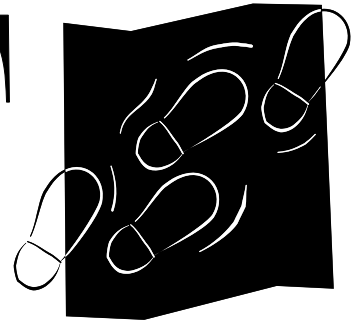




FOOTPRINT



Senior Div Nationals Mar 2018 Edition

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Meet our new Australian Champions - great results at the Australian Junior Athletics Championships

Two of Ryde's best field athletes have come away from the 2018 Australian Junior Athletics Championships as Australian Champions.

Benjamin Stevens threw his way to the Australian U14 discus title on his first throw of 43.20m. Benjamin followed that up the next morning with a bronze in the U14 shot put again with a best first throw of 13.58m.

Alyssa Lowe's approach to winning wasn't quite as straight forward as Benjamin's. Fouls in her first two rounds saw Alyssa under



pressure to nail her third jump and she landed in the sand at 5.48m. Aly competed in a top rate field where only 5cm separated 1st to 4th to come away as the Australian U16 Long jump champion.

Ryde's fourth medal was also in the field on the first day of competition where **Zoe Warland** in the U17 long jump win the bronze with a consistent set of jumps the best of which was 5.37m.

Ryde had 18 athletes compete over the 5 days of competition and there were some great personal best times and distances recorded. Go to page 6 for the start of our report.



Our national qualifying athletes

We recognise and congratulate our athletes who have qualified for the NSW teams to compete at the following Australian Titles in 2018

The Australian Open Championships & Commonwealth Games Trials

Cameron Pappas – Open Triple Jump

The Australian Junior Combined Championships

Chloe Davis - U20 Heptathlon

Portia Amy Wilson – U16 Heptathlon

The Australian Junior Athletics Championships

Eliza Harvey – U18 400m and 800m

Katrina Lyon – U18 400m hurdles

George Davis – U16 3000m Walk

Harrison Wade – U20 5000m and 1500m

Chloe Davis – U20 Javelin

Charlotte Ryan – U18 1500m

Anastasia Lakic – U15 2000m Steeplechase

Alyssa Lowe – U16 200m hurdles, 90m hurdles and long jump,

Benjamin Stevens – U14 discus and shot put

Timothy Forster U14 90m hurdles

Jacob Leon – U15 800m and 3000m

Maya Leverett – U20 long jump

Georgia Arcus U15 3000m

Alana Kavanagh- U16 2000m Steeplechase

Zara Warland – U15 800m

Amelie Sun – U15 800m, 1500m & 3000m

Samantha Brown - U18 2000m Steeplechase, 1500m and 800m

Abbie Lewis – U17 3000m & 2000m

Steeplechase

Sophie Gocher – U18 2000m Steeple, 3000m

Zoe Warland – U17 long jump and 100m hurdles.

Annual General Meeting and Presentation Day Sunday 20th 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 20th

May please come and join us to recognise our athletes achievements over the season. The broad timetable for the afternoon will be:

2:00 p.m. Junior (i.e. Little A) Division Presentation

3:45 p.m. Senior Division Presentation

4:30 Annual General Meeting

If anyone would like to nominate to join our Senior Committee in any capacity please let me know. We only meet about 8 times a year and generally do a lot of chat about athletics! So if you are interested let me know.

lbergfield@hotmail.com

Pictured below are 13 of our national representatives from this year. Back Row Eliza, Katrina, George, Cameron, Ross Forster, Harrison, Chloe, Charlotte. Front Row Anastasia, Alyssa, Benjamin, Timothy, Portia & Georgia.



Ryde's Masters turn on the power at the 2018 ANSW Masters Championships.

The NSW Masters Championships were held at Blacktown Olympic Park the weekend of the 3rd to 4th March and in a relaxed atmosphere of friendly rivalry our Ryde Masters Athletes came home with two gold, six silver and one bronze medal.

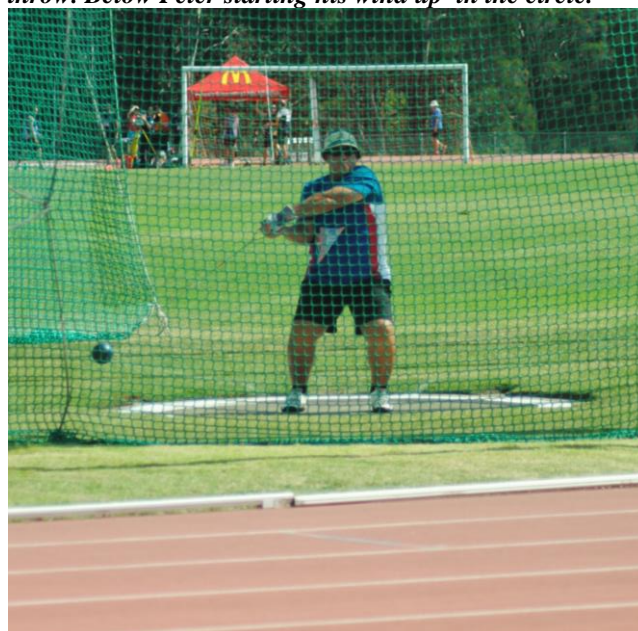
First out on the track was **Adrian Wade** (below) competing in the Men's 45-49yrs 5000m event. In very hot conditions Adrian was shadowed by his competition for the first few laps but Adrian then broke away to claim the gold medal by over half a minute in a time of 16m 33.95s.



At the same time as Adrian was running his twelve and a half laps, **Peter Lang** was out contesting the Men's 55-59yrs hammer throw. Pete finished with the silver medal and a best throw of 59.71m.

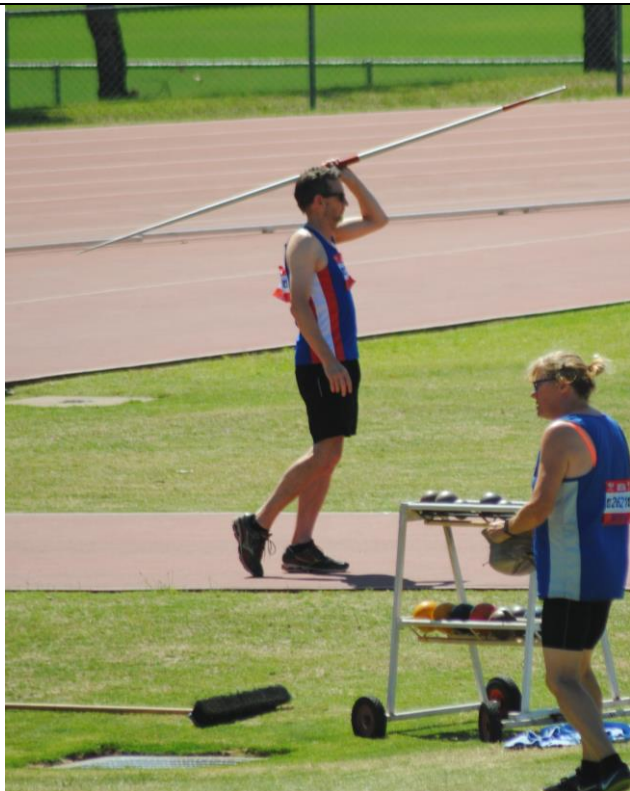


Above Adrian on his way to gold in the 5000m and Peter on his way into the circle to win silver in the hammer throw. Below Peter starting his wind up in the circle.



Simon Bergfield was next out in the Men's 55-59yrs 700g Javelin where Simon placed 5th with a best throw of 25.03m

Having forgone an early start at the hammer throw for a sleep in, **Robert Hanbury Brown** featured in four events over the weekend and consistent throwing in all events saw him come home with four silver medals in the 60-64yrs age group. On the Saturday Robert threw the 9.08kg weight 14.56m to place second. Later that same day he finished second behind team mate **Andrew Atkinson-Howatt** in the 600g javelin throw with a best throw of 37.46m. Andrew's winning throw was 39.13m retaining his State Title from last year.



Above Simon on the runway. Below silver and gold in the 60-64yrs javelin – Robert and Andrew



On Sunday Adrian was back out on the track this time in the 45-49yrs 1500m where he finished with the silver medal in a time of 4m 19.84s.

Robert picked up another silver on Sunday when he placed 2nd in the 60-64yrs 6kg shot put event with a best throw of 10.78m.

Below Robert with silver from the shot put



Our final competitors for the weekend were again our throwing duo this time in the 60-64yrs 1kg discus event. Robert's silver medal winning throw was a distance of 37.09m and Andrew finished just behind with the bronze medal and a best throw of 32.84m. All up a great weekend for our Masters.



Chloe finishes 9th in the Australian Junior Combined Event Championships

The Australian Junior Combined Event Championships were held in Melbourne the weekend of the 2nd-3rd March and after injury prevented **Portia Amy-Wilson** from competing, **Chloe Davis** was our sole representative.

This is the fourth time Chloe has qualified for Nationals multi event and has improved her position 13th to 17th (when a big fall in the hurdles cost her valuable points) to 11th last year and this year she made the top ten when three personal best performances propelled her into 9th position with a total point score of 3869.



Above more shoes than Imelda Marcos! A heptathlete needs an extra case just for all their different competition shoes.



Chloe's individual results and scores were
100m hurdles – 17.57 (534), high jump – 1.43m (544), shot put – 9.26m (481) 200m – 28.31s (607),
Long jump – 4.63m (461), javelin – 37.84m (626)
800m – 2.36.31 (616) total 3869.



Cameron Pappas 8th in Australia in the Men's Open Triple Jump

Cameron Pappas was Ryde's sole representative at the Australian Athletics Championships and Commonwealth Games Trial held on the Gold Coast from the 15th to 18th February in very hot and humid conditions.

This was Cameron's third year in a row in qualifying for the prestigious Australian Opens and Cameron has improved his form and position over the seasons – rising from 16th to 13th and this year 8th place. Cameron squeezed into the finals in the 10th and final spot from the qualifying rounds with a best jump of 14.54m. In the final Cameron remarkably jumped exactly the same distance to improve his overall position in the final to 8th. Well done to Cameron (at right) on a great result.



The Australian Juniors Athletics Championships March 14th to 18th Sydney Olympic Park.



Above Zoe Warland points to the sky and leaps to a bronze medal winning jump of 5.37m in the U17 Women's long jump event . Zoe also finished with a huge pb in the 100m hurdles and place 10th overall.

At the Australian Junior Athletics Championships we were represented by 18 athletes.

Our first athletes out on the track were **Amelie Sun** and **Georgia Arcus** in the U15 3000m. This event was held as a timed final. Amelie Sun who has had a terrific season was down with a very bad head cold and competed in the first heat but was unable to finish. Georgia Arcus placed 5th in the second heat and 15th overall in a time of 10m 58.16sec. If national qualifying times don't change, then Georgia has booked a ticket to the 2019 Nationals!



Above Georgia with her coach Ross Forster

Zoe Warland was next out competing in the U17 women's long jump where Zoe put together an excellent set of consistently good jumps. Zoe nailed a bronze medal with her first jump of 5.35m and then consolidated that position with her following jumps of 5.36m, 5.27m and 5.37m, to place her 2cm clear of fourth.

The last competitors out for Ryde on the first day of competition were **Samantha Brown** and **Sophie Gocher** in the U18 2000m Steeplechase. Sophie ran a terrific race and finished just out of the medals in 4th spot in a personal best time of 7m 12.29s, some 14 seconds faster than her time at ANSW Juniors. Samantha who is contesting three events over the National carnival, finished in 9th place in a time of 7m 39.86s.

Day Two saw **Zoe Warland** out on the track this time to compete in the U17 100m hurdles. Zoe had run a pb at the NSW Juniors of 15.29s a time



Above Zoe on the podium collecting her bronze medal

that she smashed at nationals when she placed 6th in her heat and 10th overall in a time of 14.78s.

Samantha Brown was out for her second event, the U18 800m heats where she was joined by **Eliza Harvey**. Sam finished 10th in her heat and 20th overall in a time of 2m 29.59s. Eliza placed 6th in the second heat in 2m 18.85s placing her 13th overall.

Below Abbie Lewis U17 3000m



Abbie Lewis (below) competed in the U17 3000m and ran a time of 10m 58.42 to place 17th in a very large field.



Chloe Davis (below) competed in stellar field in the U20 javelin. So strong was the field that all three medallists threw World U20 Qualifiers. Chloe placed 10th and threw 37.26m, 38.87m (a PB) and 35.94m. Chloe still has another year to compete in this age group and her pb puts her just 13cm short of a qualifier for next season.



Maya Leverett (below) was competing in the U20 long jump. A back injury had seen Maya take an extended break from jumping and she is slowly getting back into top form this season. Maya also proved to be a model of consistency in her jumps (5.63m, 5.67m, X, 5.54m, 5.67m and 5.63m) and bettered her distance from ANSW Juniors by 17cm. Maya's first jump landed her a final's spot and she finished in 8th place.



Harrison Wade was our final competitor on day two competing in the heats of the U20 1500m. Harrison ran a comfortable 3m 54.11s to finish 5th in his heat and 9th overall to qualify for what was billed to be one of the star events of the carnival – the U20 Men's 1500m Final on Friday.

Day three and **Timothy Forster** was our first competitor out on the track. Timothy improved on the time he ran at NSW Juniors by .28s to run a pb time of 14.62, place 4th in his heat and book himself a final's berth at his first national competiton.



Above three of our four hurdlers Alyssa, Timothy & Katrina. Alyssa placed 10th in the 90m hurdles, Timothy 5th in the 90m hurdles, Katrina 13th in the 400m hurdles and Zoe Warland 10th in the 100m hurdles. This is the most hurdlers we've have at nationals for some years. I'm sure our club patron and former world record holder in the 80m hurdles, Betty Moore will be thrilled to read this!

Alyssa Lowe (below) also improved on the time she ran at the ANSW Juniors when she clocked 13.52s to place 4th in her heat and 10th overall just missing the finals.



Amelie Sun still fighting the effects of ill health competed in the U15 1500m and placed 11th in her heat and 18th overall in a time of 4m 57.68.

MEN 90 METRE HURDLES UNDER 14 FINALS - START LIST		
2	Timothy FORSTER	NSW
3	William RIVERS	WA
4	Joshua KALOZI	ACT
5	Sebastian GHISSO	NSW
6	Baxter KITTERINGHAM	NSW
7	Nathan PHILACTIDES	VIC
8	Julian LEE	NSW
9	Jack CLUTTERBUCK	WA

Timothy Forster (below right) lined up for his first final at nationals in the U14 90m hurdles.



Tim (below nearest to camera) ran a great race, smooth over every hurdle to again improve on the pb he set in the morning heats, this time running 14.40s and placing 5th. Tim had taken .5s off his pb in the course of the day which is a great result.



Harrison Wade (below 5th from left) was back for the final of the U20 1500m race.



Harrison stuck with the front pack sitting in 7th-8th position for the first 1100m but got caught in the pack in the final lap and finished in 12th spot with a time of 4m 00.83s.



Eliza Harvey was back for her second event, the U18 400m heats where she ran from lane two in heat one. Eliza quickly caught up with her

WOMEN 400 METRE RUN UNDER 18 PRELIMS - START LIST		
2	Eliza HARVEY	NSW
3	Stephanie BLECKWEHL	QLD
4	Rose PITTMAN	SA
5	Sophie WICKHAM	NSW
6	Adele SMITH	WA
7	Grace GOLDSWORTHY	VIC
8	Charlotte LINDEMANN	QLD

competitor in lane three but rounding the final bend was still in chase mode. In the straight she overtook another runner to place 4th and nab a final's spot in the event which was held as part of the Sydney

Grand Prix night on Saturday. Eliza ran a personal best time of 57.77s.

Eliza in lane 2 moves into 4th and a final's spot.



George Davis (below in the white cap) competed in the U16 3000m walk event. A surge in his final lap saw George move up to place 5th and wipe a further 17 seconds off the personal best time he walked at NSW Juniors to finish in 16m 31.40s.



It was great to see **Katrina Lyon** (below) back out at nationals again this time contesting the U18 400m hurdles. Katrina ran a time of 72.62s in her heat, over 3 seconds faster than her time at ANSW Juniors and placed 7th in her heat and 13th overall in Australia.



Above Zoe Warland did a huge pb in the U17 100m hurdles

Below left Harrison and Logan Wade meet the current Olympic 1500m Champion Matt Centrowicz at Olympic Park. Matt competed at the Grand Prix in the 1500m and watching him take command of the race in the last 50m was awesome to see.

Below Proud grandfather, Ross Forster with Timothy who placed 5th in Australia in the U14 90m hurdles. .

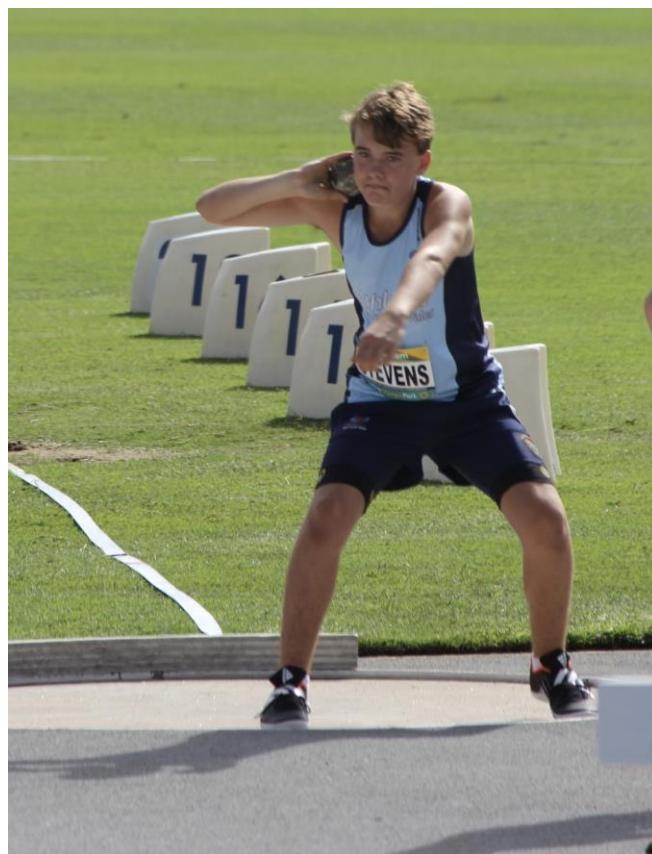


Our final competitor of the night was **Benjamin Stevens** in the U14 Boys discus. In December Benjamin won the Pacific School Games 12yrs discus title and at his first foray into Senior athletics Benjamin picked up the ANSW Juniors 13yrs discus title.

At the ANSW Juniors event Benjamin took the lead with his first throw and that was what he did at nationals as well. A mighty first round throw of 43.20m saw him take and hold the lead throughout the competition. The nearest thrower was 1.18m behind. Ben threw 43.20m, 41.65m, 40.38m and a foul to claim his first Athletics Australia Junior Championships Title.



Benjamin didn't have long to reflect on his win as he was our first athlete back out in the field on Saturday morning in the U14 shot put. In what seems to be Benjamin's way, he pulled out a personal best competition throw of 13.58m in the first round. This throw was good enough to lead the competition for the first two rounds before two other throwers chipped past and Benjamin finished with bronze. This gave Benjamin the same medal double that he won at NSW Juniors albeit with a 1.02m better throw in the shot put and 1.26m better in discus and finishing as the best placed NSW athlete in both fields.



Left Benjamin in the discus circle. Above out for bronze at the shot put. Below a happy Australian Title holder. Well done Benjamin



Two of our talented U15 middle distance squad were out on the track in the middle of Saturday as Sydney temperatures began to soar.

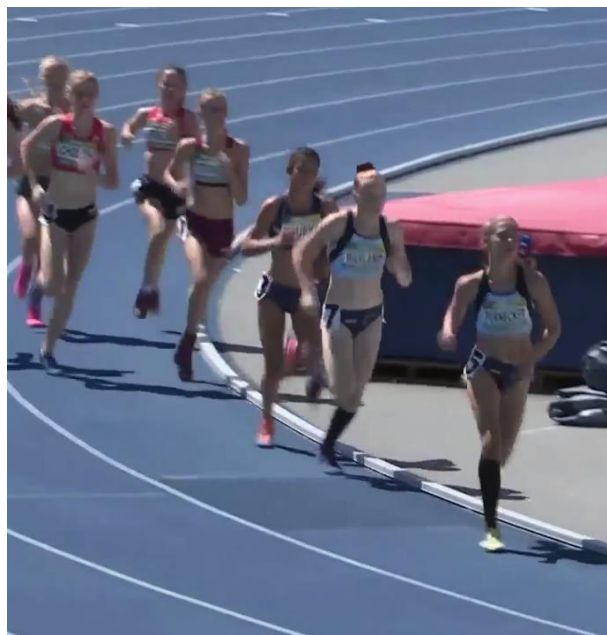


Amelie Sun (above) ran in the first heat of the U15 800m. Amelie ran consistent laps and finished with a personal best time of 2m 21.71 which should give her a ticket to next year's nationals if the qualifying standard stay the same. An outstanding effort all things considered. Amelie finished 8th in the fastest heat and 18th overall.

Amelie gets the bell.



Zara Warland went out hard in the third heat of the U15 800m and was second past the bell going into the final lap. Zara was going to leave nothing on the track but the heat, humidity and fast start hit Zara with about 250m to go and she finished in 6th place and 22nd overall in 2m 26.57s. A gutsy effort.



Above Zara second down the straight on lap one. **Below Zara** gets the bell at 1m 09.14.



Anastasia Lakic (below) was making her national debut after winning the State title at the ANSW Juniors in the U15 2000m steeplechase.



Anastasia had a brave run despite feeling ill during the race, battled on to finish and placed 16th in Australia in 8m 37.43. Well done Anastasia.



Alyssa Lowe was our final field competitor for the Australian Juniors in a very talented field in the U16 Long Jump.

Alyssa's first two jumps were fouls. Under huge pressure Alyssa then leapt to the lead with a jump of 5.48m. In the final round Alyssa had a nervous wait as other jumpers jumped 5.38m, 5.38m, 5.43m, 5.37m and 5.44m to inch closer but none of them made it past her. On her final jump Alyssa again touched over the board but an Australian Title was already hers.



What amazing maturity to be able to jump under such pressure and to do it so well. Well done Alyssa!

Below Aly makes the ANSW news feed for the day & on the podium

In the under-16 long jump **Alyssa Lowe's** only valid jump of 5.48m, was enough to take gold in a very close event where 5cm separated the top-four athletes.



Eliza Harvey's final of the U18 400m was held as part of the Sydney Grand Prix on Saturday night. Eliza was again in the chase from lane 2 and again picking up her closest runner and finishing 7th in Australia in a time of 58.01s.

On the final day of the Championships with the temperature tipped to soar to 38C the organisers wisely moved the timetable around to get much of the track events out of the way early.

It was therefore an early call out for our two final competitors – **Charlotte Ryan and Samantha Brown** in the U18 1500m when they hit the track as 8.16am.

Charlotte competing in her first event of the carnival finished in 10th spot with a time of 4m 49.86. **Samantha**, running her third and final race was just two spots behind in 12th and finished in a time of 5m 04.81s.



Above Charlotte and Ross catch up for a post race review

Our girls prove to be all rounders

Two of our current U15 outstanding middle distance squad teamed up with one of our former members to win the bronze medal for CIS in the Junior Division of the All Schools Triathlon. In the overall results included CHS, CIS and CCC the team placed 5th in State a terrific result.

Below Harrison Wade in the U20 1500m final



Zara Warland led the team off in the swim leg, **Arabella Price** took over for the bike and **Georgia Arcus** brought the team home. Well done girls



Congratulations to all our competitors at Australian Open, Combined Event, Juniors and NSW Masters on your terrific results.

Good luck to any of our athletes competing at State Little A Titles next weekend