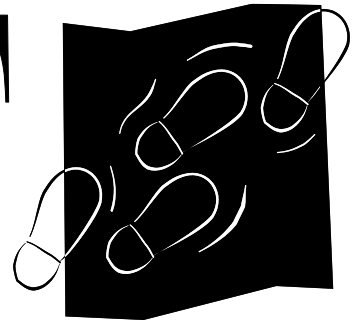




FOOTPRINT



Senior Division Edition September 2019

RYDE ATHLETICS CENTRE INCORPORATED
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www.ryde-athletics.org.au

The New South Wales All Schools full report starts p.11

Congratulations to our qualifiers who will represent NSW at the Australian All Schools Athletics Championships in Perth in December
Arabella Price-15yrs 2000m Steeple (silver)
Alyssa Lowe- 16yrs Long Jump (gold) Triple Jump (silver) 100m H (silver) **Zoe Warland** 17yrs 100m H (gold) ,**Mia Marshall** – 13yrs pole vault (gold) and **Joe Harvey** 13yrs 800m (silver).

Congratulations to our other medallists as well. **Rory Davison** 14yrs Triple Jump (bronze) **Jacob Leon** – 15yrs 3000m and 1500m (dual bronze), **Ruby Worrell** 13yrs 400m (bronze), **Joe Harvey** 13yrs 400m (bronze), **Adam Bruntsch** 15yrs 2000m steeplechase (bronze) and **Sophie Gocher** 19yrs 1500m (gold).

Thank you to our helpers at Blackmores Marathon

It was an early start out at Moore Park for the **Arcus, Pawsey, Barron, Warland & Sun** families on Sunday 15th September at our first fundraiser for the season. Special thanks to Mal Warland and Sharon Sun for putting their hands up as Leader and 2IC for the morning and a big thanks to you all for your work on the day.

Our next Fundraiser is the Bunnings BBQ on Sunday 20th October 2019 at Bunnings Rydelmere. Email lbergfield@hotmail.com if you can help.



RYDE SENIORS FUNDRAISING EVENTS FOR 2019/20

Each season we have a number of Fundraising events to help meet the Division's costs as well as to help make donations to Ryde Senior athletes when they are selected in NSW or Australian teams to compete interstate or overseas. In the last two seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and most recently for the Oceania Athletics Championships. To be eligible for this assistance we do require the families to help out at some of our Fundraising events. We now have five Ryde Senior athletes who have just qualified to represent NSW in Perth in the 2019 Australian All Schools Championships.

This season we are holding three fundraising events and hope that you can help.

Blackmores Marathon 15th September- done & dusted. Thanks again to the Warland, Pawsey, Barron, Sun and Arcus families for their help.

On Sunday the **20th October** we will be running an all day **Bunnings BBQ at the Bunnings at Rydalmere from 7.30am to 4pm** and would welcome helpers to cook, serve, act as cashier and keep the area tidy. Last year we had many enthusiastic helpers and everyone said they enjoyed their shift. We hope to have lots of helpers out again this year.

Our Ryde Little Athletics Division generously let us run a BBQ and cake stall during normal Little A competition and this will be on **Saturday 9th November**. As part of that we will also be running our very popular "Gold for Gold" cake stall where everything is \$2. We'd appreciate helpers to BBQ, serve, bake and clean up.

If you can help at our Bunnings BBQ then please email me now at Ibergfield@hotmail.com – If you can give 90min to 2 hour as these slots work well and ensure we get handover time.

I'll send out emails/rosters calling for help on the cake stall BBQ at Dunbar later in October. A few hours each season isn't a big ask and your time can really help to support our Senior Division.

ATHLETICS ISN'T JUST FOR TOTS TO U17'S.

WHY NOT GET FIT, GET AMONGST IT AND CHALLENGE YOURSELF BY JOINING RYDE SENIORS TODAY?

Athletics isn't just for the children and I'm sure there must be some frustrated jumpers, throwers and runners amongst our parents so why not join Ryde Seniors? Every week there are competitions somewhere around Sydney for registered Athletes to compete. Most of the track events are seeded so you will run against athletes of similar ability regardless of age. This is a good way to challenge yourself and work on your fitness. You only have to enter the events you want and events run to a pretty strict timetable so not too much waiting around.

Did you know that Masters Athletics starts at just the age of 30? Many of our older Athletes have been competing at Masters level over the past season and contest the state and national and even world championships. These carnivals have a great atmosphere as well as giving you the opportunity to compete against the best in your age group.

What are the Senior Registration fees for 2019/20?

Athletes wishing to register as a Ryde Senior athlete can do so by going on line at [ANSW](#) .

Fees for Senior registration are as follows

Opens (20yrs and older) - \$190

Concession member 19yrs of age and under as well as Government concession card \$160

Club Athlete - \$130 (please note – this membership only allows you to compete for Ryde in the following events: State Relays, Club Championships, NSW Masters Championships, Country Championships, Cross Country Relays, Street Relays. You couldn't compete at regular Saturday ANSW competitions).

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

Ryde U12-17 registered Little A's who nominated Ryde as their Senior club– free

For athletes who compete for non-Ryde Little athletics clubs you will need to pay your \$40 membership fee via bank deposit directly to our bank account (Account name: Ryde Athletics Centre BSB 062-166, Account No. 00903276 include your athlete's surname and initial) **or you** can pay on line at [ANSW](#) by selecting in the registration type "Dual Members not registered with Ryde Little Athletics - \$40". These fees help contribute towards the cost of us entering Senior Relay teams in track, field and cross country, our ANSW affiliation fee, equipment, trophies and end of season expenses. For further details email lbergfield@hotmail.com.



Great results at the MacKillop Athletics Carnival

Ryde Seniors was represented by 4 athletes at the MacKillop Athletics Carnival held on the 16th September at SOPAC.

Andrew Kalos competed in the 12-13yrs shot put and placed 7th with a throw of 9.63m.

Owen Chandler had finished the qualifying Catholic Primary Schools Inner West Zone carnival as Senior Boys Champion after he'd placed 1st in the long jump, 2nd in the high jump and 200m, 4th in the 100m final and been part of the winning 4x100m relay team for St Michael's Meadowbank. At MacKillop in the High Jump Owen equaled his PB when he cleared 1.35m for 11th place. In long jump Owen placed 10th with a 4.44m leap.



Owen with Senior Age Champion inner west medal backing up his Junior age champion medal from 2017.

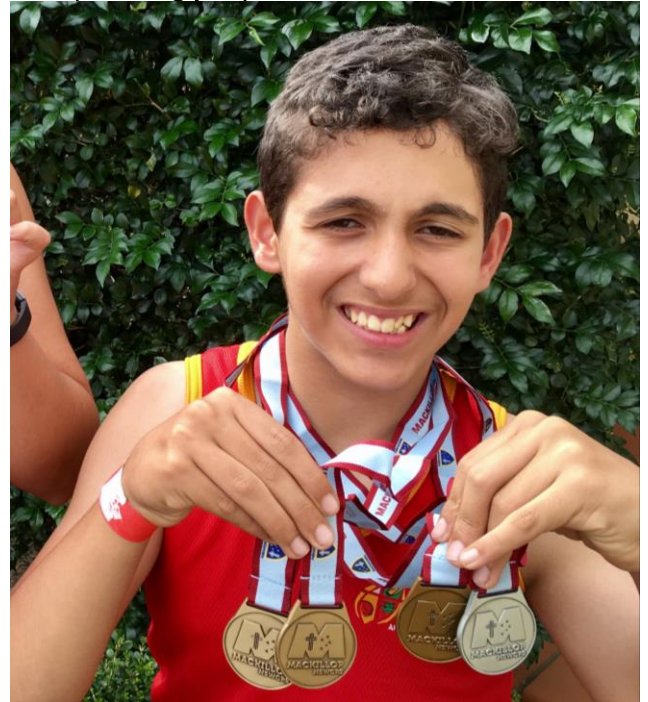
Isabella Barbara (at right) had a great day of competition that saw her secure two medals and two spots at the NSWPSA Championships on the 6th & 7th November.

In the 12-13yrs shot put Isabella was 3rd with her throw of 8.43m. In the discus Isabella finished with silver and a great throw of 24.37m.

Nathan Barbara was also among the medals. In the 11-13yrs multi-class shot put Nathan threw 4.44m to place first. In the discus Nathan threw a record distance for a F44 athlete of 13.43m to

again take the gold medal. In the long jump Nathan leapt 1.78m to add a silver medal to his collection. Out on the track Nathan recorded a time of 21.53s in the 100m to take home another gold medal. In the 200m at the end of a long day of competition Nathan finished just of the medals when he crossed the line for fourth place in a time of 62.25sec.

Nathan (below) will compete at the NSWPSA Carnival in the multi event class in the discus, shot put, long jump and 100m.



IGSSA Athletics Carnival

The IGSSA Athletics Carnival was held at Homebush on Wednesday evening and on Thursday, 28th and 29th August and we were represented by 11 athletes.

Zoe Warland won her heat of the 17yrs 100m Hurdles event in a time of 14.57secs. In her Hurdles final Zoe was again the winner with her time of 15.22secs. Zoe placed 2nd in her heat of the 17yrs 200m event in a time of 27.21 secs. In her 200m final Zoe was again 2nd in 26.53 secs. In the 17yrs Long jump Zoe claimed 2nd place with her leap of 5.60 metres.

Arabella Price placed 4th in her heat of the 15yrs Girls 800m event in a time of 2 mins 27.03 secs. In her 800m final Arabella claimed 5th place with her time of 2 mins 27.23 secs.

Amelie Sun (running as a 16 year old) won her heat of the 16yrs Girls 800m in a time of 2 mins 24.74 secs. In her 800m final Amelie placed 5th with her time of 2 mins 27.90secs. Amelie filled 4th place in the Intermediate Girls 1500m in 4 mins 48.41 secs. In the timed final of the Intermediate Girls 400m event Amelie claimed 3rd place with her time of 60.93 secs.

Elli Barron (running up 2 age groups) finished in 4th place in her heat of the 16 yrs 800m with her time of 2 mins 31.01 secs. In her 800m final Elli filled 7th place in a time of 2 mins 33.65 secs.

Sophie Gocher won her heat of the 18yrs Girls 800m in a time of 2mins 26.08s. In the 800m final Sophie claimed 2nd place with her time of 2 mins 19.47s. In her timed final of the Senior Girls 400m event Sophie claimed 6th place with her time of 62.45secs.

Ruby Worrell won her heat of the 13yrs Girls 200m in a time of 26.71 secs. In her 200m final Ruby claimed 2nd place with her time of 26.36 secs. Ruby won the timed final of the Intermediate Girls 400m event with her time of 60.46 secs.

Eliza Da Silva finished 4th in her heat of the 15yrs Girls 200m in a time of 27.66secs. In her 200m final Eliza placed 9th with her time of 28.10 secs. Eliza finished in 4th place in her 100m heat in a time of 13.62 secs. In her 100m final Eliza placed 4th with her time of 13.40 secs.

Sophie Kavanagh finished in 6th place in her heat of the 15yrs Girls 200m with her time of 28.50 secs. In the Intermediate Girls High Jump Sophie claimed 3rd place with her leap of 1.55m. Sophie won the Intermediate Javelin with her throw of 32.24m. In the 15yrs Long Jump Sophie filled 4th place with her leap of 4.76m.

Charlotte Ryan was 5th in the Senior 1500m with her time of 4 mins 59.28 secs.

Georgia Phillips placed 2nd in the 13yrs Long Jump with her best leap of 4.43 metres.

Zara Warland claimed 5th in the Intermediate Discus with her throw of 29.02m. In the 15yrs Shot Put Zara finished 7th with her effort of 9.30m.

NSWCHSSA Carnival Results

The NSW Combined High Schools Athletics Carnival was held at SOPAC from the 4th to 6th September.

Krishani Coffin placed second in her heat of the 13yrs 90m hurdles in a time of 14.05s to qualify for the finals. In her final Krishani was 8th in 14.83s.

Aliana Moala threw 8.34m to place 14th in the 13yrs short put. In her heat of the 100m Aliana ran 13.41s to qualify for the final. In the final Aliana was 9th in 13.46s. In her heat of the 200m Aliana ran 27.40s to just miss the final by two spots.

Timothy Forster's time of 15.35s in his heat of the 14yrs 100m hurdles was good enough for a final's spot where an even better time of 15.27s saw Timothy just one spot out of the medals when he placed 4th.

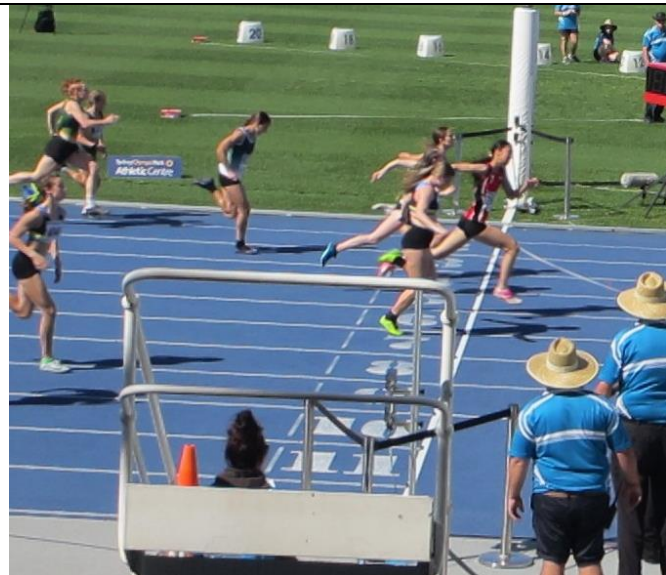
Mikayla Kelleher also competed in the hurdles in the 14yrs 90m event and was 4th in her heat and 8th overall in a time of 15.90s.

Adam Bruntsch ran in the 12-19yrs 2000m steeplechase and finished with 4th spot and a time of 6min 20.49s. In his 800m heat Adam ran a time of 2min 14.33s to place him 11th overall.

Sarah Brown (below right) competed in the 16yrs triple jump and placed 8th with her best jump of 9.85m. Sarah was a member of the successful Riverside Girls 16yrs 4 x 100m along with **Alyssa Lowe** that ran two flawless races to come away clear winners in the final in a time of 50.17s.



As well as anchoring her relay team to gold in the 16yrs 4x100m **Alyssa Lowe** also won gold in the 16yrs triple jump with a best jump of 11.66m. In the 100m Aly (top right) won her heat in 12.37s and collected another gold with a 12.53s run in the final. In the 100m hurdles Aly was the clear winner in 14.32s. In the long jump Aly (below) placed 2nd with a great jump of 5.72m.



Brendan Mannasz (above and below) competed in the 14yrs high jump and just clipped the bar at 1.65m to finish with a final best height and new pb of 1.60m and 9th place.



Jacob Leon ran 3rd in his heat of the 15yrs 800m in a time of 2m 04.39s to qualify for the final. Jacob sliced almost 3 seconds off his time in the final to pick up the silver medal in a time of 2m 01.66s. In the 1500m in a very close finish that saw Jacob charge down the straight and move from 6th to 2nd in the last 200m he ran a time of 4m 22.98s. In the 12-15yrs 3000m Jacob was again the silver medallists with a time of 9min 30.83s.



Above Jacob's three silver medals. Below lunging for the line in the 1500m



Jess Johnson. Representing NSW in netball one week, breaking a Ryde Zone record another

As noted in the last Footprint, **Jessica Johnson** was recently selected in both the NSWPSA Athletics team and Netball team and as both nationals were on at the same time Jess chose to go to National Primary School Netball Championships. There was some really tough competition at Nationals with the NSW team placing 6th overall. Jess thought it was a

fantastic experience.

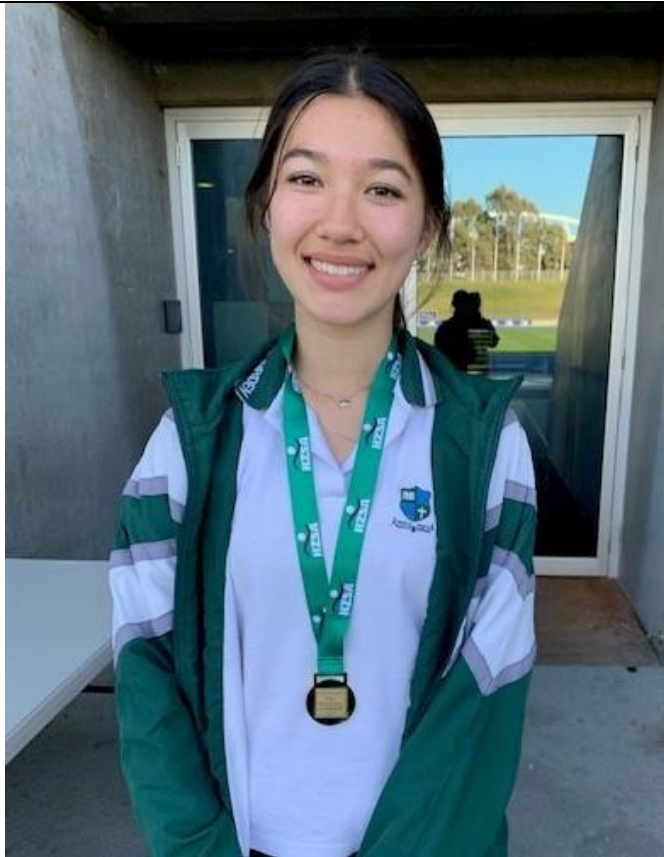


Jess continues her athletic success at the Ryde Primary Zone carnival where she set a new Zone record for 12yrs discus of 31.77m. Jess was also first in shot put (9.39m) and 2nd in high jump (1.30m) and also competed in the long jump, 100m and 200m and was Age Champion. Jess will contest discus, shot put and high jump at the NSWPSA Championships.

Maxine Mannasz, HZSA 16yrs Age Champion

At the recent Hills Zone Sports Association Athletics Trials, **Maxine Mannasz** had a full day competing in 9 events and finished the day as the 16yrs Age Champion.

Maxine competed in the 100m (14.78s 5th), 200m (30.62s 4th), 400m (74.71s 5th), 800m (3.40.21s 7th), long jump (3.97m 4th), triple jump (8.92m 4th), shot put (6.68m 9th), discus (16.81m 7th) and javelin (17.72m 3rd).



Above Maxine's busy day saw her compete in nine events & take out Age Champion.

NSW Combined Catholic Colleges Athletics Championships

The NSWCCC Athletics Championships were held at SOPAC on Friday 21st and Ryde was represented by 8 athletes.

Ruby Worrell competing in her first CCC Championships had a great day and finished just a fraction off setting a new CCC record in the 400m.

Ruby has stepped up to the 400m this season with great success securing the gold in the 13yrs 400m with a time of 59.79s, just 0.01s off the record.



Ruby also picked up a bronze medal in the 200m when she ran a time of 26.05s to place third.

Caitlin Waldron (below) was very happy to pull out a big throw of 10.68m in the 14yrs shot put to place third. In the discus Caitlin's best throw of the day was 27.20m which placed her 5th.





A big smile from Eliza for a gold and silver at NSWCCC.

Eliza Da Silva (above & below) was in brilliant form when she smashed her personal best times in both the 100m and 200m for two podium appearances.

In the 15yrs 100m Eliza dipped out on gold by just .05s when she crossed the line for silver in 12.67s. In the 200m Eliza was again second across the line in a time of 26.38s. A great start to the new season for Eliza.



| NSW CCC 2019 | | | |
|---|--------------------|------|---------|
| Boys 15 800 m | | | |
| Complete Results Finals | | | |
| 1 | Thornhill, Will | SBWF | 2:07.08 |
| 2 | Baker, Jack | SMCS | 2:09.65 |
| 3 | Green, Ryan | SBRO | 2:09.65 |
| 4 | Ciscato, Blake | SMCS | 2:11.89 |
| 5 | Edwards, Jonah | SMCC | 2:12.42 |
| 6 | Stanfield, Lachlan | SMCC | 2:15.75 |
| 7 | Tutt, Joel | SCBS | 2:17.28 |
| 8 | Talbot-Smith, Josh | SSOU | 2:19.01 |
| 9 | Galvin, Matthew | SWOL | 2:19.17 |
| 10 | Ward, Alfie | SWOL | 2:19.30 |
| 30% off Mizuno.com.au with code: RUNS19 | | | |

Jack Baker (below) was another Ryde athlete performing at his best. In the 15yrs 800m Jack took a massive six seconds off his pb when he crossed the line in 2m 09.65s for silver in a photo finish. As you'll see from the scoreboard above it was a very close race with the third place athlete given the same time as Jack.



Oliver Smith competed in the 13yrs 1500m and ran a time of 4min 52.03s to cross the line in 5th place.

Lily Tomlinson finished just out of the medals when she placed 4th in the 16yrs 1500m in a time of 5m 12.94s.

Jeremy Plummer competed in the 12-14yrs 1500m walk and was also just outside the medals with a fourth place and a time of 8m 14.78s

In a switch from middle distance, **Anastasia Lakic** competed in the 15yrs 90m hurdles and placed 6th in a time of 17.79s.

THE NSW COMBINED INDEPENDENT SCHOOLS CHAMPIONSHIPS

The NSW CIS Championships were held on Tuesday 24 September at SOPAC and Ryde Seniors was represented by 6 athletes.

Arabella Price (below) ran 5m 24.21s in the 15yrs 1500m to come home with the bronze medal.

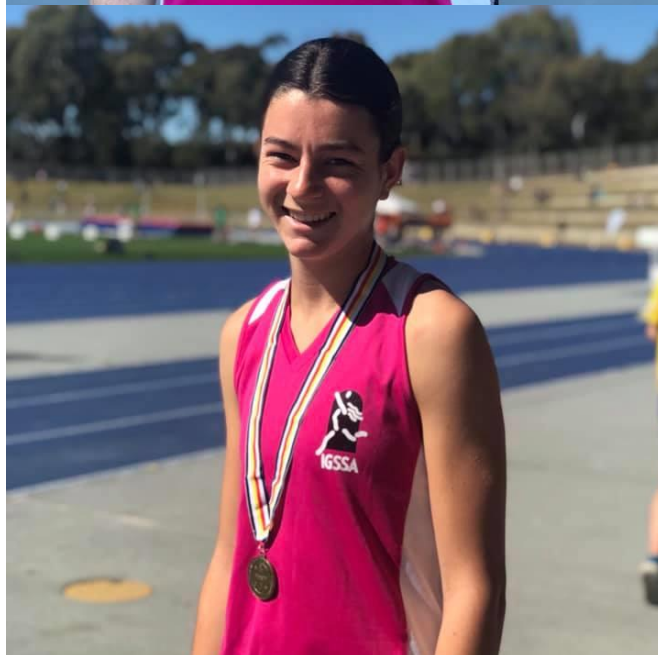


Zoe Warland (top right) had a great meet winning both the 17yrs 100m hurdles in a time of 15.07s and the long jump with her best jump of 5.43m.

Sophie Kavanagh (bottom right) was the clear winner in the 15yrs high jump when she jumped 1.53m. In the javelin Sophie continues to show great improvement and placed just out of the medals in 4th with an excellent personal best throw of 33.78m.

Amelie Sun shows she's as good over sprint distances as middle distance when she finished the meet with two bronze medals.

Amelie ran 60.75s in the 15yrs 400m and in the 15-16yrs 3000m finished in 10m 47.21s.



Joe Harvey placed 6th in the boys 13yrs 200m. In the 400m Joe picked up the bronze in a time of 57.68s. Joe was the winner of the 13 yrs boy's 800m by 3 seconds in an excellent time of 3m 12.85s.

The NSW All Schools

The NSW All Schools Athletics Championships was held at SOPAC from 26th to 29th September and Ryde Seniors were represented by 29 athletes.

First out for Ryde and both making their All Schools debut were **Aidan Mannasz** and **Rory Davison** in the 14yrs Boys Triple Jump.

Aidan improved on every one of his three jumps to finish just out of the final in 9th place with a best third round jump of 11.10m.

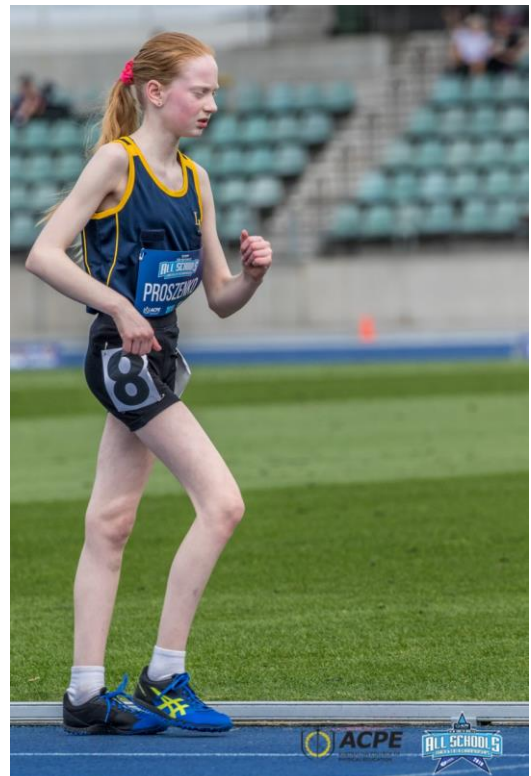
Rory's (below) third jump of 11.45m scored him a spot in the final and with a final huge jump of 12.14m he leapfrogged up two spots to finish with the bronze medal.



Out at the Pole Vault **Mia Marshall** (below) was competing in the 13yrs event and came out on top when she cleared 2.10m, 30cm clear of her closest competitor, and secured a spot on the NSW team for the Australian All Schools Championships.



Lucy Prosenko (below) was our first competitor out on the track and placed 6th in the girls 13yrs 3000m walk in a time of 21m 37.01s



Aidan Mannasz competed in the Boys 200m hurdles heats and placed 4th in his heat in a time of 29.96s. This time was the 9th fastest and secured Aidan a spot in the finals. Unfortunately Aidan hadn't realised he made the final and missed running in it.

Caitlin Waldron was our first throw's athlete of the carnival and placed 6th in the 14 years hammer throw with her second round best throw of 22.83m.



In the heats of the Boys 13yrs 800m we had two competitors. **Joe Harvey** (below) ran in the second heat and finished with the second fastest time of all runners when he crossed the line in 2m 12.82s.



Above Oliver and Below Jack

Oliver Smith ran in the final heat and finished in a 6th place in a time of 2m 21.65s. to place 15th overall in a large field of 29 competitors.

Jack Baker was our representative in the 15yrs boys 800m. He finished in 10th place in his heat in a time of 2m 18.94s.



Jack leads the group through the bell on the first lap



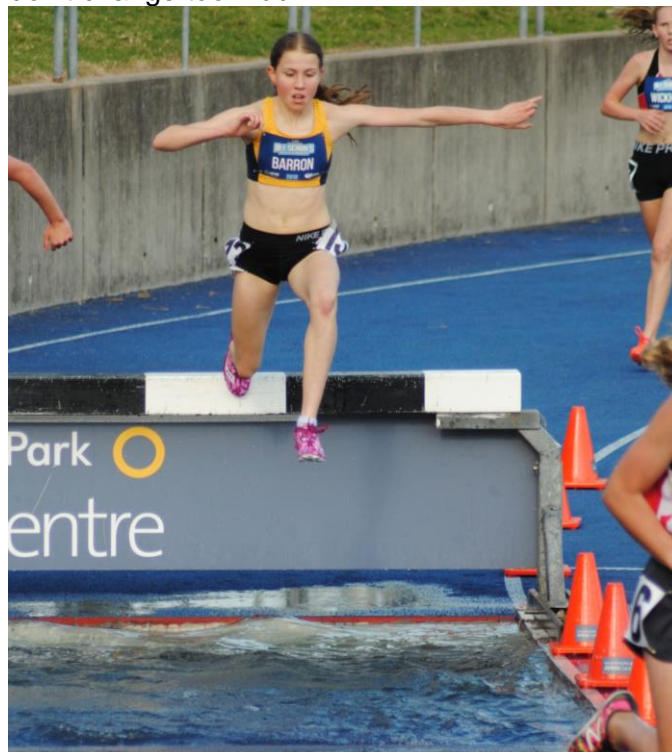
Alyssa Lowe was out for her first of four events, the 16yrs girls Triple Jump. Aly produced the most consistent set of jumps of all the girls with three of the four best jumps of the competition. Aly finished with the silver and a ticket to Perth for the Australian All Schools Championships with her best jump of 11.43m just 9cm off gold.



Back on the track we had five competitors in the Steeplechase and first off in a combined 14yrs and 15yrs Girls 2000m Steeplechase was **Arabella Price and Elli Barron**. Arabella competed in the 15yrs and ran a good race to comfortably cross the line in 7m 46.99s to take home the silver and become Ryde's third qualifier for the Australian All Schools.



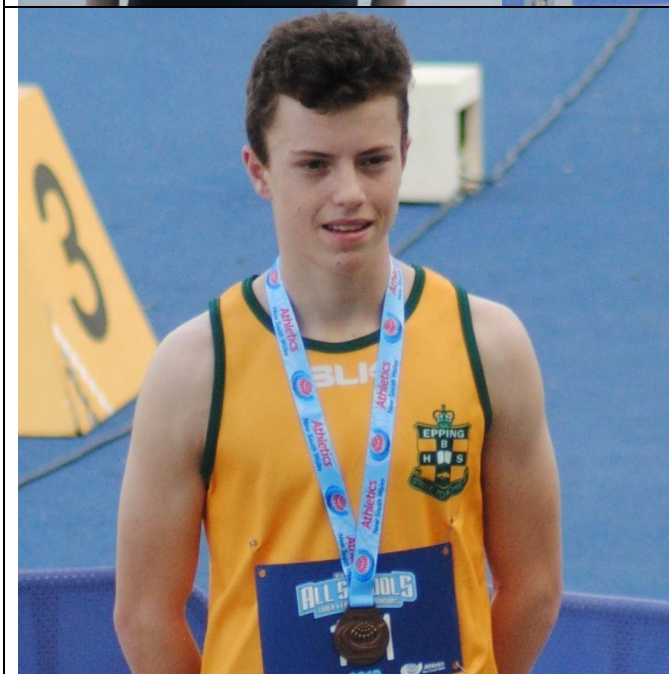
Elli Barron (below) was competing in her first steeplechase and ran a great race to finish well under the 2018/19 national qualifying times for U16's. Elli finished in 8th spot in the 14yrs event with a time of 7m 55.96s. Elli will be keeping her fingers crossed that the 2019/20 qualifying times don't change too much!



In the 15yrs Boys 2000m Steeplechase Ryde had **Adam Bruntsch and Ashton Hannah** competing. Adam settled into the front of the pack early on and stuck there finishing with the bronze medal in a time of 6min 34.06s . Ashton finished in 7th place in a time of 7min 10.79s.



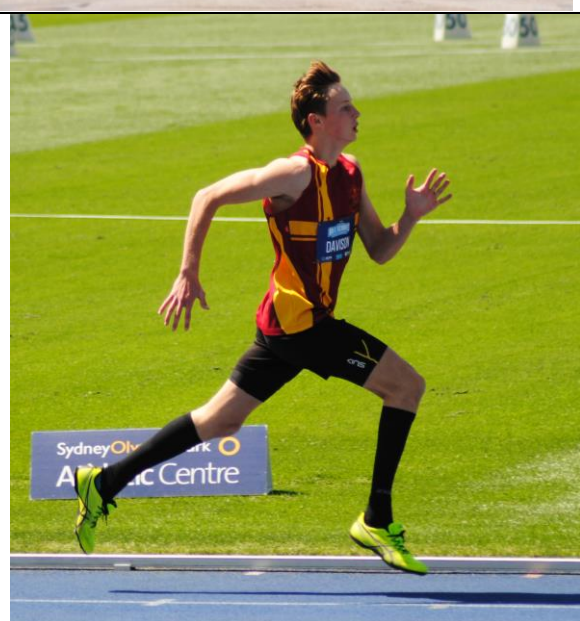
Georgia Phillips below, competed in the 13yrs Triple Jump. Georgia's best jump was 9.04m and Georgia finished in 14th place.



On day two it was time for our 200m sprinters to take to the track. **Annabel MacDonald** and **Ruby Worrell** were competing in the heats of the 13yrs 200m. Annabel finished 9th in her heat in a time of 28.97s. Ruby ran close to her pb time when she ran 26.09s to finish 2nd in her heat and qualify for the final. In her first NSW All Schools final, Ruby placed 5th in a time of 26.14s, and was .10s under the 2018/19 qualifying times.

Rory Davison (right) competed in the 14yrs boys 200m and finished 7th in his heat in a time of 26.06s.

Eliza Da Silva and **Adria McAndrew** ran in the heats of the 15yrs 200m. Adria placed 8th in her heat in a time of 29.89s. At NSWCCC Eliza had run a pb of 26.38s. Here in her heat of the 200m Eliza was first across the line and an automatic qualifier for the final in a time of 26.01s. In the final Eliza fired off another personal best time this time running 25.87s to place 6th. This run puts Eliza within .03s of a national qualifier. A really great start to the season.





Above Annabel, Eliza and Ruby. Below Adria and Sophie clearing 1.60m in the High Jump . Bottom right Caitlin at shot put



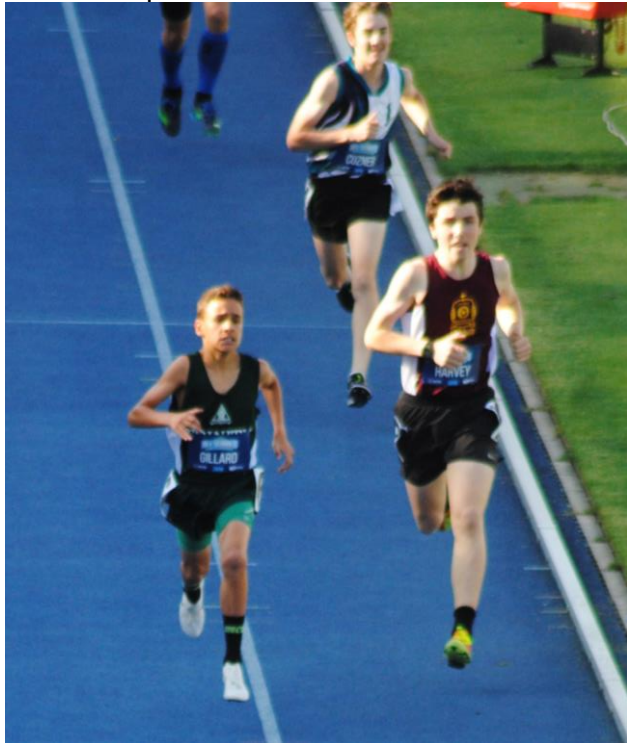
Sophie Kavanagh was having a busy morning out in field events. Sophie competed first in the 15yrs High Jump and cleared 1.60m and was unlucky to finish out of the medals in a count back to 4th place. Sophie also competed in the 15yrs Javelin and made the final there placing 6th overall with her third round best throw of 32.73m

Caitlin Waldron (at right) was competing in a big field of 17 in the 14yrs shot put. Caitlin improved on each throw and finished in 10th spot with her third round throw of 10.73m.

Rory Davison was also competing in the shot put and threw 9.91m to place 14th in the Boys 14 yrs event.



Joe Harvey (below) was our only finalist in the 800m events. Joe featured in a great tussle with another runner for the last 200m and in the straight they were side by side with the other boy just getting over the line in front of Joe. Joe won his Silver with a time of 2m 10.16 and booked himself a spot on his first All Schools NSW team.



Our next competitors were **Rory Davison** and **Aidan Mannasz** at the 14yrs Boys high jump. In a big field both boys managed a clearance of 1.55m for Rory to place 13th and Aidan 15th.



Above Rory clearing 1.55m and Aidan at the same height below



Late afternoon was time for the 3000m to start.

Georgia Phillips was running up an age in a giant field of 23 girls in the 14yrs 3000m. Georgia finished in 20th with a time of 12m 14.89s.

Georgia Arcus was brushing away the cob webs after being overseas for a couple of weeks but still managed a good 7th spot in the 15yrs 3000m finishing in 11m 43.40s. New Ryde member **Lily Tomlinson** was 6th in the 16yrs event in a time of 11m 07.17s.

It was time for our 15yr boys, **Jacob Leon** and **Ashton Hanna**, to run in one of the final events of the night. Ashton was close to a pb when he placed 12th in



Above Georgia, Georgia and Lily all ran in the 3000m event. Below Jacob and Ashton in action and Jacob on the podium.

10m 04.22s. Jacob ran with the front pack of two for the first 2200m but eased back a bit over the final 800m to finish with the bronze in a good time of 9m 06.66s.

Our final competitor of the night was **Julia Kelland** in what would bring to an end of more than a decade of Kelland's competing at NSW All Schools. Julia finished with a bronze in the 19yrs javelin with her second round best throw of 26.66m



Oliver Smith was our first competitor out on Saturday competing in the heats of the boys 1500m. Oliver ran well to place 4th in his heat and secure a final's spot in a time of 4m 42.20s. **Georgia Arcus, Arabella Price and Amelie Sun** were next up in the straight final of the 15yrs 1500m. Georgia finished with the best result when she placed 8th in 5m 02.39s. Amelie wasn't far behind in 12th spot in a time of 5m.09.35s

and Arabella filled 14th spot in 5m 19.53s

In the 15yrs boys 1500m qualifying heats we had 4 boys representing us. **Jacob Leon** won the first heat and was the fastest qualifier in a time of 4m 20.74s. **Ashton Hanna** was 14th in his heat in a time of 4m 48.09s and **Jack Baker** was 15th in his heat in a time of 4m 56.78s. **Adam Bruntsch** scored himself a finals berth when he placed 7th in the second heat in 4m 28.24s.

Below a podium finish for Julia in the 19yrs javelin



Our 100m sprinters **Ruby Worrell** and **Alyssa Lowe** were up next. Ruby was one of 43 competitors in the 13yrs event and ran 13.07s to finish third in the second heat and 11th overall to be just .0.01s off a final spot.

Aly was second in her heat and second fastest qualifier in 12.63s in the 16yrs event. In the final Aly ran 12.81s to place 6th in NSW.

Caitlin Waldron was competing in her third throws event of the carnival this time the 14yrs discus. Caitlin's best throw was in round three a distance of 24.71m for 17th spot.

In the 15yrs long jump **Sophie Kavanagh** got a good jump of 4.88m out to claim 8th spot and make her third final of the carnival. **Adria McAndrew** jumped 4.57m to claim 12th spot.

Rory Davison just missed the final of the Boys 14yrs long jump when he finished 9th with a best

jump of 5.41m.

The 400m heats saw two of our athletes secure finals spot. **Ruby Worrell** maintained her 400m unbeaten race streak when she finished 1st in the second heat in a time of 61.26s. **Joe Harvey** who was backing up from silver in the 800m the day before, ran 57.23s to place second in his heat. **Anastasia Lakic** ran in the 15yr heats of the 400m and was 8th in her heat in 68.05s.

Ryde had two of our talented long jumpers out on late Saturday evening and both had good results.

Zoe Warland was just 2cm off a medal when her best jump of the night of 5.49m secured her 4th place.

Alyssa Lowe (below) fell just short of her recent personal best of 6.01m but she still won the 16yrs girls long jump by 14cm and secured her second event for nationals with an excellent best jump of 5.95m.



Sunday morning brought out the short hurdles and we had some great athletes ready to go.

Timothy Forster qualified for the final of the Boys 14yrs 100m hurdles when he place 5th in his heat in a time of 15.57s. In the final Tim did well to maintain his rhythm when the runner beside him hit the hurdle up in the air. Timothy placed 8th in 15.72s.

Alyssa Lowe (below) was out for her fourth and final event, the 16yrs 100m Hurdles. In the heats Aly was the fastest qualifier by .26s when she ran 14.45s to secure her final's spot. In the finals Aly ran 14.37s to secure the silver medal and her third event for the Australian All Schools Championships in Perth.



Anastasia Lakic competed in the girls 15yrs 90m hurdles and ran a time of 18.03s to finish 7th in her heat.

William Tye also lined up for the hurdles competing in the 13yrs boys 80m event. William placed 7th in his heat in a time of 16.26s.

Zoe Warland competed in the straight final for the girls 17yrs 100m hurdles and ran a terrific race to take gold in a personal best time of 14.23s. Over the last few hurdles Zoe fought off a challenge from another runner to outspurt her to the line to secure herself a spot on the NSW team for the Australian All Schools.

Oliver Smith was out next for the finals of the boys 13yrs 1500m. Oliver ran well to finish 11th in a time of 4m 47.01s.

Georgia Phillips managed to improve on each of her jumps in the big field of the 13yrs girls long jump. Georgia's third and final jump of 4.47m secured her 15th place.

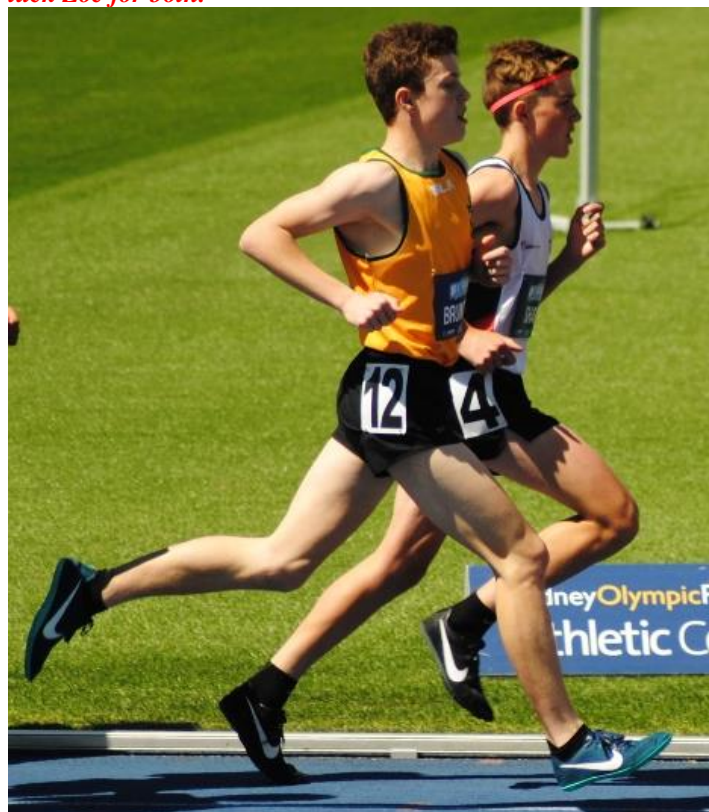
Jacob Leon and **Adam Bruntsch** ran in the finals of the boys 15yrs 1500m and both had great runs. **Adam** (right) did a 6 second personal best time to finish 10th in 4m 20.85s.

Jacob again ran with the front bunch and put on a fast final lap to pick up his second bronze of

the weekend in a time of 4m 10.19s.



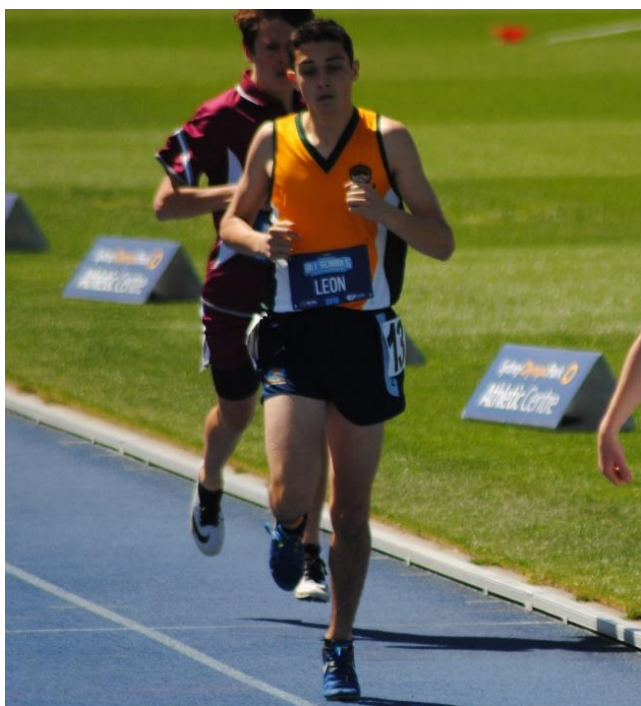
Zoe is off to the Australian All Schools but first the HSC. Good luck Zoe for both.



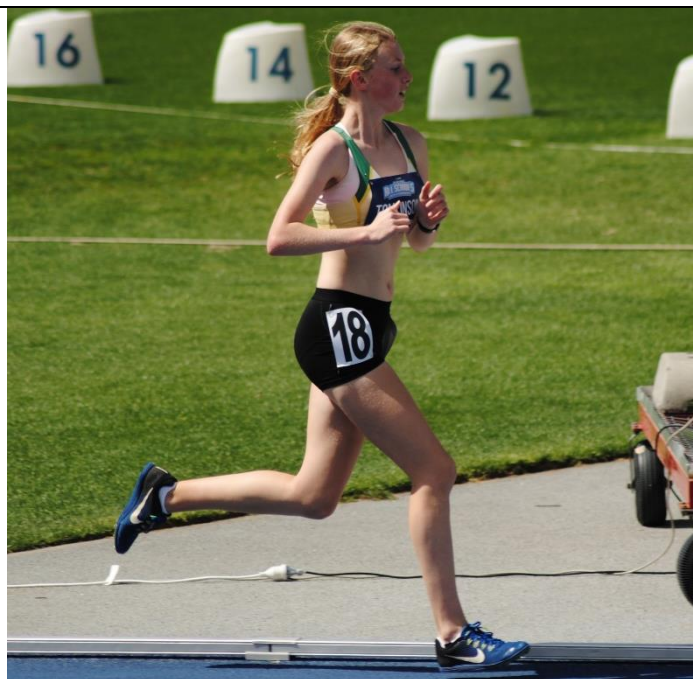
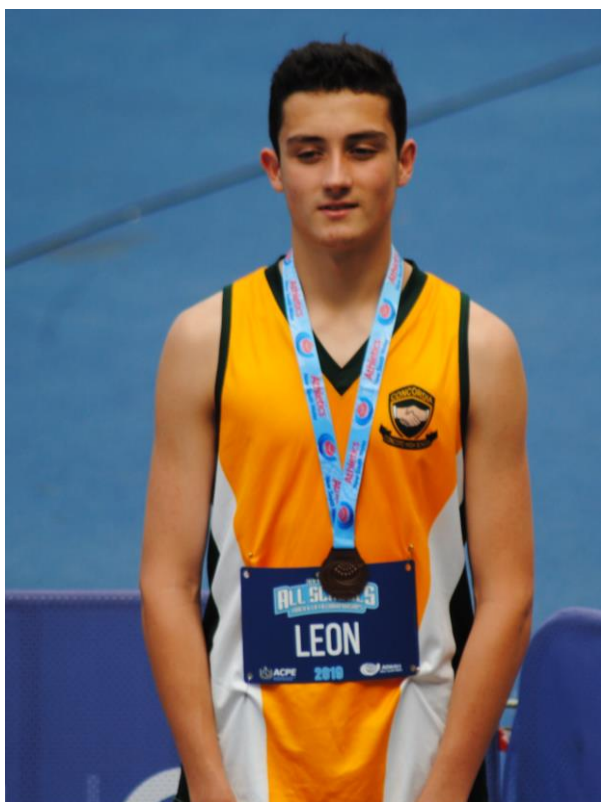
Lily Tomlinson improved on her time from the previous week at CCC when she ran in the 16yrs 1500m. Lily came home in a time of 5m 05.93s to take 10th place.

Sophie Gocher, like Zoe, is balancing athletics with HSC studies and ran in the 19yrs girls 1500m. The girls ran with the 19yr boys in this event and Sophie certainly put the pressure on two of the male competitors when she sat on their tail for the first three laps. Sophie was the first of the girls across the line in an excellent time of 4m 46.78s nearly 20secs in front

of her nearest rival. We wish Sophie good luck for the HSC too.



Above and below Jacob had another good carnival. Top right Lily at the 1500m. Middle and bottom right Sophie wins gold in the 19yrs 1500m.



Our final competitors were **Joe Harvey** and **Ruby Worrell** in the 13yr 400m finals.



Joe went out hard and lead by the first 100m but was caught by a few of the runners up the back straight and looked out of the medals as they ran the bend. Joe kicked up a gear as they came into the straight and quickly moved into third spot which he maintained across the line, giving him his second medal of the meet in a new pb time of 55.63s.

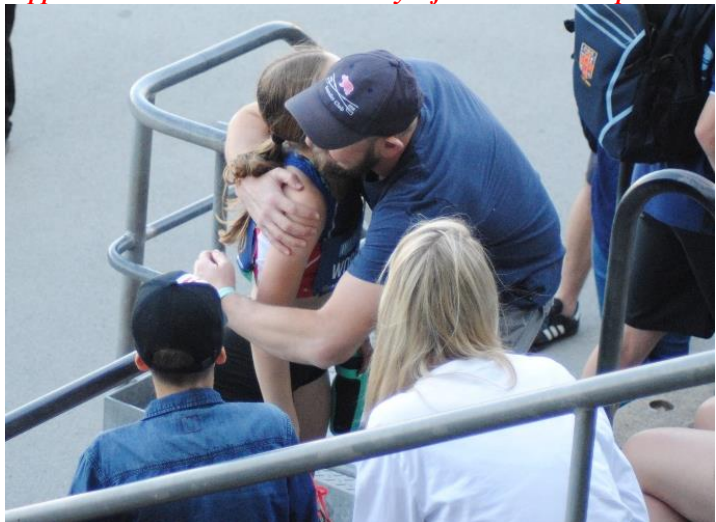


Our last competitor was **Ruby Worrell** who had already had a couple of great runs in the 100m and 200m events. In a terrific race that saw the All Schools record broken Ruby also took off very fast and as she ran down the final straight held

off all other challenges to also take home the bronze in a personal best time of 58.98s and win her first NSW All Schools medal.



Above Ruby flew out of the blocks. Below a congratulatory hug from Dad. Thank you to all our parents who came out and supported our athletes. Bottom Ruby's first All Schools podium



Want More competition? Then check the Athletics New South Wales website.

Most weekends Athletics NSW will offer some form of competition around Sydney. If you want to keep competing then check their calendar on the [ANSW website](#) and sign up for more competitions. For those of you new to seniors, the track events are usually run on a seed basis so athletes get to run against other athletes of like ability, regardless of age. Most meets require you to register in advance on line so add ANSW to your favorites list and check in regularly to see where and when you can compete.

ANSW State Relays

Just to remind you that we will be looking over the next few weeks at team selections for the **ANSW State Relays (23rd-24th November)** which will be held at Campbelltown this year.

If you do wish to be part of a team please ensure that you are a financial member of Ryde Seniors well before that date so we can consider you for our teams. Details on how to do this are on page three of this newsletter.

Well done to Georgia Winkcup at the IAAF World Athletics Championships, Doha

While some of our athletes were competing at the NSW All Schools, former Ryde athlete **Georgia Winkcup** was experiencing a whole new level of competition as part of the Australian team at the IAAF World Championships.

Georgia first took up Steeplechase under the tutelage of our own Ross Forster.

Georgia competed on the first night of the Championships in the qualifying rounds of the Women's 3000m steeplechase. Georgia was 13th in her heat and ran a time of 9m 50.31s.

We congratulate Georgia on her results and am sure there will be more to come as she steps up to this elite level of competition.



Ryde Senior Division Club Championships Sunday 3rd November Dunbar Park.



On Sunday the 3rd November the Senior's Division of the Ryde Athletics Centre will be holding Part 1 of the Centre Championships at Dunbar Park and all athletes registered as a Senior with Ryde athletics are invited to participate. Come along and have a crack at the Senior records or try the hammer throw, if you are game!

Events to be run are the hammer throw, discus, high jump, long jump, 1500m, 100m and 400m

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 Simon Bergfield on 0413 845 149 or email iberqfield@hotmail.com.



Please note we have no "hill sitters" at Senior's Day. As we are usually only a small group, all parents are required to move around with the group and help out at events. You come, you help!