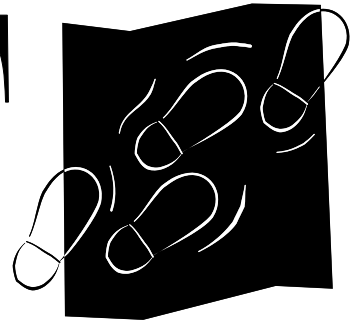




# FOOTPRINT



Senior Club Winter Edition Aug 2016

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

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

## The Senior Club Winter Edition of Footprint

With registration for a new season underway it is time to catch up on the last couple of months of performances for our Senior Athletes over the cross country season, the start of the school athletic representative season and for those who represented us abroad.

### Thank you to our helpers at our first fundraiser for the season.

On Sunday the 14<sup>th</sup> August, a record 44 of our members and families braved the chilly early morning air at Bondi to volunteer at the City to Surf handing out the medals to race participants. This is one of the Senior Club's major fundraising events for equipment and to help subsidise our athletes who represent NSW or Australia competing interstate or overseas. A big shout out to our Junior Division who answered our call to help when

we were asked to provide the extra 15 helpers. We had some wonderful new helpers and some truly enthusiastic kids who did a great job on the day.

Thank you to the following families, **Tall, Arcus, Bowtell, Ryan, Amy Wilson, Davis, Fairhall, Byrne, Sunderland, Gallagher, Lowe, Hartmann, Coffin, Hall, Forster, Wade, Bergfield, Simula & Gore** for your assistance on the day.

There were 67,654 starters in the race this year and we gave out medals until we ran out!

If you'd like to help out at this or other events in future contact me @ [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)

***Below some of the 2016 Ryde's City to Surf Volunteers. Yes a change in shirt colour after 10 years of red shirts.***



## Senior Registration Fees 2016/2017

Athletes wishing to register as a Ryde Senior athlete can either contact Ross Forster on 98014407 or email [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) for further information.

All Ryde Little Athletes in the age groups U12 and above who register for Little Athletics for the 2016-17 can also register as Ryde Senior Athletes as well for no additional fee and you don't need to take any further action to register as a Senior. U12 and up athletes will get three copies of the same number and they can be used for both Little A & NSW Competitions.

Fees for Senior registration are as follows

**Opens - \$180**

**Age Concession 60+ (pensioner/senior card) \$140**

**Junior Athlete 15-19yrs -\$155**

**Youth Athlete 14yrs & Under - \$130**

**Athletes registered with a Little Athletics Club OTHER than Ryde - \$40**

**Families – one or two adults & multiple children - \$365**

**Ryde U12-17 registered Little A's – free**

## The Wade boys come up trumps again at the City to Surf

**Adrian and Logan Wade** are officially the fastest father and child 15 & under team finishing in a combined time 1hr 48min 19s.

Dad Adrian ran 4 minutes faster than last year to finish in a time of 50m 16s to finish 109<sup>th</sup> overall and Logan smashed through the hour



barrier to finish in 58m 3s in only his second run to finish 12<sup>th</sup> in the 13-15 age group and 903<sup>rd</sup> overall.

Adam Bruntsch brought home the trophy for best time in the Males 12 and under age group when he finished over 5 minutes faster than last year in 53m 47s and placed 328<sup>th</sup> overall.

Other Ryde athletes finishing were

**Ashton Hanna** also took 5 minutes off his time from last year to finish in 72m 02s and place 33<sup>rd</sup> in the 12 and under age group and 8,396 overall.

**Andrew Phillips** another of our juniors finished in 66m 27s and placed 13<sup>th</sup> in the Males 12<sup>th</sup> and under and 4,380 overall,

**Madeline Studdert** finished in 77m 27s and placed an impressive 11<sup>th</sup> in the Girls 12yrs and under and 12,959 overall.

**Eliza Harvey** ran with a bunch of Loreto team mates and finished in 1hr 33m 18s in 28,012 overall. Amongst her group was **Zoe Warland** who finished in 1hr 33m 22s in 28,065 place.

Well done to all our competitors.

## Ryde helpers handing out the medals





## All hands to the gates

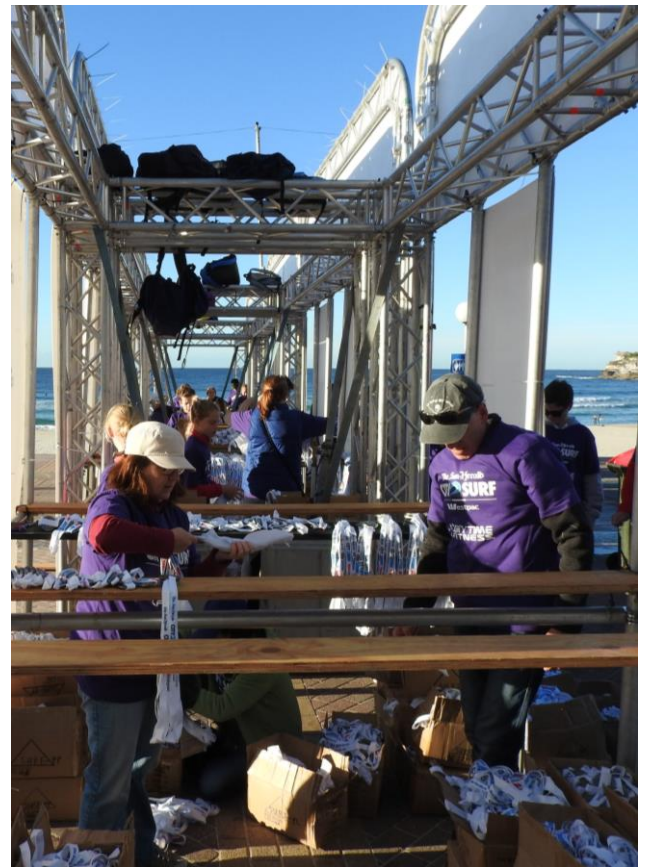
Tonia Byrne took lots of behind the scenes photos at the City to Surf this year so I thought I'd share some with you. As you see we get right amongst the action. To join us in future events email [bergfield@hotmail.com](mailto:bergfield@hotmail.com) for further information.



Above Chloe & Jemma. Below Nathaniel & Christopher. Christopher has already put his hand up for next year.



Through the medal gates they kept coming







Above Tom and a very happy race finisher. Justin in the background . Below Happy birthday Ross. Bottom unpacking the boxes of medals and loading up the booths.





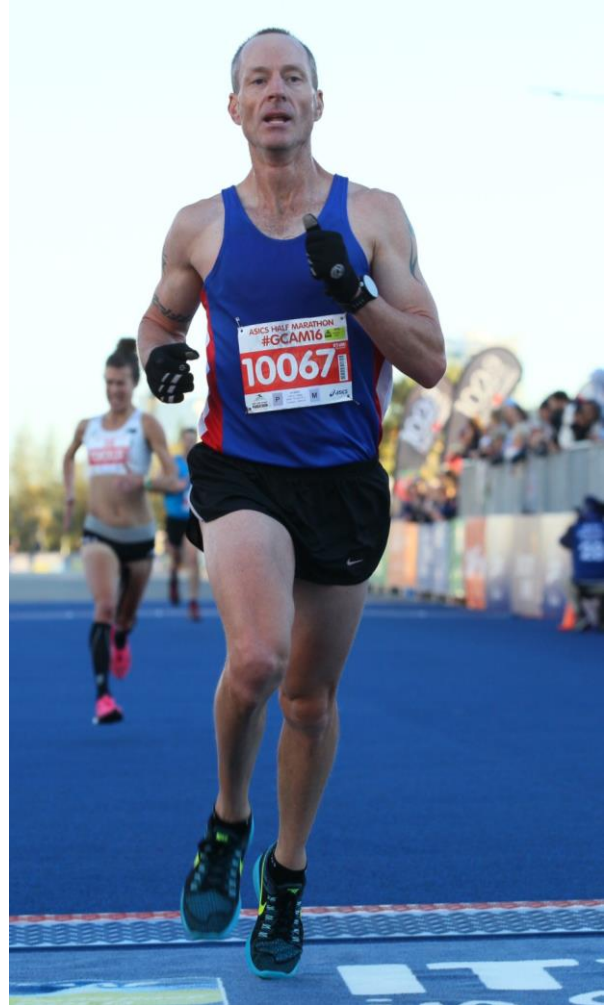
## Gold Coast Half Marathon Results

There seems to be no off season for the Wade family although they did combine a holiday on the Gold Coast with the running of Harrison's first half marathon on 3<sup>rd</sup> July at the Gold Coast ASIC Half Marathon. Adrian joined in as well. There were a total of 8,783 starters.

On debut Harrison finished 51 overall on net time of 1hr 13m29s. He placed 2<sup>nd</sup> in the Males 15-17 age group. Adrian wasn't far behind finishing 59<sup>th</sup> overall and 7<sup>th</sup> in the Males 40-44, in a net time of 1hr 14m 34s - a 9 minute Personal Best time.

These are outstanding results especially for a first attempt at such a distance. Well done to both the Wade's.

***Below; Harrison sprint's to the finish line. Right Adrian on his way to a 9 minute pb for the marathon.***



***Below and here's the shirt to prove it.***



## Dylan hits the track at Campbelltown

Dylan Kennedy from our U17 Boys had some great results at his school carnival, Ingleburn High this year competing in 400m and 800m and Dylan placed 3<sup>rd</sup> in the 200m. His proud grandma, Deryl sent us a shot of him running in the carnival held out at Campbelltown Athletic Track. Well done Dylan and thank you Deryl.



## Sue & Lajos amongst the medals at the Australian Masters Championships

At the Australian Masters Championships held in Adelaide from 16<sup>th</sup> to the 19<sup>th</sup> April 2016 we were represented by 2 athletes.

Sue Gore finished in 2<sup>nd</sup> place in the Women's 50-54 yrs Age Group 800m with her time of 2 mins 43.32s. Sue was also the lead leg runner in the NSW team which secured the silver medal in their 4x400m Relay event.

Lajos Joni won the silver medal in the 60-64 yrs Weight throw (9.08kg) event with his throw of 15.7m. In his 5kg Hammer event Lajos finished in 4<sup>th</sup> place with his effort of 36.46m. Lajos secured 7<sup>th</sup> place in his 1kg Discus event with a throw of 33.80m and in his 5kg Shot Put event Lajos threw 8.59m to finish in 10<sup>th</sup> place. Lajos placed 4<sup>th</sup> in the 60 yrs Men's Pentathlon.

## Winter Round up

By Ross Forster

### IGSSA Cross Country Championships

At the IGSSA Cross Country Championships held at Frensham School, Mittagong on Friday, 13<sup>th</sup> May we were represented by 7 athletes.

Georgia Arcus won the very first event on the Carnival with her run in the 12 yrs Girls 3km event.

Other results from the day were

- ✓ Amelie Sun finished 2<sup>nd</sup> in the 12 yrs Girls 3km event.
- ✓ Sophie Boland placed 40<sup>th</sup> in the 13 yrs Girls 3km event
- ✓ Madeline Playford finished in 2<sup>nd</sup> place in the 14 yrs Girls 4km event.
- ✓ Charlotte Ryan also finished in 2<sup>nd</sup> place in the 15 yrs' Girls 4km event.
- ✓ Breanna Ivankovic finished in 11<sup>th</sup> place in the 15 yrs Girls 4km event.
- ✓ Sarah Playford claimed 3<sup>rd</sup> place in the 16 yrs Girls 4km event.

**Right, Georgia claims her first inter high school cross country medal.**





## The NSW CIS Cross Country Championships

The NSW CIS Cross Country Championships were held at Eastern Creek on Thursday, 16<sup>th</sup> June and we were represented by 8 athletes.

Georgia Arcus won the silver medal in the 12 yrs Girls 3km event in a time of 12m 40.6s. Amelie Sun won the bronze medal in the 12 yrs Girls 3km event in a time of 12m55.0s. Madeline Playford finished 5<sup>th</sup> in the 14 yrs Girls 4km event in a time of 15m 30 2s. Charlotte Ryan finished in 4<sup>th</sup> place in the 15 yrs Girls 4km event in a time of 15m 46.5s. Breanna Ivankovic finished 18<sup>th</sup> in the 15 yrs Girls 4km event with her time of 17m 05.0s, Sarah Playford placed 6<sup>th</sup> in the 16 yrs Girls 4km event with her time of 15m 47.7s. Ben Playford finished in 9<sup>th</sup> place in the 18 yrs Boys 8km event in a time of 28m 49.5s. Charlotte Curran finished in 20<sup>th</sup> place in the 12 yrs Girls Primary event in a time of 14m 05 6s.



**Above Georgia @ IGSSA. Right Anastacia at McKillop on the podium and rounding into the final straight.**

## The NSW Combined Catholic Colleges & NSW Primary Catholic Schools Cross country Championships

At the NSW Combined Catholic Colleges & NSW Primary Catholic Schools Cross country Championships held at Eastern Creek on Friday, 17<sup>th</sup> June we were represented by 3 athletes. Arabella Price won the gold medal in the 12 yrs Polding 3km Championship in a time of 13m 12.58s. Anastacia Lakic won the bronze medal in the 12 yrs Mackillop 3km Championship in a time of 13m 22.36s. Jemma Gallagher finished in 24<sup>th</sup> place in the 15 yrs Girls 4km event with her time of 17m 49s.





## Sydney North Regional Cross Country.

At the Sydney North Regional Cross Country Championships held at Gosford Race Course on Friday, 24<sup>th</sup> June we were represented by 4 competitors.

Adam Brunsch finished in 2<sup>nd</sup> place in the 12 yrs Boys 3km event.

Ashton Hanna finished in 4<sup>th</sup> place in the 12 yrs Boys 3km event. Zara Warland finished in 5<sup>th</sup> place in the 12 yrs Girls 3km event.

**Above Ashton and Adam with their certificates**

## The NSW Cross Country Championships

The NSW Cross Country Championships were held at Nowra on Sunday, 26<sup>th</sup> June and 5 Ryde athletes featured at this Carnival. The Carnival represented the first combined effort by Athletics NSW and the NSW Little Athletics Association.

Madeline Playford finished in 6<sup>th</sup> place in the Under 15 Girls 4km event in a time of 16 mins 09s. Charlotte Ryan finished in 5<sup>th</sup> place in the Under 16 Girls 4km event with her time of 16 mins flat. Ashton Hanna finished in 12<sup>th</sup> place in the Under 13 Boys 3km event in a time of 11 mins 16s.

Harrison Wade finished in 4<sup>th</sup> place in the Under 18 Boys 6km event with a time of 20 mins 06s.

Ben Playford finished in 16<sup>th</sup> place in the Under 20 Boys 8km event with his time of 29 mins 58s.

## The NSW Cross Country Relay Championships – bronze to our U18 girls team

These Championships were held in freezing and wet conditions on the 28<sup>th</sup> May at Miranda Park, Miranda.

Our U18 4x3km Girls team came home with the bronze medal. Sarah Playford led off in 11m 27s followed by Breanna Ivankovic in 12m 18s, Maddy Playford 11m 30s and Charlotte Ryan in 11m 36s.

Our U14 Boys 4x2km team finished in 7<sup>th</sup> place. Adam Brunsch ran a time of 6m 53s, Ashton Hanna 7m 21s, George Davis 8m 03s and Zara Warland 8m 16s. Adam's time was the second fastest leg of all U14 Boys teams.

Our U14 Girls 4x 2km team finished in 7<sup>th</sup> place. Georgia Arcus ran a time of 7m 30s, Amelie Sun 7m 56s, Charlotte Curran 8m 6s and Anastasia Lasic 8m 2s.

**Below Anastacia, Georgia, Amelie & Charlotte rugged up after their race.**







**Above George out on the Course. Zara, Ashton, George & Adam after their relay.  
Below Breanna, Charlotte, Sarah and Maddy**





## Our Girls bring home the medals from the NSW Road Relay Championships

The NSW Road Relay Championships were again held at Ourimbah on Saturday, 16<sup>th</sup> July and we had 2 teams entered and both brought home medals

Our Under 18 Girls 4x2km team won the gold medal. This team comprised in running order Sarah Playford (6 mins 49s), Madeline Playford (7 mins 06s), Jemma Gallagher (7 mins 21s) and Charlotte Ryan (6 mins 52s)- The efforts of these girls was so good that they were the 1<sup>st</sup> team home even beating the under 16 Boys teams.

Sarah & Charlotte were the fastest girls in the event whilst Maddy and Jemma ranked 5<sup>th</sup> & 6<sup>th</sup>

fastest overall. The winning margin was 2 mins 46s faster than the 2nd placed team.

Our Under 14 Girls 4x2km team won the bronze medal. This team comprised in running order Georgia Arcus (7 mins 26s), Amelie Sun (7 mins 52s), Zara Warland (7 mins 32s), and Anastasia Lacic (7 mins 37s).

The runs by both teams were excellent. We also had three boys competing as individuals at these Championships.

Adam Bruntsch was the fastest competitor in the Under 14 race with his time of 6 mins 43s.

Ashton Hanna was equal 4<sup>th</sup> fastest in the Under 14 race with his time of 7 mins 01s. Ben Playford was 9<sup>th</sup> fastest competitor in the Under 20 4km race in a time of 13mins 12s.



*U14 team bronze medallists Anastasia, Zara, Georgia & Amelie. Above right, Zara hands over to Anastasia*

## 13 Ryde runners at the NSW Schools Cross Country Championships

The NSW Schools Cross Country Championships were held at Eastern Creek on Friday, 22<sup>nd</sup> July and we had a total of 13 athletes competing there. It was a warm day but the track was very heavy due to the rain which had fallen in the previous 2 days.

**Charlotte Ryan** who finished with a silver medal in the 15 yrs Girls 4km event in a time of 16 mins 06s has won selection to represent NSW at the National Championships.

**Sarah Playford** won a bronze medal in the 16 yrs Girls 4km event with her time of 16 mins 40s and has also won selection to represent NSW at the National Championships.

**Madeline Playford** finished in 5<sup>th</sup> place in the 14 yrs Girls 4km event in a time of 16 mins 15 s and she too has won selection to represent NSW at the Australian Championships which will be held in Canberra during August.

**Adam Bruntsch** placed 8<sup>th</sup> in the Primary Schools 12-13 year's Boys 3km event with his time of 12 mins 31 s.

**Ashton Hanna** finished in 16<sup>th</sup> place in the Primary Schools 12-13 yrs Boys 3km event in a time of 13 mins 03 s.

**Zara Warland** placed 9<sup>th</sup> in the in the Primary Schools 12-13 yrs Girls 3km event in a time of 14 mins 09 s.



**Arabella Price** finished in 20<sup>th</sup> place in the Primary Schools 12-13 yrs Girls 3km event in a time of 14 mins 26 s.

**Anastasia Lasic** placed 31<sup>st</sup> in the Primary Schools 12-13 yrs Girls 3km event with her time of 15 mins 02 s.

**Amelie Sun** finished in 5<sup>th</sup> place in the Secondary Schools 12 yrs Girls 3km event in a time of 14 mins 04 s.

**Georgia Arcus** placed 7<sup>th</sup> in the Secondary Schools 12 year's Girl's 3km event with her time of 14 mins 17 s.

**Logan Wade** finished in 25<sup>th</sup> place in the Secondary Schools 15 yrs Boys 4km event in a time of 15 mins 45 s.

**Harrison Wade** finished in 6<sup>th</sup> place in the Secondary Schools 17 yrs Boys 6km event with his time of 22 mins 24 s.

**Ben Playford** placed 12<sup>th</sup> in the Secondary Schools 18 yrs Boys 8km event in a time of 30 mins 09 s.

Well done to all of our competitors on reaching these State titles.



*Anastasia at her first State XC championships*

## The Sydney North Regional Athletics Championships

The Sydney North Regional Athletics Championships were held at Homebush on Monday and Tuesday 25<sup>th</sup> and 26<sup>th</sup> July and we were represented by 7 athletes.

**Alex Galati** finished in 5<sup>th</sup> place in the 16 yrs Boys 110m Hurdles event in a time of 19.96s.

**Alyssa Lowe** won the 13 yrs 80m Hurdles event with her time of 13.49s. In her 13 yrs-15 yrs 200m Hurdles event Alyssa was too good for the opposition with her time of 32.20s. Alyssa won her High Jump event with a leap of 1.51m.

**Samuel Galati** finished in 4<sup>th</sup> place in the 14yrs Boys 90m Hurdles event with a time of 16.41s.

**Chiara Lillis** placed 4<sup>th</sup> in the 12yrs Girls 80m Hurdles in 16.66s. Chiara qualified for the C.H.S. Championships in the 100m by finishing 2<sup>nd</sup> in 14.4s. Chiara was 4<sup>th</sup> in the 200m in a time of 30.19s. Chiara won shot put with her throw of 10.60m and was 4<sup>th</sup> place in Long Jump (4.10 m).

**Harrison Wade** won the 16 yrs-19 yrs Boys 3000 m event in a time of 8 mins 52.01s. Harry was only a ½ second outside the record for this event. In his 1500m event Harry was again a winner in a time of 4 mins 20.52s. Harrison claimed 4<sup>th</sup> place in his 800m event with a time of 2 mins 04.71 s.

**Logan Wade** claimed 2<sup>nd</sup> place in the 12 yrs-15 yrs Boys 3000m event with his time of 10 mins 07.82s. This result means that Logan will be contesting this event at the C.H.S. Championships. In his 1500m event Logan finished in 3<sup>rd</sup> place in a time of 4 mins 41.46s.

**Gabrielle Damm** claimed 2<sup>nd</sup> place in the 15 yrs + Girls 3000m event with her time of 11 mins 13.97 s. Gabby thus joins the boys in contesting this event at the C.H.S. Championships. In her 1500m event Gabby was just too good in winning this event in a time of 5 mins 13.36s. Gabby won her 800m event with a time of 2 mins 27.01s.

**Eleanor Partridge** placed 6<sup>th</sup> in the 13 yrs Girls 100m event with her time of 13.61s.



**Raymond Ahsan** finished in 6<sup>th</sup> spot in the 17-19 yrs 100m event in a time of 11.80s. In Discus Raymond placed 8<sup>th</sup> with his throw of 24.72m. Raymond placed 3<sup>rd</sup> in Long Jump with a leap of 6.31 m.

**Kelsey Cooper-Phillis** finished in 4<sup>th</sup> place in the 16yrs Girls 100m event in a time of 13.30s. In the 400m Kelsey claimed 2<sup>nd</sup> place in a time of 61.78s. Kelsey placed 3<sup>rd</sup> in the 200m in a time of 27.42s. In her 800m event Kelsey filled 2<sup>nd</sup> place with her time of 2 mins 31.46s.

**Maya Leverett** won the 17-19 yrs Girls 100 m event with her time of 12.79s. In her 200m event Maya finished in 2<sup>nd</sup> place in a time of 25.85s. Maya won Long Jump with a record leap of 5.67m. In Triple Jump Maya was again a winner with her leap of 11.67m.

**Jordan Metcalfe** placed 2<sup>nd</sup> in the 14 yrs Boys 400 m event with his time of 57.25s. Jordan competed in the 15 yrs Boys Triple Jump and finished in 2<sup>nd</sup> place with a leap of 11.55 m.

**Hanna Tall** won the 15 yrs Girls 400m in a time of 62.21s. In her 800m Hanna filled 2<sup>nd</sup> spot in a time of 2 mins 27.89s.

**George Davis** placed 6<sup>th</sup> in the 12-15 yrs Boys 1500m Walk event in a time of 8m 31.72s.

**Portia Amy-Wilson** won the 13 yrs Girls Javelin event with her effort of 27.54m. In her Long Jump Portia claimed 3<sup>rd</sup> place with her leap of 4.62m.

**Jett Tall** claimed 3<sup>rd</sup> spot in the 14yrs Boys Discus with his throw of 33.07m. In Javelin Jett placed 10<sup>th</sup> with his effort of 21.56m.

**Jessica Brown** won the 16 yrs Girls Triple Jump with her leap of 10.25 m.

**Eleanor Plummer** placed 3<sup>rd</sup> in the 14 yrs Girls Long Jump with her effort of 4.57m.

**Justin Sunderland** finished in 6<sup>th</sup> placed in the 17yrs Boys Triple Jump event with his leap of 11.77m.

**Chloe Davis** finished 4<sup>th</sup> in the 16 yrs Girls Shot Put event with her effort of 10.03m. In her Javelin event Chloe was the winner with her throw of 35.77m.

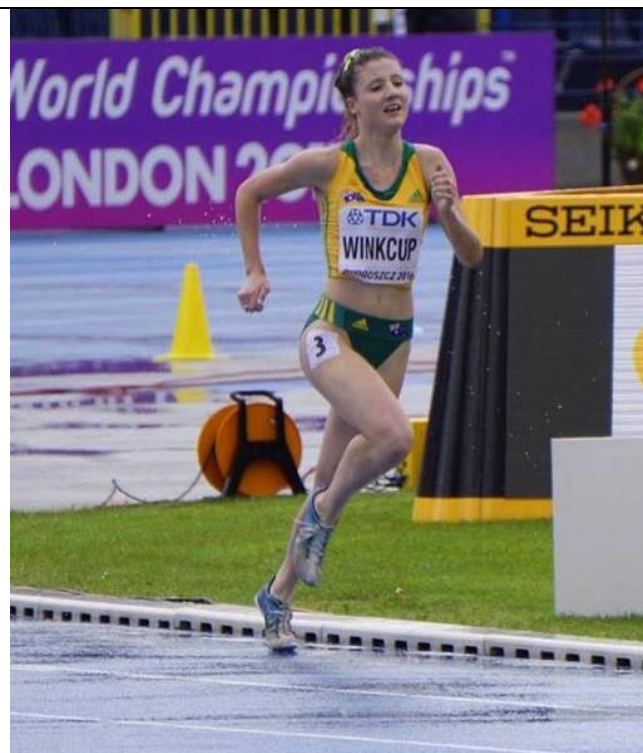
**Marco Prizmic** placed 9<sup>th</sup> in the 15yrs Boys Long Jump with his leap of 5.13m. In High Jump Marco leapt 1.60m to finish in 4<sup>th</sup> place. Marko won Triple Jump with a leap of 12.16m.

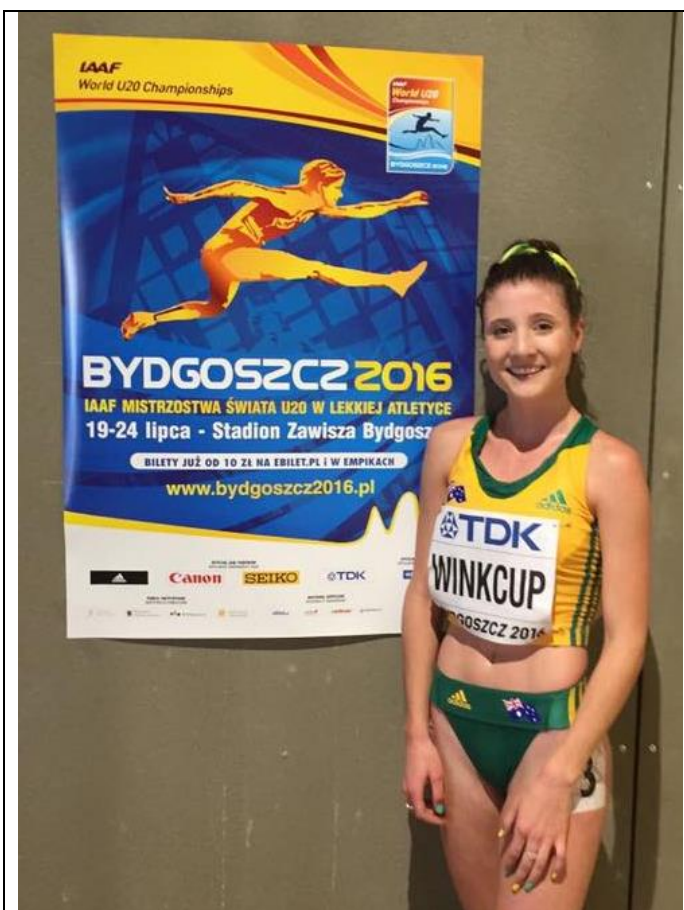
**Riley Leverett** finished in 5<sup>th</sup> place in the 14 yrs Boys 200m event with his time of 25.38s. In his 800m event Riley filled 2<sup>nd</sup> place in a time of 2 mins 15.10s.

## Georgia Winkcup at the IAAF World U20 Championships in Bydgoszcz

Former Ryde Athlete Georgia Winkcup had the experience of her life when she represented Australia at the IAAF World U20 Championships in Bydgoszcz, Poland in July,

In her heat of the 3000m Steeplechase Georgia pulled a huge personal best time of 10m 16.14s to qualify for the final. Unfortunately for Georgia who had struggled with plantar fascia issues of late, she further tore it going over the final steeple. After spending the time between heat and final on crutches, Georgia was not able to match her heat time and finished 15<sup>th</sup> in the world in 10min 41.16s. Still a great result, 15<sup>th</sup> in the world is still pretty awesome. Well done Georgia and hope you're healed up and back on the track soon.





Left Georgia before her race. Above Alyssa and Michelle.

### Alyssa gets some tips from Olympian Michelle Jenneke.

Prior to the Australian Olympic team heading over to Rio one of Ryde's rising hurdling stars, Alyssa Lowe got to meet and get some training tips from Olympian Michelle Jenneke.

Alyssa was selected by Athletics NSW to take part in a #thatsgold Coca Cola campaign featuring champion hurdler Michelle Jenneke. Alyssa got some good tips and advice from Michelle and enjoyed her morning out at SOPAC.

### What's on for Seniors?

Quite a lot as you'll see from the following ANSW Calendar. For full details on each of the events go to the ANSW web page and click on their calendar

## ATHLETICS NSW SENIORS SUMMER SERIES COMPETITION CALENDAR

| SEPTEMBER |    |                                |                      | OCTOBER        |   |                              |                     |
|-----------|----|--------------------------------|----------------------|----------------|---|------------------------------|---------------------|
| Sat       | 17 | UTS Grass Games                | Rotary Field         | Sat            | 1 | NSW All Schools W/U & Multi  | SOPAC               |
| Sat       | 17 | Bowral Mile                    | Bowral               | Sat            | 1 | Sydney Striders 10km Series  | Sydney Olympic Park |
| Wed       | 21 | Sutherland Track & Field       | Sylvania Waters      | Sat            | 1 | UTS Norths Track & Field     | Rotary Field        |
| Sat       | 24 | Central Coast Beachletics      | Shelly Beach         | Sat            | 1 | Central Coast Run Jump Throw | Mingara             |
| Sat       | 24 | UTS Norths Track & Field       | Rotary Field         | Sat            | 1 | Girraween Track & Field      | CV Kelly Park       |
| Sat       | 24 | Girraween Track & Field        | CV Kelly Park        | Sat            | 1 | AMA Masters Throws           | Kerryn McCann Park  |
| Sun       | 25 | IBS Track & Field              | Kerryn McCann Park   | Sun            | 2 | AMA Masters Throws           | Kerryn McCann Park  |
| Sun       | 25 | Bankstown All-comers           | The Crest            | Sun            | 2 | NSW All Schools W/U & Multi  | SOPAC               |
| Mon       | 26 | Wallsend Track & Field         | Federal Park         | Mon            | 3 | AMA Masters Throws           | Kerryn McCann Park  |
| Wed       | 28 | Sutherland Track & Field       | Sylvania Waters      | Mon            | 3 | Wallsend Track & Field       | Federal Park        |
| Wed       | 28 | Nowra Track & Field            | Shoalhaven High      | Tue            | 4 | Mingara Track & Field        | Mingara             |
| Fri       | 30 | Macquarie Hunter Track & Field | Hunter Sports Centre | Tue            | 4 | Kembla Joggers XC            | West Dapto          |
| OCTOBER   |    |                                |                      | NOVEMBER CONT. |   |                              |                     |



|      |    |                                 |                      |
|------|----|---------------------------------|----------------------|
| Wed  | 5  | Sutherland Track & Field        | Sylvania Waters      |
| Wed  | 5  | Nowra Track & Field             | Shoalhaven High      |
| Wed  | 5  | St George XC                    | Scarborough Park     |
| Fri  | 7  | Macquarie Hunter Track & Field  | Hunter Sports Centre |
| Sat  | 8  | Treloar Shield - Campbelltown   | Campbelltown         |
| Sat  | 8  | UTS Norths Track & Field        | Rotary Field         |
| Sat  | 8  | Girraween Track & Field         | CV Kelly Park        |
| Sun  | 9  | AA Permit - Throwers Club       | Gipps Rd Complex     |
| Sun  | 9  | Illawarra Blue Stars All-comers | Kerryn McCann Park   |
| Mon  | 10 | Wallsend Track & Field          | Federal Park         |
| Wed  | 12 | Sutherland Track & Field        | Sylvania Waters      |
| Wed  | 12 | Nowra Track & Field             | Shoalhaven High      |
| Wed  | 12 | St George XC                    | Scarborough Park     |
| Wed  | 12 | Athletics Wollongong Series     | Kerryn McCann Park   |
| Thur | 13 | 2XU NSW All Schools             | SOPAC                |
| Fri  | 14 | 2XU NSW All Schools             | SOPAC                |
| Sat  | 15 | 2XU NSW All Schools             | SOPAC                |
| Sat  | 15 | UTS Norths Track & Field        | Rotary Field         |
| Sat  | 15 | Girraween Track & Field         | CV Kelly Park        |
| Sun  | 16 | 2XU NSW All Schools             | SOPAC                |

|     |    |                                |                      |
|-----|----|--------------------------------|----------------------|
| Mon | 17 | Wallsend Track & Field         | Federal Park         |
| Tue | 18 | Kembla Joggers XC              | Stuart Park          |
| Wed | 19 | Pinkletics                     | Blair Oval           |
| Wed | 19 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 19 | Nowra Track & Field            | Shoalhaven High      |
| Wed | 19 | St George XC                   | Scarborough Park     |
| Wed | 19 | Hills 3km/5km Series           | Alfred Henry Park    |
| Wed | 19 | Athletics Wollongong Series    | Kerryn McCann Park   |
| Fri | 21 | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Fri | 21 | South Sydney All-comers        | Hensley              |
| Sat | 22 | Treloar Shield - Asics Wests   | SOPAC                |
| Sat | 22 | UTS Norths Track & Field       | Rotary Field         |
| Sat | 22 | Central Coast Run Jump Throw   | Mingara              |
| Sat | 22 | Girraween Track & Field        | CV Kelly Park        |
| Sun | 23 | IBS Track & Field              | Kerryn McCann Park   |
| Mon | 24 | Wallsend Track & Field         | Federal Park         |
| Wed | 26 | Armidale Super Series          | Armidale             |
| Wed | 26 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 26 | Nowra Track & Field            | Shoalhaven High      |
| Wed | 26 | St George XC                   | Scarborough Park     |
| Wed | 26 | Athletics Wollongong Series    | Kerryn McCann Park   |
| Sat | 29 | UTS Norths Track & Field       | Rotary Field         |
| Sat | 29 | Central Coast Run Jump Throw   | Mingara              |
| Sat | 29 | Girraween Track & Field        | CV Kelly Park        |
| Sat | 29 | Nepean All-comers              | Blacktown            |
| Sun | 30 | Wallsend Gala                  | Federal Park         |
| Sun | 30 | IBS Track & Field              | Kerryn McCann Park   |

### NOVEMBER

|     |   |                                |                      |
|-----|---|--------------------------------|----------------------|
| Tue | 1 | Mingara Track & Field          | Mingara              |
| Tue | 1 | Kembla Joggers XC              | Illawarra Yacht Club |
| Wed | 2 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 2 | Nowra Track & Field            | Shoalhaven High      |
| Wed | 2 | St George XC                   | Scarborough Park     |
| Wed | 2 | Athletics Wollongong Series    | Kerryn McCann Park   |
| Fri | 4 | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Fri | 4 | Illawong All-comers            | Barden Ridge         |
| Sat | 5 | Bankstown All-comers           | The Crest            |
| Sat | 5 | Sydney Striders 10km Series    | Lane Cove            |
| Sat | 5 | UTS Norths Track & Field       | Rotary Field         |
| Sat | 5 | Central Coast Run Jump Throw   | Mingara              |
| Sun | 6 | IBS Track & Field              | Kerryn McCann Park   |
| Mon | 7 | Wallsend Track & Field         | Federal Park         |
| Wed | 9 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 9 | Nepean Track & Field           | Blair Oval           |
| Wed | 9 | Nowra Track & Field            | Shoalhaven High      |

|     |    |                                |                      |
|-----|----|--------------------------------|----------------------|
| Wed | 9  | St George XC                   | Scarborough Park     |
| Wed | 9  | Athletics Wollongong Series    | Kerryn McCann Park   |
| Fri | 11 | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Sat | 12 | Treloar Shield & NSW 3000m     | SOPAC                |
| Sat | 12 | UTS Norths Track & Field       | Rotary Field         |
| Sat | 12 | Central Coast Run Jump Throw   | Mingara              |
| Sat | 12 | Girraween Track & Field        | CV Kelly Park        |
| Sun | 13 | Campbelltown All-comers        | Campbelltown         |
| Sun | 13 | AA Permit - Throwers Club      | Gipps Rd Complex     |
| Sun | 13 | IBS Track & Field              | Kerryn McCann Park   |
| Mon | 14 | Wallsend Track & Field         | Federal Park         |
| Tue | 15 | Kembla Joggers XC              | West Dapto           |
| Wed | 16 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 16 | Armidale Super Series          | Armidale             |
| Wed | 16 | Nowra Track & Field            | Shoalhaven High      |

|     |    |                                  |                      |
|-----|----|----------------------------------|----------------------|
| Wed | 9  | St George XC                     | Scarborough Park     |
| Wed | 9  | Athletics Wollongong Series      | Kerryn McCann Park   |
| Fri | 11 | Macquarie Hunter Track & Field   | Hunter Sports Centre |
| Sat | 12 | Treloar Shield & NSW 3000m       | SOPAC                |
| Sat | 12 | UTS Norths Track & Field         | Rotary Field         |
| Sat | 12 | Central Coast Run Jump Throw     | Mingara              |
| Sat | 12 | Girraween Track & Field          | CV Kelly Park        |
| Sun | 13 | Campbelltown All-comers          | Campbelltown         |
| Sun | 13 | AA Permit - Throwers Club        | Gipps Rd Complex     |
| Sun | 13 | IBS Track & Field                | Kerryn McCann Park   |
| Mon | 14 | Wallsend Track & Field           | Federal Park         |
| Tue | 15 | Kembla Joggers XC                | West Dapto           |
| Wed | 16 | Sutherland Track & Field         | Sylvania Waters      |
| Wed | 16 | Armidale Super Series            | Armidale             |
| Wed | 16 | Nowra Track & Field              | Shoalhaven High      |
| Wed | 16 | St George XC                     | Scarborough Park     |
| Wed | 16 | Hills 3km 5km Series             | Alfred Henry Park    |
| Wed | 16 | Athletics Wollongong Series      | Kerryn McCann Park   |
| Fri | 18 | Macquarie Hunter Track & Field   | Hunter Sports Centre |
| Fri | 18 | Blacktown All-comers             | Blacktown            |
| Sat | 19 | Treloar Shield - Randwick Botany | ES Marks             |
| Sat | 19 | UTS Norths Track & Field         | Rotary Field         |
| Sat | 19 | Girraween Track & Field          | CV Kelly Park        |
| Sat | 19 | AA Permit - Throws Series        | Kerryn McCann Park   |
| Sat | 19 | LA State Relays                  | SOPAC                |
| Sun | 20 | AA Permit - Pole Vault           | The Crest            |
| Sun | 20 | IBS Track & Field                | Kerryn McCann Park   |
| Sun | 20 | LA State Relays                  | SOPAC                |
| Mon | 21 | Wallsend Track & Field           | Federal Park         |
| Wed | 23 | Sutherland Track & Field         | Sylvania Waters      |
| Wed | 23 | Nowra Track & Field              | Shoalhaven High      |
| Wed | 23 | St George XC                     | Scarborough Park     |
| Wed | 23 | AA Permit - Jumps Meet           | Trinity College      |
| Wed | 23 | Athletics Wollongong Series      | Kerryn McCann Park   |
| Fri | 25 | Macquarie Hunter Track & Field   | Hunter Sports Centre |
| Sat | 26 | NSW Relays                       | Blacktown            |
| Sun | 27 | NSW Relays                       | Blacktown            |
| Sun | 27 | AA Permit - Pole Vault           | The Crest            |
| Mon | 28 | Wallsend Track & Field           | Federal Park         |
| Tue | 29 | Kembla Joggers XC                | Stuart Park          |
| Wed | 30 | Nowra Track & Field              | Shoalhaven High      |
| Wed | 30 | Sutherland Track & Field         | Sylvania Waters      |
| Wed | 30 | St George XC                     | Scarborough Park     |
| Wed | 30 | Athletics Wollongong Series      | Kerryn McCann Park   |

### DECEMBER

|     |    |                                |                      |
|-----|----|--------------------------------|----------------------|
| Fri | 2  | Australian All Schools         | Canberra             |
| Fri | 2  | Illawong All-comers            | Barden Ridge         |
| Fri | 2  | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Sat | 3  | Australian All Schools         | Canberra             |
| Sat | 3  | Campbelltown All-comers        | Campbelltown         |
| Sat | 3  | UTS Norths Track & Field       | Rotary Field         |
| Sat | 3  | Central Coast Run Jump Throw   | Mingara              |
| Sat | 3  | Girraween Track & Field        | CV Kelly Park        |
| Sun | 4  | Australian All Schools         | Canberra             |
| Sun | 4  | IBS Track & Field              | Kerryn McCann Park   |
| Mon | 5  | Australian Schools Knock Out   | Canberra             |
| Mon | 5  | Wallsend Track & Field         | Federal Park         |
| Wed | 7  | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 7  | Armidale Super Series          | Armidale             |
| Wed | 7  | Nepean Track & Field           | Blair Oval           |
| Wed | 7  | Nowra Track & Field            | Shoalhaven High      |
| Wed | 7  | St George XC                   | Scarborough Park     |
| Wed | 7  | Athletics Wollongong Series    | Kerryn McCann Park   |
| Thu | 8  | Zatopek                        | Melbourne            |
| Fri | 9  | ANSW All-comers                | SOPAC                |
| Fri | 9  | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Sat | 10 | Treloar Shield - Albie Thomas  | The Crest            |
| Sat | 10 | Central Coast Run Jump Throw   | Mingara              |
| Sat | 10 | Girraween Track & Field        | CV Kelly Park        |
| Sat | 10 | AA Permit - Throws Series      | Kerryn McCann Park   |
| Sun | 11 | IBS Track & Field              | Kerryn McCann Park   |
| Mon | 12 | Wallsend Track & Field         | Federal Park         |
| Tue | 13 | Kembla Joggers XC              | Kerryn McCann Park   |
| Wed | 14 | Sutherland Track & Field       | Sylvania Waters      |
| Wed | 14 | Nowra Track & Field            | Shoalhaven High      |
| Wed | 14 | St George XC                   | Scarborough Park     |
| Wed | 14 | Athletics Wollongong Series    | Kerryn McCann Park   |
| Fri | 16 | Macquarie Hunter Track & Field | Hunter Sports Centre |
| Sat | 17 | Club & Combined Event Champs   | SOPAC                |
| Sun | 18 | Club & Combined Event Champs   | SOPAC                |
| Mon | 19 | Wallsend Track & Field         | Federal Park         |
| Wed | 21 | Nowra Track & Field            | Shoalhaven High      |
| Wed | 21 | St George XC                   | Scarborough Park     |
| Wed | 21 | Hills 3km 5km Series           | Alfred Henry Park    |

### JANUARY

|     |   |                           |           |
|-----|---|---------------------------|-----------|
| Sun | 1 | Hangover Handicap XC      | Mt Kembla |
| Sat | 7 | Dubbo New Year's Carnival | Dubbo     |

# Welcome to Ryde Senior Division

As members of Ryde Little Athletics, all athletes in our U12 to U17's can select to be dual registered with Athletics NSW as a Ryde Senior Athlete. This brochure is to introduce you to Seniors, what that means and what additional competitions you can enter.

The Seniors' Division of Ryde Athletics Centre covers athletes from U12's upwards to Opens and Veteran level. This opens up a whole further level of competition and events that athletes can compete in apart from those offered to Little Athletes through Little Athletics NSW. These include all competitions run by Athletics NSW. It also means there are new events you can contest such as the hammer throw, steeplechase, 400m hurdles and pole vault. Full details on these competitions can be found by checking the ANSW website calendar. Link below or see the calendar on the previous two pages.

<http://www.nswathletics.org.au/Portals/18/Competition/Summer%20Series%20Competition%20Calendar.pdf>

They include;

- **NSW All Schools Multi Events** If you enjoyed watching the pentathlon and heptathlon at the Olympics this might be for you. The NSW All Schools Multi Event will be run on the weekend of 1<sup>st</sup> to the 2<sup>nd</sup> of October. In the last two years, Hanna Tall won gold and Portia Amy Wilson won bronze in the Girls 12/13yrs Pentathlon.
- **The NSW All Schools Championships** are open to all high school students. As well as the actual competition ANSW runs a number of warm up meets prior to the All Schools Championships which you can compete in whether or not you are going to compete in the Championships. Our athletes had some tremendous results last year collecting 6 gold, 7 silver and 3 bronze medals.

Note the NSW All Schools Championships will be held from the 13<sup>th</sup> to 16<sup>th</sup> October and registrations will open soon on line at ANSW.

- **ANSW Senior State Relays.** As with the Little A Relays, teams are made up of four athletes competing in various field or track relays. These will be run the **26<sup>th</sup> to 27<sup>th</sup> November** at Blacktown Athletics Centre. Unlike Little A there are no real limits as to

how many events an athlete can compete in and athletes can compete in multiple events in different age groups. Track events run in ages from U14, U16, U18, opens & masters and field events U14, U18 and Opens. A timetable of events will be up shortly on the ANSW website and if you are interested in competing or entering a team please let Ross Forster know. You can contact Ross down at Little A most Saturday mornings or on the number below. Last year our teams won 8 gold and two silver one bronze medals from only fourteen starts – an outstanding achievement for a relatively small club.

- **Treloar Shield** is a competition held every Saturday from late October at which athletes can compete in various events and compete for overall pennant awards.
- **NSW Combined event championships – 17<sup>th</sup> to 18<sup>th</sup> December SOPAC**
- **NSW Junior Athletics Championships will be held from 3<sup>rd</sup> – 5<sup>th</sup> February 2017** and are one means by which athletes can qualify to compete at the Australian Combined Junior & Open Athletics Championships which will be held in Sydney from 26<sup>th</sup> March to 2<sup>nd</sup> April 2017.
- **Allcomers competitions** are open to all Athletics NSW registered athletes. The competition is graded allowing athletes of similar ability and standard to compete against one another. Runners are seeded in races based on previous performances.
- **Permit Meets.** An Athletics NSW permit meet is an athletics competition run by a NSW club that has been awarded permit status by Athletics NSW. These meets are conducted under IAAF rules, and allow athletes to qualify for National Championships and be eligible for rankings. Many of the competitions will have a specific focus, for instance, a throws only meet for the Throwers Club, or a verticals jumps meet at Campbelltown.
- **Seniors competitions held at various other Clubs** refer to the ANSW Competition calendar to find events running all over Sydney.



### **How do I compete at these events and what do I need to wear?**

Most ANSW events allow you to either register on line at their website or you pay on the day when you compete. Further details will be found for each event on the ANSW website.

If you are registered as a Ryde Junior you need to wear your Ryde Athletics uniform (red, white & blue shirt and black shorts/skins) and your number that you wear for Little A competition as those numbers are now used for Little A and ANSW events. If you are registered as a Little athlete at another club but as a Senior with Ryde, you will need to wear the Ryde uniform and attach the additional number given to you by your Little A club.

### **Ryde Senior Club Championships**

All Ryde Seniors are invited to attend the **Ryde Seniors Championship Days** that are held twice a season at Dunbar on a Sunday morning. The first of these for this season are usually held in November and then the second in January/February. These are fairly casual mornings where all athletes move around the events together and compete and cheer each other along. An invitation will be emailed to all members prior to these events.

### **Social Activities**

The Senior Division organises various fund raising activities, which include volunteering on the City to Surf, Blackmore's Marathon and the Run Sydney event at SOPAC. These fund raising activities are held to keep the Senior Division viable. We use the funds raised by the above to purchase equipment and assist talented athletes in their travel costs to interstate National Championships. The success of the Senior Division is due to a small number of volunteers. We would welcome the participation of any athletes and their family members in assisting us to achieve the above.

### **Senior Footprint newsletter**

We will publish Senior specific Footprints a number of times during the season. If you ever have any results or photos etc. then please send them to [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)

### **WHO TO CONTACT**

Please contact **Ross Forster** on **9801-4407** for more information on membership, training or to help volunteer or see Ross down at Dunbar most Saturday mornings. For Publicity enquiries please contact **Louise Bergfield** on [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)