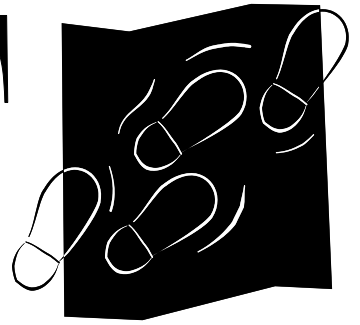




FOOTPRINT



Senior Edition

May 2018

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

Congratulations to all our Trophy Winners from the Ryde Athletics Centre Senior Presentation Day

It has been another wonderful season for Ryde Seniors and there have been some outstanding performance from our athletes, On Sunday 20th May we celebrated and recognised those performances at the Ryde Eastwood Leagues Club. Congratulations to all our winners as listed below.

The winner of the

- **Michael Atterton Memorial Trophy for Most Outstanding Female Athlete**
- **Cramp-Mitchell Trophy for Most Outstanding Under 16 Track, and the**
- **E. Godfrey Trophy for Most Outstanding Under 16 Field is Alyssa Lowe**

Aly's achievements this season include

A gold in the 14yrs 90m hurdles and silver in the high jump at NSW CHS.

At the NSW All Schools Athletics Championships Alyssa won gold again in the 14yrs 90m hurdles and won bronze in the 200m hurdles. In December at the Australian All Schools Athletics Championships Aly placed 11th overall in the U16 90m hurdles.

In February at the NSW Junior Athletics Championships Aly placed 3rd in the long jump - three times clearing the national qualifying distance, collected another bronze medal in the 200m hurdles and finished 4th in the U16 90m hurdles in a national qualifying time.

It was lovely to welcome back so many life members. Back row Tristan Tall, Simon Bergfield, Coral Read, Louise Bergfield Andrew Atkinson-Howatt, Dave Sunderland Front Row Betty Moore, Ros Mitchell, Margaret Davies, Sharon Dewar & Ross Forster. Ros is our longest serving life member (1969) and Tristan the most recent (2017).



At the Australian Junior Championships Alyssa leapt her way to an Australian title in the U16 Women's long jump. Alyssa after fouling her first two jumps, had a do or die jump on her third and potentially final jump, and nailed the winning jump of 5.48m. Only 5cm separated the top four jumpers such was the level of competition. Aly also competed in the 90m hurdles where she just missed the final after finishing 10th overall in the heats.

Alyssa set a new Ryde best performance on record for a 14 year old long jumper as well as a new record for the U15 triple jump.

Most recently in May 2018 Alyssa was honoured at the Club Six Ryde Sports Foundation Annual Sportsman of the Year dinner with the Encouragement Award for her outstanding season.

The winner of the

- **Mrs F. Downing Trophy for Most Outstanding Track Athlete and**
- **Burke Family Trophy for Most Outstanding Under 20 Track**

trophies for 2018 is Harrison Wade

Injury saw Harrison Wade cut short his cross country season in 2017 and it wasn't until early 2018 that we saw him back on the track. Harrison then ran brilliant sub 4 minute times for the 1500m bringing his time down from 3m 55 at the Hunter Track Classic to a stunning 3m 50.67 when he demolished the elite field in the U20 NSW Juniors U20 1500m in what was one of the most memorable races of the meet.

Ross presents Harrison with Burke Family Trophy for Most Outstanding Under 20 Track



At the Athletics Australia Junior Championships Harrison placed 12th in the Men's U20 1500m. Harrison's time set a new Ryde best performance on record for an U20 and Open athlete in the 1500m. Harrison's times were so good he is just .67 of a second off an Open Men's qualifier for Nationals. I am certain there is much more to come from Harrison.

Below Ros presents Alyssa with her trophies for best U16 field and track athlete



Below Aly was presented with the Michael Atterton Memorial Trophy for Most Outstanding Female Athlete by Club VP Andrew Atkinson-Howatt.





Above Simon presents Harrison with his trophy for most outstanding track athlete. At right Harrison & Cam shared the trophy for Most Outstanding Male Athlete

The winner of the Mrs F. Downing Trophy for Most Outstanding Field Athlete for 2018 was Cameron Pappas.

Cameron placed second in the Open Men's Triple Jump and second in the U23's with a personal best jump of 14.86m at the NSW Open, U23 and Para Athletics Championships. At the ACT Championships Cameron achieved a career best jump of 14.95m. Amongst an elite field vying for Commonwealth Games selection at the Australian Open Championships & Commonwealth Games trials Cameron finished 8th.

Simon presents Cam's trophy for best field athlete to his dad, Theo.



The winners of the Kendall Simpson Memorial Trophy for Most Outstanding Male Athlete were Cameron Pappas and Harrison Wade

In a repeat of last season, the committee was unable to split the results that these two athletes have achieved this season in both track and field and so jointly award this to Cameron and Harrison.



The E. Godfrey Trophy for Most Outstanding Under 14 Athlete went this year to Benjamin Stevens.

For his first season in Senior athletics Benjamin certainly scaled the heights. In December 2017 in Adelaide Benjamin won gold at the Pacific Games in the 12yrs discus. Moving up a discus weight for Seniors didn't deter him and in February Benjamin won gold in the U14 discus and bronze in the shot put at the NSW Junior Championships.

Below Ros presented Benjamin with his first Ryde Senior's perpetual trophy, the E. Godfrey Trophy for best U14 athlete.



At Nationals in March, just as he had done at State, Benjamin's first throw in discus was all he needed to claim the gold medal. In shot put Benjamin added a metre to the distance he threw at NSW Juniors to claim the bronze medal. Benjamin set Ryde best performances on record for both the 12yrs discus and shot put

The E. G. Buckingham Trophy for Most Outstanding Under 18 Track Athlete was awarded to Sophie Gocher.

Sophie continues Ryde's long line of successful middle distance and steeplechase competitors. Over winter Sophie competed in both individual and teams cross country and represented NSW at the Australian Cross Country Championships.

On the track Sophie has proved talented at distances from 400m as a member of the winning U20 4x400m team at State Relays up to 3000m. It is however her results in steeplechase that we are primarily recognising Sophie for with this trophy. At the 2017 NSW All Schools Championships Sophie was the State Champion in the 17yrs 2000m steeplechase and went on to represent NSW at the Australia All Schools Championships where she placed 5th.

At the 2018 NSW Juniors, Sophie was State Champion in the U18 steeplechase and at the Australian Juniors finished just out of the medals in 4th place with a personal best time of 7 min 12.29 seconds. Just two weeks ago Sophie represented Australia for the first time and placed 4th in the U18 steeplechase at the Melanesian Championships in Vanuatu.

The W. S. Shield Trophy for Most Outstanding Under 18 Field athlete went to Zoe Warland

Zoe has had a terrific season both on the track in the hurdles events and in the field with long jump, qualifying for both the long jump and 100m hurdles at the Australian Junior Championships.

Zoe placed 4th at the 2017 NSW All Schools in the 15yrs long jump, improved that by one spot at the NSW Juniors to take bronze with a best jump of 5.43m. Zoe wins the W S Shield Trophy for her national bronze medal at the Australian Juniors in the U17 long jump with a best jump of 5.37m.

At right top Zoe with Coral Read won The W. S. Shield Trophy Most Outstanding U18 field and Chloe with Margaret Davies won the Davies Family Trophy Most Outstanding U20 Field.

Chloe Davis was the winner of the Davies Family Trophy for Most Outstanding Under 20 Field Athlete.

Chloe won this for her results as a very talented javelin thrower as well as for her field competition in the women's heptathlon.

This season Chloe won the 18/19yrs NSW All Schools Combined event qualifying her the Australian Multi Event Championships in Melbourne in March where she placed 9th with a personal best points performance. Chloe was a member of the silver medal winning Ryde U18 long jump and javelin teams at ANSW State Relays in November and, after placing 5th in the U18 javelin at NSW All Schools was able to improve her position to third in the U20 Javelin at NSW Juniors. In a hugely talented field at the Australian Juniors Chloe finished in 10th place.



The winner of the G. C. Spittler Memorial Trophy for Middle Distance for 2018 is Eliza Harvey

Eliza has had another terrific season. At the NSW All Schools she placed 2nd and 4th respectively in the 16yrs 800 and 400m earning herself a spot on the NSW team for the Australian All Schools where she placed 8th in the 800m. At the ANSW State Relays, Eliza took her U20 4 x400m from 2nd to well out in front when she passed the baton to the final runner who finished with Gold for the team. At the NSW Juniors Eliza won silver and bronze respectively in the U18 800m and 400m and finished her season at the Australian Juniors with a final spot and 7th place in the 400m and 13th in the 800m.

Eliza's times this season in the 400m and 800m are good enough to already qualify her for nationals in 2019.

The Waterford-Wade Memorial Trophy for Cross Country went to Abbie Lewis.

Abbie competed at a number of ANSW Cross Country events over the season and was a member of our gold medal winning 4 x 2000m U18 team from the NSW road relay championships. At the Australian All Schools Cross Country Championships Abbie was Ryde's best placed finisher when she placed 36th in Australia in the U16 Girls event. Abbie is also accomplished on the track and in 2018 qualified for both the 3000m and 2000m steeplechase at the Australian Juniors Championships.

The Jean Hill Memorial Trophy for Most Outstanding Walker goes to George Davis.

George placed third at the NSW Juniors qualifying him for nationals where George then placed 5th with a new pb and a time 27 seconds faster than the time he walked at State. George's time of 16m 31.40seconds is a new Ryde best performance on record.

The winner of the Hellyer-Read Sprint Achievement Award is Timothy Forster.

This is Timothy's first season with Ryde and he got off to a wonderful start when he hurdled flawlessly to take the silver in the U14 boys 90m hurdles at the NSW Juniors. At the Australian Junior Championships Timothy made the final and placed 5th in Australia in a time of 14.40 seconds. By the end of that day, Timothy

had sliced half a second off the time he ran at NSW Juniors.

Timothy comes from a strong Ryde lineage – his grandfather is Ross Forster and his dad David. David still holds records at Ryde in both the Junior and Senior division from the 1980's. Timothy has now joined his dad in our record books as he has picked up his first Ryde best performance on record with the time he ran at nationals.



Above Coral presents Timothy with her Trophy, the Hellyer-Read Sprint Achievement Award and below presents George with the Jean Hill Memorial Trophy for best walker.



Coral Read is always an enthusiastic attendee of our Annual Presentation Day. This year Coral brought along her daughters and former Ryde athletes Sharon & Nicole. Sharon is also a Life Member of Ryde.

The Ian Pereira Memorial Trophy for Ryde's best Relay team is another one of the trophies for which there is always a lot of competition. Ryde's relay teams in both Cross country and at the NSW State Relays always achieve some outstanding results and our Relay teams won four state titles this past season.

This year the trophy went to the State champion Under 20 4 x 400m relay team of **Zoe Warland, Sophie Gocher, Eliza Harvey & Elly Gallagher.**

These girls competed in a red hot race. Zoe and Sophie held the team at 2nd for the first two laps and then Eliza's stunning lap moved the team into first place. Elly took off at great speed and despite a fast finishing charge by UTS Norths, Elly crossed the line with .09sec to spare and finishing in 3min 59.70s.



Above Zoe who led off the U20 4x400m State Champions, collects The Ian Pereira Memorial Trophy for Ryde's best Relay team on behalf of her teammates Eliza, Sophie & Elly. Right Chloe with the Betty Moore Trophy for Best Club Athlete.

The Betty Moore Trophy for Best Club Athlete acknowledges the work that an athlete does for the club above and beyond competing and this year goes to **Chloe Davis**

Chloe has been our most active competitor for Ryde this season out at ANSW events and always displays great club spirit at all the events. Chloe took on the captain role for her younger members at ANSW Relays where both her long jump and javelin teams won silver medals. Chloe along with the rest of the Davis clan are always hands up to help at our fundraiser and this year Chloe helped at the City to Surf and Cake Stall

BBQ's fund raising events as well as our Ryde Senior days. Chloe took her athletics volunteering beyond the club and also worked as a volunteer at the Australian Open Championships and at the Commonwealth Games.

As Chloe leaves high school behind and starts Uni she has been lured to one of the bigger clubs where we wish her well but hope to see her back in the future wearing the red, white and blue.



Most Outstanding Veteran Track Athlete goes to Adrian Wade

Adrian's many achievements this season would tire many an athlete but not Adrian. As well as setting a new State record for the mile for his age group – a feat that saw him break the existing record by over 40 seconds and claim the State title for the 45-49yrs age group, Adrian was also the winner of the 5000m at the NSW Masters Championship as well as picking up silver in the 1500m.

Adrian won bronze in the ANSW Short course 7.5km event and has set new Ryde best performances on record in the 5000m, 3000m and 1500m this season.

Most Outstanding Veteran Field Athlete went to the mighty throwing duo of **Robert Hanbury-Brown and Andrew Atkinson-Howatt**.

Just before our last AGM Robert was in New Zealand at the World Masters Track and field where he collected a silver in the weights event and bronze in the throws pentathlon. At the NSW Masters Robert brought home 4 silver medals in the 60-64 age group in the javelin, shot put, weight and discus. Robert was also a member of our all-conquering State Relays Men's Masters Javelin team. At our Ryde Senior Club Championship Robert picked up the Javelin record as well as recording the best performance on record for the 60yrs plus discus.

Andrew started this season with an Australian title in the 60-64yrs javelin at the Australian Masters Championships in Darwin where he also picked up a bronze in the discus. Andrew clean swept the events at the Dubbo New Year's carnival winning four gold. Like Robert he was a member of the

gold medal winning Javelin State Relay team. Andrew won the State title at NSW Masters in the javelin as well as a bronze in the discus. Andrew ended the season with bragging rights as to best performance on record in the 60yrs plus age group for javelin.



Above Margaret presents best vet track athlete to Adrian and below, best field athletes trophy to Andrew and Robert



Awards for Outstanding Individual Performances

At our Awards day we also like to recognise athletes who whilst they haven't won one of our perpetual trophies have achieved some wonderful results that the committee believes are worthy of recognition.

Winning trophies for **outstanding individual performances in middle distance were – Georgia Arcus, Amelie Sun, Zara Warland, Jacob Leon and Charlotte Ryan.**

All five of these athletes qualified to compete at the Australian Junior Championships. Between them they were members of two silver and a bronze medal winning teams at the ANSW State Relays.

At the NSW Juniors Championships Amelie won silver in the U15 1500m & bronze in the 3000m. Jacob won bronze in the U15 800m & 3000m and Charlotte won silver in the U18 1500m. At nationals Georgia placed 15th in the U15 3000m, Amelie 18th in both the U15 800m and 1500m, Zara 22nd in the U15 800m & Charlotte 10th in the U18 1500m.



Above, Club Captains Jemma and Robert present Jacob, Charlotte, Zara and Amelie with their trophies for outstanding individual performances in middle distances. These athletes are now into their cross country season with great results including a gold to Amelie & bronze to Georgia at IGSSA. Club Captain Jemma is through to CCC after placing 2nd at Broken Bay. I'm sure they'll be more to come.

Anastasia Lakic and Samantha Brown were recognised for their results in Steeplechase

Both Anastasia and Sam won state titles in steeplechase, Sam in the 16 years NSW All Schools and Anastasia in the U15 NSW Juniors. Sam also collected silver in the steeple at the NSW Juniors and a bronze at NSW All Schools in the 3000m.

At national level Sam placed 6th at the Australian All Schools in the U18 steeplechase and 9th at the Australian Juniors and Anastasia was 16th in the U15 event at the Australian Juniors.

At right Robert presents Anastasia with her trophy for steeplechase.



Katrina Lyon was awarded her trophy for outstanding individual performance in hurdles.

Katrina (below) had been quite surprised to hear that her run at the NSW All Schools in the 400m hurdles was good enough to qualify her for Australian Juniors and so was a last minute sign up to NSW Juniors. That paid off for Katrina as at NSW Juniors she placed 4th in the U18 triple jump and collected a bronze medal in the U18 400m hurdles. At the Australian Junior Championships Katrina placed 13th in the 400m hurdles.



Maya Leverett was recognised for her performance in **Long jump**.

After taking time out to recover from injury, Maya was back on track this season when she won gold at the NSW Junior Championships in the U20 event. At the Australian Juniors Maya proved a model of consistency when she added 17cm to her best jump at NSW Juniors to place 8th in the final. As Maya takes up an America scholarship offer shortly we wish her all the best.

Portia Amy-Wilson (right) was recognised for her achievement in the multi event. Portia has had a season later marred by injury but kicked it off well enough when she was just 5 points off gold at the NSW All Schools 14-15yrs State Multi event. This result qualified Portia for the Australian Multi event Championships which injury precluded her from competing.

Portia's many talents saw her take part as a member of both the silver winning U18 javelin and long jump teams at the ANSW State Relays.



Sarah Playford (above) was recognised for her achievements in **Cross Country**.

Sarah very successfully combined HSC studies with Cross Country over the past season and earned herself a spot on the NSW team for the Australian Cross Country Championships where she placed 39th. Sarah was also a member of the Gold medal winning Ryde U18 4 x 2km ANSW Road Relays Team.



Presentation to Ross Forster

There is always someone who is at the heart of the Club that steps up to do whatever is required and is passionate about the history, culture and performance of the club and we are very lucky to have Ross Forster filling that role at Ryde. At Betty said "Wherever Ryde is competing you will find Ross there supporting the club. His tireless work for the Club is so much a part of why Ryde often bats well above its average at State Relays and State carnivals." Thank you always Ross for all you do for Ryde.

Simon presents Ross with a framed autographed collection of finish line photos of Betty Cuthbert, Shirley Strickland & Marjorie Jackson, legendary Australian Olympic champions.



Congratulations to all our Trophy Winners. See you next Season



Thank you to Betty Moore and all our Presenters

We would once again like to thank **Betty Moore** our Club Patron and Life Member for the outstanding job she does in comparing the Seniors' Presentation and running the Annual General Meeting. Betty's knowledge of the history of the Club and background to the trophies add so much to the afternoon and hands along that history to the next generation of athletes. As well as that, her role out at SOPOAC ensures she is on top of what the current crop of athletes are up to, so when she pays you a compliment or gives you some advice take note, there is a wealth of experience behind those comments. Thanks again Betty.

To our special guest life members, Betty as well as **Coral Read, Margaret Davies, Ros Mitchell** we are so grateful that you come back to the Club Presentation each year. Your enthusiasm and interest in the club is so greatly appreciated. Whenever I catch up with this group I always learn a little bit more about the rich history of Ryde.

To our presenters, **Coral, Margaret, Ros, Ross Forster, Simon Bergfield, Andrew Atkinson-Howatt, Jemma Gallagher & Robert Hanbury-Brown** thank you for your help on the day.

Thank you also to **Sandra Prizmic** from our Junior Division for merging in photos of our Seniors in action into the great slideshows that were on and to **Ivana Hilder** for the work she does in pulling the Club Annual Report together.



Your Senior Division Committee for 2018-2019

President	Simon Bergfield
Vice-President	Andrew Atkinson-Howatt
Secretary	Adrian Wade
Treasurer	Peter Davis
Registrar	Ross Forster
Race Secretary	Ross Forster
Publicity	Louise Bergfield
ANSW Delegate	Andrew Atkinson-Howatt
ANSW Delegate	Simon Bergfield

ANSW Co-Delegates	Betty Moore
Northern Zone Delegate	Andrew Atkinson-Howatt
Coaching Convener	Ross Forster
Committee Member	Cathy Tall

We are always interested in getting new Committee members so please think about giving something back to the Club. We only meet 8 times a year. So please think about how you can give back to the Club.

President's Report 2017-18

I always like to start by acknowledging the amazing results that our athletes have achieved over the season and this year is no different. Our medal count for this season has been one gold at the Pacific Games, 3 Gold and 3 bronze at National level and 16 gold, 18 silver and 20 bronze at State level. For a senior division of our size to have 4 national title holders and ten state titleholders is a terrific result.

Special mention to two of our athletes from the Junior ranks this year who have earned national titles. Benjamin Stevens won both a gold at Pacific Games and the Australian Juniors in the discus and Alyssa Lowe in the long jump. At just 13 and 14 years of age we hope these athletes continue to have a long and successful career in front of them. Earlier this month I attended the wonderful TWT Club 6 Ryde Sports Foundation Sports Star of the Year dinner where Alyssa was further acknowledged when she won the Club 6 Encouragement Award for her outstanding results.

Our club teams have again achieved some great results in both cross country relays and the ANSW State Relays. It was great to see Ryde field two teams in the U20 4 x1500m Women's event and finish with a gold and silver. We ran two boys teams in middle distance for the first time in a number of seasons and they brought home a silver and a bronze medal in their events. Our Masters Javelin

men's team was back atop the podium and our U18 girls proved field all rounders when they won silver in both the javelin and long jump.

I recommend a read of Ross Forster's full season review in the annual report for all the results.

I am grateful to have had such a great, collaborative committee this year. These parents and athletes give up their time to ensure that we can keep our Senior Division running smoothly and seamlessly each season. To Cathy, Adrian, Ross, Peter, Andrew and Louise my thanks for all that you do and I hope you'll continue to work with me in the new season.

I'd also like to acknowledge the contribution that the outgoing Ryde Little A President, Dave Sunderland and his committee has made in helping secure the ongoing financial viability of our division. By giving us the running and profits of two BBQ's and cake stalls a season we can more readily ensure that we can continue to fund our division's expenses and help contribute to our athletes' costs when they represent the State interstate and overseas. Thank you Dave and team.



The Ryde Senior and Junior Perpetual Trophies awaiting Presentation

Alyssa acknowledged at the Ryde Sports Foundation Club 6 Annual Awards.

Alyssa Lowe was the Ryde Sports Foundation Sports Star of the Month in August 2017 for her outstanding results in long jump and hurdles. On Friday 4th May along with the other eleven outstanding athletes for the year Alyssa was honoured for her achievements and picked up another Award. Aly won the Club Six Encouragement Award for 2018.

Ryde Seniors have had a long association with these awards and very much appreciate the support that the TWT, Ryde Sports Foundation and Club Six give to our athletes. Past Ryde athletes who have been monthly winners include Cameron Pappas, Tara Milgate, Ben Cox, Amy Winters, Harrison Wade, Kate Spencer, Maddy Bergfield, Noah Hain and Georgia Winkcup. Aly's win of the Encouragement Award means that Ryde Athletics have taken out this award in three of the past four years with Maddy & Georgia taking the Encouragement Award home three and two years ago respectively.

One of the other nominees of the night was **Zara Nicholas** (below right) who was being honoured for her performance in touch football. Zara and her brothers, Sam and Charlie were long time members of Ryde Little Athletics with Zara only losing her 3000m U13 record top Georgia Arcus last season. We wish Zara the best in her international touch footy career.

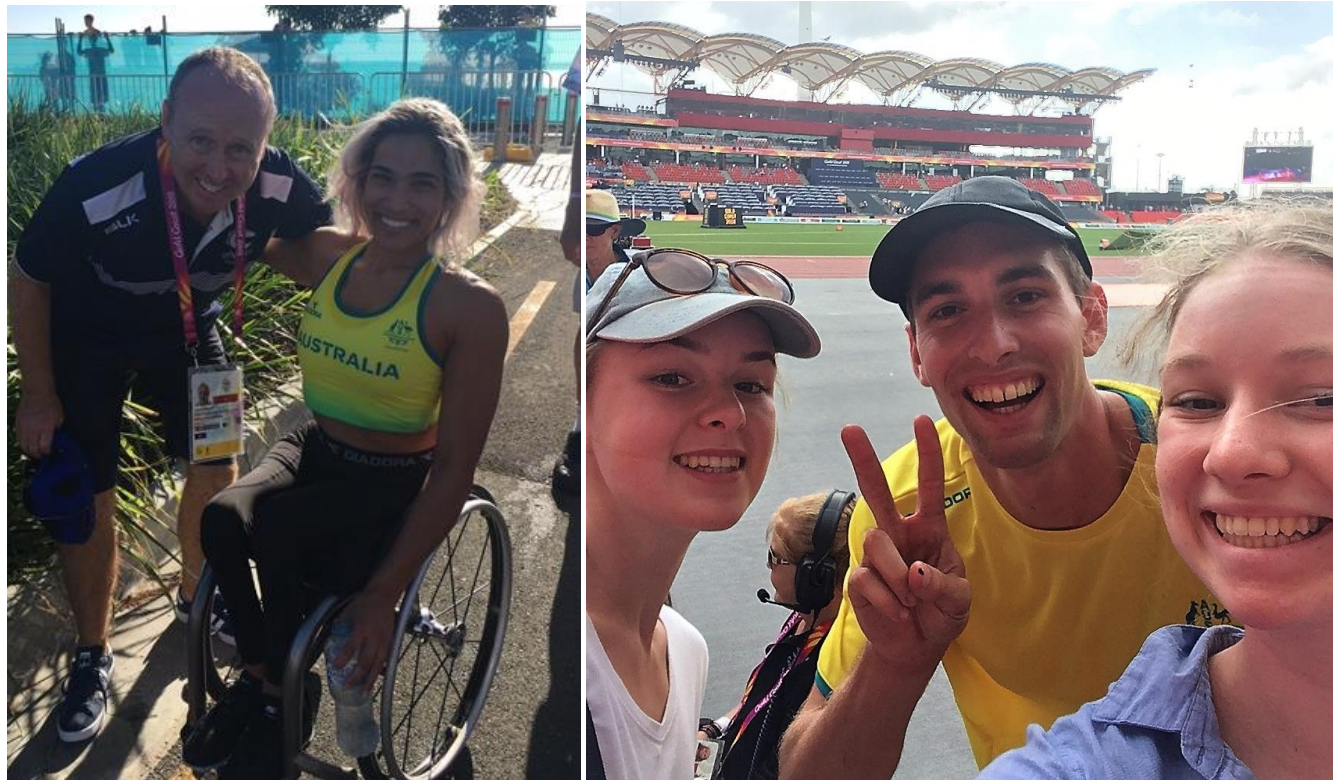


Above Aly with Ross, Simon, her coach Paul Switzer, Mum & Dad, Jess & Warren and Zara.

Snaps from the Commonwealth Games

A few of our families, current members and ex members were up on the Gold Coast for all the fun and excitement of the Commonwealth Games. Thank you to Darren Gocher, Chloe Davis, Pete Davis and Maddy Bergfield for sending through some photos from their experience there.

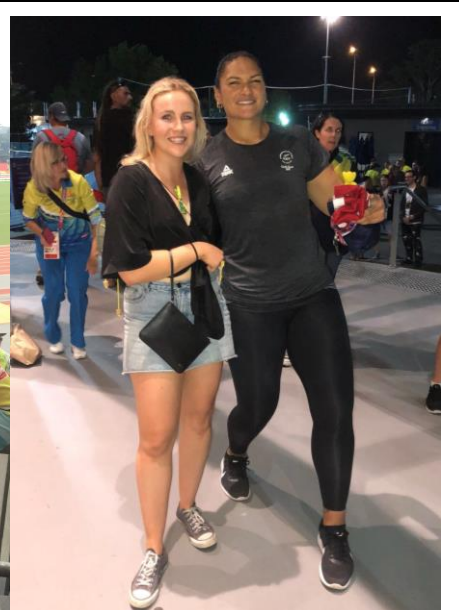
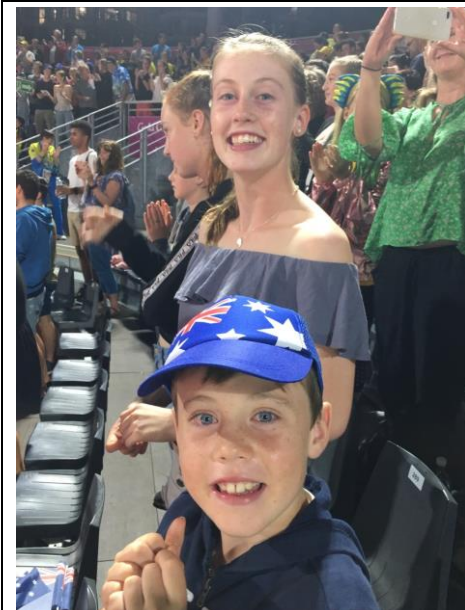
Amongst the medallists for Australia. Darren with Madison de Rozario winner of the T54 Marathon and 1500m. Chloe and Zoe Latham with Cedric Dubler bronze in the decathlon.



Above Thomas Gocher with Linden Hall (4th in the 1500m) and Henry Frayne (silver long jump) Maddy Bergfield with Dani Stevens (gold in discus)

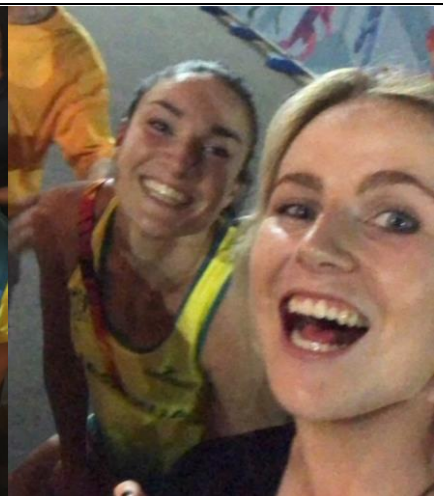


Above left Nina Kennedy bronze in the Pole Vault and Michael Shelley Gold in the Marathon. The view from the "Penthouse seats" at the Carrara Stadium! Below Sophie & Thomas in the stands. Chloe & Zoe were volunteers at the event & Maddy meets Dame Valerie Adam (silver in the shot put). Valerie is a four time world champion, three time Comm Games and twice Olympic Champion and that's why she is a Dame!





Above Darren with Dane Bird-Smith (gold in the 20km Walk) Start line of the Women's Marathon. Australian's Lisa Weightman finished with silver and Jess Trengove bronze.



Above Maddy with Katrina Thompson-Johnson (gold in the Heptathlon) Jess with Linden Hall & Maddy with Michelle Jenneke (4th in the 100m hurdles)

Sophie wears the green and gold at Vanuatu

Sophie Gocher was selected in the Australian Junior team that competed in the Melanesian Championships at the Korman Stadium in Vanuatu in early May.



Sophie competed in the U18 Women's 2000m Steeplechase where she placed 4th in a time of 7m 31.52s.