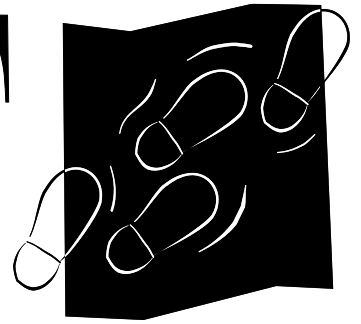




FOOTPRINT



Senior Div Nationals Apr 2019 Edition

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

Well done to all our athletes at the Australian Athletics Championships.

Ryde fielded its smallest team for a few seasons but what we lacked in numbers they made up for in performances. Our medal count ended with two silver medals, both to **Alyssa Lowe** and a bronze to **Sophie Gocher**. We did however have athletes running personal bests, top ten placings and lots posting results that should see them qualifying for nationals next season.

Below our squad for 2019 Australian Athletics Championships.

Back row Samuel Galati (U18 triple jump) Zoe Warland (U18 100m hurdles and long jump) Jacob Leon (U16 1500m and 800m) Ross Forster Alyssa Lowe (U17 long and triple jump & 100m hurdles) Adam Bruntsch (U16 2000m Steeplechase) Front row Arabella Price (U16 2000m Steeplechase) Georgia Arcus (U16 800m, 3000m) Timothy Forster U15 (100m hurdles) Sophie Gocher (U20 3000m steeplechase) Ruby Worrell (U14 100m & 200m) Absent Amelie Sun (U16 800m, 1500m, 3000m) Sam Brown (U20 800m)



The Australian Athletics Championships

The Australian Athletics Championships were held at SOPAC from the 1st to the 7th April and Ryde was represented by 12 athletes.

On the first afternoon we had two of our talented middle distance runners, **Amelie Sun** and **Jacob Leon** out in the straight finals of the U16 1500m in fields of around 20 athletes.

Amelie's nationals last year was hampered by illness but not this year as she took on all three middle distance events. In her first run out Amelie sat in the top 10 runners for nearly all the race, finishing in 9th place with a personal best time of 4m 45.75s that is under the current U17 1500m national qualifier.



Jacob was running his first national event and also ran in a large field of 19. After finding himself caught in the pack in the back half of the field Jacob gradually moved himself up to sit at 8th and then 7th for the last two laps a position he crossed the line in a time of 4m 13.32s. A good result for

a first run at nationals.



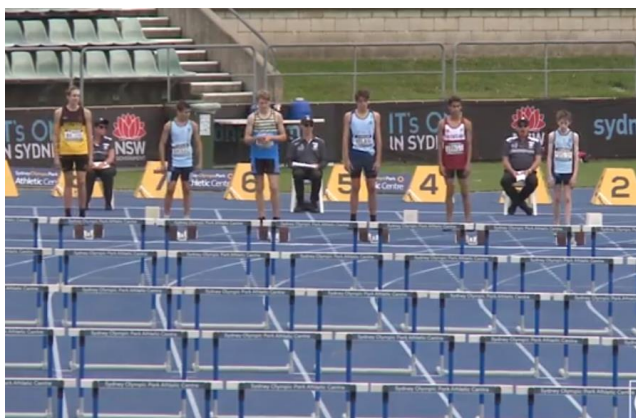
Tuesday morning and **Timothy Forster** (below) was our first athlete out on the track. Cheered along by his proud grandfather, Ross, Tim hurdled a beautiful race to finish in a personal best time of 15.55s, .33sec faster than his time at NSW Juniors. Timothy finished 6th in his heat and 11th overall.



2019 AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS		BOYS 100 METRES HURDLES U15 - PRELIMS	
START LIST			
3	NSW	Timothy FORSTER	
4	QLD	Hayden ERNST	
5	NSW	Max MILANI	
6	ACT	Joshua KALOZI	
7	NSW	Sebastian GHISSO	
8	WA	Jack WATTERS	

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-1:05:32



Above Tim far right ready to go and below over the first hurdle



On Tuesday night, **Georgia Arcus** and **Amelie Sun** were out to run in the U16 women's 3000m. Again running in a field of 21 athletes the girls performed exceedingly well with both finishing with personal best times, well under the U17 qualifying standard.

After a bumpy start that saw her placed 17th at the 600m mark, Amelie slowly worked her way up to near the front pack and by the 1800m mark was sitting in 6th spot. Amelie was able to improve over the final part of the race to finish in 5th spot and as the fastest NSW athlete in a terrific time of 10m 21. 49s, a 4 second personal best time.



Above Georgia & long time coach, Ross Forster.

Georgia too had a great run finishing with a time of 10m 29.44s, a huge personal best time by over 8 seconds. As with Amelie, Georgia too was able to work her way up the positions during the race, passing athletes and moving from 16th place at the 1000m mark to finish as the 2nd place NSW athlete and 10th in Australia.

Wednesday morning and it was again our U16 middle distance runners out on the track.

First on deck was **Jacob Leon** in the first heat of the Men's U16 800m. Jacob ran two very consistent laps clocking each in at around 61.5s to finish 6th in his heat in a time of 2m 03.10s. This time placed Jacob 12th overall.

2019 AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS

MENS 800 METRES U16 - HEAT 1

START LIST

1	SA	Kodi PARKINSON
2	ACT	Jules BACCHUS
3	WA	Riley DIGNEY
4	VIC	James BENTLEY
5	NSW	Jayden GILL
6	NSW	Kane SHIELDS
7	NSW	William CONSTABLE
8	WA	Luke CHAPMAN
9	NSW	Jacob LEON

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Below Jacob , second from left



Next out was **Georgia Arcus** in heat one of the U16 Women's 800m. Georgia caught the commentator completely unaware as no sooner than he'd said Jessica Bird will take the lead, than Georgia whipped past to the front to lead the race by some 4 seconds at the bell. Georgia managed to hold her lead for the first 600m until she was chased down but still finished 4th in her heat in a personal best time of 2m 21.53. It was a great example of not letting others dictate your race plans ! Well done Georgia.

2019 AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS

WOMENS 800 METRES U16 - HEAT 1

START LIST

2	VIC	Sophia HANLON
3	VIC	Kiralee TURVER
4	QLD	Bridget MCCORMACK
5	NSW	Eleanor BARNETT
6	ACT	Lucy HINCKSMAN
7	SA	Molly COOK
8	NSW	Jessica BIRD
9	NSW	Georgia ARCUS

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Below Georgia gets the bell with the field way behind her.



Amelie Sun was out in heat three, the fastest of the three heats. Amelie finished not far off her personal best time in 2m 21.38s to place 6th in her heat.

Amelie placed 14th overall and Georgia 15th. The fact that these girls were able to do such good times the morning after running personal best times in the 3000m shows how talented they both are. Well done on some great performances.

Samantha Brown was next out in the U20 800m heats. This was a shorter distance for Sam who usually runs the 3000m, 1500m or steeplechase and had qualified for all those events as well.

Below Sam second from right ready to go



Sam finished 9th in her heat and 17th overall in a time of 2m 25.00s flat.

Our youngest athlete, **Ruby Worrell**, was next out on the track making her national's debut and lining up against the fastest U14 athletes in Australia.

In big heats with 11 runners in each, Ruby ran in the second heat and charged down the straight to place 7th in her heat in a good time of 13.17s. This placed Ruby 17th overall and was a terrific start.

2019 AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS

WOMENS 100 METRES U14 - HEAT 2

START LIST

8	NSW	Ellen MURPHY
9	NSWsyd	Raphaila IDRIS
10	VIC	Ashleigh CARTY
11	NSW	Ruby WORRELL

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Above Ruby congratulates the heat's winner Alexis Brunt



Above Ruby enjoyed her first time at nationals.

As the afternoon wore on the steeplechase appeared on the track and it was time for our three steeplechase competitors, **Arabella Price, Adam Bruntsch and Sophie Gocher** (pictured at right) to make their appearance.

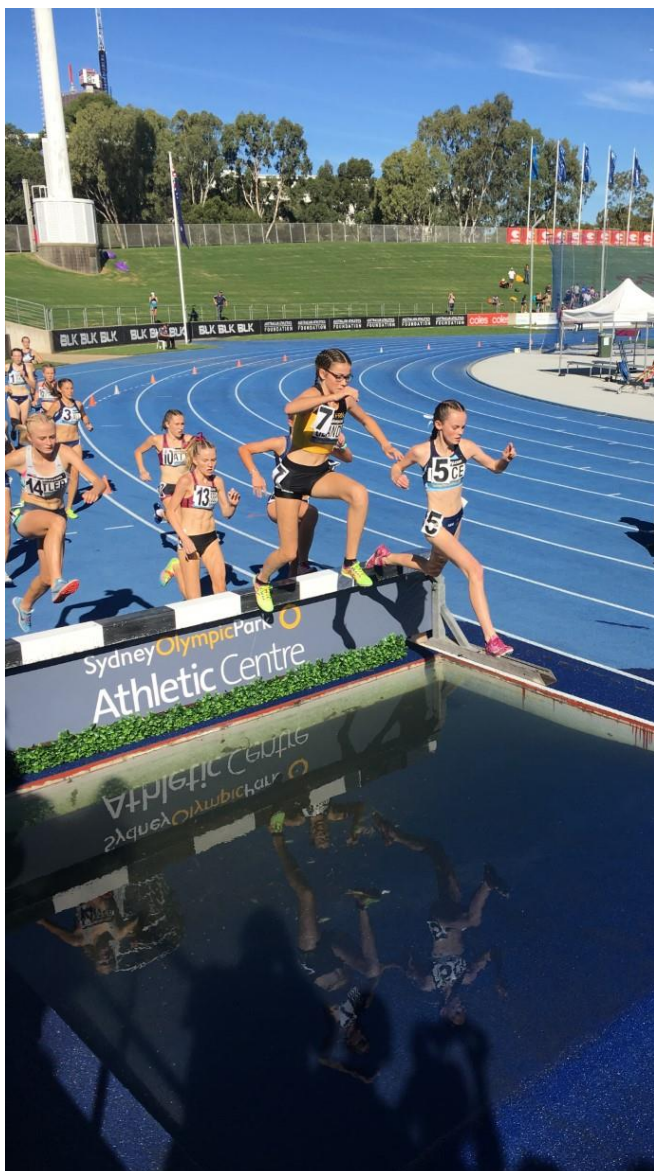
Adam was out first. Illness at the 2018 NSW Juniors saw Adam fail to make the cut for last year's national juniors but this season he had won medals at both the NSW All Schools and NSW Juniors in the Steeplechase and was looking to improve on his times again.

The race took off with 23 starters and wisely Adam headed to the front bunch to avoid the crush at the first water jump.



After moving back to 12th on the 3rd lap Adam gritted his teeth and finished strongly to pick up a few more spots and place 9th in a personal best time of 6m 33.50 nearly 7 seconds faster than his time at 2019 NSW juniors and almost 30 seconds under the current national qualifier for U17 Men's steeplechase.





Above Arabella leads the pack over the water jump

Arabella Price made her national debut in the U16 Women's 2000m steeplechase after a terrific season that has seen her improve across steeplechase by almost half a minute and grow stronger in her other middle distance events.

As with Adam, **Arabella** was out of the start fairly quickly to break away in the field of seventeen, and as the picture below shows, was the first to hit the water jump. Arabella's hurdled the steeples well to end up placing 12th overall on her national debut, a great achievement in a time of 8m 04.84s.

Sophie Gocher was the most experienced of our Steeplechase competitors having competed for at least the past four seasons at nationals in the steeple as well as representing Australia in the Melanesian Championships last year where Sophie placed 4th in the steeplechase.

Sophie ran in the U20 3000m steeplechase and ran a great race to finish in a near personal best time of 11m 30.64s. Sophie sat comfortably in 5th place for most of the race before moving into 4th place with one lap to go. As the second placed athlete was from New Zealand, Sophie secured the bronze medal as the third placed Australian athlete in the field. Sophie became Ryde's first medallist of the Championships.

Below Sophie (No.5) over the water jump



Below Congrats to Sophie bronze in the U20 steeple





Sophie above on her way to bronze.

On Thursday we only had one competitor, **Alyssa Lowe** in her first of three events for the Championships, the U17 Women's Triple Jump.

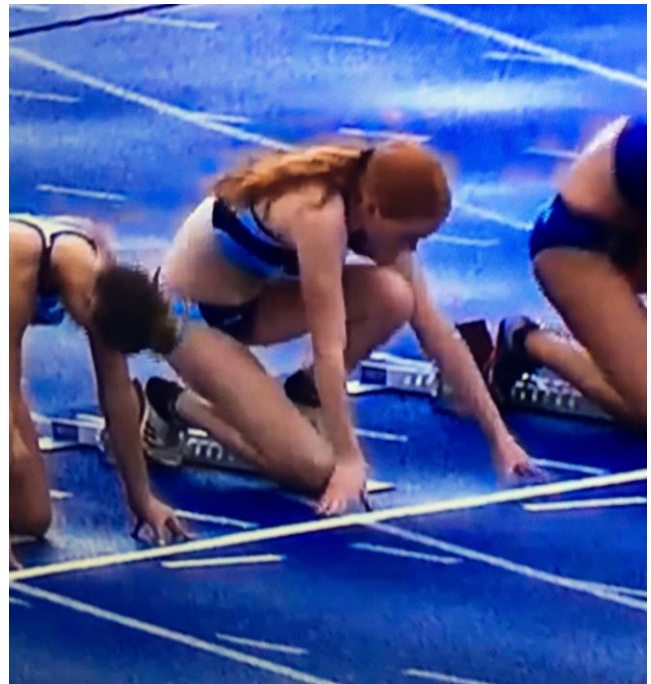
Alyssa put out four very consistent jumps (11.26m, 11.33m, 11.29m, 11.28m) to make the finals and place 8th overall.

Friday saw **Zoe Warland** make her first appearance of the championships competing in her two pet events, the U18 long jump and 100m hurdles.

Due to injury, Zoe missed the first half of the season and really only started competing in late January so to make nationals was a real achievement.

In the first heat of the 100m hurdles Zoe pulled out a personal best time of 14.26s to guarantee her a spot in the final.

In the final Zoe came out fast and remarkably ran exactly the same time as her heat time, 14.26s to place 4th in Australia.



Above Zoe on the start for the U18 Women's 100m hurdle final. Below Zoe with her mate and competitor, Nicolette Donofrio who Zoe has been racing against in hurdles since she was 10. Nicolette finished just in front of Zoe to take the bronze.



Alyssa Lowe was also out on the track, in the U17 100m hurdles. Running in heat one Aly was out fast and ran beautifully over the hurdles to cross the line in first place and secure her final spot with a pb time of 14.45s. Out of the overall field of 20 Aly had run the second fastest time of the heats.



Aly prepares for the final of the U17 100m hurdles

In the final Aly wasn't the quickest out of the blocks but with each hurdle made up distance on the other competitors so that when she crossed the line Aly was second in a photo finish with third by .01s. Aly's time of 14.39s was a new personal best and was Ryde's first silver medal of the championships.



Ruby Worrell was making her second appearance of the championships in her pet event, the 200m.

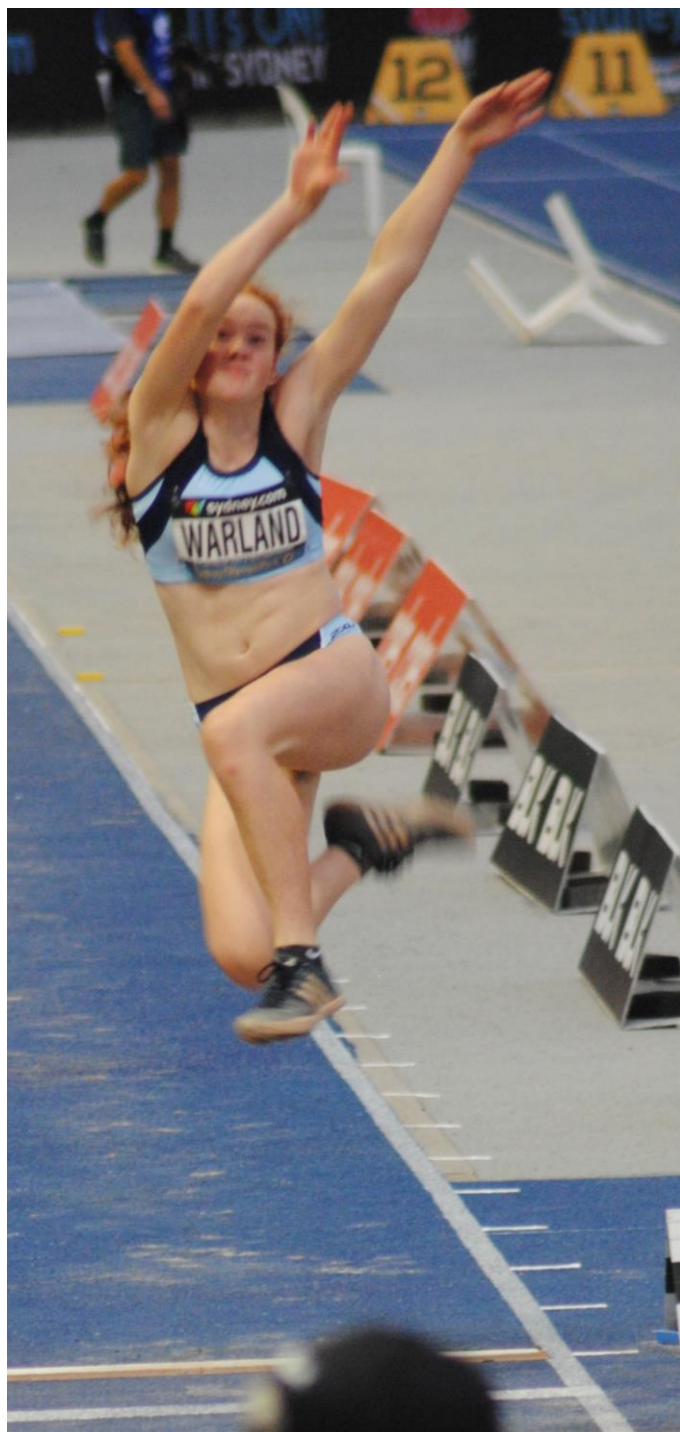
Ruby was in the first of the three heats and running in lane 8 (below).



Ruby ran a terrific race, and it seemed the further she ran the faster she was running, picking up more athletes along the straight until she crossed the line in third place in a good time of 26.86s. Ruby then had a nervous wait as the next two heats were run to see if her time would be good enough to pick up one of the spots for the next best two times across the heats to qualify for the finals. After the second heat Ruby was still in with a final's spot but the final heat proved the fastest of the three and Ruby finished just out of the finals but as the 10th fastest U14 in Australia. A great achievement for her first time at nationals.

Zoe Warland and Alyssa Lowe were out in the field late Friday afternoon, Aly in the U17 Long jump and Zoe in the U18 long jump.

Zoe (below) got off to a good start in a field of 17 jumpers, landing a 5.17m jump with her first jump which would be good enough to take her into the top eight in 8th position and another three jumps.



With those extra three jumps Zoe was able to improve on her position, and with her final best jump of 5.31m move herself into an impressive 6th place.

On the far side of the field **Alyssa** was also competing in a large field of 18 jumpers. Aly's first jump of 5.60m would have been enough to secure her bronze in the event but with her second jump, she jumped into the silver medal spot, A third round best jump of 5.76m put her within 1cm of gold but with a foul in her final jump (her first of the meet!) and a better jump from the leader, Aly remained in second place and secured her second silver medal of the Championships.





Above Aly and Jess Lowe. They make a great team. Below two silvers from three events, a pretty good result. Great work Aly



Below, Amelie Sun had a great championships finishing with two U17 national qualifying times as well as 5th, 9th and 14th spot. That was a busy three days for Amelie. Well done!



Our final competitor for the Championships was **Samuel Galati** who had landed a spot in the U18 Men's triple jump after picking up bronze at the ANSW Junior Championships.

Sam improved on every jump, (11.78m(+1.4) 12.21m(+0.0) 12.24m(+0.0)) and at the end of the third round was placed 10th in Australia with his best jump of 12.24m.

All up it was a great Championships for Ryde with many athletes making strong debuts and many great results. Well done to all of them for their great sportsmanship and determination



Above Sam Galati. Sam was our only male field competitor and placed 10th in the U18 Triple Jump .

Congratulations to all our former Ryde Little & Senior Athletes who were also competing in the Open section of the Australian Athletics Championships

- Georgia Winkcup – Bronze in the Open 3000m Steeplechase
- Ben Cox 5th in the Open Triple Jump
- Cameron Pappas 10th in the Open Triple Jump
- Sachi Kayama 8th in the Open Long Jump
- Maddy Bergfield 10th in the Open Discus
- Harrison Wade 31st in the Open 1500m
- Kate Spencer 17th in the Open 1500m
- Helen Pretorious 39th Open 100m and 29th Open 200m and

In the U20 events ;

- Chloe Davis 8th in the U20 Heptathlon

Also well done to Benjamin Stevens a Ryde Little Athlete but Trinity Senior Athlete who picked up a gold and silver in the U15 shot put and discus. A great result.

Finally a special thank you to Ross Forster. Ross was out there for nearly all the sessions that our athletes were competing in from early morning to late evening. We thank Ross for his great support for our athletes and look forward to reading his full year's report in the Annual Report in May.

Annual General Meeting and Presentation Day Sunday 19th May

The Ryde Athletics Centre AGM and presentation ceremonies for outstanding performances of our Junior and Senior Division Athletes will be held at Ryde Eastwood Leagues Club on Sunday 19th May please come and join us to recognise our athletes achievements over the season. The broad timetable for the afternoon will be:

1:00 p.m. Junior (i.e. Little A) Division Presentation
2:30 AGM and the Senior Division Presentation

We are still looking for someone to join the Committee as Secretary.

If anyone would like to nominate to join our Senior Committee in any capacity please let me know. We only meet at the most 8 times a year rarely run over the hour. So if you are interested let me know.

Ibergfield@hotmail.com

If we do not have a committee it will prove difficult to run the club. We only require a few hours a year, not a big commitment and you will be supported in your role by other committee members. Please consider giving back to the Club as it gives to your children.

ARE YOU READY FOR SOME CROSS COUNTRY?

With nationals track and field tucked away for another year some of our athletes minds turn to running cross country be it school, West Met or events offered through Athletics NSW. There is plenty for all

[West Met](#)

This is a cross-country series in the Sydney Metro area that has been a staple of the Athletics NSW club scene for some years.

Athletes interested in distance running of all ages and irrespective of club membership are welcome to compete in any of the West Met events. The purpose of the events is to cater for regular competitors who use the competition as part of their training for the NSW Championships or the summer track season. New competitors are welcome and social runners are also encouraged to enjoy the sport. Competitors must be registered with an Athletics NSW affiliated club or a Little Aths NSW Centre in order to be covered for personal accident insurance.

*You **don't** have to be an affiliated club member to run your first two races, you can officially run them as a trial to see how much you like the events – we are sure you will be back for a third!*

Athletics NSW

ANSW run the Waratah Run Series over the winter season with plenty for all types of athletes to get involved in. The Waratah Run Series is a rebranded and remodelled set of XC, road races and relays events. These events are for participants of all ages and abilities, and focus on participant enjoyment and on the day entertainment.

Formally, this series is known as the 'Athletics NSW Winter Series,' combining a community based social event with a championship component.

A link to their calendar of events is [here](#).

This coming Weekend is the

ST GEORGE CLASSIC

The St George Classic encompasses a range of events from 2km to 10km distances. The event is held on the beautiful trails of Scarborough Park, Ramsgate.

Furthermore, throughout the day there will be race callers, food and beverage stalls and entertaining music.

The 2019 St George Classic incorporates the 2019 NSW Cross Country Novice Championship as part of the event.

DATE

Saturday 13th April, 2019

VENUE

Scarborough Park - Hawthorne Street, Ramsgate (near the Hawthorne Reserve Tennis Courts)

[\(click here to view a map of the start/finish area location\)](#)

EVENT DISTANCES

2KM (U12 only) | 3KM | 4KM | 7KM (Include Novice Champs) | 10KM (Include Mens Novice Champs)

For further information go to the [ANSW page on this event](#)