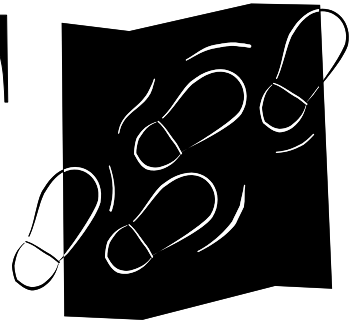




FOOTPRINT



Senior Edition

May 2016

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Congratulations to all our Trophy Winners from the Ryde Athletics Centre Senior Presentation Day

As you would have read in our Newsletter over the past twelve months there have been some outstanding performance from our Ryde athletes, On Sunday 15th May we came together at the Ryde Eastwood Leagues club to celebrate and recognise those performances.

Congratulations to all our winners as listed below.

Winner of the

- **Michael Atterton Trophy for Most Outstanding Female Athlete**
- **Mrs F. Downing Trophy for Most Outstanding Track Athlete**
- **Burke Family Trophy for Most Outstanding Under 20 Track is**

Georgia Winkcup

Georgia recorded 2 World Junior Qualifying Times in the 3000 metres Steeplechase event and with her silver medal performance at the Australian Junior Championships in that event she has won selection in the Australian team to contest this event at the World Junior Championships to be held in Poland later this year.

In addition Georgie won the gold medal in the Open 1500 metres event at the Australian University Championships.



Above Lajos, Best Club Athlete with Betty Moore.

Winner of the Betty Moore Trophy for Best Club Athlete is Lajos Joni

Lajos wins this award for not only his two silver medals at nationals and two new State Masters record in the hammer and weights throw but also for his club spirit in always offering his younger Ryde competitors training tips and advice to improve their techniques.

The winner of the

- **Mrs F Downing Trophy for Most Outstanding Field Athlete**
 - **Hellyer-Read Sprint Achievement Award**
 - **W. S. Shield Trophy for Most Outstanding Under 18 Field**
- is Maya Leverett**

During the season Maya went from strength to strength in both her sprinting and jumping.

Maya won long and triple jump medals at the CHS Championships, NSW All Schools Championships, NSW Junior Championships, the Australian Junior Championships and at NSW Little A's Championships.

In addition Maya won medals in both the 100 & 200m finals at the NSW Junior Championships & at the NSW Little A's Championships, whilst at the Australian Junior Championships she won a bronze medal in her 200 metres event.

Kendall Simpson Memorial Trophy for Most Outstanding Male Athlete

This award is shared this year between Noah Hain and Robert Hanbury-Brown.

Robert won 1 gold and 2 silver medals at the Australian Masters Championships. Robert also represented Australia at the World Masters Championships in Lyon, France with distinction. At the NSW Masters Championships Robert won 1 gold 2 silver and a bronze medal in his various throwing events.

Noah won gold medals in his 2 jumping events at the NSW All Schools Championships. At the Australian All Schools Championships Noah won the silver medal in his Triple Jump event and the bronze medal in the Long Jump event. Noah also won gold and silver medals at the NSW Junior championships

Below Maya with Life Member Coral Read



Above Andrew and Noah with Neita Matthews from the Ryde Sports Foundation

Most Outstanding Veteran Field Athlete was won by Robert Hanbury Brown

Robert wins this trophy as a result of his efforts in France, at National Masters and in various State competitions as listed earlier.

Below Robert (Most outstanding Field Vet) & Noah (Most outstanding Field U16 Athlete) with Neita.



E. Godfrey Trophy for Most Outstanding Under 16 Field was Noah Hain

Noah wins this trophy for his national bronze and silver at the Australian all schools as well as his four medals at State All Schools and Junior Championships in Triple and Long Jump.

Most Outstanding Veteran Track Athlete was won by Adrian Wade

At the NSW Masters Adrian Wade won both the 40-44 years 5000 metres & 10,000m events. What made this even more outstanding was the fact that Adrian was the fastest Master's runner of **any** age over these two events. . He also set new Club Records in these events.

Right Andrew presents Adrian with his trophy for Most Outstanding Veteran Track Athlete



Ian Pereira Memorial Trophy (Relays) was won by the Masters 4 x Javelin Relay Team

We had so many contenders for this trophy amongst our State title winning relay teams but it came down to State records and this team won the State title and set a new state master's record at the NSW State Relays. The team consisted of **Andrew Atkinson-Howatt, Simon Bergfield, Robert Hanbury Brown and Kern Wyman.**

Below Robert, Andrew, Kern & Simon with Jim Hull.



Jean Hill Memorial Trophy for Most Outstanding Walker was won by George Davis

George has been awarded this trophy for his bronze medal in the U14 3000m Walk at the Australian Junior Championships, Ryde's first national walk's medal in many years. George also won the Under 12 Boys 1500 metres Walk event at the NSW State Cross Country & Road Walks



Above George was presented with his trophy by Jim Hull.

.Cramp-Mitchell Trophy for Most Outstanding Under 16 Track

Eliza wins this trophy due to her efforts in both the 400 metre and 800 metre events. At each of the NSW CIS, NSW All Schools and NSW Junior Championships Eliza won the gold medal in her 800 metres event and the silver medal in her 400 metres event.

At the Australian All Schools Championships Eliza placed 6th in the 800 metres event in a Club Record time. Eliza won the bronze medal as a member of the NSW Under 18 4 x 400m Relay team. At the NSW Little A's Championships Eliza won a silver and bronze medal.



Above Harrison with Ross

The winner of the

- **E. G. Buckingham Trophy for Most Outstanding Under 18 Track**
- **G. C. Spittler Memorial Trophy for Middle Distance**

was Harrison Wade

Harrison won the gold medal in the NSW Little A's Under 17 Boys 1500 metres event in state record time. At the Australian Junior Championships Harrison won the silver medal in the Under 18 Boys 3000 metres event in a personal best time. He also finished in 46th place overall (1st in age group) in the annual City to Surf Run.

E. Godfrey Trophy for Most Outstanding Under 14 Athlete was Portia Amy Wilson

Portia has shown herself to be an outstanding athlete over many events. At the NSW Junior Championships Portia won 2 gold medals and a bronze in the jumping events. At the NSW All Schools Pentathlon Championships Portia won the bronze medal.

At the Australian Junior Championships Portia finished in a 5th, a 6th and 9th placings in her 3 jumps events. Portia won the bronze medal in her Long Jump event at the NSW Little A's championships



Above Portia was presented with her trophy by Jim Hull.

The Waterford-Wade Memorial Trophy for Cross Country – The winner was Charlotte Ryan

The trophy this year is awarded to Charlotte Ryan who ran well in all her Cross Country events and capped off her season with a team bronze medal from the Australian All Schools Cross Country Championships



Above Ross & Charlotte

Outstanding Individual Performance (Middle Distance) – Elly Gallagher

Elly enjoyed another fine Cross Country capped off with a 9th place at the NSW All School Cross Country Championships. At the Little A's State Championships Elly won silver and bronze medals in the 1500 and 800 metre events.

Below Ros with Elly



Outstanding Individual Performance (All Rounder) – Chloe Davis

This award is given to Chloe for her excellent efforts at both the N.S.W. and Australian Junior Championships in the Heptathlon event. Chloe showed particular determination after falling in the first event at Nationals this year when she then decided her goal for the two days would be to achieve a national qualifier for next season. With a personal best then in the shot put and season's best in the high and long jump, Chloe achieved her goal. Chloe showed real Ryde spirit and determination.

Thank you to all our Presenters

We appreciate that people give up their time to attend our presentation. Many thanks to **Jim Hull & Neita Matthews** from the ever supportive Ryde Sports Foundation. **Ros Mitchell** and **Coral Read**, ex Ryde athletes, past long serving committee members and club life members, State record setters **Andrew Atkinson-Howatt & Simon Bergfield** and our wonderful **Ross Forster & Betty Moore**.



Above Chloe with Ros & Below Ros and Alyssa



Outstanding Individual Performance (Hurdles) – Alyssa Lowe

At her ANSW debut at the NSW Junior championships Alyssa won the Under 14 Girls 200 metres Hurdles event and was 2nd in the 80 metres Hurdles event. At the Australian Junior Championships Alyssa placed 11th overall in her 80 metres Hurdles event.

Outstanding Individual Performance (Middle Distance) – Adam Bruntsch

At the NSW Junior Championships Adam won the silver medal in the Under 14 Boys 1500 metres event. In Perth, at the Australian Junior championships Adam finished in 9th place.

Adam won the gold medal at the NSW Little A's Championships in his 1500 metres event in a Club Record time.



Outstanding Individual Performance (Cross Country) – Georgia Arcus

Georgia has taken to Senior competition like a duck to water! Georgia has competed in Ryde teams with girls up to 4 years older than her always displaying her wonderful enthusiasm and talent. At the NSW Primary Schools Cross Country Championships Georgia finished in 6th place. Georgia won the silver medal at the NSW Short Course Cross Country Championships. *Below Georgia with Ros*



Thank you Ross

Any of us who know Ross Forster know that he likes the attention to be focused on his athletes but at Presentation Day it was an opportunity to recognise both his award as ANSW Community/Club Coach of the year as well as acknowledge the untiring work he does for our Club.

Simon took the opportunity at the Presentation Day to recognise Ross Forster's great contribution to the Seniors and it was fantastic to see the crowd rise to their feet and give Ross a well-deserved standing ovation. As Simon said

"Before we finish up the Senior Presentation today I'd like to acknowledge the efforts of our Club coach Ross Forster. The award of ANSW's Community club Coach of the Year was a well-deserved recognition. Ross is a tireless contributor to the Ryde club and year in year out he is there ready and willing to coach our athletes. Whether they are just looking to improve upon their style or get a pb or qualify for an Australian team, Ross treats them all with the same kindness, interest and attention."



Simon & Ross and, I do believe, a Ryde umbrella!

Alyssa gets some advice from Hurdles legend, Betty Moore



Alyssa Lowe who won the Betty Moore Trophy for Hurdles in the Little A club awards, got to meet Betty after the Senior's presentation and got a few words of advice from Betty.

Like anyone attending our Senior Presentation I am always in awe of the great job Betty does. She brings real insight to the awards and shows her life-long passion for Athletics as she encourages our young athletes to great things.

We'd like to again thank Betty for her marvellous help on the day. Her contribution is invaluable.

Below Betty gives Alyssa some tips





Congratulations to all our Trophy Winners. See you next Season

Georgia makes the Australian team for the World IAAF U20 Athletics Championships.

Georgia Winkcup has been named amongst an elite group of 55 of Australia's best junior athletes, to compete at Bydgoszcz in Poland in July 2016.

Georgia achieved two world qualifying times over the 2015/2016 athletics season and followed that up with a silver at the Australian Junior Championships to book her berth in the team for the 3000m Steeplechase event.

As happens with many of our young elite athletes, Georgia has been lured away on scholarship to her University athletics club but we have nothing but good wishes for Georgia as she continues her athletics career & hope to see her back here one day in the red, white & blue!



The Australian Open Championships

The Australian Open Championships were held at Homebush from 1st to 3rd April and we were represented by 5 athletes.

Maya Leverett missed out on qualifying for the final in the Open Women's Triple Jump event by just 1 centimetre. Maya's best jump was 11.99 metres and the girl who jumped 12.00 metres made the final in this event. In her 200 metres heat Maya claimed 7th place in her heat (36th overall) in a time of 25.28s.

Ben Cox finished in 12th place overall in the Open Men's Triple Jump event with his leap of 14.97 metres.

Cameron Pappas placed 16th in the Open Men's Triple Jump event with his leap of 14.17 metres.

Chloe & Amy compete at the Australian Junior Multi Event Championships

Held in conjunction with the Australian Open Championships are the Australian Junior Multi event championships and Chloe Davis and Amy

Court both qualified to represent NSW at these championships.

Chloe Davis finished in 17th place in the Under 17 Girls Heptathlon event and, despite face planting in her very first event, the hurdles, went on to achieve the score listed below which is good enough to qualify her for the Australian Championships next year. Chloe's results were

100m H	HJ	Shot Put	200m
19.18 secs	1.37m	10.10m	29.27s
374	481	536	534
Long Jump	Javelin Throw	800 metres	Total
4.74m	33.48 m	2:46.87	
490	533	497	3455

Amy Court unfortunately was unable to participate on the second day of these Championships, but her scores for the first day are listed below:-

100m H	HJ	Shot Put	200m
17.62 secs	1.34m	8.07m	28.85 secs
528	449	404	565

Shortly after the photo with Amy below, Chloe hit the track but with true Ryde spirit went on to finish and set a goal of a national qualifier for next year – which she achieved. Great effort Chloe



Helping out at the Australian Open Championships

Three of the athletes, Alyssa Lowe, Eleanor Partridge and Sarah Brown were volunteers at the Australian championships and carried baskets for the track athletes. The girls got to see up close, and get a few autographs of some of Australia's Olympic qualifiers including Dani Samuels, Michelle Jenneke, Ella Nelson and Jessica Thornton. They even managed to get a photo with former World Champion and Olympic qualifier Dani Samuels.

Well done girls on volunteering.

Below Alyssa, Dani, Eleanor & Sarah.



Ryde Seniors take to the track at the State Little A Championships

The NSW Little A's Championships were held at Homebush over the weekend from 18th March to 20th March.

Maya Leverett continued her outstanding season when she won gold in the U17 Long Jump with her leap of 5.82 m. In Triple Jump Maya snared the silver medal with her leap of 11.78m. Maya won silver in the 200m with her time of 25.25s. Maya placed 3rd in the 100m final with her time of 12.65s.

Other Ryde Senior medallists were;

Harrison Wade was fortunate to qualify for State after illness saw him finish 5th at Region and qualify 22nd fastest for State. Harrison, after leading for most of the race in his 1500m event, kicked away with 400m to go and established a lead of some 7m to take out the gold medal in State Record Time of 4 mins 02.95s.

Adam Bruntsch, who alternated between 3rd and 7th place during the run, produced a withering finish from the 200 metre mark to go from 4th place to pass the leader with 30m to go and win the gold medal in the U12 1500m event in a big personal best time of 4mins 46.04s.

Charlotte Ryan produced a big personal best time of 10 mins 14.30s to win the silver medal in the U14 3000m. In her 1500m event Charlotte won a further silver medal with her personal best time of 4 mins 50.70s.

Eliza Harvey won silver in the final of the U15 400m in a time of 57.62s. Eliza won the bronze medal in her 800 m event in a time of 2 mins 19.6s.

Elly Gallagher claimed the silver medal in the U17 1500m in a time of 4 mins 50.72s. In her 800 m event Elly won the bronze medal in a time of 2mins 19.47s.

Sam Galati was the fastest qualifier into the final of the U 13 Boys 80 m Hurdles when he recorded the time of 12.49s in his heat. In the final Sam claimed the silver medal with an even faster time of 12.42s.

Chiara Lillis won the silver medal in the U12 Shot Put with a throw of 13.04m.

Portia Amy-Wilson won the bronze medal in the U13 Long Jump with her leap of 4.87 m.

Looking to keep running over the off season? Why not try West Met Cross Country.

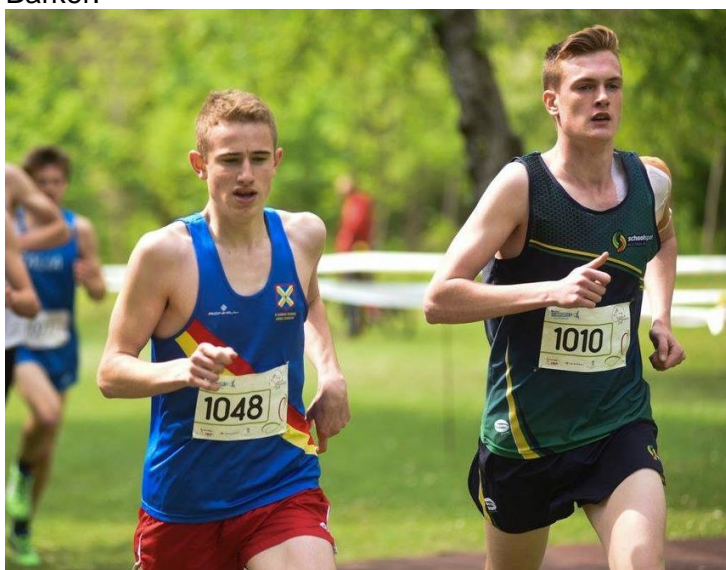
This event caters for runs of different lengths and athletes of any ability and is usually run on Saturday afternoons. This cross-country series which is run across the Sydney Metro area has been a staple of the Athletics NSW club scene for some years. New competitors are welcome and social runners are also encouraged to enjoy the sport. Competitors must be registered with an Athletics NSW affiliated club or a Little Athletics NSW Centre in order to be covered for personal accident insurance.

For further details go to http://westmetxclubs.com.au/wmx_wp/.

Ben Playford competes at ISF Cross Country Worlds School Championships

Ryde Senior Athlete Ben Playford took his running shoes all the way to Budapest Hungary to compete as a member of the Barker College Cross Country team which was representing Australia in the Schools Team event. Running over a distance of 5,400m Ben placed 39th overall in a time of 16m 47.9s to contribute to Barker's overall position of finishing 5th amongst the teams from around the world. A wonderful result for the boys.

Ben (right) below getting the better of one of the English runners and bottom with his team mates from Barker.



Your Senior Division Committee for 2016-2017

President	Simon Bergfield
Vice-President	Andrew Atkinson-Howatt
Secretary	Adrian Wade
Treasurer	Ross Forster
Registrar	Ross Forster
Race Secretary	Ross Forster
Publicity	Louise Bergfield
ANSW Delegate	Andrew Atkinson-Howatt
ANSW Delegate	Simon Bergfield
ANSW Co-Delegates	Betty Moore
Northern Zone Delegate	Andrew Atkinson-Howatt
Coaching Convener	Ross Forster
Committee Member	Katrina Arcus
Committee Member	Cathy Tall
Committee Member	Kern Wyman
Club Captain	Chloe Davis
Club Captain	Harrison Wade

We will do a winter edition of Footprint so send us your Cross Country results & photos & good luck to everyone for a great cross country season. Check the ANSW website for cross country, special winter event including both track and field to keep you busy over the cold months.

<http://nswathletics.org.au/Competitions/Calendar>

Athletics NSW honours Ryde Athletics Club members

At the annual Athletics New South Wales Gala Awards night held at Sydney Olympic Park on the 23rd April, three Ryde Athletics members were honoured amongst a talented group that included some of Australia's athletics elite some of whom will shortly represent Australia at the upcoming Rio Olympics.

Ross Forster, a Ryde Senior Athletics Club stalwart, received the coveted award for Athletics NSW Club/Community Coach of the Year. Ross is a well-known figure at Ryde Athletics home field of Dunbar Park, Marsfield where he trains squads four times a week as well as coaching at Loreto, Normanhurst.

Maya Leverett's outstanding season on the track and field that included a national title in the U18 Triple Jump, saw her awarded the Nick Winter Award for Aspiring Triple Jumper.

Barry Pecar was honoured with the award for Official of the Year for his invaluable and unfailing assistance at both Athletics NSW and Athletics Australia meets.

Barry, Maya & Ross are pictured below



Georgia wins Ryde Sports Foundation Club 6 Encouragement Award

Georgia Winkcup who was Ryde Sports Foundation's Sports Star of the month for August 2015, added to her trophy cabinet when she also picked up the Club 6 Encouragement Award at the Ryde Sports Foundation Sports Star of the Year Annual dinner held at Ryde Eastwood Leagues Club on the 6th May. Georgia was selected for her results in the 2014/15 & 2015/16 season whilst a member of Ryde Seniors including medals representing Australia at Oceania and at the Australian Junior Championships and her qualification for the Australian U20's team to compete at the IAAF World Junior Championships in Poland later this year. It was the second year in a row a Ryde Senior athlete had won this prestigious trophy with Georgia following in the footsteps of last year's recipient, Maddy Bergfield as well as Tara Millgate & Ben Cox, outstanding Ryde athletes who had previously won this award. **Georgia is pictured with Ryde Club Patron (and proud grandmother) Betty Moore and Senior Committee Members Ross Forster & Simon Bergfield at the Annual Presentation Dinner.**



President's Report 2016

In my first season as President I have been pleased to see so many great results from our members. On my count our athletes have won at National level this season, 3 gold, 9 silver and 5 bronze medals and at State level 32 gold medals, 21 silver and 17 bronze medals. Truly remarkable results. A few highlights worth mentioning include;

Ryde's outstanding results at the Athletics NSW State Relays last November where we came home with eight gold, two silver, one bronze and a new State record from just 14 teams. Ryde finished 6th overall on the medal table and was only beaten by clubs that had entered up to six times as many teams as us.

Maya Leverett's wonderful results at the Australian Junior Championships in Perth. If any junior athlete wants to see how hard work and lots of training can pay off they should read through Ross Forster's race report and see all the events Maya

entered over the domestic season and how her personal bests just got better and better resulting in a gold, silver and two bronze medals at nationals. Maya is our most successful junior at a single national meet in some time.

Georgia Winkcup's selection in the Australian team for the upcoming World U20 Championships in Poland after posting two World junior qualifying marks in the 3000m Steeplechase. As sometimes happens with our elite athletes, Georgia has now been lured away to a university club but we have nothing but good wishes for her as she continues her career.

George Davis winning Ryde's first national walking medal, a bronze in the U14 3000m Walk and the Australian Juniors, in as long as any of us can remember.

Ross Forster, Barry Pecar and Maya Leverett being recognised by Athletics New South Wales at their annual awards night held last month. This is a real honour for Ross, Barry, Maya and for the Ryde club. Ross won Club/Community Coach of the Year, Barry won Official of the Year and Maya the Nick Winter Memorial Trophy for Aspiring Triple Jumper of the Year.

I would like to thank the Ryde Little Athletics Committee for this past season having agreed to assist in the funding that we provide to our athletes who represent NSW interstate or Australia overseas. It is very much appreciated and the fact that this generous gesture was approved unanimously by their committee certainly showed the true Ryde spirit in all its glory.

I have been grateful to have been able to work with a great committee this year. First I'd like to thank our new members, Katrina Arcus, Cathy Tall and Kern Wyman who stepped up to ensure that we would always have a quorum. To our hardest working member, Ross Forster our Treasurer, Registrar, Race Secretary, Coach and the heart of our club my great thanks for keeping everything bubbling along. Adrian Wade our Secretary keeps on top of all our paperwork and committee requirements. Andrew Atkinson Howatt our Vice President and chief organiser of our Master athletes does a great job. Louise Bergfield fills the role of Publicity Officer and fundraiser coordinator. We certainly have had a lot of local paper coverage this season and have settled into having our own Senior Footprint being sent out on a regular basis.

In Betty Moore we are lucky to have a wonderful club Patron and I thank her for her ongoing interest in the club and our athletes and her great assistance at our Annual Awards day. From our volunteering at various Sydney Fun Runs we raised \$2306 towards assisting our National qualifiers. Thank you to all the parents and friends for all their help at the City to Surf, Run 4 Fun, and the Blackmore's Marathon and to our ex-officials and athletes who has also donated this year.

Thank you to all our members, officials, athletes and parents for their ongoing support to help make The Ryde Athletic Senior Division of our Centre one of the best.

Simon Bergfield President – Seniors

Note the full annual report will be posted on the Ryde Athletics Website in the next few days.

<http://www.ryde-athletics.org.au/>

Our Girls kick off the Cross Country Season with some great results

For some of our athletes as soon as the athletics season is over they are straight into cross country season and there have been some terrific results so far.

A number of our Ryde athletes who attend Loreto Normanhurst represented their school at the IGSSA Cross Country Carnival held at Frensham, Mittagong on Friday 13th May. Two of those athletes, Georgia & Charlotte, were at our presentation day so I caught up with their results.

Georgia Arcus competing in her first inter high school competition swept the field when she finished first in the 11-12yrs 2km event. **Charlotte Ryan** finished 2nd in the 15yrs 4km event.

Full race report on all our athletes from Ross Forster in the next edition of Footprint.

Below Georgia & Charlotte. Well done girls



Can you help us on one of our Volunteer Days?

The main way the Ryde Senior athletics club fundraises is via providing helpers at various fun runs. It is a great way for athletes especially, to give back to the Club. Ryde is one of the few Athletic Clubs in NSW where the coaches are all volunteers and by your family volunteering to help on the Club's fundraising days it is a great way to say thank you and have some fun. We use the funds raised to help out our athletes who qualify to represent NSW or Australia interstate or overseas. In the 2015/2016 we donated \$3,400 to athletes competing in Cairns, Melbourne & Perth. Qualification for this funding does depend on an athlete's family helping out at some of our events.

For all of the events the promoters provide free shirts for volunteers and sometimes hats, backpacks or other freebies. They also provide food and drinks as well.

For students putting a resume together for high school or university scholarships the participation certificates you receive are also useful in providing evidence of your community volunteer work.

Our fundraising events for the year are below. If you can help please email me at bergfield@hotmail.com.

14th August 2016

City to Surf

This is Sydney's premier running event and we get to hand the medals to all the participants. It is an early start but it is on iconic Bondi beach.

18th September 2016

Blackmores Marathon

We are usually located just in front of Fox Studios and man a drinks station. Work involved is filling up plastic cups with water/powerade and then keeping supplies up during the time our station is open. Breakfast and lunch is provided and there is plenty of free parking nearby.

Late Oct/early Nov date tbc

Summer Starter

This is a run around Olympic Park. We are usually start marshals. This means we get there and direct people as to what coloured area they are to start in (based on their bibs) and ensure that only the elite athletes are right at the front. We stop people from pushing in to the front by diving under the ropes. We also direct people to the toilets. We get allocated parking for free and a breakfast muffin as well.

