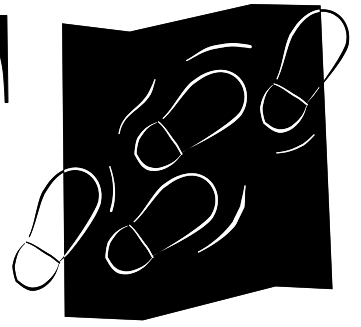




# FOOTPRINT



Senior Edition

May 2019

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 19<sup>th</sup> 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 E. Godfrey Trophy for Most Outstanding Under 14 Athlete. This year the trophy goes to**

**Ruby Worrell**

Ruby has had a fantastic season in which she made her national debut and culminated with her placing 10<sup>th</sup> at the Australian Junior Championships in the Under 14 200m.

Leading up to that, Ruby made both sprint finals for the NSWPSA Championships and placed 4<sup>th</sup> in the 200m and 7<sup>th</sup> in the 100m. At the NSW Junior Championships Ruby was a finalist in the 200m placing 7<sup>th</sup> and was 11<sup>th</sup> in the 100m.

Over the season Ruby broke the national qualifying times for both the 100m and 200m, our first Ryde athlete to achieve that double for quite a few seasons.

As well as Ruby's 10<sup>th</sup> at nationals in the 200m she also placed 17<sup>th</sup> in Australia in the 100m.

Ruby has been an enthusiastic Senior Relay team member for Ryde the past two seasons, often running many age groups up. This season while aged only 12, she was a member of the U14 4 x 100m and 200m teams the U16 4 x 200m team and a bronze medallist in the U14 long jump team.

***Below major trophy winners from the Junior and Senior Division.***





**Above Ruby picks up her first Senior Award from Jim Hull. Ruby also featured in the Junior Division major awards. Well done Ruby. Below Sophie, the most Outstanding U16 Field athlete.**



**The winner of the E. Godfrey Trophy for Most Outstanding Under 16 Field this year was Sophie Kavanagh.**

Sophie is one of our talented all rounders who often competes in jumps, throws and sprints at State Championships. This season Sophie placed a number of times in the top 8 in the state when she finished 4<sup>th</sup> in the high jump at the NSW All Schools and then 5<sup>th</sup> and 6<sup>th</sup> respectively in the high jump and javelin at the NSW Junior Championships.

The winner of the

- Hellyer-Read Sprint Achievement Award,
- Mrs F. Downing Trophy for Most Outstanding Field Athlete
- Mrs F. Downing Trophy for Most Outstanding Track Athlete
- Michael Atterton Memorial Trophy for Most Outstanding Female Athlete
- W. S. Shield Trophy for Most Outstanding Under 18 Field
- E. G. Buckingham Trophy for Most Outstanding Under 18 Track

is Alyssa Lowe.

Alyssa has had another outstanding season which includes a silver and fourth place at the 2018 Australian All Schools in the U16 triple and long jump respectively as well as last month at the Australian Junior Championships where she placed 2<sup>nd</sup> in the U17 long jump, 2<sup>nd</sup> in the U17 100m hurdles and 8<sup>th</sup> in the U17 triple jump.

At the 2018 NSW All Schools Aly picked up silver medals in the long jump and triple jump, bronze in the 200m hurdles, 4<sup>th</sup> in 90m hurdles and a 5<sup>th</sup> in high jump. At the 2019 NSW Juniors Aly won silver medals in the long jump, triple jump and 100m hurdles and placed 7<sup>th</sup> in the final of the 100m. Alyssa set new club records this season in high, long and triple jump and the 400m and best club performances on record in the triple jump, long jump, 200m hurdles and 100m hurdles.

As female Club Captain Aly and her mum have been firm fixtures at all our fundraisers and Aly has steered many of the State relay teams this year as well as the Club Championship team. To illustrate the depth of Aly's talent at the club Championships in December 2018 in the space of just under an hour Aly finished second in the 100m hurdles, first in the triple jump and third in the 100m. More remarkable was all three of those results were national qualifying times or distances.

Aly's season was capped off when she was recently named in the U18 Australian Team to compete at the Oceania Regional Championships in 100m hurdles. A huge achievement for an athlete who is still to turn 16 and we wish her the best of luck as she wears the green and gold for the first time.



*Above Aly needed Simon and Coral Read to help display the six trophies she won in Seniors. A terrific season for Aly. We wish her all the best at Oceania.*

**The Kendall Simpson Memorial Trophy for Most Outstanding Male Athlete was awarded to Jacob Leon.**

Jacob has this season won state medals of all colours. At the 2018 NSW All Schools Jacob was 2<sup>nd</sup> in the 14yrs 3000m and 3<sup>rd</sup> in the 1500m, At NSW Juniors he stepped up to all three middle distance events and won gold in the 1500m, silver in the 3000m and bronze in the 800m. Of particular note was Jacob's run in the 800m as he ran in the slower of the two heats and pretty well ran the race by himself finishing 14 seconds in front of the second placed athlete. He clocked a personal best time of 1m 59.16s a Ryde best performance on record time.

In his national debut Jacob claimed 7<sup>th</sup> spot in the U16 1500m and 12<sup>th</sup> in the 800m. Jacob was also this year selected as one of the TWT Club Six Ryde Sports Foundation Sports Star of the Year.

**Sophie Gocher was the winner of the**

- **Burke Family Trophy for Most Outstanding Under 20 Track and the**
- **G. C. Spittler Memorial Trophy for Middle Distance**

Sophie is one of our talented middle-distance runners who made the NSW team for both the Australian All Schools Cross Country as well as the Australian Junior Championships

This season Sophie has concentrated on the Steeplechase and after placing 3<sup>rd</sup> at the 2018 NSW All Schools in the 2000m event successfully moved up to the 3000m steeplechase and won the U20 State crown at the NSW Junior Championships. At the Australian Junior Championships Sophie ran nearly 30 seconds faster than the NSW championships to collect the bronze medal in the U20 3000m steeplechase.

Sophie has also been a successful relay runner for Ryde. This past season Sophie was a member of Ryde's U20 4 x 800m State Champions at the ANSW State Relays and the U18 bronze medal winning U18 4 x 3km ANSW Road Relays Team.

Sophie was also recently announced as a member of the Australian team for Oceania – Sophie will compete as a member of the U20 team in the 3000m Steeplechase. We wish Sophie all the best for some great results at Oceania.





*Above Ros Mitchell presented Amelie with the Cramp-Mitchell and the Waterford Wade Trophies.*

The winner of the

- **Cramp-Mitchell Trophy for Most Outstanding Under 16 Track, and the**
- **Waterford Wade Memorial Trophy for Cross Country**

was Amelie Sun.

Every time Amelie stepped on the track at a state event this season, she ran a national qualifying time across either the 800m, 1500m and 3000m which is as huge achievement of consistently quality running. Amelie's best place at State was a silver medal in the NSW Juniors U16 1500m event. At nationals Amelie had the heaviest program of any of our middle-distance runners taking on all three events and placed 5th in the 3000m, 9<sup>th</sup> in the 1500m and 14<sup>th</sup> in the 800m. Amelie was also a member of Ryde's U20 4 x 1500m State Champions at the ANSW State Relays

Amelie also wins the Waterford Wade Trophy for Cross Country. Amelie was the best placed and fastest of our four Ryde girls who made the NSW team this past season for the Australian All Schools Cross country championships which were held on the Sunshine coast. Amelie finished 40<sup>th</sup> in the U16 event – an event that she will be young enough to run in again next season.

In road relays, Amelie was a member of the silver medal winning U16 4 x 2km Athletics NSW Road Relay team.

**The Davies Family Trophy for Most Outstanding Under 20 Field Athlete was awarded to Zoe Warland.**

Injury has meant that Zoe has had a very short season, but even so it has been a remarkably outstanding one. Zoe wasn't able to compete until the start of February 2019 but quickly found her form again. At the NSW Juniors Zoe was third in the U18 long jump and 4<sup>th</sup> in the 100m hurdles, both performances qualifying her for the Australian Junior Championships. At nationals, just 8 weeks after her return to the track and field, Zoe finished 6<sup>th</sup> out of a field of 17 in the U18 long jump as well as 4<sup>th</sup> in the U18 100m hurdles. Zoe's time in the 100m hurdles is also an U18 Ryde best performance on record.

**The Jean Hill Memorial Trophy for Most Outstanding Walker was awarded to George Davis.**

George placed fourth at the NSW All Schools in the 3000m walk in a new personal best time that was also a new Ryde best performance on record. George also set a new club record in the U18 1500m walk at our Club Championships this season.



*George with Club President Simon*

### **Elli Barron was the winner of the Betty Moore Trophy for Best Club Athlete**

A good club athlete is not necessarily a Club's top track or field athlete, but is one who shows exceptional club spirit and is always there when that club needs them. This is Elli Barron to a tee. Elli is always the first to say yes to any relay team, even if that invite is only to come along and sit on the reserve bench if necessary. Elli's true club spirit comes out though every time she is called up from that bench to fill a relay spot as without exception every time, she has run in one of those teams she has run a personal best time. Elli as you can see is not our biggest athlete but she is never baulked by the size of the girls she has to run against once you give her a baton.



*Above Elli Barron receives the Best Club Athlete Award from Betty Moore.*

### **The Most Outstanding Veteran Track Athlete goes to Ron Wills.**

Ron is the elder statesman of our athletes and is still very active in competition. Ron wins the Trophy for most outstanding Veteran Track athlete for his Gold medal at the NSW Masters Championships where he placed first in the 75-79 years 400m.



*Above Ron's 400m State Title at NSW Masters Championships won him the trophy for Most Outstanding Veteran Track Athlete which was presented to him by ANSW's newest Life member, Barry Pecar .*

**Most Outstanding Veteran Field Athlete** is always a difficult trophy to determine as we have a number of many talented veteran field athletes. This year we had so much difficulty we couldn't split it and the award went to the mighty throwing duo of **Robert Hanbury-Brown and Andrew Atkinson-Howatt**.

Both Andrew and Robert won state crowns at the NSW Masters Championships, Andrew in the javelin and Robert in the weight throw. In minor medals, Robert was third to Andrew in the javelin and Andrew was 2<sup>nd</sup> in the discus.

In the overall bragging rights this season Andrew has finished on top when he reclaimed from Robert the Ryde Club record for Over 60's in the javelin at our Club Championships this past February. We look forward to Andrew and Robert contesting that again at next season's Club Championships.





*Above Andrew and Robert squared off again for the most outstanding Veteran Field Athlete, presented to them by Barry Pecar.*

In Ryde's last event of the ANSW State Relays, in November 2018, Sam Brown led the team out to a good start before handing over to Sophie Gocher. Sophie ran a really strong leg slowly but surely pulling in the two lead runners to put the team into first spot by the time she handed the baton to Georgia Arcus. Georgia kept that lead before handing over to Amelie Sun to bring the team home in a time of 19 min 56.38s and the gold medal.



**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.

**This year the trophy went to our State Champion U20 4 x 1500m team of Georgia Arcus, Amelie Sun, Sophie Gocher and Samantha Brown.**

At our Awards day we also 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. We award these athletes a trophy for their outstanding individual performance. For outstanding performance in Steeplechase trophies went to – **Adam Bruntsch, Arabella Price and Samantha Brown.**

All three of these athletes qualified to compete at the Australian Junior Championships with Adam and Samantha also qualifying for the Australian All Schools Championships. Sam was 2<sup>nd</sup> in the 17yrs NSW All Schools 2000m Steeplechase and finished 11<sup>th</sup> at nationals. Arabella made huge time improvements over the season and was the NSW Junior U16 2000m steeplechase state champion and was 12<sup>th</sup> at the Australian Juniors. Adam was 2<sup>nd</sup> at the NSW All Schools and 3<sup>rd</sup> at the NSW Juniors in the U16 event and finished 9<sup>th</sup> in Australia at the Australian Championships.



**Above Adam and Arabella, our new crop of outstanding Steeplechasers.**

**Georgia Arcus** was recognised for her outstanding individual performance in middle distance running,

This season Georgia (below) has represented NSW at both Cross Country and Athletics. She was a member of the gold medal winning U20 4 x 1500m team and has consistently placed in the top 6 in NSW across the 800m, 1500m and 3000m. At the Australian Championships Georgia gave a gutsy display of front running in her heat of the 800m when she took off at the 150m metre mark and made the field chase her home. Georgia finished her heat in a personal best time and 4<sup>th</sup> place and 15<sup>th</sup> overall. In her national 3000m Georgia came home again with a new personal best time and 10<sup>th</sup> place.



**Tim Forster** was recognised for his outstanding individual performance in hurdles. Tim had another good season this year, easily making the transition from 90m to 100m hurdles. Tim was 6<sup>th</sup> at both the NSW All Schools and the NSW Juniors. At the Australian Championships Tim hurdled flawlessly to pick up 11<sup>th</sup> spot in Australia. Tim also now holds the best performance on record by a Ryde athlete for the 13yrs 100m hurdles.

**Sam Galati (below)** was being recognised for his performance in triple jump. Sam placed third at the NSW Juniors securing himself a spot for the Australian Championships in the U18 triple jump. At nationals Sam finished in 10<sup>th</sup> spot. Sam was also a member of our boys U20 4 x 100m relay team that finished with bronze and the U18 4 x long jump team that finished just out of the medals in 4<sup>th</sup> spot at the ANSW State Relays.



**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 SOPAC ensures she is on top of what the current crop of athletes are up to. Over the

afternoon it becomes clear how passionate Betty is about athletics and how genuinely pleased she is to see our athletes do so well. Thanks again Betty.

To our special guest life members, **Betty** as well as **Coral Read and 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, **Jim Hull, Barry Pecar, Coral, Ros, Ross Forster, Simon Bergfield, Andrew Atkinson-Howatt, Alyssa Lowe and George Davis** thank you for your help on the day.

### **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 "at the centre of our club is Ross Forster. On a Saturday morning Ross will be there early at Little Athletics counting off the laps for the middle-distance runners and running the results sheets to the ladies. Three afternoons a week he's down at Dunbar coaching. At school carnivals, cross country, State Relays, All Schools, Zones, Regions, State and nationals, Ross will be there cheering for his Ryde athletes. Ross we'd like you to accept this small token from Simon as a recognition of our thanks for your work again this season."



### **Your Senior Division Committee for 2018-2019**

President	Simon Bergfield
Vice-President	Andrew Atkinson-Howatt
Secretary	Suze Barron
Treasurer	Peter Davis
Registrar	Ross Forster
Race Secretary	Ross Forster
Publicity/Fundraising	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	John Barron

**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 2018-19**

As with past season I'd like to first acknowledge the wonderful results our athletes have achieved over the season. Three national silver medals and a bronze along with 7 gold, 14 silver and 12 bronze medals at State level from both individual and team efforts across track, field and cross country. Special mention to Alyssa Lowe and Sophie Gocher who were our national medal winners and have since been selected to represent Australia in The Oceania Area Championships in Townsville in June 2019. We wish them every success.

I am grateful to have again worked with a great committee. So, thank you **Cathy, Adrian, Ross, Peter, Andrew and Louise**. A special thank you to Pete for stepping up to Treasurer this season and a big thank you to Adrian who departs as our Secretary after 6 seasons in that role and Cathy who is also stepping down from Committee.

**(At left Simon presented Ross with a framed 2000 Olympic Legends Herb Elliot Autographed First Day Cover)**



I'd like to thank **Suze and John Barron** who have very kindly put their hands up to join our Committee for the next season. It is only with new Committee members like Suze and John that Seniors will continue into the future to be as strong as it has in the past.

I'd also like to acknowledge the ongoing contribution that the Ryde Little Athletics Committee and their new President, **Matt Ralph** has made in supporting the Senior Division. Through both direct donation and letting seniors run BBQs and cake stalls we can more readily ensure that we can continue to fund our expenses and help contribute to our athletes' costs when they represent our club, State and Country, interstate and overseas.

A couple of weeks ago I attended the ANSW Annual Dinner and Awards night where I was pleased to see **Barry Pecar** and **Andrew Atkinson-Howatt** recognised for their contribution to the sports of athletics. Barry is a high-level track official who worked at the most recent Commonwealth Games as well as many other major events along with helping at regular ANSW competition. Barry was awarded prestigious Life Membership of Athletics NSW for his contribution over many decades. Andrew was one of only two winners of a Service Contribution Award from ANSW. As a long time, field volunteer and competitor at all levels of competition this was deserved recognition.

Finally, I'd like to acknowledge the passing of two of our Life Members in recent weeks, **Yvonne Melene (nee Godfrey)** and **Ruth Trimble**.

In 1949, Yvonne's mother, Edna, was the founder of the Ryde Women's Amateur Athletics Club which over the years become the Ryde Athletics Centre. Yvonne was a club athlete, committee member, team manager and coach. Yvonne was made a life member in 1969, the first-year life membership was introduced. Beyond the Ryde Athletics community Yvonne was known as a talented walks coach and part of the Athletics Australia high performance program. The results of her coaching are best illustrated by the fact at the 2004 Athens Olympic Games, all Australian Racewalkers - Jane Saville, Natalie Saville, Cheryl Webb, Luke Adams, Nathan Deakes, had been coached by Yvonne at some point in their career.

Ruth Trimble's journey to life membership started as many of us do, as the parent of a young athlete, volunteering on a Saturday morning down at Ryde. Over the seasons, Ruth became a Committee member and Canteen Manager and was responsible for building up the canteen facilities that became a contributor to the club profits that help sustain it over the years.

On behalf of the Club we pass on our condolences to the Melene and Trimble families.

### **Simon Bergfield President**



*Above Simon and Matt present Alyssa with a joint donation towards her costs in representing Australia at the 2019 Oceania Area Championships in Townsville in June.*



*Two Ryde Life members, Anne Massing and Julie Reynolds spotted in the crowd at the Junior presentation*



**Above we were thrilled to see our retiring committee member, Cathy Tall's family honoured for their contribution to the Club when they received the Julie Reynolds Spirit of Ryde Trophy during our Junior Division's presentation. Well done to Hannah, Cathy, Tristan and Jett, worthy recipients of the Trophy.**



**Above Club Life Members. Back Row; Coral Read, Louise & Simon Bergfield, Ivana Hilder  
Front Row; Ross Forster, Tristan Tall, Andrew Atkinson-Howatt, Ros Mitchell and Betty Moore. Also at the AGM but absent from the photo David Lewis, Lynda Calder, Julie Reynolds and Anne Massing.**



## **Congratulations To Ryde's new Life Members, Lynda Calder and Ivana Hilder**

At the Presentation Day we were pleased to see **Lynda Calder** and **Ivana Hilder** awarded with Ryde Life Membership.

Lynda comes from Ryde royalty. Her mother Ros Mitchell was a foundation life member of the club who had joined in 1957. Lynda joined Ryde as an athlete in 1978. Lynda has competed for Ryde both as a junior and a senior athlete. In the past decade though it is mostly her work as an official and as jumps coach for Ryde that has seen Lynda continue her association with the club even after her son Xavier's time as a Little Athlete finished. Lynda has also held the position of one of club's directors for the past few seasons. It was fitting that Ros present Lynda with her Life Membership Badge, 50 years after Ros was presented with her life membership in 1969.



Ivana Hilder has filled many roles over the past seasons. Most recently she has acted as one of the Club's Directors as well as Public Officer and has been hugely responsible for the massive task of pulling together the Annual Report each year. As well as that Ivana has been Age Manager to her daughter Lauren's age group for a number of years. Ivana has stepped into many roles including Junior's Secretary and Assistant Secretary. She has assisted many of our new Junior Committee members over the years find their feet and is always there to help at registration day and presentation day. She has

been a wise counsel and a hard background worker. Even though Lauren is finishing in the Little Athlete's U17's this year, we do hope that we continue to see Ivana at some of our Club events.



*Above Ivana says a few words after being made Life Member. Below it was lovely to see the Lowe family, Geoff, Karen and Kimberly back at the Presentation. Karen was a long time Uniform officer for the Juniors and Senior's Secretary. Kim was a State level representative in Discus. Kim presented the Lowe Family Trophy for Exceptional Effort to Nathan Barbara during the Juniors presentation on behalf of her family.*





## Jacob acknowledged at the Ryde Sports Foundation Club 6 Annual Awards.

Jacob Leon was the Ryde Sports Foundation Sports Star of the Month in November 2018 for his outstanding results in middle distance events. On Friday 3<sup>rd</sup> May along with the other eleven outstanding athletes for the year Jacob was honoured for his achievements.



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 Ryde Senior athletes.

*Clockwise from top left: Jacob is presented with his award by representatives from Bendigo Bank and North Ryde Golf Club; with the other nominees; catching up with Jim Hull; with the winner of the 2019 Sports Star of the Year award, three time Paralympic silver medallist, dual gold medal Commonwealth Games medallist and dual gold World Para Athletics Champion, Madison De Rozario; Ross Forster, Simon Bergfield, Jacob and proud father, Carl.*



## OUR LATEST AUSTRALIAN CHAMPION; Andrew Atkinson-Howatt

Most of us had wrapped up the season for another year and we'd done the medal count and determined the trophies but Andrew Atkinson-Howatt was ready to kick off the new count when he added a national gold and two bronzes to his already healthy trophy cabinet.

Andrew competed at the Australian Masters Athletics Championships which was held in Melbourne from the 26<sup>th</sup> to the 29<sup>th</sup> April.

In his first event, the 60-64yrs men's discus Andrew (top second from right) threw 36.28m to place him 4<sup>th</sup> overall but as 3<sup>rd</sup> place was a Kiwi Andrew collected the bronze medal as 3<sup>rd</sup> placed Australian.

In his pet event, the javelin, Andrew won gold by over three metres when he threw 38.29m. This also qualified Andrew for the Champion of champion events, where the winners of each of the different age groups (from 30-34 to 80-89yrs) compete in a handicap event. His 17m handicap together with his throw of 36.93m gave him an overall handicapped result of 53.93m and his second bronze of the carnival.

Andrew's equally talented partner and long time Ryde fundraiser volunteer, **Lynette Smith** was also among the medals. As with Andrew, Lynette won her javelin event, the 45-49yrs with a throw of 31.48m and was also first in the high jump with a best jump of 1.38m. In the discus Lynette placed 4<sup>th</sup> with a best throw of 28.85m and was 6<sup>th</sup> in the weights pentathlon. In the Champion of champion javelin event Lynette threw 30.67m which together with a four metre



handicap gave Lynette 5<sup>th</sup> place and a result of 34.67m



## Barry and Andrew honoured at the Athletics NSW 2019 Awards night

At the annual Athletics NSW Awards dinner held at Luna Park on Friday 10<sup>th</sup> May, **Barry Pecar** and **Andrew Atkinson-Howatt** were both recognised for their contribution to athletics in NSW.

**Andrew** was only one of two ANSW members awarded the Service Merit Award. Andrew has been involved in volunteering at ANSW and Athletics Australia events for many years. Andrew is always among the first of our Ryde members to put his hand up to help at our Fundraisers. Andrew is also still a keen and talented athlete as best demonstrated by his recent national title.

Three years after he was recognised by ANSW at the 2016 Annual awards as Official of the Year, **Barry** was this time awarded the highly prestigious Life Membership of Athletics NSW. Barry has volunteered at all levels of athletics including Paralympic World Championships and Commonwealth and Oceania Games. His interest was piqued as a school teacher when he wanted to ensure that all the children had a happy and fair experience. Barry has represented Ryde as an ANSW volunteer since 1999. A life membership seems a very fitting reward for 20 years of volunteering.

We congratulate Barry and Andrew on their well deserved recognition.



**Congratulations to our 2019-20 Senior Division Captains – Alyssa Lowe and Adam Bruntsch.**



## Cross Country Season is off and running

A number of our Girls competed at the **IGSSA Cross Country** at Frensham, Mittagong on Friday 17<sup>th</sup> May. With a walk the course at 8.30am it is an early morning for the Sydney girls to get down there.

In the 15yrs 4km event **Georgia Arcus** placed 9<sup>th</sup>, **Arabella Price** 12<sup>th</sup>, **Amelie Sun** 17<sup>th</sup> and **Zara Warland** 22<sup>nd</sup>. In the 14yrs 4km event **Elli Barron** finished 14<sup>th</sup>. In the 13yrs 3km event **Georgia Phillips** was 13<sup>th</sup>. In the 18-19yrs 6km event **Charlotte Ryan** placed 4<sup>th</sup> and **Sophie Gocher** was 3<sup>rd</sup>.

As a result of their performances Georgia A, Arabella, Amelie, Elli, Georgia P and Charlotte have made the IGSSA team to compete at the CIS championships to be held at Eastern Creek on the 13<sup>th</sup> June. Well done girls and best of luck

***Don't forget to send results and pictures from cross country and school representative athletics. We'll include them in our next Footprint.***

## Sydney 10 & Greater Bank 5k & Little Athletics 2k Fun Run results

The Sydney 10, Greater Bank 5k and Little A 2k runs were held at Sydney Olympic Park on the 4<sup>th</sup> May.

**Sophie Gocher** was the 27<sup>th</sup> female to cross the line in the Women's 5km event in a time of 19m 04s. **Amelie Sun** placed 31<sup>st</sup> in the women's 5k run with a time of 19m 18s and **Georgia Arcus** was the 37<sup>th</sup> female home in a time of 19m 52s. **Zara Warland** crossed the line in 22m 05s to place 60<sup>th</sup>. **Georgia Phillips**, 12 was the youngest of our competitors and placed 65<sup>th</sup> overall in a time of 22m 51s.

**Andrew Phillips** was the 53<sup>rd</sup> placed male in the 5km run in a time of 19m 44s.

Special mention to former Ryde athlete, **Harrison Wade** who ran the 10km event in a sizzling 30m 26s. Harrison was 7<sup>th</sup> across the line and 1<sup>st</sup> in his age category.



*Above Ross and Elli out at Frensham. Arabella and Elli were happy to make the IGSSA team for CIS. Good luck girls*

***Good luck to all our Ryde teams competing at the Athletics NSW Cross Country Relays at Miranda next weekend***