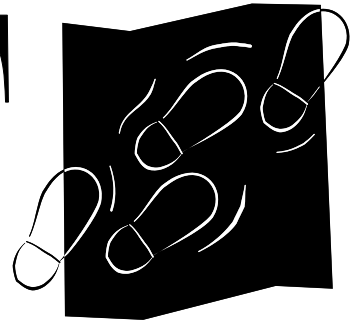




FOOTPRINT



Senior Club February 2016 Edition

RYDE ATHLETICS CENTRE INCORPORATED

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Wonderful results for Ryde athletes at the NSW Junior Championships

Over three days of competition at the newly laid warm up track at SOPAC, 34 Ryde athletes competed in 50 events and came home with 9 gold, 6 silver, 6 bronze medals and loads of personal best performances.

For some of these athletes it was the first time that they had competed at *any* Athletics NSW event and for two of those athletes, **Alyssa Lowe** and **Adam Bruntsch** their first forays as Ryde Senior athletes saw them bring home medals and qualify for the Australian Junior Athletics Championships in Perth in March 2016. An outstanding start for two talented athletes. **Alyssa (below)** managed to bring home the full set of medals, gold in the U14 200m Hurdles – her first attempt at a senior

i.e. 10 hurdles over 200m instead of 5 as per Little A 200m hurdles) hurdle, silver in the 80m Hurdles and bronze in the long jump.

After finishing in fourth on the Saturday in the U14 800m **Adam Bruntsch** moved up two spots to claim silver in the U14 1500m.

Maya Leverett continues her outstanding 2015/16 season with Gold in both the U18 long and triple jump, silver in the 100m and bronze in the 200m. **Noah Hain** added another State title in the U15 Triple jump to his swag along with a silver in the U15 long jump.

Portia Amy Wilson is another of our talented jumpers and will compete at her first nationals in high, long and triple jump after taking the U14 crown in long and triple jump and finishing 3rd in the high jump.

Benjamin Nogajski will also be jumping in Perth after securing bronze in the U16 High jump and



another bronze in the shot put.

Our final field medallist and State Champion is **Johanna Volos** who secured gold in the U18 Pole Vault.

Out on the track as well, Ryde was featuring on the podium. **Harrison Wade** ran a sensational 8m 50.55s to claim the U18 3000m crown.

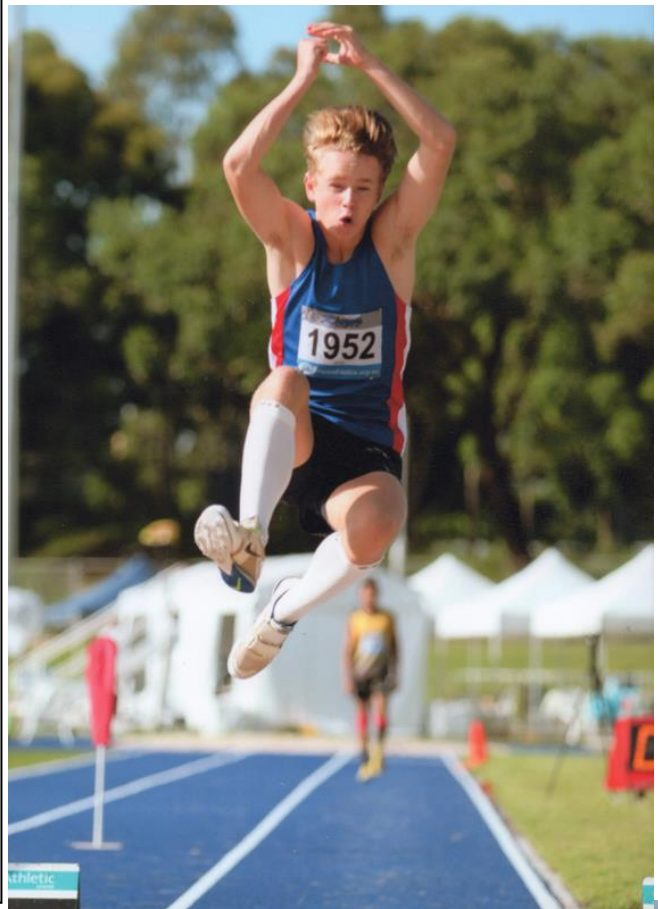
Eliza Harvey was the U16 800m State Champion and runner up in the 400m. Georgia Winkcup, competing at her last ANSW Junior Championships claimed silver in a very classy field in the U20 3000m Steeplechase.

It was a wonderful weekend for Ryde and wonderful to see so many new athletes out there having a go. Well done to everyone who competed over the weekend.

For full results see Ross Forster's race report starting on page 4 of this edition.

Below Adam gets to stand on the podium at his first Athletics NSW Carnival, Well done Adam. Adam still has another year to compete in the U14's!

Below Noah & Portia both won Triple Jump Crowns at State. Well done.



Ben Cox leaps to new personal best and best triple jump by an ANSW athlete in five years.

At the final Treloar Shield meet at ES Marks Ben Cox broke 15 metres for the first time and achieved a land mark performance for NSW jumping. **Ben Cox** jumped 15.63m, the best triple jump by a NSW athlete for nearly five years.

To show he continues to be in sparking form Ben leapt over 15m again to achieve a mark of 15.24m at the Illawarra Track Classic on 16th January.

We wish Ben good luck at the upcoming NSW Open Championships later this month.

Below Ben in action at Treloar.



Andrew cleans up at the Dubbo New Year Carnival

Andrew Atkinson-Howatt cleaned up at the annual Dubbo New Year Carnival which was held from 1st to 3rd January.

In the 55-59 category Andrew won the shot put (8.99m), hammer throw 26.94m, javelin 39.92m and discus with a new meet record of 34.03m.

The Dubbo New Year carnival is a relaxed carnival for athletes of all ages from Little A's up. If you are looking for something to do and somewhere new to see over the next Christmas holidays then mark the Dubbo Carnival down on your calendar now.



Congratulations to Chloe & Amy Qualifying for the Australian Multi Event Championships.

At the recent NSW Multi Event Championships Chloe & Amy both scored enough points to meet the qualifying standard for national Multi event. This is Amy's first time at qualifying and we congratulate and wish both girls good luck.

NSW Juniors Championship Round Up with Ross Forster

The NSW Youth & Junior Championships were held at the Warm Up Track at Homebush from 5th to 7th February and we had a total of 34 entrants from the Centre competing in 50 events. Our athletes achievements from these championships are detailed below:-

Ben Nogajski got Ryde's efforts off to a good start when he won the bronze medal in the U16 Shot Put with his throw of 13.82m. In his High Jump Ben again won a bronze medal with his clearance at 1.75m.

Johanna Volos won the U18 Pole Vault with her clearance at 2.70m.

Eliza Harvey (below) placed 2nd in her heat of the U16 Girls 400m in a time of 60.58s to advance to the final to be held on the Sunday. In the final of her 400m Eliza won the silver medal with her time of 57.54s. Eliza won the final of the U16 Girls 800m with an all the way win in a time of 2m 15.01s.



Eleanor Partridge contested the U14 3000m Walk and finished in 11th place with her time of 19m 24.91s. This was Eleanor's first crack at this distance. In her 100m heat Eleanor finished in 6th place in a time of 14.33s.

George Davis placed 5th in the U14 3000m Walk in a personal best time of 17m 03.91s. This time by George was some 26 s inside the standard set by Athletics Australia for this event. Thus George is entitled to travel to Perth to represent his state in this at the Australian Junior Championships.

Harrison Wade (below) won the U18 3000m in a time less than 1 second off his previous best time. Harrison's time was 8m 50.55s. In the first 2kms of the race Harrison was content to sit in 2nd place but with 1km to go he took off to eventually win by some 12 s.



Katrina Lyon finished in 7th place in the final of the U16 Girls 90m Hurdles with her time of 15.4s. In her Long Jump Katrina placed 8th with her leap of 4.51m.

Alyssa Lowe won the silver medal in her final of the U14 Girls 80m Hurdles in a time of 13.76s. By finishing in a place in the final Alyssa has won the right to represent NSW at the Australian Junior Championships in Perth in March. Alyssa added to her medal tally when she secured a bronze medal in the U14 Girls Long Jump with her leap of 4.59m. In her first ever run over the U14 Girls 200m Hurdles Alyssa became the State Champion with her time of 32.75s.

Below Eleanor, Portia & Alyssa.

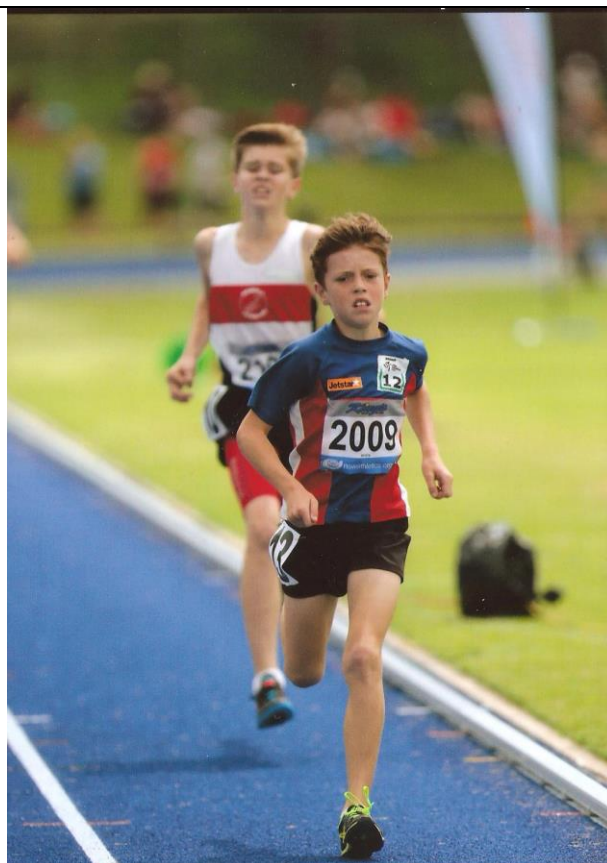


Adam Bruntsch (top right) placed 3rd in his heat of the U14 Boys 800m in a time of 2m 29.34s to advance to the final. In the final Adam placed 4th in a personal best time of 2m 26.57s. Adam won the silver medal in his 1500 m in a huge personal best time of 4m 51.16 s to qualify for the National Junior Championships in Perth next month.

Ashton Hanna recorded a personal best time of 2m 35.54s to finish in 7th place in his heat of the U14 800m. In his 1500m Ashton recorded a personal best time of 5m 13.18s to finish in 11th place.

Georgia Arcus finished in 6th place in her heat of the U14 Girls 800m in a time of 2m 41.90s. In her 1500m Georgia placed 11th in a personal best time of 5 m 21.84 s.

Daniel Bowtell finished in 7th place in the U16 Boys 200 m Hurdles final in a time of 29.85s. Daniel's time was a national qualifier so he will compete in Perth.



Below Maya with her Triple Jump Gold. Maya has qualified for four events in Perth and is having a fantastic season.



Maya Leverett finished in 2nd place in her heat of the U18 Girls 100m with her time of 12.48s. In her 100m final Maya won the silver medal in a time of 12.61s. Maya took out the gold medal in her Triple Jump with her opening leap of 11.99m. In this Maya won by almost a half metre. Maya won a further gold medal in her Long Jump with her leap of 5.66m. In her 200m heat Maya claimed 2nd place in a time of 26.34s. The 200m final saw Maya win the bronze medal in a time of 25.51s.

Below Maya on the podium again, this time for long jump.



Amy Court claimed 9th place in the final of the U17 Girls 100m with her time of 13.66s. In her Triple Jump Amy finished in 6th place with her leap of 9.83m. Amy finished in 6th place in her heat of the 200m in a time of 28.29s.

Sarah Brown finished in 6th place in the U14 Girls Triple Jump with her leap of 9.41m. In her Long Jump Sarah finished in 9th place with her leap of 4.29m.

Portia Amy-Wilson got her campaign off to a great start when she won the U14 Girls Triple Jump with a personal best leap of 10.30m. Actually Portia's worst jump would have still have won her the title. In her Long Jump Portia won the gold medal with her leap of 4.70m. Portia won the bronze medal in her High Jump when she cleared the height of 1.45m.



Above Portia & Alyssa on the podium for U14 Girls long jump.

Jessica Brown finished 5th in the U17 Girls Triple Jump with her leap of 10.66m. In her Long Jump Jessica placed 7th with her leap of 4.90m.

Ben Playford placed 5th in the U20 Boys 2000m Steeplechase in a personal best time of 10m 40.25s.

Georgia Winkcup won the silver medal in the U20 Girls 3000m Steeplechase with her time of 10m 56.70s. In her 800m final Georgia claimed 6th place in a time of 2m 14.74s.

Charlotte Ryan placed 5th in the U16 Girls 1500m with her time of 5m 01.48s.

Chloe Davis claimed 4th place in the U17 Girls Javelin with her throw of 32.45m.



Above Noah in the Triple Jump. Below with his Triple Jump Gold

Noah Hain took out the gold medal in the U15 Boys Triple Jump with his leap of 11.72m. Just as Maya had won her Triple Jump by almost half a metre so did Noah in this event. In his Long Jump Noah won the silver medal with his leap of 5.48m. Noah placed 2nd in his heat of the 100m in a time of 12.70s. In the 100 metre final Noah placed 5th in a time of 12.68s.



Riley Leverett finished just out of the places in the U15 Boys Triple Jump when he placed 4th with his leap of 11.04m. Unfortunately Riley again finished in 4th place in his Long Jump with a leap of 5.11m. Riley finished 5th in his 100m heat in a time of 13.38s to qualify for the final. In the U15 men's 200m Riley qualified for the final with a time of 25.70s and then finished 8th in the final 26.48s.

Below Riley above with Noah between jumps and below mid air.



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Breanna Ivankovic won the bronze medal in the U16 Girls 2000m Steeplechase in a time of 8m 15.10s.

Julia Kelland finished 7th in the U16 Girls shot Put with her effort of 9.36m. In her Javelin Julia finished in 4th spot with her throw of 27.02m.

Sarah Kelland placed 5th in the U20 Girls 5000m Walk in a time of 34m 42.50s. In her Shot Put Sarah again placed 5th with her throw of 7.92m.

Madeline Playford finished in 6th place in her heat of the U17 Girls 800m in a personal best time of 2m 25.72s.

Sarah Playford won her heat of the U17 Girls 800m in a time of 2m 22.63s. In her 800m final Sarah finished in 8th place in a time of 2m 28.04s.

Gabrielle Damm finished in 10th place in the U16 Girls 1500m with her time of 5m 22.74s.



Above left Eleanor takes off for her 100m. Above right, Gabrielle in her 1500m. Middle Eliza silver in the 400m Bottom right Portia, Alyssa and Sarah all competed in the U14 Long Jump. Looks like the start of an excellent U14 4x Long jump team for Senior Relays this November!

Eleanor Plummer finished in 7th place in the U15 Girls Triple Jump with her leap of 9.56m.

Mikaela Bruntsch placed 9th in the U15 Girls Triple Jump with a leap of 8.98 m.



A big thank you to the Lowe family for all the photos they sent in of so many Ryde athletes in action. Much appreciated.



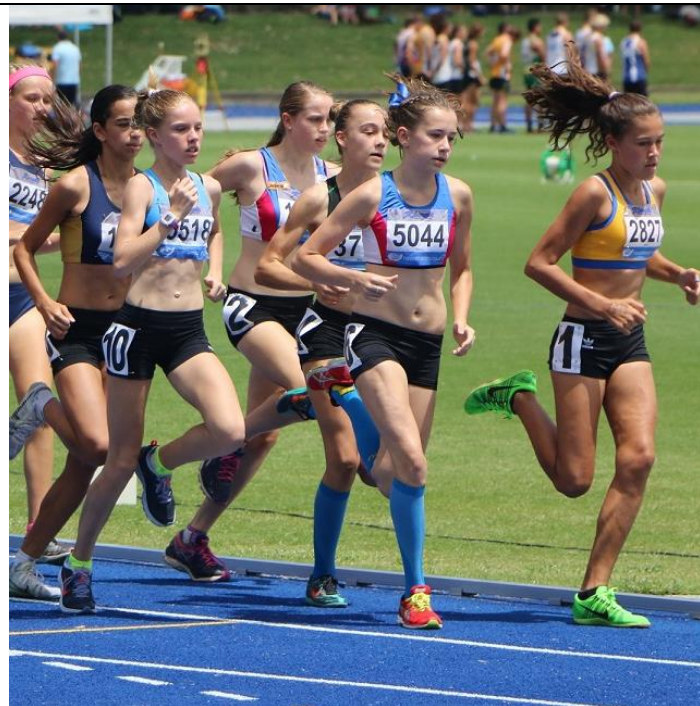
Above Harrison tucked in behind for the first 2km before he took off to claim Gold. Below Sarah in the 5km Walk. Sarah will contest the 10,000m walk at Nationals. That is a lot of laps! Top right Gabi & Charlotte amongst the pack in the 1500m.



Competitors at NSW Junior Championships who place in the top three or achieve an Australian Athletics qualifying time or distance have qualified to compete at the Australian Junior Championships in Perth.

Our qualifiers for Junior Nationals from this carnival are as follows -

- ✓ **Portia** (long jump, triple jump, high jump)



- ✓ **Alyssa** (long jump & 80m Hurdles)
- ✓ **Adam** (1500m),
- ✓ **Ben N** (high jump & shot put)
- ✓ **Maya** (100m, 200m, long and triple jump)
- ✓ **Noah** (long and triple jump),
- ✓ **Eliza** (400m & 800m)
- ✓ **Georgia W** (3000m Steeple)
- ✓ **Harrison** (3000m)
- ✓ **George** (3000m Walk)
- ✓ **Johanna** (Pole Vault)
- ✓ **Breanna** (2000m Steeple)
- ✓ **Daniel** (200m H)

Ryde already had a number of qualifiers (including some of the above) who had also qualified by placing in the top three at the NSW All Schools Championships or having achieved the Australian qualifying Standard. Those athletes who will also be eligible* to compete at the Australian Junior Championships are

- ✓ **Sarah Kelland** (10,000m Walk, 2000m Steeplechase)
- ✓ **Katrina Lyons** (90m Hurdles)
- ✓ **Charlotte Ryan** (3000m)
- ✓ **Sarah Playford** (800m, 1500m)
- ✓ **Maddy Playford** (1500m)
- ✓ **Logan Wade** (2000m Steeplechase)

** All NSW athletes wanting to competing at Aust Juniors must have competed at NSW Juniors or have been given a medical exemption to be considered "eligible"*

Portia Amy Wilson, Amy Court & Chloe Davis have also qualified to represent NSW at the Australian Combined Event Championships later in March.

Ryde Senior's Championships Day 2 Results



Age	Name	200m	800m	1500m Walk	Triple Jump	Shot Put	Javelin
U12	Adam Brunsch	30.1	2:33.8	9:44.6	9.00m	6.00m	17.11m
U12	James Thompson		3:19.3		7.77m		17.92m
U13	Eleanor Partridge		3:16.7				11.76m
U13	Chiara Lillis	31.5	3:17.8	10:32.9	9.24m	8.79m	21.08m
U14	Maddy Playford		2:39.2				
U14	Sophia Thompson		3:16.4		8.44m		12.44m
U14	Noah Hain	27.1			*11.81m	8.93m	
U14	George Davis			* 9:07.1			
U14	Jett Tall				9.89m	9.88m	21.36m
U15	Hannah Tall					8.79m	23.15m
U15	Julia Kelland					*9.49m	*29.07m
U16	Eliza Harvey	28.5	*2:28.6		8.70m	6.24m	
U16	Chloe Davis	31.3	3:01.1		9.60m	8.95m	28.92m
U18	Justin Sunderland				12.14m	8.29m	31.57m
40+	Kern Wyman				8.19m	*10.43m	32.00m
40+	Peter Davis					6.31m	25.66m
50+	Robert Hanbury-Brown					9.94m	32.48m
50+	Peter Lang					7.91m	27.73m
50+	Andrew Atkinson-Howatt					9.51m	35.25m
50+	Simon Bergfield					8.21m	30.06m

• Indicates a new Club record

20 Athletes turned up for Day two of our senior Club Championships on the last Sunday morning in January. Noah Hain, Julia Kelland, Kern Wyman. George Davis and Eliza Harvey all set new records across a range of events from the Walk to the 800m and triple to shot and javelin.

Ryde Senior Championships are open to any Ryde Little A from the U12's up plus all Ryde registered Seniors. It's a relaxing morning where the younger competitors can get some tips from our Vet and Masters athletes many of whom have competed around the world. The days are held in November and January/February depending on competing Little A and ANSW events.

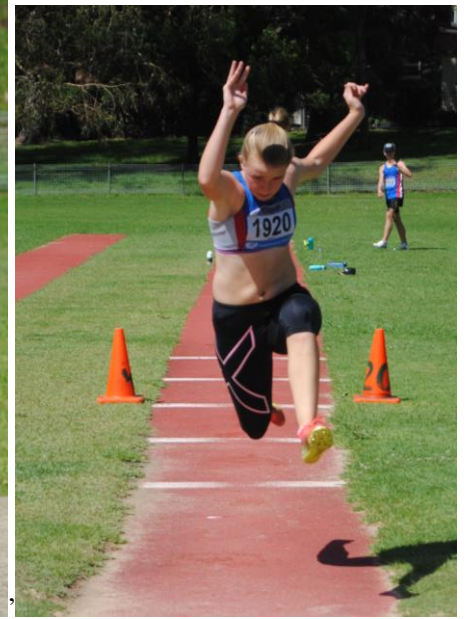
Andrew out at the shot put



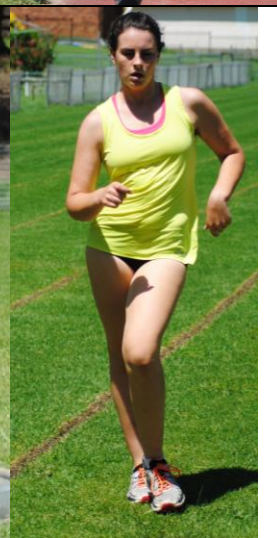


Eliza, James, Sarah and Sophia all showing great form in the 800m . Below Peter, Simon, Peter & Chiara at Javelin. Bottom start of the 200m





Julia turned up so late for Javelin there was no time to warm up but nailed a good throw breaking her sister's record! George at shot put. Chloe at Triple as are Sophia, James, Kern & Eliza below



George crosses the line for the Walks record. Adam, Hannah, Robert and Sarah out and about.



Above Justin, Jett and Noah show how it's done.

ATHLETICS NSW COMPETITIONS

Date	Competition	Venue
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
Australian Championships		
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
Track Classics		
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