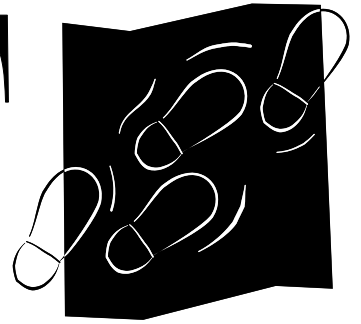




# FOOTPRINT



Senior Club December 2015 Edition

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

## Top ten results for our athletes at the Australian All Schools Athletics Championships

Congratulations to all our athletes who competed at the Australian All Schools and recorded some wonderful results there.

**Noah Hain**, in his very first Australian Championships, won the bronze medal in the Under 14 Boys Long Jump event. The jump that earned the medal for Noah was 5.80 m. This leap by Noah broke the previous Club Record which had been set by Noah's brother, Sam. In his Triple Jump event Noah again produced a big effort on his last jump to leap up 3 places and take out the silver medal with his leap of 11.62m.

**Harrison Wade** finished in 4<sup>th</sup> place in the Under 18 Boys 3000 metres event in a personal best time (and Club Record) of 8 mins 49.20 secs.



*Above; Well done Noah. Below over the bar and on the mat. See more photos & results from Ryde Senior Championships inside.*



**Ben Nogajski** finished 8<sup>th</sup> in the U16 Boys High Jump event with his clearance at 1.80m.

**Sarah Playford** finished 9<sup>th</sup> in the U16 1500m in a personal best time of 4 mins 48.45 secs.

**Eliza Harvey** finished 6<sup>th</sup> overall in the U16 800m in a pb time (and Club Record time) of 2 mins 11.70s. Eliza led from the start and went through the first lap in a time of 62.20s.

**Madeline Playford** placed 10<sup>th</sup> in the U14 Girls 1500m in a time just outside her personal best. Maddy's time was 5 mins 00.93 secs.

**Johanna Volos** finished 8<sup>th</sup> in the U18 Pole Vault with her successful clearance at 2.90m

**Nicola Bowtell** finished 5<sup>th</sup> in the U18 400m Hurdles event with her time of 65.22 seconds.  
*Below Harrison's name up in lights and out on the track in the 3000m*

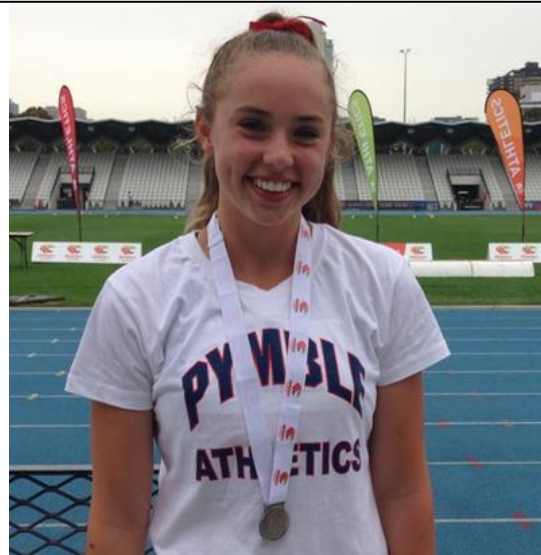
2015 Australian All Schools Results UNOFFICIAL			Wind: N/A
1.	Luke GRAVES	WA	8:38.45
2.	Zachary FACIONI	NSW	8:40.38
3.	Kieren TALL	NSW	8:48.30
4.	Harrison WADE	NSW	8:49.20
5.	Luke BURNS	VIC	8:54.43
6.	Scott MCKENZIE	VIC	8:54.47
7.	Jaryd CLIFFORD	VIC	8:58.36
8.	Mitchell BRAITHWAITE	VIC	9:02.33
			irls 3000

**Sarah Kelland** unfortunately was unable to finish in the U18 Girls 2000m Steeplechase when she suffered a fall during the event.

## The Australian All Schools Knockout

The Australian Schools Knockout Championships were held in Melbourne the day following the All Schools Championships and we were represented by **Sarah & Julia Kelland** (Abbotsleigh), **Breanna Ivankovic** and **Eliza Harvey** (Loreto Normanhurst), **Ben Nogajski** (Barker), **Stephanie Volos** and **Nicola Bowtell** (Pymble Ladies College) **Elly** and **Jemma Gallagher** (Mount St Benedict's).

*Below Nicola bronze at Knockout*





**Sarah** placed 7<sup>th</sup> in the Senior Javelin with a throw of 29.71m. Sarah's team Abbotsleigh finished 4<sup>th</sup> overall. **Julia** competed for the Abbotsleigh Junior team in the javelin where she threw 28.58m to finish 8<sup>th</sup> and 9.16m in the shot put to again place 8<sup>th</sup>. Julia's Abbotsleigh team finished 6<sup>th</sup> overall.

Club and school mates **Breanna Ivankovic** and **Eliza Harvey** represented Loreto College Normanhurst in the Junior division where the team finished 9<sup>th</sup> overall. Eliza won the junior women's 800m in a time of 2m 13.95s and placed 11<sup>th</sup> overall in the Junior 100m. Breanna placed 24<sup>th</sup> in the 800m in a time of 2m 34.66s and 15<sup>th</sup> in 90m Hurdles in 16.42s. The girl's 4x200m relay team placed 8<sup>th</sup> in a time of 1m 51.97s.

**Stephanie Volos** picked up a silver medal as a member of the Pymble Ladies College intermediate team. Stephanie threw the javelin 23.29m to finish 11<sup>th</sup>.

**Ben Nogajski** put in a very strong performance for his school, Barker College in the Junior Boys who placed 13<sup>th</sup> overall. Ben finished with top points in the shot put with a throw of 13.50m and 6<sup>th</sup> in the 100m Hurdles in 16.25s. Barker's relay team placed 10<sup>th</sup> in 1m 41.76.



*Above Eliza (2<sup>nd</sup> from left) and Brianna (2<sup>nd</sup> from right) with their Loreto Teammates.*

**Nicola Bowtell** also finished amongst the medal when her school, Pymble Ladies College finished 3<sup>rd</sup> in the Senior Girls competition. Nicola finished 6<sup>th</sup> in the 400m in a time of 59.87s and 9<sup>th</sup> in the 100m in 12.94s. Nicola's medley relay team won in 4m 10.60s.

Sisters **Elly & Jemma Gallagher** competed for the Mount Saint Benedict team in the intermediate division where their school finished 11<sup>th</sup> overall. Elly ran 13<sup>th</sup> in the 200m in a time of 27.03s and 18<sup>th</sup> in the 100m in 13.27s. Jemma finished 14<sup>th</sup> in the 800m in a time of 2m 25.02s. The relay team placed 9<sup>th</sup> in 2m 25.44s.

The All Schools Knockout is a great event to get your high school interested in. The qualifying State competition is run in August each year and the Nationals just after All Schools. If your son or daughter has a group of sporty friends that can cover jumps, throws, hurdles, sprints and middle distance then encourage their school to enter the competition next year. It builds great school spirit and sees athletes across different age groups come together from across Australia to cheer each other on. If you want more details then contact ANSW or email me.



*Above Sisters Sarah & Julia Kelland represented their school Abbotsleigh in the Senior & Junior teams respectively.*



## **Round up with Ross Forster Treloar Shield**

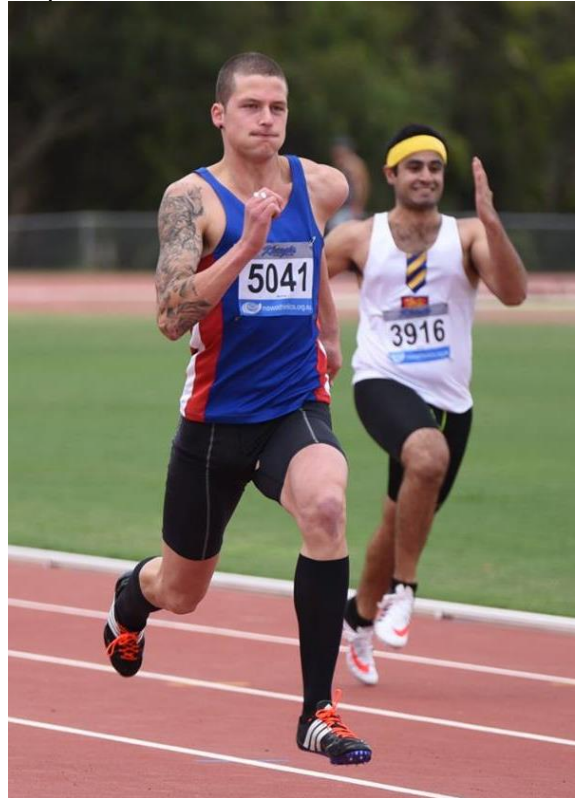
The 5<sup>th</sup> Treloar Shield Meet was held at Blacktown on Saturday, 28<sup>th</sup> November and we had a total of 16 athletes competing there.

**Teresa Galati** finished 6<sup>th</sup> in the Open Women's 100m Hurdles in a time of 17.50s. In her heat of the Open Women's 100 m event Teresa placed 7<sup>th</sup> with her time of 13.81s.

**Amy Court** placed 5<sup>th</sup> in her heat of the U16 Girls' 100m in a time of 13.43s. In her 200m heat Amy finished in 5<sup>th</sup> place with her time of 27.66 s. Amy finished in 16<sup>th</sup> place overall in the Open Women's Long Jump event with her leap of 4.45m.

**Maya Leverett** finished 3<sup>rd</sup> overall in the U18 Girls' 100m in a pb time of 12.56s. In her 200m heat Maya claimed 2<sup>nd</sup> spot in a time of 25.52s. Maya won the Open Women's Long Jump event with her leap of 5.51m.

**Ben Cox (below)** won heat 4 of the Open Men's 100m event with his time of 11.61s. In the Open Men's >5.5m Long Jump event Ben won with his leap of 6.85m.



**Antonio Galati** placed 9<sup>th</sup> in heat 1 of the Open Men's 100m event in a time of 11.68s.

**Left Sarah & Noah in action at the Australian All Schools**



**Sam Hain (below)** finished in 4<sup>th</sup> place in his heat of the U18 Boys' 100m event in a time of 11.68s.



**Riley Leverett** finished in 6<sup>th</sup> place in his heat of the U14 Boy's 100m with a time of 12.96s. In his 200 m event Riley finished in 4<sup>th</sup> place with his time of 26.22 s. In the Open Men's >5m Long Jump event Riley finished in 9<sup>th</sup> place with his leap of 4.82m.

**Georgia Winkcup** finished in 2<sup>nd</sup> place in the Open Women's 1500m event in a time of 4m 31.3s.



**Sarah Playford (below)** won the U16 Girls' 1500m in a pb time of 4m 50.97s.



**Harrison Wade** finished in 3<sup>rd</sup> place in the Open Men's 1500 m event in a time of 4m 01.97s.

**Logan Wade (below left)** won the U16 Boys' 2000 m Steeplechase event with his time of 6m 59.66s.

**Breanna Ivankovic** finished in 2<sup>nd</sup> place in the Under 16 Girls' 2000 m Steeplechase event in a personal best time of 7 mins 44.24 secs.

**Lajos Joni** placed 2<sup>nd</sup> in the 60+ Men's 5kg Shot Put event with his throw of 10.42 m. In his 5kg Hammer Throw event Lajos claimed 2<sup>nd</sup> place with his throw of 40.22 m.

**Noah Hain** finished in 13<sup>th</sup> place in the Open Men's >5.5m Long Jump event with his leap of 5.41 m.

**Julia Kelland** finished 4<sup>th</sup> in the Under 16 Girls' Shot Put with her throw of 8.91m.

**Ben Playford (below)** placed 2<sup>nd</sup> in the U18 Boys' 1500m event in a time of 4m 23.86s.



The 6<sup>th</sup> Round of the Treloar Shield Meets was held at Campbelltown on Saturday, 5<sup>th</sup> December and we had a total of 6 athletes competing there.

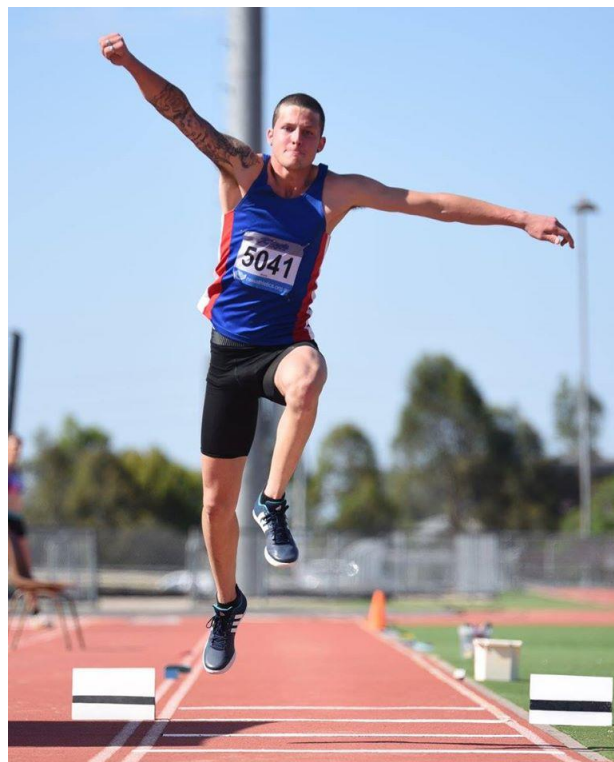
**Amy Court** finished 6<sup>th</sup> in the U16 Girls 100m in a time of 13.29s. In her 200m, Amy again finished 6<sup>th</sup> in her heat in a time of 27.22s. Amy finished 13<sup>th</sup> in the Open Women's Triple Jump event with her leap of 9.48m.

**Maya Leverett** won the U18 Girls 100m event in a very fast time of 12.23s. Unfortunately she was assisted by a 4.1 m/sec tailwind. In her 200m Maya ran a personal best time (and National Qualifying time) of 25.07s.

**Riley Leverett** finished 3<sup>rd</sup> in his Triple Jump with a leap of 10.36m.

**Lajos Joni** won his 1kg Discus event with a throw of 33.56m. In his 600g Javelin event Lajos placed 2<sup>nd</sup> with his throw of 23.90m.

**Ben Cox (below)** placed 4<sup>th</sup> in his heat of the Open Men's 100m in a time of 11.42s. In the Open Men's Triple Jump event Ben finished in 2<sup>nd</sup> place with his leap of 14.77m.



**Sam Hain** unfortunately tore his hamstring in his heat of the U18 Boys 100m event. We wish Sam a speedy recovery.

## Northern Zone Competition

There is competition every Saturday afternoon down at Rotary Field, Mowbray Road. If you don't feel like heading off all over Sydney chasing the Treloar Shield this might be an event for you to try. Go to UTS Norths website for more information.

Round 8 of the Northern Zone Competition was held at Rotary Field, Chatswood on Saturday, 28<sup>th</sup> November and we were represented by 2 athletes.

**Ron Wills** placed 2<sup>nd</sup> in the 70-79 years 800m in 3m 51.0s.

**Robert Hanbury-Brown** won the 50-59 years 6kg Shot Put with a throw of 10.04m. In Discus Robert was again the winner with a throw of 34.86 m. Robert threw the 9.08kg Weight a distance of 13.22 m to also win this event.



Round 9 of the Northern Zone Competition was held at Rotary Field, Chatswood on 5<sup>th</sup> December and we were represented by 4 athletes.

**Sue Gore** won her 100m in a time of 16.6s. In her 1500m event Sue was again the winner in a time of 5m 49s.

**Ron Wills** claimed 3<sup>rd</sup> place in his 1500m with a time of 8m 06.4s.

**Braden Atkinson-Howatt** won his 7.26kg Shot Put event with a throw of 7.14m. In his 7.26kg Hammer event Braden was again the winner with his distance of 18.76m. Braden won his 800gm Javelin event with his throw of 18.30m.

**Simon Bergfield** won his 700gm Javelin event with his throw of 24.41m.



**Charlotte, Adam and Georgia all hit the track with 1500m records in mind and all achieved that goal. Well done.**

## **Ryde Senior Championships Day 1**

A small but competitive group of athletes joined us for Day 1 of our Ryde Senior Championships.

**Day 2 of our Championships will be held on Sunday 31<sup>st</sup> January.** Put that date on your calendar now and come and join us for a fun and relaxing Sunday morning at Dunbar. Full details on the events that we'll contest on Day 2 of the Senior Championships are at the end of this newsletter.



**Above with one last big heave, Jett picks up the hammer record. Below Adam in the long jump.**







**Robert shows how it's done with the hammer**



**Chiara & Georgia over the high jump bar**



**Above Chaira, Jett & Simon**





**Kern over the bar in high jump**



**Above Andrew & Adam**

**Congratulations to Georgia Winkcup –  
Second World Junior Qualifying Time**

At the 7<sup>th</sup> round of the ANSW Treloar Shield Challenge at Bankstown on Saturday 12<sup>th</sup> December **Georgia Winkcup** ran her second World Junior Qualifier in the Open Women's 3000m Steeplechase when she finished third in a personal best time of 10m 30.91s. **At right, a very happy Georgia after her race. Well done.**





Above; Adam and Georgia competed in every event. Well done. Jett in the 100m

Have a wonderful Christmas  
 and all the best for 2016

***RYDE ATHLETICS CENTRE – SENIORS DIVISION***

**DAY 1 - 2015-2016 SEASON – BOYS RESULTS**

Age	Name	100m	400m	1500m	Long Jump	High Jump	Discus	Hammer
Under 12	Adam Bruntsch	13.8	*67.2	*5:00.9	4.29m	1.15m	15.95m	8.15m
Under 13	Jett Tall	13.6			4.73m		*26.75m	*22.90m
40+	Kern Wyman					1.30m	*31.22m	*26.84m
50+	Simon Bergfield						24.14m	
50+	Andrew Atkinson-Howatt						29.85m	
50+	Robert Hanbury-Brown						34.42m	35.04m

**DAY 1 - 2015-2016 SEASON – GIRLS RESULTS**

Age	Name	100m	400m	1500m	Long Jump	High Jump	Discus	Hammer
Under 12	Georgia Arcus	16.9	73.0	*5:20.7	3.42m	1.10m	15.44m	8.78m
Under 12	Chiara Lillis	14.5			4.30m	*1.30m	*30.45m	11.26m
Under 15	Charlotte Ryan			*5:11.1				

\*Signifies new or equal record



## Ryde Senior Division Club Championships Sunday 31<sup>st</sup> January



On Sunday, 31<sup>st</sup> January the Senior's Division of the Ryde Athletics Centre will be holding Part 2 of the Centre Championships at Dunbar Park and all athletes registered as a Senior with Ryde athletics are invited to participate.

Events to be run are the Javelin, shot put, 200m, 800m, Triple jump and walk.

Seniors covers all age groups from 12's right through to Opens, Veterans and Masters and many of our Little Athletes continue to compete for Ryde as senior athletes after their Little A days are over.

The first event will start at 9.15am. It's a relaxed morning where all the groups compete at the events at the same time and encourage each other on. We usually finish with a shared morning tea so if you can, bring something to share around.

For further information about the day or to register as a Senior please contact Ross Forster on 9801 4407.



# TEAM RYDE

## ATHLETICS NSW COMPETITIONS

Date	Competition	Venue
9th January 2016	NSW 10,000m Walks Championships	SOPAC, Sydney Olympic Park, NSW
9th - 10th January 2016	NSW Club Championships	SOPAC, Sydney Olympic Park, NSW
9th - 10th January 2016	NSW Combined Event Championships	SOPAC, Sydney Olympic Park, NSW
16th January 2016	Illawarra Track Classic	Kerryn McCann Park, Wollongong, NSW
22nd - 24th January 2016	NSW Country Championships	SOPAC, Sydney Olympic Park, NSW
26th January 2016	Campbelltown ANSW Permit	Campbelltown Sports Stadium, Campbelltown, NSW
<b>31<sup>st</sup> January 2016</b>	<b>Ryde Senior Championship Day 2</b>	<b>Dunbar Park Marsfield</b>
2nd February 2016	Campbelltown ANSW Permit	Campbelltown Sports Stadium, Campbelltown,
5th - 7th February 2016	NSW Junior & Youth Championships	SOPAC, Sydney Olympic Park, NSW
13th February 2016	NSW 5000m Championships	SOPAC, Sydney Olympic Park, NSW
18th February 2016	Bankstown Invitational	The Crest Athletics Track, Bankstown, NSW
20th - 21st February 2016	NSW Masters Championships	SOPAC, Sydney Olympic Park, NSW
26th - 28th February 2016	NSW Open, U23 & Para Champ's	SOPAC, Sydney Olympic Park, NSW
5th March 2016	NSW Allcomers	SOPAC, Sydney Olympic Park, NSW
12th March 2016	NSW Allcomers	SOPAC, Sydney Olympic Park, NSW
24th March 2016	NSW Allcomers	SOPAC, Sydney Olympic Park, NSW
<b>Australian Championships</b>		
21st February 2016	Australian 20km Race Walking Championships	Adelaide
8th - 13th March 2016	Australian Junior Championships	Perth
31st March - 3rd April 2016	Australian Track & Field Championships	Sydney
31st March - 3rd April 2016	Australian Combined Event Championships	Sydney
16th - 19th April 2016	Australian Masters Assoc Champ's	Adelaide
<b>Track Classics</b>		
30th January 2016	Hunter Track Classic	Newcastle
13th February 2016	Briggs Athletics Classic	Hobart
20th February 2016	Canberra Track Classic	Canberra
20th February 2016	Adelaide Track Classic	Adelaide
5th March 2016	IAAF Melbourne World Challenge	Melbourne
12th March 2016	Perth Track Classic	Perth
19th March 2016	Sydney Track Classic	Sydney
19th March 2016	Queensland Track Classic	Brisbane

## Ryde Athletics Senior Division Committee Members 2015-16

Position	Name
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