawsey** finished some 545 points over the national qualifier to add heptathlon (for both U17 & U18) to the 100m and 400m hurdles and Pole Vault that Zara had already qualified for at nationals.

100m H		Shot put		Long jump		200m	
15.82	736	6.71m	316	4.67m	472	26.93	718
Javelin		High jump		800m		Total	
19.87m	2.86	1.51m	632	2.38.96	585	3745	

Also competing in the U18W heptathlon was **Charlotte Nagle**. Charlotte competed in events on day one.

100m H	Shot put	High jump	

17.42	550	8.30m	419	1.36m	470	
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Competing in the U16M heptathlon, **Daniel Cox** also added the heptathlon to his national program after finishing in 3rd place in the 15yrs age group and 4th overall in the U16M event. Daniel finished with 3119 points

100m H		Shot put		Long jump		200m	
15.03s	846	8.47m	394	5.05m	392	25.89s	533
Javelin		High jump		1500m		Total	
25.26m	233	1.55m	426	5.52.64	295	3119	

Competing in the U11M triathlon was **Archer Griffiths**. Archers placed second just one point off the gold medal.

Long Jump		Shot put		200m		Total
3.80m	205	7.85m	227	35.02s	157	589

Placing 5th in the U12M triathlon was **Mitchell Cox** .

Long Jump		Shot put		200m		Total
4.03m	224	7.54m	216	30.01s	277	717

Competing in the U11W triathlon were **LilyEve Everson, Charlotte Fraser and Madeleine Lynch**

	LJ	SP	200m	Total	
Madeleine	3.42m	4.01m	32.50s	478	=4 th
	174	90	214		
Lily	3.16m	5.83m	34.42s	478	=4 th
	154	154	170		
Charlotte	3.22m	5.38m	35.17s	451	7 th
	159	138	154		

47. NSW Milers Race VI

At the NSW Milers Races held at Bankstown on the 1st February Ryde was represented by five athletes.

Axel Bruntsch competed in the fastest heat of the night and blew away his PB time by almost 3 seconds when he ran an U17 & U18 national qualifying time of 1m 56.11s.

Isaac Siebert also cut his PB by seconds when he clocked a time of 2m 02.19s for the 800m.

Nicholas Woodhouse was just outside his PB when he finished in 2m 08.99s.

Ben Prosenko and **Elizabeth Rebbechi** contested the 1500m where Ben finished in a time of 5m 12.07s and Elizabeth also ran a personal best time when she finished in 5m 34.55s.

48. NSW 5000m State Championships & supporting events

At the NSW State 5000m Championships held at SOPAC on the 10th February Ryde was represented by **Adam Bruntsch** & **Georgia Phillips**.

Georgia had a good afternoon finishing the 400m in a time of 62.27s and the 800m in 2m 34.83s.

Adam Bruntsch was running his first 5000m for the season and competed in final race of the night, the Open A Race. Adam finished 20th overall in a U23 NQ time of 15m 14.36s.

49. High Velocity Meet Illawong

At the High Velocity Meet at Illawong **Noah Lopata** was Ryde's sole athlete competing in the Open men's 100m. Competing in heat 11 of the afternoon Noah ran a time of 12.15s.

50. NSW Throwers Club

At the NSW Throwers Club meet held at SOPAC Warm up track on the 11th February **Eloise Stewart's** first round throw of 34.50m was her best for the day. **Jessica Johnston** also got her best throw out in round one of 46.20m.

51. 2024 ANSW Regional Championships Sydney North & Allcomers meet

At the inaugural ANSW Regional Championships for Sydney North held at Bankstown on the 17th February, there were 10 athletes out in the Ryde colours. This new event is aimed at U7-U12 athletes with the first two athletes in the age groups U8-U12 progressing to the new Youth State Championships to be held in March.

Our youngest athletes, **Hugo Griffiths** and **Joshua Ekers** were out first competing in the U7B & U8B long jump. Hugo leapt out to 2.02m for first and Joshua also finished 1st with his leap of 2.91m. Hugo also took home 1st place in the U7B 60m in a time of 12.47s and Joshua 1st place in the U8B 200m in 37.33s. Joshua rounded out his day with a silver medal in the U8B 500m in a time of 1m 50.57s.

Archer Griffiths was to finish with three gold medals from three starts winning the U10B long jump (3.81m), discus (24.34m) and shot put (8.03m).

In the U12B discus it was to be a hat trick for Ryde with **Finn Wilson's** third round throw of 33.40m being the best in competition. **Charlie Shiel** was second with 30.24m and **Mitchell Cox** picking up bronze (18.24m).

Finn & Charlie also contested the U12B 3kg shot put with Finn again taking top honours with his throw of 9.49m and Charlie's first round throw of 8.18m earning him another silver medal.

Our U12B also clean swept the 100m with **Jack Spencer** running another NQ time (12.89s) to take gold, **Finn Wilson** silver in 13.54s, **Louis Baddeley** bronze, in a personal best time of 13.99s and **Mitch Cox** 4th in 15.20s. In the U12B 200m, **Jack Spencer** was again the winner in 27.64s with **Louis Baddeley** picking up silver in a PB time of 29.75s.

Louis's younger brother **Joey Baddeley** was to run PB's in his two track events to place 3rd in the U8B 100m (17.58s), 4th in the 200m (37.18s) and his 5.01m shot put throw secured him the silver medal.

LilyEve Everson was our only female competitor at Regions and was to come home with a gold medal in the U10G shot put (5.36m), a silver in the 200m (36.27s) and another silver in the 400m (83.60s).

Daniel Pulfer won both the U12B long jump and triple jump with his long jump of 4.53m and triple jump of 9.89m.

Competing for Ryde in the All-comers events, **Mat Woodhouse** broke a 29yr old Ryde best performance on record for the 40-49yrs 200m with a time of 24.69s.

MiaRose Everson threw 15.27m in the Open Women Javelin.

In the 3000m walks, **Rhys Chandler** finished in a time of 17m 19.42s. **MiaRose Everson** crossed the line in 18m 05.01s.

Mitchell McCarthy was unfortunately unable to finish in the hot conditions and **Charlie Shiel** was disqualified.

52. ACT U14-U18 Championships

Lachlan Waldron & Calan Hahlos were Ryde's competitors at the ACT U14-U18 Championships held from 16-18th February.

Lachlan smashed his personal best distance in the javelin when he won the 16yrs javelin with a throw of 47.18m. In the discus Lachlan was 3rd with 37.43m. There was another bronze for Lachie in the 16yrs shot put with his best throw of 11.68m. In the long jump Lachlan placed 5th with 5.10m and in the hammer throw Lachlan threw 23.84m to win his second gold medal.

Calan Hahlos was the winner of the 15yrs 400m in a NQ time of 53.81s. In the 200m Calan finished in third place in a good time of 24.08s.

53. 2024 ANSW Regional Championships Sydney East & Allcomers

On Sunday 18th November 10 of our athletes competed in the All-comers events that were running alongside the Sydney East Regional Championships.

Mat Woodhouse was to claim his second Ryde Best Performance on Record for 40-49yrs for the weekend, when he finished the 400m in a fast 54.43s.

Keir Sauhata Barnes, running his first Australian race of the season finished the 400m in 50.70s. **Nick Pawsey** was under the minute mark with a 59.40s and **Vijay Sai** finished with in 68.53s.

Jacqueline Pawsey ran her first ANSW 200m hurdles and opened with a time of 36.23s. **Georgia Phillips** was over the hurdles in the 400m event in a time of 74.27s.

Out on the field **Nancy Barlow** was taking part in the U10 Regional events. In the discus Nancy threw 13.98m in the opening round to place 7th. In the long jump Nancy was 7th with a leap of 2.57m.

Claudia Barlow competed in the shot put to finish with 7.70m. **Steve Barlow** warmed up to an 8.54m throw in round three in his shot-put competition.

At Triple Jump **Jacqueline Pawsey** finished with a best jump in round two of 10.13m and **Bella Fraser** was closing in on the ten-metre mark when she finished with a PB jump of 9.70m.

54. NSW Milers Meet VII

At the NSW Milers Meet No. VII held at Bankstown on Thursday 22nd February Ryde had six middle distance runners competing.

Competing in the same heat (Heat D) of the men's Open 800m **Keir Sauhata Barnes** and **Oliver Smith** both got off to a good start with Keir taking the bell in third spot with Oliver just behind him. Oliver was to ease pass Keir and land himself an excellent new PB time of 2m 01.96s. Keir was 4th in 2m 02.20s.

Nicholas Woodhouse competed in Heat F of the Men's 1500m and was to cross the line with a new personal best time of 4m 35.66s. Brother **Benjamin** competed in Heat C where he placed 10th just outside his personal best with another NQ time of 4m 04.84s.

Elizabeth Rebbechi ran her first 1500m in October 2023 where she recorded a time of 5m 56.42s. Running in Heat C of the Open Women 1500m Elizabeth placed 10th in a new PB time of 5m 28.83s, a huge improvement over the five months.

Our final runner of the night was **Adam Bruntsch** competing in the Heat B of the Mens Open 1500m. Adam was to finish just 0.19s off the national qualifying time for U23's when he stopped the clock at 3m 55.19s for a new personal best time.

55. Narrabeen Pole Vault Meet

At the Narrabeen Pole Vault Meet held on Saturday 24th February Ryde had 3 competitors.

Zara Pawsey was to launch herself to a new personal best height of 2.60m. **Steve Barlow** was also to clear 2.60m.

Claudia Barlow was unable to clear the bar at this meet.

56. High Velocity Meet Campbelltown

At the High Velocity Meet at Campbelltown on Saturday 24th February we had three competitors out on the track.

It was good to see **Yahya Ali** on the start lists for the 100m for his first race of the season. Yahya was to finish in a time of 11.77s.

Also competing in the 100m was **Mat Woodhouse** who finished in 12.03s. Mat also competed in the 400m H where he ran 61.18s.

Ben Prosenko ran a near PB time of 7m 22.68s in the 2000m steeplechase.

57. Canberra Track Classic

At the Canberra Track Classic, part of the World Athletics 2024 Continental Tour, **Adam Bruntsch** was selected to compete in the Men's Open 3000m Steeplechase alongside Olympians and international athletes. Adam, the youngest in the field and a silver medalist last year at the 2023 Australian University Games, ran a season's best time of 9m 45.20s to place 9th in the event.

58. The ANSW Master Championships

At the NSW Masters Track and Field Championships held at SOPAC from the 2nd-3rd March, Ryde was represented by 10 Masters athletes.

First out on the field were **Robert-Hanbury Brown** competing in the 65-69yrs hammer throw and **Steven Barlow** who, was simultaneously contesting the 50-54yrs Pole Vault and hammer throw. Robert was to finish with his best throw, 34.36m to claim the silver medal. Steven, with his ankle heavily strapped still managed a throw of 18.57m for bronze and was the State Champion in the Pole Vault with his clearance of 2.40m.

In the 65-69yrs javelin, **Robert** finished with 30.14m for the bronze medal.

In the 50-54yrs triple jump, Steven was to finish with the bronze with his first round jump of 8.37m. In long jump, Steven's only legal jump saw him take 4th place with 3.78m. In the 50-54yr weight throw, Steven threw 3 fouls with the 11.34kg weight before going for a safety throw in the final round, which was to land him the silver medal with a distance of 8.76m. In discus, Steven's second round throw of 30.09m was to win him silver. In the 50-54yrs shot put with his final round best throw of 8.34m for 4th place.

Bronwen Morgan set herself the goal of clearing 4m in the 35-39yrs long jump and she did just that her second round jump of 4.06m for 5th place. In the 100m, **Bronwen Morgan** finished mid field in 5th place in a good time of 14.60s. In the 35-39yrs 100m hurdles, Bron's first time over the 84cm height, she set a new Ryde Best Performance on record for 35-39yrs when she won the bronze medal in a time of 20.67s. In the 60m sprints Bron ran under her goal time of 9sec to finish 5th in a time of 8.90s. Bron ran a new personal best time of 31.43s when she placed 6th in the 35-39yrs 200m.

Vijay Sai, was another athlete making his Masters debut, competing in the 35-39yrs Mens 100m where Vijay finished in a time of 14.72s to place 6th. Vijay placed 4th in the 35-39yrs 400m in a new personal best time of 65.44s, taking nearly three seconds off the time he had run in mid-February. In the 800m Vijay was to smash his personal best time by

around 10 seconds when he finished in the bronze medal spot in a time of 2m 42.97s. Vijay then won his second bronze of the afternoon when he was third across the line in a PB time of 29.13s in the 200m.

Matthew Woodhouse was celebrating his 50th birthday on Day One, moving him into a new age group for the Championships. Mat finished just 0.09s off the gold for his first medal of the met in the 100m, a silver medal in a time of 12.12s, a new Ryde Best Performance on record. The race of the day was on next with **Mat Woodhouse** taking on his first 100m hurdles, ran a terrific, fast race crossing the line in a new Australian Masters 50-54yrs record time of 14.72s almost 6 seconds in front of the second place getter. Mat's time also broke the Ryde Best performance on record for his age group, a record that had stood since the 1993/1994 season.

Mat ran in the second of the timed finals of the 50-54yrs and had a lead of about twenty metres by the time Mat eased across the line in a new Ryde Best Performance on Record time of 56.26s. This was to give Mat the silver medal as the earlier timed final was just 0.22s faster.

In the 50-54yrs high jump, **Mat Woodhouse** managed a clearance of 1.40m for the silver medal. In the Triple Jump, Mat's second round leap of 11.36m was to be another Ryde Best Performance on record and secured him his second title of the weekend. In the 60m sprints Mat just ran out of track to place second in a time of 7.54m just 0.08s off the gold.

In the 50-54yrs 400m hurdles, Mat won by almost 70 metres to set his second Australian Masters record of the weekend in a time of 59.28s, also breaking a 20-year-old Ryde Best Performance on record.

In the 200m finals. Mat was to set yet another new Ryde Best Performance on record when he finished in a time of 23.98s for the silver medal in the 50-54yrs event.

Nicholas Pawsey had an excellent competition in the 45-49yrs age group. In the high jump, Nick was the winner of the gold medal and had clear rounds all the way through from 1.40m to 1.65m to equal his PB and equal the Ryde Best Performance on Record. In the 400m Nick finished 1st in State in the 45-49yrs 400m final in a new PB time of 58.24. In the 200m, Nick finished in 8th place in the 45-49yrs in a time of 25.98s.

In the 60-64yrs long jump, **Simon Bergfield** won bronze with his jump of 3.61m and a new Ryde Best Performance on record for 60-64yrs. In the javelin, Simon threw 26.13m for 7th place. Simon placed 9th in the shot put with 8.21m and in discus he threw 25.42m for 9th place.

David Teo was second in the 60-64yrs 400m event and set a Ryde Best Performance on record for 60-64yrs of 63.90s.

David won the high jump finishing 25cm ahead of second place in the 60-64yr event with his 1.50m clearance also setting a new Ryde best performance on record for 60-64yrs.

In the 65-69yrs javelin, **Andrew Atkinson-Howatt** threw 31.55m for the silver medal. In the 65-69yrs discus. Andrew was to finish with the silver medal with a throw of 31.45m.

Jon Baker had been ill all week and certainly didn't look the best in the stands but once he got out on the track in the 55-59yrs 3000m steeplechase, he clicked into gear and was to finish with the gold medal in a time of 14min 06.84s.

In a fantastic weekend for Ryde, every one of our athletes finished with a medal, there were two Australian Records, eleven new Ryde Best Performances on Record, eight gold medals, eleven silver and seven bronze medals.

59. 2024 Athletics NSW Junior Track & Field Championships

At the 2024 Athletics NSW Junior Track & Field Championships held at SOPAC from the 8th-10th March Ryde Seniors was represented by a record 51 athletes.

Starting Ryde off on a high were **Alexander Evans** and **Nathan Barbara** competing respectively, in the U17 and U20 PARA discus.

Nathan (F61) threw 12.98m (47.44%) securing him the silver medal. Alexander (F13) landed the discus out to 13.73m (25.61%) to collect the bronze medal.

Nathan Barbara competing in the U20 PARA shot put was to finish with the silver medal and a new national record for Para Class F61 with a distance of 4.97m (56.86%).

Alexander Evans finished the U17 PARA 100m in a time of 15.39s (67.97%) to take home 5th place. In the U17 PARA long jump Alex improved 36cm over his four jumps to finish with 3.56m (46.48%) to win bronze. In his shot put, Alex threw 4.96m (30.13%) to place 5th in the U17 group. In the 200m, running a time of 32.07s (65.64%), Alexander picked up his third bronze medal of the meet.

Emilia Webb had a best jump of 4.82m to secure 8th in the U16W long jump. **Emilia** finished just out of the medals in the U16W triple jump with a third round 10.47m for fourth place. In the high jump, Emilia's best clearance was 1.45m for 6th place.

Lewis Wong was our first hurdler competing in the U17M 110m event. In his heat, Lewis finished in a national qualifying time of 15.55s. In the final Lewis cut his time down to 15.09s to cross the line fourth, but was to pick up the bronze medal as the third NSW competitor over the line. In the U17M 400m hurdles, Lewis was cleanly round the track finishing in a new PB time of 57.43s for the silver medal. Lewis's time was both an U17 & U18 national qualifier.

Daniel Cox crossed the line in the U16M 100m hurdles in fifth place in his heat and eleventh overall in a time of 15.49s. In the U16M javelin Daniel improved over the competition to finish with 29.46m for 10th place. In the U16M Pole Vault Daniel cleared 2.50m to finish as the second placed NSW athlete, on a count back, and secured the silver medal.

Charlotte Nagle crossed the line in 6th place and 12th overall in the U17W 100m hurdles in a time of 16.88s. In the 400m hurdles Charlotte added an U18 qualifier to her achievements, along with a new personal best time and a bronze medal when she crossed the line third in 71.40s.

Claire Wang competing in the U14W javelin added more than four metres to her first throw to place 9th with 15.22m. In the discus Claire was throwing up a weight (the 1kg) and her best throw came in round two of 16.06m to place her 11th.

Lachlan Waldron took home 4th place in the U17M hammer throw with his second-round best throw of 23.24m. In the U17M javelin throw, Lachlan threw 45.05m to finish with the bronze medal. Lachlan finished just out of the medals in the U17M shot put with his best throw in round three of 12.41m placing him 4th. In his final event, the discus, Lachlan threw 33.47m for 9th place.

Mitch McCarthy ran in the U14 400m heats and finished in a time of 78.50s to place 15th.

Ellie van der Poorten competed in the heats of the U17W 400m and finished in a time of 67.67s for 15th place.

James Woods and Aiden Wright were contesting the U17M 400m heats. Both were automatic qualifiers for the final. Aiden ran a time of 51.15s and James 51.00s.

In the fast-finishing final on Saturday afternoon, James ran a new PB of 50.50s for 5th place with Aiden 8th in 52.70s.

James Woods and Aiden Wright were out in the heats of the U17M 200m. James was second in his heat to also qualify for the final in a time of 22.61s. Aiden was fourth in his heat and 11th overall in a time of 22.93s. In the final **James Woods** was home in 5th place in 22.68s, his second personal best time of the weekend and also an U18M NQ time.

Jessica Johnston threw a two metre PB to land a new U18 Ryde Best performance on record with a massive opening throw of 49.95m and a silver medal in the U18 hammer throw. In the Javelin, Jess's throw of 35.76m secured her bronze. Her 13.32m throw in the U18W shot put saw Jess finish just out of the medals in 4th spot. In discus, her best throw of 46.00m secured her the silver medal.

Caitlin Waldron competed in the U20 hammer (4kg) and threw of 20.12m for 9th place. In the U20W javelin Caitlin threw 22.32s to place 9th and Caitlin finished 6th in the U20W shot put with 9.91m. In the U20W discus, Caitlin threw 29.38m to place 8th.

Maddison Duncombe was 7th in the U20W shot put with 9.81m. Maddison place 15th in the U20W 100m final in a time of 13.27s. In the U20W discus Maddie was 9th with a throw of 24.33m.

Ruby Worrell was 4th in her heat in a time of 12.58s in the U20W 100m to qualify for the final. In the final Ruby was to place 8th in a time of 12.67s. Ruby ran 25.81s in her heat of the U20W 200m.

Georgia Phillips competed in the U20 400m and finished 4th in her heat in 61.46s to qualify for the final in 9th place. In the final Georgia improved to 7th place in 61.35s. In the U20W 400m hurdles Georgia finished just outside her season best in a time of 68.86s for 4th placed NSW athlete and 5th across the line. Georgia was 9th in the U20W 800m in a time of 2m 23.65s.

Ratu Viliame Lewanavanua competed in the three jump events over the carnival starting with the U16M high jump where Vili finished just out of the medals in 4th place with 1.75m. In the triple jump, Vili leapt 12.83m to win the competition by 41cm. In the long jump, Vili needed two rounds to get on the board but when he did, he was straight into 2nd place with a jump of 5.84m. In the final round Vili leapt out to within 2cm of the lead with an excellent 6.11m to take home the silver medal.

Brendan Kim competed in the U16 Triple Jump and placed 4th with his best jump of 11.50m. In the U16M javelin, Brendan threw 38.15m for 7th place.

Alexander Londregan was making his debut for Ryde competing in the U15M high jump and finished with an equal PB height of 1.55m in 5th.

In the U20M 110m **Timothy Forster** finished with the silver medal in another World U20 qualifying time of 14.16s for silver.

Bella Fraser competed in the U14W long jump and placed 7th in the State with 4.30m. In the U14W hurdles final Bella finished in 10th spot with a time of 14.69s.

Jacqueline Pawsey also competed in the U14W Long jump and pulled out a big PB jump of 4.88m to claim the bronze medal. In the U14W hurdles final Jacqueline finished 9th in a time of 14.13s. In the U14W Triple Jump, Jacqueline jumped a new PB of 10.51m to claim her second medal of the meet and give Ryde a double podium result. In the 200m hurdles, Jacqueline was competing up an age in the U15W event and ran a new PB time of 32.45s to place 5th in the final. In her final event, the U14W high jump Jacqueline was to finish at the height of 1.45m for 8th place.

At the U14W Triple Jump, **Hannah Lambert** finished with the state title and a jump of 10.98m. This is a new Ryde Best Performance on Record for 13yr olds. In the U14 high jump, Hannah cleared 1.60m to tie for first place and her second title of the Championships.

Alexander Song , competing in the U14 long jump, moved straight into the bronze spot with his opening jump of 5.25m and then improved on that with his third and fourth round national qualifying jumps of 5.42m and 5.47m to land himself the silver medal. In the Triple jump Alex won his first title with his leap of 11.18m.

Mitchell Cox at just 11, was the youngest of our male athletes competing over the Championships and was to finish in 7th place in the U14M 90m hurdles in a time of 17.52s. Mitch was throwing up a weight when he competed in the U14M discus throw and improved with every throw, adding four metre to his opening throw to place 18th with 15.47m.

Eloise Stewart's won silver in the U15W hammer throw with a 38.23m throw on the final round.

In the U17W javelin **Jess Koussas** threw 32.53m for 7th in state.

Ben Proszenko placed 18th in a big field in a time of 10m 59.85s in the U16M 3000m. In the 3000m steeplechase, Ben was to ran his fastest SOPAC steeplechase when he placed 12th in a time of 7m 18.17s.

MiaRose Everson aged 12, was competing up an age group in the U15W 3000m and finished 12th in a time of 12m 05.21s. In only her second 3000m walks competition in the U14W event, where she chasing the national qualifying time of 17min 30seconds, Mia was to cross the line in 16min 14.92s for the silver medal. This was a new 13yrs Ryde Best Performance on record time as well as being a national qualifying time for the U14, U15 and U16 age groups. In her final event, the U14W 800m, MiaRose was to place 10th in a time of 2m 36.98s.

Benjamin Woodhouse was chasing a 3000m national qualifier to add to his 800m and 1500m qualifiers and headed out in the front pack of the U17M A final for much of the race on his way to achieving that with a new personal best time, crossing the line in 6th place in a time of 8m 56. 40s. Ben was to run his second U17 national qualifying time when he finished in a time of 4m 05.84 in the U17M 1500m. Coming into the final 200m Benjamin was in 6th place but overtook two runners coming into the straight to place 4th.

In the U17M 3000m A final **Julian Smith** finished in 11th spot in a time of 9m 37.06s. In the 1500m, **Julian** finished in 4m 33.91s to claim 17th place.

Rhys Chandler finished with the silver in the U15M 3000m walk in a time of 16min 26.42s to set a new Ryde Best Performance on Record as well as being an U15 and U16 national qualifying time.

Yahya Ali was out for only his second competition run of the season, in the big heats of the U17M 100m. Yahya was third across the line in his heat in a time of 11.35s to secure a finals spot. In a very fast final, Yahya was 10th in a time of 11.47s.

Amelie Gomez-Niewolik landed in 7th place at State in the U17W triple jump with her leap of 10.17m.

Matthew Lawrence threw 31.60m in the U15M javelin for 5th spot.

Andrew Kalos competing in the U18M javelin threw 47.01m to finish in 6th place.

Jun Min Yap was well under the U14M NQ time of 12.84s when he placed 4th in his heat in a time of 12.57s to qualify for the final. In the final, Jun Min was very quick out of the blocks and came home in a time of 12.88s for 6th in the state. In the 200m heats, **Jun Min Yap** was 4th across the line in 26.11s to qualify for the final. In the final Jun Min ran 26.23s to place 7th in the State.

Owen Trinh was 3rd in his heat of the U15M 100m in a time of 11.98s. In the final Owen was to finish in a time of 12.09s for 6th place. Owen won his heat of the U15M 200m in a time of 24.72s to automatically qualify for the final. In the final, Owen was finishing fast and ran a time of 24.55s for 4th place.

Alex Ruhfus won his heat of the U16M 100m and went into the final with the second fastest qualifying time of 11.36s. In the final, Alex crossed the line just 0.01s in front of second to take the State title in a time of 11.12s. So fast was Alex, his time is a NQ time for U16, U17 and U18.

Alex's time of 11.12s, is a new 15yrs Ryde Best Performance on Record breaking the old record of 11.18s which was held by John Pearce, more famous now as a former member of Justice Crew and now, the Purple Wiggle.

Mikayla Duncombe was 8th in the U16W shot put with a throw of 10.32m. In the U16W discus, Mikayla finished with 32.12m for 7th place.

Miah O'Shea competed in the U18W Triple Jump and jumped the equal fourth place best jump of 10.66m but was moved to fifth place on count back.

Owen Chandler competed in the U18M triple jump event and placed 7th with a best jump of 12.16m. In long jump, Owen placed 8th with his jump of 5.92m.

Axel Bruntsch placed third in the timed finals of the U17M 1500m in a new PB time and an U17 & U18 national qualifying time of 3m 59.91s. In the third of the timed finals for the U17M 800m Axel was again to win bronze when he crossed the line in 1m 57.09s.

Oliver Smith competed in the timed finals of the U20M 1500m and ran 4. 16.76s for 16th at State. Oliver crossed the line second in the first of the timed finals of the U20M 800m in a time of 2m 01.30s to place him 14th overall in the field.

Calan Hahlos was running in the 200m heats of the U16M and came home in 24.34s to place 16th overall.

Claudia Barlow threw 24.24m to place 8th in the U18W discus. In the U18W pole vault, Claudia finished with a best clearance of 2.50m to take home the silver medal.

Zara Pawsey cleared 2.70m in the U17W Pole Vault to add 10cm to her personal best and win the gold medal, landing herself an U18 national qualifier as well.

Isaac Siebert crossed the line in 6th place in the U20M 800m in a near PB time of 2m 02.74s.

60. NSW Masters State Throws Pentathlon

At the NSW Masters throws pentathlon we were represented by **Lynette Smith** and **Steven Barlow** who won silver and gold respectively. Their results were

	Hammer		Shot put		Discus	
Lynette	28.38m	468	8.36m	495	25.92m	530
Steven	22.43m	287	8.22m	455	28.03	430
	Javelin		Weight throw		Total	Place
Lynette	25.55m	521	9.01m	439	2453	2 nd
Steven	21.36m	247	10.05m	453	1872	1 st

61. The Athletics NSW Open Track & Field Championships

The Athletics NSW Open Track & Field Championships were held at SOPAC from 14th-17th March and Ryde Seniors was represented by seven athletes.

On the opening night, **Elizabeth Rebbechi** competed in heat three of the Open Women's 1500m and finished in a time of 5m 21.44s. to place 22nd in the State.

Adam Bruntsch ran in heat two of the Open Men 1500m, crossing the line 5th in his heat in a national qualifying and personal best time of 4m 54.84s to qualify for the final on Saturday. In the final on Saturday night Adam ran close to his PB when he finished 11th in 3m 55.61s.

Georgia Phillips competed in the heats of the Open Women 400m hurdles and ran a time of 67.40s, close to her season's best to place 5th in her heat and 14th overall.

Yahya Ali and Timothy Forster both ran in the heats of the Open Men 100m. Running into a 3.1m headwind, Yahya finished in a time of 11.77s for 70th place overall. Timothy fared better with the windy conditions (-1.3m) and was to run a time of 11.30s for 36th place overall.

Jessica Johnston competed in the Open Women Discus throw event finished in 10th place with her best throw of 39.45m.

Isaac Siebert ran in the 800m heats and finished in a new personal best time of 2m 01.22s for 26th place overall.

On the final day of the championships, **Elizabeth Rebbechi** ran her first 3000m steeplechase and finished in an excellent time of 12m 47.82s for a first attempt. This time was just 2.82s off the U23 national qualifier. Elizabeth placed 8th overall in the Open women's event.

Adam Bruntsch was back chasing the U23 national qualifying time of 9m 30s having finished less than a second off it at his previous attempt. Adam took home the Open's bronze medal as well as the U23 silver medal and a national qualifying time, new Ryde Best Performance on Record time of 9m 18.61s, breaking the record that had stood for over 20 years.

62. The Athletics NSW Youth Championships

The Athletics NSW Youth Championships were held at SOPAC from the 16th-17th March and Ryde Seniors had 14 athletes in the age groups U8-U12 competing.

LilyEve Everson got Ryde off to a great start finishing with the silver medal in the U10 1100m walk in an eight second personal best time of 5m 41.25s. LilyEve placed 8th in the 400m in 81.72s.

Charlie Shiel crossed the line in the U12M 1500m walk in a time of 8m 45.21s for bronze. In discus, Charlie finished 8th with 26.93m. In shot put Charlie's best throw of 7.87m placed him 13th.

Daniel Pulfer jumped 4.66m to place 5th in the U12M long jump. In the U12M triple jump, Daniel's final round jump of 9.65m secured him second place in state.

In the U8 long jump, **Josh Ekers** jumped 3.14m for the bronze medal. In his 500m race Josh finished with the silver medal in a time of 1m 42.42s and in the 200m Josh again finished with the silver medal in a time of 33.72s.

Jack Le Fevre ran a time of 67.34s to place third in his heat and tenth overall in the U12M 400m.

Joey Baddeley competing in the U9M 100m final placed 9th in a time of 17.26s. In the 200m heats Joey ran a time of 36.16s for 12th place overall. In the shot put, Joey placed 7th with his throw of 5.22m.

Archer Griffiths in the U10M 100m heats ran a time of 15.14s to be the fastest nonautomatic qualifier for the final. In the final, Archer ran 15.66s for 8th place. In the U10M discus, Archer finished with silver from his throw of 30.80m. In the long jump Archer finished with 3.95cm placing him in 4th, just 2cm off the bronze medal. In the U10M shot put, Archer threw 7.83m for 6th.

Nancy Barlow placed 10th with her throw of 16.51m in the U10W discus.

Madeleine Lynch contested the heats of the U11W 100m. Running into a strong 2.5m headwind, Madeleine finished in a time of 15.28s to place 15th overall.

Louis Baddeley ran 14.18s for 17th overall in the U12M 100m heats. In the 200m heats, Louis ran a big PB when he finished 28.89s for 15th overall.

Jack Spencer won his heat of the U12M 100m and ran both an U13 and U14 national qualifier in 12.73s. **Zachery Leung** ran the fastest heat time (12.55s) to also run an U13 and U14 national qualifier. In the final Jack was to claim the silver in 12.89s and Zach the bronze in 12.91s. In the 200m heats, heat two saw **Zachery Leung** place second just 0.01s behind the winner in an U13 national qualifying time of 26.60s. **Jack Spencer** was the winner of the final heat in an U13 national qualifying time of 26.61s.

In the final Jack finished with the gold in a new 12yrs Ryde Best performance on record time of 25.97s and Zachery in the silver spot with 26.21s.

Finn Wilson started with a strong throw of 36.52m in the U12M discus and finished with 36.76m for the silver medal. Finn was able to get a big throw out in round three of 10.22m in the shot put to finish just out of the medals in 4th place.

63. The Queensland Track and Field Championships

At the Queensland Track and Field Championships, held on the weekend of the 16th-17th March, Ryde was represented by **Timothy Forster**. Competing in the U20 110m hurdles finals and running into a 1.3m headwind, Timothy won the silver medal and had his best post injury run of 13.98s, another World Junior Qualifying time.

64. Albie Thomas Mile

At the Albie Thomas Mile held at Bankstown on the 28th March **Adam Bruntsch** competed in the Men 1 Mile Open B race and finished 8th in the race in an U23 national qualifying time of 4m 13.94s.

65. Campbelltown High Velocity Meet

Yayha Ali and Noah Lopata both ran in the heats of the 100m at the Campbelltown High Velocity event held on the 30th March. Yayha finished in a time of 11.71s and Noah in 12.15s.

66. 2024 Australian Masters Athletics Championships

At the 2024 Australian Masters Athletics Championships held in Hobart from the 29th March to the 1st April, Ryde was represented by eight of our Masters athletes.

First out in the field was **Simon Bergfield** competing in the M60-64yrs shot put. Simon was to finish 6th with his throw of 8.13m.

Nick Pawsey ran a new PB time of 12.74s in the final of the M45-49yrs 100m for 6th in Australia.

Steven Barlow threw 9.10m in M50-54yrs shot put to finish as the 7th placed Australian.

Lynette Smith was representing Ryde for the first time at nationals and started with her pet event, the javelin, competing in the W50-54yrs where she moved into the silver spot with her second-round throw and Ryde Best Performance on record for 50-54yrs of 29.61m.

Nick Pawsey, competing in a combined high jump competition with athletes from M30-M49, came in at 1.40m for a safety jump, easily clearing the bar and then sitting out until the competition moved up to the 1.49m where again he was easily over the bar.

The bar was moving up in 3cm increments and Nick was cleanly over the next seven heights including a new PB and new Ryde Best Performance on record height of 1.70m. Nick's 1.70m jump was the highest jump by any athlete competing at the Masters over the championships and earned him his first Australian Masters title.

Mat Woodhouse competed in the 50-54yrs 400m Hurdles and broke his own Australian Masters record, Ryde Best Performance on record and PB record (for age) of 58.85s for Ryde's second Australian title of the day.

Steven Barlow threw 26.61m to finish 5th overall and 4th placed Australian in the final of the M50-54yrs hammer throw.

Revathi Krishnan competed in the W35-39yrs long jump and jumped 4.45m for 5th place.

Lynette Smith competed in the W50-54yrs shot put and threw 8.85m to finish 8th overall and 7th placed Australian athlete.

Simon Bergfield finished 7th in the M60-64yrs with his throw of 27.37m. In his long jump, Simon improved on every jump adding 68cm over his six jumps to finish with a final round best jump of 3.67m and 6th place overall and 5th placed Australian. In his final event, the M60-64yrs javelin Simon placed 6th with 24.31m.

Mat Woodhouse raced in heat two of the M50-54yrs 200m and finished fastest in a time of 26.64s. In a very close finish in the final, Mat was second in a time of 24.25s.

Mat was also to run in the NSW team in the M180+ 4x100m relay team. Running the long back straight, Mat had a sensational run putting the NSW team in a great spot from the final 200m. At the line Queensland just pipped NSW by 0.10s for NSW to come home in 47.39s and the silver medal.

Andrew Atkinson-Howatt competed in the M65-69yrs discus and threw 28.70m to place 4th overall and, as the third placed Australian, secured a bronze medal.

Steven Barlow competing in the M50-54yrs discus got a cracking third round throw of 32.16m to move him up to finish 6th place overall and 5th placed Australian in the field.

Lynette Smith threw in the W50-54yrs discus and opened with what was to be her best throw, 26.96m. This was enough to see Lynette finish just out of the medals in 4th place.

Andrew Atkinson-Howatt competing in the 65-69yrs javelin, set a new Ryde Best Performance on record of 35.85m in winning the gold medal as the first placed Australian in the competition.

Andrew also competed in the throws pentathlon. His results across the throws events were;

Hammer		Shot put		Discus	
25.96m	431	8.10m	533	28.44m	467
Javelin		Weight throw		Total	
32.40m	577	8.79m	426	2434	

Andrew finished fourth overall and collected his third medal of the Championships, a bronze as the third placed Australian in the field.

Steven Barlow defended his national title in the M50-54yrs Pole Vault with clear vaults over 2.40m and 2.60m to take another Gold medal home for the Ryde team.

Nick Pawsey was back on the track competing in the final of the M45-49yrs 400m. Nick was to run just outside his personal best time when he finished 5th in 59.38s. Nick's run was good enough to see him selected to also run in the NSW M180+ 4x400m relay team. As first runner, Nick gave the team an excellent start, but they were to finish just out of the medals in fourth spot in a time of 3m 55.67s.

Mat Woodhouse was back his final event, the M50-54yrs 100m hurdles. Mat broke his Australian Masters record set at the NSW titles and the Ryde Best Performance on record when he stopped the clock at 14.60s for his second Australian Title of the Championships.

Jon Baker ran in the M55-59yrs 3000m steeplechase and started tentatively and picked up the pace as he moved through the laps and was to finish a gutsy run in a time of 14m 53.23s for the bronze medal.

Revathi Krishnan competed in the W35-39 triple jump and got off to a great start with a jump of 10.03m putting her in the silver position. Rev improved on that with a new personal best jump of 10.20m for the silver medal, just 2cm short of the Ryde best performance on record.

Lynette Smith competed in the W50-54yrs throws pentathlon and Lynette's results were

Hammer		Shot put		Discus	
23.38m	367	9.49m	579	26.29m	539
Javelin		Weight throw		Total	
22.69m	452	9.09m	444	2381	

Lynette finished 5th overall and 4th in Australia. Lynette's hammer and overall pentathlon result, were new Ryde Best performance on record for W50-54yrs.

Steven Barlow competed in the M50-54yrs outdoor pentathlon. Steve was to place 7th overall and 6th in Australia. Steven's results were;

Long Jump		200m		Javelin	
3.86m	333	30.79s	422	25.44m	317
Discus		1500m		Total	
29.96m	468	7m14.92s	169	1709	

67. Canberra Marathon

Puspesh Puspesh was our sole representative at the Canberra Marathon run on Sunday 7th April and completed the Marathon in a time of 3hrs 38m 04s to be the 496th athlete to cross the line.

68. The 101st Edition of the Australian Athletics Championships

At the 101st Edition of the Australian Athletics Championships Ryde Seniors was represented by 33 athletes. Our first competitor of the championships was **Maddison Duncombe** competing in the U20W heptathlon. Maddison's results over the two-day event were;

100m H		Shot put		Long jump		200m	
18.83s	406	9.16m	475	4.60m	454	28.89s	562
Javelin		High jump		800m		Total	
26.16m	404	1.24m	350	3.03.22	336	2987	

Maddie improved on her results from the NSW Combined Event in the 100m hurdles, shot put and long jump and finished just 20 points off her PB. Maddie placed 15th overall and was the 14th placed Australian.

Nathan Barbara (F61) competed in the U20M PARA shot put. Throwing the 6kg shot put Nathan threw 4.99m (57.09%) to place third overall but secured the silver medal as the second placed Australian and also broke his own Australian record for class F61. In the U20M PARA discus, throwing the 1.5kg discus, Nathan finished with a new PB of 13.90m (50.88%) for his second silver medal of the Championships along with his second Australian Record for F61.

Adam Bruntsch competed in the first round of the very competitive Open 1500m where he ran a new personal best time of 3m 54.59s to place 11th in his heat and 32nd overall.

In the Open Men's 3000m steeplechase, Adam went out hard and stuck with that lead group of six for most of the race. Adam was to improve his personal best time by six seconds to finish 6th in Australia in 9m 12.20s.

Jess Johnston competed in the qualification round of the Open Discus and got a good throw of 46.22m out in round one to move into 9th spot and qualify for the final. In the final, Jess threw 47.76m to finish 7th in Australia. In the U18W hammer throw, Jess's best throw came in round four for 48.43m for 7th overall and 6th in Australia. In the U18W discus, Jess moved herself into outright second place with her final throw of 47.25m to take the silver medal and secure herself a spot in the Australian Oceania team for June 2024.

In the U18W shot put and with her final throw equalled her Ryde Best Performance on record of 13.56m to place 5th in Australia. In the U18W Javelin. Jess improved over the three rounds to finish with her best round three throw of 35.72m for 11th.

Timothy Forster started his campaign on Day 2 in the heats of the U20M 110m hurdles. Tim came out fast but connected with the first two hurdles. Drawing on all his experience, Tim steadied himself to end up second across the

line in an automatic qualifying position in a time of 14.80s. In the final, despite what seemed to be lane interference from the athlete beside him, Tim still managed to safely get across the line in third place to claim his first national medal, the bronze in a time of 14.19s.

In the U20W 400m hurdles, **Georgia Phillips** was unlucky to miss out on a finals spot when she placed 6th in her heat and 9th placed Australian athlete in a time of 66.12s. Georgia placed 19th overall and 18th in Australia with her jump of 5.14m in the U20W long jump.

Daniel Cox competed in the U16M heptathlon and achieved PBs in both the high jump and javelin over the two-day heptathlon. Daniel finished as the 9th placed Australian and his full results were;

100m H		Shot put		Long jump		200m	
15.75s	761	7.81m	355	5.14m	409	26.80s	463
Javelin		High jump		1500m		Total	
31.45m	320	1.59m	457	5.44.64	330	3095	

In the U16M 100m hurdles, Daniel finished in a time of 15.48s to place 27th overall.

Benjamin Woodhouse and **Axel Bruntsch** both ran in the second heat of the U17M 800m.

Both boys got out well and at different times during the race, each led for a while and clearly gave it everything they could. Axel was just pipped out of the second-place automatic qualifying spot not far from the finish line to place 3rd in the heat and 11th overall in a time of 1m 57.19s with Benjamin just one spot behind him in 4th over the line and 14th overall in Australia in 1m 58.39s.

In the final of the U17M 3000m **Benjamin Woodhouse** finished in a new Personal Best time of 8m 51.39s for 9th place.

In the U17M 1500m timed finals, **Benjamin Woodhouse** and **Axel Bruntsch** at 300m mark were running side by side near the front of the pack. At 700m they were sitting in 3rd and 5th spot and by the time they came past for the bell Ben was second and Axel third. The final lap was a quick one and it was Ben who was able to maintain the better pace and come home with a bronze medal in the time of 3min 58.58s, his first time under four minutes and his second PB of the championships. Axel was not far behind finishing 6th across the line and 7th overall in 4m 01.58s.

Owen Trinh got out of the blocks well and flew down the straight in the U15M 100m heats to place 6th in his heat and 13th overall in Australia in a fast time of 12.08s.

In his heat of the U17M 400m hurdles **Lewis Wong** won his heat by nearly a second (57.65s) to automatically qualify for the final with the fourth fastest time. Contesting his first Australian Athletics finals, Lewis worked hard around the track to finish in a time of 58.56s for 9th in Australia.

In the U17M 110m hurdles Lewis crossed the line second in his heat in a time of 15.44s to automatically qualify for the final. In the final Lewis finished 5th in 14.87s for two top ten results in hurdles across the Championships.

Alex Ruhfus was second across the line in his heat of the U16M 100m in a time of 11.35s. In a very fast final Alex got away well and was to cross the line 5th fastest 15yr old in Australia in a time of 11.22s. Alex's heat and final run in the U16M 100m had earned him a spot on the U16m 4x100m relay team. Running the final leg Alex brought the NSW team with his usual speed to cross the line for the silver medal in 43.19s.

Charlotte Nagle competed in the heats of the U17W 400m hurdles and finished in more than a two second PB time of 69.25s for 6th in her heat and 9th overall to qualify for the final. Unfortunately, Charlotte was DQ'd in the final (TR 22.6.1).

Alexander Evans (F13) had four events on his program and the first was the U17M PARA long jump. Alexander's best jump of 3.55m (46.34%) placed him 8th in Australia. In his heat of the U17M PARA 100m Alexander ran 15.01s (69.68%) to place 10th.

In the U17M PARA discus (1.5kg) Alex finished with a PB 18.67m (34.82%). This was the third biggest throw for the competition but after percentage adjustments Alex was just pipped into 4th place. In his final event, the 200m, Alexander ran into PB territory with his time of 31.53s (66.76%) to place 8th in Australia.

Calan Hahlos made his national debut in the heats of the U16 400m and crossed the line in a time of 54.40s for 17th place overall.

Jack Spencer and **Zachery Leung** ran in the same heat of the U13M 200m with Jack finishing 4th in a time of 26.22s with Zachery in 5th spot in 26.61. The boys were the two fastest non automatic qualifiers so were both through to the final. In the final Jack finished 5th in 26.31s and Zachery one spot behind in 26.72s

In heats of the U13M 100m, Zach was second across the line in 12.96s to take an automatic qualifying spot through to the final. Jack joined Zach in the final after finishing 4th in his heat in a time of 12.83s. In the final, running into a 2m headwind, Zachery dipped for the line to claim the bronze medal by 0.01s in 12.87s and Jack not far behind in 6th place in 13.04s.

Vili Lewanavanua's first event was the U16M Long jump where he jumped consistently and improved over all three of his jumps to land out in the third round at 6.00m exactly for 11th in Australia. In the U16M high jump, Vili was the only athlete to clear the 1.91m height for the Australian title, a new PB height, new Ryde Best Performance on record and an U17 & U18 NQ tucked away for next year. In the U16M triple jump, Vili jumped 13.22m in round four to move into the

gold medal spot with four jumpers to come. In an absolutely thrilling final round, over those next four jumps the lead was to change two more times with Vili finishing with the bronze medal. An outstanding championship for Vili.

James Woods competed in heat four of the U17M 200m and placed 5th in his heat in a time of 23.38s to place 18th.

Running in the final heat of the U17M 400m, James crossed the line in second place, automatically through to the final in a time of 50.58s. In the final James had a good race and was to move up the results list when he placed 7th in Australia in 51.38s.

Brendan Kim competed in the U16M Javelin and added almost two metres from his first to third throw finishing with 41.06m and 11th place in Australia.

Zara Pawsey contested the U17W Pole Vault and attempted a new PB height of 2.80m but could not quite get there and finished with 2.60m and 15th place in Australia.

Competing in the U18W Pole Vault, **Claudia Barlow** was cleanly over 2.40m on her opening vault but could not improve on that to finish equal 6th in Australia.

Brian Kim and **Alexander Song** both made their nationals debut in the U14M triple jump.

Alex jumped himself into the bronze medal spot with 11.35m in round four. Brian improved with each of his jumps to finish in 11th place with 9.94m. In the U14M Javelin Brian finished with 30.47m to claim 8th place.

Alex Song competed in the U14M long jump where his fourth-round jump of 5.40m moved him to 4th spot just one centimetre off bronze.

Competing in the U15W hammer throw **Eloise Stewart** was able to improve over the competition and finished with her best throw in round four of 36.62m for fifth in Australia.

Hannah Lambert and **Jacqueline Pawsey** competed in the U14W Triple Jump and long jump.

Jacqueline improved her PB to 10.61m to claim 6th spot in Australia. Hannah, in the final round with a good tail wind behind her, jumped 11.51m to take the lead and claim gold.

In the U14W Long jump, both girls were on 4.74m going into the final round with Jacqueline able to improve on that to 4.82m to claim 7th in Australia with Hannah one spot behind in 8th.

Hannah also competed in the U14W High jump where she cleared 1.62m just 1cm off her PB to take home the bronze medal.

Mitchell McCarthy and **MiaRose Everson** made their nationals debut in the 3000m U14 walk. The girls and boys event were held at the same time and Mitchell & MiaRose walked most of the event within a few metres of each other.

MiaRose who crossed the line well under her PB time was unfortunately DQ'd as can happen with the walks.

Mitchell set a new Ryde Best Performance on record for 13yrs when he crossed the line in 15m 54.86s for 8th in Australia.

Rhys Chandler won the bronze medal in the U15M 3000m walk just outside PB territory with his time of 16.35.27s.

Lachlan Waldron improved over the U17M javelin competition to finish not far short of his personal best when he landed the javelin out at 46.03m for 8th.

Mitchell Cox got a good clear run over the 90m hurdles to finish 4th in in 16.22s on debut in the U13M event.

Jess Koussas was our last competitor of the meet in the U17W javelin. Jess's second round throw of 32.93m was her best and placed her 14th in Australia.

Over the nine days Ryde Athletes won two gold, four silver and seven bronze medals.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 1/5/24)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	Zachery Leung	12.92	23/24	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	Alex Ruhfus	11.39	23/24	14 years	Michael Todd	4:07.18	06/07
15 years	Alex Ruhfus	11.12	23/24	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 Casclang	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+	Mat Woodhouse	12.12	23/24	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	Jack Spencer	25.97	23/24	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	Timothy Forster	21.46	23/24	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	Mat Woodhouse	24.69	23/24	Vet 40-49	Adrian Wade	9:06.36	17/18
Vet 50+	Mat Woodhouse	23.98	23/24	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				
Vet 40-49	Mat Woodhouse	54.43	23/24	Vet 40-49	Adrian Wade	35:25.19	15/16
Vet 50-54	Mat Woodhouse	56.26	23/24				
Vet 60-64	David Teo	63.90	23/24				
Vet 70+	Ron Wills	78.90h	11/12				
Vet 80+	Ron Wills	99.5(h)	19/20				
<u>800 metres</u>				<u>10,000 metres</u>			
11 years	Will Devjak	2:19.1h	94/95				
12 years	Benjamin Woodhouse	2:12.97	20/21				
13 years	Jacob Leon	2:06.78	17/18				
14 years	Jacob Leon	1:59.16	18/19				
15 years	Michael Todd	1:55.99	07/08				
Under 18	Michael Todd	1:53.42	08/09				
Under 20	Will Devjak	1:50.3h	02/03				
Open	Will Devjak	1:48.56	03/04				
Vet 30-39	Greg Boyce	1:58.48	05/06				
Vet 40-49	Adrian Wade	2:07.84	14/15				
Vet 50+	Voitek Klimiuk	2:33.04	10/11				
Vet 70+	Ron Wills	2:56.15	11/12				
Vet 80+	Ron Wills	4.11.1h	19/20				
<u>2000m Steeplechase</u>				<u>3000m Steeplechase</u>			
12 years	Peter Cotton	9:17.6h	86/87	Under 18	Will Devjak	9:23.63	00/01
13 years	Harrison Wade	6:43.08	13/14	Under 20	Will Devjak	9:23.63	00/01
14 years	Harrison Wade	6:26.98	14/15	Open	Adam Bruntsch	9:12.20	23/24
15 years	Will Devjak	6:20.1h	98/99	Vet 50+	Jon Baker	13.20.51	21/22
Under 18	Will Devjak	5:53.46	00/01				
Under 20	Will Devjak	5:53.46	00/01				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 1/5/24)

<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	13.88	23/24
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					<u>200 metre hurdles</u>		
Open	Graham Walsh	6:54.0h	91/92	11 years	Will Devjak	33.9h	94/95
Vet 30-39	Graham Walsh	7:41.9h	93/94	12 years	Sam Hain	32.23	11/12
Vet 40-49	John Barbuto	9:54.4h	88/89	13 years	Brian Chappell	30.6h	93/94
Vet 50+				14 years	Brian Chappell	26.04	94/95
Vet 70+				15 years	Lewis Wong	25.92	23/24
				Under 18	Craig Birdsall	25.4h	99/00
				Vet 40-49	John Barbuto	57.4h	89/90
<u>3000 metre walk</u>				<u>300 metre hurdles</u>			
11 years	Shannon Wolfers	20:28.8h	92/93	11 years	Peter Cotton	54.6h	85/86
12 years	Max Mayhew	16:41.48	19/20	12 years	Grant Mitchell	54.8h	85/86
13 years	Mitchell McCarthy	15:54.86	23/24	13 years			
14yrs	Rhys Chandler	16:26.42	23/24	14 years	Kevin Laws	47.5h	85/86
15 years	George Davis	16:21.07	18/19	15 years	Brian Chappell	40.45	95/96
Under 18				Under 18	Brian Chappell	39.16	96/97
Under 20				Vet 40-49	Peter Collins	43.9h	95/96
Open	Graham Walsh	14:45.3h	91/92	Vet 50+	Peter McEneaney	49.9h	93/94
Vet 30-39	Graham Walsh	16:33.5h	93/94				
Vet 40-49	George Parsons	21:24.0h	90/91				
Vet 50+							
Vet 70+					<u>400 metre hurdles</u>		
				11 years	Peter Cotton	84.2h	85/86
				12 years	Grant Mitchell	86.3h	85/86
				15 years	Craig Birdsall	59.3h	98/99
				Under 18	Craig Birdsall	55.31	00/01
				Under 20	Craig Birdsall	55.1h	00/01
				Open	Brian Chappell	55.12	01/02
				Vet 30-39	Ken Smith	67.6h	91/92
				Vet 40-49	Peter Collins	59.62	92/93
				Vet 50+	Mat Woodhouse	59.28	23/24
					<u>Marathon*</u>		
				Open	Puspesh Puspesh	3hr22.05	23/24
				Vet 40+	Puspesh Puspesh	3hr 22.05	23/24
					<u>Multi Event</u>		
				15 years	Brian Chappell	4299 pts	95/96
					<u>Decathlon</u>		
				13 years	George Davis	1412 pts	16/17
				14 years	Rory Davison	3352 pts	19/20
				Under 18	Brian Chappell	5328 pts	96/97
				Under 20	Brent Page	4370 pts	92/93
				Open	Brian Chin	5205 pts	93/94
					<u>Weight Pentathlon</u>		
Vet				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
				Vet 65-69	Robert Hanbury-Brown	3123	22/23

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 1/5/24)

<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
15 years	Jett Tall	13.58m	17/18	15 years	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 60-64	Lajos Joni	11.70m	15/16	<u>High Jump</u>			
Vet 65-69	Robert Hanbury-Brown	10.10m	22/23	11 years	David Forster	1.38m	82/83
Vet 80+	Ron Wills	5.85m	19/20	12 years	Andrew Crews	1.67m	85/86
<u>Discus</u>				13 years	Ben Nogajski	1.78m	14/15
11 years	Ben Stevens	35.25m	16/17	14 years	Cameron Pappas	1.84m	10/11
12 years	Ben Stevens	43.50m	17/18	15 years	Vili Lewanavanua	1.91m	23/24
13 years	David Forster	31.02m	84/85	Under 18	Brendan Mannasz	2.05m	22/23
14 years	Ben Nogajski	46.66m	15/16	Under 20	Brendan Mannasz	2.05m	22/23
15 years	Lachlan Waldron	49.02m	23/24	Open	Brendan Mannasz	2.05m	22/23
Under 18	Lloyd Parker	43.17m	06/07	Vet 30-39	John Larkin	1.60m	95/96
Under 20	Lloyd Parker	38.45m	09/10	Vet 40-44	Peter Collins	1.65m	90/91
Open	Jeff Hailey	41.32m	98/99	Vet 45-49	Nicholas Pawsey	1.70m	23/24
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 50-59	Peter Collins	1.53m	01/02
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 60-64	David Teo	1.50m	23/24
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 65-69	Robert Hanbury-Brown	1.26m	21/22
Vet 60-64	Robert Hanbury-Brown	37.09m	17/18	<u>Long Jump</u>			
Vet 65-69	Robert Hanbury-Brown	34.50m	22/23	11 years	Geoff Davies	5.30m	85/86
<u>Javelin</u>				12 years	David Massey	5.34m	89/90
11 years	Ben Lawrence	22.74m	20/21	13 years	Noah Hain	5.80m	15/16
12 years	Lachlan Waldron	31.42m	20/21	14 years	Cameron Pappas	6.35m	10/11
13 years	Michael Jones	40.26m	87/88	15 years	Len Pearce	6.61m	06/07
14 years	Brendan Kim	41.11m	23/24	Under 18	Ben Cox	7.14m	11/12
15 years	Lloyd Parker	50.85m	07/08	Under 20	Geoff Davies	7.33m	92/93
Under 18	Lloyd Parker	55.19m	08/09	Open	Peter Parsons	7.35m	00/01
Under 20	Lloyd Parker	51.48m	09/10	Vet 30-39	Andrew Jackson	5.93m	03/04
Open	Jeff Hailey	56.20m	99/00	Vet 40-49	Peter Collins	5.98m	90/91
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 50-54	Simon Butler-White	4.85m	12/13
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 55-59			
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 60-64	Simon Bergfield	3.61m	23/24
Vet 60-64	Andrew Atkinson-Howatt	41.30m	17/18	<u>Triple Jump</u>			
Vet 65-69	Andrew Atkinson-Howatt	35.85m	23/24	11 years	David Massey	9.74m	88/89
Vet 80+	Ron Wills	11.33m	19/20	12 years	Sam Hain	10.97m	11/12
<u>Hammer Throw</u>				13 years	Cameron Pappas	12.42m	09/10
11 years	Patrick Kelland	16.27m	06/07	14 years	Cameron Pappas	13.80m	10/11
12 years	Lachlan Waldron	19.26m	20/21	15 years	Len Pearce	14.12m	06/07
13 years	Peter Cotton	24.18m	87/88	Under 18	Ben Cox	15.25m	11/12
14 years	Nicholas Kelland	32.36m	10/11	Under 20	Ben Cox	15.47m	13/14
15 years	Glyn Henman	35.20m	83/84	Open	Ben Cox	15.63m	15/16
Under 18	Paul Menin	45.44m	85/86	Vet 30-39	Andrew Jackson	11.38m	03/04
Under 20	Andrew Jackson	27.52m	90/91	Vet 40-49	Peter Collins	12.48m	90/91
Open	Jeff Hailey	41.47m	98/99	Vet 50-54	Mat Woodhouse	11.36m	23/24
Vet 30-39	Jeff Hailey	41.47m	98/99	<u>Weight</u>			
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 50+	Lajos Joni	14.53m	12/13
Vet 50+	Lajos Joni	46.37m	11/12				
Vet 60+	Lajos Joni	43.72m	15/16				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 1/5/24)

<u>Hammer Throw</u>				<u>Weight</u>			
Vet 65-69	Robert Hanbury-Brown	36.11m	22/23	Vet 60+	Lajos Joni	15.66m	15/16
				Vet 65-69	Robert Hanbury-Brown	14.85m	22/23

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 1/5/24)

<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 Pigginn	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	Open	Kate Spencer	9.16.49	13/14
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 28-34			
Vet 35+	Rachael Jackson	25.48	11/12	Vet 35+	Suzanne Gore	13.36.9h	08/09
Vet 50-59	Sue Gore	30.39	12/13	Vet 50-59	Sue Gore	15.38.0h	14/15
<u>400 metres</u>				<u>5000 metres</u>			
11 years	Jamie Casaclang	62.3h	00/01	Under 18	Kate Spencer	16.56.66	12/13
12 years	Jamie Casaclang	59.59	01/02	Under 20	Kate Spencer	15.32.29	13/14
13 years	Jamie Casaclang	58.51	02/03	Open	Kate Spencer	15.32.29	13/14
14 years	Ruby Worrell	55.35	20/21	60-64yrs	Suzanne Gore	25.11.16	22/23
15 years	Ruby Worrell	57.22	21/22				
Under 18	Ruby Worrell	54.97	22/23	11 years	Elizabeth Cotton	9.35.0h	86/87
Under 20	Ruby Worrell	54.97	22/23	12 years	Tara Vance	7.54.29	07/08
Open	Vicki Piggins	53.78	99/00	13 years	Tara Vance	7.38.8h	07/08
Vet 28-34				14 years	Georgia Phillips	7.29.67	20/21
Vet 35+	Margaret Chappell	65.8h	94/95	15 years	Kate Spencer	6.40.92	10/11
Vet 50-59	Sue Gore	69.33	13/14	Under 18	Georgia Winkcup	6.43.31	14/15
				Under 20	Kate Spencer	6.36.69	13/14
<u>800 metres</u>				<u>2000m Steeplechase</u>			
11 years	Larissa West	2.30.97	88/89	11 years	Elizabeth Cotton	9.35.0h	86/87
12 years	Tara Vance	2.22.58	06/07	12 years	Tara Vance	7.54.29	07/08
13 years	Eliza Harvey	2.17.69	14/15	13 years	Tara Vance	7.38.8h	07/08
14 years	Eliza Harvey	2.11.70	15/16	14 years	Georgia Phillips	7.29.67	20/21
15 years	Eliza Harvey	2.14.12	16/17	15 years	Kate Spencer	6.40.92	10/11
Under 18	Kate Spencer	2.11.15	11/12	Under 18	Georgia Winkcup	6.43.31	14/15
Under 20	Kate Spencer	2.11.15	11/12	Under 20	Kate Spencer	6.36.69	13/14
<u>3000m Steeplechase</u>				<u>3000m Steeplechase</u>			
				Under 18	Kate Spencer	10.20.72	13/14
				Under 20	Kate Spencer	9.53.15	13/14
				Open	Kate Spencer	9.53.15	13/14

¹ Rachel Massey and Rachel Jackson are the same athlete

Open	Julie Schwass	2.04.87	83/84				
	800 metres				<u>200 metre hurdles</u>		
Vet 28-34	Anne Francis	3.10.2h	88/89	11 years	Megan Cotton	35.7h	87/88
Vet 35+	Suzanne Gore	2.33.52	12/13	12 years	Megan Cotton	34.1h	88/89
Vet 50+	Suzanne Gore	2.33.52	12/13	13 years	Alyssa Lowe	31.71	16/17
				14 years	Rachel Neylan	29.2h	96/97
	<u>1500 metre walk</u>			15 years	Alyssa Lowe	29.58	18/19
11 years	Natalie Cummings	7.38.54	85/86	Under 18	Jenny Horsfield	35.8h	87/88
12 years	Natalie Cummings	8.21.4h	86/87	Under 20	Jenny Horsfield	34.2h	88/89
13 years	Julie Davis	7.43.0h	82/83	Open			
14 years	Carolyn Little	7.56.21	91/92	Vet 30-34			
15 years	Yvette Cotton	7.38.0h	86/87	Vet 35+	Margaret Chappell	37.3h	89/90
Under 18	Sharon Cummings	7.19.0h	86/87				
Under 20	Sharon Cummings	7.19.0h	86/87		<u>300 metre hurdles</u>		
Open	Sharon Cummings	7.19.0h	86/87	14 years	Rachel Neylan	45.41	96/97
Vet 28-34	Anne Francis	10.50.0h	88/89	15 years	Megan Cotton	44.08	90/91
Vet 35+	Sue Curry	10.05.0h	91/92	Under 18			
Vet 50-59	Sue Gore	8:45.1h	17/18	Vet 35+	Sharon Aldridge	55.3h	94/95
	<u>3000 metre walk</u>						
11 years	Karen Hoey	16:44.4h	91/92		<u>400 metre hurdles</u>		
12 years	Natalie Cummings	18:28.0h	86/87	14 years	Gunilla Rupp	70.1h	84/85
13 years	MiaRose Everson	16:14.92	23/24	15 years	Tara Millgate	65.21	00/01
14 years	Carolyn Little	17:13.4h	91/92	Under 18	Tara Millgate	60.72	01/02
15 years	Sarah Kelland	17:26.72	12/13	Under 20	Tara Millgate	60.41	04/05
Under 18	Sharon Cummings	16:20.0h	85/86	Open	Tara Millgate	60.41	04/05
Under 20	Sharon Cummings	16:20.0h	85/86	Vet 28-34			
Open	Yvette Cotton	15:37.6h	93/94	Vet 35+	Sue Curry	89.8h	87/88
Vet 28-34							
Vet 35+	Sue Curry	21:10.3h	89/90		<u>Half Marathon *</u>		
Vet 50-59	Sue Gore	17:51.6h	20/21	Open	Sue Gore	1hr59.19	23/24
	<u>5000 metre walk</u>			Vet 60+	Sue Gore	1hr59.19	23/24
Under 18	Carolyn Little	30.45.0h	94/95				
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				
Vet 35-39	Bronwen Morgan	17.53	23/24				
	<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+	Bronwen Morgan	20.67	23/24				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 1/5/24)

<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	Hannah Lambert	1.60m	23/24
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	Jessica Johnston	13.56m	23/24	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 50-54	Helen Searle(54)	12.59m	93/94	Vet 28-34			
				Vet 35+	Margaret Chappell	1.35m	90/91
<u>Discus</u>				<u>Long Jump</u>			
11 years	Jessica Johnston	31.24m	18/19	11 years	Janet Gault	4.69m	89/90
12 years	Jessica Johnston	36.54m	19/20	12 years	Janet Gault	4.96m	90/91
13 years	Cassie Hewitt	39.59m	06/07	13 years	Alyssa Lowe	5.15m	16/17
14 years	Cassie Hewitt	35.53m	07/08		Portia Amy-Wilson	5.15m	16/17
15 years	Jessica Johnston	41.70m	21/22	14 years	Alyssa Lowe	5.54m	17/18
Under 18	Jessica Johnston	47.96m	23/24	15 years	Alyssa Lowe	5.76m	18/19
Under 20	Jessica Johnston	47.96m	23/24	Under 18	Alyssa Lowe	6.10m	20/21
Open	Jessica Johnston	47.96m	23/24	Under 20	Vicky Pigginn	6.20m	94/95
Vet 50-54	Helen Searle	30.64m	94/95	Open	Vicky Pigginn	6.36m	97/98
				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	Hannah Lambert	10.44m	23/24
13 years	Jess Johnston(400g)	38.47m	20/21	13 years	Hannah Lambert	11.51m	23/24
14 years	Tarsha Wayne(500g)	38.39m	17/18	14 years	Maya Leverett	11.15m	13/14
15 years	Sophie Kavanagh	35.54m	19/20	15 years	Alyssa Lowe	11.85m	18/19
Under 18	Chloe Davis	39.35m	17/18	Under 18	Maya Leverett	12.33m	15/16
Under 20	Laura Cornford	45.52m	04/05	Under 20	Maya Leverett	12.33m	15/16
Open	Mary Thomas	46.98m	82/83	Open	Maya Leverett	12.33m	15/16
Vet 28-34				Vet 28-34			
Vet 35-39	Mary Thomas	46.98m	82/83	Vet 35+	Margaret Chappell	10.22m	89/90
Vet 50-54	Lynette Smith	29.61m	23/24				
<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	Maddy Bergfield	24.12m	10/11	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	49.95m	23/24	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>			
50-54	Lynette Smith	23.38m	23/24	12 years	Jacqueline Pawsey	1.41m	22/23
Vet 55-59	Helen Searle	44.00m	96/97	13 years	Johanna Volos	2.90m	12/13
				14 years	Johanna Volos	3.10m	13/14
<u>Weight Pentathlon</u>				15 years	Johanna Volos	3.30m	14/15
Vet 50-54	Lynette Smith	2381	23/24	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 Open & Junior 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. Masters' record are based on age on day as per Australian Masters Guidelines. 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.

**In 2023/24 season we added new record fields for the half and full marathon.*

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 2023 – 2024

<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	Under 15	Brian Chappell	11.9	1994
	Alyssa Lowe	13.1	2016	Under 16	John Pearce	11.4	2006
Under 15	Rachael Massey	12.8	1990	Under 18	John Pearce	11.0	2008
Under 16	Jamie Casaclang	12.3	2004	Under 20	Glen McCarthy	11.1	1988
Under 18	Rachael Massey	12.1	1992	Open	Brett Jovanovich	11.1	2012
Under 20	Vicky Pigginn	12.1	1994	Vet 30+	Carl Casaclang	11.9	2002
Open	Rachael Massey	11.8	1996	Vet40-44	Adrian Wade	14.8	2013
Vet 30+	Sharon Aldridge	13.2	1996	Vet 45+	Nick Pawsey	12.9	2023
Vet 40-44	Kristy Gibson	17.1	2023	Vet 50-54			
Vet 50-54	Sue Gore	15.3	2012	Vet 55-59	David Teo	15.7	2022
				Vet 60-64	Simon Bergfield	16.2	2023
<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+				Vet40-44	Adrian Wade	27.2	2014
Vet 50+	Lynette Smith			Vet 45-49	Nick Pawsey	26.6	2023
				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	James Woods	53.8	2023
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 40-44	Kristy Gibson	107.9	2023	Vet 40-44	Adrian Wade	57.8	2014
				Vet 45-49	Nick Pawsey	60.7	2023
Vet 50-54	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	Harrison Wade	2:17.9	2013
Under 14	Tara Vance	2:34.4	2007	Under 15	Kevin Laws	2:11.8	1985
Under 15	Kate Spencer	2:27.8	2009	Under 16	James Bergfield	2:11.8	2009
Under 16	Eliza Harvey	2:28.6	2016	Under 18	James Bergfield	2:08.8	2011
Under 18	Kate Spencer	2:16.2	2013	Under 20	Patrick Kelland	2:06.2	2013
Under 20	Tara Millgate	2:30.5	2003	Open	Will Devjak	2:01.8	2003
Open	Tara Millgate	2:21.2	2007	Vet 30+	Greg Boyce	2:04.8	2005
Vet 30+	Sue Gore	2:52.9	1992				

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2023 – 2024**

<u>GIRLS</u>				<u>BOYS</u>			
<u>800m cont</u>				<u>800m cont.</u>			
Vet 44-49	Sue Gore	2:40.6	2009	Vet 40-44	Adrian Wade	2:12.6	2014
Vet 50				Vet 55-59	Jon Baker	2:44.3	2022
				Vets 70+	Ron Wills	3:15.8	2013
				Vets 80+	Ron Wills	4:58.0	2021
 <u>1500 Metres</u>				 <u>1500 Metres</u>			
Under 12	Georgia Arcus	5:20.7	2015	Under 12	Adam Bruntsch	5:00.9	2015
Under 13	Anastasia Lakic	5:29.6	2016	Under 13	Harrison Wade	4:41.6	2012
Under 14	Charlotte Ryan	5:14.5	2014	Under 14	Harrison Wade	4:43.0	2013
Under 15	Georgia Arcus	5:08.0	2018	Under 15	Adam Bruntsch	4:39.6	2018
Under 16	Elly Gallagher	4:55.4	2014	Under 16	Harrison Wade	4:27.3	2014
Under 18	Kate Spencer	4:42.0	2012	Under 18	Will Devjak	4:17.4	2000
Under 20	Katie Jameson	5:16.2	2006	Under 20	Will Devjak	4:16.7	2002
Open	Katie Jameson	5:30.3	2008	Open	Brad Adams	4:22.2	1992
Vet 40+	Sue Gore	5:52.0	2008	Vet	Paul Sampson	4:43.5	2002
Vet 50+	Sue Gore	5:40.1	2012	Vet 40-44	Adrian Wade	4:32.8	2014
				Vet 55+	Jon Baker	5:46.5	2023
 <u>1500m Walk</u>				 <u>1500m Walk</u>			
Under 12	Natalie Cummings	8:14.5	1985	Under 12	Peter Cotton	9:25.0	1985
Under 13	Natalie Cummings	8:42.6	1986	Under 13	Grant Mitchell	9:26.0	1985
Under 14	Sarah Kelland	9:00.2	2011	Under 14	George Davis	9:07.1	2016
Under 15	Carolyn Little	8:02.8	1981	Under 15	Christian Millgate	8:03.0	2005
Under 16	Yvette Cotton	8:22.0	1986	Under 16	George Davis	8:11.6	2018
Under 18	Sharon Cummings	7:32.6	1986	Under 18	George Davis	8:06.67	2019
Under 20	Yvette Cotton	8:16.4	1990	Under 20	Patrick Kelland	10:26.2	2013
Open	Yvette Cotton	8:24.4	1991	Open	Graham Walsh	6:59.6	1991
Vet 30+				Vet	Graham Walsh	7:14.5	1992
Vet 40+	Sue Gore	10:15.8	2007	Vet 40+	Peter Davis	11:04.0	2017
Vet 50+				Vet 50+	Voitek Klimiuk	10:47.9	2011
 <u>80m Hurdles</u>				 <u>80m Hurdles</u>			
Under 12	Elizabeth Cotton	15.1	1987	Under 12	Peter Cotton	16.1	1985
Under 13	Elizabeth Cotton	14.5	1988	Under 13	Brian Chappell	16.1	1991
Under 14	Margaret Hamilton	13.7	1982	Under 13	Adam Hoey	13.7	1991
Vet	Roslyn Mitchell	15.9	1986				
 <u>90m Hurdles</u>				 <u>90m Hurdles</u>			
Under 15	Jenny Horsfield	15.9	1984	Under 14	David Forster	15.4	1984
Under 16	Margaret Hamilton	14.8	1984	<u>100m Hurdles</u>			
 <u>100m Hurdles</u>				 <u>100m Hurdles</u>			
Under 18	Kate Harvey	15.2	1991	Under 18	Chris Butt	15.7	1983
Under 20				Under 20	Warren Gray	15.5	1983
Open	Cheryl Attenborough	19.7	1982	<u>110m Hurdles</u>			
Open	Lynda Calder	19.7	1991	Open			
				Vet	Ken Smith	19.6	1991

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2023 – 2024**

<u>GIRLS</u>				<u>BOYS</u>			
<u>Javelin</u>				<u>Javelin</u>			
Under 12	Jessica Johnston	25.60m	2019	Under 12	Benjamin Lawrence	22.74m	2021
Under 13	Chloe Davis	29.68m	2013	Under 13	Lachlan Waldron	30.22m	2021
Under 14	Jess Johnston	33.71m	2021	Under 14	Andrew Kalos	35.83m	2021
Under 15	Julia Kelland	29.07m	2016	Under 15	Andrew Kalos	39.70m	2022
Under 16	Maddy Bergfield	31.26m	2011	Under 16	Nick Kelland	39.61m	2011
Under 18	Chloe Davis	35.05m	2017	Under 18	Nick Kelland	47.65m	2014
Under 20	Chloe Davis	34.08m	2018	Under 20	Patrick Kelland	45.63m	2013
Open	Yvette Cotton	23.88m	1991	Open	David Strong	41.30m	1986
Vet 40+	Sue Gore	14.44m	2011	Vet 30+			
Vet 50-54	Helen Searle	22.38m	1991	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
<u>Discus</u>				<u>Discus</u>			
Under 12	Chiara Lillis	23.45m	2015	Under 12	Jack Spencer	28.59m	2023
Under 13	Jessica Johnston	33.14m	2019	Under 13	Lachlan Waldron	33.13m	2020
Under 14	Yvette Cotton	26.44m	1984	Under 14	Jett Tall	33.25m	2017
Under 15	Maddy Bergfield	31.73m	2010	Under 15	Mua Morris	41.23m	2003
Under 16	Jessica Johnston	36.44m	2022	Under 16	Lachlan Waldron	45.79m	2023
Under 18	Jessica Johnston	40.17m	2023	Under 18	Jett Tall	34.19m	2019
Under 20	Nicola Jones	33.28m	2004	Under 20	Nick Kelland	37.10m	2014
Open	Yvette Cotton	27.84m	1991	Open	Darren Wilson	36.82m	1992
Vet 35-39	Bronwen Morgan	15.59m	2023	Vet 40+	Andrew Atkinson-Howatt	35.87m	2006
Vet 40-44	Kristy Gibson	15.45m	2023	Vet 50+	Robert Hanbury-Brown	37.36m	2010
Vet 50-54	Helen Searle	26.82m	1991	Vet 60+	Robert Hanbury-Brown	38.64m	2020
				Vet 65+	Robert Hanbury-Brown	32.57m	2022
<u>Shot Put</u>				<u>Shot Put</u>			
Under 12	Jessica Johnston	8.85m	2019	Under 12	Ben Nogajski	8.23m	2013
Under 13	Megan Cotton	8.97m	1988	Under 13	Lachlan Waldron	9.08m	2021
Under 14	Maddy Bergfield	10.87m	2009	Under 14	Andrew Kalos	12.68m	2021
Under 15	Jessica Johnston	11.11m	2022	Under 15	Andrew Kalos	12.22m	2022
Under 16	Maddy Bergfield	12.03m	2011	Under 16	Jett Tall	12.29m	2018
Under 18	Maddy Bergfield	13.10m	2014	Under 18	Nick Kelland	12.27m	2014
Under 20	Maddy Bergfield	10.74m	2014	Under 20	Brent Page	11.33m	1993
Open	Yvette Cotton	8.78m	1991	Open	Darren Wilson	11.96m	1992
Vet 40+	Sue Gore	6.37m	2011	Vet			
Vet 50-54	Helen Searle	10.46m	1991	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
<u>Hammer</u>				<u>Hammer</u>			
Under 12	Margaret Gault	15.54m	1991	Under 12	Jack Spencer	18.07m	2023
Under 13	Jessica Johnston	27.73m	2019	Under 13	Jett Tall	22.90m	2015
Under 14	Jessica Johnston	36.27m	2020	Under 14	Mua Morris	23.39m	2002
Under 15	Caitlin Waldron	22.82m	2019	Under 15	Jett Tall	27.20m	2017
Under 16	Jessica Johnston	39.79m	2022	Under 16	Jett Tall	29.92m	2018
Under 18	Jessica Johnston	47.48m	2023	Under 18	Steve Capper	36.78m	1984
Under 20	Joanne Capper	31.96m	1984	Under 20	Nick Kelland	33.62m	2014
Open	Natalie Sing	17.96m	2006	Open	Andrew Atkinson-Howatt	32.31m	2008
Vet	Narelle Page	20.64m	1991	Vet 40+	Andrew Atkinson-Howatt	29.63m	2006
Vet 40+				Vet 50+	Lajos Joni	38.83m	2014
Vet 50-54	Lynette Smith	27.03m	2023	Vet 60+	Lajos Joni	40.05m	2016
				Vet 65+	Robert Hanbury-Brown	35.31m	2023
<u>High Jump</u>				<u>High Jump</u>			
Under 12	Portia Amy-Wilson	1.30m	2014	Under 12	Luke Moscos	1.35m	2020

	Chiara Lillis	1.30m	2015	Under 13	Peter Cotton	1.46m	1986
Under 13	Beth Chilcott	1.42m	2006	Under 14	Nikita Marokakis	1.58m	2002
Under 14	Alyssa Lowe	1.56m	2016	Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 15	Christine Nettle	1.55m	1990	Under 16	Brendan Mannasz	1.85m	2020
Under 16	Alyssa Lowe	1.55m	2018	Under 18	John Pearce	1.75m	2008
Under 18	Karina Longshaw	1.50m	1987		Ben Cox	1.75m	2010
	Sharon McConkey	1.50m	1990	Under 20	Clinton McEwan	1.75m	2010
Under 20	Christine Gosling	1.47m	1992	Open	Andrew Jackson	1.75m	1994
Open	Natalie Sing	1.47m	2006	Vet	Peter Collins	1.60m	1993
Vet	Margaret Chappell	1.35m	1990	Vet 40-44	Adrian Wade	1.45m	2014
Vet 40+				Vet 60-64	Robert Hanbury-Brown	1.25m	2020
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 Piggini	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40-44	Kristy Gibson	3.04m	2023
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+			

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 40-44	Adrian Wade	4.84m	2013
Vet 44-49	Nick Pawsey	5.14m	2022
Vet 55-9	David Teo	4.24m	2023
Vet 60-64	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 40-44	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 2023 – 2024

- From the 2022/23 season club record (with the exception of Masters records) are based on the athlete's age at 31st December in the year of the performance. Masters athletes' age is determined by their age on the day. These age rules are in line with AA and the Australian Masters.
- A record can only be set for one age group on the day of a Club Championships.
- 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